

Fujairah bserver

October 2020

October 2020

Fujairah Observer VCI



Photo by Anoop Panoli



Aims & Objectives

- Develop strategies for investment in the Oil & Gas Industry in the region.
- Develop local and international compatible Oil & Gas Industry Standards relating to Health, Quality, Safety, and Environment.
- Implement the Standards, Rules & Regulations, Codes of Practice within FOIZ.
- Develop robust Business and Technical Assurance Plans.
- Develop Risk Management Plans
- Provide land to the investors & extend the precincts of FOIZ through sea-reclamation.
- Assist in the procurement of utilities.

FOIZ sits at the heart of the new energy corridor that stretches from the East of the Suez Canal to Asia and has a vast array of capabilities, including oil transmission pipeline connectivity with Abu Dhabi, vast oil storage facilities, supporting utilities infrastructure, and a deep water port. Since September 2016, the Port is also home to the first very large crude carrier (VLCC) jetty on the Indian Ocean.

FEDCom (Fujairah Energy Data Committee) established under the aegis of FOIZ in collaboration with S & P Global Platts publishes data comprising of weekly inventory levels of various terminals established within FOIZ. This has enhanced market transparency. Publishing the weekly inventory data is to set targets, including establishing Fujairah as the region pricing center, leading global & trading energy hub next to major pricing, trading and energy centers of the world.

*Fujairah Oil Industry Zone (FOIZ)
Fujairah Tennis & Country Club
Intercontinental Fujairah Resort
Al Ahli Printing Press
The Sailors UAE*

*Al Fujairah National Insurance Company
Al Shams Network Solutions
Crepes and Burgers
Fujairah Building Industries PSC
Fujairah Cement Factory (Dibba)
Fujairah Culture & Media Authority
Fujairah Farm
Fujairah Trade Centre
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The Fujairah Observer is grateful for the support of the Ruler of Fujairah, HH Sheikh Hamad Al Sharqi and the assistance of the Private Affairs Bureau

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Front cover photo: Anoop Panoli works as an assistant shift supervisor at Port of Fujairah Oil Terminal Department. Anoop spends most of his free time seeking a perfect shot! Hence the beautiful drone shot of the mountains and Al Aqah / Al Sharm Tunnel.

Dear Readers,

2020 will always be remembered for COVID-19, but we have to remember it was also a time for reflection on our priorities. By staying safe and following government guidelines we are showing our love and respect for our families.

As we approach the latter part of the year we must carry on with that same attitude. We have all made sacrifices and must continue to do so until this time has passed!

The weather like everything else is slowly changing and outdoor pursuits and events look imminent, it is the most beautiful time of the year.

Finally I am sure you all will agree our new road system is looking better every day.

Enjoy our October issue,
Be Safe, Be Happy,

Dr. Mohammed Saeed Al Kindi,
Editor-in-Chief



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Ruler praises Fujairah Police for winning seven awards



H.H. Sheikh Hamad bin Mohammed Al Sharqi, Supreme Council Member and Ruler of Fujairah, has congratulated the Fujairah Police General Command for winning seven awards of the 5th edition of the Minister of Interior Award for Excellence when he received Major General Mohammed Ahmed bin Ghanim Al Kaabi, Commander-in-Chief of the Fujairah Police, and his delegation.

Sheikh Hamad said the landmark achievements of the Fujairah Police were a result of relentless efforts and cooperation of the force with their strategic partners to provide world-class services to the customers.

Major General Al Kaabi said the awards would not have been possible without the strong support of Sheikh Hamad, H.H. Sheikh Mohammed bin

Hamad bin Mohammed Al Sharqi, Crown Prince of Fujairah, and H.H. Lt. General Sheikh Saif bin Zayed Al Nahyan, Deputy Prime Minister and Minister of the Interior.

Lt. General Sheikh Saif honoured the winners at a ceremony in Dubai last week. The fifth edition included 50 awards in general, of which 25 were distributed as institutional and police awards, 21 in the career category, and three as external awards.

The meeting was attended by a number of officials.

Crown Prince chairs meeting of Board of Trustees of UST



His Highness Sheikh Mohammed bin Hamad bin Mohammed Al Sharqi, Crown Prince of Fujairah, Chairman of the Board of Trustees of the University of Science and Technology in Fujairah, briefed on the university's strategic plan for the current academic year, and its precautionary measures that it applies to confront the emerging "Corona" virus and prevent it.

This came when His Highness chaired, remotely, the third periodic meeting of the University's Board of Trustees.

At the outset of the meeting, His Highness the Crown Prince welcomed the members of the Board of Trustees of the University of Science and Technology in Fujairah, wishing them success in achieving the university's goals to improve the educational process in a way that enhances its

position among higher education institutions inside and outside the country.

His Highness stressed the need to stand up to the most important challenges and needs for the university, by providing scientific expertise to improve the educational level of students.

His Highness listened to a detailed explanation of the measures taken by the university in the current stage in response to the challenges posed by the crisis of the outbreak of the new Corona virus, stressing the importance of all university cadres and students adhering to preventive measures to ensure their safety.

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Perseverance & Prospering in Times of Uncertainty



When news of the pandemic broke, very few of us could imagine the repercussions and effects that would follow. Like a shockwave, fear and concern over the Covid19 outbreak emanated through the world, shutting down supply chains, haltering international travel, and in many places preventing people from even leaving their homes. Personally, this was one of the most challenging situations and experiences I've ever had to deal with. To be at the helm of a project of such great magnitude and importance, in a time of great global uncertainty, was daunting to say the least.

My personal concerns aside, I understood that decision-makers in any entrepreneurial enterprise were forced to not only prepare, adapt and persevere despite the new conditions, but to find ways to prosper for their endeavors. With these thoughts in mind, we set out to adapt and overcome the obstacles ahead in the best way possible. Read on to see how Rumailah Farm (RF) fared during these troubled times.

Our Response

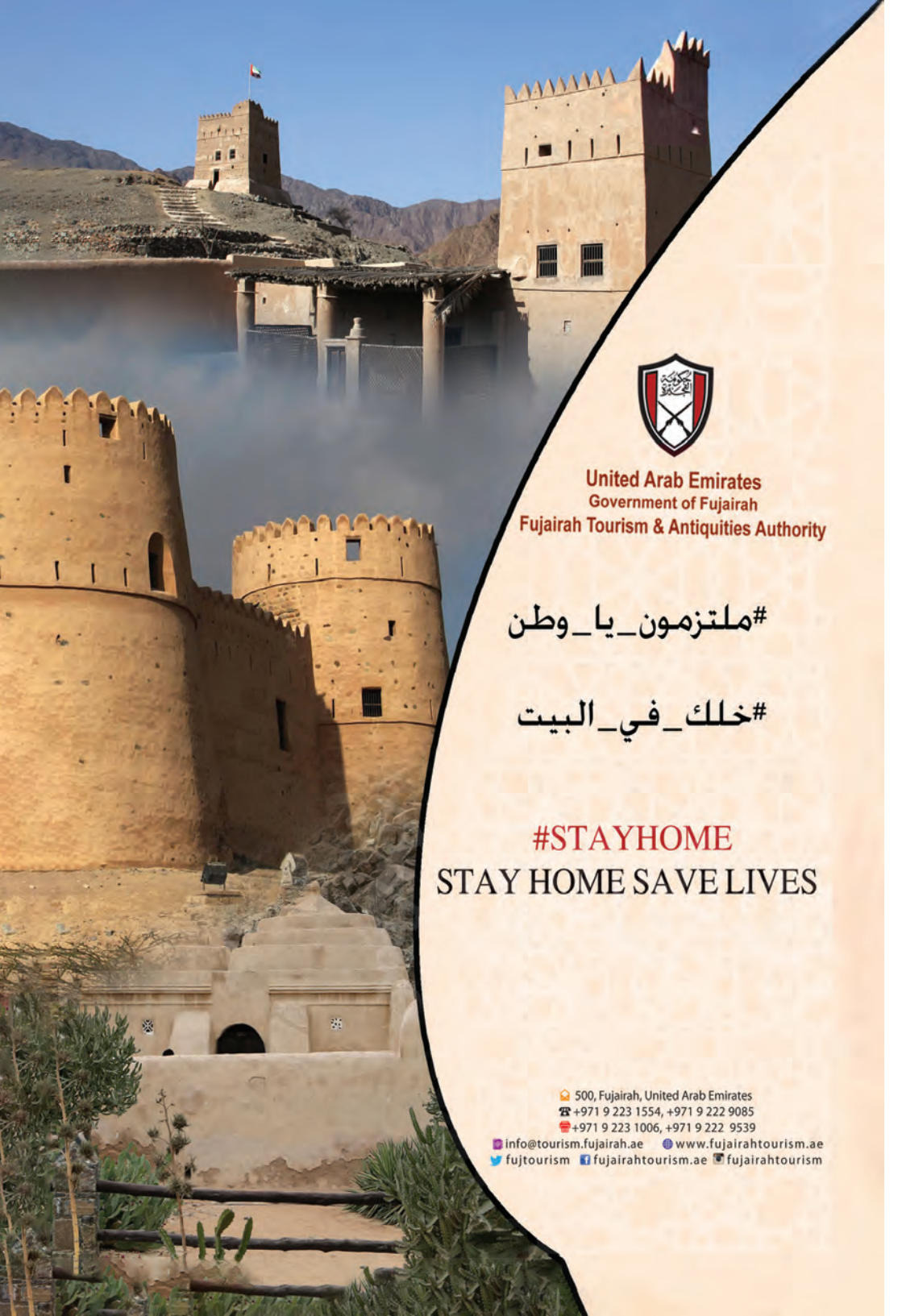
In order to get the full scope of RF's response to the pandemic, it's important to start in the months leading up to the lockdown. Considering the wave of current events occurring in early 2020, I had begun to contemplate on how the pandemic would play out and how it would potentially affect and disrupt our operations. As such, I sought out to invest time and efforts in preparing a supply, logistics, and inventory plan for the rest of the year.

This plan consisted of multiple components, including conducting market analysis for our future needs, as well as investing in supply chain management to ensure that we had the raw materials we needed to continue our operations in case of a disruption to the flow of goods.

Quickly after the scale of the problem was made clear, we realized that surviving the Covid19 outbreak and ensuing lockdown would be an existential issue that needs to be addressed with the utmost precision and diligence.

After much contemplation, I came to the conclusion that the most crucial attribute a successful entity requires in such times is persistence. In our case, this meant making sure that clients receive deliveries during and despite the lockdown measures set in place by the government. I am proud to announce that not a single delivery was cancelled during the lockdown process. RF consistently made deliveries throughout the entire lockdown, making sure to comply with government regulations, keeping our staff happy, and the clients satisfied.

Due to our aforementioned contingency planning, we were able to rise up to meet the rising demand of consumers as some of our competitors were forced to cease operations due to lack of raw materials. While we were happy to satisfy the consumer demand during the crisis, we also



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Photo courtesy Fahim (AGV LLC)

made sure not to overflood the market with our products, in order to maintain a healthy status quo amongst the suppliers in the region.

Additionally, as a new entity, we realized that the pandemic has the potential to disrupt, falter, or even fully stop our efforts to market and establish our brand within the market. In order to combat this, we pushed on with our efforts to develop our product line and add new items, as well as continue full-force with marketing campaigns that were on track to be launched.

Although the second quarter of 2020 was a massive blow to the global economy and the UAE was not at all immune to the negative repercussions, through resilience and perseverance RF managed to not only sustain our activities and survive, but prosper.

Results

I am delighted to report that once our priorities were set and we got to work, the team at RF was able to attain and exceed our goals in furthering our mission to become a top producer of dairy products in the Emirates. RF managed to lead an aggressive marketing campaign during the Covid 19 outbreak which has proven to be extremely effective, resulting in a massive uptick in clients of our products as well as visits to the RF coffeeshop. As a result, throughout the lockdown, we had unprecedented lines of customers waiting to pick up delicious drinks and snacks from our coffeeshop location.

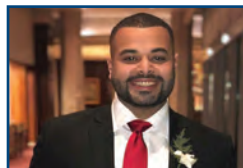
In addition to driving sales of our existing product range, RF also had a new product being developed

for release during the summer. Considering that our coffeeshop managed to maintain its regular client base, we thought there'd be little incentive to wait until the crisis was over. Therefore, we managed to release our highly popular brand new product, the Iced Shaken. This shake stands for the standard of quality set forth by RF, containing high quality ingredients from happy cows, which translates into a delicious experience for our customers.

RF also pressed forward with marketing efforts, resulting in a massively successful run in increasing our client base and gaining brand recognition across the region. Rumailah Farm is currently proudly serving 96 stores in Fujairah City and 46 additional clients in the other Emirates of the UAE. With our ambitions set high and an open mind to whatever comes next, we hope to have a significant increase in our client base in the upcoming months.

Looking Forward

Looking back at the last few months, I can't help but relive all of the uncertainty and trepidation I felt as the whole world was forced to deal with an onslaught of new obstacles. On a personal level, I tried my best to keep my focus on the bigger picture and not allow the catastrophic news to overpower my drive and ambition to make RF the best it can be. Thanks to the unwavering support and commitment of our entire team and staff, we were able to **keep our heads in the game, prepare, adapt and overcome** the issues we faced. I believe that as a leader, it is crucial to be able to look beyond the obstacles that one faces, in order to see the clear horizon that lies on the other side. **Keeping an open mind** towards the issues that a project faces in order to devise the most effective way of overcoming them can prove to be an invaluable tool when dealing with uncertainty and fear.



Abdullah Taleb

Stamps of Fujera: CHAPTER 2

Introduction: Chapter 1 addressed the beginning of Fujera Post Office and the issue of the first definitive set issued in Sep/Nov 1964, the Airmail Defs in Aug 1965 and the Officials in Oct/Nov 1965. This chapter looks at the other issues between Dec 1964 and 1966. It deals with 3 major areas. The first is the issue of Miniature Sheets with virtually every set; the second is the beginning of the Gold/Silver foil stamps ‘for demonstration purposes’ and the third is the way Fujera Post Office handled the Change in Currency in 1966.

First Commemorative Issue – Tokyo Summer Olympics

This first issue was a set of 9 stamps depicting various Olympic Sports in the same design as the definitive issue (refer to Chapter 1). This issue was available in both perf and imperf formats. Please refer to Fig 2.1 for the top value of the set imperf.

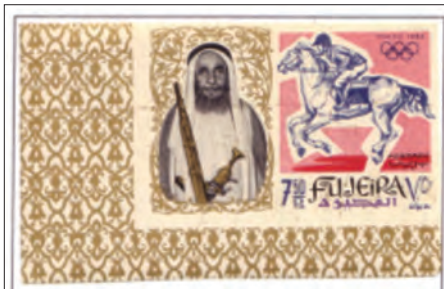


Fig 2.1 - The 7.50 R(upees) top value with the portrait of Sheik Mohammed bin Hamad al Sharji on the left and Horse-riding on the right.

23rd February 1965 – President JF Kennedy Commemoration

The only set produced in 1965 was a set of 10 stamps commemorating the life of President John

F Kennedy – the 35th American President. The set was produced in perf and imperf format as all other sets.

The two highest values were additionally produced together in a Minisheet. This miniature sheet was also produced both perf and imperf!

This was the beginning of a trend where Miniature sheets were produced for the majority of Stamp Issues of Fujera, and in some cases 2 different Minisheets! The quantity of stamps in each set; the additional minisheets and the production of these stamps in both imperf and perf formats were not very welcomed by collectors. But at this stage, Fujera’s number of new issues was quite restrained.

Please refer to Figure 2.2 for the first Mini sheet from Fujera in imperf format. Figure 2.3 is a letter sent in Jun 1965 to USA with the correct franking of 50 n.p. Kennedy stamp. Unfortunately, the cancel is very light and does not print clearly. Figure 2.4 is a philatelic cover with the low values of the Kennedy Set. This is a letter sent out privately through the mail - has arrival backstamp in Dumont, NJ dated 12 Jun 1965 but no ‘Fujera Post Office’ etc markings that are present on virtually all other Fujera covers!



Fig 2.2 – Kennedy Miniature Sheet – first minisheet for Fujera containing the top two values in the set imperf.



Fig 2.3 – Letter dated June 1965 to USA properly franked with the Kennedy 50np stamp – returned to sender!



Fig 2.4 – A privately mailed letter to USA with the 6 low values of the set. The arrival datestamp on the back confirms it went through the mail system.

27th January 1966 – Cairo International Stamp Exhibition celebrating centenary of Egypt Stamps

A nine-value stamp set was produced for this event. The higher two values were also produced in a miniature sheet. Again both stamps and miniature sheet were produced in perf and imperf format. The minisheet (imperf) is produced in Fig 2.5.



Fig 2.5 – The Mini sheet for the Cairo Centenary Stamp Exhibition set

28th February 1966 – Winston Churchill Commemoration

An eight-value stamp set was produced to commemorate Churchill. The higher two values were produced in a miniature sheet and both stamps and miniature sheet were produced in perf and imperf format.

30th May 1966 – Space Research

Another eight-value stamp set was produced. The standard miniature sheet was also produced and all available in perf and imperf formats. Please refer to Fig 2.6 for a copy of the minisheet imperf.



Fig 2.6 – Minisheet for the Space research set

No other new issues were produced till the new currency Definitive Butterflies set was released in April 1967, discussed in Chapter 3. So at this stage, the number of issues were very constrained.

The First Gold Foil Stamps

For the Kennedy, Churchill and Space sets, a stamp from each set was also produced in Gold Foil. The stamp is known either perf or imperf. A deluxe Minisheet version of the imperf stamp is also known. Please refer to fig 2.7 for the Kennedy 5R Delux Minisheet; the 3R Churchill in perf and the 10np Space Research imperf. For some reasons, Michel's Gulf States Catalogue and Minkus Trucial States catalogue do not mention the Kennedy and Churchill Gold stamps and only includes the Space perf Gold (cat nos A77 and 77B respectively) but does not include the imperf and Delux minisheet formats.

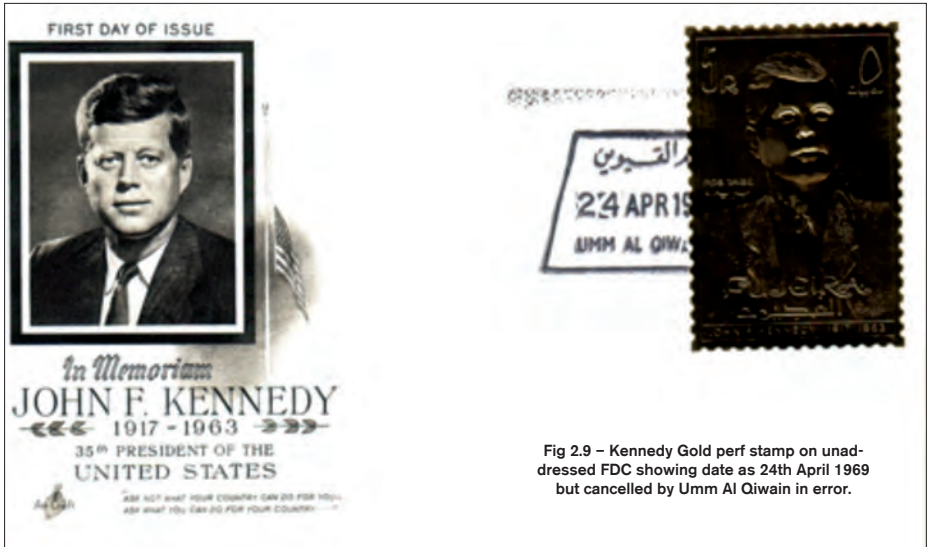
It is not clear when these stamps were issued. First Day Covers with either Churchill or Kennedy gold stamp shows 24th April 1969 – way after the set was issued (See Fig 2.8). The specialist space dealer EspaceLollini gives the date for the Space Gold stamp as 30 May 1966 which is the same as the original set.



Fig 2.7 – The first Gold Stamp issues!



Fig 2.8 – The Delux Minisheet of the Churchill Gold Stamp cancelled on 24 April 1969 as a First Day Cover



It has been suggested that there may only be 500 stamps issued in this Gold format for each type. It would be interesting to know how many were sold! These Gold stamps were NOT advertised by the Post Office in the advertising brochure produced for the release of the stamps. So how did customers (and dealers) find out about these issues? Could it be that they were only known to Finbar Kenny who had the contract to issue Fujeira Stamps? These issues are said to be for 'Demonstration purposes'. What does this mean?

