

ndu spirit

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Have the days of good people gone? [1] Where are those once entrusted with the administration of public affairs, serving public interests, and preserving public security, safety, integrity, and freedom?

Have the days gone when people cared for their children, raising them, guiding them, and instilling in them moral values, and monitoring their friends, behavior, reputation, and activities in order to reward or punish them?

Have the days gone when teachers were a guiding light and a shining example? Have the days gone when teachers once cared and demonstrated concern, were both harsh and kind, educated and instructed, and pursued their labor, guided by their inner light and deep inspiration, caring only for the good fruits they had sown and basking in the glow of a clear conscience?

Have the days gone when these institutions of education, which were the yeast, the ladder to success, and havens of peace, never relinquished moral principles, never ignored people's rights, and never shied away from the truth, a sincere opinion, and a constructive vision..., but endeavored dedicatedly and responsibly (even spiritually) to bring back the Lost Sheep, the Prodigal Son, the Samaritan, the Paralytic, and the Woman with Hemorrhage?

Have the days gone when generosity, reward, sacrifice, and patience abounded? Have the days of volunteer work gone? Have the days gone when the loyal and devout were willing to sacrifice their lives for an ideal?

Where do we stand today in comparison to honest and righteous judges, the wise and brave governor, the perseverant worker, the informed and educated writer, the merciful and compassionate doctor, and the philanthropist who soothes wounds and alleviates pain?

Where do we stand today as composed to those who speak eloquently and intensely, those who promise and honor their promises, those who do useful and valuable work, those who are creative and innovative... those who create happy kingdoms?

Where do we stand as compared to omnipresent love, common good, and beauty, the guiding principles of thought?

We truly suffer from a lack of respect for Humanity within and for God within this Humanity. In this way we disdain, scorn, and despise everything. We tumble downward, descending to the lowest depths and continue to destroy our sentiments, our existence, and our environment... We betray the talents entrusted to us.

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(N.B. Opinions are those of the authors and do not engage the editors.)

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contents



UNIVERSITY OF THE



The President's Message

07 Fr. Walid Moussa

Academic Affairs

08 Russian Embassy Award

09 Jubilee Concert

CRVP

10 Lecture at Near East School of Theology

10 CRVP Spring Seminar 2012

Academic and Student Activities

14 LERC

Activities and Important Visitors

FBA&E

19 DHTM successes at HORECA

19 DHTM student's success in *Concours de gastronomie*

FE

20 Bsalim Power Substation – R. Tajeddine

20 Field Trip to Phoenix

21 *77 Secrets of Success* – Book-signing

FH

22 Dr. Nada Tawil nominated for SUSI

22 Speech Competition

23 NDU Honors at Monaco Film Festival

FNAS

24 Biological Diversity Day

25 Voluntary Sustainability Standards – Dialogue

FNHS

26 Dean Farhat Outstanding Paper Award Winner

26 Nutrition Fair

FPSPAD

27 Human Rights Club and ALEF

27 Bicameralism Session

28 Peace-Building Academy

THIRD MILLENIUM

- 28 From Belfast to Beirut
- 29 2nd Electoral Reform Session:
Gender Quota
- 29 FPSPAD and International Criminal Law
- 30 FPSPAD, Human Rights Club and Right
to Speak
- 30 US Political Systemr Conference

SPORTS OFFICE

- 31 NDU Success in Turkey

CSO

- 31 Sesobel Journey III

SAO

- 32 Club Awards 2012

STAFF

- 32 NDU Job Fair 2012
- 34 Banking Forum 2012
- 34 NDU *Spirit* Rejoices

NLC

- 35 Open Doors at Barsa
- 35 DinamiCo Team Visit
- 36 NLC Visits Cedars Premium Plant
- 36 Poets from Tripoli Seminar

SHOUF CAMPUS

- 37 Shouf Campus Founder's Day
- 38 University, Globalization and Tradition
- 39 Engineering Seminar

40 SOCIAL

- Obituary

Opinion and Culture

- 41 **Cyprus – Back to the Heart** –
Joe Chamma
- 43 **Personnalité et issues somatiques** –
Dr. Walid H. Sarkis
- 46 **Interview with Antonio Vincenti** –
Hasmig Boyadjian
- 47 **Current International Economic Issues**–
Dr. Louis Hobeika
- 48 **Quel est l'Avenir du Dollar?** –
Dr. Louis Hobeika
- 49 **Quand vous serez grandes...** –
Antoine Youssef Sfeir
- 50 **Champions and Heroes** –
Pvt. Charbel Rahi
- 50 **2nd Michelangelo Workshop** –
Lourdes J. Salameh
- 52 **Dalida** – Kenneth Mortimer
- 53 **Nutritional Immunology** –
Justin Abi Assaf
- 53 **Quand j'étais petite...** –
Mireille el-Kassis Jarjour
- 54 **La Montagne inspirée** –
Le docteur Georges Labaki
- 59 **Something for your grey matter** –
crossword





AFTER 25 YEARS

As we celebrate the 25th anniversary of NDU, I cannot but share with you great achievements and inspiring thoughts. It is the celebration of twenty-five years of continuous efforts and hard work on the part of all NDU members, of twenty-five blessed and bountiful years under the leadership of the Maronite Order of the Holy Virgin Mary, at the service of the community and the advancement of society.

Moreover, during 2012, NDU's jubilation has been twofold. It has been a year of thanksgiving, counting the blessings of twenty-five years on all the NDU community on one hand, and celebrating the 100th anniversary of our Lebanese poet Said Akl on the other hand. Indeed, between NDU and Said Akl there is a vital bond and a meaningful history. Beside being a faculty member at our institution, lecturing and inspiring students, Said Akl entrusted all his intellectual heritage to NDU.

A true jubilee is an opportunity to assess the past and plan the future. Our jubilee has been a year of reflection and projection, to achieve our mission and fulfill the dreams of our Founding Fathers in a free and dignified university and society. It has been an occasion to plan how to make NDU a gold mine that produces men and women who can shape the future in a way that is sophisticated, conscious, and pious. Thus, it represents a positive adoption of the words of Blessed Cardinal John Newman in his *The Idea of a University*: "If then a practical end must be assigned to a University course, I say it is that of training good members of society... it is the education which gives a man a clear conscious view of his own opinions and judgments, a truth in developing them, an eloquence in expressing them, and a force in urging them. It teaches him to see things as they are, to go right to the point, to disentangle a skein of thought to detect what is sophisticated and to discard what is irrelevant."

Educating and forming our students, encouraging them with sincere respect and admiration, is at the heart of our mission. It is a learning endeavor not just about the outside world and its development, but mainly about the person himself/herself. The former president of Princeton University, Robert F. Goheen, in the late fifties, recognized that the "University is a wonderful opportunity to find out not just much more about the world, but much more about yourself, too".

At NDU, to support and better fulfill this prominent mission many decisions have been taken and translated into action. Academically, our major current project is accreditation with the New England Association of Schools and Colleges. After being granted eligibility, we are now at the final stage of the self-study for candidacy. Such endeavor entails significant academic developments and improvements. At the same time, new constructions are rising at our Zouk Campus and will be in operation this coming Fall 2012: the new building of the Faculty of Architecture, Art and Design, the Theater, the Green House and the Animal House, and the Observatory. Moreover, plans for a new library are being got ready for execution. Many other great projects have been seeing the light at NDU.

Finally, at NDU we indeed believe that the great legacy of a university is quality and academic excellence, and the legacy of our university is and can only be manifested in the quality of the students we graduate and the excellence they achieve.

Fr. Walid Moussa, O.M.M.
President
Notre Dame University-Louaize

Russian Embassy Tribute to NDU



❖ H.E. Ambassador Zasytkin presents his Shield to Father Walid Moussa.



❖ H.E. Ambassador Zasytkin presents his Shield to Dr. Abdo Kahi.

To mark the Silver Jubilee of Notre Dame University-Louaize (NDU) and to recognize NDU's contributions in the fields of education and research and its endeavors to build bridges between Lebanon and Russia through culture, the Embassy of Russia in Lebanon, represented by its Ambassador, H.E. Alexander Zasytkin, presented Shields of Recognition to the President of NDU, Father Walid Moussa, to the Director of the Lebanese Center for Societal Research, Dr. Abdo Kahi, and to the Vice-President for Cultural Affairs and Public Relations, Mr. Suheil Matar.

Following the national anthems of both nations, the President of the Lebanese-Russian House, Dr. Suheil Farah, delivered a welcome speech, commending the positive and interactive relations with NDU. After Dr. Farah's speech, the audience was treated to a poetry reading from the works of Pushkin, which was accompanied by Antoine Maalouf on guitar. The poetry reading was delivered in Arabic by Mrs. Loyal Nehme Matar, in French by Mrs. Nada Saad Saber, and in Russian by Mrs. Marina Bremlova Sarriedine.

The Russian ambassador expressed his delight at participating in this fine evening of Russian literature, particularly through the works of Pushkin, who gave birth to "the Silver Age in Russian Culture". He also thanked NDU for its noteworthy role in building bridges between the two nations through culture.

For his part, Fr. Moussa thanked Ambassador Zasytkin for visiting NDU and for presenting the Shields, which he said were "a source of pride for us". Fr. Moussa added, "Our relationship with the Russian Cultural Center and the Lebanese-Russian House is deep-rooted, because we



❖ A cheerful group,

believe that culture is limitless... We shall continue on this path to learn more about Russia's rich culture and heritage through a series of workshops based on Russian thinkers."

Dr. Kahi then delivered his speech, thanking the Russian Ambassador for the initiative. Dr. Kahi said, "I stand before this solemn-looking image of Pushkin through whom we discovered the depth of Christianity, to which we have become more attached upon discovering other religions... this is, in fact, what Pushkin did when he distinguished the meaning of prophecy and faith through beauty, music, poetry, and literature."

Finally, Mr. Matar took the podium and said, "Culture is boundless, whether it is geographical, religious, ethnical, or anything else for that matter... Here we stand today, at NDU, making every effort to surmount the challenges of society, and even ourselves, in order to become a University for all cultures and religions."

NDU Jubilee Concert



The NDU String Quartet celebrated the University's Silver Jubilee with a performance on May 23, 2012 in Issam Fares Hall. The members were Mario el-Rahy (first string), Waël Samaan (second string), Eva Hadchity (alto), and Angela Honanian (cello).

Such a musical formation, somewhat neglected in Lebanon and the Arab World, is considered to be of the highest importance in Western classical music and has a leading role in its culture and musical composition. There is dialogue among the four instruments while at the same time they enjoy a certain independence, representing the various moods of the spirit. It embodies to the highest degree what Gibran Kahlil Gibran once said, "Music is the language of the soul!"

After University President Father Walid Moussa had said a few words of welcome, the quartet performed a piece by Iyad Kanaan entitled Eastern Quartet, in three movements. The first movement, Fast and Slow, was in sonata form with a theme serving as a basis for the other movements. There was development by Mario el-Rahy, who had returned to Lebanon after two years of specialization in Italy at an advanced level. The second movement, Slow Mawwal, had a more oriental tone exposed by Waël Samaan. The allegro third movement brought the piece to an end on a more dramatic note.



Next followed a heady wine of poetry by Vice President for Public Relations Mr. Suheil Matar. After the interval, the quartet became a quintet, 'Anun Quintet, with the addition of Iyad Homsy who brought a piece Giubileo specially composed to celebrate the NDU silver jubilee. This evoked the spirit of the monastic Church which distinguished NDU. A joyful note was struck by nine pieces by Iyad Lanaan enabling Iyad Homsy to reveal her virtuosity on the qanoun.

Among the distinguished guests present was the Acting President of the Conservatory Mr. Hanna el-Ameel, and also musicians and musical connoisseurs.

CRVP

Doctor Edward Alam, Director of the Council for Research in Values and Philosophy which has its international base at NDU, gave a lecture on Thursday, March 22nd, at the Near East School of Theology (Reformed tradition). His talk had the title From Regensburg to Istanbul and Back Again and was one of a long series of lectures dealing with theological topics. It was attended by AUB professors and by intellectuals from the area, while Notre Dame University was represented by Father Boulos Wehbe, Doctor Joseph Yaacoub and other NDU lecturers and students.

Doctor Alam drew attention to the way Pope Benedict XVI is constantly quoted out of context. Critics, whether Catholic, other Christian or non-Christian, are always ready to jump on any phrase that can be twisted to make the Pope appear narrow-minded, doctrinaire or even fanatic. One sees little mention of the fact that as Prefect of the Sacred Congregation for the Doctrine of the Faith he dropped the Filioque clause, which as a Western addition to the Nicæan-Constantinopolitan Creed has long been a bone of contention with Eastern Christianity.

In particular, one quotation in the Pope's Regensburg lecture was badly translated into English and was in this form extensively cited without reference to the whole text, which clearly showed that the Pope did not agree with Emperor Manuel II, author of the original quotation, in his general attitude towards Islam. The lecture was about theology as a whole and criticised the medieval Catholic theologian Duns Scotus for his separation between God's divinity and reason. In this Scotus was said to resemble Ibn Hazm, who in any case did not represent orthodox Muslim theology. Taken to its logical conclusion, this would mean that God could have imposed on us the worship of idols, had He so desired.

Doctor Alam also drew attention to the astonishing fact that even supposed Christians, while searching for means to denigrate the person who is the main pillar of Christianity in the world, completely ignore the persecution and massacre of Christians (as in Nigeria – Ed.).

Extended CRVP Spring Seminar 2012

Catholic Social Theory: Intellectual, Historical, Spiritual, Cultural, & Practical Elements of Christian Civic Engagement

ARTICLE BY: MARIE-JOE ALAVALAS and HONOREE CLARIS EID



❖ The First photo was taken during the Opening Session. In the second photo: Mr. Ramez Salameh, Dr. Thomas Scheffler, Mr. Suhail Matar, Dr. Jim, Dr. Youssef Zgheib, Dr. Eugene-Sensenig Dabbous, Dr. Joseph Yaacoub.

The annual CRVP Spring Seminar 2012 on Catholic Social Teaching took place in Notre Dame University- Main Campus over two weeks, starting Wednesday, May 16th, and ending on Thursday, 24th of May, 2012. The first week was dedicated to the intellectual and historical roots of Catholic Social Teaching, and the second week of the

series to its Spiritual, Cultural and Practical Applications. The ten seminars consisted of five noon lectures given by prominent scholars in the field, and five interactive afternoon discussions with the participation of NDU faculty and students.



❖ Dr. Edward J. Alam,
CRVP Secretary
General and
Moderator of the
CRVP Spring Seminar
Sessions.

WEEK ONE: Catholic Social Theory Intellectual and Historical Roots

Day one: Wednesday, May 16th, 2012

- Introduction to the Two-Week NDU Seminar – Dr. Edward J. Alam
- Catholic Social Theory: A Historical Introduction – Dr. Thomas Scheffler
- Reading: *Rerum Novarum*

Dr. Thomas Scheffler was the first speaker for the series of conferences of the CRVP Spring Seminar. Dr. Scheffler started with the texts centering around the encyclical *Rerum Novarum* by Pope Leo XIII, the first encyclical (1891 AD) regarding Christian Social Teaching. Dr. Scheffler noted that had the Seminar started a day earlier, it would have had been a "holy day" since the 15th of May is the "birthday" of *Rerum Novarum*. The significance of the texts presented lies in their providing authoritative reference during an ongoing process of development of social thought and insight. Dr. Scheffler proceeded to other Social Ethics References such as Pontifical Councils, institutions, texts, and most importantly, the Gospel. Dr. Scheffler later moved to the historical context, highlighting the changes that resulted from the responses to the "political" and "ideational" challenges, which he also had presented. The problems, mainly social, that started appearing over time had to be dealt with, thus they were discussed and resolved, and the suggested solutions are found in the Catholic Church's teachings. The Catholic Church's approach had to be different from all of the other political players. Dr. Scheffler pointed out the basic ideas included in "*Rerum Novarum*", and concluded with the challenges for the development of Catholic Social Teaching in the 20th and 21st century.

Day two: Thursday, May 17th, 2012

- Introduction by Dr. Edward J. Alam
- Competing Approaches to Social Salvation – Dr. Eugene Sensenig-Dabbous
- Reading: Strikers In Plant at Flint

Dr. Eugene Sensenig-Dabbous's presentation on the Competing Approaches to Social Salvation was slightly unconventional, as he took posters taken from the relevant time frames in accordance with the subject, and explored each poster's significance, message, and role in shaping Catholic Social thought. One of the posters portrayed Christ standing on the side of the road, looking at the clerics in the car, saying, "This is not what I meant!" This poster insinuated that there is a need to help the poor as a way of applying the values in Christian faith. Each of the competing actors, such as the Catholic Church, the socialists, the conservatives, and so on, had their own vision of Salvation. This exchange of notions went back and forth, as we saw Socialists taking Christian images and inserting Marxist content, and vice versa, so we observed Catholic Social Teaching competing with liberal *laissez faire*, and later on with the liberal welfare state. The Catholic Church had been losing its position in society, and took a long time to react. However, according to Dr. Sensenig-Dabbous, it "speeded up" with the coming of the encyclical *Rerum Novarum*. Instead of opposing the resident actors (such as its previous anti-Liberal and anti-Socialist responses), it assembled ideas and reformed them, making it reach a quasi-neutral position amid conflicting actors. Dr. Sensenig-Dabbous also talked about iconic people such as Dorothy Day, who was an anarcho-syndicalist and a co-founder of the Catholic workers' movement. He also mentioned Giorgio La Pira (Christian Democrat) and Joseph Leo Cardijn (Founder of the Young Christian Workers) who also were iconic figures greatly influencing the Catholic world. He concluded the lecture with the following question: "Is there a chance for reconciliation between Christian Workers and Socialists?" The suggested solutions were accepting the secular state, and safeguarding private property.



❖ Pastor Robert Hamd - International Evangelical Church Beirut presenting

WEEK TWO: Spiritual, Cultural and Practical Applications

Day three: Tuesday, May 22nd, 2012

- Introduction – Dr. Edward J. Alam
- Catholic Social Theory: A Protestant Perspective – Pastor Robert Hamd
- Reading: The Whole World for Whole Gospel

Pastor Robert Hamd spoke about the Protestant Perspective of Catholic Social Theory. This might come as a surprise; however, although Protestantism and Catholicism are different, their evolution through the years eventually brought them to a meeting point. According to the speaker, the Catholic Church was "grappling with being in control"; however, the Protestants were just as guilty. The competition between the two made both try better to improve their ways for the people. The attention started shifting towards institutional sin, with the changes in society, the notions of the "left hand of sin and the right hand of sin". Pastor Hamd claimed that criticism of Protestantism would say that it was highly influenced by the capitalist movement, and even emulated it; however, this was one factor which made it quite successful. Over time, both the Catholic tradition and the Protestant tradition gained their own characteristics, strengths and weaknesses, but eventually influenced each other. This was particularly evident with Vatican I and II. Protestants acknowledged that they had been very individualistic, and started coming out of isolation after dialogue and began to shift towards Catholic Social teaching, and arguing for a holistic gospel.

