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P.22

## **BOLD BEAUTIFUL BEDOUIN: The Irresistible Make Up Art of IMAN AL-TAMIMI**





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Put your heart, mind, and soul into even your smallest acts. This is the secret of success.

- Swami Sivananda

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Iman donning her own style of Bedouin Make Up. Photo by her father, Saleh Al-Tamimi.

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# ed's note



At TEMPO we like to take stereotypes - and then obliterate them! This issue is no different: we have cool pioneers who lead the way and reflect our philosophy. There is Iman Al Tamimi who blew us away with her rendition of Bedouin make up - she revives old tradition, and adds her own inspiration with panache! Then there's the Yama Fashion duo who reinvigorate old fabric prints and design socially conscious garments, all handmade in one of Dubai's oldest quarters! Then there are the young creatives who founded the Luminary who want, through their brand, to capture the new Arab youth spirit that celebrates diversity.

Yet another pioneer is Emirati Aya Farah who smashes the stereotype of the Arab woman by deciding on a whim to follow her calling! She jumped on a plane and immersed herself in Africa - travelling to Nigerian villages and sharing her gift of art, music and involvement. Studies show that young people today are more socially responsible and aware than the previous generation, and that they believe in their individual power to make a difference. At Tempo we embrace those souls, and celebrate their spirit.

Tempo this issue shares the exciting outcome of The Smovies Season 2 short film making competition. We were there to see the amazing films produced by locally based filmmakers. From students, to pros to hobbyists, there were some really cool films, and surprisingly all of them focused on social and public good themes. The films covered everything, from the importance of conservation, to taking care of family, to being aware of how your behaviour affects those around you. The Smovies is a dynamic platform for creativity and self expression, and we extend the invitation for everyone to get involved in the most exciting competition yet: Season 3, Why I Love UAE. (And there will be more on that soon...)

As in all our magazine issues, we're thrilled to showcase our incredible writers, who share their insights and wisdom generously, on everything from film to music to food to literature to art to poetry to gaming to social media to lifestyle - to living! We love them all, and we invite you, our readers, to tell us what you're up to, what inspires you, and what you'd like to see more of in Tempo.

Stay happy. Be kind. Get involved.

Spread kindness and harmony.

**Sana Bagersh**  
Managing Editor

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## ●● life hacks

# HOW TO BE HAPPY

Happiness is that feeling that comes over you when you know life is good and you can't help but smile. It is a sense of well-being, joy, or contentment. When people are successful, safe or lucky, they feel happiness. The "pursuit of happiness" is a continuous struggle for people with different people feeling and interpreting happiness differently.

In most people's minds, happiness can be linked with the achievement of a goal: the attainment of something. "When I get this or have this, I will be happy" is something most people live by. And even when they do achieve whatever they have been asking for, the happiness is fleeting before they decide on the next bright shiny object that is going to bring them happiness.

### REMEMBER, HAPPINESS IS JUST A CHOICE

What if happiness is just a choice? What if it is simply a state of mind? What if it is actually something that is available to us all the time, just by us choosing it?

Do you usually wake up in the morning happy? Or do you usually wake up tired, sad, miserable and depressed? What if you could wake up in the morning and think about the many ways you can be happy? What if you could wonder about the infinite possibilities available for your day? What if your whole day could turn out happier if you had willed it to be at the start of the day?

I was in a beautiful place called Tortuguero in Costa Rica, and we were to go on a river safari the next day but it rained the whole night. As I lay in my bed, I had this thought: "oh no, it's raining, my whole trip will be spoiled I won't be able to see the animals!" I caught myself and instead asked - 'what would it take for the river safari to be lots of fun? What adventures can I have today?' The rain slowed down to a drizzle and the whole



safari ended up being a magical experience.

The point is life happens, and often times we have no control over situations. But the one thing you have control over is how to react. You could choose to choose happiness, no matter what is going on in your life.

### Three steps to being happy:

1. Be ok with what you can do as well as with what you can't do. Realize that there is so much you CAN do.
2. Surround yourself with people you want to be around that contribute to your happiness.
3. Go forward, don't look back, and be optimistic.

### Three truisms about happiness:

#### HAPPINESS HEALS THE EARTH

A lot of people live in anger, rage and fury every single day. A lot of this is destroying the earth. When we choose to be happy and joyful, it heals the earth.

#### SMILE AND LAUGH MORE

It doesn't matter if your smile is genuine because your facial expression can trigger the feeling. If you find yourself in a negative spiral, slow down and smile or watch a funny video on YouTube. This mood boost can turn your day around.

#### CULTIVATE AN ATTITUDE OF GRATITUDE

Begin each day by writing down 10 new things you are grateful and happy about. Pretty soon you will be searching for new things to be grateful about, and with this comes an awareness of just how much you do have. This process shifts thoughts to contentment, and even happiness.



Nilofer Safdar is a Life Coach.  
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## ●● notes & cyberchatter

### TEMPO POLL OF THE MONTH

ASIDE FROM HALLOWEEN, WHAT ELSE ARE YOU LOOKING FORWARD TO THIS MONTH?

It is finally autumn and the leaves are changing colours... oh wait we live in the UAE. (50%)

55%

Pumpkin Spice Lattes are back on the menu at Starbucks! (25%)

20%

I'm not looking forward to Halloween... just the candy and chocolate it brings. (15%)

15%

It's just like any other month...I'll probably spend the majority of it sleeping. (10%)

10%



### ON GLIDING ON ICE WITH MARIA TAIFOUR

Maria, you're such an inspiration! Really enjoyed your interview and reading about your experiences as a figure skater.

- Laila Warda

### ON DAISYGRIM: BANGING OUT PUNK ROCK RHYTHMS

I'm a big fan of punk rock and had no idea that there was such an amazing punk rock band here in the UAE!

- Jennifer Lewis



### ON PARTY ROCKIN' WITH DJ CROWN PRINCE

I always enjoy articulate café and this month was no different! I checked out DJ Crown Prince and really enjoyed his tunes!

- Emily McEvans



### ON BARREN DESERTS TO LANDS OF ICE: THE ADVENTURES OF AISHA AL AMEER

Happy to see an Emirati breaking barriers and stereotypes. Enjoyed reading about your adventures.

-Mo Hamid



### ON GIVE A DAMN

Yet another cool idea from Tempo! Yes we should all give a damn!

- Raida M.



# JUST IN TIME!

Are you the type that has hundreds of ideas in your head but actually no idea about how to implement them? With your busy schedule of 168 hours per week, there has to be a way to make things happen!

## PLAN!

- Plan: Every night before sleeping, plan out the next day's schedule.
- Start early: Tackle big, important tasks first
- Break up big projects into little projects; you're less likely to feel overwhelmed that way.



## FOCUS!

- Take one step toward your idea/goal each day... even if you just spend 5 minutes on it.
- Devote all of your focus to the project at hand.
- Take smart breaks. If you're a writer, read a good book. Are you a teacher? Then listen to your favourite lectures. Perhaps an artist? Then go to a museum!

## DO!

- Give yourself a time limit: 30 minutes, 1 hour, 1 month, or even a year! Limits help us accomplish our goals faster!
- Enjoy what you do! "If you do what you love, you'll never work a day in your life!"
- Reward yourself by going to the beach, visiting a new place, or even taking a nap!

Have your own management tips? Tweet me @friedwanderer

# tweets for thought

Saif & Sound @djsaifofficial



I would follow this account if I was you #SaifandSound

"Being myself is something I do very well."

idil @idillionaire



instagram: idillionaire

"You're not the same person you were a year ago, a month ago, or a week ago. You're constantly changing; experiences don't stop. That's life."

Kenpai the Senpai @cinnamontoastk



Stay Toasty

"Always cherish what you have. Wanting more is normal, but always focusing on what you don't have can make you unhappy when you have enough."

خالد العامري @khalidalameri



Emirati. Columnist. MBA @StanfordBiz.

"Don't let one bad moment spoil your day, things go wrong sometimes but that doesn't mean nothing's going right, stay positive."

Wissam Breidy @wissambreidy



TV Host/ Media consultant / Media training & coaching.

"A life without cause is a life without effect."

Barack Obama @barackobama



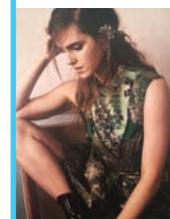
"Worry less about being labeled weak. Worry more about getting it right."

Oprah Winfrey @oprah



"My confidence comes from knowing there's a Force greater than myself that I am a part of and is a part of me."

Emma Watson @emwatson



"Courage is the choice and willingness to confront agony, pain, danger, uncertainty or intimidation."



trending on **YouTube**



# OCTOBER VIRAL VIDEOS

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

**VIRAL VIDEOS SENT IN BY TEMPO READERS.  
SEND IN YOURS TO EDITORIAL@TEMPOPLANET.COM**



## Baby Girl Sees Parents For The First Time

How would you react to seeing for the first time? This little girl puts on a pair of pink glasses and sees her parents for the first time. Warning: her reaction may induce squealing and excessive smiling.



## Basketball Experiment: The Magnus Effect

Have you ever almost dropped your cell phone over a railing and had a mini heart attack? In this video watch as someone drops a basketball over the edge of Gordon Dam in Australia. Prepare to be amazed!



## Why 2000 parrots visit his home daily?

A man in India started putting out extra rice and seeds for the birds that visited his house one year. Today over 2000 parrots and birds flock to his house each morning...



## “ I'M NOT A PRINCESS!”

Ever met a little girl refuse to be called a princess? Meet Joanna, a young girl that defiantly tells her dad not to call her a princess. Watch to find out why.



## 10 Amazing Hidden Messages In Your Favourite Movies

You've probably seen these movies but have you ever seen these amazing hidden messages these blockbusters carry? Find the cool facts here.



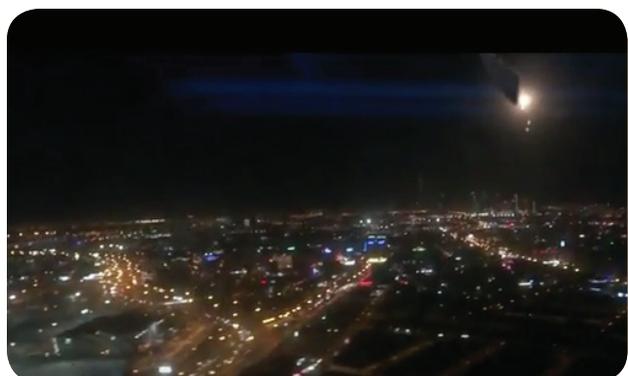
## Hilarious Westjet Flight Attendant Safety Demo

If you've ever travelled you know that the safety demonstration can get boring after a few times. Watch this flight attendant use his creative and funny talent to convey some important safety demos to passengers and making them crack up.



## Midfield Terminal Building at Abu Dhabi Airport

Watch this video released by Abu Dhabi Airport to see the progress made on the new airport. A special thanks to all of the workers who are making this vision turn to reality!



## Dubai From The Sky - UAE 2015

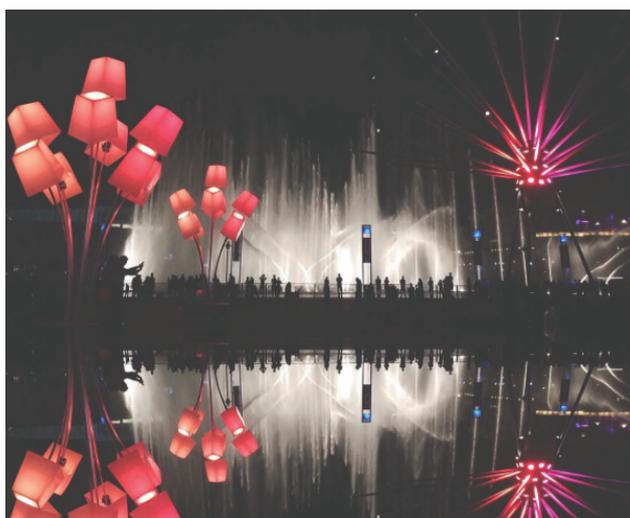
Dubai is a magical city that looks amazing from the ground but wait until you see it from the sky at night! This video gives you a bird's eye view of Dubai at night in all its glittering glory!



## Sand Storm in Dubai, UAE.

Last month a sand storm hit Dubai. The results weren't as devastating as they were in other places in the Middle East but this chilling video gives you an idea of the power of wind and sand.





"He held her close from behind as they watched the water fountain at @TheDubaiMall go off."

**@salehalbraik**

Saleh Al Braik Motto | I only do what I love | Entrepreneur | @ThinkUpGCCAmbassador | SalehAlBraik@Gmail.com ThinkUp.ae



"Sweet dreams of Narwhals and pirate ships. Actually, I think of sharks when I look at this."

**@thecuriousnomad**

Curious Nomad If you could keep only one memory, what would it be? www.TheCuriousNomad.etsy.com



"All she ever wanted was the world."

**@swairah**

Sara Al Balooshi سارهي When it rains look for rainbows. When it's dark look for stars. "Swaairah" on snapchat! m.ask.fm/SaraAlbalooshi



"The colours of The Whitsundays, @australia @hamiltonisland"

**@garypeppergirl**

Nicole Warne Escape into the world of Gary Pepper, a realm of vivid colour and endless possibilities. Snapchat: @garypeppergirl www.garypeppergirl.com



"My painting in the guest room of the Emirates Fine Arts Society."

**@nasirnasrallah**

Nasir Nasrallah, <http://www.nasir.ae/>



"Umm Jumaa, cutie pie. (outtakes#rak)"

**@reem\_falalnaz**

ReemFalalnaz ريم فالكناز. Dubai, UAE



"Street photography."

**@ammaralaltar**

Ammar Al Attar Documentary Photographer #UAE#Analogue photographer



"The stunning Manhattan skyline from the rooftop of our hotel in Brooklyn." #wingit#sunset.

**@funforlouis**

Louis Cole I enjoy travelling with friends, making videos, having fun and inspiring others!



"Goodnight."

**@zoeebo**

Zoella "Zoella" on YouTube



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## now showing this month

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



**THE LITTLE PRINCE**  
**GENRE:** ANIMATION/ FANTASY  
**TEMPO PREDICTION:** ★★☆☆

THE TIMELESS AND CLASSIC TALE IS FINALLY COMING TO THE BIG SCREEN THIS OCTOBER. THE LITTLE PRINCE TELLS THE STORY OF A PILOT CRASHING HIS PLANE IN THE DESERT AND MEETING A LITTLE BOY FROM ANOTHER PLANET.

**GOSSIP:** ANTOINE DE SAINT-EXUPÉRY, THE AUTHOR OF THE LITTLE PRINCE NOVELLA, DISAPPEARED IN 1944 AFTER TAKING OFF IN AN UNARMED PLANE, HIS BODY WAS RECOVERED IN 1998.

