

# Where It Begins



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## - The First Word -

### Where It Begins



Nadia Williams, Social Investment Officer

We kick off our first 2018 MADE issue with a look back at our final activities for the last quarter. From our work with the Cancer Society to our support of sporting and cultural initiatives, our youth continue to play a prominent role in our Power to Make A Difference Programme.

The importance of investing in our youth cannot be overstated. While developments in modern technology, like the internet and social media, mean that our youth are more empowered than ever before, they still need our guidance and support when it comes to navigating the ever increasing demands on their time and channelling their skills and talents into positive and constructive pursuits.

Therefore, we applaud the work being done by local heroes like Andrew Lewis and Etienne Charles, talented sons of the soil, eager to use their gifts to inspire the youngsters. We take pride in our partnership with the Trinidad and Tobago Cancer Society which has recognised the importance of empowering our young people with knowledge so that we can change the future of cancer in T&T. We also shine the spotlight on our colleagues at Operational Risk who understand the importance of showing compassion and kindness to our young people.

If we want a happy ending, we must invest in a strong start. Our youth are where it all begins.

*Nadia*

## - Power To Care -

### Stemming the Tide of Cancer

We had a busy quarter with the Trinidad & Tobago Cancer Society, continuing our nearly decade-long partnership in driving cancer awareness and education initiatives across the country. Youth continued to be a focus of the Society's activities and we once again sponsored the annual Educare Symposium which targets secondary school students across Trinidad & Tobago. The symposium continues to be a driving force in changing the stigma and misinformation surrounding cancer and encouraging a proactive approach to cancer prevention through screening and testing. The Educare Symposium also coincided with the launch of the Society's 'I Care' campaign which harnesses the popularity of social media among young people to start conversations about cancer.



## BONUS!

One of the recent highlights of our work with the TTCS was the commissioning of a new, state of the art, mammography machine at the launch of the Society's new home on Dundonald Street, Port of Spain. The machine's purchase was made possible through a joint contribution by RBL and Phoenix Park Gas Processors.

## Cancer Prevention Starts Early!

Share these cancer prevention tips with your friends, family and everyone you know!

- Quit smoking NOW! If you don't smoke, keep it up!
- Limit alcohol consumption to 1-2 glasses per week
- Avoid fast food and processed foods
- Adopt positive lifestyle habits, such as exercise and daily meditation to manage stress levels
- Include fresh leafy greens in every meal

- Power to Care -

## Music to Inspire. Music to Unite. RBL teams up with Etienne Charles & Monlo Music

What an exciting journey it has been, thus far, partnering with the internationally acclaimed, local jazz virtuoso, Etienne Charles, to produce a number of highly successful musical events. In the build up to his 'Folklore Live' concert in October, we sponsored an open rehearsal and Q&A session at Queen's Hall for 400 music students from across Trinidad and Tobago, with members of our own Republic Excubs having the opportunity to participate. We also facilitated a special concert at the Maximum Security Prison which featured an open rehearsal and Q&A, and culminated in an inspirational musical celebration! Finally, we were the gold sponsors of the Folklore Live concert which celebrated the beauty and mysticism of our local folklore. It is a true privilege to be part of such groundbreaking musical productions in T&T which serve to inspire, heal and unite.



I try my best to awaken within people an appreciation of how music can provoke thought and change. Going forward, I'd love to see more opportunities to take music to the people, whether that be through performance or education.

Etienne Charles

- Power To Learn -

A Force to be Reckoned With  
St. Francois Girls' College Retains African History Quiz Trophy

"We will continue to be a force to be reckoned with." This was the message from St. Francois Girls' College school teacher, Shivan Ramraj, as his students held on to the Dr. Olabisi Kuboni Challenge Trophy for the third time and the second consecutive year; bringing to a close the 2017 Republic Bank and Emancipation Support Committee National African History Quiz. The finals were held on November 11 at Republic House, Park Street. 14 secondary schools participated in this year's quiz, with four primary schools competing for the Pearl Eintou Springer Challenge Trophy in the Spoken Word category of the competition. Eight-year-old Breshawn Springer of Diego Martin Government Primary School emerged as the winner of the Spoken Word Category with his passionate rendition of Ella Andell's 'Bring Down D Power.' 2017 marked the Bank's sixth year of sponsorship of the competition.



