



Weekly Bulletin of  
**The Jerusalem Rotary Club**  
Club # 13459, District 2490  
15 March 2017



### *Club Officers*

**President:**

P/ Dan Shanit

**Secretary:**

PDG Irène Lewitt

**Executive Secretary:**

David Seligman

**Treasurer:**

R/ Robert S. Hammer

**Immediate Past President:**

P/P Yaron Amitai

**President Elect**

David Lilienthal

**Board Members:**

P/P Ruth Harris

P/P Shlomo Khayat

P/P David Seligman

P/P Kern Wisman

R/ Art Braunstein

R/ Tony Kolankiewicz

R/ Perry Roded



### *This Week's Program*



## **"Tour of the YMCA's New Sports Center"**

The Jerusalem International YMCA is thrilled to be opening the largest underground fitness center in the Middle East! The Sports Center will be designed and operated as a sports mall, hosting sports clubs and teams, schools, and sporting events from all over the city and beyond. Swim and basketball teams, dance groups and many other organizations will lease space in the YMCA sports mall. The current YMCA Health and Wellness Center will be transferred to the new facility and will have full use of five of the ten swimming lanes, the two story fitness room, and two of the six exercise studios. Members will receive the same access to swimming, group exercise classes, showers, saunas, etc. with no changes in membership fees.

**The new center will offer more space and all new, state-of-the-art exercise equipment and facilities.**

- ♣ 93,635 square feet spread over three levels
- ♣ Indoor 10-lane swimming pool
- ♣ Large Health and Wellness Center
- ♣ Gymnasium
- ♣ Three squash courts that can be transformed to a large multi-purpose room
- ♣ Six group exercise rooms
- ♣ Martial arts studio
- ♣ Crèche (child care)
- ♣ Juice bar
- ♣ Spa with six treatment rooms
- ♣ Three separate lobbies for social gatherings
- ♣ Sport shop selling swim suits, sports clothes and accessories
- ♣ Men's and women's locker rooms
- ♣ Rooftop plaza (designed to help cool the building as well as provide a gathering space)



**The JIY will maintain its priority of inclusivity by offering accessibility to all residents of Jerusalem.**

"Centered on the value of equality, we believe that our new, centrally located sports facility should not be an elitist hub, but rather a place that welcomes and caters to everyone."



**Elias Khoury,**  
Chair of the JIY Board of Directors

### *Upcoming Programs*

#### **22 Mar—Lunch**

Ms. Taffy Sassoon  
Long-time friend  
and Researcher  
**"Remembering  
Sir Martin Gilbert"**



Suggestions for speakers or subjects for a talk or discussion are welcome.

Please write to the Chair of the Program Committee,  
Art Braunstein, via the Contact Form on our website.

[www.rotaryclubjerusalem.org](http://www.rotaryclubjerusalem.org)



*From your Editor*

*Dear Friends,*

*I am back from my short holiday in Athens, Greece. I had a wonderful time with my family and friends.*

*It was short, but am thankful for the time I had to spend with them.*

*Am glad to be back and hope to see you all very soon.*

*I see that we are going to have a special tour of the New Sports Center of the YMCA. I am sure it will be interesting. Enjoy!*

*I am inserting a special message from Art Braunstein regarding the YMCA New Sports Center*

**“No. You will NOT have to make sandwiches from the Buffet to eat in the swimming pool. Since the guided tour will end at 2:30/2:40 pm, our usual time, there is no need to bring your bathing suits along. Diving in fully clothed is discouraged.**

**Very best wishes**

**YIR**

**ART”**

*I wish you all a very good week till the next Bulletin !*

*Rosa*





*From our Secretary*



Woman's day last week made me think about "WOMEN IN ROTARY"

Rotary just had its 112th birthday, but from its charter in 1905 until 1989 it was - "MEN ONLY."

In 1989 the first women were accepted in Rotary including one in our club.

Today, in 2017, which is only 28 years later there are 242,560 women Rotarians in the world which equates to 21 % of Rotarians worldwide.

82.75% of clubs worldwide (about 32 000 clubs) have female members. Our club has 8 women members (26%)

Of these clubs, 7857 have women as presidents (23%) this year.

In our district, 20 clubs ( about 35%) have women presidents)



There are 96 (19 %) women District Governors in Rotary's (about) 520 districts.

In the Rotary year 2003-04 there were 13 women District Governors including myself (about 2,5 %)

There are now Women RI Board Directors, RI Foundation Trustees and women members in all RI Committees.

