

# Fujairah bserver

November 2020



Photo by Marhaba Rashid Mohammed



## 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)*

*Tel: +971 9 2244000*

*Fujairah Tennis & Country Club*

*Tel: +971 9 2244880*

*Al Ahli Printing Press*

*Tel: +971 9 2229429*

*Al Fujairah National Insurance Company*

*Tel: +971 9 2242000*

*Fujairah Building Industries PSC*

*Tel: +971 9 2222051*

*Fujairah Cement Factory (Dibba)*

*Tel: +971 9 2444011*

*Fujairah Farm*

*Tel: +971 9 2445260*

*Fujairah Trade Centre*

*Tel: +971 9 2222661*

*Iwire Connect*

*JSW Cement*

*Vopak Horizon*

*Tel: +971 9 2281800*

*Fujairah Free Zone*

*Tel: +971 9 2228000*

*Fujairah Rock & Aggregates*

*Tel: +971 9 2228626*

*FujEng*

*Tel: +971 9 2244388*

*Lulu Hypermarket*

*Tel: +971 9 2220505*

*Port of Fujairah*

*Tel: +971 9 2228800*



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

- 4**      **Local News**  
Commemoration Day  
CP receives winner of Arab Wrestling
- 17**     **Local News**  
News from our Social Clubs  
News from Schools  
News from Hotels  
Toastmasters
- 39**     **Insights**  
Staying safe online  
@Douglas Joseph
- 43**     **Health -**  
Coordinated Bilateral Movement  
Following COVID your lifestyle needs  
an overhaul ©Alva Carpenter  
Osteoporosis  
Movember
- 50**     **WWW**  
It's a Weird and Wonderful World
- 55**     **Puzzles**  
...to keep those brain cells moving
- 67**     **Sport**  
Arabian Gulf Cup  
Happy 80th Birthday Pele  
Nurmagomedov retires after UFC win
- 75**     **Poetry**
- 78**     **Classified Adverts**
- 80**     **Directory**
- 88**     **Useful Numbers / Information**
- 90**     **Map**  
Fujairah Observer Map
- 92**     **Humorscopes**

Front cover photo: Marhaba Rashid Mohammed, likes to discover the colossal beauty hidden even in the smallest elements of nature, and to help others see it too. Amidst the tempestuous water, a boat still sails towards the parting greys of dawn. Solemn, as if in a painting - Umbrella Corniche, Fujairah

Dear Readers,

Commemoration Day gives us all the opportunity to recognise the eternal bravery, sacrifice, and dedication of the UAE soldiers. We can recall and preserve the memory, with utmost pride of our the sacrifices and courage of our brave sons that answered the call of duty to ensure UAE's safety, honour, and progress.

May Allah bring peace and stability to the world

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

Please visit and follow us on Facebook, Twitter and Instagram @fujairahO



**Editor-in-Chief:** Dr. Mohammed Saeed Al Kindi

**Managing Editor:** Virginia Valentine

**Digital Media:** Tania Rodrigues

**Advertising & Sales:**

**Photography:** Javeed Quershi  
Abbas Quershi  
Mohammed Munawar FTAA

**Contributors:** Alva Carpenter  
Douglas Joseph  
Abdullah Taleb

The Publishers and our Contributors have endeavoured to ensure that all information inside this magazine is correct at the time of going to press. We regret we cannot accept liability for errors or omissions contained in the publication whatever the cause. Opinions expressed in the magazine do not necessarily reflect the opinions of Publishers or the Contributors.

**Editorial and advertising enquiries contact:**

FUJAIRAH OBSERVER  
Room 905, Fujairah Trade Centre,  
PO Box 3139  
Fujairah, UAE  
Email: fujobs@eim.ae.  
Tel: 09 2229910  
Mob: 050 4843470





## Commemoration Day: Remembering the UAE's noble sons



**In 2015, His Highness Sheikh Khalifa bin Zayed Al Nahyan, President of the United Arab Emirates, decreed that 30th November each year would be a national holiday originally called "Martyr's Day" but now known as "Commemoration Day" (and celebrated 1st December). It would be a day to honour and recognise those who sacrificed their souls in the line of duty.**

Martyr's Day is a national day in which the United Arab Emirates expresses its appreciation for the sacrifices of the martyrs who sacrificed their lives defending the honour of the homeland.

Dedicating a day to the Martyrs is a response to the gratefulness, and a chance to express the real correlation between the nation and its leadership.

November 30th of each year, a day to honour

the loyalty of these martyrs of the nation, those who gave their lives for the sake of maintaining the dignity of the United Arab Emirates, while they were performing their functions and duties within the country and abroad in the civil, military and humanitarian fields.

On this national occasion, several dignified commemoration ceremonies and events take place, with government institutions, nationals and residents of the UAE, participating, recalling and showing their pride, dedication, values, devotion and loyalty within the hearts of the UAE people, which martyrs proved when they sacrificed their lives.

At 8am, the UAE flag will be lowered across the country (at all government and government-sub-sidiary premises) and will remain lowered until 11 am. It will be followed by a one minute's silence and supplication from 11.30am to 11.31am.

After the one minute's silence, the UAE flag will be raised again while the UAE national anthem is played.



## Wahat Al Karama

*Wahat Al Karama* which is also known by its English translation Oasis of Dignity, is a war memorial and monument in Abu Dhabi, United Arab Emirates located across Sheikh Zayed Grand Mosque to commemorate all Emiratis who are killed in the line of duty. The memorial was unveiled on the United Arab Emirates Commemoration Day on 30th November 2016. The memorial is composed of three structures: the leaning pillars, the pavilion of honour, and the memorial plaza. The names of all Emirati soldiers who are killed in duty are inscribed in the pavilion of honour.

The memorial is the first war memorial in the UAE and documents the names of all the fallen Emiratis who were killed in the line of duty. The first name is of a 20-year-old policeman, Salem Suhail bin Khamis, who declined to lower the Ras Al Khaimah flag in the Greater Tunb and was killed in the Seizure of Abu Musa and the Greater and Lesser Tunbs. The date of his death is marked as the UAE's commemoration day.

The site also sometimes serves as a meeting place for the Cabinet of the United Arab Emirates.

The memorial is a 46,000-square-metres site opposite the Sheikh Zayed Grand Mosque.

The Leaning Pillars consist of 31 massive aluminium tablets supporting each other, aside a glittering pool built specifically to reflect the Sheikh Zayed Grand Mosque – a first glimpse of the *Wahat Al Karama* memorial is an awesome sight.

The pillars are inscribed with the national pledge of the UAE and Arabic poems by UAE founding father Sheikh Zayed bin Sultan Al Nahyan, president Sheikh Khalifa bin Zayed Al Nahyan, prime minister Mohammed bin Rashid Al Maktoum, and Mohammed bin Zayed Al Nahyan.

Surrounded by a terraced amphitheatre, the 4000-square-metres Memorial Plaza is a wide circular space. Made from travertine stone shipped from Turkey, the whole space can easily accommodate up to 1200 people.

## Sheikh Zayed Grand Mosque in Fujairah opens to visitors



**The Sheikh Zayed Grand mosques in both Abu Dhabi and Fujairah will be reopened to visitors starting Sunday 3rd October the Ministry of Presidential Affairs have announced. In addition to the two mosques, the Founder's Memorial will also be reopened but under strict precautionary measures in line with the highest standards of health and safety.**

The reopening decision was taken in coordination the National Emergency Crisis and Disaster Management Authority (NCEMA) after months of being closed as a precautionary measure to limit the spread of COVID-19. A set of measures have been put in place ahead of the reopening including limiting the capacity of visitors allowed inside all cultural landmarks. This is to ensure that the number of visitors is under control during the permitted timings to avoid overcrowding and guarantee social distancing and smooth flow of movement during their tour of the cultural attractions.

Thermal cameras will also be installed at all entrances of these landmarks to detect body temperature where a special room has been also dedicated to isolating visitors, who show high body temperature. Additionally, the visitors' track has been carefully identified to ensure social distancing, avoid gatherings and guarantee a healthy tour within a safe environment. Meanwhile, public cultural tours and borrowing services of electronic devices, clothing and other services will remain suspended.

The precautionary measures that have been put in place will be displayed in videos on internal screens and social media platforms particularly Instagram to explain and simplify them to all segments of visitors. Instruction panels were also installed to educate visitors on the need to adhere to wearing masks throughout their visit and to a safe social distancing of at least two meters while touring the landmarks.

NCEMA said that all cultural monuments are subject to intensive sterilization work, starting from their entrances to vital places where users pass through, periodically and are using the latest devices and materials approved for sterilization in coordination with competent authorities.



## Fujairah celebrates the birth of the Prophet



**Under the patronage of His Highness Sheikh Mohammed bin Hamad bin Mohammed Al Sharqi, Crown Prince of Fujairah, the Emirate of Fujairah organizes a television operetta entitled "The Hymns of Light," which is presented in a special lyrical and poetic style on the occasion of the anniversary of the Prophet's birthday, which will be shown on this occasion on a number of Arab television screens.**

The operetta – which will be shown on a number of Arab television screens – will be attended by 12 artists from the Emirate of Fujairah, through sections that include poetry, painting, Arabic calligraphy, music and Emirati *Maldist* art.

The operetta includes, in its first paragraph, the reading of the poem "In Praise of the Messenger of God" from the words of the poet Salima Al Mazroui and the performance of the media Fawzia Ahmed. The poem is accompanied by two paintings in Arabic calligraphy: "Waleed Al-Huda.

The second paragraph includes the operetta song "The Hymns of Light" written by the poet Dr. Muhammad Abdullah Saeed Al Hamoudi and composed by the artist Ali Obaid Al Hafiti, with the participation of artists Hamid Al Abdouli, Hazaa Al Dhanhani, Ali Bin Rabiah, the Fujairah Academy of Fine Arts choir and the distribution of music by Osama Ismail.

The operetta was also devoted to displaying a poem "We see *Badra*" written by the poet Khaled Al-Dhanhani and recited by the journalist Ahmed Al-Yamahi. The poem is accompanied by scenes of painting the Prophet's Mosque by the artist Amna Jassem. The words of the operetta narrator were written by artist Faisal Jawadib, while the narrator is played by the theatre artist Abdullah Masoud.

The operetta concludes with the Emirati *mald* art, which reminds the audience of the Emirati folklore and the tolerant Islamic values and *muwashahat* praises the Holy Prophet Muhammad, may God bless him and grant him peace, for the performance of the Dubai Folk Troupe in cooperation with the Fujairah Folklore Troupe.

## Stamps of Fujaira: CHAPTER 3 1967 - March 1969

**Introduction:** This Chapter looks at the issues from 1967 up to March 1969 – when the original contract with Finbar Kenny was cancelled and will be explored in the next Chapter Each stamp and minisheet is produced in both perf and imperf formats unless otherwise stated.

### 1967 - New Currency Definitive Issue - Butterflies

8th May – 1Dh; 2Dh; 3Dh; 4Dh; 5Dh; 10Dh; 15Dh; 20Dh and 30Dh 'Postage' issued.  
 11th May – 40Dh; 50Dh; 70Dh; 1R; 1.50R; 2R; 3R; 5R and 10R 'Postage' issued.  
 31st May - 15 Dh; 25 Dh; 35 Dh; 50 Dh; 75 Dh; 1R; 2R; 3R and 5R 'Airmail issued'.

► Fig 3.2 - Progressive plate proofs (Reduced) for the 5R denomination (Euchrysops Philbyi) with the printer's signature. Cut out from the sheet corner upper left.



The above illustrations cannot even suggest the brilliant colors of the finished stamps!

**ADDITIONAL DENOMINATIONS TO COMPLETE NEW DEFINITIVE SERIES** First Day of Issue: 11 May 1967

Five higher denominations to complete one of the most colorful stamp issues ever to be released will be placed on sale in the Post Office of Fujaira on 11 May 1967. The nine stamps complete the new definitive series of Fujaira in the new currency.

Each of the stamps is produced in brilliant six-color photogravure and shows a beautiful butterfly against a brightly colored flower, all in full original colors.

The total face value of the nine beautiful multi-colored stamps is 24 Riyals 10 alshas, which is equivalent to 35/6 Sterling, or U.S.A. \$4.20.

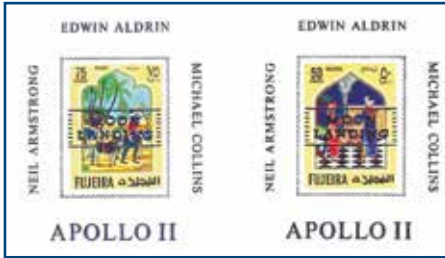
First day covers will be supplied at 50 alshas each in addition to the face value of the stamps, or stamps will be affixed to your own envelopes without charge.

◀ Fig 3.1 - Advertising brochure (Reduced) for the 11th May additional issue – states that these stamps are 'produced in brilliant six-colour photogravure ...one of the most colorful stamp issues ever to be released'!

**Fairy Tales**

17th July: 10Dh; 15Dh; 30; 75; 1R and 1.50R 'Postage' issue with scenes from Ali Baba and the Forty Thieves.

24th July: 25; 50; 75; 1R; 1.25R and 2R 'Airmail' stamps with scenes from Aladdin and the Magic Lamp.



▲ Fig 3.3 – Minisheets with overprints – one in metallic Blue and the second one in Gold.

Each stamp was produced in miniature sheet format – but never issued! Then they were released overprinted Moon Landing/ Apollo 11

either in Gold or Metallic Blue. Only 500 sets were issued. This concept of producing the set in minisheets was used quite extensively by other 'Trucial States' – but not often by Fujera.

**Paintings**

9 Oct: 25Dh; 50Dh; 75Dh; 1R; 1.50R 'Postage' stamps; 2R; 3R; and 5R 'Airmail' stamps.

**Cats**

2 Nov: 10Dh; 25Dh; 50Dh; 1R; 1.50R 'Postage' stamps; 1.25R; 2.75R; and 3.50R 'Airmail' stamps.

**1968 - Winter Olympics**

25 Jan: 25Dh; 50Dh; 75Dh; 1R; 1.50R; 2R and 3R 'Postage' stamps;

Fig 3.4 – According to the publicity brochure, this souvenir sheet would be available in both perf and imperf, but it is only available as imperf. It is also interesting to note that this minisheet was also overprinted for the Summer Olympics and is only known imperf as well. Michel lists this minisheet overprinted Sopporo '72 in both perf and imperf, but I have never seen either! ▼





Minisheet containing the 1.50R; 2R; and 3R, but as 'airmail' stamps. According to the publicity brochure, this souvenir sheet would be available in both perf and imperf, but it is only available as imperf.

Each stamp is also available as deluxe minisheet – Refer to figure 3.5.

The 25Dh is also available in Gold – please refer to figure 3.6.

Also note the restriction for buying imperf stamps on this brochure – 'stamps will be supplied ... in the ratio of 1 imperforate series to every 4

▲ Fig 3.5 – One of the deluxe minisheets used on cover to US. Interesting how there is no mention of this format on the official publicity of this issue. How did customers know that they are available? Some literature indicates that only 500 sets were produced.

perforated series ordered'. This was the general rule with all Fujeira issues and as a result, imperf stamps are much more difficult to obtain.

**Paintings**

5 Jun: 50Dh; 75Dh; 1R; 2R and 3R 'Postage' stamps; 1.50R; 2.50R; 3.50R; 4R and 5R 'Airmail' stamps.

**History of Seafaring**

1 Jul: 15 Dh; 25Dh; 50Dh; 75Dh; and 1R 'Postage' stamps; 2R; 3R; 4R and 5R 'Airmail' stamps.

◀ Fig 3.6 – the 25Dh stamp was also produced in Gold. Again no mention of this format is mentioned in the publicity brochure for this issue. It seems obvious that these gold issues were only produced after 1970 when the contract was terminated by the Government and Finbar Kenny tried to benefit from the legality of issues that had already been produced.







▲ Fig 3.7 – A strip of 5 with the correct overprint on stamp 1, 3 and 5. Stamp 2 has Olympic Games both top and bottom and stamp 4 has the date on both top and bottom.



▲ Fig 3.8 – The 3 lower values of the 1968 Winter Olympics set overprinted for the Mexico Summer Olympics issue but not issued. It has been indicated to me that the overprint on these stamps are 'in an inappropriate place on the athletes' and therefore decided not to be included in the set.

**Summer Olympics – overprint '1968 OLYMPIC GAMES/MEXICO/October 12-27'**

2 Sep: 1R; 1.50R; 2R; 3R and 5R 'Postage' stamps from the 1964 Olympics issue and 1R; 1.50R; 2R; and 3R 'Postage' stamps from the 1968 Winter Olympics set.

Minisheet – the minisheet from the 1968 Winter Olympics known as imperf only.

The following errors are known:

- Overprint Inverted
- Overprint reading October 12-27/ MEXICO/October 12-27 October. (Fig 3.7)

Overprint reading 1968 OLYMPIC GAMES/MEXICO/1968 OLYMPIC GAMES (Fig 3.7)

Overprint on unissued stamps from the Winter Olympics set (Fig 3.8)

**Prehistoric Animals**

16 Sep: 15Dh; 25Dh; 50Dh; 75Dh; and 1.50R 'Postage' stamps; 1R; 2.50R; 3R; 4R and 5R 'Airmail' stamps.

**Robert F Kennedy – overprint 'In Memory of/ SENATOR/ROBERT F./KENNEDY/(1925-1968)'**

16 Sep: 1R; 2R; 3R and 5R of the 1965 John F Kennedy set.

**Summer Olympics**

1 Oct: 15 Dh; 25Dh; 35Dh; 50Dh; 75Dh and 1R 'Postage' stamps; 1.50R 2R; 3R; and 5R 'Airmail' stamps.

Minisheet with the top 3 airmail values was also produced.

The 1.50R stamp was also produced in Gold (both perf and imperf and as a Delux card minisheet).



▲ Fig 3.9 – the 1.50R stamp produced in Gold foil both perf and imperf formats. The imperf stamp was also produced on a thick cardboard Delux minisheet. Again, no mention of this gold stamp is provided on the publicity brochure produced by the post Office promoting this stamp issue.

**Gold Medalists – This set overprinted with the winner of that event.**

23 Nov: all stamps (except the gold stamp) and minisheet were overprinted with the Olympic winner's name. This time the 25Dh Cycling stamp overprinted with Pier Franco Vianelli (Italy) was





Freelance Architect

3D modeling design

Architectural plans  
according to the  
municipality  
requirements

landscape design

3D modeling  
for interior design

Poster design for  
projects & advertising

Scan the QR  
code to have a  
look to my  
portfolio



Arche7vn



+97155346821



@msh-naj-97@outlook.com



+97150225198



Muhammad Najjar



Freelance Architect

مهندس معماري

• تصاميم ثلاثية الأبعاد (3D)

• تصاميم معمارية حسب  
الطلب واشتراطات البلدية  
مخططات - واجهات

• تصميم المساحات الخضراء  
والحدائق

• تصميم داخلي للغرف 3D

• تصميم بوسترات  
للمشاريع والاعلان

امسح الرمز للاطلاع على  
المزيد من المشاريع ولا  
تسى زيارة صفحة  
الاستغرام



Arche7vn



+97155346821



@msh-naj-97@outlook.com



+97150225198



Muhammad Najjar

produced in Gold – both perf and imperf with the imperf also produced in Prestige minisheet on stiff paper not as thick as in the previous issue!