Day four: Wednesday, May 23rd, 2012

- Introduction – Dr. Edward J. Alam
- Catholic Social Theory: Spiritual Roots – Father Martin McDermott
- Reading: Imported Street Women in Lebanon based on

a Report to the 17th Plenary Session of the Pontifical Council for the Pastoral Care of Migrants and Itinerant People Palazzo San Calisto ROME 15-17 May, 2006

Father Martin McDermott started the lecture with his experience working on issues regarding domestic workers in Lebanon, aiding them to defend their rights and find shelter when needed, as part of a collective effort being done by the Catholic Church. Father McDermott spoke about the difficulties that they go through, the impediments to their freedom, and respect for their rights. Exploitation did not happen only in individual homes but also through the agencies, the crime having a structural nature. The issues started with the poverty that pushed these individuals to leave their homes and families, the trafficking, the agencies that took them in and transferred them to homes, and the embassies that decided to "ban" their citizens from coming to Lebanon, although they were coming anyway, to alleviate the burden of responsibility on the embassies. Individuals eventually ended up unable to get the protection that their embassy should be providing. The mistreatment of these workers was further reinforced with the "negotiation" of the price between the agencies and the employers, making the notion of slavery more explicit and observable. Father Martin covered the history of the influx of individuals from around the world to Lebanon to do domestic work. Since the 1980s, some priests and Sisters especially from the Latin rite have been helping the workers by finding them legal help and by having Masses in English in which they can join. This was started by a Franciscan missionary in 1988. An Association was formed which is now working under the "umbrella" of Caritas and the Assembly of Catholic Patriarchs. Stressing the spiritual approach, Father McDermott emphasized the importance of the Masses in English, with the practical work such as free language classes, social care services, and lawyers' work on cases. The ethics behind their work came from Catholic Social teaching,



❖ Fr. Pierre Najem, Julian Korab-Karpowicz, Mark Abi Adam, Eugene Sensenig Dabbous, Thomas Scheffler, Ziad Fahd, Edward Alam (CRVP Secretary General) and Honorée Claris Eid (CRVP Spring Seminar Coordinator).



❖ Bruno Atieh, Fr. Toni Ghanem, Davide Bernocchi, Dr. Thomas Scheffler, Dr. Joseph Yaacoub, Dr. Eugene-Sensenig Dabbous, Mark Abi Adam (Student), Honorée Claris Eid, Dr. Dina Nseir, Dr. Edward J. Alam, Mr. Farid Gebran, Julian Korab-Karpowicz.

inherited by tradition, and especially through sources such as *Rerum Novarum*. "God loves the worker," Father McDermott said. Also, the workers had to do their job diligently and with love, and the employer had to treat them with love too.

Thursday, May 24th, 2012:

- Introduction – Dr. Edward J. Alam
- Catholic Social Theory: Practical Applications – Director Davide Bernocchi, Bruno Atieh, and Caritas-Lebanon
- Reading: *Caritas in Veritate* (June 29, 2009)

The last day of the series of seminars was presented by Caritas and Catholic Relief Services in Lebanon. The session started with the practical elements of Christian Civic Engagement, starting with an overall presentation of the Caritas network by the Country Representative of CRS in Lebanon, Davide Bernocchi, accompanied by Bruno Atieh, Project Manager in CRS and Ms. Riva Raad, Communication Assistant in Caritas M.O.N.A.. They proceeded with an illustration that focused on how the principles and values of Catholic Social Teaching are reflected in today's work of Caritas Lebanon by Mrs. Julie Lebnan, Project Manager in Caritas Lebanon Mr. Salim Khalil, Marketing and Communications Officer – Caritas Lebanon. The speakers said, "Charity and justice are a spiritual service." They highlighted the difference between Caritas and Catholic Relief Services. This global network bases its values on Catholic Social Teaching, and their reference is the Vatican, reflected in the fact that their International Secretariat is based in the Vatican. Caritas Lebanon is the Lebanese member of this international network. Caritas is a faith-based organization, but works for the good of everyone, being based "not on creed but on need". Emphasis is on integral human development, and not just relief, rather

on looking at the person in a holistic way. Catholic social teaching as adopted by Caritas is a large body of reflection that emerged from the Catholic Church. Caritas has a universal destination and is addressed to every man and woman from any region of the earth, and from all beliefs, and calls on them to work to reduce poverty, to stand up against oppression, and to build a more just world and a world of peace. Caritas tackles different types of need, through health centers, migrants' centers, study programs, and other development projects. During the afternoon seminar on the last day, Mr. Farid Gebran (Treasurer General of Caritas Lebanon) and Fr. Toni Ghanem (Head of Sectors in Caritas Lebanon) discussed the recent note that the Pontifical Council for Justice and Peace published in October 2011 on the reform of the international financial and monetary systems in the light of the current global crisis. The participants were surprised that this document showed how relevant and timely the Church's doctrine could be in proposing human-centered solutions to global challenges. While Mr. Gebran focused on the financial issues highlighted by the note, Fr. Ghanem answered the attendees' questions about the theological background inspiring the document.

LERC Activities

Lebanese Emigration Research Center

LERC staff Elie Nabhan, Stacy Fahrenthold, Shereen Mahshi, Victoria Heurta

The full text of the following reports may be found at www.ndu.edu.lb/lerc

Lebanese Presence Worldwide, USEK

LERC attended the first International Colloquium The Lebanese Presence Worldwide at the Holy Spirit University (USEK) in Kaslik, Lebanon on March 9th and 10th, 2012. The opening of the Colloquium was under the auspices of the President of the Republic Mr. Michel Suleiman, represented by the Minister of Foreign Affairs and Emigration of the Lebanese Republic Dr. Adnan Mansour. The opening ceremony was attended by the Director of the History Faculty Father Jean-Maroun Maghames as well as by several ambassadors and professors, students, and interested public. The Lebanese Emigration Research Center (LERC) of Notre Dame University was represented by Chief Indexer and Archivist Ms. Liliane Haddad and Ms. Victoria B. Huerta, LERC Research Affiliate from Mexico.



❖ From left to right: Roberto Khatlab (CECAL-USEK), Luiz Carlos Merege (Institute for the Administration of the Third Sector, Brazil) and his wife, Liliane Haddad (LERC) and the Cultural Attaché of the Brazilian Embassy in Lebanon.

LERC at Lebanese Immigrant Day in Rosario, Argentina

Friday April 20th, 2012

LERC participated in the celebration of the Lebanese Immigrant Day in Rosario, Argentina, via a live Skype video call. The festivity was organized by the Centro Argentino de Investigacion de la Inmigracion Libanesa (Argentinian Research Center for the Lebanese Immigration) and the Sociedad Libanesa de Rosario (Lebanese Society of Rosario) through Dr. Walter Muller Moujir, LERC's Liaison Officer in Argentina. The Lebanese community in Argentina has been celebrating Lebanese Immigrant Day for eight years. Ms. Victoria B. Huerta, LERC's international intern, delivered a live message via Skype to the audience gathered for the celebration. This was the first time since its foundation more than eighty years ago that the Lebanese Society of Rosario had had a live connection with Lebanon. Ms. Huerta presented an earlier recorded video, recorded in Spanish and Arabic and available at LERC NDU channel on YouTube.

http://www.youtube.com/watch?v=jUCj3EPz9TQ&feature=player_detailpage.



❖ Traditional Lebanese dabke troupe, Firqat Al Azr performing at the Lebanese Immigrant Day in Rosario, Argentina. April, 2012.

After typical Lebanese dances and the video *Through the Streets of Beirut*, the inauguration ended with the reading of the Lebanese Immigrant Manifesto 2012. In this, the Lebanese community of Rosario acknowledged their commitment to peace and the full integration of the immigrants.

The Celebration of the Lebanese Immigrant Day in Rosario, Argentina, reportedly had more than 300 attendants.

Shereen Mahshi, first winner of Akiki Grant

Ms. Shereen Mahshi has completed a three-month internship at the Lebanese Emigration Research Center (LERC) at NDU lasting from the 21st of November to the 16th of March 2011-2012 after being selected as the winner of the \$1,000 Kozhaya and Nora Akiki Internship Grant.

Mr. Kozhaya Akiki has been a friend of, and believer in, LERC since he first visited the Center. See Issue 54, page 18 for details.



From left to right: Ms. Mashhi, Ms. Hourani (Director) and Ms. Sislian. (March 2012)

Second Akiki Internship Grant Awarded to Maritta Sislian

March 2011

After the success of the first Akiki Internship Grant, the second was awarded to Ms. Maritta Sislian, currently serving as an intern at the Lebanese Emigration Research Center (LERC).

Maritta Sislian holds a B.A. in International Affairs and Diplomacy from the Faculty of Political Science, Public Administration and Diplomacy of Notre Dame University and is currently enrolled in the Masters Degree specializing in International Law. Ms. Sislian has been secretary of the Club for International Relations and President of the Armenian Club.

She previously worked as intern in the Lebanese Ministry of Interior and Lebanese Ministry of Foreign Affairs and for the United Nations on a project for enhancing governance in the Arab region.

Ms. Sislian is currently the main research assistant and interviewer for a research project on the Syrian Refugees in Lebanon. She is grateful to the Akiki family for this invaluable opportunity and hopes that others will follow her example.

John T. Karam from DePaul University, Chicago

On Tuesday, 13th March, 2012, Dr. John T. Karam, assistant professor in the Latin American and Latino Studies Program at DePaul University in Chicago, visited LERC offices with Latin America Liaison Officer Mr. Roberto Khatlab. Dr. Karam studies Arab cultural practices and social networks. His first book, *Another Arabesque: Syrian-Lebanese Ethnicity in Neoliberal Brazil*, won awards from the Arab American National Museum (AANM) and the Brazilian Studies Association (BRASA).

Dr. Karam is now preparing *Redrawing U.S.-South American Geopolitics: Arabs, the Tri-Border, and the Rise of Brazil*. Together with María del Mar Logroño-Narbona and Paulo Gabriel Hilu da Rocha Pinto, he is co-editing *Crescent of Another Horizon: Islam in Latin America, the Caribbean, and Latino USA*.

Founder-President of Lebanese Wealth Management

On Tuesday, 19th April, 2012, Mr. Maher Raham, Regional Manager at Audi Saradar SAL, visited LERC to introduce his Lebanese Wealth Management Association (LWMA) and to be helped in connection with Lebanese Diaspora communities. He is specialist in Wealth Management, Private Banking and Retail Banking, with a DBA from the American University in UK and twenty years of banking experience in GCC and Levant, with Standard Chartered, ABN Amro Bank and Central Bank of Lebanon. He was at the International Monetary Fund in Washington D.C. and at the Federal Reserve Bank of New York, with training in Hong Kong, Singapore, South-Korea, South-Africa and Indonesia. Mr. Raham met Mrs. Liliane Haddad, LERC Chief Indexer and Archivist, to whom he explained about LMWA and the association's projects.



❖ Mr. Raham during his visit to LERC Library (April 2012)

Member of Australian-Lebanese Historical Society at LERC

On Tuesday, 19th April, 2012, Mrs. Petra Fakhry of the Australian-Lebanese Historical Society visited the LERC on the advice of colleagues in the WLCU in Australia. Mrs. Fakhry brought brochures and flyers about the Lebanese in Australia, along with *Raw Kibbeh*, a book about Lebanese settlement in Queensland and reports published by the Australian Lebanese Historical Society. She was Director of the Archives and Documentation Committee, Australian Region, for the Lebanese World Cultural Union, 2011



❖ Mrs. Fakhry pictured on her visit with Mrs. Haddad at LERC offices at NDU. (April 2012).

Jason Tucker at LERC

On Tuesday, 23rd March, 2012, Mr. Jason Tucker, PhD candidate in the Social Policy Sciences Department at the University of Bath in the UK, visited LERC for help in his research. He is currently a research fellow at the Lebanese American University, doing field work. His research focuses on the methods of those assisting stateless populations in Lebanon and on how they tie in with theories of global citizenship. Other scholars have claimed that global citizenship is a possible solution to statelessness, but have failed to empirically test this assumption. Since January 2011 Mr. Tucker has also been a researcher with the Equal Rights Trust in London, on the stateless Rohingya (gypsies) in nine countries and on their dire situation. He signed up as associate of LERC for access to its archives and returned on 30th of March.



❖ Mr. Tucker with Mrs. Haddad at LERC offices.

Writer George Hayek at LERC for Maronite Material

Mr. George Hayek has worked at *Al-Nahar* newspaper as editor and is currently a reporter for *Al-Dalil* magazine and *Almassira*, and also freelance researcher for Dubai TV's *Swalifna Hilwe Show* (سوالفنا حلوة). He is working on a documentary on the Maronites in the world in cooperation with Fr. Johnny Saba of the Lebanese Maronite Order (LMO). On Tuesday, 6th March, 2012, he visited LERC for material. He expressed his interest in becoming affiliated with LERC to enjoy access to its archives.

Mr. Hayek has published several books and donated to LERC *Qannoubin fi qalb Allah* (قتوبين في قلب الله), *Alta'mol min wahi Charbel* (التأمل من وحي شربل) and *the Valley of Qadisha from the Depth to the Pinnacles* (وادي قاديشا من الأعماق إلى القمم).



❖ Mr. Hayek with Mrs. Haddad at LERC.

Moral Rearmament visit LERC and Museum

At the suggestion of Dr. Eugene Sensenig-Dabbous, LERC's Adjunct Research Associate, on Thursday, 3rd May, 2012, Mr. Roddy Edwards and Mr. Jim Lynn visited the Lebanon Migration Nucleus Museum with Mr. Ramez Salamé from Moral Rearmament after telling their life story during a religion class at NDU. Mr. Lynn spoke about Irish emigration to the United States as having similar pattern and integration challenges to Lebanese emigration and Mr. Edwards referred to the large Lebanese community in Jamaica. Mr. Salamé was glad to see Ms. Shereen Mahshi, a member of Moral Rearmament, as part of LERC.

Mr. Roddy Edwards was an early pioneer in corporate social responsibility (CSR) and business ethics. He comes from a long line of British colonial planters in Jamaica; he helped establish the now internationally renowned Walkerswood Caribbean Foods in the early 1970s.

Mr. Jim Lynn is from Belfast. Unable as a teenage Catholic to get work in Northern Ireland, he got his training as a watchmaker and instrument technician in England.

On their return to Belfast, he and his family were evicted onto the street at gunpoint by a Protestant mob in 1969 at the start of 'The Troubles'. He followed his first Bible



❖ Left to right: Mr. Ramez Salamé, Mrs. Haddad, Mr. Jim Lynn, Ms. Shereen Mahshi, Mr. Roddy Edwards, and Director Hourani.

study at a Catholic monastery between Protestant and Catholic Belfast, where he met Protestant George Dallas, who was moved by his story.

Mr. Ramez Salamé is a lawyer who left a Christian militia and risked his life to cross Beirut's 'Green Line' of control to re-establish links with Muslims during the war and is now the President of the Moral Rearmament/Initiatives of Change in Lebanon.

IC Students visit LERC

On Thursday, 26th April, 2012, Aya Chahine, Mounir Hakim and Ghada Bakri, 5th grade students from International College (IC), visited LERC at NDU with parent Mrs. Mariana Chahine for help in their project, part of *the Primary Year Program (PYP)*.

Aya, Mounir, and Ghada chose as subject Lebanese Emigration, about how emigrants adjusted to their situation, about why emigrants decided to travel, and about solutions to the problem of the brain drain. They met Mrs. Liliane Haddad, Chief Indexer and Archivist, who introduced them to LERC and gave them useful information.



❖ Left to right: Aya Chahine, Mounir Hakim, Ghada Bakri, and Mrs. Mariana Chahine.

M.A. Candidate from the University of Amsterdam

On Wednesday, 18th April, 2012, Ms. Anna Maria Geluk, MA candidate from University of Amsterdam, visited LERC to join it as Research Affiliate. She holds a BA in Religious Studies from Amsterdam, where she followed programs in Conflict Studies, International Development Studies, and Middle Eastern Studies. She was volunteer conflict analyst at Upact, writing on Yemen and the Arab Uprisings. She was on the board of Religious Studies, ARS Notoria. Ms. Geluk is now a master student in Conflict Resolution and Governance from Amsterdam, writing her thesis on the Syrian Refugees and their impact on the security and political stability of Lebanon. Ms. Geluk will be conducting field work on the Lebanese-Syrian border area of Wadi Khaled to understand the livelihood strategies both Lebanese and Syrians follow in these areas.



❖ Ms. Geluk at the Lebanese Migration Nucleus Museum at NDU. (April 2012)

CARE Director of Learning and interns at LERC

Director of the Learning to CARE Institute Dr. Patricia Nabti, and three interns working with her on a program for descendents of Lebanese emigrants, visited LERC on Tuesday, 20th March.

Dr. Patricia Nabti has a PhD in Cultural Anthropology from the University of California, Berkeley, with focus on the Arab World, and a BA in Political Science and MA in Education from Stanford University. Her thesis, International Emigration from a Lebanese Village: Bishmizzinis on Six Continents, studied Lebanese migration over a 100-year period, taking the village of Bishmizzine, al-Kourah, in Lebanon as a case study. She is the Regional Representative to the Arab Nations for the International Association for Volunteer Effort (IAVE).

Learning to CARE Institute provides consultation and training on volunteerism, as well as providing quality EcoVolunTours of Lebanon, particularly for those of Lebanese heritage.

Old timers with LERC

None measured up to Guita, that's for sure
Though Mortimer had a soul, gentle and pure,
Madame Haddad was up with the very best.
While doddering behind, with us, guileless rest
Elias was a whiz in a gilded cage.
Looking out for me, really, though half my age
Basma bade her time, decisive and bold,
Her ambitions leading to a pot of gold
Rudy ignored nonsense, campus hearsay
Burying his head in books all day.
Joe worked real hard to then disappear,
Improved his lot with a degree sincere.
An Austrian doctor, we marked so high
A Brazilian who brought his nationals by,
An import from Yale, who smiled and thought.
Dear Dr. Eid whose advice was sought,
These weren't colleagues, they were friends you see,
Wolf and Dina would drop in from Germany,
There was Elie, Alex, Marie-José too,
Robert, Suzanne, Joelle, to recall a few.
Our doors were open to all in name
Students, and scholars in migration, they came
To see and learn our research tools
And immerse themselves in the Archive pool.
Like elsewhere, it happens, when matters are tight
The finishing line may mirage from sight
But the worth of the people, who ebb and flow
Will, in the final run, set LERC aglow

Elie Nabhan
23rd May 2012

FBAE

DHTM Success

Yet Another Achievement to Announce!!!

The sun always shines on NDU!

The following communication was received from Dr. Ghassan Beyrouthy, Chairperson of Hospitality and Tourism Management, on Tuesday, May 22nd, 2012.

The DHTM would like to inform the NDU community that our student Firas Merhej won the Silver Medal at the Concours de l'Academie de la Gastronomie Libanaise (CAT). The competition was held on Saturday, 19th of May 2012, in the kitchen laboratories of USJ.

The participating universities included USJ, Balamand, AUST, and NDU. Each university was represented by two individual competitors.

Student Firas was awarded a prize of US\$600 and an opportunity to take an internship in France at the prestigious culinary school Alain Ducasse.

A ceremony will be held at Al Boustan Hotel to distribute the awards and will be covered by the media and press. NDU's DHTM students have considerably fewer practical lab courses than those in other universities and yet by a colossal personal effort they are able to compete and win awards.

Join me in congratulating Firas on this outstanding achievement.

"Winning isn't everything, but the will to win is everything."

NDU Spirit is grateful to Dr. Ghassan Beyrouthy, Chairperson Department of Hospitality and Tourism Management, FBAE&E, for the following item, sent Monday, March 26, 2012. It warmly congratulates Dr. Beyrouthy, his Department and his students.

It is with great pride and honor that I announce to the NDU community that the Department of Tourism and Hospitality Management (DHTM) won 10 awards in the different competitions held within the framework of the HORECA 2012 exhibition (20-23 March at BIEL).

