

999

SECURITY AND SAFETY FOR ALL

ISSUE 58 NOVEMBER 2016

**SHAPE-SHIFTING
NARCOTICS**
THE MURKY
WORLD OF NEW
DRUGS

REFUSE ABUSE
HOW TO STEP OUT
OF THE SHADOWS
AND DEFEAT
ABUSE

NOW YOU'RE POLICE, TOO

UAE ASKS ALL TO BE
CIVILIAN LAW-KEEPERS

**SPOTLIGHT ON
ABU DHABI**

APIDEC 2016
COMES BACK
BIGGER THAN
EVER



UAE	5.000	AED
KSA	5.000	SAR
Kuwait	0.500	DK
Bahrain	0.500	BD
Qatar	5.000	QAR
Oman	0.500	OR



IN THIS ISSUE: NEW MEDICAL LAW GIVES THE RIGHT DOSAGE OF LIABILITY, CHEAP RIDE COMES WITH A RISKY PRICE

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Your society, your service

'We Are All Police' gives law enforcement thousands more eyes and ears around the country, making it possible to crack down harder on the global scourge of domestic violence, and the threat posed by narcotics

In this month last year, the UAE leadership designated a day to remember our martyrs, people who have died serving the country. As yet another Martyrs' Day (Nov 30) comes around, it sets us thinking: who are the people who should be serving the country? Police force operations require highly specialised skills, but in everyday life, who should give first-aid in a mishap, or keep an eye on suspicious activities in a residential area, or step in to calm down neighbours whose dispute is about to turn violent?

We could call the police. But with some training, we could also deal with these ourselves, taking some of the load off the patrol officers. That's the precise idea behind 'We Are All Police', an initiative to create a civilian police force that's being rolled out in Abu Dhabi, to be followed in the other emirates. The great part of it is that this initiative is open to all — both citizens and expatriates can apply and be trained if they meet the criteria. Our cover story has everything you need to know about the goals and procedures of creating this new instrument of social good.

'We Are All Police' initiative gives law enforcement thousands more eyes and ears around the country, making it possible to crack down harder on the global scourge of domestic violence, and the threat posed by newer varieties of synthetic narcotics that particularly target young users. We have two special reports in this issue on empowering girls and women to come out of an abusive situation, and on the types of new drugs intended to hook youngsters and the 'dark web' of sale.

While these are ways to remedy a problem once it's spotted, our wise leadership understands that prevention is always better than cure. In order to fortify young minds with the values and judgement that would protect them throughout their lives, Sheikh Mohamed bin Zayed Al Nahyan has taken the initiative to make moral education mandatory in schools. In this issue, educators tell **999** why it's a most relevant and welcome step in today's world.

In other features that address several aspects of public safety, we've detailed the country's revamped medical malpractice law; the necessity of making a will in order to safeguard the custody of children and financial assets; and the perils of trying save a little money by taking an illegal taxi.

Our 'Tips & Trivia' section gives more power to every individual, by outlining the importance of emotional resilience, especially at work, and the knowledge needed to reinforce the resilience we're born with.

This month's 'Abu Dhabi Spotlight' looks at the buzz around Adipeec, the global petroleum exhibition and conference. A visit there would give you many fascinating insights into the resource that has fuelled the growth of this country we're all so proud of.

Be safe and be happy, and enjoy winter!



**Ministry of Interior
United Arab Emirates**

Editor-in-Chief
Lt Col. Awadh Al Kindi

Managing Editor
Issam Al Sheikh

Designer
Fatima Al Mickdady

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

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

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PO Box 77910
twofour54
Abu Dhabi, UAE
Tel: 02-4012835
editorial@newperspectivemedia.com
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Tel. 8002220 Fax 02-6424842

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WE ARE ALL POLICE

THE ABU DHABI INITIATIVE 'WE ARE ALL POLICE' GIVES EVERY UAE RESIDENT THE CHANCE TO BECOME ACTIVELY INVOLVED IN MAINTAINING THE LEVEL OF SAFETY WITHIN SOCIETY. **999** EXPLORES THE TARGETS OF THE INITIATIVE AND WHAT IT WOULD TAKE FOR VOLUNTEERS TO PASS MUSTER



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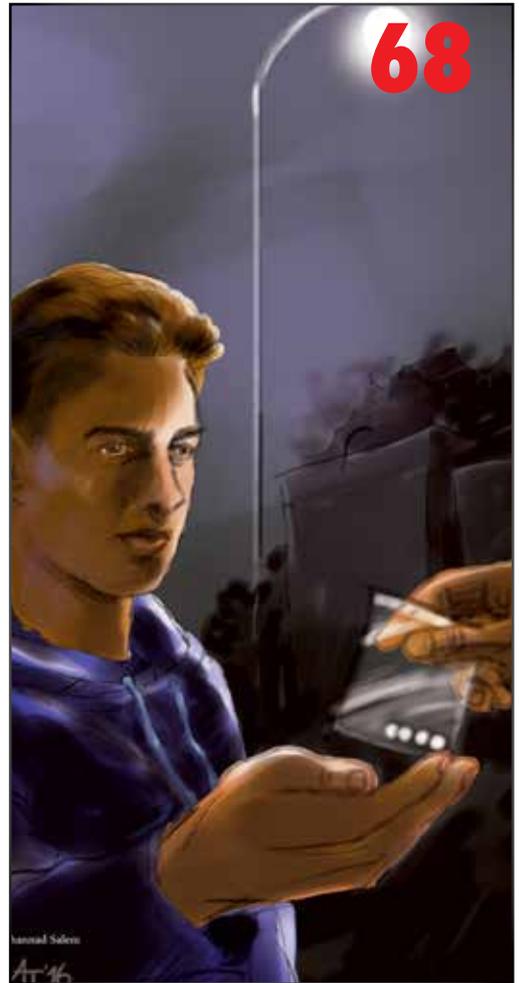
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Internationally respected artist

President issues Abu Dhabi cultural heritage law

A LAW on the protection of the capital's cultural heritage was issued by President His Highness Sheikh Khalifa bin Zayed Al Nahyan in his capacity as Ruler of the Emirate of Abu Dhabi.

The law governs the mandate of the Abu Dhabi Tourism and Culture Authority (TCA Abu Dhabi) and the scope of its supervision over the emirate's cultural heritage. This includes increasing national awareness about the emirate's cultural identity.

The law also governs the preservation of distinctive customs and traditions of the local community, initiating measures to safeguard the emirate's cultural heritage, as well as granting permits for establishing museums.

The law set provisions for the ownership and acquisition of the physical cultural artefacts and regulations for transfer, export, loan or temporary shifting of these artefacts out of the emirate. Measures to be taken in case of sudden archaeological discoveries and time-frame of reporting such findings to the competent authorities were also defined.

The law authorises the Abu Dhabi TCA to establish two records, one for tangible cultural heritage and another for intangible cultural heritage.

The Abu Dhabi TCA - in



coordination with other educational institutions - will seek to infuse the intangible cultural heritage into the school curricula.

According to the law, it is strictly prohibited to perform specific acts without obtaining permission from the Abu Dhabi TCA.

The law stipulates that archaeological excavation will be an

exclusive act of TCA, which may grant a licence for excavation missions. Discoveries made by archaeologists will be under the exclusive ownership of the emirate.

Crimes associated with cultural heritage may attract a penalty not more than two years in jail or a fine ranging between Dh500,000 and Dh10 million.

President issues new Abu Dhabi rules on maternity, paternity leave

PRESIDENT His Highness Sheikh Khalifa bin Zayed Al Nahyan has issued a law on human resources in Abu Dhabi, appointing Emiratis in part-time jobs and giving annual bonus to outstanding government employees in the emirate.

As per the new law, a three-day paternity leave will be given to government staff and a three-month paid maternity leave to Emirati working women. The law obliges government

bodies to appoint people with disabilities in jobs suitable for their health conditions as evaluated and determined by the Abu Dhabi Human Resource Authority. The government agencies must allow their employees who meet the terms of joining the national service.

The law, which is applied to all civil employees working in government institutions in the emirate, regulates all matters related to human resources, covers appointments, end of service,

promotions and transfers, as well as official working hours and leaves.

It stipulates the duties of civil servants and prohibited action, as well as investigative and disciplinary procedures, penalties and cases of ending service.

The law introduces new rules and provisions that provide for training employees and qualify them to perform their duties better at workplace.

Mohammed orders world's first government accelerators

HIS Highness Sheikh Mohammed bin Rashid Al Maktoum, Vice-President and Prime Minister of the UAE and Ruler of Dubai, issued instructions to set up the world's first government accelerators to achieve the UAE National Agenda 2021.

"We instructed the setting up of the world's first government accelerators to speed up work towards the realisation of the national agenda. We want to intensify efforts and accelerate our strides towards the future. Many challenges lie ahead, and time is the biggest challenge. There are only five years to go," His Highness Sheikh Mohammed said.

His Highness Sheikh Mohammed also gave directives to immediately set up joint work teams comprising the federal, local and private sectors and to seek assistance from highly qualified and experienced entities to ensure quick results.

"We need to achieve the goals of the national agenda and make our country one of the best in the world, and our people the happiest. This requires us to work as one team on both federal and local levels to ensure immediate and tangible results," His Highness Sheikh Mohammed said.

"Under the leadership of President His Highness Sheikh Khalifa bin Zayed Al Nahyan, the UAE is moving steadily and rapidly towards the future, based on a clear vision to ensure the happiness of its citizens and achieve global leadership, whilst pursuing an approach to realise their ambitions in all



vital sectors," His Highness Sheikh Mohammed added.

The national agenda aims to mobilise efforts and all potential to accelerate government work over the next period to reach 100 per cent of the goals by 2021.

Vice President launches global initiative for tolerance, openness



VICE President and Prime Minister and Ruler of Dubai, His Highness Sheikh Mohammed bin Rashid Al Maktoum, has launched a global initiative to encourage tolerance, and to honour champions of tolerance throughout the world.

The 'Sheikh Mohammed bin Rashid Award for Tolerance' will lay the foundation for developing young Arab leaders in the field of tolerance and providing support to the intellectual, cultural and media promotions of values of tolerance and openness.

His Highness Sheikh Mohammed also announced the establishment of the 'International Institute for Tolerance', which

will be the first of its kind in the Arab world to offer advice and expert views on policies for promoting values of tolerance amongst nations, to publish studies and research reports on tolerance, and to work with relevant authorities to instil principles of tolerance in the younger generations.

The institute will also release social studies on the root causes of fundamentalism, seclusion and sectarianism. It will further provide support to Arab and international experts and specialists in tolerance, and contribute to developing educational systems.

The Award is the latest to join the Mohammed Bin Rashid Al Maktoum Global Initiatives, which will reach more than 130 million people in the coming 10 years and will focus on developmental and relief efforts across the Arab region and beyond, following a clear and comprehensive vision and a specific set of major, measurable goals and milestones. The 30-plus entities that fall under the Mohammed bin Rashid Al Maktoum Global Initiatives' umbrella will join together in their efforts to achieve these goals.

"The UAE has established itself as a global role model for tolerance. We cherish tolerance as a key value. Yet, we intend to transform that value into a sustainable institutional work that will reflect positively on our peoples in the Arab world," His Highness Sheikh Mohammed said, adding that tolerance provides an assurance for stable communities and sustainable development.

Saudi-UAE ties underscore key security goals in the GCC

THE Custodian of the Two Holy Mosques King Salman bin Abdulaziz Al Saud of Saudi Arabia and His Highness Sheikh Mohamed bin Zayed Al Nahyan, Crown Prince of Abu Dhabi and Deputy Supreme Commander of the UAE Armed Forces, discussed bilateral relations and ways to achieve regional development in the GCC.

