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Volume 19 Number 6 1727 Lenasia 1820 011854-4543 011854-7886 جَمَادِي جَمَادِي JAMADI-US-SAANI 1437/2015

SYMBOL OF THE RISING SUN

Panipat is aglow!

The Urs of Hazrat Khwaja Shamsuddin Turk (R.A.) is on the horizon.

Shams-ul-Ard (sun of the earth) as he was described by his Peer-o-Murshid Hazrat Sabir Paak, is the gateway to the Sabri order, being the one and only khalifa of his master.

He came to receive this title during the time he was ordered to perform a difficult exercise spanning a period of six years. The trainee dug out a grave, making it his home, and even slept in it.

During such a moment Hazrat Sabir Paak exclaimed. "While the sun of the Creator rises in the sky, the sun of this slave lies in the earth!"

On another occasion Hazrat Shamsuddin lamented his unique position: "Alas the followers of Khwaja Nizamuddin Auliya (R.A.) take great pride in the number of khulafa their master has. They say his deputies are as many as the stars!"

Replied Sabir Paakhalf amused, "But when the sun will rise who will notice the stars?"

On the 10th Jamadi-us-Saani, the urs will be celebrated in Panipat India, at the tomb of the great Sabri saint, and in other parts of the world as well.

Al Kausar wishes Urs Mubarak to the Sabri silsila and remembers the great leader Hazrat Khadim Ghulam Jilani Baba for his successes in bringing to the attention of the sufi world, this epic monument and personality enshrined in Panipat.

It was also Hazrat Jilani Baba who instructed his khalifa Irshad Siddiqi to host the urs of Hazrat Khwaja Shamsuddin Turk which was the first official celebration of its kind in this country.

This urs is already in its 24th year of celebration. The urs is conducted in Hazeyview in a predominantly black location and has spearheaded a Dawah mission of the silsila in that area.

The urs will be commemorated there this year on the 2nd April.

May Allah bless the urs of Hazrat Khwaja Shamsuddin wherever it is celebrated in the world, and may He bless Hazrat Jilani Baba with a high place in Jannat.

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UTBAH IBN GHAZWAAN ﷺ

(ONE OF THE BEST RULERS OF ISLAM)

He was a tall man whose face always shined radiantly. Although his bravery was astounding, his heart remained humble. Utbah Ibn Ghazwaan took his place as one of the first Muslims. He was also amongst the first Muhajiruun to emigrate to both Abyssinia and Madinah.

Utbah Ibn Ghazwaan and his brothers were amongst those brave Muslims who stood boldly and brilliantly against the kuffaar in the darkest days of Islam. They were involved in the initial stage of Islam and played a major role in those days of difficulty and terror. Utbah Ibn Ghazwaan's passion for his Beloved Prophet (ﷺ) far outweighed his fear of the terror and persecution carried out by the kuffaar. Although Utbah emigrated to Abyssinia, his love for the Prophet (ﷺ) did not allow his stay long there. He returned shortly to Makkah willing to bear further torment as he yearned dearly for his Aaqaa (ﷺ). He remained in Makkah, side by side with the Prophet (ﷺ) until the Hijrah to Madinah.

When the Muslims started to retaliate against the kuffaar, Utbah became well known for his lance and bow, which he carried with him wherever he went. This lance and bow was used time and again with masterly skill in every jihad. It was also responsible for destroying many idols and dispelling much darkness at the time. Utbah continued even after the demise of the Prophet (ﷺ) to use his weaponry and expertise to destroy the pagan armies and to uphold Islam. His jihads against the Persian armies were most notable.

During the Khalifat of Umar Ibn Al-Khattaab Utbah was sent to Al-Abullah to conquer its Persian empire, which represented a great threat to Islam. Utbah proceeded with his minute army, carrying with him his powerful lance. They were to meet with one of the strongest Persian armies. On reaching there, Utbah stood in front of his troops and called out boldly: "ALLAHU Akbar, and ALLAH will fulfil His promise." With this forceful invocation the troops

went head on into jihad. It was not long before Al-Abullah surrendered and the land was liberated from tyranny.

In its place Utbah undertook the construction of the city of Al-Basra and its great Masjid. Utbah ruled over Basra with magnificence. He set the highest standards of piety, yet with great simplicity and asceticism. Utbah instructed the people astutely in religion and would model devotion through his sincerity in prayer. He would provide the fairest of judgements so that justice was always maintained. His people looked up to him with great admiration.

Utbah could have easily become one of the most venerated rulers of the time. This was however not any part of his desire. Utbah vehemently opposed any form of luxury, extravagance or comfort. He was a devout ascetic. In fact, even the title of "Ruler" and the status it attracted was too much for him. Many had tried to draw him to the pleasures of his high rank as a ruler and to take on the associated entitlements. He however refrained completely and would answer; "I seek refuge in ALLAH from being great in your world and small in the sight of ALLAH."

Utbah attempted several times to withdraw from his position as ruler but was bound to obey the orders of the Commander of the Faithful. During Haj season, Utbah performed Haj and left the city in the care of one of his brothers. After his Haj, he returned to Madinah requesting permission to be discharged from his position as ruler. His request was declined as Umar (رضي الله عنه) valued Utbah's leadership too much.

Utbah Ibn Ghazwaan despondently obeyed the Khalif. Before he rode back to Basra however Utbah stood in Madinah facing towards the Qiblah with his hands raised and asked the ALLAH (ﷻ) not to return him to Basra or to his position as ruler. Utbah Ibn Ghazwaan's dua was answered as he passed away before he even reached Basra.

