

# 999

**SECURITY AND SAFETY FOR ALL**

ISSUE 62 MARCH 2017

**TAKE A LOOK  
AT THE  
5TH WORLD  
GOVERNMENT  
SUMMIT**

**PROTECT  
YOURSELF  
AGAINST  
UNEXPECTED  
JOB TERMINATION**

**SPOTLIGHT ON  
ABU DHABI**

**MARCH TO THE  
SHORES  
OF THE  
CAPITAL!**

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## **MOST COMMON CYBERCRIMES IN THE UAE**

**PLUS** LATEST DEVELOPMENTS  
IN DETECTING  
AND APPREHENDING  
OFFENDERS

|         |       |     |
|---------|-------|-----|
| UAE     | 5,000 | AED |
| KSA     | 5,000 | SAR |
| Kuwait  | 0,500 | DK  |
| Bahrain | 0,500 | BD  |
| Qatar   | 5,000 | QAR |
| Oman    | 0,500 | OR  |



**IN THIS ISSUE: KNOW WHO SERVES WITH LOVE FOR THE FOOD BANK & LEARN HOW SPENDING CAN SPIRAL TO COMPULSION**



# EL PRIMERO CHRONOMETER 1600

As a tribute to the world's first chronograph, it is a descendant of the legendary El Primero that arrived in 1969 and proudly bears the iconic colours of the first high-frequency automatic chronograph caliber. Working at a rate of 36,000 vibrations per hour, this daring timepiece offers the exceptional expertise of the Manufacture.



**ZENITH**  
 THE MASTER OF TIME



*Being so all-pervasive, technology is now like the air we breathe – it's everywhere and we no longer think consciously about what we're doing*

## Shield against cybercrime

**A**s in the past four years, this time, too, the UAE hosted the World Government Summit, an event that's growing in stature and scope with every passing year. While a large part of the summit was dedicated to sessions on happiness, one of the priorities of the UAE, another important aspect of human existence explored in detail was technology.

Being so all-pervasive, technology is now like the air we breathe – it's everywhere and we no longer think consciously about what we're doing. That familiarity and the comfort zone it creates makes us forget how easy it is to be duped; cybercrime is the dark side of the galloping advancement of technology. Our cover story this month whittles it all down for you, outlining the eight most common cybercrimes in the UAE and the knowledge you need to stay safe.

Since a lot of the cybercrime consists of all kinds of financial fraud through digital channels, one might think that using cash is more sensible. Well, it may be, but not always, not if you've just been handed some large denomination fake banknotes. Printing technology is now so sophisticated that all but the best-trained people and the latest machines would be fooled by the fakes. There's a lot of them circulating in the market, and certain banknotes are copied more than others. With a view to empowering cash handlers and the general public, we've spoken to experts on detecting fake notes, and revisited some incidents where the police busted counterfeiters.

Alongside catching criminals, our police forces are also engaged in doing good through community initiatives. One such initiative is feeding the poor through partnerships with private entities and charitable trusts. In two related features, we look at those who've been working in this field, and also meet the hospitality chains that are supporting the Emirates Food Bank for humanitarian and environmental reasons.

The humanitarian foundation of the UAE and the strength it gives to the country was spoken of by His Highness Lt General Sheikh Saif bin Zayed Al Nahyan, Deputy Prime Minister and Minister of Interior, who addressed the World Government Summit, saying that the reinforcement of ethics would defeat the forces of hatred.

Other features in this issue focus on a few things that are universally true but more so in the UAE because of its multi-cultural, affluent and productivity-driven society. Protecting your career from the threat of dismissal, being able to carve out undisturbed personal time in the age of nonstop connectivity, and restraining yourself from overdosing on shopping are some of the useful topics we've brought you this time.

And, of course, International Women's Day is observed in March, so our 'Tips & Trivia' section has a few pointers on how small changes can transform a woman's life.

Finally, when it's time to relax, where else to go but Abu Dhabi, which has an attractive line-up of events, including marathons and water sports, this month. The 'Spotlight' section tells you all about.

We hope you make the most of spring.

**999**  
Security And Safety For All



**Ministry of Interior  
United Arab Emirates**

**Editor-in-Chief**  
Col. Awadh Al Kindi

**Managing Editor**  
Issam Al Sheikh

**Designer**  
Fatima Al Mickdady

**Contact Us**  
Tel: +971 2 4194488  
Fax: +971 2 4194499  
P.O. Box: 38999  
Abu Dhabi – UAE  
www.moi.gov.ae

policemgz@adpolice.gov.ae  
Toll Free: 800 9009

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twofour54  
Abu Dhabi, UAE  
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editorial@newperspectivemedia.com  
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# Things that a better world needs



AT THE FIFTH EDITION OF THE WORLD GOVERNMENT SUMMIT, HELD IN FEBRUARY, HH LT GENERAL SHEIKH SAIF BIN ZAYED AL NAHYAN, DEPUTY PRIME MINISTER AND MINISTER OF INTERIOR, SPOKE OF ETHICS AS THE CORNERSTONE OF NATIONAL SUSTAINABILITY. THE SUMMIT ALSO DEDICATED A LARGE PART OF ITS PROGRAMMES TO EXAMINING THE CONCEPT HAPPINESS, WHICH THE UAE HAS MADE A TOP PRIORITY

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Some numbers and quotations in the media that grabbed people's attention

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Police news, people, numbers and events

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The spirit of giving is embraced by police forces, under the directive of the Minister of Interior, and by its community partners and other enterprises

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Expats come to the UAE with the aim of fulfilling their potential in a dynamic environment. But the same market dynamics could give one the shock of a pink slip. Here's what to do to minimise the risk of job loss

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Shopping feels nice and optimistic, until the spending spirals out of control and getting new stuff becomes a compulsion, followed by stress. Shopaholics in the UAE, one of

the retail hubs of the world, need to manage their habits to avoid racking up debt

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Constantly being connected with office matters through mail and messaging services can kill a person's sense of well-being, even without their realising it. All of us need to manage priorities and ensure downtime

## 66 ABU DHABI SPOTLIGHT

When waves begin to gently crash along the shore as the sun enlivens the desert heat over again, it could only mean one thing in the Capital. It's the perfect time of the year to hit the beach and toss some layers on a race! We've got you a list of the best marathons and water sports Abu Dhabi has to offer this season

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It's International Women's Day this month. In the true spirit of empowerment, let small changes make a big difference to your entire year

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Mistaken identities aren't at all funny when they lead someone to jail for an offence they haven't committed

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Keep your health in check, stay updated

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# 8 MOST COMMON CYBERCRIMES IN THE UAE

AS THE NATURE OF CRIME HAS IN MANY CASES MOVED OFF THE STREETS AND ONTO THE DIGITAL SPACE, THE POLICE FORCES ARE ALSO DEVELOPING INNOVATIVE SOLUTIONS TO NAB CYBER CRIMINALS. **999** GIVES YOU A DETAILED KNOWLEDGE TO PROTECT YOU FROM BECOMING THE NEXT VICTIM



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# President issues decree to establish new unified university

**PRESIDENT** His Highness Sheikh Khalifa bin Zayed Al Nahyan, in his capacity as Ruler of Abu Dhabi, has issued a decree to establish the Khalifa University of Science and Technology.

It will see the merging of the Khalifa University of Science, Technology and Research, the Petroleum Institute and the Masdar Institute of Science and Technology.

The degree aims to use the collective resources of these institutions to strengthen scientific research activities in the UAE, and train and prepare highly qualified citizens with scientific and vocational qualifications across all fields of science and knowledge, to be able to achieve world-class academic excellence.

Whilst encouraging a culture of innovation and entrepreneurship, it also seeks to produce highly qualified professionals, as well as to develop solid links between academia social institutions.

The new university will have its legal, financial and administrative independence to practice its activities and achieve its objectives. It will be affiliated with the Executive Council.

The administration and faculty members from the three



institutions, as well as all the rights, obligations, assets, belongings and funds will be transferred to the unified university.

## Khalifa issues Emiri Decrees appointing 3 new government officials

**IN** an Emiri Decree, President His Highness Sheikh Khalifa bin Zayed Al Nahyan has appointed Hamad Mohammed Al Hurr Al Suwaidi as Chairman of Abu Dhabi Accountability Authority.

His Highness Sheikh Khalifa has also issued two other Emiri decree appointing Jassem Mohammed Al

Zaabi as Chairman of the Executive Committee Office and a member of the Executive Council of Abu Dhabi; and Saeed Eid Al Ghafli, member of the Executive Committee, as Chairman of Abu Dhabi Housing Authority.

Meanwhile, His Highness Sheikh Mohamed bin Zayed Al Nahyan,

Crown Prince of Abu Dhabi and Deputy Supreme Commander of the UAE Armed Forces, in his capacity as Chairman of the Executive Council of Abu Dhabi, has issued a Resolution to officially implement the appointment of Al Zaabi as Chairman of the Executive Committee.

## President orders treatment of wounded Yemenis in UAE hospitals

**PRESIDENT** His Highness Sheikh Khalifa bin Zayed Al Nahyan has declared a humanitarian medical gesture for thousands people who sustained injuries in the war in Yemen.

Under this directive, some 1,500 injured Yemenis will be treated in UAE hospital facilities.

His Highness Sheikh Hamdan bin Zayed, Ruler's Representative in the Western Region and chairman of Emirates Red Crescent, said: "Compassion and generosity are at the centre of the UAE's leadership, who follows the path of the late Sheikh Zayed bin Sultan Al Nahyan."

His Highness Sheikh Hamdan added that the Year of Giving is a catalyst for new initiatives that will set a framework for the country's humanitarian and charitable efforts.

"Day by day, the UAE is reinforcing its pioneering role in humanitarian fields through innovative solutions to ease the

suffering, enhance the development process in other countries and help the people in need, including the injured," His Highness Sheikh Hamdan said.

The Emirates Red Crescent (ERC), in coordination with the Yemeni government, has put in place all facilities required to immediately airlift the wounded to the designated hospitals.

"Fifty critical cases will be immediately airlifted to receive much-needed medical care and treatment in the UAE hospitals, whilst the remaining groups will be taken to hospitals in Sudan and India. A treatment programme has been prepared to treat each case according to the assessment of its health condition," the ERC said in a statement.

The ERC said it will also bear the expenses of the health escorts travelling with the wounded Yemenis as part of its psychological and moral support programme for the patients.

## Vice President, Mohamed bin Zayed unveil “Mars 2117 Project”

**VICE** President, Prime Minister of the UAE and Ruler of Dubai, His Highness Sheikh Mohammed bin Rashid Al Maktoum, and His Highness Sheikh Mohamed bin Zayed Al Nahyan, Abu Dhabi Crown Prince and Deputy Supreme Commander of the UAE Armed Forces have unveiled the “Mars 2117 Project” which aims to establish the first inhabitable human settlement in Mars by 2117.

HH Sheikh Mohammed said that exploring the space is an old human dream, where our objective is that the UAE leads international efforts to realise this. His Highness said that the UAE is amongst the top 9 countries in the world that invest in the space sciences, adding that it aims to accelerate the research in this domain.

“Human ambitions have no limits, and whoever looks into the scientific breakthroughs in the current century believes that human abilities can realise



the most important human dream,” HH Sheikh Mohammed said.

“The new project is a seed that we plant today, and we expect future

generations to reap the benefits, driven by its passion to learn to unveil a new knowledge,” HH Sheikh Mohammed said.

## VP says success of a nation is built on detailed blueprint



HH Sheikh Mohammed bin Rashid Al Maktoum, Vice President and Ruler of Dubai (right), with HH Lt General Sheikh Saif bin Zayed, Deputy Prime Minister and Minister of Interior, at the World Government Summit

**HIS** Highness Sheikh Mohammed bin Rashid Al Maktoum, Vice President, Prime Minister of the UAE and Ruler of Dubai, stated that having a vision is not enough to build a successful nation; there has to be plans.

During the 2017 World Government Summit, HH Sheikh Mohammed has stated that UAE is determined to strive harder for the benefit of its people.

“We don’t claim to be perfect but we learn something new every day. We

must not waste time and we are ready to share our experiences,” HH Sheikh Mohammed said.

His Highness has also stated his optimism about the Arab region being the cradle of human civilisation, by addressing the challenges faced by some its members.

To achieve its fullest potential, HH Sheikh Mohammed management on government, economic and human levels was crucial.

“We have challenges on the managerial levels in the Arab world and that is clear in our failures in areas such as sports,” HH Sheikh Mohammed said.

HH Sheikh Mohammed said that corruption and bribery were major challenges facing the region.

“A true leader does not accept corruption and a true leader is not silent about it,” he said. “We in the UAE do not in any way accept corruption. We have zero tolerance when it comes to corruption,” His Highness said.



# Mohamed bin Zayed visits IDEX 2017

**HIS** Highness Sheikh Mohamed bin Zayed Al Nahyan, Crown Prince of Abu Dhabi and Deputy Supreme Commander of the UAE Armed Forces, visited a number of foreign companies at the International Defence Exhibition and Conference (IDEX) 2017, which took place at the Abu Dhabi National Exhibition Centre.

He received information from representatives of participating companies about the latest products from armament and defence companies, and the best solutions for facing a variety of security challenges.

The UAE has become the centre of attention of the global defence and security industry, due to its stability and the trust it receives from countries throughout the world, said His Highness Sheikh Mohamed bin Zayed at the end of the tour.

The occasion of IDEX 2017 in Abu Dhabi highlights the desire of President His Highness Sheikh Khalifa bin Zayed Al Nahyan to employ all of the UAE's



energies and capabilities, in order for it to be in the forefront, and for its flag to be raised high at all events of honour, advancement, and humanitarian and cultural growth, he added.

His Highness Sheikh Mohamed bin Zayed expressed his trust that the high-level meetings taking place

during the exhibition can provide the proper environment to exchange constructive visions and ideas about many international issues, which helps bring together positions and policies that contribute in effectively dealing with challenges facing international security.

## Mohamed receives presidents of Guinea and World Bank

**HIS** Highness Sheikh Mohamed bin Zayed Al Nahyan, Crown Prince of Abu Dhabi and Deputy Supreme Commander of the UAE Armed Forces, received Alpha Condé, President of Guinea (right), and Jim Yong Kim, President of the World Bank (left), during their visit to the UAE as part of the Dubai World Government Summit 2017.

Conde lauded the international status of the World Government Summit and its

role in foreseeing future advancements, especially in the areas of government performance, the economy and development.

The two leaders discussed cooperation, and the means of developing bilateral ties to serve the common interest of both nations.

During their meeting, the Crown Prince highlighted the UAE's desire, under the leadership of President His Highness

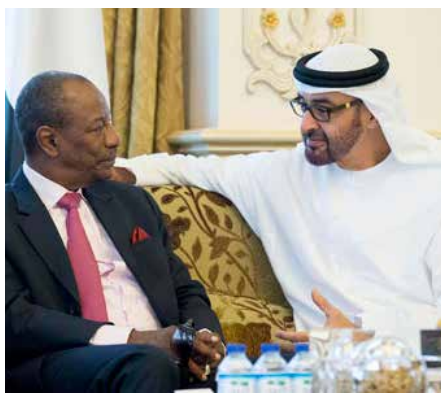
Sheikh Khalifa bin Zayed Al Nahyan, to strengthen closer ties with African nations.

President Conde expressed happiness during his visit and highlighted the Republic of Guinea's cooperation with the UAE in terms of economic development.

Meanwhile, His Highness Sheikh Mohamed bin Zayed wished Kim successful participation at the summit.

The Abu Dhabi Crown Prince also exchanged views with the World Bank President on economic and fiscal issues, which are of interest to the international community.

The meeting was also attended by Khaldoon Khalifa Al Mubarak, Chairman of Abu Dhabi Executive Affairs Authority; Mohamed Mubarak Al Mazrouei, Undersecretary of the Crown Prince's Court of Abu Dhabi; Al Hassan Sawari, Ambassador of the Republic of Guinea to the UAE, as well as a number of other officials.



# Interior Minister highlights UAE's resiliency in the face of radicalism

**GRACING** the second day of the World Government Summit in Madinat Jumeirah as the main speaker, His Highness Lt General Sheikh Saif bin Zayed Al Nahyan, Deputy Prime Minister and Interior Minister, addressed the question of national resilience in the face of radicalism.

"With the speed of UAE's development, we are not riding a fast train, we are riding an aeroplane," HH Sheikh Saif bin Zayed said.

HH Sheikh Saif shared that the UAE's sustainability comes from its religion, culture, heritage, and history, which were reinforced by the late founding father Sheikh Zayed.

"When we talk about sustainability, we mean the sustainability of our nation as whole, and not just one sector," HH added.

The Interior Minister said that in order to maintain this sustainability, along with overcoming hatred and terrorism, people of a country must stick to their values and ethics.



HH Sheikh Mohammed bin Rashid, UAE Vice President and Ruler of Dubai (second left), HH Lt General Sheikh Saif bin Zayed, Deputy Prime Minister and Minister of Interior (leftmost), HH Sheikh Hamdan bin Mohammed, Crown Prince of Dubai, HH Princess Haya of Jordan, attend the final day of the World Government Summit

Emphasising that the common factor between all religions was their call for good ethics, HH Sheikh Saif bin Zayed said, "Every time that humanity went off the track of being ethical, God sent a prophet to remind them."

National achievement, His Highness said, can be accomplished even at the backdrop of the complexities of war in society today, which is coupled by hostilities of terrorism.

## Saif bin Zayed says UAE will remain beacon of peace thanks to its youth generation of loyal police



HH Lt General Sheikh Saif bin Zayed, Deputy Prime Minister and Minister of Interior, presents the sword of honour to a police graduate

**UNDER** the patronage of General HH Sheikh Mohamed bin Zayed Al Nahyan, Crown Prince of Abu Dhabi and Deputy Supreme Commander of the UAE Armed Forces, His Highness

Lt General Sheikh Saif bin Zayed Al Nahyan, Deputy Prime Minister and Minister of Interior, attended the Police College graduation ceremony in Abu Dhabi.

The ceremony included the graduation of the 27th batch of cadets and university graduates, the 11th batch of female university graduates, and the 4th batch of master degree holders.

HH Sheikh Saif said the determination of the UAE will ever remain a beacon of peace and security and an oasis of stability to the rest of the world, thanks to its qualified and well-trained young generation of police forces.

The Interior Minister congratulated the new graduates and instructed them to maintain loyalty and service to the nation.

HH Sheikh Saif handed the Sword of Honor to Cadet Abdullah Hamad Abdullah Al Hilo, who ranked first amongst this year's batch of police graduates.

## Al Rumaithi points up excellent customer services centres to advance Abu Dhabi Police performance



**MAJOR** General Mohammed Khalfan Al Rumaithi, Commander-in-Chief of Abu Dhabi Police, emphasised on the attention given by the police force to provide excellent services at all customer services centres, and to develop these services in order to keep pace with the overall advancement of the emirate.

He said this during inspection visits, accompanied by Major General Maktoum Ali Al Sharifi, Director

General of Abu Dhabi Police, to a number of police departments. The police chief reviewed the workflow at the customer service centres in these departments. He received a briefing about the services provided to the public as per best practices. He checked with the customers about the services rendered, their satisfaction levels, and about their suggestions, and invited them to use the many features of the Abu Dhabi Police mobile app.

Speaking to employees, he inquired about their performance, and encouraged them to provide outstanding services to the public.

Al Rumaithi inspected ongoing projects within the framework of continuous development. Some of these projects are related to the transformation of police work into smart systems, in order to achieve the aspirations of Abu Dhabi Police to become the best policing institution.

## Sharjah Police lays out groundwork for strategic plan in 2017

**BRIGADIER** Saif Mohammed Al Zari Al Shamsi, Commander-in-Chief of Sharjah Police, headed a leadership meeting in the presence of directors general and department directors.

They discussed topics related to the strategic plan for the current year. The tasks under this plan were also identified, in light of the annual

performance report indicators, initiatives connected to the national agenda indicators, and elements of the smart transformation plan.

The meeting concluded with a number of decisions on developing work during the coming phase, speeding up programmes approved for the current year, and following up their implementation at all levels.





# Police leadership meeting discusses Mol strategy



**LIEUTENANT** General Dhahi Khalfan Tamim, Deputy Chairman of Police and General Security in Dubai, headed a meeting of the Police Leaders Council at the Ministry of Interior.

The meeting, held at the headquarters of Dubai Police Academy, was attended by Council members: Major General Khalifa Hareb Al Khaileli, Acting Assistant Undersecretary of the Ministry of Interior for Naturalisation, Residency and Ports Affairs; Major General Mohammed bin Al Awadhi Al Menhali, Acting Assistant Undersecretary of the Ministry of Interior for Resources and Support Services; Major General Jassim Mohammed Al Marzouki, General Commander of Civil Defence; Major General Abdulaziz Maktoum Al Sharifi, Director General of Preventive Security

at the Ministry of Interior; Major General Ali Abdullah bin Alwan Al Nuaimi, Commander-in-Chief of Ras Al Khaimah Police; Major General Sheikh Sultan bin Abdullah Al Nuaimi, Commander-in-Chief of Ajman Police; Major General Mohammed Ahmed bin Ghanim Al Ka'abi, Commander-in-Chief of Fujairah Police; Major General Maktoum Ali Al Sharifi, Director General of Abu Dhabi Police; Major General Abdul Rahman Mohammed Rafi, Assistant Commander-in-Chief of Dubai Police for Community Happiness and Supplies; Brigadier Saif Mohammed Al Zari Al Shamsi, Commander-in-Chief of Sharjah Police; Brigadier Sheikh Rashid bin Ahmed Al Mualla, Commander-in-Chief of Umm Al Quwain Police; Brigadier Hamad Ajlan Al Amimi, Director General of the Federal

Criminal Police; Brigadier Ghaith Hassan Al Zaabi, Director General, Traffic Coordination Department; Brigadier Saeed Abdulla Al Suwaidi, Director General of the Federal Anti-Narcotics Department; Colonel Mohammed Humaid bin Dalmooj Al Dhahiri, Director General of Strategy and Performance Development; Colonel Nasser Rashid Al Mualla of the Central Operations General Directorate; Colonel Abdul Aziz Al Ahmed, Head of the Federal Security Information Department; and a number of senior officers of the ministry.

The meeting agenda included policies and strategies at the Ministry of Interior, development of performance, policing and security work in accordance with the vision of the Mol and the federal government.

## Dubai Police to expedite innovative policing projects

**LIEUTENANT** General Dhahi Khalfan Tamim, Deputy Chairman of Police and General Security in Dubai, has given instructions to expedite development projects for Dubai Police Operations Room.

These projects are necessary in order to keep pace with the development in the emirate; and they are in line with the strategic plans of the Dubai Government, which aims to be proactive in achieving high-quality results for citizens and residents.

Dhahi Khalfan paid a visit to the General Directorate of Operations, Dubai Police, where he met Brigadier Engineer Kamel Butti Al Suwaidi, Manager at the General Directorate



of Operations, Brigadier Omar Abdul Aziz Al Shamsi, Deputy Manager, and Brigadier Dr Khalid Al-Marri, Director of Communications, in the presence of Brigadier Ahmad Atiq Almqaudi, Office Manager of the Deputy Chairman of Police and General Security in Dubai.

The Deputy Chairman reviewed

innovative proposals and development project plans prepared by Dubai Police officers at this General Directorate. The plans and proposals encompassed patrol control, communications and road control system, and the public call response system. A number of smart solutions and programmes were also reviewed.



## Umm Al Quwain Police targets reducing road mishaps fatalities by 21%



**THE** Traffic and Patrols Department of Umm Al Quwain Police has continued its awareness-raising efforts, targeting drivers on Sheikh Mohammed bin Zayed Road, with a view to achieving the objectives of the government accelerators, launched by His Highness Sheikh Mohammed bin Rashid Al Maktoum, Vice President and Prime

Minister of the UAE and Ruler of Dubai.

The ultimate goal of these efforts, which are a part of the awareness campaign launched by the Ministry of Interior under the slogan 'Their happiness is in your safety', is to reduce fatalities by 21 per cent on the five most dangerous roads in the emirate.

The awareness and information branch distributed leaflets and brochures to road users. Colonel Saeed Obaid bin Eran, Director of the Traffic and Patrols Department at Umm Al Quwain Police, called upon motorists to leave a safe distance between vehicles, adhere to speed limits, and show consideration for all others.

## Ali Al Nuaimi urges RAK Police to step up efforts to serve the public

**MAJOR** General Ali Abdullah bin Alwan Al Nuaimi, Commander-in-Chief of Ras Al Khaimah Police, inspected the Al Muneii Comprehensive Police Centre in order to observe the workflow and to listen to the views of the staff.

During the tour, he was accompanied by Brigadier Tariq Mohammed bin Saif, Manager of the Commander-in-Chief's Office, Saif Al Shufeyri, consultant in strategic and corporate performance, and the security inspection team.

The police chief and his team were received by Brigadier Mohammed Suleiman Mohammed Alkizi, Director of Comprehensive Police Centres at Ras Al Khaimah Police, Colonel Saeed Mohammed Al Muhairi, Head of the Al Muneii Comprehensive Police Centre,

and a number of officers and non-commissioned officers.

Al Nuaimi urged everyone to step up their efforts to serve the public even better, and praised their dedication and performance. He gave instructions for activating the role of the Department of Traffic and Patrols and to keep stationary patrols at the centre, in order to intensify inspection and awareness campaigns. He also met with some customers to discuss their opinion on the centre's services.

Other places visited by Al Nuaimi were the Kadra Police Centre and the Umm Al Ghaf Police Centre. Here, too, he spoke of the importance of the work being done at these centres and exhorted the staff to focus on continuous development.

Colonel Al Muhairi, of the Al



Muneii Comprehensive Police Centre, expressed his delight at the commander-in-chief's visit and its positive and motivational impact on the staff.

# Ajman Police to intensify port and beach safety in the emirate



**MAJOR** General Sheikh Sultan bin Abdullah Al Nuaimi, Commander-in-Chief of Ajman Police, headed a meeting for the Senior Leadership Committee in the emirate.

The meeting was attended by Brigadier Mohammed Abdullah bin Alwan Al Nuaimi, Director General of Residency and Foreigners Affairs;

Brigadier Omar Al Shamsi, Director General of Resources and Support Services; Brigadier Abdullah Ahmed Al Hamrani, Deputy Commander-in-Chief of Ajman Police; Brigadier Adel Saif Al Matrooshi, on behalf of the Civil Defence Directorate; and a number of department directors.

The meeting discussed strengthening

security on the beaches; asking owners of marine facilities to ensure fire extinguishers on all types of marine transport; and increasing the number of surveillance cameras in vital places at the port. The meeting also discussed the traffic accidents mortality index for 2016, and the challenges facing the innovation theme in the Security Zone Prize.