His Highness Sheikh Mohamed stressed the depth of bilateral ties between the UAE and the Saudi Arabia, and the shared vision of upholding security and stability despite dangers posed by the threat of terrorism and extremism.

“Saudi Arabia is a safety valve, given its continued efforts to defend the Arab interests and its commitment to cohesion and unity,” His Highness Sheikh Mohamed said, hailing the Custodian of the Two Holy Mosques King Salman’s pivotal role in harnessing peace and stability of the region.

Their Highnesses have also put emphasis on ensuring their common interests in safeguarding Arab rights.

The meeting of Their Highnesses was held in the presence of HH Prince



Muqrin bin Abdulaziz Al Saud; HH Prince Faisal bin Bandar bin Abdulaziz Al Saud, Governor of Riyadh Region; and HH Prince Mohammad Bin Nayef bin Abdulaziz Al Saud, Crown Prince, Deputy Prime Minister and Interior Minister, and HH Prince Mohammad Bin Salman Bin Abdulaziz Al Saud, Deputy Crown Prince, Second Deputy Prime Minister and Minister of Defence.

As part of the UAE delegation, meanwhile, His Highness Sheikh Hamdan bin Mohammad bin Rashid Al

Maktoum, Crown Prince of Dubai; His Highness Sheikh Tahnoun bin Zayed Al Nahyan, National Security Adviser; and His Highness Sheikh Mansour bin Zayed Al Nahyan, Deputy Prime Minister and Minister of Presidential Affairs, attended the meeting.

The Custodian of the Two Holy Mosques King Salman hosted a banquet for His Highness Sheikh Mohamed and his delegation. The event was attended by the Saudi Princes, ministers and senior officials.



Mohamed chairs Abu Dhabi Executive Council meeting

HIS Highness Sheikh Mohamed bin Zayed Al Nahyan, Crown Prince of Abu Dhabi and Deputy Supreme Commander of the UAE Armed Forces, chaired the meeting of the Abu Dhabi Executive Council, held at the Abu Dhabi Crown Prince Court.

The council approved the merger of three universities in the capital, Dh2.31 billion worth of housing loans for Emiratis and development projects.

The meeting approved the proposal

to merge Khalifa University of Science, Technology and Research with Masdar Institute of Science and Technology and the Petroleum Institute, under the umbrella of one single university.

The meeting approved the implementation and the operational framework of the new university, as it instructed the formation of its Board of Trustees, and submitted its establishment law.

The council also approved housing

loans worth Dh2.3 billion for 1,250 Emiratis in Abu Dhabi, for building or completing homes in the emirate.

The awards of a Dh1bn business district project in Madinat Zayed and a Dh687 million residential project in Al Hayer, near Al Ain, were also approved. A total of 300 residential units and 30 land lots will be allocated for the Al Hayer project, which will also include road work, infrastructure and services.

Interior Minister chairs MOI, FCA meeting

HIS Highness Lt General Sheikh Saif bin Zayed Al Nahyan, Deputy Prime Minister and Minister of the Interior, chaired the meeting between the Ministry of Interior (MOI), and the Federal Customs Authority (FCA).

They discussed ways to enhance co-operation over issues of mutual interest and exchange expertise between MOI and FCA. The FCA briefed His Highness Sheikh Saif bin Zayed on the most vital development projects and initiatives being implemented.

Amongst those who attended the meeting were Major General Dr Nasser Lakhrebani Al Nuaimi, Secretary General of the Office of His Highness Deputy Prime Minister and Minister of Interior; Major General Khalifa Hareb Al Khaiaili, Acting Assistant Under-



Secretary of the Ministry of Interior for Naturalisation, Residency and Ports Affairs; Major General Salem Al Shamsi, Director General of Finance and Support Services at the Ministry

of Interior, a number of officers of the Ministry of Interior and FCA officials.

Commissioner Ali Al Kaabi, Head of the Federal Customs Authority (FCA), also attended the meeting.

Saif bin Zayed launches “Express Your Love for UAE” initiative



LT General His Highness Sheikh Saif bin Zayed Al Nahyan, Deputy Prime Minister and Minister of the Interior, has launched “Express Your Love for UAE” initiative that aims to further strengthen solidarity and loyalty amongst UAE residents towards the country.

During its launch, His Highness Sheikh Saif said that loving one’s homeland will motivate the youth to be creative and innovative, and will also contribute to the country’s development.

The initiative, which will include 45 expressions of love for the UAE, was conceptualised by the Khalifa Empowerment Programme for Students (Aqdar), coincides with preparations for 45th National Day on December 2.

Forty-five messages of love for UAE, as well as 45 entities or people, who have shown love for the UAE, will

be awarded at the closing ceremony of the initiative on the National Day. Awards will be given to the most creative, impactful, heartfelt and symbolic expressions of love, whether represented through literary creations, poetry, street art and advertisements.

Meanwhile, a video of Japanese Prime Minister Shinzo Abe’s message was played at the launch of the campaign. In the video, he said, “I love the UAE. I congratulate you on the occasion of the 45th anniversary of the founding of the UAE.”

Emirati Sara Al Senani, who won a bronze medal in the Paralympic Games, was invited by His Highness Sheikh Saif to help him launch the campaign’s website and mobile application. She also spoke of her gratitude to the UAE for the support she has received.

Al Sha'far inspects customer service systems centre

LIEUTENANT General Saif Abdullah Al Sha'far, Undersecretary at the Ministry of Interior, inspected the workflow mechanism at the customer service systems centre.

This inspection came under his efforts to follow up on the performance of the service centres and their staff through an electronic system, which is the first of its kind at the level of government services.

Al Sha'far visited the customer service department at the General Secretariat of the Office of His Highness the Deputy Prime Minister and Minister of Interior in Abu Dhabi, where he was greeted by Lieutenant Colonel Manee Al Zaabi, Deputy Director of the department, and a number of department officers.

Major Engineer Mohammad Al

Nuaimi presented a briefing about the systems centre. He talked about the productivity and performance of the staff in achieving customers' satisfaction by giving them services in the shortest possible time; measuring the service performance indicators; assessing the work completed through this system; the tasks and responsibilities related to work organisation; and the percentage of reducing the waiting time for service recipients.

Al Sha'far urged those in charge of the system to carry on developing it through the best technologies, thus reducing service time still further. He said that the concerned department should look at the experiences of developed nations and see how they had implemented similar systems. The



system in the UAE, he added, should be taken to the highest level of efficiency possible, not just by national standards, but also by global standards.

Al Khaiaili opens 'Readers' Oasis' library



MAJOR General Khalifa Hareb Al Khaiaili, Acting Assistant Undersecretary at the Ministry of Interior for Naturalisation, Residency and Ports, inaugurated the 'Readers' Oasis' library, which is established to provide police staff with an environment and tools that can help them use their time more productively.

Al Khaiaili stressed that this

initiative came within the framework of the leadership's directive that 2016 be designated the 'Year of Reading' in the UAE. This also falls in line with the UAE's vision to make reading a common habit in the country, as well as for members of future generations.

This library, he said, will make books and e-books available to the

staff, encouraging them to read. Talented authors and researchers within the sector will be supported by publishing their works. There will also be internal and external partnerships with entities related to the field of culture and science.

Strategic partners and the library work team were honoured by Al Khaiaili in recognition of their efforts.

Al Rumaithi honours 106 outstanding Abu Dhabi Police staff

MAJOR General Mohammed Khalfan Al Rumaithi, Commander-in-Chief of Abu Dhabi Police, honoured 106 outstanding staff members of the police force after they received doctoral, Master's and Bachelor's degrees from the most prestigious educational institutions within and outside the country.

A ceremony was organised by the Specialist Training Department at Abu Dhabi Police, in the presence of Major General Maktoum Ali Al Sharifi, Director General of Abu Dhabi Police; Major General Amir Al Muhairi, Director General of Police Operations; Brigadier Sheikh Mohammed bin Tahnoun Al Nahyan, Director General of Security and Ports Affairs; Brigadier Ali Khalfan Al Dhaheri, Director General of Central Operations; Brigadier Obaid Salem

Al Ketbi, Director General of Human Resources; Brigadier Saeed Saif Al Nuaimi, Director General of Finance and Services; and Brigadier Abdullah Al Muhairi, Director General of Security Guards and Special Tasks.

In his speech during the honouring, Al Rumaithi said how "the prudent leadership" had made all necessary training facilities available to Abu Dhabi Police staff, enabling them to study further, identify areas where more expertise was needed and acquire those skills. This support, he said, helped them to go ahead with the march of excellence within the comprehensive strategy for improving police work and to disseminate the Abu Dhabi Police message to a more secure society.

Al Sharifi, meanwhile, pointed out that Abu Dhabi Police had launched



a number of initiatives in the field of education that resulted in many staff members earning degrees from top universities. This served the General Command's aspiration to see Abu Dhabi Police rank amongst the best security forces in the world.



Senior Mol officers undergo training in UK

THE Leaders Training Centre of the Ministry of Interior sent 22 senior police officers for state level of training course in the United Kingdom.

The course, 'A look into the future', was held within the First Senior Leadership Development Programme in collaboration with the University of Oxford. It included workshops, meetings and visits with police leaders in the UK.

The training was intended to enhance their leadership capabilities,

intellectual skills and knowledge on security requirements, at par with the best global standards and practices.

Major General Dr Nasser Lakhreibani Al Nuaimi, Secretary General of the Office of His Highness the Deputy Prime Minister and Minister of the Interior, spoke of the ministry's keenness to add to the knowledge and skills of its staff, to develop their leadership capabilities in accordance with the best systems, and increase their preparedness for facing various security challenges.

Ajman Residency launches single-window service package

BRIGADIER Mohammed Abdullah Alwan, Director General of Residency and Foreigners Affairs in Ajman, announced the launch of the 'Work Residency Cancellation Package' that would reduce the time and effort expended by customers.

Alwan spoke of the tireless endeavour of the General Directorate of Residency and Foreigners Affairs in Ajman to please customers, as per the directives of Lieutenant General His Highness Sheikh Saif bin Zayed Al Nahyan, Deputy Prime Minister and Minister of Interior.

This, he said, was the motivation for implementing innovative ideas through partnership with Ajman Police and the Office of Emirates Identity Authority. This partnership served to improve the experience of customers common to the three entities.

The strategic co-operation, he said, resulted in the launch of the 'Work Residency Cancellation Package'. This package enabled customers to cancel their work residency visa and identity card and settle traffic violation fines at a single station.



Al Mazeina chairs meeting on Dubai traffic performance

LIEUTENANT General Khamis Mattar Al Mazeina, Commander-in-Chief of Dubai Police, headed a meeting on the performance evaluation of the General Directorate of Traffic in the third quarter of the current year.

Al Mazeina stressed on the importance of tightening security controls on the roads, and focused on preventing the number of dangerous offences committed by drivers. He issued orders for the execution of awareness campaigns and initiatives that would promote a culture of abiding by traffic rules and safeguard the lives of road users. He also gave orders for intensifying traffic patrols, especially on the outer roads where accidents were more frequent, and utilising latest technologies for monitoring offenders.

The Dubai Police chief commended the outstanding results achieved by the General Directorate of Traffic in the implementation of the new strategy for achieving the goals of minimising



accidents and reducing deaths.

He inspected the Traffic Technologies Department and checked out the new radar equipment and the new electronic system for tracking the control equipment on the emirate's streets.