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EXECUTION THAT UNITED THE MUSLIMS AROUND THE WORLD

COMPILED BY GHULAM FAREED SAYED

Overnight, an unknown man who stood guard behind VIPs jumping on and off motorcades to provide protocol became a household name. He was glorified with much more thump than he was vilified. His actions were validated more openly than they were condemned. Politicians revered him, lawyers wanted to represent him and police wanted to serve him as Mumtaz Qadri wore the crown of 'Ghazi'.

Malik Mumtaz Hussain Qadri joined the Punjab Police Service in 2002 before becoming an elite commando in 2007. This resident of Pindi was the son of a vegetable seller. Little is known about his educational background. He was 26-years of age and had been married for only 16 months and perhaps looking to build a family life before he shot Salman Taseer in cold blood and smiled with content while he was arrested.

Taseer was killed due to his support for a convicted blasphemer christian woman named Aasia who was proved and declared guilty by the Court of Law under the Constitution of Pakistan. In addition to this, Salman Taseer also declared the Pakistani Law for such punishment as black law. Pakistan's Islamic Scholars started a huge protest against this and declared Salman Taseer as Blasphemer due to his acts and statements which termed Quranic law as a "Black Law".

At first, secular people tried to align this with Taliban's and other extremists groups but later it was found that Mumtaz Qadri belonged to the Sufism Followers who have no history of extremism or violence and have always been peaceful.

Alhamdulillah, millions of Muslims attended the funeral of Shaheed Mumtaz Husain Qadri, Sufis, Ulema and Saints of Ahle Sunnah has testified the difference between right and wrong. No single eye was without tears. The execution of Mumtaz Qadri has left many Muslims heartbroken.

What does Islam says?

It is the unanimous consent of all schools of Islamic jurisprudence that the punishment of Blasphemy is death, proofing it from the Ahadees and the acts of the

first four caliphs. Islam being a religion of peace has always recommended to forgive except in the case of blasphemy. The Holy Prophet Alay hissalato Wassalam ordered to kill the blasphemer who was hiding between the cover of the Holy Kaaba and the Holy Kaaba.

The Holy Prophet Alay hi salaato Wassalaam also endorsed the killing of Hazrat Umair Radi Allaho Anho's sister who used abusive language against the Holy Prophet Alay hissalato Wassalam. Rasool sal lal laahu alayhi wa salam declared her blood to be unworthy and wasted. (*Al Mu'jamul Kabeer vol 17 page 64-65 Hadith number 124*)

Hazrat Umar Radi Allaho Anho, the Second Caliph also endorsed the killing of a Christian priest who was killed by children for he abused Prophet Muhammad Alay hissalato Wassalam. Not only he endorsed the out of court killing but said, "Today, Islam has gained Superiority".

Ka'b Bin Ashraf was killed as per the order of our beloved Rasool sal lal laahu alayhi wa salam, he use to insult Rasoolulah sal lal laahu alayhi wa sallam, Hazrat Muhammad Bin Muslima killed him. (*Sahih Bukhari Hadith numbers 4037, 3031, 3032, and 2510. Sahih Muslim Hadith number 1891. Sunan Abu daood 2768*)

There are many more sound ahadeeth. This was the consensus of all Sahabah, all four Imams and the ummah that the gustakhe Rasool sal lal laahu alayhi wa salam (blasphemer) . (*Al shifa vol 2 page 190, Durre Mukhtaar vol 3 page 440. Raddul Mukhtaar vol 3 page 400. Fathul Baari vol 12 page 281*) Many more books can be referenced.

Imam Malik and Imam Ahmed Bin Hanbl Radi Allaho Anhuma rightly said: "Our funerals will justify who's on the right path".

According to Islamic scholars there is no punishment of death for a person who has killed a Gustakhe Rasool, therefore the government of Pakistan has assassinated an Aashiqe Rasool who lawfully did not deserve to be killed.

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WALL TO WALL JOURNAL

FIGHTING AGAINST THE LOWER-SELF

O human beings! Remember that your lustful nature orders you to commit evil acts. This enemy is compared to Shaitaan who gains power against you by sensuous desires and lustful appetite.

Your lower self wants continuation of tranquillity, carelessness and laziness and its claim is baseless. If you receive a deceiving thing and accept it, it will lead you to hell. The self is not inclined to betterment. This is the root of all troubles and the treasure of Shaitaan. This is the root of every evil.

Allah Ta'ala states in the Glorious Qur'an, "And fear Allah, undoubtedly, Allah is aware of your doings." [Surah 5, Verse 8] Therefore a wise man should resort to repentance for the past sins and he should prepare for the hereafter. He should recite the name of Allah, leave forbidden things, should control his sensuous desires and should not run after them.

When Hazrat Malik bin Dinar ؓ was about to leave this world, he felt like eating a warm mixture of honey, milk and bread. After his servant fetched these things, Hazrat Malik bin Dinar ؓ took them, looked at them for some time and then said, "O selfish self! You had patience for thirty years, can you not have patience in this last moment of life?" He then placed the bowl on the ground, had patience and passed away. This is the condition of the pious people and friends of Allah, those who abstain from worldly pleasures.

Hazrat Sulaiman (ؑ) said that the man who controls his self is braver than the one who conquers the whole city.

Hazrat Yahya bin Mu'adh ؓ said, "You should wage a religious war against your lower self by doing religious exercises and prayers. Religious exercise is that you should shorten your sleep, eat less, talk less, enlarge your night prayers and share others hardships." Less sleep purifies your intentions, less talk shields a man from troubles, while tolerance and patience enhance the spiritual station of man. At the same time, eating less eliminates the lust, as excessive eating hardens the heart and removes its illumination. Hunger enlightens inner-self while overeating drives away a man from Almighty Allah.

