



عيد الفطر مبارك

EID MUBARAK

**Grand Event
Eid Millan Dinner
(Families Get-to-gather)
Back to School Event for Kids
and Prize Distribution to
Meritorious Students of the
community will be held soon.**

Dear Brothers and Sisters, Assalamo Alaikum WRWB

We had conveyed Eid Greetings in our last Newsletter which was issued almost 2 weeks+ prior to the Eid Al Fitr Mubarak. We take the opportunity once again to express "Eid Mubarak" to each and every member of our community. As we know, Eid ul-Fitr marks the end of the fasting month of Ramadan. This has to do with the communal aspects of the fast, which expresses many of the basic values of the Muslim community; e.g., empathy for the poor, charity, worship, steadfastness, patience etc. Fasting is also believed by some scholars to extol fundamental distinctions, lauding the power of the spiritual realm, while acknowledging the subordination of the physical realm. It also teaches a Muslim to stay away from worldly desires and to focus entirely on the Lord and thank Him for his blessings. It is a rejuvenation of the religion and it creates a stronger bond between the Muslim and God. After the end of Ramadan, is a big celebration of Eid that we have observed very recently considering our inner life, its thoughts and feelings, renewed and strengthened.

Thanks to those who have remembered poor and needy people in their happiness by giving away charity generously and helping poor selflessly. May Allah accept our good deeds we did in Ramadan and will be doing in our normal life, Insha Allah.

However, we as usual, have tried to make this issue more interesting and informative with our sincere apology in advance for any unintentional omissions or errors in it. We request all our brothers and sisters to keep sending to us your suggestions and ideas and feedbacks that really help and guide us to improve our monthly bulletin.

Thank you once again and look forward to continued cooperation from all our community members

**Sincerely,
Newsletter Committee**

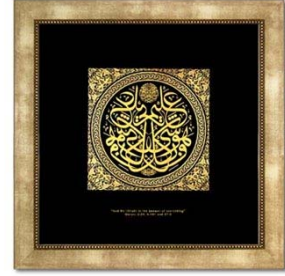


The Welfare Services of Memon Welfare Society

- ✓ Helping poor students for education fee
- ✓ Helping Community members for health care for those who cannot afford
- ✓ Helping in Coffin & Burial Services
- ✓ Helping & guiding unemployed in seeking employment
- ✓ Voluntarily Matrimonial services
- ✓ Beside above we are assisting some Madrassa by paying fees of needy students and school where the students will receive free education who cannot afford even the nominal fee.
- ✓ We also hold other social & welfare activities for our community such as Seminar, Families get to gather together, Career guidance sessions, evening with scholar, and also help financially and materially the victims of natural disaster such as flood in Pakistan and Earth quake etc.
- ✓ During last 2-3 months We sent two shipments one to Pakistan and other one India 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 He (Allah) is the knower of everything

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ
صَلَّى اللّٰهُ تَعَالَى عَلٰی حَبِیْبِهِ سَيِّدِنَا وَمَوْلَانَا مُحَمَّدٍ ﷺ وَآلِهِ وَاصْحَابِهِ وَسَلَّمَ
مؤمن کی کیفیت ایسی ہونی چاہئے کہ اپنی ہر نیکی کو اللہ کا فضل تصور
کرے اور اپنے علم، عمل اور تقویٰ پر ذرا بھی غرور نہ کرے اور ہر غلطی
اور گناہ کی توبہ کرتا رہے۔

**Iftar Party of Board Members and their families held on 17th Ramadan 1433
At Al Rahma Restaurant, Jeddah**



**A philanthropist and Patron of Upleta Memon Jamat and donor to the MWS
Mr. Haji Anis Arffa is being presented aToken of Appreciation by
President and GS of MWS for his social & welfare services.**



Patrons and Board Members at Iftar Party

**(Sitting L-R)Dr. Iqbal Musani, Tayyab Moosani, Haji Anis Arffa,Special Guest, Iqbal Advani,
Younus Habib, Mansour Shivani, Arif Memon, Kaleem Ahmed, Munaf Abdul Sattar.
(Standing L-R) Rashid Kasmani, Asif Lala, Ahmed Kamal, Shoaib Sikander, Nasir Ibrahim, Abdul
Qader Teli, Abdul Rauf Zakaria, Abdul Kader Africawala, Wasim Tai, Shaker
Abdulaziz**

**Iftar Party for Male Members of Memon Community held on 13th Ramadan
1433 H at Lasani Ex Spinzer Restaurant, Jeddah**



**Pictures of Group of Patrons, Office Bearers, Members of Advisory Committee and
Members of Managing Committee of MWS With Haji Ahmed Abdul Karim and
Mohammed Chapra (former patrons) and Special Guest Haji Amanullah.**



