

By Women
For Women
March 2017
Issue 40

In this month's An-Nisa

We've got:

International Women's Day is just round the corner and we're planning a local event!

This month's mouth watering recipe – Tandoori skewers and make your home made body spray tip. Our blogger captures terrible Two's and there's a meaningful verse on loneliness.

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



#BeBoldForChange

INTERNATIONAL Women's Day is a global day celebrating the social, economic, cultural and political achievements of women.

International Women's Day (IWD) has been observed since in the early 1900's - a time of great expansion and turbulence in the industrialised world that saw booming population growth and the rise of radical ideologies.

It is a collective day of global celebration and solidarity.

"The story of women's struggle for equality belongs to no single feminist nor to any one organisation but to the collective efforts of all who care about human rights," says world-renowned feminist, journalist and social and political activist Gloria Steinem.

Thus International Women's Day is all about unity, celebration, reflection, advocacy and action - whatever that looks like globally at a local level. But one thing is for sure, International Women's Day has been occurring for well over a century - and continues to grow from strength to strength.

IMWS women's subcommittee in conjunction with Kirklees council will be hosting an event on the 18 March at the Al-Hikmah Centre (2-5pm) to celebrate IWD.

The focus of the event is around how we can inspire each other to make changes in our communities.

There will be an opportunity

to listen to some amazing speakers from our own communities on how they have engaged to change the world around them, who inspired them and how they inspire others.

There will also be workshops for women to attend around self-defense and everyday heroines.

Children will be kept entertained with craft activities around the theme of IWD. There will also be an opportunity to see the Women Hold up Half the Sky exhibition, which features 50 women trailblazers from across the world.

This is an opportunity to hear from inspirational women in Kirklees and be inspired to inspire others.

Come along and hear from women and share your own stories of inspiration and be bold to make a change in our communities.

For further information see the poster at the back of this An-Nisa!



International Women's Day

EXCLUSIVE
to An-Nisa!

Recipes with a South Asian twist!

Safeeyah's Kitchen

Tandoori Kebab skewers

No matter what the weather hot or cold
I just love this recipe for a starter.

Ingredients:

- 1 chicken breast diced
- 2 tsp tandoori paste
- 2 tsp dhara powder
- 1 tsp jeero powder
- salt to taste
- 1 tsp tandoori powder
- 3 or 4 tbsp yoghurt
- a squeeze of fresh lemon
- 2 tsp of dried mint

**Method:**

Mix all the ingredients in a bowl and place on skewers you can add pepper or onion in between the chicken pieces if you like once the skewers are half filled up place

on a griddle and cook turning after 3 minutes till cooked all the way through leave a little longer on the griddle pan or fry pan for a crispy barbecue taste.

Homemade Body Spray and Linen spray

WE HAVE had many skin-care recipes so I wanted to bring you something new an Orange Blossom Body Spray recipe. Remember you do not have to use orange you can make any with any essential oil that you like.

For the body spray;

- . 1 oz filtered water
 - . 60 to 90 drops essential oil of orange
 - . ½ tsp vegetable glycerine
- Mix all these ingredients together in a small glass spray bottle and shake well and always shake before spraying.

For the Linen Spray;

- . 20 drops of essential oil for example lavender or any two smells you would like to mix this is a good chance for experimenting.
 - . 1/8 tsp of salt
 - . 2 oz of distilled water
- Combine all together and store in a glass amber spray bottle, shake well before using.



Did You Know?

Nusayba bint Ka'b Al-Ansariyah (Arabia, unknown-634 C.E.)

Nusayba was of one of the first advocates for the rights of Muslim women. Notably, she asked the Prophet Muhammad, "Why does God only address

men (in the Quran)?" Soon after this exchange, the Prophet received a revelation in Chapter 33, Verse 35 that mentions women can attain every quality to which men have access. The verse also conclusively settled that women stand on the same spiritual level as men. She was viewed as a visionary who transcended her own generation.

Poets Podium

My Corner

Once upon
As a child I walked
Barefooted steps
A silent voice
I remember the corner
In a home so old
Which as a child I called my own
Though not exclusive
I did not stake claim
But a corner I held
As a retreat away
Whilst siblings played
I sat there
And when they schooled
I sat there
My corner it was
A solitude from all
A place to retreat
From this noisy world
That corner
Has long since gone
At least that is
In physical form

In a crowded room
I can feel alone
By switching off
From those around
That solitude
It does quite seem
Has stayed within
And grown with me
A place of silence
Of peace and serenity
At least I say so
Though reality may not
For when in my corner
There is one thing I've found
There, in my corner
I am empty and alone.

