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P.18

EXCLUSIVE INTERVIEW!

SHEIKA SHAMMA'S
"WANNA READ" CAMPAIGN



INSIDE: INARA • LEAPTEE BOOK DRIVE • THE CAROUSEL OF LIFE

SHOP SIGN-UP & WIN

9th
ANNIVERSARY

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90 DAYS

PROMOTION PERIOD:
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GRAND DRAW: 28th JUL 2016

90+ WINNERS

SPEND AED 300 AND PARTICIPATE
IN ABU DHABI'S BIGGEST
LIVE DIGITAL DRAW ...

**WIN
AED 5,000*
DAILY**

RAFFLE DRAW:
WEEKLY ON THURSDAYS



Week - 7
Week - 4
Week - 1

WIN AED

1,000,000

TOTAL WORTH OF PRIZES**

GRAND PRIZES

AUDI Q7 2016 &
VOLKSWAGEN CC 2016



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C CONTENTS

ARTISTS

- 11 Album Spotlight
- 12 Saif and Sound
- 13 Music News

FEATURES

- 05 Notes & Cyberchatter
- 38 Reaching out with Reiki
- 40 Smovies

FOODIES

- 25 The Epicurean

GUIDES

- 09 In the Cinemas
- 10 Top 10 Songs in the UAE
- 14 What's Hot
- 15 What's Cool/ People Calendar

QUOTE

“I think of life as a good book. The further you get into it, the more it begins to make sense.”
- Harold Kushner

WHAT'S INSIDE

MOVERS

- 04 The Ed
- 05 Life Hacks
- 18 Sheikha Shamma and Wanna Read
- 22 Arwa Damon and INARA
- 36 Youth Talk/Parental Guide
- 37 ARTiculate Café
- 39 Being Happy/ Start with Innovation

PLANETARIANS

- 26 Michael Taylor

SOCIAL

- 06 Tweets for Thought
- 07 Trending In Youtube
- 08 Instafame

STORYTELLERS

- 06 A Thousand Faces
- 28 Bahareh Amidi and Carousel of Life
- 30 Flash Fiction Winners
- 32 Tempo Talks Books/ Librarians' Lounge
- 33 Flash Fiction
- 34 Vox Pop: Flash Fiction
- 42 Time Capsule

STYLEMAKERS

- 20 Blueprint

TECHIES

- 16 Game Hedz
- 17 Tech Talk

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The dates. The maghreb prayers. The sense of spirituality, the feeling of renewal. Nothing compares to Ramadan.

The holy month brings with it a sense of being at peace with yourself and the world, and adds a liberating feeling that nothing else matters. Ramadan brings out the best in people, drawing family and friends closer, and inspiring all to be compassionate and generous.

Our main story focuses on the inspiring campaign that Sheikha Shamma bint Sultan bin Khalifa Al Nayhan created to mark the UAE's Year of Reading and to nurture the love of reading among children. Sheikha Shamma told Tempo that reading was always part of her upbringing as she and her siblings were encouraged to read, and always guided to buy books over toys. Her campaign 'Wanna Read' promotes compassion through reading of books to children, especially to young patients at hospitals.

Another story that intrigued us, and that perfectly reflects the giving of Ramadan, is INARA, an organization that delivers emergency care to Syrian refugees. What is special about this charity, is that it was established by a journalist who spent time on the field with the refugees, covering their stories of war and human tragedy. The reporter is CNN's Arwa Damon, who told Tempo that she established INARA when she could no longer disengage from the story after the cameras were off.

In this issue we also share the story of Michael Ellis Taylor who focuses on another aspect of assistance to Syrian refugees. His campaign revolves around gathering Arabic books and sending them to Syrian refugee camps in Europe to alleviate the disruption of education.

This Tempo also celebrates creativity and achievement. In May we held the awards of The Smovies short film competition, with an exciting event closing the #IHaveADream season, at VOX Cinemas in Marina Mall. The other interesting competition we supported was BrandMoxie's Flash Fiction Competition with New York University Abu Dhabi. Read and watch in this Tempo, the brilliant submissions received for both competitions.

We share in this issue the contributions by our brilliant team of writers, who pour their hearts and minds into what goes into this magazine. We salute all those who spread goodness, in whatever form, to help those who have less. At Tempo we always strive to live up to our mantra, 'we aim to help those who help others.'

Tell us how we are doing. Share your comments, ideas and recommendations. Feel free to reach me directly using any of my contact details below.

Ramadan Mubarak. Peace on earth.

Sana Bagersh
Managing Editor

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bagersh@tempoplanet.com

 **Sana Bagersh**

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LIFE HACKS



BY NILOFER SAFDAR | NILOFER_LIGHT@YAHOO.COM

THE VALUE OF YOU

How do you define the value of you? The way you define the value of you has a deep rooted impact on how you appear to the world.

The Lies Of Value

Most people come to a value of themselves based on the following:

- **What You Do**

Is the value of you linked to what you do? Is it linked to your performance in your workplace? Or to what you've done in a relationship?

- **Validation**

Most people are looking for external validation. They have a constant craving for appreciation for even the smallest tasks. Sometimes even when they receive appreciation they almost can't hear it. And so there is a constant need for continuous appreciation.

- **Need To Be Special**

Many people have a need to be special. To be the chosen one. They would like to be the person who has a special skill set that nobody else has in the world. And they want to be well known for it. They would like to be the movie star, the sports star, the fashion guru etc.

- **Power**

People also equate value with the power they wield in the world. Do they have a position of power in their workplace? Do they have followers?

What Is The True Value Of You?**1. Existence**

What if you have value just because you exist?

What if you were vital to the possibilities on this planet?

Would the world be a lesser place if you were not a part of it?

2. Change

Have you changed the world?

Look over your whole life. Look at the different jobs you have had, the social groups you have been a part of, the relationships you have had. Have you created a change in each one of these? Have you changed the life of at least one person?

3. Being

Do you have an inner drive to strive towards more, better, greater? Are you always looking for the expansion of

your life? Are you always reaching for greater possibilities?

Your value comes from who you are being and not what you are doing. You, being you. can change the whole world.

4. Unique

What is it that only you have that nobody else has on the planet?

What possibilities are available to only you that are not available to anyone else?

Just like we have unique fingerprints, in the same way each one of us is a unique individual. No two people are exactly the same. Each one of us has our own unique gifts, talents, abilities and capacities.

If you were not to express yourself, the world would be a lesser place.

5. Acknowledgement

Have you ever acknowledged your own value? When you acknowledge you, the need for external validation drops away. The need for external validation comes from a space of not knowing your own value. When you know your own value, everyone else will too.

A few years ago I started asking these questions –

- *What is the value of me I've never even considered?*

- *What is the value of me that I haven't yet acknowledged?*

- *If I were to get the value of me, what would my life be like?*

Within a few days I started getting emails from past clients about how working with me had changed their lives.

I live from these questions and every day I understand more and more the value of me.

This is not about taking an egotistical view of yourself. This is about realizing that you have value just because you exist; that you are crucial to the possibilities of the world. That you are the change the world has been asking for.

How about you? Are you willing to know the value of you?

NOTES & CYBERCHATTER

TEMPO POLL OF THE MONTH

WHAT'S THE ONE THING YOU LOVE MOST ABOUT RAMADAN?

It's the perfect time for self-reflection and bonding with the family.

65%

You get to see more random acts of kindness done by people around you.

20%

I get to try different flavours of dates once Iftar starts!

10%

I just love the fact that everyone gets to go home early.

5%

ON THE LAMA CAMPAIGN

What a wonderful initiative! Mabrook Lama! I love how Tempo really manages to bring up the awareness when it comes to

- Ghassan Al Amer



ON SERVICE HERO

Now this is a great way to rate those brands and services! To be honest I found it a bit tricky to use at first but once you get the hang of it, everything's a breeze.

- Jake Robertson



ON SAUFEEYA GOODSON

Feeeeeya, I love your style soooooo much! You're an icon for us women who wear the hijab – you wear it with so much pride that you've proven that women can look beautiful even with the hijab.

- Afra El Hosani



ON KABEER ALI

I was humbled by your experiences when I read your entry in Tempo's "A Thousand Faces". Remembering your roots as you started and all of the low points in your journey as an actor inspires people to never stop doing, especially if they are passionate about it!

- Daniella Park



A THOUSAND FACES

BY TOMI ADETAYO | adetomi_adetayo@hotmail.com



CHRISTINA AND TANYA AWAD

"Blank Canvas is a communal art project which encourages individuals, through the use of canvas formations and art supplies, to paint, draw and illustrate their thoughts - regardless of whether or not they describe themselves as skilled artists. Our aim is to hold a space for people to explore their creativity and move around the canvas covered walls and complete each other's lines. With a drive to achieve shared ownership, there is no 'I' in those art pieces, just a fusion of individual and collective

expression. We are on a mission to build community through art.

"We believe creativity is a mode of freedom. In between the walls we build, people are free to express themselves, draw together and get inspired by their surroundings. With the help of the art supplies, people can share stories of what's in their minds and hearts or of specific topics depending on the type of event.

"It all started on a nine-hour road trip in France, when we decided to share a notebook and make a loose rule to complete each other's lines. After moving to Melbourne we expanded on the idea with Exit Strategy Studios, our beloved local art community. To make an actual event, we decided to cover walls with canvas, gather local musicians, and provide fresh home cooked food. Through friends, word of mouth and advertising throughout the city, Blank Canvas was born.

"Having proved a great success, Blank Canvas II was held shortly after. We were looking for ways to contribute to the wider community. We decided to frame pieces of the not-so-blank-canvas from the previous event and auction them off to raise funds for a chosen charity.

"We wanted to help raise awareness on the different charities that are dedicated to improving the lives of sentient beings on the planet. We believe this aligns with Blank Canvas' ethics. There are many charities around the world that are doing noble work, but some are not as recognized as

others. We want to give a voice to these charities, to support them and help share their message with the world.

Our vision is to introduce different forms of Blank Canvases into the various avenues of the arts. We aspire to become a portal for creative freedom for communities around the world.

Blank Canvas does not have a permanent address, it is a travelling project which caters to the occasion and destination. Our next event will take place at a school in Khalifa City for a 10th anniversary celebration. We are always interested in collaborating no matter the scale or setting."

FB: www.facebook.com/blankcanvascommunity

Instagram: [blankcanvascommunity](https://www.instagram.com/blankcanvascommunity)

One love,

Christina and Tanya Awad

TWEETS FOR THOUGHT



Ferrari Sheppard
@stopbeingfamous



Artist. Business inquiries: Zahra at zi@stopbeingfamous.com <http://instagram.com/ferrarisheppard>

"Writing, painting, photography, design, & music all feel the same to me. All processes reply on instinct."



Jimmy Fallon
@JimmyFallon

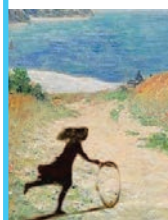


Astrophysicist

"My cousin's contact lens fell out, so in every wedding photo, he looks like he's winking at the camera. #WeddingFail"



Ayesha A. Siddiqi
@AyeshaASiddiqi

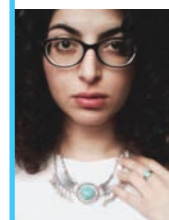


Writer, editor @newinquiry, thank you based goth, #homelandbling

"Don't be embarrassed about getting scared of your own shadow. It's an inanimate object that moves. Fear is a natural reaction."



Noor Shirazie
@ShirazieN



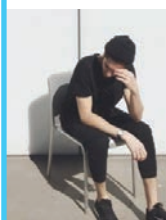
24 year old creativity enthusiast and author of 'Mourning Departures'. Available now on Amazon and Createspace!

"Forget empty bars, emptier people, noisy, overcrowded cafes—

a tattered notebook is the only way to take the edge off these days."



Subhi Taha
@subhitaha_



Dallas : design + menswear

"Everyone thinks they have life figured out... that's what leads to failure: being naive and not realizing there's always more to learn"



Russell Simmons
@unclerush

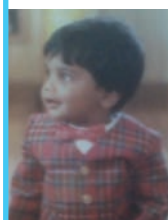


Check out my new book The Happy Vegan and learn how to live a longer and healthier life. All proceeds will go to charity. #TheHappyVegan

"You cannot find it anywhere, because it is located inside you... happiness is your natural state."



Aziz Ansari
@azizansari



Pasta lover. I don't tweet much. My new Netflix series Master of None is now streaming on Netflix. I wrote a book called Modern Romance.

"I know I talk about how much I hate wasting time on the Internet, but when the entire Internet decides to be super nice to you, it's dope."



Cole M. Sprouse
@colesprouse



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"Give a man a reputation as an early riser, and that man can sleep 'til noon." - Mark Twain



Do you have an insightful tweet? Tweet to us: [@tempoplanet](https://twitter.com/tempoplanet)



TRENDING ON YouTube

JUNE
VIRAL VIDEOS

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...



Boogie Storm make Simon’s dream come true!

The moment we have all been waiting for, the day when Simon Cowell has a big smile on his face thanks to Boogie Storm and their amazing dancing skills.



What Will Happen if You Put Marshmallow in a Vacuum?

Ever wonder what would happen if you put marshmallows in a vacuum? Well, if you don’t have the guts to find out for yourself, just watch this video.



Hero Boy Saves Kid’s Life After Falling From Escalator

A hero’s dashing reactions saved a child from certain death after he noticed the young child falling from a high roof.



What’s inside LED Shoes?

LED or USB Shoes have become quite popular over the past 8 months, but ever wonder how they actually work?



Real Nutella Milk Popsicles Recipe – DIY

It’s June which means it’s summer and temperatures are rising. Instead of buying ice cream, why don’t you try making your own? Here’s an easy and quick way to make Nutella popsicles at home.



5 Amazing Inventions You NEED To See

The world we are living in is developing every second. These inventions were made to help us in our daily lives using technology. Check them out and see if they work for you.



Crime scene scare prank

What would you do if you were asked to come into a crime scene? After this video you wouldn’t want to go anywhere near it.



Dubai Video – Spirit of Dubai Video 2016 (HD)

Planning on where to go next weekend? Well Dubai is your answer, the city where the spirit of possibility flows from the desert dunes to the buildings in the iconic skyline.



Lion Vs. Hippo: Mother Defends Calf From Lion Attack

After the lion attempted to bring down the young hippo calf, the calf’s mother returned to chase off the lion. The lions left without a meal and dented pride. The calf was alright with only slight injuries.



INSTAFAME

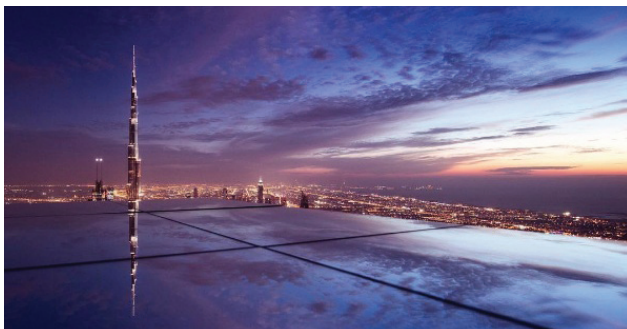
KNOW OF ANYONE WHO HAS COOL INSTAGRAM POSTS? SHARE THEM AT WWW.FEELYOURTEMPO.COM OR FACEBOOK: FEEL YOUR TEMPO



Kanyon, Istanbul, Turkey | Kanyon shopping mall
#TaimInIstanbul

@taimalfalasi

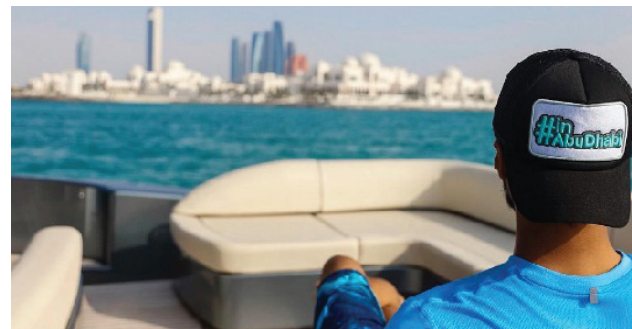
Taim Al Falasi | Dubai, UAE.
Influencer | youtuber | traveler



Dubai, United Arab Emirates Good night to everyone from #Dubai #Canon5Dsr

@faz3

Fazza | Every picture has a story and every story has a moment that I'd love to share with you.



