

By Women
For Women
April 2017
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In this month's An-Nisa

We've got:

A report on our international women's day event which attracted ladies from all over Kirklees.

Our blogger mum takes on the growing pains leading to the age of nurseries this month and we have an inspiring Muslim Princess who delivered education in an inspiring way over 200 years ago.

Safeeyah's kitchen cooks up Gungo Peas in a chicken curry and tips on how to naturally lighten your hair.

email: an-nisa@imws.org.uk
if you would like to contribute.



Al Hikmah Brownies and Guides Fun Day
Sunday 7th May
2017
from 11am until 1pm
at the Al Hikmah Centre
for more info check our website at
imws.org.uk or our social media or
call 01924 500555

Batley Women Step Up to the Challenge

The IMWS Women's Committee, in partnership with Kirklees Council, held their 'Step Up to the Challenge' Conference last month as part of International Women's Day.

The event, held at the Al Hikmah centre, attracted women from across Kirklees. A whole host of female speakers told of their personal and professional lives, how they had been inspired by others, and hoped to inspire others to pursue their ambitions and aspirations.

After an inspirational introduction by Shamim Ali, chair of the Women's Committee, Mashuda Shaikh took to the stand and spoke about the need for more work to create gender parity, and to support each other on this road.

We are all inspired by many people throughout our lives, she said, but also posed the question, how we can inspire others to do the same. She emphasised the important role mothers play in our lives, but also how our elders have shaped our lives and given us a platform to succeed.

A number of women spoke at the event, bringing together a wealth of experience from all backgrounds ages.

The youngest speakers were only 13 and 15, who told the story of their aunt, Dr Sabana Shaikh, who climbed mount Kilimanjaro for charity. Ann Bettys spoke about her inspiring journey as a quaker and peace activist.

Judith Greenwood and Rebecca Foster talked about Batley's own heroine, Catherine Exley, who walked from Batley to Southampton to join her husband who was fighting in the Napoleonic wars (1799-1815). She kept a

diary of her four year experience, and is the only record of what life was like written by an "ordinary" woman.

Adidas Pudic spoke of how she had overcome prejudice being the daughter of two Bosnian refugees; Rani Kaur told her inspirational story of breaking stereotypes by being one of Britain's first Asian female DJs. Anita Burman spoke about how she opened a home care service in the name of her mother. Rashida Salloo spoke of how she pursued her love of sport and now encourages other to do so. Emily O Flynn spoke about her journey of becoming a midwife and the many challenges she overcomes and Tabby Shaikh told her story about pursuing a career in engineering, a very male dominated field.

Two workshops, one on self defence and another entitled The Real Wonder Woman, rounded off the hugely successful event.

It was wonderful to see such great local talent and that anything can be achieved with support from each other. Even when things seem so difficult there is always a way forward and together we can break through boundaries.

Amina Chothia who attended the conference said, "I hope the women and young girls who attended today were inspired to succeed in their future, and change the world!"

The quote that seemed to stick in everyone's mind was the following:

"The devil whispered in my ear you are not strong enough to withstand the storm."

"I whispered I am the storm!"

EXCLUSIVE
to An-Nisa!

Recipes with a South Asian twist!

Safeeyah's Kitchen

Gungo Peas and Chicken Curry

Fed up of Chicken Curry, Chicken and Spinach and Chicken and Potato and all the other usual chicken curries. Well I have come up with something that is a curry but with a different taste and it is delicious.

Ingredients:

- 1 or 2 chicken breasts diced
- 3 tbsp oil
- 1 onion diced
- 3 garlic cloves crushed
- 1 tsp ginger paste
- 1 green chillie chopped
- half tin chopped tomatoes
- sprinkle of cumin seeds
- 2 heaped tsp of dhara powder
- 2 heaped tsp of jeero powder
- 1 tsp turmeric powder
- 1 tsp chilli powder or more of you like it chillie
- salt to taste
- 1 tbsp Patak's mild curry paste
- 1 tin of gungo peas
- 1 vegetable stock
- a few curry leaves.

Method:

In a pan heat the oil and add in the onion, garlic,

ginger, green chillie and cumin seeds and fry for 3 minutes or till the onions brown a little then add in the water and sauté a long with the turmeric powder leave and simmer for 10 minutes checking there is still enough water.

Once done add in the tomatoes and cook till the tomato bubbles then add in the dhara, jeero, chillie powder, salt and Patak's mild curry paste with half a mug of water and cook

for 10 minutes.

Then add in the chicken with more water so that it is soupy and leave to cook for 25 minutes or until the chicken is cooked then add in the drained gungo peas and vegetable stock with more water if needed and add in the curry leaves leave to cook for another 10 minutes stirring occasionally.

Serve with rice or chapatis.

Ways to naturally
lighten hair

EVEN IF you wear a hijab there is no reason you can't make your hair look good for when you are home so why not try a natural remedy to lighten your hair.

Lemon is actually the most popular natural remedy used to lighten hair. All you need to do is mix one part lemon Juice (fresh lemon juice is better) with one part water. The water will reduce acidity of the lemon and minimise damage to your hair. Use this mixture to spritz your hair, or you can rinse and leave in at the end of a shower The longer

results will be.

There is another method, a very old fashioned method and that is by using chamomile tea. For this method just brew some strong chamomile tea and rinse through your hair daily until you see the desired result. And for the spring and summer just place it in a spray bottle and spray it in your hair before heading in the sun.

And of course now the sun is on its way or even here peeking out somewhere get enough sun

it stays in your hair, the stronger the lightening

on your hair by sitting in the garden with either of these remedies in to enhance the results.

