



Jordan's splendid Red Sea resort is a delightful place for discerning holidaymakers; Aqaba is a fun place.

It is a microcosm of all the good things Jordan has to offer, including a fascinating history with some outstanding sites, excellent hotels and activities, superb visitor facilities, good shopping, and welcoming, friendly people, who enjoy nothing more than making sure their visitors have a good time.

But perhaps Aqaba's greatest asset is the Red Sea itself. Here you can experience some of the best snorkeling and diving in the world. The temperate climate and gentle water currents have created a perfect environment for the growth of corals and a teeming plethora of marine life. Night dives reveal the nocturnal sea creatures, crabs, lobsters and shrimp, as they search for a midnight snack.

From as far back as five and a half thousand years ago Aqaba has played an important role in the economy of the region. It was a prime junction for land and sea routes from Asia, Africa and Europe, a role it still plays today.

Because of this vital function, there are many historic sites to be explored within the area, including what is believed to be the oldest purpose-built church in the world. For all that and much more, Aqaba had the honour of being Arab Tourism Capital in 2011.

In 2001 the Aqaba Special Economic Zone (ASEZ) was inaugurated as a bold economic initiative by the government of Jordan.

A liberalized, low tax duty-free and multi-sector development zone, to offer multiple investment opportunities in a strategic location on the Red Sea.

It is financially and administratively autonomous institution responsible for the management, regulation and development of the zone, striving to turn Aqaba into a financially and administratively autonomous institution responsible for the management, regulation and development of the zone, striving to turn Aqaba into a world class Red Sea business hub and leisure destination.

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Previous Meeting Attendance: Members: 19 (43%) - Guest: 2

Today's Program: Mrs. Lara Attalah, E-Marketing and Q- net presentation

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Contributors: P. Mounir, PP Colette, PP Magda, Magda N., Mona G., Rotaractors

**September Calendar**  
**New Generations**  
**Month**

7<sup>th</sup> Business meeting  
14<sup>th</sup> Rotary Awareness  
21<sup>st</sup> **Mrs. Lara Attalah,**  
**E-Marketing & Q- net**  
**presentation**  
28<sup>th</sup> Peter Alfred, GSE,  
PPT

*September Birthdays*

4<sup>th</sup> **Medhat Abul Dahab**  
7<sup>th</sup> **Sahar Ragab**  
20<sup>th</sup> **Magda Sadek**

September 21<sup>th</sup>, 2011- - - Issue # 8



**DG Ussama El Barghouti**  
**To Visit Rotary Club of**  
**Alexandria Cosmopolitan**  
**October 5<sup>th</sup>, 2011**

*All Cosmo Members are Encouraged to Attend*

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**September Message by District Governor Usama El Barghouthi**

Rotary has given importance and great attention to the role the young new generations play and should play in the shaping of our present and future. RI devised a number of programs for that purpose, and we as Rotarians must make extra effort in activating these programs in our clubs. This year I asked clubs to make extra effort in starting a Rotaract and Interact Club if they do not have them, and increase the membership by at least 50% if they already have them.

Clubs must involve their Rotaract and Interact in their projects and occasionally hold joint meetings with them.

I asked our Clubs to get involved by nominating young professionals to join our Group Study Exchange teams to Arizona/USA in October and Germany in May. Our District countries are working on certifying their Youth Exchange Program, holding a number of seminars for Rotary Youth Leadership Award, (RYLA); one is planned in Jordan in September and another in Egypt in December.

Perhaps one of the most effective objectives we have this year is to introduce members in our clubs who were either Rotaractors or Alumni, basically in their thirties or forties. It is of crucial importance that this is emphasized by all in our clubs. I encourage clubs to reach within their strength, start a social media network, and attract the youth to get involved in the very challenging programs that Rotary offers, for after all, they have been officially recognized as our fifth avenue of service and we owe it to OUR future.