This year, NDU was competing with an increasing number of universities and technical schools, namely USJ, LAU, Balamand, AUST, AUL, CIT, Ecole Hotelière Bir Hassan, Lycée Technique Ajaltoun ...

The DHTM participated in three competitions and harvested 10 awards; it is my privilege to announce our winning students:

- **Rachel Bado** won the **Gold Medal** from "Boecker" for Hygiene in the **Cold Sandwich Competition**.
- **Firas Merhej** and **Walid Francis** won the **Silver Medal** (1st Silver) for the **Live Junior Chef Cooking Competition**.
- **Christian Akiki** and **Michael El Murr** won the **Silver Medal** (2nd Silver) for the **Live Junior Chef Cooking Competition**.
- **Rachel Bado** won the **Gold Medal** (1st and only Gold) in the **Live Cold Sandwich Making**.
- **Christiane Aouad** won the **Silver Medal** (1st Silver) in the **Live Cold Sandwich Making**.
- **Sara Baydoun** won the **Silver Medal** (2nd Silver) in the **Live Cold Sandwich Making**.
- **Michael Abi Nakhoul** won the **Silver Medal** (4th Silver) in the **Live Cold Sandwich Making**.
- **Tony Jabbour** won the **Bronze Medal** (1st Bronze) in the **Live Cold Sandwich Making**.
- **Joseph Zeilah** and **Melissa Nicolaos** won the **Silver Medal** (1st Silver) for the **Table Service Competition**.
- **Celine Daou** and **Melissa Haddad** won the **Bronze Medal** (2nd Bronze) for the **Table Service Competition**.

N.B: The DHTM curriculum includes two culinary courses only, compared to other universities whose programs are culinary-based.

I would like to ask the NDU community to join me in congratulating our winning students.

Thank You and God Bless You.

Visit to Bsalim Power Substation

Razane Tajeddine, FE, ECCE department

On the 21st of January 2012, a technical visit to Bsalim power station was organized by Dr. S. Georges for the electrical engineering students taking the EEN452 Fundamentals of Power Engineering course. The group arrived there at 10 a.m.. They were introduced to the main control room where they were informed about the main switchboards in the station where the electricity is switched from the generation unit to the station and from there to the receiving points. This board gives full control over the flow of electricity from the different plants to all substations in Lebanon. Moreover, the control boards give the users a full tracking of the transformers and switches in Bsalim, so that, if any damage occurs in these parts, the problem will be detected, and technicians will fix the problem in coordination with the main control room in order not to have any accidents or electric shocks. In addition, the engineer there talked about the problems in the substation that arise from it being really old and having suffered bombing in the days of war.



The group then passed to the field where all the transformers, their fire fighting deluge systems, compact gas switch gears, lightning protection systems, and feeders were to be found. Everything seen on the field was directly related to the course, as Dr. Georges explained to us. In the field, the group went around with two engineers who explained the use of everything and what actually happens when the electricity is being fed to the station and transmitted in turn to other stations. One lightning protection part was seen broken from the time a flash of lightning occurred and was transmitted to the ground via the cables. Of course, the system was repaired but the broken part was shown to the group just for the sake of demonstrating what exactly happens.

The visit ended after about two hours, when we thanked the kind experts who were there in the station. This visit effectively gave the students a factual idea of what they were learning from books, which is a way to helping them to understand their material better and thus to feel more at ease in the course and the major they are following. This is the way NDU students get ready to face their careers later after graduation.

Field trip to Phoenix Machinery

May 25, 2012

Teaching Manufacturing processes, including casting, machining, and forming, pose a challenge to mechanical engineering undergraduates in that they have little background from which to begin building up their knowledge. It was observed during assessment that students were weak in correlating the information from the book to real-life manufacturing problems. This was mainly due to the students' lack of exposure to industrial environment.

Dr. Marwan Azzi for the second year has integrated industrial field trips into the MEN 340 Manufacturing Processes course in the Mechanical Engineering Department at NDU. This "learning beyond the classroom" experience provides students with a real-world experience that is directly related to the lectures presented in class.



❖ Discussion between Eng. Bchara Yared (from Phoenix) and the Manufacturing class

In Spring 2012, the destination was Phoenix Machinery, member of Indevco Group, manufacturer of custom-made hygiene and tissue converting machines, high precision CNC components and machined parts, as well as developer and integrator of machinery automation, process automation and power distribution solutions. During this trip, students had the opportunity to meet with experts in machining who were happy to share their experience with them. In addition, state-of-the-art computer numerical controlled (CNC) machines with 3, 5, 6, and even 10 axes were shown to the students.



❖ CNC machine with 10 axis

Moreover, Eng. Bechara Yared (head of the CNC department) showed students how the materials and geometry of the cutting tools were carefully selected for different machining processes.

The students profited greatly from this "real-world" experience, as it helped their learning and mastery of the course material. On behalf of NDU, Dr. Azzi would like to thank Mr. Rabih Osta, General Manager of Phoenix Group, and Mr. Bechara Yared, Head of the CNC department, for hosting our students for this field trip.

Book Signing: The 77 Secrets of Success

by Dr. Chadi Azoury



On Thursday, June 7, the NDU Libraries sponsored a book-signing for the new book by Dr. Chadi Azoury, *The 77 Secrets of Success: Know What Top Successful People Have in Common*: Based on a 6-year Study and a Survey of More than 50 Top Successful People.

The event opened with presentations about Dr. Azoury and his book by Domingua Abboud, Head of Collection Development in the NDU Libraries, Rana Fadel, NDU Student, and Leslie Alter Hage, Director of the NDU Libraries. Then Dr. Azoury talked about the people he interviewed when preparing his study and gave an outline covering all of the seventy-seven secrets. The oratory concluded with a brief speech by Suheil Matar, NDU Vice-President for Cultural Affairs and Public Relations.

Dr. Azoury teaches part-time in the Faculty of Engineering at Notre Dame University-Louaize and has been a sincere friend and regular user of the NDU Libraries for almost eight years. He has a great passion for reading, especially books related to "business success". The NDU Libraries are happy to note that he found many useful sources in the Library collections which he used when preparing his book.

A copy of Dr. Azoury's book is available in the NDU Libraries collection so that all members of the NDU family can learn about the "Seventy-seven Secrets" and apply them in daily life to succeed in whatever they strive to accomplish.

Dr. Nada Tawil Tahchi nominated for SUSI

After being the only candidate nominated from Lebanon by the US Embassy in Beirut for the Study of the United States Institutes (SUSI) Program, Dr. Nada Tawil Tahchi had her participation in the SUSI– U.S. Society and Culture Program formally approved by the Educational and Cultural Affairs (ECA) Bureau at the U.S. Department of State. This program will run from the beginning of June till the end of July 2012.

New York University will implement the Study of the United States Institute on U.S. Culture and Society. The central theme of the program will be the United States' reconciliation of cultural and social diversity with national unity. Subthemes to be explored include Local Autonomy and Pluralism in America, Individual Liberty and the American Creed, Cultural and Social Heterogeneity, and National Unity: Social and Cultural Integration. The program will include site visits to diverse local communities, tours of New England and New Mexico, and a visit to Washington, D.C.



Doctor Tahchi is Part-time Associate professor, SBS Dept., Faculty of Humanities, NDU; Full-time Associate Professor, Social Sciences Institute, Lebanese University; Associate Researcher, University of Moncton, ICRML, Canada; and Associate Postdoctoral Researcher, University of Ottawa, Canada.

Speech Competition - 2012

Through a communication from Dr. Joseph Tannous, the Faculty of Humanities had pleasure in announcing the three winners in the speech competition held on Tuesday, May 15, 2012, in Abou Khater Auditorium.

1st prize winner: Saade Stephanie

2nd Prize winner: Hallak Jessica

3rd Prize Winner: Ajemian Gali

Dr. Tannous expressed the Faculty's thanks to all who helped in the making of this event a great success.

Monaco Festival: NDU Success



The following communication was received from Mr. Sam Lahoud, Head of NDU Audio Visual Facilities, on Monday 21st May, 2012.

Dear NDU Family

I would like to inform you that our delegation to Monaco Film Festival came back this weekend, and here we are sharing with you the joy of success...

The NDU delegation was formed of Sam Lahoud and Nicolas Khabbaz with the students Tarek Korkomaz, Beatrice Moukhaiber, Zeina Makki and Maria Abdel Karim, who participated with their films, together with a group of twenty-five students who joined them in this cultural and artistic experience... In addition to NDU students, the delegation included professional Lebanese filmmakers Hady Zakkak (Mercedes) and Joe Bou Eid (Tannoura Maxi), and students and their films from Lebanese University Fred Nasr, from USEK Berna Beaini, from ALBA Maya Abdou, and from USJ Nidal Bekassini and Donna Zaarour...

Our films were competing with other films from more than 35 countries, and 8 universities... and the awards were as follow:

BEST SHORT DOCUMENTARY: *Bent Not Broken* for ZEINA MAKKI from NDU.

BEST DOCUMENTARY: *Mercedes* for HADY ZAKKAK.

MOST PROMISING DIRECTOR (First Time Director for a Feature Film): JOE BOU EID for Tannoura Maxi.

BEST ACTRESS: JOY KARAM in *Tannoura Maxi*.

Honorary Award for Excellence in Educating Future Filmmakers: Sam Lahoud and Nicolas Khabbaz

In our photos, Sam Lahoud is seen with award-winners Nicolas Khabbaz and Zeina Makki. Then Sam Lahoud is seen with Maria Abdel Karim, Nicolas Khabbaz, Tarek Korkomaz, Abdo Haddad, Beatrice Moukhaiber and Zeina Makki, forming the NDU delegation.



Day for Biological Diversity 2012

Arts with Sciences for Awareness on Marine Biodiversity

By Elsa Sattout, PhD. DS-FNAS

In an initiative to raise awareness on the importance of Marine Biodiversity while merging arts with sciences on the occasion of the **International Day for Biological Diversity (IDB)**, the **Faculty of Natural & Applied Sciences (FNAS)**, in collaboration with the **University Research Board**, organized a series of interfaculty events from **May 21st till 29th, 2012**. The climax was a ceremony for awards distribution and the opening of an exhibition of the results of the competition, organized under the patronage of H.E. Nazem El Khoury, Minister of Environment, and Fr. Walid Moussa, NDU President.

Awareness on biodiversity empowers communities to be part of public participation processes and to better protect biodiversity. Its importance is globally highlighted each year on the IDB on **May 22nd** as proclaimed by the UN. Biological diversity is defined as the variability among all living organisms. It is believed that it affects our lives as it constitutes an integral part of our social, cultural and economic growth. At present, threats to the natural world are putting not only biodiversity at stake, but also our existence and well-being.

"Did you know that natural diversity enriches our lives because, as Naess said, it enriches our extended self and thus brings us greater self-realization? It is essential for our personal growth."

In the late 80s, the **United Nations Environment Programme** sent a wake-up call to the world community to mobilize countries to ratify an international treaty to protect biodiversity. In 1992, the Rio Summit was a landmark witnessing the birth of the Convention on Biological Diversity (CBD). CBD main objectives have set in motion efforts towards a more sustainable world. These are the protection of biodiversity, sustainable use of resources and equitable sharing of benefits arising from these resources.

NDU, believing in the role of the university to strengthen social responsibilities, raise awareness and protect Lebanese natural heritage, as well as acknowledging its students' capacities and their keen desire to build a better world, called for their participation in the various interfaculty activities on Marine Biodiversity which entailed poster, photography and crafts competitions, seminars and documentaries. The competitions were organized in close partnership with the Faculty of Architecture, Art and Design (FAAD), Faculty of



Engineering (FE); Faculty of Business Administration and Economics (FBAE) and Faculty of Nursing & Health Sciences (FNHS). Members of an interfaculty committee joined together in efforts to promote the participation of students. The committee included Dr. Colette Kabrita, Dr. Esther Ghanem, Dr. Leila Khalaf-Keyrouz and Dr. Elsa Sattout (FNAS); Dr. Jocelyne Bou Mosleh (FNHS); Ms. Graziella Daghfal and Mr. Noel Nasr (FAAD); Dr. Nancy Kanbar (FBAE) and Dr. Ely Ibrahim and Dr. Talal Salem (FE).

The competition addressed students as Junior scientists, engineers, designers, photographers, planners, economists and architects exploring the living and non-living world and discovering the mysteries of human existence and relationships with the surrounding environment... getting inspired from nature for their art and designing their ventures in sciences based on the wisdom gained when they observe the natural world. The participation of students and NDU community in different ways and in various activities has revealed the need for organizing more events mingling all disciplines and building up skills to strengthen social responsibility towards the conservation of biological, cultural, economic and social diversity.

The winners in the competition: Posters on Marine Biology and Conservation Status

1st: Mr. Andrew Alam - FNAS. Annoyed of monotone: Invasive algae in the Mediterranean

2nd: Ms. Chrisitna Helene Hage - FNAS: They call me Flipper: Dolphin Conservation Status

3rd: Ms. Stephanie-Joy Fikani - FNAS: Loggerhead turtles need our help



Posters on Seas as a Source of Renewable Energy

- 1st: Nicolas Azar, Elie Daccache & Christina El Lakkis - FE. Pelamis: the sea snake
- 2nd: Rajha Alain & Dany Rachwan - FE. Greeting the wave of destruction
- 3rd: Adline Georges El-Khoury - FE (North Campus). Green Infrastructure to save Marine Biodiversity

Photography Competition:

- 1st: Miss. Christine Najarian - FBAE
- 2nd: Miss. Georges Zahm - FBAE
- 3rd: Miss. Sevag Torcomian - FBAE

Crafts competition:

- 1st: Adrea Choukeir - FAAD
- 2nd: Elsie Arayes - FAAD
- 3rd: Marise Choucair - FAAD

Our illustrations show Dr. Elsa Sattout with winner Andrew Alam, familiar personalities of NDU, and a few of the exhibits.



Voluntary Sustainability Standards:

Future International Cooperation

Elsa Sattout, PhD., DS-FNAS.

A Dialogue meeting, funded under DAAD Fact-Finding Mission on Voluntary Sustainability Standards (VSS), was held on May 4th 2012 to draw up a road map for future cooperation between Notre Dame University (NDU), Brandenburg University of Technology (BTU), German International Cooperation (GIZ), and the Lebanese American University (LAU). The funds provided by DAAD programme will ensure the support of the dialogue meetings which will be organized to team up with national and international partners for the development of the future project proposal, to discuss the cooperation framework and to exchange visits between the Lebanese and German institutions.

The meeting organized by the Department of Sciences at the Faculty of Natural and Applied sciences was convened to identify the thematic areas for an academic programme which involved the integration of VSS in the curricula and to define the ways and procedures for a three-year cooperation programme between NDU, LAU, GIZ and BTU. The two thematic areas defined were [1] environment, agriculture, and sustainable production, and [2] construction and urban planning. Participants defined the objectives of the programme which included the joint development of new curricula on sustainability indicators and of methods for quality assurance, strengthening research on sustainability, establishing regional networks on education and research, and most importantly providing support for highly qualified young scientists.

Outstanding Paper Award

Dr. Doris Jaalouk

Dear All,

It gives NHS Faculty great pride to announce that the recent article of Dr. Antoine Farhat (FNHS Dean) entitled Dietary Approaches for Polycystic Ovary Syndrome published in *Nutrition & Food Science* has been chosen as an Outstanding Paper Award Winner at the Literati Network Awards for Excellence 2012.

Every year Emerald invites each journal's editorial team to nominate what they believe has been their outstanding paper over the previous twelve months. Dr. Farhat's paper has been selected by the editorial team of *Nutrition and Food Science*, many of whom are eminent academics or managers, as one of the most impressive pieces of work the team has seen throughout 2011. To see abstract of the paper, open

<http://www.emeraldinsight.com/journals.htm?issn=0034-6659&volume=41&issue=5&articleid=1950875&show=abstract>.

For further information on the Awards for Excellence, those interested may check the following site:

www.emeraldinsight.com/literati

The 2012 winners will shortly be added to the site.

Nutrition Fair- NDU Spirits

By Dr. Jacqueline Doumit



Every academic year, the NTR 201 students of the Faculty of Nursing and Health Sciences organize and celebrate the Nutrition Fair. It aims at disseminating nutritional information to the NDU Community and therefore promoting sustainable health.

NTR 201 is an introductory course that covers the basics of nutrition. It is offered to all undergraduate students as a GER course. One of the requirements for the completion of the course is to work on a project that requires integrating ideas from credible sources. This year the students were invited to work in groups of three to four on a research project relevant to the course content and to prepare a poster to be displayed during the Nutrition Fair.

Working on a research project and celebrating the Nutrition Fair allow students to acquire many competencies such as good communication skills, team work, literacy skills, critical and systemic thinking; socializing, and taking responsibility for personal and community well-being.

This year, the Nutrition Fair took place on June 1st, 2012 from 11:30 a.m. to 1:30 p.m. Four instructors, Miss. Cynthia Bou Khalil, Miss. Krystel Haydamous, Mrs. Rania Berberi and Dr. Jacqueline Doumit guided and supervised the work of thirty-seven groups of students.

Here is the list of the major topics presented:

- The health benefits of vegetables, fruits, ginger, whole grains, eggs, maple syrup and chocolate.
- The health benefits and risks of beverages such as tea, coffee, energy drinks and wine.
- Fad diet: pros and cons.
- Childhood obesity and chronic diseases.
- Alternative treatment of obesity.
- The impact of under-nutrition, over-nutrition, diet pills, and environmental contaminants (pesticides and heavy metals) on health and biodiversity.
- Hunger.
- Junk food.
- Nutrition and diabetes.
- Nutrition myths and facts.
- Nutritional needs of body builders.
- Genetically modified foods.

The invitation was addressed to the NDU community: administrators, instructors and students. During this event, the NTR 201 students not only offered nutritional information but also supplied healthy foods and beverages in a friendly atmosphere.

The Dean, Chairperson, Faculty, and Staff of the Faculty of Nursing and Health Sciences were present and celebrated the 2011 Dean's Honor List. Certificates were distributed to the outstanding students with congratulations.

FPSPAD

Tarahneha, nkasamna w njamaana

Three days community action for FPSPAD students

By Anne Marie Abou Aziz

The Human Rights Club in coordination with ALEF–Act for Human Rights hosted a community action about Integrating Peace into Youth Culture: from Passive to Active Youth. This activity was part of a project called Responsible and Active Youth (RAY II), which aims at promoting a culture of peace-building and respect for human rights amongst Lebanese youth from different backgrounds through creating a constructive partnership between youth and their communities, as well as to produce a “toolkit” on community youth peace building. After a series of meetings for the core volunteers between November and March, the community action lasted for three days during which the participants enjoyed the sessions about conflict and the dimensions of conflict in an amusing and interactive way based on games. The most enjoyable game was Let’s Ball. The toolkit Let’s Talk aimed to mobilize youth and empower them in conflict transformation and peace education, as well as to provide them with the opportunity of getting involved in a process of learning about themselves and about others. By the end of the three days the participants had thoroughly enjoyed themselves but also gained very valuable skills that would be useful for them throughout their life.



3rd Electoral Reform Session: Bicameralism

After a first session on Electoral Systems and a second on the Gender Quota, the Faculty of Political Science, Public Administration and Diplomacy organized its third session within the Electoral Reform Series on May 23 to discuss Bicameralism and its application in Lebanon.