Abu Dhabi, United Arab Emirates
#inabudhabi

@zayedhamdan

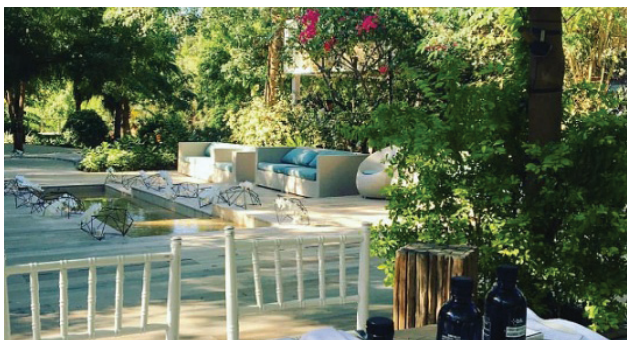
Zayed Hamdan



Laguna Beach, California | 2 decades young.. #20

@saeedalhamed

Beaches, Palm Trees & Sunsets.. Snapchat: saeedalhamed



Dubai, United Arab Emirates
I want this day back #ShelsAirHelsFire

@mthayelalali

The Cloud-walker Owner of : // @tkhayyal_ Creative Marketing.



Rodeo Drive, Los Angeles but first let me take a
#SELFIE #SelfieOR#Celfie

@dm1a

AbuDhabi | Los Angeles

أبوظبي
من خلال عيونكم
مسابقة التصوير الفوتوغرافي
abu dhābi
through your eyes
photography competition

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IN THE CINEMAS

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



THE BYE BYE MAN

GENRE: HORROR, THRILLER
TEMPO PREDICTION: ★★★
Three friends stumble upon the horrific origins of the Bye Bye Man, a mysterious figure they discover is the root cause of the evil behind man’s most unspeakable acts.
GOSSIP: Jonathan Penner adapted this movie from the Robert Damon Schneck’s short story “The Bridge to Body Island”.
DIRECTED BY: Stacy Title
CAST: Douglas Smith, Lucien Laviscount, Cressida Bonas



ME BEFORE YOU

GENRE: DRAMA
TEMPO PREDICTION: ★★★★★
A girl in a small town forms an unlikely bond with a recently-paralyzed man she’s taking care of.
GOSSIP: Emilia Clarke convinced Matthew Lewis to wax his legs for his role.
DIRECTED BY: Thea Sharrock
CAST: Emilia Clarke, Sam Claflin, Jenna Coleman



THE CALL UP

GENRE: ACTION, SCI-FI
TEMPO PREDICTION: ★★★★★
A group of online gamers are invited to try a state-of-the-art virtual reality video game but things take a turn for the sinister when these masters of the shoot ‘em up discover they will literally be fighting for their lives.
GOSSIP: The film takes on a timely theme with the emergence of VR (Virtual Reality) gadgets used for multiple platforms – in this film’s case, it’s gaming.
DIRECTED BY: Charles Barker
CAST: Morfydd Clark, Christopher Obi, Parker Sawyers



BORN TO DANCE


GENRE: ACTION, SPORT
TEMPO PREDICTION: ★★★★★
Coming of age tale told through the eyes of ‘Tu’, an ambitious young man from Auckland who dreams of being a professional hip-hop dancer.
GOSSIP: Set in Auckland, New Zealand - the movie might be far away from the US, the heart of hip hop culture, but the movie still manages to showcase half a dozen crews each showing their own kind of hip hop dance style.
DIRECTED BY: Tammy Davis
CAST: Tia Maipi, Stan Walker, Kherington Payne

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●●

tempo reviews

By ALEECE SMITH



Latest Film Reviews and Blu-Ray Releases

THE HOUSE ON PINE STREET



An expecting couple moves to small-town Kansas in this creepy thriller from directing team Aaron and Austin Keeling. Something isn’t quite right with the house they are moving into, but something isn’t right about almost about every character in this movie.
Some are calling this movie a horror, and while the Keelings do work to build suspense and the main characters do some nonsensical things in the vein of what we see in horror movies, The House on Pine Street would have worked better as a PSA on how we react to mental health crises. The story centers on Jennifer (Emily Goss) who had some sort of episode early in her pregnancy that precipitated the move to Kansas. She starts noticing anomalies in their new (old) home that her husband does not. Instead of getting prompt attention from a mental health professional for this person who has a history of dangerous behavior, Jennifer’s support system tell her she is being selfish and to get a hold of herself. We need to do better by those close to us.
Considering it is an independent movie partially funded through Kickstarter, The House on Pine Street is pretty impressive. The movie works well visually, the acting is good and the only thing missing is a solid story.

CATCH IN ON BLU-RAY: HELLO, MY NAME IS DORIS



It’s 2016, folks, and Michael Showalter is here to tell you that it’s time to throw out your outmoded ideas of who gets to date whom. In Hello, My Name Is Doris, the titular Doris develops a crush on her much younger co-worker.
The dialogue is delightful and the cast works well together on screen. Sally Field is a likeable, multi-dimensional Doris who, along with her best friend Roz (Tyne Daly), offers an image of senior citizen life that spares us the condescending jokes about arthritis and dentures. As the love interest John, Max Greenfield brings in a little bit of Schmidt’s personality, but not so much as to make it feel like a New Girl spinoff.
It would be slightly irresponsible to suggest that this is a family movie since it is rated R for language. Nevertheless, it is a feel-good flick and multiple generations should be able to enjoy it. And if you do decide on a multi-generational viewing, Doris might spark a lively debate on the sketchy ethics of fake social media profiles.



1 **CAN'T STOP THE FEELING**
> Justin Timberlake

Lyrics: "I don't need no reason, don't need control, I fly so high, no ceiling, when I'm in my zone..."



8 **WRITE ON ME**
> Fifth Harmony

Lyrics: "You are my friend, straight and no chaser, burns going down but it keeps me alive..."



2 **ONE DANCE**
> Drake Feat. WizKid & Kyla

Lyrics: "Strength and guidance, all that I'm wishing for my friends, nobody makes it from my ends..."



4 **SORRY**
> Beyoncé

Lyrics: "Now I'm the one that's lying, and I don't feel bad about it, it's exactly what you get..."



6 **GIRLS LIKE**
> Tinashe Feat. Zara Larsson

Lyrics: "Yeah, Roley on the wrist, that's me, me. Man of the year, I'm fleeky, heard a couple man wanna be me..."



9 **KILL EM WITH KINDNESS**
> Selena Gomez

Lyrics: "Every day a small piece of you dies, always somebody, you're willing to fight, to be right..."



3 **THIS IS WHAT YOU CAME FOR**
> Calvin Harris Feat. Rihanna

Lyrics: "Who knows why it's gotta be this way, we say nothing more than we need..."



5 **CATCH & RELEASE (DEEPEND REMIX)**
> Matt Simons

Lyrics: "There's a place I go to where no one knows me, it's not lonely, it's a necessary thing..."



7 **TRUE COLORS**
> Zedd & Ke\$ha

Lyrics: "A promise with a lie, is broken by design, what we thought we knew has been swallowed by the truth..."



10 **NEVER BE LIKE YOU**
> Flume Feat. Kai

Lyrics: "Stop looking at me with those eyes, like I could disappear and you wouldn't care why..."



ALBUM SPOTLIGHT

BY VERA ROSALES | @VERAROSALES



Drake has come a long way from the bottom of the hip-hop scene. The maple-bred rapper has recently released his fourth studio album and is on the fast track to having one of the most noteworthy hip-hop/rap albums of the year. Raising a second motion to the previous statement, this piece of work does not disappoint. It is subtle, yet packed with countless punches from the get go - which makes sense for an artist like Drake who is well-known for his soft melodic voice and emotional but hard-hitting lyrical rap style.

The compilation does not disappoint fans as it is reminiscent of the early days of the rapper, raw and genuine... No barriers but provides clear perspectives. In 20 tracks the album reflects a different maturity of Drake.

Starting off with 'Keep The Family Close', Drake sets the mood with a song that speaks of familial ties and external relationships - a smooth track that holds sentimental traction. The tempo switches up with '9' a nice transition to a comparable track 'U With Me?'.

'Feel No Ways' follows and makes you go back to school with the rapper's vocal swag and courting lyrics. It switches up with 'Hype' plays - a piece that knocks one out with candid rap line after line. This is then followed with 'Weston Road Flows' a suave track leveled with the rapper's concise rap poetry. 'Redemption' eases in right after and offers a plate of emotions to the listener making one go through a moment of reflection. This is then followed by 'With You' featuring PARTYNEXTDOOR and is instantly complimented with the vulnerable 'Faithful' featuring Pimp C & dvsn - both collaboration tracks on the album respectively. 'Still Here' speaks of loyalty met with strife and is then shadowed by the next single off the track called 'Controlla'.

The album then turns up in all the right places with Hit single, 'One Dance' featuring WizKid & Kyla followed by 'Controlla'. Jumpman makes a cameo with the situational 'Grammys' featuring one of Drake's confidantes, Future. This precedes 'Child's Play' which mixes many brand elements with its catchy beat and authentic strung lyrics. Another favourite 'Pop Style' makes an appearance - sans hip-hop royals

Shawn (Jay-Z) and Pablo (Kanye) - showcasing a refreshing and satisfying delivery of the verses by Drake himself. Rihanna makes her presence felt in 'Too Good', which is highly presumed to be a next title single... well hopefully, fingers crossed fans.

The album dials down with an interlude titled 'Summers Over' trailed by 'Fire & Desire,' a well-executed song that blends old-school R&B with modern sets. The title of the album, 'Views' deserves multiple nods for visualizing standpoints, as it should. 'Hotline Bling' is last off the track list and even though it was the first single to be promoted, it still gets you in the right groove. And it trails.

As cliché as it may sound, Drake is unlike any other artist of his generation. Why? Because he is one of the very few rappers who actually blend more-than-decent vocals into the equation of the hip-hop/rap genre. Getting nods from his peers, both from the royals and the pawns in the industry, it is no surprise that his career has reached its current stature. 'Views' is another bar set by this artist and the anticipation for his next album is already building up.



THE PROJECT



Saif and Sound: "Family first. I love Ramadan because it gives me time to spend with my loved ones."

Saif and Sound is the true definition of a busy bee. His hectic routine involves doing his show at Radio 1 and then heading out to run his nightlife events. Thankful that many night-life events come to a halt in Ramadan, Saif welcomes the holy month and the opportunity it gives him to relax and kick back from his usual heavy routine.

While the evening events wind down in Ramadan and the evening DJ routine comes to a temporary pause, the 'Saif and Sound' radio show continues to run at its normal times, 7pm - 12pm.

Saif says that the free time enables him to hang out with The Project team, to map out new ideas for upcoming events and to prepare for the new season.

What Saif loves most about Ramadan is the time he gets to relax with his family, which is why Iftar is done at home, surrounded by family and loved ones.



DJ Jay: "Family down from the US and the UK for an entire month! I embrace my family quality time."

Ramadan gives DJ Jay the opportunity to have uninterrupted family time. His family come from the USA and UK and they all have daily outings for Iftaar.

Even though he continues to work at his day job, the highlight of Ramadan is his family time which counter-balances the pressures of DJ'ing and his day job. DJ Jay's focus is to develop new sets and come out with a bang in the new season.

One of his main recommendations for the holy month is to check out the Ramadan Tents at Al Wahda Mall and Emirates Palace.

Instagram: DJJayBeats |
Facebook: DJJayBeats

SAIF AND SOUND

In the last issue of Tempo, you all met 'The Project' DJs, an entertainment and booking agency run by Saif and Sound. If you are a regular party go-er you may be familiar with the names DJ Liutik, DJ Jay, Andy Von Emmanouel and of course, our very own Saif and Sound from Radio 1.

We asked the Project's DJs to tell us what they're doing in the holy month of Ramadan.

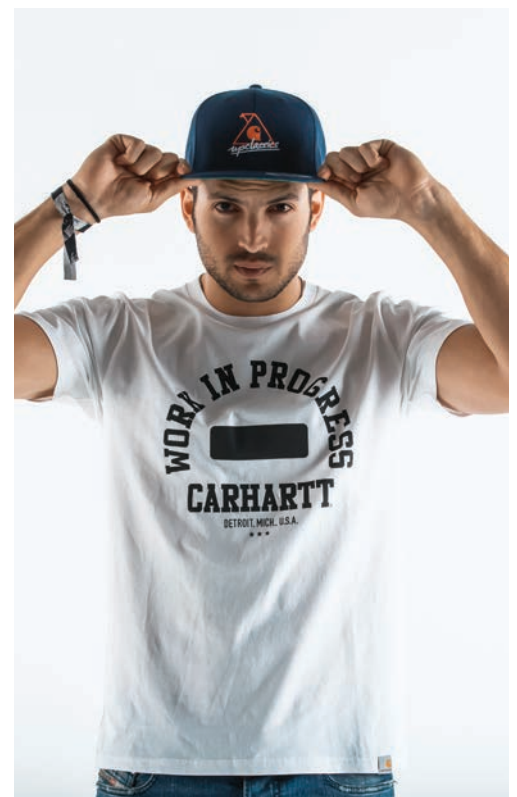


DJ Liutik: "So excited to focus solely on music production this Ramadan and to release my new material during Eid ;)"

Based in Dubai, DJ Liutik is a music producer and a DJ. This Ramadan she plans to concentrate solely on her material; work she has been eagerly waiting to release.

"Evenings are dedicated to Iftaar with friends, and my favourite spot for Iftar is Jumeirah Beach Hotel in Dubai," said Dj Liutik. "I also have plans to travel to either Spain, Italy or Cyprus this summer, but haven't decided yet...difficult decisions and such amazing options!

Instagram: DJLiutik |
Facebook: LiudmilaBilea



Andy Von Emmanouel: "Cyprus here I come!"

Andy Von Emmanouel has only spent six months in the UAE, and plans to DJ in Cyprus (where he is originally from) in Ramadan.

For anyone who is travelling to Cyprus during Ramadan or Eid, catch Andy Von Emmanouel playing at one of the biggest music festivals in Cyprus - The Loud Music Festival #LMS. Aya Napa will be welcoming him at Ministry of Sound 2 (a beach party festival). Andy will DJ at these festivals, and at other beach parties on the island.

Instagram: AndyVonEmmanouel |
Facebook: AndyVonEmm



BY JAE FRANKLIN | @JAEFRANKLIN

MUSIC ARTIST ALERT PART 1:

GET OUT OF YOUR OWN WAY

999! We have an emergency. I've received lots of feedback from frustrated local music artists. They say, "Abu Dhabi is not the place for music artists like me." "I'll never make it in this city," they exclaim. Well, I have something to tell them. It's what my mom always said to me, "Your attitude determines your altitude."

Most music artists are very proud. We think our music is the best. We think opportunity is deserved with no effort. We think that looks are all we need to succeed. Wrong! Good music lacking promotion will go unnoticed. Success doesn't care about the colour of your eyes or the length of your hair. Talent alone does not equal success. A super-duper work ethic is the only way to reach success on fleek. If you are struggling to have your voice heard, you need to do exactly what my mom and mentor told me. Six words: Get out of your own way.

Below you will find a proven formula to keep you on track and to help you get noticed. Refer to it to stay inspired and improve your level of performance.

Step 1 - Start a morning routine.

You know what the most successful people do? They embrace a morning routine that does not include checking their email the moment they wake up.

Start a healthy morning routine. Here's how:

1. Recite a daily affirmation. They're meant to encourage a life filled with gratitude and positivity.
2. The moment you wake up, recite an affirmation 3 - 5 times. This will keep your brain empowered.
3. Drink a glass of water. Avoid that sluggish morning feeling before your feet even touch the ground.
4. Recite your affirmation again at lunch and before bedtime.

