

# Fujairah bserver

Summer 2020



Photo by Dr. Michèle Ziolkowski



## 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.

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Ruler sends a letter to the nursing staff in Fujairah

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Dear Readers,

*These are unprecedented times has impacted almost every facet of our lives but we as a community will come out the other side. We will each deal with the changes differently but we this pandemic has touched us all in some way.*

*This is the most isolating thing most of us has ever experience but ironically, it is also the most collective experience most of us will ever had in our lifetimes.*

*We must prepare ourselves for the future and what it brings and learn from this dreadful pandemic.*

*This summer issue has a few more pages, with interviews, features and more puzzles for you to enjoy throughout the summer.*



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

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## Hamad Al-Sharqi sends a letter signed on behalf of His Highness to the nursing staff in Fujairah

His Highness Sheikh Hamad bin Mohammed Al-Sharqi, a member of the Supreme Council, the Ruler of Fujairah, sent a letter signed on behalf of His Highness to the nurses in the Emirate of Fujairah on the occasion of Zayed Day of Humanitarian Action, which coincides with the International Nursing Day, in which he thanked the medical staff and the nurses for their great efforts as a first line of defense against the global pandemic and the Epidemic of Covid-19, praising their efforts and stressing the good they are doing as they stand in the face of this disease, which now prevails in the world.



"The world will see better days hopefully thanks to your support and continuity of your creative and humanitarian work, and your efforts are welcomed and loved by the leadership and people of the UAE," His Highness said in the message received by the nurses' staff. Expressing His great appreciation for this unlimited giving, which represents a continuation of the approach of the late Sheikh Zayed bin Sultan Al-Nahyan, the good will of God and a dedication to the culture of good work, which has become a culture of society and a road map in the United Arab Emirates.



## Armed Forces' Unification Day a milestone in UAE's exceptional march: Fujairah Ruler



**H.H. Sheikh Hamad bin Mohammed Al Sharqi, Supreme Council Member and Ruler of Fujairah, has said that the nation's Union is solid and powerful, thanks to the sacrifices of its Armed Forces, "who are our frontline defenders and our source of strength that safeguards our gains and capabilities."**

In a statement to 'Nation Shield', the UAE's military journal, marking the 44th anniversary of the, which was celebrated on 6th May, Sheikh Hamad said, "With pride and honour, we celebrate this occasion, which is a milestone in the exceptional march of our homeland."

Sheikh Hamad said that 6th May 1976, embodied "the insight and profound vision of the Founding Fathers and Rulers of the Emirates, who laid the basic pillars for the prosperity of the Union and its noble national values, which are making its citizens the goal of all its development plans and strategies, and making the achievement of happiness in society a top priority."

The Fujairah Ruler noted that thanks to these forward-looking visions, the UAE has excelled globally in all fields.

"On this cherished occasion, I would like to convey my deepest congratulations to President His Highness Sheikh Khalifa bin Zayed Al Nahyan, His Highness Sheikh Mohammed bin Rashid Al Maktoum, the Vice President, Prime Minister and Ruler of Dubai, His Highness Sheikh Mohamed bin Zayed Al Nahyan, Crown Prince of Abu Dhabi and

Deputy Supreme Commander of the UAE Armed Forces, Their Highnesses the Supreme Council Members and the Rulers of the Emirates, and the UAE people."

He also expressed his appreciation to the achievements of "our brave UAE soldiers and Armed Forces who spare no effort to keep our homeland safe."

His Highness added, "We salute our gallant sons and brothers of the UAE Armed Forces who are sacrificing their lives, and we also solemnly remember the nation's martyrs who gave their lives for our national unity, defending the land, and preserving legitimacy and peace in the region. They will remain alive in the memory of the homeland."

Sheikh Hamad concluded by saying, "On this glorious occasion, we renew our loyalty to the homeland and the UAE Armed Forces. We pledge to continue the path of development and prosperity under the leadership of President His Highness Sheikh Khalifa to strengthen the UAE's status globally."



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## Crown Prince Fujairah: Our armed forces are a key component in nation-building

**H.H. Sheikh Mohammed bin Hamad bin Mohammed Al-Sharqi, Crown Prince of Fujairah confirmed that our armed forces are the symbol of loyalty, giving and belonging to the union, which was laid down by the founding leader of his fort, Sheikh Zayed bin Sultan Al Nahyan, under one flag, and one leadership.**

He added - in a speech addressed by His Highness through the "National Shield Magazine" on the occasion of the "44th anniversary" of the unification of the armed forces, which coincides on the 6th of May each year - that the rational leadership realized the importance of establishing a highly qualified national army, developing it and raising its readiness to defend the nation and the people to be a source of comfort and an essential component in the building of the state.

The following is the text of the speech: "Today we celebrate the unification of our armed forces, which is a symbol of loyalty, giving and belonging to the Union, which was laid down by the late founding leader Sheikh Zayed bin Sultan Al Nahyan, God bless him, under one flag, and one leadership.

Our wise leadership has recognized the importance of establishing a highly efficient national army, moving forward in its development, and raising its readiness to defend the nation and the people, to be a source of comfort and an essential component in nation-building, especially since its establishment, in parallel with the development process taking place in the United Arab Emirates, in all areas of life.

Our armed forces have reached a high level in readiness, because they possess the best military equipment and high morale, organization and reach the highest levels of professionalism, to defend the homeland, what our brave soldiers are doing, in honorable tournaments, full of noble humanitarian missions, and stand by the right



And instill stability in the region, manifested by their participation in peacekeeping operations, restoring hope, ending conflicts and giving a helping hand to the people, and this is clear evidence of the cohesion of the people of the Emirates with their wise leadership.

At the end, We raise the highest signs of congratulations to His Highness Sheikh Khalifa bin Zayed Al Nahyan, Head of State, Supreme Commander of the Armed Forces, "May God bless him", His Highness Sheikh Mohammed bin Rashid Al Maktoum, Vice-President of the Uae, Ruler of Dubai, "God bless" and His Highness Sheikh Mohammed bin Zayed Al Nahyan, Crown Prince of Abu Dhabi, Deputy Commander-in-Chief of the Armed Forces and their Fellow Sheikh Members of the Supreme Council of the Uae, The Rulers of the UAE and members of the Armed Forces.

## Mohamed bin Zayed inspects Emirates Field Hospital



**His Highness Sheikh Mohamed bin Zayed Al Nahyan, Crown Prince of Abu Dhabi and Deputy Supreme Commander of the UAE Armed Forces, inspected the Emirates Field Hospital for COVID-19 Patients in Mohamed bin Zayed City in Abu Dhabi, which has a capacity for 1,200 beds and is being run by 46 doctors and medics in addition to 155 nurses.**

H.H. Sheikh Mohamed was briefed on the medical provisions in place as part of the UAE's precautionary measures against COVID-19 and said, "We will get through this crisis, together with our frontline's relentless efforts and determination."

"It is centrally important for our people and residents to comply with the preventive measures so that we can see the number of infections getting down. I am positive that they understand this and will comply," he added.

Sheikh Mohamed was accompanied by H.H. Sheikh Khalid bin Mohamed bin Zayed Al Nahyan, Chairman of Abu Dhabi Executive Office, Member of the Executive Council, Sheikh Abdulla Bin Mohamed Al Hamed, the Chairman of the Department of Health in the Emirate of Abu Dhabi, and Mohamed Mubarak Al Mazrouei, Undersecretary of the Abu Dhabi Crown Prince Court.

He was briefed Salem Al Nuaimi, Board Chairman of the Abu Dhabi Health Services Authority, (SEHA) on the facilities of the field hospital which sprawls over 29,000 square metres, including 24 areas for nursing services, clinics, laboratory, standing and mobile pharmacies, medical stores and administrative areas for staffs and a zone for wireless Internet services.

Sheikh Mohamed emphasised the UAE leadership's determination to continue to consolidate the healthcare system and ensure its readiness to address all current and future emergencies, noting that the field hospital is a valuable addition to the government and private hospitals as well specialised medical centres

operating in the country and which, he said, are all providing advanced healthcare services in line with best international standards.

“The State will spare no effort to ensure public health and safety, which will remain a top priority for the UAE leadership,” he added.

The field hospital in Mohamed bin Zayed City is one of three hospitals established by SEHA. The second one is located in ADNEC while the third lies in Dubai Parks and Resorts, with the combined capacity of the three hospitals amounting to 3400 patients.

Sheikh Abdulla Bin Mohamed Al Hamed, the Chairman of the Department of Health in the Emirate of Abu Dhabi, hailed the support



provided by Sheikh Mohamed for the national efforts being made at the country level to ensure public health and safety, expressing confidence that the existing operating hospitals will meet the future requirements of the UAE in line with best international practices.



## Over 2 million COVID-19 tests conducted, 822 new cases identified



**The UAE Government has announced that the number of COVID-19 tests has broken the two million mark, reaching 2,044,493 screenings as part of the national plan to intensify coronavirus detection.**

Speaking at the UAE's regular media briefing on Monday 26th May, Dr. Abdul Rahman bin Mohammad bin Nasser Al Owais, Minister of Health and Prevention, attributed the success in conducting such a large number of tests to the tireless efforts of dedicated medical teams.

"We are adopting a proactive approach to stem the virus' spread in the country. We are now at a critical juncture that requires individual responsibility; we all must honor our responsibility to society and stand alongside our first line of defence and our leadership to survive the crisis," he continued.

For her part, Dr. Amna Al Dahak Al Shamsi, official spokesperson for the UAE Government, said an additional 41,202 tests have been conducted using state-of-the-art medical testing methods.

"As part of its intensified testing campaign, the Ministry of Health and Prevention detected 822 new coronavirus cases, bringing the total number of cases in the UAE to 30,307.

She announced three deaths due to COVID-19 complications, taking the total number of deaths to 248 and expressed her sincere condolences to the families of the deceased and wished current COVID-19 patients a speedy and full recovery.

She also noted an additional 601 individuals have fully recovered from the virus, bringing the number of recoveries to 15,657. "A total of 14,402 patients from different nationalities are currently receiving the necessary treatment," she added.

"Eid al-Fitr comes amid unusual circumstances this year that require full compliance with the precautionary measures taken at the national level to curb the pandemic, including physical distancing norms to ensure our safety and the protection of all around us. Eid al-Fitr this year is completely different; all families have to stay home and steer clear of harm by avoiding gatherings and physical visits. Doctors have to report physically to their hospitals and attend to their patients; volunteers have to be in the field, forging ahead with their successful efforts and exemplary dedication," she continued.

"It is a different occasion for those under quarantine who have to stay away from their loved ones; it is a different occasion for paramedics, nurses, and disinfection squads, as well as all those belonging to our first line of defence. We stand by them all and pray to Allah Almighty that we all can weather this crisis and gather together again with our families and loved ones very soon."

She added that the current circumstances triggered by the COVID-19 pandemic have created "a new reality for all of us, including for members of the same family; a new reality that requires a new way of thinking to invest our time in a different way, to re-consider our old habits and customs in a way that further strengthens our bonds."

Al Shamsi concluded by calling upon everyone who knows any of the country's frontline health workers to "call and congratulate him or her on Eid al-Fitr and thank them all on our behalf for their tireless efforts and dedication under the current exceptional circumstances."

## Beauty salons shut down for flouting coronavirus safety rules



**Three beauty salons have been shut down by the civic body in Dibba Al Fujairah for not complying with the mandatory preventive measures to contain the Covid-19 pandemic.**

Hassan Salem Al Yamahi, director-general of Dibba Al Fujairah Municipality, said the inspection teams caught the three beauty salons flouting the guidelines during surprise raids.

“These salons did not observe the rules of physical distancing, while some of their staff were not wearing masks and hand gloves.”

Earlier, the municipality distributed a number of circulars to all establishments and outlets to curb any potential infection or transmission of Covid-19, he added.

“Some outlets turn deaf ears to repeated circulars posing a risk to public safety and health.”

Staff inspectors also ordered closure of three pharmacies for exploiting customers and unreasonably increasing the price of hand sanitisers.

Erring institutions shall be penalised and dealt with zero tolerance, he warned.

“More inspection campaigns will be carried out round-the-clock to ensure adherence to prescribed rules and preventive measures.”

Al Yamahi asked the public to report violations to the civic body to stop illegal practices and take legal action against the violators.

**“The Fujairah Municipality emergency number is 092443399 and can be reached 24X7.”**

Complaints can also be reported to the call centre on toll free number 80036. You may report complaints via the municipality app ‘smartFUJAIRAH’ as well.

## Toastmasters Area 47 Annual Speech Contest



Winner of Evaluation Contest Winner - TM Mahar Mohammed  
First Runner Up - TM Naveen Frank, Second Runner Up - TM Sameera



Winner of Table Topic Contest, Winner - TM Mahar Mohammed,  
First Runner Up - TM Sameera, Second Runner Up - TM Ben Thomas



**Winner of Humorous Speech Contest, Winner - TM Naveen Frank,  
First Runner up - TM Abdul Raheem, Second Runner up TM Nitin Mehra**



**Winner of International Speech Contest, Winner - TM Hari Pratap,  
First Runner Up - TM Naveen Frank, Second Runner Up - TM Sameera**

## Study spotlights Fujairah's ancient settlements



**A major new study of the UAE's East Coast towns and villages, concentrating on those in the Emirate of Fujairah, has been published. It suggests that numerous archaeological sites from both the Islamic and the pre-Islamic periods lie unrecognised under large mounds of earth inside the local date palm gardens.**

The study, by Australian-Emirati archaeologist Dr. Michele Ziolkowski, "Fujairah's Date Palm Gardens: A Preliminary Survey", is published by the Crown Prince of Fujairah, H.H. Sheikh Mohammed bin Hamad Al Sharqi.

During survey work covering several years, Dr. Ziolkowski studied date palm gardens in Fujairah City and the Emirate's other coastal towns and villages, as well examining gardens in other East Coast towns belonging to Sharjah and some nearby villages in Oman.

"Throughout the book," Crown Prince Sheikh Mohammed bin Hamad writes in a Foreword, "the archaeological evidence is interwoven with historical and ethnographic data to provide a detailed picture of the settlements which have existed for centuries in the palm gardens of the coastal towns and villages of Fujairah. Indeed, it appears that this type of settlement may have existed over a much longer period – offering an interesting insight into the way of life of our ancestors."

"This study demonstrates, yet again, that there is still much to be discovered and studied about our history," Crown Prince Sheikh Mohammed says. "As the Emirate of Fujairah, in company with the rest of the United Arab Emirates, moves forward in terms of its modern development, it becomes increasingly important that we do not lose sight of our past heritage and history."

The focus of Ziolkowski's work was on large earth mounds in the gardens which had formerly been interpreted as 'clearance mounds', piles of earth resulting from the digging out of the gardens. On

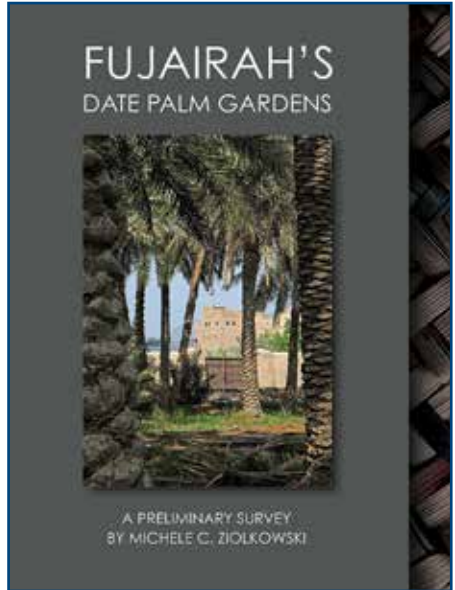


the surface of many of the mounds, she found fragments of pottery dating as far back as the Bronze Age 'Wadi Suq' period, from around 2,000 BC to 1200 BC. In some, evidence of walls could be identified, while others had Islamic-period graves. Many also had pottery from Iron Age and the Islamic period.

Excavations undertaken at a similar mound in Kalba, Sharjah, several years ago uncovered evidence of Bronze Age and Iron Age occupation, which was not visible on the surface.

Many of the mounds, Ziolkowski suggests, are not "the result of clearing soil for use in agriculture or other purposes but depict a way of life which reflects, to a certain extent, continuity in settlement patterns." The study, she states, "greatly increases our understanding of the Fujairah mounds and reinforces their historical and cultural value to the UAE."

*Images supplied: Dr. Michele Ziolkowski*





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## UAE's '10 million meals' campaign



**More than 300,000 meals are being distributed on a daily basis by the Mohammed bin Rashid Al Maktoum Global Initiatives (MBRGI) during Ramadan, part of a wider effort to encourage volunteerism in Dubai and the UAE, according to a senior official from the UAE Ministry of Cabinet Affairs and the Future.**

The MBRGI set up the 'World's Tallest Donation Box' at the Burj Khalifa, which secured 1.2 million meals for low-income families and individuals affected by the Covid-19 pandemic.

Transformed into a donation box, the Burj Khalifa lit up the 1.2 million lights after donations poured from individuals and companies to complete the target.

According to Khaled Al Shehhi, the executive director of production and digital communications sector at the public diplomacy of the UAE Ministry of Cabinet Affairs and the Future, said that "the initiative allowed donors to see the direct impact of their contributions through the lights that

shine on the world's tallest building, which symbolizes the rays of hope their acts of giving bring to people's lives at the time."

The 'beauty' of the initiative, Al Shehhi said, was that volunteers could "donate with a click of a button and within the comfort of their own homes."

Similarly, the MBRGI's '10 million meals' campaign involves a 'large-scale logistical' network of government entities, humanitarian organisations and transport services to reach its targets.

"The food distribution mechanism involves many partnering entities, with assigned roles, to implement the campaign on ground effectively throughout the holy month of Ramadan," he said. "An average of 300,000 meals are distributed daily."

There are currently over 30 entities and initiatives that work with MBRGI in five broad pillars: humanitarian aid and relief, healthcare and disease control, spreading education and knowledge, innovation and entrepreneurship and empowering communities.

"At MBRGI, we are primarily devoted to devoting lives and supporting vulnerable and disadvantaged communities across the world, irrespective of color, race or religion," Al Shehhi said. "Our initiatives and entities focus on empowering people to drive positive change within their communities."

## ADECA: How to help your children thrive with remote schooling

**As a result of the current situation, families are facing extended periods of social distancing. To help families enjoy their time together, Abu Dhabi Early Childhood Authority offers parents guidance on how to help their children thrive at remote schooling and tips on how to engage children effectively.**

There is a huge difference between elective 'homeschooling' and adapting to it very unexpectedly, but there many ways families can balance multiple children's workloads whilst considering each child's individual needs and keeping on top of learning schedules. During this time, it is important to recognise that this is an abnormal situation to be in, so be kind to yourself and look at the positives in every situation.

### Talk about it

Children easily pick up on conversations and uncertainty parents might be experiencing. As a result, this can lead to changes in a child's behaviour, schooling and overall wellbeing. It is important to regulate the content that is seen on the news and discussed during phone conversations with friends and family.

Try to take those conversations away from children to help reduce unnecessary worry. Talk to children about any fears or worries they might have and validate their feelings by addressing any questions that come up. During this time especially, it is important to create an honest and calm space for children to address concerns.

### Try to stick to a routine

Before any routine, it is important to take a step back and consider how easy it will be to stick to. Keeping a normal consistent routine for young children can be a stress reliever. To ensure a sense of normality for children, plan a routine that mimics a normal day at school or nursery by incorporating playtime, arts and crafts, fun activities that involve other family members and reading. When planning a schedule, it is important

to remember that things do not always go to plan, so try not to live by the clock and be flexible to adapt to changes when needed.



- An example of a routine for a toddler:
- 7am – Ensure children wake up at the same time each day
- 7.30am – Breakfast
- 8am – Teeth brushed, get dressed
- 8.30am – Playtime, fun planned active activity for balance and coordination



- 10.30am – Healthy morning snack
- 11am – Messy play (painting, crafts, getting creative)
- 12pm – Healthy lunch
- 12.30pm – Naptime
- 2.30pm – Healthy afternoon snack
- 3pm – Music time
- 6pm – Bath time, teeth brushed
- 6.30pm - Storytime
- 7pm – Bedtime (sticking to bedtime routines can help reduce bedtime battles, and help toddlers fall asleep easier and stay asleep for longer periods)



**What if my child falls behind?**

Planning is a blessing for many parents, and setting and sticking to short term, realistic and achievable goals creates a calmer household. At the same time, it is important not to get overwhelmed by the thought that your child may fall behind. You can do some trials and ask an expert to find the right balance and the suitable environment that will improve you child’s skills.

If your child is not adapting to a set period of online learning, then adapt to spreading the work little and often across the day. It is important to recognise that this period is also a huge transition for children to adapt to as well. Children may also be facing anxieties, so it is important to not add to them by setting overly high expectations during this abnormal situation.

*Tips for working parents home-schooling their children:*

Do as much housework as possible before children wake up

Planning meals at the weekend for the week ahead and prepping as much as possible helps alleviate meal stress and tantrums which will hurt your health and the people around you.

Talk to the children about the need for their support and discuss the weekly plans with them to get everyone involved and on board before the week begins

Have a schedule for the week where children and family members can video call friends and family, giving everyone something to look forward to

Take some time after putting the kids to bed to prepare for their learning the next day and reduce the stress of trying to find the required resources and documents just before lessons

If the week is not going to plan, be prepared to adapt the working schedule around the children and if need be, catch up at a time when things have calmed down, or in the evening

Advise children in advance of important work calls so that everyone can respect the need to be quiet during this time

Children represent the future. Encourage, support and guide them.



