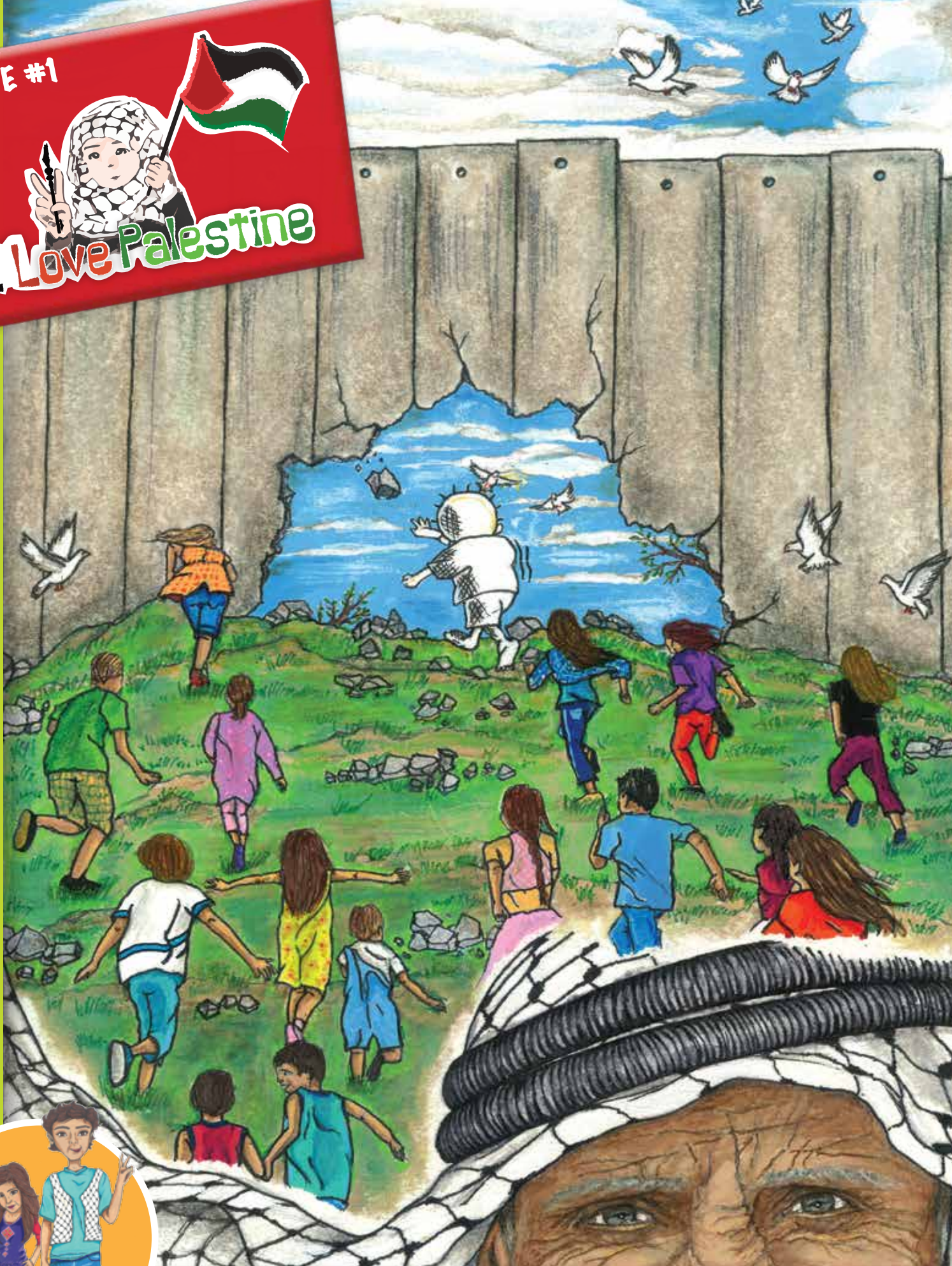


ISSUE #1

I Love Palestine

Puzzles, stories, history, comics, and much more!



Join Salam and Amal and travel to the Holy Land!



# Dear Parents

Welcome to the first edition of the I Love Palestine magazine.

This publication is the first of its kind. The goal of the magazine is to provide children with the knowledge they need to have about the history of Palestine while packaging the learning in a fun and interactive way. Some of the elements in the magazine are intended to be completed with a parent or an older sibling. We hope that the content of the magazine will become the topic of discussion during family gathering and discussion time and that your child will be empowered and enlightened through the education provided in these pages.

## I Love Palestine Team

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A Product of AMP-Chicago Education Committee

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MY NAME IS  
AMAL

MY NAME IS  
SALAM



# THE POWER OF KNOWING

Open the pages of this book and find Facts, stories and pictures that will enlighten your mind.  
You ask, why I should study about a faraway land named Palestine?

...to visit the times of and experiences of my ancestors of long ago?  
...to understand the root of events taking place?  
...to see patterns of history repeating themselves?

I can never set a path of where I am going if I do not know where I am from.  
Because the events of the past will, in fact, shape what is to come.  
I need to know of a time when the religions of the book lived together peacefully,  
A time when oppressors came to the land and took it from us suddenly.  
I need to know how I can help my people and the land regain its glory.  
I need to know the history of the olive trees and orange groves of Palestine; each has a story.  
I need to know so I can understand!  
When I understand, I will really love the Land.  
I can shout loud and clear,  
For the rest of the world to hear...

## I LOVE PALESTINE!

So read, ask questions and analyze;  
this will empower you to take actions.  
Educate yourself and those around you and  
you can change nations.

Don't take anything for face value because  
nothing is as it seems. Don't take anything for  
face value because nothing is as it seems.  
Knowledge is power and with power, we have  
the right to believe!





