

999

SECURITY AND SAFETY FOR ALL

ISSUE 144 JANUARY 2024

WORLD VOWS TO
'TRANSITION AWAY'
FROM FOSSIL FUELS

POLICE CAUTION
AGAINST DEADLY
DESERT STUNTS

SPOTLIGHT:

999 MARKS
52nd UAE UNION
DAY

POLICING THE FUTURE

TECH AND SUSTAINABILITY MERGE IN UAE POLICE INNOVATIONS



IN THIS ISSUE: UAE POLICE DISCOVER NEW TYPES OF NARCOTICS, DRUGS-INFUSED VAPES

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*The New Year
isn't a blank slate;
instead, it's a
bridge carrying
the weight of past
decisions*

Begin with hope

As we flip the calendar, we often pause to consider our successes and the things we did or didn't do. This reflection is crucial for uncovering important lessons that can guide us now and in the future. It's an essential process for our next journey because the New Year isn't a blank slate; instead, it's a bridge carrying the weight of past decisions.

In the first Global Stocktake at COP28, which concluded last December in the UAE, nearly 200 heads of state and country representatives collectively pledged to "transition away from fossil fuels". It came with a shared understanding that urgent climate action is needed to safeguard our planet for future generations.

The commitment towards this shift spanning nearly 30 years culminated in the landmark 'UAE Consensus'. It's a significant document: a global declaration acknowledging that huge amounts of greenhouse gas released into the air from burning fossil fuels drive global warming, causing adverse spillover effects on impoverished nations. However, the 'UAE Consensus' should serve as "a climate action lifeline, not a finish line", as emphasised by a United Nations official. In our feature, **999** explores how the 'UAE Consensus' sets the groundwork for a fair and equitable transition to a sustainable future.

This era of sustainability and rapid technological innovation prompts a paradigm shift in various sectors, including law enforcement. Our cover story highlights the UAE police's commitment to balancing the scales of justice not only to maintain the safety and security of communities but also to preserve the planet we all call home.

Technology has transformed policing, bringing in breakthroughs and advanced methods in criminal investigations. Yet footprints and shoeprint analysis remain of foremost relevance in forensics. The unique patterns of these silent impressions left at crime scenes tell a story – where the suspect has been, the terrain they crossed, and sometimes even the brand of their shoes. They serve as a reminder that sometimes, the answers are right under our feet. Our feature on this looks at how police decode these crime clues to provide a tangible link between perpetrators and their misdeeds.

As criminal activities continue to morph, the UAE police remain one step ahead combining strategic policing and cutting-edge technologies, particularly in combatting drug smuggling. Recent discoveries of narcotics hidden in eyedrops and drug-infused vapes underscore the need for a more vigilant approach. By identifying these new trends, law enforcement can take targeted action to intercept these disguised substances before they reach the hands of users.

The winter months transform the UAE's golden sand dunes into a playground for relaxation or adventure. However, every adventure should prioritise safety. UAE law enforcement strongly cautions against death-defying desert stunts.

As we pen down our resolutions for the next 365 days, let's see it as a declaration, a commitment to growth. One of the universal yearly resolutions worldwide is to improve fitness and lose excess weight, and in this issue, **999** provides science-backed tips for a fresh start this new year.

Safety and security should always be our commitment to ourselves and those around us. So whether in our adventures, on the roads we travel, or in the decisions we make, safety must be our constant companion.

Wishing you a year filled with security, joy and prosperity!



**Ministry of Interior
United Arab Emirates**

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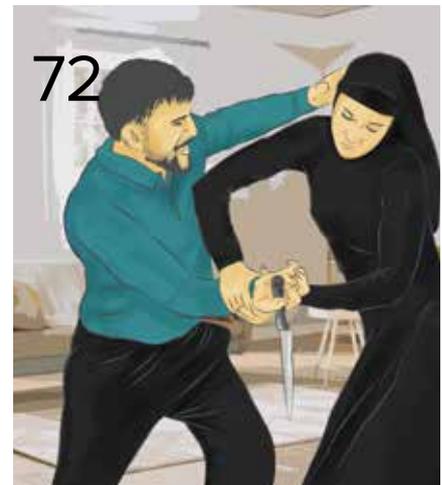
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UAE leaders spearhead 52nd UAE Union Day celebrations



PRESIDENT His Highness Sheikh Mohamed bin Zayed Al Nahyan, His Highness Sheikh Mohammed bin Rashid Al Maktoum, Vice-President and Prime Minister of the UAE and Ruler of Dubai, and His Highness Sheikh Mansour bin Zayed Al Nahyan, Vice-President, Deputy Prime Minister, and Chairman of the Presidential Court, took the lead in commemorating the 52nd UAE Union Day.

In a magnificent display of unity, Emirati tradition, and identity, festive events were held as the UAE hosted of COP28 at Expo City Dubai, and the 'March of the Union' in Al Wathba, Abu Dhabi.

In a statement marking the 52nd UAE Union Day, HH Sheikh Mohamed bin Zayed emphasised: "The people of the UAE are central to our efforts to progress. It is through devotion and

selflessness towards the nation that true accomplishments are realised."

Meanwhile, HH Sheikh Mohammed bin Rashid conveyed optimism about the nation's future, reflecting on the transformative journey of the past 52 years. His Highness said: "Fifty-two years have passed since the Union. It has shaped people and edified buildings, it has upheld its place amongst nations and it has modelled for the people of the Union a bright future."

HH Sheikh Mansour bin Zayed expressed his sincerest congratulations to HH Sheikh Mohamed bin Zayed. "On this national occasion that is dear to all of our hearts, I extend my sincere congratulations and finest expressions of loyalty to President His Highness Sheikh Mohamed bin Zayed Al Nahyan, the captain of the nation's ship who is leading our country, with confidence, towards new heights," said His Highness.

Ahead of the occasion, the UAE pardoned more than 3,400 prisoners.

Mohamed bin Zayed commits \$30 billion for global climate fund



HH Sheikh Mohamed bin Zayed delivers opening speech at COP28

PRESIDENT His Highness Sheikh Mohamed bin Zayed has pledged a substantial \$30 billion (Dhs1.10 trillion) to create a fairer global climate finance system. This came as leaders from nearly 200 countries convened at the recently concluded UN COP28 summit in the UAE last December.

The commitment is earmarked for ALTERRA, the newly launched catalytic climate vehicle aimed at focusing on improving funding accessibility for the Global South.

HH Sheikh Mohamed bin Zayed, in his opening speech at COP28, stated, "I am

pleased to announce the establishment of a \$30 billion fund for global climate solutions. This fund is designed to bridge the climate finance gap."

This positions ALTERRA as the world's largest private investment vehicle for climate change action, to catalyse the raising and investing of \$250 billion (Dhs917.50 billion) globally by 2030.

His Highness highlighted the UAE's existing commitment, stating that the country has already invested \$100 billion (Dhs367 billion) in financing climate action, primarily focusing on renewable and clean energy.

UAE Accountability Authority established for good governance

PRESIDENT His Highness Sheikh Mohamed bin Zayed Al Nahyan has instituted the UAE Accountability Authority, replacing the Supreme Audit Institution as outlined in Federal Decree-Law No. (56) of 2023.

The Authority is set to become the apex body for financial control, auditing, and transparency within the country.

The primary objective of the Authority is to fortify integrity, accountability, and good governance within the federal government and the entities falling under its jurisdiction. This initiative aims to elevate the country's reputation and instil trust in its financial and economic system.

Amongst its core functions, the Authority will undertake the review and

audit of the Consolidated Annual Report of the federal government, offering its expert opinion.

The Decree empowers the Authority to investigate complaints and reports related to misappropriation of funds, conflicts of interest, misuse of authority, amongst other forms of exploitation of public office for personal gain.

Mohammed bin Rashid announces outcomes of national climate action

HIS Highness Sheikh Mohammed bin Rashid Al Maktoum, Vice-President and Prime Minister of the UAE and Ruler of Dubai, led a UAE Cabinet meeting focusing on the country's sustainability efforts and climate action, at Expo City Dubai during the COP28 summit.

The meeting was attended by His Highness Sheikh Mansour bin Zayed Al Nahyan, Vice-President, Deputy Prime Minister, and Chairman of the Presidential Court.

HH Sheikh Mohammed bin Rashid highlighted that over 120 decisions on these issues and natural resource development have been issued in the past five years.

"We reviewed the outcomes of national efforts for sustainability and climate change. In 2023, we issued more than 60 policies, initiatives, and decisions to combat climate change and its impact," stated HH Sheikh Mohammed bin Rashid.

His Highness also announced that the



UAE Cabinet meeting at Expo City Dubai during COP28

UAE ranked second in the Green Future Index 2023's Energy Transition pillar.

The UAE has invested over \$50 billion (Dhs183.50 billion) in renewable energy projects across 70 countries, with an additional \$50 billion commitment over the next decade.

The Cabinet also approved the UAE's 5th National Communication Report for submission to the United Nations Framework Convention on Climate Change, showcasing achievements in the low-carbon development strategy and long-term emission reduction.

Dubai unveils world's largest concentrated solar power project



HH Sheikh Mohammed bin Rashid inaugurates the largest CSP project

HIS Highness Sheikh Mohammed bin Rashid, Vice-President and Prime Minister of the UAE and Ruler of Dubai, officially inaugurated the world's largest concentrated solar park project.

This milestone is part of the Dhs15.78 billion fourth phase of the Mohammed bin Rashid Al Maktoum Solar Park, spanning an expansive 44 square km and featuring a massive capacity of 950 megawatts.

The 4th phase of this mega project is set to provide clean energy to approximately 320,000 households, contributing to an annual reduction of carbon emissions by a staggering 1.6 million tonnes.

This groundbreaking phase features the world's tallest solar tower, standing at an impressive 263 metres, and has the largest thermal energy storage capacity of 5,907 megawatt hours.

Leveraging three hybrid technologies, the project utilises 600 megawatts from a parabolic basin complex, 100 megawatts from the towering solar structure, and an additional 250 megawatts from photovoltaic (PV) solar panels.

Mohammed bin Rashid issues law to form Dubai Investment Fund

HIS Highness Sheikh Mohammed bin Rashid Al Maktoum, Vice-President and Prime Minister of the UAE and Ruler of Dubai, has issued Law No. (25) of 2023, establishing the Dubai Investment Fund (DIF) as an independent entity.

This commercial fund will operate independently, managing Dubai Government funds, surpluses, and reserves both locally and globally. It is deemed to significantly contribute to the Dubai

Government's financial stability, financing deficits, and building strong reserves for long-term sustainability.

With a keen focus on stocks, bonds, and securities to achieve sustainable returns, it aims to diversify income sources while upholding principles of justice, transparency, and fair competition.

In parallel, HH Sheikh Hamdan bin Mohammed bin Rashid Al Maktoum, Crown Prince of Dubai and Chairman of

Dubai Executive Council, issued Dubai Executive Council Resolution No. (94) of 2023 related to the formation of the Fund's Board of Directors chaired by HH Sheikh Maktoum bin Mohammed bin Rashid Al Maktoum, First Deputy Ruler of Dubai. Meanwhile, Abdulrahman Saleh Al Saleh will serve as Vice Chairman of the Board, with Abdulaziz Mohammed Al Mulla, Rashid Ali bin Obood, and Ahmad Ali Meftah as members.

Mansour bin Zayed reviews strategies for national climate action

HIS Highness Sheikh Mansour bin Zayed Al Nahyan, Vice-President, Deputy Prime Minister, and Chairman of the Presidential Court, led a Ministerial Development Council meeting that touched upon a range of legislations and policies designed to bolster and advance the UAE's climate action strategies.

The agenda of the meeting during COP28 encompassed discussions on policies related to clean energy, national strategies dedicated to fortifying the environmental ecosystem of the UAE, and the nation's involvement in global initiatives addressing the pressing issue of climate change.

In addition to climate action, the Council scrutinised legislative matters spanning the industrial, financial, and educational sectors.

Moreover, the meeting included a thorough examination of a report assessing the adherence of government entities and



HH Sheikh Mansour bin Zayed discusses with officials of the Ministerial Development Council

bodies to cybersecurity standards. Updates on the implementation of the Sheikh Zayed Housing Programme's new housing policy, the integration of Artificial Intelligence

applications in government operations, and diverse programmes aimed at enhancing the efficiency of the UAE's labour market were also on the agenda.

'Bani Yas P110' corvette enters UAE Naval Forces' fleet



HH Sheikh Mansour signing the ceremonial 'Bani Yas P110' guest book

HIS Highness Sheikh Mansour bin Zayed Al Nahyan, Vice-President, Deputy Prime Minister, and Chairman of the Presidential Court, has inaugurated the 'Bani Yas P110' corvette, a state-of-the-art vessel designed by French shipbuilder Naval Group.

HH Sheikh Mansour hoisted the UAE flag atop the corvette's mast, marking its formal introduction into the operational fleet of the UAE Naval Forces.

During a tour of the vessel, HH Sheikh Mansour received a detailed briefing on the corvette's assigned tasks and its state-of-the-art technologies to amplify the operational capabilities of the Naval Forces.

The distinguished ceremony was attended by Staff Lieutenant General Engineer Issa Saif Mohammed Al Mazrouei, Chief of Staff of the UAE Armed Forces, and Major General Staff Pilot Sheikh Saeed bin Hamdan bin Mohammed Al Nahyan, Commander of the UAE Naval Forces.

Al Jazira Football Company undergoes board restructuring

HIS Highness Sheikh Mansour bin Zayed Al Nahyan, Vice-President, Deputy Prime Minister and Chairman of the Presidential Court, and President of Al Jazira Sports and Cultural Club, has issued a decision

to restructure the board of directors at Al Jazira Sports Football Company.

Under the newly established framework, Sheikh Mohamed bin Hamdan bin Zayed Al Nahyan will assume the leadership role

as the head of the board. Joining him are members: Mohamed Saif Al Suwaidi, Sultan Al Humairi, Tareq bin Hazeem, and Hamad Al Shabibi, all appointed for a three-year term.

Khaled bin Mohamed bin Zayed approves budget for new Capital projects



HH Sheikh Khaled (centre) during the Abu Dhabi Executive Council's meeting

HIS Highness Sheikh Khaled bin Mohamed bin Zayed Al Nahyan, Crown Prince of Abu Dhabi and Chairman of the Abu Dhabi Executive Council, has approved a budget of more than Dhs65

billion for upcoming projects in the Capital. This came during a recent meeting of the Abu Dhabi Executive Council. HH Sheikh Khaled emphasised the leadership's dedication to prioritising and

activating projects that drive infrastructural development. HH Sheikh Khaled also directed efforts towards conserving Emirati heritage and upholding national identity. This includes increasing awareness of national traditions and empowering local talent within the sector, aiming to embed UAE cultural heritage amongst the youth. Building upon the success of current exhibitions, festivals, and heritage programmes, HH Sheikh Khaled aims to preserve and reinforce national identity and Emirati cultural heritage across all age groups. Moreover, the Council also discussed plans for establishing the Abu Dhabi Hazardous Materials Management Centre. This initiative aims to develop an effective framework for handling hazardous materials, ensuring coordination amongst relevant authorities.

Abu Dhabi Crown Prince attends inauguration of ADSW Summit

HIS Highness Sheikh Khaled bin Mohamed bin Zayed Al Nahyan, Crown Prince of Abu Dhabi and Chairman of Abu Dhabi Executive Council, attended the inauguration of the Abu Dhabi Sustainability Week's (ADSW) Special Edition at COP28, hosted at Expo City Dubai. During his visit, HH Sheikh Khaled underscored the UAE's steadfast commitment to sustainability initiatives, a key aspect of the nation's ongoing development journey.

Emphasising the significance of 2023 as the UAE's Year of Sustainability, themed "Today for Tomorrow", His Highness highlighted the wise leadership's unwavering dedication to championing environmental initiatives. His Highness stressed the importance of encouraging local, regional, and international community cooperation while supporting global efforts to mitigate the impacts of climate change, thereby contributing to a more sustainable future for next generations.



HH Sheikh Khaled (centre) watches a presentation during the ADSW Summit opening

Abu Dhabi Crown Prince tours Green Zone pavilions at COP28

HIS Highness Sheikh Khaled bin Mohamed bin Zayed Al Nahyan, Crown Prince of Abu Dhabi and Chairman of Abu Dhabi Executive Council, visited the Green Zone pavilions at COP28, hosted by the UAE last Nov 30 – Dec 12, 2023. During the visit, HH Sheikh Khaled toured various hubs and pavilions dedicated to sharing insights and solutions that support the global transition to clean energy. One of the highlights of the tour was His Highness's visit to the UAE's House of Sustainability, a pavilion that illuminates the country's environmental history and outlines plans for achieving net-zero goals. HH Sheikh Khaled underscored that the



HH Sheikh Khaled receives a briefing on modern planting techniques

UAE's longstanding commitment to sustainability has positioned it as a leader in promoting the global shift towards clean energy and the reduction

of carbon emissions. The tour also included stops at the pavilions of Abu Dhabi Global Market and Masdar.

Saif bin Zayed honours Faraj Fund partners, supporters



HH Sheikh Saif bin Zayed with Faraj Fund honourees at Expo City Dubai during COP28

HIS Highness Lt General Sheikh Saif bin Zayed Al Nahyan, Deputy Prime Minister and Minister of Interior, led a recognition ceremony to honour partners and supporters of the Ministry's Faraj Fund during COP28 at Expo City Dubai.

In recognition of their significant contributions to the Fund, the Interior Minister awarded community service medals and certificates to the honourees

for their crucial humanitarian and charitable efforts, which play a vital role in assisting financially insolvent inmates and their families.

The ceremony was attended by Major General Staff Khalifa Hareb Al Khaili, Undersecretary at the Mol, Major General Salem Ali Mubarak Al Shamsi, Assistant Undersecretary for Resources and Support Services at the Mol, and His Excellency

Khalil Dawood Badran, Chairman of the Board of Directors of the Faraj Fund. Representatives from both public and private sectors were also present.

In his commendation, HH Sheikh Saif thanked and stressed the role of the honourees in advancing the Fund's mission, fostering values of brotherhood, compassion, tolerance, and community solidarity.

Mol, United Nations bolster climate security at COP28

HIS Highness Lt General Sheikh Saif bin Zayed Al Nahyan, Deputy Prime Minister and Minister of Interior, held meetings with various United Nations officials on the sidelines of COP28.

HH Sheikh Saif bin Zayed met with Ghada Waly, Executive Director of the United Nations Office on Drugs and Crime (UNODC).

The two sides zeroed in on bolstering international efforts in environmental preservation and the crucial role of law enforcement agencies in mitigating risks associated with climate change-related crimes.

COP28 witnessed the active involvement of global law enforcement in advancing the climate change agenda. This collaboration was achieved through the dedicated efforts of the International



HH Sheikh Saif bin Zayed with UNODC Executive Director Ghada Waly

Initiative of Law Enforcement for Climate (I2LEC), working in conjunction with the UAE Ministry of Interior and UNODC.

Meanwhile, the Interior Minister engaged in a discussion with Alexander Zuev, Assistant Secretary-General for the Rule of Law and

Security Institutions at the United Nations.

Their meeting delved into topics aimed at strengthening global initiatives and fostering collaborative international efforts to safeguard communities, particularly in addressing challenges posed by climate change.

Interior Minister boosts security ties with global counterparts



HH Sheikh Saif with Philippine Minister of the Interior and Local Government Benjamin Abalos Jr

HIS Highness Lt General Sheikh Saif bin Zayed Al Nahyan, Deputy Prime Minister and Minister of Interior, met with his counterparts from various nations on the sidelines of COP28.

Notable discussions included a meeting with Benjamin Abalos Jr, Minister of the Interior and Local Government of the Philippines, aiming to strengthen cooperation in the areas of safety and security.

Another meeting with Iman Sulaiman-Ibrahim, Minister of State for Police Affairs of the Federal Republic of Nigeria, focused on the role of law enforcement agencies in addressing environmental crimes.



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Ministry of Interior marks Human Rights Day



Attendees during the Mol's Human Rights Day event held at Ajman Police General Headquarters

THE Ministry of Interior (Mol) celebrated Human Rights Day, marked on 10th December every year, in an event held at the headquarters of Ajman Police General Command.

The event, organised by the Mol's Human Rights Department under the theme "Human Rights in the Face of Climate Change: Towards a Safe Environment", was attended by Major General Staff Khalifa Hareb Al Khaili, Undersecretary at the Ministry of Interior.

Al Khaili affirmed that the UAE, under its visionary leadership, has set an exemplary model in promoting social justice and safeguarding individuals' fundamental rights.

He highlighted the role of the police forces in addressing emerging challenges amidst climate change, adding that the Mol is committed to implementing legislation and

laws that ensure human rights protection against crimes that impact human values.

The celebration was attended by Abdullah Abdul Jabbar Al Majid, Assistant Undersecretary for Support Services at the Ministry of Justice, Fatima Al Kaabi, Deputy Chairman of the National Human Rights Institute, Major General Sheikh Sultan bin Abdullah Al Nuaimi, Commander-in-Chief of Ajman Police, Major General Khalifa Mohammed Mubarak Al Khaili, Director of the Finance and Services sector at Abu Dhabi Police, Brigadier Dr Ali Salem Al Tunaiji, Director General of the Federal Central Operations at the Mol, and Brigadier Mohamed Ali Al Shehhi, Director of the Human Rights Department at the Mol, along with several police officers and guests.

As part of the event, a Ghaf tree planting

was held. An exhibition featuring police environmental projects and initiatives, heritage displays, and a video highlighting the Ministry of Interior's efforts in human rights protection was also mounted.

Another highlight was the launch of an Mol publication in the field of human rights.

Moreover, a panel discussion took place, featuring insights from Dr Salem Al Habsi, Director of Crisis and Disaster Management at the Mol, Major Noha Obeid Jumaa from the Civil Defence General Command at the Mol, Engineer Reem Yaqoub Yusuf from the Fujairah Research Centre, Anoud Al Yamahi, a member of the Interior Youth Council, and Salama Al Tunaiji from the UAE Children's Parliament. The discussion was moderated by Major Fahd Haikal from the Human Rights Department at the Mol.

Badran lauds Dubai Islamic Bank's donation to Faraj Fund

HIS Excellency Khalil Dawood Badran, Chairman of the Board of Directors of the Faraj Fund, has lauded Dubai Islamic Bank for its philanthropic effort of donating Dhs6 million to the Fund.

This contribution supported the Faraj Fund's "Farajat" initiative, which aided the release of 90 financially insolvent inmates from penal and correctional institutions across the country.

The initiative coincided with the 52nd UAE Union Day celebrations.

Badran conveyed his appreciation to Dubai Islamic Bank for its unwavering

support, which significantly contributes to the Fund's mission of assisting inmates and their families in penal and correctional institutions.

He commended Dubai Islamic Bank's dedication to community partnerships, highlighting its role as a national institution in promoting solidarity work and supporting charitable projects.

For its part, Dubai Islamic Bank reaffirmed its relentless commitment to continue its partnership with the Ministry of Interior's Faraj Fund as well as its other initiatives that aim to enhance the quality of life in the UAE society.



Badran

Al Mazrouei stresses on integrated system to boost security



Al Mazrouei

MAJOR General Staff Pilot Faris Khalaf Al Mazrouei, Commander-in-Chief of Abu Dhabi Police, conveyed his gratitude for the wise leadership's support to advance the police force's integrated system to boost security.

On Arab Police Day, observed annually on 18th December, Al Mazrouei stressed the need to fortify collaboration amongst Arab police and security agencies to effectively address security challenges, build community partnerships against crime, and establish a practical crime prevention model

for Arab communities.

Al Mazrouei praised the wise leadership's support in adopting the latest security technology and top-notch monitoring systems.

He highlighted the UAE's achievements in international reports on safety and quality of life, solidifying the country's global reputation.

Commending police personnel, Al Mazrouei emphasised their shared responsibility with the community in maintaining safety and security.

'We Are All Police' graduates reach 4,000 mark in 2023



Volunteer Fatheya Qasim Al Nazari, the first female volunteer at "We Are All Police", receives membership number 1975, symbolising the initiative's launch year

ABU Dhabi Police reached a significant milestone in its 'We Are All Police' initiative as the number of graduates reached 4,003 in 2023.

This milestone was achieved during the graduation of the 13th batch of the 'We Are All Police' programme, coinciding with International Volunteer Day, which is marked on 5th December every year.

Major General Staff Pilot Faris Khalaf Al Mazrouei, Commander-in-Chief of Abu Dhabi Police, conveyed his appreciation for the outstanding efforts of the graduates.

He praised their sense of responsibility in maintaining the safety and security of the UAE society.

The 'We Are All Police' initiative, said Al Mazrouei, has effectively increased awareness of the role of the community in crime prevention.

Al Mazrouei commended the visionary leadership for their steadfast support in nurturing a sense of community spirit in volunteer and humanitarian activities.

The graduation ceremony of the 13th batch of the 'We Are All Police' programme was held at the Administrative Complex. The event was attended by Brigadier Ahmed Masoud Al Mazrouei, Director of the Community Security Sector at Abu Dhabi Police, and Brigadier Dr Hammoud Saeed Al Afari, Director of the Community Police Department at Abu Dhabi Police, Abu Dhabi Police officials, media representatives, "We Are All Police" members, and volunteer families.

