

وبتبقى الهوية مسعفة

SOUVENIR XXXVIII

27 AVRIL 2023

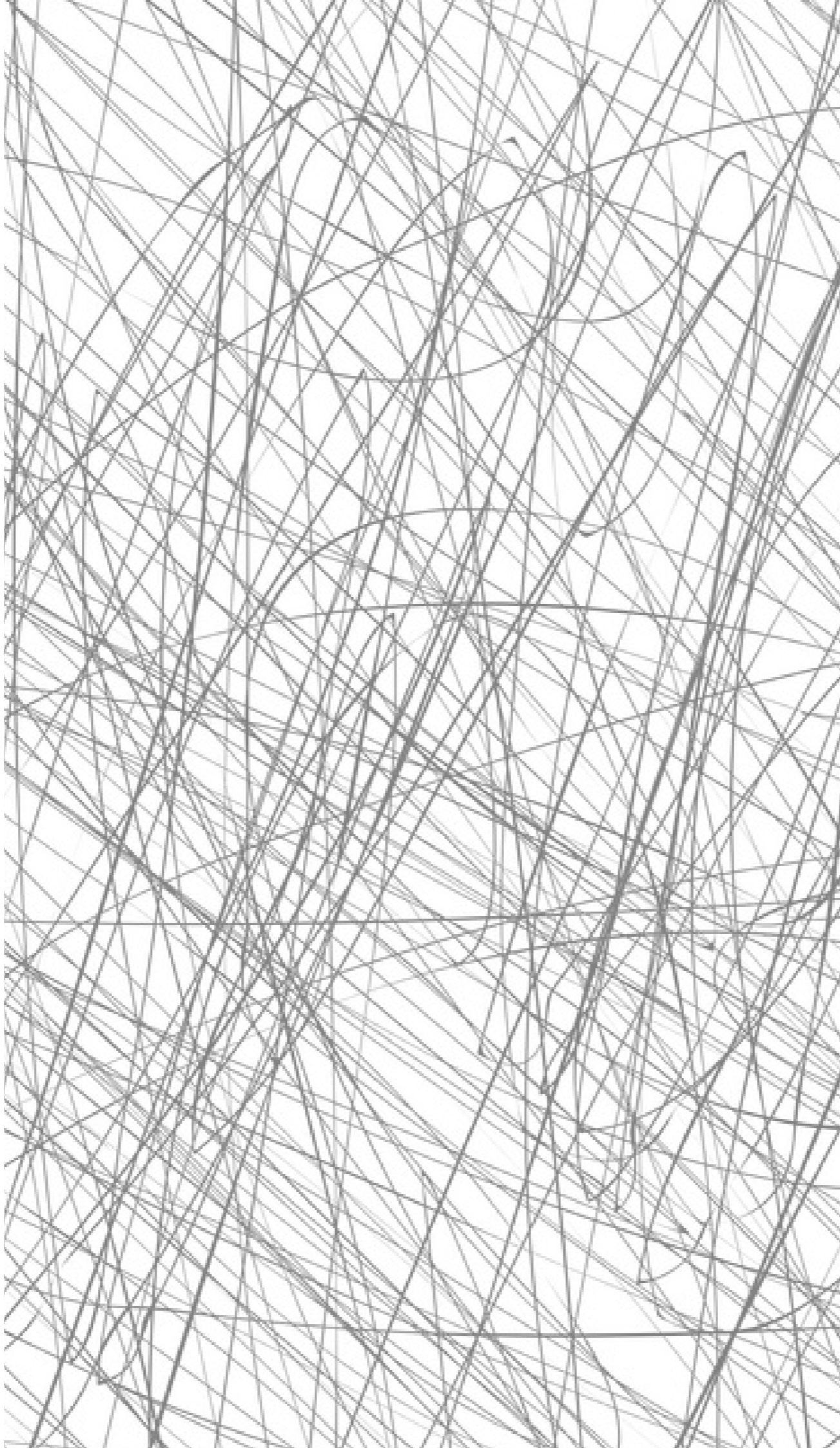


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EDITORIAL

For this year's commemoration of the martyrs of the Lebanese Red Cross, Souvenir is a poignant reminder for every member to reflect on the identity we hold as rescuers, and how it shapes our lives.

Being a rescuer is not just a job or a title - it is not dependent on our uniform or weekly shift.

Being a rescuer is a way of life that permeates every aspect of who we are.

It is a calling that requires us to constantly reflect on our actions and the impact they have on those we serve.

By looking back, we have come to realize that the loss of our martyrs has left a void in our organization, but it has also given us space to grow and evolve.

Through their sacrifice, we have been inspired to continue the humanitarian mission they so bravely pursued. We have been challenged to rewrite the ways to serve our communities, improve our skills, and deepen our commitment to our values.

Incorporating this identity into our daily lives means living with empathy, compassion, and a

willingness to help those in need, whether we are on or off duty.

This incorporation manifests itself in recognizing the inherent value of every human being and treating everyone with respect and kindness. It also means being part of a team that is dedicated to a common purpose and working together towards a shared goal, the goal of humanity.

As we reflect on our shared identity, we are reminded of the immense responsibility and privilege we have in serving our communities. We honor the memory of our fallen heroes, by committing to upholding the highest standards of professionalism, integrity, and compassion in all that we do, sticking to our principles and living by them beyond our shifts.

We are a family of rescuers, bound together by a shared purpose and a commitment to serving others. This year's commemoration is a reminder of our identity, beyond our overalls, and outside our station walls. Our identity is the recognition of the sacrifices that have been made and a recommitment to the values that have made us who we are.

ويتبقى الهوية مسعف

RESCUERS OF 203 STATION

ويتبقى الهوية
مسعف

وتبقى الهوية مسعف.



في كُلِّ سَنَةٍ، تأتي ذكري شُهداء الصليب الأحمر اللبناني مُؤنَّرة ومُؤنَّرة، فَرغم الظروف والتحديات، يَتخطى مَرَكز قرنة شهبان للإسعاف حُدود الواقع، لِيُظهر رسالةً بِحد ذاتها آفاق تَأْمَل وجودي ووجودي، يَحْمِلُ الذكري معاني تَرَبُّط شَهادَة يَوْمِ يَتوَمَّيات شَهادَة.

فَهويَّة المُسعف والشَّهيد تبقى حَيَّة، ثابتة في قناعاتها، لا تَهْزُها رياح التغيير، ولا تحكُّمها الظروف مَهْما كانت قاسية، فَهْي كَمَا الرُّوح، لا تَبْغُ زَمَاناً ولا مَكَاناً.

فَرسالة الإسعاف طَوَّعِيَّة، واحدة، مُوحَّدة، مُستقلَّة، مُحايِدة وغيَر مُتَحَيِّزة، عالميَّة، وإنسانيَّة.

ورسالة الإسعاف تَتَخَطَّى الطارِئ، لِيَتَجَمَّلَ مِنَ الخِدْمَة ثقافتُ تَوَحُّد هويَّة العطاء بلا حُدود، لِيَتَلَدَ مِنَ التضحية حَيَاةً، غَيْرَ آيَهَةٍ جُغرافيَّة أَرْض ولا بِأَرْمَتِهَا. فَمَدْرَسَة تَطَوُّعنا دَمَجَت بَيْنَ أَجيالٍ خَدَمَت مُجْتَمَعها بِإخلاصٍ وتَجَرُّدٍ ومَحَبَّة، ودَفَعَت الغالي لِيَلْسَمَةَ جراح وَطَن، فَكَانَت وَلَمْ تَزَلِ المِدمَك الأساسي في مَنظومة الطَّوارِئ الطيِّبة في لبنان.

وتبقى هويَّة المُسعف، شَهادَة حَيَّة نعيشها كُلَّ يَوْم، لِخِدْمَة مُجْتَمَعنا ولِنُكَمِّلَ مَسِيرَة أبطال الإنسانيَّة في وَطَننا الحبيب لِبْنَان.

