

# Fujairah Observer

May 2019

Fujairah Observer VCI  
May 2019



Photo by Raj Kumar Varvatti



Le MERIDIEN  
AL AQAH BEACH RESORT  
FUJAIRAH



Ramadan  
Kareem

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# RAMADAN KAREEM



*H.H. Sheikh Khalifa Bin Zayed Al Nahyan  
UAE President & Ruler of Abu Dhabi*



*H.H. Sheikh Mohammed Bin Rashid Al Maktoum  
UAE Vice President and Prime Minister & Ruler of Dubai*



*H.H. Sheikh Dr. Sultan Bin  
Mohammed Al Qasimi  
Ruler of Sharjah*



*H.H. Sheikh Hamad Bin  
Mohammed Al Sharqi  
Ruler of Fujairah*



*H.H. Sheikh Humaid Bin  
Rashid Al Nuaimi  
Ruler of Ajman*



*H.H. Sheikh Saud Bin Saqr Bin Mohammed Al Qasimi  
Ruler of Ras Al Khaimah*



*H.H. Sheikh Saoud Bin Rashid Al Moalla  
Ruler of Umm Al Quwain*

***Fujairah Observer wishes to offer sincere greetings on the occasion of Ramadan***

*May the Holy Month of Ramadan bring peace and prosperity to you and your families.  
Our good wishes to the Rulers of the United Arab Emirates,  
our readers and all the people of the United Arab Emirates.*



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Front cover photo was taken by Raj Kumar Varvatti. Raj wanted to share his photo of Al Shuhada Mosque showing the minaret touching the cloudy sky. Raj is working as an operator in Fujairah Oil Terminal

Dear Readers,

As we also look forward to the Holy Month of Ramadan we should all take care to follow the code of conduct require during the Holy Month.

It is a time for fasting and reflection, a time for self-control and a time to consider the health and wellbeing of those less fortunate than ourselves.

As the temperatures have begun to rise, try to keep out of the sun please dress conservatively.

As sunset approaches, a lot of people will be driving to Iftars or Mosques to break their fast and say their prayers. During this time, it's wise to be extra considerate on the roads – so try to be patient.

I hope and wish we all benefit from this time of reflection. Ramadam Kareem.

Enjoy this issue

**Dr. Mohammed Saeed Al Kindi,**  
Editor-in-Chief

Please visit follow us on  
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Instagram @FujairahO



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The Publishers and the Contributors have endeavoured to ensure that all information inside this magazine is correct at the time of going to press. We regret we cannot accept liability for errors or omissions contained in the publication whatever the cause. Opinions expressed in the magazine do not necessarily reflect the opinions of Publishers or the Contributors.

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Fujairah  
Observer

## Le Meridien Al Aqah Beach Resort collaborates with Official Authorities to launch Coral Reef Garden Project



**The Ministry of Climate Change and Environment, MoCCA, under the patronage of Crown Prince of Fujairah H.H. Sheikh Mohammed bin Hamad bin Mohammed Al Sharqi, Dr. Thani bin Ahmed Al Zeyoudi, Minister of Climate Change and Environment in line with the Ministry's strategy to protect the UAE's biodiversity and ensure its sustainability, launched coral reef garden project on Saturday, April 13th which is set to include the cultivation of 1.5 million coral reef colonies over the course of next five years.**

The launched event held at Le Meridien Al Aqah Beach Resort organized by the Ministry of Climate

Change and Environment, in partnership with Fujairah Municipality, Dibba Fujairah Municipality and Fujairah Adventures was attended by Crown Prince of Fujairah H.H. Sheikh Mohammed bin Hamad bin Mohammed Al Sharqi and Minister of Climate Change and Environment, Dr Thani Al Zeyoudi along with other officials.

While addressing the attendees Dr Thani Al Zeyoudi said "Protecting and preserving the sustainability of the environment and of our natural resources is integral to the legacy of the founding father of the UAE, Sheikh Zayed bin Sultan Al Nahyan".

"The preservation of the country's biodiversity is also a prime area of focus for the UAE leadership today as outlined in the UAE Vision 2021. The Ministry of Climate Change and Environment has put in place multiple programs that aim to carry out the country's national strategy for biodiversity



in collaboration with other local environmental authorities in the country.”

He added that the Fujairah Cultured Coral Reef Gardens project that spans 300,000 square meters will include the cultivation of 1.5 million coral reef colonies and significantly boost the sustainability of the fish stocks, thereby safeguarding food diversity and food security in the country. “The protection of fish within the coral reefs will allow it to breed and grow. The Ministry is keen on promoting the project as an ecotourism destination. It is also anticipated to encourage the spirit of volunteerism and community work as the cultivation of the coral reefs will depend heavily on the volunteering efforts of the youth.”

Dr. Al Zeyoudi also said that the Ministry has organised several specialised workshops for young volunteers to offer insights on the cultivation of coral reefs and their sustainability. All participants were awarded certificates by the Ministry.

Hassan Salem Al Yammahi, Director of Dibba Fujairah Municipality urged individuals to play their part for collectively results, said successful conservation requires a team effort.

“Effective conservation of the marine environment requires the collective efforts of government authorities, fishermen, beachgoers and the tourism sector as a whole. Therefore, Dibba Fujairah Municipality is keen to develop ecotourism and ensure its sustainability through working together with its partners in the public and private sectors to protect the natural wealth of the area. Initiatives in this regard include the installation of artificial caves to deflect underwater currents and provide a safe environment for marine organisms to breed.”

One of the key objectives of the gardens is to protect local fish species and boost their population. By protecting fish eggs against predators in the sea as well as shielding them from water currents will help increase the population of local fish species in the region.



## Crown Prince opens Asia-Pacific Judo Championships



**The Asia-Pacific Judo Championships Seniors held in Fujairah under the patronage of H.H. Sheikh Mohammed bin Hamad Al Sharqi, Crown Prince of Fujairah, Chairman of the Fujairah Martial Arts Club, who attended the inaugural ceremony at the Zayed Sports Complex, Fujairah along with H.H Sheikh Hamad bin Mohammed Al Sharqi, (eldest son of the Crown Prince) in the presence of 286 players from 39 Asian countries, including 11 Arab nations.**

"The UAE in general and Fujairah in particular has made significant progress in martial arts, primarily Judo, thanks to the collective efforts made toward promoting the sport," said H.H. Sheikh Mohammed, hailing the support provided by H.H. Sheikh Hamad bin Mohammed Al Sharqi, Supreme Council Member and Ruler of Fujairah, for Judo and for various sports investments in general.

"The Asia-Pacific Judo Championships represent a perfect opportunity for Emirati players to hone their skills and gain international experience by playing with world-class athletes from various parts of the world," he added.

The Crown Prince lauded the efforts made by the International Judo Federation, Judo Union of Asia and the UAE Wrestling, Judo and Jiu-Jitsu Federation to ensure the success of the Judo Championships. He also recognised the Championships' supporters and partners.

Brigadier Ahmed Hamdan Al Zeyoudi, Head of the Championships' Organising Committee, presented the Fujairah Crown Prince with a commemorative shield in recognition of his support for the event.

A number of Sheikhs, dignitaries and senior officials from Sporting Federations around the emirates attended the opening ceremony, along with a large audience of judo lovers.

## Crown Prince approves deal for Dibba Sports Club Stadium



**H.H. Sheikh Mohammed bin Hamad Al Sharqi, Crown Prince of Fujairah, signed a contract to construct the Dibba Sports Club Stadium with the FujSeng International Company, in his office in the Emiri Court as per the directives of H.H. Sheikh Hamad bin Mohammed Al Sharqi, Ruler of Fujairah, at an estimated cost of around AED100 million.**

The stadium will be built in accordance with the Asian Football Confederation (AFC) and Fifa standards.

It is hoped the 300,000 square metre, international standard, 9,000-seater stadium will prove a boost for tourism and community activities.

Dibba football club, the Arabian Gulf League side, currently ground shares with Fujairah SC and fans are delighted they will have a facility closer to home.

The project includes the construction of vital sporting facilities, according to international standards and as per the engineering plans of consultant engineers.

Sheikh Mohammed said that the construction of the stadium is one of the emirate's key projects and represents progress in providing basic services.

He added that it also aims to support the emirate's sporting movement, as well as encourage excellence and success.



## Fujairah to host World BodyBuilding Championships



**Under the Patronage of His Highness Sheikh Mohammed bin Hamad Al Sharqi, Crown Prince of Fujairah, The emirate of Fujairah will host the World Bodybuilding Championship and the General Assembly Meeting of the International Federation from 5th-10th November 2019.**

The Crown Prince received IFBB President, Dr. Rafael Santonja and was presented with the IFBB Spirit of Courage on 28th March 2019.

Later at a press conference held at Al Diar Siji Hotel, in the Masafi ballroom, Khalil M Marouf, Manager Organising Committee, Mohammed Obaid bin Majid, Chairman Organising Committee, Director of the Department of Industry and Economy in





Fujairah H.H. Sheikh Abdullah bin Hamad bin Saif Al Sharqi, President Emirates Body Building & Fitness Federation (IFBB), Vice President, International Federation of Bodybuilding (IFBB) for Asia, Dr. Rafael Santonja, President International Federation of Bodybuilding & Fitness (IFBB) Abdul Aziz Buhandi Yassin, Sports Authority in Fujairah Office (*all members of the organizing committee of the tournament*) announced the 2019 IFBB World Men's Championships and IFBB Congress which will take place in Fujairah on November 5th-10th 2019.

Sheikh Abdullah said: "The hosting of the Fujairah World Championship is an important event and an addition to the quality that reflects the great potential of the UAE and Fujairah to host world events and championships and to enhance their position at all levels worldwide.

The tournament will consolidate the values of cultural tolerance in its territory, bringing together about 140 different countries and nationalities from around the world in the Emirate of Fujairah.

It is expected that the event will be attended by more than 1200 players from different continents of the world. The tournament will be held at the Zayed Sports Complex, Fujairah.

The World Cup incorporates four categories; Bodybuilding, Games Bodybuilding, Classic Body Building and Men's Physique.

Rafael Santoja, said that the International Federation will host the 2019 World Bodybuilding and Fitness Championship in Fujairah for the first time, stressing that this cooperation will open the Arab and international sports horizons for international sport and world championships.

Mohammed Obaid bin Majid ended the press conference with a detailed schedule of the tournament to be held in November 2019.

Congratulations Fujairah and we can look forward to an exciting international event!

Photos by Tawfiq Adnan Mohd Deeb



## The Orangery... Good company comes with great food!



**The Orangery has recently opened in Fujairah, kicking off with the launch of the new branded lavish British restaurant in the city, earlier this month, 14th April 2019.**

The grand opening led and inaugurated by His Highness Sheikh Mohammed Bin Hamad Bin Mohammed Al Sharqi, Crown Prince of Fujairah, which has added a whole new feel to the successful launch. Guests were invited during the opening to experience and taste all what the restaurant has to offer in a canapé style. Guests enjoyed the food while listening to a saxophonist that enchanted the night, and took the crowd to London whilst just sipping some natural inspired drinks in Fujairah.

A stalwart in the culinary dining scene in Fujairah, The Orangery offers a refreshing menu with enhanced traditional British cuisine highlights alongside a comforting selection of signature teas and handcrafted soups, English-traditional roasts, fresh salads and starters to freshly baked desserts.

Discover the rich and intricate art of British cooking with a specially designed menu that showcases a multitude of culinary dishes, backed by a commitment to observing tradition and balance it with thoughtful innovation. Beginning with our famous Garden peas and veal bacon soup (AED33) diner will be treated to a nourishing soup with a hint of sweetness from the peas and lifted by accents of Cheddar croutons. A treat to the eyes as well as the palate, discover the Beef Wellington (AED 99) showcased in all its glory.

Alternatively, guests may choose to enjoy it with a side of hand cut potato fries and/or mash potatoes.

To complement and enhance the dining experience, The Orangery offers guests a unique tea service specially crafted for the restaurant redefining the entire British experience while being seated in the first stand-alone opulent dining restaurant in Fujairah. Choose from 11 carefully selected teas, such as Organic English Breakfast and Rush Hour Berry that every Tea Connoisseurs will appreciate. The restaurant will soon introduce a new range of high-end tea to enhance the experience of The British Heritage.

The Orangery has something for everyone, if tea is not your preferred option; the restaurant offers a range of non-alcoholic drinks ranging from smoothies to organic teas and special coffees. Whether you are looking for refreshment, lunch or a supper, the team is there to make it as memorable as ever.

In addition to the culinary experience, The Orangery will soon offer live music during the weekend, giving a chance to pair Jazz music with delicate cuisine offered by an exceptional service.

The experience only adds to the very lavish design that combines classy and opulent style contributing to the upscale audience. The interior design represents the essential elements of nature such as wood and greenery. The Orangery can accommodate up to 120 covers and has made its first move into the modern dining scene in the city.

The Orangery promises to reveal its distinctive *Iftar* buffet, available during the entire Holy Month of Ramadan, and will disclose the details by the end of the month, details that will be full of surprises.

Restaurant Address:-

Ground Floor, Fujairah Tower, Fujairah, UAE

Opening Hours:-

From Sunday to Saturday from 12pm to 12am

*Ramadan timing will be the same*

Phone Number:- 09 222 2787

Follow us on:- Instagram: [@theorangery.ae](https://www.instagram.com/theorangery.ae)



## Crown Prince inaugurates the first Fujairah International Oud Forum



Crown Prince of Fujairah, opened the first Fujairah International Fair for the Oud and the accompanying exhibition organized by the Fujairah Academy of Fine Arts in the Ministry of Culture and Knowledge Development Building in Fujairah, with the participation of Oud players from various Arab countries.

## Sheikh Rashid reviews progress of work of new Al-Fujairah TV & Radio studio



Sheikh Dr. Rashid bin Hamad Al Sharqi, Chairman of the Fujairah Culture Authority, visits the site of the new Fujairah TV and Radio studios and offices in the Fujairah Trade Centre. He toured the broadcasting studios and editing rooms, surveillance, engineering, photography, production and news areas all with modern and sophisticated equipment.



Indian Social Club Fujairah- Executive Committee 2019-2020



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### McGettigans Weekly Quiz Winners



Quiz winners: 29th March VELOCITY



Quiz winners: 4th April MUPPETS

### McGettigans Weekly Quiz Winners



Quiz winners 12th April WHITE RUSSIANS



Quiz winners: 19th April EASTER FUNNIES



## Aims & Objectives

- Develop strategies for investment in the Oil & Gas Industry in the region.
- Develop local and international compatible Oil & Gas Industry Standards relating to Health, Quality, Safety, and Environment.
- Implement the Standards, Rules & Regulations, Codes of Practice within FOIZ.
- Develop robust Business and Technical Assurance Plans.
- Develop Risk Management Plans
- Provide land to the investors & extend the precincts of FOIZ through sea-reclamation.
- Assist in the procurement of utilities.

FOIZ sits at the heart of the new energy corridor that stretches from the East of the Suez Canal to Asia and has a vast array of capabilities, including oil transmission pipeline connectivity with Abu Dhabi, vast oil storage facilities, supporting utilities infrastructure, and a deep water port. Since September 2016, the Port is also home to the first very large crude carrier (VLCC) jetty on the Indian Ocean.

FEDCom ( Fujairah Energy Data Committee ) established under the aegis of FOIZ in collaboration with S & P Global Platts publishes data comprising of weekly inventory levels of various terminals established within FOIZ. This has enhanced market transparency. Publishing the weekly inventory data is to set targets, including establishing Fujairah as the region pricing center, leading global & trading energy hub next to major pricing, trading and energy centers of the world.

### Indian Social Club Fujairah cares for physical fitness



In their commitment to care for the physical well-being of its members and their families, ISC Fujairah opened a Gymnasium in their premise. The Gym was jointly inaugurated by the ISC President Mr Abdurahiman Puthoor, Advisor Eng. Veda Murthy and former Sports Secretary Mr. Jaffar Olakara. The gym, which is named RHMS Gym, has an array of the latest exercise machines. The President and members expressed their immense gratitude to RHMS for sponsoring the gym.



# Ramadan Kareem



## Weekend Family Iftar

*Venue: Nama Global Dining, Thursday to Saturday*

**AED 130 net per person**

*(Inclusive of soft drinks, chilled juices and Arabic drinks)*

*Share an extraordinary weekend Iftar with your loved ones.*



## Weekday Family Feast

*Venue: Nama Global Dining, Sunday to Wednesday*

**Starting at AED 110 net per person**

*Treat your family to lavish set dinners for a change of scenery.*



## Corporate Iftar Gathering

*Venue: Banquet, all days in Ramadan*

**AED 130 net per person on weekends**

**AED 105 net per person on weekdays**

*Reconnect and bond with your team.*

*The more the merrier. Bring 10 and get 1 complimentary meal.*

*Enjoy our Ramadan experiences all month long with this  
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*For reservations, contact [nama.fjrae@ihg.com](mailto:nama.fjrae@ihg.com) or + 971 9 209 9999*

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**INTERCONTINENTAL**  
FUJAIRAH RESORT

## UAE launches world's first Ministry of Possibilities

**The UAE has unveiled a new branch of government, a Ministry of Possibilities.**

The United Arab Emirates has unveiled a new branch of government, a Ministry of Possibilities, three years after launching a department in charge of happiness.

Sheikh Mohammed bin Rashid Al-Maktoum, the UAE's premier and ruler of Dubai, said the "unconventional" ministry would function "without a minister" but with input from the whole cabinet.

Taking to Twitter, Sheikh Mohammed said the "unconventional ministry" will be staffed with cabinet members.

Sheikh Mohammed also issued directives to start working on the first phase of a number of national programmes in the form of four departments. These include the departments of Anticipatory services, Behavioural rewards, UAE talent and Government procurement.

The virtual ministry, administered by the cabinet, will address pressing national portfolios and build future government systems.

It would also cut waiting times for government services, according to the Dubai government's media office.

The department will bring together a team from different ministries and public entities to develop an approach for incentivising positive behaviour through a point-based "rewards" system and individuals will be able to collect points that can be used in payments for government services.

The Ministry's Department of UAE Talent will create a nurturing environment to empower



Emiratis to be part of the country's journey and contribute to designing the future.

The department will develop tools to identify talent of all ages and from all social segments and create innovative channels to enable citizens to develop their skills and talent for the service of their country.

It will create a framework for talent development and analysis, create an evaluation mechanism and collaborate with companies to provide necessary support.

The Department of Government Procurement aims to develop a radically new approach for government procurement that will make procurement faster and more accessible, especially for small and medium enterprises (SMEs).

