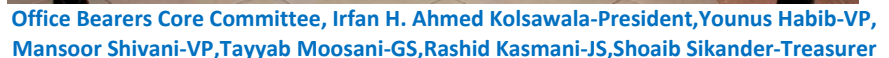




Newly Elected Body for 2016 & 2017



First family event organized by new body after election received over whelming response from the community and broken record of the past in attendance of quests.

Dear Brothers and Sisters, Assalamo Alaikum WRWB

After election and taking over charge, the New Elected Body, got engaged in various activities of MWS-MASA During March 2016. First Step was Formation of Managing Board and holding first meeting of full Board, consists of Patrons, Office Bearers, Members of Advisory and Managing Committeess, which was materialized very nicely and successfully.

After one week of first meeting, one of the Board Members, Brother Siraj Lala, invited all members of board to have a dinner at his restaurant "Taza Grill Azizia Jeddah" inaugurated very recently. Before Dinner, a formal opening ceremony of the restaurant performed by the President of MWS Mr. Irfan Kolsawala accompanied by Secretary General Mr Tayyab Moosani. Our Patron Kaleem A Naviwala, Treasurer Shoaib Sikander and some Board member were also present at the opening ceremony. Almost 25 out of 41 members attended the dinner. The food offered in the dinner was so delicious. All Board members expressed gratitude & appreciation for marvelous dinner hosted by both Partners of Taza Grill, brothers Siraj Lala and Imran Amin.

During the same month of March 2016, a mega event “Family Get Together with Dinner” also took place in a wedding Hall with an objective to assemble large number of our families whose children have grown up and they are looking for match for their children. **It was first** family event organized by new body after election that received over **whelming response** from the community and broken record of the past in attendance of guest. You will find a **Reports and Pictorial View** of all above mentioned activities in the following pages.

At last, hope this issue of Newsletter # 82 will be interesting & informative to you. We sincerely apologize, if there is any omission or error in it. Thanks and look forward to continued support & cooperation from our community members.

Best regards
Newsletter Committee

Patrons:

M. Iqbal Advani
Dr. Hamid Abdulkhader
Munaf A.Sattar Bakhshi
Mohammed I. Badi Eng.
Kaleem A. Naviwala
A.Rahman Merchant, CA

Office Bearers:

President:

Irfan H. Ahmed Kolsawala

Vice Presidents:

Younus Habib Goli
Mansoor A.R.Shivani

General Secretary:

Tayyab K. Moosani

Joint Secretary:

A.Rashid Kasmani

Treasurer:

Shoaib Sikander

Advisory Committee (AC):

Dr. Iqbal Mussani
Arif A M Memon
Nasir Ibrahim
Nadeem A.K. Bhamla
Shabbir Patel
Abdul Samad Gaziani
Faisal Luqman Sheikh
Younus Abdul Sattar
Irfan Bhimdiwala

Managing Committee (MC):

Munaf Siddiq Dheddy
Wasim A. Razzak Tai
Ahmed Kamal Makki
M. Shaker Abdulaziz
Siraj M. I. Lala
Abdul Kader Africawala
Abdul Kader Amin Teli
M.Saleem Burmawala
Tareq Madani
Yousuf Tai
M. Asif Lala
M. Jawaid Ashraf Khairani
M. Yousuf Jaliawala
M. Sadik Sorathia
M. Taufiq M Iqbal Jaliawala
Muhammed Owais Rawani
Faisal Qasim Tai
Mohammed Ismail Menda
Mohammed Asif Aziz
M. Yousuf Kasam

Prepared and produced by
Newsletter Committee MWS
MASA with approval of
Committee and President and
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اِهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ
GUIDE US TO THE STRAIGHT PATH

BEFORE YOU START TO JUDGE
ME, STEP INTO MY SHOES,
WALK THE LIFE I'M LIVING &
IF YOU GET AS FAR AS I AM,
JUST MAYBE YOU WILL SEE
HOW STRONG I REALLY AM.

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MASA

Memon Welfare Society
Jeddah - Saudi Arabia

Welcome to our today's
Social and Welfare
get together

"He who obeys the Messenger
has indeed obeyed Allah"
[an-Nisaa' 4:80]

"The Most Beloved of People to Allah is
the one who is Most Helpful"

میمن ویلفیئر سوسائٹی
جدہ سعودی عربیہ

This is produced with cooperation and sponsorship of
Brothers Salim Bharamwala-Pran Kishwala

THE STRONGEST
PEOPLE ARE NOT
THOSE WHO SHOW
STRENGTH IN FRONT
OF US BUT THOSE WHO
WIN BATTLES WE
KNOW NOTHING
ABOUT.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

