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THE CHALLENGE MUSLIMS MUST FACE

Darker days are to come. The stench of dajjaal gets stronger by the day, as the final chapters about mankind spring into life from destiny's scrolls, as clear as the prophecies of the final Messenger (ﷺ) foretold.

The war on Islam has extended from one end of the world to the other.

A typical day across the globe will feature news about Palestine, a child being shot in the eye, an elderly woman deliberately being run over by an Israeli settler, Gazans subjected to unlivable conditions being deprived of basic commodities and attacked from the air with bombs and chemicals... ongoing anarchy in Syria bringing forth death and destruction on a daily basis... famine, disease, and bombings in Yemen, building up into one of the worst genocides of this era, displaced refugees from Myanmar too afraid to return home for fear of being massacred, China clamping down on religious freedom forcing muslims to imitate the lifestyle of the Chinese nation, Kashmiris openly tortured on the streets by Indian soldiers, the rise of Hindu fanaticism targeting muslims in India, and more.

How do we as muslims respond to this? What should we do? It is evident that the rest of the non-muslim world are targeting us and in doing so declaring that Islam is not wanted, nor acceptable under its own dictates, and should be forcibly removed or dislocated, rendering it ineffective as a challenge to corruption and falsehood, even if by the use of force.

Never has it appeared clearer that the only road to surviving the satanic onslaught against the ummah of Muhammad (ﷺ) can be found by a large scale unification exercise and centralised leadership. The effort to achieve this has to begin

concurrently at ground level and senior level. Because of the scourge of sectarianism the complexities facing this challenge would insist that the most practical approach would be to identify points of agreement before succumbing to the debilitating obsession with differences.

If we have basic agreement on the single most vital belief of Islam, it could usher the beginning of a resurgence of ummah consciousness.

La Ilaha Illallah Muhammadur Rasoolullah. This unambiguous statement should at least allow consideration for its declarant to be included in any strategy devised to defend Islam from those averse to it, who intend harm against those who believe in it.

Whether we are to mobilise as an army to face religious, racial, or political bigotry, or to fight on the battlefield at some obviously imminent stage, we would need leadership. Leaders who have the clear and broad vision to escape the webs of sectarian myopia, who fear Allah and are not ensnared by the lure of fame and fortune.

Perhaps the year ahead will be crucial in dealing with the imbalances and atrocities facing the ummah. The zionist mechanism is in peak performing condition, and its dajjali link is undeniable. We will have to respond, or perish as cowards or hypocrites. To resist falsehood and evil whilst establishing truth is our amaanah (trust).

That's basic!

May Allah guide us and help us through these stressful times, and help us defend our Deen from every danger, and save us from calamities and disbelief!

HAZRAT BAYAZID BUSTAMI ﷺ

Perhaps not many know that the concept of Ma'rifah (Recognition of ALLAH) was often taught by Hadrat Dhun Nun al-Misri (Alaihir Rahmah), but it was Hadrat Bayazid Bustami (Alaihir Rahmah) who explained and taught the concept with further perfection and completeness. He helped his successors and eager followers of Sufism to understand the concepts of Fana and Baqa. Hadrat Bayazid Bustami (Alaihir Rahmah) openly spoke about wajd.

These concepts became the core teachings of Sufism. Hadrat Bayazid Bustami (Alaihir Rahmah) always instructed his students to perform five main acts. Practice the obedience of Qur'an and Sunnah. Clean the hearts from hatred and lies. Do not eat illegal materials and avoid wrongful innovations in religion. This is clear evidence that Hadrat Bayazid Bustami (Alaihir Rahmah) considered Shari'ah as the initial step towards finding the love of ALLAH Ta'ala. His quotes and words are so extraordinarily wise and deep that describing each quotation with great details would take years for its full completion. It is reported that once a man asked him about a deed which could take him towards ALLAH Ta'ala. He mentioned that love the Saints of ALLAH, so that they love you in return. He further mentioned that ALLAH Ta'ala looks into the hearts of His Saints and if He witnessed your name, then He will forgive all your sins. This inspirational saying is guidance for a devotee or disciple for unconditionally loving and admiring their righteous and humble master or Sheikh. It also indicates towards the Qur'anic concept of following the paths of those whom ALLAH Ta'ala have blessed. "Guide us on the right path. Path of those you have favoured." [1:5-6]. And ALLAH has favoured "those whom ALLAH has blessed are the Prophets, the Truthful, the Martyrs, and the Righteous..." [4:69] His humility and humbleness increased to an extraordinary level that not a single element of arrogance was left in him. His wise and inspirational sayings were great tools in the realisation of the purpose of one's creation.

It is said that when he was young, one day, while he was reading the Holy Qur'an he came across an Ayah in which ALLAH Ta'ala said, "Be thankful to Me and be thankful to your parents." Hadrat Bayazid (Alaihir Rahmah) read this Ayah a second time and then thought about what it meant. He closed the book and immediately ran back to his mother. Now because he came home early from school, his mother became worried. She asked him, "What's wrong, my son? Did you run away from school? Is there something that happened?" "No, mother," Bayazid answered. "I read an Ayah from the Holy Qur'an today that said we have to be thankful to ALLAH and to our parents. This made me a little worried. I'm not real strong so how can I serve two masters? Mother, either keep me in your

