



Issue No. 76

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Memon Welfare Society Monthly Newsletter - Oct 2015



Register your outstanding
child if he or she meets the
given criteria !!!!!!!!!!!!!!!
Details in next page.....

Get Ready for

Mega Event,,,,,,
4th Award Ceremony for
meritorious students of the
community in KSA.



Dear Brothers and Sisters

Assalamo Alaikum WRWB

We are pleased to present 76th Issue of MASA Monthly Newsletter, hope it will be informative for our community members. As we all are aware that last Month, two **UNEXPECTED** Tragedies in Makkah Region one was the Crane Crash in Haram and other one Mina Stamped. Both incidents resulted in the deaths of scores of pilgrims and left many injured. Most of them had arrived from various parts of the world to perform the annual pilgrimage (Hajj). After the tragic incidents, the authorities swung into action to help the injured. Hospitals in the area were put on a high alert and civil defense authorities inspected the site of the accident and surrounding areas. The authorities worked swiftly to ensure completing the cleaning and repair works in the shortest possible time. At this time, it is important to console the injured and comfort the relatives and friends of the deceased.

The generosity of the Saudi government in the wake of such accidents is a known fact. The government always extends the necessary help to all regardless of their nationalities. Now Hajj has concluded few days ago and all pilgrims are on their way back to home in respective countries. May Allah rest souls of victims of "**Crane Crash**" and "**Mina Stamped**" Tragedies and recover those who got injured in these mishaps. Aameen. Haj Mubarak once again to all who performed Haj.

Nevertheless, MWS-MASA is progressing in its social and welfare activities and now most of the memon families of Jeddah have become friends & familiar with each other which is a great success of MASA. We express thanks to the brothers who have sent us their valuable feedback and suggestions which are in fact a sort of guidance for us. We sincerely apologize for any unintentional omissions or errors in this newsletter.

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

Best regards
Newsletter Committee

Various Committees to facilitate our activities:

Funds Raising & Disbursement Committee:

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Younus Habib
Mansoor Shivani
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Office Bearers and
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Abdul Qader Teli
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Education Committee:

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Youth & Sports

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Dispute Settlement

Committee:

Younus Habib
Irfan Kolsawala
Younus Abdul Sattar
Kaleem Naviwala
Mansoor Shivani

Ladies Committee:

Spouses of Members of
Core Committee and
Advisory Committee

Costitution Committee:

Dr. Iqbal Musani
Nasir Ibrahim
Rashid Kasmani
Shoab Sikander
Siraj Lala
Tayyab Moosani
President & GS shall attend all
committees meetings as an
ex-officio.

RE M I N D E R – DO NOT WAIT TILL LAST DATE PLEASE

**Circular – 4th Award Distribution Ceremony 2015
for Outstanding Students of the Community**



Dear Brothers and Sisters, Assalamo Alaikum WRWB

As we have already announced through a circular to the community that our Mega Event - **4th Annual Award Ceremony 2015** is due to take place soon. Meanwhile, we have started receiving certificates, transcripts and/or documents from Meritorious students of our community **from 20th September to 20th October 2015 till 10 pm**. The exact day, date and venue of the Function will be announced soon.

Please check if any students in your family meet the following merit & criteria, kindly send necessary evidence, certificate, transcript or any appropriate document that shows concerned student's merit and achievement or outstanding position in his exams so we may enlist him in the award list. Please send scan copies of certificates on the following emails:

rashidkasmani@yahoo.com with cc to: masawelfare@gmail.com

Criteria: Following criteria has been set for various classes:

Class	Minimum Percentage secured
KG all	95%
1 - 5	90%
6 - 9	85% or A+
10 - 14	80%
Post Graduate Masters and Professional Degrees AND Hafiz-e-Quran	Upon completion
10 Sipara Hafiz	Upon completion
20 Sipara Hafiz	Upon completion
Student of Extra Ordinary Achievement	Secured Top position in recognized institution

We shall appreciate if you could inform & advise your memon friends and families near you about this event so that all deserving students may participate in this encouraging event. **Students meeting set criteria should submit their documents by email as soon as possible latest by 20th October 2015.**

Moreover, in order to encourage students, audience and guests at the event, if any of our community brother intends to sponsor some gifts either for students or audience or guest OR to sponsor the event partially, please contact our office bearers without hesitation. **Minimum partial sponsorship is SR.500/-.** (As usual, Brother M. Iqbal Advani has committed to sponsor 25% of the total expenses of the event).