Rasoolullah (ﷺ) has stated, "Illuminate hearts with hunger. Wage a holy war against your lower self. Through hunger and thirst continue knocking at the door of paradise, because the reward in doing so is equal to Jihad. Allah Ta'ala likes hunger and thirst above all things. The angels avoid a person who has lost the relish of prayer and is gluttonous."

Hazrat Abu Bakr Siddiq ؓ said, "Since the time I embraced Islam I have not eaten food to the full extent so that I may have relish of prayers. Since the time I have entered in the fold of Islam I drink less as I yearn meeting my Creator."

Excessive eating interferes with the prayers, as the body gains weight and man becomes slumberous. His limbs are loose and idle and he is like a carcass in the way. Rasoolullah (ﷺ) said, "Do not kill your hearts by

excessive eating and drinking because the heart is killed in this way just as over watering spoils the crop."

Once, Prophet Yahya (ؑ) saw Shaitaan who was carrying several baits. On this Hazrat Yahya (ؑ) asked him, "What are these?" He replied, "These are lusty elements with which I trap human beings." Hazrat Yahya (ؑ) asked him, "Is there any trap for me also?" He replied, "No, but one night you had eaten to your fill after which you were less active in your prayers." Hazrat Yahya (ؑ) said, "Now it has become incumbent on me that in future I should not eat to my fill." Shaitaan remarked, "After today I shall not be a counsellor to any human being." This is the condition of a person who has fear of Allah and ate only one night to his capacity. How then can a man who has not starved even for one night truly worship Allah?

The job of a wise man is that he should cut off sensual desires by starving because starvation is a calamity for Shaitaan. Sensuality and excessive eating are the weapons of Shaitaan in misleading a person into forbidden acts. Rasoolullah (ﷺ) said, "The devil circulates inside the human body like blood. Therefore narrow down his passage by starvation." It is extreme destruction for human beings that they should busy themselves in fulfilling the stomach's desire. The fact is that the stomach in reality is the source of sensual desires.

Allah Ta'ala has created three types of creatures:

1. Angels who have intelligence but no lust.
2. Animals that have lust but no wisdom.
3. Human beings who have both wisdom and lust.

If lust overcomes his wisdom, then animals are better than him and if wisdom overcomes lust, then he is better than angels.

Rasoolullah (ﷺ) said, "The best struggle is to struggle against the lower self (nafs)."

When the Companions of Rasoolullah (ﷺ) came back after fighting the atheists, the Beloved Rasool (ﷺ) said, "We have come from the small struggle (Jihad) to the big struggle." This was because fight with the sensuous desires of the lower self and Shaitaan is perpetual, whereas with the infidels it is occasional. Secondly, against the infidels the Muslim fighter sees his enemy but Shaitaan and the lower self is not visible, and it is much easier to fight against a visible enemy.

Therefore we should try to act against our lower self whenever it commands us to go towards sin.

The way to do this is to follow the teachings of Rasoolullah (ﷺ), so that we may derive pleasure in our Salaah and attain closeness to Almighty Allah.

May Allah Ta'ala grant us the Taufeeq and Hidayat to fight against our nafs, even if it means reducing our sleep or reducing the amount that we eat, solely for His Pleasure, Ameen.

[Compiled from Makashifatul Quloob by Hujjatul Islam Hazrat Imam Ghazzali Radiallahu Anh]

HAZRAT SIDDIQ-E-AKBAR ﷺ

Abu Bakr ﷺ was always a very close Companion of the Holy Prophet ﷺ, he knew him better than any other man. He knew how honest and upright the Prophet ﷺ was. Such knowledge of the Prophet made Abu Bakr ﷺ be the first man to follow the Message of Prophet Muhammad ﷺ. He was indeed the first adult male to accept Islam.

The Holy Prophet told Abu Bakr ﷺ what had happened at Mount Hira', he told him that Allah ﷻ had revealed to him and made him His Messenger. When Abu Bakr ﷺ heard this from the Prophet ﷺ, he did not stop to think, he at once became a Muslim. He submitted to Islam with such determination that once the Holy Prophet ﷺ himself remarked, "I called people to Islam, everybody thought over it, at least for a while, but this was not the case with Abu Bakr ﷺ, the moment I put Islam before him, he accepted it without any hesitation." He was titled as-Siddiq by the Prophet ﷺ because his faith was too strong to be shaken by anything.

In fact, Abu Bakr was more than a great believer, as soon as he became a Muslim, he immediately began to preach Islam to others. Among those who accepted Abu Bakr's invitation to Islam were 'Uthman, Az-Zubayr, Talhah, 'Abdur-Rahman ibn Awf, Sa'ad ibn Waqqas ﷺ and others who later became the pillars of Islam.

Abu Bakr's love of the Prophet ﷺ was so great that he was willing to sacrifice his life for the sake of protecting and comforting the Prophet saw. Such love and sacrifice were demonstrated when one day the Holy Prophet ﷺ was saying his prayers in the Ka'bah, while some of the chiefs of Makkah were sitting in the court yard of the Ka'bah. Seeing the Prophet ﷺ praying, 'Uqbah ibn Abi Mu'it took a long piece of cloth and put it around the Prophet's neck and twisted it hard in an attempt to strangle the Prophet ﷺ to death. At that moment Abu Bakr ﷺ happened to pass by from a distance, he saw 'Uqbah trying to strangle the Prophet ﷺ to death. Immediately Abu Bakr ﷺ ran to the help of the Prophet ﷺ, he pushed 'Uqbah aside and took the cloth from around the Prophet's neck. Thereupon the enemies of Islam came down upon Abu Bakr ﷺ and beat him unmercifully, although Abu Bakr ﷺ with faith like a rock did not care for his own suffering, he was glad that he was able to save the Prophet of Allah, even at the risk of his own life.