Please refer to fig 2.9 – which shows the Kennedy perf gold stamp cancelled in Umm Al Qiwa. It is an unaddressed First Day Cover and did NOT go through the mail. Fujeira Stamps were NOT valid in Umm Al Qiwa. How was this FDC produced? The date is also 24th April 1969 as the Fujeira FDC cancel.

A few of the later issues also had one stamp produced in Gold and even in Silver (including perf; imperf and in Delux Block perf and imperf!). Fujeira also produced other Gold/Silver stamps that were only issued in that format and not part of a normally produced set.

The Change in Currency

In July 1966, Fujeira (and the other Gulf States) changed their currencies from 100 Naye Paise (n.p.) = 1 Rupee (R) to the new currency 100 Dirhams (Dh) = 1 Riyal (R). For an unknown reason, they decided to overprint any remaining Kennedy stamps (both perf and imperf) and Minisheet (in perf and imperf) with the new values. All stamps remained at the same value but the n.p. was overprinted with Dh and the R overprinted with the full word Riyals.

In 1967, ALL other remaining stamps issued so far by Fujeira were also overprinted the same way. All commemorative stamps discussed above and also the definitive set, Airmail set and the Official sets (discussed in Chapter 1) were re-issued. The only exceptions were the Gold Foil stamps which may have or have not yet been produced!

As mentioned in Chapter 1, the stamps produced by Fujeira (as with the other Gulf States) were available cancelled to order at a fraction of the original face value to dealers. But it does not appear that these 'new value' overprinted stamps were made available cto.

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Fig 2.10 – A letter dated April 1967 to USA with 3 new-currency overprinted Stamps from the Kennedy set; the Stamp Centenary set and the Space Exploration set. The total of 60 Dh franking suggests that the airmail rate for a letter to USA had increased from 50 to 60 Dh.

Most were in very short supply and it is quite difficult, in comparison to other Fujera issues, to get these stamps, especially the imper version.

In April and May 1967, a new definitive set showing butterflies, was issued with 27 values with the new currency. By now, the philatelic world had seen enough. As a result, most of these overprints are not listed neither in Gibbons nor in Scott Catalogues. Neither are most of the issues produced from hereon in.

**John Vassallo and
Emirates Philatelic Association**



Salah appointed Manager of Tennis & Country Club Fujairah



Salah Alhamad has been appointed as the new manager of Fujairah Tennis and Country Club.

He takes on his new role after leaving his sister company at Al Aqah Meridien.

A Syrian national, Alhamad has worked at several leading hotel chains in the UAE and Syria before joining the Le Meridien group and has worked within various departments in the hospitality sector, including F&B, guest relations, revenue management and promotions.

Alhamad is a member of the Hotel and Catering Industrial Management Association (MHCIMA) and has a certificate in Hotel and Restaurant Management from the International Correspondence School in the United Kingdom

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Serving up Winners!



Khalid Al Ali returns to Fujairah and to the Tennis and Country Club Fujairah with a fresh impetus to improve the grassroots level of tennis in the Northern Emirates!

The Tennis Academy has already begun by holding a mini tennis training camp which attracted over 40 children, including 25 Emiratis and children of determination.

The children attending the training are divided into batches and groups based on the protocols that need to be followed during the coronavirus pandemic. Emiratis are coached for free however there is a small charge for expats.

Al Ali says the club is focused on developing local talent and also has a specialist coach for children of determination. This is a welcomed initiative which will raise awareness of wheelchair tennis which is the same as able-bodied tennis except for the fact you are allowed up to two bounces of the ball.



And with future plans to bring a female German coach who will coach ladies only which will improve all aspects of the clubs' coaching.

With ITF Junior tournaments

and localised competitions, such as a special veterans tournament that Al Ali hopes to initiate in the coming months. Al Ali's goal is to bring back the Zayed Cup to Fujairah (first held in 2004).

Mr. Abdul Ghafour Behroozian Chairman of Tennis & Country Club Fujairah also commented that he is very happy with the recent progress he is seeing at the club and is 100% behind more focus on the tennis side, " We should be encouraging the younger generation to participate more in tennis not just for the enjoyment of playing but to introduce a healthier lifestyle to our children. I am particularly pleased with the under 12 Emirati children who are now participating but all children are welcome." The chairman also was pleased to know that the Zayed Cup will be targeted to come back to Fujairah.

The courts and lighting are to be upgraded bringing the club up to official competition standards in the coming months.

Al Ali outlines the hopes for future stars of the UAE, "various development programmes such as the ones we have implemented will get more children involved in the sport and improvements in the level of coaching with key personnel who can help our junior players go the whole way along the development pathway taking the step up to full international status and representing the UAE on the international circuit!



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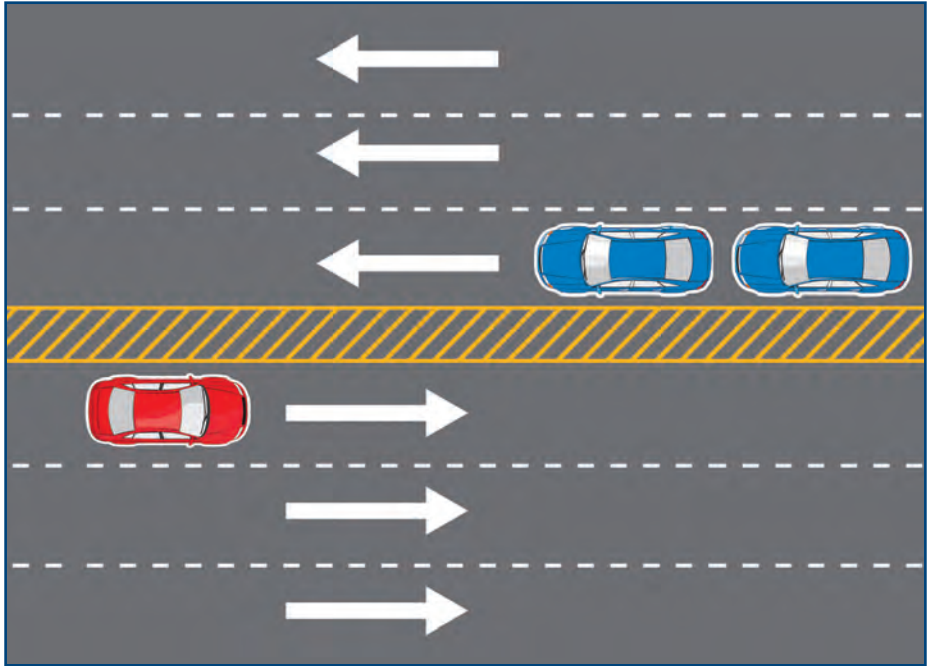
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Do you really understand the new road markings in Fujairah?



The upgrading of the Hamad bin Abdulla road has created a beautiful wide open boulevard to enter the city of Fujairah and it is clearly marked with arrows indicating lane turnings and directions and new road markings.

As per UAE law, every road user must respect and obey the traffic signals and rules. If you learn the new road markings on the Hamad bin Abdulla road and follow them it will help you to decide what action you need to take in a certain area on the road.

DO NOT drive on the yellow lines!

The two parallel yellow lines, connected by diagonal yellow lines indicate that they separate opposing lanes of traffic travelling in two different directions. The purpose of this is to create a buffer

of space between two opposing lanes of traffic, they are meant to act as imaginary boulevard.

Because it's yellow lines, you can't drive on it. You can't U-turn, you can't cross over it!

It can **ONLY** be used by the Emergency services!

Digital cameras for registering traffic violations are very common on our roads, primarily they are for speeding, but they also register other traffic violations.

Do not at any point expect drivers using indicators, obeying the speed limit or drivers having any regard for their own personal safety or anyone else's.

So be careful when and how you drive, even if no one else is.

Readers share their stories on with life under lock down

2020 School Year never like before! Before I start, the picture here is from last year 2019 first day to school. Mask free, Anxiety free and Covid free! The excitement of returning to school, meeting new teachers and hugging old friends sums up all here...

Fast forward 2020! In the morning I shed a tear or two when I saw the beautiful big bright yellow bus doing rounds near our residential towers!

Yellow bus yellow bus where have you been...

Covid locked me down, I was nowhere to be seen...

Covid-19 dark shadows are haunting mankind! Our lives has taken a 360 degrees turn! Days are long staying home and nights are spend thinking about future! This natural catastrophe has brought the world to a standstill! For us adults with mature minds its hard to comprehend that life has paused and we can very well feel the nervousness of our children!

To start with a "never of this kind" school year, all education institutions were strictly adhering to the safety guidelines issued by the government. Covid Education is most sought-after subject during this pandemic. I am deeply indebted to GEMS Education for offering a training course about Covid-19. The training was quite insightful and it helped my children to revisit the precautions they imprinted in their mind. Comprehensive training keeping the audience engage till the end. The end of training quiz was very interesting for us. We participated in it and felt accomplished with an outstanding score.

Gems Winchester School, Fujairah objective is to provide highest quality of education in a safe environment. Parents were nervous with the opening of school. Gems WSF followed the highest standards of safety protocols. Setting up

sanitising stations, limited pupil in class, safe entry and exit points were to name a few SOPs set by the school.

This is what parents with wards in Gems Winchester School Fujairah had to say about their experiences:

"As a parent of two boys in Kg2 and Grade 2 we had opted 50:50 learning and took all precautions in place together with Gems Wsf arrangements and guidelines. Nathan was happy with his own work desk including a full set of stationary of his own. My boys had well adjusted in wearing the masks during the long school hours and follow all the guideline's with no complain." Dina Wulandari

"My son was greeted so well by everyone at school. He was appreciated for his cute face mask. I was very satisfied with the precautions school had taken. I am happy that going to school for two weeks time is something he looks forward to eagerly! Also he equally enjoys his online days as he gets to work just like mama and baba on his own computer. We are a happy KG1 going family." Dr. Beenish

"For me grade 1 in school so far so good. I am happy with everything the school has done concerning all the safety measures and arrangement of school." Christine Ngele Kostic

"We were anxious if we had made the right choice till the first day of school. We went through all the teaching and training materials send from school and made sure our daughter understood the details of the same. We were very happy to see the principal Mr.David welcoming all the kids and parents personally. It was a smooth transition going back to school and no words will be enough to appreciate the hard work and planning behind it." Captain and Mrs. Mohta

"The whole day went on smoothly. I messaged the teacher asking if kids were okay and she replied saying yes! They were nervous first but settled eventually. At 2 when they got off from the bus

they had many stories to tell. They told me how the school had taken all the preventive measures to keep each child safe. It was definitely a success, first day to school." *Poorvie Verma*

We always applaud the front line doctors in this fight against Covid-19 and no doubt they are indeed serving humanity day in and out, risking their own lives!

But today I literally want to cheer out loud for our Teachers in schools, colleges and universities across the world. In such testing times they equipped themselves with distance learning and now whole heartedly welcoming students to the campus. Its the teachers that are trying their best to create a bridge of hope!

Stay safe.

Maheen Zeeshan

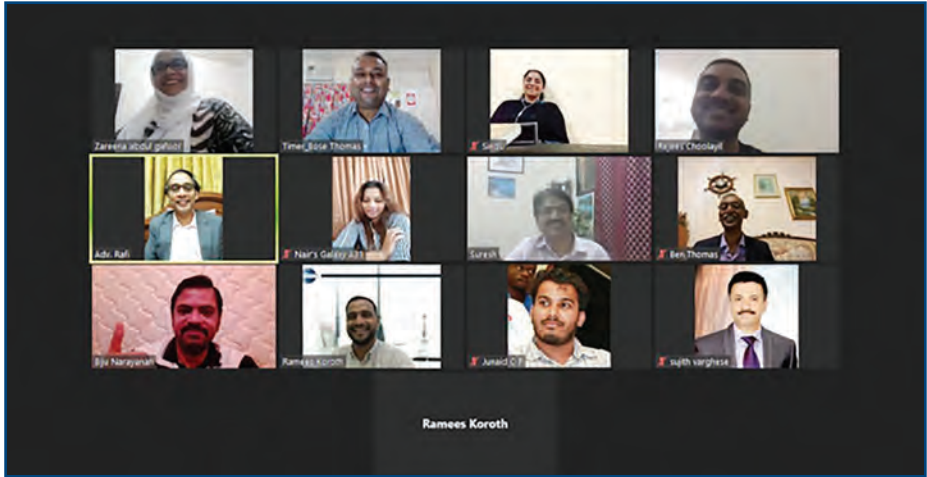


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Synergy Malayalam Toastmasters Club



Toastmasters International (TMI) is one of the top non-profit educational organizations in the world. It was founded by a visionary, named Ralph C. Smedley, in the year 1924, with its headquarters in Colorado, USA.

It was initiated with the specific objective of providing opportunities for individuals to learn, practice and grow in the areas of Public speaking, Leadership, Quick thinking, Analytical skills, Innovation and other mental faculties. Over the past 96 years, TMI has spread into 145 countries, establishing 16,200 clubs and creating more than four million self-confident leaders and communicators. It conducts plenty of free educational programs and motivates its members by recognizing their achievements. There are a number of awards and accolades to be won by the members, at the local, regional and international levels.

In the past, Toastmasters clubs have been using English and several other international languages. In its endeavor to recognize the regional languages, TMI is also encouraging bi-lingual and regional language clubs.

Synergy Malayalam Toastmasters Club

Synergy Malayalam Toastmasters Club was established in Fujairah in the year 2019 as a bi-lingual club, but giving more focus to the Malayalam language. It conducts systematically-organized meetings on the second and fourth Wednesdays of each month. Due to the situation created by Covid 19, meetings are currently conducted on the Zoom platform. That gives members the additional advantage of toning their leadership, public speaking and language skills while enjoying the comfort of being at their own homes. Guests are warmly welcomed to attend the meetings, take part in the 'Table Topics' (2 minute speeches) and to give their feedback. The members do Project speeches to fulfil their educational goals which lead to International recognitions. They also take up several other roles in the meetings.

Those who wish to attend the meetings as a Guest or to join the club in order to get the full benefit of personality development may contact the President Ben Thomas on mobile no. 050 6491659 or the Vice President-Membership, Anju Rajesh (050 8177204) or any other member. A warm welcome and lots of opportunities await you.

Ben Thomas

Toastmasters - Useful Language In Presentations

According to a Prezi study, half of the respondents said they did something other than listen during a presentation, including: sending a text message (28%); checking emails (27%) and falling asleep (17%)!

Any presentation should make you a speaker who spins straw into gold by useful language that will keep them in listening and absorbing mode!

Introductory Remarks:

An effective opening gambit, with useful language could be a question, a story, a quotation, a visual, a statistic, a startling statement, a personal anecdote or experience, a humour, an expert opinion, a sound effect, a model or demonstration, a testimony or a success story.

Overview:

Useful language:

- "My presentation is in three parts."
- "My presentation is divided into three main sections."
- "Firstly, secondly, thirdly, finally..."
- "I'm going to... take a look at... talk about... examine... tell you something about the background... give you some facts and figures... fill you in on the history of... concentrate on... limit myself to the question of..."
- "Please feel free to interrupt me if you have questions."
- "There will be time for questions at the end of the presentation."
- "I'd be grateful if you could ask your questions after the presentation."

Main Body:

Useful language:

- "As I said at the beginning..."
- "This, of course, will help you (to achieve the 20% increase)."
- "As you remember, we are concerned with..."
- "This ties in with my original statement..."
- "This relates directly to the question I put to you before..."

Transition:

Useful language:

- "I'd now like to move on to..."
- "I'd like to turn to..."
- "That's all I have to say about..."
- "So far we have looked at and now I'd like to look at..."
- "This leads me to my next point".

Provide Examples:

Useful language:

- "Let me give you an example..."
- "such as..."
- "for instance..."
- "A good example of this is..."

Introducing Visuals:

Useful language:

- "This graph shows you..."
- "Take a look at this..."
- "If you look at this, you will see..."
- "I'd like you to look at this..."
- "This chart illustrates the figures..."
- "This graph gives you a breakdown of..."

Importance Of Visuals:

Useful language:

- "As you can see..."
- "This clearly shows..."
- "From this, we can understand how/why..."
- "This area of the chart is interesting..."

Recapitulate:

Useful language:

- "That brings me to the end of my presentation. I've talked about..."
- "Well, that's about it for now. We've covered..."
- "So, that was the required strategy. In brief, we..."
- "To summarize, I..."
- "Let me just sum that up..."
- "So, to sum up..."

Relate The End To The Beginning:

Useful language:

- "So I hope that you're a little clearer on how we can achieve membership growth of 20%."
- "To return to the original question, we can achieve..."

- (c) "So just to round the talk off, I want to go back to the beginning when I asked you..."
- (d) "I hope that my presentation today will help you with what I said at the beginning..."

Q&A Session:

Useful language to invite questions:

- (a) "Thank you for listening – and now if there are any questions, I would be pleased to answer them."
- (b) "That brings me to the end of my presentation. Thank you for your attention. I'd be glad to answer any questions you might have."

Useful language for further clarification:

- (a) "Thank you. So you would like further clarification on the Open House strategy?"
- (b) "That's an interesting question. How are we going to get that sorted out?"
- (c) "Thank you for asking. What is the plan for the discount in subscription/fees?"

Useful language to check:

- (a) "Does this answer your question?"
- (b) "Do you follow what I am saying?"
- (c) "I hope this explains the situation for you."
- (d) "I hope this was what you wanted to hear!"

Useful language when answer is not known:

- (a) "That's an interesting question. I don't actually know off the top of my head, but I'll try to get back to you later with an answer."
- (b) "I'm afraid I'm unable to answer that at the moment. Perhaps I can get back to you later."
- (c) "Good question. I really don't know! What do you think?"
- (d) "That's a very good question. However, we don't have any figures on that, so I can't give you an accurate answer."
- (e) "Unfortunately, I'm not the best person to answer that."

Audience Lost?

Useful language:

- (a) "Let me just say that in another way."
- (b) "Perhaps I can rephrase that."
- (c) "Put another way, this means..."
- (d) "What I mean to say is..."

Conclude Your Presentation:

Useful language:

- (a) "Let me end by saying..."
- (b) "I would like to finish by emphasizing..."
- (c) "In conclusion, I would like to say..."
- (d) "Finally, may I say..."

Good presenters always use 'Useful language' to make the presentation a well-balanced one. Frank Luntz, an American communications consultant, remarked, "**You need good language if you are to succeed.**"



**Surya Narayanan
Krishna Moorthy**

*Distinguished
Toastmaster
Past Area 74
Governor, Immediate
Past Assistant
Division K Director
for Club Growth,
Immediate Past
Treasurer of Fujairah
Toastmasters Club,
Immediate Past
President and Current
Treasurer of Royals
Toastmasters Club,
Mentor of Fujairah
Gavel Club & Charter
Member and Treasurer
of Ameeragam
Thamilzh Sangham
Toastmasters Club*



MEETING LOCATION AND CONTACTS.

Keep watching this space for the latest from Fujairah Toastmasters club.

Now we are conducting Virtual Meeting on 1st and 3rd Tuesday of every month from 18:45 hrs, join us online for improving Communication Skills and Leadership Skills.

Entry is FREE! Be our Guest! Later, join us.

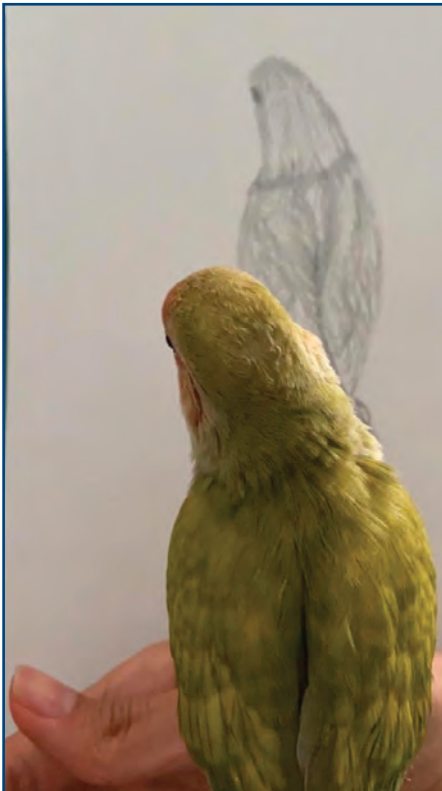
For details, please contact:

Vice-President (Public Relations): TM Arivazhagan Ariv - 052 519 6697

Only in Fujairah - Yoke and Thanos

I recently bought 2 love birds, they're called Yoke and Thanos, and they're the cutest thing - they're super friendly, but when I hang out with them too much, they bite as a sign for me to take them back to their house.