Amongst those present at the meeting were Major General Mohammed Saif Al Zafeen, Assistant Commander-in-Chief of Operations; Brigadier Abdullah Al Ghaithi, Director of the General Directorate for the Security of Organisations, Installations and

Emergencies; Brigadier Engineer Kamel Butti Al Suwaidi, Director of the General Directorate of Operations; Brigadier Saif Mohair Al Mazroui, Director of the General Directorate of Traffic; Colonel Sheikh Mohammad Abdullah Al Mualla, Director of the General Directorate of Total Quality; Colonel Jamal Al Bannai, Acting Director of the General Directorate of Traffic; directors of police centres and branch managers at the General Directorate of Traffic, and other officers.



Al Shamsi highlights partnership between police and civil groups

BRIGADIER Saif Al Zari Al Shamsi, Commander-in-Chief of Sharjah Police, headed a meeting with partner entities to discuss and review the partnership management evaluation report.

Al Shamsi reviewed the report based on the effectiveness of the

departments, in line with the tasks meant to be achieved by the Sharjah Police and the visions of the Ministry of Interior.

He highlighted the importance of partnerships with civil society organisations and commended all departments' efforts towards

consolidating security.

The meeting was attended by Colonel Sultan Abdullah Al Khayyal, Director General of Resources and Support Services; Colonel Mohammad Rashid Bayat, Director General of Police Operations; Colonel Ali Salem Al Khayyal, Director General of Central Operations; deputy directors general, partner entities, section heads and branch managers at Sharjah Police.

RAK underlines cooperation amidst fight against drugs



MAJOR General Ali Abdullah Alwan Al Nuaimi, Commander-in-Chief of Ras Al Khaimah Police, made an inspection visit to the Anti-Narcotics Department in order to observe the workflow of the unit.

Al Nuaimi stressed on the need for field visits to all departments and to conduct benchmark comparisons that would upgrade performance and foster transfer of expertise.

The RAK Police chief spoke of the necessity of teamwork and co-operation between all the staff in the fight against narcotics and prohibited substances

that hindered the development of a nation by targeting the youth. The anti-narcotics department, he said, played an active and important role in crime prevention, and its work should be fortified by cooperation with relevant institutions.

Al Nuaimi was briefed on the efforts made and programmes undertaken by the department during the year. He stressed on their importance in consolidating security, with the support of the wise leadership and the directives of the Ministry of Interior to control the scourge of drugs.

During the visit, he was accompanied by Brigadier Ghanem Ahmed Ghanem, Director General of Police Operations; Colonel Ibrahim Kaptan, Deputy Director General of Police Operations; Colonel Tariq Mohammad bin Saif, Office Manager of the Commander-in-Chief; corporate and strategic performance expert Saif Ahmad; and a number of other officers. They were received by Colonel Adnan Ali Al Zuaabi, Director of the Anti-Narcotics Department, and several department heads, branch managers and officers from the department.

Al Kaabi inspects police centres in Fujairah



BRIGADIER Mohammed Ahmed bin Ghanim Al Kaabi, Commander-in-Chief of Fujairah Police, accompanied

by Major Khalid Abdullah Al Zanhani, director of his office, inspected a number of police centres in the emirate.

He visited the Habhab police centre, where he met with the staff to hear their views and ideas on the improvement of police centres.

At the Al Toyeen Comprehensive Police Centre, he was briefed by the officers in charge about work mechanisms, tasks and the areas where help is required to enhance output.

Al Kaabi pointed out that police centres are important because they encompass several quarries and residential areas. These centres, he said, had a major role to play in the continued development of security work.

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14

Medical Conferences &

8

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Dh20,000 in 24 hours

Total traffic offence fine that a tourist in the UAE racked up, after committing 24 speeding violations in less than 24 hours. Documents pulled from the Abu Dhabi Police e-service system by the car rental company showed that as many as 22 violations of the tourist were recorded within the first 50 minutes of the journey.

3

The Abu Dhabi Police have foiled an attempt to sell antiques smuggled into the country by three Arab nationals. Following a tip-off, the CID squad monitored the movements of the gang members, and confirmed that they possessed antiques including manuscripts, daggers, gemstone and ancient coins. The arrest came following the effectivity of the Abu Dhabi Cultural Heritage law, which was recently issued by President His Highness Sheikh Khalifa bin Zayed Al Nahyan.

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The number of injured passengers left in an accident involving two school buses and a public bus in Mohammed bin Zayed City. Abu Dhabi Police officials said dozens of school pupils, who were injured in the crash, were not wearing seatbelts and were not seated properly in the school buses.

120,000

The number of Captagon pills, weighing 20 kg, successfully seized by Abu Dhabi Police from a drug dealer after an informant tipped of the location of the suspect. The arrest came on the heels of Abu Dhabi Police's continuous endeavour to fight the scourge of drugs and put an end to its harmful impacts. The man was caught with a bag containing the huge amount of Captagon pills and Dh200,000.

17%

The number of traffic fines issued for speeding has gone down by 17 per cent in Abu Dhabi since the 50 per cent discount on fines was cancelled in August. The past three months also witnessed a decline in motorists overtaking from the right lane and driving heavy vehicles without adequate safety and security measures.



"Systems in the UAE should be taken to the highest level of efficiency possible, not just by national standards, but also by global standards. We urge those in charge of the customer service systems centre to carry on developing the system using best technologies to further reduce service time. We should look at the experiences of developed nations and see how they had implemented similar systems."

Lieutenant General Saif Abdullah Al Sha'far, Undersecretary at the Ministry of Interior, commented during his inspection of the customer service centre, whose systems are benchmarked against some of the best systems in the world.



"We are playing our part by contributing to the vision of making the UAE one of the safest and greatest countries in the world by 2021. The UAE Ministry of Interior places great emphasis on using world class infrastructure and technology to provide efficient and transparent government services around the clock to exceed the expectation of citizens and residents."

Brigadier Engineer Hussain Ahmad Al Harthi, Director General of Electronics and Telecommunications Services at the Ministry of Interior, on highlighting the strategic cooperation between Mol and Cisco on technology innovation to enable the Ministry to stay at the forefront of technological updates and new trends.

UAE NEWS BULLETIN

POLICE NEWS, PEOPLE, NUMBERS AND EVENTS



ABU DHABI
DH9.5 MILLION

The UAE customs authorities recently foiled two separate attempts to smuggle cash, a total of Dh9.5 million, into the UAE across the country's border with Saudi Arabia. Both the incidents occurred at the Al Ghuwaifat Customs Centre. In one case, an Asian man was caught with Dh6.85 million hidden in a bag containing clothes. In the second case, customs inspectors detected a secret compartment, which had a package containing Saudi riyals equivalent to Dh2.64 million. The men involved were detained as they were trying to bring the cash into the UAE without disclosure. A senior official said that there was no restriction on sums of money if disclosure rules were followed.



AJMAN
12TH FLOOR

Two window cleaners were hanging precariously from the 12th floor of a 24-storey building after the steel cable holding their cleaning cradle suddenly snapped. They were rescued by emergency crew members. The panicking cleaners were asked by the rescue team to stay calm; they were given directions to keep the cradle steady until help arrived.



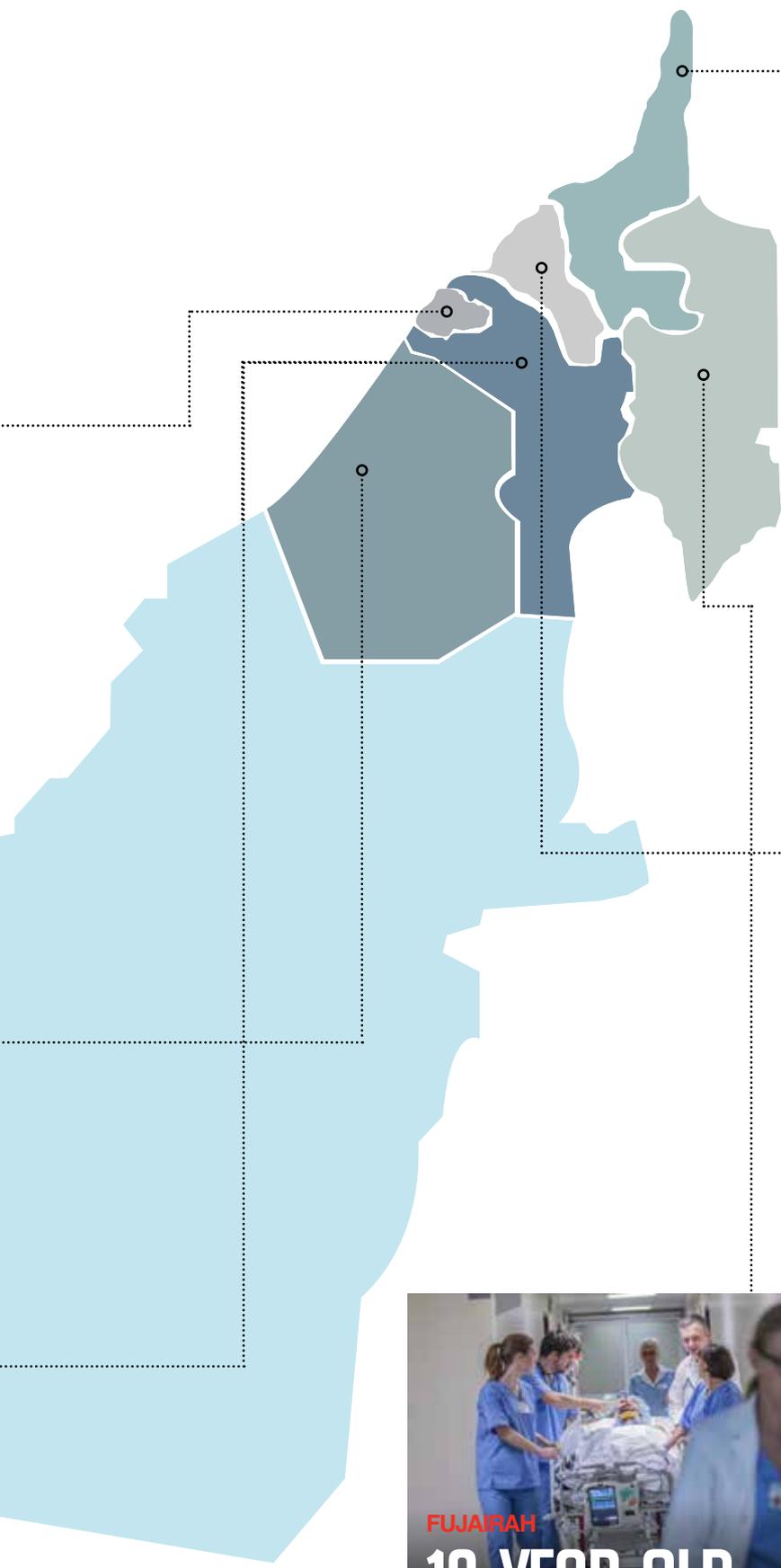
DUBAI
8 MINUTES

A Dubai Police team arrived within eight minutes to rescue a man who had been trapped inside his own vehicle, a tanker, which had collided with a heavy truck. The rescue team used hydraulic cutters to get the tanker driver out and airlifted him to the hospital.



SHARJAH
5

A notorious gang of five men, known for stealing bank account and credit card information, was busted in a joint operation by Sharjah Police and the Federal Criminal Police. The gang fell in the hands of authorities after an informant tipped off their location. They often victimised hotels, gold and retail industries, and places where consumers usually swipe cards.