Examples:

"If I believe it, I can achieve it."

"Someone's got to succeed. It might as well be me."

Find more daily affirmations here:
<http://www.thehappyempire.com>

Step 2 - Shamelessly promote yourself.

There are levels to self-promotion. Start using social media to your advantage today. You have to be consistent to make this step work. Here's how:

1. Create FREE Soundcloud and Youtube accounts.
2. Post 1 song per month on both platforms.
3. Create a FREE Instagram (IG) account.



4. Post 3 to 5 times a day on IG. Create a clear theme for your IG page. Tag people and use appropriate hashtags.

Find out about how to grow your Instagram following here: <http://www.melyssagriffin.com/grow-your-instagram-followers/>

Find out more about Soundcloud here:

<http://www.budivoogt.com/soundcloudbible>

Step 3 - The Ultimate Triad:

- Become self-sufficient.
- Learn a new skill.
- Invest in yourself.

You have to take initiative. You CANNOT depend on others all the time. If you are serious, you will forgo unnecessary spending on clothes and restaurants. Save your dirhams for what matters most: the equipment and tools to make your dreams a reality.

You need to learn a skill that you would have otherwise paid someone to do. Here's how:

1. Take a maximum of 120 days. Learn music software like Logic or Cubase.
2. Produce your first song. Get it mixed and mastered at an affordable rate.

*Research areas like publicity, marketing, music business, and graphic design if you already self-produce.

3. Upload your music to Soundcloud and Youtube with simple cover art.

Find out more about music production software here:

<http://audio-production-software-review.toptenreviews.com/>

Find out more about graphic design here:

<http://www.canva.com>

Find out more about publicity and marketing here:
<http://www.newartistmodel.com>

Find out more about the music biz here:
<http://www.renmanu.com>

Step 4 - Create a budget.

Separate your earned income from your fixed expenses for bills and fuel. The money you have left should be used to fund your dream. Forgo that beach party. Skip that buffet this month. Let nothing distract you from saving money. The key is to develop a habit of financial discipline. Avoid unnecessary spending. Here's how:

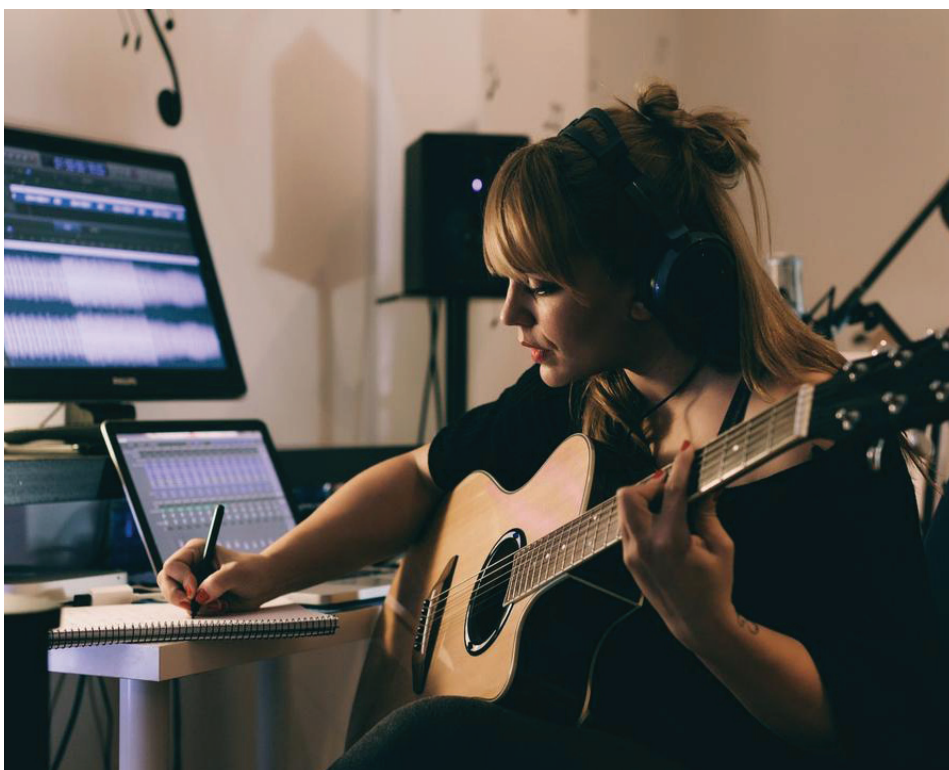
1. Determine your monthly income.
2. Deduct fixed monthly expenses like rent, mobile, internet, and fuel costs.
3. Deduct variable monthly expenses like groceries, salon visits, travel, and wardrobe costs.
4. The remaining money you have should be split between savings, tools and equipment.

Find out more about budgeting here:

<http://newartistmodel.com/5-finance-tips-indie-musicians/>

I'll continue with Part 2 in next month's column. Until then, raise your level of performance. You will inspire others! Work towards your dreams. People will start to notice! Don't forget your daily affirmation tomorrow morning. Here's a daily affirmation you can recite right now.

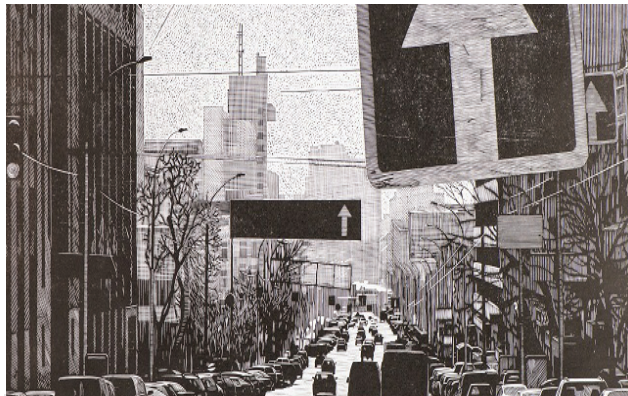
"I can do anything I set my mind to. I am a powerful, courageous creator."



WHAT'S HOT

YOUR GUIDE TO THIS MONTH'S SIZZLING EVENTS

TO ADVERTISE YOUR EVENT AND BE INCLUDED IN OUR ISSUE, CONTACT US AT: **+971 2 491 8624** | or e-mail editorial@tempoplanet.com



EXHIBITION: "INTRICATE LINES"

ONGOING UNTIL 20 JUN

N2N GALLERY AT NATION TOWERS
GALLERIA, ABU DHABI

The group exhibition features some of the most prominent contemporary Ukrainian master printmakers and sculptors. The exhibition will showcase a rich and impressive collection of artworks involving sophisticated techniques in graphic art and sculpture.

SCAN



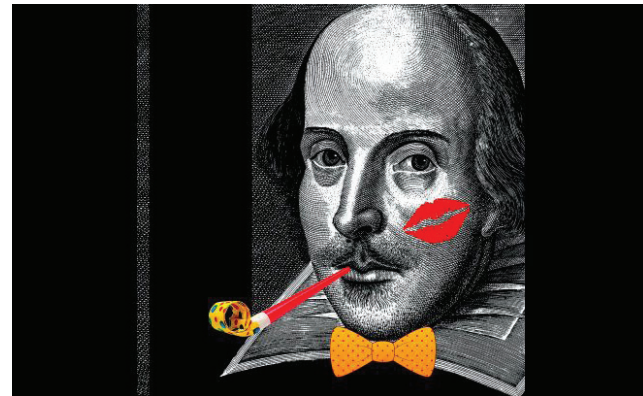
DEPARTURE EXHIBITION

ONGOING UNTIL 4 SEP

WAREHOUSE421, ABU DHABI

Hailed as one of the world's leading Spanish contemporary sculptors, Mascaró presents an exhibition of boats made from rusted iron and oxidised bronze. Warehouse421 is showcasing an 18 metre life-size ship at the front entrance and 26 boats in different sizes within the indoor gallery space. The works pay tribute to Abu Dhabi's traditional relationship as a historical port city through the visual and textual works that refer to the sea, trade and histories.

SCAN



THE MERRY WIVES OF WINDSOR

2-4 JUN

DUCTAC (DUBAI COMMUNITY THEATRE AND ARTS CENTRE)

Following a hugely successful outdoor theatre run, Vambo Entertainment's "The Merry Wives of Windsor" by William Shakespeare is back by popular demand. This time the show will be held at the Kilachand Theatre. Produced as homage to the 400th anniversary of Shakespeare's death, the all-male cast double up in roles to bring the bard's famous farce to life in a show described as energetic, raucous and riotous.

SCAN



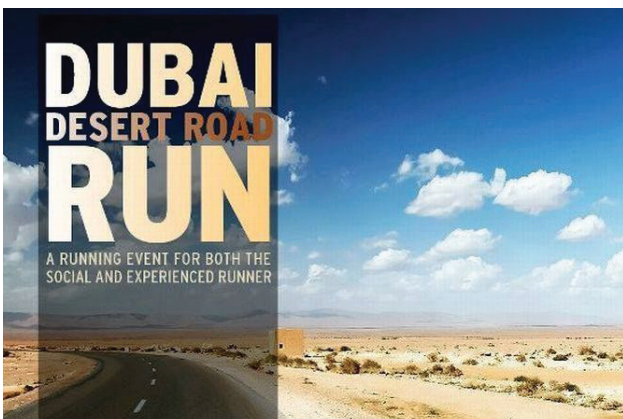
ADNAN SAMI LIVE IN DUBAI

3 JUN

DUBAI WORLD TRADE CENTRE

After an eight year absence, Adnan Sami returns to Dubai with Shayad Yehi to perform in Pyar Hai, an event aimed at uniting people 'so age, creed, and culture don't matter'. The actor-musician plays over 35 musical instruments and is known for his performance of Indian classical music on the piano. This performance will see Sami playing his best-loved songs.

SCAN



DUBAI DESERT ROAD RUN

A RUNNING EVENT FOR BOTH THE SOCIAL AND EXPERIENCED RUNNER

DUBAI DESERT ROAD RUN (JUNE 2016)

4 JUN

THE SEVENS STADIUM AL AIN ROAD, E66, DUBAI

The Dubai Desert Road Run allows participants to follow their progress throughout the year and to meet with fellow runners. The race takes place several times during the year, enabling runners to keep track of, and improve on, their effort.

The race is a 10km race for adults and those above 14 years old. Shorter races for younger runners.

SCAN



SHARE UNFORGETTABLE
MOMENTS THIS RAMADAN

THE MAJLIS

BEGINS 6 JUN

DUBAI WORLD TRADE CENTRE

Located at the Dubai World Trade Centre, The Majlis is an annual event that takes place during the month of Ramadan. There's a daily Iftaar and Suhoor offering fine dining by world class DWTC chefs. The Iftaar will be served from 7pm to 9pm daily and will be followed by Suhoor, from 9pm until 3am.

SCAN



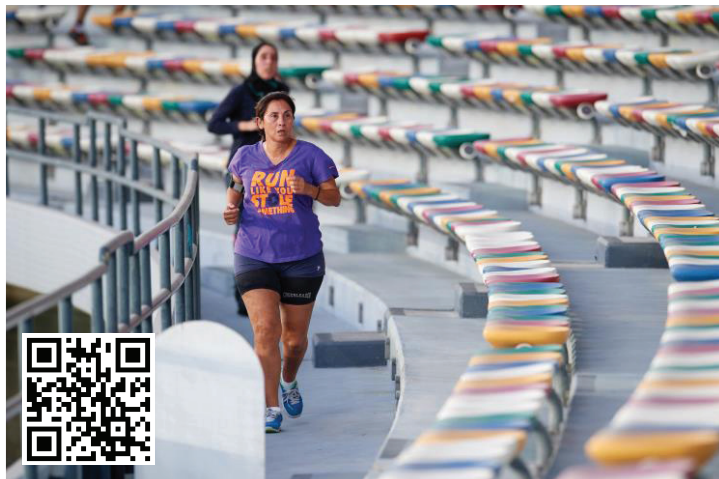
WHAT'S COOL

THE TALK OF THE TOWN

THE ANCIENT LAND OF THE UAE

1 JUN | MANARAT AL SAADIYAT

An interesting talk by archaeology experts on the animal fossils that have been discovered in the UAE, along with a discussion of some of the interesting research gathered around these excavations. Animals that once roamed the region include the four-tusked ancestors of the elephant, while the more unexpected discoveries are hippopotamus and the crocodiles.



TRAIN ZSC PRESENTED BY DAMAN'S ACTIVELIFE

30 JUN | ZAYED SPORTS CITY

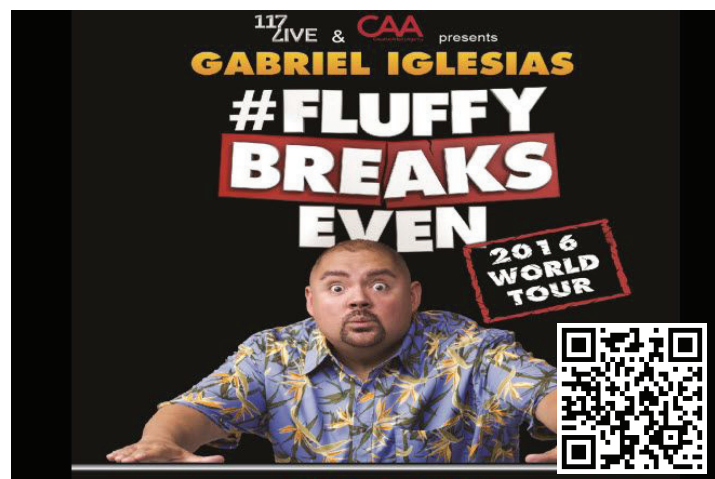
TrainZSC presented by Daman's Activelife is an interesting way to get fit in the UAE's iconic national stadium at Zayed Sport City. The event encourages people to improve and maintain their health through stair climbing at the city's first vertical training activity.

GABRIEL IGLESIAS PRESENTS

#FLUFFYBREAKSEVEN

3 JUN | DUBAI WORLD TRADE CENTRE

Comedian Gabriel Iglesias is set to perform live in Dubai for the first time this June. He rose to fame from doing voice overs for Family Guy and appearing on Magic Mike. Gabriel promises to make audiences roar with laughter. His show "Fluffy Breaks Even" refers to his weight, with him joking that "I'm not fat...I'm fluffy".



مركز دبي التجاري العالمي يوليو
DUBAI WORLD TRADE CENTRE JULY

RAMADAN NIGHT MARKET 2016

BEGINS 23 JUN | DUBAI WORLD TRADE CENTRE

The Ramadan Night Market will be held over 10 nights in Ramadan and will feature a wide range of retailers from across the world.



PEOPLE CALENDAR

ASMA SULTANA

Age: 19

Profession: Student

Nationality: Bangladesh

Motto: "Do not forget to see the beauty in you being humbled and left soft spoken"

Random Funny Quote: "You shouldn't be sad because sad spelled backwards is d-a-s and d-a-s not good"



1-4 JUNE



JUNE 6



ONGOING!

PHOTOS BY: NIKITH NATH



● ● GAME ON!

BY BLAKNISS | @AUDIOANIMATOR | ORIGINAL GAME HEAD FROM ATARI TO X-BOX!

UNCHARTED 4 IS OFF THE CHARTS

We waited long. We waited hard. They delayed it. We waited some more. Now it's here. Awwwww yisssss!

THE STORY

If you're not familiar with the Uncharted series it follows treasure hunter Nathan Drake on his swashbuckling adventures across continents, deserts, jungles underground cities, lost cities and mountaintop strongholds. He's usually seeking a mythical treasure or artefact both for the love of history and money.

In the last instalment he dropped out of the treasure hunting game for good. Yeah right. He's drawn back into an old mission by his long lost brother, Sam, who was thought killed in a prison break many years before. Drake deceives his wife about the mission and well, that spells more trouble than any other danger. But since Sam's life literally depends on finding this treasure, he's willing to go for it.

CHANGING THE GAME?

So is Uncharted 4 game of the year, paradigm shifting material? So far negatory on that. Uncharted 4 is a beautiful game and the addition of the grappling hook that helps you to swing across gaps adds to your gameplay options, but at the moment it isn't breaking new ground.

