



care[®]



Tune in



2022/2023

“ **Storytelling** has been part of our culture for a long time. We all enjoy telling our stories, and most of us equally enjoy listening to the stories of others. Best stories are told over a coffee or while having a meal with others. CARE Palestine (WBG) also has a story to tell, but it is not about us; it is about remarkable women we had the privilege to know and partner with. So please grab a cup of coffee or your favorite meal or dessert and join us in getting to know these women, listen to their stories and interact with what they have to say.

Tune In is our first attempt at storytelling in this particular form. We will greatly appreciate hearing from you if our new format was user-friendly and whether you enjoyed getting to know our partners but maybe had the opportunity to tune in, reflect and have a moment for yourself.

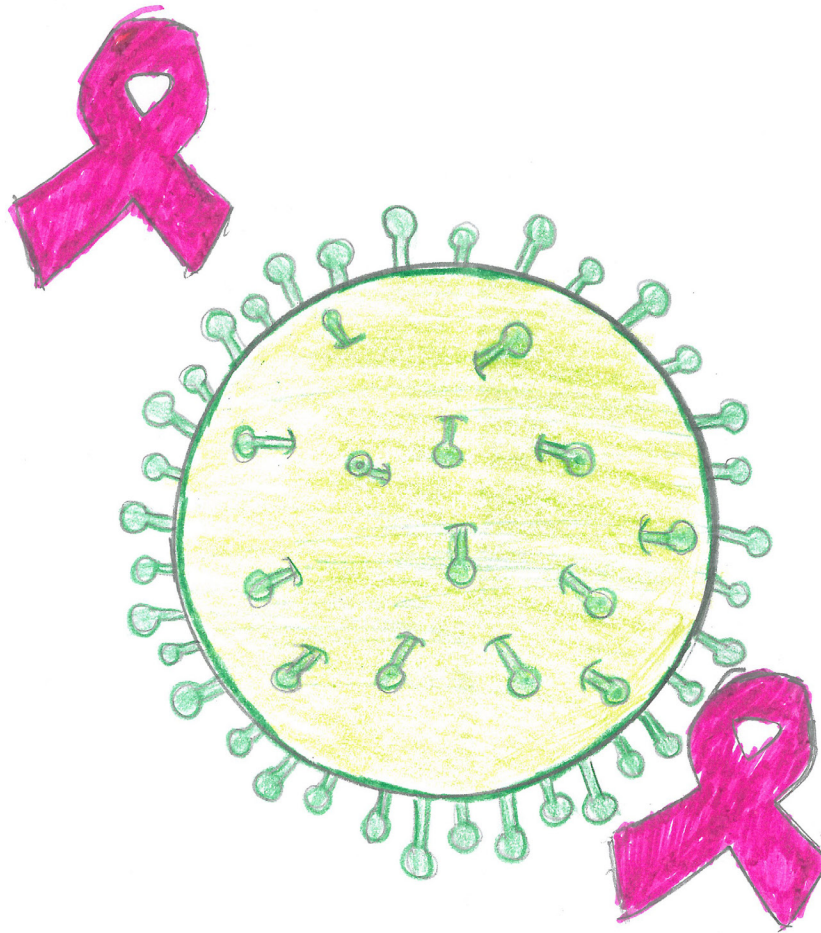
Special thanks to the four incredible women who gave us their time and shared their stories. Thanks also to Liza Ayesh for bringing this project to light. ””

Wael Ibrahim
Country Director, CARE Palestine (West Bank/Gaza)

“ Growing up, I came to know that superheroes were just normal people who happen to be mystically gifted with unearthly powers. Not knowing any better, **I wanted to be a superhero** ”



Ansaf Abu Jahjouh



Initially, I wanted to draw myself flying with an extended arm outward from my body like superman. Because, you know, not all heroes wear capes, some of them wear pink ribbons, but I'm afraid my drawing skills failed me (jokingly), so I drew the pink ribbons floating. I hope you can still picture me flying fiercely with my pink ribbon fluttering in the winds.

By Ansaf Abu Jahjouj

“Growing up, I came to know that superheroes were just normal people who happen to be mystically gifted with unearthly powers. The supernatural powers I liked the most were time travel, telepathy, and invulnerability. Not knowing any better, I wanted to be a superhero,” says Ansaf.

