



*In the name of Allah, the Beneficent, the Merciful*

..... **The HOPE Bulletin** .....

**Health, Ongoing Projects, Education**



(Vol. 3:1)

**July 2008**

**AAIIL Worldwide Edition**

**Editor: Akbar Abdullah**

**CALIFORNIA JAMA'AT PROJECT: APPROVED BY THE CENTRAL ANJUMAN, LAHORE**

## **INTRODUCTION**

### **Editor's Notes**

*Alhamdollillah!* All praise is due to Allah (and Allah alone) that this month, July 2008, marks the beginning of the third year since we began publishing *The HOPE Bulletin*. Our timely circulation is mainly due to your contributions which enabled us to assemble each month a complete magazine for your reading pleasure. In our endeavour we try to stress on perfection by inviting all the worldwide *Jama'ats*, large and small, to submit activities reports as often as possible so our global readers are made aware of how our brethren are faring elsewhere in the world. There is much to be desired in that direction. Some *Jama'ats*, where English is not spoken, are hesitant to submit reports due to a language barrier. We urge the Officials of these *Jama'ats* not to worry and just submit their activities reports and we shall edit them before publication. In other *Jama'ats* where English is not a hurdle, please submit your activities reports as often as possible for the reading pleasure and delight of members elsewhere in the world.

Throughout this year we will, *Inshaa Allah*, stress on the publication of our segment of "All About Us". During the past two years we covered the life-sketches of the great personalities of our *Jama'ats* who during their lifetime made great sacrifices in the defence of our Movement. We have broken this segment in two phases. First we will cover biographies of our *Jama'ats* great stalwarts who took Bai'at by Hazrat Mirza Sahib's hands and who are no longer with us. So far we have already covered the bio-sketches of majority of them and, *Inshaa Allah*, by the end of this calendar year we would complete this phase one. Starting from the beginning of next calendar year we shall start phase two and cover the contemporary *Jama'at's* stalwarts who passed away after the 1960's. This task appears in the making of two volumes of print material to be readied for future book publications.

Apart from our monthly editions of *The HOPE Bulletin* we produced some excellent Memorial supplements of our *Jama'at's* stalwarts, and to list a few tribute papers, are on the late Begum Razia Madad Ali Marhooma, the Late Al-Hajj Maulana Abdul Rahim Jaggoe Sahib and the late Mian Fazl-i-Ahmad Sahib. This effort of ours would not have been possible without the contribution of our global members who provided us with memorable photographs together

with moving eulogies. *Inshaa Allah*, we will release for circulation this month the Memorial tribute supplement of the Late Mian Farooq Ahmad Sheikh. While we are quite pleased with the text material submitted for this supplement, however, we are somewhat unhappy with the small number of photographs sent to us for this Memorial paper

Dear readers, on behalf of *The HOPE Bulletin* Team and myself, I thank you all for your contribution of articles, news items. *Jama'at* activities reports, online material of general interest, especially on matters of health and education and above all for your letters of encouragement and prayers for the success of our Project. May Allah (*swt*) with His bountiful Mercy and with His graceful blessings grant you all a long and healthy life so you may enjoy our growing partnership for a long time to come. Aameen- Akbar Ibn Abdullah, Editor.

## **JAMA 'AT NEWS**

### **Indonesia concern**

From time to time Br. Shahid Aziz would bring to our attention the latest developments in Indonesia, some of which we have already circulated. Although there has been some destruction of properties owned by the Qadiani *Jama'at*, our Lahori brothers have so far been spared from the wrath of non-Ahmadi Indonesian fanatics. This is a great blessing from Allah (*swt*). The members of the global *Jama'ats* are kindly asked to continue to pray that Allah (*swt*) would keep our Indonesian brethren safe from any personal harm and guard the *Jama'at's* houses, mosques, schools, offices, businesses etc. from any destruction. *Aameen*. Please read below more concerns about our *Jama'at* in Indonesia.

### **Report from Yamin Alibaksh, Ahmadiyya Muslim Literary Trust, Trinidad and Tobago**

On Sunday, May 4th, members of the Ahmadiyya Muslim Literary Trust, Trinidad and Tobago, tabled this matter as it is of concern to all of us.

