



November 2009

Women's League Bulletin

Website: www.aub.edu.lb/women_league

“And so, my fellow Americans: Ask not what your country can do for you - Ask what you can do for your country.”
John F, Kennedy 1917- 63

From the President

Let me first apologize for not having been with you in the first General meeting, which was most successful and eventful. Thanks to each one of you, and especially the Vice-President, Mrs. Salwa Damiani,

On Monday, November 3, 1919 the Women's League was officially recognized. The founders were the eight wives of American professors at the American University of Beirut, who thought to integrate themselves more meaningfully into the cultural life of Lebanon. Although the League projects, since that time, were varied in nature, they were all directed towards the support of the Lebanese community. During the last few years, the League has directed its contributions to helping the handicapped students at A.U.B.

Looking back, it seems that we have done a lot toward promoting the objectives of the League, but certainly there is still more to do. That is what we should bear in mind for the coming few months.

One thing that comes to one's mind now is to establish the First Monday of November of every year as the Founder's Day of the League in appreciation and thanks to the founders.

We have to realize that The Women's League is approaching its Centennial, and we should be able to mark this occasion with a special event that needs to be planned ahead of time. Towards this end, a new publication summarizing the activities of the League should be issued. May I suggest it as a theme for our future activities proudly towards the Centennial.

Further, I would like to extend my sincerest wishes to all Lebanese on the occasion of the Lebanese Independence Day.

Leila Ghantous

Important Notice

AUB Website link for Women's League has been changed and the web site is accessible by using the direct link:

www.aub.edu.lb/women_league

Interchanging the Russian / Lebanese educational, cultural, entertainment and lectures

Below is a message from Mrs. Olga Boukini, the wife of H. E. the Ambassador of Russia to the Women's League

I AM LIVING MY LIFE, I AM DREAMING MY DREAMS

[Preach love and peace to those who listen]
Jawdat R. Haidar



For years and years diplomats are posted away from their countries and far from their families and friends.

However, they are often generously rewarded by traveling across the globe, meeting a lots of people, thus enriching their life and broadening their intellectual horizons. My deep belief has always been that understanding between the states starts with a dialogue between us, their citizens, whether we are diplomats, businessmen or simply tourists.

In Lebanon, my expectations were surpassed: beauty of the landscape and hospitality of The people have made my Russian visitors come again and again. Having the blessed talent of combining common sense and inspiration, the Lebanese excel in the art of Communication.

A green oasis of the AUB campus has been hosting many attractive activities which I started to disclose for myself like a treasure in 2004, when Mrs. Leila Ghantous, then a Vice-President of the Women's League, invited me to take part in one of the functions. Later on it developed into a more reciprocal friendship. In June, 2006 the Russian Embassy sponsored the musical program for the annual Toy Tea Party of the Women's Auxiliary. In November 2007, to celebrate the 88th. Anniversary of the WL, I presented a lecture about women, jewelry and the social life in Russia from medieval period up to nowadays.

"Women mostly talk about cooking and clothes". I was shocked by the statement itself and more so to having read it in a bestseller by a prominent Western psychoanalyst. Hardly was it ever true about my country and, I presume, about the Lebanese society. I wish our both countries a prolonged period of political stability enabling our women concentrate more on their natural devotions. Needless to say how much we can contribute not only into the cultural flowering of our countries but into many more vital spheres of life.

Yours, Olga Boukini

Membership fees and the Directory of Year 2010

Reminder: The membership fees are due. If you have not already done so, please try to pay it. The membership fees for this year are still LL 40,000.-- To update the Membership Directory For 2010 year, please tell us if you have a new telephone number or a new E-mail address?