The Terrible Two's

IT'S BEEN a roller coaster ride watching my baby grow into an independent individual. She has changed in the way she looks and behaves.

She's beautiful, funny and has her own personality. She's now just turned two.

Well if you are a parent you will know that some children suddenly develop a side to them that baffles you. Yes it's the 'terrible two's'!

The tantrums, the crying, the sulking and the worst off all lying flat on the floor in the middle of a supermarket wanting not to get in the trolley or wanting only a certain chocolate bar!

What happened to my calm placid child?!

Silly things trigger of a tantrum such as not wanting to go to sleep when you can see she knows she's tired! It becomes a battle of wits. It might be I'm not eating this, refusing to open

her mouth! At other times my lovely kind daughter is embarrassing because she's refusing to share her toys!

Equally embarrassing is when you are out somewhere visiting and they bring out a beautifully decorated plate of food. Well what do we say "please don't ,she doesn't eat much".

What does she do? She eats the whole lot and says can I have some more!

Another thing is you've fed them, got them ready, got into the car and guaranteed someone will open their mouth and shriek "I'm hungry" What! I just fed you.

Or it will be "are we nearly there yet?"

Children develop their own personalities very quickly, they have a favourite naat of nazam which they pray out loud everywhere.

One of my daughters used to pray out loud in nursery!!

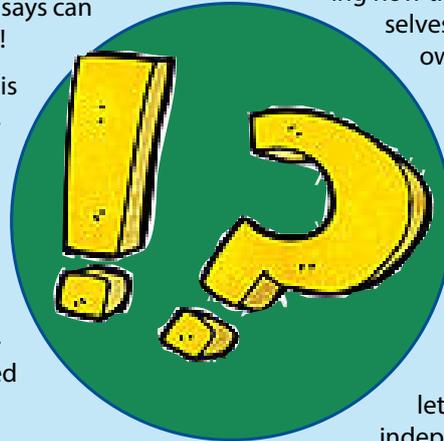
To my shock and horror my son actually bit another child in nursery!

After the event there was remorse on his face. So they are learning to deal with guilt and consequences. It must be a roller coaster for children because they have to deal with their own emotions and learn to control them. Along the way they are learning how they can conduct themselves in public and in their own home.

By the time my daughter was three the terrible two's were still there but we managed to control the tantrums and outbursts.

Now we are ready to let them become more independent as they are nursery age..... how do we deal with leaving them? How do they deal with being left with strangers?

That will continued next month.



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Invites you to

Step up to the Challenge

#Be Bold for Change

A community event for
International Women's Day

Saturday 18th March 2017
2 – 5pm

Al-Hikmah Centre
28 Track Road, Batley, WF17 7AA

The programme includes:

2.30pm

Motivational speakers
Inspirational Women Exhibition
Craft activities for children

Workshops 4.00pm:

The Secrets of Self Defense
The Real Wonderwomen

For further information please ring
Mashuda Shaikh: 07973 897257

Everyone welcome

Free entrance

Refreshments available



THE GIRLS GROUP

Every Sunday!!! WE'RE BACK!!

At the Al-Hikmah Centre
28 TRACK ROAD, BATLEY
WF17 7AA

**FOR GIRLS AGED
11 TO 19!**

From:
1:30pm to 3:30pm

Featuring a host of activities
including ARTS & CRAFTS,
SPORTS, COOKING AND MORE!
And it's FREE!!

For more information call
01924 500 555
or email
info@imws.org.uk



GIRLS' ARMY DAY OUT

**FREE
ACTIVITY**

**Saturday
15th April 2017**

10AM-4PM

- Leadership and Team Building Tasks
- Military themed team challenges
- Outdoor Survival and Cooking
- Obstacle Course
- Award ceremony

Females from 14-18yrs

Mothers of girls welcome

Coach pick up from the
Al-Hikmah Centre, Batley.

Limited
Places
Booking
Essential!

For enquiries and booking call: 01924 500 555 or email info@imws.org.uk