Abu Bakr ﷺ with the wealth he had, also had a major role in freeing some of the Muslim slaves, who were barbarically tortured by their heartless Mushrik masters to give up the faith and return to their masters' beliefs. The heartless monsters tried all kinds of torture: they made them lie all naked on the burning desert sand, putting big stones on their chest, as well as other kinds of torture. Here Abu Bakr's wealth came to the rescue, as he bought the poor helpless slaves from their inhuman masters and set them free, Bilal al-Habashi, the slave of 'Umayyah ibn Khalaf, was among those who were set free by Abu Bakr ﷺ. Bilal became afterwards the mu'adhin at the Prophet's mosque.

Migration to Madinah

Islam was growing rapidly in Makkah, the enemies of Islam were getting frustrated by this rapid growth. The chiefs of

Makkah found that it is necessary for them to get rid of the Prophet ﷺ before Islam can cause a real threat to them, so they planned to kill the Prophet ﷺ. Allah ﷻ revealed to his Prophet the intentions of the non-believers and ordered him to migrate to Madinah. So the Prophet ﷺ quickly went to Abu Bakr's house who was among the few that were left in Makkah with the majority of Muslims having already migrated to Madinah.

The Prophet ﷺ informed Abu Bakr ﷺ that he was commanded to migrate to Madinah that night and that he has chosen him to have the honor of joining him on his migration. Abu Bakr's heart was full of joy, "I have been looking forward to this day for months," he exclaimed.

The Makkans were so eager to find the Prophet ﷺ they were searching for him like mad hounds. Once they came to the mouth of the cave, Abu Bakr ﷺ grew pale with fright, he feared not for himself, but for the life of the Holy Prophet ﷺ. However, the Prophet ﷺ remained calm and said to Abu Bakr ﷺ, "do not fear, certainly Allah is with us". Such words quickly calmed down Abu Bakr ﷺ and brought back tranquility to his heart.

Participation in Battles

Abu Bakr ﷺ, being the closest of Companions to the Prophet ﷺ, took part in all the battles that Prophet Muhammad had fought.

At 'Uhud and Hunayn, some members of the Muslim army showed signs of weakness, however, Abu Bakr's faith never wavered, he always stood like a rock by the side of the Prophet ﷺ.

Abu Bakr's faith and determination to raise the banner of Islam were so great that at Badr, one of his sons, who had not yet embraced Islam was fighting among the enemies, Abu Bakr ﷺ was so eager to find his son in the battle that he was searching for him amongst the enemies in order to slay him.

Abu Bakr's great love of the Prophet ﷺ was demonstrated when peace talks at Hudaibiya were held. During the negotiations, the spokesman of Quraysh was touching the beard of the Prophet ﷺ every now and then. Abu Bakr's love for the Prophet ﷺ was so great that he could bear no more, he took out his sword and looked angrily at the man saying, "... if that hand touches the beard of the Prophet ﷺ again, it will not be allowed to go back."

Tabuk was the last expedition of the Holy Prophet ﷺ. He was keen to make it a great success, he therefore asked people to help the expedition with whatever they could. This brought the best out of Abu Bakr ﷺ who beat all records as he took all his money and household articles and heaped them at the Prophet's feet.

"Have you left anything for your children?" asked the Prophet ﷺ. Abu Bakr ﷺ then responded with great faith "Allah and his Messenger are enough for them." Companions standing around were stunned they realized that whatever they do they could not outdo Abu Bakr ﷺ in the field of service to Islam.

Kashmir: Expose of mass graves shames India

Written by: Ibrahim Vawda

The role of the treacherous British Empire in the creation of the Kashmiri suffering can easily be compared to the situation in Palestine, another British crime. The suffering of the Kashmiris is even greater. Since 1989, 94323 killed, 22810 widowed, 107556 orphaned and 10176 women have been gang raped. During this period of freedom struggle, unaccountable numbers have been wounded and maimed, mass imprisonment and exiles have been recorded. Dozens of mass graves have been uncovered along the Indian borders. Yet the only demand of the occupied people is the right to vote.

Kashmir and Gaza have very similar stories to tell. Both have suffered under a brutal occupation that has engulfed its regions into endless war, conflict and death. Whilst Israel used its zeal for Zionist expansion and legal systems to endure its Apartheid ideology and occupation, India chose to use violence and human rights violations of the worst form to sustain its power over Kashmir. In addition Israel has offered India advice on how to handle the "troubled" region of Kashmir just as it has dealt with Gaza. In the end both nations have transformed what was initially a territorial dispute into one of religion and hatred.

Kashmir has often been dubbed as the "forgotten conflict" a name given to it due to the fact that the UN, the USA, the EU and the global civil society has ignored the conflict allowing the Indian forces to deploy such brutal measures against innocent civilians for decades.

This is human nature at its lowest point. This is human nature so severe that the perpetrators are not scared of the consequences derived from committing such crimes and the victims see no use in even reporting the crimes as the authorities will never ensure justice.

The statistics quoted above confirms the assertions made by human rights organizations for years that innocent civilians had been habitually abducted, tortured and killed by Indian soldiers holds true. And given the fact that an enquiry sanctioned by the Indian government's human rights commission, exposed these human rights violations, is even more significant, as the Indian government has always denied such crimes and failed to respond to reports of the same.

The most difficult dimension of this conflict is culpability. And it is this dimension that lies in the hands of civil society and the world at large. There are several situations where protests against long-standing occupation and oppression remains frustrated, in spite of the rights inherent with the right to self-determination and the will of the people as the basis of political power. A major case of this is the situation in Kashmir, where the citizenry has protested peacefully against the occupying Indian forces to no avail, in spite of UN Security Council resolutions giving them the right to a plebiscite under UN auspices.

