

CREATIVITY • SOCIAL CONSCIOUSNESS • INSPIRED THINKING

tempo

JULY 2015

FREE
www.tempoplanet.com

f Abu Dhabi Tempo
@tempoplanet
@tempoplanet



Now circulating 45,000 copies!



• AFRICA'S HIGHEST POINT 10
• WORLD'S HIGHEST FREE STANDING MOUNTAIN

• ONE OF WORLD'S LARGEST VOLCANOES
• WORLD HERITAGE AREA OF AFRICA

**OUTDOOR
ADVENTURATI:
EBRAHIM ALKHAJEH**

P. 30



الوحداء مول
AL WAHDA MALL
HAVE IT ALL & MORE

www.alwahda.com



Join us post Iftar for a sumptuous family treat at:

Gourmet Republic (Extension)

- Bricco Pizza & Pasta • Burger Bureau • Butler's Chocolate Café • Chicken Kitchen • Galito's • Hatam • Köşebaşı • McDonald's McCafé • Olive Garden • Papa John's Pizza • Peppermill • Red Lobster • Russo's New York Pizzeria • Shawarma Zaman • TGI Friday's • Umi Fusion

Main Mall

- Fuddruckers • Red Star Bistro • The Noodle House

Also be part of our Summer 2015 activities from 8 pm to midnight

Managed by:
LINE لاين
INVESTMENTS & PROPERTY L.L.C. للاستثمار والعقارات ذ.م.م.
A DIVISION OF LULU GROUP INTERNATIONAL
Building retail excellence

Abu Dhabi Tel: 02 4437000,
www.alwahda-mall.com    alwahdamall



Contents



voices & opinions

04 Ed's Note
05 Life Hacks/ Notes & Cyberchatter



social media

06 Quest for the Quirky/ Tweets for Thought
07 Trending In Youtube/ Instafame
08 Tempo Infographix: Online Shopping



entertainment

11 The Desert Roses
12 In the Cinemas
42 Top 10 Songs in the UAE



events

14 What's Hot
15 What's Cool/ People Calendar



games & tech

16 Game Hedz

Our prime purpose in this life is to help others.
And if you can't help them, at least don't hurt them.

- Dalai Lama

COVER PAGE PHOTOGRAPH

Ebrahim AlKhajeh holds the UAE flag as he reached the peak of Mt. Kilimanjaro.

WHAT'S INSIDE



fashion

17 MyStyle Blueprint: Baraa Khatib
18 Stylista Duo: Nieldsano
20 Fashionably Late



cover story

30 Outdoor Adventurati:
Ebrahim AlKhajeh



food & wellness

25 Lean & Clean +
The Epicurean



photography

28 Phototripping
29 Shutterbug ADP



feature story

22 The Smovies Winners:
Season One
26 Chef Dilip Johri
34 Artist Alyazia Al Dhaheerii



literature

32 Talking Books
33 Flash Fiction



community

32 three60 community
36 i [Heart]/ Verbatim
37 Articulate Café
38 Youth Talk/Parental Guide
39 Time Capsule: Juana Wais



innovation

40 Start With Innovation
41 Tamakkan: Fine Points
of Negotiation

TEMPO GROUP:

MANAGING EDITOR
Sana Bagersh

EDITORIAL COORDINATOR
Neil Bie

ADVERTISING MANAGER
Vinod Mohite

DESIGN & LAYOUT
Shihabudheen Hamza

WEB DEVELOPER
Rasha Yousif

DISTRIBUTION COORDINATOR
Melaku Muluneh

CONTRIBUTORS:

Aleece Smith
Angeli Castillo
Ariana Sharghi
Blakniss
Christopher Joshua Benton
Dana Al Mazrouei
Donna Howarth

Dorian "Paul D" Rogers
Fatma El Embaby
Heather Long Vandevoorde
Kimberley Moultrie
Lana Nasser
Maysa Aljaberi
Nancy Bercaw

Nilofer Safdar
Nisma Hamid
Rana Al Saadi
Saeed Joshi
Sana Ashraf
Shahid Saeed
Shahida Bhandia

Sheetal Raghunath
Tomislav Buljubasic
Vaishnavi Varma
Vanessa Middleton
Vera Rosales
Yara Nasif
Yasmin Farook

ADDRESS:

To reach editorial at Tempo email: editorial@tempoplanet.com. If you need to find out where you can pick up your copy call: **02 491 8624/25** or check out the list of Tempo distribution points on our website.

NOTE TO ADVERTISERS:

Advertisers can request brand tagging with all advertisements. To reach advertising: tel: **02 491 8624/25** | fax: **02 491 8626** | email: advertising@tempoplanet.com

DISCLAIMER:

Tempo Magazine does its best to ensure the authenticity and accuracy of its contents, the publisher cannot accept any responsibility for errors, mistakes and inaccuracies. The publisher reserves the rights of this product and no part of this publication may be reproduced in any form or by any means without the permission of the publisher.

MEDIA LICENCE NO. 1/105866/24295

ed's note



Nothing symbolizes human achievement quite as scaling a mountain and reaching its lofty peaks.

That's why we love our cover story about Emirati adventurer Ebrahim Alkhajeh, the inspiring story of his travels, and his unwavering focus on endurance and motivation. And it is this desire to push oneself into new experiences, and beyond one's comfort zone, that reflects this issue of Tempo - from the piece on 'How to be motivated at work' by Nilofer Safdar, to the artistic expressions of the Desert Roses; the sassy fashion experimenters of niedsano.com, and the entrepreneurial vision of Manpreet Sagu.

Then there is The Smovies, a project that is dear to our hearts, and one that has sparked the imagination of film lovers, hobbyists, amateur filmmakers and established film production houses. The competition launched by BrandMoxie, and hosted by VOX Cinemas, introduces a short and exciting format; and the ability to shoot the film using any medium, including mobile phone and ipad. What's easier than that? The debut of the competition has been amazing, with the community, creative groups and educational institutions rallying behind it. Be sure to get involved in season two of The Smovies!

This issue of Tempo lands in the middle of Ramadan, which means that you may read this during the giddiness of Eid celebrations. Unfortunately the close of Ramadan brings with it the shedding of some of those values and behaviours that were adopted during the month. Some of us may go back to old habits and forget about resolutions made. Whatever your spiritual journey, stay focused on reaching out to others who are less fortunate. Perhaps it's a rare convergence of circumstances, but it seems that right now many people on our planet are hurting, and many are in dire need of help. Remember that sometimes a small gesture you make can have a transformative effect on someone else.

Peace and Kindness,

Sana Bagersh
Managing Editor

@sanabagersh
bagersh@tempoplanet.com



Maybe this should be a super rant – autocorrect! Why is it that I write something and then right before I hit the send button it changes into something different, unintelligible and embarrassing. If you ever receive a strange or rude message from me, please remember this rant about autocorrect.



Facebook. Seriously Facebook can easily end up on the Rant side of things, but not lately. The conversations we've been having on the sometimes happy, sad, and unexpected circumstances around us has been deep, satisfying, and inclusive. We need more conversations to help solve the world's problems.



We have as a civilization launched rockets into space and are careening forward to an internet of things, and yet - many of us are incapable of standing in queues. Come on people – get in line!



Summer vacation – a time for families to spend quality time together. (Just remember to switch off those mobile phones)



tempo

NOT GETTING YOUR TEMPO ON TIME? BEAT THE RUSH!

or Register at tempoplanet.com/register.html to receive Tempo by Email

SCAN HERE:



SEE OLDER ISSUES YOU'VE MISSED OF TEMPO!



SCAN HERE:



HOW TO BE MOTIVATED AT WORK

The definition of motivation is to have an incentive or a reason for doing something. What is the reason you're doing your job? Are you enjoying what you do? Are you in it solely for the money? The best case scenario is that you love what you do and you are being adequately compensated for it. However that is not the case for most people. Most people are in jobs that they don't really enjoy, and that are just a means of livelihood for them. So how do you break free of this negative spiral?

DO IT
NOW

GOT
MOTIVATION

- 1. Getting clear** – Here are a few questions to begin with: Do I enjoy my job? Is this fun for me? Am I doing it just for the money?
- 2. Follow your passion** – Do you enjoy your work? If your answer is no then ask further questions. What part of your work do you not enjoy? What part of your work is fun for you? People are rarely bored of their whole job. They enjoy some activities, and are bored of others.
- 3. How can you have more of what is fun for you?** Identify the activities that are enjoyable and start doing more of those. When you follow your passion, the creative juices start to flow and you get more satisfaction out of life.
- 4. Delegate** – Who can you delegate the tasks you don't find fun? Who would find those tasks fun? An "Aha!" moment for me was when I delegated the task for email correspondences which I find boring - to my assistant who surprisingly enjoyed doing it!
- 5. Are you adequately compensated?** There is a direct correlation between your compensation and motivational levels at your job. I had been working as a freelancer for about three years when I started to get bored with what I was doing. I just didn't want to do it any more. One of my

colleagues asked me, "What hourly rate can you charge that will make this fun for you?" This question just turned around everything for me and I raised my hourly rate. If this is what is going on for you then it is time to ask for a raise or look for a new job that will pay you more.

- 6. Are you doing enough?** Do you have enough projects going on which excite you? For most people to be highly productive they require 15 - 20 projects going on at the same time. If you are one of those people you may get bored. Find what else you can add to your plate, and out of those try to delegate the bits that are boring for you.
- 7. Acknowledge your wins** – A lot of people look for appreciation from their boss or their colleagues for their achievements. And when they don't receive it, they get disheartened. Acknowledge your own wins. Ask yourself, "What did I contribute to my organization today?" When you do this everyday, you will start to see all the places where you are making a difference in your organization and you will get a sense of your own worth within the workplace.
- 8. What's next?** Most people are just living one day at a time. What is your vision for the future? Where would you like to go in your career? Once you have a clear idea of where you would like to go, it's easier to work towards it.



Nilofer Safdar is a Life Coach
nilofer_light@yahoo.com

TEMPO POLL OF THE MONTH

What are your plans for Eid this July?

50% 

Eat until I can't eat anymore!

30% 

Travel to escape the incoming 50 °C heat!

10% 

Make myself rich by visiting my grandparents and getting cash!

10% 

Try to crack my sleeping schedule after Ramadan!



ON PHOTOTRIPPING: FLOWER PHOTOGRAPHY

These photos capture the true essence and beauty of what nature has to offer. I love the fact that different locations were explored in order to capture the best and most exotic flowers.

- Veronica De Lara

ON COMPASSION: NOORA AL ALI RADIATES GOOD

Keep moving forward! Your initiative is amazing and truly inspiring! I wish there were more people like you, who have the passion and the determination to spread kindness and values.

- Zeina Mustafa



ON THE LEARNING CURVE: EMPOWERING WOMEN ENTREPRENEURS

Very inspirational! I love how you are focusing on women in the MENA region and sharing their inspirational stories. It is great to read about such initiatives, definitely need to check out your Podcast!

- Wafa Hayat



ON ARCHIWARE: FROM BLUEPRINT TO SCREENPRINT

Wow the idea is very very creative! I love the t-shirts and I definitely believe you should expand to other forms of fashion. I also love the notion of "love letter" to the UAE. This country deserves every bit of respect and love.

- Thomas Frank



CRAZY COMMITMENTS

With Ramadan underway, one can't help but to think of commitments. How many times have you started a diet, only to give up after a few days? How often have you decided to try something new, only to lose steam after a short while? It's hard, but then there's the other extreme. Bingeing.



Eating Potato

One American employee at a potato company decided to eat nothing but potatoes for two months. Yes he lost a few kilos but admitted that it's not a "sustainable diet".

Movie

Bolivian teenagers enjoyed a 200-hour movie marathon from various genres. Even with breaks in between movies, one participant dropped out after 190-hours after realizing that his family was more valuable.



Walking

An Australian woman walks for 24 hours continuously to raise awareness for unborn children to have safe, hygienic births.

So how do we find the middle way to approach new commitments? Try these tips:

- Be selective in what you set out to do. Make sure it's something you're passionate about.
- Estimate the resources you will need.
- Map it out, but leave room for unforeseeable circumstances.
- Once you start, don't give up. Make a habit of doing at least one small thing towards your commitment daily.
- Track your progress and celebrate your accomplishments.

Have more tips? Let me know @friedwanderer.

tweets for thought

HH Sheikh Hamdan @HamdanMohammed



Official Tweets by His Highness Sheikh Hamdan bin Mohammed bin Rashid Al Maktoum

"Creative thinking leads to excellence; opportunities in trade are vast, and new ideas will help us grow and strengthen the economy further."

Stephen Fry @stephenfry



British Actor, Writer, Lord of the Dance, Prince of Swimwear & Blogger.

"Sometimes a great big smile is enough. Maybe a leap of pure joy & a whoop of delight. OK, a skip & a punch in the air too."

Simon Sinek @simonsinek



Inspirational Speaker. To run & jump & laugh & cry & love & hope & imagine...to experience as much as I can all for one purpose.

"Safe is good for sidewalks and swimming pools but life requires risk if we are to get anywhere."

Ellen DeGeneres @TheEllenShow



Comedian, talk show host and ice road trucker. My tweets are real, and they're spectacular.

"Remember, you can do anything. And if you can't, you can probably watch someone else do it on YouTube."

Haifa Wehbe @HaifaWehbe



Arabic Pop singer, MJK

"Don't watch the clock; do what it does. Keep going."

Louis Cole @funforlouis



Youtube Icon and traveler. I'm Louis Cole. I enjoy travelling the world with friends, making videos, having fun and inspiring others!

"Do not go where the path may lead, go instead where there is no path and leave a trail."

Maha Laziri @MahaLaziri



Founder, Teach4Morocco. Roots in Morocco & wings in Osaka, BKK & PHL. Aspiring ED policy maker.

"There are many more ways to learn outside school than within"

Brendon Burchard @BrendonBurchard



Brendon is a #1 New York Times bestselling author whose books include The Motivation Manifesto, The Charge, and Life's Golden Ticket.

"Motivation isn't something you have it's something you choose to generate."



trending in **You Tube**



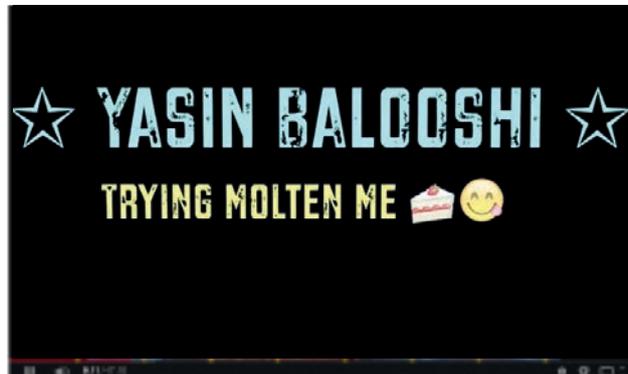
JULY VIRAL VIDEOS

These are viral videos sent in by Tempo readers. Do you have a favourite video? Share it through Facebook or Twitter!



101 Great Places to Eat in the UAE.

101 Great Places to Eat in the UAE is a new YouTube channel that reviews the most exquisite restaurants in the UAE. This episode profiles The Terrace at the St. Regis Hotel.



Trying Molten Me

Yasin Balooshi is a vlogger based in Abu Dhabi. His fun, quirky vlogs are sure to bring a smile to your face, especially when they feature his cute little brother, Milad!



