

# Souvenir 33

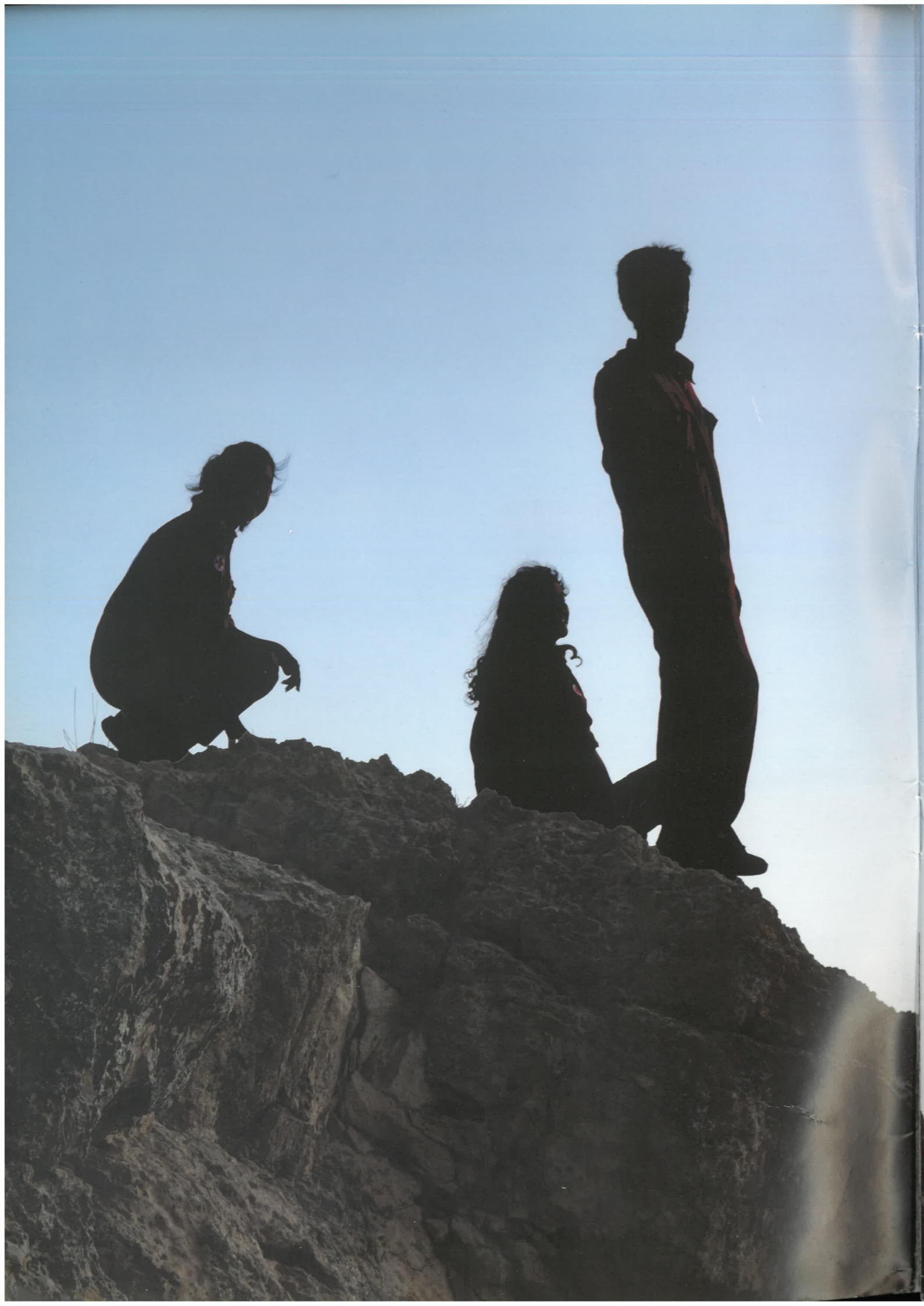
Issue #18

April 2018

Red Cross - kornet chehwan



*"Reflections you leave behind"*



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# About The Cover

## "مسعفين الى الابد"

Every individual has a meaning to those words .  
For me it is a reflection.  
A powerful reflection that we leave in every  
mission we go to.  
In every place  
In every city  
In the eyes of every parent  
In the memory of every child

So,  
Red, is for the passion that guides us in every  
mission.  
Grey, is the dark skies pierced only by our am-  
bulance's shining light of hope.  
And the reflections, our marks, our acts are the  
impact we leave behind every mission.  
And this us why we can call ourselves,  
"مسعفين الى الابد"

Cover Deisgn by Gaelle Mouaikel and Toufic Yammine

# Editorial

هُوَ يُسَعِّفُ الْمَرِيضَ، يُنْقِذُ الْجَرِيحَ، يُسَانِدُ الضَّعِيفَ

طُمَأْنِينَةً لِكُلِّ مَرِيضٍ وَ جَرِيحٍ  
عِزَاءً لِأَهْلِ وَ أَوْدِقَاءٍ غَلَبَهُمُ الْخَوْفُ عَلَى أَقْرَبَائِهِمْ  
أَمَلٌ لِكُلِّ عَجُوزٍ يُصَارِعُ الْمَرَضَ وَالْمَوْتَ  
فَخَرٌّ وَ اعْتِزَازٌ لِمُجْتَمَعٍ يَرَى بِالْمُسَعِّفِ صُورَةَ الْإِنْسَانِيَّةِ وَ الْعِطَاءِ  
دَعْمٌ وَ سِنْدٌ لِأَخِيهِ الْمُسَعِّفِ حِينَ تَشْتَدُّ الظُّرُوفُ

بِالنِّسْبَةِ إِلَيْهِ...أَمْرٌ إِعْتِيَادِيٌّ، بَسِيطٌ ... فَهُوَ يَقُومُ بِوَاجِبِهِ

لَا يِعْمَلُ ذِي طَائِعٍ بَطُولِي

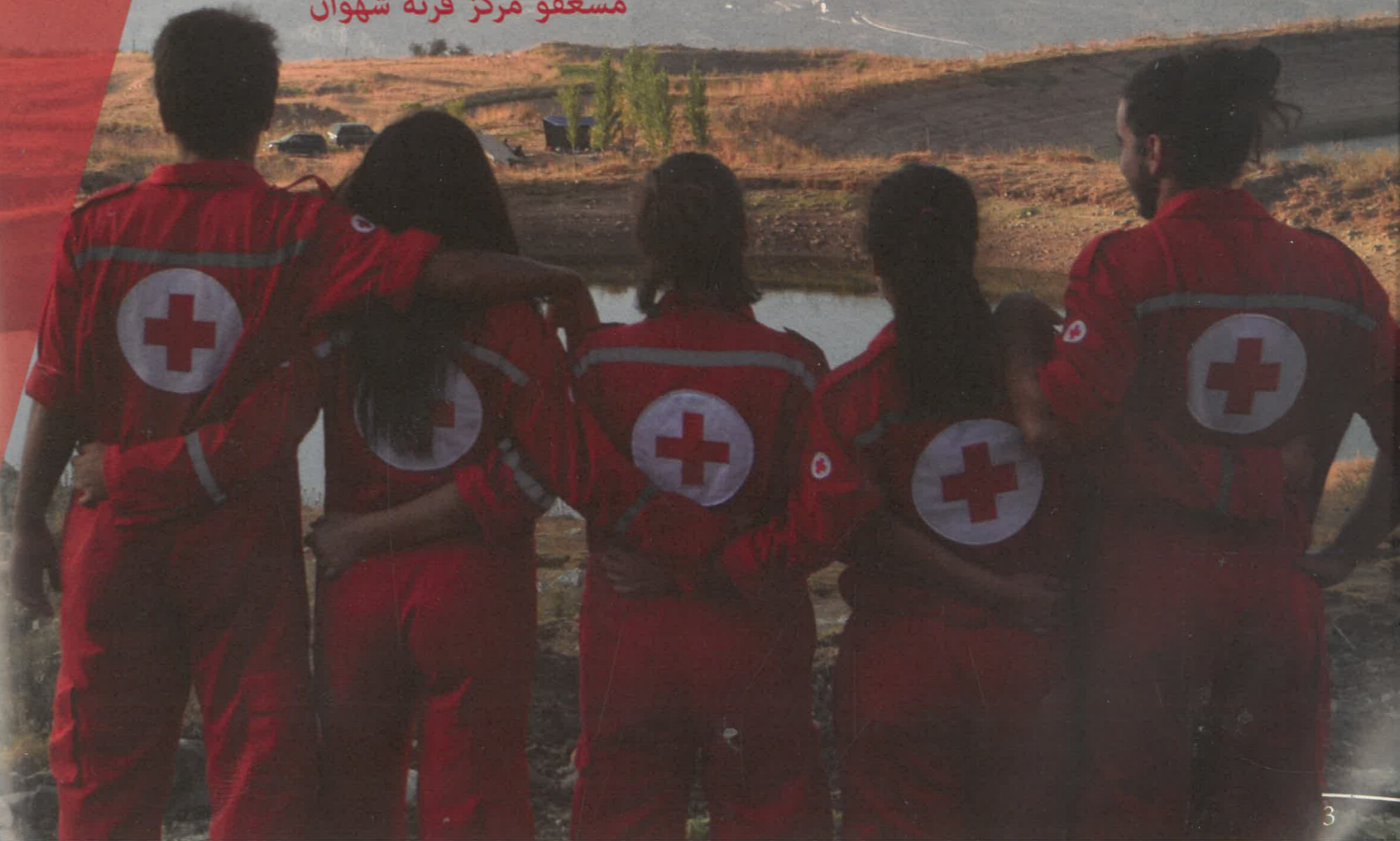
لَكِنْ مَا يَجْهَلُهُ فِي الْكَثِيرِ مِنَ الْأَحْيَانِ هُوَ ذَلِكَ الْأَثَرُ الَّذِي يَطْبَعُهُ فِي نَفُوسِ وَأَذْهَانِ  
الْآخَرِينَ

الْإِنْسَانِيَّةِ... لَا أَكْثَرَ

وَالْأَثَرُ الْأَكْبَرُ وَالْأَهَمُّ، مَا تَرَكَهُ شُهَدَاؤُنَا، هُمْ الَّذِينَ مَهَّدُوا الدَّرَبَ وَ رَسَّمُوا الطَّرِيقَ،  
طَّرِيقَ الْعِطَاءِ بِلا حُدُودِ

الطَّرِيقِ إِلَى مَا وَرَاءِ الْوَاجِبِ

مسعفو مركز قرنة شهبان



## رفاقي شهداء الصليب الاحمر اللبناني ...

أقولها اليوم، ولذكراكم الثالثة والثلاثين علينا واجب ودين أن نكمل المسيرة، مسيرة التضحية والعطاء، مسيرة التطوع، مسيرة الواجب، مسيرة خدمة الإنسان في أرض أحببتموها وبذلتم النفس من أجلها.

فأنتم شهداؤنا ، شهداء الواجب والإنسانية، شهداء لبنان،

... لن ننساكم أبداً

الدكتور أنطوان الزغبى  
رئيس الصليب الأحمر اللبناني



رمز التضحية من أجل الإنسانية

جسر عبور من أنانية اللا مبالاة إلى ما وراء واجب إختارته نفوسكم الكريمة  
رمز التطوع في سبيل خدمة المحتاج والمريض والمصاب بلا حدود.

رفاقنا الشهداء،

منكم نستمد قوة البقاء في بلد صعوباته بإزدياد  
منكم نستمد قوة التطور من أجل جمعية حفظت الدور في قلوب أهلنا  
منكم نستمد قوة العطاء من أجل مجتمع بحاجة إلينا أكثر من أي وقت مضى  
منكم نستمد قوة التفاني من أجل القيم والمبادئ التي صنعت جمعيتنا الوطنية  
ورسخت تضحياتها

فيا شهداؤنا الأبرار، كما قلت السنة الماضية:

”مهما الأرض حفظتكم ، ومهما السماء حضنتكم ، أنتم رموزاً لرفاقكم وأهلكم  
أنتم لم تكونوا يوماً مقاتلين ولا في البيت آمين ، كنتم للإنسانية متطوعين  
وشهدتم للواجب، ولم تكونوا مكلفين“

## On the Motivation of EMS Volunteers

**W**hen I talk about the Emergency Medical Services department in the Lebanese Red Cross, which is quite often, I am frequently asked the question "what motivates these young men and women to give so much of their time to serve others?". I have to admit that, despite having been very close to EMS for so many years, I never seemed to have a fully convincing or complete answer!

Why do young people who have so many options about what to do in today's fast-paced, highly connected world, choose to give more than 20 hours of their precious time every week, for years and years, in order to go out on challenging ambulance missions, help strangers,

train, maintain and clean their ambulances, and perform so many other tasks? I am not sure that there can ever be a single answer because I have to come to understand that the motivations of the volunteers are very diverse. However, when I participated last year in a new course that the EMS training unit is providing as part of the national volunteering project, and as I watched the interactions of the diverse volunteers with the facilitators, it dawned upon me that even though the motivations of individual volunteers may be diverse, there are common, shared elements that seemed to convince everyone and that actually makes sense to me.

