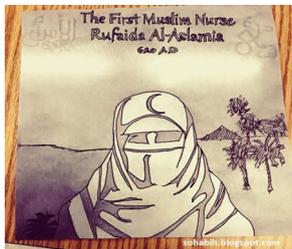




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Rufayda Al Aslamiya: The Islamic Florence Nightingale

By: Isyati Suparman, ELU, PTSS

The western world recognizes Florence Nightingale as the founder of modern nursing, the Middle Eastern countries on the other hand, attribute this status to **Rufayda Al Aslamiya**.

Many may not know the history of nursing in the Islamic world. It went back to the time of our Prophet Muhammad (s.a.w), where **Rufayda Al Aslamiya** treated the sick in her tent situated next to Prophet Muhammad's mosque in Madeenah (as reported by Al-Bukhaari in a hadith, which was classified by Al-Albaani as Saheeh). During the battle of Khandaq, Sa'ad Ibn Mu'aath who was injured in the battle, was even taken to her tent to be treated.

So who *was* Rufaida Al Aslamiya?

She was among the first who accepted Islam in Madeenah and was the first female Muslim nurse and recognized in medical and social circles in the earliest days of Islam. Her full name was Rufayda bint Sa'ad from Bani Aslam and was born in Yathrib before the migration of Prophet Muhammad (s.a.w). Rufayda initially attained clinical experience from her father, Saad Al-Aslami, who was a physician and mentor. She dedicated herself to nursing and taking care of the sick people and finally became an expert healer, devoting her skills in field hospitals during many battles. With her clinical skills, she also trained other women to be nurses and to work in the area of health care. During

military expeditions, Rufaida Al-Aslamia RA led groups of volunteer nurses who went to the battlefield and treated the casualties. Among others, she participated in the battles of Badr, Uhud, Khandaq and Khaibar.

Her contributions to the Islamic nursing was not only in the area of field hospital, but her interest in disease and its cause among ordinary people has led her to work as a social worker, helping to solve social problems associated with disease. Her involvement with humanitarian efforts in providing assistance to Muslims who were in need continued even during peacetime had made her eminent. She was reported to have been working in poor communities encouraging hygiene and endeavouring to improve social problems which steered to poor health. Her countless contributions to the Islamic nursing were tremendous that she was acknowledged as the first Muslim Nurse.

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Nurses from around the world

Florence Nightingale - English nurse, writer and statistician

Darya Mikhailova - First Russian military nurse

Rufaida Al-Aslamia - First Muslim nurse

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THREE YOUNG INFLUENTIAL WOMEN IN MALAYSIA AND THE FOOD THAT REPRESENT THEM

By: Suzana Ahmad, ELU, PTSS

Here are three influential women in Malaysia and the food that represent them.

DATUK NICOL ANN DAVID

Malaysia's squash queen is ready to retire in June 2019 after making Malaysian proud with her massive contribution in squash, being eight times the world champion and was world's No. 1 for 112 months. She is the first Asian woman to win the world title in squash in 2005 and made Malaysia known to the world. Despite her contributions and the titles that she had won in squash, she remains humble and respectful towards others. Traveling around the world and competing with other nationalities provide her with many choices of delicacies, however, fried flat rice noodles or char koay teow is her favourite. Here is the recipe of fried flat rice noodles.

FRIED FLAT RICE NOODLES

INGREDIENTS:

Fried flat rice noodles

The sauce:

2 litre of shrimp stock

2 tablespoons Maggi seasoning

3 tablespoons oyster sauce

7 tablespoons fish sauce

7 tablespoons dark soy sauce

1/3 cup sweet soy sauce

1 cup chili sauce

Mix all the ingredients together and keep in the fridge.

500 gram flat rice noodles

2 cups flat rice noodles sauce

2 tablespoons blended chilies

2 eggs

½ tablespoon sugar

5 cloves garlic

½ onion (thinly slice)

Shrimps

Bean sprouts

3 tablespoons cooking oil

INSTRUCTIONS:

Heat the oil in a pan on high heat until it is smoking hot. Add in onion and garlic and cook until they start to turn golden brown. Then add in the blended chilies. Pour the prepared sauce and wait until it simmers. Then add in eggs. Leave it to cook for one

minute and then mix well. Add in shrimps and sugar. After the shrimps are cooked, add in the fried rice noodles and stir. Finally, add the bean sprout and turn off the heat. Stir and mix well for a few more seconds. Serve immediately with some chilies and chives. Enjoy.