Parkour in Wahda Mall, Abu Dhabi

Parkour, a sport that combines jumping, leaping and backflips is on the rise here in the Emirates. Watch the UAE Parkour group perform in Al Wahda Mall.



instafame



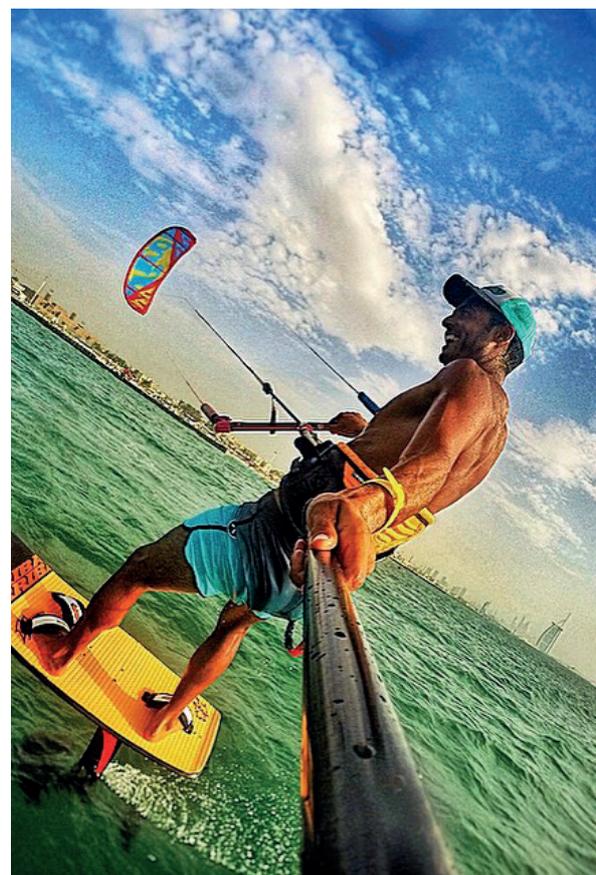
The Tempo team routinely trawls Instagram in search of creative talent. Should we discover you? Connect with us on Instagram @tempoplanet.



The moment when you stop seeing, hearing, feeling and you start living... That's why I travel.

@Neisa23

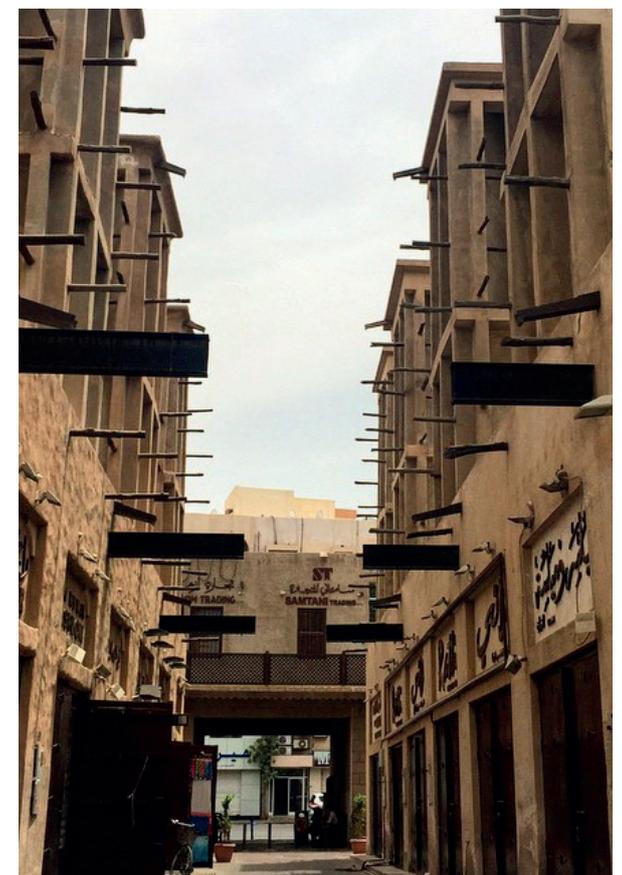
Nicky Eisa



Let's fly in #mydubai

@amereldan

Amer015



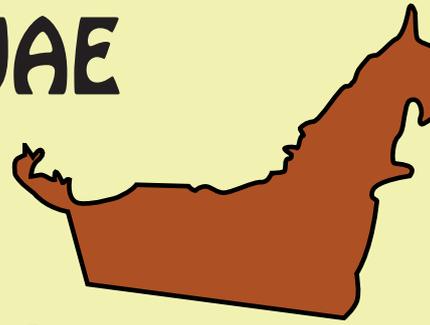
Decades ago this is how Dubai streets looked alike. Am I the only one thinks streets like these looks way much better than the new concrete blocks?

@kannannair903

Vishnu P Nair

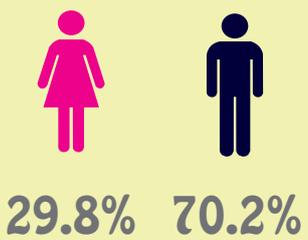
E-COMMERCE IN THE UAE

Infographic by Yasmin Farook and Fatma El Embaby

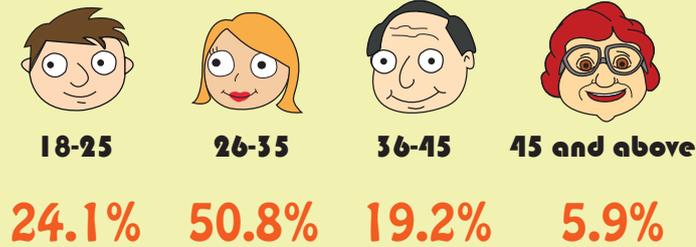


The emergence of E-commerce has made life easier for consumers and businesses alike. It streamlined the process of purchasing for consumers by removing the limitations of time and location. You can easily search for and buy any product you want anytime and anywhere. At the same time, businesses have benefitted from the ability to connect with consumers directly since they are able to offer their products without the need for a physical location.

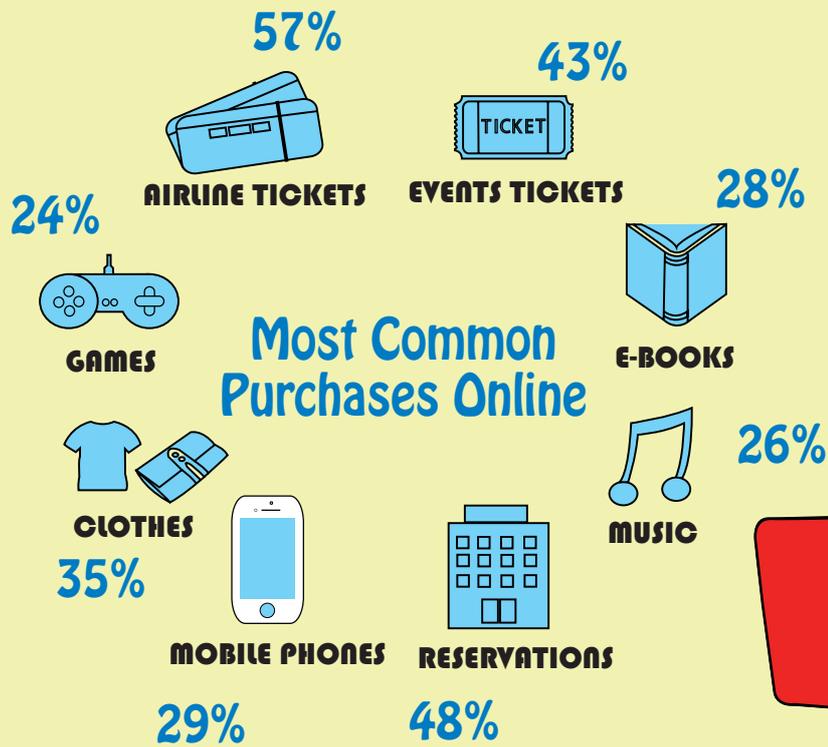
Gender



Age



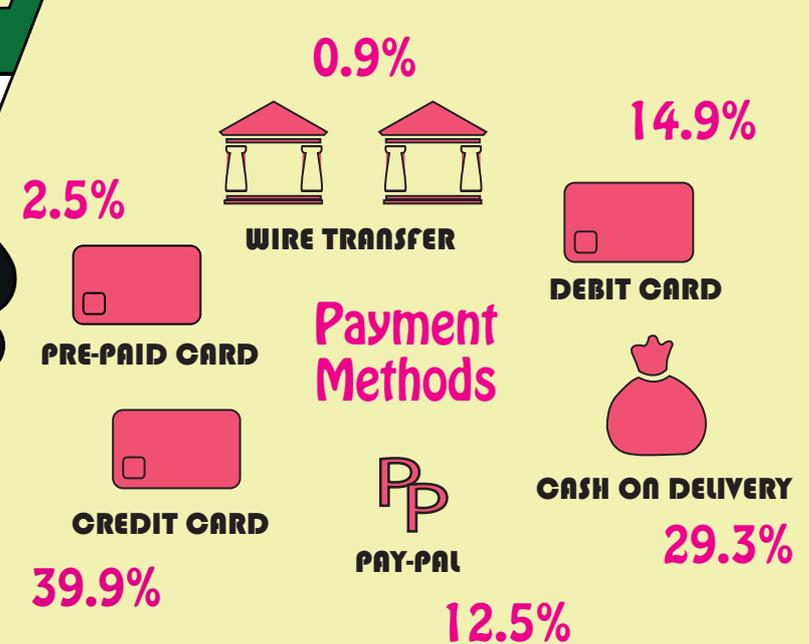
Most Common Purchases Online



Reasons Not To Shop Online



Payment Methods



Reasons To Shop Online



References:
 Interactiveme.com
 Wamda.com
 Kippreport.com

SUMMER
SURPRISE
OFFER

UP TO

50% OFF
ON SELECTED ITEMS

PERMIT NO : AP-0772453/ AP-0772455/ AP-0772460

رمضان كريم

RAMADAN KAREEM

Dhs 2,495

LIFE Style

FINE JEWELRY

www.lifestylegcc.com • Toll Free 800-STYLE (78953)

DUBAI • ABU DHABI • SHARJAH • AL AIN • RAS AL KHAIMAH

FUJAIRAH | BAHRAIN | QATAR



NEAR 40 OUTLETS





Your world... Only a step away



بوابة الشرق مول
Bawabat Al Sharq mall

The winning never ends at Bawabat Al Sharq mall

Visit us at Bawabat Al Sharq mall in Bani Yas city in Abu Dhabi during the holy month of Ramadan. Grab a chance to win gift vouchers with values ranging from AED200 to AED20,000. Enjoy the many exciting events and activities on offer.

Shop for AED200 on the ground floor (AED700 in Carrefour) or AED100 on the first floor. Head to the customer service desk to collect your coupon and enter the lucky draw.

Offer is valid from July 2nd till August 8th, 2015. Draws take place every Saturday, starting July 4th till August 8th.

Terms & Conditions Apply

240 Stores

Hypermarket

Cinemas

Restaurants & Coffee Shops

Family Entertainment Center

THE MAGIC OF MELODY

DESERT ROSES

BY NEIL BIE



(FROM L-R ANNA RUDSKA, SASCHA DALLAS, SACHA KILGOUR)



THE DESERT ROSES PERFORMANCE AT VOX CINEMAS FOR THE SMOVIES AWARDING CEREMONY

Way before music with dubstep, bass beats, and way way before autotune, there was an era of simple and pure musical harmony. Singers banked on only one asset: their voices! And that's exactly what The Desert Roses want to bring back. As they step on stage and sing, you'll immediately visualize in your mind the golden years of music. The ladies share they musical journey with Tempo...

Tempo: How did the Desert Roses bloom?

We are all teachers: two of us are music teachers and one is an art teacher. Two of us are mothers - which of course is a very important job. Our group's name started as 'Desert Divas,' but Laura Roberts (from Blue Fever) suggested the 'roses' part - which I think is far more suitable to the 40's genre. It's also a fabulous excuse to wear a beautiful rose in our hair when we perform.

Tempo: How did you get into this kind of music?

Music has been in all of our lives from the very beginning, with our parents who encouraged and pushed us to hone our musical talent. We had study areas since we were children and we have all been active in the music and creative arts from that time till now. From playing different kinds of instruments, to singing in various notes - music has encompassed our whole lives, which is so often the way for musicians and artists. Professional artists always keep learning and developing to hone their craft, and that is what we also strive to do.

Tempo: What is the genre?

We are 40's - It's a musical genre that appeals to so many people - as the music is just so accessible. It is fun, and combined with the synchronised choreography and costumes makes for a great show. It's not just about their music though, it's the matching outfits, the synchronised dance moves and that 'girl next door' reputation. They were the complete package.

Tempo: Which musical artists inspire you?

We love The Andrew's Sisters, and The Boswell Sisters as trios from the 30's and 40's. The Andrew's sisters were actually sisters in real life, they were so familiar with each other's style of performing, they were complete naturals and would adapt to each other with ease. For us, learning the songs is particularly challenging, singing in such close harmony takes a lot of practice. A bit off the page, a bit relying on our ears - and lots of repetitions along the way!

Tempo: What kind of reaction have you had to your musical style?

We are new as a group to the UAE - but family and friends' reactions were positive. The songs are so uplifting -they can't help but make you smile,

and for some people the music takes them back in time. We certainly offer something that's a little different to the norm: It's a fun and lively performance, and you can't help but tap your toe along to the beat.

Tempo: What's your work rhythm?

Children, families, cooking, teaching, singing, exercise, rehearsal and performance! We are working to extend our repertoire - and are available to perform at private events and functions.

Tempo: What would you tell aspiring singers?

Sing as often and with as many different groups as you can. Get some training - while you are gaining experience singing live. Record yourself, and get yourself out there in the community - join groups and sing at open mic nights!

Facebook Page:
The Desert Roses

Listen to
"Boogie Woogie Bugle Boy"
by The Desert Roses here:



showing this month

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

POWERED BY

CINE ROYAL
Bringing Movies to Life!



MINIONS

GENRE: ANIMATION, COMEDY, FAMILY
TEMPO PREDICTION: ★★★★★

MINIONS STUART, KEVIN AND BOB ARE RECRUITED BY SCARLET OVERKILL, A SUPER-VILLAIN WHO, ALONGSIDE HER INVENTOR HUSBAND HERB, HATCHES A PLOT TO TAKE OVER THE WORLD.

GOSSIP: DIRECTOR PIERRE COFFIN VOICES ALL 899 MINIONS IN THIS FILM.

Directed By: Kyle Balda, Pierre Coffin
Cast: Chris Renaud, Pierre Coffin, Sandra Bullock



TERMINATOR GENISYS

GENRE: ACTION, ADVENTURE, SCI-FI
TEMPO PREDICTION: ★★★★★

WHEN JOHN CONNOR (JASON CLARKE), LEADER OF THE HUMAN RESISTANCE, SENDS SGT. KYLE REESE (JAI COURTNEY) BACK TO 1984 TO PROTECT SARAH CONNOR (EMILIA CLARKE) AND SAFEGUARD THE FUTURE, AN UNEXPECTED TURN OF EVENTS CREATES A FRACTURED TIMELINE.

GOSSIP: IT WAS RUMORED THAT THE FOLLOWING FILM WILL BE ARNOLD SCHWARZENEGGER'S LAST AS THE TERMINATOR.

Directed By: Alan Taylor
Cast: Arnold Schwarzenegger, Emilia Clarke, Jai Courtney



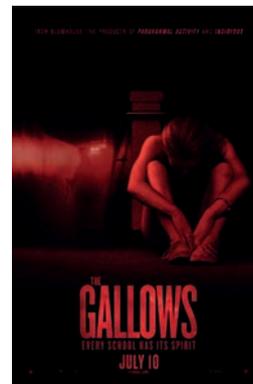
MAX

GENRE: ADVENTURE, FAMILY
TEMPO PREDICTION: ★★★★★

A DOG THAT HELPED US MARINES IN AFGHANISTAN RETURNS TO THE U.S. AND IS ADOPTED BY HIS HANDLER'S FAMILY AFTER SUFFERING A TRAUMATIC EXPERIENCE.

GOSSIP: THE DOG "MAX" IS A BELGIAN MALANOISE. THE SAME BREED USED BY SEAL TEAM 6 IN THE OPERATION AGAINST BIN LADEN WITH THE CODE NAME: GERONIMO.

Directed By: Boaz Yakin
Cast: Robbie Amell, Lauren Graham, Thomas Haden Church



THE GALLOWES

GENRE: HORROR, THRILLER
TEMPO PREDICTION: ★★★

20 YEARS AFTER A HORRIFIC ACCIDENT DURING A SMALL TOWN SCHOOL PLAY, STUDENTS AT THE SCHOOL RESURRECT THE FAILED SHOW IN A MISGUIDED ATTEMPT TO HONOR THE ANNIVERSARY OF THE TRAGEDY - BUT SOON DISCOVER THAT SOME THINGS ARE BETTER LEFT ALONE.

GOSSIP: THIS FILM WAS INDEPENDENTLY FUNDED AND PRODUCED BEFORE BEING PICKED UP AND DISTRIBUTED BY WARNER BROS.

