

I have just opened my notebook to write down my message to the people of Japan. Then I closed it quickly leaving the room in a rush as a quadcaptor started shooting in the west side of my residential area. I called my two daughters to leave the room quickly to avoid being hit by a bullet. My eldest daughter, 21, jumped out of the sofa and lied down on the floor, while the youngest, 19, left with me. The sound of shootings is very scary and we are afraid... this craziness happens almost everyday in my area... after 360 days no one in the so-called civilized world could stop this madness... It seems that no humanity after all, or people don't care anymore!

What is happening and keeps happening for 1.9m Palestinians in Gaza is a clear war crime, a humanitarian disaster in all aspects of life. Food, medicines, medical supplies, fuel, tents, clothes and even shoes have been obstructed and blocked from entering Gaza, which led the entire population facing starvation, various diseases and complete discomfort.

A year of genocide and Israel is still ramping up in Palestine and now in Lebanon. A year full of destruction to residential buildings, shelters, tents, hospitals, lands and schools. A year full of depriving 1.9 Palestinians of their serenity.

A year of profound impact on 1.9 m
Palestinians including displacing people into
small areas causing overcrowding with lack
of everything that makes life decent... lack
of sanitation facilities, clean water, shelters
and basic hygiene conditions, food, milk
for babies and medicines. Till today, 41,788
have been killed, and more than 96,794 people
have been injured.

It's Day 363 of genocide and the war is still ongoing... nights are scary and eyes of everyone are tired; hearts are broken and seeing blood becomes normal... graveyards are full with thousands of untold stories...

All Gaza Strip is still facing unprecedented destruction amid the Israeli genocide. According to AFP 169,000 buildings damaged or destroyed; 85% of schools in ruins; 68% of farmlands lost; 68% of road networks destroyed...

After 363 days of food insecurity, the health condition of people is very high especially in the last three months as the IDF obstructs the entrance of aids.

I am 46 years and in two months I will turn 47. During the last year, my health condition was not good, my face is pale, I lost hair and weight and my nails break easily because of the bad nutrition and insufficient intake of vitamins.

My daughter Hana, 19, who has anaemia, suffers from headaches because of iron deficiency due to lack of healthy meals intake/consumptions (she has to eat red meat and fish every week and this didn't happen during the war). Despite her condition, she's still the very smart Hana as usual. Sadly, she's not joining the e-classes at university because there is no electricity and no internet. But, she spends her time wisely. She makes very beautiful bracelets as gifts to her cousins

She wishes to sell them and donate the money to the needy and poor people and buy new materials to make new ones. Hana, also, started learning Russian!! She now knows the alphabet, numbers, colours and greetings.

The prices of vegetables, fruits and hygiene materials are very expensive. This week one kg of tomatoes costs 40 nis; 30 eggs cost 45 nis; hair shampoo 80 nis; dishes liquid soap costs 65 nis... everything is expensive and most people are unemployed, they survive on savings they receive as aids from NGOs.

Despite the displacement and the bad condition of the females of our project, they're their very best to survive and support their families. We keep in touch through the harsh times and support each other. They are fighting to keep their sheep alive and keep the production circle ongoing. They have high hopes to survive and go back to their normal lives where they wake up and take good care of the mother sheep and their babies, milk them and make the delicious Baladi Cheese!

One of my hobbies that I was deprived from practicing during the past year was gardening. I tried twice to plant some rocca, coriander and dill, but they all died/dried because of water shortage problem in my area and evacuating home more than once.

Last week I tried to plant rocca and the result is promising so far as the water issue has improved a little. This week I planted dill and coriander. I wanted to plant more and more like I do every year, but there are no seeds in the market. I couldn't find any. Every year, I plant pepper, lettuce, coriander, parsley, rocca, mint, saige and thyme.

A few days ago, it rained for about 15 minutes and rain entered the rooms through the broken glass windows. I tried to blindfold the curtains to stop rain getting inside, but I didn't manage to do so though I was trying my best! At the time, I was thinking of the people who live in tents.

Living in tents makes people's lives more miserable, to endure the cold and rain in winter, and the heat & humidity in summer, the big numbers of people inside, lack of space. I strongly believe it's about time to enter caravans for people to have a temporary homes to protect them from cold and rain.

I sincerely hope you all donate and spread the word among your friends and acquaintances to donate as much and as many times as you can, even little to help the displaced people in tents and shelters noting that winter is approaching.

not to mention that tents cloth are
torn and people can barely find clothes
to protect themselves from cold and rain.

I request at the top of my voice to
an immediate and permanent ceasefire,
allow the reach of humanitarian aid to
all people without delay and push for
safe return to displaced people.

Please stop the ongoing killing of children,
women and elderly. Please stop the
genocide and push for stopping arming
and sending more weapons to Israel.
Israel army has wiped out 902 of
entire families from civil registry
in cold blood.