

SPEECH IS GOLD

It is normal that every morning after finishing their domestic duties, the women gather under the warmth of the sun talking softly with a cup of coffee. I pass them on the way to my job and had often desired to know what they were talking about. One day I had a good chance to sit among them and know their main concerns about the difficult life conditions they face in Za'atari Camp. The long time they spend at home in boredom have made them take such long hours

talking because they have not any job and this is a way for them to refresh. They go every morning to one of the neighboring home where they chat about their families and household works. There is no suitable place to go with their husbands and children to spend some good time as there are no parks or even a restaurant for this purpose.

Um Khalid, age 54, said, "I meet daily with my neighbors and talk about expectations of going back to Syria. I consider this a good way of relaxing and expressing myself because a woman is not free to leave home at any time she likes as men do."

Um Adnan's words were simple and transparent. She says, "I wait for the sun to rise to be able to sit with my neighbors whom I did not know before but met in this camp. The war took us away from kinships and friends, but it introduced me to many new friends from different villages and we are as close as sisters. I tend not to exaggerate when I say that I feel so much happiness as I sit with them drinking tea or coffee talking about our concerns about our sons and household works."

Um Amar, age 39, had another view. She said, "Although sitting with neighbors for long hours is a waste of time, it is a good way for a woman to express her ideas and thoughts. For example, I always sit with my neighbors and discuss very important subjects as early marriage and its effects, or we discuss the state in Syria and our wishes to go back to a new Syria, but when the talks deviate to backbiting I back out."

Um Ahmad, age 41, said, "I got

acquainted with different customs and the traditions of others. And, I learned some new ways of cooking because of recurrent meetings with my neighbors. I consider these meetings as a big benefit as long as the talk does not deviate to backbiting."

Um Basil inquired, "What can I do except sit and talk about our difficult conditions? When I arrived here in this camp, I did not have any friends, but when I got acquainted with my neighbors, life seemed to me different because I could feel safe and secure with people who share the same concerns, in addition to supporting me to meet some needs."

Um Mazen, age 33, said "When I sit with my neighbors, we remember those past, happy days in Syria in our villages. We also talk about the difficulties we met on the way here to Za'atari, and we tell each other some of strange situations and stories of our suffering."

Um Sa'ad was calming down Um Mohammad, who was complaining about her 17-years old son, who can't read or write well while his friends are learning at schools.

Um Youssef, a widow, talked about her financial condition declaring that she has nothing to support her except the voucher card, but Um Mohammad suggested that she offers her experience to some organizations since she weaves very well.

Um Youssef complained that her washing machine broke down. Um Mohammad felt her suffering in using her hands for washing and lent Um Sa'ad her washing machine.

Dhoa'a Al Hariri



WAR IS AN INVERSION OF MARRIAGE CRITERIA

The severe conditions that young women went through as they came to Za'atari Camp fleeing from war have reflected negatively on their thinking about marriage and starting a happy family. In addition, these factors have also affected how the community thinks about marriage. As a result, we find that too many young men and women have backed off from the notion of marriage though it is the dream of everyone to look forward to stability. Now there is a high level of bachelorhood among both genders. Fear of the future with these difficult circumstances and evasion of responsibility have made their thoughts negative about marriage. I talked with some girls about this question and told me that they find it difficult to accept the differences of tradition and habits of marriage than that they learned about in Syria. Some young ladies think that the low costs of marriage may stimulate some men to marry multiple wives or dispense with his wife easily to get married again. Others think that a young lady of academic certificate finds it difficult to accept to marry a man of less education. Some others think that marriage is a major occasion for happiness and it is difficult to make it perfect away from their homeland, friends and kinships in Syria. They are hoping that their marriage will be there.

Suhair Asawida

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MY AMBITIONS ARE GREATER

I came here to Za'atari Camp with my father and brothers. I had to leave my dreams behind but accompanying me to my new life were my doll, pens and my diary to write about life in the camp. It was very difficult for me to adapt to this new life as I found it difficult to carry water from public cisterns on the street to the caravan and to use the public water close, but my father made for the family a private cistern and WC. After four months, my father decided I should get married to a young man of age 23. I was 15, and he was thinking that the early marriage was the best way to protect my future and reputation, but he did not consider the negative consequences of such a marriage at this early age and also the responsibility that I had to assume.

