



Retrospective

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*Celebration of the 66th
Independence day of Pakistan 2013*

Pakistan Canada Association
Fort McMurray Alberta

پاکستان کینیڈا ایسوسی ایشن
فورٹ میکمری ایلبرٹ





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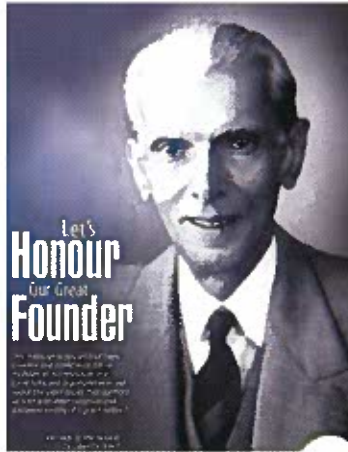


TABLE OF CONTENTS

- Message from Executive Committee -PCA Fort McMurray
- **Greetings from :**
- Premier of Alberta -Honourable Alison Redford
- High Commissioner of Pakistan - Akbar Zeb
- Mayor RMWB- Melissa Blake
- Member of Parliament -Brian Jean
- Consul General Pakistan- Shuja Alam
- Member Legislative Assembly - Manmet Singh
- Member Legislative Assembly - Don Scott
- Member Legislative Assembly - Mike Allen
- Ibrahim Qureshi Advisor to CM Punjab-Pakistan
- Executive Committee of PCA Fort McMurray
- Advisory Committee of PCA Fort McMurray
- Volunteers PCA Fort McMurray
- The Resilience of Pakistani Origin Community of Fort McMurray
- Our Community Kids Our Shining Stars
- Regionally Recognized Community Icons
- **PCAFM EVENTS IN PICTURES**
- Pakistan Independence Day 2012 ,Eid Party & PCAFM 3rd Anniversary
- Team PCA Family Party, 2012
- Volunteers Appreciation 2013
- Hunza Valley - Northern Pakistan
- Memories
- Shahi Qila The Royal Lahore Fort

Editorial Committee

Zaid Sulaiman

Naveed Hashmat

Nadeem Akbar Mian

Shadab Sharif

MESSAGE FROM THE EXECUTIVE COMMITTEE OF PCA FORT MCMURRAY

Dear Community Members,

Our hearty felicitations to you on the 66th Independence Day of Pakistan.

You would be pleased to learn that this is the 5th time Independence Day of Pakistan event being celebrated by us along with a total of 10 other events that have been organized by PCA Fort McMurray since its inception in 2009. It gives us great pride and honour to serve the Pakistan-origin community of Fort McMurray through the forum of PCA. It is also a pleasure to witness our community expand from a mere 250 families to 450 families in 2013. We are elated to observe the enthusiasm and passion of our community to actively participate in the various social and cultural initiatives to effectively integrate into the Canadian society, which also includes greater political awareness and sense of participation. We would also like to express our sincere gratitude and appreciation to the following for their patronage and support to PCA Fort McMurray:

Honourable Mayor of Fort McMurray Ms. Melissa Blake, The Council Members of Municipality of Wood Buffalo, The Members of the Legislative Assembly Mr. Mike Allen & Mr. Don Scott , Member of Parliament Mr. Brain Jean , local businesses & companies :

Nexen Inc, Diversified Transport Ltd, Pepsi & Coca Cola Beverages, ATB Financial, Scotia Bank, Royal Bank of Canada, Servus Credit Union, Mac's Store Inc, Extra Food & Super Store, Star Mortgage Calgary, Suzanne Anderson Realtor, H & H Eastern Fashion , The Experts (Pizza), HH Accounting.

We would look forward to your continued support to PCA Fort McMurray in the future, so that we could further promote the integration of our community into the Canadian society and jointly celebrate our successes for the promotion of our dear Canadian city Fort McMurray.

Thanking you.

Sincerely,

Executive Committee of
PCA Fort McMurray ,Alberta.



Premier of Alberta

Office of the Premier, 307 Legislature Building, Edmonton, Alberta T5K 2B6 Canada

Message from Honourable Alison M. Redford, QC Premier of Alberta

On behalf of the Government of Alberta, it is my pleasure to welcome everyone to the celebrations commemorating the 66th anniversary of Pakistan Independence Day.

There is no better example of how culture connects as when Albertans of Pakistani heritage come together to celebrate Pakistan's independence. This momentous occasion has had a profound impact in the past and continues to help shape the future. These celebrations also offer an opportunity to honour the contributions made by the Pakistani community. Whether through business endeavours, entrepreneurship or the arts, these diverse efforts have helped enrich Alberta's vibrant cultural mosaic.

