



Women's League Bulletin

"Women Are The Real Architects Of Society"

Harriet Stowe

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.

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Letter from The President

Dear Members

With the month of March we begin the Spring season, the season of the year when plants begin to vegetate and grow. Everything in nature is growing and developing.

This month is also rich with occasions. We are celebrating the International Women's Day on March 8th and Mother's day on March 21st which coincides with the first day of the Spring season.

To celebrate Women's day, the Lebanese Council of Women organized a global conference on February 21st & 22nd, 2019 at the Coral Beach Hotel, under the patronage of the President of the Republic, Mr. Michel Aoun. The theme was "The results of the political, economical and social changes on the status of the Arab woman". The conference was attended by influential women from Kuwait, Egypt, Tunis, Jordan, Palestine and Lebanon. They all shared their experiences and thoughts on the status of women in the Arab world.

In spite of the efforts that women are putting, they all agreed that there are still challenges which prevent women from advancing and becoming active members in society contributing to the economy. They stressed that all kinds of discrimination against women should be abolished and that they should be more involved in leadership positions. To achieve this they should enhance their role in politics because political representation in decision making positions and in leadership roles is almost non-existent. This is an important prerequisite if we want to have an improvement in women's rights. There is still a struggle for the political and civic equality of women in the Arab world. Gender equality is very important, without it nothing could be achieved. We have to empower women through development programs and education to assert themselves and stand for their rights. To achieve this, public policies should be changed and aggressions against women should be stopped as we still witness domestic violence and injustice on a daily basis.

International Women's day is a time to reflect on progress made and also to call for change. We have a happy event on March 14th to celebrate Mother's day. You are all invited with your friends to join me in this celebration in Movenpick Hotel. I seize this opportunity to wish you all dear members and friends a happy Mother's day.

Salwa Damiani

FEBRUARY GENERAL MEETING

The February General Meeting started as usual with a word of welcome from the President Mrs. Salwa Damiani to all the members, guests and our speaker Professor Suhail Matar. Afterwards, Mrs. Damiani gave the floor to Hala Farah, Zeina Arab and Nada Maktabi to share their activities' news with the league members.

Mrs. Suad Khoury, the program chairperson, introduced Mr. Suhail Matar who is a university professor and a poet. Professor Matar was a Consultant, Vice President and Director of Public Relations at Notre Dame University (NDU). He was also Consultant to The Late President Rene Moawad. He is Secretary to the Lebanese University League, member in The Commission for Higher Education and representative of NDU in the Arab University league.

Prof. Matar has many Arabic publications: (الحب في زمن الحرب (شعر), قراءة صامتة في عينيها (شعر), التذوق الأدبي (كتاب دراسي جامعي) Worth to mention that he was granted The Lebanese Cedars National Medal, The order of Al Ma3arif and Saeed Akl Award.

Valentine's day is an opportunity to ignite passion and true love! So our speaker's presentation was on "Love, Beauty and Poetry". Listening to Romantic poems on love and beauty recited by Prof. Matar touched the hearts of all the Ladies who were all eyes and ears listening attentively to the beautiful love words. Our poet recited Arabic love poems written by Al Rahbani, Saeed Akl, Nizar Kabbani and others in addition to reading some of his own poems. On February 4th, The Women's League pre- celebrated Valentine's Day with Poet Suhail Matar in a very relaxed ambience! We all believe that true Love is a strong positive emotion of warm affection that will never fade. Sure we all concur with William Shakespeare's famous lines from Sonnet 18 which says: "So long as men can breathe or eyes can see, so long lives this and this gives life to thee" with a stress that beauty is always in the eyes of the beholder.

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



The Women's League represented by Mrs. Salwa Damiani, The President and Mrs. Rawaa Baltaji, The League Representative to The Lebanese Council of Women, attended a regional conference on 21-22 February hosted by the LCW on the "Impact of political, economic and social changes on the status of Arab women".

برعاية
فخامة رئيس الجمهورية
العماد ميشال عون
يتشرف
المجلس النسائي اللبناني
بالشراكة مع
هيئة الأمم المتحدة للمرأة و منظمة المرأة العربية
بمعاونتهم
لحضور المؤتمر الإقليمي
" أثر التغيرات السياسية و الاقتصادية والاجتماعية
على واقع المرأة العربية"



THE MONTHLY TRIP

On the 13th of February, **يوم وقفة عيد الحب**, The Women's League trip was rich and diversified. After we stopped for about half an hour for breakfast and coffee in Tabarja, we headed to Nahr Ibrahim, exactly to the industrial zone to visit two well-known manufacturing factories: Cosmaline and Elegance. **Cosmaline** which was launched in 1986, provides a complete range of products that takes care of beauty and grooming needs from tip to toe. Their products are Hair Care, Styling and Color; Body and Skin care; Men's care and Kids care. We then visited **Elegance**, a factory for wafers and biscuits. Elegance started its work in Lebanon in 2012 but their chocolate cream wafers and stars biscuits have been market leaders in many countries since 2003. We toured the two factories with the manufacturing managers who explained in brief the process of production. The Ladies wearing disposable caps and gowns for hygiene purposes, were very happy to know how the factories' products are manufactured. Finally, and as a thank you for the visit, each Lady was handed out a goody bag containing beauty products from Cosmaline and biscuits and wafers from Elegance.