The Annual Marquand House Party in June 2009



Mrs. Dorman with WL members cutting the cake



Dr. Dorman receiving the cheque from Mrs. Bikhazi

Every year, the Women's League ends its activities in June, and resumes its meetings, trips and activities in October. The farewell annual garden party of June 1st, 2009, took place at the Marquand House Garden in AUB. We, hereby, wish to thank Dr. Peter and Mrs. Kath Dorman for their kindness in offering us the Marquand House premises for that remarkable and wonderful event. In the said party, diplomats from different countries were present from Colombia, Czech Republic, Korea, Egypt, Sri Lanka and Equador.

Since August 1999, the Women's League Scholarship Fund for Handicapped Students has been financially assisting needy and physically disabled students at AUB which has been going on in the past eight years. The annual contribution made by the Women's League (WL) was received by Dr. Dorman from Mrs. Christel Bihazi, the president of The Women's League. We all appreciate the time and effort that Mrs. Mary Al- Khal, our Program Chairperson made to make this party a success by bringing the Lebanese Folklore dancing (Dabkeh) with the help of Mr. Elias Saadeh. Undoubtedly, Mr. Saade's effort enriched the party and gave it an atmosphere of joy. Last but not least, the party was under the auspices of the Ministry of Tourism to which our WL are grateful.

We hope in the coming new year, the Women's League, with its old and new members, be of help to the society.

November 2009 Trip to Jizeen

Date: November 11, 2009.

Trip: To Jizeen

Time: 8:00 A

Bus Stop: Facing Blue Bldg. / Alpina

To be on the trip, please call Mrs. Jacqueline Kassis at 05 – 457788 / 03 - 689357

The difference between the swine flu virus and the H1N1 virus

The Women's League at the American University of Beirut held its first general meeting of the academic year by hosting a presentation on one of the most widely covered developments of this year, the H1N1 influenza virus. The lecture took place at the Bathish Auditorium at West Hall on October 5 and was presented by the Hospital Epidemiologist at AUB Medical Center, Dr. Zeina Kanafani.



Kanafani giving the lecture.

Kanafani started the lecture by stating that the swine flu virus affecting pigs and the H1N1 virus are quite different. She presented a timeline to when the virus was first discovered earlier this year in March in Mexico. At the time, doctors believed that they were dealing with the swine flu virus, but after thorough research they discovered that the virus the world is battling is a new strain of H1N1 virus. What differentiates this virus from the regular influenza is that it is a spring-summer epidemic and it can affect individuals of all age groups. Moreover, while the common flu is a seasonal occurrence, the H1N1 flu can occur throughout the year. The symptoms, she said, include having a high fever, sore throat, a cough, and diarrhea. The regular incubation period for the virus is from one to seven days.

Kanafani stressed that not all patients suffering from the H1N1 virus need to see the doctor. She explained that only patients with severe illness and who are among the high risk group should consult their healthcare provider. The high risk group includes children under the age of 5 and over the age of 65, as well as pregnant women, people with chronic diseases, and people with weak immunity. Kanafani highlighted steps that can prevent the transmission and spreading of the virus. She said that people should cover their mouths when sneezing or coughing. They should wash their hands often and use alcohol-based hand cleansers as alcohol can help kill the virus.

Kanafani received her MD from AUB in 1999, and her MS in epidemiology in 2004. From 2004 to 2007, she attended Duke University Medical Center, and in 2007 she joined the Faculty of

October Trip 2009 to the Cedars

Thanks to Mrs. Jacqueline Kassis the trip organizer. The objective of the trip made to "The Cedars – A resort for all seasons" was to enjoy the centerpiece, an ancient grove known as **Arz el Rab** or Cedars of the Lord, spreading around Bsharre. There, Gibran Khalil Gibran was born and there we visited ***The Gibran Museum in the monastery of Mar Sarkis***. Further, during the trip, we passed by **Qadisha Grotto** to visit Qornet-es-Sawda [Black Horn] which is 3088 meter high. Also, from The Cedars one would reach the Beqaa Valley en-route to **Ouyoun Orghoch where we had lunch there.**

Bulletin Editor and Liaison

Rihab Ouri