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## Lockdown Stories

**We asked our readers how the lockdown has changed their life? Do they have a story to share? If you have a story about how your life has changed – whether big or small, funny or sad – we want to hear from you. Away from the hospital wards and empty streets, this pandemic has changed our day-to-day lives and how we relate to one another in ways we could never have anticipated. We want you to tell these stories. We want to document how our changing world is affecting our personal lives: our homes, our relationships and our inner selves.**



**Maheen Zeeshan shares...**

The affects of lockdown will haunt us forever!

Not only the scare of this life threatening virus has restricted our lives it is also impacting our childrens mental health.

Every day we get asked same question by our children when can they go to school? When will

they meet their friends? When will they go to city center?

At this time of crisis all praises and salutes to our frontline doctors working day in and out! The cleaners, workers, police and most of all the leadership of UAE. we feel blessed to be resident of UAE during this pandemic as we are sure to be very well taken care of. The leadership will leave no stone unturn in fighting and keeping the residents safe from the virus.

We shall pray and adhere to the safety guidelines issued by our government.

It was my sons first birthday and we celebrated it at home with only our family. The cake was designed to make our children understand the importance of wearing mask. Initiatives like this helps the children to understand the situation.

Inshallah Covid19 will be in our past soon.

*We cannot guarantee if your story will be published but please email it to: [fujobs@eim.ae](mailto:fujobs@eim.ae)*





# TENNIS & COUNTRY CLUB

FUJAIRAH

## FUJAIRAH'S NUMBER ONE DESTINATION

Nestled in the Hajar mountains, Tennis & Country Club, Fujairah, a mixed-use clubhouse open for everyone to enjoy. This is the perfect destination for you to not only unwind but also have some fun.

**Remember, we are more than just a club.  
We are a community.  
Bring the whole family and come and explore  
Fujairah's number one destination!**



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TENNIS & COUNTRY CLUB, FUJAIRAH



TCCFJR



## Khorfakkan Monument inaugurated



Under the patronage of H.H. Dr. Sheikh Sultan bin Muhammad Al Qasimi, Supreme Council Member and Ruler of Sharjah, Engineer Salah Bin Butti Al Muhairi, Adviser to the Sharjah Department of Town Planning and Survey, inaugurated the Khorfakkan Monument, designed to be a traditional Arabian Incense Burner Statue, to be a symbol of “Mabkhara” and built at the entrance to the historic city to welcome guests from all the emirates and tourists from around the world on Sunday morning.

Dr. Rashid Khamis Al Naqbi, Chairman of the Khorfakkan Municipal Council, and Engineer Fawzia Rashid Al Qadhi, Director of the Khorfakkan

Municipality, also attended the inauguration.

Al Muhairi stressed that this new monument is a grant of the Ruler of Sharjah, emphasising that it is in line with the Sharjah Ruler’s directives to bring to light the city’s historic heritage. He added that Khorfakkan is one of the most famous tourism, heritage and historical destinations in Sharjah.

Al Muhairi pointed out that the implementation of the project is in line with the development

plans adopted in the Eastern and Central regions, underscoring the significant importance of various heritage and tourism projects that the Ruler of Sharjah inaugurated in Khorfakkan.

Concluding his statement, Al Muhairi highlighted the interest of the Ruler of Sharjah to implement various heritage and tourism projects, especially in the eastern region and the city of Khorfakkan, in cooperation with all the competent authorities.



## Fujairah Toastmasters- Is there any platform to test and polish communication and leadership skills?



**The one-word answer is Toastmasters. Toastmasters is the only platform in the World which allows a person to become a better communicator and leader too!**

Every individual has a different set of goals and some people might reach their goals and some might not due to different reasons. Main reasons are lack of communication, leadership skills and self-confidence. At present many training centres are available to teach these skills but none of them is available to polish those skills continuously. For example, if we buy a pair of shoes and wearing every day, the first few days it looks very shiny and day by day that shininess come down unless we don't polish them periodically. Exactly, Toastmasters platform helps us to polish public speaking skills, building leadership skills, practice writing speeches and presenting in a group setting, builds self-confidence and self-awareness.

Let us see how the Toastmasters platform works briefly.

### Pathways:

Pathways is the Toastmasters New Educational Program. Pathways help you to learn communication and leadership skills that you need to succeed. It gives the opportunity to build up to 300 competencies. A Member of the Toastmasters club can choose a specific path from the 11 specialized learning paths are showing below:

Each path is made up of 5 levels that increase in complexity. The program is designed this way so you're always building on what you learned in the previous level. All learning paths contain the following levels:

- Level 1: Mastering Fundamentals
- Level 2: Learning Your Style
- Level 3: Increasing Knowledge
- Level 4: Building Skills
- Level 5: Demonstrating Expertise

To choose a path, you have to take an online assessment of your skills, interests and goals, the assessment will recommend the 3 paths best suitable to base on your responses. You can choose one of them and start your pathways journey.

### Objective-based learning:

Every project in the Pathways has specific objectives. Speaker has a chance to choose any topic to speak except the taboo topics and meet the objectives of the project. The objectives are set very strategically based on each Level in Pathways. The speech objectives are designed in a way so you are building on what you learnt in the previous levels.

### Time Management Skills:

To develop communication skills, "Time" plays a vibrant role. For example, in some situations, a person has a limited time to convey the message to others say like 5 to 10 minutes. Unless the speaker is ready he/she can't convey the message within the specified time. In Toastmasters all the speech projects are time bounded between 5 to 15 minutes depends on the level of the project. Here, the speaker has a chance to practice the projects within that specified time and a dedicated person called 'Timer' available to monitor the time and alert the speaker with Green, Amber and Red lights. The green light indicates that the speaker reached the minimum time of the speech, the Amber light indicates that the speaker reaching to the maximum specified time of the speech and Red light indicates that the speaker reached to the maximum specified time of the speech.

### Evaluation of Speech Project:

What is an Evaluation of Speech Project in Toastmasters? Evaluation is a kind of feedback gives by the Senior Toastmasters to the speakers after the speaker delivered the speech. At the same time, Evaluators give their personal opinion on the speech which includes compliments and

recommendations for the areas of improvement based on the speech objectives. Evaluators will also get benefitted themselves by improving their soft speaking skills, listening skills and learn how to compliment a person and give the advice for the areas of improvement in a soft manner.

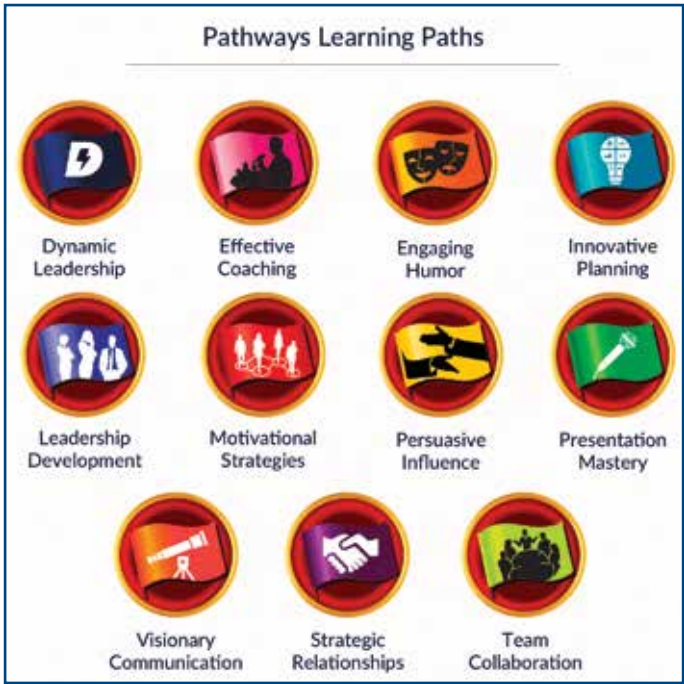
**Leadership skills:**

There are certain types of leadership styles are there, but for any leadership style, the Leader is required and that leader must have certain skills like Communication, Awareness, Honesty/ Integrity, Relationship building, Innovation etc. In all the club meetings there are certain roles like Toastmaster of Day, General Evaluator, Word Master, Grammarian, Ah Counter, Table Topic Master(improves impromptu speaking skills) etc. To understand how these roles improve the Leadership skills, you must visit a Toastmasters Club near to your location for the live experience.

To find the nearest Toastmasters club kindly visit <https://www.toastmasters.org/find-a-club> and contact them to know the club meeting schedules.

Even now the pandemic situation Covid-19, Toastmasters are not inaccessible, they are conducting and attending the meetings online and becoming mastery in the online presentations.

Finally, the Toastmasters Club mission also says, "we provide a supportive and positive learning experience in which members are empowered to develop their communication and leadership



skills, resulting in greater self-confidence and personal growth."



**CMA Pradeep Kumar Mantrala, DTM**  
President  
Fujairah Toastmasters Club

Now we are conducting **Virtual Meeting** on 1st and 3rd Tuesday of every month from 19:15 hrs.join us online for improving Communication Skills and Leadership Skills.

Entry is FREE! Be our Guest!  
For details, please contact:

Vice-President (Public Relations): TM Hari Pratap Singh - 0552467034  
TM Arivazhagan Ariv - 0525196697

## UAE introduces new coronavirus penalties

The UAE revised penalties for those who violate rules and will implement expanded Covid-19 measures from Wednesday 20th May, officials announced, less than a month after partially relaxing restrictions returning to the previous lockdown programme that runs between 8pm and 6am.



Advisor Salem Al Zaabi, Acting Chief of Prosecution of the Emergency Crisis and Disasters Committee, at the General Prosecution, has announced an update to the list of violations and fines, based on Decision No (38) of 2020, and its amendments, to curb the spread of Covid-19.

**There are currently 46 fines, which range from Dhs500 to Dhs50,000. Here is the full list of violations:**

### Violation of orders for compulsory hospitalisation of those testing positive for COVID-19

- Dhs50,000 fine for violating the order for compulsory hospitalisation of those testing positive by refusing to comply with instructions or refusing to continue prescribed treatment despite being notified.

### Violation of non-compliance with instructions to quarantine at home or in private quarantine facilities

- Dhs50,000 fine for failure to adhere to the home quarantine instructions as per the Home Quarantine Guidelines Manual, failure to retake the test according to health procedures, or for refraining from implementing them.
- Dhs50,000 fine for failing to comply with the quarantine instructions in the private quarantine facility selected by the authorities, failure to retake the test, or refraining from implementing health procedures.

### Violation of home quarantine procedures using electronic tracking system by committing any of the following acts:

- Dhs10,000 fine for refusing to install or register on the smart application, or failure to carry the electronic device for tracking home quarantine cases, or causing it to be lost or destroyed, or disrupting the network or connection. The offender will also bear the cost of the electronic device, if lost or damaged.
- Dhs20,000 fine for hacking the systems of these applications or smart devices, destroying, deleting, damaging or changing the programme, system of website, or illegally obtaining data or information related to it or initiating any of these actions. The offender will also bear the cost of all damages.
- Dhs10,000 fine for refusing, without an acceptable excuse, to notify the concerned contact centre if the smart device is lost, damaged, or malfunctioned, or the network distributed, within 24 hours from the time contact with the carrier was lost.

### Violation of non-compliance with the closure of establishments and the suspension of tourist cruises

- Dhs50,000 fine for violating the closure or operating hours instructions of educational facilities, cinemas, gyms, entertainment centres, malls, shopping centres, outdoor markets, retail shops in all of its forms and types, gardens, parks, cafés, restaurants, beaches, public swimming pools and hotel swimming pools. For receiving customers and visitors in violation of the guidelines and rules defined by each emirate in the UAE.
- Dhs5,000 fine issued for the owner of retail shops outside a shopping centre.
- Dhs20,000 fine issued to the owner of the establishment for failing to install thermal cameras or take any of the precautionary measures or actions, as defined by the authorities in each of the emirates in the UAE, when opening any of the facilities mentioned above.
- Dhs10,000 fine for violation of non-compliance with the temporary suspension of tourist cruises, or for violating procedures or measures decided

by the authorities to resume operations, in accordance with the controls set in each of the emirates in the UAE.

**Violation of bans or restrictions on gatherings, meetings or group celebrations**

- Dhs10,000 fine issued to the organiser or host of meetings, private and public celebrations, gatherings in public areas or private farms.
- Dhs5,000 fine issued for everyone attending.



**Violation of preventative measures by passengers arriving in the UAE**

- Dhs5,000 fine for violating precautionary measures issued by the Ministry of Health and Prevention by passengers coming to the UAE from countries affected by communicable diseases.

**Violation of refraining from taking appropriate health measures to prevent the spread of coronavirus**

- Dhs3,000 fine for refraining to take appropriate health measures regarding the regulation of markets, roads, and other public places exempted from temporary closure.
- Dhs3,000 fine for refusing to dispose of any temporary structure, clothes, luggage or other items proved to be contaminated by any pathogen, and can't be disinfected by established methods.
- Dhs20,000 fine issued for the party responsible for the accredited health laboratories for failing

to immediately link the data of tested individuals to relevant authorities in accordance with the instructions of the health authorities in each emirate in the UAE.

- Dhs5,000 fine issued for the responsible party of the establishment for violating instructions issued by the concerned authorities in the Emirates regarding the conditions for cleaning and sterilising equipment, devices and machines inside establishments or equipment and tools in contact with food.
- Dhs1,000 fine for violating instructions issued by the concerned authorities in the Emirates related to the cleanliness and personal hygiene practices of workers inside establishments or shared housing for workers.
- Dhs1,000 fine for violating instructions issued by the concerned authorities in the Emirates regarding the use of chemicals (cleaning, sanitisation, disinfection and pesticides) or the types of materials used.
- Dhs1,000 fine for violating instructions issued by the concerned authorities in the Emirates regarding displaying, transferring or storing food, health and veterinary materials, pharmaceuticals, cosmetics, pesticides, or other materials.
- Dhs2,000 fine for violating any of the decisions or instructions issued by the concerned authorities in the Emirates of the UAE to preserve health and safety and prevent the spread of communicable diseases.

**Violation of failing to take precautionary measures for the crew of cruise ships**

- Dhs10,000 fine for failing to take precautionary measures for the crew of cruise ships by the captain or the shipping agent depending on the situation.

**Violation of provisions related to burying or transporting bodies of infected individuals**

- Dhs5,000 fine for violating the provisions of the Executive Regulations of the Communicable Diseases Law when burying or transporting the body of a deceased individual infected with communicable diseases.

## Violation of exceeding the allowed number of passengers per vehicle

- Dhs3,000 fine issued to any driver with more than three people in one car (i.e. one driver and two passengers). Excluded from this are members of the same family or second-degree relatives.
- Dhs5,000 fine and vehicle impounding for a month for any driver using a vehicle to transport goods, objects, or other items that contravene the authorised purpose and for doing so in violation of health and safety regulations.



## Violation of not wearing masks or failure to observe social distancing and violation of not wearing medical or cloth masks or veils in the following cases:

- Dhs3,000 fine when visiting closed public places or shopping centres, and while using public transportation.
- Dhs3,000 fine when walking around or being in public areas that are crowded or high traffic areas.
- Dhs3,000 fine for being in private vehicles with two or more passengers (i.e. the driver of the vehicle and one or more passengers).
- Dhs5,000 fine issued for the employer and owner of the company, establishment or workplace, including workers' accommodation.
- Dhs500 fine issued for the employee or worker.
- Dhs3,000 fine issued for failing to maintain social distancing.

- Dhs5,000 fine issued for the owner of shopping centres, commercial outlets or any other establishment for failing to take the necessary measures to observe social distancing, or allowing overcrowding and assembling inside these establishments, including cafés, restaurants, beaches, gyms, public swimming pools, hotel pools or others under their custodianship.
- Dhs3,000 fine for violating preventative measures for persons issued by the concerned authorities in the Emirates, including while exercising or taking part in sports or recreational activities in open places or hotel beaches, and when walking or gathering in gardens or public parks.
- Dhs3,000 fine issued for the owner of the company or establishment for failing to comply with maximum capacity rates for the number of employees allowed inside a facility, commercial establishment or company workplace.



## Violation of not sterilising means of transport

- Dhs5,000 fine issued for the manager of the company or establishment for failing to carry out sterilisation procedures in public and private transport (including taxis).

## Violation of frequenting healthcare facilities other than at prearranged times

- Dhs1,000 fine for visiting a healthcare facility other than at a prearranged time, or for unnecessary situations.

**Violation or refusing to undergo a medical examination or abuse of the right to an examination**

- Dhs5,000 fine for refusing to undergo a medical examination upon the request of relevant authorities.
- Dhs1,000 fine for retaking a laboratory test for coronavirus at attested health laboratories within two weeks without a valid reason.

**Violation of leaving home during announced curfews**

- Dhs3,000 fine for leaving home or travelling during curfew times announced by relevant authorities, except for necessary matters such as buying food, medicine, and health emergencies. *Workers within vital sectors are exempt from this violation.*
- Medical, technical and administrative personnel working in all governmental and private health facilities are covered in these vital sectors.

- Dhs5,000 fine for each violation for the owner of the company or establishment for failure to comply with precautionary measures when transferring excluded workers between Emirates or between regions and cities of the same emirate in terms of: Violating capacity measures (i.e. half capacity – half the number of seats) in shared transport. Violating measures related to wearing masks, and social distancing when boarding and disembarking from transport services. A fine of Dhs500 will be issued for the employee or worker.
- Dhs500 fine for the worker.

**Violation of private tuition (private classes)**

- Dhs30,000 fine for any individual offering, organising, or mediating private teaching activity (private lessons) through direct contact (personal meetings) in public or private places, or home visits in return for or without compensation, for all educational levels, or for allowing private lessons to be provided or organised.
- Dhs20,000 fine for any owner of a private place where a private lesson was held or organised.

**Violation of personal data protection for people with coronavirus who are under treatment or examination**

- Dhs20,000 fine for collecting, copying, broadcasting, disclosing, publicising, transmitting or circulating health data or information about individuals who have tested positive, are undergoing treatment or examination with the health authorities, or cancelling, deleting, destroying, or altering any of that data or information.
- Dhs5,000 fine for failure to comply with or for violating information security standards approved by government or private health facilities.

**Those who repeat a violation face a prison sentence of up to six months or a minimum Dhs100,000 fine.**

*At the time of writing the UAE has 24,190 confirmed cases and 224 reported deaths due to the coronavirus, according to data compiled by Johns Hopkins University.*



**Violation of the prohibition of transferring workers between Emirates, or failure to observe precautionary measures when transporting**

- Dhs10,000 fine for the owner or the company or establishment, and for the driver if concerning a private vehicle, for violating the ban on transferring workers between Emirates by any means of transport, except for exempted categories.



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# Endangered Whale Species in our region

There have been 11 different species of cetaceans recorded in Fujairah waters throughout the project to date, out of a known total of 22 species within the wider Arabian region.



In celebration of Day on 15th May we want to highlight those listed as Endangered by the IUCN Red List:

Indian Ocean Blue whale (*Balaenoptera musculus indica*)

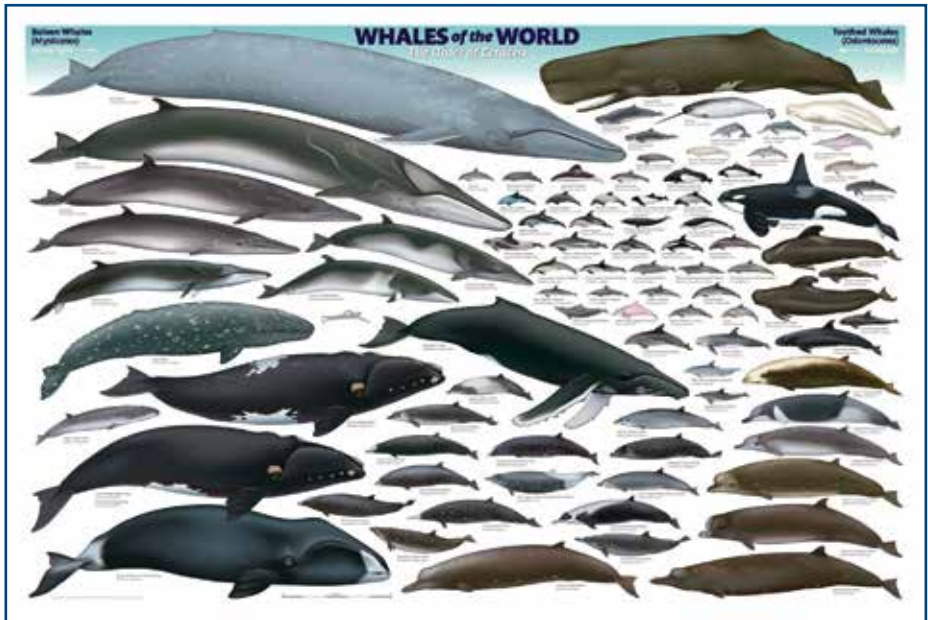
Arabian Sea Humpback whale (*Megaptera novaeangliae*) (pictured)

Indian Ocean humpback dolphin (*Sousa plumbea*)

survey, and other similar projects, to gather as much information as possible on these cetaceans to help spread awareness on the importance of their conservation.

When a species has this ranking by the IUCN, it means that the best available scientific evidence indicates it is facing a very high risk of going extinct in the wild. This highlights the importance of our

Although these three species have not yet been recorded in Fujairah, they are known to be present in the wider region.



