



THE TUCSON MED CLUB

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The Abdelatif's Family

Like many Med Club members in Tucson, Osama Abdelatif and Rory Mac Ewing, literally met on the opposite side of the world, propelled from the banks of the Nile River, into the multicultural melting pot of America.



Osama, born in Cairo, Egypt, and Rory Mac Ewing, from San Diego, CA, met at the American University in Cairo (AUC) in 1978, while they were students. Although they were the first persons in either family to marry a foreigner, the young couple was enthusiastically welcomed into the family at their wedding in Cairo in 1983.

Osama's parents, Anwar and Kout el-Quloub, from Cairo, have three children.

Now retired, Anwar was the Undersecretary in the Egyptian Government's Ministry of Housing and the foremost expert on cement production in his country. Osama's older brother, Abdelatif, is an engineer and architect. His younger sister, Muna, studied journalism at Cairo University.

After completing high school, Osama realized one of his 3 lifelong dreams which included: becoming a professional soccer player, a world class pigeon racer, or a physician. Luckily, for all of us, Osama was accepted into the Cairo University, School of Medicine in 1976. For many years, Osama also wanted to study in another country. Halfway through medical school, he applied and received a scholarship from the International Rotary Foundation to study English and one year of pathology. As fate would have it, it was at a meeting of the Cairo Rotary Club in September, 1978, where he met his future wife.

I am the descendant of a people that builded Damascus, and Byblos, and Tyre and Sidon and Antioch, and now I am here to build with you, and with a will.

Kahlil Gibran

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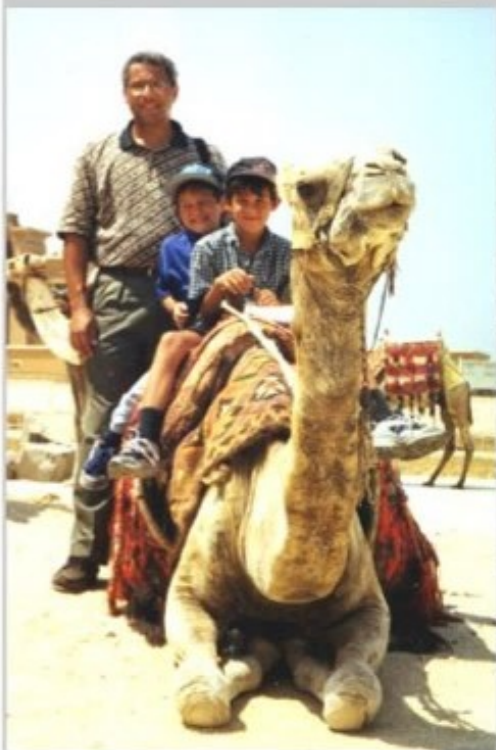
The Abdelatif's Family- Continue from page 1

As for the American side of the family, Rory Mac Ewing, the eldest daughter of Dr. and Mrs. Bruce Mac Ewing, grew up in Rancho Santa Fe, CA. After completing a B.A. degree in Middle East Studies and Anthropology, she received several scholarships that allowed her to pursue graduate studies in anthropology and Arabic language in Tunisia and at the American University in Cairo (AUC). One of these scholarships was from the International Rotary Foundation.



While Rory finished her graduate degree at AUC, Osama was studying pathology at the Medical College of Georgia in Augusta, GA. After one year in Georgia, Osama returned to Cairo, to finish his medical degree and was inducted into the Egyptian Army, where he served 15 months as a physician.

While Osama finished medical school and Army service, Rory worked as the Administrative Officer for the Project HOPE's medical education and training programs. In 1985, Osama and Rory returned to Augusta, GA, where Osama finished a residency program in pathology at the Medical College of Georgia (MCG). During their stay in Augusta, Osama became a naturalized U.S. citizen in 1988, and Rory would complete another Bachelor's Degree in Nursing at MCG. Houston Texas came next where Osama did a fellowship in Cytopathology at MD Anderson Cancer center. Adam, their oldest son, was born there.



The last move for the Abdelatif family, which had grown include a six month old son, Adam, was to Tucson, AZ, where Osama and Rory hoped to permanently settle down and raise a family. The final addition to the Abdelatif family, Zane, was born at TMC Hospital in 1992. Since 1991, Tucson has been home for the American branch of the Abdelatif family. Osama is currently a Pathologist at St. Joseph's hospital.

