November 2015

Women's League Bulletin

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 the President

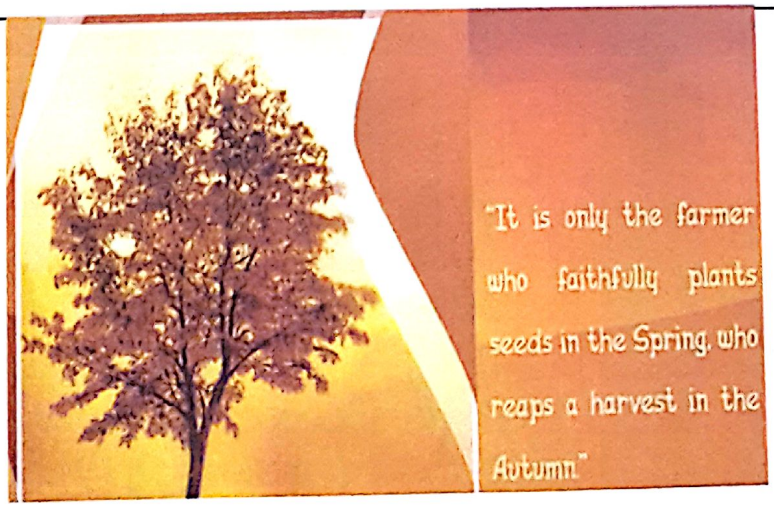
Welcome to our Honorary President Mrs. Lamya Tannous Khuri, to our esteemed speaker Dr. Fawaz Traboulsi, and to our new & old members as well as all of our guests. We are happy to have you all here.

Here comes November, the month of Independence. Independence for our beloved Lebanon. A country we all cherish, a country that is so different from anywhere else, a country blessed in so many ways. This is our special Lebanon, where many of us were privileged to be born & raised in. We will always hope to get back the life we all deserve in our beloved & independent country.

Here comes November, with the first feel of the soon coming holidays. We all get in a festive mood. We are full of energy, organizing our ideas, planning & making lists of what to do, what to offer our family, our friends & mostly what we can do for some who are in a great need of happiness. This is a season of loving & feeling loved, a season of spreading happiness around us. Let's make the best of giving in spite of all that is happening around us.

Here comes November, with the warmth of the colored foliage. We welcome the coolness in the air after the heat of the summer. Let's enjoy the feeling of getting tidy & organized after the "laisseraller" of the summer vacation. The wheels of activities turn again. We attend new functions & get together with our friends, meet new ones & achieve many goals. It all comes down to good friendships, which are the fuel for the soul.
We hope you will enjoy our speaker today, our upcoming trip & our Christmas lunch on December 9, 2015.

Nina Najla Habayeb



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Lecture of the Month

Our first lecture of the season was during the General Meeting of October 5, 2015. This lecture was given by Marie Claire Chamieh, PhD, LD, lecturer at the Department of Nutrition and Food Sciences at AUB.

The topic was about the special nutrients as we grow older, and Healthy life Style. Dr, Chamieh concentrated on Immune Boosting Nutrients as listed as follows.

1- Proteins which are found in sea foods, lean meat and beans.

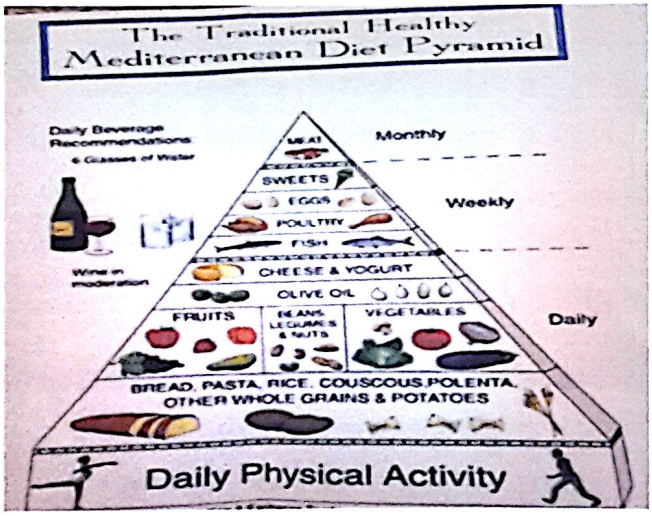
2- Vitamins A, C & E, Zinc VB E, Folic and Selenium, iron and probiotics.

As for Memory boosting nutrients, the list goes:

1- Fruits, vegetables, bread and potatoes, 2- Olive Oil 3- Eggs

Low amount of meat - Niacin B3 – B1 & B12 - Cereals and Blue Berries - Omega 3 and Fatty acids – V E

Dr. Chamieh summarized the memory boosting nutrients by this Mediterranean Diet.



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Trip of the Month

On October 14, 2015

A Memorable Trip South

Our first trip after the summer break took us south to Mleeta, DeirMimass, Fatima Gate and Al Wazzaniriver. And so, two busses, 90 people and two guides departed. . Here we have to express much gratitude to our special guides, Zeena Abdallah and Rajaa Bshara, who volunteered to show us their home turf and explain every last detail about the area.

After a short break at Kenaan's, we headed to Mleeta "where the sky meets the earth". Mleeta is a vast compound/war museum created by Hizbullah to mainly display weapons and artillery left by Israilis in 2000 & 2006. However, the most breathtaking part was the walk through the oak forest past springs of water and ending on a cliff that overlooks most of the coastal area.

After this vigorous two hour walk, we headed to DeirMimass. Through groves of heavily laden olive trees, we reached the newly rebuilt monastery where we were warmly greeted by the priest, offered coffee and traditional cakes and got to meet the local ladies who were selling their homemade products. Obviously, we all rushed to buy jams, pickles and syrups, but no oil !!yet !!

Next stop.. Fatima Gate! There was much interest in seeing the plains and mountains of Al Jaleel. Many took photos and expressed nostalgic sentiments about their original homeland.

Our final destination was Al Hosn, a huge rest house on the Wazzani river not 50 meters from the border. It was 4 p.m. and we were famished. After an afternoon of good food and good friends ,Dabke and a surprise birthday cake, by 6 p.m. we were ready to head back to Beirut.

It was a long drive, but the mood was light and euphoric after a day well spent; a truly memorable day!!!

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The Board members as presented by the president:

Nina Najla Habayeb	03 745172 - 01 788416
-Vice president & Editor of the Bulletin:	
Lamia Kawar : Well experienced.	03 431534 - 01 740235
-Secretary :	
Miriam Ghubril : Registers & knows everything.	03 254420
-Program chairperson :	
Afaf Deeb: Very professional.	03 346381 - 01 800268
-Trip Chairperson:	
Raoua Baltagi: Very active & knowledgeable.	03 241066 - 01 343097
-Treasurer, Membership Chairperson:	
Mona Nassar: Meticulous & after your money.	03 032811 - 01 345131
-Hospitality Chairperson:	
Nada Maktabi : The welcoming smile.	03 979621
-Representative to the Lebanese Council of Women	
Hasna Barakat: Proud to be represented by her:	03 562324 - 01 811071

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Mona's Tuna Sandwishes

- 6 small Kaak, each cut into 2 semicircles
- 2 cans tuna, drained and dried on towel paper
- 2 Tbsp lemon juice
- 2 Tbsp olive oil
- 2 stalks celery
- 1/2 cup tomatoes, diced
- 1/4 cup cucumber pickles, diced
- 1/4 cup parsley, minced

METHOD

1- In a food processor, blend the oil, lemon juice and celery. Add salt and pepper to taste.
2- Add this puree to the rest of the ingredients.
3- Stuff the kaak and cut each in half again.
4- Makes 24.

Sahtein!

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Quotes from Life

- Life is like a Camera, Focus on what's important, Capture the good times, Develop from Negatives.

  And if Things don't work out, Take another shot.

- Some people come in your life as Blessings; Others come in your life as Lessons.

- In the end, it's not the years in your life that count, it's the life in your years. (Abraham Lincoln)

- Enjoy the little things in life, because one day you will look back, and realize they were the big things.

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On November 3, we will celebrate the 96th year of the Women's League Founder's Day.

Wish you all a Happy Founder's Day and looking forward to its Centennial.

Lamia Kawar, Editor of the Bulletin

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