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April

ROTARY CLUB BEIRUT COSMOPOLITAN

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District 2452 Rotary International

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SERVE TO CHANGE LIVES
District 2452

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Letter from the editor

PP Mona Jarudi

The most frequently used word in our most recent history is the word CHANGE. Climate change, social change, political change, economic change and so on. Change can be positive or negative, change can work in our favor or cripple us. Change is always met with trepidation and is not always welcome. Despite all the advances in science and technology, the world now is undergoing tremors that are shaking the old systems and disrupting the familiar. The most recent example of how the world was forced to change in every possible way is the way we all tried to adapt to the new normal in our life and work environments when Covid-19 ruled the day.

Rotary is an organization that is a microcosm of the world at large. The past two years, the word CHANGE became a key word in its operations and adapting to change became its new mantra. Rotary realized that change should be embraced or else we will lose our footing as Rotarians. RI President Shekar Mehta's Motto this year: "Serve to CHANGE lives" and IRP Jennifer Jones asked us Rotarians to "imagine the possibilities in the CHANGE you can make to Transform the world" are important messages to adopt change. According to RI General Secretary John Hewko: "Change is innovation and flexibility, two words that we hear a lot today when we think about any organization adapting to a rapidly changing environment". As Rotarians, our work and service is for the sole purpose of changing people's lives to the better. Let us, as Rotarians, aspire to become change makers and make this a better world to live in.

In the timeless words of Paul Harris:

"I believe we can CHANGE the world one life at a time".

And that says it all!

Online Business Meeting in Collaboration with
RC Cadmos

Dr. Vatche Kourtian

MD - Orthopedic Surgeon

"PREVENTION & TREATMENT OF OSTEOPOROSIS"

APRIL 5, 2022



April in Rotary is Maternal and Child Health focused. RCBC, keeping with the theme, invited Orthopedic Surgeon Dr. Vatche Kourtian to address us on the important topic, Osteoporosis.

Specialized in Arthroscopic and Reconstructive surgeries of the shoulder, knee and hips, Dr. Kourtian gave a very comprehensive and scientific presentation that shed a very important light on osteoporosis as a silent disease to be taken seriously.

Osteoporosis is a skeletal disorder characterized by compromised bone strength predisposing a person to an increased risk of fracture.

It is a very common disease, especially in post-menopausal women. It affects 200 million women worldwide and approximately 20-25% of women end up with vertebral fractures. Other risk factors include: Family history, low Body Mass Index, long term use of steroids, smoking and inactivity.

In the early stages, osteoporosis doesn't give clinical signs. In advanced stages, it will lead to increased kyphosis, height loss and back pain. The best diagnostic tool to identify osteoporosis is the Bone Mineral Density measurement.

There are several drugs for the prevention and treatment of osteoporosis, like: Bisphosphonates, hormones (Estrogen/Progestin, Parathyroid) as well as Calcium and Vitamin D.

The following slides shared by Dr. Kourtian provide valuable information and guidelines to ward off this silent disease.

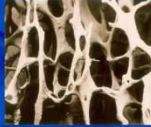
A screenshot of a Zoom meeting interface. At the top, there is a status bar with "Recording..." on the left, "You are viewing Vatche Kourtian's screen" in the center, and "View Options" on the right. The main area is split into two parts. On the left, there is a blue slide titled "Osteoporosis Risk Factors" with a bulleted list: "• Low BMD", "• Menopause / Hysterectomy", "• Family History", "• BMI of 19 or less", "• Long term use of Steroids (Asthma, RA)", "• Smoking", "• Heavy drinking", and "• Inactivity / Long-Term bed rest". On the right, there is a video feed of Dr. Vatche Kourtian, a man with a beard and grey hair, wearing a light blue shirt. At the bottom of the screen, there is a toolbar with icons for "Unmute", "Start Video", "Security", "Participants" (showing 34), "Chat" (with a red notification bubble), "Share Screen", "Pause/Stop Recording", "Reactions", "Apps", and a red "End" button.

What is Osteoporosis?

Osteoporosis is defined as a skeletal disorder characterized by compromised bone strength predisposing a person to an increased risk of fracture.



