



TUCSON MED CLUB



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www.tucsonmedclub.org

A publication of the Tucson MED Club

Issue 54

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Message from MED Club President

Dear fellow members and friends of the Tucson Med Club:

Greetings and best wishes to all of you. With the New Year just started already, I would like to personally wish everyone a very healthy, peaceful and prosperous new year!

2018 was a productive year for us at the MED Club and on behalf of the MED Club, I would like to thank all the ones who have worked so hard to make sure that every activity was a real success!

As we move forward, we like to invite the community to help us out organizing events they like to us to organize. Below is some of the planned activities:

- ◆ Family Fun Night to be held on April 13, 2019 at Zaatara, we hope you can participate in this event. For further details, please see the flyer on page 7
- ◆ Create a Dabke group that can participate in local social events as well in our planned MED club functions. If you are interested in helping in this effort or interested in getting your kids be part of the group. Please contact Safa Merheb at safa.merheb@gmail.com
- ◆ In 2016, we have organized a Syrian Music Concert jointly with the Center for Middle Eastern Studies at the University of Arizona. We are planned to organize another musical event at UA and if you like to help in the planning of this activity, please contact Dr. Gaby El-Kass at gabriellkass@hotmail.com
- ◆ 4. Work on a Middle Eastern Festival and for that, we are looking for volunteers in organizing this event. If you are interested, please contact Ari Baban at baban@live.com
- ◆ 5. Teaching Arabic for kids. If you are interested in helping in this effort or getting your kids enrolled, please contact me at hariri02@gmail.com
- ◆ 6. Plan other activities like picnic, invite well known Arab-American speakers, etc. Please check your emails for announcements about these activities.

As I conclude my message, I like to urge you all to help us out to continue serving our MED Club community and achieve our mission to preserve our traditions, and heritage through social events and community involvement to do what Gibran wrote in his "*Inspirations*" "***It is to stand before the towers of New York and Washington, Chicago and San Francisco saying in your heart, "I am the descendant of a people that built Damascus and Byblos, and Tyre and Sidon and Antioch, and now I am here to build with you, and with a will."***

Best Regards,

Salim Hariri, Tucson Med Club President



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

Kahlil Gibran



Middle Eastern Cuisine History

Simon Samoeli

From the Near East Collection at Yale University, Sterling Memorial Library, New Haven, CT, Simon Samoeli, Curator, Retired

King Ashurbanipal and his queen enjoying a cup of wine in the garden.: 7th century BC



Cooks at work in the royal kitchens.

Relief from Ashurbanipal's palace at Nineveh 7th century BC

Servants back from the royal hunt with a hare and small birds.

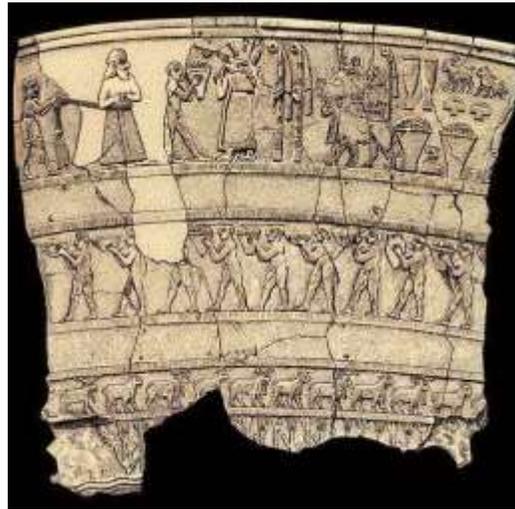
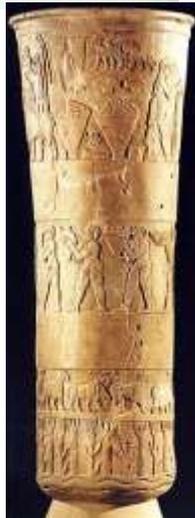
Relief from Ashurbanipal's palace at Nineveh 7th century BC.



The Uruk Vase showing worshippers bringing provisions to the temple of Inanna.

[The vase was stolen from the Iraq Museum in 2003, but has since been returned and partially restored.]

Uruk ca. 3000 BC



The Oldest Cookbooks in the World

These two clay tablets from the Babylonian Collection, inscribed in Akkadian contain the oldest known cooking recipes. They date to ca. 1750 BC, the time of Hammurabi, known for his famous law code. The cuneiform writing system was complex and generally only scribes who had studied for years could read and write, so it is unlikely that the cookbooks were meant for the ordinary cook or chef. Instead, they were written to document the current practices of culinary art. The recipes are elaborate and often call for rare ingredients. We may assume that they represent Mesopotamian haute cuisine meant for the royal palace or the temple.

