



“UNITY IS ONENESS OF PURPOSE
NOT SAMENESS OF PERSONS.”

TONY EVANS

TABLE OF CONTENT

EDITORIAL.....	2
UNITY IN FAVOR OF THE PATIENT OF EMS.....	4
STRENGTHENING VOLUNTEERING IN THE LEBANESE RED CROSS.....	8
PSYCHOSOCIAL SUPPORT (PSS) PROJECT - PEER SUPPORT.....	13
JAMAIS DE BLEU SANS ROUGE JAMAIS DE ROUGE SANS BLEU.....	18
KEEPING OUR KNEES IN GOOD SHAPE.....	22
FREE WRITING.....	24

الإنسانية، الاستقلال، الخدمة الطوعية، الوحدة، العالمية، الحياء وعدم التحيز...
قد يقول البعض ساخراً أنها مجرد عناوين عريضة، تلفت الإنتباه...
في حين قد يراها البعض الآخر مجموعة من الكلمات لم تعد تشبه حقيقة
هذه الأيام...
أما آخرون فقد يقولون أنها من نسج الخيال والتمسك بها شعار ليس إلا...
فالعيش بها وهم...

أما شهداؤنا فلم يقولوا،
لم يفسروا،

لم يتوهموا، ... بل عاشوا بها... واضحوا بذلك مثلاً وقدوة...
أنتكلم عن الإنسانية؟ فهل من كلام... وهم حملوا رسالة الانسانية
بأرواحهم... واضحوا أبطال الرسالة...

أم يقتضي الكلام عن عدم التحيز والحياد؟ فما الكلام المعبر... أكثر من ألف
تحية لشهداء العطاء... لمسعفين لم تكفهم المهمات أو مسيرة العطاء
على الأرض فأضحوا مسعفين الى ما وراء الواجب...
ومن هنا لا... لم ولن يبق أي كلام يحكى عن معنى التطوع... فقد تكلفت
الخدمة التطوعية بشهادة أبناء الانسان والانسانية.
وكذلك كان الولاء لمبدأ الاستقلال والعالمية فقد اجتهدوا لتكريس مبادئ
المؤسسة واستقلاليتها، رغم الظروف، الضغوطات، والصعوبات.
أما "الوحدة"، فمن المبدأ ننطلق فنتميز بأسمى معاني الوحدة والاتحاد...
فبرغم الاختلافات ورغم المصاعب... ورغم جميع خلافاتنا... ورغم التعب...
نتحد بالمبادئ والعمل بوحدة الرسالة والقيم...
ونبقى للوحدة أمناء ولشهادتكم أوفياء.

مسعفو مركز قرنة شهوان



UNITY IN FAVOR OF THE PATIENT OF EMS

With the hectic pace of volunteering in service of the Lebanese Red Cross and what it stands for, it is often difficult to stop for a moment and think again about our Fundamental Principles, what they mean and how we apply them. I am therefore grateful for the opportunity that I have been given this year when the Souvenir committee in KornetChehwan's EMS station picked the theme of Unity for this year's commemoration of the martyrs of the Lebanese Red Cross.

When this theme of Unity was mentioned to me, I realized how rarely we discuss this principle in our National Society as we are so concentrated on the more immediately relevant principles of Humanity, Impartiality, Neutrality and Independence. While it is true that the extreme polarization of our society requires us to constantly safeguard our neutral and impartial behavior and perception, it is also healthy from time to time to explore and remember the intended meaning behind the other Fundamental Principles that have brought the Red Cross and Red Crescent Movement this far.

"There can be only one Red Cross or one Red Crescent Society in any one country. It must be open to all. It must carry out its humanitarian work throughout its territory."

When I think about this Principle of Unity, my mind immediately jumps back to 2007 when the EMS department was starting to work on a unified national strategy. At the time, after decades of lack of investment in the ambulance service, each station had developed into its own little Red Cross. Out of necessity, each station had its own specific standards, its own training system, even its own particular equipment. Some stations decided to operate a day shift and others decided that this concept went against the principle of Voluntary Spirit. In other words, the EMS department in 2007 did not fully respect the principle of Unity which implies clearly a unity of leadership in the national society and an obligation to provide the same level of service throughout the country. Does this mean that the Lebanese Red Cross should provide exactly the same services everywhere in Lebanon? Not necessarily because this depends on the needs, but for the EMS department which is the country's first and foremost ambulance service, it is exactly what this means.

This is why the department's policy and strategy is so highly focused on achieving equal access to pre-hospital care everywhere in the country. With the support of the leadership at all levels of the department, with the support of our Movement partners and our local donors, we have achieved great strides in terms of improving this access throughout Lebanon, and this is reflected in the increase of more than 50% in the number of people benefitting from ambulance services over the past 10 years. However, much effort remains to be done to ensure that every person that needs an ambulance, regardless of where they are in the country, is promptly served with high quality life-saving care.

