



Issue No. 63

Patrons:

M. Iqbal Advani  
Dr. Hamid A. Khader  
Munaf A.S. Bakshi  
Mohammed I. Badi  
Kaleem A. Naviwala

Office Bearers:

President:  
Arif A.M. Memon  
Vice Presidents:  
Younus Habib Goli &  
Mansoor A.R. Shivani  
General Secretary:  
Tayyab K. Moosani  
Joint Secretary:  
A. Rashid Kasmani  
Treasurer:  
Shoaib Sikander

Member Advisory:

Dr. Iqbal Musani  
Irfan H. Ahmed Kolsawala  
M. Younus A. Sattar  
Nasir M. Ibrahim  
Asif M. I. Lala

Managing Committee:

Wasim A.R. Tai  
Adam A. Latif  
A. Kader Africawala  
A. Qader M. Amin Teli  
Tariq Madani  
M. Salim Burmawal  
Shakir A. Aziz  
Ahmed Kamal Macki  
Yousuf Tai  
Siraj Lala

Prepared and produced by  
Newsletter Committee MWS -  
MASA with approval of  
Committee and President  
and General Secretary.  
Contact by Email:  
masa@memonassociation.com



Memon Welfare Society Monthly Newsletter

September 2014



**CONGRATULATION TO**

Brother M. Iqbal Advani, the Patron of MWS - MASA who has been nominated as member of Supreme Council of All Pakistan Memon Federation as per letter from Mr. Abdul Aziz Memon, President, APMF received recently. In this Picture he is sitting in the middle and the President on his right and GS on his left.

**MASA Memon Welfare Society is organized and doing very well in Saudi Arabia. Abdul Ghaffar Variend, Vice President WMO for North America Chapter.**



I am pleased to applaud MASA Memon Welfare Society that has been rendering admirable welfare services to the community in Saudi Arabia since its inception, said by Mr. Abdul Ghaffar Variend, Vice President of World Memon Organization for North American Chapter. He further said that MASA is an organized welfare forum of the community. He was expressing his views at an event of Memon Association of Canada (MAC) took place in Toronto very recently. He further suggested that MAC and MASA may cooperate with each other in various areas for the betterment of our community in both countries.

Mr. A. Ghaffar Variend, admired all activities of MWS-MASA, he added specifically that he goes through with great interest **MASA Newsletter** every month regularly and upload it on his formal website [WWW.Memonpoint.com](http://WWW.Memonpoint.com). He said one can get lot of information about Memon Community throughout globe from his aforementioned website.

MAC organized an Eid Millan and Picnic Party combined for the community where, in addition to various notable guests **Mr. Tayyab Moosani, Gen Secretary of MWS-MASA, Mr. A. Ghaffar Variend**, Vice President of World Memon Organization for North American Chapter, **Mr. Qasim Lawai**, Honorary General Secretary, Pakistan Memon Women Educational Society and Chairman, Education Committee W.M.O and Canadian Citizenship **Memon Judge Mr. Rafiq Rokerya** and well known **Dr. Amin Gadit** were also present. Almost 300 to 400 males and female community members attended the picnic event.

Cont.....next page



## Various Committees to facilitate social & welfare activities:

### Funds Raising & Disbursement Committee:

Shoib Sikander  
Younus Habib  
Mansoor Shivani  
Irfan Kolsawala  
Mohamed Badi

### Event Management Committee:

Office Bearers and  
Abdul Kader Africawala  
Abdul Qader Teli  
Asif Lala  
Nasir Ibrahim  
Ahmed Kamal

### Education Committee

Rashid Kasmani  
Shoeb Sikander  
Irfan Kolsawala  
Nasir Ibrahim  
Abdul Kader Africawala  
Abdul Qader Teli

### Youth & Sports Committee:

Tarek madani  
Wasim Taie  
Asif Lala  
Abdul Kader Africawala  
Shakir Aziz  
A.Qader Teli  
Iqbal Advani - Sponsor

### Newsletter Committee:

Tayyab Moosani  
Rashid Kasmani  
Nasir Ibrahim  
Salim Burmawala  
Irfan Kolsawala

### Dispute Settlement Committee:

Younus Habib  
Irfan Kolsawala  
Younus Abdul Sattar  
Kaleem Naviwala  
Mansoor Shivani

### Ladies Committee:

Spouses of Members of  
Core Committee and  
Advisory Committee

President & GS shall supervise all committees.

