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How to have a Safe Ramadhan

FOR MUSLIMS, the month of Ramadan is a time of fasting. Healthy people must abstain from food, drink, tobacco, and oral medicines during daylight hours. But fasting can play havoc with diabetes control, which rests on good hydration and a regular schedule of meals and medicines.

The Koran exempts people who are pregnant or sick— including people with diabetes— from fasting, particularly if fasting could harm them. However, research has shown that most Muslims with diabetes fast anyway—and many become ill as a result. For this reason, in the September 2005 issue of *Diabetes Care*, an American Diabetes Association workgroup released recommendations for managing diabetes during Ramadan. The document lists four major risks of fasting if you have diabetes:

- Your blood glucose levels can fall dangerously low.
- Your blood glucose levels can rise dangerously high.
- You can get ketoacidosis, in which lack of insulin, high blood glucose levels, and/or dehydration allow the build-up of poisonous ketones in your blood.
- You can become dehydrated and then develop blood clots or faint and hurt yourself.

Fasting is *always* risky for people with type 1 diabetes or diabetic kidney disease. The risk for people with type 2 diabetes ranges from small to very high, depending on their treatment, glucose control, other health problems, and other factors.

Discuss with your religious leader whether you should fast. If you choose to fast, then talk to your diabetes team a month before Ramadan about your risks and how to fast as safely as possible. If you take insulin, you will likely need to change the type of insulin you use, along with dosage and timing of your insulin injections. You may also have to make adjustments with your diabetes pills, high blood pressure pills, and other medicines. Discuss blood glucose testing, exercise, and meal planning with your diabetes team as well. A well-thought-out Ramadan plan will make health emergencies less likely.

The ADA workgroup recommended these precautions if you fast:

- Check your blood glucose level several times a day during Ramadan. Ask your doctor what levels require you to break your fast.
 - Eat a healthy, balanced diet during your predawn meal (Suhur) and after-sunset meal (Iftar). Don't follow the common practice of eating rich, high-calorie foods during Iftar.
 - Eat Sihori as late as possible.
 - Drink extra fluids during the *nighttime hours*
 - Continue your regular exercise program
 - Don't fast if you are sick
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Thought of the Day

In Life, an opportunity knocks only once form some in life; for others it simply never knocks

There is one common gain and one common loss for all Muslims. (Remember the Prophet's hadith that all Muslims are like a body.) One Prophet (PBUH) for all and one Imam for all. One Ka'aba, one Allah and one Qura'an for all

How great it would be if Muslims also were one!

Let us pray to Allah to unite our hearts in the path of Islam. It is Allah's promise that if we do that, then we will regain our dignity, power, and glory. And Allah does not break His promise.

Revised ADDRESS BOOK

A new drive is being launched by the main body to update our address book. Forms will be handed out for you to fill in your postal & contact details. Forms which are not returned will not be included. To request a form by email Contact Mr Noordin Vanat (noordin@hotmail.co.uk)

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Khass Baat

Leicester Committee News:

Final drawings for building control outlining the details have been submitted to the Council for approval. Drawings have been posted on the walls.

The Committee has held talks with Janab Mohammedbhai Sarangpurwalla with regards to using his services over the month of Ramadan until Idd day.

The Committee is looking into the hiring of the hall with some changes being introduced.

PLEASE NOTE that the maximum capacity is 160. Hirer should make additional provisions to accommodate more.

Calculations for gift aid have been worked out but I will require your signatures on Gift Aid forms which I will be handing out soon.

Sila Fitra Forms will be distributed during Ramadhan, some will be sent out via emails, please make sure they are all returned ASAP to Treasurer with the right payments.

2006 / 2007 Subscription fees are now due

Ramadhan Timetable

I shall be publishing a list of all the dates & timings of the important nights of the month of Ramadhan Please try & make every effort to attend daily prayers & Qura'an Khwani, where changes to programs will be announced.

Jokes

HIJACK A PLANE AND WIN A COUNCIL HOUSE

"Good morning and welcome to a brand new edition of 'ASYLUM'. Today's program features another chance to take part in our exciting competition".

Hijack an airliner and win a council house!

We've already given away hundreds of millions of pounds and thousands of dream homes, courtesy of our sponsor - the British Taxpayer.

And don't forget, we're now the fastest growing game on the planet. Anyone can play, provided they don't already hold a valid British passport, and you only need one word of English: 'ASYLUM'

Prizes include all-expenses-paid accommodation, cash benefits starting at £180 a week and a chance to earn thousands more begging, mugging and accosting drivers at traffic lights. This competition is open to everyone buying a ticket or stowing away on one of our partner airlines, ferry companies or Euro star. No application ever refused reasonable or unreasonable. All you have to do is destroy all your papers and remember the magic password: 'ASYLUM'.

Only this week 140 members of the Taliban family from Afghanistan were flown Goat Class from Kabul to our international gateway at Stansted where local law enforcement officers were on hand to fast-track them to their luxury £200-a-night rooms in the fabulous four star Hilton Hotel. They join tens of thousands of other lucky winners already staying in hotels all over Britain.