service or give me up in the service of ALLAH." His mother paused for a second and smiled. Then she immediately grasped his hands in hers and said, "My son, I dedicate you to the service of ALLAH. To me, if you serve ALLAH you're serving me, too." Whenever the name of Hadrat Bayazid Bustami (Alaihir Rahmah) is mentioned, the stories of Karamaat (miracles) are essential. It is reported in "Tazkirat ul Awliya" that he predicted the birth of Hadrat Abul Hasan Kharqani (Alaihir Rahmah) while passing by Kharqan almost 100 years before he was born. Some people failed to understand his comments and beliefs and would exile the great Sufi leader from the city. However, little did they know that Hadrat Bayazid Bustami (Alaihir Rahmah) was a true follower of Prophet Muhammad (ﷺ) and from his Seerah, learnt the ideas of patience and tolerance. Hadrat Bayazid Bustami (Alaihir Rahmah) fully practiced the Sunnah of the Prophet (ﷺ) and so therefore became a great example for the modern Muslims. Hadrat Bayazid Bustami (Alaihir Rahmah) passed away in the year 874 CE (15th of Shabaan) and his Mazaar Sharref is in Syria. Nevertheless, it is often said that before he passed away he was asked about his age. He replied with great wisdom that, "I am 4 years old". He further said that "For seventy years I was veiled. I got rid of my veils four years ago". His piety and connection with AALLAH Ta'ala was at the highest level that he did not need any praise or recognition from this world, so hence he openly devalued himself. May ALLAH guide us to follow His Path, act upon the Sunnah of the Prophet (ﷺ) and learn from the great Sufis. Aameen.

Some of his sayings:

1. I never saw any lamp shining more brilliantly than the lamp of silence.
2. I went to a wilderness, love had rained and had covered earth, as feet penetrate snow, I found my feet covered with love.
3. I stood with the pious and I didn't find any progress with them. I stood with the warriors in the cause and I didn't find a single step of progress with them. Then I said, 'O ALLAH, what is the way to You?' and ALLAH said, 'Leave yourself and come.'

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ABDUL QAADIR JILANI-MEHBOOB-E-SUBHANI

BY SAYED GHULAM FAREED

All praises are due to the Almighty Allah, choicest peace, blessings and salutations upon the pride of mankind Sayyidina Mohammed ur Rasoolullah ﷺ upon his noble family and beloved companions ﷺ.

Alhamdulillah, we are in the blessed month of Rabi ul Akhir, the fourth month in the Islamic calendar.

For Muslims around the world, this month carries immense significance and importance. During this month, the majority of Muslims commemorate Giyaarwee Shareef - A Special Esaal-e-Sawaab program for Sayyidina Shaikh Abdul Qaadir Jilaani Radi Allahu Anhu, Giyarwee translates to eleven.

The time has arrived for the birth of the King of Baghdaad, the chief of the contented souls, the incomparable, Hazrat Sayyidina Shaikh Mohayuddin Mohammed Abdul Qaadir Jilaani Hassani Hussaini Baghdaadi Radi Allahu Anhu. Commonly known and referred to as Huzoor Ghaus e Azam or Huzoor Ghaus Paak Radi Allahu Anhu.

Undoubtedly, his birth was a great blessing to the Ummah. It was the arrival of Sultaan ul Awliya (King of the Awliya), which had been foretold for centuries before his birth. He was born on the eve of the 1st of Ramadaan 470 Hijri in the city of Jilaan.

He was blessed to his mother at an age when women are usually unable to bear children. His mother Sayyidah Ummul Khair Fatima Radi Allahu Anha was sixty years old when Huzoor Ghaus e Azam was born. This alone was one of the miraculous incidents related to the birth of the great saint Peeraan e Peer Hazrat Shaikh Sayed Abdul Qaadir Jilaani Radi Allahu Anhu.

He is Hassani Sayed from his father's side and Hussaini Sayed from his mother's side. Thus, he is a direct and true descendant of the Holy Prophet ﷺ. His father's name was Sayyidina Abu Saleh Moosa Radi Allahu Anhu and his mother's name was Sayyidah Ummul Khair Fatima Radi Allahu Anha.

There were numerous miraculous events which occurred at the time of birth of our beloved Huzoor Ghaus e Azam Radi Allahu Anhu.

Hazrat Sayyidina Shahabudeen Suharwardi Radi Allahu Anhu quoted the following miracles in his very famous book, Manaqib e Ghausia -

1) When he was born, he had the impression of the footprint of Rasoolullah ﷺ on his shoulder. This alone was

the proof of his Wilaayat. (Sainthood)

2) Almighty Allah gave glad tidings to his parents in their dream that their son would be the Sultan ul Awliya and those who oppose him would be misled (Gumrah)

Hazrat Abdul Qaadir Jilaani Radi Allahu Anhu was the champion of the poor and the oppressed and also very generous. He worked for their welfare throughout his life. Whatever gifts he received were either distributed among the needy ones, or sold and the proceeds spent on the maintenance of the Khanqah founded by him.

Once a poor man complained to Hazrat Abdul Qaadir Jilaani Radi Allahu Anhu that the boat man refused to take him across the river as he had no money. In the meantime a man presented to Hazrat Abdul Qaadir Jilaani a purse of 30 dinars. Hazrat went to the boat man and gave him the entire purse and requested that he should never refuse to give lift to any poor man who desired to go across the river.

