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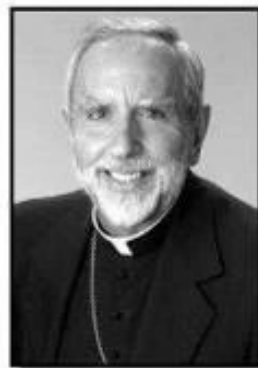
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Fall 2002

MED Club Welcomes to Tucson Honorary Member:

Bishop GERALD F. KICANAS



On Jan. 15, 2002, Bishop Kicanas was officially welcomed as the man in line to become the sixth bishop in the Diocese of Tucson's 104-year history. As coadjutor bishop he helps Bishop Manuel D. Moreno administer the diocese. Bishop Moreno has been bishop since 1982. Before coming to Tucson, he served in the Chicago Archdiocese where he oversaw a geographical area that included 470,000 Catholics at 53 parishes and 36 Catholic schools. He now will minister in the Diocese of Tucson with more than 300,000 Catholics in 71 parishes, dozens of missions and 24 schools.

Gerald Frederick Kicanas was born in Chicago on Aug. 18, 1941, to Fred and Eva Kicanas, both of Lebanese descent. The second of three children and the only son, Bishop Kicanas said his family had a deep respect for the priesthood because his father had been brought up in a Catholic orphanage and essentially raised by a kindhearted priest. Although his father was baptized Catholic, his mother was of the Greek Orthodox tradition and, ironically, young Jerry was baptized and confirmed into the Melkite rite, one of the Eastern Rites of the Roman Catholic Church. It was a compromise, the bishop explained, between his religiously diverse parents.

"Of course, that's a big problem when you're getting ordained in the Western Rite," Bishop Kicanas said. "But my father was baptized Roman Catholic and you follow the rite of your father."

Bishop Kicanas' father had a sister Edna Kicanas who married a Borane some of whom live in the Diocese of Tucson. His grandparents were born in Lebanon and his mother speaks Arabic. Regretfully he did not learn the language except some simple expressions, but he enjoys all the Lebanese foods, which his mother made often.

His mother was an Abdella and from a large family of thirteen. They lived in St. Paul, Minnesota. His father's family lived in the Michigan City, Indiana area. Bishop Kicanas' uncle Eddie Kissane (Kiki) was very involved in the Syrian Lebanese League in the Chicago area.

Bishop Kicanas began attending Catholic school in the fourth grade and when he was 13, decided to enter Quigley Preparatory School, a high school day seminary. That same year, his mother converted to Catholicism. He was drawn to the priesthood early, primarily by the example of priests he knew as a young boy.

Bishop Kicanas spent five years at Quigley and then began seven years of study in philosophy and theology at Mundelein Seminary at the University of St. Mary of the Lake near Chicago. He received a master's degree in religion and a licentiate in theology and was ordained to the priesthood in 1967. He continued his studies at Loyola University in Chicago, eventually earning a master's degree in education and a doctorate in educational psychology. After three years as a parish priest, Bishop Kicanas spent 25 years in the Archdiocese's seminary system as a teacher, principal, dean of formation and rector. He was also chaplain for a juvenile detention home during this time. He was ordained a bishop in March 1995 and appointed as one of Chicago's eight auxiliary bishops a month later.

(Continued on page 5)



*The world was
before me and
will remain after
me.*

Abdul Wahab Al-Bayati





MANSOUR FAMILY HISTORY

By Nick Mansour

In 1888 my father was born in Roumeih al Matin in what was then Syria and now is Lebanon. At the age of 21 his father told him was time to leave. And so he came to the United States to work, first landing in Wheeling, West Virginia to live with friends and family members. This was apparently a custom of sending one member of the family to the states to work who would then send money back to the old country.



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Because he had an uncle in Morenci, Arizona, he decided to head out west in 1911, and joined several years later by three of his brothers. One of them left after three years and went to San Francisco and later back to Lebanon. The others stayed. My father ran a taxi service between Metcalf, Clifton, Morenci and Lordsburg till 1933, when he returned to Lebanon and met and married my mother. My father's name was Nahoum, later changed to Nick (probably when he came through Ellis Island), and my mother's name was Marrietta.