NEXT MEGA EVENT

After great success of 3 consecutive events of Memon Welfare we want to inform community that a mega event (family gathering,,, Eid Millan and Back to School) in a Wedding Hall is scheduled to take place in September 2012. Families from Makkah, Madina and Taif are expected to come to attend the event. We expect attendance of more than 600 male and female of the community in the event. Exact date will be announced soon. Meanwhile, All those parents whose children have secured meritorious position in their academic institutions during last 3 years are requested to submit their transcript to any member of our Education Committee or Office Bearers enabling us to award them with certificate and gifts on upcoming occasion of Eid Millan. The Education Committee Members are as follows:

Education Committee

Members:

Rashid Kasmani 0567815705

Nasir Ibrahim 0500319961

Tareq Madani 0505350646

Ahmed Kamal 0501821759

Or pass on the academic report or transcript to any of Office Bearers.

Keeping Ramadan Alive the Rest of the Year



By: Hesham Hassaballa

Almost invariably it happens a few days after the end of Ramadan: the letdown.

Fasting is finished; the nightly prayers are over; the group gatherings to break the fast have vanished. We can eat, drink, and be merry again when the sun is shining. And that special feeling you have in your heart-the one that keeps you going despite your hunger and thirst-gradually fades away.

The spiritual high evaporates, and all you are left with are the bad habits you tried to shed during Ramadan, but mysteriously rear their ugly heads once it is over.

Ramadan is supposed to increase your faith and God-consciousness:

The point is not to be an angel for Ramadan and a demon at other times. The lessons learned and spiritual benefits gained during that month are intended to carry over for the rest of the year until next Ramadan.

Yet frequently they do not. Is there anything we can do about it? Absolutely and here are five ways we can try to keep the spirit of Ramadan alive and well throughout the rest of the year.

Good Habits Kept Up

More than just denying oneself food and drink, the fast of Ramadan is a complete body-and-soul fast. Although this should be the behavior of the believer at all times, when one is fasting, he or she should take special care not to harm anyone, curse anyone, or do anything wrong. In fact, Prophet Muhammad, peace be upon him, said:

"Whoever does not give up forged speech and evil actions [while fasting], God is not in need of his leaving his food and drink."

Well, once Ramadan is over, these good behaviors should continue.

For instance, if you took the opportunity of the month of Ramadan to try to curb talking about other people, why not continue to refrain from doing so after Ramadan is over? We should continue to go to the mosque for congregational prayers. It is so amazing to see the mosque-which was packed just a few days earlier-stand almost completely empty during Isha', or night prayers, after Ramadan. If we can go to the mosque each day during Ramadan, we can get there every day during the rest of the year. Smoking is prohibited during daylight hours during Ramadan, which makes it the perfect opportunity to quit cigarettes. Yes, the nicotine in tobacco smoke is more addictive than heroin, and it is one of the most difficult addictions to beat. But if you can go without smoking for 14-17 hours a day during Ramadan, you can go without it for the remaining 7-10 hours. Ideally, there should be no Muslims who smoke, given the fact that they have to stop doing so for most of a month every year. Sadly, the reality is quite different. Many, many Muslims smoke, and it saddens me-especially since I am a lung specialist who sees firsthand the devastation wrought by cigarette smoking-to see groups of men outside the mosque immediately light up the moment sunset arrives.

Fast Throughout the Year

I must admit that this is the most difficult one for me to follow, but I must mention it anyway. The fast of Ramadan is obligatory for every adult Muslim, but there are numerous other fasts that Muslims are encouraged to undertake throughout the year, and we should try to participate. For instance, Prophet Muhammad, peace be upon him, encouraged Muslims to fast six days of the month of Shawwal, the month after Ramadan. The reward is equivalent to fasting the entire year. In a few months, the season of Hajj will begin, and those Muslims who do not perform the Hajj are encouraged to fast the day of Arafat, when all the pilgrims will be standing on that plain and begging God for forgiveness. We should fast that day. For Ashura, the day that commemorates the exodus of the Children of Israel from Egypt, Muslims are encouraged to fast that day as well as the day before. (Ideally, Muslims should fast the first nine days of the month of Dhul-Hijjah, when the Hajj occurs.)

For the very ambitious, the Prophet, peace be upon him, used to fast every Monday and Thursday, and if one is able, he or she could follow this Sunnah, or tradition of the Prophet. The very, very ambitious could even fast in the tradition of the Prophet David, peace be upon him; fasting every other day. If this is too much, perhaps we can fast one, two, or three days each month. Whatever the number, we should try to fast outside of Ramadan to help keep the spirit of the month alive in our daily lives.