The voluntary Services of Memon Welfare Society

میمن ویلفیئر سوسائٹی کی فلاحی خدمات

- *Helping needy students for education fee
- *Helping Community members for health care for those who cannot afford med expenses
- *Helping in Coffin & Burial Services
- *Helping & guiding unemployed in seeking employment
- *Extending free Matrimonial services
- *Beside above we are assisting some Madrassa by paying fees of needy students and schools where the students receive education but cannot afford even the nominal fee.
- *Organize other social & welfare programs for our community such as Seminar, Families get to gather together, Career guidance sessions, evening with scholar etc
- *Also help financially and materially the victims of natural disaster such as flood and Earth quake etc.
- *Collect used clothes and dispatch them by cargo for needy people in Pakistan, India, Bangladesh, Burma, Somalia. This is a unique service.
- *Collect unused medicines for free medical camps organized by Pakistan welfare Society in Consulate General of Pakistan Jeddah every alternate Friday regularly.

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 not a piece of good fortune only but strangers of yesterday become friends of today and then some of them become relative tomorrow. However, In order to perform well, we have formed various committees to undertake their respective responsibilities. In brief MWS is purely social and welfare forum to serve the community and humanity inside KSA.

- تعلیم اور مدرسے کی فیس کے لئے ضرورتمند 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
- برادری کی فیملیونکی اجتماعی تقاریب
- مستقبل کے کیرئیر کے لئے طالب علموں کو مشورہ
- مشہور عالم شخصیات کے ساتھ شام -استعمال شدہ پرانے لباس جمع کرکے اسکی پاکستان ہندوستان بنگلہ دیش برما صومالیہ کے غریبوں کے لئے ترسیل
- مفت طبی کیمپ کے لئے غیر استعمال شدہ ادویات کی کلیکشن -
- کوئی شک نہیں، میمن ویلفیئر سوسائٹی - مختلف خاندانوں کی ملاقات کروانے -
- ایک ساتھ طعام کرکے سلام و دعا کروانے اور دوستی ورشتہ داری قائم کرنے کے مواقع فراہم کر کے کمیونٹی میں اہم کردار ادا کر رہی۔
- اس کے علاوہ سوسائٹی نے اپنی اپنی ذمہ داریوں اور فرائض کی بخوبی انجام دہی کے لئے مختلف کمیٹیاں تشکیل دی ہوئی ہیں۔
- المختصر --- میمن ویلفیئر سوسائٹی خالصتاً سماجی اور برادری کی فلاح و بہبود اور انسانیت کی خدمت کرنے کے لئے سعودی عربیہ میں ایک مفید فورم ہے۔



Bi-monthly Shipment of Used Clothes for needy People in various countries Including Pakistan, India, Bangladesh, Burma, Somalia



Well known welfare org in Pakistan Selani Welfare Trust Receipt of our shipment of clothes



Ahmed Kamal Makki our Board Member, with help of his family select good pairs of used clothes and prepare boxes for shipment to various countries bi-monthly. Excellent work done by him & his family.

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

Voluntary Matrimonial Services

After family gatherings organized by memon Forum during the year, 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. However, 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, may please 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 (ladies only) may contact a responsible lady of MWS-MASA on 0569905776 or 0534389079 and let her know the details about searching a match. Good Luck.

First Board Meeting after Election MWS – MASA 2016 & 2017



First Board Meeting after election took place in first week of March 2016. Brother Irfan H.A. Kolsawala, President giving welcome address while Brother Tayyab Moosani, Secretary General briefing board and introducing all new and existing board members.



Core Committee of Office Bearers, Irfan H. Ahmed Kolsawala-President, Younus Habib-VP, Mansoor Shivani-VP, Tayyab Moosani-Secretary General, A. Rashid Kasmani-Joint Secretary, Shoaib Sikander-Treasurer



Office Bearers with Patrons Brothers, Iqbal Advani, Munaf A. Sattar, Mohammed Badi, Kaleem A. Naviwala, Abdul Rahman Merchant and Dr. Hamid Abdulkhader could not attend due to health problem.

**A self explanatory Invitation from All India Memon Jamats Federation to,
Secretary General MWS-MASA to receive "Outstanding Achievement Award"**



All India Memon Jamat Federation
ઓલ ઇન્ડિયા મેમન જમાત ફેડરેશન

Regd.No.F-4564 (Mumbai). ESTD : 1971

Beg Mohammed Park, Narayan Dhuru St. (Mohammed Ali Rd.) Mumbai - 400 003.
E-aimjfmumbai@gmail.com. W: www.memonfederationindia.in Phone: +91 22 23412284

**Biggest parent organization in the world representing the entire Halai Memon community throughout India,
having membership exposure of more than 500 Jamats (institutions) under its umbrella.**

President
Mr. Iqbal Memon (Officer)

General Secretary
Mr. Aziz Abdul Sattar Machhiwala

CEO Mr Altaf Holy
Mobile: +91-9004277860

Ref.
March 2, 2016

Date.

