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"I had many dreams. I dreamt of our land keeping pace with the growth of the modern world.

- Sheikh Zayed bin Sultan Al Nahyan

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ed's note



If you thought November was busy, just wait 'til you see what December has in store for you - the holiday spirit has set in and we all have a whole lot of stuff to get done in a far shorter time...

What's exciting about the last few weeks is the focus on innovation, creativity and enterprise. Both Dubai and Abu Dhabi have been awash in exciting new ventures that will surely shape our calendar in the coming year. Noteworthy in the capital is the opening of the new Warehouse 421 and the Innovator Space in Zeina, as well as the opening of BOXPARK in Dubai.

This month is a smorgasbord of events, in a blend of old and new, hip and classic. After Ariana kicks off the month, we see the juxtaposition of the national day traditional rowing competition with the powerboat championship race, as well as a whole lot of stuff happening outside of the capital city. Al Gharbia will host the Al Dhafra Festival while Al Wathba holds the Sheikh Zayed Heritage Festival. For visitors who want to a bigger dose of Emirati culture, there's the newly refurbished Qattara Arts centre in Al Ain. And for those in search of the holiday spirit there's the community Saturday market on Yas Marina, family caroling at the National Theatre, in addition to a Bond inspired concert in Al Ain by the City of Birmingham orchestra.

Tempo brings you all the cool stories that you love. We're very excited to present the raft of short film submissions who made the cut in the Image Nation #WhylLoveUAE competition on the Smovies platform. We chatted with director Majid Al Ansari who debuts his highly anticipated film Zinzana this month, and with singing star Ludacris who shared the vision behind his youth focused foundation.

As in every issue we bring you our community heroes - the dreamers and doers - who create things, launch new projects and boldly pursue their purpose. We salute every one of them and take this opportunity to wish everyone terrific national day celebrations, happy holidays and an amazing close to an eventful year.

Here's to a brilliant 2016, full of...

Peace, happiness and love.

Sana Bagersh



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BY NILOFER SAFDAR | nilofer_light@yahoo.com



notes & cyberchatter |



CULTIVATE THE SUCCESS MINDSET!

It is the end of the year and a great time to reflect back and evaluate your life What has worked for you? What hasn't? This is a time for introspection and for sowing the seeds for the upcoming year.

We'd like to share some steps to help you cultivate a success mindset. This is an experiential exercise so set aside some time, get a pen and paper, and get started.

5 STEPS TO SUCCESS

1. WHAT WOULD YOU LIKE **TO CHANGE?**

Write down a list of everything that you would like to change in your life. Look at every area of your life and list down everything that you would like to change. Some of the areas you can look at are money, health, relationship, fun and recreation, family and friends, career, physical environment and personal growth.

Use the statement below to make vour list-

"I don't want...."

Don't overthink here. There is no right or wrong, good or bad. Very quickly list down everything that comes up for you. The object of this exercise is to shine light on some things that are festering inside.

2. WHAT WOULD YOU LIKE TO KEEP?

Once you become clear on all the things that you don't want, it is very easy to actually come up with what you do desire and what you would like. For each item from the list above, flip it around to what you would like.

"I would like to have...."

WHAT STOPS YOU FROM GETTING WHAT YOU LIKE?

Here is your chance to vent. List down everything you think that doesn't allow you to get what you desire. Don't hold back. Write down EVERYTHING. Once you have written your list, go ahead and write at least five more.

"I cannot have what I would like because....."

3. IS IT REALLY TRUE?

Now look at each one of the

statements that stop you and ask the following questions

Is this really true?

Am I absolutely certain that this

What is one instance when this was not true?

If this were not true what would it be?

As you go through this exercise, you will start to realize that none of what you think limits you is true. And it starts to open you up to things that you haven't even considered.

4. YOUR POINT OF VIEW **CREATES YOUR REALITY**

Your point of view creates your reality. This is one of the Laws of the Universe. So if there is anything going on in your life that you don't like and don't desire, it just means that you have some points of view in place that are keeping it in place. For example if you have a point of view that you don't have money, that is what starts to show up for you. Your point of view becomes a self-fulfilling prophecy.

Ask this question for everything that you don't desire in your life-

How many points of view do I have that are keeping this situation in place?

5. WHAT CAN YOU CHOOSE NOW

Here is the point of change. CHOICE. Most people think that they don't have a choice. They feel that they have to put up with things in their life and that they have to be resigned with what is aoina on.

Realise that this is an Infinite Universe with Infinite Choices available to everyone. It is not a limited menu!

Ask And You Shall Receive is another Universal Law.

What choices do I have here?

What can I choose now?

What else is possible?

What else is possible that I haven't even considered?

No matter what the situation is, no matter how bad it appears, ANYTHING can change. EVERYTHING is possible. Start asking these questions and embrace the change.

TEMPO POLL OF THE MONTH

THE HOLIDAYS ARE RIGHT ACROSS THE CORNER! WHAT EXCITES YOU MOST?

Thrilled to celebrate the UAE National Day! Bring on the festive spirit!

Christmas trees, presents and gingerbread cookies! Yum!

festive drinks and cups at Starbucks.

Chilling at home and doing nothing.



ON "TECH TALK"

The Australian data law has its ups and downs but I hope the data they keep is maintained and kept properly to avoid leakage of sensitive information.

- Abdullah Ahmed



ON "PROTECT THE FIGHTERS"

Seeing young students willing to lend a helping hand inspires me to do the same!

- Caleb Shadid



ON "CNN JOURNALISM DAY"

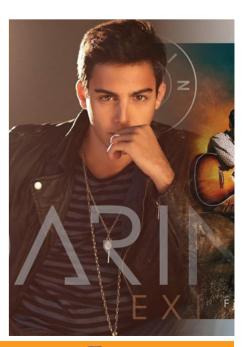
Writing has always been something I love doing and getting a sneak peek into the life of a writer at CNN gets me thrilled in pursuing a career in journalism!

- Rebecca Mustafa

ON "MEETING DARIN"

Darin is an icon in Sweden and one of the best vocals out there. He is superb and I saw him on TV during his first audition of idol (musical competition) and witnessed how this young man grew up to be one of Sweden's most loved singers. So humble and so endearing.

- Agnes Marelid











BENEVOLENCE AT GATE 4-A

(via social)

fter learning my flight was detained 4 hours, I heard the announcement: If anyone in the vicinity of gate 4-A understands any Arabic, please come to the gate immediately.

Well—one pauses these days. Gate 4-A was my own gate. I went there.

An older woman in full traditional Palestinian dress, just like my grandma wore, was crumpled to the floor, wailing loudly. Help, said the flight service person. Talk to her. What is her problem? We told her the flight was going to be four hours late and she did this.

I put my arm around her and spoke to her haltingly. Shu dow-a, shubiduck habibti, stani stani schway, min fadlick, sho bit se-wee?

The minute she heard any words she knew-however poorly used-she stopped crying.

She thought our flight had been canceled entirely. She needed to be in El Paso for some major medical

Adwa AlDakheel

treatment the following day. I said no, no, we're fine, you'll get there, iust late.

Who is picking you up? Let's call him and tell him. We called her son and I spoke with him in English. I told him I would stay with his mother till we got on the plane and would ride next to her-Southwest.

She talked to him. Then we called her other sons just for the fun of it. Then we called my dad and he and she spoke for a while in Arabic and found out of course they had ten shared friends. Then I thought just for the heck of it why not call some Palestinian poets I know and let them chat with her. This all took up about 2 hours.

She was laughing a lot by then. Telling about her life. Answering questions. She had pulled a sack of homemade mamool cookies—little powdered sugar crumbly mounds stuffed with dates and nutsout of her bag-and was offering them to all the women at the gate.

To my amazement, not a single woman declined one. It was like a sacrament. The traveler from Argentina, the traveler from California, the lovely woman from

Laredo—we were all covered with the same powdered sugar. And smiling. There are no better cookies.

And then the airline broke out the free beverages from huge coolersnon-alcoholic—and the two little girls for our flight, one African American, one Mexican American-ran around serving us all apple juice and lemonade and they were covered with powdered sugar too.

And I noticed my new best friend—by now we were holding hands— had a potted plant poking out of her bag, some medicinal thing with green furry leaves. Such an old country traveling tradition. Always carry a plant. Always stay rooted to somewhere.

And I looked around that gate of late and weary ones and thought, this is the world I want to live in. The shared world. Not a single person in this gate—once the crying of confusion stopped—has seemed apprehensive about any other person.

They took the cookies. I wanted to hug all those other women too. This can still happen anywhere.

Not everything is lost.

WHAT HAVE YOU **ACHIEVED TODAY?**

BY OMAR AL BUSAIDY

achieved something. Many of us (including myself) don't realize how that make no some. They add no value **Focused**

seek it and

around us, whether it comes from people, a signboard, radio, TV,

vou will

find it.

Usually before I go to bed, I have this bad habit of going through my text messages, check out Instagram and twitter and most of the time, look for breaking news headlines. But one question that I never stop asking myself is, what have I achieved today? I have this obsession with making everyday a productive one as I feel that with every passing day, it's a responsibility and a blessing bestowed upon us to try to make a positive change in our community. If a day goes by and I feel like I haven't done something for someone, I'll almost not be able to go to bed.

Now I'm not suggesting that you have these extreme thoughts like me, but think about it for a second. If you could reflect on you day and think of every place you've been, who vou've met and what vou did, have vou been able to pat yourself on the back for a job well done?

If we strive to make things happen, every good step y every person in our community just helps strengthen our bond and makes us a happy, safe and productive community.

tweets for thought











farts. The reason I talk to myself is because I always agree; and this account's purpose is for me to talk to myself out loud.

"I thought time would teach me that being an adult is the best way to live. Turns out being a grown up kid is way much better."



Khalifa Al Thani @KKAlThani



"Sometimes the people and the atmosphere around us are the ones holding us back. If we want to change we have to change them first."



Fahad AlEnezi @ltsFahad



Some people are artists. Some, themselves, are art

"Only time it's okay to tell yourself that you're not good enough is when it's to motivate vou to be better. Otherwise, you are good enough."



Dubai Abulhoul @DubaiAbulhoul



19 year old author of @ Galagolia, the first Emirati fantasy novel in English. Writer at Al Bayan and The Gulf Today. Youth Ambassador @SHFUAF Student at #NYUAD

social media

"History has been distorted. Ignorance splits people, and creates prejudices. misinformed people are subjugated people.



Max Of Arabia @MaxOfArabia



Half American half British Living in Dubai & loving it Arabist - Traveller - Eater I got lost to find myself info@maxofarabia.com

"I'm going to go stand outside. If anyone asks, I'm outstanding."



Lilly Singh @IISuperwomanII



(Entertainer/Unicorn. Spent thousands of dollars on tuition, graduated and got a degree. I make YouTube videos now.)

"The first thing I notice about people is their energy. I crave that extraordinary energy. "



Dr. Phil @DrPhil



Your comments and photo may be used by Dr. Phil and Peteski **Productions. including** being published on the Web or on television

"You can't give away what you don't have. You have to take care of yourself before you can take of others."



Michelle @MichellePhan



full time dreamer + vibe master

"As you experience more in life, you evolve physically, mentally ad most importantly spiritually. "









DECEMBER **VIRAL VIDEOS**

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

Viral videos sent in by Tempo readers.



I Told My Kids I Ate All Their **Halloween Candy 2015**

Watch how the kids react to this hilarious classic Jimmy Kimmel prank where their parents pretend to have eaten all of the Halloween candy that the kids collected!

Emirates: #HelloJetman

An aerial showcase conducted over the

never been seen before. Watch how the

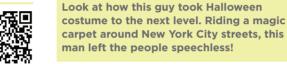
Jetman Dubai and Emirates A380 race

through the clouds of Dubai.

Palm Jumeirah and Dubai skyline that has









Serena Williams Chases down Cell **Phone Thief**

Aladdin Magic Carpet Prank

She's not just the athlete Serena Williams, she is the Super Hero Serena Williams! Look at how she leaped in action right away and stop a thief from stealing her phone.