We will continue to offer prayers for our beloved Lahori brothers in Indonesia. More so, we would continue to pray for that moment when religious intolerance will be eventually erased from the face of this world.

Our local *Imam*, Kalamazad Mohammed, reminded us that our trials are special gifts from Allah to pull us closer to Him.

### **Suggestion from Dr Shaista Shameem, Director, Fiji Human Rights Commission & Ombudsman, Fiji**

This is a matter for the UN Committee on freedom of religion and we may be able to complain, as a worldwide group, to the UN about this and other examples of persecution of Ahmadiyyas.

### **Suggestion from Shahid Aziz, Secretary, AAAIL, UK**

Perhaps members should write to these forums etc and put our point of view:

[http://online.wsj.com/article/SB121312752812061579.html?mod=googlenews\\_wsj](http://online.wsj.com/article/SB121312752812061579.html?mod=googlenews_wsj)

<http://www.ww4report.com/node/5626>

<http://afp.google.com/article/ALEqM5iNlpDTrJ2LyY8nihw3wU8pDI3CSw>

### **Report by Akram White, Washington, DC, USA**

I came across this interesting example of a prominent Muslim scholar speaking out against the madness.

<http://www.asianews.it/index.php?l=en&art=3773>

**Dr Zahid Aziz added a response towards the end of article in this link**

<http://interissueforum.wordpress.com/2008/06/23/update-on-ahmadiyya-harassment-demonstrations-criticism-of-moderate-groups/>

### **Observance of *Miraj Un Nabi* at Oakland Masjid, California**

The following announcement was sent on behalf of the President of the Oakland Masjid, Br Mohammad Mustafa:

“We are planning to observe at the Oakland Masjid *Miraj Un Nabi* on 26th of July 2008. *Inshaa Allah*, the program will commence after *Asr* and conclude after *Maghrib* prayer.

The 100<sup>th</sup> death anniversary of Hazrat Mirza Ghulam Ahmad was also convened on 24th of May 2008. The main speakers of the event were Janab Ahmad Nawaz Sahib and Dr. Hamid Jahangiri Sahib. The guests were entertained to a sumptuous dinner before dispersion.

### **Tabligh by Nizam-ud-Dean of Masjid Noor, Suva, Fiji**

Dear Brother Ghufuran  
*Assalaam alaikum.*

Thank you for your latest email. I am from Fiji (an island in the Pacific) and I will try to help you locate our members in Karachi. I will get back to you once I can get their contacts so that you can discuss with them your questions and other matters that you may wish.

Our *Jamaat* is Ahmadiyya Anjuman Ishaat-i-Islam (Lahore) and our headquarters is in Lahore, Pakistan. Our work is to take the true message of Islam and the Holy Quran to all the people and to clear up the many misunderstandings about Islam, the Holy Quran and the Holy Prophet Muhammad (may peace and blessings of Allah be upon him), especially in the Western world. We also have the Holy Quran translated into many languages and distribute them free to the various countries. Our *Jamaat* has translated the Holy Quran into English, Urdu, Dutch, French, Spanish, Russian, Chinese, Japanese, Hindi, German, Indonesian, Arabic and we are working on translations into Turkish, Italian and Vietnamese at the moment. We have also produced a lot of literature, such as books, pamphlets and tracts, explaining Islam to the world and defending Islam from those who try to discredit it. We are a Muslim missionary society. We have branches in many parts of the world. And we regard the Holy Prophet Muhammad (may peace and blessings of Allah be upon him) as the last of all the prophets (*Khatamun Nabiyyin*) and no prophet, old or new, can now come after him.

[We request Br. Amir Aziz, General Secretary AAIL Lahore, Pakistan, to provide Br. Nizam-ud-Dean with the name of contact persons and the address of the AAIL Karachi branch, from where Br. Ghufuran can seek further guidance. – Editor].

### **Follow-up letter from Nizam-ud-Dean of Masjid Noor, Suva, Fiji**

My dear brother Ghufuran  
*Assalaam alaikum.*

I am still trying to get a contact for you in Karachi. *Insha Allah*, I should be able to do that soon so that you can get further correct information on true Ahmadiyyat.