Directed By: Travis Cluff, Chris Lofing
Cast: Cassidy Gifford, Pfeifer Brown, Ryan Shoos

For contests, ticket giveaways and freebies, Like & Follow Tempo on Facebook, Twitter & Instagram!

tempo reviews

BY ALEECE SMITH

Reviews on the latest films to be featured this month on UAE movie screens and at your home on Blu-Ray!

Follow Tempo on Twitter for more.

DEAD SNOW 2



You know who you are: you are the scaredy cat in your circle of friends when it comes to your tolerance for cinematic suspense and dread. You most commonly watch horror movies through your fingers or behind something else to protect you from...the movie. No judgment here, I am one of you. And I am telling you that if you want to rebuild your horror movie street cred, Dead Snow 2: Red vs. Dead is the place to start. (Honestly, the original Dead Snow was probably a good place to start as well, but this reviewer did not see that release.) Seriously, the comedy is an even lighter telling of a zombie tale than 2004's Shaun of the Dead.

Dead Snow 2 is surprisingly visually pleasing, despite the prevalence of so many undead creatures, prop guts and simulated vomit. The visual appeal is helped along by beautiful transition shots of buildings in Eyraðbakki, Iceland, where most of the movie was filmed, but Director Tommy Wirkola also seems to have an eye for colour that really shines in interior scenes.

The team behind Dead Snow 2 (writer/director Wirkola with writer/actors Vegar Hoel and Stig Frode Henriksen) created a strong B-movie that is a good combination of camp and aesthetic appeal. That being said, head to the theatre in the mood for some low-budget action scenes and a mash-up of familiar shots from a variety of blockbusters.

CATCH IT ON BLU-RAY: MAGGIE

If Dead Snow 2 is a first step into building up your tolerance for zombies, Henry Hobson's Maggie may be a good option for the second step. This zombie drama is pretty tame with minimal surprise zombie appearances and some light suspenseful music.

The zombie epidemic in the Maggie universe is widespread, but has not reached apocalyptic scale. Since the trappings of civilization are still in place, the plot follows the characters through a time when people are still coping with zombie-ism on a personal level. Instead of cowering in shocked disbelief and/or running from limping, rotting bodies, the movie shows the population in general and the Vogel family in particular figuring out what compassion looks like in the face of this new disease.

This movie fails to connect emotionally. Character development is weak, so it is hard to feel anything for any of the Vogels. The cinematography is merely a series of well-composed snapshots and the movie reminds one of a slide show. There is so little going on in this film that you end up just waiting for the moment when Arnold Schwarzenegger will finally do his hero thing. For all of those reasons, Maggie is probably a great option if you are looking for something to play in the background as you cook dinner or complete some other household task.



TO ADVERTISE YOUR EVENT AND BE INCLUDED IN OUR ISSUE, CONTACT US AT: [+971 2 491 8624](tel:+97124918624) | or e-mail editorial@tempoplanet.com**MEXICO ART MONTH EXHIBITION****ONGOING UNTIL JULY 2**

ART HUB, ABU DHABI

Art Hub's residency program is hosting four Mexican artists this month- Andrea Garza, Gabriela Galvan, Lorena Mal, and Raul Mirlo. The exhibition features art inspired by the sites, traditions, and culture of Abu Dhabi which the artists have been introduced to during their stay in the country. This is sure to be a treat for all fellow artists and art lovers.

Scan **RAMADAN NIGHT MARKET****2-11 JULY**

DUBAI WORLD TRADE CENTER

The Ramadan Night Market is a 10-day shopping fiesta being held at Dubai World Trade Center. It promises fun for the whole family with shopping, food, and a kid's play area. It also features an Arab-style majlis where you can relax and drink tea before continuing your shopping spree!

Scan **ZSC RAMADAN FOOTBALL TOURNAMENT****ONGOING UNTIL JULY 12**

ZAYED SPORTS CITY, ABU DHABI

This event brings together football teams from the capital's corporate, social, and governmental organizations at Zayed Sports City for a competitive and social seven-a-side event. There is a Dh 30,000 prize for the winners in addition to a trophy. The public is invited to come and support.

Scan **ICE SKATING FUN CAMP****ONGOING UNTIL JULY 16**

ZAYED SPORTS CITY, ABU DHABI

Learn ice-skating at this fun summer camp. Starting from the 'beginners through Delta' level skaters, this week long programme is aimed at teaching skills in new skaters and polishing those who haven't skated in a while. There's an opportunity to participate in fun games and to make new friends.

Scan **Summer Fun Workshops****ONGOING UNTIL AUGUST 1**

MUSHRIF CENTRAL PARK, ABU DHABI

Every weekend from June 11 to August 1, Mushrif Central Park is hosting children's craft-making workshops along with puppet shows. The activities are being held at the park's indoor exhibition hall where children ages 5-12 can get in touch with their creative side and create handmade tokens and treats to take home. Each workshop session hosts 30 children and costs Dh 150 per child.

Scan 



**المكان
THE SPACE**

**CINEMA AT THE SPACE
MONDAYS & WEDNESDAY
8:30PM**

A series of film screenings that aims to encourage the increasingly active conversation among filmmakers, supporters, patrons and enthusiasts across Abu Dhabi, who are central to the exciting growth of the local film culture.
facebook.com/theSpaceAD

**'FILM DIRECTING' WORKSHOP
ARABIC & ENGLISH
REGISTRATION BEGINS JULY 1ST
WORKSHOPS TO COMMENCE
IN AUGUST**

Register this July for a film directing workshop with acclaimed Emirati director, Nawaf Al Janahi. Join us at The Space as we explore the practice of directing a short film in Arabic (August 1-3) and in English (August 8-10).
Email: farah@brownbook.me





TheSpaceAD



DUBAI INTERNATIONAL HOLY QURAN AWARD

ONGOING UNTIL 8 JULY | DUBAI CHAMBER OF COMMERCE AND INDUSTRY

This event features Holy Quran memorisation contests as well as lectures on Islam, at various locations across the emirate to celebrate Islamic values. World-renowned Islamic scholars have been invited to mark this spiritual month. The events of the festival are held from the first until the 20th of Ramadan each year.

Scan ➔



MOHAMED ABDO LIVE

18 JULY | DU ARENA, YAS ISLAND

The Eid Al Fitr holiday period of Abu Dhabi Summer Season welcomes popular Saudi singing sensation, Mohamed Abdo. The singer will serenade his countless fans with his repertoire of popular songs. Often viewed as "The Artist of the Arabs," the singer will invite the audience to revel in the rhythms of his enchanting music and enjoy his entertaining stage persona.

Scan ➔



HABIB ELYASI LIVE

19 JULY | DU ARENA, YAS ISLAND

A musical night to remember with Habib Elyasi. The young and enigmatic Emirati singer touted for his nightingale-like voice performs at the Al Ain Municipality Theatre on July 18 and at the du Forum, Yas Island on July 19 for two nights of lilting music and sweet lyrics.

Scan ➔



SHAUN THE SHEEP LIVE, SAVE OUR TREE

23 - 25 JULY | AL RAHA THEATRE, ABU DHABI
SHAUN THE SHEEP IS COMING TO ABU DHABI!

Abu Dhabi Summer Season brings the popular children's TV programme in the form a live show called "Save Our Tree!". The show characters come alive with an unforgettable show about Shaun, the sheep who doesn't follow the flock -and in fact leads them into all sorts of scrapes that turn the peaceful Mossy Bottom Farm into mayhem in the meadow! Shaun and his pals run rings around their poor sheepdog Bitzer, as he tries to stop the Farmer finding out what's going on behind his back. actsRooh, Knox Artiste, DJ Shadow and DJ Buddha.



people calendar

Mark Joseph Triños

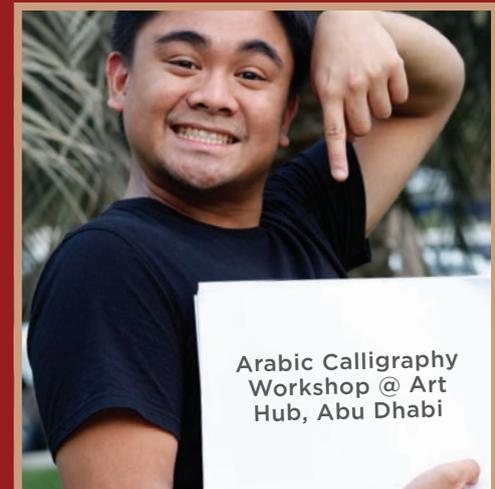
Nationality: Filipino

Profession: : Laboratory Technician

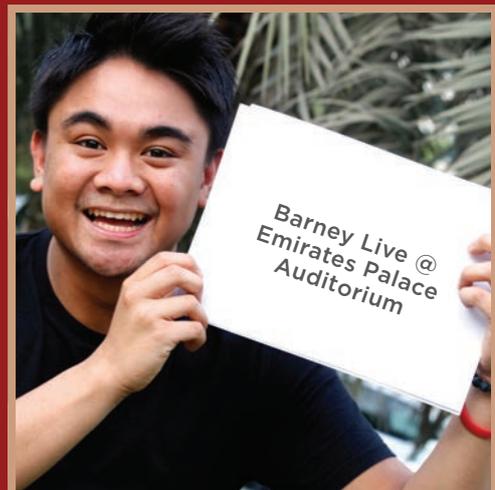
Motto: "Run. Don't walk"



21 June - 29 August



25 July - 10 August



30 July - 1 August



Angeli Castillo



ELECTRONIC ENTERTAINMENT EXPO 2015 (E3)

By the time you're reading this E3 will be over and you should be basking in the glory of mind blowing announcements and new titles. As I've said before, much of what was up and coming had already been announced before E3, so the most anticipated announcements would be the inevitable surprises. Here are the biggest E3 announcements up to the time of publication:

THE LAST GUARDIAN

Very, very long delayed, this Sony title seems to have rumbled back to life. Set to be released next year, it's a cross-platform adventure featuring a relationship between a boy and a mysterious giant creature, puzzles and adventure.



FALLOUT 4

Bethesda's very highly anticipated post-nuclear holocaust RPG series, the big surprise is that it's being released this year in the fall. Excitement!



JUSTICE LEAGUE MAKEOVER

For you superhero fans, a new take on the DC universe has been produced thanks to Machinima and DC. Justice League: Gods and Monsters Chronicles animated movie is set for release next year, but 3 short films have already been made and are free to view on YouTube. We see very different versions of Superman, Batman and Wonderwoman in an alternate superhero universe that entertainingly teases the upcoming movie. Neither Batman nor Superman (with a goatee) have capes, Wonderwoman ditches her yellow and blue bikini and picks up a sword - oh and Batman is LITERALLY a creature of the night.

Go to Game Hedz Facebook page for details.

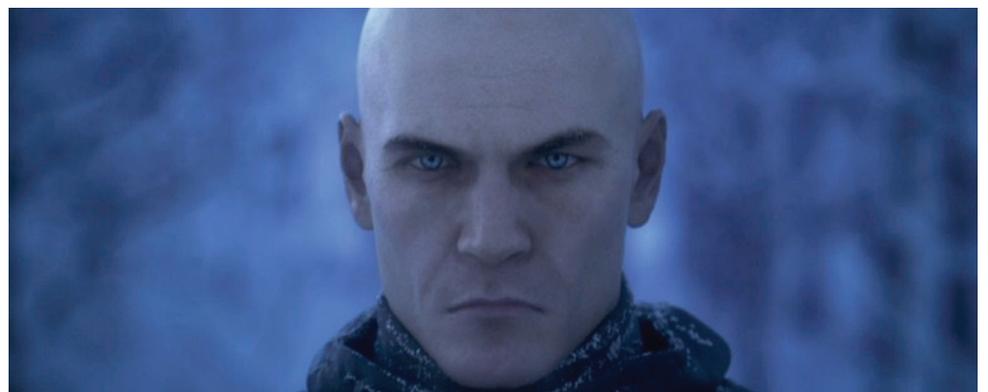
FINAL FANTASY VII

This classic is being remade for all platforms, but starting with the PS4.



DISHONORED 2

One of the bigger surprises of E3, this was info was 'leaked' and very warmly received. The story continues from the first instalment and suggests that you can play as female protagonist, Emily (who appeared in the first game) and the original hero, Corvo.



HITMAN

Also another surprise (though passingly mentioned last year), it's cross-platform and redesigned for more open gameplay in sandbox-style environments that offer multiple approaches to any one scenario - a format that continues to gain popularity over the linear version.



BARAA KHATIB

AGE: 24

PROFESSION: BANKER AND ACTOR

NATIONALITY: HALF SYRIAN - HALF TURKISH

FASHION STATEMENT: I'M NOT GETTING OLDER, I'M JUST BECOMING A CLASSIC!

PERSONAL STYLE: SIMPLE, CASUAL, CLASSIC, EDGY, FUN, COLOURFUL, MYSTERIOUS.S

FAVE RECENT BUY: HARMONT& BLAINE SHIRT, DSQUARED PANTS, SACOOR SHOES, EMPORIO ARMANI SUNGLASSES

FAVE STORE IN THE UAE: HARMONT& BLAINE, DSQUARED, SACOOR, PAUL SMITH, LACOSTE

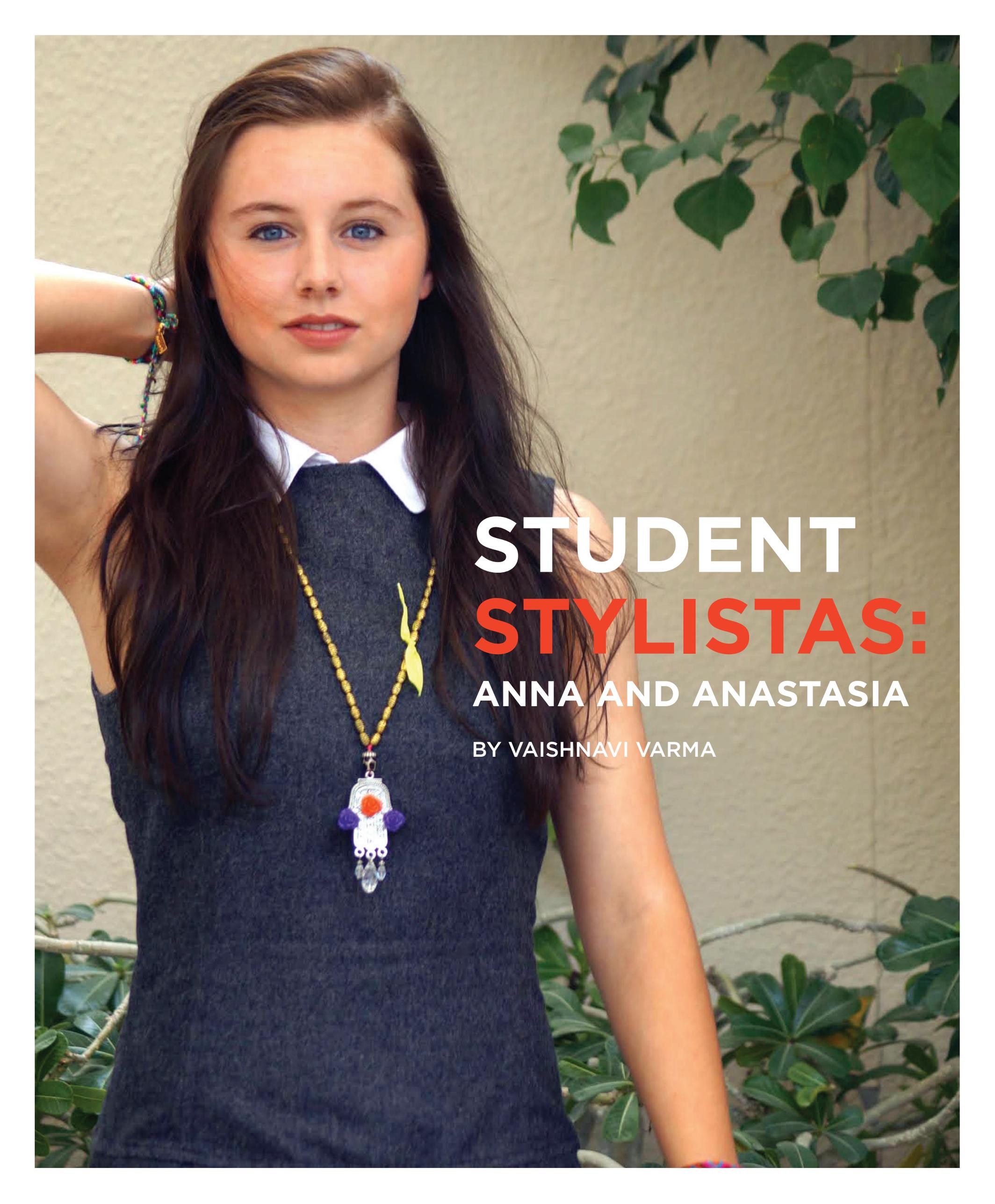
DOES THE UAE HAVE STYLE? OF COURSE! UAE'S LOCAL FASHION TALENT HAS CREATED ITS IMPRESSION, CAPTIVATING FASHION LOVERS WITH IMMACULATE WORKS AND STYLISH CUTS. TREND SETTERS AND PEOPLE WHO LOVE TO WEAR FRESH IDEAS CAN CONTINUE TO INSPIRE, THANKS TO UAE'S FASHION DESIGNERS. THERE'S NO BETTER WAY TO SUPPORT LOCAL TALENT THAN BY DONNING THEIR MADE-IN-THE-UAE DESIGNS.

