

# Fujairah bserver

May 2021



Photo by Estzer Nagy

# FOIZ



منطقة الفجيرة للصناعة البترولية  
Fujairah Oil Industry Zone



## 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.

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HH Sheikh Hamad Al Sharqi and the assistance of the Private Affairs Bureau

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Front cover photo: Blandford's fox (*Vulpes cana*), is the second smallest of the fox-like canids. The Blandford's fox has a very bushy tail and large ears that overwhelm its slender body. The *Vulpes cana* has a cat-like appearance and demeanour. The muzzle is pointed and has a black stripe starting at the eye and reaching to the top lip. It has a soft coat of rusty brown, grey, and black. The throat and belly are creamy white. Its tail usually has a black tip, though sometimes it has a white one. A black band extends from the neck down the body and tail. The ears are dark brown. These foxes are considered rare, but because of their extreme habitat, not much is known of them. Its threats include disease, loss of habitat, and the red fox.

Dear Readers,

*In the spirit of Ramadan, I hope you have used this month as a time to reset, reflect and shower yourself and those around you with the time and devotion that the turbulence of the past year may well have snatched away.*

*We look forward to Eid Al Fitr which is usually celebrated in a grand manner in the UAE. This year, people are still deprived of large group celebrations due to Covid restrictions but we can still celebrate the occasion at home, safely.*

*Don't forget the summer months are coming and you should be prepared for the changes in temperature and make sure your little ones are protected from the sun and don't forget to drink plenty of water.*

*Stay Safe and keep wearing your masks!  
Eid Mubarak and enjoy this month's issue*

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



PROUDLY SUPPORTING FUJAIRAH FOOTBALL CLUB



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**Fujairah  
Observer**

## Ruler and CP of Fujairah send Ramadan Greetings to UAE Rulers

**His Highness Sheikh Hamad bin Mohammed Al Sharqi, Supreme Council Member and Ruler of Fujairah, sent a congratulatory message to his brother His Highness Sheikh Khalifa bin Zayed Al Nahyan, President of the State, "may God protect him", on the occasion of the blessed month of Ramadan, in which he expressed his best congratulations and congratulations on this happy occasion. He called upon the Almighty to return it to His Highness with good health and wellness and to the people of the Emirates and the Arab and Islamic nations with good and blessings.**

His Highness the Ruler of Fujairah also sent similar congratulatory telegrams to His Highness Sheikh Mohammed bin Rashid Al Maktoum, Vice President, Prime Minister and Ruler of Dubai, His Highness Sheikh Mohammed bin Zayed Al Nahyan, Crown Prince of Abu Dhabi and Deputy Supreme Commander of the Armed Forces, and to their Highness Sheikhs, members of the Supreme Council, Rulers UAE.

His Highness the Ruler of Fujairah sent telegrams of congratulations on this dear Islamic occasion to their Majesties and Highnesses, leaders of the Gulf Cooperation Council states and heads and kings of Arab and Islamic countries, wishing them good health and wellness and their peoples further progress and progress and the Arab and Islamic nation, pride and progress.

His Highness Sheikh Mohammed bin Hamad bin Mohammed Al Sharqi, Crown Prince of Fujairah, also sent similar messages of congratulations to His Highness Sheikh Khalifa bin Zayed Al Nahyan, President of the State, "may God protect him" and His Highness Sheikh Mohammed bin Rashid Al Maktoum, Vice President and Prime Minister and Ruler of Dubai and His Highness Sheikh Mohammed bin Zayed Al Nahyan, Crown Prince of Abu Dhabi





DMO library picture June 2019

and Deputy Supreme Commander of the Armed Forces, to Their Highnesses Sheikhs, Members of the Supreme Council of the Union, Rulers of the Emirates, Crown Prince and Vice Rulers, and to Their Majesties and Highnesses, leaders of the Gulf Cooperation Council states and the heads and kings of Arab and Islamic countries. The Crown Prince of Fujairah congratulated the President and Vice President, Mohammed bin Zayed and the rulers on the advent of the blessed month of Ramadan

His Highness Sheikh Mohammed bin Hamad bin Mohammed Al Sharqi, Crown Prince of Fujairah, sent telegrams of congratulations on the occasion

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## Fujairah Ruler pardons 93 prisoners during Ramadan

**H.H. Sheikh Hamad bin Mohammed Al Sharqi, Supreme Council Member and Ruler of Fujairah, has ordered the release of 93 prisoners from punitive and correctional institutions in Fujairah, on the occasion of the Holy Month of Ramadan.**

The inmates of various nationalities were selected based on good conduct and behaviour.

The gesture is part of His Highness' desire to give prisoners an opportunity to start a new life and bring joy to their families.

## Ruler meets with Fujairah Port Authority and its young leaders



**His Highness Sheikh Hamad bin Mohammed Al-Sharqi, a member of the Supreme Council, met with the Ruler of Fujairah at his palace in Rumaila, Sheikh Saleh bin Mohammed Al-Sharqi, head of the Department of Industry and Economy, head of Fujairah port, in the presence of Captain Musa Murad, Director General of Fujairah Port and a number of young leaders working at the port.**

His Highness Sheikh Hamad bin Mohammed Al-Sharqi, a member of the Supreme Council, met with the Ruler of Fujairah at his palace in Rumeila today, Sheikh Saleh bin Mohammed Al-Sharqi, head of the Department of Industry and Economy, head of Fujairah port, in the presence of Captain Musa Murad, Director General of Fujairah Port and a number of young leaders working at the port.

His Highness Sheikh Hamad bin Mohammed Al

Sharqi welcomed a number of young national leaders who were recently promoted to take over their new responsibilities in Fujairah Port after passing their academic and practical training programs, stressing the importance of investing young energy and benefiting from their expertise to serve the emirate.

His Highness addressed the need for optimal investment of the port to ensure the achievement of the goals in accordance with the UAE's strategic vision based on establishing a stable and diversified economy that achieves sustainable development in the future.

For their part, the youth expressed their sincere thanks and appreciation to His Highness the Ruler of Fujairah and to Sheikh Saleh bin Mohammed Al-Sharqi for their precious confidence, stressing their commitment to working hard for the good of the state and its interests.

The meeting was attended by H.E. Mohammed Saeed Al-Dhanhani, Director of the Amiri Court in Fujairah, and Khalil Ibrahim Hassan, Deputy Director General of the port.



## Sheikh Dr Rashid Al Sharqi inaugurates Dar Rashed Publishing House



**HH Sheikh Dr. Rashid bin Hamad Al Sharqi, Chairman of the Fujairah Culture & Media Authority, stressed the importance of the knowledge economy by dedicating the role of the book as a window for human learning and an industry that contributes to establishing a qualitative and prestigious shift in the sector of knowledge development and building the society of tomorrow.**

This came during the inauguration of "Rashid House for Publishing", which includes about 12 thousand titles from the book in the fields of culture, literature, theatre, critical studies and many history books.

Sheikh Rashid said, "The house is the seed that we sow in the land of Fujairah and an important catalyst that contributes to the manufacture of a real cultural and civilizational project in the emirate, thanks to the directives of HH Sheikh Hamad Al Sharqi, Member of the Supreme Council, Ruler of Fujairah, and his constant keenness to support the Emirati cultural scene.

Sheikh Rashid toured the corridors of the house and viewed the most prominent books that contribute to the Arab Cultural Library. His Highness was accompanied by Mohammed Saeed Al-Dhanhani, Director of the Amiri Diwan and Deputy Chairman of the Fujairah Culture & Media Authority, Engineer Muhammad Saif Al-Afkham, Director General of Fujairah Municipality, Faisal Jawad, Executive Director of the Fujairah Culture & Media Authority, and a number of directors local and federal departments.

Mohammed Saeed Al-Dhanhani, stressed the importance of opening Dar Rashid and its role in being an important literary and cultural station, in support of writers, thinkers and creators, and all parties that want to print and publish their books, pointing out that the House cultural programs will encourage Young people to engage in the literary and cultural sectors and enable them to highlight their talents in a positive way that serves the Emirati community.

Faisal Jawad added, "We hope that the Rashid Publishing House will expand with the next steps of the Fujairah Culture & Media Authority, under the directives of HH Sheikh Dr. Rashid, who constantly emphasizes the importance of the book in disseminating science and knowledge specifically.

## UAE Minister of State for Food and Water Security visits Rumaila Farm



HH Sheikh Maktoum Al Sharqi welcomes Mariam bint Mohammed Almhiri (Minister of State for Food and Water Security at the Government of the U.A.E.) to Rumailah farm in Fujairah. Rumailah farm produces local, fresh Jersey cow milk without added hormones, chemicals, or sugar. The farm focuses on the natural feeding and premium care for their Jersey cattle. All the Jersey cows are grazed and milked locally.



## Sheikh Abdulla Al Sharqi presents trophies at Ramadan Swimming Competition



H.H.Sheikh Abdulla Al Sharqi presented trophies to the winners of the TCCF Ramadan Swimming competition Media representatives, management, members and swimmers' families and friends, adhered to social distancing regulations



# HOW TO WEAR A MEDICAL MASK SAFELY

[who.int/epi-win](http://who.int/epi-win)

## Do's →



Wash your hands before touching the mask



Inspect the mask for tears or holes



Find the top side, where the metal piece or stiff edge is



Ensure the colored-side faces outwards



Place the metal piece or stiff edge over your nose



Cover your mouth, nose, and chin



Adjust the mask to your face without leaving gaps on the sides



Avoid touching the mask



Remove the mask from behind the ears or head



Keep the mask away from you and surfaces while removing it



Discard the mask immediately after use preferably into a closed bin



Wash your hands after discarding the mask

## Don'ts →



Do not Use a ripped or damp mask



Do not wear the mask only over mouth or nose



Do not wear a loose mask



Do not touch the front of the mask



Do not remove the mask to talk to someone or do other things that would require touching the mask



Do not leave your used mask within the reach of others



Do not re-use the mask

**Remember that masks alone cannot protect you from COVID-19. Maintain at least 1 metre distance from others and wash your hands frequently and thoroughly, even while wearing a mask.**

EPI·WIN



## Fujairah announces establishment of 'World History Museum'



**Under the patronage of H.H. Sheikh Hamad bin Mohammed Al Sharqi, Supreme Council Member and Ruler of Fujairah, the Fujairah Government announced the signing of an agreement with the "Unique Collectibles Museum" to establish the "World History Museum" in the emirate, said a report.**

The agreement was signed by Mohammed Saeed Al Dhanhani, Director of the Emiri Court of Fujairah, and Victor M. Prakash, Director of the Unique Collectibles Museum, news agency WAM reported.

During the signing, Al Dhanhani said that Fujairah, with the support of Sheikh Hamad, is preparing for the establishment of the World History Museum, which will be the first of its kind in the Middle East and will represent a unique opportunity for the general public in the country and from the rest of the world to view rare artefacts from ancient civilisations.

He also stressed the importance of the museum's establishment, noting that its visitors can explore valuable international heritage dating back to various eras.

The museum will offer a great opportunity for students and scholars to benefit from its priceless pieces, he added.

Prakash highlighted the importance of the cooperation between the Fujairah Government and relevant local authorities in establishing the first museum of its kind in the region, which will encourage local and global tourism.

He then thanked Sheikh Hamad for supporting the establishment of the museum while stressing his key role in preserving world history, the report said.



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## E-Government and Fujairah Chamber sign cooperation agreement to provide digital services



**The E-Government of Fujairah signed a joint cooperation agreement with Fujairah Chamber of Commerce and Industry, providing technical support for the electronic and smart services provided by the Chamber to its customers.**

This comes as Fujairah Chamber strives to achieve its strategic objectives of accelerating the digital transformation of its services to its members in order to achieve their aspirations and develop a business environment that serves the emirate's national economy.

The agreement was signed by Sheikh Mohammed bin Hamad bin Saif Al-Sharqi, Director of the Department of E-Government in Fujairah, and Sheikh Saeed bin Srour Al Sharqi, Chairman of the Board of Directors of the Fujairah Chamber of Commerce and Industry, in the presence of His Excellency Mosabah Mohammed Obaid Al-Mazroui and Tarek Mohammed Ibrahim Al-Hinai, members of the Chamber's Board of Directors and Sultan Jumaie Al Hindasi, General Manager of the Chamber.

Sheikh Mohammed bin Hamad bin Saif Al-Sharqi said after the signing that the supervisory role played by the Department in developing strategies that guide and control the government's path towards implementing the smart government initiative in Fujairah comes within the framework of our future plan for the Emirate to enable cooperation and interdependence between government agencies in the emirate. He stressed that this agreement is an additional step in the strategy to ensure the sustainability of the high performance of common services in general and some services for government agencies with which we sign this type of agreement specifically, allowing it to continue its work in accordance with the best international standards followed.

Sheikh Saeed bin Srour Al Sharqi welcomed the signing of the agreement and considered that cooperation between the two sides will be in the interest of serving the business community and will affect the customer, speed up business transactions, and enhance customer satisfaction.

H.E. Sultan Jumaie Al Hindasi confirmed that the agreement comes within the framework of developing the chamber's partnerships with government agencies, with the aim of upgrading the level of services provided by the Chamber to its customers and ensuring high quality results, and achieving the optimal use of government resources to perpetuate the process of excellence and leadership in the Emirate.

## Fujairah launches Naseem Al Bahar Villas



**Naseem Al Bahar Villas is a brand new development which is the first sustainable residential project in Fujairah.**

Naseem Al Bahar, the first 2 Pearl ESTIDAMA rated project in Fujairah, consists of 80 townhouses nestled in an 18,000 sq.ft development. The G+1 spacious townhouses with built-up area of 3336 sq. ft features four bedrooms, two spacious living areas and a back yard.

The property is beautifully decorated, with neutral tones. The open plan living space is adaptable to suit both individuals and growing families. Ensuite bathrooms include fittings of the highest quality and modern design sanitary ware while the Kitchen is fitted with the latest appliances. Beautifully finished dark wood closets offer ample storage space while preserving the minimalistic design of the home.

Perfectly situated in the prime neighbourhood of Al Faseel, nestled between picturesque mountains and multiple springs, the modern units are within two minutes walking distance of Umbrella Beach, giving residents immediate access to exciting outdoor

leisure and living experiences. Residents will also enjoy easy access to key facilities including schools, shops and hospitals, including Sheikh Khalifa Central Hospital, Al Sharq Hospital and Century Mall.



Mohammed Al Othman, CEO of Fujairah Holding said, "Naseem Bahar is a testament to our dedication to creating a modern, and sustainable standard of living for professionals and their families in the Emirate of Fujairah.

We are determined to enhance the quality of residence available to buyers and tenants in search of contemporary living and modern design. This groundbreaking project will set a precedent in the blueprint for Fujairah's evolution into a commercial and residential hub while preserving the surrounding environment."

With a modern design and spacious interiors, the



units are carefully designed and built with a focus on peaceful and harmonious living. Innovative features implemented into the design and build include Austrian engineered soundproofing, double glazed windows and eco-friendly materials. Intuitive temperature controls ensure residents never have to experience extreme temperatures as climates change, keeping their home a comfortable haven all year round.

As part of Rawasi Real Estate's commitment to the environment and in support of the UAE's drive to meet sustainability goals, the project features many sustainably driven technologies and implementations ensuring efficient use of energy, water and key resources.

In addition to environmental rewards, residents of Naseem Al Bahar can look forward to cost savings on their water and electricity consumption reaching up to 50% due to the usage of LED lighting, solar panels and the heat resistant 3D panel technology used to construct the overall building structure. The

roofs consists of a combo roofing system which doesn't absorb heat, saving on HVAC requirements in the buildings. There are electric eco-friendly car charging facilities available on the premises.

"Rawasi Real Estate believes that the only way to develop is with sustainability in mind. This forms the core of our design and build ethos. We are proud to announce that Naseem Al Bahar is the first to receive accreditation of 2 Pearl ESTIDAMA for energy efficiency. We have followed and implemented strict building design methodology and this is evidenced in the accreditation." Added Al Othman.