My parents arrived back in the states in late 1933 and stayed with relatives in West Virginia for a while before coming back to Clifton. There was a depression in 1934, and so they moved to Superior, Arizona where my sister, Adele, was born. Three years later I was born. My parents sold clothes from house to house and then bought a restaurant, later converting it into a saloon. My sister and I grew up and graduated from the high school in Superior. She later graduated as a teacher from ASU, and I from U of A.

My career took me to medical school in St. Louis where I met and married my wife, Sharon. We moved around a bit, but finally settled in Tucson on July 12, 1969 where we have been ever since. 32 years, 4 children (Michael, Theresa, Nick III, Christine), and three grandchildren (Amina, Nick IV and Isabel) later we are still here. My family is scattered with a daughter in Phoenix, a daughter, son-in-law and granddaughter in San Francisco, and a son and daughter-in-law and two grand children in Annapolis, Maryland. We have one son and a daughter-in-law in Tucson.

Five years ago my wife, two daughters and my niece took a trip to Lebanon. We met 94 relatives there, of whom only two had we met previously. The welcome was outstanding. They treated us as if they had known us forever. We saw Baalbek, Jeida Cave, Harissa-Our Lady of Lebanon Shrine, and the Cedars with a tree sculpture of Kalal Gibran. We went to the church where my parents were married. The trip was wonderful and very nostalgic, bringing back memories of stories my mother and father told me of life in Lebanon. I would recommend to anyone who has never been there to go.

But be wary: it calls you to return.



Family Fun Nights

A community which gets together, stays together

Our Family Fun Nights are such a success because of all of you. Not only have we had an amazing turnout, we have had a great time! Thanks to all of you for your support, and consistent attendance. Poetry night was an inspiration, and a way for kids and adults to focus their attention on each other's creativity. Graduation night was a special time for all of us to remember what it means to have met one goal, and to usher in the future. Let us help pave the way for our community's continued success by cherishing these moments. We'll see you next Family Fun Night!
Lana Moussa



MED Happy Events



A graduation song by Christine Moussa

This is a song that I was inspired to write for my graduating highschool class of 2002 from Catalina Foothills. The words cam from the heart and I only wanted to speak to the hearts of those graduating with me. It was a moment in time that we were all connected by our graduation. It is a song of growing up and moving on, setting our wings for flight.

We're Here

The sunset is falling
My skin begins to chill
My eyes rise to heaven
The future's on my mind

Look around
In this sea of blue
As you remember
What you're gonna do
And you can wink at your best friend
Or smile at the one you always wanted to

And we're here
In this moment together
And we're here
Dreaming of what's next
And I find
My soul's wings ready to Fly
And let's go!

So forward we go
It's towards our best we near
Our palms bare
Ready
It's our choice to let go
And go on

And we 're here
In this moment together
And we 're here
Dreaming of what's next
And I find
My soul's wings ready to fly
And let's go!

Oh I'm here
Until the last day is through
I will carry on
Strong till dawn
And beyond
And solitary I stand
Wings waving in the wind
Mystically appearing
My soul I feel
I 'm here

And we're here
In this moment together
Dreaming of what's next
And I find
My soul's wings ready to Fly
And let's go!

The sunset is falling
My skin begins to chill
My eyes rise to heaven
The future's on my mind



Congratulations to the recipients of the \$500 MED Scholarship award: Christine, Ibrahim, Paul, Taj & Hassan.

The MED Club was proud to take part in these young adults' celebration.

We are honored to know you today, & can't wait to see your mark on the world of tomorrow.



**WEDDING
CELEBRATIONS!**
Kamal & Oula,
June 2002





Bishop GERALD F. KICANAS (continued from page 1)

Bishop Kicanas' favorite childhood memory is going to New York with his father to see the White Sox play the Yankees.

"I was in about sixth grade. I don't know who won, but I saw Mickey Mantle and there was the thrill of being in Yankee Stadium," he recalled fondly. Later, during the bishop's frequent trips to New York, the exercise enthusiast would run in Central Park.

"Every time I'd pass the statue of Mickey Mantle in the park I'd remember that day with my father," he said.

Bishop Kicanas' father died in 1985 after a battle with cancer. The bishop still misses him, especially "his tenderness and caring."

Being a White Sox fan was a requirement in his childhood home. The option of following the Chicago Cubs simply wasn't allowed.

He is an avid baseball fan and as a young boy, dreamt of a career in baseball. A high fly ball hit to his left-field position in seventh grade convinced him otherwise.

