



February 2019

Women's League Bulletin

“There Is Nothing On This Earth More To Be Prized Than True Friendship”

Thomas Aquinas

Website: www.aub.edu.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.

Letter from The President

Dear Members

We witnessed an unusual weather in the month of January with cold and snowfall reaching unprecedented levels. On the coast, we also had severe strong winds and heavy rain that resulted in casualties and damage with two severe storms which hit the country causing floods everywhere. On the heights, snow blocked the roads. We never had this kind of weather before.

During this time, the World Economic Forum was taking place in Davos, Switzerland to discuss climate change which is the most important issue confronting the world, hoping to have some solutions soon.

On the other hand, our programs and activities in the Women's League are going on as usual with much success. The last activity was a cultural trip to Batroun , also we had a mini meeting with a small group of members. You are invited to join those informal meetings where friendships develop and learning happens. This is the spirit of the Women's League.

The Membership List has been prepared and sent to each one of you online. Please check your address, and for any correction, you may contact the Membership Chairperson. This year 162 members have registered, among them 30 are new members.

Finally, we celebrate on February 14 Valentine's Day, the patron Saint of lovers. I wish you all a happy Valentine Day.

Salwa Damiani

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JANUARY GENERAL MEETING

The Women's League 7th January 2019 General Meeting was about "First Aid Work" , a presentation given by Mrs. Rosy Boulos, an Executive Board Member of The Lebanese Red Cross and Head of The Emergency Medical Services Section.

Mrs. Salwa Damiani, the President of the league, welcomed Mrs. Boulos, The LRC volunteers and all the league members and guests who defied the cold and rainy weather and attended the lecture. After the Board members Mrs. Nada Maktabi and Mrs. Zeina Arab made their announcements, Mrs. Suad Khoury, The Program chairperson, introduced Mrs. Boulos. In addition to being an Executive Board member in LRC, Mrs. Boulos is a member of The Executive Committee of The Beirut International Marathon, Rotary Club, Women Arab League and Vice President of the Lebanese Heritage Museum.

The lecture was very beneficial since it was an awareness session on Emergency Medical Services. Mrs. Boulos gave a brief information on The Lebanese Red Cross, which was established on 9th July, 1945 as an independent national society. It has 300 staff and 8000 volunteers. The Emergency Medical Services (EMS) is a section that plays an important role in the medical services provided by The LRC. EMS has 46 stations all over Lebanon, 4 dispatch centers and 3270 members of trained volunteers. One of the volunteers who accompanied Mrs. Boulos gave a resume on the latest techniques of Rescuing Emergency Cases while the remaining volunteers showed a demonstration of said Techniques. The services demonstrated included: External Bleeding, Nose Bleeding, Unconsciousness and Breathing, Airway obstruction and Cardiopulmonary Resuscitation (CPR). The Ladies of The Women's League enjoyed very much the lecture and many were engaged in Q&A due to the importance of the subject being related to health issues.

Lastly, all guests were invited to a rich Tea Table, nicely decorated by Mrs. Zeina Arab, the Hospitality Chairperson.



THE MONTHLY TRIP

The first trip of The Women's League for year 2019 was scheduled to Batroun Area. Definitely, the 23rd day of January, 2019 was a perfect day for the trip. The day was sunny and bright and the air was so fresh. The two buses carrying the 90 Ladies headed to Batroun in the early morning. A short stop on the way was made at The Bitar Bakery, Barbara for breakfast and coffee. Then we resumed our trip to Batroun area where our second stop was al Ras Ach-Chaq'a/ El Heri to visit NABU Museum. All the way to NABU, we passed through beautiful Sceneries and landscapes that are breath taking. Finally, we arrived to the museum! On the coast of the Mediterranean in Ras Ach-Chaq'a stands "NABU". "Named after the Mesopotamian patron God of literacy, the museum offers an exceptional permanent collection of early Bronze and Iron age artifacts, antiquities from the Roman, Greek, Byzantine and Muslim epochs, rare manuscripts and ethnographic material. The museum's collection also includes examples of local and regional modern art by key artists."