- Club Members:**
- 1- Ahmed Berry, PHF
  - 2- Ahmad Elzoghby , PHF
  - 3- Amal Fahmy, PHF
  - 4- Amna 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 Haggag, PHF
  - 11- Dima Fadaly
  - 12- PP El-Sayed Moustafa, PHF
  - 13- Erdogan Cakir, PHF
  - 14- Georges Chalhouh,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- P Mounir El Gammal, PHF
  - 29- PP Mounir Shehfe, PHF
  - 30- PP Nadim Shehfe, PHF
  - 31- Nagwa Sabry, PHF
  - 32- Osama El-Nomany, PHF
  - 33- Sahar El-Shereidy, PHF
  - 34- Sahar Ragab, PHF
  - 35- Soad Farid, PHF
  - 36- PP Walid Elsherbiny,PHF
  - 37- Youssef Cheta, PHF

## Last week's meeting...

P. Monza began the meeting by welcoming our guests and speakers of the day, Cosmopolitan Rotaractors P. Wassim and VP Christine; then made the following announcements:

1. P. Mounir and PP Mounir Shehfe attended RC of Alex. Sporting meeting on Saturday 10<sup>th</sup>. The guest speaker was supposed to be the Governor of Alexandria who apologized and send a representative in his place.
2. Rotarian Amr El Defrawy attended a Rotary meeting in London, representing our Club at the RC of Harty Pooh and briefed us on his visit. He explained that at every meeting they collect one sterling pound from each member, make a lottery draw at the end for 3 winners and keep the rest for funding their projects.
3. Cross Egypt Challenge Project is getting near, the committee is working hard, PP Mounir Shehfe attended with Ahmed El Zoghby and announced that the trip is well organized and the 16 Volunteers are ready and enthusiastic, among which there are 3-4 foreigners, making it truly International! They are still in need of some funding! Klaus is helping with their hotels reservations.
4. PP Magda announced that the first Inbound Team of the GSE from D5500 is arriving to Alexandria on Nov 19<sup>th</sup> and urged the members to help with hosting the Team and sharing in their program and activities.
5. PP Colette announced the 1<sup>st</sup> RLI Session would be held in Cairo on Oct 1<sup>st</sup> and in Alex on Oct. 24<sup>th</sup>. She encouraged members to register for TRF workshop during the Zone 20 B Seminar in Cairo on Oct 13<sup>th</sup> where she will be a speaker and at TRF Seminar in Dubai Nov. 17-19<sup>th</sup>.

Klaus presented the 5 min flash info for the week, talking about the New Generation Month and the Youth projects being the 5<sup>th</sup> Avenue of Service.

P. Wassim and VP Christine then presented their Plans and Objectives for the year as follows:

Presentation of their two Bulletin issues with all their news for July and August

### Presentation of their two Bulletin issues with all their news for July and August

1. Mega Projects
2. Community Service Projects
3. Club Service activities
4. Fund Raising
5. International Service

The meeting ended with P. Mounir thanking the Rotaractors for their hard work and promising collaboration between our two Clubs.

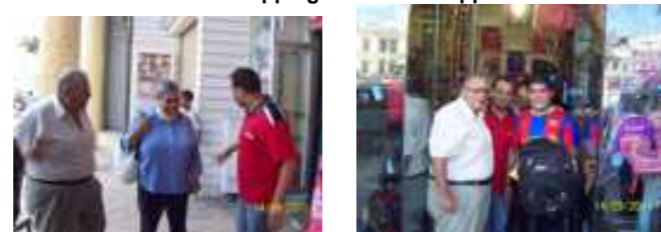


P. Wassim and VP Christine



P. Mounir presenting members - photos plaque to PP El-Sayed

P Mounir, PP Nagwa & Mona G., took seven boys from El Horeya Homa shopping for school supplies.



Tired and happy with their new school bags and shirts



On Saturday September 17<sup>th</sup>, P. Mounir, PP's Nagwa, Magda and Walid visited the Cosmopolitan Rotaract Club where a new member orientation session was planned.

About 12 Rotaractors attended the meeting; most were new members.

P. Mounir started the orientation with a presentation on the History of RI & District 2450.

PP Magda then followed with a presentation about Rotary and Youth, where she explained the Object of Rotary, the Avenues of Service, emphasizing on the New Generation being the 5<sup>th</sup> Avenue of Service, and finally the RI Programs with special emphasis on Youth Programs

PP Walid followed with a presentation on TRF in general, and TRF Programs in particular, again emphasizing the Youth Programs adopted by TRF.