# GCC Traffic Week in Fujairah targets improved road safety

**THE** traffic week sub-committee of Fujairah Police held a coordination meeting chaired by Brigadier Ali Rashid Al Yamahi, Chairman of the Committee, in preparation for the Unified Traffic Week of the Gulf Cooperation Council, under the slogan 'Your Life, A Trust'.

Al Yamahi explained that this event fell within the Ministry of Interior's strategic plan for the traffic sector that aimed to improve road safety.



31%

Percentage decline in the number of fire accidents in buildings and establishments in the UAE, according to the Ministry of Interior's recent report. Fire accidents dropped from 3,388 in 2015 to 2,352 in 2016, thanks to timely response and the introduction of modern fire prevention technology.

4,167

The number of buildings and establishments inspected by the Ministry of Interior's Civil Defence inspectors in the first half of 2016.

97

The number of motorists fined for not giving way to ambulances in 2016. Police use patrol cameras to catch the violators and motorists caught blocking emergency vehicles are fined Dh500 and incur four black points on their driver's licence.

Dh400

The cost of fine for not wearing seatbelt whilst driving, reminded by the Abu Dhabi Police during the launch of its seatbelt campaign. Motorist were urged to commit to this safety to avoid driving mishaps.

4

The number of fatalities in a collision on Habashan Road in Al Gharbia in the Western Region. The accident killed three Asians and one African, whilst another person suffered serious injuries. The vehicles involved in the accident were a truck and a double cabin vehicle.

7,349

The number of fines issued last year in Abu Dhabi for overtaking from the road shoulder, recording a 23 per cent decline compared to 2015.

## TOP TRENDING STORIES

### Abu Dhabi Police gets 4,000 calls in one day

Abu Dhabi Police's central operation room received 4,000 calls from motorists in Abu Dhabi, Al Ain and the Western Region. Several trees and street sign boards fell on the roads from the intensity of the strong winds, but were later removed and the roads were cleared. No major traffic accidents were reported during the bad weather conditions, the police said.

Abu Dhabi Police urged motorists to be extremely cautious on the roads, leave safe distance between vehicles and abide to speed limits on roads and highways.



### Overtaking from the hard shoulder: Dh600 fine and 6 black points

The Abu Dhabi Police have launched a campaign urging motorists to avoid overtaking from the hard shoulder on roads and always give way to emergency vehicles and official convoys. Brigadier Khalifa Mohammad Al Khaili, Director General of Traffic and Patrols Directorate in Abu Dhabi Police

said that motorists overtaking from the road shoulder will be fined Dh600 and get six black points, pointing out that severe penalties will be handed down to motorists for repeating the same offence. He pointed out that 7,349 fines were issued last year in Abu Dhabi for overtaking from the road shoulder, recording a 23 per cent decline compared to 2015.



### Abu Dhabi Police launches seatbelt campaign

Abu Dhabi Police called on drivers to commit to using seat belts to maintain safety, prevent injuries and deaths caused by traffic accidents. The initiative aims to enhance traffic security, safety of the individual and raising awareness about traffic culture in the community. Brigadier General Ahmed Abdullah Al Shehhi, deputy director of the Directorate of Traffic and Patrols at Abu Dhabi Police said: "To remind motorists to use seat belts is for preventive measure only, but a binding action, according to the traffic law. Not wearing seat belt is a traffic violation punishable by a fine of Dh400, recording four black points against the driver."



*A unique opportunity. How ready to move in?*



Yasmina is a modern waterfront complex  
 of high-end apartments and shops, the so-  
 called "beachfront" choice of houses and city homes.

- Waterfront living with direct access to a sandy beach
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- Ample parking space for residents and guests
- 24-hour security and maintenance

# UAE NEWS BULLETIN

POLICE NEWS, PEOPLE, NUMBERS AND EVENTS



**ABU DHABI**

## DH200,000

A gang of Asians was busted after the theft of Dh200,000 from an office in Al Mina district. The three accused broke into the premises and stole the entire safe, which had the cash, plus cheques worth around Dh3 million. The empty safe was dumped in Khalifa City. Then they went off to the Mussaffah Industrial area, where two of the thieves had small jobs. However, police caught up with all of them soon.



**AJMAN**

## 12

Strong winds destabilised the scaffolding at a building construction site and heavy iron bars fell on the nearby parked vehicles, damaging 12 of them. The incident occurred on Sheikh Khalifa Road in Al Nuaimiya. Police immediately closed off part of the road to ensure public safety. In a similar incident, a crane fell on Sheikh Zayed Road in Dubai, injuring one person, and damaging a hotel building and some cars.



**DUBAI**

## 2 HOURS

Police foiled an escape attempt by three Africans, who were detained over robberies. The three suspects escaped from an officer's custody whilst being taken to an interrogation room at the Naif police station; they hadn't been handcuffed as they were still not formally charged. It took the police just two hours to catch all of them again – the first one was captured before he could flee the police station compound; two others rushed out but were nabbed quickly.

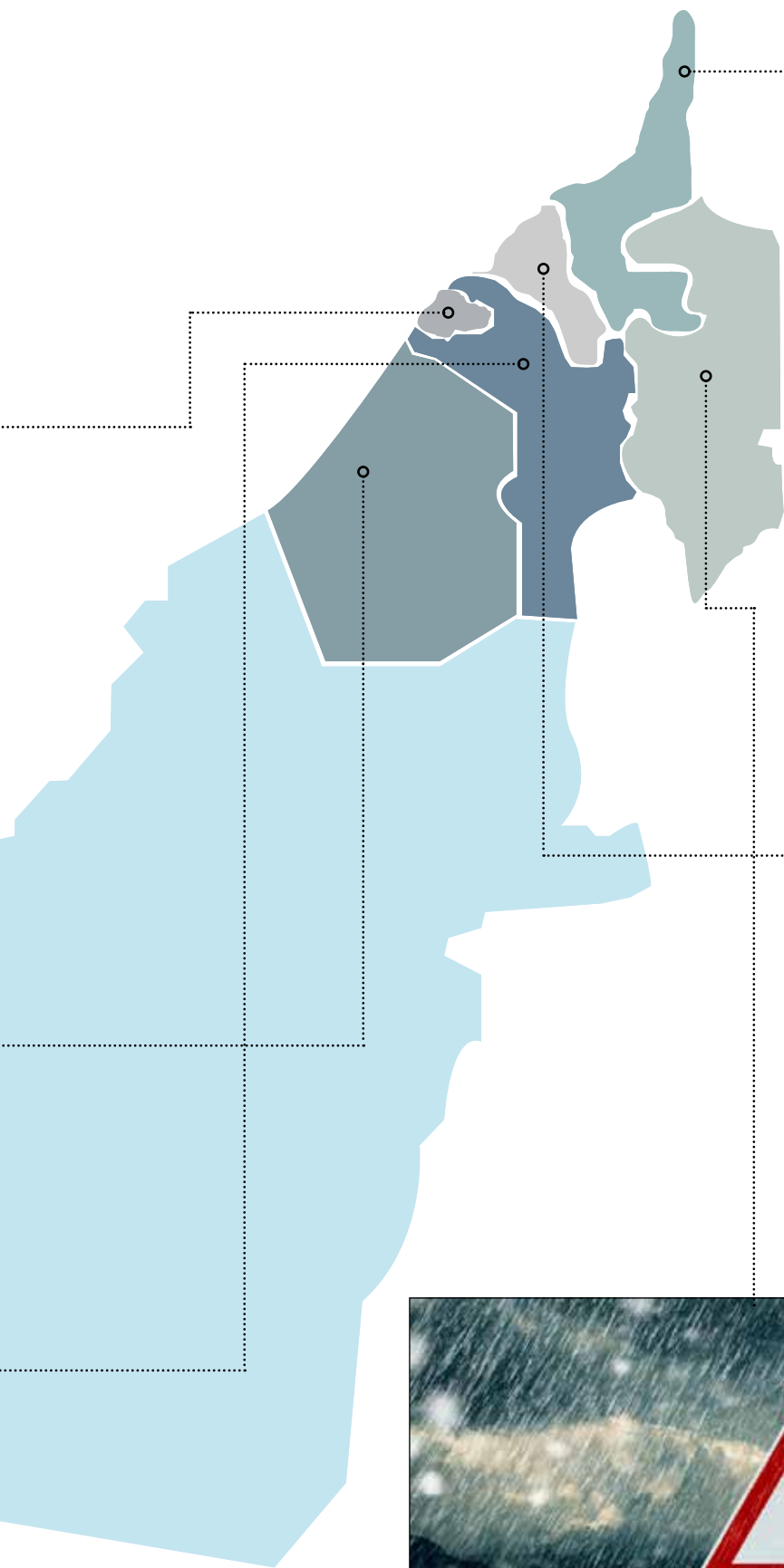


**SHARJAH**

## 1

An Asian man was arrested for following women at a shopping mall, filming them secretly on his mobile phone. He was caught when an Emirati man noticed his actions and reported this to the mall authorities. Police arrived and detained the suspect; videos of female shoppers were found on his phone.





## RAS AL KHAIMAH

# 2

Authorities arrested two men for promoting and selling abortive pills in the emirate. The Arab suspects used social media as a tool to promote their illegal medicines. After forming a team of digital investigation experts, police forces were then able to track the movement of the two.



## UMM AL QUWAIN

# 8AM

A morning blaze at a tyre warehouse injured three people, all of them are Africans. The fire broke out around 8am at the Umm Al Thobe industrial area; it had been caused by the explosion of a furnace used for grinding waste tyres. Civil defence crew evacuated the area quickly and doused the fire.



## FUJAIRAH

# 1

An Arab family was forced to evacuate their house after the ceiling collapsed due to bad weather. Community Police at Fujairah Police department evacuated the family and put them up in a hotel in Fujairah's Qadfa neighbourhood. Police has provided them with all the basic necessities as well.

# 8 MOST COMMON CYBERCRIMES IN THE UAE

AS THE NATURE OF CRIME HAS IN MANY CASES MOVED OFF THE STREETS AND ONTO THE DIGITAL SPACE, THE POLICE FORCES ARE ALSO DEVELOPING INNOVATIVE SOLUTIONS TO NAB CYBER CRIMINALS. **999** GIVES YOU A DETAILED KNOWLEDGE TO PROTECT YOU FROM BECOMING THE NEXT VICTIM

BY MARK NITUMA

**T**he UAE is a country that always looks to the future, never content to rest on its laurels. Some of the most advanced security technologies in the world are swiftly and effectively implemented here as soon as they become available. And the country constantly works on its own innovations as well.

Every year, Abu Dhabi Police organise community campaigns to combat digital crimes committed through the Internet and payment gateways. These campaigns educate community members on the ways to strengthen their security by taking precautions and following police guidelines.

Major Salim Hamad Al Sharqi Al Ameri, Director of the cybercrimes branch in the organised crimes section within

the CID Directorate of Abu Dhabi Police, said, "A digital crime is any criminal act in which a computer or the Internet is utilised as the main tool – this includes unlawful access to protected websites, and can be defined as any unlawful or unauthorised act on computer systems or hacking into data."

He said that the top digital crimes in the UAE were: hacking; verbal offence or defamation via the Internet; fraud via e-mail and fake websites; credit card forgery; and phishing.

"Abu Dhabi Police keep round-the-clock watch on the Internet through e-patrols, affiliated to the CID," said Al Ameri. "These e-patrols track user communications in chat rooms and on similar forums. The vigilant e-patrols are highly effective in catching cybercriminals."



# 1. Hacking

The UAE is now the second most targeted country after the US, according to the recent statistics shown by Cyber Security Centre as of February 2017.

Cyber experts and investigators agree that we're carrying the most advanced potent tool in the planet that can be used by cyber crooks against us: our mobile phones. Thus no secret, inside this palm-fit device is ever bullet proof against con artists; reason why authorities remind us - just as regularly - to deal with the vulnerable security that we place in it.

The murky world of this digital age has seamlessly become a predators' hunting ground to steal anyone's riches, identity and even someone's deepest secrets. These online predators are called hackers.

Hacking, as defined by the online security portal Techopedia, is unauthorised intrusion



into a computer by altering system or security features to "accomplish a goal that differs from the original purpose".

With this modus at play, the Internet has become a virtual battlefield for the authorities amongst major cities in the world, like the UAE.

Hackers continue to leverage time-tested techniques, according to Dr Mounes Kayyali, CEO of security solutions provider The Kernel. "Cyber security is not a solution and the measures developed a year ago will not be enough to protect organisations in today's threat landscape. Threats do change overnight and so do the security solutions," he said.

## How to prevent:

Major Salim Hamad Al Sharqi Al Ameri, from the cybercrimes branch of Abu Dhabi Police, told **999** some precautionary measures that the public ought to take to keep themselves safe from hackers.

**99**

**With this modus at play, the Internet has become a virtual battlefield for the authorities amongst major cities in the world, like the UAE**

## When using instant messaging services...

- Change your password on a regular basis and make sure it is difficult to guess.
- Do not use IM services to discuss private and confidential matters.
- Remember to log out of the IM service.

## When surfing social networks...

- Use a strong password that is difficult to guess.
- Do not accept any 'add' requests from people you don't know.
- To ensure that your personal data are not exposed to Google or any other search engines, adjust the 'Search' option under 'Privacy Settings'.

# 2. Electronic harassment (Cyberbullying/Verbal offense/Defamation)

**5 out of 10**

Of parents in the UAE believe that cyberbullying have significantly increased

**24%**

Parents in the UAE do nothing to protect their children from Internet threats

Cyber bullying, the most common form of electronic harassment, is the use of information technology to harm or harass other people in a deliberate, repeated, and hostile manner.

With the increase in use of these technologies, cyber bullying has become increasingly common, especially among teenagers. Cyber bullying is on the rise in the UAE, which is consistent with the global trend. The penetration of smart phone and

social media in the UAE is the highest in the Middle East and as high as many of the world's developed countries.

The Internet and social media networks, extremely useful things in themselves, also seem to bring out the worst in people. And teenagers are remarkably incautious about whom they add to their social network. The upshot is that threats, blackmail and trolling are becoming increasingly common.

Colonel Awadh Saleh Al Kindi, Editor-in-Chief of **999** said: "It is everyone's responsibility to ensure that today's youngsters don't grow up scarred and damaged. The UAE leadership constantly works to close any remaining gaps in the edifice of social security."

In a document titled, "Defamation and social media in the UAE" published online by Clyde & Co shared that, "Defamation in the UAE is a criminal offence. It includes both oral and published statements, and will include

**66**

**It is everyone's responsibility to ensure that today's youngsters don't grow up scarred**



**COLONEL AWADH SALEH AL KINDI**  
Editor-in-chief of **999**

any statement posted to a website which causes harm to the person the statement is about."

It adds, "If found guilty [of defamation] individuals can face up to two years in prison or a fine of up to AED20,000 (\$5,445), or up to AED600,000 if the offender used the Internet to publish a defamatory statement."

### 3. Fraud via email

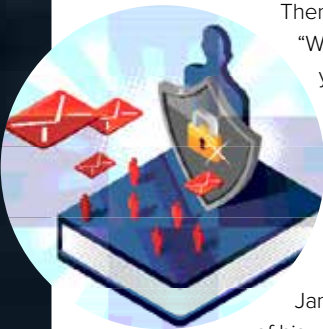
Nusrat Jamali, a business reporter in the UAE, considers himself savvy in terms of security at the Internet. But last year he discovered just how devious cybercriminals can be.

"Their way in was the classic way of hacking by repeatedly cracking my password and they eventually succeeded," he told 999. The perpetrator was able to communicate with some of his contacts, asking them for cash.

"Hi my friend, I'm currently out of the country and I ran out of cash. I needed to do necessary changes in my visa here before I could go back to Dubai," said the message sent from his account.

Then it went on saying, "Will it be possible for you to lend me any financial help. My phone was lost and the only way to reach me is via e-mail."

Worried about Jamali's situation, one of his unsuspecting friend



## 57%

Internet users in the UAE who believe that they are likely to suffer an attack from cybercriminals

replied to ask how he could help and ended up with the perpetrator giving an address where Jamali's friend can wire the money.

Luckily, before the cycle completely turn into a full circle, a colleague, who received a similar message from Jamali's e-mail account, warned them that Jamali's e-mail might have been compromised.

It turns out that out more than 26 million emails sent to various firms in the Middle East and around the world (span of the study not mentioned) tens of thousands of them were sent by fraudsters that managed to get through companies and individual's security systems. This finding was acquired by Mimecast, an online security provided in the region.

"We uncovered almost three million pieces of spam, 6,681 dangerous file types, 1,207 known and 421 unknown malware attachments and 1,697 impersonation

## 99

Out of more than 26 million emails sent to various firms in the Middle East and around the world, tens of thousands of them were sent by fraudsters that managed to get through companies and individual's security systems

attacks," the company, which specialises in cloud-based email management, said in a report.

Mimecast also polled 800 IT decision makers and executives in the region to find out the state of their company's cyber security and what attacks they've seen increase.

Amongst those surveyed in the UAE, 57 per cent believe that they are likely to suffer an attack because most of them are still in the early stages of developing a cyber resilience strategy.

### 4. Fake websites

In dire need to get a job offer in the UAE? Just watch out for a bunch of job websites which are, to bluntly put it, scams. Without paying much attention, you might fall prey to this modus.

The objective of these websites is to have the unsuspecting mostly expatriate job-seekers register and enter their credit card numbers for a "processing fee". And it usually amounts between Dh150 and Dh500, according to a report by Managed BrandHawk Alpha, a social media and online threat assessment service based in the UAE.

"The fake job offer has been around in the UAE for a whilst now and many have fallen victim to it," said Amir Kolahzadeh, managing director of Itsec, a Middle cyber security provider in the region.

According to Kolahzadeh, the websites of various companies in the UAE are cloned and redirected to a different URL, tricking the public into believing that the job offer is real.

#### Tips to prevent job scams

Swati Srivastava, a writer of career tips for professionals working across the globe, leaves jobseekers imperative tips to prevent such scams:

1 Never pay in the name of any fees. Genuine recruitment agencies never ask job seekers for money as they get commission from the companies for which they are hiring and not from job candidates.

2 Avoid sending your CV to unauthentic recruiters on e-mail.

Many job seekers believe that it is harmless to share their CV with such sundry e-mails. The fact is that your CV includes a lot of information such as contact details, which

## Dh150-500

What fraud job website asks from the unsuspecting expatriate job-seekers to register

## 66

The fake job offer has been around in the UAE for a while now and many have fallen victim to it



AMIR KOLAHZADEH

Managing director of cyber security provider Itsec

are used to build a database for several fake activities.

3 Research and look for reliable sources only. If you get any job invitation from an unknown source, it is always recommended to research more about the sender.

If it is a personal id, i.e., gmail.com or yahoo.com instead of a company domain, it could be a trap for you.

## 5. Credit card forgery

Security firm Dark Matter reveals that the UAE is currently the target of five per cent of the world's cyber attacks.

The rate of attacks, which has been drastically been in uptick trend over the past five years, is becoming larger every



**5%**

of the world's cyberattacks  
had been targeting the UAE

second, according to Rabih Dabbousi, senior vice president of Sales, Marketing and Business Development at Dark Matter.

Con artists are always in the hunt for new ways to defraud consumers, and they've seamlessly turned to credit card forgery to exploit anyone's finances.

A 2017 research released by Kaspersky Lab calls for credit card holders to be on

**99**

**Con artists are always  
in the hunt for new  
ways to defraud  
consumers**

their guard at all times. The study revealed that 76 per cent of internet users in the UAE who've lost money at the hands of cybercriminals have only got some, or none, of their stolen funds back.

## 6. Online blackmail

The UAE is no exception to this online menace – cybercrime experts monitoring the trend said that the numbers were on the rise.

Dubai Police's Cyber Investigation Department said that it handled 1,820 cybercrime cases in 2015, registering an increase of 239 cases from the year before, with the majority of them being cyber blackmailing. Sharjah reported 120 blackmailing cases in 2015. In Ajman, 17 cases were reported last year, compared to just four in 2014.

Dubai's Al Ameen Services revealed that 450 cases of blackmailing is being recorded in the Gulf countries daily, which involve organised criminal gangs. In the UAE, on the average, 1.5 persons were blackmailed every day in the UAE.

There is no guarantee that once the blackmail demand is met, there will not be further demands, especially if the price that the victim has to pay is her reputation.

In October, this magazine reported 'sextortion', the crime of making victims pay in cash or kind by threatening to publish

**450**

Cases of blackmailing recorded in the Gulf  
countries daily

**1.5**

Persons blackmailed in the UAE every day, on an  
average

their sexually explicit digital images, which the UAE is also facing an uptick in this trend.

The report spotlighted that very often, the victims are young, people old enough to take some explicit photos of themselves and also unwise enough to store or share them somewhere on the web.

Irene Pags Corpuz, Head of Planning & IT Security Section with an Abu Dhabi government entity, told 999, "Some online perpetrators can gain victims' trust by pretending to be someone that they're not. And anyone can be a victim." Hackers, she added, could infiltrate someone's electronic device, and take control of files.

Most blackmailers lure you from a social networking site such as Facebook to video chat sites such as Skype; then they cajole you into partially or fully taking your clothes off, and even sometimes performing certain sexual acts.

3 Discuss with your close ones

Trying to hush it up or negotiate with the blackmailer could only worsen the situation and lead you deeper into the trap.

4 Gather evidence

It could be an e-mail, text message, interactions on social networking sites or even screenshots. Any evidence will go a long way in identifying the culprit.

5 Report to the authorities

Irrespective of whether you have the evidence or not, immediately report the matter to the police. The rest will be handled by them.

### Tips to avoid blackmail

1 Don't chat with strangers

Almost all cyber blackmails end up at the doorstep of someone who has been befriended on the Internet and social networking sites.

2 Never post explicit images or videos

**99**

**Cyber blackmailing cases  
are increasing every year,  
with Dubai Police already  
registering 13 cases in the  
first quarter of 2016**



## 7. Phishing

A convenient way for fraudster to trick someone into clicking a malicious link in a seemingly legitimate e-mail, 'phishing' has become notorious in the cyberspace.

With this modus, the attacker tries to learn information such as login credentials or account information from a user by masquerading as a reputable entity or

”

**The attacker tries to learn information such as login credentials or account information from a user by masquerading as a reputable entity or person online**

**\$476 (Dh1,745)**  
Average amount of money that is lost per attack

**10%**  
of the survey respondents said that they lost more than \$5,000 (Dh18,364)



person in email, or in social media and instant messaging platforms.

When the victim opens a message, an attachment or links in the message may install 'malware' on the user's device or direct them to a malicious website set up to trick them into divulging personal and financial information.

Early this year, Kaspersky Lab reveals that phishing in the country, as in any other parts of the world, is not only escalating, it's also getting more sophisticated.

The research revealed that on average, Internet users globally lose \$476 (Dh1,745) per attack and one-in-ten people surveyed said they lost more than \$5,000 (Dh18,364).

## 8. Non-delivery of merchandise

You found the perfect home theater appliance online. You place your order and charge it to your credit card. The site says your order should arrive in two weeks. But four weeks go by, and still nothing arrives. But your credit card bill has a charge from the seller.

Even the Federal Bureau of Investigations and The Internet Crime Complaint Center (IC3) in the US have identified non-delivery of merchandise as one of most common crime in the cyberspace.

With this scheme, which are most

often linked to Internet auction fraud, a seller on an Internet auction website accepts payment for an item yet intentionally fails to ship it. Most usual than not, buyers will be offered the chance to sell high-end electronic items at significantly reduced prices.

Whilst this news may be discouraging, it's important to know there are still a vast number of legitimate businesses operating online. And people can

protect themselves by knowing how to separate the sediment from the good stuff.

”

**Before hiring a service provider or purchasing a product, make sure you understand the company's refund and return policies**

Russell Khaimov, Founder and President of PartyPages.com, encourages buyers to be aware of their consumer rights, saying, "The same laws apply to everyone whether they order online, by phone, or through the mail."

He offers these three important tips to scrutinise online vendor before taking the plunge:

1 Look for a physical location that includes a street address (not a PO Box) and phone number. Then take a few minutes and check how reliable it is.

2 Before hiring a service provider or purchasing a product, make sure you understand the company's refund and return policies.

3 Never divulge sensitive financial information to anyone. This data should only be transmitted in a secure online environment using a digital SSL certificate.





# Top 8 digital detectives

Facial recognition technology to identify and track wanted persons. Augmented reality glasses fitted with headsets to display layers of information on objects and locations. Robotic cops in city streets. These might sound like scenes from a film, but they are amongst the technologies being developed for use by the UAE authorities.

BY MANIKA DHARMA



## 1. DIGITAL FOOTPRINTS

In March 2016, the UAE Ministry of Interior organised the International CyberCrimes Conference to “promote and strengthen awareness in the UAE and its business community about the challenges arising from Internet threats”.

Amongst the services being offered in the UAE to fight cybercrime is the Cyber Resilience Platform unveiled by DarkMatter, an international firm headquartered in the UAE, in October. The platform functions as a dashboard that “helps visualise the readiness of critical entities against cyber threats”.

## 4. PREDICTING THE NEXT CRIME

As yet, mankind does not have the precognition abilities of the three seers in the film *Minority Report*. But we do have something close. Analysing big data can throw up crime patterns that give law enforcement agencies a very realistic chance of predicting where the next crime is going to happen. IBM’s artificial intelligence Watson has been doing just that. In 2014, Watson collaborated with the Imperial College of London to identify crime hotspots through cognitive computing (simulation of human thought processes in a computerised model). Watson has also been used in the United States and Canada to fight all kinds of crimes, including cybercrimes. Unlike the human mind, a computer can absorb humongous amounts of data in a short time, and spot connections that a human

might have missed.

The Crime Prediction Analysis system of Dubai Police works in a similar manner. The system, said Brigadier Kamal Butti Al Suwaidi, Director of the Operations Department, was “built from scratch” indigenously, its design based on local “experiences, specifications and information”. To put it in a nutshell, the system is fed all the data available from Dubai Police records and it uses an algorithm derived from international scientific researches conducted over 20 years. With this massive mine of information, the system predicts where and when the next crime might occur. A demo given by Dubai Police showed the system forecasting likely house robberies in the Mirdiff area, based on available data.

## 2. 7E PASSPORT READER

In December last year, an Emirati national announced his invention of the 7E Reader for passports. This machine scans passport details and can also identify discrepancies to identify fakes. The inventor Amer Al Jabri told the media, “There are many advanced devices worldwide, but we’ve combined three in one, because the manual device is usually separate. A UV light reveals all the details that the passport controller needs to identify any forgery.”



Amer Al Jabri, 7E Reader inventor  
Photo credit: Christopher Pike / The National

## 3. A VOICE FOR THE VOICELESS

To give an electronic tool to victims of human trafficking, Dubai Police launched a smart app in September 2016. Victims can enter their personal information, ID, e-mail and the type of assistance required. They would receive a reference number acknowledging receipt of their complaint with the police. This reporting system is expected to help victims reach out to the authorities and receive assistance, including legal support.