Thank you to the Pakistan Canada Association of Fort McMurray for all the hard work that went into organizing this event.

Best wishes for a wonderful evening!

A handwritten signature in blue ink, reading 'Alison Redford'.

Alison M. Redford, QC

August 24, 2013



MESSAGE FROM H.E. AKBAR ZEB, HIGH COMMISSIONER FOR PAKISTAN ON THE OCCASION OF PAKISTAN INDEPENDENCE DAY - 2013

I would like to extend my sincere and heartiest greetings to the Pakistan origin community in Fort McMurray, Alberta.

The Pakistan-Canada Association of Fort McMurray has been very active in promoting friendship and close cooperation between our two countries and people. Indeed the Pakistan origin community all over Canada has consistently contributed not only to Pakistan's well-being and development but also to promoting our country's good name in Canada. We are extremely proud of our community for its commitment, hard work and singular dedication.

In Pakistan following the elections in May we have made a new beginning. The people of Pakistan have made a clear choice and are deeply optimistic as to the country's future.

Canada-Pakistan relations, which are based on firm foundations, continue to grow from strength to strength. Canada remains an important development partner for us and takes special interest in the development of our education sector and in the capacity building for our institutions. There are a number of Canadian companies doing business in Pakistan. Canada and Pakistan share the ideals of reversing the process of extremism. We greatly admire Canada's pluralism and its acceptance and tolerance of diverse people. Needless to add that we attach the highest importance to our relationship with Canada and would like to see these ties consolidated further.

The basis of our homeland Pakistan was laid by our forefathers so that we could lead our lives in accordance with our own distinct values, culture, faith and traditions. This constituted a pledge to work with determination for our country's betterment and progress. The day provides us with the opportunity to renew and redeem that pledge.

I wish our brothers and sisters in Fort McMurray happiness success and continued well-being.





REGIONAL MUNICIPALITY
OF **WOOD BUFFALO**

OFFICE OF THE MAYOR
MELISSA BLAKE

July 3, 2013

To The Pakistan Canada Association of Fort McMurray

On behalf of Council and the residents of the Regional Municipality of Wood Buffalo it gives me great pleasure to extend my best wishes to our Pakistani community and the Pakistan Canada Association of Fort McMurray on the occasion of two significant celebrations.

The 66th anniversary of Pakistan's Independence Day is a great occasion for your home country. Though you are thousands of kilometres away, by celebrating festivities in this region you unite with family and friends on the other side of the world. Your celebrations here provide a wonderful example of how culturally diverse Wood Buffalo truly is.

Also cause for celebration is our local Pakistan Canada Association's fourth anniversary. For four years, PCA Fort McMurray has brought Pakistani culture and customs to the region in well over a dozen events. Perhaps most importantly, the Association has connected with 450 families of Pakistani origin. The work you do to welcome residents and help them integrate into our community is of tremendous value and I encourage you to continue these efforts.

Our diverse population makes Wood Buffalo an incredible place to call home. I am thankful for PCA Fort McMurray's support and promotion of multiculturalism in the region and I wish you continued success in the years to come.

Congratulations once again on these milestones and I hope you and your families enjoy the many festivities surrounding these occasions.

Sincerely,

Melissa Blake
MAYOR





Brian Jean, QC
Member of Parliament
Fort McMurray - Athabasca



Greetings from Brian Jean, Member of Parliament

Welcome to the 66th Pakistan Independence Day Celebration and the 4th Anniversary of the Pakistan Canada Association (PCA).

Unfortunately, Member of Parliament, Brian Jean was unable to join us tonight due to prior obligations.

On behalf of Mr. Jean and the Canadian Government, I would like to congratulate the PCA and the Fort McMurray Pakistani community for upholding their traditions and sharing their culture with Canada.

Pakistan remains a very important ally to Canada and events like these are vital to maintaining a positive dialogue between our countries.

Thank you to everyone who participated in preparing this event and to all those who have joined us today. I hope you all have a wonderful time.

Brian Jean, QC, MP
Fort McMurray – Athabasca

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MESSAGE FROM SHUJA ALAM CONSUL GENERAL FOR PAKISTAN ON 66TH INDEPENDENCE DAY OF PAKISTAN

On behalf of all members of the Consulate General, I take this opportunity to wish my Pakistani sisters and brothers in Fort McMurray a very happy Independence Day.

