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P.22

TEMPO INSIDE CNN WITH BECKY ANDERSON AND JOHN DEFTERIOS *ON JOURNALISM DAY*

Fashion Matters



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Memories of our lives, of our works and
our deeds will continue in others.

- Rosa Parks

COVER PAGE PHOTOGRAPH

CNN's Power Duo who inspires young journalists within
the UAE: John Defterios (left) and
Becky Anderson (right)

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John Defterios with Sana Bagersh at Tempo Office

This issue of Tempo is full of stars, change agents and news-makers!

We're pleased to feature CNN anchors John Defterios and Becky Anderson on the cover of Tempo. They are not only good friends, but inspiring leaders in our community and beyond. As someone who's very first job was as reporter (I later on to become bureau chief of Gulf News and correspondent for international media), I jumped at the opportunity to cover Journalism Day at CNN for Tempo readers. It is my unwavering belief that no career grounds you for life, quite as journalism. It instills values such as fairness, ethics and social engagement, and builds professional skills such as research, accuracy and curiosity. I say, consider yourself blessed if you start your career as a journalist! Thank you Becky and John for giving insight and advice to journalism students, and thank you CNN for making Tempo part of the special day!

This month we met the incomparable Malala, a young girl with a giant persona. Malala perfectly embodies the power of one to make a difference; to shift social change and to make our world a better place. I was taken in by Malala's energy; her eloquence and the mature way she embraces her role as global change-maker. Read also the review of the exciting new documentary by Image Nation that seeks to facilitate a powerful conversation on empowerment and education. Go see the film, it hits cinemas this month.

Another inspirational news-maker is Darin, the soulful Swedish popstar that we met at a private concert at the Swedish ambassador's residence. What resonated with us was not his commercial success (when you hear his voice, you realize how inevitable that is), but his warmth and humility. We love his personal story: the son of Kurdish immigrants, the Swede speaks with pride about his roots, his family and his adopted country. Read about our encounter with him, and watch the video.

We loved interviewing Blue - who can forget the mega pop hit All Rise? - and are happy to be organizing a fan competition for their concert tickets this month. And speaking of involvement, we're thrilled to have the UAE's celebrity DJ Saif - of Saif and Sound - joining Tempo's team, to present his perspective of the music scene. Welcome aboard Saif!

No issue of Tempo is quite complete without our amazing contributors, and our own social change makers. We have the Protect the Fighters brigade out of the American Community School, and our own Imagination Mike who is supporting artists through our new initiative 'Art Love' and launching a super-movement to get everyone making, creating and recycling.

Tempo is excited to be supporting the #WhyILoveUAE short film competition by Image Nation, that is powered by The Smovies and run in collaboration with VOX Cinemas. The short film competition invites everyone to shoot short films, one minute long each, on life in the UAE. If you haven't already, start working on your film - you can even use your mobile phone to shoot it! Just get involved, and be part of the creative and social fabric of the nation - and show your love for the UAE!

Spread kindness and harmony.

Sana Bagersh
Managing Editor

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—SINCE—
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YOU TOO CAN BE FULFILLED IN LIFE

Being “fulfilled” means being satisfied or happy as a result of fully developing one’s abilities or character.

By virtue of being born to humanity, every human being has a right to the development and fulfillment of his potentialities as a human being. - Ashley Montagu

The question then arises, if you are choosing to be fulfilled or if you are merely content to lead a mediocre existence?

What if it was possible to become the greatest YOU could ever be, and through that reach the state of fulfillment?

Our destiny is greatness and we must return to its fulfillment. - Paul Tsongas

Four Steps to a Fulfilled Life:

1. Be peaceful and joyful!

Life finds its purpose and fulfillment in the expansion of happiness.

- Maharishi Mahesh Yogi

We are surrounded by trauma and drama. There’s anger, guilt, shame, fear and depression around us. How many people do you know who are happy and peaceful and content? How often are you yourself at peace? How do you react to situations? How you react determines everything: peace, joy and happiness starts with you as a choice that you can make.

When you’re under duress, ask yourself, what would it take for me to be at peace with this? No matter what is going on in your life, know that you can choose joy and peace.

2. Creating Can Lead to Fulfilment

Plant the seed of desire in your mind and it forms a nucleus with power to attract to itself everything needed for its fulfillment. - Robert Collier

We as human beings have an innate capacity to create. Making something, and getting engaged in the creating process, keeps the zing going on in your life; giving you purpose and a sense of fulfillment.

3. Contribution is Key

The idea of a life fulfilled comes from the idea of making a difference in the world. When you change one person’s life, you are changing the world. We are contributing all the time; sometimes we’re not even aware of how much of a contribution we are making. The acknowledgement of contribution can change your life. For me, once I recognized my contributions to others’ wellbeing and happiness, I had a totally different sense of self. I realized that my existence was of value and I never questioned my self-worth after that.

4. No Judgment of Self

This is a vital piece of the puzzle. Mostly everyone indulges in judgment. However, judgment is the biggest destruction of your life and creation. What if you could look at everything you do and have no judgment of yourself? In fact, every time you find yourself being judgmental ask yourself: What’s right about me that I’m not getting? You may have to say this affirmation 10 times or 1000 times... the point is that you will soon break the destructive cycle of self-criticism.



Nilofer Safdar is a Life Coach.
nilofer_light@yahoo.com

TEMPO POLL OF THE MONTH

WHICH COLOUR COMBINATIONS REMIND YOU MOST ABOUT ABU DHABI?

Black and White - the colours of the abaya and kandoora respectively. I always see people wearing them around the city!

45%

Green, White, and Yellow - the colours of the public buses. (Except for the airport one... it's red!)

30%

Red, White, Green, and Black - the colours of the flag!

15%

Yellow, White, and Brown - the desert... it's everywhere!

10%

ON “BEAUTIFUL BEDOUIN: MAKE UP ARTIST IMAN AL TAMIMI”

Tempo, this has to be your best cover yet! I love how Iman is very flexible when it comes to doing make up for herself and for others. (And yes, let’s bring back the Bedouin look!)

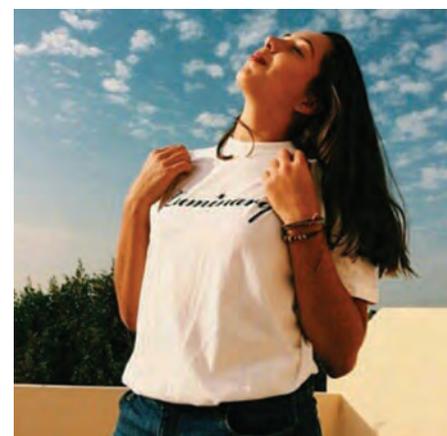
- Shamma Al Mazrouei



ON “LUMINARY CLOTHING”

Simple yet striking. I agree that the best way to get motivated to design clothing is to design for your own self.

- Amr Obeid



ON “I [HEART] AFRICA: AYA FARAH’S JOURNEY”

Aya, you are an inspiration to people who wish to find happiness - I can feel the love from the smiles of these children on your pictures!

- Christina Ocampo



ON “BLACK AND WHITE PHOTOGRAPHY”

The classic feel on black and white photography will never fade. Even with today’s advancements on taking photos, you can never take out the vibe that’s produced by the simplicity of these works!

- Michael Thompson

quest for quirky



By KIMBERLY MOULTRIE | @Friedwanderer



LIVE IT UP OR GIVE IT UP?

November is the month of "giving". But how about we all consider the idea of "giving up" some things - especially those that are an encumbrance and add stress to our lives....

You see most of us have an over-attachment to something, whether it be our phones, our favourite childhood stuffed animal, or even a memory. As we go about life, trying to balance our need for earning a living vs our need for private/ family time, we could gain our sanity by cutting back on a few things.



1

TIME
Since we don't have enough of it could we give it up for something other than work?

LIFESTYLE

We all want to be comfortable and live the way we want. Could we downgrade our lifestyles and reduce our desire to satisfy others?



2

NEGATIVE FRIENDS

A lot of us have that one pessimistic friend — they complain that they don't make enough money, that they don't have enough of this or that, and they feel life has dealt them the worst card. Could we reduce our interaction with him/her?

Countless other 'attachments' that we can limit include:

- TV
- Saying yes when you don't want to
- Complaining



3

TAKE ADVANTAGE OF OPPORTUNITIES

BY OMAR AL BUSAIDY

The best thing about living in the UAE is having great leadership and honestly have a leader like Sheikh Mohammed Bin Rashid Al Maktoum is a blessing that can't be described. He is the equivalent of Lee Kuan Yew, the founding Prime Minister of Singapore who passed away earlier this year. People around the world recognized the former Prime Minister for putting Singapore on the global economic map.

Sh. Mohammed has always envisioned opportunities for Dubai and has identified the potential that Dubai has if it seized the right opportunities at the right time. Every single development that happened in Dubai was planned in a timely fashion and now Dubai competes on a global level with major cities like London, New York, Hong Kong to name a few.

On a personal note, opportunities for me were not measured only by business projects that I was involved in, but an opportunity can be anything from being able to help someone, meet someone, visit a certain place, accepting an invitation to an event or even starting a conversation with someone interesting. These are the details that will play a significant role in your life in the future. So don't hesitate, just take that step and you might end up leaving a mark on this world.

What are you willing to give up? Let me know: @friedwanderer.

tweets for thought



HH Sheikh Mohammed @HSHkMohd



His Highness Sheikh Mohammed Bin Rashid Al Maktoum

"The world is struggling with terrorism, war and migration. The solution lies in human development: enabling people to build a future."

Lisa Cimorelli @LisaCim



In a band with my 5 sisters! I can hold really long notes and burp like a trucker

"Why is it so easy for us to believe in other people but so hard to believe in ourselves?"

Connor Franta @ConnorFranta



I have a knack for capturing the moments many seem to miss.

"A strong mind is a precious possession."

Jessica Simpson @jessicasimpson



American Singer. Songwriter. Actress.

"Everyone needs to know that hope floats...grab the strings and pull it back to you."

Mohamed ElBaradei @ElBaradei



"Whether it is Pope Francis, Stephen Hawking or Angus Deaton, all share same conclusion: inequality is a major threat the world is facing."

Zaven @Zaven_K



Television Personality | Talk Show Host & Producer | Media Consultant

"It's not only good tv we're after... It's real journalism that respects the minds of our viewers."

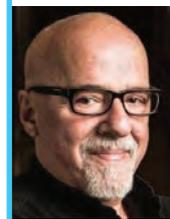
Zayna Al-Hamarneh @ZaynaHamarneh



The CEO & Co-Founder of @MODEmpr. A proud Jordanian who's living life to the fullest; one post at a time!

"Nobody can do everything. Everyone can do something."

Paulo Coelho @paulocoelho



Writer

"It's important to realize that we can miss something, but still don't want it back."



Do you have an insightful tweet? Tweet to us: @tempoplanet



trending on **YouTube**



NOVEMBER VIRAL VIDEOS

Do you have a favourite video?
Share it through Facebook or Twitter!

Viral videos sent in by Tempo readers.



Coco comes to Gitex Technology Week in Dubai

From afar, Coco might seem like a person - but when you come closer, she's actually a robot! Equipped with the world's most advanced technology, those who attended GITEX in Dubai had a quick glimpse of her!



Little Bird plays with Paper Towel

Shoot a random video of an animal and you instantly have a viral video in your hands! This one's about a cute little bird just doing funny stuff with a paper towel he found.



Zip Line Frenzy

HH Hamdan bin Mohammed bin Rashid Al Maktoum, Crown Prince of Dubai got to try this exhilarating and fast paced X-Line at The Dubai Mall!



Abu Dhabi - Safe City

Published by Abu Dhabi's Ministry of Interior, this video highlights the quick response of Abu Dhabi Police and all its sectors on this car chase.



Wealthy Customer Throws Cash on Sales Girl's Face

This viral video shows how a wealthy woman takes "the customer is always right" to the extreme by humiliating the sales lady. Nobody deserves to be treated like this!



Real-life Mjolnir

If you're a fan of Thor, this guy managed to recreate Thor's Mjolnir! He took it to the streets and had several people try to pick it up. See which one of them manages to get it!



Lea Salonga and Brad Kane perform 'A Whole New World' on Good Morning America

Watch how Lea Salonga and Brad Kane they perform the song duet once again after 23 years!



Cheerleader (OMI) Filipino Parody | Big Eater feat. Hillarie Parungao

Who doesn't love to eat? This parody of big eaters is a shout out to those who enjoy life by eating the best food there is out there!



Mysterious City Appears In Sky

Hovering above the clouds, a shadow of an unknown city appears. People say that it's just a reflection... an optical illusion. See for yourself and judge whether this one's authentic!



Instafame



“Sheffield”
[@velvetghOst](#)
Gabriella | Straight from Radley



“Travelling alone is fun, but nothing beats meeting and getting to know new people on your journeys”
[@sheriffayed](#)
Sherif Fayed Dubai | TV Host | Traveler | Entertainer /Videographer | Egyptian/American



“So much beauty everywhere, I think I’m losing my mind.”
[@evelina](#)
Evelina | Catch me if you can. Snapchat: evelinabarry MGMT: talent@addition-llc.com



Adored my stay at @dreamhotels – such a stunning place & I fell in love with the location
[@samanthamariaofficial](#)
Samantha Maria | London based Fashion / lifestyle Blogger & Vlogger | Creative Director @novemknight



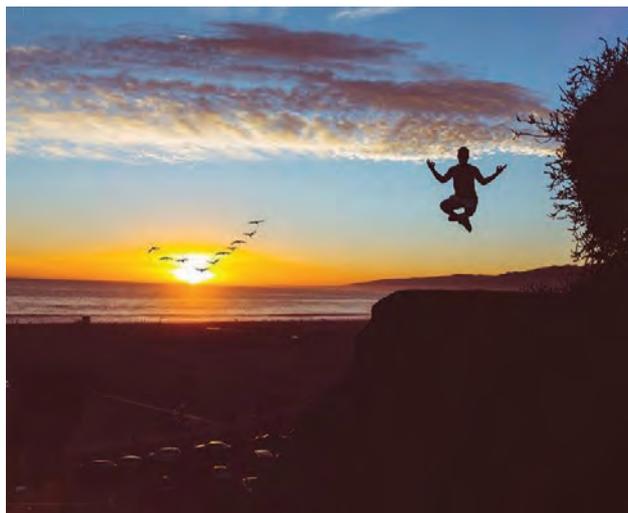
At the newly opened@wakamedubai<3! Definitely added to my favourites. Thank you.
[@shooshz](#)
Sharifa Badri | A proud & blessed Emirati from Dubai. Flowers make me happy. Since 1990.
الحمد لله دائماً وأبداً >٤



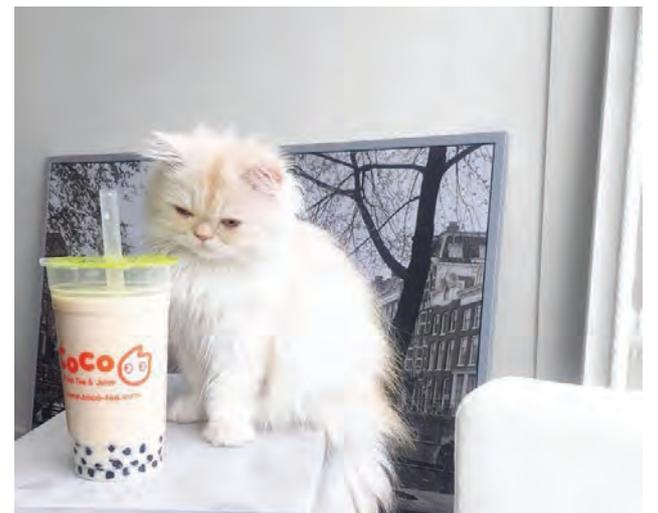
@xdubai #xline enjoy the ride
[@faz3](#)
Fazza | Every picture has a story and every story has a moment that I'd love to share with you. Thanks and enjoy



“This has become a regular occurrence at lunch time. She’s a happy henna loving hippy!”
[@jackharries](#)
Jackson Harries Filmmaker and Photographer. Passionate about capturing life.



