

## Power Foods during Ramadan Spiritual Benefits of Ramadan

**Do you find it difficult to have a balanced food intake during Ramadan? Try out some of Sumaiya Latif's healthy recipes for Sahur (pre-dawn meal).**

**RAMADAN AWAITS OUR** encounter. Muslims all over the world will unite to sight the new moon. There is excitement as the families come together to rejoice in this beautiful month, whilst mums still contemplate on what to prepare for the dawn meal and Iftar the next day. Rising before the sun and preparing a meal before dawn can be a challenge for many, and our graceful mothers are worthy of thanks and abundant rewards for this task. Let us explore ways to boost your vitality as well as keep your energy levels soaring to ensure you and your families are happy and healthy throughout the days during this beautiful awaited month of Ramadan.

### The Prophet's Advice on Sahur

Anas (pbuh) quoted the Prophet (Pbuh) as saying, **"(Make sure to) have your sahur meal, for sahur is blessed."** (Al-Bukhari and Muslim). Amr ibn Al-'Aas quoted the Prophet (Pbuh) saying, **"The difference between our fasting and that of the People of the Book is the sahur meal."** (Muslim)

### Can't stomach the Pre-Dawn Meal?

Many people find it challenging to have a meal immediately upon rising. This is often due to sluggish liver function and lack of bile secretion and digestive juices. To alleviate this, add a tablespoon of freshly squeezed lime juice in a little warm water and drink just before the meal.

Here are some healthy options for the Sahur meal:

### Smoothie Power Sahur

This would be ideal for people who find it hard to eat in the mornings. This will provide a filling, nutritious drink that will provide energy throughout the day.

### Option 1:

- 2 scoops protein powder with full amino acid profile (available at health food stores)
- 1 banana
- 2 tbsp of nuts and seeds of choice (linseeds, sunflower seeds, almonds, sesame & pumpkin seeds)
- ¼ cup rolled oats (cooked)
- 1 tbsp plain unsweetened yogurt
- 1 cup milk (cow's milk, soy milk, almond milk or coconut milk)
- Add honey or blackstrap molasses to sweeten
- Blend together in a food processor

### The Low Glycaemic Index (GI) Sahur

This may be beneficial for people who

have a tendency to feel tired, dizzy or thirsty during the days, even when not fasting. Foods with a low GI help stabilise blood glucose levels by regulating insulin production and release. Insulin is responsible for uptake of glucose into the cells for energy. When we eat foods that are high in sugars, the body produces excess insulin to transport the glucose molecules into the cells for energy production. This causes a sharp rise and decline in insulin levels, which also causes a rapid rise and fall in blood glucose levels shortly after, resulting in less energy/fatigue. Visit the website: [www.glycemicindex.com](http://www.glycemicindex.com) for more information.

### Option 2: Low GI

- Oats (Raw, cooked with water) or muesli with fresh berries (raspberries, blackberries, strawberries, blueberries) and plain yogurt, sprinkled with cinnamon.
- One serve of fresh fruit (apple, mango, pear, kiwi, pawpaw).
- Herbal Tea (Rooibos/ Redbush or Chamomile Tea) with honey to taste.

### Protein Power Sahur ~ Wholesome & Hearty

The best option to satisfy hungry tummies in the morning, protein provides a stable source of energy and promotes satiety which keeps you feeling full for longer. Eggs are a great source of protein and are suitable for most. The myth around eggs and cholesterol has been nullified since research has shown it beneficial to include both, even in the diet of people with elevated cholesterol levels (provided they are not fried).

### Option 3:

- 2 egg Omelette or Frittata – add fresh chopped tomato, mushroom, capsicum, onion and chopped fresh herbs (basil & parsley) and enjoy with a warm wholemeal tortilla wrap or serve cut into wedges
- Poached – with toasted wholegrain bread and smoked salmon with cream cheese
- Soft boiled eggs with soldiers (toasted multigrain bread cut into fingers)
- Hard boiled eggs with toast (Rye bread/ Burgen Soy&Linseed/ Vogel Honey& Oat)
- Avoid processed spreads, jam and margarine, which contain trans fats.
- Healthy Spreads include: butter, mashed avocado, hummus (chickpea spread), tahini (sesame seed spread) or cottage cheese.

So take your pick and start your day with sahur the healthy way!

**JUST AS WE PREPARE OURSELVES** for anything we do in life that is significant to us, so too is there value in preparing for the month of Ramadan if we wish it to be significant to our lives. In my meager preparations so far this year, I sought to find out how Ramadan may relate to the concept of Wellness. I share this in the hope that it may provide you with something to help in your preparation or to support others who are preparing.

### Reaching Beyond Obligation

Spiritual growth arises when one begins to reach an understanding of the purposes of ones life. As with any kind of fitness "Spiritual Fitness" requires us to undergo some form of exercise or training program. Spiritual fitness begins with awareness of ones self, ones environment and the others that share our Universe. This awareness when awakened leads us to seeking, using and developing knowledge or to learning, practicing and reflecting on ourselves, our world and our purpose. Why? – so that we may reach our destiny with ease, confidence and hope. We were all endowed with the capacity to do just this.

### How does Fasting help in our Spiritual Fitness regime?

One of the main benefits of Ramadan are an increased compassion for all of those in need of the necessities of life, a sense of self-purification and reflection and a renewed focus on spirituality. Thus, it is first of all an opportunity – to take the time to get fit. So although it may be seen as an obligation, it is perhaps also a gift. *The gift of time. The gift of a new beginning. The gift of love.*

The act of fasting is said to redirect the heart away from worldly activities, its purpose being to cleanse the inner soul and free it from harm. Properly observing the fast is supposed to induce a comfortable feeling of peace and calm. The paradox is that as we give peace and tranquillity to others we receive it in measures much greater. Having patience and tolerance, and showering all others with compassion and love requires a conscious choice. The feeling of togetherness shared by family and friends throughout the month enables us to experience first hand what it feels like to be showered with love and shower love on others. It is food for the soul.

The start you make this Ramadan could be the foundation for your true life – may it foster greater peace and love for all of humanity Inshallah.

Halima Goss is a Wellness Consultant and she can be contacted at [halimagoss@wellnessaustralia.org](mailto:halimagoss@wellnessaustralia.org)

## New Health Centre Opens

**THE HONORABLE MINISTER** of Health Stephen Robertson officially opened the Eight Mile Plains Community Health Centre on 29th July. The modern centre offers advanced community health management. It has an effective gymnasium and also provides educational programs. All services and use of gymnasium are free to individuals who may benefit from the following; cardiac rehabilitation, exercise, arthritis, obesity, chronic pain, stress and mood management, counselling and mood management. A team, of qualified professionals in the various fields, provides special services. Groups can invite the professional team to conduct workshops and information sessions for free in their community centres or private homes. Dr Sadek Mustapha, the director of Queensland Muslim Times, is an active participant since the inception of the centre and highly recommends our community members to form groups to avail of the facility. "Visit the center individually or as a group. It is located in the Brisbane Technology Park," he said stating that it is very conveniently placed. The Muslim community should access the excellent facilities, which can contribute to good health.

For more information phone Central Intake Unit on 3275 5411 and ask to be referred to the Lifestyle Management Team.



The Honorable Minister of Health Stephen Robertson with Dr Sadek Mustapha



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## Iftar for the homeless

AMARAH hosting Iftar for homeless and disadvantaged AMARAH has decided to take a different angle on iftars and is providing food for the homeless and disadvantaged around the West End area. All of the guests will be non-Muslim as the mosques provide iftars for Muslims in need. If anyone wishes to donate, please have them call Nora on 0422 349 786 or email at [info@amarah.org](mailto:info@amarah.org). Any amount will help inshallah. The iftars will be held on Friday 5th September and 19th September at St Andrew's Anglican Church, West End.

## Activities for kids

With barely a few weeks left, there's little time for us to prepare kids for Ramadan. Here are a couple of ideas to help make it special this year.

Welcome the month with balloons, banners and more. Say "Ramadan Mubarak" with the standard party fare: balloons, a great banner and decorations galore.

### Let them fast even a quarter of the day and celebrate

Kids often want to fast as they see their parents and older siblings do. This year, let them fast for a couple of hours. Prepare a special "Iftar" for them when they break fast with a couple of their favorite foods.

### Make Ramadan arts and crafts at home

Art is a great way to learn more about Ramadan. Have the kids make the different shapes of the moon and show which one indicates the beginning of the month, which one the middle and which one the end; make a collage of some of their favorite foods for Iftar; have them make special Ramadan placemats for the dinner table.

### Invite their friends over for a kids-only Iftar

Let your kids come up with the guest list and menu. Also, have them make some of the food. You can pick some kid-friendly recipes or they can help with preparing the parts of Iftar that don't require using a stove or cutting with knives.

### Invite grandparents or elder community members over for Iftar

After everyone's eaten, hold a storytelling session where the guests describe what Ramadan was like when they were growing up. Ask them to be descriptive. How was Iftar time announced? In some countries, they use a drum. In other places a verbal announcement on a loudspeaker is made. What kind of food did they eat? What games did they play during Ramadan?

### Make a Ramadan 2008 scrapbook

Take plenty of photos of everyone during Suhur (now that's entertaining!) and Iftar time, as well as while they are fasting and pieces of decorations used, interesting stickers, etc. to make a scrapbook about this Ramadan. Each child should bring three mementos he or she would like to include.

### Remember the poor

Arrange with the kids to volunteer at a soup kitchen for a few hours on a Saturday or Sunday. If possible, try to find one that has children as its clients so they see that not only adults, but kids like themselves also suffer from hunger.