The department aims to create an easy-to-use government procurement platform based on the latest developments in digital markets that will help promote SMEs and improve government cost effectiveness. In 2016, the UAE created Ministries of Happiness and Tolerance.

## Enchanted Traditions

This Ramadan, savour an Iftar spread at Canvas featuring the best of traditional Emirati dishes from traditional Ramadan beverages to Hot and Cold Mezze, Lamb Ouzi, Harees, Machboos, Theered and many more delights.

**AED 165 per person**  
**Canvas | From 6:30 pm - 10:30 pm**  
**Avail 15% discount on bookings**  
**before 2nd May**  
**One complimentary Iftar with**  
**booking of 10 persons**

## Rituals of Ramadan

Celebrate Ramadan traditions in the Suhour Majlis Thamella Hall. Enjoy a delectable Suhour complemented with flavourful Shisha, Emirati cuisine and cultural sessions for an immersive experience of Fujairah's heritage every Thursday.

**Entry is complimentary**  
**A La Carte menu | 7:30 PM - 2 AM**



## 7th Edition CBSE Mastermind Quiz Grand Finale -2019

**“The Seventh Edition Mastermind Quiz Grand Finale was a battle of brains, unveiling knowledge at the speed of thought. The contestants were brimmed with confidence as they answered as soon as the question resonated.**

Fifty contestants battled it out at the Seventh edition of ‘CBSE ‘MASTER MIND QUIZ GRAND FINALE-2019’ at Our Own English High School, Fujairah. The quiz event was a part of the ‘Year of Tolerance’ celebration. Principal Mr. Himmat Dhillon inaugurated the event.

and written test. Fifty finalists made it to the grand finale to vie for the ‘MASTER MIND’ title in Grade 5, 6, 7 and 8 categories.

Amirthavarshini, Diya Gupta, Anjana Srinath, Harini, Hessa, Hisham, Aravind, Pranav Menon, Rishith Nair and Adarash Joby bagged the Mastermind title in various categories.

A wide range of questions related to current affairs, science and technology, art and literature, general knowledge, and sports were posed by quiz masters Mr. Duglas Joseph, Mr. Samson Joseph, Mrs. Selin Baby and Mrs. Rajyalakshmi. A special round about ‘Year of Tolerance and U.A.E was included as Year 2019 is declared

as the ‘Year of Tolerance’ by the President, H.H Sheikh Khalifa, highlighting the UAE as a global capital for acceptance.

Principal and CEO Mr. Himmat Dhillon, Headmaster Mr. Haroon Ahmed, Supervisors Ms. Mercy Jacob, Mr. Tamoghna, Ms Raman Jeet Dhillon and Mr. Vipin gave away the prizes.

**Selin Baby/ Duglas Joseph**  
GK Co-ordinators



Principal Himmat Dhillon in his inaugural address said that, ‘**Never Mind the Question** (NMQ) programme and **Mastermind Quiz** competitions are a platform to encourage children to grow intellectually.

More than five hundred students participated in the yearlong selection process ‘Never Mind the Question’ a monthly quiz programme consists of GK Worksheet



# Al Majlis المجلس

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Al Majlis Ramadan Tent

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Kids below 6 years old dine for free and kids 6 to 12 avail 50% discount. (Maximum of 2 children)



**Al Majlis Ramadan Tent**

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**Flavours Restaurant**

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Iftar buffet at Flavours Restaurant AED 85 net per person.

Kids below 6 years old dine for free and kids 6 to 12 avail 50% discount. (Maximum of 2 children)

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# McGETTIGAN'S

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## Fujairah Tennis & Country Club News



### Egg-ceptional Easter Bunny Brunch

Tennis and Country Club celebrated Easter with the Easter Bunny Kid's Brunch on 20th April 2019. The terrace was set up with special Easter decorations and a bountiful buffet.

With a scrumptious spread of food, Egg hunt, cupcake decorating, Easter crafts and more on hand fun, all the kid's had an amazing time.

### Winner of the golden egg was the adorable Miranda Luz aged 2.

Club Manager, Sarah Clayton said, "Today Tennis and Country Club Fujairah is one of the one of the 'Hoppiest' place in Fujairah. Every occasion gives us a chance to bring family, friends and community members together over enjoyable food and fun. This has always been the motto of club. A place that unites all with Happiness!"



### Soccerkids Football Academy

Dubai's leading soccer academy Soccerkids is scoring goals with so many kids in Fujairah at the Tennis and County Club. We are offering a free lesson when you sign your child up for a 12 week course. After a successful 2 terms the academy is still growing at a very rapid rate! **Don't miss your chance! Places are limited!**





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## Indian Fusion High-Tea at Le Meridien Al Aqah Beach



**Gonu Bar & Grill at Le Meridien Al Aqah Beach Resort hosted a special premiere of Indian fusion high-tea by Chef Rakhee Vaswani, bringing some of the most celebrated and well-known Indian street food and classic delicacies with a modern twist.**

On Friday, April 13th 2019, Chef Rakhee Vaswani, owner at Palate Culinary Academy and Studio, celebrity chef, TV host, entrepreneur, author, culinary expert, food consultant, a passionate teacher and a social media personality, showcased her fresh and modern take on some of the most vintage Indian snacks and main course dishes. Bringing everything from Avocado Chat, bite-size Dabeli Pav, Black Chick-peas Hummus (sandwich), to special mains like Biryani Parcel, serving bites of Biryani in crispy wrapping, Tandoori Prawns, were some of the offerings at the hi-tea. Complementing Chef Rakhee's delicious spread was the assorted desserts created by the resort's culinary team, including the Gulab Jamun Cheesecake, promising guests a mouth-watering finish!

Set against the pristine beauty of the resort's beach, the event was attended by media and social media personalities along with long-standing partners of the resort. With the DJ belting out catchy beats, the high-tea event continued past its scheduled time and attendees enjoyed the mesmerizing sunset by Gonu beach while sipping on Chef Rakhee's special teas, flavourful infusions and an assortment of Indian eats.



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## Fujairah welcomes Blue Diamond Al Salam Resort Fujairah

**Blue Diamond Al Salam Resort 5\*, part of the BlueBay Hotel Group opened its doors a few months ago.**

Situated in an amazing prime location on Fujairah corniche alongside the picturesque Fujairah Marina, the resort comprises of a 377 room five star luxury accommodations all with the unique option of having a balcony overlooking the superb Indian Ocean or a view of the marina. All rooms are spacious with luxurious suite options.

The bedrooms are colourful and contemporary whilst the main foyer and restaurant area are elegantly modern and spacious in the extreme



with a "wow" factor as you enter the hotel. The pool area is unique also in its setting, settled next to the ocean with a private beach fringed with palm trees.

There are a dazzling array of amenities at the hotel and one of the advantages of the location is the

resort can arrange fishing, diving and cruises with just a 100 metres stroll to connect with Fujairah International Marine Club which is close by.

Dining with international visitors and local tastes in mind the top class chefs tick all the boxes with Asian and Italian being firm favourites.





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— الفجيرة —

رمضان كريم  
Ramadan Kareem



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Amenities include also a world class spa, excellent restaurants and cafes an ultra modern gym and conference/seminar facilities with wedding parties becoming a firm favourite already (750 guests accommodated)

At a recent media event held at the resort, Shadi Karameh, BlueBay Hotels' Regional Commercial Director MENA said "Blue Diamond Al Salam Resort will be an icon in Fujairah."

Shadi continued "In addition to the great location, as the only 5-star beach resort hotel within the city of Fujairah, it is only an hours' drive from Dubai, and the hotel has the largest rooms in the city, all of which have a balcony with wonderful sea views. We are the only beach resort in the destination offering rooms and hotel apartments (1 and 2 bedrooms)".

The hotel outlets consist of Momo, the all-day dining restaurant, two speciality restaurants: Aretusa – serving Italian cuisine and Orchid with Asian fusion.

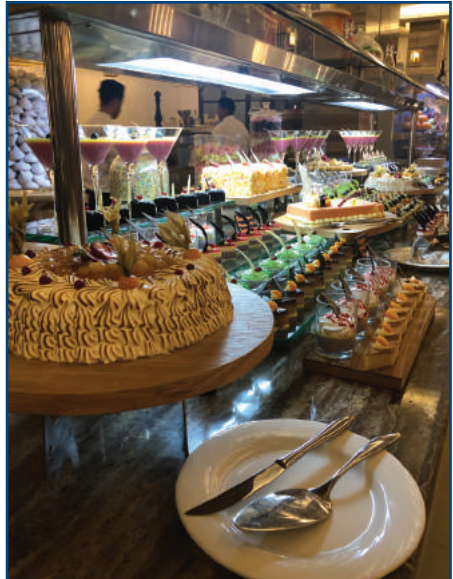
There is also the spacious light and airy lobby cafe- La Perla café that features artisan pastries, fresh coffee and tea.

Amwaj– the Beach & Pool Bar serves a selection of food and drinks while guests relax.

Guests can also enjoy the panoramic views and vibrant ambience on the outdoor shisha terrace at Narjilista.

Blue Diamond Al Salam is part of the BlueBay Hotel chain which is a prominent Spanish chain and this is only the second of their hotels to have been established in UAE the other being the 4-star Armada BlueBay Hotel located in Jumeriah Lakes Towers in Dubai.

Jamal Satli Iglesias, Chairman of BlueBay hotels and mentioned his excitement of establishing in the Fujairah region and is aware of its phenomenal growth. So we wish them a successful future.





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## The Food of Ramadan



In the Holy Month of Ramadan, *Iftar* is the most awaited meal that people look forward to after the day long fasting. Traditionally, the fast is broken with dates and *laban* followed by the delicious and nutritious spread of *Iftar* meal. All over the world, the *Iftar* meal overflows with a variety of local delicacies and the UAE is no exception when it comes to tasty traditional dishes during the Holy Month of Ramadan.



**Laban and dates:** Breaking the fast with *laban* and dates is perhaps the most traditional method of all, as the Prophet Muhammad broke his fast with these humble offerings before praying. They are a regular sight on *Iftar* tables, and the high sugar and vitamin content has many physical benefits too.

**Lentil Soup:** It's customary to gently ease into eating again before the real feasting begins. Salad is a good way of doing this, although the more usual way is to grab a smooth and velvety, protein-packed bowl of hot lentil soup finished with a good squeeze of fresh lemon juice to give it a light and refreshing feel. The warming soup relaxes the stomach after a day of fasting and offers a good source of fibre. Alternatively, *bilhamoud* and *shorat* are other types of soup made from ground lentils and served with Jordanian, Syrian and Lebanese salad.



**Kabsa:** This is a traditional Saudi Arabian rice dish that is a staple in the Arab homes. Although it is considered indigenous to Saudi Arabia, it is a commonly served dish all over the Middle East. *Kabsa* is usually made with grilled or barbecued meat/poultry served on a bed of long grain rice cooked in stock with whole spices. The popular choice of meat/poultry for *kabsa* is chicken, lamb, beef or camel. It is usually served with a side salad and a homemade Arabic tomato sauce.

**Stew:** A rich meat stew dish packed with nutritious pulses and slow-releasing starchy vegetables slow cooked resulting in a tenderly cooked meat stew with a balanced flavour. An appetising Ramadan dish easily digestible.



**Harees:** This local delicacy can be found on Emirati tables throughout the year, but still is a regular *Iftar* feature. Shredded pieces of slow-cooked lamb and a mulch of boiled wheat are vigorously pounded together with a heavy stick, or crushed in a wooden press with proper seasoning and a generous a topping of ghee/clarified butter. The heavy porridge consistency dish usually constitutes a meal in itself, but over Ramadan it provides the base upon which other dishes are served, and is sometimes flavoured with cinnamon and cumin.

**Lamb Ouzi:** A must-try *Iftar* dish! Lamb *Ouzi* is a spectacular dish! The whole lamb is marinated for 24 hours with a special marinade to give the lamb a unique, juicy flavour. Traditionally, the animal is spit-grilled whole having been hollowed out and stuffed with a mixture of spiced rice and nuts.



Similar in style to an Indian biryani, *Ouzi* is often presented as the centre piece of an *Iftar* feast.



**Kepsa Bel Sanak:** Salty fish and seafood are generally avoided during Ramadan, as it is thought to make fasters thirsty. However, some buffets will feature *Kepsa Bel Sanak* – a sort of fragrant rice and fish casserole flavoured with cumin and peppers. Dishes vary, but they generally have a distinctly Arabic flavour to them; including hot and cold *mezze*, *shawarma*, and a wide variety of kebabs.

**Gamet Jallab:** Given the desert climate, abstaining from water during the daylight hours is serious business, and refreshing drinks form a crucial part of the *Iftar* dinner. A plethora of multi-coloured liquid delights are on offer to quench the most parched palate.

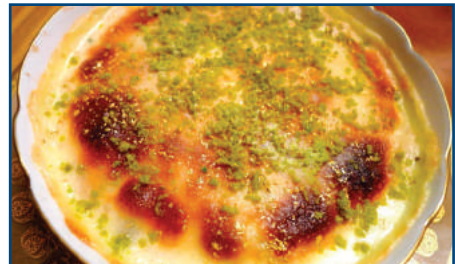
The deep *gamet jallab* is a mixture of grape extracts, rosewater and sugar, poured over ice and finished off with floating pine nuts. *Tamarind* is a root-based drink meaning 'Indian date', made from the fruit pods of trees native to Asia, and has a distinctive sweet taste. A more substantial drink is *ayran*, a lassi-like yoghurt-based drink, diluted and flavoured with mint.



**Katayef:** This is a delicious traditional Arabic dessert made and served during special occasions in Arabic households. It is typically a stuffed and deep-fried pancake with cream and then fried and served with flavoured syrup. It can also contain crushed walnuts and almonds. *Kunafeh*, another sugary dessert consisting of a cracked semolina topping over a soft white gooey cheese and a drizzle of scented sugar syrup. Baklava may be served throughout the year, but is also a common dessert during Ramadan. A sweet, flaky dessert of filo pastry, flavoured with rosewater syrup and chopped nuts.



**Umm Ali:** Since it's included in practically every brunch in the UAE, we are all familiar with Egypt's answer to bread and butter pudding. A creamy dessert of is made with buttery, flaky puff pastry, almonds, pine nuts and pistachios and a personal favourite!



Be sure to try an *Iftar* during Ramadan, you may even be invited to someone's home... a great experience... not to be missed!

Even if you don't get an invitation from someone many of the hotels and restaurants offer *Iftar* that will suit all budgets.

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## NBF launches representative office in Antwerp, Belgium



**National Bank of Fujairah, NBF, has inaugurated its first international representative office in Antwerp Diamond District, Belgium, the largest rough trading hub in the world. This falls in line with the bank's strategy to further cement its position as the leading financial partner for clients in the industry through its unparalleled sector expertise and bespoke solutions.**

The new representative office of NBF is expected to bring value-added services and source market information to better serve existing clients in the Antwerp and the UAE. The opening ceremony was attended by Mohamed Issa Hamad Abushahab, UAE Ambassador to Belgium, Mohamed Obaid Bin Majed Al Aleeli, Dr. Sulaiman Mousa Al Jassim, NBF board members and senior management, as well as partners and guests.

Commenting on the representative office launch, Vince Cook, NBF's CEO, said, "This is a proud

moment for us, and a great testament to our focus on providing our clients with the best financial advice and connecting them with important stakeholders both at home and abroad. Since launching the diamond financing business, we have realised that our clients who are present in both Dubai and Antwerp would benefit from NBF being present in these two major diamond hubs. We are committed to using our presence in Antwerp to build on our reputation as one of the leading banks in the diamond business and grow partnerships with the local community."

NBF's diamond financing team complements the bank's focus on the precious metals and jewellery sectors. The bank is widely regarded as one of the biggest local bullion banks in the UAE in terms of service coverage and provides an array of structured derivatives in commodities and base and precious metals. The bank moved to launching its diamond financing business in 2015 after bringing in industry experts from Antwerp Diamond Bank's (ADB) operations in Dubai to run the business. NBF's diamond products primarily involves providing short-term purchase and sales financing to established diamond traders.

## OOEHS hosts\* UAE Exhibition -2019



**Social Studies Department (English and Arabic) of Our Own English High School, Fujairah jointly organised an Exhibition with the theme Grand Celebration of the 'Year of Tolerance' and to highlight the 'UAE's past, present and future'. The Exhibition highlighted the historical and cultural heritage of the U.A.E and showcased our great nation's progress and the ambitious future projects.**

The exhibition was supported by the Principal Mr. Himmat S. Dhillon as well as the team namely, Senior School Supervisor Ms. Mercy Jacob, Arabic Supervisor Ms. Samiha Abdel Monem, Middle School supervisor Mr. Vipin, Teaching and Learning Supervisor Ms. Raman Jeet Dhillon, Social Studies HoD Ms. Rajya Lakshmi, Exhibition Co-ordinators Mr. Douglas Joseph, Ms. Selin Baby, Ms. Mubashira, Ms. Waffaa Shaaban, Ms. Tahany Abdel, Ms. Fathen Elsokari and Ms. Doaa Ibrahim,

The exhibition displayed a range of exhibits; among them, the most notable was a heritage village which vividly describes the traditional life style in the Emirates with its customs, traditions, professions and architecture.

The students and parents had a great opportunity to see the different styles of the traditional local life ranging from coastal, desert and mountain life. It displayed many types of houses made of stone, palm trees and mud.

There were a number of working models on display as part of the exhibition. A model of the new attraction in the Dubai's landscape 'Dubai Frame' received high appreciation from the visitors. The models of Burj Khalifa, Burj Al Arab, Palm Jumeirah, Atlantis Hotel, Al Bidhiya Mosque, Sheikh Zayed Mosque and Fujairah fort were very attractive. The blend of Arabian and modern architecture was manifested in the construction of the skyscrapers of U.A.E.

Social Studies (Arabic section) Exhibition shed light over the traditional lifestyle in the Emirates

and the visitors were greeted with 'Kahwa', aromatic Arabian coffee and mouth-watering traditional sweets. As a part of the Year of Tolerance celebrations, Arabic students displayed iconic Indian monuments, clothes and ornaments to uphold the spirit of multi-culturalism.

Among the items displayed were also a model of 'The Hope Spacecraft' of U.A.E, which is expected to reach Mars in 2020 to coincide with the 50th anniversary of the founding of the U.A.E.

In addition, an array of pots, baskets and vessels which shed light on the oldest handicrafts in the UAE were displayed as well.

Another notable exhibit was a project which displayed the old rural and present urban landscape of Dubai in a single platform. The comparison between old and modern Dubai, which is separated by a few number of years shows the incredible march of Dubai from a fishing hamlet to an ultra-modern city.