EIC: Ultimate Diwali Carols

Happy Diwali, folks! This is a fun, addicting song that will get stuck in your head for the rest of the week

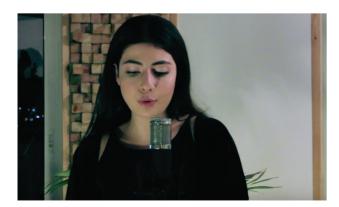




John Lewis Christmas Advert 2015 -#ManOnTheMoon

Looking at the moon one night, she looks through her family telescope and finds a lonely man in the moon. A sweet song that will remind you that there is always someone right there for you.





Noel Kharman-Hello-Adele/Fairouz (Mashup) كيفك انت - فيروز

Remember how Adele song got stuck in your head? A beautiful Arabic version mashup produced by Philip Halloun and sung by the talented Noel Kharman.





"Countdown to Amazing" begins! **Sneak Peek of Dubai Parks and Resorts opening in 2016**

Take a sneak peek in Dubai's 2016 grand **Dubai Parks and Resorts, the largest** intergrated theme park resort for all





Scrap Car Transforms Into Luxurious Sports Car

Using only foam, watch how this guy from Lithuania transforms his broken car into a luxurious sports car! This man shocked the internet.



Instafame





Bus at the Koganei Park. @ali3losh إماراتي الروح. من شارقة الكون Ali Mrad | Alosh



Sample of a lino reduction print of a beautiful camel. @SalamaNasib

Print. Bake. Laugh. Repeat.



And my second project is done @dharialmuawed My Mental & Visual Diary | An Amateur Prolific Photographer | Gulf States KWT // Travel // Food // Art



This year we don't just raise our flags for our country, but we raise it for our heroes. #UAE44 @Salehalbraik

Motto | I only do what I Location | @MyDubai Entrepreneur | @ThinkUpGCC & @WakameDubai Ambassador | @GravityDXB



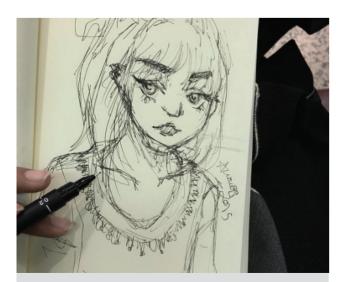
Somewhere in Leboh Ampang, KL @elseed

eL Seed @elseedart on twitter/elseedartist on Snapchat Le Cid de Teboulbou



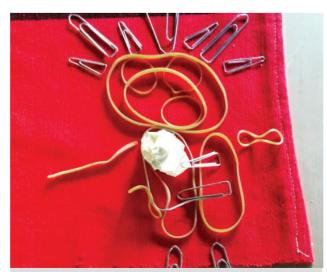
You may have differing opinions on @starbucks, but you can't deny... their latest mug collection is dope. Happy Saturday morning to you all!

Kera Thompson. Curating artisanal home decor from around the world.



A little airport sketch

Graphic designer / Illustrator Arwa A. Amoodi -Zayed University (AD) -A Left handed perfectionist -Blessed



When creativity hits and you only get rubber and other things like trash paper @shampou91

Shamma Alkhaja, 23 years old, graphic design student, Zayed university, Abu dhabi,



Disneyland Paris. @masha_amoudi Dubai



More Reasons To Visit Bawabat Al Sharq Mall















































































































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



STAD WADS: EDISODE VII - THE EODCE AWAKENS **GENRE: ACTION, ADVENTURE, FANTASY** TEMPO PREDICTION: ★★★★★

A CONTINUATION OF THE SAGA CREATED BY GEORGE LUCAS AND SET THIRTY YEARS AFTER STAR WARS: EPISODE VI -RETURN OF THE JEDI (1983).

GOSSIP: The production had a preference for using real locations and miniature models over green-screens and computergenerated imagery whenever possible in order to make the film aesthetically similar to the original Star Wars trilogy. Watch out for those stand out parts that were filmed in the UAE!

Directed By: J.J. Abrams Cast: Harrison Ford, Mark Hamill, Carrie Fisher



IN THE HEART OF THE SEA **GENRE: ACTION, ADVENTURE, DRAMA** TEMPO PREDICTION: ★★★★

BASED ON THE 1820 EVENT, A WHALING SHIP IS PREYED UPON BY A SPERM WHALE, STRANDING ITS CREW AT SEA FOR 90 DAYS, THOUSANDS OF MILES FROM HOME

GOSSIP: Based on the true story of the Essex, a whaling ship that was attacked and sunk by a sperm whale in the southern Pacific Ocean in 1820. The incident inspired Herman Melville's "Moby Dick".

Directed By: Ron Howard

Cast: Chris Hemsworth, Cillian Murphy, Brendan Gleeson



VICTOR FRANKENSTEIN GENRE: DRAMA, HORROR, SCI-FI TEMPO PREDICTION: ★★★★★

TOLD FROM IGOR'S PERSPECTIVE, WE SEE THE TROUBLED YOUNG ASSISTANT'S DARK ORIGINS. HIS REDEMPTIVE ERIENDSHIP WITH THE YOUNG MEDICAL STUDENT VIKTOR VON FRANKENSTEIN, WHO BECOMES EYEWITNESSES TO THE GENCE OF FRANKENSTEIN THE MAN - AND THE LEGEND - WE

GOSSIP: Rather than don a wig or grow his hair long (which would've taken too long), Daniel Radcliffe wore hair extensions for his role as Igor. Because of this, he had to suffer the look and wear the locks along with his own hair throughout the entire

Directed By: Paul McGuigan

Cast: Daniel Radcliffe, James McAvoy, Jessica Brown Findlay



MR RIGHT **GENRE: ACTION, COMEDY, ROMANCE TEMPO PREDICTION:** ★★★★

A GIRL FALLS FOR THE "PERFECT" GUY, WHO HAPPENS TO HAVE A VERY FATAL FLAW: HE'S A HITMAN ON THE RUN FROM THE CRIME CARTELS WHO EMPLOY HIM.

GOSSIP: ANNA KENDRICK AND SAM ROCKWELL PREVIOUSLY WORKED TOGETHER ON DIGGING FOR FIRE (2015).

Directed By: Paco Cabezas Cast: Anna Kendrick, Sam Rockwell, Anson Mount

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tempo reviews

Bv ALEECE SMITH

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





No Tears for the Dead is an action movie from writer/director Jeong-beom Lee that follows the well-established formula pretty well, you know: 1) somebody who kills other people as a profession or vocation 2) has a project that goes terribly wrong (in this case a little girl gets shot dead). 3) a bit too much expository dialogue in the first ten minutes of the movie, followed up 4) a bunch of confusing bits tacked onto the main story line and 4) cartoonish thugs as well as 5) a super desirable. yet damaged character as the female lead. Of course to make it his own, Lee adds a few twists on the usual narrative to freshen things up. For instance, the damsel in distress Mo-kyeong (played by Min-hee Kim) gets to be a power player in the finance world while at the same time having a big heart (she's a devoted daughter and grieving mother). Lee also muddles through the confusing bits in

the story line because I imagine international finance will inevitably involve the Triads, and where the Triads and international financial dealings are involved, you are sure to find corrupt law enforcement. What happens when you add Kung-Fu skills and automatic weapons to the mix? Things have no choice but to get messy - in more ways than one.

CATCH IT ON BLU-RAY:

THE KINDERGARTEN TEACHER (HAGANENET)



The year 2014 may have been a significant year for studies of non-intimate partner abusive relationships in cinema. Like the Oscar-nominated Whiplash, The Kindergarten Teacher explores how relationships with power imbalances (such as those between teachers and students) go from manipulative to exploitative in such a smooth transition that otherwise reasonable people don't see the warning signs.

Nevertheless, there are important differences between the two films. Yes, Yoav is a much more vulnerable pupil than drummer Andrew, but the stylistic difference between the movies is what is most notable. Where Whiplash is a bit voyeuristic, this movie from writer/ director Nadav Lapid feels more intimate; probably to aptly convey the small size of a kindergartner's world.

Sarit Larry plays Nira, the kindergarten teacher of the movie title. Avi Shnaidman is Yoav, one of Nira's students and a budding poet. Both actors give really

good performances in this portrayal of an interested teacher's descent into increasingly predatory behavior.

Lapid doesn't try to answer many questions in The Kindergarten Teacher. The story does not explain much about Nira's motivations nor does the audience get much of a view into what Yoav is thinking. Even so, one develops very strong reactions to interactions between the two, and that's what makes it a good watch.









inzana is only ■one of the most talked about Emirati films, and it debuts this month! The film's director Majid Al Ansari, stopped by to chat with Tempo...

TEMPO: How would you introduce Majid Al Ansari?

Maiid: I'm a full-fledged filmmaker. A lot of my life revolves around doing film. I enjoy what I do so much that I don't consider it as work - filmmaking is a passion. I learned about my passion for film from as early as eight years of age; one of my first influencers was my uncle from my mom's side. He would play "The Exorcist" 20 times in one week as he explained each detail to the young me on how everything ties up together. He also showed me other thriller and horror films along the way. From there I started loving films that I remember when I was ten years old I collected around 60VHS tapes and got stopped at the airport! The security people asked me where was I planning to take these and I just answered: I plan on watching all of them!

TEMPO: What is the vision behind "Zinzana"?

Majid: Once the movie starts, you're in the movie. This movie represents a significant part of my childhood years as I saw film as a form of escape. I am a true escapist and film was always good tool for me to escape. When you watch Zinzana - it takes you away from the real world to escape and you suddenly live the world of this film.

TEMPO: "Zinzana" was screened before at the Fantastic Fest at Austin Texas. How did people react?

Majid: To be honest, I was nervous initially but when people saw the film I was overwhelmed; the reception was amazing. We received an amazing review from Variety Magazine who described Zinzana (named Rattle the Cage at the filmfest) as "A world-class neo-noir thriller from the United Arab Emirates that should travel far on the global fest circuit and multiple international platforms." This was a very positive review!

TEMPO: Which filmmakers inspire you?

Maiid: From Asian Cinema that will be Park Chan Wook and Sogo Ishii. Chan-Wook has this distinct directing feel

E FILM REMIERE

wherein he will have the classical music during one of the most gruesome scenes in his film... it's like he's conducting an orchestra! Ishii is like Spielberg for me, he always bring darkness in a different perspective in his films and when you watch it, he's all about taking the emotions and feeling.

Another director that deserves a shout out as my inspiration is Baz Luhrmann, director of Moulin Rouge. He has this craziness as he shows different styles of directing done beautifully when it appears on the big screen. How he covers each of the scenes is like an unbeatable musical rhythm.

TEMPO: Describe a normal day in the life

Majid: I make it a point to watch 3-5 films a day. Genre? Anything and everything. For me each and every film is an accomplishment no matter how bad or good. Aside from enjoying films I also enjoy going out with my fiancé, friends, and family during the weekends. I most especially love going to Image Nation when I have the time as I love being around filmmakers and sets.

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

Majid: Right now I'm focusing on the theatrical release of Zinzana on December 10th. For me it's more important what nationals and the general audience living in the Arab world think about my film. The beauty behind "Zinzana" is that it's not just for the Arab audience, it's for all audiences no matter what nationality they are. I invite everyone to just enjoy film for what it is. I do promise that people will enjoy this film and that it will exceed their expectations.

aspiring filmmakers out there?

Majid: I'm a huge fan of my fellow Emirati Filmmakers like Ali Mostafa, Nawaf Al Janahi, Khalid Al Mahmoud who were making films before me. I advise aspiring filmmakers to just work hard. Put your head down. Have people enjoy working with you. Just march on and carry on making films.

Connect with Majid Al Ansari on Facebook, on Instagram: majidaliansari, and on Twitter: @m_al_ansari

SIFINDSUND NATIONAL DAY 44 YEARS OF BEING IN THE UAE



Sensation White is the world's leading dance party. With its origins from playing exclusively in Amsterdam till 2005, Sensation White is now the most talked about event around the United States, Chile, Brazil, Australia, Canada, South Africa, Korea, Bernaria South Africa, Korea, Romania and many more, including UAÉ.

