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QUOTE

"You know. I'll try anything. I'll do anything. I'll explore. Try different takes. All that kind of stuff to do sometimes, to do good performances, but always conducive to having a good time creatively."

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Vera Rosales

• THE ED

Tempo loves creativity, innovation, and learning. This issue is dedicated to all three.

I want to start with a famous quote by Nelson Mandela whose teachings on education were celebrated internationally this past month as Nelson Mandela Day. "Education is the most powerful weapon which you can use to change the world", said the great Nelson Mandela, an icon I was very fortunate to have met as a journalist during his UAE visit in 2000. "Without

education, your children can never really meet the challenges they will face. It's very important to give children education and explain that they should play a role for their country."

Echoing this, the UN's Secretary-General Ban Ki-moon said, "Be part of the Mandela movement to make the world a better place. This is the best tribute to an extraordinary man who, with his steadfast belief in justice and human equality, showed how one person can make a difference."

In the spirit of the Mandela movement on the importance of education, we launch a series on the fellows of the Shamsa bint

Mohammad Al Nahyan Fellowships in Early Education. This crop of young Emirati women are emerging as leaders of knowledge in the seminal field of childhood education. We kick off the series with Khawla Saleh who shares her personal story and the findings of her work. She credits the fellowship for giving her the knowledge and skills to guide parents about the important milestones in child development, and on the importance of setting realistic goals and expectations for their children. The process of true learning and innovation takes place when you unlock the creative potential of young minds. This is why Tempo is pleased to be partnering with The District, an exciting event being held as part of the Abu Dhabi Summer Season from August 18 to September 17 on Yas Island. The lineup, which targets youth aged 14 to

22 years old, offers places and events for youth to play, create, explore and find inspiration.

In the personal empowerment space we feature Vandana Mendonca, an experienced practitioner who guides people in the self-fulfillment of their potential, and on the topic of technological innovation we have a piece by our own Tomislav Buljubasic on the emerging trends that will shape our lives in the future.

Tempo is happy to be spreading the learning virus and the seeding of creativity in young minds. We are doing this through our support for Camp Imagination which takes place August 7 to 11. Check out the Moxie Zone Facebook page for more details. We're also pleased to be promoting

Project Math and Coding, a cool new initiative that engages kids through numbers, shapes and patterns. And be sure to pencil in the 27th of August, for the amazing Lego Challenge Day!

Learn something new everyday and have a productive summer!

Sana Bagersh Managing Editor

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BY NILOFER SAFDAR | NILOFER_LIGHT@YAHOO.COM

NAVIGATE TOUGH TIMES 11 THINGS TO REMEMBER



Whether you've lost a job, moving to college, or plain struggling in life, there are some copying measures that can make adapting to change a little easier. Here Tempo offers 11 sure-fire ways to help you manage tough times.

1. Everything can - and will - change

No matter how bad the situation is or how long you have suffered it, know that it is going to change. Like the movement of the pendulum from one side to the other, the flow of life never stops. Everything has to change. Whether you have good things showing up in life or bad, they all have to change. This is part of the ebb and flow of life. Remind yourself frequently, 'this too shall pass'.

2. You've overcome challenges before

You have overcome challenges before, and you are equipped to handle challenges. These are part of your unknown unacknowledged skill sets. Take stock of the challenges you have overcome that you are not acknowledging.

What challenges were you able to overcome in the past? What skills and resources did you use to overcome them?

3. It's a learning experience

Everything is a learning experience, even the bad ones. Take stock your experiences and your actions, and learn to improve on the way you react to external situations.

4. Not getting what you want can be a blessing

This may be hard to accept but sometimes not getting what you want allows life to unfold in surprising ways. It may take you towards your purpose quicker than through the route of getting everything you desire.

Years ago, I joined a marketing business. I spent a lot of time and effort in it but no matter what I did, it did not work. After a year I found my real calling, which was coaching and facilitating people. I realize now that if I had become successful at network marketing, I would never have continued to seek that elusive something that I was searching for. 5. Allow yourself to have some fun

Take time out to smell the roses; take time out to have some fun. Create moments of fun in your day no matter how things are in your work. Always seek something to laugh at or have fun with.

6. Be kind to yourself

Be kind. Be kind to yourself. We spend our lives being kind to other people, but we are most unkind to ourselves.

7. Other people's negativity isn't worth worrying about

What other people choose is none of your business. Ask yourself, am I being an effect of other people's negativity? If so, how can I change it? Asking for something to change, is the first step to changing it.

8. You have lots of strengths as a person

Recognize those strengths that you have and that you are not acknowledging. Make a list of them, and embrace them.

Knowing who you are and what you have is crucial to moving forward.

9. Anything is possible

Know that everything can be changed, and that anything is possible! Change directions if you have to, but never give up. Never give in. Never quit!

10. Great things take time

Everything takes its own time. We tend to be impatient and give up just a few inches from the goal post. Time isn't real, it is relative. Make time your friend, and keep your eye on the prize.

11. There is always something to be thankful for

Gratitude is the key to changing anything. There is always something to be thankful for in life. Find those moments of gratitude in the day. Catch them. Acknowledge them. Write about them.

A couple of years ago, I started writing down 10 new things I was grateful for everyday. Pretty soon I was looking for things to be grateful for. A walk in the rain, a strangers smile, a random act of kindness. I realized one day, that I had shifted from feeling lack to abundance, to enjoying plenty.

NOTES & CYBERCHATTER

TEMPO POLL OF THE MONTH

WHAT DOES IT TAKE TO GET A 'SUMMER BODY'?

Crash-dieting and crazy gym-ing!

Seeing a young teenager like you taking

society is truly heart-warming. I am looking forward to taking part in one of

initiatives to make a difference in the

your future initiatives, good luck!

36%

24%

Patience.

ON FADWA QADAN

- Nazifa Khalid

Pass me my burger with extracheese please!







ON THE PAPER BAG BOY

Abdul Muqeet's environmental initiative to educate people about the harmful effects of plastic waste is commendable! We all should be aware about such things, as they can actually help reduce pollution!

- Ibrahim Ahmed



ON MUSIC ARTIST ALERT

This was an interesting read not just for musicians but for anyone who is starting out a new career! The main point-outs were great!

- Leslie Williams



f Tempo UAE (Group)

🖪 TempoBeat (Group)

👔 Feel Your Tempo (Page)



The review on Nikon COOLPIX B700 was quite helpful. It highlighted its main features and helped me further with my search for a new camera.

- Daniel Wright





MASTERCHEF INDIA WINNER: NIKITA GANDHI

Nikita Gandhi has been cooking independently since the age of eight. As she grew older, her passion for cooking grew with her, and all she has dreamt of was going to culinary school.

Nikita, who is originally from Gujarat, India, was born and raised in Abu Dhabi. However, in 2011, she moved to America to study business in college after much contemplation on whether to study the culinary arts, she opted for a safer option. To continue her involvement in cooking she founded a student organization called UB-licious where her goal was to get college students to cook healthy food at home and stop eating out at restaurants. She wanted to show students how more affordable it was to buy ingredients and cook at home, over eating out everv dav.

As part of UB-licious, she hosted charity bake sales. This got her baking talent noticed and she soon received an order of 300 cupcakes from her college. This was one of her first big orders, and it gave her the push to bake in bulk, and to justify the purchase her dream kitchen equipment, a KitchenAid stand mixer. The success of her home bakery business continued as she got orders from university students, staff and faculty. She not only baked hundreds of cupcakes, she packaged and delivered them herself.

After graduating in 2014 with a degree in Business Finance, Nikita moved to New Jersey with her sister where they found an apartment that was accessible to New York City so she could intern at one of her dream pastry shops. She sent out many job applications, but failed at getting a iob because she lacked that culinary school background. Rather than sit at home and do nothing, she attended the Carsten Institute of Cosmetology in NYC to learn professional makeup application, but at the same time started a food blog and a YouTube channel called "theveggiefix". By this point, it was clear to her that she

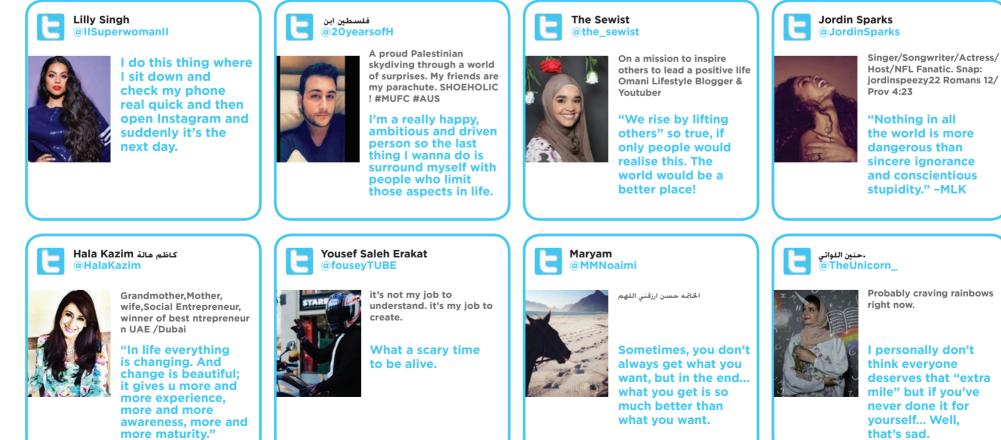
would always regret not going to culinary school.

Then she got her break. She heard that MasterChef India was looking for contestants for their new season. So she flew to India and queued her up in the audition lines for the fourth season. After 11 grueling weeks and 67 televised episodes of fierce culinary competition, Nikita emerged as winner - she was the youngest applicant to ever win MasterChef India! This achievement marked the beginning of her realworld culinary journey to her current job, which is pastry chef at the Beach Rotana Hotel in Abu Dhabi.

Nikita still takes opportunities to participate in cooking shows and demos in India, the US and the US. In August 2015, she had the privilege of preparing an exclusive meal with Chef Sanjeev Kapoor and his team for the Indian Prime Minister Shri Narendra Modi at Emirates Palace in Abu Dhabi.

Nikita is relishing her cooking journey, but her ultimate goal is to open a restaurant.

TWEETS FOR THOUGHT





TRENDING ON You Tube

AUGUST **VIRAL VIDEOS**



Cristiano Ronaldo funny - Portugal France 1 O (gol Eder) Euro 2016 Watch how the fast-paced match between Portugal and France, gets to Ronaldo as he takes his frustration out on his team mate.

