

Rotary Club Beirut Cosmopolitan

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Club Number 30893
District 2452 Rotary International



Marhaba

2023-2024
October 2023 Issue

Rotary International President
Gordon R. McNally
Rotary Club of South Queensferry,
Lothian, Scotland

District 2452 Governor
Bashar Haddad
Rotary Club of Amman Citadel
Amman, Jordan

Assistant District 2452 Governor
Toufic Aris
Rotary Club de Beyrouth
Beirut, Lebanon

RCBC Officers 2023 - 2024
President **Amal Talhouk**
IPP **Samir El Khoury**
President Elect **Hayham Kurdi**
Vice President **Subhi Jarudi**
Secretary **Christine Arzoumanian**
Treasurer **Haytham Kurdi**
Directors
Joseph Boulos
Lina Shair

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CREATE HOPE in the WORLD



A Prayer for Peace

“For those who are fleeing: **SANCTUARY**
For those who are staying: **SAFETY**
For those who are fighting: **PEACE**
For those whose hearts are breaking: **COMFORT**
For those who see no future: **HOPE**”

Poor Clares,
Galway, Ireland



Artist: Malin Gyllensvaan, Sweden
Source: Naïve Art Extraordinaire

OCTOBER THOUGHTS

Wild Poliovirus Weekly Update

11 October 2023

2022

30 children paralyzed by polio

2023

9 children paralyzed by polio



*Non endemic

www.polioeradication.org
#EndPolio



World Health Organization



THE PERMA MODEL OF WELLBEING

from Flourish by Martin E.P. Seligman

Sketchnote by @haypsych
Hayley Lewis

P E R M A

POSITIVE EMOTIONS
feeling good,
feeling fulfilled

- practice gratitude
- listen to uplifting music
- exercise for endorphins
- engage in a hobby that makes you happy

ENGAGEMENT
being completely
engrossed in
whatever you are doing

- practice mindfulness such as meditation
- do activities that absorb you
- work on tasks that give you immediate feedback
- analyse your strengths so you can do more things that align your passions, skills & abilities

RELATIONSHIPS
having authentic
and loving
connections

- spend quality time with your loved ones
- make new friends by joining a group such as a book club
- volunteer, such as helping a charity
- show appreciation, thank one person every day

MEANING
living with a
sense of purpose

- be clear on your core values and live to these
- contribute to a cause that makes a difference
- offer to help someone, such as by being a mentor

ACCOMPLISHMENT
having a sense
of achievement

- set clear goals to work toward
- be a continuous learner - open to new ideas and curious
- celebrate your successes, big and small
- reflect on failures, using these to do better next time

RAGFP Peacebuilder Clubs Help Expand the Road to Peace

"It is true that the way to war is a well-paved highway and that the way to peace is still a wilderness..."

— Rotary Founder Paul Harris, 1945



DISTRICT 2452 GOVERNOR BASHAR HADDAD

ROTARY CLUB AMMAN CITADEL
AMMAN - JORDAN

District Governor's Annual Visit
The Phoenicia Hotel

October 3, 2023

One of the many important duties that a District Governor signs up for is his direct communication with all clubs in their district. These visits provide first-hand information about every club in order to establish a stronger working relationship.

The first visit of DG Bashar Haddad D-2452 to our club was on October 3. He was accompanied by DDG Shawkat Houalla, AG Toufic Ariss and Governor Aide Rt. Samar Saab. They were all very warmly welcome by RCBC President Amal Talhouk and the members.

After the President's welcome and opening remarks, club secretary and all committee chairs shared with the DG their respective plans for the year. DG Bashar was very welcoming and appreciative of all the reports and in turn shared with our club some statistics and thoughts to maintain and excel as we further our mission for the club. He was very complimentary of our club being the first Inclusive Club in the District and ideas were shared on how to perfect the model of an inclusive club to be welcoming for all concerned. This session generated a sincere and honest dialogue about Rotary, membership, the difficulties we are all facing and how we can survive in these uncertain times while keeping our mission of Service to our community.

That evening, the DG pinned our new member, Mr. Toufic Abillamah, sponsored by PP Mounir Jabre. Mr. Abillamah was warmly welcomed by all.





AMAL OBEID

ADOLESCENT & YOUTH PROGRAMME SPECIALIST
AT UNICEF LEBANON

"SKILLS DEVELOPMENT AND ECONOMIC ENGAGEMENT OF YOUTH"

Business Meeting
Via Zoom

October 17, 2023



October in Rotary is Economic Development month. In compliance with this theme, our guest speaker on October 17, was Ms. Amal Obeid, the Adolescent and Youth Programme Specialist at UNICEF Lebanon where she oversees this program, specializing in the Learning to Earning pillar. She holds a Masters in Leadership and Strategies from Instituto de Empresa in Madrid and also works with UNICEF Gulf Office as Partnership and Fundraising Specialist.

Ms Obeid started her talk on Adolescent and Youth Programme by an honest description of the situation in Lebanon. Youth in Lebanon face mounting challenges, including poverty, security and sociopolitical instability, scarce work opportunities (especially for skilled youth), incompatibility between education and labor market needs, a high cost of living but low wages; more broadly, challenges include corruption, nepotism and favoritism, and weak political opportunities and representation.

