

Rotary Club Beirut Cosmopolitan Monthly Newsletter – July & September 2019

Dear RCBC Members,

I would like to thank my fellow Rotarians for selecting me to lead the Rotary Club of Beirut Cosmopolitan as President for the current Rotary year. I am indeed honoured to be given this opportunity to serve in this capacity with the help and support of our Board members, Committee Chairs (mostly young and new members) and fellow Club members. You have my sincere assurance that I will be dedicated to the cause of Rotary in this role.

Our main goals for this year would be to prepare and start implementing a 5-year Strategic Plan that will cover some goals such as membership development, continuous Rotary information, modernization and digitization of the Club processes, diversified and sustainable service projects. Above all, I will strive to foster a two-way communication between Club members and Committee Chairs by making sure that all members are constantly updated on the regular operations in the Club.

Adib Mounla

RC Beirut Cosmopolitan President 2019-2020

RCBC BOARD OF DIRECTORS 2019-2020





Club Charter Date

June 22, 1995

Club Number

30893

District

2452 Rotary International

RI President

Mark Daniel Maloney,
Rotary Club of Decatur,
Alabama, USA

District Governor

Shawkat Tadros

Assistant Governor

Samir Constantin

RCBC Officers

2019 - 2020

President

Adib Mounla

Incoming President

Habib Saba

Vice President

Joe Boulos

IPP

Mona Jarudi

Secretary

Sona Kourtian Donigian

Treasurer

Mohamad Baltaji

Directors

Edouard Rassie
Mimi Hamam
Nadim Hissen

RCBC Website

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

MARHABA EDITOR

IPP Mona Jarudi
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“Letter from the Editor”

A new Rotary year is upon us, and per tradition, every year has its own theme and its own strategic plan. This year also will witness the celebration of the 75th anniversary of the signing of the UN Charter that emphasizes the partnership of Rotary International with the United Nations.

The theme for this year, Rotary Connects the World, conjured by RI President Mark Maloney reflects the true nature of Rotary and what it stands for around the world. RI Presidents, annually, set a strategic plan that will be used as a guideline and model for all clubs to adopt and this year President Maloney has a four-pronged strategic plan that he calls Rotary Action Plan:

- 1. Increase Rotary Impact*
- 2. Expand Rotary Reach by coming up with novel ideas to grow membership in clubs with special emphasis on the young generation and their potential.*
- 3. Enhance Participant Engagement by making Rotary relevant and family friendly.*
- 4. Increase Rotary’s Ability to Adapt by respecting professional commitments and be innovative in ways of engaging the young people respecting their time and responsibilities as they building their careers.*

The world is in a constant state of flux. Growth and success can only be realized if we have the ability to adapt. The world is interconnected at every level and Rotary has managed throughout its history to adapt and thrive by reacting positively and proactively to change.

We, at RCBC, have been very conscious of addressing change by trying to innovate while upholding the Rotary themes, Rotary Action Plans and our global connectedness. Every year brings its own hopes and dreams which can only be realized by team work, respecting the values that Rotary was built on and keeping the spirit of fellowship alive.

IPP Mona Jarudi

Club Assembly with P Adib Mounla

“STRATEGIC/ACTION PLAN & EXPECTED BUDGET”

Tuesday July 9th, 2019

President Adib Mounla inaugurated the new RY by introducing his board and committee chairpersons and outlining his action plan for the year. The focus will be on membership development and retention, Youth programs, sustainable long-term projects, Modernization and Digitization of Club's operations and database, adherence to Rotary protocols.

RCBC has been for 24 years a vibrant club, a leader in the community and this year will be building upon the successes of previous years and adding to them. P Adib alluded to the rotary wheel in motion but he added “the Rotary wheel is turning to move forward. This is what RCBC has been doing throughout the years and what we will be doing together this year”. The committee chairs presented their plans for the year. President of Rotaract Club Beirut Cosmopolitan, Peter Rassie, stressed the importance of the close relationship and coordination between their club and RCBC.