"I missed the catch and it knocked out my front teeth," Bishop Kicanas remembered. "I knew then I wasn't meant to be a baseball player. My poor father, he had every dream I would play for the White Sox."

Bishop Kicanas believes that, like any person, he has strengths and weakness that he brings to Tucson.

"As for weaknesses, I am able to see many sides to issues, which makes it hard to decide things quickly," he said. "Some people have said I'm not as confrontative as they thought would be helpful. And every priest is a human being, therefore there are personal struggles" which Bishop Kicanas' spiritual director helps him address.

"My strengths are that I tend to be sensitive and a good listener. I'm a good preacher and I seem to celebrate sacraments in a way that people find meaningful," the bishop continued. "I delight in working with people. I have a great love of the Church and an eagerness to learn."

Bishop Kicanas has served the Church in the United States in a number of ways. He spent the past three years as chairman of the United States Conference of Catholic Bishops' Committee on the Diaconate charged with designing a national directory for training, formation, life and ministry of permanent deacons. The committee's work is currently in Rome awaiting approval. The Tucson Diocese has 121 permanent deacons.

Lay formation also has been a major interest of Bishop Kicanas'. As a member of the U.S. bishops' Subcommittee for Ecclesial Lay Ministry he became aware of the need for well-trained laity, as well as the tension

The bishop has been part of a leadership group at Duke University that was given a \$4 million grant for study of pastoral leadership among all denominations of the United States.

Tucson's new coadjutor is a very disciplined man, exercising more than an hour each day – either by jogging six miles or doing aerobic exercise – maintaining a strict, low-fat, non-dairy vegetarian diet and adding morning meditation to his Liturgy of the Hours regime.

Arabic Classes Resume on September 14

Let's get back to learning Arabic! I trust that everyone has had a relaxing and energizing summer and is ready again to tackle the task of learning Arabic with renewed enthusiasm and commitment. Arabic classes will start up again on Saturday September 14h from 3 to 5. For the Modern Standard Arabic portion of the class, which will run from 3 to 3:45, we will begin by reviewing the first two units of our text, Alif Baa, before moving on to learning more of the alphabet. We'll start the first day of class with a quiz over units 1 and 2 that will tell us how much review is needed before we move on.

For the Levantine spoken Arabic, the class will run from 4 to 5 starting Saturday September 14. During the first 3 classes, we will review key phrases and words we learned from the first session. The purpose of the review is to refresh the minds of our old students and to bring up to date our new students. We are all hoping that we will have a great year of learning and excitement.

For more information about the classes, please contact.

Martha Schulte-Nafeh via e-mail at: marthas@u.arizona.edu

Or Hassan Hijazi: Hassan.Hijazi@mail.house.gov or by phone at 751-4420

HISTORY



The Origin of Cities 5500-2300 BCE

By Kamal Moukabary

The Invention of Writing is the most important achievement of this period. As early as 3300 BCE we see what is called numerical notation tables: small pillows of clay on which there are marks that seem to represent numbers. To do this, one would have rolled his cylinder seal over the tablet, as if signing for a credit card receipt. These kinds of tablets are widely found in Mesopotamia (known as the cradle of civilization), from Susa in Iraq to Habuba in Kabira, which now lies under lake Al-Assad in Syria.

When we first see the writing system in Uruk, it is already highly complex. The signs of the writing are called **Pictographic**, that is they are little pictures of what is meant. They are inscribed on the same clay tablets as the numerical notation signs, and so we call the system itself **Cuneiform**, from the Latin for "Nail-Shaped" because they resembled nail marks in the clay.

For several hundreds of years writing was confined to recording workers, and the surplus they generated. Also from this period we get what we call lexical texts, dictionaries that helped people learn to write in the system. This system was the prototype of the Sumerian language. Akkadian is the earliest known Semetic language, and although it is written in the same cuneiform system as Sumerian, it is similar in structure and vocabulary to other Semitic languages, including Arabic and Hebrew.