The Abdelatifs' family has maintained their contact with their Middle eastern heritage. Every other year they make a trip to Egypt to keep in touch with their relatives. This year Sam Moussa and his family joined the Abdelatifs' in a trip to Egypt.



2005 MED Scholarship Awards



Christopher Callan



Carmen Moussa



Sarah Malaika

One of the main goals of the MED club is to support our Young Arab Americans and give them a helping hand as they pursue their higher education. It has been a MED tradition to hold an annual Gradation Party to celebrate with our MED youngs their achievements and successes. We want to let them know that the MED family is proud of them, and will do whatever it can to support their quest for higher education and successful careers.

This year is not an exception, we held our graduation party on May 15th At the El Parador restaurant. As you can see from the party picture, it was a fun night and every one had a good time. In that party, we announced the names of the high school graduates who received the MED Scholarship Awards:

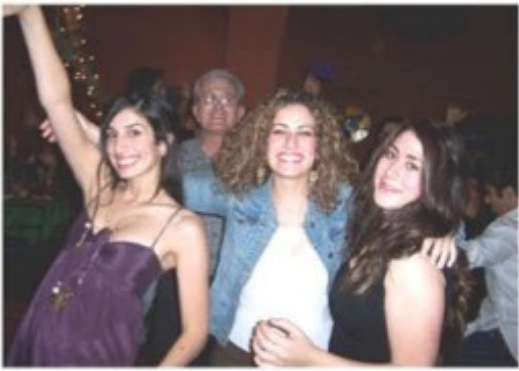
1. Carmen Moussa: Carmen will join U of A this fall semester.
2. Christopher Callan,: Christopher will also join U of A this fall semester.

In addition, each one received a check of \$500.00 to help them out a little bit in covering some of their college expenses.

Another MED Young achiever for this year is Sarah Malaika, who also received the MED Scholarship award. Sarah received a Foreign Language Area Studies (FLAS) Fellowship to study Arabic at the American University in Cairo (AUC). In addition to the award, Sarah received a check of \$500.00 to partially cover some of her expenses while she is studying at AUC in Egypt this summer.

On behalf of the MED family in Southern Arizona, we congratulate our graduates and wish them all the best in their quest for to achieve all their potentials. Please keep the MED community informed so we can report with joy your progress and success stories.

Let's Look at the MED Graduation Party!







I AM A GARDEN

By Lana Hariri

I am a garden
Colorful and I come with different qualities
Each growing flower is my strength
Each dying flower is my weakness



I am a garden
Needing to be nurtured and fed
Wanting some raindrops to drench
Me with its goodness



I am a garden
Wanting to grow everyday
To reach new heights and limits



DID YOU KNOW ????

- * India never invaded a country in the last 10,000 years of history.
- * Elephants are the only animals that can't jump.
- * A cat's urine can glow in the dark.
- * A snail can sleep for 3 years.
- * A Zebra is white with black stripes.
- * A Hippopotamus can run faster than a man.
- * A Giraffe can clean its ears with a 21-inch tongue.
- * An Elephant can smell water from 3 miles away.
- * The human heart creates enough pressure while pumping to squirt blood 30 ft.
- * Starfishes do not have a brain.
- * Ostriches live about 75 years and can reproduce 50 years
- * Polar bears are left handed.





Discovering Lebanon through Hiking

Ziad Safi email: zys3014@yahoo.com

You probably heard the stories about how much fun it could be to visit Lebanon. All the things you can do while on a visit; to mention a few, the nightlife, the restaurants, the cafés, the beach resorts, concerts, etc....

I want to talk about something you haven't heard much about probably "Hiking". Lebanon's rugged environment and natural beauty create breathtaking and unlimited hiking trails. These trails often pass through lush greenery, brooks, historical sites, and villages making any hike an enjoyable cultural expedition. Hiking is a unique way to experience the people, traditions and the villages of Lebanon. You have few options when it comes to hiking. You can put together your own hike with friends and family or you can join a hiking club as a guest. There are two major hiking clubs "Lebanon trek" and "club de vieux sentier". I recommend trying both, each tend to have there own unique hikes.

Hiking levels vary between easy to advanced. The beginner level are great if you are short on time or just want to enjoy a walk in nature. The advanced ones tend to take more time, require a little bit more expertise and gear. A third option if you feel adventurous and want to visit remote areas, would be the overnight hikes where more packing is required and mule help bringing in supply might be necessary.