Hazrat Abdul Qaadir Jilaani Radi Allahu Anhu never made distinction between the deserving and undeserving beggars. He gave to anyone who asked. Once in a Mosque a merchant came to Hazrat Abdul Qaadir Jilaani and sought his advice as to whom he should distribute his money in charity. Hazrat Abdul Qaadir Jilaani advised him to distribute his money to both deserving and undeserving ones because Allah gives to all worthy and unworthy ones.

Hazrat Abdul Qaadir Jilaani was a dignified and serene person. He evoked admiration. In spite of his knowledge and fame he was humble. He was courteous and tolerant with purity of thought and soul. He emphasized cleanliness of environment and personal hygiene.

Indeed he was a great personality who had given all of his life and time for the sake of Allah. Such a great wali that he did not worry for worldly things. His nights passed with little or no sleep at all but constant in the remembrance of Allah. A great personality and wali Allah.

May the Almighty Allah (ﷻ) grant all our pious predecessors and deceased Muslim brothers and sisters Maghfirah and Jannat ul Firdaus, and may He give us the guidance and ability to practice the deen in a manner that is pleasing to Him, and may He protect us from transgressing the limits of the beautiful Shariah He has gifted us with. Aameen.



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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 (رضي الله عنه) 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 (رضي الله عنه) 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 (عليه السلام) said that the man who controls his self is braver than the one who conquers the whole city.

Hazrat Yahya bin Mu'adh (رضي الله عنه) 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 (رضي الله عنه) 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 overwatering spoils the crop."

Once, Prophet Yahya (عليه السلام) saw Shaitaan who was carrying several baits. On this Hazrat Yahya (عليه السلام) asked him, "What are these?" He replied, "These are lusty elements with which I trap human beings." Hazrat Yahya (عليه السلام) 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 (عليه السلام) 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]



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NIZAMUDDIN AULIYA-MEHBOOB-E-ELAHI



“FIRST GREET, THEN EAT, THEN TALK”

The 14th century Chishti Shaikh Hazrat Nizamuddin Auliya was legendary for his generosity, humanitarianism, wit, and personal frugality. At the *langar* (dining kitchen) of his residence, the *dargah*, excellent food was served each day to all visitors. His compassion was reflected in the *khanqah's* rules, which preserved the dignity of all who ate there.

Dervishes were advised, "First greet, then eat, then talk;" they were not allowed to ask whether a visitor was fasting or needed food; they were instructed to eat two meals, one right after the other, if needed for the sake of guests. Such rules made it impossible to discern who was hungry and in need, or who took food for its *baraka*, the blessing power of God; and ensured that those who needed food would be able to eat as soon as possible.

The Shaikh taught that one should remember God whenever one ate. He once cited the example of a dervish who at each meal, before taking a bite, would utter: "I take this in the name of God!" One disciple took this admonition so literally that he would say "Bismillah ar-Rahman ar-Rahim" before every mouthful.

The Shaikh often joined his dervishes at their evening meal, where both serious and casual subjects were discussed. All would first wash hands, dervishes assisting guests in this task. Surah Ma'ida, "The Table Spread," would be recited, then the meal would begin with a bite of salt. The memoirs of the Shaikh's students attest to his love of conversation. Once during the three days following the Feast of the Sacrifice, so many people came to the *khanqah* that meals were served constantly for hours at a time, one group of visitors giving way to the next at the end of each meal. This prompted the Shaikh to comment, "A dervish was asked what verse of the Qur'an he liked best? He replied: Eat always! (13:35)."

This generosity and apparent extravagance raised the suspicions of Sultan Alaaddin Khalji. He sent spies to the *khanqah* to investigate what was being served there. When the Shaikh learned of their presence, he teasingly ordered his dervishes to expand the menu with delicious dishes of *tahiri* (a rice dish), *qurs* (round cakes), *halwa* and *sambusa*.

Shaikh Nizamuddin often fasted, and always ate sparingly, usually no more than a small loaf or portion of bread at *iftar*, with bitter vegetables or rice. At meals he would offer morsels from his plate to everyone else at the table; he might take a bit of rice, but never touched the meat. When asked whether he was satisfied by what little food he ate, the Shaikh answered, "Well! I could eat one more bread, but I do not." Offered pomegranate seeds dipped in rosewater, or black sugar cane out of season, he accepted the gifts, but gave them away to all present. He vicariously enjoyed the delicious food and drinks relished by his disciples and guests. When he quoted a saint as saying, "People who eat food in front of me, I find their food in my own throat, that is, it is as if I am eating that food," he was, in fact, referring to his own state.

One day a visitor to the *khanqah*, seeing the quality of food served, asked to dine with the Shaikh himself — certainly the menu of the *pir* would be extraordinary! So he insisted on eating only what the Shaikh ate. The Shaikh and his dervishes tried to discourage him, warning that he would surely regret his decision, but were unsuccessful. Though a generous spread was laid, the Shaikh did not partake of it. At last, after the dervishes and guests had eaten their fill, the Shaikh invited his guest to sit. A bowl of bitter greens was set before them. Nizamuddin picked out the toughest roots and stems for himself, and offered the tastier leaves to his guest. Stunned, the visitor asked if any other dishes were to follow. The Shaikh replied that this was all that would be served; he had invited him only because he had insisted. The guest tried to eat but could not. In the end he left the *dargah* in great humility and respect.

Although large stores of food were needed to feed the stream of guests, the Shaikh wished to cultivate an atmosphere of *tawakkul* (trust in God) and acceptance of God's will. Therefore, food was distributed almost as soon as it arrived, and the stores were swept and cleared out every Friday morning.