**First, it's having a sense of purpose.** Almost all of the LRC volunteers that I have met throughout my life are passionate about the Fundamental Principles of the International Movement of the Red Cross and Red Crescent, and are proud to be working for the noble mission of helping others - most often complete strangers - during their time of need.

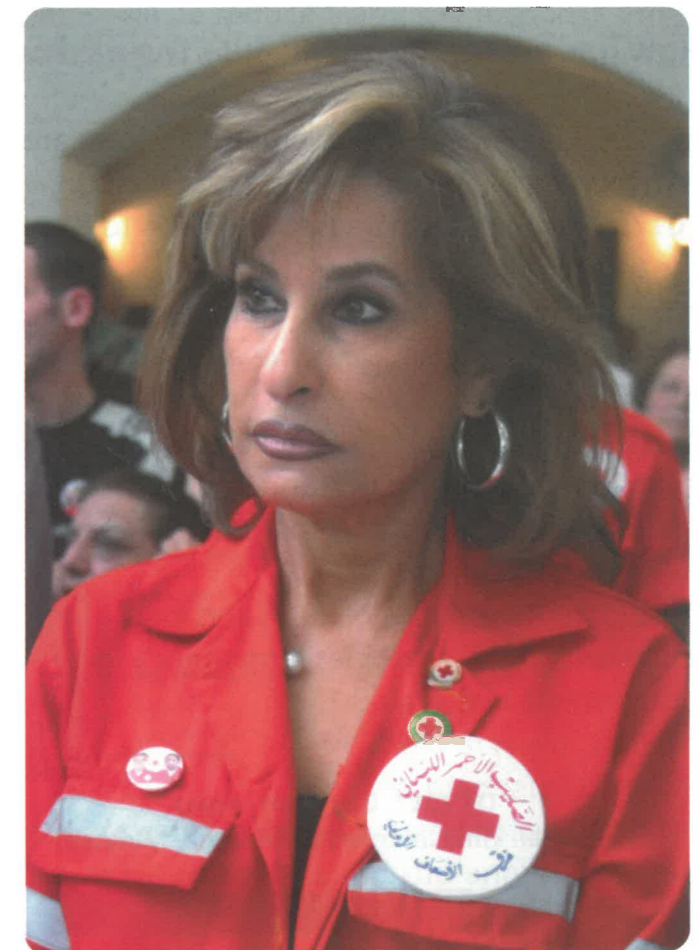
**Second, achieving a high level of competence.** EMS volunteers are almost constantly training, practicing and learning. At first I used to think that putting so many demands and pressures on them would demotivate them. However I then realized that they, the volunteers, are more often than not the ones who are constantly asking for more training in order for them to improve their skills or learn new skills, which will help them to help others more and better!

**Third, having their own responsibilities.** Beyond the regular duties that all EMS volunteers share, there is so much to do to make the system and the ambulance stations work effectively. Some volunteers are in charge of recruiting new volunteers, some are team leaders, some manage the station's equipment, some other help with keeping the ambulances in good working order, some train.....it seems that everyone in every station contributes in a way beyond going out on missions to help others!

Fourth and last, the volunteers very often the word "family" when talking about the Lebanese Red Cross. After a couple of years of service, they start seeing the Red Cross as not only a mission, but a supportive family to which they belong. Not only a place to come fulfil a humanitarian mission, but also a place to come spend time with their brothers and sisters.

Although I do not expect people who have never in their lives volunteered with the passion that I see every day in the EMS volunteers to understand what drives these men and women, I am now satisfied that I have a better grasp of this issue myself. Thinking about this has made me reflect upon my own motivations, and I have come to realize that my main personal motivation is actually seeing the motivation, drive, efforts and passion of the young men and women in the Lebanese Red Cross ambulance service. I am proud beyond words to be able to help and support them in every way possible. And every year, on the 27th of April, date of the commemoration of the Martyrs of the Lebanese Red Cross, I renew my commitment and promise to stay forever besides these marvelous volunteers.

*Rosy Boulos  
Head of Emergency Medical Services  
Lebanese Red Cross*



# Where are we now?

## A review of the 2014-2018 EMS strategy

I have never seen this amount of progress in such a short period of time in any EMS system in the world". This is what the very experienced international EMS expert said while conducting the first part of the evaluation of the 2014-2018 EMS strategy evaluation. Ten years after the first EMS strategy was produced, it is true that the transformation has been quite drastic. Through the efforts of all the volunteers, the staff and the leadership, we have achieved great strides from a set of ambulance stations performing missions as best as they could in an ad-hoc fashion, towards a true national emergency medical services system that places the patient at the center of every action that is undertaken.

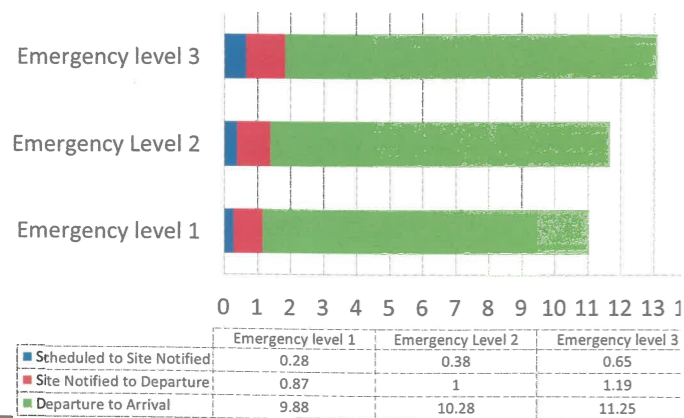
As the second EMS 5-year strategic plan draws to a close, and as the preparations are ongoing to develop the next strategy covering the 2019-2023 period, it is a good time to take stock of what changes have been accomplished and to reflect on what remains to be done. The main mission of LRC EMS is to provide access to effective pre-hospital emergency care to the population in Lebanon. Our strategy has been built around these two concepts of access, which means anyone who needs an ambulance can get it within a reasonable amount of time, and effectiveness, which implies that our emergency medical technicians can provide a good level of care.

### How has access improved over the past 5 years?

In 2006, LRC EMS provided emergency care and transport to 64,597 patients across Lebanon. In 2017, that number increased by 108% to bring the total to 134,438 patients! Whereas in 2006 EMS could not even measure its average response times, we are now able to measure a variety of response time intervals for 31 out of 46 EMS stations thanks to the massive improvements in dispatch and to a close collaboration with a fantastic team from the Lebanese American University. During the 4th quarter of 2017, and for the highest priority of emergencies (emergency level 1),

our average response time, from the moment the call is received to the moment the ambulance arrives to the patient, was a little more than 11 minutes during the day, and a little less than 9 minutes during the night. Although this is not perfect for life-threatening emergencies, it is a respectable response time and as we can now measure it effectively, it is also possible to identify when and where we have unacceptably high response times, and to take specific measures to improve them in order to improve patient care and outcomes.

Q4 2017, Day (6am - 6pm)  
Median Time Intervals to Respond, Minutes



Q4 2017, Night (6pm - 6am)  
Median Time Intervals to Respond, Minutes

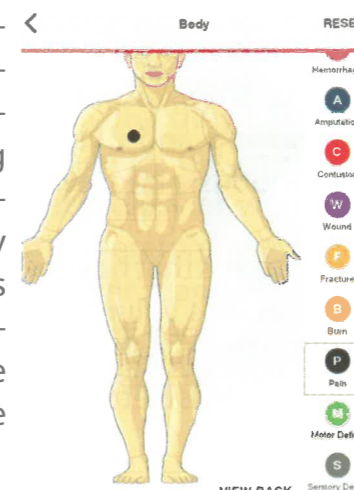


We also now have a much clearer idea about the number of missions that are requested but cannot be fulfilled due to lack of resources. Whereas this number was estimated at more than 40% in 2013, it is now closer to 20% with a particularly high volume of "missed calls" in Beirut and Mount Lebanon. This improvement is a direct result of the massive improvements in Emergency Medical Dispatch, and of the increase in the number of day and night teams. There are more than 3300 active volunteers now in the stations, and most of the stations have significantly improved volunteer recruitment and retention and are able to mobilize a sufficient number of teams on night shifts (6PM to 6AM) and Sundays to respond rapidly to all missions. A significant development is also that we are gradually getting better at retaining volunteers. The leadership training

for all team leaders, the selection by heads of stations of trained local volunteer coordinators, as well as the new Peer Support Programme, are all contributing towards our key objective of keeping our volunteers with us for longer periods of time. As for day shift teams, we moved from having 34 day shift teams in 2007, to 76 day shift teams in 2017. This has probably been the most significant factor in reducing the number of missed calls and improving ambulance response times. However, it has been achieved as a result of the support of our Movement partners, which are the ones funding these day shift teams. The risk is that once this unsustainable support decreases or stops altogether, the number of day shift teams will be reduced, and the response times will increase dramatically.

### Are we providing effective care to our patients?

Going back to 2013, and although multiple capacity initiatives had already started, the situation was that emergency medical technicians provided care in a variety of ways, did not have specific standards of practice to adhere to, were not trained in the same way, and did not have the necessary tools to provide effective pre-hospital emergency care. 5 years later, the situation has changed considerably. From providing first-aid training to less than 2000 persons, LRC EMS today trains 18,000 persons year in first-aid, thereby ensuring that more and more people are



able to effectively activate the emergency care system and can provide life-saving care before the ambulance arrives. From ad-hoc and insufficient training, we now have a national mandatory set of training courses that every emergency medical technician goes through, and annual continuing education courses to ensure that weaknesses are addressed and best practices are always updated.

To ensure proper quality of care, an electronic patient care report has been developed with the support of the medical direction of LRC, and will be tested during the 2nd part of 2018. This will strengthen the quality improvement mechanisms of EMS and will provide one more tool to ensure that we deliver good quality care to our patients.

### Our coming priorities and challenges

Naturally, the more we progress as an EMS system, the more we discover has to be done! There is still an enormous amount of work to be done in order to make even more progress towards our shared vision that every patient in Lebanon will receive prompt and effective pre-hospital care.

Our main priority over the next 5 years will be to improve the funding and sustainability of the EMS system. The fact that more than 70% of EMS funding comes from international partners is unnatural and unsustainable. The Lebanese Red Cross will have to considerably improve its external communications and fundraising capacities in order to ensure that we at least maintain our current response capacity and then improve it based on available resources. LRC will also have to mobilize all of its resources, influence and connections to advocate for more institutional funding for this vital public service. The public as well as national and local authorities have to understand that

A major milestone was that all EMS stations are now equipped with Automatic External Defibrillators and can therefore provide life-saving care to victims of cardiac arrest. Beyond that, all stations now report that they have the equipment and medical consumables that they need to be able to provide care according to the national clinical guidelines that have been developed.

although the LRC is a volunteer-based national society, the pre-hospital emergency care service has costs, and these costs cannot be covered only through donations and very modest institutional support.

The leadership of LRC will also have to advocate strongly for a legal basis for ambulance services in Lebanon. Our system is currently fragmented, with too many EMS providers who are unregulated, uncoordinated and unsupervised, and the cost of this fragmentation is paid by the patient. It should become unacceptable for any entity in Lebanon to just place a stretcher in a van and add lights and sirens and then respond to calls. National standards and mechanisms have to be adopted to ensure that all patients, across Lebanon, receive an appropriate standard of care.

If LRC can successfully tackle these two priorities, then all other challenges and improvements, from dispatch to telecommunications to training and quality improvement, shall be continuously improved over the next 5 years.

So let us all look back with pride at the progress that has been achieved thanks mainly to the efforts of our precious volunteers, and let us also look forward with focus and determination to make sure that we continue progressing towards better patient care.

*EMS Headquarters Team*

## LRC Volunteers and the Looming Elections

performing our civic duty without compromising the integrity of the national society

Whenever there is an election in Lebanon, passions arise and election fever further fragments our society along party or sectarian lines. At every election, LRC volunteers and members discuss, and often disagree about, what is allowed and what is now allowed.

This year, with the parliamentary elections looming in May, the LRC leadership has provided detailed guidance about what is accepted and what is not accepted in terms of our behavior as national society members and volunteers during this election period. It is our ambition as national society that all aspects of Safer Access, or the ability of the national society to provide services in all areas, at all times, and to all components of our communities, are

### To vote or not to vote?

This is the easier of the two key questions. The answer is a resounding YES! Most LRC volunteers and all members are Lebanese citizens. It is part of our civic duty to vote and to help elect the people that we think are best suited to govern the country. However, the voting process should be a personal, low-profile and confidential one. While every volunteer and member is encouraged to vote, they have to remember that they are seen by the community as LRC volunteers, regardless of whether they are on duty or not. Therefore, we have to hold ourselves to a higher standard than the rest of the population with regards to the voting process. We should keep our choice to

discussed constructively and often at all levels of the organization. It is our hope that the LRC Code of Conduct be a document that is alive, debated and discussed instead of just a piece of paper that is signed without a deep understanding of why it was written and how it can help us achieve and maintain safer access.