### Make and send homemade Ramadan cards

Before the month starts, have an arts and crafts session to make Ramadan Mubarak cards for siblings, grandparents, aunts and uncles. Send the cards soon though, time's running out!

### Take them to Tarawih prayer so they feel they're part of a community

Nothing teaches community spirit like congregational prayer. Take the kids with you to the mosque for Tarawih prayer on Friday and Saturday nights when homework isn't an issue. Also, ask them to bring some of their allowance to give in charity while they're there.

Article extracted from [www.Soundvision.com](http://www.Soundvision.com)

## My first Ramadan

**Linh Huynh is a recent revert to Islam. She has Chinese/Vietnamese origins but was born in Australia. After researching Islam since mid last year she accepted Islam in March. Linh found mentors in Nora and Halim Rane, who she says, "have been instrumental in my education of what Islam is about, what it stands for and how it is not a difficult religion but one of ease." She is continuing her journey by learning through Quran, Fiqh and Aqidah classes for converts. In this issue, Linh is going to share her first experience with Ramadan.**

**WHAT IS RAMADAN?** This was what I was asking myself around the same time last year. I thought it was just about fasting. But it is so much more. It is about reflection, spending time with family and making the conscious effort to be nice to everyone. I was a little confused about the concept of fasting. How it was from sunrise to sunset. I was thinking it was whole days! He-he I mean how would I survive? Would I just have to stay home, rest and not do anything for a month? I was educated very quickly in the fact that life does go on and it just does not stop because it is Ramadan!

After completing Ramadan, it was such a fulfilling, exciting and satisfying feeling. I felt a little relieved, a little drained and also very cool because Mashallah I was successful.

I surprised myself by showing self-control to stay strong and not give into temptations, especially because I work around food all day!! That was a little difficult as I would not be craving food but I would be hanging out for a drink! Just a sip and it would have quenched my thirst! But yes! I resisted!

I must admit there were times at Iftaar I would forget to break fast because I was busy, driving or simply forgot. I thought at the beginning of Ramadan if I fasted longer than Iftaar, then it would be even a greater reward! But so not true!

The other hard thing with Ramadan was that you have to try keeping your thoughts pure as well as your actions. It is amazing how when we HAVE to do it, it is okay and you are mentally, emotionally and physically prepared, disciplined and willing to show that control. Whether it is to resist smoking, to resist losing your temper or just simply being nice to everyone, it is truly awesome to see the transformation of people even if for a while.

I spoke to a couple of convert sisters who also did Ramadan for the first time last year. Sister Alia said, "It is the time for my husband and I to spend together. To be able to sit down, have a

meal and enjoy each other's company. To take time out from our busy lives as we both work long and hard hours. We are so busy all the time but in the festive month we make the effort so I am really excited especially when I get to see my husband!"

Sister Ayisha gave an insight to how she felt when she fasted. She said: "I found it very giving. Doing Ramadan for the first time was like the first time I prayed salat. When I prostrated for the first time in prayer, I felt that I was no longer living for myself but for Allah (swt) and I felt the same emotion when I first did Ramadan. I did not find it that hard and it was such an amazing feeling when I finished. I can't wait for it to come this year! And I hope I do not put weight on as it is sometimes the case with some people!"

"I found Ramadan to be quite easy," Sister Sharni said of her first Ramadan last year as a non-Muslim. "I did not find it that difficult. I found it very rewarding and I am looking forward to it this year. My friends just could not believe I would starve myself and deprive myself of food and drinks. But it is just because they did not understand! I also forgot to break fast last year on the last day. I broke fast at 7pm thinking it was to be done at the end of the day so I was starving, but it was pretty funny because everyone had already broken fast!"

My family and many of my friends are not Muslim so it was difficult for them to understand what Ramadan is all about. I had to talk to them and show them sabr with explanations of what the festive month is all about. They would say to me "Just take some water. You should eat now because you are hungry. You will make yourself sick. It is not good to do this to yourself."

But I pressed on and showed them it is okay, that I was fine. I told them it is like going on a diet and needing to detox before starting a program!

I made a conscious effort to help my parents out around the house as I can be slack. They were surprised as I would do things without having to be asked and of course, they believed I had a secret agenda! But I had to tell them otherwise! So for that month I was star daughter! Inshallah it will be the same this year!

Ramadan is not just about fasting- about giving up things. It is also a time to reflect, to spend time with family and friends and to eat! I am excited about Ramadan this year for I have made some friends and will be able to experience it with them. We would have stories to tell of our day, of our struggles, of our little tricks to make the day go faster and tricks not think about the food or drinks! Because I do think about my stomach a bit, I must admit I look forward to the many Iftaars I will be able to share with friends, mentors and family. Inshallah.

I wish everyone a great and safe Ramadan and by the end of the month we all would have cleansed our souls, replenished our minds, matured our hearts and we would have many stories to tell of times spent together. Inshallah.

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**Tandoori chicken** - Tomato, mozzarella cheese, marinated tandoori chicken, capsicum, Spanish onion, topped with cucumber and mint yoghurt topping

**Mediterranean chicken** - Tomato, mozzarella cheese, semi dried tomato, roasted capsicum, black olives, chicken, oregano & garlic

**Pumpkin** - Tomato, mozzarella cheese, oven roasted pumpkin, ricotta cheese, pesto, and roasted capsicum

**Extras:** Small Large Family  
Cheese, Hawaiian steak, macon, chicken, pepperoni, mushroom

|        |        |        |
|--------|--------|--------|
| Small  | Large  | Family |
| \$1.00 | \$2.00 | \$3.00 |

|         |        |        |        |
|---------|--------|--------|--------|
| Seafood | \$2.00 | \$3.00 | \$4.00 |
|---------|--------|--------|--------|

Chicken, pepperoni, mushroom for any half and half or BBQ base \$1.00 extra

### Lunch Special

Everything under \$10 Tuesday - Thursday only

## Ramadan 2008/1429

| Day | Ramadan | Gregorian | Fajr | Sunrise | Dhuhr | Asr  | Maghrib | Isha |
|-----|---------|-----------|------|---------|-------|------|---------|------|
| Mon | 1       | 1/9       | 4:44 | 6:01    | 11:48 | 3:07 | 5:35    | 6:49 |
| Tue | 2       | 2/9       | 4:43 | 6:00    | 11:48 | 3:07 | 5:36    | 6:49 |
| Wed | 3       | 3/9       | 4:43 | 6:00    | 11:48 | 3:07 | 5:36    | 6:49 |
| Thu | 4       | 4/9       | 4:41 | 5:58    | 11:47 | 3:08 | 5:37    | 6:50 |
| Fri | 5       | 5/9       | 4:39 | 5:57    | 11:47 | 3:08 | 5:37    | 6:50 |
| Sat | 6       | 6/9       | 4:38 | 5:56    | 11:47 | 3:08 | 5:37    | 6:51 |
| Sun | 7       | 7/9       | 4:37 | 5:54    | 11:46 | 3:08 | 5:38    | 6:51 |
| Mon | 8       | 8/9       | 4:36 | 5:53    | 11:46 | 3:08 | 5:38    | 6:52 |
| Tue | 9       | 9/9       | 4:35 | 5:52    | 11:46 | 3:08 | 5:39    | 6:52 |
| Wed | 10      | 10/9      | 4:35 | 5:52    | 11:46 | 3:08 | 5:39    | 6:52 |
| Thu | 11      | 11/9      | 4:34 | 5:51    | 11:45 | 3:08 | 5:39    | 6:52 |
| Fri | 12      | 12/9      | 4:32 | 5:49    | 11:45 | 3:08 | 5:40    | 6:53 |
| Sat | 13      | 13/9      | 4:30 | 5:48    | 11:44 | 3:08 | 5:41    | 6:54 |
| Sun | 14      | 14/9      | 4:29 | 5:46    | 11:44 | 3:08 | 5:41    | 6:54 |
| Mon | 15      | 15/9      | 4:28 | 5:45    | 11:44 | 3:08 | 5:41    | 6:55 |
| Tue | 16      | 16/9      | 4:27 | 5:44    | 11:43 | 3:08 | 5:42    | 6:55 |
| Wed | 17      | 17/9      | 4:26 | 5:43    | 11:43 | 3:08 | 5:42    | 6:56 |
| Thu | 18      | 18/9      | 4:26 | 5:43    | 11:43 | 3:08 | 5:42    | 6:56 |
| Fri | 19      | 19/9      | 4:23 | 5:41    | 11:42 | 3:08 | 5:43    | 6:57 |
| Sat | 20      | 20/9      | 4:22 | 5:39    | 11:42 | 3:08 | 5:44    | 6:57 |
| Sun | 21      | 21/9      | 4:21 | 5:38    | 11:42 | 3:08 | 5:44    | 6:58 |
| Mon | 22      | 22/9      | 4:20 | 5:37    | 11:41 | 3:08 | 5:45    | 6:58 |
| Tue | 23      | 23/9      | 4:18 | 5:36    | 11:41 | 3:08 | 5:45    | 6:59 |
| Wed | 24      | 24/9      | 4:17 | 5:35    | 11:40 | 3:08 | 5:45    | 6:59 |
| Thu | 25      | 25/9      | 4:17 | 5:35    | 11:40 | 3:08 | 5:45    | 6:59 |
| Fri | 26      | 26/9      | 4:15 | 5:33    | 11:40 | 3:08 | 5:46    | 7:00 |
| Sat | 27      | 27/9      | 4:14 | 5:31    | 11:39 | 3:08 | 5:47    | 7:01 |
| Sun | 28      | 28/9      | 4:12 | 5:30    | 11:39 | 3:08 | 5:47    | 7:01 |
| Mon | 29      | 29/9      | 4:11 | 5:29    | 11:39 | 3:08 | 5:48    | 7:02 |
| Tue | 30      | 30/9      | 4:10 | 5:28    | 11:38 | 3:08 | 5:48    | 7:02 |

Note 1: Fajr means both Fajr Athan (Azan) and Imsak (starting fast) and Maghrib means both Maghrib Athan (Azan) and Iftar (breaking fast).