FASHION PET PEEVES: I HATE WHEN A GIRL HAS A PERFECT LITTLE BLACK DRESS WITH LEGGINGS, AND ALSO WHEN A GUY WEARS A FUNKY PANTS TO SHOW HIS UNDERWEAR.

PHOTOGRAPHER:

Angeli Castillo





**STUDENT
STYLISTAS:
ANNA AND ANASTASIA**

BY VAISHNAVI VARMA

When you visit niedsano.com you won't guess for a minute that the fashionistas behind it are two students from the American Community School of Abu Dhabi! The two style-makers are Anastasia Basano, an Italian-Russian, and Anna Niederlander, from Austria. Their fashion blog is growing in popularity among teens in the UAE and also has a decent fanbase from other countries. The young women share their learnings about style...

Defining Style

Anastasia: My idea of style is a way of dressing up; people wear what they like and feel most comfortable in. I wear different kinds of clothes from sweaters paired with jeans to dresses with heels. I don't have a specific kind of style - I dress not to impress, but to express myself. Even though sometimes I love over-dressing up for school. I love wearing skirts and dresses because they make me feel very girly but when paired with the right shoes, the look is stylish as well.

Anna: I don't think I have one defined style, just like I don't have one defined mood. Style often shows people who you are, and because I am still trying to figure that out and always will be, my style is forever changing. I often like to make a dramatic statement, and much of the foundation of my wardrobe is dark and I like to use big necklaces.

Fashion in the UAE

Anastasia: Living in the UAE actually increased my love for fashion because of all the amazing stores that are found in the malls. Every time I'm at the mall I always check what's new on the racks. Living in a place that has a lot of clothes and fashion has taught me how to dress and the importance of looking good.

Anna: I was born and raised in the UAE and it has influenced me in so many ways. The UAE has such a vast international population, which exposes me to so many different cultures and styles. The country is developing rapidly and with it new trends and innovations are created. There are many events such as art exhibitions that inspire me. I am a major art fan, and believe fashion is an extension of this creativity.

Shopping Help

Anastasia: There are lots of stores that I love and always visit, but I'm a type of shopper that likes going into random places to find something that I like,

especially boutiques. If you stick to only one store, you don't get to see the many different clothes that other stores have to offer. Although, I do love stores like Topshop, H&M, Zara, Miss Selfridge, Tommy Hilfiger, Ralph Lauren, and Calvin Klein.

Anna: My favourite designer stores are Balmain and Marc Jacobs. Out of the affordable stores I love COS, for their simplicity, and Zara because they have something for everyone, in quality and price.

Fashion Advice

Anastasia: You don't need to copy anyone's style or buy the exact same outfit that you liked on someone. Wear clothes that you like and feel comfortable wearing. Wear clothes that make you feel good about yourself and happy. You've got one life to live, there's no time to waste wearing clothes you don't like. Many people, especially girls, feel like they should wear clothes to impress others, but in order to be happy with yourself you should wear clothes that you like, not what others might like.

Anna: The best fashion advice I can give, is to not listen to any fashion advice. Forget the rules - if you like it, wear it



ON THE COBBLE ROAD DUBAI

Opportunity can arrive at any time. Take The Cobble Road founder Manpreet Sagu.

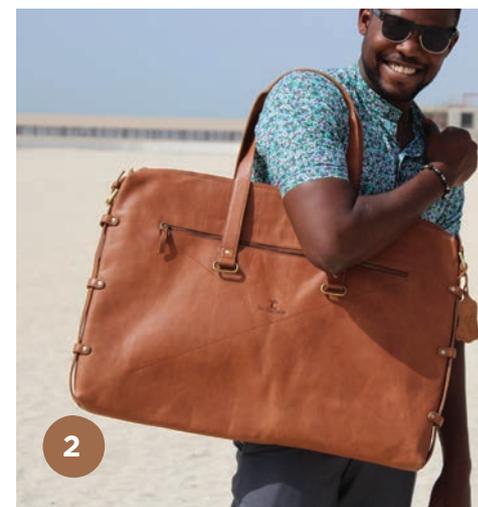


▲ Manpreet Sagu, 35, is the founder of The Cobble Road Dubai

1 Aged leather gives this tote classic appeal

2 Use this oversized bag as a weekender or briefcase

3a 3b Effortlessly transforms from a tote, to a satchel, to a backpack



So what is The Cobble Road? It's a collection of simple, effortlessly stylish leather goods. Sagu describes it as a mix of "formal, casual, and dapper."

The accessible accessories line includes leather rucksacks, satchels, and weekenders—sometimes all in the same bag. "The key word is multi-functional," Sagu offered. "Every bag can be used in at least two different ways."

While on vacation in New Delhi, India, Manpreet Sagu came across a bag so unique that he immediately called his brother, to show it to him. As fate had it, Sagu's brother not only knew the brand of the bag, but also its craftsman. In fact, the men worked out of the very same building!

In the four months since, Sagu's passion project has been to bring this proudly made-in-India brand to the Emirates, tailoring each new design for the local market.

"I visited 107 stores in Dubai to find a product at this price point and quality and found none. That's when I knew I should invest in this," Sagu said.

Technology plays a big part in the design, with bags made specifically for phones, tablets, laptops, and DSLR cameras. "We design with an eye for modern innovations. I made sure, for instance, that all the large bags could carry at least a 15-inch laptop," Sagu said.

Of course, the magic is in the details. Wool felt interior and sturdy hardware give the sense that you can love these bags forever, while the textured leather exterior promises that each bag will age beautifully over time. "It's important for people to know, this brand is for everyone," Sagu said. "The Cobble Road is very inclusive."

Ramadan

SWEETER WITH US

Marina Mall, the place to be!



During Ramadan, for every AED 200* you spend at Marina Mall, you will get a chance to win a Nissan Patrol. You can also double your chances of winning when you shop using your "M" loyalty card.

Marina Mall is the place to be during Ramadan with an exciting line up of events and activities to entertain the entire family including snake and ladder, mini football, mini basketball and more...

**get one raffle draw coupon for every AED 500 spent in Carrefour
terms and conditions apply*

Activities Timings	During Ramadan	8 pm to 12 am
	During Eid	12 pm to 12 am



www.marinamall.ae

[/MarinaMallAbuDhabi](https://www.facebook.com/MarinaMallAbuDhabi)

[@MarinaMallIAD](https://twitter.com/MarinaMallIAD)

[@MarinaMallIAD](https://www.instagram.com/MarinaMallIAD)

THE SMOVIES SEASON ONE: TALENT, EXCITEMENT, COMPETITION!

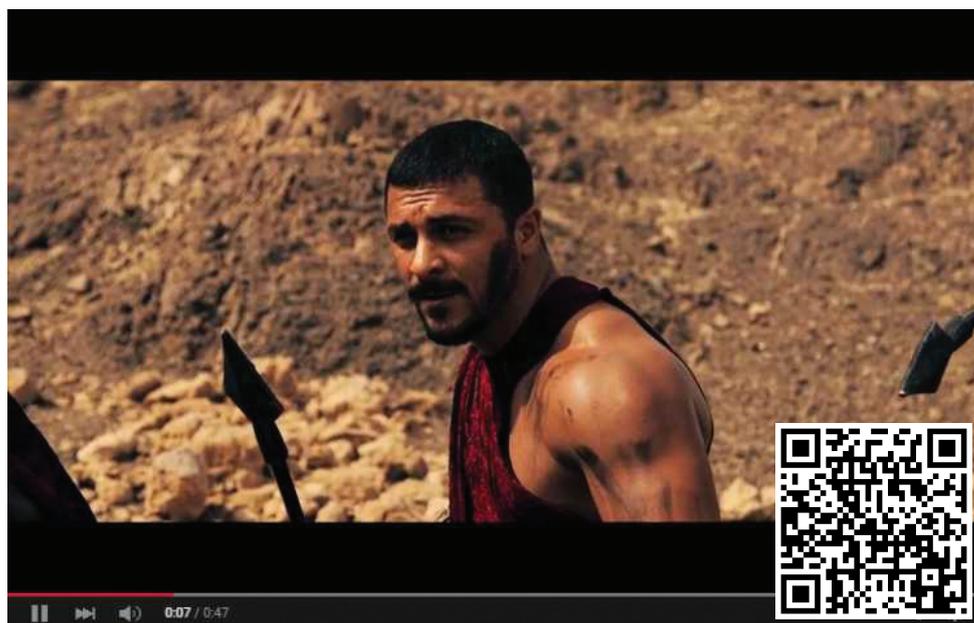


The winner for Season One of the Smovies has been crowned! The kick off challenge, themed “Please Don’t Steal My Show” and pitched by

VOX Cinemas, culminated with the announcement of the first, second and third place winners. BrandMoxie who lead the initiative with the host VOX Cinemas, held a special award ceremony event at Yas Mall, inviting competitors, friends and fans, judges and members of the film community. The three winners shared their excitement with Tempo...



WINNERS: THE SPARTAN SURPRISE TEAM WITH THE PRODUCERS AND THE JURY.



FIRST PLACE

Faisal Hashmi “A Spartan Surprise”

“When I learned about The Smovies through a friend of mine who directed me to the website, I began to think creating my Smovie by reminding myself of the thing that annoys me the most when I go to the movies. The answer was clear - mobile phones ringing and people picking up that call mid-movie with no regard to others.

“So I decided that there’s no better way to show a movie getting ruined than actually shooting a mock movie scene that has the characters being disturbed in some way mirroring what’s happening in the cinema. As a fan of movies like 300, I thought the best course of action would be to mirror a climactic battle scene getting interrupted. The title of the film ‘A Spartan Surprise’ came directly from the idea of a Spartan battle itself and was just funny wordplay.

“When my name was called up the stage as the first prize winner it was a great feeling! I was pleasantly surprised to hear that because I was among a group of entries that were all well done with their own unique ideas so it was great to be acknowledged in such a strong environment. I had come to the event with a bunch of friends including some of the crew and they were ecstatic to see us win. I immediately called my family about it later and they were overjoyed too. They’ve always been very supportive.

“My advice to those who want to make a Smovie? Don’t be afraid to think outside the box. Find a really good hook that you want to focus on then find the most creative and funny way to execute it rather than the obvious way. The length is short so being concise is key! Facebook: facebook.com/faisalhashmi

SECOND PLACE

Shezah Salam “The Epiphany”

“This is my first short film ever! I’m a writer by profession and I’ve had a few of my ads produced but this is my first time actually shooting and directing a film.

“Alas, I will always regret that I could not make it to the award ceremony. I had to fly to on London the same day and I never in my wildest dreams thought I would actually win. When I finally did find out, I was absolutely over the moon. I received an email about it and for the first few seconds I just froze. This was immediately followed by a lot of celebrating.

“For my advice in making a Smovie, I think a popular sports brand said it best - just do it! Creating things is easier than ever today, all you need is a phone, or a computer that most of us are lucky to have. The final product might not be what you had in mind (it certainly wasn’t for me), but with each new project you’re closer to becoming the kind of artist you want to be.



THIRD PLACE

Vimin Thomas “Please Don’t Steal My Show”

“When I heard my entry won, it’s like when a mother receives the baby first time in her hand and everyone around looks at her and smiles. All of my team was on cloud nine for a minute! With five years of experience, I can say that this is the first ever competition I participated in and I am very happy that I won a prize in The Smovies.

“From my loved ones and friends, all I heard was: ‘Vimin? Is that you did this??!’ Everyone really found it hard to believe. My mom, dad and brother too helped me to complete this film. I am really happy to involve them all.

“For my advice in creative a Smovie, everyone starts on the same footing: You will ask yourself: Will this be a success or failure? But don’t let that hinder you. Instead, start working on it, choose good people who will work for you, and complete it. The prize is just an incentive. It’s the experience and the joy of creating it that counts!



THE SMOVIES SEASON ONE: “PLEASE DON’T STEAL MY SHOW”

The inaugural “The Smovies” awarding ceremony and film showing event was a smashing box office success! This platform of short movies developed by BrandMoxie in conjunction with Vox Cinemas allowed for upcoming and amateur filmmakers to showcase their work. The aspiring filmmakers from the UAE impressed all that attended with their promising directorial and acting skills. The theme of this first Smovies competition: ‘#PlsDontStealMyShow’, focused on cinema audience etiquette, and had the audience amused with the entries that ranged from humorous to campy.

The Producers and The Smovies Message Board



Everyone was a winner. All participants got mementos.

KICKING OFF: THE SMOVIES COMPETITION SEASON 2: “The Message”

GET
INVOLVED!

THE THEME: #SmoviesMessage

THE BIG WIN: The winning ads will play on all screens across all VOX Cinemas in the UAE for at least three months.

THE MOOD/ TREATMENT: Topics can be any topic. It can be funny, sad, inspiring, even scary – let your imagination run wild!

THE LENGTH: 15 seconds to 2 minutes.

THE GUIDELINES: Stay away from anything to do with politics, religion and promiscuity.

THE SPECS: 1920 x 1080 Pixels/ High Definition/ 16:9 Aspect Ratio

THE PRIZES: Cash prize, workshop and other gifts.

DON'T FORGET: Last frame of the commercial should have the closing frame, which can be downloaded from www.thesmovies.com, under the menu “Competition” and then “Closing frame”.

THE DEADLINE: Submissions should be received by Aug 15.

The Smovies is a platform that provides filmmakers an opportunity to shoot their own films, and supports them by providing them a platform for the films to be viewed.

Over the entire year Smovies runs three competition seasons:

1. The VOX Category. April to June. “Please Don’t Steal My Show”
2. The Narrative Category. July to September. “The Message”
3. I Love UAE. October to December. “Celebrating the UAE.”

While you may start planning on the I Love UAE category, right now we are accepting only entries for “The Message” competition. See www.thesmovies.com for more details on this.

RAMADAN KAREEM

100
Days
Of Wonders



SHOP & WIN

16 JUNE - 23 SEPTEMBER

Ramadan - Summer - Back to school - Eid Al Adha

www.dalmamall.ae

#100DaysofWonders #AbuDhabisFavoriteMall



دلما مول
Dalma Mall



SPICE UP YOUR LIFE

Have you ever thought about the health benefits of fresh oregano? Or steeped cinnamon in your tea? Or cumin and coriander on your chicken filets? Spices and herbs offer more than layers of taste, a burst of colour and a pretty presentation. Your spice rack is actually a nutritional wonderland, and there are many ways they can be added into your diet to promote a stronger disease-fighting lifestyle. Here are 10 superpower spices and herbs:

1. Sage: Sage boosts memory and has been shown to benefit mild Alzheimer's sufferers with word recall. It's rich in rosmarinic acid which reduces inflammation in the body and has potent antioxidant action. It also helps lower cholesterol and ease hot flushes of menopausal women.

2. Cinnamon: Cinnamon improves circulation and also has cancer fighting properties, such as the super antioxidant glutathione. So next time you have oatmeal for breakfast, consider sprinkling a good dose of cinnamon.

3. Oregano: I love the smell of oregano! Oregano is rich in antioxidants and vitamin K, which strengthens the body's power to fight off infections, improve bone density and blood clotting.

