



Consul General Pakistan, President & GS of Memon Welfare Forum and Heads of Various Forums of Jeddah addressing the Session.



Dear Brothers and Sisters,

We are pleased to bring out another edition of Newsletter of Memon Welfare Society (MWS) for the month of April 2013. Hope it will be interesting & informative to the community.

Several community members have sent us their encouraging feedback after knowing brief about inception of Memon Welfare Society 5 years ago in April 2008 at La'Sani Restaurant. We have also received congratulations from well wishers for holding **an introductory session** with all social and welfare forums of Jeddah which was presided over by **H.E. Aftab A. Khokher, the Consul General Pakistan.**

5th Anniversary MWS will be celebrated very soon, which will be notified to the community soon. Newsletter Committee has the pleasure to express its gratitude to the entire community, particularly to its regular readers for their kind support, cooperation and guidance through their feedbacks from time to time.

Indeed, the newsletter has been a great source of updating and providing our community with valuable and interesting information regularly. We welcome your suggestion & ideas identifying the welfare programs that can be carried out MWS to benefit our community. We kindly request our community brothers and sisters to send us their valuable advices and constructive criticism, if any, without hesitation which may help us to improve our activities.

Sincerely,
Newsletter Committee

Audience paying attention to the speakers of an Introductory Session of all social & welfare Forums of Jeddah.



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.

قرآن مجید کی سورتیں اور انکی فضیلت

- | | |
|--------------|-------------------------------|
| سورہ مزمل: | زیارت نبوی ﷺ کے لئے ہے۔ |
| سورہ فاتحہ: | اللہ کے غضب سے بچاتی ہے۔ |
| سورہ لیسین: | قیامت کے دن پیاس سے بچائے گی۔ |
| سورہ واقعہ: | فکر و فاقہ سے بچاتی ہے۔ |
| سورہ ملک: | عذاب قبر سے بچاتی ہے۔ |
| سورہ کوثر: | دشمنوں کی دشمنی سے بچاتی ہے۔ |
| سورہ کافرون: | موت کے وقت کفر سے بچاتی ہے۔ |
| سورہ اخلاص: | مناقت سے بچاتی ہے۔ |
| سورہ فلق: | حادثوں سے بچاتی ہے۔ |
| سورہ الناس: | وسوسوں سے بچاتی ہے۔ |

*No matter how good
of a person you are,
there will always be
someone criticizing you.*

Gr8 ppl , Gr8 thoughts

On the occasion of Pakistan Day on 23rd March 2013, Consulate General of Pakistan arranged a get-to-gather at Marriott Hotel Jeddah where beside other guests, representatives of Memon Welfare Society (MWS) were also invited.



On the Occasion of Pakistan Day, the Consul General warmly welcomed delegates of Memon Welfare Society. In the group picture you can see from left to right: Mr. Mansoor Shivani, VP of MWS, Mr. Arif Memon, President, Mr. Tayyab Moosani, GS, His Excellency Aftab A. Khokher Consul General, and Munaf Abdul Ghaffar Ghamdi

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 بے 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 ساتھ 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 کو ملاقات کرنے - سلام و دعا کرنے
- ایک ساتھ کھانا کھانے کے مواقع فراہم کر کے کمیونٹی میں اہم کردار ادا کر رہی۔
- اس کے علاوہ ہم نے اپنی اپنی ذمہ داریوں اور فرائض کو انجام دینے کے لئے مختلف کمیٹیاں تشکیل دی ہیں۔
- مختصراً میمن ویلفیئر سوسائٹی خالصتاً سماجی اور برادری کی فلاح و بہبود اور انسانیت کی خدمت کرنے کے لئے ایک فورم ہے۔ جسکی پوری کمیونٹی کو حمایت کرنی چاہئے

Be A Hero: Five Steps to Vanquish Any Problem

If you don't see yourself as part of the problem, you cannot be part of the solution.

Every culture teaches this through a similar story. Joseph Campbell, anthropologist and advisor for Star Wars, called it "The Hero with a Thousand Faces." The hero starts his journey feeling at the mercy of external circumstances. By the end, he realizes he is in control of his destiny. He knows that he can choose how to behave, learn and grow.

Teaching accounting at MIT, I saw how numbers shape perceptions. Coaching leaders all over the world, I learned how stories shape lives. Good stories inspire you; bad stories disempower you. The worst stories are the ones that have you as a victim.