To
Mr Tayyab K Moosani
Gen. Secretary MASA
Jeddah

Dear Sir
Assalamu Alaikum



Foruk 2/3/2016.
TRUE-COPY
PUNJANI MOHD FAROQUE (S.E.O.)
(SPECIAL EXECUTIVE OFFICER)
87-E, Mohd. Ali Road, Mumbai-400004

We are pleased to inform you that Annual General Meeting of 'All India Memon Jamat Federation (AIMJF)' will be held on Sunday, 10th April, 2016 in Template AC Banquet Hall of Richardson & Cruddas, Sir J J Road, Byculia, Mumbai - 400008.

AIMJF is a biggest parent organization of Halai Memon Community having membership exposure of 482 Halai Memon Jamats spread across India.

AIMJF is engaged in very challenging & exciting task of Housing, Health, Sports, Widow Help, Mass Marriage, Relief Help etc for the upliftment and betterment of poor, deserving strata of our community at large.

We will felicitate selected overseas philanthropic dignitaries of community in said event with 'Outstanding Achievement Award'.

AIMJF Reception Committee has nominated your name for 'Outstanding Achievement Award'.

It will be our proud, privilege if you please grace the said occasion as a 'Guest of Honour' and accept the said award and oblige.

Awaiting for your confirmation.

Thank you
Yours faithfully

(Signature)
Iqbal Memon (Officer)
President
All India Memon Jamat Federation
(M) +91 9987001010



PUNJANI MOHD FAROQUE (S.E.O.)
(SPECIAL EXECUTIVE OFFICER)
87-E, Mohd. Ali Road, Mumbai-400003

Forgiveness: A Prophetic Example

Source: *islamicity bulletin*



The compelling conditions of our time offer human society two paths to choose from. We will either continue past enmities and stereotypes, or we will learn how to live in peaceful coexistence. It is a world of global connectedness, and in order to make peace sustainable, we need to develop new paradigms of peaceful engagement. The example of the Prophet Muhammad ﷺ presents us with many such paradigms that we can adapt to our current circumstances. Like all of his predecessors did before him, the Prophet showed utmost mercy and forgiveness to everyone, so much so that even his staunch enemies sought refuge under his wings of compassion. After he began to call his people to belief, the Prophet ﷺ had to face all kinds of torment during his peaceful mission for thirteen years in Mecca. After numerous grievous incidents, he had to leave his town and reluctantly immigrated to Medina. From most people's point of view, the Meccans were absolutely to be declared as "the enemy"-or "the other." However, the Prophet did not behave inimical to anyone. He always treated people humanely, no matter what lethal traps they set for him. He never failed to extend his tender hand with a candid clemency and compassion. Even during many inexorable combats, he always prayed to his Lord, chiefly for those who smashed his helmet off, broke his tooth, and left his face covered with blood in battles like Badr and Uhud. Not only did he hinder his followers from bearing any antagonistic attitude against their merciless foes, he also blocked maledictions and imprecations to any adversary, even those who, for instance on the day of Uhud, had ripped the bodies of nearly 70 beloved ones into pieces beyond recognition with an incredible brutality.

Although his opponents were bloodthirsty and yearning for war, his sword was never besmeared by red hot blood; he never killed anyone. He did not represent anything other than loving compassion in the world. He ﷺ never broke off his previous social connections. He did not approach anyone with a bias. He always held the door open in order to mildly flatter their vanities. He never hurt anyone's pride deliberately. While his sworn enemies took the gloves off for any opportunity to assassinate him, he treated everyone amicably by taking into consideration the potential positions they would likely to hold in the near future. Because he knew that every individual had a respectable essence, he thought the most appropriate action was to awaken this divine kernel. He took action in this direction, though horrid provocations did not cease, and he did that with a worthy perseverance.

Glad tidings

The Prophet ﷺ dealt with every one of his opponents with utmost care, and he took very strategic measures not to destroy them but to conquer their hearts. Giving the glad tidings of a coming peace, the following verse was revealed right after the Battle of the Trench:

﴿عَسَىٰ اللَّهُ أَن يَجْعَلَ بَيْنَكُمْ وَبَيْنَ الَّذِينَ عَادَيْتُم مِّنْهُمْ مَّوَدَّةً
وَاللَّهُ قَدِيرٌ ۚ وَاللَّهُ غَفُورٌ رَّحِيمٌ﴾

(When you obey God in His commands and prohibitions,) it may be that God will bring about love and friendship between you and those of them with whom you are in enmity. God is All-Powerful, and God is All-Forgiving, All-Compassionate. (60:7)

Peace was so close, just at their threshold. Having received this good news, the Prophet ﷺ initiated immediate action by demanding to marry the daughter of Abu Sufyan, who was then the political leader of the Meccans. Establishing bonds of kinship with him would be a plausible step in order to eradicate hostility. Umm Habiba, Abu Sufyan's daughter, was among the group of Muslims who had fled the Meccan torture and sought refuge in Ethiopia. However, her husband died there, and she was left alone with her child without any protection. By marrying her, the Prophet would not only save this devoted Muslim woman from despair and honor her, but would also form a connection with Abu Sufyan that would not be possible by any other way. This marriage was realized soon, and afterwards everything changed dramatically.