IS THERE A VIDEO THAT MAKES YOU CRY, SMILE, OR CRACK UP? SHARE YOUR VIDEOS THROUGH WWW.FEELYOURTEMPO.COM FACEBOOK: FEEL YOUR TEMPO OR SEND THEM TO EDITORIAL@TEMPOPLANET.COM

HERE ARE VIRAL VIDEOS SENT IN BY TEMPO READERS...



Baby Falling Asleep in his Highchair

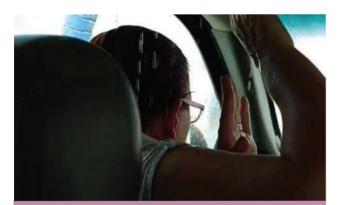
Cute baby videos never seem to get old. But a cute baby falling asleep on his food? Now that's gold!



Viktor Troicki Angry: You're an Idiot, the worst ever! Wimbledon 2016 Rage HD

One word: Hilarious. Viktor Troicki goes crazy at the referee as he would not accept his defeat.





Ultimate Car Wash Fail!

This video teaches a very important life lesson: Always make sure to shut your car windows tight before taking your car for a wash.



回识明



THIS EPISODE:

(King Kunta, Swimming Pools)

It's always funny to see old people reacting to current music artists. Watch elders react to Kendrick Lamar's songs and his music videos on the famous React Channel.

回路带用



The Voice Kids Philippines Blind Auditions 2016: "Via Dolorosa" by Kris

Kris wows the judges with a powerful rendition of "Via Dolorosa" in the blind auditions and wins a spot in the competition.





Soundtrack to a Love Story W/ Anna Kendrick Anna Kendrick and James Corden walk you through a very funny musical love story. The video features both of them singing classical hits such as Whitney Houston's "I Will Always Love You" and mainstream songs like "Can't Feel My Face" by The Weeknd.





Boy just can't handle how Cute his **New Puppy is**

This kid has the perfect reaction to his cute new puppy: crying.



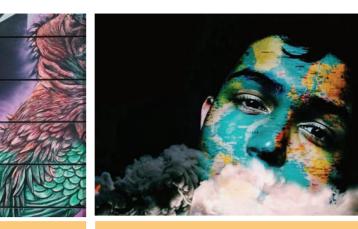
Bought my Parents a House!

Yousef Erakat AKA Fouseytube just bought a house for his parents in LA. With almost 3 million views and counting, this video demonstrates how the simple things are the most valuable in life.





KNOW OF ANYONE WHO HAS COOL INSTAGRAM POSTS? SHARE THEM AT WWW.FEELYOURTEMPO.COM OR FACEBOOK: FEEL YOUR TEMPO



Motion. #citywalkdubai @ohdamnniko Niko This is how I roll. iPhone6 Oh well, pollution. (a) the fuzzybong Siddharth All edits made with phone apps | phone only I'm Sidart and I babble about art



Sunrise on Niu Bei Mountain in Sichuan Province, China @danielcheongdubai Daniel Cheong 'Straight Out Of the Camera' is a concept which I am not familiar with. Nikon D810 & Fujifilm X-T1



Garhoud Bridge in Dubai. **@benosaradzic Beno Saradzic** Emmy nominated time lapse cinematographer



Today's office Fall in love with the little moments. **@lichipan** Li-Chi Pan

Travel & lifestyle blogger • grad architect • photographer: devoted to chai lattes



Reflection @mawii_maskari Marwa Ahmed I do what I need to do, to get where I need to be. Whatever I have to change, I change it.





TCKs, or Third Culture Kids, are people who were raised in cultural backgrounds different from those of their parents for most of their childhood. I am from South Korea (reflected in the colour of my passport and the genealogy of my parents), but I was born in Thailand, and I live in the UAE. Now I'm heading off to Massachusetts, USA, for university. I guess all of these countries that I have lived in and will live in makes me a TCK by definition. You can only imagine my dread whenever a person asks, "Where are you from?" Do I say where I live? Where my parents are from? Do I bore them with a 750-word essay? In the expat culture of UAE, I'm sure many of you feel the same way.

I don't know where "home" is. I could just tell people I'm "from" wherever I'm living now. It might be Bangkok, Seoul, or Abu Dhabi. I would call Korea my home because I pride myself on being Korean and I also look like a Korean, but I have no friends or close family members there; after all, I only lived in Korea from kindergarten to third grade. I would call Thailand my home, but I don't remember anything about living there since I was so young. I would call UAE my home, but it's such a temporary abode and we're only here because of my father's work. I could call Saudi Arabia my home since I lived

there for most of my elementary and middle school years. Or all these places can be my home. I've loved living in all of these different countries and I don't know what kind of person I would have been if I had lived anywhere else other than the places I grew up in. All of the countries that I have lived in are so different in their own special way.

With moving frequently, I also had the chance to explore the world. I've visited most of the famous tourist areas in Europe, Asia and the Middle East. I got to see places like the Petra in Jordan, St. Peter's Basilica in Venice, the Hagia Sofia in Turkey, and Musée du Louvre in France. Thanks to my brother, who is currently attending graduate school in Chicago, I also got to see lots of places in the US such as the Union Station in Washington DC and Times Square in New York City. These are maybe a fifth of the places that I have visited and travelled to. Being a TCK has its perks, I must sav.

While we might not have a place to call "home," living abroad gives us a sense of camaraderie with people from all over the world. I have friends in all continents except Antarctica and I still keep in touch with them and hope to continue to do so. Another positive is that TCKs almost all speak at least two languages: our native tongue and English. I speak Korean and English fluently and am gradually learning French. But to me the most important benefit of being a TCK is that our actions and thoughts are based on different cultures. We know from experience that "my way" is not the same as "the right way," and in a world increasingly dependent on global thinkers and innovators, it's crucial to be able to take different cultures and lifestyles into account.

So as much as I might sometimes long to stay in one place for more than a few years, there are millions billions—of people who have lived in one country all their lives and never got the chance to experience even a tenth of what I've seen and done. So to all the TCKs out there, I say "thank your parents." What they've allowed you to experience is what makes you truly special.

🗩 🌑 IN THE CINEMAS |

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



MECHANIC: RESURRECTION GENRE: ACTION, THRILLER, CRIME TEMPO PREDICTION: *****

In the sequel of the 2011 film The Mechanic, Arthur Bishop returns to the life he once left to save the life of another woman. To save her, he must complete an impossible list of assassinations of the most dangerous men in the world.

THE GOSSIP: This will be Dennis Gansel's first film in 14 years that will not star Max Riemelt.

DIRECTED BY: Dennis Gansel CAST: Jason Statham, Jessica Alba, Tommy Lee Jones



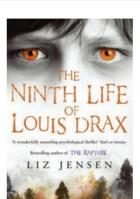
EQUALS

GENRE: DRAMA, ROMANCE, SCI-FI

A film starring Kristen Stewart, features a story of life in the future. A world of no emotions, where showing any feeling will lead to persecution. The protagonist's life is in danger as she has fallen in love with someone.

THE GOSSIP: Jennifer Lawrence read the script with co-star Nicholas Hoult and loved it but initially couldn't see herself playing the lead character.

DIRECTED BY: Drake Doremus CAST: Kristen Stewart, Nicholas Hoult, Vernetta Lopez



THE 9TH LIFE OF LOUIS DRAX

GENRE: : MYSTERY, THRILLER TEMPO PREDICTION: ****

A film adaptation of Liz Jensen's best-selling book, the film follows the mysterious story of nine-year-old Louis Drax, who lies in a coma in a hospital bed. The film chronicles events leading up to his fatal fall.

THE GOSSIP: The script was produced by Max Minghella, whose father Anthony Minghella was originally preparing a film about Louis Drax but died before he could realize it.

DIRECTED BY: Alexandre Aja CAST: James Dornan, Sarah Gadon, Aaron Paul

LIFE ON THE LINE

GENRE: ACTION TEMPO PREDICTION: ***

A crew of men involved with the high-wire work of fixing electrical grids struggle as they are hit with a deadly storm.

THE GOSSIP: This was filmed in a country bar in Langley, British Columbia, including the fight scene.

DIRECTED BY: David Hackl CAST: John Travolta, Kate Bosworth, Devon Sawa

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Latest Film Reviews and Blu-Ray Releases

THE BFG



The BFG is a yarn about a wrangler and giver of dreams who takes the form of a kindly giant from 'Giant Country'. BFG and Sophie (Ruby Barnhill) team up to defeat a gang of brutish giants through the tactical use of dreams and nightmares.

I frankly expected more from a film that includes director Steven Spielberg and composer John Williams. This movie is like listening to someone describing a dream they've had. It's may be an interesting literary experiment, but it is not exactly a pleasurable viewing experience. There were definitely some redeeming moments, though. For instance, Ruby Barnhill does a great job playing a precocious child (not to be confused with a short adult). The gang of giants are also a fairly entertaining bunch.

What it comes down to then, is one's stance on movie versions of books, especially movie versions of children's books. Not having read the source

material, I can only imagine how Roald Dahl's words enchanted readers' minds. Even with high-quality CGI and top-notch direction, the visuals in The BFG seemed forced and less-than-whimsical.

CATCH IN ON BLU-RAY: ALLEGIANT



"You know what I say to people when I hear they're writing an anti-war book? I say, 'why don't you write an antiglacier book instead?'" This line from Vonnegut's Slaughterhouse-Five comes to mind watching the closing chapter of the post-apocalyptic parable known as the Divergent series. In it, Tris, Four, and their friends explore the alien world beyond the Wall, which, of course, is not what it first appears. There are some obvious nods to social ills such as genocide and the ignorance of privilege, as well as an uneasy feeling that the story will lead to Tris' body not being hers to govern.

However, all of those plot points are beside the point. Allegiant is a critique of the current hegemony, but it fails to convince the viewer that it is a worthwhile film. It is a cautionary tale that lacks a call to action on what can be done to change this messed-up yet beautiful world. Instead, we get a statement that there is nothing new under the sun, even in sci-fi and fantasy worlds. Sort of a theatrical $\C())_{-}$.

That being said, if you can manage to forget any connections it tries to make with the real world, you'll find this film an entertaining conclusion to the series.



• TEMPO MUSIC COMPILED BY VERA ROSALES



PERFECT STRANGERS Jonas Blue

Lyrics: "Who knows the secret tomorrow will hold? We don't really need to know, 'cause you're here with me now, I don't want you to go



WILD > Troye Sivan Feat. Alessia Cara

Lyrics: "We're alike you and I, two blue hearts locked in our wrong minds. so can we make the most out of no time?"