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BEIJING'S DEPLORABLE TARGETING OF UIGHUR MUSLIMS IS AN ATTACK ON ISLAM

BY IQBAL JASSAT

No matter how often officials of China deny or refute reports of state-sponsored targeting of Uighur Muslims, the evidence for it is overwhelming.

The latest damning research emanates from Asia Society's Center on US-China Relations. Anthropologist Darren Byler claims that more than one million Han Chinese people have moved into the homes of Uighur Muslim families in East Turkestan (Xinjiang) province to report on whether they display Islamic or unpatriotic beliefs.

Uninvited "guests", these informers have been tasked by the Chinese government to observe and report signs that their hosts' attachment to Islam might be "extreme".

Though China will argue that these persons who have invaded the privacy of Uighur Muslims are "relatives" not state spies, the facts disprove their denial.

According to Byler, if a Uighur host just greeted a neighbour with the words Assalamu Alaykum, it would need to be recorded in a notebook. The absurdity doesn't end here. The informers have to spy on whether the hosts have copies of the Quran; whether they pray on Fridays; what type of clothing is worn and whether any males are growing beards.

Details of the latest allegations are reported by Chiara Giordano in The Independent, who writes that the Communist Party's official newspaper, the People's Daily, appear to confirm them.

The paper reported that more than 1.1 million people paired up with 1.69 million ethnic minority citizens in China by the end of September this year. Surely then, China will be hard pressed to distance itself from the People's Daily, except to rely on its manufactured false propaganda designed to mislead allies that it has to do so in order to confront "Islamic Militancy".

As is the case since 9/11, most repressive regimes have leaned heavily on America's illegitimate "War on Terror", to justify brutal attacks on the civil liberties of their populations. China is no exception. By targeting the entire population of Muslim Uighurs under the pretext of fighting terrorism, it hopes that friendly governments, including South Africa, will look the other way.

Thus far it appears that China's financial largesse coupled with Israeli-style "Hasbara"

(propaganda) campaigns, is succeeding in neutralizing its allies.

Nevertheless reports by independent human rights activists and organizations keep emerging regarding a million plus Uighur Muslim adults forcibly sent to internment camps. Children are reportedly being placed in state-run orphanages across Xinjiang.

The internment camps are particularly notorious.

Those who have spent time in them, have claimed that they were forced to undergo an intensive indoctrination programme, urged to renounce Islam and instead heap praise on the Chinese Communist Party.

Beijing's crackdown on the Uighurs is unprecedented, both in scale and in intensity. Forced indoctrination to subvert Islamic teachings and replace Muslim beliefs, is a malicious assault on freedom of religion.

As pressure from human rights groups mounts against China's repressive policies, the question South Africa must give serious consideration to is whether Beijing's conduct is in conflict with its obligations under international humanitarian law.

By all accounts it is at direct odds with international conventions and the UN charter on human rights.

Targeting Islam by outlawing adherents from practicing its teachings while at the same time fueling Islamophobia to gain sympathy from western governments, is as futile as the unconvincing public relations game unleashed by China to bluff the world.

East Turkestan (Xinjiang) is fast turning into another Kashmir or Palestine where China has for a long period applied various methods to subjugate the 12 million-strong population of Uighur and other Muslim ethnic groups.



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DEHYDRATION

COMPILED BY HASINA BEGUM SAYED

Dehydration occurs when you use or lose more fluid than you take in, and your body doesn't have enough water and other fluids to carry out its normal functions. If you don't replace lost fluids, you will get dehydrated. Anyone may become dehydrated, but the condition is especially dangerous for young children and older adults.

Symptoms

Thirst isn't always a reliable early indicator of the body's need for water. Many people, particularly older adults, don't feel thirsty until they're already dehydrated. That's why it's important to increase water intake during hot weather or when you're ill.

The signs and symptoms of dehydration also may differ by age.

Infant or young child

- * Dry mouth and tongue
- * No tears when crying
- * No wet diapers for three hours
- * Sunken eyes, cheeks
- * Sunken soft spot on top of skull
- * Listlessness or irritability

Adult

- * Extreme thirst
- * Less frequent urination
- * Dark-colored urine
- * Fatigue
- * Dizziness
- * Confusion

Other dehydration causes include:

* Diarrhea, vomiting. Severe, acute diarrhea — that is, diarrhea that comes on suddenly and violently — can cause a tremendous loss of water and electrolytes in a short amount of time. If you have vomiting along with diarrhea, you lose even more fluids and minerals.

* Fever. In general, the higher your fever, the more dehydrated you may become. The problem worsens if you have a fever in addition to diarrhea and vomiting.

* Excessive sweating. You lose water when you sweat. If you do vigorous activity and don't replace fluids as you go along, you can become dehydrated. Hot, humid weather increases the amount you sweat and the amount of fluid you lose.

* Increased urination. This may be due to undiagnosed or uncontrolled diabetes. Certain medications, such as diuretics and some blood pressure medications, also can lead to dehydration, generally because they cause you to urinate more.

Risk factors

Anyone can become dehydrated, but certain people are at greater risk:

* Infants and children. The most likely group to experience severe diarrhea and vomiting, infants and children are especially vulnerable to dehydration. Having a higher surface area to volume area, they also

lose a higher proportion of their fluids from a high fever or burns. Young children often can't tell you that they're thirsty, nor can they get a drink for themselves.