4. Coriander: Coriander helps stimulate insulin secretion to lower blood sugar levels making it the perfect herb for diabetics. Coriander lowers cholesterol by reducing the 'bad' LDL cholesterol, while increasing 'good' HDL's. It also acts as a natural antibiotic, effective against salmonella.

5. Rosemary: Rosemary leaves pair so well with lamb, roast beef and turkey

stuffing. It has traditionally been used to boost memory and concentration and to relieve stress, making it the perfect cup of tea for students.

6. Cayenne Pepper: This spice is used in detox programs because it helps stimulate circulation and improve digestion by increasing stomach acids and enzyme secretion. It's rich in vitamin A, B and C and helps fight off colds, clear mucus congestion, and ease sore throats and coughs.

7. Aniseed: Bouillabaisse soup with tomato and aniseed is what summer is all about; the flavour of the aniseed is what makes this soup so special and rich. Besides improving digestion, aniseed can help enhance the milk supply of breast-feeding mums and dampen nervousness.

8. Thyme: Thyme has a strong anti-bacterial and anti-microbial action, beneficial in the treatment of bacterial respiratory infections, acne and candida. It may help reduce high blood pressure, and offer protection from breast and colon cancer.

9. Cloves: Cloves will always remind me of the dentist, as my mother used them as the perfect remedy to alleviate my toothaches. The name comes from the French "clou" meaning nail. Cloves come from Madagascar, Indonesia and Sri Lanka and are used in spice cookies and cakes. Cloves aid in digestion as well as have an antimicrobial action, which helps rid the digestive tract of unwanted parasites and bacteria.

10. Cumin: A member of the parsley family, Cumin has a distinctive flavour and warm aroma. It is a major ingredient in chili powder and curry powder. It's rich in iron and vitamin C and helps strengthen the immune system to fight off colds and infections. Besides improving digestion, it has anti-fungal properties, can help detoxify the liver and relieve insomnia. Studies have shown that cumin may have cancer fighting properties.



WHAT DOES AN ORGANIC FARMER LOOK LIKE?



I guess one can assume and presume what an organic farmer looks like. When I first met Mo (Owner of YAS Farms) he blew all my preconceptions out of the water. Before me stood a very tall, thickly set man offering his rather large hand to shake mine. I smiled inside as I quickly erased the image of "my organic farmer" from my mind.

Mo and I decided to meet after a brief conversation on my CleanEatUAE Facebook page as a few of my followers had contacted me, wanting to know more and I, myself, was intrigued by the farm and was keen to discover what the Farm could offer.

Over the past two years, YAS Farms has grown at an alarming rate, which saw them, initially, struggle with delivery as they attempted to satisfy the constantly increasing daily orders. Mo is quick to admit that he let a few customers down which really concerned him, and acknowledged new systems are now in place to stop the same issues arising again. He is a friendly man and quite happy to roll his sleeves up and help the business with deliveries. Word of advice, if he delivers your box, make sure you give this man plenty of time - he likes to talk about the farm, a lot - which is actually, very interesting!

Recently, I was lucky enough to sample one of these delightful boxes and the smell alone was amazing - fresh is all I will say. The majority of the produce is grown on the farm with a few organic produce brought from overseas (which Mo is happy to inform the customer of). The tomatoes are amazing, the cucumbers delicious, pineapples and melon - delightfully sweet. The eggs are fresh with a plump

orange yolk (not like the pale egg yolks that you find with battery farm eggs). My 10-year-old son has several eggs a day and he gave his omelette a huge "thumbs up". I also sampled the chicken, as my first experience with a UAE reared chicken was a disaster. I cooked the bird the same way you would a Western chicken - roasted. Absolute fail - Mo explained that although they are both chickens a UAE chicken and a Western Chicken cannot be cooked in the same way. UAE chicken live in a harsher climate, which affects the meat, therefore, the chicken has to be parboiled and then roasted, or boiled for the full duration of the cooking time (which is how I cooked my next chicken). My second experience was much better following Mo's tips and I am looking forward to trying one of the farm's turkeys.

As a CleanEater, what can YAS Farm's offer me? They offer fresh, organic, free range poultry (chicken, turkey, duck etc) along with free range eggs and organic milk. Mo has a large variety of locally grown organic fruit and vegetables that can be delivered fresh to your door on a weekly basis. All produce arrives at your door in brown boxes to keep packaging costs low and easy on the environment too. All storage and cooking instructions are detailed on labels attached to the boxes. Deliveries are 2-3 times a week so you need not worry about having a lack of fresh produce in your fridge.

Prices are very reasonable, for example a 7kg fruit and veggie box is Dh120, all milk is Dh45 per litre (goat's milk is Dh55). Poultry ranges from Dh45 to Dh250 for a 4kg turkey. There is a minimum charge of Dh200, which gives you free delivery to Abu Dhabi.

See YAS Farm's Organic Produce Facebook page. (Prices quoted in this article are subject to change).



DILIP JOHRI: WHAT A CHEF EATS....

BY HEATHER VANDEVOORDE, PH.D.

My newest obsession is karare palak. Literally translated, it means crispy spinach, but that doesn't do the plate justice. I call them spinach and pomegranate nachos. I eat them every time I go to Peppermill Restaurant at Eastern Mangroves. It is colonial Indian cuisine, though the dish is an original one, and not a regional specialty.



CHEF DILIP JOHRI

The last time I ate karare palak it got me wondering how the chef thought to create this truly original dish. Then I got curious about what that same chef likes to cook at home, and what he eats when he goes out to dinner. So I asked to speak to the chef. It turns out that Dilip Johri is quite interesting, and having just celebrated his 50th birthday, he was happy to reminisce.

What is your background?

I trained in India, of course. My most valuable experience was with the

Taj Palace where I learned everything from banquets requiring me to cook 600 kilos of rice starting at 8am, to the finer gourmet dishes for celebrities.

Have you ever cooked for anyone famous?

Margaret Thatcher, Bill Gates, Rajeev Gandhi, the first fashion show of French designer Pierre Cardin, former Prime Minister Atal Bihari Vajpayee and not to forget the then-President of Pakistan Parvez Musharraf.

Tell me about your family...

I am happily married. My wife is currently in India, but she always visits on holidays. The reason I came to the UAE was to try something new, I have never been in this part of the world before. Having worked in several different countries, I decided that I wanted to experience the Middle East as I am fascinated by the people's warmth, culture, and food. Moreover, travelling to India from the UAE is very easy as it is not that far.

What is your favourite food when you go to another restaurant to eat?

I am always keen on trying the Ossobuco, which is a Milanese specialty of cross-cut lamb shanks braised with vegetables and broth. It is often garnished with gremolata and traditionally served with risotto all amilanese. This dish is quite similar to Tar Korma and Rogan Gosh

What does you cook for yourself when you are at home?

I rarely cook when I am at home, but when I get bored of eating out, I cook something called "kichadi". It is an Indian preparation of rice and lentils tempered with clarified butter, cumin seed, black pepper and black cardamom, steamed in pressure cooker to retain the original aroma and flavors, topped with pan tossed salmon in garlic, olive oil, lemon and salt.

What is your favorite non-Indian food?

My favourite non-Indian food is oven roasted sausage pasta in tomato basil sauce as well as well as homemade crispy pepperoni pizza.

Now that you've reached 50, is there anything you want to try as a chef?

Yes! Definitely as a chef I would like to try new dishes, recipes, I would also like to go deeper into the regional cuisines of India and explore the food prepared, as it's said that the taste and the recipe of the dish changes after every 1.5 kilometers in India.



PEPPERMILL RECIPE KARARE PALAK CHAAT (Serves 3)

Spinach	600	Gms.	Chat Masala	1	Tsp
Gram Flour	2 1/2	Cup	Yogurt	1/4	Cup
Cumin Seeds	1	Tsp	Mint Chutney	1/4	Cup
Ajwain Seeds	2	Tsp	Tamarind Chutney	1/4	Cup
Red Chili Powder	1	Tsp	Coriander Fresh	1	Tbsp
Turmeric Powder	1	Tsp	Sev	5	Tbsp
Black Pepper Powder	1	Tsp			

METHOD

1. Remove Stem And Wash Fresh Spinach Leaves Strain Excess Water.
2. Make The Batter With Besan Flour, Ajwain, Salt, Cumin Seeds, Turmeric Powder, Red Chili Powder, Water And Ginger, Garlic Paste, Should Be Medium To Thin In Consistency.
3. Heat Oil In A Kadai When Gets Medium Hot Slide In The Spinach Leaves Dipped Batter Into Oil & Fry It Gradually. All Leaves Should Be Separated From One Another.
4. Remove When They Are Crisp, Remove Them To A Collander To Strain The Oil.
5. Now Layer The Leaves And Drizzle It With Sweet Chutney, Mint Chutney & Sweetened Curd. Sprinkle Roasted Jeera Powder, Chat Masala & Chilly Powder.
6. Put Sev On Top & Garnish It With Chopped Coriander. Layer The 3 Sauces In A Shot Glass And Sprinkle With Sev.

KIDS PHOTOGRAPHY

PHOTOGRAPHER: MARINA STRACHAN

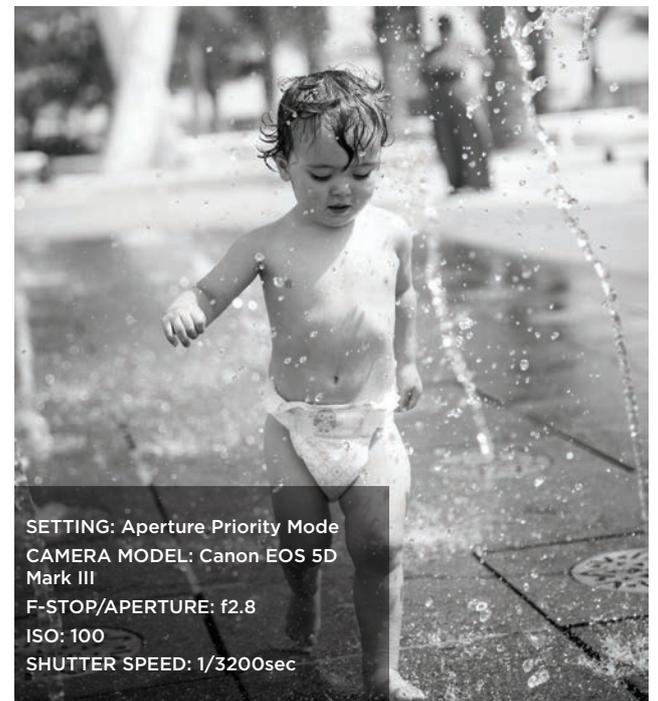
Photographing kids is not easy, but it can be done if you know how to do it. Kids cannot stay at same position so you need to be fast. Here are a few points to help you take fantastic pictures:

First, set your camera to aperture priority mode as this will give you control over depth of field and will also allow you to also choose portrait mode. Start with aperture f5.6 (you can adjust it up or down based on your requirement) as this will throw the background out of focus (unless the kids are right up against a wall). An ISO of 200 or lower is better if you have enough light, but try to keep it under 800. Keep your shutter speed at 1/200th of a second or faster if you can. In aperture priority mode you can achieve your desired shutter speed by adjusting the f-number and ISO. Set auto focus mode to single point and use flash/lighting if you own any or you can try to shoot in RAW. You can also use any telephoto lens that gives you a focal length of 70mm or above.

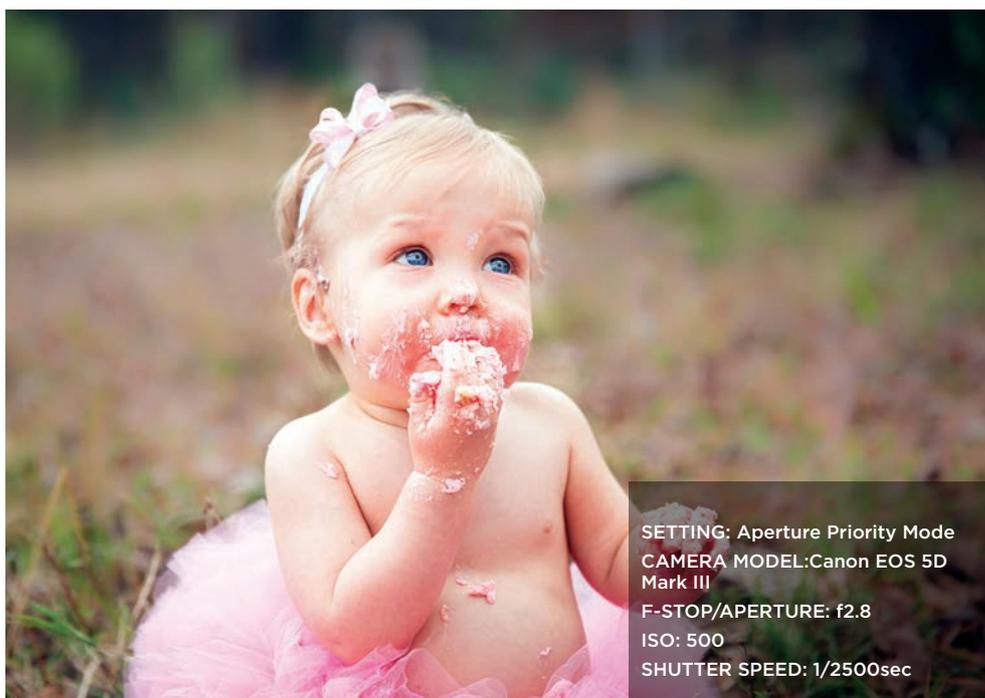
SETTING: Aperture Priority Mode
CAMERA MODEL: Canon EOS 5D Mark III
F-STOP/APERTURE: f2.0
ISO: 160
SHUTTER SPEED: 1/250sec



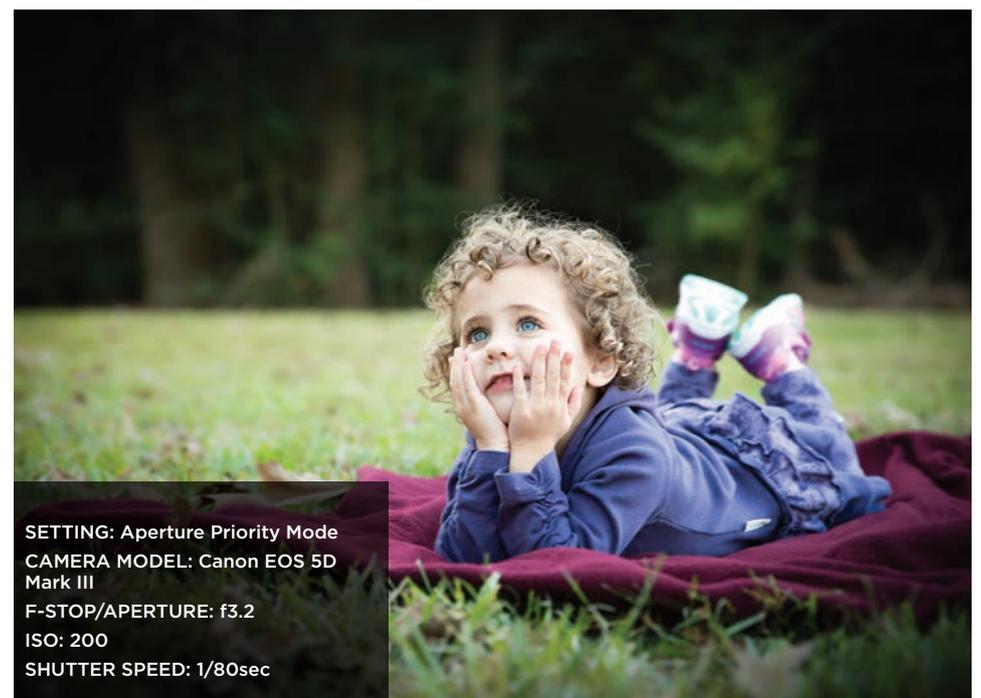
SETTING: Aperture Priority Mode
CAMERA MODEL: Canon EOS 5D Mark III
F-STOP/APERTURE: f2.8
ISO: 500
SHUTTER SPEED: 1/3200sec



SETTING: Aperture Priority Mode
CAMERA MODEL: Canon EOS 5D Mark III
F-STOP/APERTURE: f2.8
ISO: 100
SHUTTER SPEED: 1/3200sec



SETTING: Aperture Priority Mode
CAMERA MODEL: Canon EOS 5D Mark III
F-STOP/APERTURE: f2.8
ISO: 500
SHUTTER SPEED: 1/2500sec



SETTING: Aperture Priority Mode
CAMERA MODEL: Canon EOS 5D Mark III
F-STOP/APERTURE: f3.2
ISO: 200
SHUTTER SPEED: 1/80sec

THE CHALLENGE:

THE SUNRISE - FOR THE PASSIONATE PHOTOGRAPHERS

A DP organized a meetup for an early Friday morning photo shoot. About 30 members participated at one of the most picturesque seascape venues near the Flag Pole on the breakwater.