So the aim of this short article is to go beyond what is acceptable and unacceptable behavior with regards to the elections, by explaining the reasons why these decisions were taken by LRC and thereby, we hope, ensuring that every LRC member and volunteer fully adheres to these decisions.

ourselves, insert the ballot in the privacy of the voting booth, and not discuss who we voted for and refrain from attacking the candidates against whom we voted. We have to remember that today we are voting, but tomorrow we may be serving people who belong to the party against whom we voted. If I as a volunteer aggressively criticize a certain candidate, in a country like Lebanon where there are no secrets, and in the age of social media, this will surely become known.

If I, the same volunteer am asked to go support the partisans of that same candidate a few months down the line, then I risk being

rejected or attacked. This would violate LRC's code of conduct and expose LRC to either limited access to communities in need, or to violent actions putting our personnel at risk. Both are unacceptable. Therefore, volunteers should vote, but

should do so discreetly, only expressing their opinion or preference on the secret ballot paper.

Article 10 of the LRC Code of Conduct:

*"To uphold and reflect the spirit and principles of the Red Cross and especially those of neutrality and impartiality in all his actions and behavior even in his or her private and personal life and on social media."*

### Can a member or volunteer work for an electoral campaign?

Therefore, ACTIVE LRC volunteer or members are in principle NOT allowed to work for an electoral campaign. However, there is a process to allow for some flexibility without compromising the integrity and Fundamental Principles:

A member who wants to work in an electoral campaign should send a formal letter to his or her line manager or head of department, indicating this wish and asking for permission to suspend membership or active volunteering duty for a specific period of time. During this period, the volunteer or member should not participate in any LRC activity or indicate any belonging to the LRC on any channel whatsoever (so-

cial media or wearing the uniform etc.).

At the end of this period, the relevant LRC authorities will decide whether this volunteer or member participated in the electoral campaign in a professional, ethical manner which will not reflect badly on the national society. If that is the case, then the person will be allowed to return to active duty in the LRC. If, however, the volunteer or member behaved in a way that is incompatible with the image and mission of the National Society, then he or she will not be allowed to return to active duty.

This, of course, excludes volunteers or members in the LRC who participate in the electoral process as part of their professional jobs and in a completely non-partisan manner. For example, employees in government functions who are bound to support the electoral process are naturally not required to stop active duty or suspend their membership in the LRC.

it needs to be, and to be perceived by all, as a humanitarian, fully neutral, impartial and independent organization. Since the image of any organization is determined by the sum of the behavior of the people who make it up, then our recommendation to all our volunteers, staff and members can be summarized in the following way:

In summary, it is important to recall at all times that the LRC exists to serve the population in Lebanon. To be able to do that, it needs to be, and to be perceived by all, as a humanitarian, fully neutral, impartial and independent organization. Since the image of any organization is determined by the sum of the behavior of the people who make it up, then our recommendation to all our volunteers, staff and members can be summarized in the following way:

*"Do, at all times, what is in the best interest of the LRC and the people that it exists to serve."*

Nabih Jaber  
Socrate | 203



## Souvenir XXXII

"وحدتنا بعملنا"

Using the 7 principles of the Red Cross and Red Crescent as one of the basis of what we do and what we stand for, the committee worked on unpacking a new idea in Souvenir XXXII: "Unity in Diversity". Unity allows people to come together and serve. Our strength is our ability to see a unique beauty in each person we had the privilege of meeting through our service.

Even though Lebanon is a small country different diverse smaller societies have developed. We see and notice different traditions, social customs, cultures and even dialects change.

Why is it that beneath all these differences lies great similarities which keep volunteers bonded together?

Why are experiences of emergencies similar between volunteers that never met?

Why do Lebanese Red Cross volunteers have a sense of unity and belonging?

To answer these questions, the committee visited EMS stations around Lebanon and simply asked them "What do people tell you in an emergency? What do your parents tell you when you leave to your shift? How many family events have you missed because of your shifts?"

The volunteers did not know the questions beforehand, some were surprised before answering, some had to think, some laughed, but we got the same answers and reached the same result. We had our questions answered.

Volunteers are proud of their cultural distinctiveness, they are proud to be members of this diverse organization and they see that it is their responsibility to maintain this unique feature.

Diversity in every aspect of society serves as a source of strength and wealth. The different ways of worship and belief represent underlying uniformity and promote a spirit of harmony and brotherhood.

We should think beyond the multiple interests of our daily lives, and work for the broader goals of progress towards serving humanity.

Strength lies in differences not in similarities because our ability to reach unity in diversity is the ground where our humanitarian cause is tested. Diversity is not about how we are different but how we embrace each other's uniqueness.

The greatest example where our martyrs. They did not know each other, lived during different times and in different regions, they still sacrificed their lives to save people they did not know beyond all considerations of religious, regional, linguistic and sectional diversities...

Beyond the call of duty.

Nour Khalil, Head of Souvenir 32 committee  
Jouneh | 203

## Monument XXXIII

مسعفون في خدمة الإنسان، كل إنسان ...

في بلد، كثرت فيه الطوائف، والأديان وتعددت فيه الأحزاب السياسية،  
والمجتمعات، لم يُفرق الصليب الأحمر يوماً إنساناً عن آخر...

في أيام السلم وأيام الحروب وما أكثرها... بقي مسعفو الصليب الأحمر، خير  
مثال للحيادية، وعدم التحيز...

لم يروا في أي مريض، مصاب، أو محتاج لا لوناً، لا بشرة، لا مذهب، ولا رأي  
سياسي ...

نظرتهم دائماً واحدة.. نظرة إنسانية، وعطاء وحب للمساعدة ...

مُجسّم الذكرى لهذا العام، خارطة لبنان، محفورة عليها أسماء خمسة عشر  
شهيداً، شهداء الإنسانية ...

شهداء علي إمتداد الوطن، من الشمال إلى الجنوب: حلبا، طرابلس، قرنة  
شهران، الأشرفية، المريجه، صيدا، بعلبك، قب إلياس، و زحله

حُفرت أسماءهم تجسيدا للآثر الذي تركوه ...  
فباستشهادهم حفروا ومهدوا الطريق، طريق العطاء دون مقابل ...

إلى ما وراء الواجب ...

She's the city that never sleeps. Her streets never get tired from dawn till dusk.  
She's the city that doesn't only have a past but she's also proud of it.  
Come feel the vibes of Beirut.

Experience Life  
differently

# Trivia Questions

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

- When was the LRC founded?
  - a) 9 July 1945
  - b) 9 July 1944
  - c) 10 July 1945
- When did the LRC join the ICRC?
  - a) 1945
  - b) 1944
  - c) 1947
- Which of the following is NOT one of the fundamental principles of the Red cross?
  - a) Humanity
  - b) Neutrality
  - c) Necessity
- How many Blood Transfusion Centres exist in Lebanon?
  - a) 8
  - b) 13
  - c) 15
- Henri Dunant was born on:
  - a) 8 May 1828
  - b) 4 June 1859
  - c) 9 February 1963
- How many EMS Red Cross centers are there in Lebanon?
  - a) 46
  - b) 44
  - c) 38
- When did the A Red Cross first receive the Nobel Peace Prize?
  - a) 1901
  - b) 1914
  - c) 1917
- Almost how many rescuers are active in 2018?
  - a) 2700
  - b) 1200
  - c) 3900
- What does KTD stand for?
  - a) Kendrick Traffic Device
  - b) Kendrick Traction Device
  - c) Kendall Traction Developer
- How should you open the airway of a non-traumatic unconscious patient?
  - a) Lift the Chin
  - b) Jaw Thrust
  - c) Head Tilt and Chin Lift

أكتب هذا الكتاب لأعبر فيه عن مشاعر لا بد لي من كتبها أمام الكثير وطمرها في هذه الأوراق ربما مع استعراضها تنبه وتنجم الكثير من الحلول.  
 هذه شبه بوصيتي إلى فرق الإسعاف في الصليب الأحمر اللبناني التي أتمنى أن تقرأ وتخل فقط ولست أطلب أن يعمل بها إلا إذا كانت جديرة ومفيدة.  
 حتى إلى الفرق بدأ يزود منذ دخلتها ومنذ تربيت تحت أجنحة الكثير من المسؤولين والكوادر الذين لا بد أتروا على تربيتي ولكنتي لم اتقدم يوماً إلا بقدر ما محبتي للفرق وأعضائها كبرت لم أفكر يوماً بأن هذه الأسطر ستصدر عني ولهذا أكتب والدهشة في رأسي.  
 إفتناعي بالشهادة يزود يوماً بعد يوم وخاصة عندما أفكر بمحدودية العمل بالفرق بدأت أكتشف أنني لا أستطيع أن أبقي إلى الأبد مسعف لا أستطيع أن أنفذ الحلم أو الجواب عن السؤال إلى متى باقي؟ إلى الأبد !!!

نعم لا أستطيع أن أقول إلى الأبد ما لم أستشهد يوماً بعد يوم بدأت أفتنع بأن الشهادة هي الخل يوماً بعد يوم بدأت أفتنع بأن الطريق الضيق التي إذا لم أسلكها لن أستطيع أن أنفذ الحلم "مسعف إلى الأبد" ربما كنت مراهقاً عندما فكرت بهذا الكلام "مراهق في تفكيري كمسعف" ولكن النضوج الذي خلق شهداء الأمل في رأسي بدأت أسأل نفسي وأفتنع بمراهقتي.  
 ماذا أوصي هم الأهم؟ ماذا أقول لمسعف سيدخل ولمسعف عاشني ومسؤول رباني هذا هو السؤال؟

- لا تعيش بأمجادك بل بأحلامك
- بقدر ما خب الفرق بقدر ما تتقدم
- متى لا تكون تلميذاً لا تستطيع أن تكون أستاذاً
- إعمل دائماً وكأنك باق إلى الأبد في المؤسسة
- إفتنع بمسؤولك ولا تكنفي بمعلوماته
- إعط المصاب بقدر ما تريد مسعف أن يعطيك لو كنت أنت المصاب
- إعترف بالخطأ وعندما جهل قل لا أعرف.

يا شباب للندني مديون

وبفعل الإنسانية مجنون

وصرت كل ما شوف رقعة بيضا

إتصور عليا صليب أحمر مدهون

Michel Moukazel

Hardy | 203

أخي أختي أختي هذه اللات :  
 رسالي الله منه أيتها راليه أعود  
 عندما أذهلي صبيك  
 يا الله  
 أيقنت أن الحياة بغيرك  
 التوبة جبر  
 مننت نفسي عليك  
 ارتس بميلك ما حبيت  
 جوت امانه أصلي  
 وطوقتي بذراعك  
 وعمرتي بالهبة  
 ورحمت فوق إلى عيني  
 تريدنا بغيرك  
 ما حست شوقنا بياج في موكبي  
 وسعرت اني مرهبة في الظلمة  
 تعلق  
 نيليت ...  
 اني أفضية  
 بسنظل نبتك  
 من ماني  
 على طريق السماء ...

أخي المنسي  
 تركته  
 لدنك ارت  
 لديني على مرات  
 ونظرة إلى الدراء  
 كنت أصلي  
 موطبة على طر يتر الجلمة  
 ولغيراني  
 صاحب أصلي  
 لدنه أسرم في تاريخ الخدص  
 حجر الزارية  
 أنت  
 منيا الري  
 لدنك محي  
 من شوق الزرع  
 وانا حبة ربل  
 في بناء هيتك  
 الدتاسر للندني  
 وانا حادة الدتاسر  
 نا جيلي  
 عينا عتيرك  
 وعينا على الذن أحييت مدعصر

مدتشر عنك  
 أنفوا ...  
 دعه زور إلى الدليمة  
 لبا ...  
 لانا رايك  
 مرده رنا إلى الزارية  
 غدا سالك  
 ربي  
 وليت لي  
 عناق مع اللون  
 بكون لدقار  
 حاملة دمع الفرح  
 تاركة مدينة الشاع  
 في سرة الدين  
 لدغتي باجر المداعيد  
 والرد باطير الاناسيد  
 رايه  
 لدنك في إلى الدرهم  
 اني انة السماء  
 رشافي صبتك حدطي

من بعد موتي  
 من بعد موتي يا إمي ضلي تذكريني  
 بحلمك بالله على فراشي لا خضني  
 يا إمي انسلوا عني بعض الشباب  
 أوليلن سافر على أبعدي مدني  
 يا إمي عيونك الباكي دخلك نشفيها  
 وعلي لا تسكبي الدمعة لكن حجبها  
 يا إمي أنا ببلاد ملياني أحباب  
 ونظرات عيونك لغيري دخلك خليفها  
 يا إمي البسمة عن وجهك لا تمسحها  
 بتوسل لأله وبفلك عن العالم ما  
 خرميها  
 وشفافك الكانت تلقي أنغامها علي  
 بالله لإخواتي ضلي قولها

Mikhael Gbeyle | 301

# Martyrs' Words

أنت المدية  
 من بعد موتي  
 ان أشركك نك يد تمن  
 ربي دلتي  
 رسالي على العرد  
 وبراء في  
 عرد الوفاء  
 لند عيني  
 أنظر إلى عيني  
 نيرها من برة عيني  
 حابة ايمان  
 عدت اليك  
 بعد جبران ...  
 اتراني عنت  
 في صيكتك البس  
 اسيت في جهالك  
 أحاف العزة  
 والذنتين  
 ومن له يهطي ويزاد  
 بن حبة وافدص  
 ارضت ماري صدي الزمبي

Sister Marie-Sophie ElZoghbi

The martyr of our friends Hardy and Captain has been for us all rescuers, a lesson of devotion and giving of oneself up to the service of humanity. Already each of us during his life was a lesson of humility and spontaneity, of professionalism and availability in the modesty.