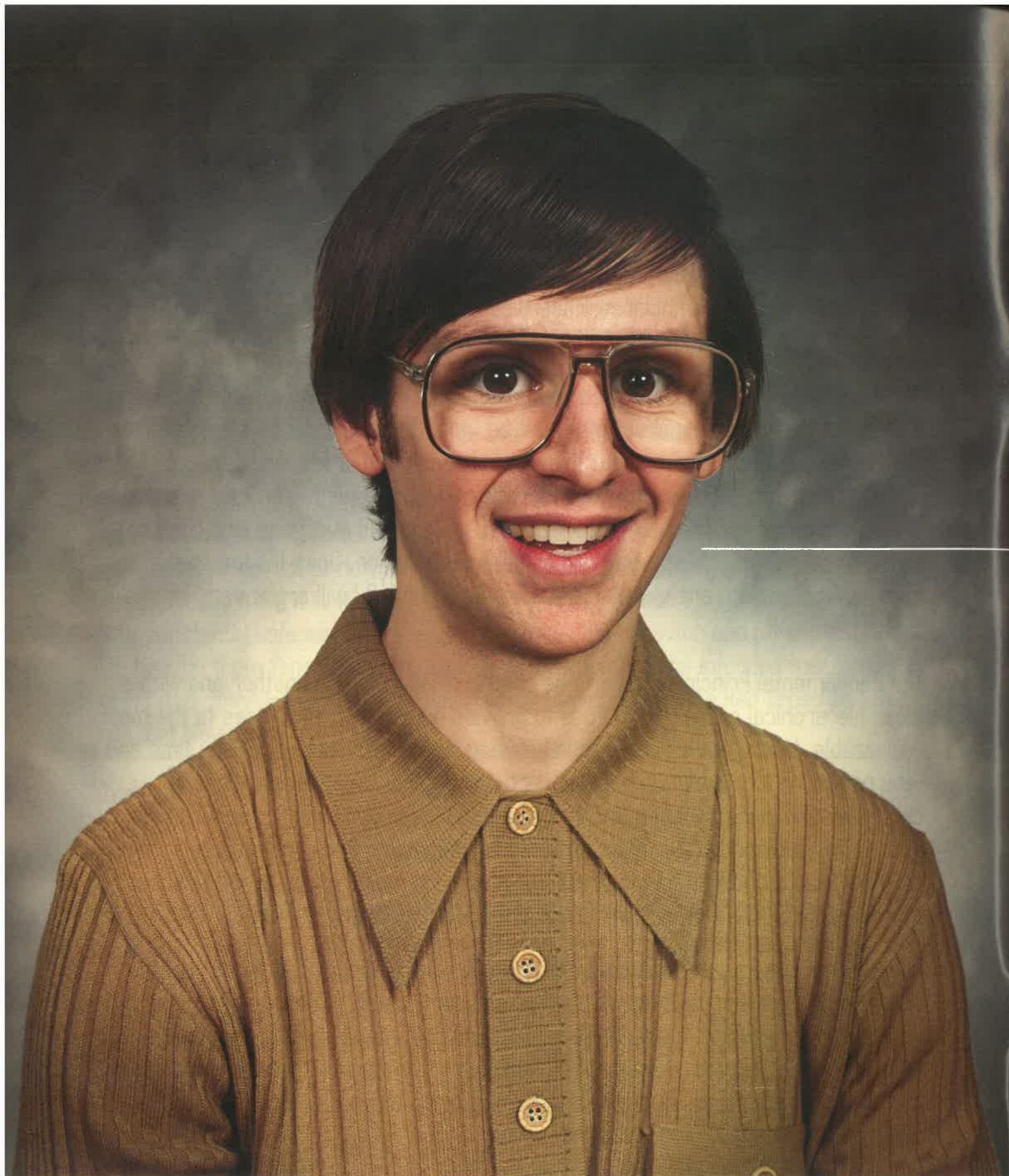
On the other hand, a more challenging condition of the Unity Principle is the statement that the national society must be "open to all". Let us be straightforward and honest with ourselves about this: the Lebanese Red Cross, and particularly the EMS department, is NOT open to all. There is a very stringent recruitment process, a very clear code of conduct which excludes anyone and everyone who does not agree to completely give up any and all political affiliation. Does this mean that we as a national society are violating the principle of Unity? I will argue very strongly that it does not!

The Fundamental Principles have to be read in relation to one another and with a clear hierarchical order. Our duty is to provide humanitarian services to the most vulnerable, to any and all persons in Lebanon who might need us, at any time and in any region. In a country such as Lebanon, being "open to all" would directly contradict the principle of Neutrality and would hinder our ability to ensure safe access to all beneficiaries. Therefore, the Lebanese Red Cross not only has the duty but also the obligation to refuse volunteers on moral grounds and to ensure that it remains a neutral and impartial humanitarian actor.

Because we live in such a fragmented country where politics can be so controversial, every volunteer in the LRC and particularly in EMS, has to make a choice on every single day between all sorts of political affiliations and their humanitarian work with the Lebanese Red Cross. The fact that thousands of young men and women choose humanitarian work despite all pressures from society gives me hope in the future of our country.

I am proud of working in a national society that is working every day towards more and more Unity in its service to the population. I am honored to be counted among this extremely diverse group of volunteers from all walks of life who are all unified under the flag of the Red Cross and its Fundamental Principles.

Rosy Boulos - Head of EMS Department



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

STRENGTHENING VOLUNTEERING IN THE LEBANESE RED CROSS PROJECT 2017-2018

Volunteers are the lifeblood of the Lebanese Red Cross, and yet we speak and act too little in favor of strengthening volunteering in our national society!

This is why in July 2014, the volunteer project was launched as part of the overall organizational development programme in LRC. Since then, more than 130 local volunteer coordinators have been trained and several of them have already applied the new national recruitment procedure and shared their experiences. These are exciting times in LRC because little by little, a community of practice for volunteering is taking shape! One step at a time, our organization is starting to learn how to recruit volunteers more effectively, and how to retain, share and use lessons learned from previous efforts.

Now the time has come to start working together on some of the more challenging aspects of strengthening volunteering in the LRC: retaining volunteers, increasing the scope of volunteering, and finally taking care of our alumni.

Retaining volunteers

It is time to acknowledge that volunteer retention is not an accident. It is a product of good leadership! It is fascinating to look at how two neighboring volunteer centers with similar socio-economic conditions can have such differing degrees of success in retaining and taking care of their volunteers. The easiest path is to blame emigration or the difficulty of making a living or even the "lack of spirit amongst the young generations". These are great excuses to remain stuck in our old routines and traditions without taking a critical look at how we manage our volunteers. Sure, some volunteers leave because of external factors, but we in the volunteering project team are absolutely convinced that a lot of them leave because we simply don't do enough to make them feel valued, respected and useful. There are so many great examples of volunteer retention in so many of our centers. Our challenge now is to identify, learn from, and adapt these best practices systematically across all centers.

WHAT YOU CAN DO

For now, you can request a course called "Basics of Motivation" to break preconceptions about what motivates people in general, and to develop strategies to achieve high levels of motivation in your teams. You can also request the self-care and peer support sessions to help your volunteers take better care of themselves and of each other. More to come in the near future!

Increasing the scope of volunteering

The vast majority of LRC volunteers today serve either in EMS or in Youth. How about those people who admire the fundamental principles of the LRC and its humanitarian mission and want to help in different way? Perhaps they want to contribute to our efforts to ensure blood products to the population, or they may want to help our medico-social centers or disaster management teams with their community based work? They may even want to support our local branches by fundraising or by advocating for the LRC. In the coming years, as we become better and stronger at recruiting and managing volunteers, we will strive to increase the options for volunteers who want to join our national society.

WHAT YOU CAN DO

Support your local branch in increasing its fundraising capacity. Look beyond your own center and help build LRC's volunteering capacities by becoming a local volunteer coordinator!