Now, on the matter of Masroor Ahmad. My *Jamaat* has nothing to do with him. He is the leader of the Qadiani section. And he is NOT the 5<sup>th</sup> Imam or a Khailfa. He is just the leader of the Qadiani *Jamaat*, now known as Ahmadiyya Muslim Mission. His headquarters is located in UK. I have attached here a file which will tell you the differences between my *Jamaat* which is the Lahori group, and the Qadiani group. We are not Qadianis, we are **Lahori Ahmadees** and we are a totally separate *Jamaat*, and our headquarters is in Lahore. We believe that our beloved prophet, Muhammad *Rasul Allah* (peace and blessings of Allah be upon him) is the final prophet and no new or old prophet will ever come after him. Qadianis believe that prophets will continue to come. Our headquarters is located in Lahore and the address is

**Ahmadiyya Anjuman Lahore**

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New Garden Town  
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E-mail: centralanjuman@yahoo.com

Web: [aaiil.org](http://aaiil.org)

If you wish, you can contact our headquarters in Lahore for further information. They will be able to clear your questions and you can at least speak to them about the differences between our *Jamaat* and the Qadianis. The *Jamaat* which you say is located in Ghana is Qadiani, not ours.

If you wish to learn about our *Jamaat* and Quran and *Hadith*, please go to this site which belongs to my *Jamaat*:  
<http://www.aaiil.org>

I will try to get the Karachi contact for you soon.

**Amir Aziz to meet Ghufuran Khanjee in Karachi**

Dear Brother Ghufuran,

*Assalaam alaikum.*

I hope you are keeping well. You wished to have someone to talk to in Karachi about matters relating to Ahmadiyyat. Our *Jamaat's* General Secretary, Brother Amir Aziz, has offered to help you. Although he is in Lahore at the moment, he will soon be coming to Karachi for a visit and he will be able to meet you and discuss any matters you wish to discuss about Ahmadiyyat and our differences from the Qadianis. Brother Amir Aziz's contact is as follows:

Lahore Office Phone Number: 042-586-2956.

E-mail address: amirazizgs@gmail.com

Please give Brother Amir Aziz a call and he will be able to inform you when he will be visiting Karachi and where you could meet him.

Wassalaam, Nizam-ud-Dean

## **PRAYER & HEALTH NEWS**

### **Du'a from Roy Radjbali, Paramaribo, Suriname**

*Assalam-o-Alaikum W.R.W.B.*

We received your mail and we shall pray for *Dua-e-Shifa* for the seriously ill Miss Salma. May Allah have mercy on her and make her well soon. *Ameen.*

### **Condolences on the sad passing of the late Rashid Ahmad Marhoom**

Majeedkhan Abdul, President SIV & AAIIIL Representative for the Caribbean Region.

*Inna-lillahe-Wa-Inna-Elaihe-Rajum.* On behalf of my family, the board and all the members of the SIV, we would like to offer our heartfelt condolences to you and the *Jamaat* on the loss of brother Rasheed Ahmad Sahib. May Allah grant him a good place in His *Jannet-Ul-Firdaus* and give you and all His love ones strength and forbearance to overcome this great loss. *Ameen.*

*Ghaibana-e-Janaza* for the late brother Rasheed Ahmad sahib will be performed on June 27 in our Jama Masjid.

### **Mehboob Raza, General Secretary AAIIIL, Suva, Fiji**

We have received the news of Brother Rashid Ahmad's death with sorrow. *Inna Lillahe Wa Inna Ilehi Rejeoon.*

May Allah grant him a high place in *Jannat al-Firdos* and give *sabr* to his family members.

His long standing services for the *Jammat* are a source of inspiration for all of us. May Allah make us follow his footsteps so that we can also serve our *Jammat* with the best of our abilities.

Please convey our condolence to members of his family.

### **Condolences on the sad passing of the late Abdul Hameed Dada Marhoom**

#### **Shaukat A Ali, Coordinator, Pacific Region**

I am very deeply shocked and saddened to learn that our dear brother Abdul Hameed Dada sahib has left this world to meet his Maker. *Inna-lillahe wa inna Ilaihi rajioon.*

I have known Dada Sahib for many years and have great respect for his knowledge and courage. He was a great supporter of our activities. He had visited our *Jamaat* in Delhi and had stayed there for over two weeks to impart knowledge to our new members there. He conducted many *Dars-i-Quran* and delivered *Jumah Khutba*. Members were very highly impressed with his simplicity and the manner in which he imparted knowledge of Islam in general and Ahmadiyyat in particular.

