

By Women
For Women
August 2017
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In this month's An-Nisa

We've got:

This month we are introducing a new column called 'Komplaining Khala Korner' adding a bit of comedy to our An-Nisa, anymore Khalas reading this that want to 'Komplain' feel free to email us! We also have a letter for the young readers starting college from our Editor of An-Nisa, and then we have a recipe that will suit anyone who loves spice from the busy chef Sister Safeeyah.

We have two wonderful poems by Sister Tahera and a article inspiring the elders to get back into education like the anonymous sister said "You are never too old to learn".

I hope you enjoy this months An-Nisa, if you have anything you would like to share, maybe a story, a poem, or you have some advice or need advice then contact Sister Safeeyah at an-nisa@imws.org.uk

Enjoy!

email: an-nisa@imws.org.uk
if you would like to contribute.

Dear My Young Readers

SO YOU are excited about going to college? Feel all grown up? I know that feeling I was your age once and I am still studying so I know what a lot of girls get up to, I see it all the time. I hear things like "My parent's are ruining my life" "My Parent's wont understand" "Urgh I hate my parents" "Oh I love him" "Excuse me you love him?" "You are not married?" 'what do you mean you love him?' And then the tears and the "Oh he broke my heart", and you wonder why your parents are the way they are, open your eyes, you are intelligent so use that intelligence to realise your parents are the way they are to stop you from doing wrong, to stop you from getting hurt, no father and no mother wants to see their little girl hurt, you might think you are grown up but really to you parents you are still a child, you are still their little bundle of joy and sweetness. Trust me when I say 'You won't understand your parents till you are a parent yourself.'

No don't stop reading now just because you know I am right! I am not having a dig at you I just want you to understand me, I am 24, a mother of two and I always thought my parents didn't know anything, the they were just wrong and they don't understand but you know what now I am a parent I will be the same with my children as my parents were because they are right it's a nasty world out there, BOYS? You care so much about, but they don't care for you, they do not respect you, a boy that respects you will call you his sister not his girlfriend, he would not touch you or make you

feel uncomfortable.

Another thing I see and saw at college and University you come dressed as you do at home, then you go to the toilets and get changed and put make up on, who for? The boy that will disrespect you, and then stamp on you like you are dirt! Don't do these things it's not worth it. You shouldn't be doing this for some other guy, when you get married save it all for him who you marry not some scum bag. Do you know that these girls get laughed at you hear people say "oh look at her, begging for the attention" you are making a fool of yourself.

You are going to a mixed environment so be careful, make people respect you by respecting yourself. If a boy says he likes you or that he loves you then speak to your mother don't do stupid things because at the end of the day your parents wont see what you are up to but the Almighty is always watching you. I hope you have a good time at college and that you make lots of new friends and achieve well. If ever you need any advice then contact me at an-nisa@imws.org.uk emails will be kept confidential, emails may be used for an advice column but will be kept anonymous with your permission only.

Wishing you all the best
From the Editor of An-Nisa

Kerala Chicken Roast

Recipe
of the
Month

SO I DID a dinner party for the in-laws and thought what can I cook with Biryani that is different, because I am just bored of the same tandoori chicken I find it very dry sometimes, plus my in-laws love their spice and this recipe was by far the SPICIEST dish I have ever made my mouth was on FIRE! The flavour is important in the onions and lemons so be generous when sprinkling the lemon

Ingredients:

For the Marination;

- . 4 chicken breasts cut into medium pieces
- . 1/2 tsp Turmeric powder
- . 1tsp chillie powder
- . 1tsp coriander powder
- . 1 tsp jeero powder
- . 1 tsp vinegar
- . 1tsp lemon juice
- . 1"ginger piece grated
- . 6 garlic cloves crushed
- . 3 to 5 green chillies
- . 1tbsp tandoori paste

Method:

Clean and cut the chicken into large sized pieces and then make a paste with the marination and marinate the chicken for 1 hour. In the meantime cut the onions into thin slices and fry in hot oil drain them and keep aside.

Once the hour is up fry the chicken in that same oil until almost done and remember to keep the pan covered so that the chicken does not brown, once the chicken is cooked it should be white on the inside drain and set aside.