Normal Bone

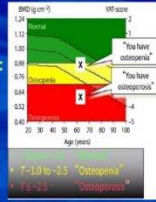


Osteoporosis

The NIH Consensus Development Panel on Osteoporosis Prevention, Diagnosis, and Therapy.
JAMA 285:765-766

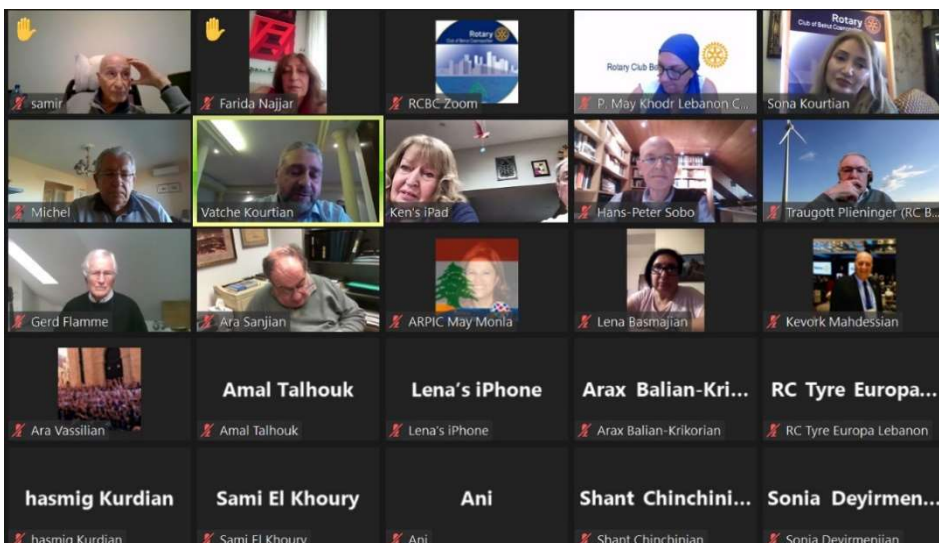
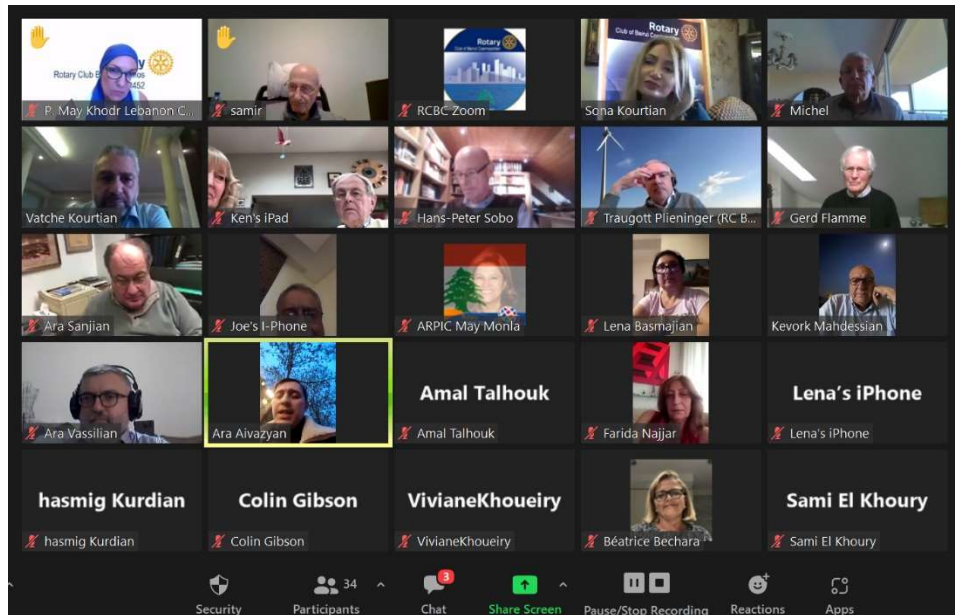
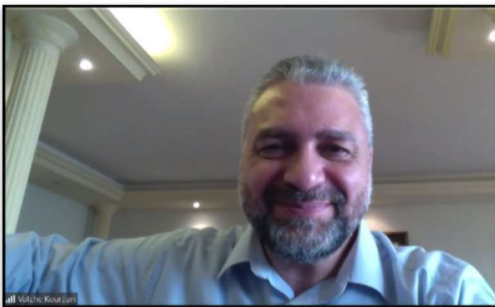
WHO definitions based on BMD measurement

- Normal:**
BMD is within 1 SD of a "young normal" adult (T-score at -1.0 and above)
- Low bone mass ("Osteopenia"):**
BMD is between 1.0 and 2.5 SD below that of a "young normal" adult (T-score between -1.0 and -2.5).
- Osteoporosis:**
BMD is 2.5 SD or more below that of a "young normal" adult (T-score at or below -2.5).