From the thousands of tablets recording deliveries and shipments of foodstuff, from vocabulary lists of various kinds of food and from records of payments to workers and soldiers we can get a fairly accurate picture of the standard Mesopotamian diet.

Continue on Page 4

Middle Eastern Cuisine History—Continue

The meats included beef, lamb, goat, pork, deer and fowl - the birds provided both meat and eggs. Fish were eaten along with turtles and shellfish. Various grains, vegetables and fruits such as dates, apples, figs, pomegranates and grapes were integral to the ancient Near Eastern diet. Roots, bulbs, truffles and mushrooms were harvested for the table. Salt added flavor to the food as did a variety of herbs. Honey as well as dates, grape-juice and raisins were used as sweeteners. Milk, clarified butter and fats both animal fats and vegetable oils, such as sesame, linseed and olive oils were used in cooking.

Many kinds of bread are mentioned in the texts from the lowliest barley bread used for workers' rations to elaborate sweetened and spiced cakes baked in fancy, decorated moulds in palace kitchens.

Beer (usually made of fermented barley mush) was the national beverage already in the third millennium BC, while wine grown in northern Mesopotamia was expensive and only enjoyed by the royal household or the very rich. The meats included beef, lamb, goat, pork, deer and fowl - the birds provided both meat and eggs. Fish were eaten along with turtles and shellfish. Various grains, vegetables and fruits such as dates, apples, figs, pomegranates and grapes were integral to the ancient Near Eastern diet. Roots, bulbs, truffles and mushrooms were harvested for the table. Salt added flavor to the food as did a variety of herbs. Honey as well as dates, grape-juice and raisins were used as sweeteners. Milk, clarified butter and fats both animal fats and vegetable oils, such as sesame, linseed and olive oils were used in cooking.

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Tablet with Detailed Seven Recipes

Remove the head and feet. Open the body and clean the birds, reserving the gizzards and the pluck. Split the gizzards and clean them. Next rinse the birds and flatten them. Prepare a pot and put birds, gizzards and pluck into it before placing it on the fire.

[It does not mention whether fat or water is added -- no doubt the method was so familiar that instructions were considered unnecessary. After the initial boiling or braising, the recipe continues:]



This tablet includes 25 recipes for stews, 21 are meat stews and 4 are vegetable stews. The recipes list the ingredients and the order in which they should be added, but does not give measures or cooking time - they were clearly meant only for experienced chefs.

YBC 4644 from the Old Babylonian Period, ca. 1750 BC



Funny Arab American Immigrant Stores

Mike Enayeh/Arab America Ambassador Blogger

<https://www.arabamerica.com/funny-arab-immigrant-stories/>



Arab American newcomers to the US get to the U.S. now by airplanes, not anymore by boats. As it is common in the Detroit area to refer to newcomers as “boaters”, indicating that they lack a full assimilation and/or characterized by pronounced accent. In the case of many Arabic speakers, in addition to dealing with new culture and language, they face a great challenge with the letter “P”; they pronounce it as “B” for a good reason: there’s no letter “P” in the Arabic language.

Before getting a handle over the situation, many of the new immigrants have amazed others with these funny stories about early encounters with the English language.

One of the funniest words that is mispronounced by new Arab American arrivals is “park”, as it is used in phrases like “the car barking” or “the dog is barking in the bark” sometimes it gets a little confusing, but some of the newcomers go through overcorrection phase as they hard to pronounce all the pees and bees as “P”; it is a phase that some go through until things settle down or not.

The next story takes the mix up to a whole new level. This was a firsthand encounter as I was invited to an American co-worker’s house for dinner, and the person who accompanied me was going through the overcorrection phase. One of the dishes that they served was crab cake, and as soon as the dish was revealed I knew that we were in trouble. Before I had the chance to intervene, I hear “I like crap, I am sure your crap is good, I can’t wait to eat crap”. As I started to notice the horror of insult on the hostess’s face, I jumped in with a 5-minute explanation of what just happened. After the explanation, I could see that the hostess’s dignity was restored and we all had a great time.