Heroes are not just mythical characters. They are examples of you at your best. Here are five suggestions to always remember who you are.

1. No problem -- Take the challenge

There is no such thing as a problem. What you call "a problem" is not a thing independent of you, but a situation you don't like. It is "a problem for you." To deal with it more effectively, put yourself in the picture. Think of it as *your challenge*. Take the difficulty as an opportunity to show your true colors.

I often catch myself saying, "the real problem is..." followed by the thought, "...that you don't agree with me!" Equally often, my counterpart argues that "the real problem is..." that I don't agree with him. Unless we recognize and give up these bad stories, we will each push hard to overcome the other. Push versus push equals stuck: a very expensive stalemate where we both spend tremendous energy for no result.

2. Drop "Who's responsible?" – Be response-able

You didn't do it. So what? You are suffering from it. People and things are out of control. It is tempting to blame *them* and play the part of the innocent victim. Don't. **The price of innocence is impotence.** That which you blame you empower. Become the hero of the story; focus on what *you* can do to respond to your challenge.

The inspiring question is not, "why is this happening to me!" but "what is the best *I* can do *when* this happens?"

I once coached a financial services executive who would always blame external factors: regulation, competition, the economy, his employees, his boss, his peers. All these forces did impinge on his goals. It was the truth, but not

the whole truth. The truth that he refused to accept, the one that blocked his growth, was that he was **able to respond** to these forces.

3. Forget what you don't want – Focus on what you want.

Consider an issue that troubles you. What would you like to have happen? I ask this every time I coach. Infallibly, I learn what my client would like to *not* have happen anymore. This is a bad end for a hero's journey. Avoiding what you don't want will take your energy away from achieving what you do want.

Your brain doesn't compute "no". What you try to avoid you unconsciously create. If you don't believe this, try to not think of a white bear right now and notice where your mind goes. Define a positive outcome precisely. Ask yourself, "What do I really want?" and visualize it in as much detail as you can. This will force you to put some flesh on the conceptual bones. Furthermore, ask yourself, "How would I know that I got what I wanted? What would I see? What would I feel?" In this way you will be sure that your vision has observable standards by which to measure success.

4. Take one eye off the ball – Go for the gold.

It's not about hitting the ball; it's about winning the game. Set your mind on what you are ultimately trying to achieve. Build a chain from means to ends, taking you from getting the job, to advancing your career, to feeling professionally fulfilled, to being happy. The ultimate goal and measure of success is happiness.

"What would you get, if you achieved X, which is even more important to you than X?" Ask yourself this question and discover that you never ask for what you really want—and neither does anybody else. We all ask for what we *think* is going to give us what we really want. Have you ever bought set of golf clubs hoping they would make you play better? And what would you get, if you played better, which is even more important to you than playing better?

5. Failure is not an option – Succeed beyond success.

Commit fully to achieve what you really want. Know that you deserve it and give it your best. This will make you more likely to get it. Success, however, is not the most important thing. To be a hero, pursue your goal ethically, as an expression of your highest values. Success may give you pleasure, but integrity leads to happiness.

Don't aim at success--the more you aim at it and make it (your final) target, the more you are going to miss it. For true success, like happiness, cannot be pursued; it must ensue, and it only does so as the unintended side effect of one's personal dedication to a cause greater than oneself. Listen to what your conscience commands you to do and carry it out to the best of your knowledge."



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 an one has unused medicines, please contact Mr. Mansour Shivani on 0508367915 or any other office bearers of the welfare society.
3. Collecting used clothes for poor and needy people in India and Pakistan. Five shipment have so far been dispatched to Pakistan and India. Please deliver used clothes at Al Shifa Center for Fresh Chicken & Meat Opp Marhaba Super Market, Near Souk Minarah, Azizia, (Ahmed Kamal Makki Tel:6754078/0541299786) .
4. Helping very needy from Zakat fund, particularly paying the fee of poor students of Madrassa.
5. Upon demand of memon families residing in Riyadh, a gathering of memon families in Riyadh will take place soon insha Allah through our representative.
6. Some more activities of community interest will be announced soon.

