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A TOKEN OF LOVE FOR THE COUNTRY

YOU LOVE

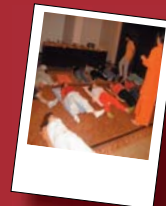
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ONE LEBANON FOR ALL

Meet the OLFA SQUAD

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SNAP SHOTS

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Rotaractor of the month

DANA HASSAN

...AIN'T IT FUNNY
 How can I forget this nice gesture of yours, it becomes a small slice of my life that I will be eager to tell to my child one day, when he is falling asleep in my arms. Like the good night success stories that my grandpa used to tell. Grandpa, this is a very small award but I dedicate it to you.

Ain't funny when all of a sudden the president calls your name while you are sitting on these leather couches drawing, thinking, and brainstorming...you think you are going to be punished ... suddenly you are "Member of the Month"! Good ending fairy tale story. See, it can happen to all of us **s o m e t i m e s**. Hit by a big label straight on the face, you wake up and all the responsibility at a sudden goes to your brain ...waow. A title you should take care of for the rest of your life even if one day, another member will take it away from you. Thank you board. This award is to you, and to all of you members who deserve it too

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ONE WAY TICKET AND BACK TO LEBANON ON THE PHOENIX WINGS



CAPS LOCK

P. MAYA HASAN

Yes, I did renew my passport and yes, I did pack my bags but this time to promote OLFA "One Lebanon For All" by gathering funds through selling club fundraising pins. I packed my bags heading to Egypt, the country with the largest number of Rotaractors in our district.

After a very warm welcome in the airport, I went straight to Maadi in order to attend the Rotaract Club of Maadi El Gedida meeting. It was utmost pleasure to meet the first club that rushed to contact us and donate to Lebanon during the war through Ba7ebak Ya Loubnan campaign. Our meeting was highlighted by the updates of our joint campaign and our future

project in Beirut suburbs.

In the following days, I had several meetings with Rotaract and Rotary clubs, namely: The Rotary Cairo Cosmopolitan, Rotary Kasr El Nile, Rotaract Kasr El Nile, Rotaract Giza Metropolitan, Gezira Sporting, Le Caire Champollion, Rotaract Tahrir and Rotaract Cleopatra where I enjoyed the famous Egyptian Hospitality in various ways. Meetings about the projects of OLFA and Pace to Peace were conducted with elaborated details and input from all concerned clubs. Afterwards, I was fortunate to visit Alexandria, and another group of Rotaract Clubs: Rotaract Alex Cosmo and Alex Marine to discuss our incoming joint project. Friday was my first Rotaract Day in my life.

My trip to Egypt had an over-return on investment since it created for us in the Rotaract Club of Beirut various opportunities for joint projects with Rotaract Club of Tahrir, Rotaract Club of Gezira Sporting, Rotaract Club of Alex Nozha, Rotaract Club of Maadi El Gedida, Rotaract Club of Alexandria Cosmopolitan and Rotaract Club of Alexandria Marine. In addition, we started a partnership agreement with Rotaract Alex Nozha.

It was a tear in my eyes and a smile all over my face during my way back home as I stepped into the plane saying Goodbye to all the friends I earned newly and all the Big Rotaract Family that hosted me during those 7 days that made me feel I belong. But then again, I remembered that this is not a goodbye but a See you later. whether in OLFA or during our incoming district conference in Jordan. I only reserved for a one way ticket To Egypt, Yet with the love, motivation, excitement and strong will that our fellow Rotaractors in Egypt have illustrated to help Lebanon, I got back on the back of the Phoenix, that arose from its ashes...Only to take me back to my one and only... LEBANON



ROTARACT BEIRUT PINS FUNDRAISING:

A TOKEN OF LOVE FOR THE COUNTRY YOU LOVE

In order to gather funds for our community projects in OLFA, The Rotaract Club of Beirut launched its first fundraising this Year: The sale of a very creative pin. In case you ever wondered about its design, here's the explanation: The apple is simply a fruit that grows, and nurtures many mouths. The buildings represent what's left from the Lebanese territory, as you can see there are not even basic needs like electricity. The apple with the buildings and electricity cables represent the growth of Lebanon and since the apple is also a symbol of love, this pin represents a token of Love for the country You Love. Through this Pin we're communicating a very important message, we're calling for action: Take part in the building process of Lebanon.

ROTARACTOR OF THE MONTH continued

In his book "The Prophet", Khalil Gibran said that giving is great especially when you give without thinking. I believe that's how every volunteer should feel. As a little girl of 4 years old in the Rotaract Club of Beirut, I have learned that volunteering is a gift you have inside; there are no limits and no rules. This award is to those who believe in giving, who believe that by achieving you are actually self achieving. It feels so good when you sleep at night and you feel that you have changed the world little. I believe that success comes with strong will and crazy passion. It's not in theory nor in practice.

Peak to the Future

"A Pace to Peace": Joint project with Rotaract Kasr El Nile & Rotaract El Tahrir

After our last online meeting with Rotaract Al Tahrir and Kasr El Nile on July 30, 2006, The Pace to Peace team worked closely to formulate an application form to fill by each participating club and a list of criteria that need to be respected in order to participate. Now that the application and the criteria of participation were finalized, we invited district and beyond district Rotaract clubs to participate in "A Pace to



Peace". Till now, the participating countries are Lebanon, Jordan, Germany, Turkey, India and Tunis. Your club can still be part of this world wide message of peace simply by clicking on the following link: <http://www.rotaractbeirut.org/pacetopeace.htm> and filling the online application before October 10, 2006.