Abu Sufyan, who was one of the staunch enemies of the Prophet until that day, could easily enter the Prophet's home to visit Umm Habiba, his daughter. Now, Abu Sufyan could learn more about Islam through his daughter Umm Habiba. He began to realize soon that Muslims were not as he had believed. In a short period of time, the difference in Abu Sufyan's attitude became more and more obvious. He turned out to be more moderate, more cautious, and more candid in reciprocal dialogue attempts.

Prominent figures of Mecca, Khalid ibn al-Walid, Safwan ibn-i Umayya, Suhayl ibn Amr and Ikrima ibn al-Jahl were exerting pressure on Abu Sufyan to take drastic actions against believers. Despite all of their intolerable pressure, Abu Sufyan resisted their aggressiveness, having realized that they were the ones who were unfair, not those on the Prophet's side.

Making peace

Even in the most critical conditions he did not give up. Despite all the provocations of evil-doers and his own fellow tribesmen's objections, he made agreements with his crucial adversaries and fulfilled peaceful commitments with them.

The radical change of Abu Sufyan was an explicit hope for others. The Prophet tried his best to take advantage of every single opportunity to get in touch with any of them.

After his immigration to Medina, the economic and social conditions of Mecca had gradually deteriorated. The Meccans were suffering from drought, famine, hunger, and misery. For sure, he could not have remained indifferent to this heart-rending situation. He sent them food and other needed aid; he literally inundated them with an immense benevolent contribution on the back of hundreds of camels. But, unfortunately the Meccans rejected all of it. Then he sent all the aid directly to Abu Sufyan. Afterwards Abu Sufyan distributed everything to the poor and needy Meccans.

The Prophet those days gave weight to free commerce and trading with other communities, particularly with Meccans. He knew that business trading was an excellent opportunity to get in touch with others. Thus they could have found so many new ways to maintain peaceful relations.

Regrettably, all the peaceful attempts made by God's Holy Messenger were either repelled or responded to with brutal violence by the Meccans. They once attacked a Muslim tribe in the pitch dark of midnight and slaughtered 23 civilians in a village near Medina. By committing this crime, the Meccans also violated the Hudaibiya peace treaty.

Following this brutal attack, the Messenger of God sent envoys to Mecca, offering them various options to solve the problem peacefully, rather than an immediate retaliation: he asked them to pay the blood money and cut their relations with other warring tribes that participated in this crime. Failing to obey these conditions would mean the Hudaibiya treaty was violated as well as a declaration of war. But the Meccans refused every amicable offer. The only option left for the Prophet was to march to Mecca. Realizing that they would not be able to resist, some of the eminent Meccans fled in confusion to distant towns of the Arab Sahara. God's Messenger sent someone in pursuit of every missing Meccan. Umm Haqim, Ikrima's wife, who had fled all the way to Yemen, went after him. She dared all dangers on the way to find her husband, another relentless enemy of the Prophet and the son of Abu Jahl, and to introduce him to the Prophet's mercy. Umayr ibn Wahb, once a hitman hired by Safwan ibn Umayya to kill the Prophet, went after Safwan twice, reaching him in Jeddah en route to Ethiopia, and convinced him to return to Mecca. Suhayl ibn Amr was brought back by Abdullah, his own son whom he tortured for years. He wrote letter after letter to Wahshi, who had murdered Hamza, the Prophet's uncle, and invited Hind, who had hired Wahshi for this murder, to come in peace and that she was forgiven. The Prophet called them back home promising to forgive all their past assaults and guaranteed their protection. Mecca became a land of peace and serenity, thanks to his efforts and merciful invitation.

The Prophet's immense forgiveness is an example for us today as to how we should engage with past atrocities. It is a message of self-reformation that teaches us that we can subdue feelings of revenge and hatred and build a society in compassion and love.

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



MWS announces new office bearers

BY SYED MUSSARAT KHALIL
SAUDI GAZETTE

JEDDAH — The Memon Welfare Society (MWS) a social and welfare organization of Memon community working under banner of Memon Association of Saudi Arabia (MASA) organized an election at local restaurant recently to elect new office bearers.

After the election, office bearers invited well known and learned members of community to join advisory committee and managing committee of MWS. The first meeting of MWS full board of 40 experienced and learned members, having high position in their respective organizations and/or business took place at Lasani Restaurant, on March 1.

The meeting started with recita-

tion from Holy Qur'an. Newly elected President Irfan Haji Ahmed Kolsawala welcomed new board members and expressed thanks to all for joining forces in welfare activities. Then, General Secretary MWS, Tayyab Moosani briefed the board on its performance of past years and successful welfare activities rendered by MWS. Moosani introduced new members of board to each other.