I think we spend too much time with these birds. The other day, my sister decided to have the bird pose so she'd make a drawing out of it.



Then the other day I was watching a movie and the birds were having popcorn and accidentally bit on my hands. I haven't seen so much cuteness in a while, so this is pretty cute, even if they bite my hand and I bleed.

Here's a picture of Thanos with Hamad, he's the friendlier one, he would come to you without you asking:

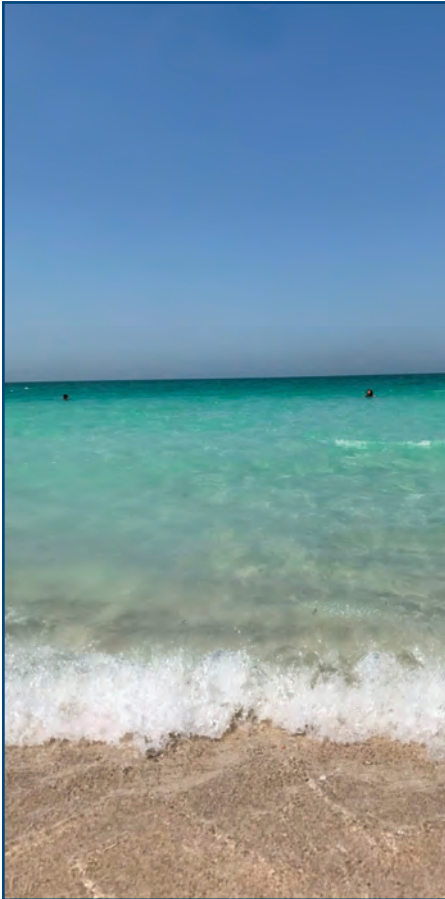


Here's a picture of Yoke with Yousif, he's a little shy and plays hard to get most of the time:



I've been to plenty of beaches this summer, well what else can we do right, With travel restrictions and all? But honestly, it helped me and my buddies discover parts of the Emirates we didn't even know existed.

Abu Dhabi has *hands down* the most beautiful white beaches with crystal clear waters, here's a picture taken by my friend Amina:



You can even see some people are enjoying the waters. You might even think you're in the Maldives.

Corona is still going on though, I was hoping by the end of the summer things would have cooled down a little bit. I suppose not. I'm also sure you want to see how I look like with the mask, so here it is - I think it trendy, and I don't have to make a lot of effort when I smile/talk.



Please take your precautions and stay serious about it until it's all over. Some people I know have gotten it and it's not anymore so far fetched for corona to reach us. Please be careful and be mindful of the people around you. 🙏

On another note, how's life like with online classes? For me personally, I don't mind anything online. Corona has taught us that everything can be done while you're still in your bed. So why not?

Until next time, *Fajrawis!*

Sindiya, The Sign.

Shurooq large-scale tourism projects in 2020



The Sharjah Investment and Development Authority (Shurooq) has shared the new developments of its latest tourism and hospitality projects, in line with the gradual reopening of businesses across the UAE.

Preventative measures to curb the spread of the coronavirus will be implemented effectively across all its sites to ensure the safety of Shurooq's staff and workers. The move reinforces the criticality of business continuity and sustainability in the construction and infrastructure sectors to ensure the strength and resilience of Sharjah's economy.

Shurooq is developing an array of projects in strategic partnership with leading international companies that offer a range of investment opportunities. In doing so, Shurooq is furthering Sharjah's economic diversification policy aimed at enhancing the investment environment across the emirate and making the most of its unique infrastructure to develop new projects in sectors like renewable energy, healthcare, logistics and hospitality.

Stimulating economic growth

Speaking on the implications of the reopening of business activities following temporary closures in the wake of the pandemic, HE Marwan bin Jassim Al Sarkal, Executive Chairman of Shurooq, said: "As businesses are gradually returning to normal, Shurooq is responding to the crisis and helping drive recovery to preserve the resilience and stability of the economy as well as ensure that the growth in all sectors is balanced. This aligns with the vision and directives of His Highness Sheikh Dr. Sultan bin Muhammad Al Qasimi, Member of the Supreme Council and Ruler of Sharjah, to bolster the status of the emirate as an outstanding business and investment destination at both regional and global levels."

Al Sarkal remarked that Shurooq, together with other government entities across the emirate, contributes to the strong economic fundamentals of Sharjah's economy with sustained infrastructural investment to create a favourable investment environment in Sharjah. He added that Shurooq's numerous projects facilitate Sharjah's policy of economic diversification, in line with UAE's growth strategy.

Resuming construction activities to get on the fast-paced track to growth will ensure the sustainability of the development process and the consolidation of a knowledge-based economy that is capable of attracting assets and investments from around the world, he added.

Al Sarkal noted that the wide range of fiscal and monetary incentives launched by the Sharjah government and the UAE to support businesses through the economic setbacks caused by the pandemic outbreak has helped stimulate strategic investment sectors and protected the UAE's economic stability. The impetus to ensure businesses continuity is reflected in the completion of projects on time, thereby safeguarding the interests of investors and clients alike, he added.

A compelling waterfront shopping experience in Kalba

The Kalba Waterfront, the largest retail and first inclusive waterfront destination in Kalba developed by 'Eagle Hills Sharjah Development', a joint venture between Shurooq and Eagle Hills, is part of the Kalba Eco-Tourism Project.

The AED 160 million Kalba Waterfront boasts a magnificent view of a serene lagoon lined by mangroves and has a total built-up area of 17,000 sqm. The shopping mall features 86 retail outlets, a supermarket, a family entertainment centre, and a large food court.

It is designed as an integrated outdoor shopping experience and is scheduled for completion in the 2nd quarter of 2021.

Set to be inaugurated in the fourth quarter of 2022, the project will feature 71 leasing units comprising 70 per cent retail and 30 per cent F&B outlets.

Four new projects on anvil

Shurooq has also announced four new large-scale tourism and hospitality projects in Khorfakkan, Kalba, Al Dhaid and Mleiha that will provide nature-inspired experiences in the emirate's central and eastern regions. This will include two five-star hotels at scenic locations in Sharjah's eastern region – a 66-key property located along the Khorfakkan Beach which will also include the city's first waterpark, and another property adjacent to Kalba Waterfront, the major retail



Kalba Waterfront

iWire Technologies and INVIXIBLE enter into a strategic partnership to offer cutting edge end to end IoT solutions and services

About iWire Technologies

iWire Technologies is part of iWire Group, which is focused in providing IoT devices and solutions for the Sigfox ecosystem. We are an IoT designer, systems integrator & IoT technical advisory for businesses & government organizations. We offer tailor-made IoT solutions with the combination of technical assets, hardware devices / sensors, low-power wide area communication networks based on Sigfox and cloud-based applications. Together with our partner ecosystem, we can offer a total integrated IoT Solution and build IoT value chain for our customers

About INVIXIBLE

INVIXIBLE is a purpose led company founded by the leadership from Vodafone Group IoT. It offers a passionate team of trusted advisors, thought leaders & technology experts in IoT with multiple decades of combined experience that covers the entire IoT value chain. The company brings extensive end to end experience and domain knowledge in IoT business, strategy, technology and solutions spanning multiple industry verticals and maintains a strong partner ecosystem across 7 countries. The company strives for a much bigger purpose of creating a positive impact in society through technology and by helping its customers in unlocking the invisible drivers of their business success

iWire Technologies (iWire) has entered into a strategic partnership with **INVIXIBLE** to empower its IoT device and network business with high quality and scalable IoT applications and services. With this partnership, INVIXIBLE will become a strategic partner for IoT applications & service development for iWire with focus on the Middle Eastern IoT market in the short to medium term. In the long term, the companies aim to scale the partnership to address global IoT markets in Europe, Americas, Africa and APAC regions. Together, iWire and INVIXIBLE aim to bring market leading end to end IoT solutions for Enterprises, Public sector and SMEs.

"Communications is the backbone of smart connected devices and iWire Technologies is well positioned to capture significant market share for Sigfox operators in several key markets." says

Vyomesh Thakker,
Co-Founder and Group Director,
iWire Technologies

"Our partnership with iWire Technologies will enable us to develop repeatable and scalable IoT applications and services for LPWA driven use cases. With these use cases, we aim to help our customers to accelerate IoT adoption in their businesses by lowering barriers to entry for them and also help reduce their overall Time to Market for achieving their digital transformation ambitions.", says

Dr. Fahad Aijaz,
Founder and CEO,
INVIXIBLE.

"The era of smart connected devices is here. Sigfox is a significant communications backbone in this ecosystem and iWire Technologies is positioning for scaling to millions of IoT devices. Our partnership with INVIXIBLE in this journey will help us unlock the next generation of IoT devices with end to end solution including platform, artificial intelligence, and blockchain technologies," added

Ahmed Fasih Akhtar,
Founder and CEO,
iWire Technologies



Mysk Al Faya Retreat

project being developed in phases by Shurooq and Eagle Hills.

Shurooq will also be developing a 60-key experiential family retreat within the 14 sqkm Seih Al Bardi Kabeer safari park project currently being developed in the interiors of Al Dhaid. This is a first-of-its-kind hospitality offering set within a sprawling natural and wildlife reserve, which is expected to be home to 50,000 African animal species.

The fourth project, Moon Retreat, will be a new feature at the Mleiha Archaeological and Eco-tourism destination, which is expected to welcome guests by the end of this year. This will be Shurooq's second boutique hospitality offering in the Mleiha region with the first one being Mysk Al Faya Retreat, which is part of Sharjah Collection.

Shurooq emphasised that its forthcoming ambitious initiatives that pays attention to multiple stakeholders will enhance industry performance and continue to drive foreign investments to the emirate. The robustness of Sharjah's economy is

also shaped by its exclusive range of competitive incentives, inclusive services and facilities offered to investors.

Shurooq pointed out that more leisure, tourism and hospitality projects will be announced later in Mleiha, Al Dhaid and Khorfakkan, following the resounding success of its ventures such as The Chedi Al Bait Sharjah, eco-tourism and hospitality offerings under the Sharjah Collection brand, Khorfakkan Beach and Mleiha Archaeological and Eco-tourism destinations.





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Toastmasters- Can I improve the score in PE

“Enjoy the journey and try to get better every day”.

PE means Personal Effectiveness that was one of my subjects in MBA. Here is my story of getting lowest score in that subject.

It was back in 2016, when I did MBA from S.P. Jain School of Business Management. After attending 18 hours of evening classes over 6 days, I had a realization on the subject – a group discussion and in-depth analysis to present any topic to the audience, few rules how to prepare professional slides, writing skills on the business case, a understanding of few leadership styles with inspiring stories, comprehensive discussion on emotional intelligence. On the last day, the erudite faculty evaluated based on my presentation skill and involvement with the other students.

Unfortunately, the score I got had dropped a bombshell on me. Even today, it put me down in the dumps, whenever I look at my scorecard. I could see only one ‘F’ along with all ‘A’ & ‘B’. I was desperate to know where I went wrong. I can remember I wrote an email asking the justification to the professor.

After couple of weeks, I grabbed the opportunity to have a face-to-face discussion with the professor. He had offered me two options before starting the discussion either repeat the session or move on with ‘F’. Because max two ‘F’ are permissible out of 32 subjects, I choose the second option. We had a five minutes conversation and rewind of those evening classes. His evaluation was good enough to make me believe what went wrong. I closed my eyes and asked myself whether I had volunteered to impromptu speech, how was my eye contact and hand movement during the presentation, how many times I used some filler words while talking.

It made me certain that one-week class was not enough to build upon these skills. That was the day when I heard about Toastmasters club from the horse’s mouth who had teaching experience over decades and a champion of international public speaking.

Dear readers, do you know what the Personal Effectiveness (PE) is?

If you can make use of all the resources you have earned being human or in profession, to enable you to master your life and achieve both work and life goals, you are definitely high in personal effectiveness. Now, the biggest question is how you can nurture on the skills you need to achieve the goals. It would a piece of cake for you to write it in the web – toastmasters club near me.

I hope many students had similar experience. S P Jain School formed a Toastmasters club in 2017. I grabbed the opportunity to perform as TMOD (Toastmaster of the day) in the very first meeting. It was a mixed feeling for me to be tensed and excited. I got the chance to speak more than 20 minutes, in staggers, out of 2 hours meeting. Again, I realized the reason why did low score in Personal Effectiveness.

Each club meeting is like a workshop where you can commit mistakes and explore the potential within you. Moreover, this will give you an opportunity to know who you are and invest in building up your interpersonal skills. “It’s never too late for a new beginning in your life”.

Presently, I am a member of Fujairah Toastmasters Club. You can ask yourself if you are on the right track.



TM Susanta Bairagi

*Pathway:
Innovative
planning
Membership
Number:
06123090*



An excellent afternoon exploring Tayyibah, Fujairah



You could be easily forgiven for not knowing where Tayyibah is and more than likely you will have no idea of a beautiful little hike that is there or the Heritage Museum and the Flag Fort which, when put together gives you an easy afternoon away from the hustle and bustle of everyday life.

The weather is a little cooler now and the evenings are shorter. We arrived in Tayyibah at about 4.30 in the afternoon. It is very easy to find and if you Google 'A/Qalaa Lodge Masafi' you will find it.

The hiking trail starts at A/Qalaa lodge and there is car parking at the lodge itself. Additional spaces are on the opposite side of the road in front of the Flag Fort. If this is all full, there is more parking if you take the first right after the lodge.

Thanks to Fujairah Adventures, the 2.6km family hiking trail, is very well signposted and it is beautifully and very thoughtfully designed.

Leaving A/Qalaa lodge, the route takes you on the old (original) Masafi to Dibba road, this looks more like a Wadi, but 60 years ago if you were travelling between the two towns. This is the way you would have gone. Within a few hundred metres of the start of the hike is the site of oldest shop is Fujairah, dating back to 1963. It still has the old fresh water container on the back of a lorry that would have been the only water supply for large parts of the year.

The trail continues up and down and left and right. Eventually it drops into a shaded wadi which is fantastic. I can honestly say that if you are lucky (like us) and see the 4 Parakeets flying around, enjoying life. Your day will have been worth it. The trail carries on between farms. There are several deep wells on the hike and one is at least 15m deep, so be careful!

On route there are a lot of overhanging fruit trees and I'm told that you are allowed to pick a little to eat whilst you are walking. Several of the overhanging trees, overhang so much that they have to be supported. There really are some beautiful photos here waiting to be taken.

The walk takes between 30 minutes and an hour. We stopped many times for photos, relax and conversation.

Once you are back into Tayyibah village, the walk will take you past the front door of the Heritage Museum.

The museum has about half a dozen exhibit rooms, that make for interesting conversation. Mixed in with 200-year-old scroll holders are 1970's televisions and a crate of antique Coca Cola bottles. One thing for sure you will get from exploring the museums artefacts is the passion the curator Ahmed Ali bin Daoud Al-Abedouli has for collecting a bit of everything. He was amazed to hear the old 1980's Jaguar he has near the entrance of the museum, was built where I grew up in Birmingham, England. For sure I knew people that worked on the assembly line of that very car!

I would recommend you take a picnic of sandwiches, two or three treats and a drink with you and consume them in the grounds of the Heritage Museum. A top tip is to walk past the fish pond on your right, continue on down and past the waterfall on your left, keep going past the



ducks on your right and the banana tree and then you will be at the bottom of the grounds. There you will find a boat shaped seating area and it is perfect for you to relax in. You will be in no rush to leave but when you are ready, there is a short steep climb back up steps toward the entrance and exit. On your way up you will have to walk under cotton trees and past Henna bushes.





Tayyibah Fort and Hiking Trail

This wonderful trail winds its way around the fruit farms of Tayyibah. Up and down, in and out, every turn has something different to see. The trail has natural springs, amazing rock colours, lovely shade from super interesting trees and areas to stop and relax.



Location



Tayyibah Fort and Al Qalaa Lodge

Difficulty



Profile



73m



73m

Time

30-60 mins

Distance



2.6km



Saeed says



"Take a First Aid Kit"



"Wear suitable clothing and footwear"



"Take a mobile phone"



"Take a whistle"



"Ideal for Families"



"Tell someone where you are going"



"Take enough water and food"

'Take only memories



leave only footprints'



When you leave the Heritage Museum there is a few hundred metres left of the hike to complete and the final bit of exploring that needs to be done. That is the Flag Fort, this is a small but interesting fort and an ideal photo opportunity. One thing

there is in there (and this is inspirational) is a paddling pool. I'm sure that somewhere in Dubai is a 5-star foot spa that boasts of unrivalled therapeutic benefits but when you are paddling in this pool, I'm not sure there is anything better!

I'd like to say a few things about Tayyibah, I have never (and I mean it) waived at so many people I have never known. Everybody is so friendly. I was given dates by a complete stranger and had to promise to come back soon to take up the offers of food and drink with the locals.

We will certainly be looking forward to going back there sometime very soon.

Next month's trail takes us to one of the largest petroglyphs in the Middle East! This hike is spectacular for many reasons and I look forward to telling you all about it.

For further information
Tel:+971 50 6285160

Dave Charlton



Instagram: @ MagicFlakesCafe



Made With Magic

In the heart of Fujairah lies a place made with magic. We have everything from Waffles to mini pancakes to noodles to karak to cotton candy to many other delicious bites! Come visit the only place in Fujairah that sells AMERICAN CORNDOGS!



050-188-3200

Where do we lose our Children?



Recently newspapers are flooded with news that teens involving in cyber crimes. Apart from this, cyber crimes against youngsters are also increasing on an alarming rate. A recent news in Gulf News was alarming. According to Dubai Police chief, 'The number of cyber crimes committed against children increased from 29 complaints in 2017 to 52 complaints last year'.

What happened to our teens? Are they heading to ruin? When we probe deep into the issue, we could find a number of reasons behind the teenage turmoil.

The growing digital gap plays a villain role in ruining our young ones. Mostly parents are unaware of their children's engagement with modern gadgets. I heard many parents proudly say that their young ones in KG know to function all menus in the smart phones. Many parents are ill equipped to monitor the digital life of their kids. 'My mother

doesn't have a Facebook account', 'I showed my father how to send money online' I helped my Maths teacher to download some geometric shapes' I heard such comments from students who utter it scornfully. The proverb '*An old dog never learns new tricks*' is suitable to describe the digital backwardness of many parents. We can't deny the fact that modern gadgets open unlimited avenues for communication, entertainment and information. As a coin has two sides, the modern technological advancement is a boon as well as bane to our society. The youngsters take undue advantage of the digital ignorance of their parents and teachers to form love affairs, watch pornography, use abusive language and cyber bullying. The recent incident in which two school boys were arrested to upload a just released movie in internet points to the fact that our children became cyber criminals. The cyber savvy teens cross all barriers of morality and integrity that the society expects from them.

During my teaching career in Maldives, India and U.A.E spanning twenty years in College and School levels, I came across thousands of students belong to different nationalities, culture, social

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and financial backgrounds. From my observation, the media influence plays a vital role in the life of teens. Films, web sites, videos, Television and Social networks became a part and parcel of modern life. All these media place youngsters in a 24x7 virtual world that is away from real world. As a result of such influences, crimes and sexual offences increased in an alarming rate among the teenagers. Number of teenagers especially teen girls of well to do families run away from homes or rather elope with their lovers. One. These girls are often made to believe in filmy kind of stories like a rich girl meeting a poor boy and they getting married after all the drama and they living happily even after. However, the reality lies far away from the fantasy stories of our *masala* films.

Recent studies shows that 85 percent of teens go online almost frequently facilitated by the widespread availability of smart phones. Teens are at ease with technology in a way that previous generations can only envy. Present generation is blessed with easier means of constant communication with their lovers through mobiles, WhatsApp, Facebook and other free call Apps. I remember during my teenage days lovers had to face enormous difficulties to communicate. Love affair was really a Himalayan task in those days. Now cyber space is the breeding place for cyber criminals and anti-social elements. They brainwash young and immature girls and made them easy prey.

The growing criminalization and violence among our teenagers can be attributed to bad influence of media, peer influence and lack of love and affection from parents. Where we lose our children? Whom shall we blame? Who will be responsible for the growing crimes among teens? All these pose a billion dollar question.

