



ROTARY:
MAKING A
DIFFERENCE

Rotary Club Beirut Cosmopolitan Monthly Newsletter - April 2018

RCBC MEETS TUESDAYS AT THE PHOENICIA HOTEL, AIN-MREISSEH, BEIRUT

BUSINESS MEETINGS AT 19:00 - DINNER MEETINGS AT 20:00

Club Charter Date

June 22, 1995

Club Number

30893

District

2452 Rotary International

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*Ian H.S. Riseley
RC Sandringham*

District Governor

*Christina Covotsou -
Petroclou
RC Limassol-Berengaria
Cosmopolitan*

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Ahmad Hussein

Assistant Governor

Mona Kanaan

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2017 - 2018

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Directors

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Habib Bassoul
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RCBC Website

www.rcbcebanon.org
[www.facebook.com/
beirutcosmopolitan](https://www.facebook.com/beirutcosmopolitan)

MARHABA EDITOR

*PE Mona Jarudi
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“Letter from the Editor”

I am writing these words while sitting on a bullet train from Hakone to Osaka in Japan. For two days we have enjoyed the beauty of the color green in all its shades and textures and enjoyed seeing how much respect nature has. As I am reflecting on this, the focus of Rotary International President Ian Riseley came to mind. April is the month of the tree in Rotary and RI President Riseley spearheaded a campaign worldwide to plant millions of trees to ensure the green earth cover, provide much needed oxygen and reduce the harmful effects of carbon dioxide. This is a very noble mission in the fight against deforestation and for preserving whatever green we have for the future generations to enjoy.

Lebanon was once one of the greenest countries in the world. With the urban sprawl in all directions, a concrete jungle is replacing the beautiful green spaces we enjoyed growing up. There are some shy attempts to arrest this haphazard building frenzy but there are bolder attempts to ensure that the existing green spaces are preserved and expanded. We, Rotarians, can contribute by having tree-planting campaigns all over Lebanon. One person, one tree and the time to start is now.

Wishing you all happy planting and a wonderful spring!

IP Mona Jarudi



Our very own, Dr. Michel Mansour, finally acquiesced to the demand that he addresses our club on the very hot issue of Menopause. Dr. Mansour is an MD in Obstetrics and Gynecology, a fellow in Reproductive Endocrinology and for thirty years was the Head Physician of the OB/GYN department at ARAMCO Medical Services. After that he moved to Bahrain where he continued his medical trek and joined the Rotary club of Sulmaniyah.

Considering the general population of our club, Dr. Mansour presented this heavy subject with lots of humor. It is no surprise that this is a dreaded stage in the adult life, women facing it and dealing with it with varying levels of physical, emotional and psychological symptoms. A woman at that stage feels like her world is falling apart experiencing hot flashes, insomnia, weight gain and bloating, mood changes, and loss of energy, irregular menses, depression and headache.

After a woman is faced with this reality, the question arises what to do?

a. In extreme cases of hot flashes and other symptoms, hormone replacement therapy (HRT) seems to be agreed upon as the way to go.

1. HRT provides relief of vasomotor symptoms, preserves bones, improves quality of life.
2. Lowers the risk of disease: coronary artery disease, myocardial infarction, colorectal cancer.

b. Osteoporosis is one of the most pervasive conditions in older women. The risk factors involved are:




- Menopause
- Smoking
- Race and gender
- Physical inactivity and little exposure to sunlight
- Low body weight.

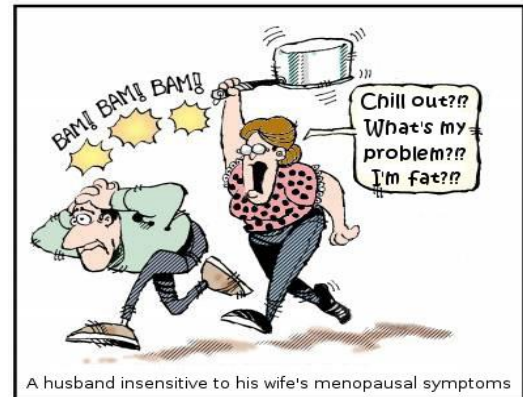
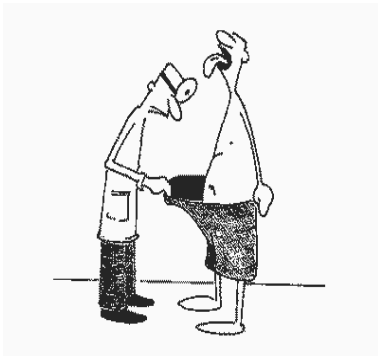


"Listen Buddy! After the hot flashes I've been having this is like a resort!"

HRT should be done strictly under the supervision of a specialist or else the very delicate balance of hormones will be disrupted leading to other risks.

Like every other disease, lifestyle changes are very helpful in dealing with this critical stage:

-  Avoiding caffeine and alcohol.
-  Practicing yoga, deep breathing and meditation.
-  Staying connected with family and friends.



Is menopause a male problem too?

It is as natural an occurrence in men as it is in women, albeit with different symptoms like fatigue, weakness, depression and sexual problems... Nothing that a brand NEW FERRARI will not remedy.

On April 17, the guest speaker at RCBC Business Meeting was the Mayor of Beirut Mr. Jamal Itani. In his very interesting remarks, Mr. Itani started by explaining the legal structure of the Municipality Council and how decisions are made. The municipality of Beirut consists of 24 members elected by the residents of the city. By decree, the responsibility of the Municipality is shared with the Governor of Beirut. As such all major decisions including awarding of tenders need to be approved by the governor as well.

The first and most pressing issue facing the residents today is waste management. Some 650 tons of waste are produced daily. Mr. Itani shared what the council has been working on in its first year and their plans to address the problem. On May 1, residents of the city are going to witness the implementation of a new plan to solve the problem once and for all. The three-step plan includes a) reduction of the amount of solid waste at home (source), b) treatment and c) disposition of the rest.



A new contractor will start the process of providing the tools to encourage residents to sort at source. There will be bins with different colors to aid in that process. Ultimately, the plan is to convert waste into energy, producing some 18-20 megawatts of energy. It will take at least 3 years to complete this project. Sadly, continuing with the landfill is the only option available for now.



Environment is the second problem Mr. Itani tackled. The causes are known: cars, generators etc. The council's plan is to build 3 substations around Beirut producing 150-200 megawatts of power thus eliminating the need of all the small generators that are major contributors to environment and noise pollution in the city.

The third problem Mr. Itani discussed is water or rather its scarcity. Beirut needs some over 120,000 cubic meters of water a day. The answer lies in building desalination plants to provide what Beirut needs. Also this is a project that will take over 3 years to complete.

Mr. Itani also addressed the lack of green spaces in the city, pavements, roads and parking and the Council's plans to address them.



All in all, it was a hopeful presentation and left the audience with a sense of optimism that perhaps, finally, the city's perennial problems will be resolved, Inshallah !!

Many Happy Birthday Returns

Joe Boulos - April 02

Mohamad Baltaji - April 08

The End