In an undefeated tone, Ansaf continues, “For quite a long time, I was on a mission to become supernatural. I wanted to be and feel invincible. Conversely, in this little quest of mine, I realized that vulnerability is inescapable. And for humans, it is inevitable not to mote feeling vulnerable; it would be inhuman, unhuman, and maybe subhuman. Regarding ‘invulnerability’ as a superpower is insensible. Simply because fear and vulnerability can be conquered, and once they are, a person becomes this glorified superhuman/hero at that exact defining moment. My turning point was defeating cancer.”

The 43-year-old from Gaza is a mother of two hearty girls, Mais and Reem. In 2014, Ansaf was diagnosed with breast cancer. Not a while after her diagnosis, her husband left her. On the one hand, she had to battle divorce and the viciousness of her ailment. And on the other, the newly single mother had to provide and care for her two teenage daughters.

Ansaf volunteers her time at Aid and Hope for Cancer Patients Care Organization to help other cancer patients during her own battle with the disease. She says, “I enjoy spending my time at Aid and Hope for Cancer Patients Care Organization. The women at the organization and I share a special bond. We have become close friends.”

At the Aid and Hope organization, Ansaf helps to put together breast prosthesis, an artificial breast form that replaces the shape of all or part of the breast that has been removed. Ansaf explains, “Silicon breast prostheses are pricey; they cost around 250\$. Most women in Gaza cannot afford this high cost of silicon artificial breasts. Therefore, we use fabric. We cut, knit, and stuff the material with cotton to create the breast feel. These fabric artificial breasts cost 10\$, which is 25 times less expensive than the silicon ones. They are comfortable and an affordable option for the women.”

Ansaf’s involvement at the Aid and Hope for Cancer Patients Care Organization continues up to this day. She has become a respected, well-known motivational speaker who constantly motivates, inspires, and even challenges other women in their healing journeys.

The Women at the organization rush to the room when Ansaf gives a speech. They’d be all ears. Ansaf’s words have become her long-awaited unearthly, mystical superpowers.

As part of CARE’s modest contribution to Ansaf’s wellbeing and through its support, Ansaf was provided with a dignity kit that included sanitary pads, shampoo, alcohol gel, hand sanitizers, toothpaste & brush, towels, sponges, and wet antibacterial wipes.

“ Art in all of its forms beautifully imposes an experience, one that reverberates a cry for freedom; **freedom of expression** ”



Inas Skeik

مطرازات صبيايا



My drawing explicitly shows that COVID-19 is not welcome in our workplace. The place where my team and I lead a very peaceful and joyous work environment. It says, "COVID-19 is NOT allowed in". Because yes, the spread of the pandemic has had its toll on our business, but I do not believe it can and will ever stop us from reaching for the skies. "Mutarazat Sabaya" has a team of determined, resilient, and brave women. This strong team is what will keep this business thriving. They say: "Teamwork makes the dream work" trust me, this phrase is 100% true. With such determination and love, I believe our pieces will someday travel the world.

By Inas Skeik

“Art in all of its forms beautifully imposes an experience, one that reverberates a cry for freedom; freedom of expression. And when that freedom is limited, shackled, or happens to be an open-air prison (referring to the current situation in Gaza), getting my art products to the West Bank, is itself a win, or what I like to consider; little expressions of freedom.” Says Inas

Inas is a 34-year-old entrepreneur from Al Rimal, Gaza. Inas holds a BA in business management and English literature. She continues, “I remember always wanting to join the workforce and finding a job that relates to my degree. But finding a job in Gaza is very hard, somewhat impossible, and to many, non-existent.”

Figures from the Palestinian Central Bureau of Statistics read that overall unemployment in Gaza reached 46.7% of the population. With such extreme rates, many Gazans take the risk of starting small businesses to make ends meet.

After Inas’s graduation, She joined the national employment program that helps young graduates in securing jobs. Inas says, “During my time in the program, I met a lot of intelligent women. As time passed, I started noticing a behavioral pattern in all of our get-togethers with my new friends; when we drank coffee, had lunch, and even during important meetings, the women were stitching. These women went on and on like a hypnotic robotic unit. Their stitches were beautiful; and were carried out with meticulous attention to detail. I admired their passion, and I wanted to be part of this women-led, embroidery-driven-robotic unit.”

Inas’ new friends taught her the proper Palestinian embroidery, Tatreez (in Arabic). After several attempts of maneuvering the needle and the thread, Inas mastered the art of this centuries-old Palestinian tradition. She instantly fell in love with Tatreez and wanted to re-spread the love for Tatreez across the nation, modernize it and make it more accessible.