TREATMENT

- Adequate Intake of Calcium and Vitamin D
- Regular Weight-Bearing Exercise
- Fall Prevention
- Avoidance of Tobacco Use and Excessive Alcohol Intake
- Pharmacological Treatment
 - NOF Guideline, 2008

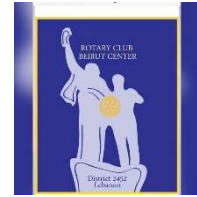


Online Business Meeting in collaboration with
RC BEIRUT CENTER

Dr. Loubna Hassanieh
(producer & moderator)

**"EMBRACING CHANGE: ESSENTIAL MENTAL SHIFTS
IN A CONSTANTLY CHANGING WORLD"**

APRIL 12, 2022



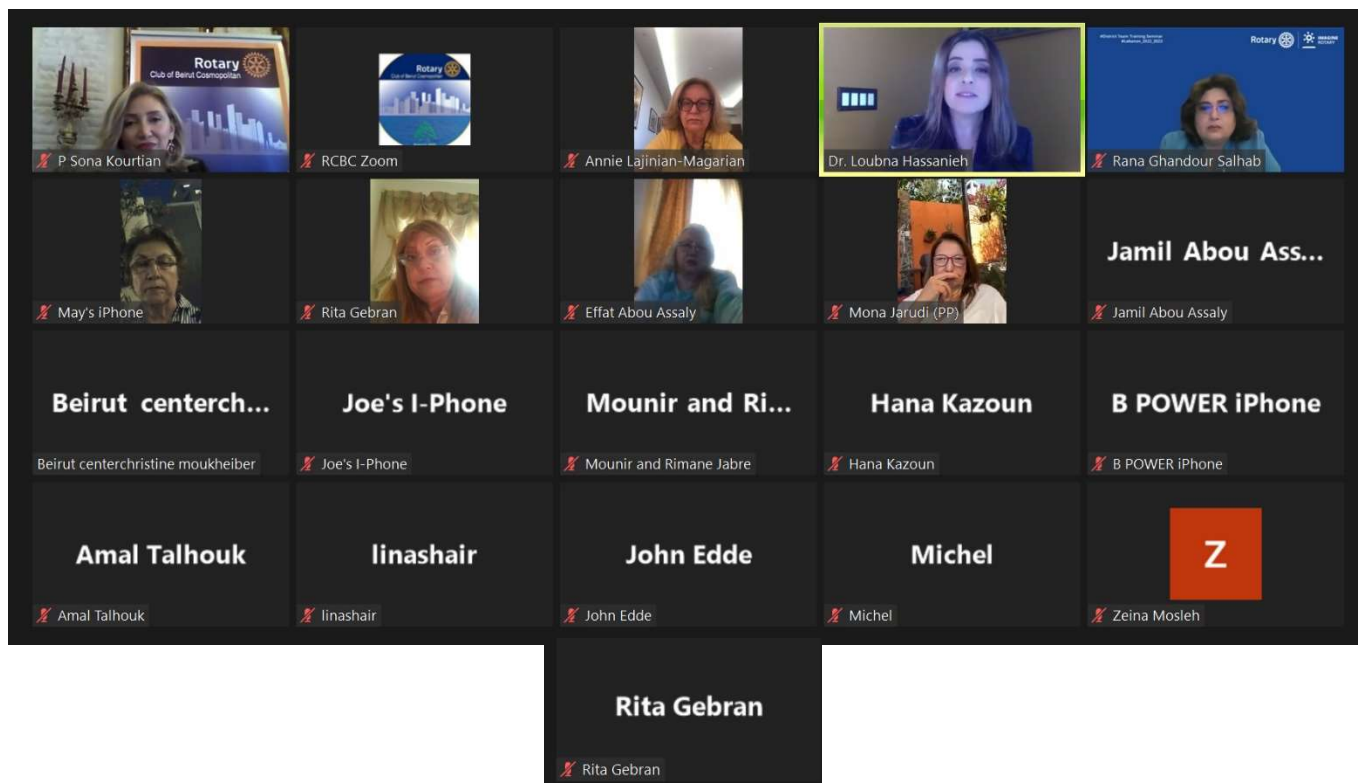
Lebanon historically has been tried, twisted and tested and after every crisis the Lebanese held onto their resilience and forged forward against all odds. One fine example of this wonderful Lebanese spirit is our guest speaker Dr. Loubna Hassanieh who after being forced to leave Lebanon during the civil war, her love and passion for country and citizen dictated her path in her adopted country USA. She earned her BS in Biology from UCLA and her PhD in Biochemistry and Molecular Biology from USC. She is a published Scientist in the field of Angiogenesis and its role in cancer growth and metastasis. Dr. Hassanieh published her first novel "Where will my heart beat" to spark the conversation about the mystery of the human experience.

