



Women's League Bulletin

"Ask not what your country can do for you, ask what you can do for your country"

J.F. Kennedy

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.

Inside this issue:

- President's Word.....1
- Lecture of the month..... 2
- Trip of the month.....3
- WL Anniversary & Independence Day.....4

Letter from the President

Dear members,

The month of November is a very important month to all of us. We celebrate the 98th founder's day of The Women's League on November 3rd and The Independence Day on November 22nd. It is worth reminding the League members also that we are just two years away from our most important milestone, the League's Centennial.

I was not with you the past month for the General Meeting as I was in Montreal with my family. Autumn is the most beautiful season in Canada and especially in Montreal: Trees change in color to yellow and red and this creates a unique landscape. There is nothing more spectacular that the changes autumn brings to the forests there, which attracts tourists to see what they call Fall Foliage. I also had the chance to see the vivacious reds and deep pumpkin oranges, which are on display in the open Markets. I can say that my stay in that part of the world and with my children was very enjoyable.

Montreal is also celebrating its 375th anniversary and there are many events in the city commemorating this important date.

I seek this opportunity to thank The Board Members who did an excellent job in running The General Meeting on October 2nd while I was away. I would like also to thank our Speaker Samar Charafeddine for her informative and interesting lecture about "Yoga" which was appreciated by all members.

*Finally, the festive season is coming! We are organizing our **Christmas Lunch on December 1st in Crown Plaza Hotel**. Please mark this date on your calendar and we hope to see you all with your friends. I present my sincerest wishes to all Lebanese on the occasion of The Lebanese Independence Day.*

Salwa Damiani

Autumn Images from Montreal



LECTURE OF THE MONTH

I AM JOY, I AM PEACE, I AM LOVE!

On October 2nd 2017 The Women's League held its first General Meeting for year 2017-2018. Mrs. Suad Khoury, The Program Chairperson presided the meeting due to the absence of The President Mrs. Salwa Damiani who was outside Lebanon. Mrs. Khoury introduced the Speaker Ms Samar Charafeddine , a Yoga Instructor, who gave a very interesting lecture on "Yoga, a science of Life for Well Being"

Ms. Charafeddine lectured on the physical, mental and spiritual benefits of Yoga. She said that Human Beings are made of three components: Body, Mind and Soul. Corresponding to these are Needs, Health Knowledge and Inner Peace. For example, "Asana" is a practice of the posture that strengthens the body and creates a feeling of Well Being. "Pranayama", is a practice of Breathing that calms the mind in addition to that Prayer, Meditation , Mantra, Positive Thinking and Tolerance lead to Spiritual Health. Ms Charafeddine advised of the top ten Yoga benefits for women:

- 1- Improves Respiratory Function*
- 2- Hormonal Balance*
- 3 -Improves Posture*
- 4- Increases Flexibility*
- 5- Pain Relief*
- 6- Relaxation*
- 7- Better range of Motion*
- 8- Better Blood Circulation*
- 9- Reduces Anxiety and Stress*
- 10- Enhances Posture and Appearance*

Thank you Ms. Charafeddine, it was a very informative lecture and YES we can do Yoga anywhere!

Good to note that Mrs. Nina Habayeb introduced Dr. Nabil Kronfol and his book "History Makers in The Health Sciences for The American University of Beirut" which was compiled and edited by him.

After the meeting, Coffee, Tea and Delicacies were served. A thank you to Mrs. Zeina Arab for the elegant, well arranged and delicious Buffet she organized.



TRIP OF THE MONTH

Mrs. Hala Farah The Trip Chairperson organized a beautiful trip to Ain Aar and Khenchara . The Women's League monthly trip took place on 11th October, 2017.

Our first stop was at IRAP, Ain Aar "Institute de Reeducation Audio Phonetique". IRAP which is really a family home, was established by a group of Volunteers who were motivated to create spiritual and human ties with disabled people of all ages and of all regions.

After the welcoming breakfast, Mrs. Simon Mubarak, a volunteer at the institution, gave a Resume on the history of IRAP and showed us a short movie on their services which among them:

- The Audiometric Unit for infants as well as the standard audiometric test for children and adults.
- The unit of early education – preparation of the deaf child for schooling
- The active specialized classes from Kindergarten to high school as well as the academic or technical Brevet and more.
- The follow up at IRAP of children and young who have undergone cochlear implant surgery.

Afterwards, we toured the whole place and met the students, teachers and staff. Then we went to their Boutique Shop to buy from their Production that consists of Artisanal Products, manual works, pastries and others.

