

You've Got To Know That You Are As Good As Gold.

What's Hot And Important?

OCTOBER 2022

M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Day	Event
7 th Oct	Studio Artes Emerald celebration at Event Cinemas
10 th Oct	Past District Governor & International grant chair
15 th Oct	Hornsby Connect Barbeque fund-raising
17 th Oct	Guest speaker 1 and Board meeting
24 th Oct	Guest speaker 2 at our regular meeting
30 th Oct	Hornsby Model Engineers fund-raising for MS research

NOVEMBER 2022

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Day	Event
7 th Nov	Guest speaker 3 at our regular meeting
12 th Nov	Bunnings Barbeque fund-raising

Guest speakers Unlocked



Mr Bhargavan holds a Master's degree in Chemistry and a Master's degree in Education and has taught in India and Botswana. He will share his journey as an educator and his experiences in shaping young minds in India and Africa.



Amrin Khan works for Public Health NSW and an aesthetician. She is looking forward to share her knowledge on importance of building a sustainable skincare routine.



Jisha Sivan, an Audiologist with BayAudio - a leading provider of hearing services - is keen to share the awareness of early detection of hearing deterioration in adults.

We are invited!



Studio Artes has invited us to join their Emerald celebrations at Event Cinemas, Hornsby.

Halloween celebration and fund raising for MS research at Galston Valley Railway by Model Engineers.



3 Ingredient recipe challenge Nutella Cookies

Ingredients

1. Nutella 1 cup (room temperature)
2. Self-raising flour 1 cup
3. 1 Egg

Method

- In a bowl mix all ingredients together with spatula, then wear glove and make small balls of it.
- In baking tray place parchment paper. Then start keeping your balls at little distance and slightly press them.
- Bake for 15 mins at 180 degrees Celsius in a preheated oven.



If you have a three-ingredient recipe which you want to share with the group, please email to me at diab4u83@gmail.com and we will include it in the next newsletter. We will reward the most popular recipe (after a short survey) in early 2023.

Protests in Iran aren't about the hijab. They're about policing women's bodies.

Excerpt from <https://www.cbc.ca/news/opinion/opinion-iran-hijab-protest-women-s-bodies-1.6596349>

The death of 22-year-old Mahsa Amini while she was under the detainment of Iran's so-called morality police has inspired protests beyond Iran. Women in solidarity with Amini are burning their headscarves and chopping off their hair in a defiant act of resistance against the Islamic Republic's strict rules on attire and those who enforce it. Human rights groups say over 75 people have died since the beginning of the unrest, and more than 1,200 have been arrested by the regime. However, experts say the numbers might be higher since internet blackouts have made it increasingly difficult to confirm fatalities. Demanding justice and fighting for basic human rights is no easy feat, especially before a regime that uses religion as a shield to justify abuse. No part of Islam I know condones torture or murder for what tyrant men consider modest. The will and valour of these women should garner international solidarity and celebration.



Mahsa Amini who died in the custody of Iran's morality police.

But before you think the West can take the moral high-ground on this, let's reconsider the role of Western states (and India) in eradicating the same freedom for women who choose to veil. A less-cynical side of me is trying to convince myself that perhaps the reason recent protests in Iran have garnered growing solidarity with women in North America is due to the sombre aftermath of Roe v. Wade.

Zahra Khozema is a freelance journalist based in Toronto. She's worked on several podcasts with the Globe and Mail and interned at the CBC's Europe bureau.