At the beginning we were shocked because the loss of one of our own was not in our expectations. We were well surrounded by our responsible for passing it healthily and without sequelae. The most beautiful is that we have become more united, one body and one heart.

Unity was the fruit of the separation, even though we have the feelings present.

We have learned after this accident, to take more care of security and ask for detailed information when we receive a call, before going out in a hurry.

Life in the center continued with more enthusiasm and energy to continue their mission.

This event has given us more human and spiritual maturity.

After years passed, after having left the Red Cross, we are now rescuers for life and their memory always accompanies us and especially when we meet the new generations every year on April 27, who continue to carry the torch. What gives us great pleasure is to see the young of today still ready to give their time to serve society.

Un grand Merci.

Rita Zoghbi  
 Voice | 203

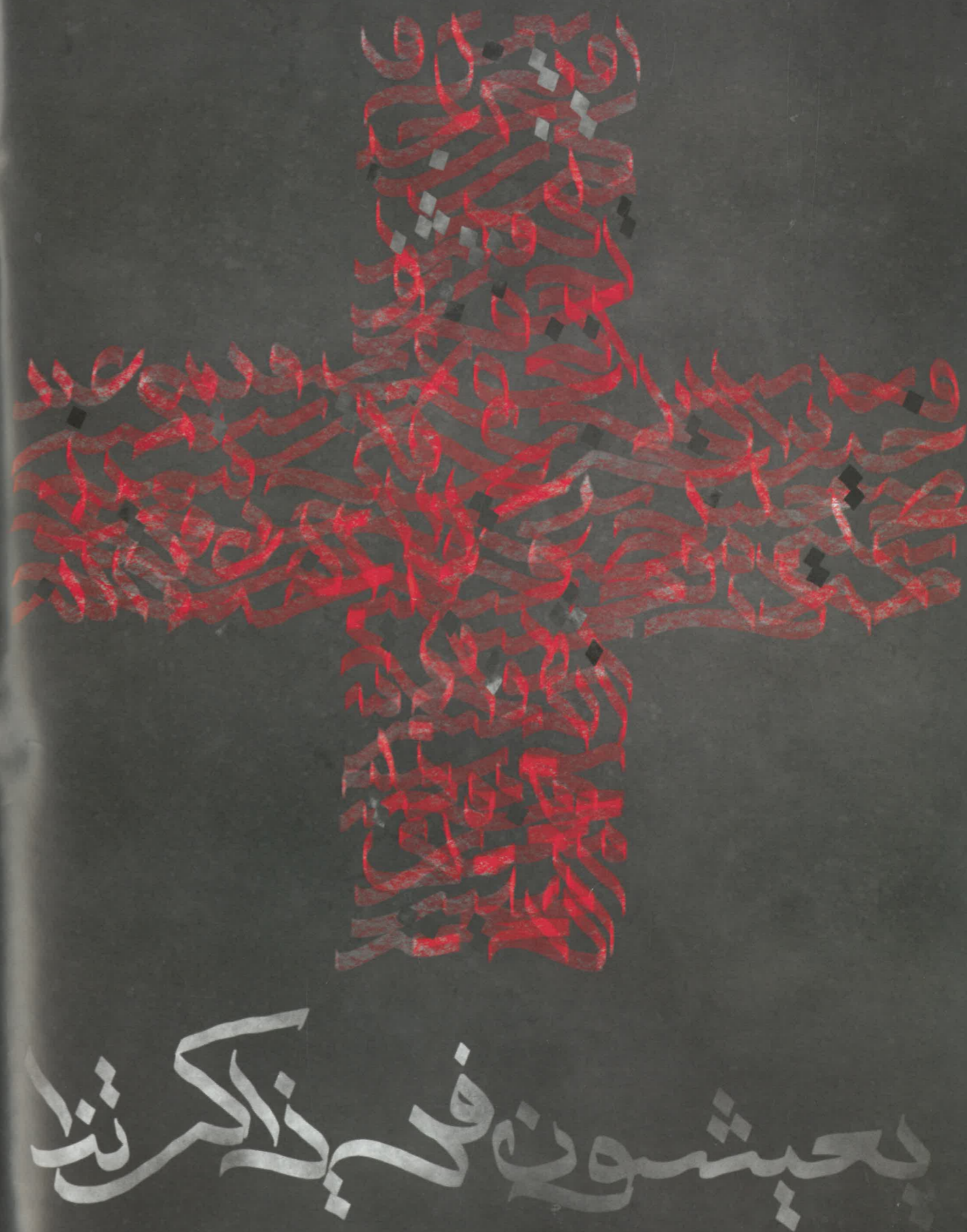
Cela fait maintenant 1 an et 5 mois que j'ai quitté 102 où j'ai passé un peu plus de 8 ans...

L'expérience à la CRL en général, et au secteur 102 en particulier donne des leçons à vie. Ce n'est pas simplement une école ©. C'est beaucoup plus, c'est tout un cursus. Le secourisme est une des rares choses gratuites dans notre pays où, tout est payant et inaccessible à une part grandissante de la population. Pourtant, ce qu'on « Offre » est ce qu'il y a de plus précieux et ce qu'on demande en retour est ce que le plus radin des hommes pourrait donner: Rien! 102 est un lieu d'apprentissage continu, une source de connaissances inépuisables, une expérience inoubliable, des moments mémorables et un esprit hors du commun. Je ne pense pas que j'exagère... J'y étais, j'y ai vécu et j'ai bien vu..

En prenant du recul, je me rends compte à quel point je suis satisfait de cette expérience, à quel point je suis resté attaché aux valeurs acquises tout au long de ces 8 ans... Ces valeurs acquises dans le secourisme lui-même, dans les situations auxquelles les secouristes sont confrontés chaque jour, dans les conditions de travail, dans la vie en communauté au secteur. Même les mauvaises expériences et souvenirs restent une source d'apprentissage. On ne va pas se duper et maudire les moments qu'on a qualifiés de désagréables. Le parcours du secouriste est une vie. Combien de hauts et de bas rencontre-t-on durant notre vie, est-ce pour autant qu'on la méprise? Eh bien voilà, ici c'est pareil, il faut prendre cette expérience avec le positif qu'elle apporte, mais aussi avec le négatif qui y existe. Heureusement que nous sommes des gens consciencieux, car ce négatif, au lieu de le regarder passer

sans rien dire, eh bien non, on essaie de l'arrêter, l'interpeler et même l'améliorer pour le rendre positif. Tout cela pour dire que cette expérience est enrichissante à tous les niveaux. Chaque secouriste avec qui on partage une urgence, une mission, un cours ou une permanence apporte une nouvelle chose dans notre vie. Chaque personne nous aide souvent, sans en être consciente. On râle souvent et on se plaint des évaluations jugées à tort comme étant inutiles. Eh bien ces évaluations, si elles n'avaient qu'un seul point favorable, ce serait le debriefing émotionnel engendré au cours des discussions. Nous sommes des êtres humains, démunis de pouvoirs surnaturels et donc plein de sentiments, de faiblesses et de craintes. On est fiers de ce qu'on fait, c'est tout à fait légitime, car le travail d'un secouriste n'est pas une chose négligeable... Mais, il faut se rappeler qu'on est là de plein gré. Personne n'y a obligé quiconque, et n'allez pas demander aux autres de se mettre à votre place. Parce que, tout simplement, s'ils le pouvaient, ils seraient, non pas à votre place, mais avec vous ! Une dernière chose avant de conclure. Ne vous attardez pas à ce que disent certains (anciens) en parlant de leur époque et comment les choses étaient mieux avant. Eh bien avant c'est le passé... Et maintenant, vous bâtissez l'avenir. Mais il ne faut pas oublier, que le futur a un passé... Et donc, si vous êtes là, c'est parce que des générations précédentes ont accompli ce que vous êtes en train de continuer maintenant, différemment, mais toujours avec une persévérance adaptée à l'époque concernée!!!

Hanna Lahoud  
Bouha | 102



# Patients' Words

## True Meaning of Sacrifice

I have been asked to write a testimonial regarding the Lebanese Red Cross.

Yet it appeared to be far more harder than I thought...

Few words from the heart...

I have asked for their help few times and they were always there asking for not a single thing in return.

They sacrifice themselves for the good of others asking for nothing; no words could ever reveal gratitude and nothing in the world can be done to show how precious they are.

The one thing I can do is to ask God to protect them always and wish them all the best.

Bassam Menhem, Son of Patient



عندما طلب مني أن اكتب بصفة انني إحدى أهالي المرضى الذين علي تواصل دائم مع فرق الصليب الأحمر اللبناني، فكرت أولاً بالجمهور الذي سأوجه إليه: فهل اكتب رسالة شكر للصليب الأحمر على كل ما فعله ولا يزال يفعله مع أخي أم اكتب رسالة توعية إلى المواطنين اللبنانيين وأهالي من يتم انقاذهم ومساعدتهم من قبل الصليب الأحمر؟ فقد اخترت أن اكتب رسالة توعية لأن المتطوعين والمتطوعات في الصليب الأحمر لن تكون كافية رسالة شكر نتوجه بها اليهم لأن عطاءهم وتضحياتهم ووقتهم وتعبهم وحبهم ومساعدتهم وتعرضهم لجميع أنواع المخاطر في تأدية مهامهم الإنسانية لن تكون كلماتي قادرة لا على وصفها ولا حتى على تقديرها. ولأنه من الضروري أن يفهم المواطن اللبناني أن المتطوعين في الصليب الأحمر هم الضمانة الوحيدة لإنقاذنا جميعاً من الأخطار والحوادث. ربما لم يتسن للجميع أن يكون على علاقة مباشرة مع هؤلاء الشبان والشابات، ربما لم يزوروا بيتك لنقلك إلى المستشفى في منتصف الليل، أو إنقاذ أحد أصدقائك من حادث سير مروع كان سيودي بحياته لولا وصولهم في الوقت المناسب. في ذلك الوقت المناسب الذي على الجميع في لبنان أن يفهم بأن فرق الصليب الأحمر تفعل كل ما باستطاعتها للوصول بأسرع وقت إلى مكان تأدية عملية الإنقاذ. انني أعجز وتخونني ذاكرتي في تعداد المرات التي قمت بالاتصال بالصليب الأحمر طالبة منهم المساعدة في نقل أخي إلى المستشفى. إن أخي يعاني من كسل في الكلى وعدم القدرة على المشي ومن صعوبات في التنفس قد أنقذ في مرات عديدة من قبل هؤلاء الأبطال الذين كانوا دوماً يصلون في الوقت المناسب لإنقاذ حياته. ومنذ سنة أصبحت على تواصل أكثر معهم إذ أنهم يقومون مرتين في الأسبوع بنقل أخي من البيت إلى المستشفى ليقوم بعلاج غسيل الكلى. لن أطيل الكلام عن مدى احترافهم وحبهم لما يقومون به من مساعدة فكما ذكرت إن الكلمات تبقى قليلة ولا معنى لها أمام ما يفعلونه من أجلنا جميعاً

أيها الشعب اللبناني عليك أن تساهم في عمليات الإنقاذ، ربما لا نستطيع جميعنا التطوع في الصليب الأحمر لكننا نستطيع المساعدة في الإنقاذ. إذا كنت تقود سيارتك وصادف مرور سيارة الإسعاف فعليك أن تفسح المجال لها بالمرور، عليك التبرع بالمال أو بالدم إذا كنت قادر على ذلك. والأهم أنه علينا جميعاً تقدير تضحيات المتطوعين وإذا كنت من ذوي أو أهل لشخص يتم انقاذه من قبل الصليب الأحمر فعليك إحترام هؤلاء المتطوعين وعدم التدخل بالأعمال التي يقومون بها وشكرهم على ما قدموه من مساعدة. إن هؤلاء الأفراد هم الضمانة الوحيدة في لبنان لإنقاذنا وقت الحاجة وإنهم يلبون نداء المساعدة والإغاثة في كل مرة، فمن واجبنا جميعاً الوقوف إلى جانبهم ومساندتهم في رسالتهم الإنسانية. فقد قالت إليزابيث اندرو يوماً "أن المتطوعين ربما لا يملكون الوقت لكنهم بالتأكيد يملكون قلباً كبيراً." فألي أصحاب تلك القلوب الكبيرة من متطوعي الصليب الأحمر اللبناني شكر كبير وتقدير أكبر لتضحياتكم وعملكم الإنساني. على أمل أن تتعزز ثقافة مساندة ومساعدة المتطوعين في الصليب الأحمر بين كل أفراد المجتمع اللبناني لأنني ومن خبرتي الشخصية فإنك لن تعرف قيمة وأهمية ما يقومون به هؤلاء الأبطال إلا عندما تناديهم لإنقاذك أو إسعاف أحد أفراد عائلتك أو صديق لك ويلبون نداءك، عندها تدرك أن وجودهم ضماناً لإنقاذ حياتك وحياة من تحب وعندها أيضاً تدرك مدى أهمية وصولهم في الوقت المناسب فتقدر ما يقومون به. فقف إلى جانب أفراد الصليب الأحمر حتى ولو لم تكن يوماً على علاقة معهم من خلال عملية إنقاذ تخصك لأنك لا تعرف متى ستكون بحاجة إلى مساعدتهم ومتى سيكونون هم واقفون إلى جانبك

Rosabelle Saba, Patient's Sibling



I may not be your type, but you may be mine.