He added that there is no welfare forum like MWS in Jeddah who has extensive managing board of dignified people. Moosani said the MWS is proud that its board consists of engineers, doctors, chartered accountants, GMs of various firms and other professionals and MWS is rendering welfare services to the community of without any distinction.

MWS Patrons are Iqbal Advani, Dr. Hamid Abdulkhair, Munaf Abdul Sattar, Mohammed I Badi, Abdul Rahman Merchant, Kaleem Ahmed Naviwala.

The Advisory Committee of MWS consists of Dr. M. Iqbal Mus-sani; Arif A M Memon; Nasir Ibrahim; Nadeem A.K. Bhamla; Faisal Luqman; Shabbir Patel; Abdul Samad Gaziani; Younus Abdul Sattar; Irfan Bhimdiwala.

Whereas, managing committee comprises of Munaf Siddiq Dhedi, Wasim Abdul Razzak (Tai), Ahmed Kamal Makki, Siraj Lala, Abdul Kader Amin Teli, Abdul Kader Africawala, M. Saleem Burmawala, Tareq Madani, Yousuf Tai, M. Yousuf Jaliawala, Sadik Sorathia, M. Taufiq M Iqbal Jaliawala, M. Jawaid Kherani,

Sadik Sorathia, Muh Rawani, Faisal Qasir Ismail Menda, Mohan and M. Yousuf Kasam

Future plan of w was chalked out and were taken that inch get together with gran future to achieve one jective of match makin children of families dah. Career guidance tribution among merit will also take place in

The Office-bearers Ahmed Kolsawala (p nus Habib Goli (1st Mansoor Shivani (2 dent); Tayyab K Moos tary); A Rashid Kasma tary); and Shoaib Sika



8th March 2016
23rd March 2016



Formal Innuguration of New Restaurant “TAZA GRILL” performed by Brother Irfan H A Kolsawala President MWS accompanied by Tayyab Moosani, GS Partners Mr. Siraj lala and Imran Amin (right & left). Kaleem A Naviwala, Patron and Shoaib Sikander Treasurer were also present on the occasion



One of the Board Members, Brother Siraj Lala, invited all members of board to have a dinner at his restaurant “Taza Grill Azizia Jeddah” inaugurated very recently. Before Dinner, a formal opening ceremony of the restaurant performed by the President of MWS Mr. Irfan Kolsawala accompanied by Secretary General Mr Tayyab Moosani. Our Patron Kaleem A Naviwala, Treasurer Shoaib Sikander and some Board member were also present at the opening ceremony. The food offered in the dinner was so delicious. All Board members expressed gratitude & appreciation for marvelous dinner hosted by both Partners of Taza Grill, brothers Siraj Lala and Imran Amin.



Food at Family Get together with dinner for 800 persons was supplied by Taza Grill at very reasonable rates. No complaint received about food from any one. Masha Allah.



-X-

“Strangers of yesterday are friends of today and relative of tomorrow Insha Allah”

Matrimonial Services Offered Voluntary by MWS

This was the basic theme of **Annual Grand Dinner of Memon Community**, hosted by Memon Welfare Society (MWS), on Friday 25th March at Jawharat Al Firdous Wedding Hall, Saari Street, Al Safa, Jeddah. The dinner was attended by more than 700 guests including male & female came from Jeddah, Makkah, Taif, Madina, Riyadh and Dammam. Every year a families get together with grand dinner is organized by MWS with certain noble cause. Such Occasion held by MWS provides large number of families with an opportunity to find match for their grown up children in this country locally rather than going to arrange marriages of their children in their home country. Our theme of the event was “Kal Ke Anjane, Aaj Ke Dost aur Ane Wali Kal Ke Rishtedar, Insha Allah”. In order to remind audience, the purpose of today’s event, some banners of the theme and noble objective of the event and MWS were placed inside Halls, which were appreciated by the guests.

Two separate Halls were arranged for male and female guests where they had a pleasure to meet & greet each other and have dinner together. Every year 25% new families join the event from different part of the kingdom. In Male section event commenced with recitation from Holy Quran. Then president MWS Mr. Irfan Haji Ahmed Kolsawala welcomed the guests and gave a brief introduction of the event. He expressed thanks to all invitees for joining this event of noble cause. Thereafter, Secretary General of MWS Mr. Tayyab Moosani presented a brief report of welfare activities being rendered by MWS. He said that this is first mega event of MWS after its election took place last month. Mr. Moosani, informed the audience that MWS is completing 8 years of its existence during next month. He further said that MWS undertakes noble ventures for the benefit and betterment of the community frequently. Mr. Moosani proudly said that Businessmen, Doctors, Engineers, Chartered Accountants and other people of various professions belong to our community are present in today’s event. He thanked all attendees in general and sponsors of the event in particular. He also thanked all office bearers and members of Board for working hard to make the event great success.

