

ROTARY CLUB
OF ADLIYA

Adliya Echo

كن مصدر الإلهام
BE THE
INSPIRATION

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Rotary Year 2018-2019

February 2019



Presidential Message

Barry Rassin
President 2018-19

February 2019

In my travels over the past year, I've visited many strong, vibrant clubs and districts that are transforming their communities. When I attend their meetings, I can feel the energy. When I meet their members, I can see they are people of action. And when I look at their communities, I can recognize the impact of their work.

I've also visited communities with Rotary clubs that were hardly more than social clubs. It shouldn't ever be that way. Fortunately, there's a simple approach that I believe can help revitalize any club.

I'd like to challenge every Rotary club to come up with at least one high-impact service project. Each club already has the potential, the resources, to make it happen. It has the power to change people's lives — completely.

It doesn't take millions of dollars. One of the most transformational projects I've been a part of involved providing a Jeep to a group of midwives in Haiti. We had asked the midwives what we could do for them, and they told us they needed a way to reach expectant mothers in a remote part of the country. We supplied a Jeep, painted it pink, and put the Rotary logo on it. Three years later, we went back to see how they were doing. They were excited by the outcomes: They told us that the mortality rate for mothers and infants in that region had dropped by 50 percent.

"With the growth of understanding, concepts of superiority and inferiority vanish. We are all God's children. As one member of a family is essential to the others, so is each nation in the family of nations essential to all other nations."

– Paul Harris



That's what I call transformational service.

But Jeeps don't last forever, and after eight years on the road, that vehicle was on its last legs. So we bought a pink Land Cruiser. It's still on the road, allowing the midwives to provide prenatal care to women in that remote region.

What makes a project transformational? It doesn't have to involve a lot of money, but it has to reach people and have a major impact in the community. That is the key, and that is where careful planning and thorough research come in. So do your research. Leverage your resources. Seek partnerships that can increase your impact. And then take action.

Of course, service is only part of what a strong club must offer. It must also have good speakers, provide leadership development, involve Rotaract and Interact, and bring value to its members and reasons to participate in Rotary events.

If your club is transformational and well-organized, everything else will follow. Members will be engaged, and new members will be eager to join you. Fundraising will be easier: People love to give when they see how their money is making a difference and when they know the organization is accountable. Your club will be vibrant, relevant, and alive — and it will **Be the Inspiration** to those within its ranks as well as to the community it serves.

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DG Message February 2019:

Rotary



February is the month dedicated to one of Rotary six area of focus: **(Peace and Conflict Prevention / Resolution)**.

Want to learn how Rotary projects address the structural causes of conflicts? Click here for English **Promoting Peace** (<https://www.rotary.org/en/our-causes/promoting-peace>).

Découvrez comment nos actions traitent les causes structurelles des conflits en cliquant ici for French **Promotion de la Paix**

How is your club celebrating Rotary's anniversary?

On February 23rd, Rotary will mark its **114th year**. We will be showcasing images of clubs celebrating within the District 2452. Send us HR photos (.jpg attachments) of your events by 20 February, along with a brief description and photos credit information to the District Secretary PP David Zein daoudzein@gmail.com to be considered for our photo gallery in the Governor Monthly letter for the month of March 2019 and to be posted on the **District website** (<http://www.rotaryd2452.org/new/>) and District 2452 **Social Media** (<http://www.rotaryd2452.org/new/index.php/contact-us/contact-us-3>).

February 2019 Monthly letter

When **Jean Paul Escolar** (<https://www.facebook.com/profile.php?id=100005172105946>) was the Governor for **Rotary District 1650**, he asked me to write the Editorial of his Monthly letter for February 2015 (<http://rotaryd2452.org/new/images/newsletters/Feb2019/fevrier-2015-D1650-GML.jpg>). It was a great honor for me and a gesture of confidence and trust from Jean Paul.

Now, it is my turn to ask **PDG Jean-Paul** to give me this honor to introduce him to you, and award him the same gesture of confidence from my side.