SENSATION WHITE DUBAI

This year I had the opportunity to meet and interview most of the DJs who performed at Sensation White including Martin Solveig, Quintino, Yves V and East and Young. We streamed music live from the event from the beginning to the end. The entire Radio 1 crew was present so we kept listeners up to date on what was happening, who was playing and even had the chance to feature the DJs on the show.

Two I really enjoyed East and Young's set as it consisted of different types of music which was mainly house but also consisted of remixes of popular tracks by The Weeknd, Ed Sheeran and Major Lazer. In a very short time of them emerging in the industry, East and Young, an energetic duo from Holland, have had support from big names in the House music industry such as Swedish House Mafia, Above and Beyond, DJ

House music is definitely one of my favourite genres. Being a DJ myself, I love all kinds of music. I play house and electro music during my gigs sometimes. The versatility of the music depends on the gig I am performing at and the crowd I have in front of me.

The production of Sensation White completely amazed me. Meydan was basically transformed into a water world, as the theme of Sensation White was 'Ocean of White'. The most breathtaking aspect of this theme is to make the venue look very mysterious with huge water fountains placed everywhere and jellyfish floating around the 'ocean' that move to the music being played.

It is interesting to note that this was the first time an outdoor show as such, was created in Dubai. There were almost 150,000 people present in this underwater world

weekdays from 7 pm onwards bringing you the latest in showbiz, movies, technology and more.

To party with Saif and Sound, catch him in the following nightclubs:-

Thursday - Etoiles, Emirates Palace, Abu Dhabi

- Friday 'Sunset Sessions' at Saadiyat Beach Club, Abu Dhabi
- Friday 'Revival' at People by Crystal, Abu Dhabi
- Saturday 'The Project' at Sax Club, Abu Dhabi
- Sunday 'Clique' at The Yacht Club, Abu Dhabi



BY JAE FRANKLIN | @jaefranklin



BY VERA ROSALES | @verarosales



EIGHT GREAT UAE MUSICIANS

Have you ever wondered into an Abu Dhabi venue and heard brilliant live music? That recently happened to me.

While walking through World Trade Center, a strong craving for pizza sent an aggressive signal to my stomach, which was eventually satisfied at Jazz@PizzaExpress. Unbeknownst to me, live music is a nightly staple at the restaurant. The band's performance was engaging. I began to wonder where the musicians called home. The UAE is such a melting pot that they could have been from Brazil. Amsterdam or even Ukraine. This moment became my inspiration for December's Music News column.

This month, I'll highlight the UAE's finest musicians. I must say that my research for this month's article was fun. I visited performance venues, attended exclusive events, researched online, and spoke with local industry insiders just for you. What I have complied is a list of eight talented and inspiring musicians born in or associated with the UAE that you need to know. From rock to Arabic fusion, every mentioned artist plays one or more instruments. Get to know seasoned legends like Kamal Musallam and emerging artists like Esther Eden right now. Get into it!

KAMAL MUSALLAM

Kamal Musallam was born in Kuwait and has grown to become one of the leading musicians of our time, and the single most powerful Arabic jazz-fusion guitarist in the region. As the creator of Arabic fusion music, his recordings from the early pre-internet radio days are stunning. He continues to reach wider audiences with hit songs such as Out of My City. http://www.kamalmusallam.com

BULL FUNK ZOO

Bull Funk Zoo is the 'original funk band' of the UAE and has been heard by audiences from 5,000 to 30,000 people. Founded by guitarist, songwriter, and producer Assaad Lakkis, BFZ's sound has been described as "a big bad bull stompin' like James Brown, bendin' like Hendrix, smokin' like Marley, wild as the Chili Peppers, and elegant as The Police." http://www.bullfunkzoo.com

MALIKA OMAR

Malika Omar, born in South Africa, is a composer, arranger, and humanitarian. She has released three albums and uses music for positive social change, composing music for United Nations High Commissioner for Refugees (UNHCR) and other organizations committed to social change. Her song New Hope was released to benefit the Palestine Children's Relief Fund. Her future plans are to develop a music school in the UAE and SA. http://www.musicmalika.com

CLARITA DE QUIROZ

The classically trained pianist remains one of the most sought after musicians in the UAE, having recently signed a recording contract with Sony Music Entertainment Middle East, Born in Abu Dhabi and currently based in Dubai, Clarita recently released her new album Speak.Delete.Repeat, which is perfect to add to your music playlist.

http://www.claritadequiroz.com

Jay Wud is the UAE's guitar hero. He has opened for Guns 'n Roses and Motley Crue among other legendary rock bands. The Lebanese rocker moved to Dubai in 2007 and released his first album New Blood in 2010. His second album, False Utopia, was released in 2012. Jay Wud is set to make waves with his forthcoming album to be released very soon. http://www.jaywud.com

JULIANA DOWN

Juliana Down is the UAE's leading award winning rock band for the past 10 years. Juliana Down was the first band from the UAE to be signed to a major record label, Sony Music Entertainment Middle East. The band has supported established acts such as Kings of Leon, Maroon 5 and Thirty Seconds to Mars.

http://www.facebook.com/ iulianadown

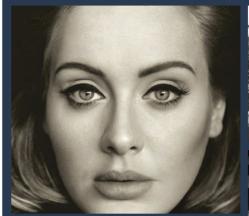
ESTHER EDEN

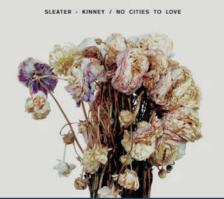
Esther Eden was born in India but moved with her mother to Dubai as a young girl. She plays piano, guitar and ukulele and performs regularly in Abu Dhabi and Dubai. Esther was hand picked to open for powerhouse vocalist Jessie J and was soon signed to Universal Music MENA. Esther Eden will release the first single from her forthcoming album very soon. http://www.esthereden.com

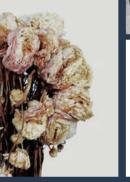
FATINIZA

Born Fatiniza Ponzon in Colombia. the award winning singer, songwriter, guitarist and humanitarian known simply as Fatiniza has established herself as one of Dubai's brightest stars. Her explosive mix of pop, rock and Latino spirit has captivated audiences since she released her debut album, Confusion, in 2010 and stormed the UAE charts. Her most recent album, Nothing is Impossible, was released in 2013. Fatiniza is a fixture of the UAE live music scene for over 12 years. She is also the Middle Eastern ambassador for marine conservation initiative 'Paddle for the Planet', which saw her headline a concert for the cause on World Environment Day, and release the Ecoconscious track Today, with all profits donated to 'Paddle for the Planet'. http://www.fatiniza.com

TEMPO'S TOP PICKS OF 2015 THE MUST LISTEN TO ALBUMS OF THE YEAR







This was a monumental year for music! A lot of artists brought out their best and gave us a hard time narrowing down noteworthy pieces. Nevertheless, here are our top picks of the year...

Mainstream Pick: Adele's "25"

After a long hiatus in the music scene, the songstress/songwriter queen from the UK has come back with another masterpiece. The successor of the Grammy-winning album '21' does not disappoint and delivers an even more emotionally satisfying track list - making you believe in the existence of heartfelt songwriting once again. Containing hit singles like early releases; 'Hello' and 'When We Were Young', it assures that your expectations are met. It is Adele we are talking about here everyone.

Indie Pick: Sleater - Kinney's "No City To Love"

If you are looking for an album to recommend to your hipster crowd (or any crowd for that matter), Sleater-Kinney's latest release is the way to go. The American rock band's eighth studio album comes after a ten-year dry spell and is worth the wait, showcasing songs of reality and honesty. The lyrics are hard-hitting and the instrumentals provide an extra punch to the messaging. Be sure to watch out for the singles, 'No Cities To Love' and 'Gimme Love', they are conversation starters for sure.







WILDCARD PICKS:

Kendrick Lamar's "To Pimp A Butterfly"

Hard-hitting. Frank. Direct. Inspirational. Kendrick Lamar has outdone himself on his third studio album delivering hits like 'Alright', 'The Blacker the Berry' and I. If you want to get into the mind of a hip-hop legend in the making, this one's for you.

Justin Bieber's "Purpose"

Mature. Emotional. Personal. From puppy love songs to the "real stuff" Justin Bieber has finally evolved into the artist that we always thought he could be. Having a more pop electronic genre compared to its predecessors, he maintains composure on his catchy songwriting with singles such as, 'Sorry', 'The Feeling', 'What Do You Mean' and 'Love Yourself'. Let's all raise a toast to Bieber - welcome to adulthood!

Pentatonix's "Pentatonix"

Need a break from all the instruments, synthetic beats, etc.? Thanks to this Grammy-winning quintet this album is a refresher for the ears. A group famous for their acapella covers of hit songs, their self-titled album is now focused on original music, inspired by their own story as a group (though they kept a few covers in there for fans to fully enjoy their vocal prowess). First single release 'Can't Sleep Love' is just the tip of the iceberg.



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



ABU DHABI INTERNATIONAL EXHIBITION OF FLOWERS AND GARDENS

1 - 4 DECEMBER

ADNEC

This exhibition offers a broad range of activities and events focused on the production and export of flowers and landscaping. Visitors will see some of the latest practices used in today's gardening and floristry, as well as modern art in the production of flowers. Timed to mark the UAE's 44th National Day, Flowers 2015 is open to the public.



ARIANA GRANDE

3 DECEMBER

DU ARENA, YAS ISLAND, ABU DHABI

The internationally acclaimed and multiplatinum selling artist Ariana Grande will make her UAE debut in Abu Dhabi over the 44th UAE National Day weekend, Following her worldwide success of the 'The Honeymoon Tour' which has been performed globally in over 75 cities, Ariana Grande will arrive in Abu Dhabi to enthrall audiences of all ages



AL DHAFRA FESTIVAL 2015

7 - 30 DECEMBER

MADINAT ZAYED, AL GHARBIA

The festival inspired in its form and content by the authentic Bedouin spirit, is dedicated to the protection of environmental and historical heritage, and the strengthening of the bond between the past and the present of the UAE. The 9th edition of the festival is expected to draw a large attendance as it features more than 15 competitions and heritage activities, with prizes totaling more than Dh 55 million, including 225 cars.









Scan





UIM FORMULA 1 POWERBOAT WORLD CHAMPIONSHIP

10 - 11 DECEMBER

ABU DHABI BREAKWATER

This water sport championship has been compared to driving a F1 racecar at full speed over a ploughed field. The event allows you to watch the Formula 1 Powerboats accelerate faster than most F1 cars - from standstill to 160 kph in only 4 seconds.



QATTARA ARTS CENTRE WORKSHOPS

ONGOING TILL DEC 31

The Al Qattara Arts Centre stages a wide variety of classes for all ages and creative backgrounds. The recently restored centre maintains a balance of traditional architecture with state-of-theart facilities. It has a dedicated 'dry studio' for activities such as music classes and handicrafts, and a 'wet studio' for drawing and painting. The centre also integrates a fully-equipped pottery studio, a digital room for photography and computer classes, a spacious calligraphy studio, as well as an exhibition hall and library.









CALIPHS AND THEIR CONSORTS: OF THE CALIPHS)

The Editors of the Library of Arabic Literature discuss a 12th-century work on the wives and women of caliphs and sultans. Julia Bray places the work in its historical and literary context and Shawkat Toorawa moderates a panel discussion on the process of collaborative translation and on the challenges of rendering classical Arabic poetry and prose. - See more at: http://nyuad.nyu.edu/en/news-events/abudhabi-events/2012/12/caliphs-and-their-consorts. html#sthash.wDq8h0w1.dpuf

PEACE EDUCATION PROGRAM INTRO

The purpose of the Peace Education Program (PEP) is to help participants discover their own inner resources—innate tools for living such as inner strength, choice, and hope—and the possibility of personal peace. *Free for all*

CINEMA AT THE SPACE

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

For more info and RSVP visit the facebook.com/



TheSpaceAD



what's cool the talk of the town





NATIONAL DAY **TRADITIONAL ROWING RACE**

2 DECEMBER | ABU DHABI **BREAKWATER**

National Day Traditional Rowing Races for 40ft boats take place off the Corniche, finishing opposite the Heritage Village where there will be a traditional souk and entertainment including Ayalla dancing. The racing is under the patronage of HH Sheikh Sultan bin Zayed Al Nahyan, The President's Representative and Chairman of the Emirates Heritage Club.



