Letter from the President

November is the month of celebrations for the Women’s League.

In November we are celebrating the 70th Anniversary of the Lebanese Independence Day which took place on November 22, 1943.

In November also, we are celebrating the Founders Day of the Women’s League which started on November 2, 1919.

As we celebrate this year’s Founders Day, we would like again to pay tribute to the ladies who founded the Women’s League back in November 1919, whose spirit and vision have made it possible for us to meet year after year until this date, who were:

Mrs. Edwin St. John Ward, (President), Mrs. Harold Close, (Secretary), Mrs. Harry Dorman, Mrs. Harris Graham, Miss Margaret Bliss (Mrs. Leslie Leavitt), Mrs. Edward Nickoley, (Wife of Acting President of A.U.B.), Mrs. Laurens Seeley, & Mrs. David Zimmerman.

Our purpose has remained basically the same, to unite women of all nationalities residing in Beirut so that we, in turn, might promote greater international friendship and understanding.

Our pleasure in making new friends from the international community continues to be one of our greatest satisfactions derived from membership in the Women’s League.

I would like to convey my congratulations on both occasions to all the members.

Lamia Kawar
A Day in Nature

The Women’s League Trip on October 23, was one of the most enjoyable trips. It was different, original and included two main places.

The “MIM” Museum at St. Joseph University and the Eco Village in Dinit (Chouf District). We started at the French bakery “Paul” for a 20 minute breakfast and then headed directly to the museum near the Directorate General of General Security. “MIM” Museum is privately owned by Mr. Salim Edde who started this project in 1997. It consists of a collection of minerals both old and recent from the major mining discoveries of our era. It exhibits more than 1400 items from over sixty one countries. The name “MIM” is derived from the letter “Meem” which is the 24th letter of the Arabic alphabet, it is also the first letter of the words: museum, minerals, and mines in Arabic, English and French.

Upon leaving the museum we started towards the “eco-village” in Dinit. Eco-villages are basically a way of living while respecting all beings and natural systems. The Lebanese Eco-village was founded by Mr. Karim Al-Khatib a few years ago. It is 44 km. away from Beirut at an altitude of 400 meters from the coast and about an hour drive from Beirut. Upon arrival we were offered refreshments: water, coffee, tea and lemonade. The ladies and gentlemen then wondered around the place. They went down along the bank of the Damour River and saw the tree houses or wooden rooms built in the trees to accommodate people who desire to spend the weekend or a few days in nature. At 2.00 p.m. we had a buffet lunch prepared with the produce of the village followed by fruits and cakes. We then started our return trip to Beirut.

Finally we would like to thank Mr. Karim Al-Khatib for his hospitality and generosity by donating $680 to the Women's League. (This donation was his profit)

Suad Khoury

[Image of people and a scene from the trip]
Dr. Mary Arevian was our October Speaker during our General Meeting, which was held on Monday, October 7, 2013 at West Hall, Bathish Auditorium at 4.00 p.m. The Topic was “HEALTH PROMOTION AND MAINTENANCE ACROSS THE LIFE SPAN OF WOMEN” So they could have a healthy long life. There must be a balance between activity (Physical and Mental) and rest because many of the illnesses are originated from stress. The speaker encouraged every single lady to do the following preventive tests, pap smear, colonoscopy (above 50 years) mammography (above 40) osteoporosis (post menstrual) coronary heart disease screening, blood tests, (for diabetes, lipids etc.) dental check ups, immunization (Flu Shots) taking multi vitamins and supplements. An advice from Dr. Arevian to every single lady to stop smoking, because it is the cause of many diseases and illnesses, and just have one glass of alcohol. She stresses upon the importance of cleanliness of our hands (bacteria viruses are transmitted through water and food). The lecture was very educational, and every single lady will benefit from it.

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Quote of the Day: If you can’t fly, then run,
if you can’t run, then walk,
if you can’t walk, then crawl, but whatever you do, you have to keep moving forward.

Martin Luther King

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Recipe of the month

Recipe of Maacaron: (From Mrs. Salwa Kawar Azzam) old member of the League

- 1 kg. Flour,
- ½ cup Sugar
- ½ cup Sesame Seed
- 2 cups Olive Oil
- 3 table spoons coarse Anis,
- 3 table spoons powdered Anis
- 1 table spoon Cinnamon
- 3 teaspoon Baking Powder
- Water as needed (2-3 Table Spoons

Mix all the ingredients well. The add the olive oil and mix with the tip of your fingers until the mix get well wet. (Add a little water) take small amounts, roll in your hands and pass over a grater. Place in a tray and bake in a pre-heated oven (350 F) for about 20 minutes.

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Note: This year, due to the convenience and availability The General Meetings of the Women’s League at the Batish Auditorium at West Hall, will be at 4.00 p.m. and not 3.30 p.m. as before and the program will start at 4.15 p.m. then followed by Tea Table.

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The November Trip will be on November 20, 2013 to the South of Lebanon, mainly the Nagoura, and the lunch will be there in a Fish Restaurant. The fee of the trip is $50.- or LL. 75000.-

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The Christmas Lunch will be held on Monday, December 16, 2013 at LE MAILLON RESTAURANT, Centre Sfi, Achrafieh. Tickets are available with all Board Members. The Fee is $70.- or LL. 105,000. Your spouses and friends are all welcome to join.

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There are two corrections to be made to the October Bulletin:

Ms. Salwa Maasry in the Representative to the Lebanese Council of Women and her phone Nos. are: 04-920993 03-213844

The Telephone No. of Mrs. Nabiha Younis should read: 01-786097

The Telephone No. of Mrs. Zeina Arab is 01-809744.

Thank you.

Leila Zakka Alameddine

Editor of the Bulletin