د. أنطوان الزغبى
رئيس الصليب الأحمر اللبناني

اخوتي المتطوعين، عائلة الصليب الاحمر،



للذين رحلوا عنا ذكريات لا تُنسى ومُلاح لا تَغيب عن البال . لهم في الروح مسكنٌ وفي القلب غصة. إتخذوا من العمل الإنساني والعطاء نهجاً ساروا فيه الى الحدِّ الأقصى، فعبروا باكراً الى دار الخلود. كلماتهم حية فينا رغم أنها دون حروف. وحذوهم سيبقى خذونا الى ما لا نهاية . كيف لا ونحن اليوم بأُمس الحاجة الى السير على خطاهم وإقتفاء إثرهم واستلهام روحيتهم .

اليوم، أكثر من أي وقت مضى، علينا الإقتداء بروح العطاء والبذل، خاصة والوطن والأهل يصارعون زَمناً رديئاً، في ظل فقدان القيم. كلنا نرى من حولنا المرضى الذين لا قدرة لهم على التردد الى المستشفيات والمحتاجين الى الدواء المفقود وكل ما هو أساسي للمحافظة على الحياة.

ان جمعيتنا الوطنية ستبقى دائماً، الى جانب من ضربتهم الازمات والكوارث وأصابتهم في أرواحهم وفي اجسادهم من أجل صون الكرامة الانسانية، وعلى عهدها في إكمال المسيرة والسعي جاهدا للإستجابة الى النداءات الانسانية بحيادية مطلقة ومن دون تمييز.

فأخوتكم في الجمعية لا يألون جهداً في الإستجابة الى نداءات الملهوفين، على مساحة الوطن المودع. وجمعيتكم تبذل الجهود الجبارة للمحافظة عليهم وعلى حمايتهم في ظل الروحية التي تميّز جمعيتنا في أطر العمل الإنساني المتجرد والمتسلح بمبادئ السبعة .

علينا اليوم، أكثر من أي وقت مضى، التثبث بقيمتنا الفريدة التي أيقظت في نفوس مجتمعنا عامل الثقة والقبول والإحترام .

اخاطبكم اليوم، ونحن نسير في طريقنا وحولنا الإنسانية المعذبة: أسماؤكم هي أعلامنا المشرقة وإحساسنا بالفخر، تستيقظ في نفوسنا وقلوبنا صور حنين لمروءة قل نظيرها. اليوم، باسمكم وباسم كل متطوع، نناشد العالم أن يحترم القوانين والمواثيق الدولية المتعلقة بحماية الكوادر الطبية العاملة في ساحات القتال. ونجدد النداء الدائم لا للحرب، لا للعنف، لا للشر في هذا العالم، وإذا كانت الحرب حتمية، فلنحترم قواعدها.

لمتطوعي الصليب الأحمر اللبناني احتراماتي وتقديري على كل ما قدموه من قرابين وتضحيات رسموا بها ألمع صورة للحركة الدولية للصليب الأحمر والهلال الأحمر. أنتم أبطالنا.

الاستشهاد مجدٌ ونورٌ لا ينطفئ. شهداؤنا الابرار اننا نؤمن بقوتكم وعظمتكم وخلودكم. ونحن على عهدكم باقون.

جورج الكتاني
الأمين العام للصليب الأحمر اللبناني



MENTAL HEALTH MATTERS

Sometimes people forget that the ambulance volunteers of the Lebanese Red Cross are also part of this society, and also have regular lives, jobs and families. Sometimes we forget that they also are facing in their education, work and families, the same problems that the rest of the population is facing during these very difficult times that our beloved country is going through.

We forget that, like everyone else, they are under stress, and witnessing every day as part of their volunteering work, scenes of misery and duress. These two factors combined, what they go through in their own lives outside of the Red Cross, and what they see as part of their work in the Red Cross, takes a toll on the mental health of even the most resilient volunteer.

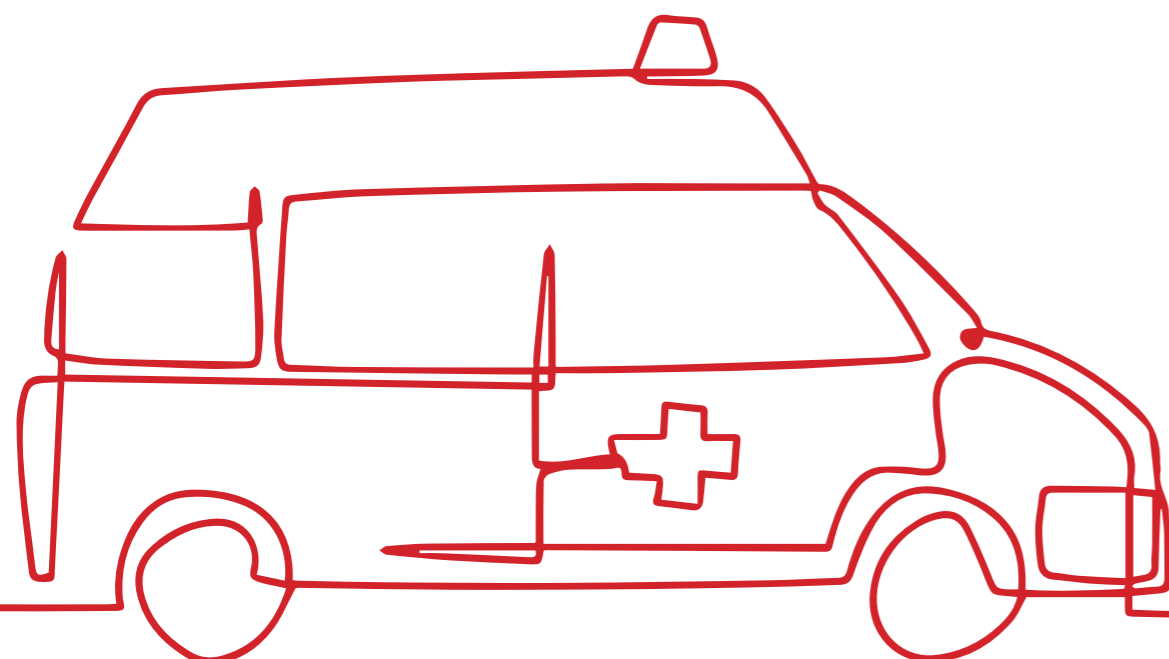
This is why this year, when remembering the sacrifices of the martyrs of the Lebanese Red Cross, I want to highlight the daily sacrifices of the thousands of volunteers who are active today, and remind them, their managers, and the leadership of the Lebanese Red Cross, of the importance of taking care of our volunteers.

One of the rare positive things to come out of these repeated crises that our country has gone through, particularly the COVID crisis, is that it has become less taboo to talk about mental health and to seek support. In other words, we are seeing more and more volunteers accept that it's OK not to be OK sometimes, and it's good and healthy to talk about our mental health issues and to seek support.

The Peer Support program team and the Emergency Medical Services leadership have accomplished amazing progress over the past few years to make sure that volunteers who need mental health support, are getting the support that need. Basic training on self-care is now being given to all new volunteers, and to all experienced volunteers who want to participate. More than half of the ambulance stations now have experienced and highly trained Designated Peer Supporters who are there to offer support whenever needed, and more are being trained this year. Therapists are on call on a confidential national hotline that is available to all volunteers, along with follow-up therapy sessions whenever needed. Support sessions are being delivered to groups of volunteers whenever needed.

We have seen more and more ambulance stations integrate this program, and openly discuss the challenges that they are facing individually and as groups. This is a very positive sign, and as head of the Emergency Medical Services department, I will continue supporting and encouraging this positive evolution, so that we can do all we can to support our volunteers now and in the future.

