



DEAR BROTHERS AND SISTERS,

Welcome to another exciting edition of Newsletter # 34 of Memon Welfare Society (MWS) for the month of April 2011. Hope it will be interesting & informative to the community.

May be majority of our community does not know that the first gathering of Current Society was held exactly 4 years ago in April 2008 at La'Sani Restaurant which was attended by almost 60 community members. But unfortunately, it started suffering from various challenges and difficulties after few month of coming into existence which jolted the smooth operation of the Society.

However, credit goes to some sincere and serious social workers who took over and revived it's operation in May 2009 with full spirit of dedication. Thus we would observe 3rd Anniversary of continued and smooth operation of the Society during next month. Newsletter Committee has the pleasure to expresses its gratitude to the entire community, particularly to it's regular readers for their kind support, cooperation and guidance from time to time. Indeed, the newsletter has been a great source of updating and providing our community with valuable and interesting information regularly.

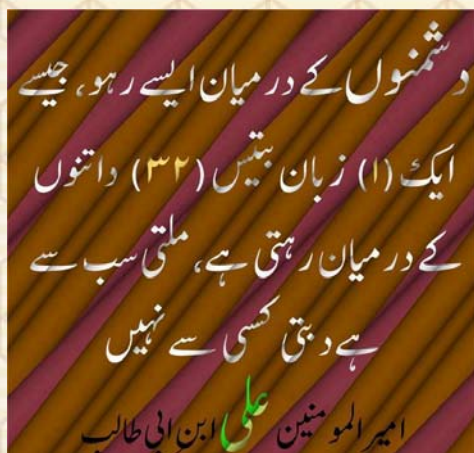
Newsletter Committee is doing its best to keep you updated with what's happening around you and in the community. We will welcome your suggestion & ideas identifying the welfare programs that can be executed by MWS to benefit our community. We kindly request our community to send us your valuable advices and constructive criticism, if any, without hesitation which may help us to improve our activities.

Thanking you for your time & attention and looking forward to continued cooperation from all members of our community.

Sincerely,
Newsletter Committee

MWS to introduce Project for Noble Cause soon.

Upon request of a Madrassa Management, Memon Welfare Society is negotiating to assist Madrassa in Jeddah by way of offering sponsorship to the poor & needy students. Almost 60 students are already registered and hopefully the quantity of students will increase once the Marassa is provided with necessary help and assistance by MWS to run it nicely and smoothly. MWS shall notify community in details about this noble project once the ways and means of help & assistance are finalized. Since Madrassa will provide students with transportation, MWS shall request our community to register their children in this Madrassa for Nazrah and Hifz-e-Quran enabling Madrassa to become self sufficient. MWS also intends to introduce classes of Hifz-e-Quran with Translations, insha Allah. May God help us to do the good deeds.



Board Meeting and It's strength of will

We, are pleased to inform our community that a Board meeting of MWS held on Wednesday 7th March 2012 which was attended by 2/3rd of board members, who first of all debated in length and approved the revised name of Memon Jamat to be as **"Memon Welfare Society (MWS)"** in order to avoid any legal implications. Whereas it's widespread nick name "MASA" which is an abbreviation of its first name and has our cultural touch, will remain unchanged. Secondly, certain welfare programs and social events until June upcoming summer season were also discussed and approved.

The welfare Program includes contacting and negotiating with management of some Madrassas and schools and training institutions for registering our community children at nominal fee and if anyone is unable to afford the fee, MWS will bear his/her education/training expenses. Meanwhile, we have been approached by a Madrasa Management to take over its administration and run it on **No Loss No Profit Basis** and PWS may bear the financial deficit, if any. The President, Vice President and Gen Secretary and some of Board Members have visited the proposed Madrasa and the matter is under negotiation to take over the management of the Madrasa. We shall update the community about this noble project soon انشاء اللہ, and shall request for personal contribution to meet deficit of the Madrasa.

Moreover, it was briefed to the board that Our health care committee is studying the ways and means to provide community members with health care which will be announced once this program is finalized.