New cafe near you!!

NOW OPEN

# Crepes and Burgers

Crepes & Burgers is the perfect place to sit down next to one another, enjoy exceptional food & high grade coffee.

We only use fresh & good quality ingredients. Our collections of books and games creates a perfect environment to sit back, chill, relax and grab a cup of coffee or tea.

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Sheikh Hamad building

Shop #2


Al Nakheel Rd


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Beside Siji Hotel Apartment

Ph no : 09 2222923

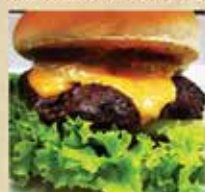
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NUTELLA WAFFLE



FRUITELLA CREPE



MUSHROOM BURGER



## Only in Fujairah- Outdoorsy Indoors

**I know it's corona, and everywhere is corona, and every conversation is about corona, can we please stop it about corona already and look into how the Macarena dance got so famous?**

I know that Summer is probably going to feel like a cool winter breeze, but really think about it: Corona has given us a chance to really work on that "Summer Body" we've all been saying we need to work on. Today, I got my exercise bicycle, and I gotta say it looked really good in the living room facing the TV, without me in it, so I think I'll keep it that way for some time.



Jokes aside though, staying at home has really given me a new perspective on "what on earth I'm doing at home" - especially through Ramadan, all I did was eat and sleep and checked my emails. I mean - there's got to be more to life than this, right? So I added a new task to my list: watching Netflix. This is working out okay for now. I'll let you know when I decide to change this routine, or if you have any ideas on what could be done while staying at home, be my guest - you can hit me up on [@Sindiya on Instagram](#).

I was also wondering, listening to classical music really does soothe the soul. I'm listening to it

while writing this. My music taste has changed completely since corona, I felt that I was listening to trash this whole time. Anyone feels the same way?

But all in all, staying at home is not so bad for myself, I've grown accustomed to this lifestyle, I wonder how we are going to go back to our 'normal lives' after this whole thing rolls over. For most of us, I think it would be learning the alphabets all over again. I mean we've all just been talking to ourselves, and looking at memes. I've even made my own, and I've been trying to promote mine to everyone I know. I don't think they like it very much but they're being kind - we need kindness in times of corona.

At least corona has made everyone kinder, and I've also noticed that they genuinely smile because it's been so long since they're seen another face.

I also feel like nothing really matters other than good health and being generally a good person inside out. I would have had a few jokes up my sleeves for the sentence before this but because I'm learning how to be kind, I am not going for it

So how's your corona times treating you? If you're happy, good on you, if you're frustrated, try to adapt something new into your daily routine, like mine for example.

Stay safe, *Fajrawis!*

**Sindiya, The Sign.**



# 7

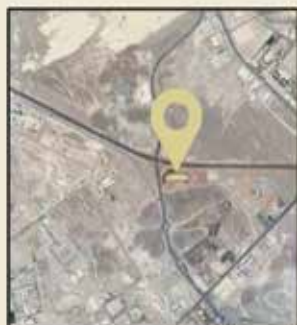
# THE SEVEN SUMMITS



A lovely walk along the Seven Summits, one for each of the Emirates of the UAE. Explore the purpose built trail with it's seven forts, rest and relaxation areas, fitness equipment and spectacular views over Flag Park, Fujairah and the Oman Sea beyond.



## Location



## Difficulty



## Profile



## Time

45-60 mins

## Distance



Saeed says



"Wear suitable clothing and footwear"



"Take a mobile phone"



"Take a First Aid Kit"



"Tell someone where you are going"



"Take enough water and food"



"Ideal for Families"

'Take only memories



leave only footprints'

## The Seven Summits trail



**When ‘seven’ is mentioned you might immediately think of the ‘wonders of the World’, a particularly gruesome film starring Brad Pitt, the continents and of course the seven Emirates that make up the UAE.**

As you leave the city limits of Fujairah towards Dubai, on your left-hand side just after the Zayed Sports Complex is Flag Park and the start of the Seven Summits Trail.

I have walked this trail numerous times, the first being a night walk in the dark when it was very narrow and dusty. Now it is wide and if the landscaping at the beginning of the trail is completed throughout its length, it will be truly amazing.

This pleasant 1.8km walk that starts with a series of hairpins that climb you quickly up about 70m to the first ‘mini fort’. The start of the trail is a little bit steep and most people will be a bit tired on





it, but don't worry its quite short and well worth the effort.

Once on the top of the trail, you follow it along the ridge and have the opportunity to explore all the Forts. Each fort is unique and can be entered. There are many windows to look through, each one frames a beautiful picture. With the exploring complete and photos taken you descend the zig zaggy trail and return along the foot of the mountain to the car park.

Saeed Al Memari, the General Manager of Fujairah Adventures told me all about the meaning of the Seven Forts and his plans for the trail. Each of the seven forts were designed by Fujairah Tourism & Antiquities Authority and they represent the seven Emirates of the UAE. The forts are luminated at night entirely by energy efficient solar panels.

The final trail will have a rest and relaxation area, complete with fountain. Also once finished it will include outdoor fitness equipment for all to use.

Best time of the day to walk the Seven Summits is at sundown and I can guarantee you will have an enjoyable walk and some amazing photos for your album. The trail will appeal to all people, the person who wants an easy walk, the family and also the fitness enthusiast. It's open all year round and I look forward to seeing you there.

For further information  
Tel: +971 50 628 5160

**Dave Charlton**





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Enabling Internet of Things  
in the UAE



## iWire Connect



About iWire Connect: iWire is the exclusive distributor of Sigfox technology in the UAE since 2017. Our solutions incorporate two-way, out-of-the box ready, energy efficient and cost effective approach to IoT connectivity for IoT devices. We have as well developed our capabilities as an IoT Systems Integrator and IoT technical advisory for businesses and government organisations. We also offer tailor-made IoT solutions with the combination of technical assets, hardware devices / sensors and cloud based applications.

Together with our partner ecosystem, we are able to offer totally integrated turn key IoT Solutions and build IoT value chain for our customers.



About IoT :  
Internet of things as a Business Phenomenon  
Is fast becoming reality  
and a way of life,  
transforming entire  
industries and businesses  
In its wake



About Sigfox: Sigfox is a French technology company founded in 2009 and has developed a wireless communications technology dedicated to IoT, characterized by its low-power consumption, wide area coverage and cloud nativity . This has allowed IoT objects to operate on batteries thus extending the scope of IoT implementations. Today, Sigfox is present in 70 countries across all continents and is continuing to grow.

We provide innovative IoT solutions using Sigfox Technology in the following domains:



Smart Logistics



Smart Utilities



Smart Agriculture



Smart Cities



Street Lights



Smart Parking

## Wadi Wurayah



**Tucked away in the Hajar Mountains of Fujairah is Wadi Wurayah, a precious natural asset of over 220 sq.km, maintaining one of the last freshwater sources in the Middle East. This fragile and unique ecosystem is home to numerous rare, endangered and endemic species.**

In 2009 under the Emiri Decree No. 2 of 2009 issued by H.H Sheikh Hamad bin Mohammad Al Sharqi, Supreme Council Member and Ruler of Fujairah, Wadi Wurayah was declared the first Mountain Protected Area in the UAE.

Managed by Fujairah Municipality's Wadi Wurayah team the national park is located in

the Hajar Mountains, which extends from the Sultanate of Oman in the south and ends at the Strait of Hormuz in the north, and extends along the eastern coast of the Emirate of Fujairah.

Wadi Wurayah gets its name due to the presence of the reeds which are known locally as "Warrah". The reeds are spread in areas that have the presence of water throughout the year, and are more intense near the ponds and streams that are permanent source of water in Wadi Wurayah.

The Wadi Wurayah catchment basin covers an area of 129 sq.km and is the primary source of freshwater. The area has been used by the community for thousands of years due to the availability of fresh water. It is the local haven for rare and endangered species, which are an important part of the natural heritage of the United Arab Emirates.

Wadi Wurayah lies within a priority WWF Global 200 Ecoregion (Ecoregion 127, Arabian Highlands and Shrublands) and shelters a rich diversity of rare and endangered mountainous and freshwater habitats and species and is classified as one of the most distinctive natural habitats on Earth. The Wadi Wurayah is one of the few freshwater catchment basins that has remained intact in the United Arab Emirates in the Emirate of Fujairah.

Fujairah Municipality is on the forefront of conserving this natural treasure under the guidance of H.H Sheikh Hamad bin Mohammad Al Sharqi, Supreme Council Member and Ruler of Fujairah and H.H Sheikh Mohammed bin Hamad Al Sharqi, Crown Prince of Fujairah as well as support of both local and international partners. After initial baseline surveys from 2006 to 2009

when most of the basic studies were conducted to determine the biodiversity and natural content. Wadi Wurayah was declared as the first mountain protected area in the United Arab Emirates according to Law No. 2 of 2009 issued by His Highness Sheikh Hamad bin Mohammed Al Sharqi, Member of Supreme Council and Ruler of Fujairah. By 2010 Wadi Wurayah was announced as wetland of international importance according to the Ramsar Convention, to be the site number 1932 internationally and Site No. 2 on the level of the United Arab Emirates after the Ras Al Khor protected area in Dubai. Building on more studies and field work by 2013 Wadi Wurayah was declared national park and became an area of important conservation efforts. In June 2018 Wadi Wurayah was declared as Biosphere Reserve under UNESCO Man and Biosphere Program making it the 2nd reserve in UAE after





Marawah Biosphere Reserve in Abu Dhabi. It is also an Important Bird Area (IBA) according to birdlife international.

**Why is this area so important?**

*It's all in the land*

The geological structure of the area and the hydrogeological characteristics of the rocks gave them the ability to store underground water that feeds many permanent springs and streams throughout the year.

*And with water comes life*

Wadi Wurayah is a haven for some of the rarest species found in the United Arab Emirates providing refuge from this harsh climate. These species are of ecological importance to the Arabian peninsula and the world. Over the past years, surveys have revealed to us that there are

- 13 species of mammals such as Caracal, Indian Crested Porcupine, Blanford Fox and Brandt's Hedgehog
- 94 species of birds such as Bonelli's Eagle, Eurasian Kestrel, Pallid Scops Owl, Hume's Wheatear, Bay backed Shrike
- 15 species of reptiles such as Oman Saw-scaled viper, Wadi racer, Jayakar Lizard and Sinai Agama
- 2 species of amphibian Dhofar Toad and Arabian Toad
- 2 species of freshwater fish Garra barraeimae and Arabian Killifish
- 208 species of Plants including the rare wild orchid
- 74 family of terrestrial invertebrates (65 species of them new to the country and some of them new to science)
- 24 species of dragonflies.

The area is also a rich region for local heritage in general, whether Wadi Wurayah National Park or its surrounding areas where Al Bidiyah Mosque of the most important archaeological sites near the park is located being the oldest mosque in the United Arab Emirates

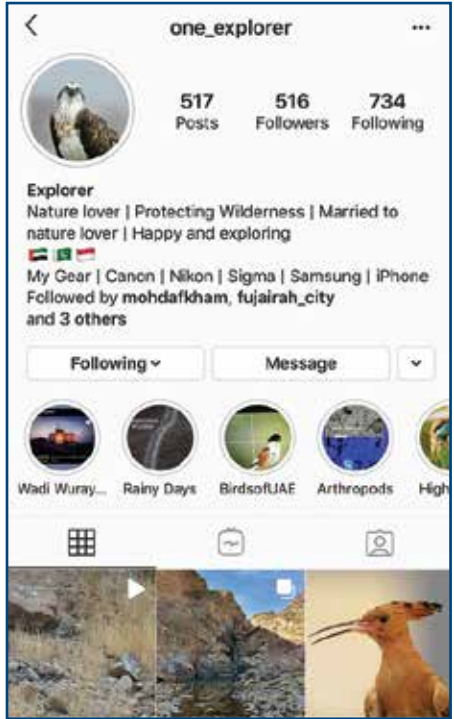
So far more than 70 sites including ancient settlements, cemeteries, tombs dating back to the era before Islam, porcelain, the inscription on the rock have been identified, this goes on to show the area holds an importance to not just wildlife but to people as well who called this place home and lived here for centuries.

Later on we will know more about the biodiversity and the inhabitants of the national park, technologies used in Wadi Wurayah and how it helps more in conservation of our biodiversity.

**Sami Ullah Majeed**  
Park Ranger  
Wadi Wurayah National Park  
9777 Fujairah

*Photos supplied: Sami Ullah Majeed*

For more amazing photos and facts follow Sami on Instagram: [one\\_explorer](#)



## Smart Acres Vertical Farming Company set to launch in UAE



*Introducing a Sustainable Production of Green, Clean, and Locally-Sourced Crops in the UAE*

**Expected to launch in the third quarter of 2020, Smart Acres will be the UAE's latest addition to the hydroponic vertical farming industry, set to bring a green and efficient way of producing a new set of clean crops locally. Currently in the proof-of-concept stage, Smart Acres is located in Abu Dhabi on the Armed Forces Officers Club, with the aim to soon expand across the Emirate.**

With the mission of improving food security within the United Arab Emirates and developing the country's farming capabilities, Smart Acres will provide a solution to potential socioeconomic threats, such as pandemics, and climate limitations the Middle East currently endures. The vertical farming company developed by a

team of experts, CEO Abdulla Al Kaabi, Director Sean Lee, and Lead Project Manager, Aphisith Phongsavanh, Smart Acres is set to be a one-of-a-kind agriculture system which will produce some of the highest yields of crops within the UAE vertical farming industry, whilst introducing a new future for producing clean foods and allowing for both B2B and B2C sectors to locally source produce. In collaboration with n.thing, a South Korean vertical farming technology company, Smart Acres has been able to design farm modules using an award-winning IoT-based technology system to grow and monitor their produce, a system that not only consumes less resources but generates ultra-high quality crops.

With a vertical farming design that won their technology the CES 2020 Innovation Award, their IoT-based vertical farming method provides a solution to many common impediments within the agriculture industry such as water waste,

depletion of nutrients in soil, infestation of insects, and more. The company is committed to generating an impressive grade-A set of crops through a unique growth process and strict in-house procedures.

These include the elimination of any pesticides or toxic solutions on the products, mandatory anti-contamination air showers for personnel prior to entering to prevent unwanted pathogens, and providing the UAE with the cleanest, safest, and most nutritious foods boasting of the highest quality. Not only do the modules and technology produce high quality crops, but they are also able to withstand the extreme weather conditions of the region making it possible for year-round cultivation, harvesting crops 12-folds per year.

The technology of the modules is also able to detect, track, and adjust the humidity and temperature of the environment in order to maintain the health and process of the crops.

Over the years, the UAE has seen a number of companies enter the vertical farming industry, however, through their proof-of-concept phase, Smart Acres has successfully dominated a system of cultivating and harvesting mature species of lettuce at industry-targeted weights. The company is in the midst of producing a variety of lettuce and herbs such as Green Glace, Oakleaf, Lollo Rosso, and Shiso, with plans to eventually grow baby spinach, mature spinach, and baby

arugula. Smart Acres' vision is to expand to meet the demand of popular produce in the region such as strawberries, with a shift and emphasis on cultivating potato seeds.

The future expansion plan of the company is the development of Smart Acres Institute of Food Security & Agriculture, which will be built on the existing family plot of land owned by their CEO, Abdulla al Kaabi.

Smart Acres' vision is to shape a balanced well-being for communities and connect them with readily available clean foods. Through their technology and growth methods, Smart Acres will easily provide the UAE with ultra-high quality produce farmed sustainably.



## Effective E-Learning issues and remedies



The corona virus outbreak led to a paradigm shift in the learning process of school children around the world. The home became the classroom and digital learning or virtual learning as a viable alternative to continue education. The covid-19 has created an unprecedented situation where the whole world confined to indoors and obviously, the school students hitherto having a vibrant environment of noisy classrooms, campus and play grounds forced to sit at home. The education ministries across the world rose to the occasion and brought out a plan to continue education thanks to technology that offers platforms and tools to make the remote learning valuable and interesting.

How far distance learning could be a substitute for regular classroom learning is a billion dollar

question. However, the plethora of e-learning platforms that currently available such as Microsoft Teams, Google classrooms, Zoom and Solo Learn transformed learning process drastically.

### E- Learning issues and remedies

1. The long screen time would be exhausting and unhealthy. On average students, spend three to four hours continuously to attend their e-learning classes. Apart from this assignments and home works consume another 2 to 3 hours. Besides, children may again stare at the mobile phones or tab to play games or social networking. It is certain that, students use gadgets for seven to 10 hours a day and could bring health issues such as obesity, poor eye- sight, lack of sleep and head ache.

As a solution, parents should involve to make a daily schedule for children especially younger ones that give ample time for study, rest, exercise and recreation. The parents also insist the elder children to adopt a healthy routine at home.



2. The technological glitches that occur made the e-learning a nightmare. Issues such as less internet speed, internet connection issues, difficulty in using multitude of online tools, inability to afford latest gadgets that support e-learning and lack of technical know-how could sabotage effective learning experience of many students.

The parents can do a lot to overcome the technical issues involved in the e-learning process. The UAE government have provided free gadgets to students whose parents cannot afford for it. In addition, the internet provider Etisalat offers free data that enabled students to have an access to e-learning. Parents could seek the help of school IT department, if any technical glitches occur. Also, go through the e-learning booklet that provides sufficient information. Students and parents can be in touch with peers and their parents so that mutual help can be given.

3. Students find it very difficult to complete the huge chunk of home works and assignments on time. Many parents complained that the volume of homework given in the e-learning is almost doubled in comparison with regular schooling. Many working parents do not have time to support their children especially the younger kids who need help to carry out e-learning.

In order to complete the tasks on time, parents should encourage children to work on a daily basis. When students postpone their tasks, the assignments pile up. Parents should understand that, unlike regular school where students get direct support from teachers in doing their work, e-learning make them more vulnerable. Therefore parental engagement is a necessity.

4. The safety issues involving online classes have been reported around the world. Experts say video conferencing is largely safe, but there have been cases of hackers gatecrashing e-meetings or classes online. Singapore education ministry stop using

Zoom after hackers disrupted, in what is called "Zoombombing", live video classes. A few other governments have reportedly also limited its use. Singapore has resumed Zoom lessons after Zoom service providers came up with additional security measures.

In order to ensure a safe e-learning environment, parents can install parental control software such as Norton online family, Windows live family and Social shield to prevent children's access to unwanted websites that are not required for distance learning. Insist to place learning devices in common area of the home. Parents have to read thoroughly school's ICT and online safety guidelines. They must be aware of whom to contact at school in case you want to report some safety issues. It is vital that, parents report inappropriate activity on school online platform to concerned person immediately.



*Douglas Joseph is a prolific writer on Social, Educational and Parenting issues in newspapers, magazines and online portals. He conducts, counselling sessions and seminars on teenage, career guidance and educational issues. Faculty at Our Own English School Fujairah. Former faculty at Ministry of Education Maldives*

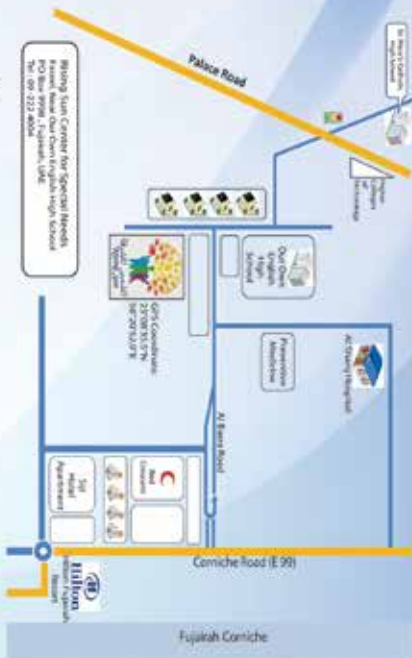


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## Ways to cope with this pandemic

**Life in this pandemic (COVID-19 outbreak) is stressful. Everyone reacts differently to stressful situations; but how we cope with the stress is important. Fear about your health and the health of your loved ones is a major concern for everyone in this world at the moment. You can't control what life will throw at you next, but you can learn to cope with pressurized situations and deal with the stress in a healthy way. We have to take time out to support each other and find ways to look after our mental health.**

### Ways to support yourself

- 1. Get the facts:** Gather high quality information based on studies. It will help you to understand the COVID-19 pandemic and various measures to prevent transmission of the virus.
- 2. Following a regular sleep pattern and a nutritious diet:** A healthy and balanced diet comprising of fruits and vegetables can help maintain the immunity of your system at times of stress. A poor diet can lead to mental and physical exhaustion. Getting the right amount of quality sleep can recharge your mind, refresh your body and replenish all of your energy to make you more productive and help you handle the day ahead.
- 3. Mindfulness meditation:** This practice involves sitting comfortably, focusing on your breathing, and bringing your mind's attention to the present moment without drifting into concerns about the past or the future.
- 4. Guided imagery:** The mind is a very powerful tool that can have a tremendous effect on the body. Our bodies react in the same way whether we are actually experiencing something or just imagining something. Hence you must guide your body to relax. For this technique, you can conjure up soothing scenes, places, or experiences in your mind to help you relax and focus.
- 5. Get social support:** Sharing feelings and

concerns with family, friends, and work colleagues may help a person "let off steam" and reduce feelings of isolation. Make time to socialize and stay in touch with family and friends. If you are not able to control stress, seek help from professionals like Mental Health Specialists or a Doctor who can suggest suitable and workable solutions to the stressor.