With a commitment to the highest safety standards, the utilisation of 3D insulated panels have made the buildings earthquake resistant in accordance with international standards.





TENNIS &  
COUNTRY CLUB  
FUJAIRAH

PPRESENT

# ART EXHIBITION



LIVE PAINTING & WORKSHOP



**Bojana Marinkovic Bachelet**  
Featured Artist



**Awatef Salah**  
Featured Artist

**MAY 20 TO 26, 2021**  
**TENNIS & COUNTRY CLUB FUJAIRAH**

FOR MORE INFORMATION CALL US AT 09 224 4880  
& VISIT OUR SOCIAL MEDIA ACCOUNTS



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## Fujairah Terminals, Al Mayya Group sign exclusive livestock agreement



**Fujairah Terminals, a subsidiary of Abu Dhabi Ports, and Al Mayya Group, have today announced the signing of an agreement to handle the livestock logistics for the annual import of more than a million sheep, goat and cattle into the UAE.**

Described as "one of the largest contracts of its kind in the UAE," Fujairah Terminals will grant Al Mayya exclusive rights to service livestock at a specially designated quarantine and berth area within its terminal facilities at the Port of Fujairah.

The quarantine area under construction should be completed by mid-July for livestock imports from Somalia, Somaliland, Ethiopia, Djibouti, Sudan and possibly Tanzania, Al Mayya Group CEO Suliymán Halbouni told S&P Global Platts on April 6th.

By switching the imports to Fujairah outside the Strait of Hormuz from Dubai and other terminals, the transport time should be cut by two or three days, he said.

The Port of Fujairah is better known as having the Middle East's largest commercial storage capacity for refined and crude oil. The UAE emirate also hosts the Abu Dhabi crude oil pipeline, a strategically important facility that allows Abu Dhabi to export its crude oil directly to the Arabian Sea via Fujairah.

In June 2017, the port signed a 35-year concession agreement granting Abu Dhabi Ports exclusive rights to provide services for container, general cargo and cruise ships.

"We have around 15 food security projects in Fujairah from agriculture to camels and are looking at producing food in Fujairah sustainably, but also import what we need from outside," Al Mayya's Halbouni said.

"We are currently rearing livestock in Fujairah but the demand is outstripping supply so we need to import."

**S&P Global Platts**



**AL MAYYA**



TENNIS &  
COUNTRY CLUB  
FUJAIRAH

# SURVIVAL SKILL PROGRAMME

OPEN TO AGE 10+

## OUR ACTIVITIES

10:00-13:00 HRS

- SHELTER BUILDING
- WATER FILTRATION
- LEAVE NO TRACE



# BUSHCRAFT SESSION

OPEN TO AGE 4-10

## OUR ACTIVITIES

10:00-13:00 HRS

- FIRE SAFETY
- NAVIGATION
- SHELTER BUILDING



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## Tennis & Country Club Fujairah, news and promotions



### Members Tennis Tournament

A successful 2nd Member's Tennis Tournament took place at Tennis & Country Club Fujairah. It was a social event solely organised for the purpose of promoting the passion of Tennis and bring it to an advanced level.

Angie Antonick is a certified childcare provider, water rescuer, wilderness first aid and CPR trained. Angie holds a passion for nature and history and to share it further with children.

The camp will be open every weekend for 3 hours only at Tennis & Country Club Fujairah.

### Earth Day

On March 22nd, Tennis & Country Club Fujairah made sure 'Earth Day is here to Stay' by digging in and planting trees. Children unfurled the magic and importance of trees by decorating and painting pots.

### Nation Cup

Diverse by Nation but united by Tennis. Tennis & Country Club Fujairah is coming up with a smashing Nation Cup Tournament for all enthusiasts across the East Coast. The tournament will be based on Teams (Single and Double). Stay tuned for more details.

### Kid Survival Camp

Build your child's confidence in their abilities by signing up for Angie Antonick's Kid survival camp. Find your kids climbing mountains, learning more about nature and other life skills.



## Different Vision Art Exhibition 2021



**The ART Exhibition 2021 will take place at the Tennis & Country Club Fujairah on 20th until 26th May, 2021. The motto behind hosting the exhibition is to promote the idea that 'Art is beyond the form of entertainment and can be a source of creativity and thought-provoking ideas as well'.**

The event's main exhibitors are **Awatef Salah** and **Bojana Marinkovic**. The event will be attended by media representatives, management members and all creativity enthusiasts, within social distancing regulations.

### ***About Bojana Marinkovic Bachelet:***

Am I an artist? I am still very shy to say that as the first thing about myself, but art is a huge part of my being. I was born in Croatia in 1981, but most of my life and education were spent in Serbia. When I started university, it was during a war. My whole youth I spent in poverty.

However, as poor as we were in one sense, we were also rich in culture, spirituality, and relationships. I

did not have a chance to argue with my parents to study art. They are pragmatic people.

Instead of art, I received my Master's in Economics. For 13 years I was chasing a career in multinational co-operations as a data analyst. Climbing higher and higher, I loved my job and never thought that I would be more satisfied and fulfilled with painting (@paintings4i) and photography (@babyphotobyb).

A few years ago, I was encouraged by a friend to start painting as a form of therapy since I was having a lot of stress at work. I enjoyed painting so much, that I started painting up to 8 hours straight. I loaded my friends' homes with paintings. People started asking me to paint for them. It is rewarding and motivating to be recognized by your work; I am so very grateful.

I started taking art courses and having consultations with professional artists. During one course, I met my dear friend Dr. Awatef. We are so different in many ways; from completely diverse cultures and worlds, yet we share the same passion for art and that made us close. I am very honoured to have had the chance to make an exhibition with such a talented artist. I hope that you will enjoy our paintings as much as we enjoyed making them.

**About Awatef Salah:**

Awatef Salah is an Egyptian Cairo based multi-award-winning visual artist. She holds a PH.D. in Environmental Decoration Projects from the Faculty of Applied Arts, Helwan University. She works as Assistant professor at the Faculty. She is also a painter who at times moves to photography. Her work has been exhibited at galleries, festivals, and museums locally and internationally.

She has many group exhibitions and scholarships from different institutions in Egypt and abroad.

2019: Annual Exhibition of the Emirates Society of Photography III - Expo Sharjah UAE.

2019: The art exhibition accompanying Fujairah First International Oud forum - Ministry of Culture - UAE.

2018: Art Exhibition and the Italian concert with Luigi Cherubini conservatory - Ministry of Culture - UAE.

2017: 10th International Photography Hall of Monastir-Tunisia. She executed many workshops. Animation workshops for children in the cinema festival of Luxor with many awards.

2016: Painting award – the South Salon International Luxor Exhibition, Egypt.

2008\2005\2004: Drawing award (painting) - Pioneers Exhibition-Art lovers Association, Egypt.



**Fujairah Police launch new look vehicle number plates**



**The Fujairah Police have launched new look vehicle number plates with a modern and distinct model.**

The new design includes 'sports' plates and special plates (long and short) with two distinct designs bearing the name of Fujairah, one in black and the other in red.

This comes within the framework of the Fujairah Police General Command's keenness to achieve strategic goals and enhance customer happiness

with the services provided, and to respond to their observations and suggestion.

The Vehicles and Drivers Licensing Department in Fujairah confirmed that the process of offering new plates began from Sunday, April 4th for newly registered vehicles first and those renewing the registration.

The existing number plates on vehicles can also be replaced with the new ones.

## 2021 Q2 Fujairah Whale Project report

Our second quarterly survey of 2021 has successfully come to a close after our field team, led by experts from Al Mayya Sanctuary and Five Oceans Environmental Services, took to the sky and sea again to conduct the aerial and boat surveys off the Fujairah coast in search of marine mammals. We recorded a total of 10 sightings over a period of four days in late March, including four cetacean species: striped dolphins (*Stenella coeruleoalba*), common bottlenose dolphins (*Tursiops truncatus*), Risso's dolphins (*Grampus griseus*) and Indo-Pacific common dolphins (*Delphinus delphis tropicalis*).

Striped dolphins are very rarely recorded anywhere in the region and to sight them again in March, having also seen them in February, is highly significant. It is probable that they are almost exclusively an offshore species within the region, hence the scarcity of recorded sightings. Also among the sightings in

March was a pod of approximately 200 common bottlenose dolphins that appeared to be feeding and was accompanied by a smaller pod of about 40 Risso's dolphins. Most sightings occurred in very deep water far from shore, but one was much closer to the coast, relatively near the Port of Fujairah, and consisted of a large pod of around 100 very energetic Indo-Pacific common dolphins that were leaping high out of the water and tail slapping at the surface. This pod appeared to be of mixed ages, including at least one mother-calf pair. Other notable wildlife observations included sightings of 17 turtles and a couple of large sharks, which could not be conclusively identified due to poor weather conditions, but were tentatively identified as whale sharks; a species that has been recorded by the team in previous surveys in 2018. Large swathes of bright green algal blooms were very obvious on the sea surface when viewed from the helicopter, whilst from the boat patches of the sea looked like pea soup. It was likely caused by the diatom species *Noctiluca scintillans*, which is a *bioluminescing phytoplankton*. This is a good reminder of how productive the waters are off the coast of Fujairah, attracting an abundance of marine life. As the days went on, weather conditions deteriorated with increasing wind, haze and rough sea conditions, making it more challenging to sight any cetaceans.

Figure 1. Part of a pod of approximately 40 Risso's dolphins. One individual (bottom of the frame) appears to have noticed the helicopter in the sky above.





Figure 2. The same Risso's dolphins observed from the vessel.



Daily, the aerial team departed in the helicopter from Fujairah International Airport and the boat team from the Port of Fujairah to follow our survey transects in tandem, communicating any sightings to each other. An advantage of aerial surveys is the much wider field of view, due to the altitude, making it easier to find any cetaceans and allowing for more accurate estimation of group size (numbers of individuals) and composition (adults, juveniles, calves) at the sea surface. Once the aerial team confirmed an observation, it is communicated to the boat team, which would then head to hopefully find the cetaceans and obtain close-up photos for ID purposes and to collect other valuable information for our scientific database. Another advantage of the boat-based surveys is, of course, when dolphins decide to ride the bow waves of the survey vessel giving the crew a memorable experience!

The Five Oceans Environmental Services team is now back in the Muscat office undertaking the desk-based tasks of data analysis and cataloguing the photographs. Until the next survey in the third

quarter of this year, make sure to like and follow our social media accounts on Twitter, Instagram and Facebook and keep an eye open for regular news and updates.

By continuing this unique project within the region, our knowledge on the distribution of cetacean species in Fujairah's waters continues to increase, and plays an important role for informing future environmental legislation implementation and conservation efforts within the Emirate. The flexibility and manoeuvrability of helicopters, in conjunction with boat surveys, make them a powerful scientific tool to investigate cetaceans. We wish to thank the project's patron, H.H. Sheikh Mohammed bin Hamad bin Mohammed Al Sharqi, Crown Prince of Fujairah, the Government of Fujairah, Fujairah International Airport as well as the Port of Fujairah plus various collaborators for their continued support and assistance of the project, and we very much look forward to continuing our work together.

## UAE Minister of State for Food and Water Security Visits Dibba Bay



**Local oyster farm sets itself up for growth. Dibba Bay, the first farm in the Middle East to grow gourmet oysters, received a visit from Her Excellency Mariam Almheiri UAE Minister of Food and Water Security recently. The visit involved a tour of the facility located on the East Coast of the UAE in Dibba, Fujairah; where they are growing millions of oysters in the pristine waters of the Gulf of Oman.**

Dibba Bay has just completed a new state-of-the-art production facility which is gearing up to produce half a million oysters a month by end of this year. A large percentage of the produce is going for export to countries that include Russia and Hong Kong, as well as other GCC countries.

"Aquaculture is one of the most important areas of agriculture for the UAE as it makes optimum use

of our most precious resource - water. The oysters from Dibba bay will help meet the demand on seafood as well as generate revenue from their export to markets abroad, which will benefit the local economy in Fujairah as well as contribute to the national economy.

Expansion into foreign markets is a significant milestone for any local food production company and the increase in production capacity at Dibba Bay will ultimately enhance efforts to reach the UAE's food security goals - I congratulate Dibba Bay for successfully scaling up its aquaculture operations," said Her Excellency Mariam Almheiri.

The company has strengthened its production line and brand strategy with a mission crafted to translate its further growth, notably in becoming a global shellfish company.

Achieving this goal will put yet another unique UAE product under the international spotlight and show the ability of the country to continuously innovate.

This visit comes in the wake of many recent initiatives and accomplishments of the company, including:

- The opening of the very first local oyster shop in Dubai. Nestled between the bustling Jumeirah Fish Market and the beautiful Kite Beach, this new outlet will give its customers the satisfaction of tasting a locally grown product while enjoying the sea breeze. This milestone is a major move for Dibba Bay oysters on its mission to bring its fresh oysters directly to everyone's tables.
- The launch of Dibba Bay oyster deliveries in several neighbourhoods of Dubai allowing customers to order gourmet oysters on demand
- Their participation in the Dubai Food Festival offered a sunset shucking experience with the founder of Dibba Bay, Ramie Murray. The experience involved an oyster shucking class, informational session on local oyster farming and indulging in gourmet oysters.



## Fujairah Toastmasters - Exercise Discernment

It was 1996, the Entrance exam for my Engineering Degree. It was like a race. On that race day, the weather was perfect, and the mood was electric. And, in the exam hall, all the participants were made to assemble, the question paper was handed over to us. That's the moment, I started getting nervous, not only me, the entire hall, I can feel from their face. The race started, I sprinted ahead with all the exuberance but had no clue how to pace myself. Halfway into the race, having fallen way behind, I thought I am going to fail and I don't have any idea, how to proceed further.

Sometimes life makes us feel like we are in our entrance exam. We think that we know what's ahead, we have answers for all the questions, but we don't. We feel inspired, we feel happy, we feel like we are on the right track, but we are not. We have a vision of success, we sprint at the start, excited to do well, but we can't. And, then the halfway through the way, we're weary, frustrated, and feel alone. We think: I can't do this anymore. We are burned out. We want to quit.

If you're were one of these people, think about what could happen if we don't quit!

In line with the quote by Author, Napoleon Hill said, "Effort only fully releases its reward after a person refuses to quit."

I passed out my engineering entrance with flying colours and I'm so glad I did. That day, as I entered my college, I was thrilled, excited, proud, confident and flying, as I made it. So the thing, which we need to do is just accept the present situation and keep going, keeping the vision, mission, goal, dreams, etc., alive.

It is the same with joining the toastmasters and servicing as a club leader. Initially, I feel that I was alone, in a different world, not related or connected to me. Then once I am into that, and when connected fully with the Toastmastering, I started to feel excited, enriched, but again at a certain point, I started feeling drained and there is no support, and many different thoughts will start provoking within me, and wants me to quit.

But it is not like that, life gives a different experience

to nourish us, to bring the best out of us, to break the barrier around us, to move out of the comfort zone. Once we align with the same, plan of life, we can succeed. Kindly exercise discretion.

*How to proceed Forward;*

As we all know, it is enriching, lively, pleasant, if we do something new or unknown things. So it is good to try something new, break the stereotypic meetings, enjoy the change, accept as it is, sometimes enjoyment needs to be rekindled, life is to be cherished.

Here are some ideas to reignite the enthusiasm as well as help others:

- Take up the challenge, use the blockades as stepping stones
- Take a pause, don't quit
- Change the normal schedule, discuss with Ex-Com
- Enjoy a social event with the members of the club
- Assign different roles, to different members, rotate the responsibilities
- Begin to cultivate a successor
- Motivate new members, show the path
- Know that you are not alone. Connect with others via social media
- Adapt to the change, don't resist

Feel the success, gently push yourself to reach it because when we cross the line, we'll love how we feel!

We'll feel like a champion.

Happy Toastmastering.

