

Memon Welfare Society Saudi Arabia (MWS)

Issue # 49 July 2013



Dear Brothers and Sisters.

Ramadan Mubarak, to all our community members. An Edition of Newsletter of MWS for the month of July 2013 is in front of you. Hope it will be interesting & informative to the community.

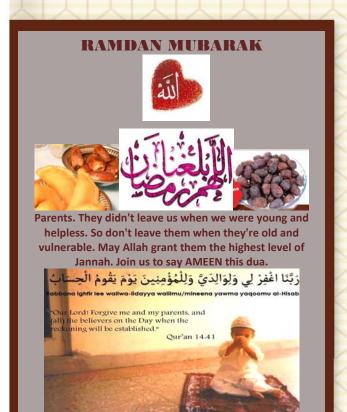
As we are aware that the holy month of Ramadan is commencing soon, which is the ninth month in the Islamic calendar. It is a time when Muslims around the world focus on prayer, fasting, giving to charity, and religious devotion. The last third of Ramadan is a particularly holy period, as it commemorates when the Holy Qu'ran first verses were revealed to our Prophet Muhammad Peace Be Upon Him. May Allah almighty accept our prayers and bless Muslim Ummah.

We are pleased to inform our community that we shall be bringing out special edition of Newsletter next month since it will be completing 50th months of its issuance and that will be named as <u>"Golden Jubilee Number"</u>. Therefore, we kindly request our community brothers and sisters to send us their informative write ups, articles, essays or messages of their thoughts, ideas, views and feelings & impression about newsletter, we shall review and insert them in our next issue.

We hope, an Iftar Party for male members of our community will be arranged some time during current month of July. We have started preparation from now to hold the 5th Anniversary of MWS in September 2013. This will be mega event which will include back to school event, prize distribution to meritorious students of the year, honoring the seniors of the community in KSA as well as memon culture program.

Our, heartiest thanks to the community for their help, assistance and support from time to time and looking forward to continued cooperation in the future. We sincerely apologize if there is any unintentional error or omission in this issue.

Sincerely / Newsletter Committee

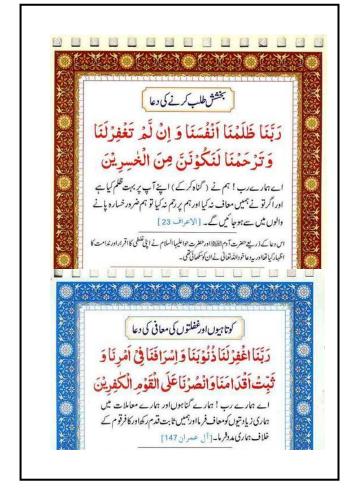




The City that Never Sleeps



يَّا أَيُّهَا الَّذِيْنَ امَنُوا كُتِبَ عَلَيْكُمُ الصِّيامُ كَمَا كُتِب عَلَيْكُمُ الصِّيامُ كَمَا كُتِب عَلَي كُمُ الصِّيامُ كَمَا كُتِب عَلَى الَّذِيْنَ مِنْ الْكَلِكُمُ لَعَلَّكُمُ تَتَقُونَ ٥ كُتِب عَلَى الَّذِيْنَ مِنْ الْكَلِكُمُ لَعَلَّكُمُ تَتَقُونَ ٥ اللَّهُ وَمَا يَها اللَّهِ اللَّهُ اللَّهُ عَلَى اللَّهِ اللَّهُ عَلَى اللَّهُ عَلَى اللَّهُ اللَّهَ اللَّهُ الللْمُعُلِمُ اللْمُعُلِمُ الْمُعْلِمُ الْمُنْ الْمُنْ الْمُنْ الْمُعْلِمُ اللَّهُ الْمُنْ الْمُنْلِمُ الْمُنْ الْمُنْ الْمُنْ الْمُنْ الْمُنُولُولُ الْمُنْ الْمُل