* Older adults. As you age, your body's fluid reserve becomes smaller, your ability to conserve water is reduced and your thirst sense becomes less acute. These problems are compounded by chronic illnesses such as diabetes and dementia, and by the use of certain medications. Older adults also may have mobility problems that limit their ability to obtain water for themselves.

* People with chronic illnesses. Having uncontrolled or untreated diabetes puts you at high risk of dehydration. Kidney disease also increases your risk, as do medications that increase urination. Even having a cold or sore throat makes you more susceptible to dehydration because you're less likely to feel like eating or drinking when you're sick.

* People who work or exercise outside. When it's hot and humid, your risk of dehydration and heat illness increases. That's because when the air is humid, sweat can't evaporate and cool you as quickly as it normally does, and this can lead to an increased body temperature and the need for more fluids.

Prevention

To prevent dehydration, drink plenty of fluids and eat foods high in water such as fruits and vegetables. Letting thirst be your guide is an adequate daily guideline for most healthy people. People may need to take in more fluids if they are experiencing conditions such as:

Vomiting or diarrhea: If your child is vomiting or has diarrhea, start giving extra water or an oral rehydration solution at the first signs of illness. Don't wait until dehydration occurs.

Strenuous exercise: In general, it's best to start hydrating the day before strenuous exercise. Producing lots of clear, dilute urine is a good indication that you're well-hydrated. During the activity, replenish fluids at regular intervals and continue drinking water or other fluids after you're finished.

Hot or cold weather: You need to drink additional water in hot or humid weather to help lower your body temperature and to replace what you lose through sweating. You may also need extra water in cold weather to combat moisture loss from dry air, particularly at higher altitudes

Illness: Older adults most commonly become dehydrated during minor illnesses — such as influenza, bronchitis or bladder infections. Make sure to drink extra fluids when you're not feeling well.

WHY CHILDREN DO NOT HAVE ANY MOTIVATION IN THEIR LIFE AND REMAIN DULL?

Kids today are in a devastating emotional state! Most come to school emotionally unavailable for learning. There are many factors in our modern lifestyle that contribute to this."

In her practice, my friend Victoria Prooday, OT is seeing something so widespread and alarming that I asked if I could share her thoughts. Due to the overwhelming interest and conversation on this topic, I am re-sharing her post.

I encourage every parent who cares about the future of his/her children to read it. I know that many would choose not to hear what she says in the article, but your children needs you to hear this message.

Victoria writes:

I am an occupational therapist with years of experience working with children, parents, and teachers. I completely agree with this teacher's message that our children are getting worse and worse in many aspects.

I hear the same consistent message from every teacher I meet. Clearly, throughout my time as an Occupational Therapist, I have seen and continue to see a decline in children's social, emotional, and academic functioning, as well as a sharp increase in learning disabilities and other diagnoses.

As we know, the brain is malleable. Through environment, we can make the brain "stronger" or make it "weaker". I truly believe that, despite all our greatest intentions, we unfortunately remold our children's brains in the wrong direction. Here is why:

1. KIDS GET EVERYTHING THEY WANT WHEN THEY WANT IT

"I am Hungry!!" "In a sec I will stop at the drive thru" "I am Thirsty!" "Here is a vending machine." "I am bored!" "Use my phone!" The ability to delay gratification is one of the key factors for future success. We have the best intentions — to make our child happy — but unfortunately, we make them happy at the moment but miserable in the long term. To be able to delay gratification means to be able to function under stress. Our children are gradually becoming less equipped to deal with even minor stressors, which eventually become huge obstacles to their success in life.

The inability to delay gratification is often seen in classrooms, malls, restaurants, and toy stores the moment the child hears "No" because parents have taught their child's brain to get what it wants right away.

2. LIMITED SOCIAL INTERACTION

We are all busy, so we give our children digital gadgets and make them "busy" too. Kids used to play outside, where, in unstructured natural environments, they learned and practiced their social skills. Unfortunately, technology replaced the outdoor time. Also, technology made the parents less available to socially interact with their child. Obviously, our kids fall behind... the babysitting gadget is not equipped to help kids develop social skills. Most successful people have great social skills. This is the priority!

The brain is just like a muscle that is trainable and re-

trainable. If you want your child to be able to bike, you teach him biking skills. If you want your child to be able to wait, you need to teach that child patience. If you want your child to be able to socialize, you need to teach him social skills. The same applies to all the other skills. There is no difference!

3. ENDLESS FUN

We have created an artificial fun world for our children. There are no dull moments. The moment it becomes quiet, we run to entertain them again, because otherwise, we feel that we are not doing our parenting duty. We live in two separate worlds. They have their "fun" world, and we have our "work" world. Why aren't children helping us in the kitchen or with laundry? Why don't they tidy up their toys? This is basic monotonous work that trains the brain to be workable and function under "boredom," which is the same "muscle" that is required to be eventually teachable at school. When they come to school and it is time for handwriting their answer is "I can't. It is too hard. Too boring." Why? Because the workable "muscle" is not getting trained through endless fun. It gets trained through work.

4. TECHNOLOGY

Using technology as a "Free babysitting service" is, in fact, not free at all. The payment is waiting for you just around the corner. We pay with our kids' nervous systems, with their attention, and with their ability for delayed gratification. Compared to virtual reality, everyday life is boring. When kids come to the classroom, they are exposed to human voices and adequate visual stimulation as opposed to being bombarded with the graphic explosions and special effects that they are used to seeing on the screens. After hours of virtual reality, processing information in a classroom becomes increasingly challenging for our kids because their brains are getting used to the high levels of stimulation that video games provide. The inability to process lower levels of stimulation leaves kids vulnerable to academic challenges. Technology also disconnects us emotionally from our children and our families. Parental emotional availability is the main nutrient for child's brain. Unfortunately, we are gradually depriving our children of that nutrient.