This story is about a new student I met when I was at college. We lived at the college dorm and ate all our meals in the cafeteria. This guy discovered the American pie and totally fell in love. The cafeteria was set up as for the student to pick the meal from the server, then slide the tray to the cashier (80-year-old Martha with a hairnet) then Martha would ask you if you like a drink or dessert, this guy would say I want “bie” and sweet old Martha would ring him out without giving him the “bie” thinking that he said I want to buy, then he would say loudly and madly, “bleeze, I want to buy a bie”, Martha would smile and reply “bye-bye hun”.

The guy would look at me and say, “I think she is too old because she did not hear me”, he would eat his meal and go through the line again. This routine continued for a while until the student and Martha developed a sign language where he would point to the pie without saying anything, Martha would hand him the pie from the display. But little old Martha would get a little hurt because he doesn’t say bye-bye to her anymore. One thing he never figured out is why I was always standing behind him in the cafeteria, unbeknownst to him I had a front row seat to a great comedy routine.



Continue on Page 5

Funny Arab American Immigrant Stores — continue from Page 4

This story is also about another student I met on when I first came to the US. This poor guy was a very picky eater and had a cultural shock with the American cuisine. He survived on candy from the vending machine at the dorm. A bunch of Arab students decided to do an intervention. We understood his dilemma as most of us did not eat pork but were able to navigate our way through; we would ask the waitress: “is this big” after a few tries they figure out that big is pig and it was our word for pork products. So, to execute our intervention we took him to the nearest mall to give him a choice of restaurants, he selected one with a simple menu, most of us ordered hamburgers and fries, and we ordered the same for our starving comrade, he took a couple of bites of his sandwich ate some fries and did not like the taste.



In our 18 years old wisdom we told him he should have some dairy products to supplement his protein intake. He confessed his love for ice cream, and he let us know that while walking to the restaurant we passed a handmade ice cream shop, and he craved those ice cream bars on a stick. We rushed to the shop before he changes his mind; we watched him in anticipation as he walked up to the display pointed to the bar and said “Blease this” the sales lady wrapped it up with attractive aluminum foil, he grabbed the stick. We felt like a mother watching her baby take his first bite; he took one bite and almost went into a convulsion. It turned out that he took a bite of a breaded corn dog. This was the setback of setbacks as he threw it toward us “you made me eat big” repeating it over and over.

Most of us have what seemed at the time a cringe-worthy moment or two, but later they become fond memories. Please share your stories with me (info@arabamerica.com) as I would like to create a series of monthly articles under the same heading.

Dabke Group

Are interested in forming a Dabke group?

Do you like to be part of the Dabke group?

Do you like your kids to learn Dabke?

If you are interested, please contact:

Safa Merheb at safa.merheb@gmail.com

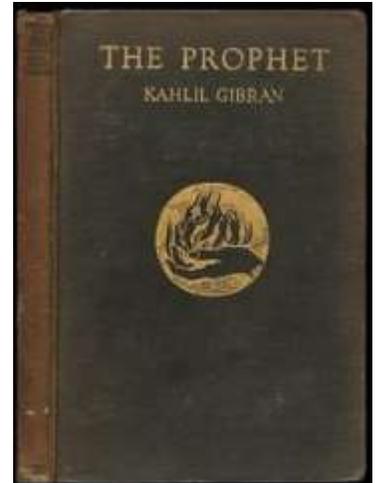




The Prophet

Kahlil Gibran (Source:Wikipedia)

The Prophet is a book of 26 [prose poetry](#) fables written in English by the [Lebanese-American](#) poet and writer [Kahlil Gibran](#).^[1] It was originally published in 1923 by [Alfred A. Knopf](#). It is Gibran's best known work. *The Prophet* has been translated into over 100 different languages, making it one of the most translated books in history,^[2] and it has never been out of print.



Synopsis

The [prophet](#), Al Mustafa, has lived in the city of Orphalese for 12 years and is about to board a ship which will carry him home. He is stopped by a group of people, with whom he discusses topics such as life and the [human condition](#). The book is divided into chapters dealing with love, marriage, children, giving, eating and drinking, work, joy and sorrow, houses, clothes, buying and selling, crime and punishment, laws, freedom, reason and passion, pain, self-knowledge, teaching, friendship, talking, time, good and evil, prayer, pleasure, beauty, religion, and death.

Popularity

The Prophet has been translated into more than 100 languages, making it one of the most translated books in history. By 2012, it had sold more than nine million copies in its American edition alone since its original publication in 1923.

Of an ambitious first printing of 2,000 in 1923, Knopf sold 1,159 copies. The demand for *The Prophet* doubled the following year—and doubled again the year after that. Since then, annual sales have risen steadily: from 12,000 in 1935 to 111,000 in 1961 to 240,000 in 1965. The book sold its one millionth copy in 1957. At one point, *The Prophet* sold more than 5,000 copies a week worldwide.