There was unexpected sand in the air but it didn't affect the shoot. The group was given tips on how to improve their landscape photography and use ND filters. Then they got busy taking amazing seascape + sunrise photographs.

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 is managed by BrandMoxie.



ADP Group Photo



Shahid Saeed



Deepak Sudevan



Youdee Clapton



Irshad Madayi

“I want to motivate everyone to do mountaineering because it teaches you leadership that you use everywhere: not just on the mountain but also in your everyday life. It teaches you how to trust your friends, how to delegate authority, how to face your fears. It gives you more self-confidence”.

SCALING PEAK TO PEAK: INTREPID ADVENTURER EBRAHIM ALKHAJEH

BY NEIL BIE



Broken ribs, dislocated shoulders, injured body parts - none of these ever stopped Ebrahim AlKhajeh from going on in his adventures and exploring the wonders that this world has to offer.

From deep and dark caves to the peaks of hills and mountains, he tells his story to Tempo about planning his trips, the challenges that came along and the bonds that he created with his peers.

"In 2012 I just started indoor rock climbing first to try it as an activity. Someone was telling me that since I'm so into sports, I should try rock climbing. I said 'it's a piece of cake.' But the first time I went to try it I was climbing up and down and then my body starting hurting afterwards. And I was confused because with a lot of my other sports it doesn't. But it was good. And then after six months I started doing outdoor climbing on the weekends. Then I started hiking, canyoneering, caving, everything. I started taking a course on caving. Underground. It's like under the ground there is another world. It's something amazing.

"On weekdays I work, then after working time I start planning for the trips. You need to check the weather forecast, always. I've been on many peaks and caves. I can't count them. But out of the famous international ones I have done Kilimanjaro, and the Himalaya Mountains. Himalaya took me 16 days to climb. Kilimanjaro took me seven days.

"The challenge is different mountain to mountain. Kilimanjaro was something real. It's not very technical, but there is a weird, negative energy in the mountain itself which started to eat us when we climbed it. So we started talking to each other, screaming like crazy to try and keep the positive energy

up. After that we kept hiking for another 12 hours. It was 16 hours of hiking that day. When you change the negative energy to positive energy you can go an extra 20 hours without sleeping.

"When you reach the summit, it's a different story. When I reached the summit of Kilimanjaro, after all that suffering and pain and almost dying I started having tears like....tears of joy. And I saw my friend Fadhi and I was like 'why are you crying?' and he said, 'why are you crying?' Then we saw our other team mate Haithum, and he was crying too. It's different. When you reach the summit, it's something amazing. People don't know until they try it. People in the city, they don't know what's going on. I want people to see that part of life.

Most people say I am crazy. I hear that a lot. And I just say, 'This is my life.' I say adventure is my life and adrenaline keeps me alive.

"I attended a presentation by Adrian Hayes -the one who climbed K2. His friend died in front of his eyes. That's tough. And it takes lots of motivation to continue after that. People say when you see an accident, you learn from it and it gives you more motivation.

"Now I'm planning to go to Alaska from July to September. Alaska will take me exactly 30 days: I'm going to start climbing on the first of August

and on the 30 of August, Inshallah, I will be back from the mountain and then we will have three days of resting.

"I want to motivate everyone to do mountaineering because it teaches you leadership that you use everywhere: not just on the mountain but also in your everyday life. It teaches you how to trust your friends, how to delegate authority, how to face your fears. It gives you more self-confidence. In mountaineering, if you don't communicate with your friends, you're going to die. You need to trust them because it's your life in their hands. You learn something new and you face your fear. If you are scared of something, you can kill that fear".

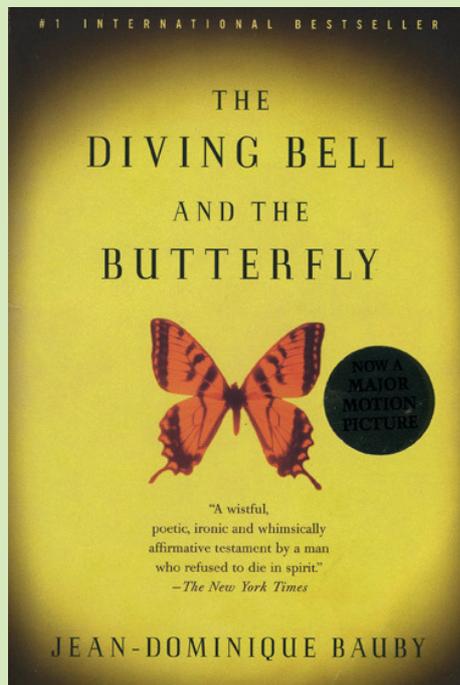


Connect with Ebrahim:
Facebook: Eby Orange

THE DIVING BELL AND THE BUTTERFLY

BY JEAN-DOMINIQUE BAUBE

The miracle of this book is that it was written! Jean-Dominique Baube was the editor-in-chief of the fashion magazine Elle. He wrote his memoir whilst he was stricken by locked-in syndrome – a condition that left him confined within his own skin and unable to control any movement within his body but his left eye. In fact this entire book was dictated by blinks from his eye. Despite his condition his determination and sharp wit come through.



This book leaves the reader grateful for the things taken for granted everyday – “the pleasures of life” as he calls it– as simple as chewing your food or waving. The author shows how one appreciates blessings when they are taken away, and this memoir sheds light on his unique struggle. Although quite short in length, this book is enlightening.

Baube uses his sarcasm and wit to deflect any sympathy. Although he makes light of his situation he writes his feelings in the rawest form. It is these unexpected presentation of his emotions that are the gems in this book. Nothing is sugar-coated; the account is real, even cynical and pretentiously snobbish.

This book makes you wonder about life. Its genuineness is frighteningly real, and its length is perhaps symbolic of the author’s frailty and the human condition. Nobody knows what the future holds: one must grasp the present before it becomes a memory.

The author contrasts his freedom with his confinement. The book was written is both witty and sad, such as in the depictions of his struggle with “uncooperative deadweight limbs” that only served him “as a source of pain.”

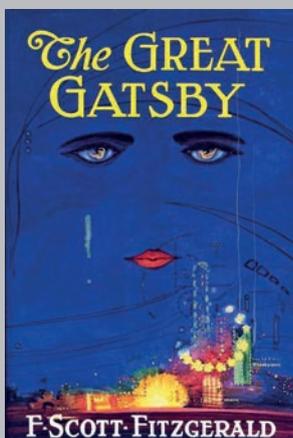
“Whereupon a strange euphoria came over me. Not only was I exiled, paralyzed, mute, half deaf, deprived of all pleasures, and reduced to the existence of a jellyfish, but I was also horrible to behold. There comes a time when the heaping up of calamities brings on uncontrollable nervous laughter - when, after a final blow from fate, we decide to treat it all as a joke.”

The book was originally published in French, and Baube passed away two days after the memoir’s publication. The English translation is simple and poetic.

THE GREAT GATSBY

BY F. SCOTT FITZGERALD

This classic embodies the American Dream. It is about Gatsby; a man who socially went from a nobody to everything one could dream of, only to capture Daisy’s eyes. Eloquently written, symbolism overflows throughout. A must-read!



THREE60 COMMUNITY: WHERE TO GO THIS SUMMER?

In coordination with Etihad Airways, the three60 community had invited the residence of Reem Island to visit the fascinating country of Asia right through promotional packages. The event was held in the Marina Square exclusively for their residents who were able to get a special 15% discount for booking any package during the event.

Sponsored by Etihad Airways, LuLu, and Mikado Café, the event had live performances, demonstration and activities providing all the experiences of Asian summer holidays.



BRANDMOXIE

Intelligent Integrated Marketing

- ADVERTISING
- STRATEGIC COMMUNICATION
- BRANDING PLANNING
- SOCIAL MEDIA
- DIGITAL MARKETING
- RETAIL DESIGN
- PUBLIC RELATIONS
- EVENT MANAGEMENT PRODUCTION
- PUBLISHING RESEARCH
- FILM PRODUCTION
- MEDIA BUYING TEAM BUILDING

02 491 8624

CALL US

02 491 8625

THE BENCH

by Shahida Bhandia



Well I can certainly tell you a few stories or if you prefer juicy tales. I've been around long enough to keep you entertained. I'm by no means claiming that these tales are mine. No, I dare not have that much of an interesting life...

One night very long ago, two shadows crept in the night, they whispered and plotted. They pulled out a gun, all shimmery and bright and spoke of how they managed their flight. The lady pulled out the bag filled with diamond jewels. The sky became bright as the air filled with sirens. And just like that they were gone by the sound of the horn.

What is that sound a faint voice spoke alone in the dark? A small silhouette, face in the hands, curled in a ball. Why me? I keep hearing. I feel a drip and then another. The sounds becomes louder and louder! She rocks her body from side to side and pleads with the air to stop being so unfair! And just like that she is gone in the night, leaving me wondering what she didn't do right.

Brighter days ahead, a mother teaching a child, don't fight back, don't be unkind, that's not the way of the world. The little boy with

wide open eyes and fuzzy brown hair starts kicking me hard. No, he screams, I want to fight; I don't want to do what's right. And just like that the mother stands up and utters no words. She grabs her son by his collar and guides him along shooing and shooing as he pulls her by the hand.

And on another day, the old man in his blue coat wraps his arms around a lady. He tenderly pulls her closer to him and whispers so gently, I love you. She drops her gaze as tears fill her eyes. Please she pleads I don't want to say goodbye. We have no choice - the time is near! That's the way life is my dear. And just like that he walks away, with no more words.

It is here where I have seen soul mates embrace each other, their hands wrapped around each other's, a mother cradling her new born, and sometimes friends discussing their latest adventures and others counselling each other's pain. I have even borne the pain of others sorrows. In the cold winter snow I stand alone, not a whisper, nor a tear! I wait patiently in the shadow of the old tree for a couple, a mother or a dear friend. No one dares come! I wonder why?

When the butterflies start to sing and the trees start to bloom, I once again begin to feel alive. They all come with their whispers and thoughts to once again occupy my wooden chair.

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 recently 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 creating new footprints in the sands of the cultural landscape of the UAE.

ZAFFARAN VILLAGE

by Maysa Mohamed Awadh Mohamed Aljaberi

There once was a demon called Baba Daryan Daryah, who was so ugly that he always appeared from behind like a wolf. He was green like grass, his teeth were dirty and his bones stuck out.

Between evening and Fajar prayers, Baba Daryan Daryah would sneak onto boats to eat sailors. Years passed and oil was discovered, so the villagers stopped going fishing and finding pearls. Baba Daryan Daryah was angry because he couldn't find food anymore. So he decided to eat the village girls.

Zaffaran was full of kind people, except for a man who was selfish and cruel. Everyone hated him. Abdullah was handsome with brown eyes and tan skin. No one loved him except Shamma but her family refused to let them marry.

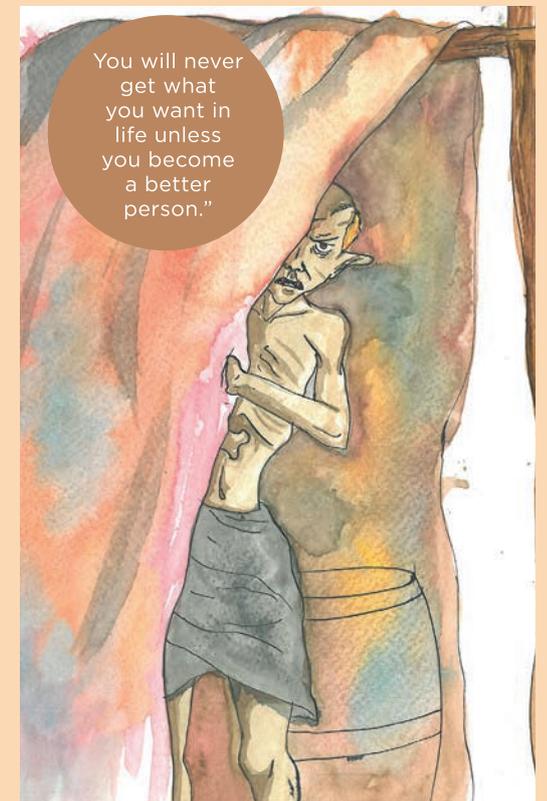
One day, Shamma visited Fatima. Dusk fell and Fatima took Shamma home. As they walked, they heard footsteps behind them. Shamma and Fatima started running but something caught them. It was Baba Daryan Daryah. They screamed, but he covered their mouths and dragged them away. After a while, the families started searching.

Three days later, Abdullah was walking outside the village when he met an old man and asked him if he had seen the girls. The old man said "My son, you will never get what you want in life unless you become a better person."

Abdullah continued until he reached a forest. Suddenly, something attacked him. It was Baba Daryan Daryah. "I'll eat you like I did the Zaffaran girls," he yelled. Abdullah tried to kill Baba Daryan Daryah but didn't have any weapons. Abdullah remembered the old man's advice.

He ran back to the village and apologized, saying, "I know that everyone hates me, but I promise to be a better person. Help me to kill Baba Daryan Daryah, and we can bring the girls back." All the men went to the forest where they found Baba Daryan Daryah. He ran away and never came back. Abdullah found all the girls and reunited them with their families.

Shamma's family saw that Abdullah was now a good person. They were married and lived happily ever after in peace.



SUBMERGE INTO THE WORLD OF MOBY DICK

FEATURING ARTIST ALYAZIA AL DHAHERII

BY YARA NASIF



The world of Moby Dick comes to life...inside a small room at the Abu Dhabi Women's College. A projection of the ocean fills up all four walls. A stranded boat occupies the center of the room. The ground around it is covered with open books. In one corner, a 3-foot long model of the whale hangs from the ceiling. It's a mesmerizing experience that transports the viewer to a magical underwater world complete with the sounds of the ocean, music and quotes from the classic novel.

The creative mind behind this installation is Alyazia Al Dhaheer, a Graphic Design student, petite and shy, who describes her artwork in perfect English despite having never lived abroad. "I love to read, I watch about 20 different TV shows and I love to travel." So far, she's travelled to Germany, Paris, and Seychelles, which was her favorite. "I really want to go to New York someday!"

Alyazia has tried her hand at everything from photography to

fashion design to video production but found that graphic design was her true passion. This stems from getting inspiration from different artworks: "Art can speak to you, you can tell what the artist is thinking without any words, it's so powerful."

Art was her sole inspiration for her "Book to Life" capstone project, a visualization of Moby-Dick - the classic novel by Herman Melville.

"I came across this artist that does book projections. He holds an empty

book and projects butterflies and other images out of it. I was amazed because without any words, you could tell whether the book was fantasy or science fiction. I really liked the idea of recreating the book without any words!”