I got married and day by day my troubles grew large until separation and divorce took place. My family blamed me for the failure of this marriage. I felt despair and hate toward all people. One day, one of my friends convinced me to go to an organization for fitness and knitting, but my family could barely accept the idea for fear of people's gossiping about me.

I have lost everything: my father's tenderness, my rights and freedom. I advise all girls to not accept early marriage and reject it and also say to parents "Protect your family against this tradition."

Manar, age 16

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BE KIND TO YOUR HAIR

The best way to comb your hair is to start from the end and to move up gradually to undo the knots. If you have some problems with your hair such as roughness you can use balm or apple vinegar after bathing which helps hair be combed easily. The process of combing must be an easy one as long as your hair enjoys vitality and health, but certain kinds of hair care can lead to some problems. Overuse of dehydrating creams, too frequent hairdressing and overexposure to sun and heat can make hair brittle. So can washing hair in water treated with too much chlorine and using chemical substances as tint. Using a pillow of cotton while sleeping can also be bad for hair.

Ikheclass Al'E'd

HENNA IS AN ADORNMENT FOR WOMEN

Women in Za'atari Camp use henna to dye their hair and to give a kind of attractiveness. We can buy it from salons where it is easily available and cheap. Henna was known for many nations and was used as a cure for skin diseases. At present time, henna is used for brides to ornament them the day before the wedding. Nowadays henna is an element that is used in producing hair dyes. It is popular for its benefits for hair such as that it prevents hair from breaking easily. Henna comes in different kinds such as Baladi and Shami which smell very nice and have a dark red color. The drawing of henna on the hands and feet are now the latest craze marked by designs called temporary tattoos.

Nida'a Al Sh-wamra



HAPPY IN MY ACHIEVEMENT

I was very happy when I saw the photos I took in Za'atari camp appear in a show organized by Save the Children. I was sure that my efforts had not gone awry because I worked hard in choosing photos which express the suffering of the Syrian people who were displaced as a result of war. Frankly, I did not expect that this show could bring such a large number of attendees from the camp and the officials of different organizations who in turn expressed their gratitude and admiration of in the photos. During the show, each young man or woman introduced 4-5 photos they took to document life in the camp in general and children. It was an interesting day where we could draw smiles on everybody's face, and the show was successful by the grace of God. I went further in my ideas by suggesting we show these photos in different places in the camp starting from Aid Clinics. I always look forward to improve myself thinking that perfect photos can be a means by which I will be able to manifest visually the suffering of the Syria people to the outside world.

Bayan Jihad Al Masri, age 16



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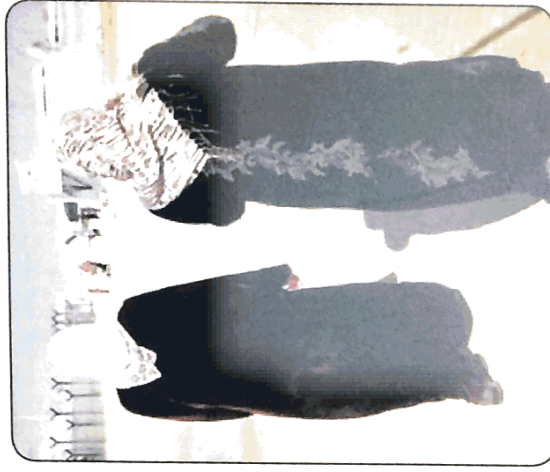
MY CRAFT IS WOOL KNITTING

Before coming to Za'atari Camp I used to knit wool for my family. I could meet all their needs for woolen clothes. After settling here in the camp, I have not given up this career. I still practice it making mittens and socks for the family. I think that it's a big victory for a Syrian woman to persist in her craft despite the challenges that she encounters as a refugee. I feel happy when I knit something because it takes a long time to complete it, and I feel happy when learning more from other women who share the same skill. My craft has developed and now it is a job through which I can earn some money to support my family in this difficult condition.

Um Ibrahim, age 43



WALKING FOR HEALTH AND LIVELINESS



Every morning I get up early and go walking with my neighbors to buy bread. We spend more than 30 minutes walking between caravans. I have been doing this for two years since every morning as a favorite sport so that I can exercise my body and get rid of extra calories. When I do not go walking to buy bread, I feel lazy because this is a light sport making me obtain great benefit to my body, so I advise all women to practice daily this sport even 15 minutes.