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# Holland Park 100 years: The Big Day is here!

**DON'T MISS THE HOLLAND PARK centennial celebration on 30<sup>th</sup> August.**

**The Islamic Society of Holland Park Inc invites everyone in the community for a celebration recounting the story from the past as well as being part of the new.**

Crest Street will be blocked off for stalls, and kids will be able to enjoy a carnival atmosphere with free rides.

This year is a landmark year for the Holland Park Mosque; it marks the 100<sup>th</sup> anniversary of the Mosque, a milestone not only for the Muslim community but also for Queensland, Australia and multiculturalism in general. This showcases that the ideals of multiculturalism and religious tolerance was established a century ago, made evident by the establishment of the Holland Park Mosque.

It was a century ago that some members of the Muslim community used to stop over in Mt Gravatt and gather at the site of the current Holland Park Mosque. The crowd consisted mainly of Afghan cameleers and members of the Indian community. Many had bought properties in the area and set up houses for when they had to visit Brisbane as most of them were in a profession that required travelling around Australia.

The Holland Park Mosque was established as a result of such a gathering at a common location; it was inevitable that a Mosque should

be established there. In doing so, it became the third Mosque built in Australia and the first on the eastern seaboard.

The Mosque has taken many transformations in the past century to accommodate the ever-growing Muslim community; it has changed from its original timber building to the current brick building that stands there today. Above all it has been the hub for people of many ethnic background such as Afghan, Indian, Pakistani, Fijian, Bangladeshi, Turkish, Bosnian, Malaysian, Albanian, Somalian, South African and Middle Eastern just to mention a few.

The 100-year celebration is a momentous milestone for the Muslim community of this

country and this State, as well as a national historical significance and most importantly, this is also your milestone.

The Muslim community of Queensland is sincerely encouraged to actively take part in the Centennial celebrations. Your attendance at the celebration will be highly valued and will also be of historical significance; how often will you attend the centennial celebration of a Mosque in a non-Muslim country? Please do remind and encourage your members to get involved by attending this function.

The celebration will be held at Holland Park Mosque, 309 Nursery Road, Holland Park and will commence at 11:00am through to 3:30pm.

There will be free rides and activities for the children as well as many different stalls including international food stalls.

A free shuttle bus will be provided from the designated parking areas and there will be an historical exhibition. The official programme will commence at 11:30am and conclude at 12:30pm.

Bring your family, friends and neighbours to celebrate such a momentous occasion.

It is a great opportunity for former and current patrons of the Mosque to reminisce about the old days of Holland Park Mosque, to catch up with old friends and acquaintances, and even make new friends.

## Holland Park Mosque - A Living History of the Muslim Sisters

By Sultana Deen

**FROM THE TIME THE** timber mosque came to existence in 1900s, the sisters volunteered and actively served the community with the preparation of food and keeping the mosque neat and clean. In 1960, an Eid dinner was held at the Bliad Association Hall in South Brisbane, where the popular Mrs Hurmit Bibi Deen prepared the meal.

With the rebuilding of the mosque in the 1960s, the Ladies Auxillary Committee was officially formed. The first president elected was Mrs F. Meka, later Mrs Naseeb Bebe and then Jahira Deen held this position. The present president is the young and energetic Sara Deen. In Ramadan the ladies have always presented excellent iftaar meals and were active wedding and other functions.

On a regular monthly basis, the ladies cleaned the whole mosque, including the kitchen and wash rooms. The initial carpeting, curtaining, the chandelier, kitchen utensils, crockery and fridges were supplied by the ladies who raised the funds. They further purchased and supplied the burial clothes for all the Janazas. The main fundraising for the mosque was monthly barbecues and stalls on both Eids. These

turned out to be great social events and were highly successful.

Over the years, the ladies have been instrumental and most supportive in enabling community functions. They have further been responsible to encourage the greater attendance of ladies and children with their families at Holland Park Mosque Centre. This social aspect encouraged tremendous interaction, understanding and harmony between the multi-ethnic Muslim community.

The earlier personalities such as Mrs F. Meka, Mrs Rae Meca, Mrs Emma and Rosie Khan, Mrs H. Harcoo, Mrs Joyce Rane, Mrs Halima Deen, Mrs Nasib Bebe Deen, Mrs Janet Egan and the current ladies, particularly the greater Deen family has contributed generously with their valuable time, financial sacrifice and physical effort. The fruits of their sterling deeds are being realised and appreciated throughout Brisbane and Queensland.

The present Ladies Auxillary Group is determined and committed to increase the activities and have a greater representation in the management of the Holland Park Mosque and Centre.

The Holland Park mosque was the only Muslim centre at the time and it belonged to everyone in Queensland. Although the community has extended and other centres have been established the majority of the Muslim ladies trace their roots back to Holland Park. It is expected that all the Muslim ladies of Brisbane and Queensland would render full support and attend the joyous and historical centenary celebration on 30th August.

*Celebrate the Centennial of  
Holland Park Mosque  
1908-2008*

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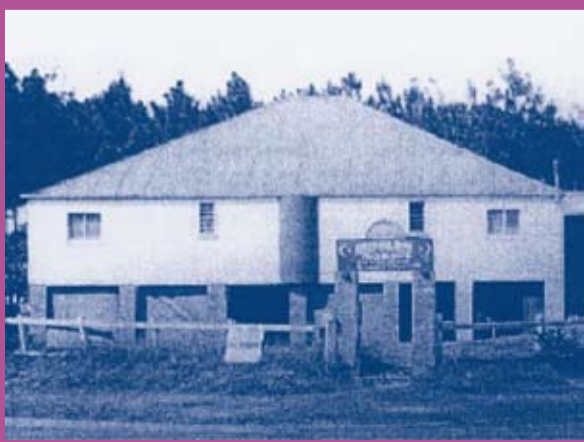
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309 Nursery Road  
Holland Park**

**Official Programme will be from  
11:30 am till 12:30 pm**

*A fun day out for the whole family*



## Building Resilience in Transcultural Australians

**BRITA FUTURES IS** A group-based program that has been developed by the Queensland Transcultural Mental Health Centre for children and young people from culturally and linguistically diverse backgrounds. It aims to strengthen the resiliency of children and young people and help them to find ways to live harmoniously with their culture of origin and Australian culture.

### Who is the program for?

There are two different BRITA Futures programs, one for adolescents and one for primary school aged children. The adolescents program is for young people aged 12-18 years, who; migrated here from overseas, either recently or some time ago, were born in Australia, but who have at least one parent who was born overseas, or come in regular contact with the above. The primary school program is for children in grades 5-7 or aged between 9-12 years.

### What do I get out of it?

This is a free program which deals with positive cultural identity, self-esteem, good relationships with family, peers and community, conflict resolution skills,

good coping skills for dealing with change and other stressful events as well as goal setting. The promotion of these protective factors helps to reduce the risk of depression and anxiety in young people.

If you are interested in participating in this program and are aged between 12-18 years contact Safina Abdulla on 0433 547 569 for the Adolescents program and if you are aged between 9-12 years of age contact Shamime Mustapha on 0401 744 054.

# New Online Gift Shop

**SISTER-IN-LAWS RUHKSANNA GOSS & Aysha Goss-Akbar** started Baby Goss in early 2007 as a joint venture.

Ruhksanna is a mother to two young daughters and is a qualified Primary School Teacher who comes from Cairns. Aysha is from the well-known Goss family that originates from the Gold Coast and is the granddaughter of the late Imam Haji Abdul Rane.

Their "Baby Goss" business is primarily web-based, but they also take phone orders and set-up a stall at most of the Islamic fetes and fundraisers.

Ruhksanna and Aysha initially just made shopping trolley capsule covers that were designed to protect newborn babies from the germs found in supermarket trolleys. This product was one of its kind at the time of its release as there was no other product in the market that was newborn-friendly and easy to use.

The Baby Goss Shopping Trolley Capsule Cover can be used in many ways, such as to cover baby bouncers, line prams, as an easy to use change mat, and for a small additional cost, it can also be altered to fit baby car seats. It's easy and simple to put on the

trolley with one hand while still holding your baby in the other arm. It's machine washable and can be put in the dryer. It is also padded to keep your newborn baby comfortable while you shop.

Baby Goss also has a wide range of other products and services. All of the gifts are of high quality but are priced affordably, making them a great gift idea for baby showers, akeekas or to just welcome the new baby into the world. Whereas the personalised gifts that Baby Goss sell are suitable for birthdays, engagements, weddings, or even Eid gifts. For more information you can visit their website at [www.babygoss.com](http://www.babygoss.com) or call Ruhksanna on 0408 786 070.

Aysha and Ruhksanna would like to take this opportunity to wish all readers Ramadan Mubarak!



## UK Islam Expo Shows Islam

By Radwa Khorshid, IOL Staff

**THOUSANDS OF PEOPLE** from different backgrounds, cultures and religions gathered in London on Friday, July 11, to attend Europe's biggest Islamic cultural event.

The four-day exhibition brought together a galaxy of dignitaries including former London mayor Ken Livingstone, Swiss-based Muslim scholar Tariq Ramadan, Secretary General of the umbrella Muslim Council of Britain (MCB) Muhammad Abdul Bari and prominent Muslim singer Yusuf Islam.