Memac Ogilvy has been a strong supporter of the Lebanese Red Cross for over 10 years.

Memac *Ogilvy*

Every minute of everyday, someone needs blood. That blood can only come from a volunteer donor, a person like you who makes the choice to donate.



donate blood

# Volunteers' Words

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Life. This is exactly what Red Cross taught me, life. It taught me its meaning, value, ups and downs, and difficulties.

**L**ife(noun): the existence of an individual human being.

Have you, rescuers, ever thought of how easily a life can end? It takes less than a minute for the heart to stop beating, for an accident to happen, for a bullet to be shot, for a soul to stop living.

Have you ever stopped for a second to value a minute?

What is a minute to a non rescuer? It's just a period of time that's equal to 60 seconds, which just passes by doing something we might count as negligible.

What is a minute for a rescuer? It's a period of time that's equal to stopping bleeding, providing oxygen, or even administering shock...

Have you ever wondered that you are one of the factors that could end or help save a life in a minute?

Have you ever thought of how lucky you might be to have learned the skills you now know?

Have you ever thought of how many times you faced a situation where at the end you wished you'd had more time?

So rescuers, take a minute to look at yourselves and acknowledge the fact of how lucky you are to actually know how to save a life.

*Stephanie Sleiman  
Panda | 202*

**T**he door which nobody is willing to go at, seems always to swing openly for me"  
Clara Barton – Founder of the American Red Cross

For centuries, when the drums of war sound, youth rush to defend and serve their communities; most, by bearing arms. Some oppose the use of weapons and rather reject force and give their energy and wellbeing to protect life instead of taking it.

Sometimes I wonder about the reasons behind why people join the Red Cross. Is it because your friends joined so you wanted in? Is it a subconscious drive? Or is it because you just wanted to go along for the heck of it?

What could possibly drive people to give up their precious time to someone who doesn't know your name and probably never will? What drives 2700 rescuers, managing 280 ambulances, in 46 sectors, in 7 provinces, with the sole purpose of serving 1 country?

We do it for the patients.

We do it for the unfortunate and unprivileged.

Selfishly, we do it for ourselves through the skills that we learn and comfort we provide.

We do it for the reward ... that smile we get.

Most importantly, we do it for the ya3tikon el 3afye.

*Nadim Feghali  
Hulk | 203*



remember them.

The 14-year-old boy with bone cancer who felt pain with every movement. His mother grabbed my arm and scolded me when I was helping him on to the stretcher.

The foreign construction worker who lost his foot in a rock cutter. They could have reattached it if he had had the money.

The depressed mother who tried to commit suicide. Her husband and sons looked at her with disdain, ashamed of her.

The 18-year-old kid whose neck was broken in a car accident. I had to cover him with a blanket waiting for the last ambulance to take him to the morgue.

The boy who overdosed on drugs. His friends didn't want to take him to the hospital so they wouldn't get arrested.

The 20-year-old who was run over by a car on the highway and was dying on the way to the hospital. The next day I saw pictures of him on social media and recognized him.

The young woman suffering from mental illness who held my hand and cried the whole way telling me her darkest secrets. She told me I had kind eyes and that my hands were soft even though I was wearing gloves.

The foreign helper who we found dead at the foot of the building. She had tried to escape through the window.

The young man who rang the bell on a Saturday morning and asked us to take him to the mental hospital because he was crazy. He waited calmly in the sitting room as we did some phone calls.

The old woman who sat on a chair in the middle of a school playground crying because she didn't have money to buy her medicine. A nun gave her an envelope with money.

The man cut in half when the bomb he was trying to put under a car detonated. He was still alive when we got him to the hospital but he never said a word.

Of course I remember them.

How can I not when they have taught me so much.

Skizo | 203

My dear, is it worth wasting most of your time volunteering? They won't remember your actions. If you disappear, all you have done will be forgotten. You must understand that tomorrow morning the world will go on perfectly without you. So do simple things, help the elderly cross the road, carry your neighbor's grocery bag up the stairs. Why be a rescuer?"

"Mother, when we're gone, nothing defines us other than the moments where we felt free. I felt free the minute I fell in love with this world, the minute I realized that it is not about me, not about them, it is about us. To give and take, to heal and break, to sacrifice for those who won't sacrifice for you, to find a friendly face in a stranger's face..."

"You are just another person who set foot on this Earth. You're a mere passerby in the hustle and bustle of life. You continue to spread the message of your founder and talk about your martyrs with such inspiration, but they are no longer here and you never knew them."

"You believe that those who leave are no longer present. But oh mother, presence is not physical. They left an impact on us; they inspired us. And if there is something you must know before I leave too, is this: in life you will meet the broken, the hated, the injured, the sick and the hopeless. And the beauty in all of this is that you will help in healing them all. Never give up on them, because to give up on them is to destroy the reflection of yourself in them, to become a mere passerby.

And how beautiful it is to live in a world where nothing lasts forever. We must learn to fall in love with the moment. Only then, every moment living will become every moment worth dying for."

And how ironic was it that she wanted to save the world, the same world who would fail to remember her name.

And at that moment, she realized that her daughter is gone and all she had of her were the memories of these long conversations they used to have. Then she began to breathe, and live, and every moment took her to a place where goodbyes were hard to come by.

And for the very first time, everything was inspiring.

Gaëlle Mouaikel  
Tweety | 203



It's funny how 3 digits that a person might feel so far away from can be the closest thing to your heart... 140.

You are born into a family, and later on you make your own. This family that I came into did not ask about age, social status, or religion... they accepted me as I am and taught me to accept others as well.

Life as a Red Cross volunteer gives you the opportunity to serve people. A service that saved their lives, one they can never repay you for. However, these same patients provided me with something I can never repay them for either. They gave me strength, ?glory? and taught me how to love.

It's devastating that I had to leave such a ?luxurious? adventure so soon. Yet, I've had the opportunity to meet the bravest, sweetest, and closest people to humanity itself. I want to thank every single person who grabbed me by the hand and guided me throughout this journey. (Especially you the "dancer", "mistake", "strong man", and the "Greek")

Sadly, I can't identify myself as a volunteer anymore, but I will forever be part of this expanding family we proudly call 203.

*Kamal Khalil | 203*



Dec 25, 2017

4:02 AM

I'm on my way home from a night full of joy and laughter, my heart is filled with happiness. A lot of happiness.

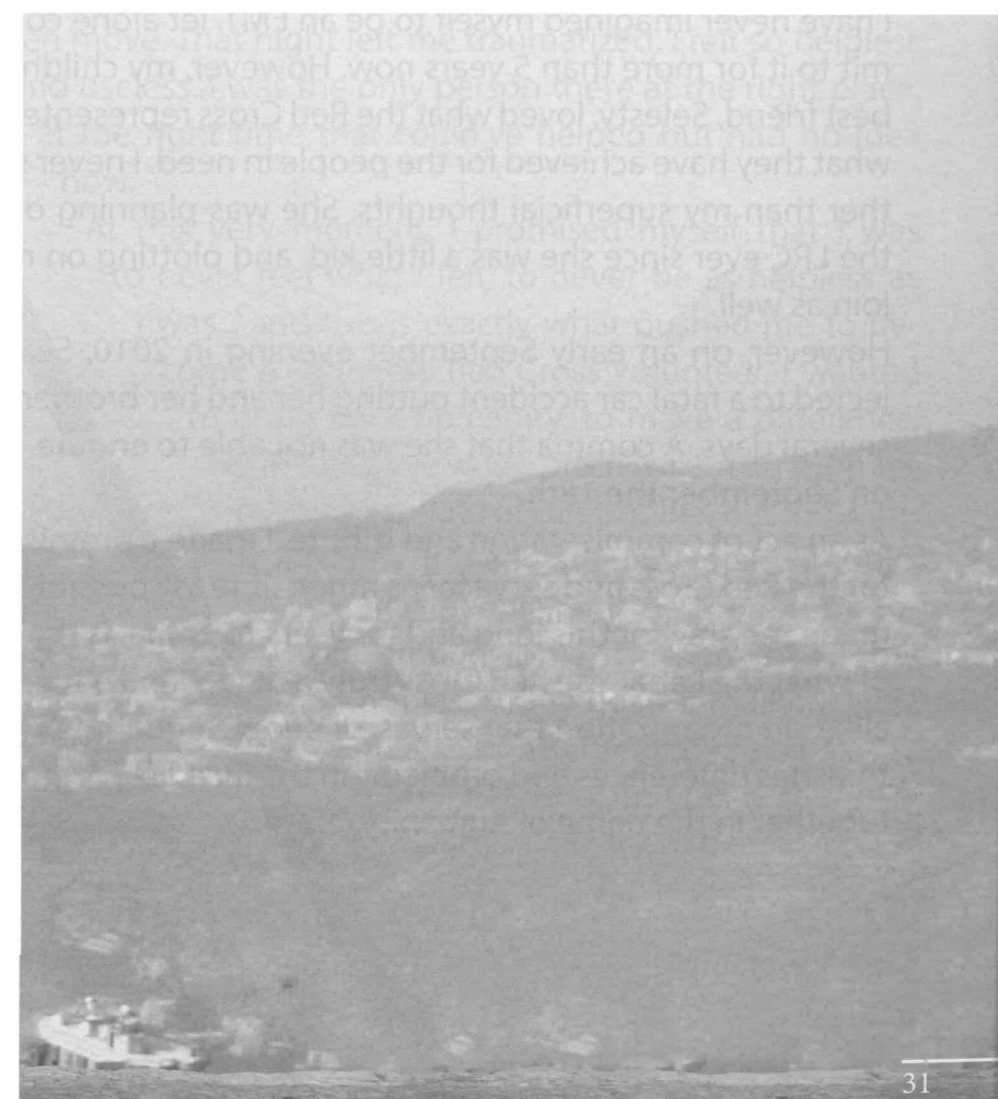
Looking back at the past year, I keep thinking about how my life has transformed from A to Z in a matter of 365 days... Exactly 1 year ago, I would go home, lay in my bed, warm and tight, and go to sleep without a worry on my mind. It's still the same now, I won't deny it, but the difference is, that tonight, I will be sleeping carrying with me much more than I did last Christmas. I will be sleeping, taking with me every smile I put on a patient's face after an emergency, every tear I wiped away from a grandma's cheek, whether it was a tear of joy, sadness, desperation or a tear of loneliness.

I will be holding every kid I made happy, every daughter I stood next to when hearing of her mother's passing. All those little gestures done by every patient, whether it was a smile, a look or even if it was just their hand squeezing yours, tell you that in this particular moment, you represented everything to them, and so the grandeur of this orange suit suddenly vanishes away in front of their needs. You feel human, you feel real.

Tonight, I will be sleeping, knowing what it is to give everything you have with love, and expect absolutely nothing in return. And so, a feeling of gratitude washes over me, towards everything I possess, which I might have not even acknowledged in the past. A feeling of guilt is also present, knowing that there are people out there, who just lost their loved ones.

Finally, nothing has changed since last year, misery is still out there, in every corner of the world. But I have changed, and my perception of this misery has changed, and I couldn't be more grateful for that gift.