Um Mohammad, age 45

YOGA IS A SPORT SUITABLE FOR WINTER

Yoga is a kind of sport that improves the flexibility of muscles, strengthens them. It helps to burn off more calories and can quell anxiety. Even if you practice yoga as groups outside home, you can practice it at home, too. Those who attend such weekly lessons will be practicing it at their homes in the early morning, in the evening or at

the week end because it has become an integrated part of their life. Breathing is a way to control pressure, thus, yoga teaches beginners how to use this instrument as a way of controlling anxiety and tension successfully. It is very important to make this exercise as a part of behavior and to let it become a daily routine. It is recommended

Jamila Mahdi, age 31

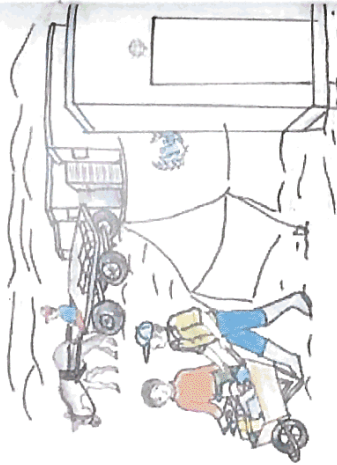


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A WOMAN'S AWARENESS

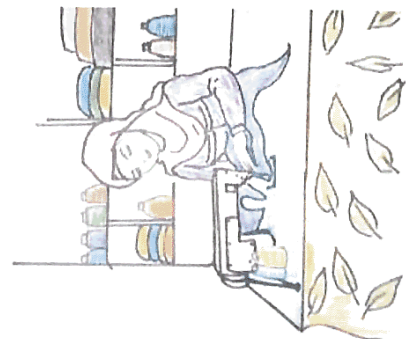


Roukia lives in Za'atari Camp with her husband and children



Her husband, Ra'ad, has not ever slackened in his work to support them despite not having a permanent job. He has a wheelbarrow which allows him to earn his family some money.

Roukia is a great woman who has not been tied down by these obstacles, but she copes with her responsibilities by working in a space that teaches knitting to help her husband to pay for their expenditures.



But anxiety haunts her continually because of pain she has felt for a long period of time under her armpit. She worries of breast cancer although she does not know its symptoms. She is shy to ask doctors to reassure her.



Roukia did not tell her husband or sons about this pain so as not to worry them, but she told her neighbor, Um Samir, who warned her about delaying going to the doctor.



Roukia asked for leave to reassure herself and know the reason behind this pain from a specialist doctor

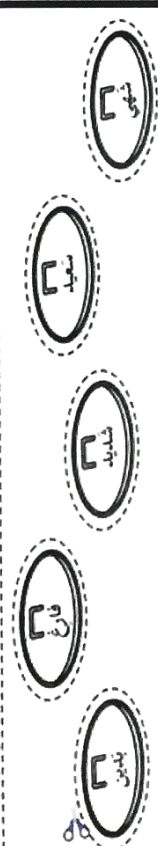
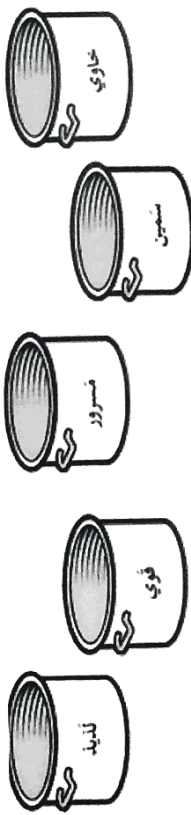


Roukia entered hospital and one of doctors told her about the cause of pain, then the doctor made some necessary medical inspection and reassured her that there is nothing to worry about because it is natural for a nursing woman to feel such a thing. Roukia said "I thought it was a symptom of breast cancer where I suffered too much pain in the last days until one of my neighbors advised me to come here." The doctor told her "Oh Roukia, my dear! You ought to thank God for your health and may God keep away the cancer from you and all women. This disease has such symptoms as; pain in the breast, a change in the skin color and cracks in the skin." The doctor continued explanation.

