



February 2009

## Women's League Bulletin

Website: [www.aub.edu.lb/~webleague](http://www.aub.edu.lb/~webleague)

*Youth is not a time of life, it is a state of mind*

*Goethe*

### *From the President*

Good greetings to you our dear members for the month of February.

Though we are still at the mercy of winter rains and the cold weather it brings, we are reminded that if winter comes can spring be far behind?

It seemed appropriate to spruce up winter spirits with a program that directs our attention to spring and all the beauties it brings with it here in Lebanon.

We are privileged here in Lebanon to have such a wonderful springtime very soon.

These words have impressed me so much that I pass it to you as a message for our wonderful country:

By looking to an old Women's League bulletin, I found in the 1957 issue a Lebanese folk song, it is translated as follows:

Our village is enveloped in light  
To its portals followed terraces lead  
It smiles as you come into view

is spread on top of the hill  
with roses and stocks in the beds  
the song bird tunes his lay to the sound of our waterfall

On the precipice cuddles the shepherd  
He softly plays his flute  
By the warblers who catch the tune

wrapped in his only cloak  
till the toxic notes are caught  
and echo it down the valley.

### Other Lebanese sayings: from Dr. Freyha's collection

A defect in the child is the fault of his parents.

When the beloved hits, his blows are raisins and his stones are pomegranates.

Would you buy the saddle before the horse?

One bitten by a snake is scared of the rope.

Mecca is not too far for one bent on pilgrimage.

His brains are in the tassel of his cap.

The camel limped because his lip was sore.

Everything in its time is good even a curse in season is as good as a prayer.

When the donkey is invited to a wedding it's to carry wood or fetch water.

He swallows a camel at a gulp but chokes over a gnat. (Of one who is penny wise and pound foolish?)

We taught you to beg, and you preceded us to the doors.

God bless you

Thank you

*Christel Bikhazi*



*Saint Valentine....*



*Matured Love....*

Valentines Day is a day to express your love, and to celebrate the spirit of love.

Love helps us to communicate with GOD. Where there is love there is Life. We grow older and mature. We step into a whole new world of limitation and complications. But the only thing that keeps us going is love. So, its about time we all share the magic of Valentine's Day with the one you have shared the ups and downs of your life. Who has always been there with a smile on the face and helped you to come out as a winner all the way.

**"LOVE CONQUERS ALL"...Happy Valentine's Day to all...**

## Pumpkin Soup- Recipe

### Ingredients

One large onion, chopped  
One large potato, chopped  
One large carrot, chopped  
One and a half kilograms pumpkin  
Pinch of salt or to taste  
Pinch of white pepper or to taste  
Pinch of ground nutmeg or to taste  
3 tablespoons vegetable oil

Cut pumpkin into relatively large chunks with skin still on. Place in a pot and cover with water. Bring to boil and cook until pumpkin is soft. Drain pumpkin in a large sifter and cool for ten minutes. Reserve the pumpkin water. Peel skin off the pumpkin chunks.

Sauté the chopped onions in a large pot with vegetable oil, until tender. Add the potatoes, carrots and pumpkin. Add the preserved pumpkin water. Bring to boil and simmer until well cooked (30 to 40 minutes). Pour soup mixture into a blender and blend well. Pour soup back into the pot; add salt, white pepper and ground nutmeg.

Bon Appetite

### WL NEWS UP- DATE

- **Obituary:**  
With regret and deep sorrow the League announces the death of Mr. Munir Mouja'aes, the father of our colleague Mrs. Salma Mouja'aes. May God bless his soul and grant Salma the patience she needs.
- **Activation of our WL Web Site:**

With many thanks and appreciation to AUB, WL has now an access to its Web Site and consequently, our news and activities will soon be reachable by visiting [www.aub.lb/~webleague](http://www.aub.lb/~webleague).

Rihab Ouri



## 2009 - January Trip

The trip started with a breakfast at Wooden Bakery, at the entrance of Jbeil. Then we headed to the North of Lebanon where we met at the Madfoun Bridge with Mrs. Claude Darzi, Head of the Batroun Branch of the Red Cross, being our guide on this trip who prepared our program to the Batroun District.

First we went up to the town of Rashana well-known for the marvelous sculpture works of the three brothers Alfred, Michel and Joseph. Their works are scattered all along the town both inside their workshops and outside in the gardens. At first, we met with the spouse of late Alfred Basbous who was so kind to show us around inside the museum. Outside in the garden we met Anashar Michel Basbous who is an artist himself too who briefed us about the said marvelous works. Then we entered a small shop of artistic small sculptures which are for sale. In the garden there was a display of very nice works made by foreign artists. After that we headed to Smar Jbeil Fortress which was part of the crusader fief of Saint Montagne of the Lords of Batroun.

Then we headed for Kfar Hay where we visited the Convent of Mar Youhanna Maroun which is a Maronite Patriarchal convent and which contains the holy relics of St. Maroun inside a golden statue inside the Church. This relic was in Rome and by the great effort of Archbishop Boulous Emile Saadeh, was brought back to Lebanon on January eighth, 2000 and was placed inside the church of this convent. Archbishop Saadeh met us there and explained to us all about this convent and showed us the museum he is working on alone with a help of one priest on the manuscripts and Holy Bibles from the sixteenth century and their preservation.

At last we went down to the town of Batroun and had a delicious lunch at Ni Nar Restaurant and went back to Beirut after spending a very nice sunny day to arrive there at six p.m.

By Lamia Kawar



Archbishop Saade , Mrs Darzi and WL ladies



WL members posing in front of the St. Maroun Church



## **Nadia Alameddine**

### **ONE OF THE UNIQUE WL PRESIDENTS**

In this February Issue, I have seized the opportunity to talk to Mrs. Alameddine and learned a lot about her very attractive personality which enabled her to achieve the titles she deserved. In 1993 she joined the Women's League as a member and later she served as:

- Trip Chairwoman
- Vice President
- President ..... (2001-2003)
- Representative of the League to the
- Lebanese Council of Woman..... (2007-2009)
- Member of the Lebanese Association for handicapped children.
- Board member of the Young Women Christian Association and a trip Chairwoman (2000-2009)
- Board member of the Women's Auxiliary-American University Hospital (AUH) and program Chairwoman.

During her service as Chairwoman, members and friends got to know and enjoy most touristy areas in Lebanon and Syria which attracted more members of the league.

### **CALENDAR OF WL IMPORTANT EVENTS**

- 2009 is the year of the 90<sup>th</sup> Anniversary of establishing our *WOMEN'S LEAGUE [1919 – 2009]*. For this great occasion, the league's members are now preparing its directory/ booklet which should come up soon.
- A trip to south of Lebanon is scheduled on the 11<sup>th</sup> of February, 2009. A brief discussion about the trip will eventually be conducted during the forthcoming meeting.
- The next General Meeting will be held on the 2<sup>nd</sup> of March at 3:30 P. M.
- Owing to the fact that the 21<sup>st</sup> day of March is a yearly celebration of **MOTHER'S DAY**, there will be no trip during the said month. Instead, there will be a grand lunch at the Crowne Plaza on the 11<sup>th</sup> of March.

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**Rihab Ouri**  
**Editor of the Bulletin**  
**WL - Liaison**