RAS AL KHAIMAH
DH60,000

A young male Arab was sentenced to three months in jail by the RAK Misdemeanour Court, Second Circuit, for failing to pay Dh60,000 for a hired luxury car. The Arab had rented the SUV for two months. Then, instead of paying up and returning the car, he left it parked in front of the rent-a-car agency's office and disappeared. He wouldn't take the agency's calls. When the police finally caught him, following a complaint, the youth admitted that he didn't have the money and had just taken the car "to show off when meeting others".



UMM AL QUWAIN
31

The UAQ Police recently released figures, stating that they had impounded 31 cars for reckless driving as part of an emirate-wide intensified traffic safety campaign. The drivers had committed offences such as speeding, racing and driving in a hazardous way that posed a risk to other road users. "Reckless stunts mostly end in gruesome accidents, serious injuries, deaths, and big financial losses," said a senior police official.



FUJAIRAH
13-YEAR-OLD

An Arab teenager fell from the second floor of a two-storey government school in the Al Badiyah area. She suffered multiple fractures and was in a critical condition. It wasn't clear why the girl had such an accident.

WE ARE ALL POLICE



THE ABU DHABI INITIATIVE 'WE ARE ALL POLICE' GIVES EVERY UAE RESIDENT THE CHANCE TO BECOME ACTIVELY INVOLVED IN MAINTAINING THE LEVEL OF SAFETY WITHIN SOCIETY. **999** EXPLORES THE TARGETS OF THE INITIATIVE AND WHAT IT WOULD TAKE FOR VOLUNTEERS TO PASS MUSTER

BY BASSEL SOURAYA





His Highness Sheikh Hazza bin Zayed Al Nahyan, inaugurating the 'We Are All Police' initiative

All civilians have a role to play in creating and maintaining a safe society. Therefore, all civilians ought to help out law enforcement agencies in any way they can.

This idea, which has always underpinned the safety of the UAE, has now been formally launched as an initiative, named 'We Are All Police'.

Under this initiative, both citizens and expatriates can volunteer to undergo training to become a civilian police officer. They'd be trained to liaise with the community and assist full-time police officers. To begin with, the initiative has been launched in Abu Dhabi.

Attending the launch were Sheikh Hazza bin Zayed Al Nahyan, Vice-Chairman of the Abu Dhabi Executive Council, and Lieutenant General His Highness Sheikh Saif bin Zayed Al Nahyan, Deputy Prime

Minister and Minister of Interior.

Launching the scheme, Major General Mohammed Khalfan Al Rumaithi, Commander-in-Chief of Abu Dhabi Police and a member of the Executive Council, said, "Through this initiative, we aim to engage a large number of individuals from society in Abu Dhabi to preserve the past, present and future of the emirate, because it's the collective responsibility of all the people."

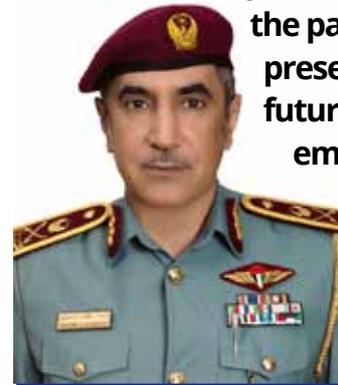
This initiative not only aids police work in a country with a growing population, but also makes people better aware of the need to preserve law and order through direct engagement. There are civilian police forces in various parts of the world, including the United States, United Kingdom, and Japan.

Al Rumaithi said that besides enhancing security, the initiative would improve relations amongst members of UAE society. Volunteers can register for the initiative at www.weareallpolice.ae or by calling 8001000. At the time of this report being published, the number of applicants was 3,151.

It's noteworthy that the 'We Are All Police' initiative follows the approach of the nation's founding father, the late Sheikh Zayed bin Sultan Al Nahyan, continued by the President

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Through this initiative, we aim to engage a large number of individuals from society in Abu Dhabi to preserve the past, present and future of the emirate



**MAJOR GENERAL
MOHAMMED KHALFAN
AL RUMAITHI**

Commander-in-chief of Abu Dhabi Police and a member of the Executive Council

His Highness Sheikh Khalifa bin Zayed Al Nahyan, Ruler of Abu Dhabi, and His Highness Sheikh Mohamed bin Zayed Al Nahyan, Crown Prince of Abu Dhabi, Deputy Supreme Commander of the UAE Armed Forces, and Chairman of the Abu Dhabi Executive Council.

This approach sees the blessing of safety and stability enjoyed by the emirate and the country as a shared responsibility. The stability hasn't come from a vacuum; rather it's the hard work and collaboration of institutions and the community.

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The initiative would improve relations amongst members of UAE society



Application Hotline:
8001000

Email: 
weareallpolice.adpolice.ae



HH Sheikh Mohamed bin Zayed I Nahyan, Crown Prince of Abu Dhabi and Deputy Supreme Commander of the UAE Armed Forces, becomes Member No. 1 of "We Are All Police" initiative

Peace as a common responsibility

As part of his commitment to creating a social communication culture that safeguards the security and stability, His Highness Sheikh Mohamed bin Zayed Al Nahyan, Crown Prince of Abu Dhabi and Deputy Supreme Commander of the UAE Armed Forces, has been awarded with the No. 1 Membership under the "We Are All Police" initiative.

"All the community members are active contributors to highlighting the cultural values through cohesion with our national institutions and societal initiatives," HH Sheikh Mohamed said.

HH Shiekh Mohamed bin Zayed also added that, "Amidst the security challenges and availability of human and material resources to deal with them, there is a need for concerted efforts through effective participation by all individuals and institutions to prevent illegal activities and practices in a timely manner."

Meanwhile, His Highness Sheikh Hazza bin Zayed Al Nahyan, Deputy Chairman of Abu Dhabi Executive Council has become Member No. 2 of the initiative, launched by Abu Dhabi Police last month to promote happiness and ensure safety, with the aim to make Abu Dhabi the safest city in the world.

His Highness Sheikh Hazza praised the initiative, calling on members of the community to participate.

"'We Are All Police', is an innovative initiative that we must all contribute to support," His Higness Sheikh Hazza said, citing that HH Sheikh Mohamed bin Zayed bears the honour of being the first member of the initiative.

Goals united

With the population growing by an average of more than seven per cent per year, and with about 200 nationalities living here, it was essential to engage all parts of society.

There are currently 34,000 police officers in the emirate of Abu Dhabi. This represents about one police officer for every 81 people. By 2021, the aim of Abu Dhabi Police is to have more than 47,500 officers and 'We Are

All Police' community support officers. This number represents one officer for every 58 people.

The goals of the 'We Are All Police' initiative intersect with the aims of the moral education initiative launched by His Highness Sheikh Mohamed bin Zayed Al Nahyan. That's an initiative meant to make the community fully cognisant of human values (ethics, civic duties, respect for heritage etc) through the inclusion



34,000

Number of police officers at present in the emirate of Abu Dhabi



47,500

Targeted number of full-time police officers and community support officers by 2021



1:58

By 2021, Abu Dhabi Police aims to have one officer for every 58 people

of moral education as a subject in all schools, irrespective of their curricula. The idea is to create a more well-knit society and to weed out the propensities for unlawful and immoral practices by shaping better individuals from an early age. The community police programme has a similar goal, except that it co-opts adults.

Touching upon the moral education initiative, the Abu Dhabi Police chief said that this wasn't surprising, as His Highness Sheikh Mohamed bin Zayed had always launched initiatives to build a positive and interactive community that was capable of accepting its responsibilities and respecting its duties. Al Rumaithi added that the Crown Prince's support for these initiatives reflected the ties between the wise leadership and the people.

The essence of the 'We Are All Police' initiative, he said, is that police comes from the community to make a tangible reality through all their activities.

Al Rumaithi stressed on the Abu Dhabi Police force's constant quest for the development of policing work and adoption of newer tools that would promote both the role of the police and the involvement of community members. People would take their share of responsibility on issues that directly affected their security, in their neighbourhoods and residential complexes, making their role complementary to that of the police. This, he said, was the community partnership that would bring down crime and increase public trust in law enforcement.

This partnership is expected to contribute substantially to the ongoing police-led

education efforts, in order to create an alert and interactive community that believes in participation as a tool for national advancement. This participation will achieve sustainable security by taking advantage of the civilised behaviour and open-mindedness of the Abu Dhabi community, particularly the youth. In the long run, all of these efforts would lead to a greater degree of happiness in society, making it more creative and productive.

Tasks for civilians

The initiative is designed to tap into the energies and competencies present within the community, whilst also promoting

The initiative, in a nutshell

'We Are All Police' will enable individuals from a variety of backgrounds and nationalities to contribute to enhancing security in Abu Dhabi. The tasks include but are not limited to:

- Providing a crucial link between Abu Dhabi Police and the general public in terms of effective communication and maintaining security.
- Helping accident victims and administering first-aid when required.
- Resolving any minor problems that arise between neighbours or members of society before they escalate, such as quarrels or differences of opinion.
- Assisting with solving community problems.
- Directing traffic in the event of a traffic signal failure or malfunction.
- Assisting the elderly and people with disabilities.
- Working with residents to develop and enhance security in their neighbourhood.
- Working with frontline police personnel, when required.
- Submitting proposals that will assist the evolution of the police force's approach to its work.
- Ensuring that volunteers' capabilities and talent meet the demands of the work.

Requirements

- The volunteers must be at least 18 years old.
- They should have lived in the UAE for at least three years when they sign up.
- They should be physically fit and well-behaved.
- They should comply with the minimum performance of civilian police duties.
- They should pledge to keep confidentiality of the information they gather through this initiative.

Members' benefits

- Coverage in the local, regional and international media for the impact 'We Are All Police' will make on Abu Dhabi, the UAE, and on community based-policing around the world.
- Acknowledgement and accolades from the Abu Dhabi Police leadership for remarkable contributions, achievements or team work.



The initiative 'We Are All Police' lays the foundation for a concrete and effective partnership between citizens and residents and the wise leadership



**THANI MUBARAK SUROR
AL DHAHERI**

Emirati writer

awareness and self-development through skill training. The volunteers would become equipped to deal with social diversity and its implication for security.

Al Rumaithi explained that the 'We Are All Police' initiative can potentially cut crime rates and will be able to make an effective contribution to the human resource pool of Abu Dhabi law enforcement. The full-time police officers can focus on the toughest law-keeping tasks, whilst many other duties will be carried out by the civilian police.

Speaking to citizens and residents in Abu Dhabi, **999** found that the initiative had been heartily welcomed by many. Emirati writer Thani Mubarak Suror Al Dhaheri said, "The initiative 'We Are All Police' lays the foundation for a concrete and effective partnership between citizens and residents and the wise leadership. Its goal is to develop this partnership in order to maintain the safety, security and prosperity of this country."

Mustafa Mohamed Hamoud, a businessman, said that participation in the initiative was the duty of everyone who has been asked by the "happiness, safety and security of this generous land". It would be a proactive step to preserve the achievements of this country, he added.



HH Sheikh Hazza bin Zayed Al Nahyan and Lt General HH Sheikh Saif bin Zayed Al Nahyan, and officials of the Abu Dhabi Police during the launch of "We Are All Police" initiative

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It would be a proactive step to preserve the achievements of this country



MUSTAFA MOHAMED HAMOUD
UAE businessman

The framework of the initiative is divided into five key areas: emergency and crisis; security; education and counselling; the environment; and the humanitarian and social field. Within these broad areas are sub-specialities, whose scope and target are mentioned in detail within the code of conduct prepared by the General Command of Abu Dhabi Police. The code governs the workflow as well as the rights and duties of both the police and community police members.