This day is a time for us to pay tribute to our country and celebrate its longstanding independence that was achieved after monumental struggle and great sacrifices rendered by our forefathers under the dynamic leadership of Quaid-e-Azam Muhammad Ali Jinnah. We must cherish and celebrate this hard-earned freedom and we must also keep striving for the progress and development of our country.

Pakistan has recently witnessed successful transition from one democratic government to another. It is a great success for the ideals of freedom and democracy and time for us to rededicate ourselves to striving for the development, prosperity and exemplary economic growth of our homeland. I also take this opportunity to extend my heartiest congratulations to the Pakistan Canada Association (PCA) Fort McMurray on completing its 4 years. Over the course of these 4 years, PCA has established itself as a strong organization of dedicated volunteers who have worked tirelessly to bring together Pakistani community in Fort McMurray and advancing relations between the peoples of Canada and Pakistan. Their work has not only helped portray Pakistan as a tolerant, moderate and progressive nation but also contributed to Canada's extraordinary cultural diversity and socio-economic fabric. I wish the PCA and the Pakistani community in Fort McMurray every happiness and success.





**LEGISLATIVE ASSMBLY
ALBERTA**

**Hon. Manmeet S. Bhullar
MLA Calgary-Greenway**

June 27, 2013

I would like to extend my most heartfelt congratulations to The Pakistan Canada Association of Fort McMurray is celebrating the 66TH Pakistan Independence Day and 4th Anniversary of their organization on August 24th,2013.

The Pakistani community has always shown relentless effort is trying to make Alberta a better place to live for all. Your economic social and cultural contribution to the Albertan community is worth recognition.

I wish you all the best in health and happiness for the future.

Sincerely,

The Honourable Manmeet S. Bhullar, MLA
Calgary-Greenway



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MESSAGE FROM DON SCOTT MLA FOR FORT MCMURRAY - CONKLIN

I wish to extend my hearty congratulations as you celebrate the 66th Pakistan Independence Day and the 4th anniversary of the Pakistan Canada Association of Fort McMurray! In this community of tremendous diversity it is wonderful to see an organization dedicated to celebrating culture and strengthening bonds flourishing. I have had the honour and pleasure to attend many PCA events, and the dedication and commitment shown by the Pakistani community is incredible to witness.

It is so important for us to celebrate and honour our culture while fostering a relationship with our new home country, and the PCA is remarkably successful in this regard.

I wish to thank you for all you do both within the Fort McMurray Pakistani community and the community in this entire region, and I look forward to celebrating many more events with members of your community and the Pakistan Canada Association of Fort McMurray.

Thanks and have a great day!





ALBERTA

Mike Allen, MLA

Fort McMurray-Wood Buffalo Constituency

July 4, 2013

I would like to extend my warmest and sincere wishes to the Pakistan Canada Association of Fort McMurray and community members as we celebrate Pakistan's 66th Independence Day.

While you take the time this day to pay tribute to your country of origin, and celebrate its long-fought independence, know that the people in this region stand alongside you to mark this milestone.

The Pakistan Canada Association of Fort McMurray has made a tremendous impact in our community since its inception in 2009. In a few short years of hosting an array of cultural and social events, it has helped hundreds of families make the transition to Fort McMurray and Canada while promoting multiculturalism.

We truly are a multicultural and diverse province and region, and we are lucky to live in a country that encourages us to celebrate our heritage.

Our culture is a window into Alberta for the rest of the world to see, and we want others to view us as dynamic and creative, and for our cultural industries to be a reflection of our quality of life.

Cultural groups like the Pakistan Canada Association serve as a great example to this, making our region vibrant and unique. Your efforts to ensure that new families feel at home here moves us closer to achieving our goals of bringing together family, friends, neighbours and strangers in celebration, and in doing so, strengthening the fabric of our community.

Again, happy 66th Pakistan Independence Day! Enjoy the festivities and I look forward to celebrating with you all again next year.

Sincerely,

Mike Allen, MLA
Fort McMurray-Wood Buffalo



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MESSAGE FROM IBRAHIM QURESHI ON THE OCCASION OF PAKISTAN INDEPENDENCE DAY 2013

M. IBRAHIM QURESHI ENTREPRENEUR

I am honored to send this message on Pakistan Independence Day to our community celebrating the 66th Independence Day in Fort McMurray, Alberta.

Today our community in Canada is an example of hard work, dedication and commitment. The on going efforts to promote multiculturalism and diversity are applauded. We must enjoy and celebrate this hard earned freedom and do our best for the development and progress of our country. We are all proud of our expatriate community.