**Directed By:** Mark Osborne  
**Cast:** Rachel McAdams, Marion Cotillard, Benicio Del Toro



**PARANORMAL ACTIVITY: THE GHOST DIMENSION**  
**GENRE:** HORROR  
**TEMPO PREDICTION:** ★★☆☆

STRANGE EVENTS START TO PLAGUE A FAMILY IN THEIR NEW HOME AFTER THEY DISCOVER A VIDEO CAMERA IN THE GARAGE.

**GOSSIP:** THE FILM WAS SHOT OVER THE COURSE OF 45 DAYS!

**Directed By:** Gregory Plotkin  
**Cast:** Chris J. Murray, Brit Shaw, Ivy George,



**PAN**  
**GENRE:** ADVENTURE, FAMILY, AND FANTASY  
**TEMPO PREDICTION:** ★★☆☆

THE STORY OF AN ORPHAN WHO IS SPIRITED AWAY TO THE MAGICAL NEVERLAND. THERE, HE FINDS BOTH FUN AND DANGERS, AND ULTIMATELY DISCOVERS HIS DESTINY -- TO BECOME THE HERO WHO WILL BE FOREVER KNOWN AS PETER PAN

**GOSSIP:** DIRECTOR JOE WRIGHT MADE THE FILM FOR HIS 3 YEAR-OLD SON, ZUBIN.

**Directed By:** Joe Wright  
**Cast:** Hugh Jackman, Levi Miller, Jimmy Vee



**GOOSEBUMPS**  
**GENRE:** ACTION, ADVENTURE, FAMILY  
**TEMPO PREDICTION:** ★★☆☆

A TEENAGER TEAMS UP WITH THE DAUGHTER OF YOUNG ADULT HORROR AUTHOR R.L. STINE AFTER THE WRITER'S IMAGINARY DEMONS ARE SET FREE ON THE TOWN OF GREENDALE, MARYLAND.

**GOSSIP:** REMEMBER THE POPULAR NOVEL SERIES GOOSEBUMPS? THIS MOVIE IS AN ADAPTATION OF THOSE BOOKS!

**Directed By:** Rob Letterman  
**Cast:** Odeya Rush, Halston Sage, Jack Black

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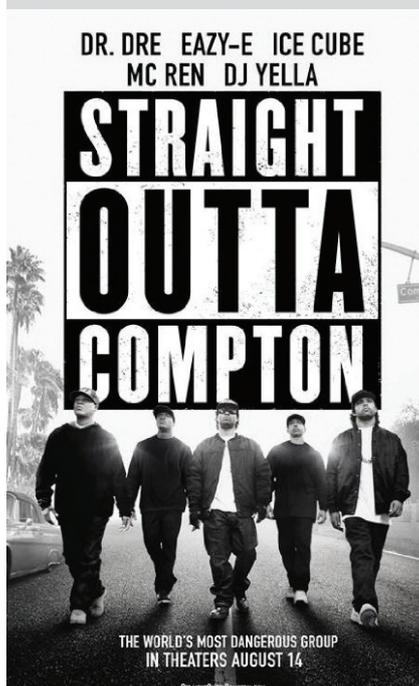
## ●● tempo reviews

By ALEECE SMITH

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

Follow Tempo on Twitter for more reviews.

## STRAIGHT OUTTA COMPTON



The surviving, musically-successful members of Niggaz Wit Attitudes (NWA) produced a compelling story about the rise and undoing of NWA from their own points of view. Yes, this is a good cinematic history of a newer art form. The actor portrayals are very good with Jason Mitchell as Easy E, Corey Hawkins as Dr. Dre, and O'Shea Jackson Jr. portraying his real-life father, Ice Cube. Yes, the story is biased in the producers' favor.

So, should you see this movie? Maybe not. If you've ever listened to NWA lyrics, you have an idea that the group does not have a high or even middling view of women (though they claim their disgust is reserved only for some women). On this point, the movie can be accused of trying to sugar-coat history because viewers only get a small taste of the misogyny perpetrated by NWA in lyrics and in actions. Then again, maybe you should see this movie, before you decide anything.

Bottom line, it's a good movie, and leaves the impression that it is a topical film. Those who

observe race relations in the United States will be saddened by the reminder that many people still face the same unwarranted persecution that made headlines more than twenty years ago. Use this movie to stoke those "fight the power" feelings in your gut.

## CATCH IT ON BLU-RAY: AMOUR FOU

Don't let the title fool you, Amour Fou is not the French melodrama or mad-cap romcom you might have assumed it to be. This movie directed by Jessica Hausner, an Austrian, and the closest it gets to melodrama is mocking it. What you'll really be seeing when popping this disc into the player is a satirical take on selfishness and the lies we tell to make it more palatable to our conscience.

The story follows the young wife and mother Henriette (Birte Schnoink) as she is preyed upon by the depressive Heinrich (Christian Friedel) in early 19th century Prussia. Discontent with the prospects for his life, Heinrich tries to find satisfaction in convincing young women to become his friends, and to prove their love to him by agreeing to a murder-suicide pact. Henriette, sensibly, is not on board with this kind of love affair, but her circumstances change in a way that make Heinrich's offer more desirable.

Macabre as the plot sounds, Amour Fou is actually a pleasantly quirky film. In addition to presenting visually interesting scenes throughout, it is helped along by an entire cast that give delightfully quirky performances as a social circle of the lower aristocracy of Prussia.





## More Reasons To Visit Bawabat Al Sharq Mall



بوابة الشرق مول  
Bawabat Al Sharq mall





A page dedicated to spreading kindness, compassion and generosity. We invite you to share your stories about your social and charity causes. Tell us what you Give a Damn about: [editorial@tempoplanet.com](mailto:editorial@tempoplanet.com)

## SYRIAN REFUGEES GIVEN SHELTER BY PRESIDENT



Amidst the trials that our brothers and sisters are facing in Syria, we still see some good hearted individuals striving to make a change and move forward with positivism. One of which is no other than Uruguayan President José "Pepe" Mujica who offered his riverfront estate to hundreds of Syrian kids along with their guardian to live there. That's another badge of merit for Mujica who continues to enjoy the title of "The World's Most Humble President".



### DOCTOR MATT RECOVERY FUND

When our pets require immediate medical assistance, we immediately think of their safety first and our wallets second - but Doctor Matt, a Polish Expat from Dubai who runs the Desert Veterinary Clinic, has been saving our canine and feline friends with little to no charge at all. Doctor Matt has been diagnosed with colon cancer. This is the best time to give back to Doctor Matt. Find how you can help out here at the fundraiser page.

<https://www.facebook.com/Doctor-Matt-Recovery-Fund-1416510575342533/>

### ENVIRONMENTAL CONCERNS: WHAT IF ALL THE ICE MELTED?

Lands filled with barren ice aren't just a paradise meant for polar bears and penguins, they serve a greater purpose - and that is to maintain sea levels as they are right now. With the recent rise of mostly manmade global warming activities, they are melting at an alarming rate. If you are wondering what would be the end effect if all the ice in the world is gone, check out this intriguing video and see for yourself.



### BEYOND EVERY SPOKEN WORD

Sara Al Souqi performs from the heart as she tells a powerful story about the challenges met by deaf people. Performed by a poet, filmed by a poet and produced by poets, "Beyond Every Spoken Word" placed second in the People's Choice Awards at the Mosquers 2015 and has since been getting overwhelming feedback from people within the UAE and across the world. Here's an excerpt of this heart-warming poem: "I listened as her hands crafted images for my mind. Not ear to hear, she was a journey, with palms."





BY JAE FRANKLIN | @jaefranklin

## MUSIC DISCOVERY: SIX WAYS TO UNEARTH COOL FREE MUSIC IN 2015



**R**emember the DJ culture of the 90s, radio in the 70s, and mixtapes of the 80s? Not too long ago, top DJs and radio programmers carefully selected music. Listeners trusted that the music they heard was based on quality rather than record label payola. Radio used to be the trusted source for all good music, but it isn't anymore. The digital age has transformed the way we discover music on a global scale.

As listeners, all we care about is GOOD MUSIC. I'm not one to complain, but when I hear the same songs played every hour, I find that type of radio programming unnecessarily redundant when there is so much music being released by talented artists every single day. Unfortunately, the everyday listener may not know where to find it.

Below, I've listed six ways to discover music in 2015. These apps and websites curate extremely good music, bringing you an uncluttered angle from which to appreciate music. It's about time we hear refreshing human playlists again.

### 22TRACKS

Yes, that's 22tracks. What do you get when 120 expert and influential DJs from Brussels, London, Amsterdam and Paris curate 22 genre playlists containing 22 monthly refreshed tunes that can be streamed for free from 22tracks.com or by their leading 22tracks mobile phone app? You get a refreshing spin on music discovery. There is no registration, no hassle and it's free. New music: the easy way. And you'll never forget the number '22' ever again.

### INDIE SHUFFLE

I can't speak highly enough of Indie Shuffle. I was lucky enough to have my latest single, "Music & Love," premiered on Indie Shuffle a few weeks ago. Updated every day with new music from emerging and mainstream artists, you'll hear the newest indie releases with a sprinkle of the mainstream radio feel. Music journalists also write short, thorough reviews of every song so you can read about what you're listening to, a feature that most music discovery websites don't bother to do. These good folks know how to keep us coming back on a daily basis.

### HILLY DILLY

Forget algorithms and played out, overexposed music. Embrace handpicked, pre-screened tracks. This 'curated music discovery service' is all about connecting the average music fan to 'all the good music that's out there,' ensuring the quality of the songs they feature meet their standards. The site doesn't discriminate based on genre. Instrumental, indie, electronic and many others are represented. You'll definitely hear tunes that catch your ear. Simply put, Hilly Dilly tries to find lesser-known artists and expose them to the everyday listener. Many music discovery sites can take a cue from the Hilly Dilly process of advocating for the emerging artist.

### JAZZ ARABIA

If you are a jazz lover or know someone who is, you all will get your complete and utter lives listening to Abu Dhabi's only 24-hour jazz radio station. Jazz Arabia blends different jazz music styles together. I'll be the first to admit it. Jazz Arabia had me grooving to Tito Puente, relaxing to Miles Davis and singing along to Etta James. Take my advice and tune into [www.jazzarabia.com](http://www.jazzarabia.com) or download the jazzarabia app on your mobile phone.

### 8TRACKS

Like Hilly Dilly, 8tracks believe handcrafted music programming trumps algorithms. For this music discovery blog, emerging DJs become the source of the content. DJs upload MP3s or AACs to craft a playlist, add context with description and art, and publish their mix on the blog and a personal webpage. Listeners get a special blend of radio programming and word-of-mouth sharing. DJs also engage in the do-it-yourself art of career building.

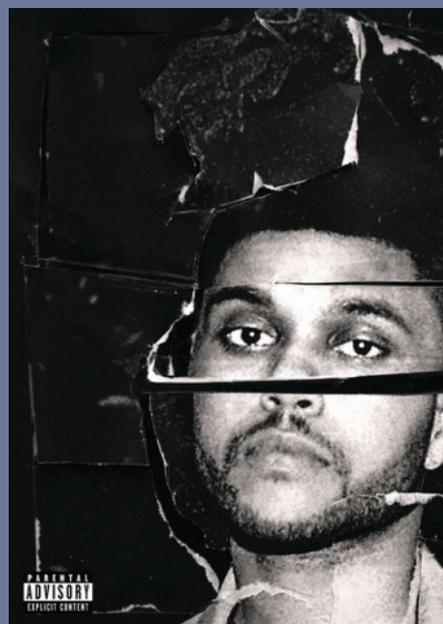
### NPR MUSIC

Of course, I've saved the best for last. My go-to music discovery site is NPR Music. NPR is an acronym for National Public Radio. When I visit [www.npr.com](http://www.npr.com), it feels like I'm walking into the world's largest music library. The layout is simple and sweet, even though there are three distinct sections that serve specific functions. 'First Listen' features upcoming albums in their entirety. 'Tiny Desk' showcases intimate performances recorded live in NPR Studios. 'All Things Considered' features 'music from emerging artists that you'll fall in love with.' They've developed an unparalleled standard of excellence for music discovery. I could literally listen to NPR Music for a week straight and always find something new to share, download or purchase.



BY VERA ROSALES | @verarosaes

## "BEAUTY BEHIND THE MADNESS" THE WEEKND



When I came across The Weeknd for the first time, I thought it was a group of plaid wearing 17-21 year old Cali guys who got into the limelight by playing pop alternative beats in their garage. But boy was I wrong. How is it that his voice is a crossbreed of the King of Pop and Prince? Or how is that he's the guy who knows how to rock his own goofy (but unique) hairdo whenever he'd perform (has anyone watched his performance in this year's VMAs?). All things considered, the 25 year old Canadian singer-songwriter/producer, is taking the world by storm, and with astonishing class.

From the release of his first studio album, his work on major movie flicks such as *The Hunger Games*, *Fifty Shades of Grey*, to his collaborations with the likes of Sia and Ariana Grande, he has gained so much momentum that it's about time we recognize his piece is kind of genius. With his sophomore album out of its cages, *The Weeknd* has solidified himself as an artist that people should "beware" of. Not to scare the kids out there, but this compilation of work is an animal in itself with its wanton-style lyrics and sound. Before you press play... did I mention that parental advisory is needed? Restrictions aside, satisfaction is consistently felt in the 14-track album, each song successfully exceeding

listener expectations, turning fans to lovers, and haters to converts.

'Beauty Behind the Madness' strongly starts with 'Real Life' a song that is understood to be a memoir of a part of his past and is followed with the self-reflective 'Losers' and 'Tell Your Friends'. The album's unrestrained pace then becomes intensely apparent with singles like 'Often', 'The Hills', 'Acquainted' and popular singles 'I Can't Feel My Face' and 'Earned It'. The Weeknd then surprises us with the progression of songs highlighting his hopeless romantic yet sensitive side, with singles like 'As You Are', 'Dark Times' and the last and longest track in the album, 'Angel'. He collaborated with fellow artists like Lana Del Rey, Labrinth and Ed Sheeran with some of the songs.

The lyrics may be a bit 'over the top', but expression is expression, and sometimes going to the extreme is the only way for people to understand the message completely. The Weeknd's voice accompanied with simple yet exalting beats and melody will have you craving for more.

