

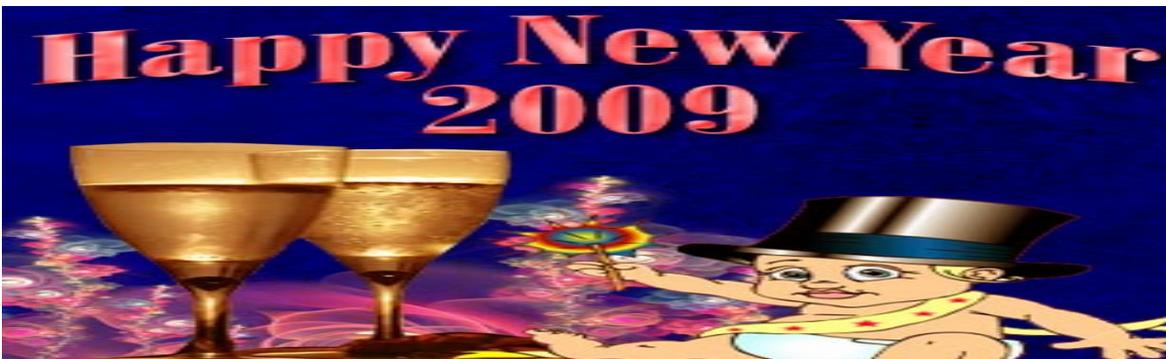


December 2008

Women's League Bullitten

Website: www.aub.edu.lb/~webleague

“Unto us a child is born, into us a son is given”



From the President:

These words herald the coming of Christmas in many lands throughout the world. Whether we think of snow filled country side with pine trees, or gaily decorated trees in a semitropical land, these are outward surroundings. The spirit of Christmas is in the mind and heart no matter what your country of origin or religious belief is.

We can perhaps think of ways in which the Christmas spirit can be carried into the year to come. What is our purpose in life? How can we help our fellow men? How much good can we do?

*“Glory to God on the highest and on earth peace, good will towards men. Make happiness”
says Khalil Gibran*

Since the aim of our organization in international friendship and understanding we will be getting to know each other today through the sounds of music from lands near and far. Music across cultures is our milestone in this lovely Christmas time.

Merry Christmas to all!

I wish everybody a very happy Christmas and a prosperous New Year 2009

Christel Bikhazi



THE GOURMET CLUB

One of the Women's League achievements

Establishing the Gourmet Club of the Women's League in the year 1969 was based on the idea of the Norwegian lady Mrs. Gerd Edie. Through her leadership, the club blossomed into a tasty inter - cultural experience.

The purpose was to promote international friendship and understanding in small groups where they could get to know one another as women from different backgrounds and cultures. The meeting room was the kitchen.

Through sugars, and spices, savories and seasonings, they learned a lot from each other. They traded and tested recipes and began to understand that our food [preparing, serving, as well as eating] tells us much about life in their native countries.

Further, the club has grown and branched out into six luncheon groups with ladies from 16 nationalities. The members have developed a new taste for international cuisine and a new appreciation for each other's national customs and the recipes prepared by the club's members were gathered in one book and one of which is mentioned below.

Following is 1971-72 Gourmet Committee Members: Katie Mayor-Chairman, Grace Bringer, Yulanda Faris, Nelly Hakim, Nelly Kikano, Bonnie Nasr, Kay Riley, Vera Zacharia.
One of the recipes I trust you would appreciate for Christmas:

English Christmas cake

Christal Bikhazi

Ingredients:

12 oz or 3 cups flour	Brandy and ½ cup cold milk to mix
½ lb butter	4 oz or 100 gr. mixed chopped nuts
½ lb sugar	6 eggs (if small 2 more may be necessary)
¼ teaspoon of bicarbonate soda	¼ teaspoon powdered cloves
¼ teaspoon of cinnamon	¼ teaspoon grated nutmeg
½ teaspoon mixed spices	few drops of vanilla essence
2 lbs of mixed dried fruits	Pinch of salt
100 gr. of chopped orange peel	1 teaspoon of coffee (Nescafe)

Mix all ingredients together

Grease the bottom of a 9 inch cake tin and sprinkle with flour

Bake on middle heat for 50 min in oven

Bona appetite



Pioneer woman in politics and in the field of Disability

Munira Solh

Born in 1911 in Lebanon. A member of the Women's League became the vice president of the league in 1970. She was an active member.

In 1959 she founded Al-Amal institute for the Disabled. It was the first humanitarian care center in Lebanon and the Arab world. She was the first woman candidate to Lebanese election in 1960. Mrs. Solh can be given the title "The Lady of the nineteen Medals and Awards" from 1971 to 2002.



Mrs. Solh was granted the Joseph P. Kennedy Jr. Foundation Award as the best mother of the disabled child in the world for the year 2000 during a ceremony in Seattle, WA

Merry Christmas and Happy Adha

This time...This year embraces two very important events; namely AL-ADHA and CHRISTMAS.

The importance of both manifests in the great meaning of each. In the great lessons one could get from each and in what one could spiritually reach. Yet, we feel very happy to receive both events hoping we would be able to recapitulate their values.

In these two great events, we should pray that peace and love will conquer hatred in this world of terror and selfishness and have love and peace for us and for our children.



Monthly activities of the League:

- 1- The general meeting was held in the presence of all members on the 3rd. of November.
- 2- At 4:00 PM, Ms. Frida Khizam gave a lecture about Reiki, Relax and improve your health using your body's natural and healing energy.
- 3- At 5:00 PM, a coffee break began for social gathering.
- 4- The trip to Rachaya Alwadi took place on November 12, 2008
- 5- General meeting will be held on Dec. 01- 2008, at 4:00 PM including recital of Christmas Carols Performed by Mrs. Maria Mattar.

RACHAYA AL WADI

A LAND MARK IN LEBANESE HISTORY

Visiting **Rachaya** was one of the most important objectives of the Women's League. Visiting this great town is a must for all Lebanese and all Freedom Lovers.

Rachaya is where Lebanon's early national leaders, including Bshara El-Khoury and Riad El-Solh, Adel Osseyran, Camille Shamoun, Abdel-Hamid Karameh, Philippe Takla, were held by French mandate authorities during the 1943 rebellion that triggered Lebanon's independence. The prisoners left the citadel of Rashaya to sign the new Pact of the Lebanese Republic in November 22nd, making this day a double anniversary. Their prison was an eighteenth century citadel that can be visited today.

Now, the Lebanese Army, is stationed at the castle and is always ready to guide and show the visitor around the old vaulted chambers and the rooms where the Lebanese patriots were held.

The town of Rachaya, in a remote corner of Lebanon, has been only lightly touched by the thousands of red-brick houses. Its main street is paved in stone, now known as the "souk" (market) which leads up to the citadel. Reflecting the needs of this chilly mountain town where the giant Mount Hermon (snow-covered six months of the year) looms overhead. This town is also known for its locally made gold and silver jewellery.

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Women's league members in Rachaya



Thousands of Red Brick houses of Rachaya