The session went very smoothly and pleasantly, the Rotaractors thanked our Rotarians for their efforts and promised to work closely together.

## Announcements

Congratulations go to our dear Magda Nasr, who on September 13<sup>th</sup> was appointed **Head of the Department of Pharmacology, Medical Research Institute, University of Alexandria. Well-done Magda!!**

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### Let's mark our calendar!

**Rotary Institute for Zone 20B will be hosted at the Hotel Sofitel, on the Nile, in Cairo, Egypt from 11-15 October, 2011**

PP Colette, as chairperson of TRF, is inviting all members to attend a very interesting day revolving around Rotary Foundation on October 13<sup>th</sup>. This is an opportunity to meet many great Rotarians from the different countries comprising District 2450 and to cheer PP Colette who has been invited as a speaker at the conference. Registration fee is \$60 and Colette is arranging for a bus to take us to Cairo and back.

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On this year's global observance of the **International Day of Peace**, we remind everyone of its 3 *guiding principles and actions*. **Peace within** - the Minute of Silence at noon in each time zone; **Peace without** - an Act of Service for Peace that benefits the larger community; and **Peace year round** - a commitment to a Daily Peace Practice by joining with others to build a worldwide Culture of Peace.

### Rotary helps foster peace and understanding through education

Rotary takes a direct approach to world understanding by providing future leaders with the tools they need to "wage peace" on the global stage with its innovative Rotary Peace Centers program. Launched in 2002, Rotary awards up to 110 full scholarships each year for master's-level degrees or a professional certificate in peace and conflict studies at seven Rotary Peace Centers. Those interested in the program can apply through local Rotary clubs. Applications for the 2013-14 class will be available for download from the Rotary website in January 2012 and are due to the Rotary Foundation by July 1, 2012.

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### Youth Exchange

For over 75 years, students and host families have broadened their horizons through Rotary Youth Exchange.

More than 80 countries and over 8,000 students each year participate in the program, which is administered at the regional level by Rotary districts and at the local level by Rotary clubs.

## Quote of the week

Unrest of spirit is a mark of life; one problem after another presents itself and in the solving of them we can find our greatest pleasure. □ Kal Menninger

## On the Lighter Side

Answer to last week's Sudoku by PP El-Sayed

1	3	2	7	8	9	5	4	6
6	7	5	3	4	2	9	1	8
8	9	4	1	5	6	2	3	7
3	5	8	6	9	4	1	7	2
7	1	9	2	3	8	6	5	4
4	2	6	5	1	7	8	9	3
5	8	7	4	2	1	3	6	9
9	4	3	8	6	5	7	2	1
2	6	1	9	7	3	4	8	5

### Please note:

**Only solved Sudoku answer - page received via e-mail will qualify for prize at the end of the quarterly meeting!**

Fill in the boxes so that the twelve rows, the twelve columns and the twelve 3x4 sections all contain every letter from A to L.

	A	E		H		L	F	I	
	D		I		A		B	J	C
G	J		L			K	D		A
	F			J	L	A			
			C		B	I	H	F	L
D						G	B		
			D	G					K
L		C	J	F	K	B			
			F		L	I			C
K		J	E				C	D	H
A	L	F		D			J	K	
I	C		H			E		A	L

## Etiquette

### Stay home with the sniffles.

Suffering from an awful cold or flu? Control those contagions. Do yourself -- and your co-workers -- a favor by staying home until you feel better. If you absolutely must come to work, be considerate and cautious when using communal office equipment. For instance, if you use the photocopier, clean it off with a disinfectant wipe immediately after completing your project.

## Health Tip

**To avoid low back pain or injury, be careful how you lift.** Don't bend over to lift heavy objects. Bend your knees and squat, pulling in your stomach muscles and holding the object close to your body as you stand up. Don't twist your body while lifting. If you can, push rather than pull heavy objects. Pushing is easier on the back.