**A. Arivazhagan**  
VP-Education\_Fujairah  
Toastmasters Club,  
QHSSE Officer  
Fujairah Oil Terminal,  
PR Ambassador for  
DTAC2021 Oman



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## Be Mindful of the Circus Within

**A Circus** is a company of performers who put on diverse entertainment shows that may include clowns, jokers, acrobats, trained animals, trapeze acts, musicians, dancers, jugglers, magicians and stunt-oriented artists. A travelling circus takes place in a Big Top.

**The Mind** is the set of faculties including the cognitive aspects such as consciousness, imagination, perception, thinking, intelligence, judgement, language and memory, as well as non-cognitive aspects such as emotion and instinct. Under the scientific physicalist interpretation, the mind is produced, at least in part, by the brain. Isn't that our Big Top?

### 100% Free Of Madness?

SJ Vasudev, with wit and wisdom, calls the mind a "circus," one that can "render you to the depths of hell within yourself," but that can also "take you to great heights." He goes on to say "Only if you are out of the circus of your mind, you will be hundred percent free of madness" and he explains that a circus is not a mess; a circus is a very coordinated activity deliberately made to look like a mess. On one level it is a mess, but on another, it is a highly coordinated activity.

### Mental Diarrhoea?

Our ways of thinking and feeling are so deeply identified with things we are associated with: our body, our parentage, our children, my wife, my husband, my home; with just about anything and everything. Once you are identified like this, your mind is a mess of a circus. It will never rise to any great peak; it will just be a mess. Once you are very deeply identified, it is better not to insult the circus by calling your mind a circus. It is more a "mental diarrhoea" because it is just going on nonstop, endlessly. Your mind – that which should have been a ladder to the divine – has unfortunately become a stairway to hell, simply because it is too identified with so many things.

### Onionized Knife?

If a knife has to cut through anything effortlessly and well, it is extremely important that whatever it cuts through does not stick to it. If the residue keeps sticking to the knife, after some time this

knife becomes useless. Some of you must have experienced in your kitchens, when you cut an onion with a knife, and then cut mangoes or apples, everything tastes like an onion.

### Go All Out!

If the circus of the mind has to become a symphony and rise to its crescendo, you cannot be selectively involved. The trapeze bars and trapeze ropes are always tied in such ways that the trapeze artists will get to reach each other only if they go full swing. If any one of them is a little unwilling, the circus will collapse. To make it happen in a beautiful way, they must go all out! That is so with you also. Are you going all out with life? If you are going all out, that itself will settle the mind.

### Make Your Life A Circus!

If you have the same passion and involvement with every aspect of your life, the mind is not a misery. It is a beautiful circus. Yes, it is. "Circus" is not a negative word. A circus is a "hugely coordinated symphony of actions". And that is how the brain is functioning.

*"Life is a circus when your intellect and your body alone are involved.*

*Life is a dance, when the intelligence begins to play its role".*



**CA Surya**

**Narayana**

**Krishna Moorthy**

*Distinguished Toastmaster, Mentor, Educator, Author and Life-Coach, Past Area 74 Governor, Immediate Past Assistant Division K Director for Club Growth, Immediate Past Treasurer of Fujairah Toastmasters Club, Sponsor, Past President and Current Treasurer*

*of Royals Toastmasters Club, Member of Bahrain Falcons Toastmasters Club, Mentor of Fujairah Gavel Club and Charter Member and Treasurer of Ameeragam Thamizh Sangham Toastmasters Club*



## Chicken and potato gratin- Hira's Foodistan Ultimate Comfort Food

Layers of soft potatoes, flavourful chicken and creamy white sauce topped with red and yellow cheddar! Absolute delight for your taste buds!

### Chicken Ingredients:

2-3 tbsp oil  
 500g boneless chicken (chopped into tiny pieces)  
 2 tsp dried oregano  
 2 tsp chicken powder  
 1 tsp salt (or to taste)  
 1/2 tsp freshly cracked black pepper  
 1.5 tsp mango powder (optional)  
 1/2 tsp white pepper  
 1/2 tsp black pepper powder  
 1 tsp cayenne pepper  
 3-4 tbsp. water

### Directions for chicken:

Heat oil in a pan, add chicken pieces, when chicken's colour changes, add the remaining ingredients, fry for 5 minutes. Turn flame to low, cover and cook for 10 minutes

### For The Potatoes:

Take 3 medium potatoes, wash and cut them into thick slices. Cut potatoes in 1/4 inch slices then boil in water with some salt. Drain the potatoes when they are cooked, don't over boil or they'll break.

### White Sauce Ingredients:

30g butter.  
 2 tbsp flour (slightly heaped)  
 2 cups milk  
 1 tsp dried oregano  
 1/2 tsp dried basil  
 1/2 chicken stock cube  
 1/2 tsp salt  
 1 tsp garlic powder  
 a pinch nutmeg  
 2 green chillies finely chopped  
 1/4 cup Cheddar cheese shredded



1/4 cup Gouda cheese shredded (optional)  
 3.5 tbsp thick cream

### White sauce directions:

Heat butter, add flour, mix till aroma comes. Remove from stove and whisk in milk gradually. Put it back on flame, add oregano, basil, chicken cube, salt and garlic powder. When sauce becomes just a little thick, add green chillies, shredded cheese, nutmeg and cream. Mix gently and turn off flame. Check flavouring, adjust if needed.

### Topping: Shredded cheese

#### Layering:

Place boiled potato slices in a large dish, top with some chicken and then put white sauce. Repeat the layers another time. Top with shredded red and yellow cheddar cheese, or any other cheese, if desired. Bake at 180C preheated oven for 20 minutes.

*Note: I used measuring spoons for this recipe*

To see more: [www.instagram.com/hirasfoodistan](http://www.instagram.com/hirasfoodistan)

## Healthy Banana Bread

**Moist banana bread that is so delicious you won't even know it's healthy! Ripe bananas are a dream in banana bread and make the best banana bread ever. This healthy banana bread is everything you'll want in banana bread.**

### Ingredients

285g/10oz plain flour  
 1 tsp bicarbonate of soda  
 1/2 tsp salt  
 110g/4oz butter, plus extra for greasing  
 225g/8oz caster sugar  
 2 free-range eggs  
 4 ripe bananas, mashed  
 85ml/3fl oz buttermilk (or normal milk mixed with 1,1/2 tsp lemon juice or vinegar)  
 1 tsp vanilla extract

### Method

Preheat the oven to 180C / 350F / Gas 4.

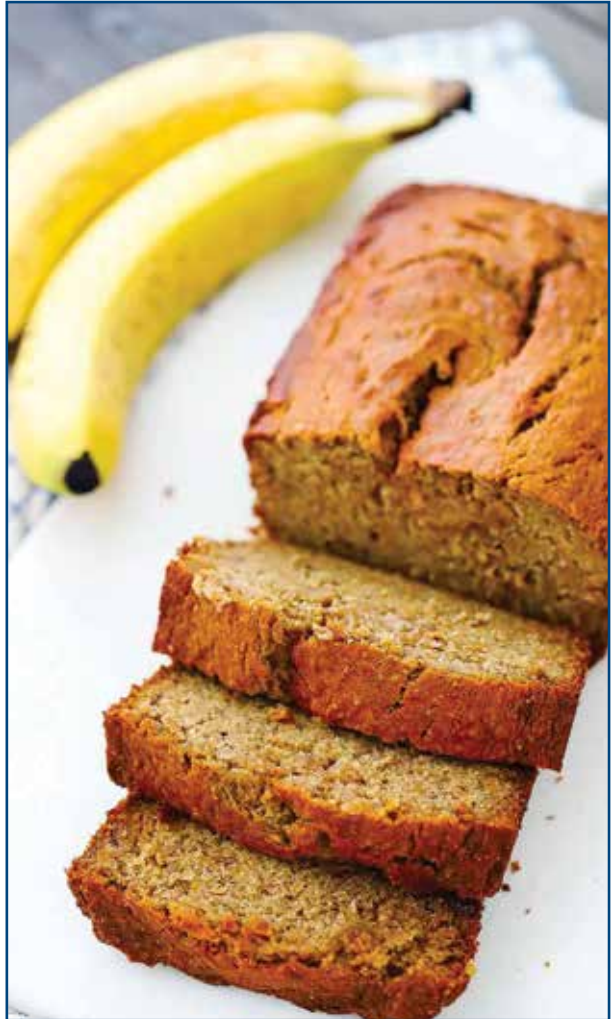
Sift the flour, bicarbonate of soda and salt into a large mixing bowl.

In a separate bowl, cream the butter and sugar together until light and fluffy.

Add the eggs, mashed bananas, buttermilk and vanilla extract to the butter and sugar mixture and mix well. Fold in the flour mixture.

Grease a 20cm x 12.5cm/8in x 5in loaf tin and pour the cake mixture into the tin.

Transfer to the oven and bake for about an hour, or until well-risen and golden-brown.



Remove from the oven and cool in the tin for a few minutes, then turn out onto a wire rack to cool.

### Pro Tips:

Use very ripe bananas. The riper the banana, the sweeter it is, the easier it is to mash, and the more sweetness it adds to the bread.

**A Carpenter**

## Streamfare Awards 2021 at St. Mary’s Catholic High School, Fujairah

**St. Mary’s Catholic High School, Fujairah solemnised its first Streamfare Awards 2021 function on 11th, 17th and 18th February through the virtual platform with great zest and enthusiasm.**

This ceremony is a focal point of the school calendar where Artificial Intelligence excellence is celebrated and recognised.

The program started with the Quran recitation followed by prayer and blessings by our Rector, Fr. Balasamy.

The Principal, Fr. Raj delivered an inspiring message about the true purpose of education. Mr. Edward, our Vice Principal, said a few words about Multiple Intelligence and the importance of introducing the Stream Class.

After that, there was a welcome song by the school choir that delighted us.

The program was enlightened by the presence of our chief guest, Mr. Mathew Korah, the Country

Head of Bricknowland, who delivered an inspiring message to motivate the students. The honourable Chief Guest spoke eloquently about the creativity and the sense of pride that the students had in them.

Then the most awaited moment arrived, Fr. Chinnaparaj and Fr. Suresh announced the names of the Top 5 winners.

The winners demonstrated their Stream Projects and explained them passionately. Many students came up with wonderful and creative ideas and were selected as nominees. The ‘dancing stars’ of the secondary section made the program more colourful.

The program ended with a vote of thanks. The program was a huge success because of the dedication and efforts made by the teachers, staff and students.

**Rovita Rose Pereira**  
Class VI A  
St. Mary’s Catholic High School, Fujairah

Streamfare Awards 2021 Winners		
Place	Grade 3A and 3B	Name of Activity
1	Nigel Brandon Dantis	Lego Digital Designer
2	Rishan Jose Ray	
3	Abiudh Vasavi Mukinthan	
4	Rujula	
5	Jubal Baby	
Place	Grade 4A and 4B	Name of Activity
1	Felix Azarial	Lego Digital Designer
2	Aayyan Sharma	
3	Rifat Ahmed	
4	Pranavi Terni	
5	Abhiraj Samanta	



### Streamfare Awards 2021 Winners

Streamfare Awards 2021 Winners		
Place	Grade 5A and 5B	Name of Activity
1	Aaron Charles	Makecode GUI Programming for Microbit
2	Vyom Nilesh Joshi	
3	Alan Siva. S Anilkumar	
3	Sreenandh Sumesh	
4	Nishaa Nataraj	
5	Alen Biju and Amina V	
Place	Grade 6A and 6B	Name of Activity
1	Rovita Rose Pereira	Makecode GUI Programming for Microbit
2	Joel Sebastian Jeas	
3	Eric Cherian Samuel	
3	Amra Faryal	
4	Alwin Anil Jacob	
5	Sushmitha P. Sudheer	
Place	Grade 7A, 7B and 7C	Name of Activity
1	Avanthika Narayanasamy	Python Programming (World Number One Programming for App Development, Language and Website Development)
2	Athul Prasad	
3	Jisna Jijesh	
4	Shreya Ray and Roshan Johnson	
5	Joan Elza Lajju	
5	Raina Ann Thomas	
5	Darby Raju Mathew	
Place	Grade 8A and 8B	Name of Activity
1	Adeeb Sainudheen	Python Programming (World Number One Programming for App Development, Language and Website Development )
2	Mehul Vinayk	
3	Kevin Manoj Jacob	
4	Anstin Shibu and Abhishek	
4	Abhishek	
5	Esra Clare Linto	

## Our Own English High School, Fujairah welcomes the young charges of the Early Years to a brand new academic year!



**The new academic year for the CBSE stream in OOEHs, Fujairah commenced on 11th April 2021. The Principal Ms. Saleema Mahmoodi and the Section Supervisor conducted the Orientation Program on 8th of April and welcomed the existing Students and the new entrants.**

The KG2 students joined on 11th April, the KG1 joined the following day. This year the portal for lesson delivery in the Early Years has been shifted to Microsoft Teams as it provides a platform which supports live interaction between the students and the teachers. The online educational tool, ClassDojo, is also being used alongside MS Teams as a platform for parents to stay connected with their child's classroom and to enjoy daily update in the form of pictures/videos/presentations.

As the students joined their first ever live online class on the first day of school, they were elated to see their teachers and other fellow classmates. The excitement was infectious as the students heartily greeted their classmates who they were meeting for the first time. "Ma'am, I'm so happy to see you!",

"Hi friends!", "Hello! I am Naazil! I'm 4 years old!". These were just a few snippets of the conversation that happened during the ice-breaking session. The students were then guided about the e-safety rules and the 4 simple steps to follow every time they were online and attending classes. Interesting games like Simon Says, Singing Along and name games kept children's interests alive and vibrant throughout the day, online.

The teachers gave a contemporary twist to the usual 'welcome to school' activity by making the students do a hand printing activity, thereby symbolizing the use of their hands as a 'hands-on' approach to learning.

The first day of school ended on a very positive note with the teachers, students and parents looking forward to a year full of fun-filled activities and lots of learning in store. During the last session of the day, the students were dilly-dallying and wanted to extend the period as they were thoroughly enjoying the novel experience of their new digital and collaborative class.

The first day in Kindergarten was just a beginning to a wonderful and fruitful academic year!!

## Is reading and writing on paper better for your brain?



**My daughter is 21 years old, and I've been reading books with her since before she was born and still do. I say 'reading', but in the early days this really meant 'sharing.' We moved from those seemingly, endless, waiting days when I was pregnant, and read aloud stories I thought would lull her to rest in the womb, through birth to the eight months stage when she sat propped up on cushions and engaged in a cloth or picture book with me. We progressed to reading before every bedtime with the bath, bottle, bed routine and on to developing her reading strategies at nursery and primary school age. Finally, we moved to sharing novels when she was a young teenager - as much to ensure content was suitable, as to retain that Mummy-daughter time I was afraid to miss. I still read to her now to help her relax or escape the inevitable, fast pace of university life and to recapture that essence of childhood where nothing mattered but the closeness of sharing a story with Mum.**

As my daughter began, not simply to look, but also to engage, with a book and to recognise a few letters and even words, I shared her pleasure and her pride. Reading, unlike speaking, is a 'young' activity in evolutionary terms. Humans have been speaking in some form or another for hundreds of thousands of years; we are born with the ability to acquire speech. The earliest writing, however, emerged only 6,000 years ago, and every act of reading remains a version of what my daughter was learning at the age of six: identifying the special series of physical objects known as letters and words, using much the same neural circuits as we use to identify trees, cars, animals and telephone boxes. A fascinating but often challenging process, but a key to lifelong learning and enjoyment for many. The terrible sadness I experienced when I realised my uneducated father was unable to read or write, definitely carved my future pathway as an educationalist.