Beside welfare programs, MWS has also decided to hold some social events such as Meena Bazaar, full day or overnight Picnic at an Istirahat for the community and Shallal Park gathering with nominal charges, an evening with celebrity. It is worth mentioning here that our Youth Wing is working on discounted package from Gym and some sports program such as cricket, football, badminton, table tennis etc. which will also be announced soon.

Board also appreciated and welcomed the consent received from respected Munaf Abdul Ghaffar to join team of our respected Patrons. Entire Board warmly welcomed Munaf Bhai and prayed for the progress of PWS under well known Patrons & philanthropists as well as under competent and capable members of Core Committee.

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



Designed By Mohammad Farid (facebook/Mohammad Farid) for Madawallforam, eblm.com (Aqumadawall.com)

فرمان رسول ﷺ
اگر کسی انسان میں ننانوے 99 برائیاں ہوں
اور ایک 1 اچھائی ہو تو اُس کی برائیوں کو نہیں
بلکہ ایک 1 اچھائی کو بیان کرو۔

وفا کی امید

ہم زندگی سے وفا کی امید کیوں رکھتے ہیں جبکہ ہم جانتے ہیں کہ اس دنیا میں سب سے زیادہ بے وفا شے "زندگی" ہے، جو نہ جانے کب، کیسے، کس موڑ پر آپ کا ساتھ چھوڑ جائے۔ بنا کچھ کہے آپ کو موت کے حوالے کر دے، آپ کی سانس، آپ کی دھڑکنیں آپ سے چھین لے۔

اگر زندگی بے وفا ہے تو وفادار کون ہے؟ میرے خیال میں تو سب سے زیادہ وفادار شے اس دنیا میں "موت" ہے جو ہمیشہ وفا کرتی ہے، اپنے وقت پر آتی ہے، کوئی آپ کا ساتھ دے یا نہ دے موت آپ کا ہمیشہ ساتھ دیتی ہے اور کبھی بے وفا کی نہیں کرتی۔

Joint Secretary's Review,,,,,,,,,,,,,

Memon Jamat (which is presently named as Memon Welfare Society with familiar old name (MASA) was founded by certain senior members of the community many years ago, which became dormant after a short period of its existence. After some years, with the initiative of certain respectable members of the community it was activated with a new name MASA. These members succeeded a bit but not altogether as they came across many hurdles and obstacles. Somehow they continued in keeping this welfare work going on.

Lately, the younger generation took the reign and tried to run this welfare by bringing all memon community members together on one platform. With the foresightedness of Dr. Iqbal Musani as President and Mr. Tayyab Moosani as General Secretary and all the office bearers and committee members, who always exerted their valuable efforts in keeping all the community members united during two years of their tenure, and with the encouragement by the Patrons, MASA started to function successfully and smoothly without any hurdles.

After few events of get-together, MASA came into the limelight in which they triumphantly brought the memon community face to face under one umbrella and it was amazing to see the community gathering at one place in a very peaceful and cheerful atmosphere. With the frequency of get-to-gathers memon community came so nearer that new friendship and matrimonial relationship started to develop. Eminent scholars offered their services to lecture on science, religion and various other topics.

After the previous body term of office ended, a new panel was unanimously announced under Mr. Arif Memon as the President and Mr. Tayyab Moosani as the General Secretary, VPs, JS, Treasurer who were given the opportunity to put their utmost effort to serve the memon community and with the injunction of young members of the community, various committees were formed comprising of businessmen, top executives of various companies etc., who has wholeheartedly shown their eagerness to provide various services for the welfare of the community. The MASA started to shine and was given a new name called Memon Welfare Society formed solely for the purpose of welfare of memons by providing assistance in various ways and means to the community.

MWS has always been inviting memon members who are in need of financial or any assistance or help of any kind. Promising and talented students are being encouraged by distributing medals/gifts as well as children are always taken care of and made happier by giving toys and conducting quiz and games during functions. MWS became a source of valuable information for Memon community who are always informed of any happier or sad moments and incidents by emails and through our newsletter where you would find interesting articles, news and Islamic knowledge and quotes from Hadiths. MWS was even able to convince memon businessmen to offer discount to our community and they have whole heartedly agreed to do so. (Read the offers in this newsletter).

