Letter from the President


This is the First day in the year of the Tiger. The traditional Chinese Lunar year begins at sunset of the day of the second new moon following the Winter Solstice. The Chinese New Year lasts two weeks and ends with Teng Chieh.

Teng Chieh, the Lantern Festival:

Marking the end of the Chinese New Year, Teng Chieh, and The Lantern Festival takes place on the 15th day of the year. It is also known as the Shangyan Festival because it falls on the First Full moon night. The lantern Festival marks the end of the celebrations of the Chinese New year which began as a religious ritual nearly 2000 years ago.

The lantern is a traditional symbol of the lengthening days of spring. Lanterns of various shapes and sizes are hung in streets outside temples and around homes. Lanterns are in the shape of dragons, birds and other animals.

Guessing the Lantern Riddle.

Lantern owners write riddles on a piece of paper and post them on the lanterns. Small prizes are given to the correct answers.

Leila Ghantous

Happy Valentine’s Day for All

“Since love grows within you, so beauty grows. For love is the beauty of the soul.”

St. Augustine

An interesting fact about February 2010

4 Mondays 4 Tuesdays
4 Wednesdays 4 Thursdays
4 Fridays 4 Saturdays
& 4 Sundays

It comes in every 11 Years
The Women’s League, founded by a group of women from the American University of Beirut, is one of the greatest paths to create a network among women in Lebanon, discuss their concerns and meet their expectations.

I can only express my pleasure to be part of this league which is promoting communication among women from different nationalities. In this active club, monthly meetings are organized raising relevant matters to our society, pertaining to culture, education and social issues among many others. Moreover, outdoor outings are planned as well as movies and yoga exercises to build an engaging environment.

I am very confident that the team members will bring new ideas to achieve the objective of the league which is serving the Lebanese society. I salute them all as well for their constant efforts to enhance the role of women despite the challenges and difficulties. We are always looking for further improvement and more achievements.

H.E. Andrée Emile Lahoud

February Birthdays

Our best wishes go to the following ladies:

<table>
<thead>
<tr>
<th>Name</th>
<th>Birthday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nabila Younes</td>
<td>February 2</td>
</tr>
<tr>
<td>Dina Saghir</td>
<td>February 2</td>
</tr>
<tr>
<td>Mona Takla</td>
<td>February 24</td>
</tr>
<tr>
<td>Leila Ghantous</td>
<td>February 27</td>
</tr>
</tbody>
</table>
Women’s League visit to the University of Balamand

The University of Balamand has been the WL target for the January trip, to be the first trip in the year 2010. The University overlooks the Mediterranean Sea and the city of Tripoli. It is located on a beautiful hillside featuring olive and oak trees, a variety of wild flowers and mountain herbs. Most of the buildings on the main campus were made possible by generous contributors from Lebanese and Arab philanthropists, and also from the Antiochian Orthodox Christian Archdiocese of North America. The University of Balamand also houses the Center for Christian-Muslim Studies.

Actually, the visit of the WL members was made to the University’s main campus in Kelhat, El Koura where they were received by Dr. Elia Elia and Eline Jabbour who was kind enough to show us around. The tour included the Deir El Balamand and the Ethnography Museum. Further, the WL members were honored to meet the president of the University, namely, Dr. Elie Salem and his assistant Ms. Itamar Diab.

In this remarkable trip, Dr. Salem invited the League members to have lunch at the restaurant of the School of Tourism and Hotel Management.

WL members were proud to have visited the University of the Balamand and its president. The warm welcome and generosity made all the members feel special.
Dr. Souha Bitar explained the benefits of Homeopathy and Holistic Medicine

**Flower essences may cure certain ailments**

“Homeopathy has succeeded in treating ailments for which Western medicine does not have a cure”, said a practitioner of Holistic Medicine during an AUB lecture on January 4, 2010.

Dr. Souha Nasreddine Bitar, an obstetrician and gynecologist at the American University of Beirut Medical Center, overviewed the benefits of Homeopathy and Holistic medicine, at a lecture entitled "Women's Health - Body and Mind Wellbeing" and organized by the Women's League.

Homeopathy, which treats patients by exposing them to solutions that trigger the body's own healing system is a type of Holistic Medicine that looks at an individual as an integrated whole that is also interconnected with the universe. Homeopathy has been known to cure insomnia, depression, apprehension, grief, shock, among others, said Dr. Bitar.

Western medicine still does not have a cure for many of these afflictions, in addition to others, such as addiction, fear, and transition crises, said Bitar.

Enter Holistic Medicine, which may offer a cure for some ailments, she said.

One of the methods used in Homeopathy involves flower essences.

---

**Obituary**

**Late Mr. Hani Yehya Baydoun**

In a tragic and fatal accident, Mr. Hani Yehya Baydoun the husband of our dear colleague Mrs. Samia Sa’ad, passed away. May God bless his soul and grant patience to his wife. The WL members and the board members wish to convey their deepest condolences to Samia, the Baydoun family, ‘Ouseiran family, ‘Alami family and the rest of the relatives.

**Late Mr. Riyadh ‘Abdul-Kareem Mahmoud**

We regret to announce the death of Late Mr. Riyadh ‘Abdul-Kareem Mahmoud who passed away in Spain. He was the brother of our dear colleague Mrs. Rajiha Saghir. May God bless his soul and grant patience to his sister Rajiha. The WL members and the board members wish to convey their deepest condolences to Rajiha.

**Late Mr. Kareem Haber**

In a tragic car accident, late Kareem passed away leaving his family broken hearted and sad. WL extends it sincere condolences to his grandmother Minerva Al-Murr Haber.

---

*Editor of the Bulletin and liaison*

*Rihab Ouri*