People do not just process words and letters, texts are also, as far as the human brain is concerned, physical landscapes which need to be negotiated. It shouldn't be surprising therefore that individuals respond differently to words printed on a page compared to words appearing on a screen; or that the key to understanding these differences lies in where the words appear in the world. I wonder, when given the choice, between media (printouts to smartphones, laptops, e-readers and desktops or tablets) and paper, how many people would say that it was the 'hard copy' which actually enabled them to concentrate more. The available research

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actually shows that around 92% of adults think they concentrate better when reading a hard copy of a text rather than reading from a screen. During a time when we are all advocating the use of technology as a tool for learning, I think we need to be a little cautious to avoid throwing out the 'book with the bathwater'!

The fact that we concentrate more fully when reading a hard copy text isn't likely to surprise many teachers, editors, or anyone else who works closely with text. When planning to write this article I made notes on paper using my favourite pen. I gathered my thoughts with a brainstorming diagram. I then processed these on a computer and printed the draft. Next I edited the draft, annotating with scribbles and notes, arguing with myself in the margins, placing exclamation marks next to key points and main messages; spreading the messy results out on my desk I reviewed and reflected and from this landscape I created a hopefully coherent argument for my audience to consider. I enjoyed the process. So what exactly was going on here? Age and habit played their part, maybe I would now be considered 'old school' in writing terms. But there is also a growing scientific recognition that many of a screen's unrivalled assets – search, boundless and bottomless capacity, links and leaps and seamless navigation – are either unhelpful, or destructive when it comes to certain kinds of reading and writing. How can I create anything original when it's all there in front of me?

Researchers have looked into the practice of longhand note taking compared to typing using laptops. Their conclusion: the relative slowness of writing by hand demands heavier 'mental lifting'

(cognitive struggle) forcing students to summarise, rather than to quote verbatim – in turn tending to increase conceptual understanding, application and retention. It's the long distance cross country running way of exercising the brain.

In other words, the effort is good – at least so far as the part of the brain associated with memory is concerned. Moreover, the textured variety of physical writing can itself be significant. In 2012, an American psychologist, Karin James, tested five-year-old children who did not yet know how to read or write by asking them to reproduce a letter or shape in one of three ways: typed onto a computer, drawn onto a blank sheet, or traced over a dotted outline. When the children were drawing freehand on paper, an MRI scan during the test showed activation across areas of the brain associated in adults with reading and writing. The other two methods showed no such activation.

Similar effects have been found in other scientific tests suggesting not only a close link between reading and writing, but that the experience of reading itself differs between letters learned through writing by hand and letters learned through typing. Add to this the physical geography of a printed page or the heft of a book which can provide



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



additions to memory, and you've got a conclusion neatly matching our embodied natures: the varied, demanding, motor-skill-activating physicality of objects tends to light up our brains brighter than the placeless, weightless scrolling of words on screens. So it seems, all that book sharing over the last 18 years was not wasted.

I realise that in many ways, this is an unfair result, effectively comparing print at it's best to digital at its worst. When I spread my messy hand-drafted printouts across a desk, I did not just access data; I reviewed the idiosyncratic geography of something I considered, created, corrected. I did actually research my article online, using a screen.

Ultimately, I typed it up on screen and I suspect my readers will enjoy an on-screen environment when they read it. However, I feel that screens are perhaps at their worst when they emulate paper. At their best, they're something free to engage and activate our wondering minds in ways undreamt of in my childhood.

On reflection, it seems to me, we must abandon the notion that there is only one way of reading, or that technology and paper are engaged in some

implacable war. We're lucky enough to have both growing self-knowledge and an opportunity to make our options as fit for purpose as possible – as slippery and searchable or slow with friction as the occasion demands.

I can't imagine teaching my daughter to read in a house without any physical books, pens or paper, I can't imagine living in such a place and I find it hard to accept that is what our future has in store for us.

But I also can't imagine denying today's children the limitless words and worlds, a screen can bring to them, either. Its should be the ultimate aim of educationalists to teach children to make the most of both and to: scribble, draw,type,copy,paste, sketch read... precisely as much as they need to make sense of the world and make each idea their own.

**Christine Simmond**  
Chief Education Officer  
Diyar Education



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for a **stronger tomorrow.**





## Trivia Quiz

1. What hunts most, the male or female lion?
2. What is the national sport of Japan?



3. Who was Henry VIII's last wife?
4. What main character in a Disney film never speaks?
5. What national team won the first ever football World Cup in 1930?
6. Why is Kopi Luwak the most famous/infamous coffee in the world?
7. What is a baby elephant called?
8. What is the main ingredient in black pudding?
9. Before marrying into the Royal Family, what was Meghan Markle most famous for?
10. Who became the first black manager of a Premiership football club in 1996?
11. What was the first national park to be created in the UK?
12. Which famous long-distance train had its first run in October 1883?

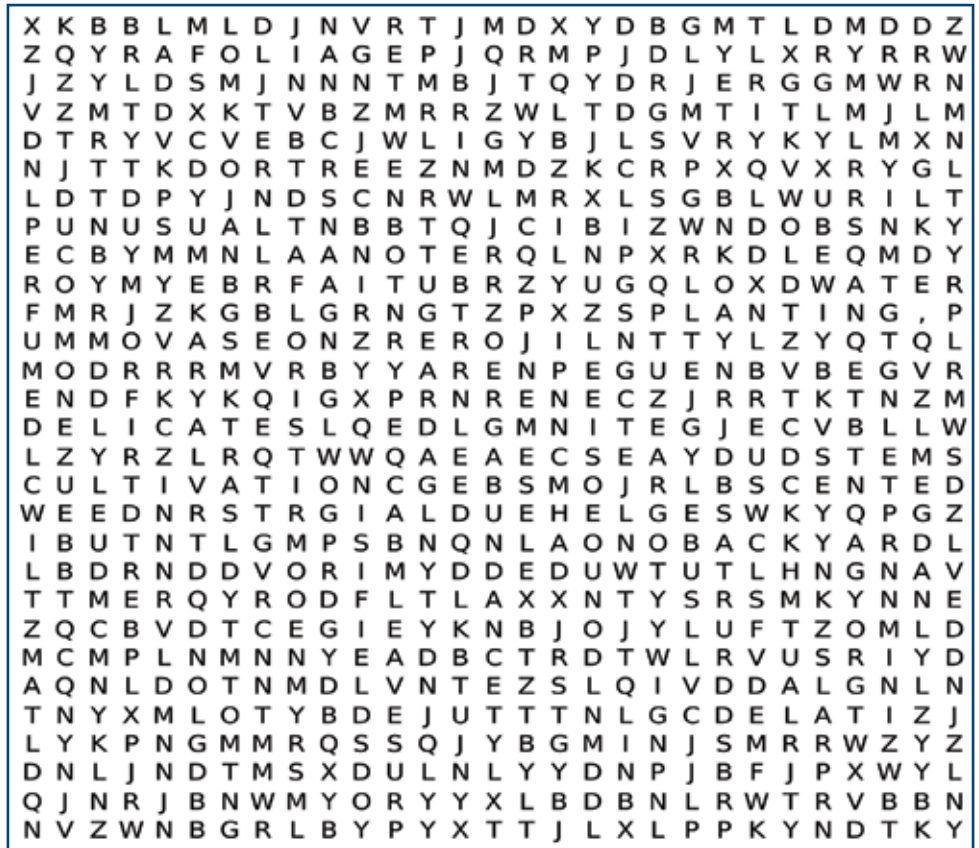


13. Who was the owner of Buzz in Toy Story?



14. True or false: Goldfish have a three-second memory
15. What is the largest planet?
16. Amazon boss Jeff Bezos pledged \$10 billion to help fight what global issue?
17. What is the highest rated TV show on online film and TV platform IMDB?
18. What does the national public service broadcaster BBC stand for?
19. What singer won an Oscar for From Here to Eternity?
20. What are the four Teletubbies called?

## 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.

- |              |             |           |          |
|--------------|-------------|-----------|----------|
| Accents      | Colourful   | Foliage   | Showy    |
| Arrangements | Common      | Fragile   | Smell    |
| Backyard     | Container   | Fragrance | Snip     |
| Baskets      | Corsage     | Greens    | Sprig    |
| Beauty       | Cultivation | Grower    | Stems    |
| Blooms       | Cut         | Leaves    | Trimming |
| Bouquet      | Delicate    | Lush      | Tropical |
| Boutonniere  | Design      | Odour     | Unusual  |
| Bucket,      | Dozen       | Perfume   | Vase     |
| Bud          | Edible      | Petals    | Water    |
| Centerpiece  | Exotic      | Planting  | Weed     |
| Clip         | Fields      | Scented   | Wild     |
| Clustered    | Florist     | Seasonal  | Wilt     |

## Word Square

### ACROSS

1. Cure-all
8. Moorish drums
9. Characters
10. Improper use of words
11. Trailer home
12. Graceful
13. Agrees

### DOWN

1. Cure-all
2. Moorish drums
3. Characters
4. Improper use of words
5. Trailer home
6. Graceful
7. Agrees

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

---

## Ladderword

### ACROSS

1. Witness
3. Appear
5. Appears
6. Actor, \_\_ Gibson
7. Citrus fruit
8. Fragrant resin

9. Superlative suffix
10. Devices for fishing
11. Perfume
12. Flying mammal
13. Adjoin
14. German submarine (1-4)
15. Your (Colloq)

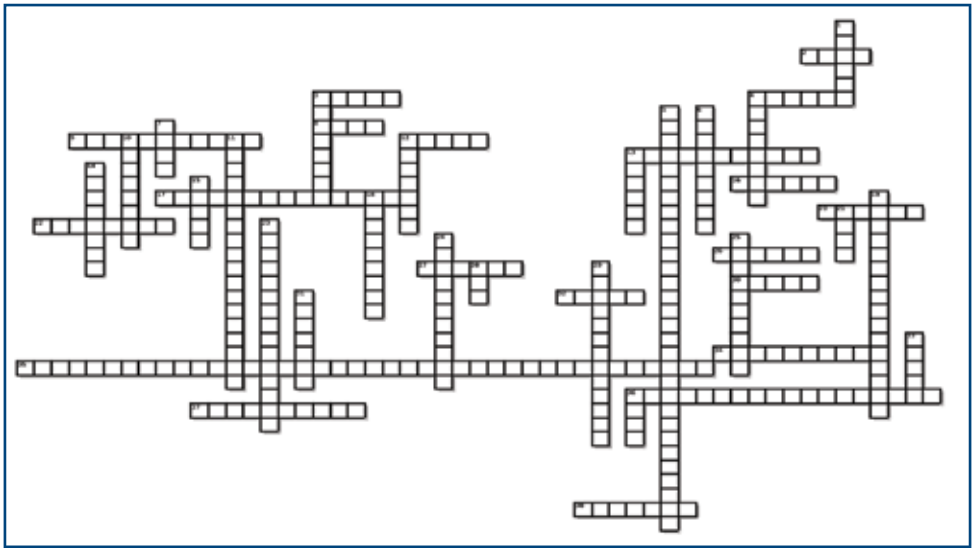
16. Three (Cards)
17. Way in
18. Bitter vetch
19. Withered
20. Marsh plants
21. Meadow
22. Authenticating mark
23. Marine mammals

### DOWN

2. Time periods
4. Parts of a minute

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 A Yeoman was originally a man possessing working with
- 3 Earl Scruggs (1924-2012) pioneered and was master of the three-fingered technique
- 4 Pissouri, Paphos, and Protarus are seaside resorts in which Mediterranean island
- 8 Membranophone technically refers to
- 9 Name the credit-card sized low cost basic personal computer designed to increase young people school computer access/skills
- 12 A dagga is the bass element of what Indian percussion instrument
- 13 What traditionally mysterious organization is casually referred to as 'The Craft'
- 16 What airline was exposed in Spring 2012 as having leaked celebrities' flight details to a paparazzi agency
- 17 Mallard is the official world speed record

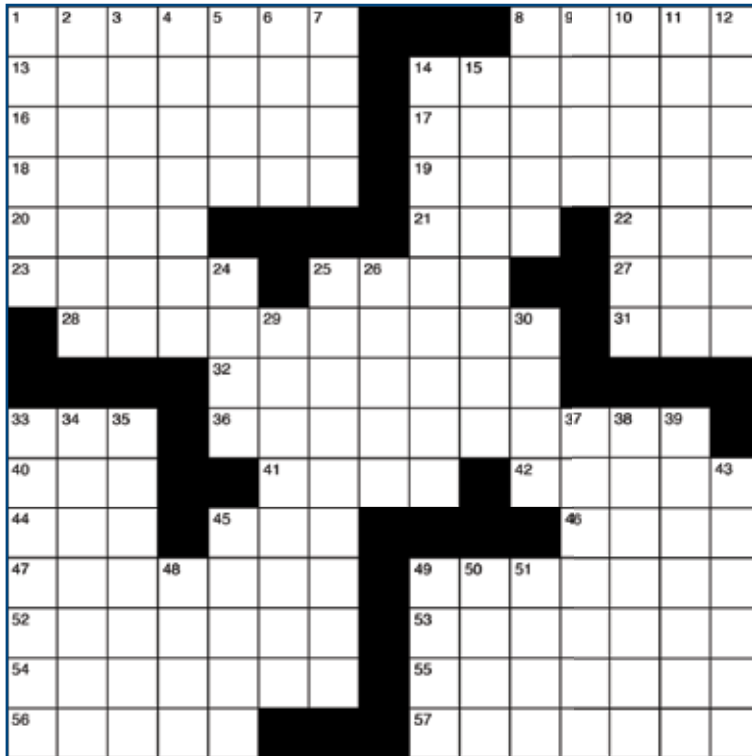
- holding what
- 20 The wonderfully named district of Hhohho is in which continent
- 22 Chicken Pox is mainly contracted from contact with who
- 26 Which country's royal anthem is called 'Kongesangen'
- 27 Name Shanghai's financial area and China's commercial hub, literally meaning 'east bank'
- 30 What is the only internal human organ capable of natural regeneration of lost tissue
- 32 Carthage is a 3,000 year old urban settlement now part of what North African capital city
- 34 Traditional name for a tradesman who forges iron/steel
- 35 The UK abbreviation UCAS stands for what
- 36 The Hornbostel-Sachs system classification
- 37 Name the passenger vehicle famously lost with 36 fatalities on 6th May 1937 at New Jersey US
- 38 Which major social networking corporation

- grew from a branded messaging project at podcasting site Odeo

### DOWN

- 1 Tian Tian, Yang Guang
- 3 Religious code refers to 'the three poisons'
- 4 Phnom Penh is the capital city
- 5 Belgian surgeon Jacques Rogge headed what organization (2012)
- 6 Personal computing in the 1980s, selling over 20 million of its 64k memory machines
- 7 Tonsure refers to removal of hair from the
- 10 Instrument commonly featured in the logos of national postal services
- 11 What is the name of the longest national highway in the world
- 12 Which Greek hero killed the 'half-man half-bull' Minotaur
- 13 What nationality is the retail group Carrefour
- 14 Perfunctory
- 15 What organ of the body has a superior vena cava
- 18 Facebook acquired a major photo app company in April 2012
- 19 Who succeeded Joseph Stalin as leader of the Soviet Union
- 21 Old name of dessert of stewed fruit blended with custard cream
- 23 Army bugle call meaning get ready mounted and into line/parade
- 24 Lye
- 25 Which sport ruled that bikinis would not be compulsory for the London Olympics
- 28 Japanese word for the sash worn as a belt in traditional dress
- 29 Burmese political prisoner and leader
- 31 UK government-funded company was founded in 1945 to provide work for injured soldiers
- 33 Only country whose homeland spans Africa and Asia
- 36 What African country experienced a rebellion by Tuareg fighters (2012)

### Crossword



### DOWN

1. Dwell permanently
2. Come forth
3. Ravenous fish
4. Good sources of vitamin C
5. \_\_\_\_-Flush (bathroom brand)
6. State, in Paris
7. Cabinet department head
8. Midler, Streisand, et al.
9. Just \_\_\_\_ (very little)
10. Robert Blake role
11. Courtyards
12. Clipper's target
14. Sound reducing
15. Clothes
24. Costa \_\_\_\_
25. Writer's technique
26. Jingle writer, perhaps
29. Famous football coach
30. Those, to Jose

### ACROSS

1. Rests
8. Touch lightly
13. Arab chieftain's jurisdiction
14. Excitedly, to a maestro
16. New York resort lake
17. Pamplona's place
18. Silliness
19. Swapped car
20. Euphemistic curse
21. Chats with, online
22. Your in Italy
23. Obsolete anaesthetic
25. Reasonable
27. "Spare me the details..."
28. Not a problem
31. Digital form of communication?
32. Perpetrates

33. "\_\_\_ your age!"
36. Emissary
40. French king
41. Rover's reward
42. Didn't squander
44. With, on a diploma
45. \_\_\_ Harbour (Miami Beach resort)
46. Descartes or Magritte
47. Independent of experience
49. Areas of influence
52. Trinkets
53. Early metalworking period
54. Meantime
55. Even more isolated
56. Grate deposit
57. Sight exam

33. Pan's home, in Greek myth
34. Newspaper clip-outs
35. "Skellig" star
37. Be afraid to
38. Had thirds, maybe
39. Breaks a vow
43. Sandy land
45. Male swine
48. Nice notion
49. Regal title
50. Quarry
51. Wigwag, for some

## Logic Grid

Jumping Beans	Blue	Green	Orange	Red	Yellow	3	5	7	9	11
Jane										
Jasper										
Jeff										
Jim										
Julie										
3										
5										
7										
9										
11										

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.