**Paintings – International Letter Writing Week**

24 Oct: 25Dh; 50Dh; 75Dh and 1R 'Postage' stamps; 1.50R; 2R; 3R and 5R 'Airmail' stamps. Minisheet with the top 2 airmail values was also produced.

EFIMEX – International Letter Writing Week Overprinted 'EFIMEX'.

9 Nov: All previous Paintings stamps and minisheet overprinted EFIMEX in Gold.



▲ ▼ Fig 3.10 – An adopted drawing by artist F Llamosas for the 2R stamp depicting a scene from Romeo and Juliet and the final proof of the adopted design.



**1969 - Wild Animals**

8 Jan: 15Dh; 25Dh; 50Dh; 75Dh and 1R 'Postage' stamps; 1.50R; 2R; 3R and 5R 'Airmail' stamps.

**Scenes from Shakespeare's plays**

13 Jan: 25Dh; 50Dh; 75Dh; 1R and 2R 'Postage' stamps; 1.25R; 2.50R; 3R and 5R 'Airmail' stamps.

**1972 Summer Olympics – the 1968 issue overprinted XX OLYMPIAD in a circle of MUNICH GERMANY 26 AUG-10 SEPT 1972 in Gold.**

8 Mar: all 10 stamps and minisheet were overprinted – no stamp issued in gold.

**Locomotives**

31 Mar: 15Dh; 25Dh; 50Dh; 75Dh and 1R 'Postage' stamps; 2R; 3R and 5R 'Airmail' stamps.

It was getting towards the end of the original contract signed by the Government of Fujera with Mr. Finbar Kenny on 15 June 1964. Clause 15 of this contract stated 'this agreement shall be in force for a period of 5 years automatically renewable for an additional 5 years...'. The Government was very unhappy with the performance of Mr Kenny especially since he was never available and payments were not prompt. But the Minister of Telecommunications went ahead and signed again for another 5 years. But the Sheikh of Fujera was considering alternatives and only issues already approved were issued in May and June. These and the events that followed will be discussed in the next chapter.

**John Vassallo and Emirates Philatelic Association**



# STEAK & DATE

night

EVERY THURSDAY 5-9 PM  
2 PRIME RIBEYE STEAKS  
PLUS 2 SIDES AND A BOTTLE  
OF SELECTED GRAPE FOR ONLY

AED 199

McGETTIGAN'S  
TENNIS & COUNTRY CLUB - FUJAIRAH

## Friday Brunch

BETWEEN 1PM - 4PM

Enjoy a three course meal with  
unlimited house beverages

For **AED 160**

P.O. BOX 3070, FUJAIRAH, UAE | T: + 971 9 224 4880. F: + 971 9 224 2040  
W: FUJAIRAHTENNISCLUB.AE

 TENNIS COUNTRY CLUB FUJAIRAH

 @TCCFJR

 TENNIS & COUNTRY CLUB FUJAIRAH

 TCCFJR



## Newly designed rooms and suites at Fujairah Rotana Resort & Spa



**Long noted for its splendour among the Emirates, Al Aqah Beach invites you to unwind in blissful seclusion of Fujairah Rotana Resort and Spa. Take up residence in one of the 250 timeless elegant rooms and suites.**

Retreat yourself in our spacious sanctuary newly renovated in modern designs, with a natural twist for your outmost comfort, offering a variety of options such as king or twin bedding, walk-in rain shower or bathtub, convertible sofa beds in king rooms and vast dining and sitting areas available in our suites, all surrounded by the swansong of the ocean waves.

Discover indulgent choices from 5 dining outlets.

Savour our exquisite cuisine at the re-designed contemporary Mozaïque all dining restaurant with its elegant islands showcasing the worldwide culinary art.

Chill your mind and rejuvenate while exploring the lush and exotic wild life of our sanctuary. Treasured times, our promise to you.

*Rotana was crowned "Best Hotel Brand in the Middle East" for a fourth consecutive year at this year's Business Traveller Middle East Awards.*

*Hosted by the region's leading travel and hospitality magazine, Business Traveller Middle East, the 'Business Traveller Middle East Awards' is now in its ninth year. The awards celebrate the region's best companies in business travel and hospitality sectors, and are voted for by the magazine's readers.*

Fujairah  
**Rotana**  
Resort & Spa – Al Aqah Beach

# BEAT THE HEAT WITH US

## 3 MONTHS MEMBERSHIP

(SINGLE, COUPLE & FAMILY)



TENNIS &  
COUNTRY CLUB  
FUJAIRAH



# 50% OFF

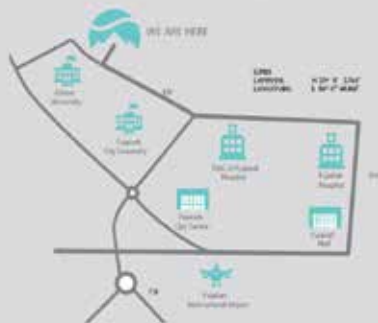
hello  
SUMMER!

## HURRY UP!

Limited to first 100 members

Don't miss this amazing offer!

Remember, we are more than just a club.  
We are a community. Bring the whole  
family and come and explore Fujairah's  
number one destination!



TennisCountryClubFujairah



@TOCFJR



TOCFJR



T: 09 224 4880

SCAN ME

fujairahennisclub.ae



# Coronavirus: Hefty fine for private tutoring in homes, UAE lawyers warn



The UAE Public Prosecution authority has warned that in-person private teaching lessons are a violation of the precautionary measures aimed at countering the COVID-19 pandemic.

It's posted a message on social media stressing that face to face tutoring sessions breach the government's protocols.

This applies to public and private places, as well as home visits, with or without fees, and to all educational grades.

People involved in the lessons will be fined AED 30,000 for being present or organising classes. While those responsible for the venues face a penalty of AED 20,000.

The Public Prosecution stated it had issued the warning to reinforce the community's awareness of the rules, as well as to ensure individual adherence.



New cafe near you!!

NOW OPEN

# Crepes and Burgers

Crepes & Burgers is the perfect place to sit down next to one another, enjoy exceptional food & high grade coffee.

We only use fresh & good quality ingredients. Our collections of books and games creates a perfect environment to sit back, chill, relax and grab a cup of coffee or tea.

Location:

Sheikh Hamad building

Shop #2


Al Nakheel Rd


Opposite old Hilton

Beside Siji Hotel Apartment

Ph no : 09 2222923

Follow us on :

 crepesburgers\_uae

 crepesburgers



DOUBLE DOWN BURGER



CHILLI BOMB BURGER



RASPBERRY MOJITO



CREPE DE FUSION



RONI'S CHEESECAKE



SPECIAL BURGER



GRILLED CHICKEN



MOCHACHINO



FRENCH FRIES



PURE VEG BURGER



NUTELLA WAFFLE



FRUITELLA CREPE



MUSHROOM BURGER



## Sharjah Ruler inaugurates development projects in Khorfakkan



**H.H. Dr. Sheikh Sultan bin Muhammad Al Qasimi, Supreme Council Member and Ruler of Sharjah, inaugurated several tourist and urban facilities and inspected various planned projects in Khorfakkan last month.**

Beginning his visit from Shees, Dr. Sheikh Sultan was briefed on the plans of the Shees Rest House project located on Khorfakkan Road, which will be implemented in three phases in the northern and southern parts. The rest will include 60 shops selling honey, fruits, and vegetables. The Rest House also contains nurseries and carpet outlets as well as food trucks. The project will also have more than 217 car parking lots.

Thereafter, he inaugurated Shees Park, where he unveiled the commemorative plaque to mark the official opening and then toured the park's different facilities and watched a documentary film about the work done on the park, which was completed in eight months.

The 11,362-square metre park has a 25-metre-high artificial waterfall and also includes several paths which are 506 metres in length. There is a playing area, 32 shaded seats, and an outdoor theatre that accommodates 70 persons, as well as a barbecue area.

Dr. Sheikh Sultan stopped in Najd Al Maqsar village, which comprises 13 old houses dating back to nearly a century, which the people then used as a haven from the flow of torrents.

After being re-equipped with the latest facilities to receive visitors, the village will include 13 hotels in heritage style, mosque, toilets, barbecue areas and outdoor sitting areas. In addition, the upper fortress of the village established nearly 300 years ago on the summit of the mountain, which was part of the defence network of Khorfakkan, will be restored.

The Ruler of Sharjah was briefed about Najd Al Maqsar Oasis and the Rest House project. He ordered the implementation of self-harvesting farms and all facilities for visitors and tourists. He also inspected several development projects.



## Student Council Formation, St. Mary's Catholic High School

**“Leaders don’t create followers; they create more leaders.”**

The Investiture Ceremony is a proud moment for a school and despite the widespread of the pandemic, St Mary’s Catholic High School Fujairah organised the first ever Virtual Investiture Ceremony for the Academic Year 2020 -2021 on 16th September 2020 from 6:00 p.m. to 7:15 p.m.

It was hosted by our teachers, Mr. Suresh and Mr. Sanu. We render our special thanks to Mr. Suresh, P.E Teacher, for his innovative preparation of the entire ceremony. It started off with the UAE National Anthem, Indian National Anthem and Quran recitation, followed by its translation. Then, the Prayer was said by the Head Girl, Ms. Leora Prakash.

The Head Boy, Master Tashin Khan, extended a warm welcome to everyone present there. The Discipline and Cultural Heads for this Academic year are Master Sanjeevan Hari and Ms. Neha Mariam Mathew. The Sports Captains are Master Nathan Mikhail Semedo and Ms. Amal Sainudheen. After the welcome speech, the Leaders took their oaths. The Oath-taking was administered by Ms. Neha Mariam Mathew, Master Sanjeevan Hari and Master Nathan Mikhail Semedo. This was then



followed by the Chief Guest’s Message, by Rev. Fr. Balasamy, our Rector. He explained about the qualities of a good Leadership.



House	House Masters	House Mothers
Sapphire	Mr. Stalin	Ms. Indu
Emerald	Mr. Sanu	Ms. Suja
Ruby	Mr. Kishore	Ms. Shobha
Topaz	Mr. Johnny	Ms. Rajasree

After the Announcements, The Lighting of the Candle by the House Masters and Mothers was held. This was followed by the Principal's Address by Rev. Fr. Raj. SDB. He congratulated all the newly elected leaders and asked them to imbibe the spirit of 'Service'.

The main part of the program was the Handing over of the Badges to the Leaders by their Parents. It was a proud moment for the Parents and Children as this happens very rarely. Then the Class Monitors and the House Captains of Grade 1 to Grade 12 were announced. After this, we had an Inspirational Speech by Rev. Fr. Suresh Kumar who motivated us and emphasized that we need not be at School to be leaders. We can be a leader, wherever we are. The Investiture ceremony was witnessed by the Leaders' proud parents with overwhelming hearts. The event concluded with the vote of thanks proposed by

Mr Edward Maria, our Vice Principal. He thanked all who helped in making the investiture ceremony such a huge success. The Ceremony concluded with Our School Song sung by Nirmal Tresa Xavier of Grade 11.

The Investiture ceremony video was played in all the classes the next day. The programme went on well and will definitely be one that will be remembered by many. The Investiture Ceremony was a moment of pride and joy for everyone.



**Nikitha Susan Mathew**  
(  
CBSE - GRADE - 9A )  
St. Mary's Catholic  
High School, Fujairah



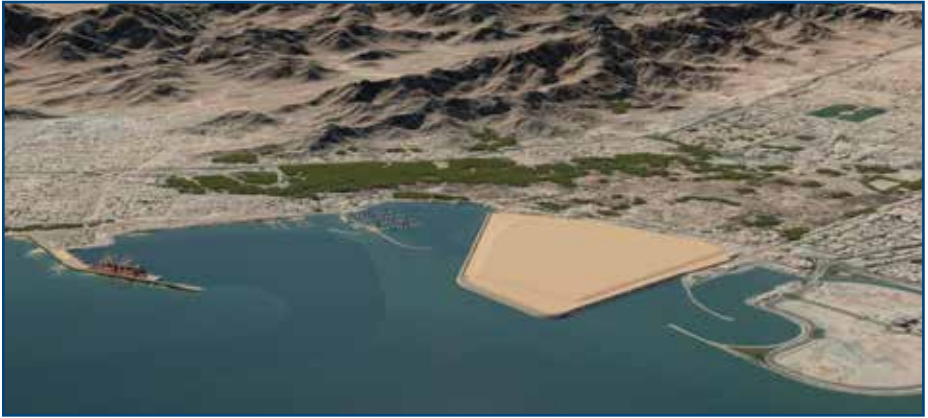


**JSW** Cement

Make a **greener choice**  
for a **stronger tomorrow.**



## BESIX, Jan De Nul win Dibba Fujairah port expansion project deal



**BESIX and Jan De Nul Group are assisting with the expansion of the port of Fujairah in Dibba, the second largest city of the emirate of Fujairah in the UAE, located along the Gulf of Oman. The works for the Dibba Bulk Handling Terminal Project were awarded to the consortium of Six Construct, BESIX's entity in the Middle East, and Jan De Nul Group by the Port of Fujairah (PoF), one of the world's key oil storage centres and the second-largest ship-bunkering hub in the world.**

The design-and-build contract consists of dredging the navigation channel and port basin, reclamation and shore protection, as well as constructing breakwaters, a 765 m long quay wall, foundations for ship loader rails, port infrastructure and creating utilities and aids to navigation. The fishing harbour will be relocated in the process.

The expansion plans are part of PoF's strategy to increase the port's bulk handling capacity and operational efficiency, as well as improve the quality of its service, which is considered among the best in the world.

The consortium's approach to optimise the design by providing 'value engineering', along with the newly-established Central Marine Support department, presented a strong, competitive solution to the client.

Yasser Laroussi Ben Asker, Operations Manager Marine Works Middle East at Six Construct: "Six Construct is very pleased and honoured to partner with the Port of Fujairah, as part of our decades-long history in the Emirate. The history of Six Construct and the port of Fujairah are very connected. BESIX's entity in the Middle East helped on several occasions to extend the port infrastructure. We share the same values in aspiring to create long-term partnerships to support the Emirate's development goals, and we are investing in a long and prosperous relationship."

Stefan Moens, Area Manager Middle East at Jan De Nul Group: "We build on many years of experience in the UAE and this award confirms the Port of Fujairah's satisfaction with our previous port expansion projects executed in the region. We are very proud to be appointed as a trusted partner for the delivery of these works, moreover, in consortium with BESIX, another company with Belgian roots."

The contract is valued at 371 million AED (90.4 million EUR). Works will be carried out over 19 months.

## Toastmasters - Control the Breath; Master the Leadership Skill

### Build a Better You! Toastmasters International can help you improve your communication and build leadership skills.

Leadership skills are very much essential, not only for the head of the organization but to a common man also, to accomplish his tasks, goals, targets, on daily basis. It is a combination of several skills, to set to work together, to accomplish a common goal.

Some examples of skills that an effective leader possess are:

- Active listening
- Creativity
- Dependability
- Effective feedback
- Flexibility
- Patience
- Positivity
- Reliability
- Risk-taking
- Timely communication
- Team building
- Ability to teach and mentor

#### How leadership skills can be improved?

By consistent perseverance and tenacity in every action, he can improve the skills, which are required to motivate/encourage others. Offering support and coaching to less experienced colleagues is also an example of leadership.

But leaders are portrayed as hard workers, working a maximum number of hours, pushing people to their limits, to accomplish the task. But the productivity and the leadership skills can be simply improved and replenished more effectively, by using the simple technique called Effective Breathing or Conscious Breathing.

Our breath is the only part of the autonomic nervous system that we can control. It's one of the few things we can easily access to shift the way that we're thinking or feeling and calm and restore ourselves. Even one deep, conscious breath can serve as the meditation that we need to slow down and reduce tension. Pausing to take a few deep effective breaths can rejuvenate and revitalize our entire energy systems.

A simple technique called Breath Focus, can be done anywhere in a calm place. While you do deep breathing, focus on the breath, inhale and exhale,

while breathing, to improve the effectiveness, a picture can be imagined in the mind and a word or phrase to help anyone feel more relaxed.

1. Close your eyes, sit in a calm clean place, in a comfortable position.
2. Take a few big deep breaths.
3. Breathe in, As you do that, imagine that the air is filled with a sense of peace and calm. Try to feel it throughout your body.
4. Breathe out, While you're doing it, imagine that the air leaves with your stress and tension.
5. As you breathe in, say within, "I breathe in peace and calm".
6. As you breathe out, say, "I breathe out stress and tension".
7. Continue to do the same for 7 to 10 minutes.

Deep breathing is one of the best ways to lower stress in the body. This is because when you breathe deeply, it sends a message to your brain to calm down and relax. The brain then sends this message to your body.

Those things that happen when you are stressed, such as increased heart rate, fast breathing, and high blood pressure, all decrease as you breathe deeply to relax, the way you breathe affects your whole body. Breathing exercises are a good way to relax, reduce tension, and relieve stress.

And hence the leadership skills can be improved and excellent results can be achieved.

#### Arivazhagan Arasamani

Leadership Development – L4



## A Summon

Self-doubt, nervousness and fear  
Do you have all this? Oh dear!  
Bid adieu to them to become confident  
Join Toastmasters club, if you are Prudent.

If you don't want to stop learning,  
And if knowledge is your yearning  
I know a place of progress,  
Join Toastmasters club for your success.

Growth is something you want to strive;  
Having a purpose in life is your drive.  
Meet different people who offer succour,  
Join Toastmasters club, I can assure.

Courage to speak and compassion to listen, gives  
you a thrill!  
Learn to manage time and improve your  
grammatical skill  
A community where people work as a team, to  
achieve  
Join Toastmasters club, you must believe!

Speak with candour and don't be afraid,  
Toastmasters is where 'Leaders are made'.

**Dr. Firdose Fathima**  
DL1 - 07568029



### 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





## GS886-S Series Battery Operated Interconnect Sigfox Smoke Alarm

**INTERTEK Certified**

### > Key Features

- INTERTEK Certified
- Voice alarm function
- Interconnection, one go all go within 10 seconds
- Battery operated  
Wireless distance: ≤100ft(30meters) indoor ,  
up to 100 meters free field
- Highly reliable Photoelectric technology
- Advanced sensing technology reducing cooking nuisance alarms
- Automatic low battery indication
- Automatic smoke chamber status
- LED Alarm indication
- Product life:10 Years



### Voice Alarm

1. Smoke Alarm: ISO8201(BI 0.5s - pause 0.5s - BI 0.5s - pause 0.5s - BI 0.5s - pause 1.5s, with the RED LED flash, repeat this alarm pattern).