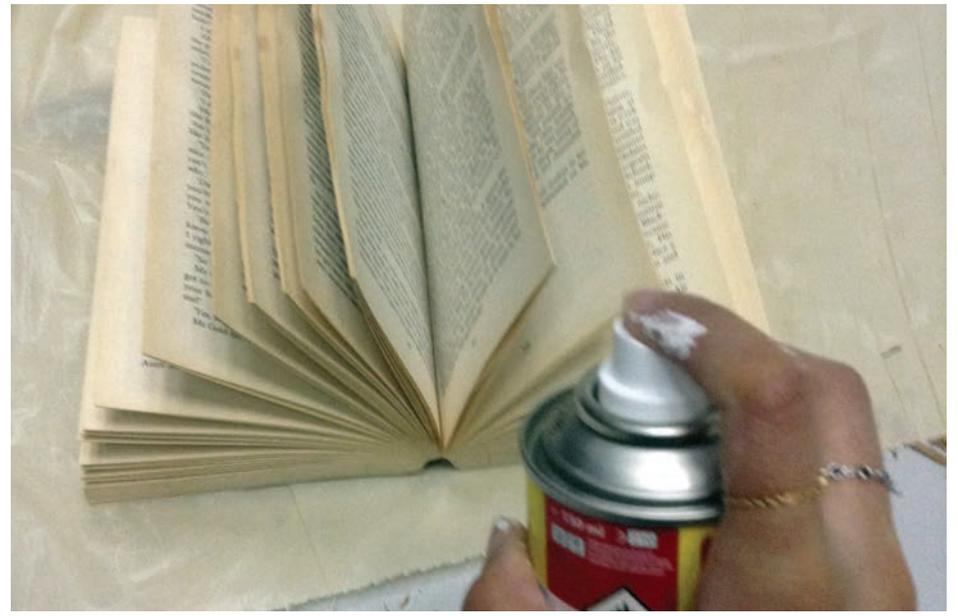
Alyazia spent the past four months dedicating her time to bringing her vision for this project to life. In addition to creating the 3-foot whale, she also had to individually spray glue on all the books so that they stayed open. “That was one of the hardest parts, I’d been collecting books but there still wasn’t enough in the end!”

If she had the chance to do this project again, she would definitely want to go bigger: “I’d want the whale to be at

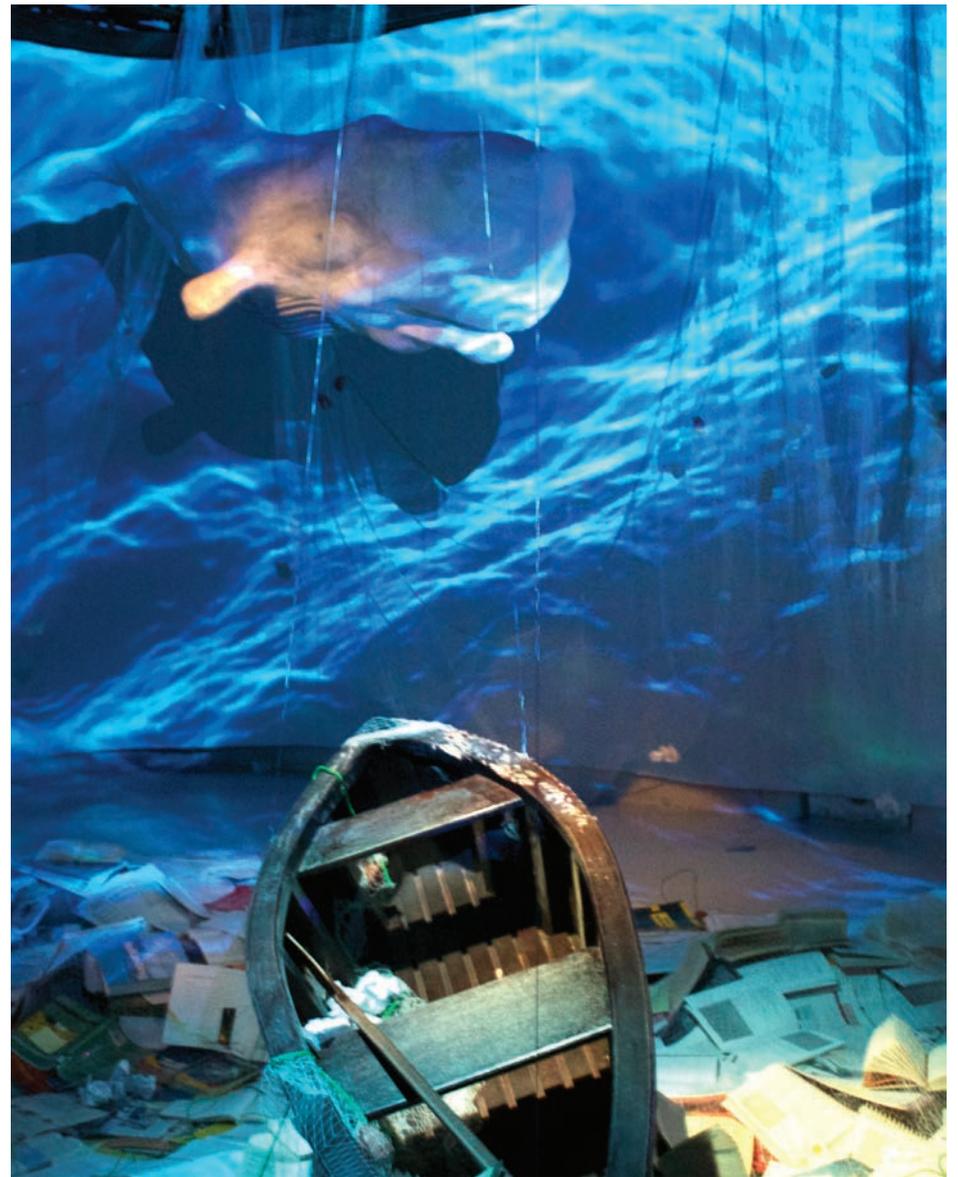
The installation has received an overwhelmingly positive response. The majority of those that visited were surprised, and there was a difference in reaction between those that read the book and those that didn’t. “The people that haven’t read the book enjoyed the installation but the ones that read it got more out of it.”

As for the future, Alyazia wants to try to step out of her comfort zone by doing something that she’s never done before. “I want to try to make a documentary. I have a rough idea right that I’m working on. It’s a very personal story.”

You can find Alyazia on Instagram: [@alyazia_d.](#)



Alyazia supervising the installation.



least 6 feet long! And for there to be even more books.”

One of her main goals with this installation is to encourage people to read more. As a way to get people interested in reading, Alyazia thought of the idea of bringing one of her favourite novels to life and sharing it with those around her. She wants people to enter the room and immediately find themselves inside the book. “I wanted to remind people that Moby Dick is an actual book because people are usually more familiar with the movie. Reading is so simple but so powerful!”



●● i [heart]



By NANCY BERCAU | @nancybercau

LAUNDRY SOLUTIONS, LIFE REVELATIONS



Here's the story:

At the grocery store recently, I headed over to the cleaning solutions

aisle for a bottle of laundry detergent because our big supply had run dry. I stared at the laundry-cleaning options for a long time. I picked up each version and read it over and over again. Every single one said “softener” plus some other words in Arabic. I tried to figure out the right “solution” because there was no “detergent” per say. What was it that I got last time?

Is all laundry detergent here just called softener? You say potato, I say Golden Russet. But why do all these bottles feature pictures of babies? Detergent is basically softener for adults, right? But all of these scent options? OK, this must be cultural. People here love to smell good and wear fancy perfumes. I'll just get this one that says, “Eco-friendly for sensitive

I have been making the same mistake over and over again for the last six months in Abu Dhabi. No, I haven't been putting my foot in my mouth or wearing the wrong thing—at least I don't think I have. Instead, my crime has resulted in my own punishment.

skin,” because we've all been a bit rashy since we got here.

So off I went to the next aisle to look at the lunch boxes, imagining that I would try harder to pack healthy options for my son every day instead of letting him buy food from the school canteen.

I felt like a perfect housewife all of a sudden. I can live in the UAE and find my way. I cracked the laundry code without anyone's help! Some people would have freaked out, but I accepted the softener v. detergent ambiguity for what it is. Things are not always what they seem! Accept what you can't understand! Look at me -- SUPERMOM! Wait a minute, wow, whoa, hang on...look at that!

Across from the lunch boxes were dozens and dozens of laundry DETERGENT options. You know, TIDE and ALL and FAB.

And then it hit me—for six months we've been washing our clothes exclusively with fabric softener. No wonder we all sneeze like crazy when we open the washing

machine and lay the clothes on the rack. No wonder our skin is itchy all the time. I've been filling up the whole detergent compartment with that ding-dang liquid instead of using it sparingly.

You know what else? Excessive use of softener will harden your laundry. My socks have been like shoes for months and I've wondered why. Sigh.

Back at home, I put the laundry in the washer with actual detergent. But was left wondering what else I've gotten wrong. Or, even worse, what might be wrong with me. Somehow I'd convinced myself that all detergent in the Arab world is called “softener” because that was all I could see in front of me. Heck, I could have eventually passed this nugget of “information” on to other expats.

Be warned, newcomer, you may be confused by the softener aisle. Fear not! It's detergent by another name! The scent may be a bit strong, but no worries! Fill up your machine and keep your family clean!

I wonder what little discovery is next.

●● verbatim:



By OMAR AL BUSAIDY | @omaralbusaidy

ASSUMPTIONS AND SURPRISES

“If your enemy is secure at all points, be prepared for him. If he is in superior strength, evade him. If your opponent is temperamental, seek to irritate him. Pretend to be weak, that he may grow arrogant. If he is taking his ease, give him no rest. If his forces are united, separate them. If sovereign and subject are in accord, put division between them. Attack him where he is unprepared, appear where you are not expected.” - Sun Tzu, The Art of War

The Art of War is one of the most fascinating books I've ever read and the above quote summarizes all I have to say about avoiding surprises. It need no more explanation.

Assumptions are a silent excuse for people to not take the initiative to seek more information, hoping that things will fall into place as they picture it. But sadly that's not the way things work in the real world...unless you're casting the next Matrix sequel.

Excerpted from Omar al Busaidy's book “Just Read It” available through Amazon.



Surprises

are the worst thing you can ever face and assumption is the mother all of screw ups!

The most difficult part is to finish what you start. I guess the best way to go about this is to do something in phases, a page a day.

That's what I did for this book!

Strive for ambition – girls dig that (for the boys).

Besides, ambition makes you a better person and will always keep you up to speed with everything that goes on in your life. You will stand out and people will be intrigued by your passion. Don't just sit there, think. Being a thinker means being tolerant, open-minded, aware and smart. When faced with a problem, solve it; don't run away from it, pass it on to someone else or ignore it. It will grow like a cancer. If you don't treat it, it'll overcome you and cause terminal illness.



I sat down and had coffee with DJ manager, event planner, and UAE socialite, Kitty Kittens, to discuss all things related to UAE nightlife and her profession related to event management.

Paul D: You are of Caribbean descent but born in New York. What are your earliest memories and how has your background shaped who you are today?

Kitty: My parents are from an island called St. Vincent and The Grenadines. I was born in Brooklyn and spent all my summers and holidays in St. Vincent with my grandmother. Having the access of both places as my playground has groomed me into who I am now. I was able to travel at a very young age by myself and see that there was much more to the world. My mom was such a hard worker and seeing her grinding it with two jobs and still living her life was something I looked up to. My grandma was always there to remind me that St. Vincent is where my family started but told me I must be able to find my own way.

Paul D: It's amazing that you were able to gain international experience at such an early age. Describe what it's like to manage a DJ. What type of matters do you handle?

Kitty: Managing DJs is great stuff. I love how each one of them has their own style in which they handle the crowd. I deal with mostly the booking and contracts for them. Sometimes I may have to do a bit of promoting as well for the gig if need be.

Paul D: Having A.L.L.A.D., Crown Prince, Mad Hands and others as a part of the family gives you arguably the strongest line up of DJs in the country. How did you get in to event management?

Kitty: I got into event planning in high school. It started with the night school talent show one year then I moved on to handling the fashion show the

next year. I used my modeling connects to get top designers such as Karl Kani, Mecca, Moshood and FUBU who were in urban market at the time to sponsor and give the clothing towards the show. After doing an outstanding job, I was rewarded with the chance to jump on board as an event planner for the Karl Kani brand. I remember the rush I felt after the fashion show it was so rewarding and amazing to see it all come together just how I imagined it. I was in love with events from then on.

Paul D: Seeing a vision come to life is what I love about event planning. What's the most rewarding part to you?

Kitty: Seeing an idea turn into great memories.

Paul D: What's the most difficult or challenging part about event planning?

Kitty: Deadlines are the hardest. Sometimes, people don't move as fast as you need them to, especially in the UAE!

Paul D: Where does the name Kitty Kittens originate from?

Kitty: Kitty is from my love for Hello Kitty. When I smile, my eyes disappear like a cat so the name just stuck. The kitten part was given to me by a DJ named Peewee. He loved how I always had beautiful friends around me. He would always say you and your Kittens look beautiful.

Paul D: You have a set of friends known as the Kittens. How does one become a part of the Kittens crew? Is there like a formal application process or something?

Kitty: To become a kitten, you have to be my friend and be true to the core. Kittens are uncut and sure of themselves in the world. They all have their own identity and that's what makes them a kitten and I love that about all of them.

Paul D: Where do you see yourself five years from now?

Kitty: In five years, I will have my own night club back in St. Vincent with my screen printing machine in the back. My club will be the place to stop by when people come to the island. They will all talk about Kitty's Hide-Away one day!

Paul D: I better have lifetime VIP status there! You've spent significant time in both Abu Dhabi and Dubai. How are the nightlife scenes different?

Kitty: Night life is different in Dubai. Most people go out just to go out. In Abu Dhabi there are a lot of themed parties in order to get a good crowd out. Also, most clubs in Abu Dhabi are not up on the service and club ethic but I only think that's due to it just becoming more of a place to party in over the last year.

Paul D: You are constantly around music and DJs. What makes the ideal DJ set? Is it emceeing, blending, mixing, song selection?

Kitty: The ideal DJ set is when the groove and the selection is mix right. A perfect set is when the DJ vibes off the crowd and knows how to switch it up to match the mood. There are loads of DJs out here but not knowing how to mix and play to the crowd would set you up for failure any day.

Paul D: Speaking of mixing, how about we mix together our dirhams and pay for this bill together?

Kitty: *Stares blankly*



By NISMA HAMID | @nismahamid | Instagram: nismahamid



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

SUMMERTIME!



Get your floaters out and put your sunroofs down because it's that time of year again. In the immortal words of Troy and Gabriella: "What time is it? SUMMERTIME!" But you know what? Summer isn't all it's cracked up to be...well at least not summer over here!! The temperature is rising, and so is my hair: exams are over, and so are the spring collections. Despite all those other terrible things, I've been able to cope with many summers in Abu Dhabi.

To be honest, my summer lifestyle usually consists of movie marathons, blanket forts, and hibernation. But can you blame me? The weather is too brutal to encourage other activities; in fact, Abu Dhabi temperatures are already hovering around the 50s and breaking all sorts of records. However, when I'm not auditioning for *The Walking Dead*, I try to stay in shape and keep my internal clocks ticking. So this summer, I am going to do some intense swim training and water aerobics. Another thing I intend to do is catch up on everything I put on hold for the two grueling years of IB. This includes reading a dozen or so books, finishing a handful of paintings, brushing up on my Japanese, and raising money for my move to university. The one thing that really makes this summer the most important one is that it's the last one

I'll have before being shipped off to the States.

It's a bittersweet reality that matches the theme of an Arabian summer. The ups are almost as plentiful as the downs. Having to say goodbye to my friends and the country I've grown to appreciate for shaping my character and giving me a home away from home is heartbreaking. But the anticipation and excitement of a new life in a different city is gripping. That's why I have made it my mission to enjoy the time I have left here, thoroughly.

By following the to-do list of awesome things I need to do I shall be able to accomplish my mission - it is just too bad that my friends won't there to share it with me. I hope that everyone, staying or leaving, has a wonderful time and makes the best of this summer...



Nisma (left) with her friends Fairiz and Iman.

With that last school bell comes parental relief. Summer vacation brings parental relief. There are no more lunches to pack or early morning traffic during school runs. But then parental panic sets in: 60 days off? What on earth do I do with them for that long?

As usual, I cannot tackle this one on my own. Girlfriends to the rescue! Here is our list of ways to keep kids from turning into couch potatoes:

- Summer Bridge Books: Easily found in most UAE book stores, these workbooks "bridge" the summer between two grades with daily activities in English, math, social studies and more. Though my own girls have nicknamed them the "mean mommy books" through the years, the exercises are short and fun. They maintain kids' heads focused on what they have learned so they have not forgotten everything when they head back in September.
- Required reading and family book club: why not pick a book that everyone in the family can enjoy (*Harry Potter*? *Charlie and the Chocolate Factory*?) and all read it. Then have a special family time sitting together and discussing each family member's impressions.
- Water parks: Tiffany and her kids purchased a membership at Yas Waterworld. They start every day with an hour or two in the water.

It gets them out of the house and gives them great exercise. They are ready for that afternoon nap.