The senior members and ex-patrons have also raised their hands to further support MWS in whatever ways they can even by remaining behind the scene. MWS is very thankful and encouraged to see positive comments that have started pouring in from various community members either by email or verbally **that had silenced the negative criticism**. But criticism as well as suggestions, views and opinions are always welcome for better functioning and further improvement of MWS.

The greatest achievement is that even the World Memon Organization is also happy to recognize MWS and have invited MWS members to take part during their annual meet in London, UK. This is a very heartening development.

Insha Allah, MWS will exert their utmost efforts for the welfare of the community with the help and assistance of the community itself in whatever way it is possible. What is required is the support from the community and always prayers for its well being.

Rashid Kasmani



The Welfare Services of Memon Welfare Society:

- ✓ Helping poor students for education fee
- ✓ Helping Community members for health care for those who can not afford
- ✓ Helping in Coffin & Burial Services
- ✓ Helping & guiding unemployed in seeking employment
- ✓ Voluntarily Matrimonial services
- ✓ Beside above we are negotiating to undertake the management of a Madrassa and school where the students will receive free education who can not 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.
- ✓ Very soon we shall send shipment of used clothes for poor people in Pakistan
- ✓ 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. We have also formed a committee to take care of youth affair and sports & recreation programs. This committee will encourage our youth who would also act as volunteer to help Jamat on various occasions.

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



THE MUSLIM WORLD

THE MUSLIM POPULATION OF THE WORLD IS AROUND ONE BILLION. 30% OF MUSLIMS LIVE IN THE INDIAN SUBCONTINENT, 20% IN SUB-SAHARAN AFRICA, 17% IN SOUTHEAST ASIA, 18% IN THE ARAB WORLD, 10% IN THE SOVIET UNION AND CHINA. TURKEY, IRAN AND AFGHANISTAN COMPRISE 10% OF THE NON-ARAB MIDDLE EAST. ALTHOUGH THERE ARE MUSLIM MINORITIES IN ALMOST EVERY AREA, INCLUDING LATIN AMERICA AND AUSTRALIA, THEY ARE MOST NUMEROUS IN THE SOVIET UNION, INDIA, AND CENTRAL AFRICA. THERE ARE 5 MILLION MUSLIMS IN THE UNITED STATES.

O MANKIND! WE CREATED YOU FROM A SINGLE SOUL, MALE AND FEMALE, AND MADE YOU INTO NATIONS AND TRIBES, SO THAT YOU MAY COME TO KNOW ONE ANOTHER. TRULY, THE MOST HONOURED OF YOU IN GOD'S SIGHT IS THE GREATEST OF YOU IN PIETY. GOD IS ALL-KNOWING, ALL-AWARE. (QURAN, 49:13)



Discount Deals

For Community Brothers and Sisters only

As we have announced in our last newsletter that we are working on obtaining discount deals from various entities such as Clinics, Beauty Parlors, Furniture & Fixtures, Supermarkets, meat shop etc.

- Hiba Asia Poly Clinic #2 at Bab Sheriff, Jeddah Tel No.:6451777/6232020

Memon Forum has received an approval from the Gen. Manager of the Clinic Mr. Jobi Joseph (Mob.0568901747) for consultation fee SR.10/- only and 50% discount on laboratory tests, X-Rays etc. to our community members.

- Ella Nora Beauty Parlour Near Indian Embassy School Azizia, Jeddah Tel No.0567769392:

Memon Forum has received an approval from the owner of the beauty parlor Mrs. Nora Tarek for 25% discount to female members of our community on all services during 2012.

- Yakub Al Maimani Trading Est. for Kitchen Cabinets at Makrona Street, Jeddah

Tel: Noman Ibrahim: +966543360786 Azeem Ibrahim: +966567615691 Rayan Ibrahim: +966541553764

Memon Forum has received an approval from the Responsible of Establishment Mr. Nomanr Ibrahim for special discount of 25% to our community on all variety of Kitchen Cabinets.

