



February 2017



Web site: www.aub.edu.lb/webleague

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. at AUB.

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Letter from President

Hello everyone

I am happy to be back among you all. I hope you all had a good start of the new year. I passed a great time with my family in NY and we created memories that we will cherish.

I was with you all the time with the cold weather you had to put up with. Rain and snow are a welcomed blessing but not when they happen with power cuts and difficult conditions of living. One looks amazed at the changes. We hardly had any snow in NY and you had it all here where nature is supposed to be milder.

Changes are like new starts. Some changes just occur and nothing can be done but accepting and keep on going. There are some changes that we need to work on to make them happen, and when they happen we cherish the result, we savor the success and we keep on going positively looking for new challenges.

Some changes on the other hand can be negative, destructive, pulling one down to failure, loneliness, depression. This is where we need to challenge ourselves to pull out of the deep ditch we are suffering in and move on with our lives. We should seek help when needed.

Let us all try changing for the better. One of our positive changes at Women's League is the mini meetings proven to be successful so far. Please check the last page for details.

We are changing the Mother's Day Lunch to another interesting function we will announce very soon.

CHANGES ARE INEVITABLE BUT PROGRESS IS OPTIONAL

Thank you

Nina Habayeb

**Presentation by Dr. Jacqueline Kassouf Maalouf
Entitled Diabetes Awareness, Prevention and Management**

On January 9, 2017

On January 9th, 2017 our lecture was Diabetes given by Dr. Jacqueline Kassouf Maalouf who holds a Ph.D. in Public Relations from the University of Corllins, Virginia, U.S.A. She is currently an instructor at A.U.B. In January 2011, she and her diabetic daughter, Sylvie, founded the National Diabetes Organization, DiaLeb.

She proudly announced that DiaLeb has now been officially accepted as a member of IDF, International Diabetes Foundation. That was achieved after years of upping their activities and increasing services to the community. The services include *awareness lectures and workshops *summer camp for younger patients *a magazine that sheds light on Diabetes related issues *workshops on nutrition and lifestyle *fund raising dinner *donations of thousands of blood testing machines *awareness videos “know your number” *marathon to spread awareness and support.

The lecture started with a video projection followed by the mission statement which briefly is

- 1. To support patients in every way; medicinal, psychological and advisory.**
- 2. To spread awareness in society for prevention and for support.**

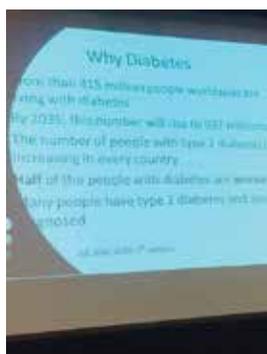
Dr. Maalouf’s most important message was twofold:

- 1. If you have Diabetes, you need not be an invalid; you can lead a perfectly normal life.**
- 2. If you have Diabetes, it is too late for a cure. This is why regular testing and change in lifestyle are two necessary preemptive measures.**

She ended the lecture by answering questions while a nurse measured blood sugar for all present and a dietician answered personal questions.

We thank Dr. Maalouf for a great eye opener and congratulate the organization for their new international stature. All we can say is WELL DONE and WELL DESERVED!!

Written by Mona Nassar



January's monthly trip to the Armenian Catholicosate in Antelias and Jbeil (Byblos)

On January 11' 2017

No matter how often one visits Byblos it is always fun and there is always something new to see and discover. We set out to Byblos on a crisp sunny morning and started the day with the Man'oushe ritual at the Wooden Bakery. Our second stop was at the Armenian Catholicosate church & museum in Antelias. The visit was not only intriguing but also very informative. Our young Armenian passionate guide was more than happy to fill us in on the history of Armenia. Unknown to many of us was the fact that Armenia retrieved only 10% of their original land while the rest of the country was occupied by Turkey, Iran, Georgia and Azerbaijan. The events of the horrific Armenian genocide in 1915, prompted Catholics to flee to Aleppo (Syria) and Antelias (Lebanon). We were in awe to learn that at that time, Armenian women journeyed on foot protectively carrying and cradling possessively Armenia's precious cultural treasures. The trip was made on treacherous roads, in muddy rivers and during mostly unfavorable weather conditions; all in order to safeguard and preserve their country's heritage and pride. Despite this heroic effort, only 200 manuscripts were salvaged from a total of roughly 35000 documents burnt by the Turks.