I believe it will not be long when we shall have the first woman as the Rotary International President.

Where would Rotary be



today without us!

Some links which may interest you

History of Women in Rotary page; <https://www.rotary.org/en/history-women-rotary>

Archived article, "The White House honors Rotary women for their humanitarian service"; <https://my.rotary.org/en/Node/174146>

Announcement, "Rotary honors six women for leadership and humanitarian service"; <https://my.rotary.org/en/news-media/announcements/rotary-honors-six-women-leadership-and-humanitarian-service>

<https://www.rghfhome.org/woman-rotary>





## ***From Yvette Nahmia-Messinas***

[www.jpost.com/Blogger/Yvette-Nahmia-Messinas](http://www.jpost.com/Blogger/Yvette-Nahmia-Messinas)



### **Celebrating the Beauty that Learns to Fight the Beast:**

#### **A Roadmap for Women on International Women's Day**

If you are a woman reading this article stop and pat yourself on the back for the long way you and your fellow sisters have walked. You probably have an education, a job, you are free to choose your partner, dress as you like, live where you want. You probably can manage to live on your income, without your partner's support. And these are all things you should be proud you have achieved and celebrate for.

But parallel to this reality you have most probably been a victim of sexual harassment, belittlement and one in four has experienced an attempted rape. And unfortunately you may even be dead, buried in the ground due to your partner's violence and brutal taking of your life. And you my dear sister, do not have a voice anymore, it is already too late to recount the days of your horror and fear. You felt vulnerable, you felt unprotected, you may have reported your suspicions to the police but hey, nobody really took you seriously and it pains me to say this to you: the violent taking of your life has been diminished to a sad statistic.

Twenty is the average number of women killed in Israel over the last years due to domestic violence. I search on the internet and find these quotes: "An estimated one in 5 women will be a victim of sexual violence globally." And "every one in three Israeli women falls victim of sexual assault." Moreover, "Violence against single women rises nearly twenty-fold since 2003." And sadly "welfare officials estimate that only one percent of the 200,000 men who engage in domestic abuse attend violence prevention centers." This is all very bad news.

I was thinking of these statistics as I was walking away from a book reading presentation of Moshe Menasheof's recent book on Dreams and Memory that took place at the Holzer bookstore on Jaffa Road in Jerusalem last night. Upon walking back to take the bus home, I encountered groups of teenage boys and felt conscious of my being a woman on my own at 11pm at night, walking down Jaffa Street surrounded by groups of men. It felt uneasy.

But having practiced self-defense for a year and being a graduate of the Impact course in self-defense, I felt confident in my ability to stand up for myself and protect my body should there had been a need. Suppose somebody had grabbed me on the shoulder, I would have turned around, checked as to his intentions and if judged to be of harassing nature, he would have received an elbow right in his face. And my abilities gave me confidence, as I was walking by myself from Jaffa to King George Street.

And that brings me to the basis in my mind of women's empowerment. As long as we women rely on men: our dads, brothers, partners to defend our physical bodies we are not free people. We will only feel free and equal when we reclaim our right to our self-defense, and master the skills that defending our bodies requires. In nature, female and male animals alike know how to defend themselves and protect their young. They are expected to do it whether male or female. It is only in us humans that women have been asked to give up on our basic right of self-defense, and rely on the men to take care of us.

The self-defense awareness which is very basic yet still not widespread and internalized by all came to me gradually through being exposed to my daughters' judo classes at a self-defense school for girls in Jerusalem. There, when waiting to pick them up, I was exposed to films showing women in my age and older, fighting to defend their bodies from attackers. I read Ellen Snortland's book *Beauty Bites Beast* and saw the film Ellen made telling the story of women learning self-defense around the world and the impact that had on their lives.

In my mind, learning self-defense is as basic as learning to brush one's teeth. Both are lessons that learning them will serve your body and safeguard your well-being for the rest of your life.

So dear girl and woman and dear man, father of a girl, brother of a woman, look into the matter of self-defense for you and your daughters, sisters, and mothers. Go out to your schools, community centers, synagogues, churches and mosques and organize a course for you and your friends. Let us all reclaim our basic right for self-protection and defense. We owe it to ourselves; we owe it to our bodies. Let us master the skills to protect ourselves by ourselves as women. That mastery will move us all a few steps ahead towards dignity, equality and self-respect that we all deserve, whether born in a man's or woman's body.