- Al Shifa Fresh Chicken and Meat Center, Near Souk Minarate, Azizia, Jeddah Tel:

Memon Forum has received an approval from the owner of the center Mr. Ahmed Kamal Makki for SR.3/ per each Kg of meat and SR.1/-on each chicken.

- Taibah Cotton Club, near Pakistan Embassy (int'l) School, Azizia,

Memon Forum has received consent from the owner of the cotton club shops of Mr. Mahmoud for Special discount to all members of our community on all variety of cloths.

We are in process of producing MASA Discount Card which will be distributed to the community member at an event to be held soon, meanwhile, we are in search of many other consumer items entities for the discount deals for our community. Let us serve the community better.

New traffic points system coming up in Saudi Arabia

RIYADH – The General Administration of Traffic is to introduce a Traffic Violations Points System next Hijri year (mid November) which could see motorists get suspensions of three months to a year, a lifetime ban and imprisonment.

The points system will be initially enforced in Jeddah and Riyadh, according to a traffic official quoted Saturday in the Arabic press.

Drivers will be given copies of their points record every time they go to the traffic department to pay their fines.

When a driver gets 18 points in one year, his license will be suspended for three months, he will be imprisoned for seven days and fined SR300. If he gets the same number of points a second time in one year, his license will be suspended for six months, he will be jailed for a fortnight, pay a fine of SR600 and attend a rehabilitation program for one week. If a driver commits a third such offense, his license will be suspended for one year, he will be jailed for two weeks, fined SR900 and have to attend rehabilitation classes for two weeks. If a driver gets 18 points a fourth time in one year, he will be banned forever from the Kingdom's roads.

Points for violations are cancelled at the start of every year.

The traffic official added that drivers will also be awarded special points for driving safely. Two safety points will be awarded for each driver who does not commit a traffic violation in one year. – SG

- Points for violationsn Driving under the influence of alcohol, drugs and certain medicines – 24 points
- Hot rodding – 24 points
- Crossing a signal light - 12 points
- Driving in the wrong direction – 12 points
- Moving fast and recklessly between vehicles on public roads – 8 points
- Not following the hand signals of a traffic officer – 8 points
- Driving a car without brakes and lights – 8 points
- Not following traffic rules in a roundabout – 6 points
- Exceeding the speed limit by more than 25 kilometers an hour – 4 points
- Overtaking school buses when they stop to let students get on or get off 4 points
- Not fastening safety belts – 2 points
- Using mobile phones while driving – 2 points
- Stopping on railway tracks – 6 points
- Transporting uncovered loads - 4 points
- Not stopping completely at stop signals – 6 points

Source :

<http://www.saudigazette.com.sa/index.cfm?method=home.regcon&contentID=20120318119868>



Me in Amrica – By An Indian Hyderabad in America

Na Idhar ke Rahe... Na Udhar ke Rahe...
Beech adhar atke rahe...

Na Hyderabad ku bhula sake, Na Amrica ku apna sake
Hyderabad-Amrican ban'ke kaam chalate rahe

Na Urdu ku chor sake, Na Angrezi ku pakad sake
Desi accent mein goron ku confuse karte chale

Na Turkey ku paka sake, Na gravy bana sake
Murgi ku dam de ke thanksgiving manate chale...

Na Christmas tree laga sake, Na bacchon ku samjha sake
Eid par Santa banke tohfe bat-te chale

Na shorts pahen sake, Na shalwar chor sak
e Jeans pe kurta aur sneakers chadake itraate chale

Na, Nashte mein donut kha sake... Na khichdi
khatta bhula sake
Pizza par mirchi chiRakkar maza lete rahe

Na garmiyon ku bhula sake, Na baraf ku apna sake
Khidke se suraj ku dekhke 'beautiful day' kahte rahe

Ab ayi baari Hyderabad ku jane ki... toh...
Haath mein paani ka sheesha lekar chale...

Lekin wahan par...