The coin and stamp collection under the title Numismatics and Philately were really informative. The coins, currencies and stamps from the U.A.E and G.C.C were on display.

Hundreds of students of the Social Studies department were involved in the making of projects and displays under the guidance and supervision of the faculty,

The Exhibition witnessed the attendance of a large number of parents who enjoyed and appreciated the projects displayed. The exhibition provided an opportunity to understand the rich cultural legacy of U.A.E. The Exhibition generated excitement among a diverse group of visitors, ranging from children to adults.



## Fujairah Toastmasters -

In last 25 years, life of average person has changed rapidly. Previously, life was quite simple: get up in morning, go to office, come back, spend time with family and that's it, a day of your life is gone. Meet with family and friends on different occasions and a year has gone by. This routine could go on and on. Our personal lives were simple, so were our corporate lives.

With internet and IT boom, life is not the same as we knew it. Education has become versatile, career paths have become diversified; not only that, corporate competition is increasing from year to year.

*Question is:* Is there a solution to the challenges posed by changed corporate world. If only there was a forum where professionals from different background could meet and share their experiences and guide other professionals. Luckily there is, Toastmasters International (TMI). TMI offers a dynamic learning program. This program enables its members to meet current day corporate challenges whether we talk about young professionals seeking jobs, experienced professionals handling job interviews or seeking career transformation. TMI addresses all these issues.

*Young graduates seeking jobs:* Previously, young graduates needed their teachers' reference so they could join a good organization. Now it's different. Employers now give weight to entrants' resume if a working professional endorses them. I see graduates joining Toastmasters International to network with experts of their field. This gives them advantage over their peers. Joining TMI as member during graduation pays off very well. TMI is where you find mentors.

*Handling job interviews:* Previously, job interviews were mostly based on answering some questions about on-job-performance. Now it's different. There is a panel of interviewers who wants to know more about your inter personal

skills, how you handle work pressure, can you solve unusual problems, can you handle conflict effectively, how you convince your boss to take a course of action which you think is right.



Can you think outside the box, etc. Believe me all of us do that during our jobs. The only difference is somebody can explain it better while most can't. Some people can answer tough questions with smile on their faces while most get confused. It's not difficult once you train your mind to respond to interview questions rather reacting to them. Toastmasters International teaches you that!

*Career transformation:* Previously, career transformation was a seldom spoken topic. An engineer would retire as an engineer and an accountant would retire as accountant. Now it's different. An accountant may want to progress his career as manager operations. An ISO auditor may want to be an entrepreneur.

Guess what, I have quoted these two examples from real life. The two gentlemen who made outstanding career transformations were themselves toastmasters. Over time they realized that their current job was good but the spark of being passionate about what they do was missing. Being TMI member, they met experts to guide them about new field, likely challenges they would face and how to overcome them. TMI lets you explore yourself!

*Conclusion:*

Modern corporate world poses challenges. These challenges can be tough unless we develop certain soft skills. Best way to do that is by joining a forum where these skills are taught. Toastmasters International is 'the' forum which professionals should look forward to join. Sooner the better!

**Arsalan Khalid**

CPA (USA), CIA, CISA

Assistant Manager Internal Audit, Fujairah National Group

Vice President Public Relations, Fujairah Toastmasters Club



**MEETING LOCATION AND CONTACTS**

Meeting location at Al Faseel, Fujairah, near the Coffeepot roundabout. Come and observe the platform for improving Communication Skills and Leadership Qualities.

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For more details, please contact:

Vice-President (Public Relations): Arsalan Khalid, CC. Mobile: 052 7176 471

Vice-President (Membership): Ossama Hashim, CC CL. Mobile: 056 9023 031

## Discovering Wadi Dafta Plantation



**Nestled at the base of the rugged Hajar mountains lies a unique nursery that is nurturing and producing a wide variety of rare and diverse plants.**

The emirate of Fujairah is known for its mountains and wadis, natural springs but little is known

about its expanding acres of plantations. The Wadi Dafta Plantation is located approximately 20 kms outside Fujairah city on the Masafi Road.

The Wadi Dafta Plantation was founded by Ahmed Alhefeiti who gave Fujairah Observer a personal insight into his passion and vision for the future.

Ahmed a retired Lt. Colonel who also served as Deputy Executive Director of Al Sharq Healthcare is a

well known figure in Fujairah but this last year has seen him completely consumed with his “green” project.

Ahmed family origins are from the Fujairah Village of Sakamkam, with their traditional background being agriculture so you could say plants are in



his blood. One thing for sure is you will rarely find anyone in Fujairah that talks so passionately and with such great knowledge on the subject of plants. Ahmed purposely located the plantation on the wadi to provide his dreams with what he believes are essential to cultivating a variable array of plantation.

These three essentials are soil, water and environment (*his own designed- regulated air system*).

A tremendous amount of early work was required to replace the subsoil which was extremely rocky but he provide his own blend of nutritious soil, tapping into local fresh water and even then with his own purification balancing it to give a constant clean and healthy flow of H2O and finally shielding



and regulating temperatures to facilitate a stable air environment with temperature control.

Ahmed has embraced social media to both highlight and market the Wadi Dafta Plantation and we were amazed by not only his huge following but his knowledgeable customers who come from a far, even on the day we visited Mohammed Salah (*a regular visitor to the plantation*) had driven from Saudi Arabia to purchase some of his rare plants.

Plants come from around the world from countries such as Korea, Thailand, Poland, Ukraine, Nepal, India, China, South Africa, Bangladesh, Kenya, Pakistan, Brazil, Philippines to name a few.

Ahmed will collect his plants on his travels, packing carefully in specialise bags (following strict UAE regulations) but often people will contact him when they have something that might be special.

Rare cactus, a vast array of fruit, papayas, bananas, pineapples, berries, tomatoes, spice and herbs are in abundance. The several varieties of mint he has include a chocolate flavour and a banana flavour, whilst also nurturing rare yellow strawberries, red bananas, coffee plants and even plants that are beneficial for cancer sufferers. The list is endless...



Instagram: @ MagicFlakesCafe



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One of his most exciting projects which is in its infancy, his 35 varieties of figs which will he reliably informs us with bear fruit in 12 months. It even has its own WhatsApp Group as fig aficionados chat about the varieties.

One project is the grafting of a citrus and a wood apple. It's not been done before but Ahmed enthuses as he shows the project has clearly worked.

For me the most interesting was the growing of vegetation for animal feed, Azolla, which is very rich in protein, vitamins, and minerals. This small plant floating in water (does not need soil) has the incredible ability to double its biomass every couple of days makes it an economically a great organic product.

We must stress the whole farm is organic and any pests are removed laboriously by hand.



Ahmed has strong views on the UAE producing more of it's own food. He stresses that the climate here is perfect to grow most things especially in the cooler months. He is embracing modern cultivation practices which will boost contributions to local food supply.

He is looking forward to the future with the hope of actively participating in the formation of Agricultural City in Dubai. It will have a strong focus on sustainability but it will be a "one-stop shop" for everything concerning with agriculture.

Ahmed's vision is to introduce his passion to the youth of UAE with his young farmers' project, which we at Fujairah Observer are keen to participate in. Sponsored children's camps will develop their awareness of organic and local foods, and a programme of farm visits will help to facilitate experience and knowledge sharing with the next generation.



Walking around the plantation one can't help notice that Ahmed has so many plants waiting to be planted in the ground. With his vision Ahmed's project requires much more land to produce and plant more and that is his main aim at present.

We have tried to highlighted with photographs the many different species of plants but only a visit to the plantation will do it justice and if you're lucky enough to see Ahmed there you'll learn so much more.



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## Only in Fujairah -Orangeries & Arabbiatas



been spending upwards of 8 hours here right after work.

It's all because of Koka, my dear friend - who introduced me to this place, and whenever I meet her, she's always at this restaurant. Our previous hangout place was, in a car. Just driving around.

We are pretty basic people, until we decided that walking was going to be a better option for us rather than just cruising. So now, we take around 17 steps to get to this restaurant.

**Have you been to The Orangerie? It's a definite must. And don't forget to try out the Pasta Arrabiata - my super favourite dish.**

I loved everything about the place! The ambience, the setting, the dim lights at night time, the rays of sunlight in mid afternoon beautifying the tables.



And most definitely - the food was simply yum! Even their signature hot chocolate had a taste of orange in it. Also, the company was great!

Speaking of restaurants, I've been literally living in a restaurant (without mentioning any names) - and I feel like I need to have a bed here, since I've

We used to have small talks here and there while eating our food, but now - Koka brings her laptop, and so do I. We pretend to work for a good hour, then when our food arrives, we still have our laptops open, pretending to make a few clicks here and there whilst eating, and staring at the screen, with a mouthful.



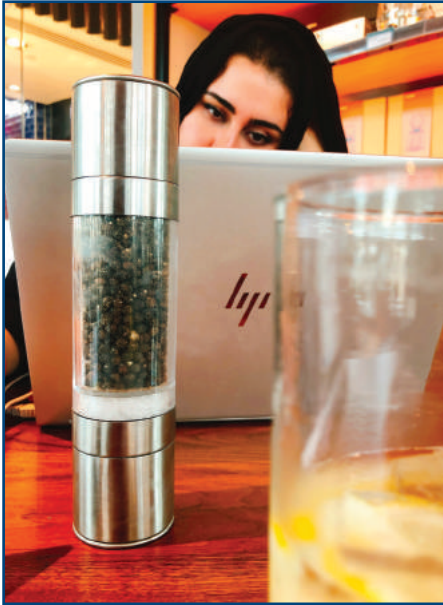
Obviously just great products and best prices alone can't everyday bring in over 350,000 shoppers to 56 Lulu locations in 7 countries across the Gulf. CARE can.



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I managed to take a sneak peak of her pretending to be working:



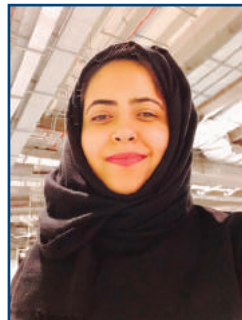
Anyway - while I was having my yummy dish of Arrabiata and pretending to work - I suddenly thought: If I was the best version of myself, how would I be? And then that thought quickly disappeared. Because I already am the best version of myself, so.

Have you seen the first 3 eps of GOT? What did you think of it? I was thinking we should have some sort of a place in Fujairah where they can put it on the big screens, just like football matches.

Do you agree?

Enough about me, tell me more about you! Are you excited for Ramadan? I am super excited - just patiently waiting for that sambosa. Write me about anything - @Sindiya. I've changed my account name - have you noticed?

Until next time, *Fajrawis*,



Sindiya, The Sign.

## The Retreat - the Best Place for a Holistic Holiday



**Behind the façade of an unsuspecting parameter wall in Fujairah, Al Bidya, I found a “Secret Garden” with a lush, verdant interior. And with that passing through the large wooden door that serves as the main entrance, I had shed that workaholic persona of mine like a heavy coat.**

The owners of The Retreat understand the ever-evolving demands of modern life, decided to create the Retreat because they understood there was a need for people – in this day and age of near total technological immersion – to ‘take a break’, ‘to escape to a spiritual place, to reconnect with nature and break away from the crowded corporate city lifestyle.’

The Retreat is different to an ordinary hotel franchise; there’s none of that uniform copy-paste style that makes these hotels nearly indistinguishable from one another, with a possibility of leaving the guest unable to even guess what location they are in. It, on the contrary, has a distinguishable character with a unique ambience, that includes coarse natural textures,

hand-carved furniture, ubiquitous inlaid stones – plucked from where they once lay resting on the land itself, instead of being harvested from the mountains. Every structure was built using either natural or recycled materials from the surrounding area.

There are interlocking wooden beams with roofed canopies woven from local palm tree leaves, the floor is constructed from 90-year-old imported pine wood which had until recently served as railway sleeper (or railroad ties). This is a place that has been crafted and decorated with great attention to detail; the tools used in the construction have been re-purposed as hanging works of art and there is even a ‘sculpture’ made from a piece of miscellaneous machinery present near the common area.

The Retreat, therefore, serves as a port of entry to a time when the senses were still in harmony with nature’s inaudible rhythms. Where beauty had a different kind of significance and didn’t conjure up images of neo-futuristic concrete jungles, but instead the simplicity of a crackling bonfire, the pinprick glow of the stars at midnight, the chirping of birds coming alive with a molten-gold sunrise, and of the joy of another human’s company

without the superfluous barriers of technology or WiFi. The Retreat is intended as a truly organic experience, welcoming all those who are burned out by partaking in the so-called 'rat-race.'

Everything here is done organically and with great emphasis put on sustainability and low carbon emissions/footprint – something the owners hope will inspire future generations. They favour eco-friendly lighting, and the use of solar panels to run their irrigation system. Water purification is all done on site and you can even see the well in the centre of the courtyard flanked by fruit trees and other plants.

One of the more notable plants grown here, for instance, is the astounding Kiri Tree or Imperial Paulownia. Originally grown in South-East Asia, it has now been cultivated into a hybrid by a German organization called Kiri Projects Development. This hybrid of Kiri Tree is much more temperature-resistant and produces up to 6 kilos of oxygen per day whilst being beneficial in the facilitation of climate control.

You can also find a plethora of other plant life; The Retreat has its own selection of fruit trees; orange, banana, fig, papaya and mango. Amongst

the vegetables, there's tomato, cucumber, rocca and the miraculous cure-all, moringa. Moringa is rich in antioxidants and aids in problems such as anaemia, rheumatism, headaches and thyroid disorders.

There's currently 65 trees altogether, but it's the owners goal to have at least 600 trees available within the next 3 years. They want guests to pluck their own fruit from these trees – like a veritable island paradise. The Retreat uses their own harvest when preparing the meals that they provide for their guests.

In order to immerse myself in the experience, I decided to spend a night there. My activities ranged from leisurely walks through the interwoven walkways, admiring the looming Al Hajar Mountain ranges in the distance, or simply the smell of the fresh vegetation all around. I had the most wonderful sleep in the canopied tent that we stayed in – and slept on a bed made of fragrant anti-bacterial sheets, the first of its kind to be imported to the UAE from Germany.

Then there was dinner by the campfire, where it began to drizzle lightly. Followed by a tour of their quaint little library and of the 'art section' where





hiking, mountain climbing, kayaking and off-road cycling.

There are also pre-arranged weight-loss/gain and detoxification programs organized by an expert dietician, which includes exercise programs catered to your specific requirements.

In short, it's not just about relaxing and putting away the phone; it's about reconnecting with oneself on a holistic level, mind, body and spirit (one's self). It's about setting an imperative re-set button.

anyone can readily grab a canvas and some paint and unleash their inner artist, something which can prove to be very therapeutic and relaxing. Their shower facilities are wonderful; I especially loved the sink made from natural stone. There really is a sense of Zen-like tranquillity present.

Other activities on offer at The Retreat, for those wishing to stay a little longer; yoga sessions,

The Retreat is not only for adults to enjoy. I would say it's almost vital that children should partake in the experience. It is a chance for them to take a break from the continual buzz of their devices, reconnect with their instincts. To enjoy the outdoors and have a more visceral experience. They will learn the names of plants and discover the origin of many of the foods they consume; few







children today know the origin of even the most common fruits or vegetables. It will also teach them the value of sustainability as well as the benefits of eco-friendly living, knowledge which will prove invaluable in the years to come, as our world continues to evolve and experience its necessary ecological shift.

to their website [www.theretreat.ae](http://www.theretreat.ae) for more information.

The Retreat is also available for private events such as weddings, business meetings or private events.

You can pre-book a room at The Retreat, or go

**Kiira Viviers**





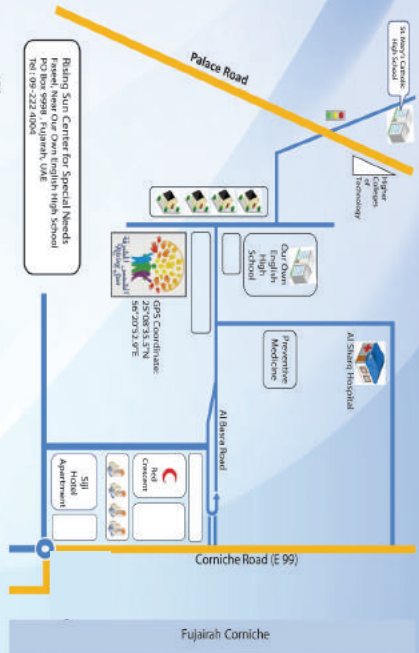
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## The Makers of the Special Olympics, 2019 Opening Ceremony



**Over the last 6 months, Rising Sun has had the privilege of working with the organizers of the Special Olympics, World Games, Abu Dhabi 2019.**

For the first time in its history, the creation of the Special Olympics was turned over to the determined ones so that a genuine message of equality and determination could be shared on the world stage in a truly inclusive experience.

Four students from the Rising Sun were selected to be a part of the Opening Ceremony's Creative Team otherwise known as the "Makers". Along with other people of determination from all over the UAE and the event producers, the Makers helped to shape and inspire the performances of the opening ceremony. Our Makers attended a series of workshops and group sessions at some amazing locations throughout the UAE where they discovered many new skills and got to try their hands at new and interesting activities such as sign language and "Taiko", the art of Japanese drumming. They worked

closely with a music composer and choreographer, flown in especially from the UK to develop the music score and dance moves to be used on the big night.

There was much excitement on the night of the opening ceremony as the Rising Sun Makers waited to see how their ideas had been translated into reality in front of a crowd of 40,000 enthusiastic spectators. There were smiles all round when they saw their own faces on the big screen and recognised those of their fellow talented Makers from around the UAE. There was further excitement a few days later when they were invited back to be a part of the closing ceremony in a fitting

end to a spectacular week of sportsmanship and camaraderie.

The last 6 months has been an incredible journey and an unforgettable experience for staff and students alike. We feel so blessed to have had this opportunity to highlight what people of determination can achieve when given a chance and we hope that the games have made a positive impact left a lasting legacy so that we can one day truly have an inclusive society.



## Homemade Food Can Be Fast Food ©Alva Carpenter

We all are inclined to enjoy a bit of junk food now and then but in a fast-paced life in the Gulf it is all too easy to get into the habit of living on expensive takeaways: which is unhealthy and fattening. Many young professionals tell me they hardly ever cook a meal because they do not have the time. But you can make a meal quicker than the time it can take to get in the car and queue for a takeaway. Nutritionists worry about the high salt, sugar and fat content of takeaways; even if salad is included it is usually only there as a garnish.