- Sports activities: Diane is a huge proponent of signing up for team-based sports. In addition to a great workout, kids learn discipline, teamwork and negotiation skills. That is useful later in life for sure.
- Bored board: Erin says she sits with her kids at the beginning of summer and creates a Pinterest bored board. On it they place photos of both individual and group fun things to do. Whenever they get bored, they turn to their board. Just talking about that is fun!
- Newspaper perusing: Get kids caught up on current events by requiring them to read the paper and summarize one article per day to talk about at the dinner table.
- Cooking time: the Internet is full of kid-friendly recipes. Why not hone their chef's skills and get a night off from making dinner as a perk!
- edHelper: Join edHelper.com to print unlimited activities, stories and games to keep them occupied.
- Camps: the UAE is filled with diverse camps and there is a right one for every child. If you are daring enough, send them to a sleepover camp. Mine are trying it for the first time this summer. They're excited, I'm wondering when my babies got so big?!
- College thinking: many universities have virtual tours on their websites. Take a few and stimulate thought and motivation in your child, regardless of their age.

Enjoy your summer together before it goes by too fast...



Juana Wais

Age: 17

Profession: Student

Nationality: Syrian

Motto: "Today me will live in the moment unless it's unpleasant in which case me will eat a cookie".

- Cookie Monster

My most valued possession?

My most valued possession would be my record player.

One thing I cannot live without?

One thing I can't live without is my family. They are there for me through everything and I can trust them with all my heart.

The person who inspires me the most?

The person who inspires me the most would be my dad.

Five things I need for survival?

Things that I would need for survival would be two books (The Shock of the Fall By Nathan Filer and More Than This By Patrick Ness), a pencil and paper, and anything that has my music on it.

Car I would most like to own?

1960-1973 Dodge Polara.

My idea of peace?

Less war.

My goal in life?

To be content.

Items I keep buying even though I have plenty of?

Books. I buy a lot of books and I can never seem to get rid of any of them.

Persons in my life who deserve a big old thank you?

My parents and my highschool counselor.

I would most/ least like to be stuck in an elevator with?

I would most like to be stuck in an elevator with Johnny Depp.... and least like to be stuck in an elevator with a mother and a crying baby (no offense to mothers or crying babies).

If I could wake up tomorrow in the body of someone else it would be?

If I could wake up in someone else's body it would have to be Pat Benatar.

My current last song syndrome?

House of the rising sun the animals.

Recent movie that made me cry?

Fast and Furious 7

Place I most love to be in?

There is this café called Third Place where my friends and I go to study or just hangout sometimes, and I love it.

My idea of a perfect weekend?

Hanging out with my brother or my friends. Doesn't matter where as long as I'm surrounded by my friends and family.

Right now I would most like to be in?

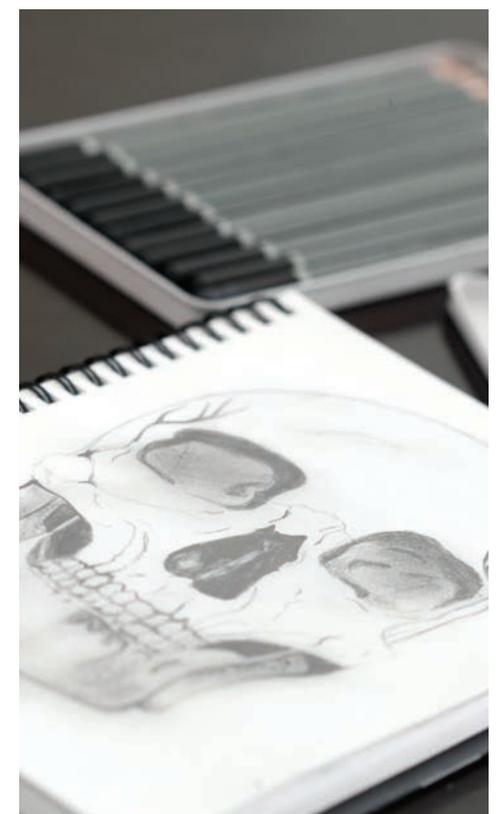
Washington DC visiting my cousin Masouna.

My favourite desert?

Chocolate ice cream. I have some almost every weekend, and I've loved it since I can remember.

If I were in death row my last meal would be?

Any of my mom's home cooked meals.



PROTOTYPE AND GET THE FIRST FOLLOWER!



The first, or “zero phase,” of the innovation process is to convince the very first person to step behind your idea. The ideal candidate could be: a colleague, a superior or an investor.

Ideally you want to find someone in the organization who can fund your idea, or help you find a way to fund it. This will give your idea a push. There may be a need for fine-tuning the rationale and ironing out the technical details to get it through the various stages of the process.

When presenting your idea make sure that the most important (and often innovative) feature of the idea must be concise and summarized in a few sentences that include: explanation, benefits and possible customers. A few pointers...

- Do not speak about your idea, before you have fully thought it through.
- Your idea has to have a path to the market - if not it cannot be “sold” to anyone then you are wasting your time and the time of any potential partners.
- Explain your idea in the easiest way possible - try to avoid technical phrases and long explanations. Your idea should be understandable to those without the specific knowledge that you may have of a particular field.

- Make sure to detail the first steps to get your idea moving. Do not leave that for someone else to figure out. (It is YOUR idea after all!)

If it's possible, try to prototype the idea. While this makes sense only in a case if it's cheap and fast to make, the benefits are incredible. Only key features of the product should be in the prototype as it should be simple and understandable. (The prototype could even be a PowerPoint Presentation!)

Also, sometimes it makes sense to make two separate prototypes and see which one is more attractive and effective. If the prototype and presentation are properly communicated to the right audience they may be all you need to get the support of the first follower.

In the case of organizations with a clear innovation process it may be easier to get the first supporter. That's because ideas go through an established process of evaluation and proper screening.

Keep in mind that sometimes you may get a negative response and rejection, but that could be impetus for an improved product and a stronger next attempt. If your idea survives a first screening all input can be incorporated into the next prototype.

So get your presentation and prototype down, and get that first person behind you!

TAMAKKAN SEASON FINALE: THE FINE POINTS OF NEGOTIATION

ADVICE FROM THE EXPERT...



Giuseppe Conti,
Negotiation Expert and
Lecturer in INSEAD on The
Fine Points of Negotiation

“There are three elements that are particularly important in negotiation. And the three competencies that come to mind are to be tough, to be fair and to be creative. These are the three elements that we want to keep in mind to be effective. One is to be tough, it's about making sure that you're able to negotiate and get what you want. The second element around being creative is building better agreements. Find ways so we can be more effective in creating good values for both parties. The third element is about being fair which means making sure that people want to work for you that you can build long term relationships with people instead of striking short term deals.”

Watch his talk here 



WHAT IS TAMAKKAN?

It is a knowledge-sharing platform established in 2009 by BrandMoxie, a leading marketing agency, to nurture entrepreneurship, innovation and leadership. Tamakkan organizes monthly seminars by presenters on business, innovation and social enterprises. The event is held at Al Mamoura Auditorium. Tamakkan is held under the patronage of Fatima bint Hazza Cultural Foundation (FBHCF), and is supported by Aldar.

Under the patronage of:





TAMAKKAN SEASON FINALE FOCUSES ON GENDER DIFFERENCES IN NEGOTIATION



(From L-R: Zeina Sleiman, Associate Director - INSEAD; Sana Bagersh, Founder of Tamakkan; Giuseppe Conti, Negotiation Expert and Lecturer; Maysoon Barber, Business Director - Fatima Bint Hazza Foundation)

Tamakkan's season finale session on "Gender Differences in Negotiation" raised awareness about key variations in negotiations between the two genders and offered solutions to help individuals identify and mitigate weaknesses and get what they deserve at work, regardless of gender barriers.

The seminar discussed the differences in business negotiations by explaining the nuances in the way men and women discuss and present their cases at the work place. Speaker Giuseppe Conti, a lecturer at INSEAD and other leading European Business Schools, then went on to provide possible solutions for the problems faced by women when negotiating. The session sparked a lively debate between Conti and among audience members.

Tamakkan is a knowledge-sharing platform established by BrandMoxie, a leading advertising agency in the UAE. The initiative operates under the patronage of Fatima bint Hazza Cultural Foundation (FHCB) and is supported by Aldar.

"I think a lot of women do not like to negotiate, and yet it is a crucial skill for everyone to have, as we are all constantly negotiating something in our lives. Tamakkan is happy to be collaborating with INSEAD to learn valuable insight that will help us overcome the fears and make us more effective negotiators," said Sana Bagersh, Founder of Tamakkan and CEO of BrandMoxie.

Maysoon Barber, Business Director of Fatima Bint Hazza Cultural Foundation introduced the ongoing partnership of the foundation and Tamakkan: "Tamakkan and the Fatima Bin Hazza Cultural Foundation cross paths in having the same passion for sharing knowledge, fostering talent and supporting cultural initiatives."

INSEAD who brought speaker Giuseppe Conti also provided an insight on how they collaborated with Tamakkan for this session: "INSEAD actively promotes gender diversity within business by creating a learning environment that brings together people, cultures and ideas from around the world. The collaboration of INSEAD with Tamakkan is a platform to share knowledge, exchange ideas and best practice, while deepening our engagement with the local community." said Zeina Sleiman, Associate Director, Institutional Relations and Alumni Affairs of INSEAD business school.

Giuseppe Conti, an ambassador of INSEAD and a recognized expert in the field of Negotiation shared valuable insights on gender differences in negotiation, with a focus on making women more effective and confident. "The focus of the session is the difference in men and women when negotiating for themselves, which impacts the gender gap between men and women".

The session revealed that though men and women negotiate differently, negotiation effectiveness is not based on gender. Several propositions on better negotiation were discussed and debated throughout the session.

تمكنا
tamakkan
Entrepreneurship • Leadership • Innovation



Giuseppe Conti,
Negotiation Expert
and Lecturer



Zeina Sleiman, Associate
Director - INSEAD

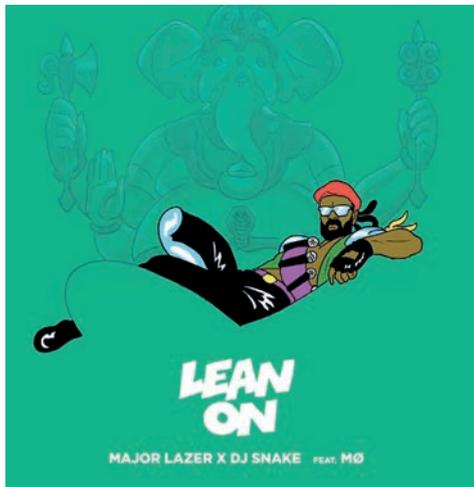


Maysoon Barber, Business
Director - Fatima Bint
Hazza Foundation



Interested in attending Tamakkan? Be sure to visit our website: www.tamakkan.com. Like our Facebook page and join our Facebook Group: Tamakkan.

Let us know which topics you're interested in learning more about.
Email: info@tamakkan.info



1 LEAN ON
 > Major lazer and DJ snake feat. MØ

Lyrics: "What will we do when we get old? Will we walk down the same road? Will you be there by my side? Standing strong as the waves roll over..."



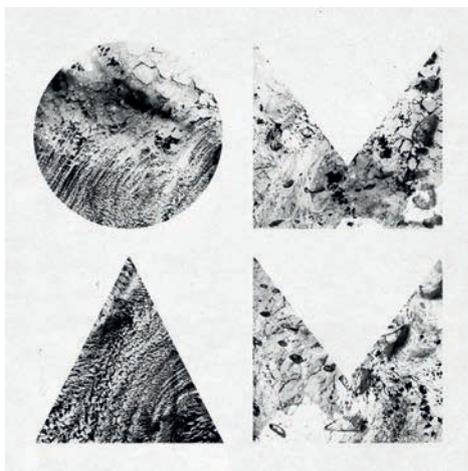
8 BLACK MAGIC
 > Little Mix

Lyrics: "All the girls on the block knocking at my door! Wanna know what it is make the boys want more?"



2 FUN
 > Pitbull Feat. Chris Brown

Lyrics: "Miami to L.A., G4, we takin' off, I'm a hard worker, I'm far from the boss, but when it's said and done, I'm owning it all..."



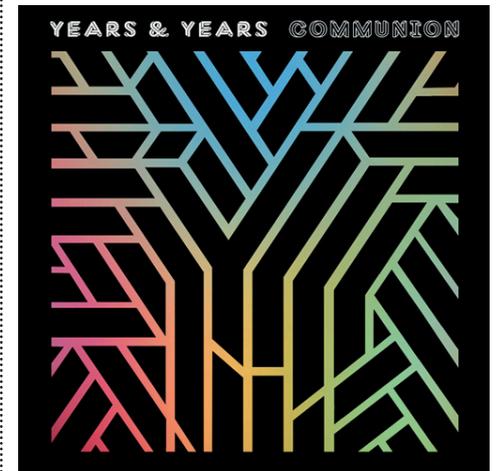
4 CRYSTALS
 > Of Monsters and Men

Lyrics: "I know I'll wither so peel away the bark, because nothing grows when it is dark, in spite of all my fears, I can see it all so clear..."



6 WAITING FOR LOVE
 > Avicii

Lyrics: "We are one of a kind irreplaceable, how did I get so blind and so cynical, if there's love in this life we're unstoppable, no we can't be defeated..."



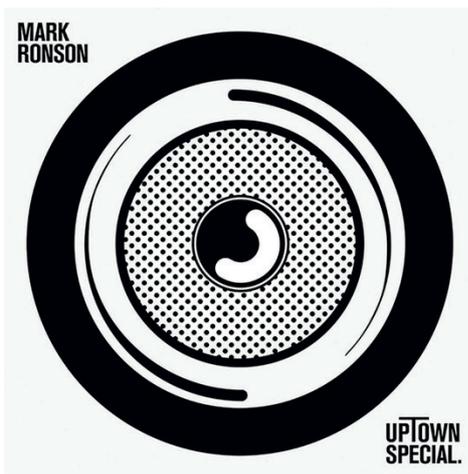
9 SHINE
 > Years & Years

Lyrics: "It's shaking the sky and I'm following lightning, and I'll recover if you keep me alive..."



3 THIS SUMMER'S GONNA HURT...
 > Maroon 5

Lyrics: "I see her when I go to sleep, I check my phone when I am weak, she never posts anything deep, cause she's so fancy..."



5 I CAN'T LOSE
 > Mark Ronson Feat. Keyone Starr

Lyrics: "I can turn your luck around, baby, ain't no hotter hand in town, come and stake your love on me..."



7 SLOW MOTION
 > Trey Songz

Lyrics: "Baby, when I saw ya walking out the door, I just knew ya needed something more..."



10 WHERE ARE U NOW
 > Jack U Feat. Justin Bieber

Lyrics: "I gave you the key when the door wasn't open, just admit it. See, I gave you faith, turned your doubt into hope and can't deny it..."



Moh approval # TP55476

WITH A
**FRESH
NEW
LOOK**

AND A TEAM OF
EXPERT MEDICAL PROFESSIONALS

we not only strive to meet,
but exceed all of your expectations whilst in our care

**AL NOOR HOSPITAL
KHALIFA STREET BRANCH**



www.alnoorhospital.com

Call Center Appointments

800 ANHCC 800 26422

BRANDMOXIE OFFERS YOU MO'MOXIE

AN INTEGRATED DIGITAL UNIVERSE



DIGITAL MARKETING OFFERINGS

- . Strategy Development
- . Media Planning & Buying
- . Pay Per Click
- . Search Engine Optimization
- . Video Advertising
- . Display Advertising
- . Retargeting
- . In App/Tablet Advertising
- . In Flight Advertising
- . Content Development and Distribution

SOCIAL MEDIA

- . Profile Management Across Platforms
- . Social Media Advertising
- . Facebook App Development

WIFI MARKETING

- . Generates click to website
- . Video Promotion
- . App installs
- . Offer ads
- . Surveys
- . Social Media Engagement

EMAIL / SMS MARKETING

- . Strategy Development
- . Implementing Campaigns
- . Exclusive Dashboards for Brands



Mo'Moxie integrates DIGITAL UNIVERSE



For more details Call: 02 491 8624 and ask for Mo'Moxie!
 E: digital@brandmoxie.com | www.brandmoxie.com