Rosy Boulos
Responsible of the LRC
EMS Department



“إلى أبعد من الواجب”

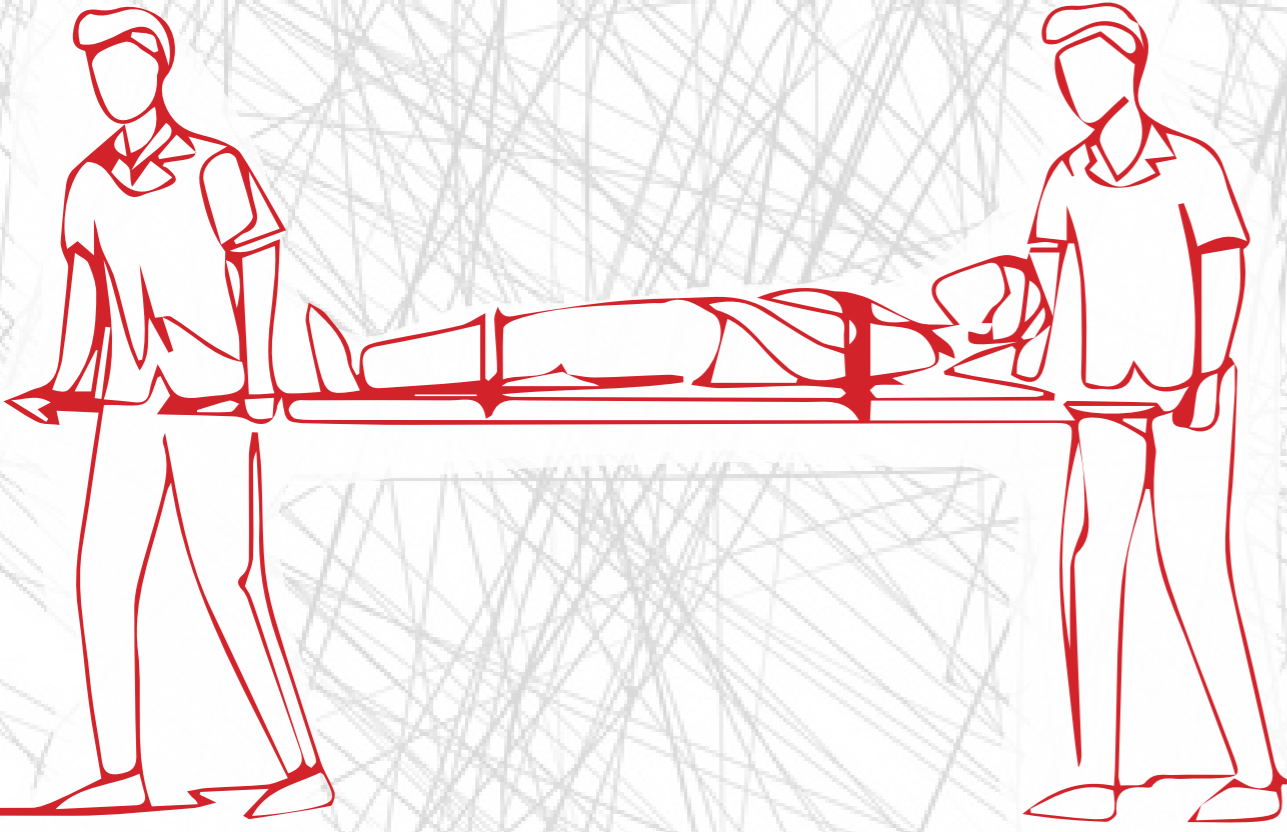
هذا هو القسم للمتطوعين والعاملين في الصليب الأحمر اللبناني الحاضرين دائماً لتقديم الخدمات الانسانية بحيادية مطلقة . إن وجودكم الدائم قرب المتألمين والمحتاجين ليس بهواية بل هو التزام بالتطوع والتزام بالعمل . ان عملكم التطوعي بلا مقابل هدفه الوحيد هو المساعدة وذلك تماشياً مع المبادئ السبعة التي ترعرتم عليها وتؤدون رسالتكم بشجاعة وثقة ليلاً ونهاراً وضمائركم مرتاحة لما تقدمونه في هذه المهمة النبيلة رغم الظروف الصعبة التي تمر على الجميع .

كما ذكرنا في العام الماضي ، فإننا نحاول مع فريق العمل على :
- تحسين جودة خدمات الاسعاف من خلال ضمان سلامة المسعف والتأهب والاستجابة الفعالة
- تعزيز أنظمة الاسعاف والطوارئ وتطوير مراكز الاسعاف وتعزيز الخدمات وتحسين فعالية واستدامة فرق الاسعاف النهاري
- تحسين ايفاد الطوارئ الطبية بتقوية غرف العمليات وتقليل وقت الاستجابة وتحسين الوصول للاسعافات الالوية .

إخوتي المسعفين والمسعفات ، ان المسؤولية في تطوير عملنا يقع علينا جميعاً ويطلب منا المشاركة للتمكن من تنفيذ ما نبغيه . إن تطور عملنا هو رد جميل بسيط جداً لشهدائنا الابرار الذين ضحوا بحياتهم لنتمكن نحن من تكملة هذه المسيرة -
فهم الشعلة التي تنير طريقنا لتأدية واجبنا الاسعافي وهم القدوة لنحمي انفسنا وهم الامل للاستمرارية في مهماتنا

ننهي كلمتنا كما بدأناها “ إلى أبعد من الواجب ”.

الكسي نعمة
مدير الاسعاف والطوارئ في
الصليب الأحمر اللبناني



LRC EMS STRATEGY

The Lebanese Red Cross (LRC) has been dedicated to saving lives and providing access to effective and free pre-hospital emergency care and transportation to the population in Lebanon for over 75 years. Three years have passed since the launching of the updated LRC Emergency Medical Services (EMS) strategy 2021-2025, which is a testament to the sector's unwavering commitment to fulfill its mission. The EMS strategy aims to bring LRC closer to achieving its vision of ensuring that each patient receives the right ambulance, at the right time, equipped with the right team, to provide the right prehospital care and transportation to the right hospital.

Improving emergency medical dispatching is the first step in ensuring that patients receive the care they need in a timely manner. The strengthening of dispatch centers and the improvement of response times are crucial in achieving this goal. LRC has already integrated the dispatch center in the north and is currently integrating Bekaa. Similarly, LRC is working on dashboards that allow them to monitor dispatch times in a timely manner to make data-driven decisions. The public can also play a vital role in improving survival through the application of First Aid (FA). By training the public in basic first aid skills, the Lebanese Red Cross is empowering communities to be the first responders in an emergency. Accordingly, LRC has increased its reach of First Aid training and updated its courses.