The gala featured lectures and seminars on diverse topics such as art, literature, science, architecture, technology theology and politics as well as films, dramas, a photographic exhibition, concerts, comedy, theatre, live shows and fun educational activities for children.

"We focused this year on inviting a lot of educatory organisations to introduce the real Islam to them," said IslamExpo's director Anas Altikriti. "We have adopted the open-door policy, so any one in the world is welcomed to attend IslamExpo."

# The Miswaak: Nature's Own Toothbrush

By Sumaiya Latif

**USED SINCE ANCIENT** times and an encouraged practice of our Beloved Prophet Muhammad (peace be upon him) the Miswak (chewing stick) provides more benefit than any other toothbrush. The Miswak is specially selected from the branches of the *Salvadora persica* tree, also known as the *arak* or *peelu* tree. Other tree types that are used include the olive and walnut or trees with bitter roots.

There are many attributes to using the Siwak, these include health benefits such as whitening the teeth, strengthening the gums, clearing the mind, improving the memory, quenching bile acids, drying up phlegm and clearing catarrhal congestion, sharpening the vision, promoting healthy appetite and relief from constipation. A 2003 scientific study published in the journal of Oral Health & Preventative Dentistry compared the effects of a miswak and tooth brushing on oral gingivitis and plaque. It was shown that use of the miswak was significantly more effective than tooth brushing in reducing plaque and gingivitis and improving interproximal health. In a 2002 study, a 50% miswak extract was shown to remove more plaque compared to a 0.2% Chlorhexidine gluconate solution. The World Health Organisation also recommended use of the miswak in 1986.

The best method to use the Siwak is by soaking it in rose water or with warm water, and when softened, chewing on one end so that it resembles the bristles on a toothbrush.

The recommended times to use the Miswak include; before religious festivals, on the day of Jumuaah (Fridays), when experiencing hunger or thirst, before and after sleeping, when making wudhu (ablution), when traveling on a journey and before entering any good gathering.

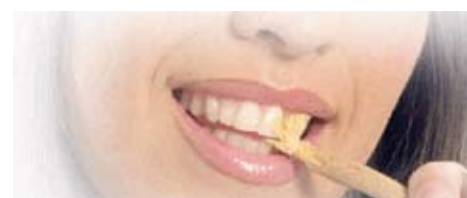
The Prophet was observed using the Siwak on several occasions whilst fasting, and it is highly recommended as a breath freshener during fasting. Al-Bukhari has narrated that the Prophet (Pbuh) said: "*Siwak cleans the mouth and pleases the Lord*". Abu Huraira (RA) narrated that the Prophet (Pbuh) said: "*Were it not for my fear of imposing hardship on my people, I would have made it a duty to clean the teeth with Siwak five times daily (before prayers)*".

Ibn Abu Mulaika reported in Sahih Bukhari, Aisha (RA) said: "*The Prophet died in my house on the day of my turn while he was leaning on my chest closer to my neck, and Allah made my saliva mix with his Saliva.*" 'Aisha added, "*AbdurRahman came with a Siwak and the Prophet was too weak to use it so I took it, chewed it and then (gave it to him and he) cleaned his teeth with it.*"

The above mentioned excerpts from the Sunnah (Manuscripts of Prophetic Tradition) clearly illustrate that the Miswak was regularly used by the Prophet and that it was part of his last wish to clean his teeth with Siwak, in preparation to meet his Lord.

Let us follow in this sacred practice and attain the pleasure of our Creator, whilst at the same time, reaping the benefits of Nature's own miracle toothbrush!

Enjoy this Ramadhaan with healthy teeth and gums and an award-winning smile.



*Sumaiya Latif is a qualified Naturopath at the Australian College of Natural Medicine. She has a keen interest in promoting health & wellness through nutritional education and with the correct use of Natural supplements & herbal medicines*

*For suggestions on topics for the newspaper or any questions or comments email: [botanicalremedies4you@yahoo.com.au](mailto:botanicalremedies4you@yahoo.com.au)*



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## Kuraby Madrasah

**GET TOGETHER** was held at Kuraby Madrasah to acknowledge the end of semester one. Many parents attended the event in which several classes staged performances for the audience. After the entertaining songs and play, Grade 8 (boys) teacher Hafiz Omar Issadeen gave a short, enlightening speech to the children, reminding them to enjoy their holidays while not forgetting the important lessons learned throughout the year. The afternoon concluded with an acknowledgement of the three highest achievers, the best-behaved, and the most improved student in each class. The casual event was entertaining for the students, and served as a means of encouragement for the coming semester.

## Ramadan Hamper Drive '08

**FOLLOWING THE HUGE** success of the 2007 Ramadan Hamper Drive,

IWAQ will start collection of non perishable goods for distribution from the 17 of August 08.

Non perishable goods include: Flour, sugar, rice, pasta, (preferably 1kg or 2kg bags),

cereal, honey, canned tomato, oil, etc, money for meat vouchers. Please note that used clothing cannot be accepted, however, if you would like to donate new clothing or blankets then we are happy to distribute these. Please also make sure that any other items donated (biscuits etc) are halaal. To arrange for drop off please call IWAQ on 3272 6355. We are also looking for volunteers to help with the packing of the hampers. If you would like to volunteer please call the office on 3272 6355. May Allah reward you manifold for your kindness.

## Holland Park Mosque Ramadan Events

**THERE WILL BE IFTAR** and Dinner held at Holland Park Mosque throughout Ramadan, please check the Roster at the Mosque for the days they will be on. Everyone is welcomed to attend.

Imam Uzair Akbar will be giving talks after Taraweeh each night at the Holland Park Mosque.

The completion of the Holy Quran will be on the 27th Night of Ramadan.

Qiyamul Layl will be held on the last 10 Nights of Ramadan.

# EVENTS

| Date          | Day        | Event  | Organizer                                | Venue                                | Contact                     | Time            |
|---------------|------------|--|--|--------------------------------------|-----------------------------|-----------------|
| 22 Aug        | Friday     | IWAQ Client/Carer Dinner                       | IWAQ                                     | Kuraby Special School                | 3272 6355                   |                 |
| 23 Aug        | Saturday   | Adult Quran Tajweed Course Jalsah              | Kuraby Mosue                             | Kurabu Mosque                        | 0431 672 263                | after Isha      |
| 30 Aug        | Saturday   | Holland Park Mosque Centenary Celebrations     | Holland Park Mosque Management Committee | Holland Park Mosque                  | 0431 300 111                | TBA             |
| 1/2 Sept      | Mon/Tues   | Start of Ramadaan                              | (PROVISIONAL)                            |                                      |                             |                 |
| 13 Sept       | Saturday   | Zikre Meelad Mustapha Programme                | Rochedale Mosque                         | Rochedale Mosque                     | Shahban Ali<br>0405 223 786 | Magrib          |
| Monthly       | 1st Wed    | Learning circle for sisters                    | Muslim Women's Convert Support Group     |                                      | obey_allah@ hotmail.com     |                 |
| 29/30 Sept    | Mon/Tues   | End of Ramadaan                                | (PROVISIONAL)                            |                                      |                             |                 |
| 30 Sept/1 Oct | Tues/Wed   | Eid-ul-Fitr                                    | (PROVISIONAL)                            |                                      |                             |                 |
| 4 Oct         | Saturday   | Annual Eid Dinner                              | Muslim Business Network (MBN)            | TBA                                  | 0418 722 353                | 7pm             |
| 11 Oct        | Saturday   | Eidfest2008                                    | Eidfest Committee                        | Mt Gravatt Showgrounds               | 0402 819 197                | 10am to 10pm    |
| 18 Oct        | Saturday   | Annual Eid Nite                                | Islamic Society of Darra                 | Darra Mosque<br>219 Douglas St Oxley | 0418 757 157                | 6.15pm          |
| 18 Oct        | Saturday   | IWAQ's Annual Ladies Night 2008                | A Jas & Susan Production for IWAQ        | Greek Orthodox Hall,<br>Creek Road   | 0404 433 702                | 6.30pm til late |
| 25 Oct        | Saturday   | Crescents 'Pink Ribbon Breakfast'              | Crescents of Brisbane                    | TBA                                  | 0404 296 297                | 10am to 1pm     |
| 7-10 Nov      | Fri to Mon | Marriage Toolbox Series:<br>Dr. Mohammed Sadiq | IWAQ                                     | TBA                                  | 3272 6355                   | TBA             |

## QMT Classifieds

### Islamic Centre in Warwick

We would like to notify all bros. & sisters of the Islamic center in Warwick, Qld. YES we are a new organisation and welcome all to visit us and even perhaps make your home here with us in Warwick IN SHA ALLAH. For more information or just an inquiry for a visit contact me FAREED RASHID at fuaadfox@yahoo.com.au or send me an S.M.S Text or voice mail on 0403 927 155.

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## MBN Trivia Night

The winning team - Al Andalus

**ALMOST 300 PEOPLE** attended the Muslim Business Network Trivia Night which was held on 19 July at the Sacred Heart Hall in Runcorn. Teams were made up of 10 people each and each team had a name. With names such as Total Chaos, Crescents Chungu Mungus, Team Warriors and Black Hawk Down, it promised to be a fun filled and exciting night.

The MC, Dr. Hanief Khatree and the Quiz Master, Halim Rane did a superb job in entertaining and co-ordinating the function. The winning team was Al-Andalus with the second and third teams being Rane Brain and Active Minds respectively. Trophies and prizes were awarded to the winning teams and numerous random prizes were handed out throughout the evening. The response of the crowd was overwhelmingly in favour of making this a regular event. It was fun filled, enjoyable, relaxing and educational at the same time.