Club Training Session by AG Samir Constantin

Tuesday July 16th, 2019

In line with the ongoing training sessions for members about Rotary Knowledge, RCBC welcomed AG Samir Constantin to address our club on Rotary Club Central and how to navigate My Rotary site. AG Samir holds a Masters in Civil Engineering and currently is the Operations Manager and Project Director at A. Manasseh Ingenieurs SARL. In the Rotary world, AG Samir was PP RC Sahel Metn, Vice Chairman for the 6th District Conference in Beirut.

The session was very well presented, comprehensive and informative.



Business meeting with Engineer Youssef Ghantous

“BUILDING INTEGRATED SOLAR TECHNOLOGIES”

July 23rd, 2019

Mr. Ghantous holds a Bachelor degree in Mechanical Engineering (AUB) and a Masters in Management from the Maastricht School of Management. He is very important positions in his field and is an active member of several engineering and social societies.

With the high cost of electricity in Lebanon and the abundance of sunshine, there is a growing trend of using solar systems in buildings. The use of solar energy in and on buildings is a key aspect in energy efficient construction. The challenge is to find suitable ways to implement the technical innovations in design terms and to ensure accessibility for easy maintenance work. Mr. Ghantous went over the different types of thermal solar collectors, flat panels and tubular. He showed several examples of implementations in projects in Lebanon and the various kinds used. He also showed swimming pools heating systems, solar pergolas that are both functional and esthetic. The newest in Integrated systems were used in roof shingles, skylights in buildings, sheds, ventilated facades and balustrades. There are incentives given to incorporate this technology by subsidized environmental loans, reducing taxes in buildings, applying a customized national green building code and other incentives in building laws. To encourage new designs with sustainable outlook, competitions with prizes are in the planning stages.



Business meeting with Ms. Joumana S. Mansour

“STRESS MANAGEMENT & PERSONAL GROWTH SPECIALIST”

July 30th, 2019

The guest speaker at this business meeting was Ms. Joumana S. Mansour, Stress Management and Personal Growth Specialist, Certified Heart Centered Hypnotherapist and Registered Yoga teacher. The topic was JOURNEY OF YOU, a very interesting and prolific topic that few lines will not give it credit. The objectives of the presentation are to *UNDERSTAND*, *DISCOVER* and *LEARN*. *UNDERSTAND* first that LIFE is a JOURNEY, NOT A Destination and what is mindfulness, self-awareness and the power of affirmations. *DISCOVER* new ways to create new habits and *LEARN* mindful breathing and how to meditate. In the words of William James, “the greatest weapon against stress is our ability to CHOOSE one thought over another.” The speaker went on to elaborate on the power of positive affirmations that might begin as wishful thinking but end up as a reality in our life.



In stressful situations, one cannot discount the power of BREATHING and its benefits in controlling tension, panic attacks, stimulating mental alertness and expanding lung capacity to name a few. Ms. Mansour goes on to touch upon MEDITATION that relaxes the body and Focuses the thoughts. In a nutshell, all the techniques mentioned are what the speaker dubbed as the GOLDEN PILLS in our self- journey.

Business meeting with Mrs. Maguy Khoubbieh Kostanian

“LES PLUS BEAUX VILLAGES DU LIBAN”

Tuesday September 3rd, 2019

The speaker for this meeting was Mrs. Maguy Khoubbieh Kostanian who is the founder and president of the label and NGO Les Plus Beaux Villages Du Liban. After an international career in translation, her passion for Lebanese culture led her to create this label with Albert Kostanian and Joy Homsy. The aim is to preserve rural heritage while promoting sustainable tourism. The label operates under the patronage of the Lebanese Ministry of Tourism and is a member of the international federation Les Plus Beaux Villages de la Terre.

The team of this NGO, comprised of architects, archeologists, ecologists, experts in sustainable tourism and landscape design, covered 2000 Lebanese villages over 2 years and short-listed exceptional villages based on three criteria: Natural Heritage, Architectural Heritage and Living Environment with



activities offered promoting the Culinary and Popular Arts. 63 villages were extended the label of the Most Beautiful Villages in Lebanon from North to South. The villages are reevaluated every three years and they are upgraded or downgraded based on their preservation of the heritage. As always, there are administrative, economic and social challenges. The villages are threatened with creeping urbanization, random destruction and construction of buildings, limited resources of Municipalities and the Syrian refugee crisis. The determination and hard work of the team is exemplary in making sure that the rich heritage of Lebanon will be preserved to be showcased