Na gupchup kha sake. Na lassi pee sake. Peth ke
darad se tadapte mare...
Gullathi kha ke kaam chalate rahe...

Na macchar se bhaag sake... Na khujli ku rok sake
Cream se dadodon ku chupate chale

Na fakiron se bach sake... Na dollar ku chupa sake
Naukaron se bi peeche chuda kar bhaagte rahe...

Na khuddi par baith sake. Na Kamod ko bhoor sake
Bas beech adhar jhukke kaam chalate rahe....

Na idhar ke rahe... Na udhar ke rahe... Kambakht,
kahin ke Na rahe...
Bas 'ABCD' aulad ko aur confuse banate chale...

امریکہ کو اگر لفظوں میں لکھا جائے تو کچھ ایسے ہے کہ

زمین ہموار نہیں
موسم کا اعتبار نہیں
لوگ وفادار نہیں
مذہب سے سروکار نہیں
خلوص سے ہمکنار نہیں
بدلنے کو تیار نہیں
وقت مددگار نہیں
حالات سازگار نہیں
خدا کے شکر گزار نہیں
غرض یہ کہ امریکہ کوئی شاہکار نہیں....

مگر اسکے باوجود اس ملک میں کچھ باتیں ایسی ہیں
جو اگر پاکستان میں ہوں تو یہ ملک دنیا کا بہترین ملک
بن جائے .

فضول تہوار نہیں
رسومات کا مینار نہیں
سڑک پر غبار نہیں
بھکاری کا دیدار نہیں
نلکوں پر قطار نہیں
کوئی بندہ بیکار نہیں
پابندی وقت دشوار نہیں
تعلیم کا دھرم معیار نہیں
ایجادات کا شمار نہیں
کوئی قانون سے آزاد نہیں....

پھر بھی کچھ باتیں ایسی ہیں جو دل کو تڑپاتی ہیں مثلاً...

غذا مزیدار نہیں
کھانے میں اچار نہیں
گھی کا بگھار نہیں
چوڑیوں کی جھنکار نہیں
بہن کا پیار نہیں
اباکی پھنگار نہیں
داتا دربار نہیں
قائد کا مزار نہیں
اور سب سے بڑھ کر بوریٹ اردو کا اخبار نہیں....

فقط ایک گرین کارڈ بولڈر.



Quiz Questions # 01/34 (easy to answer)

Every month 3 of all Sender of right answer will be recorded and selected through draw for a gift to be given at next family gathering. Just send your answer by email mentioning question number and Answer a,b,c or d only with full name and mobile No. addressed to Mr.Abdul Kader Africawala, Incharge Quiz and Recipes page.

1. **What does Islam mean?**
 - a. Islam means to obey our teachers and elders
 - b. Islam means to obey our parents
 - c. Islam means to obey Allah (SWT) and follow his commands
 - d. None of the above
2. **What was the name of our Prophet (SAW's) mother?**
 - a. Khadeeja
 - b. Haleema
 - c. Aamina
 - d. Sakeena
3. **Which of following countries has introduced "Direct Democracy"?**
 - a. Russia
 - b. India
 - c. Pakistan
 - d. Switzerland
4. **In cricket the length of pitch between the two wickets is:**
 - a. 22 yards
 - b. 24 yards
 - c. 23 yards
 - d. 21 yards
5. **Which one of the following is a water soluble vitamin?**
 - a. Vitamin A
 - b. Vitamin C
 - c. Vitamin D
 - d. Vitamin K
6. **How many bones are there in an adult human body?**
 - a. 209 bones
 - b. 211 bones
 - c. 306 bones
 - d. 206 bones
7. **What is camel called in memon language?**
 - a. Ooth
 - b. Gadhedo
 - c. Wandro
 - d. Sandhiyo

Do good and throw it in the sea

"What you give is what you get", or some variation thereof, is one of the most-common expressions we encounter in our lives about the consequences of our actions. This idea gives the impression that when we act virtuously we get an equal helping of good in return, and accordingly, our acts of cruelty eventually "come back around" to bite us.