There's no question, you should get it for sure. But Naughty Dog set the bar high and outdoing themselves is going to be very tough indeed, but if anyone can surpass their achievements, it'll be....ahem...them.

SOMETHING BORROWED

You definitely feel that developer Naughty Dog borrowed elements from their unprecedented success with The Last of Us. Similar to the 'slice of life' DLC, Left Behind, you play through a bit of Drake's life that's nothing more than a regular day. No guns or shooting, just downtime and routine. That was cool. They even gave a shoutout to some of their early work. Clever stuff.

We're still playing through, so no spoilers here, but the story is building up to be quite the mystery, involving elusive pirate treasure with a trail that leads across the planet.



AMAZING VISTAS

One of the first things you'll notice about the game is the painstaking attention to detail in the sweeping landscape vistas. They are genuinely outstanding and the game was designed to really show off this achievement by emphasising the scope, colour and detail in the expansive environments.



TECH TALK

BY TARUN GUPTA



LG C6 AND B6 OLED 4K TV RANGES

LG C6 and B6 will be the bottom two of LG's TV lineup for this year. They both neither integrate sound bar and stand nor the 'picture on glass' design, which slims down the screen quite significantly - unlike their higher tiered counterparts. They both will still feature Ultra HD 4K resolution and High Dynamic Range (HDR). This combination can deliver a more layered and complex image because of the increased brightness, Perfect Black (the best possible representation of black), Perfect Colour (a larger colour range for more accurate colour), Perfect Clarity (a sharper image than LED screens) along with this year's updated Smart TV interface, webOS 3.0. The C6 range has 3D support and has a curved screen as well, while the B6 range does not support 3D and has a flat screen. Compared to the last year's lineup, the TVs are 25% brighter and more colourful.

Both models will be available in the UAE in 55-inches and 65-inches. The C6 will run from Dh 18,000 to Dh 26,000, while the B6 will be available in the Dh 16000 to Dh 24000 price range.



NUBIA Z11 MAX

The latest model joining this year's flagship of smartphones is the Nubia Z11 Max from ZTE. The portable device features a large LCD screen measuring 6-inches and offers an impressive 83.27% screen-to-body ratio, while also enabling watching and viewing content in Full HD (1080p). To be able to take higher quality photos and videos, the handset features a 16 MP back end camera, and an 8 MP front end camera for those wanting greater selfies. But at best it can only record videos in 1080p at 30 fps. Powering the phone is the Qualcomm MSM8976 Snapdragon 652, and like its latest Android competitors is also coupled with a 4 GB RAM. Users can expect ample storage space of 64GB of internal storage and a memory expandable up to 200GB.



WINDOWS 10 – REDSTONE UPDATE [WAVE 1]

The next major upgrade to Windows 10 is currently being tested by Microsoft. Codenamed Redstone, it will be released in two waves. The first wave is to release some time this June and will mainly focus on providing its users a unified experience across its most popular Windows 10 supported devices such as phones, PCs and Xbox One. The new version will also heavily concentrate on making its Universal App Platform (UAP) more attractive by introducing the Windows store to Xbox one, and by featuring more apps through Project Centennial (which allows the conversion of Win32 apps to UAP apps) and through Project Islandwood (iOS to UAP).

This unification of devices will allow users to be able to play Xbox titles on their PCs, as previously featured by Microsoft. It will also introduce Apple's iOS-OSX like integration, making it possible to SMS and call on mobile phones through the use of user's PC. The update will also bring about more changes to the UI and will resolve different issues and bugs. Microsoft has already started releasing Wave prototypes or 'previews' to the public, for beta testing. The final version is expected to release this June, free as always.

SHEIKHA SHAMMA BINT SULTAN BIN KHALIFA AL NAHYAN TALKS ABOUT HER “WANNA READ” INITIATIVE

“It’s vital that children are encouraged to read because it helps to develop their intellect and stimulate their imagination, as well as enable them understand the world that they live in.” –

**Sheikha Shamma
Bint Sultan Bin
Khalifa Al Nahyan**



H. H. Sheikh Zayed bin Sultan bin Khalifa Al Nahyan. Sheikha Shamma's brother, leading the men's event.

The year 2016 has been declared as “The Year of Reading” and one of the most prominent leaders pushing the initiative is Sheikha Shamma bint Sultan bin Khalifa Al Nahyan who launched the Wanna Read initiative for kids to inculcate the habits of reading among the young. Sheikha Shamma talked to Tempo, about the beginnings of Wanna Read and its aim to spread the love of reading.

**TEMPO: Tell us about yourself
Sheikha Shamma, what are your
hobbies?**

SHEIKHA SHAMMA: I enjoy outdoor activities, particularly horse riding; I am a keen show jumper. I'm quite creative and like making things; I recently took up quilting which gives me a lot of pleasure. Reading is also one of my great passions and I love all types of literature, both fiction and non-fiction.

**TEMPO: What are you currently
reading, Sheikha?**

SHEIKHA SHAMMA: “How to Change the World”
by John-Paul Flintoff.

**TEMPO: Where do you get your
love of reading from?**

SHEIKHA SHAMMA: My parents. They always ensured that their children were surrounded by books and they also encouraged us to buy books before toys.

**TEMPO: How did you come up
with Wanna Read?**

SHEIKHA SHAMMA: After visiting some hospitals abroad, I felt the need to give children in hospitals here an escape through books. I researched this and spoke to several people about the idea and got a lot of support. The initiative has really taken off – now everyone is talking about “Wanna Read?”.

**TEMPO: Who does this
initiative target?**

SHEIKHA SHAMMA: It targets children in hospitals across the UAE.

**TEMPO: What's the benefit of
nurturing the habit of reading
in children?**

SHEIKHA SHAMMA: It's vital that children are encouraged to read because it helps to develop their intellect and stimulate their imagination. It also helps them to understand and relate to the world that they live in. There was a study conducted in the US by Hart and Risley which revealed that the number of words spoken to children has a direct effect on their IQ and development.

**TEMPO: How can schools and
institutions get involved?**

SHEIKHA SHAMMA: Schools can help in numerous ways,

such as taking part in our WannaReadathon challenge, or organising spellathons and book donation events. We are open to ideas that involve community engagement. Contact our office for more information on this.

TEMPO: What is a normal day like in the life of Sheikha Shamma?

SHEIKHA SHAMMA: It begins with collecting my thoughts and planning the hours ahead as I make the journey to the office. At work I spend lots of time with my team working on our projects. My days are varied but always full; there is never a dull moment. I like to take a hands-on approach with everything I am involved with. Working inspires me tremendously!

TEMPO: Any future plans that you would like to share with the community?

SHEIKHA SHAMMA: There are lots of exciting things on the horizon, so watch this space!

TEMPO: What's your message to young people?

SHEIKHA SHAMMA: Pursue your dreams and never give up - everything is possible for those who try. Read as much as you can, books will bring you both knowledge and enjoyment.

TEMPO: Finally, what's your message to those who wish to be potential supporters?

SHEIKHA SHAMMA: We all need to work together to make the world a better place for the generations to come.



Get Involved!

"Wanna Read?" is always very grateful for donations and the help of volunteers.

We need volunteers for:

- Book Drives - Collecting good quality children's books.
- Reading - Visiting patients and brightening their day by reading to them.
- Administration - Helping us with general administration and sorting books at our office in Abu Dhabi.
- PR - We need your help if you have experience with the media or in design.
- Artists and Painters - Help us to brighten up a room and make a difference.
- We also welcome and encourage support from:
- Schools that can organise sponsored readathons, spellathons and book donation events.
- Publishing Houses that can donate new literature.
- Corporations that can sponsor and decorate a room as part of their Corporate Social Responsibility.
- Individuals who can lead fundraising efforts by hosting bake sales, lunches and coffee mornings, or support "Wanna Read?" in sponsored events, for example - running a marathon for the charity





SHAN PEREIRA

AGE: 24

PROFESSION: AUDITOR

NATIONALITY: INDIAN

FASHION STATEMENT: Buy less, choose well.

SOCIAL MEDIA: Facebook- www.facebook.com/shan.pereira.5

DESCRIBE YOUR PERSONAL STYLE IN LESS THAN 10 WORDS: Dress well regardless of the occasion, but keep it simple.

FAVE FASHION PURCHASE OF THE PAST MONTH: A pair of Steve Madden shoes.

WHICH IS YOUR FAVOURITE STORE IN THE UAE? I do not have a particular favourite, though I enjoy shopping at Pull & Bear and American Eagle Outfitters as they have really simple but unique apparels. I would recommend Al Wahda Mall, Abu Dhabi for fashion lovers, as after the opening of the extension they have almost all brands under one roof. They give you a wide range of options to select from.



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TV NEWS AND COMPASSION:

CNN REPORTER ARWA DAMON AND HER CHARITY INARA

“It started in 2007 in the kitchen of CNN’s Baghdad Bureau. I was watching Youssif, a five year old Iraqi boy sullenly push one grain of rice at a time through his lips that he could barely open. Masked men had doused him in gasoline and set him on fire when he was standing in front of his house. His entire face was a mask of hardened rivers of scar tissue.”



Havin and Arwa - Havin and her brother were among our first cases before we had even officially launched.



Arwa Damon, CNN Reporter

We all watch news journalists on TV putting their lives on the line as they cover stories of disasters and human tragedy. But one thing we never see as viewers is what happens once the cameras are switched off. We never see the difficulties a reporter experiences when he or she meets children maimed, families displaced and communities destroyed.

CNN reporter Arwa Damon has seen it all as war correspondent covering some of the world’s most troubled spots – often caught on air, in the middle of the conflict.

Arwa decided not to turn her back, and set up INARA, a charity to support Syrian living refugee camps. Tempo absolutely loved the mission of INARA, and so caught up with Arwa to learn more....

TEMPO: Tell us about INARA and its purpose.

ARWA DAMON: INARA is the International Network for Aid, Relief, and Assistance. We work with children from conflict areas who have catastrophic injuries or illnesses that have been aggravated by war or circumstances caused by war, and need lifesaving or life altering medical treatment.

If there is another organization that already provides the needed treatment then we refer the child on. In the event that no organization can help, we tap into our network of doctors (many of whom provide their services pro bono), medical institutions and other support, to ensure that the child receives the proper care. All of our children have dedicated caseworkers that, beyond

facilitating the medical assistance, are also a support system for the family. I registered INARA in the USA in 2014 and we officially launched in August 2015. We are niche, focusing on complementing what medical aid already exists and filling in the gaps in medical provision in the humanitarian sector, for now operating in Lebanon.

TEMPO: We heard that INARA came from your experiences as a journalist covering war zones. How so?

ARWA: It started in 2007 in the kitchen of CNN’s Baghdad Bureau. I was watching Youssif, a five year old Iraqi boy sullenly push one grain of rice at a time through his lips that he could barely open. Masked men had doused him in gasoline and set him on fire when he was standing in front of his house. His entire face was a mask of hardened rivers of scar tissue. Youssif’s father Wisam had spent nearly a year going from hospital to hospital, pleading with government ministries, desperately knocking on doors to no avail. He had found us, CNN, by sheer luck. We covered the story and the outpouring of support that came in was overwhelming. It transcended race, religion and ethnicity. It came from across the globe.

Youssif ended up being treated by the Children’s Burn Foundation in Los Angeles. For me at the time, surrounded by the sheer inexplicable sorrow that is the war in Iraq, his story critically served as a reminder that the kindness of strangers exists, and that led to the first thoughts about starting a non-profit that could engage that generosity.

In the years that followed, as the region grew more violent and chaos spread, I came across more and more cases of children that were falling through the cracks, of parents who did not know how to access pre-existing help. The need to start INARA became a compulsion. And the need for a niche organization like INARA became undeniable.

TEMPO: Is it difficult to take off the reporter’s hat and do charity work?

ARWA: It’s not a case of throwing off one hat for another. I think the way that INARA grew and evolved is an extension of that “reporter’s hat”. My career has often focused on the humanitarian cost of war. I started INARA because, through my journalistic work, I saw a fundamental need for this type of organisation. Desperate parents were floundering when it came to navigating the vast ecosystem of pre-existing help and did not know how to access it. And sometimes the help just didn’t exist. And I realized that I could do something about it. That there is a way to help.

Juggling the two was very challenging at the start and still can be at times depending on what’s happening. But now thanks to my brilliant team, I can focus on further expanding our network and ensuring our vision for the future becomes a reality. I still oversee our operations on a regular basis, and I am across all major decisions. I continue to fund the bulk of our operational costs so that we can keep our pledge to donors that 100% of their money goes to the children. This is an especially important commitment for me.

TEMPO: Is there criteria you use to give support? Is it difficult selecting who to give to?

ARWA: We do have criteria that we developed after conducting an extensive needs assessment in Lebanon. This helped us to acknowledge actual gaps in medical assistance that existed and needed to be filled. We take on cases of children who need lifesaving or life altering medical treatment due to injuries that were caused by war or circumstances brought on by war (from living as refugees), the majority of those we are treating are severe burns or reconstructive surgery for gun shot or other conflict wounds.

We are currently focusing on Syrian or Palestinian refugees from Syria, which are the greatest population in need. This is not to say that we are limited to this group and if other refugee children are in need, we will assess them against our criteria.

Children are referred to us through a broad network of I/NGO's, humanitarian organisations which work with the refugee population and medical professionals. Our reputation is growing and families also come to us through word of mouth or via existing cases.

TEMPO: What results has INARA achieved?

ARWA: So far we have helped around 60 children and the impact has been

incredibly heartening. To see the relief on the parents' faces when they finally realize that their child is going to get help, when they realize that they can rely on us and that we have their best interests at heart is incredible.

Even more so is to see that changes in the children as they go through the medical process. Many of them are understandably severely traumatized by what they have experienced. They tend to be introverted and shy. Often their injuries force them to be confined to their homes either because its a physical disability or because they don't want to be seen in public. Slowly through the medical treatment and other support that we provide they are able to - as best they can - overcome their injury.

To see them smile, laugh, start to enjoy life as a child truly deserves is one of the best moments any of us can go through.

TEMPO: What are the challenges you face?

ARWA: Well, the challenges of starting something up are many and complex and at times unexpected. We have a solid team, and we also have a great community support system whose expertise we are able to tap into. Our aim is to be a sustainable, well-functioning, transparent, nimble organization that can effectively continue to grow and spread.

TEMPO: How can INARA grow?

ARWA: We receive online donations through our website where we pledge 100% of the money goes to the children. We have had donations from family and other foundations where the donors can choose if they want all the money to go to the children or if some can be allocated to cover our operational costs. We have received some small grants and are continuing to apply for others. I have also personally contributed a sizeable amount of money to our operational costs. Right now we have a great blueprint to set up in other countries, but our limiting factor when it comes to expansion is funding.

TEMPO: What are your plans to grow INARA?

ARWA: In the short term we are working on expanding to Turkey. Our long term aim is to be global. I believe that in today's world there is no reason why a child who has suffered such violence at the hands of adults and governments that failed them should not have access to medical care.

TEMPO: What's your message to those who wish to support your cause?

ARWA: Many people feel overwhelmed when they see the scope and scale of the disasters brought on by war in the Middle East and rightfully so. All have suffered horrors of war beyond the scope of many of our imaginations. All have beautiful spirits and all have been robbed of the innocence of childhood.