### JUMPING BEANS

Five siblings (one is Julie), were given different coloured jumping beans(one set is coloured yellow), with each set having a different number of beans(one set has 7).

From the clues can you determine which sibling has which coloured jumping bean and how many of each set they have?

### CLUES

Jim’s set has more than the one with the green-coloured beans, but less than that of the red set.

Jane’s set of five beans is coloured neither blue or yellow.

Julie’s set contains more beans than either Jane’s or Jeff’s (combined).

The orange-coloured set either contains 5 or 7 total.

The yellow-coloured set (which is not Julie’s), contains not less than 9 beans.

Jeff’s beans are blue.

There are less beans in Julie’s red-coloured set than the yellow set.

**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	A		2	B		3	A	4	J	5	D	6	G		7	H	8	B	9	E	10	D	11	G	12	J	13	A	14	O	15	N	16	E	17	J	18	O			
19	C	20	A	21	M	22	A	23	C	24	J		25	N	26	G	27	K	28	O		29	G	30	M		31	H	32	G	33	E	34	M	35	F	36	M			
		37	C	38	B	39	L	40	G	41	A		42	E	43	O		44	B		45	L	46	G	47	A	48	E	49	L	50	O		51	O	52	E				
		53	I	54	A	55	D	56	A	57	D	58	A	59	O	60	M		61	H	62	G	63	D	64	N	65	C		66	M	67	B	68	H		69	H			
70	L	71	K	72	M	73	B	74	F	75	K	76	M	77	K	78	I	79	N	80	G		81	E	82	D	83	L	84	O	85	K	86	J	87	O	88	I			
89	D			90	G	91	L	92	B	93	F		94	O	95	D	96	H	97	L		98	D	99	A	100	L	101	D	102	O	103	E	104	J	105	F	106	L		
107	H	108	N			109	O	110	H	111	I	112	K		113	I	114	J	115	A	116	H	117	N		118	F	119	E		120	C	121	M	122	B	123	F			
124	M	125	F			126	G	127	J	128	B	129	K		130	E	131	D		132	J	133	O	134	H	135	F	136	B	137	D	138	K								

**A** 41 47 22 115 56 20 99 13 58 54 1 3  
 Turn over a new leaf, in a way (3)

**B** 136 92 122 67 44 38 128 8 2 73  
 Donald's ex (2)

**C** 120 23 37 19 65  
 Scraping tools

**D** 89 82 98 131 137 10 57 5 101 95 63 55  
 Deprives of richness

**E** 103 81 130 9 33 16 52 42 119 48  
 Tax determiners for businesses (2)

**F** 35 105 118 135 93 74 125 123  
 Popeye's girlfriend (2)

**G** 11 32 40 29 46 62 126 26 80 90 6  
 Unusually hot temperatures (2)

**H** 116 68 61 107 69 134 7 110 96 31  
 Magazine position

**I** 111 88 78 53 113  
 "Take me \_\_\_" (3)

**J** 24 4 104 17 127 114 12 132 86  
 Tibetan watchdog (2)

**K** 75 85 27 112 71 77 138 129  
 Spent the cold season (in)

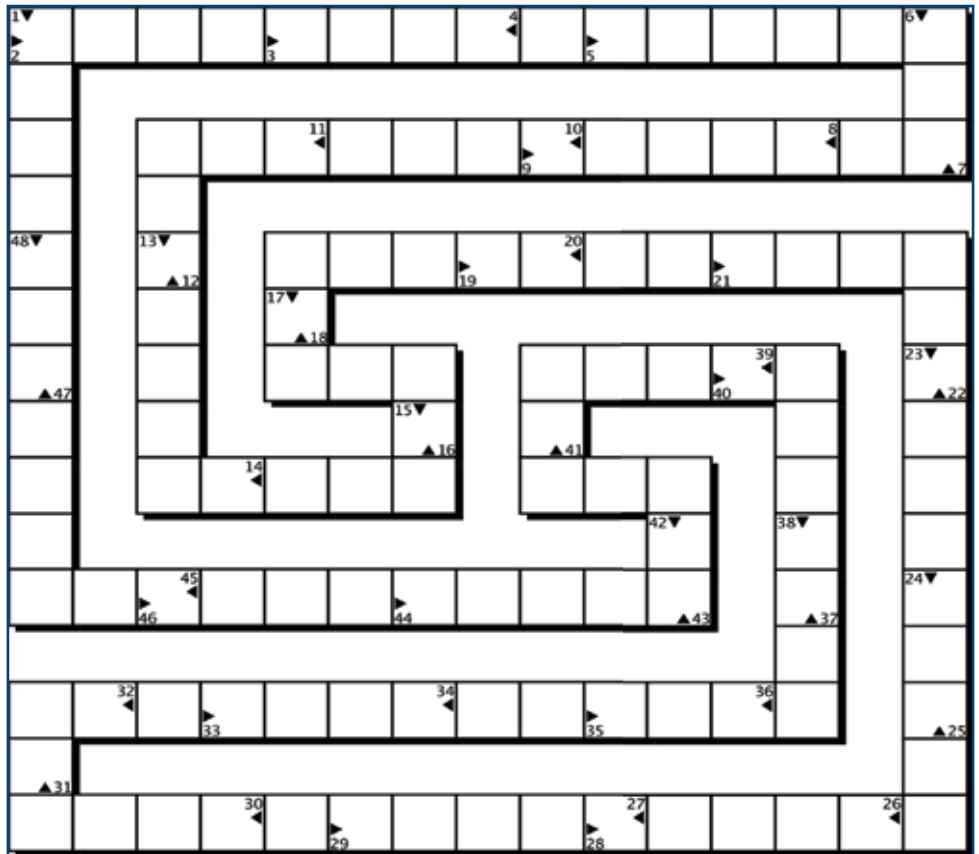
**L** 49 70 106 45 91 100 83 39 97  
 Hatching externally

**M** 72 76 21 36 30 124 66 60 121 34  
 Fills a balloon again, e.g.

**N** 15 64 79 117 25 108  
 \_\_\_ Brothers (Memphis clothier famous for selling to Elvis)

**O** 28 51 87 109 59 18 133 43 84 102 50 14 94  
 Very doubtful (4)

## Slitherlink



### CLUES

- |                             |   |                                      |                                   |
|-----------------------------|---|--------------------------------------|-----------------------------------|
| 1. Jail                     | 12. Verdure                               | 25. Person who camps out             | 37. Substance of elephant's tusks |
| 2. Muslim judge             | 13. Australian tree                       | 26. ___ Armstrong, first man on moon | 38. Red wine                      |
| 3. Aircraft field           | 14. Hepatic organ                         | 27. Be present at                    | 39. Australian food fish          |
| 4. Bribe                    | 15. Erse                                  | 28. Person who transfers property    | 40. Novice                        |
| 5. Small drum               | 16. Clutch                                | 29. After deductions                 | 41. Vow                           |
| 6. Persian fairy            | 17. Type of automatic gear selector (1-3) | 30. Precipitation                    | 42. Displace                      |
| 7. Reprehensible person     | 18. Pedal digits                          | 31. Church recess                    | 43. Brief romantic affair         |
| 8. Story                    | 19. Mimicked                              | 32. Inhabitant of Spain              | 44. Mountain passes               |
| 9. Ice cream made with eggs | 20. Stroll                                | 33. Gnarled                          | 45. Person who sells              |
| 10. Circular course         | 21. Peptic complaint                      | 34. Scope                            | 46. Bristle                       |
| 11. Never                   | 22. Make impossible for operation         | 35. American buffalo                 | 47. Fungus punk                   |
|                             | 23. Prepare patient                       | 36. Fortune-teller                   | 48. Variety of sour cherry        |
|                             | 24. Prefix, large                         |                                      |                                   |



## Sudoku Challenge

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

### 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.

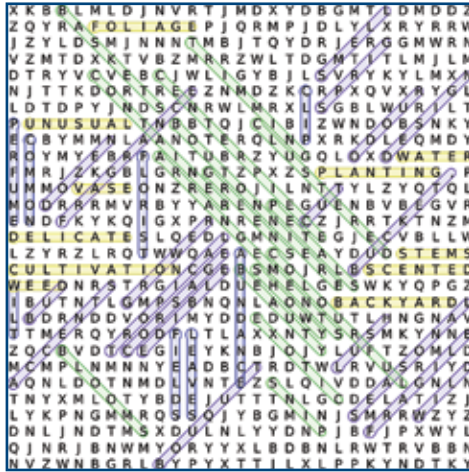


6			7		5		4	
1		8					3	7
		4			3		5	
	7				8			
			2	6				
4		5	9				2	
	4			1			6	
		6		9				
8		2		3	6	1		

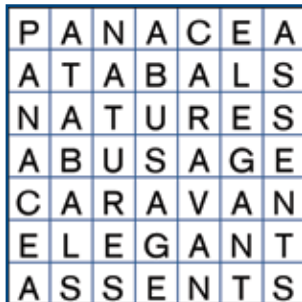
### Trivia Quiz

- The female lion
- Sumo wrestling
- Catherine Parr
- Dumbo
- Uruguay
- Famous in Asia as beans have been partially digested and defecated by a civet and then removed from the droppings and made into coffee
- A calf
- Blood
- Actress in the US TV series, Suits
- Ruud Gullit-Chelsea
- The Peak District
- Orient Express
- Andy
- It is false
- Jupiter
- Climate change
- Planet Earth
- British Broadcasting Corporation
- Frank Sinatra
- Tinky Winky, Dipsy, Laa-Laa and Po

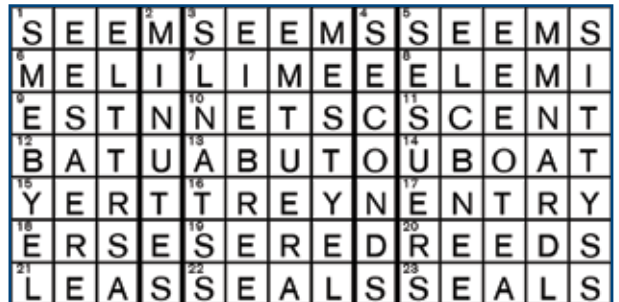
### Wordsearch



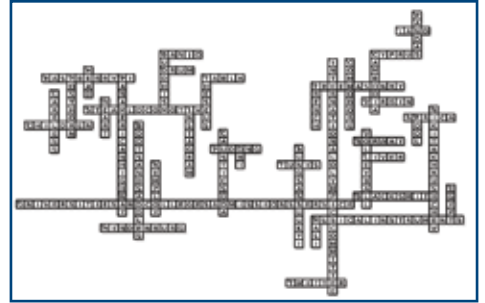
### Wordsquare



### Ladderword



### Cross Word



### Crossword



**Acrostic**

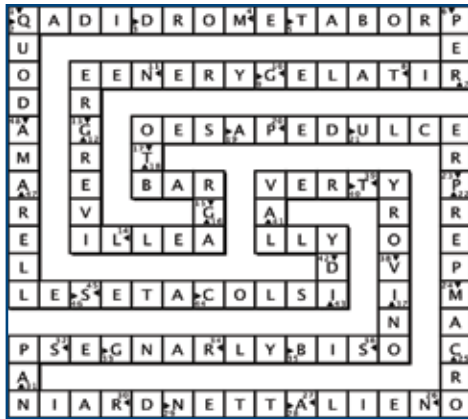
"I'm this superphilosophical kind of person. Stuck in a prison of abstract ideas and overpowering emotions, I have this personality that makes it really hard to survive."

~ Natsuo Kirino, *Real World*

**Logic Grid**

Jane	Green	5
Jasper	Yellow	11
Jeff	Blue	3
Jim	Orange	7
Julie	Red	9

**Slitherlink**



The month of May is the pleasant time; its face is beautiful; the blackbird sings his full song, the living wood is his holding, the cuckoos are singing and ever singing; there is a welcome before the brightness of the summer.

~Lady Gregory

Isabella Augusta, Lady Gregory was an Irish dramatist, folklorist and theatre manager. She wrote numerous stories taken from Irish mythology. Born into a class that identified closely with British rule, she turned against it. Her writings, was emblematic of many of the political struggles to occur in Ireland during her lifetime.

**Sudoku**

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

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

## Marks versus Success in life



Whenever the results of exams were published some unhealthy tendencies were cropped up among parents, teachers and students. There was a frantic run for perfect scores i.e. 'A grade' in all subjects. An extremely wrong notion has been forced upon our children by parents and teachers. Most of the parents pressurise their children to get top marks just because of a comparison that the marks should match up with their friends, relative's children and classmates.

Too much importance is put on academic qualifications nowadays. Do academic qualifications ensure success in life? Success cannot only be measured by academic qualification as the skill and ability of oneself should be considered as well. The father who encountered his son with a spade for not scoring 'A grades' in all subjects reflect the mood of majority of parents who think mark is everything and low mark or failure is an end to life. A childhood incident from the life of the greatest scientist of the century, Thomas Alva Edison should serve as an eye opener for our parents and teachers.

One day, as a small child, Thomas Edison came home from school and gave a paper to his mother. He told her, "My teacher gave this paper to me and told me to only give it to my mother." His mother's eyes were tearful as she read the letter out loud to her child: Your son is a genius. This school is too small for him and doesn't have enough good teachers for training him. Please teach him yourself.

Many years after Edison's mother had died, and Thomas Alva Edison became one of the greatest inventors of the century. He had the credit of more than a thousand inventions. He developed many devices in fields such as electric power generation, mass communication, sound recording, and motion pictures.

One day he was looking through old family things. Suddenly, he found the folded letter that his old teacher wrote to his mother that day. He opened it. The message written on the letter was "Your son is mentally deficient. We cannot let him attend our school anymore. He is expelled." Edison cried for hours and then he wrote in his diary: "Thomas Alva Edison was a deficient child that, by a hero mother, became the genius of the century."

Whenever board examination results were announced, everyone exalts the top scorers. Many students who even scored more than 80 percent, bow down their head because they failed to get above 95 percent. Teachers, parents and school authorities celebrate the victory of top scorers only.

It is very unfortunate that many parents see marks as a sole criterion for success. Students should understand that your life success is not defined by marks and scoring high marks may not ensure you to reach your dream position. The words of Bill Gates the founder of Microsoft that *"I failed in my exam in some subjects but my friend passed. Now he is an engineer in Microsoft and I am the owner"* is relevant in this regard. He dropped out from Harvard University to take that one step further in his life by working hard to achieve his vision of developing 'Microsoft'.