Critics say that this album is an example of well-executed artistry. I agree. Beside it being perfect to play during chill nights with your friends or with a special somebody, it's an album that deserves to be recommended for play on the street or at a suit and tie affair. The album transcends: it is a record that has earned its reputation, because no one comes up with this stuff off the fly. It's clear that the Weeknd put all his emotions, time and expertise to this second round. I bet he's out there in a recording studio, building momentum for the next blow. And we'll be waiting.

what's hot your guide to this month's sizzling events



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**BON JOVI**

**1 OCTOBER**

DU ARENA

Bon Jovi, one of the most popular rock bands today, will shake up Abu Dhabi with numbers from their catalogue of anthemic chart-toppers. The iconic 30 year old band will treat fans to an unforgettable night of worldwide hits, including 'Livin' On A Prayer', 'You Give Love A Bad Name', 'It's My Life', 'Have A Nice Day and the Grammy winning 'Who Says You Can't Go Home'.

Scan Here ➔



**DANCE AFRIQUE DUBAI 2015**

**8 OCTOBER**

MEYDAN GRANDSTAND AND RACECOURSE, NAD AL SHEBA

Dance Afrique will make a stop in Dubai this month, with some of the hottest African artists including Akon and French Montana. Highly anticipated by fans of African beats, the event will feature some of the popular African dance tunes played on the airwaves.

Scan Here ➔



**DUBAI COMEDY FESTIVAL**

**15-24 OCTOBER**

SKYDIVE DUBAI

Get ready to laugh at Dubai Comedy Festival which will feature both international and local comedians. The performers include Dave Chappelle, Trevor Noah and Ali Al Sayed. The 10-day long festival will feature Arabic, English and Hindi performances to cater to Dubai's diverse audience.

Scan Here ➔



**THE NILE PROJECT**

**29 OCTOBER**

NYUAD ARTS CENTER, ABU DHABI

The great Nile River connects 11 countries and more than 400 million people, from its sources beyond Lake Victoria to its Egyptian delta. This singular collaborative project brings together musicians from all along its route, reuniting instruments and modes of song that parted ways millennia before with astonishing results: buzzing timbres, ingenious polyrhythms and vocals in more than ten languages - music that is at once ancient and entirely new. In The Nile Project, love songs have crossed geographic and linguistic barriers to forge new and close friendships.

Scan Here ➔



**TAKE THAT, LIVE IN DUBAI**

**30 OCTOBER**

DUBAI MEDIA CITY AMPHITHEATRE

The English pop band Take That have been rocking crowds since the 90's and continue to do so in record-breaking fashion. Having begun with five members and now featuring Gray Barlow, Howard Donald and Mark Owen, Take That will be coming to Dubai for one night of classic hits, 28 of which have been on the Top 40 list. Take That has been recognized by some music commentators as the most successful boy band in UK chart history.

Scan Here ➔



**Caravan: Journey of Art**  
**Opening 4 October 6:30-10:00pm**  
**Running until 30 October**

AD Arts Collective returns with a new body of artworks under the title "Caravan, Journey of Art." Caravan is the Collective's third show this year and their fifth since they were founded in November 2014. The concept of their new show "Caravan", embodies the spirit of The Collective's inclusive celebration of art and serves to signify their purpose; which includes bringing people and art together. Participating in this exhibition will be 28 artists from 16 different countries, displaying 66 artworks.

**Cinema At The Space**  
**Mondays & Wednesdays**  
**8:30PM**

A series of film screenings that aim 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.



TheSpaceAD



## WOMEN EMPOWERMENT EVENT

ONGOING UNTIL 15 OCTOBER | FAMILY DEVELOPMENT FOUNDATION, ABU DHABI

The event aims to empower women, both socially and economically, through several extensive training and counselling programmes.

The Family Development Foundation believes that developing the entrepreneurial and leadership spirit among women will lead to job creation which will allow and lead women to play a more effective role in social and economic progress. The initiative involves a number of programmes and services specially developed for women.

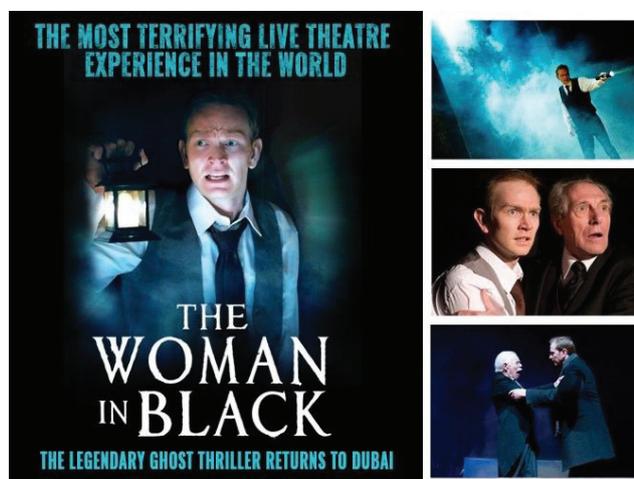
The project is organised by the Family Development Foundation under its 2011-2015 Women Empowerment strategy.



## IGN CONVENTION

16-17 OCTOBER | DU FORUM, ABU DHABI

Calling all gamers, cosplayers, superheroes, sidekicks, movie buffs and citizens! Come together and join the video games, movies and pop culture community at the IGN Convention Abu Dhabi. Following the success of IGN Conventions in Bahrain, Doha, and Dubai, IGN Middle East is proud to host yet another spectacular event, this time in the capital city Abu Dhabi. IGN Convention Abu Dhabi will also feature a cosplay tournament open to cosplayers from all around the region, with a total of \$10,000 to be given away.



## THE WOMAN IN BLACK, LIVE ON STAGE

10-16 OCTOBER  
MADINAT JUMERIAH, DUBAI

An internationally respected show, The Woman in Black is a ghost thriller. Celebrating its 25th year in London's West End, the show has been seen by over seven million people in over 40 countries. It was made even more famous by the recent movie version starring Daniel Radcliffe. The Woman in Black coming to the UAE features a brilliant West End cast.



## SEUSSICAL THE MUSICAL: THE CAT IN THE HAT - OCT 25-16 - ABU DHABI THEATRE, ABU DHABI

The Cat in the Hat, one of the most celebrated children's stories of all-time hits the stage in Abu Dhabi this month. Watch the Dr. Seuss story come to life through song and dance. If you miss the Abu Dhabi show not to worry—the play will also travel to Dubai on October 29.

# people calendar

## SHELMA JANE V. DEL MAR

NATIONALITY: FILIPINO

AGE: 31

PROFESSION: CLIENT SERVICING MANAGER

MOTTO: TOUGH TIMES NEVER LAST, BUT TOUGH PEOPLE DO!

QUOTE: FLOAT LIKE A BUTTERFLY, STING LIKE A BEE



2 October



16-17 October



17 October

# GAMES 15



## ESL

Many were excited to have a pro gaming competition on site, and more so the teams themselves. Most were particularly excited about having the pro team, Cloud 9, up close and in living colour.



## Yoshinori Ono

The creator of Street Fighter is a legend himself and having him at Games was a major win. Not only did he speak to the crowds, he also came bearing gifts and spent hours taking photos with and signing autographs for his many fans.



## Street Fighter Firsts

Among the announcements that Ono made was the introduction of Rashid, the first Arab character in Street Fighter history. This was well received by all, and the perfect place to reveal the character. Ono also announced that Street Fighter V is fully supported in the Arabic Language - and mentioned that more Arabic Language supported games were on the way.



## The highlights

There were many. Each moment that happened at the Dubai World Trade Center may have a different one but without a doubt Games15 scored big by bringing in legendary celebrities across the gaming world, and having a couple firsts for the event.

## Sony Morpheus Virtual Reality Goggles

This was a gamer favourite for many. Sony's VR goggles have many excited about the potential for games and the immersive experience it creates.



## WWE Daniel Bryan

The long lines for autograph signing told the story. Lots of gaming fans couldn't wait to meet their favourite wrestler face to face.



## Sebastian Loeb

Race game developers, Milestone, in collaboration with Geekay Games pulled off a major first - the global launch of a new title, Sebastian Loeb Rally EVO.

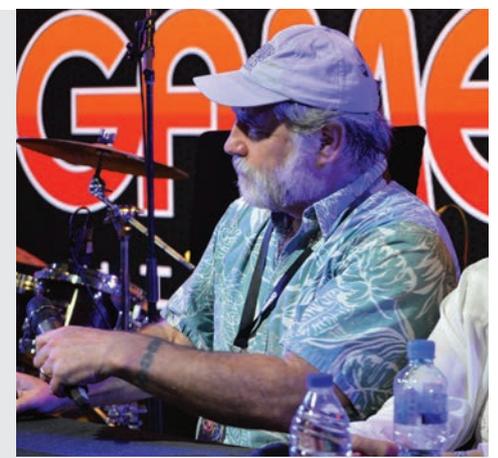
## Free stuff

Lots of swag was given away by many exhibitors including bags, t-shirts and posters as well as Xbox One and Playstation 4 consoles.



## More content

Check out interviews and amazing cosplay pics on the GameHedz UAE Facebook page including a video interview with special guests Ellen McLain (GLaDOS, Portal games) and John Patrick Lowrie (The Sniper, Team Fortress 2). Also check out our highlight reel where fans share their own Games15 highlights.





# APPLE IPAD PRO

Apple CEO Tim Cook announced, "Today we have the biggest news in iPad since the iPad," and he was talking about the expanded size. Apple has powered iPad pro with an A9X chipset which is an upgrade over the iPad Air2's A8X chipset. According to Apple, it is 80 percent faster as compared to portable PCs in the past. Apple has not disclosed the RAM yet but it is as expected to be 2GB as the iPad Air 2. The iPad Pro is very thin just at 6.9mm and weighs about 720g.



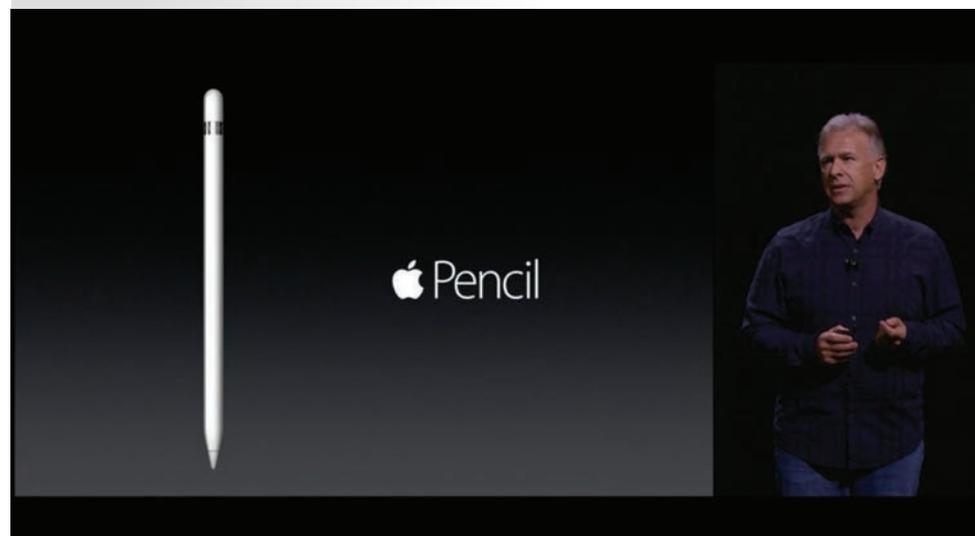
4.7 inches  
IPHONE 6S



5.5 inches  
IPHONE 6S PLUS

## APPLE IPHONE 6S & IPHONE 6S PLUS

Apple has unveiled the much awaited iPhone 6S and iPhone 6S Plus. iPhones lovers are expecting major changes in their usability and productivity. The new iPhones look similar to the old iPhones and many users might not be happy to see this but Apple has increased the size and weight of the new iPhones: iPhone 6s has a 4.7-inches display and a 143g weight, while iPhone 6s Plus comes with a 5.5-inches display and 192g weight. Apple has also introduced 3D Touch into the technology of both devices. There is major improvement in the camera as compared with the old iPhones, and both new iPhones have 12 megapixel, F2.0 lens, focus pixels with dual LED flash 1080p rear camera and 5 megapixels F2.2 720P front camera. Both iPhones are packed with Apple's new A9 chipset and are the first iPhones to have 2GB of RAM. Maybe the best performing iPhones so far.



## APPLE PENCIL

With the launch of iPad Pro Apple has also introduced the Apple Pencil. They say "when using iPad Pro, there might be moments when you want even greater precision. So we painstakingly designed Apple Pencil to expand on the versatility of Multi-Touch". It is not a stylus but an Apple Pencil, which gives you the feel of old fashion pencil featuring today's technology capabilities. It is designed to work seamlessly with iOS apps, allowing you to draw onto the apps and unlock many functions. The pencil also comes with a lighting plug, which can be revealed by removing pencil's cap and charging from your iPad.



## FARMERS USE APP TO HELP KEEP TRACK OF THEIR SHEEP

BBC: Two sheep farmers have started using smartphones to monitor and record their flocks. A new mobile phone app allows them to record everything from the weight of a lamb, to the medicines it is being given. The Welsh government-funded TAG project also works out when sheep are ready for market. Huw and Guto Jones, who farm at Mallwyd, Gwynedd, and Llandre, Ceredigion, said it saves them time. The brothers now carry detailed information about their 1,300 flock of sheep in their hand while shepherding in the fields. "This new technology is a breath of fresh air," said Huw Jones. "It has made the recording of sheep and lambs' details so much easier and quicker. If a problem arises in the field with a lame ewe or a sick lamb, we can search for an ear tag number on the phone and find their medical history."



“Essentially we’re curating and digging deep for fabrics that are warm, vibrant, and hard to find anywhere else.”

# TROPIC THUNDER: YAMA POPS IN DUBAI

1

1

Yama fashion is characterized by bright, funky colours, loose fitting clothes and fun prints

2

Every item is lovingly made by hand in old Dubai

3

Each garment is sourced from out-of-print fabrics from souks around the world

4

Yama Clothing is based near downtown Dubai in Satwa.

# ●● fashionably late



By CHRISTOPHER JOSHUA BENTON | Instagram: @maxfirepower

fashion

**Y**ama is a kaleidoscopic, vibrantly-hued fashion line that's handmade with rare fabrics sourced from around the world. Satwa-based duo Kamal Rasooi and Beth Hopper are the creatives who launched it this January. Since then the brand has been earning a name for its loose, comfortable fit, its bold patterns and unique backstory.



"Our interest is in fabric that looks like it's from the 60s and 70s. Our criteria is simple: anything tropical and exotic," said Rasooi.

Yama is influenced in equal parts by the founders' love of travel and of world music. Rasooi is particularly fond of Ethiopian Jazz and Ghanaian High Life music.

"I grew up in Bahrain and my parents would always tell me how in the past there were no retailers. Back in their day everyone had to make their own clothes. Today, I guess I'm continuing that historical legacy," Rasooi told us.

The founders' favourite place to source fabric is Souq Naif in Deira. But recent excursions have also taken the twosome to far-flung locales like Brick Lane in London.



