



Women's League Bulletin

"Success is a journey, not a destination. The doing is often more important than the outcome."

Arthur Ashi

Website: www.aub.edu.lb/women_league

Letter from The President

Dear Members

After two years on the Executive Board of the Women's League, the time has come for me to leave you. I want to thank each and every one of you for your support during these two years. Serving the League was a happy experience and I enjoyed a lot working together with you where we gained many friendships which is the objective of the League.

We have worked hard in the Board to present to you varied and stimulating programs, we had interesting lectures on nutrition, history, environment, First Aid, archaeology and poetry. Also the trips to historical sites and institutions were very enjoyable, we visited Khenshara, Ain Aar, Tyre, Anjar, Byblos, Jeitta, Batroun, Annaya (St. Charbel) and Hasbaya.

Certain events will stand out in our memory like the Christmas lunch which was organized in Coral Beach hotel, and mother's day lunch in Movenpick hotel where we honored a previous President Mrs. Christel Bikhazi for the services rendered to the Women's League. Also our end of year Garden party at the Marquand House last May which was sponsored by the Russian Cultural Center is unforgettable.

I would like to express my thanks and appreciation to the Executive Board members for their efforts and achievements:

Mrs. Miriam Ghubril, Mrs. Suad Khoury, Ms. Ghada Shoujah, Mrs. Hala Farah Younis, Mrs. Zeina Arab, Mrs. Nada Maktabi, Mrs. Rawaa Baltagi, and Mrs. Nafaa Kabbani. Also my deep and grateful thanks go to Mrs. Suad Shehadeh for chairing the Nominating Committee. As for you dear members of the League, through your excellent attendance at our meetings and your cooperation, you have helped to make the work of the board members a real pleasure. We thank each one of you for the confidence you have given us leading the League during these last two years 2017 - 2019. I think we fulfilled the object of the League which is to promote a broad acquaintance and greater understanding among you and we hope that acquaintances deepen into friendship.

Our thanks and gratitude to Dr. Fadlo Khuri, the President of the American University of Beirut, for offering us the facilities for our meetings and special thanks to Dr. Lamya Khuri, our Honorary President for opening the Marquand House garden for our end of the year party to be held this year on June 10, 2019.

The last 2 years have been good years for the Women's League. We are an organization of over 150 members. We have learnt so much about each other, and our need for friendship and understanding.

Again, I want to thank each and every one of you for your support during the two years I was president. It has certainly been a pleasure working with you to make the League stronger.

I hope to see you all on Monday June 10, 2019 at 5:00 p.m. in the garden of Marquand for our end of the year party which will be our last meeting.

Wishing you all a Happy Easter.

Salwa Damiani

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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MARCH GENERAL MEETING

"Home is the first school and mother is the first teacher" Prof. Emad Mrad's presentation in Arabic on "تطور حقوق المرأة عبر التاريخ" stated that education of the woman is very important since she plays an important role in shaping her children to become good members in the society. This important presentation was held on 4th March, 2019 during The Women's League general meeting. Prof. Mrad is a holder of PHD in History from The Holy Spirit of Kaslik (USEK). He is the professor of History and political science at the Lebanese university Branch no 2. Worth to mention that Prof. Mrad was our guest speaker on 6th November, 2017 on Emir Fakhral-Din II, the founder of Modern Lebanon.

Back to our presentation on history of the woman's rights development throughout history, Prof. Mrad gave a very informative and interesting lecture. Throughout history and since 180,000 years! The woman had an important role in the family. She was the wife, the mother, the keeper of the house and the guardian of her children. The man's role was herb collector **بَسْلِيْقِ الْاَعْشَابِ Things changed after the introduction of Agriculture where the man had more responsibility and became the head of the family. This change took place after 165000 years!!**

In 2017 and during excavations in Turkey the archeologists unearthed a clay tablet dated about 4000BC stating the rights of women in terms of marriage, Divorce, mother's child nursery etc. The Greek and the Byzantines also respected and appreciated the women. Prof. Mrad mentioned names for well known women from different periods of history and from different cultures who excelled in their lives. Here are some powerful ancient women who ruled in the world: Elissa of Carthage, Europa the Phoenician princess who gave her name to Europe Continent. In old Egypt, the constitution states that when the king/Pharaoh dies, his heir to throne would be the eldest, male or female. As for the judiciary Council, members have to be in equal halves between men and women. Cleopatra was an example of the powerful women who had leadership qualities and ruled firmly in Egypt. In Syria, we have Zenobia, the warrior queen of Palmyra. In Europe, we have Joan of Arc in France who was 19 years old, fought with the French army against the British. In USA, we have Molly Brant, an influential in the American Revolution against the British. In the modern history, we have Jamila Bouhired an Algerian nationalist who opposed the French colonial rule of Algeria. From Egypt, again we have Sameera Moussa, an Egyptian nuclear physicist who was mysteriously killed in The USA. From England, we have Margaret Thatcher, the iron Lady, whose father was an owner of a grocery shop became the prime minister in England from 1979 till 1990.

Above are few samples of women who have shaped the course of history with their intelligence, strength, passion and leadership qualities. Lastly, all guests were invited to a rich Tea Table, nicely decorated by Mrs. Zeina Arab, the Hospitality Chairperson.