# It's story TIME

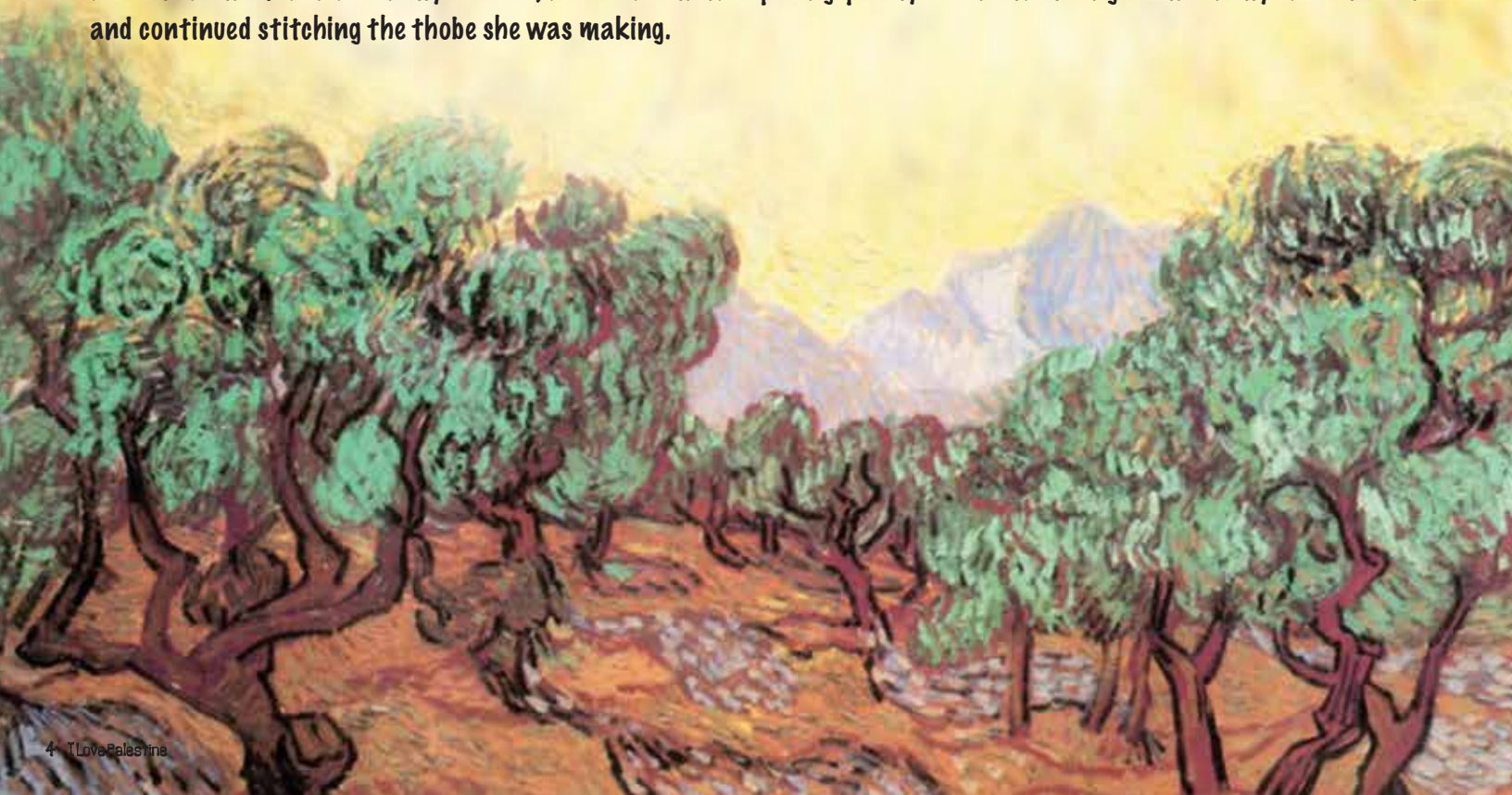
There was once a young boy named Zaid, who lived near the Palestinian city of Nablus. Zaid loved to explore the outdoors and the nearby villages, first, because he adored the beauty of the Palestinian land around him, and second because of his best friend Zaytoon. Zaytoon was not a normal friend, at least not the type most people had. Zaytoon was a beautiful olive tree with hundreds of silvery green leaves and a thin twisted trunk. Of course, there were hundreds of olive trees in Zaid's village. They covered every hill and surrounded every home. However, Zaytoon was different from the other trees because he loved spending long hours with Zaid.

Every morning, Zaid would walk over the small hill next to his Uncle Yahia's house. He would stop by Uncle Omar's small shop and buy his favorite bag of candy, then run to meet Zaytoon in the village neighboring his own. His friend would wave his leaves to greet him and Zaid would lay his back against his great trunk. Zaytoon would tell Zaid the wonderfully heroic stories of his ancestors. Zaid would smile as he thought of the delicious olives he would eventually eat from Zaytoon and listened to the tales of his strong Grandfather, Adham. He loved to hear about his hardworking Great-Grandmother, Kulthoom, or of his Great-Uncle, Yaseen.

The stories were endless and every story was better than the last. When the sun began to set, **Zaid would fill his hand with olives and give Zaytoon a tight hug.**

"Fill your other hand with soil, Zaid", Zaytoon would say, **"It is the soil of Palestine that holds the stories and the love we have for our Land, our roots!"**

Zaid would fill his other hand with the soil from around Zaytoon's trunk and roll it around his fingers before beginning his walk home. When he finally arrived, he saw his mother pacing quickly around the living room. Finally she sat down and continued stitching the thobe she was making.





"What's wrong Mama?" Zaid asked, seeing the nervousness on her face.

"There is news that the Israeli soldiers are planning an attack on the village next to us," his mother explained. "Many of my friends live in that village and their families have been farming on that land for decades!"