Kitchen cooking  
smokePU  
smolderingWood  
smolderingWood  
flamingPaper  
firesPU  
flaming

#### TESTING REQUIREMENTS

	Ionization	Traditional Photoelectric	SETTERWELL At Smoke Alarm
Flaming Polyurethane	✓	✗	✓
Smoldering Polyurethane	✗	✓	✓
Cooking Nuisance	✗	✗	✓

### Technical Specifications

Model Number	GS886
Battery Type	Alkaline battery: 2*AA
Battery Life	Over 3 year
Operating Humidity – Relative	≤93%
Operating Temperature	0°–38°C
Buzzer	> 85dB(A) @ 3m
Speech Sound level	Voice volume: > 65dB (a) @ 1m
Plastic Material	Flame retardant ABS + PC
Horn Parameters	8Ω/0.5W
Product Size	diameter~155mm×thick~47mm

## Synergy Malayalam Toastmasters Club



**This month, we bring to you an in-sight into the manner in which the Toastmasters Clubs function. Toastmasters Clubs all over the world are operated in a set and structured manner. The hierarchy is as follows:**

- Local Club
- Area (with a few Local Clubs)
- Division (with a few Areas)
- District (with a few Divisions)
- Region (with a few Districts)
- International Head Quarters

Toastmasters International offers a number of free Educational programs to its members.

Each member can enrol for a specific program based on what area of skills he or she wants to develop. These are called Pathways. Each Pathway has several levels and each level has a few projects which the member has to perform to achieve his/her credentials. A large number of recognitions are available to the members, in the form of trophies, certificates, awards, pins, and so on. These motivate the members to grow higher and higher and to emerge as excellent leaders, communicators, trainers, coaches, motivational speakers, counsellors and business leaders. The clubs also get due recognitions in the form of ribbons, points and awards. Such recognitions are there in the Area, Division, and District levels also.

Contests are conducted at various levels which culminate in turning out World Champions. Contests at the Club, Area and District levels are conducted for:

- International speech
- Humorous speech
- Table Topics speech
- Evaluation speech

Highly structured Debate contests are also conducted at these levels.

All these give plenty of opportunities to the members for self-development, making them worthy citizens who can perform and also motivate and coach others to perform.

The method of functioning of the clubs shall be explained in our next article.



**Ben Thomas**



## The New Era of Technology: 5G and AI create a Paradigm Shift

### Trillion-dollar Wealth Shifts: From the Internet...to Smartphones...to AI

*"I am telling you, the world's first trillionaires are going to come from those who master AI."*

–Mark Cuban  
Billionaire Investor  
Shark Tank Star



On January 9th 2007, The late Steve Jobs came onto a stage and unveiled the original iPhone. Instantly, the tech world flipped upside down. Suddenly, success and competition for thousands of companies depended on how well-positioned, and prepared they were for the Mobile Age.

The introduction of the iPhone – and **the resulting smartphone boom** – would become **not only the fastest technology spike and shift in history**, but also one of the **greatest wealth shifts worldwide**.

Before the iPhone, the list of world's most valuable companies was dominated by a handful of companies active in banking, oil, and industrial conglomerates for more than a century. Yet just nine years after the launch of the iPhone, technology firms that had increased their sales and earnings during the mobile shift had completely rewritten the World's corporate hierarchy. The top five most valuable companies are now all leaders in technology.

The value of these five companies alone now exceeds \$3 trillion.

### The 5G Revolution

When considering the technology and telecommunications sectors, it's impossible to conceive of a future without coming upon the term "5G". 5G networks will soon be implemented worldwide, propelling us into yet another technological revolution.

5G will not only make things go faster, but will also revolutionize the way we work with data and bring

more robust and reliable experiences as it delivers more data to our fingertips. Notice I said fingertips there? Well, this isn't the only way 5G technology will drive outstanding revenue and wealth, but the mobile phone industry has become a vital part in the global economy.

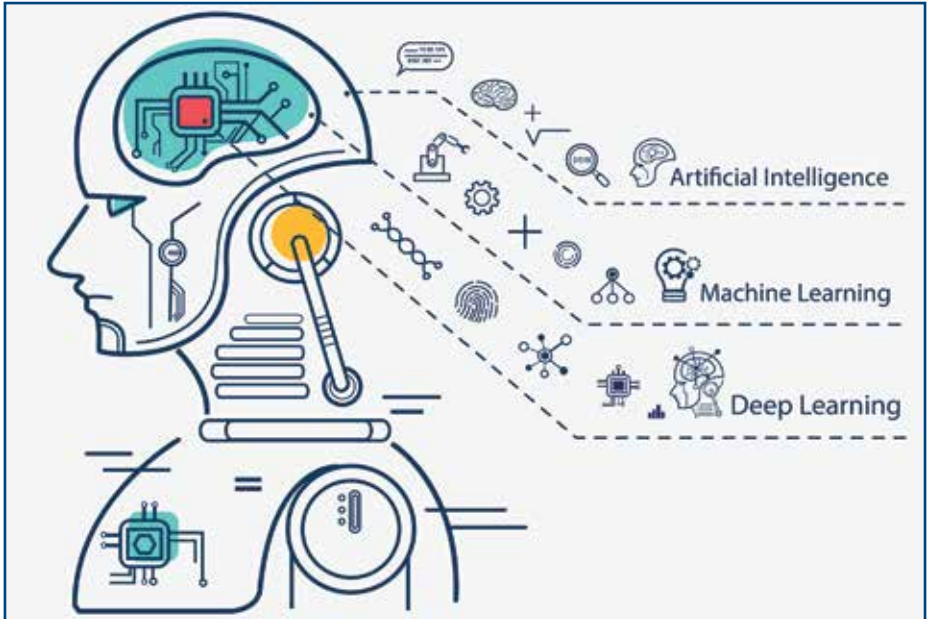
Mobile growth means increased demand for infrastructure, manufacturing, innovation, mobile e-commerce, and everything in between. There is almost no limit to what could benefit from a boom in smartphone sales at these projected levels.

I predict the future will be in smart phones usage; for businesses, e-commerce, project planning and development and communications. Personal Tablets and computers will be on the decline, due to their size and lack of portability.

### AI: The Next Wave

Another noteworthy technological advancement is that of AI and within that sector, "Machine Learning" and "Deep Learning". I believe artificial intelligence is replacing mobile as the central trend dominating technology. The effects of this new "AI Age" will be far-reaching and touch nearly every industry in the coming decade. From Self driving cars, to self learning computers and systems, to solving many unanswered technological problems, the AI age will be an age taking the human race to the next level.

By applying principles of Machine and Deep Learning to existing technologies, providers are stepping up their game in addressing long-lasting issues and keeping consumers guessing about



what's next. In this age, many problems are solved before they can even develop.

**Parting Words**

Future Job seekers fear they might not be able to find proper employment considering this shift in the world economy, and currently employed individuals feel they are at risk of losing their jobs. The best way to tackle this growing trend is: learn new skills. Learning to work with robotics, learning more about AI, Machine Learning, and Deep Learning and how to deal with managing AI. At the end of the day, these machines and super computers are unable to self learn on their own, a human factor must be involved to direct and manage the direction of where things are heading.

Considering the aforementioned factors, I believe that there is great potential and opportunity for job creators and job seekers alike in our world's future. By keeping sight of trends as they develop and adjusting behaviour and policies in concert with them, firms and individuals can capitalize on

shifts in procedures, technologies, and consumer behaviour.

*The global economy is constantly shifting under our feet and while it may be a bit of a shaky ride at first, it can be quite a journey for those who adapt and learn how to ride the waves.*

**Abdullah Taleb**





## Readers share their stories on life under lock down

### A page from my COVID Diary: “How to spend time during this Pandemic”

We all know by now that Covid19 is here to stay until we find a vaccine. The virus can only be eradicated with the invention and distribution of the vaccine around the globe. Doctors all over the world are working day in and out treating patients with this deadly virus and working closely towards one uniformed goal “A vaccine”. Until a tested vaccine is there to curb this virus, we must live with the “New Normal”. To keep our mind sane and away from all the negativity of COVID19, we should engage in healthy way of life. By no means we should let our guards down on prevention! We all need to be more vigilant as Prevention is better than cure. Adhering to the guidelines issued by the Government is the first step in this “New Normal”.



#### 1) Healthy Eating

This pandemic has been an eyeopener for many! Fruits and vegetables always took a backseat in my household! After learning the importance of building immunity to fight against virus, we changed our eating habit for good! Less of processed food and more of healthy eating. Fruits and vegetables are must have items on our grocery list. Freshly squeezed orange juice, smoothies or a glass of milk are our morning starters! Add more

greens in your diet, nuts, chicken, or meat stock, eat moderate amount of fats and oils, and limit sugar intake.

But as we all our slave to our tastebuds and cannot restrict ourselves from the heavenly delights of restaurant's around, Friday is our cheat day!



#### 2) Discover your Hidden Talent

This pandemic brought the Hidden Talents of many to the limelight. Reading, writing, baking, or learning new subjects online! I recently came across a Mandala artist and was bedazzled by her work! To my surprise she learned about this complex abstract art online. YouTube to the rescue! And then we have some eminent home bakers in town! Who not only polished their skills during this pandemic but also build a strong client base! With an array of books at your disposal learn new dishes every day!

#### 3) Engage in Exercise

While Covid19 is a vast topic for research and everyday new findings about the virus is unfolded to the world! But to stay healthy we need to engage in low risk activities. Walking, running, hiking, or online yoga classes are to name a few. Every evening me and my children go for a stroll. We make sure to wear our masks, maintain distance from others and carry sanitizer with us. This daily exercise has played an important role in

reducing anxiety, its something we look forward to every evening and it makes us fresh! Similarly, my daughter takes online gymnastics classes. All we need was a mat and she is taking her classes at the comfort and safety of her home.

#### 4) Spa Day out

This pandemic has been unfair to mums. I mean no offense, but we are running a home canteen. Multitasking most of the times. Cooking, cleaning and then fully engaged with distance learning of our children. Trust me we all need a "Safe break". I would say Spa it out! All the spas follow the highest standards of safety, book an appointment, and get a break from the monotonous routine

#### 5) Declutter

Best utilization of time is to declutter your wardrobe, pantry even your kids' room! Donate toys of your kids good in shape but no longer age appropriate, get rid of the clothes that are just captivated in the cupboard and no longer see the light of the day! On your children bookshelves you may find books breeding dust as it has been read many times! Exchange with your friends (safe way) or simple donate to book bank. The pace of life has slowed down for many and now we can finally listen to the woes of our Pantry! Clean, organize and enjoy!

#### 6) Quarantine Celebrations

Life has not paused! Birthdays, anniversaries, and festivals will start to line up. Will you give up on that with a long face? Celebrate at home with your family. Decorate the house (amazon to the rescue), prepare a feast, dress smartly and share these moments of joy with your family through zoom meetings!

#### 7) Time to start a blog!

You can never go wrong on this. Discover yourself, start writing about your day to day activities, share with your friends and family. Be creative, write your heart out!

#### 8) Play Games



Last I played a board game was when I was in high school. This is the idle time to sit as a family, play board games and spend quality time. We love playing scrabble, Monopoly and Twister.

#### 9) Time to Reflect

Now in this Pandemic, our busy lives have slowed down! We have time to reflect on our characters, improve our way of life, plan our future, and build our professional portfolio.

*"Every dark cloud has silver lining", in this pandemic we can indulge ourselves into different activities and utilize our time in the best possible way!*

Stay Safe!

**Maheen Zeeshan**



*FujSeng Construction LLC.*



ISO 9001



ISO 14001



OHSAS 18001

[www.fuj seng.ae](http://www.fuj seng.ae)



**Corporate Office**

502-Fujairah Tower (P.O. Box 7228)  
Fujairah, United Arab Emirates  
(T) +971 9 22 44388 (F) +971 9 22 44399  
✉ [fuj seng@eim.ae](mailto:fuj seng@eim.ae)

**Dubai Office**

405-NBO Building (P.O. Box 242735)  
Khalid Bin Al Waleed St. Dubai (U.A.E)  
(T) +971 4 33 87383 (F) +971 4 33 87362  
✉ [dub-office@fuj seng.ae](mailto:dub-office@fuj seng.ae)

**Civil / Electromech Engg.**

AL Hayl Ind Area, Ph-1, Fujairah  
(T) +9719 222 2216  
(F) +9719 223 9193  
✉ [fuj seng@eim.ae](mailto:fuj seng@eim.ae)

**Alm. / Facade Engg.**

AL Hayl Ind Area, Ph-1, Fujairah  
(T) +9719 222 2216  
(F) +9719 223 9193  
✉ [aluminum@fuj seng.ae](mailto:aluminum@fuj seng.ae)

**Steel Fabrication**

AL Futaim ra, Fujairah  
(T) +9719 222 2948  
(F) +9719 222 2958  
✉ [steel@fuj seng.ae](mailto:steel@fuj seng.ae)

## The Geological Trail - Ain Al Sheria



**The weather in Fujairah is much cooler now and there are no excuses for not spending a few adventurous hours in the north of the Emirate trekking. The Geological Trail starts in Ain Al Sheria , there is limited car parking and access to the route is really only suitable for 4x4's. Simply type 'Ain Al Sheria' into Google Maps and it will find you.**

The Geological Trail is named for obvious reasons. The drive to the start gives glimpses of things to come but when you are up close to these mountains you realise just how high they are. As the trek begins you are instantly surrounded by large rock formations and an infinite variety of colours, there are folds that the formed over

millions of years , faults running many metres and rich veins of quartz.

I was accompanied on this trek by Sikander Khan Durrani, Abdel Rehman El Sheikh and Stephen Suhas Abhang, 3 very knowledgeable geologists from the Fujairah Natural Resources Corporation. I can say with absolute certainty what they don't know about geology can be written on the back of a postage stamp.

Fujairah Observer will be featuring an in-depth report into the Geology of the region in a future publication.

This is quite a long trek at 8.8km and very demanding. The first kilometre is a fairly tough physical effort gaining height along the Wadi, then the serious climbing starts on the purpose-built hiking trail. There is little chance of getting lost on the trail and signposts are located where





a bottle of water was enough to get me round, I wish I had taken dried fruit and extras to snack on, to keep my energy levels high. The second time I went around, I had spent about 100 aeds in Lulus and I'm sure the donkeys you might see on route would have complained about hauling the amount of supplies I had. Energy and hydration levels were fine on my second time, but I was exposed to the sun and got quite badly burned.

At the highest point, climbing out of the valley you are about 500m above sea level and views are simply breathtaking. From the top (if you know where to look) you can see across to the giant petroglyph that is Khar Ghail, which will be the next stop. To get there the trail contours the edge of the mountain for about 2km or so. At times there are areas that have steep cliffs dropping away immediately next to the trail. This isn't really for the fainthearted. Be brave and you will be rewarded with the chance to go back 3000 years in time and try to decipher the glyphs carved into the large 3m tall rock.

they are needed. On the trail up the Wadi are a series of stone towers marking the way. Once on the manmade sections the trail is quite obvious, as I said there are a few signs but this is long trek and well away from the roads. Stephen actually asked me who made the trail and how long did it take? The credit for this trail goes to Fujairah Adventures and Saeed Al Memari. Marko Gauna and his 7-man construction team took several months building the entire trail. I have constructed many trails in Fujairah's Adventure Park and I can tell you with absolute certainty there has been blood, sweat and tears shed in the construction of this trail for you.

Once you leave the Wadi you are exposed to the elements, I have walked this trail twice and both times I was ill prepared. The first time I thought

We spent some time at Khar Ghail and when it was time to start the descent, I really wished I had kept moving. My legs were stiff and the descent is immediate and you quickly lose height. Complacency kicks in and you find yourself (sometimes) ignoring the amazing scenery all around you. After the big descent you will then take the single-track trail that winds its way with a bit more up and down back to your starting point of Ain Al Sheria. The route takes about 2.5 hours to complete.

Advice to all, as well as the normal standard trekking equipment, take sun protection, hats, long sleeve shirts and enough food and water for





Obviously just great products and best prices alone can't everyday bring in over 350,000 shoppers to 56 Lulu locations in 7 countries across the Gulf. CARE can.

 **Lulu**

HYPERMARKETS • SUPERMARKETS • DEPARTMENT STORES

WHERE THE WORLD COMES TO SHOP!

Corporate Office: PO BOX 4048 ABU DHABI UAE, TEL: +971 2 6417200 FAX: +971 2 6421716 [www.luluhypermarket.com](http://www.luluhypermarket.com)  
UAE • OMAN • QATAR • KUWAIT • YEMEN • BAHRAIN • SAUDI ARABIA





a full half day of trekking. Even though the days are cooler, this is still an exposed trail. I would recommend leaving early with the safety net of time afterwards should you need it. I have heard stories of hikers leaving too late in the afternoon and struggling on the later parts due to lack of light. There are areas with no cell phone coverage and a whistle is a must. This really isn't a place to taking any sort of risks. Ain Al Sheria has areas for

BBO, a fresh (cold) font of drinkable natural water and shaded areas where you are welcome to relax before or after your trek.

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

## Staying safe online – Online safety guidelines for kids



**The dramatic shift to online learning as a result of the COVID-19 pandemic has also opened a Pandora's box for our young children who spend more than ten hours in the virtual world. A recent news report from London was really startling and pointing towards the vulnerability of our children in the cyber world.**

A father who initially paid £4.99 (Dhs 23.82) for his 11-year-old daughter to use a game app was shocked to discover a bill for £4,642 (Dhs. 22,163.14), a month later. In a similar incident, a teenage boy from Punjab, India spent a whopping 1.6 million on popular battle royale game PUBG making in-app purchases. The 17-year-old spent money from his parents' account to buy in-game cosmetic items, artillery, passes for tournaments, and virtual ammunition. The above mentioned incidents show that our kids need to be made aware of the dangers of the internet and taught how to protect themselves from various online threats. This is the digital age where information is at everybody's fingertips. Even young children these days have access to the internet via smartphones and tablets. Kids go online to play games, watch movies or cartoons, interact with their peers on social media, and to do research for homework assignments or school projects.

Threats to children's internet safety include invasions of privacy, cyberbullying, sexting and harassment. Parents, teachers and school authorities can make sure their children are safe while browsing online using the following tips

### 12 Tips for the internet safety of children

# In order to guide and advice children about online safety, parents and teachers must be equipped with the working knowledge of smart phones, social media platforms, internet applications and various internet dangers. Many parents shy away from learning the operation of new gadgets and internet applications. Children misuse the ignorance of their parents. Keep an open mind and enthusiasm to learn new things.

# You may be starting to think your child knows more about using technology than you do, and you may be right. Make it your business to keep up to date and discuss what you know with your child. Remember children lacks maturity and wisdom.

# Remind the children that once they have written something they can't delete it. What you post in internet will have a permanent foot print. Therefore advice and monitor your child's internet interaction. Discourage the postings of private photos and feeling or mood updates such as feeling sad, bored, and scared. Internet fraudsters may misuse the photos and strangers may try to

# THUMBAY HOSPITAL FUJAIRAH

DEPARTMENT OF ORTHOPEDIC

## COMPLETE BONE & JOINT SOLUTIONS UNDER ONE ROOF

- Arthroscopy
- Joint Care
- Sports Medicine
- Sports fitness Health Check Up Packages
- Pediatric Orthopedic
- Physiotherapy



مستشفى ثومبي

**THUMBAY HOSPITAL**

HEALTHCARE • EDUCATION • RESEARCH  
FUJAIRAH • UNITED ARAB EMIRATES

FOR APPOINTMENTS CALL

☎ 09 2244233

☎ 056 526 6998



مستشفى  
**THUMBAY**  
Healthcare • Education • Research

connect you seeing the mood or feeling you have updated.