Thank you and looking forward to your response soon.

Best regards

Gen. Secretary

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

ضرورت مند 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 کر کے 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 کیملاقات کروانے - ایک

ساتھ طعام کر کے 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

عربہ میں ایک مفید فورم ہے۔

Education Quotes

"Education is the most powerful weapon which you can use to change the world."

*** A Mother may be Educated or Uneducated,

But

She gives "Best guidelines in the World when you fail in your Life" ...!!! ***

LEARNING
IS A TREASURE THAT
WILL FOLLOW ITS
OWNER EVERYWHERE.

Children do not care
how much you know
until they know
how much you care.

LEARNING
IS A TREASURE THAT
WILL FOLLOW ITS
OWNER EVERYWHERE.

“CHILDREN
MUST BE TAUGHT
HOW TO THINK,
NOT
WHAT TO THINK.”

مختص شخص کے سامنے پڑا نگر ہے
اور
کامل انسان کے سامنے نگر پڑا

Knowledge is power: why education matters

Education means more than acquiring knowledge. It empowers people to develop personally and become politically active. That's not always in the interests of rulers, writes DW's editor-in-chief Ute Schaeffer.

Knowledge is power - this insight is at least four centuries old, formulated by philosopher Francis Bacon during the Enlightenment. His statement has lost nothing in terms of relevance and significance: Knowledge is power, and education is the fundamental precondition for political development, democracy and social justice. That can be seen each day in world affairs, but perhaps most poignantly in recent history through the Arab Spring that began in Tunisia with the Jasmine Revolution about a year and a half ago.

From marginalization to lionization

It was the educated and the middle class that set protests in motion - particularly the younger among them: 20-35 year-olds, often students or academics, who felt deceived by the regime and slighted in opportunities. From Rabat to Riad they were the ones that fought - doctors, engineers, journalists - for more freedom, more participation, fair access to the labor market and, in particular, for access to uncensored perspectives.

Their fight is far from over. The first step is securing a foundation for the protestors' goals by way of democratic institutions and voting.

Education empowers, and education promotes greater participation. These are facts that Arabic rulers perhaps underestimated. Without the decisive expansion of school and university systems in Arabic countries in the last 20 years, the democratic movement would likely never have come about. The Human Development Report shows just how much educational access improved over this period, and it led to visible success. Tunisia's former president, Ben Ali, was also a reformer in education. Under his regime, a growing number of people were able to earn good degrees. But after graduating, they scarcely had anything to show for it: no jobs, no opportunity, no participation. In Tunisia, everything had already been distributed in advance to the same clans and players. Unemployment in Tunisia at the time was at 40 percent. Dictators like Ben Ali would probably not have invested in education so heavily had they understood the emancipatory effect it can have.

A fundamental human right

There is no development without education. The world community has long since recognized this fact and developed clear political demands and consciousness on the subject as well. The second Millennium Development Goal specified by the United Nations says that all human beings should have access to a basic education. There has been progress, although it has been slow and heavily variable by region. The percentage of children who attend schools increased from 1999 to 2009 by seven percent, to a total of 89 percent. Recently, the tempo of progress has slowed. In Africa and Asia, the second Millennium Development Goal will not be reached in many regions by 2015. In developing regions, just 87 of every 100 children complete a primary education. And in many poor countries, every four out of 10 children stop attending school before finishing the elementary grades.

Children in rural areas and in conflict regions have even fewer opportunities to become educated, while girls around the world continue to face disadvantages in education. There is still much to do.

No development without education

But two of Asia's fastest growing economies, India and China, show that education has clear economic advantages. A third example: In the 1950s, South Korea was in worse condition than many African countries are today. Investments in equal education access for men and women, together with better health care and access to shelter, have contributed to a decrease in infant mortality rates and to an economic boom.

Education defines the lives and concerns of many of China's young people

The lightning-fast development of the Chinese economy suggests that there has been a real hunger for education, and nearly every Chinese person under the age of 25 sees education as a key issue. It defines young people's lives.

However, China is also an example that there are still regimes which promote more education without aiming to offer more freedom. Models of this sort will function only as long as a majority supports them. Education means participation

In the long run, no illegitimate regime will be able to withstand the power of a well-educated majority. Once such a populace is in place, it opens up the possibility of greater participation and democratic change. Russia offers one example, and at least in provisional ways, China and states in the Arabic World do as well.