In that same pan add a little more oil if needed and add in the slit green chillies and curry leaves and sauté for 1 minute, now add the chicken

For roasting

- . 3 medium onions sliced
- . 2 large tomatoes peeled and pureed
- . 2 green chillies slit
- . 5 curry leaves
- . 1tsp garam masala
- . 1/2 tsp cayenne pepper
- . 1 lemon juiced
- oil for frying
- . 5 potatoes chopped into wedges
- . 1 pepper halved and sliced

mix well with tomatoes, garam masala, cayenne pepper and lemon juice. Then add into a roast tray. Before adding to the oven, half boil some potatoes drain and mix with butter and mixed herbs, add to the roast tray a long with some peppers and roast for 20 minutes at 180d.



Never too old to learn!

TO THOSE of us born in the pre-computer age, so that's everyone from before 1985 and a little after, this article is for you;

Having never really taken ICT seriously I recently found myself realising how much I was missing out. Most jobs now require basic ICT skills and so with this in mind I enrolled on a course at learn direct/dip centre opposite Tesco, Batley. The centre is run by an enthusiastic team of staff who from the word go made me feel welcome and supported my learning journey. Initially various options were discussed along with a basic assessment on Maths and English. From there it was decided what would be most suitable.

The courses are fully funded so it didn't cost anything. 'Yippee!' I thought (that's the canny Yorkshire woman coming out!) And so I started on my course. The staff/tutors were very friendly and eager to help any queries I had. They certainly eased my nerves.

Most of the fellow learners are also in the same situation so it was very reassuring to swap stories of the learning and progress. I eventually ended up doing a few courses as I rediscovered my love of learning. This has helped my confidence enormously and I no longer feel phased at using the computer. As they say the proof is in the pudding as I write this on my iPad Word application.

I would thoroughly recommend anyone thinking of taking up ICT or even just brush up on Maths and English to contact them and see how they can help you.

They say you can't teach an old dog new tricks – well hey you're never too old to learn!

Poets Podium

Two fantastic poems by
Tahera Mayet

Rainbow

*Resulting from rain and sun
An array of various colours
In view for only a short time
Noticed against the blue sky
Bright and attractive to view
Oh how I enjoy the rainbow
Wonderfully spread like an arc*

More books

*The lights are on in the library
A shining beacon of knowledge
Yet as I leave, fulfilled and happy
My bag has gone from light to heavy
Do I really need this many books?
I like to visit Batley library and be back
A never ending cycle of returning books
Only to get more books out again!*

Komplaining Khala Korner

Greetings my dears!

THIS IS an article dedicated to sharing life's gripes – the ones that I just can't moan of enough.

The older I get the more things irk me, no surprises there you might say as those who know me say, I was born 40+!!

What better way to start than by discussing something appropriate for Ramadan.

What does she mean you may say-yes you've guessed, it's the dreaded Eid plates.

Who on earth thought of this chore?

Don't get me wrong I'm not a meanie (well sometimes I am, but that's another gripe) but the endless baking of biscuits and cakes and of course the sweet samosas/puri has me in a frenzy from the 20th roza. Instead of concentrating on Ibadat and making most of the last few days we are expected to turn

into overnight Bake Off contestants.

I mean PLEASE do I look like I have Mary Berry genes.

The trip to the supermarket usually ends up with items sold out as the ever efficient ones amongst us have already been there and cleared the shelves. I mean how much flour do you need dear? Are you baking for Yorkshire?!

I usually go for the cheats option and buy some things ready made – no one will notice I say!

You might say why bother but I always have the guilt when I end up with plates from well meaning friends and family. The mound of plates slowly grows as I soon run out of biscuit tins. I won't even start on the number of calories on each one. So my advice this year – please let's get rid of this "tradition" and concern with more beneficial things. I won't be baking unless of course I have a change of heart in which case if you see a crazy woman in the home baking aisle avoid at all costs.

She'll be ready to offload her moans quicker than you can say: Ready Steady BAKE!!!

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Did You Know?

Did you know all the blinking in one day equates to having your eyes closed for 30 minutes?

Did you know lightning strikes the Earth 6,000 times every minute?
Did you know hiccups usually last for 5 minutes?

Did you know the Eiffel Tower is repainted every 7 years?

Did you know fingernails grow faster than toenails?