The students were quizzed on four categories:

- Africans in Science and Technology
- General Knowledge
- Historical Events
- Renowned Africans



# - Power To Succeed -

## Andrew Lewis Vessigny Sailing Camp a Success

Local Olympian Andrew Lewis continues to use his talents to inspire others. His second annual sailing camp in Vessigny, Point Fortin, came to a successful conclusion in December. Over 20 budding sailors from the community had the opportunity to learn the basic physical and technical skills required in laser class sailing, during the three-day camp. The scope of activities also ensured that participants learned important life skills, such as teamwork, problem-solving and leadership. As an ambassador of the Power to Make A Difference Programme, Andrew continues to work with us to draw on his life experiences and talents to connect and positively influence young people.



### 3 FACTS About Andrew Lewis

1. Was the first sailor to represent T&T in the Olympics in 48 years
2. Has represented T&T at the Olympics twice – 2012 and 2016
3. Successfully made a daring, historic, solo, wind-aid-only dinghy sail from Pigeon Point, Tobago, to Maracas Beach, Trinidad in December 2012. (11-hours 52 minutes long)



- Power To Succeed -

## Record Participation at Marlins' Swimming Championships

Over 400 swimmers, representing five Caribbean nations, participated in the Republic Bank Marlins Invitational Swimming Championships, held at the National Aquatic Centre. The tournament saw the highest level of participation from foreign athletes to date – with over 100 swimmers representing Jamaica, St. Lucia, Barbados & Guyana. Tidal Wave Aquatics claimed first place for the fifth consecutive year with Marlins Swim Club and Atlantis Aquatics finishing in second and third place, respectively. The tournament continues to grow steadily every year and is recognised as the highlight of the swimming calendar for local and regional clubs. As a sport, swimming is gaining recognition and participation among young people in T&T and the Bank is keen to continue its support of the Championships.



### Did you know?

That swimming burns more calories than running or biking? Energetic swimming for an hour can burn up to **784** calories, depending on the stroke. Biking only burns **483** calories and an hour of running burns **557**. Time to shake up your workout?



# - Power To Care -



## RBL Completes Final Build with Habitat For Humanity

In October, we completed our final build with Habitat For Humanity marking a successful five-year partnership that resulted in 60 families receiving new homes. The final dedication took place in Moriah, Tobago with Mrs. Gillian-Ann Roberts and her family finally being afforded a new place to call home. The build was once again eagerly supported by RBL staff and family who dedicated many weekends to supporting the completion of the home.



### 1997 – 2018 Habitat For Humanity TT in Numbers

**226**  
houses

**387**  
repairs

**61**  
microbuilds

**18**  
community  
projects

**2373**  
persons  
trained

**6000+**  
people  
served





- Power To Help -

## Operational Risk Brings Smiles to the Youth of Arima

Members of our Operational Risk team responded to the Branch Community Project challenge and brought smiles to the faces of 100 children from the Margaret Kistow and St. Dominic's Children's Home on December 17th with a Christmas Party.

The department collaborated with local cricketer, Kevon Cooper's, Smile Foundation, which shares the same vision of making a difference in the lives of others, through organized events that bring joy and happiness to those in need.

The children were treated to a day of fun, games and excitement including a bouncy castle and face painting. They were entertained by popular local artistes Preedy, Voice, Ziggy Rankin and Jah Melody and had the opportunity to interact with local sporting heroes Keshorn Walcott, Sunil Narine, Stern John, and Mr. Cooper himself. Ten members of staff also participated in the event. Prior to the day, the department conducted a fundraising drive to collect items for distribution in food hampers to the homes and Christmas gifts for the children.



## Operational Risk already has their eyes on another BCP!

- **Beneficiary:** Valencia Government Primary School
- **Project:** Upgrade School Library
- **Start Date:** March, 2018
- **Collaboration:** Plans are in the works to partner once again with Kevon Cooper's Smile Foundation for a motivational series

### Words from the team:

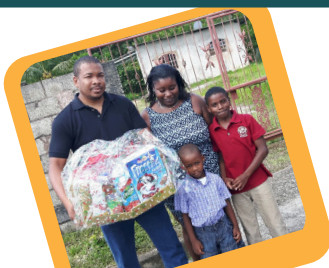
I thoroughly enjoyed working with my colleagues on this project and it was a rewarding experience to see the happiness and joyful expressions on the faces of the kids in attendance. I acknowledge my organisation for supporting this venture and look forward to volunteering my services for other community type projects.

**Terrance Worrell,  
Operational Risk**



## Operational Risk is also involved in:

- **Make The Beat** – This programme provides creative outlets for children with autism
- **Valencia** – Annual Food Drive where food hampers are presented to members of the community



Is your branch/department ready to embark on its BCP but not sure where to start?  
Contact Rehanna Ramroop at extension 3248. She will be happy to help you get started!