



Call to the Light



MU'AZZIN

22ND RABI-UL-AKHIR 1428

Newsletter No.35

10TH MAY 2007

Important dates

21st May – Islamic Book Fair Starts
 22nd May – International Biodiversity Day
 25th May – Islamic Book Fair Ends

Hadith of the week

Virtues of Quran

Compiled by: Hafiz Ahmed Abdella



“Will not any of you go to the masjid and learn or read two verses from the Book of Allah? (For) that is better for him than two she-camels, and three (verses) are better for him than three (she-camels), and four (verses) are better for him than four (she-camels). And the number (of verses read in total) is better than the same number of camels.”

[Muslim]

Discourses on Islamic Way of Life

The benefits of leading our lives according to Deen

Dear readers, Assalam-o-Alaikum!

We have already discussed in previous issues of 'Al-Muazzin' that the foundation of success and happiness is the deen of Allah. We shall now put before you, another benefit of leading ones' life according to the deen.

8. Allah (SWT) will enlighten his heart and his face with such a *noor* (light), that common people would be able to observe it. Like the *noor* on the faces of Sualiheen is observed by everyone.

As Allah (SWT) has said,

“Is he whose breast Allah has opened to Islam, so that he is in light from his Lord (as he who is unlike him)? ...”

[Surah 39:22]

The same light shall be taken by him to his *qabr* (grave). His *qabr* would be radiant with this light. And remember that *qabr* has no light; but for that what he takes with him from here. Then he shall be resurrected with the same light on the Day of Accountability. And he will cross the Bridge of *Sirat*, under the same light.

As Allah (SWT) has said,

“On the Day you shall see the believing men and the believing women – their light running forward before them and by their right hands. Glad tidings for you this Day! Gardens under which rivers flow (Paradise), to dwell therein forever! Truly, this is the great success!”

[Surah 57:12]

We all should try to attain this *noori Iman* & *Taqwa*.**To be continued...****Mufi Obaidur Rahman**

Translated by S M

Islamic Book Fair

Sr S Niazmand

The DUCV Annual Islamic Book Fair will be held from the 21st (Mon) to 25th (Fri) May. All students will visit the book display.

All students will get an opportunity to visit the book display and can make their choices there or at home in consultation with their parents. Parents will also be given time to come and see the display.

Watch this space next week, for more details of this informative event.

Sports Sessions

Br M Baloch

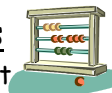
The sports sessions that have been organised in the school are a total success and the boys have involved themselves with much enthusiasm. It is hoped that all students will barrack for their team. Teams have been organised with students from different classes in each team, thus skills have been evenly spread, and it even develops a bond of brotherhood between classes. So far soccer matches have been organised on the oval adjacent to the school. InshaAllah there would be more matches involving other sports later in the year.



Tips for the Parents of young students

Mrs B Yesilyurt

Early Years Department



Here are some hints to motivate young students to learn and enjoy mathematics.

Games are a wonderful way of assisting children to develop their skills in both literacy and numeracy. They provide a special time for the family and friends to have fun together.

When children play games they are using many literacy and numeracy skills. For instance:

- In board games children are counting, adding, using one-to-one correspondence, talking about a range of strategies they could use, reading directions, estimating costs involved
- In card games children are using visual clues to identify the cards, recognising the similarities and differences between the cards, comparing the value of cards, thinking and talking about a range of strategies to play the game
- In computer games children are reading directions, estimating how long tasks will take, identifying patterns and choosing pathways
- In strategy games (such as noughts and crosses, Connect 4, Battleships...) children are reading and following directions, thinking mathematically,

identifying patterns.

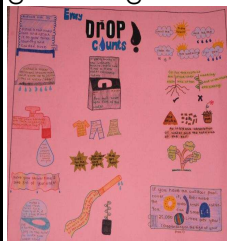
When playing games with your children, talk about the strategies you are using - say why you decided to use a certain strategy rather than others. Occasionally encourage your children to consider different options when they are playing and to talk about what they are doing. Above all have fun!