The event included the graduation of the first batch of youth volunteers (under the age of 18) who have completed volunteering

hours as part of their school requirements.

Volunteer Fatheya Qasim Al Nazari was honoured as the first female volunteer in the UAE, and was granted membership number 1975 in "We Are All Police". The number symbolises the year of the initiative's launch.

Volunteer Nabeela Hriz was honoured for winning the Ministry of Interior Excellence Award in the "Community Service" category.

Moreover, 31 volunteer families were also honoured, along with several media representatives and partners.

Brigadier Al Mazrouei congratulated the graduates for their outstanding service in the initiative. He highlighted its success in meeting the goals of Abu Dhabi Police. In 2023, the police force earned three international recognitions.

Dubai Police pioneer high-performance e-vehicle battery

THE Office of the Deputy Chairman of Police and Public Security in Dubai has partnered with the Safe City Group, along with various specialised technological leaders to develop custom-tailored batteries for electric vehicles to match the environmental and weather conditions of the UAE.

This initiative was announced by Major General Engineer Waleed Al Mannai, General Manager of the Local and Federal Development and Innovation in the Office of the Deputy Chairman of Police and Public Security in Dubai.

Al Mannai underscored that the initiative to develop and manufacture these high-performance, long-lasting batteries stems from the visionary idea put forth by Lieutenant General Dhahi Khalfan Tamim, Deputy Chairman of Police and Public Security in Dubai.

Dhahi Khalfan led in-depth research and studies to enhance existing batteries available in the markets, focusing on improving battery lifespan.

The development and manufacturing

process is closely monitored, ensuring a rigorous standard. This locally-developed cutting-edge technology is poised to become widely accessible.

Al Mannai highlighted that the safety features of these batteries include unique components that prevent thermal runaway and render them fire-resistant. These batteries boast an impressive lifespan of up to 50 years, a significant advancement compared to conventional alternatives.

Ajman Police's department recognised for performance excellence

MAJOR General Sheikh Sultan bin Abdullah Al Nuaimi, Commander-in-Chief of Ajman Police, commended the notable achievements of the Strategic Management and Performance Development Department.

He praised the department's unwavering dedication to elevating organisational performance quality and meeting strategic indicators and national agenda benchmarks.

The recognition took place during his inspection tour at the police department. The event was attended by Brigadier Ali Obaid Al Shamsi, Director General of Resources and Support Services at Ajman Police, Colonel Saif Abdullah Al Falasi, Director of the Strategy and Performance Development Department at Ajman Police, and various other officers.

During the recognition ceremony, Al Nuaimi praised the department's exceptional performance, which led to the acquisition of



Sultan Al Nuaimi (centre) during his inspection visit at the Strategic Management and Performance Development Department

18 awards and recognitions in 2023.

Moreover, six police stations in the Emirate of Ajman earned a coveted 5-star rating within the Global Star Rating system for services. The

General Command of Police achieved recognition with an Excellence Certificate in Idea and Innovation Management, securing a spot in the platinum category.

Al Shamsi lauds Sharjah Ruler's support for security

MAJOR General Saif Al Zari Al Shamsi, Commander-in-Chief of Sharjah Police, praised the unwavering support provided by His Highness Sheikh Dr Sultan bin Muhammad Al Qasimi, Member of the Federal Supreme Council and Ruler of Sharjah, in maintaining safety and security in the emirate.

Al Shamsi stated that, with this support, Sharjah has evolved into a haven for a high quality of life for citizens, residents, and visitors alike.

He highlighted Sharjah Police's latest achievement in the area of safety and security — a notable drop in the road fatality rate in 2023 to 1.33 deaths per 100,000 population in the emirate. The police force also reduced the emergency response time to 3.5 minutes.

Al Shamsi said that the security system in the emirate is witnessing continuous development, in line with the strategies of the Ministry of Interior and the wise leadership's directives.

RAK Police conclude annual shooting training programme

MAJOR General Ali Abdullah bin Alwan Al Nuaimi, Commander-in-Chief of Ras Al Khaimah Police, attended the closing ceremony of the annual shooting training programme for the year 2023.

The event was held at the shooting range in the Al Sewaan area in Ras Al Khaimah, in the presence of Brigadier Jamal Ahmad Al Tayer, Deputy Commander-in-Chief of Ras Al Khaimah Police, along with directors general, department heads, and senior officers.

The ceremony included a comprehensive overview of the missions of the K9 Search and Rescue Dogs Unit affiliated with Ras Al Khaimah Police.

During the event, the K9 Search and Rescue Dogs Unit showcased exceptional exhibition skills. Meanwhile, the band performed traditional Emirati music.

Al Marri bolsters police cooperation with UNDRR

LIEUTENANT General Abdullah Khalifa Al Marri, Commander-in-Chief of Dubai Police, met with Mami Mizutori, Special Representative of the United Nations Secretary-General for Disaster Risk Reduction, and Head of the United Nations Office for Disaster Risk Reduction (UNDRR), along with her accompanying delegation, at the Dubai Police General Headquarters.

During their meeting, Al Marri highlighted Dubai Police's dedication to building stronger cooperation, knowledge exchange, and sharing best practices with local and international organisations. He stressed the importance of collaboration in addressing challenges posed by climate change.

For her part, Mizutori affirmed the UN's commitment to cooperating with the UAE, aiming to bolster partnerships in shared areas of global climate action.

Al Marri toured the delegation to the Command-and-Control Centre in the General Operations Department, providing insights



Al Marri and Mizutori, along with her accompanying delegation, watch a presentation at Dubai Police General Headquarters

into the system's operations and the latest services and initiatives enhancing security and safety in the Emirate of Dubai.

The delegation took stock of the centre's facilities, including recent additions like a 3D map, patrol management, and monitoring system. These advancements aim to achieve

Dubai Police's goal of a rapid response to reports and distress calls.

The delegation was also briefed on the "Efaad", an interactive educational platform that aims to enhance cooperation with different educational institutions and training centres.

Al Kaabi commends National Ambulance's exemplary efforts



Al Kaabi (centre) during a meeting with the National Ambulance CEO and Brigadier Al-Tunaiji

MAJOR General Mohammed bin Ghanem Al Kaabi, Commander-in-Chief of Fujairah Police, commended National Ambulance for their exemplary efforts under the new leadership of the National Guard.

In an event, he underscored the importance of continuous cooperation and

coordination between Fujairah Police and National Ambulance, emphasising their shared commitment to ensuring the security, safety, and well-being of society.

The event, which was part of National Ambulance's visits to unveil its new corporate identity, gathered strategic partners within the emergency sector.

The gathering was also aimed at exploring collaboration and coordination, focusing on enhancing performance and upholding the highest standards in emergency services throughout the emirate.

The event was attended by Mohammed Salem Hboush, CEO of National Ambulance; Brigadier Mohammed bin Nayeh Al-Tunaiji, Deputy Commander-in-Chief of the Fujairah Police; representatives from the National Emergency Crisis and Disaster Management Authority, and the Ministry of Health and Prevention; as well as senior officers and officials from both parties.

National Ambulance operates under the National Guard Command, delivering urgent pre-hospital care in the Northern Emirates. Accessible through the dedicated 998 emergency ambulance number, National Ambulance employs an advanced fleet and qualified medics.

UAQ Police extend 50 per cent reduction in traffic fines

UMM Al Quwain Police have extended its initiative to reduce traffic violations by 50 per cent until 7th January 2024.

The Traffic and Patrols Department at Umm Al Quwain Police urged drivers and vehicle owners to take advantage of the decision to reduce

violations, settle their status before the specified period ends, and adhere to traffic regulations and laws to avoid violations and fatal accidents.

1st

UAE's ranking in the Middle East and North Africa region and 2nd globally in the energy transition pillar of the 2023 Green Future Index, a research programme by MIT Technology Review Insights. With a score of 5.31, the UAE is second only to Iceland, which scored 5.42 in terms of renewable energy growth.

1st

UAE's ranking in the Arab World and 31st globally in the Global Trade Resilience Index (GTRI 2023), which measures countries' state of trade networks and trade shock resiliency. This is credited to the UAE's business-friendly environment, diverse trade partners, top-notch infrastructure, and efficient logistics and customs.

1st

UAE's ranking in the Middle East and 4th globally as a leading destination for remote work, according to the Digital Nomad Visa Index released by VisaGuide.World. The list ranked countries based on factors including active visa availability, Internet speed, and taxation policies, amongst others.

1st

UAE's ranking in terms of the number of homegrown banks that secured spots in "The Banker" magazine's list of Top 100 Arab Banks. The UAE secured 18 banks in the top 100, holding the highest record in the region. Egypt follows with 11 banks, while Saudi Arabia and Bahrain each have 10.

1st

UAE's top spot in the Arab World and 5th globally in terms of air transport quality, as highlighted in the IMD World Competitiveness Booklet 2023 issued by the World Competitiveness Centre of the World Institute for Management Development.

BE IN THE LOOP

MOI PARTICIPATES IN 47TH ARAB POLICE AND SECURITY CHIEFS CONFERENCE



The Ministry of Interior (MoI) participated in the 47th Arab Police and Security Chiefs Conference hosted by the Kingdom of Morocco. Led by Major General Staff Pilot Faris Khalaf Al Mazrouei, Commander-in-Chief of Abu Dhabi Police, the MoI delegation contributed to discussions on enhancing cooperation and coordination for bolstering Arab World security. The conference also explored the application of modern technology in tackling transnational crimes.

MOI's INNOVATION CENTRE ACHIEVES GLOBAL CERTIFICATION



The Ministry of Interior's Innovation Centre has earned the prestigious Accredited Innovation Laboratory (AInL) certification from the Global Innovation Institute (GInI). This highlights the Centre's exceptional commitment to high standards of innovation. Focused on enhancing public satisfaction, the Centre prioritises delivering administrative services with excellence in quality, efficiency, and transparency.

MOI'S CHILD PROTECTION CENTRE CONDUCTS TRAINING WORKSHOP



The Ministry of Interior's (MoI) Child Protection Centre organised a workshop at Ajman's Teacher Training Centre. Participated by the Emirates Foundation for School Education's Child Protection Unit, the session addressed ways to tackle child abuse, cyberbullying, and online exploitation, highlighting strategies for child welfare and online safety. The workshop also introduced the Centre's smart system, including the hotline (116111), the Hemayati app, and electronic reporting via the website.

الاحتفال باليوم
الوطني

We take immense pride and great pleasure in extending
our sincerest congratulations and best wishes to

His Highness Sheikh

Mohamed bin Zayed Al Nahyan

President of the UAE

His Highness Sheikh

Mohammed bin Rashid Al Maktoum

Vice-President and Prime Minister of the UAE and Ruler of Dubai

and Their Highnesses Members of the Supreme Council and Rulers of the Emirates

and to the people of the UAE

On the occasion of the 52nd Union Day

بنك أبوظبي التجاري

ADCB



UAE NEWS BULLETIN

POLICE NEWS, PEOPLE, NUMBERS AND EVENTS

ABU DHABI



Abu Dhabi Police

DHS50,000

Abu Dhabi Police issued a stern warning against distracted driving. Drivers causing serious road accidents face a hefty penalty of Dhs50,000 for the release of impounded vehicles. The warning was reiterated in a shocking crash video released online by the police force, showing a reckless driver violating multiple traffic rules within seconds.

AJMAN



Ajman Police

500
AED درهم

غرامة إيقاف المركبة على
ممر عبور المشاة
Stopping at pedestrian
crossings

DHS500

Ajman Police have warned against drivers stopping at pedestrian crossings, stressing that this traffic violation incurs a Dhs500 traffic fine. As part of the "Pedestrian Safety" campaign, the police force reiterated that drivers must respect pedestrian lanes for overall traffic safety.

DUBAI



Dubai Customs

8.9KG

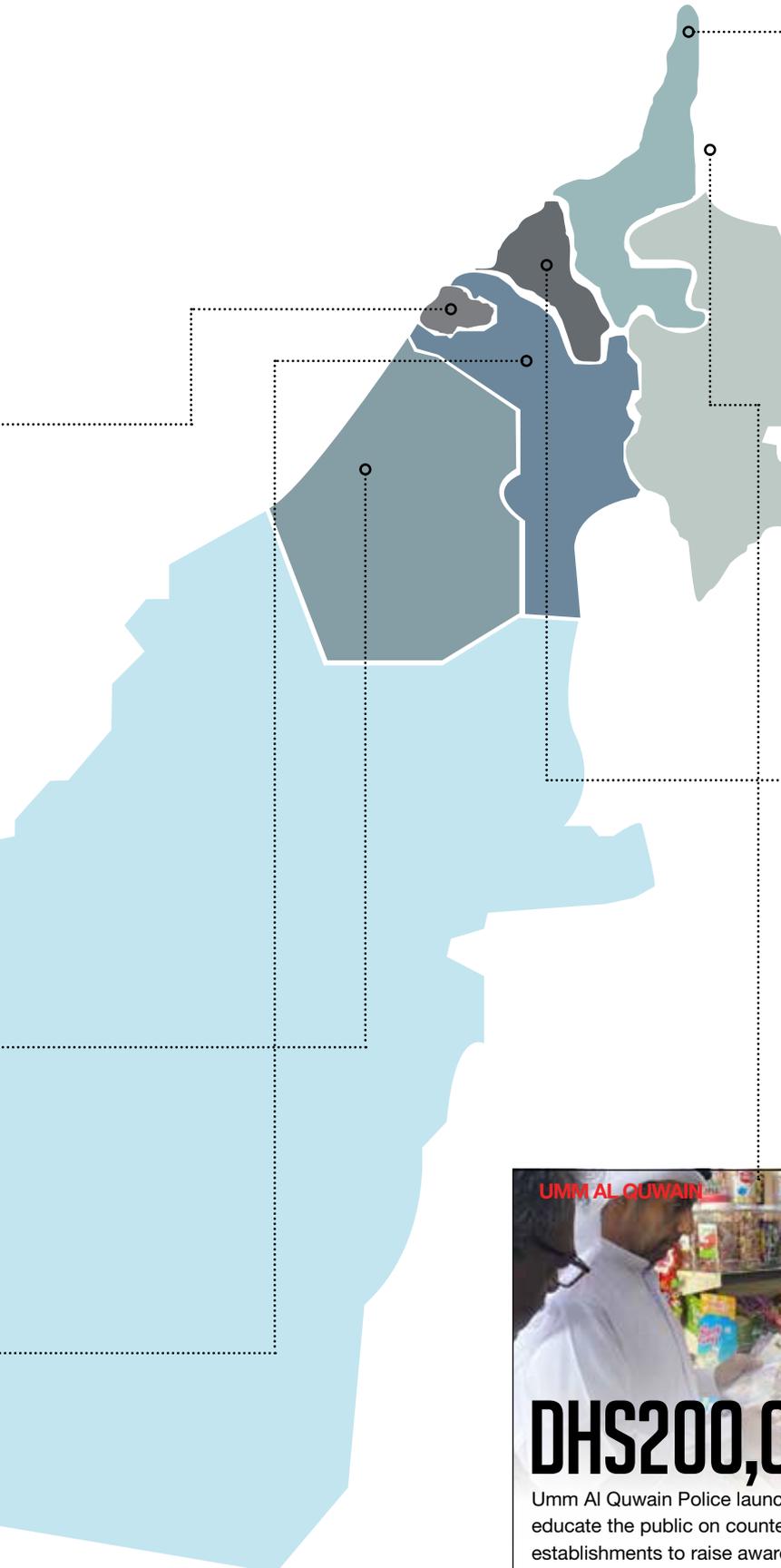
Dubai Customs intercepted a man at Dubai International Airport smuggling 8.9 kg of marijuana disguised as henna powder into the UAE. Officers flagged his unusually heavy bag, conducted a thorough search, and discovered the illegal substances in a plastic bag. The traveller was detained, facing legal action.

RAS AL KHAIMAH



6 MONTHS

A Ras Al Khaimah court has sentenced an Asian individual to six months in jail, followed by deportation, for e-fraud. The accused, along with seven others previously sentenced by the Public Prosecution, manipulated phone service contracts by fraudulently obtaining victims' account information. They utilised a data reader to unlawfully subscribe to and profit from telecommunications services.



FUJAIRAH



DHS3,000

The Fujairah Federal Court sentenced a woman to two months in jail and a Dhs3,000 fine for assaulting a man, causing over 20 days of work loss due to injuries. The man presented a medical report detailing scratches on his face, forehead, left ear, and neck. Despite the woman's self-defence claim, the court found no evidence to support it.

SHARJAH



DHS104 MILLION

The Anti-Narcotics Department at Sharjah Police apprehended 551 drug traffickers and peddlers from January to November 2023. The confiscated illicit drugs and substances, with a street value exceeding Dhs104 million, comprised 1,051,000 kg of hashish, heroin, and crystal meth, along with 7,080,000 kg of various drugs and psychotropic substances.

UMM AL QUWAIN



DHS200,000

Umm Al Quwain Police launched a campaign to educate the public on counterfeit currencies, visiting establishments to raise awareness. According to the Federal Public Prosecution, those involved in currency forgery could face temporary or life imprisonment and a fine of at least Dhs200,000.

DAWN OF CHANGE

COP28 CONCLUDED WITH HISTORIC COMMITMENTS TO COMBAT CLIMATE CHANGE, DRIVING A GLOBAL SHIFT AWAY FROM FOSSIL FUELS, SETTING THE PACE FOR A NEW ERA IN CLIMATE ACTION AND ACCELERATING RENEWABLE ENERGY ADOPTION. **999** DELVES INTO HOW THE 'UAE CONSENSUS' LAYS THE FOUNDATION FOR A RAPID, JUST, AND EQUITABLE TRANSITION TOWARDS A SUSTAINABLE FUTURE

BY ABDUL WASEY





2020 UAE

“ The COP28 conference produced significant results, and we will continue to work hand-in-hand with the global community to advance all efforts aimed at securing a more sustainable future for our planet and its people



HH SHEIKH MOHAMED BIN ZAYED AL NAHYAN
President of the United Arab Emirates

“ We welcome the final announcement of the ‘UAE Consensus’ of the COP28 conference, and we value international cooperation and global consensus for the success of the conference, which was able to produce a set of global declarations and pledges for the first time



HH SHEIKH MOHAMMED BIN RASHID AL MAKTOUM
Vice-President and Prime Minister of the UAE and Ruler of Dubai

The year 2023 ended on a remarkably upbeat note. The United Nations Climate Change Conference (COP28) hosted by the UAE has adopted a clear roadmap for “transitioning away from fossil fuels”, a first in the nearly 30-year history of the UN climate conference.

The COP28 summit, which saw the participation of 85,000 attendees, secured a groundbreaking agreement. Notably, it signals the “beginning of the end” of the fossil fuel era. It also laid the foundation for a rapid, just, and equitable transition marked by substantial greenhouse gas emissions cuts and enhanced financial support.

Fossil fuels are the biggest contributor to global climate change. It is responsible

for over 75 per cent of worldwide emissions and nearly 90 per cent of total carbon dioxide emissions.

Currently, the Earth is experiencing a more rapid warming than any other recorded period in history. The UN Environment Programme’s Emissions Gap Report 2023 highlighted that greenhouse gas emissions had soared to new heights, with temperature records frequently being surpassed.

The October 2023 Global Climate Report of the National Centers for Environmental Information showed that 2023 was amongst the warmest years ever recorded. The global surface temperature for the year to date was the highest in the 174-year record, exceeding the previous record set in 2016.





HH Sheikh Mohamed bin Zayed delivers welcome remarks at COP28 opening

IISD/ENB | Mike Muzurkisa

This temperature rise was evident in both the Northern and Southern Hemispheres, with regions such as South America, Africa, and Europe experiencing their warmest year-to-date periods. Also, the Arctic region experienced its fifth-warmest January–October period on record.

Amidst clear signs of climate change’s widespread impact across various continents and regions, negotiators from 198 parties reached a consensus on the world’s first “Global Stocktake” – a framework aimed at intensifying climate action before 2030.

This ambitious agreement, celebrated as the “UAE Consensus”, has charted a definitive course towards limiting the global temperature increase

to 1.5°C, heralding a new era of environmental accountability.

UAE CONSENSUS

The “UAE Consensus” was born out of a year of inclusive diplomatic efforts and two intensive weeks of negotiations. It showcases the COP28 Presidency’s dedication to formulating a robust response to the Global Stocktake. This agreement harmonises with the core objectives of the Paris Agreement, and lays down clear commitments by the parties towards achieving net zero.

Equally important, it urges the parties to present comprehensive Nationally Determined Contributions (NDCs), and establishes specific goals to triple renewable energy sources and double

energy efficiency by the year 2030. A crucial element of the consensus is its emphasis on devising new frameworks for climate finance.

Reflecting on the summit’s success, President His Highness Sheikh Mohamed bin Zayed Al Nahyan remarked: “The COP28 conference produced significant results, and we will continue to work hand-in-hand with the global community to advance all efforts aimed at securing a more sustainable future for our planet and its people.”

His Highness Sheikh Mohammed bin Rashid Al Maktoum, Vice-President and Prime Minister of the UAE and Ruler of Dubai, praised the conference’s outcomes, saying: “We welcome the final announcement of the ‘UAE Consensus’

of the COP28 conference, and we value international cooperation and global consensus for the success of the conference, which was able to produce a set of global declarations and pledges for the first time and able to raise \$85 billion (Dhs312 billion) to launch a new era of global climate action.”

OUR NORTH STAR

His Excellency Dr Sultan bin Ahmed Al Jaber, UAE’s Minister of Industry and Advanced Technology and COP28 President-Designate, expressed pride in this historic achievement in his closing speech.

“The world needed to find a new way. By following our North Star, we have found that path. We have delivered a comprehensive response to the Global Stocktake and all the other mandates,” Al Jaber said, underscoring the hard work and collective effort that went into securing a better future for both people and the planet.

“We delivered world first after world first. A global goal to triple renewables and double energy efficiency. Declarations on agriculture, food and health. More oil and gas companies stepping up for the first time on methane and emissions. And we have language on fossil fuels in our final agreement,” said Al Jaber.

The COP28 summit, under UAE’s leadership, was distinct in its approach. There was a deliberate move towards inclusivity, which proved crucial in crafting a balanced plan that not only addresses emissions but also bridges the gap in

“ The world needed to find a new way. By following our North Star, we have found that path. We have delivered a comprehensive response to the Global Stocktake and all the other mandates



HE DR SULTAN AL JABER

Minister of Industry and Advanced Technology and COP28 President-Designate

“ We will continue to build on the momentum achieved at COP28 because we believe in action and implementation to ensure that the UAE Consensus marks a real turning point for humanity and for our future generations



HE MARIAM BINT MOHAMMED ALMHEIRI

Minister of Climate Change and Environment

adaptation strategies.

The event has set a common platform that has, in effect, reconfigured global finance for climate action, and provided loss-and-damage solutions.

Her Excellency Mariam bint Mohammed Almheiri, Minister of Climate Change and Environment, said: “We will continue to build on the momentum achieved at COP28 because we believe in action and implementation to ensure that the UAE

Consensus marks a real turning point for humanity and for our future generations.”

END OF AN ERA

A key aspect of COP28 was the comprehensive assessment covering every negotiated element, forming a blueprint for countries to enhance their climate action plans by 2025.

The summit recognised the scientific necessity to reduce global greenhouse



COP28 delegates celebrating the adoption of the UAE Consensus



COP28 President-Designate Al Jaber applauding the UAE Consensus

COP PRESIDENT

gas emissions by 43 per cent by 2030, relative to 2019 levels, to stay within the 1.5°C threshold.

COP28 concluded with a landmark decision to shift away from fossil fuels, rallying an impressive array of voluntary pledges and initiatives. This underscored a global commitment to robust climate action, with over \$85 billion (Dhs312 billion), 11 pledges, and declarations made during the two-week negotiation period, marking a substantial step forward in combating climate change.

António Guterres, UN Secretary-General, noted that acknowledging the primary contributor to climate change took many years due to previous discussions being hindered. He emphasised the need for a just and equitable end to the era of fossil fuels.

“To those who opposed a clear reference to a phaseout of fossil fuels in the COP28 text, I want to say that a fossil fuel phaseout is inevitable whether they like it or not. Let’s hope it doesn’t come too late,” said Guterres.

‘A LIFELINE, NOT A FINISH LINE’

Simon Stiell, UN Climate Change Executive Secretary, declared that COP28 marked genuine progress. The initiatives announced in the UAE, he pointed out, would serve as “a climate action lifeline, not a finish line”. Stiell emphasised that the Global Stocktake, designed to align national climate plans with the Paris Agreement, highlighted that progress, while not swift enough, was undeniably gaining momentum.

Despite this, Stiell cautioned that the current trajectory was leading to just under 3°C of global warming, potentially resulting in significant human suffering. He stressed that COP28 needed to make a more substantial impact, particularly in addressing the core climate problem of “fossil fuels and their planet-burning pollution”.