After leaving NABU, we went to Batroun, a coastal city renowned for being one of the oldest cities in the world. The history of Batroun is easily explored via a wealth of historical sites in addition to many historic churches. With the tour Guides, we visited three beautiful churches, St Stephen Cathedral, St George Church (Mar Gerges) and our Lady of the Seas.

To boost our energy, we stopped at Hilmi's for Batroun famous fresh Lemonade. Afterwards, we went to The Diaspora Houses area, a project undertaken by the city's Municipality being a touristic and cultural project. The ancient houses that were built previously over an ancient Phoenician Castle, are now repaired and renovated. Since said project is part of the vision of H.E. Minister Gebran Bassil, Mr. Ziad Najjar from Mr. Bassil's office welcomed The Women's League Ladies and introduced to them the project.

Strolling around the old city with its beautiful streets, the historic souks, the Phoenician Wall and the sea view with its old harbor takes you back in history to the old Batroun which definitely is a beautiful story about the richness of the Lebanese heritage! Would like to extend our thanks to The Batroun Municipality for making the trip so enjoyable and to the tour guides who were amazing and very knowledgeable.

We ended our day at San Stephano Resort for lunch where we were served with delicious Lebanese Seafood. Mrs. Hala Farah our trip Chairperson who organized this beautiful trip, was surprised with a big cake celebrating her birthday. Happy birthday Hala and a big thank you!



THE WOMEN'S LEAGUE EXECUTIVE BOARD MEMBERS FOR THE YEARS 2017-2019

Mrs. Salwa Damiani
President
(71-829327)

Mrs. Miriam Ghubril
Vice President
(03-254420)

Mrs. Yolla Sowan
Secretary
(03-288432)

Mrs. Nafaa Kabbani
Treasurer
(03-231147)

Mrs. Suaad Khoury
Program Chairperson
(03-241206)

Mrs. Hala Farah
Trip Chairperson
(03-296770)

Mrs. Ghada Shoujah
Editor of the Bulletin
(03-375068)

Mrs. Zeina Arab
Hospitality
Chairperson
(03-611899)

Mrs. Nada Maktabi
Membership
Chairperson
(03-979621)

Mrs. Rawaa Baltaji
Rep to the Leb
Council of Women
(03-241066)

MINI MEETINGS

The mini meetings are back! The January meeting was held on the 22nd at Mrs. Effat Saadeh's House. The topic was about Etiquette where the guest was Mrs. Nadine Daher, an Etiquette and Image Consultant who usually appears on MTV. The Ladies, who attended the event, talked with Mrs. Daher about different ways of Etiquette and enjoyed very much the meeting. Thank you Mrs. Nada Maktabi for organizing this nice event.



STORY OF A PAINTING



Van Gogh's "Portrait without Beard", was a birthday gift for his mother. It is a very important and expensive painting for being the last self-portrait painted by Van Gogh. They say that Van Gogh painted himself more than 43 times between years 1886 and 1889.

BOOK RECOMMENDED TO READ

"The Lemon Tree" an Arab, a Jew and The heart of the Middle East, is a non-fiction novel by Sandy Tolan. The Washington Post wrote: "Extraordinary... A sweeping history of The Palestinian-Israeli conundrum, highly readable and evocative". While reading the novel, difficult questions arise! Will you sympathize, will it give you hope or what??

ANNOUNCEMENTS

- *Our March General Meeting will take place at Auditorium B, West Hall, on Monday 4th at 4:00 p.m.*
- *We kindly request from our dear guests and members to stay in their places until the speaker and the president leave the lecture room. Apologize for any inconvenience caused!*

Ghada Shoujah / Editor of the Bulletin

*Happy,
Valentine's*