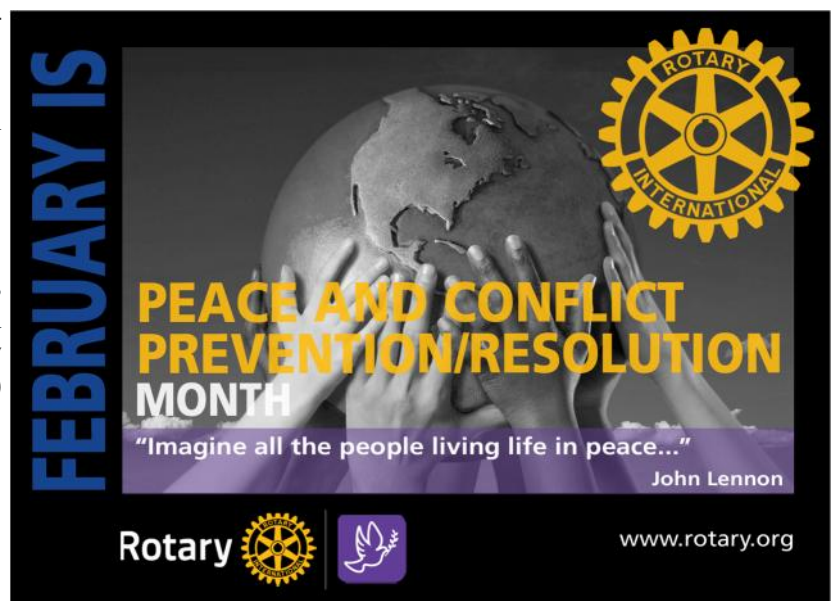
Who is PDG 2014-2015 **Jean Paul ESCOLAR**, District 1650 Bretagne-Mayenne France?

- Born 20/07/1947, married to Martine. Member of **Rotary club of Rhuys-Vilaine**, France, 2003
- Club President Rhuys-Vilaine 2006-2007
- Assistant Governor 2010-2011, 2012-2013
- D.1650 Governor 2014-2015
- New Generations District Chairman (DNGC) since 2017
- Institution's director - Last professional activity.

His message on the occasion of Peace's Rotary month, is related to Youth and Positive Peace, according to his role as "New Generations District Chairman" (DNGC) since 2017.

Read his full message on:

<http://rotaryd2452.org/new/images/newsletters/Feb2019/Edited-Young-people-and-positive-peace.pdf>



The President Corner



Durry Atassi
President 2018-2019

Dear Fellow Rotarians,

When was the last time you had an honest one-on-one session with yourself? How often do you have a “me alone” moment during your busy and hectic daily schedule?



Studies have shown that the people who spend quite time reflecting on their thoughts and feelings tend to have more meaningful relationship with others (family members, friends and colleagues) and manage their lives in a much better way. Let's think about that for a second, the only thing we have control over in our lives is our words, our actions and behaviors, but how often we sit down and analyze, and examine what we say and do in life. Most of us spend more time judging our family members, assessing (or appraising) our employees and our colleagues and of course teasing or criticizing our friends, but we don't do the same thing in a positive constructive manner with ourselves, hence comes Emotional Intelligence.

“Emotional Intelligence” concept has many definitions, but it is *basically the mechanism of which we understand our emotions, manage our actions and behaviors, and develop an understanding of other people's feelings so we can have better relations with those around us.* Trust me, this is a process and not a quick switch that you can flip.

I have a list some quick steps that can help in improving our Emotional Intelligence awareness overall:

Be aware of what makes you angry, you really need to understand your own feelings and emotions and then acknowledge the type of person you are on the big scale of the personality traits chart, different type of personalities have a different way of coping with unpleasant things outside their comfort level, it is very important to be informed about who you really are.

Be honest with yourself, we all have areas of strength and points of weakness, you need to come to peace with yourself about your weaknesses and admit that there are areas you need to work on, if anger is one of them, then acknowledge that.

Learn how to manage the negative feelings, we are all entitled to our feelings, no one can deny us that, but how we don't have the right to act upon them if we end up hurting or inflicting pain on to others especially loved ones.

Be empathetic, many people don't even look beyond their own emotions, you need to be considered of other people emotions and their circumstances, you need to take the time to understand people around you as you want them to be considered of your own emotions and feelings.

Manage your relationships based on all the above. In allying all the principles and understanding that, it is fundamental to really care about others as we wish they care about us.

I wish this topic “Emotional Intelligence” gets a fair-share of our discussions and dialogues on the social and educational circles, our millennials should be enlightened about it. It breaks my heart to see most of them isolated and living in their virtual world, but for now I will table that discussion for a later date.

So for now, just relax and treat yourself to a cup of cappuccino, life should be a breeze.

