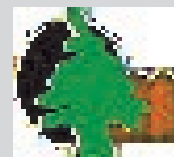


Marhaba



Rotary Club of Beirut Cosmopolitan — Monthly Publication — Issue 202 — July 2012

Club Charter Date
June 22, 1995

Club # 30893

District # 2450

RI President
Sakuji Tanaka

District Governor
Kevork Mahdessian

Deputy Governor
Samar Saab

Assistant Governor
Badreddine Ghazawi

RCBC Officers:
2012—2013

President
Asaad Salhab

President Elect
Mounir Jabre

Vice President
Lina Shair

Secretary
George Beyrouti

Treasurer
Mounir Jabre

Sergeant-At-Arms
George Beyrouti

Directors
Habib Saba
Subhi Jarudi
Edouard Rassi
Karim Naamani
Kamal Saad

RCBC Presidents' Handing Over Dinner **July 3, 2012**

The traditional handover dinner between President Habib Saba and Incoming President Asaad Salhab (see Right) took place at Le Maillon Restaurant in the Ashrafieh quarter of Beirut. The evening that unfolded was full of fellowship, fun, laughter and surprises.

As President Habib looked on, Deputy District Governor (DDG) 2011-2012 George Azar presented Assistant Governor (AG) 2011-2012 Yara Younes-Massabki with a certificate of appreciation from District Governor (DG) 2011-2012 Usama Barghouti in recognition of her devoted contributions to the cause throughout the Rotary Year.

This was followed by the award of Paul Harris Fellowships (PHFs) to PP Georges Beyrouti, RT Kamal Saad, PP Tony Asfour, VP Samir El Khoury, and P Elect Mounir Jabre (shown Right, flanking P Habib and ADG Yara). The PHFs were in recognition of their outstanding contributions to the Club and its community.

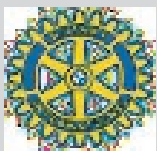


RCBC e-mail rcbclb@gmail.com Internet www.rcbclebanon.org

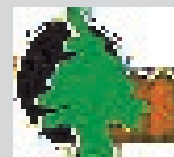
"We appreciate your comments and suggestions; please send us an e-mail"

"If you no longer wish to receive Marhaba, please let us know "

Editor Kamal Saad — Cell +961 3 866908 — e-mail knsaadrcbc@gmail.com



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In handing over the Presidency, President Habib Saba thanked the members of the Club, its past officers and its Board for their commitment and contributions to the vision of our Club: "Enhanced Quality of Life for All in Our Community".

In wishing the incoming President, the Incoming Board and the members of the Club the best of success, he expressed his confidence that RCBC will continue to maintain its position as a vibrant, harmonious and effective club, indeed a leader in our District.

In turn, Incoming President Asaad Salhab said he found the 2012-2013 Rotary Theme "Peace Through Service" most appropriate and timely to our region and to our country in particular. He urged all members to be more involved and active in club affairs and to make the Rotary Motto for 2012-2013, "Service Above Self", their constant practice.



President Asaad identified the following RCBC priorities for Rotary Year 2012-2013:

- Maximize member involvement in club affairs;
- Implement major community service projects, with water, sanitation and the environment as priority target areas;
- Recruit members who would enrich our variety of skills and contribute our future generation of leaders;
- Promote awareness of Rotary amongst opinion leaders in our community;
- Strengthen cooperation between our Club and its Inner Wheel and RotarAct partners.

Incoming Board (L to R) RT Kamal Saad; PP Edouard Rassi; IPP Habib Saba; P Asaad Salhab; Treasurer and PE Mounir Jabre; PP Subhi Jarudi. Not Shown: PP Georges Beyrouti, Club Secretary; PP Karim Naamani; Lina Shair, VP.

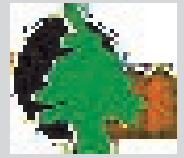


PP Samar Saab and PP Badreddine Ghazawi, DDG and ADG 2012-2013, were honored guests.

RCBC

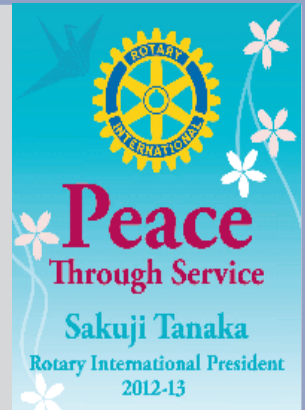
The Premier English-Speaking Rotary Club in Lebanon

***We meet Tuesdays at the Hotel Vendome , Ain-Mreisseh, Beirut
Business Meetings at 7:00 PM — Dinner Meetings at 8:30 PM***



Sakuji Tanaka, Rotary International President Extract from his theme for 2012—2013

“We hear the word *peace* every day. We hear it in the news, we use it in conversation, and we talk about it a great deal in Rotary. But most of us spend very little time thinking about what peace is, and what that word means. On its simplest level, peace can be defined by what it is not. It is a state of no war, no violence, and no fear. It means that you are not in danger of hunger or persecution or suffering or poverty.



But we can also define peace by what it can mean. Peace can mean freedom of thought and of speech, freedom of opinion and of choice, and the ability for self-determination. It can mean security, confidence in the future: a life and home in a stable society. On a more abstract level, peace can mean a sense of happiness, of inner serenity, of calm. The truth is that peace means different things to different people. No definition is right, and no definition is wrong. However we use the word, this is what peace means for us. No matter how we use or understand the word *peace*, Rotary can help us to achieve it”.

Beirut Cosmopolitan Rotaract Club (BCRAC) 2011-2012 The Year in Perspective

The year just ended was one of remarkable BCRAC achievements for Lebanon, for the BCRAC community, for RCBC and especially for the BCRAC members themselves. All this, despite its modest size of 14 regular and six guest members.