While recognising that there is still a considerable journey ahead to fully

“To those who opposed a clear reference to a phaseout of fossil fuels in the COP28 text, I want to say that a fossil fuel phaseout is inevitable whether they like it or not. Let’s hope it doesn’t come too late



ANTÓNIO GUTERRES
Secretary-General of the United Nations

COP28
UAE

ACTION BUILDS HOPE

CLIMATE FINANCE: COMMITMENT COUNTER

Source: United Nations

ENERGY

\$6.8

BILLION

FINANCE

\$61.8

BILLION

LIVES & LIVELIHOOD

\$8.7

BILLION

INCLUSION

\$1.7

BILLION

GREEN CLIMATE FUND (GCF)

\$12.8

BILLION

LOSS & DAMAGE

\$792

MILLION

ADAPTATION FUND

\$166

MILLION

LEAST DEVELOPED COUNTRIES FUND

\$129

MILLION

SPECIAL CLIMATE CHANGE FUND

\$31

MILLION

OVER \$85 BILLION COMMITTED TO SAVE THE PLANET

“While we didn’t turn the page on the fossil fuel era in Dubai, this outcome is the beginning of the end. Now, all governments and businesses need to turn these pledges into real-economy outcomes, without delay



SIMON STIELL

UN Climate Change Executive Secretary

A SNAPSHOT OF WHAT HAPPENS NEXT

- The upcoming set of national climate action plans, known as Nationally Determined Contributions, is slated for 2025. During this time, countries are anticipated to significantly enhance their actions and commitments.
- Azerbaijan secured the role of the official host for COP29, scheduled for November 11 to 22 next year, after gaining support from Eastern European states due to Armenia’s withdrawal of its bid.
- Brazil has extended an invitation to host COP30 in the Amazon in 2025.

address the fossil fuel issue, he stressed the importance of sustained efforts to increase ambition and take decisive climate action in the crucial years ahead. “This agreement is an ambitious floor, not a ceiling. So, the crucial years ahead must keep ramping up ambition and climate action,” said Stiell.

Commenting on the Global Stocktake results, Stiell stated: “While we didn’t turn the page on the fossil fuel era in Dubai, this outcome is the beginning of the end. Now, all governments and businesses need to turn these pledges into real-economy outcomes, without delay.”

LOSS AND DAMAGE FUND AND RESILIENCE

The summit introduced the “Loss and Damage” fund, aimed at aiding vulnerable nations impacted by climate disasters. Garnering about \$792 million (Dhs2.9 billion) in pledges, this fund targets countries disproportionately affected by climate change, like those facing droughts, floods, and rising sea levels, despite their low emissions.

It focuses on climate migrants and inhabitants of informal settlements, particularly in densely-populated cities within the rapidly urbanising Global South.

These communities are the primary beneficiaries. Additionally, the Green Climate Fund, supporting developing

countries in climate action, received a substantial \$12.8 billion (Dhs46.9 billion), including a \$3 billion (Dhs11 billion) pledge from the United States.

The deployment of renewable energy has experienced a significant surge globally in recent years. However, the challenge of energy storage remains a critical issue. To reach COP28’s ambitious target of 10,000 GW by 2030, increased investment was essential, particularly in developing nations where funding was often limited.

In response to this need, a total of 132 countries have committed to tripling global renewable energy capacity by 2030 and doubling the annual rate of energy efficiency improvements. This goal, underscored in the final outcomes of COP28, signals a global shift towards sustainable energy solutions.

Additionally, a noteworthy development at the summit involved over 20 countries, led by the US, advocating for a tripling of the world’s nuclear energy capacity by 2050.

The Powering Past Coal Alliance at COP28 welcomed over 10 new members, including the United States and the UAE. This brought the commitment to over 80 per cent of OECD and European Union countries.

Colombia, a major fossil fuel producer, joined the Fossil Fuel Non-Proliferation Treaty Initiative, spearheaded by climate-vulnerable island nations.

FOOD AND FARMING

Nearly 160 countries at COP28 agreed to prioritise food and agriculture systems in their national climate plans, acknowledging the significant role of food systems in greenhouse gas emissions.

The conference’s final text urged all parties to increase sustainable and regenerative production to prevent land degradation and “equitable access to adequate food and nutrition for all.”

Furthermore, over 140 countries signed a declaration to put health at the forefront of climate action. This declaration focuses on intensifying efforts to address climate-related health impacts, an urgent issue as millions annually are affected by polluted air and extreme weather events.



United Nations

Delegates at the Global Stocktake at COP28

KEY ACHIEVEMENTS

LAUNCH OF ALTÉRRA

The UAE unveiled ALTÉRRA, a \$30 billion (Dhs110 billion) catalytic private finance vehicle. This ambitious project aims to mobilise a total of \$250 billion (Dhs917.5 billion) for global climate action, marking a substantial investment in sustainable development.

COP28 UAE DECLARATION ON CLIMATE AND HEALTH

Endorsed by 144 countries, this declaration aims to accelerate the development of climate-resilient, sustainable, and equitable health systems, acknowledging the critical link between climate change and public health.

OIL AND GAS DECARBONISATION CHARTER (OGDC)

With 52 companies, representing over 40 per cent of global oil production, committing to this charter, it represents a significant move towards reducing methane emissions, ending routine flaring, and achieving net-zero operations by 2050.

COP28 UAE DECLARATION ON AGRICULTURE, FOOD, CLIMATE

This declaration focuses on integrating sustainable agriculture and food systems into climate action strategies. It has garnered support from 158 countries, reflecting a global consensus on the importance of sustainable agricultural practices in combating climate change.

COALITION FOR HIGH AMBITION MULTILEVEL PARTNERSHIPS (CHAMP) PLEDGE

Endorsed by 67 countries, the CHAMP Pledge aims to enhance the role of sub-national leaders in climate-related decision-making, highlighting the importance of multi-level governance in climate action.

GLOBAL YOUTH STATEMENT RECEIPT

Emphasising youth engagement and inclusion, the COP28 Presidency received the Global Youth Statement, which encapsulates the climate policy demands of children and youth from over 160 countries. This initiative, led by Shamma Al Mazrui, the first official Youth Climate Champion, underscores the critical role of youth in shaping future climate policies.

GLOBAL DECARBONISATION ACCELERATOR (GDA)

A series of landmark energy initiatives across public and private sectors designed to expedite the energy transition. These initiatives emphasise the importance of a collaborative approach involving various stakeholders in the energy sector.

GLOBAL RENEWABLES AND ENERGY EFFICIENCY PLEDGE

Endorsed by 132 countries, this pledge sets an ambitious target to triple worldwide installed renewable energy generation capacity to at least 11,000 gigawatts and double the global average annual rate of energy efficiency improvements by 2030.





Additionally, a commitment from over 60 nations aims to reduce emissions from cooling equipment by 68 per cent globally by 2050. This initiative addresses the growing demand for energy-intensive air conditioning and refrigeration, especially critical amid rising global temperatures.

UAE’S CLIMATE INVESTMENT FUND

The UAE’s announcement of a \$30-billion investment (Dhs110 billion) in ALTÉRRRA, a new private climate investment fund, marks a major development at COP28. This fund is designed to target climate projects in the developing world, with the ambition of stimulating a total investment of \$250 billion (Dhs917 billion) by 2030.

This initiative, along with others presented at COP28, underscored a multilateral approach to climate action. Countries and organisations have committed to addressing various aspects of the climate challenge – including the transition to renewable energy, and

improvements in food systems and health. These commitments and pledges made at the summit are crucial steps towards a more sustainable and climate-resilient future.

BRIDGING CLIMATE ACTION GAPS

COP28 exemplified a collective resolve to bridge the gaps leading up to 2030. The gathering of world leaders, civil society members, businesses, Indigenous Peoples, youth, philanthropic organisations, and international bodies highlighted the importance of collaborative efforts to brainstorm solutions and foster partnerships.

Key decisions at COP28 reinforced the vital role of engaging all stakeholders in climate action. This includes initiatives such as the Action for Climate Empowerment and the Gender Action Plan. The Global Climate Action space at the summit provided a venue for showcasing practical climate solutions, underscoring the need for collaboration

between governments and key players.

COP28 also laid the foundations for the implementation of the Paris Agreement under an ‘enhanced transparency framework.’ Discussions at COP28 have set the stage for future conferences, including COP29 in Azerbaijan, ensuring the continuation of global momentum in climate action.

LOOKING AHEAD

The outcomes of COP28 are pivotal for the urgent and collaborative response required to tackle the climate crisis. The summit not only set ambitious targets but also emphasised the need for turning pledges into tangible actions.

This is vital for securing a sustainable and resilient future for all.

“An agreement is only as effective as its implementation. This historic consensus marks just the beginning of the journey,” Al Jaber remarked, highlighting the ongoing commitment required post-COP28.



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UAE NATIONAL DAY

We take immense pride and great pleasure in extending
our sincere congratulation and best wishes to

Their Highnesses

Members of the Supreme Council and Rulers of the Emirates
and to the people of the UAE

On the occasion of the 52nd Union Day



لاري للصرافة
LARI EXCHANGE



FIGHTING THE FEAR OF FAILURE

Ali Obaid is a veteran Emirati commentator, journalist, and writer on local issues

Failure isn't fatal. The resilient few who dare to face the unknown, conquer fear, and turn adversity into triumph reveal the boundless potential within life's challenges

Failure is not the end of the world. Those who never experience failure are the ones who have not taken risks at some point in their lives. Surrendering to failure is more dangerous than failure itself. Daring to venture is a characteristic of the strong. Therefore, those who embrace the spirit of adventure are few compared to those who refrain from it – out of fear of failure at times, fear of change at times, and fear of the unknown most of the time.

However, this unknown may often be better than the reality we live in, and it frequently is. When we examine the lives of those who have achieved great things, we find that most of them have suffered at some point from poverty, orphanhood, marginalisation, denial, or a lack of opportunities to implement their projects and ideas that seemed strange at the time.

Yet, they fought their way through one obstacle after another, leaving this surrender zone for areas of discovery. There are examples too numerous to tell.

Allow me to share a few. Colonel Harland David Sanders, who founded the renowned Kentucky Fried Chicken, now known as KFC. Orphaned at five, he cared for his siblings, learning to cook. Little did he know, this early skill would lead to his wealth.

Sanders had diverse jobs in his youth—sales, insurance, and farming. Married at 18 and a father at 19, he faced challenges at 20 when his wife left with their daughters. At 39, he opened a petrol station in Corbin, Kentucky. A complaint about local food quality inspired the idea for a revolutionary restaurant chain, drawing on his childhood cooking experience.

"I thought long and hard, and indeed, the best thing I've done consistently over the years is cooking. I am confident that if I started selling what I cook, my food would certainly not be worse than what restaurant owners in the city make," said Sanders.

He transformed a small storage room behind the station into a restaurant, specialising in fried chicken and fresh vegetables. As its popularity grew, he closed the petrol station to expand the restaurant. In the late 1930s, its capacity increased to 142, maintaining a homely atmosphere. Sanders then enrolled in an

8-week programme at Cornell University to enhance his skills in restaurant and hotel management.

In 1953, Sanders declined a \$164,000 (approximately Dhs600,000 today) offer to sell his restaurant. As years passed, the location's appeal waned, leading him to auction it for \$75,000 (Dhs275,250), insufficient to cover debts. Undeterred, Sanders crafted his secret recipe, facing initial disappointment convincing just five restaurants. Yet, he persevered, and by 1980, at nearly 90, he had 6,000 KFC branches worldwide.

Today, the "Kentucky" restaurant chain has approximately 20,000 branches in 132 countries, making it the second-largest fast-food chain globally after the famous McDonald's.

Other examples of grit amidst tough times are Walt Disney,

Thomas Edison, JK Rowling and Michael Jordan, amongst others.

Walt Disney faced numerous setbacks – he was fired from a newspaper job for "lacking creativity" and went bankrupt multiple times – before creating the iconic Disney brand. Today, Disney is a global entertainment conglomerate, known for its theme parks, movies, and characters.

Thomas Edison made thousands of unsuccessful attempts before

inventing the light bulb. He famously said, "I have not failed. I've just found 10,000 ways that won't work."

Yet it was Edison's perseverance and innovation that revolutionised the world of electricity, earning him over 1,000 patents.

Book lovers across the world know J.K. Rowling, who faced rejection from multiple publishers when she first pitched the Harry Potter series. Despite the multiple rejections, the Harry Potter series became a global phenomenon.

Michael Jordan, one of the greatest basketball players, faced numerous failures – he was cut from his high school basketball team. Jordan used failures as motivation, eventually leading the Chicago Bulls to six NBA championships and earning numerous accolades.

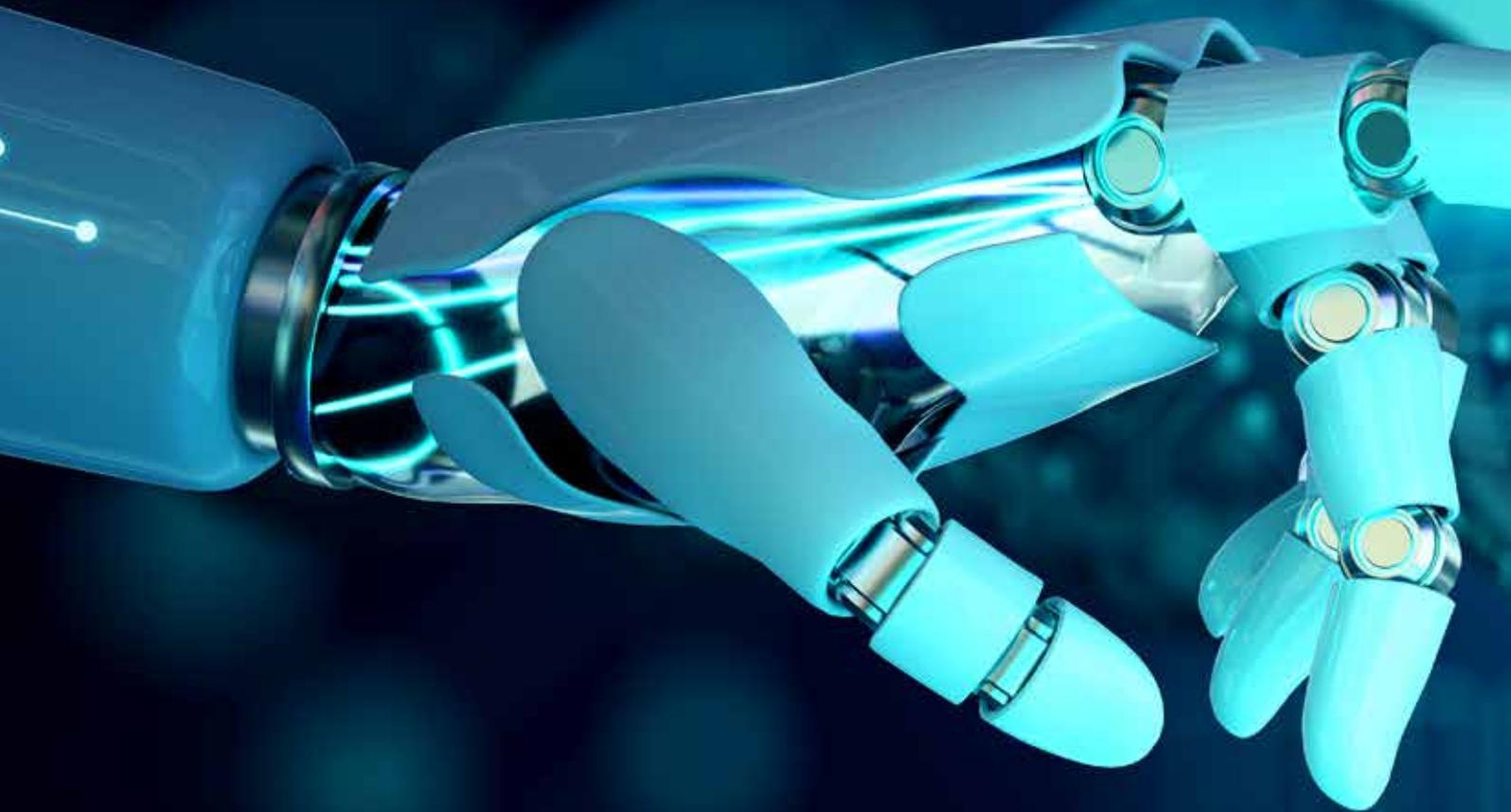
Now, picture a world where Colonel Sanders, Walt Disney, Thomas Edison, Steve Jobs, and Michael Jordan surrendered to discouragement, missing opportunities to turn failures into life-changing successes.

When we examine the lives of those who have achieved great things, we find that most of them have suffered at some point

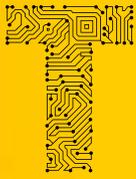
POLICING THE FUTURE

THE UAE ENVISIONS A DIGITALLY EMPOWERED AND ENVIRONMENTALLY CONSCIOUS LAW ENFORCEMENT. **999** GIVES A SNEAK PEEK OF CUTTING-EDGE POLICING TECHNOLOGY FOR A SAFER, GREENER FUTURE

BY K NIVEDITA







he age of digital revolution and the era of environmental sustainability have become intertwined, reshaping the policing

landscape. The intersection of these two important drivers of the 21st century propels the UAE's vision of a digitally empowered and environmentally conscious law enforcement framework.

Marked by the advent of information technology and connectivity, the digital revolution, also referred to as the Fourth Industrial Revolution (4IR), has empowered law enforcement agencies with advanced tools for data analysis, surveillance, and communication.

Simultaneously, as the global community grapples with the environmental challenges of our time, the call for sustainable practices has extended to the field of law enforcement.

This synergy fosters the UAE as a global model where technology contributes not only to efficiency but also to a greener and more sustainable future for law enforcement agencies worldwide.

In today's connected world, where criminal activities easily cross borders, the emphasis on smart and sustainable policing





Dubai Police

Dubai Police's Tesla Cybertruck

“ The I2LEC conference marked a historic moment for COP as law enforcement organisations worldwide participated for the first time, contributing to international climate discussions

has become more crucial than ever before, in order to effectively combat a spectrum of transnational crimes—ranging from human trafficking and drug trafficking to cybercrime and environmental offences.

HISTORIC COP PARTICIPATION

The UAE police's commitment to green practices and sustainability took centre stage at the recently concluded 28th United Nations Conference of the Parties, also known as COP28, held in Expo City Dubai.

In a groundbreaking move, the UAE-led International Initiative of Law Enforcement for Climate (I2LEC), in collaboration with the Ministry of Interior (MoI) and the United Nations Office on Drugs and Crime (UNODC), held a unique conference to align international police organisations with global environmental responsibility.

The I2LEC conference marked a historic moment for COP as law enforcement organisations worldwide participated for the first time, contributing to international climate discussions. Integrating law enforcement in the global climate agenda allowed for a focus on leveraging technology to effectively combat environmental crimes.

The speakers at the conference represented various organisations, including the MoI, UNODC, INTERPOL, Environmental Systems Research Institute (ESRI), United Nations Police (UNPOL), the UAE's Executive Office of the Anti-Money Laundering and Countering the Financing of Terrorism, the Dubai Civil Defence Force, and the United States Department of Homeland Security.

Lieutenant Colonel Abdulrahman Al Tamimi, Deputy Director General of the International Affairs Bureau at the UAE Ministry of Interior, stated: “For too long, the challenges law enforcement experience in the face of a rapidly changing climate have been ignored.



W Motors

However, today has demonstrated that while there is a journey ahead of us, there is significant global momentum behind elevating law enforcement's role in the fallout of climate change."

"As we look ahead, we must continue to fight for and support law enforcement in their capacity as one of the first lines of defence on the frontlines of climate change," added Al Tamimi.

SUSTAINABLE POLICING

In a united effort to address climate concerns, the UAE mobilised all sectors, including its police forces, for active participation in the climate summit.

The accompanying exhibition in the Green Zone at COP28 served as a showcase for innovative technologies aligning with future trends and sustainable practices.

Abu Dhabi Police's exhibit stood out with a display of smart police solutions and equipment designed to minimise police carbon footprint.

A noteworthy feature was the "smart police cap", employing AI algorithms to analyse brain signals and concentration patterns, thereby enhancing officers' focus.

Dubai Police exhibited groundbreaking eco-friendly innovations, including the GMC Hummer EV patrol car, accelerating from a standstill to 100 km/h in approximately three seconds, and the Haddad smart police boat, a clean energy-powered vessel with Artificial Intelligence (AI) features like self-control, self-monitoring, and remote-control capabilities.

Sustainable policing boosts efficiency and community trust. By prioritising renewable resources and responsible technologies, safety aligns with environmental stewardship principles. This creates a resilient foundation for a sustainable future.

POLICE TECH IN ACTION

In the ever-evolving landscape of policing, technology has become a powerful ally for UAE law enforcement.

In November 2023, when "Operation Monopoly" was launched with Dubai Police working with counterpart forces in France, Hong Kong, and Singapore, it resulted in the arrest of 43 crime suspects of different nationalities. This international gang used AI-powered deepfake technology to steal \$36 million (approximately Dhs132 million) from two Asian companies.

In one case, the gang had hacked the email accounts of the company. Using technology to impersonate the voices of company directors, they successfully got the company's branch managers to transfer \$19 million (approximately Dhs70 million) to a Dubai-based account. In the second case, they used the same methods to steal \$17 million (approximately Dhs62 million).

Employing innovative technology, the long arm of law enforcement extends even further.

In February 2023, Dubai Police received a report that a man had been stabbed after a street fight. Though the police rushed the victim to a hospital, he was found to have succumbed to his injuries. The suspect had fled the crime scene.

Dubai Police's sophisticated security system, powered by AI and face recognition cameras, came into play. The suspect was tracked down in three hours.



Abu Dhabi Police's state-of-the-art fleet of patrol cars and unmanned aerial vehicles

NEW CRIMINAL LANDSCAPE

Technology is a double-edged sword in shaping crime. While it presents an unparalleled opportunity for police forces in the fight against crime, it poses a threat when it falls in the wrong hands.

In February 2023, Major General Dr Ahmed Naser Al Raisi, President of Interpol and Inspector General at the Ministry of Interior, said at the Interpol Asian Regional Conference in Abu Dhabi, "Criminals want to be smart in the use of technology. They will use the metaverse, digital currency



XPENG

A 6th generation X2 flying car



Abu Dhabi Police

financial scams, leveraging augmented reality and virtual reality. Extremist groups can now simulate attacks in virtual reality before executing them in the real world. Furthermore, statistics on stalking and abuse are expected to surge to unprecedented levels in this evolving digital landscape.

As a result, law enforcement agencies worldwide are capitalising on the benefits of robotics, facial recognition software, and virtual communication tools, amongst others. These technologies are employed to train officers in more efficient inspection and investigation processes, encompassing a broad range of materials from narcotics and weapons to counterfeit goods and potentially fraudulent documents.

For instance, Interpol spearheaded the inaugural global meeting in 2018, bringing together the private sector and academia to scrutinise the opportunities and risks of AI and robotics in law enforcement.

Their findings highlighted AI's potential applications in virtual autopsies, the creation of crime prediction systems to optimise police resource allocation, behaviour-detection tools, privacy-respecting blockchain-based traceability

“Criminals want to be smart in the use of technology. The police should be one step ahead because criminals have the resources and money to invest in technology”



**MAJOR GENERAL
DR AHMED NASER AL RAISI**
President of Interpol and Inspector General at the UAE Ministry of Interior

initiatives, and the deployment of autonomous patrol vehicles.

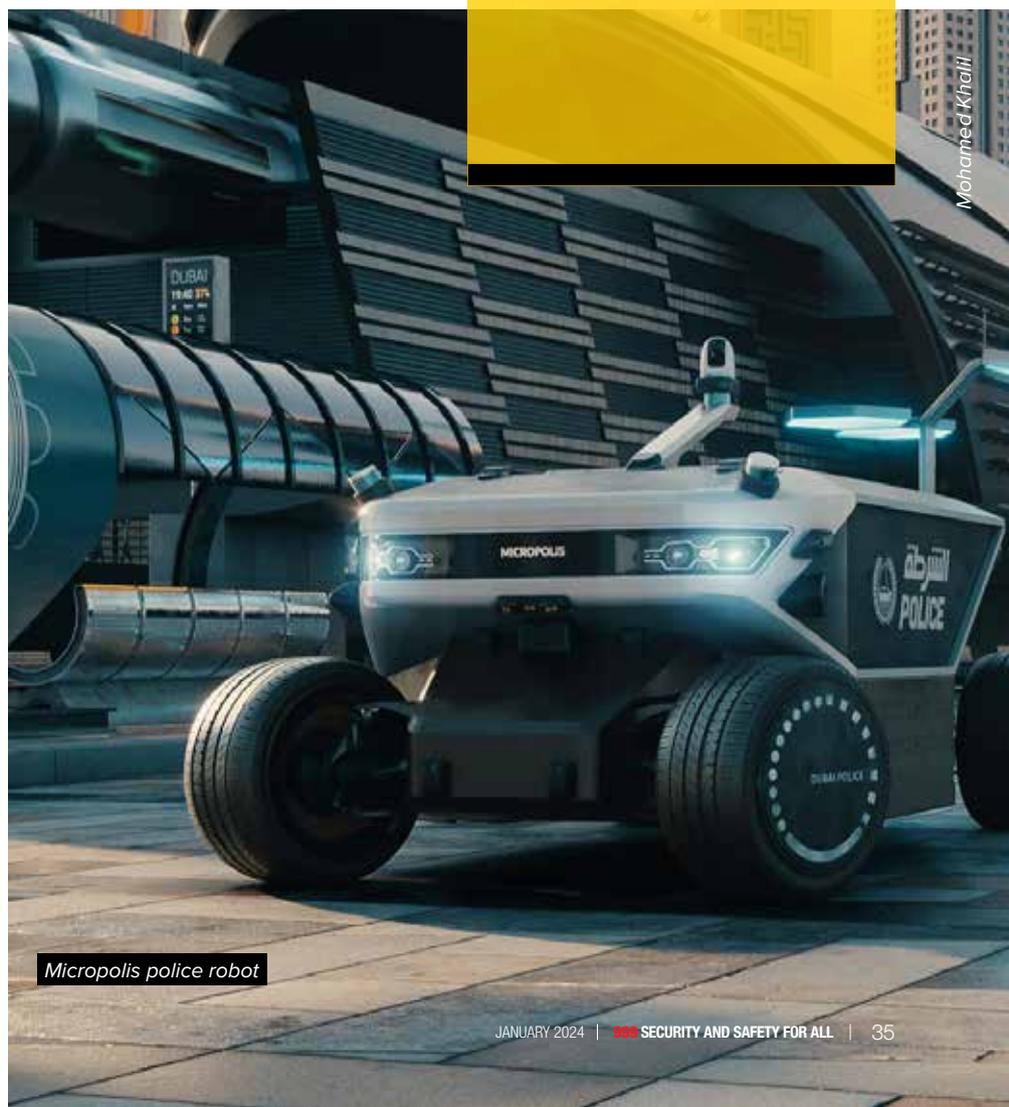
Technology boosts police efficiency and supports global environmentally conscious law enforcement. The intersection of innovation and sustainable practices, in this regard, highlights a holistic policing approach.

