

By Women  
For Women  
May 2017  
issue 42

In this month's  
An-Nisa

We've got:

A report on the IMWS  
Girls Army Camp  
Challenge including win-  
ning a medal.  
Safeeyah's Kitchen heads  
to a French delicacy and  
our blogger has  
something on her lips.

We've got a powerful  
poem on a personal  
experience and the  
Gujarati page is Back!

Enjoy!

email: [an-nisa@imws.org.uk](mailto:an-nisa@imws.org.uk)  
if you would like to  
contribute.

## Girls' Army Super Camp Challenge

On Saturday 15th of April, our group of 16 females travelled by coach to Wathgill training camp in North Yorkshire, run by the 4th infantry brigade. It was an early start having left the Al-hikmah Centre at 7am. We were all excited and pondering over what we would be doing during the day. We were greeted with a very warm welcome and briefed about our day by some of the 4th brigade members and the outreach team. It was good to meet other groups of Muslim girls and women from across Yorkshire, who had also come for the same experience.

After changing into our army overalls, we were all split into 3 groups ready to undertake the challenges and activities ahead. Firstly there was the 'ice breaker', where we got to find out about other people in the groups. We also found out about what it was like to be a part of the British army as the task leaders spoke about why they had joined.

Moving onto the next challenge, which was the electronic close combat range. We got to fully experience the rifles used by the army- they were much heavier than anticipated. It was a rare but exciting opportunity. One of our girls received a medal for passing the cadet level shooting.

Our last task before lunch was a team challenge, which helped build communication skills and leadership skills. The challenge was to get across a mine field using only 3 ammunition boxes and 2 long planks. Only the ammunition boxes could be placed

on the ground. What seemed like an impossible task to me was successfully achieved by good communicating skills and perseverance.

After a lovely hot halal meal, we were ready for the second half of the day. We took part in 6 sport based activities in mixed teams, which required motivating one another and some were quite strenuous but fun.

Our final task was the outdoor assault course. We climbed and jumped over walls and had a go at running through muddy trenches. The day finished off with a presentation and certificates for all those who took part.

There was also a talk about careers, further education and training which you can pursue within the army, there is so much more to the army than fighting in war.

To conclude, it was a fun and eye opening day. Forgetting my age, I over did it as I went straight into all the activities. I had no idea how I bruised my arms and had aching muscles the next day. But it was all worthwhile, as it is not something we get to experience every day. I LOVED IT !!



EXCLUSIVE  
to An-Nisa!

Recipes with a South Asian twist!

## Safeeyah's Kitchen

## Soupe à l'oignon spéciale

Bonjour!! I thought I would give you my french Onion soup recipe. I Love Soup not just in the winter but summer too. Ever noticed that sometimes in hot weather you just do not want to eat? Try having some soup. It's important not to miss meals and soup is a very healthy dish especially when you are trying to lose weight like I am. You may be aware that French Soup originally is made with red wine (most of the time), but an alternative to red wine in this recipe will be 2tbsps of Worcestershire Sauce. Recipe serves 2. Let's get cooking and learn some French!!

**Ingredients-**

2 large Onions scooped out then chopped  
2 Bay Leaves (Deux Feuille de laurier)

1 tbsp Butter or Coconut Oil

2tbsp Worcestershire Sauce

1 small Chicken breast diced into very small pieces

1 Garlic Clove crushed

1 Green Chilli chopped

1 tsp Corriander Powder

Salt and Pepper to taste

Drizzle of Honey (Liqueur de miel)

**Method:**

Slice the top half of the Onions and scoop the Onions out of the shell trying not to break the shell as you will be oven baking them with a drizzle of honey later on. Keep the Onion tops for later. You do

not need to remove all the onion. Leaving a little is ok because it will fall off later and will taste nice with the soup. Heat the oil in a pan and then add the Onions with the Worcestershire Sauce and Bay leaves. Leave to fry for 3 minutes, add water and slow cook until the Onions are soft. Once the Onions are soft remove the Bay Leaves and add some water and cook for further 5 minutes then blend until smooth. Add the Chicken, Garlic, Chilli, Corriander powder, salt and pepper and cook for 20 minutes add more water if needed. Keep checking and stirring making sure that it doesn't burn out, keep

adding water if you need to. In the meantime drizzle some honey inside the shells and place them with the Onion tops and bake at 180d for 25 minutes. The shells needs to golden a little and be slightly hard. Once the soup is cooked place the Onion Shells in a bowl each and pour the soup inside. Place the lid on top and **serve with your favourite bread.**