The brand plans to extend its offering of women's and menswear with accessories like bucket hats and clothing for kids. You can shop for Yama via the brand's Instagram and Etsy or at pop-ups like Right Market and The Mine Pops, where Rasooi likes to set the mood by playing Afrobeat and Latin Funk cassettes.

Rasooi and Hopper believe that the magic of the brand is in the sense of discovery: "Essentially we're curating and digging deep for fabrics that are warm, vibrant, and hard to find anywhere else," Rasooi said.

"Everything is ethically made in the UAE and we're proud of that," Hopper said. "Our goal is to design things that make people say: 'Wow. I've never see anything like that before'".



# TONY RYDE

**AGE:** 27  
**PROFESSION:** ENGINEER  
**NATIONALITY:** UK

**FASHION STATEMENT:** Being a true gentlemen never goes out of fashion.

**MY STYLE:** Rainproof (British weather), gentleman, slick, dapper, basically like John Travolta

**MY FAVOURITE BUY OF THE PAST MONTH:** A casual blazer, for the casual but smart look

**FAVOURITE STORE IN ABU DHABI:** Any of the Polo range shops. I most prefer World Trade Centre for all my styles.

**DOES UAE HAVE STYLE?** Yes I think the UAE has all style needs that fit the various cultures we have here.

**FASHION PET HATES:** I don't think I would hate anything that somebody is wearing.



**PHOTOGRAPHER:**  
Angeli Castillo



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Destination for Inspiration



# BEDOUIIN BEAUTIFUL TO HOLLYWOOD GLAM

BY NEIL BIE



Photos by Saleh Al-Tamimi, Raihana AlHashmi, Ibrahim Lamrini, and Mohamed AlSuwaidi.

**I**man Al Tamimi is a creative who is doing cool things with make-up art, like fusing modern techniques with old Hollywood and Arabian influences. The 25 year old graduate of the University of Wollongong in Dubai holds a master's degree in human resources and a bachelor's in business management, but has chosen make-up art as her career. Her eyes shining with excitement and passion, she tells us about her plans...

**TEMPO:** How did you first learn of your love for doing make up?

**IMAN:** It started-off as an interest, and I wanted to grow it. I woke up one day and told my father that I want to do this professionally. He immediately supported the decision and I found myself packing for France to take up an intensive certified course at the Makeup Forever Academy in Paris.

**TEMPO:** Is there a specific style of make-up that you like?

**IMAN:** I love the minimal look, however at events or weddings I like to get creative and bold. I never wore makeup at work, so naturally most of my friends and colleagues became shocked when they knew I became a makeup artist!

**TEMPO:** Is there a specific kind of makeup that you consider as your specialty?

**IMAN:** Yes, my style is classic Hollywood. The reason for that is whenever ladies contact me to do their makeup here in the UAE, I get feedback about their bad experiences at salons. They'd ask for light makeup but end up with a look of foundation caked on their faces instead.

**TEMPO:** Who are your clients?

**IMAN:** My clients include Arab Singer Oraib Hamdan, Actress Fatima Al Hosani, International Presenter Shereen Mitwalli, Celebrity Stylist Kelly Lundberg. I get clients through word of mouth, whether they are friends of friends, people in the media, or actors and artists. I always thank God for giving me this talent.

**TEMPO:** Are there other makeup artists that inspire you?

**Iman:** From the GCC one of those would be Hanan Al Najadah who I



Iman Al Tamimi

have been following her since she started her first Youtube video in 2012. Another is Masooma Hashim who's a celebrity makeup artist: her work is clean and I think she has changed the way Ahlam Al Shamsi looks for the better. From other Arab countries, Samer Khouzami has always been an inspiration. From other countries I love the work of Natasha Pedersen.

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

**IMAN:** I have always wanted to blog and I'm thinking to do that soon, and also opening a YouTube channel.

**TEMPO:** And your overall beauty message?

**IMAN:** "Sometimes, less is more" makeup is meant to bring out the beauty in you and enhance your features and not change who you actually are!



## Iman Models the Bedouin Look!

**TEMPO:** We love the Bedouin make up look, tell us about it.

**Iman:** I love traditional things! And I wanted so show it using makeup. Arabic makeup is usually focused on the eyes, using thick black kohl liner, so I used that on my eyes, blended it with black eyeshadow to intensify the look, and drew tribal marks on my chin and forehead. I made the look artistic by wearing navy blue lipstick. The colour blue was used a lot in the olden days; it was one of the favourite colours to the Bedouin. They used to preserve their burгаа' with the colour.

**TEMPO:** Is the "Bedouin look" a trend that can be revived once again?

**Iman:** I have tried to bring Bedouin back but with a modern twist! Of course it could re-emerge. Just like how fashion comes and goes, old makeup could be revived again.

## IMAN'S "TOP 10 TIPS ON HOW TO DEVELOP YOUR MAKE UP SKILLS"

1. Start with a fresh base. Make sure your face is clean, toned with a suitable toner and moisturized. This way your makeup will glow and the end results will look much more attractive
2. Invest in good brushes: If you want to apply makeup professionally having the right tools is necessary. You may begin with at least seven basic brushes. Foundation Brush, Powder Brush, Concealer Brush, Blush Brush, Flat Eye shadow Brush, Blending Brush, and an Angled Brush.
3. Colour correct: Use color correctors to cancel out the opposite colors (unwanted colors). This will help in achieving results without layering thick foundation/concealer on your skin, which cause it to crease.
4. Pick the right foundation for your skin type! For instance if you have oily skin you might want to use a matte finish foundation, or a primer/base that is good for oil control.
5. Blend, blend and blend! Flawless makeup is all about blending, nobody needs to see your contour lines on your cheeks, nose or even lips!
6. Balance your look: choose either eyes or lips. Try not to exaggerate everything
7. Know your face shape. Do your makeup according to what will suits your face and make you look more beautiful, for instance if your cheek bones are strong, you do not need to contour your cheek bones, similarly if your eyes are rounded you might want to pull them out using an eyeliner and so on...
8. Don't be afraid to use false lashes. Professional makeup nowadays is never complete without some falsies!
9. Always look out for latest makeup trends to get better and enhance your techniques, there are so many resources like magazines, YouTube and many bloggers who talk about interesting topics when it comes to makeup.
10. Practice makes perfect! Makeup is fun. Enjoy it!



## Abu Dhabi's Favorite Mall

Dalma Mall being just 10 minutes away from Al Maqta Bridge and on the main Abu Dhabi-Tarif Al Ain Highway, has evolved as a world-class regional lifestyle and entertainment destination. Dalma Mall currently has a built-up area of 255,000 sqm with retail space over 150,000 sqm hosting more than 400 retail stores, restaurants, while holding 6,300 free parking spaces, 14 cinema screens, along with many fashion, entertainment, sports & leisure and hypermarket.

[www.dalmamall.ae](http://www.dalmamall.ae)



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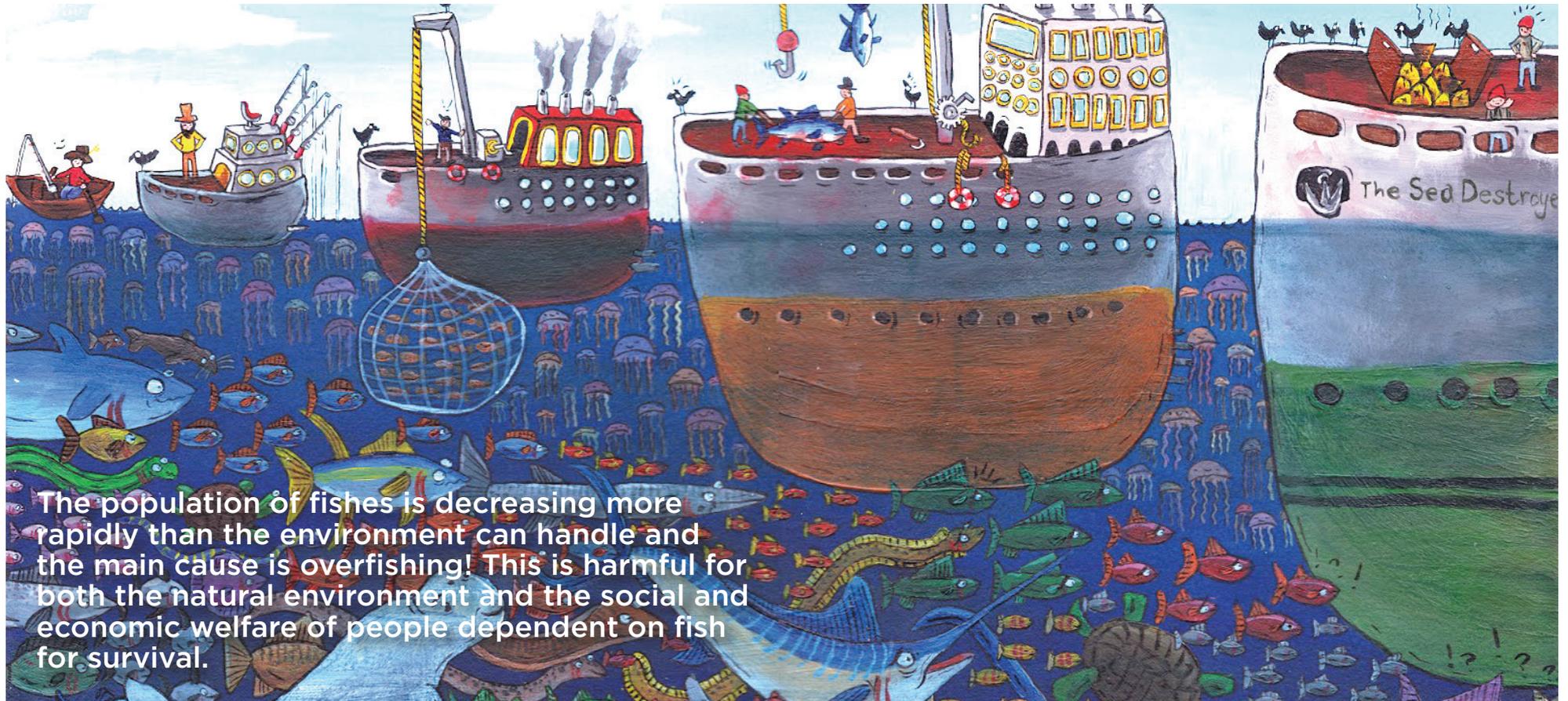


دلما مول  
Dalma Mall

●● the planetarians

# OVERFISHING

BY SAFIYA MUSTAFA



The population of fishes is decreasing more rapidly than the environment can handle and the main cause is overfishing! This is harmful for both the natural environment and the social and economic welfare of people dependent on fish for survival.

## THE PROBLEM:

Overfishing is the practice of catching more fishes than the population can replace through natural reproduction, depleting the number of fishes in an area. According to The Choose Wisely campaign, 60% of the total catch in the UAE is made up of species that are fished beyond sustainable levels. As the UAE's population increases, the demand for fish increases tremendously to the extent where it is said that it has never been higher than now. Scientific research shows that eight percent of our most valuable commercial fish are being overexploited. Lines that are up to 50 miles long, with attached baited hooks, are left adrift to trap the fishes. Not only do these fishing nets ensnare too many fishes for the population to sustain, but attract and kill non-targeted species such as sea turtles, sharks, and sea birds as well. The non-targeted catch is discarded, which leads to an ample amount of loss and wastage of the marine life. 25% of the total catch never makes it to the market.

Overfishing may seem to be a profitable practice, but it has severe consequences, such as:

### MARINE LIFE IMBALANCE:

Overfishing is the main reason for the extinction of many different species of fishes and also the disruption of countless food chains. Targeted fishing of top predators disrupts the natural ratio of fishes and causes the smaller marine animals at the bottom of the food chain to increase in abundance. This change affects the marine ecosystem and encourages the

growth of unwanted algae and threatens the coral reef health. Also, targeted fishing of smaller fishes leaves lesser food for larger fishes and reduces their chances of survival. According to The Choose Wisely campaign, since 1978, the UAE has seen an overall decline of 80% in the average stock size for all commercial species of fishes. The decrease of fishes is a serious issue because each species plays a role in the ecosystem and must be protected to preserve the biodiversity of our seas.

### DECREASED FOOD AND ECONOMIC SECURITY:

Fishes have been the prime source of protein for coastal inhabitants for years. Overfishing not only threatens their staple food and heritage, but also their main source of income. Farmers earn their living by selling these fishes and taking tourists for sport fishing. Therefore, overfishing at unsustainable levels will eventually affect their income and threaten their long-term food and economic security.

### HERITAGE AND LIVELIHOODS:

Not only are fisheries a major source of income, but contribute significantly to the cultural heritage of the UAE. Located on the Arabian Peninsula and surrounded by the Arabian Gulf, the Arabian Sea, Gulf of Oman, and the Red Sea, harvesting fish has always been a main tradition in the UAE. Extinction of fishes will incur a major loss of Emirati culture and tradition. By preserving our fish, we are not only helping the environment, but safeguarding an important part of UAE's heritage for generations to come.

## THE SOLUTION:

Overfishing may seem like a lost cause, but if we are all to work together and raise awareness then we can truly make a change. This is what we can do:

### 1 CONTROLS ON BYCATCH

Enforcing laws and regulations that prohibit using techniques that might cause unintended killing or destruction of marine life. Also, disposing of the non-targeted catch should be avoided.

### 2 EATING LOWER ON THE FOOD CHAIN

Smaller fishes are available in abundance in comparison to larger fishes which makes them more sustainable.

### 3 BREEDING FISHES THAT ARE NEAR EXTINCTION

Breeding grounds can be set up for species that are close to extinction and fishes can be bred there until their species have reached a more stable level.

### 4 KNOW WHAT YOU ARE EATING

Buy fishes that are at a more sustainable level and available in large quantity. Eating these fishes will have a much lower impact on the environment.

### 5 QUOTAS AND LIMITS

There should be a limit on how many fishes can be caught on average. This will help in keeping a control of the fish's population. Areas can be designated as no-fishing zones to allow fishes to recover.

### 6 SPREAD THE WORD

Raising awareness might seem useless and ineffective, but it plays a big role in getting the work done. Making people conscious of what wrong they are doing will encourage them to change their habits and this will help us in achieving our goal. This can be done at every level and for all ages. Young minds bring the most change.





## MACHBOOS TASTE OF THE EMIRATES



**“You can add more cups of water for the rice next time. The lentils need more cooking, they should be softer,”** said Fatimah bint Mohammed, author of five Emirati cookbooks. She said this after tasting a spoonful of the chicken machboos, which is a typical Emirati rice and chicken dish topped with yellow lentils mixed with fried onions and raisins and accompanied with a homemade fresh tomato sauce made fiery with chili peppers.