Cont.....from pre-page

On the next day of community picnic , a Reception Dinner was hosted by MAC at a local restaurant "Apni Hawaii" at Toronto, in the honor of aforementioned visiting guests where M/s A. Ghaffar Variend, Tayyab Moosani and Qasim Lawai were presented plaques as a Token of Appreciation on behalf of MAC. It was attended by selected couples and notable individuals of our community in Canada.

Mr. Qasim Lawai and Canada Citizenship Memon Judge Mr. Rafiq Rokerya also commended the welfare activities of MWS-MASA and expressed their best wishes for its smooth operation and prosperity in the future. Before all, Mr. Tayyab Moosani was invited by the President of MAC on dais to present his views about day to day operation and activities of MWS-MASA. Mr. Moosani showed his concern and emphasized on first and fundamental point of promoting **Memon Language** among our young generation which can only be done through parents and grandparents of the children. He briefed the audience how MWS-MASA is helping out community people in education, health care, matrimonial, in hunting employment etc.

In response to brief report presented by Gen. Secretary MWS-MASA, Mr. M.Ameen Jangda, Present President of MAC and Mr. Ismail Mirza, Past President appreciated the selfless services of MWS-MASA. They suggested to keep on exchanging mutual ideas, views and guidelines between MASA and MAC for the betterment of our community at both ends in the future. They initially agreed for cooperation between MAC and MASA in business sector, education and in match finding for our grown up children & so on.

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

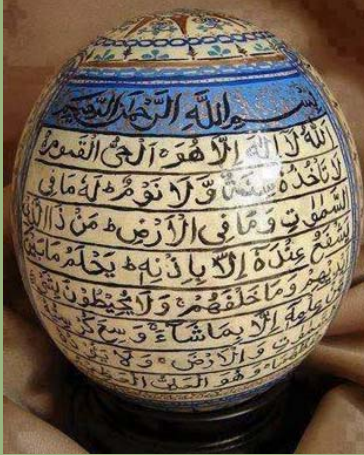
**Group Photo Taken at Reception Dinner hosted by MAC in the honor of distinguished guests visited MAC Executives at Toronto.**



(Sitting L-R): Canada Citizenship Memon Judge Mr. Rafiq Rokerya, Tayyab Moosani, Qasim Lawai, A. Ghaffar Variend, M.Ameen Jangda and (Standing L-R): Faisal Motiwala, Vali Bhalaghamwala, Ismail Mirza, Tariq Kasim

## The Welfare Services of Ailem Welfare Society (AASDA)

## میمن ویلفیئر سوسائٹی کی فلاحی خدمات



## 5 Rules to live a happier life



Coin always makes sound  
but the currency notes  
are always silent. So  
when your value  
increases keep quiet!!  
**Shakespeare.**



- ✓ Helping poor students for education fee
- ✓ Helping Community members for health care for those who cannot afford
- ✓ Provide help & assistance to poor families in emergencies
- ✓ Helping in Coffin & Burial Services
- ✓ Helping & guiding unemployed in seeking employment
- ✓ Voluntarily Matrimonial services
- ✓ Beside above we are supporting some Madrassa Tefizul Quran by sponsoring non community children whose parents are unable to afford even nominal monthly 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 formed various committees to undertake their respective responsibilities and assignments.

**In brief MWS is purely social and welfare forum to serve the community and humanity and entire community may support it.**

- 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 اجتماعات  
- مستقبل کے کیریئر کے لئے  
طالب علموں کو مشورہ  
- مشہور عالم شخصیات کے  
ساتھ شام  
- ہم پرانے لباس جمع کرتے  
ہیں

- ہم مفت طبی کیمپ کے لئے غیر استعمال شدہ ادویات جمع کر رہے ہیں

کوئی شک نہیں، میمن ویلفینر  
سوسائٹی - مختلف خاندانوں  
کوملاقات 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



The collage consists of eight photographs arranged in three rows. The top row shows two men, one in a grey suit and one in a brown suit, speaking into microphones at a podium. The middle row shows three men, one in a grey suit, one in a brown suit, and one in a white shirt, holding a large blue globe. The bottom row shows a group photo of the association members and staff, including men and women in various attire, standing and sitting in front of a yellow wall with the association's logo.