Zaid became worried about Zaytoon. What would happen to him?

Zaid woke up in the middle of the night to the sounds of gunfire and commotion. He shook with fear.

"Zaytoon is strong and sturdy", Zaid thought, "I'm sure he's fine"

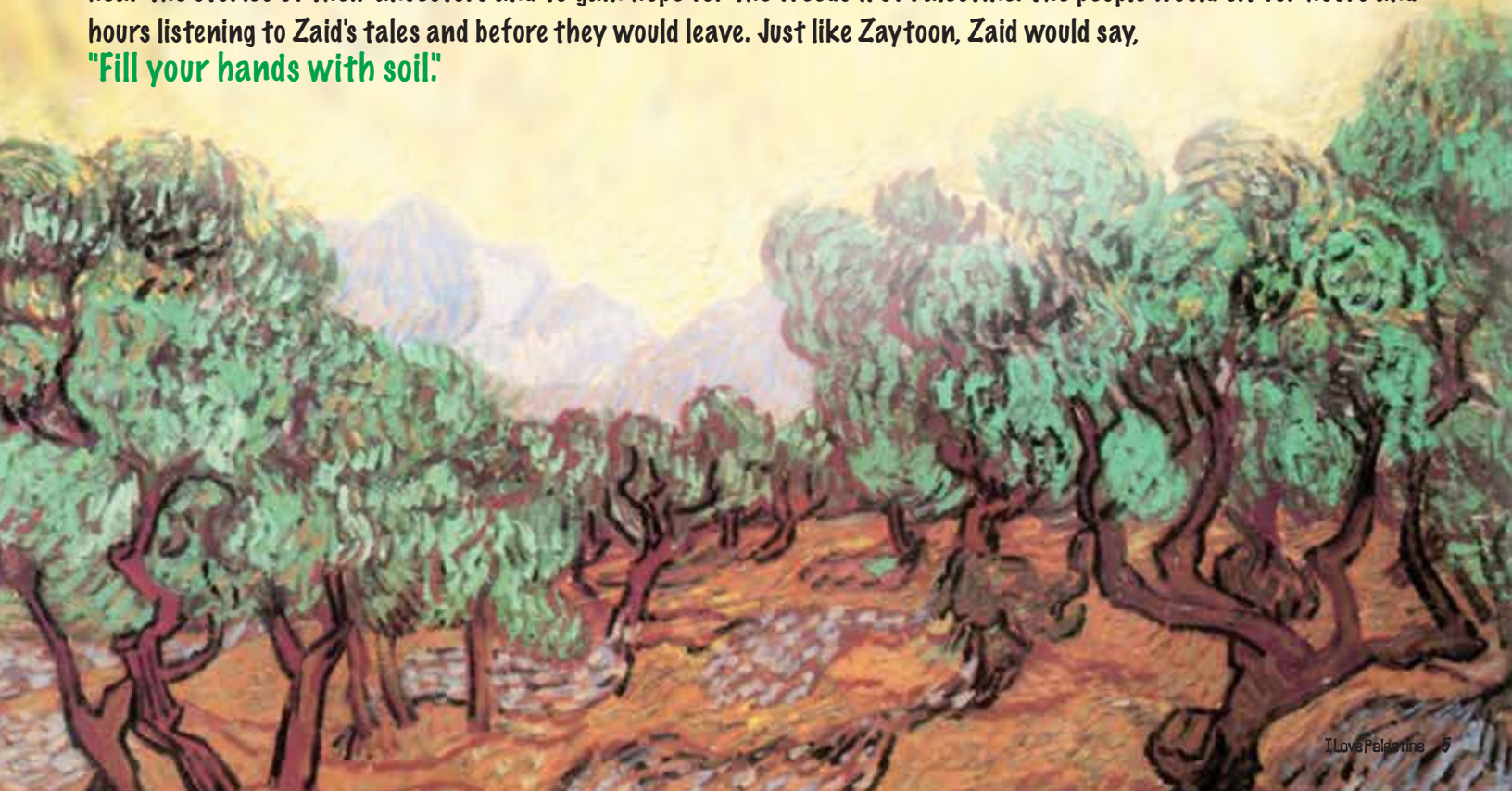
The next morning the sound of ambulances and cries filled the streets. Zaid walked over the small hill next to his Uncle Yahia's house. He saw Uncle Omar's small shop closed, and then ran to meet Zaytoon in his village.

Zaid stood frozen. The land was ruined. All the trees were extracted or cut down. He ran frantically to Zaytoon and saw nothing left but the twisted stub of his trunk.

"ZAYTOON!" Zaid cried. **"How could they do this to you? What am I going to do without your stories, wisdom, and love for Palestine?"**

Zaid dug his fingers in the ground in frustration. It was then he remembered Zaytoon's words: "It is the soil of Palestine that holds the stories and the love we have for our land". Although Zaytoon was no longer there, **his roots were still alive in the soil.** Our roots. It was then that Zaid realized exactly what Zaytoon meant. The love for Palestine and the passion everyone shares for Palestine's freedom is not something that dies with a single person or thing. It is a legacy that runs deep down to our roots.

As the days went by and Zaid grew older, his love for Zaytoon's words grew. He began to write down all the stories he told in a book and quickly became known as the storyteller of the village. People, young and old, would come to Zaid to hear the stories of their ancestors and to gain hope for the freedom of Palestine. The people would sit for hours and hours listening to Zaid's tales and before they would leave. Just like Zaytoon, Zaid would say, **"Fill your hands with soil."**





# Think Tank

## Walls ! Walls ! Walls !

Why do we have walls? They protect people. They show strength. Sometimes we use them to remember people who have died. But walls also can be used to separate people. They can be used to keep people from their goals and dreams. In Palestine they are used to separate families. In Palestine, the Apartheid wall is used to keep people from leaving their towns. It is used to keep children away from schools, hospitals, and playgrounds.