The need of the hour is that, parents, teachers, elders, authorities and society as a whole should take the responsibility to salvage our teenagers from the pit falls. I think the onus is more on parents to take care of their children. I have found parents giving freedom to their children and not realizing what they do in their absence. Parents must keep an eye on their children. Many of the

youngsters stay awake in night and engage in chatting with lovers. The parents should not leave them alone in the rooms and must check whether they sleep or doing something else in night. Parents of teenage girls must be in touch with their teachers and monitor the girls without annoying them. We have seen many cases of run-away love marriages. Majority of cases such run away marriages ends in tragedy and create untold misery and hardship to parents and girls. It is the parents' duty to discipline their children. The role of teachers also paramount to guide the young generations in a right track. The parents and teachers must be role model for the youngsters. If the children receive love and affection from family they will not get prey to bogus love of cyber Romeos. In addition to this, counselling facilities should be provided in schools and colleges.

Finally, children should be brought up in a spiritual atmosphere. They must be God fearing and obedient to parents, teachers and elders. 'A family prays together will stay together'. Parents must train their children to pray and respect others. The parents and teachers should strive to inculcate moral values in young minds .In short; parents should spend quality time with their children and guide them.



Douglas Joseph

The author has been teaching in colleges and schools for the last 18 years in India, Maldives and U.A.E. Currently teaching in Our Own English School Fujairah.

He is a prolific writer on teenage and education issues in various magazines and online portals. He Conducts seminars and motivational classes on education, study skills. Exam preparation, soft skills development, career planning and parenting)



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Rising Sun is on the move - a safe return to a “New Normal”

We are going through uncertainty. We know that the impact of this uncertainty will have a profound effect on the well-being of the children especially who are reliant on therapeutic interventions to deal with their physical or mental challenges.

The COVID-19 pandemic and the need to maintain social distancing as well as a high risk of vulnerability had led us to a temporary closure at the end of February. From the very beginning of the 'lockdown' itself, the Rising Sun has started its journey to unlock the uncertainty with a strong desire to reach our children with flexible solutions. As part of the solution, Rising Sun had successfully provided a free E-Learning platform for all children who had enrolled in the distance learning programme up until August.

Fortunately, Rising Sun has taken a cautious decision to reopen the centre at a reduced onsite capacity from August 31st, 2020 in line with guidelines from the Community Development Authority. Currently, we deliver both on and off-site services based on the needs of each student to minimize the risks as far as possible. We are conducting comprehensive assessments but only based on prior appointments. In the meantime, we will continue to support off-site remote learning for those whose services have been affected by their condition and manageability. For the safety of the clients and their families who use our services, as well as our staff, resuming the full-fledged delivery of therapeutic services will be carried out carefully through planned phases.

Remember, its okay to take a step back from direct therapy sessions if we can provide a suitable learning environment at home.

Some useful tips to follow during distance learning training for the determined ones

- Create a distraction-free learning space at home for your child to learn.
- Establish daily morning and evening routines for home, gradually the child will become more independent.
- Prepare a schedule for each day with different activities that meet the unique needs of your children. (incorporate various modalities and child's interests too) Begin with a fun activity that your child likes or enjoys and give breaks in between.
- Plan a list of activities suitable to meet the unique needs of your child from various developmental areas by consulting with your therapists. Include some household chores which will help to improve your child's fine motor skills. It is also a part of life skills training which is an important part of any intervention programme.
- Seek suggestions about the sensory diet from your occupational therapist if your child has sensory issues, it can ensure you a hassle-free day.
- Don't forget to plan for daily exercises based on the guidelines of your physical therapist.
- Assign specific areas for different activities. This will help the child to be more aware of what tasks take place in which area.
- Set simple, reasonable goals that are achievable for your child.
- Use concrete language and terms and avoid abstract phrases. Respond calmly when your child exhibits challenging behaviours.
- Select a strategy that can help to prevent challenging behaviours like choice Boards, behaviour charts, First-Then activities, a timer, and positive reinforcements. Etc.
- Provide positive reinforcement /rewards for good and appropriate behaviour



Susan Thomas
Senior
Therapy
Manager /
Psychologist
Rising Sun
Centre for
Special Needs
Fujairah

Orthodontics

Orthodontics is a specialty discipline of dentistry that focuses on alignment of the teeth and jaws to improve a person's smile and oral health.

The teeth malposition can cause the risk of tooth decay and gum disease. Orthodontic problems are commonly apparent by the age of 7 to 9 years of age during the eruption of the permanent adult teeth.

Treatment with Orthodontic Braces help you achieve that radiant smile that has eluded you for so long. They are a proven orthodontic treatment to straighten teeth for children, young adults and adults.

The correction of irregular teeth using braces involves the long-term health benefits like easier to brush and floss which decrease the risk of tooth decay and gum disease, and also good smile boost the self-confidence along with proper speaking, chewing and swallowing.



Lingual Braces:

Lingual braces offer a great cosmetic alternative to traditional metal braces; these are placed behind the teeth (towards tongue and palate side) just opposite side of traditional braces. The laboratory process involves in placing these braces. After the first visit, patient receives them in a period of 3 to 4 weeks' time. This method has its limitations to treat various kinds of teeth irregularities.



Metal Braces (Regular / Traditional Metal Braces)

Metal braces are more effective at treating extreme malpositions of teeth. They move the teeth in small increments at a time. The main disadvantage of traditional braces is the metal mouth appearance. These braces are most effective to correct any type of malocclusions.



Clear Aligners (Invisible Braces):

Clear aligner therapy is the new era in Orthodontics, which is technologically advanced method especially focusing on esthetic concern for self-conscious adult individuals. In the current global scenario, it was estimated that 11% of orthodontic care was provided with clear aligners. Orthodontist who initiates the treatment through appropriate diagnosis, case selection, treatment planning, clinical observation and follow-up that

provides a good result. Clear Aligner system uses 3D graphic imaging and CAD/CAM technology to fabricate the upper and lower invisible plastic removable appliances. Each aligner is worn for 2 weeks period prior to being replaced by next aligner in the series till patient reaches the last pair of aligners. There are several advantages to orthodontic treatment with clear aligners. Clear aligners are easier to keep clean, comfort, maintenance of the healthy teeth and gums.



Ceramic Braces:

Ceramic braces are made from a clear material and aesthetic in nature that doesn't give the unpleasant appearance of a mouth filled with metal parts. Ceramic braces don't impede individuals' livelihood or ability to perform at school, work or in recreational activities etc., They make the wearer too self-conscious to participate in their preferred lifestyle or enter new social situations.

Orthognathic Surgery [Surgical Orthodontics]:

Also known as corrective jaw surgeries which are performed by orthodontist and oral and maxillofacial surgeon combination involved in various stages, where there is severe jaw (bone) excess / deficient growth exhibits. This surgery realigns the jaws and teeth improve facial appearance breathing, chewing, and speaking. Jaw surgeries are performed after growth cessation usually in adult grown patients.



Dr. Venkataramana Vannala
 MDS., Ph.D
 Specialist & Asst. Professor
 in Orthodontics,
 Thumbay Hospital Fujairah



What We All Need Now Is How to Maintain A Stable Strong Immune System ©Alva Carpenter

The time has come to recognise that we all need to act.

What we want is a strong immune system so that our bodies can fight off any virus that comes along. Our bodies are always working hard to defend our health at every moment of every day. Now more than ever we need to help our body to take care of itself.

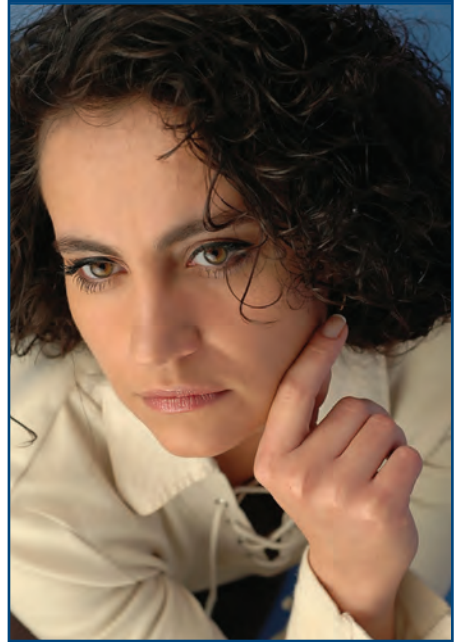
You can think of immunity like a security force that makes sure that bacteria or viruses that invade the body through the nose, eyes or mouth, as well as cuts and grazes can be fought off.

We all know people who are always sick and others who are hardly ever sick. What makes the difference? Is it DNA, lifestyle or good health?

The science of good health must become the future of medicine because people want to feel empowered to be able to protect their health: to prevent and reverse disease. Creating good health treats disease.

Health is an invisible gift that we need to appreciate and control

Many people, especially the young, do not think about the value of protecting their good health and feel that if they are sick, they can go to the doctor and get an antibiotic. Antibiotics were invented in the 1940s and can be lifesaving, but they have been overused in people and animals and this has



lead to antibiotic resistance where bacteria can no longer be stopped by an antibiotic.

Antibiotics are strong medicine for bacterial infections, but they will not kill viruses. You get better from a virus after the viral infection has run its course. So you want a strong stable immune system to help you beat the virus as quickly as possible so it does not develop complications and cause damage to your body.

Create healthy habits to have a strong stable immune system

To do this we need to create good habits that are sustainable and will remain with you your whole life. Soon they become part of life in a natural way.

Developing good habits works because when you get into a habit actions just happen. You do not angst over 'will I?' or 'will I not?' You just do it, just like brushing your teeth. For example, I always



drink water the moment I wake up. It is a habit; it is just automatic.

Good habits save you time and energy and make you healthy. If you have good habits when you are young, then you have a healthy foundation for your whole healthy life.

So, what we want is to create good habits that work together and create a harmony in the body. It does not mean going to extremes but being moderate in all things. If you go to extremes you are not balancing your body: it is not natural, and it is not sustainable. Eat in moderation the food you know to be good for you.

If you are overweight

Most research say that we need to cut down on our calories. If you are overweight check out your BMI and work to lose the extra pounds.

My advice from having run an online slimming club for the last 20 years would be: Do not eat until you feel full because when you are really full your body feels stress and it closes down and feels sleepy. Eat sufficient but not too much. If you have a lot of weight to lose cut down on white carbs such as rice, white bread, pasta and sugar.

Do not completely cut carbs because your body needs a balance of nutrients all working together to be healthy.

Let us Look at Food as medicine

Food as medicine has long been mentioned starting with Hippocrates, the ancient Greek physician born on the Greek island of Kos. He believed that disease was a product of environmental factors such as living habits, diet and environmental factors.

He is famously quoted as saying *'Let food be thy medicine and medicine be thy food'*

Scientific studies into the food we eat shows that it is important in promoting good health but of course if you are sick then you need to visit your doctor.

Try to eat a variety of fresh food As I always say, a colourful plate of food is a healthy plate of food. Look at the list of ingredients in the food you eat and if they are ingredients you have never heard of, they probably are not good for you.

There are different healthy foods all over the world but what healthy people have in common is that they choose a variety of fresh simple food. The Mediterranean diet has been studied and is seen to be healthy and people there have a longer life



span. In ancient times people had good instincts for food that was good for them; they searched for seeds and fruit and vegetables. They ate to survive: maybe we have lost those instincts and now eat more for pleasure.

It is not a case of eating one magic food for health, it is eating a balance of healthy food from all the food groups working together.



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Mushrooms are a good source of vitamin D. They too contain B vitamins, as well as a powerful antioxidant called selenium which helps to support the immune system and helps prevent damage to cells and tissues.

Getting vitamin C is especially important as it can enhance our bodies' ability to protect itself. The human body does not make vitamin C or store vitamin C so we need a daily supply. I would suggest you include oranges or orange juice, kiwi fruit or fruit salad with your breakfast meal as a good start to the day. You can also find vitamin C in vegetables such as broccoli and peppers.

Plain yoghurt or laban has good bacteria and have incredibly positive health benefits, so they are good foods to include in your breakfast meal. As you realise, I am very keen on starting the day with the best fuel for your body.

There is no substitute for a healthy balanced diet full of whole foods and fruit and vegetables but in our modern lives I would suggest taking supplements with breakfast as an insurance policy. Taking a good quality multivitamin such as Permea Plus will fill the gap and ensure you get everything you need to stay fit and healthy.

A good chicken soup is a traditional remedy for colds and sickness. This has now been backed up by studies as it contains vitamins A and C, as well as magnesium, phosphorus, gelatine and antioxidants which are known to build a strong immune system and help you to fight off viruses. Similarly, since chicken soup is mainly liquid it helps prevent dehydration and maintains your electrolyte balance. As a child my mother always made chicken soup if any of us were sick.

Next good habit is daily exercise

Getting all the parts of the body moving every day keeps your body flexible and in good shape. But again, good circulation is important as blood vessels bring oxygen and nutrients to all the organs and so allows the immune system to do its work. Try to walk every day, or exercise in the comfort of your own home even for at least 10 minutes. Check out our mini morning workout at ardenhealth.com, an exercise for every single part of the body.

Fresh air boosts your immune system

By getting up early and walking on the beach you will increase the amount of oxygen in your lungs, which helps our white blood cells function well to kill off bacteria and viruses. Similarly, the more oxygen you breathe, the more you increase your levels of serotonin and you feel happier, which is so important at this time. Getting out in the fresh air is especially important if you live in a busy city. Visit the coast or countryside.

For more information on healthy habits visit my website ardenhealth.com.



It's a Weird and Wonderful World



Tesla with Autopilot hits cop car—driver admits he was watching a movie

Police in North Carolina have filed charges against a driver whose Tesla crashed into a police car. The driver admitted that he had activated the Autopilot technology on his Model S and was watching a movie on his phone when he crashed. "A Nash County deputy and a trooper with the Highway Patrol were on the side of the road while responding to a previous crash when the Tesla slammed into the deputy's cruiser sending the deputy's cruiser into the trooper's vehicle—which pushed the trooper and deputy to the ground. It's an important reminder that no car on the market today is fully self-driving. Drivers need to pay attention to the road at all times, regardless of what kind of car they have or what kind of driver-assistance technology their car has.

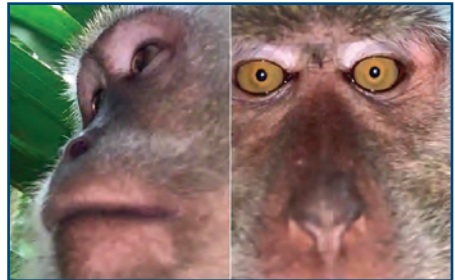
their unusual new features: public toilets with transparent walls designed to allow those in need of facilities to quickly determine their cleanliness and whether they are already occupied.

The restrooms, designed by Shigeru Ban Architects as part of The Nippon Foundation's Tokyo Toilet Project, feature see-through walls that turn opaque when a user enters the facility and locks the door.

"This allows users to check the cleanliness and whether anyone is using the toilet from the outside," the website states. "At night, the facility lights up the park like a beautiful lantern."

Users said remembering to lock the doors is of extra importance, since a user inside the facility can't tell whether the walls appear transparent or frosted from the outside.

Each of the two facilities includes a men's toilet, a women's toilet and a mixed use toilet.



Malaysian man's missing phone turns up loaded with monkey selfies

A Malaysia student from Batu Pahat, whose phone temporarily went missing said the device turned up in his yard loaded with new photos -including some selfies snapped by a monkey. Zackrydz Rodzi initially thought it was stolen. However, later, someone called his phone and he eventually retrieved it from a jungle behind his house. While checking his phone he discovered bizarre selfies of a monkey.

He believes a monkey came into his house while he was asleep and took his phone outside, where the primate apparently played with the device and inadvertently snapped some selfie photos and videos.



Toilets with transparent walls installed in two Tokyo parks

A pair of restrooms, installed at Yoyogi Fukamachi Mini Park and Haru-no-Ogawa Community Park, in Tokyo are attracting extra attention for



Thai National Park Mails Rubbish Back To Tourists Who Litter 🇹🇭

A national park in Thailand, tired of tourists littering, has decided to send their rubbish back to them. The popular Khao Yai National Park near Bangkok is known for its diverse wildlife and lush forests. But tourists have been blamed for spoiling the natural landscape by leaving behind empty bottles, cans and food packaging, according to the Independent.

In a series of Facebook posts, Thailand's minister of natural resources and environment Varawut Silpa-archa has said that any rubbish left behind will be packed up and posted back to litterbugs. The offenders will also be registered with the police.

To make it easier for authorities to track offenders down and ship them any rubbish they leave behind, visitors to the Khao Yai National Park will have to register their addresses.



German Football Team Lose 37-0 After Social Distancing During Match 🇩🇪

An 11th-tier German football match finished 37-0 last weekend after one of the teams involved opted to social distance during the game. G Ripdorf/Molzen II were due to take on city

rivals SV Holdstedt II in the 3. Kreisklasse last Sunday, but it emerged that the previous week they had faced a player who was infected with coronavirus.

While each member of the team would return negative covid-19 tests, they felt unsafe to play in their next fixture due to a potential 14-day infection period. However, their opponents refused to postpone the match.

Instead, the club fielded a seven-player team, the minimum required for the game to go ahead. Once the contest kicked off, their players observed social distancing guidelines by not coming within two metres of their opponents.

They did not go into direct duels and observed the social distancing rules, keeping two metres between them and Holdstedt players.

It's fair to say their opponents didn't show much mercy, racking 37 goals across the 90 minutes.



Rare Albino Seal Spotted In Russia. It Has Been Nicknamed "Ugly Duckling" 🇷🇺

A rare albino seal pup has been spotted in Russia's Tyuleny Island. Vladimir Burkanov, a marine mammal biologist, shared photos of the unique seal on social media. Ginger fur, pink flippers and blue eyes set the baby seal apart from its black-furred peers, and it has been nicknamed Ugly Duckling by researchers.

"'Ugly duckling' - albino fur seal is rare event. ... looks more red than white. This is a clear albino without any pigmentation even in eyes," Mr Burkanov captioned a post on Instagram.

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II – Alternative Accommodation	12,500	18,750	25,000	37,500
III – Legal Liability	250,000	350,000	500,000	750,000
IV – Injury to/ Death of Tenant & Family	25,000	37,500	50,000	75,000
Total	337,500	481,250	675,000	1,012,500



Burglar falls asleep in air conditioned room while committing theft, wakes up to cops arresting him 🇮🇳

A 21-year-old man who attempted to rob a house in Andhra Pradesh's East Godavari district fell asleep under the bed of the owner in middle of the night and eventually being caught red-handed. Suri Babu, a resident of Gokarvam village attempted the theft after doing a recce of the house, which belonged to the owner of a petrol bunk owner, over a long period of time. During that period, he had carefully observed the daily whereabouts of Satti Venkat Reddy, where does he keep his money, when does he fall asleep etc. On the ultimate night at 4 am, Babu entered the unlocked house and stepped inside Reddy's room who was by then fast asleep. Unable to resist the temptation of a cool room, an exhausted Babu curled up under Reddy's cot and dozed off for but woke Reddy with his snoring. Reddy immediately tip-toed out of his room, bolted it from outside and called the cops. Once the police arrived it took some time and persuasion for Babu opened the door and admitted to his crime. "He told us that he was tired and since the air conditioner was also on, he could not resist the sleep," said constable Arjun from the Gokavaram police station. The police revealed that Babu ran a small sweet shop but didn't make much money out of it. Drowned in debts, he thought a theft would help him come out of his financial troubles. His family also admitted to him being an amateur thief. Although he failed at committing the crime, but has been arrested for attempting to steal.



Restaurant apologizes after encouraging customers to weigh themselves 🇨🇳

Chuiyan Fried Beef restaurant in Changsha, Hunan province apologized for any offence caused when it placed scales at its entrance and suggested customers weigh themselves to determine what they should order. The two scales were placed at the entrance to the eatery and customers were encouraged to weigh themselves. A guide placed by the scales offered suggestions for food selections and portion sizes for men and women of various weight ranges. The restaurant said in a post that it was "deeply sorry" for any offense caused by the program". The eatery said the weighing was strictly voluntary.



The plant sparked a bidding war on New Zealand's biggest trading site 🇳🇿

In New Zealand, a tiny plant with just four leaves has sold for NZ\$ 8,150 - or over AED 20,000/-. The rare variegated raphidophora tetrasperma, also known as Philodendron Minima, has yellow variegation on each of its four leaves sparked a bidding war on New Zealand's biggest trading website, TradeMe.