“Hakuna Matata”
[@taylorcutfilms](#)
Jordon Taylor Wright | director•photographer •filmmaker jwright7788@gmail.com



“When you ask for extra boba but they don’t give you extra boba”
[@thatsheart](#)
Heart Defensor | My name is Heart and I’m a YouTuber! Snapchat: heart.defensor

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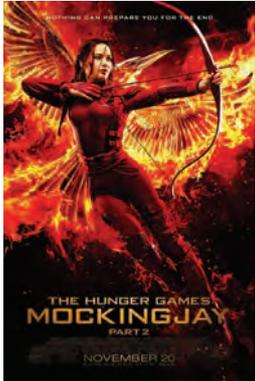
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OVER 35 OUTLETS

now showing this month

Tempo's movie buffs came together and discovered this month's latest flicks in the Gulf.



THE HUNGER GAMES: MOCKINGJAY PART 2 (2015)
GENRE: ADVENTURE/ SCI-FI
TEMPO PREDICTION: ★★★★★

AFTER BEING SYMBOLIZED AS THE "MOCKINGJAY", KATNISS EVERDEEN AND DISTRICT 13 ENGAGE IN AN ALL-OUT REVOLUTION AGAINST THE AUTOCRATIC CAPITOL.

GOSSIP: WHEN DOING INTERVIEWS, JENNIFER LAWRENCE COULD SAY VERY LITTLE ABOUT THE FILMS AS THEY FILMED MOCKINGJAY PART 1 AND 2 AT THE SAME TIME.

Directed By: Francis Lawrence
Cast: Jennifer Lawrence, Josh Hutcherson, Liam Hemsworth



SPECTRE (2015)
GENRE: ACTION, ADVENTURE, THRILLER
TEMPO PREDICTION: ★★★★★

A CRYPTIC MESSAGE FROM BOND'S PAST SENDS HIM ON A TRAIL TO UNCOVER A SINISTER ORGANIZATION. WHILE M BATTLES POLITICAL FORCES TO KEEP THE SECRET SERVICE ALIVE, BOND PEELS BACK THE LAYERS OF DECEIT TO REVEAL THE TERRIBLE TRUTH BEHIND SPECTRE.

GOSSIP: AT ONE POINT, THE STORY OUTLINE WAS A WELL-GUARDED TOP SECRET - THE CONTENTS KNOWN ONLY TO ACTOR DANIEL CRAIG, PRODUCERS BARBARA BROCCOLI AND MICHAEL G. WILSON AND A FEW OTHER SELECT PERSONNEL AT EON PRODUCTIONS.

Directed By: Sam Mendes
Cast: Daniel Craig, Christoph Waltz, Ralph Fiennes

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●● tempo reviews

By ALEECE SMITH

Strangerland



Nicole Kidman, Joseph Fiennes and Hugo Weaving headline this low-key thriller centered on the events that befell the Parkers, a family recently relocated to a quiet, Australian town. (Though, in this reviewer's opinion, the stronger acting comes from the less famous cast members.) When their son and daughter go missing, the parents (Kidman, Fiennes) become unglued. However, rather than focusing on the story of the missing children, the movie follows the distressed parents' progression through the ordeal. That change of focus may be the filmmakers' attempt at creating a sense of realism for the audience.

In life we often do not have perfect information and tidy story lines about the world around us. In Strangerland, that happens a lot. To replace the charm of real life, we find odd bits of plot here and

there. For instance, the dust storm has almost no bearing on the story, and neither do the characters dropping mysterious nuggets about their pasts. It happens often enough to become tedious.

None of that is to say that Director Kim Farrant ignores the basics. The movie keeps you guessing about what happens to the Parker family. So if you're looking for a thriller, this is worth a watch.



MEETING MALALA

We all see Malala all the time; she is one of the most recognizable faces on TV, in newspapers, magazines and the internet, and yet when you see her face to face, you feel her energy in a completely different way. You see the face of a little girl who had to grow up far too quickly - not out of choice but out of necessity, not after reflection but out of trauma. This was a girl on whom the world has thrust a huge responsibility - and no matter how it is parsed in the media, it is a role that she has had little choice but to accept, and one that is now shaping the whole trajectory of her life.

We met Malala at Emirates Palace Hotel - far away from her new home in London, and farther still from her village in Swat Valley. She walked onto the stage after her father, the director, and the producers. She held her shawl closely around her, and gave the press her signature smile. This was her face to the world, the one that tells them that she had to face death, and will keep on going no matter what. I wondered how she felt inside: would she, at that moment, have preferred to be with her family in England? Or home in Pakistan,

instead of a cavernous hall surrounded by strangers? Does she wish she was home doing homework, like a regular kid of her age? Or making bread with her mother? Or maybe snuggled in bed reading a book? It must not be easy to act grown up all the time, to be thrust the role of champion of a cause; and to find yourself an accidental ambassador for global education and empowerment. If she could go back in time, is this the life she would have chosen for herself?

As questions and answers were exchanged with the media, I watched Malala's eyes flit back and forth. She answered questions, smiled and often looked towards her father for assurance. What I saw was a little girl, with a big shadow. This is what courage looks like. I wished peace for Malala - peace now, peace in ten years, and peace when she's 60 years old. I can only imagine what it is to be Malala, and to be living the life she is in. I hope one day she can look back at her life and say that it was the life that she wanted.

FILM REVIEW: "HE CALLED ME MALALA"

A poignant documentary about Malala, produced by Image Nation and directed by Davis Guggenheim. The film traces back to Malala's childhood just before the shooting, all the way to her present day life as champion of women's rights and education. Director Davis Guggenheim relates the story with obvious sensitivity for the social-political context, and great respect for the personal relationships between Malala and her father. The story captures crucial moments in Malala's life, from her everyday interaction with her family, to the violent episodes that bring out her courage and transform her into a vocal critic of social injustice. "He Called Me Malala" is a lyrical film, beautifully told, that intertwines new film, archival and news footage, with artistic renderings. The film captures the spirit of Malala: her vulnerabilities, her courage, and her sense of moral outrage. This is a film you should see with your children, young and old, to facilitate discussion and to instill in them the importance of empowerment and education for all.

-Sana Bagersh



More Reasons To Visit Bawabat Al Sharq Mall



بوابة الشرق مول
Bawabat Al Sharq mall





GIVE A DAMN!



CHARITABLE COUPLE

“Live within your means.” – A quote that Julia Wise and Jeff Kaufman (pictured above) still lives to this day. With a combined annual income of more than \$200,000 (700,000 AED) the couple somehow manages to spend only \$15,000 (52,500 AED) for one entire year. While some of their income went to their personal savings, they donated more than half to charity! Check out how they manage to get by and give more to those in need here.

A page dedicated to spreading kindness, compassion and generosity. We invite you to share your stories about your social and charity causes. Email: editorial@tempoplanet.com



SEEN ON FACEBOOK: ALTRUISM AND TRUE SERVICE OF THE ABU DHABI POLICE

While majority of the things we see on our Facebook News Feed might be rants, funny videos, or memes, Abu Dhabi resident Michelle Sabti took to Social Media to praise the chivalry of our very own Abu Dhabi Police. Here's what she said: "Love Abu Dhabi Police! I was running some errands in Khalifa City and for some reason my battery played up and car wouldn't start! I swear, I didn't call, didn't even catch a breath and the gentlemen in the red car were in position, jumper leads out, zero conversation - focused on the job. In minutes I was back in action and with a smile and a "you need new battery" they were away, as was!! now that's what I call fabulous community service! Chivalry is not dead! #gratitude#loveadpolice "



FOOD WASTAGE

Ever wondered why food items you see on grocery stores always look "perfect"? The video below tells the shocking truth of how mountains of food are wasted due to grocery standards. If you can just imagine how millions of starving families all around the world could have been fed, this is an alarming issue which has been going on for years.



GIVE A HOME, GIVE A DAMN

When a man saw an old woman sleeping of the dirt outside his home, he didn't shoo her away - he built her a nice small house with wheels! When you watch the video here, you'll see how he built everything from scratch: for sure he really went out of his way to buy everything for the poor lady. Such benevolence!



SEARCHING FOR THE PERFECT PRESENT THIS COMING NATIONAL DAY? COME AND JOIN THE NATIONAL DAY GIFT FAIR WHERE YOU CAN SHOP AND SELECT ALL OF YOUR CORPORATE NATIONAL DAY GIFT ITEM NEEDS!

Date: Sunday, November 22, 2015
Time: 11:00 am to 5:00 pm
Place: BrandMoxie #307 twofour54, Park Rotana Complex, Sheikh Zayed Rd (Salaam St.), Abu Dhabi, UAE



BY JAE FRANKLIN | @jaefranklin

HOW INDIE MUSICIANS CAN MAKE A GOOD ALBUM

Do you recognize the names Haitus Kayote or Alice Smith? Like me, these emerging independent artists write, produce, arrange, mix and master their albums independently from major commercial record labels, a do-it-yourself recording and publishing process. Indie artists have DIY DNA The process is rewarding yet arduous and requires substantial investments of time, resources and finances. This month, I'll blueprint the indie artist's album making process with key point takeaways and suggested online platforms specifically for the DIY community.

As an example, I'll share the two-year process of creating my new album, Cheers to Life, which will be released on February 2, 2016. **Cheers to Life** was a 100% collaborative process between me, three music producers, and two audio engineers, spanning four countries, countless Skype calls, and hundreds of emails. Check out my process.

Phase 1 - Preparation

Technology used

MacBook Pro	http://www.apple.com/macbook-pro
Google com	http://www.mail.google.com
Skype	http://www.skype.com

In 2014, I reached out to my first Cheers to Life (CTL) collaborator, Charles Lamont. Charles is a talented drummer and producer. We met in the U.S. in 2010 and toured together in Ethiopia. We also toured together with Grammy-award winner Melanie Fiona. One year later, I toured South Korea and Charles began touring with Grammy-award winners India. Arie. Though we were oceans apart, I knew Charles was the missing link for CTL. Using Gmail, I emailed Charles about CTL. My email included three elements: budget, projected timeline, and concept. Charles and I had one initial Skype meeting and production began one week later.

Key points: C.P.V.

Collaboration is key. **Preparation** is imperative. **Value** relationships. Collaboration should be gratifying; however, preparation is critical. Think of collaboration like building a home. Selecting collaborators is like picking your team. Preparing budgets, organizing timelines and refining concepts are similar to leveling the site, putting up the wooden forms and pouring the foundation. Lay the groundwork then finish strong. Maintain genuine connections. Collaborations are more dynamic when everyone feels invested. Don't just call folks when you need something from them.

Phase 2 - Production

Technology used

Logic Pro X	http://www.apple.com/ae/logic-pro (UAE)
Dropbox	http://www.dropbox.com

In 2010, I invested in myself and purchased a MacBook Pro with money I had saved.

I asked friends for recording equipment recommendations. Music director Gil Smith and bassist Lavonta Green recommended Logic Pro X digital audio workstation, M-Audio interface, AKG Perception condenser mic, Sennheiser headphones, and Stedman Pro Screen pop filter. I was good to go.

In 2014, these tools were used to record Cheers to Life. I also needed more production perspectives so I expanded the team and recruited two music producer friends. Berlin-based nooBeats and Paris-based WaxMantic completed the team. I recorded vocals while they produced music. We used one platform to share large CTL files. Dropbox, one of the most comprehensive platforms available that allow users to share files electronically, was the solution. Dropbooox *drops mic* CTL music flowed through Dropbox like ice cubes melting on an Abu Dhabi sidewalk. Fast!

Key points: I.A.E.

Invest in yourself. **Ask** for advice.

Expand and engage.

Invest in tools that come highly recommended from respected and trusted professionals. Re-evaluate your team if you feel stuck. Expand if necessary. Think outside the box and find solutions. Complacency is the enemy.

Phase 3 - Mixing and Mastering

Technology used

Wetransfer <http://www.wetransfer.com> Mixing and mastering CTL was a collaborative process too. My good friend and singer Melisa Le Rue connected me with audio engineer, Vicente Espi of Songololo Music. After communicating by email, we confirmed our timeline and budget. The plan: Vicente would mix and his colleague Pablo San Martin would master the complete project. Feeling excited, I carefully relinquished all CTL files to professional strangers. Fortunately, Vicente and Pablo brought new life to each song. To share files, we utilized Dropbox and Wetransfer, a free service to send big or small files from A to B.

Key Points: Q.T.

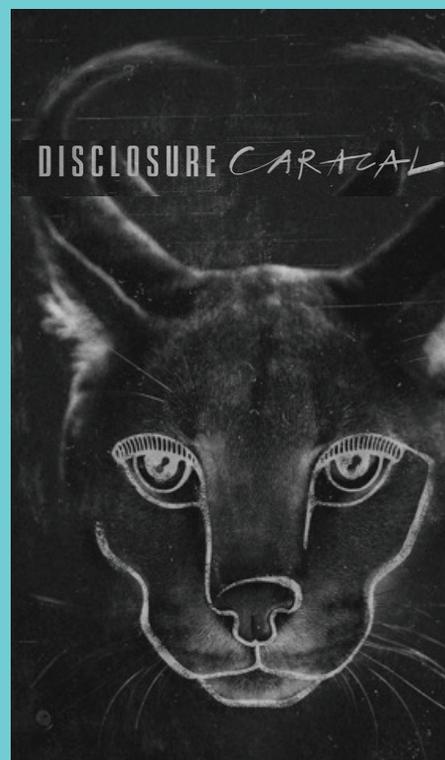
Quality trumps mediocrity. **Trust** the process. Don't settle for so-so. As rapper T.I. says, "I don't want no mediocre". Find the best resources within your budget. Trust your gut. Let the professionals do their job.

Be warned: A collaborative, do-it-yourself process is not flawless. However, I urge you to invest in yourself, use the aforementioned online tools, and enjoy the success of your next collaboration. Remarkably, team CTL grew more resilient and resourceful. Now, we can't wait for February 2nd. If you'd like to share your recent collaboration success story or collaborate with me, find me @jaefranklin. In the meantime, I urge you to continue supporting independent artists. Without your support, our contribution may not be heard.



BY VERA ROSALES | @verarosales

DISCLOSURE'S CARACAL



How does one hype an electronic album? With collaborations of course!

Disclosure, an English electronic duo comprised of brothers, Guy and Howard Lawrence, succeeded through early releases that featured headline-worthy acts and Grammy winners. Accompanied by a series of music videos that followed a dystopian storyline - one can conclude that Caracal's promotional strategy gave the listener a full grasp of the album's feel and execution.

The 16-track album is not just electronic, but rather gives off a feeling of house with a hint of trance. The lyrics are sublime and match Disclosure's creative delivery of songs.

Starting with 'Nocturnal,' a track strengthened by The Weeknd's vocals, Caracal automatically takes you to a setting of 'musical wilderness': imagine darkness, shrubs blowing in the wind, birds chirping, wild animals roaming around to symphonic beats (you get the picture). The almost 7-minute song sets the pace of the album and is followed by 'Omen' featuring the talented Sam Smith, and then 'Holding On' with the soulful Gregory Porter. Lion Babe (who in my opinion is one of this year's most promising debut artists) comes right after with the feel-good 'Hourglass' and is followed by sick beat singles 'Willing & Able' and 'Magnets' which include Kwabs and Lorde respectfully. The album

loses a bit of its momentum after 'Magnets' but for a justifiable reason - maybe a way for the artist to build up again - until the singles 'Superego', 'Masterpiece' and 'Molecules' sweep you away with their meaningful messaging and musical prowess. The album ends with singles 'Moving Mountains' and 'Afterthought,' which are intended as 'closing remarks' for the album's theme.

Like the cherry on top of the whipped cream of your ice cream, Caracal comes with two extra tracks (if you buy it from exclusive partnered sellers): the original demo of Porter's 'Holding On' and an enjoyable Kevin & Dantiez Saunderson remix of 'Bang That'.