Lyrics: : "Telling me this and telling me that, you said once you take me with you, I'll never go back...'







Lyrics: "The lights go on, the music dies, but you don't see me standing here, I just came to say goodbye...'



Lyrics: "This is no mistake, no accident, when you think the final end is near; think again, don't be surprised, I will still rise ...'

YOU DON'T KNOW LOVE

Olly Murs

about you...

Lyrics: "Throw me down when you are

through, 'cause I've learned more from

what's missing, it's about you and not

Katy Perry





Lyrics: "Cause you're the flame I can't do without. the fire comes in the sapphire sun...



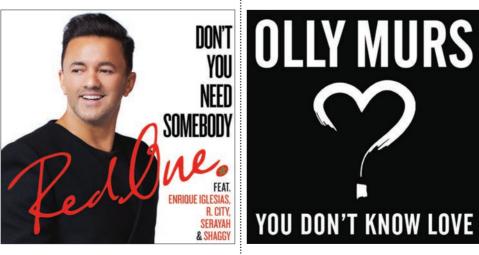
GIVE ME YOUR LOVE > Sigala Feat. John Newman & **Nile Rodgers**

Lyrics: "I may be selfish but I'll take your pain, when you get weak I'll make you strong again...





Lyrics: "We grew up learning things the hard way, close ties, you only make it if you grow free, don't die...'



DON'T YOU NEED SOMEBODY Redone Feat. Shaggy, Enrique Iglesias, Serayah & R.City

Lyrics: "Baby just keep it our little secret, what they don't know won't do them no harm...



LAST YEAR WAS COMPLICATED BY NICK JONAS









Just like movies and books, music is type of escape - whether you pop on some headphones or blast them on your car's stereo. It is an artist's responsibility to make sure that their work accomplishes this - for what is the purpose of a good piece of music, movie or book if there is no emotional exchange to get listeners hooked?

Nick Jonas has been in the business since 2000 and is a prime example of someone who has undergone serious maturity when it comes to his craft, and with building a relationship with his listeners. The former 'Jonas Brother' has recently released his third solo album, 'Last Year Was Complicated' and it has been a hot commodity, reaching the prestigious Billboard 200. In interviews about the album's concept, Jonas opens up on how he broke up with a former Miss Universe, and what a one-year and a half emotional exchange between artist, paper and instruments have given birth to.

The 12-track R&B pop infused compilation starts with the catchy 'Voodoo' – a modernized track with Middle Eastern elements followed by 'Champagne Problems', a dance pop song in its exterior but a deep lyrical dialogue about a mutual break-up between two people who still very much care about each other.

Next on the record is lead single, 'Close' featuring Swedish hitmaker Tove Lo. 'Chainsaw' follows with hard-hitting emotions of heartbreak. The chill 'Touch' plays next and is followed by the sizzling hot 'Bacon' featuring Ty Dolla \$ign. After that likeable track, 'Good Girls' talks of the girl next door versus party girl perception, while 'The Difference' trails the former with conviction by Jonas laying down the rules on how to treat a woman right. 'Don't Make Me Choose' supports the previous track by exposing how any partner in life shouldn't dictate their significant other's happiness - real talk people!

'Under You' is a song about missing and regretting not doing a certain number of things in a relationship. It's followed by a simple melodic ballad called, 'Unhinged' and the album gets closed off with 'Comfortable' which includes verses of the speech, 'Practice' delivered by retired basketball pro Allen Iverson.

This would have to be the most personal album Nick Jonas has released yet. His lyrics are honest, direct and most importantly, human which makes this an album for the masses. Last year may have been complicated for him, but it did help him make a great album that is able to give people a sense of escape... and for that we thank him.

TEMPO EVENTS WHAT'S HOT? WHAT'S COOL? HERE'S A LIST OF EVENTS FOR THE WHOLE FAMILY!

THE KAPIL SHARMA COMEDY SHOW august 12 (al raha beach theatre)

Indian television's comedy king Kapil Sharma will rock Abu Dhabi with his standup Comedy Show. Audience members are guaranteed a show that will leave them laughing and rolling in tears with comical memories to cherish for a lifetime. Kapil created history in the world of Indian comedy and is the winner of ITA Awards 2013, which he won in the categories of Best Actor - Comedy (Kapil Sharma) and Best Serial - Comedy. The event is brought to the capital by ZEYARA Events.





MINI KIDS SHOWS August 10 - 13 (Al gharbia: Western Hotel)

Watch Dora the Explorer, Spongebob Squarepants and Shaun the Sheep come to life on stage in the capital. Take the family to see these much loved cartoon characters. Also, take part in the Championsheeps where there are loads of fun games to play as well as the live on air game on MBC3 – Tasali!

CIRQUE ADRENALINE

AUGUST 18 - 19 (AL RAHA BEACH THEATRE)

From the producers of The Illusionists and Le Noir comes this summer's pulsepounding spectacular, Cirque Adrenaline! Boasting a thrilling extravaganza of dangerous and death-defying acts, Cirque Adrenaline is a new genre of show that blends traditional circus acts with high octane feats of unbelievable skill.





PETER PAN

AUGUST 31- SEPTEMBER 3 (Al Raha Beach Theatre)

Peter Pan, The Never Ending Story, is a theatre production that mixes theatrical magic with stunning illusions, circus, a blockbuster movie and a rock spectacular. Fifty actors, dancers, stunt people, acrobats and illusionists from ten different countries bring this timeless story to life. And imagine the sheer astonishment when the little fairy Tinkerbell, who tells the story, hovers magically above the audience.



PEOPLE CALENDAR

KENZY AHMED

Age: 28 Profession: Student Nationality: Somali







Tempo UAE (Group)

TempoBeat (Group)



BY JAE FRANKLIN | @JAEFRANKLIN

EMBRACE THE CONCERT CRUNCH



Abu Dhabi music lovers are smart. I should know. I am one of them. Flash Entertainment, the Abu Dhabi **Music & Arts Foundation, NYU Abu** Dhabi, Rooftop Rhythms and other respectable organizations challenge us every year. Every year we realize that we've got to pay to play. Our wallets weep while our feet rejoice. That's why I highly recommend creating a fall concert season budget because you don't want to spend what you don't have just to see **Rihanna singing 'work work work** wooo wah wah' at Yas Marina Circuit. Don't get me wrong: she's great; her performances are fiery; her band plays like they are not from this earth. However, Abu Dhabi music lovers are spirited and open-minded and we love discovering newness. We are lucky because:

 We get the most diverse concerts.
 We don't have to empty our wallets every time.
 We trust Abu Dhabi's event organizations to think differently.

From celebrating India's Independence Day concerts to peeping the latest tunes from superstar Yanni, I've compiled a list of the best music concerts for you to check out for August and September. You're welcome. **Event:** SHAAN Live in Concert **Type:** Music **Date:** August 11, 2016 **Location:** Emirates Palace, West End Corniche SHAAN is Bollywood's most sensational singing icon. He is an expert in Hindi, Bengali, Marathi, Urdu, and Telugu. Over the decades, he has been awarded numerous times at MTV Asia Music Awards, IIFA, Filmfare, Star Screen Awards, Bollywood Movies Awards, and the Zee Cine Awards. Expect to hear a variety of pop, ghazals, hip-hop, and more.

Event: Bollywood in the Capital – Farhan Live! + Vishal & Shekhar **Type:** Music **Date:** August 12, 2016

Location: du Forum

Farhan Akhtar is Bollywood royalty. He is a multi-talented Indian film director, producer, screenwriter, producer, actor and playback singer. Vishal Dadlani and Shekhar Ravjiani are the widely successful duo Vishal-Shekhar. They are lyricists, composers, singers, music directors and performers. Vishal-Shekhar has won several industry awards. Audiences will wave their arms and move their feet. Expect an upbeat performance. Rock with them and celebrate India's Independence Day.

Event: Bollywood in the Capital – Shankar, Ehsaan & Loy **Type:** Music **Date:** August 13, 2016 **Location:** du Forum This famed trio is beloved in India.



They are skilled composers, record producers, and multi-instrumentalists. They have notched more than 20 awards and composed over 50 soundtracks. They will perform their old songs and hit the audience with some new tunes. Expect a non-stop celebration of India's Independence Day.

Event: Marlon Wayans – Stand Up Comedy Type: Comedy Date: August 19, 2016 Location: Emirates Palace, West End Corniche Marlon Wayans has been in the comedy business for a quarter of a century. He has starred in hit movies Little Man, White Chicks, Scary Movie 1, Scary Movie 2, A Haunted House, A Haunted House 2, and 50 Shades of Black. Expect his first show in Abu Dhabi to be hilarious.

Event: Nik Bärtsch's Mobile **Type:** Music **Date:** September 1, 2016 **Location**: New York University Abu Dhabi

Nik Bärtsch is a pianist and composer. He leads his acoustic quartet MOBILE in a 27-hour "Ritual Groove Music" performance installation. They delicately weave funk, jazz and other genres. The performance will travel from one venue to another on the NU campus starting in the Black Box. Expect a sonic and social resonance that will hit all the right pitches. **Event:** NSO - A Night at the Movies **Type:** Music

Date: September 30, 2016 **Location:** Emirates Palace, West End Corniche

NSO opens its fifth annual season with a cool film conducted by Andrew Berrman. The success of last season's Andrea Bocelli and Disney's Frozen performances left audiences stunned. Expect to hear lots of treats like special arrangements of Cartoon Network Classics' theme music and 'Ode to Joy' from Beethoven's Ninth Symphony. Please keep in mind that audience members must be 8 years old or older.

Event: Yanni LIVE! **Type:** Music **Date:** September 30, 2016 **Location:** du Forum Yanni is an award-winning composer and multi-instrumentalist. He's a SUPER star having been one of world's top selling live acts in more than 35 countries for much of his career. He'll be performing compositions from his latest album "Sensuous Chill." Expect to be blown away by a 15-member

orchestra accompany the

brilliant pianist.

Whether you end up singing along to Rihanna or listening to Yanni and his 15-piece orchestra, make an effort to attend a concert outside your norm. Support a musician who traveled here for Abu Dhabi music lovers. After all, you're one of them. Feel special.