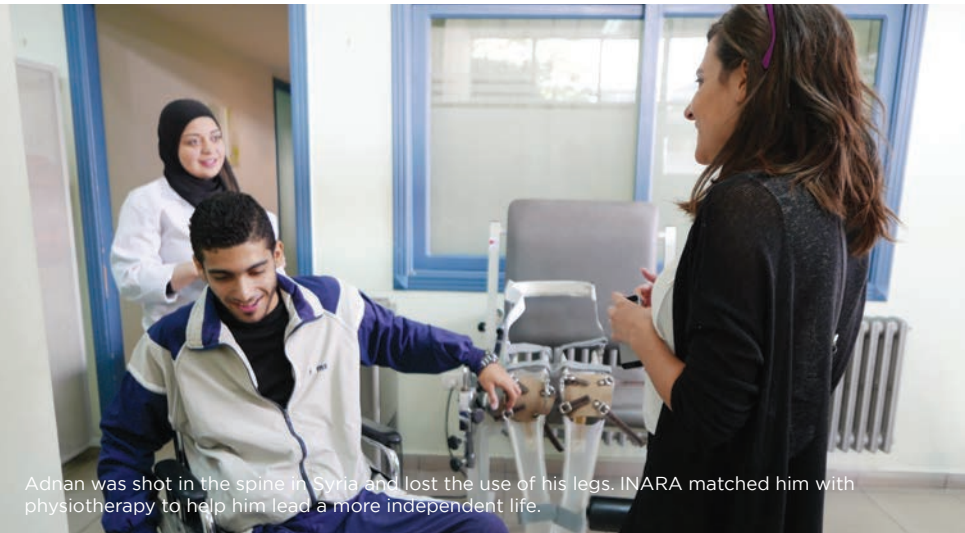
Fifteen-year old Fatima lost her hands in an explosion. But when we took her to doctors, they discovered that some of her bones had solidified into her hands and, after a number of costly operations, they will be able to restore use of her fingers. She had resigned herself to a life where she would be constantly relying on others. Now once she goes through all her surgeries she will regain her independence. She wants to be an Arabic teacher.

Adnan was shot in the spine. Through physiotherapy and a specialized walking equipment he now has regained a degree of mobility. He has a beautiful eye for photography and wants to be an engineer.

Alaa whose jaw we helped rebuild wants to be a nurse. And Youssif, the Iraqi boy who is the inspiration for INARA, he is no longer an angry child. He is thriving and still wants to be a doctor working with burn victims like himself.

These children have known nothing but war. Cruelty and evil have stolen their childhoods from them. We can create a counterbalance to that by showing them kindness and compassion. We owe this to them.

And beyond that by not turning our backs on the most vulnerable victims of war, in a world where it truly feels like humanity has failed itself, we are not just impacting their lives, but the lives of those around them today and in the future.



Adnan was shot in the spine in Syria and lost the use of his legs. INARA matched him with physiotherapy to help him lead a more independent life.



Diyala 2013 - on the berm overlooking the frontline



Arwa Damon at the frontline - Abu Ghraib area, 2014



Arwa Damon doing a liveshot at kilis about the refugee flood out of aleppo earlier this year



www.dalmamall.ae





THE QUINTESSENTIAL RAMADAN TABLE

If you ever head to the grocery store a few hours before the call to prayer during Ramadan, you will understand and appreciate the community and spirituality that defines the holy month.

Ramadan happens to be one of my favourite times. I enjoy watching the hustle and bustle of families as they gather in the aisles with their grocery lists, piling their carts with ingredients for the evening's Iftar. You can tell that creating the meal in Ramadan is just as important and cherished as breaking the fast. Indeed, there are specific dishes, desserts and drinks that are typically prepared during Ramadan using recipes that have been handed down with great pride from mother to daughter through the generations. This means that the same food can be differently experienced from household to household. Here I've compiled my list of delicious and traditional dishes that people who fast wait all year to enjoy.

The Three Important Essentials: Dates, Laban Up and Vimto

The healthy way to break your fast is with a few fresh or dried dates. This is often followed by the salty yogurt drink or sometimes by Vimto, a carbonated blackcurrant drink which is very popular in the region. For some it is considered the No. 1 choice of drink during Ramadan because its high sugar levels and sweet fruity taste provides a much needed energy boost during Iftar. With roots firmly entrenched in the Gulf, you'd think Vimto was a local product. But in fact it originated in the North West of England.



The Ubiquitous Sambousek

These addictive little pastries are usually eaten in bunches of two's or three's and are made out of a simple flour dough or sometimes from pastry sheets. The tiny pastries are then fried or baked for a healthier take. Because the preparation of the dough can be a little time consuming some families prepare the pastries a month before Ramadan. In many homes they have to make an appearance on the table every evening for the entire month. The samousek can be shaped as crescents or triangles depending on the filling. Usually the crescents are filled with a cheese-herb mix or spicy minced beef and the triangular ones are filled with cheese, meat or vegetables.

Lentil Soup Every Day

A friend of mine was telling me the only time her family makes lentil soup is during Ramadan, as it's a great source of iron, protein and fiber. Some homes have it every day of the month and don't tire from it. Lentil soup is usually made from the flat,

orange variety of lentil seeds, which are sautéed with onions and cumin to help prevent bloating, and then blended into a satisfyingly wholesome porridge-like soup garnished with fried pita bread points. Soups are not only a great way to rehydrate the body after fasting, but they also prepare the digestive system for your incoming meals, and control the amounts you eat. Some homes replace lentil soup with porridge, made of wheat or oats, and often cooked with meat chunks.

Crunchy Qatayef

Ramadan wouldn't be the same without this sweet, sumptuous delicacy. It's made of light yeast risen pancakes, cooked on one side with the other side left for stuffing. The stuffing can be cream ('ashta' in Arabic), unsalted cheese or walnuts, with a touch of rose water. After the stuffing is placed, the sides are delicately pulled and pinched together to form a half moon shape. My favourite qatayef would have to be the cheese based. They are fried then baptized in a rose water sugary syrup made of pure heaven.



SPREADING THE POWER OF READING: MICHAEL TAYLOR AND LEAPTEE BOOK DRIVE

Getting into the jive of the Year of Reading is Michael Taylor of LeapTee who has launched the “Syrian Refugee Book Drive” to benefit Syrian refugees in Sweden. Michael has gathered a number of Arabic books and is appealing to the community to contribute more. He also uses his company LeapTee, an online t-shirt selling portal, to help raise funds for the cause. Here he shares his vision and motivation...



TEMPO: How do you see Michael Taylor?

Michael: Urbanite. Foodie. Explorer. Web developer. Aspiring writer. Also: Managing Director of LeapTee, a U.S. based crowdfunding platform. Born in Texas, influenced by Atlanta, and making my rounds in Abu Dhabi. Alumni of the University of Massachusetts. Intrigued by design, travelling, photography, blues music, strategy, writing, good deeds, armchair philosophy, fabulous food, and even better conversations. Seeking to inspire and to be inspired. To envision the unlikely, to work hard for things that are worth it, and to be surrounded by those who bring out the best in me.

TEMPO: How does this gel with your company LeapTee?

Michael: LeapTee’s concept revolves around combining crowdfunding and social media to disrupt charitable giving and transform philanthropy. It was the best decision I made to pursue that passion. I continue to be inspired by LeapTee’s mission and the incredible individuals, volunteer groups and organizations that can use LeapTee to change the world for the better.

Most people think being an entrepreneur is the path to freedom, wealth and glamour. It’s actually none of those things, and on an expected-value basis, it will never be. Being an entrepreneur is about “making a dent in this universe,” to quote Steve Jobs. My love and passion for philanthropy comes from the ability to do this, or at least try. It is extremely gratifying and a tremendous privilege to have a job that allows me to make a dent in the universe by building technology to serve the greater good.

TEMPO: Why a “Syrian Refugee Book Drive”?

Michael: In 2015 alone, Sweden, a country with less than 10 million people took in nearly 200,000 refugees from war-torn Syria. Adjusting to life in a very different place has many obstacles.

These refugees have many needs. Learning Swedish can be a challenge in their new (and possibly temporary) home, and there is very little reading material of any kind available in Arabic. Basic education and reading material may not rank as high as food and shelter, so it is an issue that can easily be lost in the global conversation. At LeapTee, we aim to

highlight these kinds of issues, and are sponsoring a book drive to aid Syrian refugees.

TEMPO: Of all the possible benefactors around the world, why Syrian refugees?

Michael: I’ve been gestating a novel for years and now it is in its final stages of editing and due out this summer. My editor lives in Sweden and has made friends with many Syrian refugees. She asked me, since I spend so much time in an Arab country, if I had any friends who had Arabic books that they could donate. It seemed like the perfect cause for LeapTee. I think she was only hoping for a few books for a few people, but with several hundred thousand refugees in Sweden, I am certain we can do much better than that.

TEMPO: How is LeapTee doing?

Michael: There are many people who still think I’m just some t-shirt huckster—but that misses the point entirely. Our platform allows anyone to raise funds—whether it is for a good cause, a business, or just to make some extra money—with no upfront costs, no risks, and no overhead, and with zero technical skill required. That is

real tangible help to people in a world where there are so many barriers to raising money. We aim to eliminate all of them.

TEMPO: Is there any philanthropist that inspires you?

Michael: Muhammad Yunus. The Bangladeshi economist pioneered a new category of banking known as micro-credit, which grants small loans to poor people who have no collateral and who do not qualify for conventional bank loans. He actually won the Nobel Peace Prize for his work in this field. The programme has enabled millions of Bangladeshis, almost all women, to buy everything from cows to cell phones in order to start and run their own businesses. Micro loans are on average about \$200 USD and Yunus gave out loans that were on average \$27 each. So he may not be a philanthropist in the traditional sense, but his micro loan

concept has made all the difference.

TEMPO: What's a typical day for Michael Taylor.

Michael: Nothing interesting here. Between getting my daughter to and from Repton school, I work non-stop. I do this because I believe in LeapTee's mission and I relish the challenge. My daughter needs a role model who shows her how to pursue her passions, take risks and suck all the marrow out of life. I believe I can better be that person if I'm in a job I love, living a life I love. I try to do this, every single day.

TEMPO: What are your future plans?

Michael: We would like to find a cause to sponsor each month. There are so many people in need in this world, and so many issues that deserve attention. We know we cannot cater to everything or everyone, but we can be the example.



TEMPO: Your message to encourage philanthropy?

Michael: Everyone has the power to make positive change in the world. Start a campaign on LeapTee, donate a book, buy a shirt. Find somewhere to volunteer, find a cause you are passionate about—chances are, you are already passionate about something. If you have ever tried to fall asleep with a mosquito in the room, then you know even a small thing can make a difference. Never believe that your contribution is too small. Nobody can do everything, but everybody can do something. And please find a way to contribute to the Syrian Refugees Book Drive.

Connect: michael@leaptee.com
o <http://leaptee.com/contact>.

Sidebar: Here's how you can help:

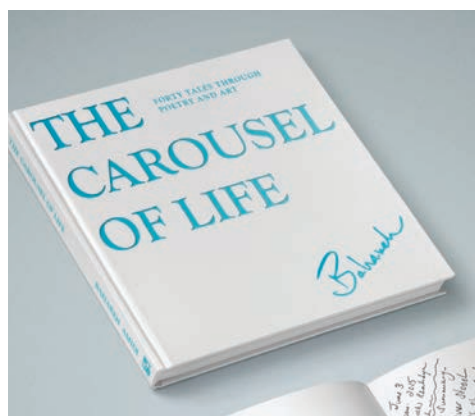
Provide Arabic language books
We have locations they can be shipped to in the United States, the United Kingdom, the United Arab Emirates, and we are adding more throughout the campaign. We have a book drop at BrandMoxie's office at twofour54 Rotana #307. Contact us to get a location near you.

Become a donation location
You can become a donation location yourself and encourage students, faculty and friends to bring Arabic language books. At the end of the campaign, LeapTee will collect the books and ship them to Sweden.

Buy a shirt
Proceeds from the sale of LeapTee limited edition shirts will offset the costs of shipping. Any additional funds will be used to purchase and deliver more books to refugees in Sweden. Encourage others to buy t-shirts by sharing this link: <http://leaptee.com/bookdrive>

STRIKING THE SOUL WITH POSITIVE ENERGY: BAHAREH AMIDI'S THE CAROUSEL OF LIFE

As Bahareh walks into the room, she fills her surroundings with the positivity of poetry. She tells Tempo about her expressive words and her new book "The Carousel of Life".



"'The Carousel of Life' is a collaborative work that pairs 40 poems written by myself with 40 corresponding visual art pieces contributed by 40 artists from around the world. The poems and art works touch upon topics from self-discovery, to ethics in today's society; they cover themes such as war and peace, love and heartache, birth and death, childhood and old age. All are described with a refreshingly wise yet healing perspective.

"I am a person who is on a journey seeking Light. I see Bahareh as a speck of dust in the hour glass of the universe. I am a poetry

therapist who believes words and voice can be instrumental in the healing process for people of all ages and backgrounds worldwide. I grew up in the USA and have a Masters' Degree from College of Notre Dame and a PhD in Educational Psychology from The Catholic University of America.

"I have spent many years in the Middle East working with youth, victims of human trafficking, women in safe houses, and men in labour camps. I have also worked in the Silicon Valley with high tech professionals and business executives at international companies. I regularly hold poetry

sessions, workshops and seminars for poetic expression and healing in communities, schools and universities in the Middle East and the US.

"I believe in offering 'poetry therapy in a capsule.' The common factor is always a piece of paper, a pen and a way into the heart. The results are often revealed immediately: a drop of tear, a flash of insight, or a smile--the beginning of a self-sustained journey on the path of healing.

"Poetry came to me as a gift. I was here in Abu Dhabi at a traditional Persian concert. I was listening to the musicians tune their instruments, and I started writing when they started to play the first tune and by the end of the concert I had written 29 short poems. I only knew they were poems when I started sharing them with people. Really poetry is simply a way of expression, expressing my heart, my feelings, my views.

"'The Carousel of Life' is a gift of words and art coming together. I have many friends who are artists and also many people have told me that my words paint pictures in their minds. Somehow I thought it would be beautiful to bring the words and some colours together. The artists were wonderful for collaborating with me on this book. I could not have asked for a bigger gift than that of their trust and their colours and strokes. The beautiful part is that the artists come from 22 countries and are aged from five years and up. The combination has truly become something that feeds the soul.

"I would say that mostly I am inspired by moments in life than by writers. At a particular moment I may be inspired by Rumi or by a story written by a nine year old girl. It is the moment that inspires me...

INSPIRATIONAL QUOTES ABOUT READING

"Any book that helps a child to form a habit of reading, to make reading one of his deep and continuing needs, is good for him."

– Maya Angelou

"Today a reader, tomorrow a leader."

– Margaret Fuller

"There is more treasure in books than in all the pirate's loot on Treasure Island."

– Walt Disney

"No two persons ever read the same book."

– Edmund Wilson

"There are many little ways to enlarge your child's world. Love of books is the best of all."

– Jacqueline Kennedy Onassis

"A book is a dream that you hold in your hand."

– Neil Gaiman

"Great books help you understand, and they help you feel understood."

– John Green



FLASH FICTION

THE STORY AND THE PERFORMANCE

A COMPETITION ORGANIZED BY BRANDMOXIE AND NYU ABU DHABI

ALIYAH AL AWADHI

To celebrate the year of reading, BrandMoxie, together with the NYUAD's Literature and Creative Writing Program and The Writing Program, held a Flash Fiction Reading and Writing Competition. The competition involved a dramatic reading and awards ceremony at BrandMoxie's office at twofour54 Rotana Complex. Tempo supported the competition, and is proud to present the winners of the competition – a tie between Aliyah Adel Awadhi of Zayed University and Hannah Taylor. We chatted with the two winners and present their stories to you.

TEMPO: How and when did you first learn of your love and passion for writing?

Aliyah: It's sort of embarrassing but I first discovered an enthusiasm for writing when I read fan fiction as a younger child. I think it was probably in the seventh grade that I started writing my own stories and making up characters that fit into pre-existing universes in TV shows or movies, but it all started out as a hobby. I never looked to writing as a passion but instead something I could live through; like an exciting fantasy life I could be a part of in some way. When I was a teenager, maybe fifteen or sixteen, I joined a website where people

could freely leave comments on anyone's story. I wrote my first one and saw all the encouraging comments and I suppose that was when I decided to get serious about my writing. I started reading a lot at that time, too and managed to salvage some tips from renowned authors through reading their works and I began working on lots of different stories, some even the size of short novels.

TEMPO: How were you able to come up with your piece? What inspired you to write it?