Technology is a double-edged sword in shaping crime. While it presents an unparalleled opportunity for police forces in the fight against crime, it poses a threat when it falls in the wrong hands

and the dark web to outwit the police. The police should be one step ahead because criminals have the resources and money to invest in technology.”

According to Interpol, “New types of cybercrime are emerging all the time. Cybercriminals are increasingly agile and organised – exploiting new technologies, tailoring their attacks and cooperating in new ways.” Though the crimes are old—theft, extortion, kidnapping, killing and terror, amongst others — the methods have become sharper and high-tech.

The emergence of the metaverse and immersive online environments, as per Interpol, introduces novel forms of new-age crimes, including phishing and



Micropolis police robot

Mohamed Khalil

NEW UAE POLICE INNOVATIONS

POLICE CAP

In May 2023, Abu Dhabi Police had another reason to celebrate an achievement of their own. Four employees of the force had created a **smart police cap** that analyses brain signals, concentration patterns and uses AI algorithms to help improve the concentration levels of officers. This wearable device operates by sending recommendations about concentration levels and would be valuable in the development of training initiatives. The helmet has been found to be highly efficient, easy to operate and accurate. This police tech has received accreditation from the prestigious International Federation of Inventors' Associations and promises to boost Abu Dhabi's innovation ecosystem.



HYDROGEN-POWERED PATROL

A groundbreaking hydrogen police patrol car, **Mirai** is the world's first vehicle powered by hydrogen fuel cells. It requires only 5 kg of hydrogen for approximately 400 km, with a maximum reach of around 450 km. Featuring an electric motor with 114 kilowatts (153 horsepower), Mirai delivers a robust maximum torque of 335 Newton-metres. Accelerating from 0 to 100 km/h in just 9.6 seconds, it achieves a top speed of 178 km/h. It also efficiently stores hydrogen in two tanks, each accommodating 2.5 kg under 700 bars. With a fuel cell capacity of about 37 litres, it exhibits an impressive efficiency of 3.1 kilowatts per litre of fuel cell volume.



FLYING BIKE

The **Xturismo** Hoverbike can fly at 80 kmph and reach an altitude of 20 metres. Created by Abu Dhabi's artificial intelligence company G42 and unveiled in March 2023 in the presence of representatives of the Abu Dhabi Police, amongst other dignitaries, the flying bike is the next-generation technology in transport. It will be deployed in critical search and rescue operations and carry life-saving support even in challenging terrain such as deserts. The bike is made of material used in space and aviation industries, and operates for 40 minutes before needing fuelling. After successful pilot projects, it will be fitted to the needs of the UAE police.





AI PATROLS

Micropolis Robotics, a UAE-based autonomous mobile robot company, has collaborated with Dubai Police to introduce self-driving security cars in residential neighbourhoods. The **M01 & M02 Police Patrol vehicles**, equipped with a 360-degree camera and Microspot AI system, feature face recognition, plate detection, and weapon detection. These innovations support Dubai Police's Oyoon Artificial Intelligence security surveillance programme.



ECO-SMART POLICE BOAT

Meet **Haddad** of Dubai Police, a trailblazing eco-friendly smart police boat that marks a regional first and sets global benchmarks in multiple aspects. Invented by young Emiratis, this project introduces an intelligent security boat powered by clean energy. Beyond its cutting-edge technology, the boat supplants traditional fuel-dependent security boats, contributing to an annual reduction of approximately 5,170 tonnes of carbon dioxide emissions.



DRONE EYE

The world's first AI-powered drone, called **Zenith AI Eagle Eye Intelligent Patrol**, has been added in Dubai Police's fleet. Embedded in the cavity of the policing lightbar, it can take off automatically or manually and hover over an incident site, sending information of the situation back to police personnel at headquarters. The information ranges from automatic registration of number plates to face recognition. The machine can also detect vehicles breaking traffic rules and provide immediate data on traffic and crowds, object detection and 3D mapping.



ELECTRIC PATROL CAR

Abu Dhabi Police sent a wave of excitement through the Global Media Congress in Abu Dhabi in November 2023 by unveiling a new patrol car. The **Rabdan One** electric field patrol car is a salute to sustainability. It is a powerful and high speed vehicle with a pickup of 4.5 seconds from zero to 100 kmph. With a power reserve of 860 km before a recharge, it is a glimpse of the future of police patrol.

999 MAGAZINE MARKS 52nd UAE UNION DAY

IN CELEBRATION OF THE UNION'S ANNIVERSARY, **999** CONFERS RECOGNITION TO ITS PARTNERS IN ADVANCING ITS MISSION OF FOSTERING SAFETY AND SECURITY FOR ALL

BY BASSEL SOURAYA
PHOTOGRAPHY BY MOHAMED ALI

999 Magazine, the official monthly publication of the Ministry of Interior, commemorated the 52nd UAE Union Day by recognising organisations and individuals from diverse backgrounds who play a crucial role in advancing the magazine's mission of promoting safety and security in UAE society.

The theme "UAE Towards a Sustainable Future" set the tone for the celebration at the Rosewood Hotel in Abu Dhabi. The event highlighted the importance of fostering a sustainable future, aligned with the urgent need for collective efforts to address the impact of climate change.

The global spotlight shone on the UAE's

dedication to environmental stewardship and sustainability as it hosted the United Nations Conference of the Parties, also known as COP28—a significant event that coincided with the celebration of the nation's birth on 2nd December 1971.

The UAE Union Day celebration was attended by His Excellency Khalil Dawood Badran, Chairman of the **999 Magazine** Development Committee, Colonel Awadh Saleh Al Kindi, Member of the Committee for the Development and Editor-in-Chief of **999 Magazine**, as well as distinguished guests, representatives from sponsors and partners, media practitioners, and officers from the Ministry of Interior and police



Khalifa Al Ketbi (1st from right), Brigadier Omar Al Zaabi (2nd from right), Brigadier Jamal Al Amiri (3rd from right), and several attendees

general headquarters across the emirates.

The event commenced with the singing of the UAE national anthem and recitation of verses from the Holy Qur'an. Al Yazia Al Mazroui, a media professional and master of ceremonies, delivered an introduction speech.

A short film showcased national initiatives and projects promoting sustainability. The cultural richness of Emirati tradition was brought to life through a captivating performance by the Dibba Al Harbiya Band.

UNITY INSPIRES PROSPERITY

HE Khalil Dawood Badran, Chairman of the **999 Magazine** Development Committee, conveyed his sincerest congratulations to the wise leadership, spearheaded by President His Highness Sheikh Mohamed bin Zayed Al Nahyan. He extended well wishes to Their Highnesses the Members of the Supreme Council and Rulers of the Emirates, and the people of the UAE on the 52nd UAE National Day.

"The 52nd UAE Union Day is more than a celebration; it's a tribute to the unwavering strength of our nation forged in brotherhood and unity. As we honour the founding leaders of the Union who shaped our unity and prosperity, let this day serve as a reminder of our commitment to maintaining stability, prosperity, and loyalty to our visionary leaders for the sustained progress of our beloved homeland," stated Badran.

SPIRIT OF THE UNION ENDURES

Colonel Awadh Saleh Al Kindi, Member of the Committee for the Development and Editor-in-Chief of **999 Magazine**, emphasised that the UAE continues to spur progress not only in terms of economic development and innovation but also in social dimensions and values such as

“The 52nd UAE Union Day is more than a celebration; it's a tribute to the unwavering strength of our nation forged in brotherhood and unity. Let this day serve as a reminder of our commitment to maintaining stability, prosperity, and loyalty to our visionary leaders



HE KHALIL DAWOOD BADRAN

Chairman of the **999 Magazine** Development Committee

tolerance, global climate action, and safety and security.

"The Union's spirit endures because it resonates with the timeless values of unity, resilience, and shared progress. It serves as a beacon, guiding us to harmoniously celebrate diversity and collectively shape a sustainable future. From cultivating a sustainable economy to achieving remarkable feat after feat across various fields, excellence has consistently defined the hallmark of our collective journey since the birth of our nation," said Al Kindi.

HONOURING CONTRIBUTIONS

A significant part of the celebration was the recognition of **999 Magazine** partners and sponsors. Certificates of recognition were handed out by Badran and Al Kindi as

“The Union's spirit endures because it resonates with the timeless values of unity, resilience, and shared progress. It serves as a beacon, guiding us to harmoniously celebrate diversity and collectively shape a sustainable future



COLONEL AWADH SALEH AL KINDI

Member of the Committee for the Development and Editor-in-chief of **999 Magazine**

appreciation for their unwavering support and commitment.

The esteemed partners and sponsors who were honoured during the celebration included: Abu Dhabi National Hotels Company, Al-Futtaim Logistics Company, Dar Al Handasah Company, ZUBLIN Construction Company, and Rosewood Hotel Abu Dhabi.

The ceremony also highlighted the dedication of **999 Magazine** and Mogtamaa Al Shurta writers as well as media coordinators from the Ministry of Interior, several police General Command, and other authorities.

The honourees represented a diverse background of individuals who contribute significantly to the magazine's mission of promoting safety and security in UAE society.



Honourees at the **999 Magazine** 52nd UAE Union Day celebration

999 MAGAZINE HONOUREES DURING THE 52ND UAE UNION DAY



SPONSORS & PARTNERS

- Abu Dhabi National Hotels Company
- Al-Futtaim Logistics Company
- Dar Al Handasah Company
- ZUBLIN Construction Company
- Rosewood Hotel Abu Dhabi

INDIVIDUALS

- Dr Maysa Rashed Ghadeer, Former Member of the Federal National Council and Writer
- Sheikh Talib Al Shehhi, Executive Director of Islamic Affairs at the General Authority of Islamic Affairs and Endowments
- Ali Obaid Al Hamli, Writer and Media Personality
- Dr Samar Al Shamsi, Writer, Visual Artist, and Lawyer
- Dr Faleh Al Handhal, Historian
- Dr Adel Al Kurdousi, Expert at the Ministry of Community Development
- Dr Mohamad Ridwan Al Daya, Writer
- Brigadier Dr Hammoud Saeed Al Afari, Director of the Community Police Department at Abu Dhabi Police (Received on his behalf by Major Manee Al Shamsi)
- Brigadier Essam Abdullah Al Ali, Director of the Police Sports Education Centre (Received on his behalf by Lieutenant Colonel Salem Al Mansoori)
- Major Dr Abdul Karim Al Balushi, Head of the Legal Affairs section at the Federal Criminal Police in the Ministry of Interior
- Jassim Obaid Al Zaabi, Writer and Media Personality
- Fatima Al Mazrouei, Author
- Mariam Al Ahmadi, Legal Consultant (Received on her behalf by her son Omar Al Ahmadi)
- Dr Buti Al Falahi, Writer and University Professor (Received on his behalf by Dr Iman Lamejd)
- Zakaria Al Sheikh, Poet
- Fatima Sajwani, Researcher in Quality and Excellence
- Dr Mohamed Abdulqawi, Sports Expert at Abu Dhabi Police
- Brigadier Dr Jamal Al Amiri, Executive Director of the Saeed Association for the Reduction of Traffic Accidents
- Lieutenant Colonel Hamdan Al Hefaiti, Deputy Director of Law Respect Culture bureau at the Ministry of Interior (Received on his behalf by Major Khaled Al Zaabi)
- Lieutenant Colonel Ahmed Al Neyadi, Lecturer at the Saif bin Zayed Academy for Police and Security Sciences at Abu Dhabi Police
- Captain Dr Hawaa Al Raisi, Director of the Awareness branch at Human Rights Department at the Ministry of Interior
- Saif Obaid Al Nawaila, Media Professional in Media and Public Relations Department at Fujairah Police
- Fatima Al Rashidi, General Coordinator for Events at the Ministry of Interior's Child Protection Centre
- Halima Al Khazimi, Media Professional in the Public Relations Department at the Ministry of Interior
- Al Yazia Al Mazroui, Media Professional and Master of Ceremonies

DESIST FROM DEADLY DESERT STUNTS

UAE LAW ENFORCEMENT EFFECTIVELY BALANCES THE THRILL OF DESERT
ADVENTURE WITH A COMMITMENT TO ENSURING SAFETY

BY NASEEF CHENATH





In response to a fatal accident on November 2023, Sharjah Police shut down the Al Faya dunes area in the central region, emphasising the safety and security of the community

In the expansive deserts of the UAE, off-roaders, quad bikes, and buggies offer an exhilarating adventure.

However, this thrill conceals a treacherous side if adventurers push their limits. One tragic example happened on the evening of November 17, claiming the life of an Asian youth and injuring another in the Al Faya desert in the emirate of Sharjah.

This incident serves as a prelude to the intensified efforts of the UAE police forces, resolute in curbing illegal desert activities to protect both thrill-seekers and the wider community.

Sharjah Police decisively closed the Al Faya dunes area in the emirate's central region.

Major General Saif Al Zari Al Shamsi, Commander-in-Chief of Sharjah Police, cited the closure as a response to the disregard for security rules, particularly emphasising the dangers posed during holidays when young enthusiasts engage in practices that jeopardise lives.

“Many members of the public go to desert areas during the holidays to enjoy the rainy weather, and amongst them are young people who enjoy riding sand hills, who engage in wrong practices in these areas, which leads to many accidents and puts their lives and the lives of others at risk,” said Al Shamsi.

During last December's Union Day celebrations, Dubai Police seized 94 vehicles and filed 4,420 dangerous

“ Many members of the public go to desert areas during the holidays to enjoy the rainy weather, and amongst them are young people who enjoy riding sand hills, who engage in wrong practices in these areas, which leads to many accidents and puts their lives and the lives of others at risk



MAJOR GENERAL SAIF AL ZARI AL SHAMSI

Commander-in-Chief of Sharjah Police

violations, cracking down on perilous stunts that included reckless drifts, doughnuts, and audacious manoeuvres, often accompanied by the racket of illegally modified cars.

The police have taken strong actions, such as apprehending illegal stunt drivers, closing stunt-driving locations, and running ongoing awareness campaigns. They emphasised that stunt driving's dangers far outweigh any thrills or adventures.





FINES

FINES FOR STUNT DRIVING

1. Driving in a way that endangers the lives or safety of the driver or others: Dhs2,000 fine plus 23 black points and vehicle impoundment for 60 days
2. Stopping the vehicle in the middle of the road without any reason: Dhs1,000 fine plus 6 black points
3. Driving a noisy vehicle: Dhs2,000 fine plus 12 black points
4. Tinting the car windows darker without permission: Dhs1,500 fine
5. Using the vehicle's horn or speakers in a disturbing manner: Dhs400 fine plus 4 black points.
6. Failure to follow police instructions: Dhs400 fine plus 4 black points

DRIVEN BY LIKES

In the quest for online likes and comments, young adults plunge headfirst into dangerous vehicle manoeuvres, capturing the attention of thousands online.

The allure of performing death-defying stunts is amplified by the cinematic glorification of high-speed drives, exemplified by films like the *Fast and Furious* series. These daring videos go viral, inadvertently serving as a virtual calling card for law enforcement to identify and apprehend the thrill-seekers.

However, behind the online applause lie tangible societal and economic costs that far surpass the dopamine rewards of virtual recognition.

The impact isn't just personal; it extends to property damage and strains on emergency responders.

In an incident in 2017, a sand buggy accident left a British citizen permanently disfigured during her holiday in the UAE. The young woman experienced severe burns after a rented sand buggy exploded into flames in the desert. Enduring agonising skin grafts and facing the imminent risk of losing her limbs, she was left with permanent scars and psychological trauma from the harrowing experience.

On the ill-fated morning of the tour,

she was picked up from her hotel and driven to the Al Badayer Desert to explore the Red Dunes. No protective clothing, helmet, or footwear was given to her, and she decided to change her flip-flops for trainers before beginning the ride.

The only instruction given by her guide was to disregard the gear stick and focus on the stop-and-go pedals. Instructed to follow another guide on a quad bike, she found herself on treacherous dunes, leading to a catastrophic flip and roll as the sand beneath the buggy gave way, culminating in a fiery explosion.

After escaping her seat belt, the traumatised woman wandered in the scorching sand, screaming in agony, with no assistance from the tour guides. After enduring 16 days in a Sharjah hospital, she was ultimately flown home by private jet, covered by her travel insurer.

TRAIL OF CAUTION

Drifters and stunt drivers must be aware of the unpredictable nature of desert landscapes, where uneven surfaces, sand dunes, and hidden obstacles pose risks to control and stability during high-speed manoeuvres. The added strain from intense off-road driving and stunts raises the likelihood of mechanical failures, potentially resulting in accidents. Moreover, the remoteness of desert areas complicates swift emergency responses, causing delays in obtaining crucial medical assistance in the event of an accident.

EXERCISE CAUTION

Following the closure of Al Faya dunes in Sharjah, Abdullah Muhammad

“The remoteness of desert areas complicates swift emergency responses, causing delays in obtaining crucial medical assistance in the event of an accident

DESERT RIDING ESSENTIALS

Follow these tips to navigate the dunes safely and enjoy a thrilling rollercoaster ride on the steep slopes and expansive terrains of the desert:



- **GPS (Global Positioning System):** Deserts often lack well-defined landmarks, making navigation challenging. GPS provides real-time location information, helping drivers stay on course and reach their destination accurately. In the event of an emergency, such as a breakdown or getting stranded, GPS allows drivers to share their precise location with rescue services or fellow travellers, facilitating a quicker and more efficient response.



- **Prioritise safety:** When embarking on a desert ride, safety should be your foremost concern. Ensure you equip yourself with essential protective gear, including a helmet with goggles, motocross boots, motocross-style riding pants and jersey, knee guards, and a chest guard. These essentials not only safeguard against mishaps but can also be life-saving in the event of a significant accident.



- **Never ride alone:** Always ride in a group or have a companion for emergencies or mechanical issues. Notify family or friends of your ride intentions, including the route, and ensure you have a strategy for recovery in case of unforeseen events.



- **Weather awareness:** Before setting out on your ride, pay close attention to the weather conditions. The weather plays a pivotal role in the quality of your experience. Days with calm winds provide ideal riding conditions, while harsh winds can significantly impact your journey. Be mindful of potential sandstorms, and plan your desert ride accordingly to ensure a safe and enjoyable adventure.



- **Keep your headlights on:** For those embarking on evening or nighttime rides, it's crucial to keep your headlights on. Despite the absence of poles, curbs, or typical road obstacles, the dunes present sharp peaks and deep drops. Ensuring your headlights are on allows you to navigate these terrains with visibility, giving you better control over speed and ensuring a smooth ride.

Al Bloushi, a UAE national and a distinguished senior marshal at the Dubai Offroaders Desert Driving Institute with two decades of experience, stressed the need for responsible off-roading practices.

“The first advice is not to go alone. Second, before going off-roading, one should ensure that people carry proper safety equipment before heading either to the mountains or the desert. Certain things are mandatory that one should keep in their cars,” Al Bloushi told the media in November 2023.

A veteran with a background in the UAE military and extensive experience in organising large-scale off-roading events in various countries, Al Bloushi underscored the importance of effective communication for survival in challenging situations.

“There should be interaction between you and the other car(s). Stay far away from crowded places. The location where the accident happened recently was really crowded and many people drove erratically without following proper protocols.”

“Even incidents of fire could occur because one is not driving on a proper road. So, preparedness to control such untoward situations is necessary. There is a recommended amount of off-road equipment to make sure one can be self-reliant. Together with a first aid kit, a fire extinguisher is also a must. This is for the desert.”

In mountainous regions, Al Bloushi emphasises the key role of terrain knowledge, given the swiftly changing weather conditions that demand a heightened awareness of the surroundings.

“Even if it's dry where you plan to camp, valleys can channel water from distant areas, causing unexpected changes. It's important to be aware of these factors. Specialised training, including driving and recovery courses, caters to beginners, intermediates, and advanced individuals helping navigate these challenges in mountainous and desert environments. One should acquire such training before venturing out,” added Al Bloushi.

SAFETY INITIATIVES

The UAE's police are implementing various initiatives to address the challenges posed by desert stunts and reduce accidents. One of the key initiatives in this regard was the Federal Traffic Council's nationwide campaign called “Desert Without Blood”



EMERGENCY HOTLINE

If you think you're lost, contact someone nearby and don't go further. In case of emergencies in the desert, call **999** for help from Dubai Police.

that targeted stunt driving done on motorcycles and dune buggies in the desert.

Dune-bashing in the country becomes particularly popular amongst tourist during the winter months. The UAE sees a surge in tourist arrivals, drawing visitors from colder climates in search of warmer destinations.

To ensure the safety local and international tourists alike, in February 2023, Dubai Police introduced the 'Tour Dubai Safely' initiative, a concerted effort to enhance the awareness of traffic laws and public safety guidelines for tour company drivers venturing off-road in the desert. Spearheaded by the Tourist Police Department, Lahbab Police Station, and Al Faqa'a Police Station, this awareness campaign specifically targeted drivers operating in Al Aweer, Lahbab, and Margham areas.

Brigadier Khalfan Obaid Al Jallaf, Director of the Tourist Police Department at Dubai Police, emphasised that this initiative was part of a broader series of campaigns directed by Lieutenant General Abdullah Khalifa Al Marri, Commander-

in-Chief of Dubai Police. The campaigns aimed to raise awareness amongst drivers and motorists about traffic and road safety.

As part of 'Tour Dubai Safely,' drivers received detailed briefings on the importance of preparing their vehicles for potential obstacles and challenging conditions. They were advised on monitoring and adjusting tyre pressures and carrying off-road emergency supplies, including a safety kit and essentials. Motorists were also encouraged to switch to four-wheel-drive mode and drive slowly to navigate the desert terrain more safely.

HEED THE EXPERTS' CALL

Having spent just a year in the UAE after relocating from England, David Wood has engaged in over 100 off-road adventures.

Offering insights into best practices, this industry veteran told *Khaleej Times* in November 2023 following the incident in Al Faya, Sharjah: "Safety is top priority. Make sure you're well equipped and don't go out on your own because if you get stuck, and if you are in a situation where you aren't able to call out, then it's going to be challenging."

"Always know where your exit point is,

and make sure you've got a GPS that will get you to your exit point. While that might seem obvious, a lot of people go into the desert and just don't even consider where they're going to come out. They'll get lost. So, the dos are to make sure your vehicle is serviced. Make sure it's well equipped. Make sure you have recovery equipment, and adequate knowledge, and always go with a buddy," he added.

He also advised riders to go with a convoy of at least three vehicles, ensuring they are equipped with essential items such as a safety flag, an ample supply of food, and water.

Meanwhile, Belgian national Frederic Nuyttens, a marshal affiliated with the Carnity Off-Road Club, strongly advised enthusiasts to consider joining an off-road club. This not only enhances the safety of your off-road excursions but also provides an opportunity to connect with fellow 4x4 enthusiasts who share your passion.

"If you are driving alone, and if you are stuck, you might run out of water or end up with a heat stroke, especially in the hot summer. So, go with a minimum of three vehicles and carry enough supplies and water," said Nuyttens.



CRUCIAL GEAR FOR EVERY DESERT RIDER

- **First-aid kit:** Ensure you have a well-stocked first-aid box to address any cuts or wounds that may occur during your off-road adventures.
- **Shovel and flat board:** Carry a sturdy shovel and a flat, robust board. The board serves as a stable platform for your jack when changing a wheel, enhancing safety and efficiency.
- **Recovery equipment:** Include soft shackles in your kit for effective vehicle recovery. These shackles provide a reliable and safer alternative for off-road situations.
- **Spare tire:** A spare tire is a non-negotiable essential. Be prepared for unexpected punctures or tire damage by having a reliable spare at your disposal.
- **Air compressor:** Maintain optimal tire pressure with a portable air compressor. This versatile tool ensures you can adjust tire pressure based on varied terrains, contributing to a smoother off-road experience.
- **Jumper cables:** Carry jumper cables to handle unforeseen battery issues. This simple yet invaluable tool can get your vehicle back on track when facing battery-related challenges.
- **Basic tool kit:** Arm yourself with a basic tool kit containing essential tools for common repairs and adjustments. From wrenches to pliers, having the right tools can make a significant difference in resolving minor issues on the go.