In 2017, Inas opened Mutarazat Sabaya for Embroidery (Mutarazat; Tatreez means Palestinian embroidery- Sabaya; means young women in Arabic), a business project that constitutes a Tatreez Hub. At Mutarazat Sabaya, many women design, create and sell Tatreez tapestries, garments, and accessories. They also manage embroidery workshops to teach and train other eager women the profession. Inas adds, “I remember that it was on a Thursday night, when I first created the Mutarazat Sabaya for Embroidery Facebook page. I shared it with a couple of friends that night, and at 7:00 AM the next day, I had almost 1,500 followers. As luck would have it, I took it as a sign to proceed with this business venture. And I am glad I did.”

Through CARE’s support, Inas received numerous business-related training and workshops. Many young women learned about business planning, financial management, pricing, networking, and life & career coaching. Inas also received sewing and stitching machines, flat iron, steam iron, and sewing kits. All of which significantly helped her scale up her business.

Currently, Mutarazat Sabaya for Embroidery has its own store, workshop room, a selling point in Ramallah (West Bank). The business employs over 30 women of all ages and people with disabilities. Inas explains, “Mutarazat Sabaya for Embroidery currently employes five women who do embroidery work in-house, over eight trainers, and over 35 women who work remotely from their homes. Most of our team works remotely from their homes because we understand women’s challenges and social pressures from living in a conservative community. We wanted to accommodate the comfort and needs of as many women as possible.”

Inas aspires for Mutarazat Sabaya for Embroidery to have several selling points in Palestine and worldwide. She wants the world to see and feel what she calls ‘little expressions of freedom’.

“ It all started because of a
candy bar, the blue-wrapped
candy bar ”



Suhair Dabbour



I believe that my drawing says a lot about who I am as a person. For the beauty guru I am (jokingly), I even drew and painted my masterpiece with my eyeshadows, brow pencils, lip liners, and lipsticks. As you can see, the spiky green ball (referring to the COVID-19 virus) is not happy with my progress and wants to stop me. Yet, I kept going forward with taking all the extra cautious measures, disinfecting constantly, and wearing masks and gloves. Yes, the outbreak of COVID-19 hard hit my business, with fewer women showing up to the salon. Coronavirus, as depicted, is a dangerous tiny monster that has negatively impacted people's livelihoods and health and caused economic and social disruptions. It is still what it is; we cannot change reality. And even though I may not be able to beat it with my blow dryer- weapon (as illustrated in the drawing), I still can create and determine my reality; I am a superwoman because I did not settle.

By Suhair Dabbour

“It all started because of a candy bar.” explains Suhair.

“My five-year-old daughter burst into tears when I asked her not to get the blue-wrapped candy bar. The truth is, I could not afford it, and as a matter of fact, I could not afford any of the sweet treats, not just the blue ones. That day, Rahaf’s angry cries and tearful eyes were unforgettable. I despised this candy bar and hated how peacefully it sat on the uneven wooden shelf, clueless of all the emotions it has stirred. Little did I know that this wicked candy bar had become my wake-up call and the driving force for me to better provide for my children. Three months later, Lu’Lu’a Beauty Salon came to fruition.” She says.

Suhair is a 33-year-old wife and mother of five from Beit Hanoun in Gaza. Suhair’s daughters (four-year-old and thirteen-year-old girls) suffer from liver dysfunction due to constant, elevated high ammonia levels in their blood. Rahaf, the 13-year-old, also lives with impaired mobility that has restricted her from pursuing proper education. The girls’ medication is pricey, around \$800 a month; it is unavailable in Gaza and can only be brought from Israel. Suhair’s husband has colon cancer, and the family constantly struggles to get him to Egypt for his medical treatment. Suhair explains: “Sad to say, the healthcare system in Gaza is fragile and inadequate to meet the needs of its civilians. We spend most of our days monitoring the news; we have become fixated with the borders’ openings and closings. Because if God forbids the borders to close, it means no more medical treatment for my girls and husband. Our worries are constant; not only do we stress the availability and accessibility of medications, but we also are to be trapped in a financial loophole worry.”

Due to Suhair’s husband’s health condition, he cannot work and provide for his family. The family’s sole source of income comes from Lu’Lu’a Beauty Salon.

Lu’lu’a translates to a single pearl in Arabic. A name Suhair chose for her beauty salon that she successfully set up back in 2019. During CARE’s doing outreach activities for its entrepreneurship project, Obader. Suhair straight away applied to the project and was instantly hooked on its activities. Obader builds on personal interests and passions and illustrates the ways and means to turn dreams into thriving businesses. Through, Obader’s project, Suhair and many driven entrepreneurs were provided with workshops and training on soft and hard skills. At the same time, she has received hair blow dryers, barber chairs, hair straighteners, synthetic wigs and hairpieces, storage units, and makeup.