“

**The Crime Prediction Analysis system can also advise us on the best route for patrols and whether there is a good surveillance camera coverage in areas**



**BRIGADIER KAMAL BUTTI AL SUWAIDI**

Director of the Operations Department,  
Dubai Police



Ajman Police drone in action

## 5. KEEPING AN EYE ON THE WORLD

In December 2016, Ajman Police reported catching 2,000 traffic violations through infra-red cameras fitted on drones. These can take photos and videos of violating vehicles and highlight traffic build-up in certain areas.

The violations included driving on the road hard shoulder, failure to maintain lane discipline and obstructing traffic. Ajman Police is the first police department in the UAE to use drones to patrol traffic on the emirate's roads.

## 7. AT YOUR FINGERTIPS

Biometric technology is now being used by banks and other financial institutions to create a security layer that limits opportunities of a breach. For instance, Standard Chartered launched a Touch Login feature in November 2016, which allows customers to use their fingerprints to verify their identity and is applicable on mobile and tablet devices for quicker mobile services.



A suite of cutting-edge fingerprint and voice biometric technologies across Asia, Africa and the Middle East

### WHAT DOES THE LAW SAY?

Any form of misuse of a computer/smart device or an electronic network/system could fetch the violator, if found guilty, a lengthy jail term and/or a fine as hefty as Dh3 million.

The UAE Cybercrime Law No 5 of 2012, issued by President His Highness Sheikh Khalifa bin Zayed Al Nahyan, includes stern punishments that could go up to a life sentence and/or a fine varying between Dh50,000 and Dh3 million depending the severity and seriousness of the cybercrime.

## 6. Crimes against women

In October, a new online reporting system, Callisto, was launched in the U.S. to allow survivors of sexual violence on college campuses report their case and receive support. The system allows survivors to "confidentially save time-stamped details of what happened, electronically report details of an assault directly to the coordinator, report the perpetrator only if someone else names the same person".



Meet Callisto, the Tinder-like platform that aims to fight sexual assault

## 8. FACIAL RECOGNITION AND IRIS SCANS

Facial recognition and iris scan provide an added layer of security and can be linked to the unique identification number issued to each individual. The smart gate initiative rolled out for residents at the Dubai Airport allows for faster transaction, with the Emirates ID linked to a previously updated iris scan database. These biometric features are likely to increase in the years to come.



Eyen performs simultaneous document and iris scans to quickly verify travelers' identity

IT'S NOT JUST  
A PRINTER  
THEY WANT  
TO HACK.

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HH Sheikh Mohammed bin Rashid Al Maktoum, Vice President and Prime Minister of the UAE and Ruler of Dubai, gives a speech during a special session on 'How to Reignite the Regions Development', at the World Government Summit 2017

# Things that a **better world needs**

AT THE FIFTH EDITION OF THE WORLD GOVERNMENT SUMMIT, HELD IN FEBRUARY, HH LT GENERAL SHEIKH SAIF BIN ZAYED AL NAHYAN, DEPUTY PRIME MINISTER AND MINISTER OF INTERIOR, SPOKE OF ETHICS AS THE CORNERSTONE OF NATIONAL SUSTAINABILITY. THE SUMMIT ALSO DEDICATED A LARGE PART OF ITS PROGRAMMES TO EXAMINING THE CONCEPT HAPPINESS, WHICH THE UAE HAS MADE A TOP PRIORITY

BY DIPALI GUHA



**HH Sheikh Mohammed bin Rashid Al Maktoum, Vice President and Ruler of Dubai (second from right), attends the World Government Summit in Dubai with HH Sheikh Mansour bin Zayed, Deputy Prime Minister and Minister of Presidential Affairs (first), HH Sheikh Hamdan bin Mohammed, Crown Prince of Dubai (fourth), HH Sheikh Maktoum bin Mohammed, Deputy Ruler of Dubai (fifth), and HH Sheikh Mohammed's wife, Princess Haya of Jordan (third)**

The achievements and challenges of the 21st century are incredible. While technology is changing lives almost on a daily basis, opening up borders and creating wealth, countries are also grappling with climate change, terrorism, and mass displacement. At a time like this, platforms for global thought leaders to share experiences are vital. The World Government Summit (WGS), organised and hosted by the UAE, is one of the most prominent of such events.

Held at the Madinat Jumeirah on February 11-14, 2017, the fifth edition of WGS increased its range and depth, with more sessions, more speakers, and more variety of topics. In keeping with the UAE's laser focus on happiness / well-being, which the leadership here considers the ultimate goal of human advancement, there were no less than 16 sessions devoted to the subject.

One of the primary requirements of happiness is, of course, a state of peace. This peace is under threat from the rise in extremism, a subject that was covered at



**HH Lt General Sheikh Saif bin Zayed, Deputy Prime Minister and Minister of Interior, speaks at the 5th World Government Summit**

the summit by Abdullah Bajad Al-Otaibi, writer, political activist and commentator, whose Day 2 session was titled, 'The Making of an Extremist'.

Also on Day 2 of the summit, the

question of national resilience in the face of radicalism was addressed by His Highness Lt General Sheikh Saif bin Zayed, Deputy Prime Minister of the UAE and Minister of Interior.



**HH Sheikh Mohammed bin Rashid, Vice President and Ruler of Dubai (first from right), shares a light moment with HH Sheikh Mansour bin Zayed, Deputy Prime Minister and Minister for Presidential Affairs (second), HH Lt General Sheikh Saif bin Zayed, Deputy Prime Minister and Minister of Interior (fourth), HH Sheikh Hamdan bin Mohammed, Crown Prince of Dubai (fifth), and HH Sheikh Maktoum bin Mohammed, Deputy Ruler of Dubai (third), at the World Government Summit**

HH Sheikh Saif said, “When we talk about sustainability, we mean the sustainability of our nation as whole, and not just one sector.” To maintain this sustainability and overcome hatred and terrorism, people of a country must stick to their values and ethics, said the Minister of Interior.

For the UAE, he said, sustainability came from religion, culture, heritage, and history, all elements reinforced by the founding father, the late Sheikh Zayed bin Sultan Al Nahyan. The Minister of Interior mentioned that His Highness

Sheikh Mohammed bin Zayed Al Nahyan, Crown Prince of Abu Dhabi and Deputy Supreme Commander of the UAE Armed Forces, had sent teams to countries such as Japan and Canada, which had included ethics in their teaching system. “We took from them what fit with our religion and history, and implemented [that] here,” said HH Sheikh Saif.

Stating how ethics formed the basis of true religious values, he said, “Every time that humanity went off the track of being ethical, God sent a prophet to remind them. Being ethical comes before education and money.”

With these ethics, mankind could fight the forces trying to rip society apart. “We are today in a complicated war with hatred, sectarianism, terrorist, and, God willing, by holding on to our ethics, we will be winners,” said Sheikh Saif. The UAE, His Highness said, would always give help where needed.

He praised His Highness Sheikh Mohammed bin Rashid Al Maktoum, Vice President and Prime Minister of the UAE and Ruler of Dubai, for making culture and heritage a part of the sustainability drive. Protecting its heritage was essential for the country, said HH Sheikh Saif, adding that “with the speed of UAE’s development, we are not riding a fast train, we are riding an aeroplane”.



**Vice President and Prime Minister of the UAE and Ruler of Dubai, His Highness Sheikh Mohammed bin Rashid Al Maktoum, has launched Dubai’s plans to become the global capital for the future. HH Sheikh Mohammed has directed government departments to place Dubai 10 years ahead of all other cities by embracing disruptive innovation as a fundamental mantra of their operations.**

### World Government Summit 2017 in numbers

**90+**  
Speakers

**120+**  
Interactive sessions and activities

**4000+**  
Attendees

**130+**  
Participating countries

Source: <https://worldgovernmentsummit.org/>



**Her Highness Princess Haya speaks about eradicating hunger and poverty at the World Government Summit**



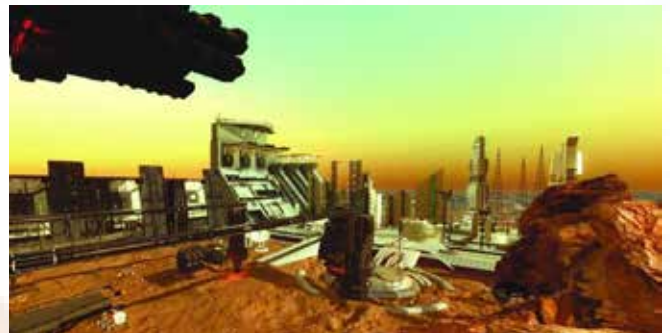
**His Highness Sheikh Mohammed bin Rashid Al Maktoum, Vice President and Prime Minister of the UAE and Ruler of Dubai (centre), presents the Best Minister Award to Senegal's Awa Marie Coll-Seck (right) as George Atalla, Partner at Ernst and Young (left), looks on**

## The Best Minister Award goes to...

At the World Government Summit, the Best Minister Award – this is a new award introduced at this year's summit – was presented by His Highness Sheikh Mohammed bin Rashid Al Maktoum, Vice President and Prime Minister of the UAE and Ruler of Dubai, to Awa Marie Coll-Seck, Minister of Health and Social Action in Senegal. Her chief achievements were in the field of academia and also in effectively reducing child mortality rate, preventing malaria, and stopping the spread of the Ebola virus.



**HH Lt General Sheikh Saif Bin Zayed Al Nahyan with Esmail Mohammad Abdullah, a former member of the UAE Armed Forces who now works in the Ministry of Foreign Affairs, during a session titled 'Nation's sustainability' at the World Government Summit**



**Having scaled the heights of Earth with the world's tallest building, the United Arab Emirates has now announced its plans to set up Mars' first mini city (Photo credit: Dubai Media Office)**

## UAE plans to set up a city on Mars

On the concluding day of the World Government Summit, the UAE announced a jaw-dropping plan. Its 'Mars 2117' would take humans to the Earth's neighbouring planet and establish the first mini-city on that red desert.

The 'Mars 2117' is a national programme being led by Emirati engineers and scientists. The country already has the Emirates Mars Mission, which is aiming at putting a small spacecraft on Mars in the year 2021.

As a part of the 'Mars 2117' project, apart from the nitty-gritty of setting up a city, researchers are looking at developing faster travel between Earth and Mars.

On the occasion of the announcement, His Highness Sheikh Mohammed bin Rashid Al Maktoum, Vice President and Prime Minister of the UAE and Ruler of Dubai, said, "The Mars 2117 project aims at building the scientific and cognitive capabilities of the UAE and transforming our universities into research centres, while planting the passion for leadership in future generations."

He added, "There are no limits to [the] human imagination, which always looks for scientific leaps. This century will see that our human abilities can achieve the most important dream."





**HH Sheikh Mohammed bin Rashid Al Maktoum, Vice President and Ruler of Dubai (right), looks at a model of EHang 184, along with Mattar Al Tayer on the final day of the World Government Summit**

## Dubai to trial a flying car

In keeping with its track record of making the unimaginable look easy, the UAE announced that it would start trialling driverless flying cars in Dubai... as soon as in July.

The autonomous aerial vehicle (AAV),

which is a passenger-carrying pod with eight propellers and pre-set destination buttons, was showcased at the World Government Summit. The Chinese-made vehicle, named Ehang 184, can fly a single passenger for up to 30 minutes.

The vehicle was inspected by His Highness Sheikh Mohammed bin Rashid Al Maktoum, Vice President and Prime Minister of the UAE and Ruler of Dubai. The vehicle will be tested first in Dubai.

Mattar Al Tayer, Chairman of the Roads and Transportation Authority, said, "The trial run of the first AAV is in implementation of the directives of HH Sheikh Mohammed to transform Dubai into the smartest city in the world."

He said that the flying car trial came within the Dubai Self-driving Transport Strategy, which meant transform "25 per cent of total individual trips in Dubai into self-driving trips using various modes of transport by [the year] 2030".

He added, "The step would enhance the integration between public transport modes and people's happiness through the provision of smooth, quick and innovative mobility."

Speaking of the safety of the vehicle, he said that with seven propellers, even if one failed, the pod would be able to make a smooth landing.

## The pursuit of happiness

"Happiness is gaining momentum worldwide due to an increasing belief that the real work of government is to create a happy, healthy and positive society," said the World Government Summit, announcing a whole day of events dedicated to happiness around the world. The programme list included sessions on happiness lessons from various countries; the first main address asking, 'Where is happiness on the global agenda?'; and other sessions titled 'The Role of Government in Achieving Happiness'; 'Happiness: A Serious Business for Government'; 'A Brief History of Happiness'; 'A 75-Year Study on Human Happiness'; 'Inside the Happy Brain'; 'Is Happiness the New GDP?'; besides several others dedicated to the same pursuit.

The Global Dialogue for Happiness brought together top thinkers, decision-makers and experts from around the



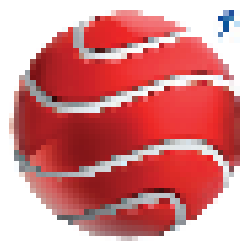
**A delegate at the Government Summit, trying the facial recognition machine which can reveal how happy a person is**

world, to start a global discussion on the importance of happiness and well-being.

Helen Clark, Administrator, United Nations Development Programme, delivered the first main address. She said, "I welcome the interest in looking at human happiness as a way of broadening the conversation about human progress and wellbeing."

"While income is a crucial contributor to

well-being, it is far from being everything. As the old saying goes, we do not live by bread alone. UNDP's vision is for development which enables all people to live longer and healthier lives, be educated, have access to a decent standard of living, and have the freedom to choose to live lives which they value. This approach balances the material and non-material aspects of well-being."



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# Who serves with *love?*

THE RECENTLY ANNOUNCED EMIRATES FOOD BANK AIMS TO MINIMISE THE NATIONAL FINANCIAL LOSS FROM FOOD WASTAGE, AND ALSO TO DELIVER PRECIOUS SUSTENANCE TO THOSE MOST IN NEED. TWO MONTHS AFTER ITS LAUNCH, **999** PUTS THE SPOTLIGHT ON ORGANISATIONS AND ESTABLISHMENTS THAT HAVE RESPONDED TO THE CALL

BY ABDUL BASIT





The Emirates Food Bank is an initiative that combines sustainability, economic sense, humanitarian work, and community involvement, making it one of the most forward-looking initiatives launched by this country. Its establishment is part of the UAE's Year of Giving campaign, which runs through 2017.

On January 3, the food bank was announced by His Highness Sheikh Mohammed bin Rashid Al Maktoum, Vice-President and Prime Minister of the UAE and Ruler of Dubai. It has the twin objective of promoting generosity and making Dubai the first Gulf city to achieve zero food waste.

Food waste has an enormous environmental and financial cost. The wastage indicates an unnaturally high demand for food, putting a corresponding amount of pressure on agricultural land. Disposal of the wasted food costs the government money and effort. And most of all, it's a tragic sight to see edibles being thrown away when so many are going hungry.

The Emirates Food Bank, headquartered at the Dubai Vegetable Market in Al Aweer, will eventually have 15 branches across the

country, and will feed tens of thousands of people. Aside from giving food to the needy, the food bank will get volunteers from the community, and their involvement will help spread awareness about curbing wastage.

### **Those who stepped forth**

The food bank will get its stock from a variety of donors: hotels, dining establishments, food processing factories, farms, supermarkets and philanthropists. It will handle surplus fresh and packaged food in a professional manner under the supervision of relevant bodies.

The collected food will be distributed around the UAE and abroad in collaboration with local and international humanitarian and charitable organisations.

Within two months of its launch, the food bank got very positive responses – it has 85 hospitality companies, in addition to more than 200 restaurants and supermarkets on board, all set to lend a hand to this great initiative.

Dubai Municipality is supporting and overseeing the food bank's operations by following up on the collection of food and ensuring its safe storage as per international food safety standards.

The initiative has also got an enthusiastic response from the local community, as a large number of volunteers have expressed their desire to work for it, a top official of Dubai Municipality told 999. The municipality will train these volunteers, besides other food handlers and charity personnel.

### **Strict quality control**

Khalid Mohammed Sharif, Assistant Director General for Environment, Health and Safety Control Sector, Dubai Municipality, told this magazine, "To ensure the safety and quality of donated food, transportation and handling has to be under suitable temperature. As most foods donated by hotels are ready to eat, they require refrigerated transportation. Vehicles have to be approved by the authorities concerned in Dubai."

The municipality would for now use



“

**We expect full support from other emirates in these efforts, which reflect and reinforce the UAE's keenness to send out help across the world**



### **KHALID MOHAMMED SHARIF**

Assistant Director General for Environment, Health and Safety Control Sector, Dubai Municipality

charity organisations' vehicles that were already being used for delivering food to the needy, Sharif said, adding that more vehicles would be acquired to meet future demand.

"We expect full support from other emirates in these efforts, which reflect and reinforce the UAE's keenness to send out help across the world. We've already started contacting different authorities in other emirates for participating in this programme," he added.

WHO HAS LEND A HAND FOR THE FOOD BANK

**85**

Hospitality companies have joined hands with the Emirates Food Bank

**200+**

Restaurants and supermarkets are set to work with the initiative



**Jumeirah Group expresses eagerness to collaborate with the Emirates Food Bank to maximise their contribution towards the society (Photo credit: mediastream.jumeirah.com)**

### **Eager to collaborate**

Speaking to **999**, a Jumeirah Group spokesperson said, "The hotel group is proud to support the UAE Year of Giving and the Emirates Food Bank. We're eager to collaborate and are working to identify how best Jumeirah Group can maximise our partnership and contribution towards this very important initiative."

Jumeirah Group said that social responsibility was at the heart of the business, and that the principles of corporate and social care were embedded into its strategy, operations and daily activities, and that its properties were certified by Green Globe, the internationally

recognised certification for sustainable tourism.

Another major hospitality group that spoke with this magazine was Rotana Hotels and Resorts. It has added the Emirates Food Bank initiative to its annual sustainability programme for 2017; this is applicable to all the group's hotels as part of the global sustainability platform Rotana Earth. The hotels are instructed to partner with the Emirates Food Bank and donate surplus food from the buffet and events, and to provide volunteers to offer support at the food bank locations.

### **Waste management**

Christiane Abou Zeidan, Corporate Director of Environment, Health and Safety, Rotana, said, "Besides our food and beverage donations, colleagues are trained on food safety standards to ensure that the food provided to the bank is perfectly safe for consumption. In addition, a food waste

management programme is implemented at our hotels to provide a step-by-step approach on how to eliminate, reduce, reuse and treat food excess and food waste by donating, composting or digesting."

Abou Zeidan mentioned that the high waste volumes at hotels could be attributed to traditional catering methods, offering extensive menus, lavish buffet and lack of awareness amongst guests.

At Rotana, food waste consists around 35 per cent of the hotels' total general waste that goes to the landfill. "On an average, around 1kg of food waste is produced by 1 guest/night. Our UAE hotels generate yearly around 390 tonnes of food waste; the Dubai hotels alone generate around 1,500 tonnes," she revealed.

Abou Zeidan added, "In some of our hotels with busy banqueting events, the excess and unserved surplus food from the buffet production during events, weddings... is donated to charitable organisation like the UAE's Red Crescent Hifth alNe'mah programme at the end of meal service. At six hotels in the UAE, we have installed food composting machines to produce compost and donate it to farmers' groups. Some other hotels have installed bio-digesters to treat organic food waste and divert it from landfill disposal."

She said that the Emirates Food Bank initiative would help the organisation keep food out of trash and hence reduce waste management costs, alongside benefiting society.

“

**A food waste management programme is implemented at our hotels to provide a step-by-step approach on how to eliminate, reduce, reuse and treat food excess**



**CHRISTIANE ABOU ZEIDAN**

Corporate Director of Environment, Health and Safety, Rotana



**Al Ain Rotana takes a step to train employees in ensuring that the food provided to the bank is safe for consumption (Photo credit: www.yallabook.com)**

### Exploring further

Iftikhar Hamdani, Cluster General Manager, Ramada Hotel & Suites Ajman and Ramada Beach Hotel Ajman, said, "Our hotels will definitely support this initiative. We already have an existing co-operation with Al Ihsan Charity. With the Emirates Food Bank, we aim to intensify and explore further steps."

Ramada has established a charity committee. The hotel group aims to provide the excess food from buffet and banquets to labourers in Ajman. "This will also help us reduce our food waste," said Hamdani. "We seek to have this [arrangement] on a permanent basis and to have a dedicated staff that will let the labourers eat in a designated area, instead of taking the food to their accommodation, to avoid any problems of spoilage, as most of them do not have proper facilities to store and preserve food."

Talking about excess food, he said, "We used to generate 800-1,000kg of waste daily, 65 per cent of which was from the kitchen. Now, we only have 360kg of kitchen waste, as we're constantly finding ways to cut down on wastage. This 360kg of kitchen waste is mainly from kitchen scraps – fruit and vegetable peels, egg shells, etc – with

“

**With the Emirates Food Bank, we aim to intensify and explore further steps. This will also help us reduce our food waste**



**IFTIKHAR HAMDANI**

Cluster General Manager, Ramada Hotel & Suites Ajman and Ramada Beach Hotel Ajman

only 8-10kg from the buffet spread, which is about 2.5 per cent of the total waste."

He also mentioned that the waste was composted using the hotel's own WasteStation, a food waste macerator unit and dewatering unit. "The products from WasteStation are then processed using the hotel's own compost machine. The compost is then used as fertiliser on our own urban farm," he said.



Ramada Hotel & Suites Ajman is set to provide their excess food from buffet and banquets to labourers in Ajman (Photo credit: [www.wyndhamhotels.com](http://www.wyndhamhotels.com))

## INFOGRAPHICS



### At Rotana

**35%**

Food waste that will now be utilised for a good cause

**1kg**

The average volume of food waste produced by 1 guest/night

**390 tonnes**

Food waste that Rotana's UAE hotels generate yearly as of now

### At Ramada Ajman

**360kg**

Daily kitchen waste, mainly from scraps, fruit and vegetable peels

**8-10kg**

Food wastage from the buffet spread, which is about 2.5 per cent of the total waste

### At HMH Hospitality

**4-5%**

Average food wastage out of the total food prepared daily





Hospitality Management Holdings has pledged to donate excess food to the bank, in accordance to international food safety standards (Photo credit: <http://www.easytobook.com>)

### Wide-ranging impact

Food banks have a direct economic impact by virtually eliminating the enormous social costs of hunger, addressing the issue of food security and, most importantly, minimising the cost of environmental damage resulting from wastage.

First, food production is very costly for the environment by itself, taking into account land use, and the use of fertilisers and pesticides to protect crops.

Second, the disposal of waste created during production and consumption results in land usage, emission of methane gas, a harmful contributor to global warming, and some impact on water resources.

Laurent A. Voivenel, CEO of HMH – Hospitality Management Holdings, said that the Emirates Food Bank was a wonderful initiative and an excellent opportunity to give back to the community and humanitarian organisations. Food is a basic need for all living beings and yet it remains a luxury for many. This initiative would greatly help people in need, he said.

Voivenel said that food wastage existed at every level of the food production chain and was not particularly to do with the hotel industry. “We’ll get in touch with the concerned [authorities] to ensure that the donation of excess food to the bank [was done] in line with international food safety guidelines,” he added.

Talking of measures taken by the HMH to control food wastage, he said, “Currently, the food wastage at our hotels in the UAE, namely The Ajman Palace Hotel, Coral Beach Resort Sharjah and Coral Dubai Deira Hotel, averages 4-5 per cent of the total food prepared. Basically, it depends on the nature of the operation and generally tends to be higher at hotels that have large banquet facilities compared to hotels that have limited ones.”

“

Food is a basic need for all living beings and yet it remains a luxury for many. This initiative would greatly help people in need



**LAURENT A. VOIVENEL**

Hospitality Management Holdings, CEO

At the moment, HMH distributes the excess food from buffets amongst the staff. Whatever is not good for consumption is discarded. The Emirates Food Bank gives the chain yet another channel for distributing food that's good for eating.

### ***Biting off more than what we can chew***

As cited in a reported by helping. ae, the National Environment Agency in Abu Dhabi said food makes up 39% of all waste in the Capital, which adds up to some 400,000 tonnes.

This number gets massive during Ramadan, e.g in Dubai, the average 38% of food is wasted rises up to a

whopping 55% during Ramadan. This is the time when hotels buffets overflow with food, which then goes to waste.

But everyone's constantly contributing to the wastage. The Agency also revealed that approximately half of all wasted food in the UAE is produced by households.

### ***Where do so much wastage come from?***

- Food preparation residue e.g. vegetable peelings, meat trimming etc.
- Over-preparation of items in the kitchen e.g. prepared food portions that cannot be reused.
- Over-preparation of food by quantity and varieties to meet guests' expectations.

- Preparation of more food than the number of guests at weddings, events, meetings.
- Over-sizing of food portions, which leads to uneaten table scraps.
- Spoiled out-of-date food as a result of non-used stock, mishandling and packaging and storage.





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# Feeding the *SOUL*

THE SPIRIT OF GIVING IS EMBRACED BY  
POLICE FORCES, UNDER THE DIRECTIVE  
OF THE MINISTER OF INTERIOR, AND BY  
ITS COMMUNITY PARTNERS AND OTHER  
ENTERPRISES

BY MAHA ISMAIL

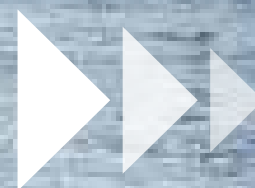




**T**he UAE Ministry of Interior regularly participates in charity initiatives related to giving food to the needy. It has stepped up its activities following the declaration by President His Highness Sheikh Khalifa bin Zayed Al Nahyan that 2017 will be the 'Year of Giving' for the country, and also the Emirates Food Bank initiative launched by His Highness Sheikh Mohammed bin Rashid Al Maktoum, Vice-President and Prime Minister of the UAE and Ruler of Dubai.

Under the instructions and follow-up of Lt General His Highness Sheikh Saif bin Zayed Al Nahyan, Deputy Prime Minister and Minister of Interior, the relationship between law-keeping agencies and the public is nurtured by the Ministry of Interior, the Abu Dhabi Police General Headquarters and other police general headquarters.

The ministry and the police general headquarters offer public and private institutions as well as business owners the opportunity to participate in charitable and humanitarian initiatives, including the distribution of free meals to the economically weaker sections.



Giving is a part of the UAE's national agenda, His Highness Sheikh Mohammed bin Rashid Al Maktoum, Vice-President and Prime Minister of the UAE and Ruler of Dubai, said.

HH Sheikh Mohammed explained that the initiative, under the wise leadership of the President, His Highness Sheikh Khalifa bin Zayed Al Nahyan, will solidify the UAE's position as the world's most giving nation.

"Consolidating the culture of giving in the UAE is a shared responsibility; all individuals and institutions will play a vital role and contribute to making giving a part of our national agenda," he said.

