



MONTHLY NEWS LETTER OF MEMON JAMMAT JEDDAH MAY 2011 ISSUE # 23



Dear Brothers and Sisters
Assalamo Alaikum WRWB

This is 23rd Issue of Memon Jamat's Newsletter for the month of May 2011 is in front of you. Just to update you that as per suggestion of memon community to hold family's gathering at least once a quarter, and In view of Examinations of School commencing from mid of May until June, Memon Jamat arranged a successful Memon Families Gathering, at Al Shallal Theme Park, Jeddah during last month April 2011. The program was praised and attended by a large number of families (consisting of younger & elders, males & females) of our community

On behalf of Memon Jamat express our deepest condolence to Dr. Iqbal Musani, the President of Memon Jamat, who has flown to India just before family event of Memon Jamat at Al Shallal Theme Park, due to sad and sudden demise of his youngest brother in law (husband of his youngest sister). May Allah almighty rest the soul of deceased in eternal peace and heaven and give patience to his family members to bear such irreparable loss.

However, we hope this newsletter will be informative & interesting to you all. We express thanks to those community members who wrote to us and gave us their valuable feedback and suggestions that are sort of guidance to us. We sincerely apologize for any unintentional omissions or errors in this newsletter.

Thank you again and look forward to continued cooperation from all our community members.

Best Regards
Newsletter Committee



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If you cannot do great things, do small things in a great way. - Napoleon Hill

MEMON JAMAT'S FUTURE EVENTS:

1) MEENA BAZAR:

WE HAVE AFTER EXAMINATION OF SECONDARY, HIGH SCHOOL AND O & A LEVEL IN JUNE A MEENA BAZAR WILL BE ARRANGED, NEGOTIATION FOR VENUE IS GOING ON. IF ANY BROTHER OR SISTER HAS ANY SUGGESTION IN THIS REGARD, WE SHALL WELCOME THEM.

2) PRIZE DISTRIBUTION

WE HAVE RECEIVED A VERY POOR RESPONSE FROM THE COMMUNITY. WE INTEND TO HOLD THE EVENT OF AWARD/PRIZE/CERTIFICATE DISTRIBUTION CEREMONY WHERE OUTSTANDING & MERITORIOUS STUDENTS OF THE MEMON COMMUNITY WILL BE ENCOURAGED WITH AWARDS/PRIZES/CERTIFICATE. PLEASE SUBMIT TO ANY OF OUR OFFICE BEARERS, COPIES OF TRANSCRIPTS OF OUTSTANDING STUDENTS OF ANY CLASS/GRADE/SECTION INCLUDING COMPLETION OF PROFESSIONAL DEGREES OR HIFZ-E-QURAN.

3) SOCIAL EVENING WITH SCHOLAR/CELEBRITY

WE ARE TRYING TO CONTACT SOME SCHOLARS, WE SHALL ANNOUNCE THIS EVENT ONCE WE SUCCEED TO GET CONSENT FROM RESPECTIVE SCHOLAR.

4) CAREER COUNSELLING FOR HIGH SCHOOL STUDENTS

CAREER COUNSELLING FOR THE HIGH SCHOOL (INTERMEDIATE AND A LEVEL) STUDENTS WILL TAKE PLACE THIS TIME AFTER THEIR FINAL EXAMINATION. SOME EXPERTS RELATED TO THE FIELD OF CAREER COUNSELLING WILL BE INVITED TO ASSIST OUR COMMUNITY STUDENTS IN BUILDING THEIR FUTURE CAREER.

5) Families get together at some Istrah in north Jeddah (family picnic) after Meena Bazar.

6) Medical Camp: in near future.





