



Fostering a healthy Brisbane lifestyle through sport, entertainment, education and culture



Sunday, 27 February 2005

This issue of CCN is kindly sponsored by
Hatia Property Corporation

Assalaamu-alaikum

[If you are having a problem viewing this e-mail or some of its contents then go to www.crescentsofbrisbane.org and download the pdf version of Newsletter 0018]

Editorial

Many of our events are organised by a small group of people who come up with a creative idea but do not necessarily have all the human resources required in every department. From our recent experience with raising funds for the Tsunami victims, it was mostly fortuitousness on the part of the organisers that they had access to people with the necessary abilities and talents to get the function to run as smoothly as it did.

It could be an interesting proposition to consider setting up a database of a responsive and committed pool of volunteers who are able to provide our non-profit organisations and community groups with a ready source of assistance when organising and conducting programs, events, projects and initiatives. This will require volunteers with diverse skills and abilities. So that the next time some group wants to host an event of one sort or the other and they need an electrician, a waiter, a first aider, a sign writer, or an all-rounder, they won't have to look too far. Also, in this way any person who wants to help and be involved in community activities or be part of an event can get the opportunity to contribute in a tangible way without hoping that some individual in some organising group might remember to look in their direction to seek out their help.

Crescents of Brisbane could help facilitate this by establishing and managing a **database of volunteers** who could **register their expressions of interest** at our website.

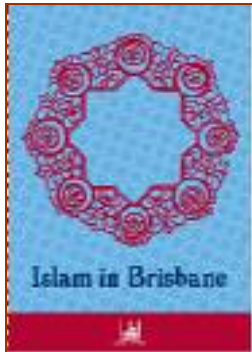
The upshot of this is that we can create an atmosphere of valuable community support, to work together to achieve successful community outcomes and increase the unity within the community through its very diversity. As a Muslim community, we need to strengthen the bonds that unite us in order to ensure that our cultural and religious needs are met. In so doing, our organisations become empowered and our services and programs more efficient and productive.

You can share your thoughts on this suggestion by going to the [CCN Soap Box](http://www.crescentsofbrisbane.org/volunteer_database_views.htm) (or to http://www.crescentsofbrisbane.org/volunteer_database_views.htm)

To reassure our readership let us re-iterate that all responses sent via this web site soap box are received at CCN anonymously.

Islam in Brisbane

As part of its commitment to 'nurture an inclusive Brisbane' for its *Living in Brisbane* 2010 vision, the Brisbane City Council has put out a high quality glossy brochure entitled 'Islam in Brisbane'. It was written with input from members of the local Muslim community to help Muslims feel they are welcome in Brisbane and to ensure that the wider community is better informed about Islam and the Muslim way of life. If you would like to view this very well put together brochure then click [here](#) (2.5Mb). Hard copies can be obtained from the Council itself.



You will also find a few **very familiar local faces and places** gracing its pages.

Hey brew! Make a Plan Man!

Missing the Durban dialect? Then take a listen to Naicker wanting to become a Jew by clicking [here](#). The original copy has been heavily edited by CCN's sound file experts 😊. However, the unexpurgated version can be obtained for a nominal fee and a gentle twisting of the arm 😊.

Come Alive in 2005! Every Step Counts!

Health and fitness researchers are finding that people can achieve health benefits by exercising at a less intense level than previously thought. In other words, someone who is sedentary most of the day but who jogs over the lunch hour may expend as much cumulative energy as someone who is active the entire day.

To achieve good health, strive to take 10,000 steps a day (the equivalent of walking roughly eight kms). A person who walks 10,000 steps a day will burn between 2,000 and 3,500 extra calories per week, which will result in achieving a vastly better health profile and longer lifespan. Get yourself a pedometer to keep a tab.

In the next issue of CCN: Creative ways to work in more steps in the day.

*You know, a walk can take you to forever
or
it can take you down the street*

*But,
to get where you need to go,*

you need to decide to start moving your



See you and the family at Kangaroo Point on Sundays at 7.30 am!



For Dummies

(Unashamedly lifted from <http://www.greaterunion.com.au>)

The Indian commercial film industry, known as "Bollywood" produces more films each year than any other country in the world. According to Time Magazine's October 2003 cover feature, the Indian film industry released an average of 1000 films per year compared to Hollywood's 740 and attracted a world audience, from Kuala Lumpur to Cape Town, of 3.6 billion, compared to Hollywood's 2.6 billion.