Before arriving at our destination in the middle of the ancient town, we visited the newly constructed municipality of Byblos. The building is impressive with modern, spacious and bright facilities unlike many of the municipalities in the region. The design of the building was completed by one of the 5 local universities, which competed for the architectural design project. Once there, we were first greeted by the Deputy Mayor and shortly thereafter by the Mayor. Both men are proponents of the environment who pride themselves with the city's 'public garden' among many other achievements.

Although Byblos was rebuilt seven times due to devastating earthquakes, it continued to be considered as one of the most beautiful and culturally rich ancient cities in the world. The charm and cultural history speaks loudly of the vibrant heritage of Byblos. This has earned the city an international reputation and recently, the rightful honorary title of becoming "the 2016 touristic capital of the Arab world". Today, as in years past, the local community of Byblos prides itself by having successfully maintained during many consecutive generations an exemplary peaceful coexistence among its mosaic religious sects.

Our last stop before lunch was at a point near the famous ancient Crusader Castle. Our guide, an incredibly knowledgeable historian, confirmed the fact that Byblos (Jbeil) is the oldest continuously inhabited city in the world dating back to about 5000 B.C. Added to this fact, Byblos was also the ancient town where the 'alphabet' was first invented and later transmitted to the Greeks by the Phoenicians.

Our seafood lunch at a picturesque restaurant by the sea was enjoyed by all, and especially by our birthday girl, Doreen Gostanian. We had a surprise celebration planned for her with a delicious birthday cake. As always, several members ventured out for a walk on the beach. Lamia was swamped by a tidal wave and had to wear plastic bags instead of her shoes, because they were drenched by sea water!

At sunset, we all walked through Jbeil's Christmas Tree square. We truly enjoyed the now famous Christmas Tree tradition, which is annually celebrated by so many people every year



Mini Meetings

Three Events of the Mini Meetings took place in January:

On January 25, 2017, Lamia Kawar arranged for a Theater Night. A gathering of about 20 members and their friends attended a Stand Up Comedy by Mr. Ziad Itani under the name of □□□□ □□□ □□□□□ at Teatro Verdun. Everybody enjoyed the show.



On January 27, 2017, Mona Nassar gave a session of Collage on Pottery at her house from 10.00 to 12.00 a.m. to eight members who were happily learning this art of collage while chatting with each other. After which they displayed their MASTERPIECES while Lamia was taking their photos.



The same afternoon on January 27, 2017, at 4.00 p.m. Nada Maktabi organized a meeting with some members to introduce them to a new coffee shop in Clemenceau to interact and discuss the topic of education.



Mini Meetings for February

Movie night by Lamia Kawar will be on Friday, February 10, 2017 to attend the Movie Lallaland at Cinema city, Beirut Souks at 5.00 p.m. For more call Lamia Kawar @ 03 431534

Freindly coffee call Nada Maktabi @ 3 979621

Exchanging tasty recipes call NinaHhabayeb at 03 234028

Playing Cards (any kind) call Nina Habayeb at 03-745172

We would like to thank Mrs. Houda Khireddine for offering the Tea Table this month. Thank you Mrs. Khaireddine.

This month's trip is on Wednesday, February 15, 2017 to Saida, Jezzine, SOS Village with lunch at Kaizaran. For more information and reservation pls. call Rawaa Baltagi @ 93-241066.

Wish you all Happy Valentines.

*Lamia Kawar
Vice President'Editor of the Bulletin*