He highlighted the relatively low but ever present risk of rollovers or vehicle crashes, emphasising the crucial principle of not resisting gravity when navigating through the dunes.

“Obtain proper desert driving training or join an off-roading club that has a structure in place that focuses on your safety. Also, steer clear of typical overcrowded areas where many enthusiasts repeatedly climb well-known hotspot dunes. It will be necessary to deflate your tires before going on the sand, and a safety flag should be a part of your safety items as well,” said Nuyttens.

“Most important of all is to deflate your ego as well when going off-roading by respecting the terrain and not overrating your skillset. Take it one step at a time and get proper guidance,” added Nuyttens.

AVOID SEVERE CONSEQUENCES

Engaging in illegal desert stunts comes with substantial consequences, including a hefty fine of Dhs2,000, 23 traffic black points, and a potential 60 days of imprisonment.

These penalties apply to individuals operating vehicles in a manner that not only endangers their own safety but also poses a threat to the safety of others and the security of public or private facilities.

It is crucial to recognise that wilderness

and desert areas are not suitable venues for reckless behaviour, noise disturbances, or chaos. Authorities stress that driving irresponsibly within these natural spaces will result in severe consequences.

To address the public’s need for recreational activities and racing, the UAE government has designated specific spaces tailored for such purposes. Residents are encouraged to utilise these specially created zones, ensuring a safer and more controlled environment for recreational pursuits while respecting the tranquillity of wild landscapes.

Fraser M. Martin, a professional driver, writer, and model car restorer, highlights a fundamental rule for off-roaders: “Remember that the best off-roaders are the ones who can do it the slowest without getting stuck — if you want to go fast across the desert, apply to Etihad Rail.”

Many drivers may be unaware of the rules and risks associated with off-roading. While it is an adventurous sport requiring specific skills, enthusiasts often venture into it unprepared.

Shibu Nair, an expert off-roader from Titan Performance, underscored: “It [off-roading] is an adventure sport, and safety along with experience plays a vital role when you hit a trail. Do not push your limits and always drive within your ability.”



We take immense pride and great pleasure in extending
our sincere congratulation and best wishes to

Their Highnesses

Members of the Supreme Council and Rulers of the Emirates
and to the people of the UAE

On the occasion of the 52nd Union Day



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DESIGNER DRUGS DETERRENCE

THE UAE CASTS A WIDER NET FOR DRUG SMUGGLERS THROUGH A MULTI-PRONGED APPROACH, INCLUDING STING OPERATIONS AND IDENTIFICATION OF NEW TYPES OF NARCOTICS

BY ABDUL WASEY





999
Security And Safety For All

NARCOTICS

Dubai Police/MoI

A mound of Captagon pills, concealed within furniture, was seized by Dubai Police in September 2023



Dubai Police/MoI

Six arrested in police operation 'Storm' following the seizure Captagon pills with a street value of over \$1 billion (Dhs3.67 billion)



“ The UAE will be on the lookout for anyone who dares to tamper with the security and stability of society

HH LT GENERAL SHEIKH SAIF BIN ZAYED AL NAHYAN
Deputy Prime Minister and Minister of Interior

The UAE intensifies anti-narcotics efforts, led by a proactive police crackdown on drug smuggling. The campaign zeroes in on the rising menace of synthetic narcotics, posing a substantial threat to the community, especially amongst the youth.

In a series of sting operations against this modern threat, law enforcement agencies across the emirates have tracked and confiscated synthetic drugs cleverly hidden within trivial items, such as cosmetics packaging, furniture, and even passport and e-cigarette.

The UAE police's strategy extends beyond intercepting illegal drugs at the country's entry and exit points. Another crucial development in the ongoing battle against illegal drugs involved the identification of new types of synthetic substances by Dubai Police and Sharjah Police.

Additionally, the fight includes a robust awareness campaign aimed at educating the public about the adverse effects of drugs on families and society.

As a crucial component of the comprehensive strategy to weed out

illegal drugs, there is also a strong focus on rehabilitating individuals struggling with drug use. This effort is directed towards promoting family unity, with the aim of enhancing the well-being of those dealing with addiction.

Social media platforms, frequently used for smuggling operations, remain under close watch by the authorities.

Combining these strategic approaches against illegal drugs not only delivers a significant blow to drug cartels but also underscores the effectiveness of law enforcement measures in combating intricate criminal networks and preventing the emergence of new narcotics.

EMERGING THREATS

Amongst the emerging threats are psychoactive substances—chemicals that significantly alter mood and perception.

In a notable operation in September 2023, a tip-off led to the unearthing of a shipment concealed within furniture, containing 13 tonnes of psychoactive substances, including a drug known as Captagon, often dubbed “the poor man's cocaine”. This seizure, with an estimated

street value of over \$1 billion (Dhs3.67 bn), was one of the largest in the region.

Utilising advanced technology, such as X-ray machines, and the keen senses of police canine units, Dubai Police intercepted over 86 million Captagon pills, concealed within the wooden framework of shipping containers.

This operation culminated in the arrest of six individuals, delivering a significant blow to drug trafficking operations targeting the youth in the emirates.

His Highness Lieutenant General Sheikh Saif bin Zayed Al Nahyan, Deputy Prime Minister and Minister of Interior, praised Dubai Police's efficiency in Operation Storm, commending Lieutenant General Abdullah Khalifa Al Marri, Commander-in-Chief of Dubai Police and the anti-narcotics team for their relentless effort in ensuring the safety of the UAE community from the dangers of drugs.

The Interior Minister also made a firm stance against individuals involved in illicit activities that pose a threat to the overall well-being and safety of the community. On the social media platform X (formerly known as Twitter), His Highness Sheikh

Saif wrote: "The UAE will be on the lookout for anyone who dares to tamper with the security and stability of society."

In August 2023, the Abu Dhabi Police's anti-narcotics department thwarted an attempt to smuggle over 48 tonnes of new psychoactive substances into the Capital. The suspect, from an Asian country, was placed under rigorous surveillance, which revealed his intent to distribute these substances within the UAE, storing them in a warehouse in the emirate.

In October 2023, Sharjah Police dismantled an international criminal network, arresting 32 individuals of Asian and Arab descent. This gang was implicated in smuggling illegal drugs with an estimated market value of Dhs14 million into the UAE.

Colonel Majid Al Assam, Director of the Anti-Narcotics Department at Sharjah Police, disclosed that the operation led to the seizure of 50kg of cannabis and 49 litres of liquid crystal. The investigation uncovered a sprawling criminal network with connections across several countries.

Sharjah Police confiscated over 1.17 million psychotropic pills. Ingeniously, the narcotics were concealed within vehicles, demonstrating the cunning methods employed by criminals.

NEW SYNTHETIC DRUGS

In January 2023, Sharjah Police's forensic experts identified two potent synthetic drugs smuggled in bottles of skin serum. These man-made cannabinoids, over 100 times stronger than natural cannabis, are believed to have originated from an advanced overseas lab. The disguised drugs were seized from a passenger at Sharjah Airport.

Dr Taj Elsir Abbas, a chemical analysis expert at Sharjah Police forensic laboratory, told *Gulf News* the challenge posed by evolving drug syndicates.

"Minor chemical alterations can produce numerous drug strains, adaptable for e-cigarettes, drying, or gas transformation, complicating law enforcement efforts," said Dr Abbas.

“ Minor chemical alterations can produce numerous drug strains, adaptable for e-cigarettes, drying, or gas transformation, complicating law enforcement efforts

— DR TAJ ELSIR ABBAS

Chemical analysis expert at Sharjah Police forensic laboratory

LETHAL EFFECTS

Colonel Eng. Expert Adel Ahmed Al Mazmi, Head of the Forensic Laboratory section at Sharjah Police, warned about the danger and potential lethal effects associated with the use of these synthetic cannabinoids. He said: "Manufactured cannabinoids are synthetic compounds that can be mixed in secret laboratories. It has

EYE DROP MIMICKING HEROIN EFFECTS DISCOVERED BY SHARJAH POLICE

In early 2021, Sharjah Police's forensics lab identified an eye drop that, when excessively used, exhibited effects similar to heroin. Subsequent investigations revealed its injection use amongst drug users. Following this discovery, the eye drop was promptly added to the list of controlled medicines.

"We will continue our fight against this multibillion industry but the challenges are endless because criminals keep coming up with new types and new methods," said Colonel Eng. Expert Adel Ahmed Al Mazmi, Head of the Forensic Laboratory section at Sharjah Police.

the same effect as cannabis, but it exceeds the effect of cannabis by 80 to 100 per cent, and its use leads to death."

Aisha Al Tunajji, a forensic analyst at Sharjah Police forensic laboratory, highlighted the severe health risks posed by these synthetic cannabinoids, including increased heart rate and blood pressure, red eyes, anxiety, paranoia, hallucinations, convulsions, and memory loss, underscoring the urgent need for awareness and prevention measures.

CANNABIS PASSPORT PLOY

In a peculiar case, a woman in Fujairah thought she could roll with a travel document made from cannabis paper, but customs at Fujairah weren't duped by her high hopes. Her cannabis passport ploy quickly went up in smoke when customs officials noticed a piece of paper tucked into her passport.

In court, the accused vehemently denied any involvement with the dubious paper, claiming that nothing of the sort was found in her possession. According to her account, she simply handed over her passport, only to later discover that it harboured a cannabis-infused secret.

However, the court did not buy her alibi. Relying on evidence from the criminal

laboratory report and the accused's own statements in the evidence report and Public Prosecution investigations, the court conclusively proved the accusations against her.

The woman was fined Dhs20,000 by the Fujairah Federal Court on charges of possessing psychotropic substances in December 2023. The court also ordered the confiscation and destruction of the seized cannabis-infused passport paper.

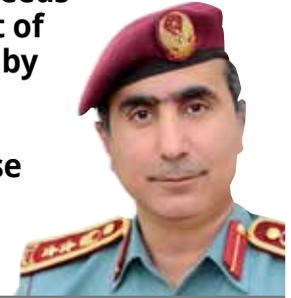
This serves as a warning for others that attempting to roll through customs with unconventional materials can quickly lead to a trip of a different kind – one straight to the courthouse or behind bars.

NARCOTICS-INFUSED VAPES

The increasing use of e-cigarettes and vapes as an alternative to traditional tobacco is poised to exacerbate the drug menace if not addressed. Investigations have revealed that e-cigarettes and vapes have become conduits for narcotics.

In May 2023, the Department of Evidence at Sharjah Police scrutinised 103 seized e-cigarettes and vapes in the country, uncovering worrying findings: amongst the confiscated devices, 17 were used for drug inhalation. Particularly concerning is the use of a liquid form of

“ Manufactured cannabinoids are synthetic compounds that can be mixed in secret laboratories. It has the same effect as cannabis, but it exceeds the effect of cannabis by 80 to 100 per cent, and its use leads to death



COLONEL ENG. EXPERT ADEL AHMED AL MAZMI

Head of the Forensic Laboratory section at Sharjah Police

synthetic cannabis, commonly known as 'spice' amongst youngsters.

INTERNATIONAL DATABASE

In the same month, in May 2023, the UAE authorities announced the identification of new synthetic cannabinoid, marking a significant



Dubai Police

Experts from the Drug Observatory Centre at Dubai Police identified 12 variations of synthetic cannabinoids, two types of synthetic cathinones, and two derivatives of the drug LSD in October 2023



Part of the Dhs14 million worth of illegal drug consignment seized by Sharjah Police in October 2023



PREVENTIVE MEASURES AND AWARENESS

- Verify the legality of any prescription medications before entering the UAE.
- Avoid associations that could be misconstrued as involvement in drug-related activities.
- Educate yourself about local drug regulations; ignorance is not a defence.
- Seek professional help or support groups for substance abuse issues; the UAE offers resources for addiction assistance.

milestone in the nation's rigorous anti-narcotics campaign. The Centre of Forensic and Digital Sciences of the Abu Dhabi Judicial Department (ADJD), in a collaborative effort with the Centre for Forensic Science Research and Education (CFSRE) in the United States, registered this new narcotic substance in an international database, a move that underscores the UAE's dedication to combating the global drug crisis.

The registration of the substance aligns with the Judicial Department's Strategic Plan 2021-2023, which prioritises the maintenance of social security and stability.

DIGITAL MONITORING

The UAE has intensified its scrutiny of social media platforms, a modern battleground in the war against drugs. By July 2023, the Ministry of Interior had blocked over 2,800 accounts implicated

in drug promotion over the past three years.

This proactive stance utilises sophisticated technology, artificial intelligence, and expert personnel to monitor and clamp down on digital drug trafficking activities.

Brigadier Saeed Abdullah Al Suwaidi, Director General of the Anti-Narcotics Federal Directorate General at the Ministry of Interior, told the media: "Drug syndicates constantly adapt their smuggling and marketing tactics. The digital promotion of narcotics presents a significant challenge, yet our resolve to counteract these activities remains unwavering."

The UAE's commitment to eradicating drug abuse is further evidenced by the public's active engagement with the "Join Us To Stop It" campaign, launched in May 2023 to encourage reporting of drug-

SYNTHETIC DRUGS

Synthetic drugs, also known as New Psychoactive Substances (NPS), pose significant health risks due to their largely untested and unpredictable effects. Often mixed with other substances, including other illegal substances and various medications, these drugs can lead to dangerous and unforeseen reactions.

Many synthetic drugs, such as MDPV, are potent even in low doses and are frequently diluted with fillers to mimic the effects of traditional illicit drugs.

ADVERSE EFFECTS

Studies have highlighted numerous adverse effects experienced by users of these substances. Commonly reported issues include emotional instability, cognitive impairment, muscle pain, jaw soreness, loss of appetite, prolonged hallucinations, acute agitation, paranoia, cardiovascular issues, chest pain, headaches, and even suicidal thoughts.

WITHDRAWAL SYMPTOMS

Dependence on synthetic drugs can develop over time, making cessation challenging. Withdrawal symptoms vary based on factors such as duration of use, type of drug, age, physical health, psychological traits, and the method of withdrawal.

Withdrawal from synthetic cannabinoids can be particularly distressing, with symptoms including insomnia, paranoia, panic attacks, agitation, irritability, anxiety, mood swings, and rapid heartbeat.





THE LAWS

Persuading others to use drugs is a serious offence, punishable by a minimum of **5 years in prison** and a fine of at least **Dhs50,000**.

Transferring funds for the purchase or use of narcotics or psychotropic substances is equally punishable, with penalties including **imprisonment** and a minimum fine of **Dhs50,000**, as per Article 64/1 of Federal Decree-Law No. 30 of 2021.

Even possession of small amounts of illegal substances can lead to a hefty fine and lengthy jail terms.

DRUGS LAW COMPLIANCE

The UAE enforces a stringent zero-tolerance policy towards drug offences, emphasising the importance of awareness and compliance for both residents and visitors.

The UAE's comprehensive drug laws encompass a broad spectrum of substances, including illegal narcotics and certain prescription medications that may be legal in other countries but are considered controlled in the UAE.



“ Drug syndicates constantly adapt their smuggling and marketing tactics. The digital promotion of narcotics presents a significant challenge, yet our resolve to counteract these activities remains unwavering



BRIGADIER SAEED ABDULLAH AL SUWAIDI

Director General of the Anti-Narcotics Federal Directorate General at the Ministry of Interior

promoting WhatsApp messages.

This initiative has significantly contributed to the Dubai Police's arrest of nearly half of the country's drug-related suspects in the second quarter of 2023, demonstrating the efficacy of community involvement in national anti-drug efforts.

REHABILITATIVE MEASURES

In a commendable shift from punitive to rehabilitative measures, the UAE has been actively engaging in efforts to support individuals grappling with drug addiction. Abu Dhabi Police, in a pioneering initiative, introduced the “Chance of Hope” campaign in 2021, providing treatment and support to over 580 individuals battling addiction.

Brigadier Taher Gharib Al Dhaheer, Director of the Anti-Narcotics Department at Abu Dhabi Police, recently highlighted the campaign's success in not only aiding those in need but also in elevating public consciousness about the detrimental impacts of drug misuse. Families are advised to play a proactive role by guiding their loved ones towards the supportive embrace of the police or the National Rehabilitation Centre, rather than the cold confines of a cell.

The UAE's strategy represents a holistic approach to drug-related issues, prioritising therapeutic and supportive interventions over criminal prosecution for those who voluntarily seek help. This policy reflects a deeper understanding of the complexities of addiction, recognising the necessity of family support in the journey towards sobriety and the broader objective of safeguarding public health. It's a narrative of compassion and support, offering a beacon of hope to those ensnared in the throes of addiction.



NATIONAL DAY

52

We take immense pride and great pleasure in extending
our sincere congratulation and best wishes to

Their Highnesses

Members of the Supreme Council and Rulers of the Emirates
and to the people of the UAE

On the occasion of the 52nd Union Day



بنك دبي الإسلامي
Dubai Islamic Bank

الاحتفال باليوم
الوطني

We take immense pride and great pleasure in extending
our sincerest congratulations and best wishes to

His Highness Sheikh

Mohamed bin Zayed Al Nahyan

President of the UAE

His Highness Sheikh

Mohammed bin Rashid Al Maktoum

Vice-President and Prime Minister of the UAE and Ruler of Dubai

and Their Highnesses Members of the Supreme Council and Rulers of the Emirates

and to the people of the UAE

On the occasion of the 52nd Union Day



الفتيم لوجيستكس
Al-Futtaim logistics



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.

WHITE MANTLE CHEATING

When hearts harden and feelings petrify, lies only fool the liars themselves

When you get "gallantly" slapped, as if it were quite tailor-made for you; when lies get on everyone's lips, rather go deeper, to the bone, until they become an integral part of you; when you fathom that you can fool others to polish your image in the eyes of others, or play the victim, you better know that you are only lying to yourself, you are only fooling yourself.

When hearts harden and feelings petrify, lies only fool the liars themselves. If you were meant to receive good, you will find your way again. Life will otherwise offer you all that you wish for, and then you will get violently slapped unawares.

When you deceive the closest people to you, pretending that you love them; when you stand with all your might at the bottom of a well that you dug up especially for them; when you turn your heart into a station for whomever; when you hit on this and that woman and take yourself arrant mistresses, at the expense of a heart that her only fault is that it took you in and held you safe within; when all of that was not enough for you that you dipped your love with venom and used it to stab and kill your faithful women on a night that was supposed to be her big night while you acted like a fly hovering over garbage, smelling trash thinking it was smelling fresh nectar.

How have you become so cruel as if you murdered

your own child with your bare hands? How have you become so infamous that you blatantly receive gifts from your mistress? How have you become so vicious that you let your lady receive that very gift and pretend that you bought it for her to evade your lies and upgrade from black to dark? How could you—when you got exposed to a message from your mistress—say it was over? Such an ungrateful, heartless man you are!

Don't you know that deceiving a heart is like being an illegitimate child deprived of rights due to a fleeting caprice, an act drowned in pleasure and entrapped a woman in a moment of weakness?

You denied honesty. You invalidated the truth. You toyed with a heart that was ablaze with passion for you, a sublime, loyal, affectionate heart that exuded fragrance, a heart that was like a plant growing from seeds of hope to be watered with sweet embraces, but was rather stabbed with lies, offered on the altar of deceit. Don't you know that deceiving a heart is like being an illegitimate child deprived of rights due to a fleeting caprice, an act drowned in pleasure and entrapped a woman in a moment of weakness?

Didn't her warm tears say anything for her? Weren't you humbled by her red eyes, full of tears, swollen with burning pain and disappointment? You are no different from a monster dwelling in a forest or living in a cave in

some black rocky high mountain.

Deceit and cheating are for those who fell between the lines of lies, lost their way, and talked themselves out of it with deceitful, unconvincing arguments, just like you—who covered up your cheating with a white mantle.



SOLE CLUES SOLVE CRIMES

IN THE RELENTLESS QUEST FOR JUSTICE, LAW ENFORCEMENT OFFICERS ENGAGE IN A HIGH-STAKES MISSION: METICULOUSLY ANALYSING THE DISTINCTIVE OUTSOLE PATTERN OF A SUSPECT'S SHOES AND MATCHING IT WITH THE ENIGMATIC PRINTS UNCOVERED AT THE CRIME SCENE

BY K NIVEDITA



In the area of forensic investigations, the UAE police possess a formidable array of technology and experts. Yet, it's their keen eye for the minutiae, like footprints and shoe prints, that truly sets them apart.

Footprints, often overshadowed by fingerprints and facial recognition, have silently guided investigators for years. However, from a simple footprint, a detective can deduce a person's height, leg length, and approximate weight.

When the footprints remain defiantly distinct, the police initiate a process of elimination, narrowing down their list of suspects. As each footprint undergoes careful scrutiny, the intricate web of mystery tightens, gradually drawing closer to the elusive truth. This process has significant implications for the pursuit of justice.

ON THE TRAIL OF DRUG DEALERS

A decade ago, Dubai Police cracked a sensational case when they apprehended drug dealers who had buried 25kg of drugs in the desert. The investigation began when officers came across these unusual footprints in the arid expanse, which bore an exclusive and identifiable pattern. This distinct footprint evidence became the focal point of their inquiry,

serving as the initial clue that would set the wheels of justice in motion. By following this trail, Dubai Police were able to navigate through the intricate maze of the desert and ultimately pinpoint the individuals responsible for the drug trafficking operation.

But it's a recent incident that showcases the power of impression evidence. In a Dh\$1 million burglary investigation in Dubai in September 2023, the burglar's shoe left an indelible mark on the office door.

When investigators arrived, four employees reported being held hostage by a gang of intruders who handcuffed them. The investigators noticed shoe imprints on the kicked-open door and discovered that the plastic handcuffs used on the employees had been cut with a pair of scissors. Oddly, these scissors were initially missing but later found hidden in a drawer. A forensic report linked the shoe prints on the door to the employee who claimed to be coerced into helping the robbers.

The matching shoe sole implicated the employee and unveiled a well-organised operation involving three others. These four would be living freely if not for the telltale shoes, a testament to the detectives' unwavering attention to detail.

'SHOE AUTOPSY'

Dr Michael Nirenberg, a renowned clinical and forensic podiatrist based in the United States, provided insights into the process of uncovering footprints and shoe prints. Dr Nirenberg detailed in an interview with A&E True Crime the various techniques used in this specialised field.

"The simplest thing is to just use a light at an oblique angle," Dr Nirenberg explained. Additionally, in dusty environments, a specialised device comes into play. Dr Nirenberg elucidated, "If there's a lot of dust in the room, you put down photographic paper and use an electrostatic detector. It shoots electricity through the photographic paper, and the image of a footprint in the dust will be transferred to the photographic paper."

He also highlighted the dynamic nature of a person's footprint, which can impact insole impressions in a criminal investigation. "Over time, our feet change," he noted. "This presents both a challenge and an opportunity for forensic podiatry."

"If you get a suspect from a footprint and examine their foot 10 years later, the strength or weight of the evidence may be reduced because their foot in that 10-year period of time may have changed," he said.





“When you’re comparing an insole impression, you’re not comparing a snapshot in time. You’re comparing the interaction of the foot with the shoe over time”



DR MICHAEL NIRENBERG

Clinical and forensic podiatrist

Footprint evidence, often overshadowed by fingerprints, has historically taken a back seat in crime-solving. However, Dr Nirenberg believes this is evolving. “Feet are more in contact with the environment than most parts of our bodies,” he asserted.

Detailing his approach to investigating footwear, Dr Nirenberg coined the term ‘shoe autopsy’. “This systematic dissection involves scrutinising the shoe’s exterior and interior using a fibre optic camera, meticulously recording any impressions found,” he said.

“When you’re comparing an insole impression, you’re not comparing a snapshot in time. You’re comparing the interaction of the foot with the shoe over time,” Dr Nirenberg added.

As technology advances and forensic podiatry gains recognition, said Dr Nirenberg, the role of footprint evidence in solving crimes may witness a resurgence.

FOOTMARKS: SECOND ONLY TO DNA

Criminals dress with care. They meticulously attire themselves, donning gloves, masks, and gears that seamlessly merge with their environment while allowing unhindered movement.

Strangely, most wrongdoers pay little heed to their footwear, prioritising comfort. However, it is these very footprints, encompassing skid marks and strides, that emerge as the most prevalent remnants of their presence at crime scenes, second only to DNA.

An esteemed European expert asserts that footprints materialise in a staggering 40 per cent of crime scenes, serving as silent yet revealing witnesses to nefarious deeds.

Shoe prints have helped police in different parts of the world bring

perpetrators to justice.

In 2018, a single shoe print led the police in North Carolina, United States, to a 24-year-old who had shot a man dead during a poker game. On the other hand, there was a bizarre case from 2011 in Scotland when a one-legged man left a series of single footprints after robberies of computers and jewellery.

FOOTPRINT DATABASE

In a groundbreaking move, the United Kingdom pioneered the world’s inaugural national database for shoe imprints discovered at crime scenes back in 2007. This repository houses an

extensive archive of suspect information and shoe patterns spanning years and regions, making it a veritable goldmine for investigators.

Continually refreshed with new shoe prints and crime scene particulars, this database serves as a vital tool for law enforcement, facilitating the connection of dots between crimes, even in the darkest recesses of unsolved cases.

None other than Sherlock Holmes, the great fictional detective, assiduously studied footprints. He could find footprints left on all kinds of surfaces, from clay, snow and carpets to blood, ashes and curtains. He even wrote extensively on the subject.

DID YOU KNOW?



In a groundbreaking move, the United Kingdom pioneered the world’s inaugural national database for shoe imprints discovered at crime scenes back in 2007. This repository houses an extensive archive of suspect information and shoe patterns spanning years and regions, making it a veritable goldmine for investigators.



In the UAE, the police employ shoe print evidence as one element amongst various supporting materials to locate criminals or bolster their cases against suspects

An argument against this came in March 2023, when a court in an Asian country acquitted an immigrant floor tiler who had been in prison for the murder of a 13-year-old schoolgirl.

According to his lawyers, the floor tiler had been coerced into confessing. The legal team added that the evidence, including a shoe print found at the scene, was questionable. By the time he was free, the floor tiler had spent 16 years in jail as part of a life sentence.

In the UAE, the police employ shoe print evidence as one element amongst various supporting materials to locate criminals or bolster their cases against suspects. However, it's crucial to highlight that each case is meticulously built, incorporating multiple forms of evidence, with footprints playing a significant but not exclusive role.

HOW TECHNOLOGY HELPS

By studying shoe prints in conjunction with allied materials, such as bloodstains and fingerprints, police investigators can recreate the dynamics of a crime. Most cautious criminals feel that they have left no trace at the crime scene if they cannot see a footprint. The reality is that most foot or shoe prints are not prominent to the naked eye.

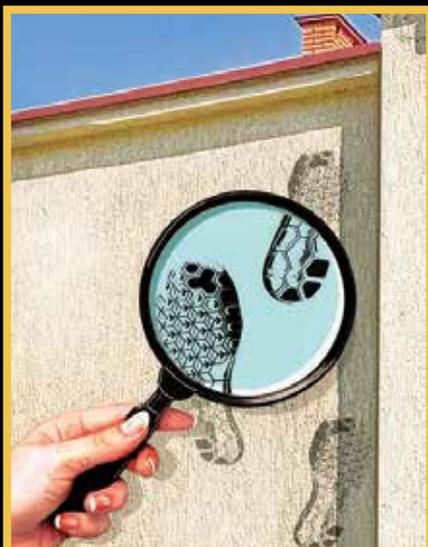
The majority can only be seen with

the help of gadgets using UV lights, amongst others, which are available with law-enforcement agencies. Technology has also made it possible to recover footprints from a dead body. A challenge to the police is also when a crime scene has been overrun by people so that prints are destroyed.

A criminal cannot escape his or her footprint— but can footprints alone send a person to jail?

CRIME CLUES IN FOOTPRINTS AND SHOE PRINTS

Here are a few cases from around the world in which footprints played a stellar role:



1

The case of the hexagonal shoe print:

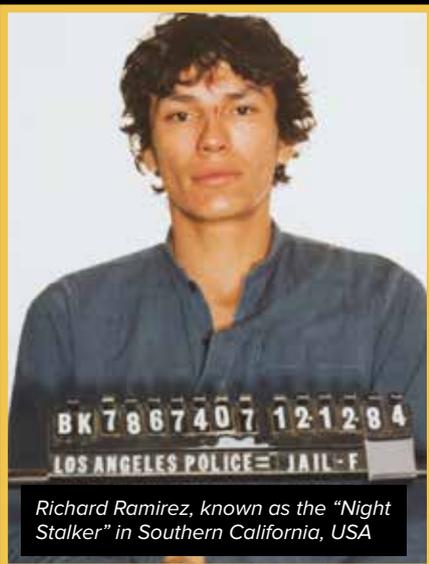
When the police in Nagpur, India, were called in to solve the theft of a large quantity of gold from a family residence in December 2022, they found a hexagonal-shaped shoe print on a boundary wall and the verandah. Without any database of footprints of criminal elements to refer to, the police began to investigate all the people who had been arrested earlier for similar incidents of theft. With each suspect, they would check his shoes first. After numerous shoes, the police came across a 19-year-old whose footwear had the familiar hexagonal pattern. Police recovered some of the gold from him as well as information about the rest of the gang.



2

The murderer who liked running shoes:

In 2019, a homicide occurred in Leeds, United States, where a man was tragically killed in his own basement. During the investigation, the police discovered shoe prints outside the cellar door. Despite the challenges posed by the COVID-19 pandemic, law enforcement diligently pursued the case. In 2021, a critical breakthrough emerged when a detective and a suspect, both masked, faced off during an interrogation. Subsequently, the suspect discarded his face mask, which the detective seized and subjected to DNA analysis. The DNA matched the samples found on the cellar door frame, a pivotal piece of evidence. The conclusive evidence, however, lay in the running shoes worn by the accused during the crime; their distinctive tread pattern matched the prints found at the crime scene. When the police apprehended the suspect, he was still wearing the same incriminating footwear.



Richard Ramirez, known as the "Night Stalker" in Southern California, USA

3

Shoe prints of a night stalker:

In Southern California, United States, during his mid-1980s reign of terror, Richard Ramirez, known as the "Night Stalker", brutally murdered 13 people and committed at least 11 sexual assaults between his 24th and 26th birthdays. A court, recognising the extreme cruelty of his crimes, handed down 19 death penalties. Ramirez's victims spanned a wide demographic, including children, young adults, and elderly women. Law enforcement faced significant challenges apprehending the elusive Night Stalker until March 1985 when a critical breakthrough occurred—a shoe print from an Avia sneaker was discovered. This initial clue paved the way for additional shoe prints and crucial evidence. Despite numerous dead ends, additional murders, and an unrelenting pursuit by the police, Ramirez was ultimately arrested in 1985. He passed away in jail in 2013 before facing execution.

4

Mud on suspect's shoes:

In Decatur, United States, police grew suspicious when they spotted a speeding white car. A patrol car gave chase, signalling the driver to stop, but the driver ignored the command and accelerated to over 80 mph. Eventually, the driver halted the vehicle upon reaching an empty lot and fled the scene. Inside the abandoned car, law enforcement discovered three-and-a-half pounds of marijuana and a telltale muddy shoe print. The police initiated a search for the suspect and encountered a 32-year-old man walking with a woman. His appearance—panting, nervous, and drenched in sweat—raised further suspicion. Upon questioning, the police's doubts intensified. Finally, upon inspecting the man's shoes, they confirmed that the shoe prints matched those found in the abandoned car.





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

IDENTITY IN MODERNITY

Actively promoting the Arabic language amongst the youth is crucial for cultivating a generation deeply rooted in cultural identity

We fondly recall the announcement of the 'Year of National Identity' in 2008, as directed by the late Sheikh Khalifa bin Zayed Al Nahyan. This declaration did not come from a vacuum. National identity faced challenges due, in part, to global openness, both geographically and culturally. The younger generation, unfamiliar with the essence of identity, struggled to preserve it, prompting calls for its protection.

Over time, the situation has become worrisome. The risks of technological openness and expansion outweigh those of geographical mixing and resulting cultural differences. The language of the youth has shifted to that of social media networks. Their values are influenced by ideas circulating on these platforms, regardless of alignment with or deviation from their identity. Choices and behaviours are moulded by what is promoted on social media and the whims of online influencers.

Despite extensive media campaigns, seminars, and cultural forums aimed at bolstering national identity, its erosion has intensified. This issue is compounded by lenient families and institutions that lend their support to anything but the preservation of identity. Many parents and educational institutions observe the detachment of the younger generations in our national identity. However, they overlook warning signals and downplay them for reasons and excuses that are not convincing, despite their significant responsibility in this regard.

In certain institutions, there's a concerning trend where schools prioritise the enhancement of their educational programmes at the expense of the Arabic language—a critical component of our national identity. This shift leads to a pertinent question: Why is our language, the vessel for our cultural expression, being sidelined, with Arabic fading from meetings, workshops, and courses?

This linguistic transition has broader implications, posing a threat to the very fabric of our national identity. How can

we strengthen our sense of identity when the language that anchors it is no longer given due importance? The diminishing use of Arabic raises concerns about the potential dilution of our cultural heritage and shared identity.

If these practices persist in homes, educational institutions, and society at large, they risk contributing to the detachment from our identity.

A worrisome consequence is the increasing influence of social media networks, shaping the perspectives of a generation potentially lacking the awareness and responsibility needed to uphold our cultural heritage.

Therefore, institutions must reconsider the balance between advancing educational programmes and

preserving the linguistic and cultural foundations that underpin our national identity. Creating an environment where the Arabic language is actively promoted in various aspects of life is crucial. This approach will help cultivate a generation firmly rooted in its cultural identity.

In 2008, the UAE began promoting the identity when challenges were less severe. Now, the current reality emphasises the need for a continuous and comprehensive identity initiatives that goes beyond language, requiring ongoing support and campaigns.

Cultural openness and tolerance are not at odds with the essence of advanced countries proud of their

identity. In fact, these countries take pride in their identity while remaining open and tolerant towards everyone, making efforts to support and uphold these values. They hold onto their identity as it is their wealth and the foundation that validates their existence.

All of us—individuals, institutions, families, and households—are encouraged to view the promotion and protection of identity as an ongoing duty and responsibility, extending beyond a single year to become a lifelong commitment.

Cultural openness and tolerance are not at odds with the essence of advanced countries proud of their identity. In fact, these countries take pride in their identity while remaining open and tolerant towards everyone

اليوم
الوطني

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our sincerest congratulations and best wishes to

His Highness Sheikh

Mohamed bin Zayed Al Nahyan

President of the UAE

His Highness Sheikh

Mohammed bin Rashid Al Maktoum

Vice-President and Prime Minister of the UAE and Ruler of Dubai

and Their Highnesses Members of the Supreme Council and Rulers of the Emirates

and to the people of the UAE

On the occasion of the 52nd Union Day



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دار الهندسة والتصميم والإستشارات الفنية
(شاعر ومشاركوه)

dar



New Year, new health: 6 ways to shape up!

EMBARKING ON A FITNESS JOURNEY THIS NEW YEAR? STICK TO YOUR RESOLUTION WITH THESE CLEVER TIPS WITHOUT HITTING THE GYM

BY LINDSEY CRANE

Top New Year Resolutions For 2024



Forbes Health/One Poll 2023

Listing resolutions for the next 365 days is a timeless tradition, a commitment to personal growth. As the clock ticks into the new year, these aspirations symbolise hope and the promise of a better self. It's a simple yet powerful tradition that echoes across cultures, a universal acknowledgement of the

potential for positive change in the coming year.

Did you know that a universal annual resolution prevails worldwide? That's the desire to enhance fitness and shed excess weight. According to an October 2023 survey by Forbes Health/One Poll, more people cite improved fitness as their top resolution (48%) while other health-related resolutions such as weight loss (34%) and improved diet (32%) are also in the top 5.

The 2023 Forbes Health survey says: "The Forbes Health/One Poll survey found that the average resolution lasts just 3.74 months. Only 8 per cent of respondents tend to stick with their goals for one month,

Did you know that a universal annual resolution prevails worldwide? That's the desire to enhance fitness and shed excess weight

while 22 per cent last two months, 22 per cent last three months and 13 per cent last four months."

If you're still pursuing your fitness goal, here's help: we've outlined several science-supported tips for a new you this New Year! These smart lifestyle habits don't involve rigorous gym workouts but can significantly impact your long-term health.

2024

-
-
-



1 *Do your own smoothie*

Smoothies, composed of a blend of fruits and vegetables, have surged in popularity amongst dieters and health enthusiasts. Studies often associate green leafy vegetable smoothies, such as kale or spinach, with a reduced risk of chronic illnesses like Type-2 diabetes. Meanwhile, fruit smoothies are lauded for their anti-inflammatory properties. However, caution is advised when opting for pre-packaged versions, as they may contain artificial sweeteners and high levels of sugar and calories, compromising their health benefits.

2 *Consume more protein*

Increasing protein intake has proven effective in fat reduction. According to a 2008 study by the American Society for Nutrition, protein-rich foods can diminish cravings for additional food. Moreover, the study suggests that aligning increased protein consumption with regular physical activity can contribute to a more nuanced approach to body weight regulation. This approach favours the retention or accretion of fat-free mass, providing a potential avenue for enhanced fat reduction and overall weight management.





3 *Increase satiety with fibre*

Enhancing a sense of fullness and satisfaction can be achieved by incorporating viscous fibre into your diet. This particular type of fibre goes beyond its basic role of slowing stomach emptying, which contributes to a reduction in overall food intake. Additionally, viscous fibre is a treasure trove of essential vitamins and minerals crucial for optimal health, including vitamin B and iron. Foods rich in viscous fibre exhibit a unique characteristic—they form a gel-like substance when mixed with liquids. Prime examples of such fibre-packed foods include nourishing choices like oat cereals, flax seeds, and asparagus.

4 *Practice mindful eating*

In a 2012 study published in the National Library of Medicine, researchers discovered that chewing food slowly during meals can significantly reduce subsequent snacking. Researchers uncovered that this deliberate practice goes beyond the immediate act of eating. By savouring each bite, you not only enhance the enjoyment of your meal but also send crucial signals to your brain. Slow chewing and the brain's recognition of satiety give a feeling of fullness with fewer calories consumed. This mindful eating habit can be a powerful ally in not only preventing weight gain but also potentially contributing to effective weight loss.



5 *The kitchen influence*

In a 2015 study conducted at Cornell University, experts delved into the impact of visible food choices within our kitchens on overall health. This extensive analysis focused on the body mass index (BMI) of women, drawing a connection between visible food cues and weight management. The study compared those who showcased a fresh fruit bowl against those who kept less healthy options in plain sight. As per the study results, individuals with a visible fruit bowl in their kitchens maintained an average weight that was 5.89kg less than their counterparts exposed to less nutritious alternatives. This shows the significant influence environmental cues exert on our dietary choices and overall well-being.



6 *Prioritise quality sleep*

Adequate sleep is crucial for maintaining a healthy metabolism. Research underscores that insufficient sleep disrupts hunger-regulating hormones, elevating ghrelin (the appetite-stimulating hormone) and reducing leptin (associated with feelings of fullness). This hormonal imbalance often leads to increased cravings for comfort-food carbs and a sense of weakness, potentially reducing physical activity. Numerous observational studies consistently affirm the intricate link between sleep, hormonal balance, dietary choices, and overall well-being. Emphasising the importance of quality sleep is not just a lifestyle choice but a fundamental aspect of sustaining a healthy metabolism and overall health.



DID YOU KNOW?



A crucial link in the brain connecting stress to emotional overeating has been identified in a new study. The molecule in focus, Proenkephalin, was investigated in the hypothalamus—a key region for regulating eating behaviour. The study conducted by Dr Sora Shin, assistant professor in the Department of Human Nutrition, Foods, and Exercise in Virginia Tech's College of Agriculture and Life Sciences, sheds light on the brain changes triggering emotional overeating. The results, published in October 2023, unveil potential insights into stress-induced eating habits, emphasising the intricate relationship between our emotional state and the brain's regulation of appetite.

Source: Virginia Tech

CRIME DOESN'T PAY

A WAVE OF DESPAIR HIT A PEACEFUL NEIGHBOURHOOD WHEN A MAN, DRIVEN BY FINANCIAL DESPERATION, ATTACKED A FAMILY. THE CRIME LEFT A MOTHER DEAD, CHILDREN TRAUMATISED, AND THE ASSAILANT FACING SEVERE CONSEQUENCES

BY WAGIH HASSAN
ILLUSTRATION BY JOHN VIRGIL GUNDA





In a neighbourhood in one of the emirates, Ahmed and his family were thrust into an ordeal that shattered the serenity they once knew. Aisha, their Asian housemaid, became the reluctant narrator of a tale steeped in tragedy when she made a harrowing statement to the local police. Without the family knowing, their neighbour Faisal, with bad intentions, forcefully entered their home, causing aggression and violence.

Aisha suffered from Faisal's cruelty, getting stabbed in her left hand and upper chest. Fortunately, her strength prevented more serious injuries. As the crime unfolded, Faisal pressed Aisha for details regarding Ahmed and his wife's possessions. When Aisha said she didn't know, Faisal became even more violent. He continued his ruthless spree, targeting Fatima, Ahmed's wife. Faisal brutally stabbed Fatima's face, sides, and upper chest. Then, he turned his aggression towards the couple's children, Samir and Bilal, aged 11 and 9, leaving them in a state of shock.

Faisal fled after grabbing the car key from the wounded Fatima. Reports soon flooded police stations about a white car, driven recklessly, endangering lives. Faisal's attempt to flee to another emirate was thwarted by vigilant police officers.

At the Criminal Investigations Department, Ahmed, the distraught husband and father, recollected the moment he received a call at 3:30 am from the police, urging him to rush to his family's residence. As he arrived at their home, a heartwrenching scene awaited him—Fatima was lying lifeless on the floor with multiple stab wounds. His sons, Samir and Bilal, and Aisha, the housemaid, were in profound anguish.

Overwhelmed by grief, Ahmed shared, "I saw my children, Samir and Bilal, wounded but thankfully not fatally. Faisal is our neighbour's son. He lost his job months ago for causing trouble at his work, but we had no animosity toward him or his family."

He continued, "Aisha, despite being seriously wounded, courageously reported the incident to the police. Faisal had sneaked into our house, causing terror in our rooms where my wife and children sought refuge."

Ahmed shared a heartbreaking detail.

"We had celebrated Mother's Day just days before this happened. Fatima suggested that we honour my mother together. It was our tribute to her exceptional upbringing and dedication to our education."

"My wife was killed in the very sanctity of our home. What unfathomable pain she endured, and what irreparable loss we bear." Then, he pondered, "What sin did my innocent children commit to witness such unforgivable violence? They were robbed of their affectionate mother."

Ahmed added, "What reason did this ruthless man have to kill an innocent, doting mother to her children? All for a handful

of money? Faisal deluded himself into committing this unjustifiable act."

The Head of the Criminal Investigations Department consoled Ahmed, expressing confidence in the police force's commitment to solve the crime.

Faisal faced the consequences of his crime—a severe and deterrent penalty, serving as a warning to others. In the face of this tragedy, it echoes a profound truth that criminal actions lead not to rewards or benefits but to severe and lasting consequences. Indeed, crime doesn't pay.

What reason did this ruthless young man have to kill an innocent, doting mother to her children? All for a handful of money?

The names and characters mentioned in the story are fictitious, and any resemblance with real people is purely coincidental.

الأيام
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Dreaded countdown

THE SPARKLE OF NEW YEAR'S EVE TAKES A HARROWING TURN AS UNFORESEEN VIOLENCE
SHATTERS THE JOYOUS OCCASION

BY RONNIE CARLSON

FAMILY MASSACRE

WHEN: DECEMBER 31, 2017

WHERE: NEW JERSEY, UNITED STATES

The serenity of 2016-2017 New Year's Eve in New Jersey was shattered by unsettling noise of gunshots echoing from inside the Kologi family's residence. Initially, the gunshots were mistaken for early firecrackers.

Scott Kologi, then a 16-year-old, perpetrated a horrific act using a semi-automatic rifle to gun down his parents, sister, and a family friend. The victims included his father Steven, mother Linda, 42, and sister Brittany, 18, along with Mary Schultz, 70, a family friend residing with them, all meeting a tragic end minutes before the dawn of 2018. Fortunately, Scott's grandfather Adrian and brother Steven Jr were in the house but managed to escape unharmed.

During police questioning, Scott revealed the chilling details of the premeditated massacre. Just before midnight, he retrieved an AK-47 from his brother's bedroom, loaded two magazines with bullets, and extinguished the lights to remain unseen. He attacked his sister Brittany multiple times in the chest and head. He spared his grandfather's life when the latter collapsed in devastation upon learning of his partner's shooting.

A shocked neighbour, Joe Rios, described Scott Kologi as the "nicest kid in the world". He told the *New York Post*, "He came to watch the softball games with Linda, and he was always smiling.



Scott Kologi (left) and his parents, Linda and Steven

This is totally out of the blue and not something I ever thought this young boy would do."

In 2020, Scott Kologi faced indictment on four counts of first-degree murder and one count of second-degree possession of a weapon for an unlawful purpose.

HORRIFIC REVENGE

WHEN: DECEMBER 31, 2016

WHERE: SÃO PAULO, BRAZIL

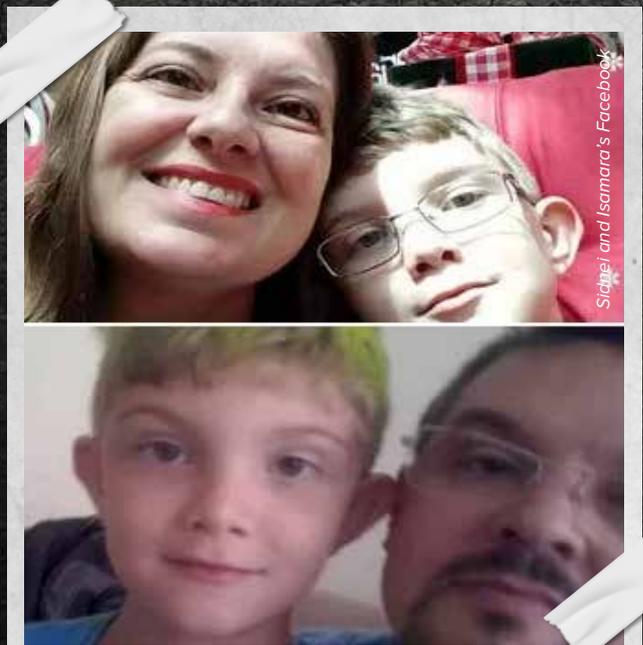
The city of Campinas, São Paulo, Brazil, was alive with celebrations on 31st December 2016. However, for Sidnei Ramis de Araújo, the night marked a dark culmination of his long-held desire for revenge. The 46-year-old laboratory technician was embroiled in a bitter legal battle with his former wife, Isamara Filier, 41, over their 8-year-old son, João Victor.

The conflict began after Isamara filed a police report accusing Sidnei of sexually abusing their son when he was just three years old. João Victor had allegedly confided in teachers about the abuse, leading to a contentious custody arrangement where Sidnei was allowed supervised visits every other Sunday.

Isamara had a history of filing police reports against Sidnei, ranging from assault to death threats and violating restraining orders. Sidnei, consumed by a sense of injustice and hatred towards his ex-wife, harboured a deep-seated desire for revenge, documenting his intentions in a diary in 2013.

As the clock neared midnight on that fateful New Year's Eve, Sidnei armed himself with a pistol, two magazines, a folding knife, and ten explosives. He headed to the residence of Isamara's cousin, Liliane Ferreira, where he knew family members would be gathered for the celebration. Sidnei, fuelled by rage, climbed the wall, parked his car in front of the house, and initiated a horrific shooting spree.

Inside the house, Sidnei indiscriminately opened fire,



Sidnei Ramis de Araújo and Isamara Filier with their son João Victor

targeting Isamara and her family. He confronted Isamara directly, shouting about the custody battle, and fatally shot her. João Victor was also shot in the head.

Sidnei, having claimed the lives of 13 people, including Isamara and João Victor, turned the weapon on himself.

FATAL NAGGING

WHEN: DECEMBER 31, 2014

WHERE: FLORIDA, UNITED STATES

On 31st December 2014, a grisly crime struck a Florida home when Christian Jose Gomez brutally murdered his own mother, Maria Suarez-Cassagne, using an axe. The motive behind this heinous act? The relentless nagging from his mother, who had asked him to complete household chores on New Year's Eve.

Just a day before the horrific incident, Gomez had been taken to a therapy appointment by his grandparents. He had previously been diagnosed with schizophrenia and prescribed medication, though uncertainty lingered about his adherence to the treatment. Despite efforts to address his mental health, the gruesome events unfolded.

After committing the murder, Gomez placed his mother's head in a bin and left her lifeless body outside their residence.

Gomez's brother, Mario, stumbled upon a blood trail in the garage, leading him to the shocking discovery of their mother's body. Swiftly, the authorities were alerted, and a subsequent chase ensued when Gomez attempted to flee. Police managed to apprehend the suspect, who had calmly explained the gruesome act upon arrest.

Sheriff Bob Gualtieri, reflecting on the case, described it as "very scary" and deemed it one of the worst crimes he had ever witnessed. Despite Gomez's diagnosed mental illness, his demeanour during the confession betrayed no signs of such affliction.

After spending three years in a Florida mental hospital, Gomez was deemed "competent" to stand trial in July 2018. Opting for a plea deal, he accepted a 25-year jail sentence coupled with 10 years of probation and treatment, according to the *Tampa Bay Times*.



Christian Jose Gomez

TRIPLE MURDER

WHEN: DECEMBER 31, 1964

WHERE: NEW YORK, UNITED STATES

The 1964-1965 New Year's Eve, at approximately 9:30 pm, was marked with a grisly discovery. Three members of the Egan family, infamous for being local troublemakers involved in thefts from both residents and businesses in the area, were found dead with a bullet to their heads at a rest stop off on Interstate 81, in Jefferson County, New York.

Peter W Egan Jr, 27, was discovered in the front seat of his car. Meanwhile, Peter's brother, Gerald Francis, 19, also succumbed to gunshot wounds. Peter's wife, Barbara Ann, 24, was found on the gravel on the right side of the car, face-down, obscured from passing vehicles. She remained in her curlers, with one boot lying on the ground in front of the vehicle.

Upon examination by law enforcement, it became clear that each of the three members of the Egan family had sustained two gunshot wounds to the head, a method reminiscent of the terminology of the time – "gangland fashion".

Forensic analysis revealed that the two brothers fell victim to a .25 calibre pistol, while Barbara was shot with a .38 calibre



Peter W Egan Jr (left), his wife Barbara Ann, and his brother, Gerald Francis

pistol. Amidst the tragedy, the family's Pekingese dog was unharmed inside the vehicle, seated atop the front seat and partially on one of the deceased men's shoulders.

Given the gangland-style execution, the FBI intervened, suspecting Peter's involvement in a grand auto theft in Florida.

In March 1968, three arrests were made, yet only Joseph R. Leone faced trial. Despite legal proceedings, in January 1970, he was acquitted, leaving this grim case unresolved to this day.

TALES FROM TUDELA'S TRAVELS

THIS IS THE THIRD AND FINAL CHAPTER OF THE EPIC JOURNEY OF BENJAMIN OF TUDELA, SON OF A RABBI AND A TRAVELLER, WHO CARRIED OUT AN EXTENSIVE TRIP ACROSS THE ARAB WORLD DURING THE THIRD QUARTER OF THE 12TH CENTURY

BY DR FALEH HANDHAL



In his meticulously documented journey from 1165 to 1173, Benjamin of Tudela traversed from Iraq to Persia, exploring the countries around the Arabian Gulf. This intrepid Jewish traveller provided succinct descriptions, highlighting the Jewish populations in each region. During his visit to Persia, he intricately detailed Qeys Island, known in the present day as “Kish”.

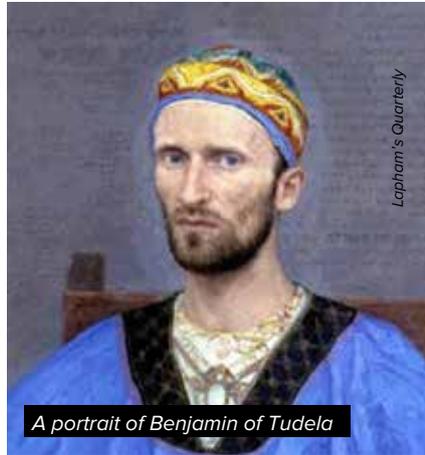
“The land of this island suffers from water scarcity, as it has only one spring, while its populations depend mainly upon rains for drinking. Qeys is a significant hub, a destination for merchants to sell, buy and trade off their goods, such as silk, flax, cotton, diamond, wheat, barley, millet, and rice while receiving spices and perfumes from India. The majority of the island's population work as auctioneers and brokers for these merchants,” Benjamin wrote.

FROM GULF COAST TO INDIA

From Kish, Benjamin crossed the Arabian Gulf to the Arab Coast and reached Al Qatif, which is located on the Al Ahsa coast in present-day Saudi Arabia.

"Al Qatif is a diving place for pearl fishing, as the big raindrops fall on the Gulf water on the 24th of April each year, then they are swallowed by shells in the seabed. The pearl divers come in mid-November, tying ropes around their waists, then diving in the Gulf waters to search for shells. The pearls are found inside these shells," Benjamin recalls.

From Al Qatif, Benjamin moved to India and talked about a region called Khoulam.



A portrait of Benjamin of Tudela

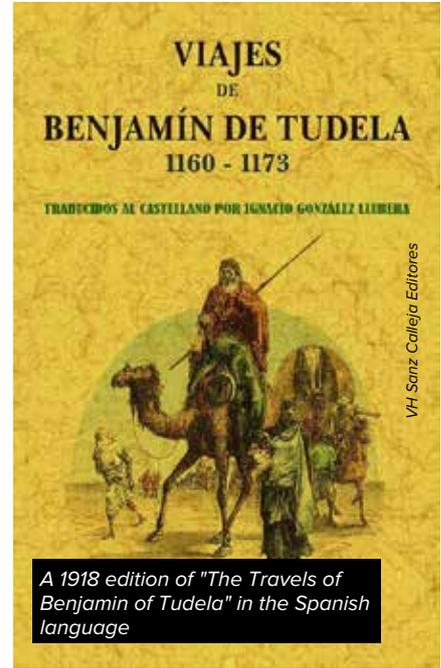
Lopham's Quarterly

“ Qeys is a significant hub, a destination for merchants to sell, buy and trade off their goods, such as silk, flax, cotton, diamond, wheat, barley, millet, and rice while receiving spices and perfumes from India

"It is the first region of the Magians, who worshipped the sun and planets, and descended from Kush," he said.

Afterwards, he went to Kindi Island, and characterised its people as Magians, “who worship fire, then voluntarily incinerate themselves therewith”. He described the process of incineration, and some kind of sorcery.

It's noteworthy to comment on Benjamin's



A 1918 edition of "The Travels of Benjamin of Tudela" in the Spanish language

VH Sanz Calleja Editores

narrations regarding Khoulam and Kindi Island. Khoulam is located in the south of Bombay. Perhaps it was Bombay itself during that era. On the other hand, Kindi Island is what is historically known as Ceylon, which is now Sri Lanka.

From India, Benjamin reached Aden. Bizarrely, he described it in only a few lines. From Aden, he proceeded to the Egyptian city of Aswan, then to Helwan, and then to the city of Al Fayyum (or Faiyum). He talked about each of them in a few lines, until he reached Cairo, which he referred to as “Egypt” in his journal.



Aramco

Al Qatif in the 1940s



Cityscape of Cairo in the 19th Century

CAIRO

In his journal, Benjamin provided an extensive description of Cairo. He wrote: “This town is located on the Coast of Nikos, which is known as River Nile. The Sultan of Egypt belongs to Alawi Shee’ah Sect, whose members are the followers of Ali ibn Abi Taleb, the first cousin of Prophet Muhammad, dissidents from the authority of the Muslim Khalifa in Baghdad. There was a permanent rivalry between the Sultan of Egypt and the Khalifa. The Sultan of Egypt owns a palace in Fustat City, which is protected by impenetrable fences. As for Cairo, it has no fences, as it is fully surrounded by River Nile. It is a vast city that includes markets. Egyptian land is immensely dry, and its climate is scorching. River Nile floods once every year when September approaches. It irrigates the land as its water submerges the surrounding islands for a month.

“There is an island inside Cairo, which

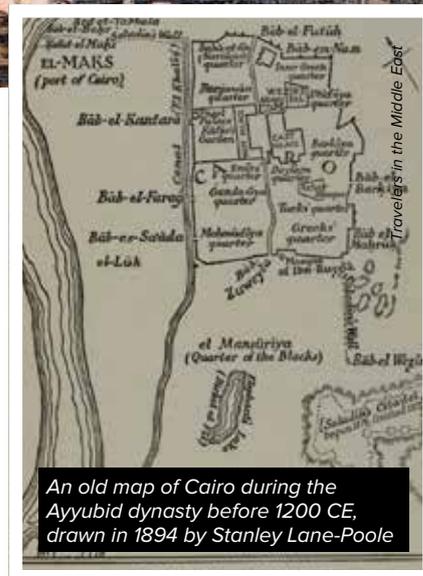
“ There is an island inside Cairo, which is surrounded by water and includes a column that was masterfully built out of white marble by clever engineers, and known as ‘Nilometre’

is surrounded by water and includes a column that was masterfully built out of white marble by clever engineers, and known as ‘Nilometre’. The height of the visible part of the column is 12 cubits, and it is articulated to degrees that indicate the height of the Nile’s water.

“A guard stands beside the column, as he is assigned to inform the people well regarding the height of Nile’s water level. Whenever the water reached its peak level, the people knew that the flood became overwhelming and submerged the land. At this point, farmers and landowners proceed to dig bays and canals to digest the excessive water.

“The people who are well acquainted with the causes of Nile’s floods argue that heavy rains pour on Kush (Abyssinia), and trigger the floods that inundate the lands, which brims with crops, as the waters of bays branched from River Nile irrigate gardens and orchards. The Egyptian farmers normally cultivate wheat, barley, pears, walnuts, Egyptian cucumber, pumpkin, beans, corn, chickpeas, etc. On the other hand, when the floods recede, Egypt is hit by severe aridity, and people cannot cultivate.

“At a far distance from Cairo, the Nile bifurcates into four branches. The first one



An old map of Cairo during the Ayyubid dynasty before 1200 CE, drawn in 1894 by Stanley Lane-Poole

flows towards the city of Damietta, while the second flows towards Rasheed, and all four branches disembogue in the Mediterranean, and all of them are surrounded by vibrant cities, villages, and farms. Overall, there is no spot anywhere else in the world as populous and heavily cultivated as the abundant Egypt.

“There are the monuments and the archaic buildings which were constructed by the Prophet Yousuf for storing grains. There are also the Pyramids, which are second-to-none edifices all over the world, as they were built from infinitely huge and sturdy stones.”



The Lighthouse of Alexandria

ALEXANDRIA

From Cairo, he then went to Alexandria, which he described as follows: "A city built by Alexander of Macedonia (also known as "Alexander the Great"), who made it one of the most amazing cities, and named it after him. Inside the city, there is the Library of Aristotle, who was the mentor of Alexander. The library consisted of twenty sections, and was a destination for the students who come from all over the world to study the philosophy of Aristotle. The construction style of the library is exquisite and spacious.

"It is built on cylinders of marble. As for the construction of Alexandria as a whole, it is built on vaulted strips that hide caves and grottos beneath. The roads of Alexandria are straight and infinitely long. For example, the length of the road which extends from Rasheed to the sea exceeds one mile, and there is a quay on the berth of Alexandria's Port that extends into the sea for one mile also. There is a high tower that the Arabs call 'The Lighthouse of Alexandria'. Once, there were glass mirrors above the Lighthouse to watch for the boats of pirates who come from the countries of the Romans, from 50 miles offshore.

"Many eras after the death of Alexander, a

“ There is a high tower that the Arabs call 'The Lighthouse of Alexandria'. Once, there were glass mirrors above the Lighthouse to watch for the boats of pirates who come from the countries of the Romans, from 50 miles offshore

boat berthed in Alexandria under the pilotage of a cunning Roman, who brought priceless golden and silver gifts and presented the same to the king of Egypt. This Roman used to approach the guard of the lighthouse and invite him for food, until one night, when the guard was asleep, the Roman and his team members took advantage, and ascended to the top of the Lighthouse, destroyed all mirrors, and ran away in the darkness. Consequently, the pirates were able to attack Alexandria, as its people are no longer able to watch for them.

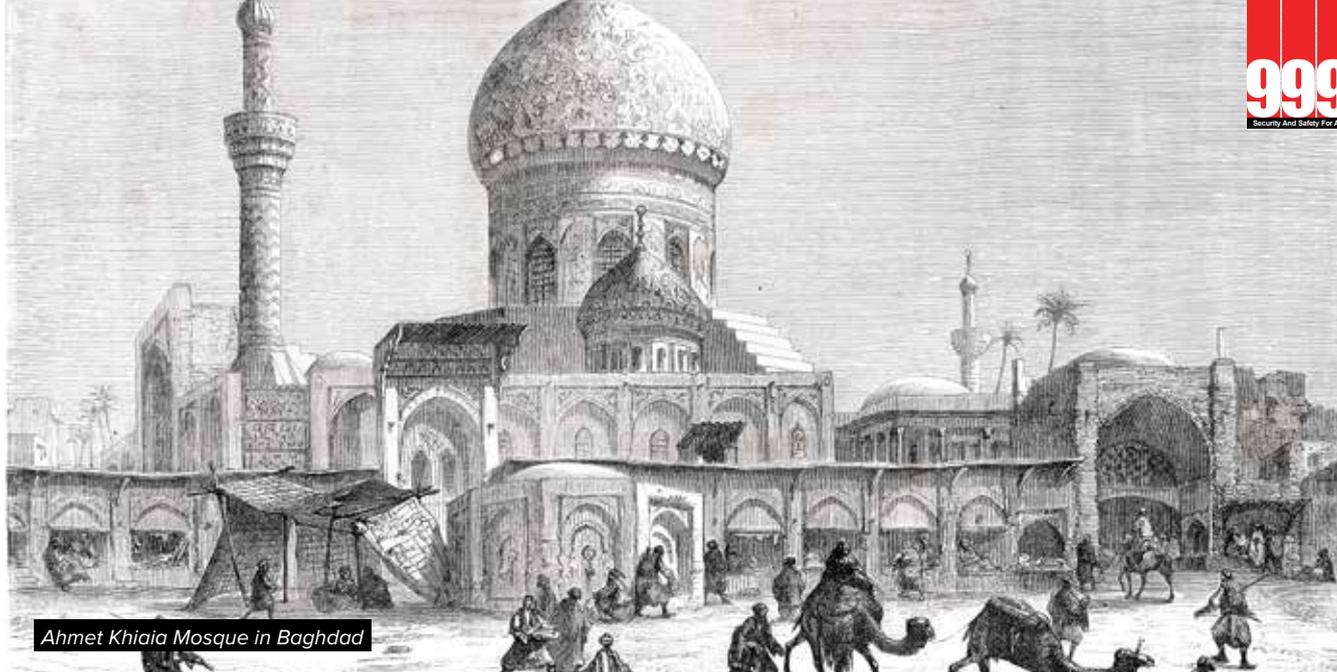
"Nevertheless, the Lighthouse of Alexandria remained as a guide for the arriving and departing ships, and was a landmark that can be seen from 100 miles by day, and its lights guide the sailors by night. Alexandria

is a hub that includes markets for all nations. The merchants from all Christian kingdoms, as well as the Arab and Indian ones used to head for Alexandria to sell and buy," Benjamin concluded his narration on Alexandria.

A brief comment regarding the Lighthouse of Alexandria. It was built by the Romans about 280 BC on Pharos Island, which was located at the entrance of Alexandria's Port. The height of the lighthouse was 450 feet, and it was built on a square base. An evidence which corroborates this fact is a copper coin which has been recently discovered.

It was minted in Alexandria during the era of the Roman Emperor Trajan (98-117), and the image of the lighthouse is clear thereon. There was a burner on the top of the lighthouse that emits smoke by day, and flames that big mirrors reflect to guide the ships by night. When the famous traveller, Ibn Battuta, visited Egypt, he found the lighthouse in ruins. An earthquake hit the lighthouse in 1323 AD. It was destroyed, and the landmark Citadel of Qaitbay was constructed in its place.

After Benjamin left Alexandria, he returned to his country by sea, across the Mediterranean to Europe. He finally reached home in 1173; he left it in 1165. This means he had spent about eight years abroad.



Ahmet Khiaia Mosque in Baghdad

A TOWN IN IRAQ

Before we conclude, we would like to note what Benjamin mentioned in his narration on Amadiya Town, in the North of Iraq, about the so-called “The Sedition of Dawoud Ibn Al Roukhi”, which probably erupted in 1160, during the era of the Abbasid Caliph, Al-Muqtafi Li-Amr Allah.

“Dawoud”, Arabic for “David”, was a Jew, who claimed that he was a prophet, and his misadventure ended up with beheading, as per the instructions of the Abbasid Wally of Amadiya.

His name was Dawoud bin Suleiman, while Ibn Al Roukhi was his nickname. He was brought up in Mosul and then moved to Baghdad when he became an adult. He was a handsome young man and gained an extensive acquaintance with the sciences of both Jews and Arabs. Moreover, he mastered the arts of witchcraft and sorcery. He returned to his home town, Amadiya, where he approached its Abbasid Wally, and became one of his close friends.

IMPOSTOR

He came under the illusion that he was the Messiah (The saviour of Jews, according to their beliefs). He also thought that he could replace the Wally in his position, and imagined that if he managed to ascend to the Citadel of Amadiya, it would be his immune fortress.

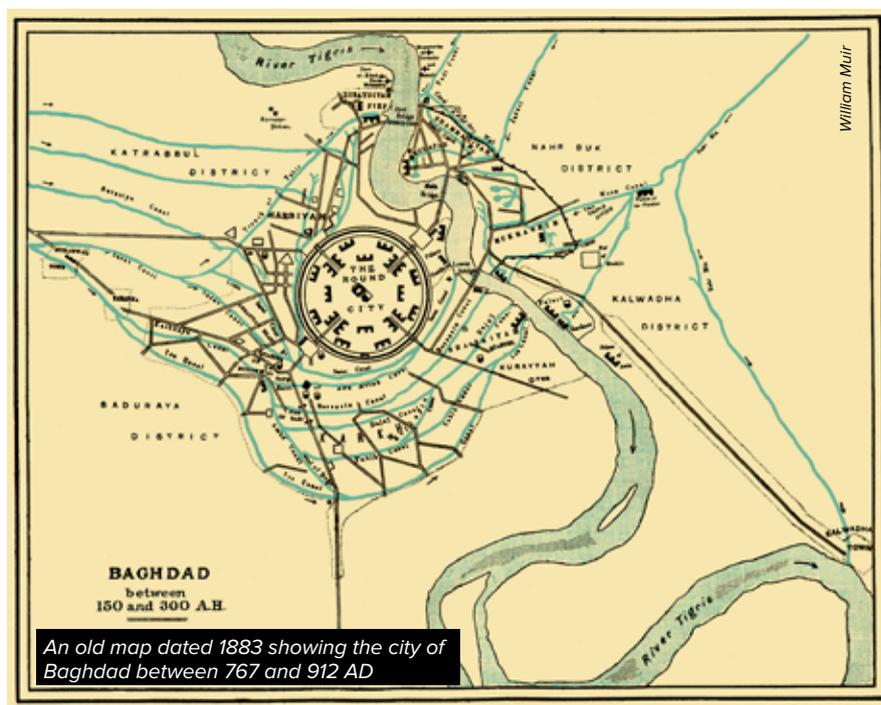
He conceived his endeavour by sending messages to the Jews and Karaitists of Azerbaijan, convincing them that he was their saviour. He also proceeded to propagate his alleged prophecy in Amadiya, where some of its Arab and non-Arab Jews positively responded to his call. Moreover, they provided him with arms. He began to receive his followers in the Citadel, while the Wally, who was still then his friend and trusted him, thought that those Jewish visitors come to him in the Citadel, as he was considered one of the major rabbis.

They went up to the roof of the house, waiting to fly with wings of angels to Jerusalem, as promised. Their wives cried because of fear that their kids would fly also, and fall dead

The news of his prophecy reached Baghdad, where two Jewish swindlers took advantage and sent messages to the Jews in the city, telling them that their long-awaited Messiah came at last and that he

would assign them a date to fly with them to Jerusalem. Some naive Jews in Baghdad believed those two tricksters, and went to their house, taking with them their money and jewellery, and wearing green clothes.

They went up to the roof of the house, waiting to fly with wings of angels to Jerusalem, as promised. Their wives cried because of fear that their kids would fly also, and fall dead. Everyone waited on the roof until the morning, but nothing happened while the two swindlers ran away with the money and jewellery of the people. The falsehood was exposed, and this year became notoriously known as “The Year of Flying”. The Abbasid Wally of Amadiya ordered the detention and decapitation of Dawoud Ibn Al Roukhi as the instigator of this sedition.



An old map dated 1883 showing the city of Baghdad between 767 and 912 AD

CREATIVE DYNAMO

To give users more control over their creative passion, Infinix introduces the **ZERO 30 (4G)**, a budget-friendly mid-tier smartphone designed to empower young users in their creative pursuits. With 2K video recording and a 3D curved AMOLED 120Hz display, this smartphone transcends traditional selfie photography, enabling high-quality cinematic vlogs. The rear 108MP camera elevates visual storytelling. Powered by a high-performance octa-core processor and featuring 16GB of Extended Memory, the ZERO 30 redefines expectations. Shooting in 2K enhances video vividness, enhanced by Phase Detect Autofocus (PDAF) for crisp clarity. The Dual Micro-slit Flash ensures versatile filming in all lighting conditions. With a sleek design and advanced features, the Infinix ZERO 30 caters to the dynamic needs of young, budget-conscious creators.



PRICE: Dhs999

WEBSITE: www.infinixmobility.com

RED CHIC



PRICE: Starts at Dhs1,835

WEBSITE: www.oneplus.com

Red isn't just a colour; it's the heartbeat of a deluxe experience. The textured leather design of the **OnePlus 11R 5G Solar Red** elevates style, featuring a leather back panel for a unique texture and secure grip. Beyond its vibrant colour, this smartphone has an impressive 512 GB internal storage and 18 GB RAM, powered by the Snapdragon 8+ Gen 1 SoC. OnePlus sweetens the deal with a complimentary 6-month Google One cloud storage subscription. The triple camera setup includes a 50 MP primary shooter, 8 MP ultra-wide-angle lens, and a 2 MP macro lens, while the 16 MP front camera supports up to 1080p video recording. The OnePlus 11R 5G Solar Red is a harmonious blend of aesthetics and functionality, promising a sophisticated mobile experience.

CHARGING MARVEL

Xiaomi unveils the **Redmi K70**, featuring a 50 MP main camera, swift charging, and flagship chipsets. This new smartphone integrates dedicated charging and battery management chips for optimal power efficiency. Fuelled by a 5,000 mAh battery, the Redmi K70 supports 120W charging, promising a full charge in just 18 minutes.

The 6.67" OLED display offers 1440p resolution and a 120 Hz refresh rate, supporting 12-bit colour with a peak brightness of 4,000 nits. The primary 50 MP rear camera utilises a 1/1.55" sensor with an f/1.6 aperture and OIS, accompanied by an 8 MP ultrawide-angle lens and a 2 MP depth sensor. The 16 MP front camera likely mirrors the Redmi K60 series.



PRICE: Dhs1,100

WEBSITE: www.mi.com

PERFORMANCE PRO



PRICE: Starts at Dhs5,868

WEBSITE: www.apple.com

Apple's latest MacBook Pro lineup introduces the revolutionary M3 chip family, including **M3**, **M3 Pro**, and **M3 Max** models. These new processors offer unparalleled performance, making the 14-inch MacBook Pro with M3 an excellent choice for daily tasks. The M3 Pro and M3 Max versions provide even greater capabilities, suitable for coders, creatives, researchers, machine learning programmers, 3D artists, and video editors.

All models feature a brilliant Liquid Retina XDR display, a built-in 1080p camera, immersive sound, and various connectivity options. With up to 22 hours of battery life, they ensure consistent performance, whether plugged in or on the go. The MacBook Pro with M3 chips redefines pro portability and computing power.

ACTION-CAM INNOVATOR

GoPro introduces the **HERO12 Black** camera, setting new standards for small, rugged, and ultra-versatile cameras. This flagship device improves upon its predecessor with an enhanced power management system, offering up to 2X longer runtimes. It captures stunning high dynamic range (HDR) video in market-leading 5.3K and 4K resolutions, supports Bluetooth audio devices like Apple AirPods, and features improved HyperSmooth 6.0 video stabilisation. These enhancements cater to both new users and professionals.

The HERO12 Black also welcomes the Max Lens Mod 2.0 accessory, delivering a market-leading 177° field of view at 4K, enabling wide-angle perspectives ideal for sports, travel, and adventure enthusiasts.



PRICE: Dhs1,464

WEBSITE: www.gopro.com

GAMER'S DREAM



PRICE: Starts at Dhs6,600

WEBSITE: www.lenovo.com

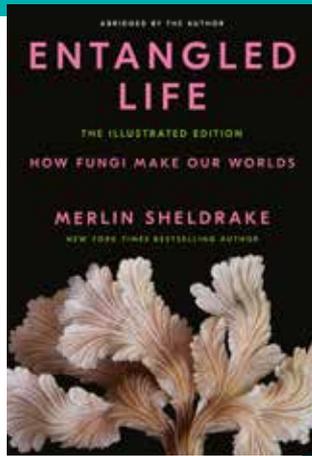
Lenovo's latest gaming laptop, the **Legion Y9000X 2023**, packs impressive specs. Its 16-inch PureSight Pro display offers a 3200 x 2000 resolution, 165Hz refresh rate, and 100 per cent P3 colour gamut coverage. Powered by the Intel Core i9-13900H CPU and NVIDIA RTX 4000-series GPU (up to RTX 4070), it handles modern triple-A games with ease. A 90mm fan ensures efficient cooling, while Harman-branded speakers with SmartAMP tech provide excellent audio.

The laptop's 99.9 kWh battery supports 140W fast charging. Despite its high-end features, the slim laptop measures just 17.6mm thin and weighs 2.1kg, and it includes Wi-Fi 6E support.



UNCOVER PROFOUND INSIGHTS INTO THE INTRICATE INTERCONNECTION OF ALL THINGS AROUND US AND THE NUANCED WORKINGS OF LIFE

BY JASON RAZMUS



HIDDEN KINGDOM

TITLE: Entangled Life: The Illustrated Edition: How Fungi Make Our Worlds

AUTHOR: Merlin Sheldrake

PUBLISHER: Random House

PRICE: Dhs114

This book unveils the hidden world of fungi, dispelling the common association with mushrooms and revealing their pivotal role in sustaining diverse ecosystems. Featuring over 100 vibrant images, it showcases the extraordinary diversity and beauty of fungi, challenging conventional notions of individuality and intelligence. Fungi, often concealed from view, emerge as metabolic experts, earth builders, and crucial contributors to life processes. The book explores their ability to reshape our concepts, promote healing, and aid environmental recovery. Sheldrake's vivid images highlight the profound impact of these organisms, offering insights into how our connections with fungi are reshaping our understanding of life's intricate workings.

TRAILS OF THE PAST

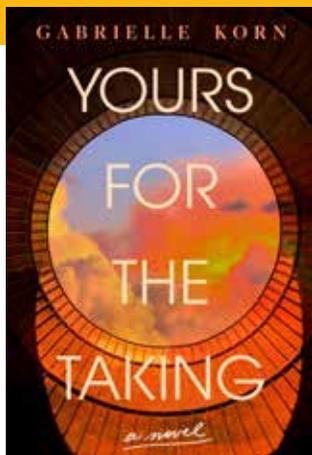
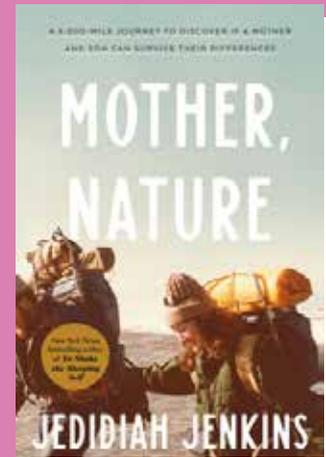
TITLE: Mother, Nature: A 5,000-Mile Journey to Discover if a Mother and Son Can Survive Their Differences

AUTHOR: Jedidiah Jenkins

PUBLISHER: Convergent Books

PRICE: Dhs92

When his mother Barbara turns 70, Jedidiah Jenkins grapples with profound questions about life in his mind. Despite differing views on politics, faith, and society, they share a love for thrift shops, cafes, true crime, and each other. To deepen their connection, they embark on a journey retracing Barbara's trek across America with Jedidiah's father, travel writer Peter Jenkins in the 1970s. Starting in New Orleans and heading to the Oregon coast, Jedidiah unravels the layers of his mother's past, grappling with questions about relationships and boundaries, and standing up for oneself in the face of disagreement. The journey becomes an emotional exploration of family, faith, and the complexities of staying connected despite differences.



UNHINGED EMPOWERMENT

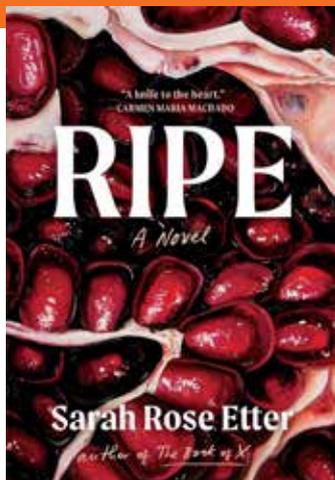
TITLE: Yours for the Taking: A Novel

AUTHOR: Gabrielle Korn

PUBLISHER: St. Martin's Press

PRICE: Dhs96

In the year 2050, Ava struggles to find happiness amidst the escalating impacts of climate change in Brooklyn. Safety is confined to The Inside Project, massive weather-safe structures worldwide. Reclusive billionaire Jacqueline Millender, a women's rights advocate, takes charge of the Inside being constructed in Manhattan, redefining empowerment. Shelby, a working-class business major, is enticed by Jacqueline's promises, securing a role as her personal assistant in the corporatised feminist world. Olympia, a medical student, joins as the health department head, uncovering a darker agenda. As cracks emerge in Jacqueline's system, she becomes increasingly unhinged, risking lives to preserve her vision, and Ava, Olympia, and Shelby must confront the looming danger.



CORPORATE ABYSS

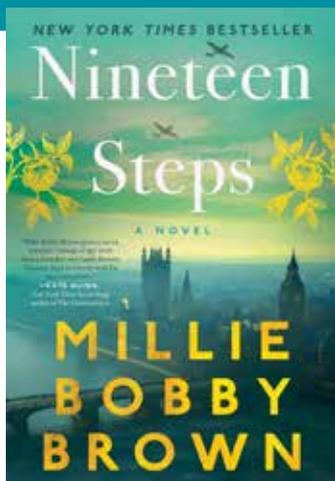
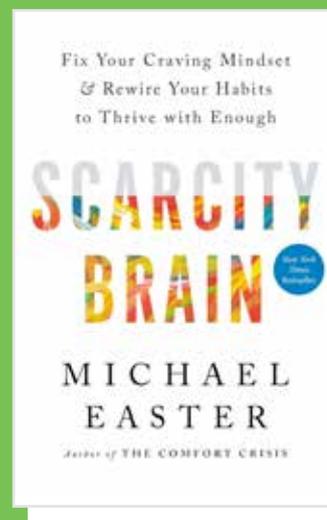
TITLE: Ripe
AUTHOR: Sarah Rose Etter
PUBLISHER: Scribner
PRICE: Dhs91

During her initial year at a highly competitive Silicon Valley start-up, Cassie becomes entrapped in a corporate nightmare. She contends with ceaseless hours, excessive workloads, and the stark disparity between the city's opulent wealth and the deep-seated poverty and adversity it hides. Despite her isolation, Cassie is continuously accompanied by a miniature black hole, a lifelong companion that feeds on her anxiety and depression, expanding and contracting in tandem with her emotional distress. This novel delivers a perceptive and insightful scrutiny of the absurdities of modern existence.

MINDSET MASTERY

TITLE: Scarcity Brain: Fix Your Craving Mindset and Rewire Your Habits to Thrive with Enough
AUTHOR: Michael Easter
PUBLISHER: Rodale Books
PRICE: Dhs73

Michael Easter, one of the world's leading experts on behaviour change, dispels the notion that the problem lies within you. Instead, he contends that the root issue is your "scarcity brain", an inheritance from our distant ancestors who navigated a world where essential resources like food, goods, knowledge, and authority were scarce and elusive. While survival demands ceaseless pursuit and consumption, our modern era offers an unprecedented capacity to satisfy these age-old cravings. Paradoxically, our innate "scarcity brain" now poses challenges. Easter's global exploration led him to collaborate with distinguished scientists. They unearthed ingenious strategies to shift from scarcity thinking to an abundance mindset.



HOPE PREVAILS

TITLE: Nineteen Steps: A Novel
AUTHOR: Millie Bobby Brown
PUBLISHER: William Morrow
PRICE: Dhs72

Set against the backdrop of 1942 London, amidst the persistent wails of air raid sirens, the life of 18-year-old Nellie Morris unfolds as a tale of resilience. Despite the constant threat, Nellie cherishes each day she emerges unscathed from the underground shelters, surrounded by her loving family. A chance meeting with Ray, an American airman, opens her eyes to the promise of a wider world. Just as she begins to embrace a new life with Ray, a devastating incident during an air raid shatters her world. In the depths of despair, Nellie discovers that love and happiness can endure against all odds. This compelling debut novel weaves a narrative of longing, loss, and hidden truths, introducing a courageous young woman and highlighting the enduring strength of love.



Carrots, move over! A study from the National University of Singapore has found that grapes offer significant benefits in enhancing eye health. Consuming just a few handfuls of grapes daily for a mere four months exhibited remarkable improvements in essential

indicators of eye well-being.

The key to this finding lies in the potent antioxidants found in grapes, which combat oxidative stress—a significant contributor to eye degeneration. The study included 34 adults who either consumed a daily dose

of one and a half cups of grapes or a placebo over 16 weeks. The results showed that those who enjoyed grapes experienced a substantial increase in macular pigment optical density (MPOD), plasma antioxidant capacity, and total phenolic content, while the placebo group experienced an increase in harmful ocular Advanced Glycation End Products (AGEs).

Published in the journal *Food & Function*, the study underscores that oxidative stress and elevated AGE levels are primary risk factors for eye diseases. AGEs can jeopardise retinal vascular components, impair cellular function, and induce oxidative stress, thus contributing to various eye ailments.

Grapes, rich in antioxidants and polyphenols, emerge as a natural solution to alleviate oxidative stress and deter AGE formation, promising potential benefits for the retina, such as MPOD enhancement.

Co-author of the study, Dr Jung Eun Kim, said: “Our study is the first to show that grape consumption beneficially impacts eye health in humans which is very exciting, especially with a growing ageing population.”

Weekend catch-up found ineffective at reversing sleep deprivation effects

Are you burning the midnight oil during the workweek and then seeking weekend hibernation? Well, it turns out that weekend sleep won't save the day.

A recent study sheds light on the consequences of insufficient sleep, revealing that merely catching up on the weekends cannot erase the adverse effects endured during the workweek.

Researchers have found that sleeping a mere five hours per night during the week not only leads to immediate sleep deprivation but also takes a toll on heart health.

Published in the journal *Psychosomatic Medicine*, the study monitored 15 healthy men aged 20 to 35 over an 11-day period. Participants experienced a stark change in sleep patterns, with the first three days marked by 10 hours of sleep per night,



followed by five nights of severely restricted five-hour slumber. Subsequently, two nights of recuperative 10-hour sleep were allowed.

Throughout the study, researchers frequently measured heart rate and blood pressure to assess cardiovascular health. Alarming trends emerged as both heart rate and blood pressure increased with each night of inadequate sleep, and the two recovery nights proved insufficient to

restore these vital health indicators to their baseline levels.

The study's co-author, Penn State University Professor Anne-Marie Chang, stated: “Despite having additional opportunity to rest, by the end of the weekend of the study, their cardiovascular systems still had not recovered.”

Sleep problems afflict approximately 45 per cent of the global adult population, according to World Sleep Day statistics.

Nuts and beans take lead in longevity study

A comprehensive study, spanning over two decades and encompassing hundreds of thousands of participants across the United States, Europe, and Asia, found that replacing red and processed meats with nuts and beans in your diet can lead to a longer life.

Notably, substitutions, particularly involving nuts, showed significant benefits. As per the study results published in *BMC Medicine*, replacing a serving of processed meat with nuts demonstrated a remarkable 21 per cent lower risk of premature death from all causes. Similarly, opting for nuts, legumes, or whole grains instead of red or processed meat was correlated with an impressive 23 per cent to 36 per cent lower risk of heart disease. Moreover, choosing nuts over red or processed meat was associated with an 8 per cent lower risk of developing type 2 diabetes.

“A diet rich in animal foods is problematic due to the saturated fat content, which affects cholesterol levels and cardiovascular health, the way these



foods are processed and prepared, and the lifestyles that often accompany this typical Western-style diet,” Samantha Heller, RD, a clinical dietician in New York City (not involved in the new study), told the media.

While the study acknowledges variations in portion sizes across smaller studies, hindering precise serving size recommendations, the overall message is clear: a simple dietary switch can lead to substantial health gains.

Tomatoes make for a tasty ally against hypertension



New research indicates that consuming the equivalent of one large tomato daily is associated with a significant reduction in heart risks for adults aged 55 and above.

The study, published in the *European Journal of Preventive Cardiology*, reinforces the cardiovascular benefits of tomatoes.

Involving over 7,000 adults aged 55 to

80 in Spain, the research reveals that a daily intake of one large tomato (approximately 113 grams) could potentially reduce the risk of high blood pressure by up to 36 per cent.

Daily tomato consumption, ranging from raw tomatoes to gazpacho, was categorised into four groups. The study observed a notable decrease (0.65 mmHg) in diastolic blood pressure between those

with moderate tomato intake and the lowest consumption group. Remarkably, reductions in both systolic and diastolic blood pressure were significant solely amongst participants with grade 1 hypertension, not in higher blood pressure groups.

“The absence of an inverse association between tomato consumption and blood pressure in grade 2 and 3 hypertension could be attributed to the elderly nature of the study population, most of whom had long-standing hypertension at baseline, as well as high cardiovascular risk factors that make it difficult to reach significant change,” wrote the authors.

Co-author Rosa Maria Lamuela-Raventós, MD, Director of the Institute for Research on Nutrition and Food Safety, and an associate professor at the University of Barcelona, noted, “Tomato consumption may play a favourable clinical role in the prevention and management of elevated blood pressure.”

UAE unites the world in food sustainability at COP28

Over 130 countries pledged in a significant declaration at COP28 to prioritise food and agriculture in their national climate plans.

The 'COP28 UAE Declaration on Sustainable Agriculture, Resilient Food Systems, and Climate Action' endorses the holistic advancement of food systems and the implementation of sustainable agricultural solutions.

Signed by 134 countries, responsible for 70 per cent of global food production, the commitment acknowledged the necessity of addressing these interconnections to achieve the Paris Agreement goals.

This commitment signifies a crucial step towards aligning global efforts with climate



action, acknowledging the pivotal role of sustainable food systems in the broader climate agenda.

HE Mariam Almheiri, Minister of Climate Change and Environment, emphasised the indispensability of keeping the 1.5 degrees

through increased funding and infrastructure, and develop early warning systems.

Additionally, it stressed the significance of land restoration, transitioning from emissions-intensive agricultural practices, and curbing food loss.

Celsius target within reach. "There is no path to achieving the goals of the Paris climate agreement and keeping 1.5 degrees Celsius within reach that does not urgently address the interactions between food systems, agriculture, and climate," said Almheiri.

The declaration outlined plans to integrate food systems into emissions reduction strategies, support vulnerable food producers

COP28's pollution pods simulate air quality of world cities

Expo City Dubai, which hosted COP28, has showcased an interesting experience: the "Pollution Pods" designed by British artist Michael Pinsky. These pods simulate the air pollution in three big cities—London, New Delhi, and Beijing.

As visitors step inside these pods, they can experience how the air feels, smells, and tastes for people living in these cities. Inside, a mix of ozone, particulate matter, nitrogen dioxide, sulphur, and carbon monoxide imitates the polluted air millions breathe daily.

Screens in the pods show pollution data from the three cities, giving a clear picture of the global environmental challenges. The pods not only provide a sensory



The "Pollution Pods" designed by British artist Michael Pinsky

experience but also remind us of the human cost—over seven million premature deaths every year, more than malaria, tuberculosis, and AIDS combined.

investigating the role of aerosols in the transmission of the COVID-19 virus, and climate activists fight for clean air and hence against climate change."

A fourth pod shows solutions to clean up the air we breathe. In this simple and impactful journey, the pollution pods become a tool to raise awareness and encourage efforts for a cleaner, healthier future.

On his website, Pinsky explains: "While until now in everyday life we have taken air for granted, in current political and social discourses air appears as a central element: during the corona crisis, we wear face masks to protect others from the air we breathe out, scientists are

Abu Dhabi University launches sustainable, inflatable farm

Abu Dhabi University (ADU) has taken a significant step towards advancing sustainability with the launch of its first on-campus AirFarm.

This installation of the inflatable and portable farm, which utilises an innovative aeroponic system pioneered by NASA, is a testament to ADU's commitment to enhancing food security and sustainable agriculture through the integration of cutting-edge technologies such as the Internet of Things (IoT) and artificial intelligence (AI).

By leveraging these advanced smart farming solutions, ADU aims to increase crop yields by an impressive 30 per cent and reduce labour costs by



AirFarm utilises an innovative aeroponic system pioneered by NASA

up to 80 per cent, while simultaneously reducing the reliance on groundwater. This initiative is the result of a strategic

collaboration between ADU, Midbar, a South Korean agri-tech company, and RBK Company. The collaboration focuses on delivering comprehensive supply, research, and development solutions across various sectors, including agriculture, IoT, AI, health, and water desalination.

Through AirFarm, ADU not only aligns with the Year of Sustainability but also underscores its commitment to fostering a culture of innovation and providing sustainable, holistic solutions that address challenges

and encourage creative thinking amongst students, faculty, and the wider UAE community.

Abu Dhabi sets world record with 1,100 messages in bottles

In a remarkable display of environmental stewardship and creativity, Saadiyat Island Abu Dhabi has secured its place in the Guinness World Records by creating the largest display of messages in bottles, all crafted from sustainable materials.

Inspired by the iconic Pont des Arts bridge in Paris, where tourists attach engraved locks to the bridge's railings, Saadiyat Island put a unique twist on this concept. They invited visitors to contribute by writing brief notes, which were then



Messages in bottles displayed alongside the Guinness World Records certificate at the stunning Saadiyat Beach Club

placed inside each glass bottle. A local sand artist meticulously arranged these 1,100 bottles into a grand installation that

spelt out 'I Love Saadiyat Island'. In line with the 'Year of Sustainability', all materials used in this environmental exercise were eco-friendly materials, including recyclable paper, jute thread for securing the notes, and glass bottles.

This feat not only showcases creativity and community involvement but also highlights the importance of preserving the environment,

according to Taghrid Al Saeed, Executive Director of Group Communications and Destination Marketing at Miral.

PUZZLES

ACROSS

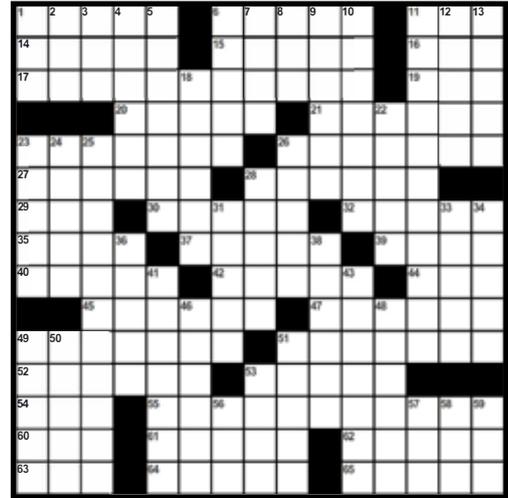
- 1) PC screen images
- 2) Onetime tadpoles
- 3) Flamboyant fashion accessory
- 4) Bouncing off the walls
- 5) Screaming baby?
- 6) Emulate a masseuse
- 7) Happy-go-lucky
- 8) 67)5 degrees on a compass
- 9) King of Thebes
- 10) Peruvian wool bearer
- 11) Thrice-daily prayer
- 12) Made, as a case
- 13) Ship's finance officer
- 14) Jacuzzi
- 15) UN agency concerned with labour
- 16) Mexican munchies
- 17) Venetian blind parts
- 18) Squalid urban area
- 19) Way to break?
- 20) Tennis legend Arthur
- 21) Courtroom addressee (with "your")
- 22) Stage villains' trademarks
- 23) Kenan's Nickelodeon co-star

- 24) Hardly airtight
- 25) "Don't laugh"
- 26) Flexible, off-beat tempos
- 27) "Not too bad" for "very good"
- 28) Comparatively cockamamie
- 29) Muscle-to-bone connector
- 30) Shutout team's score
- 31) Religious event
- 32) Costa del_
- 33) One more time
- 34) Blazing stars
- 35) Pair of nines?
- 36) Flies around the world?
- 37) Did some housekeeping

DOWN

- 1) "This tape will self-destruct)))" org)
- 2) Amtrak unit
- 3) I, in Roman numerals
- 4) Auntie's daughters
- 5) Vivid red
- 6) Bustles
- 7) "A Prayer for _ Meany"
- 8) Word before "mode"
- 9) Remove the NaCl

- 10) Slender daggers
- 11) Place for rolls
- 12) Unit of prevention
- 13) Draw__ on (aim at)
- 14) Relating to the nervous system
- 15) Onetime "American Idol" first name
- 16) Immaturely imitative
- 17) Bid of zero tricks
- 18) What infielders' field
- 19) Western sheriff's assistants
- 20) Balderdash
- 21) Johnny Unitas' team
- 22) Kind of song or park
- 23) Monica that raised a racket
- 24) Erin of "Happy Days"
- 25) Weasel, in winter
- 26) Ceiling on insurance increases
- 27) Shiny cotton fabrics
- 28) Search for food
- 29) Bow in a servile manner
- 30) Shampoo finish
- 31) Collective bargaining group
- 32) Outlines in detail
- 33) Rod at a roast
- 34) Women with kids



- 35) "_ got my eyes on you"
- 36) Toddler's downtime
- 37) "_ Back" (Beatles)

Easy

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

Medium

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

SOLUTIONS

SOLUTIONS FOR THE DECEMBER ISSUE

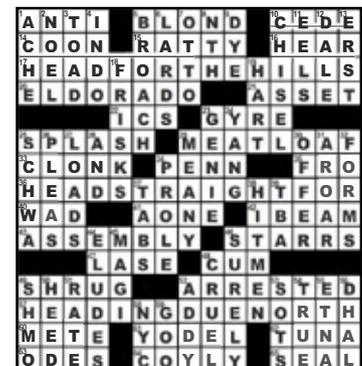


easy

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

medium

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



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www.freedailycrosswords.com

اليوم
الوطني

We take immense pride and great pleasure in extending
our sincerest congratulations and best wishes to

His Highness Sheikh

Mohamed bin Zayed Al Nahyan

President of the UAE

His Highness Sheikh

Mohammed bin Rashid Al Maktoum

Vice-President and Prime Minister of the UAE and Ruler of Dubai

and Their Highnesses Members of the Supreme Council and Rulers of the Emirates

and to the people of the UAE

On the occasion of the 52nd Union Day

SYSTEMS EQUIPMENT



الأنظمة للتجهيزات

WHAT THE MONTH HAS IN STORE



Aries (March 21 to April 19)

This month, the cosmos is urging you to embrace the spirit of adventure in every aspect of your life. Whether it's trying a new hobby, exploring uncharted territories, or taking on a challenging project at work, your dynamic energy will guide you towards exciting opportunities. Trust your instincts and don't be afraid to step out of your comfort zone. The universe rewards those who boldly seek the thrill of the unknown.



Libra (September 23 – October 22)

Practicality is your key to productivity this month. Focus on organising your tasks, setting realistic goals, and approaching challenges with a methodical mindset. Your ability to find balance and harmony in the practical aspects of life will lead to efficient outcomes. Take measured steps towards your objectives, and you'll find success in both your personal and professional pursuits.



Taurus (April 20 – May 20)

Your financial landscape is under favourable celestial alignment. It's an opportune time to assess your budget, make strategic investments, or consider new sources of income. Prudent decision-making and a careful eye on your resources will pave the way for stability and potential financial growth. Be patient, and you'll find your efforts yielding tangible results.



Scorpio (October 23 – November 21)

Embrace the winds of change with resilience. Life may present unexpected shifts, but your ability to adapt and transform will be your strength. Face challenges with a determined spirit, trusting that every change brings new growth opportunities. Embrace the transformative energy surrounding you, and you'll emerge stronger and wiser on the other side.



Gemini (May 21 – June 20)

The cosmic forces are aligning to enhance your communication skills. Whether it's expressing ideas, negotiating deals, or simply sharing your thoughts, your words will carry a powerful impact. Embrace networking opportunities and engage in meaningful conversations. Your ability to articulate complex concepts with clarity will set the stage for success in various aspects of your life.



Sagittarius (November 22 – December 21)

The cosmos encourages you to broaden your horizons. Whether through learning, travel, or exploring different perspectives, seek opportunities that expand your mind. Embrace a spirit of curiosity and openness, and you'll discover new avenues for personal and intellectual growth. Embrace the adventure that comes with embracing the unknown.



Cancer (June 21 – July 22)

This month encourages you to focus on your home and family life. Create a harmonious and supportive environment for yourself and your loved ones. Whether it's redecorating your space, strengthening family bonds, or simply enjoying comforting moments, nurturing your roots will bring emotional fulfilment. Find solace in the familiar and let your home be a source of positive energy.



Capricorn (December 22 – January 19)

Stability is the theme for you this month. Focus on building a solid foundation in your personal and professional life. Take practical steps towards your long-term goals and avoid unnecessary risks. By maintaining a steady and disciplined approach, you'll lay the groundwork for lasting success and fulfilment.



Leo (July 23 – August 22)

Your analytical prowess takes centre stage this month. Whether you're working on a project or solving a complex problem, trust your intellect to guide you. This is an excellent time for strategic planning, data analysis, and refining your skills. Your keen attention to detail and logical thinking will be valuable assets, propelling you towards success in your endeavours.



Aquarius (January 20 – February 18)

Your innovative spirit takes centre stage this month. Explore unconventional ideas, embrace your creativity, and think outside the box. Whether at work or in personal projects, your ability to envision the future will set you apart. Trust your intuition, and don't be afraid to implement bold and visionary ideas.



Virgo (August 23 – September 22)

Prioritise your well-being this month. Focus on adopting a holistic approach to health, including physical exercise, mental well-being, and balanced nutrition. Small, positive lifestyle changes will have a significant impact on your overall vitality. Embrace mindfulness practices and connect with nature.



Pisces (February 19 – March 20)

Pisces, this month encourages you to express yourself authentically. Whether through art, communication, or personal style, let your unique voice shine. Embrace your creativity and share your ideas with confidence. Your ability to convey your true self will not only bring personal satisfaction but also inspire those around you.

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ZÜBLIN | STRABAG recognizes that success is generated by knowing our individual strength and working together as a team.



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