Women’s League Bulletin

Some people come into your life as Blessings.
Some come into your life as Lessons.
Mother Teresa

www.aub.edu.lb/webleague

Letter from the President

The Constitution of the Women’s League states that when the term of existing Executive Board comes to an end and during the March Meeting of that year, a Nominating Committee is elected whose duty is to submit a name for each of the offices falling vacant. As the term of the current Executive Board has come to an end, a Nominating Committee was elected from Mrs. Suad Shehadeh, Mrs. Nadia Alamuddin, Mrs. Salwa Damiani, Mrs. Nabiha Younis, and Mrs. Zeina Arab. At the April Meeting, The Nominating Committee, which was presided by Mrs. Nabiha Younis announced the suggested names of the eight ladies namely Mrs. Nina Habayeb as President, Ms. Lamia Kawar, Vice President and Editor of the Bulletin, Ms. Afaf Deed Kandis, Program Chairperson, Mrs. Miriam Ghubril, Secretary, Mrs. Mona Khoury Nassar, Treasurer/Membership, Mrs. Rawaa Baltaji, Trip Chairperson, Mrs. Nada Maktabi, Hospitality Chairperson and Mrs. Hasna Barakat, Representative to the Lebanese Council of Women. These names were unanimously seconded and voted on by the members attending the Meeting. These eight ladies are the new Executive Board for the years 2015-2017. Congratulations to the new Executive Board.

As the Women’s League is a member of the Welcome Clubs International, and as this year they have a Board of Directors Meeting in London, I was invited along with Mrs. Rihab Ourl, as President and Liaison to attend. This invitation was also extended to other members up to four persons who wish to attend. But it seems that no one of the members was interested to join. Both of us are going to attend so as to interact and exchange ideas with the ladies of the other international clubs, for the League is mainly a social and cultural society.

At the end I would like to thank all the members for their support and a big thanks and appreciation to all the Board Members, for we have worked hand in hand to make our Board successful.

Lamia Kawar
Monthly lecture on April 8, 2015

Our last lecturer for this year, was Mr. Nicholas Khairallah. He graduated from Joseph University in 2002 with a degree in physical therapy. In 2010, he studied traditional Chinese Medicine at St. Joseph University in collaboration with Tianjin University in China, where he pursued training in Acupuncture and Chinese Medicine. In 2011, he also specialized in lower back pain at McKinsey.

Traditional Chinese Medicine (TCM) is a broad range of medicine practices sharing common concepts which have been developed in China and is based on a tradition of more than 2000 years including various forms of herbal medicine, acupuncture, massage, exercise and dietary therapy. Traditional Chinese Medicine (TCM) is based on the Daoist belief that we live in a universe in which everything is interconnected. What happens in one part of our body affects every other part of the body. The mind and body are not viewed separately, but as a part of an energetic system.

Many of the concepts emphasized in traditional Chinese medicine have no true counterpart in western medicine. One of these concepts is Qi (pronounced “Chi”) which is considered a vital force or energy responsible for controlling the work of the human mind and body. Qi (Chi) flows through the body via channels, or pathways, which are called meridians (there are a total of 20 meridians). Many people often equate the practice of acupuncture (a needle, placed on a specific point of the body to release the pain) is the most often practiced component of traditional Chinese Medicine.

Several studies have reported that acupuncture was successful in treating a wide range of conditions, from nausea and vomiting to skin disorders, tennis elbow and back pain. Many people are using acupuncture, herbal remedies and other components of traditional Chinese Medicine than ever before. The reasons for this is due in a large part to its effectiveness, affordability and lack of adverse side effects.

Mr. Nicholas Khairallah ended his lecture with an advice: eat 3 times a day (dinner not later than 8 p.m.) exercise (walk daily 5 kilometer) and meditate.
April Trip to Ammiq, Massaya Winery and Zahle

On April 22, 2015

On a sunny (a bit windy) day, ladies from the Women’s League and their friends, went of a trip to the Beqaa valley on Wednesday, the 22 of April. Our first stop was at “Jaber & Sons” in Chtaura, where we had our breakfast. Then 70 ladies and two men headed to Ammiq Swamps (Reserve). Mr. Tony Hanna, our guide, told us that the land is owned by the heirs of the late deputy Mr. Joseph Skaff, from Zahle, who are preserving it as a stop break for the migration of birds, flying from Europe to Asia. Also it is the home of rabbits, frogs, butterflies (53 species) and other small animals. It covers 253 hectares, south of the Beqaa valley. The Ammiq swamps or wetland and some of the surrounding area, is in process of being declared a National Reserve, and to develop the area into ecotourism. The ladies enjoyed walking around the area, smelling the fresh flowers, and mostly taking fabulous photos of the beautiful area.

Our next stop was at Massya Winery (Taanayel) where We were welcomed by two young ladies, who showed us around the factory, and explained for us how the grapes are transformed into wine (Red, White and Rosé) or into Arak. Then we were offered wine tasting of the different kinds of wine. Some of the ladies bought some bottles to take home with them. We were informed that they have a branch in the Faqra area, where they have a restaurant and wine tasting place.

Then it was time for lunch, which was at “Monte Alberto” a Rotating Restaurant in Zahle. We had an excellent treatment and hospitality from the owners.

A lovely spring day was spent at Beqaa valley. Our big thanks is conveyed to Mrs. Zeina Arab (our Trip Chairperson) for all her efforts in planning for this joyful day.
Our congratulations to the new Executive Board for the years (2015-2017) which is as follows:

Mrs. Nina Habayeb, President

Ms. Lamia Kawar, Vice President and Editor of the Bulletin

Ms. Afaf Deeb Kandis, Program Chairperson

Mrs. Miriam Ghubril, Secretary

Mrs. Mona Khoury Nassar, Treasurer/Membership

Mrs. Nada Maktabi, Hospitality Chairperson

Mrs. Rawaa Baltaji,Trip Chairperson

Mrs. Hasna Barakat, Representative to the Lebanese Council for Women.

- The first General Meeting of the Women's League for the term 2015-2017

Will be held on Monday October 5, 2015 as usual at 4.00 p.m. at Bathish Auditorium, West Hall.

- The last trip of this year, will be on Wednesday May 27, 2015 to Bkasine Reserve (Pine trees) with lunch in Jezzine. Cost is $50. Anybody interested please call Mrs. Zeina Arab at No. 03/511899

- Next year we are adopting a new policy so only members can go on the League’s Trips, come on, be a member and join all our trips. Membership fee is only LL. 50.000 per year. Registration starts on Monday, October 5, 2015.

- Wish you all a Happy summer vacation and see you in October.

Lella Zacca Alameddine
Editor of the Bulletin