# "Make sure your children only message and accept friend and contact requests from people they know. Strictly forbid your children's interaction with strangers and never agree to a private chat with a stranger.

# On computers and any other devices your child has access to, set the parental controls to the appropriate age, and enabling access to only appropriate content. Buy or download parental control software, switch it on and keep it updated. Internet Service Providers (ISPs) also give their customers free parental controls which can be activated at any time. Check them out and take advantage of them.

# Warn your children about the dangers of posting private information online. Don't give out personal information such as mobile phone number or home address online for all to see.

# Children have a tendency to download games, films, videos and other applications and often such downloads seriously affect child safety. Sexual predators and other criminals often target kids through this download. Children may expose to sexual contents and personal information may be stolen.

# Monitor your child whether he or she use internet late-night. Many teenagers spend sleepless night chatting with strangers or class mate Romeos. Sexual predators are active on internet late night hours targeting children.

# Communication is key to develop understanding between parents and children. Let the child know that you are interested and involved and that you will help when needed. Listen carefully and politely. Don't interrupt the child when he is trying to tell his story.

# Tell your child not use the social media platforms to hurt others, bullying, threatening and breaching privacy.

# Explain to your child that being online doesn't give them anonymity or protection, and that they shouldn't do anything online that they wouldn't do face-to-face.

# Children are unaware of the legal restrictions and copy right issues. For example I have found some children tried to access banned web sites and applications by installing Virtual Private Network (VPN). Parents should aware that children may access via VPN the websites and applications, which you try to prevent by installing Parental, control software.

# Monitor your child whether they access to inappropriate content online such as pornography, racist, violent, extremist or other harmful material.

# Buy or download only apps, games, online TV and films which have age ratings, which you should check before allowing your child to play with or watch them.

In short, Today's children are born into a technology-based society and expert the usage of Internet at an early age. As parents and teachers, it's our responsibility to talk to them about the hidden dangers of the Internet, teach them safe Internet habits, and implement practical strategies like the above steps to help them do so safely.



**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)*





الشمس  
RISING المدرقة  
SUN

Centre for Special Needs

## Services

- Individualized special education programmes
- Multidisciplinary assessments and evaluation
- Social skill development
- Individual and family counselling
- Educational support for slow learners, learning disabilities and developmental delays
- Occupational therapy
- Speech and language therapy
- Behaviour therapy
- Vocational and life skills training
- Physiotherapy

## Contact Us

**Tel:** 09 222 4004 – 09 224 2232  
**Mobile:** 056 417 4968  
**Email:** [info@risingsunfujairah.org](mailto:info@risingsunfujairah.org)  
**Website:** [www.risingsunfujairah.org](http://www.risingsunfujairah.org)  
**Instagram:** @risingsunfujairah  
**Facebook:** Rising Sun – Centre for special needs

## Coordinated Bilateral Movement

**The ability to use the right and left sides of the body together at the same time or with alternating movements is called bilateral coordination. If you pay attention to babies who have just started to crawl, you will find out how they use their arms and legs in a coordinated manner to move forward. As the left arm moves, the right leg moves. And as the right arm moves, the left leg moves. This is the beginning of whole-body bilateral coordination.**

This bilateral coordination movement activates a special part of the brain called the Corpus Callosum. The Corpus Callosum is a bundle of over 200 million nerve fibres located directly between the left and right hemispheres of the brain, and it is responsible for helping the left and right sides of the brain communicate with each other, acting like a messenger bridge.



If both hands or legs do the same movement at the same time with an equal amount of force it is called symmetrical coordination. For example, clapping hands, jumping jacks, throwing a ball with two hands, catching a ball with two hands, and bouncing a ball with two hands, etc.

Movements where actions are carried out first by one hand or foot, and then the other, in a rhythmic way is called asymmetrical coordination. For example, riding a bicycle, walking, and running, etc.

Activities like cutting with scissors, writing on a piece of paper, tying shoelaces etc., where you need to stabilize an item with one hand, while your dominant hand does the more skilled work to perform the task is called dominant and non-dominant coordination.

Children who have marked impairment in motor coordination that significantly impacts on their academic achievement and activities of daily life can seek the help of a physiotherapist. A physiotherapist may evaluate the abilities of the child and recommend ways to promote the growth of any skills that the child is struggling with. To develop more complex motor skill in a child, a physiotherapist will break down the challenging skill into smaller components and train the child until mastery is achieved. It helps to build a sense of achievement in the child by being able to learn a new ability. Physiotherapy sessions may focus on improving low muscle tone, immature balance reactions, awkward running or walking patterns, poor posture, the ability to throw/catch a ball, the awareness of body position in space and sense of direction.

**Subin Sebastian**  
Physiotherapist, Rising Sun



## Following COVID your lifestyle needs an overhaul ©Alva Carpenter

**Research shows that being healthy, strong, fit and having a good diet is key to protecting ourselves against COVID; so taking care of your health should now be your number one priority**

It's not a case of making yourself do things that you may dislike such as going on a strict diet or going for hours to the gym if you dislike the gym. You are unique and your cells and chemistry are unique. Choose the foods and habits that feel good to you. Looking after your body has nothing at all to do with vanity but taking care of a precious gift or vehicle that carries us through life.

If running hurts your knees, then it is not for you. If you enjoy walking or gardening, then do that. It is important to listen to your own body, be kind to it and be pro wellness; good health will follow, and you will inspire your children and others to do the same. When you change habits do it gradually. As your body does not like sudden shocks take your time, but I am sure when you do something good for your body your body will respond.



Many people do not get sick with COVID or have mild symptoms because they have good health and a strong immune system.



We all have different experiences of life. I am at an age where I have had a lot of experiences of life. When my three children were young and busy with sport and school, we ate very different meals because they needed the energy. So I focused on the traditional meals my mother cooked for me. Now it is just my husband and I at home we need less food, and we eat fewer carbs and much smaller meals.

It is responsible to protect yourself from severe side effects. Modelling good health habits is good for our children. Because children don't always do as we say but generally, they do what we do. More importantly COVID can be fearful for children but if they see there is an active positive solution such as taking better care of their health, they will feel more positive about life and problems in the future.

Many people tell me that they have reached an age when they feel they can relax and enjoy as much food as they want and not worry about exercise. But it is definitely my view that the older you get the more time you have to look after your health so that you can enjoy life and remain independent. By making your health your number one priority as you grow older you are also helping your children by remaining active.

There are so many easy ways to protect your immune system.

Research shows that many people who suffered severe COVID symptoms were deficient in Vitamins D and C. So, taking a vitamin D supplement and getting some daylight is important. Eating fresh fruit and vegetables daily is important for vitamin C. Vitamin C has been recognised for wound healing and protecting the immune system as it helps the body fight off infections

A really good diet is important, but we don't get a really healthy diet because so much food is processed and subject to the use of pesticides. And due to food-miles it does not have the same nutritional content as food produced a generation or so ago. So a very high quality multi supplement is vital.

If you have a strong immune system and you do catch the virus you will get better more quickly before the virus has chance to damage your lungs or organs. Go natural and eat tried and tested traditional foods like fresh fruit, fresh vegetables, and fresh fish. Traditional diets of the area include salad, freshly caught fish, chicken, lamb goat; and fresh fruit. Using a good quality Multivitamin such as Permea Plus HSN and an additional vitamin D supplement is also important. You can discover these as well as lots of helpful advice at *Medicina Pharmacy, Mohammed Bin Matar Road, Fujairah.*

Taking some exercise every day at home or just going for a walk or swim is also vital for keeping your body flexible and strong. You can even exercise sitting in a chair. Exercise boosts your endorphins which improves your mood and is good for circulation and your brain health. When you exercise you sleep better.

Make it a habit in your day to do some exercise that you enjoy and that your body likes. Water should be your main drink of the day. Always start the day with the drink your body loves most. When you drink water say, 'To my Health'.

Fresh air. We often forget that we need oxygen to live. Give your body some fresh air every day.

It has never been more important to be in the best health possible to fight the complications and



#### Ask Alva

Dear Alva, can you please give me some information about meditation. I am working from home and feeling anxious about my job and would like to try meditation as a way of feeling peaceful and calm. **Becky**

#### Dear Becky

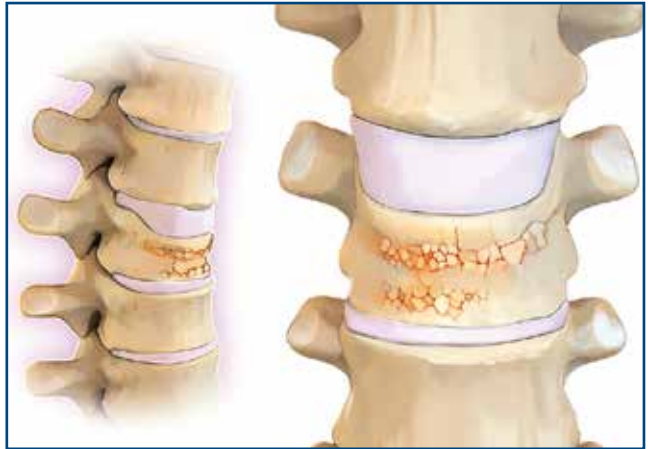
Basically, when we mediate our brains get a rest from thinking and processing information. This can be measured in MRI scans as showing less brain activity. Focussing on exercise gives our brains a rest and releases happy endorphins which trigger a feeling of wellbeing in the body. Prayer can also be meditation and triggers a feeling of peace and calm. Going outside and focusing on the garden and taking deep breathes of fresh air can be a form of meditation. For a basic morning meditation while still in bed, gradually move then relax each part of your body starting with your toes and moving up to you head. Then focus on your breathing and take 50 slow calm breathes in and out.

For more information on health follow Arden Health Instagram and YouTube channel.



## Osteoporosis - think about them bones, early

World Osteoporosis Day (WOD), is held on October 20th each year, marks a year-long campaign dedicated to raising global awareness of the prevention, diagnosis and treatment of osteoporosis. WOD aims to make osteoporosis and fracture prevention a global health priority by reaching out to health-care professionals, the media, policy makers, patients, and the public at large.



Osteoporosis itself is silent with no expressions or indications that it exists. The number one problem is the increased risk of bone fractures. Osteoporotic fractures occur in situations where healthy people would not normally break a bone; they are thus labelled as fragility fractures. Fragility fractures appear in the spine bones called vertebrae, rib, hips, and the wrist.

**A Compression Fracture** is not a fracture where the bones are cracked into two pieces. The vertebrae may collapse from above and or below. Typically, patient complain about sudden onset back pain. Some people develop radicular pain. With time, progressive collapse and involvement of more spine bone fractures, people tend to stoop forward, experience a loss of height and develop pain.

**Ask your Doctor about a DEXA Scan:** For women over 65 and men over 70, DEXA scans are only appropriate for those with moderate risk of fracture or when the results will change the patients care plan. Younger women and men

ages 50 to 69 should consider the test if they have risk factors for serious bone loss. This test tells your bone mineral density. Osteopenia is a condition that begins as you lose bone mass and your bones get weaker. This happens when the inside of your bones become brittle from a loss of calcium. It is very common as you age. Total bone mass peaks around age 35. People who have osteopenia are at a higher risk of having osteoporosis. Osteoporosis is a bone disease that occurs when the body loses too much bone, makes too little bone, or both. As a result, bones become weak and may break from a fall or, in serious cases, from sneezing or minor bumps.

**Become aware early: prevention of osteoporosis** should ideally begin in childhood, aiming to achieve high peak bone mass and overall a healthy lifestyle throughout life. Awareness of osteoporosis and its problem could lead to taking the steps necessary to prevent stooping, fractures and pain.

In order to prevent bone loss during the middle ages and avoid late stage fractures, one must also consider safety. Great bones are made by paying attention to calcium and vitamin D intake, the pounding of weight-bearing exercise, and strength training.

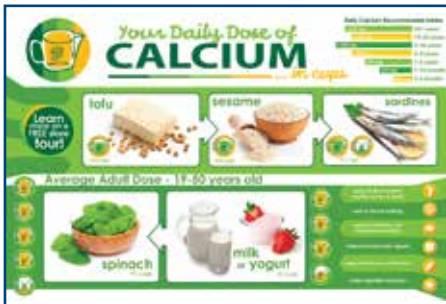
**Falls are the biggest risk factor** and can be

prevented with house modifications and exercises aimed at balance and agility. Therapeutic intervention in the late ages is recommended, such as grab rails and no loose carpets. International and national strategies are present throughout social media which are aimed at common mistakes and identification of those risks.

**Ask your doctor to check your vitamin d levels.** Worldwide, more than 50% of the population is vitamin D deficient. The American Academy of Orthopaedic Surgeons and recent research support that the body needs at least 1000 international units per day for good health – depending on age, weight and growth. In general, babies (especially mothers who are breastfeeding) and small children should intake at least 400 IU of Vitamin D daily. Children over age 5, adolescents, and adults should get a minimum of 1000 IU of Vitamin D each day. Check with your medical doctor to assess your levels by blood test.

If you shun the sun, have milk allergies, or follow a strict vegetarian or vegan diet, you might be at risk for vitamin D deficiency. Low blood levels of vitamin D has been associated with increased risk of death from cardiovascular disease, severe asthma in children, cognitive impairment, and cancer. Research suggests that vitamin D could play a role in the prevention and treatment of type1 (juvenile) and type2 (adult onset) diabetes, hypertension, glucose intolerance and multiple sclerosis.

**Calcium is critical in the making of bones.** The chart below shows recommended dosages, and sources.



**Simply put good posture is the proper alignment of the spine.** Optimal alignment leads to the most efficient position to carry the spine. Misalignment of the spine leads to increase forces seen by the spine. Over time misalignment can lead to tons of pounds of forces placed upon the spine per year.

Proper posture and alignment of the spine compounds positively over the years.

**Walking is a weight bearing exercise** Walking in all forms is beneficial. Walking builds strong bones, promotes mental clarity, involves use of the heart and lungs, and promotes facet joint mobility and nerve root mobility and function.

Uphill walking is different in that the spine joints are in a flexed open position, which might be helpful in conditions where there is nerve root tightness. Uphill walking may even help patients with spinal stenosis and other ailments because it opens up the spinal channel. Downhill walking is different since the spine joints are in an extended closed position, which could worsen conditions where there is already nerve root tightness. The spinal channel tends to close as well.

**Ken Hansraj, M.D.**  
**Christian Campilii, D.P.T.**



# HAIR TODAY... GONE TOMORROW

The reason why desalinated water damages your hair and what you can do about it.



Every time you wash your hair in desalinated water tiny hard-to-remove crystals of calcium in the water stick to your hair. This damages your hair and eventually it will break off. This calcium cannot be removed by normal shampoos: and many shampoos just seal in the problem.

Permea Plus Anti-Sal Shampoo is specially formulated to gently cleanse the hair of this calcium deposit and if used weekly it will keep your hair strong and healthy - always.



Call now for more information 800MEDICINA

permea plus

The only solution to harsh desert climate and desalinated water.



## Get involved in Movember this year!



# MOVEMBER®

**Movember, the month formerly known as November, is when brave and selfless men around the world grow a moustache, and women step up to support them, all to raise awareness and funds for men's health - specifically prostate cancer, testicular cancer, mental health and suicide prevention.**

When it comes to their health, too many men don't talk, don't take action, and die too young. Join us and our partners at Movember and help men live happier, healthier, longer lives. You can help change the face of men's health.

### About Movember

Movember is the only global charity focused solely on men's health. The Foundation raises funds to deliver innovative, breakthrough research and support programs that enable men to live happier, healthier, and longer lives. Awareness and fundraising activities are run year-round by the Foundation, with the annual Movember campaign being globally recognized for its fun, disruptive approach to fundraising and getting men to take action for their health.

### What can you do for men's health?

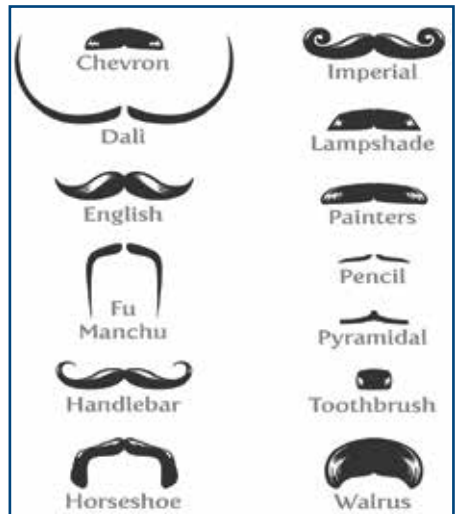
- Join the movement. Sign up at [Movember.com](http://Movember.com).
- Grow and champion the moustache for 30 days.
- Challenge yourself to get physically active and move.
- Get together for a Movember event and have a good time.
- Get friends and family to support your efforts.

During Movember, men are challenged to grow a moustache, and men and women can be physically active and move or host a fundraising event. Not only do these commitments raise vital funds, they also generate powerful and often life-changing conversations. Millions have joined the movement to disrupt the status quo, raising \$911M and funding over 1,250 projects focused on prostate cancer, testicular cancer, mental health and suicide prevention.

### Precision Partners

PCF is an official beneficiary partner with Movember for their U.S. campaign. Through 11 campaigns, Movember donated over \$56 million to PCF to support innovative prostate cancer research, funding 45 research awards in the U.S., Canada and Great Britain. This investment has enabled the discovery of novel tools to better diagnose prostate cancer earlier and generate precision treatment strategies for new, targeted medicines for advanced cases of the disease.

The latest discoveries in prostate cancer genomics have brought us closer than ever to a cure, but there is far more work to be done. Help us continue to fund groundbreaking research and impact the lives of men and their families around the world.





## It's a Weird and Wonderful World



### 110 cats on a hot tin roof - Spain eviction 🇪🇸

Animal charities in southern Spain were urgently seeking homes for 110 cats after they and their owner were evicted from a flat in Valencia.

An animal shelter in the southeastern seaside town of Gandia, had initially thought there were only 96 cats in the flat. But the charity said it had removed a total of 110 cats and urgently needed help to shelter them "at least until they are vaccinated or sterilised."

The cats had been left homeless after they and their owner were evicted from an apartment in the town measuring 100 square meters, they said. Apparently the owner took in a pair of cats three years ago and they have been procreating ever since



### Spooky Spiderweb Found In Forest. It Looks Big Enough To "Catch" Humans 🇺🇸

Deep inside a forest in the US state of Missouri, a conservationist stumbled upon a huge spider web that some people say looks big enough to "catch"

humans. An employee of the Missouri Department of Conservation came across the spider web while out on a trail in Springfield recently and snapped a photo, which the department shared on Facebook last week.

The photo has freaked out plenty of people, especially given that the spooky web was discovered just in time for Halloween.

The web was spun by an orb weaver spider also known as spotted orb weavers or barn spiders. These large and hairy spiders are harmless to humans and known for their intricate webs. Many orb weavers are nocturnal and "have the peculiar habit of eating and rebuilding their webs each day. They help keep insect population in control and their bites are not dangerous for humans.