Suhair says: “Ever since I was a teenager, I have always been into makeup, hairdos, and beauty trends.” She graciously adds, “My beauty salon is my haven; it has become the place where I meet friends and make new ones together; we exchange conversations, stories, tears, and laughs. I am more confident that this salon is my most significant investment with each passing moment. Not only did it help me financially, but it also helped me mentally and emotionally,”

Currently, Lu’Lu’a Beauty Salon occupies a room at Suhair’s house. She there runs hair, facial, makeup, and nail services. Suhair aspires one day to move Lu’Lu’a out of her house and her salon to a new place and hire more women so they can secure a stream of income of their own.

“ I remember when I was around 8-years-old, how ecstatic I was when the old ladies, at weddings and henna bridal showers, gave away these tiny yet beautifully wrapped-in red ribbons, henna bags. I do not believe I ever outgrew my love for Henna, and it was simply **always there** ”



Sumaia Hana

“I am a henna tattooist. I design and create henna art tattoos that stain the body temporarily. Henna is an ancient practice and expression of body art that is quite popular in Gaza.” Says Sumaya.

The 38-year-old mother of five is a spirited and driven young entrepreneur. Sumaya’s passion for Henna is not of newly discovered nature but tracks her early days as a young girl. Sumaya explains: “I have always been a fan of Henna. I remember when I was around 8-years-old, how ecstatic I was when the old ladies, at weddings and henna bridal showers, gave away these tiny yet beautifully wrapped-in red ribbons, henna bags. I remember collecting and playing with them. Experimenting, mixing, and drawing with Henna instantly got me hooked for days, and honestly, for school nights as well (jokingly). I do not believe I ever outgrew my love for Henna, and it was simply always there.”

Driven by her undeniable passion, Sumaya opened her first business project, “Sumaya for Henna Inscription,” in 2010. She says: “I did not have much back then, or to put it; in other words, I was not familiar with the know-how of running an emerging business. Luckily, in 2015 I came in contact with CARE’s Obader Project team members, who pleasantly provided me with crucial pieces of training and workshops.” Through Obader Project’s support, Sumaya and many driven women in Gaza were provided with workshops to enhance and scale up their business projects. These workshops acted as knowledge hubs for many entrepreneurs. Topics presented have varied mainly in business management, branding, and both digital and traditional marketing. The project has also supported young women with various business development inputs.

Sumaya says: “I also received a cutter blotted printer, tablet IOS, white pen, solar panel, solar panel stand, inverter, and an amber battery. Many things have changed after joining this project. The first and foremost would be branding my products. There is something quite full of the joys of spring when you see your product with your name on it; it is indescribable. And the second was the solar panel. In the Gaza strip, we only are allowed to have electricity for six hours a day. Before the solar panel, most of my days were spent in the design process and, unfortunately, losing all of the work once the electricity goes off. It was frustrating, but not anymore! I can proudly say that I have come a long way, and I am proud of my progress.”

“Sumaya for Henna Inscription” has beautifully bloomed to become a family business. Sumaya’s son and daughter have joined their mother in her business venture. They each take a designated role. Sumaya says: “My eldest daughter, Suha, is in charge of digital marketing and social media- she posts photos of our work, she also collects orders, and manages customer support. While my eldest son, Mohammed, is a great designer and is in charge of the creative design process, he designs the henna samples. I love working with both of my kids. Successfully, this project has brought us closer together. And for a teenage mother, this means a lot.”

