



Marhaba



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Business Meeting

**Mr. Khaled Yamout: “Norwegian People’s Aid – Lebanon”
06 October 2009**



Rotary Club of Beirut Cosmopolitan was pleased to welcome Mr. Khaled Yamout, representative of Norwegian People’s Aid-Lebanon (NPA), as guest speaker to give an overview on the organization and its activities in Lebanon.

NPA was established in Norway in 1939 and branched out to more than 30 countries all over the world. It started its mission in Lebanon after the Israeli invasion in 1982 and currently its portfolio includes 6 major programs.

1. Youth Program: This program aims at empowering youth by providing them formal / informal education and support for recreational activities.

2. Disability Program: It started in 1983 to assist and treat war injuries. The program was expanded later on to treat other physical disabilities.

3. Human Rights Program: It supports the rights of children, women and Palestinian refugees.

4. Health and Environment Program: It was launched in order to control the environmental situation in Shatila camp and its surrounding areas. Meanwhile NPA was active in increasing the awareness of its target groups on various environmental and health issues.

5. Organizational Development Program: It deals with increasing the capacities of NPA’s staff and partners through training and provision of equipments.

6. Mine Action Program: It deals with Mine Victim Assistance, Mine Risk Education, and Clearance. NPA promotes mobilizations and advocacy concerning the rights of persons with disabilities including landmine victims locally and internationally and advocates for the ban of the use of mines and cluster bombs.

RCBC and RC LA Cedars in collaboration with Marshall Legacy Institute are participating in the Mine Action Program of NPA in order to provide Mine Victim Assistance and Mine Risk Education to the people who are living in mine affected areas. The main activities of the program are to train on first aid techniques, provide technical supports and mobility devices, provide micro-loans to finance projects which will enhance economic reintegration of mine victims, assist psycho-social activities, adapt private homes for mine victims and support relevant surveys, studies and the translation of resources. Meanwhile, it backs up Mine Risk Education Campaigns and encourages the integration of the Mine Risk Education Program in the national school curricula.



Business Meeting **Ms. Aline Melki: "Nutrition and Diet"** **13 October 2009**

Diet and health being a matter of concern to all members, RCBC invited Ms. Aline Melki, a graduate in Biology from the University of Miami, who shared with them her experience and outcomes of her latest researches and studies.

According to Ms. Melki, "Diets leave us with promises of quick weight loss, but the people who eat well and look healthy aren't always dieting at all, they just eat healthy. Diets can be restrictive and lead to failure. Some are so low in calorie intake that you don't have the energy to continue following them; and while some diets produce quick results, they often cause the metabolism to slow down. There are lots of diets on the market to choose from and they all work only as a jump start to your road to healthy eating; they lead to weight loss because they restrict the number of calories you consume. Learning about them can have a positive influence on your eating habits, weight and health, if the diet plan is a good one.



Yet, a good diet plan should be healthy from the start and should be based on principles you can follow for a lifetime. A good diet plan should teach you how to eat well, and help you reach your goal whether it is to lose weight or maintain a healthy lifestyle. A healthy eating plan should be easy to start and easy to follow. Taking action and continued practice will make it work. Learning to eat well and exercise is the only solution to long term weight loss, maintenance, and a healthy life."

After giving some tips on how to choose foods that will assist the improvement of our health and our eating habits at home, work, even when eating out, she concluded the meeting stating that the overall emphasis on healthy eating is not about depriving ourselves of the foods we like, yet it is about feeling great, having plenty of energy, and keeping ourselves as healthy as possible by making the right choices of food.



Dinner Meeting
Dr. Khalil Karam: “Francophone Games in Lebanon”
 20 October 2009



RCBC members welcomed with pleasure Dr. Khalil Karam, the personal representative of the President of the Republic for the Francophone, who talked about the Francophone Games in Lebanon; the Francophone games attracted massive number of press and media coverage.

The Francophone games are held every four years with the participation of around 3000 athletes, youths and artists from more than 40 countries; they compete in a variety of cultural and sporting events. Lebanon has been chosen to host the 6th Francophone games in its capital Beirut from September 27 till October 06, 2009, after the 5th edition ended in Niamey, Nigeria. An extravagant launching ceremony was attended by top Lebanese politicians in addition to delegates from 44 nations including French Prime Minister Francois Fillio.

