



March 2010

Women's League Bulletin

Website: www.aub.edu.lb/women_league

Letter from the President

“Every noble work is at first impossible”

Thomas Carlyle

Ninety years ago, the **Women's League** was conceived as an association for women, to exercise their influence in the community. It was prompted by social needs, to help the community in Beirut and Lebanon at large. To form the League was indispensable due to the grave events during World War I, which led to severe shortages in food, clothing, health and educational services. It was indeed a noble task but seemed impossible given the unusual circumstances prevailing at the time.

Only few ladies of the A.U.B. community who met at the Marquand House could start this “noble work”. Their view was to promote broad acquaintance among women of all nationalities and to maintain an open forum where leaders on matters of public importance, civic, educational and cultural interest could render their services and perform their duties. It is now legitimate to ask ourselves, has the League been successful in attaining its basic objective over the years?

Looking in retrospect, the answer would be yes! The proof is the continued existence of the League. The League has grown into an active organization with rather a limited number of members and financial resources, but with diversified outlook towards serving the immediate community and bringing together women from all walks of life to work jointly towards its main objective. The contents of this Bulletin reveal only some of the activities of the League during the preceding period, but help in illustrating previous activities and future ones with new aspirations to suit emerging circumstances. Without this pillar-thinking, the League could not have survived this long in its existence. This brings the proof that only through the power of association, social objectives could be achieved. The League has really survived by this motto.

It gives me a great pleasure on this occasion to extend a word of welcome to the new members of the League who joined us this year, and I am confident that they will all join hands with us towards bringing further achievements of the League. We all share the view that there is much work to be done, and the community needs the capabilities of every one of us.

Leila Ghantous
President



Mother's Day

Etymology of Mother's Greatest Day in the year

Though this important event has been celebrated every year worldwide, it should be looked at with same everyday of the year due to the sacrifices and dedications of all mothers. However, Mothers Day became an official holiday in the year 1915. Its establishment was due largely to the perseverance and love of one daughter, Anna Jarvis. Anna's mother had provided strength and support as the family made their home in West Virginia, Philadelphia, and Pennsylvania where her father served as a minister. As a girl, Anna had helped her mother take care of her garden, mostly filled with white carnations, her mother's favorite flower. When Mrs. Jarvis died on May 5, 1905, Anna was determined to honor her. She asked the minister at her church in West Virginia to give a sermon in her mother's memory. On the same Sunday in Philadelphia, their minister honored Mrs. Jarvis and all mothers with a special Mother's Day service. Anna Jarvis began writing to congressmen, asking them to set aside a day to honor mothers. In 1910, the governor of West Virginia proclaimed the second Sunday in May as Mother's Day and a year later every state celebrated it. On the second Sunday in May, American children of all ages treat their mothers to something special. It is the one day out of the year when children, young and old, try to show in a tangible way how much they appreciate their mothers.

Further, it is worth-mentioning that many other countries celebrate their own Mother's Day at different times throughout the year. In the Middle East, we celebrate the great event on the 21st of March.

On behalf of the WL members and board, I wish all mothers of the world a very happy Mother's Day and many happy returns.

March Birthdays

Our best wishes go to the following ladies:

Maha Midani	March	19
Salwa maasry	March	23
Helen Eid	March	28



Mother's Day Lunch for 2010

The Women's League is holding its Mother's Day Lunch on Wednesday March 17, 2010 at 1:00 P.M. At the Bain Militaire --- Manara – Ras Beirut.

Be quick and buy your tickets or make your reservations as soon as possible

The healing power of food

Just as certain foods are blamed for several health conditions, many others have the power to protect against diseases, said a community nutritionist, during a lecture held on February 1st.