The sponsors of the event includes of the event were Iqbal Advani, Munaf A.Ghaffar Ghamdi, Mohammed Badi, Munaf A.Sattar Bakhshi, Wasim Tai, Younus Habib, Tareq Madani, Munaf Rehmatwala, Fayyaz Abdel Kader, Fouad Mohammed Chapra. **Whereas hardworking team consists of Irfan Kolsawala, Tayyab Moosani, Shoaib Sikander, Younus Habib, Abdul Rahman Merchant, Mansoor Shivani, Wasim Tai, A.Kader Africawala, Siraj Lala, Yousuf Tai, Jawaidd Ashraf Kherani, Owais Rawani, Nasir Ibrahim, Faisal Tai, Tareq Madani, Asif Lala and Shaker Aziz contributed their untiring efforts to make the event great success.**

In ladies section, Wives of office bearers welcome guests and advised them to take the advantage of gathering specially in finding match for their grown up children. All families enjoyed the event and several families got in touch with each other for future relationship. Most of the families requested MWS to hold such type of gathering of noble venture quarterly or semiannually. **The work done by wives of Office Beares and board members was commendable.**

At the end dinner with traditional dishes of delicious taste was served to the guest and the event concluded in a very pleasant and friendly atmosphere.

The following Banners were produced and sponsored by Abdul Qader Amin Teli



Health Corner:

A healthy diet should include a wide variety of nutritious foods for sufficient intake of all nutrients, including vitamins and minerals. Foods to include are breads, pastas, lean meats, fish, fruits and vegetables. A healthy diet can help you maintain a healthy body weight and decrease your risk of many diet-related chronic diseases, such as cardiovascular disease, type 2 diabetes and some cancers.

Healthy diets contain a variety of foods

In general, we should include a range of nutritious foods and eat:

- plenty of breads and cereals (particularly wholegrain), fruit, vegetables and legumes (such as chickpeas, lentils and red kidney beans)
- low-salt foods, and use salt sparingly
- small amounts of foods that contain added sugars
- reduced-fat milk and other dairy products.
- It is also important to drink an adequate amount of water.

Physical activity and healthy eating

A good balance between exercise and food intake is important, as this helps to maintain muscle strength and a healthy body weight. At least 30 minutes of moderate intensity physical activity, such as walking, is recommended every day.

Keep fat to a minimum

Adult diets should be low in fat, especially saturated fat. Saturated fat, which is the main fat in animal products, fried foods, chocolate, cakes and biscuits, is more easily deposited as fat tissue than unsaturated fat. Saturated fat can also be converted into cholesterol and cause blood cholesterol levels to rise.

Dietary fat helps with the absorption of fat-soluble vitamins (A, D, E and K). Small amounts of polyunsaturated and monounsaturated fats may have some health benefits when they are part of a healthy diet. Monounsaturated fats are found in nuts, olive oil and avocados, and may help to lower the bad type of cholesterol (low-density lipoprotein or LDL).

Polyunsaturated fats are generally thought to lower blood cholesterol levels. Polyunsaturated omega-3 fatty acids, which are found in fish, nuts and seeds, are thought to have an anti-clotting effect on blood, to reduce the risk of heart disease and to possibly lower blood pressure.

Eat and drink less high-kilojoule foods

The total amount of energy-dense (high-kilojoule) foods you eat may be as important as the total amount of fat in your diet. To reduce the energy density of your diet, you need to increase the amount of plant foods, such as wholegrain breads and cereals, fruit and vegetables that you eat.

This will provide essential nutrients, help to make you feel 'full' and also reduce the amount of fat in your diet. High energy drinks such as sports drinks, cordials, soft drinks, fruit juice, energy drinks should also be limited.

Eat foods rich in calcium and iron

It is important for all Australians to eat foods which contain iron and calcium. In particular:

- **Calcium** – is important for bone health especially for infants, women and girls.
- **Iron** – carries oxygen around the body and is especially important for women, girls, vegetarians and athletes to reduce the risk of anaemia.

Drink alcohol in moderation

Alcohol is high in energy (kilojoules) and should be consumed in moderation. Men should drink less than two standard drinks per day and women less than one standard drink per day. One standard drink is 375 ml mid-strength beer, 100 ml wine or 30 ml spirits. Alcohol should not be given to children and is not recommended for pregnant or breastfeeding women.

Healthy diets for babies and children

- There are guidelines to follow that help encourage a healthy diet for your infant or child, including:
- **Infants** – it is encouraged for babies to be breastfed for the first year of life. In most cases, breastfeeding should be the only source of food in the first six months. If you use formula, be careful not to overfeed or underfeed your baby.
- **Sugar** – children should eat only a small amount of foods that contain sugar and avoid food with added sugar, such as lollies, fruit drinks and soft drinks.
- **Low-fat diets** – are not appropriate for infants and young children under two years of age. A diet low in fat, especially saturated fat, may be considered for older children.
- **Drinks** – infants and children should be encouraged to choose water as their preferred drink.