LRC Alumni

How many exceptional volunteers have served in the LRC and then moved on to pursue their careers and ambitions? How many generations of volunteers have dedicated hours, days, months and years of their lives to support the humanitarian mission of LRC? Imagine if we as a national society had carved out a special place for those people and had remained in touch with them! Imagine what we could

achieve if we have twenty or thirty thousand ex-volunteers who were ready and willing to support the LRC in a variety of ways?

WHAT YOU CAN DO

Participate in the upcoming training courses on using the electronic volunteering portal of the LRC and then make sure to populate that database with new, actual and previous volunteers. That is the first step towards remaining in touch with our volunteers who leave and towards creating a nationwide LRC Alumni.

A few success stories

During the three experience sharing workshops around best practices in volunteer recruitment and retention, we have heard some fascinating stories about the impressive work that some centers have already done. Some of these were a result of the project activities, while some others were simply a result of good leadership and a great sense of initiative. All of them however can serve as lessons to improve our volunteering capacities!

Our first story is about an EMS and Youth center breaking down barriers, getting out of their silos and working together on a joint recruitment campaign. This was done in Beirut and the result was hundreds of applicants, a lesser workload on each center, the image of a well-coordinated and integrated organization projected to the outside actors, and especially a sufficient number of recruited volunteers to ensure the sustainability of the services provided by those two centers. Yes! It IS indeed possible for our various centers to work together effectively and obtain better results with less work!

The second story is about a certain center that was courageous enough to start performing exit interviews to determine why volunteers were leaving. These exit interviews were conducted by a trained local volunteer coordinator at the request of the enlightened and progressive head of center. In some cases, when the volunteers had left following a disagreement and to ensure complete objectivity, a trained local volunteer coordinator from a neighboring center (yes, you DID read that right!) was the one performing the exit interviews.

The good application of the experimental exit process provided that center with some very precious insight into why some volunteers REALLY leave, and this insight will be used to improve the leadership of the center and consequently to improve retention of volunteers. This is vital to our sustainability and once we are able to do this honestly and systematically across LRC, we will be able to start identifying what we can actually do to make volunteers stay longer instead of constantly whining about the shorter life-span of volunteers and about how it was so much better in old days!

Our third and final story is a truly inspirational one about a rural volunteer center which barely had a dozen volunteers only a few years ago. That center also performed very few missions and was therefore barely relevant in the great scheme of things. However, refusing to accept the status quo, a core group of proactive volunteers decided to take matters into their own hands and embarked on a systematic dissemination and communication campaign to improve the image of the LRC in the communities that they serve.



They also challenged their existing traditions and management systems in the center and adopted a more flexible and mature approach to volunteer management. The result today? A 400% increase in the number of volunteers and a correspondingly massive increase in the number of missions that they perform.

Among all of the exciting new projects that are ongoing in our beloved national society, this volunteering project is perhaps the single most important one for the long-term survival, relevance and impact of the LRC. Revolving around this core objective of strengthening volunteering are a variety of projects that contribute to the same objective. Among those are the training, peer support, branch development and leadership strengthening projects.

The more we are able to recruit, retain and develop the right volunteers, the more the reach of the LRC increases and the more persons we will be able to help, today and in the distant future!

We hope that you will join on this exciting adventure!

Nabih Jabr, on behalf of the Volunteering Project Team
Volunteers@redcross.org.lb



Psychosocial Support (PSS) Project – Peer Support

Towards providing more and better support to our volunteers to improve their well-being and increase retention rates

“kel yom b2oul t3ebet bade wa2ef, berja3 botla3 mouheme”

At the beginning of the self care session we ask rescuers why did you join the Red Cross?

To be honest, personally I joined because my friend was applying, I was curious, and I thought it would be fun to volunteer for a short period of time.

After some time in the Red Cross the questions became: Why are you still in the red cross? Can you skip today so we can go out? You are a volunteer! It's ok let someone else go today?

Some more time goes by and your family and friends start asking: isn't it time you leave the Red Cross? You gave enough Khalass quit...

I smile. After all what can I answer... they wouldn't understand...

It just feels like jumping on a train taking you to another world where you put on your uniform and time suddenly stops. What a ride...

In another part of the self care session we ask rescuers:

Despite all the challenges you face, what makes you come back every shift?

“bechte2 la jaw el markaz”, “3eychin ma3 ba3ed”, “as7abe”, “ma ble2e 7ale gheir soret bel markaz”, “ka2ano bayte”, “entime2”, “el jaw 7elo”, “3ade saret”, “adrenaline”, “mas2ouliye”, “soret 7ess bel amen, group 3am bchoufo kel el wa2et”, “metel ma 3atyouna w 3alamoune, mas2oulite et2akad 7ada 3am b 3abe el ma7al”, “men 7ess 7ayetna kela saret salib ahmar”, “Saro 3aylte”

A family that is very hard to leave, a family that passed on values and principles making it unique and respected by everyone from generation to generation, most importantly a family that has martyrs who gave their lives for this same humanitarian mission, for their family... Rescuers say “ila ma wara2 el wajeb” but those martyrs are greater than that, they are known as “mous3efin ila el abad”

I come from a station that has 2 martyrs, 2 great souls that passed away 32 years ago. Their sacrifice, great love, passion, and commitment survived and have been passed very carefully throughout generations, giving us the motivation to continue and teaching us responsibility, something we call “n7afez 3al amene”.

An old rescuer once told me: el jam3iye le 3enda chouhada ma b7ayeta bet mout. A family with a passion of helping everyone in need, rescuers who study and practice hard to provide the best services possible. So imagine what would they do for a family member.

Throughout the years, rescuers have developed ways to support each other in informal ways. They do it because they care for each other, but sometimes caring is not enough if they don't know what else to do...

I still remember that day, I was a team leader back then and one of the rescuers who had recently lost her father and provided him with CPR was one of the team members.

She asked to be spared any CPR emergency for some time and we respected that. On a Sunday afternoon, we were dispatched to an emergency that was supposed to be a nervous breakdown but turned out to be a CPR.

She was there. She froze.

When we came back to the center, she directly went to the bedroom and burst into tears.

I was there, I sat next to her as she was describing how much he looked like her father... I didn't know what to say. She cried for a long time.

I thought of all possible things to say but none seemed to be appropriate, and sending her home wasn't going to help... what should I do???

I sat there, didn't say a word, didn't know what to do, but I really wanted her to feel better...

I felt like I didn't do anything, I lacked the knowledge.

Many rescuers can probably tell similar stories.

For that, for all those hard situations rescuers go through, last year, LRC prioritized the psychological well being of the rescuers by launching the peer support and self care project. They aim to build on the existing support to strengthen and equip our family members with what is needed to provide appropriate support to each other and take better care of themselves.