-Anonymous



**E**ver had to write a personal statement?

It is one of the most frustrating and challenging things to compose. You want to influence but not sound bigheaded, you want to be able to express your passion yet not sound corny, you want to include every special narrative and make your personal statement stand out amongst others.

Perhaps the first mistake I made was that I started surfing online to see what other people's personal statements looked like. I read some brilliant ones and some with stories of life-altering experiences. Yet when I started writing, I found myself confined and trapped by my own ideas and stories. I decided to sit down with my notebook and. I wrote what touched me, what first drew me into being an LRC EMT.

I have never imagined myself to be an EMT, let alone commit to it for more than 5 years now. However, my childhood best friend, Selesty, loved what the Red Cross represented and what they have achieved for the people in need. I never saw further than my superficial thoughts. She was planning on joining the LRC ever since she was a little kid, and plotting on making me join as well.

However, on an early September evening in 2010, Selesty was subjected to a fatal car accident putting her and her brother in a comma for several days. A comma that she was not able to endure. She passed away on September the 18th.

As an act of commiseration and tribute, I made a promise to her to volunteer for the Red Cross and serve for as much time as I possibly could. However, what made me stay for this long and for years to come, is the realization I have made of what the Lebanese Red Cross truly is. It is a family that supports all its members alike, an organization that serves all people equally and abundantly, an entity that thrashes differences and problems in the face of love; hoping to bring all the people together in the name of humanity.

*Nicholas Freiji  
Franklin | 201*

**S**ix year olds are dreamers, they say things without understanding the process. How many times did we change our minds? An ambitious dreamer like me always saw myself as a doctor, that I would pursue a career where I would be making a difference. However, the idea of becoming a pediatrician started fading away as I started discovering my fear of blood. Little did I know that my decision made by my 6 six-year-old self would grow with me to the point of changing my life.

Let's go down my memory lane to about two years ago when I was coming back from a friend's house around midnight. I heard an extremely loud sound that lead to an indescribable car crash. I looked back only to witness a car flipping not once, but twice before crashing on the side. As I came closer, I could see the blood swamping the car and hear my heart pumping as my mind processed the scene in front of me. Terrified, I started breathing but air wouldn't enter my lungs. Starving/ Gasping for this crucial gas, my heart started racing at a tremendous speed. I stood there for what felt like an eternity but was only five minutes. Sense of security was nothing but a distant memory. Each second submerged in fear made a permanent mark in my heart and a vivid imagination had me doubt the reality in front of me.

Helpless but wanting to help, I had no clue of the next steps to take. Calling 140 was an impossible duty to perform, and I stood there watching a guy looking no older than 20 suffer in agony in front of me.

My hemophobia took over me. I was unable to act, to speak, or even move. That night left me traumatized, I felt so helpless and useless. I was the only person there at the right place, at the right time that could've helped but had no idea how.

At this very moment, I promised myself that I was to never feel what I felt, to never be as helpless as I was... and this is exactly what pushed me to become a Lebanese Red Cross Volunteer. I wanted to bring back humanity, to make a difference, something the world often lacks. This promise made me get rid of this phobia. But most importantly, it made me understand people, feel with people, and be there for people. Among all my achievements, all my hobbies, all my goals, I really believe that this one changed me most.

My final word to you is this: In a fearful time, try to be fearless.

*Nadine Yabroudi  
Lit | 202*

**A**fter 3 years of volunteering at the Lebanese Red Cross, what started out as an act of altruism rewarded me with the ability to perceive the world the way it should be. Constantly being exposed to life and death situations, to dramatic incidents and major accidents drives you to contemplate your own mortality. To notice how everything and everyone you value, could just vanish at any moment. Then again, we all possess this core, innate, and instinctive desire to live, even though we are going to die eventually. But the thing is that we humans tend to forget. We forget that the time we are granted on this planet is limited. This is why a constant reminder of our mortality is essential for us to perceive time as a scarce resource that should be invested wisely. Be mindful of death and let it drive you to do whatever you truly want to do and be whoever you truly want to be.

*Marc Ghanem  
Blue | 202*

**I** have responded to several calls where patients were in critical condition in my time at the Red Cross. Regardless of the aftermath of these calls, one thing I learned is the importance of working as a TEAM and how much difference it makes.

In these moments, I experienced what John Maxwell once said: "The truth is that teamwork is that at the heart of great achievement".

It is an honor and a great opportunity to be part of a professional, well trained and synchronized team. This high level of performance and communication with each other helps in achieving our vision and goal at the Lebanese Red Cross:

To serve others and let them find safety in our presence.

To leave a mark in people's lives, give them the will and strength to fight for their lives.

And the best way to get closer to our vision is to study hard, practice harder and trust our team, because the strength of the team is in each individual member.

*Celine Saliba | 203*

**B**eing a rescuer is a great rewarding path and when you save a life, you feel like you won a million bucks. Resuscitating a heart attack victim or delivering a baby is the thrilling part of our life. Rescuers go home after these kinds of responses feeling like they've done something truly valuable. However, the reverse side of that scenario is the times when they're not able to save a life, especially whenever it's a child or a young adult. Those are the times where the rescuer needs a huge amount of emotional fortitude not to fall apart. Being a Red Cross Volunteer isn't an easy thing. It's not glamorous to be pulling bleeding people out of crashed cars or helping the elderly in the middle of the night when they've fallen out of bed and broken a hip. It takes nerves of steel to deal with many critical situations which are the main part of being a Rescuer. You must also be constantly on your toes and alert when you're on-call, even if it's three O'clock in the morning and you haven't had any sleep. Yet, it is extremely rewarding to know that you're doing the best you can to help people and make a positive contribution to your community.

*Elie Sakr  
Sakr | 208*



It feels a bit surreal when I come to think that I wrote my first article more than three years ago and even more surprising that so much has changed since then.

“Why did you decide to join the Red Cross?” is probably the question that I’ve been asked the most during the last few months.

[...] You see, what people should be asking instead is “what made you stay?” and that’s the question I would like to answer.

Three years ago, I answered that finally having someone to call a brother or a sister is what made me stay.

Today, I would like to add something to my previous statement.

Having gained my fair share of experience as an EMT, I find myself fulfilled not by my own accomplishments but

rather by the achievements of those whom I have passed some of my knowledge to. I really hope I sound as [genuine?/sincere?] as I feel when I tell you that my heart gets filled with pure joy every time one of these people confidentially ask for my advice, every time they run excitedly towards me and tell me that they did this or that correctly for the first time, every time they tell me that they were bothered by the mission they just came back from and would like to share their sorrow with me, every time they ask me to explain, to help, to listen.

Today, what makes me stay are both my Red Cross family and those cherished moments with the people who have chosen to invest their trust in me. I am grateful for them because believe it or not: when one teaches, two learn.

*Deedee | 203*

**M**in I mas2oul hon?!” A deep voice came from above me as I was kneeling beside a patient. I was EMT-1 for this particular mission, and as I looked above me, I found myself shadowed by this imposing figure towering over me. I looked around, spotted the Mission Chief, and noticed that the man must have had walked past her to get to us. I then looked at him and replied: “Hiyye I mas2oulé” (stressing on the é), to which the middle-aged man looked at me dumbfounded and said: “I bannout?!” I nodded in confirmation and went back to work. Regardless how good-hearted or good-intentioned that man was, he disregarded the female and assumed that the male was “I mas2oul”. I do not blame him much as this incident is not uncommon, especially in certain areas in the North and the country as a whole. But, the silver lining to this cloud is that it showed me how much that woman was standing in the face of stereotypes. She was not only working a somewhat “man’s job” by being a paramedic. She was also excelling at that and was a Mission Chief and a Team Leader. And to add insult to injury to these pre-conceived ideas about women, she was also an Ambulance Driver. I am

100% sure that women in LRC-EMS do not get into all their positions for the purpose of defeating stereotypes. And I am also as confident that they sometimes do not even realize that they are doing so. But the Lebanese Red Cross, simply by following its own principles is allowing them to stand against discrimination very subtly, quite subconsciously, but very powerfully. According to the principle “Impartiality”, the Red Cross does not discriminate patients based on religion, race, nationality, or gender. This principle is also applied to its own volunteers as the most qualified are chosen for positions irrespective of their backgrounds, beliefs, or those of society. And by doing so, these principles are being imparted and diffused into a society that needs it very much. This is one of the most powerful ways that LRC is helping our community aside from providing pre-hospital care, and is why we should be proud of everyone who has volunteered, worked, and even died for this organization and for these principles.

*George Katoul Rahbani,  
BLUE | 503*



## To Die In the Orange

There are some among us  
Faceless faces in the crowd  
Strangers on the bus  
Ants not unlike other ants in this army.

6 pm comes and  
Takes away the day's clothes  
Gives them their orange with reflective  
knee tape;  
Their bellowing cape.  
Sirens blaring, lights flashing  
Stop someone's heart crashing.

And as you sleep  
Your tired head dreaming in the deep  
Who prowls the  
night,  
Eyes wide open and eagle sight?  
Who keeps the end at bay,  
A lighthouse for those who have lost their  
way?

Dial three numbers, they spring  
And rush to hold on to  
The fragile ends of your broken string.  
And if you ever begin to sink  
Don't you ever think  
Your life-vest is more than a call away.

Fifteen coffins  
Fifteen dreamers  
Fifteen givers  
The tears of fifteen mothers  
Fifteen lives exchanged  
For a hundred thousand others.

*Ahmad el Mahmoud*  
Robot | 503

**B**efore entering 202, I never thought there would be such misery in the lives of people... I never even thought that I would be one of the people to help put a smile on their faces. At first I wasn't really thinking about entering the LRC and even when I did, I told myself I wouldn't last a couple of weeks there. It is however the help I get to bring to people in need that pushes me back and that tells me to stay in it for the long run. I quickly found out that giving back to society is an amazing feeling. Being surrounded by people who are devoted to helping out others gives me the ability to grow as a person and to understand the important things in life.

*Jad Sarkis | 202*

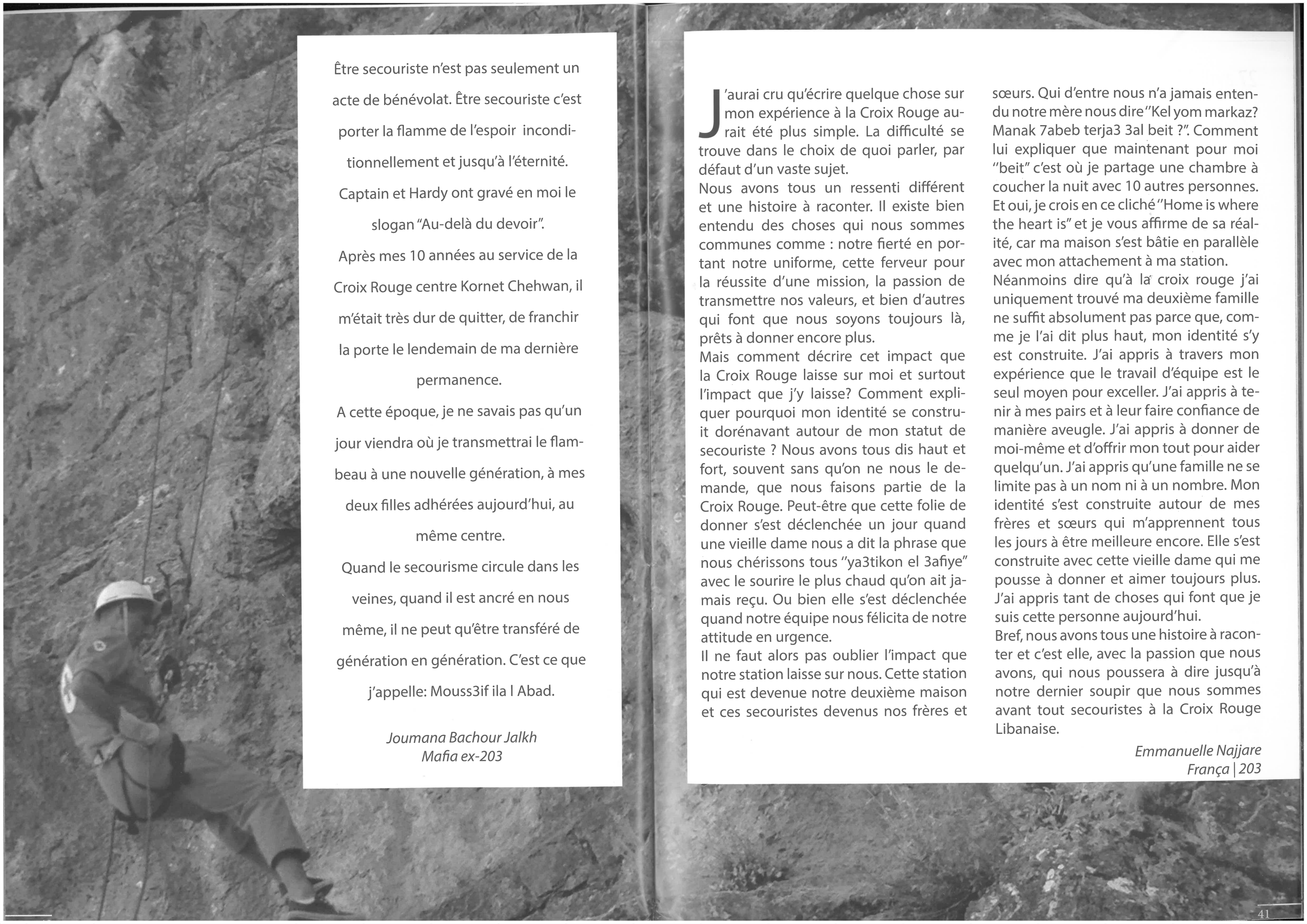
## Au-delà du devoir.