He always came to me during the *Salana Duaiyya* and discussed about the *Jamaat* in Delhi and thanked me for the services I was providing in the region and for re-establishing the *Jamaat* in India.

His departure is no doubt an irreplaceable loss and he will be sorely missed.

Please convey our deepest sympathy and condolences to the bereaved family and to Hazrat Ameer and the members of the *Jamaat*.

May Allah *SWT* grant them strength, solace, comfort and *sabr* to bear this sad loss at this time of great anguish - *aameen*.

**Mehboob Raza, General Secretary, AAIIIL, Suva, Fiji**

We have received the news of the sad death of Abdul Hameed Dada sahib with sorrow and grief. *Inna Lilahi Wa Ina Ilahi Rajioon*.

Indeed he was a great scholar and was one of the most learned people of *Jammat*. He has been serving the *Jammat* for decades. His death has created a gap which is hard to bridge. His lectures and speeches were always full of knowledge and inspiration. Very few people can deliver speeches as fluently as he used to do.

May Allah the Almighty grant him a place among His chosen people and grant *sabr* to his family.

Please convey our condolence to all of his family members.”

**Abid Raza, President AAIIIL, NZ**

The month of June has not been the best for the *Jamaat* in that we have lost two stalwarts, Marhoom Abdul Hameed Dada Sahib the latest member who has been called to meet the Maker. *Allazeena Isa Aasabat Hum Museebatun Qaloo inna Lillahe wa Inna Elaihi Rajioon*.

May merciful Allah *Subhnatalla* grant the dear departed soul and high place in *Janatal Firdoos* and give *sabr* the to the rest of the bereaved family to bear this sad loss. *Ameen*.

## **QUESTION & ANSWER**

**Question** (from Shabir Baksh, Secretary AAIIIL, NZ):

Can you please advise me where can I find information on Prophet Muhammad's (*sws*) father? I have looked on the website but couldn't find any info.

**Answer** (by Dr. Zahid Aziz of the UK):

“Please see pages 28 to 30 of "Muhammad the Prophet" by Maulana Muhammad Ali. The link to this book is:

<http://www.aaiil.org/text/books/mali/muhammadtheprophet/muhammadtheprophet.pdf>

There may be some information in the renowned Urdu book *Sirat-un-Nabi* by Shibli Naumani, which is also available in English translation.”

## **SPECIAL FEATURE**

(Courtesy Dr. Zahid Aziz, Editor, *The Light*, UK Edition)

### **Misrepresentation of South Africa cases in *Nawa-i-Waqt* interview**

This is a short interview with a Maulana Mufti Zubair Bayat, introduced as President of the *Jami'at-ul-Ulama* of the Natal province in South Africa. The Maulana was interviewed by a *Nawa-i-Waqt* correspondent during the Maulana's visit to Makka where he was performing *Umra*. A question he was asked by the interviewer was: "How many Qadianis are there in South Africa, and what line of action are the Muslims there taking in order to defeat the mischief of Qadianiyyat?" The Maulana gave the following reply: "A few years ago, Muslims in South Africa instituted a court case against Qadianiyyat in the High Court. They made it clear that the Ahmadiyya community is not a sect of Islam but is a new religion. They have no connection with Muslims; in fact, the Qadianis are a non-Muslim group. The High Court of South Africa considered the beliefs of the Qadianis and, being sensitive to the feelings of the Muslims, it ruled in favour of Muslims by declaring the Qadianis as kafir. On the side of the Muslims, Ulama from Pakistan such as Maulana Manzoor Ahmad Chinioti and others played an important role. If today there are any Qadianis in South Africa, it must be an insignificant number." (Daily *Nawa-i-Waqt*, Lahore, 31st May 2008, p. 20, lower half of the page, column 3)

#### **Comments on above reply by Dr Zahid Aziz**

This Maulana is from South Africa and therefore cannot plead ignorance for his misstatements in this reply. While being on *Umra* in Makka, he has uttered a number of absolute untruths in his reply. Due to my involvement in our Cape Town court cases, **I know it for a fact** that the Maulana has made the following misrepresentations:

- 1. No "Qadiani"** was at all involved in any such court case in South Africa. In one case it was a member of the Lahore Ahmadiyya Movement and in the other case it was a Sunni imam who was being persecuted by the *ulama* because he regarded Ahmadis as Muslims. This was in the 1980s.
- 2. The "Muslims in South Africa" never** instituted any court case against any Ahmadi. Both court cases were instituted **against the Ulama**.
- 3. No court in South Africa has at all, ever, ruled that Ahmadis (or Qadianis for that matter) are kafir.** In fact, in the case that concluded in 1985 the court ruled that **Lahore Ahmadis, the plaintiffs, are Muslims**. The court ruled that the Ulama were defaming our members by calling them *kafir*, and it prohibited them from continuing this defamation.
- 4. The claim of the Maulana that "Muslims in South Africa" filed a suit is quite shameful** for the following further reasons. (a) The Ulama vigorously submitted to the court in 1984 that the court, being secular, was not qualified to determine who is a Muslim. (b) When the court ruled in favour of the Ahmadi plaintiff, the Pakistani Ulama and legal experts who had been helping the Ulama in South Africa published statements in Pakistani newspapers in November 1985 saying that "the judge was a biased Jew" and as "Qadianis are agents of Israel" therefore he ruled in their favour. But now history is turned on its head and we are told that the Ulama actually themselves asked the court to determine if Ahmadis are Muslims, and the court gave a ruling in favour of the Ulama. What happened to the "biased Jewish judge" story that was splashed in Pakistani newspapers in November 1985 by these *Ulama*?

I am prepared to make a statement sworn on the Holy Quran that the facts I have put forward above are true and within my personal knowledge. Is the Maulana prepared to swear on the Quran that his reply is true?

Zahid Aziz, 13th June 2008.

### **Editor's comments addressed to Dr. Zahid Aziz**

Your response is brilliant against the blatant lies of the *Ulama*. Did you send your rejoinder to *Nawai-Waqt* for publication? You may recall that in 1996 a group in the USA tried to spread some lies about the South Africa case and with your articles (both in Urdu and English), besides leaving hundreds of copies in local *masjids*, I did massive mailings to nearly a thousand organizations in the USA and Canada to correct their lies and distorted views. After that the mischievous organization, *Dawat-i-Idhara*, with headquarters in Virginia, was completely exposed. *Jazak Allah!*

## **ALL ABOUT US**

We will, *Inshaa Allah*, resume this segment in the August edition of *The HOPE Bulletin*. The series will start with the bio-Sketch of the venerable Dr. Basharat Ahmad Marhoom (may Allah be pleased with him), author of *Mujaddid-e-Azam*.

## **WHAT OUR READERS SAY**

### **Spiritual comfort from Abid Raza, President AAIIIL, NZ**

I have read your *Hope Bulletin* (which I anxiously look forward to) and can add that Allah *Subhanatalla* works in mysterious ways and cements our belief in the unseen. Your personal fortunes by way of divine assistance despite your ill health was able to attend the 100th year centenary celebration of Hazrat Mirza Sahib, finding lost document and assistance in your daughter's plight is a living example of Allah's reward for your unselfish and untiring efforts for the global *Jama'at*.

May Allah *Subhanatalla* grant you good health and strength to continue with your hearty and persistence endeavour in advancing the cause of Islam and Ahmadiyyat. Our prayers are with you.

### **Captain Abdus Salam Khan's alternative medicine for cancer treatment**

We are praying for the stricken child. May Allah grant her *Shifa'*.

*Soochi Booti*, a herb found in the hills off Chiniot (marketed by Dawakhanas as *Soochi Booti*) is said to have miraculous healing effects on certain types of cancer. Pl. pass this tip on to the mother of the child.