Marie-Therèse Kettaneh
IQ-203



The aim of this document is to share information about the ongoing Peer Support initiative in LRC.

Components of the Peer Support initiative

1. Self care & PFA session (new/active volunteers)
2. Peer Support Basics
3. Designated Peer Supporters
4. Group Support sessions
5. Peer Support Hotline
6. Access to professional help

Healthier Volunteers

1. Self-care and PFA (psychological first-aid) session

1. Self care & PFA session (new/active volunteers)

Who? New volunteers or active volunteers adapted to the audience
Duration? 4 hours
What?

- * To develop knowledge around the main stressors that might affect volunteers negatively
- * To develop self-help techniques
- * To inform volunteers about available support within the LRC peer support system
- * To provide volunteers with the basic skills to support their peers who are in distress
- * To provide volunteers with the basics of psychological first-aid

Status: Self Care finalization, PFA being reviewed

2. Peer Support Basics

2. Peer Support Basics

Who? Cadres & team leaders (at least 2 years of experience, attended the first session and are interested in more)
Duration? Full day (7 to 8 hours)
Why do it? Team leaders and cadres have the responsibility of supporting the new and active volunteers. This session provides basic knowledge and know-how to provide this support and refer whenever needed and thus contribute to the overall well-being of volunteers in the station.

Status: Piloted with the North District

3. Designated Peer Supporters

3. Designated Peer supporters

Who? Experienced, mature and interested volunteers who are committed to remain active in their station for the next 3 years, who are accepted by all volunteers and selected by the head of station. These designated peer supporters have to attend the first 2 courses listed above and to be selected for the course by the expert facilitators.
Duration? 4 days (intermediate peer support course), and monthly sessions of 2 to 3 hours to develop their skills.
Why do it? To have a peer support reference person in the station who is able to support individuals and groups who might be in need, and refer to receive expert support when necessary.
Status: Pending-Second half of 2017

4. Group Support Sessions

Sometimes teams and volunteers in EMS stations go through difficult emergencies or traumatic events. In such cases, the station can request a support session that would be conducted by a professional.

5. Peer Support Hotline

A hotline for LRC volunteers who need support. Anyone can call anonymously and a certified Psychotherapist will take the call and help. This hotline is for volunteers who are seeking help for themselves, or for their colleagues.

6. Access to professional help

After accessing the peer support hotline, the LRC psychotherapist can refer a volunteer who needs and wants it to the 6 volunteer psychologists for one or two sessions as required. Further support will be addressed on an ad-hoc basis.
Status: 2 successful referrals so far

CONTACT INFORMATION

How centers can participate: you can send an email to peersupport@redcross.org.lb to schedule a session for your station.

For more information, you can contact:
Marie-Therese Kettaneh: 03-183336
Berna Beyrouthy: 70-043722

Project supported by:



DANISH
RED
CROSS

JAMAIS DE BLEU SANS ROUGE JAMAIS DE ROUGE SANS BLEU

J'avais seize ans la première fois que j'ai vu l'intérieur d'une ambulance, je n'étais pas victime, c'était un simple transfert de ma grand-mère de l'hôpital à sa maison. Je venais de revenir de cours, et j'étais supposé me mettre à mes devoirs, mais j'assistais à quelque chose que l'on n'apprend pas en classe, quelque chose de bien plus grand. J'étais en pleine leçon particulière, fasciné par la façon dont les ambulanciers communiquaient entre eux, les mots, les regards, les manœuvres et le jargon médical. On aurait pu comparer cette scène à une machine bien huilée, mais c'était quelque chose de beaucoup plus vif, il y avait tellement de couleurs, un esprit tellement chaleureux qui entourait cette équipe.

Sans le savoir, ces hommes et femmes en tenue rouge venaient de changer le destin d'un adolescent qui s'était toujours demandé : « Je vais faire quoi moi plus tard ? ».

C'est donc à 19 ans, désormais étudiant en droit, que cette même question fait encore et toujours écho dans mon esprit, notamment suite à un attentat terroriste. Cette même problématique revient, quoi qu'un peu différente : « comment est-ce que je peux contribuer ? ».

Ayant fait mes comptes, j'ai fini par choisir la défense civile. J'aurais aimé passer chaque garde dans une ambulance, mais le manque alarmant de jeunes et de main forte m'avait convaincu autrement. Et puis, après tout, nous aussi sommes secouristes!



Quoi qu'il en soit, les mois passent, et impliqué de plus en plus dans les activités de la station, tout semblait aller pour le mieux... jusqu'à la matinée du 22 Novembre 2015.

Il était presque minuit, lorsqu'on reçoit un appel provenant du sous-sol d'un immeuble habité qui prend feu. Appréhendant le pire en route vers la scène, il était critique d'évacuer l'immeuble une fois arrivés, la situation étant devenue alarmante. L'ordre céda le passage au chaos sans que l'on ait pu s'y attendre : une cacophonie de gens qui criaient, les pompes des camions de pompiers qui hurlaient et de la fumée noire qui sombrait l'air. Deux de nos ambulances respectives étaient garées et prenaient soin des troubles respiratoires, alors qu'il était temps d'évacuer les personnes restantes.

Puis sans m'y attendre, un ami, qui habitait l'immeuble, me pris instinctivement le visage et me dirigea le regard vers sa mère, âgée, et évanouie sur le sol. Je voyais du rouge, mais je constatais également, impuissant, notre ambulance coincée à cause du trafic. Pris entre plusieurs feux, dans tous les sens du terme. D'un réflexe immédiat je hurlai : « CROIX ROUGE VENEZ M'AIDER CETTE FEMME EST CARDIAQUE ».

J'avais commis l'impardonnable, celle de céder face à la situation et de m'en remettre au personnel en pleine mission, j'étais en panique, seul sans mon équipe, et sans aucun contrôle de la situation.

Quatre ou cinq secouristes m'ont alors rejoint et aidé à prendre en charge la victime, et pendant qu'ils s'occupaient d'elle, l'un d'eux, le regard calme, posa sa main sur mon épaule, et me dit :

« Calme toi, tes amis sont très occupés, mais tu n'es pas seul, tu nous as à tes côtés. Mon rouge et ton bleu ne veulent rien dire quand il s'agit de sauver les gens. Nous sommes une seule et même équipe dès qu'il est question d'accomplir notre devoir ».

Bientôt trois heures du matin, déshydraté et épuisé, c'était assez pour me faire passer l'appel.