5. KIDS RULE THE WORLD

"My son doesn't like vegetables." "She doesn't like going to bed early." "He doesn't like to eat breakfast." "She doesn't like toys, but she is very good at her iPad" "He doesn't want to get dressed on his own." "She is too lazy to eat on her own." This is what I hear from parents all the time. Since when do children dictate to us how to parent them? If we leave it all up to them, all they are going to do is eat macaroni and cheese and bagels with cream cheese, watch TV, play on their tablets, and never go to bed.

What good are we doing them by giving them what they WANT when we know that it is not GOOD for them? Without proper nutrition and a good night's sleep, our kids come to school irritable, anxious, and inattentive. In addition, we send them the wrong message. They learn they can do what they want and not do what they don't want.

The concept of "need to do" is absent. Unfortunately, in order to achieve our goals in our lives, we have to do what's necessary, which may not always be what we want to do. For example, if a child wants to be an A student, he needs to study hard. If he wants to be a successful soccer player, he needs to practice every day. Our children know very well what they want, but have a very hard time doing what is necessary to achieve that goal. This results in unattainable goals and leaves the kids disappointed.

TRAIN THEIR BRAIN

You can make a difference in your child's life by training your child's brain so that your child will successfully function on social, emotional, and academic levels. Here is how:

1. Don't be afraid to set the limits. Kids need limits to grow happy and healthy!!

Make a schedule for meal times, sleep times, technology time. Think of what is GOOD for them- not what they WANT/DON'T WANT. They are going to thank you for that later on in life. Parenting is a hard job. You need to be creative to make them do what is good for them because, most of the time, that is the exact opposite of what they want.

Kids need breakfast and nutritious food. They need to spend time outdoor and go to bed at a consistent time in order to come to school available for learning the next day! Convert things that they don't like doing/trying into fun, emotionally stimulating games

2. LIMIT TECHNOLOGY, AND RE-CONNECT WITH YOUR KIDS EMOTIONALLY

Surprise them with flowers, share a smile, tickle them, put a love note in their backpack or under their pillow, surprise them by taking them out for lunch on a school day, dance together, crawl together, have pillow fights?

Have family dinners, board game nights (see the list of my favorite board games), go biking, go to outdoor walks with a flashlight in the evening.

3. TRAIN DELAYED GRATIFICATION

Make them wait!!! It is ok to have "I am bored" time – this is the first step to creativity

Gradually increase the waiting time between "I want" and "I get"

Avoid technology use in cars and restaurants, and instead teach them waiting while talking and playing games
Limit constant snacking

4. TEACH YOUR CHILD TO DO MONOTONOUS WORK FROM EARLY YEARS AS IT IS THE FOUNDATION FOR FUTURE "WORKABILITY"

Folding laundry, tidying up toys, hanging clothes, unpacking groceries, setting the table, making lunch, unpacking their lunch box, making their bed

Be creative. Initially make it stimulating and fun so that their brain associates it with something positive.

5. TEACH SOCIAL SKILLS

Teach them turn taking, sharing, losing/winning, compromising, complimenting others, using "please and thank you"

From my experience as an occupational therapist, the kids changes the moment parents change their perspective on parenting. Help your kids succeed in life by training and strengthening their brain sooner rather than later!

MY HANDS

An old man, probably some ninety plus years, sat feebly on the park bench. He didn't move, just sat with his head down staring at his hands. When I sat down beside him he didn't acknowledge my presence and the longer I sat I wondered if he was ok.

Finally, not really wanting to disturb him but wanting to check on him at the same time, I asked him if he was ok. He raised his head and looked at me and smiled. Yes, I'm fine, thank you for asking, he said in a clear strong voice. I didn't mean to disturb youbut you were just sitting here staring at your hands and I wanted to make sure you were ok I explained to him. Have you ever looked at your hands he asked. I mean really looked at your hands? I slowly opened my hands and stared down at them. I turned them over, palms up and then palms down. No, I guess I had never really looked at my hands as I tried to figure out the point he was making.

Then he smiled and related this story: Stop and think for a moment about the hands you have, how they have served you well throughout your years. These hands, though wrinkled, shriveled and weak have been the tools I have used all my life to reach out and grab and embrace life. They braced and caught my fall when as a toddler I crashed upon the floor. They put food in my mouth and clothes on my back. As a child my mother taught me to hold them in prayer. They tied my shoes and pulled on my boots. They dried the tears of my children and caressed the love of my life. They have been dirty, scraped and raw, swollen and bent. They were uneasy and clumsy when I tried to hold my newborn son. They wrote the letters home and trembled and shook when I buried my parents and spouse. Yet, they were strong and sure when I dug my friend out of a foxhole and lifted a plow off of my best friends foot. They have held children, consoled neighbors, and shook in fists of anger when I didn't understand. They have covered my face, combed my hair, and washed and cleansed the rest of my body. They have been sticky and wet, bent and broken, dried and raw. And to this day when not much of anything else of me works real well these hands hold me up, lay me down, and again continue to open in prayer. These hands are the mark of where I've been and the ruggedness of my life. But more importantly it will be these hands that will receive, The Book of deeds. I look, ponder and pray that MY RIGHT HAND is blessed the fortune of receiving the trials of this life ie. MY BOOK OF DEEDS with this RIGHT HAND.