Little Known Facts: If you yelled for 8 years, 7 months and 6 days you would have produced enough sound energy to heat one cup of coffee (Hardly seems worth it). If you farted consistently for 6 years and 9 months, enough gas is produced to create the energy of an atomic bomb (Now that's more like it). The human heart creates enough pressure when it pumps out to the body to squirt blood 30 feet. A cockroach will live nine days without its head before it starves to death (Creepy). Banging your head against a wall uses 150 calories an hour .. (Do not try this at home ... maybe at work). The flea can jump 350 times its body length. It's like a human jumping the length of a football field. The catfish has over 27,000 taste buds. (What can be so tasty on the bottom of the pond?) Butterflies taste with their feet. (Something I always wanted to know) Elephants are the only animal that cannot jump. (OK, so that would be a good thing....) A cat's urine glows under a black-light. (I wonder who was paid to figure that out.) An ostrich's eye is bigger than its brain. (I know some people like that.) Starfish have no brains. (I know some people like that too.) Polar bears are left-handed. (Who knew...? Who cares!)

A little boy walked to and from school daily. On one particular morning, the weather was questionable as clouds were forming and the sky was gray, but the little boy made his daily trek to the elementary school anyway. As the afternoon progressed, the winds whipped up and the thunder and lightning began to roll. The mother of the little boy was concerned that her son would be frightened as he walked home from school and feared that the electrical storm might harm her child. Following a roar of thunder, lightning would cut through the sky like a flaming sword! Worried, the mother got into her car and drove along the route to her child's school. Upon finding her son, she noticed her little boy was walking along just fine, but at each flash of lightning, the child would stop, look up and smile. More lightning followed and with each one the little boy would look at the streak of light and smile. The mother approached him in her car, lowered the window and asked him, "What are you doing?" The child answered,

"I am trying to look nice, God keeps taking my picture."

MED Kitchen



Tortilla Lime Soup:

Sosan Moussa & Stewart Salmon

2 tablespoons olive oil
1 large yellow onion
4-5 garlic cloves
2 cans chicken broth
1 can crushed tomatoes
3 fresh tomatoes diced

1 bushel cilantro
1 teaspoon cumin
1 teaspoon salt
1 bag tortilla chips
colby/jack cheese mix
3 avocados, 5 limes

To prepare:

sauté pan
large soup pot

Method:

sauté chopped onion & garlic in olive oil.
place in soup pot with chicken broth, 1-2 cans water, & 1 can crushed tomatoes.
Boil, then turn down heat & add cumin, salt. Add 1 cup chopped cilantro & diced fresh tomatoes. Simmer a few minutes. Add juice of 4 limes.

To serve: In soup bowls place a handful of both tortilla chips & grated cheese.
Ladle hot broth over. Spritz with lime juice & add sliced avocado, diced tomato, and cilantro sprigs.

To serve:

garnish with fresh cilantro,
avocado slices, & diced
tomato

Call for Submissions:

Nominate and Arab/Arab American you know. Write and tell us why this person is deserving and we will interview and honor them in upcoming issues. E-Mail me with your nominations!

Happy Events

Birthdays

AUGUST

Julie Michaels 13th
Paul Hamra 13th
Lilliana Awale 16th



SEPTEMBER

Gabe Sarah 1st
Wadia Sarah 1st
Angela Awale 5th
Mary Sahyouni 6th
Hannah Sarah 13th
Pete Davis 22nd
Luke Moussa 30th

OCTOBER

Josephine Sabbagh 10
David Basila 21st
Marge Yessian 23rd
Ahmed Awale 15th
Stewart Salmon 26th

NOVEMBER

George Hobeich 5th
Manal Busaba 11th
Sonia Hariri 21st
Adel Ziady 25th
Dawn Awale 26th
Nicole Lahood 30th
Carmen Moussa 6th
Mikey Moussa 26th

Anniversaries

Ned & Leila Charani 9/10
Salim & Sonia Hariri 11/17

Med Club Information:

Membership Renewal

- If you are already member, please renew by sending a check payable to: Tucson Med Club
Fees: Family Membership: \$70
Individual Fee: \$35
Donations: MED Scholarship Fund
- If you are not a member, you can download the application form from our website or contact any board member to get an application form.

Please note that to be officially a member, according the MED bylaws, the board must discuss and approve the application.

Tucson MED Club is a member of the Southern Federation of Syrian Lebanese American Clubs.

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This Issue is compliments of:
Dr. Osama Abdelatif, M.D.
Tucson Pathology

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"In my veins runs
the blood of the
poets and wise
men of old, and it
is my desire to
come to you and
receive, but I
shall not come
with empty
hands."

Kahlil Gibran

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WANTED:

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