Some nations have exploited the war against global terrorism to deny democratic processes and democratic values to its people. The global campaign against terrorism should not have lead us into a war to defend the tyrant regimes and

dictatorial governments. Yet, that is exactly what is happening. Many countries are misusing their support to the United States in her war against global terrorism by persecuting human rights defenders, and by terrorizing human rights activists. One such example is that of India in Occupied Kashmir.

President Obama said in the Indian Parliament on November 10, 2010 that India should not shy away from taking a hard position on human rights violations in Myanmar. But unfortunately, President Obama did shy away from taking a hard position on human rights violations in Kashmir. World powers also denounced Iraq's 1990 occupation of Kuwait as it was against the norms and the principles of international relations. But they are silent over the occupation of Kashmir by India which is a violation of international norms and United Nations Security Council resolutions. If Iraq's occupation of Kuwait was not justified and did not stand, similarly the India's occupation of Kashmir is not justified and should not stand.

The Kashmir issue cannot and must not be resolved militarily. It is a political issue and needs to be resolved only through peaceful political means. So, the first step is that there has to be a cease-fire from all sides that must be followed by negotiations. Negotiations cannot and should not be carried out while the Indian Army violates the human rights of the Kashmiris on a daily basis. Kashmir must first be de-militarised. This is where the Indian government should start – win back the confidence of the widows, orphans, handicapped and raped victims of this barbaric invasion. Hold those accountable for the complete and utter disregard of human life, responsible for stealing the husbands, brothers, sons and fathers of so many generations.

The International community must not shut out the Kashmir issue from their daily lives. Just as the Apartheid/Zionist ideology in Israel is sustained by our silence, the Kashmiri conflict has been allowed to fester due to the world's inaction. Our silence reveals what most of us do not want to know and what the Indian Government has been denying for over 6 decades. Let not this pain and suffering be in vain, let the deaths of all those victims discovered in shallow graves be for something, for the dignity of their countrymen and for the universal dignity that we all share as humans.

Let us honour the wisdom of India's intellectual giants:

"If the people of Kashmir are in favour of opting for Pakistan, no power on earth can stop them from doing so. They should be left free to decide for themselves". Mahatma Gandhi 1947.

"We have taken the issue to the UN and given our word of honour for a peaceful solution. As a great nation, we cannot go back on it. WE have left the question for final solution to the people of Kashmir and we are determined to abide by their decision". (Jawaharlal Nehru. 1952.)

"..... but so far as the Government of India is concerned, every assurance and International commitment in regard to Kashmir, stands". (Nehru: 1954)

BENEFITS OF RECITING SURAH YASEEN

Question:

Some people say that reading of surah Yassen 41 times is Bid'ah, number 41 is not mentioned in any of the Ahadaadith. Many Ulama and Mashaaikh recommend to read Surah Yasin 41 times for ailments. What is the opinion of Sunni Ulama on this matter?

Answer:

The number 41 is not mentioned in any of the Ahadaath but through the experience of our pious predecessors the reading of Surah Yaseen 41 times has been known to be very beneficial in many situations. It is not a Bid'ah practice until taken to be Fardh or Waajib or Sunnat, it is a fact that no Muslim regards this number 41 as Fardh, Wajib or Sunnat. There is indeed a great merit in Islam to follow the path and advise of pious people as mentioned in Surah Fatihah verse number 6.

The Qur'aan is a cure for mankind. On the bases of experience, Ulama and Mashaaikh have recommended certain verses of the Qur'aan and numbers for certain ailments. Many of these remedies have been tried and tested successfully over the years. If any of these Qur'aanic remedies fail to work, it does not mean that the remedy is lacking. The degree of sincerity and confidence of the person employing the remedy and correct reading plays a major role in the success of the remedy. Sometimes, it wouldn't work because Allah Ta'ala has commanded otherwise.

Allah and Rasool ﷺ know best
(Mufti) Abdun Nabi Hamidi Attari

EXCELLENCE OF SURAH YASEEN

1. Hazrat Anas ؓ reported Rasoolullah ﷺ as saying, "Everything has a heart and the heart of the Holy Qur'aan is Yaseen. Allah Ta'ala will record anyone who recites Yaseen as having recited the Holy Qur'aan ten times." (Tirmizi, Darimee)

2. Hazrat Ata ibn Abu Rabah ؓ told of hearing that Rasoolullah ﷺ said, "If anyone recites Yaseen at the beginning of the day, his needs will be fulfilled." (Darimee)

3. Hazrat Maqil ibn Yasaar Muzani ؓ reported the Holy Prophet ﷺ as saying, "If anyone recites Yaseen for Allah's pleasure, his past sins will be forgiven; so recite it on those who are dying." (Baihaqi)

4. Hazrat Anas ؓ reported Rasoolullah ﷺ as saying, "Whoever goes to the graveyard and reads Surah Yaseen Allah Ta'ala gives them (the grave dwellers) ease that day, and the reciter receives spiritual blessings equivalent to the amount of letters of Surah Yaseen." (Qurtubi)

5. Hazrat Maqil ibn Yasaar ؓ reports that the Holy Prophet ﷺ has said, "Recite Surah Yaseen on those who are dying." (Abu Dawood)

6. Hazrat Ummud Darda ؓ reports the Noble Prophet ﷺ saying, "Over no person who is about to die and Surah Yaseen is read upon them but Allah Ta'ala lightens the difficulties of death for him." (Qurtubi)

7. Hazrat Abu Hurairah ؓ says that Rasoolullah ﷺ has said, "Whoever recites Surah Yaseen at night seeking the pleasure of Allah Ta'ala, that night he will be forgiven." (Abu Nuaym)

8. Hazrat Aisha ؓ reports Rasoolullah ﷺ saying, "Indeed in the Noble Qur'aan there is a Surah, for its reading will intercede and will be a means of forgiveness for its listener. Listen carefully, it is Surah Yaseen, in the Torah it is called Muimmah."