Aliyah: "After Alice" was inspired by an idea I had after reading



Name: Aliyah Adel Al Awadhi
Age: 20 | University: Zayed University
Nationality: Emirati



Lolita. I wanted to write a story about a detective caught in between the relationship he had with a woman he loved who wasn't interested in him and an underage girl who served as the kind of proxy for witty and insightful dialogue throughout the story. I really liked the juxtaposition and as odd as it may sound, I really love the idea of young people, specifically girls, playing roles as cynical, cognizant characters. The main character in "After Alice" is also another character archetype I enjoy writing; the sort of pitiable, older man that has no control over his own life because I

feel like a lot of people are caught in that headspace and it's a very in-between place to be which is an underlying theme in all my stories; no character is good or evil, they're just neutral and in-between.

TEMPO: Finally, what's your message to aspiring writers?

Aliyah: As typical as it might sound, just keep writing. Keep writing AND sharing. No writer would be where they are today if they hadn't started off somewhere. One of the biggest things I've learned is that you're not as embarrassing as you think you are. Ask people for their opinions, strive to be better, rinse and repeat.

HANNAH C TAYLOR

TEMPO: How and when did you first learn of your love and passion for writing?

Hannah: I've always loved to write. It is the one thing that can get the jumble of thoughts from my head into a coherent form that I can actually process and sometimes communicate with others. As someone who stumbles over their words, writing is a way for me to connect with others and to try and offer empathy and/or entertainment. I've never studied

any creative writing, though in high school I took whichever classes were heaviest in reading and writing. Since coming to NYUAD, I've started writing a lot more. I worked on The Gazelle, a student-led publication, and wrote articles for them. I've also written poetry at an increasing rate and have had several poems published in a journal of student creative work. I hope to take a creative writing class before graduating!



Name: Hannah Taylor
Age: 19 | University: New York University Abu Dhabi
Nationality: USA / U.S. American

TEMPO: How were you able to come up with your piece? What inspired you to write it?

Hannah: I didn't write the piece until the day before the deadline. I'd never written a short story before, and wanted to submit something when I saw the call for submissions, but when thinking about "separation" nothing came to mind. I didn't want to write a sappy love story ruined by distance, though that's what I ended up doing. When I tore a post-it note to leave my roommate a note in the morning, I thought, well that's separation in the simplest sense of the word. Coming unstuck. So I sat down and tried to put myself in the post-it's place, and the story came together.

TEMPO: Name top 5 traits that each aspiring writer should have.

Hannah: I don't know if I am qualified to answer this, but I would imagine daring, open to criticism, observant, self-loving (everyone needs this!) and positive (this too!).

TEMPO: What's your message to aspiring writers out there?

Hannah: Be brave and be honest in what you write. Bare your soul in some way - make a claim, make an observation, make sure to say something about the world. This will allow you to connect to others and to actually make an influence by writing. Just make sure you have fun doing it!

Catch the 2nd and 3rd place winners in next month's edition of Tempo Magazine!



Winners of BrandMoxie's Flash Fiction Reading and Writing Competition in collaboration with NYUAD.

TEMPO TALKS BOOKS

BY SANA ASHRAF | @SANAALIKESPIE

SISTER NOON BY KAREN JOY FOWLER



“Words were invented so that lies could be told.”

This is a strange novel that takes its readers back in time... to a far off land of imagination made of historical fictional that is partly true.

Set in 1890's San Francisco, the story is about two women. First there is Lizzie Hayes, a volunteer at an orphanage, and Mrs Ellen Pleasant, a former slave whose climb up the social ladder raises many questions. The setting is San Francisco, where gossip is the oil that fires up this story. The story feels like a nostalgic throwback to 1890's San Francisco – except that since none of us actually lived there during that time, we have to rely on Fowler's depiction of it.

The language of this book is lyrical, with some lines reading like poetry, and others like quotes. It is written craftily to portray its mystery both through writing style and content.

What makes this story more compelling is that there may have in fact been a real Mary Ellen Pleasant. In this book Fowler pieces together fragments of hearsays after her research of 1890's San Francisco where she says she found a palpable sense of Mrs Pleasant's existence. Interestingly, some historians still dispute whether Mary Ellen Pleasant ever lived.

Fowler navigates the ambiguities skillfully. She centers the novel not around the plot but rather around the theme of gossip, mystery, and half-truths surrounding the characters. Along the way, the reader may not find all the answers. Fowler explains: “The usual rule regarding my historical fiction applies here: if it appears plausible, I probably made it up. If it seems too strange to be true, I probably didn't. But maybe someone else did.”

LIBRARIANS LOUNGE

BY VANESSA MIDDLETON

TOP 10 BEST PLACES TO READ

When you pick up a book, you'll usually read in the comfort of your home. But even your own home can get really busy and uninspiring! Here we have come up with 10 cool places for you to read a book in peace!



Liwa Dunes



Corniche



Eastern Mangroves Spa



Mushrif-Central-Park



Jebel Hafeet



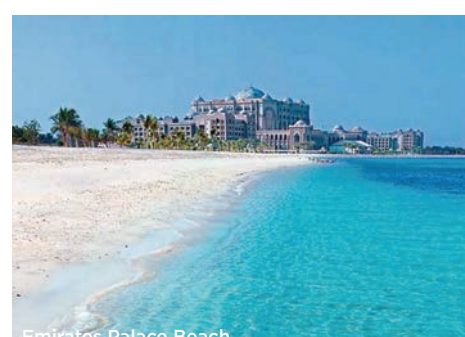
Meydan Hotel



Sharjah Aquarium



Heritage Village Beach



Emirates Palace Beach



Public Library



FLASH FICTION

FLASH FICTION IS A STYLE OF LITERATURE CHARACTERIZED BY BREVITY;
WITH THE STANDARD BEING A STORY OF UNDER 1000 WORDS.
SEND US YOUR STORIES TO: editorial@tempoplanet.com

AFTER ALICE

BY ALIYAH ADEL AL AWADHI

It was after Alice left that I understood.

The morning light pouring into my bedroom left everything grey and dull. It was a cold, foggy day outside, much like the cold, foggy days that saturated every year in this town. It was very different from my hometown, from Alice's hometown.

The disappearance of Alice showed me the tiny separations that made up reality. I would watch the dismal, colourless faces as I waited for the morning train to take me to work and see small flickers in their eyes; the wars that raged inside of everyone. Reality is made up of separations and these separations are kept alive through secrets; secrets that grew in bellies, like a newborn child, dividing lives into different little cupboards, each housing a pocket-sized universe.

It wasn't an immediate realization. The Alice that I knew, with the toothy grin and rail thin figure, had deserted me and I took to this small town, unpacking my possessions into shelves that didn't quite accommodate my former life, like pieces from different puzzles forced together in a unsightly distortion.

I had coffee, surrounded by the prosaic facets of a small kitchen. The separation started with River. River came after Alice, sixteen, a prodigy and harsh with her words. I met her at a place where no girl her age should have been and I was weak to her advances, like a moth to the flame; She was not a river I was used to.

She was not Alice and she never tried to be.

I put on my shoes, the only pair I had. The support was gone, the leather faded and peeling. "You can't run in those," River once chided, her tone uncaring and cold. She was smoking a cigarette on my bed in her pajamas. The daydreamt vision I had of her was sultry, sound, free of the pimples and chewed fingernails. "You know how cowards like to run."

River was mean. Alice could be mean, and it was nearly similar to River's mean but Alice's mean was fleeting, forgotten by the time she kissed me and told one of her crude after-fight jokes.

I straightened my tie in the mirror, feeling it constrict like a serpent. Peaches knew how to fix these. Peaches came after Alice, alongside River but they were separate like different galaxies in the vastness of space. Peaches tried to be Alice, a best friend of the forgotten, simple and confused, a mother with children who could outsmart her and did, often.

She would adjust my ties and try to kiss me, but there was nothing in Peaches that I could grab onto. She was too artless and though tender, like Alice could be sometimes, I would reach out and cup her breasts in my palms, small, the size of apricots, and I would feel nothing but a fleeting familiarity.

"He doesn't know how to straighten his own ties, either," she spoke of her husband, with a slight tremor in her voice. She fiddled with the tie around my neck and I pretended not to notice the tear marks on her cheeks.

They both arrived after Alice, like trains in stations I would never think of going to had she stayed.

There were canyons of estrangement between the three of us. River could spit out all the cruel, perceptive words she could and we would make love, but that did not change how she left my world to make her way back to a place that housed an absent father and a mother with her nose in a medicine cabinet. Peaches left me, unfulfilled and fragile, returning to children who never listened as they were encouraged by their father, a man who would not look at her anymore.

Grabbing my briefcase, I headed down the narrow hallway, a ghost floating through a foreign dimension. There was little place for me in the lives of either of them, both troubled and weary. It was after Alice, that I managed to slip through the cracks of separated realities and live in limbo, a coma anyone could slip into to escape for a short while.

These little women were small parts of a separated Alice, an Alice that vanished without a trace when I asked for a forever. I stepped out, detaching myself from the void, molding myself into the comforts of a lie and when the day ended, I'd slip back in the cracks, cold and aware.

A NOTABLE LIFE

BY HANNAH TAYLOR

Today, my upper became un-stuck. She was peeled by a giant thumb, and I could see her grinning through her waxy paper as the light of the living room flooded in. Her name was Janet; it had been given to her by her own upper. We've been together as long as I remember, but she always warned me that this moment would come. Her upper had been haughty. He was always describing the view of birds through the skylight and repeating tidbits of the humans' dinner conversations. There's only one layer between us, you know, I can hear them too, she'd reply, though the words she heard were muddled.

She described the surroundings to me patiently, preparing me for the strong sights and sounds I'd encounter when she left. She told me how the skylight wasn't actually visible from our shelf, it must have been something that her upper had made up. She was relieved by the silence when he left. I wondered how I'd feel without her, and what I'd say to my lower, who currently was too many layers deep and lay dormant. Maybe we'll leave together, she mused, if they need to leave notes for both of the kids.

She was nervous as well, unsure of what would happen when she became unstuck. Our knowledge of life is limited mostly to the stack; the people rarely mention us, and nobody who has left has ever been in proximity to whisper back about their destiny. She spent quite a lot of time relaying her hopes: being a to-do list and getting to travel into the outside world, hearing the sounds of cars and feeling the cold of the wind. Being used to decorate a wall, or hold an inspirational quote, so she'd never lose value and get to see months and years of the people's lives. I could imagine other possibilities based on what she'd told me of the world. Being crumpled into a ball and thrown into the trash, purposeless, or blowing out the window and being eaten being urinated on by a monster of the outdoors.

It was morning when she was un-stuck, I know because the light that greeted me was blinding. I could barely see her as she sailed off, upwards, propelled by a human hand. And then, it was quiet. There was no good morning, Theodore. We'd chosen my name together; she'd heard it was the shortened form of Teddy-Bear, which is much too serious a name. I knew I could try talking to my lower, but felt defeated at the prospect of not being as comforting and gentle as Janet. I couldn't even begin thinking of names. I'd just stay quiet and hope my lower didn't ask for anything.

Suddenly, there was an eclipse. A warm, pink eclipse and then I was flying, my top peeled from the rest of the stack. I bounced, smushed between the two fingers of my human captor and liberator, for what seemed like an eternity.

We eventually came to another extremely bright room with white floors which I assumed to be the kitchen; Janet had told me that kitchen floors were always white. I was struck with joy; my purpose had arrived and I'd never even had time to fear it. I was laid flat again and felt the satisfying tickle of being written on. This was the moment I'd always be waiting for: the decision of my fate. I then felt my back pressed onto a cool, smooth surface and I looked around to orient myself. The human walked off. All other items belonging in a kitchen like the sink, table, and cabinets were accounted for. The fridge! I must be on the fridge! This is a very common place, Janet said, for humans to place us. I took in unfamiliar sounds and let my vision adjust to the light. I was able to take in more and more details. I saw a towel and a mug alongside many other foreign vessels.

I scanned the cabinets, hoping to see inside one of them, and then I saw her. She looked so different from the front, but I knew it was Janet. Her front said, 'keys in the pantry, I'll be back in two days.' Janet! I screamed. If she replied I couldn't hear her. After a few hours, it became clear that all I'd be able to do was look at her for the rest of our lives, at least for two more days.

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VOX POP: FLASH FICTION FINALISTS

What does it take to be a flash fiction writer? We asked some of the finalists of the recently concluded Flash Fiction Reading and Writing Competition organized by BrandMoxie and New York University Abu Dhabi, to share their ideas about writing....

ANASTASIYA OLEKSIYENKO

AGE: 22, STUDENT AT NEW YORK UNIVERSITY ABU DHABI
NATIONALITY: UKRAINIAN



“For aspiring writers, I would recommend two paths that are not mutually exclusive but rather should be explored together. First, start putting in writing any line of thought that concerns you, and see how far you can go. Second, read literature on the existing writing styles and become familiar with the writing movement overall. This will not only give you sense about existing structures of expression, but will also help you identify the style of writing that you would like to pursue.”

ANDREW WANI

AGE: 21, STUDENT AT NEW YORK UNIVERSITY ABU DHABI
NATIONALITY: SOUTH SUDANESE



“Honestly, writing is not an easy thing because at some point you will get stuck. But what I do in such moments is I take a short break. I relax my mind with things that have nothing to do with my writing.”

SARA AL HUSSIEN

AGE: 18, STUDENT AT PARIS SORBONNE UNIVERSITY ABU DHABI
NATIONALITY: JORDANIAN



“A writer should be imaginative, curious, understanding and able to put themselves in other people’s shoes. One doesn’t have to easily give up; breaks are allowed. Like when I experience a writing slump I just take a break and go eat something. Then I come back and find out where I went wrong and where I want my story going. You should be prepared to erase pages and chapters of words.”

NADIA GHALEB AL BREIKI

AGE: 22, STUDENT AT UNITED ARAB EMIRATES UNIVERSITY
NATIONALITY: EMIRATI



“When I’m going through a writer’s block, I have the habit of watching a completely random documentary. A documentary about an infectious disease, about an ancient civilization or even about a specific type of poisonous plant can help me open up my mind to new and strange ideas worth writing about.”

LARAYB ABRAR

AGE: 18, STUDENT AT NEW YORK UNIVERSITY ABU DHABI
NATIONALITY: CANADIAN-PAKISTANI



“Firstly, I don’t think there’s such a thing as being an “aspiring” writer. If you write words on a page and they make sense, or convey anything at all, then that automatically makes you a writer. I think 5 things to keep in mind to continue to perfect your craft is to: Practice, Re-write, Refrain from judging your own work when writing, Write about something you care about, and Read other novels/stories/poems.”

MICHAEL TTAPPOUS

AGE: 23, STUDENT AT NEW YORK UNIVERSITY ABU DHABI
NATIONALITY: SOUTH AFRICAN / CYPRIOT



“My approach has always been to write in sections rather than a coherent flow from the beginning. I feel that once you get some of those main ideas and thoughts onto paper, you are then able to edit and connect and introduce more as the framework has been set up. Sometimes you need to know where you’re going, where you’re going to end up, and to be able to see what type of path you need to take.”

LEEN AYMAN

AGE: 18, STUDENT AT ZAYED UNIVERSITY
NATIONALITY: JORDANIAN



“I would get over my writing slumps by taking a long break (which could vary from some hours to days), and let the story churn in the back of my mind. That usually works really well, and by the end of the break I develop some good ideas and inspirations for the story.”

THIRANGIE JAYATILAKE

AGE: 21, UNIVERSITY: NEW YORK UNIVERSITY ABU DHABI
NATIONALITY: SRI LANKAN



“If you’re in the middle of something, leave it and come back to it later. Sometimes, having that distance helps you look at it from a fresh perspective. If you can’t think of anything to write, then maybe try writing a journal entry just to get your thoughts flowing.”