Countries like Zimbabwe, Afghanistan and North Korea present a much more difficult challenge. As long as the majority of citizens live in poverty and are surrounded by state propaganda, as long as this majority lacks education and the ability compare independent information, and as long people cannot network and engage in open exchanges with each other, the dictators and autocrats can feel secure. That's reason enough to join the fight for recognizing education as a basic human right.

Hajj and the Neglected Legacy of a Great Woman

Source: [IslamiCityBulletin](#)

There is great – truly great – news from God. “Those who have faith and do righteous deeds, they are the best of creatures, their reward is with God: Gardens of Eternity, beneath which rivers flow; they will dwell therein forever; God is well pleased with them, and they with Him: All this for such as fear their Rabb (the cherisher and sustainer).” ([Quran 98:7-8](#))

Eid al-Adha is a great and unique occasion of joy and celebration. Ironically, this joy and celebration revolve around sacrifice. It would probably make sense to only those who understand that the joy of giving that touches others’ lives is far greater and deeper than the joy of receiving.

This great occasion of Eid al-Ad’ha is tied to an unique event, the Hajj; a unique city, Makkah; and a unique family, the family of Ibrahim ﷺ (peace be upon him). Indeed, what the Quran refers to the Milla of Ibrahim is essentially rooted in the legacy of a model family. Say: “God speaks the Truth: follow the [Milla](#) of Ibrahim, the True in Faith; he was not of the Pagans.” ([Quran 3:95](#)) We cannot discuss Eid al-Ad’ha without remembering Ibrahim, who represents in the Quran an ideal submission. He never hesitated to respond to the call and command of his Rabb (the Creator, the Sustainer and the Evolver). He never considered anything too precious to be withheld when it came to fulfilling the wish of his Rabb. Everything he did was commanded by God, and was fulfilled by him conscientiously with honor and nobility. We are all too familiar with the story of his unwavering faith and conviction, and his supreme sacrifice as embodied in the event when he was ready to sacrifice his dear and only son to fulfill the wish of his Rabb. “Behold! his Rabb (Lord) said to him: “Bow (submit your will to Me): He said: “I bow (submit my will) to the Lord and Cherisher of the Universe.” ([Quran 2:131](#)) We know, of course, God didn’t really want him to slaughter his son, he just wanted to see if Ibrahim was ready to submit entirely and unconditionally. No loving God would have exacted such a sacrifice of one’s own child in reality. Another member of this ideal family was the first son of Ibrahim, Ismail. The Quran presents him as like father like son. “... (Abraham) he said: ‘O my son! I see in vision that I offer you in sacrifice: Now see what is your view!’ (The son) said: ‘O my father! Do as you are commanded: You will find me, if God so wills, one practicing patience and constancy!’” ([Quran 19:102](#)) In his submission to the will of his Rabb, Ismail was no less ideal. He submitted to the will of God whole-heartedly and with a heart full of peace and tranquility. Once again, there are very few among us who are not already familiar with the role and position of Ismail in the heritage of [Tawheed](#) and the eternal truth.

Going beyond the customary commemoration of the stories of Ibrahim and Ismail, I want to focus here on the not-so-mentioned legacy of a great woman, Mother Hajar (Radhiyallahu ‘anha, May Allah be pleased with her) the wife of Ibrahim ﷺ and the mother of Ismail ﷺ. Indeed, she is an integral and as important part of the legacy of Tawheed and the Milla (community) of Ibrahim. Her submission to the will of her Rabb and her sacrifice were as ideal as that of Ibrahim and Ismail. God has ennobled her in the Quran by making Safaa and Marwah integral to the performance of Hajj, one of the five pillars of Islam. These are the two hills between which she ran back and forth in search of water for her beloved infant son, while she was all alone according to the plan of God Himself. “Behold! Safaa and Marwah are among the symbols of God. So if those who visit the House in the Season or at other times, should compass them round, it is no sin in them. And if any one obeys his own impulse to Good, be sure that God is He Who recognizes and knows.” ([Quran 2:158](#))

If the readers have not read already, I invite them to read the Hadith containing details of her story in Sahih al-Bukhari ([Vol. 4, #583, Book of Ambiya or Prophets](#)).

