



January 2024

Women's League Bulletin

"New year – new verse, a new chapter, or just the same old story? Ultimately, we write it, the choice is ours"- Alex Morrill

Website: 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 Honorary President of the Women's League; Dr. Lamia Khoury,

Dear distinguished guests and members of the Women's League,

I hope you had festive holidays with your families and your loved ones. I wish you all a Happy, Peaceful and Prosperous New Year. In our beloved Lebanon, January started literally with a bang. This first month of the year promises to be quite eventful in Beirut, at our borders, and across them as well. This brings us to the topic of "resilience", that is to recover quickly from difficulties. Discussed around the planet in psychology classes and clinics, at homes and among friends, "resilience" helps us to adjust easily to misfortune or to change. With time, the more resilience we practice, the better we shall become at dealing with difficult situations. I shall quote here the integral and interrelated 7 Cs of "resilience"; and "they are Competence, Confidence, Connection, Character, Contribution, Coping and Control". May we always find ways to move forward, to tackle challenges with Creativity, Hope, and a Positive Attitude. I wish you all a peaceful and flourishing New Year.

Sincerely, Zeina Salibi, President

December Lecture by Ms. Yasmine Sabbah



This month we welcomed Yasmina Sabbah who answered a few questions prepared by Mrs. Iffat Saade and then the award-winning soprano opera singer Maria Mattar. Yasmina Sabbah is a Lebanese choir and orchestra conductor who holds a Master of Music in conducting from the university of Cambridge. “As one of the only female orchestra conductors in the MENA region, In 2019, she made her debut conducting the Lebanese Philharmonic Orchestra, and was then elected as President of the Jeunesse Musicales du Liban. A member of “Jeunesse Musicales International” Sabbah has performed at Expo Dubai Opening Ceremony with International stars and has also collaborated, and conducted alongside global music icons Andrea Bocelli, Christina Aguilera, Anoushka, Husain Al Jasmi, among others. Besides her conducting career, Sabbah has also been very active as an educator. Her work aimed at forming better citizens by focusing on the advancement of music education in the region and creating equal opportunities and platforms for young students in learning music and sharing musical experience. Other than classical music, she likes musical theatre, especially Stephen Sondheim and The French Baroque, Charpentier’s music. And Bach is her best friend when she goes for running. For her, music is an escape from the stress of daily life.

Soprano-Opera singer Maria Mattar who is also an opera judge in L’Opera Europe performed from the heart a joyful Christmas song.



Christmas Lunch



On December 12/2023 Mrs Arbaa Raad organise a wonderful Christmas lunch gathering at Gefinor Rotana Hotel. To enhance the party mood the DJ, Mr Shaker Helou, played joyful music and songs that make everyone dance and sing. Then our honor guest soprano Maria Mattar joined with her beautiful voice singing for Christmas. We had all come together to share our love for each other and be grateful for the many blessings we shared as women's league members. Christmas is indeed a magical time to celebrate the past year's blessings and look forward to the year ahead that is all about sharing joy and happiness.





Dear 2024, A new year is time to leave sadness and sorrow behind! I kindly ask you to be considerate, gentle even. Let peace and stability become your steadfast companions. Let health technology continue its march of progress. May it bring cures, relief, and solutions to those in need. And may you bring new hopes, strengthened bonds and an abundance of joy and happiness.

As always, for any questions or suggestions don't hesitate to reach out to me on amalekerbaj@gmail.com or via WhatsApp on 03-293030.