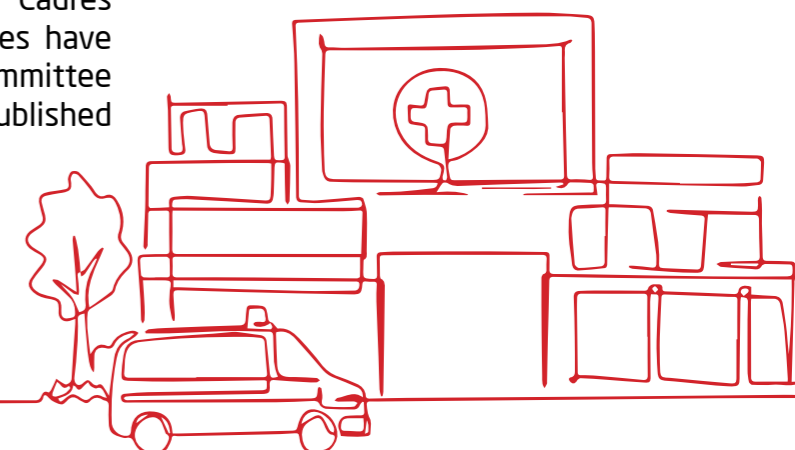
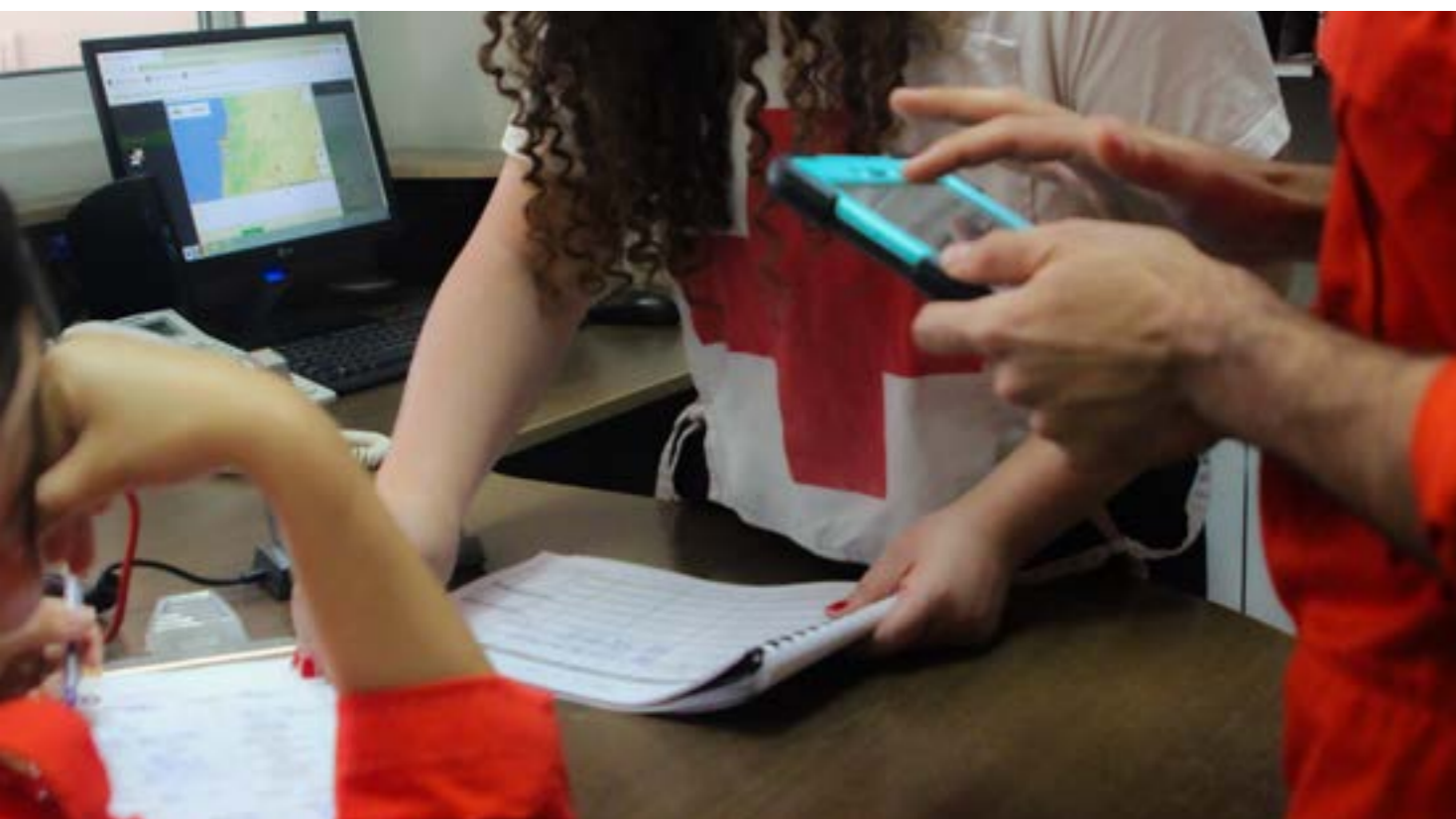
Enhancing EMS systems is the second objective of the EMS strategy. Strengthening EMS support functions and developing and improving EMS stations are essential in ensuring that patients receive the highest quality care. LRC EMS has changed its ambulance maintenance and repair procedures to improve efficiency and timeliness. A new warehouse has been established to improve replenishment of consumables and access to equipment. Furthermore, HQ along with the stations has initiated the process of development of minimum standards for EMS stations. Likewise, the Head of station (HOS) training has been launched to train new HOSs. Finally, the Dayshift effectiveness and sustainability model is still under study to ensure that the EMS stations are operating at full capacity and that they can respond quickly to emergency situations.

Improving the quality of EMS services is the third objective of the EMS strategy. The LRC recognizes that the safety and clinical effectiveness of rescuers are paramount in providing quality care. As such, they have implemented measures to ensure that rescuers are well-trained and equipped to handle any situation that may arise. This included the development of new curricula such as the mission leader course and the update of pre-existing trainings such as GTC and Cadres training. Furthermore, clinical guidelines have been updated, and the EMS technical committee toolbox has been finalized and will be published

in 2023. The organization measures the quality of prehospital services and implements quality improvement plans to ensure that patients receive the best possible care. As such, the EMS station performance indicator platform is being developed, which will give stations access to monitor themselves. Finally, LRC EMS is reviewing its silver and bronze command course to ensure alignment with LRC's review crisis response plan and the best available evidence.

On this day of remembrance, let us honor the memory of the Lebanese Red Cross martyrs by supporting the continued efforts of the organization. By doing so, we can ensure that their legacy lives on through the provision of lifesaving care to those in need. The EMS strategy is designed to improve emergency medical dispatching, enhance EMS systems, and improve the quality of EMS services, and over the past 3 years, significant progress has taken place. However, there is still more work to be done, and it is vital that we support the LRC in their mission to provide quality care and save lives.

Shawky Amine Eddine
Training Director
EMS Assistant Director for
Training & Quality



REMEMBERING OUR MARTYRS



سليم حمود
نيسان ١٩٨١
بعلبك



الاخت ماري صوفي الزغبى
نيسان ١٩٨١
بعلبك



خليل سيدج
نيسان ١٩٨١
بعلبك



أنطوان الأسمر
كانون الثاني ١٩٨٤
الأشرفية



سليم عبدو
شباط ١٩٨٤
الأشرفية



ميشال مكرزل
نيسان ١٩٨٥
قرنة شهوان



جوزف الخوري
نيسان ١٩٨٥
قرنة شهوان



سليم خيرالله
آب ١٩٨٦
الأشرفية



ميخائيل جبيلي
آب ٢٠٠٦
زحلة



باسل البزري
أيار ١٩٨٥
صيدا



فارس لبس
تشرين الأول ١٩٨٦
قب الياس



هيثم سليمان
حزيران ٢٠٠٧
حلبا



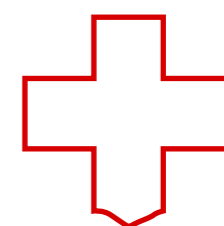
طه لاشين
أيلول ١٩٨٥
طرابلس



حسين همدار
شباط ١٩٨٧
المريجة



بولس معماري
حزيران ٢٠٠٧
حلبا



BEIT BEIRUT | APRIL 27, 2022



SOUVENIR XXXVII



SOUVENIR XXXVII aimed to create an interactive experience between rescuers, stations, and most importantly, our martyrs.

Set in Beit Beirut, the exhibition outlined a journey through time, connecting our history to our present challenges, and contemplating on what our future will be.

The theme “ مطرَح ما القلب يكون ” , served to acknowledge that as rescuers, our station eventually becomes our home. It shapes us and takes bits and pieces of us, as we grow and start giving it more of ourselves.

Through this theme, a unified LRC home was created, with spaces dedicated for our martyrs, showcasing their personal belongings and individual stories.

A common operation room was inspired by the organization’s active rescuers and stations all over the country, where meaningful items were collected and displayed.

The final step in the exhibition glanced to our future, with the deduction that it is our common history that keeps us moving forwards, and shapes our present days, even if it is into the unknown.

It is the feeling of home that we have acquired in our stations, which allows us to retain the motivation to keep going and evolve despite all the challenges we may face on the way.

It is our martyrs who serve as models of honor and respect for our mission.

It is indeed our past, that shapes our present.

It is indeed our past that will shape our future, no matter how uncertain it may be.

It is indeed our home that keeps us going and holds our hearts.

From our station, the home we have each built and left a mark in. To the home we carry with us, holding the memories of our experiences.

SOUVENIR COMMITTEE XXXVII



SOUVENIR XXXVII



مطرَح ما القلب يكون

SOUVENIR XXXVIII

The identity of the rescuer falls at the core of this year's commemoration. Our identity is what unites us, and through this identity, we gather every year to remember our martyrs.

With this in mind, this year's Souvenir will feature a truly thoughtful ceremony along with with a captivating exhibition to complete the memorable experience.

The concept room in the exhibition is a heartfelt tribute to the Lebanese Red Cross martyrs and their families. It's a space where visitors can immerse themselves in the stories of these selfless individuals who made the ultimate sacrifice in service to their community. The exhibition aims to create a meaningful connection between visitors and martyrs by showcasing their pictures and personal stories. The images displayed in the room bring the martyrs to life, allowing visitors to learn their stories, and contemplate their sacrifice. The atmosphere in the room is solemn and respectful, reflecting the void left in the community. The installation of the pictures and stories of the martyrs serves as a powerful reminder of their bravery and dedication to the betterment of society.