SHEIKH ZAYED **HERITAGE FESTIVAL**

ONGOING UNTIL DEC 12 | AL WATHBA, ABU DHABI

The heritage festival is aptly named in honour of the UAE's founding father, the late Sheikh Zayed bin Sultan Al Nahyan, in recognition of his pivotal role in preserving the nation's proud history as a gateway to the future. The festival celebrates the UAE's cultural inheritance, showcases the rich diversity of its traditions and provides an educational platform for everyone who wants to learn more about the history of this nation.



CITY OF BIRMINGHAM SYMPHONY ORCHESTRA

9 DECEMBER | AL AIN: AL JAHILI FORT

Enjoy the combination of the thrilling music of 007 in the enchanting setting of Al Jahili Fort. With the latest James Bond movie released in November 2015, what better way to let your imagination travel, than by embarking on a musical journey through half a century of Bond's greatest adventures? The concert will show again the modernity of classical music and its capacity to capture every listener, regardless of background and age.



SATURDAY MARKET @ YAS

ONGOING UNTIL DEC 13 | ABU DHABI: YAS MARINA

Hosted at the picturesque Yas promenade, the monthly Saturday Market allows visitors to shop or to clear out their closets and sell unwanted items. The market features an eclectic mix of shopping with a pre-loved market and a car boot sale. With quirky pop up shop vendors as well as fun children's activities, the event brings the marina to life. You can stroll along the dockside promenade, enjoy live music, try out watersports and dine al fresco at one of the marina's seven restaurants and bars.

people calendar

KAAJAL BHATIA

INDIAN

FINANCIAL SERVICES CONSULTANT PEACE IN, PEACE OUT!!









O Angeli Castillo



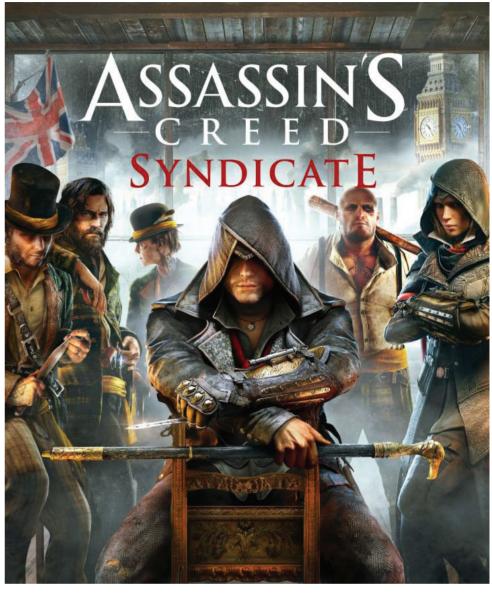
WHAT TO GET YOUR GAMERZ FOR THE HOLIDAYS

How can you make your gamer happy this festive season? We're here to help!

THE OBVIOUS



Just Cause has a cult following and the third installment has all the fans drooling. Put them out of their misery and get it, as well as Tom Clancy's Rainbow Six Seige.



Assassin's Creed Syndicate is another no-brainer. The preview got good ratings and it's shaping up to be a decent chapter.



Fallout 4, of course. If they haven't gotten it yet, this is the cure all. It's one of the year's most anticipated games and despite having a few bugs here and there, it's scored big with most critics and gamers alike.

THE OTHERS

There's a horror joint called SOMA. Check it out if the gamer in your life loves to be scared witless. Life Is Strange has been out for a while on PC, but it's still worth getting if your gamer hasn't played it yet. Keep an eye out for fan faves NBA 2016 and FIFA 2016 - always big hits.

Of course, some of you just need to jump in there and get the PS4 or XBox One. Do it. They will love you forever.





ACCESSORIES



Otherwise, some awesome gaming accessories are great gifts. Think about a gaming chair, some are designed for sound and vibration, and you can find them at stores around the UAE. Special headsets are also great accessories and can save you the noise pollution. Some headsets pipe in the game audio, so only the player hears it, and of course wireless headsets mean no more tripping or accidentally dragging your headset off. There are also special edition game controllers for both XBox and PlayStation controllers, look out for them at specialist stores.





By SHAHID SAEED / @shahidaasi | Talker for the Non-Techies



HYPERLOOP:

HOW TO TRAVEL AT 760 MPH IN A VACUUM



Elon Musk, the visionary technologist, is innovating travel, and one day in the future you will be able to travel from Dubai to Abu Dhabi taking in as little as 20 minutes, at a subsonic speed of 760 miles per hour. This vision might soon come true when the Hyperloop project ongoing in Silicon Valley is completed.

Elon Musk, the entrepreneur behind PayPal, Tesla and SpaceX -- took an old idea from 19th century and reimagined it. The result, the Hyperloop. is a transportation system that might change the way we think of mobility. Musk made his vision for this sustainable rapid transport system of the future, which is travel through vacuum technology, publicly available and patent free.

The Hyperloop works by creating low pressure inside a tube, and this low pressure then allows a capsule full of people to travel from point to point at very high speeds - just like how an airplane can travel fast at high altitudes with very little energy. The testing ground of the Hyperloop is Quay Valley, which is described as a model town for the 21st century and an eco-city development set to absorb California's growing population.

BLACKBERRY'S "FIRST" ANDROID PHONE

PlackBerry has launched its first android phone, the BlackBerry priv. Blackberry has adopted this new approach after a hard struggle with BlackBerry 10 OS.

The new device claims to provide improved security level compared to other Android phones in the market. The BlackBerry priv is a feature rich phone that comes in a sleek design. Its compact keyboard is fun to have and reminds one of old sliding phones. But at the same time the keyboard is bit narrow for large hands and the phone feels heavy after extended use.





"RELEASE THE **EUROPEAN TASTE"**

We welcome visitors and trade

At Abu Dhabi National **Exhibition Center**

Stand E088. Hall 8

Members of the Union of the Processors of Fruit and Vegetables are promoting high quality European products: tomato-based products, roasted and fried vegetables, jams and marmalades, fruits in syrup.

EUROPEAN FRUITS & VEGETABLE: 100% TASTE!

SIAL MIDDLE EAST 7 - 9 December 2015















Launched in 2013, amongst few is based in Dubai's D3



The line features snapbacks, joggers, and t-shirts



amongst few is inspired by hip-hop, art, and sneaker-head culture.



amongst few have produced exclusive collaborations with Live Space and G-shock watches



You can find the brand online and at Luxury Arcade in Abu Dhabi

fashionably late



By CHRISTOPHER JOSHUA BENTON | Instagram: @maxfirepower



Launched a little over a year ago, 'amongst few' has already firmly established itself in **Dubai's burgeoning** streetwear scene.

"What we wanted to bring to the table for 'amongst few' is high quality and attention to detail," Flo, the co-founder of Amongst Few, told us. "We source all of our cotton in Perú, which has the best cotton. We also spend a lot of time doing quality tests until we get it right."

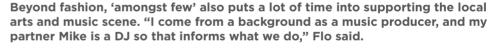
For 'amongst few', perfection is in the details, with each new feature representing a new take on laid-back everyday essentials. Think bold and minimal-minded sweat pants, t-shirts, sweaters, and snapbacks. Accessories are similarly well-conceived; sneaker heads will go crazy for the quilted nylon duffel, which features a specially-designed hatch for keeping shoes fresh while on-the-go.







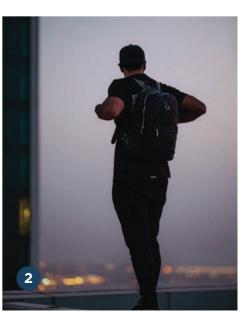




Past events have included a backyard BBQ in Jumeirah and film screenings of classic urban films. "It's super important to do work on the community label to create a culture and show people here what street wear is all about," Flo said.











Are you a style maven? Join "Tempo UAE" Facebook Group. Send us your photo and contact details and we can arrange a photoshoot.







Now Open

See Abu Dhabi from a new perspective









#WHYILOVEUAE ENTRIES:

A CELEBRATION OF UNITY AND SOLIDARITY IN THE UAE

An initative by Image Nation, the nationwide short film competition #WhyILoveUAE encourages budding filmmakers, students, amateurs and professionals to create short films shot on their cameras or smart phones capturing their personal experiences of living and working in the emirates.

This competition invited the public to submit videos that are up to one minute in length. The topic of the short films can be diverse, focusing on anything from UAE culture and traditions to lifestyle and experiences. The films can be in English or Arabic, as slice-of-life segments, short narratives,

This competition is powered by The Smovies with the strategic partnership of BrandMoxie, VOX Cinemas, New York Film Academy, Baynounah Media Group, and Tempo Magazine.

The competition will lead up to the 44th annual UAE National Day, with the winning films being screened at VOX Cinemas around the country. The winners will also receive a film course scholarship at the New York Film Academy.



IMAGE NATION



Dir: Sana Nader



Dir: Emaan Khan



Dir: Abdullah Hamdare



Dir: Aisha Alhammadi



Dir: Mathew Kurian



Dir: Benedict Smith



Dir: Maryam Jumai



Dir: Omar Ismail



Dir: Roger Alfonse



Dir: Komal Thani





Dir: Hamda Albastaki



Dir: Roger Balunsay



Dir: Fernando Llorente



Dir: Jimmy Joseph



Dir: Mildred Garcerant



Dir: Rizwan Assaraf





Dir: Michael Gannon



Dir: Sarah Al Munyif



Dir: Fazal Dir: Mahmoud Ghandour





Dir: Al Bateen girls year 10



Dir: Abdulla Louai





Dir: Nihara Hareesh



Dir: Fatima Alhameli



Dir: Przemyslaw Bogusz



Dir: Bhargavi Ritolia



Dir: Mohamed Elmekresh



Dir: Firas Salah



Dir: MHD Amer

Powered by:



Dir: Daud Bhatti



Dir: Phillip Rachid



Dir: John Haddad



Dir: Josephine Copeland



Dir: Diana Majeed



Dir: Shashikant Sangle



Dir: Khulood Ali



Dir: Hana Alzarooni





Dir: Ilona Edery



Dir: Peter Jay



Dir: Rishith Rajesh



Dir: Tamara Al Otaibi



Dir: Janice Coutinho



Dir: Ahmed Khalifa Alzaabi



Dir: Mohamed Nizar Luqman



Dir: Salman Ahmad



Dir: Abdulla Hamdare



Dir: Shamah & Fetoon



Dir: Rohan Hermant



Dir: Camilla De Leo



Dir: Schubert Rodrigues



Dir: Callum Ismail



Dir: Ahmed Mohamed Alkuwaiti



Dir: Farah Al Balooshi











LUDACRIS: A STAR GIVES BACK





Most stars launch their charity initiatives after they get famous. But not Ludacris. Even before he became a household name, the multiaward winning rapper and actor committed to launch "The Ludacris Foundation" in 2001. Fast forward to more than 10 years later, Ludacris is now an icon and inspiration for youth around the world. Tempo checked in with Ludacris and his mom and President of the Ludacris Foundation, Roberta Shields to learn more...

TEMPO: What do you think about Abu Dhabi?

Ludacris: I love Abu Dhabi - we've definitely been here a couple of times for Furious 7 and other movies and everybody welcomed me with open arms, so thank you guys for making me feel like family.

TEMPO: Is your foundation focused on the US, or do you see The Ludacris foundation branching out?