Machboos is almost a permanent fixture in every home across the UAE. The flavour comes from the array of fragrant spices used to sauté the chicken and from the nutty smell of the rice as it is baked in the oven for one hour.

Growing up in Abu Dhabi and living here the majority of my life, I've always been drawn to Emirati cuisine: its multilayered flavours, vibrant colours, and rich aromas. I've also been attracted to the air of secrecy surrounding it; the idea that if you wanted a taste of authenticity you had to wholeheartedly immerse yourself in Emirati culture and tradition. These coveted recipes carry with them the soul of history and identity that are lovingly passed down from grandmother to mother and then daughter. So you can imagine how excited I was to try my hand at cooking this dishes, to introducing them to our menu, and to fusing the cuisine with other tastes and methods of cooking. Before all that I had to learn how to capture its essence - and Fatimah bint Mohammed was my inspiring coach.

She had warmly and generously welcomed me and my team of chefs into her inviting kitchen. Her ingredients were meticulously prepped and organized on the countertop. Once we were ready, she patiently explained every step of the recipe, while we hung onto her every word. We cooked alongside her, vigorously taking notes, pictures and short video clips. We were given a week to absorb all the information and then re-enact the recipe without her help. When judgment day came around, we unveiled the dish with a flourish from under the

tin foil, beautifully garnished with fresh coriander leaves, toasted cashews and fried onions. We were stuck by the heady smell of saffron, turmeric, cardamom and couldn't help but smile when she beamed proudly, “just from the appearance, it looks perfect!”

I found out that though Fatimah bent Mohammed learnt her cooking skills from her family, it was her passion to experiment with various flavors and share her own recipes with other fellow foodies beyond her circle that propelled her into publishing her creations. She recounts to me her feelings of achievement after publishing her first book. “My first book was like my baby, I did everything by myself!” she gushed.

As we sat at her pristine white kitchen table sipping Emirati coffee and munching delicious cookies she had prepared, I asked what she thought of Emirati cuisine gaining momentum and being popularized as a trendy food concept.

“There aren't many Emirati women who have the time and the energy after a long work day to stand in the kitchen and learn how to cook their traditional Emirati recipes. Emiratis today would rather go out and enjoy their cuisine at restaurants or even have it catered to them in their workplace.”

An Emirati food experience that has burst onto the UAE market with flair and creativity is the range of products by Danat Food Industries. A homegrown company, it is the first of its kind in the UAE to introduce Emirati ready-made mixes. Their Emirati bread, chabab and kanfrosh cupcake off-the-shelf mixes stand out with their colourful packaging and with the hints of saffron and cardamom. The all-natural, rich Emirati spice mixes are used to enhance the flavours of traditional Emirati dishes or add new dimensions to western recipes.

To recreate the bread and chabab at home you have to follow the simple steps on the label and mix in the extra ingredients right in the bottle. There's no need for any kitchen utensils. It's so convenient and mess-free that I allowed my kids to make the kanfrosh cupcakes by themselves. The chabab and bread are usually cooked for breakfast in the morning before school and are served with a cream cheese and honey.

Another hip Emirati food concept is the Meylas food Truck, which I was lucky enough to catch parked outside Mushrif Park, during its opening. I had my fill of fluffy sweet clouds of luqaimat, and strong black karaktea that soothes the heart.



## YOU CAN HAVE YOUR CAKE AND EAT IT!

**E**ating Clean, Paleo, and Gluten free, and so on does not mean you can't have your cake and eat it! You absolutely can, you just need to choose alternative, wholesome, natural and healthy ingredients.



Although there is still a need for good old fashioned baking or what “granny used to make,” people are making more of a conscious effort to eat nutritious food whilst satisfying a sweet tooth or perhaps to fit in with their lifestyle choices.

Modern trends see vegetables in cakes to add moisture, fruit to add sweetness, gluten free flour for Coeliac's and Clean Eaters, Coconut Flour for Paleo's and Primal etc. Whichever lifestyle you have decided to follow, there is a cake recipe waiting to be made.

This month I would like to share with you cakes that I have tried and devoured. Enjoy!

### Strawberry & Honey Glutenfree Cake

170g soft, unsalted butter

300g Self Raising GlutenFree Flour

200g honey (plus extra for the top of the cake when cooked)

1 tsp good quality vanilla extract

3 large free-range eggs

300g strawberries halved & hulled.

Oven 160c Fan. Grease 20cm loose bottom tin - line the bottom.

Cream the butter & honey until light & fluffy.

Whisk the eggs with the Vanilla.

Add to the butter mixture - take care; it will separate (curdle), therefore, add the flour in 4 stages and mix.

Gently fold in the strawberries.

Add the cake mixture to the tin and cook for approx 50-60minutes.

Tip: I use spaghetti to check that it's cooked.

Remove the cake from the oven and swirl some honey on the top whilst it's

still warm - this will allow the honey to soak through to the sponge.

Tip: you can change the fruit to raspberries and the vanilla to almond essence and sprinkle sliced almonds on top of the cake before you cook it. Follow with the honey when cooked.

This cake can be eaten on it's own or you can, indulgently, devour it with real cream!

### Paleo Chocolate Lime Cake

150g Dark Chocolate 85% cocoa

solids, chopped

150g Soft unsalted butter

6 Free Range eggs

300g Honey

100g Ground Almonds

4 tps Organic Cocoa Powder (best-quality)

Zest & juice of one lime.

Grease & line a 23cm Spring form tin.

Melt the butter and chocolate together (allow to cool).

Beat the eggs & honey until light and fluffy (good 5 minutes by hand).

Mix the almonds and cocoa; gently fold in to the egg and honey mixture.

Follow with the chocolate mixture and then the lime juice & zest.

Pour into the spring form tin and bake at 180C for 40-45 minutes.

The cake should still have a little movement underneath the top of the cake. This cake needs to be light and moist.

Once cooked remove from the oven and allow to cool in the tin on top of a cooling rack.

Remove from the tin and serve with coconut cream.

# European Fruits and Vegetables

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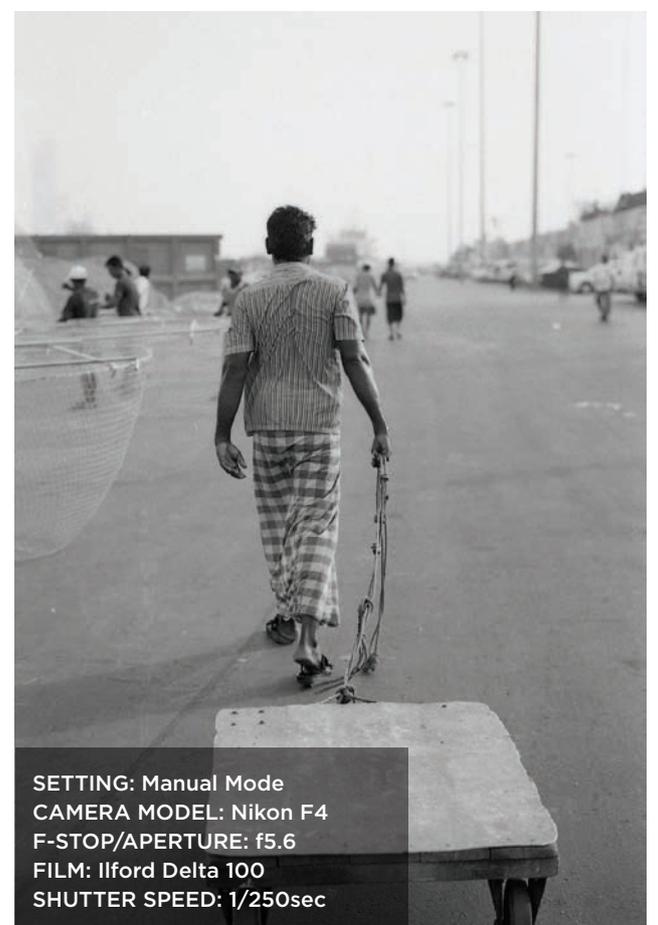
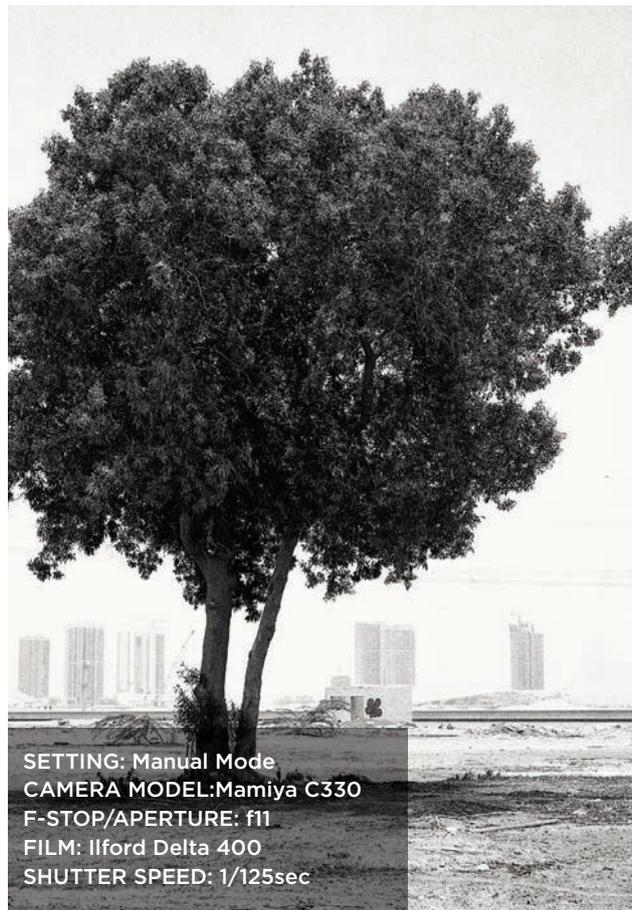
**ENJOY  
IT'S FROM  
EUROPE**



# BLACK AND WHITE PHOTOGRAPHY

Photography originated in black and white. After the introduction of colour negatives, black and white photography became less prevalent. But still, many serious photographers love black and white because of its artistic quality. Experiment with intensity of light and contrast, and try a wide range of shades to add depth to your photos.

**PHOTOGRAPHER:** Tarek Nazal | **LOCATION:** Abu Dhabi, U.A.E



# THE CHALLENGE:

## INDOOR PORTRAIT LIGHTING AND FUJIFILM X WALK

ADP hosted Fujifilm X Walk in Abu Dhabi, the first of its kind where members were given hands-on experience of how to use Fujifilm Camera. The X-Walk took place in the Sheikh Zayed Grand Mosque, with lots of learning experience and great photography opportunities. The X-Walk was also broadcasted live on Periscope.#FujiXWalk.

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.



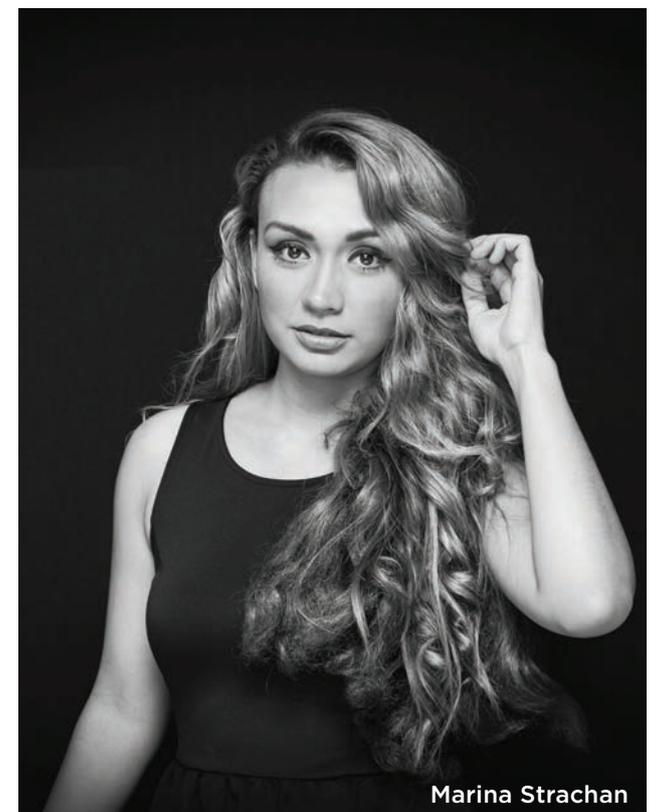
FujiXWalk Group Photo



Indoor Portrait Group



Tarek Nazal



Marina Strachan



Emon



Khaled



Yvonne Kuhn

# THE SMOVIES SEASON TWO: 12 STRONG MESSAGES ON SOCIAL AWARENESS

The second season of the Smovies have returned with more aspiring and professional filmmakers submitting short films up to a maximum of two minutes with the theme of “The Message”. The top three won cash prizes with the first place getting a scholarship grant to the New York Film Academy. The ceremony recognized the efforts of contestants and invited friends and family to celebrate their achievements. While all 12 Smovies screened were winners in their own way, only three lucky filmmakers took the prize home!

1st Place: “The Touch” by Vimin Thomas and Sujith Inchora

2nd Place: “Save Water” by Vasilis Blioumis

3rd Place: “Control Your Anger” by Firas Salah



Group photo of all the winners and judges.



A screengrab of “The Touch”.

## 1st Place

Name: Vimin Thomas - Sujith Inchora

Film: The Touch

**THE IDEA:** First we decided a movie with an idea which reflects the current situation like cigarette smoking, excessive use of gadget, energy saving. Then we finalized a thought to make a movie which could TOUCH each and every one and let them think.

**THE INSPIRATION:** When I went to my cousin’s house, I saw everyone busy with their phones, while my niece was showing a craft she made but nobody paid attention to her. This broke her little heart. The same is happening in every house and so many little hearts are getting broken day by day.

**ABOUT PASSION IN FILMMAKING:** We started film making from our college with small Handy Cams. We didn’t have any technical support and also a platform to show our skills. We love film making. Most of our chats around a coffee table are about “FILM”. It was a nice experience to do two films for The SMOVIES and it gave us confidence that we have long journey to go...

Thank you SMOVIES for giving us a platform to show our vision to others. It was a proud moment when we heard “THE TOUCH” announced as the first prize winner. We sincerely thank The SMOVIES for giving us an unforgettable moment in our lives.

## 2nd Place

Name: Vasilis Blioumis

Film: Save Water

**THE IDEA:** Since I lived here I was annoyed by two things. One is plastic bags, and especially how they use it in supermarkets, and the second is the waste of water. In a country that has limited water resources, people should start to think about saving water. It is really wrong to see the watering the grass at 2pm. I believe we (including government, schools, and media) should all start educating people and raise awareness of this issue before we all face serious problems.