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YOUR QUESTIONS ANSWERED

BY MOULANA SHAH FAISAL KHAN QADRI MISBAHI



Q1) Kindly enlighten us on the virtue of participating in the funeral Salaah?

A1) A person participated in the funeral Salaah of Sayyiduna Sari Saqti ؑ. He saw Sayyiduna Sari Saqti in his dream at night and he asked, "How did Allah treat you?" He replied, "Allah has forgiven me as well as those who participated in my funeral Salaah." The person said, "Ya Sayyidi! I also participated in your funeral Salaah." Listening to this, Sayyiduna Sari Saqti took out a list and checked for his name therein but that person's name was not present in the list. When checked thoroughly, he saw the name of the person was written in the margin.

May Allah bless them and forgive us without any accountability for their sake.

After the death of Sayyiduna Bishr Hafi ؑ, Qaasim bin Munabbih saw him in a dream and asked, "How did Allah treat you?" He replied, "Allah has forgiven me." O Bishr! I have forgiven you and those who attended your funeral Salaah. I then requested, Oh Rabb, forgive those who even love me." Allah said, "I have forgiven all those who will love you until the day of Judgment."

Dear valued readers! Association with the pious saints of Allah is a great privilege, mentioning them is a means of attaining mercy, their company is a blessing not only in the world but also in the Hereafter, visiting their mausoleums is a cure for the disease of sins and devotion towards them leads to success in the Hereafter. Alhamdulillah, we are all devoted to the pious saints of Allah and we love the perfect Wali, Bishr Hafi. Ya Allah forgive us for their sake.

A shroud thief

A shroud thief participated in the funeral of a woman and noted the whereabouts of her grave in the graveyard. At night he dug the grave with the intention of stealing the shroud. All of a sudden the woman spoke, "A maghfur (pardoned) person is stealing the shroud of a maghfura woman. Listen, Allah has forgiven me and all those who offered my funeral Salaah and you are also among the pardoned ones. Listening to this, he immediately closed the grave and repented sincerely.

Forgiveness of funeral participants

Dear readers. Did you notice how beneficial the participation in the funeral Salaah of the pious people is whenever we get a chance, we should participate in the funeral Salaah of the Muslims. Our participation in the funeral of a pious person may bring about our forgiveness in the Hereafter. How immense is Allah's mercy, he forgives not only the deceased but the attendees of his funeral. Therefore, Sayyiduna Abdullah bin Abbas ؑ reports that the beloved and blessed Prophet ﷺ said, "The very first reward given to the true believer on his death is that all the participants of his funeral Salaah are forgiven."

First gift in the grave

Someone asked the prophet of Rahma, the intercessor of the Ummah, the owner of Jannah, "What is the very first gift that is awarded to a true believer when he enters his grave?" The merciful Prophet ﷺ answered, "All the participants of his funeral Salaah are forgiven."

The funeral of a heavenly person

The greatest and holiest prophet ﷺ said, "When a heavenly person passes away, Allah feels shy (befitting His status) in punishing those who carried the bier of that person and those who followed the funeral procession and those who offered his funeral Salaah.

Sawaab of accompanying the funeral

Sayyiduna Dawud humbly asked Allah, "Ya Allah what is the Sawaab of accompanying the funeral merely for your pleasure?" Allah replied, "The day when he dies, the angels will accompany his funeral procession and I will forgive him."



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THE CRUMBLING FORTRESS

BY FAIZEL KHAMKAR

The unholy alliance which was forming in the Middle East under the pseudo leadership of Trump, Netanyahu and Mahomed bin Salman seems set on destabilizing the Middle East. The under pinning agenda of creating a power base backed by the strongest military might in the region and obtaining control of the strategic resources of the region appeared to be protected by an impregnable fort, The outward appearance of indestructibility of this fort has left many people having a strong moral conscience as well as the vulnerable victims largely despondent. The best laid plans however can never be guaranteed success. Insatiable greed and seeking of power at all cost leads to attitudes and actions which is holistically destructive. These characteristics prevalent amongst the three said figures have laid the groundwork for the self destruction of this castle of power.

One of the key events which impacted on this alliance and leading to the crumbling of this fortress was the Kashogi incident. It is well known that opposition to MBS both from within the royal family as well as outside of these ruling elite has been gaining momentum. The British tabloids have reported that on Israeli advice MBS has scrambled the army around him to provide security against an alleged coup plotted against him. The alleged mastermind behind this is Prince Ahmed his uncle. Prince Ahmed the younger brother of King Salman only arrived in Saudi Arabia after having received assurance from Britain and the States with regard to his security. At recent G20 summit held in Argentina he was snubbed by Trump and this created an opportunity for Putin to start a process of driving a wedge between the Trump and MBS and at the same time open the channel of dialogue with Russia. A rocket scientist is not needed to come to the conclusion that the basis of the alliance between Trump and MBS is on extremely fragile grounds. It should be borne in mind that MBS is not needed to continue with the destabilizing program of the Middle East, however the greater convenience appears jeopardised.