Grade 8A girls are Water Savvy

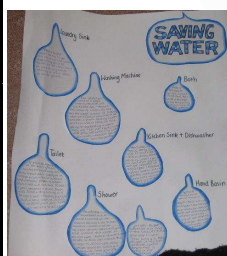


Grade 8A girls have completed a Maths Project, where they researched and learnt some important facts about our Water Consumption.

- * If you have a shower for 3 minutes every day twice a day, in a year you would have used up 10950 litres.
- * In a year, you would save 12045 litres by using the AAA shower head.
- * Turn off the tap when brushing your teeth because this can save 4000 litres of water a year if you brush your teeth for 3 minutes. Instead you can rinse your mouth using a cup of water.
- * When you're buying new appliances remember to look for the water efficiency stars. The more stars the more water efficient it is.
- * Half your shower time because you can save 8% of the water you normally use.
- * Check the weather forecast before you water your plants. If there's rain, let it do the watering for you.
- * When you are watering, aim for the roots of the plants, not the leaves.
- * The water usage amount of the average household is as follows:
 - 54000 litres per year in the toilet
 - 94500 litres per year in the garden beds and lawns
 - 54000 litres per year in the bathroom
 - 40500 litres per year in the laundry
 - 27000 litres per year in the kitchen
- * The water restrictions in Melbourne began at such a high level because the population is increasing by at least 1.5 million in the next 40 years. With that population increase the water consumption is increasing 4 times as much as the population.
- * Never put water down the drain when there may be another use for it such as watering the plants or gardening or cleaning.



Gr 8 girls also displayed their research in the project through some crafty posters.



* Make sure your home is leak-free, because many homes have hidden water leaks. Read your water meter before and after a 2-hour period when no water is being used. If the meter does not read exactly the same, there is a leak.

* Don't use running water to thaw meat or other frozen foods. Defrost food over night in the refrigerator or by using the defrost setting on your microwave.

The Cholesterol Story

Part 2 of a remarkable 2 part series

Dr S. Ansari

Science Department



Good Fats Bad Fats - Most cholesterol is manufactured in the liver from fats in our diet. The liver makes cholesterol and attaches it to carrier molecules made of fat and protein called lipoproteins. There are two major types of these 'carrier' lipoproteins – low-density lipoprotein (LDL) and high-density lipoprotein (HDL). LDL is the major carrier of cholesterol from the liver to the rest of the body. When cholesterol levels are excessive, LDL deposits cholesterol onto the arteries causing the damage. HDL, on the other hand, mops up cholesterol from the bloodstream and takes it back to the liver. So it reduces cholesterol, and lessens the chance of it being deposited in the arteries. HDL cholesterol is sometimes called 'good cholesterol' and LDL cholesterol 'bad cholesterol'. The more HDL you and have and the less LDL – that is, the higher the ratio of HDL to LDL – the lower your risk of artery disease.

How much LDL and HDL we have in our blood is influenced by the types of fats we eat. Biochemists divide fats in our diets into different types, according to their chemical composition. They talk about saturated, monounsaturated and polyunsaturated fats. These terms refer to the differences in the numbers of hydrogen atoms in the fat molecules. Eating a lot of saturated fat tends to elevate the levels of LDL in the blood, so these kinds of fats are often called 'bad fats'. Foods high in saturated fats include full fat dairy products, processed meats like salami and sausages, snack foods like chips, takeaway foods (especially deep fried foods), cakes, biscuits and pastries, coconut oil and palm oil. If you want to avoid artery disease, stay away from these foods.

Eating monounsaturated or polyunsaturated fats, on the other hand, tends to increase the levels of HDL. And HDL reduces cholesterol in the blood, so these fats are called 'good fats'. Eating these will reduce your risk of artery disease. Foods high in monounsaturated fats include olive oil, canola oil, avocados and most nuts. Foods high in polyunsaturated fats include oils of seeds and grains, such as sunflower, safflower, corn, soybeans and walnuts.

THE END

Did you know? About half of all adult Australians have elevated blood cholesterol.

Whole Quran memorised at the age of 82

An Interview with Umm Saalih, (Part: 2)
A Grandmother Who Completed Memorizing the Quraan at Eighty-Two



Compiled by: Hafiz A. Abdella

Q1: What was the reason that drove you to memorize the Quraan after so many years?'

