



● Rotary Club of Amman West ●
● The Gazette ●

Feb 4 to Feb 10, 2012
Issue 32 Year 2011-12



Rotary Club of Amman
West

نادي روتاري عمان غرب
منطقة رقم 2450
نادي رقم 31415
منطقة رقم 20b

Board 2011-2012

RI President
Kalyan Banerjee
District Governor,
Usama Barghouthi

President –
Bashar Asfour
Vice President –
PP Alaa Haddad
Honorary Secretary -
Diala Al-Alami
Treasurer - Nader
Khoury
Past President –
Munqeth Mehyar
Incoming President –
Hadi Abu Soud
Sergeant at Arms –
PP Mohammed Imam

**Chairs of
Club Administration
Committee**
Khaled Asfour
**Public Relations
Committee**
Hisham Hawari
**Membership
Committee**
PP Halim Abu-Rahmeh
**Rotary Foundation
Committee**
PP Alaa Haddad
**Club Service projects
Committee**
Rima Tantash
**New Generation Sub
Committee**
Samer Aklouk
Rotaract President:
Ihab Fakhouri

Celebrating World Understanding Month

Rotary Club of Amman West

Cordially invites you to join us in

**A Very Important Business Meeting combined for
first time with a Board Meeting,**

on Wednesday February 7, 2012

at 8:00 pm Sharp

Venue: Landmark Hotel

Dress Code : Casual + Rotary Pins

Rotarians & Guests : JOD 20

RSVP - Please confirm attendance to the H Secretary before Tuesday
(dialanalami@gmail.com)

Happy Birthday



Feb 6- Lara Jezrawi
wife of Nader
Nasrallah

Happy Anniversary

Feb 2 – Basma and
Muhsen Mufleh

Quotes of the week

We make a living by what we get, but we
make a life by what we give. ~Winston
Churchill

Service to others is the rent you pay for
your room here on earth. ~Mohammed
Ali

Dates to remember

**Feb 22- Joint meeting with RC
Amman Philadelphia** – Basha
Samih Nino from the Anti-
Corruption Department



**BLOOD
DONATION
DRIVE**

JOIN US IN HELPING
THOSE WHOSE IN NEED

**Blood
Donation
Drive –
Tentative
Date
14.03.2012**

**IMPORTANT
REMINDER**

Thank you to All Rotarians that have paid
their dues and we encourage those
whom have not paid to do so to OUR
treasurer Mr. Nader Khoury.



Dear Rotarian,

It has been a great start for the year 2012, and the second half of our year of change. No polio cases were reported in the past year in India, one of the last 4 countries where Polio remained until this month. Thanks to the great effort of Rotarians everywhere. To coincide with another milestone as we succeeded in meeting the Bill & Melinda Gates Foundation's US\$200 million match in funding for polio eradication, raising more than \$202.6 million as of 17 January.

On related issue, The South Asian Times selected Rotary International President Kalyan Banerjee as person of the Year in appreciation of his leading this organization. This a great appreciation to what Rotary is doing. we as Rotarians must capitalize on these successes and achievements in promoting our public image and Rotary. Rotary is an organization of service not only locally but across the globe and we must always give it this status by promoting further projects and less negative images.

This year, the District started a new direction in awareness, education and leadership by conducting a mid-year refresher training seminars to the District leaders, assistant governors, committee chairs, club presidents and officers. Seminars were conducted in Cairo, Alexandria and Beirut to address such issues. I reviewed their performance during the first six months on all areas and our District trainer and his team conducted numerous workshops and discussions to improve the services presented by Rotarians each according to his/her posts.

On the clubs level, I completed my visits to UAE clubs making my visits to almost 115 clubs out of 143 clubs and I look forward to visiting the remaining clubs in the coming weeks.

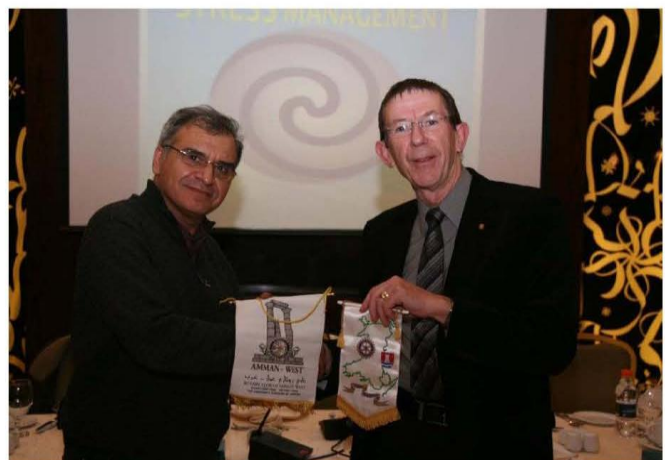
On the 76th District Conference scene, our organizing committee is busy preparing an exceptional program for you to enjoy one of the most amazing part of the world, let alone our district, The Golden Triangle of Aqaba, Petra (the rose City) and the serenity of Wadi Rum. To facilitate the largest number of participation, the reduced registration fees were extended . Please make use of it an register now, May conference is about 100 days away.