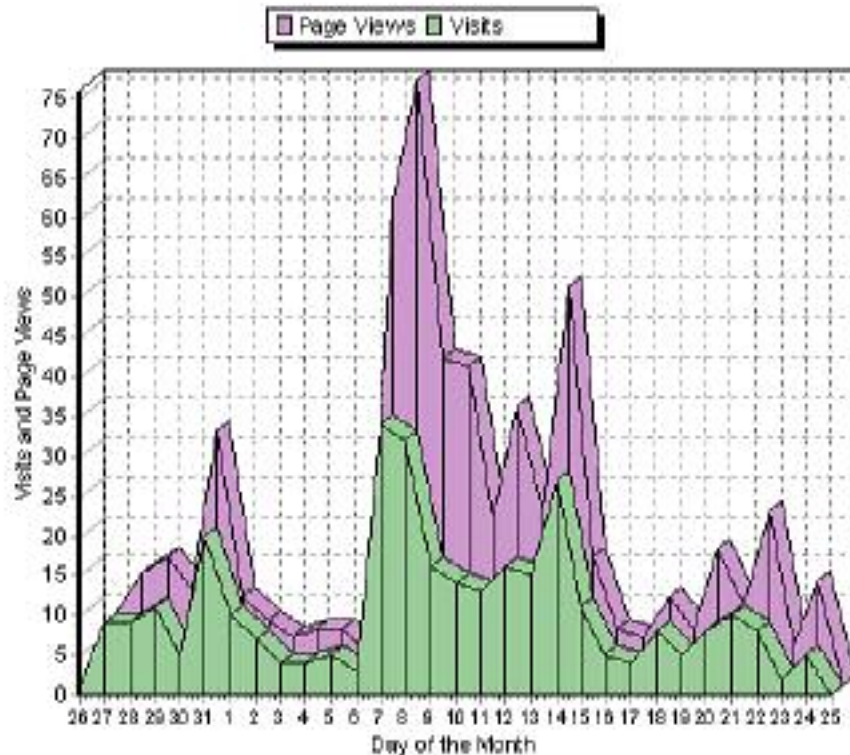
Bollywood films are well known for the brilliant colour, fantastic musical sequences, catchy songs and compelling stories which characterise Indian filmmaking. To an audience reared on mainstream American product, this rich mix (masala) of action, romance, comedy and drama is a sight to behold! A swordfight will segue into a song; a battle will be interspersed with slapstick humour, and a movie that began as a whimsical romance could end up as a full blown tragedy. All of this is present in the cinema of Bollywood, an invigorating celebration of cinema where anything and everything is possible!

Bollywood films are best known as a 3 hour event, bursting with comedy, high tragedy, a love story (but no immoral behaviour like kissing with tongue, nudity or pre-marital sex), spectacular Hindi pop song and dance numbers, an intermission and at least one wedding. Knowing that, nothing can prepare you for the most breath-taking costumes, the lush and spectacular locations, the heart-breaking tragedy and the almost hypnotic thread of music which weaves through the films - at times breaking out to Hindi pop extravaganzas with a cast-of-thousands dance routine. When its not the compelling story, it is the sheer magnitude of the production that will keep you enthralled!

The Hit Count

The following graph is a representation of the pattern of visitors to our web site www.crescentsofbrisbane.org for the month of February. The explanation below should help you interpret the graph.

You may have heard the term "hits". When someone comes to a site, they generate a "hit". A **visit** is a series of page views by one person. When they browse the site, every time they follow a link to a new web page, it is treated as a new **page view**. For example, there were over 30 visits on the 7th (just after Kids4Kids) and some 70 pages viewed by the visitors in total.



Not So Trivial A Pursuit

On Friday the Islamic Females Association (IFA) hosted their first Trivia Night at the Kuraby Community Hall, in aid of the Tsunami victims. Enthusiastic and intelligent young ladies did battle over four gruelling rounds that would have made Clint Eastwood's Million Dollar Baby look like a pillow fight at a pyjama party. Questions covered Islam, Histography, Science and Entertainment. The winning team, '**Desperate Housewives**', turned out to be less than desperate for points at the end and were followed closely by '**Sponge Bob Square Pants**'. The night was hailed a great success by all concerned and more battles of the wits are in the offing. Watch this space, ladies!



Futsal Tournament Update (Sunday 13 March)

The demand to take part in the QMT Unity Cup looks like exceeding supply. The plan was for a 16 team tournament but in the first week 10 teams have already registered their players and payed their match fees.



The teams represent a rainbow of nations with roots in South Africa, Zimbabwe, Fiji, Malaysia, Arab Emirates, Middle East, Singapore and Turkey. A team of Iraqi players has also entered and one made up of refugees has sent in their expressions of interest. Many of these teams have played in the Islamic outdoor league and are familiar with each other.

Moulana Imraan from the Gold Coast is putting together two teams from the area.

The 'Old Fogies' Seniors rounds promises to be an interesting distraction from the main event. Four teams have registered thus far (guaranteeing them all a semi-final berth at the very least) and their only qualifications for entering seem to be riding on the back of having exercised regularly slapping playing cards onto a table, taking leisurely Sunday morning strolls along Southbank or trying desperately to hit a ball over a net. But more important than which team eventually wins will be to see how many actually survive the 15 minutes of non-stop action and emerge with the fewest broken bones, pulled muscles, and twisted ankles at the end of the day. ☺ There will be, in all likelihood, a sudden and desperate shortage of Deep Heat after the 13th. Remember you have been warned.



If you want to enter in a team then do so soon as places cannot be guaranteed once the target has been reached. Registration forms are available online at www.qmt.org.au or you can contact organizer **Idris Janga** on 0412 786 168 and he'll fax you a form or even hand it over personally – the nice guy that he is!



A Word From This Week's Sponsor



www.trinitygreen.com.au

The all new address on Brisbane's Southside

Write For Us

The best ideas and the best feedback come from our community of readers. If you have a topic or opinion that you want to write about or want seen covered or any news item that you think might be of benefit to the Crescents Community please e-mail your team@crecentsofbrisbane.org. Share your thoughts, feelings and ambitions for our community through CCN.

If there is someone you know who would like to subscribe to CCN please encourage them to send an e-mail to your team@crecentsofbrisbane.org with the words "Subscribe Me" in the subject line.

The CCN Archives

PDF versions of past and present issues of CCN can be found at our web site www.crescentsofbrisbane.org which has been kindly sponsored for this year by Nandos Underwood and Global Convenience.

Disclaimer

Articles and opinions appearing in this newsletter do not necessarily reflect the opinions of the Crescents of Brisbane team, CCN, its Editors or its Sponsors. But some of them are so good – we really wish they did...!