The final room of the exhibition is a testament to the impact of the Lebanese Red Cross and the community it serves. The exhibition celebrates the values that have made the community strong and resilient. The room features floating photos of all the stations throughout Lebanon, highlighting the national reach of the LRC and the scope of its mission. Visitors can also see how the community has come together to support the Red Cross, reflecting the strong sense of solidarity and mutual support that defines the community. The installation of the floating photos creates a sense of movement and dynamism, suggesting that the community is constantly evolving and adapting to new challenges. The atmosphere in the room is one of hope and optimism, reflecting the idea that the community is moving forward in a positive direction.

SOUVENIR COMMITTEE XXXVIII





MONUMENT XXXVIII

What does "Rescuer" mean?

There are a hundred ways to show it and a thousand ways to describe it, but there is only one way to understand it: by living it.

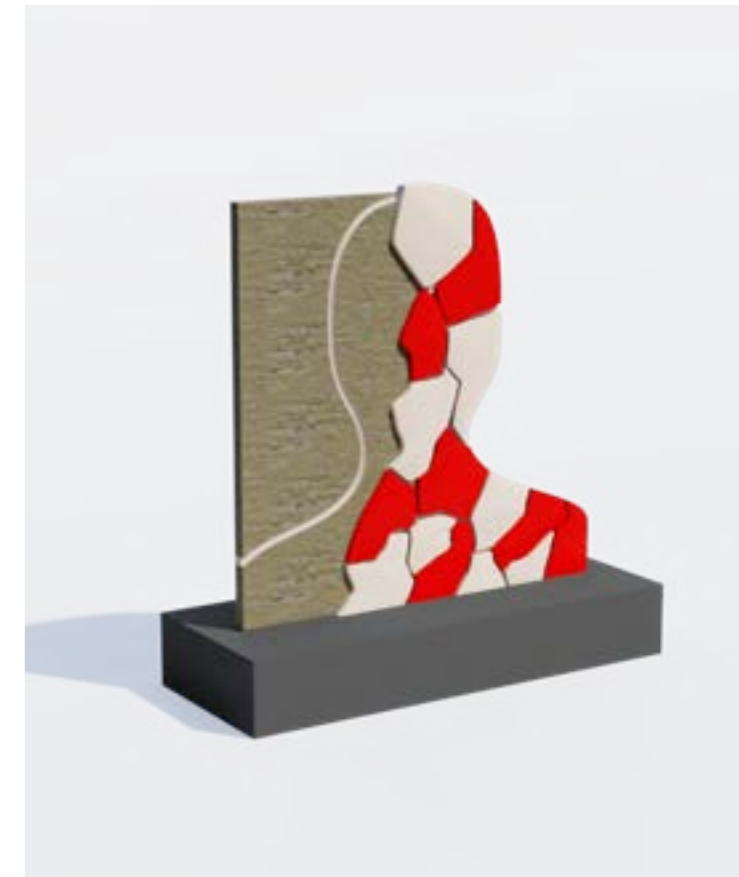
As Lebanese Red Cross rescuers, we develop a unique identity that is truly unparalleled.

It is shaped by a communal commitment to serving and creates one common identity for every rescuer - making the journey that we embark on, a limitless experience.

This year's monument represents every rescuer in the community. The silhouette reflects the identity of each rescuer. The first side showcases our resilience, perseverance, and strength, engraved in the stone. This graving also represents the mark that our martyrs left on each and every one of us.

The second side highlights the diversity of our identity. It is a jigsaw, a mosaic that's shaped by multiple pieces; made from different materials, different colors, different places, and different meanings, all creating this robust character.

The impact of our martyrs on this identity is represented by the 15 pieces forming this mosaic. Such an identity cannot be lost or damaged, it is constantly evolving and will remain eternal. It is meant to grow and shape us little by little into a full mosaic made of countless experiences uniting thousands of truly unique individuals.



SOUVENIR COMMITTEE XXXVIII

**FREE
WRITING**



For the first time, I write my message for this year's revue in a different country than my own, in a place I have yet to call home.

As reality sinks in, I begin to rummage through my most cherished memories trying to catch a glimpse of what once felt familiar and safe.

How the smell of detergent makes cleaning my apartment feel less like a burden and more of a look into a funny memory of fighting over who must clean the station's toilets.

How answering my friends from 203's calls with "Salib Ahmar, kif fine se3dak?", and a proud smile on my face, is a reminder of how much I dreaded waking up in the middle of the night to say these exact same words.

Suddenly, the siren's loud high-pitched sound as an ambulance passes by me stops triggering my migraines and starts reminding me of home.

They say you never really know what you have till it's gone - they're right.

I write this as a love letter to my station, my missions and the first ever Souvenir ceremony I can't attend. I carry pieces of you with me wherever I go.

As I hang my dossard on my new bedroom door, I smile knowing that I'll never really be far from home.

MARIE NOELLE MSANN
MNM 203



اللّٰهُ يَقْوِيكُمْ وَ يُوَفِّقْكُمْ
"اللّٰهُ يَحْمِيكُمْ عَالِطَرَقَاتِ"
"اللّٰهُ يَطْوِلُ بِعَمْرِ أَهْلِكُمُ اللَّي رَبُّوكم"

Thousands of prayers, thousands of patients, thousands of missions; for one person. Experiencing the most heartbreaking and heartwarming moments of one's life.

"Rescuer". This is not an act, nor a person; this is a lifestyle we get addicted to.

The journey engraved in me all kinds of emotions, from the very first beginning where my happy tears have witnessed a young man, who attempted suicide, opening his eyes after we saved his life. Where the hopeful hearts were felt after a CPR patient came back to life. To where I've pulled a corpse out of a car crash and put it in a body bag. And where the teariest screams of a mother who lost her child.

Taking responsibility is not easy, nor living and facing the obstacles of strangers that we feel more than our own. But your giving hearts make the work comforting, effortless, and ideal to others.

Despite it all, in times of crisis, we, as LRC volunteers, are still moving forward toward humanity.

WIDAD FRANCIS
JOURNAL 505

يختلف الناس في تضحياتهم، على اختلاف ما يضحّون لأجله فمنهم من يضحّي لأجل وطنه، ومنهم من يضحّي لأجل أهله وأولاده، ومنهم من يضحّي لأجل عمله، ولكن التضحية الأكبر تكمن في التخلي عن كلّ مناصب الحياة وملذّاتها وأخذ نفس عميق لتسكن بهدوء العمل الإنساني وتنتقل من كونك مجرد إنسان عادي إلى إنسان صاحب مبادئ وعرفان لتكون واحداً من أبطال السّاحات في الإنسانية والعطاء، ولهذا يستطيع الشّخص أن يضحّي بأيّ شيء يشاء في الحياة، ما عدا الإنسانية لأنّها مهما فُقدت، فُقد معها العالم أجمع..

فإنسانية يا سادة أرقى من أن يضحّي بها.

ولاء شقير
703



“ONE MORE”

It's 5AM in the morning. One more hour left of your shift. You barely slept and you are so tired. You just arrived from a mission hoping you'd get an hour sleep before work. Then, the phone rings. You race to a new mission. You could barely keep your eyes open a few seconds ago, somehow you get the energy for one more. You always find the energy for one more. Sometimes you contemplate whether it's finally time for you to leave, with all the things that's going on in your life - there's not enough time anymore. Yet, you can't get yourself to make the final decision. You come back for one more shift. One more. Just one more.

AMANDA MOUBARAK

JOCKER 209



Expressing emotions can take various forms, and for me, drawing is my preferred method. As an EMT in the station, my first equipe experience is a profoundly heartwarming one. It feels like we were family, and this connection was especially significant following the traumatic accident that occurred on October 30th. I experienced a lot of emotions, which I needed to articulate through a drawing.

The four people above in my drawing were the equipe present in the accident (De Gaulle , Sakr, Johnson & Boo), and the four people above are the equipe that came to the hospital right after the accident occurred (Zeytouné, Msibé, Shaykh & Rahaf), as the rest of the team on the top of the drawing are the ones that also supported us internally from the station (Maskouné, Kbiré, Panda, Nozo, Houssam, Yasa, Rawa2, Darphile & Zoom).

As I sketched this drawing, I realized that each line represented a piece of my journey, and each line was a step towards healing. This is a reflection of my gratitude, and a reminder of the love that surrounded me during this hard time.