[illegible][illegible]

## "Generation Next" of Toronto

[illegible][illegible]

**Thanks to Brother Qasim Abbas**  
Press Reporting, Media Monitoring and Clipping prepared by: **a well known memon Brother Qasim Abbas, from Tronto, Canada** who is a Writer, Reporter, Journalist, Columnist, Scholar. He reported all MAC events in:- **JANAG CANADA, URDU TIMES OF CANADA, URDU POST, NAWA-I-PAKISTAN, SUNDAY TIMES, GENERATION NEXT** ALL OF TORONTO AND **DAILY JANG AND DAILY MILLAT** OF KARACHI PAKISTAN.





**President Ameen Jangda and visiting guests Mr. Tayyab Moosani, Gen. Secretary MWS-MASA Mr. A.Ghaffar Variend, VP of WMO North American Chapter and Mr. Qasim Lawai, Hon.Gen. Secretary, Pakistan Memon Women Educational Society and Chairman, Female Education Committee of WMO addressing audience at the event.**



**Former President MAC Mr. Ismail Mirza presenting plaque as a Token of Appreciation to Gen. Secretary MWS-MASA and GS MWS-MASA meeting with Memon Citizenship Judge of Canada Mr. Rafiq Rokerya and with other prominent guests at MAC events.**



میں نے وہی ایشیائی آف کنٹریڈکٹس کی طرف سے امریکہ، پاکستان اور سعودی عرب سے آئے ہوئے لیکن اسلامی قائدین کے اعزاز میں حوالیہ ریلٹو رائٹ میں دیے گئے عقائد کے موقع پر بریگیڈیئر

**Above Clipping from Sunday Times, Toronto, Canada**



میں نے ایسوسی ایشن آف کینیڈا کی طرف سے پکنک کا اہتمام

میں انہی اہلین آف کینیڈا کی طرف سے پاکستانی برادری کے اراکین اور ان کے خاندان کے افراد کے لئے سی ماگے اور دن پاکستان میں 17 اگست کو چھپنے کا اہتمام کیا گیا۔ برادری کے اراکین نے اپنے خاندان کے افراد کے ساتھ چھپنے کی اس کے علاوہ معروف پاکستانی سماجی شخصیت شیون شیون جناب رفیق روزگار، اعلیٰ ترین عسکری اہلکار کے ساتھ صدر جناب عبدالغفار بھرہ، اعلیٰ ترین عسکری اہلکار کے چرن جناب ناصر مولوی اور انہی اہلین آف انہی اور



سین ایسوسی ایشن آف کینیڈا کی طرف سے پاکستانی برادری کے راکٹین اور ان کے خاندان کے افراد کے لئے سی ساگہ کے ہورون پارک میں چنگ منارے ہیں

کے جزل سیکرٹری جناب لیب موسمانی نے بھی چمک میں حرکت کی۔  
چمک میں باری کیو، بریانی وغیرہ کے علاوہ دیگر اشیا کا اجماع کیا گیا تھا۔ تنظیم کی فراز پارک میں ہی  
مجلس ادا کی گئی۔ بچوں اور بڑوں کے لئے ڈانسر کمرز کا بھی اجماع کیا گیا تھا۔ برادری کے تمام  
اعضاء نے شرکت کی۔ اللہ تعالیٰ مدد فرمائے۔

اس موقع پر عالمی بینک تنظیم کے مالی اہلکار کیچھڑ کے نائب صدر جناب عبدالغفار ولد نے معزز جہانوں کو عالمی بینک تنظیم کے تین اعلیٰ رتبہ جریڈے "بینک عالم" کے تازہ شمارے پیش کئے۔ اس مرحلہ پر شامات بیکہ چنگا کا افتتاح ہوا۔ اس موقع پر پاکستان کی کیونٹی میں رونق جوش فروغ پایا گیا۔

میمن ایسوسی ایشن آف کینیڈا کی طرف سے یکنک کا اہتمام

نقرب میں سیزن شیب جج ریش روکڑا شکا گو سے عبدالغفار اور عبد کرامی سے قاسم لوا اور جد سے طیب موسانی نے شرکت کی

[illegible]

کینیڈا..... میمن ایسوسی ایشن کی جانب سے منعقدہ تقریب کے موقع پر جریدہ ”میںم عالم“ کے تازہ شمارے پیش کئے گئے