[We have passed on the information to Br. Azhar Mian for onward transmission to Salma's mother, Ms Parveen. Azhar Mian confirmed that he delivered the message. – *Editor*]

# **EDUCATION**

(Courtesy Dr. Khaliel Ghafuerkhan, Paramaribo, Suriname)

## **Enhancing Knowledge**

**After years of telling people chemotherapy is the only way to try and eliminate cancer, John Hopkins is finally starting to say there is an alternative way.**

1. Every person has cancer cells in the body. These cancer cells do not show up in the standard tests until they have multiplied to a few billion. When doctors tell cancer patients that there are no more cancer cells in their bodies after treatment, it just means the tests are unable to detect the cancer cells because they have not reached the detectable size.
2. Cancer cells occur between 6 to more than 10 times in a person's lifetime.
3. When the person's immune system is strong the cancer cells will be destroyed and prevented from multiplying and forming tumours.
4. When a person has cancer it indicates the person has multiple nutritional deficiencies. These could be due to genetic, environmental, food and lifestyle factors.
5. To overcome the multiple nutritional deficiencies, changing diet and including supplements will strengthen the immune system.
6. Chemotherapy involves poisoning the rapidly-growing cancer cells and also destroys rapidly-growing healthy cells in the bone marrow, gastrointestinal tract etc, and can cause organ damage, like liver, kidneys, heart, lungs etc.
7. Radiation, while destroying cancer cells, also burns, scars and damages healthy cells, tissues and organs.
8. Initial treatment with chemotherapy and radiation will often reduce tumour size. However, prolonged use of chemotherapy and radiation do not result in more tumour destruction.
9. When the body has too much toxic burden from chemotherapy and radiation the immune system is either compromised or destroyed, hence the person can succumb to various kinds of infections and complications.
10. Chemotherapy and radiation can cause cancer cells to mutate and become resistant and difficult to destroy. Surgery can also cause cancer cells to spread to other sites.
11. An effective way to battle cancer is to starve the cancer cells by not feeding it with the foods it needs to multiply. Cancer cells feed on:
  - a. Sugar is a cancer-feeder. By cutting off sugar it cuts off one important food supply to the cancer cells. Sugar substitutes like NutraSweet, Equal, Spoonful, etc are made with Aspartame and it is harmful. A better natural substitute would be Manuka honey or molasses but only in very small amounts. Table salt has a chemical added to make it white in colour. Better alternative is Bragg's amines or sea salt.
  - b. Milk causes the body to produce mucus, especially in the gastrointestinal tract. Cancer feeds on mucus. By cutting off milk and substituting with unsweetened soy milk cancer cells are being starved.

c. Cancer cells thrive in an acid environment. A meat-based diet is acidic and it is best to eat fish, and a little chicken rather than beef or pork. Meat also contains livestock antibiotics, growth hormones and parasites, which are all harmful, especially to people with cancer.

d. A diet made of 80% fresh vegetables and juice, whole grains, seeds, nuts and a little fruit help put the body into an alkaline environment. About 20% can be from cooked food including beans. Fresh vegetable juices provide live enzymes that are easily absorbed and reach down to cellular levels within 15 minutes to nourish and enhance growth of healthy cells. To obtain live enzymes for building healthy cells try and drink fresh vegetable juice (most vegetables including bean sprouts) and eat some raw vegetables 2 or 3 times a day. Enzymes are destroyed at temperatures of 104 degrees F (40 degrees C).

e. Avoid coffee, tea, and chocolate, which have high caffeine. Green tea is a better alternative and has cancer-fighting properties. Water – best to drink purified water, or filtered, to avoid known toxins and heavy metals in tap water. Distilled water is acidic, avoid it.

12. Meat protein is difficult to digest and requires a lot of digestive enzymes. Undigested meat remaining in the intestines become putrefied and leads to more toxic build-up.

13. Cancer cell walls have a tough protein covering. By refraining from or eating less meat it frees more enzymes to attack the protein walls of cancer cells and allows the body's killer cells to destroy the cancer cells.

14. Some supplements build up the immune system (IP6, Florescence, Jessica, anti-oxidants, vitamins, minerals, Eras etc.) to enable the body's own killer cells to destroy cancer cells. Other supplements like vitamin E are known to cause apoptosis, or programmed cell death, the body's normal method of disposing of damaged, unwanted, or unneeded cells.

15. Cancer is a disease of the mind, body, and spirit. A proactive and positive spirit will help the cancer warrior be a survivor. Anger, resentment, and bitterness put the body into a stressful and acidic environment. Learn to have a loving and forgiving spirit. Learn to relax and enjoy life.

16. Cancer cells cannot thrive in an oxygenated environment. Exercising daily, and deep breathing help to get more oxygen down to the cellular level. Oxygen therapy is another means employed to destroy cancer cells.

