



AMERICAN  
UNIVERSITY  
OF BEIRUT



April 2024



## Women's League Bulletin

*"Our spring has come at last with the soft laughter of April suns and shadow of April showers"*

*Byron Cladwell Smith*

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

### WL Mission Statement

The Women's League is an organization of women from different Nationalities. Its purpose is to promote a broad acquaintance to socialize, learn and support one another and establish social network. Its wish is to secure a yearly scholarship fund for a disabled student at AUB.

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### ***A letter from the president***



Dear Members of the Women's League,

Good afternoon to all! My letter of today talks about leadership. We hear a lot about who is a good leader, as opposed to our leaders who, over time, have led our dear country into a failing state. The Greek Philosopher Aristotle (384 – 322 BC), professes it best: "He who cannot be a good follower cannot be a good leader".

As for the Linked In website, true leaders are courageous, empathetic, lead by example, have a purpose, and communicate well with team members. They were once followers, too. So, how can you be a good follower, so that you can become a good leader? You need to have Courage, be a Leader-in-Training, think of your team, Believe in Yourself, and Be Kind to Yourself and to Others, as well. For Winston Churchill, "Success is going from failure to failure without losing your enthusiasm", and for Theodore Roosevelt "Courage is not having the strength to go on, it's going on when you don't have the strength"! "Leadership cannot just go along to get along. Leadership must meet the moral

challenge of the day" declares Jesse Jackson. For John Quincy Adams "If your actions inspire others to dream more, learn more, do more and become more, you are a leader". As for Bill Gates, he comments "As we look ahead into the next century, leaders will be those who empower others". And for Vince Lombardi "Leaders aren't born, they are made. And they are made just like anything else – through hard work". And to wrap it up, Arnold Glasow believes that "One of the tests of Leadership is the ability to recognize a problem before it becomes an emergency".

Zeina Salibi, President

## March Lecture



On the 5th of March 2024 Mr. Fouad Itani was invited by Mrs. Iffat Saade to do a lecture about the birds in Lebanon. Mr. Itani talk was likely entered on the Evian diversity found in Lebanon. He has discussed various species of birds native to the region, their habitats, behaviors, and the importance of conservation efforts to protect Lebanon's bird populations. Additionally, he highlighted the significance of birds in Lebanon's ecosystem and their cultural relevance to the country.

He also talked about migratory birds that travel through Lebanon during different season and highlighted the routes these birds take, the timing of their migrations, and the importance of stopover sites they utilize within Lebanon. Additionally, he has emphasized Lebanon's role as a crucial way point for migratory birds.

Showcasing the country's significance in international bird conservation efforts. Mr. Fouad inspires the audience to appreciate and protect the rich diversity of birds in Lebanon, and shared resources for those interested in further exploring Lebanon's avian biodiversity.



## Mother's Day Iftar

On the 20th of March 2024 a delightful event: Mother's Day/ Iftar party was organized by Mrs Arbaa Raad at Palm beach hotel, graced by the honorary presence of His Excellency, the Indian Ambassador of Lebanon. The menu, combining traditional iftar dishes with celebratory treats of Mother's Day, was exceptional, not to forget the joyful entertainment and some special gifts distributed after withdrawing from the card numbers. Overall, the event was an amazing way to honor both the spirituality of Ramadan and the mothers in attendance.





## *Mini Meeting by Mrs. Jessie Dalal Tobasi*

On the 28th of March a mini meeting about skin wellness, presented by Ms. Nada Karam and Ms. Sandy Younan. They explained how to take care of the skin and aging gracefully. Skin wellness is very important as it serves as a protective barrier against external factors such as UV radiation, pollution, and toxins. The skin requires proper nourishment to function optimally. The talk was informative and ended by gifting the audience with a special skin cream.



I wanted to share some news with you all, as I write in the April Bulletin. I have decided to step down from my position as bulletin writer on women's league board. It has been a great journey, and I am grateful for the experience. I'll still be around as a women's league member, and to support in any way I can. Always remember: "You only live once, but if you do it right, once is enough"—M. West