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Fujairah Free Zone Authority facilitates the investors

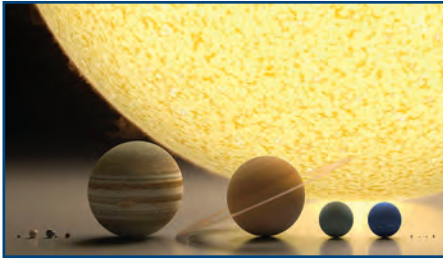
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Trivia Quiz

1. What maritime vessel prefixes these words to make five new words: Lime; Due; Merge; Mission; Stance?



2. Roughly how many planet Earths would fit into the Sun?
3. The Levant is a historical European term for which Eastern lands?
4. The wine grape Shiraz (Syrah) is widely said to originate from which nation's city of Shiraz?
5. What order do the colours in letters of the EBAY logo go?
10. The Greek mythological lover of Aphrodite, and modern nickname for a beautiful man is?
11. The hormone epinephrine (adrenalin/adrenaline) is associated with what human reflex?
12. Hanukka is a November/December eight-day festival of?
13. Zeitgeist, from German words for time and ghost/spirit means?
14. What activity is Zorbing associated with?
15. *"And the night shall be filled with music, And the cares, that infest the day, Shall fold their tents, like the Arabs, And as silently steal away.."* is the last verse from The Day is Done, a famous poem by?
16. The Katana?
17. Popularized in 1940s Afro/Hispanic-American culture, a flamboyant wide-shouldered jacket with high-waisted tight-ankled trousers?
18. Appalachia is a region associated with which mountainous countryside?
19. Which genius/writer's '3rd law' states: *"Any sufficiently advanced technology is indistinguishable from magic"*?



6. The lowest freshwater lake on Earth, called Tiberias/Kinneret/Gennesaret, fed by the River Jordan is more commonly known as?
7. The area of a right-angle isosceles triangle whose short sides are 3 metres each, is how many square metres?
8. A lichen is composite organism of what?
9. Wednesday is named after which Norse/Germanic god?
20. The Cinchona tree was used to extract which chemical for malaria treatment?



Wordsearch

R	R	N	J	N	K	N	R	N	D	P	R	B	R	D	P	N	L	Y	V	J	N	Y	J	A	N	Y	B	D	P	B	Y	T	T	Q	K	M	Y	M	R	J				
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M	N	S	O	L	A	R	C	M	O	N	S	T	E	R	S	B	G	L	L	Y	L	T	J	T	R	D	S	M	E	T	G	C	Z	R	R	T	L	E	A	D	G			
P	G	C	F	O	X	A	A	W	A	F	I	L	G	Y	P	K	L	E	N	Q	J	X	A	E	N	M	U	A	P	N	D	H	U	N	E	Y	R	E	A	T	J			
O	D	D	Y	E	M	O	Y	A	N	N	F	O	R	T	U	N	E	T	E	L	L	E	R	P	T	N	Y	P	C	U	Z	C	C	A	M	W	A	M	H	T	J			
S	U	E	X	V	L	R	D	Q	G	D	B	T	B	N	Y	E	K	Y	D	W	B	S	V	N	I	G	E	A	M	R	X	C	H	E	U	C	W	A	R	T	S			
E	S	L	Z	Y	L	L	Y	M	E	L	L	L	J	D	R	D	D	R	E	I	T	O	R	N	O	R	B	P	Q	V	C	A	S	N	N	S	L	G	Z					
D	K	F	U	N	E	X	P	L	A	I	N	E	D	Y	B	I	D	D	T	R	H	V	R	X	I	C	D	N	R	K	T	T	B	K	N	I	T	T	O	T	M			
A	P	P	A	R	I	T	I	O	N	Y	G	G	S	Z	M	E	H	P	W	L	D	I	B	L	A	R	A	E	I	X	X	M	T	L	T	L	N	O	U	Q	U	M		
V	Y	K	Z	V	F	R	N	K	Q	W	P	E	N	T	A	G	R	A	M	L	A	B	L	E	C	K	Y	T	F	N	V	O	J	B	C	A	N	D	O	M	W			
P	R	A	N	K	S	O	O	V	K	M	E	S	C	A	R	I	N	Y	J	U	P	O	N	R	G	K	P	U	R	A	O	K	O	S	P	H	A	N	T	O	M			
Y	G	Z	L	L	M	O	G	R	G	I	C	P	G	R	I	W	J	A	R	B	T	U	T	D	L	L	R	L	R	C	G	X	G	O	D	G	N	Y	L	D				
S	O	Y	L	E	P	N	J	Y	G	L	R	A	X	F	V	E	L	V	A	Z	C	L	R	R	S	P	N	E	E	X	A	B	I	B	E	Z	V	R	Q	O	M	M	K	B
C	R	W	D	S	X	G	V	J	Y	L	D	A	T	B	V	S	D	G	A	Z	J	A	T	L	T	D	R	X	L	R	O	W	D	P	T	Q	O	C	D	Y	Y	M		
R	Y	I	K	Q	R	B	R	V	R	J	R	B	E	C	T	Q	Q	M	E	D	V	Y	E	L	L	N	T	H	J	X	I	R	A	U	M	A	E	N	B	T	D			
E	S	Z	X	V	L	R	D	N	E	W	A	N	D	E	R	I	N	G	R	P	V	B	K	G	R	Y	T	R	P	Z	V	C	J	I	R	Z	N	B	Z					
A	A	A	G	Q	L	A	L	T	M	G	J	K	W	E	Q	M	T	P	P	I	A	G	R	I	M	R	E	A	P	E	R	D	K	V	N	R	D	I	E	B				
M	C	R	Y	O	L	C	R	Q	L	B	O	N	E	S	N	U	S	R	T	R	G	K	N	P	D	J	D	P	R	R	R	W	E	L	T	Z	Q	N	R					
Y	K	D	R	N	K	K	R	Q	L	Z	R	I	Y	T	C	L	T	C	U	S	M	N	Y	E	M	D	I	T	O	M	B	T	L	L	K	R	D	T	B	W	W	G		
Q	M	T	K	G	N	C	P	N	G	I	R	N	H	B	I	G	N	M	Q	X	G	M	P	R	B	T	M	R	L	Y	N	B	T	Y	G	W	D	T						
N	I	G	H	T	M	A	R	E	M	H	M	O	W	K	T	G	E	D	Y	Y	V	N	S	J	V	J	L	Y	Q	X	L	T	Y	X	N	N	D	E	C	W				
B	Y	J	W	R	P	T	R	K	Z	A	A	P	R	N	X	D	O	C	C	U	L	T	G	R	T	Y	W	I	T	C	H	C	R	A	F	T	R	I	G	D				
M	O	O	N	O	G	R	E	Y	L	Y	S	S	A	M	O	D	W	L	D	N	Y	V	B	H	Z	B	D	K	Y	L	R	L	M	T	D	U	G	B	Y	D				
C	R	B	E	A	S	T	S	J	L	Y	L	K	T	O	U	T	F	I	T	Y	B	L	E	Z	O	M	B	I	E	W	R	F	J	Y	T	A	F	E	A	R				
O	D	H	M	M	B	K	M	G	V	T	N	J	K	W	L	J	B	A	T	S	V	W	J	S	P	B	Z	N	L	N	O	R	M	T	D	B	X	B						
B	P	R	E	Z	L	S	U	V	T	G	J	K	M	L	B	Y	T	B	X	V	Y	N	I	T	J	K	T	Y	R	O	X	Y	L	O	K	D	K	T						
W	V	P	A	X	T	B	H	Y	M	K	V	Q	D	Y	N	L	W	J	P	T	Y	N	T	K	V	Q	Z	V	W	K	L	T	J	D	L	M	Z	V	W	Y				
E	Q	M	Z	C	R	B	D	R	K	N	P	T	B	R	K	S	R	L	M	N	N	J	C	X	R	Q	D	N	Y	T	W	I	L	I	G	H	T	M	Z	N				
B	Q	L	W	K	U	Q	V	B	I	R	Y	L	B	Q	N	D	H	.	G	Z	V	T	H	L	R	G	D	W	N	T	R	N	Y	L	M	G	P	J	M					
S	T	O	M	V	N	L	N	X	S	E	T	X	B	X	B	X	I	Y	K	J	J	I	K	X	T	I	L	N	N	R	Y	T	D	M	T	G	V	L						
R	D	D	V	T	Z	A	N	L	P	K	Y	B	T	D	N	L	S	V	D	M	B	N	J	E	A	J	M	T	R	Y	T	Y	G	V	T	B	L	L						
J	G	R	D	O	K	G	O	Z	R	Z	B	Q	D	R	I	T	I	M	R	E	W	M	G	L	R	D	R	R	Z	M	K	Z	X	V	L	G	D	U	M	V				
M	X	B	L	N	O	I	Q	R	G	N	R	X	N	J	L	O	N	G	Y	R	M	E	F	Z	Q	T	Y	Q	R	X	W	L	T	J	K	N	W	V						
V	Y	N	J	L	T	D	V	D	D	G	J	M	Z	J	N	J	N	B	B	B	T	K	A	R	Y	Q	N	L	J	X	R	G	M	M	S	L	J	X	L					
L	T	R	M	O	J	D	O	Z	L	P	K	T	Y	L	V	L	D	N	G	V	S	B	L	Z	B	V	R	P	L	M	Q	R	Q	X	Y	W	W	J	L	G				
L	D	M	P	B	Y	Z	R	O	Y	M	T	M	Y	M	P	L	Q	D	B	T	L	J	M	D	N	Q	D	T	D	M	X	N	G	Z	D	D	P	B	B	N				

Locate the word list at the side or bottom of the screen. Find all the words from the themed word list in the puzzle grid. Words may be found going forwards, backwards, up, down or diagonally.

- | | | | | | |
|------------|---------------|-------------|-----------|--------------|--------------|
| Afraid | Costume | Ghost | Nightmare | Skull | Vein |
| Amulet | Creepy | Gory | Noisy | Sorcerer | Voodoo |
| Antics | Curses | Grave | Occult | Sou | Wail |
| Apparition | Dark | Gremlin | Ogre | Spell | Wandering |
| Bats | Decapitation | Grim Reaper | Orange | Spider | Warts |
| Beasts | Decomposed | Groaning | Outfit | Spook | Weird |
| Bewitching | Demon | Hag | Pentagram | Supernatural | Whisper |
| Black cat | Devil | Haunt | Phantom | Terror | Wicked |
| Bloody | Dracula | Hex | Potions | Toads | Witch |
| Bobbing | Dusk | Hobgoblin | Pranks | Tomb | Witchcraft |
| Bones | Eerie | Horrible | Pumpkin | Tortured | Wizard |
| Broom | Elf | Imp | Quiver | Treasure | Wolf man |
| Cackle | Enchant | Jinx | Revolting | Trick | Wooden stake |
| Candles | Face paint | Lantern | Sack | Treat | Yells |
| Candy | Fairy | Macabre | Scar | Troll | Zombie |
| Cat | Fear | Magic | Scared | Twilight | Zone |
| Cauldron | Foggy | Mask | Scream | Ugly | |
| Cemetery | Fortuneteller | Monster | Screech | Unexpected | |
| Charms | Frankenstein | Moon | Shiver | Unexplained | |
| Cobwebs | Fright | Mummy | Shriek | Unmask | |
| Coffin | Ghastly | Mystery | Skeleton | Vampire | |

Word Square

ACROSS

- 1. Dabble
- 8. Rocket
- 9. Guarantees
- 10. Earthquake's tidal wave
- 11. Long, vehement speeches
- 12. Earth, water, air, or fire
- 13. Fails to bow to pressure

DOWN

- 1. Dabble
- 2. Rocket
- 3. Guarantees
- 4. Earthquake's tidal wave
- 5. Long, vehement speeches
- 6. Earth, water, air, or fire
- 7. Fails to bow to pressure

1	2	3	4	5	6	7
8						
9						
10						
11						
12						
13						

Ladderword

ACROSS

- 1. Superlative suffix
- 3. Digits
- 5. Infatuate
- 6. Beer
- 7. Trade agreement
- 8. Perfect

DOWN

- 9. Monad
- 10. Finished
- 11. Twelve
- 12. However
- 13. Push with the horns
- 14. African tribe
- 15. Negative
- 16. Hereditary factor

DOWN

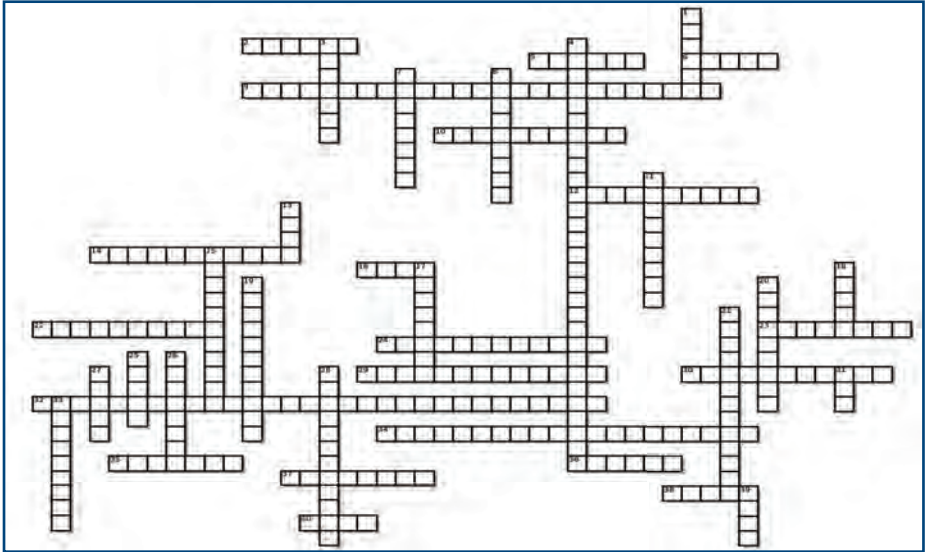
- 17. Unripe
- 18. Faucet
- 19. Gaiter
- 20. Tarpaulins
- 21. Dab
- 22. Gaiter
- 23. Meat pastes

DOWN

- 2. Peculiarity
- 4. Odd

1			2	3				4	5				
6				7					8				
9				10					11				
12				13					14				
15				16					17				
18				19					20				
21				22					23				

Cross Word



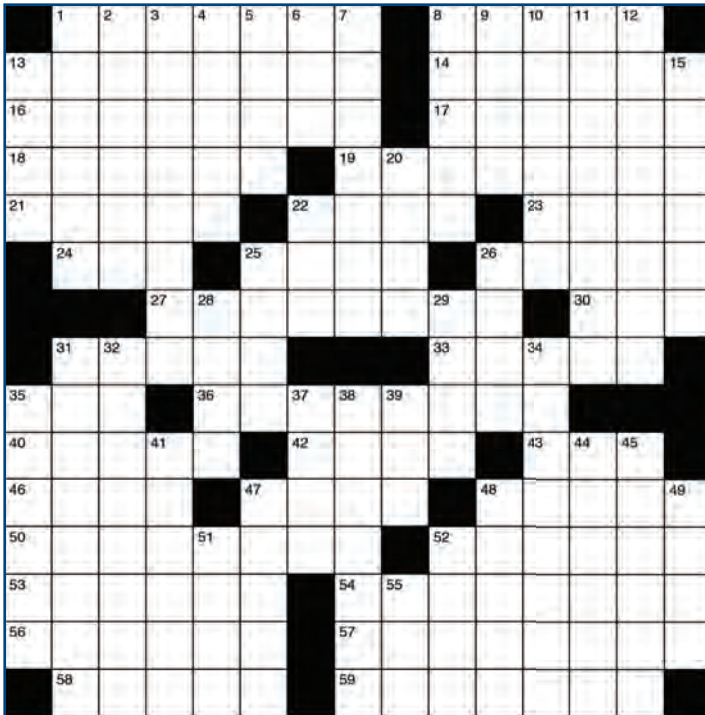
ACROSS

- 2 Prairie Wolf is another name for which animal?
- 5 Which sports label has fragrances called Fizzy Energy, Happy Game and Fruity Rhythm?
- 6 Barry is a variety of which fruit?
- 9 Time Warp and Dammit Janet are songs from which 1975 musical film?
- 10 'Take Me Home' is a autobiography by which late US singer?
- 12 The highest straight flush in a game of poker?
- 14 Boracay island is a part of which country?
- 16 What type of creature is a potoo?
- 22 Michael Jackson was burned during the filming of a commercial for which brand of soft drink?
- 23 What was the first name of Birdseye, the founder of the frozen food industry?
- 24 Who won a gold medal in the women's 400m hurdles, 1992 Summer Olympics in Barcelona?
- 29 Wendi Deng divorced which media mogul?
- 30 English cricketer was known as 'Fiery Fred'?
- 32 In communications what does ADSL stand for?
- 34 What is the name of the medal known internationally as the animals Victoria Cross?
- 35 In December 1993 Peter Boross became Prime Minister of which European country?
- 36 James Gordon, Sarah Essen and Crispus Allen are characters in which US television crime series?
- 37 Which US boxer was born Joseph Barrow?
- 38 Suzy and the Red Stripes was a pseudonym for the release of the 1977 single 'Seaside Woman'?
- 40 An agal/igal is worn on which part of the body?

DOWN

- 1 The cultivation of which crop was banned in France in 1748 as it was thought to cause leprosy?
- 3 Guildford Cathedral in Surrey, England, was one of the filming locations for which 1976 film?
- 4 Relating to holiday companies, ATOL stands for
- 7 Hombro is Spanish for which part of the body?
- 8 Mount Aconcagua is in which country?
- 11 Aurora, Chandler, Legacy and Reka are all varieties of which fruit?
- 13 Which creatures did the Pied Piper of Hamelin rid the town of?
- 15 London strip-club owner born Geoffrey Quinn?
- 17 What was the name of the computer - the first machine to win a chess game against a reigning world champion in 1996?
- 18 Animal representing the deadly sin of envy
- 19 The annual Dally M Awards are for which sport?
- 20 English city is known as 'The Faithful City'?
- 21 Spokes, Ribs, Rim Row and Lashing are all terms used in which handicraft?
- 25 In California which word precedes the names of the towns of Monica, Rosa and Barbara?
- 26 Emetophobia is the irrational fear of?
- 27 Which Roman Numerals depict the year 1990
- 28 Actor in the 1996 film 'The English Patient'?
- 31 During which month in 1937 was the Golden Gate Bridge in California officially opened?
- 33 A group of birds known as a Murmuration?
- 39 Which bird is depicted on the bottle of Gloria Vanderbilt eau de toilette?

Crossword



DOWN

- 1. ___ Quimby (Beverly Cleary heroine)
- 2. In ___ (freaked out)
- 3. Binding bandage
- 4. Works on words
- 5. "You and ___ little toy shop" (opening line to "99 Red Balloons")
- 6. Telecommunications giant, once
- 7. Add water
- 8. Fundamental principle
- 9. ___ Brockovich
- 10. Jump in the ocean
- 11. Witness
- 12. Action sites
- 13. Game played on a world map
- 15. Goofs
- 20. Inventor's middle name
- 22. Tape player
- 25. Keyboard key, briefly

ACROSS

- 1. North Carolina's capital
- 8. Sired
- 13. Dispatch
- 14. "We ___ World," charitable tune
- 16. Fancied
- 17. Teenaged hiree, often
- 18. Beethoven keyboard work
- 19. Slickers and galoshes, e.g.
- 21. Uses needles
- 22. Actor Kilmer, et al.
- 23. Spanish 101 word
- 24. Prefix for pressure
- 25. Monitoring option, for short
- 26. Say out loud
- 27. Falls back
- 30. Places for M.D.s

and R.N.s

- 31. Moslem prince
- 33. Lysol targets
- 35. Common PC file extension
- 36. Boxer's weak spot
- 40. Scorches
- 42. "___ Have Nothing" (song featured in "Smokey Joe's Cafe")
- 43. Schoolteachers' org.
- 46. Like a certain Ranger
- 47. Vitamin amts.
- 48. Dryer materials
- 50. Kind of well
- 52. Not systematic
- 53. Entrance gates
- 54. They may be sawed off
- 56. Arab or Israeli
- 57. Acts all bubbly
- 58. Potvin of hockey
- 59. Says yes

- 26. Prime letters?
- 28. Brain exams, for short
- 29. WWII Japanese general
- 31. Urged strongly
- 32. Intervening stretch
- 34. Confessing
- 35. Mercedes-Benz model
- 37. Verdi opera
- 38. Welsh city
- 39. Commands for quiet
- 41. Entice
- 44. Household cleaning brand
- 45. Makes amends
- 47. Reacts to yeast
- 48. Wood-turning tool
- 49. Texts, for short
- 51. Star-gazing gp.
- 52. Campus mil. group
- 55. Hydrogen isocyanide, chemically

Logic Grid

At the Pet Shop	Cat	Dog	Monkey	Snake	Spike	Spot	Toto	Wobbles
Bill								
Jan								
Roger								
Susan								
Spike								
Spot								
Toto								
Wobbles								

Logic puzzles (also known as “logic grid puzzles”) require the solver to deduce the relationships between different people, places and things based on a limited number of clues given in the puzzle. Remember: every item on the board belongs to one and only one person, no item will ever be shared. Using only the clues provided and simple deductive logic and reasoning, fill in the grid with X’s and O’s to determine the solution.