- 6. Make a routine/Avoidance Oriented:** It may help to spend a little time organizing a daily "to-do" list and focusing on simple and interesting tasks. It's a healthy escape from the existence of a problem. It can also involve engaging in some unrelated activity to take your mind off from annoying thoughts and to avoid stress. You can then focus on what you have completed or accomplished for the day, rather than focus on the tasks you have yet to complete. For that we can include some games, gardening, new exercise routine, reading, cooking, watching good movies and some craft work etc.

We are living through times of big changes and are bombarded daily with unpleasant news; stories that affect us and impact our hope of the goodness of mankind. Negative emotions narrow your mind and blur your thoughts. Always imagining the worst case in every scenario is clinically known as catastrophic thinking and adopting this mode can increase anxiety and feelings of panic. Try to focus on the fact that it gives you the opportunity to update and renovate your thought process, and the repairs should be covered by your indemnity. Always stay positive and calm. Because positive thinking gives us innumerable benefits more than when a mere momentary "feel good factor" has subsided. In fact, the greatest benefit of positive thought is an enhanced ability to build skills and develop resources that can be effectively used later in life.



Remember "Nothing is permanent; together we can and will get through this too".

**Sneha Santhosh**  
Psychologist/ Learning disabilities Specialist



Whether you are looking for prime office space or superior residential accommodation, Fujairah Trade Centre is the place to be.

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All this, combined with clean fresh air give an ideal location, yet other major cities can be reached in under 90 minutes on the superb highway linking Fujairah with the other Emirates.

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Any individual, Company or Organisation wishing to take offer or retail trading space in the Complex will not require private Sponsorship.

The Fujairah Trade Centre Management will act as the Sponsor for all prospective establishment with the Centre and no fees will be charged to the Tenant for this service.



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# How Will the Coronavirus Pandemic Change Our Relationship with Our Health? ©Alva Carpenter

Since February, the world has changed in many ways we never could have imagined. From a certain world that we could control to a world of change and uncertainty. We are all staying safe and staying home in order to protect ourselves and the vulnerable. There will be great lessons learnt from this virus but one personal lesson we cannot avoid is that taking good care of our health is our very own responsibility.

So, if we have been planning to get fit and healthy at some time in the future then we need to think again. Our health is something we need to take care of now. It cannot wait

We can all improve our health and get fitter and stronger because we now realise that it is always easier to prevent illness than to treat it. Healthy people are less likely to get sick and if they do they recover faster. When we are healthy, we help everyone and inspire others that this is an important way to live. This is the lesson of 2020. There is no doubt that we will all need to be in great physical shape because we are going to have to adapt very soon to a new economic world as well as to a new caring world community.

### Why is being the correct weight important?

What being overweight means is that we carry more fat around the body, and fat around the organs. The less fit you are the lower your lung capacity. Which means it is harder for your body to get oxygen into your blood stream and around your body. Being overweight means, you have a bigger demand for oxygen. This puts pressure on your heart.

We all know that the coronavirus attacks the lungs and makes it difficult to breathe. Lack of oxygen in the body can put major organs into failure. This is called hypoxemia and it can be fatal



if not treated. It is one of the reasons that more overweight people end up in intensive care and need help with breathing and kidney function.

A recent National Health Service (NHS) study in the UK showed that the risk of dying from the coronavirus was double if you are obese and even higher if you also have other medical problems such as Type 2 diabetes, a researcher said.

A study of UK patients intensive care found that 73% of cases were overweight.

The answer is we need to be a sensible weight, have a healthy immune system, and take exercise to be fit. Not at some distant point in the future but now.

So, what can we learn from this virus is that we must take charge of our weight and check that our BMI is normal. Look again at the ancient words of Hippocrates - "Let food be your medicine, and medicine your food". By this he means your

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immune system is your body's natural defense system. It protects your body against infection from bacteria and viruses. When you are ill, it also fights infection, and helps you to get better. Eat fresh healthy food to keep your immune system in good working order.

Having run an online slimming club for 20 years I have learnt that it is much better to think about getting healthier and fitter than thinking, I must lose weight. which seems a more negative messages to the body.

Summer is always a good time to kick-start healthy eating. Healthy lifestyle choices boost your immune system and can prevent you from coming down with viruses.

### Healthy Lifestyle Choices

- Make water your main drink of the day
- Exercise every morning even if only for a few minutes
- Eat fresh healthy food
- To lose weight; cut down on carbohydrates
- Wash your hands frequently and use a hand sanitizer when outside
- Open windows and walk every day to give the body fresh air

Take premium quality supplements such as Permea Plus. A supplement worth paying for.

For people living in the Gulf where fruit and vegetables often travel a long way and may lose some nutrients it is good to take a daily multivitamin and Permea Plus provides everything that the body needs, including antioxidants and is manufactured from top quality ingredients.

If you are more than 10 Kilos overweight take Actrim2 made from 4 fruits, Grapefruit, Papaya, Fig and Pineapple. Take according to the correct dosage and this will speed weight loss to encourage and motivate you while you make gentle changes to your exercise and eating habits. All available in UAE at Medicina pharmacies. For home delivery call 800medicina.



### Rise and Shine with morning exercise

Start your day with a workout and you will be more confident at work or at school. According to the British Journal of Sports Medicine, morning exercise will make you will feel more creative and be in a brighter mood to start your day. So, give to yourself the first 20 minutes of the day

If you are new to exercise or want to tone your body as you lose weight go to "Arden Health Anti Aging Mini Morning Workout" on YouTube or in the inspiration section at [ardenhealth.com](http://ardenhealth.com).

### You Write

Could you be so kind and answer a question for me please? Are there any benefits in cooking with olive oil? Can one describe it as fat-free cooking? *Farah*

Olive oil is cultivated for its exquisite flavour and for its health benefits. The vitamin E oil is extracted from the juices of ground and pressed olives. In the past, it has been used to heal wounds, moisturise hair and skin and strengthen fingernails. Research has also shown that olive oil promotes digestion, stimulates metabolism, and lowers cholesterol levels. So, it is much better than animal fat and is good for the body – but use it sparingly as it contains about 45 calories per teaspoon! Put only a teaspoon in salad and use as little as possible in cooking.

*Alva*



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## Al Sharq Hospital combating with Pandemic Covid-19 across East Coast “Emirates of Fujairah” (A 24/7 Covid-19 Test facility for the Community)



**Taking the Corona Virus (Covid-19) as a challenge, Al Sharq Hospital, Fujairah has initiated the Special Fever Clinic in April 2020, where patients can visit and do the Covid-19 test. The Special Fever Clinic was placed in a separate area of the hospital so that the normal patient is safe to visit the respective doctors and departments during their scheduled appointments.**

The test for pandemic disease was launched under the regulations of Ministry of Health. The Special Fever Clinics at Al Sharq Hospital is successfully testing not only the walk-in patients but also thousands of employees from companies and businesses that are been instructed by Ministry of Health to undergo the Covid-19 test.

The Special Fever Clinic and the ER department in the hospital is providing medical guidelines as per the (Ministry of Health and Prevention-MoHAP).

The AlSharq Hospital is in well alignment with the companies and MOHAP for the Covid-19 test and timely informing both regarding the outcome of the test so that the suspected patient undergoes the proper process of treatment.

To create the awareness and communicate with the community across East Coast Al Sharq

Hospital continuously doing the Covid-19 awareness campaign through multiple advertising channels including Social Media.

Al Sharq Hospital encourages people, to undergo Covid-19 test from those with respiratory symptoms - with or without fever, with severe acute respiratory infection, with travel history, with cough and headache and who has come into contact with an individual known or suspected to have Covid-19.

Dr. Stuart Bennett, CEO - Al Sharq Healthcare - said that while dealing with all challenges, the UAE is always keen to take proactive measures that include a package of precautionary and preventive measures to protect society. He emphasized that the UAE represents a global model to follow in dealing with all crises with transparency and confidence

Our team of medical and non-medical staff is continuously on alert and ensuring the top of the line services for the Covid-19 suspected and non-suspected patients. Our front liners who dedicatedly engrossed in dealing with pandemic and assisting the patients diligently. We would like to thank our hospital team for their continuous and untiring support for this cause.

In compliance with the current situation of covid-19 outbreak, Al Sharq Hospital has launched Telemedicine (online consultation) services on its website, where patients will be able to make appointments and get medical consultations from the hospital medical specialists, via a voice or video call from their home. Al Sharq Hospital is fully functional now with all the active departments and we have also resumed surgical procedures.

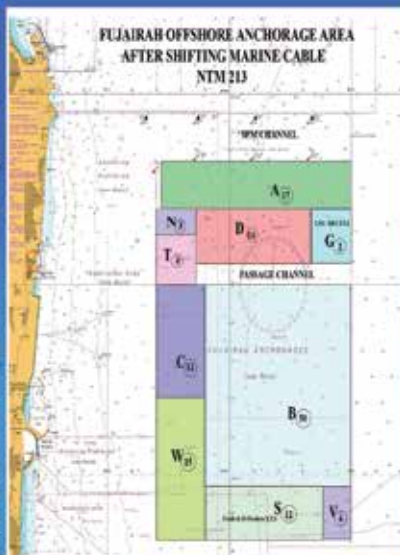
During Ramadan, we are running few departments in our evening clinics.

Any individual or companies interested in Covid-19 test or information should call 09-2249999 or visit our website [www.alsharqhospital.ae](http://www.alsharqhospital.ae).



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# It's a Weird and Wonderful World



### Large snake climbs into ATM outside bank in India 🇮🇳

A surprised visitor to a bank in India captured video of a large snake that slithered into an ATM kiosk and ended up climbing into the machine. The video, recorded at the ICICI Bank ATM kiosk in Ghaziabad, Uttar Pradesh, shows the snake exploring the glass ATM enclosure after being locked

inside by a bank security guard. The footage shows the snake climbing up the ATM and slithering into a hole at the top of the machine. The bank security guard contacted wildlife officials, and the snake was removed and released back into the wild. Reports varied on whether the snake was a venomous species or a harmless rat snake.

Paul Willis, a hog farmer in Thornton, said a postcard appeared in his mailbox recently from his sister, Annie Lovell, and he soon noticed the card bore a picture of Lovell on a Grand Canyon hike in 1987 -- and a San Francisco postmark from December of that same year.

Willis said the postcard bore a second postmark from April 29th of this year in Des Moines, so he called the post office to see if they had any explanation for the postcard's tardiness. An employee said that the post offices were all going through deep cleaning because of COVID-19, and the postcard may have been discovered while furniture and machines were being moved for cleaning.



### Utah boy, 5, took parents' car to go buy a Lamborghini 🇺🇸

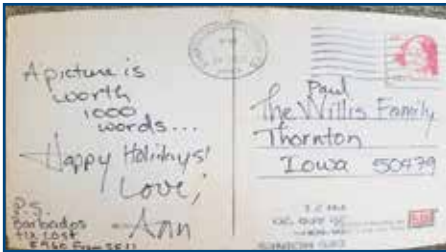
The Utah Highway Patrol said a trooper conducting a traffic stop on a suspected impaired driver instead found a 5-year-old driver seeking to purchase a Lamborghini.

The highway patrol said in a Twitter post that a trooper conducted a traffic stop in Weber County on "what he thought was an impaired driver," but the driver of the vehicle turned out to be a 5-year-old boy who made off with his parents' car.

The boy, who was pulled over on the 25th Street off-ramp of southbound Interstate 15, told the trooper he had taken his parents' car after getting into an argument with his mother, who told him she would not buy him a Lamborghini.

The child told the trooper he had intended to drive to California to buy a luxury vehicle for himself.

"He might have been short on the purchase amount, as he only had \$3 dollars in his wallet," the UHP said.



### Iowa man receives postcard mailed 33 years earlier 🇺🇸

An Iowa man who received a postcard from his sister said he was surprised to note the card had been mailed in 1987.

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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



**Driver accidentally reverses onto two parked cars outside Florida bank** 


A Florida sheriff's office said a driver reversing out of a bank parking lot accidentally ended up backing up onto two other cars. The Citrus County Sheriff's Office said the driver reversed out of the SunTrust drive-through in Hernando and went over a curb into County Road 486. Dashcam footage captured by a witness shows the vehicle cross the road median, do a U-turn in reverse and jump the curb back into the bank parking lot. The car, a white Cadillac, ended up on top of two parked cars. No injuries were reported. The cause of the incident was under investigation.

house of cards when he built his replica of the Dubai landmark from playing cards without the use of glue or tape.

Vasu said it took about 5 hours, 30 minutes to construct the playing card structure at the Kerala Samajam Charitable Society. The 10 foot, 7 inch structure was a new national record, the Asia Book of Records confirmed.

"It needs a lot of patience, perseverance and motivation," Vasu told The Times of India of his hobby. "For me, it's a passion. I hope to break the Guinness record of [23 feet] some time."



**Swedish city dumps chicken poop on park to deter holiday celebrations** 

Officials in a Swedish city said they are dumping more than a ton of chicken poop on a popular park to deter revellers from gathering to celebrate a popular holiday.

The city of Lund, which annually draws crowds numbering in the tens of thousands to celebrate Walpurgis Night in its central park, said chicken manure is being spread across the park to prevent revellers from gathering to celebrate the Thursday night holiday amid the COVID-19 pandemic.

Walpurgis Night, a spring festival that has roots in ancient pagan tradition, is celebrated annually on the last night of April.

Gustav Lundblad, chairman of the Lund council's environmental committee, said the chicken poop serves multiple purposes.

"We get the opportunity to fertilize the lawns, and at the same time it will stink and so it may not be so nice to sit and drink beer in the park," Lundblad told the Sydsvenskan newspaper.



**Indian teen's Burj Khalifa house of cards features 5,450 playing cards** 

A 16-year-old Indian boy who used 5,450 playing cards to create a 10 foot, 7 inch model of the Burj Khalifa said his sights are set on breaking a Guinness World Record.

Vishnu Vasu, 16, made it into the Asia Book of Records for tallest

He conceded the effort might have some unintentional side-effects for nearby residents.

"I am not a fertilizer expert, but as I understand it, it is clear that it might smell a bit outside the park as well," Lundblad said. "These are chicken droppings, after all. I cannot guarantee that the rest of the city will be odourless. But the point is to keep people out of the city park."



**Mother, Daughter 'Drive' Cardboard Car To McDonald's Drive-Thru** 🇺🇸

No car? No problem. A mother and daughter in Belgium were forced to get innovative in order to satisfy their McDonald's cravings. After finding out that their local McDonald's outlet was only serving drive-thru customers, the duo, not owning a car, decided to build one out of cardboard. Their hilarious stunt to score a delicious meal has gone viral online, amusing many.

According to Fox News, McDonald's outlets in Belgium have restricted dining-in due to the ongoing coronavirus pandemic. They are still open to drive-thru customers who can order from their cars.

Nathalie Moermans and her 16-year-old daughter from the city of La Louviere travelled nearly 550 yards from their home to their local McDonald's in a cardboard car.

"My daughter wanted to go but I told her we couldn't since we don't have a car and we couldn't go with somebody else either, because of the lockdown," said Nathalie Moermans.

To get around the problem, she suggested building a car out of cardboard.

"At the beginning, my daughter thought it was a stupid idea - she was embarrassed. So I started building the car on my own and then she started helping me," said Ms Moermans. "I told her it would give her some nice memories to tell her children about their grandmother's crazy ideas."

The complete cardboard model came with a COVID-19 license plate and a slogan declaring "'Sorry, I want a McDonald's but don't have a car'".

Fortunately, their troubles did not go to waste. The duo was able to place and receive their order using McDonald's drive-thru window.



**Woman Sends A Ton Of Onions To Ex As Revenge** 🇨🇳


A heartbroken Ms Zhao, a woman in China took revenge on her ex-boyfriend by dumping a 1,000 kgs of onions at his doorstep, apparently in a bid to make him cry as much as she did.

Zhao - was devastated after her boyfriend broke up with her. They had been together for over a year but the man reportedly cheated on her. Furious at this, Ms Zhao decided to get the onions dumped on the offending ex's doorstep without contacting him.

Ms Zhao's ex-boyfriend, who was photographed looking at the onions in confusion, later said that he had broken up with her due to her "over the top" behaviour.

His neighbours complained that the whole compound stank of onions.



**Priest Sprays Holy Water From Toy Gun To Maintain Social Distancing **

A priest in Michigan, US recently came up with a unique way to maintain social distance from churchgoers - using a toy gun to bless them with holy water.

Pics of the Father Tim Pelc's socially distanced services squirting holy water from a plastic squirt gun were first shared by St Ambrose Parish on Facebook back in April. They began to receive viral attention after being reposted on Twitter, where they have delighted thousands of viewers.




**Fearless Bird Stands Up To A Herd Of Elephants **

This big bird's no chicken as footage from Kenya's Maasai Mara National Reserve shows a solitary crowned crane standing up to a herd of elephants that were getting just a little too close to its nest. "The elephant seemed rather bemused by the situation and remained curious as to why the bird was flapping its wings," said Tayla McCurdy, who shot the footage earlier this month. McCurdy said the elephant first tried to brush off the bird with its trunk, then walked away to graze

elsewhere. The elephant got a little more annoyed, however, when the bird attempted to menace one of the calves.

"The crowned crane moved off, realizing that there was no longer any danger, leaving the elephant to graze peacefully but keeping a close eye," she wrote.



**90-year-old 'Gaming Grandma' dubbed world's oldest gaming YouTuber **

A 90-year-old Japanese woman known as the "Gaming Grandma" has been awarded a Guinness World Record as the oldest gaming YouTuber.

Hamako Mori, 90, said her interest in video games was piqued about 39 years ago, when she watched some children playing the popular games of the time.

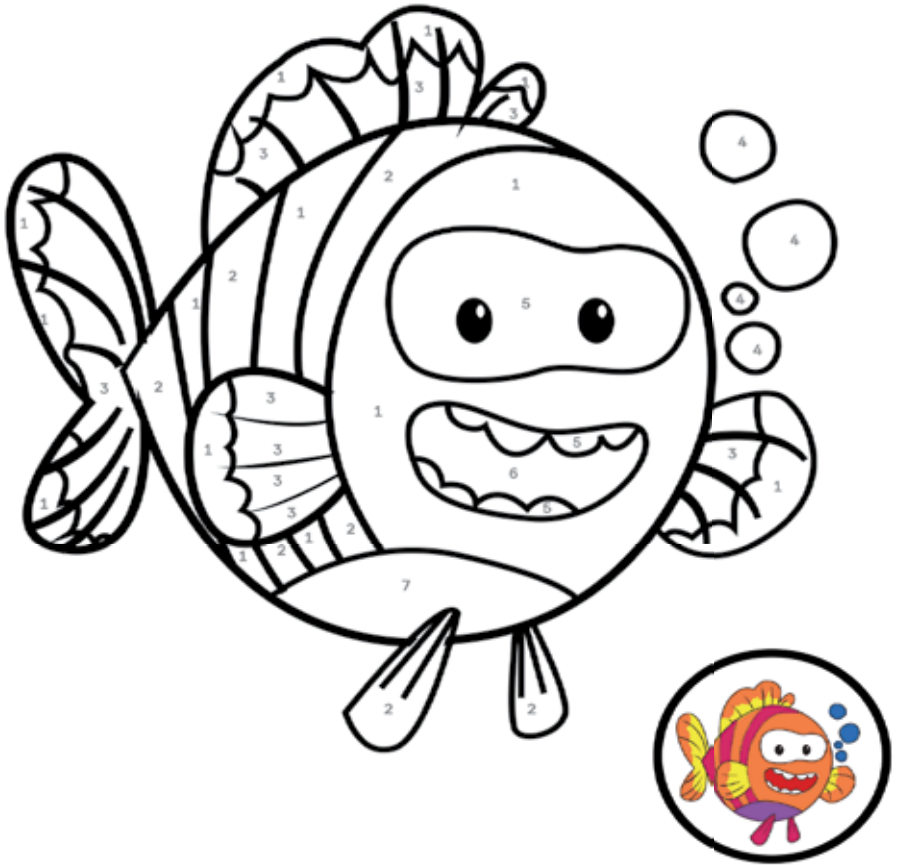
"It looked so much fun, and I thought it's not fair if only children played it," Mori said. "I thought life would be more fun if I knew how to play it. So I started playing, at first while no one was watching."

She said it took her some time to get into more modern games. Mori said her current favorite game is Grand Theft Auto 5.

"I didn't touch it until recently because it's difficult to play. But recent action games are visually spectacular, and they often use actors for characters. So I'm really obsessed with it now," she said. "It's like watching a film. I like it the best because it has age restrictions, so children can't play it," she added.

"After living for this long, I feel more than ever that playing games for this long was the right choice. I am truly enjoying my life -- it's rosy," she said. The dedicated gamer credited her hobby with keeping her feeling young.