C'est après ce week-end, et pendant la garde qui suivit, que cette phrase que j'ai non seulement inscrit dans mon journal, mais à laquelle je pense toujours, à chaque début de garde, comble un souci né ce jour-là. Cette perspective nouvelle n'est pas théorique puisque nous sapeurs-pompiers, savons que vous êtes prêts à venir en renfort. C'est plutôt personnel, c'est moi, qui sais à présent que je suis bien entouré, et qu'on ne forme qu'une seule et même équipe qui travaille pour atteindre un même objectif.

Chacun de nous répond de son côté, à ces appels d'urgence. Nous n'échangeons pas beaucoup de mots, ou ne nous voyons pas toujours en dehors des appels. Mais éventuellement et comme toujours, nous nous croisons, dans les bons et les mauvais moments.

Cette histoire-là, je la raconte à toutes les nouvelles recrues, pour moi c'est une part de leur entraînement, car l'égo ou à l'inverse, le manque de confiance sont de dangereux facteurs dans notre travail. On pourrait même dire mortels, que ce soit pour les secouristes ou les victimes. Et c'est surtout suite à cette leçon que je fais de mon mieux pour instaurer un esprit de corps solide et un esprit de cohésion, et que je m'efforce de transmettre avant même de le mettre en pratique.

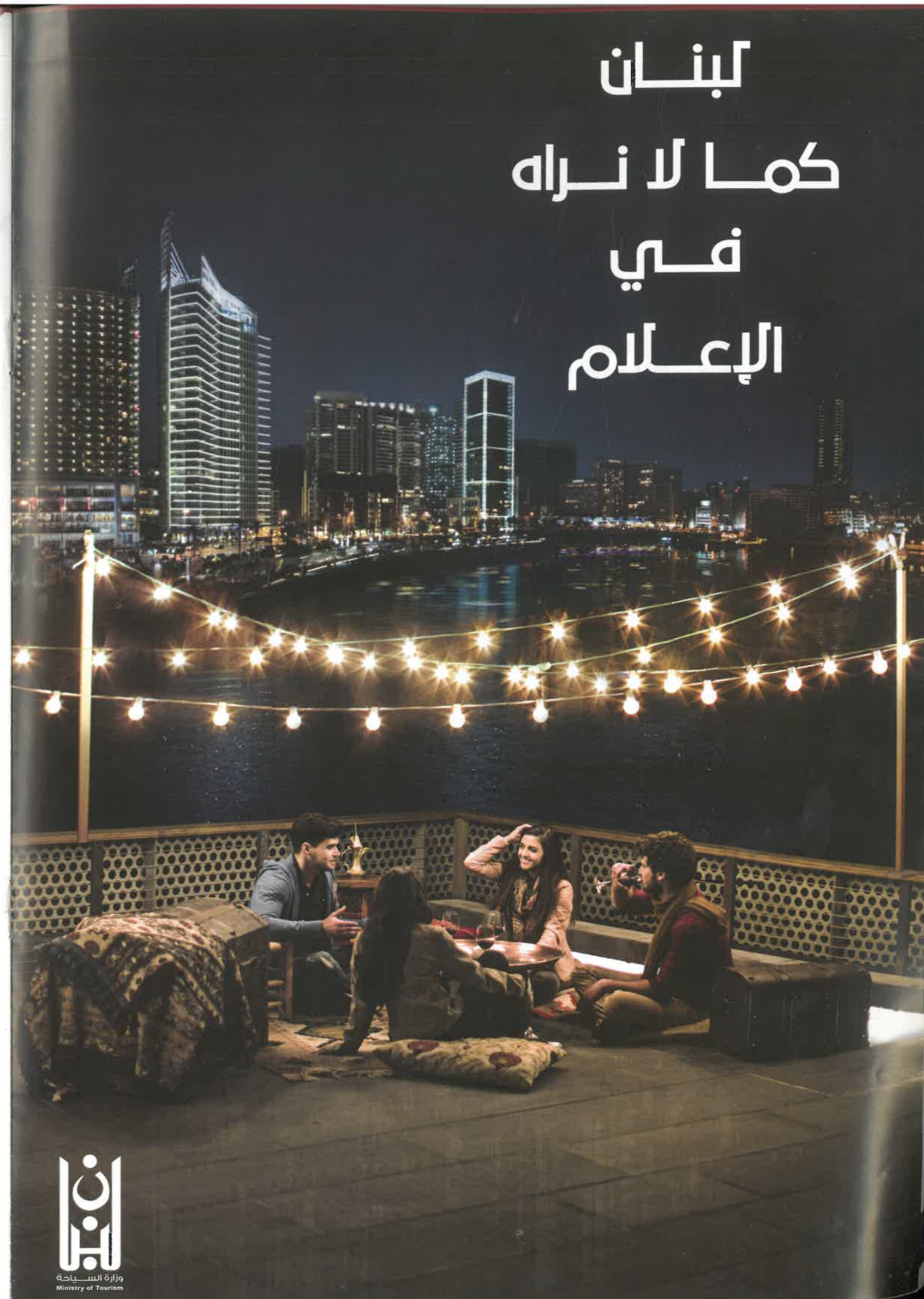
Je suis fier d'être à côté de vous, et je suis reconnaissant de vous avoir en train de veiller avec, et sur nous. Savoir que vous êtes là, c'est rassurant, et avoir confiance en vous est quelque-chose de beau.

Deux ans après, j'apprends toujours de vous, et j'espère continuer à jamais. Vous êtes une source inépuisable d'inspiration non pas pour moi, mais pour tous les jeunes du Liban.

Ghadi El Khoury
Sapeur-pompier et secouriste
Défense civile de Byblos.



لبنان كما لا نراه في الإعلام

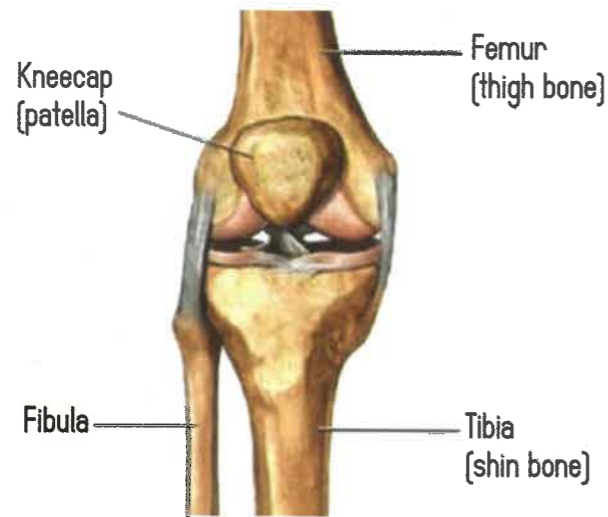


KEEPING OUR KNEES IN GOOD SHAPE

Rescuers are always told to be careful about their backs. However many of us forget that it's also important to keep our knees in good shape!