The session was in two parts: the first one was with Judge Joseph Tamer, who talked about the origins of bicameralism and its different backgrounds: aristocracy in Britain, Federal Union in the U.S.A, and sociology in Italy and Portugal. Judge Tamer also presented the advantages and disadvantages of bicameralism, saying that its critics claim it leads to conflict and the second chamber contradicts democracy. On the other hand, its supporters think it is justified as it gives an organ of reflection; it insures better democracy and a better legislative process, and helps distribute powers, further diminishing the risk of concentration of power or dictatorship. Judge Tamer presented the evolution of bicameralism and showed how it was used as an effective

incentive especially in heterogeneous societies.

Father Rahi for his part presented to the students the case of Germany and the lessons that could be drawn from it if bicameralism is to be considered in Lebanon. He explained that Germany was a Union state, where the Senate intervened in the executive and legislative branch. Then he talked about the relation of the citizens with their land/nation and how the German people was able to move away from division into diversity with unity while celebrating cultural richness, with the *Bundesrat* playing a major stabilizing role in this transition. Finally, he talked about the role that bicameralism played in decision-making and how it worked in practice.

The session ended with questions and answers reflecting mainly on the Lebanese application of such a scheme and on whether a sectarian Senate House could be a solution to the misrepresentation that Lebanon is suffering from.

The Peace Building Academy:

Conflict Resolution Workshop

By Jasmin Diab, Secretary of the CIR

On the 23rd and 24th of May, 2012, the Club of International Relations, in collaboration with the Peace Building Academy and the Permanent Peace Movement, held a Conflict Resolution Workshop on the NDU Main Campus. The two-day workshop, held in the Computer Center conference room, brought together over twenty students from the Faculty of Political Science and Public Administration as well as from the Faculty of Business in a series of activities, discussions, documentaries, and focus groups with the aim of highlighting the most effective measures to end conflict, the most effective measures of tackling conflict, and responsible behavior within a conflict situation.

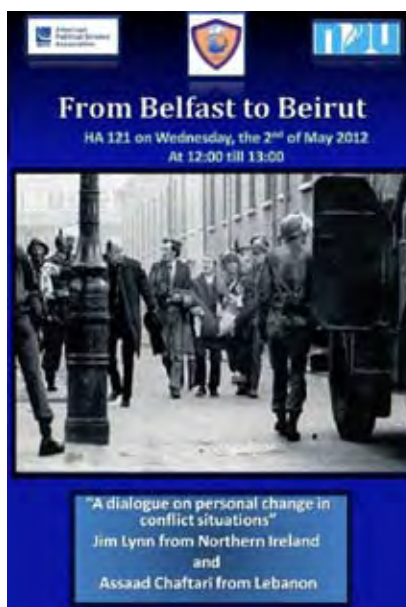
The participants were divided into groups, and were to complete each of the activities, tasks and discussions within these groups. Throughout the workshop, participants collaborated to complete the necessary requirements of the training, and were also each to present their findings.

On the first day the program included an introduction to Conflict Resolution and the principles of Conflict Analysis, as well as peaceful means of conflict resolution. The second day focused on the concept of dialogue and its techniques and on the use of negotiation techniques, with a film screening. The closing session of the workshop consisted of a final discussion and review of the skills and techniques garnered throughout the training.

From Belfast to Beirut

By Mary-Joe Alavalas

The Department of Political Science and the American Political Science Association held an event entitled From Belfast to Beirut on Wednesday, 2nd May, 2012. The two guest speakers were Mr. Jim Lynn from Northern Ireland and Mr. Assaad Chaftari from Lebanon, who shared their personal experiences, particularly during civil conflict in their respective countries. Although Northern Ireland and Lebanon are very different countries, they faced similar problems on a national and individual level, the latter entailing personal change in these conflict situations. Mr. Jim Lynn took the attendees on a historical journey into the heart of Belfast during the civil war between the Catholics and the Protestants, where the fear, hurt, and finally hope, sounded not much unlike the civil war experience of Lebanese. The highlight of Mr. Lynn's speech can be narrowed down to his own encounter with personal change throughout the course of the civil war and after it, ultimately transforming his life. The message of peace to him was materialized through forgiveness. Mr. Lynn also expressed his belief in Lebanon's ability to be the door to peace in the Middle East. Mr. Assaad Shaftari spoke about his own personal involvement in the Lebanese civil war, but most importantly he concentrated on the building blocks of his upbringing that transformed him into a militia man and leader later on. He said that the war, according to him, started when his environment created a concept of



the "other" and, through the process of socialization, he internalized it. After the war, he apologized to the victims and their families, paving the way to reconciliation. The two men inspired and gave new hope to us, the future leaders of our country and the world. We felt we were handed the brush to paint a new picture, our own beautiful masterpiece, without making the same mistakes our predecessors made.

2nd Electoral Reform Session:

Gender Quota

By Jasmin Diab



Within a series of events revolving around Electoral Reform, the Faculty of Political Science and Public Administration (FPSPAD) held on Monday, 12th March, 2012, a round-table discussion *Gender Quota in Lebanon*, on the occasion of the International Women's Day. Moderated by Dr. Rita Sabat, International Affairs Professor in the FPSPAD and Gender Expert, the roundtable discussion hosted three experts in the field of Gender in Lebanon, namely Att. Ghada Ibrahim, lawyer and activist, H.E. Wafa'a Dikah Hamze, former minister and currently board member of the National Commission for Lebanese Women, and Dr. Marguerite Helou, professor of Political Science at the Lebanese University. The discussion, led by Dr. Sabat, tackled the different aspects of the Gender Quota issue in Lebanon. Dr. Marguerite Helou, former professor at Notre Dame University-Louaize, opened the session with a brief introduction and understanding of the term *gender*

and the establishment of gender quotas in political participation. All the panelists acknowledged their initial aversion to the principle of gender quota but through their personal experience had seen the need for a quota. The panelists tackled the arguments generally used against the implementation of a gender quota, maintaining that the proposed reforms have taken into account the sectarian issue, and that the absence of women's political participation demands the redress provided by a temporary quota. The panelists argued that citizens should be informed of the technicalities of the gender quota so they could see the long-term benefits of its implementation. The session was lively, with several students reflecting upon some of the cultural and geographic realities in Lebanon that would seem to be challenged by the introduction of a gender quota. The panelists all agreed that this supposition or implication is baseless in Lebanon.

International Criminal Justice

Notre Dame University, Louaize / T.M.C Asser Institute, The Hague

Twenty FPSPAD senior students and graduates have participated over the Academic year 2011-2012 in a new inter- university program titled International Criminal law and Procedures. The program was in cooperation with T.M.C Asser Institute, the Special Tribunal for Lebanon, and seven Lebanese Universities.

The lectures took place in the campuses of the different universities between November 1 and May 29, with each 75-minute lecture being followed by a 30-minute question-and-answer session. The lecturers were lawyers, judges, administrators and professors involved in the field and having practical experience with the different international courts. At the end of the program, the students who attended most sessions were to take a final exam and compete for the top twenty positions. The top twenty students would win a field trip to the Hague to visit the different international courts and receive recommendation letters for internships or other related programs.



This year-long program proved to be a very interesting experience for the FPSPAD/NDU students and it showed once again that NDU is one of the leading universities in Lebanon and that it offers high academic, technical and logistical standards that are up to international standards. Be proud NDU students and keep connect to see the results of the final exams in which I am sure the FPSPAD student will excel!

You Have the Right Not to Remain Silent

Freedom of Expression:

The Department of Political Science and the Human Rights Club hosted an event about freedom of expression by the civil movement association MARCH under the title You Have the Right Not to Remain Silent. MARCH actively seeks to safeguard the tenets of a peaceful and prosperous Lebanon where Law, Constitution and Human Rights are the basis for a strong democratic nation. The event, organized inside NDU's main cafeteria, included the distribution of the newsletter F.R.E.E. (Freedom and Right of Expression Events), an open discussion with students on the issue of censorship and an interactive graffiti event involving random students. The discussion tackled the various aspects of censorship, such as censorship and the press, censorship and art, censorship and history, and self-censorship.



US Political System & Presidential Elections:

Ideologies and their implications.

On Monday, May 14th, the Modern Political Ideologies class (IAF 301) hosted Mr. Richard Fitzsimmons through the USA Embassy's Public Diplomacy Department to talk about the USA political system, the current presidential elections, and their ideological and practical implications. Mr. Fitzsimmons first introduced the Constitution of the United States as the brainchild of some of America's greatest leaders following the colonies' War for Independence, which has protected Americans' rights and liberties since it went into effect on June 21, 1788. The constitution of the United States and its 27 amendments set forth the nation's fundamental laws. It sets up a federal system by dividing powers into three independent branches, the Executive, the Legislative, and the Judicial.

Mr. Fitzsimmons explained the presidential election system and how it works in practice with the delegates system and its main criticisms. Then he moved into the current presidential candidates, the ideological background of each and the possible implications of the presidential election results. The session concluded with questions and answers.

SPORTS OFFICE

Great Results in Turkey!!!!



NDU Basket Team took first place in the International University Sport Fest held in Istanbul in May, 2012. They beat ESSEC (France) in the final 73/63. During the preliminaries NDU beat Bogazici Graduates 69/43, University of Central Europe (Hungary) 65/30, and Zelenia from Czech Republic 64/60. In the semi-final NDU beat AUST Lebanon 69 /38 to reach the final.



The other success was in swimming, where Mirella Alam took three gold medals, in 50 and 100 meters freestyle and 50 meters breaststroke.

The football team won one game against Galatasaray University 2/0 but lost against Bogazici Graduates from Turkey, who won 3/2.

CSO

Sesobel Journey III



On March, 2nd. NDU Student Union answered the call of the Community Service Office and members headed to PIT STOP in Zouk Mosbeh, where they spent moments of joy and empathy with Sesobel children.



This is the third activity within the framework of a continuous collaboration between NDU and SESOBEL

SAO

Club Awards 2012

Club of the Year 2012

Accounting and Finance Club (1 trophy and 1 medal)

Society of the Year 2012

Society of Civil Engineers(1 trophy and 1 medal)

Creative Club of the Year 2012

Hospitality Tourism and Events Club (1 trophy and 1 medal)

Academic Club of the Year 2012

Club of International Relations(1 trophy and 1 medal)

Human Rights Club(1 trophy and 1 medal)

Academic Society of the Year 2012

Society of Civil Engineers(1 trophy and 1 medal)

Best Club Advisor 2012

Mr. Ghassan Beyrouthy/Hospitality Tourism and Events Club (1 trophy and 1 medal)

Mrs. Norma Freiha/Accounting and Finance Club(1 trophy and 1 medal)

Best Club President 2012

Miss Micheline Kharsa/Society of Civil Engineers (1 trophy and 1 medal)

Mr. Thierry Jabr/Marketing Club (1 trophy and 1 medal)

Mr. Mario Bou Ghosn/Debate Club (1 trophy and 1 medal)

Miss Francheska Hbayer/ Club of International Relations (1 trophy and 1 medal)

Mr. Richard Attallah / Salvare Club (1 trophy and 1 medal)

Best Club Vice President 2012

Mr. Rony Abboud / Social Club (1 trophy and 1 medal)

Mr. Jad Nassar / Advertising Club(1 trophy and 1 medal)

Mr. Dany Ayoub / Computer Science Club(1 trophy and 1 medal)

Best Club Executive Committee 2012

Accounting and Finance Club (1 trophy and 4 medals)

Astronomy Club(1 trophy and 4 medals)

Human Rights Club(1 trophy and 4 medals)

Pastoral Work (1 trophy and 4 medals)

Project Excellence 2012

Pastoral Work (1 trophy and 1 medal)

Salvare Club (1 trophy and 1 medal)

Professional Event Organizer 2012

Debate Club(1 trophy and 1 medal)

Special thank you to:

Mrs. Nathalie Kallassy Rechdan- Computer Science Club Advisor

Mr. Edgard Barakat- Discovery Club Advisor

Mr. Victor Sawma- Social Club Advisor

Mr. Carl Acharian- HTEC Vice President

Miss Lynn Karam- Social Club Secretary

STAFF

Job Fair 2012



The Public Relations Department–Placement Office held its annual Job Fair at NDU on Wednesday, May 2nd, 2012 from 9:00 a.m. to 5:00 p.m. within the framework of the Silver Jubilee of NDU. It took place under the patronage of H.E. Wael Abou Faour, Minister of Social Affairs.

This event is held annually to reach out to as many of our students and alumni as possible who may be in search of employment or just interested in a career change.

The NDU Job Fair 2012 brought together marketing representatives from companies and organizations and featured a wide variety of employers from diverse industries.



It brought together employers, recruiters and potential employers with current and future positions to fill. These were in a position to give students company and career information and to offer them assignments with some of the top marketers.

At the Job Fair many companies and organizations were represented, among them Byblos Bank, Middle East Airlines-Air Liban SAL, the Institute for Financial Analysts-IFA, Matta et Associés S.A.L, ABC, Admic, Bank of Beirut, BLC Bank, Banque Libano-Française, Blom Bank, Consolidated Contractors Company-CCC, Crépaway, Expeditors, Soft Solutions, Indevco, G.Tamer Holding, Kallassi Group, Labora, Roadster Diner, SABIS Educational Services S.A.L, The International Student Identity Card-ISIC, The National Employment Office-NEO, Four Seasons Hotel, Azadea, Teleperformance, Edarat Group, Anghami, RCG International, and BMB Group.

During the day, the representatives of the companies and organizations met face-to face with motivated young NDU graduates, offering guidance and encouraging them to join their companies.

The official opening was at 11:00 a.m. at the Friends Hall, where Mrs. Nada Saad Saber, Assistant Director of the NDU Vice President for Cultural Affairs & Public Relations, presented the event and welcomed all.

Mrs. Loyal Nehme Matar, the Placement Officer, asked the Government in her speech to be more effective, practical and productive. She addressed H.E. and said: "The Minister of Social Affairs accumulates concerns and hopes; thus we ask you to give closer attention to the critical situation concerning the job opportunities in Lebanon." She added: "Everyone deserves to live in dignity and work is the crown of it, yet unemployment is a disease consisting of boredom and desperation that dulls the fervor of talents and capacities, and sweeps away moments and valuable time that never come again. It is a microbe that raises misery, depression and alienation... We look forward to continuing this worthwhile mission and helping our youth stay in Lebanon."

Mr. Souheil Matar, Vice President for Cultural Affairs & Public Relations, asserted in his speech: "We unfortunately listen to the members of parliament, who represent us as well as our youth and the new generation, talking about elections, electricity, water, asphalt, gas, etc....

Most of them mention Syria more than Lebanon. Others use the language of indictment, rumors and threat.... I wish only one had mentioned the importance of finding job opportunities for students graduating annually from universities and colleges in thousands. And unfortunately, in May 2013, we shall again vote for them..." Mr. Matar asked the Minister of Social Affairs, Wael Abou Faour, to help the students and graduates to find good job vacancies.

President Walid Moussa expressed a wish to hear the Minister mention making a change in the social structures, administrations and political circles. He added: "We cannot keep on with our mission of education unless we can provide for our homeland the best hands and most efficient minds. I see that we share a common destiny and only together can we overcome the political crisis that Lebanon is going through."

"Our government," declared H.E. the Minister, "is searching for valuable resources in the sea while we are losing our youth due to migration. It is useless for the government to seek the resources while its affluence, specialties, people and youth that are the human capital of Lebanon are lost... This will turn our land into a desert and it is a real danger." At the end, he expressed appreciation of the event and of NDU efforts to open opportunity for education, work and life.

Following the opening, the Minister and all those present passed into the Exhibition Hall, where they met with the participant companies. It was a successful day that offered opportunity.

On-Campus Banking Forum 2012

By Jocelyne Issa



In the framework of celebrating the 25th Silver Jubilee of Notre Dame University – Louaize, the University Sponsorship Office organized its annual On-Campus Banking Forum, held under the patronage of His Excellency the Minister of State Marwan Kheireddine, on May 18, 2012 in the Exhibition Hall –NDU.

The Master of Ceremonies was Ms. Karla Sfeir, Student Activities Coordinator, who first welcomed the guests. Ms. Jocelyne Issa, Sponsorship Coordinator, praised the role of the banks, including their help to the University in its service of the NDU community. She added that the University always provided knowledge and education and contributed in building the human being; for its part, the banking sector complemented this action through providing financial facilities to allow the young to achieve their goal in life.

Director of Finance Father Bechara Khoury highlighted the importance of organizing this Banking Forum on NDU premises as an annual event in order to establish a solid bridge between the academic life and business life outside the University, so that the students might be well prepared for their careers after graduation.

The guest of honor Minister of State Marwan Kheireddine dealt with the situation of the banking sector in Lebanon

in general and its impact on the Lebanese economy. He added that the banking sector in Lebanon had proved its reliability in 2008 when there was a financial crisis worldwide, the Lebanese banking sector remaining stable.

Before touring the banking stands, the President of NDU Father Walid Moussa and the Director of Finance Father Bechara Khoury presented a trophy to the Minister as a token of appreciation.

After the opening ceremony, Ms. Jocelyne Issa, Sponsorship Coordinator, announced the beginning of a competition that was organized by the Sponsorship Office under the theme of Silver Jubilee of NDU. The theme of the competition was based on twenty-five local or international currencies, and the twenty-five winners received \$100 each.

The banking sector also organized a draw in the afternoon. The students had the opportunity to meet banking representatives from well-known banks and valuable prizes were distributed at the same time.

The following banks participated in the Forum: Al - Mawarid Bank, Bank Audi, Bank of Beirut, BankMed, Banque Libano-Française, Blom Bank, Byblos Bank, CreditBank, Fransabank.

NDU Spirit Rejoices



The editorial staff of NDU Spirit have great pleasure in announcing that on 12th June, 2012, Ms. Rebecca Mourani, responsible for the present highly attractive layout of the review, successfully defended her Master's Thesis in the Abou Khater Auditorium. The subject of her thesis was Humor in Design: How Do Lebanese Use Humor in Visual Communication?

Congratulations, Rebecca!

NORTH LEBANON CAMPUS

Open Doors



Every year, NDU presents its potential for higher education for youthful fulfilment to secondary school students from all over the North region. So a highly successful Open Doors event was organized at NDU Barsa campus on March 27th, 2012, with the participation of all students, staff, and faculty members. It featured many academic activities from the six faculties and put on exciting games in which all could share. At least six hundred secondary school students attended, coming from seventeen different schools, including North Lebanon College, Collège des Frères Deddeh, Deddeh Official School, Rashiine Official School, Khalil Salem Official School, Bkeftine

Orthodox School, Balamand Secondary School, Universal School of Lebanon, Choueifat SABIS, Ecole Ste.-Thérèse Hadchit, Tripoli Evangelical School, Al Iman School, David Karam Educational Centre, Ecole des Soeurs des Très Sts.-Coeurs Tripoli, Ecole des Pères Antonins Hasroun, National Orthodox College Mina, and Modern School Miniara. The guest students were able to enjoy many activities such as riding pedal cars, playing music, virtual gaming, inflatable kick boxing, and many more. In addition, they were able to visit stands of clubs and faculties and ask questions about the University, the facilities it offers, the academic programs, and the student life.

DinamiCo Team Visit



On Monday, April 23rd, a team from DinamiCo for Consultation and Training visited NLC campus to deliver a lecture about Job Searching. Students from all classes and majors attended the one-hour workshop given by Ms. Amal Saad from DinamiCo and actively participated in discussion about finding a job after graduation.. The lecture covered job-searching techniques for fresh graduates, career tips and advice, interviewing skills and résumé writing, as well as personal branding. As a university, NDU is highly committed to supporting its students and assisting them in developing successful careers. Our thanks go to DinamiCo for this initiative and we hope for such visits every years.