Mother Hajar was not just a wife of Ibrahim, but she was deeply loved by him. But, once again, to fulfill the wish of God, he brought Mother Hajar and their beloved infant son, Ismail, to this abandoned, desolate, barren valley of Makkah. There was no such inhabited place called Makkah at that time. As Ibrahim brought Mother Hajar and Ismail to that barren, rugged valley, she asks (as in the Hadith): ‘O Ibrahim! Where are you going, leaving us in this valley where there is neither any person nor anything else (to survive)?’ She repeated that to him many times, but he did not look back at her. Then she asked him, ‘Has God instructed you to do so?’ He replied, ‘Yes.’... That was enough for Mother Hajar. Now she knew that it was according to the Divine Will. With the same nobility and dignity of faith as it ran in that family, “She said, ‘Then God will not neglect us.’ (In another version): ‘I am pleased to be (left) with God.’

Then Ibrahim ﷺ left and she was alone with her infant. Makkah was not an inhabited place yet. Food and water that Ibrahim provided them with were consumed by the mother and baby. Desperately, she started searching for water running back and forth through the valley between the hills of Safaa and Marwah. Surely Allah would not abandon the family of Ibrahim and so, she was visited by the arch-angel Jibril ﷺ. This is an significant point to ponder: What kind of person is visited individually by Jibril?

Water, in the form of an ever flowing spring, the Zamzam, was made available to them by direct intervention of God. Right during that time, the tribe of Jurhum, passing by the valley saw birds flying. Realizing that water must be available, they searched and discovered Mother Hajar and Ismail. They sought permission to settle there. Thus, the desolate valley of Makkah became an

inhabited area. Ibrahim returned there much later and laid the foundation of Ka'ba. Makkah ultimately was to emerge as a city and as the perennial heartland of Tawheed, the belief in oneness of God.

Subhanallah, God is glorified. He took such a significant and noble service from a woman. But consider another aspect. What kind of situation Mother Hajar was placed into? In that desolate, uninhabited valley, what might have been going on in her mind? While unconditionally committed to her Lord, she was constantly searching, moving and struggling not thinking about herself any longer, but to find some water and save her child. What could she think about herself? Dr. Ali Shariati, in his well known book Hajj, attempts to provide a glimpse. Once she was slave only to be given away by her Master, a king representing the owning class; now a victim and a stranger, exiled and abandoned by her family all alone with her child in her arms! She hardly ever had a dignified identity. Had she not been the mother of Ismail, who would have given her any recognition and worth? There, in that barren place, her identity did not matter any further. Yet, she reposed her complete trust in her true Lord (Rabb) and was determined to pursue whatever she could in the Way of God.

Now ask yourself. If any human being needs to be identified, whom would you consider the foremost as far as founding of Makkah as a city?* Is there any other civilization, or even a city of this stature, that has been brought about by such primary contribution and sacrifice of a woman? How ironical, unfortunate, insulting and utterly unacceptable that the city that came into existence through the sacrifice and struggle of a lone woman now does not allow a woman to drive a car by herself. Nor does it allow a woman to travel to hajj by herself, even though the Prophet Muhammad ﷺ himself had the vision that woman would travel someday alone to perform hajj and indeed, the vision did materialize. (Musnad of Imam Ahmad ibn Hanbal, Vol. 4, #19397, 19400; Also Sahih al-Bukhari: Vol. 4, #793)

It is so unfortunate that so little about her is talked about even on such pertinent occasion of which she is an integral part. I don't recall myself listening to any Khutbah that highlighted her faith, sacrifice, and contribution that were second to none; yes, second to none. Indeed, I have read Sahih al-Bukhari before too, until the work of a Muslim intellectual of our time, whose mind is keen about women's contribution in the heritage of Tawheed, drew my attention to this.* What men and women can learn from a woman, whose service and contribution ennobled the Hills of Safaa and Marwah to the status of "among the Sign of God," which must be visited, and whose quest for saving the object of her love must be reenacted?