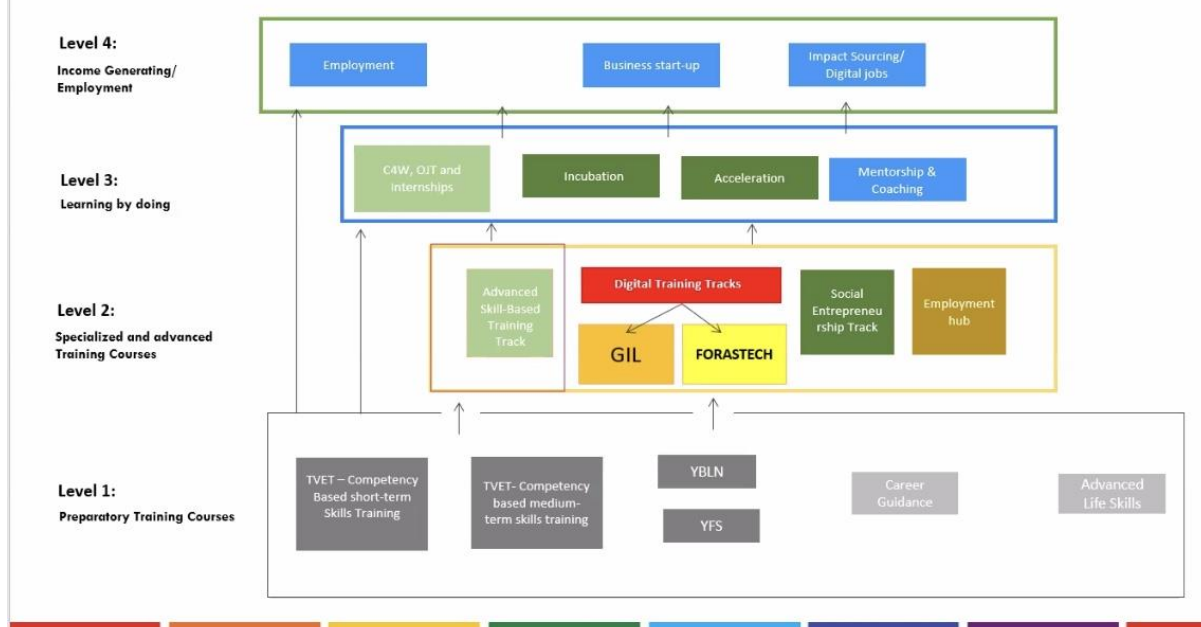
There are 1.7 million adolescents and youth in Lebanon, the following numbers paint the real picture:

- In total poverty: 55% Lebanese and 88% Syrian refugees.
- 30% young people stopped their education
- 40% reduced spending on education to buy essential items like food and medicine
- 58 % are not optimistic at finding a job
- 30 % reported feeling depressed
- 84 % feel that their only chance is to seek employment abroad

With this dismal picture, UNICEF developed the program to support learning, development and empowerment of youth.

The following slides summarize the Learning to Earning Framework. The work that is being done by Ms Obeid is highly commendable and is certainly a driver towards securing better future for the youth in Lebanon.

Learning to Earning Framework



Click icon to add picture

2023 Flagship- Skills Training for Youth & Adolescents



Artistic, Cultural, Graphic and Multimedia.
Business Management. Medical Assistant.
Education/ Teaching.
Computer and Information &
Communication Technology ICT.



Mechanical, Electrical and Electronics.
Painting, Sewing and Embroidery.
Construction, Cooking, Hairdressing and
Beauty, Other Handicrafts, Hospitality.



Agriculture:
Planting, Production, Poultry, Landscaping,
Beekeeping, agrofood processing
including dairy production, seeds
production, composting...



Basic Life Skills, PSS and life skills (mental
health), Civic Engagement,
Positive Leadership, Employability skills,
Sports for Development.



Social Entrepreneurship (Creative Thinking,
FBC/Business Model, Incubation).
Digital skills (Robotics, Microwork, Mobile
App, Digital Media Literacy, CISCO
ITE, Cybersecurity, NDG Linux, Social
Media Marketing).
Fabrication Labs (AutoCad, Illustrator,
Rhino, Fusion 360, Grasshopper, Arduino).



Youth Basic Literacy and Numeracy (YBLN)
arabic numeracy and Life skills plus english..
Youth Functional Skills (YFS) (english,
financial, IT).

unicef | for every child

GIL New Initiatives

What are we busy with?