Twenty years ago one would think that the electronic genre would be just robotic sounds bunched together to create a song. But with the emergence of artists such as Zedd, Major Lazer, Avicii, Calvin Harris and Disclosure in the past five years, you know that the music industry is evolving into the electronic age. Why? Because there are artists who are innovating music in a way that invigorates our hearing (with more than loops and repetitive dance beats), and lifts the staples of a good music and lyrics to a whole different level through collaborations, revivals and everyday sounds.

The Caracal is a long-legged lynx-like cat with black tufted ears and a uniform brown coat that is native to Africa and western Asia. Disclosure gave it a whole different meaning with this album. Listen to it and you'll see.

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THE RIPE MARKET ABU DHABI

ALL SATURDAYS IN NOVEMBER

MUSHRIF CENTRAL PARK

The Ripe Market is a community event supporting local businesses, giving them a platform to sell to residents and visiting tourists. At Ripe Organic stand you'll find local organic fruit and vegetables from the Ripe Farm and from other local organic farmers. The Ripe Food and Craft Markets are the only place in the UAE where locals, expats and tourists come together to share their love of fresh, seasonal, organic, local and handmade produce.

Scan →



THE ILLUSIONISTS 1903

6 - 9 NOVEMBER

DUBAI WORLD TRADE CENTRE

This popular magic show returns with eight new world class magicians, in a turn of the century spectacular. Featuring brand-new illusionists handpicked from across the globe, The Illusionists 1903 promises to transport the audience back to the golden age of magic, a time when conjurers were the true rock stars of the day. Showcasing the origins of some of the greatest and most dangerous illusions ever built, the show also unveils never-seen-before experiments drawn from a treasure trove of long-forgotten mysteries.

Scan →



BLUE LIVE

13 NOVEMBER

EMIRATES GOLF CLUB

Blue is an English boy band that rose to popularity in the 90's with hits such as All Rise. The seminal boy band released three albums in three years and became one of the 90's most popular boy bands, and that in a decade that had far too many boy bands. Be sure to check out Tempo's exclusive interview on Page 31! (And remember to take part in our online competition to win tickets).

Scan →



ABU DHABI ART

18-21 NOVEMBER

MANARAT AL SAADIYAT

The next edition of Abu Dhabi Art will mark the seventh year, continuing to highlight Abu Dhabi's growing role as a leading arts destination and platform for global cross-cultural dialogue. As an integral part of Abu Dhabi Art, the Beyond sector presents large-scale works, and expands in 2015 by introducing large-scale installations which will go beyond fair grounds and engage with public spaces. Through this new annual programme, selected works will be exhibited for six months, creating a contemporary canvas of artwork within the urban landscape.

Scan →



FORMULA 1

27-29 NOVEMBER

YAS MARINA CIRCUIT, ABU DHABI

Now in its seventh spectacular year, the 2015 Formula 1 Etihad Airways Abu Dhabi Grand Prix will be returning to the iconic Yas Marina Circuit. The world's only twilight race will be the last of the 2015 season, and could potentially decide the prestigious F1 driver's championship title once again. Last year saw more than 60,000 fans enjoy a spectacular finale to a nail-biting season and a race-weekend that generated 1.9 billion Twitter impressions for the #AbuDhabiGP hashtag, and which trended number one worldwide on race day.

Scan →



iFilmmaker: A Guide to Mobile Video

Nov 2 | 6:30-9:30

iFilmmaking workshop with a guide on mobile video production. Workshop take away: learn to set up your device, gear and apps. Capture cinematic shots, edit video on the go, apply quick filters and looks to your videos. Learn tips and tricks on video sharing, hands on mobile media accessories, our favourite apps and other inspirational resources.

Urban Bedouin Adventure Seminar

Nov 20 & 21

In the legendary hands-on seminar, participants will learn the ancient skills and wonders of the nomadic desert dwellers. You will learn the ancient art of spinning and weaving with camel hair. You will hunt and gather wild/edible desert plants, you will make tools from stone and more. Visit www.facebook.com/thespacead/event for more info and registration.

Cinephilia Filmmakers to Watch 2015 Series

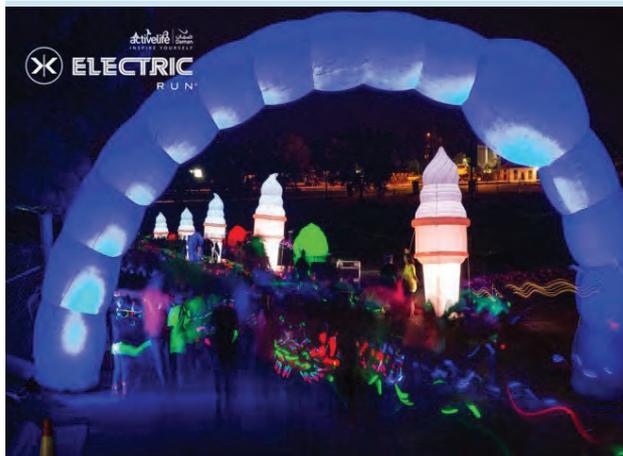
Nov 24

Screening of five award winning short films from Turkey, Lebanon, Afghanistan and Egypt. Program curated by Cinephilia Productions. Screening will be preceded by a talk by Cinephilia Productions founder and filmmaker Darine Hotait. Screening is followed by a Q&A session. *Free event*

Visit: www.cinephiliaproductions.com/2015series



TheSpaceAD



DAMAN'S ACTIVE LIFE ELECTRIC RUN

6 November | Meydan Grandstand and Racecourse

UAE residents will be treated to the Electric Run, an event which also takes place in London, Chicago, Los Angeles and Singapore. Since 2013, over one million people have taken the Electric Run challenge around the globe. Offering a unique combination of fun run and a fusion of music and light, Electric Run is presented by Daman's ActiveLife. The format features up to seven lands, a neon-lit track with giant light installations, DJs blasting the latest tunes, and an end-of-run concert.



"ATMOSPHERIC CO2LORS" PAINTING EXHIBITION BY ARTIST KARINE ROCHE

2 November to 3 December | Alliance française "La Belle étoile" terrace

The Alliance Française Abu Dhabi highlights the theme of climate change through art exhibitions, selection of books and conferences. "France will welcome and lead the 21st Conference of the parties in the framework of the United Nations Convention on the 2015 climate change (COP21/ CMP11), also called "2015 Paris". This is a crucial deadline as it has to lead to a new international agreement on the climate that will be applied by every country, in order to keep global warming below 2°C.



THE COLOR RUN 2015

21 November | Dubai Autodrome, Motor City

The Color Run™ presented by Daman's ActiveLife will make a sparkling return to Dubai Autodrome on Saturday 21st November. Less about your 10-minute-mile and more about having the time of your life, The Color Run™ is a five-kilometer, un-timed fun run in which thousands of participants, or "Colour Runners", are doused from head to toe in different colours at each kilometer. The fun continues at the finish line with an unforgettable Finish Festival.



THE YASALAM 'BEATS ON THE BEACH'

26-28 November | Lagoon Beach, Abu Dhabi Corniche

Flash Entertainment, organizers of Yasalam, the largest city-wide entertainment festival run by any race host city, announced its artist line up for Beats on the Beach 2015. Performers include international artists Enrique Iglesias, Blur, Florence and the Machine, Bamboo, WaelKfoury, J Cole, and Faithless. Saif and Sound will also represent Yasalam by being a mentor in the 'Emerging Talent Competition' through which the winner will get a chance to perform on 'Beats on the Beach' on 26 November.

people calendar

SUMAIRA ASLAM
 NATIONALITY: PAKISTANI
 AGE: 29
 COMPLIANCE ANALYST
 QUOTE: 'BE YOURSELF'



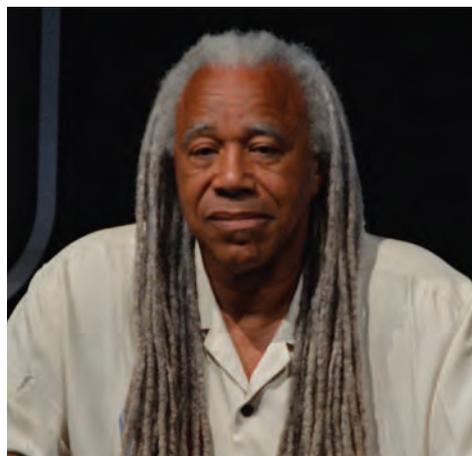
Angeli Castillo



IGNCON ABU DHABI

All things considered this might have been the best of the three major games conventions this year.

Boasting celebrity guests like Dave Fennoy ('Lee' in The Walking Dead game), Adam Harrington ('Bigby', A Wolf Among Us), Naomi Kyle (IGN web show host), Nadia (pro cosplayer) and, most popular with the crowds, Jack Gleeson ('King Joffery', Game of Thrones). It was a great spread of tables including homegrown game developers, a demo for Assassin's Creed Syndicate and stellar cosplay. Find out more at GameHedz UAE on Facebook.

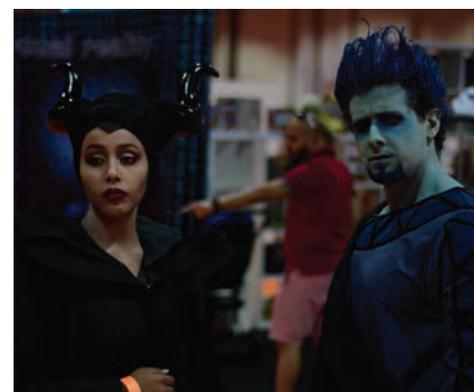


MEGCON DUBAI

The Middle East Gaming Convention (MEGCon) held here was a mixed bag. It was set amidst rumours of internal conflict, and a split with the new organisers. It had an uphill battle against time.

Given that it's an entirely new event, it would be unreasonable to expect it'd have a bumper turnout. Nitin Mathew, event organiser, pitched it as a 'fringe' conference that focuses on local talent across the gaming industry and the less mainstream elements thereof. One of the event's few highlights was the cosplay competition, which produced top class cosplay, the winner walking away with a trip to Japan to attend one of the most important cosplay events on the calendar. The other highlight was the presence of pro cosplayers Sumi, Ginny McQueen Wind of Stars. Wind of Stars did an excellent presentation on upping your cosplay game.

One homegrown talent that stood out was freshman uni student who goes by the name, Kim F.A.R. She's got talent beyond her years, producing outstanding artwork and showing tons of ambition. Kim has plans to launch her very own Manga comic next year - it's called D. Play and this kid's talent and enthusiasm in anything to go by, watch out, she's gonna takeover.





SAMSUNG GALAXY NOTE 5

Samsung is continuously striving to deliver the best they can and the new Samsung Note 5 is an eye-catcher with high end hardware and terrific battery life. Even though the non-removable battery and no external storage strips away some cool features, the Note 5 is feature packed with Octa-Core 2.1GHz & 1.5GHz CPU, 4GB RAM and 32 / 64 BG Internal memory, super AMOLED 5.7 inch Quad HD 2560 x 1440 pixels display. It is available in two different versions single SIM or dual SIM, and has up to 10 hours on 3G and 11 Hours 4G battery time.

SAMSUNG GALAXY S6 EDGE+

With a compelling design, top specs and excellent battery life, the S6 edge+ is one of the most desirable and certainly one of the most expensive smartphones in the market. It has A 5.7 inch 2560 x 1440 pixels Quad HD Display and includes an accelerometer, barometer, fingerprint sensor, gyro sensor, geomagnetic sensor, hall sensor, proximity sensor & RGB light sensor.

TEMPO'S TOP 10 APPS FOR UAE TOURISTS



VISIT ABU DHABI



WHATSAPP



GOOGLE MAPS



FACEBOOK



UBER



FACEBOOK MESSENGER



CITYGUARD



TWITTER



XE CURRENCY CONVERTER



INSTAGRAM

TEMPO'S TOP 10 MOBILE GAMES IN THE UAE



CANDY CRUSH



TEMPLE RUN



TETRIS



TWO DOTS



ACTION POTATO



FINAL FANTASY: RECORD KEEPER



DROPWORDS



UNISON LEAGUE



PINBALL DELUXE



CLASH OF CLANS



BITS AND BYTES

AUSTRALIA DATA LAW COMES INTO EFFECT

Large amounts of telecommunications metadata must now be kept for two years by Australian telecommunications companies, after a new law that came into effect. This includes data on who called or texted whom and for how long, as well as location, volume of data exchanged, device information and email IP data. Some data was already being retained but the new rules expand on this and also makes it much easier for authorities to access the records. The new law has caused heated debate among Australians with some justifying the expanded data retention and others pointing out flaws in the plan.

THE BIGGEST TECH DEAL EVER: DELL BUYS EMC FOR \$67 BILLION

In the biggest tech deal of all time, Dell will buy corporate software, storage and security giant EMC for \$67 billion. The deal completes Dell's transformation from a consumer PC business to an IT solutions provider for companies. Why this is significant is that EMC is a behemoth in the corporate IT business and is among the largest providers of storage hardware in the world. It also makes servers and owns security company RSA, which is known for its hard-to-crack SecurID tokens.



REMIXING THE KANDURA

1

KANDOR-T will be releasing limited-edition 5 panel caps in the coming weeks.

2

KANDOR-T is a local-based unisex line that celebrates Emirati culture.

3

Every item is longingly handmade in the UAE, to the exacting standards of the traditional kandura.



The kandura is remarkably versatile. You can wear it as a business suit, a tuxedo, or leisurewear. And now, thanks to under-the-radar streetwear brand KANDOR-T, you can also wear the kandura as a t-shirt. The concept is incredibly simple: it's a kandura cut in the pattern of your most comfortable t-shirt. Like the classic Emirati kandura, there is no collar, it's made with fine Japanese fabric, and most importantly, it is strictly made in the UAE:

"We're manufactured in Abu Dhabi by actual kandura tailors who construct each garment one by one," said the company's founder, who prefers to stay behind the scenes. "Each Gulf region has a different type of traditional dress so it's important to keep that dialogue authentic. It's wouldn't be true to the brand to use tailors outside of the UAE."