Roberta: Our home is the US so we do most of our things there - but with Ludacris here, music takes him to a global platform and so we aim to reach out to people across the globe. Whether we're able to see the people personally or to get our message out there... with the internet and social media being our voice - we're able to uplift and share what we're doing.

"With great power comes great responsibility and the more popular I become the more I want to reach out and go worldwide".

- Ludacris



Roberta Shields, Ludacris's Mom and President of The Ludacris Foundation

We're happy that we have our fans and people who support our cause from across the globe and I see us as developing in a leadership area providing the growth and inspiration and platform for young talent to be discovered. So like "who are the next Steve Jobs and world icons?" Come from here!

Ludacris: We do work with my foundation all throughout the world so it's only right that we take it outside from the land where I live and bring it halfway across the world, and it's like.... cause there are so many people here that want to help out and help us to give out to different regions like Africa and the Middle East so it was a great idea.

TEMPO: What is the most important value youth must embrace in order to make a change in the world?

Roberta: It's to have discipline and to understand that you have to work for what you want. And then when you achieve much, you should be giving

back to others as well. Among all these, discipline is the core for success - for anyone who is successful, it didn't come easy.

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

Roberta: Whether you give back to The Ludacris Foundation or to a charity of your choice, I would just say give from your heart and do give.

Ludacris: Digital media and broadcast is the future. That's the way to reach people nowadays. We have a global mental strategy intended not just for our own country...we are able to help out other countries as well because with great power comes great responsibility and the more popular I become the more I want to reach out and go worldwide.

Support The Ludacris Foundation: tinyurl.com/LudaCares



BOWLING TO WIN: CHAMPION AUMI GUERRA

BY HEATHER LONG VANDEVOORDE, PH.D.

The World Tenpin Bowling Championships for Women is the sport's biggest prize and has taken place every four years since 1963. This is one of those years, and, as luck would have it, Abu Dhabi is hosting the tournament at Zaved Sports City from 5 - 14 December. We had the opportunity to chat with champion bowler, Aumi Guerra, from the Dominican Republic. Guerra, 38, is the only woman ever to win back-to-back Qubica AMF Bowling World Cup titles.

> 'If you never give up and always give your best, your chances of reaching your full potential get better and better no matter what odds you face.

How did you get interested in bowling?

I am the youngest of four sisters and when I was 13, one of them took me bowling just for fun at a place near our high school. "Bolerama" was pretty deteriorated and closed down shortly after my second or third visit. Sebelén Bowling Center was opened by Dominican legend and world record holding champion Rolando Sebelén, Sr. in Santo Domingo in 1995, I was eager to play and learn. I've never stopped learning since.

How does a girl from a small Caribbean nation win the World Cup back to back?

I think I was lucky in many ways during my formative years in the sport. I had a sponsor in the president of our Federation, Manuel Fernández and with the costs for travel and equipment covered, the guidance of our Canadian coach Craig Woodhouse allowed me to develop my physical game to a point where I won regionally and could compete at a world level. I always said, "I want to win something BIG"; the work, commitment and sacrifices involved to achieve that goal were very natural for me. When I won my first cup. the small Caribbean island girl in me knew it wasn't a fluke. So the next

dream became confirming to the world this was no fluke. I broke three world records when I won my second cup (2010 Toulon, France and 2011 Johannesburg, South Africa).

I take a lot of pride in my roots and the fact that I achieved success without having to leave my country. I think the trick is never to stop pushing. If you never give up and always give your best, your chances of reaching your full potential get better and better no matter what odds you face.

Who are your major influences?

Without a doubt, my mom and dad have been my biggest influence. I believe I am the way I am because of the guidance and example they set for me. My father was a revolutionary, a dreamer and a sweetheart for such a tough guy. My mother is a responsible, strong willed very hard working woman. I think I am a little bit like both of them and its kept me working hard to achieve the stuff I dream about.

What is your preparation like for this **World Tenpin Bowling Championships** for Women?

I have 2 to 3-hour practice sessions 6 or 7-times a week all year round.

I am not naturally gifted so I'm still insecure about my game and always feel like something is ugly or out of place.

I work with kids and teens during the afternoons, plus plug and drill in my Pro-Shop most mornings. For this year's Pan American Games in July, I followed a workout plan at the gym for about four months straight and got into the best physical shape I've ever been in but right now, bowling occupies 100% of my time and this helps me keep the focus on the goals I've set for myself for this year's tournament.

Where do you see yourself in ten years?

I will be working with children and young adults in an environment that is focused on the sport. I can deliver a very important message to the young Dominican bowlers that come across my path. I want to help youngsters get college scholarships through the sport and develop bowling world champions yes, but I also want to help kids understand that the limitations our culture and economy imposes on them can be overcome. You must find the right formula and keep pushing.



By DONNA HOWARTH | @cleaneatuae



DIBS ON TURKEY

Turkey season is here! Yes, between Thanksgiving and December, I'm sure you'll be eating and cooking lots of turkey. Some of us will probably continue till we're all turkey'd-out beyond January. The eating part is fairly easy and with the high levels of tryptophan found in turkey meat it's also bound to guarantee you hours of good sleep. But for the cooking part, major planning time is required...

CHOOSE SIZE AND TYPE OF TURKEY WISELY:

You're supposed to calculate 1-1.5 pounds of turkey per person, so 12-14 pound turkey (5 to 6 Kgs) is good for 8 guests. I, however, find that the larger the turkey, the juicier it remains while cooking, so even if I'm expecting a smaller group of people, I always opt for 8 to 9 kgs minimum. If you're purchasing a frozen turkey, the safest method of defrosting is in the fridge and it requires approximately 4-5 days for a 9 kg turkey. For crispier skin, unwrap the turkey the day before roasting and leave it uncovered in the fridge.

HOW TO COOK:

Start by rubbing the skin with butter or olive oil. Season with salt and pepper and tuck sage leaves under the skin brings out more flavour. Adding herbs such as thyme, rosemary and parsley in the cavity is always a good idea. I love stuffing but I prefer to cook it separately in a casserole dish, as cooked stuffing in a raw turkey can run you the risk of cross contamination and prevent the bird from cooking evenly. Another tip for a perfectly cooked turkey is trussing it with butcher's twine, giving it also a more elegant look on your holiday table. Cooking times depends on the weight of your turkey so plan on 20 minutes per pound or 0.5 kgs in a 350-degree F oven for a defrosted turkey and 10 to 15 minutes per pound for fresh.

CREATE A RACK:

Instead of buying a rack, I create a natural one by layering carrots, onions and celery or mire poix in French on the bottom of your roasting pan. By lifting the turkey off the base of the pan, it increases the hot air circulation around the whole turkey, making it really crispy as well. And the vegetables add another dimension of flavour to your gravy.

TO BASTE OR NOT TO BASTE:

It is recommended not to baste because opening the oven door in the midst of cooking creates fluctuations in temperature that can dry out the turkey, but I've been basting for years with great results. I choose to baste in the last hour or so of cooking and that's when I uncover the turkey as well for more browning. I think it's about what works best with your type oven for your turkey.

THERMOMETERS ARE IMPORTANT:

You can't wing the doneness of your turkey! Staying accurate is key and the best way is inserting an instant-read thermometer in the thickest part of the turkey, usually around the thigh (avoiding the bone). It should read 165 degree F for it to be done. The turkey will continue to cook as it rests so the temperature will continue to rise another 10 degrees out of the oven. Invest in a good thermometer before you start cooking!

RESTING TIME:

Carry-over cooking is when your turkey continues to cook for another 10-15 minutes after you've taken it out of the oven, so you should never carve your turkey during that period. Instead just tent your turkey in foil, not too tight so it doesn't steam, and let it rest so that the juices are distributed and get locked in. And one last tip, make sure you use a good sharp knife or electric knife for carving. Happy turkey time!!

THE INFAMOUS **ALLIGATOR PEAR**



This is actually an Avocado, named so because of its green bumpy skin.

The pear itself contains yellowy green flesh which, when allowed to ripen, is beautifully soft, creamy and can be mashed with a fork. One of the infamous dishes that contain Avocado is the Mexican dish, Guacamole. Be warned, homemade quacamole is simply the best, don't be fooled by the "ready-made" options available in supermarkets and restaurants.

Deservedly, the avocado is referred to as a "super food" because of the nutrients and minerals that are packed underneath its green skin.

Facts:

- Per 100g, it has more Potassium than bananas Low in Carbohydrates
- High in mono saturated fat Good source of vitamin K
- Contains the same amount of fibre as prunes (per 100g) Per ½ cup, more Folate (Folic Acid) than
- Increases antioxidant absorption when eaten with vegetables

Avocado can be eaten on its own (simply mashed with salt, pepper and a gentle squeeze of lime and spread, thickly, on toast) or for a guick snack. scoop the flesh out with a spoon and it will easily see you through to your next meal. Avocados can also be used in sweet dishes: cakes, mousse and brownies. Blended into smoothies or served in dips. Below are tried and tested avocado recipes which I have enjoyed making and devouring!

Dark Chocolate, **Avocado Brownies**

(heatherfrenchpress.com) 200g Dark chocolate (70%), melted

2 mashed avocados 4 eggs

1 cup of coconut sugar or light brown sugar 1/2 cup of good quality cocoa powder

1/2 cup ground almonds 1/2 tsp. salt

2 tsp. good quality vanilla essence or seeds from one vanilla pod.

Whisk together the eggs & sugar until doubled in volume. Gradually add the melted chocolate. Fold in the ground almonds, cocoa powder, salt & vanilla. Gently blend in the mashed avocado, take care to mix well. Pour into a lined 22cm square tin and bake at 350f/180c for 20-25 minutes. Cool and cut into 12 pieces - remember sharing is caring.

Guacamole

1 large, ripe tomato (or 2 small ones), finely chopped 3 ripe Avocados, mashed with the juice of 1 lime

3 sliced Spring Onions

Chilli, to your liking - finely chopped Handful of coriander, chopped roughly.

Mix the above ingredients together, reserving a tablespoon of the coriander. Once mixed, serve in a pretty bowl (I use a blue bowl as I like the contrast of the green and blue), sprinkle on top the remaining coriander. Serve with crunchy, corn tortillas or as a side for Enchiladas, Burritos, Tacos or as a topping for chilli.

Blueberry and **Avocado Smoothie**

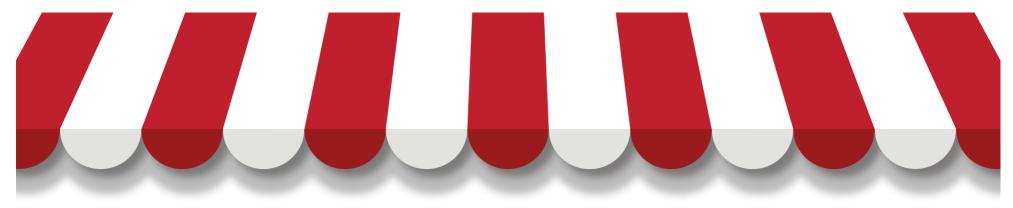
1 Avocado

½ banana

% cup fresh or frozen blueberries 1 cup Greek yoghurt

1 cup of Apple juice (not from concentrate!)