One Lebanon For All (OLFA)



One Lebanon for All, known as the "OLFA" project, will take place from December 25th till the 1st of January 07, where Rotaractors from around the world will gather and will perform many peace-oriented activities such as a Peace Parade, and community projects in Beirut's Suburb, South and Bekaa as well as many club service projects of which, New Year's eve.

The Rotaract Club of Beirut is making a progress in the arrangement of all the OLFA components. Until now we have set up all the committees that are going to cover every

aspect of the project, and have defined the responsibilities of each head of committee.

The committees and heads are the following:

- Budget and Sponsorship: Nader Houella
- Community: RAC Beirut's Board
- Transportation: Bassam Zaatary
- Logistics: Carla Abdo
- Entertainment: Safa Salem
- Media and PR: Farah Ghazale and Hiba Dahoui
- Housing and Lodging: Hussein Samra

We have also prepared a detailed schedule for the whole program and we are contacting on a regular basis several NGOs, hotels, restaurants, pubs and bus service companies. We are getting pretty good deals to make it an exciting and affordable experience.

I would like to add that we are lucky to have a very dedicated team "The OLFA Squad" who is working on the project day and night and strongly believes in its success.

Professional of the month

Dada in Rotaract Club of Beirut

As part of "BE IN TOUCH WITH YOURSELF" professional development theme for September 2006, The Rotaract Club of Beirut had the pleasure to invite a dear friend of the club, Dada Ganadevananda, for a yoga and meditation session at the Safir Heliopolitain Hotel, where the club usually meets. Rotaractors, friends and Rotarians came all the way, filled with curiosity to meet Dada, a messenger of peace and serenity. The story of a man, who, 20 years ago, had his life changed. Yoga has become not just an inspiration to him but a mission that has shaped his entire being. He says: "Yoga is all about unification, getting in touch



with yourself. It's about taking care of one's self and others. Yoga, as an ancient discipline, has fifty thousand ways; only few hundreds of them are known to the world, and forty-two of them are frequently practiced". After a quick briefing, Dada insisted that we should move to practice. The room was filled with a soothing instrumental music; we learned the yoga pose, the cobra pose, the long salutation, the

massage and finally the Kaoshiki dance. How can we forget this long voyage in time and space, where time is timeless and space is spacious?

Dada Ganadevananda moved to Lebanon since 2003; he lives between Lebanon and Syria, teaching Yoga and running a free homeopathic clinic in the Shatila refugee camp in Beirut.

SNAP SHOTS



Tarek B-Day: First B-day with a wedding ring



Dr Saleh with RAC Beirut in Beirut



Drop Dead Relaxed



Maya with the flag: Show Are we in Rotaract or in A Press Release for the Lebanese Minsitry

Quote of the month

*Never deprive someone of hope...
it might be all they have*
(Anonymous)

TOO COOL TO BE TRUE

*Approximately one-sixth of your life
is spent on Wednesdays.*

NO COMMENT



LOUD SPEAKER

An Internet Life

by Nader Houella

For the past few years, we've been using the internet so frequently it has become one of our everyday habits. We got too much involved in its bits and pieces it becomes difficult to imagine a life without internet. So what's the difference?

Previously, any letter you wanted to send to anyone around the world would take several days by post mail. Today, it takes no more than a few seconds. If you wanted to know what's happening far away, you could only depend on TV, Radio news or newspapers, who often take time to report what's going on. Today, thanks to the world wide web, you can visit any news site of any country and even subscribe to get breaking news right into your e-mail and even mobile phone as soon as it happens! Any information you needed, and no matter how urgent it was, you had to get yourself into piles and piles of books, papers, encyclopedias and maybe spend hours in the library! Today, thanks to the "online search engines" you'll receive tens if not hundreds of search results within a few seconds!

Last but not least...when you previously so much wanted to socialize with people from different countries, you had to travel or wait for them to come. Today, thanks to the "chatting" and "online matchmaking" sites, you can meet as many people as you want from almost every place around the globe, and with your own preferences and choices too! All that with a few mouse clicks!

The dependency on this network nowadays is very critical, I wonder how an internet-free world would look like today.

*True Quality Service...
The Key to Our Success!*

Safir Heliopolitan Hotel

Overlooking the Raouche Rock, Safir Heliopolitan Hotel offers you luxury, elegance, comfort and a wealth of amenities. Enjoy our culinary delights, from the authentic International gastronomy to the Italian delicacies and Lebanese cuisine. Be it for business or leisure...step into the world of Safir Heliopolitan Hotel - Beirut, where we pay attention to the smallest details!

Safir Heliopolitan
"Enjoy a World of Hospitality!"

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MENA

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Our meeting time

Every Wednesday at 8:00 p.m
Location: Safir Heliopolitan Hotel,
Raoucheh, Beirut
Contact person: Maya Hassan
E-mail: racbeirut@gmail.com