



## Charity Walk, 26th April, Lake Hyland



In celebration of UMSLV turning two years old, the UMSLV committee and members of the community put their running shoes on to help raise funds for the Starlight Children's Foundation. Starlight Foundation has been chosen as the charity as they do a wonderful job of making sick children feel better.

Community members banded together in the freezing rain and walked or jogged around Lake Hyland in Churchill. One of UMSLV's objectives is to promote a healthy lifestyle so walking was the perfect way to help raise funds yet still be active and get the blood flowing. It is also important to socialise without technological distractions which occur far too frequently in our daily lives. After a few walks/jogs of the lake, all volunteers then enjoyed a light morning tea after their exercise. Children also made bookmarks for the same cause and they were available to purchase as attendees mingled over the delicious brunch. The total funds raised for the day was \$248, which was donated directly to the foundation. This was especially important because Hayaan Ahmed, a community member, was in hospital and received Starlight assistance at times. There were also fun activities for the children, with the CFA providing the smoke house so the children learnt about staying low in fires. The CFA also provided information to community members on fire awareness, dangers around the house and how to avoid fires starting in the first place. All in all, the day was a success and a memorable day to celebrate two years of 'believing, inspiring and celebrating.' - Sarah Price



For those who are interested in seeing what gets done in the Starlight Express rooms to see the wonderful work being done, please visit Starlight Children's Foundation website.

There are lots of interesting and fun information about their hospital programs on their website, including podcasts produced by Captain Starlight.

Website: <https://starlight.org.au/>

Podcasts:

<http://vimeopro.com/captaintimewow/starlightau>

**UMSLV**  
TURNS TWO!



## Scarves Story Event, 4th June , Coal Creek

UMSLV often organises events to foster social integration, not for the purpose of preaching or proselytising, but to provide opportunities for both muslims and members of the wider society to develop an understanding of each other's cultures and to foster mutual respect.

UMSLV was approached by a group of women representing various organisations to help organise an event to show Australian women's support to Muslim women, given the current global climate. So together we organised an Understanding Scarves event in November 2014. This event was about creating an awareness of Muslim women and their culture, by providing a safe space for women from the wider community to ask all their burning questions. The contribution of the muslim women from the community was invaluable!

Based on the success of this event, Mr. Murray Lobley and Mr. Graham Diederick from the Interfaith Steering Committee of Gippsland Ethnic Communities Council approached UMSLV to do a similar event in Korumbarra. We presented the Scarves Story Event on 4 June at Coal Creek. GECC organised a bus to transport some of the muslim women from the community to the event.

A lady who attended said that they would not have had the opportunity to socialise with muslim women had they not attended the event, and it was lovely!



## SCARVES STORY

Coalcreek, South Gippsland



*"This really sums up the day for me as an opportunity to share, listen, understand and learn from each other, to respect our differences and it enabled us to have this time together. After the presentations it was good to be able to help each other with the putting on of scarves....one lady was a hesitant however with a little encouragement joined in. Just a lovely atmosphere. I am very grateful to have had the opportunity to be part of this event, 'The Scarves Story'. A sincere 'thank you' to all involved."*

*Johanna, GECC representative*



Sarah did a presentation on why women in Islam wear the headscarf. She spoke about Islam as a way of life and covered the issue on modesty. Her contemporary presentation included information on hijabi bloggers and World Hijab Day!



As a journalism student, Sarah thought of Islam as oppressive so she set off to Malaysia to interview muslim women. She spoke with women who wore the headscarf and those who did not. Growing up in a small country town in Australia, she was not exposed to Islam. She had certain misconceptions of Islam and particularly the status of women in Islam. She was presently surprised to find that not only did muslim women have rights but that these rights were legally given to them before the west did. Muslim women had careers and led normal lives. About a year later after returning to Australia she reverted to Islam.

The ladies who attended the event seemed to enjoy listening to Sarah's scarf story and felt enlightened about certain misconceptions that they had. -Khatija Halabi.

## A Revolutionary Healthy Lifestyle Approach

---

Like a lot of cultural groups we love our food. Food is what bring communities together and sharing meals is what we do at all our social gatherings and events. As part of our objective of promoting healthy lifestyles, UMSLV feels it is important for community groups to think of the effect the foods we consume has on our health; and to look at the relationship between nutrition and physical activity.

With this in mind we organised a public education forum on A Revolutionary Approach to a Healthy Lifestyle that was presented by Mohammed Habib Noorbhai, a biokineticist from South Africa at the Latrobe Community Health Services training room on Monday 30 March. Habib challenged the way we have been taught about nutrition, physical activity, exercise & health. Habib is a lecturer at Cape Peninsula University, a Phd student and founder & director of Biokinetic Humanitarian Project.



The main concepts under discussion were: the correlation between physical activity and weight loss and obesity; the science behind burning fat for energy and insulin regulation and hence the rationale behind low carb healthy fats diets; the influence of modern era technology on our health; and the power of mind behind health.

The presentation was aimed at professional athletes/sportsmen and women, service providers, allied health professionals and general members of the public who wanted to take positive steps to promoting their

health and wellbeing. People who have tried to lose weight by watching what they eat and exercising but were still not successful were also welcome to listen to what they could do differently.

Children did a craft activity on healthy and unhealthy foods in the adjoining room while their parents attended the presentation. Thank you sister Zeinab for keeping the children busy.