### 29 Tonnes Of Carrots Dumped On A London Street 🇬🇧

Twenty-nine tonnes of carrots were dumped on a street in London, leaving onlookers mystified. Londoners took to social media to share photos and videos of the 29,000 kilograms of carrots that were dumped outside Goldsmiths College in south London. A lorry was recorded offloading the produce onto a street on the university campus as a crowd of students watched.

The mystery was revealed when Goldsmiths responded to one of the viral tweets and explained that the carrots were part of an art installation by a student.

"It is an installation called 'Grounding' by the artist and MFA student Rafael Perez Evans," the college wrote on the microblogging platform, adding that the installation is part of Goldsmiths' MFA degree show. A statement from the artist Rafael

Perez Evans further revealed that "produce in the piece are unwanted carrots, carrots that the food industry in the UK deems not worthy of shelves." The carrots will be removed after the exhibition and donated to farm animals.

While Mr Evans had arranged for the carrots to be collected and sent to feed animals, News reports that many students were filmed climbing on the artwork and taking carrots home to eat.

The artwork garnered mixed responses on social media, with some criticising it for contributing to - rather than highlighting - the problem of food wastage.



### Camel walks 100 km alone back home to find old owner 🇷🇺

Temur, the camel's former master and his wife had sold the camel to another farmer back in October 2019. The man took it to his home raised it in their hometown in winter and grazed it in the mountains in spring. The animal seemed to have adjusted to its new home, but on June 27th, it ran away.

The loyal camel allegedly spent days crossing the barren desert of North China's Inner Mongolia Autonomous Region to reach its former home. The injured animal was spotted walking through the desert by another herdsman who took it in and tended to its needs while trying to find its owner. News of the camel's discovery reached its owner who rushed to retrieve it, but after hearing about the animal's arduous journey, its former masters wanted it back.

The homesick camel had walked more than 100 kilometres through the desert, wading through mountains, crossing highways and fences before finally approaching its old home, which was when the herdsman spotted it.

When its former owners heard about its risky journey, they decided to take it back.

Temur's wife said. "So we contacted the buyer and decided to replace the old camel with a 3-year-old female. After we got it back, I was so distressed when I found that it had lot of wounds on its body, as it must have got crossing the fences."

"We will not sell it to anyone else anymore, as camels are intelligent animals," the woman added. "It will be free for the rest of its life".



### Bull's 8.6-foot horn spread earns Guinness World Record 🇺🇸

An Texas longhorn bull name Cowboy Tuff Chex is now a Guinness World Record holder thanks to his 8.6-foot span of horns.

Cowboy Tuff Chex, originally bred by Bob Loomis in Overbrook, Okla., before being purchased in 2017 by Richard and Jeanne Filip of Fayetteville, had his horns officially measured at the Texas Longhorn Breeders Association's annual Horn Showcase and was declared a Guinness World Record holder.

The bovine was issued a certificate for the longest horn spread on a living bull.

The Filipos said Cowboy Tuff Chex's horn spread was already so wide when they purchased him that they had to buy a special trailer just to make sure he would fit. They said the bull's popularity had led to a spike in requests for tours of their ranch.

## The Multi-Purpose Port

ONE OF THE WORLD'S LEADING ANCHORAGE AND BUNKERING LOCATIONS



STRATEGIC LOCATION



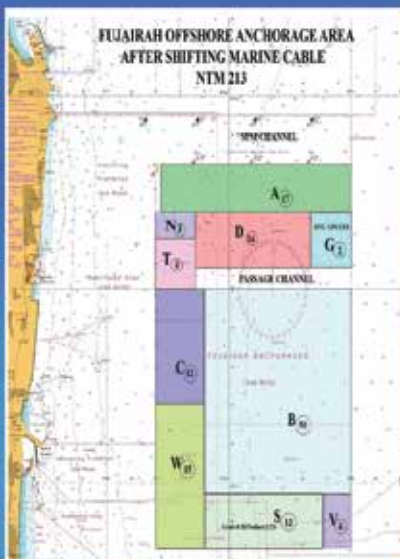
BUNKERING & TRADING



TANK STORAGE



ADCOP PIPELINES



FUJAIRAH ANCHORAGE



VLCC BERTH 1



DRY BULK CARGO



GRAIN TERMINAL



CRUISE VESSEL CALLS



### Norwegian police seize electric scooter capable of doubling the legal speed 🇳🇴

Oslo police seized a privately-owned electric scooter capable of travelling up to 58 kilometres per hour, nearly three times the legal limit for a scooter. Cops took the scooter as part of a control program in the Norwegian capital's downtown area, as part of a joint operation with the Norwegian Public Roads Administration.

Oslo police said electric scooters cannot exceed the 20 kilometres per hour (12.4 mph) speed limit. Fatal accidents have been reported with rental e-scooters, which are common in Europe and have, in other cases, landed people in emergency rooms. The scooter was seized and destroyed, officials said.



### Pompeii artefacts returned by tourist who claimed 'curse' 🇮🇹

A contrite Canadian woman who took pieces from the ancient Italian city of Pompeii 15 years ago returned the fragments with a letter explaining how they brought a "curse" to her life.

The woman, who signed the letter with the name Nicole, said she visited the Archaeological Park of Pompeii when she was "young and dumb" about

15 years ago and she took items from the site on Mount Vesuvius which erupted in the year 79.

Nicole's letter contained two mosaic tiles, parts of an amphora and a piece of ceramics - said she had experienced a string of bad luck since the theft that included two bouts with breast cancer. The package was sent to a travel agent in Pompeii with a request that the items be returned to the park. A spokeswoman for the archaeological park said there have been about a hundred previous incidents of tourists sending Pompeii artefacts back to the city along with apologetic notes claiming the objects were cursed. The park has established a museum to display the returned items and the letters from apologetic tourists.



### 5,000 Kg Bomb Explodes Underwater In Poland, Hundreds Evacuated 🇵🇱

A massive World War II bomb exploded during a delicate operation to defuse the five-tonne device in a channel near the Baltic Sea but no one was harmed, Polish officials said. The device nicknamed "Tallboy" (earthquake bomb) was dropped by the Royal Air Force in an attack on a Nazi warship in 1945. It was discovered last year embedded at a depth of 12 metres (39 feet) with just its nose sticking out during dredging close to the port city of Swinoujscie in northwest Poland. More than six metres long, it was laden with 2.4 tonnes of explosives -- equivalent to around 3.6 tons of TNT.

The navy had ruled out a controlled explosion for fear of destroying a bridge 500 metres away. Instead, it had planned to use a technique known as deflagration to burn the explosive charge without causing a detonation, using a remotely controlled device to pierce through the shell to begin combustion.





# EMERGING BUSINESS BASE



- Petrochemical Services
- Bunkering
  - Refineries
  - Heavy Engineering
  - Tourism & other Service industries



The overwhelming business opportunities in Fujairah has been instrumental in the Free Zone, emerging as the new energy base in the UAE.

Fujairah Free Zone Authority facilitates the investors

## YOUR ACCESS TO SUCCESS

Tel.: +971 9 222 8000 Fax: +971 9 222 8888 Email: [freezone@emirates.net.ae](mailto:freezone@emirates.net.ae)

[www.fujairahfreezone.com](http://www.fujairahfreezone.com)

## Trivia Quiz

1. What is the highest straight flush in a game of poker?
2. The resort island of Boracay forms part of which country?
3. What is the name of the medal known internationally as the animals Victoria Cross?
9. 'Take Me Home' is a 1995 autobiography by which late US singer?
10. Emetophobia is the irrational fear of which bodily function?



4. Mount Aconcagua is in which South American country?
5. Aurora, Chandler, Legacy and Reka are all varieties of which fruit?
6. Hombro is Spanish for which part of the body?
7. Which US boxer was born Joseph Barrow?

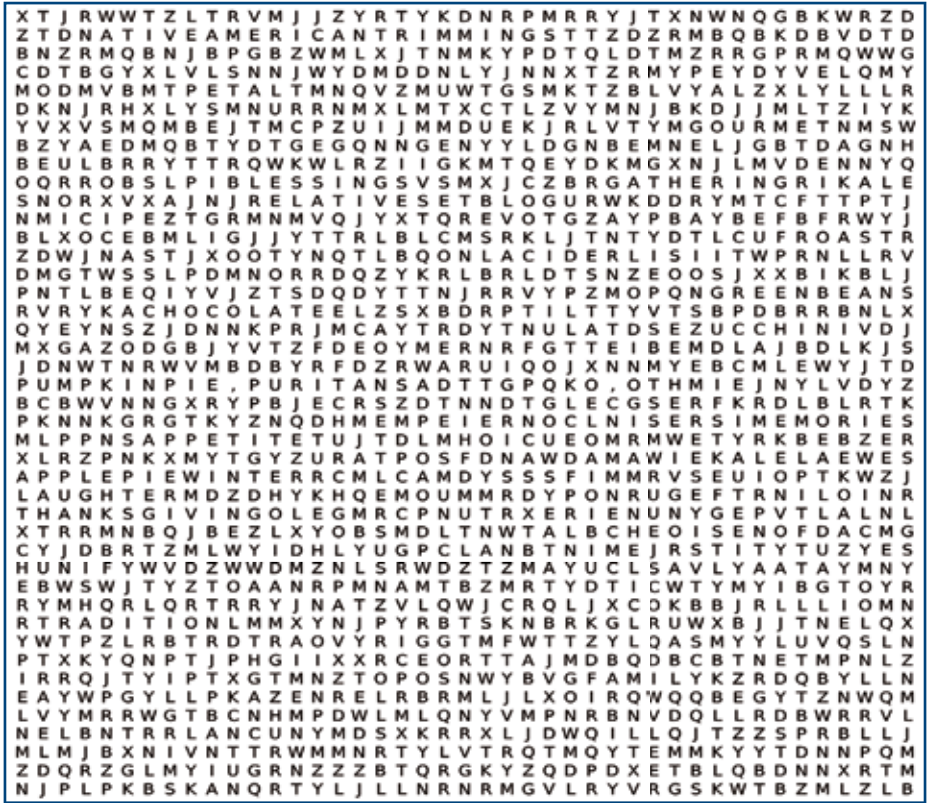


8. Which English city is known as 'The Faithful City'?



11. Suzy and the Red Stripes was a pseudonym used by which English band for the release of the 1977 single 'Seaside Woman'?
12. What does ADSL stand for?
13. Where is an agal is worn?
14. Women's gold medal winner 400m hurdles? (1992 Summer Olympics in Barcelona)
15. Spokes, Ribs, Rim Row and Lashing are all terms used in which handicraft?
16. The cultivation of which crop was banned in France in 1748 because it was thought to cause leprosy?
17. The Dally M Awards are held annually for players of which sport?
18. Which animal represents the deadly sin of envy?
19. Who played the title role in the 1996 film 'The English Patient'?
20. Which Roman Numerals depict the year 1990?

# Wordsearch



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.

- |             |              |             |             |               |              |
|-------------|--------------|-------------|-------------|---------------|--------------|
| America     | Conversation | Friends     | Love        | Plum pudding  | Thanksgiving |
| Appetite    | Cook         | Gathering   | Maize       | Plum sauce,   | Turkey       |
| Apple pie   | Corn         | Generations | Mashed      | Pumpkin pie,  | Tradition    |
| Aroma       | Cornbread    | Giblets     | potatoes    | Puritans      | Travel       |
| Autumn      | Cranberries  | Goose       | Mayflower   | Relatives     | Trimmings    |
| Baking      | Decorations  | Gourmet     | Memories    | Relish        | Turnips      |
| Berries     | Delicious    | Gravy       | Minister    | Reunions      | Unify        |
| Blessings   | Dinner       | Green beans | Native      | Ritual        | Universal    |
| Bread       | Dish         | Holiday     | American    | Roast         | Vacation     |
| Casserole   | Duck         | Homecoming  | New World   | Rolls         | Vegetables   |
| Celebration | Eating       | Hugs        | November    | Roots         | Warmth       |
| Cherry pie  | Entertain    | Ice cream   | Nutcrackers | Sauce         | Welcome      |
| Chocolate   | Fall         | Invite      | Nutmeg      | Seasonings    | Winter       |
| Church      | Family       | Jam         | Nuts        | Settlers      | Yams         |
| Cider       | Famished     | Jellies     | Occasion    | Spices        | Zucchini     |
| Clan        | Favourite    | Joyful      | Onions      | Squash        |              |
| Colonist    | Feast        | Kale        | Pies        | Stuffing      |              |
| Comfort     | Fireplace    | Kitchen     | Pilgrims    | Sweet potato  |              |
| Community   | Fried turkey | Laughter    | Plentiful   | Table setting |              |

## Word Square

**ACROSS**

- 1. Illness
- 8. Jaundiced
- 9. Narratives
- 10. Weirdest
- 11. Short aria
- 12. Midday sleeps
- 13. Bliss

**DOWN**

- 1. Illness
- 2. Jaundiced
- 3. Narratives
- 4. Weirdest
- 5. Short aria
- 6. Midday sleeps
- 7. Bliss

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

---

## Ladderword

**ACROSS**

- 1. Dance step
- 3. Break suddenly
- 5. Frog eggs
- 6. Rocky peak
- 7. Disorderly flight
- 8. Exterior

**9. Not**

- 10. Adolescent pimples
- 11. Capital of Crete
- 12. Carp-like fish
- 13. Delicatessen
- 14. Heaped
- 15. Raincoat
- 16. Arrived

**17. Gem cut in relief**

- 18. Printer's measures
- 19. A join
- 20. Ecclesiastical residence
- 21. Two
- 22. Ugly growth
- 23. Thatching

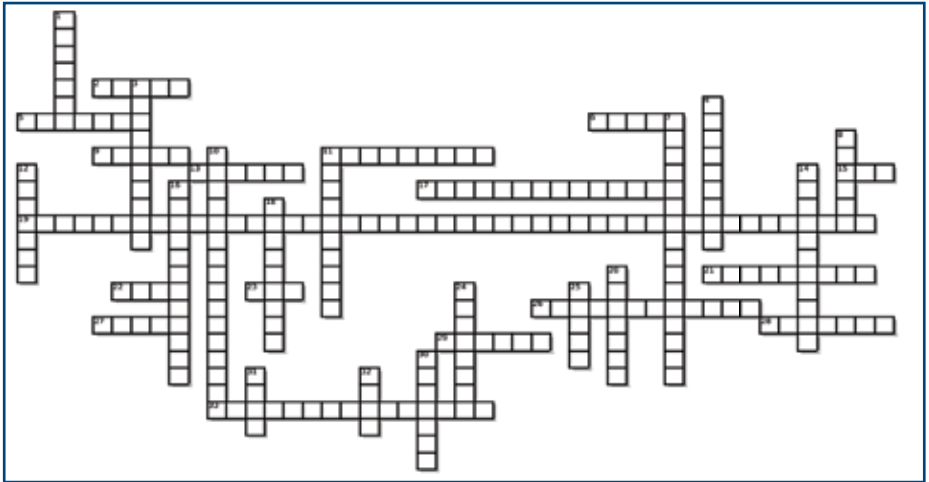
**DOWN**

- 2. Atomic
- 4. Instruments of offense

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



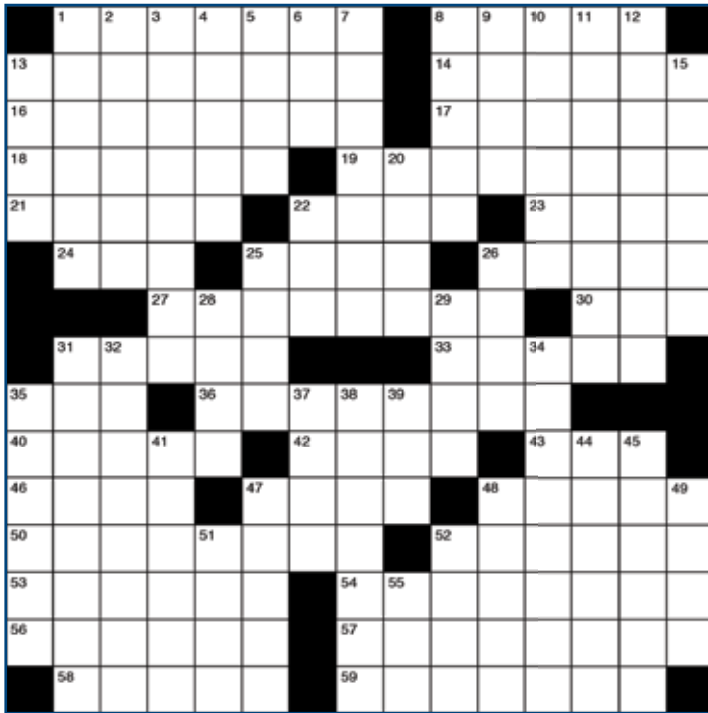
### ACROSS

- 2 King Julian in the film Madagascar?
- 5 Rolls Royce famously makes what for the aircraft industry?
- 6 The only common word in the English language to begin with the letters FJ?
- 9 A hiatus?
- 11 Mocha is coffee with added \_\_\_\_?
- 13 A pullover, a New US state, a UK channel island and knitted fabric first produced there?
- 15 What drink from the Camellia sinensis plant has green, black and white varieties
- 17 Became extinct on Earth roughly 40,000 years ago
- 19 Italian clothier Emilio Ceccato redesigned
- 21 The Ape, genus Pongo, is generally spelled
- 22 Radioactive decay of naturally occurring Uranium eventually concludes as
- 23 The Arabic word 'al' (AL) roughly translates in English to mean
- 26 Persian, Venetian, Roman, and Vertical are types of
- 27 The dark volcanic plains of the Moon, once thought to be seas, are called
- 28 Argan oil, chiefly from Morocco, used in cooking and cosmetics, is extracted from
- 29 Which country occupies 47% of South America
- 33 Butterfly, Trudgen, Back, Side, and Breast are

### DOWN

- 1 Shakespeare's romantic tragedy 'Much Ado about \_\_\_\_'
- 3 What creatures cause most human fatalities in modern years?
- 4 Pranayama refers to what aspect of yoga?
- 7 God created Heaven and Earth in six days, what did he create on the first day?
- 8 The saying which alludes to the intoxicating effects of a trade glue is 'Mad as a \_\_\_\_'?
- 10 Macau, Monaco and Singapore have the world's most (What?)
- 11 Paraguay, Bolivia, Switzerland, Luxembourg, Nepal, and Lesotho have no what?
- 12 World-leading social networking website sold to Specific Media Group and Justin Timberlake for \$35m in 2011?
- 14 St Andrews, Cypress Point, Augusta, and Muirfield are famous \_\_\_\_ \_\_\_\_?
- 16 Volvic, Evian, Perrier and San Pellegrino?
- 18 Religious Christian instruction - typically spoken fixed questions and answers - is called?
- 20 Trapeze artist (Paris 1859) who also originated the eponymously named clothing was Jules \_\_\_\_?
- 24 The Latin prefix 'dino' (as in dinosaur) means?
- 25 Jana Gana Mana is the national anthem of?
- 30 African nation is known in parts of Asia by local names of its famous cities Marrakech and Fes?
- 31 The dermis and cutis are parts of the human?
- 32 Which wine is typically made from black grapes using the 'skin contact method'?