On the Rotary level, BCRAC established great relationships with other Rotary and Rotaract Clubs in Lebanon, in District 2450, and Internationally as well. Some of these were:

- Rock Falls Rotary Club , Illinois USA;
- Yerevan RotarAct Club , Armenia;
- The Adame RotarAct Club, Abidjan.

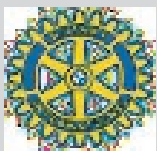


BCRACers manning their refreshments cart to promote "Organ Donation" during the BLOM Beirut Marathon. Shown above (L to R) are Phillip Farra, Lara Boustany, P Lama Ghebaly, and Sabine Simonian.

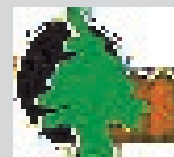
2012-2013 Rotary Theme : “Peace Through Service”

R.I. President Sakuji Tanaka

The R.I. Theme for July : None



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Some of the activities of BCRAC on the community service front were as follows:

- Served food during the month of Ramadan;
- Threw a Christmas party for 400 under-privileged families;
- Had dinner with 40-handicapped adults at their "home";
- Took 300-orphans on a Teleferique (cableway) journey;
- Donated over 3.000 scholarly books to five NGOs specializing in educating young Lebanese;
- Contributed to the National Cervical Cancer Awareness Campaign by helping raise funds and organizing awareness sessions;
- Helped raise funds for, and participated in, refurbishing social aid centers;
- Ran in the BLOM BEIRUT MARATHON to help promote Organ Donation.

Finally, on the professional workshop-session level, BCRAC organized and/or took part in a number of educational and awareness-building excursions and seminars. It also participated in the RotarAct Mentorship Program.



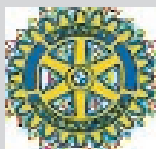
Left to Right above around their joint poster are Fadi Halabi (President of the LMSIC), IPP Rytta Mansour, Peter Rassie, PP Christine Arzoumanian, and Mego Torossian of BCRAC.



Shown Left to Right above are BCRACers Mego Torossian, P Lama Ghebaly, Murielle Kreimaty, PP Nayef Mecharrafie, IPP Rytta Mansour, and PP Christine Arzoumanian.

BCRAC meets at Saifi Urban Gardens, Pasteur, Beirut — Wednesdays from 7:30 to 8:30 PM

**Happy Birthday to RT Samir El Khoury (July 27) .
Our club wishes you healthy years full of love and happiness!**



The First Rotarian to Climb Mount Ararat -- July 18, 2012 Christine Arzoumanian

Our very own RCBC Rotarian, Christine Arzoumanian, reached the summit of Mount Ararat on July 18, 2012 -- all the way up to 5,165 meters in four days. Christine is a former DG Rotaract Representative (D2450, 2009-2010) and a Past President (PP) of Beirut Cosmopolitan RotarAct Club.

The daughter of former Mount Lebanon cycling champion Gabriel Arzoumanian, she has been keenly interested in extreme sports from her adolescence (in particular mountaineering). She has already conquered many summits in Lebanon and abroad.

"I hope to form a team of Rotarians and RotarActors from our District who are interested in climbing summits and raising funds for Rotary causes. I ask all those interested to e-mail me at rchikeyforlife@gmail.com".

The climb started at 2,200 meters. "We reached 3,200 meters on Day One and 4,100 meters on Day Two, then went back down after a short break to 3,200 meters -- to allow the body to get used to the altitude" she explained. "On Day Three, we went back up to 4,100 meters, and on Day Four -- just after midnight -- we took off on the final stretch".

"The last 800 hundred meters of the climb consisted of a succession of steep slopes, their surfaces a rough mix of snow and ice -- which made it necessary to wear crampons to avoid sliding.

"The acid test for me was the last 300 meters. The altitude was kicking in and the oxygen level dropping. My fingers were frozen and my face and lips were all blue, according to the guide. Also, I had no energy to move a muscle, so I stopped".

(<< Christine resting)

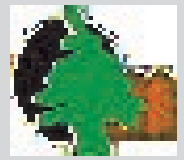


... sans commentaire





Marhaba



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"I was told that, given my condition, I would need two to three hours to reach the summit, and was advised not to continue — in order to maintain my energy for the lengthy journey back down. At that moment of truth, I looked at my team and I looked at the summit which was so close; then I looked up to Heaven, and with God's miraculous help, I found the strength to start running, tears of determination streaming down my face. I reached the summit in 30 minutes"

"As I reached the peak itself, I went down on my knees kissed the holy summit, thanked God and prayed. I was on top of Mount Ararat, where Noah's Arc landed, and my roots' summit . **I saw all of Armenia, and the small Ararat (Masis) at my feet** as I waited impatiently for my team-mates to come through the fog. Although the weather was getting really bad and it was freezing cold up there yet the atmosphere was very warm. I experienced inexplicable feelings that I will cherish forever. For me, Mount Ararat is a truly holy mountain. It reminds me of who I am as a person; of my roots; of my strengths and of my weaknesses; of the qualities of my soul and of how I deal with difficulties with a smile and a loving heart towards all".

"The Rotarian in me feels this experience has parallels with Rotary and Rotaract. I believe it is with this mindset and spirit that we achieve Service Above Self within our communities. Indeed, together with fellow Rotarians and with the help of the Rotary organization , we climb mountains that are higher than 5165 meters every day to meet the needs of our communities that are our ultimate summits. **Physical fitness and the right diet are fundamental to mountain climbing, but it is the mind, in collaboration with the soul, that will take you to the summit and back down again".**

For Christine, every challenge invites and inspires goodness in response, "just as Rotary and Rotaract would have us respond".



Christine at the Top of Ararat, with Lebanese flag (above) and RCBC and RCBCRACT Logos (below).