It was enquired, "O' Messenger of Allah, what is Muimmah?"

Rasoolullah ﷺ replied, "It contains for its reader the benefits of this world, it removes from him the dread of the next life, and it is called Dafiah and Qadhiyah."

Again it was enquired, "How is this Surah Dafiah and Qadhiyah?"

Rasoolullah ﷺ replied, "It takes away from its reader all afflictions and fulfills his need. Whoever recites it, it will be made equal to twenty pilgrimages. Whoever shall listen to it, it will be as thousand dinars, which he has given as charity in the path of Allah. And whoever shall write it and then drink it, it will enter into his heart a thousand cures, a thousand radiant lights, a thousand times more increase in belief, a thousand mercies, a thousand blessings, a thousand times more increase in guidance, and will remove from him all gall and disease."

(Al-Tha'labi, Hakeem Tirmizi in Nawadrul Usoos)

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BY MOULANA
SHAH FAISAL
KHAN SAHEB

Question 1- what is the importance and excellence of seeking knowledge?

Answer- The importance and excellence of knowledge does not really require an explanation. The entire world knows and acknowledges the importance of knowledge. To acquire it, is a mark of distinction. This is what makes the life of a man become successful and wholesome, and it is that, through which one's life and hereafter is improved. However, the knowledge that we are discussing here is not referring to the type of knowledge that is attained through studying, philosophy or that which has been devised by the human mind. The knowledge that we are referring to, is the knowledge that is acquired through the Quraan and Hadith, for it is this knowledge which is the means of salvation, and it is this knowledge that has been praised in the Quraan and the Hadith and it is towards this knowledge that our attention has been directed.

The holy Quraan explains its beauty in many places either explicitly or in a suggestive manner. Allah Ta'aala says, "Only those from amongst the servants of Allah who possess knowledge (truly) fear Him." [Surah 35 Verse 28]

And Allah Ta'aala says, "Allah will exalt amongst you, those who believe, and those who have been granted knowledge." [Surah 58 Verse 11]

There are many Ahadith with regards to the virtue of knowledge:

Hadith: The beloved Rasool (ﷺ) said, "If Allah wills to bestow someone with special virtue, He makes him a Faqih of the religion, and I am the distributor

and Allah is the giver." [Bukhari and Muslim].

Hadith: "When a person dies, all his deeds are terminated, except for three things (that even after passing away, they are still recorded in his book of deeds) –

1. Sadaqa-e-Jariya
2. That knowledge which is beneficial
3. And pious children (that he left behind) who continue to make Dua for him." [Muslim]

Hadith: The Prophet (ﷺ) said, "When a person leaves home with the intention of acquiring knowledge, then for as long as he does not return, he is in the way of Allah." [Tirmizi, Daarimi]

Let's learn some laws regarding seeking knowledge

Law: If one person learnt the laws relating to Namaaz etc. so that he may teach it to others, and another person learnt them so that he may act upon the laws, then he first person is more exalted than the second person. [Durr-e-Mukhtar]

This is in the case where the first person intends to practice what he has learnt and teach it to others. The first person has more excellence over the second person merely by acquiring the knowledge, because the intention of the first person is to teach others as well and the second persons intention is only to benefit himself.

Law: To spend a single moment discussing matters related to the knowledge of Deen is greater than spending the entire night in Ibaadat. [Durr-e-Mukhtar]


May Allah Ta'aala give us the understanding of the knowledge of Deen and may Allah Ta'aala open our hearts to seek Ilm-e-Deen! Aameen!




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CAUSES OF HEADACHES

COMPILED BY HASINA BEGUM SAYED

Primary headaches

- The most common type of primary headache is scalp and neck "muscle contraction" or tension headache. This affects 20% of the population. Tension headaches are primarily caused by abnormal tension in the muscles of the head and neck, which is often exacerbated by stress or anxiety.

- Migraine, which has an important vascular component, makes up the other large group of primary headaches – affecting 5 to 10% of the population.

- Cluster headaches are primary headaches that affect only about one percent of headache sufferers. They are important, though, because they are so severe – so severe in fact that they are often referred to as "suicide headaches".

- Tension headaches and vascular headaches such as migraine can occur in an individual at the same time. In fact, in practice, the distinction between these two entities is seldom clear-cut, and muscle tension and vascular pain almost always occur simultaneously to varying degrees.

Secondary headaches

Secondary headaches are those headaches caused by some other identifiable condition. With secondary headache, once the underlying medical condition has been identified and treated, the headache subsides.

Examples of secondary headache are:

- Headaches due to infection of surrounding structures: sinus infection, tonsillitis, toothache, meningitis.

- Headache due to inflammation of surrounding tissues: cervical spine arthritis, constant coughing, straining of the eyes, acute glaucoma, trigeminal neuralgia (a neural disorder) and temporal arteritis (a disorder of the arteries).

- Certain conditions will cause a stretching or pulling of pain-sensitive parts and inner structures of the head. These include concussion and other head trauma, strokes, brain tumours and spinal taps (lumbar puncture).

If a headache is caused by a serious illness, other symptoms are often present, such as vomiting, dizziness or changes in vision.

Danger signs to be aware of may be:

- A "first time" headache, or a headache that has changed in nature
- Headache brought on by exertion
- Headache accompanied by fever

-Headache accompanied by drowsiness or confusion

-Headache with stiff neck (especially if fever and nausea are also present)

-Headache accompanied by physical abnormalities, such as muscular weakness, sensory loss, tremor and gait disturbances

- Headache in a patient who simply "looks ill"

Although the above can be signs of a serious or life threatening problem, this is not always the case.