BLUE PRINT



RENAD MOHAMED

PHOTOGRAPHY BY NIKITH NATH

AGE: 23 PROFESSION: Mass Communication NATIONALITY: Egyptian

FASHION STATEMENT: Be elegant in your own way, never follow others.

MY PERSONAL STYLE: I am always trying new things.

MY FAVOURITE RECENT FASHION PURCHASE: Red sneakers.

MY FAVOURITE STORES: Favourite store is Bershka, Zara, Pull & Bear and Garage.

MY FASHION PET PEEVE: Tight see through leggings with short shirt.

MY VIEW ON STYLE IN THE UAE: There are many different nationalities in the UAE, each with their way of dress. It makes me want to try their traditional clothes as I did with the local "bisht" and the Moroccan dress.









SHOP AT MARINA MALL THIS SUMMER

Simply spend AED 250 at any shop in Marina Mall or AED 500 at Carrefour for your chance to win one of 3 vehicles.

> Raffle draw dates: Nissan Patrol: 1st day of Eid Al Fitr Nissan Maxima: 11th of August Nissan Patrol: 1st day of Eid Al Adha

All raffle draws will be at 6:00 pm





The District, a flagship event in this year's Abu Dhabi Summer Season by Abu Dhabi Tourism and Culture Authority, runs from August 18 to September 17 at the du Forum, Yas Island with an exciting lineup for youth aged 14 to 22 years old.

The District is a one-of-a-kind space where young people can socialize, play, create, explore, find inspiration, make connections or even disconnect if that's what they're in the mood for. Designed as a micro-city, the venue is comprised of five distinct zones called The Street, The Block, The Alley, The Park and The Yard, each with its own range of activations, programming and special guest appearances.

The Alley

The Alley is dedicated to all things tech where The District citizens can unleash their inner geeks. Other topics and activities that will be on offer include robotics, video games, innovation, science, skype-cons, murals, hardware labs, demo sessions and model kits.

The Street

With a multi-purpose theatre, this is where The District community comes together for offerings such as Prof X talks, life-hacking, improv and comedy, screenings, cross-fit live, drum circles, jam sessions and showcasing of local talents including bands, DJs and voice talents.

The Block

This is the hub of creativity where guests can expect apparel and photography workshops, tech sessions, art colony, master classes, video and film making, industrial design, graphic and 3D designs and instrument intros.

The Yard

The Yard is where sustenance meets sustainability. After a few hours of discovering The District, the Yard provides a venue to refuel with a variety of food on offer from the UAE's finest of local entrepreneurs who keep an eye on sustainable practices.

The Park

Down at The Park, things slow down just that little bit, but there is still plenty to do. Expect this area to be filled with books and magazines, table top gaming, music on demand, lounges, beanbags and of course, charging stations.

In addition to the daily excitement and entertainment, special guests and celebrities will also be dropping by The District along with a weekly live performance act. Tickets are now on sale via www. thedistrict.me/tickets/, Virgin Megastore and Ticketmaster.

Regular tickets are: Weekday Pass: 100 AED Weekend Pass: 175 AED Season Pass: 1000 AED

The District will be open seven days a week from 12:00pm to 10:00pm. For more information, visit www.thedistrict. me or follow The District on Facebook, Twitter, Instagram, and Snapchat, #IAmTheDistrict, #ADSummer, #InAbuDhabi.



THE DISTRICT: COOL THINGS TO DO THIS SUMMER!

Big Robot Project (with Tomislav Zidar)

Also known as Djuvedj Djuvedjevich, Tomislav Zidar is out to build a Big Robot (a few of them actually); a true labour of love that requires lots of dedication and countless man-hours of work. From concept design to dismantling one's used-to-be-favourite tech devices, The District citizens will see it live and maybe even build their own.

Painting New Styles (with Sajaya Young Ladies)

The New Styles of Painting workshop will introduce the citizens of The District to different art formats through which they can unleash their creativity including drawing on light bulbs, doodling on wooden boxes, applying famous artwork through recycling and combining new styles of painting with stencil printing.

Drum Circles (with Dubai Drums)

Around since the dawn of time, drumming is the oldest form of teambuilding. And there's nothing like a dynamic, powerful and unique drumming experience to unify teams, energize groups and bring The District citizens together.

(dis)connected for 48 hours (with Thorsten S. Wiedemann)

Founder and artistic director, Thorsten produces and curates festivals, exhibitions, conferences and workshops on the intersection of independent games, playful media, digital art and games culture under the international label A MAZE. He's the first man to spend 48 hours in the VR world and he's coming to The District to share the experience.

Cinema in The Sky (presented by Cinema Akil)

Cinema Akil, an independent cinema platform, has curated a special program for The District citizens. Showcasing directors and filmmakers across decades, geographies and genres, Cinema Akil is on a mission to raise awareness and interest in films.

Street Art (by Secret Walls)

A fixture in the global art community for over ten years, Secret Walls is the World's premier live art event. They have conquered 50 cities around the world, and now it's all happening at The District. It's an experience that will connect The District citizens to the artists as they watch them freestyle on a large piece before their eyes, showing the process of the work that they are so used to seeing as finished pieces in galleries.

Home Recording (with Loopstache)

Loopstache is a project that Carl Ferneiné and Salim Naffah started for fun. It consists of producing music, going crazy, and shooting cool videos. The music they produce is a mix of the Electronic and Indie genres. The duo brings their music to The District citizens in an attempt to inspire and empower young minds to create and record their own music.

Photography (with GPP+)

Part-theory, part-practice and all fun, this hands-on experience by Gulf Photo Plus is designed to benefit newbies and seasoned photographers alike. Topics of the day include everything from snapshots to gear shots, the art of mobile as well as light room basics.

3D Printing (with Makers Builders)

As the popularity of 3D Printing rises, this class aims at igniting the 'maker' spirit in youth through hands-on learning of 3D design and printing starting with an understanding of the technologies, processes and materials that make 3D printing possible. The District citizens will also put what they've learned into practice through an introductory interaction with 3D design software.

The Sounds of Brazil (with Rubra Rosa)

Rubra Rosa in an all-female percussion band, established in 2015 in Lebanon. Headed by Capoeira and dance instructor, Roberta Meireles, the band plays beats from her hometown of Salvador de Bahia, Brazil. The girls play a repertoire of Afro-Brazilian rhythms including groovy Samba-Reggae, spiritual Afoxé and festive carnival Samba famous in Rio de Janeiro. The District citizens will be able to learn percussions with them and enjoy the Latin rhythms.

Fashion Served

(with Creative Space Beirut)

The good people of CSB, a free school in fashion design providing education to talented individuals who lack resources, believe in exchange, collaboration and creativity. This is an opportunity for like-minded people to get together and share their experiences, perspectives and unique visions, by supporting one another, investing in local talents and promoting each other's work.

Urban Plants (by The Grey Gardens)

The Gray Gardens plant studio was created to celebrate all things plants. With an affection towards the bold, they are on a mission to offer a unique solution for introducing greenery to a space. They aim to educate The District citizens and bring some greenery into their lives.

DIY Robots (with Junkbot)

Using items like plastic bottles, old CDs, wooden spoons or cardboard, The District citizens will create unique, imaginative robots that can be programmed for a variety of functions and at different levels of skill.

Creating Genesis (with Chronis Spanos)

Over the last couple of years, Chronis developed a special interest in reshaping the Real, through the use of photography and visual arts, to something new and abstract with a strong will to experiment and search new techniques and new ways of self-expression. He brings his camera, experience and lots of energy to help the citizens of The District create new worlds through a camera lens.

Acoustic Sessions (with Charlie Rayne)

Charlie Rayne grew up in Lebanon and just recently started to roam the planet and play his wonderful music in other countries. Heavily influenced by the music of Bob Dylan and other American songwriters, he uses his strong voice and melodic strumming rhythms to tell stories about love and loss. At The District, he will share his love for the guitar and his knowledge of the instrument.

Game Design (with Digital Mania)

In the beginning of 2009, an ESPRIT student, had a dream. That dream was

to create the first video game company in Tunisia. Their padawan, Walid Sultan Midani, had five years of experience in the organization of video games tournaments. Motivated and hopeful, he surrounded himself with a team of dreamers and began their journey. At The District, Digital Mania helps the young guns create their own games and enjoy the journey of creation.

A Talk with India, A Shift in Perspective

Five Young Award-Winning Leaders in the fields of Technology/Digital Media, Film, Music, Dance, Creativity share their achievements and the key to successfully connecting with the Indian Creative Economy.

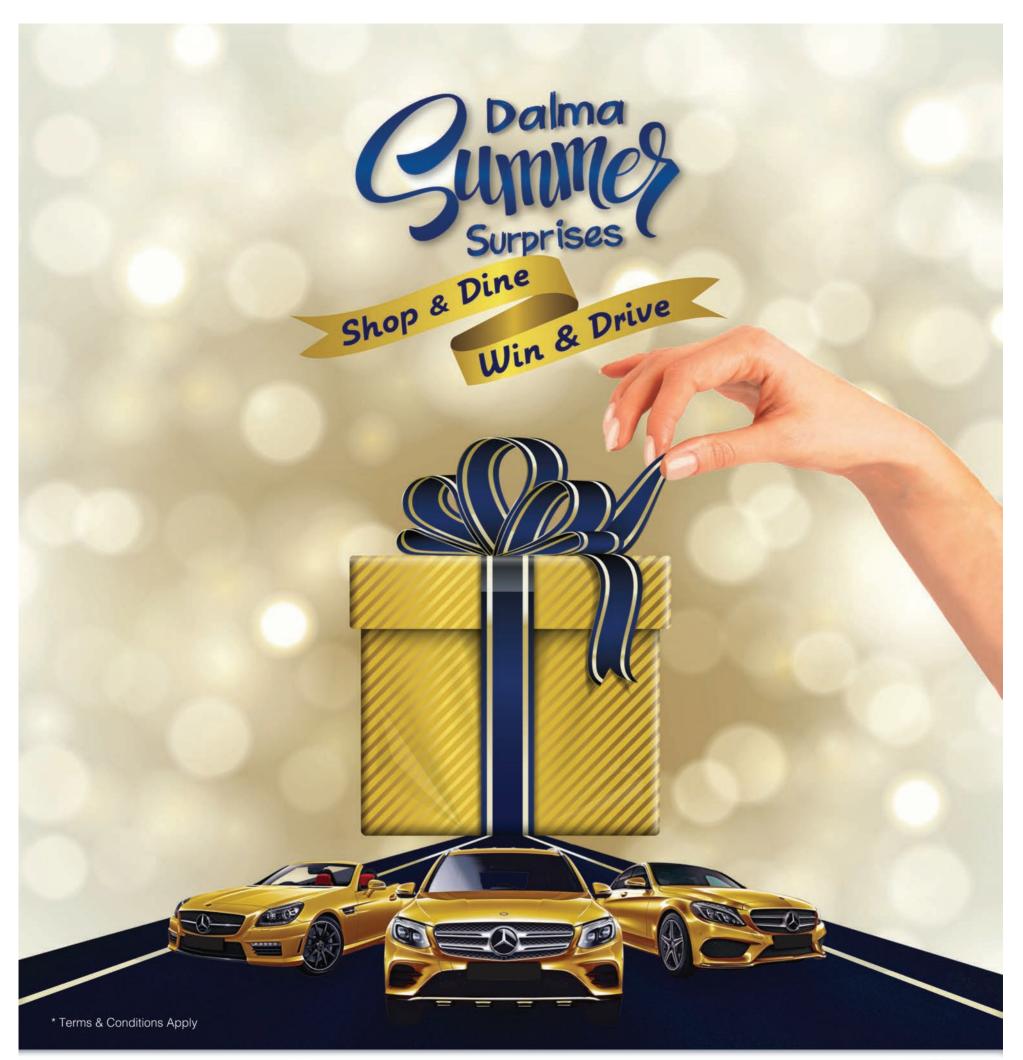
Cultural management - how to create a hip hop event? (by DEBO)

This workshop introduces The District citizens to a presentation of hip hop cultural management.