## Colour by numbers



**Colour the picture choosing the right colours mentioned below.**

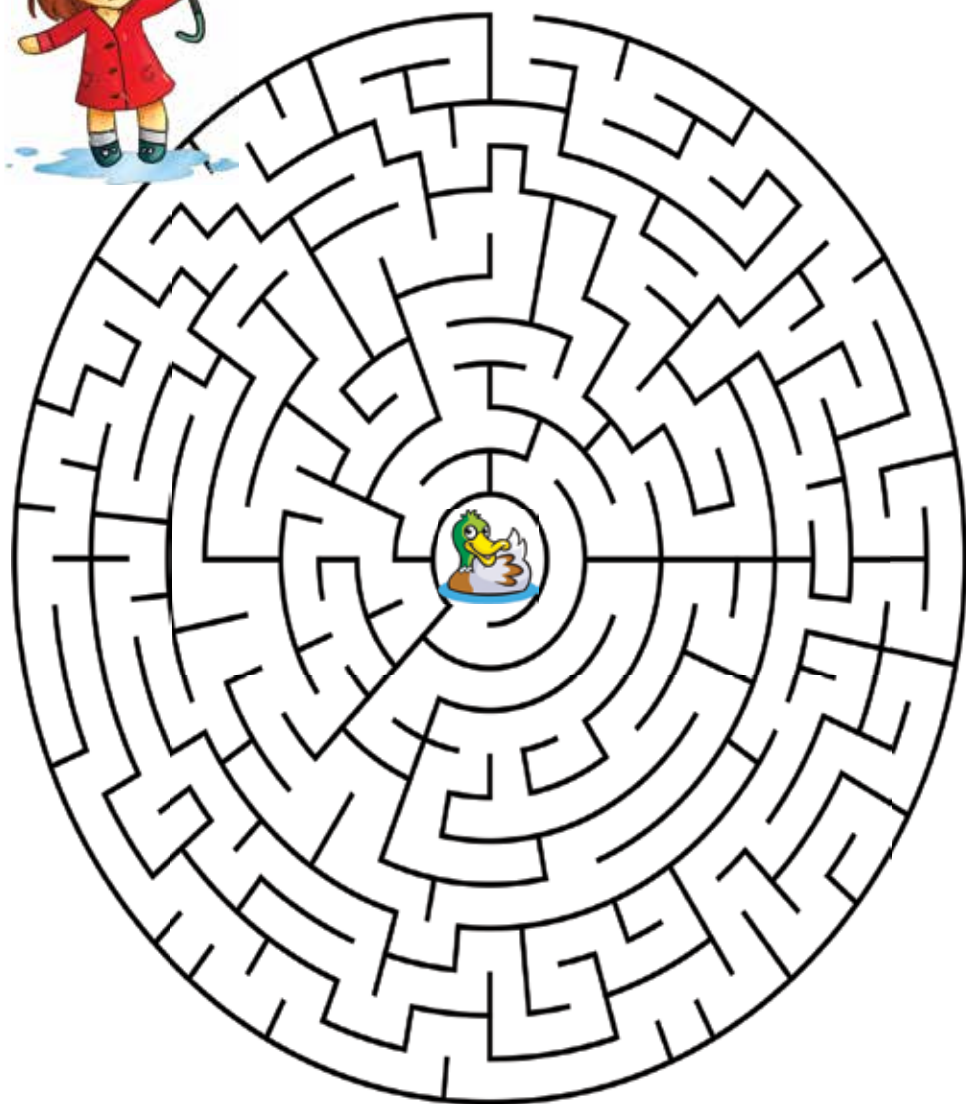
*(Match it with the reference shown)*

1. Orange
2. Pink
3. Yellow
4. Blue
5. White
6. Red
7. Purple



## Rainy Day Maze

Help Mary find her duck but getting into the maze



# Label the Minibeasts



F \_ \_



M \_ \_



C \_ \_ \_ \_



C \_ \_ \_ \_



E \_ \_ \_ \_



G \_ \_ \_ \_ \_



W \_ \_



S \_ \_ \_ \_



S \_ \_ \_ I \_ \_ \_ \_



C \_ \_ \_ F \_ \_



S \_ \_ \_ \_



L \_ \_ \_ \_ \_



B \_ \_ \_ \_ \_ \_



D \_ \_ \_ \_ F \_ \_



B \_ \_



W \_ \_ \_ L \_ \_ \_ \_



A \_ \_



S \_ \_ \_ \_

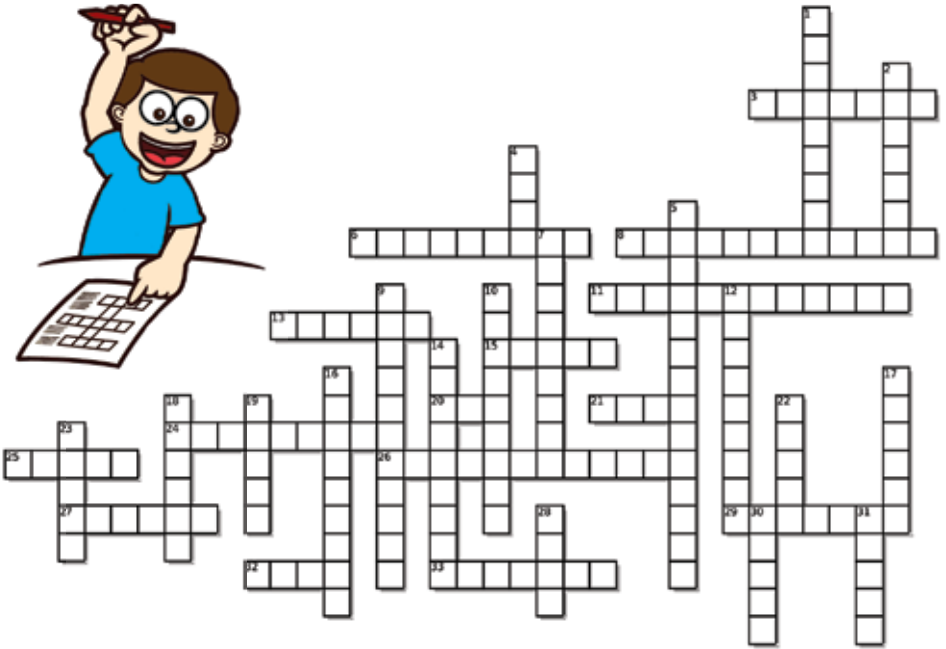


B \_ \_ \_ \_



S \_ \_ \_

# Kidz Crossword



### ACROSS

- 3 What's the fastest land animal
- 6 Who was behind the Gunpowder Plot on the Houses of Parliament in 1605 - remembered every year on Bonfire Night
- 8 In which continent is the Amazon rainforest
- 11 Who is the Prime Minister of Britain
- 13 Do polar bears live in the arctic or the Antarctic
- 15 Which travels faster, light or sound
- 20 The Grand Canyon is found in which country
- 21 Which planet is closest to earth
- 24 Who is the fastest 100m runner in the world ever
- 25 What's the slowest animal in the world
- 26 What historic wall runs along the border between England and Scotland
- 27 What animal is in the Welsh flag
- 29 What's the tallest animal in the world
- 32 A group of which species is known as a Parliament
- 33 What's the tallest mountain in the world

### DOWN

- 1 What's the biggest animal in the ocean
- 2 What is the biggest ocean in the world
- 4 The orange bit in the middle of the egg
- 5 Gruffalo, Room on the Broom and Tiddler author
- 7 What's the collective name for trees that keep their leaves all year round
- 9 What river that flows through London
- 10 What type of dog is Marshall from Paw Patrol
- 12 Who wrote the Harry Potter books
- 14 Anna and Elsa's kingdom in Frozen
- 16 What type of fish is Nemo
- 17 Which country is home to the Eiffel Tower and Disneyland
- 18 UK bird famous for stealing other birds' nests
- 19 Nala and Simba are what kind of animal
- 22 Jungle book's Shere Khan
- 23 What's the name of the cowboy in Toy Story
- 28 What do you call a baby kangaroo
- 30 Which country is famous for its canals, coliseum and making pasta
- 31 What do you call a group of sheep

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## My Hero is You - how kids can fight COVID 19

**“My Hero is You”, a story developed for and by children around the world, offers a way for children and parents to together think about the questions the pandemic raises. Designed to be read by a parent, caregiver or teacher alongside a child or a small group of children, the story was shaped by more than 1,700 children, parents, caregivers and teachers from around the world who took the time to share how they are coping with the impact of COVID-19.**

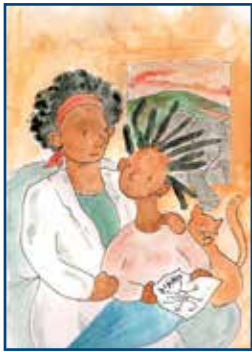
Sara laid in bed that night and did not feel like a hero at all. She felt upset. She wanted to go to school but her school was closed. She wanted to see her friends but it was not safe. Sara wanted the coronavirus to stop scaring her world.

“Heroes have super powers” she said to herself, closing her eyes to sleep. “What do I have?”

Suddenly a gentle voice whispered her name in the darkness.

“Who’s there?” Sara whispered back.

“What do you need to be a hero, Sara?” the voice asked her.



Sara’s mum is her hero because she is the best mum and the best scientist in the world. But even Sara’s mum cannot find a cure for the coronavirus.

“I need a way to tell all the children in the world how to protect themselves so they can protect everyone else...” said Sara.

“So what do you need me to be?” the voice asked.

“I need something that can fly... something with a big voice... and something that can help!”

“What does COVID-19 look like?” Sara asked her mum.

“COVID-19, or the coronavirus, is so tiny we can’t see it,” said her mum. “But it spreads in the coughs and sneezes of people who are sick, and when they touch people or things around them. People who are sick get a fever and a cough and can have some trouble breathing.”

“So we can’t fight it because we can’t see it?” Sara asked.

“We can fight it,” said Sara’s mum. “That’s why I need you to be safe, Sara. The virus affects many kinds of people, and everyone can help us fight it. Children are special and they can help too. You need to stay safe for all of us. I need you to be my hero.”



With a whoosh, something amazing stepped into the moonlight...

"What are you?" gasped Sara.

"I'm Ario," he said.

"I've never seen an Ario before," said Sara.

"Well, I've been here all along," said Ario. "I come from your heart."

"If I have you... then I can tell all the children in the world about the coronavirus!" said Sara. "I can be a hero! But wait, Ario, is it safe to travel with the coronavirus around?"

"Only with me, Sara," said Ario. "Nothing can harm you when we are together."

So Sara jumped on Ario's back and together they soared out through her bedroom window, into the night sky. They flew towards the stars and said hello to the moon.

As the sun rose, they landed in a lovely desert by pyramids, where a small group of children were playing. The children cried out in joy and waved at Sara and her Ario.

"Welcome, I am Salem!" cried one of the boys.



"What are you doing here? Sorry, we can't come closer, we have to stay at least one metre away!"

"That's why we're here!" Sara called back. "I'm Sara and this is Ario. Did you know that children can keep their neighbours, friends, parents and grandparents safe from the coronavirus? We all need to..."

"Wash our hands with soap and water!" said Salem with a smile. "We know, Sara. We also cough into our elbows if we're sick - and we wave to people instead of shaking hands. We try to stay inside, but we live in a very crowded city... not everybody is staying home."

"Hmm, maybe I can help with that," said Ario. "They can't see the coronavirus, but... they can see me! Jump on, but please sit on both sides of my wings - they are at least one metre apart!"



Ario flew into the sky with Salem and Sara on both of his wings. He flew across the city and began to roar and sing! Salem cried out to the children in the streets:

"Go, tell your families, we are safer inside! We can take care of each other best by staying home!"

People were amazed by what they saw. They waved and agreed to go into their houses.

Ario soared high into the sky. Salem cried out in joy. Up there in the clouds a plane flew by, and the passengers looked out at them in awe.

"People will have to stop travelling soon, at least for now," said Salem. "They are closing the borders across the world, and we should all stay where we are and with people we love."

"So many things feel like they have changed," said Sara. "I get scared about it sometimes."

"It can feel scary and confusing when things are changing, Sara," said Ario. "When I feel scared, I breathe very slowly - and breathe out fire!" Ario blew out a huge fireball! "How do you relax when you feel scared?" Ario asked them.

"I like to think about someone who makes me feel safe," said Sara.



"Me too, I think of all the people who help me feel safe, like my grandparents," said Salem. "I miss them. I can't give them a hug because I could give them the coronavirus. We usually see them every weekend, but not now because we have to keep them safe."

"Can you call them?" Sara asked her friend.

"Oh yes!" said Salem. "They call me everyday and I tell them about all the things we are doing at home. It makes me feel better, and it makes them feel better too."

"It is normal to miss people we love that we can't see right now," said Ario. "It shows how much we care. Would it make you feel better to meet other heroes?"

"Yes please!" Sara and Salem cried back.

"Great, my friend Sasha has a very special superpower," said Ario. "Let's go!"

And so they soared down to earth and landed by a small village. A girl was outside her house picking flowers. When she saw Ario and the children sitting on his wings, she laughed.

"Ario!" she cried. "We have to stay at least one metre apart, so I will throw you a hug! What are you all doing here?"



"I felt your hug when you told me that, Sasha," said Ario. "I love how we can use words to show we care, and actions too. I wanted my friends to learn about your superpower."

"What is my superpower?" said Sasha.

"Since someone in your family got sick, you are staying at home to make sure you don't share the coronavirus with anyone else," said Ario.

"Yes, it's my Dad, and he's staying in his bedroom until he gets completely better," said Sasha. "But it's not so bad! We play games, cook, spend time in our garden and have meals together. My brothers and I touch our toes and dance. We read books and I can keep learning because sometimes I miss school. Staying home felt weird at first, but now it feels normal."

"That's not always easy, Sasha," said Ario. "You are finding ways to have fun and get along with your loved ones at home. That makes you my hero!"

"Do you ever fight with your family?" asked Salem.

"We fight sometimes," said Sasha. "We have to be extra patient, and extra understanding, and even quicker to say I'm sorry. That is a real superpower, because it can make ourselves and

others feel better. I also need a little time alone. I love dancing and singing on my own! And I can call my friends sometimes..."

"But, Ario, what about people who are far from home or don't have a house?" asked Sara.

"That's a great question, Sara," said Ario. "Let's go and find out."

And so they said goodbye to Sasha and set off once more. The air grew warmer as they landed on an island surrounded by the sea. There they saw a camp full of people.

One girl saw them and waved from a distance. "Hi Ario, I'm so happy to see you again!" she called out. "We are trying to stay at least one metre away, so I'll talk to you from here. But I'd love to meet your friends! My name is Leila."

"Hi Leila! I'm Sara, and this is Salem," Sara called back. "It sounds like you're trying to protect yourself from the coronavirus. What else are you doing?"

"We're washing our hands with soap and water!" Leila called back.

"Do you also cough into your elbow?" asked Salem.

"Can you show us how?" Leila called back. So Salem showed them.



"We are all trying to be brave, but I am worried about something," said Leila. "Can I talk about it with you? I heard someone got sick and died and it made me very afraid. Is it true people can die from coronavirus?"

Ario breathed a big sigh and sat down on his enormous bottom. "Yes, little heroes, it's strange," said Ario. "Some people don't feel sick at all, but some people can be very sick and some might die. That's why we all have to be especially careful with older people, and those with other illnesses, because they tend to get more sick. Sometimes when we are feeling very afraid, or unsafe, it can help to imagine a safe place in our minds. Would you like to try this with me?"

They all said yes, and so Ario asked the children to close their eyes and imagine a place where they feel safe. "Focus on a memory or a time when you felt safe," said Ario.

He then asked them what they could see, what they could feel, and what they could smell in their safe place. He asked if there was anyone special they would like to invite into their safe place and what they might talk about together.





"You can go to your safe place whenever you feel sad or afraid," said Ario. "This is your super power, and you can share it with your friends and family. And remember that I care about you, and many people do. That will help too."

Leila said, "We can all care for each other."

"That's right, Leila," said Ario. "We can care for each other, wherever we are. Would you like to come with us on our last journey?"

Leila decided to travel with Ario and her new friends. Sara was glad Leila joined them because she knew that sometimes we need to support each other. They flew quietly, without words, but Leila knew her new friends cared a lot about her.



Snowy mountains slowly came into view, and Ario landed in a small town. A few children were playing by a stream.

"Ario!" one of them cried, waving to him.

"Hello, Kim,"

said Ario. "Everyone, I wanted you to meet some friends of mine who have had the coronavirus, and got better."

"What was it like?" Salem asked.

"I was coughing and felt too hot sometimes. I was also really tired and didn't want to play for a few days," said Kim. "But I slept a lot and my family took care of me. Some of our parents and grandparents had to go to hospital. The nurses and doctors were very kind to them, and people in our community helped us at home. After a few weeks, we were okay again."

"I'm Kim's friend," said one of the other children. "Just because Kim had the coronavirus, we didn't stop being friends - even though I could not see him. I never stopped caring about him and we're

happy we can play together again!"

"Sometimes the most important thing we can do as friends is protect each other," said Ario. "Even if it means staying away from each other for a while."

"We can do these things for each other," said Leila.

"And one day, we will all be able to play again and go back to school like we used to," said Salem.

It was time to go home, and time for Sara to say goodbye to her new friends. They promised each other that they would never forget their adventure together. Sara felt sad that they might not see each other for a while. But she felt better when she remembered what Kim's friend had said. Just because you can't see people, it doesn't mean you stop loving them.

Ario dropped them all back to their homes, and waited for Sara to fall asleep before he left.

"Can we do the same tomorrow?" Sara asked him.

"No Sara, it's time for you to be with your family now," said Ario. "Remember our story. You can keep those you love safe by washing your hands and staying home. I am never far away. You can always be with me when you go to your safe place."

"You are my hero," she whispered.

"You are my hero too, Sara. You are a hero to all those who love you," he said.

Sara fell asleep and when she woke the next day, Ario was gone. So she went to her safe place to talk to him, then drew everything they had seen and learnt on their adventure. She ran to her mum with her drawing to tell her the news.

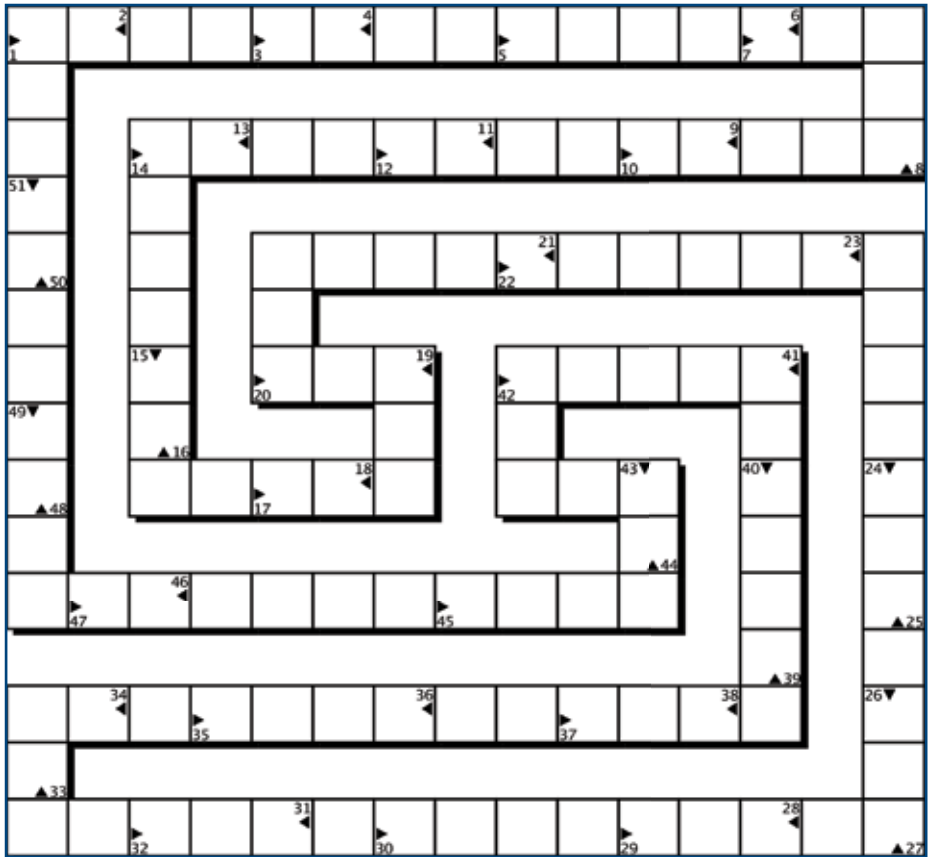
"We can all help people be safe, Mum," she said. "I met so many heroes on my adventure!"

"Oh Sara, you are right!" said her mum. "There are many heroes keeping people safe from the coronavirus, like wonderful doctors and nurses. But you remind me that we can all be heroes, every day, and my biggest hero is you."