**Thanks a lot to Brother Qasim Abbas, Memon writer, journalist and scholar Toronto Canada for all these coverage**



From left: Mr. Gasim Lawal, Mr. Tayyeb K. Moosawi, Mr. Gasim Abbas and Mr. A. Chaffar Hariri on 16 August 2018 in Toronto, Canada during informal get-together



From left: Mr. Qasim Abbas, Mr. Fayyaz K. Mousani, Mr. Qasim Lwaili and Mr. A. Ghafler Varzand on 15 August 2014 in Toronto, Canada during informal get-together in a local restaurant

**Report by: Qasim Abbas, Toronto, Canada**



میمنہ ایسوسی ایشن آف کنسٹراکٹرز طرف سے جو کالریسٹورنٹ میں عشاء

تقریب میں سٹیزن شپ حج رفیق روکڑیا، مجلس عاملہ کی اراکین اور دیگر معزز مہمانوں نے شرکت کی

کینیڈا (پیر) کیسوں ایف آئی سی کینیڈا کی طرف سے امریکا یا پاکستان اور سعودی عرب سے ہے ہوئے ہیں سہائی قائد کی عبدالغفار ویدر کا تمام اور عیب موسمانی کے اعزاز میں 18 مارچ کی شام کو پیر نورمحمد خان عطا کیا احترام کیا گیا تقریب میں معروف سماجی شخصیت



**Brother Mansoor Shivani, Vice President, Memon Welfare Society (MASA) given warm welcome  
by Seniors of Upleta Memon Association during his recent trip to Karachi**



A Reception Dinner was hosted by Seniors of Upleta Memon Jamat in the honor of Mr. Mansoor Shivani, Vice President, MWS-MAWA, during his recent trip to Pakistan. A group taken on that occasion that includes Mr. Haji Masood Parekh, Chairman Memon Khidmat Forum Pakistan and recipient of Tamga-e- Imtiaz from President of Pakistan, Haji Usman Pardesi, Haji Anis Arfa, Arif Punjabi, President Upleta Memon Association Karachi, Haji Rehmatullah Mandvia, Haji Ghaffar Mavdia, Yasin Bakali, Jawed Jhimri, Wahid Dhaniya, Usman Sathi (editor and cheif of Watan gujrati), Haji Quddus Dulara, Haji Yaqoob Dulara, Saleem Nathani, Asif Bhojani, Noman Wadera

**Announcement for 3<sup>rd</sup> Mega Event of Award/Prize Distribution**

An Award/Prize Distribution Ceremony for Meritorious Students of our Community in Saudi Arabia will take place in October 2014. Those students who have secured minimum 80% Marks in their Annual Examination in 2014 may submit a copy of their result and transcript of final examination. Also those who have completed memorizing Holy Quran (Hifz-e-Quran) are eligible for the Award. **Copy of result and transcript will be received from 15 Sep. to 15 Oct. 2014** and the Ceremony will be held in the 3rd or 4th week of October 2014. Date and Venue of the event will be announced soon. Please contact members of education committee OR any of the office bearers during given date and deliver a copy of result/transcript that will be verified from the concerned institution before enlisting names for an award. Education Committee members are as follows:

1. Abdul Rashid Kasmani - 0567815705
2. Shoaib Sikander - 0504686132
3. Irfan Haji Ahmed Kolsawala - 0507663713
4. M. Nasir Ibrahim - 0500319961
5. Abdul Kader Africawala - 0541757782
6. Abdul Qader M.Amin Teli - 0507020585

**Free Match Finding Services (matrimonial)**

Usually, after family gatherings organized by MWS-MASA from time to time, several families 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**. Therefore, 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](mailto:masa@memonassociation.com) OR **female family members only** can contact a responsible lady of MWS-MASA 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

Daughters : (1) Age \_\_\_\_ Education \_\_\_\_ (2) Age \_\_\_\_ Education \_\_\_\_



## **MEMAN BIRADRI NE LEADERSHIP**

Panji Biradri jee hee badkismati aae ke pan wate koe akro Leader naae. Hin jo kuro karan aae ? Hee sawal jo jawab bahoo mushkil aae. Shayad panji biradri jee hee fitrat aae ke pan koi akre fard ke Leader banan lae tayyar nee yhoon. Panji biradri jo har sakhs hee samjhey to ke paan badhe barabar yun ne koi bhee biae sakhs si bartar naae. Iqbal Motlani Saheb jee Kitab "Panjee Boli Mein" main akri bahooj dilchasp hikayat aae. Jara hin hikayat mathe socho ne wichar karo.