HH Sheikh Mohammed expressed his pride at the enthusiastic responses that he received on the #YearofGiving hashtag on Twitter. "The eagerness of the responses heartened and assured us that because of our generous people, the future of our country is bright; the people's ideas will soon be a reality, and everyone will play a role in embedding the value of giving even further in Emirati culture."

His Highness said an integrated legislative system will be introduced with a clear framework for Corporate Social Responsibility and Volunteering, both on an institutional and individual level.

"We will provide volunteers with incentives and a comprehensive framework for volunteering in order to document and reward their initiatives and efforts. Many young people want to volunteer, but are



**Vivek Balaney, owner of NomNom Asia, a restaurant chain in Dubai giving jobseekers a free combo lunch**

missing incentive programmes and clear guidance in order to be motivated to start volunteering," he said.

### **Jobseekers eat free**

UAE residents have commended the remarkable giving initiative by Vivek Balaney, owner and founder of NomNom Asia, a restaurant chain in Dubai specialising in Far Eastern cuisine. Balaney gives jobseekers a combo lunch for free in the restaurant's branches in Al Barsha and Karama.

Balaney told **999** that the idea came to him when he first opened a restaurant.

"Many jobseekers would just walk in, asking about a vacancy. But we had already formed a team and didn't need more people. But we saw that most of the jobseekers looked like they were tired of looking for work, knocking on doors, going around in humid weather. So we offered them a glass of water at first, and then a combo meal, which consists of fried rice and a main dish of their choice. That way, we also got feedback on our food (if too spicy/ salty / sweet) – these people started to educate us and we said 'Thank you.'

"As they got a free meal, the jobseekers blessed us, and that made us very happy. We carried that on, and today, we surely are blessed and thanks to Almighty God, we have two restaurants and also lots of happy customers."

The restaurateur said that his business had given at least 450 lunch combos to people seeking jobs since it opened its doors first 1,000 days ago.

As for how the jobseekers reacted when given a free meal, he said, "They are always first surprised, and then when they finish their meal, they realise that it's real because they don't have to pay. They do get embarrassed sometimes and insist on paying, but we tell them to please use the money to first get a job and when they finally do get a job, they can come back to pay for it anytime. That way, they also become our customers for life."

This initiative has been in place for a few years now, but recently it got a fair amount of attention through a social media post.. With the declaration of the 'Year of Giving', a netizen noticed what NomNom Asia was doing and wrote about it, asking people to share the post. "Society took notice and people love the idea, as it's so simple and reaches out to people directly and touches their life. Also, it's not considered charity, so we're not doing anyone a favour – just extending a helping hand and supporting them," said Balaney.

### **Iftar offering**

As a model of community partnership between police and private enterprise, we can cite the *iftar* (the daily meal breaking the



**Jobseekers offered with free meals at NomNom Asia restaurant**



“  
**Social solidarity is  
one of the main traits  
of UAE  
society**



**LIEUTENANT COLONEL  
ABDULLAH AWAD**

Deputy Director General of Community  
Police Department , Abu Dhabi Police

Ramadan fast) organised by the Abdul Jalil  
Al Fahim & Sons Endowment.

The Endowment, in co-operation with  
the Department of Community Police at the  
Abu Dhabi Police General Headquarters,  
launched in 2007 the *iftar* initiative, which  
has continued until now. Under this initiative,  
around 30,000 *iftar* meals are given to the  
staff who work in police departments and  
centres, drivers and any members of the  
public who happen to be in the vicinity at  
*iftar* time. The initiative spans Abu Dhabi  
city, Al Ain, the Western Region and the  
frontier lands. Over the past 10 years, some  
300,000 meals have been distributed.

Lieutenant Colonel Abdullah Mohammed

“  
**The initiative emanates  
from loyalty to our  
country and  
love of  
charity**



**EISSA AL FAHIM**

UAE businessman

Awad, Deputy Director General of  
Community Police Department at Abu  
Dhabi Police, said that the *iftar* initiative  
came within the framework of the  
police leadership's efforts to strengthen  
partnerships with community sectors.  
He said that the annual initiative during  
Ramadan expressed social cohesion and  
solidarity, which was deemed one of the  
main traits of UAE society.

“The Community Police Department at  
ADPGHQ collaborates with the Abdul Jalil  
Al Fahim & Sons Endowment in handing  
out free *iftar* meals to police staff whose  
work compels them to have *iftar* away  
from home. The meals are also given to

drivers of public transport vehicles, other  
people who pass by at *iftar* times, and  
also at the frontier outlets in Abu Dhabi,”  
Awad added.

Eissa Abdul Jalil Al Fahim, the UAE  
businessman who set up the Endowment,  
said that the *iftar* initiative had succeeded  
by the grace of Allah. He stressed that this  
initiative embodied social values and ideals  
that were “instilled in our souls” by the late  
Sheikh Zayed bin Sultan Al Nahyan, founder  
of the UAE.

“The Endowment steers this initiative  
in full co-ordination with the ADPGHQ,  
represented by Community Police  
Department, in a framework of partnership.  
This initiative emanated from loyalty to our  
home, love of charity, and gratitude towards  
our country, which cares for us and offers us  
a decent life,” Al Fahim said.

### **Spiritual riches**

Mentioning the ‘Year of Giving’, Balaney  
said that it was “a brilliant concept to give  
back to the society from which we earn  
a living, as there’s always someone who  
needs our help in whatever small way  
possible. We believe in a boomerang effect,  
which is: ‘The more you give, the more  
you get.’ If one has not tried it, do try it,  
as I promise you, it’ll surely not make you  
poorer, but only make you feel richer.”

Right now, Balaney is thinking of a  
new way to give or to expand the current  
initiative. “Perhaps we can get more



**Free meals for workers and drivers in Ras Al Khaimah**



restaurants on board to take part in this initiative itself, and in the end, every nook and corner of the UAE will have a restaurant that feeds the hungry, and no one will sleep hungry. It's a small cost for an amazing feeling," he said.

Some customers are already doing their bit to help. Balaney said, "We have paying customers who come forward and pay in advance for meals for the less fortunate. That way, more people can contribute towards this initiative and more people can benefit from it. It's called #suspendedmeal or #pendingmeal.

**“**  
**Every nook and corner of the UAE will have a restaurant that feeds the hungry**



**Police officer giving away free meal as part of the Endowment initiative, in cooperation with ADPGH Community Police Department**

"For the past two years, during Ramadan, we've been packing 200 lunch boxes and distributing them at labour camps. It's just our way of reaching out to these people directly as they have jobs and salaries, but not enough savings to ever be able to taste our food. We want them to have this experience, too. Hence we pack boxes and visit them."

### **Police initiatives**

The Community Police Department at the Ras Al Khaimah Police General Headquarters, represented by the Al Ma'amoura Police Station, has participated in the initiative launched and implemented by the Saqr bin Mohammed Al Qasimi Foundation for Charity in RAK. This initiative is run in collaboration with the Department of Public Works and Services in RAK, and with the participation of the Faza'a student team from the Al Ghab Basic Education School for Girls.

The Foundation, in cooperation with its partners, handed out 100 lunch meals as well as sums of money and some precious gifts to labourers. This took place at the Saqr Public Park in the emirate.

Also, the Directorate General of Human Resources at RAK Police undertook the initiative of handing out 500 meals to labourers and truck drivers. A similar meal distribution initiative was carried out by the Directorate General of Human Resources at Dubai Police.



**Dubai Police Directorate General of Human Resources handing out 500 meals to labourers and truck drivers**



**Tim Maycock** is Director of Maycock Training Ltd, an international consultancy firm

## HONESTY IS THE BEST POLICY

The integrity of a Sharjah cabbie who returned jewels to a customer shows that high moral values are our real riches

**T**hankfully, the vast majority of this human race of ours are basically honest, law-abiding people. Most of us love our family and friends, and are kind and generous towards our peers. It is only a small, ugly minority who wreak havoc in our otherwise peaceful and blessed world.

Why is this the case? Where do our values come from? What is it that makes us either kind or cruel, honest or thieving, generous or grasping; put more succinctly, good or evil? Perhaps we'll discuss that later.

Meanwhile, witness a recent story from Sharjah – a taxi driver found a bag of jewels in his cab, left behind by some unfortunate passenger, who by this time was probably going crazy with worry and remorse for the careless loss. The poor loser was probably resigned to the harsh fact that anyone finding the jewels was likely to pocket them. I mean... wouldn't you?

Ah, now my friends, in order to answer this probing and somewhat uncomfortable question truthfully, we have to look inside ourselves and examine our own conscience. Earlier, it was suggested that the vast majority of us are honest and would presumably do the right thing. But is there not a streak of avarice in most of us? Is there not that desire, that passion for wealth, for possessions? If fortune smiles upon you, do you not smile back? Take the money and run?

Let us look at what the taxi driver did. He did the right thing and handed in his discovery to the police. And his reward for such an outstanding act of selfless honesty? A certificate. Yes, a piece of paper saying "Well done!"

"What?" I hear you cry. "Did they not even give him a pair of cufflinks from the bag (diamond studded of course)?"

Well, no, jokes apart – and, frankly, if that was the expected outcome, then the story wouldn't hold any resonance for us.

The citation stated "that the award comes within the framework of activating a partnership between the community and Sharjah Police as well as spreading the spirit of cooperation, in order to establish a secure and safe society". Further that the recipient "exemplifies honest taxi drivers".

It's fair to say that taxi drivers don't always enjoy a particularly glowing reputation in our society. They aren't necessarily liked or disliked; they simply just are.

We'd struggle without the service they provide, and yet we don't really value their contribution to our lives beyond paying our fare and perhaps finding a little change for a tip.

And yet, they endure late nights, irregular refreshments, sometimes 'runners' who make a hasty exit at traffic lights, having completely forgotten to pay.

So when one of our taxi drivers has the public-spirited integrity to act in this way, it's pretty remarkable.

Integrity is the quality of being honest and having strong moral principles. It's generally a personal choice to hold

oneself to high ethical standards.

We learn from our parents the values, morals, ethics by which our lives should be governed. Most of us strive to stick with those principles, partly because although we're individuals with our own unique needs and desires, we're also very social creatures. We need to belong to 'the pack,' and to behave in a socially acceptable way.

The integrity shown by the taxi driver is a shining example of community spirit, of putting the good of others before self.

Regardless of how much we seek tangible material wealth, there's so much more wealth to be earned in helping our fellows in their time of need.

We don't need an earthly reward for integrity. Our reward will be in heaven!

**There's so much more wealth to be earned in helping our fellows in their time of need**





# FIREPROOF

## YOUR CAREER IN A DYNAMIC AND MODERN ECONOMY

EXPATS COME TO THE UAE WITH THE AIM OF FULFILLING THEIR POTENTIAL IN A DYNAMIC ENVIRONMENT. BUT THE SAME MARKET DYNAMICS COULD GIVE ONE THE SHOCK OF A PINK SLIP. HERE'S WHAT TO DO TO MINIMISE THE RISK OF JOB LOSS

BY SHUCHITA KAPUR





**T**he word 'Emirates' is synonymous with boundless opportunities. Expats from all around the world gravitate to this country to make the most of their abilities and reap the benefits. But modern economies are complex, and the supply-demand equation for the workforce can change in the blink of an eye.

Just like in any other country, one can get terminated here for various reasons – it could be that the organisation has to be restructured because of external factors; or that the company's business model needs an urgent makeover and some people just don't fit in; or it could just be the lack

of a mentor who protects a competent employee during an internal churn.

There's also the occasional unfortunate situation when a degree of office politics is at play, e.g. an employee is so talented that the immediate supervisor feels threatened and proactively sabotages that employee's prospects.

All the reasons mentioned above play a role in the longevity of an employee, but the most common reason is non-performance, according to human resource experts. An employee who shows persistent negativity, a lack of motivation, inability to do the job right, and constantly brings personal problems

to the workplace is almost certain to be shown the door in a highly competitive environment.

The challenges of settling in a new country and the lack of family support can prevent employees from really showing their calibre. This can be a factor affecting many in the UAE.

Leaving aside personal circumstances, which vary from person to person, there are a few primary reasons that can lead to termination. Speaking with recruitment professionals, **999** identifies the most common reasons for dismissal and things that employees can do to protect themselves.





### Clarity and feedback

A day away before weekend, the boss walks by, dumps a load of work on the desk, and insists to have it all finished by Sunday morning, with very little direction on how to do it. The term for such a person - seagull manager - became popular after Ken Blanchard's 1985 book titled 'Leadership and the One Minute Manager' immortalised it: "Seagull managers fly in, make a lot of noise, dump on everyone, then fly out."

More than thirty years later, many employees still face the same frustration. Shobha Anne Jaison, Senior Manager of Human Development at the career portal Bayt.com, says that there are some very simple yet crucial steps that employees need to adopt. She recommends:

#### 1 Understand your job

If you're not fully aware of your job role, responsibilities, expectations, targets, deadlines, and deliverables, then you run the risk of being fired. When employees start a new job or a new project, they truly need to dive into all the details and make sure they have a full grasp of what is required from their end. It is unwise to wait until the deadline to explain that you weren't sure what project to complete or how to do it.

#### 2 Understand the law

A big part of being an employee is to be aware of your country's as well as your company's laws and regulations. Know what

you're allowed to do in your job and what could violate your company's policies and jeopardise your career. It is the employee's responsibility to learn about dress code, work hours, sick leave, and such matters.

#### 3 Ask questions

Never feel that you're making a mistake by asking a question. Sure, certain employers prefer that their employees should experiment, research, and discover solutions on their own. However, if you're not clear on a certain part of your job, then you'll only harm yourself by remaining silent. Ask your questions and seek clarity whenever needed.

#### 4 Look for feedback

If you're not receiving any feedback, positive or constructive, then you should simply ask for it. You may think that you're

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**Don't sit around and wait. Ask to meet with your manager to know what you do right and where you could improve**



**SHOBHA ANNE JAISON**

Senior Manager of Human Development at Bayt.com

doing an amazing job and there's no reason for you to worry about dismissal, when in fact, you may not be meeting your manager's expectations. Don't sit around and wait. Ask to meet with your manager to know what you do right and where you could improve.

#### 5 Learn and grow

Employees never stop learning. Take your management feedback seriously and try to develop a plan to grow your skills and improve your performance. Even if you're not given specific constructive criticism, you should always aim to do your job better and to continue to grow in your role and within your organisation.





## Valid reasons for dismissing an employee as per the UAE law

An employer in the UAE has the right to terminate a staff member for valid reasons (for instance, low performance by the employee; or financial problems of the company that require lay-offs; or mismanagement/fraud from the employee's side; or abortion of the project that s/he is working on, etc). There are several clauses in Article 120 of the country's Labour Law, under which these disciplinary actions can be taken. These include:

- If the worker has adopted a false identity or nationality or submitted forged certificates or documents.
  - If a worker makes a mistake causing substantial material loss to the employer, provided the employer notifies the relevant labour department within 48 hours of the accident.
  - If the worker disobeys instructions regarding industrial safety or the safety of the workplace, provided the instructions have been issued in writing and are posted conspicuously in the workplace in a language accessible to the employee or have been explained to him orally.
  - If the worker does not perform the basic duties under the contract and persists in violating these, despite being investigated and receiving a written warning notifying him of termination in the event of repeat offences.
  - If the worker reveals his employer's trade or business secrets or confidential information.
  - Termination during probation or on its expiry.
  - If the worker is finally sentenced by a competent court for an offence involving honour, honesty or public morals.
  - If the worker is drunk or under the influence of an illegal drug during work.
  - If whilst working, the worker assaults the employer or his manager or a colleague.
  - If the worker is absent from work without a valid reason for more than 20 non-consecutive days or more than seven consecutive days.
- Article 103 of the Labour Law further states that a model list of disciplinary rules and rewards can be made available to guide employers in setting their own rules in this regard.

### Slipping on success

Quoting the American baseball legend George Herman 'Babe' Ruth, who said, "Yesterday's home runs don't win today's games", Hasnain Qazi, Gulf Region Head, Progressive Global Energy & Construction, at Huxley Banking & Financial Services, highlights that success can be just as detrimental as failure if you allow yourself to slack off immediately afterwards.

This Babe Ruth quote is a great reminder

that some very common factors leading to dismissal are directly under an employee's control. Here are some very helpful pointers on how to avoid being sacked; these are not at all rocket science but easily forgotten by employees as they get complacent in a job over time.

- 1 Be unambiguous in your approach – always hit/exceed your targets.
- 2 Your behaviour should reflect your intent. Employers often perceive you by reading your demeanour, body language, pace and

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Be particularly careful not to show poor performance during probation, and take care to fit into the work culture of the organisation



**HASNAIN QAZI**

Gulf Region Head at Huxley Banking & Financial Services



energy, in addition to the basic results.

3 Avoid poor discipline, frequent personality clashes, and work diligently.

4 Be particularly careful not to show poor performance during probation, and take care to fit into the work culture of the organisation.

### Surviving retrenchment

One of the worst situations for an employee is large scale retrenchment within an organisation or across organisations in that industry. When company profits are eroded and the market sentiment is poor, an employee's personal competence level may not protect him or her from termination.



According to a global research report by the professional services organisation, Ernst & Young, businesses are putting significant efforts into cutting both costs and product / service prices in order to compete in shrunken mature markets and highly competitive rapid-growth markets.

In such a scenario, the result of cost-cutting will have an impact on employees,



## COMPENSATION AVAILABLE

The amount of money that is given to an employee on termination can vary depending on several factors, say UAE-based legal experts. Knowing the law, therefore, is vital.

Employees should refer to their contracts, which should specify the amount that will be due to them on termination.

Each employee's notice period should be written in the contract of employment. All employees must be paid with their full salary and benefits for the duration of the contractual notice period until their termination date.

According to the law firm Taylor Wessing (Middle East), if no notice period is specified in the contract of employment, then according to Article 117 of the UAE Labour Law, at least 30 days' written notice should be provided. This period differs for daily paid workers who have been employed for less than five years.

whether it's an outright dismissal or a pay cut.

Monica D'souza (identity withheld) lost her job recently in a bank in Dubai. "Sometimes, it's just the timing. Getting the boot had no correlation to my work. After working for nine years, I was asked to leave, as management policies changed due to shrinking margins," she says.

But even when the market conditions are not favourable, most companies will try to retain their best employees. These employees will be more than just the average worker. So, if you are a higher-quality employee, an innovator, and a top-performing individual, chances are that you'll survive a lean period and become a valuable asset of the company over time.

### ***Become a preferred employee***

According to experts at the recruitment portal Monster.com, it's not difficult to be a preferred employee. Those who fit the bill "know their stuff".

Firstly, these are top performers who are not generalists but have niche skill sets that are important to businesses.

Secondly, the best employees are

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**The best employees are the ones that contribute the most to the bottom line**

the ones that contribute the most to the bottom line. If you are an employee capable of taking on critical tasks and delivering results, be assured that you'll stay employed.

Thirdly, there's the reputation you've built over the years – with your colleagues, supervisors, and within the industry. Have you consistently been a top performer, been liked and respected by colleagues and managers? Have you delivered results and innovated? If the answer is "yes", then you may have just become an invaluable resource to the company. It's highly unlikely that the organisation will let you go, irrespective of the market conditions.







## A WELL-DESERVED BADGE OF HONOUR

**Maysa Rashed** is a prominent UAE writer interested in local affairs and a former member of the Federal National Council (FNC)

This country has adopted happiness and positivity as its twin goals, making them an integral part of everything from policies to style of governance

**A**t a certain forum, I met a delegate who came from an Asian country. He noticed that whenever he searched on Google for the UAE government and its goals, he found the two slogans of happiness and positivity. These now come up at many lectures and gatherings; they are even mentioned in the accounts of different people on social networks.

The Asian delegate asked me, "Why did your government consider adopting these two slogans particularly?"

This question is asked by many others, as they think that these two slogans are just like any other slogans chanted by Arab countries, but without any actual effect on the ground.

But the situation in the UAE is completely different, as the two slogans of happiness and positivity did not come from nothing. The UAE adopted these after thoroughly studying the situation and finding that all evidence pointed to this country's residents being amongst the happiest in the world.

The UAE was 28th amongst 157 countries ranked for happiness, in a report prepared by The Earth Institute at the University of Columbia, US. The report was compiled by the institute for the fourth year after being assigned the task by the United Nations. The UAE is the first Arab country to appear on this list; it is hoped that the recent appointment of a Minister for Happiness would help the nation further climb up the ranking.

Denmark kept its position at the top of this list, followed by Switzerland, then Iceland, whilst Norway came fourth, followed by Finland, Canada and the Netherlands. The eighth place was taken by New Zealand, the ninth by Australia, and the tenth by Sweden.

The countries were ranked according to several factors and criteria, such as the average age of citizens, the status of labour markets, level of corruption, and the per capita gross domestic product.

The UAE could not have reached this unprecedented high rank for an Arab country if it had not shown such remarkable achievements in the abovementioned indicators. For example, the UAE placed great importance on the health sector, which contributed to keeping the averages age of the people within the required range. Also, the country adopted the open-door and economic diversity policies to create job opportunities that enriched its labour market. Moreover, the UAE fights corruption through strong legislation.

Accordingly, happiness in the UAE is not just a motto, but solid reality, and is logically linked to positivity – an individual who does not feel happy cannot be positive. So, the two concepts of happiness and positivity are interrelated.

The international community annually marks World Happiness Day, on March 20, after the UAE approved the same in its 66th session.

However, this country has transcended the phase of just celebrating happiness, reaching the phase of making happiness an integral part of its policies and projects, and even style of governance. Achieving happiness is a basic concern for the UAE government, not only at the local level, but also at the international level – the country seeks to share its happiness experience with others.

This endeavour is crystallised by designating executive directors for happiness, and officials for happiness at all UAE public institutions, and even choosing happiness and positivity as the main topics to be addressed at the Government Summit annually held in Dubai.

Feeling happy is not enough per se, neither is a high rank on the happiness index. We need to ensure that all our government and non-government institutions, their employees, and the community remain positive as well. That means they must learn to take whatever happiness comes to them, and then forward it to the world... to make it happier.



**Happiness in the UAE is not just a motto, but solid reality**



# CURRENCY OF CRIME

ABU DHABI POLICE ARE ALWAYS ONE STEP AHEAD OF COUNTERFEIT BANKNOTE RACKETS. THE HEAD OF CID TELLS **999** ABOUT SOME NOTEWORTHY OPERATIONS AND AN EXPERT OFFERS SAFETY TIPS

BY JOJO DASS AND MAHA ISMAIL





**E**conomic security is a vital part of national security, and one of the main elements of ensuring financial well-being is the fight against counterfeit currency. When businesses or individuals are offered an amount in cash, they should be able to accept the money confident in the knowledge that they're holding legal tender. That confidence is dented by counterfeiters.

As a premier law enforcement agency, Abu Dhabi Police have, through their Criminal Investigation Department, foiled a number of attempts to circulate fake money in the emirate. The counterfeit notes were copies of many different currencies.

### **Ten million haul**

One of the most remarkable operations in this area was reported in April 2015, when the police busted an African gang that was trying to sell and distribute fake currency worth \$10 million (Dh37.6mn).

Describing the operation, Brigadier Dr Rashid Mohammad Borshid, Head of the CID, said that his department received a tip-off about an African national named A.A. Oroo. This person was a janitor who lived in the UAE illegally, and he intended to sell the fake dollars for \$2.5mn (Dh9.2mn). The counterfeiting was extremely sophisticated; it would be hard to tell the fake bills apart from the new ones.

Upon receiving the information, the CID sent an undercover agent who posed as an interested buyer. The agent arranged to meet the suspect at a hotel in Abu Dhabi city to inspect the fake money. The suspect arrived, with the bag of fake cash. As soon as he opened the bag, he was caught red-handed by the police, who had set up an ambush operation.



Borshid said that upon interrogation, the suspect claimed that he was merely the middleman and that the money didn't belong to him. He said that he was acting on behalf of a countryman, and that he had agreed to find a buyer for the fake cash for Dh900,000. The statement of this middleman led the police to the second suspect, the owner of the fake money, along with another prime suspect.

### ***'Respectable' thieves***

Another time, Abu Dhabi Police foiled an attempt to sell fake 100,000 Kuwaiti dinars. The fake money was in the possession of a gang of five people, and they were trying to sell the fake notes for Dh1.2m.

The CID succeeded in arresting this gang, too, including a father-son duo on visit visa. The other three were subcontinent Asians with regular jobs – the general manager of a clinic; the head of marketing at a perfume company; and an appliance salesman.

For this operation, the department contacted the fake money sellers through an undercover informer. The chief suspect came to the agreed location at the specified time, along with four others, and they found themselves in the hands of the police.

Borshid said that the suspects used the latest technologies for printing fake notes, and they targeted people who lacked experience in identifying real banknotes. Raiding the suspects' accommodation, the police found equipment and printing paper, in addition to thousands of fake notes for Middle Eastern, North American, Asian and African countries.

### ***Led by the sheep***

In a similar case, the police arrested a 42-year-old Arab national from a hotel whilst he was selling fake money to a decoy customer. They also caught a Southeast Asian man who purchased farm animals and paid with a bunch of fake Dh100 notes to the Emirati livestock owner.

The farm animal case was interesting as the Emirati woman, who was 65, couldn't

recall the appearance of the suspect in detail, but she did remember her animals – two huge rams with a distinctive look – extremely well. The police thought it prudent to find the rams first, believing that this would lead them to the con man. Their efforts paid off. The rams were found at one of the livestock markets, with the con man himself trying to sell them for Dh2,000. The rams were seized and the suspect arrested, each delivered to their respective places.

### ***Beware of strangers***

Borshid emphasised on the commitment of the police forces to protect the interests of society and security, eliminating any criminal activity that threatened the livelihood of people. "Fake money threatens the economic security and stability of individuals and institutions. It siphons away their gains and undermines confidence in cash," he said.

The CID chief further said, "The police are ever vigilant, always watching over the safety of the nation and of each individual. We can assure you that we always strive to strengthen the ways in which we protect you from criminals."

Warning people against buying currency from strangers, Borshid said that the criminals

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**Fake money threatens the economic security and stability of individuals and institutions**



**BRIGADIER DR RASHID MOHAMMAD BORSHID**

Head of the CID

had many tactics, including the promise of instant wealth, to fool victims.

The officer praised the efforts of the community and their cooperation in maintaining security in the UAE. He urged the public to never hesitate in reporting any suspicious activities to the police. These efforts, he added, were based on the strategy of the Ministry of Interior.



**A gang who attempted to sell fake 100,000 Kuwaiti dinars fall in the hands of Abu Dhabi Police**





Fake currency worth \$10 million (Dh37.6mn) busted by Abu Dhabi Police CID from an African gang that tried to sell them in the UAE in April 2015

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**It reduces the value of real money, and can result in decreased acceptability of paper money, as consumers and businesses lose trust in currency**



#### OSAMA AL RAHMA

General Manager of Al Fardan Exchange and Chairman of Foreign Exchange & Remittance Group (FERG)

#### **Cost for the economy**

Money exchange centres are amongst entities that handle a large amount of cash, and in different currencies, every day. As such, they have to be extra-careful about counterfeit banknotes.