From far away as the pilgrims perform this reenactment, we also want to be like Ismail and have a share of this noble woman's affection. But there is a greater symbolic implication! This community of believers follow the Way of Prophet Muhammad, a way that primarily was designed after the Way of Ibrahim and his family. The role that was played primarily by the family of Ibrahim, was broadly assumed by the Prophet Muhammad ﷺ, but now involving not just his family, but the larger community of believers. This community (Ummah) is created for mankind! [\(Quran 3:110\)](#)

As it was true then, it is also true now, the humanity is in pursuit of doom and destruction. Should we not, think of the humanity as Ismail destined for death, to save which love, affection, and restless passion of Mother Hajar are needed again and again? Did not the Prophet Muhammad ﷺ carry on that mission of mercy and affection, and thus he was the Rahmatullil Alamin (mercy for the universe), according to the Quran? Did not his loyal companions fulfill the same mission? Then, does not this community (Ummah) need to be conscious of the trust God has given to them, for which the community will be accountable? What could be a better occasion for us to remind ourselves of that trust and invite ourselves to reflect on this and respond accordingly?

In conclusion, what is there, then, to celebrate?

"Our Lord! Grant us what you did promise to us through your Prophets, and save us from the shame on the Day of Judgment: for you never break Your promise." And their Rabb (Lord) has accepted of them, and answered them: "Never will I suffer to be lost the work of any of you, be he male or female: you are members, one of another; those who have left their homes, or been driven out therefrom, or suffered harm in My Cause, or fought or been slain; Verily, I will blot out from them their iniquities, and admit them into Gardens with rivers flowing beneath; A reward from the Presence of God, and from His Presence is the best of rewards. [\(Quran 3:194-195\)](#)

For all the toil and struggle, the hardship and sacrifice, the efforts and pursuits, is it not truly deserving of celebration that our works will not be in vain, will not suffer any loss? This is a guarantee from none other than God. For me, that is more than good enough. With all the worldly promises, guarantees, and warranties that give us a sense of security, one tends to forget that there is also a vast world of deceptions. If we cannot have peace of mind with the promise from God, we have nowhere to turn to. Thus, what could be more worthy of our celebration than the invitation of God to an eternal life of peace, happiness, and prosperity, an invitation that comes with the unfailing promise of God. This, of course, requires that we commit ourselves to the positive and constructive pursuit of bringing peace, happiness and prosperity to the humanity.

Role of Memon Jamaat in all places

As we all are aware that Memons generally tie to their respective locally societies called "Jamat", literally means congregation, which are generally established for the **BETTERMENT AND SOCIAL WELFARE** of its members which may include issuance of marriage license, matrimonial dispute resolution, adaptation and enforcement of the rules and guidelines against certain undesirable customs, establish healthcare and education centre, provide various facilities for the community need and also financial support and housing for the poor and needy members and sometime non-members.

The following are some common well organized societies or welfare associations called Jamaat of the Memons community which generally refer to their ancestral village or town. Upleta, Dhedhi's, Kutiyana, Palwala/Amreliwala Bantva, Bombaywala, Dhoraji, Cutchi Dhorajiwala, Gondal Halari Memon, Jetpur, kutchi, Morbi-Tankara Memon Association also called M.T.M.A, Okhai, Porbandar, Rajkot, Sourashtra Tharti, Vanthli, Vasawad, Kathiawar Nasarpurmemon Jamat, Jamnagar, deeplai VMP

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

The Three Types of People

A teacher shows three toys to a student and asks the student to find out the differences. All the three toys are seemed to be identical in their shape, size and material. After keen observation, the student observes holes in the toys. 1st toy it has holes in the ears. 2nd toy has holes in ear and mouth. 3rd toy has only one hole in one ear.

Then with the help of needle the student puts the needle in the ear hole of 1st toy. The needle comes out from the other ear. In the 2nd toy, when the needle was put in ear the needle came out of mouth. And in the 3rd toy, when the needle was put in, the needle did not come out.

First toy represent those people around you who gives an impression that they are listening to you, all your things and care for you. But they just pretend to do so. After listening, as the needle comes out from the next ear, the things you said to them by counting on them are gone. So be careful while you are speaking to this type of people around you, who does not care for you.

Second toy represent those people who listens to you all your things and gives an impression that they care for you. But as in the toy, the needle comes out from mouth. These people will use your things and the words you tell them against you by telling it to others and bringing out the confidential issues for their own purpose.

Third toy, the needle does not come out from it. These kinds of people will keep the trust you have in them. They are the ones who you can count on.

Moral: Always stay in a company of a people who are loyal and trustworthy. People, who listen to what you tell them, are not always the ones you can count on when you need them the most.

Health Corner:

EIGHT HEALTHY EATING GOALS

Small changes can make a big difference to your health. Try incorporating at least six of the eight goals below into your diet. Commit to incorporating one new healthy eating goal each week over the next six weeks. You can track your progress through PALA+.