THE MOTHER'S LUNCH

What is better than celebrating mother's day with a spectacular sea view at an amazing place! The Women's League mother's day celebration was something to be remembered! On March 14th, 2019, the guests and The WL members were warmly welcomed at La Marina Movenpick Hotel. Mrs. Damiani gave a short speech where she welcomed the guests and wished them happy mother's day. Among our distinguished guests was Dr. Salwa Ghaddar Younes, Ambassador of "Together Development" where Mrs. Damiani gave her a special mention in her speech. Other distinguished guests who joined us on this wonderful day were Mrs. Sadia Ferdous, Spouse of The Ambassador of Bengladesh, Mrs. Margarita Madrazo, Spouse of the Mexican Ambassador and the current President of DSAL and Mrs. Fardina Najeeb, Spouse of The Pakistani Ambassador. Mrs. Damiani also honored Mrs. Christel Bikhazi, an Ex-President with a beautiful trophy for the services rendered to the women's league. She also thanked all the WL members for sharing WL's success and The Executive Board members for their efforts and achievements.

The tempting buffet was rich with delicious food and sweets. The singer Yorgo serenaded the guests with beautiful songs including one he made for his late mother. His other songs were lively and cheerful which created an atmosphere of joy and happiness and sure all the Ladies shared in dancing and singing. The overall ambiance was joyful, exciting and amusing and the surprised celebration of the birthdays of Mrs. Myriam Ghibril and Mrs. Niam Ariss was wonderful. Really a big thank you to everyone who helped and contributed to make our mother's day lunch a fabulous success. Special thanks to Messrs. Cosmaline for their beauty products presented and to Messrs. Le Donjon for their delicious Chocolate given.



BOOK RECOMMENDATION

"All negativity is caused by an accumulation of psychological time and denial of the present. Unease, anxiety, tension, stress, worry -all forms of fear- are caused by too much future and not enough presence. Guilt, regret, resentment grievances, sadness bitterness and all forms of no-forgiveness are caused by too much past and not enough presence. Most people find it difficult to believe that state of consciousness totally free of all negativity is possible and yet this is the liberated state to which all spiritual teachings point. It is the promise of salvation, not in an illusory future but right here and now."

Above is a paragraph from a book "The Power of Now" by Eckhart Tolle. This book is recommended to read by our colleague Mrs. Amal Kerbage. The book is intended to be a guide for day- to- day living. It stresses the importance of living in the present avoiding thoughts of the past or future.

ORANGE CAKE RECIPE BY HANAN GHREIWATI

4 eggs (room temperature)	1 tablespoon Orange brush	<u>Orange Topping</u>
1½ cups sugar	1 teaspoon Lemon brush	1 cup orange juice
1 cup orange juice	1 teaspoon Vanilla Powder	2-3 tablespoon fine sugar
½ cup vegetarian oil	2 tablespoons Baking Powder	2 teaspoons corn flour
2 cups flour	2 tablespoons Coconut brush	½ teaspoon vanilla powder



THANK YOU LETTER FROM GHADA SHOUJAH

This is my last issue as an Editor of The Women's League monthly Bulletin. I have spent two years (2017-2019) which really gave me a great experience as I am coming from a banking background though I am an English Literature graduate from BUC (LAU) in addition to Play Production! I hope you enjoyed reading the bulletin. Being an editor is sure a responsibility towards the reader but the feedback I got from you dear colleagues was helpful and encouraging. I have also to thank all the executive board for their encouragement noting that most of the Bulletin contents have been based on our monthly activities. Mrs. Salwa Damiani, the President contributed with her splendid monthly letters. Mrs. Myriam Ghibril, the Vice President was helpful in the good advices given. Mrs. Suad Khoury, the Program Chairperson, contributed with the informative and interesting lectures and programs. Mrs. Hala Farah, the Trip Chairperson, organized the beautiful trips and lunches. Mrs. Nada Maktabi, the Membership Chairperson organized the nice mini meetings. Mrs. Zeina Arab, the Hospitality Chairperson, prepared the beautiful and elegant monthly tea table. Mrs. Rou3a Baltaji, Rep to The Lebanese Council of Women reported to us their activities. Mrs. Nafaa Kabbani our well organized Treasurer was very helpful and supportive. Finally, thank you to Mrs. Yolla Sawan, our League Secretary for the first term who was obliged to leave in the second term due to her engagement with the UFS Program. Mrs. Sawan used to take the minutes of the board meetings and the minutes of the general meetings with a resume on the monthly lectures who would later submit to the bulletin. I took over and became the Secretary of the league. Finally thanks to all the league members who contributed in the last two issues namely Mrs. Nadia Alameddine, Mrs. Mona Takla, Mrs. Amal Kerbage and Mrs. Hanan Ghreiwati. Their contribution was an added- value to the bulletin. One more thing! Thank you to Ms. Lamia Kawar who was my first consultant on the Bulletin issuance.



The Executive Board Photos

Thank You

*For giving us
a lasting memory
of your kindness
and generosity.*

*With Lots of Love
Ghada Shoujah*