

Mini meetings:

- Every first Friday of the month will be "Movie Night". It will be monitored by Lamia Kawar @ 03 431534. Come meet other WL members and watch a movie in a Cinema together. You might want to go for a coffee after and thus create strengthen friendships. You will have to pay for your own ticket. The first movie night will be on November 4th

- Collage sessions will be given by Mona Nassar @ 03 032811. Mona will monitor a group of six ladies for two sessions of two hours each on Friday October 14 and Friday October 21 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, relence, bridge...I will monitor any game you wish at my place on Thursday October 10 at 3:30 pm. Contact me @ 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 members. 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

- October Trip is on Wednesday, October 19, 2016 to the Symposium in Aley, Sohat Factory in Falougha,, Clos de Cana, Winery in Humana and the Lunch will be in Cherry Blossom Restaurant in the town of El-Qrayeh between Bhamdoun and Hamana.

- November 7, 2016 lecture will be by Mr. Roland Andary about Olives and Olive Oil.

A piece of sad news. Mrs. Violette Abu Shahla, a previous member of the League for many years passed away on September 3, 2016. Our condolences and deep sympathy to her family. May her soul rest in peace.

Welcome back members to the 2016-2017 session of The Women's League.

Lamia Kawar

Vice President and Editor of the Bulletin



October 2016

Women's League Bulletin

Believe that Life is worth living and your belief will help you create the fact.

William James

Letter from the President

Welcome back my dear friends.

*Did you miss us as much as we missed you
We hope you all had a great summer with your loved ones. If you travelled we hope that the change was worth it. If you went to the beach or to the mountains we hope it gave you the relaxation you needed. If you stayed home we hope that you found what you needed to keep you busy and happy. I myself managed a bit of all and recharged my batteries.*

As we promised you, we worked to offer you a new approach to get to mix together, to interact and become friends instead of just acquaintances remembering a face here and a name there.

We are starting the "Mini meetings". These are small groups of different interests. There is a monitor for every mini meeting whom you will contact to join the one you are interested in. The details are in the Bulletin, and every month we will announce new ones.

We need your interest in the participation. If you have any talent you want to share with your friends just contact any board member and we will organize a mini meeting that you will monitor. If you have a topic which can be used for a mini meeting, please contact us and we will try to make your wish come true.

On the other hand we are working with the embassies to locate foreign ladies from different cultures to join our club.

In all what we do, friendship is what counts. I cannot imagine where I would be today were it not for a handful of friends who have filled my heart with joy. I thank them for being there when needed and I will always do my very best to be there for them when they need me. One of the most beautiful qualities of true friendship is to understand and be understood.

Good friends

Care for each other

Close friends

Understand each other,

but True friends

Stay forever, beyond words

beyond distance, beyond time.

I cherish my friendship with all of you.

I wish you all a fruitful year with our lectures, trips, functions and mini meetings.

Nina Habayeb

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

Garden Party2

Quotes and Recipe.....3

Mini Meetings &

Miscellaneous.....4

Annual Garden Party

On May 30, 2016, The Women's League celebrated its Annual Garden Party at the Marquand House Gardens in the presence of the President of the American University of Beirut, Dr. Fadlo Khuri, Dr. Lamya Khuri, distinguished guests, members of the League and their friends.

The meeting started at 5.30 p.m. with the National Anthem, the Alma Mater, which was followed by a welcome address by the President of the League, Mrs. Nina Habayeh. Then she gave the floor to President Khuri to address the public who gave a very nice speech. After which Mrs. Habayeh presented to President Khuri a cheque in the amount of LL. 20,000,000 (Twenty Million Lebanese Pounds) which are the yearly proceeds from the membership fees, trips and luncheons to be donated to the Disabled Students' Fund. This Fund which was created by the League as a Scholarship Fund to help needy disabled students. This year the beneficiary of this donation was Mr. Georges Saadeh. Georges is a bright young man who took his BS in Psycho Analysis and studying for his Masters. He has a rare disease in the eyes and is gradually losing his eye sight and eventually will become blind. Georges also gave a brief word about himself and his studies.

Mrs. Ovessa Iqbal, Charge'Affaires of the Indian Embassy gave an address on behalf of the Embassy as part of the Program was from the Indian Embassy.

Then Mrs. Afaf Deeb Kandis, Program Chairperson, announced the Program which this year was a combined one and consisted of two parts.

The first part was singing and dancing performed by a group from the Indian Embassy.

The second party was professional dances performed by the students of Mazen Kiwan – The Academy.

These two parts were well appreciated by the Audience.

Everybody were then invited to the Tea Table to join the President and the Guests in cutting the Traditional Cake and enjoy the delicacies. Everybody enjoyed socializing with each other.

Lamia Kawar

Vice President and Editor of the Bulletin



Quotes

- Good friends are hard to find, harder to leave and impossible to forget.
- Deep conversations with the right people are priceless.
- To every soul you encounter, be a mirror which reflects only their beauty.
- Get up every morning with a positive mission because you deserve an amazing life,
- Be kind whenever possible, it is always possible.
- Before you talk listen, before you think react, before you criticize wait, before you pray forgive, before you quit try.

A healthy Recipe

Avocado and Three Bean Salad

Ingredients:

1 (15 oz) can black beans, drained and rinsed.

1 can red kidney beans, drained and rinsed

1 can garbanzo beans, drained and rinsed

1 can whole kernel corn, drained

1 large orange or red bell pepper, diced

12 grape or cherry tomatoes, halved

1 bunch cilantro, chopped

2 large avocados, peeled, pitted and diced.

Juice of two limes (or lemons)

½ cup olive oil.

Salt and pepper to taste

1 clove garlic, mashed or finely diced.

Directions

Mix all ingredients together in a large bowl, refrigerate for 1 hour before serving.

N.B After cutting up the avocados toss it in the lemon juice then add the avocado and the juice to the salad. This will help the avocado not turning brown before serving.

