February 2014

Women's League Bulletin

Happiness is a Journey not a Destination

"Ben Sweetland"

WL Mission Statement

The WL 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.

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Letter from the President

February means the month of purification in Ancient Rome. This word originated from the Latin words Februarius and Februare, which mean to purify or expiate. The word February comes from the Roman festival of purification called Februa where people were ritually washed.

Although February is in the midst of the winter season but it looks as though we are already in Spring. We did not have the real winter with rain and snow as usual at this time of the year in this part of the world. Pretty soon the real spring season will begin on the hope that we will get rain and snow for the rest of the winter.

In this month too, the whole world celebrate Valentine's Day which is a joyful occasion to many people. So I wish you all a Happy Valentine's Day.

I am sorry that last month we lost a dear old member of the Women's League, Ms. Zouheira Barakat, the sister in law of Mrs. Hasna Barakat. Our deepest sympathy to Mrs. Hasna Barakat and all the Barakat family. May her soul rest in peace.

Lamia Kawar

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P.S. Correction from Mrs. Dina Solh on Ms. Lamia Kawar's December Bulletin where a quotation was wrongly mentioned which say:s

"ولد الهدى يوم مولد عيسى " من اقوال الشاعر احمد شوقي وليس من القرآن الكريم. فاقتضى التوضيح.

"The Triple Filter" *Text by Socrates*

In ancient Greece (469-399 BC) Socrates was widely landed for his wisdom. One day an acquaintance ran up to him excitedly and said: "Socrates, do you know what I just heard about Diogenes?"

Wait a moment Socrates replied. "Before you tell me I'd like you to pass a little test. Its called "the Triple Filter Test" "Triple Filter" asked the acquaintance.

That's right, Socrates continued, Before you talk to me about Diogenes, let's take a moment to filter what you're going to say. The first filter is Truth. Have you made absolutely sure that what you are about to tell me is true? "No", the man said, Actually, I just heard about it". "All right" said Socrates, "So you don't really know if it's true or not. Now, let's try the second filter, the filter of Goodness, It's what you are about to tell me about Diogenes something good? "No", on the contrary. So Socrates continued, "you want to tell me something about Diogenes that may be bad, even though you're not certain it is true? "The man shrugged, a little embarrassed. Socrates continued "you may still pass the text though, because there is a third filter, the filter of Usefulness. Is what you want to tell me about Diogenes going to be useful to me? "No, not really". Well, concluded Socrates, If what you want to tell me is neither True nor Good even Useful, why tell it to me or anyone at all? The man was bewildered and ashamed. This is an example of why Socrates was a great philosopher and held in such high esteem.

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Lecture by Mr. Nicholas Khairallah

On January 7, 2014

Mr. Nicholas Khairallah, a Physio-Therapist & Acupuncturist, gave the Women's League a lecture on "Molism Approach in Traditional Chinese Medicine, in Pain Management". He mentioned that it has been practiced since 240 B.C. and been documented in a book called "The Yellow Emperor". He emphasized that there is a difference in treatment between the Chinese Traditional medicine (TCM) and the European/American medicine. The Chinese treats only a specific part of the body. In the Chinese Traditional Medicine (TCM), the emphasize on asking the patient many questions of his health, they observe him a lot take his pulse, see the color of his tongue and make tests for to see if the kidneys are working well (because to TCM, the kidney is the most important part of the body). There are four types of pain according to the Chinese Traditional Medicine: Acute, Chronic, Localize and defuse, and they try to treat it and see the time the patient feels the pain> According to the World Health Organization, the TCM success Treatment is 85%.

Mr. Nicholas Khairallah shares with the Women's League some important advices: 1) Need to sleep before midnight 2) three meals a day 3) practice meditation (e.g. pray, yoga, music) 4) walk daily 3 km. (1 ½ hour) 5) Drink water (the best detox for the body).

Trip to Anfeh on January 15, 2014

Unlike other trips where the first stop is for breakfast, our trip to Anfeh started with a visit to the musuem at Banque du Liban. Following a two year preparation, Banque du Liban recently inaugurated a currency museum for old and rare banknotes. BDL is an impressive museum attractive to people of all ages. Our visit started by a ten minute documentary showing the history of the Lebanese currency, followed by a display of a wide array of currencies. Later, the ladies enjoyed stepping on a scale that showed their weight in gold and having their photographs taken on a printout monetary note.
Our trip continued with the usual 'manoushi' stop at Wooden Bakery on the way. Around noon we arrived Anfeh, which derives its name from its shape that is carved out of a rock, like a nose! Anfeh is in the district of Koura, 65 km north of Beirut, and 15 km south of Tripoli Anfeh is also known as little Greece for being mainly a Greek Orthodox town and for the blue and white colors, reminiscent of the Greek islands which are found there abundantly.

Anfeh's rocky shorelines with its many sandy underwater caves attracts walkers and swimmers alike. It is famous for the salt marshes, known as the 'white gold' along the bay which is a staple of the local economy, besides fishing. In spring and summertime, Anfeh wears a green robe stretching over its landscapes of olive groves, almond trees and grape vines.

Besides its wonderful shore, Anfeh is known for historic ruins and churches, which date back centuries. The Phoenicians used the place as a shipyard for the construction of their vessels. We visited 'Our Lady of the Wind' church, which was built during the Byzantine era, and 'Our Lady of Natour Monastery', which was built during the Crusaders presence. The latter is solely run by a very capable elderly nun who sold us sea salt, icons, and recycled candles for church visitors!

Following our adventure between visits and walks in Anfeh we proceeded to Chekka for lunch. Nothing satisfies your hunger better than a superb lunch of fish and mezza in a restaurant surrounded by water that Abou Ghassan provided! A trip to be remembered!

Written by Randa Theodory

- Mrs. Zeina Arab is planning a trip to Batroun City to visit several places there on February 19, 2014.
- The Women's League is planning a Mother's Day Lunch on March 19, 2014. So please save the date, Details will be given in the next issue.

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Recipe of the Month

Thyme Tart or Quiche

A recipe given by Mrs. Hanan Haddad for the (University of Senios)

1 – short crust rolled out (pate brisée) 2- One big bunch of Green Zaater (the big leaf) 3- 150 gm. Feta cheese or Bulgarian

4- 150 gm. Gruyere Cheese or Ementhal Shredded Cheese 5- 1 cup of milk 6- 200 gm cream (liquid) 7- 2 eggs 8- salt and pepper.

Method: Pre-bake the shell for 5 to 7 minutes at 170 degrees Centigrade or 350 degrees F. then spread the cheese and Zaatar a cover the mixture with milk, cream and eggs and bake at 350 degrees F for approximately 40 minutes. Let it cool for a little before you cut and serve.

Sahtein

Leila Zacca Alameddine

Editor of the Bulletin

Lecture by Mr. Nicolas Khairallah

The group at the Central Bank