The social fragmentation and emotional trauma that the Lebanese people still live today strengthened Dr. Loubna's resolve to bring people together. She is the Producer and Moderator of UNHEARD STORIES, a monthly on-line event that aims to heighten our community experience and spark new conversations about different topics.

Her vision statement is to realize the potential of the Lebanese Diaspora to help restore a unified community to create opportunities. And her mission statement is to organize conversations that shed light on successful, inspirational Lebanese with disruptive visions and open minds. Through such conversations, brainstorming is initiated, networks created and differences embraced.

In her talk titled: Embracing Change, Essential Mental Shifts in a constantly Changing World, Dr. Loubna stated that history has shown us that nothing stays the same. Whether aspects of our lives advance or regress with time, change itself remains inevitable. We all agree that today's world is rapidly shifting: the economy, our lifestyle, our relationships, technology and so on. The belief system that had served us effectively in the past is obsolete today.

Every single time a change arises we face a challenge of how to adapt to that change. And it all starts with the human mind: the way we think defines the way we see the world around us and structures our reality." While history helps us establish the memory upon which our instinctual behavior is based, our cognitive abilities- logic and intuition- help us to be creative and progressive. We need to have an open and creative mind that is willing to embrace change". Every thought was backed by scientific analysis and famous quotes. This talk culminated in an honest open conversation about how to deal with the current Lebanese crisis, how to force the change that everyone is crying for. The answer remains in the will of the Lebanese to keep on fighting for a better country for them and their families and to seek every means to effect positive change.



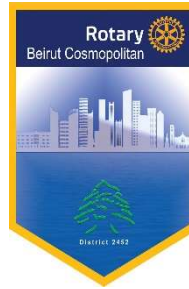
Online Business Meeting in collaboration with
RC YEREVAN INTERNATIONAL
and Under the patronage of DG Ashot Karapetyan

Ara Sanjian - PHD

(Ass. Professor of History, University of Michigan)

"THE ARMENIAN GENOCIDE"

APRIL 19, 2022



In these turbulent times, when the whole world is concerned with the situation in Ukraine and actually all of Europe, worried of the war escalation, following closely, reading and analyzing politics and history..., one cannot but remember the Armenian Genocide, the very first genocide in modern history.

And RCBC, in collaboration with RC Yerevan International, commemorated this in its own way:

On April 19 under the auspices of DG Ashot Karapetyan, RCBC hosted Dr. Ara Sanjian, Associate Professor of History and the Director of the Armenian Research Center at the University of Michigan-Dearborn, USA. Dr. Sanjian has got his PHD in modern history of the Middle East from the University of London, UK. His research interests focus on the post-world I history of Armenia, Turkey and the Arab States of Western Asia.

In a detailed and scholarly presentation, our guest speaker talked about the traditional status of Armenians within the Ottoman Empire, and changes witnessed in this regard because of global changes after the French Revolution of 1789. The rise of parallel nationalisms led the Turks to view Armenians as rebellious towards the Ottoman authority and as allies of Imperialist Europe.

Not long after the Ottoman entry into WWI, the government blamed the Armenians for its early reverses. It began deporting and massacring them to establish a clear ethnic Turkish majority in areas inhabited by Armenians for millennia. Moreover, the economically active Armenian class was wiped out and its wealth redistributed among Turkish supporters of the government. A few thousand Armenian churches, monasteries and community institutions were destroyed.

Many young Armenian women and children were forcibly assimilated. An estimated 1.5 million Armenians were either killed or forcibly assimilated during this genocidal process.

These horrors were a decisive factor for the eventual codification of genocide as a crime under international law. Despite rising international awareness, however, successive Turkish governments continue to deny any wrongdoing. Armenians and others who abhor genocide argue instead that this attitude permits Turkish leaders to act with the conviction that they can solve political problems through violence and remain unpunished.



This presentation elicited an interesting Q and A where the injustices of the world and the cruelty meted upon some was explored. The following quote was read emotionally by P Sona that summed it all.