### **Cancer update from John Hopkins Hospital, USA**

1. No plastic containers in micro.
2. No water bottles in freezer.
3. No plastic wrap in microwave.

Johns Hopkins has recently sent this out in its newsletters. This information is being circulated at Walter Reed Army Medical Center as well.

Dioxin chemicals cause cancer, especially breast cancer.

Dioxins are highly poisonous to the cells of our bodies.

Don't freeze your plastic bottles with water in them as this releases dioxins from the plastic.

Recently, Dr. Edward Fujimoto, Wellness Program Manager at Castle Hospital, was on a TV program to explain this health hazard. He talked about dioxins and how bad they are for us. He said that we should not be heating our food in the microwave using plastic containers.

This especially applies to foods that contain fat. He said that the combination of fat, high heat, and plastics releases dioxin into the food and ultimately into the cells of the body. Instead, he recommends using glass, such as Corning Ware, Pyrex or ceramic containers for heating food. You get the same results, only without the dioxin. So such things as TV dinners, instant ramen and soups, etc., should be removed from the container and heated in something else.

Paper isn't bad but you don't know what is in the paper. It's just safer to use tempered glass, Corning Ware, etc. He reminded us that a while ago some of the fast food restaurants moved away from the foam containers to paper. The dioxin problem is one of the reasons.

Also, he pointed out that plastic wrap, such as Saran, is just as dangerous when placed over foods to be cooked in the microwave. As the food is nuked, the high heat causes poisonous toxins to actually melt out of the plastic wrap and drip into the food. Cover food with a paper towel instead.

## **LESSON OF THE DAY**

(Courtesy Shabir Baksh, AAAIL, NZ)

### **BONDING**

The father was kind of scared so he said to his little daughter, "Sweetheart, please hold my hand so that you don't fall into the river."

The little girl said, "No, Dad. You hold my hand."

"What's the difference?" asked the puzzled father.

"There's a big difference," replied the little girl. "If I hold your hand and something happens to me, chances are that I may let your hand go. But if you hold my hand, I know for sure that no matter what happens, you will never let my hand go."

In any relationship, the essence of trust is not in its bind, but in its bond. So hold the hand of the person who loves you rather than expecting them to hold yours...

## **HOPE Member Service**

### **Recipe of the Month**

#### **Fruit Salad**

(Serves 8)

#### **Ingredients**

- 1/2 cup lime juice
- 1/2 cup water
- 1/2 cup sugar
- 2 medium nectarines, thinly sliced
- 1 large firm banana, thinly sliced

- 1 pint blueberries
- 1 pint fresh strawberries, sliced
- 1 1/2 cups watermelon balls
- 1 cup green grapes
- 1 kiwifruit, peeled and chopped

### **Method of Preparation**

- In a bowl, combine the lime juice, water and sugar; stir until sugar is dissolved.
- Add nectarines and banana; toss to coat.
- In a bowl, combine the remaining fruits.
- Add nectarine mixture; stir gently.
- Cover and refrigerate for one hour.

Serve with a slotted spoon.

## **PHOTOGRAPHIC PRESENTATION**

If you think you have huge tension, look at them ...