NOUR FADWA RICHANI

101

كل سنة ب 27 نيسان منرجع رجوع ما يعرف كم سنة حتى نتذكر ابطال فدوا الإنسانية و صاروا قصة ما بتشبه ولا قصة. قصة ابطالها 15 بطل قرروا يروحوا لأبعد من حدود الواجب , الواجب واجب المحبة والبطولة والشجاعة والقوة , الواجب واجب الحياء وعدم التحيز , الإنسانية , والوحدة والعالمية , الاستقلالية , والصفة التطوعية هيدي الصفة يلي عملت من كل شخص بطل ومن كل بطل انسان و من كل انسان روح انسانية . كل سنة منرجع رجوع ما يعرف كم سنة حتى ترجع قلوبنا تدق من جديد بأرواح ابطال تركونا على عالمهن الجديد , على حياتهن الأبدية حياة الواجب الانساني حتى نرجع نجدد واجب الذكرى وتذكرهن من جديد, بطل ورا بطل و شهيد ورا شهيد...

KUTAYBAH DGHIESH

KUT 306

MISSION SYRIA
MONDAY 06 FEBRUARY
10:27 PM

I received a phone call, asking if I'm ready to join the SAR teams for a mission in Syria - and without thinking I answered Yes! A briefing meeting online occurred at around 11:00 pm, then we departed the station shortly after midnight to Beirut's Fire Brigade base to meet altogether. Alongside with Lebanese army, civil defense, and Beirut's Fire Brigade, we arrived at our mission's destination - Latakia, after around 6 hours. The scene was horrible. Buildings of 6 stories on the ground and homeless people in streets. We were then dispatched to our site, and started searching for signs of anyone alive, although our equipment wasn't much useful. Days passed fast, and we were routinely removing dead bodies from under the rubble, transporting them to a nearby hospital... repeating the sad situation every day. Days passed, but on the very last hours of the mission, when working at the last site, there came the beautiful surprise. We found a mother and her son alive after 5 days of the earthquake. This was a situation that no one believed - how they survived in that critical situation, but that's God's will! We quickly transported them to the hospital for intensive checkups, amidst shouts of happiness from all those present on site. It was an unforgettable experience, as I've never witnessed such a huge damage before, neither got involved in a rescue mission on this large scale, and I count myself very lucky getting this chance with the team representing my country.

MOUSTAPHA HAMMOUD
CAPTAIN 703



Becoming an EMT has changed my life in ways I never thought possible. It has become more than just a role I fill; it's a part of my identity that I hold dear to my heart. Being able to help people during their most vulnerable moments and make a positive difference in their lives has been an incredibly humbling and rewarding experience.

As a volunteer, I have learned to appreciate the value of human connection and the power of compassion. I have seen firsthand how a simple act of kindness can make a world of difference to someone in need. Through my experiences, I have come to understand the fragility of life and the importance of living each day with purpose and meaning.

PETRA MOUSSA
CLEO 203

I've always had low blood pressure, meaning, I would easily faint under extensive heat, pressure or physical activity. Knowing that, I avoided putting myself in such situations.

That proved to be particularly correct when I fainted during a Westlife concert back in 2001 in Beirut Hall. On that day something changed in me, I woke up on a bench, in a tent, surrounded by orange-red overalls checking in on me with a smile while the music was still playing in the background.

I was ok, I was looked after and I felt safe.

What used to be fear, stopping me from joining activities, and trying new things, became a part of my life that I learned was ok, because someone's got my back when things went south.

That was the day I decided to join the red cross as soon as I legally could.

Spoiler alert: I didn't join the red cross because my dad didn't let me but I felt like I sort of did when my sister joined 10 years later.

Until this day, I remember waking up in that tent in Beirut Hall and how everything felt just right despite everything going wrong leading up to that point.

That's the red cross to me.

They make things right.

They save people.

They care.

All we can do in return is to show up for them when they need us, just like they do, every single time we dial 140.

VERA LEFEBVRE
RESCUER'S SISTER



Three years ago, I made a decision that would change my life forever. I joined the Lebanese Red Cross as an EMT, despite my friends, family, and classmates questioning my choice.

They wondered why I would invest my time and energy in a field that was seemingly unrelated to my major. But little did they know that decision would shape me into the person I am today. The lessons I learned as an EMT went beyond just medical knowledge. I learned discipline, responsibility, courage, teamwork, decision making, compassion and so much more. These qualities transformed me into a better version of myself, one that I never knew existed.

Throughout my life and career, the Lebanese Red Cross has played a pivotal role in my achievements. I attribute a significant portion of my success to the rigorous training and challenging experiences I received at Damour Station 606. These difficulties taught me valuable skills and instilled in me the resilience required to overcome obstacles and excel in my chosen profession. As such, I hold the Lebanese Red Cross in high esteem for the profound impact it has had on my personal and professional growth.

People often ask me why I'm still with the Lebanese Red Cross, and what keeps me going.

My answer is simple- it's my way of paying back my respect and gratitude to the organization that made me who I am today.

My journey with the Lebanese Red Cross has been nothing short of an emotional rollercoaster. I've seen the best and the worst of humanity, and I've learned that hope is the strongest weapon we have in the face of adversity. Every time I step out on a mission, I'm reminded of the impact I'm making in someone's life. Being able to help someone in their time of need is the greatest reward anyone can ask for. This humbling and rewarding experience has taught me to be a better human being, and I will forever be grateful for the opportunity to serve my community. To those who question my choice, I say that it's not about the destination but the journey. And for me, being part of the Lebanese Red Cross has been the most fulfilling journey of my life.

Thank you 606 for everything!

BARNEY 606

Dear First Aider,

So, this is your life, and you are going to be both moved and confused by it. It's a funny yet beautiful thing. Sometimes it will surprise you with the good, other times with the bad.

You are going to experience things that will inspire you, and things that you will never quite come to terms with. You are going to love people that you will sometimes lose, but you will also find those people & let them know that you care. You are going to laugh until you cry, you are going to ache in ways you never thought possible; you are going to be exhausted by the chaos of it all and ignited by the beauty.

You are going to be hurt, and you are going to hurt.

Sometimes you have to give yourself your own closure.

Other times you will have to let go. Sometimes you will have to find comfort in being alone, in being lost. Always be the best person you can be and when you mess up, make up for it in the next moment, minute or day. Be kind even when you're tired. Be understanding even when you're angry.

Do more than you're asked, and don't ask for anything in return. Don't silently expect anything either. Listen when someone talks, and really listen, stop thinking of how you will respond. Tell people that you love them and that you appreciate them. Go out of your way to do things for people.

One thing you should never do? Spend your time trying to prove that you're great, your actions will do that for you. We only have limited time on this earth, don't waste it.

"Like moths, good people are attracted to flame and to light, and they will come"

Yes, this is your life, and though it will be unpredictable, and messy, even though it can break you down you are going to survive it,
Love always,

Naya
204

“- Chou bta3mle bel
7ayet demoiselle ?
- Ana orthophoniste w
messe3fe
- Leh byedfa3oulkon bel
es3af ?
- Euhh..La2 ”

À chaque fois que je pense à ma réponse je rigole. Je comprends la confusion de ce Monsieur vu que mentionner que je suis secouriste à la question «qu'est-ce que tu fais dans ta vie?» n'est pas réellement correct. Être secouriste n'est pas un travail, et ce n'est sûrement pas un passe-temps ou quelque chose à ajouter sur le CV. Pour moi ce n'est pas non plus que du bénévolat car je sens qu'en le décrivant ainsi on réduit ce que c'est vraiment. Mais c'est quoi être secouriste alors ? Souvent je me demande qui j'aurais été si je n'étais pas secouriste. Je me demande à quoi ressemblerait ma vie, si j'aurais été encore au Liban, si j'aurais fait tous les choix que j'ai fait et pleins d'autres questions qui tournent autour de mon identité. Peut-être car être secouriste est ce qui me définit le mieux. C'est en fin de compte mon identité. Et c'est chaque seconde passée en tant que secouriste qui a construit qui je suis aujourd'hui. Répondre que je suis secouriste est la meilleure manière pour m'introduire (n'en déplaise au Monsieur).

On ne ment pas quand on dit «مسعف إلى الأبد». Je suis secouriste et je le serai éternellement. Mon identité tourne autour de ce titre maintenant et toujours, et j'ai l'honneur de la partager avec tous ce qui portent ou portaient ce titre.