Headache triggers

One of the main reasons why headaches are difficult to treat is that there is a bewildering array of triggers that can set off a headache. As a result, these triggers are often blamed for the headache, whereas in reality, the patient's body is reacting abnormally to the trigger. In other words, there is an underlying abnormal condition that makes the body react to the trigger. If the underlying abnormality is identified and treated, then very often the trigger no longer has the same effect.

Of course, if a trigger is identified, and can be easily avoided, then one should do so. This is particularly true of dietary triggers, over which the patient has ultimate control. The problem comes in with triggers such as stress, which is a normal phenomenon that everyone has to some extent. It is in most cases impossible to avoid stress – most people can't change their lifestyle, job, relationships etc. The same is true for hormonal triggers – most women with hormone-related migraines have normal hormone levels. However, their bodies are reacting abnormally to the normal cyclical changes in hormone levels.

Identifying triggers is further complicated by the fact that in most people migraine attacks are not triggered by just one thing. They often have several migraine triggers. When these triggers occur on their own, they may not bring on an attack, but when they occur together, they result in a migraine.

Dietary triggers are numerous and varied, but the most common are (remember that often what affects one person is fine for another):

- Peanuts and peanut butter
- Caffeine in all products, not just coffee
- Dairy products
- Yeast
- Some beans (which includes peanut), as well as broad, lima, Italian, lentil, soy, peas
- Avocados
- Dried meats

ARROGANCE

BY MOULANA AHMED KHOROLO - SAABERIE CHISHTY DAWAH CENTRE

When it is said to him “Fear Allah Ta’aala, he is led by arrogance to (more) crime. Enough for him is Hell, an evil bed indeed. [Surah Al Baqara: 206].

Arrogance is that characteristic of which is found in men has the ability to destroy the ability to modesty, generates malice and hatred, takes away the truth, and shuts the door for all avenues of progress as nobody is greater in his eye than himself.

Arrogance can also lead to disbelief because greatness and pride are the monopolies of Allah Ta'aala only, and no human being has a share in it, and we only have to refer to the history of the Holy Quraan to realise the dangers that arrogance brings about.

Arrogance is also a catalyst from which other Fitnas are born. Backbiting, slander, Fitnas in marriage, the trials caused by the proud learned person and oppression rises to the fore through the means of pride.

How often in various gatherings do we find that through arrogant people are humiliated?, Brothers are not on speaking terms, invitations are turned down, etc. Having witnessed this, who dare claim that the Islamic ethics are being practiced and what example are we setting.

The cause of pride can be summarised as follows:

- Pride in learning;
- Pride in divine services;
- Pride in ancestry
- Pride in beauty
- Pride in wealth
- Pride in strength
- Pride in followers and following

When we firmly believe in the reality of death and the last day when this arrogance will be of no avail then we will realise that having arrogance within us is of no benefit.

Almost everyone has been taught the Hadith wherein we are warned that by even having pride to the weight of a Mustard Seed will prevent us from entering into Jannah.

Imam Ghazali (R.A) mentions five methods with which we can test if we have arrogance or not:

1. You will know if you have pride when in an altercation with your friends, you do not accept his opinion though it is correct. Fear Allah Ta'aala then

treat your disease of pride.

2. When you meet with friends or other persons, give them high places or places in front to sit. If you feel difficult, you will know that you have pride and so you should take secret and appropriate medicine and you should give them high positions.
3. Accept the invitations of the poor and go to market for necessities of friends and relatives. If you feel troubled about that you will find that you have pride and you should try to remove it.
4. Carry your necessities from the market and also the necessities of your friends. If your nature prohibits you from carrying them then know that you have pride and there is impurity in your mind. Try to remove it by remembering this verse from the Holy Quraan: "Nobody will get salvation except one who comes to Allah Ta'aala with a pure soul". The sage Hazrath Abdullah ibn Salam (R.A) was carrying once a load of fuel. He was asked: "O Abu Yusuf, your servant is sufficient for that. "He said: Yes it is true, but what is wish to try my nature whether it is ready to carry it or not. "The Holy Prophet ? said:"He who carries fruits or something is free of pride."
5. Put on ordinary clothes. If you want to come out before people with good clothes, it will show and if it seems good to you when alone, it will be pride. Society is filled with the ills of arrogance. Are we prepared to sacrifice our arrogance for Jannah? It must be remembered that arrogance has that distinguished attribute of denying every one the ability to do effective soul-searching. In a Hadith recorded in Ibn Majah it is said: "Whoever dies while he is far from pride, deceit and debt, will enter Jannah (Paradise)"

May Allah Ta'aala save us from the effect of arrogance



RACISM

BY FAIZEL KHAMKAR

A date has been set to highlight racism in South Africa. This follows a few incidents which happened during the December holidays which reflect deep rooted racism still exists in this country despite attempts to bring about racial harmony. In an election year political capital was made of the situation. No one can and should humiliate or degrade another on the basis of race or any other reason. This action may suggest that South Africa, classified as a third world country is racist a common trait in all third world countries. This myth needs to be dispelled. Racism is a common trend throughout the world and in fact is more entrenched in the so called first world countries than in the so called third world countries. The base on which the first world countries developed itself was racism. The imperialistic and colonial policies were justified on the basis of racism. This justification went as far as taking on a different interpretation of the bible (similar to what ISIS is doing today), as well as misusing science to justify their actions and views.

Greed (an inherent legacy of colonialist) is a key factor in entrenching racism. In order to deny an equitable distribution of wealth a portion of the population will be classified as inferior and therefore not deserving a fair share of the wealth or incapable of appreciation of such wealth. Furthermore in order to enrich the greedy further degradation is necessary in order to exploit people who being in a "lower rank" and will have favours bestowed upon them for their contribution in order to create more wealth. In light of this we can then understand but not condone the support the apartheid and other regimes were receiving from the first world.