She said, "I always hoped to memorize the Qur'aan from the time I was young. My father always used to invoke Allah for me to become one of the memorizers of the Qur'aan, like himself and like the elder brothers of my family who memorized it. So I memorized in the beginning about three parts and then after I completed the age of thirteen, I got married and became busy with the household and the children. After I had seven children, my husband died. They (the children) were all young so I took the time to raise them and educate them, and then after they grew up and got married, I had more time for myself. Therefore, the first thing I directed myself to focus upon was the Qur'aan.

Q2: "Tell us about your journey with the Noble Qur'aan."

She said, "My younger daughter was going to high school and she was the closest of my children to me and the most beloved, because she stayed with me after her older sisters got married and got busy with their lives, and because she was a quiet girl, upright, loving and good. In addition, she was interested in learning the Noble Qur'aan, and her teachers encouraged her.

Furthermore, she was very enthusiastic and always told me of many women who were driven by this great motivation to memorize the Qur'aan, and this is where I started."

To be continued...

Story of the Week



Al-Muazzin will now run a series of accounts of the lives of Sahaba. They are not mere stories, they tell us of the lives of those people, who sacrificed everything they had... life, wealth for the sake of this Deen. May Allah (SWT) give us the *tawfeeq* and resolve to emulate His Prophet ﷺ & the Sahaba (R.A).

Lives of Sahaba: Bilal (Radhi Allahu Anhu) Part 1-3

Bilal (R.A) originally was a black slave from Ethiopia, belonging to Umayyah ibn Khalaf tribe.

It was said that Bilal (R.A) was a tall thin man, and slightly hump-backed. He had thick grayish hair. He moved about silently — never spoke unless somebody talk to him.

Bilal (R.A) was restrained by the class system; a slave in the hands of the most harsh tribe of Bani Jumuh and under the scourge of one of the dirtiest polytheistic elements of the Age of Ignorance - Umayyah son of Rhalaf.

However, what makes his personality most clear and presents him as a model of virtue during the course of history and for all times to come, and lends him greatness, is his true, revolutionary, and unwavering faith. It is a psychological miracle that a person who is an illiterate slave of about twenty years old and has

been brought up in the most deplorable system of values and has become habituated to it, should completely reform himself in the shortest possible time and display an exact effect of this reformation in spite of the severest spiritual and corporal torture.

Bilal (R.A) started to hear people talking about Prophet Mohammad ﷺ, especially In the discussions between his master and guests. Soon he felt drawn and knew that his only resolution is to embrace the religion of justice and dignity, Islam, and so he did. He would listen to Abu Bakr (R.A), another companion of Prophet Mohammad ﷺ calling to Islam, and gradually he found his heart strongly attached to this religion, He went with Abu Bakr (R.A) to the Prophet ﷺ, and declared his submission to Islam. He was the seventh person to embrace Islam. Abu Bakr (R.A) and others of the same tribal status were safe from harm by the Quraysh tribe, which was very much against Islam and a great enemy to Prophet Mohammed ﷺ. However, the anger of the disbelievers fell upon the Muslims who had no tribe to defend them. Umayyah ibn Khalaf used to force Bilal (R.A) (after embracing Islam) to go outside in the morning of a very hot day, wearing a suit of armour where he would then throw him face down in the sand and leave him to bake in the sun. He would not return except to turn him on his back.

To be continued...

Mosques of the World

Taiwan

The **Taipei Grand Mosque** (Chinese: 臺北清真大寺;

Hanyu Pinyin: Táiběi Qīngzhēn Dàsì) is the largest and most famous mosque in Taiwan with a total area of 2,747 square meters. Located in the Daan district of Taipei City, it is Taiwan's most important Islamic structure and was registered as a historic landmark on June 26, 1999 by the Taipei City Government.



The construction of the mosque was completed in 1960. It features an expansive prayer hall with a height and width of 15 meters. Facilities include a reception hall, prayer hall, offices, a library, ablution hall. Muslims both foreign and local gather at the mosque on Fridays.