Some of the tasks to be assigned to the civilian police force are building more bridges of communication between the police and the various segments of society; assisting accident victims with first-aid; resolving quarrels between neighbours before they grow into something requiring

a full-scale police intervention; settling contract-related disputes between tenants and landlords; intervening in domestic violence cases and racial intolerance in all forms; managing traffic if the optical signals crash; to lend a helping hand to the elderly and the disabled; and working with people in residential areas to further develop security work.

Skill training

The code of conduct includes the rights of initiative members, the most important of which is to get proper training that qualifies them to efficiently carry out assigned tasks. The volunteers will also carry the badge of 'We Are All Police' membership to facilitate their work. Distinguished members of the civilian police force will be honoured, and all civilian police personnel will be given the moral support they need to perform effectively.

The members will receive training in: promoting a sense of security; first-aid; managing disasters and crises; dealing with social diversity; organising events and activities; problem-solving; and the art of communication.

To make the initiative as impactful as possible, Abu Dhabi Police have set a number of criteria: the volunteers must be at least 18 years old; they should have lived in the UAE for at least three years when they sign up; they should be physically fit and well-behaved; they should comply with

Examples of Civilian police tasks

- Build more bridges of communication between the police and the various segments of society
- Assist accident victims with first-aid
- Resolve quarrels between neighbours before they grow into something that would require a full-scale police intervention
- Settle contract-related disputes between tenants and landlords
- Intervene in domestic violence cases and racial intolerance
- Managing traffic if the optical signals crash
- Lend a helping hand to the elderly and the disabled
- Working with people in residential areas to further develop security work



the minimum performance of civilian police duties; and they should pledge to keep confidentiality of the information they gather through this initiative.

Applicants would be vetted by a committee set up for this purpose, and this would be followed by a preparatory meeting with those who get to join the force. After this, skill training courses would start. At an advanced stage, outstanding members of the civilian police force would be honoured.

By highlighting the contribution of the civilian police force in fostering the well-being of society, it's hoped that this initiative would produce role models from within the community.

REAL COST OF A *cheap ride*

BY SHUCHITA KAPUR

SOME COMMUTERS THINK UNLICENSED TAXI SAVES THEM MONEY. BUT IN REALITY, IT COMES WITH A LOT OF RISKS. AND FOR DRIVERS WORKING AS ILLEGAL CABBIES, THE PENALTIES ARE VERY STIFF

When her young child closely escaped injury during an accident, taking a tumble inside an unlicensed taxi that had no safety seat, the parent felt she had learnt her lesson. This Indian expat who lives in The Lakes, Dubai, would henceforth only get an RTA-approved taxi equipped with a child seat for her school runs.

That's just one of the many dreadful things that can happen if illegal cabbies continue to roam around the UAE. Unlicensed cabs are common in most major cities of the world. The usual reasons: the drivers want to make a few bucks more by evading licence fees; and the passengers look to save money by paying less than the going rate for properly regulated cabs.

But there are risks associated with that practice. Police have warned the public on the following: several illegal taxi drivers have no proper documents and could be unsafe motorists; they may be absconders from the law, overstaying in the UAE without a residence permit; and if they commit a crime against a passenger, the lack of documentation would make it hard to track them.

In a bid to weed out illegal taxi drivers and ensure passenger safety, transport authorities and the police in the UAE are aggressively cracking down on unlicensed means of transport.

The authorities prohibit transporting



Several illegal taxi drivers have no proper documents and could be unsafe motorists

passengers in vehicles that are not licensed to practise this activity against financial return, be it within Dubai or from Dubai to any other emirate. But private drivers still flout rules.

In Abu Dhabi, the police arrested 115 unlicensed cabbies in the month of July and August this year. These drivers were allegedly carrying passengers from Abu Dhabi airport in private cars that weren't authorised for commercial use.

Figures from the 8th Safer Campaign carried out by the Transport Activities Monitoring Department, which is aimed at combating unlicensed transport in Dubai and runs in collaboration with Dubai Police, showed that 7,126 offences were reported in the emirate during the first half of this year. This campaign was a part of the Roads and Transport Authority's efforts to curb illegal taxis, which are mushrooming in a way that warrants concerted efforts. The number of offenders was given to the media by Abdullah Al Mahri, Director of Transport Activities and Monitoring, RTA Public Transport Agency.

Sharjah, too, witnessed commuters resorting to this illegal mode of transport. Inspectors issued 1,724 fines until the end of August this year, in comparison with 1,176 fines reported last year.

THE NUMBERS



7,126

The number of illegal transport offences recorded by RTA in the first half of 2016



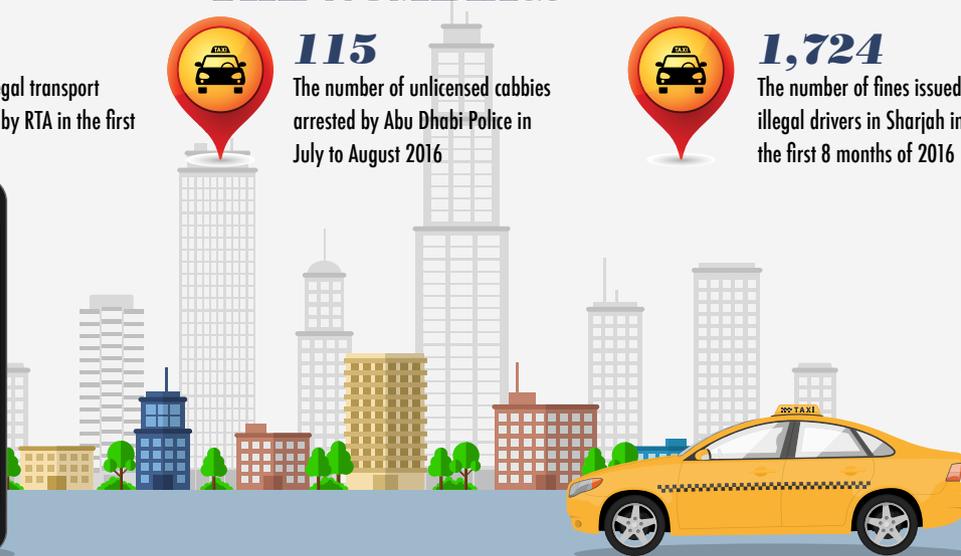
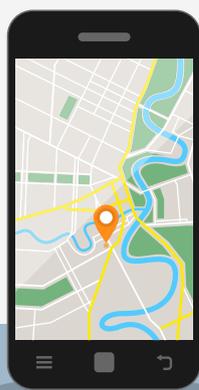
115

The number of unlicensed cabbies arrested by Abu Dhabi Police in July to August 2016



1,724

The number of fines issued to illegal drivers in Sharjah in the first 8 months of 2016





Nudge and wink

Most passengers who use unlicensed taxis know what they're doing. According to the authorities, it's rare for this business to take place between parties not known to each other. The passengers and the illegal cabbies are usually well acquainted with each other and the information on pickups spreads by word-of-mouth.

"The practising of unlicensed transport activity rarely takes place on the roadside, but has specific locations known to both practitioners and riders, though such locations keep changing," explained Al Mahri in a media statement.

There's no data on the exact number of such drivers. "I knew a gardener who



The passengers and the illegal cabbies are usually well acquainted with each other and the information on pickups spreads by word-of-mouth

also worked as a driver in The Springs area. He mostly ferried children from schools to their homes," said a resident of Springs 11, speaking to **999** on condition of anonymity. This resident reported the illegal driver.

Al Mahri said that it was difficult to put a number to how many illegal taxis were out there, because the business "involves the use of different types of vehicles, including private cars, rented cars, commercial transport vehicles, and company cars".

Stiff penalties first

The Resolution of the Executive Council in Dubai No. 6/2016, organising passenger transportation in the emirate, clearly states what you should and shouldn't do.

The resolution specifies the administrative penalties related to the illegal practice of transporting passengers by unlicensed taxis or limousines. It prohibits any such activity before obtaining the permit required from the RTA's Public Transport Agency in Dubai, and clearing the approved training courses.

The law doesn't permit transporting passengers in vehicles not licensed for this purpose. It also prohibits providing passenger transport service through phone calls, online, smart apps or any other way before getting approval from



Slapping fines is only one of the means adopted in the aftermath of awareness campaigns to uproot this negative practice



ABDULLAH AL MAHRI

Director of Transport Activities and Monitoring, RTA Public Transport Agency

the Public Transport Agency.

Promoting taxi services in unlicensed vehicles or announcing this service by hailing individuals or through any other means can also land you on the wrong side of the law.



Prevention, not punishment

"The RTA does not seek to collect fines from offenders, but rather focuses on curbing negative practices of public transport, intensifying the monitoring of violators in Dubai, and reducing the number of complaints relating to this practice," said Abdullah Al Mahri, Director of Transport Activities and Monitoring, RTA Public Transport Agency. "Slapping fines is only one of the means adopted in the aftermath of awareness campaigns to uproot this negative practice."

Do No wrong

Abu Dhabi Police's CID and the General Directorate for Security and Ports Affairs have been clamping down on illegal cabbies.

In addition to security and fair competition concerns, the illegal taxi trade also adversely affects the positive image of the emirate's tourism industry where safe and legitimate transportation is of vital importance.

Currently, the law imposes fines of Dh5,000 to Dh10,000 or a 30-day jail term, or both, on offenders. To put breaks on this illegal trade, authorities are mulling on levying heavier fines to Dh30,000, confiscating their vehicles and deporting the driver.

As per RTA, individuals operating

transportation services without permit will be slapped with a fine of Dh20,000, a four-fold increase from the previous Dh5,000.

The authorities will also penalise illegal transportation firms, including e-hail service providers operating without permits, and the fine may go up to Dh50,000.

Risky choice

Private/illegal taxis are to be avoided because they don't have a tracking system installed. This could be extremely risky if the driver you're using has some ulterior motives.

Another risk is that if the illegal cabbie is transporting small children, the vehicle may not have the required

safety harness, as the Indian expat parent from The Lakes found out. The unlicensed cabbie she was using was trustworthy enough as a person, as she was introduced to him by a friend – the driver's rate was much lower than the official taxi rate and so had seemed like a bargain. But the accident could have badly injured her child, who was with the nanny in the back seat.

Amongst other things, even if the unlicensed cabbie himself is alright, the vehicle may not be. Since a car being used for unauthorised commercial purpose evades official inspection, you would never know whether its safety checks are up to date and whether all the safety equipment is in good shape.



Could carpooling be your option?

Carpooling or Sharekni, as it is called, is legal in Dubai. Permission to carpool is issued for the car owners only after acceptance of the passengers is obtained electronically.

Carpooling amongst co-workers doesn't need registration. Labour cards for the passengers should be made available in case there's checking. Each car owner is allowed to carpool a maximum of four passengers.

Cash exchange is not allowed between the

passengers and the car owner, but the car owner can be compensated for the fuel price.

Currently, there are 7,482 drivers, 12,467 passengers and 5,853 rides registered on the Sharekni website. The numbers indicate a growing preference for shared cars to keep costs in check. This is a rather good and legal alternative than taking illegal private taxis.

The website also lists best ranking drivers and most desired rides to help narrow down your search.



Drivers
7,482



Passengers
12, 467



Rides
5,853

How does carpooling work?

If you're a driver and own a car, you can opt for carpool by creating an account and registering your vehicles. You then need to create your route and register it, so that your route allows passengers to join your ride and share the trip.

