



*At thy threshold, O rolling year*

*May we step in and leave behind*

*The doubt, the hate, the vice we bear,*

*And walk in love to all mankind*

*Loreen Shouear Rihani*

*From the President*

**Dear members**

**Greetings!**

**It has become a tradition all over the world for people to make resolution with promises to meet at the threshold of every New Years. Unfortunately, these New Years' resolutions are usually disregarded as soon as the celebration end!**

**My wish for this coming New Year is not to forget our bulletin. New Years' resolutions are valuable and supposedly a secret. Therefore I just can't reveal them to you but you will see the results in the bulletin.**

**The bulletin is meant for you. It is helpful and constructive and a source of pleasure but it will not reach its goal if we do not share in it.**

**What is your expectation and fondness of the bulletin? We greatly appreciate your feedback or input and are very glad to receive contributions from our members. A poetry line here, news, new ideas, questions there, any suggestion or improvement to the bulletin for the New Year 2008-2009. The bulletin has put on a new image and we are very proud of its progress but the extent of our success depends on your help and support.**

**On behalf of the board members, I wish you a healthy happy New Year 2009**

**Christel Bikhazi**

## Annual Christmas Lunch 2008

December is a sacred month and it was more so this year for during it two major holy feasts were celebrated, the two holy feasts which bear the meaning of Love and Sacrifice namely Al-Adha and Christmas.

The Christmas Annual Lunch took place on the 3<sup>rd</sup> of December at the Crowne Plaza Hotel on main Hamra Street. Over a hundred ladies were present, both members and their friends among them were the Indian Ambassador and Mrs. Kate Dorman, the wife of the AUB President. After the address of the President of the League, Mrs. Christel Bikhazi, the ladies were enchanted with the voice of Soloist Dr. Reem Deeb who after giving her performance, was joined by the ladies in singing Christmas Carols. The ladies then enjoyed the four course delicious Christmas meal while toasting their friends and socializing with old friends they have not met for a long time.

Then it was time for the lottery which consisted of very nice and expensive gifts donated by various sponsors and which was made in such a way this time that gave the chance to every lady to win a present or more of these nice gifts.

At about three o'clock the ladies started leaving after wishing everybody a Merry Christmas and a Happy New Year and thanking the Board Members for the lovely time they have spent.

Lamia Kawar



Mrs. Bikhazi greeting Dr. Deeb for singing C carols



Mrs. Alameddin won the diamond pearl necklace



WL members enjoying their Lunch



WL members welcoming their guests

## The Board Members - Year 2008- 2009



Lamia Kawar, Nadia Alamuddin, Leila Allameddine, Nabeha Younis, Mary Al-Khal, Christel Bikhazi, Souad Khoury, Rihab Ouri, Leila Gbantous, Lilo Maasry, Jacqueline Kassis. (Mrs.Violet Copti was absent)

**With hope we look at 2009.....**

A wishful way to greet people as the New Year begins. Slowly and steadily Year 2008 is creating space for Year 2009 to step in. People are ready to cherish the memories of 2008, learn from the mistakes and make resolutions of not repeating them in the coming year. The beginning of the New Year is a perfect time for us to ask God to bless the whole world and grant it Peace, good health, wealth and prosperity.

### Famous Quotations

“Little keys can open big locks...Simple words can express great thoughts.”

“When you think the World has turned its back on you...take another look”

“Good friends are like stars, you don't always see them, but you know they are there”

“When you make the biggest mistake ever, something good comes from it”

“Success keeps you glowing, but only friends keep you going.”

“Man does not plan to fail, he fails to plan.”



## **Another Important and Prominent WL Member**

**She is Mrs. Suad Nassif Shehadi, who attended the American School for Girls, Beirut College for Women and in 1957, she graduated from AUB with a B. A. degree and in 1960 she obtained her M. A.**

**Mrs. Shehadi served on both Alumni boards of ASG and BCW (later LAU) and then became the president of the Women's League between 1971 and 1973. Also, she served as Program Chairperson in the late 80's.**

**Further, in cooperation with the WL board members and especially the Program Chairperson, she adopted "The WL Calendar" with programs and activities included. She also worked with a committee constitution and by-laws revision.**

**In those years, the WL used to meet at BCW Irwin Hall, where wide membership of 240 women from 25 different nationalities kept keen to attend those meetings. Tea and cookies were served always before the programs from 3:15-4:00 P.M., giving time for the members to arrive and socialize and the program to start on time.**

**Mrs. Shehadi served also as President for the YWCA. Her experiences in the social field have enriched her life and others. She is always ready to help wherever and whenever she can.**

## **7 Dangerous Acts after Meal**

- 1. Don't eat fruits immediately-Because stomach would be bloated with air. Fruit should be taken 1-2 hr after meal or 1hr before meal.**
- 2. Don't drink tea-Because tea leaves contain a high content of acid. It causes the Protein content in the food to be hardened thus difficult to digest.**
- 3. Don't smoke-Experiments prove that smoking after meals is comparable to smoking 10 cigarettes (chances of cancer is higher).**
- 4. Don't loosen your belt after a meal will cause the intestine to be twisted & blocked.**
- 5. Don't bathe-Bathing will increase blood-flow to the hands, legs & body,**
- 6. Don't walk about-Walking will cause the digestive system to be unable to absorb the Nutrition from the food we intake.**
- 7. Don't sleep immediately-The food we intake will not be able to digest properly. Thus will lead to gastric & infection in our intestine.**

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