Don't skip breakfast

Children who skip breakfast generally have poorer nutrition. Their diets contain less:

- calcium
- iron
- dietary fibre
- vitamins such as riboflavin and niacin.

Skipping breakfast becomes more common as children get older. Some schools have introduced breakfast programs because they were concerned about children who skip breakfast. Children generally perform better at school when they have breakfast. They are also more likely to maintain a healthy weight when they consume a healthy breakfast.

Adults who eat a healthy breakfast are more likely to be a healthy weight and more productive at work

Tips for healthy breakfasts

- Some easy-to-prepare, healthy breakfast ideas include:
- **fresh fruit** with wholegrain breakfast cereal and reduced fat milk. Toast with a thin spread of margarine (polyunsaturated or monounsaturated)
- **toast** with cheese and tomato. Hot or cold reduced fat milk
- **rolled oats** made with quick oats. Add sultanas and reduced fat milk. Toast with a thin spread of margarine (polyunsaturated or monounsaturated). Orange juice
- **baked beans** on toast. Orange juice
- **fruit or plain** yoghurt with fruit.

Where to get help

- Your doctor
- Dietitians Association of Australia Tel. 1800 812 942
- Nutrition Australia Tel. (03) 8431 5800
- Department of Health and Ageing Tel. 1800 020 103

Things to remember

- A wide variety of foods is important for good health.
- Calcium and iron are important nutrients in our diets.
- Infants and young children should not be placed on low-fat diets.
- Encourage infants and children to choose water as their preferred drink.
- Children will have better nutrition and do better at school if they eat breakfast.
- Be physically active.

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

Little smile:

Prize winning jokes of the year- Forwarded to us by Saleem Habib Burmawala:

Superb



- > Doctor: Which soap do you use?
- > Patient: K. P. Namboodiri's soap.
- > Doctor: Paste?
- > Patient: K. P. Namboodiri's paste
- > Doctor: Shampoo?
- > Patient: - K. P. Namboodiri's shampoo.
- > Doctor: Is K.P. Namboodiri an international brand?
- > Patient: No.
- > K. P. Namboodiri is my Roommate !

XXXXXXXXXXXXXXXXXXXX

A bookseller conducting a market survey asked a woman – "Which book has helped you most in your life?"

- > The woman replied – "My husband's cheque book !!"
- > A prospective husband in a book store "Do you have a book called, 'Husband – the Master of the House'?"
- > Sales Girl : "Sir, Fiction and Comics are on the 1st floor!"
- > Someone asked an old man : "Even after 70 years, you still call your wife
- > "Darling, Honey, Love".
- > What's the secret?
- > Old man: I forgot her name and I'm scared to ask her.

XXXXXXXXXXXXXXXXXXXX

Teacher - what is d full form of MATHS..

> Student- mentally affected teacher harassing student

XXXXXXXXXXXXXXXXXXXX

Argument between British and Indian.

- > British: we spoiled ur mother land for 200 yrs
- > "hahaha"
- > India:- "hahaha"
- > we r spoiling your mother tongue daily "hahahahaha"

XXXXXXXXXXXXXXXXXXXX

Sardar in computr exam.

- > Exmnr- wht iz microsoft excel ?
- > Sardar - i thnk it iz a new brand of surf excel to clean d computer...

XXXXXXXXXXXXXXXXXXXX

A man in Hell asked Devil: Can I make a call to my Wife ?

- > After making call, he asked how much to pay.
- > Devil : Nothing.
- > Hell to hell is Free.

XXXXXXXXXXXXXXXXXXXX

- > Husband to wife,
- > "Today is a fine day"
- > Next day he says : Today is a fine day. Again next day,
- > he says same thing.
- > Today is a fine day. Finally after a week, the wife can't take it and asks her husband – since last one week, you are saying this "Today is a fine day". I am fed up. What's the matter?
- > Husband : Last week when we had an argument, you said, "I will leave you one fine day."
- > I was just trying to remind you.....

XXXXXXXXXXXXXXXXXXXX

Pictorial View of Family Get Together with Dinner



Family's get together with Dinner, a brief introductory session prior to dinner commenced with Recitation from Holy Quran; recited by Hafiz Osama Altaf Basheer.



President MWS-MASA Mr. Irfan Haji Ahmed Kolsawala, welcoming the guests at the event and explaining the noble Cause & Objective of holding Family Get together.



Secretary General, Mr. Tayyab Moosani is updating community with welfare activities of MWS-MASA and thanking all guests, sponsors and members of Board who assisted tirelessly in management of the event successfully. Prominent personalities of our community including Haji Ahmed Abdul Karim, Iqbal H Godil, Naeem Fatani, can be seen among guests/audience.