EMMANUELLE NAJARRE
KHATYÉ 203



As a rescuer, I have borne witness to the depths of human suffering, a profound and indescribable experience that has forever changed me. The path of a rescuer is not an easy one. It demands a level of endurance and perseverance that can only be achieved through a deep sense of duty and self-sacrifice.

Our work often leads us into situations that test the limits of our courage and compassion. We are called upon to make decisions that can mean the difference between life and death, often in the face of overwhelming odds and unimaginable adversity.

The pain and sacrifice that we endure are not something that can be easily quantified or expressed in words. It is a journey that is both harrowing and beautiful, filled with moments of both tragedy and triumph.

Yet, despite the challenges that we face, we carry on, driven by an unshakable sense of purpose and a deep love for humanity. For us, the Lebanese Red Cross is more than just an organization; it is a symbol of hope, a beacon of light that shines through even the darkest of times.

Through our experiences, we gain a deeper appreciation of the value of life, the importance of community, and of the limitless potential of the human spirit. It is a journey that is both humbling and awe-inspiring and one that I would not trade for anything in the world.

ELIAS AL ZAGHRINI
SUPER ZAGHO 208

تحية إسعافية وبعد،
القصة مش قصة يوم ويومين ومش مجرد مركز
ومسعفين،
قصتنا قصة عمر وعطاء دون مقابل،
قصة حياة وموت وعيلة بالمقابل.
بتعرف شو يعني "شهيد" بالصليب الأحمر اللبناني؟
يعني بطل قدّم حياتو كرمال هالمؤسسة!
هدف إنساني بيخليك تتطوّع وتفوت عالمركز، بتدرب
وتتظهر مهمة، عمل مجموعة وإيد وحدة، وبالآخير
"يعطيكن العافية"
هيدي الجملة اللي بتكلّل نجاحنا بكل مهمة وبتخلينا
نقوى أكثر ونحارب لنقيش إنسان.
هدفنا واحد وهو حياة المريض، شو ما كان لونو وشو
ما كان دينو، دايمًا نبض بينادي بالخدمة التطوعية.
كلمة "شهيد" مش كلمة بالتم!
تحية من القلب لشهداء الصليب الأحمر اللبناني،
لأنو لو ما إنتوا زرعتموا ، ما كنّا حصدا!

ROY HARFOUCHE
LIVE 402

بدأت مسيرتي كمسعفة ضمن مجموعة من الأشخاص
من مختلف الأعمار والمجتمعات والاديان.
بجمعنا هدف واحد هو تلبية نداء كل مريض.
رغم كل الظروف التي نمر بها، أصبحنا عائلة ويدًا واحدة
تفدّينا المحبة والتعاون، نعمل للهدف نفسه.
مع كل يوم جديد، صعوبات و مفاجآت جديدة لا
نعلم بها و لكن ما ندركه اننا بكامل الجهورية و اننا
ستخطاها.
كل مهمة لها معنى مختلف عن غيرها نكتسب منها
قيمة جديدة، نعيش مشاعر عدّة منها الفرح و الحزن،
الامل واليأس ومنها ما لا يوصف بالكلمات. نتعلّق أكثر
بالحياة و نعي قيمة ما نملك.
ما اجمل ان تشعر بالسعادة من اجل ابتسامة مريض او
دعوة رغم عدم معرفته لنا.
ما اجمل ان تبقى الامل في حياة انسان و ان يعلم اننا
دائمًا بجانبه اينما كان.

LYNN JABER
DELIVERY 503

My last shift, two years ago, was a sad one. I said goodbye to everyone from a distance, and from underneath my mask, I smiled, happy to have been part of this organization, and grateful to have been able to help in these difficult times when everyone else felt helpless. I packed my bag and left the station, believing that this would be the final mission, the final patient, the final permanence, the final time.

Two years later, I found myself back home. Although I had left for a while, Red Cross never really left me. Even after I thought I was gone for good, I never quite got over the feeling of satisfaction and pride that I had felt every time I wore my overall. I never got over the words that I heard from the numerous patients I had helped throughout my 3 years of volunteering. And so, I realized, that home is not just a physical place, but rather where you feel a sense of belonging and purpose. It's where you feel the most comfortable, the most fulfilled, and the most alive. For me, the station was my home, and I realized that I cannot truly return home, without being a Red Cross volunteer.

CHRISTELLE YAMMINE
TATA 203

I think my Red Cross journey has begun way before I actually got in. I always dreamt of being part of this organization since I was a child, and it has been the best decision I ever took. I'm only a month in and I'm already convinced that it is the best place for me to become whole as a person, seeing life through the eyes of the people I help. I'm beyond grateful and proud to have the opportunity to be part of this family and give it my all for as long as I can.

TALA MAHFOUZ
203

It's been six years since I joined the station... A lot can happen in that time.

We've all heard the savior stories: Stories that end in a glorifying boost of confidence and morale. True, they are sometimes challenging, but the simple "you saved my life" at the end of it makes it all worth it.

I would like to share a story with a somewhat different ending.

This is the story of a 1-year-old infant - let's call him Omar - who suffered a 2-story fall and injured his head. Given his state, his mother was in a frenzy yearning to save her child. The team arrived, provided oxygen, and immobilized him.

Seeking admission for a pediatric trauma patient is a very hard task to achieve. Between hospital refusals, protocol obstacles, and financial hassles, the team transporting Omar found themselves standing in a hospital parking lot with little Omar gradually losing consciousness, and a wailing mother wanting to save her child.

"You're killing him! Get him to another hospital. Stop staring at him and do something!"

A million things race through your mind when you're in the middle of a mission: Your team, the assessment, the management, hospital reservations, and everything in between. So when you find yourself literally spinning in circles two hours into the mission failing to get a 1-year-old brain-injured baby to the hospital, hearing his mother blaming you for his death hits hard and sticks with you.

Eventually, we managed to get Omar to an ER where a qualified team immediately started managing his case. He had an internal bleed in

his brain and multiple fractures. His fate was unknown.

As I was leaving the hospital, I went to the mother to wish little Omar a speedy recovery.

At this point, you might be expecting the mother, as with most cases, to have had a change of heart after the stress of the transport and to either apologize for her actions or at least shift her perspective. Well, she didn't.

She looked me dead in the eye and said

"Nchala ma tkoun atalto."

This is not a sob story. We all go through this. We all face these challenges on the daily and we learn to deal with them through everything that we acquire during our journey.

One might ask why we do this. Honestly, no one signs up for this. No one tells you that 6 years into your rescuer journey, you will find yourself facing a mother blaming you for her child's dying.

Maybe it just comes with the job. Maybe this is the price for every truly wonderful thing we get from the Red Cross. I honestly don't know. What I do know is that we're in this together. So thanks!

Thank you fellow rescuers for putting yourselves out there and holding down the fort.

And by the way, little Omar had a full recovery!

TOUFIC YAMMINE
TOTO 203

I was exposed to the concept of being a Red Cross volunteer ever since I was little through my aunt, who is still a volunteer. And as I saw her dedication and passion throughout my childhood, I knew I wanted to be that person one day. So, at 16, I accepted the challenge and joined the LRC. I learned a lot, I failed and succeeded, I stumbled upon some of the purest people, People I now consider family, I pushed myself outside my comfort zone. Seven years later, the challenge remains and the adrenaline rush never seems to fade. Seven years later, I cannot but be grateful for the lessons, the memories, and for the fact that I never allowed myself to give up.