Can you identify the Walls Around the World in the pictures below?



China

### THE GREAT WALL OF CHINA:

THIS WALL IS SO BIG; IT CAN BE SEEN FROM OUTER SPACE!

It took more than **1,000** years to build. The people in China used the wall to protect themselves from armies who were attacking them.

### THE BERLIN WALL OF GERMANY:

After World War II, Germany was split into West and East Germany. **Berlin**, the capital of Germany was split, too. It was very hard for the people of East Berlin to live there because they did not have many freedoms so they would escape. East Germany built the Berlin Wall to keep people from leaving and from Western ideas from entering



Germany





**Croatia**

## **WALLS OF STON IN CROATIA:**

There are many walls in the Wall of Ston. Together they are almost 3.5 miles long! They are more than 500 years old. These walls were used for protection. They protected a major city, Dubrovnik. The Walls of Ston are the second longest wall in Europe

## **THE APARTHEID WALL IN PALESTINE:**

The Israelis began building the Apartheid Wall on Palestinian land in 2002. The wall is very long and very high. It is made out of cement and is as tall as a three-story building. In some areas, the wall is like a big fence. The fence is electrified. This means, if you touch it, you will get electrocuted. There are watchtowers, sharp razor wire, and checkpoints. Palestinians cannot get through the wall unless the Israeli soldiers let them.



**Palestine**

## **GAZA'S WALL:**

Almost 2 million people live in Gaza. They are not allowed to leave Gaza. There is a long fence that is electrified that separates Gaza from Israel. Israel and Egypt keep the borders closed and do not let Palestinians through the border. Because of this, many people call Gaza an "open-air" prison. This means, no one can come in and no one can come out, not even food, medicine, and school supplies without Israel's permission. This makes it very hard for Palestinians who live there. They do not have jobs or fuel or enough food. Many people do not have enough water and they only have electricity for a few hours each day. Many people have to choose between keeping their refrigerators on or turning on the television, you cannot have both on at the same time. During the most recent attack on Gaza, Israel destroyed the only power plant in Gaza.







# SALAM and AMAL



## "A Day in the Life of Salam & Amal"





# "A Day in the Life of John & Jane"



Mom: "John & Jane wake up, sweethearts! You're going to be late!"



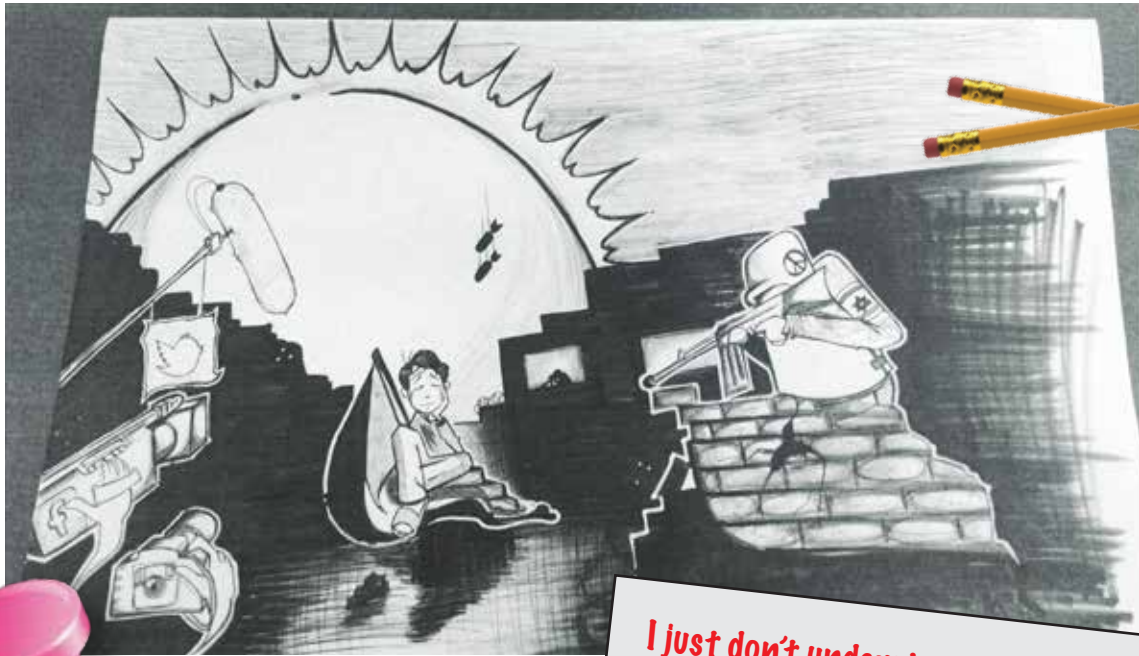
Mom: Alright, here's some money for lunch and a few extra dollars so you could get a doughnut on your way to school.



Compare and contrast the lives of children in other parts of the world with that of Palestinian children.



# Your Own Entries ...



Gustavo  
Medina  
"Gus"

I just don't understand?  
I don't know what's going on  
I just don't understand  
I see people getting bombed  
A woman and an innocent man  
I see little kids  
Playing soccer down the street  
Dribbling the ball  
And kicking their feet  
They see a tank coming down the block  
They look and stare in so much shock  
He pushes them down  
They all just fall  
They can't stand up  
All they can do is crawl  
He gets back in the tank  
As it drives off and leaves  
The kids run home with blood down their sleeves  
They want to fight back  
But they just can't  
All they can do is thrown rocks and rant  
They start shouting  
We just want freedom  
But no one here will give it to them  
They chant and chant 'Free Palestine'  
People don't understand  
Killing children's a crime

I Don't Understand by Haifa Sahouri





# Poems & Pictures

## Book Blog

"Tasting the Sky" by Palestinian author Ibtisam Barakat is about a young girl's experience after the Six Day War in Palestine in 1967. Ms. Barakat beautifully captures the range of emotions and feelings of a child going through the scary experience of war. The main character finds how her opinion was important when she discovered the Arabic alphabet. The Arabic writing gave her comfort because she knew it would always be her friend, forever, even if she lost everything else around her.