The knee is the largest joint in our body. It connects the femur to the tibia through a set of ligaments, cartilage and a small bone called the patella.

Because the knee joint is both vulnerable and used extensively in many activities, it is prone to injuries that might be caused by accidents, impact, sudden movements, and gradual wear and tear of the knee joint. That's why any sudden knee swelling signals trouble and should never be ignored. But here's the good news: most knee injuries can be prevented and treated with proper rest and strengthening exercises. As rescuers, we are very likely to suffer from Patellar Tendinitis or from patellofemoral syndrome which are two common knee injuries.

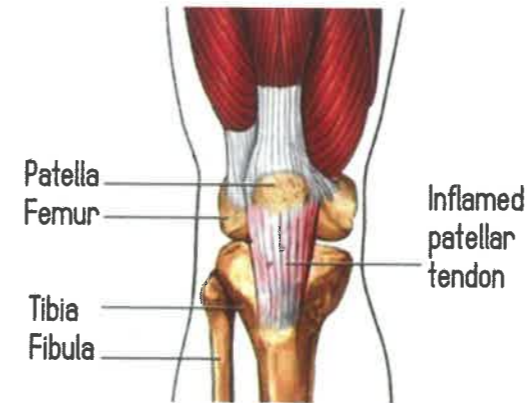


Patellar Tendinitis

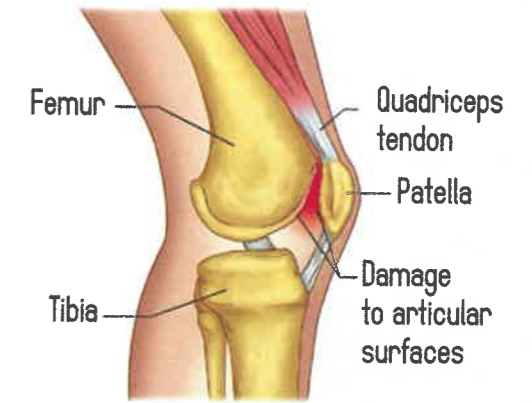
Patellar tendinitis is due to an inflammation of the tendon connecting the patella to the tibia. The patellar tendon is the continuity of the quadriceps muscle situated at the front of your thigh; it allows us to extend our knee therefore kick, run and jump. It causes anterior knee pain, right over the tendon that is increased during runs and jumps. The affected joint might also feel stiff or thickened comparing to the unaffected joint.

Patellofemoral syndrome

Patellofemoral pain syndrome (PFPS) is a syndrome characterized by knee pain originating from the contact of the posterior surface of the patella with the femur. It is a painful injury that might also be discomforting due to the crepitus (joint noises) that it causes. Giving-away of the knee might also be reported.



Patellar tendonitis



Patellofemoral syndrome

How to treat knee injuries?

When a person suspects a knee injury, the first treatment recommended is R.I.C.E., which stands for rest, ice, compression, and elevation.

It is also important to be aware of the activities and moves that carry a high risk of enhancing the injury such as squatting or kneeling.

Finally, it is important to always stretch your knees for better protection and you can also try out some of the exercises we have provided.

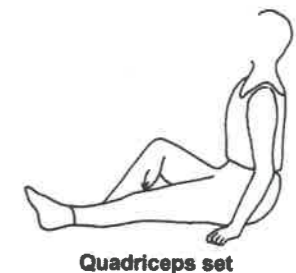
And remember: consult your physician if you are dealing with a knee injury!



Hamstring stretch



Quadriceps stretch



Quadriceps set



Straight leg raise

Wellness Committee 203



FREE WRITING

Working for Souvenir 32 has been my biggest pleasure, especially being in charge of the Revue Committee. While discussing this year's themes and concepts with the designer, who happens to be a very close friend of mine, he openly told me: "When I think of the Red Cross, I imagine a powerful center, just like a beating heart, that keeps us alive"

It was only a few days later that the accuracy of his words hit me. I would like to think that we – all of us – are the beating heart of the Lebanese society. Our strength, rhythmicity and rapidity are now undeniably rooted deep inside of us and allow us to beat through the hardest, most tiring circumstances in order to answer the call of someone in need.

But why? Why are we all willing to give so much? What do we all have in common that makes us able to give so much?

I'm afraid that there is no wrong or right answer. I can however give you a glimpse of how I perceive things.

A heart symbolizes love and there is love in everything that we do.

We learn with love.

We teach with love.

We rush to the ambulance with love.

We work as a team with love.

We diagnose patients, comfort parents, holdhands and dry tears with all our love... so maybe –just maybe– that is what we all have in common.

Nour Jabbour
DeeDee 203

Many are the moments in my life that I think I'll never forget. Like the night my father had his heart attack. How I instinctively dialed 140 and how long the wait for an ambulance felt. How frustrating an AED sounds the first time– I mean just attach the pads and get it over and done with– and how the minutes feel like hours, but pass like seconds when you're in distress.

Another thing I think I will never forget is the way the ambulance driver looked at me that same night, when I asked him if I could be of any help. As fate had it, I was greeted by the very same look of the same person a year later when I went in for my interview at the station. How chaotic my first CPR was. How emotional I got when the patient was resuscitated.

The excitement of zipping my overall on for the first time and the nostalgia when I took it off for the last time. Many are the moments in my life that I think I'll never forget.

Edgard Jr. El Sayegh
Joker 601

Patch Adams once said "the purpose of a doctor or any human in general should not be simply to delay the death of a patient, but to increase the person's quality of life".

That being said I would like to invite every rescuer out there to give each patient their all, to finish the emergency with no energy left. Our duty is not only relieving patients from their physical pain but to ameliorate their psychological well-being. We should go that extra mile and morph into whatever the patient demands; from a shoulder to cry on, an ear to actively listen to or a clown that would crack them up. I always say this to the new recruits that enter our sector: any human can place a head bandage but not anyone can diminish one's suffering.

Alain Gebrayel
Farfoura 203

I never met him, I never talked to him, I never heard him, I never saw him, and I never knew him; but I was sure of one thing, I was living for him.