Even if you don't use the remedies the sun will naturally lighten your hair. You can mix the two together and make one and remember the remedy will only lighten up to two shades lighter, but on the plus it is more natural looking and healthy.

Poets
PodiumA message for
Roger Mosey

"Today two British soldiers have been killed"

"Families are devastated at the arrival of a British Hero KILLED"

"Two children injured in a bomb attack"

"Child beaten to death by parent" (these are just some of the headlines)

BBC NEWS

ITV NEWS

AL-JAZEERA NEWS

WORLD NEWS

All of the News.....

War, war, war, bad news nothing more!

STOP IT!

STOP IT ALL!

You are driving me insane,

You are driving me mad,

All of the news is nothing but bad!

It's hardly ever good news!

If it's not war,

it's gangs in hoods,

if its not gangs,

It's hooligans and YOBS

or early pregnancy and child abuse!

STOP IT!

STOP IT ALL!

For once I want to smile when I watch the T.V News!

Roger Mosey once said;

"One person doing something bad is news instead!"

It doesn't have to be this way I think to myself!

Can we join hands

and make this world a better place?

No! we can't do that,

because the Media create the Moral Panics and Stereotypes instead,

they poison our minds to make us feel HATE,

Hate for each other for no reason at all!

they are more powerful these days,

how can no-one see this at all?

Is it so hard, to be human for once?

To bend the rules,

and make good news just this once?

AND....

Cancel the Bad News,
 about death and blood
 And make good News for society in-
 stead?
 It is hard!
 As good news isn't entertaining enough.
 People hating,
 killing,
 only Bad things make the news...
 Like Roger Mosey said;
 "One person doing something BAD is
 NEWS"
 So purposely the Media create these
 ideas
 That all bearded muslim men and cov-
 ered muslim women are the enemies of
 society!
 AND SO ON.....
 Nothing but BAD NEWS.
 let's try to move on.....
 shall we?...

Nana Asma'u (Nigeria, 1793-1864)

Collected Works
 of Nana Asma'u,
 Daughter of
 Usman 'dan Fodiyo
 (1793-1864)

Jean Boyd and Beverly B. Mack

Nana was
 a princess,
 poet and
 teacher. She
 was fluent
 in Arabic,
 Fulfulde,
 Hausa and
 Tamacheq
 and well
 versed in
 Arabic,
 Greek and

Latin classics.

In 1830, she formed a group of
 female teachers who journeyed
 throughout the region to educate
 women in poor and rural regions.
 With the republication of her works,
 that underscore women's education,
 she has become a rallying point for
 African women. Today, in northern
 Nigeria, Islamic women's organiza-
 tions, schools and meeting halls are
 frequently named in her honor.

From the Terrible Twos to the Nursery

NOW WHERE are we, just growing
 out of the terrible twos and as the
 days pass by into years it suddenly
 dawned upon us that we have to get
 our baby (not so much of a baby any-
 more) into nursery.

There might be some who are re-
 luctant to send their child of to nurs-
 ery and want to keep them at home
 to truly make the most of their time
 and treasure the time they spent
 with their child before they started
 school. For us nursery was the right
 choice as I was expecting my second
 child and needed to get my little girl
 in a nursery and start making friends.

Of course by now your child is
 potty trained, can share, is polite, is
 confident, is talking to anyone and
 everyone, can button up her coat,
 does not drink out a bottle and is
 raring to get into nursery.

Well one of the hardest thing to do
 in parenting is to potty train!

What do you do?

Lock yourself in the house for a
 week and take the courage to go
 commando!

Use pull ups.

Or take the easy option; she'll soon
 pick it up from the other children at
 nursery.

Well I chose to get her ready by
 doing my job and get her nursery
 ready.

We chose commando and straight
 into 'grown up girl pants'. To be hon-
 est there were no pull-ups!

We used the potty and the toilet as
 we only had one bathroom and as
 you would expect they need a wee
 when there is someone in the bath-
 room having the longest soak!

It was stressful because you are like
 a broken record "do you need the
 toilet?"

We didn't venture out for a few
 days, then only going out to the
 places that had toilets!

But that worked a treat
 because she loved feeling
 grown up and using super-
 market toilets.

Well after a few accidents
 which are inevitable she
 cracked it, that's not forget-
 ting the number of times
 she would wait until the last

second before saying I need a wee!
 You just scoop up them up and like
 superwomen get them on the loo.
 That's when she would say "I only did
 a drop in my knickers!" But never the
 less that was easy compared to the
 tears I encountered when she start-
 ed nursery.

The visits were fine, the first week
 was fine and I couldn't believe how
 she had walked in and not looked
 back at me. There was so much for
 her to see and do; there were other
 children to play with and adults to
 look after her, there were snacks and
 story time.

The second week was when the
 penny dropped; my mum has been
 leaving me! Well that's when the
 tears started.

She would cry and not let go of
 my arm as she was dropped off and
 would carry on crying to the extent
 where I was told to ring up and check
 how she was doing. She would be
 stood at gate with her coat and hat
 on when she was collected, to be
 told she had been like that most of
 the morning.

She did eventually settle and loved
 nursery. She had a chance to grow
 up, become independent, confident
 and make friends.

I also made friends with mums
 who were in the same boat as me.
 These friendships have continued
 till this day. We shared dropping our
 children off and collecting them. It
 was a time when we looked out for
 each other and supported one an-
 other. Truly great times! Well I went
 through it 5 times and I must say it
 did become easier each time and
 not forgetting each child is different
 and that in its self is a challenge but
 also makes us appreciate that every
 child is unique, special and YOURS!

More next month.

Send your stories to an-nisa@imws.org.uk

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