

The Lighthouse

June 22nd, 2011- ---Issue # 41

2nd Trip to Marsa Matrouh



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
- 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

After the Club's regular meeting, PP Nagwa, Rotarians Miguelle, Mona El Gammal and Maria Elena visited El Rassafa Center to bid the second Group leaving for the summer camps farewell. Two buses carrying 30 girls, five social workers and one guard from Alexandria Association for Girls Care (RASSAFA) were very excited to load the buses with their stuff and get ready for their vacation. The girls appeared very enthusiastic about the opportunity to go on this trip and were happy to pose for pictures.

This year, our club will be sending six groups, each will stay for 5 days to the yearly summer camps in Marsa Matrouh.

Thanks again go to the Rotary Club of Milan Sud Est and Cosmo members whose support made this trip possible!

Previous Meeting

- P. El-Sayed opened the meeting at 08:20 am by welcoming members, El Haggar family and Amr's sons and made the following announcements:
 - * District painted the fence at the school. The official reopening ceremony will be this coming Friday and a representative from Rotary International will be attending.
 - * This will be followed by a lunch.
 - * At 6pm there will be another meeting to address the issue of re-districting. IP Mounir and PP Nagwa accepted to represent Cosmopolitan at the meeting.
 - * Our guest speaker for today is Danielle Haggar, Colette's daughter, who will introduce her.
 - PP. Colette: Danielle at the age of 17 joined her brother in Canada, where she studied biology, finance and management. Her life changed when she discovered Pilates and became a Certified Pilates Instructor.
 - Danielle conducted an interesting and informative power-point presentation about Pilates, a physical fitness system developed by Joseph Pilates in the early 20th century in Germany. She explained how at the beginning he called the system "Contrology" and a variety of schools have adapted the system in different ways. Danielle explained she teaches the Stott Pilates method, which emphasizes (1) breathing, (2) rib placement, (3) the stability of the muscles around the scapula, (4) head and cervical placement. She also listed the benefits of Pilates. This was followed by a brief question/answer period.
- P.El Saided thanked Danielle and handed her the club banner.



P. El Saided & Danielle

- Rotarian Miguelle reported the second group of children will leave for Marsa Matrouh this morning and a small group will go after the meeting to wish them a safe trip. She thanked Cosmo sponsors, Community Service Club members and Rotary Club of Milan Sud Est.
- The meeting was adjourned at 9:00 a.m.

Etiquette

Business cards are exchanged, not given. Upon receiving a business card, you should take a second to admire it and compliment the design. If that person has one of those dull corporate cards with no pictures on it, pick one thing to make a comment on instead. Example: "Oh, you work on Upper Wacker... I recently had dinner at a great restaurant in that area." But only say that if you actually did, or you'll be embarrassed when they ask a follow-up question.

Previous Meeting

Members: 21 (57 %)

Guests: 5

Today's Meeting

Friendship Meeting

Health Tip

Train all the areas of your waist: crunches won't be enough for you to build a 6 pack. You will also need to work your obliques, upper abs, lower back and lower abs. you can do this by doing hyper extensions for the lower back, side bends for the sides, and modified crunches for upper and lower abs.

Golf fellowship to tee off at championship course



More than 200 golfers from around the world will tee off in August in the International Golfing Fellowship of Rotarians 48th World Championship at the Pinehurst Resort in North Carolina, USA.

Hosted by District 7690, the tournament will be held 21-27 August on three courses at Pinehurst, which is consistently ranked by Golf Magazine as one of the top golfing destinations in the world.

Ray Taylor, event chair and past district governor, says that golf is only one of the attractions for the Rotarians who will gather for the event.. The fellowship, which is one of 58 recognized by the RI Board of Directors, began in 1963 and has more than 1,500 members from 60 countries. Fellowships bring Rotarians, their spouses, and Rotaractors together to share common interests, explore new opportunities to serve, enhance the Rotary experience through fun activities, and further vocational development through friendship. Each June, they are celebrated through Rotary Fellowships Month.

"Fellowships are important because they add another dimension to the organization," says Taylor.

"International friendship is the glue that holds Rotary together."

Announcements

* **Handing- Over** ceremony is planned on Wednesday 29th, June 2011, at the Four Seasons Hotel which will include Alexandria Club Presidents handing-over. For this reason, P.El Sayed Moustafa will CALL OFF The Yacht Club Dinner.

* **Saeed Gawdat**, husband of our dearest PP Nagwa has been transferred to the IC Unit of Smouha Medical Center following a recent health crisis. We wish Saeed a speedy recovery!

BA Arts Center program

Wednesday, 22

Cinema: Egyptian Film Day (21 June)
The Centenary of Niyazi Mostafa (1911-1986)
Film: "Summer 70"
Directed by Nagy Shaker & Paolo Isaja
1972 - 70 min.
Auditorium, 7:00 pm, Free Entry

Thursday, 23

Cinema: Egyptian Film Day (21 June)
The Centenary of Niyazi Mostafa (1911-1986)
Film: "Lila in Iraq"
Directed by Ahmed Kamel Moursi, 1949 - 120 min.
Auditorium, 7:00 pm, Free Entry

Sunday, 26

Egyptian Opera Premiere: El-Saqqa Mat (The Water Carrier is Dead)
Sayed Hegab, Libretto
Sherif Mohie Eldin, Composer and Conductor
BA Orchestra
Mohamed AbouelKeir, Director
Great Hall, 8:00 pm, Tickets: 10.- EGP
Daily from 26 to 29 June 2011.
Cinema: Animation Film Forum
Animation Film from France
The screening is followed by a seminar with the director
Auditorium, 7:00 pm, Free Entry

Alexandria Opera House Program

(8:00 PM - 10:00 PM)

Wed., June 22 *Alexandria Opera Chamber Music Orchestra*
Thur., June 23 *National Arab Music Ensemble*
Fri., June 24 *Maria Juncal Flamenco Ensemble (Spain)*
Mon., June 27 *"Egyptian Centennial" Performance,
Egyptian Modern Dance Theatre*
Tues., June 28 *"Egyptian Centennial" Performance -
Egyptian Modern Dance Theatre*

Snapshots of Rotary History

Picnic and Golf Tournament bring the District's Rotarians together



The spirit of service was solid in Olympia from its origin. Olympia hosted all the clubs in district for picnic and golf tournament in August 1921.

The event became the “ First Annual Outing and Picnic of Northwest Rotary Clubs.”

It was attended by 350 Rotarians from Port Angeles, Wenatchee, Centralia, Chehalis, Everett, Hoquiam, Aberdeen, Seattle, Tacoma, Vancouver, Portland Nanaimo, North Yakima, and Bellingham. A “ steer was barbecued” and 25 athletic events were added to the golf tournament, they included races for kids and fat men, boxing, baseball, tug - of - way, and music.

Calender: June

Rotary Fellowships Month 1

- 1st Business Meeting
- 8th Maria Elena / Addictions Counseling
- 15th Danielle Ha ggar / The Pilates Method
- 22nd Friendship meeting
- 24th-27th Handing over Trip / Sidi Abdel Rahman
- 29th Wrap up of the year!!
- 29th Handing- over dinner / Four Seasons Hotel 8:0

BIRTHDAYS



29th

Happy Rotary
Year