Pick up a copy and read it today!

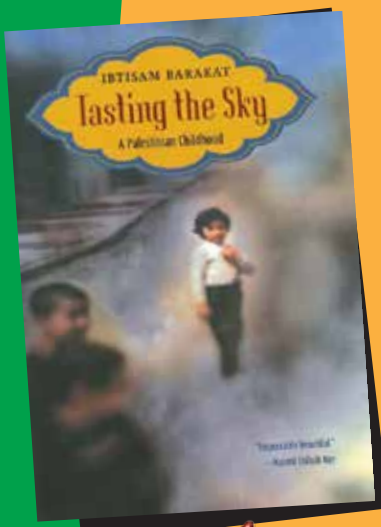
## Contest

### Write Now!

During the last attack on Gaza, artists from Gaza took pictures of rising smoke and destruction and turned them into beautiful designs that told stories about the war.

- Find one of those pictures and write a poem that makes the photo come to life. What emotion does the poem capture, what experience? Don't be afraid to be creative and take a risk.
- Write a letter to Omar bin Al-Khattab explaining to him the situation in the Muslim world today and suggest ways to fix it.

Send your entries to: Education Committee, ATTN: Magazine Contest 10101 S. Roberts Rd. Palos Hills, IL 60465 and they may be featured in the next edition of I Love Palestine!





# YOU'RE THE CHEF!

Although many people have taken credit for hummus being their culture's authentic dish, its roots, like Falafel, lie in Palestine. Roll up your sleeves and make some delicious hummus:

- Wash your hands before you begin
- Ask an adult for help with anything sharp or hot
- Have fun!

## The Palestinian Hummus Recipe:

### Prepare your Chickpeas

1. Soak your chickpeas in hot water for eight hours or overnight.
2. Rinse the chickpeas, and then pour them into another pot and boil them, for about an hour, until they're soft
- 1.. Pour tahini and lemon juice into your food processor and pulse until creamy and pale in color.
- 2.. Add salt, and pasted garlic to your lemon-tahini sauce.
- 3.. Pour chickpeas and sauce into a food processor and blend until well incorporated. Add yogurt and process again for another minute. Then add as much water as you want to achieve your desired thinness.
- 4.. Let this all run in your food processor for a couple of minutes, until it is silky smooth.

- 5.. Refrigerate for a couple of hours for best flavor.

### Finishing Touches!

Drizzle olive oil and/or any of the following: paprika or cumin, and garnished with chickpeas, olives, pickles, or parsley. Hummus can be eaten with bread, with falafel or as a dip with vegetables or fries!

## Make your hummus

2 cups of  
peeled  
chickpeas



1/4 cup  
of  
tahini  
sauce



2 1/2  
Fresh  
lemons

1-2 cloves  
of garlic,  
pasted



1 tsp  
sea salt



2 tablespoon yogurt  
(optional)



additional  
water to  
thin



YUMMMM!



# TATREEZ

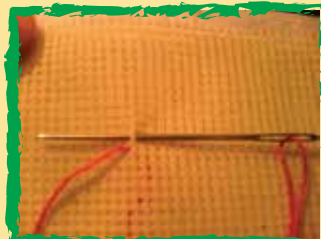
Once a traditional craft practiced by village women, Palestinian cross-stitch embroidery has become an important symbol of Palestinian culture. Embroidered pieces can be found in the homes of most Palestinians, wherever they live in the world. In addition, cross-stitch embroidery is given as gifts and worn by Palestinians worldwide on special occasions. The popularity of the embroidery comes from its beauty and its association with Palestine.

Let us start by making a simple stitch before thinking about the details.

1. Thread the needle with the colour of the floss you want.
2. Tie a knot at the end of the thread (this time only, you will learn a better way later on).
3. Start at the lower side of the fabric (back).
4. Push the needle up one hole until you are stopped by the knot.



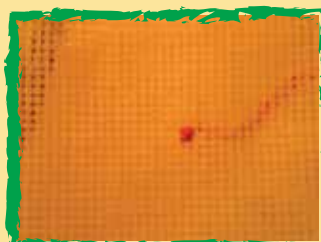
5. Locate a hole that lies diagonal to the one you came up from. (Not the hole above it but the hole beside the hole above it). Push the needle down the hole.



6. Get the needle out of the hole just above the one the needle originally came out from.



7. Locate the hole that lies diagonal to the one you just came up from. Push the needle through it so that it comes out from the back side.



8. You have an x-shaped stitch. This is a cross-stitch.  
**Congratulations!**  
**You have made it!**

If you stitch more than one stitch, then you can go up in a vertical way making half stitches, then when you reach the number of stitches required you go down again finishing up these stitches and completing them into whole ones.





# Hidden Pictures

## SPEAKING UP



In this big picture find the kufaya, shape of map, dove, olive branch, flag, peace sign, key, AMP logo, thawb, and falafel sandwich.