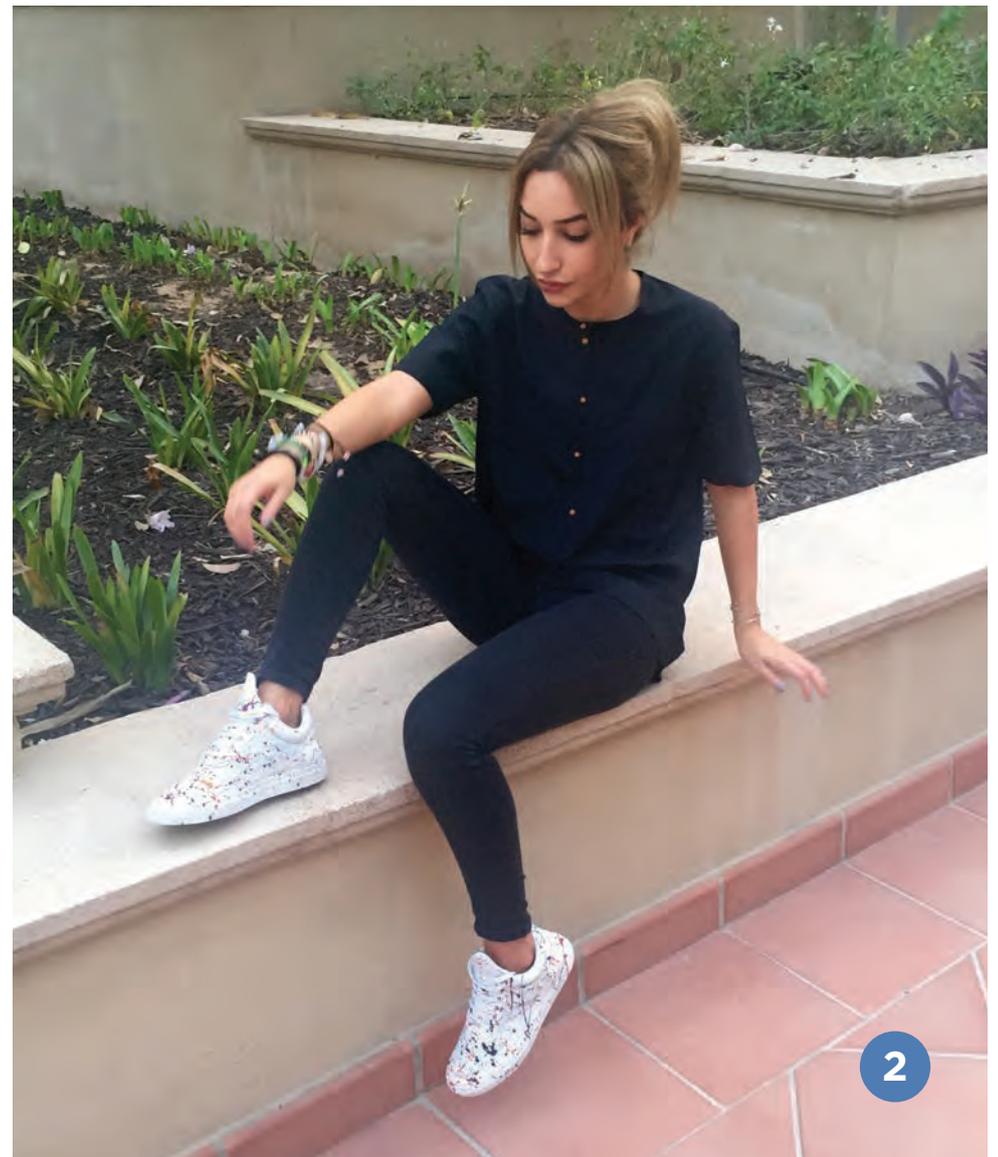
As the owner told us, years ago, traditional Emirati fishermen would wear modified, cut-off kanduras out to sea. So the young entrepreneur asked himself: 'Why not make a modern version?'

Three months ago, the founder did just that, making one for himself, which quickly caught on among friends. "All of my friends wanted one and eventually I thought, 'I should bring this to more people,'" the designer told us.

For the founder, kandor-T is all about culture, heritage, and the future. "The brand is merging traditional clothing with something that's common like a t-shirt--it's old meets new," he said.



2



2

Upcoming drops include graphic t-shirts and sports caps in cotton, suede, and wool. Looking even further into the future, cut-and-sew garments and custom kidswear are also on the horizon. But as the founder told us, the brand's signature garment will always be its remixed thobes: "With the kandura tee, I'm really trying to make the kandura accessible to everyone."

You can find KANDOR-T at the Luxury Arcade at World Trade Center Mall and on Instagram.



1



1



HEBAH BAKER

AGE: 24

PROFESSION: ACCOUNT MANAGER

NATIONALITY: IRAQI/CANADIAN

FASHION STATEMENT: Fashion is an art of personal self-expression.

MY STYLE: Classy and elegant, fragrance is my jewellery.

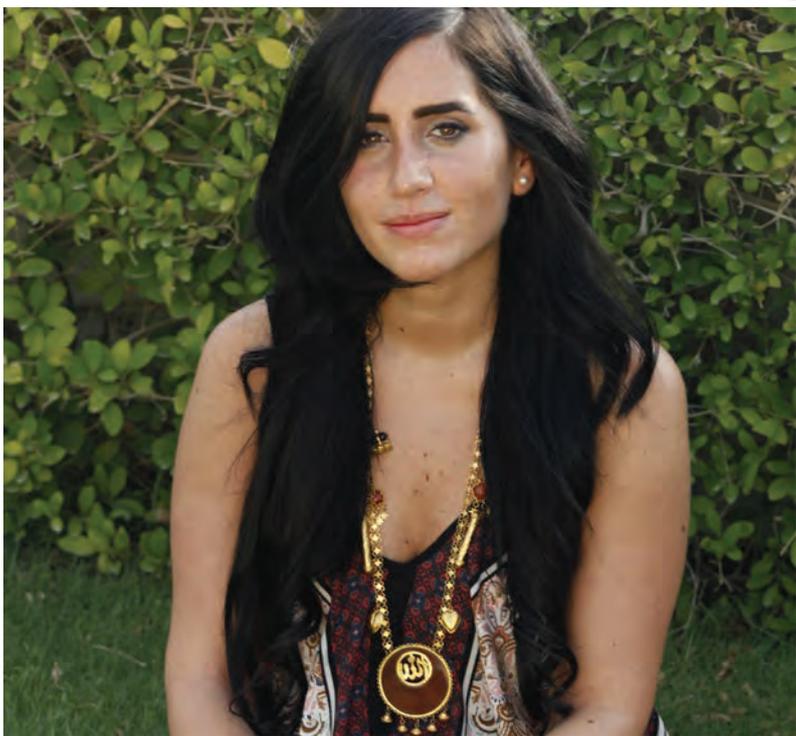
DESCRIBE YOUR PERSONAL STYLE IN LESS THAN 10 WORDS: My style depends on my mood, I wear lots of layers and focus on monochrome colours.

FAVE BUY OF THE PAST MONTH: A suede fringe skirt.

TOP PLACES TO SHOP? I don't have a favourite store... I usually select pieces from different places, as long as I'm drawn to them.

DOES THE UAE HAVE STYLE? Honestly not as much as I would hope - it needs more diversity and self-expression.

ANY FASHION PET HATES? I'm not a huge fan of backpacks. They remind me of school and that's where they should stay.



PHOTOGRAPHER:
Angeli Castillo



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JOURNALISM DAY AT CNN



Reported by Tempo interns Yara Nasif and Hania Meigag

CNN opened up its studios for the third annual Journalism Day, and Tempo was there to cover the event! The international news broadcasting giant invited students studying journalism to come and meet

top professionals in the industry. The event, which is an annual tradition, was held this year at the CNN Abu Dhabi Bureau, and was hosted by none other than Becky Anderson and John Defterios.

As Tempo's interns we were excited to be invited to 'cover' the event. The day began with coffee, tea and donuts as a group of university students arrived, bursting with enthusiasm and great expectations. By about 10am the room was full of budding and aspiring journalists, all gathered in the famous newsroom, ready to learn.

Zayed University journalism professor David Bulla introduced the first speaker of the morning: John Defterios, Emerging Markets Editor and Anchor - a journalist with almost 25 years

of experience in the industry, who has interviewed some of the world's top business leaders. Defterios talked about his experience working in the field and told the young journalists to be 'smart', 'deep' and 'quick'.

"The essential things about being a journalist is being smart about it but also being deep and being quick at the same time," he told everyone.

After our talk with John, we all split up into smaller groups focusing on different newsroom 'roles'. These included the



positions of anchor/presenter, producer, writer, director and technical operator.

The group then took a brief break for lunch before Connect the World presenter Becky Anderson gave a Q&A session. We were lucky to be interviewing someone who has herself interviewed the likes of UN Secretary General Ban Ki-Moon and Oprah Winfrey. Anderson talked about her favourite stories, the challenges that she still faces as a correspondent and how the journalism industry has evolved.

“Everything has changed and nothing has changed in that time,” she said. “Journalism is still about integrity and honesty.” she said.

In the final activity of the day, we worked in small groups to put together a 2:30 minute news segment. The students got to experience the buzz of working in the newsroom, and the excitement of working under a tight deadline to piece together a story and report it live on air. “This is CNN!” And it sure was great fun!



ADVICE FROM THE PROS

BECKY ANDERSON CNN's International Anchor and Correspondent
What advice do you have for students that want to follow your career path?

If you want to be a presenter you have to throw yourself in right at the start. There's nothing like getting your hands dirty. Watch for opportunities.

What has been your favorite interview so far?

Sacha Baron Cohen who played Borat who was a journalist from a made up place. He didn't come out of character when I interviewed him. I was trying to ask him questions about his career and the movie and he basically shut me down. It was a very funny experience.

JOHN DEFTERIOS CNN's Emerging Markets Editor, Abu Dhabi
What do you have to say for the future journalists out there?

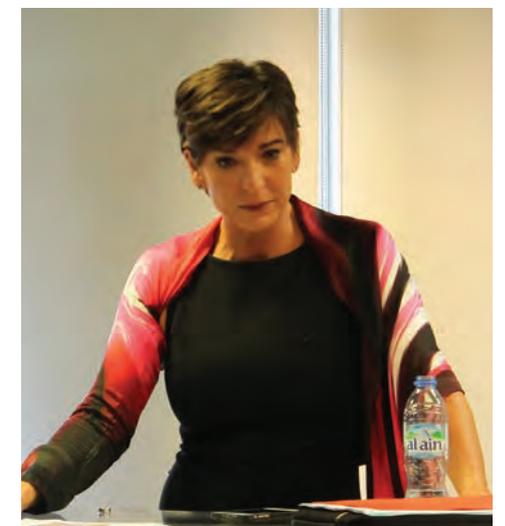
Be Smart –“means being knowledgeable of your subject today”

Be Deep –“read as much as possible so you can have a context of which to report from. Major story takes place with it's historical contexts that sort of knowledge is important.

Be Quick –“be quick with the information; this is breaking news coverage, you got to respond very quickly to the story

ALIREZA HAJIHOSSEINI CNN Producer
What advice would you give journalists?

Rule number one of going into journalism: Be nice to people and never think that you're not replaceable.



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LISA CHIEN: WHAT A RESTAURANT MANAGER EATS

BY HEATHER LONG VANDEVOORDE, PH.D. | PHOTO CREDIT: GILLES VANDEVOORDE



Midway through the Wagyu black pepper beef, the restaurant manager came to see how we were enjoying our meal. I was enthralled with the meat, so tender it nearly melted on my tongue that I was unable to answer. The manager, Lisa Chien, smiled and said, “we get that response often. It is definitely my favourite dish.” Recognizing we had something very much in common, we sat down to chat and find out more about her.

Li Jiang is the Asian fusion restaurant located at the Ritz Carlton Grand Canal. Its woody interior is decorated with spices on the walls. It has a market kitchen feel with an open kitchen where chefs are cooking with bright flames encircling their large woks. Lisa, from Taipei, Taiwan, has managed it for eighteen months. Here's she told me...

“Before the Ritz Carlton I worked in Dubai for Kempinski, making me a 5-year resident here in the UAE. I feel a strong bond to this country, like I might have been Emirati in another life.

“I was originally educated in information communications in Taipei. At the time that was a growing business sector and smart to get into. But it was not for me. I am more outgoing and prefer to interact with live people. I then found my way to IHTTI School of Hotel Management, in Neuchâtel, Switzerland. It is a wonderful school in an old castle. It runs as a hotel where the students alternate between being staff and guests to learn both sides of hospitality.

“I am definitely in the right line of work; my hobby is travelling. I love to see, and taste, different cultures. I like to do food and beverage tastings everywhere I go. Contrary to my background, I love a good steak, or anything Italian. If I go out for dinner, I choose either a steak house or somewhere I can have a big bowl of pasta. When I cook at home, it is often tagliatelli, or some other thick, chewy pasta with garlic, chilli and olive oil. I love spicy food - that is when you see that I am Taiwanese. But, if you came to my home, I would try something more fancy, such as roasted chicken with homemade stuffing. Here at the restaurant I love the Wagyu beef, of course, but also the honey glazed black cod and a rice noodle dish called Mi Fen.

“I definitely get praised for good service. I appreciate the work it takes for a manager to lead good servers and like to mention it when I see it. It takes REALLY bad service for me to speak up. I usually speak with my wallet and simply do not return if I have a lousy experience.

“[In ten years I hope to be] in Asia, though not necessarily Taiwan, working for Ritz Carlton. I really respect their policy of calling their staff ladies and gentlemen, not employees. The theory is that people can only give good service if they themselves are well treated. It inspires me to accomplish my mission: guests leaving with a smile every time.”





EATING: IT'S ALL IN THE TIMING



Dr. Oudi Abouchacra

A sneak peek into the book on the philosophy of eating by international speaker and coach Dr. Oudi Abouchacra, whose company "Inspired Results" has been working on teaching and inspiring people on how to care for their mind and their body so they don't have to visit doctors in the first place. He hopes to use his book as an educational tool to help nurture and strengthen our instinct to listen to what our body needs rather than what our mind desires.

TEMPO: What made you write this book?

Oudi: Ever since I was 15 years old I've had an emotional relationship with food. Any time I would get stressed I would bike to my local pizzeria and have a slice of pizza even when I was celebrating life I had pizza. I also suffered from heart burn at 15 years, which is not a common condition for a teenager, and it's been a thirty year struggle. I was the person people would come and bum anti-acids from. People in the nutrition industry focus more on what we're eating rather than why we're eating.

TEMPO: Where should the decision to eat come from?

Oudi: When I used to give seminars on this topic, almost 100% of the group would agree the decision should come from you, and only you. But when I asked them if the decision comes from your mind or your body, almost 50% would respond, 'the mind' because there are certain correct timings in the day to eat. And that means half of the population is not eating right. It is the car that gives the driver indication when it requires refueling, just when a baby starts to cry for food, it's not an intellectually based decision, it comes from within.

TEMPO: What are the crimes of mealtime?

Oudi: Breakfast is the most important meal of the day is the first crime; I think if you wake up in the morning and you're not hungry then you shouldn't eat. When I used to work out and train for my marathons, I remember feeling the hunger pangs, the connection with the primitive self; I started seeing burgers instead of the wheels of the cars. I still remember to this day how delicious that steak tasted because it was timed right. I think most people run into problems when they eat out of necessity, rather than to fill a void in their body. We end up with a culture that overeats and is afraid to feel hungry, afraid to die of starvation - with fridges in every single home. This convenient access to food has killed off any connection to the inner wisdom of the body. When you allow yourself to feel hunger, you unearth what type of eater you are and in the process discover the right diet for yourself. If there are people who don't have time to eat and want to avoid feeling hungry at work, then they should eat a little in the morning and then take snack breaks every few hours, just like cigarette or toilet breaks. I think it partially stems from all the food advertising that also uses research statistics to push certain meal times onto people. But also, as we raise our children we tend to use food to comfort and soothe them.

TEMPO: What are the results people will see from your approach?

Oudi: There are three results that everybody wants: people want to get to their ideal weight, avoid or minimize their digestive problems and lastly people want to do all that and still remain sociable. Be fit, be healthy and control your symptoms without it costing a relationship or two. So what do you call that philosophy of eating? I don't know yet.



NUTS ABOUT ALMONDS!



RECIPE FOR ALMOND MILK:

1 cup almonds
(preferably organic)
2 cups water (filtered),
extra for soaking & rinsing
Sweeteners: Honey, maple
syrup, agave etc.

Place the almonds in a bowl, cover with filtered water and place in the fridge to soak overnight (or up to 2 days).

Drain and rinse the almonds in more filtered water.

Place the almonds with 2 cups of filtered water into a high speed blender e.g.: Vitamix. Pulse the almonds and then blend for 2 minutes.*

Strain the milk through muslin or a cheese cloth.

Press the almond meal to release as much of the milk as possible.

Put the meal to one side and sweeten the milk. The milk can be stored in the fridge for up to 2 days.

The left over meal can be used directly in oatmeal, smoothies, cakes, muffins, flapjacks etc. You can also dry the meal by spreading it onto a baking sheet, popping in a low oven and allowing it to dry for 2-3 hours. Allow to cool and keep in a sealed container.

This can be used in granola, topping for porridge, baked bananas, apples etc. (The meal can be kept in a sealed container for upto 3 months in a freezer).

*In the past, I've skipped the sieving process and used the milk whole (including the meal) as it makes a thicker smoothie.

Enjoy!

I have an early morning ritual, were I will carefully count 23 almonds and munch on them as I prepare the second half of my breakfast. Why 23? This is roughly about 1oz - I have to limit myself as I would quite easily devour a whole bag within minutes.