Crossword



DOWN

- 1. Give, as an apology
- 2. Horror flick hostess
- 3. "The Blue Angel" star
- 4. "Roots" writer Alex
- 5. Give \_\_\_\_ to (acknowledge)
- 6. Hardcore hip hop group, briefly
- 7. Say again
- 8. Unmannerly people
- 9. \_\_\_\_ time (ASAP)
- 10. Bit of corn
- 11. Inscription
- 12. Lately
- 13. Sailor's peril
- 15. Exodus locale
- 20. Sounds of Santa
- 22. "\_\_\_\_ for Killer" (Sue Grafton mystery)
- 25. Manhattan district

ACROSS

- 1. Titian coif
- 8. Harley rider
- 13. Confidence
- 14. "\_\_\_\_ customer"
- 16. Wraps up
- 17. Way to serve chop suey
- 18. Added and deleted
- 19. Crowded into
- 21. New York Harbour sight
- 22. "Get Smart" bad guys
- 23. Shore birds
- 24. Historic Thor Heyerdahl craft
- 25. Darth Maul's group
- 26. Make joyous
- 27. End-of-the-line sale
- 30. Mao's org.
- 31. "I see"
- 33. Intrusively forward

- 35. Santa \_\_\_\_ winds
- 36. Dangerous snake
- 40. \_\_\_\_ change
- 42. Pious
- 43. Globule middle
- 46. "\_\_\_\_ consummation devoutly to be wish'd" (Hamlet line)
- 47. "It \_\_\_\_ over 'til it's over" (Yogi Berra quip)
- 48. McGregor and Stewart
- 50. Imposes
- 52. \_\_\_\_ rasa (clean slate)
- 53. Monstrous
- 54. "Green Acres" costar
- 56. Pitcher Denny
- 57. "Billy Budd" and "Animal Farm"
- 58. Sand drifts
- 59. Performed a pirouette

- 26. Pin holder
- 28. Coal piece
- 29. Daisy preceder
- 31. Wacko
- 32. Homemaker
- 34. Frosty's ammo?
- 35. Film director's cry
- 37. Gambler's voucher
- 38. Permission
- 39. Key letters
- 41. Badmouth
- 44. Gaudy trinket
- 45. Sell off quickly
- 47. Years (for)
- 48. Keenly desiring
- 49. Health scare of 2002-2003
- 51. Capri or Man
- 52. Kipling's "Rikki-Tikki-\_\_\_\_"
- 55. Swear

## Logic Grid

Arrival-Departure	9:00am	10am	11:30am	12 noon	1:15pm	1:30pm	1:45pm	2:00pm
Adam								
Max								
Kathy								
Susan								
1:15pm								
1:30pm								
1:45pm								
2:00pm								

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.

**CLUES:**

- The person who arrived earliest also left latest.
- Max arrived sometime after Kathy, but before Susan.
- Susan departed before Kathy, who departed last.
- Adam's arrival time was exactly 2 hours before his departure time.
- Max left exactly 15 minutes prior to Adam.

**AT THE AIRPORT**

Four travellers (one of whom was Adam) arrived at JFK all arriving at different times (one plane arrived at 11 am ) and also each departed at different times (one plane left at 1:15pm ).

From the clues provided can you tell which traveller arrived at JFK at what time and also what their departure times were?

**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! >>>

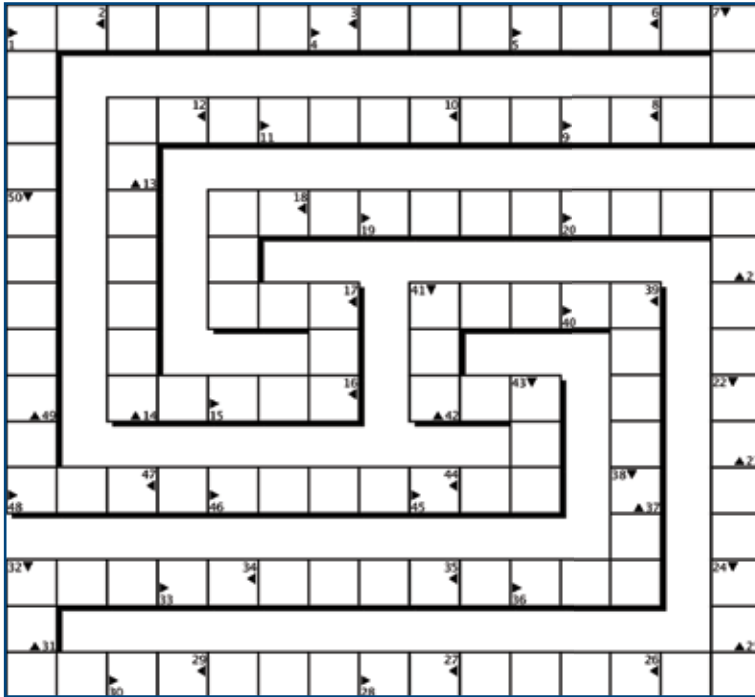
Acrostic

1	L	2	13	O	4	A		5	A		6	R	7	T	8	L	9	I		10	B	11	S	12	A	13	F	14	C	15	U	16	K		17	T					
18	S	19	J	20	G	21	S		22	S	23	T	24	G		25	H	26	U	27	M	28	U	29	E	30	H	31	F	32	E		33	N	34	P	35	D			
		36	A	37	F	38	T	39	V		40	J	41	H	42	B	43	Q	44	M	45	L		46	D	47	G	48	L	49	S	50	B	51	F	52	B	53	V		
		54	B	55	L	56	D	57	S		58	J	59	R	60	D	61	T	62	R		63	K	64	B		65	A		66	R	67	E	68	A	69	J				
		70	M	71	G	72	P	73	K	74	D	75	V	76	L	77	P		78	F	79	C	80	T		81	Q	82	S	83	F	84	B	85	O	86	S	87	A		
		88	P	89	R	90	Q	91	T	92	B	93	J	94	G	95	F	96	T		97	K	98	J	99	N		100	S	101	O	102	C	103	V	104	U	105	B		
		106	G	107	F	108	V	109	R		110	P	111	B	112	N	113	C		114	V	115	J	116	E		117	S	118	U	119	A	120	M	121	E	122	T			
123	N		124	C	125	B	126	N	127	E	128	H		129	I	130	G	131	D		132	Q	133	F	134	D	135	U	136	D	137	C	138	I		139	F				
140	K	141	U	142	S		143	G	144	N		145	N	146	V	147	T		148	T	149	U	150	K	151	F		152	G	153	D	154	U		155	O					
156	H	157	F	158	G	159	R		160	M	161	R	162	P	163	N		164	J	165	K	166	J	167	F		168	K	169	V	170	B		171	F	172	B				
173	N	174	U	175	L	176	N		177	M	178	E		179	P	180	C		181	F	182	B	183	M	184	D		185	K	186	G	187	M	188	V						
189	O	190	S																																						

- A 119 65 87 4 36 12 5 68 *Attractive*
- B 182 64 105 92 172 111 52 50 54 10 170 42  
84 *Czech composer (2)*
- C 79 137 14 124 113 180 102 *Whinnied*
- D 136 56 35 184 153 74 60 134 46 131  
*Garden centre section*
- E 178 121 29 127 116 67 32  
*Ancient bit of jelly candy? (2)*
- F 171 95 37 107 181 83 133 51 167 31 13  
*Presley impersonators (2)*
- G 158 20 106 130 47 94 152 143 24 186  
*Jedi protector*
- H 41 25 30 156 128 *Hosiery shades*
- I 9 122 138 129 2 *City in Scotland or Australia*
- J 115 93 40 58 98 164 19 166 69  
*Notre-Dame figure*
- K 165 185 168 16 150 97 63 140 73  
*Influencing*
- L 76 55 1 48 175 8 45 *Channeler, perhaps (2)*
- M 160 187 120 183 70 27 177 44  
*Big name in golf products (hyp.)*
- N 123 112 33 144 126 145 176 173 163 99  
*Type of parent, maybe (hyp.)*
- O 85 189 155 3 101 *Egg on*
- P 88 162 110 179 72 34 77 *Lobster* \_\_\_\_\_
- Q 81 71 43 90 132 *Be a slowpoke*
- R 161 62 59 66 109 89 159 6 *Vulnerable*
- S 190 125 49 142 22 82 21 117 57 100 11 86  
18 *Accounting giant (3)*
- T 61 38 91 147 148 7 23 80 17 96  
*Time to rest? (2)*
- U 174 135 104 26 118 149 28 154 141 15  
*Vulnerable*
- V 39 75 53 146 114 188 169 108 103  
*Bad dream*



## Slitherlink



### CLUES

- |  |  |                             |
|--|--|-----------------------------|
| 1. Bivalve mollusk                         | 18. Ensnares                                   | 34. Lure                    |
| 2. Swiss song                              | 19. Dame -Everage, Humphries' character        | 35. Suffix, diminutive      |
| 3. Worries                                 | 20. State in Malaysia                          | 36. Sicilian volcano        |
| 4. Bogus                                   | 21. The wood of ebony trees                    | 37. Crocodile (Colloq)      |
| 5. Regretted                               | 22. Inspires dread                             | 38. Tilted                  |
| 6. Site of Victorian gold miners rebellion | 23. Member of the women's army auxiliary corps | 39. Brink                   |
| 7. Fencing sword                           | 24. Spool                                      | 40. Furnishings             |
| 8. Russian emperor                         | 25. Gaelic                                     | 41. Narrow ledge            |
| 9. Soaked                                  | 26. Freshwater fish                            | 42. Beseech again           |
| 10. Gather                                 | 27. Of bees                                    | 43. European mountain range |
| 11. Elm fruit                              | 28. Adequate                                   | 44. Dormant                 |
| 12. Telegraph messages                     | 29. Egyptian goddess of fertility              | 45. Warning bell            |
| 13. Allows                                 | 30. Mountain where Moses received the law      | 46. Long fish               |
| 14. Margarine                              | 31. Against                                    | 47. Plays truant            |
| 15. Circuits                               | 32. Malay rice dish - goreng                   | 48. Gape                    |
| 16. Friends                                | 33. Wrongfully assisted                        | 49. Made merry              |
| 17. Accomplice                             |  | 50. Prises                  |

**Sudoku Challenge**

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

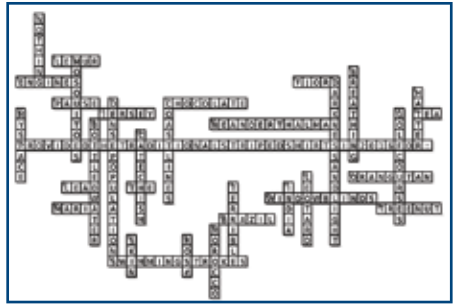


7						3		
	4		2	3			1	
		9	6	8			7	
	1		5				2	
		6		4	2	1		
5						8	4	6
		3			5	6		
1				7	8	4		
	8							

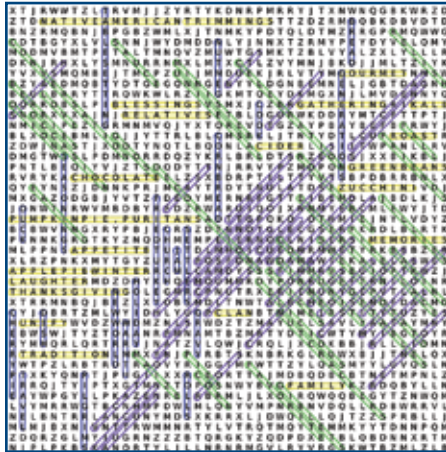
## Trivia Quiz

1. Royal Flush
2. Philippines
3. The Dickin Medal
4. Argentina
5. Blueberry
6. Shoulder
7. Joe Louis
8. Worcester
9. John Denver
10. Vomiting
11. Wings
12. Asymmetric Digital Subscriber Line
13. Head
14. Sally Gunnell
15. Basket weaving
16. Potato
17. Rugby League
18. Snake
19. Ralph Fiennes
20. MCMXC

## Cross Word



## Wordsearch



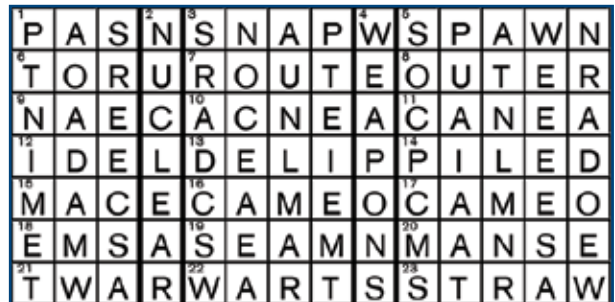
## Crossword



## Wordsquare



## Ladderword



**Acrostic**

“When I step outside again, the children are even nearer, standing very close in a pack, laughing and talking nervously. The oldest girl with the dimples grabs the younger ones by the neck and pulls them back far enough to be safe from me.” – **Susana Herrera, *Mango Elephants in the Sun: How Life in an African Village Let Me Be in My Skin***

**Logic Grid**

Adam	11:30am	1:30pm
Max	10:00am	1:15pm
Kathy	9:00am	2:00pm
Susan	12 noon	1:45pm

**Slitherlink**

**Sudoku**

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

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



*I think that, at the end of the day, I'm drawn to a certain level of ambiguous storytelling that requires hard thought and work in the same way that the 'New York Times' crossword puzzle does: Sometimes you just want to put it down or throw it out the window, but there's a real rewarding sense if you feel like you've cracked it.*

**Damon Lindelof**  
American screenwriter, comic book writer, producer





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](mailto:ftcfuj@emirates.net.ae)

Web: [www.fujairahtradecentre.com](http://www.fujairahtradecentre.com)

## Arabian Gulf Cup playoff roundup: first leg



كاس الخليج العربي  
ARABIAN GULF CUP

The first leg of the Arabian Gulf Cup playoff round, which was held under the slogan “commit to succeed”, concluded on Friday October

9th with three teams getting wins away from home, two earning home victories and one game ending in a draw.

Khorfakkan had a flying start to the season and are now favourites to advance to the next round after collecting a surprising 4-2 victory over Al Ain at Hazza bin Zayed Stadium. The game saw Wilson Eduardo miss the first penalty of the season. The Eagles will be looking to seal the qualification ticket when they host the Boss on November 13th.

Bani Yas also moved a step closer to the next round of the competition after earning a valuable 2-0 away win over Hatta. The away victory will ease the Sky Blues’ mission in the return leg on November 12th at Bani Yas Stadium. Despite the defeat, Hatta completed the most passes in the first leg (593) with an accuracy rate of 88 per cent.

Al Wasl came from behind to edge Al Wahda 2-1 thanks to João Figueiredo’s last-gasp goal. Despite the win, Al Wasl are expected to face a tough task when they host the Clarets at Zabeel Stadium on November 13th.

Meanwhile, two teams only were able to get home wins, as Ittihad Kalba earned a late 2-1 win over Al Jazira after a last-gasp goal from Peniel Mlapa, while Fujairah emerged 1-0 winner over Ajman thanks to Waleed Al Yamahi own goal.

The only draw was between Al Dhafra and Shabab Al Ahli, as Denilson netted a late goal for the away side. Al Dhafra keeper Khaled Al Senani put in an





Fujarac

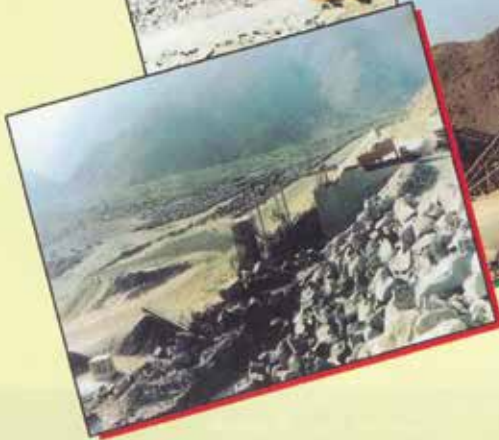
# شركة أبحار الفجيرة FUJAIRAH ROCK & AGGREGATE CO.

## THE NAME FOR GABBRO AGGREGATE AND SAND

Producers of high quality aggregate and crushed sand from gabbro of density 2.9 - 3.0 tonnes/m<sup>3</sup>. Totally free of limestone and highly recommended for applications requiring conformity to rigid standards. Indispensable where structures are exposed to attack by Salts.

Production capacity 20,000 tonnes/day.

شركة أبحار الفجيرة تقوم بإنتاج وتوريد الصلوح (الكنكري) ذو الجودة العالية من صخور الـ «جابرو» المستخرجة من الجبال بكثافة ٢.٩ إلى ٣ طن / متر مكعب. وخالٍ تماماً من حجر الكلس ويلائم الظروف المناخية لمنطقة الخليج لمقاومته للرطوبة والأملاح. الطاقة الإنتاجية للكسارة ٢٠,٠٠٠ طن في اليوم.



ص.ب ٨٩٥ الفجيرة، إ.ع.م.، تليفون: ٠٠٩-٢٢٢٨٦٢٦، فاكس: ٠٠٩-٢٢٢٨٣١٠، بريد إلكتروني: fujarac@emirates.net.ae

ص.ب ٨٩٥ الفجيرة، إ.ع.م.، تليفون: ٠٠٩-٢٢٢٨٦٢٦، فاكس: ٠٠٩-٢٢٢٨٣١٠، بريد إلكتروني: fujarac@emirates.net.ae



impressive performance as he saved six shots to become the keeper with the most saves in the competition, so far.

A total of 17 goals were scored in the first leg of the playoff round with an average of 2.83 goals per games. Togolese forward Peniel Mlapa top the goalscoring charts as he has two goals to his name after scoring a brace against Al Jazira.

Khorfakkan have the best offensive record after netting four goals in the first leg. Meanwhile, Hatta and Ajman failed to find the back of the net and Bani Yas and Fujairah were the only teams to keep a clean sheet in the first leg.

Only one red card was handed during the first leg matches as Al Ain's Mohsen Abdullah was



sent off in the 89th minute of his side's clash with Khorfakkan.

The second leg of the playoff round is scheduled to be held on November 12th and 13th.





## Happy 80th birthday to 'The King'

**Pele (Edson Arantes do Nascimento) celebrated his 80th birthday last month, 'The King' left an incomparable legacy in football, here are some tales, trivia and stats about the original soccer superstar!**

### The names

Dondinho and Celeste named their first son Edson after Thomas Edison, one of the greatest inventors in history. His family nicknamed him 'Dico', but he received the moniker 'Pele' in school due to his mispronunciation of Brazilian goalkeeper, Bile.

### The promise

Dondinho and his friends, transfixed to a radio, were euphoric – Brazil had just gone 1-0 up in a decider against Uruguay they only needed to draw, at the Maracana in 1950, to win their first World Cup. A nine-year-old Pele therefore left home for a kickabout with friends.

"When I got back I was dumbfounded," Pele recalled. "It was the first time I saw my father cry. He was devastated. I promised him, 'One day I will win you the World Cup.'"

Pele, who had previously wanted to become a pilot, was now determined to become a footballer.