Akre Raja jee riyasat mey akro ahro gaam wo jin-mein Memon biradari jee aksariyat vee. Raja faislo kari ke uun gaam jo patel kok Memon ke banainu khapay, ta key uu pooray gaam jee theek theek aagiwani kari sigey. Raja Wazir key hukum dini – ke hin gaam jey wadey wadey Memon vepari, ne khas khas marwain key daawat di ne Mehal mein barkayan mein acche ne akri raat Mahal mein rakhi ne beeye dheen Raja thee mulakat karain mein ache. Mehmaan ke Mehal mey raat guzaran laey akro wado kamro deen mey aviyo. Memon Bha kamrey mey pugya, tao hi nari ney hairan thi wiya ke kamrey je wich mey khali akro manjo (Charpai) aae, ne baqi pathariyu zameen te vichan me aviyo aeen. Ee to ghamgheer samsiya thee vee ... Ghaffar Bha mathey suman to Shakoor Bha neeche keen suman ? Sattar Bha key manjo deen mey ahey, to Qasoo Bha key Kharab lagno .....; Paan mey to badhey Haji ne Moazez aeen ... harean panjo theeno kuro ... ?

Adh raat sudhi soch vichar kari ne Memon bha akrey faisly tey pugya key hin manjhey mathey koi akrey jo haq naey – aity paan badhai zameen tey ahrey tareeqey sey sumi vinjey ke badhey jaa pug manjhey mathey hoon ta key badhey jo maan rai viney.

Sawaar jo Wazir achi ney nari to chakrai viyo ke hee kuro ...? Manjhey mathey koi nae sutto balkey Manjhey mathey pag rakhan ji koshish mey badhai bey araami ji nindhar sutta aeen.

Mehmanan ke jagaan je badley , Wazir Rja wattey vini ney haqiqat batari – etrey Raja panji biradari ke mulaqat kare vigar pacho mokli dini.

Pachee hin gaam jey Hindu banye ke barkan mey aviyo. Wazir unan jey saath bhi heej sulook kari, ne sawar mey vini ne nari to badhai araam se zameen tey sutta va, ne akro, waddi umer jo maru manjhey je mathey araam kari reo vo. Wazir samjhi viyo ke Manjhey mathey jo maro sutto aae hin key baqi badhai Leader tariqey kabool kari ginya aeen. Wazir Raja ke khabar kari dini, ne Badhsha mehmanan si mulaqat kari ne unye jey Leader ke gaam jo Patel banai dini – jadhey ke hun gaam mey aksariyat Memon biradari ji vee.

(Iqbal Motlani jee kitab Panji Boli jay shukaria jay saath)

**HIN KAHANI SEE KURO MATLAB NIKRE TO ? PANJI BIRADRI KE HIN MATHE VICHAR KARIO KHAPE. Source: [http://www.memon-world.net/Prose\\_Short\\_Stories.htm](http://www.memon-world.net/Prose_Short_Stories.htm)**

لمبی عمر جینے کا راز سماجی رشتوں میں پوشیدہ ہے، سائنس دان

### **The Secret of Long Life Hidden in Social Relationship**

نیویارک.....فارن ڈیسک.....لمبی عمر جینے کا راز سماجی رشتوں میں پوشیدہ ہے، سائنس دانوں نے سماجی رشتوں اور تعلقات کی پائے داری کو طویل العمری کا راز قرار دیا ہے کیوں کہ سماج اور بقا کا آپس میں گہرا تعلق ہے۔ امریکی نشریاتی ادارے سی این این کے مطابق ایسے افراد جن کے سماجی تعلقات مضبوط ہوتے ہیں وہ ان افراد سے 50 فی صد زیادہ طویل عمر پاتے ہیں جن کا میل جول لوگوں سے کم ہوتا ہے۔ سگریٹ نوشی ترک کرنے سے اتنی زندگی نہیں بچائی جاسکتی جتنی سماج میں بہتر تعلقات استوار کر کے حاصل کی جاسکتی ہے۔ تحقیق دانوں نے 148 مختلف تحقیقی کاموں کے جائزے کے بعد کہا کہ سماج اور بقا کا آپس میں گہرا تعلق ہے تحقیق میں عمر، جنس، ابتدائی صحت کے معیار اور موت کی وجوہ کو سامنے رکھا گیا۔

Daily Jang Pakistan 29 July 2010

## Health Corner

# The Importance Of Breakfast

Don't start your day on an empty stomach. Wholesome breakfasts give you the positive fuel you need to get through your day! – How often have we heard that breakfast is the most important meal of the day? Nevertheless, many of us still skip breakfast, believing there is not enough time in the mornings or that skipping breakfast will help with dieting. The truth of the matter is you will probably save time, have more energy and eat a more balanced meal throughout the day by eating this important morning meal.