Almonds are amazing and make a great snack anytime of the day. They are a fabulous package of nutrients containing a good source of quality protein (approx. 6g per 1oz) and 50 % RDA for vitamin E too. They have a good level of fibre, low on carbs, sugars and great on taste (being slightly sweet.)

What else is hiding in this unassuming nut? Copper, Zinc, Magnesium, Manganese, Calcium, Potassium, Iron, all essential nutrients and minerals needed in our daily diets.

A word of warning, they are high in fat (albeit good fats) and you do need to be careful with the amount you consume. Referring back to the 1oz - there is 14g Fat and 164 calories, so if you adore them like I do; you have to exercise a little caution.

Almonds are extremely versatile and can be incorporated into many dishes for example: Almond Milk, ground almonds as a flour replacement for cakes and biscuits, as a topping for fish and chicken (Tip: dip the top of the meat in whisked egg and press onto a plate of ground almonds, then bake). Add whole or sliced almonds in granolas, yoghurts, puddings - the list is endless.



European Fruits and Vegetables



www.ReleaseTheTaste.eu



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of Fruits & Vegetables



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PHOTOGRAPHING MODELS

If you are a portrait photographer you must be aware of the importance of makeup especially when photographing female models. Anyone with a basic knowledge can apply the makeup but a professional makeup artist can apply makeup which is specifically suitable for photography. A good primer should be applied before the base, and then feature refinement will be done using the right foundation for the skin type. Try to avoid mineral makeup for the portrait

shoot because it can lead to an undesirable glow or shine. Play up the eyes, avoid shimmer or glitter, try to use natural shades and use the least amount of eyeliner as possible. A natural colour lip is the most flattering in portraits because lip colour trends tend to change quickly. Well applied makeup can transform a photo shoot.

PHOTOGRAPHER: Shahid Saeed | LOCATION: YAS Beach - Abu Dhabi, U.A.E | MAKEUP ARTIST: Narjes Hijazi (Jordan)
MODEL (LEFT): Anastasia Giovannoni (Germany) | MODEL (RIGHT): Priscilla Myrtle Sarah Elias (India)



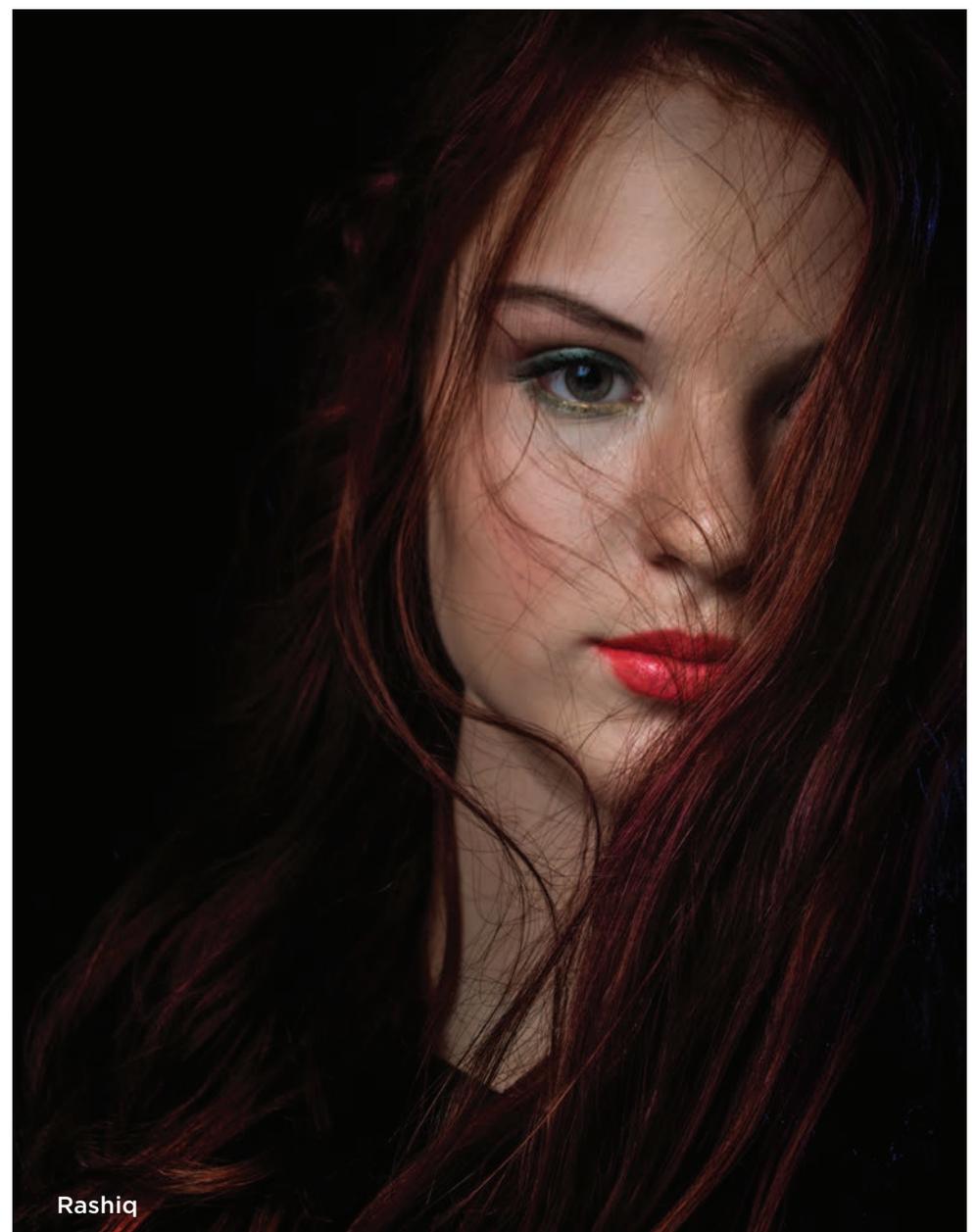
THE CHALLENGE:

PORTRAITS & 500 PX GLOBAL PHOTO WALK 2015 THE GROUP: ABU DHABI PHOTOGRAPHERS

NOTE: ADP has hosted an outdoor portraits workshop at YAS beach where participants were introduced to different methods of photography utilizing natural light. The group learned how to use portable flashes when the natural light is not enough for the photo. The members of the group experimented with reflectors, diffusers, off the camera flashes, single light and multi light setup. Models including makeup-artist were available to pose for the photographers.

ADP also hosted 500px Global photo Walk 2015 in Abu Dhabi as more than 60 photographers took part in the walk and members were given an opportunity to experience using Fujifilm Cameras.

ABOUT: Abu Dhabi Photographers is a group of photography enthusiasts who meet regularly to capture beautiful shots and to share knowledge and experiences. The group's patron is BrandMoxie.



INTERVIEW WITH MARK RONSON

SAIF AND SOUND

Saif and Sound caught up with English musician Mark Ronson on Radio 1. Ronson is the man behind UK's fifth biggest selling single of all time, 'Uptown Funk'. Mark Ronson performed alongside Labrinth in Abu Dhabi recently.



Catch Saif and Sound on RADIO 1 (100.5) for the latest in showbiz, movies, technology and more. Or party with Saif at Etoiles, Emirates Palace, Abu Dhabi (Thursday), 'Revival' at People by Crystal, Abu Dhabi (Friday), 'The Project' at Sax Club, Abu Dhabi (Saturday) and La Terrasse, Radisson Blu, Downtown Dubai (Tuesday).

Saif: You performed in Dubai a couple of months ago, when the Radio 1 breakfast show caught up with you. What have you been up to ever since? Any new projects or new music?

Mark: Most of the summer I was on tour. We did a lot of summer festivals in the UK and Europe. We also toured in Australia this year. I've been back in the studio working on projects for next year. So it's been a combination of playing at shows and making music - that's really all I do!

Saif: Cool! This is your first performance in Abu Dhabi?

Mark: Well, I actually DJ'd at a party a few years ago during the Formula 1 at some bougie club (laughs). But this is definitely the first time I'm playing for a bigger community and I was excited to perform.

Saif: What's performing with Labrinth at Green Grooves like? Had you guys met before or know each other?

Mark: Yeah I know Labrinth for a while. He's been doing amazing in the UK for a while now. The first time I heard one of his productions was when he produced 'Pass Out' with Tinie Tempah. I don't know him too well but I like him. He is talented.

Saif: Do you prefer DJ'ing in clubs or performing in concerts?

Mark: I like both. There's something really amazing just performing in a sweaty club with 300 people, but to be honest the great thing about getting to play at outdoor concerts is when you catch a vibe with everyone in there. It's really powerful; I love that!

Saif: We want to talk about your biggest song today, 'Uptown Funk' with Bruno Mars. At the moment you were recording the song with Bruno Mars, did you expect any of this to happen? Did you have an idea that this song was going to be as big as it is right now?

Mark: No, we had no idea. Nobody did. If this song has only gone number 1 for one week, it would have been the greatest thing ever. It would have been so exciting. The fact that it went on for two weeks at number 1 is amazing. I guess what's cool is that it is a record we really loved; we put our heart and soul into the music that we love the most. It's not that we were trying to make something commercial, we just wanted to make the kind of music that we wanted to listen to, and if we went up to a club, it's what we would want to hear. It's great that something came from an honest place and made this record with guys that I really love and respect. I am so grateful for all of this and I love the fact that whenever the song comes up people go nuts and feel happy.

Saif: That is absolutely true! When I first heard the record, I said the same thing to myself...that it sounds so different from any other record that we play on the radio. It's just so unique and it has its own style and its own swag.

Mark: Yes. Thank you for playing it!

Saif: No problem. I'm pretty sure you have been in the studio with a lot of different artists including Bruno Mars. Who was your favourite person to work with?

Mark: Honestly, I couldn't answer that question without getting myself in a lot of trouble.



Saif: (Laughs) I wanna get you in trouble. That's why I asked you.

Mark: I know this sounds like a cop out answer but I really get a lot out of anyone I work with, whether it's a new artist I've discovered making their first record, or someone who is as big as Bruno, Paul McCartney, Action Bronson or Chance The Rapper. It really doesn't matter because I love being inspired by somebody in the studio - their ideas and energy when both of your ideas fuse to make something neither of you expected. I am really lucky that people that I've worked with are really special people.

Saif: How does it feel to be in the UAE?

Mark: I am super excited to come out and play for my UAE fans!

“TEMPO IS IN THE HOUSE” WITH BLUE!



Tempo chatted with “BLUE” about their concert in Dubai on the 13th of November at the Emirates Golf Club in Dubai.

What’s one thing most people don’t know about Blue?
That we used to be a five piece when we first all met and auditioned together.

What’s the first thing you guys like to do when coming to a new country for a concert?
We always arrive and usually go straight to soundcheck, which is important so that we are happy with the sound for the shows. We like to settle into the hotel and sometimes sleep!

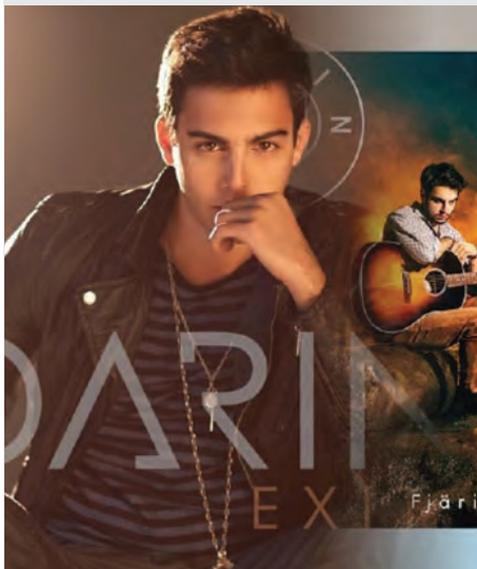
What’s the one thing that you would wish to do here in the UAE?
We would love to see the sights but unfortunately we visit so many beautiful places and hardly have any free time to explore them.

What quirky stuff do you guys do outside the stage?
We all like to do acting and song writing outside of the stage. We are all active dads also so spending time with our families is equally important.

Do you have funny nicknames for each other? What are they?
Webby, Leeroy, Costa and Spunk

What do you want to tell your fans about your upcoming concert?
We cannot wait to come back to Dubai and put on a great show for all our amazing fans. We want to hear you singing along and dancing!

MEETING SWEDISH POPSTAR DARIN



Sana Bagersh and Darin

It used to be when you mentioned Sweden, you thought of IKEA, or Abba, or Spotify, or Minecraft. Well very soon – and you heard it here first – the big Sweden name association will be Darin. How I found this out was at the Swedish Ambassador’s house, where I was invited to attend a private concert for Darin. My first reaction was ‘Darin who?’ I soon found out that Darin is this sweet, incredibly gifted 27 year old two-time platinum popstar who’s leaving a trail of swooning fans in his wake - from Stockholm to Malaysia to China to Brazil. When I met him at the ambassador’s house he was accompanied by Sony reps who were thrilled to announce that they’d just signed him on their label.

For the fun of it I took my 12 year old daughter Sara with me to the event, and she came in handy videotaping my interview with Darin. She wasn’t, however, quite as reliable transcribing the video. In fact, she convinced me that it’s far better to share a few lines of the interviews she transcribed here, and point everyone to the actual video of my interview online. And so... here is the start of my conversation with Darin – as Sara wrote it/unedited!

[A lot of talk about the weather...
Sana: I would love to be in Sweden right now. Yadda yadda yadda]
Sana: Darin you have an amazing voice.
Darin: Yes- thank you so much.
Sana: I’m just really impressed. We

would like to share some questions, and we’re gonna [sic] get a lot of information from the Sony guys. Just a few nuggets of information...insites [sic] about you.

Darin: Well, I’m originally [sic] from Kurdistan...

Sana: Love it.

Darin: But I was born in Stockholm, Sweden. So I grew up there, born and raised. And I grew up in a musical family, like my mom always played instruments like violin, piano, cello and guitar. And my parents both singing professionally [sic]

Sana: One sec, Sara you’re taping the whole thing, right?

Sara: yes

Sana: k

Darin: And so yeah...so music it’s always been a part of my life, since I was little I’ve been singing as long as I can remember.

Sana: wow.

Darin: And then I started writing songs for other artists when I was 14, so I started writing early. and then I got signed myself when I was like 16/17, so I’ve released 7 albums now, and the latest on is, um, the latest one is ‘Exit’.

Sana: wow.

Darin: I have a number one hit this week actually.

Sana: How do you keep yourself grounded? [Mumble, mumble.]

Darin: That’s a good question. You have to be yourself. When you’re young and you get big so fast it’s easy to lose yourself. I had a lot of good people around me...for me myself, it is important to be myself.

CATCH THE COMPLETE INTERVIEW AT WWW.TEMPOPLANET.COM

5 COOL FACTS ABOUT DARIN

1. Darin was born to Kurdish parents
2. Darin started writing and recording songs at the age of 14.
3. Darin announced that his new album is titled *Fjärilar i magen*.
4. In 2007, Leona Lewis covered Darin’s ballad “Homeless” for her debut album *Spirit*
5. Darin wrote a song called “Turn It Up”, originally on the track list for his album *Lovekiller*, but gave it to the British girl group, *A Girl Called Alice*.

●● talking books

By SANA ASHRAF | @sanaalikespie

COLORLESS TSUKURU TAZAKI AND HIS YEARS OF PILGRIMAGE

BY HARUKI MURAKAMI

This novel nested a certain melancholy in my soul. Simply, it's a novel about loneliness.

The protagonist Tsukuru, as the title implies, is colourless; he leads an ordinary life. At the age of thirty-six, he takes a look back to when he was twenty: the same year in which his group of four friends (from high-school) abandon him.

Each of his friends' family names mean a colour; White, Black, Red and Blue. Except for Tsukuru—his name means 'to create', and that caused him to feel a little, if not a lot, detached from the group. No

one else saw it but him; it's symbolic of how he sees himself—colourless, invisible, maybe even useless. It was as though they were a rainbow, and they all walked a similar path, but because Tsukuru's name's colourless, he paved himself another road.