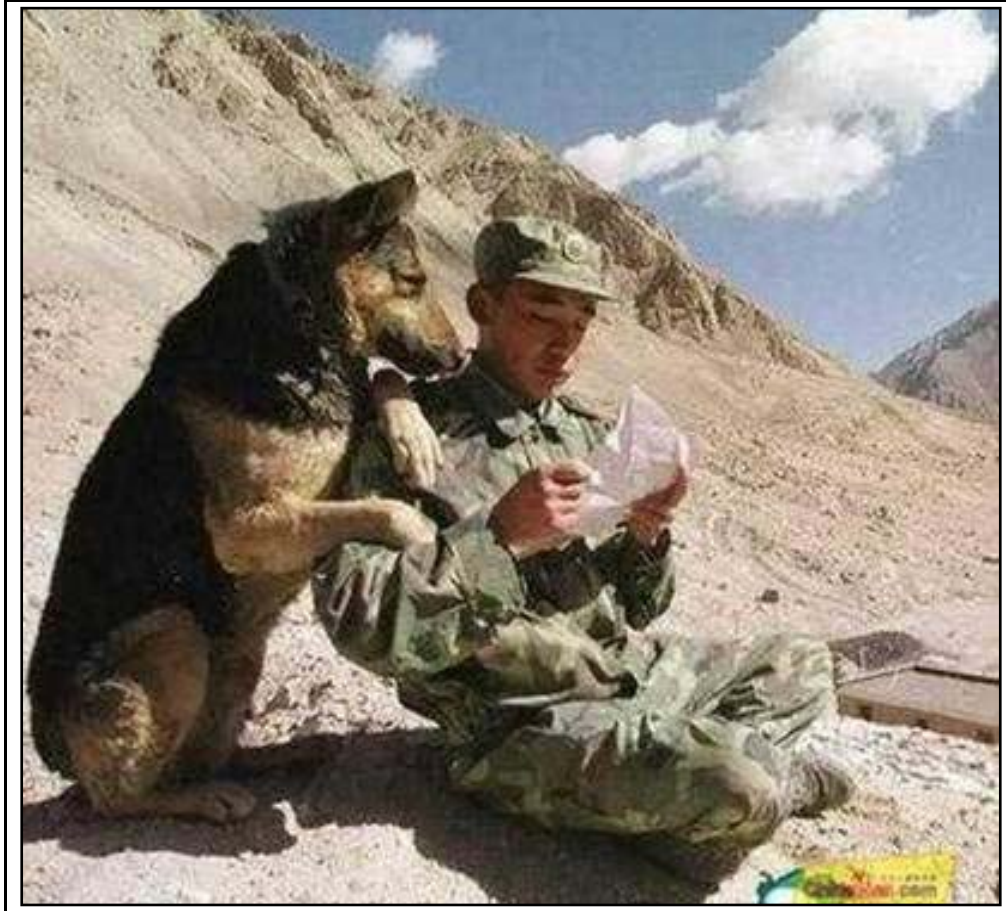
If you think your job is tough, how about him?



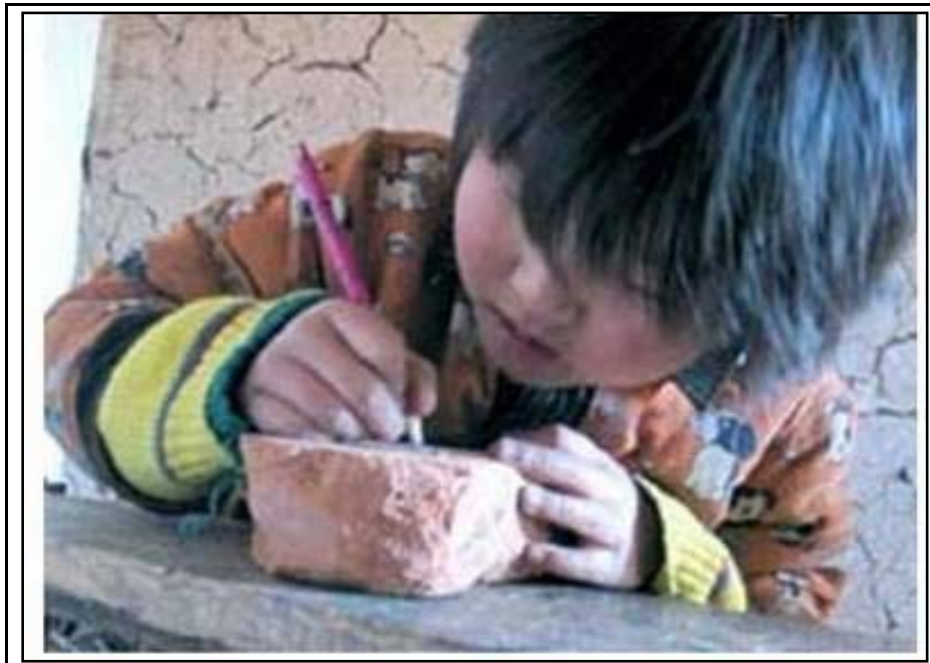
If you think your salary is low, how about her?



If you think you don't have many friends, ask yourself if you have one sincere friend.



You think study is a burden, how about her?



When you feel like giving up, think of this man.



If you think you suffer in life, do you suffer as much as he does?



If you complain about your transport system, how about them?



If your society is unfair to you, how about her?



Always be positive ...



## **ACKNOWLEDGEMENT**

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