

The Lighthouse

Rotary Club of Alexandria Cosmopolitan
www.alexcosmo.org



Founded January 22nd, 1996. Club 31261, District 2450

Meeting: Every Wednesday at 8:00 am, Le Salon , Trianon

RI President 2010/2011

Ray Klinginsmith
DG 2010/2011
Assem Abdel Razeq
AG 2010/2011
Khadiga El Soda

Board 2010/2011

P. El-Sayed Mostafa
VP Joyce Martinez
IP/Sec. Mahmoud Youssef
Treas. Georges Chalhoub

Amal Fahmy
PP J. Ray Rohland
John Luke
Magda Nasr
Michelle Tagher
Sahar El-Shereidy

PP Nagwa Sabry

Club Members

- 1- Ahmed Berry, PHF
- 2- Ahmad Elzoghby , PHF
- 3- Amal Fahmy, PHF
- 4- Amina Hassab, PHF
- 5- Amr El-Defrawy, PHF
- 6- Anthony Antoun, PHF
- 7- Atef Khamis, PHF
- 8- Ayman Moussa, PHF
- 9- PP Basil Marco, PHF
- 10- PP Colette Hagggar, PHF
- 11- Dina Fadaly
- 12- El-Sayed Mostafa, PHF
- 13- Erdogan Cakir, PHF
- 14- Georges Chalhoub, PHF
- 15- PP Hanaa Ismail, PHF
- 16- John Luke, PHF
- 17- Jeff Starkely
- 18- Klaus Voss
- 19- Mahmoud Yousef, PHF
- 20- Magda Nasr, PHF
- 21- PP Magda Sadek, PHF
- 22- Maria Elena Wer
- 23- Medhat Abul Dahab, PHF
- 24- Michelle Tagher, PHF
- 25- Miguo Khandjian, PHF
- 26- Mona El-Gammal, PHF
- 27- Mona Nasrallah, PHF
- 28- PP Mounir ElGammal, PHF
- 29- PP Mounir Shehfe, PHF
- 30- PP Nadim Shehfe, PHF
- 31- PP Nagwa Sabry, PHF
- 32- Nermeen El-Beltagy, PHF
- 33- Osama El-Nomany, PHF
- 34- Rohayma Rateb, PHF
- 35- Sahar El-Shereidy, PHF
- 36- Sahar Ragab, PHF
- 37- Soad Farid, PHF
- 38- PP Walid Elsherbiny, PHF
- 39- Youssef Cheta, PHF

June 29th, 2011- ---Issue # 42

New Rotary Year Shapes Up!

“A message from the heart ”



On the 19th of June, 13 members met at PP Mounir Shehfe's house to brainstorm and present their committees' objectives and goals, in addition to share filling in the Planning Guide for the year 2011/2012. Earlier, our dearest PP Colette had sent a very elegant e-mail *“A message from the heart ”* to the entire club inviting them to share thoughts and concerns towards facing serious membership- related problems. Colette wrote: *“Fellowship is one of the main cornerstones of Rotary and is what I cherish most in our Wednesday breakfast meetings. Many will join me in saying that we miss many familiar faces and while the membership committee will proactively work to grow and encourage new members, I am extending an invitation to our invisible members to re-join and give our enthusiastic IP Mounir a hand ! ”*

Good luck to the entire board and well done everybody!

Previous Meeting

- P. El-Sayed opened the meeting at 08:40 a.m. stating this was a “Friendship meeting” however we did not have any guests!
- IP Mounir with the assistance of PP Walid reviewed a power-point presentation of next year’s planning guide, highlighting the projects each committee has been working on and asked for suggestions from members. It is due to be presented to the District Governor before the end of this month; however, there are still parts he still needs to complete based on members’ suggestions.
- Areas covered were:
 - * Last year’s and current number of members
 - * Membership goals for the coming year
 - * Barriers to attracting members
 - * The state of current and future Service Projects.
 - * Rotary Foundation
 - * Community plans
 - * Leadership Development
- The meeting was adjourned at 9:15 a.m.