My heartiest Congratulations to the Pakistan Canada Association (PCA) Fort McMurray on completing its 4 years. The PCA has played a key Role in bridging gaps between the people of Pakistan and Canada. The PCA has been a strong advocate of economic growth, international trade and foreign investment between the two countries.

I would like to thank and congratulate the organizers and volunteers for their hard work in making this event a success.

I wish every one a fun filled 66th Pakistan Independence Day Celebrations.



M. Ibrahim Qureshi
Founder & President Raffles Corporation
Advisor to CM Punjab on IT and ICT Investments
Director, Punjab Board of Investment & Trade
Director, Punjab Information Technology Board
Leading Muslim Entrepreneur Award by President Obama (2010)
Business Man of the Year Award 2010 & 2008 by Prime Minister of Pakistan

Executive Committee
PAKISTAN CANADA ACCOCIATION
Fort McMurray, AB



ZAID SULAIMAN
President



SHADAB SHARIF
General Secretary



NARGIS ZAID
Vice President (Women)



SOHAIL AHMAD
Sr. Vice President



NAVEED HASHMAT
Treasurer



AMIR AZIZ
Director Public Relation

Advisory Committee
PAKISTAN CANADA ASSOCIATION
Fort McMurray



NADEEM AKBAR MIAN



MIAN TAHIR



SYED WAQAR SHAH



AQEEL AHMAD



KHURAM RIZVI



RASHID BASHIR



ANJUM AMIN

Volunteers
PAKISTAN CANADA ASSOCIATION
Fort McMurray



MRS. JAUHER AFRIDI



MRS. NAZIA TABASSUM



MRS NARGIS JABEEN



MRS AYSHA AMIR



MRS ERUM SOHAIL



MRS IFFAT SHAH



MRS SHABNAM NADEEM



KIRAN MALIK KHAN



MRS NAZIA SAQIB



MRS SHADAB FATIMA

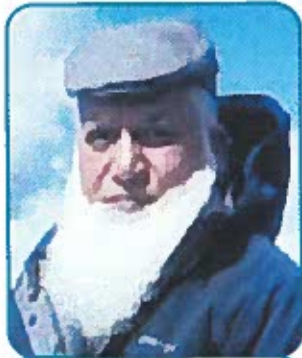


MRS AMBER RAZZAK



MRS SAIRA FURQAN

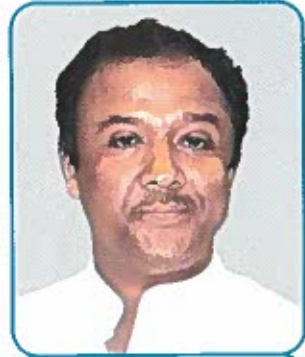
Volunteers
PAKISTAN CANADA ASSOCIATION Fort McMurray



HAJI M.SHARIF



AFTAB IQBAL



SHAFIQ KHAN



IJAZ HAMID



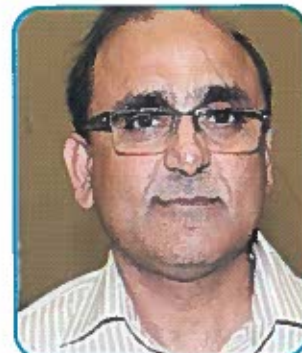
IRFAN BANGASH



SYED WAQAS



SYED ZAHID ALI



IJAZ USMANI



ASJAD NAZIR



IMRAN TAJ



AMIR MEHMOOD

Volunteers -Youth
PAKISTAN CANADA ASSOCIATION Fort McMurray



NAVEED AHMED



SHAZEB SHARIF



HUSSAIN S DAUD



VISHNU



ASRA AFTAB

THE RESILIENCE OF PAKISTANI ORIGIN COMMUNITY OF FORT MCMURRAY

BY : ANJUM AMIN

There are currently over 400 families of Pakistani origin residing in Fort McMurray and a great majority comprise of new immigrants who are contemplating a new life in Canada. They understand that almost a million people moved into Canada each year and hundreds of thousands more immigrants have their applications pending. Canada is one of the prime western countries that admits a large majority of immigrants who are lured by the high standards of living which stem from low crime rates and a sound economy. They understand very well what to expect when they get to Canada.