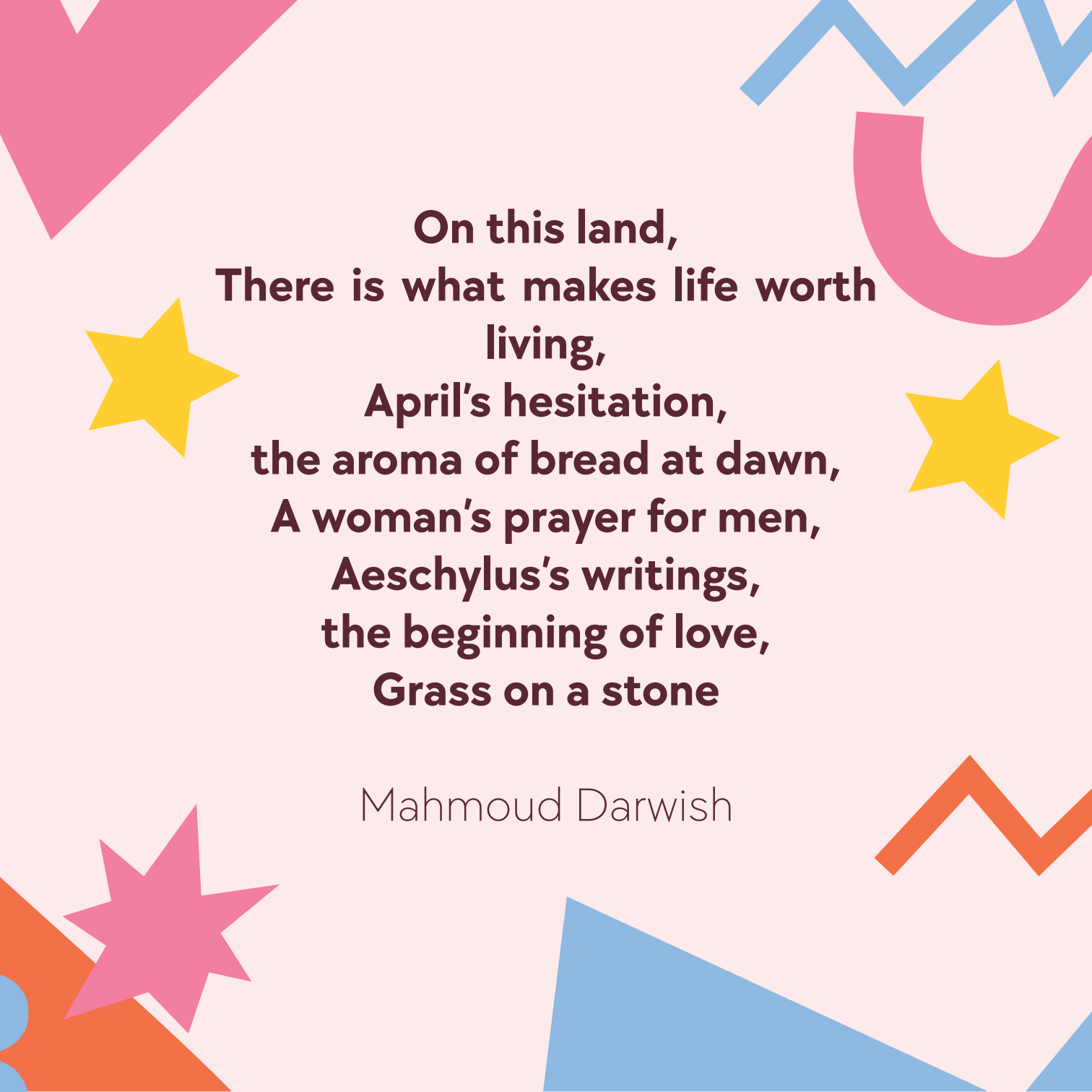
Before the COVID-19 hit, Sumaya used to rent a place where she manually drew Henna on people’s bodies; yet with all the precautionary measures and the no physical interaction guidelines, Sumaya had no choice but to close the place. Luckily, she found an alternative. And that was when the stickers idea came into life. She explains: “Stickers do not require direct physical contact, easy to use, serve their purpose, and are an excellent alternative for henna inscriptions. This idea saved my business from shutting down. Sometimes in business, you have to make hard decisions. Closing my place was not an easy one, but most certainly, a smart one. I am confident that once the spread of COVID-19 is over, I will be reopening my store.”

Currently, Sumaya owns and operates a kiosk in Capitol Mall, where she sells her henna stickers. She has also managed to distribute to 15 stores in Gaza that sell her stickers, and she even sent out two kilos bags (of stickers) to the West Bank.