Business meeting with Mrs. Maya Abi Chahine

“AGEING IN LEBANON AND AUB’S UNIVERSITY FOR SENIORS “

Tuesday September 17th, 2019

The speaker gave a brief account about Lebanon’s ageing profile as well as the concept of life long learning and its impact on the well being of older adults. The ageing population in Lebanon is the fastest growing in the Arab world due to many factors: the increase in life expectancy, the decrease in fertility rate, and the high rate of youth immigration and the return migration of older adults coming back to retire in Lebanon. The older population in Lebanon is EITHER living long, healthy and active lives or dependent physically and financially. Unfortunately, the ageing population in Lebanon is not high on the agenda of policy makers and the society at large, and till that happens private initiatives provide the only ray of hope.

Recent Public health studies have highlighted the importance of lifelong learning in old age and its positive impact on the physical and mental health of older adults. This fact prompted two AUB professors in the Faculty of Health Sciences, Abla Sibai and Cynthia Myntti, to create the University for Seniors at AUB in Spring 2010, where all older adults are offered the opportunity to remain intellectually and socially engaged, learn new things and contribute actively in their communities. The program offers a variety of activities: study groups, lectures, cultural travel programs, and intergenerational activities with AUB students. Ten years into the program, public health practitioners are describing it as a health preventive intervention that is helping older people from declining mentally and physically. Psychiatrists and Geriatricians are prescribing it to their older patients.

One can only say that the wealth of experience, knowledge and wisdom that older people have should be a bank to be tapped upon rather than neglected. For this, respect and appreciation for the elderly should be taught at home and in schools for our societies to be really called civilized.



Business Meeting with Iman Assaf

“CHANGING THE FACE OF LEBANON THROUGH ART “

Tuesday September 24th , 2019

In an evening that was highlighted with beautiful art and colors, Ms. Assaf gave a little synopsis on her NGO AHLA FAWDA (meaning best chaos roughly). It is a non profit organization, run by volunteers who work towards community development and improving the immediate environments in a cultural and artistic manner while maintaining the “green” ethos of these communities. They also provide humanitarian assistance to all regions in Lebanon.

They started in 2013 in Hamra Street, Beirut where over few years they held fairs, street parties, murals, festivals, concerts and other projects. The successful model was carried to other places in Lebanon and London. In 2019, a new mission was started by a collaboration between Ahla Fawda and Where There’s Walls whose focus was:

- Using art to create positive change
- Embellishing areas and enriching lives through art and murals.
- Creating green spaces.
- Inspiring young talent while engaging communities.
- Offering emerging artists opportunities to showcase their work and develop their skills with modest capital outlay.

They say that beauty is in the eye of the beholder but this beauty is enhanced by the efforts, hard work and dedication of individuals who persevere in showcasing it as they are striving to benefit and build their communities. Bravo team Iman Assaf!!!



GLOBAL GRANT NEWS

New Generation Peace Builders- Lebanon

Monday July 8th, 2019

On July 8, 2019, a meeting was held chaired by PDDG George Beyrouti and attended by committee members from RCBC and other clubs. NewGen PeaceBuilding is a Global Grant project involving D2452 (Lebanon) and D7570 (Virginia). The main purpose of the meeting was to update the committee members on the progress of the project and the current status of the GG application.

The rationale behind NewGen PeaceBuilding is to capitalize on the awareness of young people about global issues and their desire to be involved. There is an absence of formal and informal peace education and young people are rarely invited to create and participate in national and international peace projects. Three peace initiatives are identified: Peacemaking, Peace keeping and Peace building. “On a massive scale, you can never hire enough peace-makers or peace-keepers. You have to educate and train peace-builders at the civil society level. Doing this with the youth around the world is the only chance we can achieve large-scale global peace.”

NewGen PeaceBuilders was launched in 2014 by Patricia Shafer, a former Rotary Peace Fellow and a current Rotarian. This project integrates scholarly work on conflict resolution, case studies, profiles of role models and project management training.