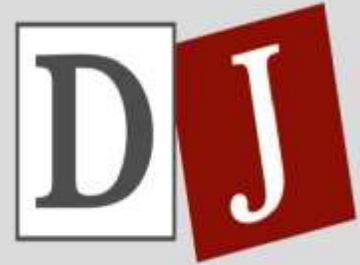
Inspiration[

Though born a [Maronite](#), Gibran was influenced not only by his own religion but also by [Islam](#), and especially by the mysticism of the [Sufis](#). His knowledge of Lebanon's bloody history, with its destructive factional struggles, strengthened his belief in the fundamental unity of religions, which his parents exemplified by welcoming people of various religions in their home. Connections and parallels have also been made to [William Blake](#)'s work, as well as the theological ideas of [Walt Whitman](#) and [Ralph Waldo Emerson](#) such as reincarnation and the *Over-soul*. Themes of influence in his work were Islamic/[Arabic art](#), European [Classicism](#) (particularly [Leonardo Da Vinci](#)) and [Romanticism](#) (Blake and [Auguste Rodin](#)), the [pre-Raphaelite Brotherhood](#), and more modern [symbolism](#) and [surrealism](#).

Gibran had a number of strong connections to the [Bahá'í Faith](#) starting around 1912. One of Gibran's acquaintances, [Juliet Thompson](#), reported several anecdotes relating to Gibran. She recalled Gibran had met '[Abdu'l-Bahá](#)', the leader of the religion, at the time of '[Abdu'l-Bahá's journeys to the West](#)'.

Gibran was unable to sleep the night before meeting him in person to draw his portrait in April 1912 on the island of Manhattan. Gibran later told Thompson that in 'Abdu'l-Bahá he had "seen the Unseen, and been filled". Gibran began work on the book *The Prophet*, in 1912 when "he got the first motif, for his *Island God*", whose "Prometheus exile shall be an Island one." In 1928, after the death of 'Abdu'l-Bahá, at a viewing of a movie of 'Abdu'l-Bahá, Gibran rose to talk and proclaimed in tears an exalted station of 'Abdu'l-Bahá and left the event weeping still.

The TUCSON MED CLUB INVITE YOU TO
Family FUN NIGHT



Arabic/English Music



Date: Saturday April 13th at 7:00pm

Location: ZA'ATAR Mediterranean Restaurant
2310 N. Country Club Rd, Tucson AZ 85716

Middle Eastern Food Dinner (Buffet)

Adult: \$15, Kids: \$8 (12 or less)

For reservation, please Call/text

Sonia Hariri at (520) 977-7936 or by email at
hariri21@gmail.com

Lydia Sahyouni: (520) 370-2218 or
By email at larmaleh@gmail.com

A Peek at the New Year's Eve 2019 celebration













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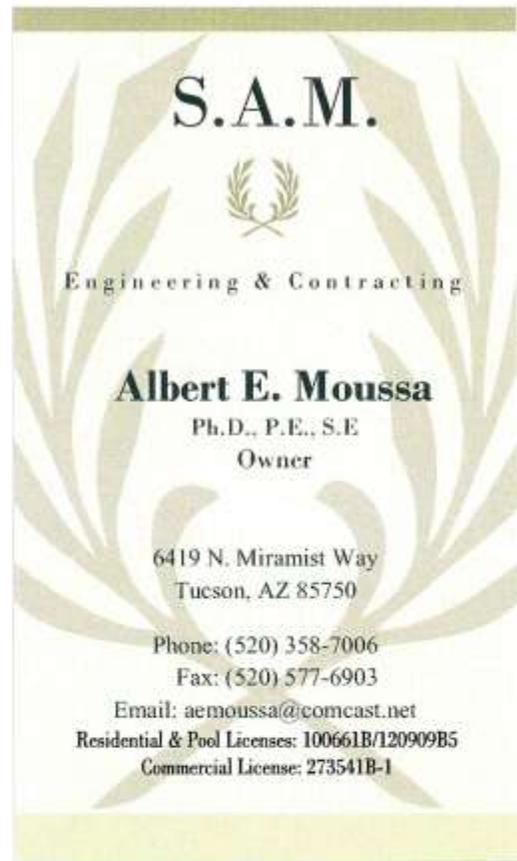
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Kahlil Gibran

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

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

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