Why to PLAN for Ramadan

- The best of Months
- Quran revealed in this month
- A month of Blessing, Mercy & Forgiveness
- Allah Himself gives rewards for one who fasts
- Doors of Heaven are opened
- · Doors of Hell are closed
- · Shayateen are chained
- Rewards multiplied from 10 to 700 times
- A Night better than 1000 months





The Welfare Services of Memon Welfare Society

- √ Helping poor students for education fee
- √ Helping Community members for health care for those who cannot afford
- √ Helping in Coffin & Burial Services
- ✓ Helping & guiding unemployed in seeking employment
- √ Voluntarily Matrimonial services
- ✓ Beside above we are assisting some Madrassa by paying fees of needy students and school where the students will receive free education who cannot afford even the nominal fee.
- ✓ We also hold other social & welfare activities for our community such as Seminar, Families get to gather together, Career guidance sessions, evening with scholar, and also help financially and materially the victims of natural disaster such as flood in Pakistan and Earth quake etc.
- ✓ During last one year we have sent five shipments of used clothes for poor people in Pakistan & India.
- ✓ We also collect unused medicines for free medical camps organized by Pakistan welfare Society in Consulate General of Pakistan Jeddah.

No doubt, Memon Welfare Society is playing a significant role by providing an opportunity to the community families to meet, greet and eat together from time to time, which is a piece of good fortune. It is worth mentioning that we have various committees to undertake their respective responsibilities and assignments.

In brief MWS is purely social and welfare forum to serve the community and humanity.



Out of several emails received from brothers of the community, we have selected two only to share with you for your information.

ONE: (Quote)

From: "Abdul Rauf" <raufsivany@yahoo.com>

Sent: Saturday, June 01, 2013 11:53 PM

To: masa@memonassociation.com

Subject: Re: fw: MASA Newsletter for June 2013

Dear Mr. Secretary - MASA

I am impressed with the contents of MASA Newsletter for June 2013. Your team has done a great job in promoting the Memon Community with great touch of intellect.

The pictures shown with Rauf Lala show the good choice of venue with smile on the faces of attendees speak by itself of the quality of program.

Not to mention the contents in the Newsletter includes religion, entertainment and health...all depict the quality of minds behind its formation.

Keep doing the great job.

With kind regards,

Abdulrauf Sivany

-X-X-X-X-X-X-X-

Two: (Quote)

From: "Salim Habib" < digifotoman@gmail.com>

Sent: Sunday, June 02, 2013 1:20 AM

To: masa@memonassociation.com

Subject: Re: Views on MASA Newsletter for June 2013

Dear MASA.

Assalamoalaykum.

Congratulations.

WEBBSITE: WWW. MEMONASSOCIATION. COM

EMAIL: masa@memonassociation.com



Arranging articles, composing, selecting photographs, writing reports and bringing forward

the accurate religious articles etc., is not an easy task.

In last 5 years MASA has hardly missed a single issue.

This is something MASA should feel proud, and the Memon community should also feel proud

that there are certain responsible people with love for our community, who are putting in their

valuable time and sincere efforts just for the love of our community.

We all MASA member should salute these humble individuals and Newsletter committee .

If more members join in then MASA can start some more task for the benefit of Memons of K.S.A.

So... instead of only talking and inventing new ways to criticizing only .. come forward and ask your self...

WHAT HAVE YOU DONE FOR MASA and the MEMON community's welfare and benefit.

I understand that everybody cannot become a leader ... but at least, we can try to be supportive

and become good followers when somebody is doing good for our community.

If anybody feels offended ... then I don't care

COME FORWARD IF YOU HAVE GUTS,

and instead of talking and only criticizing ... show us what you can do good for the benefit of our Memon community ...

why not you become a leader if you think you are more wiser than any of us ???

SLAUTE to MASA.