Qiyam Praying

During the month of Ramadan, Muslims gather together and perform the Isha, or night prayer, and then special devotional prayers, called Tarawih, in congregation (together these are called, qiyam, extra

devotional night prayers). It is such a wonderful time, and it is perhaps-after actually getting to eat and drink-the best part of Ramadan. We are all together in the mosque, and we get to hear the entire Qur'an recited if we go every night of Ramadan.

Why not, at home, have your own "mini-Tarawih"? You can either read what you have already memorized, or you can read from the Qur'an itself. If you continue this throughout the year, it is quite possible to finish reading the entire Qur'an many times over. This is an excellent way to keep the feeling and spirit of Ramadan alive.

Charity

Ramadan is also the month of charity. It was said that the Prophet, already the most generous of men, was even more generous during the month of Ramadan. Along with teaching the believer discipline and spiritual focus, the fast of Ramadan is a potent reminder that there are millions of people around the world who must forgo food and drink involuntarily, out of sheer poverty. As a result, Muslims are frequently motivated to give to the poor during Ramadan, and the reward for an act of charity-already substantial-is multiplied many times over in the month of Ramadan. Muslims often discharge their obligatory annual alms tax, the Zakah, during this month.

Yet that does not mean we should be stingy and miserly throughout the rest of the year. We should continue to be generous even when it is not Ramadan, perhaps devoting a little bit of what we earn to help the poor. You could even open a donor-directed fund or a charitable gift fund at a brokerage firm and invest your donations so you could give more. If you want to be even more ambitious, you can start your own charitable endowment, an essential aspect of the classical Islamic tradition that has unfortunately gone by the wayside in modern times. "Haven't Seen You Since Last Ramadan..."

Another beautiful aspect of Ramadan is the frequent invitation to people's homes for iftar meals after sunset. Here, Muslims gather and break their fast together. Many times, it is an opportunity to see friends (and maybe even family) they do not normally get a chance to see during the rest of the year. Well, the same theme applies: if you can do it during Ramadan, you can do it at any other time as well. Why not keep up the contacts made during Ramadan throughout the rest of the year? Have monthly gatherings at each other's homes or at a favorite restaurant. Let it not be another year when you say to a friend, "Wow! I haven't seen you since last Ramadan!"

For Muslims, the month of Ramadan is the most wonderful time of the year. The benefits and beauties of this month are boundless, and-even though I can once again drink my 24 oz. French-Irish-Vanilla-Choc—Crème Coffee chino in the morning-I always feel a tinge of sadness when Ramadan is over. Yet we can keep the spirit of the month alive and well throughout the rest of the year. For that is the whole purpose of the fast, isn't it- to be conscious of God.

میمن ویلفیئر سوسائٹی کی فلاحی خدمات

- تعلیم اور مدرسے کی فیس کے لئے غریب طالب علموں کی مدد
- ان لوگوں کو جو طبی علاج کے اخراجات کا متحمل نہیں ہو سکتے کی مدد
- کمیونٹی کے رکن کے انتقال کے بعد تدفین میں مدد
- روزگار کی تلاش میں بے روزگار کی رہنمائی و مدد
- بچوں کے لئے رشتے کی تلاش میں مدد
- اس کے علاوہ اپنی کمیونٹی کے لئے اکثر دیگر سماجی اور فلاحی سرگرمیوں کا اہتمام
- مختلف موضوعات پر سیمینار کا انتظام
- خاندانی اجتماع
- مستقبل کے کیریئر کے لئے طالب علموں کو مشورہ
- مشہور عالم شخصیات کے ساتھ شام
- ہم پرانے لباس جمع کر رہے ہیں
- ہم بھی مفت طبی کیمپ کے لئے غیر استعمال شدہ ادویات جمع کر رہے ہیں
- کوئی شک نہیں، میمن ویلفیئر سوسائٹی - مختلف خاندانوں کو ملاقات کرنے - سلام و دعا کرنے - ایک ساتھ کھانا کھانے کے مواقع فراہم کر کے کمیونٹی میں اہم کردار ادا کر رہی۔
- اس کے علاوہ ہم نے اپنی اپنی ذمہ داریوں اور فرائض کو انجام دینے کے لئے مختلف کمیٹیاں تشکیل دی ہیں۔
- مختصراً میمن ویلفیئر سوسائٹی خالصتاً سماجی اور برادری کی فلاح و بہبود اور انسانیت کی خدمت کرنے کے لئے ایک فورم ہے۔ جسکی پوری کمیونٹی کو حمایت کرنی چاہئے