Kufaya



Shape of Map

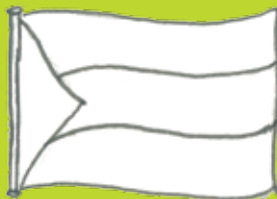


Dove

Olive Branch



Flag



Peace Sign



Key



Thawb



AMP Logo



Falafel Sandwich



# The Prophet's Companion in History!



Omar ibn Alkhattab was the second of four rightly guided caliphs. Caliphs are the friends of the Muhammad (peace be upon him) that guided the Muslims after Muhammad (peace be upon him) died. Omar bin Alkhattab was very tall and strong. Omar bin Alkhattab could write and use both of his right and left hand really well, not just one hand like most people. He was very good at giving speeches and he knew how to ride a horse very well. Omar (may Allah be pleased with him) was really fair. He knew how to treat people with justice and equality. Omar treated all people fairly. During the life of Omar bin Alkhattab Palestine was controlled by Christians. The Christian leader at the time was named Sophronius. He was going to give the keys of Palestine to Omar ibn Alkhattab. When Omar came to Palestine he was walking and his servant was riding the camel. Everyone was surprised to see the leader of the Muslim world walking while his servant was riding on the camel. This shows us how kind and fair Omar was with everyone because he was taking turns riding the camel with his servant. When Sophronius saw Omar bin Alkhattab he immediately showed him around Palestine and surrendered the city of Jerusalem to him. Omar set up many rules and laws to help protect the non-Muslims living in Jerusalem. This set of rules was known as the Treaty of Omar. Omar promised to protect the non-Muslims, he promised to take care of their churches, and to treat them fairly the same way the Muslims were treated. Omar ibn Alkhattab did a lot of good things for Palestine, he made sure that people were safe and the streets and villages were clean.





# Did You Know?



UN News Centre: Palestinian girls with model electronic cane that was presented at Intel International Engineering and Science Fair in California.



In 2010, three teenage girls in Palestine created an electric cane for the blind. A cane is a tool specific for the blind that helps them walk safely and gives them an idea of the area they are walking in and around. The electric cane that the girls created will inform the person using it of holes, stairs, or water on the surface before they actually reach it. Asil Shaar, Nour Al-Arda, and Asil Abu Lil were in ninth grade at the time and were all invited to attend the Intel International Science and Engineering Fair in San Jose, California. This international event gathered hundreds of scientists and researchers from all over the world to highlight their scientific discoveries and projects.

Palestine is the land of the prophets. Among the prophets mentioned in the Qur'an fourteen lived, preached, passed through, or died in Palestine. These prophets are Yusuf, Yaqoub, Dawud, Sulaiman, Isa, Ibrahim, Lut, Ismail, Ishaq, Shuayb, Zakariyah, Yahyah, and Muhammad (PBUH). On the night of Isra and Merage Muhammad (peace be upon him) was taken from Makkah to the Holy Land of Palestine where he led all the prophets in a night prayer at Al-Aqsa Mosque. Muhammad (PBUH) went up to the heavens after he led the prophets in prayer. On his way up to the highest level of heaven, Muhammad (PBUH) met many different prophets. Finally when he reached the highest level of heaven, he was in the presence of Allah (SW). During this meeting, Muhammad (PBUH) was told about the five daily prayers.



# Palestine in Islam



# Our Hero



**Dr. Mads Gilbert**



Who is he?

A hero is a person who does things for others to make their lives better.

A hero is someone who is generous and does good.

Mads Gilbert is a Norwegian doctor and Palestinian activist. Whenever there is an attack on Gaza, he goes to Gaza to treat the children and injured people when they get hurt. He encourages other doctors to join him and help with the cause, too. He is not Palestinian, or Arab, but he still does everything he could do as a doctor to help the Palestinian people who are in need. When Dr. Gilbert is in Gaza, he talks to the news to make sure that the world knows the truth about what is happening there. He is a hero.

1. What did you learn?
2. Will you do everything you can to help those in need the way that Dr. Mads Gilbert did?
3. How can you become a hero?



But don't forget!

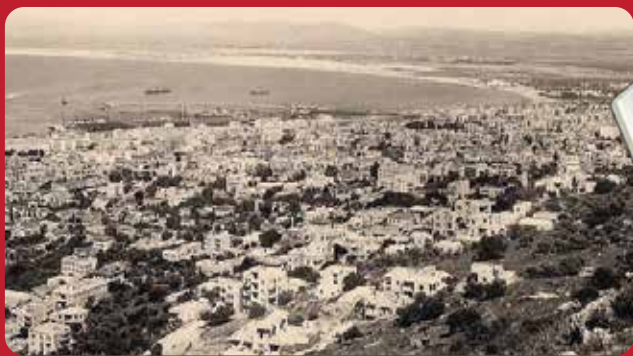
You do not have to be just like Dr. Mads Gilbert to be a hero. You can do many other things to help people. Anyone can be a hero. Start being heroic by learning about Palestine for now.





# Walking in the Streets of... Haifa

Haifa was a beautiful city: deep valleys, orange groves, abundant cucumber gardens, economically stimulating seaport along the Mediterranean Sea, and the famous Mount Carmel which overlooks the entire scenic village. It takes only minutes to go from the seashore to the top of Mount Carmel.



**HAIFA - GENERAL VIEW**



**HAIFA - THE MAIN STATION**





When on top of Mount Carmel the scene is breathtaking, it looks like a painting. Haifa was inhabited by Muslims and Christian Palestinians; there were ten Islamic schools and eighteen Christian schools. Everyone lived together peacefully.

All 70,000 Palestinians in Haifa lived together peacefully; there was no distinction between people based on their religion.