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ANNOUNCEMENTS

1. We are going to revise our website soon that will contain short and sweet features.
2. We are pleased to inform you that Memon Jamat in it's Board meeting has decided to register all community members of age of 18 years and above, possesses legal residence of Saudi Arabia to be official member of the Jamat with very nominal fee of SR.50/- for year. The registered members shall have following benefits:
 - They will receive all information and circulars of memon jamat officially.
 - They will be given priority for invitations to all events and programs in allocation of seat
 - They will be eligible to participate in General Body Meeting whenever held and vote for resolution on any issue or matter, if asked for by the Chairman of meeting.
 - They may be introduced as registered member with celebrity or chief guest of the event.
 - They may receive concession and facilities on various occasions to be announced from time to time.
3. A COMPUTER TRAINING INSTITUTE IS IN FINAL NEGOTIATION AND WILL BE OPENING SOON. A SEPARATE ANNOUCEMENT WILL BE DONE FOR THIS PROJECT.
4. THIS IS DECIDED TO INVITE APPLICATIONS FROM POOR FAMILIES WHO CANNOT AFFORD SCHOOL FEE OF THEIR CHILDREN OR THEIR CHILDREN HAVE DISCONTINUED DUE TO INABILITY TO PAY THE SCHOOL FEE. THIS AID SHALL BE PROVIDED TO NEEDY FROM ZAKAT FUNDS AFTER NECESSARY FORMALITIES. NEEDY FAMILY MAY CONTACT JAMAT IF THEY ARE REALLY FACING FINANCIAL HARD
5. WE ARE ACCEPTING DONATIONS, CONTRIBUTION, OR COMMITMENT TO PAY IN FUTURE OR FOR SPECIFIC PROJECT. BROTHERS MAY DONATE THEIR FUNDS TO MEMON JAMAT SPECIFYING THE USAGE OF THEIR FUND IN ANY OF THE FOLLOWING:
 - (I) TO USE IN WELFARE PROJECTS OF MEMON JAMAT
 - (II) TO USE IN EVENTS OF MEMON JAMAT
 - (III) TO USE IT IN ZAKAT AND/OR CHARITABLE PURPOSESDONORS MAY KINDLY CONTACT ANY OF THE OFFICE BEARERS OR FUNDS COMMITTEE.

سبحان اللہ العظیم سبحان اللہ وبحمدہ

Precious Dua's
Let Us Keep
Learning, Until
Our Last Breath

دعا! اے اللہ ہم تجھ سے مانگتے ہیں۔
ایسی معافی جس کے بعد گناہ نہ ہو۔
ایسی ہدایت جس کے بعد گمراہی نہ ہو۔
ایسی رضا جس کے بعد ناراضگی نہ ہو۔
ایسی رحمت جس کے بعد عذاب نہ ہو۔
ایسی کامیابی جس کے بعد ناکامی نہ ہو۔
ایسی عزت جس کے بعد ذلت نہ ہو۔
یا اللہ مجھے اور میری فیملی اور عز و اقارب و دوست
احباب کو دنیا اور آخرت کی ہر قسم کی رسوائی سے
بچا اور آئندہ لے دنوں میں ہمیں ہر قسم کا سکون اور
امن عطا کر۔ (آمین)

استاد کا مقام
ستراط سے کسی نے پوچھا کہ استاد اور
والدین میں سے کس کا مقام بڑا ہے؟
ستراط نے جواب دیا کہ استاد کا مقام بڑا
ہے۔ پوچھا گیا وہ کیسے؟
ستراط نے جواب دیا کہ والدین بچے کو
پیدا کر کے آسمان سے زمین پر لاتے
ہیں۔ اور استاد بچے کو علم دیکر زمین سے
آسمان پر پہنچاتے ہیں۔

﴿غور کریں﴾
جس طرح اچانک یہ پیغام آپ کے پاس پہنچا ہے۔
اسی طرح موت بھی اچانک آسکتی تھی؟
اگر اس پیغام کی جگہ موت آجاتی تو کیا؟
اس وقت آپ اللہ تبارک تعالیٰ کے حضور حاضر
ہونے کیلئے تیار تھے؟
ذرا سوچیں!
کچھ نہیں تو صرف نماز کی پابندی کی میت ہی کر
لیں۔ اللہ ہم سب کو ہدایت دے (آمین)

رسول اللہ ﷺ نے ارشاد فرمایا کہ
جو شخص اللہ تبارک تعالیٰ سے دن میں
تین بار جنت کا سوال کرتا ہے۔ جنت
خود اللہ تبارک تعالیٰ سے دعا کرتی ہے
کہ اے اللہ اسکو مجھ میں داخل فرما۔ اور
جو شخص دن میں تین بار جہنم سے پناہ
مانگتا ہے تو جہنم خود اللہ تبارک تعالیٰ
سے دعا کرتی ہے کہ اسکو مجھ سے پناہ
عطا فرما۔ (سبحان اللہ)