The life story of the great cricketer Sachin Tendulkar is another classic example to prove that a person's life is not determined by marks. Sachin failed in grade 10th board exam English in 1988 but exactly after 10 years in 2008 Maharashtra State Class 10th English text book, the first lesson was about Tendulkar.

The life stories of successful businessmen, sports persons, scientists, politicians, authors, film actors and singers point out that success in life is not determined by your marks. Many towering personalities will speak to us from their life experience that you can be successful, irrespective of your marks.

I stitched shoes in childhood: **Abraham Lincoln**  
(*The president of USA*)

I didn't complete my University: **Bill Gates**  
(*Founder Microsoft*)

I failed In Class 10th: **Sachin Tendulkar**  
(*Cricketer*)

I worked as a tea seller: **Narendra Modi**  
(*Indian Prime Minister*)

I was the one who served in hotels: **Oberoi**  
(*Hotel chain owner*)

I was a bus conductor in a bus: **Rajnikanth**  
(*Film Actor*)

I worked at Petrol Pump: **Ambani**  
(*Business tycoon- Reliance industries*)

I was a drop out in Keyboard Player: **A R Rahman**  
(*Oscar award Music Director*)

I slept on a bench and borrowed Rupees 20 every day from a friend to travel to Film city: **Shahrukh Khan** (*Bollywood actor*)

When our degree results were out, only 5 out of 45 got first class. However later in life, the low scorers in our batch became well known politicians, journalists, film directors, police officers and successful entrepreneurs. One of our classmates became the Mayor of the Bristol city in Britain. Another one became a famous film director and won state awards for best film. No need to mention, he was not a top scorer in our degree class.

In short, high marks may be vital but it is not the only factor to ensure success in life of an individual as the ability, skills and the willpower of oneself are also the determiners of success. Therefore, the need of the hour is to recognize one's talents and strive to foster it.



### 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.*

## Mohammed bin Rashid Al Maktoum Global Initiative 100 Million Meals



**‘100 Million Meals’ is the biggest food drive in the region that aims to provide 100 million meals for disadvantaged individuals and families in 20 countries during the holy month of Ramadan. Organized by the UAE-based Mohammed bin Rashid Al Maktoum Global Initiatives (MBRGI), the campaign reflects the UAE’s humanitarian principles to aid the vulnerable across the world, regardless of race, religion or nationality, especially after the outbreak of COVID-19 exacerbated food insecurity, poverty and unemployment among underserved populations.**

The ‘100 Million Meals’ campaign is an expansion of the ‘10 Million Meals’ campaign that the UAE

launched locally in 2020 to provide food support for COVID-19-hit communities. It complements the UAE’s year-long humanitarian initiatives, placing the country at the forefront of global development assistance. Launched in line with the holy month of Ramadan, the ‘100 Million Meals’ campaign aims to promote the values of giving, compassion and benevolence.

The MBRGI will carry out the campaign in collaboration with the Mohammed bin Rashid Al Maktoum Humanitarian and Charity Establishment, Food Banking Regional Network, the United Nations World Food Programme, humanitarian organizations in beneficiary countries and federal and local entities in the UAE.

Coinciding with the ‘100 Million Meals’ campaign, the Mohammed bin Rashid Al Maktoum Humanitarian and Charity Establishment (MBRCH) announced the expansion of food relief operations to 10 additional countries.



The MBRCH will finance and implement food support operations in a new list of countries including Benin and Senegal in Africa, Kazakhstan, Uzbekistan, Tajikistan, Afghanistan, Kyrgyzstan and Nepal in Asia, Kosovo in Europe, and Brazil in South America, thus contributing to financing the '100 Million Meals' campaign efforts in 30 countries, and carrying out on-ground distribution operations in 17 of them.

The '100 Million Meals' campaign, launched on April 11, aims to provide food parcels for disadvantaged individuals and families across 20 countries in the Middle East, Asia, and Africa during the Holy Month of Ramadan.

The MBRCH is working with the campaign's organiser, the Mohammed bin Rashid Al Maktoum Global Initiatives (MBRGI), in collaboration with the United Nations World Food Programme, the Food Banking Regional Network, and local humanitarian organizations to ensure swift and integrated food distribution to beneficiaries in target countries.

#### MBRGI Goals

- To raise AED100 million to provide 100 million meals for disadvantaged individuals and families;
- To unite people from all over the world towards combating hunger and malnutrition;
- To actively contribute to achieving the second of the UN Sustainable Development Goals that aims to end hunger, achieve food security and improve nutrition by 2030;
- To encourage the public to adopt a humanitarian cause, particularly fighting hunger;
- To create the biggest social community from the UAE to the Arab world and establish a solid support network of businessmen, companies and the public to empower the vulnerable;
- To foster the values of giving across all society segments and encourage the public to help people in need.

MBRCH also earlier announced a donation of AED20 million to the campaign to provide 20 million meals for vulnerable communities.

Ibrahim Boumelha, Advisor for Humanitarian and Cultural Affairs to His Highness the Ruler of Dubai, and Vice Chairman of the Board of Trustees of MBRCH, said MBRCH has channelled its resources to support the objectives of the '100 Million Meals' campaign.

It is working closely with all partners involved to ensure food aid reach their beneficiaries as quickly as possible, he added.

Boumelha stressed that the success of the campaign is widely attributed to the close cooperation of all segments of the society, with its entities, the public and logistic partners. "Partnering entities on the ground particularly bear the big responsibility of ensuring food parcels reach everyone in need, at a great time of need. The campaign reflects the UAE's dedicated humanitarian efforts to vulnerable and low-income communities across the world, regardless of religion, race or nationality," he noted.



Massive donations have poured in from individuals, businessmen and companies inside and outside the UAE since the Ramadan campaign launched on April 11th to provide food parcels that empower vulnerable communities to prepare their own meals.

Every AED1 donated helps provide one meal for beneficiaries in targeted countries across the world.

Food distribution has already begun in several countries through an integrated network of collaborations between the campaign's organiser Mohammed bin Rashid Al Maktoum Global Initiatives (MBRGI), the UN World Food Programme, Mohammed bin Rashid Al Maktoum Humanitarian and Charity Establishment (MBRCH), Food Banking Regional Network, and humanitarian organisations in beneficiary countries.



The campaign is part of UAE's contribution to global efforts to combat hunger and malnutrition, exacerbated by the outbreak of COVID-19. More than 52 million people in the MENA region are undernourished, and most of them women and children.





bank transfer also enables people inside and outside the UAE to donate through Dubai Islamic Bank (AE080240001520977815201).

Companies and people residing in the UAE can donate by sending "Meal" on SMS to the specified numbers (Du or Etisalat) listed on the website, while big monetary donations can be made by reaching out to the campaign call centre on the toll-free number 8004999.



مبادرات محمد بن راشد آل مكتوم العالمية  
Mohammed Bin Rashid  
Al Maktoum Global Initiatives

Donations to the '100 Million Meals' campaign can be made through four simple ways: website, SMS, bank transfer and call centre.

Entities and individuals can donate as little as AED10 to provide 10 meals, rising to AED500, through the campaign's website [www.100millionmeals.ae](http://www.100millionmeals.ae). A





# الدشمس RISING المشرقة SUN

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## Welcome To Autism

Have you come across someone who struggles to make eye contact? A child who finds bright light, loud noises and certain textures extremely uncomfortable? Someone using repetitive or atypical language and speech patterns? Repetitive movements and showing an inflexible attitude to routines each day? If not, I want to tell why we are lighting up blue today.

### Welcome To Autism

**Autism** is a developmental disorder that impairs the ability to communicate and interact. **Autism spectrum disorder** impacts the nervous system and affects the overall cognitive, emotional, social and physical health of the affected individual. About 1 in 54 children have been identified with autism. ASD is more than 4 times common among boys than it is among girls. Each child with autism spectrum disorder is a unique individual; people with ASD differ as much from one another as do all people. Children and adults with ASD may speak or interact with others. They may have good eye contact. They may be verbal or non-verbal. They may be very bright or of average intelligence or have cognitive deficits.

### Causes

We know that there's no one cause of autism. Research suggests that autism develops from a combination of genetic and non-genetic or environmental influences. Changes in the structure and activity of local brain regions may contribute to cognitive and sensory symptoms in autism.

### Red flags



- ❖ Not responding to their name by 12 months of age

- ❖ Avoiding eye-contact and wanting to be alone
- ❖ Having delayed speech and language skills
- ❖ Flapping their hands, rocking their body or spinning in circles
- ❖ Having unusual reactions to the way things sound, smell, taste, look or feel
- ❖ Lining up toys or other objects
- ❖ Hyperactivity or passivity
- ❖ Over-sensitivity or under-sensitivity to sound
- ❖ Lack of awareness of danger



(Pic courtesy- our special story)

### Social issues related to ASD

- ❖ Prefers to play alone
- ❖ Avoids or resists physical contact
- ❖ Is not comforted by others during distress
- ❖ Has trouble understanding other people's feelings or talking about their own feelings

### Early intervention

Early intervention can greatly improve a child's development. That's why all children should be screened for ASDs at both 18 and 24 months. The earlier ASD is diagnosed and treated the better the outcomes.



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



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## Key Features

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- Voice alarm function
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## 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  
smoke



PU  
smoldering



Wood  
smoldering



Wood  
flaming



Paper  
fires



PU  
flaming



### TESTING REQUIREMENTS

	Ionization	Traditional Photoelectric	SITERWELL AI smoke Alarm
Flaming Polyurethane	✓	✗	✓
Smoldering Polyurethane	✗	✓	✓
Cooking Nuisance	✗	✗	✓

## Technical Specifications

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

## Skills That Occupational Therapists Evaluate in Patients with Autism



**Social**



**Communication**



**Cognitive**



**Sensory**



**Motor**

### Interventions in autism

Many people with ASD benefit from treatment, no matter how old they are when they are diagnosed. People of all ages, at all levels of ability, can often improve after well-designed interventions. There are many ways to help or minimize the symptoms and maximize abilities. People who have ASD, have the best chance of using all of their abilities and skills if they receive appropriate therapy and intervention.

### Occupational therapy in autism

Due to sensory integration dysfunction, individuals with autism have difficulty fulfilling the roles that they are expected to accomplish in their life and can display behaviours that can hinder their participation in daily life. The primary aim of OT is to ensure that individuals with autism can participate in communal life by minimizing the difficulties in their daily activities and experiences at home, school or in communal life and to maximize their independence.

### Priyanka Ravichandran

Occupational Therapist  
Rising Sun Centre for Special Needs



## Be Healthier at Work ©Alva Carpenter

**Many people will be returning to work and the office soon and may feel anxious about it.**

So, let us think about making it as healthy and relaxed as possible so that people can do their best work.

Also, I like to think of work as a school where you learn many skills, both professional and personal.

Difficult bosses, stress, tension, air conditioning and long hours can all conspire to make your work environment an unhealthy place to be.

So here are some tips to make it better and healthier.

- Always exercise in the morning before you shower. It is natural to stretch in the morning and give the best part of the day to yourself. So, get your circulation going by visiting [ardenhealth.com](http://ardenhealth.com) to see Arden Health's Anti-Aging Mini-Morning Workout & Video
- Never skip breakfast. Always give your body a healthy start to the day. You can get these in a variety of healthy ways; porridge with milk and freshly squeezed orange juice; Muesli with plain yoghurt, berries and fresh juice; banana on wholemeal toast, with juice; shredded



wheat and skimmed milk; or wholemeal bread with a little butter and honey, with juice. Or a boiled egg and toast to fuel your day. Start the day ready to do your best work.



- Pack a healthy mid-morning snack – preferably fruit or fruit salad – and a bottle of water.
- Limit coffee to mornings only. Too much caffeine can cause dehydration and headaches.
- Decide to enjoy your day. Tackle problems with a positive attitude. If you receive a negative email think twice before you reply in kind as what you are looking for is not an argument but a positive response

- Do not become involved in office bitching and gossiping – you are above all that and it only leads to negativity.
- Keep moving. Sitting at a desk or computer for long periods of time can lead to all manner of aches and pains. So, get up and walk about every hour.
- For tension relief, shrug your shoulders up towards your ears, hold, and release – do this about 10 times.
- Breathe. Work related stress and anxiety could have a real affect upon your breathing. So, take time for some deep breaths of fresh air. Take in a deep breath and hold it for a count of four, then breathe out.
- Enjoy your lunch. Eat a light, healthy sandwich with some soup or yoghurt. Avoid a heavy lunch as it will make you feel drowsy.
- Avoid working through lunch, even if everyone else does. Take yourself off for a healthy 15-minute walk in the fresh air. You will enjoy a more productive afternoon as a result.
- Buy a plant or some nice flowers for your desk, keep it organised, and clutter free.
- Tidy your desk each evening and make notes in order of priority for the next day.
- Tackle the difficult things first when you are fresh.
- Delegate more. Be efficient and organised by delegating more. Make a list each day for your colleagues to do.
- Do not try to do everything yourself. When you empower your staff, they will take a pride in their work.
- Let it be. Refuse to argue over small details and look at the bigger picture. Take a deep breath and let it go.
- Focus on one task at a time.
- If work preys on your mind at home and you find it difficult to switch off, try telling yourself that you deserve your home life. Notice your racing thoughts and how they make you feel and then write them down to tackle tomorrow.
- Try disengaging from work by stopping at a gym on the way home or having a swim. Exercise releases tension and you will then arrive home feeling relaxed. And ready for family or relaxing time.

### *Healthy Attitude to Self*

If you are feeling undervalued at work, have a look at how you present yourself. Do you present a calm, confident attitude, and always show that you are organised?

Do you need to research new skills so much learning can take place on the internet or YouTube?

### *Blow your own trumpet*

Do not wait for someone to notice that you are good at your job – blow your own trumpet. The manner and style in which you present yourself will determine how people respond to you. You get what you give and your attitude dictates what you get back. If you are feeling downtrodden, first look at yourself. Do you expect to be trampled on? In which case you will be.

You are in charge of the way people react to you. If you do not like the way people treat you in the workplace, you can change it.

### **You Ask**

*As a salesman I find it difficult to drink 8 glasses of water per day as I spend so much of my day in the car. Is it completely necessary to drink 8 glasses? **Shajeel***

*Most health experts do recommend 6 to eight glasses per day.*

*Generally, by looking at your urine you can see if you are getting enough water. It should be a pale colour rather than dark*

*Many people claim that if you do not stay hydrated throughout the day, your energy levels and brain function start to suffer.*

*There are plenty of studies to support this.*

*I would advise always having a bottle of water with you and sip throughout the day. It is important for your kidneys to be healthy. If you feel thirsty drink water, it is the drink your body likes best.*

**Alva**

## Weird and Wonderful World



**World's highest infinity pool is nearly 1,000 feet off the ground** 🇦🇪

A resort skyscraper in Dubai broke a Guinness World Record for the highest outdoor infinity pool at 964 feet, 2 inches above ground level.

Guinness said the Address Beach Resort, a recently completed skyscraper in Dubai, now is a world record holder after an infinity pool was installed on the 77th-floor rooftop.

The pool has a surface area of more than 6,000 square feet and is about 4 feet deep at its deepest point.

The building was also awarded a record for the highest occupiable skybridge floor, which is 965 feet, 8.4 inches over the ground.



**Philippine Coast Guard seizes 200 tons of giant fossilized clam shells** 🇵🇭

The Philippine Coast Guard seized more than 200 tons of fossilized clam shells worth nearly \$25 million this week in a joint law enforcement operation.

A Facebook post from the agency said four suspects were arrested in the Palawan province and accused

of violating the Philippine Wildlife Resources Conservation and Protection Act.

The PCG said this was the biggest illegal giant clam shell haul in the region's history to date.

The suspects are Rey Cuyos, 54; Rodolfo Rabesa, 48; Julius Molejoa, 47; and Erwin Miagao, 40. According to the PCG, they have been brought before the Palawan Council for Sustainable Development for inquest proceedings.



**Venomous snake found in lettuce package from Australian store** 🇦🇺

A grocery store chain said it is investigating after an Australian customer found a venomous snake inside the plastic bag with her pre-packaged lettuce.