MWS Events/Programs in Near Future:

1. **An evening with celebrity,,,,,,,,,,,,,** Well known comedy artist belongs to Memon Community **Mr. Rauf Lala** is coming to Saudi Arabia by end of this month. MWS intends to give him a reception and he will spend an evening with us. Most probably an evening with Rauf Lala will be arranged on Thursday 9th May 2013 at La'Sani Restaurant's Hall. An announcement in this regard will be made very shortly.
2. **DUE TO EXAMES OF CAMBRIDGE AND PAK AND INDIAN SCHOOL IN MAY, MEGA EVENT ON THE OCCASION OF FITH YEAR OF MEMON WELFARE SOCIETY WILL BE CELBERATED IN MID OF JUNE 2013 INSHA ALLAH. THIS EVENT WILL INCLUDE VARIOUS INFORMATIVE AND MEMON CULTURAL PROGRAMS.**
3. Prize distribution among meritorious students of the community who completed their exams during year 2012 & 2013, will take place in August or Septambers 2013 insha Allah. A circular will be issued in this regard separeately.

***Pictorial View of
MASA Board Members families and guests families picnic at
North Coast of Jeddah held on Friday 29th March 2013
(Pics taken before Lunch)***



(Board Members were allowed to bring guest families of the community)

***Pictorial View of Picnic
(Pics take during Lunch)***



Pictorial View of Picnic
(Pics taken after Lunch – Tea Time)



Little smile

A short neurological test

1- Find the C below.. Please do not use any cursor help.

2- If you already found the C, now find the 6 below.

[illegible]

3 - Now find the N below. It's a little more difficult.

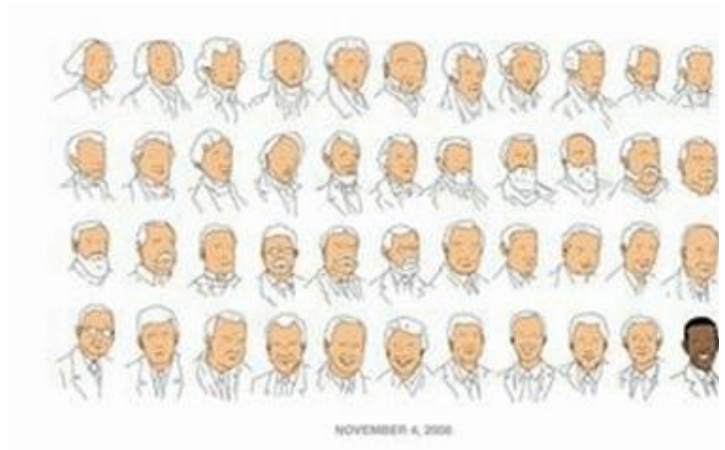
[illegible]

This is NOT a joke. If you were able to pass these 3 tests, you can cancel your annual visit to your neurologist. Your brain is great and you're far from having a close relationship with Alzheimer.

Congratulations!

Oh. One more test....

Find the 44th USA President.



Well, congratulations, you're not colour blind either!

SENIOR CITIZENS ARE THE NATION'S LEADING CARRIERS OF AIDS!

HEARING AIDS

BAND AIDS

ROLL AIDS

WALKING AIDS

MEDICAL AIDS

GOVERNMENT AIDS

MOST OF ALL,

MONETARY AIDS TO THEIR KIDS!

Not forgetting HIV (Hair is Vanishing)
Give me the grace to see a joke,
To get some humor out of life,
And pass it on to other folk.

I'm only sending this to my 'old' friends.

I love to see you smile !



Interviewer: There are 500 bricks on a plane.

You drop one outside. How many are left?

Applicant: That's easy, 499

Interviewer: What are the three steps to put an elephant into a fridge?

Applicant: Open the fridge.

Put the elephant in.

Close the fridge.

Interviewer: What are the four steps to put a deer into the fridge?

Applicant: Open the fridge.

Take the elephant out.

Put the deer in.

Close the fridge.

Interviewer: It's lion's birthday, all the animals are there except one, why?

Applicant: Because the deer is in the fridge.

Interviewer: How does an old woman cross a swamp filled with crocodiles?

Applicant: She just crosses it

because the crocodiles are at the lion's birthday.

Interviewer: Last question.

In the end the old lady still died, Why?

Applicant: Err....I guess she drowned?

Interviewer: No! She was hit by the brick. You may leave now.

Ek pathan aur ek Sardar ka interview tha..

PATHAN se:

Q: Taleem?

Ans: B.A

Q: Pakistan kb bna?

Ans: koshish pehle se chal rhi thi pr 1947

Q: Pakistan ka pm kon hy?