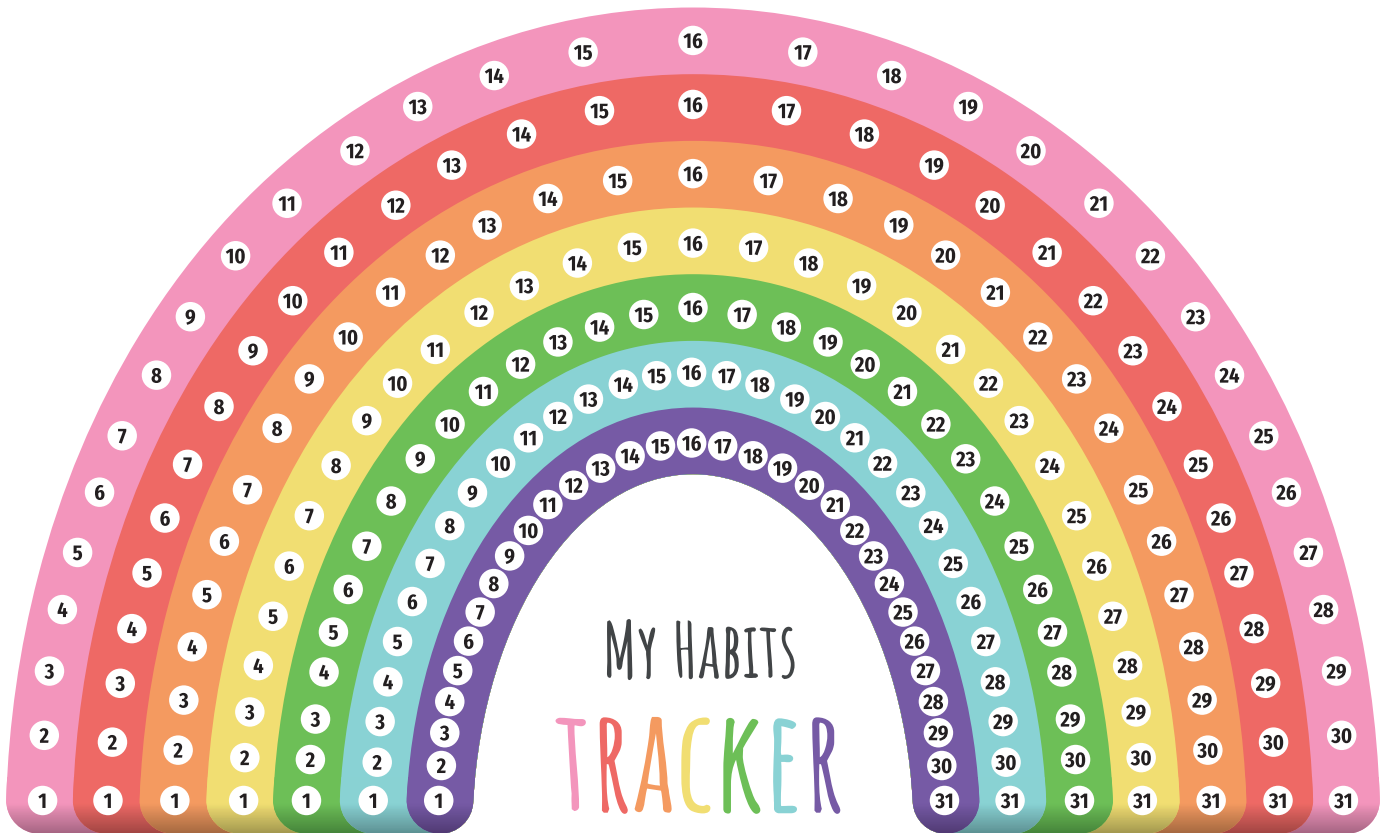
**Grab a coloring pen,
get creative
and celebrate you!**

P.S. templates can be replicated for multi-use.



**On this land,
There is what makes life worth
living,
April's hesitation,
the aroma of bread at dawn,
A woman's prayer for men,
Aeschylus's writings,
the beginning of love,
Grass on a stone**

Mahmoud Darwish



MY HABITS:

15 Minutes Self Care

SELF CARE



Healthy snack



Stargazing



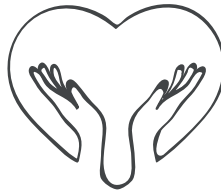
Journal



Take a walk



Call a friend



Pray / Meditate



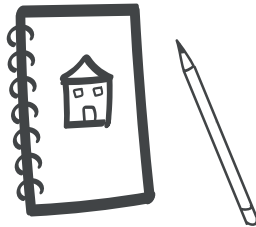
Hot tea



Read a book



Take a nap



Doodle



Listen to music



Dance



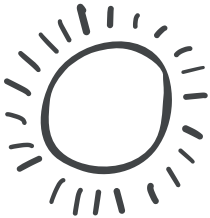
THINGS THAT
MAKE
ME HAPPY

FLOWERS

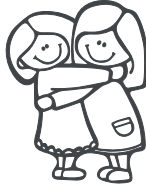
SHAWARMA

Things to be

HAPPY ABOUT



SUNSHINE



FRIENDS



FALAFEL



BOOKS



GOOD MUSIC



RAINBOWS



FLOWERS



SOUND OF WAVES



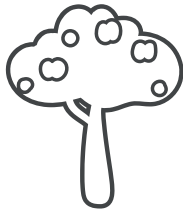
ICE CREAM



SLEEP



HOT COCOA



TREES



BUTTERFLIES



HUGS



SOUND OF RAIN



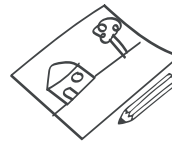
COOKIES



PUPPIES



SNOW



DRAWING



COFFEE



Mood

TRACKER



1ST



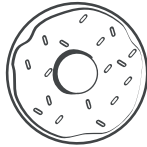
2ND



3RD



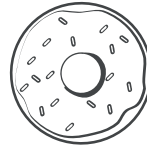
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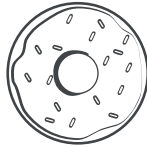
5TH



6TH



7TH



8TH



9TH



10TH



11TH



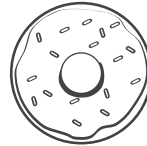
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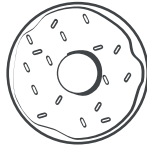
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14TH



15TH



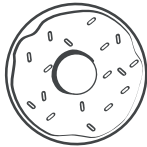
16TH



17TH



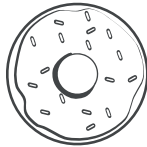
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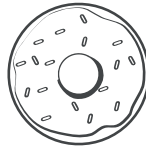
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20TH



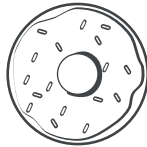
21ST



22ND



23RD



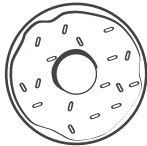
24TH



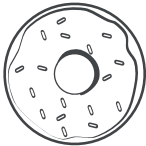
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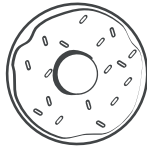
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27TH



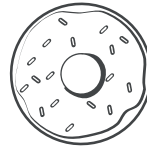
28TH



29TH



30TH



31ST



HAPPY



PRODUCTIVE



OVERWHELMED



LAZY



CONTENT



CALM



.....



.....



.....



.....

MY GOALS

YEAR: 20__

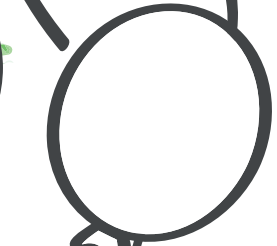
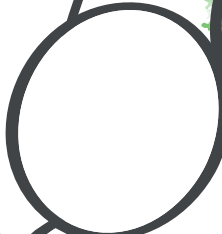
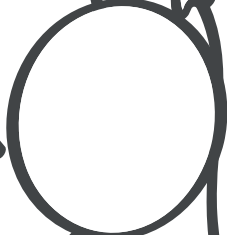
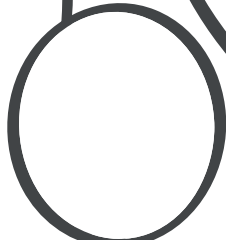
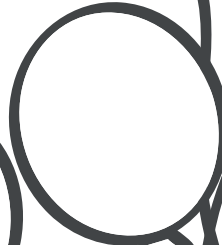
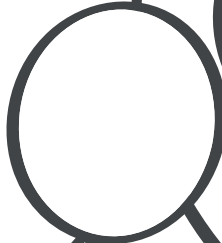
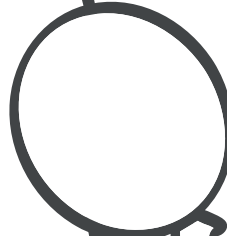
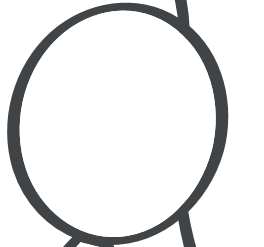
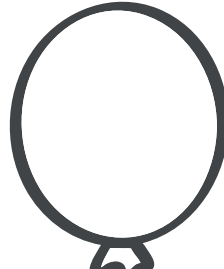
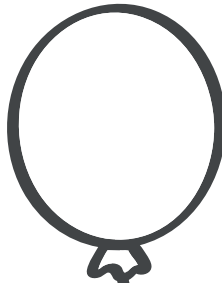
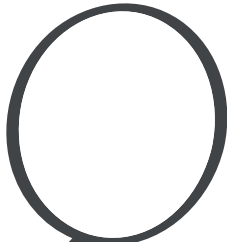
SPIRITUAL