﴿بدل دوز مانہ﴾
اپنے روزمرہ کے کلمات بدل دو
جیلو ہائے کو اسلام و ایم سے
تھینکس، شکر یہ کو جزا اک اللہ سے
بائے، ٹھیک کیمر کو فی امان اللہ سے
واڈ، گریٹ کو ماشاء اللہ سے
اوکے، ڈن کو انشاء اللہ سے
آئی ایم فائن کو الحمد للہ سے
ایکسیلیٹ زبردست کو سبحان اللہ سے
شٹ، اے یا رکو اللہ وانا لہبراجعون سے
کیونکہ! الحمد للہ آپ مسلمان ہیں۔



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Artificial Sweetener

Mariam Alireza

Last week, I started exploring the artificial sweetener, aspartame, much included in many food items as a “harmless” additive to encourage its acceptance and use by diabetics and obese as well as healthy adults and children, making them believe that it maintains slimness and health and protects teeth from decay. Little do they know how “damaging” it is to both body and brain. Because of this innuendo, I shall pursue my investigation today by exposing some “unpublicized” scientific studies and experiences about the side effects of this chemical. The unaware public has the right to be educated about the long-term use and aftereffects of the “isolates,” aspartame has introduced in many beverages, foods, snacks, and medications. Each one of us should also know that each component of aspartame by itself produces noxious effects, let aside what the three compounds and their byproducts combined generate in the system. I shall start by briefing you again about aspartame and its compounds. Here, we go!

Aspartame comprises three compounds: aspartic acid, phenylalanine, and methanol. The first two, isolated amino acids, are neurotoxins, which affect the central nervous system and brain, damaging nerve cells. Methanol, alcohol extracted from wood, is a poisonous, inflammable substance used as an additive for gasoline, paint removers, car engine cleaners, and more (notice what methanol is added to!). Isolated methanol, inhaled, absorbed by the skin, or ingested in big amounts, is highly toxic. In small amounts and in combination with the first two compounds, aspartic acid and phenylalanine, methanol (!0%) is quickly broken down, becoming formaldehyde, another neurotoxic chemical.

I would like to add more about a characteristic of methanol. This information was provided to me by Jim McDonald of the United Kingdom Aspartame Awareness Campaign (UKAAC). Once in the body, methanol in aspartame (44 times higher than safe levels) accumulates in the system over the years to produce “severe neurological, organ, and tissue damage.” According McDonald’s graphic description, “Aspartame’s job is done, as soon as it reaches the taste sensors at the tip of the tongue, it then discharges its toxic waste into the gut for our bodies to get rid of!”

Another fact I would like to point to is that aspartame is included in small amounts in thousands and thousands of diet beverages, soda drinks, foods, flavored yogurt, snacks, chewing gum, throat soothers, cough syrups, and children and adult medications and antibiotics. When the body is continuously bombarded with the “detrimental” chemical, its cumulative effect becomes so high that the body systems are unable to detoxify. That is when damage occurs. The c



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becomes too difficult to diagnose and the cause too complex to identify.

You must be wondering if aspartic acid is an amino acid, a nutrient, why does it become harmful. When a nutrient is isolated and is not part of its natural chain of amino acids, the "isolate" assumes a different activity in the body. In this case, it becomes offensive by overstimulating nerve cells. By crossing the blood-brain barrier, especially through soda drinks, it impairs the central nervous system.

The other "isolate," phenylalanine damages neurons and reduces serotonin production, leading to aggressive behavior and depression. The three compounds, aspartic acid, phenylalanine, and methanol, synergistically act on the body by producing a variety of physiological, psychological, and neurological disruptions.

Beverages containing APM carry higher risk. Because they are rapidly metabolized, the sweetener affects the brain faster by becoming a neurotoxin. The effect is more magnified when the drink's temperature rises above 30° C. That was why after their return, American troops of Desert Storm during the Gulf War developed "unexplainable" neurological syndromes, misdiagnosed as 'trauma.' Their symptoms were similar to the chemical poisoning of formaldehyde, also an aspartame byproduct.