It is all too easy with so much fast food available to decide not to cook but quick ready-made microwave meals can also be bland and soulless. If you can buy fast food really cheap it is because the ingredients too are just cheap and cheerful. They are over-flavoured with fat and salt and who knows what else. If it is fake, give it a break.

We can easily get into the habit of grazing on sugary snacks such as biscuits and cakes as well as salty snacks: and fizzy drinks. The key solution is to be able to make homemade food fast. Knowing how to put together simple healthy meals quickly is a skill we all need.

Home cooking need not be lavish or beautiful; homemade food is simple and functional, but it tastes good. Most children will say they love their mum's cooking best. Children watching you cook are picking up life skills. There is never a good reason for having a takeaway breakfast, as a healthy breakfast can be made in minutes. A light lunch can be made in ten minutes; a sandwich or salad or a bowl of soup with a roll. What our bodies want is simple nutrients from good quality food.

Our bodies are not looking for chemicals and preservatives found in food manufactured in a factory; they want homemade.



*Homemade food always tastes good and is healthier.*

To be able to put together simple healthy meals that do not take too much time is a skill we all need to save ourselves from junk food, takeaways and microwave dinners.

While there are many cookery programmes on television which are great entertainment the food is often produced to impress and contains far too many ingredients not found in most home kitchens. So, while we enjoy watching we don't get around to making them ourselves.

Home cooking is about simple tastes and nutritious family meals. It really is not food to impress; it is just time to eat. When you cook for yourself you know what is in your food and you are eating fresh food and so are not adding preservatives additives or chemicals.

*Local food also tastes better*

I am in favour of fresh local ingredients. Fresh local tomatoes are cheaper and taste better than those who have travelled thousands of air miles. Recently on a family holiday on a Mediterranean island my children loved the taste of tomatoes ripened in the sun because they were so full of ruby red juice and tasted so sweet. Tomatoes were grown on the island and picked that morning.

Many perfectly shaped tomatoes in supermarkets have travelled thousands of miles to reach the Gulf and are often picked green before they have had chance to ripen in the sun. Vegetables and fruit ripened in the sun always taste better.

*Food that has travelled miles is usually been irradiated*

Irradiation involves eradicating bacteria, mould, insects and other pests by using electrical beams or X-rays, or gamma rays which are generated from the radioactive source Cobalt 60. This is done to give fruit and vegetables a long shelf life and to protect them during travel.

*You cannot beat fresh food for flavour*

If you can, get up early in the morning and go to the fish market and buy a freshly caught fish and bake it in the oven with a little olive oil and lemon juice. Nothing tastes better. Serve with rice and salad. It is a traditional healthy meal. In a study conducted by Southampton University in 2008, researchers confirmed that children who regularly eat certain preservatives and additives are more at risk for attention disorders such as hyperactivity and bad behaviour.

*Finding quick easy healthy recipes*

For my recipes for my columns I look for healthy meals that are colourful and easy and quick to make. Recipes that do not require too many ingredients so that most people will be able to make them. If you use fresh produce, then you don't need lots of ingredients and spices because the food has its own natural flavour that taste good. Casseroles and stews are great because they are made in one dish and all the flavours blend together. You can make enough for a few meals in one go. Recipes to look out for are ones that do not take a long time to prepare and do not contain too many ingredients.

Breakfast is probably the quickest and easiest meal to make. Lunch for us is usually soup and a bread roll or salad and a roll and then we usually eat our main meal in the evening as my children always come home from school starving.

Generally, eating out or takeaways are best regarded as an occasional treat.

### Ask Alva

I am 25 and my hair is starting to thin which is worrying me very much. I do not want to take drugs as I am married and looking forward to starting a family. Can you suggest some natural options? I have heard it may be to do with the water, but I wonder if my hair loss may be due to my sales job as it is very stressful; my father has a full head of hair. **Patrick.**

Hair loss is more common in younger people than ever before. If your father has not lost his hair the cause may not be male pattern baldness. First check your diet and make sure you are eating a healthy diet with lots of protein. Take a quality supplement such as Permea Plus for hair skin and nails. Massage your scalp with Permea Plus Hair Repair Massage Oil for 2 minutes before you wash your hair. Head massage has a very good effect on hair growth and encourages blood flow to the hair roots. Massage is important as when you are stressed the scalp becomes tight and restricts the blood flow to the hair roots and hair can then fall. Try to wash your hair less often as desalinated water can make the hair very dry and break off. Use Permea Plus shampoo formulated for use in desalinated water. Reduce your stress by taking regular exercise. **Alva**

"HEALTHLINES is a monthly column devoted to healthy living, diet and exercise.

Reader's questions (send them to [alvafujairah@ardenhealth.com](mailto:alvafujairah@ardenhealth.com)) are appreciated and a selection will be replied to in the column by Alva Carpenter, a nutrition and fitness expert with long experience of health problems associated with Gulf countries.

Alva trained in optimal nutrition in London

She counselled ladies in Dubai on how to successfully manage their weight.

She now has a counselling service on slimming, diet and exercise, based in Somerset, England.

Readers can visit [www.ardenhealth.com](http://www.ardenhealth.com) for more information on healthy living."

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## How to overcome Aging

Everybody is interested in achievement, youth, and beauty. Since the latter half of the 20th Century there has been an increasing focus on our appearance as a vehicle for identity and self-expression, with a greater recognition of the role of appearance and the desire for self-improvement. Youth has become valued and privileged above age and life experience.



The aged appearance can be emphasized by other skin damage, such as melanocytic pigmentation, as well as hair loss. Loss of teeth can also make the contours of the mouth less defined.

**What actually happens to facial appearance as we age?**

Intrinsic aging processes include loss of skin elasticity and collagen, along with fat atrophy. Extrinsic factors, notably solar radiation, damage the dermis, with effects on collagen and elastic fibers. Other factors that can contribute to an aged appearance to the face include general poor health, an unhealthy diet, cigarette smoking, and alcohol.

**What are the signs of the aging face?**

- A lined forehead;
- Drooping brows, with a hooded appearance to the lateral upper lid;
- Loss of cheek roundedness and deep nasolabial folds secondary to loss of subcutaneous fat;
- Sagging neck lines consequent upon loss of platysma muscle tone;
- Loss of chin definition, from submental fat deposition;
- Drooping of the nasal tissues
- Wrinkling of the skin around the mouth, with thinning of the lips.

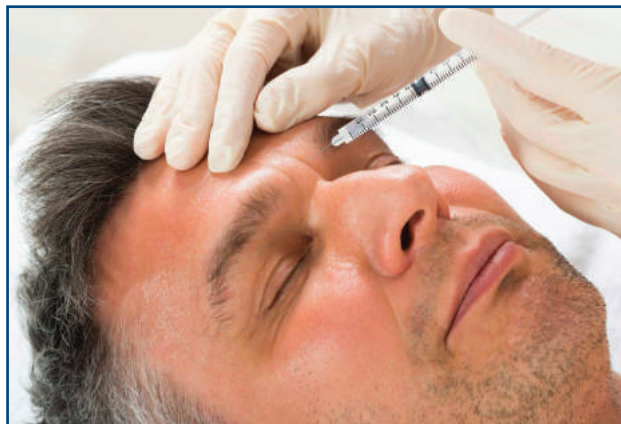
**What is Aesthetic Medicine?**

Aesthetic Medicine comprises all medical procedures that are aimed at improving the physical appearance and satisfaction of the patient, using non-invasive to minimally invasive cosmetic procedures. Some Aesthetic Medicine procedures are performed under local anesthesia while some procedures don't require anesthetics at all.

This recent trend explains the current success of Aesthetic Medicine around the globe. These aesthetic procedures consist of:

- Injections of Neurotoxins and Dermal Fillers
- Chemical Peels
- Cosmetic Dermatology treatments
- Microdermabrasion
- Body Contouring and Treatment of Cellulite
- Hair Reduction
- Platelet Rich Plasma
- Laser rejuvenation
- Scar Management
- Threads lifting

The real benefit of practicing Aesthetic Medicine is the type of care that practitioners are offering



**Hyaluronic Acid Fillers**

Substances used in dermal fillers include:

- Calcium hydroxylapatite, which is a mineral-like compound found in bones.
- Hyaluronic acid, which is found in some fluids and tissues in the body that add plumpness to the skin.
- Polyalkylimide, a transparent gel that is compatible with the body.
- Polylactic acid, which stimulates the skin to make more collagen.
- Polymethyl-methacrylate microspheres (PMMA), a semi-permanent filler

to their patients. These procedures are elective and are performed on patients who do not suffer from illness. They are usually happy and in excellent health. They simply want a minimally invasive preventative procedure to help manage the normal effects of aging.

The most popular category of wrinkle fillers is hyaluronic acid. Each type works in a slightly different way with varying results.

**What You Should Know About Fillers?**

Injectable wrinkle fillers can give you a more youthful look for a fraction of what a traditional facelift costs. Most will fill hollows, lines, and wrinkles in less than 30 minutes with results that can last from 4 months to more than a year.

Side effects are rare but can include redness, swelling, and bruising at the injection site. The filler may also show up under the skin as tiny bumps. This is a problem that often improves over time.

**What can dermal fillers correct?**

- Fill the line, crease,
- Fillers can also be used as "volumizers," plumping and lifting cheeks, chins, jawlines, and temples; filling out thin lips, and plumping sagging
- decrease or remove the shadow or wrinkle under the eyes caused by the lower eyelid
- fill in or soften the look of recessed scars

**What is Botox?**

Botox may help to correct dynamic wrinkles, such as crow's feet around the eyes and horizontal lines on the forehead.

Botox is a purified form of the botulinum toxin that is obtained from bacteria. Though it is deadly in larger amounts, the tiny, regulated amount of Botox given to correct wrinkles has been used safely for decades.

Not every filler is right for every type of wrinkle. The least risks and best results come from using the right one correctly. That's why you should only have fillers injected by a board-certified dermatologist or plastic surgeon with ongoing, special training.

Botox works by blocking nerve signals in the muscles where it is injected. When those nerve signals are interrupted, the affected muscle is temporarily paralyzed or frozen. Without movement of these selected muscles in the face, certain wrinkles may be softened, reduced, or even removed.



### What can Botox correct?

Botox only works on wrinkles that are caused by muscle movement. These are known as dynamic wrinkles, and are often called "expression lines." The most common dynamic wrinkles that Botox can treat are lines on the upper face, such as the "11" between the brows, horizontal lines on the forehead, and crow's feet around the eyes. These lines are caused by smiling, frowning, squinting, and other facial expressions.

### What Things Botox Can Do—Other Than Relax Wrinkles?

1. Manage acne.
2. Get a temporary face-lift
3. Mimic a nose job
4. Soften your jawline and chin.
5. Tighten jowls.
6. Lift your lips
7. Smooth your neck.
8. Youth-ify your décolleté
9. Stop migraines.
10. Calm excessive sweating
11. Make blowouts last

Botox is not a permanent treatment. Repeated treatments are necessary for continued wrinkle-reducing effects. Most people find that the muscle-relaxing effect of Botox lasts for 3 to 6 months

### What is a thread lift?

A thread lift is a type of procedure wherein temporary sutures are used to produce a subtle but visible "lift" in the skin. Instead of removing the patient's loose facial skin surgically. This has the effect of pulling the skin back slightly and therefore lifting and tightening the face. In addition to being ideal for lifting the skin, threads combat aging in another way: by provoking the body's "healing response" and causing the body to direct large surges of collagen to treated areas. This is important because of the vital role collagen plays in the aging process.

In other words, this process provides ongoing and progressive rejuvenation for the facial

tissues. Patients who have a thread lift for the purpose of stimulating collagen will notice a gradual improvement in their skin's tone and firmness. While their threads are in place, the body's healing response will be constantly activated because the body will want to "heal" the sutured areas and expel the sutures. The body is biologically programmed to react this way when it senses any foreign object present within the dermis. Fortunately, because the threads placed under the skin during a thread lift are so small, the patient will not feel any of this happening. Most people cannot feel their sutures at all once the skin has healed around them.

Recovery from a thread lift, on the other hand, is comparatively easy. Thread lifts can be performed under local, rather than general anesthesia, meaning that thread lift patients can drive themselves home and look after themselves immediately after having their procedure.

Thread lifts are low risk, thanks to how noninvasive they are. There is virtually no risk of scarring, severe bruising, bleeding or other complications after having a thread lift

While some patients will experience a little bit of soreness, redness and swelling after having a thread lift and therefore wish to take the rest of the day off, most can return to work immediately.

Other procedures also can be done as platelet rich plasma, chemical peeling, laser resurfacing and microdermabrasion to increase collagen products to improve the skin quality and minimize wrinkles for younger and lifted face.



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## Zulekha Hospital and Al Sharq Hospital sign MoU



**Zulekha Hospital Sharjah and Al Sharq Hospital Fujairah, have announced a signed Memorandum of Understanding (MoU). The aim of the MoU is to extend tertiary care services to support people in medical need from the East coast and the southern region in the UAE and to provide 24/7 comprehensive medical care in emergency and non-emergency situations. Both Hospitals will be extending their services, including open heart procedures, to the referred patients with suitable medical services, including diagnosis and medication.**

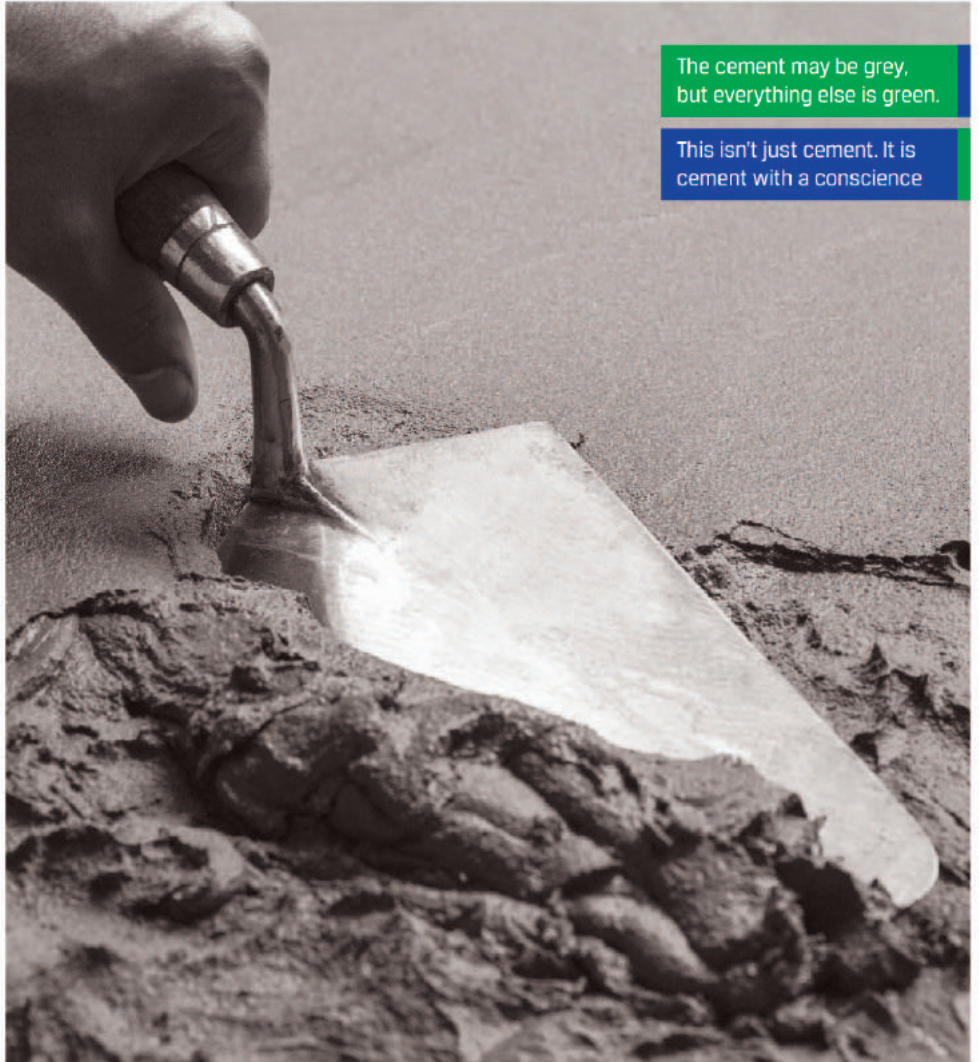
The MoU was signed by Mr. Wagdi Zayed, deputy CEO of Al Sharq Healthcare Group and Dr. Ramesh Raju, Senior Director of Administration, Zulekha Healthcare Group in presence of higher management officials from both sides.

Managing Director, Mr. Taher Shams commented: "It gives us great pleasure to be able to extend

our services to the patients of Al Sharq Hospital which enables them to have easier access to our world-class healthcare facilities. Through recent services including a Device Clinic, we hope to cater to patients who have had implants as well and need the right guidance at the right time. At Zulekha Healthcare Group, we are committed to improving the quality and efficiency of the healthcare sector in the UAE."

The MoU will see patients from Fujairah referred to Zulekha Healthcare Group's facilities to receive excellent medical attention and treatment as and when required. Zulekha Hospital will offer the availability of open Heart Surgery Team.

Mr. Wagdi Zayed, Deputy CEO, Al Sharq Healthcare Group commented, "We are pleased to join hands with Zulekha Hospital, Sharjah to be able to extend specialized medical services to patients in the region. The availability of healthcare services twenty four hours in a day and seven days a week is essential as medical emergencies may come up anytime and we are glad we are equipped to meet people's medical needs at critical times. We are confident of the high quality of healthcare services being offered by both Hospitals and hence the collaboration with an aim to raise the region's healthcare standards."



The cement may be grey,  
but everything else is green.

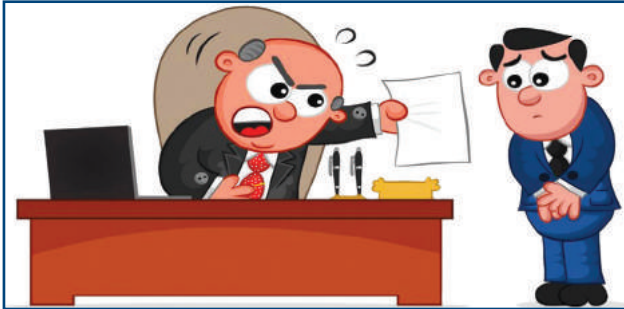
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JSW Cement is **India's leading producer of Green Cement**. JSW entered the cement market with a vision to ensure a sustainable future for the country by producing **eco-friendly cement**.