Poets  
PodiumDon't You Dare Say I  
Have A BOMB in my BAG

By Safeeyah Patel

*"I don't need an apology  
I am not the one unhealthy  
getting on the train,  
Drunk,  
Naive  
and Stupid.  
That says it all,  
then accusing me of terrorism  
it's you I pity  
Not me!  
Accusing me of having a bomb in my  
bag  
telling me I need to go back  
Go back where?  
I was born here  
why do you feel the need  
to treat me differently  
Do you not see my ethnicity  
Just because I wear a headscarf  
does not mean I am from Pakistan  
You'll be surprised to know  
that my mother in fact  
Is white like you  
but I chose my way  
like you chose yours  
Don't dare say;  
I have a bomb in my bag  
I'm the future  
treat me with respect  
coz when you are old  
feeling the neglect  
someone like me  
will show you respect  
then you'll regret  
what you said to me  
and you'll realise  
people like me  
are peaceful as can be  
that in our hearts  
we may just be the same  
you and me  
you'll want to say sorry  
cause yourself lot's of worry  
BUT DON'T  
I already forgave  
In Peace and Unity  
I believe!"*

## Did You Know?

each time you see a full moon you  
always see the same side

Halley's comet passes the Earth  
every 76 years (the next time it  
will return will be 2062)

over 500 meteorites hit the Earth  
each year

the moon is 27% the size of the  
Earth

the center of the Sun is  
approximately 15 million C (27  
million F)

On Venus a day is longer than a  
year.

This is tricky one to get your head  
around but a year on Venus (that  
is the length of time it takes to  
complete one whole orbit around  
the Sun) is 224.7 Earth days.  
However it takes 243 Earth days  
to rotate on its axis just once.

One million Earths can fit inside  
the Sun.

**Ladies only**

**IMWS**  
IN THE  
**Women's Committee**  
 Due To High Demand

**Sitting Salah Workshop**  
 Delivered by local learned sisters

**Monday 15th May**  
**11.30am - 1pm**  
 (doors open from 11.15am)

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

**Practical demonstration of praying  
 namaz sitting down**  
 (when unable to pray standing)

**Booking Essential** To book a place please call:  
 01924 500555  
 or email:  
 sisters@imws.org.uk

**Are you ready  
 for Ramadhan?**

**Ladies only**

**Wednesday 17th May**  
**11.30am - 1pm**  
 (doors open from 11.15am)

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

*Delivered by local  
 learned sisters*

*Practical tips for  
 getting ready for  
 Ramadhan*



**Booking essential** To book a place please call:  
**01924 500555**  
 or email:  
**sisters@imws.org.uk**

**IMWS**  
Women's Committee

**Be Beautiful  
 Be You!**

I have not written an article for 6 months while I have been resting but I am back now and the first thing I wanted to write about is the plumped up lips. I have seen it all over social media and became worried for all the young girls reading this and parents reading this if you have teenage daughters then PLEASE make them read this article; The new beauty hype amongst young girls is 'BIG LIPS' or as I like to call them 'Fish Lips' also known as 'Camel Lips'. WHY? WHY? WHY? I do not get it. What is wrong with your natural lips? What has happened to having pretty natural lips? I will tell you what's happened you have been drawn in to the latest INSTAGRAM HYPES!! SNAP OUT OF IT PLEASE!

Do not fall into the trap of buying all these lip products to permanently change your lips or going for the injections that are so affordable and easy to get these days. Remember this, 'these girls are PAID to promote it!' The Almighty has gifted you with your unique beauty do not try to look like everyone else you see on 'Instagram', 'Facebook', 'Twitter', and so on. Be beautiful by simply being YOU!

Ok, I am not completely against plumped lips, contouring the lips to make

them look plump for occasions I think looks better than having the injections or using the suction equipment to plump them. It looks more natural and just gives

you a different look for the occasion and does look pretty. But you do not need to permanently change your lips, because you are beautiful, you are you, your features take after your parents or grandparents so your features are special to you most importantly your features are unique.

One way to not be tempted is by remembering beauty fashion changes. What looked good 5 years ago does not look good now. What looks good now, won't look good 3-5 years from now. If you permanently change your appearance what will you do? How will you go back without causing any damage?

It worries me to think of young muslim girls permanently changing the appearance of their lips thinking oh its just a small thing, but one thing leads to another. And most importantly you must remember that changing the appearance



permanently is a major sin. Remember we are permitted to use many things as adornment which are not permanent and do not go against the teachings and for the last time,

**PLEASE, BE BEAUTIFUL  
 BY BEING YOU!**

## ફાયદો અને નુકસાન

-આબિદાબેન રાજપુરા

કોઈપણ બાબતમાં દરેક વ્યક્તિ પોતાનો ફાયદો શોધે છે. જે સ્વભાવિક છે. પરંતુ જો બીજાના નુકસાનને ભોગે પોતાનો ફાયદો શોધે તો તે ખોટું છે. વેપાર ધંધામાં જથ્થાબંધ ખરીદી કરી પછી દુકાનમાં છૂટક વેચાણ કરી ફાયદો મેળવે-નફો થાય તે હલાલની કમાઈ છે. પરંતુ ગ્રાહકો સાથે છેતરપિંડી કરવી, નબળો માલ પકડાવી દેવો વગેરે યોગ્ય નથી.

રોજંદા જીવનમાં આપણને નફા-નુકસાનના અવનવા અનુભવ થતા હોય છે. જ્યારે ફાયદો થાય ત્યારે ખુશી અને નુકસાનથી દુઃખ થાય તે સ્વભાવિક છે. એક મધ્યમવર્ગની ફેમિલીનો રોજંદા જીવનનો એક કિસ્સો આ બાબતને સ્પષ્ટ કરે છે.