PHYSICAL

SOCIAL

INTELLECTUAL/CAREER

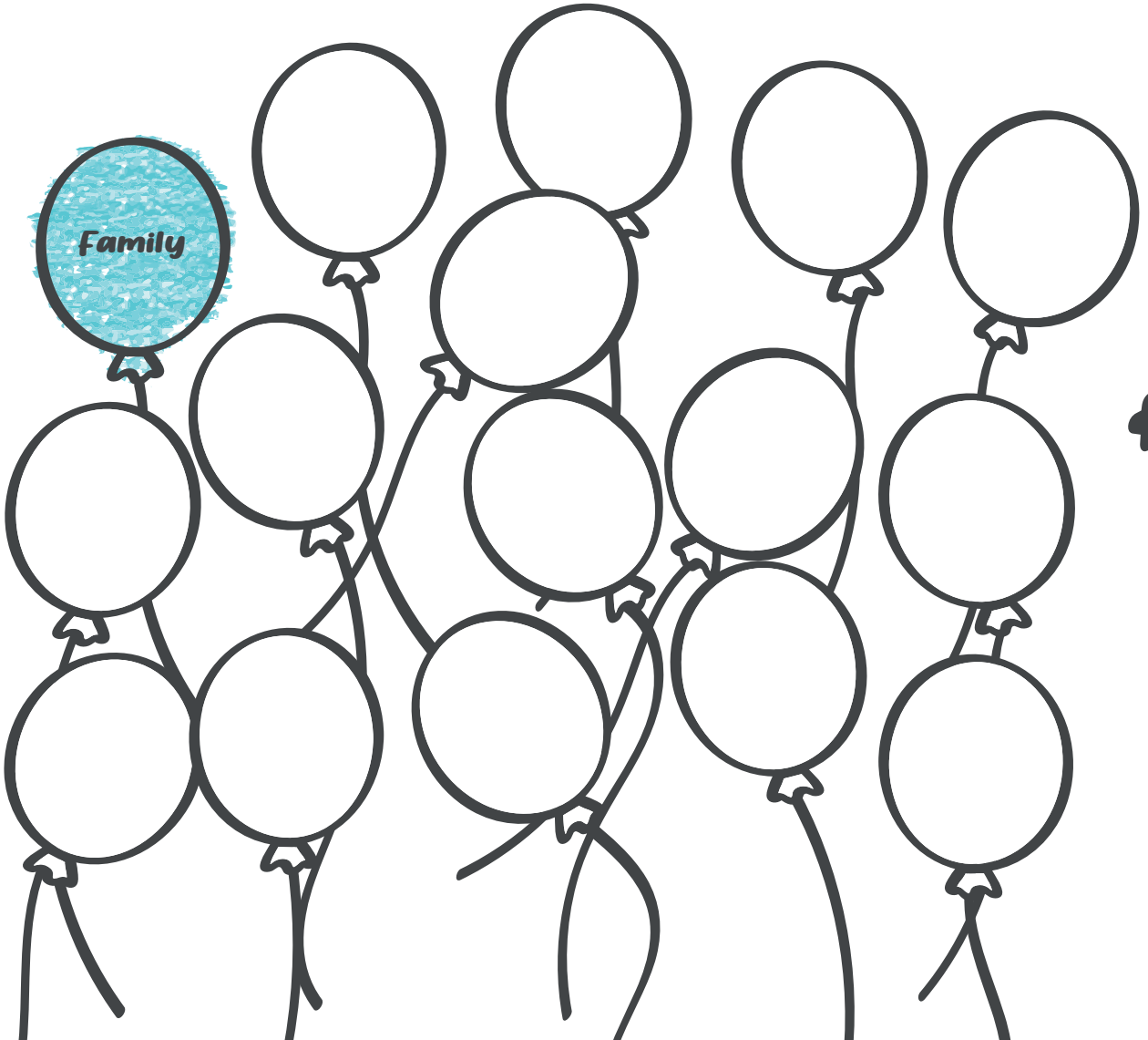
MY GRATITUDE



LIST



Family



MY
DOODLES





care®

CARE International established a presence in Palestine WBG in 1948. Over the years CARE's work has evolved from relief to long-term sustainable development programming with focus on Women and Youth Economic Empowerment and Enhancing Women's Voice and Participation in public life.

For more information, please check our website: www.care.org