The head of a money exchange group stated that counterfeiting had a serious cost for the economy. “It reduces the value of real money, and can result in decreased acceptability of paper money, as consumers and businesses lose trust in currency. This can, in turn, increase the costs of doing business,” said Osama Al Rahma, General Manager of Al Fardan Exchange and Chairman of Foreign Exchange & Remittance Group (FERG).

Y. Sudhir Kumar Shetty, President of UAE Exchange, one of the biggest chains in the country, and Vice-Chairman of FERG, said that carriers of counterfeit currency “come in all kinds of categories”. He added, “In some cases, they wouldn’t even know that they were being used as a carrier by vested interests.” Shetty further

explained, “Once the counterfeit currency is out in the market, it will make its appearance at various locations. Most places that deal in hard currency like supermarkets, exchange houses, and banks, amongst others, have advanced technological facilities like fake currency note identifying machines.”

Al Rahma said that a person found carrying fake bills was a suspect until proven innocent of intentionally passing them. The UAE law punishes anyone bringing in or circulating counterfeit currency notes to one year in prison or a fine of Dh5,000, whilst money counterfeiters could be sentenced to life.

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**Most places that deal in hard currency have advanced technological facilities like fake currency note identifying machines**



#### Y SUDHIR KUMAR SHETTY

President of UAE Exchange





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**An investigation is also conducted independently by the UAE Central Bank, and all counterfeit UAE dirham notes are delivered to them**



**ADEEB AHAMED**

CEO of Lulu International Exchange  
Abu Dhabi

### **Detection training**

The employees of businesses handling substantial amounts of cash were regularly trained and updated through workshops and awareness-creating programmes, said Shetty.

Adeeb Ahamed, CEO of Abu Dhabi-based Lulu International Exchange and FERG treasurer, said, “Frontline associates are trained continuously on how to recognise and detect counterfeit bank notes. FERG also organises training activities in this regard.”

He added that whilst investigation of incidents involving the distribution of bogus money was carried out by the authorities, the money exchange house’s role was to assist the police by calling them and handing over all evidence collected. “An investigation is also conducted independently by the operations

department of the UAE Central Bank, and all counterfeit UAE dirham notes are delivered to them,” said Ahamed.

Rajiv Raipancholi, owner of Orient Exchange and FERG secretary, said, “Exchange houses need to inform the police, who’ll then visit the premises, take the fake notes and start their investigation. They would possibly question the customer

from whom the exchange house has bought the currency.”

The group recently held a seminar for industry participants, including employees of remittance companies, for a briefing about counterfeit money. Employees benefited from a refresher course on security features built into bank notes, including substrate, design and ink and shiny features.



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**The first line of defence is to know which notes are most likely to be counterfeited**

### Taking care

The first line of defence is to know which notes are most likely to be counterfeited. Any time a new banknote design in any currency is introduced, the authorities in that country publicise the security features so that people may know what they are putting in their wallet.

Al Rahma said that \$100 bills were the most commonly counterfeited bill “due to

its worldwide acceptance and circulation; and [it] being the currency of reserve for many people across the globe”.

In October 2013, the US Federal Reserve launched a new design of the \$100 bill, informally called ‘the Benjamins’, because they carry a picture of Benjamin Franklin, one of the founding fathers of the United States. The news agency Reuters then

reported: “US officials have said the \$100 note is the most frequently counterfeited denomination of US currency outside the United States due to its broad circulation overseas. In the United States, the \$20 bill is the most frequently counterfeited note.” Therefore, a banknote being of a smaller denomination is no guarantee of its authenticity.

## HOW NOT TO FALL VICTIM TO FAKE BILLS

UAE-based legal researcher Saad Mohammad Abu Zaid has some advice for the public to remain safe from counterfeit currency.



Machines can be used by companies and individuals to detect the various security features in real banknotes, such as watermark and other features visible only under ultraviolet light. Companies and individuals that require high volumes of banknotes to be counted need to go for more sophisticated machines that include magnetic and microprint detectors. Any banknote without the security features is obviously fake.



If some people can't buy an advanced machine for detecting real notes and weeding out fake notes, then they must scrutinise every banknote, especially when they're dealing in huge amounts. They must touch, check and tilt every banknote.



Fake money will always be slightly thicker to touch than real money. The fake note will feel like a photocopied sheet of paper. The banknote must feel smooth and a person should be able to trace the embossed texture of the numbers and images on the banknote with their fingers. Most genuine banknotes have intaglio (slightly raised) printing.



They must hold up the banknote against bright light to check for the watermark. The watermark should be clearly visible against the light, and should have a clear outline. No watermark means a fake note.



Whilst holding the banknote up against the light, they should look for the security thread, which runs from the top edge to the bottom edge of the note. It's either embedded or threaded through the paper. Check the strip and the printing on it. Ultraviolet light will be required to look at certain embedded security threads.





# BAGS FULL OF TROUBLE

SHOPPING FEELS NICE AND OPTIMISTIC, UNTIL THE SPENDING SPIRALS OUT OF CONTROL AND GETTING NEW STUFF BECOMES A COMPULSION, FOLLOWED BY STRESS. SHOPAHOLICS IN THE UAE, ONE OF THE RETAIL HUBS OF THE WORLD, NEED TO MANAGE THEIR HABITS TO AVOID RACKING UP DEBT

BY DIPALI GUHA

It's not easy admitting to an addiction – unless it's addiction to shopping or work. People often proudly declare that they're shopaholics or workaholics. Whilst workaholism is to a degree caused by unavoidable professional responsibilities, shopaholism is a pure waste of time and money, and in extreme cases, injurious to one's mental health and relationships.

On the face of it, shopaholism appears to be good for the economy. A spike in shopping by a country's consumers leads to the mass arrival of brands. More jobs are created in the retail and logistics industries. More money starts sloshing around the economy and everyone looks radiantly happy.

American socialite-actress Paris Hilton had tried to serve the nation by acquiring new clothes and accessories during the global slowdown after the 2008 crash. "I am helping the economy by doing a lot of shopping," she told Tatler magazine in 2009.

Indeed, the modern economy is organised in such a way that

all consumers are interdependent: one's person spending is another's income. So are shopaholics helping everyone else? Not quite. Individuals using significant disposable income to make well-considered purchases is very different from individuals living off credit cards to hoard mountains of goods they can't afford.








At the end of all that browsing and shopping and happily showing off all the new stuff, there's a bill to pay. That unforgiving credit card statement isn't going to disappear; that bank account isn't magically going to be topped up by money from a mysterious source.

Acute shopaholism is a psychological condition that can lead to unmanageable debt, panic attacks, and personal bankruptcy. If the cheques written for credit card payments start bouncing, then UAE law can send the debtor to prison, the dream of a good life left in tatters.

### ***Types of shopaholics***

This being a recognised addiction, there's help at hand. The Shulman Center for Compulsive Theft, Spending & Hoarding (with the URL <http://www.shopaholicsanonymous.org> and also <http://theshulmancenter.com>) is an organisation based in Michigan, US. It functions as an online resource for getting started on identifying shopaholism, its types, triggers, and eventual remedies.

The Shulman Center lists the following types of shopaholics:

-  **Compulsive shoppers:** They shop to distract feelings; "when the going gets tough, the tough go shopping".
-  **Trophy shoppers:** They find the perfect accessory for outfits, etc. High-class items will do.
-  **Image shoppers:** They pick up the tab, expensive cars, highly visible stuff.
-  **Bargain shoppers:** They buy stuff they don't need just because it's a good deal. Out for the hunt.
-  **Co-dependent shoppers:** To gain love and approval.
-  **Bulimic shoppers:** They buy and return, buy and return (similar to actual bulimia).
-  **Collector shoppers:** They have to have complete or many sets of objects or different colours of same style of clothing.



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**You're giving the cards in, and you're worried about hitting your limits. That's shopping too much. That's an addiction**



**LYNNE RIFKIN SHINE**  
Mental health counsellor

#### ***It's a disorder***

In the UAE, shopping isn't just something to pass the time; it's a way of life. Retail is serious business here. Around almost every corner, there's a mega-mall or a mini-mall or a multi-brand store or a boutique.

There's such a sense of abundance in this country, such a profusion of products coupled with the tax-free income

that consumption may well become a compulsion. Near-constant spending is the trend in several fast-emerging or advanced economies, but the UAE is a special case, because it pulls expats with the specific magnet of luxurious living. What's more luxurious than being able to buy anything anytime?

No wonder, the habit of compulsive shopping is taking hold, with all the consequent mental stress. A Zayed University study, its results published

in early 2015, sampled 88 women aged 18-30 years, traditionally the most impulsive shoppers in any country. The study ('Compulsive buying and depressive symptoms amongst female citizens of the United Arab Emirates', by Thomas J, Al Menhali S, and Humeidan M), was undertaken by psychology graduate Salwa Al Menhali. She found that the about 44 per cent of the sample population showed signs of compulsive buying disorder (CBD).



### **Taken too lightly**

“Research has suggested that this disorder is most prevalent amongst young adults. Most agreed that when they have money, they feel a need to spend it,” said Salwa Al Menhali, herself in the same age group when the study was published.

Study collaborator Dr Justin Thomas, psychology lecturer at Zayed University, told the media that as per research, women with CBD spent a lot on non-essential items such as cosmetics, apparel and shoes. The reason this hadn’t been studied in more detail was that it wasn’t treated lightly, he said. “Shopping addiction is seen as an ‘almost disorder’ and hasn’t been taken seriously,” he said, adding that the total amount of shopping space in the UAE made this disorder more likely than at other places. “There are relatively high levels of disposable income, a young population and, if there is such a thing as CBD, which I believe there is, you’re highly likely to see it here.”

One of the study participants, named Maryam, confessed that she often bought



several items together, instead of buying just one. She was aware of her addiction, and tried to devise strategies to give herself fewer opportunities to shop, such as going to a multiplex (within a mall) for night shows, when the shops would be closed.

### **Fear of losing out**

Even though Maryam and others like her are taking steps to control their shopping

impulse, the explosion of e-commerce makes this difficult.

“I don’t go to the malls that often now, but I still seem to be buying constantly, because I need the Internet all day, and any website I open, including Facebook, has all these advertisements,” said Sharmila Ghosh, an Indian expat who works as content writer in Dubai. She added, “Most of these adverts are based on my own

## **STRATEGIES TO AVOID SHOPPING TOO MUCH**

- Avoid people or places which tempt you to shop/spend
- Cut up plastic; close charge accounts; rip up credit card offers
- Make lists before going to the store; buy what you need only – call support people, take a trusted friend
- Wait a good period of time before you make an impulsive purchase
- Ask yourself: do I need this or do I just want it?
- Develop better ways to manage difficult emotions
- Develop fun things to do to fill in your time better
- Seek out specialised counselling, medication, support groups, read books about compulsive shopping/spending
- Be aware of events that trigger urges to shop
- Cancel magazine subscriptions or e-mail subscriptions and block certain Internet shopping sites or TV shopping channels

**Source: The Shulman Center**





occasional Google searches, so they're always ads for the kind of things that I like – sort of customised for me. All too often, I end up clicking on an ad to check out a product, and end up buying it."

Sharmila worries about her compulsive shopping, though she delays online purchases by putting a product in the website cart but postponing the payment. Sometimes, the product gets sold out after a whilst, and her cart is automatically emptied. "That's a relief," she quipped. At other times, if she really feels the pull, she completes the purchase.

From what she said, Sharmila fits the profile of a collector shopper. "I like collecting smart designs in clothes and accessories. The purchases are driven by the fear that I might not find those products later if I don't buy now. But the thing is, even though my purchases are good on their own, it's getting to the level of hoarding – I'm running out of space, and some of the products are getting damaged because they're brand new and yet never used," said this self-confessed addict.

### **Easy access**

Speaking of CBD, researcher Al Menhali mentioned mass media messages and the can-buy-anything illusion created by plastic money. "People have easy access to credit cards, there's high income in the UAE, and a lot of media influence. Many people get into debt and have loans," she said.

Maryam's parents paid for her shopping at the time of the Zayed University survey, which made it even more difficult to control herself. "I always feel guilty but I just keep doing it. Maybe because I don't have anything to pay for, so I just waste my money on make-up," she said.

With technological advancements, obtaining products and paying for them gets easier and easier. That's another trap for compulsive shoppers. In November 2016, research published by a London Business School professor warned shoppers against festive season debt hangover caused by contactless cards.

Niro Sivanathan, Associate Professor of Organisational Behaviour, London Business School, UK, explained, "Parting with cash is psychologically painful.

Consumers are, therefore, less likely to spend as much when cash is the only payment option available. Paying with credit decouples the pleasure of consumption from the pain of paying. Paying with contactless payment further reduces the friction and anaesthetises the psychological pain that accompanies payment, seducing us into splashing out even more on those pricey purchases."

### **Brief euphoria**

What, in general, fuels shopaholics? It's a brief but extreme spike in their sense of self-worth. Like with 20-year-old Ali Owen from MTV's reality show *True Life: I Am a Compulsive Shopper*.

"It makes me feel alive, like I can have anything," said Ali, appearing on *The Early Show* alongside Terrence Shulman, founder-director of the Shulman Center. At this point of time, Owen was in debt to the tune of \$17,000 (Dh62,390), and how did she manage this debt? A lot of it was bouncing cheques; a lot of it was money she didn't have. But for the reason stated above, she had to go on shopping.

The interesting thing about Ali Owen was her expression on *True Life*, in a scene when she spoke of the items she bought – she had just got the things she wanted, but she didn't appear thrilled. "Feels good," she said, but didn't look it. Her expression was closer to stress than to delight.





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**Paying with credit decouples the pleasure of consumption from the pain of paying. Paying with contactless payment further reduces the friction**



**NIRO SIVANATHAN**

Behavioural expert

Still more interesting, Ali Owen knew what was happening to her. Shopping, she said, gave her the feeling that “I’m as good as anyone else”, and added that it was because she was insecure. The shopping was a confidence-booster “for a little while”.

### No boundaries

Speaking on television, explaining how to identify an out-of-control shopping habit, Lynne Rifkin Shine, mental health counsellor based in New York, said, “When you are shopping, and you go into a store, and you feel excited, and it feels like a high. You’re feeding some kind of anxiety... and you’re giving the cards in, and you’re worried about hitting your limits. That’s shopping too much. That’s an addiction... People with an addiction have a very difficult time setting boundaries.”

As Ali’s case shows, insecurity is very good for the retail business. People with low self-esteem often take refuge in buying luxury goods to make themselves feel better. Niro Sivanathan of London Business School collaborated with Nathan Pettit, Assistant Professor of

Writing for ‘Money Doctor’, the personal finance page powered by Souqalmal.com, a leading product and cost comparison website in the UAE, columnist Zara Fazili gave some advice on how to stop being a shopaholic.

**Start budgeting:** Create a budget and stick to it. Keep track of where your money is going. This can be done with pen and paper, or Excel sheets, or notes in your mobile phone, or budgeting apps. “Noting down all your spends, big and small, will help you evaluate the unnecessary expenses and make cutbacks wherever needed,” said Fazili.



**Separate your savings:** When you can’t stop spending, give yourself less to spend. A part of your monthly income / allowance should go into a savings account or fixed deposit the beginning of each month. “This will leave you with a smaller disposable income, and hence less cash to splurge,” advised Fazili.



**Give up the credit card:** “There is a greater tendency to spend using credit cards, 12 to 18 per cent higher than cash purchases, as revealed in a study by Dunn & Bradstreet. So, if you can’t keep a tab on the number of swipes you make, consider leaving your credit card home and pay for your purchases in cash,” the columnist said.



**Unsubscribe from temptation:** Notifications, mails and newsletters from retail websites can be a major temptation, so unsubscribe from all of them. Fazili said, “Carry a shopping list along to avoid making impulsive purchases. And if you do fall in love with an item at first sight, walk away and give it a day or two. Let the initial excitement die down and see if you still want it after a couple of days. You might be surprised to see that you don’t fancy the item so much after all.”



**Find a new hobby:** Shopping can be a way to fill the empty hours. To make sure that you don’t have any empty hours, find a creative pursuit. Fazili advised, “Loitering in the malls simply out of boredom is not really the best idea. To fix this, look for a hobby or something constructive to do and make a serious effort towards it. You could join the gym or take [a] yoga class. Pick a course that can help you advance in your career, such as learning a new language, skill, etc. or simply catch up with old friends – there’s a lot you can do that won’t just end up in wasteful expenditure.”



Management and Organisations, NYC Stern School of Business, and found that buying luxury goods on credit was particularly attractive to this segment of consumers.

“Our research shows [that] purchasing luxury goods on credit is especially attractive to those who have low self-esteem,” said Sivanathan. “These

individuals seek to boost their self-esteem by purchasing high-status goods to make them feel better about themselves. The combined effect of low self-esteem, high status goods, and the ability to purchase on credit creates a ‘perfect storm’. This can be dangerous; consumers with low self-esteem are at higher risk of falling into debt.”

# UNPLUG YOUR MIND

BY MANIKA DHAMA

CONSTANTLY BEING CONNECTED WITH OFFICE MATTERS THROUGH MAIL AND MESSAGING SERVICES CAN KILL A PERSON'S SENSE OF WELL-BEING, EVEN WITHOUT THEIR REALISING IT. ALL OF US NEED TO MANAGE PRIORITIES AND ENSURE DOWNTIME

**T**his year started with something said to be favourable amongst workers in a European country, where the workers have won the right to tune out the 24/7 lifestyle.

Starting January 1, a new employment law in that city obliges organisations with more than 50 workers to allow employees to "disconnect" from technology. These organisations are required to draw up a charter of good conduct, and specify the hours outside work when employees won't have to check or reply to mail. However, for the organisations, compliance is voluntary.

Though this law gave rise to some amused reactions

internationally, few will deny that a general move away from constant connectivity is a good idea.

The always-on culture impacts health and relationships, because technology has made us impatient for a response to all communication, as if nothing can wait till tomorrow. The commitment of employees is judged by their availability and response time almost round the clock, with most being expected to reply to clients or bosses within minutes of being contacted. When this continues well into the hours marked as "me-time" or "family time", stress begins to accumulate and then leads to various problems.







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**When you have a finite number of hours, you work harder, but you also have more energy and can focus it more appropriately**



**DR LOUISE LAMBERT**

Assistant Professor of Psychology  
Canadian University of Dubai

### **Hampered productivity**

Studies have shown that the inability to unplug can have disastrous consequences not just for the wellbeing of an employee but also, paradoxically, for their productivity over time.

The modern work culture means that employees have to check mail, SMS, or work-related WhatsApp chat messages even on holidays – and respond as soon as possible. No one can rebel and refuse, because pay hikes or even keeping the job depends on performance. Even though constant e-mail exchange doesn't really

mean anything for real performance, it gives the impression of the employee being there for the organisation, and no one wants to lose that edge. Indeed, some workers want to stay connected, if they're in a highly competitive field and have clients in different time zones.

But by and large, there's a sense of urgency about needing to put down the gadgets and letting oneself relax. Less of this unnecessary attachment to work increases productivity, it's believed by some.

"A number of European countries are switching (or have been doing this for some time now) to a four-day work week or a six-hour work day with the predicted result: greater productivity. When you have a finite number of hours, you work harder (to get done on time), but you also have more energy and can focus it more appropriately," said Dr Louise Lambert, Assistant Professor of Psychology at the Canadian University of Dubai. "Think of what happens at the end of a long day, when your last hour is spent making mistakes, re-reading the same passages, and generally doing sloppy work that you have to redo at a later date. The more we work, the less good the quality of our work. Might as well pack it in and resume the next day."

### **Attention deficit**

In a study published in *Social Psychology* in 2014, Thornton, Faires, Robbins and

## **Work-free weekends**

"Many of us respond to e-mails after work hours because we treat e-mails like phone calls – someone is waiting. Checking every notification is a way to sneak in extra minutes here and there but can add up to a few free hours that employers steal from you. On the other hand, the longer we work, the less productive we become and we end up stealing time from our employers (checking Facebook and watching kitten videos because we're tired and bored), so why not be in the open about it? Go home," said Dr Louise Lambert, Assistant Professor of Psychology at the Canadian University of Dubai.

Many of us may dream of a digital detox every now and then; those who've tried it, reap the benefits of a calmer state and a clearer thought process when the new week begins. It can alter attitude and focus; even science says so.



Rollins highlighted that the active use of cell phones, whether talking or texting, was distracting and contributed to diminished performance when multi-tasking (e.g. distracted driving or walking). The report went on to highlight that "simply the presence of a cell phone and what it might represent (i.e. social connections, broader social network, etc.) can be distracting and have negative consequences in a social interaction."



The authors also referenced the results of two studies reported in the same journal that provided further evidence that “the mere presence of a cell phone may be sufficiently distracting to produce diminished attention and deficits in task-performance, especially for tasks with greater attentional and cognitive demands. The implications for such an unintended negative consequence may be quite wide-ranging (e.g. productivity in school and the work place).”

### **Resting the brain**

Even with the flexibility that technology affords, it’s important to give our brains a rest and block the electronic chatter for some time during the day. Today’s world rewards speedy multi-tasking, but it’s important to set time aside to “unplug”. Extended reading, writing and creative thought is made possible by slowing down and engaging all our senses in one task at a time.

“Overwork is overwork. It makes us less creative, less energetic and more resentful. It not only impedes the work itself, but has spillover effects on health, family, home life, learning (music, crafts, a new language) and these, in turn, again affect work at the other end,” said Dr Lambert.



### **Managing expectations**

Most people who’re overwhelmed by expectations of always being responsive are unable to communicate clearly about their availability and hence they feel out of control.

Planning ahead, by doing things like getting colleagues to cover work whilst on vacation, can help reduce this stress. Dr Adel Ahmed, Director of Professional Development Unit at the Al Ain University of Science and Technology, advises on prioritising and drawing firm boundaries, enabling one to devote quality time to high-priority people and activities.

“From there, it’ll be easier to determine what needs to be trimmed from the schedule. If e-mail or Internet surfing sends you into a time-wasting spiral, establish rules to keep yourself on task,” he said. “That may mean turning off e-mail notifications and replying in batches during limited times each day. If you’re mindlessly surfing Facebook or WhatsApp when you should be getting work done, try to focus on productivity. And if you find your time being gobbled up by less constructive people, find ways to diplomatically limit these interactions.”

### **Can unplugging cost your job in the UAE?**

Whilst there are no specific laws regarding “unplugging” from work, the labour law in the UAE has clear guidelines on overtime and special considerations, when it comes to working hours. It’s stated in Article 70 of the UAE Labour law: “Friday is the normal weekly holiday for all employees except for those on daily wage bases.” But it goes on to say “if the employee is required to work on Friday, he shall be granted one day off for rest or be paid the basic pay for normal working hours plus 50 per cent increase at least of such pay.” So it’s permitted to request that an employee work on a Friday, but they must either be paid extra or have time off in lieu.

Article 71 must also be borne in mind and this states that “except for labourers on daily wage, an employee may not work on more than two Fridays successively”.

There’s an exemption to be aware of, and this also applies to the payment of overtime, as Article 72 states that the aforementioned provisions “shall not apply to the following categories: 1. Persons holding responsible senior posts in the management or supervision, if holders of such titles are vested with the authorities or employers over employees, and such category is to be determined by the Minister of Labour and Social Affairs.”



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**As a personality development trainer, I enjoy the freedom that technology gives me. I'm able to manage my work and home tasks around the schedule of my children**



**RUCHI RASTOGI**

Dubai resident

### **Fluidity of technology**

Being tuned in isn't always a bad thing. For many employees, especially those with children, having the flexibility to use work hours for school pickups or child care and then responding to work e-mails from home can help manage their day better.

If they can work during the night, then some employees would prefer that in order to complete personal work during office hours. This can only be achieved by being strategic about how time is allocated for each task. "With two kids in middle school and a job as a personality development trainer, I enjoy the freedom that technology gives me. I'm able to manage my work and home tasks around the schedule of my



## **How To Broadcast Your Plan To Unplug**

In an online work guide published by Jessica Hullinger, Levi Felix of Digital Detox explains that to ease this fear of missing out (FOMO), "we make sure people tell anyone who might be trying to get ahold of them in advance."

When it comes to stepping away from our digital life for an extended amount of time, Hullinger said that it's important to great lengths to alert friends and colleagues if an employee would be going offline. This was, she discovered, harder than it sounds, particularly when it comes to social media connections.

After making a series of e-mail announcements about an upcoming departure from the digital world, she advised that it would be better to set office e-mail with automatic offline announcement or reply.

*Here are some other tips from Hullinger about how to let people know you'll be unreachable:*



#### **Schedule your unplug time:**

Figure out when you can take a real break. If you want a true digital detox, two weeks is far better than one. If you can't take two weeks away, try unplugging for the weekend or even once a week.



#### **Tell your colleagues:**

A month before you leave, make sure that your key co-workers know that you'll be truly unavailable. This gives you time to work out any real problems your absence may create.



#### **Tell everyone else:**

A week before d-day, send an email to a list of those who communicate with you on anything more than an occasional basis, alerting them to your departure. Make it clear to them that this is serious—no one will believe you're really capable of ditching the digital life.



#### **Warn everyone, again:**

The morning of d-day, send an email to that list again. Make it emphatic: Mine began, 'I Have Left the Internet.' If they don't understand that you're for real now, they can't be helped. They have, after all, been warned.



#### **Establish emergency exceptions:**

There must be some way for people to reach you. Set up a clear system with someone you trust, who can have access to your email and social media.



#### **Take a deep breath:**

Vacate. Completely. It'll be scary for a day or two. And then it will be great.

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**Technology can be both an enabler and a curse and, ultimately, its true virtue or vice lies in our hands**

children, so I can give them time and also ensure my work-life does not suffer," said Ruchi Rastogi, a Dubai resident.

Technology can be both an enabler and a curse and, ultimately, its true virtue or vice lies in our hands. Whilst all countries may not have a legal standpoint on the subject like France, individuals and organisations can create a work culture that celebrates optimum productivity rather than slavery to e-mails.



## WHEN PUT TO TEST, OUR SOULS RESPOND WITH INTEGRITY

**Ali Obaid** is a veteran Emirati commentator and writer on local issues; he currently heads the News Centre at Dubai Media Incorporated

A Saudi baker's payment experiment based on trust has been a resounding success, restoring confidence in a culture of unbreakable honour

**T**he world is still fine. This is a famous quote frequently used in Arab communities to indicate that the ethics of people are still good, and there is still goodness in our world. I repeated this quote to myself after I had read the news from the Kingdom of Saudi Arabia about Ghazi Hassan, a Saudi bakery owner who decided to remove CCTV from his bakery, and instead, put a box, which says: "Take whatever you want, and pay whatever you want."