This event was an opportunity to emphasize the presence of Lebanon in the Arab World as a democratic state that joins west to east encouraging races to come closer and unite under the universal language of tolerance.

Dr. Karam showed his gratitude to Director Daniel Charpentier’s and Mrs. Nora Jumblat’s team for their special efforts over the years and the payoff was the success of the event.





Visiting Rotarians from Overseas and Exchanging Banners!



**Rotaractor Johanna Schubert,
President of Rotary Foundation Alumni in Germany
October 20, 2009**



**PDG Victor Kassis
Rotary Club of Novi Michigan, USA
October 27, 2009**

Financial Aid to needy Students in Maamrieh School on September 25, 2009

The Maamrieh school, located East of Sidon in South Lebanon, has been facing financial difficulties due to the global economic turbulence, which has touched Lebanon. Many parents have lost their jobs hence unable to settle their children's tuition fees.

This created a major problem for the school, as the tuition fees collected which are by far lower than tuitions in private schools, contribute to cover the school expenses including the teachers' salaries.



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In response to an appeal initiated by Rotary Club Beirut Cosmopolitan (RCBC), a generous donation was received from Rotarian Past President Tony Bikhazi of Charlotte South Rotary Club in North Carolina to provide financial support to needy students.

On Friday, September 25, 2009, a delegation from RCBC comprising President Edouard Rassie, Past President Tony Asfour, Honorary Secretary Habib Saba, Rotarians Lina Shair and Mounir Jabr, handed a cheque of Three Thousand US Dollars, to the Director of the Maamrieh School, Sister Marie Paul in the presence of Mother Superior Giselle Harb and Sister Marie Abele, the Principal of the School.

Christina Asfour visits the RC of Rockdale County



GRSP Student, Christina Asfour visited The Rotary Club of Rockdale County on October 7 and gave a presentation about her homeland Lebanon.



As part of her program, she explains the meaning behind the Lebanese Flag. (The red stripes symbolize the pure blood shed in the aim of liberation. The white stripe symbolizes peace, and the white snow covering Lebanon's mountains. The green Cedar symbolizes immortality and steadiness.)

Christina gave such a heartfelt presentation that the members of the Rotary Club of Rockdale County chose to perform a Tree planting ceremony on October 10th in her honor. It seemed that the obvious tree of choice should be a cedar tree.

The Rotary Club of Rockdale planted the cedar tree at "Lighthouse Village" - a newly created community in Conyers that will provide shelter for displaced women and children that are victims of domestic violence. There will be a dedication ceremony at a later date when Christina and her other co-host families can join us.

(Source: this article appeared in the November 2009 Issue of Rotations, published by District 6109 of Rotary Club International)

TRF News

Creative Idea to Fundraise!

Although Norwegians are known as hardworking and serious, they love to tell stories especially the funny ones. It was a brilliant thought when the Rotary Club of Gamlebyen Fredrikstad in Norway came up with the idea of publishing a book full of jokes and humorous tales in purpose of raising money for Rotary's US \$200 Million Challenge to stop polio. The book is entitled "**Room of Laughter**" and is composed of 1201 short stories compiled from the 330 Rotary Clubs in Norway. The book sold 1500 copies in its first weeks in print. For every book sold, \$12 of the \$50 cover price goes to Rotary's Challenge. You can order now by emailing at: sjoborg@online.no

The project was a success as the original target was to raise \$72000 for the challenge by getting every Norwegian Rotarian to buy a copy, yet many people are buying six to eight books for themselves or as gifts pushing to set a new target and collectively contribute \$100,000.

While there are no plans to translate the book and since the idea is not trademarked, a wider market is predicted than just Norway to raise more money and help Rotary end polio.



Rotary helps Pakistan to become polio-free

Rotarians joined health workers and played an active role in supporting the essential activities in carrying out Pakistan's Immunization Days that took place from 12 to 14 October 2009 reaching a record of 35 million children.