They 'were a perfect combination... like five fingers.' Yet, after graduation, they each went to universities within their hometown, and Tsukuru was the only one of the five to leave to Tokyo—an hour and thirty minutes away by train. He felt a sense of detachment, as expected of most freshmen. But this detachment did not arise from the new community. His loneliness surfaced from his friends' abandonment.

This novel touched me on a very

personal level, disrupting my day-to-day life; I wanted to finish it. I wanted to finish it and go on with my life. Tsukuru has an usual passion towards train-stations; perhaps that was the only distinct thing about him. The train moves until it reaches a station, and then another, until its trip ends. And this is life. But will we live our lives away from the people we love? Will we keep busy with our work or academic life instead of looking over those who matter to us, and most importantly, ourselves? It made me question many things, and I have yet to find the answer.

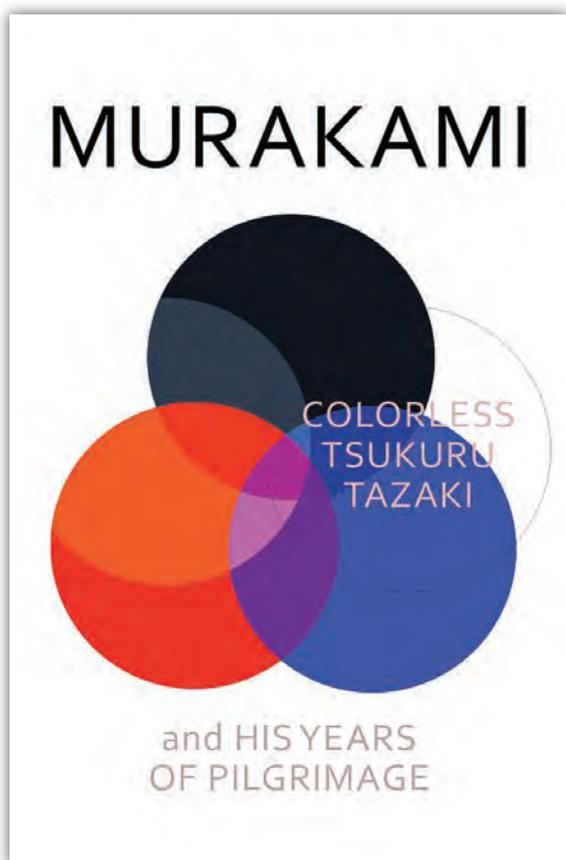
It's not a book you pick up and let go. It makes you ponder; it touches a part of your soul you keep ignoring. It affects you, very deeply.

Tsukuru feels colourless amongst his friends; and he too, in comparison, leads the most colourless life. Despite moving to another city in search of his passion, studying a major specialized in train-stations, he sacrificed his reason to live—his friends.

His grades were average and his body relatively fit. He is ordinary. And he is a

train; moving from one stage of his life to another, but he's not an unusual train. He's the train everyone takes and doesn't bother to look at.

We need to read books like this that remind you that life is very much like a train. Ask yourself, at which stop are you now, and indeed if you are on the right route.



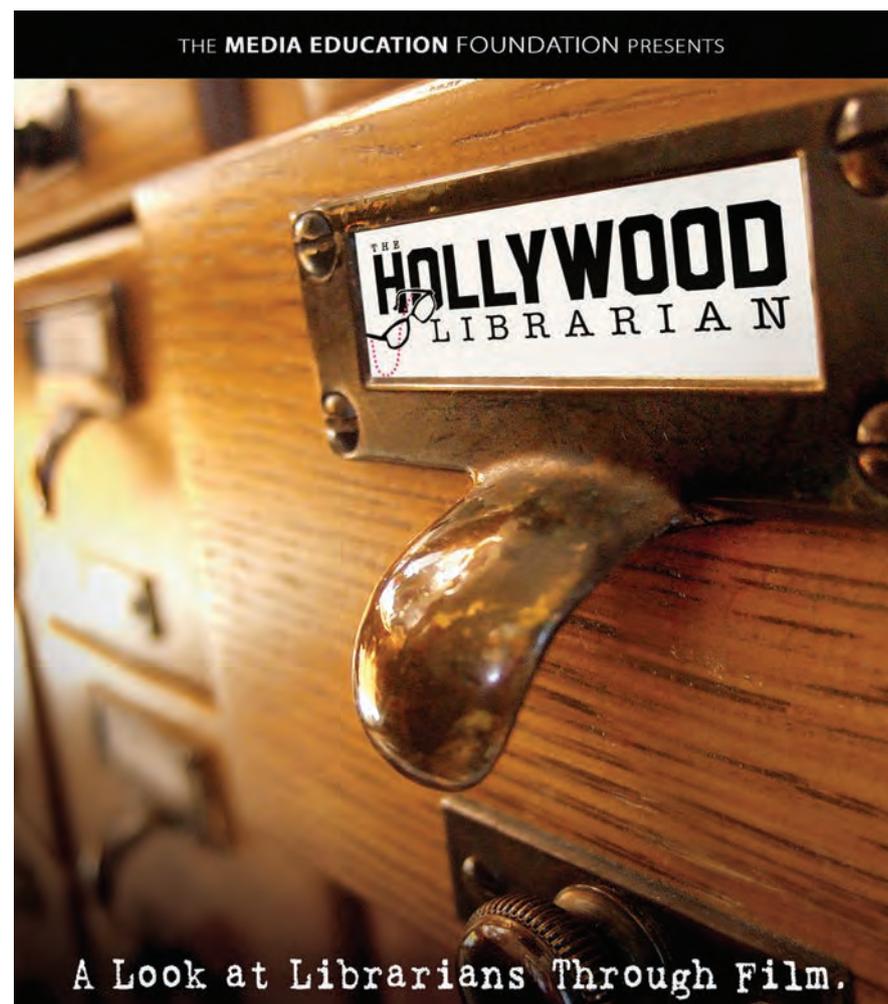
●● librarians' lounge

By VANESSA MIDDLETON

FILM REVIEW: HOLLYWOOD LIBRARIAN

Fast Facts about Librarians!

- Libraries have more cardholders than VISA
- Libraries have more outlets than McDonalds
- Libraries move more items than FEDEX



If you want to know more about the truth behind libraries and the impact librarians have on society, please watch "Hollywood Librarian: A Look at Librarians Through Film".

There are cameo appearances of a multitude of librarians alongside superstars like Martin Scorsese, Ray Bradbury and others; all discussing the impact of librarians and their portrayal in films and media.

The film is the brainchild of Ann M. Seidl (Writer and Director) who has a master of library and information services from the University of Denver. Ann is a library consultant and the owner and principal of Information Managed, a library consulting business which provides library research and GIS analysis products to public libraries and systems. She completed the screenplay for the film in 2003.

Hollywood has not always been kind to librarians. In fact, films like Sophie's Choice, Philadelphia and It's a Wonderful Life show librarians as negative stereotypes. But there are librarians in films such as Lorenzo's Oil, Desk Set, and The Shawshank Redemption that are shown as being competent and professional. Colleagues that I worked together with made cameo appearances in the film.

MEMOIRS FROM SHC

BY UWEM UMANA

Patience, patience
and more patience
is a virtue.

'Let go of my hand'
'What are you gonna do?'
'I said let go of my hand'
'What are you gonna do?'
'If you don't let go of my hand, I am
going to yank it off me and by the
count of three...three, two, one...'

A little crowd had gathered to watch
this drama unfold.
'What is Mr. Small going to do?'
'Oh mehn, Ian is not letting go' and
many more whispers and utterances
going on.

SHS is an all-boys school and most
of the kids were from disadvantaged
backgrounds. The boys thrived on
one form of mischief to another. They
hated boredom. Sometimes I used
to wish that they would display such
enthusiasm on their academic work
as they did on mischief acts. The
head teacher Ms. Pickjo loved the
boys. She wanted them to do well but
they were a constant source of grief.
They were a pain in the backside and
in the heart. One day Ms. Pickjo burst
into tears in the year 11 assembly.
She said 'What have I not done to
you boys and you keep treating me
with so much disrespect and walked
away'. 'This has been the most
challenging school in my over thirty
years of education career', she
told Benkath.

Ms. Benkath, the Deputy Head
Teacher took over the assembly. She
was very cross with the boys and
rained brimstone. She ended on a
reflective note with the boys and
this sobered them a little. However,
the boys actually thought the whole
experience funny. Put it this way,
they seemed to have enjoyed seeing
Ms.Pickjo in that situation. You know
that feeling when you score a goal or
your team scores a winning goal - it
was a subdued version of that sort of
elation. I thought that was very mean
and sad of the students. They could
not care less.

It was the next period after break,
people were still streaming to their
classes and my class was lined up by
the wall waiting to enter
the classroom.

The period after break is always
very tricky. Getting all the boys to
their classes as quick as possible is
always a challenge. All hands had to
be on deck. Shoving, pushing, being
edgy, sweating after a quick footie
game, separation of fights, keeping
the students orderly, were all part of

this great move. It was in the midst
of this, that Ian Brown, the little git,
chose to demonstrate his
hormone overflow.

I am not particularly a small guy in
size. I weigh over one hundred and
twenty kilos and my bulk is quite
commendable. Yet, Ian chose to
ignore this and tempt me to commit
a sin against teaching.

After managing to get my students
into the classroom, Ian decided
to flex his muscles further by
switching off the power button on
my interactive white board. I ignored
it and went to turn it back on. Just
after turning it on and facing the
students 'today we are going to',
snap, the board went blank and off. It
was Ian again. Some of the students
giggled while some were beginning
to get peeved. I turned around to
look towards the door and I saw a
shadow escape out of the room.
'Sir it was Ian, sir it was Ian', chorused
some of the students.
Calmly I turned around and switched
on the Interactive White Board
(IWB) again.

Waiting for it to power on, I could
feel myself telling myself, 'be calm',
'stay calm'; do not be tempted.
'Alright boys, sorry about that
interruption, let's get started'.
'As I was saying before, today we will
be', blank the board went again.
At this stage I thought my last nerve
has been tripped and God help me.
I bowed my head and heart in
humility and said 'God please help
me before I do something that I will
regret for the rest of my life'.
I called on young Adrian and sent
an emergency note to the Senior
Management Team (SMT) on duty.
Frustrating times were setting in.
After the initial incidence, I had sent
out a call and nothing had happened.
Here we were again in the midst of
a major intrusion, obstruction to
learning and deliberate peskiness
without an intervention. Would
it be until murder is committed
before intervention would arrive?
Did they intend to call the police or
ambulance? What happened to the
good old saying 'prevention is better
than cure'.

Well, give it another go, I told myself.
I turned on the IWB and just as I was
about to start off Ian walked boldly
into the room and pulled off the
cable connecting my laptop to
the IWB.

The fact that I am alive today and
not in prison and still in the teaching
profession would attest to my
patience. I never believed that I could
be that patient.

ZAYED UNIVERSITY'S AL KHARAREEF STORYTELLING CLUB

was created to enrich the legacy of the Emirati storytelling
tradition and contribute to the revival of this important cultural
heritage within the United Arab Emirates.

Last year, the Club in partnership with the Abu Dhabi Music &
Arts Foundation launched an Emirati cultural literacy project
titled the Story Mile, a collection of 48 original fables and
folktales, written by students from the Academic Bridge Program, illustrated
by the College of Arts and Creative Enterprise majors and translated by
ZOWD volunteers into the language of its characters, Emirati dialect.

The Story Mile tales, which are the first of a three volume series, were re-
cently published as a book in English and titled "Tales from the Emirates" in
Arabic. The stories not only share the storytelling tradition of the Emirates,
but have also introduced other key aspects of Emirati culture and are creat-
ing new footprints in the sands of the cultural landscape
of the UAE.



جامعة زايد
ZAYED UNIVERSITY

BAGHER & UM
AL DUWAIIS

BY NOOR ABDOUL HAMID BAGHER ZADEH

"The beautiful
woman grabbed his
arm with greater
strength than
anyone he knew."

Bagher was a husband and a father.
He was a very handsome man and
worked out everyday to stay young
and healthy. He loved his wife
but after 28 years of marriage, he
became bored.

One day, he decided to go camping
with his friends, like he used to when
he was young. His
wife, who was sick
and couldn't manage
the kids alone said,
"Please Bagher,
don't go. I need you
to stay and take care
of the children."

Ignoring his wife's
request, Bagher left
for his trip.

By evening, Bagher
and his friends
made camp near
a large tree. As
soon as they had
settled, he decided
to go jogging. As
he was running in
the dark, he saw the
long, dark hair of
a beautiful woman
in front of him. As
he got closer, he
wanted to touch her
hair, but felt that
there was something
weird about the
woman who was eerily silent. Bagher
tried to hold her hand, but stopped
as he began thinking about his poor
wife and their children.

Just as Bagher was leaving, the
beautiful woman grabbed his arm
with greater strength than anyone

he knew. Bagher looked down at the
young, soft hand as it suddenly became
old and wrinkled. Bagher was stunned.
He looked up at the woman's face,
which was now hideously ugly. "Um Al
Duwais!" he screamed.

"Yes, I am Um Al Duwais. I appear to
men like you who cheat on their loyal
wives," she sneered. Um
Al Duwais
was known
as a beautiful
woman, who
only revealed
herself at night
and seduced
men to their
deaths. "No, I
haven't cheated
on my wife! I
love her and
I'm going back
to her," said
Bagher. Um Al
Duwais replied,
"I will let you go
because I read
your thoughts.
You were really
thinking of your
wife." Bagher
ran all the
way home.

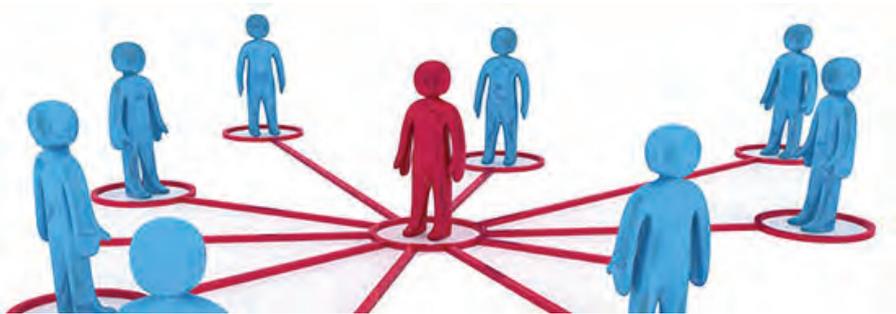
Bagher was
grateful for the
lesson that Um

Al Duwais had taught him. From that
day forward, Bagher became a better
husband and an amazing father who
took care of his children.



(ILLUSTRATOR) Amna Mohammed Al Saleh

CIRCLE OF INFLUENCE: SOCIAL MEDIA INFLUENCERS



As you're reading this you may have your phone logged into Facebook or Twitter, or Instagram or all of them, ready to share something interesting. You might not know it but each post, like, share and comment has an impact on someone else's life.

Over time, you might have already amassed hundreds, if not, thousands of people as your friends and/or followers depending on how active you are online. While not all of your contacts would see everything you've just posted – the more people engage with that post, the more likely it's to appear in your and other contacts' news feeds as well. That's what's known as the 'ripple' effect in social media. Regardless of whether you're a celebrity or an average John or Jane, each post has the possibility of going viral. Factors such as the number and demographics of friends, topic of interest, and your own credibility weigh in on your own power to influence your friends to sway their belief in your favour, and share your post.

So anyone has the opportunity to grow their fan/friend/follower base and become an influencer, right? Right! And an influencer's circle of influence can be gauged and utilized efficiently, right? Not always.