Salim Burmawala

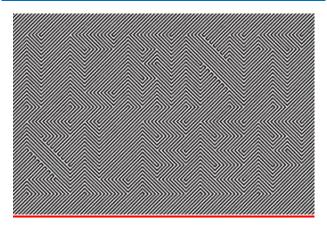
<u>Unquote:</u>

Thanks to all brothers who sent to us their valuable views by email and also encourage us through SMS and Phone Calls.

Best regards
Newsletter Committee



Can u read what is written in it?



REQUEST

- All recipients of this newsletter are requested to let us know by email if they receive it more than once, in order to assure that our webmail has been cleared from virus.
- Next month Newsletter will be <u>golden jubilee edition</u>, therefore, we request all community brothers to send us their feedback about Newsletter with ideas & valuable suggestions to improve it more.
- Please send us without hesitation if you have any welfare plan, program or project that could benefit our community.
- Please deliver unused medicine at designated location mentioned in next page.
- Since Ramadan is approaching, we would like to send another shipment of used clothes for poor and needy people in India/Pakistan just before Ramadan. Please deliver used clothes as soon as possible at designated location mentioned in the following page.



Just to update community,,,,,,,,,

MWS Current Activities:

- 1. Assistance being provided to needy students of Private School and Madrassa Hifzul Quran.
- 2. Collecting and delivering unused medicines to Pakistan Welfare Society for their free medical camp take place every alternate Friday. If anyone has unused medicines, please contact Ahmed Kamal Makki at STAR (Ex. Al Shifa) Center for Fresh Chicken & Meat Opp Marhaba Super Market, Near Souk Minarah, Azizia, (Ahmed Kamal Makki Tel:6754078/0541299786)
- 3. Collecting used clothes for poor and needy people in India and Pakistan. Five shipmenst have so far been dispatched to Pakistan and India. Please deliver used clothes at STAR (Ex. Al Shifa)

 Center for Fresh Chicken & Meat Opp Marhaba Super Market, Near Souk Minarah,

 Azizia, (Ahmed Kamal Makki Tel:6754078/0541299786).

PLEASE DELIVER USED CLOTHES AS SOON AS POSSIBLE AT THE GIVEN ADDRESS AS THE SHIPMET FOR POOR & NEEDLY PEOPLE IN INDIA AND PAKISTAN WILL BE DISPATCHED NEXT MONTH.

- 4. Helping very needy & deserving people from Zakat fund.
- 5. Matrimonial service WITHOUT ANY FEE is being enhanced day by day.
- 6. Look into day to day cases brought to the MWS such as family matters, includes disputes among couples, divorce, khulaa etc. and are resolved by MWS very sincerely. Here we would like to convey thanks to our community members for their trust and confidence in MWS.

MWS Events/Programs in Near Future:

- 1. As usual, an Iftar Party for male members of our community is expected to take place sometime during July' 2013.
- 2. Due to current situation and vacation and travel of several families in June and July, the MEGA EVENT ON THE OCCASION OF 5TH YEAR OF MEMON WELFARE SOCIETY has been postponed till beginning of September 2013. That MEGA EVENT shall include Back to school event, 2nd Prize distribution to meritorious students of the year 2012 & 2013, honor & award to seniors of the community as well as informative session on Memon Histroy & Culture. Please keep the results of exams of your children ready. We will collect it soon.

A detailed circular about MEGA EVENT will be issued in due course of time.

WEBBSITE: WWW. MEMONASSOCIATION. COM EMAIL: masa@memonassociation.com







Rational Quotes

The things two people do to each other they remember. If they stay together, it's not because they forget; it's because they forgive each other.

- Demi Moore

It takes a strong person to say sorry, and an ever stronger person to forgive.

- Rami Belson

The weak can never forgive. Forgiveness is the attribute of the strong.

- Gandhi

Never tell your problems to any other because 20% don't care and the other 80% are glad you have them.

- Lou Holtz

"Peace begins with a smile.." "Every time you smile at someone, it is an action of love, a gift to that person, a beautiful thing."