AT THE PET SHOP

Last week four friends (one of whom was named Bill) went to the pet shop looking for new pets. Each friend chose a different pet (one was a monkey) Each friend gave their pets a different name (one was named Spike). From the clues provided can you tell which friend bought which pet and the name they gave each of their pets?

CLUES -

- Roger’s pet was not wobbles.
- The girl who named her pet spike is afraid of snakes.
- Jan did not name her pet Toto, who is not a dog.
- Bill purchased a monkey.
- No pets name begins with the same letter as its species.
- The cat was named either Spike or Wobbles.
- Jan likes the name Wobbles and gave that name to the pet snake she purchased.

ACROSTIC: Solve the crossword clues to gradually fill in letters. Each puzzle spells out the author and/ or source of the quote in the first letter of every answer As the quote begins to emerge, it will provide you with letter clues for the words you’ve not yet found until you’ve reveal the solution! >>>

Acrostic

1	2	D	3	U	4	G	5	R	6	O	7	M	B	G	8	N	10	E	11	L	12	U	13	F	14	L	15	C	16	B	17	J							
18	B	19	K		20	S	21	C	22	H	23	S	24	Q	25	D	26	E		27	P	28	Q		29	M	30	H	31	I	32	U	33	D	34	O	35	A	
36	H	37	J	38	I		39	Q	40	P	41	C	42	E		43	T	44	B	45	R	46	E	47	L		48	R	49	J	50	C		51	J	52	O		
53	B	54	N	55	B		56	Q	57	A	58	J		59	J	60	O	61	B	62	G	63	L	64	K		65	E		66	A	67	O	68	C	69	O		
70	U	71	L	72	E		73	T	74	G	75	E	76	G	77	P	78	O		79	N		80	O	81	A	82	H	83	S	84	L		85	M	86	U		
	87	C	88	T	89	I	90	A	91	P		92	N	93	F	94	B	95	E	96	N	97	H	98	A	99	D		100	H	101	T		102	E	103	L		
104	C	105	P	106	C	107	U	108	P		109	B	110	D	111	H		112	J	113	B		114	K	115	I	116	L	117	D	118	S	119	N		120	P		
121	H		122	T	123	D	124	T		125	F	126	R	127	I	128	J	129	J	130	L	131	D	132	K	133	C	134	P		135	U	136	S	137	U			
138	E	139	H	140	F	141	G	142	L	143	K		144	M	145	P		146	R	147	Q		148	L	149	M	150	T		151	T	152	I		153	U			
154	N	155	U		156	R	157	E	158	P		159	L	160	U		161	C	162	S	163	O	164	R	165	S	166	P	167	N	168	U		169	K	170	B		
171	H	172	K	173	I	174	K	175	J	176	H	177	U	178	P		179	M	180	E		181	H	182	N	183	A		184	N	185	K	186	H	187	D	188	M	
189	A		190	R	191	K		192	H	193	B		194	J	195	O	196	A	197	M	198	A	199	I	200	F	201	P											

A 196 189 98 35 81 183 66 198 57 90
"Green" energy type

B 113 53 44 16 94 55 109 18 193 61 170
"Bring Me to Life" group

C 15 68 87 133 104 161 21 50 106 41
It's easy to burn (2)

D 33 131 99 117 2 123 110 25 187
Farm aid (2)

E 72 95 65 180 26 138 10 102 46 42 75 157
Mom's mom and dad, e.g.

F 13 93 125 140 200 *Perrier rival*

G 141 74 8 76 62 4
Petulant playground response (2)

H 192 22 111 82 121 181 97 176 171 139 36
 30 186 *Broken "water"?(2)*

I 115 38 127 152 89 31 199 173
One who gathers news

J 51 129 128 175 17 49 112 59 194 37 58
Pulp fiction author (3)

K 185 132 114 64 169 191 172 19 174 143
Hindered

L 71 116 84 103 14 63 159 11 142 47 148 130
Burrowing rodent of Africa (3)

M 188 179 149 144 29 7 197 85
Floor covering

N 92 167 9 182 79 184 154 119 54 96
Early Greek mathematician

O 1 163 34 6 67 80 60 *Established law*

P 201 40 134 77 27 145 108 158 178 120 105
 166 91 *1962 WWII film (3)*

Q 39 24 28 78 195 147 56 52 69
Very slender (2)

R 48 156 100 190 5 45 146 126 164
2003 thriller starring Denzel Washington (3)

S 165 162 20 136 23 118 83
Dudes with dough (2)

T 150 101 73 88 122 151 43 124 *Fight with (2)*

U 135 153 70 155 12 177 168 160 137 32 107
 3 86 *Laverne DeFazio's best buddy (2)*

Sudoku Challenge

3		2		1				
				2		3	7	4
	8	9			5		2	6
4		3						
	5	1		3			4	
5					7	6		
8					9	7		2
	9		2	6	3			

Easy

If you're new to Sudoku, or looking for an easy puzzle to solve, give this one a try.



Medium

Seasoned solvers and those looking for a little more of a challenge will want to try the puzzle below, which offers a bit more in the difficulty department.



	2				7	1	3	
		7		2		6		
9	4				6			
2								
	5					9		
		1		6				
		5		3			1	8
		2		1	9	4	6	
3	1						5	9

Answers

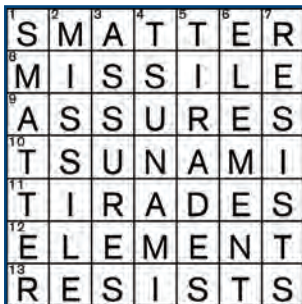
Trivia Quiz

1. Sub
2. 1 million
3. Mediterranean
4. Iran
5. Red Blue Yellow
6. Galilee
7. 4.5
8. Algae and Fungus
9. Odin
10. Adonis
11. Fight-or-Flight
12. Judaism
13. Popular mood
14. Inside a large Ball
15. Longfellow
16. Samurai sword
17. Zoot suit
18. USA
19. Arthur C Clarke
20. Quinine

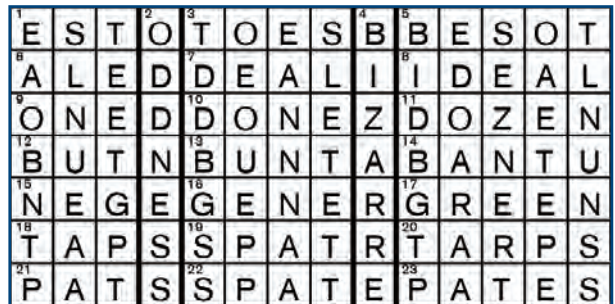
Wordsearch



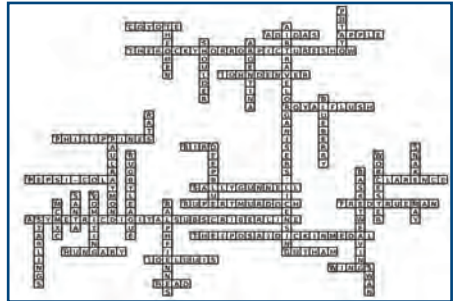
Wordsquare



Ladderword



Cross Word



Crossword



Acrostic

“She often called on her command of literature when later our lives had become a running battle. I think my early aversion to reading can be traced to the importance she placed on it and to her use of literary references in the middle of an argument.”
 – *George Carlin, Last Words: A Memoir*

Logic Grid

Bill	Monkey	Toto
Jan	Snake	Wobbles
Roger	Dog	Spot
Susan	Cat	Spike

Sudoku

3	4	2	7	1	6	5	8	9
6	1	5	9	2	8	3	7	4
7	8	9	3	4	5	1	2	6
4	7	3	8	9	1	2	6	5
2	6	8	5	7	4	9	3	1
9	5	1	6	3	2	8	4	7
5	2	4	1	8	7	6	9	3
8	3	6	4	5	9	7	1	2
1	9	7	2	6	3	4	5	8

Slitherlink

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5	2	6	8	9	7	1	3	4
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9	4	3	1	5	6	8	7	2
2	6	9	7	8	5	3	4	1
7	5	8	3	4	1	9	2	6
4	3	1	9	6	2	5	8	7
6	9	5	2	3	4	7	1	8
8	7	2	5	1	9	4	6	3
3	1	4	6	7	8	2	5	9



For many years, it seemed as if nothing changed in Norway. You could leave the country for three months, travel the world, through coups d'etat, assassinations, famines, massacres and tsunamis, and come home to find that the only new thing in the newspapers was the crossword puzzle.

Jo Nesbo



Whether you are looking for prime office space or superior residential accommodation, Fujairah Trade Centre is the place to be.

The Trade Centre is only two minutes from the airport and ten minutes from the Port of Fujairah. Government offices, hotels and beaches are all close by.

Commanding a fine view over the Arabian Sea, the excellent centrally air-conditioned offices offer some of the best space available in the United Arab Emirates. With the ground floor arcade of more than 35 shops and luxury apartment accommodation in the adjoining twin structure, everything is provided for those seeking to establish themselves in the Emirates.

All this, combined with clean fresh air give an ideal location, yet other major cities can be reached in under 90 minutes on the superb highway linking Fujairah with the other Emirates.

IMPORTANT

Any individual, Company or Organisation wishing to take offer or retail trading space in the Complex will not require private Sponsorship.

The Fujairah Trade Centre Management will act as the Sponsor for all prospective establishment with the Centre and no fees will be charged to the Tenant for this service.



Fujairah Trade Centre

P.O. Box 761, Fujairah, United Arab Emirates

Tel.: +971 9 2222661, Fax: +971 9 2226212

E-mail: ftcfuj@emirates.net.ae

Web: www.fujairahtradecentre.com

Fujairah FC 2020-21 Puma Kits



Fujairah FC unveils the club's new Home, Away shirts for the 2020/21 season.

The red Home, blue Away shirts are by Puma and feature stylised inset sleeves for improved range of motion and lightweight polyester with moisture wicking technology.

All shirts have PUMA cat branding on right of the chest and left shoulder with the full colour UAE flag centralised on the chest with ASAS Investment & Development sponsors logo below and the club logo on the left side. The front of the home shirt boasts a sublimated hexagonal graphic pattern with the PUMA Formstrip shoulder and back panel in a solid red with a neckline.

The front of the away shirt boasts a bold zigzag pattern in a blue and black with a round neckline and the club logo in white.



Well fitting shirts which look good on "The Wolves!"





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Tadej Pogacar -Team Emirates secures Tour de France in Paris



Slovenia's Tadej Pogacar becomes as the second youngest Tour de France champion in history in Paris.

In just four years, UAE Team Emirates has moved from being a start-up cycling team to a world class organisation that has now won the biggest bike race in the world with its star rider, Tadej Pogacar.

Pogacar, who has just turned 22, officially became the youngest ever Tour winner since Ireland's Sam Bennett (1904) in what was his first ever Tour de France. His historical win came after three gruelling weeks and 3,385km of racing across France with a committed team behind him.

H.H. Sheikh Nahyan, Chairman of the Board of Trustees of Zayed bin Sultan Al Nahyan Charitable and Humanitarian Foundation, lauded the eminent efforts made by the UAE Team Emirates' coaching squad and players and their successful plans that culminated in the historic win, which, he said, adds to the track record of sporting achievements made by the UAE in an admirably short span of time.

"The new achievement reflects the prestigious stature boasted by the UAE on the international stage and the country's ambitious development drive across various fields," he added.

The newly-crowned champion Tadej Pogacar had his image projected on to the Burj Khalifa after winning the world's most famous cycling race.

The Tour will forever be remembered for a dramatic last-gasp turnaround as Pogacar grabbed the overall lead when his rival Primoz Roglic suffered a mountainside meltdown on the penultimate day.

Starting two months late due to the global pandemic, the race set off under strict health guidelines in Nice with doubts it would make it all the way to Paris but 3,400kms of intense racing and 146 remaining sprints in to Paris.

The race was a triumph of organisation after the French president gave them the green light to belatedly stage the event, although just 5,000 fans lined the finish due to the health protocol.

Registrations open for Al Marmoom Dune Run



Organised by Dubai Sports Council, the 5km Run will take place on November 13th

Participants can take part in four build-up runs in Al Marmoom, the first one was held on September 26th but there are three runs.

Dubai Sports Council has announced the opening of registration for the 5km Al Marmoom Dune Run, which will take place on November 13th in Al Marmoom Desert Conservation Reserve.

Organised under the umbrella of Dubai Sports Council, Al Marmoom Dune Run is an exciting new addition to Dubai's sporting calendar and will see participants challenge themselves on a 5km course that will take them across dunes and around stunning lakes in the conservation reserve.

One of the first event of its kind, the Dune Run is open to all residents and visitors, aged 15 and above, and they can register in one of four categories – Elite 5km for male and female, and Open 5km for male and female - through Hopasports (<https://www.hopasports.com/en/event/al-marmoom-dune-run-2020>) and Premier

Online (https://www.premieronline.com/event/al_marmoom_dune_run_2020_5352). Participants below 18 years of age, however, must obtain their parent's or guardian's consent to enter.

Registration will close on November 8th, at 11:59pm, or sooner if places sell out.

Speaking about the event, Danil Bornventure, Race Director FittGROUPME, said: "The Al Marmoom Dune Run is a great opportunity for participants to experience the beauty of our desert, and get a taste of our heritage.

"Al Marmoom Desert Conservation Reserve is the largest project of its kind in the world with more than 40 hectares of pristine shrub land, where you can find 204 species of native birds, 158 species of migratory birds and many other endangered species. You can also spot Arabian Oryx, Arabian gazelles, sand Gazelles, foxes, and wild cats as well.

"The 3,000 years old Saruq Al Hadid archaeological site - one of the oldest sites in the country dating back to the Iron Age - is also located within the reserve.



“So it’s a special place, and an amazing experience, both for the body and the soul, and I am sure every participant in the Al Marmoom Dune Run will vouch for that come November 13th. They will return from the Reserve with memories they will cherish for a lifetime.”

Participants will receive finisher medals and the top three in each category - male and female - will be awarded trophies.

All registered participants are invited to attend free of charge, four 'build up' runs in Al Marmoom Desert Conservation Reserve in the lead up to the event. The practice sessions will take place bi-weekly on Friday mornings and are free of charge. They will be take place on October 9th and 23rd, and November 6th.

Encouraging participants to take part in the build-up runs, Bornventure added: “These sessions not only prepare runners for desert running, and to get to know the terrain, but also brings together the running community. It’s a great opportunity to meet other runners of different levels and share experiences and training tips.”

Al Marmoom Dune Run supports Al Marmoom Desert Conservation Reserve’s environmental commitment as one of the world’s leading eco desert sports and tourism destinations, and wildlife conservation preserves.

FACT BOX

EVENT: Al Marmoom Dune Run

VENUE: Dune Platform in Al Marmoom Desert Conservation Reserve

DATE: Friday 13th November 2020

REGISTRATION:

Hopasports: Al Marmoom Dune Run 2020






صناعات اسمنت الفجيرة

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Indian Premier League delayed season gets underway in UAE



The 2020 Indian Premier League T20 cricket tournament has finally got underway in the UAE, after a six-month delay due to the COVID-19 pandemic.

Two matches were played on the opening weekend. In the first, the Chennai Super Kings beat reigning champions the Mumbai Indians at the Sheikh Zayed Stadium in Abu Dhabi and the next day the Delhi Capitals beat Kings XI Punjab at Dubai International Stadium.

Organisers at the Board of Control for Cricket in India and the host Emirates Cricket Board are running a pared-down version of the usually glitzy and spectacular tournament. All matches are taking place behind closed doors for now, although BCCI president Saurav Ganguly has said fans could be admitted in the later stages, with the three stadiums that are hosting matches open at up to 30-per-cent capacity. There are no cheerleaders this year and there was no opening ceremony.

The opening matches were the culmination of a long journey for the league. It is the third time since the competition's launch in 2008 that it is

taking place outside India – this also happened in 2009 and 2014 due to clashes with India's general elections. This year's move was more complicated given the need to manage the COVID-19 risk. Participants and stakeholders, including teams, organisers and the host broadcaster Star India, are operating within 'bio-secure bubbles' covering hotels, stadiums and television production facilities, with limited interaction with anyone outside the bubbles for the duration of the tournament, which runs until its final on November 10th.

The organisers have cleared a series of other hurdles to get this year's league started. Several star players pulled out of the tournament citing personal reasons. There have been positive COVID-19 tests among some participants, including 13 positive tests within the Chennai Super Kings team camp and one within Star India's production team.

This year's IPL was originally due to start on March 29th in India, but was postponed as the pandemic took hold in the country. The postponement of the T20 World Cup in Australia, originally due to take place in October and November, opened up a window for the IPL to take place.

مزرعة الفجيرة



Fujairah Farm



هاتف: ٢٤٤٥٢٦٠ (٠٩) فاكس: ٢٤٤٥٠٨١ (٠٩) ص.ب: ١١٦٣٦، دب. الفجيرة-إ.ع.م.

Tel: 09-2445260, Fax: 09--2445081, P.O. Box 11636, Dibba, Fujairah-U.A.E.

A place to share your poetry...

Melancholy forest

I am taller than you
 But you show me no respect
 I am older than you
 But you show me no respect
 I help you breathe, give you life
 But you show me no respect

The rain comes often, clean and fresh
 A drink that I help create and you must relish
 But soon the drops will fall into bleak emptiness
 Because you cut my friends down, make a mess.

They teach your children all about me
 From the forest floor, the emergent layer
 The under-story, the canopy
 What will they teach them when there is no me?

The raindrop you see is a tear from me
 Falling from my leaf, like I will fall soon
 Down, down, crashing, smashing to ground
 I am no longer here, you didn't want me around
 You knew what was happening when I fell
 But for you I didn't make a sound.

Mark Wylie



Behind the Mask

A man waves at me from a distance,
 His voice lost in the noise around,
 A mask covers most of his face;
 Unable am I to guess who he is.
 Know not whether a friend or foe,
 Know not calm or agitated is he.
 Identity lost behind the mask;
 His expressions invisible to me.
 Is he smiling or groaning, angry or sad?
 In distress or in a happy mood?

Embarrassment grips me
 as he approaches and greets me,
 I look into his eyes and grey hair.
 Is he my ex-colleague or classmate?
 A relative or an acquaintance?
 Perplexed and lost for words,
 I cursed the mask and the tiny virus
 that compelled the world to wear it.

Then a thought flashed in my mind:
 Is it only the mask that hides us?
 Often we hoard a bag of feelings
 and mask them with a smiling face.
 Others know not what is inside.
 Is it love or hatred, peace or trouble?
 Oh man, the face itself is a mask!

Ben Thomas



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Fujairah Limited**



A place to share your poetry...

Intelligence

A person who is intelligent now act as a person who do not know anything.

Until the person find the key to unlock his brain.

When he unlocks his brain then he becomes intelligent.

Gets idea to tackle any situation in life.

He can handle can kind of situation in life.

"Then he can do things to help everyone and be happy."

Blast Off

I received an important mission,
Study about space.

The day arrived.

Walking towards the spaceship,
My mind was filled with joy,
I reached space, I saw many planets.
I could see Earth in blue and green.

Sometimes shades of dark,
Stars giving rays of hope.
Inside my spaceship finalising my project,
My spaceship blasted off,
Back to Earth.

Calvin Ralph



Heroes in a crisis

How shall a word be spoken
while the world has out broken
Some wounds have swollen
And some hearts emboldened

Were we in a battlefield? Because situation sure was tensed
Enemy unseen, pace unrivalled and precision 100%
Assault unexpected, plans abrupt, left us impotent
Needed someone to step up because the rest were in fear trenced

Moaning how the vaccine isn't produced, it's been ages
We're forgetting why lockdown has been easing
Cases going down, we're glad, but who's to credit

Heard from a friend or two their situation
Realized who is forgotten in this algorithm
I was disturbed, worried about those who made this decision
Those who battled this menace, neglecting their condition

We should be aware now, heroes don't wear capes
White coat is the trend now, those who don't take breaks
I'm amazed, how their beloved were at stake
Pushed through these days, paid no heed to their straits

Can't forget every social worker, looking out for every neighbour
Every honourable teacher, here to make our future greater
Please, I beg you, give respect to the humble labours
These are the people who deserve our prayers

From the bottom to the top, respect them all
Be grateful for their efforts, for us they took a fall
Once this is all over, don't forget them or their sacrifice
How we wandered around, while they paid the price.