## Cryptic Music Quiz #100

1. Spinning Rocks
2. 40 Watt Bulb
3. A senior teacher speaking
4. Aviation strikers
5. Babies on the Slab
6. Barbers century
7. Big Band moving at night
8. Birds of prey with Colic
9. Both of you
10. Butcher bread
11. Cabinet makers
12. Central line on street
13. Change picture
14. Cheerful start to the week
15. Chilly performance
16. Colliding lips
17. Coming of age aviators
18. Correct comment Truman
19. Creepy crawlies
20. Dark carton
21. Dark Sunday
22. Desperate troubles
23. Dirty, breezy and hot
24. Doggy bark
25. Easily readable
26. East-End revolution
27. Enormous onslaught
28. Entrance and horse food
29. Field protectors
30. First man Insect
31. Five Cent posterior
32. Freezing primates
33. Fun park magnetic effect
34. Georgeous Confederacy
35. Grafting blokes Men at Work
36. Greenhouse plants
37. Hamlet humans Village People
38. Hard hearing wild cat
39. The beginning
40. Igloo
41. Insanity
42. Jungle swingers
43. Lads area
44. Late Night Athlete on Deck C
45. M.Sc. B.Sc. B Eng.
46. Merlin
47. Metal airship
48. Mini blend
49. Mr. Sinatra to make a film
50. Next command
51. Nookie Guns
52. Not a good firm
53. Nuclear Feline
54. Nun toboggan
55. OJ and Champagne
56. Pale Serpent
57. Plasters
58. Prosperous City Vermin
59. Ready to Assemble Vegetable
60. Refinement Association Culture Club
61. Revolvers and Flowers
62. Rising Sun
63. Robert Peels men
64. Rub out midge
65. Sad Fur Coat
66. Sea blue back drop
67. Sibling of the Bard
68. Silly Troublemaker
69. Skinny Betty
70. Skinny Bond character
71. Smooth baby carnivores
72. Sobs in Panic
73. South American Instamatic
74. Species table
75. Spotless Outlaw
76. The lads that sell mice
77. Throttlers
78. Treacherous Vicar
79. Triple Soaking
80. Unemployment Card
81. Unglossy Cinzano
82. Warm Galaxy
83. Wet soil
84. Wireless Principal
85. She's rare and again incorrect
86. Crazy Latinas go free for her
87. She'll use my lyric badly
88. Fanatical about the girl
89. Disturb vision
90. Posh dance in German prison
91. Uncomplicated Russian
92. Genuflect for a gem
93. Raincoat bought near Blackpool
94. Is this a compromise on "Men only"
95. Chocolate Candy
96. Male Bomb Shelter
97. Eco-Friendly 24 Hour Period
98. Contorted Nun
99. Scottish Insect
100. What You Might Call An Athsmatic

# Slitherlink



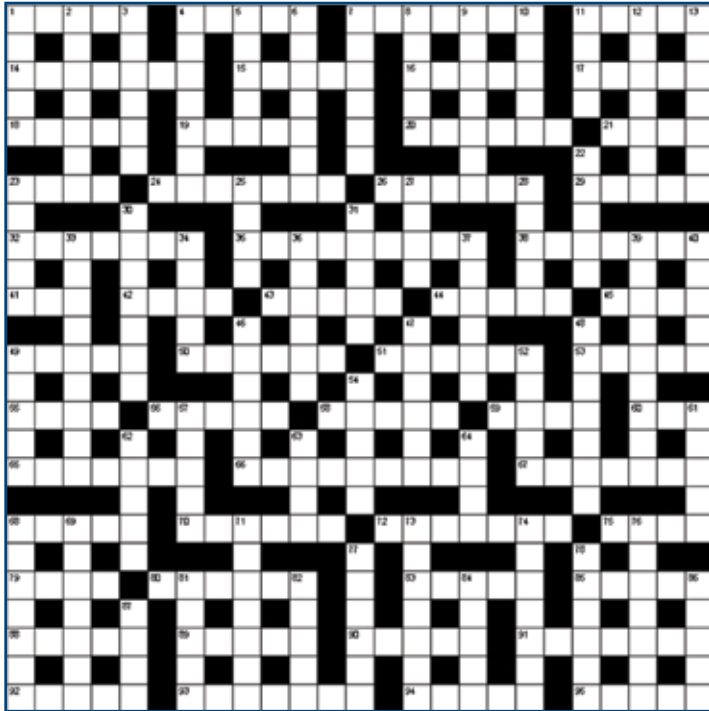
**CLUES**

- |                                   |                             |                                     |                              |
|-----------------------------------|-----------------------------|-------------------------------------|------------------------------|
| 1. Muslim judge                   | 14. Inquisitive             | 26. Building side                   | 39. Yacht stabilisers        |
| 2. Blue shade                     | 15. Nautical call           | 27. Statutes                        | 40. Welsh vegetables         |
| 3. Weathercock                    | 16. North Vietnam's capital | 28. Slowcoaches                     | 41. Game fish                |
| 4. Eager                          | 17. Town crier's call       | 29. Bile                            | 42. Wards off                |
| 5. Sicilian volcano               | 18. Stringed toy            | 30. Haul                            | 43. Displaces                |
| 6. Water flask                    | 19. Variety of sour cherry  | 31. Person footing the bill         | 44. Brief romantic affair    |
| 7. Customers                      | 20. Astound                 | 32. Yelps                           | 45. Mountain passes          |
| 8. - Armstrong, first man on moon | 21. Vendor                  | 33. Punch                           | 46. Heroic                   |
| 9. Exclude                        | 22. Student in a seminary   | 34. Filament                        | 47. Spanish currency         |
| 10. The majority                  | 23. Varnish resin           | 35. Apathy                          | 48. Earthen pot              |
| 11. Negative votes                | 24. Epic poetry             | 36. Decaffeinated                   | 49. Positions                |
| 12. Against                       | 25. The outdoors            | 37. Immature flowers                | 50. Son of Isaac and Rebekah |
| 13. Bulb vegetable                |                             | 38. One of the United Arab Emirates | 51. Marine mammal            |

## Summer General Knowledge Quiz

1. What is the collective name of a group of seventeen hundred islands between Canada and the USA which are popular summer resorts?
2. Whose summer villa is at Castel Gandolfo?
3. When is the Christian festival of Midsummer Day?
4. Where were the 1968 Summer Olympics held?
5. What is used as the filling of a summer pudding?
6. Which institution, introduced by Harold Wilson, consists of TV and radio lectures and summer schools?
7. In '*Alice's Adventures in Wonderland*', what was done all on a summer's day?
8. Elvis Presley was the King, Bruce Springsteen the Boss. What nickname was given to Donna Summer?
9. In which capital city in the Northern Hemisphere, the name of which is a local tribe, has almost 19 hours of daylight during the summer solstice?
10. Which actor, later to find fame in '*It Ain't Half Hot Mum*', played the part of one of Cliff Richard's friends in the film '*Summer Holiday*'?
11. Which brothers wrote the song summertime?
12. Esther Summerson is the heroine of which novel by Charles Dickens?
13. Which duo had a hit in 1978 with *Summer Nights*?
14. Which hit song describes summer... "Those days of soda and pretzels and beer"?
15. The film *Summersby* starred Richard Gere and which actress?
16. The English word summer developed from what Proto-Germanic word for the season?
17. Who had a hit record in 1961 with *Summertime Blues*?
18. The tiny summer Isles are a few miles Northwest of which Scottish port?
19. How is the singer La Donna Gaynes better known?
20. Which group had a hit with the song ?
21. The First Day of Summer' is an annual public holiday celebrated in which European country in April?
22. Which feast day falls on July 15th every year?
23. Who was credited with saving 77 lives during seven summers working as a lifeguard at Lowell Park, Illinois, starting in 1926?
24. Who met and fell in love with Marge Bouvier in a 1974 summer camp?
25. Which novel is told partly by its heroine Esther Summerson?
26. The "dog days of summer" are named after the Dog Star; what is the better known name of this star?
27. What term is often given to a period of dry hot weather that occurs in the autumn?
28. 'Shall I compare thee to a summer's day' is the first line of which William Shakespeare sonnet?
29. What was the first name of Clegg in the UK television sitcom *Last of the Summer Wine*?
30. The summer solstice occurs in the Southern Hemisphere during which month?
31. '*In the Summertime*' was a debut single and big hit for which British rock band?
32. Name the fictional seaside town in the Australian sitcom *Home and Away*?
33. By what names is the character Puck also known in the play *A Midsummer Night's Dream*?
34. Who sang the song 'Summer', which received nominations for British Single of the Year at the 2015 Brit Awards?
35. London have hosted the Summer Olympic Games three times, can you name the years?
36. Name the cities which hosted the following Summer Olympics: (a)1952, (b)1960, (c)1972, and (d)1988?
37. What is the Italian word for summer?
38. The Summer Palace is a vast ensemble of palaces, gardens and lakes in which world city?
39. What over-the-counter vitamin can be used as an effective sun screen by either ingesting it or allowing it to diffuse in water and then applying to the skin?
40. In the U.S. what is the most popular selling grilling meat throughout the summer?

# Giant Crossword



- 11. Military vehicle (4)
- 12. Enclosed territory (7)
- 13. Rising warm air current (7)
- 22. Beverage made from apple juice (5)
- 23. Chasm (5)
- 25. Mentor (4)
- 27. Ice pellets (4)
- 28. Reddish brown (5)
- 30. Long and eventful journey (7)
- 31. Stringed instrument (5)
- 33. Bizarre (9)
- 34. Dig into (5)
- 36. Rue (6)
- 37. Profited (6)
- 39. High-spirited (9)
- 40. Private instructor (5)
- 46. Unilluminated area (6)
- 47. Romp (6)
- 48. Easily cracked (7)
- 49. Map (5)
- 52. Domesticated (5)
- 54. Pursue (5)
- 57. Still legally acceptable (5)
- 61. Deceitful scheme (5)
- 62. Tender (5)
- 63. Passport endorsement (4)
- 64. Musical symbol (4)
- 68. Supreme military leader (7)
- 69. Insanely irresponsible (7)
- 71. Dried grapes (7)
- 73. Made a formal request (7)
- 74. Spiny anteater (7)
- 76. Custodian of a collection (7)
- 77. Loudness (6)
- 78. Weak (6)
- 81. South American animal (5)
- 82. Speak up (5)
- 84. Sports field (5)
- 86. Conceals (5)
- 87. Jealousy (4)

**ACROSS**

- 1. Incorrect (5)
- 4. Stories (5)
- 7. Asinine (7)
- 11. Larceny (5)
- 14. Indication (7)
- 15. Relating to the countryside (5)
- 16. Assembly of witches (5)
- 17. Mother-of-pearl (5)
- 18. Crude (5)
- 19. Flower (5)
- 20. Wore away (6)
- 21. Serene (4)
- 23. Matured (4)
- 24. Persevere (7)
- 26. Dissertation (6)
- 29. Paragon (5)
- 32. Gave way (7)
- 35. Horticulture (9)
- 38. Forestall (7)
- 41. Pouch (3)
- 42. Sodium chloride (4)
- 43. Supple (5)

- 44. Competitor (5)
- 45. Female relative (4)
- 49. Small boat (5)
- 50. Reverberated (6)
- 51. Pressing (6)
- 53. Measuring stick (5)
- 55. Halo (4)
- 56. Circumvent (5)
- 58. Large marine mammal (5)
- 59. Leave out (4)
- 60. Conclusion (3)
- 65. Considerate (7)
- 66. Capricious (9)
- 67. Erased (7)
- 68. Forgo (5)
- 70. Vertical fin (6)
- 72. Perplexed (7)
- 75. Land measure (4)
- 79. Precipitation (4)
- 80. The month preceding the present one (6)
- 83. Fruit (5)
- 85. Planet (5)

- 88. Frequently (5)
  - 89. Excuse (5)
  - 90. Combine (5)
  - 91. Discussed (7)
  - 92. Lure (5)
  - 93. Stark (7)
  - 94. Highly emotional episode (5)
  - 95. Acquires by effort or action (5)
- DOWN**
- 1. Bet (5)
  - 2. Vague (7)
  - 3. Graceless (6)
  - 4. Shiver (7)
  - 5. Slow, broad musical performance (5)
  - 6. Edible crustaceans (7)
  - 7. Fusillade (6)
  - 8. Secret store of valuables (5)
  - 9. Conspicuous (7)
  - 10. Scorch (5)

## Sudoku

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

Fill in each of the empty cells with one number. Every row, column, and region will contain the numbers from one to nine exactly one time. This means that every number in the solution of the puzzle will occur only one time in three directions.

In most cases, the more "givens" there are, the easier the puzzle will be to solve.

The Sudoku puzzle was popularized in 1986 by the Japanese puzzle company Nikoli, under the name Sudoku, meaning single number. It became an international hit in 2005

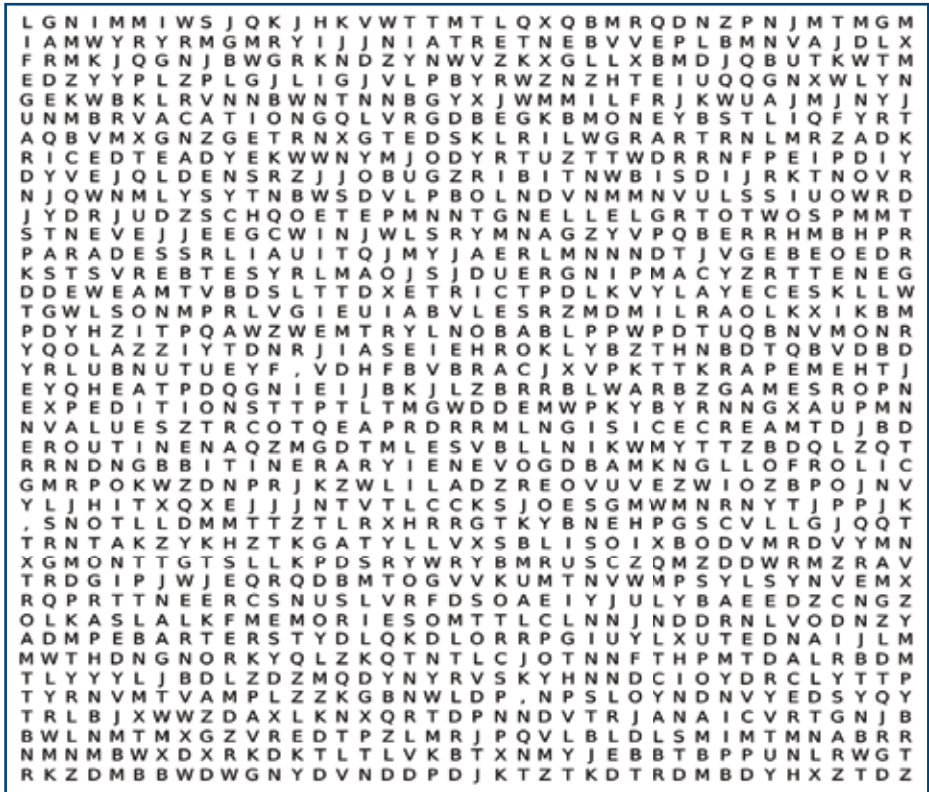
## Nine Letter Word Block

C	S	I
E	P	M
D	N	A

How many words can you make from the letters in the block?

Each word must contain the hub letter **P**. Can you find a 9-letter word and other words of four letters or more avoiding proper nouns?

# Summer Wordsearch



- |              |              |            |                |             |
|--------------|--------------|------------|----------------|-------------|
| Activities   | Dessert      | Holiday    | Outdoors       | Ship        |
| Adventure    | Destination  | Hostel     | Parades        | Shorts      |
| Airport      | Diving       | Hotel      | Parties        | Sightseeing |
| Amusement    | Energy,      | Humidity   | Photography    | Souvenirs   |
| August       | Entertain    | Ice cream  | Picnic         | Strolls,    |
| Awesome      | Events       | Iced tea   | Playground     | Summer      |
| Barbecue     | Exhibitions  | Ideal      | Pool           | Sunscreen   |
| Beach        | Expeditions  | Itinerary  | Puzzles        | Swimming    |
| Bicycling    | Explorations | Jet ski    | Quaint         | Theme park  |
| Boisterous   | Fair         | July       | Quiet          | Touring     |
| Books        | Family       | June       | Rambling       | Travel      |
| Breathtaking | Ferris Wheel | Landmark   | Reading        | Trends      |
| Brochures    | Freedom      | Lemonade   | Refreshment    | Vacation    |
| Camping      | Frisbee      | Lifeguard  | Relaxation     | Values      |
| Celebrate    | Frolic       | Memories   | Roam           | Walks       |
| Climate,     | Fun          | Money      | Roller coaster | Water       |
| Comfort      | Games        | Mosquitoes | Routine        | Wave        |
| Community    | Garden       | Motel      | Sand           |             |
| Countryside  | Heat         | Nibble     | Sandals        |             |
| Culture      | Hiking       | Ocean      | Seashore       |             |

## Logic Grid

		Hurricanes					Destruction					Cities				
		Deloris	Olivia	Rachel	Sabrina	Yvette	\$12.5 million	\$13.1 million	\$15.7 million	\$17.4 million	\$18.5 million	Escondido	Granger	Hesperia	Rockford	Varina
Years	1952															
	1956															
	1960															
	1964															
	1968															
Cities	Escondido															
	Granger															
	Hesperia															
	Rockford															
	Varina															
Destruction	\$12.5 million															
	\$13.1 million															
	\$15.7 million															
	\$17.4 million															
	\$18.5 million															
		Years	Hurricanes	Destruction	Cities											
	1952															
	1956															
	1960															
	1964															
	1968															

Logic puzzles (also known as “logic grid puzzles”) require the solver to deduce the relationships between different people, places and things based on a limited number of clues given in the puzzle. Remember: every item on the board belongs to one and only one person, no item will ever be shared. Using only the clues provided and simple deductive logic and reasoning, fill in the grid with X’s and O’s to determine the solution.

- Of Hurricane Yvette and Hurricane Sabrina, one struck in 1968 and the other hit land at Hesperia.
- Neither the hurricane that hit in 1956 nor the storm that caused \$18.5 million in damage was the storm that made landfall at Granger..
- Hurricane Deloris didn’t cause exactly \$17.4 million in damage.
- Hurricane Olivia struck in 1952.
- Hurricane Rachel was either the storm that made landfall at Rockford or the hurricane that hit in 1964.
- Hurricane Yvette hit sometime after the storm that caused \$12.5 million in damage.
- Hurricane Deloris hit land at Granger.
- Hurricane Sabrina caused \$15.7 million in damage.
- Hurricane Rachel didn’t cause exactly \$12.5 million in damage.
- The hurricane that made landfall at Granger hit 4 years after the hurricane that made landfall at Hesperia.
- Neither the hurricane that hit in 1968 nor the storm that made landfall at Escondido was Hurricane Rachel.
- The hurricane that made landfall at Hesperia caused \$18.5 million in damage.



Acrostic

11	1	B	2	J	3	I	4	H	5	A	6	L	7	K	8	A	9	C	10	A	11	H	12	J	13	D	14	L	15	I																																			
16	G	17	E	18	K	19	C	20	I	21	L	22	I	23	K	24	D	25	B	26	G	27	H	28	E	29	H	30	B	31	D	32	H																																
33	D	34	E	35	A	36	C	37	H	38	D	39	K	40	A	41	I	42	K	43	J	44	G	45	F	46	E	47	L	48	A	49	D																																
50	B	51	D	52	F	53	E	54	H	55	G	56	I	57	B	58	G	59	C	60	C	61	F	62	K	63	A	64	H	65	F	66	D	67	K																														
68	J	69	F	70	K	71	F	72	I	73	A	74	K	75	B	76	J	77	L	78	I	79	I	80	I	81	I	82	I	83	I	84	I	85	I	86	I	87	I	88	I	89	I	90	I	91	I	92	I	93	I	94	I	95	I	96	I	97	I	98	I	99	I	100	I

Solve the crossword clues to gradually fill in letters. Each puzzle spells out the author and/or source of the quote in the first letter of every answer As the quote begins to emerge, it will provide you with letter clues for the words you've not yet found until you've reveal the solution!

A 10 63 8 35 48 5 40 73  
Daughter's husband (hyp.)