Our second stop was at **Khenchara** where we visited the Monastery of St. John. Khenchara is the home of the Melchite Catholic, the Monastery of St John of Chouweir or Deir et-Tabcheh founded in 1696/1697.

We went first to the Winery where Father Charbel Hajjar explained to us with pleasure!! The Wine Making Process. He said that the Monastery's first winery goes back to 1720 but was very primitive and thus was closed. In 2006, Father Charbel resumed Wine Making after he went to study in Paris and there he was introduced to new ideas and techniques. Today he is very happy and proud for the best wine and liquor he is producing. Afterwards, he invited us for a wine tasting Session!

We continued our tour and visited The First Arabic Printing Press whose founder is Abdallah El Zakher from Aleppo. We were introduced to the tools, Arabic Letters and books found there. "Mizan Al Zaman" is the first original Arabic publication that appeared in 1734. We then toured the remaining parts of the monastery and visited its churches. The oldest of its three churches is dedicated to St. John the Baptist and dates back to the 12th century.

Our trip ended at El Delb Restaurant / Bikfaya where we all enjoyed the delicious lunch and then back to Beirut.



THE WOMEN'S LEAGUE EXECUTIVE BOARD MEMBERS FOR THE YEARS 2017-2019

Mrs. Salwa Damiani President (71-829327)	Mrs. Miriam Ghubril Vice President (03-254420)	Mrs. Yolla Sowan Secretary (03-288432)	Mrs. Nafaa Kabbani Treasurer (03-231147)	Mrs. Suaad Khoury Program Chairperson (03-241206)
Mrs. Hala Farah Trip Chairperson (03-296770)	Mrs. Ghada Shoujah Editor of the Bulletin (03-375068)	Mrs. Zeina Arab Hospitality Chairperson (03-611899)	Mrs. Nada Maktabi Membership Chairperson (03-979621)	Mrs. Rawaa Baltaji Representative to the Lebanese Council of Women (03-241066)

WOMEN'S LEAGUE 98TH ANNIVERSARY

Salute to all the Ladies who founded Women's League on 3rd November, 1919 namely :

Mrs. Harrold Close, Mrs Mary Bliss Dale, Mrs. Harris Graham, Miss Margaret Bliss , Mrs. Edward Nickoley, Mrs. Laurens Seeyle, Mrs. Edwin St. John Ward and Mrs. David Zimmerman.

"The year was 1919. The Middle East was facing the aftermath of the war. Some food items were scarce. There was a need for women in the Beirut community to get together to discuss common concerns. On October 13, 1919, some AUB Housewives met at Marquand House to discuss 'Provisioning'. Two weeks later, they met again to discuss organization and elect a temporary chairperson. Monday, November 3, 1919, The Women's League became an official organization. The group decided to meet once a month, adopted a constitution, invited speakers, prepared and distributed a pamphlet for new comers , published 'At Home' lists for social entertaining, assisted the community in placing bulk orders for imported foodstuffs and supplies."

Arms will also be raised to all the previous Boards and members of Women's League for the achievements done.

Happy Anniversary to all Women's League members!!

LEBANESE INDEPENDENCE DAY

On 22nd November 2017 Lebanon will commemorate its 74th **Independence Day**. It is a national day celebrated in remembrance of the liberation from the French mandate that was employed on Lebanon for over 23 years. Here below is a heroic story of a martyr from The Independence period which is nice to share.

" On the afternoon of November 15th, 1943 , armed villagers blocked the road connecting Ain Anoub and Bchamoun , the seat of the temporary cabinet set up by two ministers who had escaped arrest by The French Mandatory Authorities. Troops, predominantly Senegalese and lead by a French Officer were advancing in tanks from Souk Al Gharb to crack down on and arrest members of the Cabinet for Independence. Fierce fighting broke out while fighters behind make shift fortification, were engaged in a gun battle with advancing troops. One man dared to creep out from behind a near Oak Tree to toss a hand grenade at one of the moving tanks but a French machine gunner was faster and **Said Khalil Fakhreddine** of Ain Anoub died under the tree."

Above paragraph is quoted from The Daily Star Newspaper dated November 22nd 1997, article written by Abdel Rahman Ayyas.

We all concur with Ho Chi Minh and say: "Nothing is more precious than Independence and liberty". Happy Independence Day to all the Lebanese People.

-The October Trip will be on Wednesday November 15th, 2017 to Anjar and Cascada Mall/ Taanayel. For registration, please call **Mrs. Hala Farah at No. 03/296770**. Have a nice trip!!

-Don't miss the Christmas Lunch on 1st December at Crown Plaza Hotel! Hope to see you all there.

Ghada Shoujah,
Editor of the Bulletin