Make half your plate fruits and vegetables: Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert. The more colorful you make your plate, the more likely you are to get the vitamins, minerals, and fiber your body needs to be healthy.



Make half the grains you eat whole grains: An easy way to eat more whole grains is to switch from a refined-grain food to a whole-grain food. For example, eat whole-wheat bread instead of white bread. Read the ingredients list and choose products that list a whole-grain ingredients first. Look for things like: "whole wheat," "brown rice," "bulgur," "buckwheat," "oatmeal," "rolled oats," "quinoa," or "wild rice."



Switch to fat-free or low-fat (1%) milk: Both have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.



Choose a variety of lean protein foods: Meat, poultry, seafood, dry beans or peas, eggs, nuts, and seeds are considered part of the protein foods group. Select leaner cuts of ground beef (where the label says 90% lean or higher), turkey breast, or chicken breast.



Compare sodium in foods: Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals. Select canned foods labeled "low sodium," "reduced sodium," or "no salt added."



Drink water instead of sugary drinks: Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar and calories in American diets. Try adding a slice of lemon, lime, or watermelon or a splash of 100% juice to your glass of water if you want some flavor.



Eat some seafood: Seafood includes fish (such as salmon, tuna, and trout) and shellfish (such as crab, mussels, and oysters). Seafood has protein, minerals, and omega-3 fatty acids (heart-healthy fat). Adults should try to eat at least eight ounces a week of a variety of seafood. Children can eat smaller amounts of seafood, too.



Cut back on solid fats: Eat fewer foods that contain solid fats. The major sources for Americans are cakes, cookies, and other desserts (often made with butter, margarine, or shortening); pizza; processed and fatty meats (e.g., sausages, hot dogs, bacon, ribs); and ice cream.

Little Smile:

TEACHER: Why are you late?

WEBSTER: Because of the sign.

TEACHER: What sign?

WEBSTER: The one that says, "School Ahead, Go Slow."

TEACHER: Cindy, why are you doing your maths sums on the floor?

CINDY: You told me to do it without using tables!

Teacher: "Can anybody give an example of COINCIDENCE?"

Johnny : "Sir, my Mother and Father got married on the Same day same time.

Teacher: "George Washington not only chopped down his father's Cherry tree, but also admitted doing it. Now do you know why his father didn't punish him?"

Johnny : "Because George still had the axe in his hand."

Teacher : What a pair of strange socks you are wearing, one

is green and one is blue with red spots!

Kirk : Yes it's really strange. I've got another pair of the same at home.

Teacher: Now, children, if I saw a man beating a donkey and

stopped him, what virtue would I be showing?

Student: Brotherly love.

Teacher: What do you call a person who keeps on talking when

people are no longer interested?

Pupil : A teacher.



Wife's Fight with Husbands

How various wife's fight with their respective husbands...

Pilot's wife: Don't fly so much...

Teacher's wife: Don't teach me..

Painter's wife: I'll paint you...

Dhobi's wife: I'll wash you...

Actor's wife: Don't act too much...

Dentist's wife: Break your teeth..

CA's wife: Stay with proper accountability...

Engineer's wife: I'll loosen all your parts..

Architect's wife: Stay straight or else I change your architecture...

& the Best one

Marketing person's wife: If you speak too much I'll sell you out...

*

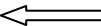
Wife in My Next Life!

Why do most Indian women request for the same husband, in the next life?..

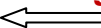
Arre..itni mehnat se trained kiya hai..waste thodi jane denge!

Heaven Joke

A man died and went to The Judgment, they told him ,
“Before you meet with God, I should tell you — we’ve looked over your life, and to be honest you really didn’t do anything particularly good or bad. We’re not really sure what to do with you. Can you tell us anything you did that can help us make a decision?” The newly arrived soul thought for a moment and replied, “Yeah, once I was driving along and came upon a person who was being harassed by a group of thugs. So I pulled over, got out a bat, and went up to the leader of the thugs. He was a big, muscular guy with a ring pierced through his lip. Well, I tore the ring out of his lip, and told him he and his gang had better stop bothering this guy or they would have to deal with me!” “Wow that’s impressive, “When did this happen?” “About three minutes ago,” came the reply.



A group of Patrons, Office Bearers and some of the members of Advisory and Managing Committees of MWS-MASA.



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"**

ميمن ويلفير سوسائٽي
جده سعودي عربيه

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