I should like to see any power of the world destroy this race, this small tribe of unimportant people, whose wars have all been fought and lost, whose structures have crumbled, literature is unread, music is unheard, and prayers are no more answered.

Go ahead, destroy Armenia.

See if you can do it. Send them into the desert without bread or water. Burn their homes and churches. Then see if they will not laugh, sing and pray again.

For when two of them meet anywhere in the world, see if they will not create a New Armenia.



William Saroyan
1908 - 1981

Recording... 01:09:37

Rotary  **SERVE TO CHANGE LIVES**

DG ASHOT KARAPETYAN





Ashot Karapetyan DG 2452 District 24



Grid of participants:

- Sona Kourtian
- RCBC Zoom
- LOIS AROIAN
- ghaleb farha
- Ara Sanjian
- George Azar - Lebanon
- 198429260
- Samir Massaad
- Fergus Gillies - RC Edinburgh
- Samir el khoury
- Amal Talhouk
- Diana Grigoryan
- Sophia Karapetyan
- Ashot Karapetyan DG 2452
- Roger Pullan
- SJ
- Geghanush Gyunashyan
- IPP Aida Daou- RC de Be...
- William Batt
- Lida Girtlian
- Rita Gebran
- rita yagopian
- Vahagn Nazaryan
- Christ Sharoyan
- DDG Artur Miroyan

Unmute Start Video Security Participants Chat Share Screen Pause/Stop Recording Reactions Apps End

The Armenian highland, where the Armenians emerged and developed as a distinct ethnicity stretches today over parts of eastern Turkey, southern Georgia, western Azerbaijan, and northern Iran, in addition to the territory of the modern Republic of Armenia.





In the early nineteenth century, Russia conquered the Persian sector of Armenia.

Thereafter, the land of historical Armenia became divided between the Ottoman and Russian empires for a period of over 90 years – until the years of World War I.

The Armenian Genocide, beginning in 1915, would occur in the Ottoman or western sector of the Armenian homeland.



These Armenians had in 1913-14 2,538 churches, 451 monasteries and 1,996 schools across the empire.

In October 1914, the Ottomans entered World War I – three months after it had begun.

The war was a great opportunity for the Ottoman government – led by the **Committee of Union and Progress** or the **Young Turk Party** – to put an end to European interference in the internal affairs of the empire.

Two measures which it took immediately were the annulment of agreements with the European powers which had regulated up till then the special statuses enjoyed by Mount Lebanon and the six 'Armenian' provinces in the east, respectively.



Sharif Husayn of Meccah, who rebelled against the Young Turk government in 1916, condemned the murderous actions of the Ottoman rulers against their Armenian subjects.

The short-lived government of his son, **King Faysal**, in Syria in 1918-1920 would facilitate the return of *some of* these abducted Armenian young women and children to the Armenian fold.



Armenians and others who insist on formal Turkish recognition of the 1915 genocide argue that without condemning blatant violence which their predecessors have committed, present and future Turkish leaders will act with the conviction that it is possible to solve political problems through violence and get away with that.

Such concerns have increased in recent years because of Turkish military intervention in the conflicts of Cyprus, Syria, Libya, and Nagorno-Karabakh, as well as the continuing repression of Kurds within Turkey.



Annual Iftar in collaboration with
RC TRIPOLI & RC TRIPOLI MAARAD

With guest Speaker Dr Suhel Ajaz Khan
Indian Ambassador to Lebanon

**"INDIA'S ROLE IN THE REVIVAL OF THE
WORLD ECONOMY POST COVID 19"**

APRIL 26, 2022



Following the tradition of the annual Iftar in the holy month of Ramadan, RCBC shared this family event with special friends and fellow Rotarians. The Iftar was held in Makan restaurant in the presence of his Excellency Ajaz Khan, Ambassador of India to Lebanon and the Indian Consul. IDG George Azar, fellow Rotarians and Rotaractors graced the evening. This iftar was cohosted by RC Tripoli Maarad and RC Tripoli. In attendance also were RC Tyre Europa, RC Metn Gate, RC Beirut Hills. A warm welcome was extended to the newly established RC Beirut Liberty.

RCBC and two Rotary Clubs in India have had service projects conducted between them during the Covid pandemic. The Rotarian ties between India and Lebanon have been strengthened by the recent establishment of a working committee to facilitate projects between India and Lebanon. With that in mind, President Sona Kourtian and Program Chair Ambassador el Khoury invited the Indian Ambassador to our Iftar to seal the close ties established.