Today the construction industry is witnessing a shift towards the use of eco-friendly materials and technologies. Given the environmental and economic benefits, **Port Land Slag Cement (PSC)** is an emerging category for housing as well as other infrastructure projects. The engineering fraternity has always considered PSC & **Ground Granulated Blast Furnace Slag (GGBS)** to be **technically superior** especially when **durability** and **life cycle costs** are prime considerations. This will help in building a self-reliant India.



## 'Boss or Servant – A different Leader'



The words of famous American civil rights leader Martin Luther King Junior is capable of unsettling our perspectives of leadership. He said, 'Everybody can be great, because everybody can serve. You don't have to have a college degree to serve. You only need a heart full of grace, a soul generated by love'. Similar views are echoed in the book of Matthew 20:25-28, 'Whoever desires to become great among you, let him be your servant. And whoever desires to be first among you, let him be your slave'.

Mostly many managers who act like bosses, consider themselves as great leaders. Such leaders create an atmosphere of fear in the organization. They always wield a sword of threat, in order to keep his employees under control. This bossy type of manager naturally becomes unpopular among employees and fails to get desired output from his staff. They believe in the hire and fire policy.

I have experience with different types of managers and undoubtedly, the worst ones are the bossy type leaders who kill the passion and enthusiasm of workers. An incident in the life of great American military general and first president George Washington clearly shows the contrast between two types of leaders ie. Boss or servant.

OS Hillman, the well-known American writer, tells the story of a rider on horseback, rode up to a group of soldiers trying to lift a heavy log and place it on the top of a wall, they were building.

A corporal in charge stood by, giving orders to 'lift'. But the piece of timber was too heavy for the squad. The man on horse asked the corporal why he didn't join in and help,

to which the corporal replied, "don't you know that I am the corporal?" The stranger dismounted his horse and went to work with the soldiers to get the wood in position. Before leaving the scene, he said, dear corporal, "If you should need help again, call on Washington, your commander-in-chief, and I will come." The horseman was none other than George Washington, the commander in chief of American colonies who were in a fierce battle against the British forces. Later he became the first president of USA.

The above incident reminds us that, leadership isn't shouting orders at your staff, it's helping them to minimize their burden. A manager who always order and put heavy burden on employees will be a failure to motivate those who under him. Leadership isn't shouting orders at your subordinates, instead being a part of them to lend a helping hand to execute their task.

### Duglas Joseph



*(The author has been teaching in colleges and schools for the last 18 years in India, Maldives and U.A.E. Currently teaching in Gems Our Own English School Fujairah. A prolific writer on teenage and education issues in various magazines and online portals. Conducts seminar for teenagers and parents on education, career planning and parenting)*

## It's a Weird and Wonderful World



**A road crew in Florida should get an “F” for spelling.**

A motorist on spotted the error, realizing that workers in Doral had made a mistake when painting the word “school” at a pedestrian crossing in the road. Instead of S-C-H-O-O-L, it was spelled S-C-O-H-O-L.

It was brought it to the city’s attention, and the city tweeted that the private contractor has now corrected its work. It’s not clear how long the mistake was there in plain sight.



**Dog found swimming 135 Miles off Thailand**

A dog found swimming more than 220 kilometers (135 miles) from shore by workers on an oil rig crew in the Gulf of Thailand has been returned safely to land.

A worker on the rig belonging to Chevron Thailand Exploration and Production, Vitisak Payalaw, said on his Facebook page that they saw the dog swimming toward the platform last Friday. He said they were lucky to spot it because if there had been waves it probably would not have been visible.

The dog made it to the platform, clinging to the support structure below deck without barking or whimpering, Vitisak wrote.

The crew managed to lower a rope and secure it around the dog’s neck and haul it up. Vitisak said they speculated the dog might have fallen off a fishing trawler, and dubbed it “Boon Rod,” or “Survivor.”

The dog was taken to the animal protection group Watchdog Thailand but if the dog was unclaimed, Vitisak will take it to his home.



**As border walls go, this one’s pretty cheesy**

An artist who specializes in works made from cheese has built a quarter-mile wall along the U.S.-Mexico border.

He’s started with 200 blocks made from Cotija, a hard style of Mexican cheese, and needed 8,800 more blocks to complete his vision.

“A cheese wall is something I’ve wanted to do for 20 years,” Cavallaro, but he didn’t get his “why” until President Donald Trump started demanding a border wall.

“Trump’s demand gave me a context for this, the emotional impact,” Cavallaro said.

He said he would like to keep the wall going but admitted there is the possibility it may fall apart or animals might eat parts of it. But that, to him, is part of the artistic process.



**Domino's pizza driver filmed doing wheelie down high street sparks investigation**

A pizza chain has launched an investigation after one of its drivers was caught on camera attempting a motorbike stunt before crashing in the road.

A Domino's delivery driver was filmed trying to pull off a wheelie - riding the bike balanced just on its back wheel - down Clapham High Street in south London.

A spokeswoman for the American chain confirmed the incident was under investigation and called it "wholly unacceptable"



**Paris Marathon runner breaks record running in high heels**

A French woman broke a world record for running a marathon in high heels when she finished the Paris Marathon with a time of 6:04:07.

Christelle Doyhambehere, 34, of Pau, smashed the record previously set at the Chattanooga, Tennessee, marathon by U.S. woman Irene Sewell, who ran the 26.2 miles in 7:27:53.

Doyhambehere said her accomplishment was inspired by her partner, who joked she should try to run a marathon in her heels after watching her sprint to the car in the rain about a year ago.

Sewell said she trained in tennis shoes during the day and ran in her heels at night to prevent photos of her unusual footwear choice from going viral on social media before the marathon.

The runner, whose accomplishment raised funds for children's charity Koala, said she has submitted evidence of her run to Guinness World Records.



**Wind leaves pontoon boat perched over dam**

Stormy weather left a pontoon boat stranded on the edge of a North Carolina dam, and emergency officials said conditions are preventing them from removing it.

The Town of Columbus Fire Department posted drone photos to Facebook showing the unoccupied pontoon boat hanging over the edge of the Turner Shoals Dam on Lake Adger.

Polk County Emergency Management/Fire Marshal said the boat was not occupied when stormy weather carried it to the edge of the dam. Officials said the current lake level and windy conditions are preventing them from attempting to remove the boat, but they are monitoring conditions and plan to address the situation as soon as possible.



Fujairac

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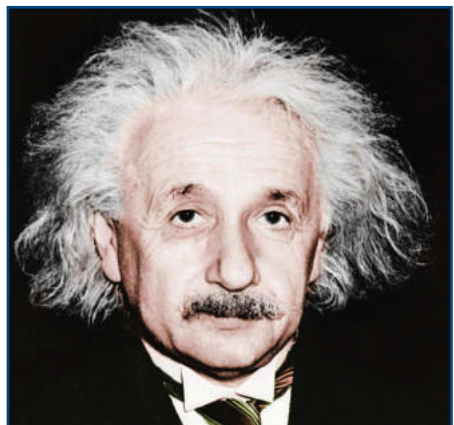
ص.ب ٨٩٥ الفجيرة، إ.ع.م.، تليفون: ٠٩-٢٢٢٨٦٢٦، فاكس: ٠٩-٢٢٢٨٣١٠، بريقاً: فجراك، بريد الكتروني: fujarac@emirates.net.ae

☎ 09-2228626, Fax: 09-2228310, P.O. Box 895 Fujairah, U.A.E., Cable: Fujairac, E-Mail: fujarac@emirates.net.ae



## General Knowledge Quiz

1. What is the largest island in the Caribbean?
2. Who wrote 'The Hunchback of Notre Dame' novel?
3. Which sport is associated with the words cover, gully, point and long on?
4. Slap Day occurs one day after what annual celebration?
5. By some definition, Azerbaijan is classed as a landlocked country despite having a border with the Caspian Sea, can you explain why?
6. What are the 5 main food groups?
7. Which former British Prime Minister died in 2013?
8. What book was written by Anne Bronte on her encounters as a governess?
9. Which country's flag is known as the Five-star Red Flag and is composed of a red background, a large yellow star to the canton with four smaller stars encircled on its right?
10. What does parthenogenetic mean?
14. Who was the original lead singer of Genesis?
15. Which European capital city is nicknamed the 'City of Music'?
16. In which major ocean is the Sargasso Sea situated?
17. In which country is Krubera Cave, the deepest cave on Earth, located?
18. Which New York building is known as Freedom Tower?
19. Bloomsday is an annual event held in Dublin on June 16th to commemorate which Irish writer?



11. In which American state was the original Disneyland built?
12. What appears across the mouth of the woman on the movie cover of the Silence of the Lambs?
13. When is Pi Day celebrated across the world?
20. Where did Albert Einstein become a citizen of in 1940?

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Sections Of Insurance Cover	TABLE OF COMPENSATION (Optional Limits of Cover)			
	Option - I	Option - II	Option - III	Option -IV
Sec I – Contents (Inclusive of Jewelry & Valuables up to 20%)	50,000	75,000	100,000	150,000
II – Alternative Accommodation	12,500	18,750	25,000	37,500
III – Legal Liability	250,000	350,000	500,000	750,000
IV – Injury to/ Death of Tenant & Family	25,000	37,500	50,000	75,000
Total	337,500	481,250	675,000	1,012,500

SUDOKU

	8		5					
		1					5	
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4		3			5		1	9
			7		3			
6	9		2			3		8
9			3		8			
	6					7		
					4		8	

SCRIBBLE  
AREA

BRAIN TEASERS

1. A man leaves home and makes three left turns, only to return home facing two men wearing masks. Who are those two men?
2. Somehow you end up in a room which has three doors. Behind the first door, there is deadly poisonous gas. Behind the second door, there are trained assassins with knives. Behind the third door, there are lions which have not eaten in years. Which door would you choose to open?
3. Monday, six friends went camping. Tuesday, John, Jack, and James cooked some mushrooms. Wednesday came and they ate the mushrooms. Thursday found them dead. Exactly one friend survived, how come?
4. There are only two barbers in one town. One of the barbers has a neat haircut and a clean working place. The other barber's haircut is a total mess and his working place is dirty. Which barber would you choose to give you a haircut and why?

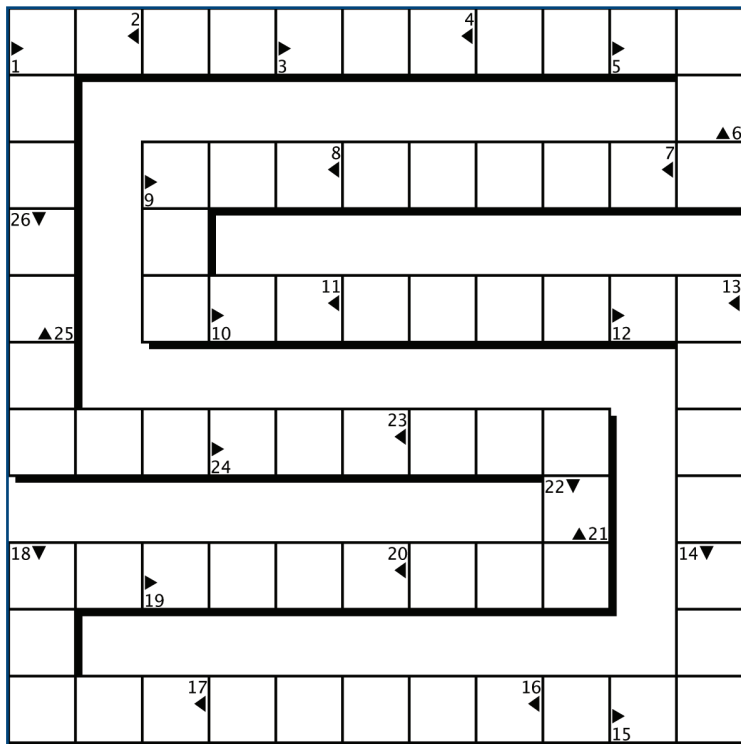
LADDER  
WORD

	P	L	A	N	E
1					
2					
3					
4					
5					
	T	R	A	I	N

CLUES

1. Item of flora
2. Braid
3. Unadorned
4. Inflammatory swelling
5. Centre of intelligence

## SLITHERLINK



### CLUES

- |  |                               |
|--|-------------------------------|
| 1. Come to ground  | 16. Jeans                     |
| 2. As well as  | 17. Discriminate              |
| 3. Lout  | 18. Recedingly                |
| 4. Austrian composer of the 18th century                                       | 19. Sea ear                   |
| 5. Sheet of matted cotton  | 20. Father of Leah and Rachel |
| 6. Forbidden   | 21. Origin                    |
| 7. An apostle  | 22. U.S. divorce city         |
| 8. Large body of water   | 23. Nulifies                  |
| 9. Person skilled in assessing financial trends                                | 24. Hindu                     |
| 10. Denounce   | 25. Epic poetry               |
| 11. Dame Everage, Humphries' character   | 26. Spanish currency          |
| 12. Military trainee   |                               |
| 13. Common carbonyl compound derivative  |                               |
| 14. The act of passing along (something, such as a message or baton) by stages |                               |
| 15. Association of Literacy Educators and Researchers                          |                               |

CROSSWORD

ACROSS

- 1. Univ. VIP (Urban)
- 5. Privity measure
- 9. Abates
- 14. Latticework element
- 15. Muslim chief
- 16. Mimic's activity
- 17. Weaken
- 19. Direct for information
- 20. Big Iraqi port
- 21. RC and others
- 23. Tar Heels' sch.
- 25. "\_\_\_ Be You" (jazz standard)
- 30. Irregularities
- 33. Like the Parthenon, say (abbr.)
- 35. Crosspiece for oxen
- 36. Gram prefix
- 37. Biblical verb
- 39. Loonies
- 42. East Indies tree
- 43. Ness of "The Untouchables"
- 45. Flimsy
- 47. Red \_\_\_ beet
- 48. TV interruption
- 52. Fade out
- 53. Dead \_\_\_ Scrolls
- 54. Spring locale
- 61. It's often flexed
- 65. Entry fee
- 67. "Blessed \_\_\_ that hunger now..."
- 68. Like some nouns in Lat.
- 69. River in Spain
- 70. "Lou Grant" star Ed
- 71. Not mainstream
- 72. Told \_\_\_ story (fished for sympathy)

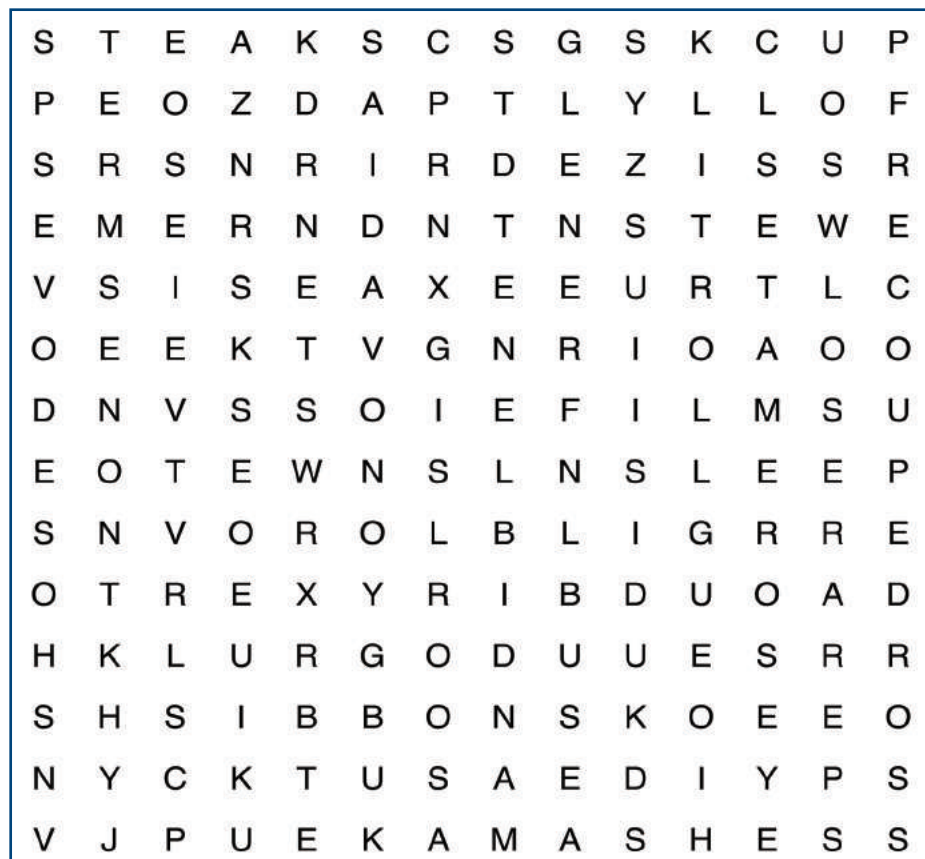
DOWN

- 1. Tell just about anybody
- 2. Hari the spy

1	2	3	4		5	6	7	8		9	10	11	12	13	
14					15					16					
17				18						19					
20					21			22							
			23		24			25			26	27	28	29	
		30				31	32								
33	34			35					36						
37			38		39			40	41		42				
43				44			45			46		47			
48					49	50					51				
52										53					
				54				55	56		57		58	59	60
61	62	63	64			65			66						
67						68					69				
70						71					72				

- 3. Baseball's Ed and Mel
- 4. Angel
- 5. A little more, in music
- 6. Apple product
- 7. "Elder" or "Younger" Roman
- 8. Aviator Earhart
- 9. Destroyer, for one
- 10. Gorilla, for one
- 11. Ship-shaped ornament
- 12. Poet's preposition
- 13. Aleppo's land (abbr.)
- 18. Tot watcher
- 22. Falcons, on scoreboards
- 24. Islands of the South Pacific
- 26. Two fives for \_\_\_
- 27. Patronize, as a restaurant
- 28. Heads, in Le Havre
- 29. Terrorist \_\_\_ bin Laden
- 30. On the go
- 31. Rival of MGM
- 32. Cat's calls
- 33. Out in front
- 34. Nita of silent films
- 38. Did some gardening
- 40. Pad \_\_\_ mao (drunken noodles)
- 41. \_\_\_ Club (Costco competitor)
- 44. Mountie
- 46. Retains
- 49. Erstwhile carrier
- 50. Mad
- 51. Morning sickness symptom
- 55. Carded at a club
- 56. Self-congratulatory
- 58. His \_\_\_ (facetious title)
- 59. Mower maker
- 60. Nose-in-the-air type
- 61. Word from Dolly
- 62. April 15 org.
- 63. Part of a millennium (abbr.)
- 64. Gawk at
- 66. Complex ending

## WORDSEARCH



APTLY  
 AUBURN  
 BOILS  
 BUOYS  
 CARRIED  
 DEEPS  
 DINER  
 DOVES  
 DROSS  
 DROWSES  
 EVERYONE  
 EYESORE  
 FILMS  
 FIRES  
 FOLLY