If you're a passenger, you can use Sharekni services by creating an account. Then customise your search for drivers using multi-search criteria to reach your desired route. Another method for searching for drivers is by viewing drivers on a real map that's easy and fast.





HEALING TOUCH

THE NEW UAE MEDICAL LIABILITY LAW OFFERS BETTER PROTECTION TO BOTH PATIENTS AND HEALTH CARE SERVICE PROVIDERS AT ALL LEVELS. IT'S A MUCH NEEDED LEGISLATION FOR A GROWING INDUSTRY WHOSE PROFESSIONALS CAN MAKE OR BREAK LIVES

BY SHUCHITA KAPUR

It was one of the worst days in her recent memory when Shaheen, a resident of Emirates Living in Dubai, rushed her injured child to a big hospital on Sheikh Zayed Road. "My daughter was a victim of a road accident. We took her to a supposedly good hospital – it's a decision that I always regret, and I'd never ever step in there again," she told 999.

The doctor examined her daughter, confirmed it was a fracture after an X-ray and put a cast on her right arm.

"We got our child home," said Shaheen, "hoping the problem was taken care of, but with each passing day, my daughter complained of pain and a poking sensation in her arm. She was unable to write. And it just got worse. We took her back to the doctor, but he reassuringly told us that there was nothing to be concerned about."

The problem, however, did not go away, and the child repeatedly felt an excruciating pain, which became unbearable as the weeks passed. "We then decided to go for a second opinion and took her to be examined by another doctor at another hospital," said Shaheen. "This time, we were told that there were glass pieces in her arm after the accident. This was causing the pain and the sharp poking sensation that my daughter was complaining of. And to our shock, the cast was put on her arm for no reason, as there was no fracture in the bone. My daughter had to be operated upon, after which she eventually recovered."





Like any victim of medical negligence, the family was deeply affected, its trust in the medical profession has been tainted with doubts.

Shaheen said, “What bothered me most was that my child had suffered because of the negligence of the first doctor. We went back to them to explain that they had misdiagnosed my daughter’s case, but there was not even a simple apology either from the erring doctor or the hospital.”

This case is an example of medical malpractice where the individual should lodge a complaint with the authorities, but Shaheen decided not to because the first hospital owner’s children were in her daughter’s class.

“It would become too messy for us. We were just happy that our daughter had recovered; we were left with no energy to take up a case after this seven-month ordeal,” she explained.

Medical malpractice is considered a serious matter in the UAE, and the recently decreed UAE Medical Liability Law further empowers both patients and doctors and protect the rights of all parties. “The new law aims to ensure fair treatment for patients, doctors and hospitals, so a better balance within the country’s health

care system is created,” said Dr Amin Al Amiri, Assistant Undersecretary for Public Health Policy and Licence in the Ministry of Health.

Steps towards justice

In the past year, 13 doctors were suspended in the UAE due to cases of medical malpractice. In 2014, nine physicians were suspended or had their licences revoked. More than 500 medical malpractice claims were made across the country in 2013, a figure similar to that in Britain.

The UAE Medical Liability Law, decreed by the President His Highness Sheikh Khalifa bin Zayed Al Nahyan, provides this



The new law aims to ensure fair treatment for patients, doctors and hospitals, so a better balance within the country’s health care system is created



DR AMIN AL AMIRI

Assistant Undersecretary for Public Health Policy and Licence in the Ministry of Health

step-by-step procedure for settling a case:

1 Patients can report any case of alleged malpractice or medical negligence by service providers or pharmaceutical companies directly to the health authorities.

2 These complaints will be referred to a medical liability commission, set up by either the Minister of Health and Prevention or the chairman of the local health authority.

3 The commission will decide if there was indeed any malpractice, its magnitude, cause and effect, and it will also pinpoint responsibility.



FINES & PUNISHMENT

The Medical Liability Law sets out a wide range of guidelines and mandates for the governing of health care and medical professionals in the UAE. The provisions guide health care services to obtain malpractice insurance, outline doctor's responsibilities and also detail the process of investigation – and disciplinary proceedings – in the event of alleged malpractice. It bans: human cloning; sex change; euthanasia; and abortion.

Any person violating any of the provisions of the law shall pay a fine ranging from Dh10,000 to Dh1 million, depending on the article he/she violated.

Medical health professionals found violating the law may face imprisonment between 2 and 10 years.



4 The commission's decision is open to appeal within 30 days by the patient, or the doctors and providers. The appeal is handled by a higher commission, set up by the Cabinet.

5 The higher commission will take the final decision, binding on all parties involved. A case can be termed a criminal act only if this higher commission finds evidence of 'gross malpractice'.

"A physician can be indicted and subjected to criminal proceedings if the Medical Liability Committee issues a final report confirming gross medical negligence against him/her, according to Article 24 of the new law," explained Hiam Al Muhtadi, Associate – Litigation Department at the law firm Al Tamimi & Company.

"Patients can file civil claims for monetary compensation before the UAE courts, provided that the malpractice claim has been reviewed and determined by the Medical Liability Committee (Article 18). The reconciliation provision (Article 35) under the new law may encourage patients or their family members to settle with doctors in criminal proceedings related to medical malpractice, which could result in fewer criminal cases before the judicial authorities."

More teeth to the law

The new federal law on medical liability (Law No. 4 of 2016) had several features that are different from the previous Medical Liability Law (Federal Law No. 10 of 2008).

Al Misbah Sabiel, Senior Associate at Al Tamimi, explained that these features included the permissibility of gender re-assignment procedures, subject to certain conditions.

With the new law, Sabiel said, doctors are obliged to see to it that appropriate tools are used in diagnosing a patient's medical condition, and to conduct medical examinations and treatments deemed necessary according to a patient's clinical condition. Article 4(5) of the new law requires doctors to inform patients of all the treatment options

“

A physician can be subjected to criminal proceedings if the Medical Liability Committee issues a final report confirming medical negligence against him/her



HIAM AL MUHTADI

Associate at the Litigation Department of the law firm Al Tamimi & Company

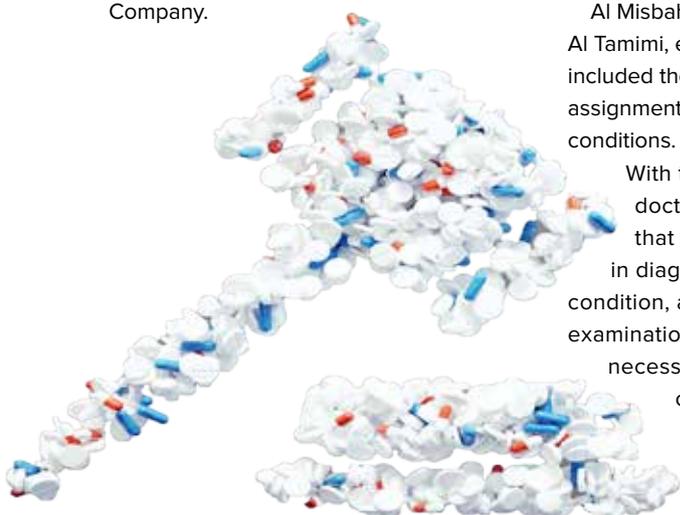
available to them after diagnosing their clinical condition.

These provisions, Sabiel said, were added to enhance the quality and delivery of patient care and to ensure that health care professionals took all the necessary measures to diagnose a condition and treat the patient.

Article 4(7) of the new law has added "accompanying persons" to the provision that requires families and relatives to be informed of the seriousness of the patient's condition if he/she lacks capacity. This article was amended in the new law to permit doctors and medical staff to inform persons who accompany patients to the hospital (i.e. friends, colleagues) instead of only family members.

Article 5(1) of the previous law has been amended for doctors to accept the consent of patients who lack capacity in order to diagnose their condition, perform medical examinations and provide only one dose of treatment, on condition that their relatives or friends are informed of the treatment plan.

Article 5(3) of the new law requires doctors to provide necessary first-aid



to patients if they lack the required specialisation to treat the patient’s clinical condition, and then refer the patient to a specialised physician or to the nearest hospital, if the patient so desires.

The New Law affords protection and relief to doctors in criminal proceedings by prohibiting their arrest, imprisonment and investigation until the Medical Liability Committee issues a final report (article 24). Further, no legal claims for medical malpractice can be brought against a healthcare professional unless it has been referred and determined by the Medical Liability Committee in accordance with article 18 of the New Law.

Article 5(6)(g) of the new law permits health care professionals to disclose a patient’s medical records before the

What is banned?

Human cloning	Sex change	Euthanasia	Abortion
			

courts to support their defence in legal claims.

Health care professionals and patients also have the right to challenge the report of the Medical Liability Committee before the appropriate health authority within 30 days from the date they are notified of the committee’s decision (Article 20). The health authority will refer the grievance, the committee’s

report and all relevant documents related to the complaint to the Supreme Committee for Medical Liability.

The Supreme Committee will review grievances filed by health care professionals and patients against the decision issued by the Medical Liability Committee. The Supreme Committee’s findings are final and will not be subject to any appeal.

Common factors of medical malpractice

A medical expert in the University of Wisconsin Medical School in the United States has carried out research that points some key common factors of malpractice cases.

In his research, Dr RJ Roberts outlined the following contributing causes of medical malpractice every year:

- 

Fatigue causing surgical errors: The study says that regardless of how skilled or well-trained the doctor is, if he or she is physically exhausted or mentally distracted in any way, then the chances of surgical error and therefore malpractice increase considerably.
- 

Consent failure: If the patient is not fully informed or does not understand the expected outcomes, risks or any reasonable alternative courses of treatment available, then damage to that patient is possible.
- 

Misdiagnosis: In the US, roughly 29 per cent of mammogram screenings return false negative results in breast cancer patients. So it is crucial that physicians follow up appropriately on these misleading results to accurately confirm the status of the patient
- 

Unsuitable drug treatment: A general lack of patient education about the medications prescribed, poor advice from physicians, and even unclear handwriting from the doctor on the prescription – that is then misinterpreted by the pharmacist – can all result in medical negligence claims.
- 

Birth and maternity care: Malpractice can happen during the birth of a child. One of the most common malpractice claims is the overuse of oxytocin – the hormone used to start or speed up labour in women.



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

DEVELOPMENT IS A UNIVERSAL TASK

The recent speech by His Highness Sheikh Mohammed, marking a decade of his helming the UAE government, called upon every person in the country to help it reach the 2021 goals

In the midst of turbulent global events and changing attitudes of individuals and communities due to political, social and economic upheavals, development plans in many countries have suffered a setback. The UAE, as a nation, did not forget to take note of what was happening and the government ensured that its plans, readied long before the Arab Spring and the resultant turmoil, were fully developed and implemented.

Last month, His Highness Sheikh Mohammed bin Rashid Al Maktoum, Vice-President and Prime Minister of the UAE and Ruler of Dubai, gave a speech on the occasion of the 10th anniversary of his leading the government. His speech was a message that set many points for consideration at the federal and local levels.

His Highness Sheikh Mohammed said, “Ever since I became the Prime Minister of this country 10 years ago, I have launched strategies, formed the government several times all over again and developed regulations to follow up on its performance and services, and it is now time to review the outcome of all these efforts.”

While this question is particularly interesting, every UAE citizen and resident can answer it with a few bullet points summarising the country’s achievements that have led to reaching the highest levels of happiness and satisfaction. When we say satisfaction, we mean satisfaction about the performance of the institutions that are striving to upgrade their public services. The question, however, did not call for haphazard answers not based on facts. Technology has made it possible to scientifically assess the impact of any strategy or initiative, guaranteeing the precision and objectivity of what we are talking about.