Hassan, who named this it, "Honesty Box," reported that the revenues of his bakery increased after this step, which proves that people are trustworthy. He noted that his idea succeeded. Consequently, he did not stop at the box; he also installed a banner which says: "Those who do not have money to buy bread can take it for free." Moreover, he asked customers who do not have available petty cash or coins to take whatever bread they want and pay later when they are able, while instructing his staff not to ask payments.

This experiment proved successful after a year and a half, according to Hassan, who collected money from the "Honesty Box" every monthly. The idea met extensive praise from the social media community, who appreciated the compassion that Hassan shows for the people with limited income.

I felt overwhelmingly happy reading this news as it proved that the world is still really fine. However, a sad feeling snuck to my soul amidst all this gladness, due to the fact that we now get happy for things that are basically supposed to be normal and expected. It's as if we live in a planet where principles and values have perished, remaining only in the imagination of some people, or in books and novels describing another age that had gone a long time ago.

Hassan's experiment made us feel that the world is still fine; as trust, fidelity, honesty, and other moral values still remain, winning over vices and the ill practices that have infiltrated our lives, such as deception and treason.

I belong to a generation where fathers and grandfathers say that a man's word is enough guarantee for his promises.

However, we now live in an age where cheques have become the only guarantee, at times even being rejected by banks. So, the news about Hassan's "Honesty Box" deeply affected us, reminding us that the younger generation has not lost the values we have grown up with.

The modern civilisation has really gifted us with abundance. But, at the same time it deprived us of valuable things like the scent and aroma of our life back in the days. It stole our soul, clarity and quietude.

"The Honesty box" installed by Hassan at his bakery is not just an idea, it is rather a revival of an ethical value, which was about to get extinct and entirely disappear. Accordingly, we must generalise and spread Hassan's initiative everywhere in our community, and before that, in our souls, until it becomes

an established habit in our daily life like the cup of coffee that we drink every morning and the air that we breathe every second to stay alive. When we have many "Trust Boxes," we can retrieve the beauty of our life, which we were about to lose. Only then will we feel true happiness and be able to remove the masks from our faces, and expel the falsity, hypocrisy and silly hollow compliments.

Thank you, Ghazi Hassan, as you helped us regain a part of our humanity and rediscover the good aspects of our souls. Your initiative revived the confidence in an Arab man.

**The Honesty box in Hassan's bakery is not just an idea, it is rather a revival of an ethical value**

# MARCH TO THE SHORE

WHEN WAVES BEGIN TO GENTLY CRASH ALONG THE SHORE AS THE SUN ENLIVENS THE DESERT HEAT OVER AGAIN, IT COULD ONLY MEAN ONE THING IN THE CAPITAL. IT'S THE PERFECT TIME OF THE YEAR TO HIT THE BEACH AND TOSS SOME LAYERS ON A RACE! WE'VE GOT YOU A LIST OF THE BEST MARATHONS AND WATER SPORTS ABU DHABI HAS TO OFFER THIS SEASON

BY MARK NITUMA

**A**sk any random smattering of people—residents or expats—what they know about the month of March in the Capital, and odds are they'll nearly all utter "the beach."

No real surprise there; the neighborhood's wide crescent of golden sand, all for free, is one of Abu Dhabi's most famous tourist destinations.

During this month, sea temperature is pleasantly warm at 22°C, which is warm enough to take a splash and plunge.

This is Abu Dhabi's peak season, with travelers and tourists lounging on the beach to take advantage of the desirable weather.

You can still expect a few drops here and there, but showers are short-lived. And most beach bums head out to feel the tiny raindrops under the cheery skies. What a way to let the mind and spirit relax after some chilly months in the UAE, right?

Here's a list of adventure-packed race and water fests worth adding to your bucket list.







## 1. The Color Run

**WHEN:** March 24, 2017

**WHERE:** Yas Marina Circuit, Abu Dhabi

The World's Happiest 5k goes 'Tropical' this year! Bringing us more colour, happiness and music than ever before, the event literally takes you on a 5k vacation!

The event gates will open at 7:00am on March 24, and the first Color Runners shall set off at 8.30am. The epic Finish Festival will close at 12:00 noon.

The world's first COLOR 5K event was founded in March 2011 as an event to promote health and happiness by bringing the community together to participate in the "Happiest 5K on the Planet."

Originally a paint race, the race has exploded since the debut event –hosting more than 300 events in 35+ countries.



## 2. Zayed Marathon

**WHEN:** March 18, 2017

**WHERE:** Yas Marina Circuit, Abu Dhabi

It's the 'Day the UAE Runs', literally. This awaited race event in the UAE features categories for both kids & adults, and a fun day out for the whole family.

Runners can compete in the 5K or 10K race.

Held under the patronage of HH Sheikh Mansour bin Zayed Al Nahyan, Deputy Prime Minister of Presidential Affairs, all proceeds of the event will be donated towards supporting Kidney Disease research.



## 3. ITU World Triathlon Abu Dhabi

**WHEN:** March 3-4, 2017

**WHERE:** Yas Island, Abu Dhabi

All eyes are in the Capital, as it is yet to be the focus of the triathlon world for the first leg of the ITU World Triathlon Series.

The series this year will bring in some of the world's best triathletes to kick-off their season.

Last year, Spain's Mario Mola took the honours in the men's race, with Great Britain's Jodie Stimpson taking victory in the women's race. And fans are excited to know who will bag the 2017 ITU World Triathlon Abu Dhabi?

Alongside the elite race, thousands of amateur triathletes will take part in the age group races (individual and team), including Maxi distance, Olympic distance and Sprint distance, not to mention race distances for the Tiny Triathletes.



## 4. Al Wathba Cycle Race

**WHEN:** March 6, 2017

**WHERE:** Al Wathba Cycle Park, Abu Dhabi

Elite and junior riders cycle through the pedals to encourage all segments in Abu Dhabi emirate to engage in practicing cycling.

Organised by Abu Dhabi Sports Council, the series aims to allow riders, from ADSC community, to harness their skills more and improve their stamina.

This is an excellent event for recreational riders who would want to learn lots of riding techniques.



## 5. Wadi Adventure Race 13

**WHEN:** March 18, 2017

**WHERE:** Wadi Adventure, Al Ain

With over 25 obstacles to tackle and three different race courses to participate (5km, 10km and 15km), this event is going to be bigger and better this year!

WAR means running through the desert, swimming through lakes and pools, and navigating dozens of obstacles. It's an amazing challenge, great fitness challenge, and epic fun all rolled into one.

Participants can also grab a free lunch and drink and take a shower or a lazy swim.



## 7. Abu Dhabi Swimming Festival 2017

**WHEN:** March 11, 2017

**WHERE:** Emirates Palace, Abu Dhabi

In a bid to increase fitness across the community and raise awareness of safety in the water, the popular community event aims to attract amateur swimmers from all over the UAE.

Now in its third edition, this year's theme will be in line with Abu Dhabi Sports Council's health awareness initiative.



## 6. UAE JET SKI RACE- Heat 2

**WHEN:** March 9-10, 2017

**WHERE:** Abu Dhabi Corniche Breakwater, Abu Dhabi

Splendid opportunities for spectators will soak up this action-packed race. The club provides a perfect natural stage for the UAE Jet Ski Race which sees an international line-up of more than 80 racers battling it out to the top.

With the race course set between the Corniche and the Breakwater, leading racers will vie at crazy speeds of up to 100km/h. This time, there will be an inclusion of seven categories which are as follows: Ski Junior Stock; Novice Runabout Stock; Expert Ski Limited; Expert Runabout Stock; Pro Ski GP; Pro Runabout GP; and Free Style.



## 8. UAE Wooden Powerboat Championship - Heat2

**WHEN:** March 30-31, 2017

**WHERE:** Abu Dhabi Corniche Breakwater

Created to showcase the sporting prowess of the people of the UAE and its centuries-old marine traditions, the series attracts a powerful assembly of challengers from the Emirates and other GCC countries.

The powerboat championship, with its rapidly growing popularity across the country, creates a highly competitive stage for the 28-foot wooden powerboats known as 'Al Shawaheef'.

Built from wood and modern composites, the boats are piloted by one or two drivers and races create a fascinating link between the past and present.

Abu Dhabi International Marine Sports Club is an enthusiastic host of the UAE Wooden Powerboat Championship - Heat 2, as part of its commitment to preserving the country's rich heritage.





**Dr Samar Al-Shamsi** is an internationally respected artist who is renowned for her commissioned portraits of high profile individuals, including the late Sheikh Zayed bin Sultan Al Nahyan, UAE President His Highness Sheikh Khalifa bin Zayed Al Nahyan, US President Barack Obama and others.

## STRENGTH AND BEAUTY

A human who takes a horse as a friend, and understands its inner world, can experience an amazing state of purity, serenity and blessing

**W**hen strength, beauty and enchanting magic are combined in one creature, this should be the horse, with all the qualities and attributes that can hardly be comprehended by the human mind.

In the painting of this issue, there is a variety of horses, with different colours and physical structures against the backdrop of awesome nature and tall trees that give the impression of elevation and sublimity.

The spectator may be carried away to imagine himself living in the midst of a forest or a horse ranch. Some people may feel some solitude that no one can bear, but for those who contemplate deeper into the painting and nature, this is not the kind of solitude that we commonly experience. When a human being takes horses as friends, and manages to communicate with them and understands their inner world, he or she would certainly experience the amazing state of purity, serenity and blessing that can come with this wonderful creature.

Taming or training any creature on earth, whether a human being or an animal, is one of the toughest tasks ever, and it is almost impossible to tame or train any creature without first understanding its nature and attributes. To train a horse, the



trainer should be able to feel its joy and sadness, respond to its vitality or concern, its needs and performance. Even a touch would be enough to know if it's ready or not. This kind of a relationship with horses is an awesome experience of unparalleled beauty and unique friendship that can rarely be developed with other species.

This reminds us of Ghazi Al Qusaibi's line of poetry:

"Have you seen horse tears? How many tears lie in the soul to which eyelashes are completely oblivious!"

Horses are known for their patience, speed, strength and honourable blood. Their close relationship with human beings has made them even more receptive. Horse lovers and trainers continue today with the

same traditional way of dealing with horses with utmost respect, understanding and mutual feelings, as if you are dealing with a highly sensitive, dignified human being.

Horses are the essence of beauty and the example of strength. They are the fortress to which we resort in times of hardships. In wars, their valour is unparalleled, supporting their knights in critical times. If their knight fell martyr, they grieve and lose interest in life, like a faithful wife who lost her other half. They are the ultimate symbol of loyalty and constancy. When justice and peace are established, they turn to farming duties, always ready to resort to arms when injustice looms on the horizon. No wonder, we consider horses the epitome of strength and beauty.

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**The trainer should be able to feel the horse's joy and sadness, respond to its vitality or concern**

*The views expressed by 999 columnists are their own and do not necessarily reflect those of the Ministry of Interior*





# Tweak your life *to make it better*

IT'S INTERNATIONAL WOMEN'S DAY THIS MONTH. IN THE TRUE SPIRIT OF EMPOWERMENT, LET SMALL CHANGES MAKE A BIG DIFFERENCE TO YOUR ENTIRE YEAR

BY SIBANI PAUL

**Y**et another International Women's Day has come around, and there's a flurry of talks around how women could achieve economic independence; how they could win respect at work; how their right to safety could be upheld; and so on.

As the saying goes, "God helps those who help themselves". And that applies to getting ahead in life as a woman. Even without taking any drastic steps, women could significantly improve their daily lives. Here are some easy tips.

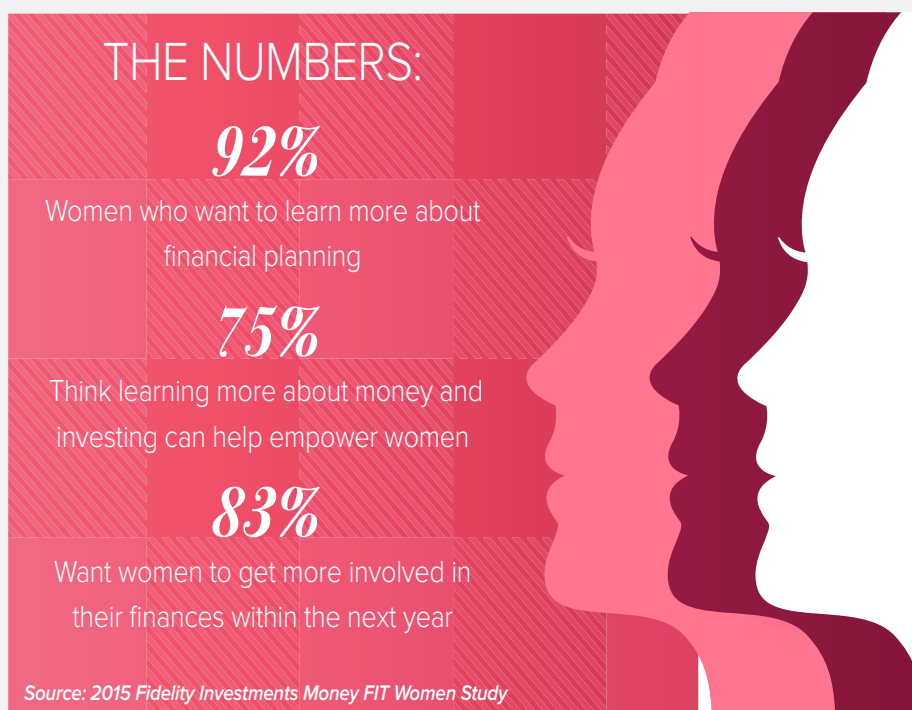
## **Get confident with money**

Whatever is your level of income, or even if you depend on an allowance, you must set aside some money – any amount will do; every dirham counts – for a personal fund. It's often said that women don't understand investment; in some cultures, their opinion on finance is brushed aside. The first is an untruth; the second is a negative aspect of the traditional family set-up.

The only reason most women don't go into the intricacies of investment – yet – is that their confidence has been traditionally undermined. Also, there's a ridiculous perception that being sharp with money is somehow unfeminine.

The 2015 Fidelity Investments Money FIT Women Study, commissioned by the US-based financial services firm, found that:

- 92 per cent of women want to learn more about financial planning



- 75 per cent want to learn more about money and investing
- 83 per cent want to get more involved in their finances within the next year

This indicated a very high level of interest in financial self-sufficiency; but there's a major disconnect between what women want and what women do. The study also showed:

- 80 per cent of women refrain from discussing their finances with those they are

close to.

- Only 47 per cent feel confident discussing money and investing with a financial professional on their own
- "Confidence is a leading factor holding women back," said the Fidelity study. A similar survey by the Australia and New Zealand Banking Group (ANZ) found that "women track their money more closely than men but despite this, feel less in control of their finances".

To feel more confident about their money, women need to first have a healthier relationship with money. The worries over not having enough and the feeling of not having control must go. No one requires encyclopaedic knowledge of investment in order to become financially well-placed. Start small and build it up from there; and do this happily, without pointless anxiety.

The first step is to start putting money into a fund that's completely under your control. Nothing complicated, just a normal savings account will do. Put money into it with discipline – pay yourself first before giving gifts or spending on non-essentials.

Once you've built up some savings, think of long-term investment for better returns. Get full clarification on the fees for any financial service, e.g. for instance, the bank may assign a personal banker to you, without even asking for your consent, and start charging a fee for it. Don't get pushed into something you aren't happy with, and don't get talked into accepting any services you don't need. That's what taking control is all about.

### ***Get the time off you've earned***

Some of us are 'work martyrs' – we're the people who give up our lives for the benefit of the organisation, but get little or no returns. In a 2014 article titled "Are you a 'Work Martyr?'" published in The Washington Post, author and journalist Brigid Schulte analysed this phenomenon, citing



a study commissioned by the U.S. Travel Association. The report, 'Overwhelmed America: Why Don't We Use Our Earned Leave?', found that:

- 40 per cent of the respondents don't take a vacation because they worry about returning to a mountain of work
- 35 per cent don't leave because they feel no one else can do their job
- About 33 per cent feel they couldn't afford to use their paid time off
- About 20 per cent said they didn't want to be seen as replaceable

For women who want to prove themselves in their career, there's even greater pressure, because women asking for time off is like a workplace minefield – women with children expect single women to cover for them, but rarely return the favour; any women, with or without

children, are seen as "taking advantage" of their gender if they want to leave early occasionally for perfectly valid reasons; women have to work harder compared to men in the same role.

This, that women have to give more of themselves at work, isn't an angry feminist fantasy. It's an unambiguous fact. A 2015 blog piece titled "What's holding women back?", published in The Economist, cited findings by the Pew Research Centre showing that women had to do more at work for no reason other than the fact that they were women.

The blog said: "According to Pew, the problem is that women still have to do more than men to prove themselves. This finding suggests a troubling assumption – that we still don't expect women to be able to do what men can do. We allow that it's possible, but our baseline expectations are that men are more capable. This puts women in the position of having to go above and beyond the standards to which men are held in order to demonstrate their competence."

In this scenario, women may find themselves even less able to take time off than men. But becoming a work martyr won't do. It erodes life satisfaction and it doesn't necessarily lead to career progress. A more constructive move would be to keep a written record of all your contributions daily or weekly, including results achieved. Ask for time off when you need to – you've earned the leave – and present the recorded data to the line manager if they express any doubts about your performance. The record will also help you evaluate how far along you are on the career path.





### *Did you know?*

Companies with at least 30 per cent women in their top ranks had profit margins 6 percentage points higher than those with no women at the top.

**Source: Peterson Institute for International Economics**

#### **Get smarter with safety**

No matter how many times it's said that women shouldn't become targets of criminal assaults, it's understood that the word "shouldn't" means nothing to this class of criminals. Measures in personal safety should be treated like training in self-defence – you practise again and again, until habit becomes second nature.

The first step is to adopt a confident and strong body language that fends off troublemakers. Alongside, develop physical strength through workouts, if possible.

The second step is to be cautious but to avoid blaming yourself if a bad incident does take place.

The third step is to always keep someone informed of your whereabouts, especially when commuting late at night or travelling out of the city alone.

The fourth step is to use safety-oriented technology, e.g. the app 'Police Eye', developed by Dubai Police, that includes an 'SOS' service.



**Making informed choices  
and unapologetically  
standing by those choices  
is far more fulfilling than  
chasing the "have it all"  
dream**



The fifth and the most important step is using presence of mind in a tricky situation. For instance, if you're alone in a taxi late at night, and the driver moves into a dark road, turn on Google Maps on your smartphone to see where you are, then call someone and tell them loudly – so that the driver can hear – that you're in so-and-so area, and that you'll reach your destination in a few minutes, and that you'll call them again once you reach.

#### **Get your priorities sorted**

The 21st century woman has many more opportunities than her counterparts in the middle or late 20th century. But the modern woman also bears the burden of always wondering if she can "have it all". The compulsion to "have it all" can become a source of mental anxiety – this subject is discussed all the time, on a variety of platforms. And International Women's Day is when it is feverishly dissected. That can leave women feeling the pressure.

Let's face it: women can't have it all; no one can have it all, whatever their gender. What women can have are the things that they prioritise – work, children, travels, creative pursuits. Women can have all of these things separately; or they can have it all together, but not each in equal measure, because there are only so many hours in the day, and only so many years in one's life.

Making informed choices and unapologetically standing by those choices is far more fulfilling than chasing the "have it all" dream.

If you've decided to take a break from your career for any reason, do so with the understanding that female colleagues who've dedicated themselves solely to work will rise higher professionally. That doesn't make you a failure. You've decided to achieve something else – it may be as simple as achieving peace of mind – and that's important, too.

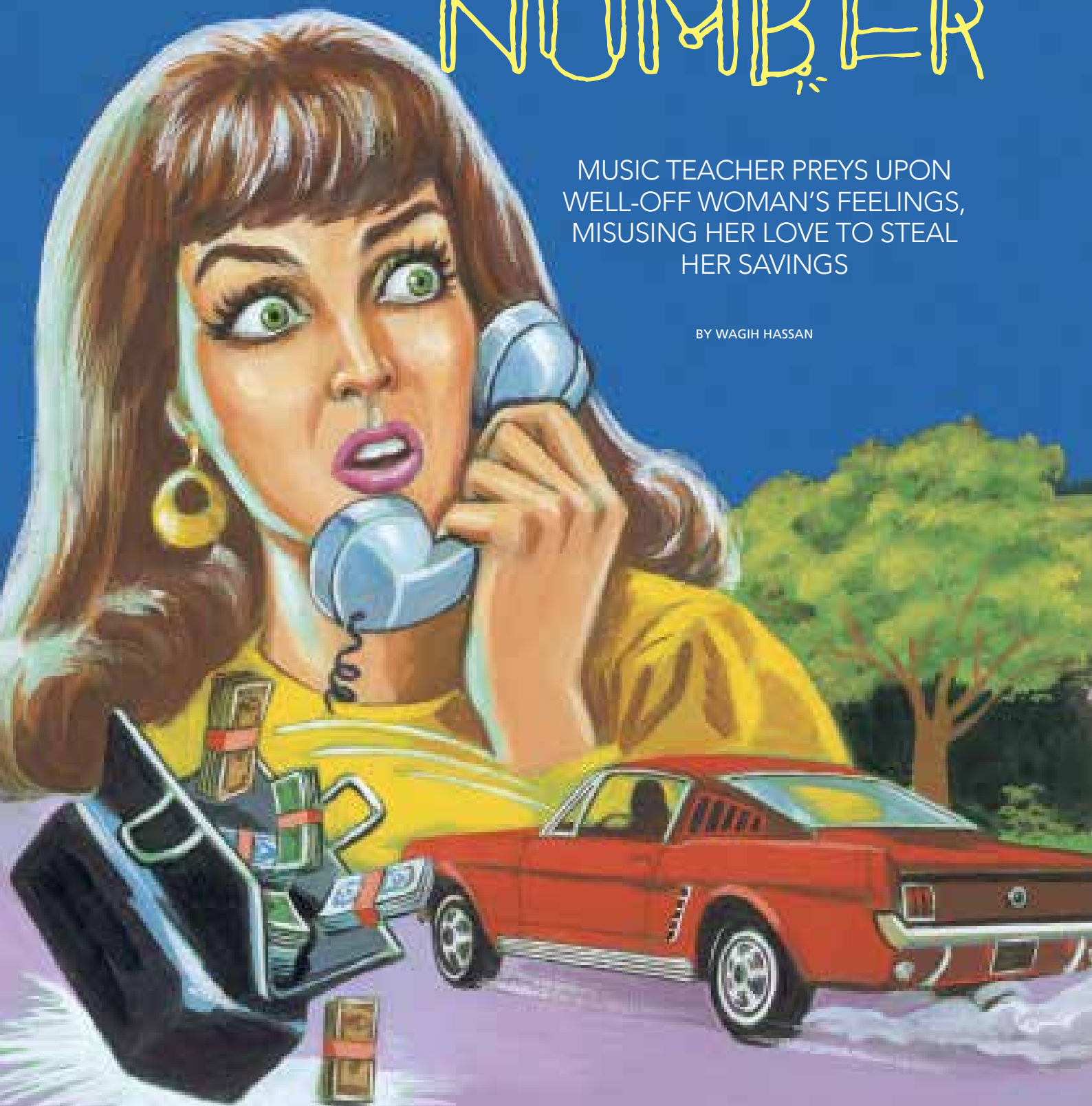
Choosing to do this instead of that is a necessary trade-off. Being able to take charge of that choice is real empowerment.



# THE SECRET NUMBER

MUSIC TEACHER PREYS UPON  
WELL-OFF WOMAN'S FEELINGS,  
MISUSING HER LOVE TO STEAL  
HER SAVINGS

BY WAGIH HASSAN





**W**ith a well-paid public sector job that gave her the means for a decent life, Wafa'a was an independent woman. She saw no need to marry and had no particular inclination to have a man in her life. A lot of men had been interested in her, but Wafa'a had turned them all down. Now at 37, she was single by choice, and an established career woman, thanks to the senior position she had.

If at all she felt any psychological pressure from being single, Wafa'a pushed it away by reading a book, attending a literary evening or a musical soiree, or visiting one of her close friends and colleagues.

Like the monsoon cloud, love always comes at the most unexpected time, and this is exactly what happened to Wafa'a when she saw Emran, the 35-year-old music teacher of her niece.

Wafa'a was visiting her brother's household when she was introduced to Emran. She was immediately impressed by his cultured manner and conversation, and the pleasant way he taught music to the child. She saw him several times after that at her brother's place; every time, her heart beat faster. This was certainly love, she thought.

As her attraction grew, Wafa'a began to reconsider her view of men, and of life in general. Everything began to appear much rosier than they were before. The two had have exchanged of admiration and indications that they were attracted to each other. So the next logical step was to exchange numbers. And the step after that was meeting each other on a date.

Wafa'a and Emran went to the 'Cultural Centre' garden and attended a musical performance by famous Arab and foreign musicians. Following their first date, the relationship grew deeper.

This giddy new romance made Wafa'a lose some of her natural reserve and sense of discretion. She allowed herself to become more relaxed, giving in to the happiness she felt with Emran. They went out often, and he told her over the phone about his passionate feelings for her.

Emran also endeared himself to Wafa'a by giving her gifts – one time, he gifted her a lavish perfume, and another time a novel by a famous Arab author.

As they talked more, he began to ask her about her life; he got bolder and bolder, asking her about quite intimate details.

Blinded by love, Wafa'a felt no suspicion about Emran's excessive interest in her private affairs. She freely told him everything about herself without taking even the minimum precaution.

For example, she told him that she had the lease on a shop at a major mall, and that this shop, which sold children's garments,

brought her substantial profits. The shop was managed by an Asian woman, and Wafa'a only dropped in occasionally for a brief look at the business and sales. She told all this to Emran.

Completely captivated by romance, Wafa'a gave Emran almost total financial control. She authorised him to receive her salary from her employer. She even gave him her debit card and the PIN, with which he could withdraw some of her savings from the store profits.

At this juncture, her lover's true colours began to show. Emran suddenly stopped seeing Wafa'a – he didn't meet her for many days, saying that he had to go abroad for urgent work. He initially had an alibi that the trip wouldn't be a long one, and that he'd call her as soon as he returned. But the stay abroad seemed unending. She kept trying to call him, but his number was out of reach.

Now, she began to feel uneasy. It struck her that she knew nothing of his family or friends. He also never resumed the music lessons that he had been giving her niece.

Just when she was nearly driven mad with worry, Wafa'a received a call from Emran. On the line, his voice sounded sad and faint.

Emran said that he was facing an acute financial crisis, as his sister Hakima, 46, needed urgent heart surgery. So he asked Wafa'a to lend him some money.

She replied that he could use her debit card, which was already in his possession, and withdraw the required amount from her bank account. She added that he could pay her back whenever he managed.

Many days passed after this conversation, and Emran's number was again out of reach, as Wafa'a discovered every time she tried to call. She kept telling herself to stay calm – she tried to believe that he must be very busy with his sister's surgery.