The program incorporates the Global Peace Index, Positive Peace Index and the Eight Pillars of Peace created by the Institute of Economics and Peace. This program was successfully implemented or under discussion in the US, Canada, Columbia, Bolivia, Germany, Rwanda, Brazil, Argentina, South Sudan, Serbia, Ethiopia and Lebanon.

The NewGen PeaceBuilders project “Putting Young People at the Center of Peacebuilding” will be delivered in Beirut, Lebanon between December 2019 and June 2020. The initial beneficiaries will be 60 University students and 20 adult professionals. It is anticipated that up to 10 peace projects will be designed, implemented and evaluated during the training. Rotary Club Beirut Cosmopolitan will be the primary host club of this GG and will be led by PDDG George Beyrouti. This project is consistent with the emerging Rotary Theme “Sustainable Peace Through Partnership”.



Elpis Home Clinic Visit

Thursday July 11th, 2019

On Thursday July 11, RCBC was invited to attend the inauguration of the new ELPIS HOME CLINIC in Fanar, Lebanon. RCBC President Adib Mounla attended together with PDDG George Beyrouti and PP Joe Boulos representing our club. Also present were senior officers from HOME International and HOME Lebanon Office, the President of the Municipal Council of Fanar Mr. George Salameh, and other community leaders. The President of HOME International, Dr. Issam Raad, cut the ribbon, welcomed all present and thanked various donors including our club RCBC. The inauguration included a tour the facility and a cocktail.



HANDOVER CEREMONY AT MISSION DE VIE- PROVIDENCE HOSPITAL

Monday August 19th,2019



On Monday August 19, Rotary Club Beirut Cosmopolitan (RCBC) was proud to have its first handover of RY 2019-2020. This Global Grant project (GG1874037) was initiated and led by PP Edouard Rassie in response to the need of the hospital for equipment used for palliative care to alleviate the suffering of terminally ill patients. The completion of this GG took slightly over one year and it would not have been possible without our local and international partners.

Guests were welcomed warmly by Sister Juliana Chamoun (Project Coordinator), Souer Dolly Aoun (Director of the Hospital) and Souer Lara el Hajj and of course the smiles of the patients which were most heartwarming. RCBC as the host club was represented by P Adib Mounla, PP Tony Asfour and Mary, PP Mounir Jabre and Rimane, IPP Mona Jarudi and PP Subhi Jarudi, PP Edouard Rassie and Rita, PP Joe Boulos, PP Mimi Hamam and PP May Khoury.

Many thanks go to our international partner RC LA Cedars who were ably represented by P Mark Soufi, PP Ferris Wehbe and his wife Debbie and PP Wissam Takieddine. Thanks go to our local partners RC Metn represented by P Najah Elias, PP Kamal Katra and PP Michael Saneh and to RC Cedars P Antoine Keldany whose club has always been a great supporter of our projects.



Souer Lara el Hajj gave the audience an overview about the Hospital of the Providence. 96 patients were admitted since 2016 with an average age of 73 years (ages range from 47 to 97). Most patients hail from Lebanon but some are received from Palestine and Jordan. The average length of the stay in the hospital is 78 days.

The patients come suffering from a range of diseases and with no financial means to have a dignified last few days in their lives, pain free. The hospital relies totally on donations, and RCBC is very proud to add this humanitarian project to a chain of other projects in Mission de Vie and the community at large.

The hospital received equipment valued at 52,950\$ and comprised of: Autoclave, Syringe Pump, Bed and Antisore Air Mattress, Respirator, machine for aspiration of Bronchial Secretions and a Cardiovascular Monitor.



INTERCLUBS EVENTS & SEMINARS

GRANT MANAGEMENT SEMINAR

Monday July 15th, 2019

D2452 organized a Grants Management seminar on July 15th, 2019 which was attended by a large number of Rotarians in Lebanon. It was a very informative and comprehensive seminar that covered an overview of The Rotary Foundation (TRF), District Grants, Global Grants and Rotary's six areas of focus. It covered all the details of grant applications and the process that every Service project undergoes to qualify for a Global Grant status. The information is too prolific to be covered in a paragraph. For more information, one can go to My Rotary website and read all about TRF, its funding and how one can donate to the various funds that empower Rotary International help improve living conditions in communities all around the world.