**THE INSPIRATION:** There was not really such a thing as inspiration. The water issue is so strong that I always had it in my mind. The SMOVIES just gave me the chance to implement it because we need also a platform to screen these films.

**ABOUT PASSION IN FILMMAKING:** This is a difficult question. All I can say is life is too short, so do whatever makes you happy. Filming is one of the major things that I love doing it in my life.



## 3rd Place

Name: Firas Salah

Film: Control Your Anger

**THE IDEA:** Control your anger is a very important message. It is about how we need to control our emotions when we are angry and not throw our anger to others just because we are just angry.

**THE INSPIRATION:** Anger is capable of making you lose your loved ones and destroy everything beautiful in your life if you gave it a chance to control you. People won’t have time for you if you are always angry or complaining.

**ABOUT PASSION IN FILMMAKING:** I love filming since I was kid I use to film funny videos with my friends but I always want to make real films and watch it in the cinema. So I went to New York Film Academy to learn the basics of film making and I worked on students films get the experience. With the help of my friends I have made five films with zero budget!



# #THEMESSAGE AWARDS CEREMONY

**NEXT COMPETITION:  
"Why I Love UAE"  
Stay Tuned!**

BRANDMOXIE  
PRESENTS  
**THE SMOVIES**  
at  
**VOX**



Third Place Winner: Team 'Control Your Anger'



Sana Bagersh, Executive Director of The Smovies and Michelle Nickelson, Jury Member of The Smovies



Jury Members



First Place Winner: Team 'The Touch'

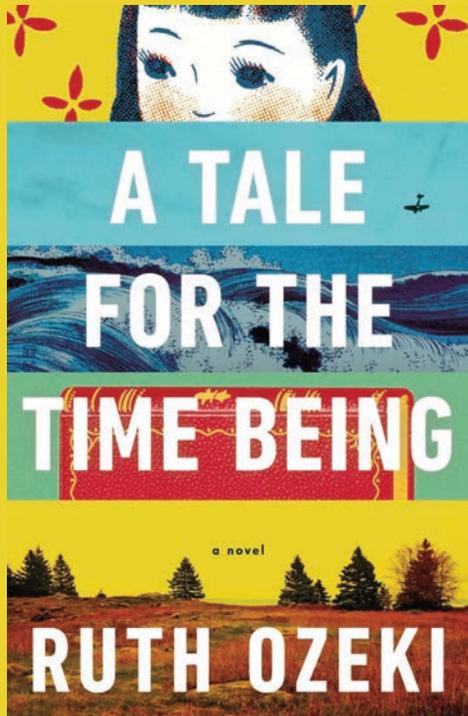


## ●● talking books

By SANA ASHRAF | @sanaalikespie

# A TALE FOR THE TIME BEING

**B**eautifully crafted, *A Tale for the Time Being* by Ruth Ozeki tells the story of a Japanese teenager, whose life flipped after she arrived in Japan. Scratch that - this novel tells the story of Time.



Imagine yourself peacefully walking by the shore to stumble upon a plastic bag. Would you throw it away, or pick it up to discover what's inside? The couple, Ruth and Oliver decide to choose the latter. What they soon discover makes Ruth's life pause - away from writing a memoir she'd been working on for years, and even writing all-together - she finds herself chained by the words and life of another girl, a younger girl, who she isn't even sure to be alive.

Ruth picks up Nao's book from the sea, and everything changes.

This novel leaves the reader enthralled; it is one of those books that hold on to you and stay at the back of your mind until you're done reading, and after you're done, you'd want to read it all over again! It holds meaning, authenticity, culture, and truth.

It is a story about Time -about a young girl attempting to write of the adventures of her "anarchist, feminist, novelist, and nun" grandmother, Jiko. Two lives are recorded from the perspective of two women - both writers, both wanderers. The switch between the two is intriguing; it is at once beautiful; captivating, fascinating, truly eloquent. The account is a masterful piece of work.

Nao, the Japanese teenager, symbolizes the past. She speaks of her father, mother, and Jiko.

Sometimes she speaks of her classmates, and her substitute teacher. But it's not their stories that add to the novel, it is the way she tells it: it is her odd yet realistic perspective as though you're reading a real diary... perhaps even your own diary.

Ruth's story, on the other hand, is symbolic of the present, which is Nao's future. Written in third person, the writing is professional, expressive, and carefully pruned.

This is a story about Time, and Buddhists, and Japan. It is a story about those who are fascinated with French culture, and others passionate with the environment. It speaks of hippies and Zen masters. It is a story about a young girl attempting to write about her favourite person, Jiko, and another, attempting to write about her dearest, mother. And this novel, *A Tale for the Time Being*, is a reflection of both of their souls.

"A time being is someone who lives in time, and that means you, and me, and every one of us who is, or was, or ever will be. As for me, right now I am sitting in a French maid café in Akiba Electricity Town, listening to a sad chanson that is playing sometime in your past, which is also my present, writing this and wondering about you, somewhere in my future. And if you're reading this, then maybe by now you're wondering about me, too."

## ●● librarians' lounge

By VANESSA MIDDLETON

# PROTECT YOUR IDEA PATENT IT!

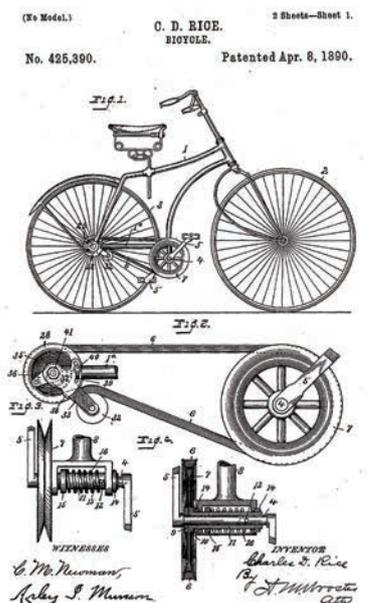
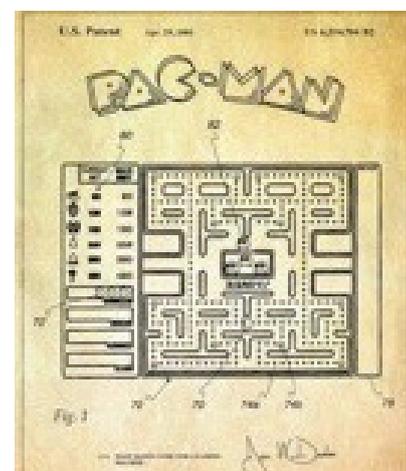
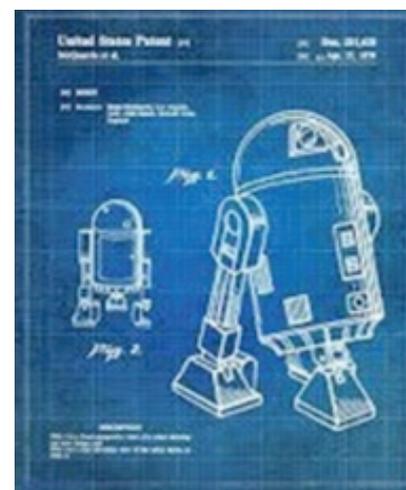
**A**re you aspiring inventor and have an idea about the next big thing? Do you have an idea or product that you want to protect? According to "Patent Statistics as Economic Indicators: A Survey": "patents are property right to a knowledge asset; patent counts can be useful measures of innovative output".

Some of the many items we use every day have been patented by inventors. Patents are submitted every day for all types of goods and services. Google is ahead in the number of patents submitted at over 2,566 US patents within the last year

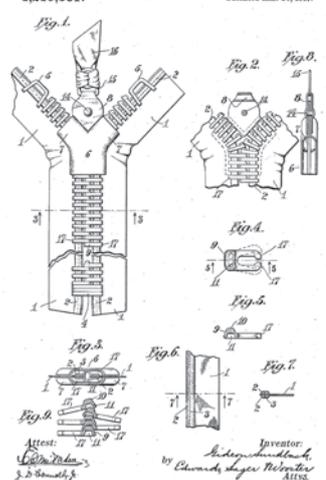
([www.ificlaims.com](http://www.ificlaims.com))

If you have an idea that you want to protect you need to find out if your invention has already been patented by another inventor or company. To do that you will need to do a patent search. Most patents are published through government websites that are available for the public to see. The following sites are good sites to start your search:

- 1) US Patent & Trademark Office.<http://www.uspto.gov/>
- 2) Japan Patent Office.<http://www.jpo.go.jp/>
- 3) European Patent Office.<http://www.epo.org/>



6. SUBRACK. SEPARABLE FASTENERS. APPLICATION FILED APR. 21, 1917. Patented Mar. 20, 1917.



For more information about how to conduct effective extensive patent searches visit: <http://www.ideabuyer.com/news/>

## NO LIFE WITHOUT 'I'

By Prekshaa Veeraragavan



It started out slow. Just like any other deadly affliction. The beginning was deemed 'just a phase'. Get over it! Only, she didn't. The universe moved on, just like it always had - dawn, day, night - repeat.

Then, one day, out of the corner of her eye, she noticed it - the occasional minor intolerances. The red danger sign blazing in her face, sirens screaming at her to just 'snap out of it' already. Alas, she was too far gone. Or so she believed.

A few weeks passed, and she caught herself doing it. Again. This time, glaring at a friend who chose to chew her food a little too loudly and obnoxiously for her taste. Needless to say, it was a swift trip downhill. And things spiraled out of control soon after.

Before long, the walls suffered the savage wrath of her irate fists, in the hushed harmony of exasperated sighs. That was it! Something simply had to be done soon enough, or she would go stark-raving mad!

Debating desperately if she'd picked the right choice, she sat down to study the flowcharts she'd prepared:  
One, "increasing intolerance + annoyance -> extreme anxiety + paranoia -> constant anger + uncontrolled aggression -> INSANITY!"  
And two, "increasing intolerance -> Gradual tolerance+ calm demeanor -> Elevated observatory skill -> Wisdom ->Contentment -> ULTIMATE HAPPINESS!"

If only most things in life were that easy! Wouldn't it feel good to let go of it ... all of it! No eyes on the back, no constant apprehension over what came next, or 'what if's...

Yes. It would be real nice to let go. After all, the world had far graver things to mull over, what with the starving kids, war and rebellion, and the millions suffering chronic illnesses. They wouldn't mind letting her go, right? She laughed humorlessly.

What about all the several million resources she had used up during her short lifespan? What an inconsiderate idea to let it all go to waste like that! Surely, something was to come of it!

Another frustrated sigh sounded in the room. Sometimes, everything seemed a bit too much to handle! Then, she remembered. She remembered what it felt like to be alive. She remembered that the only reason life gave her 'lemons' was to teach her how to make 'lemonade'. The corridor echoed with her laughter, as her imaginative mind brought in other pictures.

And, she pondered, not about the 'purpose of life' (for that was another story for another time!), but if life were a house, where was the chimney to 'vent' out its frustrating frustrations?!

That got her thinking about her house. At the moment, it was slowly going down in flames, just like all her efforts and strength the past few months. And, there she was - pathetically looking for the almighty emergency exit! Maybe she would just quietly slip away some night. No. That wouldn't do much good either. Besides, she was too much of a coward to 'bite the bullet' anyway.

Sometimes, wading through life was like trying to navigate, bare-footed, through an ocean of piranhas! Then, her face lit up in a smug smile. Because, she wouldn't mind living it anyway! At least hers wasn't as dull and boring as some others.

Sure, there was the regular 'annoyance' as she termed it, but, it wasn't something she couldn't handle! After all, this 'opportunity' chose her for a reason, right? Even if that meant she would play the antagonist in the tale. What's a good story, without one? But, if it helped her ease up, she realized that she was always the protagonist in the story of her life! And when the tides are low, she knows she was built to hold on.

In all those years of her life, she hadn't made a single friend, but, she made up for it with her countless enemies. (Keep your friends close, and enemies closer!) But, life is a single - player game, where it's each person for himself/herself! After all, there's no life without 'I'!

### ZAYED UNIVERSITY'S AL KHARAREEF STORYTELLING CLUB

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

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

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



جامعة زايد  
ZAYED UNIVERSITY

## THE NAUGHTY FOX

BY AYISHA KHALID KHALIFA SALEM ALYAGHOUBI



"Give me the farm. I'll divide it equally, and it will be enough for each one of you."

(ILLUSTRATOR) Noora Abdulrahman Abdulla  
Abdulrahman Al Shaikh

There once was a village with beautiful gardens, filled with colorful flowers and butterflies. An old man lived there with four married sons and a farm full of vegetables, fruit, chickens and cows. When he died after a life of hard work, his sons took the farm and divided it into four parts, but it was not enough. They wanted more and more.

The eldest son's wife said to her husband, "You should take most of the farm because you're the oldest."

The youngest son's wife said to her husband, "You are your father's boy, so you should get most of the farm because he loved you the most." The issue remained for months and months until a fox heard about it.

This naughty, deceitful fox came to them and said, "I have an idea but you all have to listen to me first. Give me the farm. I'll divide it equally, and it will be enough for each one of you." After a big argument, the three brothers agreed, but the youngest objected. They tried to convince him until he finally said yes.

After six months, the youngest son was walking around the farm, and found that there wasn't enough food to feed all the animals. So, he asked all his brothers how much money they earned every month from their farms. When they answered, the youngest son realized something was wrong. Each brother was earning less and less money each year. The poor four sons looked for the fox, but couldn't find him anywhere.

They all had another big fight, because now they were finally equal. The brothers had lost everything because of their lust for more and more.

# I HEART AFRICA: AYA FARAH'S JOURNEY TO NIGERIA



“I find satisfaction in listening, empathizing with, and supporting others.”

“I believe in education, and encouraging others to read, learn, be curious and benefit others.”

**F**or most people, taking a ‘vacation’ means relaxing; whether it’s spending time with family, cocooning at home, or trawling the mall with friends. But for Aya Farah, an Emirati human resources professional, ‘vacation’ is the opportunity to realize a dream, of bringing smiles to the faces of children in Africa. This is her story...

“I’ve been all around the world, including France, Italy, Switzerland, Spain and Germany...in fact name a country and I have probably travelled there. Growing up I was always curious and unpredictable. I adapted well to every culture I was exposed to, and I made friends quickly.

“During these amazing experiences I used to take moments of silence, observing my surroundings

and thanking God for the gift of being able to explore the world. But I always had a feeling of dissatisfaction. In my mind I was determined to do something else...

“I always thought about kids living in poverty; those who can’t see what I see, and those who may not eat for days. I decided to volunteer and do charity work in Africa. I could picture myself surrounded by African kids, with me feeding them, talking to them and

laughing with them, giving them gifts, and helping them get an education. The feeling was so real that it sometimes made my eyes water just thinking about it.