### Have more energy and better concentration

Having breakfast in the morning will keep your mood and energy levels up throughout the day. If you do not refuel your body upon waking, you will have a harder time concentrating on the day's tasks, ultimately not using your time or energy efficiently.

Breakfast is important for adults, but even more important for children. Research shows that children who eat breakfast perform better in the classroom and on the playground. They have better concentration and problem-solving skills. Skipping breakfast results in children feeling tired and restless mid-day and may also lead to behavioral problems.

### Reduce hunger and chances of obesity

Skipping breakfast is strongly linked to obesity. By foregoing breakfast, you feel hungrier at the next meal time which can lead to overeating and unhealthy food choices. Do not assume that skipping your morning meal will help you lose or maintain weight – in fact, studies show that individuals who eat breakfast are more likely to stay at a healthy weight and it can also aid in weight loss.

### Healthy and wholesome breakfast guidelines

A healthy breakfast means avoiding foods that are high in sugars, sodium, saturated fats and calories. Your morning time meal should have protein, good carbohydrates and plenty of fiber; these food items will satiate your hunger and will also keep you feeling full until your next meal.

### Healthy breakfast habits

If you have difficulty finding time to cook breakfast for yourself and your family, consider the following tips

- Pack breakfast the night before so your family can eat on the way to school and work
- Stock your kitchen with healthy breakfast options
- Wake your family up 15 minutes earlier than usual
- Involve your children in planning and preparing breakfast

### Healthy breakfast ideas

Here are some easy, nutritious breakfast ideas:

- Whole-grain cereal topped with fruit and a cup of yogurt
- Whole-wheat pita stuffed with sliced hardboiled egg
- Hot cereal topped with cinnamon or nutmeg
- Peanut butter on a whole-grain bagel with fresh fruit and low-fat milk
- Home-made breakfast smoothies
- Bran muffin and yogurt with berries
- Hummus on whole-wheat pita and milk
- Lean turkey on a toasted English muffin and vegetable juice
- Oatmeal with fruit like apples, blueberries, or peaches
- 

## Little Smile

Father: Tumhare Result ka kya hua.....?? .

Son: Headmster ka beta fail ho gaya, . . .

Father: Aur tum...?? . . .

Son: Doctor ka beta Bhi fail ho gaya, . . .

Father: Aur tumhara result kaisa Aaya....?? . . .

Son: Wo Wakeel Ka Beta Bhi Fail Ho gya, . . .

Father: Kamine mai tera pooch raha hun. . . .

Son: To Aap konse Rajnikant Ho, Aapka Beta Bhi Fail hua hai..

-----|-----  
Wife..why r u home so early?

Husband..my boss said go to hell !!!!  
-----|-----

Doctor: How is headache?

Patient: She is out of town !!!  
-----|-----

A cute excuse:

Teacher- Y r u late?

Student-Mom & dad were fighting.

Teacher-so wht mks U late if dey wr fighting?

Student-1shoe was in mom's hand and one in dad's..

Wife : "Pichle saal mere Birthday pe to Lohe ka palang diya tha, is baar kya de rahe ho?"

.....!!!!

Husband:"Is baar soch raha hu usme Current de du"



-----|-----  
Innovative India:

An American asked a Indian child, "How old are you ?"

Child replied:

Ghar pe 11,

School me 12,

Bus me 10,

Train me 7 &

Facebook pe 18....!!!  
-----|-----

Ek bacha apni Maa se pitne ke baad....

Pappa aap kabhi pakistan gaye ho?

Nahi beta....

Kabhi Afghanistan gaye ho

Nahi beta..... To fir yeh aatankwadi item kahan se utha laye ho???