-Mother Teresa

When life gives you a hundred reasons to cry, show life that you have a thousand reasons to smile.

- MSH Thinker

"Yesterday is history, tomorrow is a mystery, today is a gift of God, that is why we call it the present."

-Bil Keane

"Man may have discovered fire, but women discovered how to play with it."

-Candace Bushnell

"Angry people are not always wise."

-Jane Austen

"Knowledge speaks, but wisdom listens"

-Jimi Hendrix

"When I do good, I feel good. When I do bad, I feel bad. That's my religion."

-Abraham Lincoln

"A friend is someone who knows all about you and still loves you."

-Elbert Hubbard

"Love all, trust a few, do wrong to none."

— William Shakespeare



"Do what you can, with what you have, where you are."

— Theodore Roosevelt

"Man may have discovered fire, but women discovered how to play with it."

— Candace Bushnel

"Knowing yourself is the beginning of all wisdom."

— Aristotle

"Count your age by friends, not years. Count your life by smiles, not tears."

— John Lennon

"Turn your wounds into wisdom."

— Oprah Winfrey

"For every minute you are angry you lose sixty seconds of happiness."

— Ralph Waldo Emerson

"Happiness is not something readymade. It comes from your own actions."

— Dalai Lama XIV

"Life is an awful, ugly place to not have a best friend."

— Sarah Dessen

"Sometimes the questions are complicated and the answers are simple."

— Dr. Seuss

"The worst part of success is trying to find someone who is happy for you."

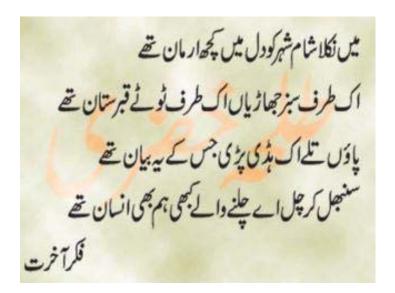
— Bette Midler

"If you tell the truth, you don't have to remember anything."

— Mark Twain

"A friend is someone who knows all about you and still loves you."

— Elbert Hubbard





میمن ویلفیئر سوسائٹی کی فلاحی خدمات

- تعلیم اور مدرسے کی فیس کے لئے غریب طالب علموں کی مدد
- ان لوگوں کو جو طبی علاج کے اخراجات کا متحمل نہیں ہو سکتے کی مدد
 - کمیونٹی کے رکن کے انتقال کے بعد تدفین میں مدد
 - روزگار کی تلاش میں سے روزگار کی رہنمائی و مدد
 - بچوں کے لئے رشتے کی تلاش میں مدد
- اس کے علاوہ اپنی کمیونٹی کے لئے اکثر دیگر سماجی اور فلاحی سرگرمیوں کا اہتمام
 - مختلف موضوعات پر سیمینار کا انتظام
 - خاندانی اجتماع
 - مستقبل کے کیریئر کے لئے طالب علموں کو مشورہ
 - مشہور عالم شخصیات کے ساته شام
 - ہم پرانے لباس جمع کر رہے ہیں
 - ہم بھی مفت طبی کیمپ کے لئے غیر استعمال شدہ ادویات جمع کر رہے ہیں

کوئی شک نہیں، میمن ویلفیئر سوسائٹی - مختلف خاندانوں کوملاقات کرنے - سلام ودعا کرنے

- ایک ساته کهانا کهانے کے مواقع فراہم کر کے کمیونٹی میں اہم کردار ادا کر رہی.

اس کے علاوہ ہم نے اپنی اپنی اپنی ذمہ داریوں اور فرائض کو انجام دینے کے لئے مختلف کمیٹیاں تشکیل دی ہیں۔

مختصرا میمن ویلفیئر سوسائٹی خالصتا سماجی اور برادری کی فلاح و بہبود اور انسانیت کی خدمت کرنے کے لئے ایک فورم ہے. جسکی پوری کمیونٹی کو حمایت کرنی چاہئے



Little smile

Boss: Where were you born?