Au-delà du devoir ils se sont donnés  
D'amour et d'amitié ils étaient liés  
Par une tendre nuit d'avril ils se sont  
envolés  
Nous laissant dans un désarroi plus  
que complet.  
Nos larmes, de chagrin n'ont cessées  
de couler

Nos yeux tristes continuent de les  
chercher ;  
Mais leurs dossards de sang taché  
Nous ramènent toujours à la réalité.  
Depuis nos coeurs se sont soudés  
Nos croix toujours rouges sont restées  
Mais nos coeurs d'espoir maculés.  
Hardy, Captain vous continuer de nous  
manquer.

*Raymonde Khayata*  
Tata | 203





Être secouriste n'est pas seulement un acte de bénévolat. Être secouriste c'est porter la flamme de l'espoir inconditionnellement et jusqu'à l'éternité.

Captain et Hardy ont gravé en moi le slogan "Au-delà du devoir".

Après mes 10 années au service de la Croix Rouge centre Kornet Chehwan, il m'était très dur de quitter, de franchir la porte le lendemain de ma dernière permanence.

A cette époque, je ne savais pas qu'un jour viendra où je transmettrai le flambeau à une nouvelle génération, à mes deux filles adhérees aujourd'hui, au même centre.

Quand le secourisme circule dans les veines, quand il est ancré en nous même, il ne peut qu'être transféré de génération en génération. C'est ce que j'appelle: Mouss3if ila l Abad.

*Joumana Bachour Jalkh  
Mafia ex-203*

J'aurai cru qu'écrire quelque chose sur mon expérience à la Croix Rouge aurait été plus simple. La difficulté se trouve dans le choix de quoi parler, par défaut d'un vaste sujet.

Nous avons tous un ressenti différent et une histoire à raconter. Il existe bien entendu des choses qui nous sommes communes comme : notre fierté en portant notre uniforme, cette ferveur pour la réussite d'une mission, la passion de transmettre nos valeurs, et bien d'autres qui font que nous soyons toujours là, prêts à donner encore plus.

Mais comment décrire cet impact que la Croix Rouge laisse sur moi et surtout l'impact que j'y laisse? Comment expliquer pourquoi mon identité se construit dorénavant autour de mon statut de secouriste ? Nous avons tous dit haut et fort, souvent sans qu'on ne nous le demande, que nous faisons partie de la Croix Rouge. Peut-être que cette folie de donner s'est déclenchée un jour quand une vieille dame nous a dit la phrase que nous chérissons tous "ya3tikon el 3afiye" avec le sourire le plus chaud qu'on ait jamais reçu. Ou bien elle s'est déclenchée quand notre équipe nous félicita de notre attitude en urgence.

Il ne faut alors pas oublier l'impact que notre station laisse sur nous. Cette station qui est devenue notre deuxième maison et ces secouristes devenus nos frères et

sœurs. Qui d'entre nous n'a jamais entendu notre mère nous dire "Kel yom markaz? Manak 7abeb terja3 3al beit ?". Comment lui expliquer que maintenant pour moi "beit" c'est où je partage une chambre à coucher la nuit avec 10 autres personnes. Et oui, je crois en ce cliché "Home is where the heart is" et je vous affirme de sa réalité, car ma maison s'est bâtie en parallèle avec mon attachement à ma station.

Néanmoins dire qu'à la croix rouge j'ai uniquement trouvé ma deuxième famille ne suffit absolument pas parce que, comme je l'ai dit plus haut, mon identité s'est construite. J'ai appris à travers mon expérience que le travail d'équipe est le seul moyen pour exceller. J'ai appris à tenir à mes pairs et à leur faire confiance de manière aveugle. J'ai appris à donner de moi-même et d'offrir mon tout pour aider quelqu'un. J'ai appris qu'une famille ne se limite pas à un nom ni à un nombre. Mon identité s'est construite autour de mes frères et sœurs qui m'apprennent tous les jours à être meilleure encore. Elle s'est construite avec cette vieille dame qui me pousse à donner et aimer toujours plus. J'ai appris tant de choses qui font que je suis cette personne aujourd'hui.

Bref, nous avons tous une histoire à raconter et c'est elle, avec la passion que nous avons, qui nous poussera à dire jusqu'à notre dernier soupir que nous sommes avant tout secouristes à la Croix Rouge Libanaise.

*Emmanuelle Najjare  
França | 203*

## 27 avril 1985: Deux secouristes se donnent à fond dans une mission

27 avril 1985 :  
Deux secouristes se donnent à fond dans une mission.

27 avril 1988 :  
Ma première année au centre d'Antelias, mon chef d'équipe nous raconte l'histoire des deux secouristes qui ont laissé leurs vies dans une mission, et nous rappelle l'importance de la prudence, la protection et de la sécurité durant une mission. -Kenny

27 avril 1992 :  
Transféré au centre de Kornet Chehwan, je comprends que Captain et Hardy ne sont pas morts, mais ils sont les martyrs qui donnent la VIE au centre. -Kenny

27 avril 1994 :  
Je mets mes pensées sur papier – la mélodie suit. « Sada saw-ton » est composée pour Souvenir IX. -Kenny

27 avril 2011 :  
J'assiste au 26ème souvenir, et ma fille demande de m'accompagner à la cérémonie. Je lui raconte mon vécu en tant que secouriste et l'importance de perpétuer le Souvenir des martyrs. -Kenny

27 avril 2011 :  
J'ai 12 ans, je demande à mon père si je peux venir avec lui à la cérémonie de la Croix Rouge qui a lieu ce 27 Avril. Il partage avec moi des histoires qui me marquent. Il me raconte le sacrifice de deux secouristes qui ont donné leur tout dans une mission. Je suis émue par cette histoire, bien qu'incapable de comprendre son intensité. Mais l'idée de devenir secouriste commence à germer. - Lipton

27 avril 2017 :  
J'assiste au Souvenir XXXII, je prends mes cours de premiers secours, et je me prépare à rejoindre le centre de Kornet Chehwen en Mai. -Lipton

27 avril 2018 :  
Toujours engagé à la CRL, j'assiste au Souvenir XXXIII en tant que cadre de comité régional de la CRL. -Kenny

27 avril 2018 :  
Presque un an déjà de ma vie secouriste, 6 ans après mon premier Souvenir, je participe au Souvenir XXXIII. L'émotion intense est encore là plus que jamais mais un sentiment de joie et de fierté l'accompagne. Une sensation d'appartenance m'envahit car je m'identifie désormais à bien plus qu'un uniforme. Je m'identifie à une famille, un flambeau que j'ai reçu, une responsabilité qui m'est confiée et une histoire qui continue. -Lipton



Un partage spécial des bons et mauvais moments  
Nos rires résonnaient partout, à tout instant  
Que de manœuvres ensemble, que de camps  
Que de transports banals, importants ou urgents  
Que de postes au front ou transfusion de sang  
Le patient était, pour nous, toujours le gagnant  
Le centre était notre foyer permanent  
Le repas délivré ou préparé à temps  
L'ambiance de fraternité en premier plan  
Nous étions compagnons, amis et confidents  
Une expérience unique de notre temps  
Sans jamais penser au danger s'approchant  
Sans se rendre compte de ce puits de Satan  
Avalant nos deux amis pleins de dévouement  
« Au-delà du devoir », servir en l'appliquant.  
Une blessure interne nous accompagnant  
Dans notre cœur reste marqué ce serrement  
Et ne s'atténue pas du tout avec les ans.  
Leur prénom rend notre visage larmoyant  
La fierté en eux pousse par ordre croissant  
Captain et Hardy les deux martyrs permanents  
De le Croix Rouge Libanaise ne visant  
Que le **Volontariat** sans équivalent  
Avec les sept principes aussi importants  
**L'Indépendance** en premier pour le mouvement  
**L'Humanité** pour des peuples coopérants  
La **Neutralité** pour pouvoir rester confiants  
**L'Unité** joignant un service persistant  
**L'Impartialité** pour secourir tout souffrant  
**L'Universalité** pour couvrir tout cadran  
Je finalise l'aperçu en espérant  
Avoir été motivante suffisamment  
Dans ce "Souvenir" le précieux évènement  
Exprimant aux secouristes mes sentiments

-Le 27 Avril 2018

Gisèle Zoghbi Kattar  
Zoulou 210, (203)

الأم هي كل تعابير المحبة والوفاء  
تأخذنا الى السماء وتعيد احلامنا الوردية حيث بزوغ الفجر  
يبتسم الفجر وفي يده ينابيع المحبة.. تتساقط من نور الامل فوق جبين الحب.. ويفرش الصباح اجمل  
اشراقه لقلوب تغزو الفؤاد مزهوة كالورد  
للأمهات تصدح اجراس الكنائس بشذى الوفاء والعطاء وتعلو اصوات التكبير فوق مآذن المساجد  
ليجتمع الحب على راحة قلوبهن الرقيقة  
فأنتن بساتين الورد التي تفتح للربيع نافذة الضوء  
وانتن امل الوفاء وعناوين العطاء وانتن الحب  
نتكلم عن ايات الكتاب فترى فيكن رسل السماء.. انتن الخلود.. والوجود.. لكل الامهات جمال وضوح  
البدر وكل انواع الخشوع.. ايتها الامهات.. يتناغم الصوت والصدى في بركة وجودكن.. ويستفيق الامل  
للراجلين.. ماذا عسانا نقول لكن وانتن الذين ربيتن اطفالا حتى كبرو ومشوا يبحثون عن الامل لصناعة  
الامل.. يسهرون كخيوط الفجر مبتسمين عليهم مسحون دموعه هنا او عذابا هناك.. للراحلات منكن  
الى العلى وفيهن روح الحياة وينبوعها كل السلام  
للأمهات المسعفات في دروب الفداء يزرعون الامان في بيوتهن فينبت العطاء عند اكف المصابين..  
للأمهات اللواتي زرعن الحنان في كل تفاصيل الحياة الكريمة فكان جبين حبا يصل الى المجد بأسمى  
تعاليم الاديان فأصبحنا مبلسمين للجراح مبتسمين  
للأمهات الراحلات  
للأمهات العاملات  
للأمهات المربيات  
لكل الامهات كل انواع التحية والسلام  
فللراحلات... ارقدو بسلام.. فرسل المحبة التي اودعتموها ما زالت شموعا تضيئ سواد العتمة..  
وللعاملات... اه للتضحيات على سبيل النجاة والحياة.. وللمربيات كل تعابير الفخر والسلام  
لدمعة الوفية والماسة الذرية.. لامي دموعه الطهر الواقفة عند باب القمر تلوح في الافق كنجمه  
المساء. ولتور وجهها الوضاء ولقلبها البراق.. ولكل تعابير عطفها الجميلة عند اللقاء.. لامي وكلكم  
كأمي ايتها الامهات بزوغ الفجر والحنين.. والغصات والشوق والاني.. بحضوركن تسقط المحرمات  
ويعود انين الراحلات وتبتسم الباقيات والدمعة فيها الغصات فالتعابير تخون والمجد والشموخ يلين  
كم انتن جميلات  
كم انتن رائعات  
كل السلام يا موضع السلام

محمد فواز  
رئيس مركز تبنين 703

رأيتهم يخترقون جدار الضباب بآلياتٍ قديمةٍ غير مجهزةٍ

رأيتهم يصلون بوجوهٍ ضاحكةٍ وضجيجٍ مرحٍ يتحدى الصقيع

رأيتهم والبعضُ يحملُ قذائفَ الهاون وجعب الرصاص، فيما قلّةٌ منهم بزّاتٍ خاصّة،  
لا يحملون سوى سلاحهم الفردي، يختفون تحت دثار الثلج بخطى متثاقلة، غيرَ  
أبهين بأن البعض منهم أو كلهم لن يعود

رأيتهم يختفون

كانو في مهمّةٍ إسعافيةٍ حيثُ طالتهم يدُ الغدر وهم لا يعرفون إلاّ

رأيتهم يفارقون الحياة... المسعفين... الأخت ماري صوفي الزّغبي، خليل صيدح و خليل  
حمود في سيارة الإسعاف... سيارتهم

ورأيتهم يعودون ببزّاتهم وقد زادها الوجعُ والتعبُ تمويهاً بعد أن انتصروا لإرادة  
الحياة

هؤلاء هم مسعفوا الصليب الأحمر اللبناني من مركز بعلبك

أول شهداء الصليب الأحمر اللبناني في 2 نيسان 1981

Rami Feytrouni | 303

بداية مسيرتي ...