## History of Saudi Arabia. The Saudi National Day 23, Sep

National Day of Saudi Arabia will be falling during current month, i.e. on 23rd September 2014, on this happy occasion, we on behalf of MWS MASA extend our felicitation to Saudi brothers & sisters. May God prosper and bless this holy land.

### **History of Saudi Arabia**

The Arabian peninsula has supported agricultural, herding, and hunting cultures for thousands of years. Living on important ancient trade routes, the ancestors of the Saudi Arabians were touched by diverse civilizations, including those of Mesopotamia, Egypt, Greece, Rome, Byzantium, India, Persia, and China. The Qur'an (Koran), the holy book of Islam, was revealed to the Prophet Muhammad in the western Arabian cities of Makkah (Mecca) and Madinah (Medina) beginning about 610 A.D. The birth of the new faith of Islam was one of the most momentous events in history. Inspired by Islam, the Arabs expanded out of Arabia spreading Islam and the Arabic language. Their vast empire soon stretched from the Atlantic Ocean in the west to central Asia in the east, embracing today's southern Italy, Spain, and parts of France. The Muslim Arab civilization remained vigorous for centuries, providing stability and advancing human knowledge while Western civilization was in eclipse during the Middle Ages. The Arabs made extensive and original contributions to chemistry, physics, optics, astronomy, medicine, mathematics, literature, and philosophy. They invented algebra, whose name derives from an Arabic word. They also transmitted the number system, called Arabic numerals, to the West. In the 13th century, the Mongol invasions dealt a devastating blow to the Arabs' eastern lands, and their empire began to decline. The history of modern Saudi Arabia begins with Abdul Aziz Al-Saud, known in the West as Ibn Saud. The Al-Saud family had reigned over much of Arabia in the early 19th century. It lost part of its territory to the Turks later in the century, however, and was driven from its capital, Riyadh, by the rival House of Rashid. In 1902 Abdul Aziz recaptured the city and began to reconquer and reunify the country, which he completed some three decades later. In 1927, Abdul Aziz was officially proclaimed king, and the country was named the Kingdom of Saudi Arabia in 1932. From the discovery of oil in commercial quantities in 1938, rapid economic development and rising prominence in world affairs have dominated the most recent chapter of Saudi Arabia's history.

### **Weather**

in other areas of the country may be mild throughout the year. Winter temperatures in the northern and central regions may drop to below freezing.

The shamal, sand-laden winds from the northern deserts, is most frequent in early summer and can blow for days at 25-30 miles an hour. Rainfall ranges from none at all for up to 10 years in the Rub Al-Khali, to 20 inches a year in the mountains of Asir Province.

### **Religion of Saudi Arabia**

Islam is one of the world's great monotheistic religions. The followers of Islam, called Muslims, believe in one God (Allah in Arabic) and that Muhammad is His Prophet. Today, the worldwide community of Muslims, which embraces the people of many races and cultures, numbers nearly one billion. There are approximately two million Muslims in the United States.

Historically, Saudi Arabia has occupied a special place in the Islamic world as the very heartland of Islam. Indeed, it is toward the sacred Ka'abah in Makkah that Muslims turn devoutly in prayer five times a day. The Qur'an, the sacred scripture of Islam, was revealed and is universally recited in Arabic.

A Muslim has five obligations, called the Five Pillars of Islam. First is the profession of faith: "There is no god but God; Muhammad is the messenger of God." Second is praying five times a day, facing the holy city of Makkah. Third is zakat (alms giving), which prescribes payment of fixed proportions of a Muslim's possessions for the welfare of the entire community and, in particular, for its neediest members. Fourth is fasting during Ramadan, the ninth month of the Muslim calendar, at which time Muslims abstain from food and drink from dawn to sunset. The fifth pillar is performing the hajj, or pilgrimage, to Makkah at least once in a lifetime. The hajj is a gathering of millions of Muslims from around the world. The Kingdom continues to dedicate considerable financial and human resources to enable even more pilgrims to perform the hajj in comfort and safety. To Saudi Arabia, the holy cities of Makkah, the birthplace of Islam and the Prophet Muhammad, and Madinah, the Prophet's burial place, are a sacred trust exercised on behalf of all Muslims. Recognizing the unique and historic tradition these holy sites represent, King Fahd adopted the official title of the Custodian of the Two Holy Mosques as an expression of his deep sense of responsibility toward Islam.

*Thank you for your time and kind attention, Newsletter ends here.*