Zaki Ahmed
St. Mary's Catholic high school Fujairah

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 Contact no: 0553705003, 092237773. Location: Hamad Bin Abdulla Road

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 Hamed Bin Abdulla Road
 Fujairah
 09 222 5558
tajalli@emirates.net.ae

Fujairah National Properties
 Unit 03,Level M,
 Al Yasmeen Building,
 Hamad bin Abdulla Rd Fujairah
 Phone: 09 2244544

Kings Real Estate
 Office #104, M Floor,
 Bin Ghanim Building,
 Hamad bin Abdullah Rd
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 Phone: 09 223 7773

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Finding Fujairah

With our directory we hope to serve both residents and tourists. If you have any categories you would like to include, please let us know. You can write to us at PO Box 3139, Fujairah or fax us on, 09 2241916 or simply send us an email to: fujobs@eim.ae.

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Opp Fish Market
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09 2248113
Mob 056-1395629

Beta Ladies Saloon
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Hamad Bin Abdullah Rd,
Fujairah
09-2244788

Butterfliez
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09-2244464

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09-2226502

Farfalla
Near Preventive Medicine Dept
09-2227462

Glamorous Beauty Spa
304 FEWA Building, Fujairah
092224545
0567078646 or 0528584940

Ilham Beauty Centre
Near Emarat Centre
09-2222338

Kerala Ayurvedic Massage Centre
10th floor, Coral Suites Hotel
Hamad Bin Abdullah Rd,
Fujairah
09-2244788

Ladies Salon 2002
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09-2229888

Marimar Ladies Salon
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Mega Ladies Salon
1st Floor Al Manama Hypermkt
Car Showroom Road
09-2220345

Murjanah Ladies Saloon
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09 2237476

New Manila Ladies Salon
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054-5160587

Princess Beauty Salon
Opp. Choitram Supermarket
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Queens Ladies Salon
Beside Safer Market
09-2226266

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Near Fujairah Medical Centre
Faseel Rd, Fujairah
09-2229066

Sarah Beauty Salon
Al Basra Road
Near White Village, Fujairah
09-2233231

Shatha Beauty & Spa
Novotel Hotel Fujairah
Mezzanine Floor
Hamad Bin Abdulla Road
Fujairah
09-2034966
050-7906083

Synergy Healing Centre
Opp Century Mall
Fujairah
09-2222778

The Beauty Salon
1st floor, Radisson Blu Resort
Fujairah
Dibba – Fujairah
09 2449700

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rah
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Fairmont Fujairah Beach Resort
Luxury Art-Inspired Resort,
Mina Al Fajer, Dibba, Fujairah
09-2041111

Fortune Residence Hotel
Apartments
Al Fahim Street,Opp Ladies
Park - Fujairah
09-2244991

Fortune Royal Hotel
Al Gurfa Road
Fujairah
09-2238886

Fujairah Beach Motel
Faseel Rd (Coast Rd)
09-2228111

Fujairah Rotana Resort & Spa
Five star beach resort
Al Aqah, Fujairah
09-2449888

Holiday Beach Motel
Al Faqet, Fujairah
09-2445540

Ibis Fujairah Hotel
International budget hotel
Hamad Bin Abdullah Road
09-223 9997

InterContinental Fujairah Resort
Hotel
Al Aqah
Dibba Road - Fujairah
09-2099999

Le Meridien Al Aqah
Five star beach resort
Al Aqah, Fujairah
09-2449000

Miramar Al Aqah Beach Resort
Five star beach resort Al Aqah,
Fujairah
09-2449994

Nour Arjaan Hotel apartments
Hamad Bin Abdullah Rd,
Fujairah
09-2025555

Novotel Fujairah
Four star hotel
Hamad Bin Abdullah Road
09-223 9999

Oasis Residential Suites
Fujairah
09-2232823

Oceanic Hotel
Khorfakkan Corniche, Sharjah
09-2385111

Radisson Blu Resort, Fujairah
Five star beach resort
Dibba - Fujairah
09 2449700

Raynor Hotel Apartments
Murbah
09-2361116

Royal Beach Hotel & Resort
Al Faqet, Fujairah
09-2449994

Royal M Hotel Fujairah
Hamad Bin Abdullah Rd,
Haleefat Area, West Fujairah
09-2012000

Sama Deba Hotel Apartments
Dibba
09-2440221

Sandy Beach Hotel
Al Aqah, Fujairah
09-2445555

Sea Side Furnished Flats
Dibba
09-2447553

Siji Hotel Apartments
Luxury hotel apartments
Al Nakheel Rd, Fujairah
09-2232222

Uptown Hotel Apartment
Kuwait Road
Sikamkam, Fujairah
09 2223580 / 2012000

PHARMACIES

Bin Moosa Pharmacy

9am - 2am

Opp. Safer Mall, Fujairah

09-2227575

Family Pharmacy

9am -1am & 5pm -10pm

Nr Family Medical Hospital

09-222444

Fujairah Drug Store

8:30am - 5:00pm

Al Hayl Area, Fujairah

09-2226669

Fujairah Pharmacy (24 hours)

Opp. Fish Mkt. Gurfa, Fujairah

09-2229295

Fujairah Tower Pharmacy

9am -1pm and 5pm -10pm

G/F Fujairah Trade Centre

09-2223979

Healthfirst Pharmacy

Open 24 hours

Fujairah

09 222-9295

Hikma Pharmacy

9am -1pm - 5pm -10pm

Fuj Medical, Al Faseel Fujairah

09-2231442

Ibn Sina Pharmacy

9am -1pm & 5pm -11pm

Beside Plaza Cinema

or Arab Bank, Fujairah

09-2220044

Lulu Pharmacy

9am -12 midnight

Lulu Hypermarket

09-2233112

Mozoon Pharmacy

Timing : 8.30 am to 1 am

Opp ADCB Sh. Hamdan Road

Fujairah

09-2244699

Nat'l Medical Centre Phar-

macy, Gurfah

9am -1pm & 5pm -9:30pm

09-2222850

New Fujairah Pharmacy

8:30am -1pm & 4:30 -10pm

Nr Madina Supermarket,

Al Gurfah

09-2224820

Reem Pharmacy Opp. HSBC

9am -1pm & 5pm -10pm

Hamad Bin Abdulla Rd

09-2241124

Siji Pharmacy

9am -1:30pm & 5-10:30pm

Opp. Al Rostami Exchange

Sh Zayed Rd, Fujairah

09-2231540

Thumbay Pharmacy

Open 24 hours

Fujairah

09-2244233 Extn 212

RESTAURANTS

Abu Khalid Restaurant

Indian/ Arabic

Park Road, Fujairah

09-2224592

050-5409708

Al Afrah Cook

Indian/ Arabic

Fujairah

09-2224238

Al Amwaj Restaurant Take-

aways/Delivery Indian

Qidfa, Fujairah

09-2380191

Al Aseel Restaurant & Cafeteria

Indian Delicacies

Near Safer Rbt, Fujairah

09-2227244

Al Baghdadi Rest. & Cafeteria

Sandwich/Arabic/Indian

Hamad Bin Abdulla Rd,

Fujairah

09-2229105

Al Bake Restaurant & Cafeteria

Takeaways/ Delivery Service

Al Ghorfa Road, Fujairah

09 -22373779

050-4343279 or 055-

7530035

Al Diwan Restaurant

International cuisine

Al Diar Siji Hotel, Fujairah

09-2232000

Al Khaleej Coffee Shop

Park Road, Fujairah

09-2224353

Almahbash Alshaabi Restaurant

Fahim Street, Fujairah

09-2225445

Al Mabrook Restaurant

Filipino Food

Fahim Street, Fujairah

09-2231372/2243686

Al Majalis Restaurant

Shisha/Arabic/Moroccan

City Tower Hotel

Hamad Bin Abdulla Rd

09-2236888

Al Majilis

International Buffet/ A la Carte

Miramar Hotel, Al Aqah, Fujairah

09-2449994

Al Malaki Coffee Shop

Wireless Playstation

Fahim Road, Fujairah

09-2249009

Al Melaka Al Kabira restaurant

Filipino Food

Al Matar Road (Airport Road)

Fujairah

09-2221617

050-9065694

Al Meshwar Restaurant

Lebanese cuisine

16 Buildings Complex

Hamad Bin Abdulla Rd,

Fujairah

09-2231113

Al Nafoora Restaurant
Continental/Oriental/ Italian
Coral Suites Hotel
Hamad Bin Abdullah Rd,
Fujairah

09-2244788

Al Nafoora Spring Restaurant
King Faisal Road
Al Faseel, Fujairah

09-2224842/41

Al Narjan
Cafeteria/Restaurant
Al Fahim Street, Fujairah

09-2223301

Al Nokhada Restaurant
Arabic Seafood cuisine
2nd floor, Radisson Blu Resort
Dibba – Fujairah

09-2449700

Al Rais Cafeteria
Park Road, Fujairah

09-2233188/2227400
050-3525799

Al Rihla Restaurant
All day dinning Millennium Hotel
Haleefat Area, West Fujairah

09-2012000

Al Roof Restaurant Int'l
Emirate Springs Hotel
Hamad Bin Abdullah Rd,
Fujairah

09-2232922

Al Sawaqi Cafeteria
Nadah Road, Fujairah

09-2241881

Al Shamaa Cafeteria & Rest
Al Fahim Street, Fujairah

055-4580851

Al Shami Cafeteria & Rest
Fujairah

09-2243404

Al Tarboush Restaurant
Arabic Takeaways/ Delivery
Hamad Bin Abdullah Rd,
Fujairah

09-2243399

Al Qasar Al Afghani Bukhari
Rice

Opposite Ladies Park, Al
Muntazah Street, Fahim Street,
Fujairah

09-2222410

Al Wahda Rest & Cafeteria
Indian Cuisine

Near Safer Shopping Mall
Off Fahim Street

09-2231786

Al Zaman Restaurant
Sandwich/ Coffee/ Juice
Park Road, Fujairah

09-2242297

Anaar Restaurant
Indian/Pakistani/Fast Food
Pizza/Seafood/Vegetarian
Hamad Bin Abdullah Rd,
Fujairah

09-2239741

Aquarius Pool Café
Nour Arjaan by Rotana
Hamad Bin Abdullah Rd,
Fujairah

09-2025555

Arous Al Bahar
Lebanese/Takeaways
Dallah Roundabout, Fujairah

09-2227866 or 09-2224580

Arteasan

Tea Room

Lobby Level, Fairmont Fujairah
Beach Resort, Mina Al Fajer,
Dibba, Fujairah

09-2041111

Babylon Cafeteria
Sandwich/ Breads/ Arabic
Fujairah Trade Centre
Hamad Bin Abdullah Rd
Fujairah

09-2222969

Baniyas Cafeteria
Merashid Road,
Fujairah

09-2225562
055-9110507

Belle View
All day dinning - Concorde
Hotel Fujairah
Hamad Bin Abdullah Rd,
Fujairah

09-2249000

Bin Hafeer Cafeteria
Sharwamas/sandwiches/juices
Fujairah

09-2236133
050-5905100

Bon Appetit
Continental/Indian/Italian/Arabic
Mohammed Bin Mattar Road
Fujairah

09-2230066

Burger Lab
Takeaway/Delivery
Fujairah Trade Centre
Fujairah

09-2222700

Breeze Restaurant
All day dining buffet
1st floor, Radisson Blu Resort
Dibba – Fujairah

09-2449700

Caesars Restaurants & Confect
Rostamani Building,
Hamad Bin Abdullah Rd
Nr Nissan Showroom, Fujairah

09-2249900

Café Pronto
European Bistro
B3 Level, Fairmont Fujairah
Beach Resort, Mina Al Fajer,
Dibba, Fujairah

09-2041111

Canvas
International, All-Day-Dining
B1 Level, Fairmont Fujairah
Beach Resort
Mina Al Fajer, Dibba, Fujairah

09-2041111

Chowking
Chinese -Takeaways/ Delivery
Fujairah City Centre

09-2235737

RESTAURANTS

Copper Lobster
Seafood & Gastro Bar
Fairmont Fujairah Beach Resort,
Mina Al Fajer, Dibba,
09-2041111

Cream & Honey Cafe,
Desserts
Fujairah Trade Centre
Hamad Bin Abdullah Rd,
Fujairah
09-2235500

Curry House
Takeaways/ Delivery Service/
Indian Delicacies
Opp road to HSBC, Fujairah
09-2244228

Dibba Rock Restaurant
Continental
Royal Beach Hotel & Resort
Al Faqueet, Fujairah
09-2449444

Dolci Paris
International Cuisine
Nr Lulu Hypermarket, Fujairah
09-2237008

Dosa Hut Restaurant
Indian/Free Home delivery
Al Manama Hyper Market,
Fujairah
052-4377155

Drift Beach Bar & Grill
InterContinental Hotel
Al Aqah, Fujairah
09 2099999
0561610874

Eeva Cafeteria
Park Road, Fujairah
09-2226390

Emirates Sea Restaurant
Multi-cuisine
Corniche Road, Fujairah
09 222 2785

Family Restaurant
Chinese, Arabic, Indian
Mina Road, Fujairah
050-6290292

Faseel Restaurant
Siji Hotel Apartments
Al Nakheel Street, Fujairah
09-2232222

Fatafeat Cafeteria
Off Jamiya Road, Fujairah
09-2238382

Felfela Cafeteria
Park Road, Fujairah
09-2239559
Mob 055-2877622

Fortune Restaurant
Indian/ Chinese
Fortune Residence Apartment
Hotel, Fujairah
09-2244991

Fresh Express Restaurant &
Catering
Merashid/Rughalt Road
Fujairah
09-2237440
055-9940500

Fujairah Star Restaurant
Indian/Arabic
Fujairah
09-2225337

Garden Valley Restaurant
Merashid/Rughalt Road
Fujairah
09-2221526

Golden Fork Restaurant
Takeaways/ Delivery Service
Khorfakkan Corniche
09-2387085/2387092

Gonu Bar & Grill
Fish/ Seafood/ Meat grill
Beach front
Le Meridien Al Aqah, Fujairah
09-2449000

Grand Bleu Restaurant
Beachside, Ground floor,
Radisson Blu Resort,
Dibba - Fujairah
09-2449700

Green Belt Restaurant
Indian and Pakistani
Cinema Road, Khorfakkan
09-2383759
052-2260941

Green Valley Restaurant
Indian/Chinese
Takeaways/ Delivery
Hamad Bin Abdullah Rd,
Fujairah
09-2224929

Hadramout Mandi
Yemenite Restaurant
Gurfa Road, Fujairah
09-2222988

Hanin Restaurant
Filipino
Fujairah
09-2249394

Hardees Fast Food
Hamad Bin Abdullah Rd,
Fujairah
600 569000

Hatam
Iranian Restaurant/Takeaway
Fujairah City Centre Mall
055-9567204
09-2440540

Heatwave
Pub/DJ
Radisson Blu Resort Fujairah
Dibba - Fujairah
09-2449700

Horizon
Lobby lounge & bar
InterContinental Hotel
Al Aqah, Fujairah
09 2099999

IAMMAI
Pool bar light bites - shisha
B1 Level, Fairmont Fujairah
Beach Resort, Mina Al Fajer,
Dibba, Fujairah
09-2041111

Iqbal Restaurant
Takeaways/ Delivery Service
Arabic/ Indian
Salam Street
09-2224969

Iran Restaurant & Bakery
Takeaways/ Delivery Service
Sheikh Zayed Rd,
Fujairah 09-2223370

Irish Sports Corner
Bar, Club, Finger Food
Clifton Hotel,
Hamad Bin Abdullah Rd,
Fujairah
09-2244788
0559548335

Jabal Safad Cafeteria & Rest
Takeaways/ Delivery Service,
Arabic Food
Ghorfa Fish Market
09-2242088/2242055
055-8289019

Jiddah Palace Restaurant
Takeaways/ Delivery Service
Opp road to HSBC,
Fujairah 09-2233526

Joe's Sports Bar
Royal M Hotel Fujairah
Haleefat Area,
West Fujairah 09-2012000

Karachi Darbar Restaurant
Takeaways/ Delivery Service
Opp. Cinema Plaza
050-6498883

Kentucky Fried Chicken (KFC)
Takeaways/Delivery Service/
Hamad Bin Abdullah Rd,
Fujairah
600522252

Kairali Indian Restaurant
City Tower Hotel
Hamad Bin Abdullah Rd
09-2236888

Lari Adda Restaurant.
Pakistani & Indian Cuisine
Next to HSBC Bank,
Khalifa Khamees Matar Bldg,
Hamad Bin Abdullah Road,
Fujairah 09-2364411

Lava Dining
Casual Dining, Bar
Fairmont Fujairah Beach Club,
Mina Al Fajer, Dibba,
Fujairah
09-2041111

Lava Lounge
American, Mexican, Japanese
Building 3, 16 Buildings
Hamad Bin Abdullah Rd
Fujairah
09-2364463

Layali Al Sham Restaurant
Off Hamad Bin Abdullah Rd,
Fujairah
09-2237575
050-1901700

Little White Restaurant
Takeaways/ Delivery Service
Emirates Trade Centre
Sh Zayed Rd,
Fujairah
050-3936132

Lulu Restaurant & Cafeteria
Fahim Street, Fujairah
09-2221969/49

Mabuhay Restaurant
Filipino Food
Sh Zayed Rd,
Fujairah
09-2231372/ 2243686

Maharath Al Bahar Cafeteria
Hamad bin Abdullah Rd
Fujairah
09-2226963
050-7108083

Malabar Palace Restaurant
Takeaways/ Delivery Service
Fujairah
050-2706897

Malik Indian Restaurant
South & North Indian/Chinese
Sheikh Zayed Bin Sultan Street,
Fujairah
09 2222783
050 8852678

Mammone
Italian food
Iberotel Miramar Beach resort
Al Aqah,
Fujairah
09-2449994

Manila Beats
Filipino Club & Restaurant
City Tower Hotel
Hamad Bin Abdullah Rd
09-2236888

Mashriq Mukalla Mandi
Restaurant
Indian / Arabic, South Indian
Food
Airport Road
Fujairah
09 2227074/2227075
056 6262729

Maxims Multicuisine Restaurant
A la carte / International Buffet
City Tower Hotel
Hamad Bin Abdullah Rd
09-2236888

McDonalds
Takeaways / Eat in / Fast Food
EPPCO Petrol Station
Al Faseel Road (Beach Rd)
Fujairah
09-2281863

McGettigans Irish Bar
Tennis & Country Club,
Back side of Colleges
Nr Fujairah City Centre
09-2244880

Mistral Restaurant
Middle Eastern & Mediterranean
Fujairah Mall
Millennium Hotel
Fujairah 09-2012000

Mozaique Restaurant
International Buffet
Fujairah Rotana Resort & Spa
Al Aqah, Fujairah
09-2449888

RESTAURANTS

Modern Restaurant
Arabic, Indian and Chinese
Dhadna, Fujairah
09 2445733/2445227
058-9007071

Murjan Café & Restaurant
Nour Arjaan by Rotana
International cuisine
Hamad Bin Abdullah Rd,
Fujairah
09-2025555

Nalukettu
Indian/ Chinese
City Plaza Hotel.
Hamad Bin Abdullah Rd,
Fujairah
09-2223070

Nama Global Dining
InterContinental Hotel
Al Aqah, Fujairah
09 2099999

New Damascus Restaurant
Takeaways / Delivery Service,
Arabic food
Gurfah Rd, Fujairah
09-2222281

Namaste
Nepalese Cuisine (Delivery)
Off Hamad Bin Abdullah Rd,
Fujairah
09-2225227

Dosas House
Takeaways/ Delivery Service
Seafood/Fish/Chicken
Back Dubai Islamic Bank
Off Hamad Bin Abdullah Rd,
Fujairah
09-2232997
050-7464164

O'Learys Sports Restaurant
American Style
Fujairah Mall
Sheikh Khalifa Bin Zayed Road
Fujairah
09-2235356

Opera Cafe
International cuisine
Fujairah Trade Centre
Hamad Bin Abdullah Rd,
Fujairah
09-2222739