Moreover, aspartame along with phosphoric acid in Colas and soda drinks disrupts the blood pH balance and enzymatic functions, leading to major health complications like renal failure, cellular damage, seizures, and coma.

There is a lot more to add, but before I close my article for today, I would like you to read the following passage sent to me by Barbara Metzler of New Jersey, USA. This is a mother's "horrific" experience with her daughter's health due to aspartame overconsumption.

"More than 20 years ago, when my daughter was in her early 20's and studying for a Master's Degree, she noticed that she was experiencing bizarre symptoms that were quite alarming. This truly bright girl, whose college tuition was entirely funded by scholarships and who won a Telluride Association Scholarship in competition with more than one million students from the entire US, realized that she was becoming very confused. In addition to her intellectual deterioration and drastic personality change, she developed epileptic-type seizures, and she began to lose her vision in both eyes.

She also began having severe headaches, panic attacks, tremors, profound exhaustion, insomnia, suicidal thoughts and numerous other problems including joint pains. My daughter cons



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neurologist, and he told her that she had temporal lobe epilepsy. He began treating her with medication, but the medication didn't work, because the doctor was wrong in his diagnosis and he was treating her for a condition she didn't have! What she really had was Aspartame -- Poisoning/Toxicity!

I had heard about Dr. H. J. Roberts (Florida), so I contacted him and he confirmed what I suspected - that she was suffering from a reaction to the artificial sweetener in diet soda, even though she drank only 1 or 2 cans a day. My daughter owes her life to Dr. Roberts, because thanks to him, she stopped drinking diet soda, and gradually, every one of her problems disappeared. Today, she is a successful computer programmer and financial analyst. Dr. Roberts is listed in Who's Who in America, Who's Who in Science and Technology, Who's Who in Medicine and Healthcare, and The Best Doctors in the U.S.

To follow up, my daughter went to Boston for special studies on her brain, and the doctors at the Clinical Research Center at the Massachusetts Institute of Technology confirmed that it was the aspartame that had made her so sick. They said that she had been totally misdiagnosed by the neurologist and that she did not have temporal lobe epilepsy at all. She also saw a highly-respected ophthalmologist who explained why her vision loss was due to aspartame.

She was fine for 12 years. Then, she began drinking diet soda again and had the same severe reaction. Luckily, I realized what was happening to her and was able to convince her to stop using aspartame. Why did she start again? It's addictive! (Aspartame has three components: phenylalanine (50 percent), aspartic acid (40 percent) and methanol, also termed wood alcohol (10 percent). Think about the 10 percent of aspartame that is absorbed into the bloodstream as methanol (wood alcohol)! The Environmental Protection Agency defines safe consumption as no more than 7.8 milligrams per day of this dangerous substance. A one-liter beverage, sweetened with aspartame, contains about 56 milligrams of wood alcohol, or eight times the EPA limit!).

By approving aspartame, the FDA caused many problems for many innocent people. Aspartame is marketed under names such as NutraSweet, Equal, Equal Measure, Spoonful, Naturatate, Canderal, Benevia, E951, Nutratate, Joe Sweet, Indulge, Hermesetas Gold (both ace-k and aspartame), Sanecta, and Tri-Sweet. (Crystal-Lite is a beverage mix that contains aspartame.)

My daughter's experience was a terrible waste of time and money -- from something as avoidable as diet soda. And, why did it take so long to help her? Because most physicians and their





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are clueless when it comes to connecting the myriad of bizarre symptoms of aspartame poisoning with the consumption of what is supposedly a safe substance - approved by the FDA! Since the FDA says aspartame is "safe," doctors don't notice "side-effects" when they are staring them in the eye."

I shall leave you to decide whether you still want to use the "detrimental" artificial sweetener or NOT. It is your choice to save your health and of those around you! I have other alarming stories, but I chose this one for the time being. In my next articles, I shall display for you alternative harmless sugar substitutes as well as some of the other "harmful" sweeteners to avoid.