NLC visits Cedars Premium Plant



In the morning of Wednesday, May 2nd, a group of students from the Faculty of Natural and Applied Sciences (FNAS) at NDU-NLC (Nutrition, Medical Laboratory, and Biology) visited the Cedars Premium Plant, located in Zakroun, Koura, North Lebanon, where they got hands-on experience of how the products of this company are processed and tested before they are released to the market.



The supervisor on call gave the students a detailed explanation of how each machine works and about the final outcome of each product. The students also visited the chemistry lab, where they found out how the testing takes place in the plant, which produces Jalloul, Kazouza, Fakiha, California Garden, and Fruit-a-Day.

It was a very educational experience.

POETS FROM TRIPOLI, PART 2

APRIL 19, 2012

Organized with the Lion's Club Leaders of Tripoli, a seminar on Poets from Tripoli, part 2 took place at NDU Barsa, Al Koura. The seminar was divided into two parts, honouring poets from Tripoli. The audience, formed mainly from intellectual and academic society, was delighted by the event. A dinner closed the meeting in a cheerful atmosphere.

The President of NDU Father Walid Moussa was represented by Vice-President Mr. Suheil Matar. Father Director Samir Ghsoub thanked all those attending and promised more meetings for the best interest of the public and the University.



Standing for the National Anthem: Maroon Issa el-Khoury, Adnan Jisr, Rami Aad Hai, Fr. Samir Ghsoub, Suheil Matar, Joseph Bou Aoun, Mansour Eid.



Mr. Toni Menassa with some distinguished ladies.

SHOUF CAMPUS

Shouf Campus Founder's Day



On May 18, 2012, one week after the Founder's Day celebration at NDU-Louaize, main campus, NDU-SC celebrated Founder's Day on campus in Deir El Qamar. This year's preparations were extra-special with all the active clubs taking part as well as the Student Cabinet members, who worked closely with the SAO officer at NDU-SC, Ms. Denise Nassif, and the PR office to make the day a success.

The beautiful setting and the hive of activity characterized that long happy day at NDU-SC. The celebrations started at 12:00 noon with the Lebanese National Anthem and the NDU Anthem. Then Fr. François Akl, Director of NDU-SC, welcomed students, faculty, staff and administrators to the Founder's Day and spoke about the importance of ethics in building today's civilized societies. What is more important than finding a good job after graduation, Fr. Akl said, is to play an active role in positively influencing the community we live in.

The professional stage that was set, the lighting system, as well as the sound system, all contributed to making the day a fun-filled, music-filled and talent-filled day. Everyone had something to contribute:

- Student talents included playing the violin, dancing Dabke (professionally), dancing to international themes and music, solo singing and even Kabab eating!
- The Club stands offered a variety of food choices for the NDU-SC family and the guests who came from different parts of the Shouf. They offered delicious knefe, shawarma, grilled meat, pizza, saj (manakeesh, cheese, chocoba), hotdog sandwiches, and suchlike.
- There were games to play which were invented by the Scouts Club and real inflatable games such as tug-of-war and rodeo which were brought by the

Student Cabinet and the clubs. Moreover, there was the Ma7bouseh and Franjeh competition which was organized by Mr. Hovivian, who eventually won both cups!

- There was a huge climbing wall reaching all the way up to the administration building roof! Everyone tried their luck with climbing, even some ladies in high heels!
- The professional DJ was there to fill the gaps with music that made everyone sway, rock and jump to the beat.

Most importantly, what made the day unforgettable were the beautiful and talented celebrity guests who graced our campus and our stage with their amazing presence and talents:

Aline Lahoud arrived first. She spent the afternoon with the students and guests and sang songs from her latest CD and her play with the Rahbani's. Ms. Nisreen Hmaidan played her oud and sang beautiful old tarab songs. Mr. Wissam Al Amir sang his songs and was cheered by students and guests who did not want him to leave or stop. Mr. Naji Al Osta then came to the stage and presented his latest songs. The audience sang along and jumped on the stage to take pictures with the young celebrity. Finally, Mr. Amir Yazbeck concluded the evening with a very energetic performance which was the cherry on top of the pie that we call this year's Founder's Day.

The night did not end without the fireworks that lit up the sky and were reflected in the smiling eyes of those who were there to enjoy the beautiful conclusion of a great day of fellowship and pure fun.

To many many more, NDU-SC.

The University - Globalization and Tradition



Under the auspices of Dr. Hassan Diab, the Minister of Education, NDU-SC organized and hosted a conference entitled The University between Globalization and Tradition on Friday, March 30, 2012. The conference was divided into three main discussion sessions during which different prominent guests and accomplished figures from Lebanese academic society contributed their insights, personal experiences and research findings on the topic. Each session was meant to cover a different aspect of the issue:

Session I (from 10:30 am - 11:45 a.m.): *An ideal society and a perfect university, myth or reality?*

Session II (from 12:00 noon- 1:15 p.m.): *You have your opinion and I have mine.*

Session III (from 2:30 pm – 3:35 p.m.): *The challenges of this time and age.*

The opening ceremony at 9:30 a.m. included a welcome by Fr. François Akl, the Director of NDU-SC, Fr. Walid Moussa, President of NDU, and Dr. Mazen El Khatib, representative of His Excellency the Minister of Higher Education, Dr. Hassan Diab.

Fr. François Akl summed up the purpose of the conference as follows: "We want the University through this conference to play its role in cultural leadership, always aspiring to get out of the cocoon of rigid tradition towards a modernized, scientific quality of thought, a love for progress and a desire for continuous development."

Fr. Walid Moussa spoke about the fundamental beliefs of the University that are reflected in opting to replace tradition with originality and 'globalization' with universality.

The opening ceremony concluded with the speech of Dr. Mazen Al-Khatib, who spoke on behalf of the Minister of Higher Education. He discussed globalization in terms of the spread of multinational companies globally, which had set the strong foundation for global economy. He added that one of the objectives of higher education institutions was to prepare their students to keep up with the inevitable scientific developments and the foreseeable technological advancements.

The main conclusions that were reached at the end of the three panel discussions were the following:

- It is important to differentiate between globalization and universality, and between tradition and originality. Higher education should remain distant from the problems created by globalization but should take advantage of universality, which leads to a productive and creative university.

- There is a role that the university should play in shaping, organizing and developing society.

- There is a role that the university should play in maintaining a thread between science and faith, in teaching future generations not to sacrifice their moral values and traditional standards, morals or ethics for the sake of science.

- The role of the university is to create individuals who want to be active builders of their communities and societies by using their education, knowledge and ethics.

- The role of the university is to create very strong bonds between the university and its immediate environment. It should heighten the respect of the students for nature, for creativity and for innovation.

- The role of the university is to always evaluate its curricula and continuously develop courses, majors and new teaching methodologies that do not depend on rote memory but on analysis, discussion, and evaluation of the content, which will create truly educated citizens.

- The role of the university is to cope with the advancements in technology and to learn to use the latest developments to its advantage. For example, there are now virtual universities and distance learning options for some students who cannot physically travel. Moreover, there are endless advantages for using technology in practical, laboratory work and research which should be encouraged.

- The role of the university is to create students who are objective in making decisions and passing judgments, who are informed critics and analysts, and who are neither subjective nor quick to jump to conclusions without adequate information.

- The role of the university is to ensure a partnership between local and international universities to achieve bigger more noble objectives for their students and to create readily available, productive members for the global community.
- The role of the university is to establish a healthy setting for debate and discussion. It should encourage conflict resolution and acceptance for others. It should teach freedom of choice, freedom of speech and freedom of belief and spread equality and human rights throughout the society and the country.
- The role of the university is to keep training its faculty members, administrators and technicians and encourage them to continue developing, and self improving to keep up with the continuous technological and educational developments.

- The role of the university is to marry the information and content taught at the university and the actual, practical contexts where the students are going to use it in in the future.
- Finally, the role of the university is to influence the media to attain a more refined, polished and cultured level that will eventually affect the whole country and the world.

The detailed presentations will be printed in a booklet to be published soon.

Engineering Seminar at Shouf Campus



To keep the Engineering students at NDU-SC updated on the latest technologies, the Computer and Communication Engineering Department at NDU-SC invited the DIRICKX Group (International specialists on perimeter protection), to conduct a seminar on Perimeter Protection Systems, which was held in the conference room on Wednesday, March 7, 2012. DIRICKX Group's expertise ranges from analyzing the need for protection systems to manufacturing, marketing, installing and maintaining highly innovative systems that include electric fences, railings and gates. In the seminar, DIRICKX Group focused on the video surveillance systems designed to meet specific requirements related to anti-intrusion problems.

The video surveillance software, considered among the top two in the world, is characterized by accurate and highly sensitive motion detectors. It consists of a processing chain ranging from the acquisition of the site's images to alarm management. The images are acquired by thermal and standard cameras and analyzed to detect, with high precision, any moving object within the defined protected area. Specific details such as shape, size and type can also be detected, and real time transmission to the control site using the most recent wireless communication techniques then enables the automatic alarm activation and management.

Social

Obituaries



Mr. Suhail Salameh, deeply regretted brother of Mr. Samir and Mr. Sami Salameh, NDU staff members, passed away on Thursday, 15th March, 2012. The funeral took place on Friday, March 16, at 3:00 p.m. at the Saydet Al Najat Church, Bka'touta.

Leo Edward Goff, father of Dr. Carol Ann Goff-Kfourri, Dean of Humanities, passed away peacefully on May 20th, 2012, in Brampton, Ontario. He is survived by his wife Agnes, four children, five grand children and three great-grandchildren. The requiem was celebrated at St. Anthony of Padua Church, Brampton, on May 25th. He was *chef d'escale* for Air France at Toronto and after retirement took a degree in History in addition to one in Law. He was known as a kind and generous man of great faith and principle.

On Tuesday, 5th June, 2012, news was received from Australia of the passing away there of **Challita Boulos Tarabay**, brother of Abbot Boutros Tarabay. Masses for the repose of his soul were celebrated at Our Lady of the Assumption, Tannourine, on 5th June, 2012, and at the Monastery of Louaize, Zouk Mosbeh, on Wednesday, 6th June.

On Sunday, 10th June, 2012, **Joseph Georges Nakhleh Ghsoub**, brother of Father Pierre Ghsoub OMM, passed away while still in the prime of youth. The funeral service was held at 5:00 p.m. on Monday, 11th June, at the church of St. Joseph, Freykeh.

Cyprus – Back to the Heart

Joe Chamma, Astronomy Club

During the early years of my life, I lived in Cyprus for eight wonderful years, at the American Academy Nicosia (AAN), where I made great friends. Surrounded by these school friends, I had become so attached to the country that I was on the point of planning a future there when my parents dropped a bombshell and told me that we would be returning to Lebanon.

Leaving the island in 1993 was a tearful experience. I was leaving behind all my friends, memories, and a warm-hearted people. Back then, internet technology wasn't general as it is today, so loss of contact with my childhood friends lasted some fifteen years. Some six years ago, my quest to locate them commenced. Luckily I still had an old AAN schoolbook containing some of my friends' phone numbers and addresses.

Using this as my reference point, I went to the nearest internet café and looked up their numbers on the Cyprus White Pages website. This was to see if the numbers I had still existed and still belonged to my old friends after all those years. Some were the same, and some had changed. A few days later, I decided to make an international phone call to prepare my return. The first friend I called was Nikolaos Panayiotou (or Nick as he was known). His brother replied, so I had a short conversation and through him got Nikolaos' number. That was my comeback.

After closing with his brother, I immediately called Nick, and got into a wonderful conversation which lasted some nine minutes. It brought back memories and along the way I got more contacts from him. It was amazing how each friend I contacted told me that he still hadn't forgotten me after all those years. A year or so later, I joined the wide world of Facebook. That was when the boom started and I relocated most of my classmates.

Conversation followed conversation, and I blended in again with what would have been for me the 'Class of 1996' in the American Academy. It was wonderful to be back in contact. I promised my old classmates a visit back to the island but the situation obliged me to wait for the right opportunity. In the meantime, from 2002 I was training and practicing the sport of Judo.

My interest in Judo started in Cyprus back in the early 1990's when I was passing by Nicosia with my dad once and noticed a newly built Dojo (the hall where Judo is practiced). Much to my excitement, we stopped, got some details and toured around the Dojo. Despite my



❖ The Lebanese team with their medals.

motivation, I never really did start to train till I got to Lebanon. Through my articles concerning the Astronomy Club events from 1999 on, I met Mr. Kenneth Mortimer, English editor at NDU Spirit, and through him got introduced to his son Anwar, who passed examinations as 5th Dan International and International Referee, 6th Lebanese. He was in Terminal at Louaize School and then in 1981 at the LCHE, from where he went on to graduate in Civil Engineering at Detroit University.

We became good friends and I finally resolved to start Judo. I started and am still training. What is more, I've become deeply interested in any event related to Judo. The opportunity to see Cyprus again came in early 2012, when after a training session we were told by Anwar sensei that a team of Lebanese youngsters was to participate in an international Judo tournament in Cyprus. My instant reaction was a definite Yes! with great excitement at the prospect of seeing Cyprus again. When formalities and documents were ready, I contacted a few friends whom I hoped to meet up with during my short visit.

Our flight to Cyprus was scheduled for 20:30 on February 17. We landed in Larnaca Airport at 21:09 and were taken to the Livadhiotis City Hotel, also located in Larnaca. Just before we went for dinner, I called a few friends from the hotel room and told them that I had arrived safely and was looking forward to meeting them. We then went for dinner and settled down before the tournament the following morning.

The tournament was on February 18 in a sport complex in Larnaca, having been organized by the Skouroumounis Judo Club. The weather was cold but sunny.

The Lebanese team managed to win many medals, most of them Gold. We also had two young girls participating, both of whom won Gold. During the tournament, I got several calls from friends who wanted to see me, all of



❖ Old friends meet; Joe Chamma and "Nick".



❖ Anwar Mortimer, Joe Chamma and two competitors.



❖ Flags of competing nations, including Greece and Georgia.

whom were in Nicosia. The tournament started at 10:00 and lasted till about 18:00. We had group photos taken and returned to the hotel.

I made more local phone calls from the hotel. The Lebanese team decided to walk around Larnaca and enjoy their stay. I was finally able to meet up with only one old friend, after nineteen years of absence. Finally, the moment I was waiting for had arrived.

Standing outside the hotel entrance, I saw Nick coming. I can't describe what I was really feeling inside of me. We hugged each other and planned our evening. With him I bought several souvenirs including three bottles of Commandaria (the best Cypriot wine), which were eventually taken away from me at Larnaca Airport on my return to Beirut! After my purchases, we decided to go to a local Cypriot restaurant.

We entered the restaurant and sat at a table. I had with me our old memories in the form of photos as well as our class photos to bring back our happy moments together. The joyful smiles on Nick's face as he was flipping through the photos showed that they were really the good old days. While so happy, we decided to order a Cypriot mezze (composed of two pieces of each dish on the menu). We talked, laughed and had a great time together, something I had long been waiting for.

Back at the hotel, I met up with Anwar and a few boys from the team. Anwar and I decided to go out for a walk, have an ice cream and bring some small souvenirs for the house. I also wanted to find a Cypriot flag and finally found a large one. We enjoyed walking in the streets of Larnaca and noticed that the pubs and restaurants all had NO SMOKING signs. If only Lebanon would abide more by such rules, it would enjoy a healthier environment to live in!

We returned to the hotel and as our flight back to Beirut was so early in the morning, we decided to call it a night. We went to our rooms and hit the showers before we had our rest. Some of the boys decided to stay up all night. Early the next day, we all grouped together, waiting for the buses to arrive and drive us to the Airport. Security was quite strict for safety reasons, but we all managed to get through without trouble. We were all on time, passports were stamped and we were soon boarding the plane.

We left Cyprus with happy memories and made new friends among the Lebanese team. We found the weather in Beirut was still wet and cold as it had been when we took off on Friday evening, whereas in Cyprus we had enjoyed wonderful sunshine during our whole visit.

On a final note, after my shower at the hotel, I browsed the TV stations and kept tuned in to BBC World. There was the live funeral ceremony of Whitney Houston. The concluding song was Whitney Houston's 'I Will Always Love You'. To the country I've always kept very close to my heart, that song was a dedication. Whitney Houston said it all in her song. Cyprus, I Will Always Love You... Special thanks to the Lebanese Judo Federation, Anwar Mortimer, Elias Boutros, Nikolaos Panayiotou, Samir Boustany, Jad Saadeh and Reina Chahda for making our trip a wonderful and joyful experience.

PERSONALITE ET ISSUES SOMATIQUES: L'EXEMPLE DU CANCER DU SEIN

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La rédaction a dû abrégé cette étude pour raisons d'espace surtout en éliminant les références. Pour les retrouver on peut se référer à wsarkis@ndu.edu.lb.

Divers aspects de la personnalité sont supposés jouer un rôle dans la carcinogenèse, et cela depuis Hippocrate (Vème siècle avant J.-C.) puis Galien (IIème siècle après J.-C.), qui observaient que les femmes mélancoliques (introverties et déprimées) avaient tendance à développer un cancer du sein et les femmes sanguines (extraverties) des maladies cardio-vasculaires. De nombreux témoignages populaires décrivent eux-aussi la personnalité très particulière des sujets qui développent une tumeur maligne. Ceux-ci n'arrivent pas à exprimer leurs émotions, et notamment leur colère, comme le personnage principal du roman de Fritz Zorn (1979).

Au XVIIIème et au XIXème siècles, certains auteurs ont supposé une relation entre certains facteurs psychologiques et le cancer du sein. Richard Guy écrivait en 1759 que les femmes qui développent un cancer sont sédentaires, mélancoliques et rencontrent de nombreux désastres dans leur vie. Paget, en 1870, introduisit la dépression comme un facteur pouvant influencer le développement du cancer.

a- La dépression comme facteur de risque et de pronostic

La dépression a été supposée jouer un rôle étiologique important dans certaines maladies, notamment le cancer.

En proposant un modèle de dépression basé essentiellement sur des cognitions spécifiques vis à vis des événements stressants ou "résignation apprise", Seligman (1975) a observé que le le dépressif, confronté à des événements indépendants de son comportement, apprenait qu'il n'avait pas de prise sur ceux-ci et généralisait cette attitude à l'ensemble de ses conditions de vie.

L'étude menée par Wirshing et al. (1982) a révélé une relation entre la résignation apprise ou le désespoir

et les résultats défavorables de biopsie de tumeurs du sein. Mais Cousson-Gélie (1997) a fait la synthèse de seize études distinctes ayant trait aux relations entre dépression et des cancers pour trouver une relation significative entre dépression et incidence d'un cancer en sept études seulement.

McGee et al. (1994) ont réalisé une méta-analyse à partir de sept études longitudinales menées entre 1979 et 1990 sur la relation entre dépression récente et carcinogenèse. La relation est apparue comme très modeste. Les auteurs ont souligné que cette association était un peu marquée lorsque la dépression était évaluée comme "trait" de personnalité plutôt que comme "état". Il semble donc, pour Cousson-Gélie, que l'hypothèse selon laquelle la dépression augmente le risque de cancer ne soit pas confortée par ces résultats empiriques.