"Blessed are those who believe"! Our visit to Annaya was a religious journey to a sacred place that is attended by people from all faiths. St Charbel was born on 8th May, 1828 and died on 24th December 1898. On 9th October, 1977 Sharbel Makhlof was canonized by the Catholic Church and became St Charbel. During his life, St Charbel obtained a wide reputation for piety and holiness and after his Death he became a Saint with healing miracles reaching all the corners of the world. The monastery is a lovely, holy and peaceful place surrounded with beautiful views. Father Louis Matar, welcomed the WL Ladies and gave them a short talk about the miracles carried out by St Charbel to Christians and non- Christians as well. When the lecture ended all Ladies toured the monastery, visited the shrine, prayed, lit candles and bought souvenirs. Afterwards, Father Matar invited all the Ladies to the monastery Salon where wine, coffee and 'petit four' was served. Then the ladies went to St Charbel hermit **المحبسة** where in his small room our Saint united himself with Christ through prayers, manual labor and working hard to free himself from all evil inclinations and selfishness.

The place of St Charbel is so sacred and pleasant. The visit heals the soul, the body and the mind! You feel the presence of God in addition to enjoying a peaceful moment with beautiful surroundings.

Our day ended at JNAYNE Restaurant where we enjoyed the delicious Lebanese food, and the rich variety of the dishes served. Finally, we left to Beirut accompanied with the blessings of St Charbel! **زيارة مقبولة!**



MINI MEETINGS

The February mini meeting was held on the 27th of February at Kreitym Garden Bldg. The speaker was Mrs. Mona Charabati, a university professor and psychoanalyst. Keeping with the theme of Valentine, the subject was about love, emotions and relationships. The WL Ladies who attended the lecture, enjoyed very much the meeting and thanked Mrs. Nada Maktabi for organizing such a valuable event.



In The February General meeting, we announced that Contribution to the Bulletin by The WL members is highly welcomed since it will introduce more variety to its contents. Thanks to the Ladies who responded to our request. Here below are two pieces from Mrs. Mona Takla and Mrs. Nadia Alameddine which are very meaningful and interesting.



لاح وجه أمي على شاشة القلب فنادتني قائلة:
أنا شجرة الزيتون يا ابنتي
وقداسة عطائي وفير منذ أقدم الدهور
ورمزي هي والدة الإله...
ومدّت يدها إلى السنابل المثقلة بالعطاء وقالت:
أنا الخير يا ابنتي
وأنا الرغيف المبارك لعائلي وأطفالي...
وإذ ساح نظرها إلى البحر متأملة إياه قالت:
أنا العمق في تفاني ومحبي وتضحياتي....
وابتسمت الطبيعة الغنية بالجمال فبادرتها أنا قائلة:
أنت يا أمي ثمار الأشجار
وفوح الأزهار وتغريد الطيور وعذوبة الينابيع ودفق الأنهار...
ربيع الطبيعة حباك، وصيفها نضوجك وخريفها حكمتك، وشتاؤها حنوك وحنانك...
بدايتي حقيقة وأيام حياتي مشوار ونهايتي حقيقة وصور وذكريات...
ولكنني أحيا في قلوب عائلتي وأحيا بذكراي في يوم عيد الأم
فيغمري الرضى وأتسقى عبر الشوق والتقدير في كل دمعة وابتسامة..

"منى تقلا"

(بمناسبة عيد الأم)

Recipe of Happiness Cake sent by Mrs. Nadia Alameddine

- 1- One Cup of good thoughts
- 2- One Cup of kind deeds
- 3- One cup of consideration for others
- 4- Two cups of sacrifice
- 5- Two cups of well beaten faults
- 6- Three cups of forgiveness
- 7- Mix thoroughly. Add tsp. of joy, sorrow and sympathy
- 8- Flavor with love and kindly service.
- 9- Fold in 4 cups of prayers and faith. Blend well.
- 10- Fold into daily life. Bake well with warmth of human kindness and serve with a smile anytime
- 11- It will satisfy the hunger of starved souls

ANNOUNCEMENTS

- Mother's day lunch will be on 14th March, 2019 at the Marina Ballroom- Movenpick Hotel.
- April General Meeting will take place at Auditorium B, West Hall, on Monday 1st 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!



"A Woman With A Voice Is By Definition A Strong Woman."

Melinda Gates