



# Women's League Bulletin

*"March, when days are getting long, Let thy growing hours be strong to set right some wintry wrong."* – Caroline May

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.*

### A Letter from the President

In spite of the lingering cold winter and the beautiful snow capped mountains, spring is almost in the air as can be seen from the trees starting to bloom and wild flowers popping up.

March is a joyful month: spring starts on the 21<sup>st</sup> day of the month and Mother's Day is also celebrated on the same day.

MOTHER, what a sweet word, which is, the first word that a child utters. On this occasion I would like to wish you an early happy Mother's Day and share with you this lovely passage:

#### Your Mother

"Mother is always with you. She is the whisper of the leaves as you walk down the street. She is the smell of certain foods you remember, flowers you pick and the fragrance of life itself. She is the cool hand on your brow when you are not feeling well. She's your breath in the air on a cold winter's day. She is the sound of rain that lulls you to sleep, the colors of a rainbow. She is the Christmas morning. Your mother lives inside you laughter. She's the place you came from, your first home and she's the map you follow with every step you take. She's your first love, your first friend, even your first enemy, but nothing on earth can separate you: not time, not space, not death."

International's Women's Day is also celebrated on March 8<sup>th</sup> of every year. In different regions the focus of celebrations ranges from general celebrations of respect, appreciation and love towards women to a celebration for women's economic, political and social achievements.

Wish you all the blessings and joy of this beautiful month and looking forward to better times.

Lamia Kawar  
President

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## February Lecture

The Women's League held its February general meeting at AUB West Hall on the 11th, 2022. Mr. Joe Hawi, Acting Director of NovaEnergia sal, presented the lecture. The company provides organisations across the Middle East and Africa with energy management services, sustainable technologies and renewable energy solutions. The aim is to help customers reduce their energy consumption, carbon emissions and improve energy efficiency, with the ultimate goal of cutting costs through a financially excellent investment.



## *Mini Meeting*

A mini meeting was organized on February 25<sup>th</sup> by Maha Hajar, our mini meeting coordinator. The ladies gathered first for a cup of coffee at Kalei Café nearby, a great specialty coffee shop with a very cool atmosphere that was nominated for the top 25 best independent coffee shops in the world by the Financial Times. For more on this topic click on this [link](#).

The group then proceeded to the Inaash organization for an informative visit. Inaash is dedicated to improving the lives of women in the Palestinian refugee camps of Lebanon. For 50 years Inaash has provided opportunities for thousands of women to earn income and provide needed financial support for their families. To read more about Inaash click here: <https://www.inaash.org/about-us/>



## *March 8<sup>th</sup> is International Women's Day*

International Women's Day is a global day celebrating the social, economic, cultural and political achievements of women. The day also marks a call to action for accelerating gender parity. Significant activity is witnessed worldwide as groups come together to celebrate women's achievements or rally for women's equality.

Marked annually on **March 8<sup>th</sup>**, International Women's Day (IWD) is one of the most important days of the year to:

- celebrate women's achievements
- raise awareness about women's equality
- lobby for accelerated gender parity
- fundraise for **female-focused charities**



## *Al Bustan Festival*

[Al Bustan Festival of Music and the Performing Arts](#) is back this winter season with a thrilling new musical program centering on the theme of reconnecting. Founded in 1994, the annual event has been instrumental in reviving Lebanon's cultural scene as it draws in both local and international talents to the Lebanese stage. The festival began on February 16<sup>th</sup> and continues until March 13<sup>th</sup>.

All performances will take place at [Al Bustan Hotel](#) in Beit Mery, expect for the Lebanese Philharmonic Orchestra's "Maestra" concert and "Cello Serenade" which will be performed respectively at Saint-Joseph Jesuit Church in Monot which happened on February 25<sup>th</sup> and at Sursock Palace in Ashrafieh on March 9<sup>th</sup>.

For the full program click here: <https://albustanfestival.com/program-2022/> Tickets are available at Antoine Library.

## *Orange & Semolina Cake*

### Ingredients:

- 300g semolina
- 165g plain flour
- 1 tsp baking powder
- 170g unsalted butter, at room temperature
- 270g caster sugar
- Juice and zest of 2 oranges
- Juice and zest of 1 lemon
- 4 eggs, at room temperature
- 330ml milk



### For the chocolate sauce

- 100g unsalted butter, at room temperature
- 150g dark chocolate, 70% cocoa, broken into pieces
- 1 tbsp clear honey
- Zest of 1 orange

### Preparation

1. Preheat the oven to 180°C. Line and grease a 25cm spring form cake tin. In a medium bowl, combine the semolina, flour and baking powder. In a separate medium bowl use an electric mixer with a paddle attachment, cream the butter and sugar until light and fluffy. Add the juice and zest of the oranges and lemon.
2. Add the eggs, one at time, beating after each addition and scraping down the sides of the bowl as you go along. Add the semolina and flour mixture, in batches of thirds, beating after each addition until just combined. Pour in the milk and beat until the mix is completely smooth.
3. Pour the cake batter into the prepared cake tin and level using a palette knife. Bake in the oven for 40 – 50 minutes, or until a skewer inserted in the center comes out clean. Set aside for 10 minutes and then transfer to a wire rack to cool completely.
4. In the meantime, for the chocolate sauce, in a bain marie over medium heat, place the butter, chocolate and honey stirring constantly until melted. Pour the chocolate sauce over the cake and decorate with orange zest.