Finally, she could no longer close her eyes to reality. One look at her bank account statement told Wafa'a that there was hardly any money left in her account. Since Emran had her debit card, there was no doubt about who was responsible for this.

Wafa'a had no choice but to file a complaint at the police station located close to her office.

The police immediately issued an alert to all other police stations and ports of entry, asking them to be on the lookout for Emran. It wasn't long before the swindler was netted by law enforcement.

Through investigations and court proceedings, it was established that the accused was a deceitful person involved in trickery, fraud and theft. He was convicted and sentenced, and sent to prison.

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**She was immediately impressed by his cultured manner and conversation**

# TRAGEDY OF ERRORS

MISTAKEN IDENTITIES AREN'T AT ALL FUNNY WHEN THEY LEAD SOMEONE TO JAIL FOR AN OFFENCE THEY HAVEN'T COMMITTED

Who: **Bala Singh**  
Where: **Uttar Pradesh, India**  
When: **April 2006**

Bala Singh, now 43 years old, spent a decade behind bars for a crime in which his brother was the accused. Released from jail in January 2017, he said how he had been forced to waste his youth because he had no document to prove his identity when the police came knocking on his door. His brother Pappu was one of four people named in a 2001 homicide case in a village. The police managed to arrest three, but Pappu remained a fugitive for several years. Prodded by the court to close the case, the police picked up Bala and produced him in court as Pappu. Despite his protests that he wasn't Pappu, the court sentenced Bala to prison.

This tragedy came to light only nine years later, when the police did a test to see if Bala's fingerprints matched that of Pappu's fingerprints, which had been taken as evidence in earlier case, before the murder in 2001. The fingerprints were revealed to be from two different individuals, proving that the man who was jailed couldn't be the man who was accused. Giving these details to the media, the police wouldn't say why they waited nine years to do the test if they already had the fingerprints of Pappu when they arrested Bala.



Finally exonerated, Bala was relieved but bitter. His freedom came at a huge financial cost to his family – his elderly mother Rajkumari, a poor labourer, spent years trying to get legal help for the son she knew was not guilty; she only managed to get a lawyer a couple of years ago, and this lawyer ensured that the fingerprint test was done. Meanwhile, the accused Pappu fled to Nepal, where he was killed.

Who: **Mario A. Garcia**  
Where: **Los Angeles, US**  
When: **February 2016**

He had the same birth date and the same first and last names as an accused. This coincidence landed Mario A. Garcia in jail, even though he was taller than the wanted man by almost a foot. Picked up by law enforcement, Garcia spent three days in Los Angeles County jail, but lucky for him, a judge noticed what the police failed – or refused – to see. It was that the wanted Garcia was much shorter and had a different middle name. After his release, a three-judge panel cleared the way for the wronged Garcia to sue Los Angeles County and the Sheriff's Department.

Who: **Ke'Nieshea Adkins**  
Where: **Tennessee, US**  
When: **May 2016**

Ke'Nieshea isn't a common first name – or so you'd think. And what are the chances of someone sharing that name with a wanted narcotics trafficker? One in a few millions, perhaps. But for Ke'Nieshea Adkins, that one chance in a few millions came terrifying true. The mother of three children had to spend 44 days in prison before the case of mistaken identity came to light. She couldn't have been released on bail, but her family was too poor to pay her bond. The family did manage to contact an attorney, who reviewed the evidence submitted by the Drug Enforcement Agency and spotted the mistake. Adkins didn't physically resemble the suspect, nor did she own the car whose licence plate had been identified from crime scene investigations. After release, she planned to file a federal lawsuit.



Photo credit: <http://www.wsmv.com/>



Who: **Mohammed Naved Bashir**  
Where: **Halifax, UK**  
When: **December 2014**

Held in freezing cold cells, given food that he couldn't eat because of a chronic condition, Mohammed Naved Bashir suffered for three days until he was produced in court. A cook by profession, Bashir had been arrested in Halifax on his way to deliver a pizza. An unmarked police car stopped Bashir's vehicle, checked his papers, and said that he had the wrong insurance. The officer then checked his name on a database; it matched that of a fraud accused, a man from Glasgow, Scotland, who was on the run. Bashir was immediately handcuffed and driven to Halifax police station. He kept protesting that it was a case of mistaken identity and gave the police his fingerprints to check. But the police wouldn't listen and held him for 26 hours, before sending him to Glasgow, where he spent another night in a cell.

His ordeal ended only when the police took him to a court



Photo credit: rossparry.co.uk

in Glasgow. The lawyer for the real accused said, "That's not my client." Bashir was immediately freed by the authorities. But he and his family are still awaiting an apology that's long overdue.

Who: **Michael Morrison**  
Where: **Brixton, UK**  
When: **August 2011**



Tricia Morrison and her son Michael were at home when they were alerted by a banging on the front door – they thought they were being burgled; what came was much worse than robbers. A team of 16 police officers raided their flat, looking for goods allegedly stolen during local riots that took place a few days earlier. Michael was arrested and led out from the flat, with news cameras positioned outside. Within minutes, his arrest was national news. The size of the police team, and the aggression of the arrest made headlines. The Morrisons weren't given a chance to open the front door; it was broken down by a battering ram.

The police, however, found no stolen goods in the flat, and it turned out that Michael Morrison had nothing to do with the riots. He did have to spend five days at a young offenders' institute, but the charges against him were dropped at a court hearing a few months later.



**Khalifa bin Hareb bin Thuwaini**



# ARAB RENAISSANCE IN EAST AFRICA

THE FIRST HALF OF THE 20TH CENTURY IN ZANZIBAR WAS MARKED BY THE REIGN OF A MAN WHO SHOOK OFF THE BRITISH AND HELPED ARABIC CULTURE FLOURISH

BY DR FALIH HANDHAL

**T**he Arab stronghold of Zanzibar in East Africa was the focal point for a prolonged power tussle. With the death of the ruler Hammoud bin Mohammed bin Said on July 18, 1902, the twentieth century began here with yet another change in leadership.

Two days later, on July 20, his son Ali bin Hammoud was announced as the successor. He was still a minor and a student in Britain; he was away from Zanzibar when he was named the new ruler.

Consequently, Mr Rogers, the British administrator in Zanzibar, was announced as trustee to the throne. The foreign power had earlier signed a treaty that allowed the British to oversee Arab-held properties on African territory.

Ali's throne stayed under trusteeship until 1905, when he came of age. That year, he returned from Britain and assumed his position as ruler. In 1906, the government was reshuffled, with the addition of two officials: one financial and one legal, both British. In 1907, the Army of Zanzibar was disbanded, and the mission of protecting the country was assigned to two squads from the king's African forces.

## **Modern measures**

During the reign of Ali, a school was established to teach the modern sciences. In 1908, the first Arab association was

established in Zanzibar, with the aim of caring for the Arab community there, and also along the African coast in general. His era also witnessed the installation of the first generator, with electric lighting supplied to some neighbourhoods in the city. A seven-mile railway track was laid as well.

It's noteworthy that Ali disliked the authority of the British, and considered them to be rivals rather than allies – he was somewhat defiant with the British, even though he wasn't in robust health.

## **Change of rule**

On the occasion of the accession of King George V to the throne the United Kingdom in 1911, Ali bin Hammoud decided to visit Britain and attend the celebrations. The retinue included Khalifa bin Hareb bin Thuwaini bin Said bin Sultan, the ruler's brother-in-law.

When Ali bin Hammoud and his accompanying delegation arrived in Paris,

the ruler abruptly decided not to continue to London; he assigned Khalifa bin Hareb to lead the delegation at the coronation celebrations.

What's more, Ali bin Hammoud gave up his throne and named Khalifa bin Hareb as the new ruler. For the next seven years, Ali lived in Paris. He died in 1918.

Meanwhile, following the coronation of George V, the new ruler of Zanzibar returned to East Africa and took power on December 16, 1911.

## **Half a century**

The reign of Khalifa bin Hareb bin Thuwaini bin Said bin Sultan was a very long time; it lasted for a half a century and was distinguished by many significant events in the history of Zanzibar.

Khalifa bin Hareb was a strong and meritorious ruler – he gradually eroded the British influence on the affairs of Zanzibar and began to dominate the local politics. As he consolidated his position, Khalifa brought to his domain a new era of culture and science. This was represented in the newspapers published in his time, in the essays by various authors, in the Arab associations and other vehicles of Arabic culture that flourished in Zanzibar during his era. As Zanzibar progressed in this direction, the ruler took the official title of "Sultan", which is an Arabic word.

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**Ali disliked the authority of the British, and considered them to be rivals rather than allies**



The British warships in front of Zanzibar

Khalifa bin Hareb handled his problems with British occupation calmly and with foresight. In 1914, the Council of Governance in Zanzibar was reorganised – the Sultan became its head, and the British High Commissioner became the deputy head; there were also three official members and four unofficial members.

In the same year, Sultan Khalifa bin Hareb declared war against Germany, which retaliated by sinking the Sultan's ship Pegasus. In 1916, the Sultan offered the British government financial aid to help its military effort in World War I.

### **Arab Association**

The war ended in 1918. Two years later, in 1920, the Arab Association established in 1908 during the reign of Ali bin Hammoud reconvened. The eminent personality Nasser bin Sultan Al Lamki gathered its members, and then the statute of the association was issued.

This statute included 23 articles that prescribed the manner of electing the association chairman and members. The association's goals, amongst others, were to uphold the interests of the Arab inhabitants of Zanzibar; uplifting their thoughts scientifically, socially, politically, materially and morally; and helping the government take reformatory actions that'd be beneficial for the people. The association's aim was also to oppose any government action that might be considered prejudicial to Arabs in Zanzibar.

### **Spread of education**

Another development in 1920 was the Sultan's plan to spread education

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**In 1914, the Council of Governance in Zanzibar was reorganised– the Sultan became its head, and the British High Commissioner became the deputy head**

throughout the country. In 1932, he ordered that police forces be formed in Zanzibar.

The most significant political development in Zanzibar during the era of Khalifa bin Hareb came in 1925, when the Executive Council was established under his chairmanship. A legislative council was formed the same year and it was headed by the Speaker of the British Parliament; the council had a number of elected members and unofficial members.

As for the Arab Association, its members re-convened in 1926, and decided to start an Arabic newspaper in order to give the Arabs of Zanzibar a platform for exchanging ideas on politics, culture, and society. The paper was meant to link all Omani Arabs in Africa to their country of origin.

### **Arabic journalism**

In 1929, the Arab Association published the Al Falaq newspaper as a weekly general cultural newspaper, circulated every Saturday. Its content spanned politics, literature, sociology, economics and sciences.

The title was taken from a Surah in Holy Quran that's named Al Falaq, meaning "daybreak" in Arabic. This is why it used to open its first page with the following text: "I seek refuge with Allah, the Lord of the daybreak (1) From the evil of what he has created (2)." One of the most well-known founders and editors of Al Falaq was Sheikh Hashil bin Rashid Al Maskari.

A second newspaper published during the time of this Sultan was Al Nahda, which means "renaissance" in Arabic. This newspaper was started in 1949 by Saif bin Hammoud bin Faisal Al Bousaidi. It opposed the British presence and was, therefore, halted in 1955.

Also, in 1950, Ahmad bin Saif Al Khrousi started the newspaper Al Murshid, which means "the guide" in Arabic. This newspaper was trilingual, published in Arabic, English and Swahili.

Major political developments in Zanzibar included the establishment of a leftist party called Al Ummah, which means "the nation", in 1958. This party later published a newspaper with the same name.

In nearby Mombasa (Kenya), a newspaper called Al Islah, which means "the reform", was published in 1932.

All these publications formed a cultural sphere for the Arab community in Zanzibar and in other places of East Africa.

These were some of the many developments that marked the era of Sultan Khalifa bin Hareb bin Thuwaini, holder of the Order of St Michael and St George and also the Order of the British Empire. He passed away on October 7, 1960.



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# UAE Ministry of Health unveils device that detects cardiac condition in 2-10 minutes

A new device that can test chemicals and enzymes associated with the heart was presented at Arab Health 2017. The device, I-STAT Alinity, needs just two drops of blood and 2-10 minutes to produce results. It has been introduced in the UAE by the Ministry of Health and Prevention. With this device, blood tests can be done anywhere.

In addition, the device is easy to carry and will allow users greater flexibility and movement as they can conduct blood exams in any location. It will also provide healthcare professionals with access to the relevant information they need to provide fast and accurate medical decisions without the patient having to leave the bed.

Dr Youssif Al Serkal, Assistant Undersecretary for the Ministry of Health & Prevention Hospitals Sector, said the Ministry has pioneered the use of this device in accordance with the Ministry's strategy and commitment to provide



integrated smart health services to future generations.

He said that the adaption of this device supports the wise leadership's directives to ensure the future of the healthcare

industry in order to address emerging demands and explore proactive solutions that will enhance the delivery of health services to the homes of UAE citizens, in accordance with international standards.

## Weekend under the stars can cure damage to body clock

**OUR** always buzzing brain – receiving messages from smart mobiles, laptops and television; staying up late for extra assignments or socialising; responding to the stimulus of artificial lighting – finds it hard to switch off for its nightly rest. Which is how most of us end up with a disturbed sleep pattern. Inability to sleep well means a tired feeling the next morning and fatigue through the day.

To reverse the damage and let the body regain its rhythm, what you need are not sleeping pills, but a night out under the stars.

In their research, published in the journal *Current Biology*, American scientists have concluded that spending time outdoors, when the sun sets the time for waking and sleeping, can reset our body clock. We can get this benefit within hours, e.g. over a weekend.

This resetting of the body's internal clock is vital; disturbed sleep can have serious consequences for health in the long run.

"Late circadian and sleep timing in modern society are associated with negative performance and health outcomes such as morning sleepiness and accidents, reduced work productivity and school performance, substance abuse, mood disorders, diabetes, and obesity," said researcher Kenneth Wright from the University of Colorado Boulder, US. "Our findings demonstrate that living in our modern environments contributes to late circadian timing, regardless of season, and that a weekend camping trip can reset our clock rapidly."

Wright and collaborators had conducted an earlier study in which they found that daily exposure to electrical lighting set the body's internal clock back by about two hours, pushing back our bedtime. This was corroborated by hormonal shifts in the body.

Once the desirable sleep pattern was restored, Wright advised sticking to a schedule to maintain a good sleep habit.





# New study links abuse of Spice to serious health problems

**SYNTHETIC** cannabinoids (SCBs), banned in the UAE for several years, have a range of adverse health effects, according to a new review. This review overturns the belief in some quarters that these are a safe alternative to organic marijuana.

A new review from the University of Arkansas for Medical Sciences (UAMS), published in Trends in Pharmacological Sciences, warns against the dangerous side effects of the compounds.

As reported in the review, some of these effects suggest that SCBs cause much more toxicity than marijuana. Toxicity has been reported across a wide range of systems, including the gastrointestinal, neurological, cardiovascular, and renal systems.

The clinical cases documented in the review include acute and long-term symptoms, such as seizures, convulsions, catatonia, kidney injury, amongst many other fatal diseases.

SCBs, known as 'Spice', are chemicals mixed with dried plants or sold as inhalable



liquids. Because of their high level of toxicity, cannabinoids are associated with seizures, kidney damage, hypertension, chest pain, and even ischemic stroke.

Synthetic cannabinoids are often abused

by teenagers, who want to avoid detection; they also see Spice as a harmless substance. Law enforcement in the country undertakes frequent campaigns to raise awareness amongst the youth.

## Are pain relievers to blame for higher heart attack risk?

**COMMON** pain relievers, when taken by someone suffering from a cold or flu, might lead to a spike in the risk of a heart attack, according to an observational study, published in the Journal of Infectious Diseases.

Study author Cheng-Chung Fang is from the National Taiwan University

Hospital. The study team analysed claims from Taiwan's National Health Insurance Programme – the claims were filed over seven years (2005-2011); they included data from some 10,000 patients hospitalised for a heart attack. The researchers wanted to see whether

cold / influenza and pain relievers had a combined effect on heart attack risk. These two are separately considered potential cardiac risk factors. Non-steroidal anti-inflammatory drugs (NSAIDs) are often prescribed for patients with acute respiratory infections.

Going through the data, the researchers discovered that the risk of a heart attack was 1.5 times higher (than the normal risk baseline) in patients who took NSAIDs but had no respiratory infection; 2.7 times higher in patients who had an acute respiratory illness but took no NSAIDs; 3.4 times higher when NSAIDs were taken during such an illness; and 7.2 times higher when patients with such an illness were administered such pain relievers intravenously in the hospital.

The Taiwanese study established the association between the higher risk of a heart attack and the combined effect of respiratory illness and pain relievers, but it did not prove the cause-and-effect relationship.



**TAKE A PEEK AT THE NEWEST MUST-HAVE HIGH-TECH ELECTRONIC DEVICES**

## SMART HARDWARE

If you like chunky accessories as well as intelligent gizmos, here's the perfect combination. The LG Watch Sport runs Google's latest Android Wear 2.0, with an improved interface, more interactive apps, and Android Pay support. For a smartwatch, it's a large one – 51mm wide and with quite some depth. The watch has a bunch of fitness-tracking features and LTE connectivity. The design follows the classic chronograph. The crown in the middle rotates for user interface navigation. The Watch Sport has a 1.38-inch fully circular OLED display that's sharp, vibrant, and visible in all lighting conditions. The build quality is outstanding – the watch is made of stainless steel and the screen is covered by Corning Gorilla Glass. It also has an IP68 rating for water and dust resistance, meaning that it can survive for 30 minutes in 5 feet of water.

Inside the LG Watch Sport are Qualcomm's latest Snapdragon Wear 2100 chipset, 768MB of RAM, and 4GB of built-in storage. The connectivity features include Bluetooth, Wi-Fi, GPS, NFC (for contactless payments), and LTE, with which you can use the watch to make mobile calls and send messages.



The 430 mAh battery lasts up to a day if LTE and the GPS aren't used frequently. This smartwatch can also run standalone apps, and comes with the Google Play store preinstalled.

Website: [www.lg.com](http://www.lg.com)  
Price: \$349 (Dh1281.84)

## THE ICON TO BEAT ALL ICONS

Users of today's fragile mobiles can't imagine what the Nokia 3310, first launched in 2000, could endure. If there's a prize for the world's toughest, nearly-indestructible mobile, then this was it. Some owners of the 3310 have reported accidentally dropping the mobile from a height, seeing all its inside bits spill out of the casing, and then putting it all back together, and using the mobile like nothing happened. Now Nokia is relaunching the world's most loved iconic mobile, and online forums are abuzz.

Website: [www.nokia.com](http://www.nokia.com)  
Price: \$TBA



## LET THE KIDS PLAY

There's just like fun building blocks, only they're a lot more fun than regular building blocks. The Circuit Cubes let kids fully extend their imagination – and latent engineering capabilities – to create toys that are 'alive'. The first main cube is the Battery Cube, which is the power supply to do everything. Then comes the Motor Cube, which can drive a number of toy designs: a truck, a plane, or just a cute three-legged creature. Next is the LED Cube, which adds light to any design. Children can use these three Circuit Cubes with their existing building blocks and any other toys to create just about anything. Manufacturer Tenka Labs offers a range of toy-making kits; each kit comes with the three main cubes and several other parts. Wait, what if mum and dad get addicted to playing with these cubes as well?

Website: <https://tenkalabs.com>  
Price: \$49 per kit (Dh179.97)

## COOL DRIVE

Everyone has got to have a portable hard drive these days; it's a necessity rather than luxury. But why should that stop the look of the thing from being luxurious? The LaCie Porsche Design Mobile Drive is arguably the sleekest portable drive around. It's also fast, like the automobile brand that lends its name to the device. The USB 3.0 interface lets you transfer a 700MB video file in around 7 seconds. The speed makes it easy to share photos, audio and video files with anyone else. The storage capacity goes up to 2TB. Porsche Design has given the LaCie Mobile Drive a 3mm strong aluminium casing, making the device as strong as it's sleek.

Website: <http://www.lacie.com>  
Price: From \$100 (Dh367.29)



## AS IT STANDS

The list of accessories that support Apple products grows longer every day. The BookArc is one of those we like. This is a cool docking stand for a cool computer, the MacBook, which can be used in a "closed display" mode – the computer is closed and the display moves to an external monitor. Along with a keyboard, this creates a desktop set-up. The BookArc facilitates this by giving you a neat slot in which to keep the MacBook in a vertical position. The current product has three interchangeable inserts that work with the 2016 MacBook Pro Thunderbolt 3 (with and without Touch Bar), MacBook (12-inch), MacBook Air and MacBook Pro Retina Display (2012–2015 Models).

Website [www.twelvesouth.com](http://www.twelvesouth.com)  
Price: \$50 (Dh183.64)

## HANG IN THERE

A stylish pen that you can't lose because it's hooked to your keychain – that's the PicoPen. At 3¼ inches long and weighing less than 15g, it adds no weight to your pocket, but always gives you a writing instrument when you need one. You can easily use a common replaceable ink refill. The pen barrel is stainless steel or premium aluminium bronze. The magnetic cap closure lets you detach the pen from the cap with one hand, without losing the cap. Comes with a snap ring and a split ring.

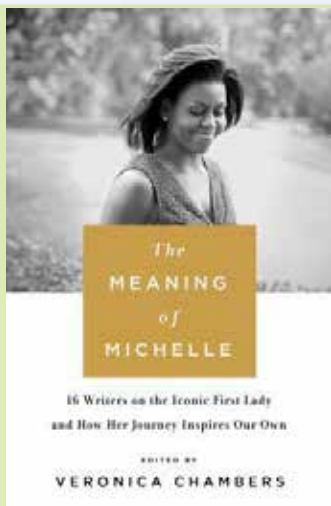
Website: [www.tecaccessories.com](http://www.tecaccessories.com)  
Price: \$19.95 (Dh73.27)







## LIVES OF THE WORLD'S MOST REMARKABLE PUBLIC PERSONALITIES, THE SECRET TO NEW-AGE CAREER SUCCESS FOR WOMEN, AND THE QUESTION OF WHY WE READ – ALL ON THE SHELVES



### ONE OF A KIND

**Title:** The Meaning of Michelle: 16 Writers on the Iconic First Lady and How Her Journey Inspires Our Own  
**Author:** Veronica Chambers  
**Publisher:** St. Martin's Press  
**Price:** \$24.99 (Dh91.79)

The world is going to miss the Obamas for a long time – one of the main reasons is that Michelle was such a striking and accomplished and yet down-to-earth woman. That she was the first black woman to become the First Lady of the United States is just one aspect of the many things that make Michelle Obama; she is also a strong speaker, an attentive mother, a style icon, and a holder of a law degree from Harvard. With eight years in the White House behind her, she's ready for a new phase in her career. The Meaning of Michelle, besides being a tribute, is also a conversation about race, class, marriage, creativity, womanhood, and being American today. Contributors include: Ava DuVernay, Veronica Chambers, Benilde Little, Damon Young, Alicia Hall Moran and Jason Moran, Brittney Cooper, Ylonda Gault Caviness, Chirlane McCray, Cathi Hanauer, Tiffany Dufu, Tanisha Ford, Marcus Samuelsson, Sarah Lewis, Karen Hill Anton, Rebecca Carroll, Phillipa Soo, and Roxane Gay.

### MODERN FAIRY TALE

**Title:** The Bear and the Nightingale  
**Author:** Katherine Arden  
**Publisher:** Del Rey  
**Price:** \$27 (Dh99.17)

At the edge of the Russian wilderness, winter lasts most of the year and the snowdrifts grow tall. Vasilisa spends winter nights around a fire with her siblings, listening to her nurse's fairy tales. She loves the story of Frost, the blue-eyed winter demon who appears at night to claim unwary souls. Russians fear him and honour the spirits of house and yard and forest that protect their homes from evil.

After Vasilisa's mother dies, her father brings home a new wife. The city-bred stepmother forbids her family from honouring the household spirits. Vasilisa is frightened, sensing that this disrespect

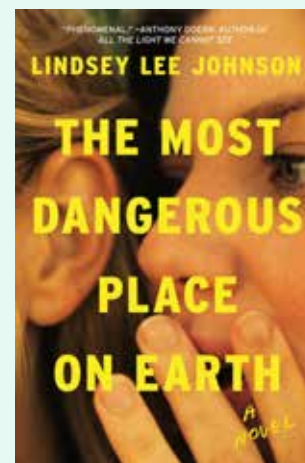


might have consequences. She's right – crops begin to fail, evil creatures of the forest creep nearer, and misfortune stalks the village. But Vasilisa's stepmother is unrelenting. To stave off danger, Vasilisa must use the gifts she has long kept hidden.

### TEENS UNLEASHED

**Title:** The Most Dangerous Place on Earth  
**Author:** Lindsey Lee Johnson  
**Publisher:** Random House  
**Price:** \$27 (Dh99.17)

The American high school can be a minefield for those unprepared to face it. Just about anything can, and does, happen here. In this story, set in a wealthy enclaves north of San Francisco, life appears to be the best it can be, but for the local teens, navigating adolescence is still a challenge. Apart from all the usual pitfalls, there's another threat from social media, because every action or rumour can now go viral. Into this world enters an idealistic



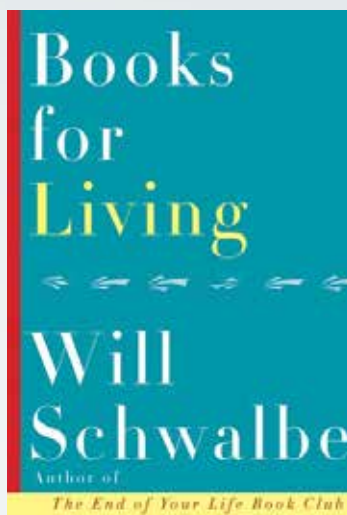
young English teacher, Molly Nicoll – with a background very different from those of her students, she has quite a task trying to connect with them; the job is made harder, as she doesn't have the full understanding of the impact of the Internet on the students' lives.



## WHAT ARE YOU READING?

**Title:** Books for Living  
**Author:** Will Schwalbe  
**Publisher:** Knopf  
**Price:** \$25.95 (Dh95.31)

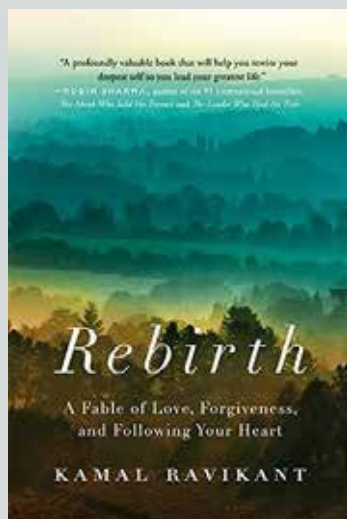
The author, known for the best-selling book *The End of Your Life Book Club*, explores how books shape our lives and offer us a magical refuge in the era of constant connectivity. Why is it that we read? To pass the time? To learn something new? To escape from reality? For Schwalbe, reading is a way to entertain oneself and also to make sense of the world, to become a better person, and to find the answers to the big (and small) questions about how to live life. He has devoted each chapter to a particular book – what brought him to it (or vice versa); the people in his life he associates with it; and how it became



a part of his understanding of himself in the world. These books span centuries and genres, and each one relates to the questions and concerns we all share. *Books for Living* is for everyone who likes to know, “What are you reading?”