Carla Habib Mourad highlighted the preventative aspects of food, during a presentation entitled "The Healing Power of Food: The Role of Food in the Treatment and prevention of disease." The presentation was organized by the Women's League

"The top diseases of the twenty-first century are heart disease, cancer, diabetes, obesity, and osteoporosis," said Mourad. But a healthy diet based on fresh fruits and vegetables could lower a person's risk for these diseases, she noted.

An individual's daily diet should include at least one cup of vegetables and another of fruits, wholegrain cereal, a serving of fish and vegetable instead of animal fat.

A 2005 World Health Organization study found that low fruit intake is one of the top ten risk factors for most of the world's disease burden, as fruits and vegetables are high in anti-oxidants and have anti-cancerous and anti-inflammatory properties. Low fruit intake was also behind 19 percent of all gastrointestinal diseases.

Meanwhile, fish is rich in Omega-3 fatty acids, a good fat that can help prevent stroke, diabetes, heart and kidney diseases, cancer, osteoporosis among others. Indeed, studies on Eskimos whose diets are rich in fish, have shown that they do not die of heart diseases

Studies have also shown that an increased intake of Omega-3 reduced the death rate from cancer and stroke by 20 and 30 percent respectively, in addition to registering a 45-percent decrease in sudden deaths.

Besides maintaining a healthy diet, one should not neglect exercise as it too plays a major role in warding off diseases, such as breast cancer, Mourad concluded.

Carla Habib Mourad holds a bachelor's and a master's degree in nutrition from AUB and a PhD from the UK. She is considered as one of the best nutritionist in the Middle East to host her own television program on nutrition. She has also published two books on the topics, *Carla's Healthy Dishes* and *Nutrition Secrets*.



The Literature Corner

- 1- WL has the pleasure to announce about a Poetical Carnage of 2451 verses under the name of " The Story of Creation" . The author is Mr. Bashir I. Copti. He is the husband of our old timer Mrs. Violet Copti. The Story begins with Adam and Eve until the Descent of the Holy Spirit. It is for LL 15,000 only.
- 2- Also, WL is glad to announce about a brand new short story book written in Arabic with the title "Cana Ya Habibi" which you might find on the shelves of all Antoine Book stores. The author is Mrs. Nuha Musallem Marchi who is a member of the WL.. The book comprises 12 stories ranging from 6 pages to 25. It is for LL 10,000 only.

Special Olympics Athletes Oath

“Let me win but if I cannot win let me be brave in the attempt”

Special Olympics is a sport program for individuals with intellectual disabilities founded in 1968 by Eunice Kennedy Shriver. The program provides people with intellectual disabilities opportunities to realize their potential, develop physical fitness, demonstrate courage, experience joy and friendship.

Special Olympics seeks to change lives by promoting understanding, acceptance and inclusion among people with and without intellectual disabilities.

Special Olympics invites anyone who respects differences compassionate enough to the cause and willing to make a change, to BE A FAN of good values since youth are a major force of change, curriculums in schools are one of the resources believed to motivate activities and create a positive momentum of change.

It is essential to make a place for people with intellectual disabilities among us. You can make this possible by joining the r-word campaigns [r-word stands for retarded...a very demeaning word] .

Spread the message of optimism around and be a FAN of the human race.

AMAL MEANS HOPE

“Amal Establishment for the disabled” which has been translated into a real action by Mrs. Munira Al-Solh together with her children Mr. Nasib and Mrs. Sana’.

Mrs. Munira was an old member of the WL and later Mrs. Sana’ became a member and who proudly announced the inauguration of the new fully equipped dormitory wing serving 50 disabled by H. E. Mrs. Leila Al-Solh Hamadeh in compliance with the request of H. R. H. Prince Walid Bin Talal. The inauguration took place in early February of the year 2010. The Students with jubilation attended the inauguration by singing and warmly welcoming the guests.

“Amal Establishment for the disabled” cooperates with the **Special Olympics** in international tournaments. In one occasion, the disabled Zainab from Amal Establishment participated in Special Olympics held in 1980 World Running Race to be the first in the world.

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