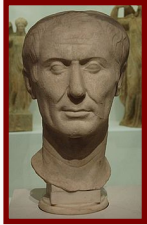
## International Toast

From Guido de Werd

### On the RC Roma Mediterraneo

#### Rome, Italy

[www.rotaryromamed.org](http://www.rotaryromamed.org)



Today, 2073 years ago, Brutus killed the Roman Dictator Gaius Julius Caesar on the Ides of March (= 15th of March).

Julius Caesar was born on 13 July 100 BCA. He became famous as a politician, general and also as an author.

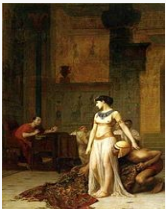
Millions of Europeans students made their first knowledge of Latin, reading his "Commentari De Bello Gallico" ("The Gallic Wars").

Caesar played a critical role in the events that led to the rise of the Roman Empire. Till today, Caesar is an important theme for literature, theater and film. In 1599 Shakespeare wrote his famous theater play and he wrote Caesar's famous last words said to his murderer while dying: "Et tu, Brute" ("And you, Brutus?", i.e. "You too, Brutus?").

The Assassination, painting 1845



Painting 1845



Cleopatra, Queen of Egypt some years before, in Egypt, was Caesar's mistress and mother of their son, Caesarion. The affair between the beautiful Cleopatra and Caesar is till today a topic for literature and film.

General Caesar, by his victories during the Gallic Wars, completed 51 BCA, extended Rome's territory to Britain and the Rhine. He built a bridge over the Rhine. He crossed the English Channel. The Senate called him back to Rome in 49 BC, he refused and instead entered Italy with his 13th Legion, crossing the Rubicon, the river in the North of Italy, which marked the frontier with Gallia Cisalpina. When Rome called him back, the army was already crossing the river, an act of insurrection and Julius Caesar may have uttered the famous phrase "*alea iacta est*"—the die is cast. Till today the phrase "crossing the Rubicon" – means to arrive at a point of no return. Caesar's victory in the civil war that followed, gave him great power. Upon returning back to Rome, he became one of the three Consuls.

Julius Caesar formulated a policy of allowing Jews to follow their traditional religious practices, a policy which was followed, and extended, by Augustus, first emperor

of Rome. This gave Judaism the status of a "*religio licita*" (permitted religion) throughout the Empire.

The assassination of Julius Caesar, was the result of a conspiracy by many Roman senators, led by Longinus and Brutus. They stabbed Caesar to death in a location adjacent to the Theatre of Pompeius on the Ides of March (March 15th), 44 BC.

Caesar was the dictator of the Roman Republic at the time, having recently been declared "dictator perpetua" (for lifetime) by the Senate. This declaration made several senators fear that Caesar wanted to overthrow the Senate in favour of tyranny

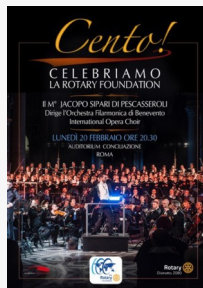
**The place where Caesar was assassinated is close to the Church of San Andrea Della Valle.**



There are several Rotary Clubs in central Rome, the nearest to this place is the RC Roma Mediterraneo. The club belongs to the District 2080 and was founded in ... 2016 / 2017. It's President is Luigi Pulli. The Club is very active, and has already chartered a Rotaract club. Weekly meetings are held on Wednesdays at 8 pm at the Parco dei Principi Grand Hotel, Via G. Frescobaldi 5, Roma 000198 . The club has many projects and of course their own Rotary Foundation.

**For the Foundation they are just organizing a benefit concert.**

Most important project is the support of the Italian Union for visually handicapped people.



Visit of the District Governor, February 2017



Governor and President Lulli of RC Roma mediterranea



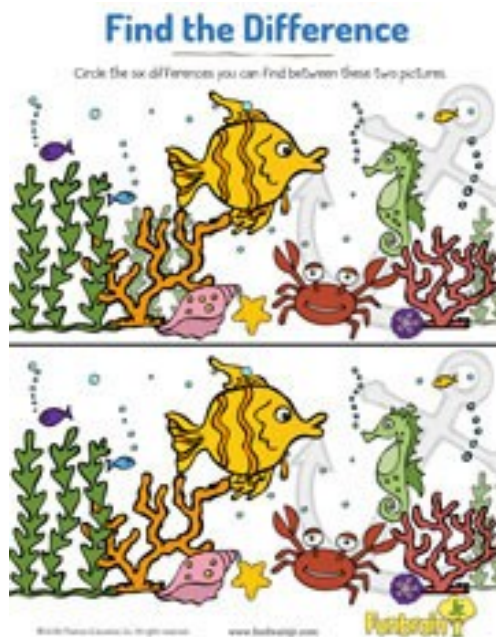
**Last year the Club donated a car to the Malteser, for their work on the Isle of Lampedusa. The Club made a trip to the Isle to attend personally the gift.**