Lesley Kuhn of Mosman, a Sydney suburb, posted photos to the Facebook showing the pale headed snake -- a venomous species -- her son found inside the package of lettuce the family bought from Aldi.

Aldi officials said they are investigating the discovery with help from wildlife rescue charity WIRES, which is currently caring for the snake and is planning to release it back into the wild.

Aldi said it was not sure how the snake found its way into the plastic bag.

"We've worked with the customer and the team at WIRES [Wildlife Information, Rescue and Education Service] to identify the snake's natural habitat, which is certainly not an ALDI store," a spokesman said.

WIRES spokesman said the incident was highly unusual. "We assume, and it's only an assumption, that because it was a juvenile it was picked with the lettuce and it's survived the whole process."





### Restaurant offers year of free burgers to customers who get tattoos

A California-based restaurant chain is offering customers free burgers for a year if they get hamburger tattoos bearing the eatery's name. Farmer Boys announced it partnered with The Honorable Society tattoo shop in West Hollywood, Calif., and Rockin Ink Tattoo in Las Vegas to offer three different 2-inch-by-2-inch tattoo designs. Customers who receive the tattoos will receive free burgers for a year from Farmer Boys locations. Farmer Boys said the promotion celebrates the chain's 40th anniversary. Customers can sign up for tattoo appointments on the restaurant's website.



### Guinness record holder gets first haircut in 12 years, donates locks to museum

An Indian woman who set the Guinness World Record for the longest hair on a teenager received her first haircut since age 6 and donated the cut hair for display at the *Ripley's Believe It or Not!* Museum.

Nilanshi Patel, 18, of Modasa, Gujarat, first set the Guinness record for longest hair on a teenager when she was 16 and her hair measured 5 feet, 7 inches long. Patel's hair was measured just days before her 18th birthday and she broke her own record with hair measuring 6 feet, 6.7 inches long. Patel said she had considered donating her hair to make wigs for children with cancer, but her mother convinced her that it should go on display to inspire others. Her mother, Kaminiben Patel, said she would donate her own hair to the cancer wig program if her daughter donated it for museum display. Patel's hair is now being prepared for display at the Ripley's Believe It or Not! Museum in Los Angeles and will later be transferred to the Guinness World Records Hollywood Museum in Los Angeles.



### New Mexico Man finds 15,000 Bees in Car

This nightmare scenario befell a New Mexico man when he returned his vehicle after a brief shopping trip. Inside, he found a gigantic swarm of 15,000 bees.

How the bees got into the car is a mystery. But what's even more mysterious is how the man didn't notice them until he started driving.

The man had made a short, 10-minute at an Albertson's in Las Cruces, New Mexico. In the hot weather, he left the window of his Buick open as he headed to the store.

Once he had what he needed, the man came back to his car. He loaded his groceries into the trunk, got into the driver's seat, and started to drive off.

Then, in what will probably be one of the biggest moments in his life, he noticed them. A swarm of thousands of bees in his backseat.

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## European Super League collapses after the English clubs withdraw



**In a shock announcement on 18th April twelve of Europe's most prominent football clubs (EPL's "Big Six" plus three teams from Spain and three from Italy) announced that they had confirmed plans for a breakaway, European club competition that will hold games midweek and compete with UEFA's Champions League.**

The concept for a Super League is not new, the idea has been percolating since at least the mid-1980s, but the formation of a new league has never quite reached the finish line. So, it's fair to wonder why the biggest shakeup of the European soccer pyramid in nearly three quarters of a century almost happened in April 2021! The football world was rocked with the move set to change football as we know it forever.

The Americanization of European soccer, the COVID-19 pandemic and the 2024 expiration of Champions League broadcast rights agreements have all contributed to this shock announcement.

The fundamental problem is the collective of American owners don't like the way the intra-European league, the UEFA Champions League, is run. They would like to see their clubs assured a place in the annual competition (as they are in the big four US leagues). The upcoming expiration of UEFA's global broadcast contracts might be the biggest factor in the timing of the bombshell report.

"This has everything to do with getting out ahead of the next cycle of commercial rights," one unnamed media rights consultant said.

It's only like once every 10 years where everything is up for renewal, so Arsenal, Chelsea, Liverpool, Manchester United, Manchester City and Tottenham would rather the new Super League contract get that revenue than the new UEFA Champions League contract because they are going to get a much bigger share. Remember, UEFA just announced plans to reform the Champions League (by adding more teams) in an attempt to take in even more broadcast rights revenue.

Social media was ablaze with fans from rival teams as well as those from the founding teams in shock and disbelief over how the teams could commit to a project that threatened the existence of domestic competitions as well as hundreds of smaller teams around Europe. Shock turned to rage very quickly, with fans also apoplectic at how the initial 12 teams were chosen, with clubs only drawn from three countries and the inclusion of billionaire-backed arriviste teams like Chelsea and Manchester City who had bought their recent success. Particular ridicule was reserved for Tottenham Hotspur, a London club that has failed to win its domestic league since 1961, or the English F.A. Cup since 1991 and Arsenal who haven't been in the Big Six since their second place finish to Leicester in the 2015/16 season.

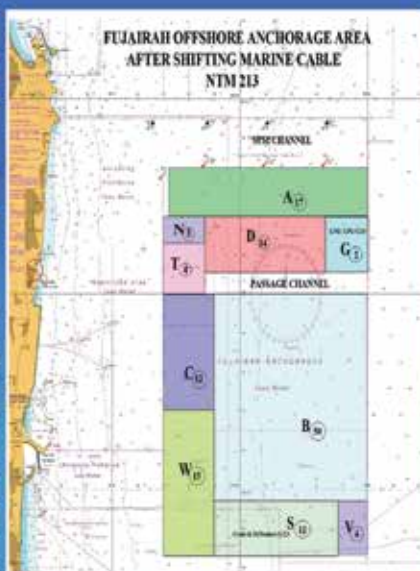
But the Super League collapsed before a ball was kicked in the European breakaway competition after being abandoned by the six English clubs, leaving the Spanish and Italian participants stranded.

Arsenal, Chelsea, Liverpool, Manchester United, Manchester City and Tottenham within 50 hours had deserted the proposal to launch a largely-closed midweek competition amid a seismic backlash, from the fury of fans, ex-players, coaches and pundits who piled on the pressure, with networks in the U.K., Spain, Italy and elsewhere devoting hours of coverage and newspapers handing over their front pages to the news amidst warnings from the British government that legislation could be introduced to thwart it.



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The withdrawal of the English sextet effectively knee-capped the tournament and left the remaining clubs, Spain's Real Madrid and Barcelona and the Italian trio of AC Milan, Internazionale and Juventus, stranded.

The remaining fledgling Super League organization were defiant, blaming "pressure" being applied for forcing out the English clubs and insisting the proposal complied with the law and could yet be revived in some form.

"Given the current circumstances," the Super League said in a statement, "we shall reconsider the most appropriate steps to reshape the project, always having in mind our goals of offering fans the best experience possible while enhancing solidarity payments for the entire football community."

The English clubs heeded the appeals from UEFA President Aleksander Ceferin to remain part of the Champions League, which has a qualification criteria

based on a team's performance in the domestic league.

UEFA has also announce its reforms to the Champions League with an expansion to 36 teams from 32 and two 'wildcard' slots. The new format will see teams play 10 different opponents in a schedule weighted by seeding, instead of just three opponents in a traditional round-robin group.

The new formats proposal sees the second-tier Europa League expanded to eight rounds in the 32-team single standings – a variation of the Swiss model used in chess tournaments.

There will also be a third season-long UEFA men's football club competition the UEFA Europa Conference League which 184 teams will be involved over the course of the season including at least one from each of the 55 associations and 46 clubs transferring from either the UEFA Champions League or UEFA Europa League.

*"There has been a shift in recent years. A semantic and ideological shift. A shift that too often ignores what happens on the pitch, that ignores sporting merit. A shift that has to be stopped immediately.*

*"Champions League elimination for some is no longer a sporting failure, it is an industrial risk that some are no longer willing to take.*

*"The ultimate aim, for some, is no longer to decorate the club's trophy cabinet with silverware, but to fill the bank account with cash. Selfishness is replacing solidarity.*

*"Football does not belong to anyone. Or rather, it belongs to everyone, because football is part of our heritage.*

*"Diversity is what makes European society unique. UEFA competitions need the Atalantas, Celtics, Rangers, Dynamo Zagrebs and Galatasarays of this world.*

*"The big clubs today were not necessarily big clubs in the past, and there is no guarantee that they will be big clubs in the future. Football is dynamic, football is unpredictable. This is what makes it a beautiful game.*

*"Where were Manchester United in the decade before Sir Alex arrived on the scene? And where were Juventus 15 years ago? As much as I know, they were in Serie B.*

*"What matters is that there is still time to change your mind. English fans deserve to have you correct your mistake.*

*"In times of crisis, human beings can choose between two options: self-interest or solidarity. You have chosen solidarity together. A choice that will enable us to emerge stronger from this crisis, and make football stronger than ever." Aleksander Ceferin*



## Tennis & Country Club Fujairah Ramadan Swimming Championship



**The TCCF Ramadan Swimming Championship came to an exciting end today under the patronage and presence of HH Sheikh Abdullah Bin Hamad Bin Saif Al Sharqi, President of the Emirates Bodybuilding and Fitness Federation.**

Over 80 male and female swimmers competed in a variety of age groups at the successful event, which was hosted by the Tennis and Country Club Fujairah, which also organized the tournament alongside the Fujairah Swimming Team and Fujairah Triathlon Team.

HH Dr. Sheikh Rashid Bin Hamad Al Sharqi, President of Tennis and Country Club Fujairah, was thanked by HE Abdul Ghafour Behroozian for his continued support to the sponsorship of sports and also announced that the TCCF are hosting an Arts Exhibition in May.

The club's General Manager, Salah Al Hamad, pointed out that the event met the high expectations of the management and its participants, adding that the feedback received had shown it to be a hugely successful event.







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## Abdullah Al-Mansoori wins the Wawan Body Building Championship



**The UAE dominated the Physical Championship competitions in the Ras Al Khaimah – Wawan Body Building Championship, whose prizes amounted to more than 100,000 dollars.**

Chairman of the Board of Directors of the Emirates Federation of Body Building and Fitness Sheikh Abdullah bin Hamad bin Saif Al Sharqi, and head of the chain of stores Wawan Protein for nutritional supplements, Adel Wawan Al-Shammari, crowned the winners, in the presence of the Director of Sports Affairs at the Public Authority for Sports Omar Abdul-Rahman, the director of the tournament Faisal Salmin, and the president The Referees Committee in the Federation of Objects, Faisal Al Zaabi, and a number of officials and sports leaders.

Competitor Abdullah Al-Mansoori won the Heroic Physics Champion Prize of 100 thousand dirhams, which is the largest prize awarded to a competitor in the Physical Championships in the Middle East, while Mahmoud Al-Bulooki won in the gold 170 centimeters category and Muhammad Haydar won the gold in below 174 centimeters category. Abdullah Al Mansouri won the gold in the tallest category of 178+.

Sheikh Abdulla congratulated the winners, wishing more luck in the upcoming tournaments for those who did not win and praising the distinguished efforts of the organizing committee, the technical and physical level that the competitors and expressed his hope that they would contribute to supporting the national teams in the near future.

In turn, Chairman of the Organizing Committee of the championship, Adel Wawan Al-Shammari, expressed his happiness with the success achieved in the tournament and described it as revealing the qualitative leap of the game within the Emirates, stressing that the selection of the Emirate of Ras Al Khaimah to establish the championship coincides with its selection as the capital of Gulf tourism for the year 2021.

For his part, the director of the tournament, Faisal Salmin, also appreciated the efforts made by the organizing committee in implementing the precautionary measures for the Corona pandemic, stressing that the joint cooperation with the game association and the commitment of the attendees presented a model version of the tournament.

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## Agueroooooo!



**Abu Dhabi owned Manchester City will bid a fond and emotional farewell to legendary striker Sergio Aguero when his contract expires this summer.**

Treasured by City fans and a global icon of the game, Aguero is one of the most decorated and respected footballers to wear the sky-blue shirt.

He joined City in the summer of 2011, making an immediate impact by scoring twice and creating an assist on his thirty-minute cameo debut in a 4-0 home win over Swansea City. It was a dramatic and impressive start that gave an indication of what was to follow.

Nothing will ever eclipse the moment that Aguero snatched the Premier League from the clutches of Manchester United in the dying embers of the final day of the 2011/12 season, and made sure the trophy was lifted on the blue side of Manchester.

Sergio went on to become City's record goalscorer, overtaking Eric Brook's 78-year record and played a leading role in the Club's three further Premier

League titles, one FA Cup and five League Cups. In total, he has amassed an incredible 257 goals in 384 appearances and is widely regarded as one of the greatest players of the Premier League era.

He is the highest scoring overseas player in Premier League history – and in January 2020 he overtook Alan Shearer to set the record for the most Premier League hat-tricks after registering his 12th away at Aston Villa.

City Chairman, Khaldoon Al Mubarak has revealed that a statue of the City striker has been commissioned to stand alongside those currently in work to honour Sergio's former team-mates David Silva and Vincent Kompany. His legend will further be marked by the installation of dedicated and permanent mosaic at the City Football Academy.

Khaldoon Al Mubarak said: "Sergio's contribution to Manchester City over the last 10 years cannot be overstated. His legend will be indelibly etched into the memories of everyone who loves the Club and maybe even in those who simply love football.

"This is not yet the moment for farewell words and speeches. There is still much to achieve in the remainder of the time we have with Sergio, and we look forward to his contributions to the challenges which lay ahead.





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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.**

## A place to share your poetry...

### Rain

One drop of water on my face,  
Straight away from the sky,  
Which made us understand,  
That the rain had arrived.

The kids became happy,  
Which made them smile,  
With their face filled,  
With love and happiness.

The rain water flowed,  
Through the river patting,  
The rooftops and sliding,  
Upon the grass.

As soon as the rain departed,  
The Sun came out,  
With a beautiful rainbow light,  
Which declared its happiness.

### Avantika Narayanaswamy

Class 7A

St. Mary's Catholic High School  
Fujairah



Avantika Narayanaswamy

### E safety

Online safety is for you and me listen to your parents  
and never disagree.

Don't accept files or your computer will lose style.

We all enjoy when playing games but remember my  
friend never give your name.

I am Boomer, I am Tom or Jack no real information  
for anyone to hack.

When I am on Amazon, I shop with my dad I don't  
use his credit card as its really bad.

Check your cart if its reliable or buyable.

Tell someone or be no one.

I play Among us with my friends and its fun when  
hackers try to question, we make a safe run.

Online study is so interesting and games are so cool.  
I have support of my parents and teachers from  
school.

### Talha Zeeshan

4B Gems Winchester School



Talha Zeeshan

# 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...

### Happily in Love

Dancing in the middle of the street,  
Celebrating OUR happiness,  
People maybe watching,  
May be a bit embarrassing,  
But, I don't mind!

Because anywhere with you feels right,  
Everywhere with you feels bright,  
We don't need a fancy place,  
Being with you is just fine!

Laughing in middle of the beach,  
Enjoying OUR own little world,  
People maybe glaring,  
May be a bit awkward,  
But, I don't mind!

Because anywhere with you feels like twilight,  
Everywhere with you feels so light,  
We don't need any money,  
Being with you is just right!

It only has to be the two of US,  
As long as it is,  
It will be alright!

**Ms. Smriti Sriram**  
Grade 12 - St. Mary's Catholic High School

### Future world

In the future, there will be less air pollution since there will be electric cars, and clothes will be able to change colours according to your mood or talk or even grow! Children just need to carry an E-book instead of heavy books. Your pillows will be embedded with electronic chips that massage your neck while you sleep. A cyborg takes your order from KFC or McDonalds. Kiosks address you when you walk by. Robot dogs protect your houses. Human beings in the future will make everything driverless so you don't need a driver's license.