In 1971 the mosque was visited by the late King Faisal of Saudi Arabia.



SOSE Department

No submissions since the beginning of this year.

Healthy Eating Schools...

Drinks for Kids

Compiled by: Mrs Bahruddin

There are many opinions regarding the best beverage choice for your child, whether it be water, milk or 100% fruit juice. However, nutritionists across the globe all agree that water should always be your first choice when selecting a thirst quenching drink. Why?? There are many benefits to drinking water including:

- It does not cause dental caries
- It is thirst quenching
- It has no energy or kilojoules and no caffeine
- It prevents dehydration
- It costs nothing

Dehydration is a major issue for children; they can easily become dehydrated because they haven't developed thirst signals. Children need to be encouraged and reminded to drink throughout the day.

Other drinks such as cordial, soft drinks and fruit juices are high in sugar and promote dental caries. Juice contains natural sugars that are concentrated, while soft drinks and cordials have added sugar.

Milk should be encouraged as a healthy beverage. Choose low fat, plain milk types for strong bones. Try dairy smoothies, e.g. banana smoothies, or milkshakes and warm milk with Milo.

Nutrition Australia (www.nutritionaustralia.org)

A Short Reflection

Tarbiyah Department

Compiled by: Maulana F. Riza

A man found a cocoon of a butterfly. One day small opening appeared. He sat and watched the butterfly for several hours as it struggled to force its body through that little hole. Then it seemed to stop making any progress. It appeared as if it had gotten as far as it could, and it could go no further.

So the man decided to help the butterfly. He took a pair of scissors and snipped off the remaining bit of the cocoon. The butterfly then emerged easily. But it had a swollen body and small, shrivelled wings.

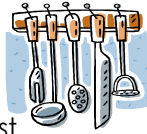
The man continued to watch the butterfly because he expected that, at any moment, the wings would enlarge and expand to be able to support the body, which would contract in time.

Neither happened! In fact, the butterfly spent the rest of its life crawling around with a swollen body and shrivelled wings. It never was able to fly.

What the man, in his kindness and haste, did not understand was that the restricting cocoon and the struggle required for the butterfly to get through the tiny opening were Allah's way of forcing fluid from the body of the butterfly into its wings so that it would be ready for flight once it achieved its freedom from the cocoon.

Sometimes struggles are exactly what we need in our lives. If Allah allowed us to go through our lives without any obstacles, it would cripple us. We would not be as strong as what we could have been.

We could never "fly"!



I asked for Strength.....
And Allah gave me Difficulties to make me strong.
I asked for Wisdom.....
And Allah gave me Problems to solve.
I asked for Prosperity.....
And Allah gave me Brain and Brawn to work.
I asked for Courage.....
And Allah gave me Danger to overcome.
I asked for Love.....
And Allah gave me Troubled people to help.
I asked for Favours.....
And Allah gave me Opportunities.
I received nothing I wanted.....
I received everything I needed!

فَتَبَارَكَ اللَّهُ أَحْسَنُ الْخَالِقِينَ

"So blessed be Allah, the best of Creators!"

[Surah 23:14]

Fun Corner

Al-Muazzin will now replace its What's Next puzzles with Sudokus. Ask your Maths teacher for the rules of this popular puzzle format.

SUDOKU # 1

Difficulty Rating: Easy

				8	3			7
	3				9		1	5
9	2	6				8		
		9	5	4		7		1
6			1		2			8
2		5		9	7	3		
		8				4	7	6
1	4		6					3
7			9	5				

Sudoku provided by Sudoku.com.au

What's next? (Solution: Last Week)

Formula: Months of the Year **31, 28, 31, 30, 31, 30**

Jan 31, Feb 28, Mar 31...

For those who still can't figure this out, please don't ask your Maths teacher for help this time



Science Quiz Answers (Last Week) Science Dept.

1. Its position in the food chain, what it eats and what eats it.
2. Sirius B
3. Greenland
4. b) caustic soda
5. True. Human emissions of CO₂ are a small percentage of the total carbon cycled through plants, soils, rocks, the oceans and the air. But they are not insignificant – since 1750, the atmospheric concentration of carbon dioxide has increased by 31%.