“I didn’t want to join organizations here. I wanted to go out there and get involved; I wanted to experience everything from start to end, and to prove to myself and to the world that ‘if you want to do it, you can’. So I started looking for African organizations to volunteer with. I sent emails and I called some, but my attempts were unsuccessful - until March 2015! That was when I came across a man called Lanre Lewis who was a Nigerian/British online coach living in England. I told Lanre about my dream, and he later became my coach. Lanre worked in a seasonal camp at a local Nigerian-run NGO organization in Lagos called Youth Empowerment and Development Initiative (YEDI).

The organization empowers, educates, and inspires youth. One of their missions is to educate kids aged six to 16 about HIV, malaria, personal hygiene, sexual harassment and team building.

“I sent the organization my CV, and they accepted me. When I told my family they were concerned about my safety in Nigeria, but when they realized how much I wanted to go, they gave me their acceptance and permission.

“Two weeks before the trip, my mentor coached me on how to arrive at the airport on how to deal with people and what to expect. He shared with me pictures of the streets, restaurants, schools and markets, and he gave me a crash course about Nigerian culture and beliefs. I joined Nigerian groups on Facebook, and I had a Nigerian lady in Abu Dhabi cook for me



to get used to their food. I also learned a little African dance so I could participate in dancing activities with the kids. I basically wanted to be part of everything; I wanted to blend in and to feel at home.

“In August I finally took a plane to Lagos. When I arrived, YEDI’s management and team treated me very well, as if they knew me for ages. I spent two weeks in Lagos. During my days at the camp I lived each and every moment, wanting to store every small memory. I worked closely with the different groups; we gave out food, gifts and educational materials. I even gave out t-shirts with the UAE’s flag on them.

“I especially liked the learning circles, and I loved running, dancing and playing with the kids. There were lots of emotions, involving happiness,

sadness, curiosity and awareness; we laughed a lot and I got a lot of hugs. I’m happy that I found my passion. In fact YEDI has asked me to go back next summer.

“I have so many stories to tell my family and friends, and I want to give motivational speeches to change people lives. I went to Nigeria and came back a different person; I have a higher level of appreciation for my life, for other people, for my country, my family and friends.





## THE COMPLETE INNOVATION PROCESS (PART TWO OF TWO)

Following up on last month's article, we stopped at stage #3 of the process (contest) and how to set up the innovation contest. The contest, if you remember from last issue, is a powerful mechanism to generate new and innovative ideas.

To set up an innovation contest, we'll first need a topic that is clearly defined. Ideally this is a "trendy" topic that has the ability to push innovators to engage in contest. The sales, marketing, management or customer teams can trigger the new topic in areas that needs new ideas from the "innovation team" we have set up. The topic needs to be linked to a good description and customer situation or dilemma. But technical details should be sparse as this could lead innovators into the wrong path. There is no need for details in this phase - general concepts are better.

The 'contest leader' must provide quick support to innovators in case of any questions. Transparency is very important - a simple way to do this is to create a place (intranet or web-site) where all submitted ideas are visible, so that innovators can be inspired by the ideas of others. Ideas must be explained in terms of words that are short and understandable.

In this phase quantity is also needed, so the more ideas we have, the better. Every innovator should know that. The right topic with excellent description + right people in "innovation team" should generate a good quantity of ideas that reflect quality.

When the Innovation Contest is finished with ideas on the table, a new chapter is open called Evaluation.

So, how do you decide which ideas should be eliminated and which should be further elaborated upon? At this point it is vital to involve right people, so decision makers, market specialists and innovation/trend spotters should be among the team of evaluators. The criteria could be just "like it"/"don't like it" or a detailed approach with values 1-5 (or 1-10) for few values as "close to trends", "alignment with portfolio" or "market need". Of course current portfolio must be scanned in a way to see which of submitted proposals could fit it or be the part of some existing portfolio elements.

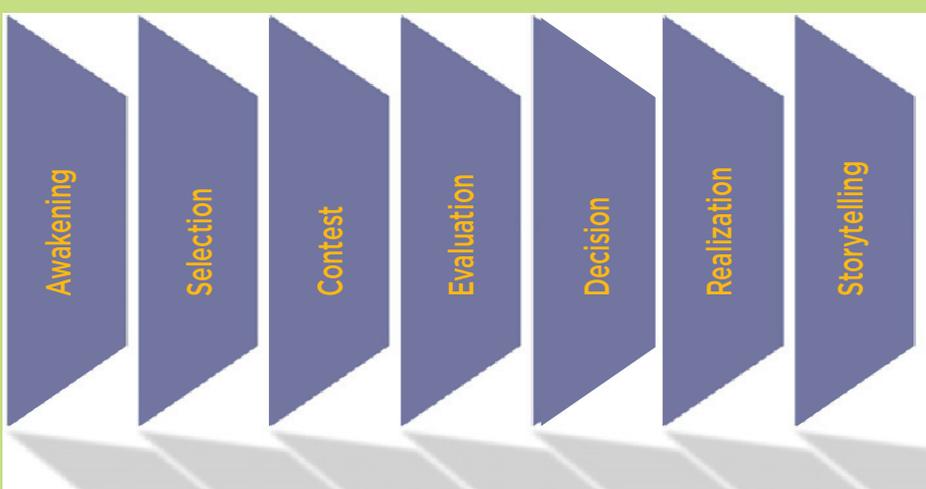
Each idea should have the same chance, and all ideas have to be presented in the same way. The organization has to know its capabilities and strategy in order to determine the fate of ideas. Only ideas that could be implemented internally should be accepted.

After screening and evaluation, the Decision has to be made on which ideas will move forward. The innovator has to be in the center of this phase even though other colleagues will join this new project.

After setting a budget, the idea will officially become a project and it will be treated as any other similar work in organization which is going to realization.

After success - the last phase should be "activation" where it is shared. Storytelling is very important for sustaining the innovation culture and for the internal marketing of the idea system in an organization.

Tomislav Buljubasic is an innovation and entrepreneurship guru. He can be booked for consulting sessions via [pr@brandmoxie.com](mailto:pr@brandmoxie.com).



## GOTTA GET A GO-TO PERSON

Growing up, I've always had this inner feeling that I needed guidance and support on different aspects of my life. I'd always wonder: "What would I want to be when I grow up?" "What would be the kind of woman I want to be married to?" "Which friends should I have around with me?"

I'm sure that these are questions that a lot of you out there think of as well. I was lucky to bump into quite a number of inspirational people who would want to give me good advice that was absolutely powerful in helping me reach where I am

today. The first few of them were my mom, my uncle (her brother), and my sister.

But then I met someone interesting called Ibrahim Mohammed. He was a British businessman, who was sharp, very inquisitive and had a big personality. I met Ibrahim through friends. He held a senior position looking after investments. At our first meeting, he put me through some very tough questioning. He asked, what are you doing? Why? How? And he had this strange way of making me feel confident yet completely clueless about whatever I was doing. I saved his name in my phone as "wiseman".

Mind you, Ibrahim and I weren't really close friends or anything like that. We'd meet up for coffee every once in a while and he wouldn't charge me for a sit down with him. But I know for sure that he deserved more than money as a reward for the impact he had on me. He was my Go-To Person. I hope you find yours!



Just Read It!

16

GO TO PERSON



# MIXING MUSIC WITH DJ MAD HANDS

From L-R: Kitty Kittens, DJ Mad Hands, Dorian "Paul D" Rogers, DJ A.L.L.A.D.

I recently conversed with Mohamed Talaat AKA DJ Mad Hands, an Egyptian-born sound selector and member of Underground Procedures (UGP), to discuss all things musical as it relates to the arts in the UAE.



**Dorian: Was hip-hop big in Egypt when you were there?**

**Mad Hands:** Definitely not, at least not at the time I grew up there, which was in the 90s.

**Dorian: How did you get into DJing?**

**Mad Hands:** Around 2007. A friend of mine had always wanted to be a DJ and just purchased a DJ set up. I instantly fell in love with the idea of blending my favourite tracks together. I spent days at my friend's house, borrowed his equipment and became addicted. From that moment, going clubbing was never the same. I frequented clubs with the "DJ mentality".

**Dorian: What is that exactly?**

**Mad Hands:** That meant spending time in the DJ booth with DJ friends and learning the art of party rocking.

**Dorian: How did you make a name for yourself?**

**Mad Hands:** I started DJing professionally in Washington DC clubs in 2008. Shortly after I found my niche, I became the staple DJ for elite promotional group DT Nation and secured residencies at many of the hottest clubs in the city, including Josephine, The Park at 14th, Policy, Eden and Shadow Room. Ultimately, my commitment to being the best is what helped me make Mad Hands a prominent name on the Washington DC nightlife scene.

**Dorian: You became a professional DJ only after one year of picking up the art form. That's crazy! How did you break into the scene in the UAE?**

**Mad Hands:** Shortly after arriving in the UAE, I managed to get work DJing concerts and weekly club events with Alchemy Project, a Dubai-based nightlife agency. I eventually joined Dubai-based DJ group, Underground Procedures (UGP) and that really helped me to secure residencies and other DJ opportunities in the UAE.

**Dorian: Where does the name Mad Hands come from?**

**Mad Hands:** I was a waiter when I was in college before I started DJing. The restaurant I worked at had a live band every Friday night. Being a lover of music, of course, and having ear inclination to the beat from a very young age, I invited myself to the congas whenever the band member became tipsy. According to the singer, I had some "mad hands on me". When I began DJing professionally, I decided to embrace and do justice to the name.

**Dorian: Very cool to know. What's your favourite genre of music?**

**Mad Hands:** It's always been between Hip Hop and R&B.

**Dorian: What's the secret for making a crowd go crazy during one of your sets?**

**Mad Hands:** Versatility. Knowing and connecting with the crowd is essential before anything. Once I've done that, I put my selection to use. Having old school gems that make the crowd go insane is something every good DJ knows how to do.

**Dorian: Who are your favourite artists of all-time?**

**Mad Hands:** Being a creative DJ who needs to keep a fresh palette of artists in my library, I've learned to appreciate and have become a fan of many different rappers and singers. I have lots of favourites, but my personal playlists include lots of Jay-Z and T.I.

**Dorian: What makes a good DJ, scratching, mixing, and/or blending?**

**Mad Hands:** You can't call yourself a DJ if you can't beat mix by ear. Having a good selection and knowing how to apply it separates good DJs from bad ones. Scratching never does harm to a DJ set, unless you're just bad at it, so, the better you are at it, the better your set will sound. Being creative technically is huge for me. DJs are entertainers, so getting creative with my blends, transitions and mash-ups is something I'll always focus on doing.

**Dorian: Where can people catch you spinning?**

**Mad Hands:** I can be found at IKandy Lounge at the Shangri La, Dubai every Tuesday and Friday evening; I spin at ShoChos, Abu Dhabi every Sunday night. Last but not least, I rotate one of the hottest urban nights in the UAE, Versus, which goes down every first, third, and fifth Thursday night at Saadiyat Beach Club, Abu Dhabi.

**Dorian: I'm glad you said the word spin. How about we take a spin before the waiter brings the check?**

**Mad Hands:** \*Stares blankly.



By NISMA HAMID | @Nis\_Hamid | Instagram: nismahamid



## FEAR OF THE UNKNOWN

**F**ear is a funny thing. It may stop you in your tracks and force you to do some crazy things, but it can also act as a motivator to push you to do great things. But in order to do great things, you must overcome your fears (or at least push them to the deepest, darkest corners of our minds) until you accomplish what you set out to do.

I'm not talking about fears like nyctophobia (fear of the dark) or arachnophobia (fear of spiders). I was



referring more to the fear of failure. Not unlike many other adolescents, I have been crippled by fear of failure countless occasions. I would consistently have to "psych" myself out the fear, just so I wouldn't give in to its paralyzing effects. The most recent bout happened at my college orientation.

I used to live in Abu Dhabi, but have now moved across the world to Los Angeles where I am starting at UCLA. And nothing could be scarier! My theory is that fear of the unknown is probably the root of our fears. Orientation was scary but and I managed to enroll in my classes and I am already growing anxious about what's in store for me.

High school taught me two things: that failure is inevitable, and that failure isn't always a bad thing. Even Einstein said, "failure is success in progress" and if Einstein said it then it must be true. Believing the second statement isn't easy to do, but if I could make myself believe that my life would be so much simpler.

So now you see where the struggle lies: accepting that failure is a natural step in the course of living and that in order to succeed we may need to fail a few times.

My goal during my college years is to channel my fear in the right way. I want to push fear into the deepest, darkest corners of my mind just until I can accomplish what I set out to do, before it crawls right back out.



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

## GREEN M & M'S

**I** am the mother of a most remarkable 12-year-old girl named Lolita who is a complete contradiction in terms. She will skate alone on the ice with hundreds of people watching her without fear. She will talk to anyone anywhere we go. She is bold and confident. But try a new ride at an amusement park and she falls to pieces. Tears flow like rain. Fear.

How do we address these fears and get on those big roller coasters? A green M & M. Yes, I mean those little chocolate candies. It matters not if they are plain or peanut.

When Lolita was three we went into the M & M Mars shop in Las Vegas. We turned the corner and there stood Yellow and Green M & M's, live and in the "flesh" (or hard-coated candy shell rather). Yellow is a large, peanut M & M boy. Jania, the younger sister, then two, loves yellow and ran to his open arms, hugging him hard.