### The explosion

Waldemar de Brito, the former Brazil striker, was coaching Bauru, now-defunct state minnows, when he discovered a boy wonder on their books. He took Pele for a trial at Santos, boldly proclaiming his protégé would become "the best player in the world".

Coach Lula heard this, chuckled, but upon seeing Pele during his first training session immediately handed him his first-team debut, which Pele scored on as a 15-year-old in 1956. Over the next 18 years the forward propelled Santos to 25 major titles, including two Copa Libertadores and Intercontinental Cup crowns apiece.

### National treasure

With Inter Milan, Juventus, Manchester United and Real Madrid having all tried to sign Pele,



the Brazilian government, under president Janio Quadros, declared him an 'official national treasure' to prohibit him moving overseas.

### 127

Pele extraordinarily scored 127 goals for Santos FC in one calendar year: 1959.

### The chance No10

Pele immortalised the No10 jersey across the globe – but only by chance. Brazil forgot to submit their squad numbers to FIFA for Sweden 1958, so they got chosen randomly. Goalkeeper Gilmar and centre-back Zozimo were allocated the No3 and No9 respectively – but Pele, who began as a reserve, somehow got the number he duly made the most famous in football.

### 25

Brazil goals Pele reached in merely 20 caps. No other player in history has reached the quarter-century for international goals while still a teenager.

### The man who stopped a war

Between one and two million people died during Nigerian Civil War (1967 to 1970). Astonishingly, a 48-hour ceasefire was called between the Nigerian government and the secessionist state of Biafra in 1969 so they could watch Pele and Santos draw 2-2 with the Nigerian Super Eagles, with 'The King' receiving incessant applause and a standing ovation from the home fans.

### You can't dethrone royalty!

Merely two-and-a-half months before Mexico 1970 kicked off, Joao Saldanha, who masterminded Brazil's perfect qualification campaign, unthinkably dropped Pele for a friendly against Chile. A few hours later he was sacked.

### World Cup records

Pele is the youngest scorer, youngest hat-trick scorer, youngest Final player and youngest Final scorer in World Cup history.

Uwe Seeler, Pele, Miroslav Klose and Cristiano Ronaldo are the only men to score in four World Cups. The West German pipped the Brazilian to become the first to do so by less than three minutes in 1970.

Vava, Pele, Paul Breitner and Zinedine Zidane are the only players to have scored in two World Cup Finals.

Pele registered six assists at Mexico 1970 – a record for one World Cup. Four players managed five: Robert Gadocha at Germany 1974, Pierre Littbarski at Spain 1982, Diego Maradona at Mexico 1986 and Thomas Hassler at USA 1994. Pele also recorded an unprecedented three assist in deciders: one against Sweden in 1958 and two against Italy in '70.

### The Baptist

'The Beautiful Game', a universally-used nickname for football, was coined by Pele. He also baptised Brazil's Mexico 1970 champions as 'The Beautiful Team', which also stuck.

### The King of New York

Soccer barely existed in New York in the early 1970s. Celebrities did. A who's who of the world's biggest. But when the New York Cosmos sensationally brought Pele out of retirement in 1975, soccer's popularity exploded, the Cosmos became the most glamorous club on the planet and 'The King' became the VIP of VIPs in NYC.

### Film: Escape to Victory

Pele had a lead role in the 1981, John Huston-directed hit film, which also starred Sylvester Stallone, Michael Caine, Max von Sydow and Bobby Moore, about Allied prisoners of war playing an exhibition football match against the

Germans. Pele also appeared in several Brazilian soap operas, TV series and films, American movie hotshot and British mockumentary Mike Bassett: England Manager.

### 6

Pele netted six goals in merely two appearances against France, scoring a hat-trick in a 5-2 victory in the Sweden 1958 semi-finals and another treble a 3-2 win in a Paris friendly in 1963. The opponents he scored most times for Brazil against were Paraguay (ten goals in nine games), followed by Argentina (eight in nine).

### Music

Four days before turning 80, Pele released *Acredita No Véio* (Listen To The Old Man), recorded with 2019 Grammy winners Rodrigo y Gabriela.

Pele has loved music all his life and composed hundreds of tracks since the early 1960s. He famously carried a voice recorder with him everywhere because "a song can come into your head at any time – even at a World Cup."

### Celebrity and honours

In 1970, Pele was named the most famous person on the planet! A few years later, the brand 'Pele' was named the globe's second-biggest – behind Coca-Cola.

Pele, Muhammad Ali and Jackie Robinson were the only sports people to make the 1999 Time magazine compilation of The Most Important People of the Century.

That same year, Pele was one of nine sports people bestowed by the International Olympic Committee with the 'Athlete of the Century' award, despite, having never partaken in the Olympic Games.

Pele was the inaugural recipient of the Laureus Lifetime Achievement Award in 2000.






# صناعات اسمنت الفجيرة

## FUJAIRAH CEMENT INDUSTRIES



*the name to build on ...*



With the addition of a new clinker production line of 8,000 Tons per day and 40MW captive power plant, the total clinker production capacity is increased to 4.2 M tons per annum making it one of the largest clinker plants in the U.A.E.



ORDINARY PORTLAND CEMENT | SULPHATE RESISTING CEMENT | MODERATE SULPHATE RESISTING CEMENT  
CONFORMING TO BRITISH AND AMERICAN STANDARDS

**Tel: +971 9 2444011**

Fax: +971 9 2444016 / 61

P.O. Box 11477

Dibba, Fujairah, U.A.E

Head Office: +971 9 2223111

Fax: +971 9 2227718

E-mail: [info@fujairahcement.com](mailto:info@fujairahcement.com)

Web: [www.fujairahcement.com](http://www.fujairahcement.com)

**"SIGN UP NOW FOR E-TRADING"**



**Reliability ... Day In - Day Out.**

## Nurmagomedov retires after UFC 254 win over Justin Gaethje

The final night of Fight Island 2 appropriately delivered a historic, end-of-an-era moment as Khabib Nurmagomedov called time on a faultless career after defeating Justin Gaethje in their UFC 254 Lightweight bout in Abu Dhabi.

The last of a five-event series delivered on the expectations with the popular Russian defeating his American opponent via a triangle choke at 1:34 of round 2 at Abu Dhabi's Yas Forum. Immediately afterwards, having broken down in tears, he announced his retirement to the watching world before thanking his team and fans. He also paid tribute to his father who had passed away on July 3rd due to coronavirus complications.

"Thank you for these guys, these guys with me, been with my father for more than 10 years. All my team, AKA with coach Javier, I love him so much, all my team," he said. "Today, I want to say, this was my last fight. No way am I going to come here without my father. It was the first time, after what happened with my father, when UFC called me about Justin. I talked with my mother for three days, she didn't want that I go fight without my father. I promised her, it's going to be my last fight, and if I give my word, I have to follow this. It was my last fight here."

Khabib defeated Justin Gaethje and then announced his retirement.

Nurmagomedov, 32, then demanded that he be acknowledged as the No. 1 pound-for-pound fighter in the world, before name-checking all those who had helped along the way in his UFC career.

"[I'm the] UFC undisputed, undefeated lightweight champion, 13-0, 13 in UFC, 29 in all pro MMA career," he added. "I think I deserve it. One more thing, I want to say thank you Lorenzo Fertitta, thank you Dana, Hunter, all guys. Thank you so much, and of course I don't forget about Joe Silva who signed me here in UFC. Joe Silva, thank you. All this UFC team, everybody around the world,



this whole pandemic stuff, they are doing a great show. Thank you so much Justin. Justin, 2016 I remember when I cut weight, you helped me a lot. Thank you, brother. I know you are a great man, I know how you take care of your people. I know a lot of things about you, because of your parents, because one day, it's going to happen. You never know what is going to happen tomorrow, you never know."

*Khabib Abdulmanapovich Nurmagomedov was a professional Russian mixed martial artist. He notably competed in the lightweight division of the Ultimate Fighting Championship (UFC), where he was the UFC Lightweight Champion from April 2018 until his retirement in October 2020. With 29 wins and no losses, Fight Matrix ranks him as the #2 lightweight of all time (behind B.J. Penn). He was the first Muslim to win a UFC title. A two-time Combat Sambo World Champion, he is trained in sambo, judo, and wrestling. His style of grappling has made him one of the most dominant athletes in the history of MMA. As of October 2020, Nurmagomedov is the most followed Russian celebrity on Instagram, with more than 23 million followers.*



# مزرعة الفجيرة



## Fujairah Farm



هاتف: ٢٤٤٥٢٦٠ (٠٩) فاكس: ٢٤٤٥٠٨١ (٠٩) ص.ب: ١١٦٣٦، دبا، 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...

### My 'Reality Check'

Corona virus has indefinitely affected every single soul on the planet, one way or another, that's a fact.

And I understand that many people miss nightlife, partying, etc... BUT, I invite you to see things from a different perspective. There are hundreds of thousands of people dying from starvation in Yemen, many of them young children. There are countless number of people still attempting to put the pieces of their lives back together in Lebanon.... the list can go on and on...

Reminder: These are also living human beings sharing this planet with us.

If you have a roof over your head, food on the table and your health, then perhaps it would be more humane of you to count your blessings for what you do have, instead of complaining about what you don't.

If this epidemic hasn't made you re-evaluate all your core beliefs, who you are as a human being (first and foremost), and humbled you to a certain extent, then you might want to ask yourself what it means to be 'human'..

Human nature is to complain and be greedy. Humanity is exactly the opposite.

#FoodForThought #MayLoveAndLightPrevail

*A personal comment from me- out to the world*

**Aysha Behroozian**



Aysha Behroozian

### An Invisible Enemy

We thought humans are brave,  
Until they reach their grave.

We become so confident,  
That none can make a spirit dent.

Enemies maybe strong,  
But we can make them wrong.

But a day came when an invisible enemy poured  
as rain,  
Which made our strength and hopes drained.

We called it CORONA,  
Which made our life full of trauma.

COVID marched and destroyed our life,  
As if we were cut by a knife.

We had for our visible enemies lots of ammunition,  
But for this invisible enemy, we found no  
immediate solution.

Nature has taught us a lesson,  
To treat our mother earth as a person.

Enemies can be invisible,  
However, humans are invincible.

Simple way to beat corona is to wear a mask,  
Which is a simple task.

**Maithili Raj**

Grade 4, St. Mary's School, Fujairah



# FUJAIRAH

## Independent Oil Storage Services

Vopak Horizon Fujairah Ltd. offers high quality  
logistic services to the oil industry

Vopak Horizon Fujairah Ltd.

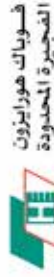
Phone: +971 9 228 1800

P.O.Box 1769

Fujairah

United Arab Emirates

[www.vopakhorizontofujairah.com](http://www.vopakhorizontofujairah.com)



**Vopak Horizon  
Fujairah Limited**





## A place to share your poetry...

### And Now Thousand Speak For Me

Covered their dignity with emotions as fierce  
Body torn apart  
Scars marked forever

To speak is the terror  
So why don't avoid it  
To be aware is unwanted  
Cut it Forward  
To live is destiny  
And death was her fate

Living in the forest is brave but mild  
Cause below is the 'word'  
And there do they lie  
Leads to decreasement  
Of all states of life

Untouchables were they called  
Cause low is the range  
Dalits is their possession  
Cause they're lower than the high

Race is not what matters  
Human is the result  
Rights provided all same  
Why poor, their rich by heart  
Why women their same by birth

Closed the words of her grieving on blood  
And so did her body  
Turn into air

The upper is worse  
And the lower is better  
Cause from them do we learn  
The upper slave the lower  
And the lower work slave-  
for the ripening of horror

You cut my tongue to silence me  
And now a thousand speak for me

*(Poem based on the victim of Hathras-(Uthar Pradesh, India) incident)*

**Fathima Shezza**

Grade 6, Our Own English High School Fujairah



Fathima Shezza

### Envy

Yes! I am Envious

I envy the time,  
...as it doesn't holds even on bedtime  
I envy the rain,  
...as it sometime pours and ease your pain  
I envy the stream,  
...as it gently flows and cover your silent scream  
I envy the gentle wind,  
...as it blows and give comfort as you sleep  
I envy the sun,  
...as it rise at daylight and rest at nightfall  
I envy the moon,  
...as it gives light to your dark horizon  
I envy the birds,  
...as it perch and hum around the tree  
I envy the tree  
...as it grow and give it shelter for free  
I envy the wise  
...as it speak wisdom and don't criticize  
I envy the sleeping child  
...as it looks docile and mild

Yes I am Envious.  
I envy a lot of things  
...but I never envy YOU!

**(Anonymous) -@letter2God2014-**



**ACCOMMODATION**

1 big bed room with attached wash room, common big hall, separate kitchen available at Sakamkam, behind old Arabic Boys School. Please contact 050-5484415

Room available on rent for couples/Executive bachelor. Location - Behind ADCB bank. One room with kitchen facility. Contact 0503788068

**CAR WANTED**

I want to buy used car Toyota-Yaris or Toyota-Corrola, model - not less than 2014-2015 my contact number is 0507286922, name Mumtaz Khan

**FITNESS**

*Athletic Sports Academy in Fujairah.* Sports events, football, basketball, swimming and fitness. All ages, all welcome 0529902200  
[ismail@athletic-academy.com](mailto:ismail@athletic-academy.com)  
[www.athletic-academy.com](http://www.athletic-academy.com)

*Learn Karate, Body Fitness & Meditation* classes at Planet Karate Centre - Fujairah. Sensei Jogy Thomas (Japan certified instructor) mobile 050 2037530, Tel 09 2233892

*Learn to swim For kids and adults.* Beginners, Intermediate and Advanced. Certified Swimming Coach (ASCA) Ahmed 0569785511

*Young Look Pilates Fitness Centre for Women* Office 706 Nama Organization for Development Building Near FNG Building Sea port Contact: 055 9811833 Email: [younglookpilates@gmail.com](mailto:younglookpilates@gmail.com)

Trinity Yoga  
 Yoga and pranic healing classes in Fujairah. We offer

yoga for 1-weight loss, 2-for thyroid, 3-for diabetes, 4-back pain and many more. Executive ladies classes available. Pranic healing- your hands can heal! 092226640, 0547045510  
[www.trinityinfoventure.com](http://www.trinityinfoventure.com)

**JOB WANTED**

AutoCAD Draftsman having 3yr Civil Engineering Diploma, 10 yrs UAE experience, UAE D/L seeking job. Tel: 050-9815715  
 Car with driver available for Fujairah, Dubai, Abu Dhabi, Sharjah, Ras Al Khaimah, Umm Al Quwain, Ajman. Knows all routes and city roads all over the country. Experienced driver.

**REAL ESTATE**

*Kings Real Estate*  
 Contact no: 0553705003, 092237773. Location: Hamad Bin Abdulla Road

*Fujairah Real Estate Agency*  
 16 Buildings  
 Hamed Bin Abdulla Road  
 Fujairah  
 09 222 5558  
[tajalli@emirates.net.ae](mailto: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  
 Merashid Area - Fujairah  
 Phone: 09 223 7773

**SERVICES**

*Animal Friends Veterinary Clinic* located near Century Mall, Fujairah. Mobile: 055 142 1938 Sat-Thursday 10-10pm Friday 5-9pm

*Pets'n us Veterinary Clinic*  
 Mobile: 0502110037  
 Opening times: from Saturday to Thursday 9am-1pm and 5pm-9pm; Friday closed  
 Villa 73, King Faisal Road, Al Faseel, Fujairah

*NB Flowers:* Free delivery Fujairah city, Al Fahem street, behind Abu Dhabi Islamic Bank  
 Tel 09-2222004, Whatsapp 050-6808058

\*e connect\* Ground Floor, Lulu Mall, Fujairah. Tel: 055 8440093, 0505062649

email: [econnectfuj@gmail.com](mailto:econnectfuj@gmail.com)  
 \*Mobiles, Mobile Accessories, IT Accessories, Smart watches etc. Servicing & Repairing of Mobile, Tablets Laptops\*

*Barney & Friends' Kiddie Salon* near Preventive Medicine Clinic, Faseel, Fujairah open 10:00am-11:00pm. Contact Jayson 056-6518438 or MaAnn 056-4890912

*Urgent Passport size photos Photography & Videography*  
 Wedding Gents/Ladies, T shirt, Mug Printing, Video editing, VHS-DVD. Studio Al Mas 09-2232937 Mob: 055 8331578

*For your events planning and birthday parties.* Contact: 0557627993 /0529604938  
 Email: [marcoents@gmail.com](mailto:marcoents@gmail.com)

*Female photographer in Fujairah* available to capture all occasions. [www.erephotography.com](http://www.erephotography.com) or contact 0503994678 / 0569358629 Email [info@ere-photography.com](mailto:info@ere-photography.com)

*Car Dezire Car Care*  
 Car wash, detailing, car accessories. Contact: 0527911211 in Madhab

*New Manila Ladies Beauty Salon* located near Al Sharq Hospital, Faseel, Fujairah.

Complete range of hair services including haircuts and styling, coloring, eyebrow and eyelash tinting, perming, hair straightening, Henna, Massage, Home Service. Contact 056 8676407

*The Kings Building Materials and Building Maintenance.* Building materials, Building maintenance. Located Al Hayl Contact: 0552225012.

*Value Plus i-Services Fujairah* We are a local, hard working and dedicated team of web developers & designers who focus on business websites, e-commerce websites, digital & social media marketing, web & graphic design and much more. For more info- email: [info@valueplus.com](mailto:info@valueplus.com) Tel: 052 5858490 [www.valueplus.com](http://www.valueplus.com)

*TJ Catering and/or Events Organising; Photo and Video Coverage.* Affordable food catering, specialising in Filipino delicacies; professional photo and video coverage. Contact: 09 2249081 / 050 9518370

*Flowers and Gifts Delivery Services within the UAE and Philippines.* For any occasion and according to your budget. 09-2249081 / 050-9518370.

*Al Yasath Automatic Laundry,* PO Box 206, 09 - 2223704, 050-4951823, Bin Ghanem Centre, Shop No 04, Opp. Gulf Flower Bakery. Est-2005.