SABINE SAYAH
203



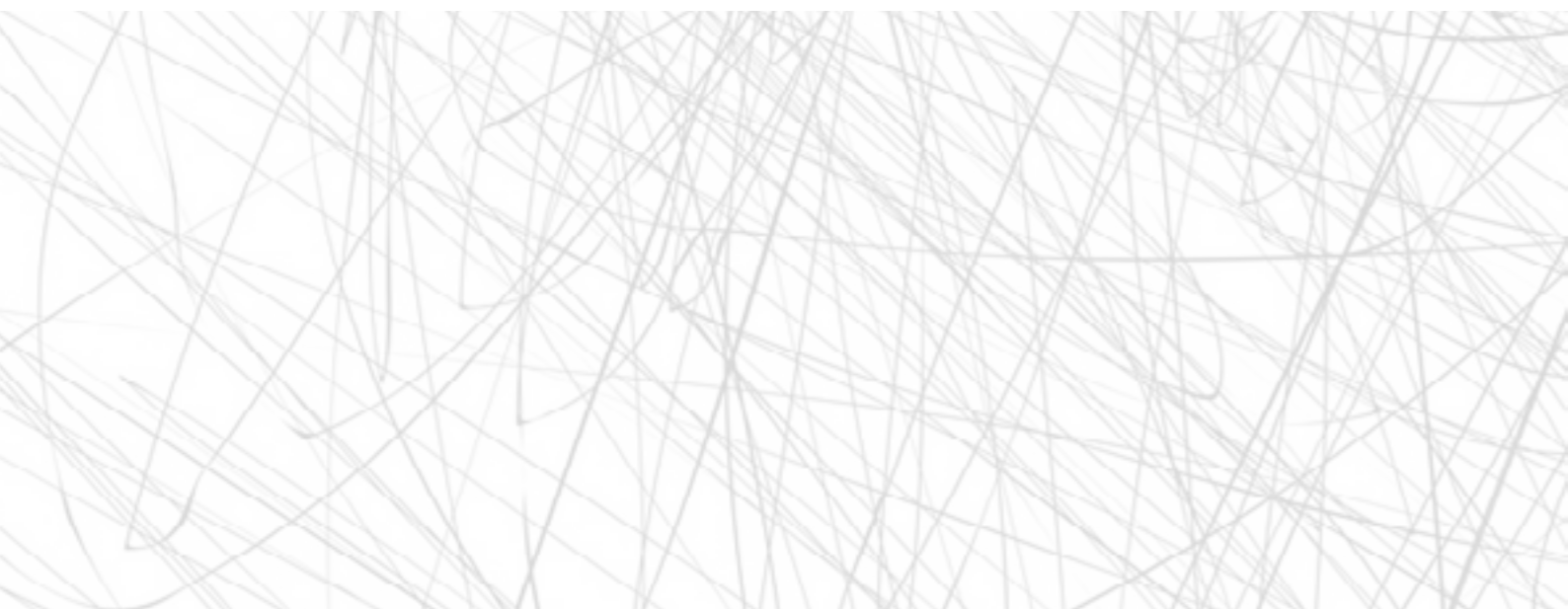


La Croix Rouge, étant donné mon rêve et mon but dans le passé... Des années ont passé, je me suis trouvé avec mes garçons qui, par hérédité peut-être, et sans que je le sache, mon aîné a commencé son chemin de bénévole dans les missions humanitaires et moi, j'ai toujours été trop fier de lui. Un jeune portant les valeurs de secouriste, de vivre ensemble, d'aider, et surtout de les appliquer avec amour...

Quelques petites années plus tard, et sans que je le sache aussi, je me suis trouvée devant mon deuxième garçon aussi impulsif pour le travail de secours.

Très contente est très ravie et même très fière de les voir vivre, les expériences de la vie, avec un grand respect de l'homme, loin de la politique, sans discrimination raciale... Juste dans la paix, la compréhension, le respect et le service humanitaire dans leur deuxième famille, la Croix-Rouge.

REINE AZAR
RESCUER'S MOTHER



هَيَّيْ قِصَّةَ حَيَاةٍ، مَشْ شَعَارٍ أَوْ مَجَرَّدَ كَلِمَاتٍ.
حَيَاةَ كُلِّ مَسْعُوفٍ تَطْوَعُ لِيَسَاعِدَ كُلَّ إِنْسَانٍ مَرِيضٍ أَوْ مُحْتَاجٍ لِسُنْدٍ يَقْوِي بِظُرُوفٍ صَعْبَةٍ.
قِصَّةُ كُلِّ شَخْصٍ انْضَمَّ لِعَيْلَةٍ بِالصُّلَيْبِ الْأَحْمَرِ؛ بِاللَّوْلَ مَا تَوَقَّعُ يَكُونُ عَمَّ بِغَيْرِ حَيَاتِهِ وَلَا يَكُونُ عَمَّ بِغَيْرِ بَهْوَيتِهِ. بَسْ
يَبْكُتْشِفُ مَعَ الْوَقْتِ أَنَّوْ حَيَاتُوْ هَارِ الْهَاءِ مَعْنَى وَهَدَفِ احْلَى، وَاخْتَارَ عَيْلَةً جَدِيدَةً حُلُوَّةَ كَثِيرٍ.
مَعَهَا كَبَرٌ، تَغْيِيرٌ، وَتَعَلَّمَ دُرُوسَ كَثِيرٍ وَحَمَلَ مَبَادِيٍّ وَقِيمَ تَتَرَاغَبُوا كُلَّ الْعَمْرِ.
وَرَحَ يَبْقَى عَطُولٌ، وَيَنْ مَا رَاحَ وَكَيْفَ مَا اخْدَتُو الدُّنْيَا، حَامِلٌ هَالْهَوِيَّةَ...وَيَبْقَى مَسْعُوفٌ لِلْأَبَدِ

FIDA MENHEM
SAMSAM 203

Ecrire quelques phrases ne suffira jamais pour parler de la Croix Rouge. Il s'agit de jeunes étudiants universitaires qui mettent en premier leur temps, leur corps, leur effort physique et mental, et même leur vie pour secourir sans frontière. Ces volontaires desquels ma fille fait partie, sont l'avenir d'un Liban qui donne la priorité aux causes humanitaires, où l'homme et sa sécurité sont de première importance. Merci de tout cœur à vous tous. Merci Noémie, fière de toi ma fille. Que Dieu vous protège et vous guide!

RITA MOUAWAD
RESCUER'S MOTHER



MARIE THERESE AL HASHEM

مَشْ بَطْل... أَبْطَال!
كُنْتُ قَبْلَ مَا فُوتَ عَالِصِيبِ الْأَحْمَرِ فِكْرَ قَدِّي قَوِي الْمَسْعُوفِ عَمَّ بِكَرْسٍ وَقْتَهُ لِهَالرِسَالَةِ، بَطْل!
أَنَا كَمَا بَدِي كُونُ مَثَلِهِ.
بَسْ فَنَتَّ عَالْمَرَكْزِ، اكْتَشَفْتُ أَنُو هِيَ مَشْ بَسْ قِصَّةَ بَطْلٍ، هِيَ قِصَّةُ أَبْطَالٍ.
اجْتَمَعُوا وَصَارُوا فَرَقَةً، اتَّحَدُوا وَصَارَ هَدَفُهُنَّ وَاحِدًا.
قِصَّةُ كَابْتَنٍ وَهَارْدِي أَكْثَرُ قِصَّةَ بَتَمَثَّلُ هَالَاتِّحَادِ، هَنِّي جَسَّدُوا كَلِمَةَ أَبْطَالٍ.

CHRYSTELLE CHEMALY
203

THANK YOU

We extend our sincere gratitude to those who supported the execution of Souvenir XXXVIII and the release of the 23rd edition of the magazine.

Dr. Antoine El Zoghbi - President of the Lebanese Red Cross
Mr. Georges Kettaneh - Secretary General of the Lebanese Red Cross
Mrs. Rosy Boulos - Responsible for the Lebanese Red Cross EMS Department
Mr. Alexy Nehme - Director of the Lebanese Red Cross EMS Department
The Families of Our Martyrs
All EMS Stations & Rescuers
All Lebanese Red Cross Members
UNESCO Palace Beirut
Lebanese Ministry of Culture
Lebanese Ministry of Education
Lebanese National Higher Conservatory of Music
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Mr. Carl Haddad - Director
Mr. Elias Mallah
Wood Align
Mr. Karim Nasr - Director
Mr. Tony Bsaibes - Cinematographer
Mr. Dany Chedid | Off The Wall Studios
Mr. Jihad Saade - Filming Equipment
Mr. Joe Jabre | Meant4Event
Mr. Jad Karam - Scenographer
Ms. Soha Abou Antoun - Singer
Ms. Joelle Morcos - Musician
Ms. Chimène Zouki - Graphic Designer
Mr. Tarek Khoury | Bookcopy Mazraat Yachouh
PapArt - Mazraat Yachouh

All rescuers and alumni of Kornet Chehwan Station, and all the people who contributed to the preparation of the exhibition, ceremony, and this magazine.

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Mr. Gorgio Andraos - Photographer