Place all the ingredients into your blender, blitz and slurp. (1 cup of ice can also be added to thicken the smoothie)



European Fruits and Vegetables





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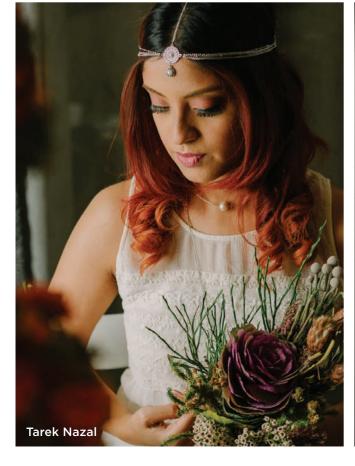




























Models: Ellaine Fatima & Jasmine Nina Sala Makeup: Menna Amin & Ellaine Fatima Mockup: Nabeela Huda & Ellaine Fatima Flowers: Denise Flowers UAE

Organizers: Shahid Saeed, Tarek Nazal, Marina Strachan and Abdul Aziz Samson

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

LOVELY LANDSCAPES OF ART: PAINTER DANIELE ROUILLAC

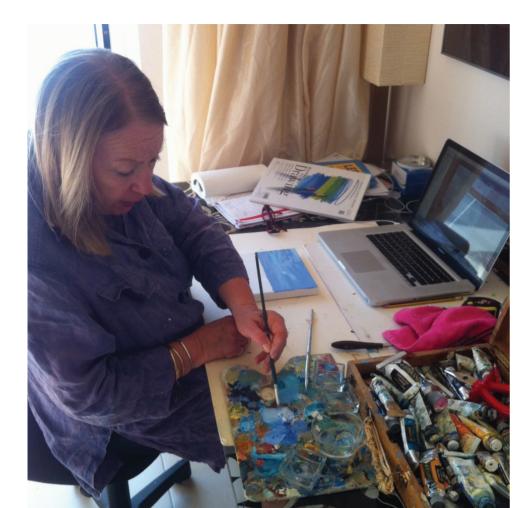


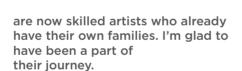
Ever wished you could escape the busy and bustling city views of Abu Dhabi and retreat into more serene landscapes? Artist Daniele Rouillac takes us, in her words, through an exploration of her art and the pristine calm of the beach...

"I was born on the French Côte d'Opale which has long beaches and fantastic sunsets. I lived in a very little village and started to learn design when I was 10 years old and began making portraits and still-life oil paintings. Later, when I was 20 years old I ventured to photography. I studied business law at Paris-Sorbonne University and became a barrister at law in 1978. I started to practice business law in Abu Dhabi in 1982. From there my husband and I travelled to and from the Emirates to Africa and to Yemen. In 1984, I was fascinated by the desert and made my first painting exhibition at the Meridien Hotel in Abu Dhabi.

"From my days as a child, my family was familiar with art and artists so the appreciation came to me naturally. The light of the Côte d'Opale is very intense. This place has also attracted and inspired impressionist painters such as Eugène Boudin and Claude Monet. In the villa of my grandparents, we were surrounded by the paintings of Jan Lavezzari who is well known locally.

"Painting was a hobby of mine since I was 10. After I retired from my profession, I spent more time in design and painting. I had a chance to work in Paris to work with few Beaux Art school teachers and from





"Ever since I lived in Abu Dhabi, I have always been fond of the desert landscape. I also happen to live in front the sea, so I painted the majestic sea and sand landscape at different times of the day. You will see this in my work, The Sea on Saddiyat.

"Every day is different but when I start an oil painting canvas, the first thing I do when I get up is to look at it and improve it before my breakfast. I travel a lot and I take art together with me wherever I go so each piece is created and crafted as a memory of my trip to countries all around the world.

"Right now, have spent nearly 15 years in the Emirates. I believe it is the time for me to travel in Europe and to come back to the beautiful beaches and skies of France..."







time to time I trained at La Grande Chaumiere in Montparnasse which is a well-known atelier.

"The impressionists have inspired me. I never miss to visit them in the different countries when I travel. In Paris we have access to a fantastic collection of them in Musée d'Orsay. In the US also I have found many, like figurative paintings.

"I started to study all kinds of subjects, portraits, flowers with few teachers. After exploring these subjects, I slowly started to appreciate landscapes a bit more when I started traveling to keep souvenirs of the fantastic sceneries in Asia and Africa.

"This brings me back to the time when we were in Angola... During the war I painted in Mulemba Ong with African orphans. They really have the sense of colours and some of them were good artists. We sold their paintings to save money for them. Today, these same African orphans



"KEEP THE **ASPIDISTRA FLYING"** BY GEORGE ORWELL

BOOKS

DERN CLASSICS

An Orwell classic, though comparatively one of his less-known works, Keep the Aspidistra Flying is a satirical portrayal of the significance of money, and consequently, of people's seemingly inescapable dependence on it. The main theme -easily the most repeated word throughout the story- is money. An unlikable protagonist during most times, though immensely relatable and an impassioned poet, Gordon Comstock has "declared war on money".

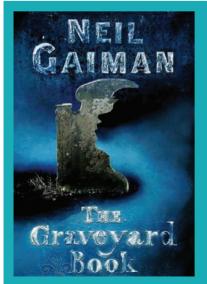
Driven by his love for poetry, Gordon turns down 'good jobs', to break free from the world's 'money worshipping system'. However, by working at a bookstore at less than half the salary of his previous 'good' job he comes to the realization, as though a late epiphany, that there is indeed no escape from money.

Gordon could barely afford his rent, and he argued that poverty's greatest asset was loneliness, a place

where a writer could not "create". This redirects one to the importance and dependence on money. According to this premise, without money Gordon could not create.

The protagonist finds himself imprisoned by the very same thing he had been trying to set himself free from, that is: money. Getting on thirty, everything is relative to money for Gordon: his charm, success, social-life, and even the time it takes for him to shave. Ultimately, Gordon falls into the very same pit he once criticized everyone for following, and ends up succumbing to money. Orwell's use of satire is evident throughout the novel. One cannot help but smile throughout most of the book, enjoying the quintessential Orwellian touches of dark comedy and detailed character descriptions. The end, too, leaves the reader thoroughly satisfied.

"He had a feeling that if you genuinely despise money you can keep going somehow, like the birds of the air. He forgot that the birds of the air don't pay room-rent. The poet starving in a garret - but starving, somehow, not uncomfortably - that was his vision of himself."



THE GRAVEYARD BOOK

BY NEIL GAIMAN

Nobody Owens is raised by ghosts after the murder of his family. Belonging in neither the world of the living nor the dead, the boy is faced with great danger in the graveyard, and an even greater danger on the other side, where his family's murderer awaits.



By KIMBERLY MOULTRIE | @Friedwanderer



HOLIDAY PLAY 7 WAYS TO SPEND THE HOLIDAYS

Wake up before dawn and enjoy morning outdoor activities.

Go off the beaten track Most people want to catch up on sleep or their favourite TV shows. Try exploring an area of the city or even an Emirate that you've never been to!

Z. Expand your circle Open your home to someone from a culture other than your own. What better way to connect than to share a meal with a new friend.

Catch up on that book you've always wanted to finish!

5. Assess your life goals while stargazing.

Put together a list of goals for the upcoming year. Have fun with it! . Assess your life goals while stargazing.

Try a yoga, pilates, or zumba class for free at your local health club. One time is better for aspiring to a healthier you, than at the end of the year and the start of a new one.

With hundreds of spas around, why not enjoy a day of pampering with a friend or a loved one? YOLO - you only live once. Go out and live your life!

Have any cool ideas for the holidays? Let me know: @friedwanderer.

TOP 10 QUOTES FOR THE SPIRIT OF GIVING

The real spirit of the holidays lies not on decorating your home with fancy lights nor enjoying the fireworks at a beautiful evening...

it's the heartfelt smiles of your loved ones, family, friends, and other people whom you might not even know personally as you extend your help to them for each gift you give regardless if it's your time, talent or treasure. Tempo came up with a list of quotes from well-known personalities to amplify the spirit of giving.

"It's not how much we give but how much love we put into giving."

Mother Teresa

little charity, when I give I give myself.' Walt Whitman

"No one is useless in this world who lightens the burdens of another."

Charles Dickens

can only have more for yourself by giving it away to others." Brian Tracy "The bank of love is

never bankrupt.'

and Being Free

"We make a living by what we get. We make a life by what we give.'

It is when you give of yourself

Kahlil Gibran, The Prophet

Winston S. Churchill

of your possessions.

that you truly give."

"You give but little when you give

"It's easier to take than to give. It's nobler to give than to take. The thrill of taking lasts a day. The thrill of giving lasts a lifetime." Joan F. Marques

Steve Maraboli, Life, the Truth,

"Behold I do not give lectures or a

"Love only grows by sharing. You

"A kind gesture can reach a wound that only compassion can heal."

Steve Maraboli, Life, the Truth, and Being Free

'The most truly generous persons are those who give silently without hope of praise or reward." Carol Ryrie Brink, Caddie Woodlawn's Family

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🖪 Abu Dhabi Tempo (Page)

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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



CONTINUUM



'I need to go back!' I screamed in my mind as I experienced the agonizing pain of every atom being ripped from my body. The process was slow. One atom at a time. One atom every hour. Each sever felt like I was being quartered and every vacancy felt like ten hot coal rods took its place. It was nearly unbearable. Nearly. I tried not to concentrate on the pain, and instead focused on what I had to change.

Ellie and I were walking through the park. It was New Year's Eve and I had found a great spot on a hill to watch the fireworks. My right arm interlocked with her left and my other hand absentmindedly fumbled around with the ring presentation box in my pocket. We climbed the hill slowly, sharing jokes and -

'ARGH!' This wasn't my worry! I had to find what I needed to change! Colourful explosions filled the air and lit up her beautiful face with perfect shades of red and green. As the frequency of the fireworks increased, I lifted the box out of my pocket and switched from cross-legged to kneeling on one knee. Her smile widened but she composed herself. allowing me to shoot the question at her.

But I got no further than opening the box, for from behind Ellie, a guntoting mugger ascended the hill. My face fell: Ellie was in immediate danger. I quickly ran in between the two and raised my hands to show I wouldn't attack him. He wore a mask over his face and was clad in a black leather jacket and jeans. He gestured over to the ring that was still in my

hand. I refused; he posed no real threat except for the gun, but he wasn't even holding it against me. He gestured once more, this time accompanied by a thumb sliding across his throat. I didn't move but I stayed vigilant, looking for where he might attack from.

The thief feigned a left punch and quickly switched, smacking me to the floor with the butt of his gun. The ring box fell from my hand and into the grass. He bent to pick it up. but as he did, Ellie jumped on top of him, knocking him over, but he was far from unconscious. Without a second thought he raised his gun to Ellie's chest and fired three shots that sounded like fireworks. I saw her drop to the ground and -

Three atoms left. The pain was only getting worse. I had to bear it. I HAD to.

Finally, I found myself back atop the hill. The thief slid his thumb across his throat once more. I wouldn't fall for his fake attack again. Pretending to block his punch so he wouldn't commit to it, I switched to defend against the real attack, Catching the gun, I wrestled with him for an eternity. Punches were thrown and kicks found their target, but neither of us gave up. I was getting weaker though. I knew I wouldn't be able to keep it up for too long. Suddenly, the fireworks broke my concentration. It was the same three as when he shot Ellie before.

My lapse was enough for the mugger to aim his gun. BAM! BAM! BAM! Again, it was the three in quick succession. Again it was the synchronized with the fireworks, Again, Ellie fell over.

'I need to go back!' I screamed in my mind....

ZAYED UNIVERSITY'S AL KHARAREEF STORYTELLING CLUB

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



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

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

AL MASKOON: THE SPIRIT OF THE NATION

BY NOURA MOHAMED ABDULLA ABDULLA



One day, there was a group of students taking a tour at the Sharjah Heritage Museum. A guide took them through the weapons section and explained the various weapons and how they were used them in the past. Then, they stopped in front of canon, which was half white and half black.

'We call this one Al Medfah Al Maskoon," said the guide. It was originally all white but with the passage of time it started to change color." The guide then said, "This canon was used in the war between Sharjah and Ajman. We do not know who owned it, but it was found on the border between the two Emirates.'

The guide paused before saying, 'Most canons work on gunpowder, but this one is special, you have to sing and dance for it to work.

Three boys found that fact "cool" and started to dance and sing in front of the canon but nothing happened.

The guide laughed and said, "Nothing will happen because it is just an old fairytale. Come let us finish the tour.

The group then left the weapons section and toured the rest of the museum. The three boys who danced went home and told their grandfathers about Al Medfah.