Oriental Restaurant
Malaysian/Asian food
Close to old Etisalat,
Fujairah
09-2221877

Pablo Cafe
Fujairah Trade Center
Fujairah
09-2244900

Panero Lobby Café
Royal M Hotel
Hamad Bin Abdullah Rd,
Fujairah, Haleefat Area,
09-2012000

Panino
Lebanese
Fahim Street, Fujairah
09-2237772

Papa Johns
Pizzas/Takeaway
ENOC Gas Station, Fujairah
Mob 050 9805046

Photo Cafe & Restaurant
Al Hilal City
Fujairah
09-2225591

Pizza Express
Pizza and Italian food
Fujairah City Centre
09-2236467

Pizza Hut
Pizza/Italian food
16 Buildings Complex
Hamad Bin Abdullah Rd,
Fujairah
09-2243434

Pizza Inn
Takeaways/ Delivery Service
Fujairah Trade Centre
09-2225557

Port Saeed Restaurant
Takeaways/ Delivery Service
Fujairah
09-2241311

RC Pub
Pub Grub/Chinese/Continental
City Tower Hotel
Hamad Bin Abdullah Rd
09-2236888

Regal Restaurant
Takeaways/ Delivery Service
Sheikh Zayed Road, Fujairah
09-2222756

Royal Rest. & Cafeteria
Sandwich/Arabic
Rugalat, Kalba Rd
09-2226688

Ruqaq Alkhaleej Restaurant
Merashid/Rughalt Road
Fujairah
09-2232773
055-5916388

Sadaf Restaurant
Persian - Takeaways/ Delivery
Beside Hilton, Corniche
09-2233400

Safari Restaurant
Continental
Fujairah Beach Motel
On Rdbt, Faseel Rd, Fujairah
09-2228111

Sagar Restaurant
Takeaways/ Delivery Service
Park Rd, Fujairah
09-2231411

Sajidha Cafeteria & Restaurant
Indian and Chinese
Quidfa, Fujairah
09-2380046
050-3900801

Salu Salo
Takeaways/Delivery -Filipino
Hamad Bin Abdullah Rd,
Fujairah
09-2233400

Samakino Seafood
Concorde Hotel
Hamad Bin Abdullah Rd,
Fujairah
09-2249000

Sana Chicken Restaurant
Fried chicken/sandwiches
Meraschid/Rughalt Road
Fujairah
09-2233519/2233517

Sapore
Italian food
Le Meridien Al Aqah, Fujairah
09-2449000

Sausiri Restaurant
Sri Lankan
Behind Al Rostamani Exchange
Off Jamiya Road,
09-2224060
050-5192492

Sensasia
Asian Fusion
Miramar Hotel Al Aqah, Fujairah
09-2449994

Shahzad Palace
Iranian/Delivery Service
Hamad Bin Abdullah Rd,
Fujairah 09-2233877

Silver Spoon Rest & Cafeteria
Ghorfa, Fujairah
09-233484
050-3241421

Special Tikka Restaurant
Meraschid Road, Rughalt,
Fujairah
09-2220206

Shakespeare and Co
Café Restaurant
1st Floor, Century Mall Fujairah
09-2234891

Swaad
Indian food
Le Meridien Al Aqah
Al Aqah, Fujairah
09-2449000

Subway
Fresh Subs & Salads/Delivery
EPPCO Petrol Station, Mina Rd
055-6858250
Fujairah City Centre
09-2236657

Taste
Thai/ Asian Fusion
Le Meridien Al Aqah
Al Aqah, Fujairah
09-2449000

The Bookstore
Ground Floor Novotel Hotel
Hamad Bin Abdullah Rd,
Fujairah 09-2034941

The Orangery
Ground Floor
Fujairah Tower
Hamad Bin Abdullah Rd,
Fujairah
09-2222787

Thai Express
EPPCO Gas Station
Al Faseel Road, Fujairah
09-2238129

Thalassery Restaurant
Off Hamad Bin Abdullah Rd,
Fujairah
09-225223/2229224

Thamburu
Indian/Continental
California Suites Hotel,
Back of Union Nat'l Bank
Fujairah
09-2222138

Tharavad Indian Restaurant
Fortune Hotel Apartment,
Fahim Street, Fujairah
09-2244934/991

The Sailors Restaurant & Cafe
Fujairah Int'l Marine Club,
Fujairah Corniche
09-2221600

The Salad Bar
Fujairah Trade Centre
Hamad Bin Abdullah Rd,
Fujairah
09-2244244

The Salad Bar
Sakamkam
Fujairah General Trading Bldg
09-2244244

The Terrace Restaurant
Tiffin & Bites,
Thumbay Hospital
Sheikh Khalifa Bin Zayed Road,
Fujairah
09-2053855

United Cafeteria Restaurant
Takeaways/ Delivery Service
Old Etisalat, Fujairah
09-2225977

View Pool Bar
Royal M Hotel
Hamad Bin Abdullah Rd,
Fujairah, Haleefat Area,
09-2012000

Views
International Buffet
Le Meridien Al Aqah, Fujairah
09-2449000

Waves Restaurant
Fish/ Seafood/ Meat grill
Fujairah Rotana Resort & Spa
Al Aqah, Fujairah
09-2449888

Zamarod Al Afghani Rice
Bukhari Restaurant
Off Hamad Bin Abdullah Rd,
09-2233260
050-6889367 / 055-3488511

ZO Restaurant
Fine Dining
Al Nakheel Rd - Fujairah
09-2222979

EMERGENCY SERVICES

Ambulance	998/999
Fire Station	997
Police Station	999
Directory Enq	181

OTHER SERVICES

Fujairah Hospital	09 2242999
Al Sharq Hospital	09 2249999
Thumbay Hospital	09 2244233
Airport Enquiries	09 2226222
Post Office	09 2222235
Cinema	09 2243100

CLIMATE: The sun shines year round but Oct. to March, the days are pleasant (26°C, nights 15°C) Summer is April to Sept. and temperatures peak around 50°C with high humidity. The sun can be fierce so heatstroke, heat exhaustion are always a risk. Sunglasses, hats, and high factor sun creams are essential, especially for children.

DRESS: As in many Arab/Muslim countries dress should be modest. Wearing revealing tops or shorts in public places is not advisable.

CURRENCY: The dirham (pronounced dir-ham) is the UAE official currency. Dirham notes are in 5, 10, 20, 50, 100, 200, 500, and 1000 denominations. The dirham is divided into 100 fils. Coins are 1 dirham, 50, 25, 10 and 5 fils.

Credit cards: Major credit cards are widely accepted by car rental companies, the bigger stores, hotels and some restaurants, however you should carry some cash for general shopping and eating out at smaller establishments.

Exchange: There are no currency regulations and foreign currency of almost any denomination is readily exchanged in the UAE. The dirham is index linked to the US dollar. 1\$ = Dhs 3.68. The exchange centres are found throughout the UAE such as the UAE Exchange Centre, opening hours are from 8:30am right through to 9:30pm, 365 days a year. Banks: Most Banks open at 8:00 am and close at 1:00 except Mashreq Bank who open until 4:15pm. They are closed all day Friday and public holidays.

SHOPPING/TIPPING: Bargaining is expected, especially in souqs, where prices can drop dramatically. Tipping is common for most services but it is not obligatory.

PUBLIC HOLIDAYS

Religious holidays are tied to the Islamic calendar and therefore dates vary. Friday is the Muslim holy day. Islamic Public Holidays are often not announced until a day or two before they occur:

(During the Holy Month restaurants and shops close during the day, and office hours during Ramadan are often reduced by two hours daily. The end of Ramadan is marked by Eid Al Fitr.)

2020

1 January	New Year's Day
24 April	Beginning of Ramadan
23/24 May	Eid al-Fitr
30 July	Arafat Day
31 July	Eid al-Adha
19/20 August	Islamic New Year
28/29 October	Prophet's Birthday
30 November	Commemoration Day
2/3 December	National Day*

* (UAE National Day is celebrated with streets and buildings lit up and decorated across the Emirates and there are many special events and programmes over several days.)

Fixed Holidays

Death of a minister or member of the royal family is usually marked by 3 days official mourning.

WARDENS

Britons
Virginia Valentine 050 4843470 – Warden
Egyptians
Dr. R Housan 050 4909701
Egyptian Club 09-2223724
Sweden
Capt. Ingemar Porathe 050 6457673
Philippines
Mrs. Maria Theresa Bautista 050-5106170
Sri Lankans
Mr. Tony De Costa 050 4551546
Mr. Rohan Ajith 050 6496133
Mr. Ajantha Ratnayaka 050 6707776
Mr. Mayawan Sivaselvam 050-4708816
Indians
Dr. P. Abdulrahman 09 2243000
Mr. Hashim 050 4842942 / 09 2221155
Mr. Manaf 050-4891782
Email: isfuj@emirates.net.ae

Map & Motoring Distances between main cities in the UAE



Fujairah to Abu Dhabi corniche
 256 kilometres via Sheikh Khalifa Bin Zayed Rd, Maleha Road aka Sharjah /Kalba Road, E611 and Yas Island, approx 2 hour 28 minutes.

Fujairah to Ajman
 117 kilometres via Sheikh Khalifa Bin Zayed Rd, Maleha Road aka Sharjah /Kalba Road, turn direction eastwards onto E611 and take the ramp onto E88 approx 1 hour 14 minutes

Fujairah to Al Ain
 228 kilometres via Sheikh Khalifa Bin Zayed Rd, through Maleha village, Madam roundabout and E55, approx 1 hour 58 minutes

Fujairah to Dibba and Musandam
 68 kilometres via Khorfakkan/Al Aqah coast road, E99, approx 1 hour 13 minutes

Fujairah to Dubai (Burj Khalifa/Dubai Mall)
 124 kilometres via Sheikh Khalifa Bin Zayed Rd, Maleha Road aka Sharjah /Kalba Road, turn direction westwards E611, approx 1 hour 19 minutes

Fujairah to Hatta
 65 Kilometres through Kalba, through Kalba Tunnel and onto E102, approx 1 hour 11 minutes

Fujairah to Oman border (Kalba)
 18 Kilometres through Kalba on E99 till Oman border crossing approx 22 minutes. On entering Oman it is a straight road to Muscat - 3 hours 16 minutes.

Fujairah to Ras Al Khaimah
 111 kilometres via Masafi, turn onto E88 then left onto E18, approx 1 hour 40 minutes

Fujairah to Sharjah (King Faisal St)
 115 kilometres via Sheikh Khalifa Bin Zayed Rd, Maleha Road aka Sharjah /Kalba Road approx. 1 hour 23 minutes.

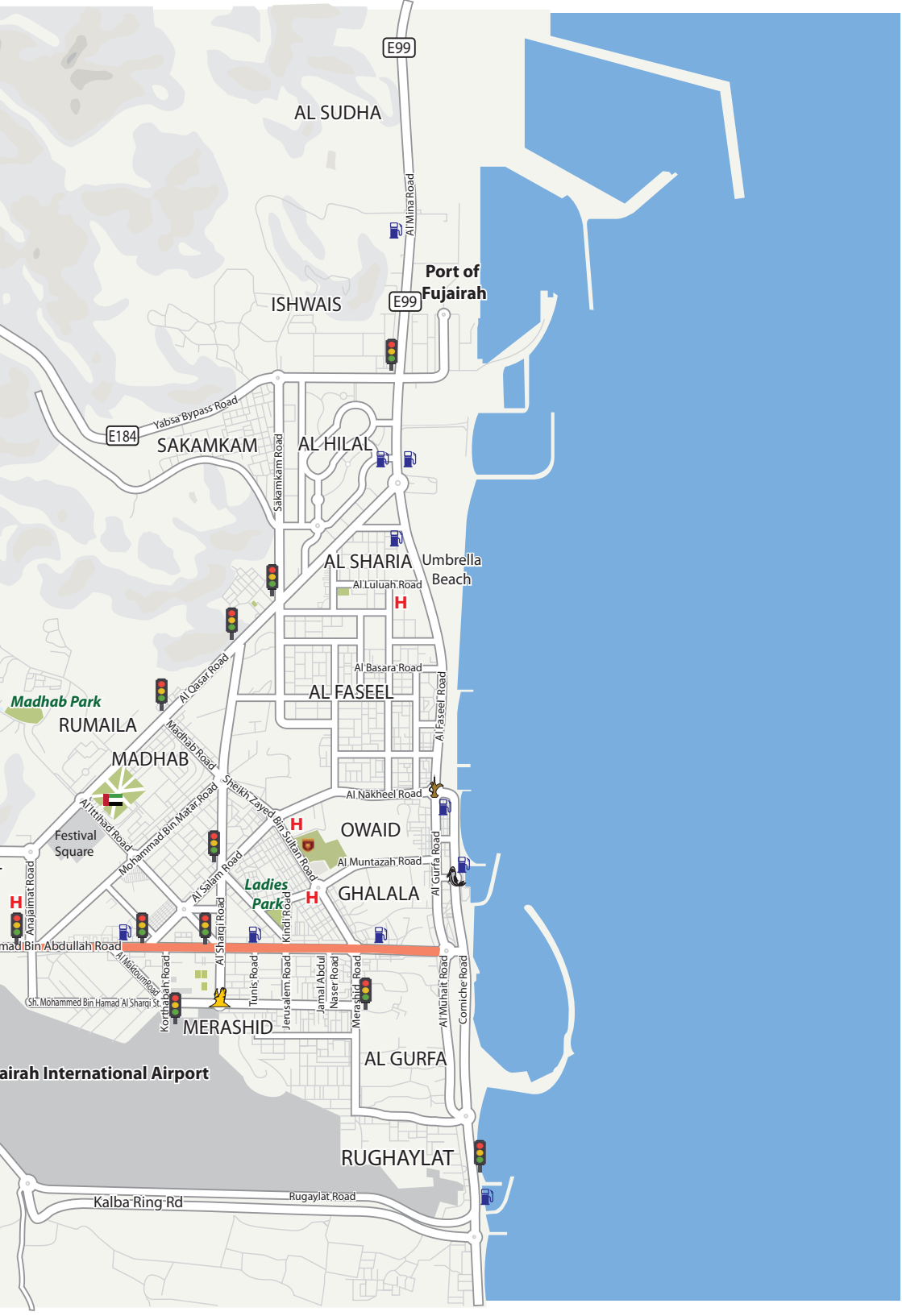
Fujairah to Umm Al Quwain
 114 kilometres via Masafi, turn onto E88 then left onto E55 approx. 1 hour 35 minutes.

Speed limits are strict! Built-up areas 60– 80 kph and 100/110/120 kph for cars on major roads.

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FUJAIRAH





AL SUDHA

E99

Al Mina Road

Port of Fujairah

ISHWAIS

E99

E184

Yabasa Bypass Road

SAKAMKAM

Sakamkam Road

AL HILAL

AL SHARIA

Umbrella Beach

Al Luluah Road

AL FASEEL

Al Basara Road

Madhab Park

RUMAILA

MADHAB

Madhab Road

OWAID

Al Nakheel Road

Festival Square

H

AL FASEEL

Al Muntazah Road

GHALALA

Ladies Park

Kindi Road

MERASHID

Al Gurfa Road

Fujairah International Airport

AL GURFA

RUGHAYLAT

Kalba Ring Rd

Rugaylat Road

Al Muhait Road

Comiche Road

Al Sheerdi Road

Korhan Road

Tunis Road

Jerusalem Road

Jamal Abdul Naser Road

Merashid Road

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Blue Planet Journal - Brook and Gaurav Bhagat

Virgo (August 23 - September 22)

Your natural passion and zest for life is a beautiful thing, but sometimes you need to tone it down in public. Specifically, you need to be a little more careful with those fun-to-push grocery store shopping carts. You will learn this lesson the hard way this month when, after a serious accident in the soup aisle, you get a ticket for reckless driving.

Libra (September 22 - October 22)

Cononavirus is the perfect time to feel like a rebel by getting out and getting your hands dirty—in your own garden, that is. Maybe this will be the year you discover more in the vegetable beds than the fact that cats are using it as a litterbox.

Scorpio (October 23 - November 21)

What bothers you the most about your significant other? Now is a great time to help your loved ones with self-improvement. How can they work on their shortcomings unless you point them out? Be safe and enumerate other's faults over WhatsApp!

Sagittarius (November 22 - December 21)

Your deepest, darkest, fantasy is going to come true this month, Sagittarius. Well, if your deepest, darkest fantasy is to learn how to make macramé owls, anyway. If you try your best, I bet you could make a plant hanger, too. Good times!

Capricorn (December 22 - January 20)

Inner growth and new discoveries in both the spiritual and material realms will bedazzle the month for you. Specifically, you will buy some ink pens at a dollar store that write with scented ink. They will honestly smell just great and create a deep longing in you to doodle. Cherry is the best.

Aquarius (January 21 - February 18)

This month, you will find yourself unsure of what to send as a birthday present for a friend's child. Instead of giving them another plastic toy that will end up at the bottom of a closet before the batteries even wear down, give them something that will prepare them for their future, like a fresh stack of the latest tax forms. Kids don't know what to do with those, you say? Well, they will after they attend the training sessions you've set up for them at the certified public accountant's office! The little angel, will be speechless with gratitude.

Pisces (February 19 - March 20)

Need to create social distancing within the home? One of the best methods for this is a technique most families are already familiar with, know colloquially as "bringing up ancient history." Sanitary!

Aries (March 21 - April 19)

You've been struggling for a long time with a certain problem with a certain person... you know what I mean. Anyhow, the answer has been right under your nose the whole time: yep, you guessed it. Suction cups.

Taurus (April 20 - May 20)

What is a pandemic lockdown, really, besides a gift of time? You finally have a chance to read all those classics you faked your way through in school, starting with Finnegans Wake, The Sound and the Fury, and of course, One Hundred Years of Solitude. Well, maybe start with the classic humorscopes and work your way up.

Gemini (May 21 - June 20)

Your spices may be labelled, Virgo, but are they in the cupboard alphabetically? Put in the time you should have years ago, and soon you'll wonder how you got by before. Even better, you'll feel a subtle but enjoyable superiority to all those out there keeping their allspice haphazardly next to the turmeric.

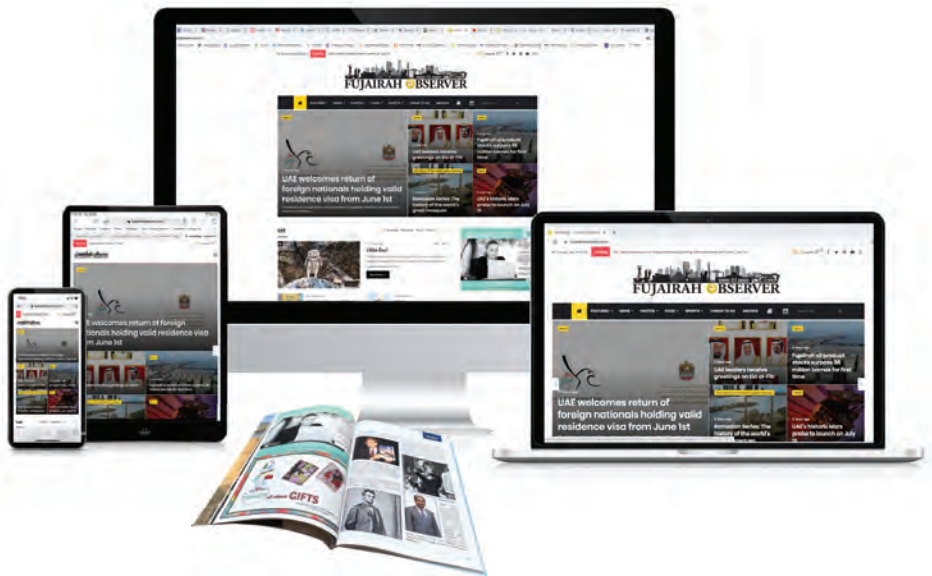
Cancer (June 21 - July 22)

What word truly sums you up? Apparently so. One of your social media "friends" took this powerful quiz and came up with the word "determined;" another was "creative," and yet another "mystical." Intrigued, you try the 10-question method of finding your true identity, only to be defined as "corduroy." Is it a glitch? Maybe. I prefer to think of it as a valid, assessment of your nature: soft, warm, and outdated, but in a charming way.

Leo (July 23 - August 22)

Look on the bright side, Leo: the age of Coronavirus has opened up new ways of enjoying yourself before bed. Try a thorough eye-rubbing and nose scratching (followed by a thorough hand-washing, of course). Good times!

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