Another factor in promoting racism is the upholding of arrogance. This quality is manifested either in the political or social domain. In upholding this perceived superiority others are looked at (as a group) to be inferior and at times as objects of abuse in order to articulate this "superiority". In continuously propagating this idea of superiority a negative mental approach is entrenched. This is reflected either in a passive or aggressive manner. Many a times

derogatory remarks are made yet the person making such remarks is not even conscience that such remarks constitute a racist or objectionable method of insulting or degrading. In the aggressive reaction to racism the original recipient of the abuse retaliates by becoming racist. When this reaction is entrenched a volatile situation emerges and the more people having this reaction the more the potential for a cycle of violence emerge.

With racism entrenched for centuries and the various reactions having taken root for almost the same period of time the eradication of these problems which has manifested itself cannot be uprooted immediately. The education against racism has been put in place for a number of years. This process has failed miserably in obtaining the desired results. In some cases where circumstances have changed racism is being practised by those that were previously victims. This is largely because of the hate factor which is part and parcel of racism. If the education process has not been successful it means that people have either not bought into the concept of being racist free or have the incorrect perception that this applies to everyone else but themselves. A critical question to be addressed is; if tribalism was one of the root cause racism has national states not replaced tribes as a cause of racism? On obtaining the results of a purely objective study this fear that national states are part of the structure for racism is found to be true then we will be sitting with a monumental task as the dismantling of national states is neither a practical solution nor a reality.

As Muslims we should be the frontrunners in the fight against racism as we are armed with the mental attitude of Tawheed and Risalaah. This rallying point of unification together with the knowledge which enables the distinction between right and wrong at our fingertips we need to embrace this idea to fight against racism in a more passionate way then we can become the rallying point in the fight against racism.

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INTERNATIONAL NEWS FOCUS

BY FAKIR HASSEN

Vienna, AUSTRIA - Discrimination against Muslims in Europe has increased since the November 2015 Paris attacks that killed 130 people and injured many others, according to Bekir Gunes, head of Belgium-based think tank, Thinkout. He added that there were certain legal loopholes in Europe that did not punish people who commit Islamophobic crimes. More than 40 million Muslims live in Europe, according to the U.S.-based think tank Pew.

New Delhi, INDIA - Names of ten Muslims figure in the list of the 100 most powerful Indians on the Indian Express Power List for the year 2016, where the top position is held by Prime Minister Narendra Modi. Among the powerful Muslims, Mehbooba Mufti occupies the 14th spot, followed by politician Ghulam Nabi Azad at 28th, Asaduddin Owaisi 59th. Actors on the list include Aamir Khan at 72nd and Shahrukh Khan near the bottom, at 97th

Madison City, USA - A group of leaders from many faiths came together at an Islamic Centre to officially deliver an open letter to Muslims in the area. Around 400 people signed the letter to defend their neighbours, after hearing what they call hateful rhetoric towards those who practice Islam. "We wanted to let our Muslim neighbours know that those voices weren't ours, there were other people," says Rev. Brad Brookins, with Mt. Vernon United Church of Christ. "We were standing with them, supporting them against the hateful rhetoric that was coming out." Muslim leaders say they were overwhelmed with the outpouring of support.

Washington, USA - The Council on American-Islamic Relations (CAIR), the nation's largest Muslim civil rights and advocacy organisation, has released the results of a six-state "Super Tuesday" poll of almost 2,000 Muslim voters, indicating that almost half of those voters (46 percent) support Hillary Clinton, followed by Bernie Sanders at 25 percent and 11 percent support for Donald Trump. The poll also showed that growing Islamophobia is the top issue for Muslim voters. "American Muslim voters are worried about the unprecedented anti-Muslim rhetoric being used by presidential candidates and are going to the polls in increasing numbers at both the state and national levels to make their voices heard by the candidates," said CAIR National Executive Director Nihad Awad.

Lahore, PAKISTAN - The Pakistan Ulema Council (PUC) has decided to start a countrywide campaign to eradicate extremism, terrorism and sectarian violence. Addressing a meeting of PUC Lahore division office bearers, Council Chairman Hafiz Tahir Mehmood Ashrafi said that Ulema conventions and seminars would be arranged all over the country from March 10 to May 15 and 'Ithead-e-Ummat Conferences' will also be arranged in different cities of the country including Faisalabad, Lahore, Sialkot and Islamabad.

Riyadh, SAUDI ARABIA - Terrorists who kill innocent people inside mosques and at public places betray their homeland through inhuman acts, the Council of Saudi Senior Scholars has said. Saudi Arabia's highest religious body was referring to the Daesh (the so called Islamic State)

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group, which has been targeting not only innocent people but also their close relatives without mercy. According to the scholars, such people do not listen to any advice and the only way to get rid of them is through execution as prescribed in the Holy Qur'an.

Nimes City, FRANCE - The remains of three people discovered in medieval graves dating back to the 8th century have provided new clues as to just how far Islam spread in its early days. Archaeologists have used genetic testing on three skeletons found in Nimes in the south of France to reveal they belonged to Muslims from North Africa. Each of the bodies had been buried in a way that appeared to follow Islamic rites, with their bodies and heads orientated towards Makkah.

Prague, CZECHOSLOVAKIA - Former Miss World from the Democratic Republic of Czechoslovakia Marketa Korinkova said that she has decided to embrace Islam and settle down in Dubai, relinquishing her native country. She also changed her name to Maryam. She said that the status given to Muslim women in Islam attracted her to accept this faith. She was elected Miss Universe in a beauty contest held in Italy, after which she gained international fame but has now given up Western garments and started wearing hijab.



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