Yet the reward-punishment equation is not as simple as this expression may suggest because in fact, the recompense of our good deeds is far greater than the reprisal for our bad deeds.

Throughout the day, Muslims, those striving to live in submission to the one almighty God, will say "*Bismillah Al-Rahman Al-Raheem*", meaning "In the name of God, the Most-Gracious, Most-Merciful". It is probably the most-common invocation for God that we utter, yet we may not always think over what these qualities of benevolence and compassion mean for us in our daily lives.

God is constantly willing to multiply the rewards we receive for the energy we focus toward performing good deeds- charity to those in need; kindness to family, friends, colleagues and strangers; honesty, loyalty and sincerity in our conduct; keeping promises and working hard.

As for our negative acts of cruelty, cheating, dishonesty and jealousy, God will limit the return of these actions to a degree that is strictly equal to the deed we did-no more, no less.

"Whoever does a good deed will be repaid tenfold, but those who do a bad deed will only be repaid with its equivalent and they shall not be wronged," the Holy Quran informs us very clearly. (Quran, The cattle, 6: 160)

Meaning "Recitation" in English, the Quran is a composition of God's message to humanity charting out the path we should take to strive toward eternal peace. In its pages, we are repeatedly reminded about the importance of doing good deeds and acting with kindness and mercy. When we give in charity, for instance, we learn that our wealth will be multiplied and have greater "*baraka*" (blessing) in it.

Similarly, when we display kindness and mercy to our parents even in their old age, and when we pray sincerely and fast regularly with the goal of giving thanks to God for the blessings in our lives, we are promised innumerable benefits that will reach us in this life as well as, more importantly, the next life.

Sometimes it can be difficult to believe with sincerity that good deeds are generously rewarded because in our daily lives, there appears to be limited incentive to act in an unselfish way. When we do something good, we will quite frequently seek benefits and rewards with immediacy from our family members, spouses, friends, colleagues, etc. And yet when we feel these deeds have not been appreciated or reciprocated adequately, we can often feel devalued and frustrated.

Over time, this may discourage us from acting altruistically, with great care and thoughtfulness because the benefits of magnanimity are not always directly apparent. What we should realize is that it is God who has the power to return the good we do back to us at the time and in the manner He chooses.

There is an Arabic proverb that my mom will say quite frequently that goes: "عمل خير و إرميه في البحر", which translates as, "Do good--and throw it into the sea". In other words, we should do good for the sake of it, and not expect reward for our virtuous deeds.

As someone who has consistently striven to act with sincerity in her life, my mom will often say that while she has endeavored to perform good deeds for others, she will often find that those deeds are not received with gratitude nor returned back.

By pronouncing this proverb, she is relieving herself of expectation that those around her should recognize and reciprocate any act of goodness she has done. Throwing good deeds "into the sea" so to speak is her way of performing acts of kindness and justice for God alone, being confident that God is collecting these deeds with Him, and that He will return them to her in a way that is greatly multiplied.

"For whatever good deed you send on before your souls, you will find it with God. It will be improved and richly rewarded by Him"
(Quran, The wrapped one, 73:20)

Congratulations on Wedding

On behalf of Memon Welfare Society we would like express heartiest congratulations and best wishes to both of our community members and well known businessmen in souk Khaskhia, Jeddah, M/s Abdul Rashid Qasim Ismail Qadar and Mohammed Osman Abdul Sattar Qaswala whose son & daughter respectively wedded on 15 and 17 March 2012 at classy Royal Wedding Hall, Jeddah, Saudi Arabia.

May Allah almighty shower His blessings on the couple and bless them with happy, healthy and prosperous wedded life. Aameen.

President and General Secretary - MWS



Health Corner

Increase your life expectancy with these five healthy foods

While none of us will forever, you can add some extra years on to your life by paying attention to what you eat. To increase your lifespan as well as improving the quality of your life, check out these five foods that help you live longer.