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

Pictorial View of Family Get Together with Dinner



Venue of get together "Jawharat Al Firdous Hall"



Half Dozen Hosts ready to welcome guests



Board members alert for any services



Treasurer says "No Honey Without Money"



A Patron with guests



Visit of Dinning Hall before Dinner



Patron & Board members in different mood



Guests listening to hosts attentively



Saudi Memon were also our guests



Q & A session and gifts distribution for right answer
Mr.Anwer Khatri, well wisher of MWS MASA



Children are Memon Language Promoters, S/o
A.Kader Africawala speaks memon very well



Speak memon language and get the gift.
s/o Munaf A.Sattar, speaks memon



Outstanding student of American School Jeddah,
invited at UNO recently s/o Faisal Luqman



Master of all. Thinker of community Fayyaz AK
Adviser to the community



As speakers Shabir Patel V/s Saleem Habib
advising community for good



Tahreem Naeem Fatani announces 5 scholarship of his school for 5 students of our community.



Outstanding student achieved top through out KSA in A Level in Business s/o M. Saleem



Another outstanding student of American School s/o Faisal Luqman



Sohail Adani, Memon from Makkah



Guests are very comfortable & enjoying



EZ Question Tough answer s/o Shabir Patel



Guest taking dinner very peacefully & comfortably



Guests having dinner



Attracting Chicken Rolls N our Cultural dishes



Guests enjoying dinner in a corner of dining hall



Guests exchanging views after having dinner



Guests busy in Dinner, no time to speak.



Office bearers with Patrons at the end of the event



Some members of working team at the event



Office bearers with Other Board Members

Thanks & Appreciation to Volunteers outside Board

We salute and appreciate our young volunteers whose enthusiasm and participation with hard work in pre event, during even and post event arrangements at the venue. Some Volunteers joined us through Waseem Tai, they were Anees Farooq, Waseem Hanif, Farhan Nathani, Ilyas Abdul Basit, Khalil Ahmed, Rizwan Hanif, Whereas, few more volunteers were assigned by GS they were Shehzad Shabir Patel, Ahmed Irfan Kolsawala, Furqan Hanif Loharia and Shahzeb Shabir Patel. In recognition of their hardwork and to appreciate them, MWS-MASA will be hosting a dinner soon in their honor. .

Our Managing Board



MWS Patrons are; Mr. Iqbal Advani, Dr. Hamid Abdulkhaer, Munaf Abdul Sattar, Mohammed I Badi, Abdul Rahman Merchant, Kaleem Ahmed Naviwala. The Advisory Committee of MWS consists of Dr. M. Iqbal Mussani; Arif A M Memon; Nasir Ibrahim; Nadeem A.K. Bhamla; Faisal Luqman; Shabbir Patel; Abdul Samad Gaziani; Younus Abdul Sattar; Irfan Bhimdiwala. Whereas, Managing Committee comprises of; Munaf Siddiq Dhedi; Wasim Abdul Razzak (Tai); Ahmed Kamal Makki; Siraj Lala; Abdul Kader Amin Teli; Abdul Kader Africawala; M.Saleem Burmawala;Tareq Madani; Yousuf Tai; M. Yousuf Jaliawala; Sadik Sorathia; M. Taufiq M Iqbal Jaliawala; M. Jawaid Kherani; Sadik Sorathia; Muhammed Owais Rawani; Faisal Qasim; Mohammed Ismail Menda; Mohammed Asif Aziz; M. Yousuf Kasam; Asif Lala

Our heartiest thanks and appreciation to all sponsors of our last event. We Won't have achieved success without their support and kind cooperation; They are as follows:

Mohammed Iqbal Advani	Faisal Qasim Tai
Munaf Abdul Sattar Bakhshi	Mohammed Ismail Menda
Eng. Mohammed Ismail Badi	Mohammed Asif Aziz Advani
Kaleem Ahmed Naviwala	Asif Lala
Irfan Haji Ahmed Kolsawala	Munaf Abdul Ghaffar Ghamdi
Younus Habib Goli	Fayyaz Abdul Kader
Shoaib Sikander	Munaf Rehmatwala
Nasir Ibrahim	Fouad Mohammed Chapra
Faisal Luqman	Abdul Samad Sharfiya
Younus Abdul Sattar	M. Iqbal Bali
Munaf Siddiq Dhedi	M. Anis Fatani
Wasim Abdul Razzak (Tai)	M. Kabir Bhai
M. Shaker Abdulaziz	Salim Julee
M. I. Siraj Lala	Mohammed Chapra
Abdul Kader Amin Teli	Naveed Bhai
Abdul Kader Africawala	Yousuf Abdul Sattar
Tareq Madani	Abdul Rahman Merchant
Yousuf Tai	Irfan Bhimriwala
Sadik Sorathia	

Thank you for your kind attention. The Newsletter ends here,,,,,,,,,,,,,,,,,,,,,