The Curious World of Design (with Mirko Ilic)

A co-author of several books about graphic design including Genius Moves: 100 Icons of Graphic Design, Handwritten – expressive lettering in digital age, and Anatomy of design (all of them co-authored with Steven Heller), and Design of Dissent (with Milton Glaser), an award-winning true icon of illustration and graphic design, a living legend and an inspirational character, Mirko Ilic, will join The District and empower its citizens' minds.





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• THE EPICUREAN

BY LANA NASEER | INSTAGRAM: @14N4I

MEET THE FISH OF ALASKA







I've always loved salmon but it was after an adventurous trip to Alaska that I discovered a newfound respect for this selfless fish.

It was on a bright yellow raft, floating down the freezing glacier-fed waters of the Kenai river that I got a chance to learn about salmon first hand. As I spotted several fishermen in their grey chest waders dotted along the river banks expertly handling their fishing rods, our guide Mckenzie, a true environmentalist and passionate lover of nature, explained the important role that salmon plays in Alaska's life cycle. There are five types, he said, teaching us how to easily remember them: 'chum' is your thumb, 'sockeye' is your index finger (imagine pocking someone's eye out), 'king' is your middle finger. 'silver' is your ring finger and 'pink' is for your pinkie.



Most of life in Alaska connects back to this

amazing fish that gives back with lots of

heart and soul. After it is born in the river,

environmental cues cause the fry to begin

their migration downstream towards the

years. Once they are ready to spawn, they

ocean, where they can live up to seven

come back to their natal streams, and

scientists the world over don't know or

understand how they can detect the way

home. They arrive in such abundance in

the fresh water streams that fisherman just

have to cast their line in the water to get

lucky. But thankfully restrictions are put

in place to prevent overfishing. Salmon

provides an essential sustenance for the

fishermen during the winter season, and

because the fish have to cleaned on the

back into the river, their carcass attracts

spot after they are caught and thrown

and feeds the bears and the leftovers

decompose, nourish and rejuvenate the

soil and trees with nitrogen. It makes it

The part of the life cycle that I fell in love with the most was how they give away their life to bring on new life in the river. When they reach freshwater, they stop feeding and their bodies instinctively prepare for spawning and their eventual death. Mckenzie, a first class rafter and hiker, calls the salmon during this stage 'zombie fish' because their heads turn a bright orange, their bodies a vibrant green and they switch into automatic pilot, looking for the safest spot to build their nests or 'redds'. The males develop a huge hump on their backs ready to fight off other males for spawning rights with females, and once the eggs and milt are released simultaneously, the eggs are covered with loose gravel and both male and female travel upstream to build another nest. The salmon with the tastiest and most delicate fillets are usually caught before their colour turns, otherwise they are deemed as nutrients for the river habitat.

The King Salmon is Alaska's state fish. Its large size and high quality flesh makes it one of Alaska's most valuable commercial fisheries as well as Alaska's more prized sport fish. Silver or coho are the most sought after by restaurant owners and are sold as a delicacy in Europe because their fillets are the perfect size and colour. Coho is great off the grill and a nice fish to smoke. Sockeve is what I enjoyed during our trip; it's also called red salmon because it turns a bright red scarlet when it's preparing to spawn and is considered the most economically important type of salmon in Alaska. If you've ever had lox and bagels in the US you've most probably had sockeve, as it's considered the best for a velvety, lightly smoked salmon. Pink salmon are also called humpies because the males develop a hooked snout, sharp teeth and an enormous hump behind the head, and they're usually canned, smoked or used for salmon salad sandwiches. Finally, chum are great fighters, making them fun for sport fishermen to catch, and they're best enioved smoked or dried.

F Tempo UAE (Group)

F TempoBeat (Group)

keep on turning.

possible for the life cycle to

DETECH TALK BY RUJMAN ISHTIAQ

POKÉMON GO – TAKING OVER PEOPLE'S LIVES

This. Game. Is. EVERYWHERE. And for good reason too. I mean, who doesn't want to play a free game that allows you to capture, battle, and train virtual Pokémon who appear throughout the real world? It allows for personalization by letting the player create his/her own avatar and choosing its style: hair, skin, eye colour and outfit. Then the player needs to walk around in the real world to move their avatar in the game world and capture the creatures. How awesome is that?! But with the good, there also comes the bad, and the same goes for this game. According to CNN, Missouri police have reported that armed robbers are using Pokémon Go to snare victims in isolated places, and there have been dozens of car-related accidents with players carelessly wandering in the open. This game isn't officially available in the UAE yet, but many are waited with bated breath.



XBOX ONE S – IT REALLY IS 'THE ONE'



A 2TB internal storage, internal power supply and its sleek and slim size make the Xbox One S the most advanced Xbox yet. Even though it is 40 percent smaller than the original, one shouldn't judge it by its size. With HDR technology, you can experience richer and beautiful visuals while gaming and the 4 K Ultra HD Blu-Ray features give the visuals a realistic immersive feel. You can also configure your console to devices like your TV or audio/video receiver using the IR Blaster, which makes everything convenient and quick. The new Xbox also has a streaming feature that allows you to watch high-quality (4K) content from Netflix or Amazon Video and even Ultra HD Blu-Ray. It's more than just a gaming console, it tries to deliver an integrated entertainment experience.

SAMSUNG GALAXY NOTE 6 – BIGGER AND EDGIER

With its dual curved edge display, the Samsung Galaxy Note 6 is better, smarter and – bigger! It is a water and dust-proof 'phablet' (a phone and a tablet combined) that can act as a laptop too and hence its business positioning. A powerful 8GB RAM, 4K resolution and a 16 MP front camera make the whole selfie experience smooth and videography real easy. But the most interesting thing about this smartphone is that it has very fast charging technology rumoured to charge 40 percent of the battery in just four minutes! Sounds unbelievable? The phone also has a fold-able display – yes foldable! The Samsung Galaxy Note 6 comes out in early August, and with all its unique features, it could be well worth a try.



• PHOTOTRIPPING BY SHAHID SAEED SUMMER AND TRAVEL

PHOTOGRAPHER: Arslan Mughal

LOCATION: The UAE & Pakistan | Camera: Canon EOS 70D

It's very challenging to do outdoor photography in summer because of the heat and the humidity. Some precautions can save you lens haziness. If you are planning to go out, keep the camera some place where there is no AC for a couple of hours so when you remove the camera from its bag it will already have been temperature-adjusted and ready for use. If your lens gets hazy from humidity, resist the temptation to clean it with a cloth. Rather, keep it out for 10-15 minutes and the haze will dissipate.





BY ABU DHABI PHOTOGRAPHERS

THE CHALLENGE: Indoor Portraits THE GROUP: ABU DHABI PHOTOGRAPHERS

Abu Dhabi Photographers attended indoor portrait workshops on lighting types and flashlights. ADP 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.

PHOTOGRAPHER: Shahid Saeed CAMERA: CANON EOS 5D Mark III Camera Settings (7787 - 7952) Canon EOS 5D Mark III Canon EF24-105mm f/4L IS USM Shutter Speed: 1/125 sec F/5.6 ISO-100

Camera Settings (8092 & 8093) Canon EOS 5D Mark III Canon EF24-105mm f/4L IS USM **Shutter Speed:** 1/80 sec F/9 ISO-160











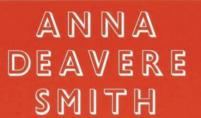
TEMPO TALKS BOOKS BY SANA ASHRAF | @SANAALIKESPIE

LETTERS TO A YOUNG ARTIST AN ESSENTIAL GUIDE FOR NEW ARTISTS

BY ANNA DEAVERE SMITH



traight-up Advice or MAKING A LIFE IN THE ARTS For Actors Performers Writers and Artists of Every Kind



Are you becoming an artist because you want the world to look at you? Or are you becoming an artist because you would like to get people to see themselves and the world differently through you?

This is a book that every artist of every age - and especially those in the on the struggle of artists, and the early steps of their careers - should read. Smith writes in the form of letters to a reader whom she names BZ, a teenager and an aspiring painter. An actor herself, the author relates her memories of encounters with well-known personalities, and writes the letters under topics that touch on every aspect of an artist's life. It makes me wish I read this book earlier, but still I found inspiration in it.

Often, 'mentor books' explain as if the reader does not know much about the topic. But this book is different; it offers inspirational advice on practical matters, and concludes with topics that both reaffirm the value of art and the need to pursue it -whether the reader is a writer, a dramatist, or a graphic designer.

Artists need books like this one. because though the world is invested in movies and commercial art, it does little to respect the profession and to appreciate talent. The book touches phenomenon of the 'starving artist'. Smith makes the case that an artist does not need to be starving, and does not need to be miserable in order to be remembered or successful - despite romantic ideals that prevail. Artists can, and should, be happy, she argues.