### A FAMILY'S STORY

The family were living happily until a few months ago.

Now Dad has started behaving strangely - he's up all night, pacing around the house. Normally very easy going, he has become argumentative. His family hardly recognises him any more - his behaviour is becoming more and more out of character, he has even started to wear eccentric clothing. Grandma thinks that Dad has been affected by the evil eye.

When his cousin Miriam comes to visit, Dad doesn't even greet her. She is shocked to see him looking so unkempt. She phones her friends and gossips with them.

The son of the family, Ahmed has always been good friends with his cousin Fatima, but now his aunt won't let him visit - he can't understand why this is happening. His grades are falling at school.

Mum is worried that Dad has been spending money wildly. She talks to her sister Amina, a nurse. Amina tells Mum that Dad might have a mental illness and gives her a brochure. Mum is very upset and throws the brochure in the bin.

To add to Mum's worries, Dad's employer phones to tell her that Dad has been causing problems at work, and that he may lose his job if things don't improve ...

Keep a look out for more of this family's story in future issues

Q: What would you do if you knew someone in similar circumstances?  
Q: Is this person experiencing a mental illness? Where can they go for help?

For more information contact Queensland Transcultural Mental Health Centre  
Phone: (07) 3167 8333 Email: [QTMHC@health.qld.gov.au](mailto:QTMHC@health.qld.gov.au)





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**DR MOHAMAD ABDALLA** combines the role of a serious academic researcher, Imam and noted public intellectual. Dr Abdalla has Australian degrees in Science (with honours) and a PhD in Islamic Science. He is the founding director of the Griffith University Islamic Research Unit (GIRU) and a co-director of the \$8 million Australian National Centre of Excellence for Islamic Studies, a collaborative project with the University of Melbourne and the University of Western Sydney. While Dr Abdalla specialises in the history of Islamic science, his research interest focuses on Islam in Australia, Islamic Ethics, History of Islamic Civilisation and contextualisation of Islamic thought. Currently, he has ten PhD students working with him, including the former deputy Prime Minister of Malaysia, Dato Sari Anwar Ibrahim. Dr Abdalla was the Imam of the Kuraby mosque, which was burnt down in an arson attack in the days after the tragic events of 11/9/2001. Since then, Dr Abdalla has worked tirelessly to establish an open and respectful dialogue between the different faith traditions in Australia, and has led a reconciliation strategy that established bridges of understanding between the Australian Islamic and non-Islamic communities. He has recently participated in the 2020 Summit.

### What do you most like about the Muslim Community in Old?

I love the unity, cohesion and absence of conflict that - to a large degree - exists in the Muslim Community of QLD. I also love the way they positively interact with the wider Australian community. Of equal importance, I love and admire the way they responded to the many damaging global and local conflicts such as 9/11, Bali Bombing and other controversial events.

### What is your most cherished moment from your public or private life?

One of my most cherished moments from my public life happened about 2 weeks after the tragic events of 9/11. Sadly, this moment



Dr Abdalla

happened after the burning of the Kuraby Mosque in October 2001. I was invited to stay in Gympie (about 200KM north of Brisbane) for 3 days to talk about Islam. During my stay I spoke to hundreds of Gympie residents about Islam but the greatest of these moments was the time I was standing in front of about 1000 students and staff in the Cathedral of St Patrick's Private College. This was my first time in a church speaking to a huge crowd during a period of tension between 'Islam' and the 'West.' I felt the splendid power of dialogue the moment I began to address the gathering about the religious and civilisational similarities between our traditions. I realised then that the best way of breaking down misconceptions about the 'other' is by being engaged face-to-face with him/her.

### What is a little known fact about yourself that you would like to share with the rest of us?

I love playing air hockey. I played air hockey for the first time last year with some friends in Hawaii. Believe it or not, I defeated all my 'opponents' and remain undefeated.

### What hobbies/interests do you have?

I love spending time with my son Abdul Jaleel. I also love reading, researching and playing sports (whenever I have time).

### What is your best (or worst) sporting moment?

My worst sporting moments happened when I was playing a basketball game in Sydney. As I was mid air with the ball, I was pushed by a 'friend' and landed on both of my wrists. Both wrists broke and remained in plaster for few months.

### If you had a chance to go on the ultimate holiday/what/where would it be?

I think I have been on my ultimate holiday few times. Highest on my list is the Hajj experience. Although hajj is not necessarily a holiday but the trip encompasses the spiritual and mundane aspects of a holiday. Although not my ultimate holiday, but one that would top the list is to travel to Morocco and Spain. After reading the recent book titled 1453 I wouldn't mind visiting Turkey to experience some of the historical glory of the conquest of Constantinople.

### On the long plane trip who would you most like to sit next to and why?

On a long plane trip I would like to sit next to someone who does not talk much because I don't like to talk when I'm tired. If I was not tired I wouldn't mind sitting next to any one who speaks sense.

### Who is your role model or someone that you admire/look upto?

My role model has always been the Prophet of God, Muhammad (peace and blessings of Allah be on him).

### If you were given the chance to be PM of Australia for a day what would you do?

Among many things and in order of preference I would do the following:

1. Institutionalise better mechanisms and policies to elevate the standards of living and reduce the sufferings of our indigenous brothers and sisters
2. Publicly recognise the sufferings and the dispossession of the Palestinian people and work for a just solution for the Palestine/Israeli conflict.

3. Apply stricter measures on media reporting in order to promote a more ethical and responsible standards of journalism.

4. Speed the introduction of interest-free banking and finance in Australia in order to provide for more affordable housing.

### What advice would you give to young Muslims in Brisbane?

I would advise them a number of things:

1. Be mindful of Allah
2. learn the biography of Prophet Muhammad and the history of Islam
3. Aspire to become the leaders of the Australian Muslim community
4. Be proud of being an Australian Muslim
5. Learn what it means to be just and equitable

### What are your thoughts on success?

Allah says: 'Whosoever is removed away from the fire of hell and is made to enter paradise has succeeded.' The Prophet Muhammad said: 'Successful is he/she who has been given Islam, has been given sufficient provision and is content with what he/she has been given.' Success, therefore, can be attained both in this world and the next. In this world it entails being in submission to God, having enough provision and being granted the quality of contentment. There are many people who have abundance of material wealth but are not content. There are others who are successful because they are content with what they have.

Success is of two types: the outwardly and the inwardly. The outwardly success is to be liberated from having to follow the whims and desires of people. That is, to learn to please the Creator and not the creation. The inwardly success is to be content with whatever the Creator gives even if it is little and to be liberated from having the diseases of the heart such as envy, jealousy and hate.

### Finally, if you were down to your last \$5 what would you spend it on?

I really don't know. It will all depend on the prevailing circumstances of the day.

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## Women Artists Guiding us on a Journey Towards Positive Change

By Teone Reinhall

LATE LAST YEAR, Ross Barber from Access Arts contacted me with a proposal to create a pilot documentary about a very interesting community arts event called the Salaam project that was being initiated by IWAQ, Access Arts and Arts Queensland. I readily agreed and embarked on a journey to get to know some lovely new friends.

The Salaam Project is an arts-based collaboration that hosts a number of dynamic workshops led by Muslim women artists and craftswomen living in and around Brisbane. The workshops are freely offered as a way of stimulating the wider community's interest in the diverse cultures and traditions of Islam. The workshops have been fully attended by members of the Muslim community as well as women and children from the wider community; and it's been delightful to see so many positive interactions, all of which are opening doors to better understanding and integration across communities in Brisbane.

One of the strongest features of the workshops has been the opportunity to demystify many customary aspects of Muslim women's culture, whereby women can get to know each other, simply as people: as mothers, sisters, daughters, grandmothers and aunts, and to discover that we all enjoy Fausia's delicious cakes!

Each of the artists represents her own cultural traditions, which includes some of the beautiful traditions of Egypt, Iran, Bosnia, Sudan, Lebanon, South Africa and beyond, and in addition each of the artists is also very talented at drawing forth rich discussion and cultural expression from the participants. This makes for a very beautiful tapestry of creative ideas. The workshops run for ten weeks and include sketching and painting with Salam El-Merebi and Sudabeh Ramhormoz, weaving and crochet from Aida Khalaf, and Nadia, children's art classes with Shamime Mustapha, Mehndi (henna hand painting) with Sumaiya

Latif and Bosnian dancing with Sevkija Hodzic.

The artworks will also be included in an exhibition, curated by Mandana Mapar and destined to tour around Australia in 2009. The documentary will be a record of this very stimulating and enjoyable event.



Amira Rane



## Islamic Art Workshop at Noosa

By Razeena Gutta



SATURDAY, 12<sup>TH</sup> JULY marked the second last day of the Noosa Long Weekend, "a festival of arts, culture, food and sun in one of the world's most enviable destinations".

It was there, at the Lions Park, Gympie Terrace, Noosaville that an Islamic Art workshop by Shamime Mustapha was held, while concurrently I was able to give girls from the Sunshine and surrounds their first experience with henna (mehndi) designs.

Over the course of the weekend around 200 people passed through and participated with great interest and appreciation of the workshops.

Ms Mustapha, mother of three, with a background in education and psychology has in recent years been devoting much of her efforts to building bridges between the Muslim community and the wider Australian community through art.

Ms Mustapha was approached by the organisers of the Noosa Long Weekend to conduct this workshop to allow people from different backgrounds to learn about Islamic art, craft, culture and participate in unique craft-making activities with Muslim women artists. It was an opportunity for us to interact and to speak to the local people who might not normally have the chance to speak to Muslims about Islam and its various influences in art and culture.