J 12 76 68 2 43  
Knock for \_\_\_ (astonish) (2)

B 57 75 30 50 1 25  
Pays the check

K 23 42 62 70 18 67 7 74 39  
Protect against oxidation

C 9 36 60 59 19  
East \_\_\_ (certain Londoner)

L 6 47 77 14 21  
P. \_\_\_

D 66 31 49 24 33 51 38 13  
Inciting to action (2)

E 17 53 34 28 46  
Dressed to the \_\_\_

F 61 69 45 71 52 65  
"\_\_\_ a Hammer" (3)

G 55 58 16 44 26  
Tank or polo

H 27 32 37 11 29 4 64 54  
Noble

I 72 15 56 22 3 20 41  
Singer Gloria



**Cyrtic Music Quiz**

1. Rolling Stones
2. Electric Light Orchestra
3. Talking Heads
4. Flying Pickets
5. New Kids on the Block
6. Haircut 100
7. O.M.D. (Orchestral Manouvres in the Dark)
8. Hawkwind
9. U2
10. Meatloaf
11. The Carpenters
12. Middle of the Road
13. Altered Images
14. Happy Mondays
15. Cold Play
16. Kiss
17. Twenty One Pilots
18. Right Said Fred
19. The Beatles
20. Black Box
21. Black Sabbath
22. Dire Straits
23. Earth, Wind and Fire
24. Bow Wow Wow
25. Simply Red
26. Cockney rebel
27. Massive Attack
28. Hall and Oats
29. Scarecrows
30. Adam Ant
31. Nickelback
32. Artic Monkeys
33. Fairground Attraction
34. Beautiful South
35. Men at Work
36. Hothouse Flowers
37. Village People
38. Deff Leppard
39. Genesis
40. Ice House
41. Madness
42. The Monkees
43. Boyzone
44. Dexys Midnight Runners
45. Three Degrees
46. Wizard
47. Led Zeppelin
48. Little Mix
49. Frankie Goes To Hollywood
50. New Order
51. Sex Pistols
52. Bad Company
53. Atomic Kitten
54. Sister Sledge
55. Bucks Fizz
56. Whitesnake
57. Band Aid
58. Boomtown Rats
59. Prefab Sprout
60. Culture Club
61. Guns and Roses
62. Dawn
63. The Police
64. Erasure
65. Blue Mink
66. Ocean Colour Scene
67. Shakespeares Sister
68. Daft Punk
69. Thin Lizzy
70. Boney M
71. Fine Young Cannibals
72. Tears for Fears
73. Aztec Camera
74. Human League
75. Clean Bandit
76. Pet Shop Boys
77. Stranglers
78. Judas Priest
79. Wet Wet Wet
80. Card UB40
81. Matt Bianco
82. Hot Chocolate
83. Mud
84. Principal Radiohead
85. Ariana Grande
86. Gloria Estefan
87. Miley Cyrus
88. Madonna
89. Blur
90. Spandau Ballet
91. SimplyRed
92. Neil Diamond
93. Fleetwood Mac
94. Girls Aloud
95. Eminem
96. Fall Out Boyll
97. Greenday
98. Twisted Sister
99. McFly
100. Weezer

**Summer Quiz**

- |  |   |
|--|---|
| 1. Thousand islands                            | 20. Mungo Jerry                                     |
| 2. The pope                                    | 21. Iceland   |
| 3. 24th June                                   | 22. Saint Swithins                                  |
| 4. Mexico                                      | 23. Ronald Reagan                                   |
| 5. Soft fruit (raspberries, blackcurrants etc) | 24. Homer Simpson                                   |
| 6. Open University                             | 25. Bleak House                                     |
| 7. some tarts                                  | 26. Sirius  |
| 8. Queen of Disco                              | 27. Indian Summer                                   |
| 9. Helsinki (Finland)                          | 28. Sonnet 18                                       |
| 10. Melvyn Hayes                               | 29. Norman  |
| 11. George and Ira Gershwin                    | 30. December  |
| 12. Bleak House                                | 31. Mungo Jerry                                     |
| 13. John Travolta and Olivia Newton John       | 32. Summer Bay                                      |
| 14. Lazy Hazy Crazy Days of Summer             | 33. Robin Goodfellow / Hobgoblin                    |
| 15. Jodie Foster                               | 34. Calvin Harris and 1912                          |
| 16. Sumaraz                                    | 35. 1908, 1912 and 1948                             |
| 17. Eddie Cochran                              | 36. (a) Helsinki (b) Rome (c) Munich, and (d) Seoul |
| 18. Ullapool                                   | 37. Estate  |
| 19. Donna Summer                               | 38. Beijing   |
|  | 39. Vitamin C                                       |
|  | 40. Hotdogs   |

**Word Hub**

**PANDEMICS**

pandemic, dampens, decamps, encamps, impends, midspace, pemican, scamped, apices, camped, dampen, decamp, encamp, impend, pained, pecans, sniped, spaced, spiced, aspen, caped, capes, epics, napes, neaps, paced, paces, paned, panes, peans, pecan, pends, pined, pines, scape, sepia, snipe, space, spade, spend, spice, spied, spine, aped, apes, apse, cape, epic, nape, neap, pace, pane, pase, pean, peas, pecs, pein, pens, pice, pied, pies, pine, spae, spec, sped

**Sudoku**

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

## Some unusual stories connected to football

The late great Bill Shankly famously said football isn't a matter of life or death, it's more important that that and the history of the most popular sport in the world is incredible.

Like anything that has history, soccer has some of the most bizarre and humorous stories around—stories that will leave you shaking your head in disbelief.



*In 1945, Arsenal played one of the strangest games in their history* as they hosted Dynamo Moscow at White Hart Lane in 1945 for a friendly match. Players on the field wanted the game to be suspended due to heavy fog, but the referee decided to allow the game to go forward.

The fog was so thick that turned this game into an absolute farce, on all sorts of levels. Rules were thrown out of the window, and each team did whatever they felt was necessary to play the game and seeing it come to an end.

Dynamo Moscow had a substitution take place without ever removing the substitute player from the field of play. Fans that were at the game



*In the 1920s, Ipswich Town groundsman Walter Woollard* kept sheep, goats and chickens at the Portman Road Ground. They did their bit to crop and manure the grass and were kept below the stands.

*The Greek Superleague clash between PAOK and AEK Athens had to be abandoned* with mere minutes left on the clock when PAOK's club president stormed onto the pitch armed with a gun after watching his side have an 90th-minute (offside) goal disallowed by referee Georgios Kominis.

Matters intensified when the irate PAOK owner, Greek-Russian billionaire Ivan Savvidis, marched on to the field twice, accompanied by bodyguards. The second time, the Georgian-born businessman took off his coat to reveal he was carrying a pistol in his belt buckle

The AEK players were ushered from the pitch for their own safety while Savvidis was intercepted by security staff. The match was then officially abandoned two hours later.



believe that the Russian team at one point fielded over 15 players at the same time.

One of Arsenal's players who had been sent off, sneaked back onto the pitch and played the remainder of the game. Their goalkeeper knocked himself out after running into the goalpost, which he couldn't see due to the heavy fog. Reports claim that a spectator took his place in net for the rest of the match.

The final score was a 4-3 loss for Arsenal in a game in which the result didn't matter but the story and developments of the game will forever be a part of Arsenal's folklore.



**Cameroon's goalkeeping coach Thomas Nkono was beaten and arrested by several policemen,** just before an Africa Cup of Nations match with Mali in 2003 because he was suspected of trying to leave a voodoo charm on the pitch. An object found in his pocket was a black-magic charm aimed at helping Cameroon's cause. He was dragged onto the running track after stepping onto the pitch at the 26 March Stadium alongside and eventually received a one-year ban which was lifted, although he was not allowed to sit on the bench during the final.

**In 1971, Argentina's Boca Juniors faced Peru's Sporting Cristal in the Copa Libertadores,** and the match would go down in the brutality hall of fame, with 19 players given their marching orders. It was one of the ugliest nights in football history, a stain on the beautiful game, and the most infamous of dirty clashes.

60,000 fanatical Boca supporters saw their team take a 2-0 lead with goals from Jorge Coch and Ángel Clemente Rojas. Cristal hit back with Juan Orbegoso scoring from inside the box before, in the 69th minute, Carlos Gonzáles Pajuelo rolled the ball in from close range after goalkeeper Rubén Sánchez had spilt it. From here on in, the game increased in intensity. The crowd became increasingly hostile as the momentum swung back and forth, almost resembling a basketball match, as both sides pushed forward in search of a crucial winner.

With minutes remaining, Boca pushed forward once more, and Roberto Rogel fell to the floor in the penalty area. The home side were incensed when Uruguayan referee Alejandro Otero dismissed their penalty appeal, convinced that the Boca man had fallen of his own accord. Rubén Suñé – Boca's captain– instigated the trouble by hacking down Alfredo Quesada during the next passage of play. All hell broke loose, with punches and kicks raining down like ticker tape from the stands.

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**As far as comebacks are concerned it was (supposedly) one of the greatest in the English Premiership.** In 2001, Tottenham Hotspur were dominating Manchester United, having gone 3-0 up at half-time. Betting exchanges were the new thing and a Spurs fan who wanted to impress his girlfriend, confidently put his mortgage on a Spurs' win in a short-odds wager- then sat back to make a fortune. Sadly United came back to win the game 5-3!

There really is no pleasing some people, and even after he saw his side roar back to take the points, Ferguson wasn't a happy man.

When asked the BBC (on one of the rare occasions they were allowed to speak to him) at full-time just what he'd said to inspire his team to their recovery, he replied: "I'm not saying exactly what I said to them at half-time! Why am I always asked that?"

We now know that the profound words uttered were: 'Lads, it's Tottenham.' (Sometimes you have to keep it simple for certain footballers -VV)



**You might not know it about this West London club,** but Chelsea fans have been bringing celery to the Bridge for decades now—most likely in order to pay homage to their chant “Celery”

However, in 2002, four fans were arrested for celery-throwing, and by 2007 it was banned officially. According to a club statement at the time, the Blues reminded fans that bringing celery to the ground is in fact outlawed and that any fan caught bringing the “dangerous” vegetable to the ground could face a lifetime ban from the Blues' home ground.

This was after a game against Arsenal was stopped as players were pelted with the foodstuff. Cesc Fabregas was particularly riled when hit with a stalk while trying to take a corner. Although it's exiled at Stamford Bridge (there was even a hotline set up for a short while for people to report if they'd seen people with celery on the grounds) people still bring it to away games.



**Postponed matches in the UK aren't that unusual during the cold winter months,** but during the 1962/63 season football enjoyed something of an enforced three-month sabbatical due to freak weather conditions, which threatened not only the national game, but the country as a whole. The round of games, which had begun back on January 5th would take an astonishing 66 days before being completed as the season looked like it might never end.

The winter of 1963 was one of the coldest in living memory. Officially it was the coldest month of the 20th century that January, with temperatures of -19 degrees Celsius being recorded in several locations with the average temperature failing to get above freezing; it was that cold that rivers had lumps of ice in them and even the sea froze solid.




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Lincoln City's game with Coventry City was postponed an astonishing 14 times, while in Scotland a cup tie between Stranraer and Airdrie was called-off no fewer than 33 times. In all there were a total of 261 postponements and half of the 32 ties fell victim to the weather 10 times or more.



**In what was surely a first in football, legendary Brazilian Kaka was shown a yellow card** just so the referee could take a selfie with him.

The former AC Milan and Real Madrid maestro pulled on the Selecao shirt in a charity match for Brazil.

Ronaldinho, Roberto Carlos, Rivaldo, Cafu and Bebeto were also among the legends taking part in the friendly fixture but it was Kaka who was the biggest hit.

Incredibly, while the 2007 Ballon d'Or was dribbling in midfield with his side 3-2 up, the female referee blew the whistle and stopped the game for a moment.

Much to Kaka's confusion, the official then went to her pocket and booked him - before getting her phone out and asking for a selfie with the 37-year old - who was more than happy to oblige.



**Danish football side Ebeltoft, who were robbed of a deserved draw** when playing Norager in the domestic competition.

Norager were leading 4-3 with seconds remaining when Ebeltoft went on the attack. As they pressed forward, however, referee Henning Erikstrup went to blow the final whistle.

Only problem was that his false teeth fell out as he went to blow the whistle—meaning that no noise came out and play continued as normal. Ebeltoft scored to make it 4-4 by the time that Erikstrup found his false teeth and put them back into his mouth. So, 4-4 right? Mmmm nope...

Erikstrup disallowed the goal and blew the final whistle, handing Norager a 4-3 win. Ebeltoft protested the match immediately following the loss and took the result to the equivalent of what is the Football Association in Denmark, but their protests were denied.



**Many players have scored hat-tricks (3 goals in the same match)** during their lifetime, but few have the claim to fame that West Ham and England defender Alvin Martin has regarding hat-tricks.

In West Ham's 8-1 home win against Newcastle United in April 1986, Martin scored three goals against three different goalkeepers—making him the only player to score his hat-trick in such a fashion.

The defender netted his first goal against Newcastle goalkeeper Martin Thomas, who was then replaced by Chris Hedworth due to injury. Martin scored against the substitute keeper, who was then replaced by Peter Beardsley toward the end of the match, whom he promptly scored against to complete his unusual but remarkable feat.

No other player has ever scored a hat-trick like this.

Prince Fahid, President of the Kuwaiti FA, then entered the pitch and demanded that the goal be disallowed. The Prince signaled for his players to leave the pitch until the referee bowed under the pressure and chalked the goal off, putting the score back to 3-1.

This strange moment didn't have any effect on the outcome of the match when Maxime Bossis legitimately scored France's fourth goal in the 89th minute.

After the incident, Prince Fahid was fined and Miroslav Stupar was banned from refereeing whilst Kuwait were beaten 1-0 by England in the next game to end their brief foray into the World Cup.



***Quite possibly the strangest incident to ever occur at a World Cup*** happened during the group stages of Espana '82.

Kuwait were appearing in their first, and to date only, World Cup and had started with a 1-1 draw against Czechoslovakia. They then moved on to play France in their second match of the tournament.

On 21st June 1982, with the French leading 3-1, the bizarre moment came. Alain Giresse netted to put the scoreline at 4-1 but the Kuwaiti defenders had all stopped playing due to apparently hearing what they thought was the referee's whistle.

The players complained but it was to no avail and referee Miroslav Stupar stood his ground.

***Staging a protest is can be a good thing, depending on how you do it.*** Madagascar club Stade Olympique l'Eymyrne probably chose the wrong way.

In its final game of the season against AS Adema, Stade Olympique l'Eymyrne's coach, Zaka Be, decided it was best for the club to humiliate itself due to one controversial call that may have cost them the title.

The Malagasy Football Federation punished the coach with a three-year suspension. Athletes Mamisoa Razafindrakoto, Manitrarinina Andrianiaina, Nicolas Rakotoarimanana and Dominique Rakotonandrasana were also suspended, but only until the end of the season.



Spectators at the game say that SOE would kick the ball off and shoot it all the way back to their own goal, where their goalkeeper would watch it go in.

Following the match, the Madagascan Football Federation suspended the SOE coach Zaka Be for three years and four of the team’s players until the end of the season. All the other players from both teams received an official warning for their involvement in the incident.

The result stands as not only one of the most stupid protests ever made in world football, but also the largest defeat in the history of professional football.

Pretty normal but what would transpire is the highest score ever recorded in a penalty shootout—with Juniors winning on the night 21-20 in the penalty shootout.

Perhaps even more amazing than that is the fact that there was only one missed penalty—the final penalty for Alainza by Ruiz, who had his penalty saved by the goalkeeper. Up until that point, all 40 penalty attempts had been scored by the penalty-takers.

Heartbreaking for Juventud Alianza goalkeeper Gonzalez, who failed to stop any of the 21 penalties that he had come his way throughout the shootout.



**Fourth Division Argentinian soccer might not be as high as some other leagues in the world,** but in the 2009/10 season a match between Juventud Alianza and General Paz Juniors in the qualifying round of the Apertura for the Ronda Final at the end of the season tied their two legs on a 3-3 aggregate and so the two clubs headed to penalty shootout to decide who would progress through to the next round of competition.

**The Isles of Scilly Football League, is officially the smallest football league in the world.**

The league features just two teams—Garrison Gunners and the Woolpack Wanderers—who play each other every week in the league to determine who will be the champion for that season.

But the pair still receive plenty of knockout action as well, with The Wholesalers Cup and the Foredeck Cup—which are both played over two legs—as well as a Charity Shield that customarily kicks off the action-packed season ahead.

The only time that the two teams don’t play each other in the league is when they meet in the Cup, which again, is only played between themselves.

*It’s a funny old game ~ Jimmy Greaves*



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## Jiu-jitsu leading the way for UAE sport to return



**The UAE's leading jiu-jitsu athletes returned to competitive action in a behind-closed-doors 'refresher' tournament as they continue preparation for a scheduled return to international competition later this year.**

The tournament, organised by the UAE Jiu-Jitsu Federation (UAEJFF), the governing body for the sport in the country in line with the Federal and global COVID-19 health and safety protocols, was part of an ongoing UAE National Jiu-Jitsu team training camp, which ran until May 24th.

Featuring 60 of the nation's top players, the 'Refresher Jiu-Jitsu Tournament' at the Jiu-Jitsu Arena in Abu Dhabi, signals a return to live sporting action in the UAE.

Athletes, coaches and support staff were given medical examinations before the camp commenced and are continually monitored. The event was held without fans in attendance in line with public health guidelines.

While the virus has resulted in an uncertain short-term future for live sport worldwide, the UAEJFF is constantly working on plans for healthy, safe,

and medically approved means to continue the development of the UAE national Jiu-Jitsu team.

"We are committed to our mission of developing the sport of jiu-jitsu in the UAE and ensuring the national team is on track for them to bring glory to the nation. The

closed training camp along with the Refresher Jiu-Jitsu Tournament, is the first-of-its-kind sporting initiative in the region," Fahad Al Shamsi, General Secretary, UAEJFF, related.

"The enthusiasm of the athletes and the desire to ensure they are in the best shape for global tournaments is the main reason behind organising this tournament."

The Refresher Jiu-Jitsu Tournament took place with participating athletes divided into three pools.

"While training camps are excellent for improving a fighter's technical level and physical conditioning, a match environment often tells you whether fighters have really absorbed the learnings. Most of our training camps end with the players competing at a championship and by organising this tournament, we wanted to ensure that the players do not break this habit. The tournament will allow the UAE national Jiu-Jitsu team fighters to be mentally ready for a gruelling international and domestic competition schedule ahead and will also provide the coaching team crucial information on the fighters' developmental journey," Mubarak Al Menhali, Technical Director, UAEJFF, said.

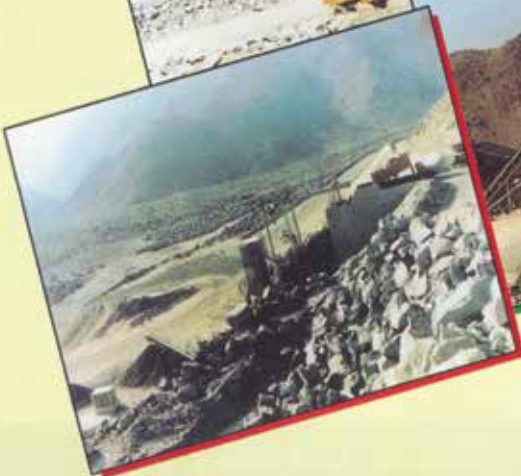
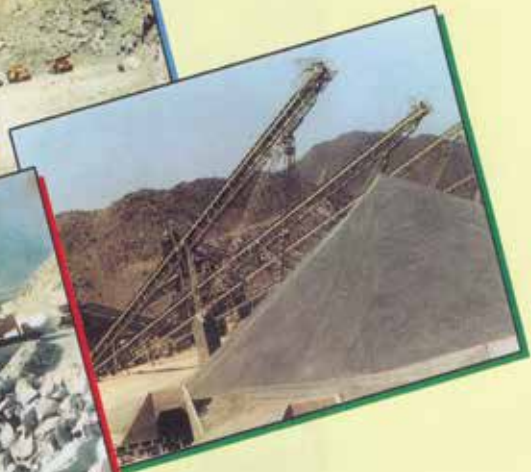


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## Team Angel Wolf completes Burj Khalifa Challenge in 4:43 hours



**Team Angel Wolf's Nick Watson and his son Rio accomplished the Climb With Rio challenge this weekend in 4 hours and 43 minutes. Father Nick walked 118 times up and down the stairs of their home, the equivalent of climbing the Burj Khalifa, with son Rio, who is a Person of Determination, strapped on his back.**

The idea behind the challenge was to inspire people to stay at home, stay safe and stay fit during the COVID-19 pandemic. As part of the initiative, Nick and Rio encouraged people from all over the world to get involved and take on their own climb-a-thon, by choosing an iconic landmark, without having to leave their homes.

Thousands of people joined the Team Angel Wolf challenge, helping to participate in their own way over the weekend via Instagram and Facebook live. Schools challenged their children and entire families walked together up and down the stairs of their homes to see how many times the combined efforts could complete the Burj Khalifa climb.

There was also lots of support from others around the world, which created a truly inclusive event.

"This has been completely different to what we have ever experienced before in a race or a challenge; even though we, and, hundreds of others, did the challenge separately, there was a real sense of togetherness and not being alone; which feels unique at the moment. I have to admit it was 4 hours and 43 minutes of pure discomfort yet pure joy; as however uncomfortable it got (and it did) Rio totally motivated and fuelled me, his excitement, enthusiasm and appreciation of each given moment gave me energy to keep going," said Nick.

With another achievement under their belt, Team Angel Wolf are continuing their quest to promote a healthy lifestyle. Their goal was to create awareness and to connect with the community through the challenge of Climb With Rio and took it on in their own way, safely at home... I am speechless; thank you. We are very proud of every single person that gave the challenge a go!"

## A place to share your poetry...

### A SHIFT

When parents told me about a shift  
I thought it was a gift  
But it turned out to be  
A break from the past  
And it started with a blast.

From kuboos to dosas,  
From fries to vadas,  
From taxis to rickshaws  
From croissant to puffs  
Which made me enough.

**Rowina Rose**

St. Mary's Catholic High School, Fujairah  
Class 10A



### MIRROR

Never trust a mirror,  
It never cheers.  
It only shows what's skin deep,  
And doesn't show what lies inside.

A mirror doesn't tell your worth,  
It doesn't show your mirth.  
Mirrors only show what we look like,  
And what we dislike,  
About ourselves.

It doesn't show how others,  
See you or the colors,  
With which you paint this world.

Mirrors are just glass,  
And they don't show how much happiness you  
amass,  
In others.

If you think mirrors tell your worth,  
It's time you observe,  
And see what lies inside,  
And it's time to see who you truly are.

**Rashmika Nataraj**

St. Mary's Catholic High School, Fujairah  
Class 10B





**COVID-19**

From China to the rest of the world,  
 Covid-19 spreads like the Spanish flu,  
 Killing thousands of people on every day,  
 Destroying the livelihood of many people.

The best thing about Covid-19 is,  
 It doesn't discriminate between rich and poor,  
 Between the religions,  
 Between celebrities and commoners,  
 It affects all of us,  
 It's a lesson that we all are the same.

Covid-19 has made the world a better place to  
 live without pollution,  
 It is a way, through which many animals are  
 enjoying its freedom,  
 The unprecedented 2020 Northern Hemisphere  
 ozone hole has come to an end,  
 It made us enjoy the pleasurable times with family.

Let's have faith in God,  
 Let's have hope,  
 Let's move the Covid -19 away from us with the  
 help of our faith and hope,  
 Let's pray for all of us.  
 Dead and alive,  
 Let's stay safe by following the guidelines.