Smith spends half a year travelling and the other year teaching at a

university, sometimes acting, sometimes producing. The letters are from all over the world, and written over the course of that vear and a half. In this book Smith stresses the importance of being 'present' in the field, wherever it may be, and the importance of knowing and interacting with 'big names' and with competition. The advice is presented directly, yet comfortingly. It presents the cold hard truth about making money to survive and offers some solutions. Through it all it makes pursuing an art career seem not such a crazy idea after all.

This motivational book is essential reading for the artist. They say books cure the soul, and in this one the artist can ruminate over letters that touch every emotion, from selfdoubt to frustration. These letters offer courage and hope.

DON'T YOU WISH IT WAS THAT EASY?



I'm eating a #shawarma



My skills include eating a shawarma







I like eating a shawarma

mox

brand

intelligent marketing



Here's a classic pic of the shawarma I ate



Here's my recipe for a shawarma



This is where I'm eating a shawarma

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WEIS BY LEEN ALBEJAWI

I'm cold. I'm hungry. I haven't slept in days, and I'm scared.

I hold my 5-year-old sister Hana against my chest. I can feel her whimpering quietly and I try to soothe her by patting her back reassuringly.

Standing in the packed boat packed with 300 passengers, another wave of salty sea water splashes across my face. I look around as the people around me frantically continue removing the water from the floor and throwing it out just as another wave crashes onto the boat. I hold my sister tighter, noting the blue tinge her lips are starting to take. The waves continue fighting for dominance, hitting our crammed boat from all sides, pushing and tilting it in all directions. Through the haziness, I catch a wave bigger than the rest, and sure enough, when it falls on the boat, it rattles it, almost tipping us over.

By this point everyone is screaming and crying. My mother holds her hands to the sky, praying god to save us. I try to keep my calm for my sister, and for the pilot of the ship, Mustafa, who took the liberty of driving the boat after the original crew abandoned us to the sea. "do you see that?" he asks, pointing at the pitch black darkness ahead. I look hard, trying to see something, anything, a flickering light indicating that we're close to the land, or a jotting rock, but all I see Is darkness.

Suddenly it pops into view.

I squint again, sure I imagined it, but sure enough, flashing red lights shine in the distance. Soon, what appeared to be small red lights start to intensify, and after 5 minute a police ship with loud sirens near our ship. Sudden silence engulfs the boat -excluding the sound of the crashing waves and the creaking of the shipbefore the crowd diverts their cries towards the approaching boat.

The police shout through their microphones, but no one in the boat can understand what they're saying. Suddenly their boat comes towards us fast and collides with ours. I watch with disbelief as the boat tilts over. and starts sinking. Why would they do this? I stand for one more second, baffled, before trying to think of my next move. "Quickly!" I shout, inspired "climb up the ship!" My mother and father are the first to understand, and together, they start climbing the sinking boat. Already, I can hear strangled cries as people fall into the water, I haul my mother up to my father, and I hand them Hana. I start to climb up, but look to my left at Mustafa who is still trying to get the ship back afloat "Mustafa!" I shout over the noise "there is no use!"

The ship lurches again and suddenly the floor is replaced by empty air. I glimpse my parents' horrified faces, before I get swallowed by the freezing cold water.

I can't breathe. I can't see. I try to grasp for the surface but my hand catches nothing. Something slams into me, knocking the air out of my lungs, and I'm sent deeper into the sea.

I open my eyes - despite the stinging sea water - and I look up.

All around me bodies are falling into the water; some flail their arms around, while others open their mouths in silent screams. One day we had a family gathering; Everybody was busy laughing with each other. I was sitting right beside my grandmother and overheard her tell my father that she had a secret chest made of al sedra hidden under her bed. "A box that is full of memories that can never be replaced or forgotten."

A BOX FULL OF MEMORIES MUZNA KHALIFA ALMANSOORI

I tried to leave the gathering as soon as I heard her talking about that box, I was so curious to know what memories it carried. I ran as fast as I could so that no one could see me. I entered the room, looked under the bed and found an old wooden chest, rich with the scent of cedar. It had a traditional design from long ago, edged in gold on the corners. I tried to open it, but it was locked. I kept trying until it opened without a key. I looked inside and saw an envelope with this written across it, "Deep in the heart, never forgotten."

I opened it; and was transported back to another place, back to the golden days of the Emirates. Women were waving to the sea, saying goodbye to their fathers and husbands. It seemed they were leaving for months.

UAE Fairytales & Fables 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.

For the past several years, the UAE Fairytales & Fables initiative has been actively working on an Emirati cultural literacy project to promote new and original fairytales and fables highlighting the rich culture and heritage of the United Arab Emirates. This collection of stories penned and illustrated by Emirati writers and artists re-introduce 25 cultural icons from the folkloric traditions of the UAE to residents of this land of many blessings and beyond.

We are delighted to share these tales that feature the storytelling tradition of the Emirates and key aspects of Emirati culture and heritage to a new generation of readers and we hope you enjoy these ancient characters from the past as they traverse the cultural developments of the 21st century.

> on it "Deep in the heart, never forgotten."

"There was an envelope written

I asked a lady that was standing right beside me.

(ILLUSTRATOR) Khawla Ali Al Marzouqi

"Why are they leaving and why do you seem so sad?"

She looked at me and replied in a depressed voice, "They will leave us for a long time, because they will collect pearls for us to wear and sell, so we can live."

I asked her name because she seemed familiar to me. She replied, "I am Hessa Bent Saif." She turned her face and left with the rest of the women. I stood there alone soaking up their sadness.

Suddenly, I was back in my grandmother's room. I heard her footsteps coming and so I closed the box and put it back where I found it. The woman I talked to was my grandmother, I recognized her. I wished that I could have stayed with her, to see what she had been through. Living alone in a house without a father or a husband.

I understood why the box was special to her, and it became special to me too.

24 www.feelyourtempo.com

• VOX POP FOOD ON A BUDGET

KARINA SABA

NATIONALITY: LEBANESE OCCUPATION: EVENT MANAGEMENT INTERN



What would you eat for lunch if you were given Dh 10? Manaeesh and water Name the best family food spot on a low budget.

Figaro's Pizza Does it cost you more to cook food or order a takeaway? It costs less to cook, but I am too lazy and get take-away instead

Name the weirdest combination of snacks you have ever had and would like to recommend to our readers? **French-fries + McFlurry = OMG**

MAHA ALAJMI

NATIONALITY: SAUDI OCCUPATION: INTERN



What would you eat for lunch if you were given Dh 10? A sandwich and banana Name the best family food spot on a low budget. I'm not sure...hmm maybe local restaurants Does it cost you more to cook food or order a take-away? Take-aways, as I order from healthy restaurants and they are normally a bit expensive! Name the weirdest combination of snacks you have ever had and would like to recommend to our readers? Peanut butter with chips What is your favourite go-to Dh 5 snack? Frozen yoghurt

JIMMY HARONI

NATIONALITY: LEBANESE OCCUPATION: SALES MANAGER



What would you eat for lunch if you were given Dh 10? **Shawarma** Name the best family food spot on a low budget. **Fast-food chains like KFC etc** Does it cost you more to cook food or order a takeaway? **Take-away- it is less hassle!** Name the weirdest combination of snacks you have ever had and would like to recommend to our readers? **Eggs and ketchup much recommended!** What are your favourite go-to Dh 5 snacks? **Chips, chocolate**

ELHAM AL MARZOOQI

NATIONALITY: UAE OCCUPATION: LEGAL COUNSEL



What would you eat for lunch if you were given Dh 10? **Shawarma** Name the best family food spot on a low budget. **Figaro's Pizza** Does it cost you more to cook food or order a takeaway? **Take-away, coz it takes no time.** Name the weirdest combination of snacks you

have ever had and would like to recommend to our readers? **Fried banana and ice-cream** What is your favourite go-to Dh 5 snack? **Biscuits**

ALAA ALKHATIB

NATIONALITY: PALESTINIAN OCCUPATION: INTERN



What would you eat for lunch if you were given Dh 10? **Happy meal**

Name the best family food spot on a low budget. Lebanese Flower

Does it cost you more to cook food or order a take-away? **Cook food, coz you need to buy the ingredients!**

Name the weirdest combination of snacks you have ever had and would like to recommend to our readers? **Cheetos + Labaneh**

What are your favourite go-to Dh 5 snacks? Shawarma/Manakeesh

JOEY GERMAR

NATIONALITY: FILIPINO OCCUPATION: PART-TIME JOB



What would you eat for lunch if you were given Dh 10? **Any Filipino dish**

Name the best family food spot on a low budget. Any Filipino restaurant

Does it cost you more to cook food or order a takeaway? **Take-away**

Name the weirdest combination of snacks you have ever had and would like to recommend to our

readers? **No idea!** What are your favourite go-to 5 AED snacks? **Mais soup**

MALAZ ANTAR

NATIONALITY: PALESTINIAN OCCUPATION: CIVIL ENGINEER



What would you eat for lunch if you were given Dh 10? **Indomie and roasted beef sandwich** Name the best family food spot on a low budget. Al Nasr Restaurant

Does it cost you more to cook food or order a takeaway? Ordering costs more and besides my mom cooks amazing food!

Name the weirdest combination of snacks you have ever had and would like to recommend to our readers? **Pandesal bread with mayo** What are your favourite go-to Dh 5 snacks? **Lusine croissant and laban up**

CHUKWN IFEANYL

NATIONALITY: NIGERIAN OCCUPATION: SYSTEM PROGRAMMER



What would you eat for lunch if you were given Dh 10? **Hot dog or shawarma** Name the best family food spot on a low budget.

Any fast food chain

Does it cost you more to cook food or order a takeaway? Costs less to cook!

Name the weirdest combination of snacks you have ever had and would like to recommend to our readers? **Chicken hot dog with coconut fruit juice** What is your favourite go-to Dh 5 snack? **Sandwich**

SIGN UP

EARLY!

JAMIE RAMSAY

NATIONALITY: UK OCCUPATION: HR OFFICER



What would you eat for lunch if you were given Dh 10? **Pineapple** Name the best family food spot on a low budget. **Lebanese Flower** Does it cost you more to cook food or order a takeaway? **Take away costs more!** Name the weirdest combination of snacks you have ever had and would like to recommend to our readers? **Mashed potatoes with a side of french fries to dip into the mashed potatoes** What is your favourite go-to Dh 5 snack? **Shawarma wrap**

PROJECT

PROJECT: MATH + CODING

Coming in September

Saturday fun for kids in grades 3-6 learning mathematics and coding!