في الخامسة عشر من عمري، وانا متوجها نحو منزل جدي

واذ بسيارة مسرعة قادمة من الجهة المقابلة تدهس شاباً على جانب الطريق كان

عائداً الى منزله بربطة الخبز وعائلته تنتظره على الغداء.. ووقفت

Moustafa Hmoud | 703



رسالة الى امهات المبسعين

الأم هي كل تعابير المحبة والوفاء  
تأخذنا الى السماء وتعيد احلامنا الوردية حيث بزوغ الفجر  
يبتسم الفجر وفي يده ينابيع المحبة.. تتساقط من نور الامل فوق جبين الحب.. ويفرش الصباح اجمل  
اشراقه لقلوب تغزو الفؤاد مزهوة كالورد  
للأمهات تصدح اجراس الكنائس بشذى الوفاء والعطاء وتعلو اصوات التكبير فوق مآذن المساجد  
ليجتمع الحب على راحة قلوبهن الرقيقة  
فأنتن بساتين الورود التي تفتح للربيع نافذة الضوء  
وانتن امل الوفاء وعناوين العطاء وانتن الحب  
نتكلم عن ايات الكتاب فزرى فيكن رسل السماء.. انتن الخلود.. والوجود.. لكل الامهات جمال وضوح  
البدر وكل انواع الخشوع.. ايتها الامهات.. يتناغم الصوت والصدى في بركة وجودكن.. ويستفيق الالم  
للراجلين.. ماذا عسانا نقول لكن وانتن الذين ربيتن اطفالا حتى كبرو ومشوا يبحثون عن الالم لصناعة  
الامل.. يسهرون كخيوط الفجر مبتسمين عليهم مسحون دمعة هنا او عذابا هناك.. للراحلات منكن  
الى العلى وفيهن روح الحياة وينبوعها كل السلام  
للأمهات المسعفات في دروب الفداء يزرعون الامان في بيوتهن فينبت العطاء عند اكف المصابين..  
للأمهات اللواتي زرعن الحنان في كل تفاصيل الحياة الكريمة فكان جبين حبنا يصل الى المجد بأسمى  
تعاليم الاديان فأصبحنا مبلسمين للجراح مبتسمين  
للأمهات الراحلات  
للأمهات العاملات  
للأمهات المربيات  
لكل الامهات كل انواع التحية والسلام  
للراحلات... ارقدو بسلام.. فرسل المحبة التي اودعتموها ما زالت شموعا تضيئ سواد العتمة..  
وللعاملات... اه للتضحيات على سبيل النجاة والحياة.. وللمربيات كل تعابير الفخر والسلام  
لدمعة الوفية والماساة الذرية.. لامي دمعة الطهر الواقفة عند باب القمر تلوح في الافق كنجمة  
المساء. ولنور وجهها الوضاء ولقلبها البراق.. ولكل تعابير عطفها الجميلة عند اللقاء.. لامي وكلكم  
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ويعود انين الراحلات وتبتسم الباقيات والدمعة فيها الغصات فالتعابير تخون والمجد والشموخ يلين  
كم انتن جميلات  
كم انتن رائعات  
كل السلام يا موضع السلام

محمد فواز  
رئيس مركز تبنين 703

رأيتهم يخترقون جدار الضباب بآليات قديمة غير مجهزة

رأيتهم يصلون بوجوه ضاحكة وضجيج مرح يتحدى الصقيع

رأيتهم والبعض يحمل قذائف الهاون وجعب الرصاص، فيما قلّة منهم بزّات خاصة،  
لا يحملون سوى سلاحهم الفردي، يختفون تحت دثار الثلج بخطى متثاقلة، غير  
أبهين بأن البعض منهم أو كلهم لن يعود

رأيتهم يختفون

كانو في مهمّة إسعافية حيث طالتهم يد الغدر وهم لا يعرفون إلا

رأيتهم يفارقون الحياة... المسعفين... الأخت ماري صوفي الزّغبي، خليل صيدح و خليل  
حمود في سيارة الإسعاف... سيارتهم

ورأيتهم يعودون ببزّاتهم وقد زادها الوجع والتعب تمويهاً بعد أن انتصروا لإرادة  
الحياة

هؤلاء هم مسعفوا الصليب الأحمر اللبناني من مركز بعلبك

أول شهداء الصليب الأحمر اللبناني في 2 نيسان 1981

Rami Feytrouni | 303

بداية مسيرتي ...

في الخامسة عشر من عمري، وانا متوجها نحو منزل جدي

واذ بسيارة مسرعة قادمة من الجهة المقابلة تدهس شاباً على جانب الطريق كان  
عائداً الى منزله بربطة الخبز وعائلته تنتظره على الغداء.. ووقفت

Moustafa Hmoud | 703

قلبنا ع كفنا ومنمشي  
والمهمة الاسعافية منروح  
اذا كان المصاب مخموش خمشة  
او كان بكل جسمو جروح

هيك قالو ابطالنا... وراحو  
الى ما وراء الواجب... صاحو  
بعلم الانسانية... لاحو  
وبعطر الانسانية الي مغمّس بالدم... فاحو

انتو الشهادة والعطاء  
انتو رمز الانسانية  
روحكم بالسما  
منارة الابدية

Bilal Wehbi  
Bilbol | 604

صوت غميق كثير، كل شوي يعلّ، يقرب لدرجة صار تحت  
البنية عندي، قتلتنني حشريتي وركضت صوب الشباك تشوف،  
شباب نازلين ركض صوب مدخل البنية، الناس كلا تجمعت  
عالبلاكين، عيونن عم تلمع، عيون مليانة ثقة بشباب ، يفوتوا  
عياة موجوعين، ويمسحوا دموع عيونن

حملوني اجري ركض صوب بيت الجيران، مطرح ما في مريض بين  
إيدين أمينة... كان عم يعيطلا يا تيتا، ختيرة أول مرة بشوفا، من  
محبتي إلا سماها تيتا، صارت إيديو تمرق دفي عضهرا، وكل طلعة  
ونزلة تحس بالأمان وترتاح هالمريضة  
كانوا روح وحدة، إيد وحدة كرمالا، انعكس هالجو الحلو العيلة،  
تغير الخوف والزعل، لضحكة مليانة أمل  
حبيت ساعدن بالحمل، حملت معن عالدراج، حملت بشغف،  
شغف وصلني عبيتن، عمركنن، وعورقة صغيرة قدمت الطلب  
وصرت ممنن، صرت رسميا إحمل معن، حب متلن، وأعطي متلن،  
من كل قلبي

الصليب الأحمر اللبناني قصة بتبلش وما بتخلص

Johnny Mkheiber  
Snipper | 205



يا متطوع بالصليب الأحمر  
إنت مثال للجندي المجهول  
كرست جزء من حياتك لرسالة  
حلفت تضل محافظ إلى عليها عطول

رمز للإنسانية والتضحية  
عملك بالعرق والدم مجبول  
"بكلمة" يعطيكن العافية  
كل التعب إلي كن مرافقو بزول

15 شهيد فدوا حياتن  
ليساعدوا مريض مكسور أو مشلول  
صرتوا مثالنا وسبب اندفاعنا  
ذكراكم باقية بقلوبنا عطول

لما تشوفوهم عم يلفوا تبرعات :  
بتسأل وين ريحة هامصاري بدافع الفضول  
دعمك الهم عم يخليهم صامدين السنة  
من خلال شهر واحد  
ليقدّموا المساعدة أول ما تحتاتجهم  
وين ما كنت وبكل الفصول

Yazan | 604

نحن التطوع  
للانسانية عنوان .. للحبر الوان  
للعطاء كيان ووجدان .. انه للانسان فخر وامانا  
لنتحد طاقتنا تطوعا من اجل الانسان  
يلتصق اريج الزهر بالايدي التي تبلسم الجراح  
يا من زال عن صدر الأنام الآلام  
انسان قلبه غيم ولسانه احسانا  
مكسب حقيقي للشدائد والاطوان  
يرى كل الناس اخوانه واحبائه  
يسحر في روح التعامل والعطاء  
له بالوقا مليون حرف وروايه  
يا من لاجله جعلت حروفي أسره  
نحن التطوع .. والتطوع ذربنا  
للخير تأخذنا لظى الاشواق .. وللخير مولود عشاق ..  
انا الجندي المجهول .. انا التطوع .. انا المسعف ..

Salam Hajj Ali |

إنت مسعفة بالصليب الاحمر، يعني إنت بتطوعي بل "ambulance"  
تساعدي العالم ؟

سنتين ونص وأنا إسمع هالجملة... وإبتسم للناس، وفكر جواتي، إنتو على قد ما  
عم ساعد العالم، هني كانو عم بساعدوني  
عم بساعدوني لأعرف قيمة الصحة، عم بساعدوني إتعلم حب، حب غيري يلي ما  
بعرفو وما بعرف شي عتو إلا إنتو هوي بحاجة لمساعدة، عم بساعدوني إتعلم  
إحمل مسؤولية، مسؤولية حياتن يلي بإرادتن حطوا بين ايديي. عم بساعدوني  
إتعلم شوف الحياة بنظرة مختلفة  
نعم!! يلي ربحتو من تطوعي بالصليب الأحمر اللبناي أكبر بكثير من يلي قدّمتمو  
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Yara Barakat  
Sobhiyeh | 103

شو بقول لإم قلبها موجه؟  
ابنك راح وما رح يرجع  
شو بقول لبي عيونو غرقت بالدموع؟  
ابتسم وابنك روحو عم تطلع  
شو بقول لخي، لإخت، شهيدهن ساكن  
بالضلع؟  
قرر نداء المحتاج يتبع  
ولبس بدلة التضحية والخشوع  
وإدام القلب شارة بالأحمر بتلمع  
وبي قلبو صدى صوت مش مسموع  
وغير عقلو هالصوت ما بيسمع  
ترك البيت وصلاة إمو والشموع  
انتبه يا ابني" قال بيو وصوتو عم يرفع"  
ومشي بإيام الرصاص فيها والدروع  
وغير نواح الأحبا ما بتسمع  
!الاصحاب قالو: "شو بدك بالموضوع  
رجاع"، وهو ما كان يرجع  
واختو تصلي للنبي ويسوع  
وساعات صلت فيها وتركع  
مشي بدرب ما لقالو رجوع  
وراح بقلوب الناس أمل يزرع  
والرب الخالق من بين الجموع  
اختارو الو ملاك لعندو يطلع  
وبقي صوت الإنذار مرفوع  
والأضواء بعدها عم تسطع  
تتذكر هاك الشهيد  
لي قرر دمو كرمال غيرو يدفع

Cesar Azar  
Mard | 208

مبادئ الصليب الاحمر، نزرعت بقلوب كتار  
ما بطيرها اقوى ريح و ما بيحرقها اشرس نار  
بتضلا معك لو مين ما تكون  
و من وين ما تكون جيت  
أذا تعلمت و فليت ، أو اذا تثبتت و بقيت  
من أولن الأنسانية، قالت كون حد خيك الأنسان  
كلنا عائلة وحدة، و بيتنا أسمو لبنان  
الحياة عتطنا ثقة الشعب  
عرف نحن حدو  
لو قد ما الوضع صعب  
ما تحيدنا و احترمنا  
الصغير الفقير و المحتاج  
منفتخر بالاحترام و المساواة  
يلي على راصنا مثل التاج  
مع الكل و حد الكل  
بس على طول مستقلين  
عل مبادئ ترسخنا  
و طبقنا كل القوانين  
تطوعنا و بالليالي سهرنا  
و ربح ما نظرنا  
بيكفي نشوف بسمة على وجه مريض  
لنعرف انو خدمنا وطنا  
دم الانسان واحد  
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للعالم احلى يصير  
صرخت اجيال بتدعينا  
راصنا يضلوا مرفوع  
نعرف انو سكرنا جروحنا  
و انو مسحنا الدموع  
خي المسعف ما تخاف  
انتا منك اناني  
ومن كل قلبك عم تخدم  
الصليب الاحمر اللبناني

Marie Noel Msan  
MnM | 203

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The memory of our fellow colleague Hanna Lahoud – Bouha 102; we pay respect and our deepest condolences to his Family, 102 Family and his loved ones.

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Khalil Saydah - Baalbak

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The kidnapped and Injured Volunteers in the line of duty,