**Tom Mathew**  
2B - St. Mary's Catholic High School  
Fujairah



If you write poems you have the opportunity to submit your poems to our Poet's Corner. They must be original, not copyrighted and all your own work. So get writing or send in one you have already written. We cannot guarantee when or if your poetry will be published. Email your poems to: [fujobs@eim.ae](mailto:fujobs@eim.ae)

## 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

## CARS

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

**Rhythm Music Center LLC**  
We offer music classes, dance classes, instruments, fine arts, zumba yoga, pranic healing & arhatic yoga. Tel: 09 2222125, 050 6031800

Email: [contact@rhythmmusic.com](mailto:contact@rhythmmusic.com)  
Website: [www.rhythmmusic.com](http://www.rhythmmusic.com)  
Location: 1308, Emirates Islamic Bank Building, Hamad Bin Abdullah Road, Fujairah, UAE

**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)

## 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 Abdulla Rd  
Merashid Area - Fujairah  
Phone: 09 223 7773

## SERVICES

**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

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

**Car Desire 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@valueplusis.com](mailto:info@valueplusis.com) Tel: 052 5858490 [www.valueplusis.com](http://www.valueplusis.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 [abuhumayoon@yahoo.com](mailto:abuhumayoon@yahoo.com)

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

[uae.com](http://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

**In urgent need of a sound lesson teacher in Fujairah** on these subjects, Computer Science, Chemistry, Mathematics, Biology, call Joel. Tel:+971556171824. Also teach junior high school and primary pupils.

**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, English Language classes also) Tel: 056-7232108

**Experienced private tutor available** for all subjects from G - grade 8 British/American, Indian/ Pakistani curriculum. Arabic curriculum only experienced in

English subjects. Own transport - can teach in your home. Contact: 0503137709

**Home Tutions available** till grade 4, and English skills development. Location: New Sakamkam, Tel: 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** 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-](mailto:info@blc-)

## JOB VACANCIES

**Aluminium and Carpenter person, also Painter** for labour work in shop. Indian or Pakistan national in Khorfakkan Please contact: +971 50 522 2131

**Looking for office stationery salesman.** Persons having previous experience with a driving license is mandatory. Arabic knowledge preferred. Send the CV to [jomathew123@gmail.com](mailto:jomathew123@gmail.com) or 0506786357.

## 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 simply send us an email to: [fujobs@eim.ae](mailto:fujobs@eim.ae).*

### BEAUTY SALONS

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  
Al Faseel Area  
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 Safer 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

**FISHING CHARTERS**

Arabian Sea Fishing Charter  
We offer fishing charters at  
Fujairah for deep sea fishing  
Contact nos: 050 6905254 /  
056 9213333

**HOTELS**

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

Al Bahar Hotel & Resort  
Luxury Hotel & Apartments  
Al Ghurfa, Corniche Road  
Fujairah  
09 2027000

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

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 Fujairah  
09 2236888

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

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

Emirates Springs Hotel  
Apartments  
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 Apts  
Al Fahim Street, Opp Ladies Park  
- Fujairah  
09-2244991

Fortune Royal Hotel  
Al Gurfa Road  
Fujairah  
09-2238886

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

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

Holiday Beach Motel  
Al Faqet, Fujairah  
09-2445540

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

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

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

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

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

Novotel Fujairah  
Four star hotel  
Hamad Bin Abdullah Road

Oasis Residential Suites  
Fujairah  
09-2232823

Oceanic Hotel  
Khorfakkan Corniche,  
Sharjah  
09-2385111

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

Raynor Hotel Apartments  
Murbah  
09-2361116

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

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

Sama Deba Hotel Apartments  
Dibba  
09-2440221

Sandy Beach Hotel  
Al Aqah, Fujairah  
09-2445555

Sea Side Furnished Flats  
Dibba  
09-2447553

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

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

**PHARMACIES**

Bin Moosa Pharmacy  
9am - 2am  
Opp. Safeer Mall,  
Fujairah  
09-2227575

## PHARMACIES

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  
09-2229295

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

Medicina Pharmacy  
Next to Fuala Building  
Mohammed Bin Matar Road  
Fujairah  
09-2235894  
050-28878590  
050-1374681

Mozoon Pharmacy  
Timing : 8.30 am to 1am  
Opp ADCB Sh. Hamdan Road  
Fujairah  
09-2244699

Nat'l Medical Centre Pharmacy,  
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  
Fujairah  
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 Takeaways/  
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 Safeer Shopping Mall  
Off Fahim Street  
Fujairah  
09-2231786

Al Zaman Restaurant  
Sandwich/ Coffee/ Juice  
Park Road, Fujairah  
09-2242297

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  
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

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

## RESTAURANTS

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

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

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

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

Eeva Cafeteria  
Park Road, Fujairah  
09-2226390

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

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

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  
City Centre Mall  
Fujairah  
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,  
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

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

## RESTAURANTS

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  
Ground Floor  
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  
Fujairah  
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

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

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

Sea Sky  
Korean / Japanese Restaurant  
1st floor  
Fujairah International Marine  
Club  
09-2221166

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

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



Silver Spoon Rest & Cafeteria  
Ghorfa,  
Fujairah

09-233484  
050-3241421

Special Tikka Restaurant  
Meraschid Road, Rughalt,  
Fujairah

09-2220206

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

09-2234891

Swaad  
Indian food  
Le Meridien Al Aqah  
Al Aqah,  
Fujairah

09-2449000

Subway  
Fresh Subs & Salads/Delivery  
EPPCO Petrol Station,  
Mina Rd

055-6858250

Fujairah City Centre

09-2236657

Taste  
Thai/ Asian Fusion  
Le Meridien Al Aqah  
Al Aqah, Fujairah

09-2449000

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

09-2034941

The Orangery  
Ground Floor  
Fujairah Tower  
Hamad Bin Abdullah Rd,  
Fujairah

09-2222787

Thai Express  
EPPCO Gas Station  
Al Faseel Road,  
Fujairah

09-2238129

Thalassery Restaurant  
Off Hamad Bin Abdullah Rd,  
Fujairah

09-225223/2229224

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

09-2222138

Tharavad Indian Restaurant  
Fortune Hotel Apartment,  
Fahim Street,  
Fujairah

09-2244934/991

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

09-2221600

The Salad Bar  
Fujairah Trade Centre  
Hamad Bin Abdullah Rd,  
Fujairah

09-2244244

The Salad Bar  
Sakamkam  
Fujairah General Trading Bldg

09-2244244

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

09-2053855

United Cafeteria Restaurant  
Takeaways/ Delivery Service  
Old Etisalat,  
Fujairah

09-2225977

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

09-2012000

Views  
International Buffet  
Le Meridien Al Aqah, Fujairah

09-2449000

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

09-2449888

Zamarod Al Afghani Rice Bukhari  
Restaurant  
Off Hamad Bin Abdullah Rd,  
Fujairah

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.)

## 2021

1 January	New Year's Day
14 April	Beginning of Ramadan
14/15 May	Eid al-Fitr
18/19 July	Arafat Day
20/22 July	Eid al-Adha
10 August	Islamic New Year
21 October	Prophet's Birthday
1 December	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.

\*Previously known as Martyr's Day was observed on 30 November

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, Maleha Road aka Sharjah /Kalba Road, turn direction eastwards onto E611 and take the ramp onto E88 approx 1 hour 14 minutes

### Fujairah to Al Ain

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

### Fujairah to Dibba and Musandam

68 kilometres via Khorfakkan/Al Aqah coast road, E99, approx 1 hour 13 minutes

### Fujairah to Dubai (Burj Khalifa/Dubai Mall)

124 kilometres via Sheikh Khalifa Bin Zayed Rd, Maleha Road aka Sharjah /Kalba Road, turn direction westwards E611, approx 1 hour 19 minutes

### Fujairah to Hatta

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

### Fujairah to Oman border (Kalba)

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

### Fujairah to Ras Al Khaimah

111 kilometres via Masafi, turn onto E88 then left onto E18, approx 1 hour 40 minutes

### Fujairah to Sharjah (King Faisal St)

115 kilometres via Sheikh Khalifa Bin Zayed Rd, Maleha Road aka Sharjah /Kalba Road approx. 1 hour 23 minutes.

### Fujairah to Umm Al Quwain

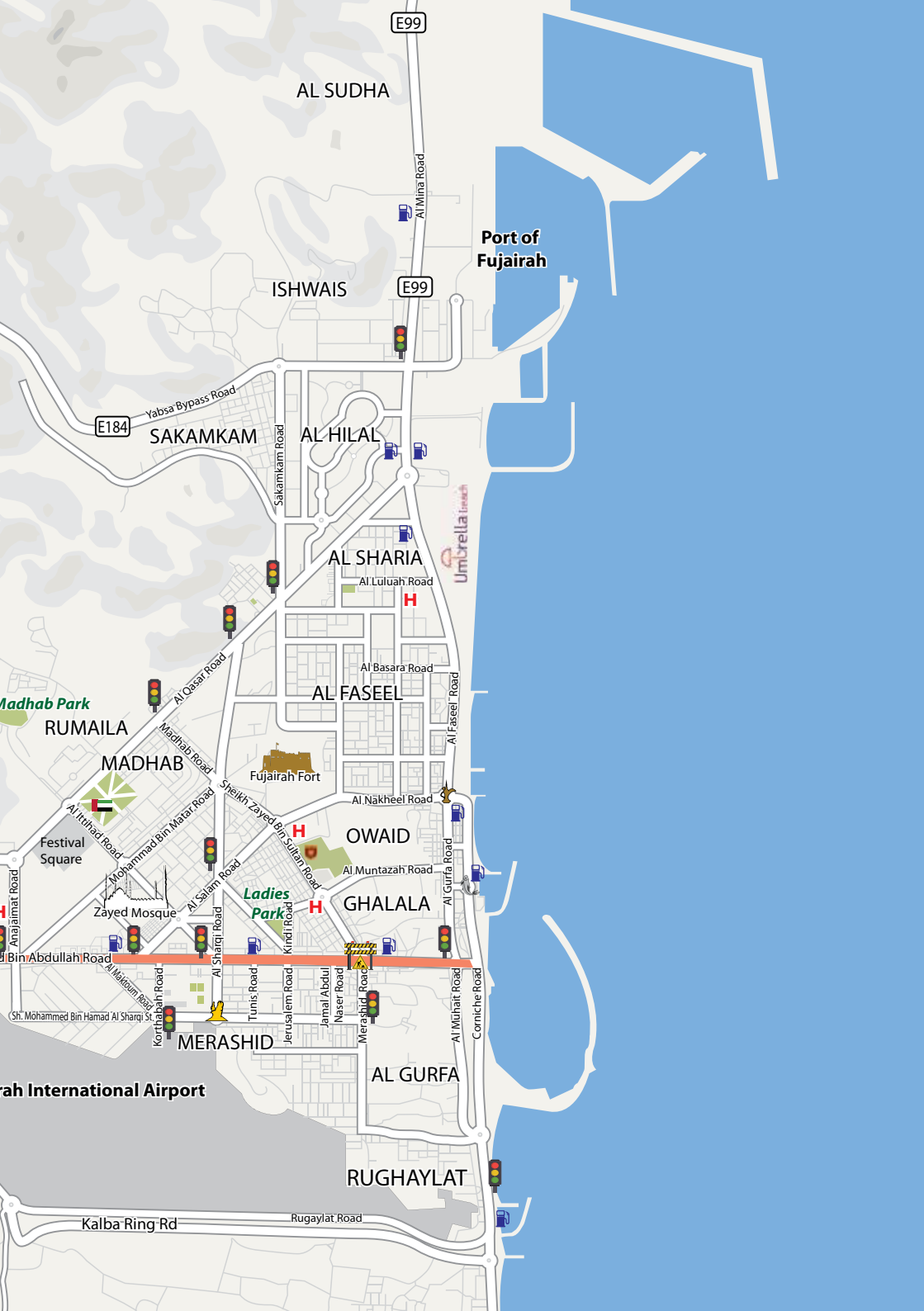
114 kilometres via Masafi, turn onto E88 then left onto E55 approx. 1 hour 35 minutes.

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

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# FUJAIRAH





AL SUDHA

Port of  
Fujairah

ISHWAIS

E184

SAKAMKAM

AL HILAL

E99

AL SHARIA

AL FASEEL

RUMAILA

MADHAB

OWAID

GHALALA

MERASHID

AL GURFA

RUGHAYLAT

Kalba Ring Rd

Rugaylat Road

Fujairah International Airport

Madhab Park

Festival Square

Ladies Park

Umbrella Beach

Fujairah Fort

Zayed Mosque

Umbrella Beach

Sh. Mohammed bin Hamad Al Sharqi St.

Al Itihad Road

Al Muntazah Road

Al Nakheel Road

Al Basara Road

Al Luluah Road

Al Qasbi Road

Al Basara Road

Al Faseel Road

Al Gurfah Road

Al Muntazah Road

Al Nakheel Road

Al Basara Road

Al Luluah Road

Al Qasbi Road

Al Basara Road

Al Faseel Road

Al Gurfah Road

Al Muntazah Road

Al Nakheel Road

Al Basara Road

Al Luluah Road

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Al Gurfah Road

Al Muntazah Road

Al Nakheel Road

Al Basara Road

Al Luluah Road

Al Qasbi Road

Al Basara Road

Al Faseel Road

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## Blue Planet Journal - Brook and Gaurav Bhagat

### Taurus (April 20 - May 20)

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

### Gemini (May 21 - June 20)

Being informed about the virus is a good thing, Gemini, but there's also a point at which we need to stop reading articles and statistics for the day and relax. If you've got extra time on your hands, now is a great time to start meditating. Meditation doesn't have to mean sitting silently—it's a quality you can bring to anything in life, like dancing, listening to good music, doing the dishes, or my personal favourite path to enlightenment: binge drinking and watching Scooby Doo. Good times!

### Cancer (June 21 - July 22)

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

### Leo (July 23 - August 22)

Your new method of channelling your anger into useful household tasks is working wonderfully, resulting in family harmony and personal happiness. Your neighbours, however, may misunderstand your new-agey emotional intelligence when, engaging in some healthy cathartic banter and boxing with the laundry, they overhear you scream, "That is it, blue towel! You're going down!"

### Virgo (August 23 - September 22)

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

### Libra (September 22 - October 22)

This month, how much time have you spent primping, preening, and obsessing over your appearance? Men, when you see a little gray in your goatee, how many days can you take it before hitting the Mustachio Black? Ladies, is there a certain chin hair that you always pluck before it can enjoy a long, full life? You have an opportunity to declare freedom from the desire to impress anybody—declare it! Let

yourself go! No more waxing, shaving, colouring, or dieting! Stop pretending and start loving someone important—the real you, unibrow and all.

### Scorpio (October 23 - November 21)

This month, you will be happy at first when you learn that a vodka cocktail at your favourite bar has been named after you. The emotion will become mixed, however, when you find out that the name of the drink is the "sloppy potato."

### Sagittarius (November 22 - December 21)

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

### Capricorn (December 22 - January 20)

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

### Aquarius (January 21 - February 18)

This month, you will find yourself unsure of what to send as a birthday present for a friend's child. Instead of giving them another plastic toy that will end up at the bottom of a closet before the batteries even wear down, give them something that will prepare them for their future, like a fresh stack of the latest tax forms. Kids don't know what to do with those, you say? Well, they will after they attend the training sessions you've set up for them at the certified public accountant's office! The little angel, no doubt, will be speechless with gratitude.

### Pisces (February 19 - March 20)

Did your mother ever tell you that if you can't say something nice, don't say anything at all? While this is generally good advice, there are instances in which silence is still preferable, even if you can manage a compliment. A good example of this would be when a relative asks how you like her cooking, and instead of just chewing, smiling and nodding, you wink and cheerfully reply, "Well, I highly doubt that eating it will result in my contracting Salmonella!"

### Aries (March 21 - April 19)

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

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