*All Translation Works English/ Arabic - Arabic/English* incl. Legal - Official Documents Online translation available. Contact 050-4313329 or [abuhamayoon@yahoo.com](mailto:abuhamayoon@yahoo.com)

*AR Shipping is a leading Int'l Freight Forwarding Co.* (NAFL & FIATA Agent in Fuj) offer-

ing total solutions in Air, Sea & Land Logistics. Timings 08.30hrs - 18.30hrs Saturday to Thursday. Enquiries: [logistics@arshipping.com](mailto:logistics@arshipping.com)

*Al Saeed Laundry, Fujairah* in town since 1978. Laundry service in vast fields. Contacts -GSM: 050 6294657 or email: [alsaeedlaundry@hotmail.com](mailto:alsaeedlaundry@hotmail.com)

*Tailoring services by lady tailor.* Expert- ladies, gents, childwear, clothes, bedding items for new babies, etc. Contact 092283215, 0503786996

*A2y electro mechanical and construction* is more than 10 years experienced in the field of civil , electro mechanical and fabrication works. For all your civil requirements, 09 2282930 or at [a2ygroup@gmail.com](mailto:a2ygroup@gmail.com)

*Transport available in Fujairah and beyond.* Car with Driver on call for all locations. Please contact Ahmed 050982938

*Transport available from Fujairah to all UAE states 24/7.* Can be reached by Cellular 0503137709 or WhatsApp 0563487709

---

#### TUITION

---

*Highly experienced private tutor available* for the following subjects at affordable fee: Mathematics grades, Physics and Chemistry for all grades. Contact Austin @ +971585769027

*Tuition Solution - Qualified Teachers available (male or female)*

*For KG, Primary, Middle Secondary, O'level, B.A, B.Ed. M.Ed. classes.*

*(Art & Craft, Computer and English Language classes also available) Tel: # 056-7232108*

*Experienced private tutor* available for all subjects from KG - grade 8 British/American, Indian/Pakistani curriculum. Arabic curriculum only experienced in English subjects. Own transport - can teach in your home. Contact: 0503137709

*Home Tuitions available* till grade 4, and English skills development. Location: New Sakamkam, contact no: 050 5681480

*Private tuition available for preschool to grade 3 kids* please contact 0563897802 Location Fujairah

*Home tuitions for French to all classes CBSE,GCSE* for more info call 0504690262

[joshuadaniel2014@gmail.com](mailto:joshuadaniel2014@gmail.com)

*Private tuition available for Grade 7 to 12 mathematics, including first-year calculus.*

Western born and educated for over 20 years. Experienced in CBSE, CC, GCC, IGCSE and IB. Medium: English. Contact: 0562020747 WhatsApp: +971 509132894 Location: Fujairah.

*Private tuition available* for both Indian and British Syllabus CBSE / GCC Syllabus (GRADE 1 - 7 ). For information please contact 0554383708

*British Language Centre* Now in Fujairah- A dedicated British owned and run language centre specialising in Corporate English Skills. Tailor made courses plus large groups and individual lessons catered for. Contact: 0501055782, [info@blc-uae.com](mailto:info@blc-uae.com), [www.blc-uae.com](http://www.blc-uae.com)

*Home Tuition* for English-speaking, listening, reading and writing. Special focus on English grammar. Location Sakamkam Please contact- 0505036046

## 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.*

### BEAUTY

ABC Al Almaniya Beauty Centre  
German Products with German  
Treatments  
Fujairah Trade Centre,  
Ground floor, Fujairah  
09-2234666  
Mob 050-1729980

Al Dana Beauty Salon  
Fujairah  
09-2231643

Ayush Ayurveda Massage Centre  
M-09, Bushera Centre,  
Opp Fish Market  
Gurfa, Fujairah  
09 2248113  
Mob 056-1395629

Beta Ladies Saloon  
10th floor, Coral Suites Hotel  
Hamad Bin Abdullah Rd,  
Fujairah  
09-2244788

Butterfliez  
Ground floor, Fujairah Tower  
09-2244464

City Tower Hotel Wellness Spa  
& Salon  
Hamad Bin Abdullah Rd,  
Fujairah  
092236888

Concorde Salon  
Latest styles and treatments  
Concorde Hotel  
09-2249000

Dar Lama Fashion/Beauty Salon  
2nd floor Burj Al Wadi,  
Hamad Bin Abdullah Rd,  
Fujairah  
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  
16 Buildings Complex  
Hamad Bin Abdullah Rd,  
Fujairah  
09-2229888

Marimar Ladies Salon  
Fujairah  
09-2223001

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

Murjanah Ladies Saloon  
Near Century Mall Fujairah  
09 2237476

New Manila Ladies Salon  
Opp Fujairah School Basic  
Education for Girls C2  
Near Own English High School  
09-2220012  
054-5160587

Princess Beauty Salon  
Opp. Choitram Supermarket  
09-2226211

Queens Ladies Salon  
Beside Safeer Market  
09-2226266

Riviera Beauty Centre  
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

Willow Stream Spa  
Health & Wellness Spa  
B1 Level, Fairmont Fujairah  
Beach Resort  
Mina Al Fajer, Dibba – Fujairah  
09-2041035

## HOTELS

Adagio Fujairah Aparthotel  
Studios and apartments  
Hamad Bin Abdullah Road  
09-223 9888

Al Diyar Residence  
Hamad Bin Abdullah Rd,  
Fujairah  
09-2244660

Blue Diamond Alsalam Resort  
Luxury Hotel & Apartments  
Al Ghurfa, Corniche Road  
Fujairah  
09 2027000

California Suites Hotel  
Fujairah  
09-2222138

City Plaza Hotel  
Hamad Bin Abdullah Rd,  
Fujairah  
09-2222202

City Tower Hotel  
Four star deluxe premium hotel  
Hamad Bin Abdulla Rd Fujai-  
rah  
09 2236888

Clifton International Hotel  
4 Stars Deluxe Hotel Apts  
Hamad Bin Abdullah Rd,  
Fujairah  
09-2222021

Concorde Hotel Fujairah  
5 stars Hotel  
Hamad Bin Abdullah Rd,  
Fujairah  
09-2249000

Emirates Springs Hotel Apart-  
ments  
Hamad Bin Abdullah Rd,  
Fujairah  
09-2232922

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 Faqeeet, 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 Faqeeet, 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. Safeer Mall, Fujairah  
09-2227575

Family Pharmacy  
9am -1am & 5pm -10pm  
Nr Family Medical Hospital  
09-2222444

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 1am  
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 Safeer Rbt, Fujairah  
09-2227244

Al Baghdadi Rest. & Cafeteria  
Sandwich/Arabic/Indian  
Hamad Bin Abdullah 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 Abdullah 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 Abdullah 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 Faqeet, 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

Eva 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  
09-2222557

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  
Meraschid/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  
09-222138

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](mailto: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, through Maleha village, Madam roundabout and E55, approx 1 hour 58 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.

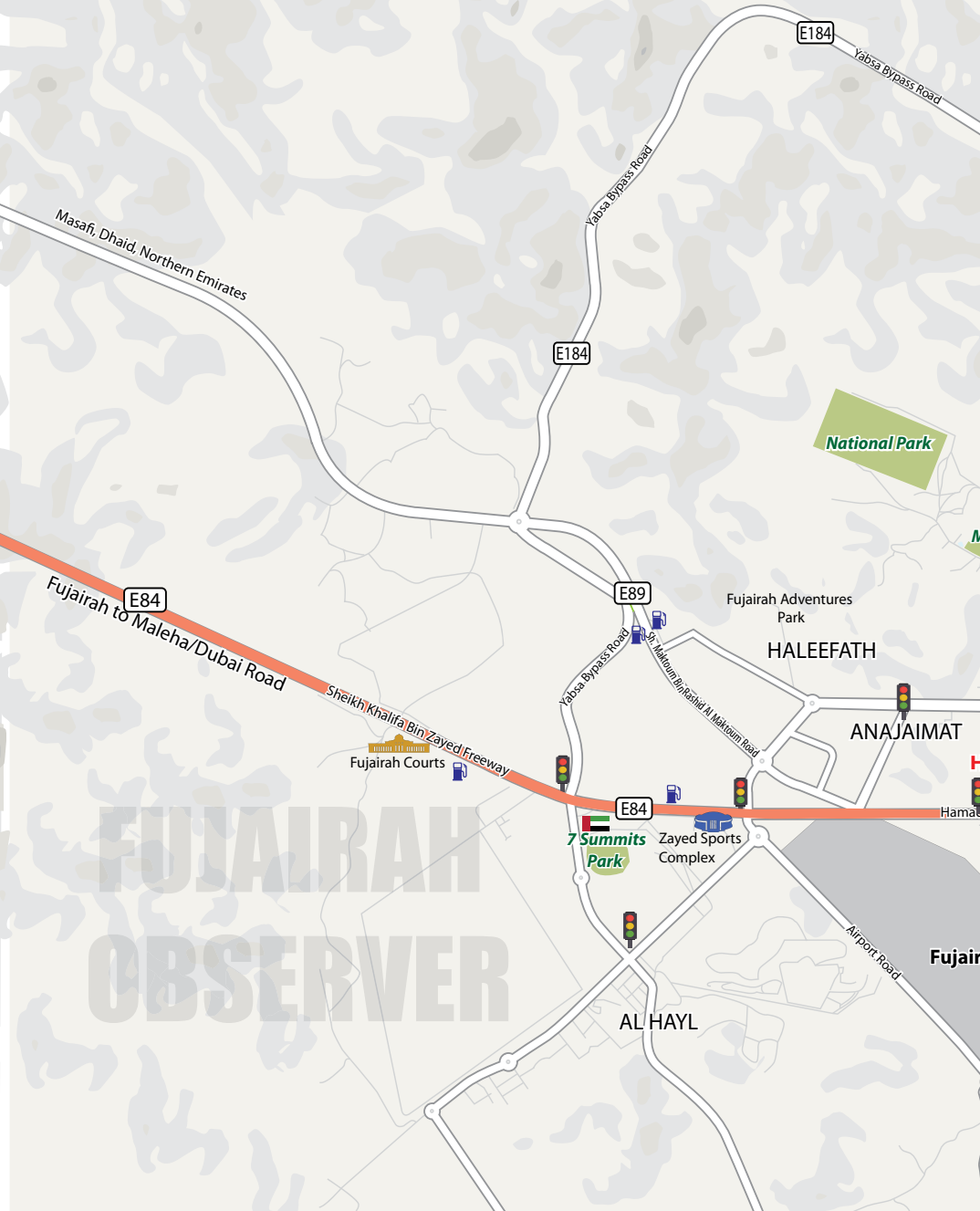
Fujairah to Umm Al Quwain  
 114 kilometres via Masafi, turn onto E88 then left onto E55 approx. 1 hour 35 minutes.

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

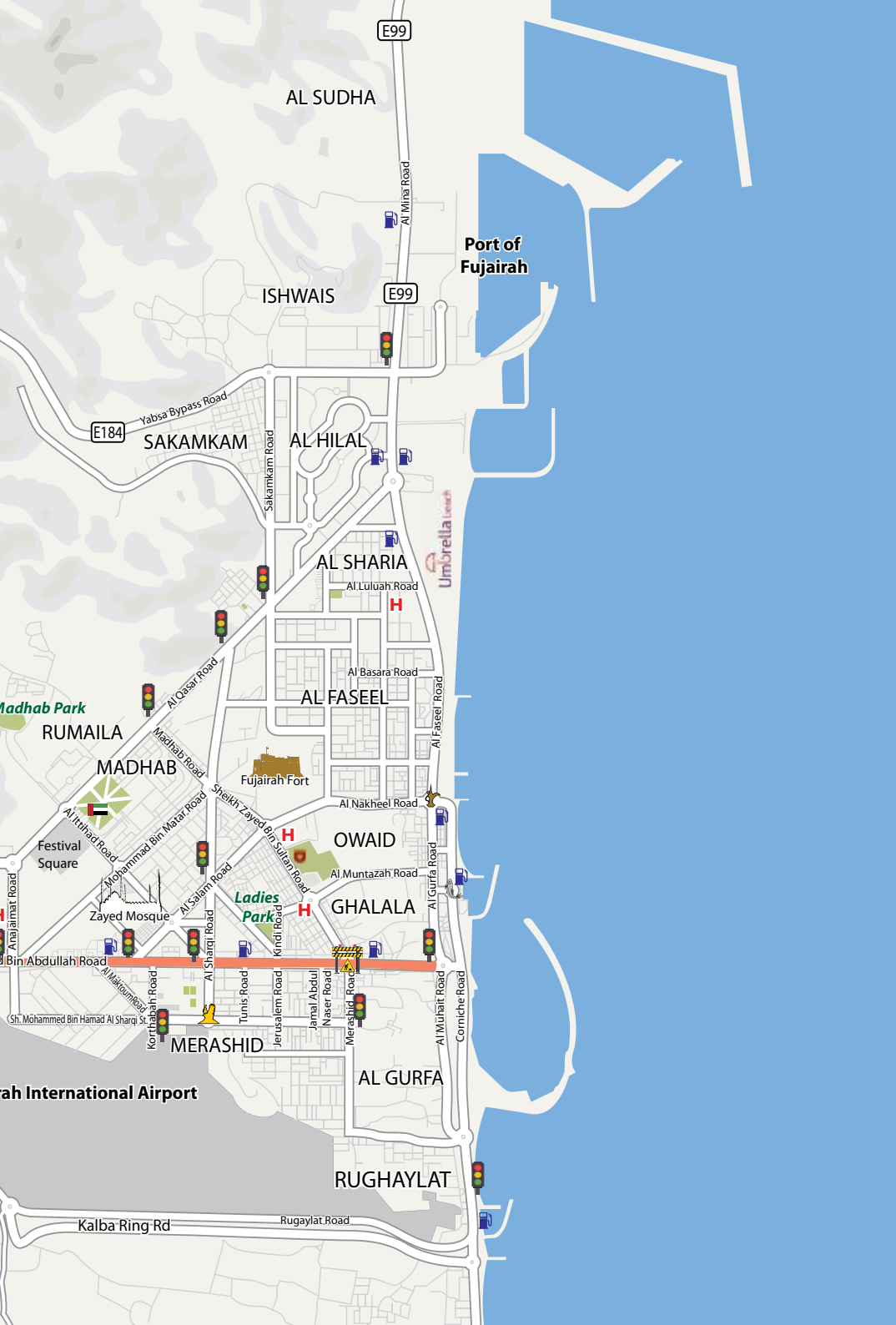


This map may NOT be reproduced,  
published or edited in whole or part  
without the written permission of Fujairah Observer

# FUJAIRAH



FUJAIRAH  
OBSERVER



E99

AL SUDHA

Port of  
Fujairah

ISHWAIS

E99

E184

Yabasa Bypass Road

SAKAMKAM

AL HILAL

AL SHARIA

Umbrella Beach

AL FASEEL

RUMAILA

Madhab Park

MADHAB

Fujairah Fort

OWAID

GHALALA

Festival Square

Ladies Park

MERASHID

AL GURFA

ah International Airport

RUGHAYLAT

Kalba Ring Rd

Rugaylat Road

## Blue Planet Journal - Brook and Gaurav Bhagat

### Scorpio (October 23 - November 21)

If you really want to be popular, you should start calling pancakes “flapjacks.” That’s what all the cool kids are doing.

### Sagittarius (November 22 - December 21)

Walking along a beach at dawn, as if by fate, you stumble and fall over what you think is a rock and discover a tarnished silver pitcher half-buried in the sand. A mystical energy overwhelms you as you grasp the vessel and examine its ancient, lavish designs and mysterious inscriptions. When you pour out the sand from the artifact, you are instantly transported to a neon blue control tower from which you can see all of time and space laid out before you like a labyrinth. With the power of thought, you are able to move effortlessly to any point throughout history and alter past and future events. You use your newfound infinite power to make hilarious videos to submit to America’s Funniest Home Videos, which you will eventually win, albeit by cheating. Congratulations!

### Capricorn (December 22 - January 20)

This month, disaster is narrowly averted when you heed the wisdom of the warning on a Walmart beach ball that reads, “Use only under competent supervision.” They may be adorable and offer great rates, as babysitters go (who can beat watermelon rinds and tuna fish?), but I think deep down you already knew that gang of racoons wasn’t really “competent” to watch the baby.

### Aquarius (January 21 - February 18)

This month, you will learn the hard way that scented candles, rose petals, polyester lingerie and a product-heavy “bed-head” hairdo are a recipe for combustion as well as romance. Luckily, your quick-thinking lover will minimize the damage by blasting you with a nearby fire extinguisher, and your new “pixie cut” is going to look great!

### Pisces (February 19 - March 20)

Soon, in deep meditation, all your illusions will come crashing down, leading eventually to your complete undoing. The veil of *samsara* will be lifted; you will get a glimpse of the true nature of reality and will probably start buying your favourite toothpaste in bulk.

### Aries (March 21 - April 19)

As the saying goes, “A penny saved is a penny

earned.” A penny dropped off the Eiffel tower, however, can kill a man. Remember that.

### Taurus (April 20 - May 20)

The life lessons that will help you the most will be found in the movie *Moonstruck*. For example, “Playing it safe is just about the most dangerous thing a woman like you could do,” probably means that you should quit your job at the library and consider a career as a ninja, or perhaps an international spy.

### Gemini (May 21 - June 20)

This month, you will peel potatoes like they’ve never been peeled before! No, I mean it, all the potatoes you peel will be ones which have never been peeled before. Good times!

### Cancer (June 21 - July 22)

You will be worried, this month, when you discover two itchy lumps on your back. Soon, though, they will grow into a glorious set of small but powerful wings. It will take some time to get all your clothes tailored to accommodate them, but once you get used to flying you will save tons on gas money.

### Leo (July 23 - August 22)

You will find great peace once you stop expecting so much from your cat and try to be a little more eager to please. She will accept you once you have proven yourself worthy.

### Virgo (August 23 - September 22)

This month, you will see some ducks crossing the road. Cross it with them and you will find that you can walk on water. When you start your new religion, remember that you saw it first here. A 10% cut would be great.

### Libra (September 22 - October 22)

Love is in the stars for you, Libra! You’ve been feeling lonely lately, and the time has come to do something about it. If you want to make more friends and possibly find that special someone, try joining an underground revolutionary group that frees animals from zoos and medical research labs, like the one in 12 Monkeys. Nothing bonds people together like fighting for a righteous cause, wearing special matching clothes and possibly going to jail together. Plus, when you go on “raids,” I think you could definitely wear your yoga pants and even your fancy underwear underneath, for extra confidence. Booyah!

# ADVERTISE YOUR BUSINESS WITH US



**Fujairah Observer is the only lifestyle magazine in this beautiful Emirate. Founded in 2001 we are known for our strong community ethos.**

Our team is proud to provide an up-to-date informative platform to the public- young and old and residents- new and not so new!

We focus on providing the best service to our readers, our advertisers and our supporters.

We distribute to hundreds of locations in and around Fujairah and have a readership of over 15000 and growing.

Advertising with us gives your business a unique opportunity to get access to the people of Fujairah.

We invite you to showcase your local business with our digital and print solutions.

Contact [advertising@fujairahobserver.com](mailto:advertising@fujairahobserver.com) for rates  
[fujobs@eim.ae](mailto:fujobs@eim.ae) for other enquiries





# AL AHLI HOLDING GROUP



# 40 YEARS OF SOLID SUSTAINABLE GROWTH



شركة الأهلي للتجارة العامة - (المسوق)  
AL AHLI GENERAL TRADING CO. (LTD.)



الأهلي للإعلان والتوزيع  
Al Ahli Advertising & Distribution



شركة الأهلي للنقل العامة  
AL AHLI GENERAL TRANSPORT CO.



الأهلي للصناعات البلاستيكية  
AL AHLI PLASTIC INDUSTRIES



مطبعة الأهلي  
Al Ahli Printing Press



Al Ahli Hypermarket



الأهلي للألومنيوم  
Al Ahli Aluminium



al ahli  
publishing &  
distribution



Aktive Fit



COMICAVE  
STUDIO

COMICAVE



شركة الأهلي للتجارة العامة  
A Division of Al Ahli Holding Group



Outlet City LLC



GRAND DANA CINPLEX



Gulf Spring Contracting



RETHINK  
TECHNOLOGIES



UNIVERSAL  
Event Experiences