Register your interest at **events@brandmoxie.com**. Check in at **MoxieZone** Facebook page for details.



BY DENISE SCHNITZER | @DENISESCHNITZER

START WITH INNOVATION

BY TOMISLAV BULJUBASIC | @BULJUBASICT

DECIDE DAILY TO HAVE HAPPINESS

"Our daily decisions and habits have a huge impact upon both our levels of happiness and success." Shawn Achor

One of my resources for all things happy, Shawn Achor, studies happiness in a real and scientific way. As a human city-slicker, adventurer and admirer of people, I study happiness on the streets of my city, on public transportation, and on social media. I love to watch people interact, live and work. I grimace when people board a city bus with no eye contact or salutation to the driver. We order meals, buy petrol and travel with no greetings to our order-takers, service people or flight attendants. That's why I believe we should implement the "10-5 rule" which is smile when you're within 10 feet of someone and say "hello" when we are within 5 feet of them. We are socialized to reciprocate, so imagine the ripple effect of that happiness!

My friend, Renita, works hard at her career. She shares her projects on social media and makes public requests. I like to share her work, experiences and requests. She texted me, "Thank you, Denise. You are always so supportive." We must edify and endorse our friends, fellow parents, and visionaries. When my friend Loretta walks for three days to raise money for the Susan G. Komen for the Cure. Lalways share and support her efforts. What a lovely and selfless feat she achieves. I believe that happiness, generosity and love spread. When my friend, Beth gifted me the book, "It's Not About You" by my friend Bob Burg, I wrote to Bob sharing my delight about this gift. His two sentence reply made me smile.

We are all infinitely capable of being our best self. Our only purpose on this Earth is to live our best lives, and leave a legacy for our future selves. When you choose happiness from within, you are able to conquer any obstacle that comes your way. Be creative! When your plans change or something comes in your way, just find another way.

The yoga classes I used to attend were great and inspiring. They ended when the teacher repatriated. I started teaching yoga classes on the beach and saw great progress and success. Then the beach closed for a public function. I found another place to do yoga. I have so much happiness unrolling my mat wherever I can - the poses are the same; the view is all that changes.

The happiness comes from within, from deep breaths, from friendship and from the light within. The point is NEVER GIVE UP.

As naturalist and author John Muir said. "The sun shines not on us, but in us." In this crazy world, filled with a fascinating variety of people, find the sun within you...choose happiness and let your best self shine. I see this in the many people walking the streets of my neighborhood. Where they go is uncertain to me, but they are always moving. People-watching is enlightening: everyone has a story. When I engage the 10-5 rule, I enter their world for a split second. A smile is easy, free and could change someone's day. Positive energy lifts everyone up. You can change the mood of the world!

I write a blog that's been published world-wide since 2011 called www. alohadenise.com, which offers "life lessons," reflections and inspirations on happiness. I used to live on another island, Oahu, and I practiced Bikram Yoga, surfed, went scuba diving, enjoyed outings with my family and friends. Upon moving to Abu Dhabi, the blog continues with new "life lessons" and joys: kite surfing, yoga on the beach, a roof and a living room, and pasta nights. The faces and places are different and the same. Everyone has a story and everyone appreciates a smile.

You can train your brain to be positive and find the good in everything.

EMERGING TRENDS IN TECHNOLOGY SHAPING LIVES AND LIFESTYLES

What are the emerging trends that will shape our future? Imagine the possibilities:

- In 20 years you will probably not own a car
- Trucks are already self-driven in test-phase
- From 2025, you will be served by a non-human waiter at a restaurant

Many professions and many companies will vanish or will be disrupted. Some branches of the economy, as yet untouched by change, will face huge transformations.

The internet and mobile phone revolution at the turn of this century knocked us all off our feet and pushed into our hands devices with which we are connected 24 hours. We are a few clicks away from vast amounts of information and it's hard for us to imagine a world without internet, applications, mobile phones, computers. That's now. But what awaits us in the coming years?

We grew up with science fiction movies about robots of the future and through them we have become prepared for a world full of machines. Although robots are still in the shadows, in recent years we have seen great progress and new momentum in artificial intelligence. Major components have become more available and affordable, and big tech companies are working on new or enhanced systems of artificial intelligence. So very soon we will not only be able to buy robotic vacuum cleaners, but also more complex devices that will perform home and office tasks. Information driven tasks that are pushed to AI services like Siri will also be expanded or upgraded.

Along with smartphones and smart TVs we should expect smart cities, smart homes, smart offices, and smart vehicles. It is difficult to foresee what will happen and when vehicles are fully automatized, but trends such as sharing vehicles – think Uber - and small city cars or vehicles without drivers have already emerged.

Then there are the many possibilities of 3D printing which may will lead us to make things ourselves and save more, and there's virtual reality that will allow us to interact with movies and games.

Our world is undergoing a whole new wave of innovation. To be sure, no one will ask us if we want it or not, it will just simply happen...



SAIFANDSOND THE END AND THE BEGINNING

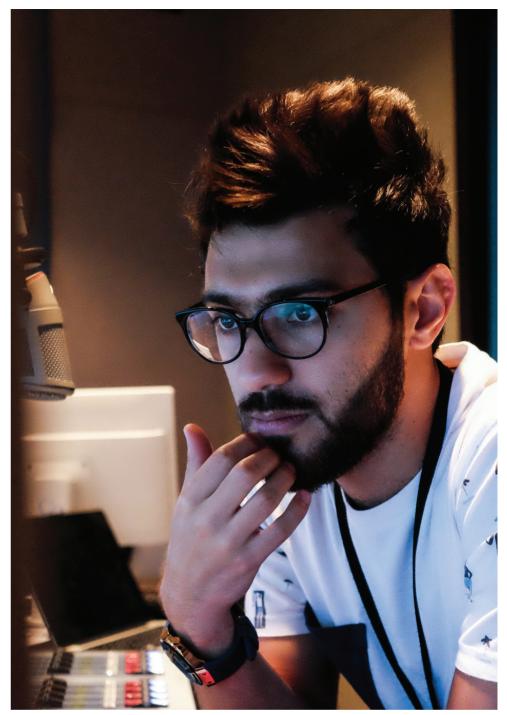


I know. You've heard the biggest news in the history of UAE Radio. Gulf News is no longer managing Radio 1 and Radio 2. This news has had a big buzz on UAE's social media and local media across the UAE.

Stay tuned as I announce the new home of 'Saif and Sound'. My job at Radio 1 was my first full time job. In October 2010, I stepped into the Gulf News Broadcasting headquarters. headed to Radio 1 with a big smile on my face and excitement in my heart as I got accepted for an internship.

Let's rewind. While growing up I regularly listened to the radio and used to imitate the radio presenters and speak like them - as if I was on air. Looking at myself standing around the same people I heard on the radio for years, I was stars truck. I was now standing with the people I was imitating! And to get an internship to actually work with them? You can imagine how overwhelmed I was.

I still remember the person who was in charge of my internship wanted me to experience everything about the radio station – the marketing and sales aspect, the production aspect and everything else that the radio does off



air. Me being the stubborn me, I stuck to my will of only learning what it was like to be a radio presenter.

I spent a lot of time in the studio with most of the presenters that were on air at that time. Especially Simon B and Sheena, who have been a huge part of Radio 1 for years. All of my mentors were beginning to give me a piece of their experience in order to build my journey, and that's what made me the experienced radio presenter I am today.

In January 2011, I was offered the opportunity to host my first ever solo radio show. Can you imagine how I woke up the first day I had to be live on air? I was shaking in bed. Shaking with excitement and anxiety. What am I going to say? What is my tagline? I shook off all those feelings and headed straight to the studio and never turned back. I had to perfect myself many times in the beginning and interact with girl fans who would ask me where I get my hair done, where I buy my clothes from and even where I eat! I love my fans. Even the ones who would call me and tell me how bad I sound on the radio and how obnoxious my show was to them.

Five years later, here I am. Thank you Radio 1 for giving me the opportunity to host my own show, build my own brand, and help me become a UAE media personality. Thank you for making me a part of UAE's biggest events and granting me the chance to meet some of my favourite musicians and celebrities from all over the world.

I always used to end my show with 'Im outta here...peace!' but this is not the end, this is just the beginning. Yet another door and another ladder to climb.

 TempoBeat (Group)

Tempo presents Khawla Saleh, a fellow of the Shamsa bint Mohammad Al Nahvan Fellowship in Early Childhood Development...

"I am a UAE national currently working working mothers to enable them in the capacity of an Occupational and Public Health Manager at a UAE based philanthropic organization. My educational background encompasses a BSc in Complementary Medicine from Edinburgh and an MSc in Public Health from Glasgow. I am currently completing a doctorate degree in Public Health, with a focus on Child Safety. I am a mother to two wonderful young boys, a wife to an awesome husband, and the daughter to two gregarious, remarkable parents.

"My relationship with the Salama bint Hamdan Al Nahyan Foundation is by way of the Shamsa bint Mohamed Al Nahyan Fellowship in Early Childhood Development which I have just completed. This professional development program provided a rich and profound experience that gave me with a deeper understanding on the types of experiences and support needed to promote optimal development.

"As my professional work encompasses working alongside parents on child safety, the Fellowship provided me the knowledge and skills to teach parents about child development and developmental

to care for their young whilst also providing them resources to be effective at work.

This was done through a survey I had developed in effort to get a better understanding of work environments. the resources employers provide new mothers, and additional resources working mothers are seeking.

"My interest in public health has led me to research and advocate for family-friendly workplace practices and policies, including extended family leave, breastfeeding breaks, and other supports to promote healthy child and family development and enhance productivity in the work environment.

"My study included me surveying 84 working mothers in Abu Dhabi and it was received extremely well by both mothers and fathers. In fact more so by the women I surveyed as almost all of them had a lot of ideas about how to enhance workplace policies and practices to enable mothers to be more effective in their roles as

to help their children thrive and to empower them to create a healthy and safe environment for their children.

"I have been a keen enthusiast on learning best approaches and skills when it comes to parenting. It not only helped me as a mom, but gave me confidence when assisting other parents. The fellowship was such a rewarding experience that allowed me to build on current knowledge and simultaneously support certain beliefs.

"My message to young parents who are young learners would be on the importance of emotions. Emotions, which are as important as food, water and air, helps build relationships. It is important to help children label their emotions - what are they feeling and to try and 'connect' with them on that level. Instead of responding to their behaviour, try and recognize and understand what they are 'feeling' and respond to them with warmth and sensitivity.

