



December 2009

## *Women's League Bulletin*

Website: [www.aub.edu.lb/women\\_league](http://www.aub.edu.lb/women_league)



### **Letter from the President**

“No man is an island, entire of itself every man is a piece of the continent, A part of the main.”  
(From Meditation by John Donne)

Here we come again to the Christmas season which brings with it festivities and celebrations. It is an occasion to get people together to rejoice and thank God for what they have, and to remember that there are other people who are not having the chance to rejoice and be happy. Christmas, therefore, is a season to be happy and think of others and extend a helping hand to others and bring a wider sense of collective existence. This brings into focus the famous words of John Donne...that no man is an island to him self ...Let us think of the people who are impoverished and deprived of their basic human rights, suffering and seeking freedom and help. It is only with this sense of altruism that we can celebrate Christmas or any other occasion.

**Leila Ghantous**

### **Season's Greetings from the Editor**

As another year passes, I look back and reflect. Life has it's good moments and inevitably it's bad moments as well. I have learned throughout the years that a person's attitude makes all the difference in how one's life takes direction. A positive attitude is the attitude we should all strive to maintain at all times. Only then do unpleasant experiences become meaningful learning experiences. This is how we move on in life and become strong individuals.

Life is good and full of wonders. As the old saying goes, " Smile to the world and the world will smile back at you". Merry merry Christmas and a happy new year full of happiness, peace and most important of all positive attitude.

Rihab



## **Salam: Beirut will continue being the capital of cultural freedom**



AUB President Dr. Peter Dorman and H. E. Tamam Salam  
At the November General Meeting

Beirut became the Arab world's hospital, university, and publishing house because its freedom attracted Arab petrodollars and politicians, and Beirut is The New York Times' number one clubbing city in the world.

These facts were highlighted by then Minister of Culture Tammam Salam in his lecture, "Beirut's Cultural Role in the Middle East," delivered at the monthly meeting of the Women's League on November 2.

At the beginning of the meeting, Lebanese flags and the league's newsletter were distributed and the National Anthem and the Alma Mater were sung. Then League President Leila Ghantous welcomed Salam and AUB President Peter Dorman, pointing out that the league, established on November 3, 1919, was 90 years old.

Salam said that Beirut's cultural role grew in importance in the late 19th century because of its inhabitants' courage and stamina, and because of the city's importance as an economic center. He said the city acquired its prominence in the early 20th century because AUB and other foreign universities brought an atmosphere of freedom and the meeting of east with west. "Cultural freedom," he said, "is one of Beirut's major assets. We have managed to survive situations that could have crumbled bigger nations." He added: "If you are bitten by the Beirut bug, it will obsess you forever."

Beirut's role, said Salam, involved distinguished individuals. Lebanese working abroad carry with them a special "cachet" and are looked at differently, so, many companies seek to employ AUB alumni because they belong to a culture of freedom and the spirit of their Alma Mater. They affect change wherever they go, influenced by the culture of the University and of Beirut.

Salam expects Beirut to continue to play an influential role in the future with development in all fields. He said that naming Beirut as **World Book Capital** in 2009 was an acknowledgment of its cultural role in the book industry, covering authors, printing, and publishing and this makes all the Lebanese responsible for continuing Beirut's cultural role, adding that reading must be increased and be made a national priority, starting with the country's children. He said Beirut should also step up the sophistication in its hospitalization services and its business and banking sectors.

Salam expressed confidence in the future of the city: "I am sure Beirut will continue being the capital of cultural freedom and the place where people enjoy the differences and live the culture of accepting the other."

## **A word from H.E. Ambassador of India to Lebanon**

I was introduced to the Women's League quite early after my arrival in Beirut in March 2005 and I have had the pleasure of participating in their activities over the past four years and enjoyed the sumptuous cultural activities they had to offer.

The Women's League is a role model for social responsibility that every society needs. I applaud the members for their involvement in providing social services including encouraging Lebanese women to play a more active role in society at all levels, for their efforts towards prison reforms, for their donations of food and clothes to refugees, and so many other services.

At the end of my tenure as Ambassador of India to Lebanon, I wish all the best to the Women's League. I also thank Mrs. Leila Ghantous, President of Women's League for her constant interest in my country. It has been a pleasure knowing her and her colleagues.

Last but not the least, I would like to extend my warmest wishes to the remarkable Lebanese people for their hospitality and their strong will in always looking for a better future.

Nengcha Lhouvum



**WL Board Members in B'aabda**

In their visit, WL board members were warmly received by the First Lady H. E. the wife of the President. The purpose of the visit forks into two; one to get to know her and the other to introduce the league as to its functions and activities. Further, the League has submitted an official invitation to the First Lady to attend June 2010 Party at Marquand House.

# **WL** News Up-Date



## **Christmas Lunch**

Like every year, WL has planned a Christmas Lunch to take place on Tuesday, December 15, 2009 at Bristol Hotel – Grand Ball Room at 1: 00 P. M. The occasion's gathering comprises the usual Christmas Menu to include a beautiful entertainment to be displayed by Sami Kawas and Nicole Rassi and a Tom bola.

## **The first WL – Trip in 2010**

There will be a trip on the 13<sup>th</sup> of January, 2010 destination is to North of Lebanon to include Balamand University, Balamand Monastery, Batroun Red Cross and other important and interesting places.

## **Novmber trip to Gizeen**

On the 11<sup>th</sup> of last November, WL members made a trip to Gizeen and there a visit was made to Bsiri church 800 years old .The trip was interesting and every one enjoyed visiting the House of Wax and the Old Souk (market).Had lunch in a very nice restaurant where the water cascades.

## **A valuable friend Honoured**

Mrs. Emily Nasrallah, a friend of the Women's League, has been honoured recently by the Lebanese Ministry of Culture at a ceremony held in Frankfort during the book fair. Three of her novels and a book for children have been translated into the German language. Congratulations Mrs. Nasrallah to you and all your family. Lebanon is very lucky to have such a talented and ambitious Lebanese writer.

## **A Christmas Cake recipe from Mrs. Randa Theodary**

- 1- 1/2 cup butter or veg. oil
- 2- 1 cup sugar
- 3- 2 eggs
- 4- 1 cup applesauce (chopped and boiled apples)
- 5- 2 cups flour
- 6- 2 teaspoons baking soda
- 7- 1 teaspoon cinnamon
- 8- 1/2 teaspoon allspice
- 9- 1/2 teaspoon ground cloves
- 10- 1 cup chopped dates
- 11- 1 cup raisins
- 12- 1 cup chopped walnuts.

Beat butter and sugar, add eggs and applesauce. Add dry ingredients and then stir in dates, raisins and nuts.

Pour batter into a greased and floured tube pan. Bake in moderate oven until cake is done, about 45 minutes.

First, i was dying to finish my high school and start college  
And then i was dying to finish college and start working  
Then i was dying to marry and have children  
And then i was dying for my children  
to grow old enough  
so i could go back to work  
But then i was dying to retire  
And now i am dying...  
And suddenly i realized  
i forgot to live

Please don't let this happen to you  
Appreciate your current situation  
and enjoy each day

....old friend

To make money we lose our health,  
and then to restore our health we lose our money...  
We live as if we are never going to die,  
and we die as if we never lived....



***Live well  
Love much***