# JOGGLING THE MIND !



At least 5 Differences to  
be found can you find  
more?



## Types of Igneous Rock

D	E	P	A	I	G	R	A	N	I	T	E	P	U
A	E	E	E	I	R	H	Y	O	L	I	T	E	N
H	I	R	T	K	I	M	B	E	R	L	I	T	E
T	D	I	I	T	E	T	I	L	R	H	E	W	P
U	E	D	R	R	B	A	S	A	L	T	R	I	T
F	G	O	O	A	P	L	I	T	E	E	L	E	T
F	N	T	N	N	A	E	T	I	R	O	I	D	B
U	I	I	O	B	S	I	D	I	A	N	E	I	T
O	E	T	I	R	C	I	P	O	R	B	B	A	G
I	A	E	R	T	U	D	I	A	B	A	S	E	S
D	A	C	I	T	E	I	J	O	L	I	T	E	T
T	R	O	C	T	O	L	I	T	E	I	B	T	T
B	E	T	I	L	A	N	O	T	E	I	D	I	O
H	E	D	R	T	C	E	T	I	N	U	D	T	I

IJOLITE  
PERIDOTITE  
PICRITE  
KIMBERLITE  
NORITE  
TONALITE  
DIABASE  
GABBRO  
TUFF  
WEHLITE  
TROCTOLITE  
DUNITE  
DIORITE  
OBSIDIAN  
DACITE  
BASALT  
APLITE  
GRANITE  
RHYOLITE

Play this puzzle online at : <http://thewordsearch.com/puzzle/59/>

NEW WORD FINDER

**Jerusalem**

LAST WEEK'S WORD FINDER

**Alexandria**

See all the words!!!

[http://wordsolver.net/solve#!q=Alexandria&dic=d\\_twl&type=st\\_anagram&ml=10](http://wordsolver.net/solve#!q=Alexandria&dic=d_twl&type=st_anagram&ml=10)



Happy Hour



## THE 'Y' CHROMOSOME



People born before 1946 are called -  
The Greatest Generation .  
People born between 1946 and 1964 are called -  
The Baby Boomers .



And people born between 1980 and 2010 are called -  
**Generation Y .**



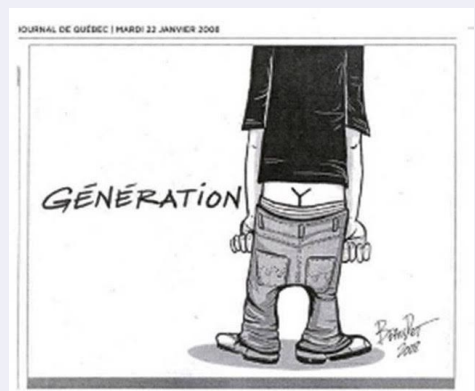
People born between 1965 and  
1979 are called -Generation X.



Why do we call the last group -**Generation Y** ?

- Y** should I get a job?
- Y** should I leave home and find my own place?
- Y** should I get a car when I can borrow yours?
- Y** should I clean my room?
- Y** should I wash and iron my own clothes?
- Y** should I buy any food?

But Perhaps a cartoonist explained it most eloquently



**Just thought you might want to know "Y"**

## Jerusalem Rotary Club

Weekly Lunch Meetings are at the YMCA,  
26 King David St, Jerusalem Wednesdays at 13:00.  
The last Wednesday of each month is a dinner  
meeting at 19:00.

Meetings are conducted in English.  
Visiting Rotarians and other guests are welcome.

Luncheon/Dinner costs: NIS 75, students and lone  
soldiers: NIS 50, children under 18: NIS 30.

For Kosher meals please book in advance.  
For this and other enquiries please contact us  
through the Contact section on the website.

Please visit our website:  
[www.rotaryclubjerusalem.org](http://www.rotaryclubjerusalem.org)