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

MWS Current Activities:

1. Further assistance was provided to Madrassa Abu Baker and as per request of the management, a place of ablution has been constructed in the Madrassa.
2. Arranged 3 computers for Madrassa for Hifz-e-Quran with Urdu Translation.
3. Collecting and delivering unused medicines to Pakistan Welfare Society for their free medical camp take place every alternate Friday.
4. Collecting used clothes for poor and needy people in India and Pakistan. TWO shipment have so far been dispatched to Pakistan and India.
5. MWS was referred and/or contacted by some community families for settlement of their family disputes and by the grace & blessings of Allah almighty, the MWS have successfully resolved some family disputes with strict confidentiality and some disputes are to be resolved soon. Insha Allah. MWS has constituted a "Reconciliation Committee for family disputes" consisting of mature and experienced members of the Board.
6. Upon demand of memon families residing in Riyadh, a study is going on to open a branch of MWS in Riyadh in near future, insha Allah. It will have access with the community in Riyadh and Dammam area whereas Jeddah base is in touch with families in Makkah, Taif and Madina.
7. A bus from Jeddah to Makkah and Madina arranged at very nominal fare during Ramadan.
8. Some more activities community interest will be announced soon.

MWS Events/Programs in Near Future:

1. Family Gathering during Summer held during last month in Al Shallal Park
2. Iftar Party for male members of memon community and dignitaries of Pak, India who come for Umrah arranged
3. Eid Millan with Prize distribution to meritorious students and back to school gifts to children
4. An evening with celebrity to be held in near future
5. Career Guidance program
6. Book Bank
7. Sports

Health Corner:**Dehydration: [A Hidden Risk to the Elderly](#)**

It's important for caregivers of the elderly to be more aware of ways to prevent dehydration, recognize its signs, and treat it promptly.

Sudden shifts in the body's water balance can frequently result in dehydration, and the physical changes associated with aging expose the elderly in particular to the risks of dehydration. The danger is that they may not know about their dehydrated condition, which could lead to more serious consequences.

In one study of residents in a long-term care facility, author Janet Mentes reported that 31 percent of patients were dehydrated. In a related study cited by Mentes, researchers found that 48 percent of older adults admitted into hospitals after treatment at emergency departments actually had signs of dehydration in their laboratory results.

Dehydration: The Causes, The Health Risks

Dehydration is often due partly to inadequate water intake, but can happen for many other reasons as well, including as a side effect of prescribed medication like diuretics, diarrhea, excessive sweating, loss of blood and diseases such as diabetes. Aging itself makes people less aware of thirst and also gradually lowers the body's ability to regulate its fluid balance:

Elders may not feel thirst as keenly.

Scientists warn that the ability to be aware of and respond to thirst is slowly blunted as we age. As a result, older people do not feel thirst as readily as younger people do. This increases the chances of them consuming less water and consequently suffering dehydration.

Less body fluids, lower kidney function.

The body loses water as we age. Until about age 40, the proportion of total body fluids to body weight is about 60% in men and 52% in women (the gender difference is due to greater muscle mass and lower body fat in men compared to women; muscle cells contain more water than fat cells). After age 60, the proportion goes down to 52% in men and 46% in women. The reason for the decline is the loss of muscle mass as one ages and a corresponding increase in fat cells.

In addition, the kidneys' ability to remove toxins from the blood progressively declines with age. This means the kidneys are not as efficient in concentrating urine in less water, thus older people lose more water than younger ones.

If dehydration is not identified and treated, the consequences to health are significant, including reduced or even loss of consciousness, rapid but weak pulse, and lowered blood pressure. If rehydration is not started, the situation can become life-threatening.

Dehydration: Recognize The Symptoms

Those caring for elderly persons should watch for these signs of dehydration.

Mild dehydration:

- Dryness of mouth; dry tongue with thick saliva
- Unable to urinate or pass only small amounts of urine; dark or deep yellow urine
- Cramping in limbs
- Headaches
- Crying but with few or no tears
- Weakness, general feeling of being unwell
- Sleepiness or irritability

More serious dehydration:

- Low blood pressure
- Convulsions
- Severe cramping and muscle contractions in limbs, back and stomach
- Bloated stomach
- Rapid but weak pulse
- Dry and sunken eyes with few or no tears
- Wrinkled skin; no elasticity
- Breathing faster than normal

Dehydration: Staying Hydrated

Everyone knows—but many people seem to forget—that water is what sustains life. Here are just two of the benefits of being hydrated:

- ✓ Older people who get enough water tend to suffer less constipation, use less laxatives, have fewer falls and, for men, may have a lower risk of bladder cancer. Less constipation may reduce the risk of colorectal cancer.
- ✓ Drinking at least five 8-ounce glasses of water daily reduces the risk of fatal coronary heart disease among older adults.

