



# JERUSALEM ROTARY CLUB (District 2490)

Meets Wednesdays at the Jerusalem International YMCA  
14 King David Street (Across from the King David Hotel)  
Mailing Address: P.O. Box 446 Jerusalem 91003

Chartered in March 1929 (Sponsored by the Cairo Rotary Club) - Club #13459, RI Zone 14

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## Meeting No. 12 – 22 September, 2004

### OUR PROGRAM TODAY

**Topic: Demo Islam – A new Regime in Turkey**  
**Guest Speaker: Dr. Alon Liel**, former Director General  
of the Foreign Ministry

### UPCOMING PROGRAMS:

September 29 - No Meeting (Erev Succot)

October 6 - No Meeting (Erev Simchat Tora)

October 13 - George Szpiro, mathematician and  
foreign correspondent, on: "Bible Codes: The (not  
so) Final Report".

Meeting shall be held at Beit Shmuel at 13:00 (not  
at YMCA)

October 20 – Field Trip to Ben Gurion Airport –  
Details to follow.

#### SEEKING GUEST SPEAKERS

Suggestions Welcome for Upcoming Programs  
Contact Club Programme Chairman P/P Benad Avital  
with your ideas for upcoming guest speakers at (02) 658-  
0250.

#### Help Wanted

Our Club Bulletin Editor, Mark Zober, is  
recruiting a team to assist with content  
and layout. Let him know you will lend a  
hand (see contact information above.)

*You cannot do a kindness too soon, for you never know how soon it will be too late.*  
-Ralph Waldo Emerson { 1803-1882 American Poet & Essayist }



## ANNOUNCEMENTS

- **Welcome Back:** Marilyn Farber and Mark Zober were welcomed back from volunteer service in Nairobi, Kenya. Marilyn reported that they had done 4 make-ups/banner exchanges and were guest speakers at three Rotary clubs during their stay.
- **Good and Welfare:** P/P Moshe Kelman has reported he hopes to return soon to active service in the Club after a long absence due to health problems. P/P Georges Baum is awaiting an operation (nose) and welcomes calls and visits.
- Shalom Daron and Benny Landau were thanked for making Voluntary Travel Contributions following their return from holidays.
- There will be no meeting September 15<sup>th</sup>, 29<sup>th</sup> or October 6<sup>th</sup> – as each falls on the eve of a Jewish holiday.
- Wednesday October 20<sup>th</sup> we have a club outing to Ben Gurion Airport to visit the new terminal.
- The next **Club Board Meeting** is scheduled for Wednesday, October 13<sup>th</sup> immediately following the regular meeting.
- **District Family Day** – Friday October 1<sup>st</sup> at Moshav Beit Yeshua near Natanya from 8 AM to 1 PM. More details to follow. Charge 60 NIS for adults (See page #4)

## INTERNATIONAL TOAST

P/P Felix Jaffe asked the club to raise their glasses to toast the Rotary Club of Rabaul in Papua New Guinea (District 9600). The Club meets on Mondays at 18:30 at the Kaiwuna Motel.

## FOUNDATION GREETINGS

Art Braunstein announced foundation greetings:

**September 10<sup>th</sup>** P/P Amram Miller and Lily Roded have a birthday; Alice and P/P Rizek Abusharr celebrate their wedding Anniversary.

**September 12<sup>th</sup>** Three birthdays; Pamela Loyal, Deena Spigelman and Len Wilson.

BEST WISHES TO ALL!

## CLUB RAFFLE

Aviva Lee conducted another very successful raffle. Thanks to the generosity of our members, we raised 180 NIS. Monies raised to the Rotary Foundation to honor Paul Harris Fellows.

## INVOCATION

Helene Stuart presented our weekly *passuk* from *Pirkei Avot* (Ethics of the Fathers) 2:1.

The Talmud states that the proper way to live is that which is knowledgeable in ones own mind and will appear knowledgeable to others.

This applies especially in the case of children. Most kids learn what you say – some do what you say; but all kids do what you do.

## Foundation Corner News

### Contributors since July 1,2004

P/P Felix Jaffe, P/P Ruth Harris, Helene Stuart, P/PAvraham Cohen, Fred Cats, P/P Sandi Darmon, Shimon Samuels, P/P Shalom P.Doron, P/P Don Shrensky, Bob Engelsman, Yaron Yishai

### Those who responded to New Year's Appeal

Jacques Ungar, Sam Fisher, Auri Spigelman, Benjamin Landau, Marilyn Farber and Mark Zober

## **Rotary Medical Moment**

Rtn. Auri Spigelman, MD shared a number of new breakthroughs in medicine.

**1. OVER 50 – GET A COLONOSCOPY** Screening for early colon cancer has been recommended for people over 50 at intervals of 5-10 years. A recent article in the Annals of Internal Medicine stated that colonoscopy misses 12% of potentially dangerous polyps, those 1 centimeter or larger. Now, a newer technique, called virtual colonoscopy, has been able to detect about 95% of these polyps. The current recommendation is for virtual colonoscopy to be done initially, and, if a large polyp is found, the person must return for traditional colonoscopy in order to have the polyp removed.

### **2. WEIGHT REDUCTION SOLUTION? -**

Within the next two years, “fatties” can look forward to a once-a-day pill that will not only curb the appetite but also cut the urge to smoke. It will be marketed under the name Acomplia, and apparently works by blocking the brain’s endocannabinoid system. This is the same system that results in loss of appetite in people who smoke marijuana. In a European study of 1500 patients treated with this new drug, they lost an average of 6.6 kilograms in a year. Of course, this is combined with dieting and exercise programs!

### **3. SONOPREP**

Featured in the September 8th Jerusalem Post, this is a portable device developed jointly by Ben Gurion University and the Massachusetts Institute of Technology.

The device, recently approved by the FDA, uses ultrasound to deliver injectible medications through the skin’s pores. These can include local anesthetics, pain medicines for cancer patients, flu vaccines for the general population, etc. The developers believe that eventually it will be used for blood tests, such as the testing of blood sugar in diabetics. No more needles!

## **WEEK # 11- September 8, 2004 BUSINESS MEETING**

Our September 8<sup>th</sup> Club meeting was dedicated to business and financial matters.

- **ROTARY SQUARE**: The Mayor of Jerusalem has been approach to consider the establishment of a “Rotary Square” in the city to help Celebrate 100 years of Rotary service worldwide.
- **SEPTEMBER BOARD MEETING**: There was a review of the September Board Meeting by Honorary Secretary P/P David Seligman. Information is contained in the September 8<sup>th</sup> Club Bulletin.
- **FOUNDATION REPORT**: P/P Ruth Harris, Chair of the Club Foundation, asked P/P Don Shrensky to give a financial report. The Foundation has a balance of 558,877 NIS and is in very good financial shape.
- **CLUB ANNUAL BUDGET**: President Rafi Aldor, in the absence of Honorary Treasurer P/P Rizek Abusharr, presented the Club financial report. This was a balanced budget of 138,250 NIS. Forty Thousand (40,000 NIS) has been dedicated to a Matching Grant for a program at the Jerusalem International YMCA. The specifics of the grant are currently being defined.
- **COMMUNICATIONS/PUBLIC RELATIONS**: There was some discussion about the new policy of the Jerusalem Post to request payment for weekly meeting announcements. A number of suggestions for action were considered and will be brought to the next Club Board Meeting.