Seventy percent of all new immigrants into Fort McMurray report little hassles settling in. Many already have friends and family in Fort McMurray who help them assimilate. If not, there are many immigration advocacy groups that help newcomers make the transition. The economy of Alberta seems to be doing a lot better than the economies of the other provinces of Canada which is another factor that attracts the workforce to Fort McMurray from the rest of Canada due to enhanced employment opportunities. Fort McMurray is considered a land of opportunities similar to Dubai in the Middle East. Most of the new arrivals find work in less than a year. This can be work in almost all fields and sectors of the economy.

It has also been reported that most immigrants, almost 90 percent, tend to flock with their own ethnic groups. Because Fort McMurray is a multi-ethnic society, new arrivals quickly find their own countrymen already established. Many also bridge the cultural divide and establish new friends among other ethnicities. The Pakistan Canada Association of Fort McMurray has played an important role towards the development of networks within and outside the Pakistani origin community, especially for the new immigrants.

Settlement into a new country is a long journey and an endless process involving both adaptation and acceptance. Some of the factors and issues that the new immigrants from Pakistan encounter are:

Weather Barrier

One of the major impediments to getting settled is the weather factor in Fort McMurray for the Pakistani origin community. Fort McMurray boasts some of the coldest winter months in the entire Northern Hemisphere. This is because of Fort McMurray's close proximity to the Arctic circle and North Pole (2100 Kilometers approx. as the crow flies). This problem is compounded by the fact that many immigrants to Fort McMurray come from the tropical weather of Pakistan which is relatively warm all year round.

Qualifications

While it is true that the Canadian immigration system only desires to legalize people who have formal skills, there is stiff competition for jobs in Canada and in Fort McMurray. This is because Canada has one of the highest literacy rates on the planet. If one is seeking menial jobs, these are plenty in Canada. But if one desires to advance higher to the white-collar and blue-collar corridors, then one has to be well educated and have skills and experience. Newcomers may only have a rudimentary knowledge of an advanced economy's inner workings and this can hinder assimilation.

Language

English is the predominant language within Western Canada and in Fort McMurray. The Pakistani origin immigrants are English-speaking migrants who find it relatively easy to integrate due to the language factor

Adaptation

It usually takes years to adapt into the new living environment. Many Pakistani origin immigrants gradually rebuild their life and become very successful in their new country Canada. Yet, some of them, particularly older people, keep struggling for the rest of their lives because they do not have the skills, experience, and flexibility to cope with major changes.

To be accepted into the new society, normally newcomers have to change their thinking, behaviour, habits, social norms, and their former way of life. In general most Canadians help them by understanding their struggle and assisting them in their settlement. By doing so, they facilitate their contributions to the society. It is like starting their lives again with some of the following barriers:

The Uprooting Trauma: The first strain is the physical move. For many, it involves:

- the pulling up of centuries old family roots
- the breaking of deep, meaningful ties
- the leaving of the familiar and comfortable for the unknown
- the disorientation that follows
- the strangeness of the new environment
- and the lack of familiarity with the local resources

It is difficult enough for Canadians to move from one part of Canada to another. How much more difficult it is for a new immigrant to move from Pakistan to Canada where the following challenges are encountered.

The Rural to Urban Adjustment:

Those who come from rural areas of Pakistan are accustomed to a simple society where everyone has a place in the community and no one is a stranger. Often these people are thrust into a fast, impersonal, urban society that can be confusing and overwhelming.

Cultural Shock:

There is generally little or no preparation for the challenges an immigrant faces with respect to their traditional value system. Both adult and children immigrants face cultural challenges: the adults through daily interactions and the children through the school system. How do you respond to the new culture whose value system differs from your own?

Loss of Social Support System:

Family ties and deep friendships are frequently severed. Immigrants often lack social resources to draw upon to support them through new experiences and difficulties in a new country. Feelings of loneliness and isolation are quite common as newcomers grapple with a new environment and settlement issues.

Change of Economic Status:

Often immigrants come with special skills that are not recognized. A lack of fluency in English and lack of Canadian experience often leads to acceptance of positions of lower stature. The struggle to get established frequently leads to a decision to have the mother enter the work force. This can bring a change of role and added pressures for the mother.

Role Reversal:

Children come to have power over their non-English speaking parents and grandparents as they learn English and control the communication from school and with the surrounding English-speaking communities. They communicate to parents what they want their parents to know and hear. Grandparents may find their traditional authority questioned by their children and challenged by their grandchildren. They often feel useless, lonely, isolated. They find themselves totally dependent on their children with few meaningful activities to engage in.

Change of Social Status:

The family is thrust into a new society where its members' social status may not be the same. Consequently, they develop a need to establish and prove themselves.

