

9 January'19

Rotary UAE
CLUB OF JUMEIRAH



Rotary Club of Jumeirah Weekly Newsletter

Weekly Updates on Facebook:

<https://www.facebook.com/rotaryjumeirah>

2018 Board Members

President
Dilip Thaker

Vice President
Urs Stirnimann

Immediate Past President
Musa Al Sadoon

Club Treasurer
PP Ahmad Belselah

Secretary
PP Hussain Al Jaziri

Directors:

Club Service Director
Liesa Euton

Youth Service Director
Ghada Agha

International Service Director
Bharat Butaney

Community Service Director
Sawsan Al Madhi

Vocational Service Director
Tariq Abu Rous

Sergeant -at-Arms:
Urs Stimimann

PR Representative
Ghada Agha

Member Birthdays:

01 January – Frank
O'Sullivan

Rotary Foundation Director
Zeekson Ainabe

Our weekly meeting on the 9 th of January, 2019

After paying our farewell to 2018 during Cheese night at Movenpick Ibn Battuta, and Rotary UAE last cocktail party of the year at Ritz- Carlton JBR and having beautiful Christmas holidays, we are finally back, full of energy and inspired for new projects and accomplishments.

Our last meeting on the 9th of January 2019, was very productive, as we held General Assembly for Elections of Board 2019-2020.

Please welcome a new board:



(Left to right) Ghada Agha; Zeekson Ainabe; Urs Stirnimann; Dr. Bharat Butaney; Dr. Sawsan Al Madhi – Upcoming President; Tariq Abou Ros; Adel Al Deiri; Liesa Euton

It was a great honor to welcome Mr. Maurice de Rooij, to our Rotary family as a new member. Mr. Maurice has been serving community for years as a part of Rotary in Malaysia, and every day it is part of his professional duty to serve the people, working in hospitality business. Welcome aboard Mr. Maurice!



don't forget to pay
your
ANNUAL DUES

Annual Dues

Thank you to those who have paid Annual Fees. For the few outstanding, please settle your account at your earliest. Fees are set at **AED3,000** despite TAX changes. Reminder to pay these at our weekly meetings, cheques/cash/cards accepted

Upcoming Meetings:

- **16 Jan.:** "5 Unhealthy habits at the workplace and how to reverse them."
- **23 Jan.:** "Student Jan c/o Dr. Andreas Topic: EcoFarm Stay in Nepal Last Summer"
- **30 Jan.** Confirmed Ambassador of the Republic of Panama - Eduardo Fonseca Ward
- **06 Feb.** Elodie Morvan Topic: Careers Network - Inclusive Employment Programme
- **13 Feb.** Valentine's Day celebration at Kempinski, the Palm, All'Onda Restaurant

Weekly Meeting details:

Date: Wednesdays

Time: 19:30 - 21:30

Recommend a Guest Speaker:
admin@rotaryjumeirah.org

Contact us:
Rotary Club of Jumeirah
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www.rotaryjumeirah.org

Guest Speaker this week, 16th of January 2019, Wednesday @Magnolia Room, Al Qasr Hotel.

Alina Islam will be joining us as Guest Speaker on the 16th of January 2019.

Topic: "5 Unhealthy habits at the workplace & how to reverse them."

Please RSVP admin@rotaryjumeirah.org by 14th of January.



Alina is a certified Nutritional Practitioner (CNP) also known as a Holistic Nutritionist, who received her designation from the Institute of Holistic Nutrition in Toronto, Canada. She works with clients one-on-one to help them take charge of their health, educate them on the root causes behind their health issues, and create a sustainable lifestyle change in baby steps. Instead of handing out rigid and unsustainable meal plans, she works with clients on building healthier habits the lead to long-term results. You can learn more about her at www.alinaislam.com

Find yourself skipping meals or eating unhealthy takeout at work? Gaining weight over time? Alina is a Holistic Nutritionist and past Advertising Executive who knows what it's like to work long hours and have your physical and mental health take a toll. In this talk, Alina will walk you through the top unhealthy habits at the workplace and provide simple, realistic and practical strategies for how to replace those habits with new ones. You'll find yourself feeling more energetic, happier and slimmer in a few weeks!

SAVE THE DATE & REMINDER:

15 March 2019, Football Championship

13 February 2019 Valentine's Day

13 April 2019 Caribbean night party