Sardarji: India .. Boss: which part?

Sardarji: What 'which part'? Whole body was born in India.

Sardar: What is the name of your car?

Lady: I forgot the name, but it starts with 'T'.

Sardar: Oh, what a strange car, starts with Tea. All cars that I know start with

petrol..

Sardar: U cheated me.

Shopkeeper: No, I sold a good radio to u.

Sardar: Radio label shows Made in Japan but radio says this is 'All India Radio!

.

Gang of SARDARS broke a Bank.

Instead of cash they found Bottles full of Chilled Red Wine,

Happily they drank & went away.

Next day Headline aai: Blood Bank lutya gya.

SARDAR:- Yar iska matlab kya hota hai, "I AM GOING"?

FRIEND: - Main jaa raha hun.

SARDAR: - Saaley, aise kaise jayega, 20 aur bhi aise ja chuke hain....answer

bata ke jaa..

Santa went to temple & saw people putting coin in box & praying

Santa: Wow! How amazing. People are talking to God through coin phone

without receiver



Health Corner:

Tips to avoid cancer

- ✓ Be as lean as possible without becoming underweight: Don't just look at the scale; check your waist measurement as a crude measurement of your abdominal fat, Collins says. She recommends that men's waists be no larger than 37 inches and women's waists be 31.5 inches or less.
- ✓ Be physically active for at least 30 minutes every day: You can break that into 10to 15-minute blocks, and even more activity may be better, notes Collins.
- Avoid sugary drinks and limit consumption of energy-dense foods: It's not that those foods directly cause cancer, but they could blow your calorie budget if you often overindulge, notes Collins, who suggests filling up on fruits, vegetables, and whole grains.
- ✓ Eat more of a variety of vegetables, fruits, whole grains, and legumes such as beans: Go for a variety of colours (like deep greens of spinach, deep blues of blueberries, whites of onions and garlic, and so on). Most Americans, says Collins, are stuck in a rut of eating the same three vegetables over and over.
- ✓ Limit red meats (beef, lamb) and avoid processed meats: Limit red meats to 18 ounces per week, says Collins, who suggests using chicken, seafood, or legumes in place of red meat. Collins isn't saying to never eat red meat, just do so in moderation.
- Limit consumption of salty foods and foods processed with sodium: Don't go over 2,400 milligrams per day, and use herbs and spices instead. Processed foods account for most sodium intake nowadays -- not salt you add when cooking or eating.
- Don't use supplements to protect against cancer: It's not that supplements are bad they may be "valuable" apart from cancer prevention, but there isn't evidence that they protect against cancer, except for vitamin D, says Collins.
- ✓ It's best for mothers to breastfeed babies exclusively for up to six months and then add other foods and liquids: Hospitals could encourage this more.
- After treatment, cancer survivors should follow the recommendations for cancer prevention. Survivors include people undergoing cancer treatment, as well as people who have finished their cancer treatment.



17 Reasons Why You Need a Mango Every Day

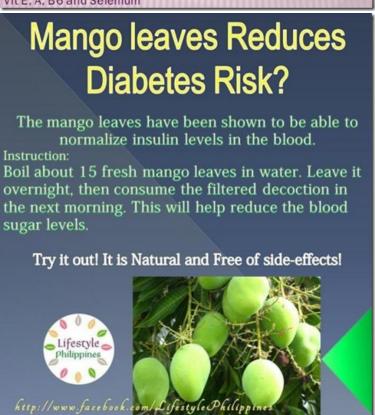


- 1. Fights cancer
- 2. Keeps cholesterol in check
- 3. Skin cleanser
- 4. Alkalizes the body
- 5. Weight loss
- 6. Regulates diabetes
- 7. Aphrodisiac
- 8. Eye care

- 9. Helps in digestion
- 10. Heat stroke
- 11. Strengthens your immune
- 12. Body scrub
- 13. Aids concentration and memory
- 14. High iron for women
- **15. Reduces Kidney Stones**
- 16. Perfect Snack
- 17. Stomach Tonic









Your guide to staying healthy this Ramadan

Ramadan is a special month in the Islamic Hijri calendar that signifies reflection, prayer and developing empathy for the less fortunate, while fostering an appreciation of one's blessings.