Adjustment to the Educational System:

Many immigrants come from a strict, traditional, authoritarian system, which separates school and home. Canada, on the other hand, utilizes an open educational system, which promotes parent involvement in the child's education life. For many, this is a foreign concept. Often the opportunity for a better education for their children provides the impetus for immigrating. Therefore, the pressure to succeed in school is tremendous.

Parenting Dilemmas:

The conflict between family needs and individual needs. The Canadian society is an individualistically oriented society, contrary to the strong family orientation of traditional societies. The strict authoritarian discipline of traditional societies versus our more democratic, consultative model; pressure to maintain the old ethnic culture at home opposing the school peer pressure facing the children to be accepted like other Canadians. The authority of parents is challenged and parents are often torn between old values of grandparents and their children's wishes.

Adolescent Identity Crisis:

Who are we? Caught between two cultures, the strict traditional Islamic values acquired in Pakistan and the emancipated western society values, which values do we accept? Reject? They must learn to be comfortable with both cultures. They must be proud of who they are or there will be repercussions. The real advantages of their dual culture heritage must be stressed. They can participate in two cultures. The crucial issue is whether the two cultures can be bridged. Those who successfully integrate the two are richer and stronger for it. They can draw on two cultures for more creative solutions to problems to work and to life.

Generation - Communication Gap:

As the children begin to assimilate in their new society, many lose fluency in their ethnic language while the adults fail to learn English. There is no longer effective communication between children, parents and grandparents. Often a feeling of distance develops as children become better educated than their parents. Some children become ashamed of their family and heritage.

Many immigrants successfully cope with these challenges but there are others who do not have the inner resources or experience to deal effectively with them. Canadians as good hosts have a responsibility to assist those who need support to successfully integrate. By providing support services they not only strengthen the family and society to "head off" the development of major adjustment problems. In addition, Canadians invite and facilitate immigrant contributions to the Canadian society. It provides an opportunity to show to the world how many different races and cultures can live, work and play together in peace and contentment in Canada. It is certainly a hopeful and exciting challenge for all of us and the Pakistan Canada Association of Fort McMurray continues its efforts to support the integration of the Pakistani origin community, especially the new immigrants into the Canadian society. In spite of these settlement challenges, the Pakistani origin community of Fort McMurray has always displayed its resilience and dignity of labor to effectively integrate into the multicultural society of Fort McMurray. Although, it's challenging for the Pakistanis living in Fort McMurray to adapt to this new lifestyle; Pakistanis have still flocked in the Wood Buffalo area and now consider it their second home.



**Proud to Support
Community Events**

Timberlea & Eagle Ridge
Fort McMurray, AB

Our Community Kids Our Shining Stars



Anam Rizvi

1st Place : Robert Prather Excellence Award 2013
1st Place Regional Science Fair 2013



Hussain S Daud

Honour Roll with Distinction 2012-13
and Volley Ball City Champion 2012-2013.
Grade-10



Hasnain Hashmat

Academic Excellence Award in Science
& Mathematic G-6



Sheheryar Khan

Honour Roll Grade- 7



Hamna Shah Daud

Best Student Award Grade 3



Zahrah Ehtisham

Student of Term & Mathematic
Award Grade 1



Syeda Aliza Ali

Best Student Kinder Garten



Sayeda Anaya Ali

Achievement & Excellent Award in
All Subject Grade 1



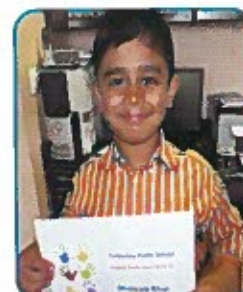
Muhammad Haris

Player Of The Tournament
ookie For FMBB-20



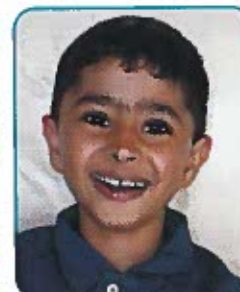
Muhammad Ahmad

Minor Base Ball Winner 2013



Shahzaib Khan

Helping Hand Award Grade-4



Wajahat Mian

Helping Hand Award Grade 1



Shariq Sharif

Honour of Role Grade 7.



Aliza Shah

Best Student Award Grade 3



Numair Sharif
Improving Student Award Grade-5



Taha Gillani
Helping Hand Award Grade-1



M. Ali Nazir
Excellence Award Grade-1



Huzaifa Amir
Excellence Award Grade-KG



Taha Rizwan
Excellence Award Grade-1



Asfa Nazir
Outstanding Student Award Grade-1



Zoya Azam
Arabic Award Grade 3

Regionally Recognized Community Icons



Zaid Sulaiman

Mayor & Council Toast of
Champions "Citizen Recognition Award"
Community Leader Promote Culture in
Region.