"To protect yourself, I advise you and all women in the camp, a big number of who are unaware of its symptoms, to work hand in hand to accept periodic examination in order to protect themselves from this disease. Also cling to the rule: "Prevention is better than cure." The doctor concluded with some instructions for Roukia to follow to be more aware. She said "First, you should go check every month. Second, you should go to self-examination centers that are available here in the camp." Finally the doctor asked Roukia to take some flyers and distribute them among women because they have some advice and some instructions about self-examination.

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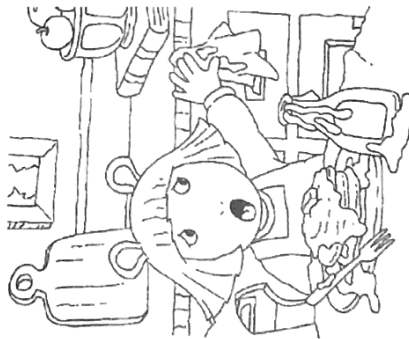
Cut the lids, then, stick each lid over container which has the synonym of the word on the container. Delicious . strong happy fat empty Delectable powerful glad corpulent hollow Is there something missing here too?



Help Salwa to choose her a suitable cloth for her party



let us color this drawing



The Magazine Time

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THIS IS MY LAND

The most beautiful verse for you my homeland
Never to be if it will not depict you
Your lofiness is so high
If even transcends beyond stars
Our blood will be poured to defend you
Oh verse! Be as a big palm tree shadowing it
And give its people love and joy in their nights
Oh my homeland! Your love runs in our blood
And more precious than life and soul
Only for you the meanings of my poems stand
To tell your virtues and attributes
But if I want them for people to count
My words for this can never encompass you
This is my land! From which great men have risen
Who send the light of love as the moon dispenses darkness
In all our cities their holy blood's perfume have wafted
In their lovely wishes mountains and hills were ornamented
By their blood we have known that death is a tone
By their blood the tones of symphonies were written
However long it will take to go back, my homeland
By the eyelashes we will walk to you
Your flags will flutter high in the sky
To your flags our bodies will be the masts
To your flags our hearts will never ever dishearten
If your soil complains of aridity
Not by money, but by love it will be watered

Amina Manour

LEBANESE NIGHTS' SWEETS



Ingredients:

- 1/2 kg Semolina
- 2 cups milk
- Sugar as desired
- Cream
- Coconut
- Peanut
- Katur (3 cups of water and 2 cups of sugar boiled to become sweet liquid)

Preparation:

- Put milk and sugar in a deep container on a slow fire and stir well until it boils.
- Add the semolina and stir continuously until it holds together
- Place it on a plate until it becomes cold and then pour cream over it
- Decorate it with peanut and coconut, then add Katur.

Wa'ad Al Masri

GROATS OF WHEAT AND TOMATOS

Ingredients:

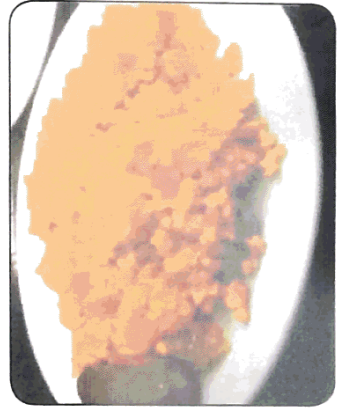
- 1 onion
- 1 cup of olive oil
- 1 1/2 kg of tomatoes cut into slices
- 1/2 kg of wheat groats
- A big spoon of salt
- Black spice to taste

- 1 1/2 liter of water or chicken soup

Preparation:

- Put the olive oil in a deep container, add slices of onions and fry them until becoming golden
- Add the slices of tomatoes, salt and black spice and mix them together until they soften
- Add water or chicken soup until they boil
- Add groats and leave them 5 minutes covered on a slow fire
- Serve it in a dish with green onions

Um Ahmad, age 33



FOR A CLEAN TEAPOT

Our community loves tea, so we must keep the tea pot clean. The most effective and low cost way to clean the teapot when it changes colour from the tea is to put Karcadih inside the tea pot and let it boil. After boiling, empty the Karcadih onto a plate, leave the hot water in the teapot, add some chlorine and leave it to soak for a day long.

The next day, use a rag or sponge to rub the teapot and the result will be a twinkling teapot.

Amina Mansour