The workshop comprised of three segments. The first gave the children a chance to try their hands at paper mosaic since a lot of the architecture in mosques around the world feature extensive designs done in intricate mosaic. Second, they were asked to recreate a desert scene as it was in the Arabian desert that our Prophet Muhammed SAW was born and raised. Lastly, the children had an opportunity to try fabric painting around the theme of nature and the environment - created by Allah in all perfection.

The Henna designs were popular too among the young girls and ladies. Many a happy girl left the park with an intricate pattern on their hand, embellished with glitter.



## Muslims! On the Gold Coast?

By Andree Gray

YES! FUNNILY ENOUGH, there are Muslims on the Gold Coast, about 5000 of us actually.

### A few facts about the Gold Coast

Not only is it the fastest growing region in Australia but for the Muslim populace the lack of suitable amenities is fast becoming a thing of the past. There has been a vast increase in the selection and availability of *halal* foods, with some hotels going as far as flying in chefs from the Middle East. In addition to theme parks and shopping centres newly establishing prayer rooms, the Gold Coast is increasingly becoming a desirable location for more Muslims to call home.

During the winter months of June-August, the Gold Coast has come to be known amongst the locals as 'Arab Season'. A prayer room is erected in the heart of Surfers, with a shuttle bus taxiing our visitors over to the Gold Coast Masjid on Fridays for Jummah.

### Events of Ladies

A Leisurely 'Spa Day' for the ladies; get your hair done, maybe a pedicure or relax and enjoy a professional massage whilst a Nanny is looking after the kids. This is a great day for the ladies with proceeds going to a much greater cause. For info and bookings please contact **Sister Faizah: 0404 713 624**.

Join 'Sisters Souq' for their Muslim Clothing and Goods Market. Both events are ongoing Charity Fundraisers, with proceeds going to the Care Education Project through F.A.C.E Inc to help build a Masjid and School in one of the most undeveloped countries in the world, Chad. You can sponsor a child or donations of goods or money are welcome. For more information, please contact **Sister Khadija: faithandculturalexchange@hotmail.com 0423 474 807**

### Urgent Appeal

On a more heartfelt note, in recent weeks a little boy of a Muslim family in Syria, at the age of 5 has been diagnosed with a Brain Tumour. After the initial operation to remove the tumour he will receive ongoing treatments of chemotherapy. Naturally, this is a trying time for the whole family who encounters not only emotional and physical hardships but also financial strain. With hope of relieving some of their financial burden, we welcome all donations. For more information or to simply make a donation please contact **Sister Mariam: 0406 602 989**

### Ramadan Activities

With the blessed month of Ramadan just around the corner, the Gold Coast Masjid run by the Islamic Society of the Gold Coast prepares for a busy month of Taraweeh prayers and iftar. I.S.G.C maintains a regular schedule of classes and programs such as Learning English, Tafsir Al Qur'an, the Youth Program or Madrasah for the kids plus much more. For a schedule of the lessons go to the following link [www.goldcoastmuslims.com/activitiesid3.html](http://www.goldcoastmuslims.com/activitiesid3.html) For English Classes, Computer Courses and Tax Help - Please contact **Hj. Athar Shah: 0412 930 214**.

### Playgroup

Basimah Playgroup takes place Wednesday mornings, just around the corner from the Gold Coast Masjid. Mums can enjoy Playtime with the children, Islamic Story Time and Art 'n' Crafts, finishing the day off with morning tea for the ladies. For more information, please contact **Sister Aliya: 0438 840 467**

### Muslimah Clothing at Gold Coast

Coming soon in 2008, a new fashion line for the ladies is starting right here on the Gold Coast. With limited availability to a selection of Muslimah clothing in Queensland, we welcome with open arms Wasimah. The designs are a unity where east meets west and as the logo suggests Where Style Meets Modesty, providing noble and quality fashion at an affordable price...very exciting for the ladies. For more information, please send an email to **Sister Andree** at [style@wasimah.com.au](mailto:style@wasimah.com.au)


For what's up on the Gold Coast in the future, continue to peruse forthcoming issues of the *Queensland Muslim Times*.

## Islamic Art Collection to be showcased in French Museum

THE LOUVRE, THE WORLD'S most visited museum, already boasts one of the world's most valued Islamic art collections. It contains more than 10,000 pieces ranging from the 7th to 19th century, featuring glasswork and ceramics and one of the world's most important collections of carpets. Sophie Makariou, head curator of the Louvre's Islamic art department, told the Guardian that 'Islamic exhibitions have always been a huge success with the public.'

The first stone of the Louvre's new Arts of Islam gallery was laid in a ceremony attended by President Nicolas Sarkozy and the major donor for the project, Saudi Prince Al-Waleed bin Talal. When it opens in 2010, the \$135m wing will display Islamic art masterpieces from the seventh to the 19th century and from across three continents. With some two thousand objects exhibited in 3,000 square meters of gallery space, the museum will have Europe's biggest exhibition space for an Islamic art collection. President Nicolas Sarkozy said the new section will reflect the breadth of inspiration and creativity of the Islamic art and the beauty of Islam. France is home to nearly seven million Muslims, the biggest Muslim minority in Europe.

Edited for QMT from Islamonline.net



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3 1

#### OWNERS RELOCATING

This mid set solid brick home is in walking distance to 24 hour Supermarket, Primary School & beside park lands.

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To top it off the property is fully fenced with side access for caravan or boat.

**Agent:** Bernard Janecka **Mobile:** 0407 017 416

**Price:** Express Sale

**Open House:** 23/8 Sat 1-1.30 pm

**Address:** 4 Nanda Street Woodridge



1 2

#### BRING ME OFFERS

Vendor has bought elsewhere he says property needs to be sold BRING ME OFFERS.

- Swimming pool • 2 way bathroom + spa bath
- Open plan living with wet bar + Air con • New kitchen + dishwasher & range hood • Double lock up carport
- Water tank + garden shed.

Call now for viewing.

**Agent:** Tracy Smart **Mobile:** 0403 151 421

**Price:** \$385,000

**Open House:** 23/8 Sat 11 – 11.30 am

**Address:** 11 Ancona Street Rochedale South



4

#### SUBMIT ALL OFFERS – OWNERS HAVE MOVED INTERSTATE

This lowset brick and tile home in Woodlands is available to own, the property features:

- 4 bedrooms with built-ins to 3 • Main bedroom with WIR • Ensuite • Water tank with pump • 323sqm block very low maintenance.

Currently rented for \$360per week, Ideal for investors, first home buyers.

**Agent:** Fifi Tarbey **Mobile:** 0403 151 921

**Price:** \$359,000

**Address:** 27 Carnavon Crescent Waterford



4 1 2

#### LOCATION, LOCATION, LOCATION!!!

Have you been looking to live in the heart of Springwood? Well, stop looking now. This 4 bedroom highset is available for its new owner. This home features:

- 4 bedrooms • 1 bathroom • Double lock up garage
- Big deck out the back & around the side • Landscaped garden • 640sqm block

Close to transport, M1, schools & shops.

**Agent:** Fifi Tarbey **Mobile:** 0403 151 921

**Price:** \$385,000

**Address:** 27 Wootton Crescent Springwood



3 2

#### NEVER JUDGE A BOOK BY ITS COVER.....

This newly renovated home features the following;-

- 3 bedrooms main with en-suite • 2 living areas
- Huge kitchen • 2 bathrooms • Neat laundry • Good sized yard. Attention first home buyers or investors – nothing needs to be done! Close to shops, schools and public transport available just steps away. What more could you want? Call now, do not miss out again!

**Agent:** Amy Micheal **Mobile:** 0434 317 901

**Price:** \$319,000

**Open House:** 23/8 Sat 9 – 9.30 am

**Address:** 6 Macbeth Street Kingston



#### NEWLY RENOVATED HOME IN KINGSTON!

Looking for the perfect home for the extended family? Well this home has it all!

- Modern kitchen with S/S appliances, polished floors.
- Air-con in living room, fully renovated, utility rooms under plus extra bathroom & kitchenette, • Huge entertainment deck, internal stairs and single lock up garage. Situated on a 607m2 block, located in a quiet street and close to transport, schools & the M1. Possibilities are endless, inspection is a must!

**Agent:** Fifi Tarbey **Mobile:** 0403 151 921

**Price:** \$339,000

**Address:** 50 Snowdon Street Kingston



3 1 2

#### CENTRALLY LOCATED

Well looked after property which is currently rented at \$325.00 per week.

- 3 bedroom highset • Near new kitchen and bathroom • Double lock-up garage • Built-in underneath • Good sized bedrooms • Level yard

Close to shops and buses.

**Agent:** Fifi Tarbey **Mobile:** 0403 151 921

**Price:** \$295,000

**Address:** 34 Omar Street Woodridge



4 2 1

#### GREAT SIMPLE HOME IN A VERY APPEALING NEIGHBOURHOOD

This fantastic home features:

- 455m2 • 4 Bedrooms • Tiled & Lino floors • 2 bathrooms (ensuite) • Lock up garage • Open plan living with two living areas.

Great to invest in or to build your future in.

**Agent:** Amy Micheal **Mobile:** 0434 317 901

**Price:** Offers over \$399,000

**Open House:** 23/8 Sat 10-10.30 am

**Address:** 69 Rubicon Street Kuraby



3 2

#### GREAT PRICE GOOD LOCATION

3 bedroom home in a great location close to Logan Tafe and Hospital.