"Recognizing and connecting on an emotional level will not only help parents in effectively responding to their behaviour but will also help the child form a secure attachment. Children are able to have multiple attachments at one given moment and forming secure ones will help the child develop positive relationships with peers and teach them on how to control their own emotions. Parent and child relationships are so important to help a child manage their own emotions and future challenges."

Connect with Khawla: http://www.uaechildsafety.com

KHAWLA SALEH'S FINDINGS:

- Out of the 84 women, only 7 have pumping rooms provided for them at work - 12 have flexi hours and 43 (50%) are given a one-hour nursing period per day.

- 63% mothers state that not working for a family friendly place is affecting their decision on expanding their familv.

- 74% believe pressures on them would ease if there was a system that allows fathers share in some of the responsibilities.

- The majority say they want longer maternity leave (78%) with (69%) seeking an in-office nursery. These findings are an indication that women are interested in working whilst raising their young children.

milestones so they could have more realistic expectations of their children. Parents who understands children's social and emotional needs as well as physical development are better prepared to ensure their child's safety physically, and emotionally.

"I have gained invaluable tools and experience and the fellowship has been influential in shaping my career aspirations in addition to paving the path for other opportunities. As a mother of two young boys, my journey in the Fellowship has fostered an even greater bond between my boys, their father and myself.

"My project sought to understand what could be done to support

"My initial interest in Public Health grew when I saw a pattern in the lack of awareness within my community in basic public health measures that seemed as standard practice elsewhere. The birth of my son in 2009 was the pivotal point of my career choice when my elders, for cultural beliefs, refused to allow me to place my child in a car seat once discharged from hospital. From then on I went on to develop, promote and implement training programs to teach parents household safety procedures and safety practices on the road.

N HER WORDS

employees as well as parents. For example, some women sought more flexible works hours upon returning to work following maternity leave, while others suggested on-site lactation rooms

"My ambition is to develop initiatives and projects which would encourage the existing behaviours within the community to divert towards better and healthy outcomes. I would like to assist parents by enabling them the tools, resources and basic understanding of what is needed

MOTIVATIONAL KICKSTART: Contributor vandana mendonca

There are days when you just feel that you're not motivated to do anything in life. What you need is to be in the right mindset, believes Author Vandana Mendonca, who talks about her work and her contribution to the book "The Empowerment Manual".

TEMPO: What is "The Empowerment Manual"?

'The Empowerment Manual' is a compilation of amazing empowerment strategies shared by spiritual teachers from all over the world. We are 36 authors who have all shared the most effective tools used in our personal and professional lives.

Over the last 10 years, Feeding my Inner Spirit has been my underlying mantra and this has changed my life. My Chapter 'Potential Me' is an honest and practical approach for the selffulfillment potential that is based purely on my own experience. In June 2015 my dearest friend Tonia, introduced me to, and encouraged me to look into, collaborative writing. She had already embarked on that journey and felt it much easier to start one's writing dreams through collaborative writing. To me, it was a big sign from the 'Universe.' I took a leap of faith and submitted my chapter.

TEMPO: What is the spiritual energy that drives you?

Vandana: I have a lot of faith in being guided intuitively. So the core foundation of my creative process is 'Intuition' and Guidance' and that comes to me through meditation. That's where I begin the process of getting inspired with ideas. This process has also led me to convert my a-ha moments into themed-painting, coaching and now writing. In doing so, I have uncovered hidden talents that I did not even know existed within myself.

TEMPO: Tell us about yourself.

Vandana: I am from India, living in Abu Dhabi since 2001. I am a holistic therapist and wellness coach who believes that the body is fully capable of healing itself. I also believe wholeheartedly in the holistic concept that the mind, body and spirit work



in tandem in this healing process. My role in this facilitation process requires me to be a therapist, a teacher and a wellness coach.

> **Connect:** FB: Health'n Harmony -Vandana Mendonca

TEMPO: How do you help people?

Vandana: As a wellness coach, it has been my experience that people like to have the tools to help them feel empowered as well as inspired. With the advent of social media, I writing meditations and inspiring posts that could be incorporated in people's daily lives in a pragmatic manner. I also started creating support workshops from the skills I acquired. To create a platform for these workshops, I had to create more content and so my writing began to grow.

I produce workshops on various topics such as: "Learning to communicate with angels"; "Prenatal massage techniques," "Pregnant and loving it". So when Tonia convinced me to use collaborative writing as a natural springboard to reach a larger audience, I felt this could be my contribution to making the world we live in, a better place.

TEMPO: Which writers inspire you?

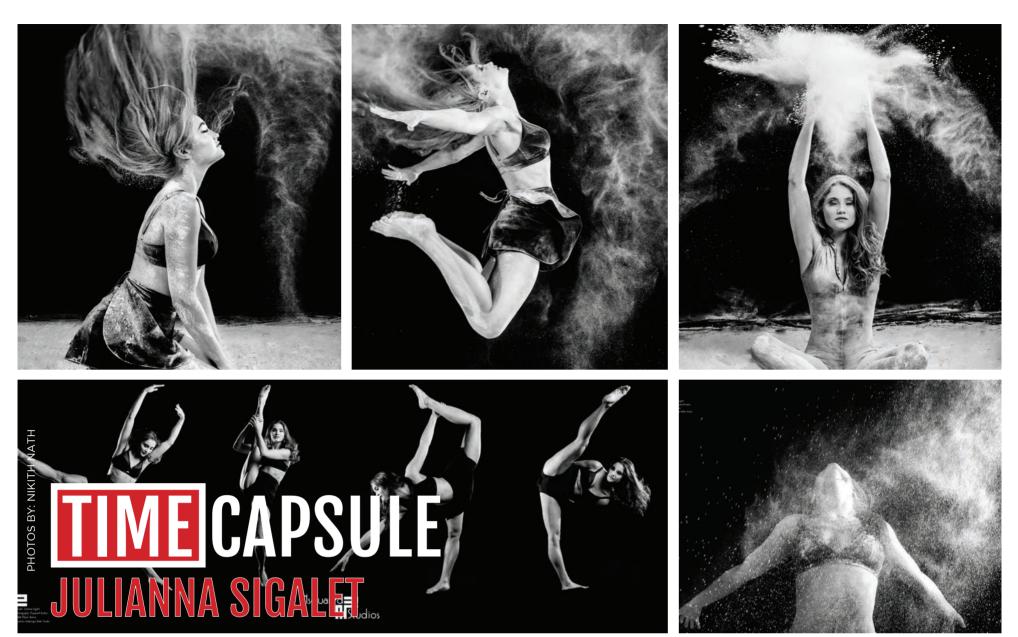
Vandana: The late Dr Wayne Dyer, Paulo Coelho and Doreen Virtue are some of the writers I enjoy for their compelling and profound messages. Theirs is the gift of simplicity.

TEMPO: What's next for Vandana?

Vandana: I plan to be involved in a few more collaborative writing

work and then graduate into writing independently. My intention is to share my personal wellness technique called Gracepoint Healing. I have written about this in the newly released "Manifesting Modern Miracles," and the underlying message in this book is that there is within all of us, a miracle waiting to be manifested.

30 www.feelyourtempo.com



Name: Julianna Sigalet

Age: 23 Profession: Dance teacher/ Environmental Studies Student at The University of British Columbia Nationality: Canadian Instagram: siggiesmallz

Your most valued possession?

I love cedar trees and I have a necklace that is silver encrusted cedar branch on a long silver chain. It was a gift from someone I love very much and it is the most thoughtful gift I've been given because I feel like a piece of the forest with me wherever I go.

Where can we find you hanging out most?

I have three that are tied! In the dance studio, in the mountains or on the beach.

One thing you cannot live without? My passport!

The person who inspires you the most?

It has to be my parents! They are my constant support system. I can come to them with anything and they will console and advise me. They have been there for me no matter the circumstance and I would not be the person I am without them.

Five things you need for survival:

iPhone, Google maps, leggings (essential for dance!), Converse, mountain views!

Describe a typical day in your life.

I wake up and make breakfast and ideally do some yoga. Then I go to the dance studio and work on my dance technique. I then teach dance classes until the evening when I hop on my bike and head to the beach. There I go for a swim and watch the sunset before riding home and making dinner, which I would eat while watching (usually!) a Disney movie with my lovely British room mate.

Where do you see yourself in 10 years?

Working with an environmental education programme to take children on outdoor backpacking excursions and incorporating dance as an activity outdoors.

What is your idea of peace?

Camping in the mountains, d eep in the forest, cooking dinner on a camping stove with the sun setting as the campfire crackles and I can dance to music from music playing on my iPhone.

What item do you keep buying even though you have plenty?

Dark chocolate!

What is something that today has taught you that you can improve on tomorrow?

Self motivation is extremely important, it isn't up to anyone to push you to achieve your maximum potential, you need to be responsible for yourself

Have you found your purpose yet?

My purpose is to venture the four corners of the world and fill my life with experiences, socially and environmentally, instead of material objects.

What is the craziest thing you have ever done?

I travelled and lived in a van all the way up the East Coast of Australia for one month. I had planned this when I moved to Australia but a month before I set off my now boyfriend bought a plane ticket from Canada and joined me. We've been in love ever since.

What is your earliest memory?

I was around five years old and it was parent watch day at my ballet school. I was very persistent that my body suit looked better backwards, and bless my parents, they let me wear it that way. Now there is a photo of me my dad took that day with my bodysuit on backwards and my blonde mushroom cut running with my arms up looking like the happiest kid in the world.

: If you wanted to look absolutely great, how would you dress?

Well first I'm in love with really long hair, so I'd snap my fingers and have hair to my waist! Then I'd go with my favourite, a floral dress and boots.

If you could wake up tomorrow in the body of someone else currently living, who would it be?

It would have to be Beyonce - the woman is incredible and lives the equivalent of three lives in one day, not to mention all that dancing she does in heels for her whole show!

What's your current Last SONG syndrome (LSS)?

Bacon by Nick Jonas and Ty Dolla Sign! So dang catchy and fun to dance too!

If you had to be trapped in a TV show for a month, which show would you choose?

Ahh guiltily I would say Gossip Girl, I'm embarrassing addicted!

If today is the last day- where would you rush to go?

I'd hop on the first plane home to be with my closest friends and family, hike up a mountain overlooking Vancouver and watch the final sunset.







18 AUG - 17 SEPT du Forum, Yas Island

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