RCA CLUB MEETING:

RCA Regular Meeting 21st January 2019:
Guest Speaker: Shaikha Haya Al Khalifa
Topic: Women Equalities and Rule of Law

**RCA CLUB MEETING:**

RCA Regular Meeting 4th February 2019:
Guest Speaker: Ms. Aysha Mutaywea, Resident Partner MENA Chambers Bahrain
Topic: Exploring the Legal Demographic of Bahrain



"Life is a place of service, and in that service one has to suffer a great deal that is hard to bear, but more often to experience a great deal of joy. But that joy can be real only if people look upon their life as a service, and have a definite object in life outside themselves and their personal happiness."- Leo Tolstoy



RCA CLUB MEETING:
 RCA Regular Meeting 11th February 2019:
 In-house Speaker: Rtn. Rula Husseini
 Topic: Self Awareness



Rotary  BE THE INSPIRATION

 **Rotary Club of Adliya**
 RCA MEMBER TALKS

RULA HUSSEINI



A determined, ambitious Coach & HR expert with passion to helping people become the best version of themselves to achieve their goals and dreams in life.

Founder of Rula Husseini Life Coaching, A Certified Master Life Coach specialized in Neuro Linguistic Programming Coaching Model & Relationship Coaching determined to empower people unleash their potential and get the best results they are capable of.

TALK TOPIC
SELF AWARENESS

The session will explore the importance and affect of self awareness on our life

DATE: MONDAY, 11 FEB 2019
 VENUE: DIPLOMAT RADISSON BLUE HOTEL, RESIDENCE & SPA
 TIME: 6:00 - 6:30 PM NETWORKING
 6:30 - 7:30 PM MEETING

6th District 2451(Egypt) Conference - 28th to 31st March 2019
Sharm El Sheikh, Egypt



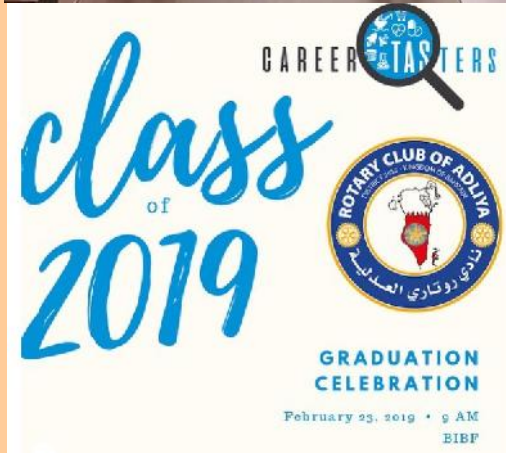
For further information please visit <https://portal.rotaryd2451.org>

CELEBRATION OF 114TH ANNIVERSARY OF ROTARY INTERNATIONAL

The 3 Rotary Clubs and Rotaract Club in Bahrain jointly celebrated the 114th Anniversary of Rotary International on 20th February 2019 at the Ritz Carlton Bahrain.



RC ADLIYA PROJECT FOR YOUTHS—"CAREER TASTERS"



"The youth is the hope of our future"
- Jose Rizal



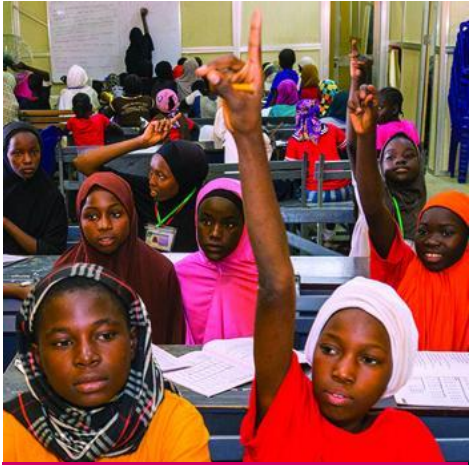
BREAK MYTHS

Hunted for body parts and isolated by fear, Tanzanians with albinism are finding new futures through Rotary programs that fight pervasive myths and stigmas.



REBUILD LIVES

Canada Rotary clubs are helping refugees from Syria start new lives.



EDUCATE REFUGEES

A university president and Rotary club fight Boko Haram to educate refugees in Nigeria.

<https://www.rotary.org/en/our-causes/promoting-peace>

PROMOTING PEACE

Conflict and violence displaced more than 68 million people in the past year, and half of those are children.

We refuse to accept conflict as a way of life. Rotary projects provide training that fosters understanding and provides communities with the skills to resolve conflicts.

HOW ROTARY MAKES HELP HAPPEN

Through our service projects, peace fellowships, and scholarships, our members are taking action to address the underlying causes of conflict, including poverty, inequality, ethnic tension, lack of access to education, and unequal distribution of resources.



BUILD CULTURES

Rotary Youth Exchange student learns understanding and appreciation of another culture and the key to global citizenship, progress, and peace.



EMPOWER YOUTH

Young people from Rio de Janeiro's infamous favelas find an outlet for their energy – and a chance at Olympic gold – through Rotary.



STOP DOMESTIC VIOLENCE

Australia Rotary clubs raise awareness and funds to prevent domestic violence and support its victims.