Rotarians besides helping in promoting the NIDs on billboards in several cities, they also encouraged the Pakistani government to give strong support to eradicate polio and accomplish the greatest mission of Rotary: polio-free world.

On October 10, the government issued a postage stamp in response to Rotary's request and support. The stamp portrays the late Prime Minister Shaheed Mohtarma Benazir Bhutto giving polio vaccine to Aseefa Bhutto Zardari, the daughter of Pakistan's president and Bhutto and the first child in the country when it began its campaign against the disease in 1994. That year, 23000 Pakistani children were paralyzed or killed by polio, yet in 2009, 62 cases were reported as of October 20.

Rotary looks forward to the day when will celebrate its victory over polio.

TRF Projects

Rotary brings safe water to communities in Mexico, Malawi

After one of the members of the Rotary Club of Carpinteris Morning, California, USA attended a meeting of the Rotary Club of Patzcuaro, Michoacan, Mexico, in 2005 and learned that the villagers drank contaminated water from wells or used their wages to buy expensive bottled water, the club decided to get involved and execute a project to save the citizens of that village.

The club installed different systems in different villages. The most successful one was a combination of sand and electric ultraviolet (UV) filtration in La Cienaga. Families were spending their wages to buy bottled waters because the local water was orange in color and undrinkable. As club members knew about similar clean water challenges in Malawi, they decided to try to repeat the success of that project.

Currently, Rotarians are working with eight rural villages in Malawi to distribute household send filters, build rainwater collection tanks, and seal and cap wells, which should provide clean water to 5000 people. A third Malawi project is funding a health worker who will teach villagers about hand washing, food preparation, baby care, and other issues essential for promoting health.

Zambian Rotarians focus on clean water for schools

Through the joint efforts of the Rotary Club of Livingstone, Zambia, and District 9210, nine boreholes were drilled, benefiting six village schools and three urban schools as well as surrounding communities.

Previously, each of the village schools served the water needs of about 80 children, yet today, it serves up to 200. Meanwhile, the boreholes provide clean water to about 12000 residents in the nearby area.



What's New in Lebanon!

*Mokhtar Beyrou, 20 years old, a Communication Arts student at the USJ university in Beirut and a volunteer in several NGOs such as IndyAct and Beirut Marathon, is holding his very first photo exhibition "It's a new dawn, it's a new day" at the Café de Prague in Hamra throughout the month of November.

*Solo show designer, children's book author and pop artist Lamia Ziade (Nov 3 - Dec 05): Espace Kettaneh Kunigk, Block E, Hamra.

*Joint exhibition of Yvette Achkar and Francois Sargologo (Nov 04 - 26) Janine Rubeiz Gallery, Majdalani bldg, Raouche.

*Christmas Exhibition (Nov 15 - Jan 07) at Beirut International Exhibition and Leisure Center in Downtown.

*Music concert on Nov 17 at 8PM at the Music Hall at USJ, amphitheater of Pierre Y. Abou Khater

*Tutti Frutti exhibition of 200 photographs, taken from the most diverse corners of the globe on Nov 20 at AUB, Hamra.

It's Time To Run Against Polio!

Rotary Lebanon in collaboration with the Beirut Marathon Association will support the eradication of polio through assisting the Rotary Foundation to raise funds to match the "Bill & Melinda Gates Foundation Challenge".

Everyone is encouraged to participate in this event and make a difference in the world hand in hand with Rotary and Blom Beirut Marathon 09.



Mark your Calendars!!!

Future RCBC Program:

*Tuesday, November 17, business meeting with Salwa Gailani at 7:00 PM. She will be talking about "The Transition Towards Democracy In Iraq"

*Tuesday, November 24, dinner meeting at 8:30 PM. Guest Speaker TBA.

Members' Happy Moments ☺

Happy Birthday to RT Habib Bassoul (Oct 08), RT Samir El Khoury (Oct 11), RT Asaad Salhab (Oct 18), RT Andrea Sabella (Oct 20), and RT Nabil Challah (Oct 30). RCBC is wishing you another wonderful year of happiness and joy.