BY JAFFAR MAHMOUD | JAFFAR.MAHMOUD@GMAIL.COM

MANAGING YOUR STRESS



Whether you're getting ready for final exams, training for a big competition, or starting a new job, stress is something that effects us all. We often view stress as a bad thing, which is why when someone is tired or a bit rude, they might excuse themselves by saying "Sorry, I've just been stressed lately". The truth is that stress can actually be really helpful for us, it's that signal that tells our bodies and minds that "Hey, you need to push yourself!" or "Let's get started on that big project". Stress is what helps us to mature, physically and mentally, even though it can be a bit overwhelming if you don't know how to cope. That is why I've put together a list of my top stress coping techniques for you all to use.

The following are my four favourite stress coping techniques. To many of you, this may be common knowledge, which means all you need is a small reminder; for others, this information may be a bit new, or you just don't know how to apply it properly, which is why I wrote personal example to go along with every tip. The sooner you apply these tips in your work, the better your results. If you wait to the last minute, you probably are not going to reap the best benefits - so it's best to get a head start!

Go to sleep and wake up early:

Pretty obvious, right? Going to sleep and waking up early is a lot like eating healthily. You know you should do it, but who can resist a burger and fries? When we have a lot of work, it's really easy to excuse going to sleep late. You stay up late in order to try and get ahead of your workload for the next day. The only problem is that the next day you end up sleeping in too late or you feel tired, and then you're back where you started. When I have a lot of work, I love to go to sleep early and wake up at around 5am (sometimes even earlier). In the early morning I'm much more calm and have a clearer head, which allows me to work more efficiently and effectively. Also, there's no one to disturb me at that time, because most people are asleep, so I get a nice block of time to focus entirely on the task at hand.

Strategize: When we're stressed, we tend to panic. This state of panic makes us rush to get things done. Quite often, we mistake rushing for being productive. More times than I can count, I've rushed to get something done and realized halfway through that I've done something wrong, or I've hit an obstacle that I can't get past. Remember to always work smart. Laying out a strategy for executing your plan is the surest way to maximize productivity, because you'll be ready for every step as it comes.

Go for a walk/jog outside: This is my favourite stress coping technique. Going for a walk or running may seem like the last thing you want to do when you're trying to make a deadline, but you'll be surprised at how some fresh air can help you to generate your best ideas along with a clear plan. Aside from the endorphins that running releases, which help you to reduce stress, running helps to take your mind off of things. When we are working for a long time on a particular problem, we often become rigid in our thinking and are unable to find innovative solutions. Running outside helps to break that rigidity by stimulating our bodies and minds, and opening us up to new possibilities. Most of my "eureka" moments have taken place while running.

Asking the right people the right questions:

It never ceases to amaze me how few people actually apply this obvious piece of knowledge. What often happens is that people will ask the right questions to the wrong people, or they'll ask the right people the wrong questions. Back in school, I remember that a lot of students were afraid to ask their teachers the right questions, because they didn't want to appear unprepared. So they would ask their friends for help, even though their friends didn't know anymore than they did. By doing this, everyone was making the situation more difficult than it needed to be. Be sure to utilize the people around you to the best of your ability to maximize your productivity and ultimately reduce stress.



BY HEATHER LONG VANDEVOORDE, PH.D. | @HVDVOORDE

SHIFTING SCHOOLS

Get any two or more mothers together in the Emirates and the subject comes up automatically: "Where do your kids go to school? Are you happy with that school?" And a conversation ensues. Parents are constantly in the process of comparing their kids' school to those of friends and acquaintances. Shifting schools is almost a sport in the UAE.

This year we are making a leap of faith and moving our girls to a new school. We have had five-plus years of fabulous education at an A2 rated school. The teachers have been engaging, I have been extremely involved with the parents group and I trust the administration. So why are we moving? Our school is segregated by sex after grade 5. We were fine through grades 6 and 7 but now with them nearly in high school, we feel our daughters need a coeducational environment. It was not a decision taken lightly. Come September we will start back at zero in the new school. While we see more benefits than challenges, the move is emotionally charged and very difficult to explain to other parents at the old school.

I spoke with other families who have shifted schools to find out why, and how it went.

Chloe was moved to a new school last year quite simply because the old one was too expensive. She was upset about it but says now, "I've just knuckled my

head down and get on with the work. I will be finishing next year and am looking forward to that."

Kerstin says, "We switched schools after four years because we felt the curriculum at the old school was not strong enough. I'm happier overall at our new school. And, as a perk, now my children and I have friends from two different communities - more even, because several other families left the first school as well and went on to a different school than us."

Jennifer's children moved to alleviate the morning traffic-filled commute. "What a relief from stress it was to reduce an hour and twenty-minute round trip to fifteen minutes. A closer school means friends from school live closer too. It was the best thing we could have done," she comments.

While ensuring your child is in the "perfect school" might cause you great stress, try to relax. There may be more than one school that suits your needs. It is a little bit like buying a new computer: you weigh all the features, costs and detriments but in the end, you must simply choose one from your remaining list. If you are careful in your research, you will choose wisely. If, for some reason you make a mistake, it can be corrected by shifting again.

"The good news about schools in the UAE is that they are very open. Students arrive and depart every year either due to shifting schools or as dictated by their ex-pat parents' jobs," explains Mandy. "That means if you make a mistake with a school or find one you think will be better for your kids, they will fit in just fine in the new school. They won't feel different just because they are new."





Dorian with Brittni, True, and Sunnei

I sat down over coffee with Brittni Joy, Michelle "True" Francois, and Sunnei Dais, the trio that comprise Agape, a cultural events planning initiative in the UAE. We chatted about their commitment to community through positivity and education...

Dorian: Where are you all originally from and how has growing up there impacted your world view?

Brittni: I'm from Denver originally. My parents traveled a lot with me so I couldn't wait to see the rest of the world. Now, it feels like I'm at home wherever I go. It's amazing.

True: I am originally from the Washington, DC area. I have had the privilege to grow up around a very diverse population. It allows me to see people as they are. I try not to stereotype individuals based on nationality or ethnicity because for someone who fits the stereotype there is someone who doesn't.

Sunnei: My world view consisted of a 30 mile radius within the confines of inner

city Detroit. Aside from my visits to grandparents in North Carolina, Detroit was the world to me. Essentially, my view was limited until I began my university studies. It was there that I realized that if the world was a beach, my existence and experiences represented merely a grain of sand on that beach. It was there that my appreciation for international travel, intercultural interaction, and languages blossomed.

Dorian: Even before the formal foundation of Agape, you three have worked together with events for over five years in the UAE. What are some of the events you have organized since you've been in the UAE?

Brittni: We began by having poetry on a private rooftop. Then, it transitioned to a White Party in Al Ain. After that, we collaborated with an American history programme. Then, Agape was officially formed and, from there, we've hosted poetry and financial education workshops. Words and Wings is our poetry show in Al Ain. Juneteenth celebrates our heritage. It's so wonderful building a community that comes from our love and sisterhood.

Dorian: So when did Agape formally get started?

Sunnei: Although we have collaborated for years, we became an official force as Agape in 2015.

Dorian: There are many social events for Western expatriates in the UAE. What is the inspiration behind organizing events that focus more on education, culture, and self-betterment?

True: We decided it was only right that we put together something that educated the masses. We realized this was truly our niche and that we had to continue to uplift and educate.

Dorian: That's truly beautiful. My favourite event that you all organize is the annual American history programme that focuses on African-Americans and their impact on American history. I love how the youth are a big part of the programme. I also enjoy the mix of drama, dance, poetry, and more. Which of your events are your personal favourites?

Brittni: I actually love Words and Wings. It's a chance for everyone all over the emirate to come to a small intimate setting and share their talents with each other. We also get a chance to shout out other community events and celebrate those in the community.

True: Slamming on the Roof was definitely my baby and my favourite. It was raw, uncut, authentic, and pure. It was right on time because when got to the UAE in 2011, nothing like it was going on. It was truly a family affair with kids selling cupcakes, a football team BBQing, DJ A.L.L.A.D. spinning the best tunes, and spoken word and comedy like no other. It puts a smile on my face thinking about it.

Sunnei: I agree with you, Dorian. It has to be the American History programme as well. This event is our opportunity to watch a programme blossom from an idea. Not only that, it's a pleasure to work with the children. We are able to watch them mature over the weeks of practice.

It is most certainly our most challenging endeavor, but it is the most rewarding.

Dorian: Many poetry enthusiasts do not know that you three were very instrumental in building a poetry community as your private poetry show, Poetry Slammin' On The Roof, was the UAE's first poetry open mic and a major inspiration to the foundation of Rooftop Rhythms.

Now, you all have launched the popular, monthly show, Words and Wings. How does it feel to have another regular poetry platform in Al Ain?

True: Poetry is my love so whenever I'm able to grace the stage it is a blessing. It feels even better when I know I have hand in creating something that gives people an opportunity to have a voice. I'm excited to bring poetry back to Al Ain and pray it continues even when we're gone.

Dorian: The UAE is putting a lot of investment in to promoting happiness. How do you define happiness?

Brittni: Well my nickname is Joyful, so happiness is in my soul. Happiness is a feeling that fills your heart and your mind. Usually it transforms into joy, and Joy is everlasting. So be joy-filled!

Dorian: On June 3, Agape is planning a Juneteenth event. Educate us on the history of Juneteenth, and tell us what attendees can expect from this event..

Sunnei: In America, the 16th president of the United States signed a declaration to free anyone deemed a slave. The decree was to take effect on January 1, 1863. However, for those in the state of Texas and in many living in the South, that decree was of no effect as they didn't receive the news until June 19, 1865, two and a half years later. Despite the late notice, it was a time of great celebration for millions of our ancestors. We continue to celebrate Juneteenth because those they came before us paved a way for our success. Presently, celebrations include family-style barbecues, music, dance, and a portion highlighting the accomplishments of those within our community. Our celebration will be identical to that. We're bringing a taste of home to the UAE.

Dorian: How can we contact Agape on social media?

Brittni: You can reach us on our Facebook page Agape. You can also check me out on Instagram. My IG name is Bwareimjoyful. Same on Twitter.

True: I can be reached on Facebook and Instagram at Michelle TRUE Francois

Sunnei: Facebook: Sunnei Dais, Twitter: Sunnei Dais, Email: Sunneidais@gmail.com

Dorian: And lastly, who can I contact about the check for the coffee? Do I split it in to three and email to each of you separately, or does one of you want to treat?

***All three stare at Dorian blankly.**

REACHING OUT WITH REIKI

BY HEATHER LONG VANDEVOORDE, PH.D.

Kasey Conrad, owner of Change Works human resources coaching and development firm, knows both sides of the coin. As a 14-year ovarian cancer survivor, she knows how the disease breaks people down. As a 20-year Reiki professional, she is in a position to do something to help.



Kasey Conrad



"The original Reaching Out With Reiki was started by my friend and I in 1996 in New Mexico," she says. "It is still going strong. Though I have been in Abu Dhabi for eight years, it was not until last year, when a friend was undergoing cancer treatment, that I saw a gap in patient support that needed to be filled. The medical treatment was great, but the care that goes alongside it was inadequate." And the Reaching Out With Reiki Middle East volunteer project was born. Reiki assists with healing through person to person energy and is scientifically proven to reduce stress levels in the body.

The event brings Reiki practitioners and patients together to create an atmosphere of giving, sharing and healing, all at no cost for the patients. "It is truly magical," describes Conrad. "At our first event we had 30 Reiki practitioners who gave 33 patients treatments over four sessions. Practitioners and patients both were positively impacted, and touched by the experience. Follow up indicated that patients had reduced pain levels and sleeping better even two weeks after the event." Since then, they have had events in both Abu Dhabi and Dubai and have served approximately 100 patients.

The next event will be for cancer and multiple sclerosis patients and will take place on 6-7 May in Al Muneera in Al Raha Beach, Abu Dhabi. For more information, to volunteer, or to participate in the event, visit the Facebook page at <https://www.facebook.com/reachingoutwithreiki/?fref=ts>.



BEING HAPPY!



BY DENISE SCHNITZER | @DENISESCHNITZER

A SYMPHONY OF HAPPY ELEMENTS

BKS Iyengar once said, "The rhythm of the body, the melody of the mind, and the harmony of the soul create the symphony of life."

No one is in charge of your happiness except you. When you choose to be happy, everything in your world spins accordingly. The Universe conspires to your happiness. Choose to conduct your own happiness symphony.

I have witnessed that gratitude practices and random acts of kindness work in establishing and continuing one's happiness. I practiced conscience gratitude for a complete year, dropping brightly coloured papers through a wide-mouth glass jar. My dear friend Therese gifted me the jar and the challenge to fill it. I wrote a daily gratitude sentiment before bed each night and at the end of the year, re-read the rainbow of proclamations. Memories of events, places, people and accomplishments were palpable. I listened to a talk by Dr. Meike Bartels at NYUAD last month and her scientific research confirms, suggests and encourages writing letters and notes of gratitude as a way to achieve happiness.

For the random acts of kindness, remember, "real happiness is effortless," states Guy Finley. They cost nothing and mean everything. If you share a smile with someone, hold a door open or pick up a fallen object, those are acts of kindness that are effortless. If you can, do something kind everyday. Never limit yourself...you can do anything.

The other day I was on the bus and an older (than me) woman got on with a lot of bags. She struggled to get on the bus, tagged her bus pass on the affixed tag-reader machine, then saw no available seat. I got up from my seat and gestured for her to sit down. She thanked me with sparkly eyes and a smile.

That easy act was my way of putting kindness out in the Universe. I share that story to make a point that acts of kindness are happy-making endeavors and really easy.

Last month, I embarked on a journey (a personal goal) with five friends, to trek 76 km through the Great Rift Valley in Jordan. The trip was a birthday celebration of one of the trekkers. Over the course of the three-day hike, up and down the mountains, rock formations, hills, roads, we shared laughs, stories, heartbreaks, breakthroughs and songs. We also sang "Happy Birthday to you," the requisite forty times, to the birthday girl. The happiness quotient doubled in my heart by sharing this experience with people I really didn't know prior to the trip.

I allowed new experiences, NDBs*, authenticities and my sincere listening to guide me. Even when I thought I could not climb one more ledge, I repeated a silent mantra to myself, "never give up; you can do this." Witnessing shepherds and dogs herding sheep and goats was such a joy for me. We slept in floorless tents, ate fabulous, freshly-made dinners around a campfire, and sang camp songs at the top of our lungs. I am so happy to achieve this goal, on this trip, with these people and at this time in my life. I challenge everyone to do something outside your comfort zone too!

As you begin your new month, I invite you to open your heart and mind to new things, people, events and adventures. Find what you love, share that and see how far you grow! Life is really good and is meant to enjoy. Choose to find happiness in all you do, and create your own symphony!! Happiness is contagious and a lifestyle; and whatever you choose, make sure it makes you happy.

*NDB= never done before. I strive for one everyday.



START WITH INNOVATION



BY TOMISLAV BULJUBASIC | @BULJUBASIC1

BOOSTING CREATIVITY: TOP 10 PLACES TO GET CREATIVE IDEAS



Don't underestimate the dynamic nature of creativity, and the possibility that your aha moment could come when you least expect it. Here we present 10 'creativity enhancing' places that you have probably not thought of.

Bed - Be relaxed but still awake. Daydreaming can be a breeding ground for ideas. Try to stay in the daydream stage and think of the potential of these ideas. Don't forget to write them down, so they are not lost forever.

Bar - An unlikely place but here's where great ideas can emerge... most of them written on the napkin! Afterwards you will have to decipher the text and remember your thoughts.

Travel - Bus, airplane, train - new places and new contexts during travels. You would see places, shops or businesses that don't exist in your environment, and that in itself can help general new ideas.

Shower - A great place to get ideas! It is said that the best ideas jump into our heads while the water is flowing. Try this

for idea-generation. Indeed some people have note pads besides the shower to quickly write down their ideas.

Sea, Ocean or Riverfront - Staring at the horizon and thinking beyond it is very relaxing and a great place for daydreaming!

Park or countryside - Relaxing amidst nature can ignite creative juices, and ideas can sometimes become inspired by nature. **Social media** - Follow interesting people, their ideas could jumpstart your creative thinking.