Before the celebrations and lavish feasts start for the arrival of dusk, there is the challenge of abstaining from eating and drinking throughout the entire day. As blood sugar levels run low, it can be difficult to maintain your concentration at work.

Here are some helpful tips at maintaining a healthy lifestyle throughout the holy month and tackling the woes of fasting in 40 degree weather:

1. Practicing the right eating habits: Keep your Ramadan diet simple and similar to a normal daily diet. Ideally the fasting diet should contain foods from all major food groups including:

Bread, cereals or rice Meat, chicken, fish or beans Milk, laban or Yogurt Fruits and vegetables

2. Hydrating the right way: As soon as it is time to break your fast, the first thing you should reach for is water. Drink plenty of water in the non-fasting hours to avoid dehydration and headaches.

Try to avoid drinks with high sugar content as a sudden surge of sugar into your system will result in your blood glucose levels soaring, followed by a crash and a lethargic feeling. Also avoid excess consumption of caffeinated drinks such as coffee, tea and sodas as these could dehydrate the body, resulting in water loss.

3. Breaking your fast: Iftar is the meal that breaks the fast, so it is important to keep it as a meal and not a feast. ICLDC's Nutrition Education Manager Rahma Al Kebi suggests the following plan:

Three dates
Light Vegetable soup
A glass of Laban
Mixed greens salad
Basmati rice with either grilled chicken, fish, harees, or thareed

4. Maintaining a healthy BMI

Ramadan is the perfect time to absorb the spirit of fasting and become more aware of your consumption and eating habits. Maintaining a healthy weight is the first step towards a healthy lifestyle. A common way to identify a healthy



body weight is through the Body Mass Index (BMI). The formula for calculating BMI is weight in kilograms divided by height in metres squared:

BMI = Weight/Height x Height. For example, 60kg/1.7 x1.7 = 20.8 Underweight = 18.5 Normal weight = 18.6-24.9 Overweight = 25-29.9 Obesity = BMI of 30 or greater

5. Moderating and not eliminating physical activity

Moderate activity is good during fasting. A typical great example of moderate physical activity is 30-minute walk right before sunset or an hour after Iftar. However, excessive exercise is best avoided especially when it involves intense cardio training.

6. Resisting temptation

Space out your meals. During Ramadan, try not to be tempted to eat continuously from Iftar to just before Fajr. It is a good idea to pace your meals-just like your normal diet.

Always look for good carbohydrates, which are slowly absorbed by your body and therefore maintain the feeling of being full for longer. These slow release carbohydrates are also known as low glycaemic index carbohydrates. They include wholegrain bread and basmati rice, pasta cooked al dente. Fast release carbohydrates, otherwise known as high-glycaemic index and high sugar food are best avoided. Foods with a high glycaemic index include potatoes and white bread.

7. Suhoor: an essential pillar

Many people make the mistake of skipping this vital meal and opting for an uninterrupted sleep instead. If done correctly Suhoor is what sustains your energy levels through the day.

It needs to be a healthy, moderate meal, filled with slow energy releasing carbohydrates which maintain blood glucose levels and energise your body throughout the day. Slow-energy releasing or low-glycaemic index foods include grains and seeds, like barley, wheat, oats, semolina, beans, lentils, wholemeal flour, and basmati rice. Below is a simple and sustaining example of a Suhoor meal:

A glass of milk, laban or yogurt
A slice of wholegrain bread
Foul or eggs or tuna
Mixed salad
A piece of fruit such as apple, pear or an orange
Plenty of water



A heart touching message..... by a woman...