## PILGRIM'S PROGRESS

**Title:** *Rebirth: A Fable of Love, Forgiveness, and Following Your Heart*  
**Author:** Kamal Ravikant  
**Publisher:** Hachette Books  
**Price:** \$26 (Dh95.50)



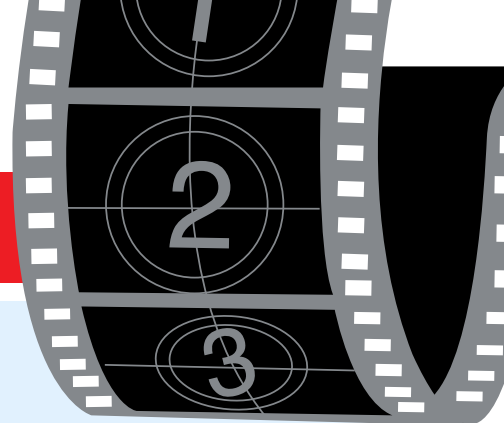
After the death of his estranged father, Amit takes his parent's ashes to the Ganges to fulfil a deathbed promise. Instead of returning home, he wanders, his grief leaving him confused about his future. Almost without money, unsure about his direction in life, and running from memories, he is led by fate to Camino de Santiago, an ancient pilgrimage route across northern Spain. On this journey, Amit meets a variety of travellers – some are feeling lost, others are trying to escape the past, and still others are celebrating life. Amit is challenged to confront his fears, and find his strength. This book is based on the author's own experience of walking the legendary Camino de Santiago route, and is narrated in the tradition of Paulo Coelho.



## CREATIVITY VERSUS CASH

**Title:** *Scratch: Writers, Money, and the Art of Making a Living*  
**Author:** Manjula Martin  
**Publisher:** Simon & Schuster  
**Price:** \$16 (Dh58.77)

We know that some writers are lucky enough to get huge advances, but in general, can writers make a living? To answer that question, here's a collection of essays from acclaimed authors on the realities of making a living in the writing world. Should writers expect to be paid for everything they write, or should they consider themselves lucky to be published? Should aspiring writers keep their day job or should they give up working and only write? This is an endless conversation, and the reality is different for every individual, so there are no set formulas. Manjula Martin has gathered interviews and essays from established and rising authors to confront the age-old question: how do creative people make money? This is essential reading for anyone who wants to understand how to practise the art of writing in a world that runs on money.



## NEW INTERNATIONAL MOVIE RELEASES COMING SOON TO A CINEMA NEAR YOU



### ★ **LOGAN**

**DIRECTOR:** JAMES MANGOLD

**STARRING:** HUGH JACKMAN, PATRICK STEWART, DAFNE KEEN, BOYD HOLBROOK, RICHARD E. GRANT

**MOVIE TYPE:** ACTION, ADVENTURE, SEQUEL, SUPERHERO

The biggest buzzworthy moment of last year's X-Men: Apocalypse was when the young Jean Grey, leading some other teenage mutants, freed a ferocious-looking creature from his holding cell, and he, in a feral rage, slaughtered all the guards in the building. With that little cameo, Wolverine disappeared. Now he returns to the screen for yet another outing, as an older Logan (Jackman), world-weary and lonely, but standing by his

mentor, the ailing Charles Xavier (Stewart). Along comes a young girl, still a child, and already a lethal mutant. She's like what Wolverine was – and still is, as the bad guys chasing the child soon find out. James Mangold directed the acclaimed films *Girl, Interrupted* and *Walk the Line* as well as the 2013 release *The Wolverine*, which benefited from his dramatic touch. *Logan* promises a similar blend of intense physical action and emotions.

### ★ **THE SHACK**

**DIRECTOR:** STUART HAZELDINE

**STARRING:** SAM WORTHINGTON, RADHA MITCHELL, OCTAVIA SPENCER, GRAHAM GREENE, RYAN ROBBINS

**MOVIE TYPE:** DRAMA, ADAPTATION

After suffering a terrible family tragedy, Mack Phillips (Worthington) goes into deep depression. In this state of mind, he doesn't know what to believe in any more. Just when he's facing this crisis of faith, there's a mysterious letter, urging him to go to an abandoned shack in the forest. Mack undertakes the

journey, and in this shack, he meets three strangers, led by a woman named Papa (Spencer). Through this meeting, Mack finds out truths that will transform his understanding of life. An interesting adaptation of a bestseller novel of the same name, taking viewers into the realm of spirituality.



### ★ **THE LAST WORD**

**DIRECTOR:** MARK PELLINGTON

**STARRING:** AMANDA SEYFRIED, SHIRLEY MACLAINE, ANNE HECHE, PHILIP BAKER HALL, THOMAS SADOWSKI, TOM EVERETT SCOTT

**MOVIE TYPE:** COMEDY, DRAMA

A retired businesswoman (MacLaine) wants to control everything around her, including her own obituary, ensuring that she'll have the last word even after death. A young writer (Seyfried) at a local newspaper takes up the task of finding out the truth about this control-freak businesswoman. Their interaction leads to a life-altering development for both of them. The older woman rediscovers her passions; the younger one gains a treasured friendship.



### ★ **KONG: SKULL ISLAND**

**DIRECTOR:** JORDAN VOGT-ROBERTS

**STARRING:** TOM HIDDLESTON, SAMUEL L. JACKSON, JOHN GOODMAN, BRIE LARSON, JASON MITCHELL, COREY HAWKINS, TOBY KEBBELL

**MOVIE TYPE:** ACTION, ADVENTURE, SCI-FI

An explorer leads a team, comprising civilians and a combat force equipped with heavy firepower. Everyone is under the impression that this is a simple survey of the terrain. They've no idea that they're entering the territory of Kong, an unimaginable beast, and that the whole island is full of life forms that are beyond the comprehension of humans. This is the story of King Kong retold. It's also a chance for dramatic actor Tom Hiddleston to show off his action man credentials – perhaps for the next James Bond shortlist, since he's amongst the probables?



## ★ BEAUTY AND THE BEAST

**DIRECTOR:** BILL CONDON

**STARRING:** EMMA WATSON, DAN STEVENS, LUKE EVANS, EMMA THOMPSON, KEVIN KLINE, JOSH GAD

**MOVIE TYPE:** DRAMA, MUSICAL, ROMANCE

In this version of the evergreen fairy tale, Emma Watson, formerly Hermione Granger of the Hogwarts school of magic, is the chief attraction. Brave and beautiful Belle (Watson) saves her father by taking his place in the enchanted castle of the frightening Beast (Stevens). Despite her initial fears, the castle and its magical objects charm her; she also learns to look beyond the Beast's hideous appearance and appreciate his kindness. She could be the one to break his curse.



## ★ FREE FIRE

**DIRECTOR:** BEN WHEATLEY

**STARRING:** BRIE LARSON, CILLIAN MURPHY, ARMIE HAMMER, SHARLTO COPLEY, SAM RILEY

**MOVIE TYPE:** ACTION, CRIME, DRAMA

In 1970s Boston, Justine (Larson) is a mysterious American businesswoman with her wise-cracking associate Ord (Hammer). They arrange for a black-market arms deal in a deserted warehouse between arms buyer Chris (Murphy) and a shifty South African gun runner Vernon (Copley). The interested parties aren't at ease with each other. Tensions escalate quickly and shots are fired, leading to a full-on battle. Oscar-winner Brie Larson is the real big-gun performer here.



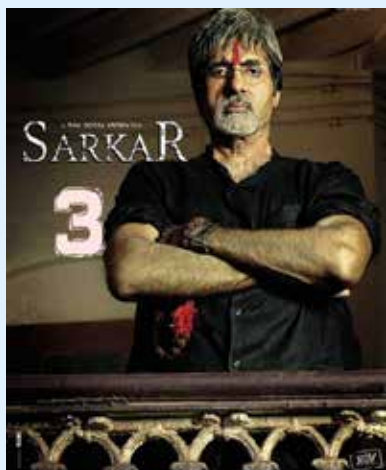
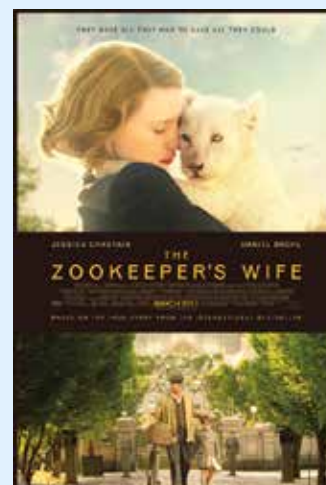
## ★ THE ZOOKEEPER'S WIFE

**DIRECTOR:** NIKI CARO

**STARRING:** JESSICA CHASTAIN, JOHAN HELDENBERGH, DANIEL BRÜHL

**MOVIE TYPE:** DRAMA

In 1939 Poland, Antonina Zabinska (Chastain) and her husband Jan (Heldenbergh), run the Warsaw Zoo. When their country is invaded by the Nazis, Jan and Antonina are forced to report to the Reich's newly appointed chief zoologist, Lutz Heck (Brühl). The couple covertly begins working with the Resistance, risking their own lives to save others during World War II.



## ★ SARKAR 3

**DIRECTOR:** RAM GOPAL VARMA

**STARRING:** AMITABH BACHCHAN, MANOJ BAJPAYEE, YAMI GAUTAM, AMIT SADH, JACKIE SHROFF, ROHINI HATTANGADI, RONIT ROY, BHARAT DABHOLKAR

**MOVIE TYPE:** DRAMA, SEQUEL

Amitabh Bachchan returns as Subhash Nagre aka Sarkar, the character famously modelled on Balasaheb Thackeray, the strongman of Bombay. According to the director, cast member Manoj Bajpayee plays a politician who is "a slightly violent version of Delhi Chief Minister Arvind Kejriwal". The cup of drama is set to overflow.



# Abu Dhabi targets use of bicycles to reduce carbon emissions and attract tourists

**FROM** February 1, the Cyacle bike share system in Abu Dhabi began expanding its bicycle fleet from 75 to 350 and increasing the number of bike stations from 11 to 50.

"The pilot phase was very successful, so we are increasing the number of stations, which means more people will have access to the bikes," said Hani Saleh Akasha, Emirati entrepreneur and Cyacle co-founder, announcing the plan to the media.

The pilot phase of the bike share system began in December 2014. The first locations were Yas Island and Al Raha Beach; the system was supported by Abu Dhabi Commercial Bank and developers Aldar and Miral.

Akasha said that in the first year of the pilot test, the shared bikes were used by 22,000 people – that makes it an average of 60 users a day. He added, "In 2016, people covered 151,000km using the bikes. That is about 20,000 tonnes of carbon emissions displaced."

Bicycle riders are encouraged to use the shared system not just to help the



environment, but also to explore the city better. "Abu Dhabi has a beautiful landscape; we have so many parks, but when you drive you don't get to appreciate them," said the entrepreneur.

At Masdar, a 2.6km bike and fitness trail has been newly opened. The 'city', which is a Gulf leader in renewable energy

research, has a perfect partner in Cyacle.

The bike stations are fully automated and users can pay with a credit card or a debit card for a one-day (Dh20) or three-day (Dh50) pass. The users need to dock the bike every hour to avoid a penalty; this ensures that the bikes are not abandoned after a short ride.

## How the world's oceans could be running out of spectacular corals



**THE** world is grappling with the challenge of limiting carbon emission and the consequent global warming, including the unnatural warming of sea waters.

Experts say time could be running out for one of the planet's most spectacular and important eco-systems: coral reefs.

Like everything else in nature, coral reefs are in an evolutionary competition with whatever is around them. They are threatened by the warming sea waters, because the higher temperature makes coral-killing seaweeds stronger. This has been established through a study by Griffith University, Australia, which looked at

the Great Barrier Reef. American researchers collaborated with the Australian scientists for this study.

The researchers found that with higher carbon dioxide emissions, chemicals secreted by "weed-like" algae became more toxic, and that they managed to poison the corals. The seaweeds thus conquered the coral reefs in the fight for space.

Largescale bleaching of the Great Barrier Reef – caused by the loss of friendly algae in the coral reefs, again from global warming – is one of the most alarming environmental discoveries of this decade. Going by the findings of this new study, the reefs are facing the twin threats of bleaching and toxicity. As sea water temperatures rise around the world, coral reefs everywhere face a similar danger.

The research team said that vital reefs faced significant harm by the year 2050 and could be killed off by the year 2100, meaning the end of this century, if carbon emissions remained at the level of "business as usual".

Seaweeds that competed with corals had the ability to regrow, so removing them alone couldn't save the reefs, said the study. That leaves cutting carbon emissions as the only possible solution.

Study co-author Mark Hay, from the Georgia Institute of Technology, United States, said, "If the algae overtake the coral, we have a problem which contributes to reef degradation, on top of what we already know with coral bleaching, crown of thorn starfish outbreaks, cyclones or any other disturbance."



# China shifts gear on ecological protection

**ONE** of the most heavily industrialised emerging economies, with a breakneck pace of urban growth, China has brought surprising developments this year: close on the heels of its intention to shut down the domestic ivory market comes the news that the nation is set to protect places of high ecological importance.

Gretchen Daily, Professor of Biology at Stanford University, US, conducted research using eco-mapping software to identify such places in China. Her findings were published in Proceedings of the National Academy of Sciences. The Chinese leadership is using the data to establish several protected areas. This is a novel 21st century initiative for the Asian giant.

"It's a historic moment in the evolution of Chinese civilisation. It's marked by a recognition that the singular focus on mainstream economic growth over the last century has come at a tremendous cost," said Daily.

She's the co-founder of the Natural Capital Project, a collaborative venture by Stanford University, the University of Minnesota, The Nature Conservancy, and the World Wildlife Fund. The Project created the eco-mapping software; this



aids its mission to identify and conserve areas of high ecological value around the world. The software rates areas based on their ability to sustain life, especially human life.

For China, the team identified five vital natural services: flood control; sandstorm control; water (for drinking, irrigation and hydropower); soil stabilisation; and biodiversity. Then they mapped the areas

that could be termed most valuable. Though this sounds like putting a price tag on nature, Daily said that it wasn't so.

China has, of late, taken several steps to reverse the damage done by industries. One of its most remarkable programmes involves paying some 200 million people to protect or restore ecosystems. This is called eco-compensation, and the Chinese programme is the biggest in the world.

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# Sweden takes the lead in emission curbs

**IN** keeping with the spirit of the Paris Agreement on climate change, Sweden has unveiled a plan to phase out greenhouse gas emissions almost entirely by 2045.

Seven of the eight parties in the Swedish parliament have agreed to pass a law soon; under this law, goals for fossil fuel cuts would be revised every four years, bringing emissions down more and more.

"Our target is to be an entirely fossil-fuel-free welfare state," said Climate Minister Isabella Lovin, as reported by the news agency Reuters. The law is likely to take effect in 2018.

She added, "We see that the advantages of a climate-smart society are so huge, both when it comes to health, job creation and also security. Being dependent on fossil fuels... is not what we need now."

Sweden's goal would mean an 85 per cent cut in domestic greenhouse gas emissions by 2045 from 1990 levels. The remaining 15 per cent would be offset by afforestation programmes to soak up the carbon. The entire European Union has a target of 80-95 per cent cut in greenhouse gas emissions by 2050.





# Animals have a great memory for food sources

**BRITISH** researchers studied the red-footed tortoise to see how well animals could remember good sources of food. Their study revealed complex information – the tortoises not only retained memory of the source locations for as long as 18 months, but were also able to exercise judgement about the sources based on the quality and quantity of the food.

The study by researchers at the University of Lincoln, UK, was published in the Royal Society journal Biology Letters. “Long-term memory is an important characteristic for animals which live for a long time,” said Dr Anna Wilkinson, from the School of Life Sciences at the University of Lincoln. Such memory, she said, was crucial for survival.

The study team trained red-footed tortoises to associate visual cues (coloured sheets) with specific qualities of food (a mango-flavoured jelly that the animals liked very much, and an apple-



flavoured jelly that they liked less) and different quantities of these foods.

The animals learnt to associate the colour of the sheets with the type and quantity of jelly they could find at a particular location. The researchers showed them the same coloured

sheets 18 months later, and the tortoises remembered everything.

It was concluded from this research that long-term memory aided survival and also saved energy, as the animal didn't need to start evaluating food sources all over again during each season.

# Wetlands absorb impact of floods and storms

World Wetlands Day was celebrated on February 2 at the Yamuna Biodiversity Park in the National Capital Region of India. (The NCR comprises the state of Delhi, including the capital New Delhi, and some nearby urban areas in Uttar Pradesh and Haryana.)

The annual celebration highlights the importance of wetlands. This year's theme was 'Disaster risk reduction'. Experts present at the venue reiterated the fact that wetlands acted as a buffer against floods and storms, absorbing their impact.

Faiyaz Khudsar, scientist at Yamuna Biodiversity Park, urged that the restoration of wetlands in the NCR be made a priority.

Yamuna Biodiversity Park has developed a seven-acre wetland that's now being visited by several species of migratory birds.

Wetlands have another vital function, as pointed out by C.R. Babu, professor emeritus, Delhi University, and head of the Centre for Environmental Management of Degraded Ecosystems. He said that a “constructed wetland”, created with a combination of sand, gravel and aquatic plants, could be used to treat sewage. This was already being done at the Neela Hauz Biodiversity Park.

Ecologist TR Rao, chief guest at the event, said, “There has to be a balance between development and preserving nature. Urban settlements are gradually encroaching upon wetlands, which is destroying the natural habitat of birds and animals. We must revive one waterbody at a time, and then preserve it.”





# 6<sup>th</sup> Middle East Business & IT Resilience Summit

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- Covers BCM, IT Disaster Recovery, Emergency Response, Crisis Management, Safety, Information Security and EHS
- Speakers from over 11 countries
- Network with key decision makers
- Exhibition covering BCM and IT DR tools and notification systems to protect your employees
- Workshops on CBCI certification, Crisis Management, Disaster Recovery, Risk Management and the NCEMA BCM Standard
- Focus on Implementation, Audit and Maturity of BCM in Govt. and Security, Oil and Gas, Aviation, Banking and Telecom etc.

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UNITED ARAB EMIRATES  
MINISTRY OF INTERIOR

## SERVICES AT YOUR FINGERTIPS

### Police



- Issuance of clear criminal record certificate
- Organizing visits (for inmates' families, lawyers, embassies and institutions)

### Traffic



- Issuance of a new registration card (for light/heavy vehicles or motorcycles).
- Issuance of light vehicle driving license.
- Payment of traffic fines.

### Civil Defense



- Licensing of buildings A (issuance of Certificates of Conformity (CoC) for low-risk buildings).

### RESIDENCY



- Long-term single entry visa – tourist.
- Short-term single entry visa – tourist.
- Entry visa for domestic helpers sponsored by UAE or GCC citizens.
- Residence permits for domestic helpers sponsored by UAE or GCC citizens.
- Residence permits for workers employed by the private sector or free zone.
- Issuance of a new passport.

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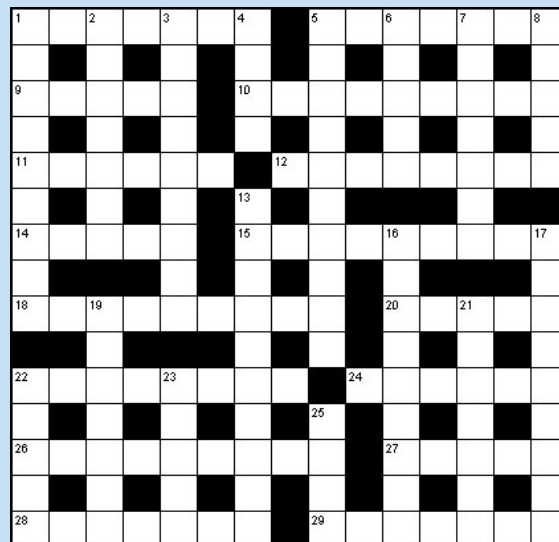
# PUZZLES

## Across

- 1 Language spoken in American city by native Norwegian? (7)  
 5 What Flaubert's lady boss does regularly (7)  
 9 Old Roman money houses (5)  
 10 Two articles about the digestion, mostly, of lowest order of insects (9)  
 11 Main route for vessel (6)  
 12 Geometry of the Earth, is static (8)  
 14 The end of a pilgrim (5)  
 15 The key to understanding Sanskrit's philosophical treatise (9)  
 18 Academic terms for selenium meso-compounds (9)  
 20 Avifauna in a Cornish habitat (5)  
 22 Reduce as much as possible the payment on the car (8)  
 24 The centre of Verona, with pairs of Corinthian columns, displays this architectural style (6)  
 26 Lawyers go into metal storage building (5-4)  
 27 Time for the heartless to find love (5)  
 28 Avert goal after penalty (7)  
 29 One with a distant ideal world (7)

## Down

- 1 Criminal has eye trouble (9)  
 2 Tyneside academic gets most of the credit for description of molecular arrangement (7)  
 3 Rose garden to Scotsman and Pole (9)  
 4 Sleep soundly by hillock (4)  
 5 Praying for too much? (10)  
 6 Edict puts a thousand back into employment (5)  
 7 I throw up into powdered remains of fire axe (7)  
 8 Snakes endlessly glide away (5)  
 13 Place in Victoria's country? (10)  
 16 Oxygen intake has so developed in algae (9)  
 17 To spoil something (9)  
 19 To get to Lizard Point I go in the car (7)  
 21 Most reckon to turn up before mother makes the fish sauce (4,3)  
 22 Missouri model provided the design (5)  
 23 Oddly, monkey is superior to me in capacity for memory! (5)  
 25 Lop off ends (4)



## Easy

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

## Medium

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

## SOLUTIONS FOR THE FEBRUARY ISSUE



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### easy

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

### medium

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



# WHAT THE MONTH HAS IN STORE



## **Aries (March 21 – April 19)**

You may feel crushed under the weight of too many things happening all at once – some of the responsibilities that you've taken on may not seem to be worth the investment of time. There's a tricky period ahead during which you'd have to manage expectations, that of your own and that of others. This sun sign's impulsive nature will have to be reined in, and everything that's said and done will have to be well-considered. Be disciplined about maintaining mental and physical fitness; without that, you'd flounder.



## **Taurus (April 20 – May 21)**

Creative energy will be high this month, and you'll find yourself constantly innovating, rising to challenges, and getting everyone's admiration. A pretty good phase for anyone under this sun sign who's in a non-scientific field. Financial rewards will be there, too, though it'll take some self-restraint to make a cushion out of the money inflow. Because there's so much enthusiasm sloshing around, it'd be all too easy to spend as quickly as you earn. That would be a mistake, because the future can change suddenly.



## **Gemini (May 22 – June 20)**

Your mentoring capabilities will be required either at work or for a young relative within the circle of friends and family. Your vitality and talent for making your point in a pleasant way make you an ideal role model. Being able to help someone else will also engender a deep sense of satisfaction. When on your own, you'll be in a mood to introspect; at this time, remedies to persistent problems will come to you, as if in a dream. The money situation will be satisfactory.



## **Cancer (June 21 – July 22)**

With your resiliency, you will be able to shield yourself from work-related stress that may spill over to your personal life. The worst thing to do at this time is dismissing your partner's concerns; the best thing to do now is to talk it over a cup of coffee, and come up with possible solutions. You'll be amazed at how much of a difference it makes to have someone selflessly supportive, and this sun sign needs plenty of emotional support.



## **Leo (July 23 – August 22)**

You'll need to cut down on the flamboyance and get more practical about financial matters, especially when it comes real estate buy and sell. Expecting other people to do your thinking and carrying out your tasks will mean a souring of relationships. Time spent with family will invigorate you, though some people may lean on you too much. Some health problems will persist, but their overall impact on your lifestyle will be minimal as long as the mind remains stimulated and engaged in positive thoughts.



## **Virgo (August 23 – September 22)**

There's going to be a lot of balancing of work and family needs in the near future. That may cause unhappiness and stress, but you only need to look around and observe to know that you're in a relatively good place, compared to others going through a bad patch. Some friends may need your help urgently, and you'd do well to be generous; things are uncertain on the professional front, and you might need the same help from someone else soon. What goes around, comes around.



## **Libra (September 23 – October 22)**

Staying focused on your career will yield good results in this phase; however, alongside tending to day-to-day responsibilities, you have to look at long-term possibilities as well. Set aside hesitation, and ask directly for what you want. Confidence and clarity are the two things that'll help you move ahead faster more than any other factor. Strong friendships will be forged and that'll lead to a sense of spiritual well-being. Those exploring romance have a very strong chance of finding the ideal life partner.



## **Scorpio (October 23 – November 21)**

Career hurdles will disappear, or be minimised, and self-confidence will soar. This will have a cascading effect on your personal life, where all will go well. To maintain the positive trend, refrain from comparing yourself with others. As long as you continue to value your own achievements, they'll expand and get noticed by others. Brooding over what's still missing in your life will only get you more of nothing. If there's a pursuit you feel strongly about, keep the spark alive – you'll get there.



## **Sagittarius (November 22 – December 21)**

This would be the right time to finally start putting things in motion for a long-pending project. Doing something about it in an organised manner will give you such satisfaction that the usual snags in your daily life won't even look like a problem. You'll feel more in charge when you start making better financial decisions. At work, you'll go from strength to strength, as your projects will be prioritised by the management and efforts will be rewarded. That will automatically discourage negative people.



## **Capricorn (December 22 – January 19)**

Reviving social connections will lift your state of mind. Hard work will pay off, but only if you do what comes naturally rather than unwillingly give in to unfair demands. The money situation may not be quite what you hoped for, but with a little imagination and discipline, you can make your current income stretch much further. The good thing is, you'll always get the constructive advice you need from trusted people. Romantic fulfilment may elude some of you, yet changing that is in your hands.



## **Aquarius (January 20 – February 18)**

A major development at work is on the cards. How it goes for you depends on a lot of factors outside your control. Don't fret about what you can't change; reinforce your own strengths and any hiccups will take care of themselves. What seems to be a difficult situation now will lead to something much bigger and better. Networking with friends who're themselves well-connected will result in very successful collaborations. Minor financial problems will be eased out soon enough, so no need to worry on that front.



## **Pisces (February 19 – March 20)**

Relationships – romantic or otherwise – will bring you much joy. With everything going smoothly on the personal front, you'll be in a cheerful mood, making it easier to connect with colleagues and getting their help with projects. As helping hands are extended, your achievements will shine. Overall, this is a time for success in every aspect of life. Only, take care not to become a spendthrift; unnecessary money stress is the last thing you need. Health requires careful management, too, especially for those with chronic problems.

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