After a sumptuous meal that was enjoyed by all, Ambassador Khan gave his remarks on India's Role in the Revival of Global Economy Post Covid -19. His remarks were very comprehensive and detailed to share in this article but here are some highlights:

- Today, India has managed to strengthen itself as one of the economic powerhouses of the world. It is the fifth largest with a GDP of \$ 2.94 trillions. India's growth remains the highest among world economies and is in a strong position to withstand global challenges.
- Vaccination has played a critical role in minimizing loss of lives. Its vaccine coverage exceeds 1.87 billion doses.
- India is part of Quad vaccine initiative with USA, Japan and Australia to ramp up vaccine production to distribute worldwide.
- In the past two years, major structural reforms have been launched. To improve doing business, India removed many compliance and union laws. India is also experiencing an explosion in fintech with innovation in financial products and services.
- India is ahead in the game of climate change and the use of renewable energy.

In addressing the Lebanese crisis, His Excellency believes that this crisis presents an opportunity for Lebanon to diversify its supply chain and look at new sources for imports. India provides quality products at reasonable prices. There is also huge promise in drugs and pharmaceutical sector to provide a lifeline to the Lebanese suffering from the brunt of the crisis. Similarly, India can be a good partner for food security as it has abundant stores of wheat which Lebanon needs. There are companies ready to invest in the power sector, in both traditional power generation and solar generation. India has remained a strong friend of Lebanon and will remain a strong partner.

After these promising remarks, the evening culminated by P Sona celebrating the unity of the Lebanese by celebrating Ramadan and Easter together. Brightly colored Easter Eggs were cracked and the traditional sweet Maamoul from Saida was enjoyed by all. Cheers to India and Lebanon and may the collaboration between the two bring success and prosperity to all.





Children's Ramadan Iftar

Per our annual tradition of celebrating the holy days of the year, RCBC hosted 60 kids on Wednesday April 27 to share the blessings of Ramadan. Thirty kids came from Dar Al Aytam al Islamiyah and 30 from the Azariah Convent, ages 6-12. The program was organized by Service Projects Committee Chair Rt. Abbas Sibai and his team.

The kids were treated to three hours of food, fun and games and left with smiles on their beautiful faces as they were receiving their Eid toys.

According to Ms Aisha, administrator at Dar al Aytam "The Rotary family added smiles to the kids. Quality time and remembering the kids are more important than anything else because it restores hope and faith in positive community ties".

Many thanks go to RCBC members whose generosity and good will made this event possible.

Wishing everyone blessed times!

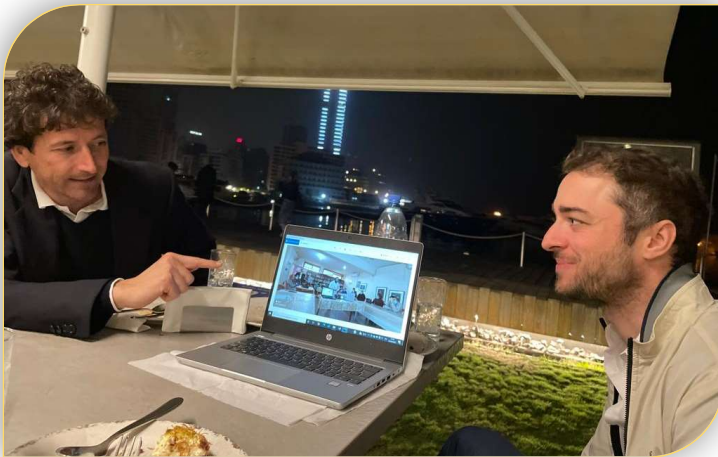


Projects

As a follow up of one of RCBC Global Grant projects, representatives of our partner club RC Monza visited Lebanon, providing dental trainings in the refugee camps. The visit was concluded by a friendly fellowship dinner and banner exchange.

At the dinner with the Rc Monza, Dr Ahmad Abou Raya attended representing Mr. Kassem Aina, Director General of NGO Beit Atfal Assumoud (BAS), beneficiary of The RC Monza project Bridge of Hope of which RCBC is the local contact.

Dr Ahmad Abou Al Raya is dental Doctor at the NGO BAS clinics in Beirut specialized in Pediatric dental care in Sabra and Shatila Palestinian refugee camps.





April

Joe Boulos – April (2)

May Khoury – April (21)

Abbas Sibai – April (22)

The End