GENIUSES  
 HOSED  
 IDEAS  
 LIVERS  
 LOSER  
 LYRIC  
 MAKEUP  
 MANDIBLE  
 MASHES  
 MATES  
 MOUND  
 NINES  
 NONES  
 NUDGES  
 POSTURES

PRESTO  
 PUCKS  
 RARES  
 RECOUPED  
 SIZED  
 SKIMS  
 SLEEP  
 SNOBBISH  
 SPINS  
 STEAKS  
 TERMS  
 TILTS  
 TONNAGE  
 VERBS  
 WORKS

ACROSTIC

1	F	2	C	3	D		4	E	5	G	6	I	7	E	8	F	9	C	10	B	11	K		12	E	13	H	14	F	15	I	16	J	17	G	18	J		
		19	H	20	J	21	C		22	J	23	G	24	I	25	D	26	H	27	J	28	H	29	A	30	C	31	G		32	B	33	G	34	I		35	C	
36	G	37	K	38	J	39	G	40	J	41	A		42	B	43	I		44	D		45	C	46	J	47	F	48	B	49	E	50	I	51	H	52	A	53	K	
		54	J	55	C	56	G	57	K	58	A		59	G	60	K	61	B		62	I	63	F	64	D	65	H	66	E	67	D	68	J		69	H	70	A	
71	G	72	E	73	I	74	C	75	K	76	A	77	B		78	F	79	J	80	F	81	G	82	A	83	H	84	F	85	J	86	B	87	H	88	E	89	B	

A 70 76 52 82 58 29 41  
Protects, as in a museum

B 61 42 10 77 86 32 48 89  
"Please go on" (2)

C 35 55 30 2 21 9 45 74  
Ultra-sour candy brand

D 25 84 44 67 3  
To love, in Italy

E 4 88 49 12 7 66 72  
"The Apprenticeship of Duddy Kravitz" novelist

F 78 84 14 1 80 63 47 8  
"You're no longer invited!" (2)

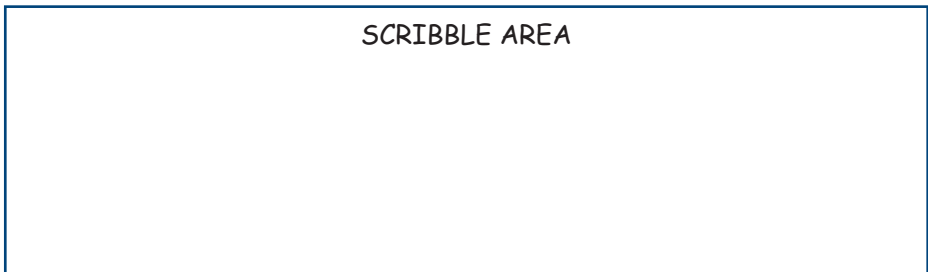
G 59 56 81 5 23 17 38 31 33 39 71  
Where one might find an old highboy (2)

H 65 19 26 83 87 13 28 51 69  
Nativity king

I 62 24 6 43 34 50 73 15  
Lessened the shock

J 46 40 54 22 20 38 85 79 68 27 18 16  
Adventurous

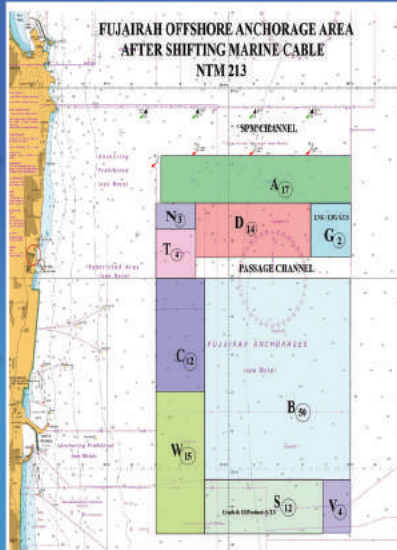
K 53 37 60 57 75 11  
Removed abruptly





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GENERAL KNOWLEDGE

- 1. Cuba
- 2. Victor Hugo
- 3. Cricket
- 4. Valentine's Day
- 5. The Caspian Sea is an enclosed inland body of water
- 6. Fruits, Vegetables, Protein Foods, Grains and Dairy
- 7. Margaret Thatcher
- 8. Agnes Grey
- 9. The Flag of China
- 10. Reproduction without fertilization
- 11. California
- 12. Death's Head Hawk-moth
- 13. March 14th (3.14)
- 14. Peter Gabriel
- 15. Vienna
- 16. North Atlantic
- 17. Georgia
- 18. One World Trade Center
- 19. James Joyce
- 20. The United States

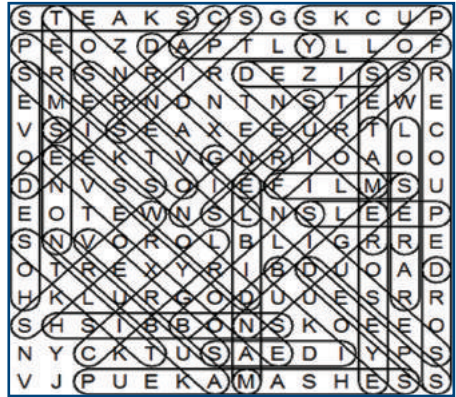
ACROSTIC

"The rifle and handgun are 'equalizers' - the weapons of a democracy. Tanks and bombers represent dictatorship." – Edward Abbey

BRAIN TEASERS

- 1. The person is a baseball player. The men are a catcher and an umpire.
- 2. Open the door with the lions. If they've not eaten in years, they're dead already.
- 3. The six friends are called John, Jack, James, Tuesday, Wednesday, and Thursday. John, Jack, James, and Tuesday cooked the mushrooms. Wednesday joined them and they ate the mushrooms. Thursday was the one to find them dead, so he is the survivor.
- 4. Choose the second barber. Since there are only two barbers, the chances are that they give each other haircuts. Also, probably the second barber's salon is dirtier because he has lots of work and does not have time to clean up properly.

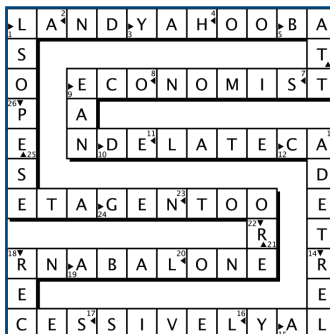
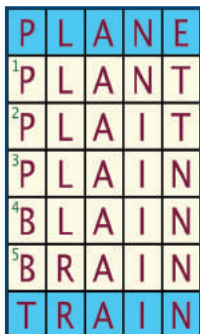
WORDSEARCH



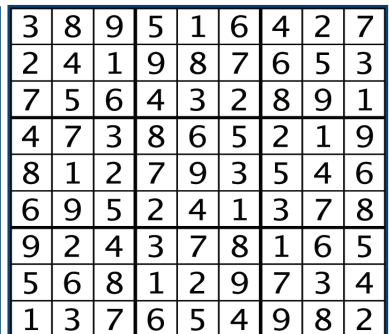
CROSSWORD



LADDERWORD SLITHERLINK



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## UAE girls power to glory in World Youth Jiu-Jitsu Championship

The future of adult women's Jiu-Jitsu in the UAE and beyond is in safe hands following some thrilling action at the recent Abu Dhabi World Youth Jiu-Jitsu Championships- the dedicated competition for local and international youth at the Abu Dhabi World Professional Jiu-Jitsu Championship 2019 (ADWPJJC).



Held under the His Highness Sheikh Mohamed bin Zayed Al Nahyan, Crown Prince of Abu Dhabi and Deputy Supreme Commander of the UAE Armed Forces, day two of the ADWPJJC 2019 saw hundreds of girls aged 10-17, contest 73 age, weight and belt categories at Mubadala Arena in Abu Dhabi - the global home of Jiu-Jitsu.

The 2019 championship has recorded tremendous growth on various levels, including the calibre of athletes. Registration in every category reached its capacity. This year's event saw a 12 percent increase in the number of black belts compared with 2018.

Jiu-jitsu heroes from the sport's traditional heartlands such as Brazil, UK, US and the UAE will be joined by athletes from 12 emerging countries including Saudi Arabia, Jordan, Russia, Kazakhstan and Angola .

The UAE won the girls' contest by claiming a huge 54,320 points, which included 17 gold, 29 silver and 59 bronze medals. Twenty-two victories by female youths from Ukraine ensured the country

finished second on 2,160 points with two gold, two silver and one bronze medal.

Australia finished third on 2,080 points with 15 wins resulting in one gold, two silver and three bronze medals.

The UAE's dominant girls received a further boost with a visit by H.H. Sheikh Mohammed bin Hamad Al Sharqi, Crown Prince of Fujairah, who was given a tour of the event by Abdulmunam Al Hashemi, Chairman of UAE Jiu-Jitsu Federation, President of Jiu-Jitsu Asian Union & Senior Vice President of Jiu-Jitsu International Federation.

H.H. Sheikh Mohammed also awarded medals to several winners, one of which was Nouf Khamis Al Balooshi, who won gold in the 63kg category for orange green belt Teens.

Among the VIPs watching the UAE girls take overall glory were Hussain bin Ibrahim Al Hammadi, Minister of Education; Mohammed Abdullah Al Junaidi, Head of Presidential Protocol, Ministry of Presidential Affairs; Maryam Eid Al Muhairi, Director General, Abu Dhabi Government Media Office; and Dr. Ali bin Tamim, Director General of Abu Dhabi Media Company.

# مزرعة الفجيرة



## Fujairah Farm



هاتف: ٢٤٤٥٢٦٠ (٠٩) فاكس: ٢٤٤٥٠٨١ (٠٩) ص.ب: ١١٦٣٦، دب. الفجيرة-إ.ع.م.

Tel: 09-2445260, Fax: 09--2445081, P.O. Box 11636, Dibba, Fujairah-U.A.E.

“It was the dream of my life so far to win a gold medal and I’m so proud and honoured to have been given my medal by His Highness Sheikh Mohammed bin Hamad bin Mohammed Al Sharqi – I feel this is an honour for the whole UAE.”

Al Balooshi’s medal was one of many as the UAE’s female youths produced powerful displays evoking the values of Jiu-Jitsu: tolerance, discipline, respect and determination. Amongst those demonstrating girl power was Shaikha Al Tamimi, 12 years, from Al Samha School, who took gold in the Junior, yellow belt, 75kg category.

“Winning the first place and the gold medal makes me feel like I was climbing a big mountain and I reached the top today, that was one of my ambitions. I did not expect to win and I’m so happy to get a gold medal I think my family will also be proud of me,” said Al Tamimi.

Hamdah Alkalbani, representing Abu Dhabi’s Al Wahda Club - Jiu-Jitsu Academy, was another Emirati youth to savour ultimate glory: “I am very happy to win first place and the gold medal,” said Alkalbani, 13 years. “I did not expect to win, but I have been training twice a day to be ready for this championship. I love Jiu-Jitsu so much, it teaches us persistence and respect - I encourage girls to join in this sport. I’d also like to thank my family who have been the biggest supporter for me.”

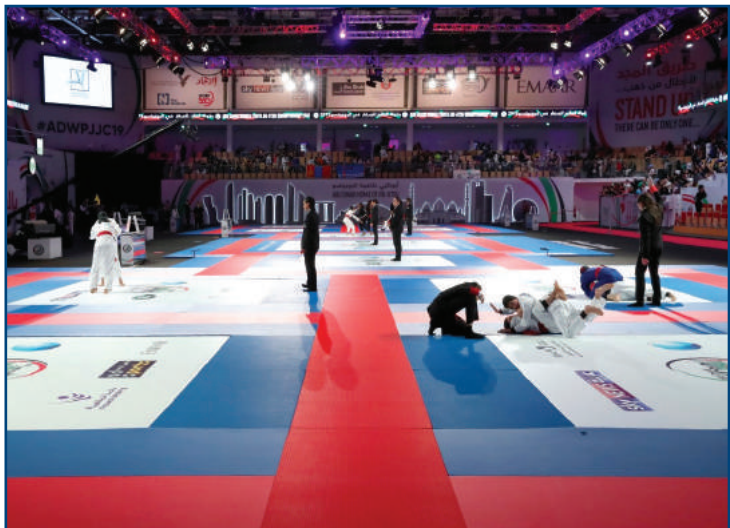
With high-intensity action on the mats underlined the growing popularity of Jiu-Jitsu amongst young females worldwide, Mr. Fahad Al Shamsi, Chief Executive Officer, UAE Jiu-Jitsu Federation, believes the UAE

girls’ medals tally show the extent of progress being made at grassroots level across the country.

“The quality of results achieved show our youth programmes are among the best in the world and how our young women are embracing Jiu-Jitsu’s core values. The quality and level of action on display today illustrates that the future is extremely bright for women’s Jiu-Jitsu in the UAE and around the world. It is an honour for us to provide an arena for the girls to compete and continue learning,” said Al Shamsi.

Following the girls’ competition, the second day of the Abu Dhabi World Youth Jiu-Jitsu Championship will see boys aged 10-17, holding grey, yellow, orange, green and blue belts compete in Infant, Junior, Teen and Juvenile categories. Action starts from 11am at the Mubadala Arena.

“The girls raised the bar to an all-new high today and we are confident the boys will follow suit in what is always one of the most hotly-contested categories of the entire week,” said Mohammed Hussein Al Marzooqi, Director of Marketing and Finance at the UAEJFF and Director of the ADWPJJC.



## Fujairah draw in Six-Goal Thrillers



Photos submitted by Nicole Lawlor

### Ittihad Kalba conceded two own-goals as they played out a dramatic 3-3 draw with Fujairah in matchweek 19 of the Arabian Gulf League.

Kalba got off on the wrong foot as they gave Fujairah an early 1-0 lead, thanks to Yaqoub Alblooshi's own goal. Alblooshi, who was trying to clear the ball, mistakenly slotted it past Kalba keeper Mohamed Albairaq for a 1-0 advantage.

The guests, however, equalized quickly as Balazs Dzsudzsak leveled things up on the 10-minute mark. The ball fell to the Hungarian midfielder following a defensive blunder and he fired a powerful strike from outside the box to make it 1-1. The excitement continued as Kalba took the lead 10 minutes later. Dzsudzsak's free-kick hit the woodwork before Tommy Reyes headed the rebound past Fujairah keeper Abdulla Altamimi.

The home side had a number of chances to level the scoreline but were denied by Albairaq as the Tigers took a 2-1 lead into halftime.

Fujairah equalized just before the one-hour mark through Fernando Gabriel. The Brazilian forward found Samuel Rosa's pass on the edge of the box, only to send a powerful strike into the left corner of the net. Kalba's struggles were compounded as they conceded another own goal in the 66th minute. The ball deflected off Kalba's Hamad Alhammadi into his side's own net to give Fujairah a 3-2 lead.

The Tigers, however, weren't deterred and continued fighting. They were able to level the scoreline once again with 18 minutes to go. Myke Ramos got his name into the scoresheet as he headed the ball off Dzsudzsak shot to make it 3-3.

Matchweek 20 of the Arabian Gulf League saw a strong start for Fujairah FC in the local derby at the Fujairah Stadium but a late penalty handed Dibba an important 2-1 win over Fujairah.

Matchweek 21 and again Fujairah FC came from behind to play out another 3-3 draw against Al Wasl at Fujairah Club Stadium.





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## Papantonis and Annivas - another successful season



**The seventh and deciding round of the NGK UAE Touring Car Championship (NGK UAE TCC) wrapped up the 2018-2019 season at Dubai Autodrome in March, ending with an awards ceremony later in the evening to crown the touring car champions for 2018-2019.**

Last season the Greek duo of Costas Papantonis and Alexandros Annivas of GP Global/Mouhritsa Racing shared the Class One spoils, but this season the keys of the Seat Leon Super Copa went to Annivas alone, who defended the title, but Papantonis took the new TCR Class crown, driving a TCR Cupra.

Fiercely competitive Costas Papantonis would like to see an increase of competitors on the grid in the next season. A challenge he would look forward to.

Recently Papantonis has said that he may return to Class One racing despite his disappointments of the previous season.

When asked about the lack of success of TCR in the Middle East, he bemoaned the lack of sponsorship needed for the complicated race cars. It drives investors into more affordable car racing as this class requires expensive experts to maintain the cars, added to which, parts have to be ordered from abroad which can take time.

He also added that the Middle East showed a preference for drag racing and Baja rallies ahead of TCR, despite TCR being extremely popular and successful worldwide.

The NGK UAE TCC trophies and prizes were given as part of the End of Season BBQ and Awards Night, which included awards handed out to the champions of Al Masood National Motorcycle Championship, Gulf Radical Cup, Dubai O Plate and Sodi World Series, as well as appreciation honours for safety and medical staff.

*The TCR class where Papantonis latest car is classified is currently the series where the World Touring Car Championship (WTCC) is based on. Apart for the WTCC there are International, Regional, National and Endurances championships worldwide.*

*After hard efforts, and thanks to our sponsors GP GLOBAL through IPOL Lubricants, we managed to bring the first TCR car in UAE and contributed to register the series in UAE on a National level with the hope that it will grow rapidly as in the rest of the world.*



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## Thousands of participants unite for 22nd Terry Fox Run on Abu Dhabi's corniche, raising millions for cancer research



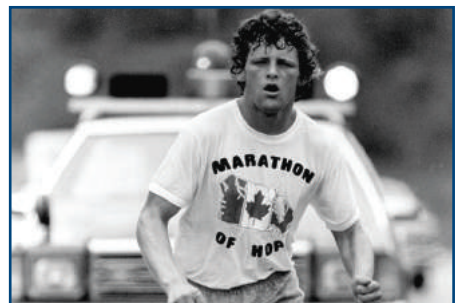
**Abu Dhabi's 22nd annual Terry Fox Run took over the capital's corniche on the morning of April 19th, where thousands of participants walked, ran and cycled to help fund cancer research projects across the Emirates.**

Held under the patronage of His Excellency Sheikh Sultan Bin Hamdan Al Nahyan, Advisor to His Highness the President of the UAE, the annual Abu Dhabi run has become the largest single-day fund-raiser for cancer research. Terry Fox's legacy continues to inspire thousands of people to come together in support of his mission.

"The Terry Fox Run gives everyone the opportunity to honour someone who has personally faced cancer, while making a difference in the lives of so many others. Yesterday we saw incredible enthusiasm from the community to do good, inspired by Terry and his lasting legacy," commented Fred Fox, Terry's brother and Manager of Supporter Relations at the Terry Fox Foundation. "The longevity of support in the UAE is a testament to the power of Terry's mission, and once again we say a wholehearted thank you

to everyone who participated, volunteered, and donated this year."