Our most popular destinations also include the White Cliffs of Dover and the world famous Toddington Services area In Historic Bedfordshire. If you still don't understand the rules, don't forget there's no need to phone a friend or ask the audience, just apply for legal aid. Hundreds of lawyers, social workers and counsellors are waiting to help. It won't cost you a penny, so play today; it could change your life forever. Iraqi terrorists, Afghan dissidents, Albanian gangsters, pro-Pinochet activists, anti-Pinochet activists, Kosovan drug-smugglers, Tamil tigers, bogus Bosnians, Rwandan mass murderers, Somali guerrillas...COME ON DOWN!

Get along to the airport, get along to the lorry park, get along to the ferry terminal. Don't stop in Germany or France. Go straight to Britain. And you are guaranteed to be one of tens of thousands of lucky winners in the softest game on earth. Roll up; roll up my friends for the game that never ends.

Everyone's a winner, when they play 'ASYLUM'.

આપણા આકા મોલા સૈયદના મોહમદ બુરહાનુદ્દીન સાહેબ દાઉદી વ્હોરા કોમના સાધારણ અને ગરીબ મોમીનો માટે ઘણી સ્કીમથી મદદ કરવાના કામો કરી રહ્યા છે. પરંતુ વહીવટ કર્તાઓ સાચા હકદારોને લાભ આપતા નથી. તેના ઘણા કિસ્સાઓ બહાર આવેલ છે. હમણા છેલ્લા બે વર્ષથી આકા મોલાએ મોમીના મકાનો બનાવવા માટે ૨૭ ત્યાર પછી ૩૦ કરોડ જાહેર કર્યા છે. આ સ્કીમ પ્રમાણે ૩૩% અરજદારને કાઢવાના હોય છે. ૩૩% કરજે હસના આપે અને ૩૩% આકા મોલા ફી આપવાના છે. પરંતુ કેટલાક એવા મોમીનો છે. કે જે ભયંકર ગરીબી રેખા નીચે જીવે છે. મજૂરી અને નોકરી કરે છે. નાની-નાની ઓરડીઓમાં ભાડે રહે છે. આવા મોમીનો માટે બિલકુલ ફી મકાન બનાવી દેવાની યોજના થવી જોઈએ તોજ સાચા હકદારોને લાભ મળશે

ઘણા એવા મોમીનો નાના-નાના ગામડાઓમાં વસે છે. જ્યાં ૧ થી ૬ ઘર છે. આ ગામડાઓમાં પોતે મજૂરી કરી તેમનું ગુજરાન ચલાવે છે. ઘરમાં સારી ઘર વકરી પણ નથી હોતી મકાનો પણ સાધારણ સ્થિતી માં દેશી નળીયાવાળા મકાનોમાં જીવન વીતાવે છે. આ લોકોને આકા મોલાની સ્કીમનો લાભ મળતો નથી. આવા નાના શહેરો તથા ગામડાઓ જેવા કે અમરેલી, સાવરકુંડલા, ગાધકડા, જેસર ગુંદરણી, ખાંભા, સરસીયા, દેવળા, રાજુલા, મીઠાપુર, હણોલ, મોટા દડવા, કોટડા પીઠા વિગેરે ગામડાઓમાં તપાસ કરી મોમીનોની હાલત જોઈ અને મદદ કરવી જોઈએ. અને તેઓને સારા મકાનો બનાવી આપી સાચા હકદારોને લાભ મળવો જોઈએ.

બીજું સૌરાષ્ટ્રમાં ઘણા ઈલાકાના આમીલ સાહેબો ગરીબ મોમીનો સાથે સારું વર્તન કરતા નથી મચ્ચતની પણ હુરમત રાખતા નથી. જેને ત્યાં મચ્ચત થયું હોય તેવા સમયે સલામની આશા રાખે છે. અને તાજીયતદારોને સામેથી આમીલ સાહેબ પાસે તાજીયત લેવા જાવી પડે છે. આ કેટલે અંશે વ્યાજબી છે. ?

સૌરાષ્ટ્રમાં ઘણા ગરીબ વ્હોરા બહેનો ખેરાત તથા સદકો પણ લઈ લે છે. વાસણ માંજવા જાય છે. આ કેલે અંશે વ્યાજબી છે. એક નાનકડા શહેરમાં આ બધી સાચી માહિતીઓ છુપાયેલી છે. તે સમય આવે દરેક હકીકત બહાર આવશે.

આપણા આકા મોલાની દિલી ઉમ્મીદ છે કે બાવનમાં જમાનમાં કોઈપણ મોમીન રોજી-રોજગાર વગરના ન રહે, મકાન વગરના ન રહે પરંતુ વહીવટ કર્તાઓ આ બાબત સાચો પ્રમાણીક અમલ કરે તોજ આનો ખરા હકદારોને લાભ મળશે. માટે ખુશામત ખોરોથી દુર રહો અને ખીદમત ગુજારોથી નજીક રહો.

પાક પરવરદિગાર કોઈપણ મોમીનોને ખુદા સીવાય કોઈના મોહતાજ ન રાખે તેવી દિલી દુવા સાથે...
એક હમદદ મોમીન ભાઈ