Green is everything Lolita loves: she is lean (as lean as a round candy can be), wears high-heeled boots and has big, beautiful lips painted in a smile on the front of her face. She is a girly-girl. I was sure Lolita would fall in love. She was never the type to hang on to my legs or be shy, but

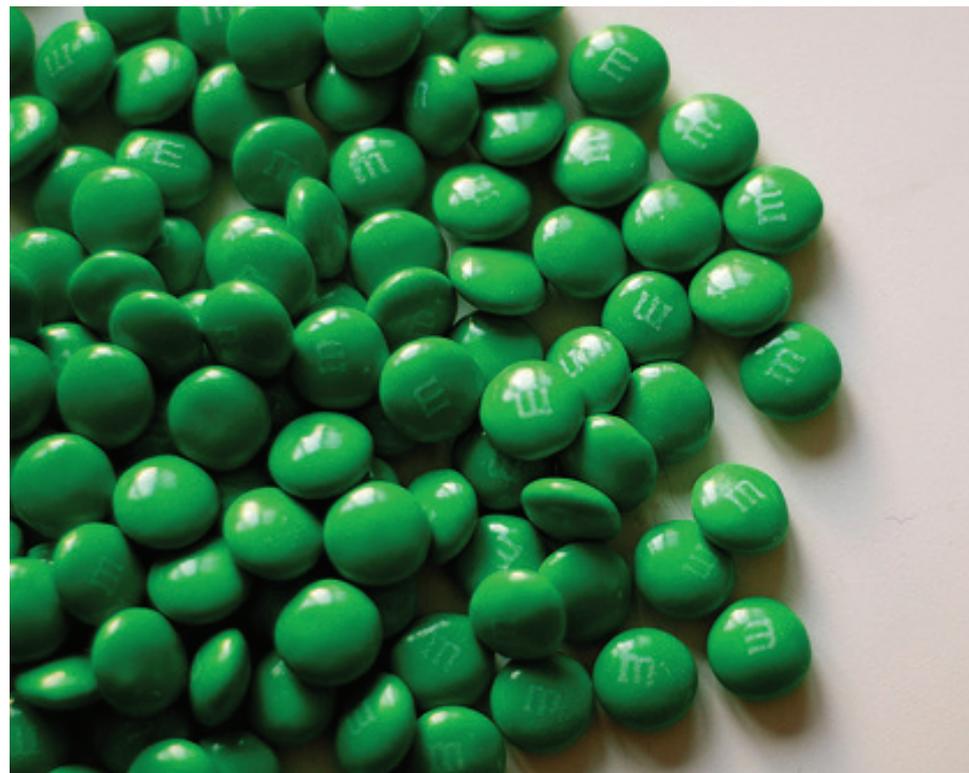
shockingly Lolita cried. Though Green tried to hug Lolita, or at least shake her hand, Lolita would have none of it. I reasoned with her that she was making Green sad (Green rubbed her eyes as if crying even) but got no response. After the ten-minute ordeal, we surrendered and left the shop. I gave Green a hug and thanked her for her efforts.

Kids being kids, a half hour later when we were comfortably resting in our hotel room, Lolita cried once again, this time because she wanted to hug Green. Seriously? Of course by then it was too late. The Green M & M moment had passed her by.

Since that day, I have used the experience as a teaching moment. Whenever Lolita shows signs of fright I give her one single green M & M. We have agreed that I will only do it when I am absolutely certain she will regret an experience if she does not go for it, such as a roller coaster ride. She knows when I pull out the green M & M she should reconsider her mindset and has always, every time, enjoyed the activity once calming herself down.

She has a Green M & M decorative tin box on her desk and looks at it frequently to remind herself of all the great rides she has experienced and, on a larger scale, to be a risk-taker in life.

If your child is afraid, find a symbol of a small regret and use it to your advantage. Teach them that regrets based on fears are more painful than hugging Green M & M.





## Tamara Noori

**Profession:** Arts and Crafts Instructor

**Nationality:** Sri Lankan

**Motto:** Nothing is impossible if you work hard.



**Your most valued possession?**  
The LOVE of my family.

**Where can we find you hanging out most?**  
Malls and art fairs.

**One thing you can't live without?**  
My family.

**The person who inspires you the most?**  
My husband.

**Five things you need to survive?**  
Money, money, money, money, and more money.

**What car would you like to own?**  
Mitsubishi ASX

**Describe a typical day in your life.**  
Wake up get my kids ready for their daily routine, do the cooking, and get myself ready for a great day of teaching my wonderful students.

**Where do you see yourself in 10 years?**  
Achieving my goal of having my very own teaching art center

**What is your idea of peace?**  
Be kind to everyone, and understand that no one is the same. Kindness and a smile can work miracles.

**Your goal in life?**  
To be the best mom and to make sure that my kids grow up to be good human beings, with great values.

**What item do can't you keep buying enough of?**  
Art supplies, you can never have enough.

**What random act of kindness have you performed recently?**  
Donated my artwork to raise money for charity.

**What 3 things that today has taught you?**  
Pay more attention to your surroundings.  
Don't trust others to do as they say.  
Always have a backup plan.

**Who in your life deserves a big thank you?**  
My wonderful husband and kids.

**Have you found your purpose yet?**  
I think I have... giving people the satisfaction of achieving their potential. Seeing the look and expression on their faces tells me that I have.

**What is the craziest thing you have ever done?**  
Jumped off a roof to win a dare.

**What is your earliest memory?**  
Getting nose bleeds at a very early age.. I think I must have been 6 or 7 years old.

**If your life was a book, what would it be called?**  
'Defying all Odds'

**If you wanted to look absolutely great, how would you dress?**  
In a beautiful Sari.

**What song would you want played on your funeral?**  
'You raise me up' by Josh Groben

**What is your current last song syndrome?**  
'Words' by the Bee Gees.

**What is your Idea of a perfect weekend?**  
Doing nothing; taking time to rest from the long week and maybe going for a weekend getaway.

**If you could have personally witnessed one event in history, what would it be?**  
The building of the pyramids, I really love them; they are wonderful works of art.

**If you were on death row what would your last meal be?**  
I don't think I would even be thinking of food.



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# LUMINARY CLOTHING: WHEN CREATIVITY STRIKES A POSE

BY NOUR RAMZI

“The most important thing a designer should do is to design for themselves. We aren’t selfish designers, but our most important target is ourselves.”



Luminary Clothing’s founders Jad Blaik, Saad Blaik, and Ali Hourani discussing business plans in their hometown in Lebanon.

A person who inspires or influences others is a “luminary”. It’s no wonder then that brothers Jad and Saad Blaik, and their cousin, Ali Hourani, chose “Luminary” Clothing as the name of their fashion company. They told Tempo how their company spreads creativity and inspiration...

**TEMPO:** Who is the Luminary Clothing team?

Saad: Without Jad, Ali, and me – all of us -the idea of this clothing brand would have never been born. However, without Rashed Hassan and Ameen Yarkhan, the company would have never grown and matured to what it is today. Obviously, along the way we accepted a lot of help from other people and organizations. People such as Benedict Smith, Nieldsano, various models and photographers, our parents, and many other business professionals helped us make decisions.

**TEMPO:** How did you find your love and passion for designing clothes?

Jad: We love designing in general, so designing clothes was something that came naturally to us. We see general designing as the gateway to designing clothes. We like to think of clothes and particularly T-shirts as our personal canvases. We have been lucky enough to be able to travel to many different places and to explore what the world has to offer. We saw great variety in the way people around the world dress and act. These experiences motivated us to design clothes of our own and to offer them back to the people that inspired us initially.

**TEMPO:** How long has ‘Luminary Clothing’ been around?

Ali: Since early September in 2014 and we have truly witnessed immense changes since then. The brand has grown throughout the year. It is exciting how time flies by, I can’t believe that we just celebrated our one-year anniversary!

**TEMPO:** What’s your creative process like?

Jad: It is essential to make sure that we are never working alone. The most important thing is for every individual in the Luminary Clothing Team to put out all our



ideas at the start of the process, and then we submit these to another part of the team that fine tunes them into products.

**TEMPO:** How did people react to your work when you launched?

Saad: They were curious at first, and then became genuinely interested. People were curious because quite frankly there aren't many clothing companies with styles and concepts like ours. They became interested because ours is a home grown brand in Abu Dhabi. Most people expect something like this to happen in Dubai first then make its way to Abu Dhabi. We kept everyone in the dark about who was behind the brand in order to gain honest feedback and avoid biased opinions.

**TEMPO:** Do you think your work is inspired by others?

Ali: To become trendsetters, we need to be trend followers. So the answer to this question is, yes, we are inspired by celebrities, athletes, royalty, entrepreneurs, and many individuals that influence the domain we work in. When it comes to designing our

clothes, we are inspired by culture, history, music and art. Most importantly, Saad inspires Jad and Jad inspires Saad.

**TEMPO:** Future plans you want to share with the community?

Jad: The goal is to be completely disruptive as Luminary Clothing continues to develop. We plan to partner with the "Books for Connections" charity. We have also decided to divide the company into two different sectors. Our first line "LMNRY" would represent urban streetwear, whereas "Luminary" will be the somewhat 'higher end'.

**TEMPO:** Do you have a message for aspiring designers?

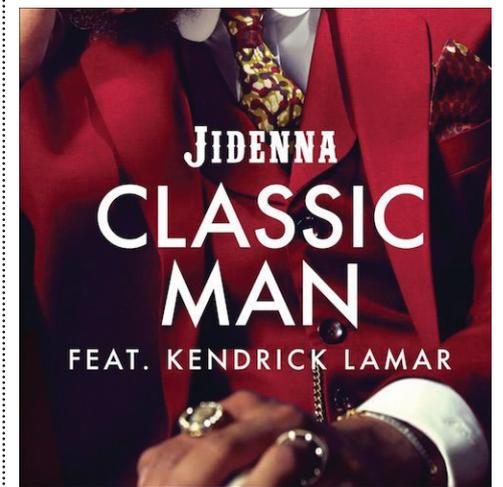
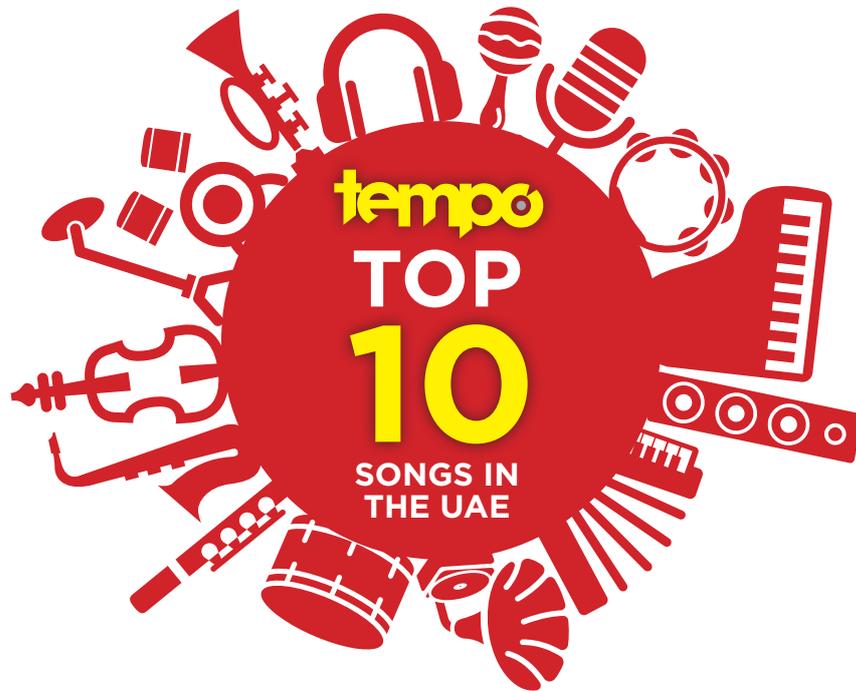
Saad: The most important thing a designer should do is to design for themselves. We aren't selfish designers, but our most important target is ourselves. Do not doubt your opinion. Another thing is making sure that you sell what people want. We aren't your typical local clothing line, even if we are the first teenagers to start a fashion brand in Abu Dhabi.





**1 DOWNTOWN**  
 > Macklemore & Ryan Lewis Feat. Eric Nally, Melle Mel, Kool Moe Dee & Grandmaster Caz

**Lyrics:** "What you see is what you get girl, don't ever forget girl, ain't seen nothing yet until you're Downtown..."



**8 CLASSIC MAN (REMIX)**  
 > Jidenna Feat. Kendrick Lamar

**Lyrics:** "All I do is lay-up and face up my big bills and paste up, got no chill for fake ones, like, for real, they say..."



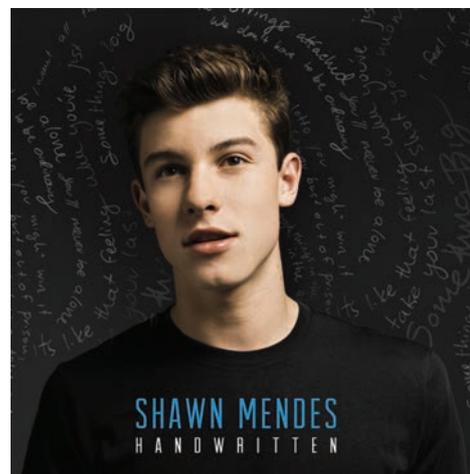
**2 ONE MAN CAN CHANGE THE WORLD**  
 > Big Sean Feat. Kanye West & John Legend

**Lyrics:** "I hope you learn to make it on your own and if you love yourself just know you'll never be alone..."



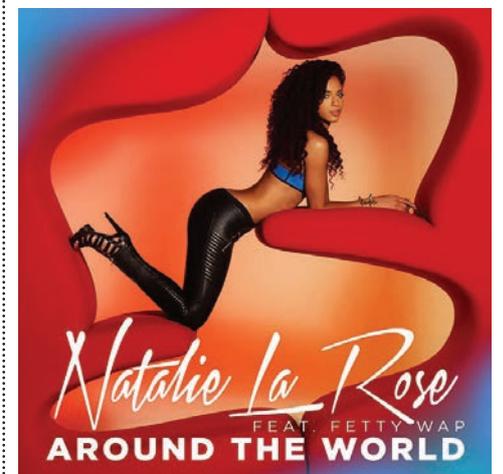
**4 POWERFUL**  
 > Major Lazer Feat. Ellie Goulding & Tarrus Riley

**Lyrics:** "Survival of the richest, the city's ours until the fall. They're Monaco and Hamptons bound but we don't feel like outsiders at all..."



**6 STITCHES**  
 > Shawn Mendes

**Lyrics:** "Just like a moth drawn to a flame, oh, you lured me in, I couldn't sense the pain. Your bitter heart cold to the touch..."



**9 AROUND THE WORLD**  
 > Natalie La Rose Feat. Fetty Wap

**Lyrics:** "Your love is treasure, treasure like diamonds and pearls I just wanna be your man, just be my girl..."



**3 SHOULD'VE BEEN US**  
 > Tori Kelly

**Lyrics:** "What's it all for, do I want it back, I still got a little flame for ya, even though you drove me mad..."



**5 THE HILLS**  
 > The Weeknd

**Lyrics:** "You said keep our business on the low-low, I'm just tryna get you out the friend zone..."



**7 SAME OLD LOVE**  
 > Selena Gomez

**Lyrics:** "You can't take back what you said, I know, I've heard it all before, at least a million times, I'm not one to forget, you know..."



**10 DISCONNECT**  
 > Clean Bandit Feat. Marina & The Diamonds

**Lyrics:** "You used your love to tear me apart, now put me back together, you put a bullet into my heart, now put me back together..."



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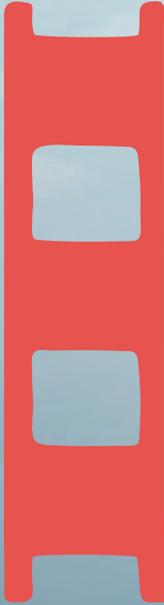
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