JOINT MEMBERSHIP SEMINAR

Monday August 5th, 2019

On August 5, during the month of Membership & New Club Development RC Sahel el Metn jointly with RCBC and other Clubs invited all Rotary Clubs in Lebanon to participate in a Membership Seminar, to brainstorm, discuss membership concerns and design a road map for the future of Rotary. Worldwide, Rotary is experiencing stagnation in its ability to attract new members and in many cases to retain members. The seminar's focus was to address these issues at the country level and encourage clubs to come up with innovative ideas for membership development and retention. Per the theme of last year, Youth is our Future, a huge emphasis was placed on finding ways and means to attract young professionals with all their energy and ideas to inject much needed new blood in our clubs.



The seminar was very well attended. Our club RCBC was well represented by some of its members.

Lead the Change Youth in Rotary Seminar

Saturday August 31st, 2019

On August 31, a Debate Workshop was held in Beirut by D2452 to start the dialogue between Rotary and Rotaract clubs. The event was attended by 50 Rotarians and 50 Rotaractors. Following the updates of the Council on Legislation and the elevation of the status of Rotaract Clubs worldwide, this lively debate started a much-needed conversation across the aisle to establish ways of attracting youth into the Rotary family.

Our club, RCBC, was represented by its President Adib Mounla and PDDG George Beyrouiti and from BCRAC P Peter Rassie and PP Sirvart. With many years of experience in the Rotary world across all disciplines, PDDG George was one of the panelists who was asked to answer: What is a Rotarian’s Perception towards Young Professionals? In answering the question, PDDG Beyrouiti used RCBC as an example and showed membership trends for the last ten years. Unfortunately, our club had some initial resistance to admit young members but that changed gradually overtime and the club’s young members represent 12% to date. He goes on to identify two major obstacles and/or limitations for Youth to join Rotary:



- a. Young professionals (30-40 yrs. old) are engaged in building their own careers and starting their families.
- b. Young people joining a club with older members might feel intimidated in expressing their opinions freely to try and effect change in the graying clubs.

This workshop started the intergenerational dialogue to address the various obstacles and come up with solutions that will pave the way into the future where Youth will be the driving positive force in membership growth and retention.



The OSCAR'S Award Event

Thursday September 12th, 2019

On September 12, the Rotary Clubs of Lebanon organized a red-carpet event titled “POWER UP YOUR DREAMS, GEAR UP YOUR AMBITIONS” to highlight the accomplishments of two prominent Rotarians, Dr. Joyce Azzam and Dr. Alain el Khayat.

Dr. Azzam is the first Lebanese woman to conquer the seven summits of the world. It took years of hard work, tears and sweat coupled with fierce determination to realize her dream, reach the highest summits and plant the Lebanese flag. Dr. Khayat is a NASA Scientist whose accomplishments speaks volumes.

Our club was represented by its PI Chair, the President and Club Secretary.



ROTARY EMBASSADORS

Banner Exchange

Rotary Club Beirut Cosmopolitan, since its inception, enjoyed very successful international relations and have sister clubs in USA and Europe. The theme of RI this year ROTARY CONNECTS THE WORLD is exemplified by many visiting Rotarians to our club, and our members finding a home everywhere they travel.

In August there were several banner exchanges: first with a visiting Rotarian from RC Haarlemmermeer and the second with RC Larnaca when RCBC President was there for a visit.



In a recent visit to Paris , RCBC Public Image Chair Jean-Paul Moubarak, attended RC meetings there. Banner exchange took place with RC Paris Notre Dame Pr Laetitia Andreu, RC Paris quai d'Orsay Pr Françoise Berger, and Rc Paris Lumieres Pr Jean Sebastien Lipsky.



CONFERENCES / CONVENTIONS / EVENTS

ROTARY INTERNATIONAL CONVENTION JUNE, 2019 HAMBURG – GERMANY

<https://www.consultancy-me.com/news/2066/arthur-d-little-pays-respects-to-harland-riker-and-kamal-saad>

Many Happy Birthday Returns

July

Nadim Hissen

Olga Feghali

August

Joseph Akl

Amal Talhouk

September

Christine Arzumanian

Rabab Safieddine

Karim Naamani

The End