The next day at the museum, the three friends returned with their grandfathers and met in front of this special canon. The boys asked their grandfathers to sing for the canon and when they did, it moved. They all were surprised and moved close to the mouth of the cannon where some unclear voices were heard. Suddenly, when they looked around they were transported to an older time. They were standing next to the white canon and to a group of people dancing and singing enthusiastically together.

One of the grandfather said, "Do you feel what I feel?" And another one responded, "Yeah, I miss the days when we are all one hand."

When the boys looked around again they were back in the museum with their grandfathers. One of the boys said, "I think the canon moved when our grandfathers sang because they have upheld the old values and embody what we have lost: That spirit of giving and cooperation that we don't have today."





artlove

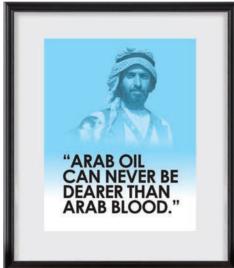


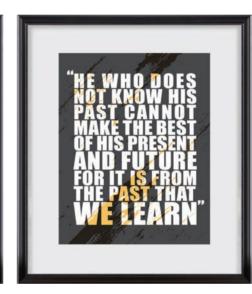
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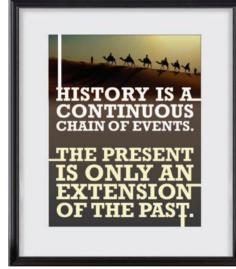


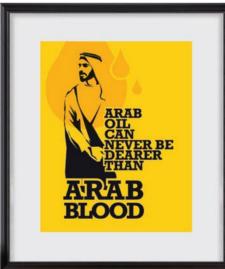


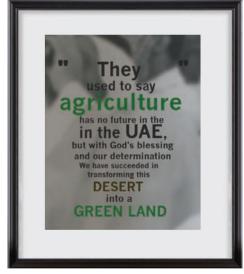














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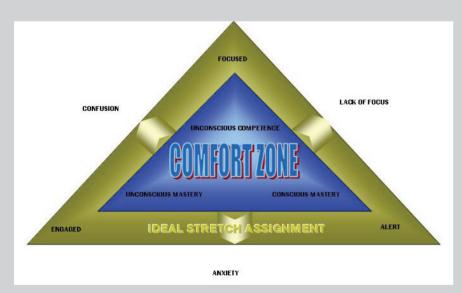




A page dedicated to spreading kindness, compassion and generosity. We invite you to share your stories about your social and charity causes. Email: editorial@tempoplanet.com

STRETCHING TO HELP A **SOCIAL CAUSE:**

A PROVEN STEP AHEAD OF THE CAREER LADDER



A study by Harvard has revealed that one of their secrets to getting promoted quickly is doing Stretch Assignments. This is done by getting out of your comfort zone and learning new things beyond what you know at present for you to learn and grow.

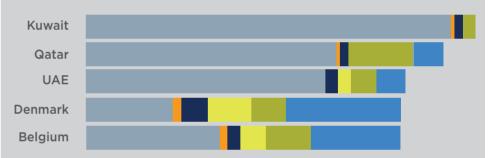
If this stretch assignment isn't available within your company, you can try searching outside of it (with your boss's approval of course). Sharing your expertise and devoting some of your spare time for a start-up company who has a social cause (like supporting a business that provides parts of its profits directly to charity) will reflect a positive merit to your career path. You can share what you experienced to your company to provide innovative solutions that you believe will propel your company to greater heights!

LOCAL BUSINESSES **VS CHAIN STORES**

Supporting your local businesses has more of a positive chain reaction than you might think. We wished we could say more but the image above says it all.



UAE RANKS THIRD IN WORLD'S BIGGEST ECOLOGICAL FOOTPRINT



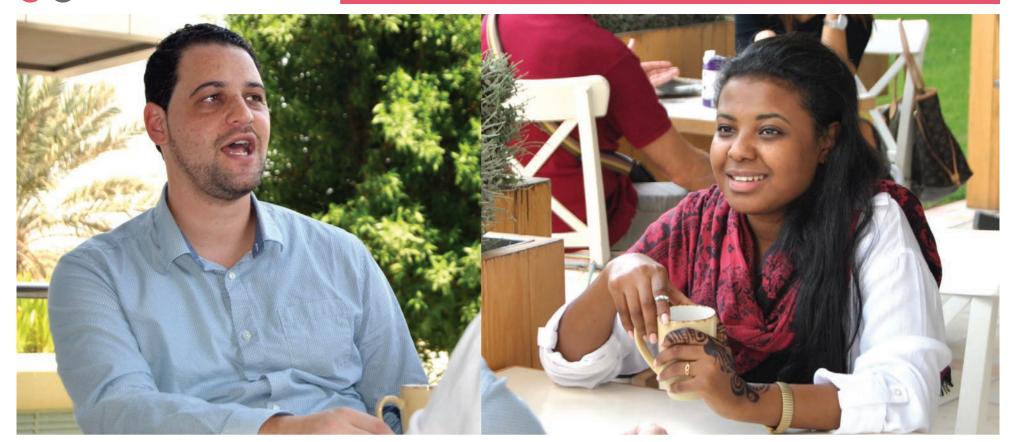
Now before you think that this is another achievement by the UAE, unfortunately it isn't. A study conducted by the Global Footprint Network shows that the UAE has scaled up the usage of natural resources. The good news is that the UAE hasn't turned a blind eye to this problem and has several government and non-government entities who are making gradual yet substantial changes to amend the situation. This doesn't mean that we should rest on our laurels though - we should find means to cooperate in our own ways to help preserve the beauty of Mother Earth.

JUST EAT IT: A FOOD WASTE DOCUMENTARY

If there's one thing we can all agree on, it's the fact that we all LOVE eating. Whether it is delicious food cooked from home or meals served at a posh restaurant, we enjoy every moment of savoring the flavours of each bite. But have we ever wondered what happens behind the scenes of "unwanted" food? The documentary "Just Eat It" shows how the filmmakers managed to survive a sixmonth ordeal feasting on discarded food from the grocery stores and from their friends and family's fridges.



ARTICULATE CAFE By DORIAN "PAUL D" ROGERS | @pauldTHERIPY



YOUTHFUL VIBE TO THE SPOKEN WORD: ARTHOUSE SPEAKS CO-FOUNDER QUTOUF YAHIA

I sat down with Qutouf Yahia, co-founder, of Abu Dhabi poetry open mic, Arthouse Speaks, to converse about Sudanese and UAE pride, poetry, and arts in Abu Dhabi.

Dorian: Tell me more about yourself. Where are you from originally, and, how has that shaped who you are today?

Qutouf: I'm a 21 year old pharmacy graduate from Sudan. My Sudanese identity is so important to me. It is interpreted in everything I do and say. Growing up somewhere that's as multicultural as the UAE kind of makes you an ambassador of your hometown, and I always try to represent well.

Dorian: I find that interesting because, as an American, I can't say I feel that same level of patriotism or even recognize the impact of America on my identity although I appreciate the opportunities afforded from being born there. I have almost more pride as a UAE resident for being a part of this culture as it feels more inclusive here. How would you compare Sudan and the UAE?

Qutouf: My family moved here in 2003 from Qatar, so for the most part, Abu Dhabi is where I grew up. My family is pretty well-rooted in Sudan and it's a completely different scene culturally. Everything is just more difficult to do in Sudan, and I think that's the first thing people will notice when they visit.

Dorian: When did you discover a love for words?

Qutouf: I wrote my first poem in the ninth grade in my English literature class trying to get out of a Shakespeare assignment! What about you?

Dorian: I've met many great Sudanese artists from singers and musicians to rappers and poets since I've lived in Abu Dhabi. What makes the Sudanese such prolific artists? Is there something you could attribute to the culture or the people?

Qutouf: Yes, although our educational system is so very lacking in that department, arts and culture is one of the first things we learn in Sudan. We love music, poetry and the visual arts and they're everywhere. We grow up hearing about all the incredible art Sudanese people have brought to life, and I feel like we're compelled to follow in their lead.

Dorian: A commitment to carry on the culture! That's so great to hear. I've always heard great things about the Sudan-based Nas with Notepads...

Qutouf: Ah! Nas with Notepads (NWN)! I'm a proud veteran NWN poet as they're my first poetic family and they taught me everything I know. I was never an organiser of the event but I attended almost on a monthly basis for three years. Spoken word in Sudan is bigger than you would think, Sudanese people never miss out on a chance to express themselves. Nas with Notepads helped facilitate that for a lot of people. It will only get bigger and better. I wish good things for them.

Dorian: Art House Speaks has made quite the buzz on the poetry scene over the past year or so. Tell me more about the founders, the initiative, and what makes the show so popular?

Qutouf: Backyard Poetry was founded by Safwa Mohammed, Abdul-Nassir Al Azry and myself in 2014. We organise a monthly poetry event called Art House Speaks that offers a platform for people to discover spoken word. **Backyard Poetry brings Art House** Speaks to the table. It's the group, Art House is the event. We just want to bring that name to the front lines so we could take it with us wherever life may take us.

Dorian: Is it intentional to make your platform open to them as much as regulars and more polished writers?

Qutouf: We wanted to provide the youth of our city with a more cultured interpretation of 'hanging out'. We wanted to give them something to do that is more nurturing. I think what makes Art House special is how cozy the atmosphere is. Everyone is so comfortable and supportive. I don't think poets need to worry about stage fright when they're on our stage. We make it a point to keep the doors of spoken word wide open. Poetry is not an exclusive club. We want to offer every one the opportunity to learn and to grow together.

Dorian: What are your thoughts on the growing poetry scene in the UAE?

Qutouf: I absolutely love it! I'm so proud of our city and the interest it has shown in the arts, in general. I'm looking forward to see what it has

Dorian: And on that note, I wanted to thank you for the offer of coffee today. Looks like the waiter is here with the check, and I need to go to another meeting. Great talking with you.

Qutouf: But, wait. You invited me for coffee.

Dorian: *Exits abruptly*



start with innovation By TOMISLAV BULJUBASIC | @buliubasict







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

EVERY ENGINEER NEEDS A BUSINESSMAN!

The world as we know may be run by businessmen, but it is definitely shaped by engineers. Every engineer would said that the world will be a better place if tech guys made more decisions. In their microcosmos (organizations) they often rule, but how much help do they need from the non-tech side?

In corporations engineers often become managers - and as an engineer working in software industry where 95% of positions are held by engineers I can say that things can work well in this arrangement.

Big ideas work best when there is a collaboration of disciplines: every Jobs needs a Wozniak just as every Tesla needs a Westinghouse. Tesla is a great example, he was the biggest inventor of the 20th century, and although he lived in the sea of corporate sharks he had no interest in making profit. Competitors copied or even stole some of his ideas. Without a 'sponsor' he couldn't have commercialized his ideas and today we wouldn't have benefitted from them. Even the biggest minds need help.

Inside corporations many innovators are introverts or simply don't have the courage, or the strength, to fight for their ideas. Fear, inexperience, or just a lack of an innovation culture inside the department or inside the whole organization can block employees. I'm often invited to give lectures on business, and it is there that I face many questions from entrepreneurs who are afraid of what future brings them.

There is always a question on how to be successful and how to develop ideas. They can shape the concept, but have no tech knowledge to make it. So what can they do? The answer lies in collaboration. Business should have partners from the engineering professions, and vice versa.

Many startups have a few software developers, but little business smarts. Later, the leader tries to learn skills that could come from a partner who studied management/entrepreneurship. This can work but it can also be a fatal mistake. Many entrepreneurs are unable to push their ideas forward and have to put their dreams on hold as they can't find a partner with the other needed skills.

The best solution is to educate technicians from the beginning with other non-tech skills, and equip nontechies with a bit of business grounding.



PET PARENTING



Ring our doorbell and chaos ensues. It is not our daughters leaping up to see who has arrived. They could not care less. Rather, it is our three dogs barking excitedly and jumping all over each other to get to the door to see who is coming to play with them. "Don't move, I've got it," I say sarcastically to the girls as I stop what I'm doing to open the door. If only I could teach our Lab, Sushi, to unlock the door. It occurs to me that my kids could take a few lessons from our fluffies.