Ans: buht ae gae lekn ab geelani shab..

SARDAR ye sub sun raha tha usne teno ans yaad kr lie

1- B.A,

2- 1947,

3- Geelani

ab SARDAR se.

Q: Naam?

Ans: B.A

Q: Kab paida hoay?

Ans: koshish buhot pehly jari thi per 1947

Q: Baap ka naam?

Ans: wese to kitne aaye gaye lekin ab geelani sahab hai

Important Announcement about Matrimonial Services خدمات برائے ضرورت رشتہ

After family gatherings organized by memon Forum during the year, several families have become active in searching match for their grown up children from among the community. Al Hamdo Lillah in this connection a good progress is going on, in fact proposals among various families for their children are being exchanged with the help of families of some office bearers under **strict confidentiality**.

Since the Memon Matrimonial Website is under construction which might take time, we kindly request all those memon families whose children are grown up and they intend to look for OR waiting for match now or after some time, to submit very brief particulars about their children. We can help them in finding match for their children. All information provided to us will remain **confidential** and all communications between two families will also be under **strict confidence**. Needless to mention that some families are already in contact with us and we are extending help to them for finding match for their children. Serious families may kindly fill out the following blanks and forward to us on masa@memonassociation.com OR female family members can contact a responsible lady of Forum on 0569905776 and let her know the details about searching a match. Good Luck.

Name of Head of Family _____ Nationality _____

Home Phone No. _____ Mobile _____ Email _____

Children: Sons : (1) Age ____ Education ____ Earning Yes or No (2) Age ____ Education ____ Earning Yes or No

Daughter : (1) Age ____ Education ____ (2) Age ____ Education ____

Health Corner:

Stroke has a new indicator They say if you e.mail this to ten people, you stand a chance of saving one life. Will you send this along? **Blood Clots/Stroke - They Now Have a Fourth Indicator, the Tongue**

STROKE: Remember the 1st Three Letters..... S. T. R.

STROKE IDENTIFICATION:

During a BBQ, a woman stumbled and took a little fall - she assured everyone that she was fine (they offered to call paramedics) ...she said she had just tripped over a brick because of her new shoes.

They got her cleaned up and got her a new plate of food. While she appeared a bit shaken up, Jane went about enjoying herself the rest of the evening.

Jane's husband called later telling everyone that his wife had been taken to the hospital - (at 6:00 PM Jane passed away.) She had suffered a stroke at the BBQ. Had they known how to identify the signs of a stroke, perhaps Jane would be with us today. Some don't die. They end up in a helpless, hopeless condition instead.

It only takes a minute to read this.

A neurologist says that if he can get to a stroke victim within 3 hours he can totally reverse the effects of a stroke...totally. He said the trick was getting a stroke recognized, diagnosed, and then getting the patient medically cared for within 3 hours, which is tough.

RECOGNIZING A STROKE

Thank God for the sense to remember the '3' steps, STR. Read and

Learn!

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke.

Now doctors say a bystander can recognize a stroke by asking three simple questions:

S *Ask the individual to SMILE.

T *Ask the person to TALK and speak a simple sentence (Coherently)
(I.e. It is sunny out today.)

R *Ask him or her to RAISE BOTH ARMS.

If he or she has trouble with ANY ONE of these tasks, call emergency number immediately and describe the symptoms to the dispatcher.

New Sign of a Stroke ----- Stick out Your Tongue

NOTE: Another 'sign' of a stroke is this: Ask the person to 'stick' out his tongue. If the tongue is 'crooked', if it goes to one side or the other that is also an indication of a stroke.

Managing Board of Memon Welfare Society

With Consul General Pakistan, Jeddah.



Sitting (L-R) Younus Habib VP, Mohammed I Badi Patron, M. Iqbal Advani Patron, H.E. Mr. Aftab A Khokher, Consul General Pakistan, Arif Memon, President, Tayyab Moosani, Secretary General, Shoaib Sikander, Treasurer, Dr. Hamid Abdulkhader Patron, Mansoor Shivani Vice President,

Standing (L-R) Salim Habib, Yousuf Tai, Asif Lala, Munaf A.Sattar Patron, Kaleem Ahmed Patron, Nasir Ibrahim, Wasim Tai, Younus A.Sattar, Shaker A.Aziz, Tariq Madani, Irfan Kolsawala, Ahmed Kamal Makki, A.Rashid Kasmani Joint Secretary.

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