Web - Browse trends or inspirational websites. Read about inspirational projects on crowdfunding platforms and learn from the innovative projects.

Read your notes, diaries, idea-books - even if they're old. A second look at ideas written in the past can ignite improvements for the future.

Walk - Many ideas were born during walks. Indeed, there are many innovators who use walking as part of the process for idea generation.

تمكّن
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Focus

About Tamakkan

Established in June 2009 by BrandMoxie, a leading advertising and marketing company in the UAE, Tamakkan supports the growth of SMEs and startups by providing access to information and networking, as well as promoting innovation, best practices and corporate social responsibility to corporations and institutions.

Want to attend Tamakkan's free seminars on Entrepreneurship, Leadership and Innovation?

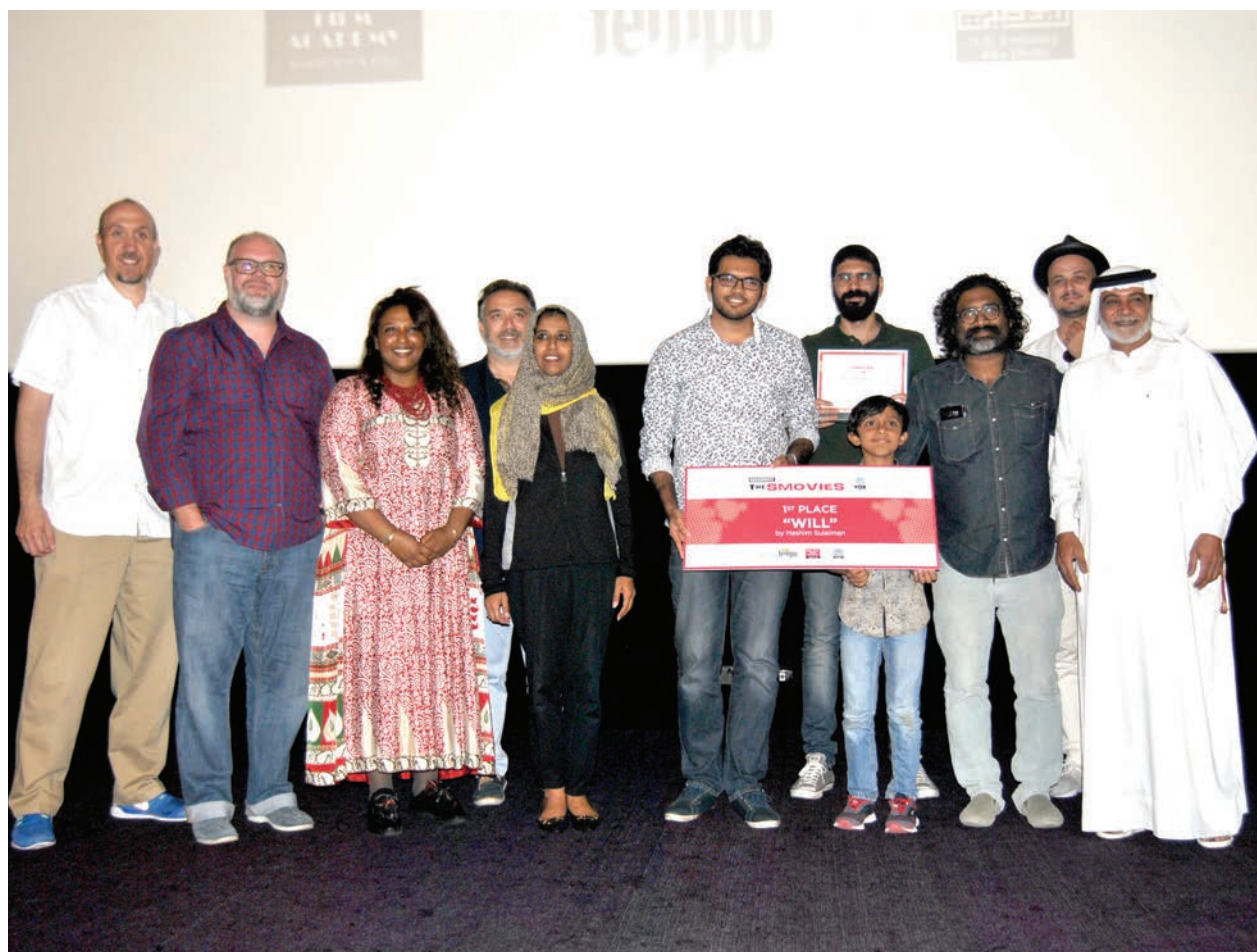
Email us at info@tamakkan.info or visit www.tamakkan.com

BRANDMOXIE PRESENTS THE SMOVIES



The Smovies is a film competition platform that is owned and run by BrandMoxie, a leading marketing firm based in Abu Dhabi, UAE. The Smovies was created in April 2015 to help support emerging filmmaking talent, and to promote rising stars. The Smovies runs three competitions a year. This season was #IHaveADream. Previous seasons were #WhyILoveUAE, #TheMessage and #PlsDontStealMyShow. The Smovies strategic partners are VOX Cinemas and the New York Film Academy.

MEET HASHIM SULAIMAN – FIRST PLACE WINNER OF THE SMOVIES #IHAVEADREAM COMPETITION



(From L-R, Alica Lejlic, Public Affairs Officer, US Embassy | David Moore, Film Director and Instructor at ADWC | Dahlia Mahmoud, Assistant Professor, College of Arts and Creative Enterprises at Zayed University | Mohannad Al Bakri, Director of External Relations and Partnerships, NYUAD | Sana Bagersh, Founder and Executive Producer of The Smovies | Hashim Sulaiman, 1st Place Winner | John Haddad 2nd Place Winner | Philip Rachid, Director and The Smovies Workshop Instructor | and Mansoor Al Feeli, award winning Emirati Actor)



Watch it Here:



The short film “Will” by Hashim Sulaiman is a poignant story that manages to capture in one minute the heart wrenching desire of a little boy. The screening at the Smovies Awards Ceremony touched the hearts of many and met with audible ‘aahs’ from the audience. Without spoiling the film by revealing the ending, we present you Hashim Sulaiman...

“I am a Business Development Manager in an oilfield supplies company, with a background in mechanical engineering. Filmmaking has been my passion ever since my dad bought me a handheld camera when I was in grade 7. I enjoyed visualizing everything around me. But it was during my college days

that I explored the possibilities of storytelling through these videos. I started watching International movies; every other movie had something to inspire me.

“I made my first short film ‘Alarm’ in my college days, and it bagged second prize in the intercollege competition of Cochin University of Science and Technology (CUSAT), India. My first award in the UAE was for the short film ‘Rocket Science’ and I managed to screen this film at different film festivals all across UAE and won several awards. It was selected as the best movie at the Al Ain Short Film Competition, and also

won best screenplay and special jury award for direction. I also won the best editor award from the Indian Social Centre Abu Dhabi. ‘Rocket Science’ was also screened at the Sharjah International Film Festival. ‘Will’ was my first submission to the Smovies.

“I came across a post of Smovies on my friend’s Facebook page. The biggest challenge was to come up with a concept that can completely justify the #IHAVEADREAM theme in one minute. I had to go for a symbolic narrative style.

“I was overwhelmed with joy and excitement when my name was

announced as the first place winner. This would be one of the most memorable moments of my life. My parents were the first with whom I shared my happiness. They were proud, and my sisters hugged me with excitement. Friends called me up one after the other, congratulating me.

“I encourage everyone out there to try to make your own Smovie and exploit this wonderful platform. Try to make sure the story you make justifies the theme provided, and concentrate more on conveying the message than on the technical aspects.”

Connect: Facebook /Hashim Sulaiman

2ND PLACE : “ JUST ONE SPOT” BY JOHN HADDAD

John Haddad was the first place winner of the Smovies previous competition #WhyILoveUAE. The talented filmmaker won, yet again... and came second place with his funny, intelligent film “Just One Spot.”

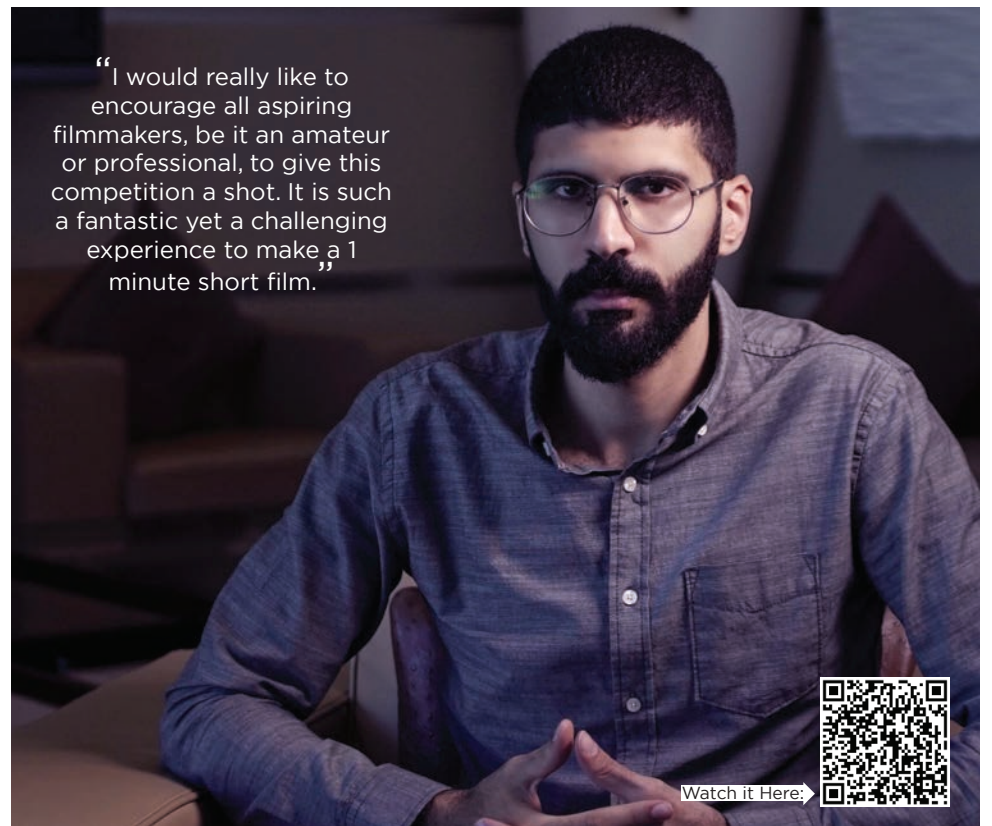
“I’m a 25 year old aspiring filmmaker. I was born in Abu Dhabi and have lived here my entire life. I started getting into filming when I was 16 years old. I always had these ideas about making short ‘funny’ clips during high school days using my phone and editing on a basic software like windows movie maker. After graduating from high school, I started assisting in producing short films with a friend as a hobby using an SLR camera. A couple of years later I decided to develop my skills using DSLR cameras and only recently have I been active by filming my own short films.

“I first learned about ‘The Smovies’ through friends who joined the competition. I saw their work on social media platforms and ever since then I decided to give it a shot by creating my own films. The concept and title of “Just One Spot” was based on an actual event that my friend (the actor in the film) and I experienced. Only a

couple of weeks before the Smovies deadline, Faisal and I were desperately looking for parking in the tourist club area. After almost an hour of driving in circles, it occurred to us how much of a serious problem this was. At that time we wished we could find ‘just one spot’ to carry on with our evening and from that, we were inspired to make this film.

“Throughout the years I have only had the chance to work/produce other short films, but never to film or direct them. So last year I was inspired to submit my own short film to the #WhyILoveUAE’ Smovies competition in December, making it the first competition I officially submitted a work as a director, and I won 1st place.

“The moment my name was called up on stage, all the joy and the adrenaline and the nervousness just kicked in at the same time! It isn’t the kind of emotion one feels every day. I was very humbled by this beautiful opportunity. It was such a fantastic experience. My family and friends were really really happy and excited for me, it was such a relief to know that I was able to entertain the audience with the film and at the same time connect with them.



“I would really like to encourage all aspiring filmmakers, be it an amateur or professional, to give this competition a shot. It is such a fantastic yet a challenging experience to make a 1 minute short film.”

Watch it Here: [\[QR Code\]](#)

“I would really like to encourage all aspiring filmmakers, be it an amateur or professional, to give this competition a shot. It is such a fantastic yet a challenging experience to make a 1 minute short film. Even if we sometimes think we know it all, you will still learn so much about yourself and of your capabilities. With their participation, it helps motivate and inspire other filmmakers to join, just as I was inspired by others. It

really helps widen your imagination to come up with new ideas and explore other skills that you wish to acquire.

“Last but not least, the most important thing for those who want to make a Smovie out there, is don’t forget to HAVE FUN. Have fun, keep it simple, and enjoy the experience :)”

Connect : Facebook/ John Haddad

3RD PLACE WINNER – “I HAVE DREAMS” BY ROHAN HEMANT

“My name is Rohan Hemant, I am 22, and I’m from India. From an early age the art of filmmaking has always fascinated me, so after I completed my Bachelors in Business and HR I went to learn filmmaking at The New York Film Academy in Abu Dhabi. Since then my passion and interest for filmmaking has grown even deeper.

“I learned of the Smovies when I saw it at Vox Cinema right before the start of a film. After that I visited the the Smovies website to learn more about it. My film concept was about having many dreams and living those dreams

everyday. I then took that concept and constructed it around the life of a dog. “I was not able to make it for the event. But the next day, I received an email from the Smovies congratulating me and telling me I had won third place. I immediately screenshot the message and sent to my family and friends. The reaction I received were happy emojis and lots of celebration emoticons. So this how most of them reacted when they read about it.

“My message to film makers is: if you really like your story shoot it!”
Connect: Facebook/ Rohan Hemant



Watch it Here: [\[QR Code\]](#)



PHOTOS BY: NIKITH NATH

ANUM ABDUL AZIZ

Age: 23
Profession: Fashion Designer/Entrepreneur
Nationality: Canadian
Motto: "Behind every successful woman is herself"

Your most valued possession?

My sewing machine

Where can we find you hanging out most?

My room, or car

One thing you cannot live without?

It would be my glasses because I'm blind as a bat.

The person/s who inspire you the most?

My parents, as they are helping me in different ways, encouraging me to be wise and sharp.

Five things you need for survival

Iphone, red lipstick, ring, measuring tape, perfume

A typical day in your life?

I wake up and snooze again, then do some work on my laptop. Then I start getting ready. Late afternoon I leave the house to run errands and get home. I have dinner and then I start sewing or whatever I need to work on. Right after that, I fall asleep while watching TV.

Where do you see yourself in 10 years?

I see myself living on an island, owning a few design houses and hiding away designing with me, myself, and an animal sanctuary.

What is your idea of peace?

Peace within.

Your goal in life?

To make a tiny difference in the world

TIME CAPSULE



Who in your life deserves a big old thank you?

My sisters

Have you found your purpose yet?

I have found it, and I'm working towards it every day.

What is the craziest thing you have ever done?

The craziest thing I have done is probably staying up for three days and pulling mini road trips with friends. It was spontaneous, definitely.

What is your earliest memory?

It was my earliest and my most embarrassing moment. I was in Austria, about six years old and I fell into a low tank filled with fish. I remember everyone laughing and I was soaking wet while being scared of the fish because I thought they were going to eat me.

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

I would put on what I feel comfortable in and a nice red lipstick, with a pair of booties (boot heels).

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

If I was stuck in an elevator I would love it to be with Zayn Malik. And I would least likely want to be with Solange Knowles - we all know how that turns out to be.

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

I would go see my last sunset with my family and friends...

and to take care of those who helped me while I struggled.

What random act of kindness did you perform recently?

I don't consider it as an act of kindness because I feel like everyone helps those in need in their own way. But I do this on a weekly basis where I go around the city and feed stray cats.

What are 3 things that today has taught you?

1. Hard work is a step closer to your goals
2. Patience is the key to success in any business
3. Be yourself, because people are tired of the seeing the same people/ personalities.

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