Pour le rôle de la dépression sur l'évolution du cancer du sein, on observe des résultats contradictoires. Sur les dix études menées entre 1973 et 1997 et citées par Bruchon-Schweitzer et al. (1998), trois montrent la dépression associée à une évolution défavorable de la maladie et sept ne permettent d'observer aucune relation entre dépression et cancer.

Diverses raisons ont été avancées pour ces résultats inconsistants: une définition variable de la dépression (trait, état...) et des techniques d'évaluation disparates (entretiens, questionnaires). Toutefois, des résultats beaucoup plus nets apparaissent si l'on considère seulement certains de ses aspects cognitifs, comme l'impuissance-désespoir. En effet, l'impuissance-désespoir s'est avérée associée à une évolution défavorable de la maladie (récidive, décès) et ce d'après une synthèse de littérature de onze étude menées sur cette question de 1982 à 1996.

Dans une autre perspective, l'optimisme et le sens de l'humour seraient associés à une évolution favorable du cancer du sein. L'optimisme est un biais cognitif consistant à minimiser la gravité des événements et/ou à surestimer ses propres ressources vis à vis d'eux. L'humour est une stratégie d'ajustement très efficace pour réduire l'impact des événements stressants.

Schulz et al. (1994) ont observé dans 238 patients présentant une récurrence de cancer et suivis pendant huit mois que le pessimisme était associé à une mortalité plus importante.

Une étude prospective a été menée par Carver et al. (1993) auprès de 59 femmes américaines âgées de 33 à 72 ans, atteintes d'un cancer du sein. Ces auteurs observent que l'optimisme au moment du diagnostic prédisait un bon ajustement émotionnel un an après.

Ainsi, bien que les études sur l'influence de l'optimisme sur la carcinogenèse soient trop rares pour affirmer que celui-ci joue un rôle favorable dans son évolution, il doit être pris en compte dans les recherches ultérieures, car il s'est avéré être globalement salutogène.

b- Le blocage de l'expression des affects négatifs comme facteur de risque

Depuis longtemps, on a observé que les sujets atteints de maladies organiques, les patients cancéreux en particulier, présentaient des caractéristiques psychiques communes, comme l'incapacité à verbaliser ses émotions (notamment l'anxiété et la colère).

Les résultats de l'étude par Jansen et Muenz (1984) sur des patientes en attente du résultat d'une biopsie mammaire, a signalé que celles-ci avaient une tendance à "contenir leur colère", et qu'elles avaient une probabilité plus élevée que les autres d'avoir une tumeur cancéreuse.

Ces résultats furent confortés par la recherche par Contrada et al. (1990), qui a souligné le lien entre les modalités d'expression émotionnelle et l'apparition ou l'évolution des cancers.

Cette absence d'expression des affects négatifs est à rapprocher du concept de l'alexithymie (néologisme forgé en 1972 du grec a: privatif, lexis: le mot, le verbe, la parole, et thymos: humeur et émotion. Il s'agit d'une difficulté à exprimer des émotions et des sentiments, induisant de ce fait des somatisations), ainsi que des travaux de l'École de psychosomatique de Paris sur la pensée opératoire qui datent de 1963.

Hagnell (1966) a consisté à suivre 2550 personnes pendant 10 ans. 42 sujets ont développé un cancer (20 hommes et 22 femmes). Par rapport aux autres, ces sujets présentaient des caractéristiques particulières au départ: chaleur, cordialité, sincérité, engagement dans le travail et répression des émotions.

Dans l'étude par Greer et al. (1975) sur 160 femmes devant subir une biopsie mammaire et suivies pendant

vingt ans, celles dont la tumeur s'est avérée maligne se caractérisaient par leur incapacité à exprimer leur sentiments (les affects négatifs notamment), et par leurs scores élevés à l'échelle L de l'EPI (Eysenck Personality Inventory, 1971). Dans une étude par ces mêmes auteurs, 61 sujets féminins devaient visionner une vidéo contenant trois films, deux stressants et un neutre. Les résultats ont montré que les patientes atteintes d'un cancer du sein (N= 34) contrôlent davantage leurs émotions que le groupe-contrôle en situation stressante (N= 27).

Faragher et Cooper (1990) ont comparé 171 femmes atteintes d'un cancer du sein à 727 femmes en bonne santé ayant les mêmes caractéristiques socio-démographiques. Les résultats confirmaient que les femmes atteintes d'un cancer expriment moins leurs émotions, sont moins compétitives et moins ambitieuses que celles en bonne santé.

Dans certaines études rétrospectives, une forte tendance à réprimer les émotions négatives a été observée chez des patientes atteintes d'un cancer mammaire. Le blocage de l'expression des affects apparaît bien comme associé à l'initiation d'un cancer, même dans les études longitudinales.

c- Le blocage de l'expression des affects négatifs comme facteur de pronostic

Une association entre l'expression d'affects négatifs et l'issue favorable de la maladie a parfois été décrite. Ainsi, Dean et al. (1989) ont suivi pendant huit ans 122 femmes atteintes d'un premier cancer du sein opérable. Les résultats ont révélé que les patientes qui expriment davantage leur anxiété, leurs craintes et leurs sentiments dépressifs ont une survie sans récurrence plus longue que celles qui ne les expriment pas.

Selon Temoshok (1990), les patientes qui expriment peu leurs affects négatifs seraient de "fausses non anxieuses". Si ces patientes ont des scores d'anxiété faibles lorsqu'elles répondent à des questionnaires d'auto-évaluation, cela serait dû à certaines attitudes défensives (conformisme social, répression des affects négatifs) qui leur éviteraient de reconnaître leur anxiété latente. Ce sont des sujets "répresseurs" au sens de Byrne (1964). Selon ce dernier, les sujets dits "répresseurs" évitent de se centrer sur les événements aversifs, refusent toute information potentiellement menaçante et se maintiennent dans un état de moindre inquiétude (non perception des symptômes, délai mis à consulter, non-observance des traitements...). Au contraire, les sujets dits "sensibles" sont vigilants (consultation médicale dès l'apparition des symptômes, recherche d'informations...)

Jensen (1987) a suivi pendant deux ans 52 femmes atteintes d'un cancer du sein. Une évolution défavorable de leur maladie a été associée à un style répressif, à la non-expression des affects négatifs et à des sentiments d'impuissance et de désespoir sous-jacents. Une étude quasi-prospective menée par Watson et al. (1999) auprès de 578 femmes atteintes d'un cancer du sein et suivies pendant cinq ans, n'a pas montré de lien entre la répression des émotions et la survie. Ainsi, les études menées sur la non-expression des affects comme facteur de pronostic défavorable pour les cancers sont assez rares et certaines sont d'une qualité discutable. En l'état actuel des connaissances, l'existence d'un lien entre répression émotionnelle et évolution des cancers reste à approfondir.

d- La personnalité type C

Certains auteurs ont regroupé les aspects cognitifs et émotionnels de la personnalité, décrits ci-dessus, en un style cognitivo-comportemental global appelé tantôt type I, tantôt type C, et qui prédisposerait au développement des cancers.

Greer et al. (1979, 1990) puis Watson et al. (1991) se sont intéressés aux caractéristiques psychosociales différenciant les sujets cancéreux des autres patients, ou à celles associées à un pronostic péjoratif chez des sujets déjà malades. Ces derniers apparaissaient comme particulièrement coopératifs, patients, "gentils", apaisants et n'exprimant pas d'affects lors de situations conflictuelles. Cette constellation particulière de caractéristiques fut appelée type C, le terme apparaissant pour la première fois chez Morris et Greer (1980), pour bien la différencier du type A, prédisposé aux maladies cardiovasculaires et de son pôle opposé type B.

Trois études prospectives réalisées en ex-Yougoslavie et en Allemagne par Grossarth-Maticsek et al. (1988) sur 140 000 personnes au total ont permis d'identifier quatre types de comportements prédisposant ou non au développement de certaines maladies. Ces types de personnalité ont été évalués selon les auteurs par des entretiens et divers questionnaires. Les résultats de l'étude yougoslave, qui a consisté à suivre pendant dix ans 1341 sujets âgés en moyenne de 60 ans, au moment de l'étude, font état d'une mortalité par cancer très supérieure chez les sujets de type I. Ce type se définit avant tout par des relations marquées par la dépendance à une personne ou à une situation privilégiée et idéalisée, une estime de soi défaillante et la difficulté à supporter tout éloignement ou abandon par la personne surinvestie; il prédisposerait au développement des cancers.

L'apport de Temoshok (1987, 1990) dans ce domaine est double. Au niveau opératoire, elle a proposé une définition du type C qui synthétise et donne sens aux résultats disparates des recherches antérieures. Au niveau théorique, elle a élaboré un modèle biopsychosocial qui rend compte des chemins associant le développement d'un style cognitivo-comportemental de type C au risque de développer un cancer. Le type C serait le résultat d'une prédisposition génétique et/ou d'expériences familiales où l'enfant apprend à faire face aux événements stressants d'une certaine manière. Cette façon de réagir consiste à ne pas exprimer ses désirs ni ses émotions, ce qui finirait par induire des sentiments d'impuissance et de désespoir. Ce modèle permet de comprendre comment un individu développe des cognitions et des comportements de type C. Un tel sujet, perçu comme coopérant et apaisant par son entourage, renonce à satisfaire ses propres besoins, et n'exprime pas ses émotions négatives qui restent de ce fait inexprimées. Il s'agit donc d'un style comportemental coûteux, car la tension émotionnelle reste latente et n'est contenue qu'au prix d'efforts défensifs constants.

Bien que la notion de personnalité de type C implique une structure unitaire regroupant les diverses composantes psychiques qui s'y rapportent, on considère aujourd'hui que le type C n'est pas une caractéristique dispositionnelle, mais plutôt un style transactionnel adopté par certains individus faces à des événements perçus comme des pertes. Les recherches s'orientent vers certaines de ces transactions, comme la répression des affects négatifs, qui serait plutôt un facteur de risque. Comme le souligne Temoshok, les personnes atteintes d'un cancer se caractérisent par un style cognitivo-comportemental particulier plutôt que par une structure de personnalité spécifique.

THE MEDIA REALM

Interview with Mr. Antonio Vincenti

By Hasmig Jasmine Boyadjian

-Advertising & Marketing Student (NDU-Zouk Mosbeh)

-Editor in Fit 'n Style Magazine



During fall 2011, I took an interesting course with Dr. Maria Bou Zeid. I was asked to conduct an interview with a media expert in order to learn more about mass media and society. On December 2nd 2011, I had an interview with Mr. Antonio Vincenti, who is the owner and C.E.O. of Les Affichages Pikasso, which was established in 1986. It is a leading outdoor media company in Lebanon that offers a wide variety of products such as billboard, mall and transport advertising.

Regarding Mr. Vincenti's opinion on the concentration of ownership on media content, he stated that in most cases it doesn't affect the outdoors sector. Since there are some agencies and some owners of companies who are affiliated to certain political parties, the ownership may have control over content but this does not apply to Pikasso since it is not affiliated to any political party. Generally, a media company doesn't face any governmental pressure, except that the Ministry of the Interior has a regulation obliging companies to declare all revenues from outdoor publicity.

"We never take sides," he claimed, "We are neutral in the company. We are public media after all and we believe in the freedom of speech." He explained that there was no one person who owned the market, but rather the contrary. There were several key players as many businessmen owned media companies in Lebanon. Each media company had its particular owner.

"We as Pikasso encourage competition; it's good to have competition in the field, although here in Lebanon especially we have some illegal billboards that are bad for the market," stated Mr. Vincenti. He also said that each and every advertiser follows a certain strategy in order to promote political figures and influence neutral or middle voters. Pikasso was influenced by the western world due to advancements and globalization. Western countries had many regulations that were considered important, but such regulations were not respected in Lebanon.

Advertising agencies, said Mr. Vincenti, usually chose Pikasso over other outdoor media companies as it was the number one in the market in terms of quantity and quality, as well as for services and copyright. This media group had the most billboards on the highways and roads and offered an exceptional range of services.

Expert Vincenti discussed the policies that the government could impose to reduce clutter, mainly by improving the quality of the ads and reducing the quantity. The ministry nowadays is seriously working on a new regulation

program modifying decree law 8861. For example, a big change has been made in Zouk Mosbeh, where around Nahr el Kalb there is now less clutter and fewer billboards. In 2012 there will be further progress since the problem is going to be resolved critically.

Pikasso often rejected advertising campaigns which Mr. Antonio considered might cause harm to Lebanese society. For instance, he refused various underwear ads which were too offensive and vulgar. Pornographic and violent images can be controlled on TV; however, they cannot be restricted on the road. In his opinion, there is only one kind of regulation that can be imposed for billboards: visuals should have the approval of the General Security. Celebrity endorsement in advertising is a new trend. As for gender stereotyping, it is repeatedly expressed in outdoor advertising in Lebanon. All women in the ads have the same body, size and shape.

According to Mr. Vincenti, the growth of digital outdoor advertising will affect the traditional outdoor media negatively but not anytime soon, probably in about 50 years, so at the moment there is no threat to the traditional outdoor media. As for the issue of overloaded billboards, which is one of the causes for accidents, traffic and visual pollution, he provided some solutions for this mess. Studies show that animated banners can seriously cause accidents as a result of the animation movements, so extra regulations should be imposed in order not to allow distraction of the driver. In Paris digital screens are banned. Banners along the highways in Lebanon are illegal since they are considered as clutter and they have a very wrong format.

Finally, I was curious to know about Mr. Vincenti's future plans. He mentioned that Pikasso will enter some new markets and cover markets abroad. This foremost media company enjoys a key position in the Levant and North Africa region. Hopefully the question of clutter will be resolved soon, as Mr. Vincenti said!



Current International Economic Issues

By Dr. Louis Hobeika



The ongoing international crisis started in 2008 and remains severe and costly. The most serious consequence of the crisis is unemployment, which is reaching the 25% level in Spain. There are some contradictions between on the one hand the policies of austerity aiming at reducing the budget deficit, and therefore the growth of the public debt, and on the other hand the policies of growth which aim at fighting unemployment and preserving stability. Governments around the world are hesitant about the appropriate policies to be implemented in order to help their economies in the short and long run.

These issues are debated across the world. The problems are changing and therefore the tools and policies should be different too. In Europe, politicians and academicians are debating on how to modify the "Maastricht Treaty" and the objectives of monetary policy in the Euro zone. The treaty forces participants to keep their budget deficit below 3% of GDP and their public debt at less than 60% of GDP. Countries have serious problems in staying within these limits and therefore are demanding some modifications. The Germans so far do not approve any changes while the smaller countries are requesting it. The objective of the ECB is to keep inflation low at around 2.5% per year. This means that governments are not at liberty to spend in order to fight unemployment, and therefore recession results.

The current international economic issues are directly related to trade links such as imports and exports, financial relationships such as stocks and bonds, foreign direct investment and some policy issues derived from globalization where contagion is one of its most direct consequences. Lessons from the Mexican Tequila, Turkish Influenza, Russian Virus, American Savings and Loans, Latin American and East Asian fever crisis remain accurate and clearly worth studying. Contagion goes these days in all directions, from emerging to developed areas and vice versa. Therefore, the current major global concerns can be presented as follows:

Economy: Elections in democratic countries are leading to changes in governments. People are unhappy with low or negative growth and with high unemployment and rampant corruption. Ruling parties are paying the price for their wrong actions or their inaction.

Equity Markets: The high volatility in stock markets is troubling investors. Limited volatility is good for investments as it indicates potential returns. High volatility on the other hand creates huge uncertainties and fear, and may discourage productive investments.

Energy: The high price of oil is pushing the world to revise its energy policy away from polluting to environmentally friendly sources. Nobody is sure about how much oil remains in the ground, and research is concentrated on cheaper sources such as solar, wind and water. The problem with hydrocarbons is their sensitivity to any changes in politics or events in the MENA region.

Exchange rates: The fluctuations of exchange rates are creating uncertainties in international markets. Clearly the US\$ and the Euro remain the dominant currencies; however the Yuan is emerging as a potential competitor following the rise of China as the economic superpower by 2017. The weight in the international economy scene is clearly shifting from the West to emerging economies such as China, India, Brazil, Russia and South Africa.

Development and Poverty: The international community cannot live in peace as long as a large part of the world remains poor and underdeveloped. Prosperity leads to peace, and poverty leads to war. The international organizations and rich countries should devote more resources to fighting poverty and to including all countries in the virtuous economic cycle.

Philosopher Karl Popper argued that empirical truth cannot be known with certainty. He proposed the open society in which people can have divergent opinions and live in peace. George Soros, the investor, was struck by the contradiction between Popper's emphasis on imperfection and the hypothesis of perfect competition that economists use in their studies. Clearly with the ongoing crisis, economists are still experimenting their learning and are becoming more aware of the limitations of their field.

Quel est l'Avenir du Dollar?

Par Dr. Louis Hobeika

Les monnaies internationales fluctuent continuellement. A court terme, les fluctuations ne sont pas en rapport avec les situations macroéconomiques et souvent n'y sont même pas liées. Souvent, les taux de change sont jugés surévalués ou sousévalués sans connaître pour sûr la valeur d'équilibre qui est fonction des équilibres économiques internes et externes. La politique d'une banque centrale à travers sa transparence et ses objectifs annoncés peut diminuer fortement la volatilité des taux de change. Le statut d'indépendance accordé à une Banque centrale lui permet d'aboutir à ses objectifs avec les moindres coûts.

Les Banques Centrales peuvent avoir des objectifs différents. La Federal Reserve Board (Fed) fondée en 1913 a un objectif double visant à promouvoir la croissance et à combattre l'inflation. La Banque Centrale Européenne bien plus récente a un objectif unique qui est celui de maîtriser l'inflation dans la zone Euro. La Banque Centrale libanaise a choisi l'objectif du taux de change fixe de la Livre vis à vis du Dollar, effectivement liant notre politique monétaire à celle des Etats Unis. Toutes les banques centrales interviennent dans les marchés de change pour garder les fluctuations de taux de change dans des limites raisonnables ne nuisant pas à l'économie nationale.

Suivant l'indice de la moyenne commerciale pondérée calculé par la Fed, le Dollar a baissé en termes réels de 31% par rapport aux autres monnaies de réserves durant les dix dernières années. Quatre facteurs peuvent causer une baisse plus forte du Dollar dans les marchés de change:

1. Une recombinaison des portefeuilles des investisseurs contre le Dollar et en faveur des monnaies concurrentes suite aux signes de faiblesse montrés par l'économie américaine.
2. Le déficit large de la balance courante américaine qui dépasse le taux de 3% par rapport au PIB. Par contre les balances courantes de la zone euro, du Japon et de la Chine sont positives.
3. La nouvelle politique chinoise qui consiste à encourager la consommation interne et par conséquent contribue à la baisse de la demande internationale de la monnaie américaine.

4. La différence entre les taux d'intérêt qui rend les investissements en Dollars moins attractifs comparés surtout aux marchés asiatiques.

Suite à la crise, l'économie américaine s'est affaiblie et le nombre de chômeurs demeure à 12.7 millions. Seulement 120 mille nouveaux emplois ont été créés en mars dernier, bien moins que prévu. L'inégalité dans les revenus augmente et risque de déstabiliser l'ordre social. Depuis 1979, les revenus nets des 1% les plus riches ont augmenté de 277% comparé à une augmentation de 18% seulement pour les 20% les plus pauvres. Les taux de croissance prévus pour 2012 et 2013 sont respectivement de 2.1% et 2.2%. La baisse probable du Dollar pourrait aider les Etats-Unis à baisser ses importations et augmenter ses exportations et donc sa croissance. D'autre part, cette baisse peut nuire au pouvoir d'achat des américains, qui sont habitués à consommer des produits importés devenant ainsi de plus en plus chers.