For an interesting read on insulin resistance and the benefit of fasting please refer to the article on this link <http://burnfatnotsugar.com/intermittent-fasting.html>

## Meeting with Mayor Dale Harriman



A meeting was held on the 7<sup>th</sup> May between CALD community members and Latrobe City CEO Mayor Dale Harriman at the Gippsland Multicultural Services (GMS) community room. This meeting which was organized by GMS was also joined by Councillor Kellie O'Callaghan, Inspector Dean Thomas and Sergeant Ben McWilliams. Among the community members were representatives from GAMCI and UMSLV. Members of the meeting discussed current issues, concerns and shared experiences with one another.

The atmosphere was positive as people engaged in discussion to strengthen community relations.

<http://www.latrobevalleyexpress.com.au/story/3081955/improving-cultural-understanding>

- Ida Azhari

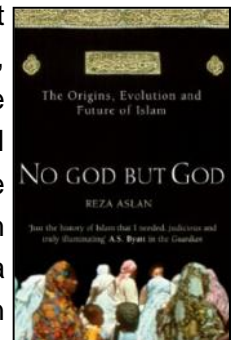


## Book Corner



### **Book review: No God But God: The Origins, Evolutions and Future of Islam by Reza Aslan**

This captivating book that is based on historical and religious research is beautifully written by an internationally acclaimed scholar Reza Aslan. He took the readers to more than 1,400 years ago and painted the landscape, explained the political, social and economical environments of the pre-Islamic Arabia, and how these factors together with the revelations of Holy Quran, affected the Prophet Muhammad's decisions and strategies. The book moves from the time of the Prophet Muhammad's to his successors' and making its way finally to the Islam of present time, touching on issues such as Shi'ism, Sufism and the quest for Islamic democracy. There were many 'Aahh' moments for me when I read the book as I understand more of what I thought I knew. It is obvious that much effort and thought have been put in this book. The author not only supported this work with references from the Holy Quran, but with abundant findings from other scholars which he quoted from time to time in the book in a smooth flow. I recommend others to read this book, as one of many materials that can make us understand and appreciate more about Islam, about humanity, and about ourselves. -Ida Azhari



## Quiz question

What was the name of the angel who came to prophet Muhammad, sall-Allahahu alayhi wasallam in the Cave of Hira?

1. Angel Israfeel
2. Angel Miqael
3. Angel Jibreel

Please sms your answer to Teacher Zeinab on 0411800892

The quiz question in the previous newsletter was *what is the first month of the Islamic calendar?*

The answer is Muharram. Congratulations to:

Maisarah , Maharen,  
Mohammed, Yassin, Nousaiba,  
Hashem, and Mawadda for getting  
the answer correct.



## Community News



### School Holiday Activities

#### Kids Cooking Class

June 29th, Monday

10.30am-12.30noon

GMS Community Room, Morwell

#### Kids Craft Class

July 2nd, Thursday

2-3pm

GMS Community Room,  
Morwell

3 Bedroom house for rent!  
Hawthorn Crescent, Churchill  
\$200 per week  
For more information,  
please contact:  
Nafisa 0421 778 629



Alhamdulillah! ❤️

### Good news!!

Hayyan Ahmed is back home and is recovering well!

Thank you for your duas :)



On UMSLV's second birthday, I'd like to thank its past and present committee members for their sincerity and dedication. They use their individual strengths with enthusiasm to put together a variety of exciting initiatives for the greater benefit of the community.

As Sh. Umar from Melbourne Medina says

***"You are not just volunteers, you are investors. You put in your time and effort and Allah SWT invests in it by multiplying it."***

Thank you to the Muslim community and the wider community for your continued support.  
-Khatija Halabi





**EDITOR:  
KHATIJA HALABI**

**CONTRIBUTORS:  
IDA AZHARI  
SARAH PRICE  
ZEINAB BADREDDINE**

Having a celebration for Eid-ul-fitr is important because it brings the community together and it gives us all the spirit of Eid. MUIS has done very well over the years organising Eid morning prayer and dinner. Eid is our two biggest religious celebrations and we are very thankful to MUIS and the University for the role they play in facilitating these celebrations.

Eid night is always special. Everyone has the opportunity to dress up and get together. MUIS and the community have always done well to keep that tradition alive. An Eid festival has a very different feel to it and it is not just the children who are relaxed and become playful as was evident last year.

This year UMSLV has looked at a number of options to hold a different type of Eid celebration bearing in mind the weather and other factors. We have found a venue that has indoor function and playrooms as well as outdoor areas; activities to suit everyone from toddlers to adults; enough parking for our community and a kitchen space. We have found that Parky's Fun Park in Traralgon will suit our requirements. This Eid Celebration event will be held on Sunday 2 August.

This event would have costed between \$25 and \$35 per person from the age of 2 years! UMSLV has been organising sponsorship and donations to significantly reduce the cost to families. We have been humbled by the generosity of the individuals and local businesses who have supported this community event.

-Khatija Halabi

Please remember to



when no longer using  
this newsletter

### Note from Zenwealth Financial Planning

Zenwealth Financial Planning is a new business that caters for the financial planning and tax needs of the small business, professionals like doctors, dentists and other professionals as well as traders and individuals.

Unlike many other financial planners, we cater for the needs of Islamic community by providing the opportunity to have their funds and super funds invested in halal products at the same time the investments comply with the relevant legislations.

If you or members and families of your association have a need for any investment, financial planning and tax advice, we would be happy to hear from you. When making your appointment please let them know you have been referred by UMSLV. The initial consultation is free of charge.