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**Agent:** Fifi Tarbey **Mobile:** 0403 151 921

**Price:** \$295,000

**Address:** 8 Errol Street Loganlea

# Kidz Page



Spend (on charity),  
O son of Adam,  
and I shall  
spend on you

أَنْفِقْ يَا ابْنَ آدَمَ. أَنْفِقْ عَلَيْكَ

Anfiq ya-abna Adam. Unfiq alaiyk.

[related by Al-Bukhari and Muslim]

[www.geocities.com/mutmainaa](http://www.geocities.com/mutmainaa)

## COLOURING COMPETITION

Hey kids why not colour as you learn!  
Colour in, decorate, whatever you like, the picture above and message about charity,  
Send it in to: PO BOX 137  
UNDERWOOD  
Q 4119  
**Be sure to include your name, age, address and contact number.**  
The first entry we receive will enjoy a delicious lolly hamper from our sponsors Robin Foods.  
You will also have your artwork, alongside a photo of yourself printed in our next issue of QMT.  
So get those creative fingers working, have fun and be charitable!

## Islamic Virtues...Charity

**As Salaam Mu Alaikum young readers**  
Ramadaan Mubarak to you all!  
Since Ramadaan is soon approaching I wanted to share with you all something very special and sacred...CHARITY  
This is a very important act of kindness that can be shown through a smile, by performing a good deed towards another person or showing compassion to an animal. You could give up some of your time to love and listen to someone else's problems. Be caring, helping, or donating some money or some of your possessions towards a good course, like poor or orphaned children, or sick or disabled people.  
During this blessed month Allah (SWT) has asked us to try to take extra care in giving more charity and acting in charitable ways. And my dear friends, when you do, you will then feel soooooo wonderful inside your heart that you will almost burst with happiness! So don't delay...start now...smile at someone, go on - give it a go!

Shamime

## Ramadan Ramadan

by Shaida Gutta

Ramadan Ramadan where have you been?  
I've been away since 12 moons have been seen.

Ramadan Ramadan why have you come?  
To bless you and cleanse you and ask you to come.

Ramadan Ramadan what do you mean?  
For you to come closer to your Lord and Deen.

Ramadan Ramadan what do we do?  
You fast and pray and pay Sadaqatul Fitr too.

Ramadan Ramadan how long do we fast?  
The whole day until the sun has passed.

Ramadan Ramadan how long will you stay?  
Until just before Eid Day.

Ramadan Ramadan will we see you again?  
My destiny is written to come next year again.



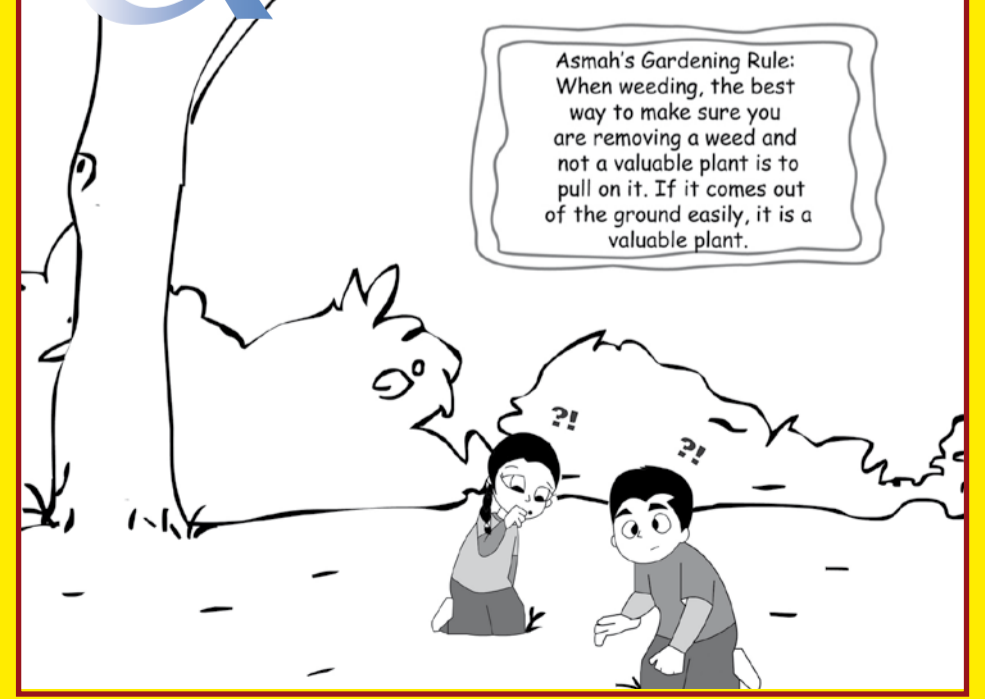
## Why I love Ramadan...

“What I love about Ramadhan is that we get to open our presents at the end of it all.”  
Jaleel Abdur-Raheem

“because I get to taste all the yummy food my mum prepares for us.”  
Marjani Abdur-Raheem

“I like the bhajyas and samoosas”  
Aaliya Ismail 4 yrs old

## Adam & Asmah



Asmah's Gardening Rule:  
When weeding, the best way to make sure you are removing a weed and not a valuable plant is to pull on it. If it comes out of the ground easily, it is a valuable plant.

# Happy Birthday Siitra! Rejuvenate in Kuraby

Siitra has become a brand that most Muslim ladies in Brisbane are familiar with and love to wear. On 21<sup>st</sup> May, Siitra celebrated its first year of business offering new and regular customers discounts too good to refuse.

By Rehana Bibi

**OWNER OF SIITRA**, Nena Allouche, mother of five and partner in her husband's painting company, A&A Painter, got tired of the limited options of Muslim attire in Brisbane a few years ago and decided to do something about it.

"I found I had to shop for the year in the winter months when garments were long sleeved and more covering. This was unsuitable, as the fabrics were more suited to the colder weather and it made things very uncomfortable in the Queensland summer months," Nena said.

Nena had never travelled outside of Australia and couldn't rely on overseas family and friends to send over hijabs to accommodate her wardrobe. She started exploring the Internet and gradually made contact with overseas suppliers. This search led her to start her own clothing business that she named Siitra, derived from an Arabic word meaning modestly covered.

Nena selects the designs and outfits carefully, working closely with her suppliers to make sure the end product suits her clients and the Queensland climate.

Nena said that although the Siitra label is made overseas and imported, she also stocks other Australian labels such as Ahiida Burqini Swimsuitin; Fay Tellaoui (a label from a Sydney designer) and Blossom Instyle (also from a Sydney Designer).

"All of our hijabs are imported from overseas - mainly from Lebanon," she said adding that she tries to support other Muslim designers and businesses.

*What are your best sellers?* Our customers love our hijabs and hijab accessories. The accessories work well with items from the customers' existing wardrobe or with items they can



Nena Allouche showcasing her latest imported hijabs

get from other retailers. A new hijab on an old outfit will transform the overall look of the garment. Customers also love our kaftans and tunic tops.

Nena finds it very rewarding being able to provide Muslim attire to the community.

"The most rewarding part of having the shop is when we have had new Muslims or non-hijabis come into the shop without the hijab and leave wearing the hijab (and return on other occasions, still in hijab). These days make it all worthwhile," she said adding that "to be in a position to help girls and ladies see the beauty in wearing hijab is so rewarding and my staff feel very blessed to be able to assist in this process too."

In the first year Siitra has served more than 3,000 customers not only from Brisbane but also from New South Wales, Melbourne, New Zealand, France, USA, United Arab Emirates, Malaysia and other countries.

Siitra is soon to open its second store in Punchbowl, Sydney. In addition, it will be launching a website to provide a 24/7 service to its local customers as well as opening its service for the international market.

**Tucked away in the heart of Kuraby (South Brisbane) lies a sensory haven for women who love to be pampered.**

Welcome to *Rejuven8 Body & Beauty*, a boutique-style beauty salon offering a winning combination of the latest in beauty and spa treatments; superlative skin-care products; and slick and professional service.

Living up to its mission statement, *Rejuven8's* driving force and owner/therapist Fathima Paruk, asserted, "We strive to provide our clients with uncompromising customer service in a relaxed and ambient setting".

Fathima's recent trip to the *Beautyworld Middle East* convention held in Dubai in May, and her regular visits to the Australian-based *International Beauty Expos* bears testament to her commitment to continuous skills refinement according to international beauty trends. Ensuring only the best in skin-care products are used also adds to the appeal of this four-year old home-based retreat.

Clearly *Rejuven8's* clients' are reaping the benefits.

"Rejuven8 is the ultimate experience. Fathima successfully provides a pleasant atmosphere enhanced with soft relaxing music, & candles," said Ruby.

Another happy customer commented on the personal services she received.

"Fathima loves what she does, and this is evident in the time and care she offers during her treatments. A

lovely, intimate salon with a very personalised touch!" said Aneesa.

"My favourite is the glycolic peel, which left my skin feeling tingly fresh and clean; it's unlike anything else I've experienced!" said Anonymous (R.G.).

"I would recommend this salon to anyone searching for a thorough and perfect treatment or simply a session of sheer pampering!" indicated Raeesa Khatree.

So spoil yourself and escape to an indulgent sanctuary without breaking the bank. Remember, there's no better time to *Rejuven8*.

**Rejuven8 wishes all Muslim Reader's a Spiritually Uplifting Ramadan Experience**



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## South Sydney Community Centre: Dawah through Soccer

ON SUNDAY, 6th of July 2008, the Muslim Student Association (MSA) of Australia hosted its third annual indoor soccer tournament. Twenty-four teams made up mainly of Muslim students from universities across Sydney took part. For the first time the tournament featured a Catholic team from St Joachim's Parish Lidcombe and an Indigenous team from the South Sydney Community Centre in Redfern.