Farah Ahmad

CARNA Award
"Excellence in Clinical Practice and
"Diabetes Educator of the year Award"



Kiran Malik Khan

Journalist Kiran Malik Khan was Invited by
Mayor Blake to Present her thesis about Fort
McMurray's Community leaders addressing
issues of negative .Coverage

Our warmest greetings to you, your Pakistani Community, as you celebrate
the 66th Independence Day of Pakistan and 4th anniversary of PCAFM!



Addressing homelessness; by inspiring hope,
Encouraging change; through love,
Kindness and acceptance



United Way
Fort McMurray
fmunitedway.com

**PCAFM EVENTS IN PICTURES PAKISTAN INDEPENDENCE DAY 2012
& PCAFM 3rd ANNIVERSARY**







ATB Financial™

PCAFM EVENTS IN PICTURES

TEAM PCA



PCAFM EVENTS IN PICTURES

MULTICULTURAL EXPO 2012



PCAFM EVENTS IN PICTURES TEAM PCA VOLUNTEER APPRECIATION 2013



Extra Foods 
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THE EXPERTS

Pizza • Pasta • Salads • Desserts





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UPDOWN

HUNZA VALLEY-NORTHERN PAKISTAN

The Hunza Valley is one of the most miraculous places on earth. It is an area of northern Pakistan where the people live long, age gracefully, and flourish in happiness. Find out what they're doing right, what you can learn, and how to sneak a bite of what they're eating.

A Little Background

In the 1970s, when the Karakoram Highway was built through the Hunza Valley tracing the old silk routes from Pakistan to China, National Geographic featured the civilization residing there as one of the longest living in the world. Until this time, the light-eyed, fair-skinned Hunzakuts were quite isolated in the pristine Pakistani mountain tops and claimed to be lost descendants of Alexander's army as he invaded India.

Why Care?

What interested researchers when they arrived was how fit, healthy, and happy their elderly population was. Since the civilization had no hospitals, doctors, police, or history records, the researchers could not determine exactly how old they were by a birth certificate. The Hunzakuts are estimated to live, on average, to about 115 years old. This was astonishing considering average life span was so much older than some of our civilizations oldest - with healthy bodies and minds to boot!

Food For Thought

Almost everything the Hunzakuts feast on is readily available at most North American supermarkets. The only difference? They eat it fresh, unprocessed, and in season. Most importantly, they eat fresh and dried fruits abundantly - year round. On top of their diets, Hunzakuts exercise daily, walking and working amongst their mountainous landscape. Researchers call their diet lacto-vegetarian. The majority of this diet consists of drinking glacier water, raw, unpasteurized milk, and eat leafy green or root vegetables.

They eat these vegetables raw when they can, including young green corn, leafy greens, carrots, and turnips. They also sprout pulse/grain when possible. If they do cook vegetables, they put them in a pot with very little water - similar to our steaming process.

They also sprout pulse/grain when possible. If they do cook vegetables, they put them in a pot with very little water - similar to our steaming process

What's in the water?

The Romanian Nobel Prize Winner on fluid dynamics, Dr. Henri Coanda, spent sixty years studying the Hunza Valley water in order to determine it's buffering effects against disease. Coming from the glacial waters of the Hunza peaks, Dr. Coanda discovered it had different viscosity and surface tension with a noted high alkaline pH, high levels of active hydrogen (hydrogen with an extra electron), negative Redox potential, and a high colloidal mineral content. These same water properties can be found in other remote unpolluted places in areas of China (in the Shin Chan ares), the Andes mountains, and near Azerbaijan

Bottom Line

Eat raw, fresh, organic food, drink alkaline water, and exercise daily in order to fully experience the benefits of this incredible culture. Just by adapting to these three simple habits can foster long life and prevent age-related diseases

Products from the Hunza Valley:

Hunza Valley Apricots Kernels

Hunza Valley Walnuts

Hunza Valley Golden Raisins

Hunza Valley Mulberries

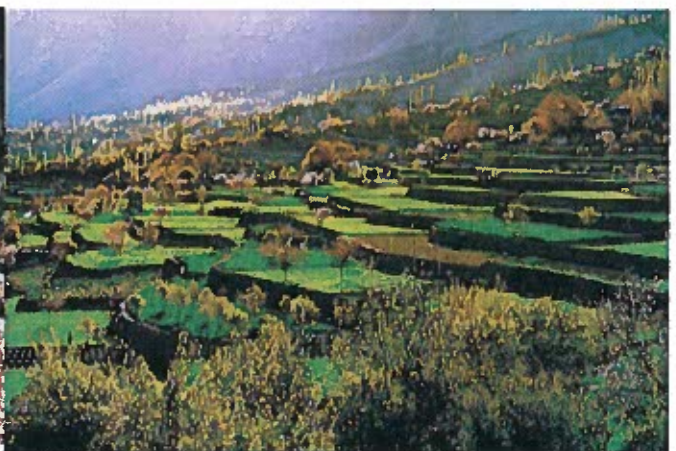
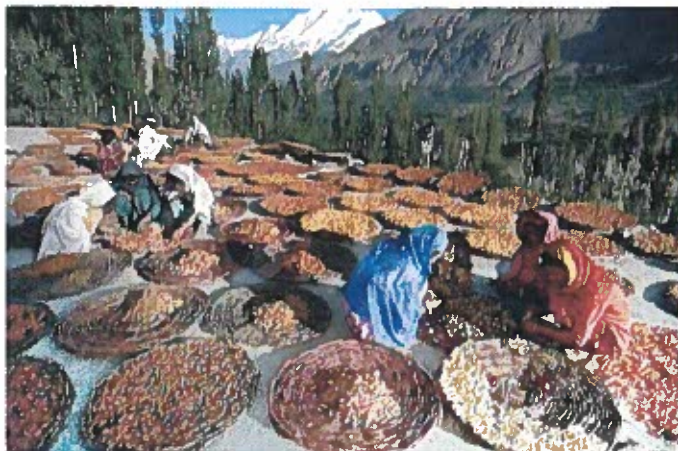
Hunza Goji Trailmix

Hunza Dates

Sprouted Hunza Valley Granola

Source:

OrganicLives



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Shahi Qila The Royal Lahore Fort

The Lahore Fort situated in the northwestern corner of Lahore's Walled City is locally known as Shahi Qila. The elegant structure of the building is the result of many centuries' work. The Pakistani historian Wali Ullah Khan records that the very first citation to the Fort came in the history of Lahore accumulated by Al-Biruni, which refers to a fort built up in the early 11th century. Munshi Sujan Rae Bhandar, author of the Khulasa-tut-Tawarikh writes that Malik Ayaz, an assistant of Sultan Mahmud, built a masonry fort at Lahore and occupied the city. Generally it is accredited that present Lahore Fort is the same fort, which was blemished by the Mongols in 1241 and again in 1398 by a separated of Taimoor's army, then rebuilt in 1421 by Sayyid, son of Khizr Khan.

During the Mughal times, The Fort was renovated so many times. That is the reason it is truly named as one of the masterpieces of the Mughal culture. Many emperors like Jalal ud Did Akbar, Jahangir, Shah Jahan, and Aurangzeb all have taken part in addition to it. During the whole era of Sikh possession, Ranjit Singh added numerous domes on the upper ramparts. Some amendments to the Fort were taken place during the times of British period starting in 1846 for housing amenities for colonial functions. Those modifications have been deteriorated and efforts made to bring the Fort back in its actual 1846 condition. History and cultural traditions are preserved in the Lahore Fort, a protected national monument on UNESCO's list of World Heritage sites, in the form of Masti Gate, Diwan-i-Am, Moti Masjid, Lal Burg, Naulakha Pavilion and Shish Mahal. The Fort contains marble palaces decorated with mosaics and gilt. The elegance of the splendid monument is matchless.

Shahi Qila (The Royal Lahore Fort) is no doubt a worth visiting place, those who visit Lahore they are recommended to have a look at this fort which is a symbol of great ancient work of architecture. Without visiting Lahore Fort your visit to Lahore is incomplete..

Source: groupin.pk



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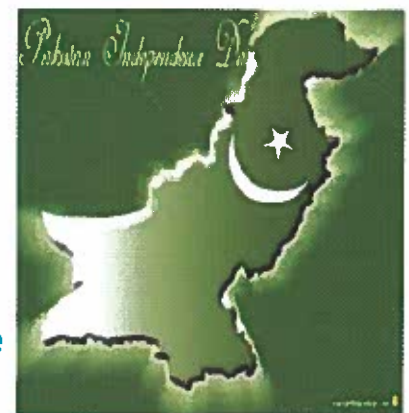


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