યહી હૈ જિંદગી

-આબિદાબેન રાજપુરા

બધાના જીવનમાં સુખ દુઃખ, ઉતાર-ચઢાવ આવતા રહે છે. ઘણી વાર પરિસ્થિતિઓ એવી ઊભી થાય છે કે, વ્યક્તિ ડ્રીપ્રેશનમાં આવી જાય છે. આ માનસિક અવસ્થામાંથી દરેક વ્યક્તિ પસાર થતી હોય છે. આવા સમયે આપણે સમજવાની કોશીશ કરીએ કે, દુઃખના દિવસો કાયમ માટે રહેવાના નથી. સકારાત્મક બનીને વિચારીએ કે રાતના અંધારા પછી સવારે ફરી અજવાળું થવાનું છે. તેજ રીતે મુશ્કેલીના દિવસો ગુજરી જશે અને સુખની પળો આવશે.

ઘણી વાર વ્યક્તિને લાગે છે કે, પોતાના સગાં, મિત્રો અને સંબંધીઓ સહકાર આપતા નથી, મદદ કરતા નથી, પરંતુ પોતાનામાં રહેલા દોષ, અવગુણોનો પોતાને ખ્યાલ આવતો નથી. ઘણીવાર વ્યક્તિ કારણ વિના દુઃખી થતી હોય છે. બીજાની વસ્તુઓ, સંપત્તિ પર ઈર્ષા કરીને કે બીજા સાથે સરખામણી કરીને પોતે દુઃખી થાય છે. સુખી થવું કે દુઃખી અને નારાજ રહેવું એ વ્યક્તિગત બાબત છે. કેમકે દરેક વ્યક્તિની સુખને માણવાની અને દુઃખને સહન કરવાની ક્ષમતા જુદી જુદી હોય છે. એક નાનકડી વાર્તાથી આ બાબત આપણે સમજી શકીએ.

એક રેસ્ટોરન્ટમાં જેકબ નામનો એક છોકરો કામ કરતો હતો. એને એક આંખે ઓછું દેખાતું પણ એનામાં જોશ, જિંદાદિલી અને કામ કરવાની ક્ષમતા એટલી હતી કે તેને માલિકે મેનેજર બનાવી દીધો. જ્યારે પણ કોઈ વેઈટર કે

કર્મચારીને કંઈ મુશ્કેલી આવતી તો જેકબ તેની વાત ધ્યાનથી સાંભળી તેનો રસ્તો કાઢતો.

એક દિવસ તેના માલિકે એને બોલાવીને પૂછ્યું “ જેકબ તું ક્યારેય ટેન્શન કે મુશ્કેલીમાં હોતો નથી. એક આંખે ઓછું દેખાતું હોવા છતાં કદી શિકાયત કરતો નથી. હંમેશાં હસતો ખુશમીજાજ કંઈ રીતે રહી શકે છે? ”

જેકબે હસતાં હસતાં જવાબ આપ્યો કે, “હું કોઈ પણ પરિસ્થિતિમાં મારી જાતને બે સવાલ કરું છું કે મારે આખો દિવસ ખુશ રહેવું કે દુઃખી રહેવું છે? જ્યારે દિવસ પસાર કરવો છે તો દુઃખી થવાને બદલે શા માટે ખુશી ખુશી ના જીવી લેવું? જ્યારે કંઈક ખોટું થાય તો મારું મન કહે છે કે, કાં તો હું ખોટું થયાનો શોક મનાવું કાં તો હું તેમાંથી કંઈક શીખ લઉં, હું શીખ લઈને આગળ વધું. ”

વધુમાં તેણે ઉમેર્યું કે, “ કોઈ ફરિયાદ લઈને આવે તો હું તેને સાંભળીને શાંત કરું છું અને સકારાત્મક રસ્તે દોરું છું.” રેસ્ટોરન્ટના માલિકે કહ્યું કે, “ જેકબ તું જે કરે છે તે દરેક માટે એટલું સરળ નથી.” જેકબે જવાબ આપતાં કહ્યું કે. “સાહેબ એ બહું સરળ છે. ઈન્સાન ફક્ત હાડ-માંસથી નહીં પણ સાથે સાથે વિચારોથી બને છે. તમારામાં સકારાત્મકતા અને જોશને જાગૃત કરો. મુશ્કેલીમાં દુઃખી થવાને બદલે સામે ઉભેલા સુખનો વિચાર કરો. દરેક પરિસ્થિતિમાં પોતાની જાતને સાંભળવાની કાબેલિયત કેળવો, આમ કરવાથી જિંદગી કદી બેરંગ બનશે નહીં. ”

કોઈએ સાચુંજ કહ્યું છે કે, જિંદગી આસાન નહીં હોતી, ઈસે આસાન બનાવવા પડતા હૈ, કુછ “અંદાઝસે” તો કુછ નજર “અંદાઝસે”.



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