- Stop what you are doing and get excited when the doorbell rings. Even if it is only maintenance to change a light bulb, seeing someone new every day can enrich your life. Your smile can certainly enrich theirs. The best part of going out is coming home to a happy reception. The dogs are always a super welcome home brigade. The kids? Not so much, unless I am carrying take-away pizza.
- Take naps. No person could sleep as much as our Yorkie, Chamalow, but getting a little extra rest when you have a free moment does a body good. Sleeping in the sunlight streaming through the window is even better.
- Show your love openly. Our dogs lick, talk, snuggle and sit on top of us. Our Yorkie. Cerise, sleeps under the covers with her head on the pillow

- right between my husband and I. When visitors come and show even the smallest sign of affection, the dogs respond with an all-in attitude: prepare to be loved! When they love, they do so with their entire bodies. They never hold back or play hard to get.
- Forgive easily. Tails get stepped on. Doors get closed in their faces. Some nights it is just too late to go for a walk. The dogs may cry at the moment of impact, but they never hold a grudge. Within five minutes they are back to bubbly and have already forgiven you. Wouldn't the world be a better place if people got over things as easily?
- Minimize your moods. Dogs are rarely grumpy. In fact, most dogs have two settings: 'happy to be alive' and 'sleep.' My two hormone-charged pre-teen daughters could definitely learn from that!
- Don't be a picky eater. Sushi finds chicken bones all along our walking route. I'm not recommending that kids do the same, by any means, but dogs are always curious about new food. If you are eating it, they want a taste. That is exactly what we try to encourage in our children. Sniff it, taste it and maybe you will love it.

Our dogs are a lot of work. They can make giant messes to clean up, are expensive to board when we are away and don't get me started on veterinary bills. They require love, exercise, food and more love. But as life-lesson teachers, little else can compare to the value they bring and the positive influence they have on our lives. Woof.

time capsule

PHOTOGRAPHY BY ANGELI CASTILLO



Your most valued possession?

At the moment, anything that makes a sound.

Five things you need for survival?

Water, soil, a notebook, a pen, shoes!

Where do you see yourself in 10 years?

In a place where I can walk or cycle from one place to the other, where I can consume food made or grown by the person I am buying it from or from myself. I also see myself being surrounded by authentic individuals who are doing great things for the world or even just their local community.

What is your idea of peace?

When I think about us (all sentient beings) receiving the same benefits. My idea of peace is one of interconnectedness and synchronization. It is in realising that we can only ever be fulfilled if our surroundings are appreciated and at peace.

Your goal in life?

Is to deconstruct all that has been unwillingly taught to me, and rebuild it using my own truth.

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

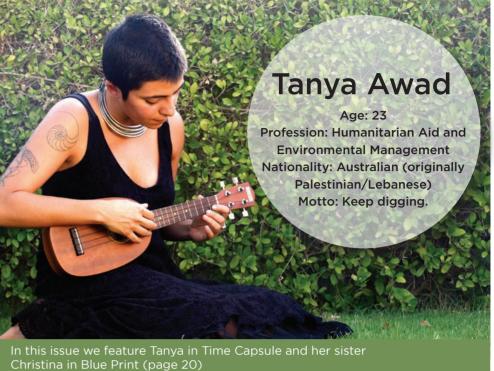
Probably jewelry! In my opinion (I might be too idealistic) we should be able to carry all our belongings on our backs - any more is simply too much. I still have too much!

What are 3 things that today has taught you that you can improve on tomorrow?

- Pay more attention to people's body language - sometimes people really need to talk and just fear it or do not know how to put it together. I feel we can help if we pay closer attention.
- To stop feeling like I need to justify myself/ be defensive
- To listen to my breathing as it helps me to breathe even deeper and calmer, so...focus on my breathing more!

Who in your life deserves a big old

Most definitely my parents, I can't even imagine what they have to deal with. Having grown up in pretty traditional households then having kids who have been exposed to several mentalities and cultures. It must be so difficult for them to relate sometimes, but they try nevertheless. Forever grateful.



Have you found your purpose yet?

I think I found my purpose a long time ago... I believe we all have/will, but what I only just realised is that finding your purpose(s) is actually a never ending process. I feel we spend our whole lives refining our purpose(s). I don't think that it is this linear thought process of: finding your purpose, acting upon it and voila! A super hero.

What is the craziest thing you have ever done?

It could be that time I caught a ferry from Italy to Albania and made my way to Slovenia.

If there is a place, hangout, café etc that you feel at home- which place would that be?

Vzrkovna bar in Prague. It's a place people come and share music, art and incredible thoughts.

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

Probably Palestine

What is your idea of a perfect weekend?

Making pancakes with my brother, camping, getting creative with my sister and/or a group of people, spending time with family and friends, spending time alone.

If you could be anywhere in the world right now, where would you be?

I would be walking up Mt. Kilimanjaro, Tanzania.

If you were on death row, what would your last meal be?

Shish barak!

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

A song called "a call for light" by Lior Shoov. Her words resonate with me a lot. I feel very strongly about the Palestinian Israeli conflict... And believe the younger generation are the only string of hope. Lior is a Jewish woman expressing her want to share a bed with her neighbour (assumingly a Palestinian) and that the only truth she would believe is their eyes. This, I believe is a very important and crucial step for our generation - to be able to acknowledge the mess from the past but willingly take a step forward and try to make amends. It's huge.

If you suddenly found yourself with a free ticket to the moon would to take the trip?

Yes! Only if it does not harm the moon, if it didn't cost us 1000 wiped out forests to go on this trip, and if it did not damage people's health. I would take my siblings.



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THE MODEL UNITED NATIONS: PLAY, POWER AND POLICY-MAKING

By Arya-Jonah Mendonca



reate resolutions. Solve global conflicts. Create ▶allies and guard against rivals. All of this is possible at the Cambridge Model United Nations (CAMUN). I sat down with "Secretary-General" Pragya Chawla to talk about CAMUN.

"Our purpose is to make responsible citizens that are in touch with the vicissitudes of the real world."

TEMPO: What is The Model United Nations (MUN), and how did **Cambridge Model United Nations** (CAMUN) start?

Pragya: MUN is an eon-old academic tradition that was created in the early 20th century to instil a sense of awareness and social responsibility amongst youth. Its most rudimentary tenet is that a politically informed, even-handed and critical thinking student makes a peaceful, dutiful and responsible citizen. CAMUN, as a parallel of MUN itself, is another real-life exemplification of the cliche 'a thousand mile-journey begins with a single footstep'. We started in 2008 as a team of eight students, led by a

teacher and nurtured by an extremely supportive principal. This was a group that teetered their way into the arena of formal debate protocol, and grew.

TEMPO: What does a delegate do at MUN?

Pragya: Delegates are appointed countries to represent as loyally as their own, and committees are formed for certain 'genres' of political discussions. For three days one must pretend he or she is someone else with views that may be diametrically opposed to their own! We debate. lobby and have a delegate dance. It's great learning with great memories!







only doors to growth opportunity but

also inculcates work ethic and critical thinking - a parent may also point out that Model UN is not for the inefficient or for those who squander time.

in MUN improves overall academic competency. If kids manage their time well, I am confident that most parents see MUN as an extremely productive extracurricular.

Many parents feel that participating

TEMPO: What are your upcoming events?

Pragva: We have our annual conference shortly ahead in January - it is super exciting! We're going to learn so much and have so much fun working in teams, debating, competing and making new friends.

TEMPO: What would be your message to those who wish to sign up for CAMUN?

Pragya: As long as you don't mind a bit of research and hard work and can handle well-spirited, heated debate, join the fun! Step out of your comfort zone and be bold and participative - it may be completely transformative. I look forward to seeing you!



TEMPO: What can a student learn from participating in MUN?

Pragya: Answering this excites me because the potential of learning is virtually limitless! That is the beauty of debating in a realistic political simulation - there is no milestone at which one can have conquered knowledge or diplomatic abilities, because the world is dynamic and continually evolving. Along with the growth that follows the intellectual interaction and public speaking, a working knowledge of politics presented by 12-17 year olds is also quite impressive at dinner parties.

TEMPO: What is the purpose of CAMUN?

Pragya: Our purpose is to make responsible citizens that are in touch with the vicissitudes of the real world - students who recognize the strengths and weaknesses of political power, are alert to social injustice, and aspire to improve the world.

Ask any teenager who has been to a Model UN conference and you will find that the list is often endless - and I can attest to this. For one, the nameless friendships you make (you only know your newest friends by the names of their countries) are pretty incredible.

We have a vibrant, diverse community made up of members who are enthusiastic about knowledge. And we have a fun-loving 'secretariat' that is also diligent and professional. We work for good causes with good people. We take pride in the quality,



organization and fervour that our

debates often achieve and we have excellent fun while we're at it.

TEMPO: What are the different committees of CAMUN?

Pragya: We have different committees and they change annually. This year our theme is 'Voicing the Unheard' and accordingly we have an International **Court of Justice and International** Atomic Energy Agency. We also have the classic Security Council with a series of general assemblies.

TEMPO: Could you give a few examples of the topics delegates discuss?

Pragya: Committees discuss both problems that are completely based on real-time, dire UN issues such as Ukraine, Middle Eastern Conflicts or refugee crises, or they are improvisational. Some committees debate upon past, settled debates such as the Iranian Nuclear threat or past ICJ cases to 'draft a better version of history'. These historical replays are often made more exciting by a spate of fictional crises.

TEMPO: How do parents feel about their child being a part of this organization?

Pragya: Well, it's a lot of work so some parents are understandably on the fence. While an informed parent knows that the Model UN opens not

Contact CAMUN for details or queries at info@cambridgemun.org. Please note that there are deadlines for each documents you prepare for a conference, so contact them at the earliest





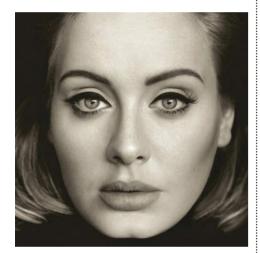


entertainment

-800-HOTLINEBLING 800-HOTLINEBLIN -800-HOTLINEBL -800-HOTLINE

HOTLINE BLING Drake

Lyrics: "Ever since I left the city, you got a reputation for yourself now, everybody knows and I feel left out. Girl you got me down, you got me stressed out...



HELLO > Adele

Lyrics: "I'm in California dreaming about who we used to be, when we were younger and free. I've forgotten how it felt before the world fell at our feet..



SORRY > Justin Bieber

Lyrics: "I'll take every single piece of the blame, if you want me too, but you know that there is no innocent one in this game for two...'





TAKE ME HOME > Jess Glynne

Lyrics: "Came to you with a broken faith, gave me more than a hand to hold, caught before I hit the ground..."



FOCUS > Ariana Grande

Lyrics: "Let's find a light inside our universe now, where ain't nobody keep on holding us down...





CAKE BY THE OCEAN DNCE

Lyrics: "You're a real life fantasy, but you're moving so carefully; let's start living dangerously..."



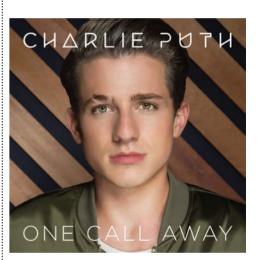
EX'S & OH'S > Elle King

Lyrics: "One, two, three, they gonna run back to me, 'cause I'm the best baby that they never gotta keep..."



CONFIDENT Demi Lovato

Lyrics: "I used to hold my freak back, now I'm letting go, I make my own choice, Yeah I run this show...'



ONE CALL AWAY > Charlie Puth

Lyrics: "I'm only one call away, I'll be there to save the day, superman got nothing on



DESSERT > Dawin

Lyrics: "When I watch you I feel the rhythm in my heart, when I see you girl, I knew it from the start..."



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