According to PureMatter's Senior Social Strategist Suzie McCarthy metric sites such as Klout and others aren't always sufficient predictors of level of 'influence.' In most cases it's not a game that is driven by quantity, but rather on the quality (or relevance) of the following crowd. So to flip the coin, if you're a marketer wanting to employ the 'services' of an influencer, can you bank on tangible results? Only if you do your homework well! So be sure you ask the following questions:

Who: What type of influencer am I in need of? Is it a blogger, a social network contributor? Does it have to be a big name offline as well as online?

Where: What circle(s) am I looking to influence and on what platform?

Why: What's my end goal? Is it to make a sale, or to influence opinion?

McCarthy coined the term "niche-influencer" which is influence over a discrete circle with specific characteristics. If you're a marketer just reaching out to an 'influencer' based on size isn't enough. You would do better to focus on the type of people who are in the influence circle. Doing the research is well worth it, as there's no doubt that getting the right 'influencer' advocating on your behalf can be a powerful driver for your cause or campaign.

TEMPO SHARES:

PEARLTREES -YOUR PERSONALIZED DIGITAL BOOKMARK

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THE BEST BOOKS ON INNOVATION



There are hundreds of books published each year on the topic of innovation. Many are theoretical, others are business focused or inspirational in nature. Here's our choice of the 10 best books published in last 10 years.

INTRODUCTION TO INNOVATION:

- **The Art of Innovation** (Tom Kelley) Kelley offers an impressive description of IDEO's creative process and their innovation ecosystem.
- **Borrowing Brilliance** (David Kord Murray) – This book walks youthrough the innovator's mind by building on the ideas of others.
- **The Ten Faces of Innovation** (Tom Kelley) – Another Kelley masterpiece with a focus on the different types of innovation and innovators.

History & Future of Innovation:

- **Exploiting Chaos** (Jeremy Gutsche) The TrendHunter founder gives a great overview of innovation trends, past and future.
- **The Medici Effect** (Frans Johansson) This book talks about how the right ecosystem can produce innovation.

Creativity:

- **The Idea Book** (Fredrik Haren) – Great creativity starter, a great book to use as a reference.
- **Making Ideas Happen** (Scott Branson) – 99u's Scott Branson offers interesting ideas that can catalyze innovation.

Innovation Management:

- **The Innovative Leader** (Paul Slovic) – A well written book that offers great baseline input for every innovator.
- **Relentless Innovation** (Jeffrey Phillips) – Provides a lot of original information for innovation managers and business leaders.

- **Innovation Paradox - Why Good Businesses Kill Breakthroughs and How They Can Change** (Tony Davila, Marc Epstein) – Authors of one of the best books from this topic "Making Innovation Work" focus here on the Innovation Paradox, the problem that processes set for established companies that prevent them from developing radical innovation.

Biographies:

- **Steve Jobs** (Walter Isaacson) Apple's and Jobs' innovation system through years.
- **Screw It, Let's Do It: Lessons in Life and Business** (Richard Branson) – Virgin's founder gives his many lessons about creativity and innovation.

Innovation "Manuals" or "Guidebooks":

- **Making Innovation Work** (Davila, Epstein, Shelton) – The most comprehensive book about the topic, with valuable overview on innovation methods and processes.
- **Managing Innovation** (Tidd & Bessant) – Simply, a comprehensive encyclopedia on innovation and a must have for everyone interested in this topic.

Examples of Innovation:

- **Management of Fuzzy Front End of Innovation** (Gassmann, Schweitzer) – Scientific and pragmatic assessment on the 'front end' of innovation.

Inspirational Books on Innovation:

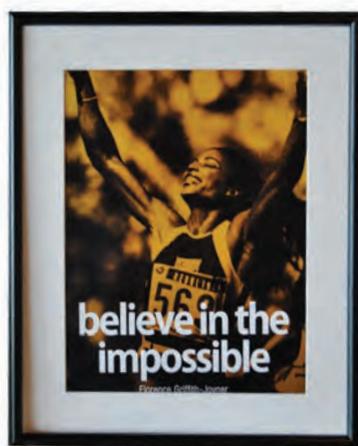
- **Lean Startup** (Eric Ries) – Great book for startups, as well as for established companies.
- **Rework** (Fried, Heinemeier Hansson) – Transform the way you work every day. A book for business-owners, start-ups and entrepreneurs who wants quick and effective advice.
- **Better&Faster** (Jeremy Gutsche) – A quick guide on how to be successful in today's world, including the benefits of newest technology and the need of trend spotting.

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Inspirational photos that light up every room and lifts up every spirit.

Pop Art (Framed art available for Dh 200 each)



The National Day Collection

A beautiful set of photos inspired by motifs from the Sheikh Zayed Mosque. The entire framed set is Dh 5000.



DIY: MAKE, DESIGN, RECYCLE



From Soda Cans to Shiny Cans
For 2 AED you can get yourself a soda and 100% of the time, you just throw the can out to the trash bin. This instructional post tells you how you can make nice lanterns from the cans you throw out!



Give your Home the "Fall" Feel
Reclaimed wood, in all its various forms, is all it takes to provide a fresh look to your homes. Check out these unique ideas and see which one fits you!



Making Fire with Two Sticks
You've seen it in TV shows, movies, and documentaries but do you know how to create fire out of two sticks on your own? This video shows you exactly how it's done!



MIKE METZGER,
Director of Imagination,
BrandMoxie

Interested to get more ideas like these? Join our Facebook Group: "DIY: Make, Design, Recycle"



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FOR ADULTS

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Make your own Solar Oven
Create a homemade oven using only the sun for fuel. Students will construct a working oven from recycled materials and bake a pizza.



Grow your own Salad in Sand
Grow your own vegetables in sand. Learn how to make your own mini edible-garden with only plastic containers, seeds and sand. Come learn about what vegetables you can grow in very small spaces and require little work.



Make your own Hang Mat
Learn how to weave and craft your own leisurely hang mat with ropes. Simply tie it between 2 trees and relax after a hard day's work. Enjoy life Abu Dhabi style.

FOR KIDS



Children's Ice-Cream Workshop
Learn the mystery of making one of the most enjoyable desserts on the planet. "Ice Cream"! Kids will make a batch of fresh ice cream using only their hands and their imagination.



Make your own Candy Houses
Do you have a sweet tooth? Would you love to make a house from cookies and candy? Well here's your chance!



Make your own Hand Dipped Candles
Come and learn how to make your own home-made hand dipped candles with beeswax. Each participant will make a total of 4 candles to take home.



MOTIVATIONAL MENTORING: COFFEE WITH JAHMEER REYNOLDS

I sat down over coffee to chat with Jahmeer Reynolds, founder of I-Promise, a new male mentoring program, to converse about the art of advice and the power of giving back.

Dorian: Where are you from, and what has shaped you into who you are today?

Jahmeer: I was born and raised in Trenton, New Jersey in a housing development called Miller Homes. Trenton is a blue-collar town full of hard working people who struggled to make a living after most of the industries that built the city moved away. Watching my family members, especially my mother and grandmother, work 12 to 14 hour days and not complain made me realize that the only way to get ahead was through hard work and sacrifice. I applied that same work ethic to my life to achieve the goals I set for myself.

Dorian: What does mentoring mean to you?

Jahmeer: To me, mentoring means actively supporting someone as they grow, helping them define their dreams, gifts and talents and using one's life experience to help others avoid certain pitfalls and mistakes. How many people have ever felt that if they just had someone in their corner on a consistent basis they might have achieved more? Mentoring is really all about paying it forward. The people I have assembled and I want to be there for young men in the UAE. We aim to be a group that allows mentees to explore their thoughts and ideas openly.

Dorian: I wasn't mentored as a child and suffered a lot of loneliness because of that. Have you been mentored?

Jahmeer: I have been lucky enough to have both formal mentoring as well as role models who provided informal mentoring. When I was in high school, I was mentored by my track coach, Mr. Al Jennings. I also attended Granville Academy, which was a local mentoring programme for students aged 13 to 18, that offered introductory knowledge about business and industry. Mr. Jennings showed me that although life could get hard, I was not in it alone and that I could count on him.

Dorian: How did this shape your life later on?

Jahmeer: His impact on my life was a major influence in my decision to go away from home for college, to pledge Kappa Alpha Psi Fraternity, and to ultimately become an educator.

Dorian: Are there currently mentoring programmes in the UAE?

Jahmeer: I am not aware of any mentoring programs in the UAE servicing expat youth.

Dorian: Why an all-male mentor group? Who will be allowed to participate and what is the cost, if any?

Jahmeer: While the mentors are all male, some of the support staff and workshop leaders and assistants are women. We want to include everyone who wants to support young men, but it is most important to create a safe space for the mentees to fully express themselves. I noticed there was a large number of single mothers with sons or women whose husbands are working in their home countries, and we wanted the young men to be as comfortable as possible discussing unique issues that they

are facing in this country. The programme is exclusively for expat male youth aged 10-17, and there is no cost to participate in the programme meetings or mentoring relationships. All mentors are working as volunteers. Parents will be asked to cover the expenses associated with field trips and some other activities. Donations will be accepted to cover programme expenses and further enhance the experiences of the mentees.

Dorian: Describe some of the objectives of the mentoring program.

Jahmeer: The mentoring programme will include lifestyle coaching, hygiene, dressing and behavior, as well as nutrition classes. We will provide financial literacy workshops, creative activities such as healthy cooking classes, poetry and photojournalism workshops. We will take field trips as they relate to topics being covered in the programme as well as for fun and cultural enrichment. The young men will learn about responsible social media usage, cultural norms and laws in the UAE. We want to create a family-like atmosphere for young men who may be far away from their home countries, or who may need or desire positive male role models.

Dorian: How will programmes be offered and how often will you meet?

Jahmeer: The program will consist of both after-school and weekend meetings and activities. The weekday meetings will be informal, voluntary, and include homework help, discussions and check-in. Our evening and weekend meetings will include formal classes, activities and field trips that cover a wide variety, so each young man is sure to find something that piques his interest, builds on his individual strengths and develops confidence. We will meet at least twice a month to start.

Dorian: How can parents, potential mentors, and mentees get involved?

Jahmeer: We can be reached on our Facebook page for the I-Promise Program: www.facebook.com/groups/1647351958867681/?pnref=story or by email at ipromiseUAE@yahoo.com.

Dorian: What do you hope to achieve from a programme like this?

Jahmeer: Our primary aim is to help expat young men build self-esteem, and to spark intellectual curiosity, encourage teamwork, enhance academic and interpersonal communication skills, and encourage youth to explore their personal interests and expand their worldview. These children often have a unique set of experiences and they can benefit from connecting with others with similar life experiences as well as adults who understand their particular needs and issues. Such positive relationships can encourage children to overcome many difficulties and create a sense of belonging that encourages accountability, comfort, and a desire to achieve.

Dorian: Will there eventually be mentoring programmes for young women? And will you also have a presence in Al Ain, Dubai, and other Emirates?

Jahmeer: I would love to see this programme expand to include young ladies and other cities and Emirates. We want to start small, in order to be effective, but if we have the support, staff, and necessary resources and funding we would definitely be interested in serving a larger demographic and area.

Dorian: I was hoping you had already received funding because I'm short on my share of the bill. Can you cover it for me?

Jahmeer: *blankly stares*



By NISMA HAMID | @nismahamid | Instagram: nismahamid

THE COLOUR OF CONFIDENCE: VIBRANT FUSCHIA



Mark Twain once said, “To succeed in life, you need two things: ignorance and confidence.”

The latter is seemingly the least abundance, yet the most essential. Confidence is fundamental in the development of an independent, well-spoken, and self-assured human being. Without it, where would we find in ourselves the determination to strive for greatness and the courage to overcome our limitations? Confidence can turn the dulllest grey into the most vibrant fuchsia, it can make a blunt axe into the sharpest tool in the shed, and it can transform the ugly duckling into the most beautiful swan. It all starts with confidence, especially for girls.

As a girl myself, I know that confidence does not come easy. All the physical expectations of women warp the minds of young girls, filling them with impure thoughts of “I’m not pretty enough”. Although some may think that a sound mind will allow for the acceptance of one’s appearance, I believe that exaggerated

ideals are major distractions from the search for true confidence. You need to accept all of who you are, untainted by the twisted representations of ideal physical appearance that the media portrays. So in order to be confident in who you are, one must be confident in how they look.

If a girl spends the same amount of time it takes to read a magazine cover-to-cover, in exposing herself to a positive environment and surrounding herself with confident people, maybe her confidence would rise.

I myself struggled with finding confidence in my intelligence, body, and character. It did not help that, despite my family’s warmth and support, I was subjecting myself to constant criticism – and not of the constructive sort, but the tough judgmental kind. And that’s the worst thing that can happen: when the criticism and judgment are coming from within. Gradually I realized that if I do not begin to accept my flaws and celebrate my virtues no one would. Mark Twain could not have been more accurate: confidence is rare, but its worth is immeasurable.



By HEATHER LONG VANDEVOORDE, Ph.D. | @hvdvoorde

DEALING WITH SICK KIDS



We have a basic rule in our house: we don’t get sick. We eat plenty of fruits and veggies, take our vitamins and a spoon of honey every day. Look it up, honey is nature’s sweet little immunity pill. As a result, knock on wood, our house has been blessed with good health.

Of course, rules were made to be broken. On occasion, even the healthiest of us fall ill. Here are some top tips, from my friends and I, for dealing with sick kids:

- Make sure it is real. To qualify as “sick” in our house, it must include one of the following: fever, vomit, stitches, excessive blood, or broken bones. I reluctantly add bugs to the list too, school dictates that we make allowances for lice. Everything else gets a shot of the appropriate syrup or pill and sent off to school. This quickly sifts through any drama or play-acting unidentifiable tummy aches. One day my daughter had a random tummy ache but did not meet the “sick criteria,” until we were in the driveway headed to school and she threw up on the tires of my car. That’s what I call last-minute qualification!
- Do not delay visiting the doctor. Get it over with and start treatment.
- Once the formalities are taken care of, the royal treatment begins. In our house that means watching TV all day in Mommy and Daddy’s bed. You would

think this would extend the length of the illness recovery period, but to date, I have not experienced that with my kids. They enjoy the perk but know it is only temporary.

- Spend extra time with them. Your love and care during sick days will be remembered for a long time. I still remember my mother making me cinnamon toast when I was home from school.
- Encourage baths. Sometimes those old-school remedies can help. Let the littler ones play with bath toys if they want. The older ones might enjoy listening to music while they soak.
- Play games. Card or board games can be played in bed if you try hard enough. They can be a delightful distraction.
- Look at baby pictures and videos. Kids love to see themselves and hear the stories of when they were younger.
- Do some crafting. Play doh, colouring, cutting and pasting, making Rainbow Loom bracelets are all pleasant and calm ways to pass the time. My daughter went through 10,000 stickers when she had the chicken pox.
- Audiobooks. Maybe they’re not feeling well enough to read, but they can listen either to you or an audiobook.

Forgive yourself if you can’t get everything on your to-do list completed. Sick kids take precedence. Life may stand still in your house for a day or two, but remember this too shall pass. They will be back in good health soon enough. Hang in there!!