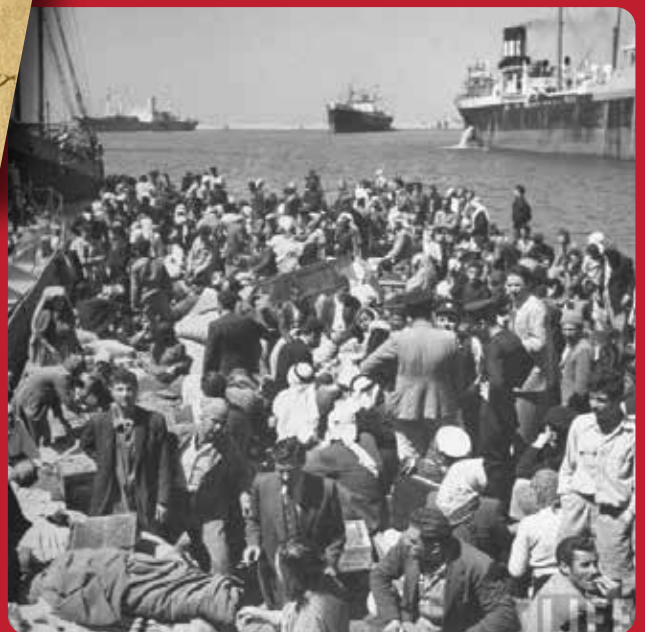


**HAIFA - MOUNT CARMEL**



**HAIFA - CITY HALL**

On April 23rd, 1948, the normal lives in Haifa were changed forever. All the exits of the village were completely closed except for the seaport. A gang of foreign people forced the people that lived in Haifa to get out of Haifa. Around 1500 people in Haifa went to stay safe in churches, mosques, and schools. The rest of the people were put on boats and forced to go to other countries and other villages in Palestine. Haifa will always be in their hearts, it will be their happiness, their sadness, and part of their identity.



**PALESTINIAN REFUGEES AT THE SEAPORT OF HAIFA IN FERRIES AWAITING THEIR FORCED RELOCATION**



# Bet you didn't know

In the 1930s, Yaffa was exporting tons of millions of **citrus crates** to the rest of the world, which provided thousands of jobs for the people of the city.



1

2

A prayer in the Al-Aqsa Mosque is equal to

**500**  
prayers.

Al-Aqsa Mosque is the second mosque built on earth after the Kaaba in Makkah.

3



4

Young Men's Muslim Association which was modeled on the YMCA was formed in Akka in 1928.

The Muslims faced Al-Aqsa Mosque for prayer before they were told to face the Kaaba.

5

There is a chapter in the Quran titled Isra that is named after the Prophets Night Journey; Isra and Merage.

6



7

In 1928, the Palestine Currency Board put into circulation a new currency into Palestine known as the Palestine pound.





# Word Mania

With the help of a parent choose the correct word and then find it in the puzzle.

**Siege** - During a siege, an army surrounds a town so no supplies like food can be delivered to the town and nobody, even those who are sick can leave.

**Gaza** - A city in Palestine that is cut off from the rest because of Israel's occupation and walls. It is a very small place where nearly 2 million people live. It is very crowded there.

**Occupation** - A foreign country and its army come into a land that is not theirs, move in and use their military strength to set the laws and to control the native population.

**Refugee** - A refugee is someone who has been forced to leave his or her country because of oppression, war, or violence.

**Thowb** - is the Arabic word for a traditional Palestinian dress that has embroidered and cross stitched designs.

**Nakba** or "the catastrophe" - The term used to describe how Palestinians were forced out of their homes, villages, and homeland. And how the Palestinians lost everything.

**Intifada** - "Shaking off" An intifada is an Arabic word that describes how Palestinians rebelled and struggled against being occupied by a foreign army.

**Apartheid** - To separate one group of people from another and deprive them of their rights. In South Africa, a small group of white people controlled the larger black population and discriminated against them. This is apartheid.

**Oppression** - Sometimes a powerful person or government uses their power to take away people's rights and to discriminate against them.

**Hawiya** - is the Arabic word for identity cards given to Palestinians in specific cities by Israel to control the Palestinian people.

**Zaytoon** - is the Arabic word for olives.

J	P	Y	E	S	J	E	Z	A	O	A	D	Q	N	A	Z	N	W	L	U
P	P	U	I	K	E	W	U	C	Z	D	M	I	X	Z	A	A	M	V	N
K	M	E	T	G	K	L	C	Q	S	A	H	M	E	O	O	K	M	V	O
O	G	Q	U	D	O	U	F	A	X	F	G	A	E	H	H	B	E	S	Z
E	G	F	F	H	P	Q	Q	G	X	I	W	W	W	L	T	A	E	X	N
D	E	Z	S	A	B	W	O	H	T	T	O	C	K	I	Z	R	F	Q	I
R	X	T	T	N	P	S	X	S	I	N	U	Z	O	N	Y	A	A	C	G
X	D	I	L	G	V	Q	G	L	Y	I	R	L	B	J	K	A	E	P	H
X	O	N	Y	R	U	Z	P	E	G	X	A	G	Z	C	P	H	Y	J	A
N	O	I	S	S	E	R	P	P	O	Z	A	Y	T	O	O	N	M	C	P