Aux Etats-Unis, seules 4% des entreprises exportent et 500 entreprises exportent 60% du total. Les exportations ne comptent que 10% du PIB américain, bien au dessous de l'Europe et la Chine (40%), 36% pour le Canada, 22% pour l'Inde et 16% pour le Japon. Pour pouvoir exporter, il faut d'abord produire et ceci à travers les investissements privés financés par l'épargne interne et non pas par les emprunts extérieurs. L'augmentation des exportations est la seule issue possible aux déséquilibres économiques du pays.

Dans ses Mémoires de Guerre, le Général de Gaulle écrivait que "Les Etats-Unis apportent aux grandes affaires des sentiments élémentaires et une politique compliquée. Tout en pensant qu'elle est indispensable au monde, je ne souhaite pas la voir s'ériger en juge et en gendarme universel. Les Américains finiront par se faire détester par tout le monde". L'affaiblissement du Dollar, bien que surveillé de près par les puissances, ne semble pas les déplaire, car il reflète un affaiblissement général de l'oncle Sam.

Quand vous serez grandes...

Dédié à mes deux petites-filles Maria et Yasma,
en souvenir de leur bienvenue au monde, ce 13 janvier, 2012.

Antoine Y. Sfeir, NDU



Quand vous serez bien grandes, le regard vers les cimes
Caressant de vos rêves le réel et l'espoir
Puis frôlant de vos pieds les abords des abîmes
Fort surprises d'entrevoir de la vie des déboires.

Quand, les mains tendues telles des rames sur les flots
Que l'élan de la vie vous transporte sur ses ailes
Quand l'espace de l'espoir devant vous sera clos
Que la vie à vos yeux cessera d'être belle.

Quand, déçues par la vie, harcelées par les temps
Que tout à vos yeux ne revêt point de sens
Non déçues cependant par le ciel pour autant
Respirant en votre âme innocence et décence...

...C'est alors seulement qu'il faudra retourner
A vous-mêmes, cherchant les raisons de votre être
Le salut, le bonheur dans un monde contourné
Où l'être est trahi par les masques du paraître.

Oui, c'est vous ! Fleurs de lys, déesses adorées !
Telle NOURA qui dora le blason de son père
Vous irez...deux étoiles décorer et dorer
Les beaux jours de Youssef et Carla « ad semper ».

Champions and Heroes

By Pvt. Charbel Rahi

Champions are the ones in the spotlight, the ones with all the fans.
They are the ones with all the medals and shiny trophies.
They are surrounded with fake friends and cheered for everywhere.
They are the ones people wait in line to take pictures with, get an autograph from.
They are on every billboard and in every commercial.
They are the ones with all the fame and fortune, pretty girls and fancy cars.
They are the ones whose every move is publicized.
Champions' faces are known all over.

Whereas heroes...

They are the ones you unknowingly walk by every day.
They are the ones whose identities are unknown.
They are the ones who train in the dark, preparing discreetly.
They are the ones living a humble life and working hard.
They are the ones whose eyes are awake so that yours may sleep.
They are the quite ones watching and waiting...
And when terror strikes fear into your heart and war endangers your life and children's, when destruction threatens your country and the enemy is at your door,
the great champions are on the first plane to safety, with all their medals and trophies, because they are all they possess that show their achievements.

Meanwhile Heroes are gearing up, their weapons are loaded and their eyes are wide open.
Their readiness is at full and their hearts are fearless.
After all the champions have fled and people's lives are at stake, the Heroes reveal themselves.
The time they had spent training and preparing to sacrifice their lives to save others is over.
There will come a day where the champion's name will fade, but history will write about the heroes who stood in the face of the enemy, stared directly into the eyes of evil and refused to bow.
People will tell stories about how a soldier risked his life to save an old man, a woman, a child...
Champions are made, but heroes are born.
Salute, to the **Lebanese Armed Forces**, where only heroes dare.

2nd Michelangelo Workshop

The Mediterranean is facing major challenges



❖ L.S. and the other participant from Lebanon with the president of RMEI, Leo Vincent at the fort of Michelangelo

Organized by the Municipality of Civitavecchia, RMEI and the Faculty of Engineering, University of Rome La Sapienza, the 2nd Michelangelo Workshop was held on April 13 and 14 in Civitavecchia.

Objectives of RMEI:

RMEI stands for Réseau Méditerranéen des Ecoles d'Ingénieurs. This network brings together seventy-three universities, fifteen countries and more than 100 000 students in Engineering and Engineering Science. The aims of this network are the following:

1. To encourage student engineers to be citizens conscious of societal, economic and environmental stakes and to place their daily activity in the context of sustainable development.

2. To identify the research subjects which are a priority for the promotion of sustainable development around the Mediterranean.
3. To develop partnerships between Engineering students from throughout the Mediterranean region and to facilitate links between them.
4. To promote cultural tolerance.

The purpose of the meeting:

The main purpose of the meeting was to highlight the problems and dangers surrounding the Mediterranean region. Each student engineer gave a presentation about a problem challenging his country and proposed solutions or communicated a project that served sustainable development. For their part, the participating professors and instructors also shared their views about the state of energy in their countries.

Practical examples of the application and the use of the renewable energy resources in some Mediterranean countries presented during the meeting:

Algeria:

Kabertene wind farm: this farm will be operational this year and is estimated to produce annually 60 GW.h of energy.

Hybrid solar gas: it is a natural gas combined with a solar field that has the capacity to produce up to 25 MW of energy.

Egypt:

Zafarana wind park, which embeds wind turbines for hundreds of kilometer in the Sahara desert and generates energy of 850 million KW.h per year.

Solar thermal plant station in Kuraymat.

Hydroelectric Power Station Aswan High Dam, which is an embankment dam situated across the Nile River at Aswan and has a reservoir capacity of 132 QUOTE of water.

Lebanon:

Street lighting: twelve poles mounting photo voltaic lighting systems were installed and commissioned in the public gardens at Batroun's entrance. The savings are 16 425 kwh/year on electricity from EDL and 13.69 tons on dioxide of carbon emissions.

Solar water heaters in Tripoli Public Hospital, which enable a 60-70% reduction in diesel consumption used for hot water delivery.



❖ L.S. with some of the participants from different countries

Principle ideas of the "smart cities and smart grid" subject also shared during the gathering:

Definition:

"A smart grid is an electricity network that uses digital and other advanced technologies to monitor and manage the transport of electricity from all generation sources to meet the varying electricity demands of end users."

Benefits:

- It accommodates all generations and storage options.
- It makes possible new products, services and markets.
- It provides better power quality.
- It reduces carbon emission.
- It operates resiliently against attacks and natural disaster.
- It improves the ability to connect new loads, such as battery vehicles.

Personal opinion about the workshop:

2nd Michelangelo workshop was really an interesting experience. Italy itself was interesting. It was an opportunity for engineering students to communicate their opinions, fears, and the dangers and needs facing their countries and also to develop contacts with each other and to create partnerships. I should also mention the cultural exchange. This workshop gave me much in the fields of communications, tolerance and self-confidence. I learnt a great deal about cultures and ways of thinking of other participants during personal discussions. As for the program, it included practical and theoretical aspects. It was very helpful for me, first because it was totally new for me and second because it was well organized. It gave me a chance to be involved and to be conscious about the environmental risks that threaten our region. I hope that I will be able to use the information gained with its practical side in the future.

Lourdes J. Salameh

DALIDA

Kenneth Mortimer

Information taken from Google

Dalida died twenty-five years ago on May 3rd, 1987. She was born on January 17th, 1933, in the Shubra district of Cairo to Italian parents, with the name Iolanda Cristina Gigliotti, changed to Yolanda when she was naturalised French. Her father Pietro, from Calabria in Italy, was first violinist at the Cairo Opera House. Yolanda spent her early years within the Italian Egyptian community but her adult life was spent mostly in France. In due course she was to receive fifty-five gold discs and to be the first singer to receive a diamond disc. She performed and recorded in French, Arabic, Italian, Greek, German, English, Hebrew, Dutch, Spanish and even Japanese.

Fame started in 1950 when she won the Miss Ondine Beauty Pageant and began working as a model for the Cairo-based Donna Fashion House. Her singing began in early 1950 after she was discovered by Cherif Kamel at Guezira Sporting Club. In 1954, aged twenty, she was crowned Miss Egypt and spotted by French director Marc de Gastyne. She moved to Paris to start a film career despite the reluctance of her parents. She adopted the name Dalila, soon changed to Dalida.

She had only moderate success in films and started taking singing lessons. She performed successfully in cabaret in the Champs-Élysées and at the newly opened Olympic Theatre. The release of her *Bambino* was a triumph, as the recording spent forty-six weeks in the French top ten. She was to have nineteen number-one hit singles in French, Italian, German and Arabic, with very many top selling throughout Europe, the Middle East and even Japan and Russia. Four English recordings had moderate success in France and Germany but were not widely distributed in UK and USA. Sales were to top 125 million. Fluent in Italian, French, Egyptian Arabic and English, Dalida could converse in German and Spanish and knew some basic Japanese used in concerts in Japan, where she was wildly acclaimed.

In 1957 the release of *Bambino* won Dalida her first gold disc after the song had sold over 300,000 copies. In the same year she supported Charles Aznavour at the Olympic. Between 1958 and the early 1960s she toured in France, Egypt, Italy and the USA. In December, 1968, President Charles de Gaulle presented her with the Médaille de la Présidence de la République. She was the only person from the music industry to be so honoured. In 1974 Gigi l'Amaroso reached number one in twelve countries and in 1975 Dalida received the prestigious Prix de l'Académie du Disque Français.



From then on Dalida's songs bridged the divide between Western and Arab music, and on one occasion the Egyptian President himself received her at the airport. Despite all this wide acclaim, Dalida's private life was less than happy. In January of 1967 she took part in the San Remo Festival with Luigi Tenco, who committed suicide after his song failed to reach the finals and only a few days after his coming marriage with Dalida had been announced. Dalida then spent five days in coma after attempted suicide with a drug overdose.

In December 1967 she became pregnant from an 18-year-old Italian student and an abortion left her infertile. In September 1970 her former lover and husband Lucien Morissa, with whom she had remained on good terms, shot himself in the head. From 1969 to 1971 she had an affair with philosopher Arnaud Desjardins, broken off because he was married. In April 1975 her close friend the singer Mike Briant leapt to his death in Paris. In July 1983 her lover Richard Chanfrey inhaled exhaust gas from his car. Other lovers followed, until on 3rd May, 1987, Dalida herself died from an overdose of barbiturates and was buried in Montmartre Cemetery.

In 1988 *Le Monde* published a poll showing her as the person with the second greatest impact on French society, coming after only President de Gaulle. In 1997 a street corner in the Butte Montmartre was inaugurated as Place Dalida and a bust erected. Hers was a career that combined soaring heights with deepest tragedy.

Nutritional Immunology

Justin Abi Assaf

Medical Laboratory Technology



The environment surrounding us is filled with nasty microorganisms that tend to make us feel ill and sick whenever they have the chance to enter into our body. Fortunately, incorporated within each of us is a complex system of organs and cells working harmoniously around the clock to shield us from such invaders and to keep us healthy. It is our immune system. Moreover, since our body needs food as a source of fuel, our immunity is affected by our diet and lifestyle. "An apple a day keeps the doctor away." Our immune cells are considered to be an army ready to fight any invader at any time. In order to train properly, our cells need to eat in order to boost their fighting skills. What better way is there to do so than by nurturing our body with nutritious foods? Almost everybody knows that Vitamin C is considered as an immuno-booster. It increases the production of white blood cells and antibodies and interferes in the spread and multiplication of viruses. Good sources of Vitamin C include the following: citrus fruits, red bell peppers, broccoli and tomatoes. Vitamin C also acts as an antioxidant protecting

our cells from the negative effects of free radicals. Every parent forces his child to eat chicken soup during a flu epidemic. It turns out that chicken soup in fact does have healing properties. It helps loosen mucus that causes congestion, it prevents dehydration, it provides energy and it eases sore throat. Furthermore, according to Stephen Rennard, M.D., chief of pulmonary medicine at the University of Nebraska Medical Center in Omaha, chicken soup acts as an anti-inflammatory. Prevention is the best cure. Nature provides us with all the nutrients and food necessary to build a healthy immune system.

"To keep the body in good health is a duty. Otherwise we shall not be able to keep our mind strong and clear."

Buddha

<http://archives.cnn.com/2000/HEALTH/diet.fitness/10/17/chicken.soup.reut/>

Quand j'étais petite fille...

Mireille El-Kassis Jarjour

« Quand j'étais petite fille, je voulais
Des étoiles et des chemins comme jouets,
Des orages sur mes étés, des tempêtes sur mes sentiers,
Un grand ciel sauvage et blanc, des soleils et des torrent.
On m'a donné une poupée, on m'a dit, 'maintenant
Ne joue plus les garçons manqués, reste auprès de ta
maman.'
C'était dur d'être une fille en ce temps-là, ma chérie,
Il fallait être gentille, ne parle pas, sois jolie ! » ...
Mannick 1976

Oui, mais le monde a changé. Il ne faut plus écouter ceux qui ont envie de vivre et d'aimer... Quand j'étais petite fille, je voulais des étoiles et des chemins comme jouets....

Plus de trente ans passés et nous sommes enfermées dans ce cercle ... nous ne jouons plus les garçons manqués encerclés et renfermés. Maintenant, je suis une maman et mes enfants sont en train de jouer les garçons manqués mais que leur dire dans ce temps misérable où les ornes de la guerre ne finissent pas... Que dire à mes enfants, de quel futur leur parler, que puis-je faire pour eux... ?

Ai-je peur ? Certes, de quoi ai-je peur ? Chacun a son destin mais il ne fallait pas intervenir, car les accidents ont été faits par nos propres armes. Je me demande pourquoi nous sommes attachés au crime qui menace notre patrie et notre patrimoine. Essayons de nous soulever contre notre orgueil, et faisons quelque place pour nos âmes, aimons notre âme et essayons de vivre en joie sans guerre ni rupture dans la familleQuiconque peut le faire... peut-être c'est de l'idéalisme. On ne peut pas le vivre, oui, mais on n'est pas loin de le vivre en paix. Ce pays qui a tant souffert et tant payé de victimes là où les racines de ses fleurs sont embaumées de sang et de larmes du nord au sud, de l'est à l'ouest...! Que dirai-je à mes enfants.... ?

Un cri de mère à tous ceux qui occupent une position. Est-ce qu'ils peuvent être autres que sable et cendres ??? Ou bien, leur fin partira loin de la terre et du ciel... !!! Voyons les « leaders » ; personne n'est resté vivant, pensons un peu à notre fin pour établir un pays cher. Nous ne voulons pas de tourisme ; laisser les libanais faire de tourisme dans leur propre pays cher qu'ils ne connaissent pas...

Mère du ciel Mariam, notre Mère sur la terre, aidez-nous à poursuivre ce calvaire afin que nous soyons dignes de notre Seigneur Jésus-Christ.

LA MONTAGNE INSPIREE –

GRANDE EPOPEE LIBANAISE- DU POETE CHARLES CORM, CHANTRE
DE LA GRANDEUR LIBANAISE

LE GROUPE DE LA REVUE PHENICENNE ET L'IDENTITE LIBANAISE

Docteur Georges Labaki

Humaniste et écolier

Charles Corm naquit à Beyrouth (1894-1963). Il effectue ses études secondaires chez les Pères jésuites, Puis il se lance dans le commerce : il voyage aux Etats-Unis et importe les premières voitures (Ford) au Liban. Après la Première Guerre Mondiale, il fonde *La Revue phénicienne*, où la plupart des œuvres libanaises de langue française d'entre les deux guerres ont été publiées.

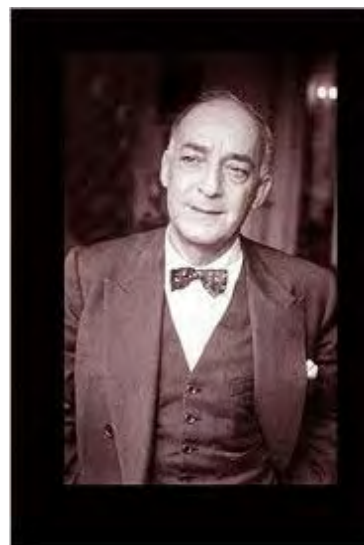
À quarante ans, bien établi financièrement, il se consacre complètement à la littérature. Charles Corm possède des talents d'un homme de lettres, d'un poète, d'un polémiste et d'un journaliste.

Il publie, en 1934, *La Montagne inspirée*, un recueil qui a connu un succès retentissant, où il raconte le périple des ancêtres des libanais, les Phéniciens. Le thème phénicien va marquer toute l'œuvre de Charles Corm qui vise à rappeler aux Libanais leur grande histoire qui remonte au fins fond des siècles. Mais, il ne s'agit point n'importe quelle histoire. En effet, le Liban a joué un rôle civilisateur qui remonte l'alphabet que les ancêtres on porté au bout du monde¹. Charles finit par acquérir toutes les œuvres écrites sur les phéniciens. Il rédigea même un bréviaire du vrai phénicien.

La querelle sur l'identité libanaise

Dès le début du mandat français sur le Liban (1920-1943), les auteurs francophones libanais ont mené le combat à la fois pour définir l'identité libanaise et défendre l'indépendance de la jeune nation libanaise. La production poétique francophone libanaise de cette époque est marquée par le thème libanisme phénicien qui trouve son point de départ dans le contexte politique de l'époque. En effet, lors de la déclaration du Grand-Liban en 1920, l'opinion libanaise s'était divisée en deux tendances contradictoires, voire diamétralement opposées. L'une mettait l'accent sur l'union arabe et sur la nation syrienne, invoquait à son appui la langue, l'histoire et le patrimoine communs des peuples de la région et prônait une méfiance vis-à-vis de la France comme puissance mandataire. L'autre, en revanche, affirmait le

particularisme du Liban comme un lieu de rencontre de l'Orient et de l'Occident, sur lequel il s'est ouvert depuis des siècles. Charles Corm figure parmi les tenants de cette seconde tendance qui se tournaient vers le passé pour y trouver un principe d'union et d'identité nationale. Aussi revendiquaient-ils l'appartenance à la Phénicie ancienne, dont pouvaient se réclamer également chrétiens et musulmans. Il s'adresse à son frère libanais musulman loin de tout fanatisme dans un esprit hautement œcuménique. en des termes qui démontre le plus grand amour de tous ce compatriotes: Dieu ne peut pas diviser les hommes et Jésus nous appelle à aimer tout le genre humain sans renier sa propre foi :



¹En 1938, Charles Corm publie *L'Enfant de la montagne*, puis, *Le Mystère de l'amour*, recueil de poèmes sur la vie de sainte Madeleine. À part les ouvrages poétiques, Charles Corm a publié certains contes comme *Le Miracle de la Madone aux sept douleurs* en 1948. Et, il a publié, en 1949, sous le titre de *L'Art phénicien*, un inventaire de 410 illustrations d'œuvres artistiques.