Brightly coloured fruit and vegetables

Research suggests that those who eat more fruit and vegetables tend to live longer than those who don't, due to the nutrients they contain. While all fruit and veg is good for you, brightly coloured produce is particularly beneficial as the natural pigments which give them their colour can also help prevent cancer. The Okinawans – who are reputed to have the world's longest life expectancy and who have low rates of heart disease and cancer – have a diet that is rich in fruit and veg, especially dark green and yellow varieties. In particular, the Okinawan diet features large quantities of sweet potatoes, having replaced the traditional Japanese staple of rice with this vibrant veg.

Dark chocolate

Good news for chocoholics – chocolate can help you live longer! Cocoa beans are packed with antioxidants which studies have found can help cut your risk of heart disease – the biggest killer in the Western world. This may be why Jeanne Louise Calment, who lived a grand total of 122 years and 164 days (the oldest verified age of any human being ever) put her good health down to her regular chocolate consumption. However, before you go stocking up on chocolate bars, it is worth bearing in mind that one square a day is enough to boost your health. Also, make sure you go for the over 70 per cent cocoa bars which contain more flavonoids and less sugar.

Oily fish

People in Japan have the longest life expectancy in the world, which may be down to their traditional diet which is high in fish. Not only does opting for fish over meat reduce your risk of many of the health problems associated with red meat, such as heart disease, but oily fish such as salmon, mackerel, sardines and trout are renowned for their health benefits. Oily fish are a good source of vitamins A and D which are good for the immune system. Furthermore, they are rich in omega-3 fatty acids which have been linked to a lowered risk of heart disease, brain damage and stroke.

Green tea

Another staple of the Japanese diet, green tea boasts an impressive array of health benefits, helping to improve cardiovascular health, regulate blood pressure, boost the immune system, and lower cholesterol. Studies have even suggested that drinking green tea – which is rich in health-boosting flavonoids – can help to lower your risk of cancer. Research findings published in the Journal of the American Medical Association appear to back up these health claims, as the Japanese study of more than 40,000 participants found that those who drank five or more cups of green tea a day had a death rate that was 16 per cent lower than those who drank one cup, over the course of 11 years.

Olive oil

Many of us stay away from fats and oils in a bid to stay trim and healthy; however, 'good' monounsaturated fats, which are found in olive oil, are actually essential for good health. Studies have found that regularly consuming olive oil can help cut your risk of stroke and heart disease, due to its high content of micronutrients called phenols which have anti-inflammatory and antioxidant properties. The oil is also a staple of the healthy Mediterranean diet, which studies suggests can help you live longer. Research has found that those who follow this eating plan have a 20 per cent higher chance of living longer, gaining an estimated average of two to three years.

For Your Heart Vein Opening



Ingredients For Making Heart Vein Opening

Drink Ingredients:

1 cup Lemon juice

1 cup Ginger juice

1 cup Garlic juice

1 cup Apple cider vinegar

Mix all above and simmer in low heat for about 60 minutes or till solution reduces to 3 cups.

Remove solution to cool, then mix 3 cups of natural honey and store it in a jar.

Drink one tablespoon daily before breakfast.

Your vein's blockage will open in most cases.

Enjoy your drink. Taste good too.

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

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.

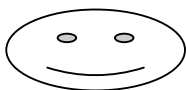
*Since the Memon Matrimonial Website is under construction which might take time, we kindly request all those memon families whose children are grown up and they intend to look for OR waiting for match now or after some time, to submit very brief particulars about their children. We can help them in 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

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



Little Smile



story of a doctor

i was in 12th
 she was in 12th
 i got into MBBS
 she got B.COM
 i was doing MBBS
 she got M.COM
 i was doing MBBS
 she got an MBA
 i completed MBBS
 she got married
 i was preparing for M.D entrance
 she's the mother of two children
 i am doing my MD
 her daughter is in class 1
 i completed MD n internship
 her daughter passed 10th
 i have joined a job
 the greatest irony- today is my engagement
 and her daughter is my wife!!

A tourist asks a

man in uniform

"Are you a policeman?"
 "No, I am an undercover detective."
 "So why are you in uniform?"
 "Today is my day off."

Accountant

1. When does a person decide to become an accountant?

When he realizes he doesn't have the charisma to succeed as an undertaker.