His Highness Sheikh Mohammed also said, “We have proclaimed our national agenda years ago. That agenda

comprised 52 goals that we want to achieve before 2021 in the domains of education, health care, housing, economy, environment, justice, and safety. One week ago, I received a report showing that the indices of performance levels stood at 62 per cent, leaving 38 per cent of the said indices unfulfilled, while we have only five years to fulfil them before our deadline.”

The figures announced by the His Highness Sheikh Mohammed reflect the largely positive outcomes of the agenda. The GDP rose from Dh663 billion to Dh1.36 trillion. The contribution of the non-oil sector to the GDP rose from 66 per cent to around 77 per cent. The UAE now leads the region in over 100 indices.

Turning the goals of the agenda to ground reality, thus raising the percentage of positive performance, is not the responsibility of the government alone. It is also the responsibility of each of us, in any position and employed in any sector.

The other message that must be taken into consideration is the importance of regular reviews to see how much of the agenda has been covered and what is the level of achievements. This is the best way to accelerate development. No matter how

hard the government tries to achieve the 2021 goals, it has not exempted itself or its employees from assessment and accountability.

It would be possible to wait until 2021 to publish the results and apologise for whatever was not accomplished; it would also be possible not to publish those results at all while confidentially issuing directives to officials. But this government is committed to transparency, to informing the people, to making the public a partner in governance. That is why the call for everybody to assume their responsibilities.

This has always been the UAE government’s stance – although its goals are not free of challenges, it believes that everybody should contribute to facing those challenges in order to fulfil this country’s aspirations.

Every UAE citizen and resident can summarise the country’s achievements



WHEN

‘lightly’

BY MANIKA DHAMA

IS A LOADED WORD

ONE IN THREE FEMALES OF ANY AGE AROUND THE WORLD IS SUFFERING ASSAULT AT HOME EVEN AS YOU READ THIS. WITH THE ‘INTERNATIONAL DAY FOR THE ELIMINATION OF VIOLENCE AGAINST WOMEN’ CELEBRATED EVERY NOVEMBER 25, WE ARE REMINDED THAT DEFEATING ABUSE STARTS WITH THE CREATION OF A SUPPORTIVE SOCIAL AND LEGAL ENVIRONMENT

”

The pandemic of pain inflicted on women has become more relevant than ever now – as per latest World Health Organisation figures, about 35 per cent of women worldwide (i.e. one in three) “have experienced either physical and/or sexual intimate partner violence or non-partner sexual violence in their lifetime”.

Domestic violence is a big part of these assaults. “Worldwide, almost one third (30 per cent) of women who have been in a relationship report that they have experienced some form of physical and/or sexual violence by their intimate partner. Globally, as many as 38 per cent of murders of women are committed by an intimate partner,” said WHO.

Domestic violence is a fact of life for women all over the world, regardless of race, faith or geography

These are the numbers to keep in mind when the world join hands to celebrate the annual International Day for the Elimination of Violence against Women on November 25. The day is designated by the United Nations to honour the memory of the Mirabal sisters — Antonia, Minerva and Patricia — who were assassinated in 1960 in the Dominican Republic. The political activists have since become known as the

“Unforgettable Butterflies”, a symbol of the endemic violence against women.

Violence, including assaults at home, is a fact of life for women all over the world, regardless of race, faith or geography. It is the one great leveller for rich women and middle class women and poor women.

As headlines remind us every day that behind closed doors, women are just not safe, there are efforts by government to create mechanisms and give more teeth to laws protecting them. But the first step in ending domestic violence has to be taken by a girl or woman herself, and she can only do so if there is a support system in place.

Ghanima Hassan Al Bahri, Care and Rehabilitation Director of the Dubai Foundation for Women and Children

Types of Domestic Abuse



PHYSICAL: Slapping, hitting, kicking, grabbing, pushing etc.



VERBAL AND EMOTIONAL ABUSE:

Name calling, yelling, criticising, neglecting, intimidating through facial expressions, actions and tone of voice, controlling where the victim goes, and to whom they talk.



SEXUAL ABUSE: Forcing someone to engage in sexual acts against their will.



FINANCIAL ABUSE: Making a person financially dependent and trying to prevent her from getting a job.



DFWC contact and tips

Dubai Foundation for Women and Children can be contacted via the **800 111 helpline, text messages to 5111 or e-mails to help@dfwac.ae.** The Foundation provides guidelines on recognising different types of abuse and how women can seek help.



Women empowerment in the UAE has increased by leaps and bounds in the past four decades, as many of them, both citizens and expats, have assumed high-profile positions in political, economic, social and cultural domains

(DFWC), that more and more abused women were coming forward to speak out and seek help. “It’s difficult to say if there is an increase or decrease in the number of cases, but with growing awareness on the matter, we find that more women are asking for help,” she said at the event, held on the eve of the past year’s International Day for the Elimination of Violence against Women.

Safer than elsewhere

Women in the UAE have always been treated with respect for their instrumental and indispensable role in the development of society. Their empowerment in all facets of life has increased by leaps and bounds in the past four decades, as many of them, both citizens and expats, have assumed high-profile positions in political, economic, social and cultural domains.

Wide avenues created for women in the UAE have the highest leadership’s support – the pace was set by His Highness the late Sheikh Zayed bin Sultan Al Nahyan, founder of the Union, and continued by the President His Highness Sheikh Khalifa 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 Their Highnesses the Rulers of the emirates. Their work has put the UAE at the top of the international index of treating women with respect, according to the annual report of the World Economic Forum in 2014.

Cradle of hope

Dulce, a woman expat who moved to the UAE about seven years ago, shared with **999** that whilst violence persisted across cultures and countries,

the UAE was a safe place for women. “Your freedom in the UAE is never in question,” she said. “Whether you’re a schoolgirl, a single working woman or an elderly woman, you always feel respected by people and institutions.” There was also every opportunity to grow as a professional and imbibe cultural knowledge, she said.

The 28-year-old herself had experienced violence inflicted by her own family when she, at the age of 18, was being forced by her father to marry a farmer in exchange for a parcel of land as dowry. She, however, took her destiny into her own hands by refusing to get married. “My fiancé gave me money to buy a dress before our wedding day. I used this money to escape,” said Dulce. Soon afterwards, she arrived in the UAE, and this country “has been instrumental in the realisation of my dreams and aspiration as a woman”, she said.

Bridging the gap

To empower those suffering violence at home, with limited familial support around

them, the DFWC has created helplines that can bridge the gap between the victims and law enforcement authorities such as the police.

“The foundation’s role is not limited to rehabilitating victims of physical abuse, but also [extends to] caring for people subjected to verbal abuse and neglect,” said Afra Al Basti, Director General of DFWC, in a media interview.

According to the foundation’s latest report, released in 2015, of the total cases of violence that came to the organisation,

80 were of physical abuse, 19 of sexual abuse, 136 of suffering verbal or emotional abuse, 103 cases of neglect, 82 of financial abuse, and 22 instances where children were witness to domestic violence. In many cases, victims were exposed to more than one sort of abuse.

There is one positive trend: women are seeking help more than they did before. The growing number of counselling requests received by the foundation daily reflected an awareness of violence against women and children, Al Basti

said in her interview. DFWC provides free assistance in the form of shelter, medical care and support services.

Stories of resistance

Tens of thousands of girls every day are married before reaching their 18th birthday, according to the United Nations Population Fund. Here are some moving messages from them, that tells us why violence against women must be eliminated (*as quoted from the UNFPA website*).



“I told them that many girls married too young are victims of obstetric fistula and domestic violence...” -Manira Sanoussi, 14

Girls who become pregnant whilst physically immature are more likely to develop obstetric fistula – a labour complication that causes incontinence, often followed by chronic health problems. Manira’s Action for Adolescent Girls mentor convinced her parents to call off the wedding.

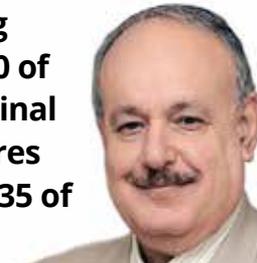
“I have a cousin who was married at age 13. She became pregnant and died during labour.” -Mariama Salissou, 16

Many child brides are not physically ready to be mothers. Globally, pregnancy-related complications are the second leading cause of death among adolescent girls. Mariama has received several proposals, but refuses to marry until she is 18.



“

Domestic violence is governed by aspects of several laws including Article 10 of the Criminal Procedures Law No. 35 of 1992



DR REYADH AL KABBAN

Al Kabban Associates
Managing Director

What the law says

According to Dr Reyadh Al Kabban, at present, domestic violence is governed by aspects of several laws including the Article 339 of the UAE Penal Code, which states that “if anyone physically assaults another person in any manner and the assault leads to illness or the inability to perform his personal work for a period of twenty days, he shall be punished by detention and by a fine. If the result of the assault has not reached the degree of seriousness mentioned in the preceding paragraph, the punishment shall be by detention for a period not exceeding one year and by a fine not exceeding Dh10,000.”

DOMESTIC VIOLENCE IN NUMBERS



80
PHYSICAL



136
VERBAL AND EMOTIONAL ABUSE



19
SEXUAL ABUSE



82
FINANCIAL ABUSE.

ACTUAL CASES RECORDED BY DFWAC IN 2015

Recognising abuse

Sometimes the nature of abuse may be unclear, and whilst women might feel depressed or unhappy in their relationships, they may not always be able to read the signs.

Legal expert Dr Reyadh Al Kabban said, "Women should be concerned if their partner exhibits characteristics of controlling behaviour, verbal threats, verbal abuse, constant blaming, unrealistic expectations, extreme jealousy and breaking of objects.

"Depending on the relationship, every woman should be able to judge on her own if she is being unlawfully abused and when to leave. We recommend that the victim of abuse reports any incidents to the police at the first sign of physical or extreme verbal abuse. If the abused woman requires an anonymous service due to fear of further violence or any other reason, then we recommend that they contact the DFWC."

The law is clear

To begin with, women are often misled into believing that reporting domestic violence will not go in their favour.

However, legal experts say that the law is clear on the unacceptability of this crime.

The issue of domestic violence is covered by the UAE criminal law. Article 339 to 341 of the UAE Federal Law No. 3 of 1987 (the Penal Code) refers to the issue of physical violence, the degree of violence and the applicable punishments.

Why do women not speak out after the first assault? For most of them, the fear of further violence remains a significant deterrent against reporting the issue. Al Kabban said, "We live in a society where private matters don't often get reported for reasons of shame and public opinion. We have in the past provided advice and

“

There is one positive trend: women are seeking help more than they did before



AFRA AL BASTI

Director General of the Dubai Foundation for Women and Children

legal opinion to women complaining of domestic violence; however, we often find that they refrain from pursuing legal action or reporting it to the government authorities, with only a few applying for divorce."

Take Action

Getting out of an abusive relationship is never easy, but victims can muster courage once they know that help is available from organisations such as DFWC and local authorities.

The key message is that girls / women need to first learn to protect themselves, understand their options of a safe exit, and to always be prepared and careful. Abusers often try to control the lives of their victims and may make attempts of an escape impossible. It is, therefore, essential for women to reach out to friends, family and legal authorities in time to avoid being trapped. Increased awareness amongst women will allow the community to help them in times of need.