For most of the people around me, my uncle was just someone who passed away before I was born.

Oh, if only I could've told them how wrong they were.

It all started on the 27th of April when I first got lost in a large crowd of people wearing orange overalls. It all started on the 27th of April when people gathered to honor "Michel Moukarzel's" name. It all started on the 27th of April when I saw my grandparents crying for the first time. It all started on the 27th of April when my family was given a token with my Uncle's name engraved on it. It all started on the 27th of April when I first understood the true meaning of sacrifice.

Yes, it all started on this day, this very special day that made me realize that I should continue what my uncle had started.

My uncle wasn't "just someone";

He was the superhero of our bedtime stories. He was the true definition of altruism. He was the support that boosted people up. He was the internal voice of peace. He was the synonym of a perfect world. He was the reason why, and He was humanity itself.

My uncle isn't "just someone", he's the soul of the family.

He gave his life to save others, but his life was never lost:

I never met him, yet I know him better than my shadow;

I never talked to him, yet it seems like he's shining in my internal mind;

I never heard him, yet his voice guides me through every step;

I never saw him, yet his face is the reflection of everything good on this planet;

I never knew him, yet it feels like he lives right through me: that same "me" that is now part of the large crowd wearing orange overalls.

... and for that, I'm forever grateful to you Hardy.

Marwan Moukarzel
Ghalta 203

A few years back, I lost my childhood friend. I joined the Red Cross to help people and try to save them from tragedies, like the tragedy that turned my life upside down, not knowing that one day my life will be touched by one of the people I helped. I was diagnosed with liver cancer in the summer of 2016. It was a tough for me to continue with my duties in the Red Cross, but I did anyhow. I didn't really realize the danger of my illness until I met a very special someone that was diagnosed with the same disease.

It was an ordinary shift. A normal call. A patient with cancer needed to be transferred to the hospital. As we arrived to the scene, we saw a cute little 6 year old girl lying in bed waiting for us. She was angelic, sweet and full of happiness. She was diagnosed with liver cancer 3 weeks prior. As we were transporting her to the hospital, I got to know her and her situation. I said goodbye to her that night promising that I would visit her soon.

A week passed by and I couldn't help but think about her constantly, until I decided to go see her. I had the chance to spend a whole day with her. Just before I left, she gave me a small airplane toy and told me "take good care of it just as it took good care of me. I am giving you my good luck charm and as a 6 year old that is quite the most important thing in my life".

I kept on paying her visits for just over a month. However, on the 13th of December, I received a phone call from her mother telling me that she had passed away.

This girl was and always will be a big part of my life and I will keep her toy with me for the rest of my life. I may be ill and suffering, but for her sake and for the sake of the people I have lost, I will continue to pursue my duty and beyond.

Anonymous





To value humanity and serve others
 To support one's weakness yet find your strength
 To ease pain and provide relief
 To treasure loyalty and trust
 To see the truth beneath a fake reality
 To appreciate lessons yet become a teacher
 To be enthusiastic yet organized and disciplined
 To cherish teamwork and live by its spirit
 To accept and understand differences
 To recognize and value diversity through which unity is revealed
 To being Grateful of beloved friends and family
 To give from yourself and expect no return....
 many precious values... still considered few ...
 Among the lessons i have learned and the values i have lived ...
 One cause was worth the sacrifice ...

Fida Menhem
Samsam 203

HONEYMOON IN FRANCE

GREAT SELECTION OF SIMPLE STAYS & COMBINED JOURNEYS



Paris



Aix en Provence



Côte d'Azur

Wild Discovery offers honeymooners a unique travel selection including full flexibility and customization. Whether you're planning a honeymoon in Paris, the most romantic city in the world or on the iconic beaches of the French Riviera, you'll find a honeymoon package that will answer your needs. In addition to the expertise of its travel consultants, Wild Discovery partner of the French Embassy in Lebanon facilitates the Schengen visa procedure! Booking a honeymoon at Wild Discovery has never been that rewarding!

SOON IN TRIPOLI



Wild Discovery

Holiday Packages & Experiences | Tailor - Made Holidays | Cruises | Weddings Abroad & Honeymoons
 Airline Tickets | Villa & Yacht Rental | Worldwide Hotel Reservations | Corporate Services | Incoming Tourism
 Gemmayzeh 01 56 56 46 | Verdun 01 802 888 | Kaslik 09 835 222 | Zalka 04 714 314 | Zahle 08 802 888 | Jbeil 03 226 659 | Tripoli SOON!



www.wilddiscovery.com.lb - info@wilddiscovery.com.lb



تذوب الشموع لتنير طريقنا
ويجعلون من عظامهم جسوراً لنعبر

ها نحن اليوم ننحني إجلالاً لأرواح ابطالنا المسعفين الشهداء ،
ألف تحيةٍ وتحية .

الشهيد نجمة الليل التي ترشد من تاه عن الطريق وتبقى الكلمات تحاول أن
تصفه ولكن هيهات فهذا هو الشهيد .

أو عندما يرتقي الشهيد المسعف ويسير في زفاف ملكي إلى الفوز الأكيد
وتختلط الدموع بالزغاريد مع دموع الحزن على خسارة المسعف ودموع الفرح
على من انقذهم عندها لا يبقى لدينا شيء نفعله أو نقوله لأنه قد لخص كل
قصتنا بفعلته،

ألف تحية و تحية.

ألف تحية لكل يتيم غسل بدموعه جسد أبيه، لكل أم ترفض القبول وما زالت
تنتظر ساعة اللقاء وإن لم يكن في دنيانا هذه .

وأقول لكم إن شهيدكم وبعد الإستشهاد مسعفكم أعينه ساهرة على
خلاصكم ، فهو في ظل الهول والويل والصراخ والعيول إستطاع أن يهزم
الرب من الموت؛ أي روح قدسية تملكتمهم في تلك اللحظة. هذه بطولة
يعجز الإنسان عن وصفها .

في الأصل ليس هناك كلمة يمكن لها أن تصف المسعف فكيف اذا كان
شهيداً! ولكن قد تتجراً بعض الكلمات أن تحاول وصفه.

ألف تحية و تحية للمسعف الشهيد.