એક ગૃહીણીએ પતિને કરિયાણાની દુકાને જઈ લિસ્ટ પ્રમાણે વસ્તુઓ ખરીદી લાવવા કહ્યું. સામાન્ય રીતે દુકાનદાર લિસ્ટ પ્રમાણે બોલે અને નોકર દુકાનના અંદરના ભાગમાંથી વસ્તુઓ લાવીને કાઉન્ટર ઉપર મૂકે. બધી વસ્તુઓ આવી જાય એટલે કિંમતનું ટોટલ બિલ ગ્રાહકને આપે. ખરીદી કરનાર ભાઈ બધી વસ્તુઓ લઈ ઘરે આવ્યા અને પત્નીને બધો સામાન આપ્યો. પત્ની સ્ટોરરૂમમાં બધો સામાન ગોઠવી રહી હતી તે દરમિયાન પતિને થયું કે બિલ ચેક કરી લઉં. બધી વસ્તુની કિંમતનો સરવાળો કરતાં જણાયું કે, દુકાનદારે વીસ રૂપિયા વધારે લઈ લીધા છે. તે ભાઈ થોડા ખીજાઈ ગયા અને ગુસ્સામાં બોલ્યા “આજ સુધી કદી બિલ ચેક કરતો ન હતો પરંતુ આ રીતે ખોટા સરવાળા કરીને મને કેટલું નુકસાન કર્યું હશે? હમણાંજ જઈને તેને ધમકાવી દઉં.”

આટલું બોલીને તે ભાઈ ઘરની બહાર નીકળવા જતા હતા ત્યાંજ પત્નીએ અંદરથી ભૂમ પાડી કે “સાંભળો છો આ વખતે ચ્હાની ભૂકી એક કિલો કેમ લાવ્યા? મેં તો લિસ્ટમાં ૨૫૦ ગ્રામ જ લખી હતી.” પેલા ભાઈએ બિલ ચેક કર્યું તો તેમાં ચ્હાની ભૂકીની કિંમત ૨૫૦ ગ્રામ પ્રમાણે જ લગાવેલી હતી. આ જોઈને તેઓ ખુશખુશ થઈ ગયા. કેમકે ૭૫૦ ગ્રામ ચ્હાની ભૂકી તેમને મફતમાં મળી હતી. સરવાળામાં થયેલી વીસ રૂપિયાની ભૂલ તેઓ ભૂલી ગયા અને વેપારી પાસે જવાને બદલે સોફા પર બેસી ગયા.

અહીં નુકસાન થયું તો તે ભાઈ ઉકળી ઉઠ્યા પરંતુ વેપારીના નોકરે ભૂલથી વધુ માલ આપી દીધો તો તે લઈને ખુશ થયા, પણ પરત કરવા ના ગયા. જો કે ઈમાનદાર વ્યક્તિનું વર્તન જુદું હોત. તે વ્યક્તિ દુકાને જઈને પેલા ખોટા સરવાળાનો અને વધુ મળેલી ચ્હાની ભૂકી બન્નેનો ખુલાસો કરીને ઉપરવાળાની નજરમાં ઉંચું સ્થાન પામ્યો હોત.

ઘણીવાર મિલકતની ઢેચણીમાં અને વારસાના ભાગલામાં પણ પોતાને વધુ મળે તેવી કોશિશ થતી હોય છે. જે મિલકતને કમાવવામાં કોઈ મહેનત નથી કરી તેમાં પણ પોતાનો હિસ્સો કેમ કરતાં વધુ મળે તે લોભ રહેતો હોય છે. ક્યારેક આ બાબતમાં ઝઘડા પણ થાય અને ક્યારેક મામલો કોર્ટ સુધી પણ પહોંચી જાય. ઘરના બાંધકામમાં બાજુવાળાની જમીનનું દબાણ કરવું કે ખોટા દસ્તાવેજો કરી હયાત ના હોય તે સગાની મિલકત પોતાના નામે કરવી વગેરે હવે સામાન્ય બની ગયું છે. ઈમાનદારી ઘટતી જાય છે. કેમકે લાલચ, લોભ, સ્વાર્થ, ઈર્ષા વગેરે વધી રહ્યું છે. જો કે અલ્લાહનો ડર રાખવાવાળા આ બાબતોથી દૂર રહે છે. કેમ કે તેમને ખબર છે કે દરેક વર્તન ઉપર અલ્લાહની નિગરાની રહે છે.

## Al-Hikmah Brownies and Guides Fun Day

Sunday 7<sup>th</sup> May 2017

Open To All!

Learn all about Girlguiding and register with us on the day

11am-1pm

At The

Al-Hikmah Centre

All proceeds will go towards the Guide and Brownie group running at the Centre

Candle decorating - Bracelet making - Face painting - Eid cards for sale - Refreshments and snacks - Mehndi - Craft Recycling Activities - Bouncy Castles - Bun Sale - Chocolate Tombola



For more info email:

batley24tbrownies@outlook.com



IMWS