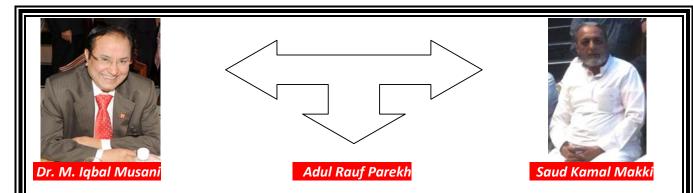
Some one asked her...... Are you a working woman or a house-wife ?? She replied,,,,,,, Yes I am a full time working house-wife. I work 24 hours a day..... I'm a "mum", I'm a wife, I'm a daughter, I'm a daughter-in-law..... I'm an Alarm clock, I'm a Cook. I'm a Maid, I'm a Teacher, I'm a waiter, I'm a nanny, I'm a nurse, I'm a handyman, I'm a Security officer, I'm a Counselor, I'm a comforter, I don't get holidays, I don't get sick leave, I don't get day off..... I work through day and night..... I'm on call..... all hours and get paid with a sentence.....

"what do you do all day"

Respect Your Mother



Happy occasions in the community



CONGRATULATION

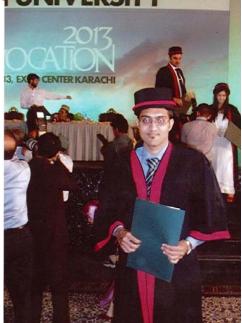
A wedding reception was arranged at a splendid wedding hall on the occasion of wedding ceremonies of Dr. Ambreen d/o Dr. Iqbal Musani with Eng. Shoaib s/o Mr. Saud Kamal Makki and Ayman s/o Dr. Iqbal Musani with Zeba d/o Abdul Rauf Parekh. The Wedding Reception (Dinner) was attended by various dignitaries, businessmen, doctors, engineers and several distinguished members of our community.

The Patrons, Office Bearers and members of Board of Memon Welfare Society express their heartiest congratulation to Dr. Iqbal Musani (our former President), Mr. Saud Kamal Makki and Abdul Rauf Parekh and their families on the happy wedding of their children. Also Congratulation to brother Mohammed Amin Al Maimani on wedding of his beloved daughter held last week. MWS wishing just married couples all the best and success in their wedded life and May Allah shower His blessings on them. Aameen.

Congratulation to both Vice Presidents of MWS, brother Mansoor Shivani and brother Younus Habib (Goli) for converting their friendship into family relationship. The Son of Mansoor Shivani got engaged with daughter of Younus Habib last week. May God bless newly engaged couple. Good Luck.



IUNIVERSITY



Dr. Bilal Shoaib Sikander at Convocation

CONGRATULATION

Memon Welfare Society congratulates Dr. Bilal son of Shoaib Sikander, on completing his M.B.B.S. from Dr. Ziauddin Medical University Karachi and achieving his Bachelor of Medicine Degree at Convocation held last month. Upon completion of MBBS Dr. Bilal Shoaib has got house job at Aga Khan Hospital, Karachi. He is interested to specialize in Cardiac diseases in the future. He is travelling to USA soon.

Masha Allah we are proud of children of our community who are on resident permits of their parents in Saudi Arabia, are engaged in their professional studies in various part of the world. MWS wishing them all the best and success in achieving their goal. It is worth mentioning that MWS awarded 3 new doctors and 3 new engineers of our community last year and expecting more this year.

Note: Our brothers, whose children have completed their professional degrees in any discipline this year, are requested to send us their brief introduction with picture, so we may insert in the Newsletter.

> Thank you for your time and attention,,,,,,Newsletter Ends Here

WEBBSITE: WWW. MEMONASSOCIATION. COM EMAIL: masa@memonassociation.com