The Terry Fox Run honours the legacy of the young Canadian who lost his leg to cancer aged 18. While undergoing treatment, the passionate cross-country runner was struck by the suffering of other cancer patients, spurring him to take action by organizing a charity run across Canada – the Marathon of Hope – in 1980. Running from the east to the west coast to raise funds for cancer research, the feat was the start of a legacy that has continued long after Terry Fox passed away aged of 22. Every year since, thousands of supporters all over the world continue to keep Terry's dream alive.





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*All Translation Works English/ Arabic - Arabic/English incl. Legal - Official Documents* Online translation available. Contact 050-4313329 or [abuhumayoon@yahoo.com](mailto:abuhumayoon@yahoo.com)

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*With our directory we hope to serve both residents and tourists. If you have any categories you would like to include, please let us know. You can write to us at PO Box 3139, Fujairah or fax us on, 09 2241916 or simply send us an email to: fujobs@eim.ae.*

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Fujairah  
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M-09, Bushera Centre,  
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Gurfa, Fujairah  
09 2248113  
Mob 056-1395629

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10th floor, Coral Suites Hotel  
Hamad Bin Abdullah Rd,  
Fujairah  
09-2244788

Butterfliez  
Ground floor, Fujairah Tower  
09-2244464

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Hamad Bin Abdullah Road,  
Fujairah  
092236888

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09-2226502

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092224545  
0567078646  
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Opp. Choitram Supermarket  
09-2226211

Queens Ladies Salon  
Beside Safeer Market  
09-2226266

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Near Fujairah Medical Centre  
Faseel Rd, Fujairah  
09-2229066

Sarah Beauty Salon  
Al Basra Road  
Near White Village, Fujairah  
09-2233231

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Hamad Bin Abdulla Road  
Fujairah  
09-2034966  
050-7906083

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Al Diar Siji Hotel  
09-2014421

Siji Men's Salon  
Mezzanine floor,  
Al Diar Siji Hotel  
09-2014420

Synergy Healing Centre  
Opp Century Mall  
Fujairah  
09-2222778

The Beauty Salon  
1st floor, Radisson Blu Resort  
Fujairah  
Dibba – Fujairah  
09 2449700



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B1 Level, Fairmont Fujairah  
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09-223 9888

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Hamad Bin Abdullah Rd,  
Fujairah  
09-2244660

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Fujairah  
09-2232000

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09-2041111

Fortune Residence Hotel  
Apartments  
Al Fahim Street, Opp Ladies  
Park - Fujairah  
09-2244991

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Fujairah  
09-2238886

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09-2228111

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09-2445540

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Dibba Road - Fujairah  
09-2099999

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Murbah  
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## PHARMACIES

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09-2231540

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Indian/ Arabic  
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Al Amwaj Restaurant  
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09-2380191

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Near Safeer Rbt, Fujairah  
09-2227244

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Fujairah  
09-2229105

Al Bake Restaurant & Cafeteria  
Takeaways/ Delivery Service  
Al Ghorfa Road, Fujairah  
09-22373779  
Mob 050-4343279  
055-7530035

Al Diwan Restaurant  
International cuisine  
Al Diar Siji Hotel, Fujairah  
09-2232000

Al Khaleej Coffee Shop  
Park Road, Fujairah  
09-2224353

All Stir Fry  
Food Court, Level 1, Lulu Mall,  
Fujairah City, Fujairah

Mob 058-8664548  
Almahbash Alshaabi  
Restaurant  
Fahim Street, Fujairah  
09-2225445

Al Mabrook (Mabuhay)  
Restaurant  
Filipino Food  
Fahim Street, Fujairah  
09-2231372/2243686

Al Majalis Restaurant  
Shisha/Arabic/Moroccan  
City Tower Hotel  
Hamad Bin Abdullah Rd  
09-2236888

Al Majilis  
International Buffet/ A la Carte  
Miramar Hotel, Al Aqah, Fujairah  
09-2449994

Al Malaki Coffee Shop  
Wireless Playstation  
Fahim Road, Fujairah  
09-2249009

Al Melaka Al Kabira restaurant  
Filipino Food  
Al Matar Road (Airport Road)  
Fujairah  
09-2221617  
Mob 050-9065694

Al Meshwar Restaurant  
Lebanese cuisine  
16 Buildings Complex  
Hamad Bin Abdullah Rd,  
Fujairah 09-2231113

Al Nafoora Restaurant  
Continental/Oriental/ Italian  
Coral Suites Hotel  
Hamad Bin Abdullah Rd,  
Fujairah  
09-2244788

Al Nafoora Spring Restaurant  
King Faisal Road  
Al Faseel, Fujairah  
09-2224842/41

Al Narjan  
Cafeteria/Restaurant  
Al Fahim Street, Fujairah  
09-2223301

Al Nokhada Restaurant  
Arabic Seafood cuisine  
2nd floor, Radisson Blu Resort  
Dibba – Fujairah  
09-2449700

Al Rais Cafeteria  
Park Road, Fujairah  
09-223188/2227400  
Mob 050-3525799

Al Rihla Restaurant  
All day dinning Millennium Hotel  
Fujairah  
Haleefat Area, West Fujairah  
09-2012000

Al Roof Restaurant  
International  
Emirate Springs Hotel  
Hamad Bin Abdullah Rd,  
Fujairah  
09-2232922

Al Sawaqi Cafeteria  
Nadah Road, Fujairah  
09-2241881

Al Shamaa Cafeteria &  
Restaurant  
Al Fahim Street, Fujairah  
Mob 055-4580851

Al Shami Cafeteria & Rest  
Fujairah 09-2243404

Al Tarboush Restaurant  
Arabic Takeaways/ Delivery  
Hamad Bin Abdullah Rd,  
Fujairah  
09-2243399

Al Nokhada  
Al Qasar Al Afgani Bukhari Rice  
Opposite Ladies Park, Al  
Muntazah Street, Fahim Street,  
Fujairah  
09-2222410

Al Wahda Restaurant &  
Cafeteria  
Indian Cuisine  
Near Safer Shopping Mall  
Off Fahim Street  
09-2231786

Al Zaman Restaurant  
Sandwich/ Coffee/ Juice  
Park Road, Fujairah  
09-2242297

Angaar Restaurant  
Indian/Pakistani/Fast Food  
Pizza/Seafood/Vegetarian  
Hamad Bin Abdullah Rd,  
Fujairah  
09-2239741

Aquarius Pool Café  
Nour Arjaan by Rotana  
Hamad Bin Abdullah Rd,  
Fujairah  
09-2025555

Arous Al Bahar  
Lebanese/Takeaways  
Dallah Roundabout,  
Fujairah  
09-2227866, 2224580

Arteasan  
Tea Room  
Lobby Level, Fairmont Fujairah  
Beach Resort, Mina Al Fajer,  
Dibba, Fujairah  
09-2041111

Asmak Speciality Restaurant  
International cuisine  
Al Diar Siji Hotel  
Hamad Bin Abdullah Rd  
Fujairah  
09-2232000

Babylon Cafeteria  
Sandwich/ Breads/ Arabic  
Fujairah Trade Centre  
Hamad Bin Abdullah Rd  
Fujairah  
09-2222969

Baniyas Cafeteria  
Merashid Road,  
Fujairah  
09-2225562  
Mob 055-9110507

Belle View  
All day dinning - Concorde  
Hotel Fujairah  
Hamad Bin Abdullah Rd,  
Fujairah  
09-2249000

Bin Hafeer Cafeteria  
Sharwamas/sandwiches/juices  
Fujairah  
09-2236133  
Mob 050-5905100

Bon Appetit  
Continental/Indian/Italian/Arabic  
Mohammed Bin Mattar Road  
Fujairah  
09-2230066

Burger Lab  
Takeaway/Delivery  
Fujairah Trade Centre  
Fujairah 09-2222700

Breeze Restaurant  
All day dining buffet  
1st floor, Radisson Blu Resort  
Dibba – Fujairah  
09-2449700

Caesars Restaurants & Con-  
fectioneries  
Rostamani Building,  
Hamad Bin Abdullah Rd  
Nr Nissan Showroom, Fujairah  
09-2249900

Café Pronto  
European Bistro  
B3 Level, Fairmont Fujairah  
Beach Resort, Mina Al Fajer,  
Dibba, Fujairah  
09-2041111

Caliente Café  
European Cuisine  
G/F Fujairah Tower,  
Hamad Bin Abdullah Rd  
Fujairah  
09-2244700

Canvas  
International, All-Day-Dining  
with Live Cooking Stations  
B1 Level, Fairmont Fujairah  
Beach Resort  
Mina Al Fajer, Dibba, Fujairah  
09-2041111

Chowking  
Chinese -Takeaways/ Delivery  
Fujairah City Centre  
09-2235737

## RESTAURANT & CAFES

Copper Lobster  
Seafood & Gastro Bar  
Fairmont Fujairah Beach Resort,  
Mina Al Fajer, Dibba,  
09-2041111

Cream & Honey Cafe, Desserts  
Fujairah Trade Centre  
Hamad Bin Abdullah Rd,  
Fujairah  
09-2235500

Curry House  
Takeaways/ Delivery Service/  
Indian Delicacies  
Opp road to HSBC, Fujairah  
09-2244228

Deli-cious Café  
Sandwich/ Coffee/ Juice  
Fujairah Trade  
Centre  
09-2227678

Dibba Rock Restaurant  
Continental  
Royal Beach Hotel & Resort  
Al Faqeeet, Fujairah  
09-2449444

Dolci Paris  
International Cuisine  
Nr Lulu Hypermarket, Fujairah  
09-2237008

Dosa Hut Restaurant  
Indian/Free Home delivery  
Al Manama Hyper Market,  
Fujairah  
052-4377155

Drift Beach Bar & Grill  
InterContinental Hotel  
Al Aqah, Fujairah  
09 2099999  
Mob 0561610874

Eeva Cafeteria  
Park Road, Fujairah  
09-2226390

Family Restaurant  
Chinese, Arabic, Indian  
Mina Road, Fujairah  
Mob 050-6290292

Faseel Restaurant  
Multi cuisine  
Siji Hotel Apartments  
Al Nakheel Street, Fujairah  
09-2232222

Fatafeat Cafeteria  
Off Jamiya Road, Fujairah  
09-2238382

Felfela Cafeteria  
Park Road, Fujairah  
09-2239559  
Mob 055-2877622

Fortune Restaurant  
Indian/ Chinese  
Fortune Residence Apartment  
Hotel, Fujairah  
09-2244991

Freddy's Restobar  
Indian, Arabic, Continental,  
Chinese Cuisine  
Fortune Royal Hotel  
Ghorfa Road, Fujairah  
09-2238886

Fresh Express Restaurant &  
Catering  
Merashid/Rughalt Road  
Fujairah  
09-2237440  
Mob 055-9940500

Fujairah Star Restaurant  
Indian/Arabic  
Fujairah  
09-2225337

Garden Valley Restaurant  
Merashid/Rughalt Road  
Fujairah  
09-2221526

Gefsi Restaurant  
Moroccan/Arabic/Seafood  
Takeaways/Delivery  
Fujairah Corniche  
09-2233923

Golden Fork Restaurant  
Takeaways/ Delivery Service  
Hamad Bin Abdullah Rd,  
Khorfakkan Corniche  
09-2387085/2387092

Gonu Bar & Grill  
Fish/ Seafood/ Meat grill  
Beach front

Le Meridien Al Aqah,  
Fujairah  
09-2449000

Grand Bleu Restaurant  
Beachside, Ground floor,  
Radisson Blu Resort,  
Dibba - Fujairah  
09-2449700

Green Belt Restaurant  
Indian and Pakistani  
Cinema Road, Khorfakkan  
09-2383759  
Mob 052-2260941

Green Valley Restaurant  
Indian/Chinese  
Takeaways/ Delivery  
Hamad Bin Abdullah Rd,  
Fujairah  
09-2224929

Hadramout Mandi  
Yemenite Restaurant  
Gurfa Road, Fujairah  
09-2222988

Hanin Restaurant  
Filipino  
Fujairah  
09-2249394

Hardees Fast Food  
Hamad Bin Abdullah Rd,  
Fujairah  
600 569000

Hatam  
Iranian Restaurant/Takeaway  
Fujairah City Centre Mall  
Fujairah  
Mob 055-9567204  
09-2440540

Heatwave  
Pub/DJ  
Radisson Blu Resort Fujairah  
Dibba - Fujairah  
09-2449700

Horizon  
Lobby lounge & bar  
InterContinental Hotel  
Al Aqah, Fujairah  
09 2099999

IAMMAI  
Pool bar light bites - shisha  
B1 Level, Fairmont Fujairah  
Beach Resort, Mina Al Fajer,  
Dibba, Fujairah  
09-2041111

Iqbal Restaurant  
Takeaways/ Delivery Service  
Arabic/ Indian  
Salam Street, near old Etisalat  
09-2224969

Iran Restaurant & Bakery  
Takeaways/ Delivery Service  
Sheikh Zayed Rd,  
Fujairah 09-2223370

Irish Sports Corner  
Bar, Club, Finger Food  
Clifton Hotel,  
Hamad Bin Abdullah Rd,  
Fujairah  
09-2244788  
Mob 0559548335

Jabal Safad Cafeteria &  
Restaurant  
Takeaways/ Delivery Service,  
Arabic Food  
Ghorfa Fish Market  
09-2242088/2242055  
Mob 055-8289019

Jiddah Palace  
Restaurant  
Takeaways/ Delivery Service  
Opp road to HSBC,  
Fujairah 09-2233526

Joe's Sports Bar  
Royal M Hotel Fujairah  
Haleefat Area,  
West Fujairah 09-  
2012000

Karachi Darbar Restaurant  
Takeaways/ Delivery Service  
Opp. Cinema Plaza  
Mob 050-6498883

Kentucky Fried Chicken (KFC)  
Takeaways/Delivery Service/  
Hamad Bin Abdullah Rd,  
Fujairah  
600522252

Kairali Indian Restaurant  
City Tower Hotel  
Hamad Bin Abdullah Rd  
09-2236888

Lava Dining  
Casual Dining, Bar  
Fairmont Fujairah Beach Club,  
Mina Al Fajer, Dibba, Fujairah  
09-2041111

Lava Lounge  
American, Mexican, Japanese  
Building 3, 16 Buildings  
Hamad Bin Abdullah Rd  
Fujairah  
09-2364463

Layali Al Sham Restaurant  
Off Hamad Bin Abdullah Rd,  
Fujairah  
09-2237575  
Mob 050-1901700

Little White Restaurant  
Takeaways/ Delivery Service  
Emirates Trade Centre  
Sh Zayed Rd, Fujairah  
Mob 050-3936132

Lulu Restaurant & Cafeteria  
Fahim Street, Fujairah  
09-2221969/49

Luna Café  
Indian/Chinese/Arabic/ Western  
Al Dhiyafa Residence  
Sh Zayed Rd. Fujairah  
09-2221969

Mabuhay Restaurant  
Filipino Food  
Sh Zayed Rd, Fujairah  
09-2231372/ 2243686

Maharath Al Bahar Cafeteria  
Hamad bin Abdullah Rd  
Fujairah  
09-2226963  
Mob 050-7108083

Malabar Palace Restaurant  
Takeaways/ Delivery Service  
Fujairah  
Mob 050-2706897

Malik Indian Restaurant  
South & North Indian/Chinese  
Sheikh Zayed Bin Sultan Street,  
Fujairah  
09 2222783  
Mob 050 8852678

Mammone  
Italian food  
Iberotel Miramar Beach resort  
Al Aqah, Fujairah  
09-2449994

Manila Beats  
Filipino Club & Restaurant  
City Tower Hotel  
Hamad Bin Abdullah Rd  
09-2236888

Maxims Multicuisine Restaurant  
A la carte / International Buffet  
City Tower Hotel  
Hamad Bin Abdullah Rd  
09-2236888

McDonalds  
Takeaways / Eat in / Fast Food  
EPPCO Petrol Station  
Al Faseel Road (Beach Rd)  
Fujairah  
09-2281863

McGettigans Irish Bar  
Tennis & Country Club,  
Nr Fujairah City Centre  
09-2244880

Mistral Restaurant  
Middle Eastern and  
Mediterranean-inspired access  
to Fujairah Mall  
Millennium Hotel Fujairah  
09-2012000

Mozaique Restaurant  
International Buffet  
Fujairah Rotana Resort & Spa  
Al Aqah, Fujairah  
09-2449888

Modern Restaurant  
Arabic, Indian and Chinese  
Dhadna, Fujairah  
09 2445733/2445227  
Mob 058-9007071

## RESTAURANT & CAFES

Murjan Café & Restaurant  
Nour Arjaan by Rotana  
International cuisine  
Hamad Bin Abdullah Rd,  
Fujairah  
09-2025555

Nalukettu  
Indian/ Chinese  
City Plaza Hotel.  
Hamad Bin Abdullah Rd,  
Fujairah  
09-2223070

Nama Global Dining  
InterContinental Hotel  
Al Aqah, Fujairah  
09 2099999

New Damascus Restaurant  
Takeaways/ Delivery Service,  
Arabic food  
Gurfah Rd, Fujairah  
09-2222281

Namaste  
Nepalese Cuisine (Delivery)  
Off Hamad Bin Abdullah Rd,  
Fujairah  
09-2225227

New Bombay Seafood  
Restaurant now Dosas House  
Takeaways/ Delivery Service  
Seafood/Fish/Chicken  
Back Dubai Islamic Bank  
Off Hamad Bin Abdullah Rd,  
Fujairah  
09-2232997  
Mob 050-7464164

O'Learys Sports Restaurant  
American Style  
Fujairah Mall  
Sheikh Khalifa Bin Zayed Road  
Fujairah  
09-2235356

Opera Cafe  
International cuisine  
Fujairah Trade Centre  
Hamad Bin Abdullah Rd,  
Fujairah  
09-2222739

Oriental Restaurant  
Malaysian/Asian food  
Close to old Etisalat,  
Fujairah  
09-2221877

Panero Lobby Café  
Royal M Hotel  
Hamad Bin Abdullah Rd,  
Fujairah, Haleefat Area,  
09-2012000

Panino  
Lebanese  
Fahim Street, Fujairah  
09-2237772

Papa Johns  
Pizzas/Takeaway  
ENOC Gas Station,  
Fujairah  
Mob 050-9805046

Photo Cafe & Restaurant  
Al Hilal City  
Fujairah  
09-2225591

Pizza Express  
Pizza and Italian food  
Fujairah City Centre  
09-2236467

Pizza Hut  
Pizza/Italian food  
16 Buildings Complex  
Hamad Bin Abdullah Rd,  
Fujairah  
09-2243434