Enjoy your time and experience Lebanon like you never seen it before.

Some recommended hikes:

Ehden Reserve is situated on the upper northwestern slopes of Mount Lebanon, ranging in altitude from 1200m to 2000m. The temperature ranges between -2C in winter and 25C in summer.

The Reserve is home to more than 500 species of flowering plants, of which 57 are endemic to Lebanon or only to this forest. This fact makes it the only natural site with such a variety of plants like *Diantus Karami*, and *Astragalus Ehdenensis*. Many trails of various levels are possible to hike in the reserve. Hikers can take the footpath that leads them to the upper reaches of the reserve where they can admire the breathtaking scenery and spectacular views.



The Shouf Reserve is a unique landscape covered with cedar, oak and pine forests. The protected area is located at the southernmost limit of the Cedar of Lebanon on the globe, and claims the highest self-regenerating stand of cedars in the Lebanon. It is exceptionally rich in its biological diversity and is known to be the last remaining sanctuary to shelter an extensive range of wildlife species in the country.

The Nahr Ibrahim valley offers a varied landscape and is considered one of the most enchanting for hiking. The impression is almost surrealistic as one makes his way down the valley toward the river bank. Perhaps the Namroud hill and Wadi Jabal Moussa are the most attractive spots which are covered by oak forests. The forests extend to the valley below and reveal a rich biodiversity boasting well over 35 kinds of trees and flora





view of terbol (bekaa)

View of baskinta from sanine

laqlouq with some friends

Information on the clubs and the hikes they specialize in.

- **Club de Vieux Sentiers (Old Trails Club).**

This is a popular hiking group that has been around for a while. Their hikes have covered various areas of Lebanon, including Qornet el-Sawda (the highest point of Lebanon), remote mountains in far-north Lebanon (Akkar region), the Shouf, and high mountains above Hasroun, Lakkouk, and Faraya. For more info, call Joyce Tombi at 00961-1- 443753.



- **Liban Trek.** This commercial outfit leads hikes of various levels throughout Lebanon. The meeting place is near Sofil in Ashrafieh, where participants board a small bus for the trip to the hiking destination. Destinations include the waterfalls of Jahlieh in the Shouf, the Cedar forest of Jaj, and the forests of the Shouf Cedar Preserve. Tel. 00961-1-590790

Wild Expeditions. This commercial outfit tends to be more adventuresome, with difficult hikes in obscure places. They also go rock climbing, canyoning, cross-country skiing, among other activities Fax 00961-01-615381



Lovely Louisville!

Mark A. Davis, Board of Directors for the Southern Federation of Syrian Lebanese Americans & Board Member of the Cedar Club of Arizona



The Southern Federation of Syrian Lebanese American Clubs held the 74th Annual Summer Convention in beautiful Louisville, Kentucky from June 22nd – 26th. This successful convention was hosted by the kindhearted members of the Lebanese American Club of Louisville. The surprisingly beautiful City of Louisville gave way for fine Southern hospitality intermingled with warm natured Mid-West.

Representing the delegation from Arizona, ten members from the Cedar Club of Arizona in Phoenix made the trip. Highlights from the convention included a memorable afternoon at the legendary Churchill Downs where we enjoyed the day's horse races and a spectacular buffet in an exclusive section of the facility. A memory that will not be soon forgotten was at the President's Ball where an amazing belly dancer, Amira from Arkansas, performed one of the most amazing dances ever. That was immediately followed by a competition of couples dancing to Arabic music in the middle of a huge circle of cheering family and friend all while being judged by Amira. I am proud to say that the Cedar Club of Arizona's own Elise Herro was one of the few finalists.

The Federation delegates cast their votes and elected a new President of the Federation, Miriam Koury of Jackson, Mississippi and a new Vice-President, Irv Schwary. The Phoenix Club took home some awards for being the "Club with the Largest Membership Increase with 17 New Members" and for "Outstanding Achievement as State Vice President of Arizona." Also, nominated to the Federation representing Arizona as our State Vice President is Theresa Herro and nominated to the Board of Directors was Mark Davis, both from Phoenix.