Caregivers should make sure the older person has water by their side at all times. Encourage frequent drinking in moderate amounts.

A good formula for how much water is needed every day is to take one-third of the person's body weight in pounds and drink the equivalent number of ounces of water daily. For example, a 150-pound woman would need 50 ounces of water daily, or about 6 8-ounce glasses of water.

Other tips to consider:

- If the elder's current intake is below the required amount, have them increase the amount they drink gradually.
- Encourage your loved one not to wait until thirsty to start drinking water: At that point dehydration has already started.
- One sign of proper hydration is the color of the urine—it should be clear or a pale yellow.
- Alcohol should be avoided. Minimize the number of beverages with caffeine because of its diuretic effect, causing the kidneys to excrete more water.
- When you see early signs of dehydration, offer a sports drink to enable quick replenishment of water and electrolytes needed by the body.
- Severe dehydration requires medical attention; if you see any signs or even just suspect it, call the doctor.

Little Smile:

Money Management from a Beggar

Once a beggar got Rs. 100/-

He decided to have a Royal Dinner that night...

He went to a 5 star hotel... ordered food one after the other...

When the bill came...It was of Rs. 3000/-

The beggar told Manager that he did not have any money...

The Manager handed him over to the police...

The beggar gave Rs.100/- to Police and set himself free.

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

The Sardar CEO

Santa Singh takes over at a struggling company as a CEO and decides to get rid of all the slackers.

On a tour of the facilities, Santa notices a guy leaning on a wall. He can't believe this guy would just stand around on the job.

The new CEO walks up to the guy leaning against the wall and asks, "What are you doing here?"

"I'm just waiting to get paid," responds the man.

Furious, Santa asks "How much money do you make a week?"

A little surprised, the young fellow replies, "I make about 3000 Rupees a week. Why?"

Santa quickly gets out his checkbook, hands the guy a check made out to cash for Rs. 12,000 and says, "Here's four weeks' pay, now get out and don't come back."

The man puts the check in his pocket and promptly walks out.

Feeling pretty good about himself, Santa Singh looks around the room and asks, "Does anyone want to tell me what just happened here?"

From across the room comes a voice, "Yeah, you just tipped the pizza delivery guy 12,000 Rupees."

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

Why Dog Watch Me Eat ?

Guest: "Why does your dog sit there and watch me eat?"

Hotel Host: "I can't imagine, unless it's because you have the plate he usually eats from."

Recipe Corner:

Dessert Recipe
Easy Malai Kulfi

"Kulfi is best described as Indian-style ice cream. However, unlike ice cream, kulfi is not churned. This is a fantastic summer dessert. This is a quick and easy version of kulfi. I almost never make kulfi the old way any more."

Ingredients

- 2 cups whole milk
- 1/2 cup condensed milk
- 1/4 cup dry milk powder
- 2 teaspoons white sugar, or to taste (optional)
- 1/2 teaspoon ground cardamom
- 1 pinch saffron threads
- 1/4 cup chopped pistachio nuts

Directions

Stir the milk, condensed milk, and dry milk powder together in a heavy-bottomed pan and bring to a boil. Add the sugar, cardamom, and saffron to the boiling milk; reduce heat to low and simmer, stirring frequently, for 10 minutes. Remove from heat and allow to cool to room temperature; fold the pistachio nuts into the mixture.

Pour the mixture into popsicle molds and freeze until solid, about 1 hour

Important Announcement about Matrimonial Services خدمات برائے ضرورت رشتہ

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

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

Name of Head of Family _____ Nationality _____
Home Phone No. _____ Mobile _____ Email _____
Children: Sons : (1) Age ____ Education ____ Earning Yes or No (2) Age ____ Education ____ Earning Yes or No
Daughter : (1) Age ____ Education _____ (2) Age ____ Education _____

Quiz # 06/39 (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.Can you tell the name of First Muezzin of Islam?
- 2.What is the fifth fundamental principle of Islam?
- 3.What is the longest verse of the Holy Qur'an?
- 4.What is the Shortest Surah of the Holy Qur'an?
- 5.What do the initials OIC stand for?
- 6.How is the number 14 written in Roman numerals?
- 7.What is the middle colour of the rainbow?
- 8.What is the study of plants called?

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