**Kavya Byju**  
 St. Mary's Catholic High School, Fujairah  
 Class 10

**FORGIVENESS**

Pardon, forgive, sorry are the words which have a  
 lot of emotions,  
 If the mistake is ours admit it,  
 If the mistake is others forgive it,  
 Give them a new chance by forgiving them.

There is no peace without forgiving,  
 It could be a fragrance that can crush thousands  
 of evil minds,  
 Understand others, and then forgive them,  
 Forgiveness can never fill the cracks of our life,  
 But it could give you peace.



There is pain in every heart,  
 The thing is that it will not last forever,  
 But for some time,  
 That sometime seems like our full life,  
 Forgiveness can let go the pain,  
 It helps us to forget the past and focus on the  
 present,  
 Let's forgive others for the anguish, pain and  
 tears,  
 Let's forgive others without destroying our peace,  
 Tomorrow is a new day,  
 Let's wake up with a beautiful smile on our face,  
 This can brighten many people's lives.

**Kavya Byju**  
 St. Mary's Catholic High School, Fujairah  
 Class 10

If you write poems you have the opportunity  
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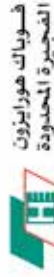
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## Stay safe, be prepared

We may be young or old,  
But we must be bold,  
Against the enemy untold.

We can't go to malls,  
Nor can we go to waterfalls,  
Because this virus is a-scaring,  
Sending our spines into a shivering.

If you have to go out, think twice,  
Wear your mask, be wise.  
After coming home, sanitise,  
And wash your hands thrice.

COVID-19 is the name,  
It is playing a hide-and-peek game.  
By following the rules, we can ensure endgame.

**Tejas J. Suresh**

## A poem about coronavirus

The world in which we live today,  
Is different than before.  
The virus has taken lives away,  
of families they adore.  
The fear of the unknown,  
The worry of what will be,

Are in the minds of all of us,  
As everyone can see.  
The Doctors and all the Nurses,

First Responders and others too,  
Are putting their lives in danger,  
To care for me and you.

The compassion and the care they give,  
The hours spent so the sick can live,  
We thank you for all you do!

We practice social distancing,  
We shop in a different way,  
We were asked to stay at home for now,  
When will this go away?

**Madeleine J. Barone**

## Coronavirus: A Poem

**C** is for the chaos that you've caused  
**O** is for flight operations that you've paused  
**R** is for the revenue suddenly leaked  
**O** is for the financial officers you've freaked  
**N** is for not knowing when this hysteria will pass  
**A** is for assuming the traffic will return after en masse  
**V** is for the virus you're spreading from shore to shore  
**I** is for the insurmountable uncertainty we've never seen before  
**R** is for the reduction in traffic you've impacted  
**U** is for the underlying KPI's you abstracted  
**S** is for the travel related stock prices you've caused to tank

**C** is for the resulting Chap 11 filings that will most likely crank  
**O** is for the outlook that your presence has muddied  
**V** is for the variety of industries you've bloodied  
**I** is for the individuals looking for your vaccine  
**D** is for the directive to keep all hands clean  
**I** is for the wish that everyone around the world stays protected  
**9** is for the fingers crossed hoping the best for those already affected

**Martin Kaduc**



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Mob 056-1395629

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Hamad Bin Abdullah Rd,  
Fujairah  
09-2244788

Butterfliez  
Ground floor, Fujairah Tower  
09-2244464

City Tower Hotel Wellness Spa  
& Salon  
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Opp Century Mall  
Fujairah  
09-2222778

The Beauty Salon  
1st floor, Radisson Blu Resort  
Fujairah  
Dibba – Fujairah  
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Willow Stream Spa  
Health & Wellness Spa  
B1 Level, Fairmont Fujairah  
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Mina Al Fajer, Dibba – Fujairah  
09-2041035

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Al Diyar Residence Hamad Bin Abdullah Rd, Fujairah 09-2244660
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Nr Madina Supermarket,  
Al Gurfah  
09-2224820

Reem Pharmacy Opp. HSBC  
9am -1pm & 5pm -10pm  
Hamad Bin Abdulla Rd  
09-2241124

Siji Pharmacy  
9am -1:30pm & 5-10:30pm  
Opp. Al Rostami Exchange  
Sh Zayed Rd, Fujairah  
09-2231540

Thumbay Pharmacy  
Open 24 hours  
Fujairah  
09-2244233 Extn 212

## RESTAURANTS

Abu Khalid Restaurant  
Indian/ Arabic  
Park Road, Fujairah  
09-2224592  
050-5409708

Al Afrah Cook  
Indian/ Arabic  
Fujairah  
09-2224238

Al Amwaj Restaurant Take-  
aways/Delivery Indian  
Qidfa, Fujairah  
09-2380191

Al Aseel Restaurant & Cafeteria  
Indian Delicacies  
Near Safeer Rbt, Fujairah  
09-2227244

Al Baghdadi Rest. & Cafeteria  
Sandwich/Arabic/Indian  
Hamad Bin Abdullah Rd,  
Fujairah  
09-2229105

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

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

Al Khaleej Coffee Shop  
Park Road, Fujairah  
09-2224353

Almahbash Alshaabi Restaurant  
Fahim Street, Fujairah  
09-2225445

Al Mabrook 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  
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  
09-2233188/2227400  
050-3525799

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

Al Roof Restaurant Int'l  
Emirate Springs Hotel  
Hamad Bin Abdullah Rd,  
Fujairah  
09-2232922

Al Sawaqi Cafeteria  
Nadah Road, Fujairah  
09-2241881

Al Shamaa Cafeteria & Rest  
Al Fahim Street, Fujairah  
055-4580851

Al Shami Cafeteria & Rest  
Fujairah  
09-2243404

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

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

Al Wahda Rest & 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 or 09-2224580

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

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

Baniyas Cafeteria  
Merashid Road,  
Fujairah  
09-2225562  
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  
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 & Confect  
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

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

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

## RESTAURANTS

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

Dibba Rock Restaurant  
Continental  
Royal Beach Hotel & Resort  
Al Faqueet, 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  
0561610874

Eva Cafeteria  
Park Road, Fujairah  
09-2226390

Emirates Sea Restaurant  
Multi-cuisine  
Corniche Road,  
Fujairah  
09 222 2785

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

Faseel Restaurant  
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

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

Fujairah Star Restaurant  
Indian/Arabic  
Fujairah  
09-2225337

Garden Valley Restaurant  
Merashid/Rughalt Road  
Fujairah  
09-2221526

Golden Fork Restaurant  
Takeaways/ Delivery Service  
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  
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  
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  
09-2224969

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

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

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

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

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

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

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

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

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Lari Adda Restaurant.  
Pakistani & Indian Cuisine  
Next to HSBC Bank,  
Khalifa Khamees Matar Bldg,  
Hamad Bin Abdullah Road,  
Fujairah 09-2364411

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

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

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

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

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

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

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

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Malabar Palace Restaurant  
Takeaways/ Delivery Service  
Fujairah  
050-2706897

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

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

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

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Mashriq Mukalla Mandi  
Restaurant  
Indian / Arabic, South Indian  
Food  
Airport Road  
Fujairah  
09 2227074/2227075  
056 6262729

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

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

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McGettigans Irish Bar  
Tennis & Country Club,  
Back side of Colleges  
Nr Fujairah City Centre  
09-2244880

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Mistral Restaurant  
Middle Eastern & Mediterranean  
Fujairah Mall  
Millennium Hotel  
Fujairah 09-2012000

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

## RESTAURANTS

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

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

Dosas House  
Takeaways/ Delivery Service  
Seafood/Fish/Chicken  
Back Dubai Islamic Bank  
Off Hamad Bin Abdullah Rd,  
Fujairah  
09-2232997  
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

Pablo Cafe  
Fujairah Trade Center  
Fujairah  
09-2244900

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  
09-2222557

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

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

Ruqaq Alkhaleej Restaurant  
Meraschid/Rughalt Road  
Fujairah  
09-2232773  
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  
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  
Meraschid/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  
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 Rest & Cafeteria  
Ghorfa, Fujairah  
09-233484  
050-3241421

Special Tikka Restaurant  
Meraschid 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

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

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  
Fortune Hotel Apartment,  
Fahim Street, Fujairah  
09-2244934/991

The Sailors Restaurant & Cafe  
Fujairah Int'l Marine Club,  
Fujairah Corniche  
09-2221600

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

The Salad Bar  
Sakamkam  
Fujairah General Trading Bldg  
09-2244244

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

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

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

Views  
International Buffet  
Le Meridien 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  
Off Hamad Bin Abdullah Rd,  
09-2233260  
050-6889367 / 055-3488511

ZO Restaurant  
Fine Dining  
Al Nakheel Rd - Fujairah  
09-2222979

## 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 UAE 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.)

## 2020

Wed 1st January	New Year's Day
Sun 22nd March	Prophet's Ascension
Thurs 23rd April	Beginning of Ramadan
Sat 23th May	Eid al-Fitr
Thur 30th July	Arafat Day
Fri 31st July - Sun 2nd August	Eid al-Adha
Sun 23rd August	Islamic New Year
Thurs 29th October	Prophet's Birthday
Tues 1st December	Commemoration Day
Wed 2nd & Thurs 3rd December	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: <a href="mailto:isfuj@emirates.net.ae">isfuj@emirates.net.ae</a>

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, through Maleha village, Madam roundabout and E55, approx 1 hour 58 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 E99 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

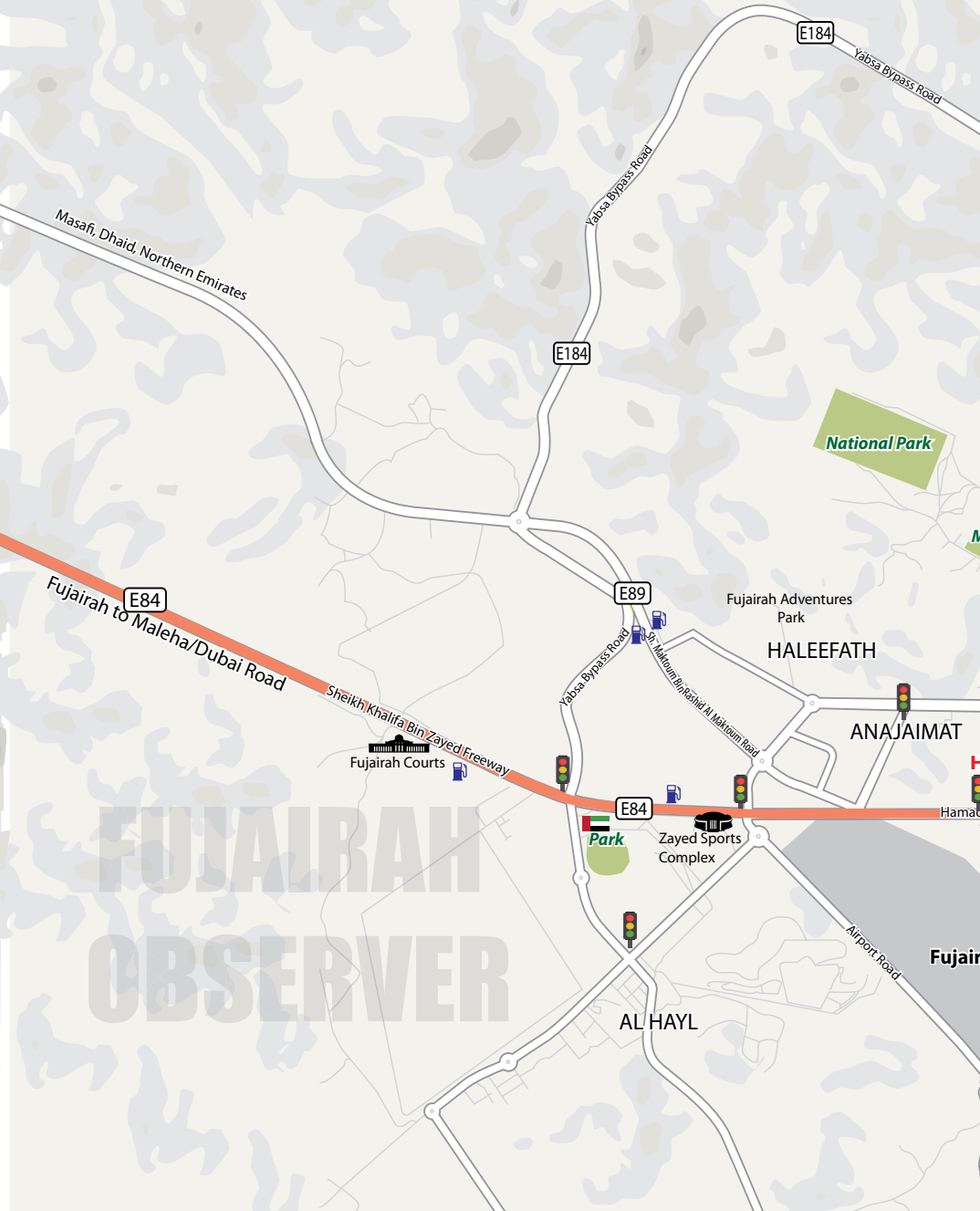
Fujairah to Sharjah (King Faisal St)  
 115 kilometres via Sheikh Khalifa Bin Zayed Rd, Maleha Road aka Sharjah /Kalba Road approx. 1 hour 23 minutes.

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 100/110/120 kph for cars on major roads.**

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# FUJAIRAH



E184

Yabisa Bypass Road

E184

National Park

E84

Fujairah to Maleha/Dubai Road

E89

Fujairah Adventures Park

HALEEFATH

Sheikh Khalifa Bin Zayed Freeway

Fujairah Courts

Yabisa Bypass Road

Sheikh Mahdi Bin Hashir Al Maktoum Road

ANAJAIMAT

E84

Park

Zayed Sports Complex

Hamat

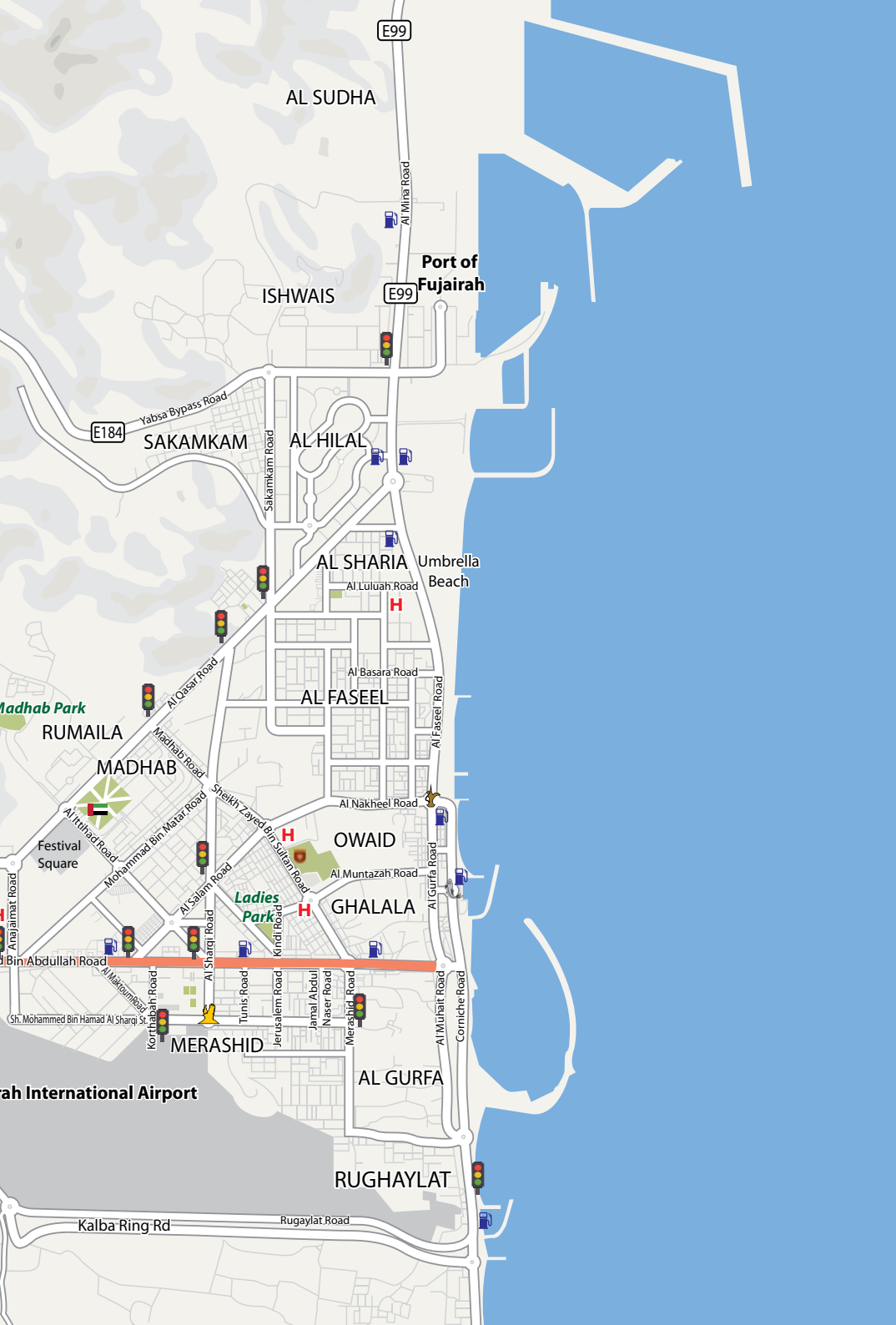
Airport Road

AL HAYL

Fujairah

FUJAIRAH  
OBSERVER





E99

AL SUDHA

Al Mina Road

Port of Fujairah

E99

ISHWAIS

E184

Yabasa Bypass Road

SAKAMKAM

Sakamkam Road

AL HILAL

AL SHARIA

Umbrella Beach

Al Luluah Road

AL FASEEL

Al Basara Road

Madhab Park

RUMAILA

MADHAB

Madhab Road

Al Fatah Road

Festival Square

Mohammed Bin Matar Road

Sheikh Zayed Bin Sultan Road

OWAID

Al Muntazah Road

Ladies Park

GHALALA

Al Nakheel Road

Al Najmat Road

Bin Abdullah Road

Al Maktum Road

Al Salan Road

Al Sharqi Road

Kindi Road

Tunis Road

Jerusalem Road

Jamal Abdul Naser Road

Merashid Road

Sh. Mohammed Bin Hamad Al Sharqi St.

MERASHID

AL GURFA

Al Gurfa Road

Al Muhait Road

Corniche Road

ah International Airport

RUGHAYLAT

Kalba Ring Rd

Rugaylat Road

## Blue Planet Journal - Brook and Gaurav Bhagat

### Gemini (May 21 - June 20)

Good news! This month, your new career is going to really take off. You did make the switch you were thinking about from chiropractor to porch pirate, right?

### Cancer (June 21 - July 22)

It was a close one, but thanks to the lockdown, you'll finally crack open that can of kidney beans you bought in 2010—just a month before the “best by” date. Whew!

### Leo (July 23 - August 22)

Have you become known for your goatee, but always wondered if you're still young enough to pull off a soul patch? Ladies, are you curious about what would happen if you stop plucking and bleaching and let your Fu Manchu come in soft and silky like nature intended? This month, thanks to these glorious masks, you can experiment as much as you like!

### Virgo (August 23 - September 22)

Wow, Virgo! Your high-touch surfaces have never been so shiny.

### Libra (September 22 - October 22)

Social distancing is nothing but a get-out-of-jail-free card if you look at it right—you're literally untouchable. This month, enjoy your six-foot bubble and release those silent-but-deadlies with abandon.

### Scorpio (October 23 - November 21)

Look on the bright side, Scorpio. There may be extra housework these days in some ways, like wiping down your groceries before putting them away and washing your apples with dishsoap, but there is also less housework in some ways. For example, it will be easy to forget what day it is, and that will save you from dragging the trash out to the curb for trash day at least once. Good times!

### Sagittarius (November 22 - December 21)

The grass is always greener, right, Sagittarius? Remember how you used to get mad about having to work weekends? Well, there's nothing like a month with your family to make you remember how much you love your job.

### Capricorn (December 22 - January 20)

This month, with social media looming large as a window to the outside world, it can be tempting to compare yourself to others. Sure, according to their selfies, some people are practicing hobbies like playing guitar, crocheting, or working on their abs with Zumba, but don't feel bad. You are perfect just the way you are. Is gluing eyes to the hand sanitizer bottle and making cheap puns a hobby? Who cares but I find that it's hilarious. And do you know what's funny about an afghan? Nothing.

### Aquarius (January 21 - February 18)

Aquarius, do you have a certain chatty relative whose calls you've been somehow missing for months? Well, at last Aunt Sally knows you're home. Get ready to hear the long version of the story about her toe surgery last year and thoroughly understand the difference between callouses and corns. Learning is fun!

### Pisces (February 19 - March 20)

These times present a unique opportunity to realize deep truths about someone important—you. This month, thanks to that pretty face mask, you'll finally know what the people close to you have known for a long time about your breath.

### Aries (March 21 - April 19)

You may wish you could dip the mail in bleach, but you can't deny that social distancing is granting you some much needed space. It's a story as old as time—what starts out as a one-time thanks-for-your-service handshake becomes a one-time hug... then, it's like, we hugged yesterday, better do it again today... and before you know it, you get the feeling that a certain mail carrier wants to be “more than friends.”

### Taurus (April 20 - May 20)

Have you been wondering whether it's time to call it quits with your sweetheart? Well, thanks to being together 24/7, that wondering is over!

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