Digitizing curriculum
(gamification and
WhatsApp learning)



Upskilling girls in
Artificial Intelligence
(AI) and VR



Future of Jobs Module



Fabrication Labs



Green GIL and Green
Tech



The Employment Hub



Coding Factory



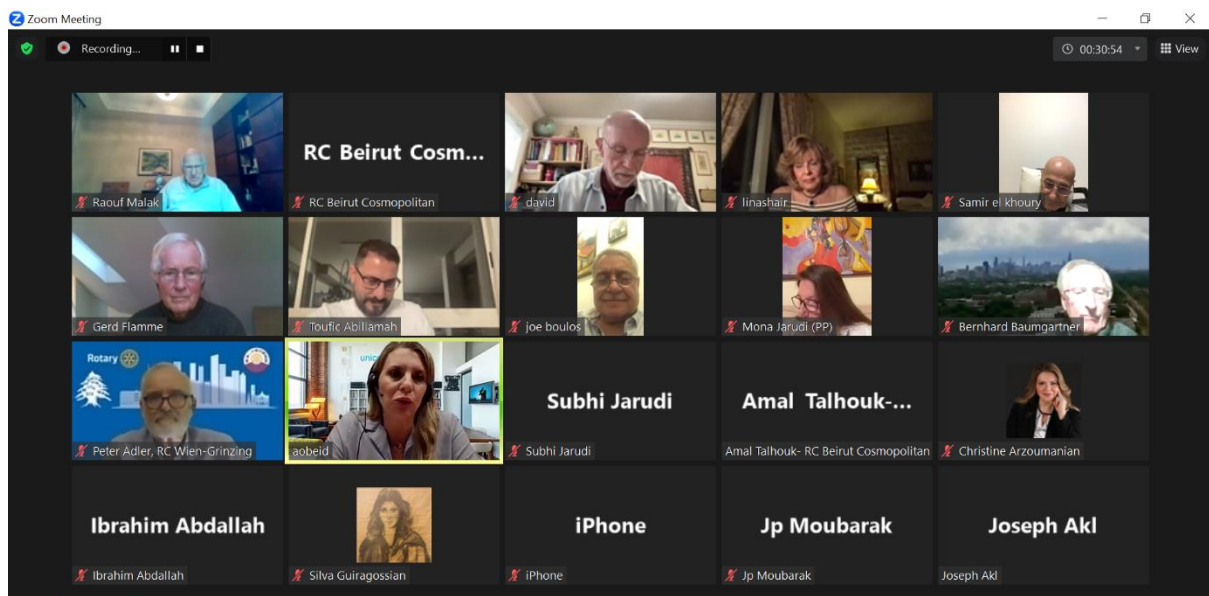
Emergency Advanced
Business Support to
struggling youth-led start-
ups



GenU Global Youth
Challenge v.3



Learning Passport and
Labor Market Platform



PROJECT HANDOVER

AGBU DISPENSARY GLOBAL GRANT

GG2233709

In the presence of dignitaries, members of AGBU, Rotarians and guests, Rotary Club Beirut Cosmopolitan celebrated the handing over of a remarkable project aimed at rehabilitating the Armenian General Benevolent Union (AGBU) Dispensary. This project was led by PP Sona Kourtian Doniguian , supported by the project team: Dr. Michel Mansour who was instrumental in responding to all concerns arising by our Norwegian partners and in selection of medical equipment/ suppliers, Club Treasurer Haitham Kurdi for financial follow ups, PP George Beyrouti and PP Adib Mounla for the technical support finalizing the Global Grant, PP Joe Boulos for overseeing the process as TRF Chair. This GG is the embodiment of team work and dedication.

The event commenced with few welcoming words from RCBC President Amal Talhouk highlighting the success of the club for 28 years accomplishing more than 28 GGs for a value of over \$ 4 million supporting community projects.

D-2452 Governor Bashar Haddad was not present due to the current situation. His word and remarks were delivered by DDG Shawkat Houalla. In his words "I am truly honored to stand in front of you today as we gather to celebrate the exceptional achievements of Rotary Club Beirut Cosmopolitan. This fine group of individuals who have tirelessly dedicated their time and passion towards the betterment of our society, deserve our profound appreciation and admiration.....This project- an impressive feat that cost \$ 185,000- is more than just a testament to your dedication and commitment. It symbolizes hope, resilience and the unwavering belief in the power of collective action."

The project leader, PP Sona Kourtian delivered an elaborate message emphasizing the similarities between Rotary established in 1905 and AGBU established in 1906, both humanitarian organizations serving humanity for almost 120 years, both established by four members and over the years grew to have worldwide outstanding goodwill services. She went on to say that what started as a small dental chairs project ended up being five times the target. The Norwegian partners sent three dental chairs for free valued at \$50,000 and co-sponsored the GG valued at \$ 132,500 which was used to refurbish all the remaining SIX other departments of the dispensary: Dentistry, Ophthalmology, ENT, Gynecology, Cardiology, and Orthopedics. In addition to the dental chairs, the equipment included Panoramic X-Ray Machine, Color Doppler Echocardiography, Mammography, Ultrasound, in addition to various equipment needed for ENT, Ophthalmology and other departments.

Special thanks go to PP Kjetil Utne of Rotary Club Trodenhjem in Norway and all the partner clubs and districts in Norway, USA, Germany, UK, Netherlands, and Canada. Also special thanks to the Rotary Foundation who is always the backbone behind every GG that goes from dream to reality.







October Birthdays

Samir El Khoury (11)

Asaad Salhab (18)

Jean Paul Moubarak (31)