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Brief Report of Family Gathering at Al Shallal Theme Park Jeddah

An event of family gathering at Al Shallal Theme Park held on Thursday 28th April 2011 from 5 p.m. to 2 a.m. More than 300 (younger & elders and males and females) of our community attended the event. At the entrance following gifts were distributed:

- First 10 families were given gift hampers
- All families given voucher of SR.200/- of a clinic to have dental cleaned free of charge against that voucher
- All families given Story and Art Book of SR.10/ free of charge.

Needless to mention that Al Shallal Park provides a unique environment for all meetings and events needs. It guarantees to add a day of excitement to the convention, new product launching, corporate networking, company or family fun day. Wide venue, entertainment options and meal selections make it more than productive that makes it truly memorable.

Moreover, Al Shallal offers the best in hospitality and is perfect for outing of any sized or groups where they enjoy great foods, beautiful & clean garden surroundings, and one-of-a-kind rides & attractions that are safety inspected and certified.

There is also a large seating theatre (Hall) venue equipped with video-sound system providing excellent entertainment and audio-visual presentation or show where Memon Jamat was supposed to present an attractive programme prepared by the president Dr. Iqbal Musani, but unfortunately he left to India in emergency thus the program did not take place but Dua-e-Magfarat for late brother in law of President was offered in the gathering inside theatre. The gathering was attended by our Chief Patron Mr. Ashraf Tumbi, Patrons, M/s Yaqoob Moosani and Haji Ahmed Abdul Karim and other office bearers and some members of board and members of community.



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This was first time in history of Al Shallal Park, a banner was placed in the name of Memon Families Group under logo of "MASA". The management of Al Shallal Park was impressed with management of memon families group so nicely and they have promised to offer memon jamat some more facilities and complimentary services in future events if held in Al Shallal.

We have received several positive feedbacks from the respectable members of our community, one of them is placed below that gives feelings and impression of the people about the event:

Quote:

Dear Sir

Thanks for your mail.

Very very sorry for the sad demise of Brother in Law of Dr. Iqbal moosani. You were also good enough to pray for the soul at Al shallal Park. May Allah give you award for this too.

Regarding the programme of today, I would like to say that it was very very entertaining for every member of the family. Teen Agers had a good chance to enjoy on rides, whereas elders were also enjoying the weather and the ladies had a very very good opportunity to sit together plus meal was a bonus in a very good atmosphere, Hence every member of the family enjoyed within their limit.

Many many congratulations for a great programme. Well done. Please keep it up

Best Regards

JAWED HUSSAIN KAPADIA

Unquote

In brief the memon families enjoyed the event even till late night 2 a.m. and have requested to hold similar program again in the future.

Al Shallal Theme Park is one of the most popular Amusement Parks. Also referred to as 'Fakeih Poultry Farms', the Al Shallal Theme Park has the characteristic of having the largest roller coaster in the country and also features a separate ice rink



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The amusement park also includes theme games for the children including magic shows. In the premises, a large number of onsite restaurants serve cuisines from all across the world.

The Park also includes a separate game arcade and a conference area which can be reserved for private gatherings and business seminars. There are entrance fees and the additional tickets are required for the rides and magic shows.





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Pictorial view of Al Shallal Park Family Gathering



At the entrance of the Park community memon families welcomed by Patron Yaqoob Moosani, Vice President Younus Habib, Gen.Secretary Tayyab Moosani, Joint Secretary Nasir Ibrahim, EMC head Mansour Shivani and Arif Memon (pic. up & down)



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Patrons Mr. Yaqoob Moosani and Haji Ahmed Abdul Karim with office bearers and Board Members at the entrance and inside the Auditorium of the Park (pic up & down)





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Gathering of Audience in the Auditorium of Al Shallal Park



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Chief Patron



Yaqoob Moosani
Patron



Ahmed Abdul Karim
Patron



Mohammed Chapra
Patron

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President



Younus Habib
Vice President



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Mansour Shivani



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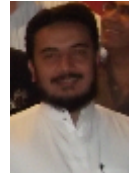
Arif H Usman



Luqman Amanullah



Habib Rahmatullah



Waseem Tai

Managing Committee



Iqbal Godil
Pic. Not
available

Muslim Amanullah