مسعفو مركز جنسنايا

"انتو الأبطال"
كل سنة يقولو عنا ذكرى
ويا ريت هيك انتو
انتو بالبال وبكل فكرة
انتو ملاكنا الحارس وين ما كنتو
منتمنى نكون بالنوم غرقانين
ونوعى من الحلم ونشوفكم
منتمنى نكون من الوجع سكرانين
ونوعى من السكر بوجودكم كرونس
المركز عم يسأل عنكم
والمهمات نخوتكم ناظرين
خبروني شو بقول للمركز وينكم
وشو بقول لكل الناظر يشوفكم راجعين
امكم ناطرة من بعيد
وبيكم حرقلو قلبو الخبر
اختكم بتدعي مع كل يوم جديد
وخيكم بصليكم ع ضو القمر
والدكم ، رفاق دربكم والزمال
كفو المسيرة وخيكم
رسخو شعلتكم بالعلي
وايد وحدة مع بعضهم التّفو
انتو بكل قلب موجودين
واسمكم بأعلى الجبال
انتو القدوة لكل المسعفين
انتو فخرنا ... انتو الأبطال.

Bilal Wehbe
Bilbol 604

عُرِسَتْ أرزة في بلادك يا شهيد
رَبَّيْتَهَا وَسَقَيْتَهَا بِدَمِّكَ
ذَكَرَكَ وَقَفَّة عَزَّ مَتْلِي الْعِيد
عَنْ مَبْدَأِكَ يَحْكِي وَكَبْرَ قَلْبِكَ
يَلِي الْمَبْدَأَ تَاجَ عَا رَاسِكَ
مَتْلِي الْمَلَاكِ مُشِيْتِ أَصْعَبِ دَرْبِ
رِصَاصِ الْغَدْرِ صَوَّبَ عَ إِحْسَاسِكَ
وَصَابَكَ بِأَسْرَعِ سَهْمِ يَوْمِ الْحَرْبِ
مَا مُنْعَتِكَ وَلَا زُدَعْتَ أَحْلَامَكَ
لَمَّا هَجَمْتَ مَتْلِي الْأَسَدِ عَ الْمَوْتِ
تَا تَحْمَلِ الْأَجْيَالِ بِالْإِنْسَانِيَةِ أَعْلَامَكَ
وَأِسْمَكَ لَهَا يَبْقَى الصِّدْقُ وَالصَّوْتُ
فِي إِسْمِكَ الْإِنْسَانِ وَالْعَنْفَوَانِ
وَأِسْمَكَ صَدِيقِ الْحُبِّ وَالْوَجْدَانِ
وَأِسْمَكَ حِيَادِي لِلشَّعْبِ كُلُو
وَبِيضِ إِسْمِكَ فخر بلبنان
مَوْتِكَ زَرَعَ بِقَلُوبِنَا غَصَّةً
لَكِنْ عِنْدَ رَبِّكَ شَهِيدٌ وَبَارٍ
تَأْكُدُ مَعَكَ مَا بِتَخْلُصُ الْقِصَّةَ
نَحْنَا نَوِينَا نَكْمَلُ الْمَشْوَارِ.

Ahmad Nasser



ألف تحية و تحية
إليكم أيها الشهداء الأحياء
ذراكم عيد
و تضحياتكم للسلام نداء
في الجوامع و الكنائس
لكم ترفع الصلاة
لكم ينحني الوفاء...
تضمّدون الجراح، فتضحون جرحى
تكفنون الصراخ و تنصهر دموعكم بدماء القتلى
أمهاتكم ثكالي يتمزقن...
يتمنين بكم اللقاء،
أمام لحدكم، أمام رحم الوفاء
أمام مذبح الحرية، تحت أنقاض الحروب
جفت الماقي، نزفت القلوب
فبكم تحلو الأناشيد و تتعالى عبر الفضاء...
تعانقون الآيات و تقبلون السور
أرواح حية أنتم، لن تسجنوا في الصور
كيف نكرمكم و أنتم في الشهادة تكرمون!!
يا أبناء القيامة، في عزيمتكم النصر تمثلون
أملنا أنتم
و بأمثالكم نحن متأملون... Darine Abi Haidar

صرخة أم الشهيد
لوم البير يما القدر بذكراك يابني بحتار
بذكراك يابني بحتار لوم الرصاص يما البشر
بذكراك يابني نشف دمع العين
حتى الجفن عالبكي صابو الخدر
سألت رب الكون لوداك بهيك السفر
ليش اختارك انت وما رد عنك الخطر
أنا يا عالي ما بدى غير ابني تكون
البدى تكون قديس، ال نبي وال إمام منتظر
جاني رد رب الكون بالمختصر
ابنك اخترتو شهيد الإنسانية المعتبر
من تضحياته البير بيستغفر كل يوم
ورصاص الصابو بخشوع ركع واعتذر

أعظم شهادة
استشهد وعمله البشرف ما مات
استشهد بأعظم مجد وأظهر وفاة
استشهد والإنسانية وسام عاصده
استشهد تايزرع أمل ويخصد حياة
هوّي اللي أمه ندرتو يرجع سليم
والدمع من عينها ناح بانين
لما بصوت عم يرجف قالوها
ابنك فدى روحه كرامة وجع مسكين
مسيرة مكلة وبقلب كبر البحر معطاء
ما بيوم رجع من مهمة إلا برجاء
رب السما يحمي بيوت الناس كلها
تا نفس دعاوي تزرع ببيوتنا الهناء
يا أمنا كلنا لا تبكي شهيدك
فل من هالدني ووصى بيوم عيدك
تضلي فخورة وراسك مرفوع لأن
العز التضحية والبطولة من صنع إيدك

Sary Aridi
604

تجمعنا مبادئ لرتني مرشدة ،
والشجاعة لا تكل في الضيق شاكبة ،
ذكور و إناث ، كانت رسالتهم منزلة
الإنسانية بدماء الشهداء ظلت راهنة..
بالتضحية سقطوا شهداء السلام ،
ينقذون أرواحاً ما زالت خافقة ،
في الطل أو الحر ، الشروق أو الظلام
لبت أيديهم نداء عباد مسعفة .
لقبوا بالمناضلين في أن مروم ؛
بكر الجارين ؛ تبقي أقدامهم مقدمة ؛
لإستشفاء أرواح ومعالجة قريح .
حنية الآباء في أحشائهم عبرة ،
فابن النبي هو ابن المسيح !
سقط شهيد لم يبك ضائقة ؛
فأصر الرداء أن يكسو الضريح .
الترغ عندنا يتحدى صرعة
نطلب الدعاء لا أقوال المديح .
توجه لنا مؤسستنا دعوة ؛
لننشر السلام في الكون الفسيح ،
"إلى ما وراء الواجب" لا نشيخ...

Yara Abou Mrad
704