Usama Barghouthi
Governor, District 2450

Workshop on Stress Management by Self-Hypnosis

Have you ever been through a self Hypnosis session? Well members of both Rotary Clubs of Amman West and Amman Cosmopolitan have in a very interesting session on February 1st. Both clubs joined together to have an informative session with Dr. Nitin Arora. Dr Arora explained the basis of stress and how it effects the body and results in illnesses. The main technique of self hypnoisis is used to treat small problems and to control or get rid of fears, nervousness and other similar problems and this is through inducing relaxation and suggesting to one self that the problem at hand is not as bad as believed. Another important technique used in hypnosis is deep breathing. Deep breathing increases the amount of oxygen sent to the brain which helps the person's muscles and mind to relax. It is important to remember that while breathing deeply the person also has to exhale often since too much oxygen can also have negative effects. As a general rule after each deep breath the person has to exhale.

Dr Arora demonstrated how to go through a hypnosis state and how to apply certain exercises. All Rotarians enjoyed a lovely time as they tried out these exercises.



Rotarians from Rotary Club of Amman West PP. & AG Hania Kabariti



After graduation from Sisters of Nazareth School in Amman-Jordan, PP & AG Hania went to the USA and obtained her Bachelor's Degree in Architecture from the University of Texas at Arlington in 1978.

Upon arrival to Jordan, PP & AG Hania started to pursue a career path in architecture where she started working with Near East Computer as an architect and AutoCAD (Computer Aided Design) instructor. After that, she joined Jafar Tukan & Partners Architects and Engineers then worked also as an architect with Applied Design Concepts. In anticipation of exploring the business world, she joined Shaheen Business & Investment Group (SBIG) and held the position of Commercial Officer. Then Worked as a Marketing Assistant at Interfoods Holding Inc. in Oakbrook Terrace – Illinois, USA. Back to Jordan, PP. Hania took on a position of an Account Executive at Infographix, CAD & Graphic Studio. Subsequently, held the position of the Executive Assistant to the Chairman of Ole Holdings Limited in Dubai – United Arab Emirates. Later, worked with The National Committee for the Hanover Expo 2000 World Exposition as the Executive Assistant to the Chairman / the Commissioner General. Joined Jordan Hotel

Supplies Co. Ltd. (a subsidiary of Zara Investment Holding Co. Ltd.) and held a position of Deputy General Manager. Afterwards, held the position of the Executive Director of The Royal Botanic Garden.

Affiliations:

PP & AG Hania is active in a variety of professional, civic and humanitarian organizations including: Jordan Engineers Association Member, Operation Smile Board Member and Coordinator of the Student Volunteers Program, Gift Of life (GOLA) Member. Friends of Environment Board Member, Friends of Aqaba Board Member, Promise Association Member, Society for Protecting Family Violence Victims Member.

PP. Hania in Rotary:

In her efforts to serve the local community and contribute to making a difference in the lives of people, PP & AG Hania joined the **Rotary Club of Amman West in 1996 as Charter Member**. Since then, she held different positions as :

- Board member, chair and member of our Club's different committees.
- President of the Club (2009-2010).
- Assistant Governor (2011-2012).
- District Promotion Chair for the 76th District Conference (2011-2012).

The following is a picture of PP Hania during the Blood Donation Campaign during her year :



Coming up District Events

- Leadership Seminar
May 17,
2012



Support our Cause to fight Child Labour,

Calendar from 1.1.2012 to 30.6.2013

For only JD 5

Website & Gazette Sponsors

Sponsor & add your logo to both for just a small amount. Interested send an email to dialanalami@gmail.com & bjasfour@gmail.com



Tel
06-592-0055



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Bangkok

ROTARY INTERNATIONAL
CONVENTION 6-9 MAY 2012

THAILAND