It is well known that Israel was founded on the basis of the concept of anti Semitism. This concept was

exploited to its full in order to extract maximum sympathy and unfettered illogical support for Israel. However Netanyahu has been creating a political network with apparently no economic or political advantage for the Zionist with leaders who would fit into the profile of anti Semitic. This has created a climate of unhappiness and distrust in his leadership in Zionist Israel. Furthermore Netanyahu is also under a great deal of internal pressure. The law enforcement agencies of Israel have now proposed that both he and his wife be charged for fraud. This follows a protracted investigation. Many analysts have put this event down as one of the reasons for the attack in Lebanon against tunnels allegedly used by Hizbollah to undermine Israeli security. What would normally have been seen as an act of duty is now viewed as a smoke screen even amongst his following. Once again it should be noted that Netanyahu is not indispensable for any future plan in the Middle East, however it must be acknowledged that one less pawn on the chessboard does create a weaker defence.

Following the reducing of his authority with having lost a certain amount of power with the midterm elections to the Democrats, Trump's unilateral vision is been curbed. It has also been reported that the blue collar workers specifically in the motor manufacturing industry are unhappy in that the election promises of Trump has not been fulfilled. This sector of the electorate is important for Trump and his ever decreasing popularity may stifle his ambitions. This could be a reason for the decision taken by the senate to withdraw from all forms of activities in Yemen. Despite these facts, with him portraying himself as more Zionist than the Zionist themselves and the historic trends it is unlikely that he will not be re elected for a second term. It should however be noted that the most likely candidate to break this trend is Trump.

The fortress is crumbling brings about a certain sense of relieve however the unknown factors of its inadvertent replacement is of great concern.

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INTERNATIONAL NEWS FOCUS

BY FAKIR HASSEN

Chandigarh, INDIA - Thousands of Hindu nationalists who converged on the Indian town of Ayodhya to demand the construction of a temple at a site where 16th century Babri Mosque had once existed have sparked fresh tensions in the area, with media reports claiming that several Muslims have left the area. Security arrangements were tightened and state government officials said additional security have been deployed at sensitive locations in the town to prevent any untoward incident. The dispute over the site of the destroyed mosque in the ancient city of Ayodhya is a decades-old issue between Indian Hindus and Muslims which has resulted in thousands of deaths over the years. In December 1992, Hindu extremists destroyed Babri Mosque, named after the Mughal Emperor Babur. The destruction prompted nationwide riots that left almost 2 000 people dead. Since then, Muslims have been calling for the building of a new mosque at the site, while Hindus have been demanding a temple, claiming their divine Lord Ram or Rama was born there. The case over the dispute has been languishing in India's legal system for years without any outcome. The Indian Supreme Court, which is hearing the case, has set the next date of hearing in January 2019.

Karlskrona City, SWEDEN - Prosecutors are investigating a top city official over Islamophobic remarks he made on social media. Christopher Larsson, vice mayor of the southern coastal city of Karlskrona, is accused of committing a hate crime in a post he shared on social media last year. On Facebook, arguing that Karlskrona should not allow the Adhan, or the Muslim call to prayer, to be broadcast over speakers, Larsson wrote: "Allahu

Akbar will echo through the skies of Karlskrona in the same way Islamists shout it when blowing themselves up." Magnus Manhammar, a Social Democratic Party MP, filed the criminal complaint against Larsson.

Ouagadougou, BURKINA FASO - President Roch Marc Kabore and Secretary General of the Organization of Islamic Cooperation (OIC) Dr. Yousef Al-Othaimeen presented the inaugural OIC Prize for Women's Achievements to three winners - Burkina Faso Association, the Turkish Women and Democracy Association and Hiba Al Hindi of Palestine. The awards in recognition of the contributions of women and institutions in the development of the member states or those who have a significant impact on the empowerment of women in the member countries or in Muslim communities in non-member states will be made every two years. The OIC chief pointed out that, despite the important progress made by women, a large proportion of women in the member states continue to endure difficult conditions, in addition to being deprived of their fundamental rights.

Washington - USA - In a historic move, two Muslim women were elected to the Congress of the United States. Somali-American Ilhan Omar, a politician from Minnesota, was able to succeed Keith Ellison, who was the first Muslim member of Congress, while Palestinian-American Rashida Tlaib, born in Detroit to immigrant parents, won her seat in the Congress without confronting a Republican rival. Executive Director of the Council on American-Islamic Relations Nihad Awad said this was a powerful message of hope for marginalized American Muslim youth, and a step against President



Donald Trump's racist policies against Muslims and minorities.

Washington, USA - US Special Representative for Afghanistan Reconciliation Ambassador Zalmay Khalilzad started an eight-nation tour during which he will primarily focus on accelerating the peace process in Afghanistan by trying to bring the Taliban to a point of negotiation. The US envoy will also travel to Pakistan, Russia, Uzbekistan, Turkmenistan, Belgium, the United Arab Emirates and Qatar with an interagency delegation.

Singapore, SINGAPORE - Myanmar leader Aung San Suu Kyi has rebuffed criticism from US Vice President Mike Pence and other leaders over her government's treatment of its ethnic Rohingya Muslims. Responding to Pence, Suu Kyi said it was good to exchange views, but that "we understand our country better than any other country does. So we are in a better position to explain to you what is happening, how we see things panning out."

Jeddah, SAUDI ARABIA - The Islamic Advisory Group on Polio Eradication has urged parents and affected countries to facilitate the work of medical teams to immunize and protect children and to combat misleading fatwas, affirming that polio vaccination is not in conflict with the teachings of Islam. The group said that there were misleading fatwas prohibiting polio vaccines in some regions in the Islamic world.



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