It was held at the acclaimed Johnny Warren Indoor Sports Stadium in Hurstville, Sydney.

MSA spokesman, Mohammed Omar said, "this year we have expanded the project to increase social interaction and friendship between young people of different backgrounds."

Adam Bowden from the South Sydney Community Centre seized the opportunity to give dawah to the Indigenous community at the tournament.

"I chose the guys to play in the South Sydney Community Centre team very strategically; three of them were chosen because they are already Muslim and the others because they have shown some interest in Islam," he said.

"Bringing them to an event such as this is less threatening than asking somebody to come to the Masjid for the first time. Even though the event is held under a sporting pretext, the atmosphere of the day is extremely Islamic and one cannot help but be affected by that," Mr. Bowden said.

Mathew, a twenty five-year-old indigenous man from Redfern, stated "a day like today makes me want to learn more about Islam."

The tournament kicked off with an acknowledgement of the country's traditional owners. Then Aboriginal social activist, Mr Trevor Close, gave a powerful speech on the need for unity and understanding amongst all Australians, in particular, between Muslims and the Indigenous community.

The Hon. Mr Kevin Greene MP was also a guest speaker on the day and gave a very important message to the youth about respecting all people, regardless of where they come from or what they believe in. Mr Greene also thanked the MSA for their continued efforts to broaden understanding between all cultures and faiths.



## Walk in Unity for Zimbabwe

By Shahina Omar

ON SUNDAY 8TH JUNE, Australians Supporting Zimbabwe, a Brisbane group organised a 'Walk in Unity' to highlight the grave human rights crisis in Zimbabwe. Many families gathered at South Bank first to hear Peter Arndt, the chief executive officer for the Catholic Justice and Peace Commission, give a short speech on the atrocities being committed by the Mugabe regime in Zimbabwe.

The group then proceeded to walk along the South Bank River to West End holding banners calling for democracy and justice in Zimbabwe.

It was a peaceful march with a group of young people playing drums to African beats. The walk ended in West End where everyone mingled and exchanged stories of the recent horrific events that were happening such as opposition supporters being intimidated, bashed and detained, and many lives being lost due to economic hardships.

The Presidential and Parliamentary elections on 29 March 2008 were a decisive defeat for President Robert Mugabe as the Opposition leader of the MDC party, Morgan Tsangirai, won a majority of 50.3%. However, the Electoral Commission refused to announce these results for some weeks and when it did, it said that the MDC did not get an absolute majority and subsequently called for a Presidential run-off vote for 28 June.

The MDC pulled out of the run-off election last month in the face of a campaign of violence against its supporters; more than a 100 of whom were killed, some in appalling brutal ways. Robert Mugabe went on to win this election in a "one man" affair that was an affront to anything close to democracy.

The country is now in a state of social and economic collapse. Unemployment is over 80% and about one third of the population requires food aid to survive. There is little fuel and meager supplies of food. The code of law has been disbanded and the media is so tightly controlled that only government interests are promoted. Inflation is running at 10 million Quintillion percent, the highest in the world.

The recent agreement last week on a memorandum of understanding about the process of a government of National Unity between Mugabe's Zanu PF and Tsangirai's MDC triggered a wave of optimism in some quarters. Mr Mugabe has been in power for 28 years and the key question is whether he is prepared to cede a meaningful measure of genuine authority to the MDC.

Zimbabwe is at a defining moment in its history as the next 6 months will be crucial. Now that Tsangirai can at least talk to Mugabe, so much hope is now on him to inform and enlighten Mugabe on the futility of defending a government that has no centre of gravity and whose moral compass is questionable.

Beyond this political agreement, the two sides need to execute a program of National Healing and rehabilitation for the Zimbabweans who have been brutalised and dehumanised.

## KAREEMA'S 'Gift of the Jab' Workout!



By Kareema Benjamin

**TO START OFF YOU NEED to set yourself up into a great TRAINING POSTURE: Gently draw your belly button in towards your spine, draw your shoulders up, then back and down. Always protect your back by keeping it straight (while maintaining the natural curvature toward the bottom). Always keep the elbows and knees bent slightly.**

For a great cardio and strength workout, try the following boxing moves either with a workout buddy or boxing equipment:

- **REMEMBER:** Always warm-up before and stretch after your workout!
- **WHY BOX:** It's a fun way to get in shape and increase your self esteem.
- **WHY IT WORKS:** Great energy booster, will keep your heart strong, help you stay in shape and keep your body toned.

**STEP 1:** With your partner holding the focus pads facing forward, start easy with a jab and cross. Continue for about a minute and then both of you jog on the spot for 30secs.



**STEP 2:** With focus pads facing inwards, time for some hooks. Do not keep your heels anchored into the floor and don't hold your breath. Continue for a minute and then both jog on the spot for 30 secs.



**STEP 3:** This time pads facing forward again, jab 4 times and then duck / squat (for a little extra leg work)! Keep your chest up. You guessed it; this goes for about a minute too before you both start jogging on the spot.



**STEP 4:** Keep challenging the legs. This time the focus pads are held about waist height (higher if you feel comfortable). Lean back slightly as you kick.



**STEP 5:** Tummy time! Lie down on the floor with knees bent. Partner with the focus pads squats and holds pads over you. Peel your back up off the floor (sit-up), punch 4 times and slowly lower yourself back down. Repeat for a minute. Remember to exhale while coming up and inhale on the way down.



For an extra challenge, include some skipping and prone holds/hovers in between boxing routines.

**Please visit your GP to obtain medical clearance before undertaking any form of exercise.**

Got a fitness related question? Catch me at [myhealthandfitness@bigpond.com](mailto:myhealthandfitness@bigpond.com)

## Breaking down Barriers with Basketball

**South West Brisbane Basketball knows hoops, and they're taking their programs to different communities around Brisbane**

By Dylan Chown

ISLAMIC COLLEGE OF BRISBANE STUDENTS are eagerly awaiting their guest coaches for term 3 as they embark on a Basketball program from grades 1 to 9. South West Brisbane Basketball has included the College in their very ambitious project and students will benefit from the opportunity to learn all about the game of basketball. Students will shoot hoops as part of their Health and Physical Education subject, although perhaps an 'Ali Oop' is out of range for some of the younger students.

The Department of Immigration and Citizenship is hoping that the basketball program will break cultural barriers between young people in South West Brisbane.

The program is looking to involve the Muslim, Aboriginal, Pacific Islander, Asian and Sudanese communities in the game of basketball. Hundreds but hopefully thousands of young people in the South West Brisbane will be able participate.

General Manager, David Derwin has said the program is going very well.

"We have been getting out to schools and local parks and involving all of these communities teaching them basketball. Sport can break down cultural barriers by using the game itself as the median. The kids are all learning skills and having fun, meeting new people and getting to understand different cultures and communities. As we progress the program we are integrating all of these cultures into teams that will participate in our inaugural Harmony Cup later this year," said Derwin.

This Harmony Cup will be the inaugural event and South West hope to continue this program and build on it each year.

"This year has been very unique as our staff and coaches have got out into a lot of different communities and teach basketball.

But the feedback has been very positive and the kids very enthusiastic. With Australia being such a multi-cultural nation, it is teaching the kids to be more understanding of others and their ethnic backgrounds. This awareness and acceptance are big parts of the program and so far has been going very well," said Derwin.

*If you or your school would like to get involved contact South West Basketball on 3273 8300. You may be eligible for some free coaching clinics.*



Back row – Fatma Boyaci, Neslihan Kartal, Jason Cameron (Coach), Azhar Ishaq Ali, Dinir Adam  
Front row - Ali Al-Merhebi, Yunus-Emre Erol, Farah Khateeb, Laraib Rafiq, Yasmeen Succarieh.

## They Came and they Tried

The 'Muslim Ladies Come and Try' program, a pioneering program specifically targeted towards Muslim women in Brisbane was run over a period of five weeks. The program gave Muslim women a chance to try out different sporting activities.

By Kareema Benjamin

### THE PROGRAM BROUGHT

together organisations such as Muslim Youth Services, Jazzercise®, My Health and Fitness, Brisbane Outrigger, Brisbane River Dragons and Queensland Canoeing to organise a number of fun and active programs all across Brisbane. The program was funded by Communiy (Jill Duffield) and supported by Brisbane City Council (Michelle Lindley).

There were five activities in total, namely Jazzercise®, Outrigging, Dragon Boating, Canoeing and of course 'Bootcamp'. The ladies who participated in the program were very appreciative of the opportunity afforded to them and were keen to attend each of the subsequent sessions. Apart from the odd complaint from ladies who never thought they would get to use some of the muscles worked during the water and other activities, everyone was very happy



with both the social and physical side of all activities undertaken. If anything we formed a close-knit group who looked forward to the 'next Saturday' just to catch up and experience something new.

One lady who participated said that it was a "great incentive and initiative," while another commented that "it was a fantastic opportunity to attempt these different sports."

The ladies felt they learnt new skills and had an opportunity to broaden their horizons. They were also very thankful to the instructors for being friendly and patient.

Michelle Lindley from Brisbane City Council said "we educated each other and ourselves on what can be done and how easy it really is. The spirit in all the women showed through which was fantastic."

It was fantastic to see so many women of all ages, sizes and shapes, and cultures participating in a jazzercise session. Hazel Macleod who conducted the jazzercise classes said that she is looking forward to the next program and that the 'come and try' program offered an opportunity for cross-cultural exchange and for communities, agencies and local council to work together.



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