# CROSSWORD PUZZLE

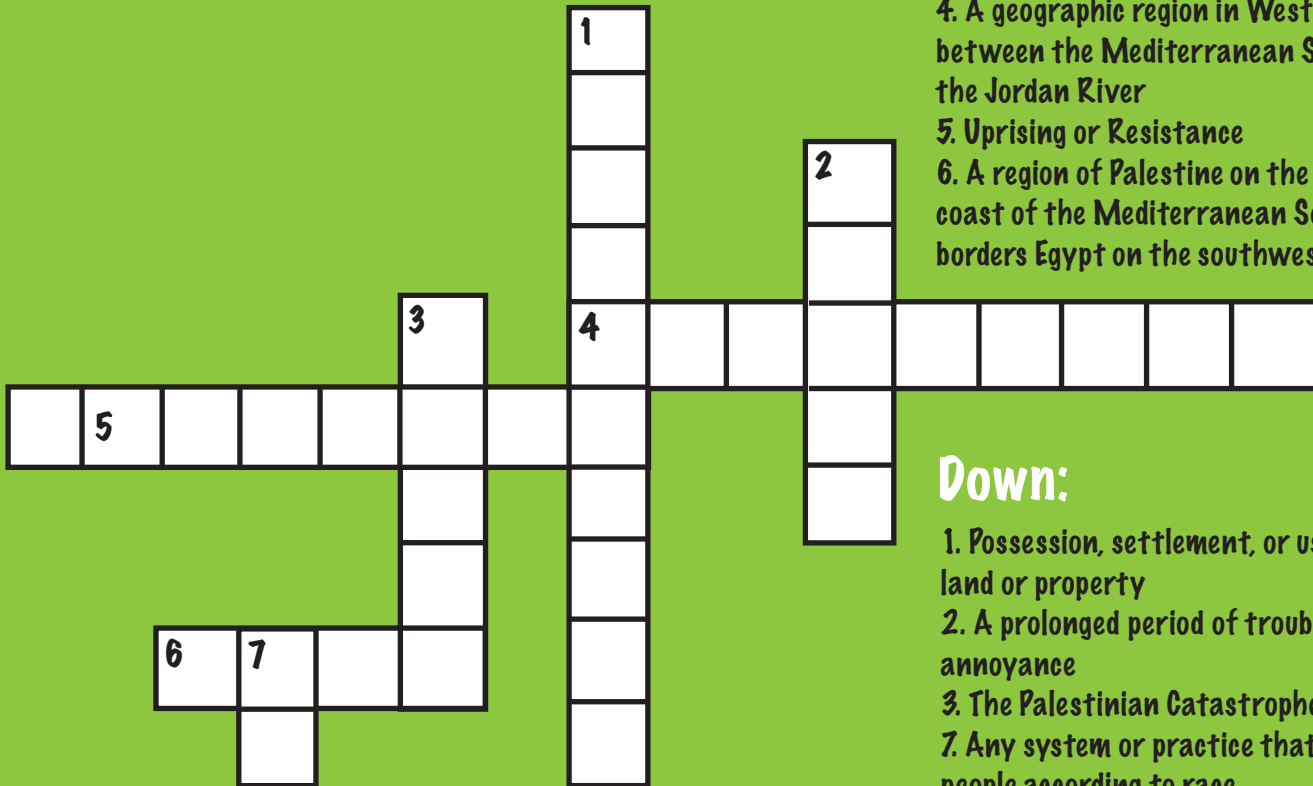


## Across:

4. A geographic region in Western Asia between the Mediterranean Sea and the Jordan River
5. Uprising or Resistance
6. A region of Palestine on the eastern coast of the Mediterranean Sea that borders Egypt on the southwest

## Down:

1. Possession, settlement, or use of land or property
2. A prolonged period of trouble or annoyance
3. The Palestinian Catastrophe of 1948
7. Any system or practice that separates people according to race



## LITTLE RIDDLES

What did  
the one goldfish  
say to the other  
goldfish?



1. How do you make seven an even number?
2. What dog can jump higher than a building?
3. What has four legs, but can't walk?
4. What has a face and two hands but no arms or legs?
5. What is an astronaut's favorite key on the keyboard?

1. Take the s out!  
2. Anydog, buildings can't jump!  
3. A table.  
4. A clock! 5. The space bar!



# Fun Page

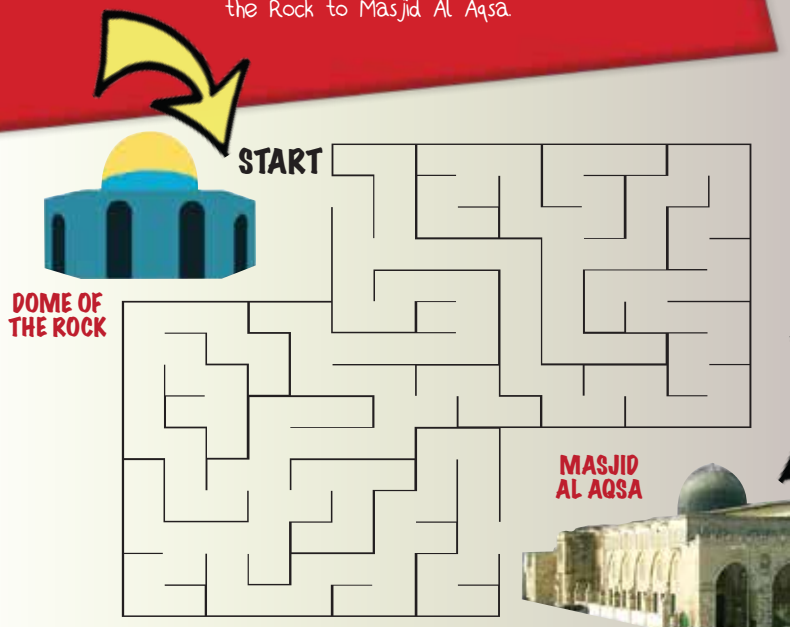
## MAZE TO MASJID AL-AQSA

There are two mosques in Palestine that people often confuse with one another. The first one is Masjid Al-Aqsa. Masjid Al-Aqsa is the second mosque built on this earth after the Kaaba. Masjid Al-Aqsa has a green dome.

The Dome of the Rock is the mosque with the big beautiful, bright, and shiny golden dome. These two mosques are very different but are very important to Muslims.

The other mosque is the Dome of the Rock. The Dome of the Rock was built after Masjid Al-Aqsa by a man named Abd al Malik bin Marwan

In the maze below help Salam and Amal go from the Dome of the Rock to Masjid Al Aqsa.



## DOUBLE PUZZLE



BANKA

--	--	--	--	--

10

GIESE

--	--	--	--	--

3

11

NIDFITAA

--	--	--	--	--	--	--	--

5

ZAAG

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DAIHRTAEP

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4

TOACUNCOIP

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1

RSPIONOSPE

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7

2

GEERUEF

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6

WIAYHA

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9

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Unscramble each of the clue words. Copy the letters in the numbered cells to other cells with the same number.