Pizza Inn  
Takeaways/ Delivery Service  
Fujairah Trade Centre  
09-2225557

Port Saeed Restaurant  
Takeaways/ Delivery Service  
Fujairah  
09-2241311

RC Pub  
Pub Grub/Chinese/Continental  
City Tower Hotel  
Hamad Bin Abdullah Rd  
09-2236888

Regal Restaurant  
Takeaways/ Delivery Service  
Sheikh Zayed Road, Fujairah  
09-2222756

RJJ's Restaurant & Bar  
German/Peruvian  
Fujairah Int'l Marine Club,  
Fujairah Corniche  
09-2220000  
Mob 050 6267100

Royal Rest. & Cafeteria  
Sandwich/Arabic  
Rugalat, Kalba Rd  
09-2226688

Ruqaq Alkhaleej Restaurant  
Meraschid/Rughalt Road  
Fujairah  
09-2232773  
Mob 055-5916388

Sadaf Restaurant  
Persian - Takeaways/ Delivery  
Beside Hilton, Corniche  
09-2233400

Safari Restaurant  
Continental  
Fujairah Beach Motel  
On Rdbt, Faseel Rd, Fujairah  
09-2228111

Sagar Restaurant  
Takeaways/ Delivery Service  
Park Rd, Fujairah  
09-2231411

Sajidha Cafeteria & Restaurant  
Indian and Chinese  
Quidfa, Fujairah  
09-2380046  
Mob 050-3900801

Salu Salo  
Takeaways/Delivery -Filipino  
Hamad Bin Abdullah Rd,  
Fujairah  
09-2233400

Samakino Seafood  
Concorde Hotel  
Hamad Bin Abdullah Rd,  
Fujairah  
09-2249000

Sana Chicken Restaurant  
Fried chicken/sandwiches  
Merashid/Rughalt Road  
Fujairah  
09-2233519/2233517

Sapore  
Italian food  
Le Meridien Al Aqah, Fujairah  
09-2449000

Sausiri Restaurant  
Sri Lankan  
Behind Al Rostamani Exchange  
Off Jamiya Road,  
09-2224060  
Mob 050-5192492

Sensasia  
Asian Fusion  
Miramar Hotel Al Aqah, Fujairah  
09-2449994

Shahzad Palace  
Iranian/Delivery Service  
Hamad Bin Abdullah Rd,  
Fujairah 09-2233877

Silver Spoon Restaurant &  
Cafeteria  
Ghorfa, Fujairah  
09-233484  
Mob 050-3241421

Special Tikka Restaurant  
Merashid Road, Rughalt,  
Fujairah 09-2220206

Shakespeare and Co  
Café Restaurant  
1st Floor, Century Mall Fujairah  
09-2234891

Swaad  
Indian food  
Le Meridien Al Aqah  
Al Aqah, Fujairah  
09-2449000

Subway  
Fresh Subs & Salads/Delivery  
EPPCO Petrol Station, Mina Rd  
055-6858250  
Fujairah City Centre  
09-2236657

Taj Mahal Restaurant  
Takeaways/ Delivery Service -

Indian, Chinese  
Khorfakkan  
09-2370040

Taj Spice  
Fujairah City Centre  
09-2236410

Tariq Popular Cook  
Arabic Food  
Murbah, Fujairah  
09-2381611

Taste  
Thai/ Asian Fusion  
Le Meridien Al Aqah  
Al Aqah, Fujairah  
09-2449000

The Bookstore  
Ground Floor Novotel Hotel  
Hamad Bin Abdullah Rd,  
Fujairah  
09-2034941

The Orangery  
Ground Floor  
Fujairah Tower  
Hamad Bin Abdullah Rd,  
Fujairah  
09-2222787

The Salad Bar  
Fujairah Trade Centre  
Hamad Bin Abdullah Rd,  
Fujairah  
09-2244244

The Salad Bar  
Sakamkam  
Fujairah General Trading Bldg

Thai Express  
EPPCO Gas Station  
Al Faseel Road, Fujairah  
09-2238129

Thalassery Restaurant  
Off Hamad Bin Abdullah Rd,  
Fujairah  
09-225223/2229224

Thamburu  
Indian/Continental  
California Suites Hotel,  
Back of Union Nat'l Bank  
Fujairah  
09-2222138

Tharavad Indian Restaurant  
Ground Level, Fortune Hotel  
Apartment, Opp Ladies Park  
Fahim Street,  
Fujairah 09-2244934/991

The Salad Bar  
Fujairah Trade Centre  
Hamad Bin Abdullah Rd,  
Fujairah  
09-2244244

The Terrace Restaurant  
Tiffin & Bites,  
Thumbay Hospital  
Sheikh Khalifa Bin Zayed Road,  
Fujairah  
09-2053855

Turkish House  
Jamiya Road,  
Fujairah 09-2233132

United Cafeteria Restaurant  
Takeaways/ Delivery Service  
Old Etisalat, Fujairah  
09-2225977

View Pool Bar  
Pool Bar  
Royal M Hotel  
Hamad Bin Abdullah Rd,  
Fujairah, Haleefat Area,  
09-2012000

Views  
International Buffet  
Le Meridien Al Aqah  
Al Aqah, Fujairah  
09-2449000

Waves Restaurant  
Fish/ Seafood/ Meat grill  
Fujairah Rotana Resort & Spa  
Al Aqah, Fujairah  
09-2449888

Zamarod Al Afghani Rice  
Bukhari Restaurant  
Pakistani, Afghan  
Off Hamad Bin Abdullah Rd,  
09-2233260  
Mob 050-6889367  
Mob 055-3488511

## EMERGENCY SERVICES

Ambulance	998/999
Fire Station	997
Police Station	999
Directory Enq	181

## OTHER SERVICES

Fujairah Hospital	09 2242999
Al Sharq Hospital	09 2249999
Thumbay Hospital	09 2244233
Airport Enquiries	09 2226222
Post Office	09 2222235
Cinema	09 2243100

**CLIMATE:** The sun shines year round but Oct. to March, the days are pleasant (26°C, nights 15°C) Summer is April to Sept. and temperatures peak around 50°C with high humidity. The sun can be fierce so heatstroke, heat exhaustion are always a risk. Sunglasses, hats, and high factor sun creams are essential, especially for children.

**DRESS:** As in many Arab/Muslim countries dress should be modest. Wearing revealing tops or shorts in public places is not advisable.

**CURRENCY:** The dirham (pronounced dir-ham) is the U.A.E. official currency. Dirham notes are in 5, 10, 20, 50, 100, 200, 500, and 1000 denominations. The dirham is divided into 100 fils. Coins are 1 dirham, 50, 25, 10 and 5 fils.

**Credit cards:** Major credit cards are widely accepted by car rental companies, the bigger stores, hotels and some restaurants, however you should carry some cash for general shopping and eating out at smaller establishments.

**Exchange:** There are no currency regulations and foreign currency of almost any denomination is readily exchanged in the UAE. The dirham is index linked to the US dollar. 1\$ = Dhs 3.68. The exchange centres are found throughout the UAE such as the UAE Exchange Centre, opening hours are from 8:30am right through to 9:30pm, 365 days a year. Banks: Most Banks open at 8:00 am and close at 1:00 except Mashreq Bank who open until 4:15pm. They are closed all day Friday and public holidays.

**SHOPPING/TIPPING:** Bargaining is expected, especially in souqs, where prices can drop dramatically. Tipping is common for most services but it is not obligatory.

## PUBLIC HOLIDAYS

Religious holidays are tied to the Islamic calendar and therefore dates vary. Friday is the Muslim holy day. Islamic Public Holidays are often not announced until a day or two before they occur:

(During the Holy Month restaurants and shops close during the day, and office hours during Ramadan are often reduced by two hours daily. The end of Ramadan is marked by Eid Al Fitr.)

1 Jan, Mon	New Year's Day 2019
3/4 Apr, Wed	Isra'a Wal Mi'raj
6 May, Mon	Beginning of Ramadan
4/6 Jun, Thur	Eid al-Fitr
11 Aug, Sun	Arafat Day
12/14 Aug, Tue/Wed	Eid al-Adha
30 Aug, Fri	Islamic New Year
9 Nov, Mon	Prophet's Birthday
30 Nov, Sat	Martyrs' Day
2/3 Dec, Mon/Tues	National Day*

\* (UAE National Day is celebrated with streets and buildings lit up and decorated across the Emirates and there are many special events and programmes over several days.)

## Fixed Holidays

Death of a minister or member of the royal family is usually marked by 3 days official mourning.

## WARDENS

### Britons

Virginia Valentine 050 4843470 – Warden

### Egyptians

Dr. R Housan 050 4909701

Egyptian Club 09-2223724

### Sweden

Capt. Ingemar Porathe 050 6457673

### Philippines

Mrs. Maria Theresa Bautista 050-5106170

### Sri Lankans

Mr. Tony De Costa 050 4551546

Mr. Rohan Ajith 050 6496133

Mr. Ajantha Ratnayaka 050 6707776

Mr. Mayawan Sivaselvam 050-4708816

### Indians

Dr. P. Abdulrahman 09 2243000

Mr. Hashim 050 4842942 / 09 2221155

Mr. Manaf 050-4891782

Email: [isfuj@emirates.net.ae](mailto:isfuj@emirates.net.ae)



## Map & Motoring Distances between main cities in the UAE



Fujairah to Abu Dhabi corniche  
256 kilometres via Sheikh Khalifa Bin Zayed Rd, Maleha Road aka Sharjah /Kalba Road, E611 and Yas Island, approx 2 hour 28 minutes.

Fujairah to Ajman  
117 kilometres via Sheikh Khalifa Bin Zayed Rd, Maleha Road aka Sharjah /Kalba Road, turn direction eastwards onto E611 and take the ramp onto E88 approx 1 hour 14 minutes

Fujairah to Al Ain  
228 kilometres via Sheikh Khalifa Bin Zayed Rd, through Maleha village, Madam roundabout and E55, approx 1 hour 58 minutes

Fujairah to Dibba and Musandam  
68 kilometres via Khorfakkan/Al Aqah coast road, E99, approx 1 hour 13 minutes

Fujairah to Dubai (Burj Khalifa/Dubai Mall)  
124 kilometres via Sheikh Khalifa Bin Zayed Rd, Maleha Road aka Sharjah /Kalba Road, turn direction westwards E611, approx 1 hour 19 minutes

Fujairah to Hatta  
65 Kilometres through Kalba, through Kalba Tunnel and onto E102, approx 1 hour 11 minutes

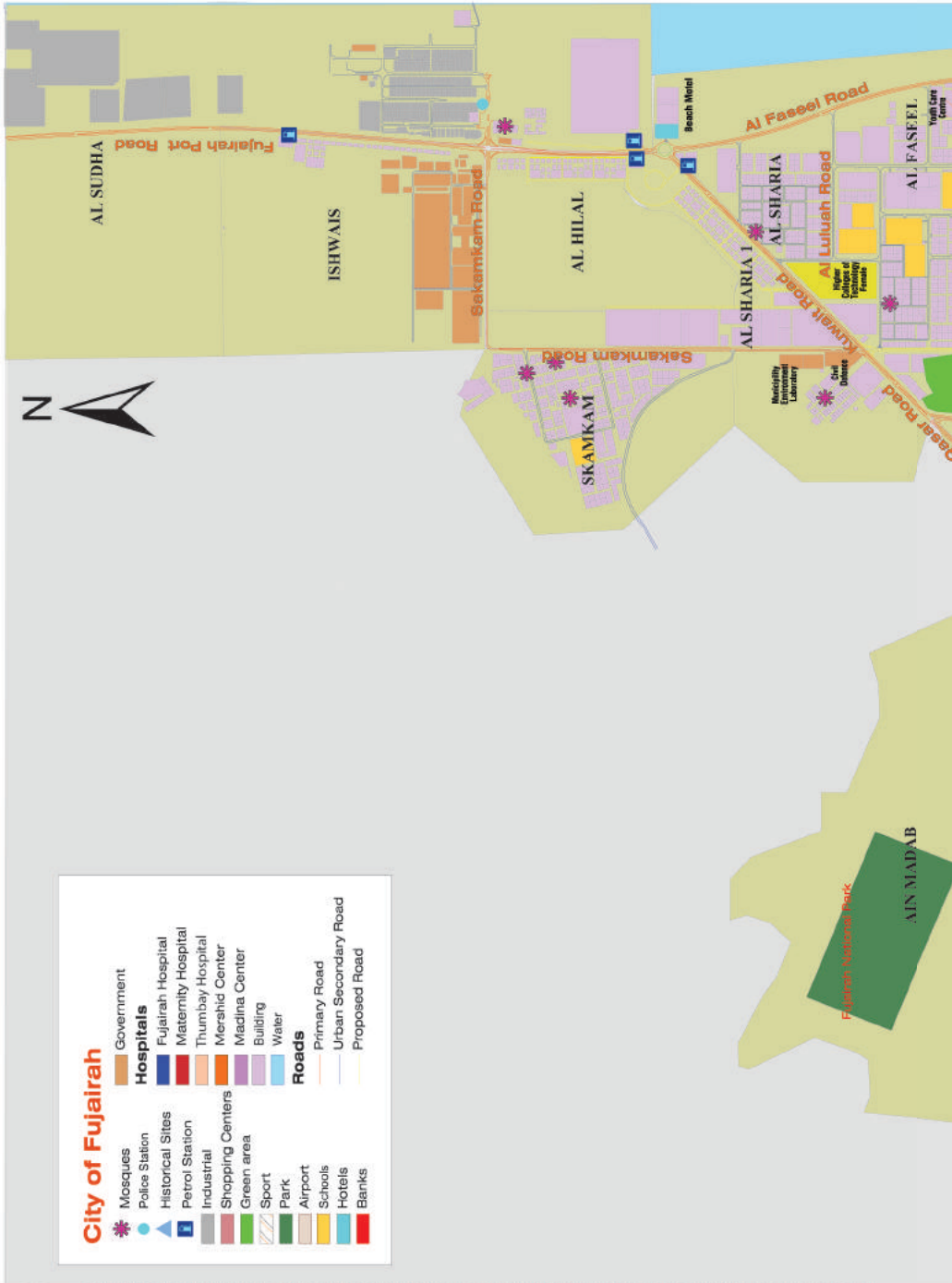
Fujairah to Oman border (Kalba)  
18 Kilometres through Kalba on Egg till Oman border crossing approx 22 minutes. On entering Oman it is a straight road to Muscat - 3 hours 16 minutes.

Fujairah to Ras Al Khaimah  
111 kilometres via Masafi, turn onto E88 then left onto E18, approx 1 hour 40 minutes

Fujairah to Sharjah (King Faisal St)  
115 kilometres via Sheikh Khalifa Bin Zayed Rd, Maleha Road aka Sharjah /Kalba Road approx. 1 hour 23 minutes.

Fujairah to Umm Al Quwain  
114 kilometres via Masafi, turn onto E88 then left onto E55 approx. 1 hour 35 minutes.

**Speed limits are strict! Built-up areas 60– 80 kph and 100–120 kph for cars on the open road.**



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## Blue Planet Journal - Brook and Gaurav Bhagat

### Taurus (April 20 - May 20)

At your law-breaking cousin's arraignment hearing, his attorney fails to get him released on his own recognizance. In a gesture of familial support, you offer your recognizance instead, and the judge is surprisingly receptive. Now your cousin owes you big time; begin planning how you'll collect on that debt!

### Gemini (May 21 - June 20)

Like many people, you hesitate to eat things you cannot identify. This month, you begin a regimen of multivitamins after recognizing that you've become malnourished since you began puzzling over the enigma of what a pot-luck's "covered dishes" become once the covers are removed.

### Cancer (June 21 - July 22)

At the big family reunion this month, you finally get to meet your grandfather on your mother's side, but your conversation is cut short when she brushes him off because her ribs are ticklish.

### Leo (July 23 - August 22)

This month you're finally able to relinquish your long-cherished but futile hope that your old i-Pod shuffle would bring riches on eBay. You take it to recycling, but for old time's sake save those sweet earbuds with their waxy patina.

### Virgo (August 23 - September 22)

Be kind to yourself this month, as you recover from the shock and disillusionment of realizing that the Man in the Moon is really just an Adolescent Boy in the Moon. Which actually explains a lot.

### Libra (September 22 - October 22)

Make time to study the continuously blinking turn indicator on that car ahead to discern its message. No, it's not Morse code; that would be too simplistic. But with keen attention to its rhythm, you might find the key to unlock The Secret – or at least finally resolve the question of whether the newly mounted toilet paper roll should go over or under.

### Scorpio (October 23 - November 21)

You're perplexed when you notice the dispenser of hand sanitizer on your desk is not where you left it. It's moved ever so slightly. You chastise your co-workers, telling them to get their own. But when

you lift it to move it back you notice the horde of glaring, wriggling, highly motivated microbes gathered beneath it – and they are angry.

### Sagittarius (November 22 - December 21)

After years of searching for the career path that will satisfy your longing to fulfill your potential and bring a sense of purpose to your life, a late-night date with Youtube brings your true destiny to light. Inspired, you take a loan and enroll in medical school to pursue your dream of being a surgeon specializing in face-swapology. Good luck!

### Capricorn (December 22 - January 20)

Have you ever seen a baby sneeze for the very first time? The mixture of relief, surprise, and concern on that little snot-covered face? Well, you are privileged to witness it this month when you go to meet your sister's newborn. Upon returning home, you begin stockpiling black pepper, hoping to recapture that wonder for yourself. Your addictive personality gets the best of you and you have to admit that you're powerless over sneezing, your life has become unmanageable, and you need to begin going to 12-step meetings.

### Aquarius (January 21 - February 18)

After holding out as long as you could, you finally cave and file for disability benefits because of your worsening Restless Legs Syndrome. Riding your bicycle has become hazardous, and at this point you're really just annoying the other players on your indoor soccer team.

### Pisces (February 19 - March 20)

You reach new depths of intimacy with your friends by finding out whether, upon hearing the word "shingles," they think of roofing materials or the varicella virus. For those who make the cut, you ask a follow up question about "spam": email marketing effort or canned processed meat? Personality is always revealed in the details.

### Aries (March 21 - April 19)

With spring's arrival, you renew your appreciation for the beauty and wonder of nature, but your enraged spouse files for divorce when you persist in photographing the way the thigh-high weeds in the backyard reflect the waning light rather than just pulling them.