Med Club Membership Information

- If you are already a 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 at

www.tucsonmedclub.org 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 (<http://www.sflac.org/>)

MED Community News



Congratulations to the Newly Weds

Congratulations
to

Dr. Alif and
Deane Sarah

They got married
on My 8, 2005 in
Matten, Syria.

Congratulations

to

Dr. Ousama and
Maria Mourani

They got married on
July 29, 2005 in Am-
man, Jordan.



To Tucson MED Club

Sarah Malaika

I am having a nice time
studying and meeting a
lot of people from
around the world.

In addition to my academic classes in Reading, Grammer, Translation, and Media Arabic I also had the oppurtunity to study Arabic calligraphy, and Qu'ran. Though my classes focused on fusha (formal written Arabic) I also got to practice the spoken Egyptian dialect on the streets every day. Though I was living in Cairo, during my stay I visited many parts of Egypt: the city of Alexandria with its rich Greco-Roman history, the Pharaonic temples at Luxor and Aswan, the Nubian community on Elephantine Island, Mount Sinai, and the beautiful waters and beaches off the Red Sea. The city of Cairo amazed me in its layers and layers of history and the concentration of great museums, restaurants, shopping, and nice people. I visited the churches in Old Cairo, the Um m Kulthuum museum, Al-Azhar Mosque, Khan Al-Khalili bazaar, and of course the Pyramids!

Thank you to the MEDClub and the Uof A's Center for Middle Eastern Studies for your support of my studies in Arabic!



Congratulations

to Dr. Bsharah and Jessy Mez-

her on the birth of their sun

Christopher, on August 15, 2005.



Christopher Callan

Thank you for the wonderful scholarship and opportunity to represent the MED Club at I begin my college career. Our family celebrated three graduations this year, including myself. My sister, Kim, graduated from the business school here at the UofA as part of the Eller 100. She has since moved to Phoenix to begin a career there, yet sill unknown.

My sister, Courtney, graduated from the eighth grade and will begin her freshman year at Salpointe High School. She seems very excited and happy to be following in our footsteps. She is on the dance team and will be performing during the varsity football and basketball games.

I am moving into a dorm and ready to begin a new life away from home. My goal is to receive a degree in business as well as study Psychology. I have been looking forward to this day for a very long time and know that life at the university will be a time to remember.

Thank you again for the honor and the support. My family and I are looking forward to seeing you at the Hafli's.



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Happy Events

Birthdays



August

Paul Hammra 13th
Elham Lahood 18th
Julie Michael 13th
Eisa Al-Houssni 27th
Usir Younis 23th

September

Bshara Mezher 1st
Gabriel Sarah, 1st
Wadia Sarah, 1st
Mary Sahyouni, 6th
Hannah Sarah, 13th
Kim Callan, 18th
David Abraham 21th
Pete Davis, 22nd
Midhat Abraham 25th
Doris Anton 25th
Domingo Cheleuitte 26th
Luke Moussa 30th

October

Josephine Sabbagh 10th
Nadim Shihab 11th
Ziad Shihab 12th
Alexis Gyenge 20th
David Basila 21st
Serge Hougeir 22nd
Amer Said 23th
Marge Yessian 23rd
Stewart Salmon 27th
Jamil Hijazi 27th
Angelle Casagrande 28th

November

George Hobeich 5th
Carmen Moussa 6th
Sonia Hariri 21st
Adel Ziady 25th
Mikey Moussa 26th
Kelly Callan 27th
Sharif Nafeh 29th
Nicole Lahood 30th

Anniversaries

Aftim and Nadia Acra 8/30
Salim & Sonia Hariri 11/17
Mark & Pamela Yarnisa 12/21



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 MagdalienMoussa@aol.com



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 Tucson, AZ 85718

Founding Members

Sonia Armaleh-Moussa, Ph.D.
Osama Abdel-Latif, MD
David Basila
Salim Hariri, Ph.D.
Hassan Hijazi
George Hobeich, MD
Nabeeh Lahood, MD
Richard Michaeles
Magdalien Moussa
Sam E. Moussa, MD
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Alif Sarah, MD
Hannah Sarah
Hassan Sultan, Ph.D.
Adel Ziady

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Fax: (520) 323-3460

Kahlil Gibran

"You should be proud of being an American, but you should also be proud that your fathers and mothers came from a land upon which God laid His gracious hand and raised His messengers."

TUCSON MED CLUB

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[Http://www.tucsonmedclub.org](http://www.tucsonmedclub.org)



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