*Mon frère musulman, comprenez ma franchise,
Je suis le vrai Liban, sincère et pratiquant :
D'autant plus libanais que ma Foi symbolise le
Le cœur du Pélican.*

*Si ma ferveur me fait aimer Mahomet et Moïse,
C'est qu'elle est à mes yeux l'universalité
Car je ne peux croire en un Dieu Qui divise
L'immense humanité*

*Jésus me fait aimer Mahomet et Moïse,
Tout en me retenant à mon culte chrétien
L'Évangile est écrit, contre toute entreprise
Ou le mien nuit au tien ²*

D'autre part, le retour à l'héritage phénicien doit servir de tremplin pour réunir les libanais quels que soit leur confessions car ils étaient phéniciens bien longtemps avant d'être chrétiens ou musulmans :

*Si je rappelle aux miens nos aïeux Phéniciens
C'est qu'alors nous n'étions au fronton de l'Histoire,
Avant de devenir musulmans ou chrétiens,
Qu'un même peuple uni dans une même gloire,
Et qu'en évoluant, nous devrions, au moins,
Par le fait d'une foi d'autant plus méritoire,
Nous aimer comme aux temps où nous étions païens ³*

La Revue phénicienne et l'identité libanaise

Charles a fondé en 1920, la Revue Phénicienne va permettre à tout un mouvement national de s'exprimer. Cette revue dont le titre préfigure tout un programme a été fondée à une époque où des grands bouleversements affectaient la géographie et la situation politique du Moyen-Orient.

En effet, le Mandat Français venait tout juste d'être déclaré sur le Liban et la Syrie au milieu d'une grande controverse avec le mouvement national arabe qui réclamait la fondation d'un Royaume arabe sous l'égide de Fayçal.

Partisan acharné de l'indépendance libanaise Charles Corm devient le chef de file d'un courant qui se propose de rappeler aux Libanais leur glorieuse histoire. Il signe ses articles sous divers pseudonymes comme Caliban.

La Revue Phénicienne a paru à pendant une période assez courte ⁴. Malgré cela, elle a réuni un grand nombre de plumes et réussit à donner le ton à un vaste mouvement littéraire en français et en arabe. Parmi les futurs poètes qui se font publier dans la Revue Phénicienne citons: Charles Corm, Elie Tyane, Michel Chiha, Hector Klat et bien d'autres. Cette influence trouve également des échos dans la littérature arabe ou des écrivains et non des moindres comme Saïd Akl s'emparent du flambeau et mettent en exergue l'origine phénicienne des Libanais et leur rôle civilisateur dans l'histoire de l'humanité.

En effet, le problème national tourmentait les poètes de cette génération. Il s'agissait de fixer les assises de l'identité libanaise. Pour sa part, Charles Corm réclame de la lumière pour la Montagne par opposition au désert qui l'entoure. Pour lui, le passé glorieux des phéniciens constitue le fondement de l'identité libanaise.

Les Editions de la Revue Phénicienne prévoyaient un programme très ambitieux. En effet, la quatrième page de couverture des œuvres éditées en 1934, projetait une vingtaine d'ouvrages en langue française, et la traduction en français d'œuvres libanaises écrites en arabe. Cependant. Même si ce programme ne put être réalisé, il en résulta un grand mouvement littéraire profondément patriotique et humain qui féconda les lettres arabes elle-même. Plusieurs de ces écrivains firent leurs premières armes sur les pages de la Revue Phénicienne.

La Montagne Inspirée

Promoteur de la veine phénicienne, Charles Corm a affirmé son talent de poète dans un recueil qui eut à sa parution un grand retentissement, et auquel il donna un titre évocateur : La Montagne inspirée (1934). Il le divise en trois cycles, dont les dates de composition sont assez éloignées. Le premier porte le titre «Le dit de l'enthousiasme» et remonte à 1920, date de la proclamation du Grand-Liban. Le sentiment patriotique y occupe une place de prime importance. La joie y prédomine, celle de voir son pays «mutilé», récupérer,

² La Montagne Inspirée, P. 61

³ Ibid.

⁴ Les numéros parus viennent d'être réédités par les Editions de Dar al-Nahar.

grâce à la France, les territoires dont il a été amputé durant l'occupation ottomane. A ce propos, Charles Corm raconte qu'il avait veillé toute une nuit sur les quais du port de Beyrouth pour être le premier à accueillir les troupes françaises et assister à leur débarquement mettant ainsi fin à quatre siècles de diktat et de tyrannie ottomane. Il salue le General Gouraud, grand mutilé de la guerre des Dardanelles, qui vient sauver le Liban dont les habitants reprennent goût à revivre et à espérer un meilleur avenir:

*Le cœur m'a dit :
Un grand mutilé est venu délivrer mon pays mutilé !
Le bras m'a dit :
Du seul bras qui lui reste
Il rend à mon étreinte mes villes démembrées !*

*Le cerveau m'a dit :
Beyrouth sera la capitale de ma pensée !
...Les os m'ont dit :
Nous pouvons reposer dans la paix reconquise de nos vieux cimetières !
...Le poète m'a dit :
La muse est revenue ⁵
«Le dit de l'agonie» forme le deuxième cycle de la Montagne Inspirée. Il traduit l'amertume et les désillusions du poète en raison des souffrances passées subies par le peuple Libanais.
J'entends :
Des larmes sur les routes
Et des pieds nus
Qui saignent, goutte à goutte...
Des grincements de dents,
Des sourires funestes
Des cloches englouties,
D'autres litanies
Des plaintes infinies
Des glissements de continents, dans les ténèbres...*

La France n'avait pas tenu ses promesses, et après douze ans de mandat, le Liban n'avait pas accédé à l'indépendance. Sa déception face à certains aspects négatifs de la politique française est partagée par Michel Chiha qui, dans son recueil unique poétique intitulé La Maison des Champs, s'interroge sur la validité des valeurs françaises, une fois exportées hors de France:
*Et sceptiques devant votre étonnante Histoire,
Que vous oubliez, vite, ô Français inconstants*

Telle n'était pas l'attitude du tripoliteain Hector Klat dont le grand enthousiasme à l'égard de la France l'avait poussé à intituler un de ses recueils Le Cèdre et le lys (1935).

Cette désillusion du poète va disparaître dans le troisième cycle ou l'image du passé élu constitue comme un refuge. «Le dit du souvenir» qui forme près des deux tiers de La Montagne Inspirée. Il s'agit d'un hymne à la gloire de la Phénicie ancienne et de l'histoire du Liban. Le caractère épique du recueil a conduit maints libanais à le considérer comme leur épopée nationale. La contribution libanaise à la civilisation universelle est démontrée à travers la narration de l'histoire des grandes institutions libanaises comme l'Ecole de Droit de Beyrouth ou des grands hommes qui ont marqué l'humanité en portant la civilisation au monde comme Cadmos porteur de l'alphabet aux peuples de la terre.

*Géométrie, Arithmétique, Astronomie,
Vous avez bégayé, jadis, sur nos genoux ;
Et vous, Danse, Lyrisme, Epopée, Eurythmie,
Rougez-vous de nous ?*

*..Nos explorateurs- C'est un fait historique-
Ont plus de deux mille ans avant les Portugais
Partis de la mer Rouge, interrogé l'Afrique ;
Et sans se fatiguer... ⁶*

Mais la déception du poète rejallie : il est devenu orphelin car il n'a plus de langue (l'arabe n'est pas la sienne) : Il a perdu le phénicien sa langue maternelle. Personne ne parlera plus phénicien sur les plages de Tyr, Saida et Byblos se lamente-t-il. Après avoir donné l'alphabet au monde, il se retrouve dépourvue de sa langue d'origine qu'on ne reparlera plus jamais.

*Langue des phéniciens, ma langue libanaise,
Dont la lettre est sans voix sous les caveaux plombés,
Langue de l'âge d'or, toi qui fus la genèse
De tous les alphabets ;*

*Toi qui des flancs d'un dieu déchiré de blessures,
Ainsi qu'Eve d'Adam, et que Vénus des flots,
Du sang frais d'Adonis as tiré l'écriture,
Et le culte des mots ;*

⁵ Ibid 17-18

⁶ Ibid p. 51

*Toi qui pris du soleil qui traversait nos cèdres,
Et jetais sur le sol les signaux de l'azur,
Cette fleur dont Racine un jour devait dans Phèdre,
Nous donner le fruit mûr ;*

*Langue de mon pays, ô première figure
De proue, à l'horizon de l'univers ancien,
Toi qui gonflais d'orgueil la voile et l'aventure
Des aïeux phéniciens ;*

*Toi qui semas l'Idée aux quatre coins du monde,
Comme on répand les blés dans la stupeur des champs,
Et comme Dieu prodigue, au sein des nuits profondes,
Ses plus purs diamants ;*

*Langue par qui l'étoile, à jamais « phénicienne »,
Fut enseignée jadis à mes premières sœurs,
Avant que dans ta pourpre et ton sang, ne se teigne
Le fer de l'oppresseur ;*

*Je te cherche en vain le long de nos rivages,
Dans le golfe où la nymphe a baigné Cupidon,
Sur les stèles d'Amrith, et dans les sarcophages*

De Tyr et de Sidon ;

*Mais nul n'entendra plus ton rythme et tes vocables
Tes syllabes, ton souffle et ton accent du miel,
Depuis que les héros qui vivaient dans tes fables
Sont remontés au ciel ;*

*Nul ne peut plus entendre, ô langue des ancêtres,
Les départs des marins d'Arad et de Byblos,
Ni les chants des rameurs, ni les hymnes des prêtres,
D'Eleuthère à Bélos ;*

*Nul ne suit plus la trace et l'odorant sillage
Qu'ont laissé dans nos prés les pieds nus de Vénus ;
Nul ne lit son symbole au creux des coquillages,
Ni sur les papyrus ;*

Corm passe en revue toute l'histoire du Liban. Il s'attarde devant les vestiges de Baalbek qui s'imposent par leur majesté :

*Colonnes de Baalbeck, grille du feu solaire
Barrière à claire-voie en travers du destin,
Rempart incandescent, écluses de lumière,
Piédestal du matin ! ...*

*Colonnes de Baalbeck, cargaison de constance,
Pavillon de rayons, voilier gréé d'azur,
Vaisseau chargé de jours, lourd navire en partance
Vers les siècles futurs ! ...*

*Qu'importe si d'aucuns contestent avec rage
Nos titres souverains à ta propriété,
Toi qui sais, ô Balbeck, que fus notre ouvrage,
Laisse-les radoter !*

Cette grande histoire phénicienne se lamente l'auteur, est aujourd'hui presque entièrement méconnue. Le drame des phéniciens c'est que d'autres peuples nous ont rapportés leur histoire en la déformant ou en l'accaparant à l'image des grecs et des Hébreux. Face à ce constat Corm rappelle au monde les grandes étapes de cette civilisation.

*Nul ne sait plus que c'est notre horoscope
Qui luisait au berceau de l'antique univers ;
Qu'Agénor, notre roi, fut le père d'Europe
Qu'enleva Jupiter*

*Nul ne sait que son fils, Cadmus, fut cet éphèbe
Qui partit sans retour auprès les fugitifs ;
Qu'il prit la Béotie et fit construire Thèbes,
D'où Pindare est natif ;*

*Que les cieus conjurés, au dire d'Hérodote,
Ravirent notre Io, la fille d'Inachos,
Lorsque nous explorions, avant les Argonautes,
Cythérée et Thasos... ;*

*Qu'un oiseau phénicien, qui fut un dieu d'Egypte,
Le Phénix, qui couvait ses œufs dans le soleil,
Dont la crête écarlate illuminait les cryptes
D'un brasier de vermeil,*

*Par un roi de chez nous, qui conquiert l'Assyrie,
Et pour plaire à sa reine, en ce désert perdu,
Construit sur l'Euphrate, ainsi qu'en leur patrie,
Ces jardins suspendus ;*

*Qu'un marché phénicien, sur le cap d'Argolide,
Jeta les premiers dés de la chance des Grecs,
Dont les purs Parthénons prirent leurs jets splendides
Aux lignes de Balbeck ⁷ ;*

⁷ Ibid p. 77

Aux yeux de Charles Corm, la montagne libanaise constitue l'héritière spirituelle de la civilisation phénicienne. Il égrène les hauts lieux de l'histoire moderne de cette montagne bénie des Dieux. Il pénètre dans l'intimité de ces habitants qui vivent entre ciel et terre.

*Combien étaient heureux dans leur digne misère
Et la simplicité du bon temps de jadis
D'une seule brebis...
Comment se répétaient, le soir, de proche en proche,
Les calmes angélus dans la paix des vallons ;
Comment tombaient du ciel, avec les voix de cloches les
bénédictions*⁸

Grâce aux écrivains francophones de la Revue Phénicienne, la nation libanaise naissante réussit à se forger une identité malgré les longues années de colonisation. Charles Corm est le fondateur des fondements idéologiques de la République libanaise. En effet, il a établi les deux grandes fondations du Liban moderne: l'identité humaniste non sectaire du Liban et la redécouverte du patrimoine libanais. «Dans son œuvre globale, Corm enchâsse le Liban dans cet ensemble immense et fait de lui le cœur de ce corps poétique qui est la création... Il met le Liban et le monde sur un même plan, faisant du Liban un microcosme qui porte en germe le monde»⁹. Ce précurseur a soulevé, depuis plus d'un demi-siècle, les questions qui agitent toujours le Liban moderne à savoir l'identité nationale, l'indépendance, la loyauté de certains de ses fils et de ces dirigeants. Seuls les comparses ont changé. Qui d'entre nous ne fut pas témoin de l'atrocité de cette guerre, des larmes des enfants, du désarroi des jeunes, de l'amertume des vieux, des sanglots des mères éprouvées, du sang des martyrs qui continue d'arroser notre terre afin de lui rendre sa verdure.

Charles Corm a pu se frayer et en même temps ouvrir la voie à une littérature libanaise d'expression française de cette époque se voulait donc libre et volontaire, loin des influences politiques du mandat français pour se frayer une orientation culturelle indépendante.

L'œuvre de Charles Corm et du groupe de la Revue phénicienne nous rappelle ce pays de cocagne qu'était le Liban d'avant la guerre qui est pour les jeunes libanais, poème dans le souvenir de nos parents. Corm donne une identité à des jeunes sans mémoire et assure

Charles Corm à New York



la transmission des valeurs et d'une identité nationale qui nourrissent un vouloir-vivre collectif? Il apprend aux jeunes libanais que leurs racines, aussi profondes que celles de nos cèdres, doivent être irriguées d'universalité pour être garantes de paix, d'ouverture et de bonheur. Alors et alors seulement le Liban pourra être chanté aussi dans nos cœurs et dans le cœur des générations futures.

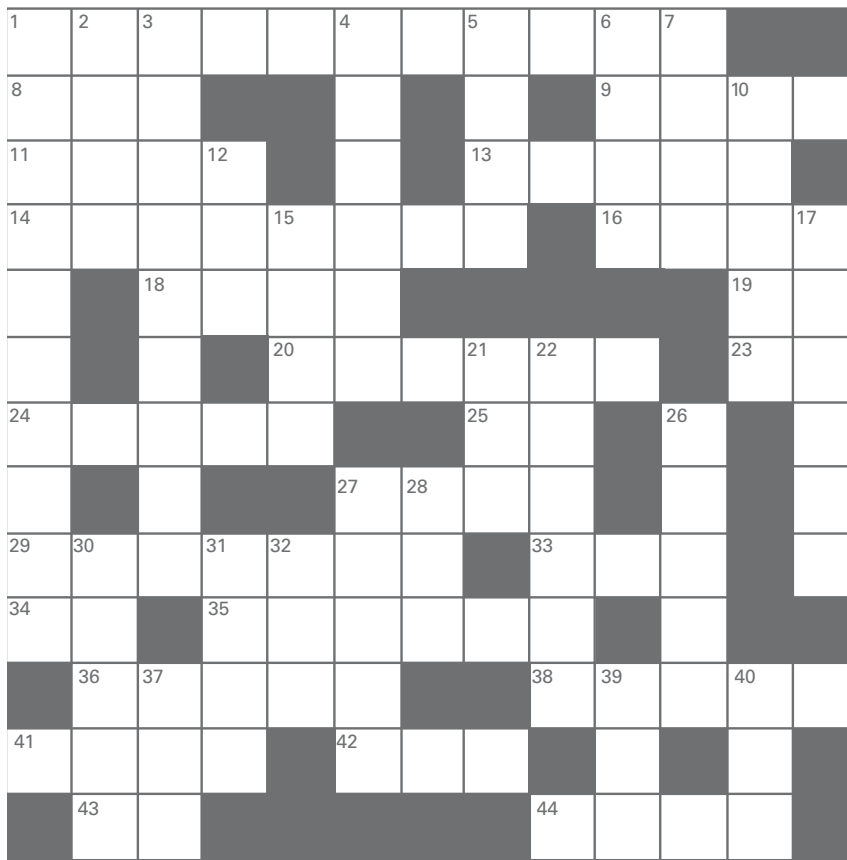
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⁸ Ibid p. 59

⁹ Charif Majdalani, hommage à Charles Corm, Ecole Notre Dame de Jamhour, Beyrouth, 8 avril, 2006.

Something for your grey matter



Clues

Across: 1. Unfaithful 8. gained 9. straight from the horse's mouth 11. heroic saga 13. bad temper 14. denial 16. little archer 18. complain, groan 19. cold direction (initials) 20. take no notice 23. you, plural and poetic 24. deadly 25. almost a commissioned officer (initials) 27. looks at, ogles 29. against smallpox 33. point, extremity 34. for example (initials) 35. eight notes 36. demander 38. sovereign 41. place 42. but, however 43. city and state (initials) 44. curve in the road

Down: 1. silver number 2. used for rigging 3. mysterious 4. returning to base 5. dappled red (for cows) 6. try insistently to persuade 7. prophet 10. sarcasm 12. Italian with a drink 15. appendage 17. boil 21. be in debt 22. roll, list 26. push, drive 27. way in 28. old Yes 30. once more 31. dry coal 32. polar cap 37. porcine home, sweet home 39. employ 40. termination

Give the female of the following: 1.drake 2. earl 3. ram 4. stallion 5. gander 6. marquess (Br. title) 7. boar 8. Czar 9. young bull 10. dog

Answers to issue 54

Across: 1.epithet 4. Bring 7.eve 8.grain 12. gun 13. arrears 15. sad 18. fit 17. oar 20. also 22. gasped 24. Eden 26. pinups 30. nip 31. unite 33. oily 35. solution 37. open 40. tea 41. ore 42. Ur 43. rat 45. noon 46. haymaking

Down: 1. egg 2. tier 3. tear 4. beg 5. inns 6. grades 9. rail 10. arts 11. NE 14. SOS16. famous 18. ape 19. red 21. obituary 22. gnu 23. den 25. Nile 26. pile 27. net 28. poor 29. sine 32. notch 34. young 36. iota 38. pro 39. none 44. a.m.

Answers to this issue:
Across: 1. Treacherous 8. won 9. rein 11. epic 13. anger 14. negation 16. Eros 18. moan 19. NE 20. ignore 23. ye 24. fatal 25. W.O. (warrant officer) 27. eyes 29. vaccine 33. tip 34. e.g. (Latin) 35. octave 36. asker 38. ruler 41. site 42. yet 43. N.Y. (New York) 44. bend
Down: 1. Twenty-five 2. rope 3. enigmatic 4. homing 5. roan 6. urge 7. seer 10. irony 12. Caoi 15. tail 17. see the 21. owe 22. roster 26. impel 27. entry 28. Ye! 30. again 31. coke 32. ice 37. sty 39. use 40. end
Females: 1. duck 2. countess 3. ewe 4. mare 5. goose 6. mar-chioness 7. sow 8. Czarina 9. heifer 10. bitch