Handing Over in Sidi Abdel-Rahman



In a joint event with Metropolitan Rotary club, 15 members of our club and their families joined in celebrating the end of the year 2011/12 and welcoming the new Rotary year, by spending 4 days at Sidi Abdel Rahman. In a beautiful weather and atmosphere we passed 4 days enjoying the sun and the sea, eating lovely mezza all day long and delicious barbeques at night. We returned relaxed, some tanned and some fried from the sun, but most important we returned feeling closer and happier and ready to start a new Rotary year!!

Dar El Tarbia Juveniles Depart to Matrouh



On the morning of June 20, Rotarians Miguella and Maria Elena, wished a safe and fun trip to a group of 20 children and the staff in charge at Dar EL Tarbia Juvenile Center.

This was the first time residents from the facility had the opportunity to go on this trip; some of the children were enthusiastically loading the buses with mattresses, umbrellas, cooking pans, TVs, a bicycle, balls and rackets while other children were listening to music and dancing inside one of the buses while waiting for the other two to arrive!

Rotary Club of Milan Sud Est and Cosmo members' support made this trip possible!

Miguella took the opportunity to present a Certificate of Appreciation from Rotary Cosmopolitan to the manager and the workers at Dar El Tarbia Juvenile Center for their hard work while hosting "Sports Day" on May 15th at their facility

Announcements

- Rotary District 2450 Handing-Over Ceremony will take place at Amman Marriott Hotel on Thursday, June 30th at 7:30 pm
- Alexandria Handing-Over Ceremony has been postponed to Sunday, July 3rd. The event will take place at the Four Seasons Hotel and will witness Alexandria Club Presidents handing –over.
- On June 17, Heba, daughter of our fellow Rotarian Amina Hassab got married to Mohamed Aziz. Congratulations to our daughter, we wish the lovely couple all the happiness in the world.

Alexandria Opera House program (08:00 PM - 10:00 PM)

Thursday, June 30: **Alexandria Opera Ensemble for Music & Arab Singing**

Etiquette

Exaggeration is not pretty. "I've been to Paris a million times!" vs "Yes, I try to go there often because its one of my favourite vacation spots".

Previous Meeting
Members: 20 (51%)
Guests:
Today's Meeting
Wrap Up of the year!!

Health Tip

Buy a pedometer. A pedometer keeps track of how many steps you take daily. Wear it every day, around home, work, and while exercising. Your National Body Challenge goal is to increase your steps by 10,000 or more daily! Remember this: You'll burn roughly 100 to 125 calories by taking 2,500 steps. The goal during the challenge is to burn 300 extra calories and to eat roughly 200 calories less in a day. This 500-calorie deficit is equivalent to one pound of body fat per week and a healthy boost to your self-esteem.

Snapshots of Rotary History

Rotary International Themes & Logos



2007-08 Rotary Logo & Theme



2009-10 Rotary Logo & Theme



2008-09 Rotary Logo & Theme



2006-07 Rotary Logo & Theme



Lend a Hand
2003-2004 R. I. Theme



2005 R. I. Centennial logo



2005 R. I. Theme



2005-06 R. I. Theme



2002-2003 R. I. Theme



2001-2002 R. I. Theme



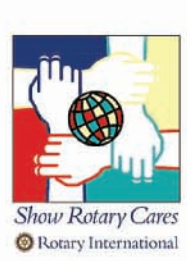
2000-2001 R. I. Theme



1999-2000 R. I. Theme



1998-1999 R. I. Theme



1997-1998 R. I. Theme

THE 4-WAY TEST

Of the things we think, say or do:

Is it the **TRUTH**?

Is it **FAIR** to all concerned?

Will it build good will and **BETTER FRIENDSHIP**?

Will it be **BENEFICIAL** to all concerned?

Calendar: June

Rotary Fellowships Month

- 1st Business Meeting
- 8th *Maria Elena*/
Addictions Counseling
- 15th *Danielle Haggart*/
The Pilates Method
- 22nd Friendship meeting
- 24th-27th Handing-over Trip /
Sidi Abdel Rahman
- 29th Wrap up of the year!!

BIRTHDAYS



29th

Happy Rotary
Year

Lighthouse Sponsors:

