



November 2016

Women's League Bulletin

كلنا للوطن للعلم

Website: www.aub.edu.lb/women's_league

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.

Inside this issue:

- President's Word.....1
- Lecture of the month.....2
- Mini Meetings.....2
- Trip of the month3
- Founder's Day News.....4

Letter from the President

Hello my dear friends,

>> Here comes November, a month where foliage gets so colored as if it is trapping in its warm shades the heat of the fading summer, to warm up the coolness of the approaching winter.

>> It is time to celebrate the 97th year for Women's League. We wish the League to keep flourishing from year to year with your support dear members.

>> It is also time to celebrate our independence with a new president long awaited for. Let us hope that we will reach an improvement in the quality of life that we and our dear country deserve.

>> Everyone aspires for a happy life where he feels respected as a human being. One needs to wake up all fresh and challenged to lead a fruitful and productive day and thus walk up the path to happiness. One should be happy with who he is and what he has and be generous with both.

>> As Buddha says: thousands of candles can be lit from one candle and the life of the candle will not be shortened. Happiness never decreases by being shared. .

>> On November 13th, we, the Women's League are supporting the marathon.

>> We are joining as a support group. We are not athletes, we will walk as fast or as slow as we can and for as long as we can. If you want to join please make sure you fill the form now before you leave. Come on let us show our support.

>> We have a (Group site) on Facebook under the name of "Women's League Activities" where our news are always posted. Once a month you will receive an email or message with our news and activities.

>> Let's all get busy and happy.

>> Nina Habayeb

October 3, 2016

On a hot summer day, many ladies showed up to renew their relationship as well as enjoying our speaker for that day who was Mrs. May El-Khalil and who's presentation was: "The role of Running in Achieving Peace."

We are peace runners

Mrs. El-Khalil is the Founder of "the Beirut Marathon Association". This Marathon has been held every November since 2005 and was accredited by the International Association of Athletic Federation in 2009. The 2015 Race attracted 38,000 runners from 104 Countries.

Mrs. El-Khatib was a Speaker at the Ted Global Conference in Scotland in 2013. She explained that she founded the largest running event in the Middle East as an instrument of peace through sports. "Peace making was a spirit but a Marathon". After an accident, she spent two years undergoing dozens of surgeries that enabled her to walk again. As she determined to celebrate the gift of life, she founded the Marathon Association. She wanted to shift the focus from that which divides people to be together again to celebrate what they have in common their love for exercise and their relationship with friends and family.

- 1- *The Marathon running brings people together.*
- 2- *Use running as a tool to fundraise charities like Bon Heart Charity, NGOs, Universities and Schools.*

Empowerment of women to speak about women and children abuse.

The Beirut Marathon Association connects with more than 520 corporate entities, 114 charities, 21 universities and 65 schools. Nelson Mandela once said: "Sports has the power to change the world, it has the power to unite people in a way that little else does. It is more powerful than governments in breaking down social barriers."



Miriam Ghubril, Secretary



Mini meetings:

- Every month there will be "Movie Night". It will be monitored by Lamia Kawar at 03 431534. Come meet other WL members and watch a movie together. You might want to go for a coffee after and thus create strengthen friendships. You will have to pay for your own ticket.

What to do with stale bread, will be given by Mona Nassar at 03 032811. Mona will monitor a group of six ladies for a session of two hours on Friday November 18th from 10:00 to 12:00 am at Mona's place. You will be charged for the cost of the material used.

- Do you like to play cards, any kind of cards: quatorze, biriba, rolence bridge...I will monitor any game you wish at my place on Wednesday November 23rd at 3:30 pm. Contact me at 03 745172 . I can manage three tables at home and it will be free of charge. If the number of participants gets bigger we will move to the Alumni Club and there will be a minimal charge of 7 000LL.

-We have organized a professional bridge teacher for the women's League>>>> Beginners will get ten sessions of two hours each for 150 US\$ in total. Intermediates will get ten sessions of two and half hours each for 100 US\$ in total. Sessions will be in the morning and the cost is especially discounted for us. A lot to be enjoyed and we promise you a really good time.

Nina Habayeb

Trip to Aley, Hammana, Flougha

On Wednesday, October 10, 2016

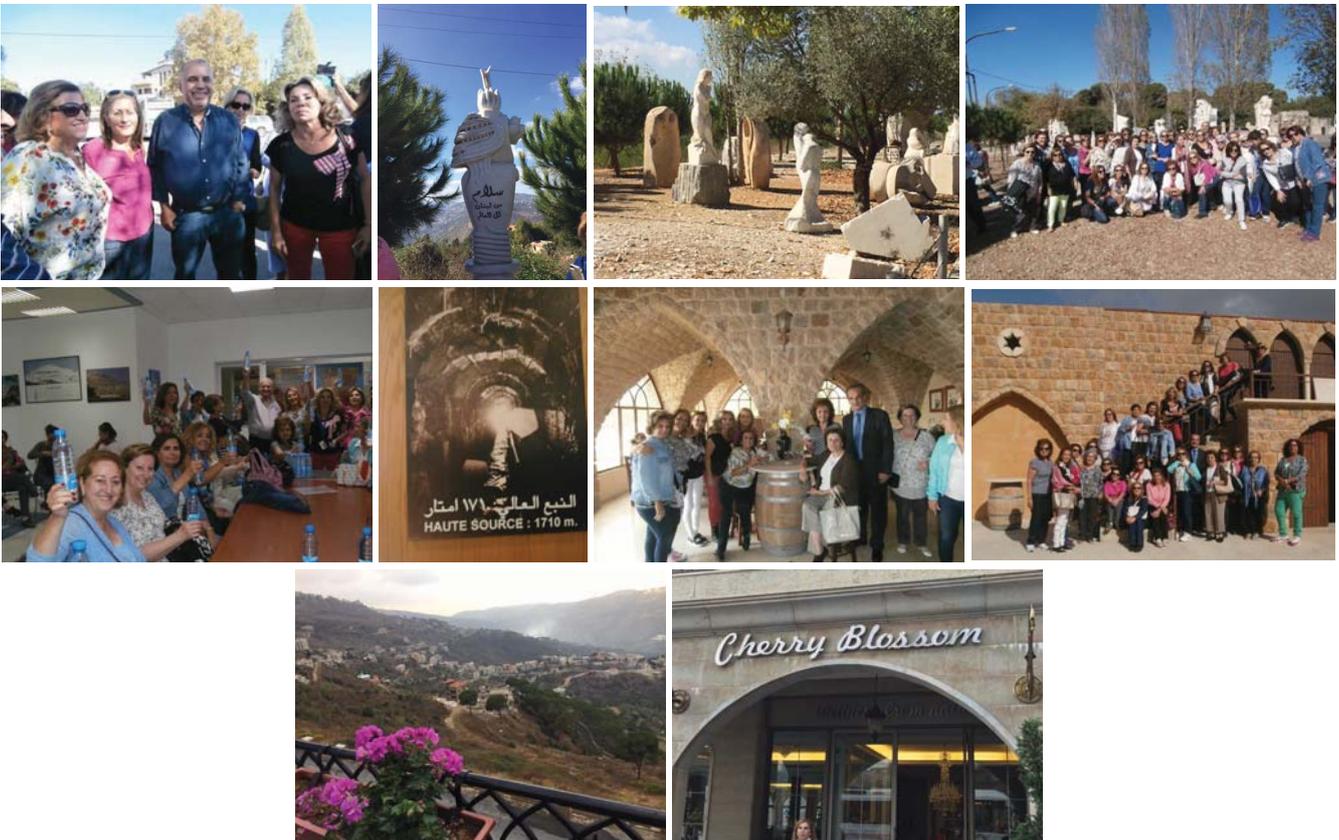
*On a fine sunny day in October, 50 members of the Women's League with some friends headed on a trip to Aley, Hammana, Flougha, and Ras El Harf. After a brief stop for breakfast at Wooden Bakery, Hazmieh, we arrived in Aley at 10.00 a.m. The Mayor of Aley *رئيس البلدية* Mr. Wajdi Murad was very nice to meet us and took us to the Symposium in Ras El Jabal, Aley, which was founded in 2001. Mr. Murad explained to us that this symposium consists of a great number of sculptures done by Lebanese and Foreign Artists. Some of these sculptures are donated to other cities in Lebanon where they are displayed. One of these sculptures is found in General Jamil Lahoud Square near the Military Beach (Bain Militaire) in Ras Beirut.*

Our next stop was in Falougha at the Sohat Water Factory, This water originates from the Falougha mountains at an altitude of 1.710 meters. Sohat is the most renowned natural mineral water in Lebanon and the surrounding region. We were showed around the factory to see how the water is brought to the factory and the whole process of preparation and its bottling.

Then to Ras El-Harf to visit the "Clos de Cana" Winery there. The location of this Winery is called "The Land of Lamartine" it is the story of a man that converted a forgotten terroir into a vineyard at the very heart of Mount Lebanon in the region of Ras El-Harf. Clos de Cana's vineyard and Chateau benefit from a quite exceptional location in the heart of a serene and peaceful pine valley. Celebrated by French poet Alphonse de Lamartine in "Voyage en Orient" The valley later borrowed his name". We were met by the owner Dr. Fadi Jerjes, who showed us around and explained to us that he established this factory in 2001 and how he encouraged the people to come back to their village after the Lebanese war to plant their land with the fine grapes and how he used to buy it from them for their own benefit and to start this Winery. After showing us around the Cave, the wine tasting started while we were sitting comfortably near the chimney, but with no fire as it was pretty warm. We tasted the Red, Rose and White Wines and found that they are of a very good quality. He also said that he started reproduction this year after stopping for three years due to the economical situation of the country.

Then it was time for lunch which was at "The Cherry Blossom Hotel and Restaurant" overlooking the most beautiful valley of Lamartine. It was 5.00 p.m. when we headed back to Beirut, after enjoying a delicious lunch of Lebanese Mezze and barbecue and the most beautiful scenery.

Lamia Kawar



Women's League Founders Day

November 3, 1919

We would like to give tribute to these eight foreign ladies who founded the Women's League in 1919 namely:

Mrs. Harold Rose, Mrs. Harry Dorman, Mrs Harris Graham, Ms. Margaret Bliss (Mrs. Leslie Leavitt), Mrs. Edward Micholey, Mrs. Laurens Seelye, Mrs. Edwin St. John Ward, Mrs. David Zimmerman.

Previous Presidents – 1919-1971

Mrs. Edwin St. John Ward (1919-1920) Mrs. Harris Graham (1920-1921) Mrs. Laurens Seelye (1921-1923) Mrs. David Zimmerman (1923-1925), Mrs. Leland W. Parr (1925-1927) Mrs. Laurens Seelye (1927-1929), Mrs. Paul Erdman (1929-1931) Mrs. Byron Smith (1931-1933). Mrs. Harold W. Close (1933-1935), Mrs. Khalil Alameddine (1935-1937), Mrs. Bennett Avery (1937-1939), Mrs. Zein Zein (1939-1941), Mrs. Nicholas D. Constan (1941-1943), Mrs. Hanneh Shaheen (1943-1945), Mrs. George Maasry (1945-1947), Mrs. Zein Zein (1947-1949), Mrs. Abdul Rahman Barbir (1949-1951), Mrs. Fuad Khazaal (1951-1953), Mrs. Donald Roberts (1953-1955), Mrs. Eugene Szegoe (1955-1957), Mrs. Richard Lippincott (1957-1959), Mrs. Albert Rihani (1960-1961), Mrs. Rupa Jansen (1961-1963), Mrs. Hanna Houry (1963-1965), Mrs. George Maasry (1965-1967), Mrs. Broder Gaerdes (1967- 1969), Mrs. Jena Hlass (Jan. 1969-May 1969), Mrs. Raja Nasr (1969-1971).

Previous Presidents – 1971-1995)

Mrs. Suad Shehadi (1971-1973), Mrs. Marjorie Saad (1973-1975), Mrs. Marie Toushan (1975-1979), Mrs. Marjorie Saad (1979-1981), Mrs. Suad Shehadi (1981-1983), Mrs. Carol Mufarrij (1983), Mrs. Grace Hajjar (1983-1985), Ms. Arminee Choukassizian (1985-1988), Mrs. Alice Fakhri (1988-1990), Mrs. Elizabeth Yarid (1990-1992), Mrs. Lilo Maasri (1992-1995).

Presidents – 1995- 2017)

Mrs. Ellen Eid (1995-1997), Mrs. Nabihah Younes (1997-1999), Mrs. Sylvia Sneige (1999-2001) Mrs. Nadia Alameddine (2001-2003), Mrs. Leila Ghantous (2003-2005) Mrs. Marianne Heath (2005-2007), Mrs. Christel Bikhazi (2007-2009), Mrs. Leila Ghantous (2009-2011), Mrs. Salwa Damiani (2011-2013), Ms. Lamia Kawar (2013-2015), Mrs. Najla (Nina Habayeb (2015-present)



A gathering of ten Presidents at the residence of the current President Mrs. Nina Habayeb



Lamia Kawar
Vice President /Editor of the Bulletin