DATIN VIVY YUSOF

Datin Vivy Yusof is the cofounder of Fashion Valet, a fashion site that bears Asia's leading designer label. When she first started their multi-label online site back in 2010, Fashion Valet had only ten brands and now the business has expanded into over 400 brands and offices in Malaysia and Indonesia. She was listed on Forbes as one of Asia's Top 30 under 30. For her the key to entrepreneurial success is being passionate in something that you love. Besides her online business, she is also a proud mother of three. Her busy schedule does not hinder her from enjoying her favourite food which is curry. Here is the recipe for chicken curry.

CHICKEN CURRY

INGREDIENTS:

12 chicken thighs or other parts of chicken of your preference.

2 potatoes cut into four pieces

1 1/2 onion- sliced

6 cloves garlic- sliced

3 inches ginger

1 cup of coconut milk

10 tablespoon curry powder

Curry leaves

1 piece cambogia

Star anise, cinnamon and cloves

Salt to the taste

1 cup water

INSTRUCTIONS:

Heat the oil and stir fry star anise, cinnamon and cloves together with onion, garlic and ginger until golden brown. Then add in curry powder and stir for a while before adding ½ cup of water. Cook in low heat. Keep stirring until oil forms on the surface of the curry paste. Stir in curry leaves and potatoes. Then add to the pot the chicken pieces. Cook for 5 minutes to coat the chicken in the curry paste and seal the juices, and then pour over the coconut oil and ½ cup of water. After the potatoes are cooked, add in cambogia and salt. Leave to simmer until the curry is thickened.

YUNA

This aspiring Malaysian songbird makes us proud by her music and collaborating with international singers and songwriters like

Pharell William and Usher. The release of her new single 'Forevermore' music video provides the world a glimpse Malaysia's diversity and a run-down petrol station in Perlis that looks like a scene straight out of an international movie shows that she is proud to show Malaysia to the world. Let us celebrate diversity and enjoy Masala Chicken which is Yuna's favourite dish whenever she comes home to Malaysia.

CHICKEN MASALA

INGREDIENTS

4 chicken breasts boneless skinless

1 tablespoon butter

2 tablespoons cumin

2 tablespoons paprika

1 1/2 tablespoons ground coriander

1 1/2 teaspoons ground turmeric

1/2 teaspoon cayenne pepper

1/4 teaspoon kosher salt

1 cup yogurt

1 lemon juiced (just under 1/4 cup)

6 cloves minced garlic

2 tablespoons minced ginger

1 can (14 oz) crushed tomatoes

1/2 cup heavy cream

2 tablespoons canola oil

INSTRUCTIONS

Cut the chicken into 2 inch chunks.

Mix the cumin, paprika, coriander, turmeric, cayenne pepper and salt into a small bowl.

Toss the chicken with half the spices, yogurt and the lemon juice and let it sit while you make the sauce.

In a large saucepan on medium high heat, add the butter and the rest of the spices, stirring well for 30 seconds until you can smell them well.

Add in the garlic and ginger and stir an additional 30 seconds.

Add in the crushed tomatoes and heavy cream, stir and let simmer on a low-medium heat.

Heat the canola oil in a large skillet on medium high heat.

Remove most of the marinade from the pieces of the chicken before cooking.

Cook the chicken in batches until just cooked through.

SUPERMOM BY SHABEE



By:
Sabreena Aliya
SMS Tengku Muhammad Faris Petra

At 12 she wakes
Shocking she was and afraid
When my tears break
Here she comes to save.

I was a girl who was 12
I make troubles and break glasses
She nags at me and give me a pat
I used to wonder why she'd do that.

Time passed by and I reached 22
While she starts losing her tooth
And all her joints getting difficult to move
Tell me, what can I do?

Time flies and I got married too
Have children and cook food
Busy at work and looking good
Just like how she used to.

Time passed by, crinkles on her face
All she did was wait
For her life to be taken
I just hope she could stay

Although you are gone for good,
This knot will never loose
Now all my days are blues
Dear Mom, I love you



“Woman is the companion of man, gifted with equal mental capacity...If by strength is meant moral power, then woman is immeasurably man’s superior...If non-violence is the law of our being, the future is with women...” – Mahatma Gandhi

HER NAME WILL BE FEARLESS

*And in all the stories
my daughter shall hear,
it will not be princes that slay the dragons,
but little girls that believe in magic
with big, brave hearts
and even bigger dreams.*

*She will learn to rely on her own sword
in every battle, in every struggle, in every war
because she will learn how to devour
every single monster
from their very core.*

Nikita Gill

Illustrated by:

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Kolej Komuniti Pasir Salak



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