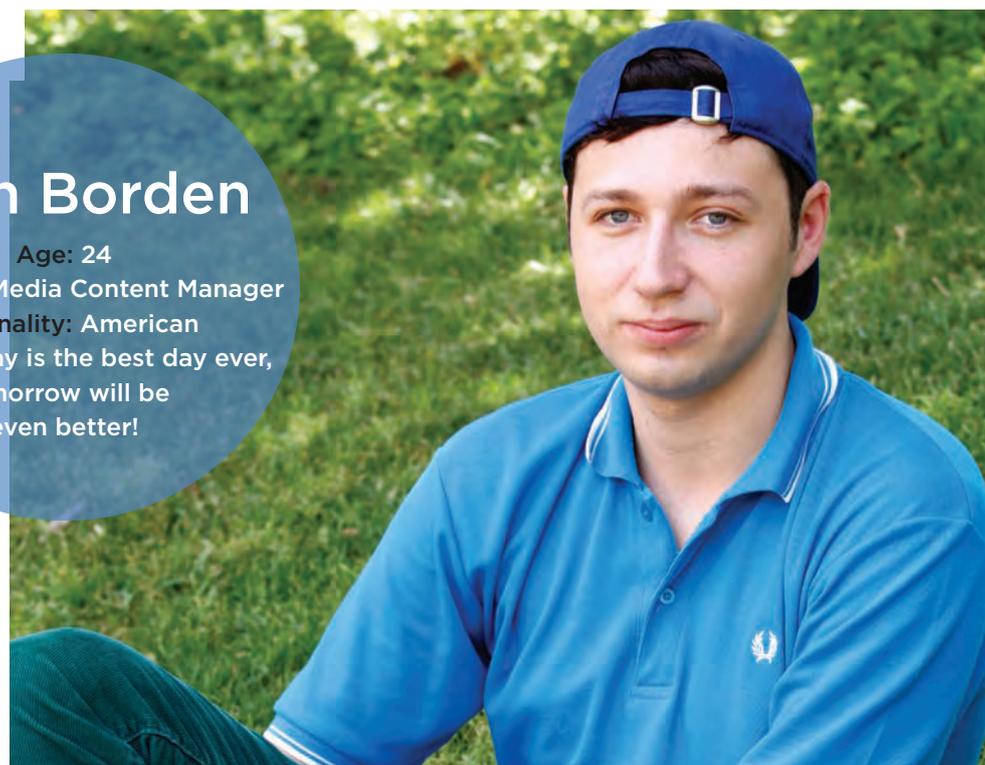
Glen Borden

Age: 24

Profession: Media Content Manager

Nationality: American

Motto: Today is the best day ever,
tomorrow will be
even better!



My most valued possession?

My Fender Stratocaster that I have had for 13 years, and it still sounds great!

You can find me hanging out most...

In my office...

One thing I cannot live without....

Music!

The person who inspires me most...

My Grandpa. He immigrated from Ecuador, started a business, raised a family of six, made sure everyone received a good education, and led a happy life all while doing his part to keep the community safe.

Five things I need for survival...

Ipod with lots of music, good headphones, acoustic guitar, Gameboy colour, samurai sword

Car I would like to own...

Tesla Model S - not paying for gas while riding in style would be ideal.

A typical day in my life is....

Constantly working to get the best digital signage and coolest background music to all that need it in the UAE... Rocking out with my buddies as The

Hollow Chords. Missing home, but enjoying my new adventure here.

I see myself in 10 years...

Living near the beach somewhere and making music.

My idea of peace is...

Martin Luther King Jr put it best "Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that."

My goal in life...

Reach enlightenment.

Item I keep buying even though I have plenty of it...

Pens.

Random act of kindness I perform...

Holding the elevator door open for people that walk too slow.

Three things that today has taught me that I can improve on tomorrow...

1. Always stop to help someone when they need it.
2. Patience and understanding solve problems better than blaming and bitterness do.
3. Tailgating is indication of a terrible driver so best to move out of their way to make it easier for them as they do not have the driving ability to change

lanes and go around you.

Deserves a big old thank you from me...

My family and friends!

My purpose is...

To unlock the secrets of nature. The craziest thing I have done? I was lighting fireworks in a public park and accidentally set one off very close to a cop then stupidly ran for my life even though the cop didn't chase me or seem to care much.

My earliest memory...

I was around 4-5 year old living in London. We walked into a music shop and I was fascinated by this giant sized guitar pick (it was as big as my head!). I picked it up and walked out without anyone noticing. I still have that pick today.

If my life were a book, it would be called...

Rock n Roll Numb Skull
Given a chance to change my name... I would change to a cartoon character's name for fun. I think Astro or Butters could work.

Dressing to impress is...

Two words: suit up!
I would most/least like to be stuck in an elevator with...
Most, Paul McCartney. I would like to ask McCartney about his experiences during Beatle mania.
Least, Justin Beiber. Everybody hates that guy so there must be a reason for that.

The right music to make a party better...

I really enjoy showing my friends music they haven't heard before that they end up liking. I usually go with David Bowie to start the party and Dr. Dre to end it.

Song I want played on my funeral...

My favourite album is Pet Sounds by The Beach Boys. After I die people will remember that I liked good music!

My current Last SONG syndrome (LSS) is...

Thirteen by Big Star is magical every time I listen to it.

If I were trapped in a TV show I would want it to be...

The Sopranos, for the home cooked Italian meals!

A movie scene that made me cry...

The Lion King when Mufassa dies.

My favourite hang out...

Aladdin Café in downtown LA for the tastiest authentic Salvadorean cuisine. (Shout out to the owner Cindy!)

If today were the last day, I would go to...

My grandparents' place is a fortress that will survive past the last day.

A perfect weekend is...

Hanging out with friends.

If I could be anywhere in the world right now, I would be...

In Barcelona.

The one event in history I would have wanted to see...

The formation of Stonehenge.

The best thing besides sliced bread...

Drones.

If I were on death row, I would ask for...

1 gallon of Haagen Daz Chocolate Ice Cream.

Do you want to be featured in Time Capsule?
Email us at editorial@tempoplanet.com

“PROTECT THE FIGHTERS” STUDENTS GIVING BACK



The three founders, (from L to R) Farah, Nour, and Fadila in one of their first photoshoots.

Picture this: the immense satisfaction that comes from volunteering at a hospital for one hour of pure fun, with a patient who needs distraction from the tough battle that is cancer. That is exactly the idea that three 16-year old high school students from the American Community School of Abu Dhabi: Farah Al Mutawa, Fadila Farag, and Nour Ramzi came up with. They shared with Tempo the inspiring story about their special movement called ‘Protect the Fighters.’

Tempo: What is ‘Protect the Fighters’?

Farah: Protect the Fighters is a Community Service Club revolved around kids with cancer and how to make them happy and enjoy the good things in life, while they’re in treatment. Our base is at our school and students sign up to join the club and visit patients at the hospital to make the patients’ days happier.

Tempo: How did you set up this group?

Fadila: We established it in November of 2013, during our freshman year, and it was finalized by the hospital we’re working with on June 18, 2014. It was a long and rigorous process. We had many meetings with the hospital

staff as well as our school advisors and officials, but it was all worth it. We started as a ‘service club’ at our school at the beginning of the 2014-15 school year.

Tempo: How long have you been visiting patients?

Nour: We started in February of this year, and it’s been going great! Seeing the smiles on their faces was amazing. The reason it took so long was because the process of getting members certified at the hospital is a little lengthy, because of all the safety measures. And now, after that hard process, our members are enjoying their time with the ‘fighters’ - that’s what we call the patients.



Protect the Fighter's team at one of their meetings at their school.

Tempo: What are the activities you do?

Farah: Many of our projects were inspired by activities that were taking place at the Monroe Dunaway (MD) Anderson Cancer Center in Texas. But we also brainstorm new ideas with our club members during our weekly meetings. We would usually start with one or two ideas that are focused on the fighters' needs, and then we would let the whole club share ideas accordingly, and then we'd use the process of elimination to decide on the next project. We try to have a new theme every month. So for example, one month was focused on artwork, where we focused on enhancing the artistic side of the patients. Another month it was about music: where we brought in instruments and either played along with the patients, or we played for them. We come up with new ideas by looking at how the kids are reacting to different projects. For example, one time we saw that one patient loved playing with small action figures, and painting. So we ended up making a project where he would glue the figures onto cardboard and paint around it, and he loved it!

Tempo: What do your friends and families think about all of this?

Fadila: Well my friends and family always knew I've wanted to do something like this, so I guess they weren't super surprised but they were super supportive and I think they'll continue to be that way.

Farah: They didn't really react actually- it was kind of sad. They were just like, "good for you habibty." But they're very supportive.

Nour: My family was very happy that I was starting something like this. They



Protect the Fighters head members in action at their school's annual Club Fair, where students get to sign up for service clubs, such as PTF.

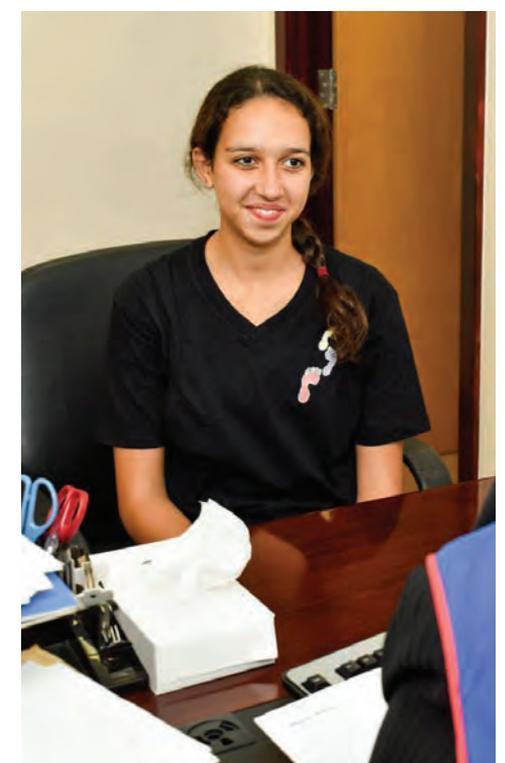
were also glad that I was starting it with my two best friends so they knew that all the work we put into it was genuine because they knew who Farah and Fadila are.

Tempo: Describe what your meetings are like, are they playful or structured?

Fadila: I don't know, I feel like it's both. We never really schedule meetings between the three of us, because we're constantly with each other anyways. But how it usually goes down is we would go out either to a restaurant or to each other's house, or even in the cafeteria at school, and just chill like we're just hanging out. Then at some point we bring up something like a new idea, and we just talk from there. We never really say "okay, meeting at 5:30 on Wednesday." It just kind of happens.

Tempo: Finally, what's your message to others who want to make a difference to their community?

Nour: Patience is key! It's a very hard process, but in the end it's all worth it, we promise. You're going to keep facing challenges but you can overcome them, one footstep at a time! That's how we got our slogan. "Making a difference, one footstep at a time." You start of thinking you can go full speed and get everything done on your checklist in one go. But taking it step by step is how you can ensure a thriving initiative. Have patience and just know that everything you're doing is going to amount to something special.



Tempo: Any other projects you're working on?

Nour: We are currently working on a lip-syncing music video with a few of our fighters, so be on the lookout for that! We're also planning something for November as there are many cancer awareness days in them.

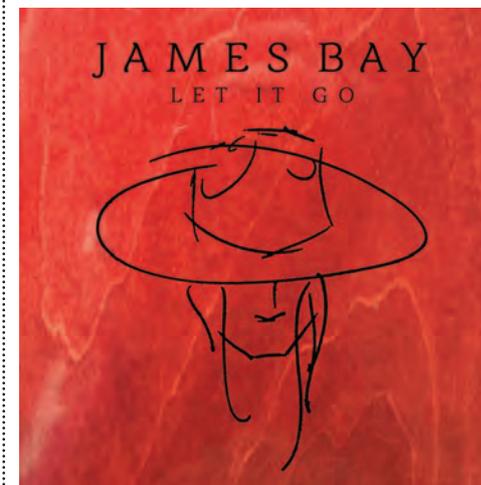
Tempo: If one of your fighters was reading this, what would be your message?

Fadila: You're just starting your life - never let anything hold you back. We hope you're having a great day. Keep smiling.



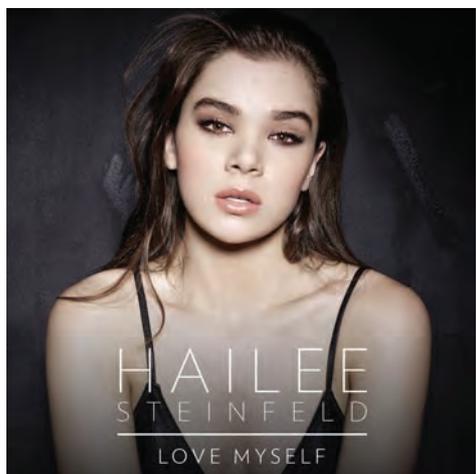
1 ALIVE
 > Sia

Lyrics: "I found solace in the strangest place, way in the back of my mind, I saw my life in a stranger's face and it was mine..."



8 LET IT GO
 > James Bay

Lyrics: "But now we're slipping at the edge, holding something we don't need, all this delusion in our heads is gonna bring us to our knees..."



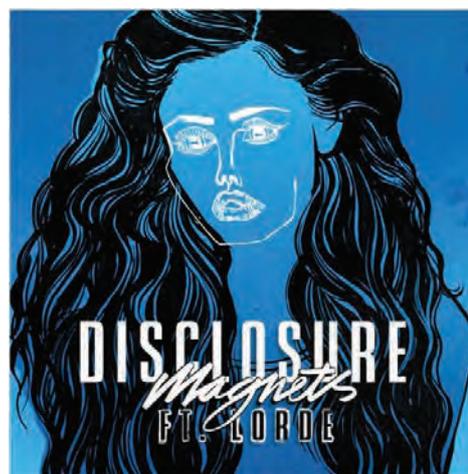
2 LOVE MYSELF
 > Hailee Steinfeld

Lyrics: "I'll take it nice and slow, feeling good on my own without you. Got me speaking in tongues, the beautiful, it comes without you..."



4 DRAG ME DOWN
 > One Direction

Lyrics: "If I didn't have you there would be nothing left, the shell of a man who could never be his best..."



6 MAGNETS
 > Lorde

Lyrics: "Face from heaven, bet the world she don't know, pretty girls don't know the things that I know, but my way I'll share the things that you want..."



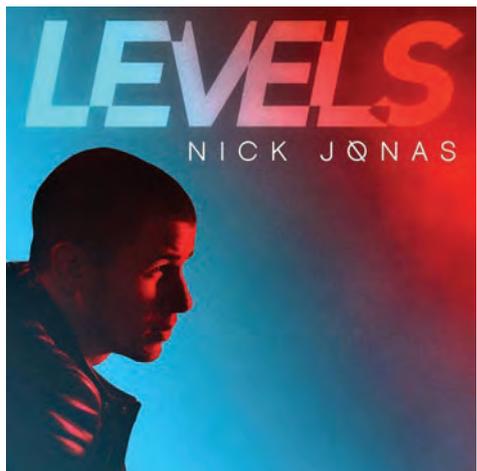
9 SUPERGIRL
 > Anna Naklab
 Feat. Alle Farben & Younotus

Lyrics: "It's okay, I got lost on the way, but I'm a supergirl and supergirls don't cry..."



3 LAY IT ALL ON ME
 > Rudimental Feat. Ed Sheeran

Lyrics: "No you don't have to keep it on a locking key, 'cause I will never let you down, and if you can't escape all your uncertainties, baby I can show you how..."



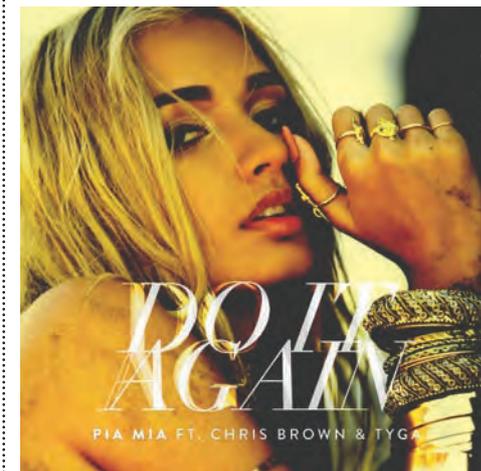
5 LEVELS
 > Nick Jonas

Lyrics: "Every time I touch you, you lift right off the ground, let them go, all the one's tryin' to get in the door, I'm a go where they all couldn't go..."



7 HERE
 > Alessia Cara

Lyrics: "Excuse me if I seem a little unimpressed with this, an anti-social pessimist but usually I don't mess with this and I know you mean only the best..."



10 DO IT AGAIN
 > Pia Mia
 Feat. Chris Brown & Tyga

Lyrics: "Hey, boy, when I first met you, thought it was special, I told you that..."



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