2. Old Accountants never die, they just lose their balance.

Diplomat

A diplomat is someone who can tell you to go to hell in such a way that you will look forward to the trip.

Committee Rules

Never arrive on time, or you will be stamped a beginner.

Don't say anything until the meeting is half over; this stamps you as being wise.

Be as vague as possible; this prevents irritating the others.

When in doubt, suggest that a subcommittee be appointed.

Be the first to move for adjournment; this will make you popular - it's what everyone is waiting for.

Different thinking,,,,,,

A dog thinks: Hey, these people I live with feed me, love me, provide me with a nice warm, dry house, pet me, and take good care of me ... They must be gods!

A cat thinks: Hey, these people I live with feed me, love me, provide me with a nice warm, dry house, pet me, and take good care of me ... I must be a god!

Argument,,,,, and,,,, War,,,,,

- A journey of a hundred miles starts with an argument over how to load the car.
- War does not determine who is right, war determines who is left.

LUNCH AT BEACH.....

For Board members and their families

Majority of Board Members including patrons attended the Lunch arranged on first Friday of March 2012. Expenses borne by members themselves.



All Participants are in pleasant mood and enjoying the occasion.



Members enjoying Food consisting of our traditional dishes

Members in cheerful mood and sharing humorous topics & stories in pics below.



President-Arif Memon, GS-Tayyab Moosani, Past President-Dr. Iqbal Musani, Patrons- Munaf A.Sattar and Dr. Hamid Abdulkhader standing to gather at Beach in pics below





Let us serve the community in proper way by sharing the responsibilities

Distribution of work of memon Forum to various committees formed in last Board meeting

These committees are active and our community members may contact concerned committees for their respective matters, suggestion, ideas, and or advising welfare programs etc...

1. Committee:

Fund Raising and Zakat Disbursement Committee

Members:

Younus Habib
Mansour Shivani
Irfan Kolsawala
Wasim A. Razzak Tai
Asif Lala
Adam A. Latif
Hanif A. Sattar

2. Committee:

Health Care & Medical Assistance Committee

Members:

Dr. Iqbal Musani
Dr. Hamid A. Khader
Mr. Younus A. Sattar

3. Committee:

Education Committee

Members:

Nasir Ibrahim
Rashid Kasmani
Tareq Madani
Ahmed Kamal

4. Committee:

Funeral Services Committee to assist family of deceased.

Members:

A. Rauf Zakaria
Mohammed Ali Osman
They are authorized to add some more members in the committee.

5. Committee:

Male Youth (as volunteer) and Recreation & Sports Committee

Members:

Wasim Tai
Tareq Madani
Asif Lala
Abdul Kader Africawala

6. Committee:

Event Management Committee

Members:

All Members of Core Committee to take care of event management and seek for the help and assistance from Board members as and when required.

7. Committee:

Ladies Committee

Members:

Wives of all board members to take care of Ladies Wing including matrimonial as well as Events of Jamat.

President and General Secretary will share the assignments of all committees by attending their meetings and participating in chalking out the future plan of respective committees.

Our Patrons



M. Iqbal Advani



Dr. Hamid Abdulkhader



We welcome Munaf Abdul Ghaffar on board



Munaf A. Sattar



Kaleem A. Naviwala

Our Office Bearers (Core Committee)



(L-R) Shoaib Sikander-Treasurer, Mansour Shivani-VP, Arif Memon-President,
Tayyab Moosani-Gen. Secretary, Younus Habib-VP, A. Rashid Kasmani-Joint Secretary



Members Advisory Committee



Dr. Iqbal Musani
(Past President Ex. Officio)



Irfan Kolsawala



Asif Lala



Nasir Ibraim



Younus A. Sattar

Members of Managing Committee



Wasim A. Razzak Tai



Ahmed Kamal Makki



Adam Abdul Latif



M. Saleem Habib



A. Rauf Zakaria



M. Shakir Abdul Aziz



Tarek Madani



A. Kader Africawala



M. Ali Osman



Hanif A. Sattar



A. Kader Amin Teli

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