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DON'T BLAME CHRISTINA, BLAME SOCIETY INSTEAD

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

The Abu Sin video clips episode highlights the society's shortcoming to educate our children and monitor their activities

Finally, the Saudi Arabian authorities have managed to put an end to the 'Abu Sin and Christina' series of video clips on social networks and arrested the person who called himself 'Abu Sin'. He was accused of being involved in disgraceful behaviour through joint video clips with an American girl called Christina. (The woman, Christina Crockett, is a broadcaster on the live-streaming site YouNow. The site enables a broadcaster to invite a fan for 'guesting', i.e. to share a split-screen, creating joint videos. Despite their language barrier – neither understood the other's language – the videos featuring Christina and Abu Sin showed them communicating somehow, and occasionally dancing on their own screens.)

The clips created by the two were then put up on YouTube and had thousands of followers. Christina learned a few colloquial Arabic words through the clips; she said that she was surprised they managed to dance to rap music.

The Guardian, a major UK-based newspaper, followed up on this and, in its report, attributed the huge following garnered by these clips.

And that's exactly the point. Modern social networks offer a huge space to inappropriate content and minds, to the point where Abu Sin and his type become celebrities amongst the youth.

Abu Sin is a 19-year-old young man who has supposedly finished school, though in the videos he appears barely educated. No matter what his appearance may suggest, he

did master complex software required for live-streaming and split-screen communication.

The way he spoke reminded us of the popular Kuwaiti play Bye Bye London, produced in the Eighties. In his video clips, ignorance is mixed with mockery, as Christina finds Abu Sin an object of fun.

We wonder about their strange failure to monitor the young man's illogical behaviour, which was documented and circulated all over the social networks and made him a star.

Did none of his family members tell him that what he was doing was against the morals, values and customs of his society, not to forget the teachings of Islam?

Christina has said that she is sad for what happened, and believes that Abu Sin doesn't deserve punishment. She said some people blamed her for what happened to him, saying they hated her for sending him to jail. She has defended herself, saying, "I don't see it as my fault, because I talk to everyone in my guest queue."

We say, too, that this is not Christina's fault. Rather it's our fault, we the guardians who've neglected educating our children and monitoring their activities. It is the community's fault for making Abu Sin and the likes of him social media stars. It is the fault of those dealing with social networks as if they were closed chat rooms, although they're well aware that the networks are wide open to all. And when the social network content is questioned, they reply that they were only having fun, when in fact they were tampering with morals and values.

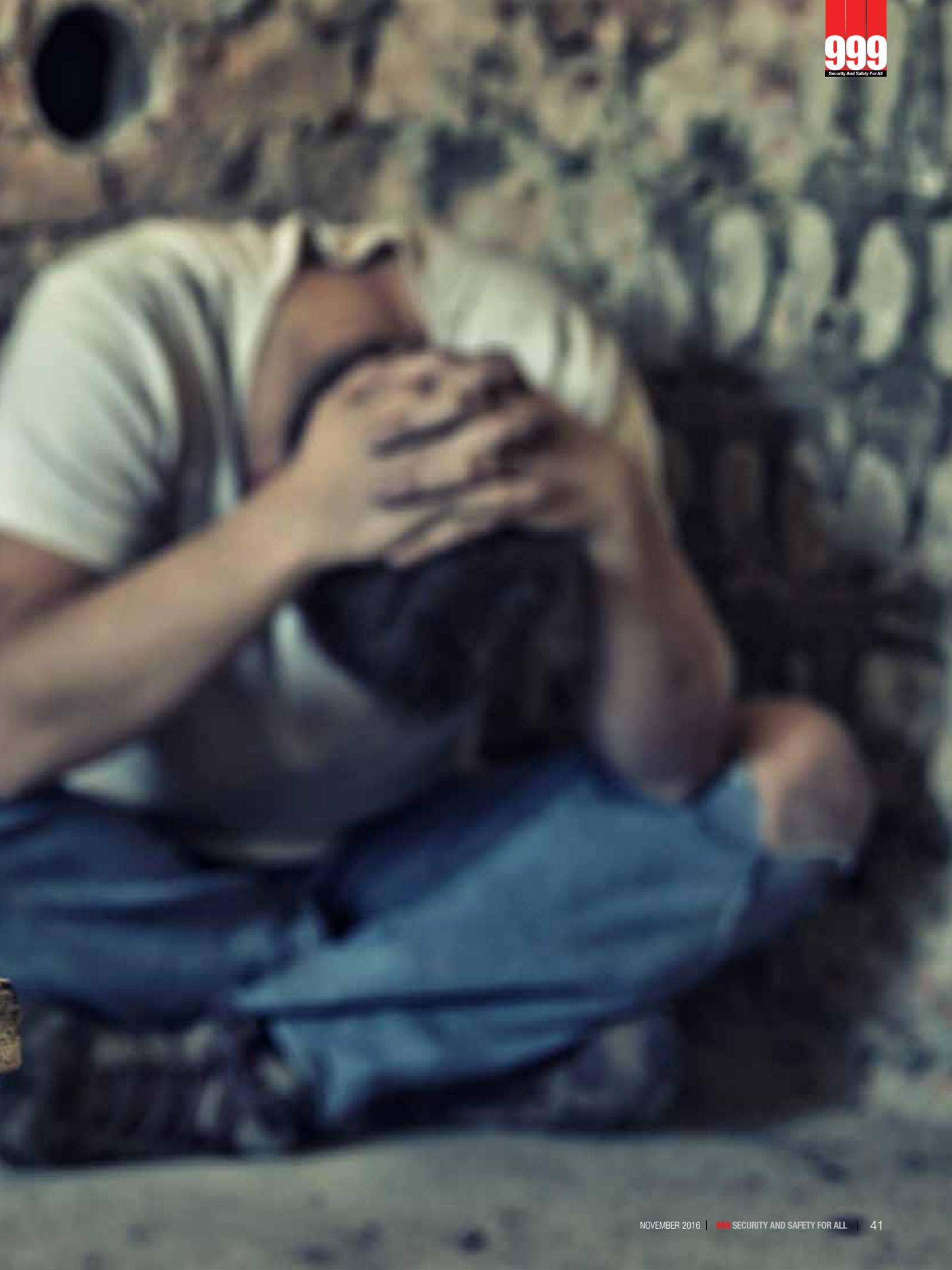
Modern social networks offer a huge space to inappropriate content and minds

NEW DRUGS, NEW THREATS

WHEN THE GLOBAL MARKET IS FLOODED WITH 800 VARIANTS OF A BANNED SUBSTANCE, LAW ENFORCEMENT IS PUSHED INTO AN OVERDRIVE. **999** LOOKS AT THE FULL SPECTRUM OF DANGERS POSED BY SHAPE-SHIFTING NARCOTICS AND THE MURKY WORLD OF THE 'DARK WEB'

BY FLAVIANITA CERVANIA







Dubai Police Commander-in-Chief Lt Gen Khamis Matar Al Mazeina with VIP guests during the 12th Hemaya International Forum on illegal drugs

The battle against illegal drugs has become more complicated than ever, as the number of new variants has crossed 800, four times higher than what it was three years ago. This worrying development was revealed by Captain Sulaiman Alnaqbi, an expert from the United Nations office in Abu Dhabi, on the second day of the 12th Hemaya International Forum on drug issues, held at the Intercontinental Hotel, Dubai Festival City.

Behind the alarming situation is the rise of newer drugs, made by mixing narcotics and legal drugs (medication). Youngsters, especially, are now mixing them to get the kind of high that one can get from hard drugs.

There appears to be a spike

in the number of drug hauls in the UAE, in particular from Abu Dhabi and Dubai. In the first six months of this year, the Dubai Police Anti-Narcotics Department recorded 748 drug cases, compared to the 686 cases recorded during the same time last year.

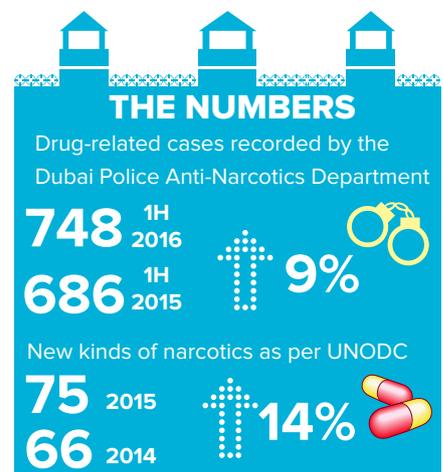
The most commonly seized drugs are heroin, cocaine, hashish, marijuana, poppy seeds, shabu (methamphetamine), spice, qat (Arabian shrub) and tramadol pills.

Traditional drugs consist of opiates, sedative-hypnotics, central nervous system stimulants, hallucinogens and cannabis. But the family grows bigger now with the arrival of new psychoactive substances (NPS).

These new drugs serve as synthetic alternatives to traditional narcotics.

NPS are also known as “designer drugs”, “legal highs”, or “research chemicals”. They are said to be cheaper, easier to obtain, and not detectable by standard toxicology screening compared to traditional drugs.

Some of the reported NPS that are already available in the market are: stimulant-like, known as ‘bath salts’; marijuana-like, called ‘spice’; and the LSD-like, labelled as ‘N-bombs’.



As per the data presented by the United Nations Office on Drugs and Crime (UNODC), based on its research into the NPS market, there were 75 new substances in 2015, higher than the 66 substances discovered in 2014.

Most of the substances identified between 2012 and 2014 belonged to the group of synthetic cannabinoids. However, there was a change in pattern in 2015, when synthetic opioids (e.g. fentanyl derivatives) and sedatives (e.g. benzodiazepines, marketed as Valium or Xanax) and synthetic cathinones were added to the list of substances used for the widespread production of NPS.





Government officials, international media and healthcare professionals during the forum

Captagon threat

At the Forum, experts said that the Emirates and the Middle East and North Africa region was not immune to the proliferation of NPS. Although the UAE is not in the UNODC World Drug Report's list of nations where drug problems are rampant, the authorities here still have their work cut out.

"Some people assume that our countries have a clean atmosphere, and therefore drugs don't pose a threat; however that's not true," said Colonel Ibrahim Al Dabal, General Coordinator of the Khalifa Student Empowerment Programme, on the second day of the Forum. "There is no country in the world that is safe from drugs and no person that may not be vulnerable. God keep my family and yours safe. But I cannot guarantee that my own son won't do drugs," he added.

High levels of amphetamine seizures and the illegal market in Captagon tablets are considered a major concern for the MENA region by governments and anti-narcotics organisations. Captagon pills, as experts described them, are tablets derived from amphetamine trafficked from South-East Europe.

A Forbes article published in November 2015 explained: "Captagon is one of several brand names for the drug compound fenethylamine hydrochloride." It was first manufactured in 1961 and was patented the next year. Falling into the family of amphetamines, Captagon is amongst drugs that are manufactured but are chemically similar to natural neurotransmitters like dopamine and epinephrine (aka adrenaline), which are known to cause a state of euphoria and excitement, respectively. When Captagon is consumed, the body breaks it



“

There is no country in the world that is safe from drugs and every person can be vulnerable



COLONEL IBRAHIM AL DABAL

General Coordinator of the Khalifa Student Empowerment Programme

down to amphetamine and theophylline, the latter a molecule that has cardiac stimulating properties. The article added, "Amphetamine drugs stimulate the central nervous system, increasing alertness, boosting concentration and physical performance, and providing a feeling of well-being."

Dark web marketplace

The UNODC World Drug Report 2016 noted the increasing traffic in crack cocaine in this region. Cocaine is a strong stimulant mostly used as a recreational drug. When this drug is processed and turned into a crystallised form, it is smoked and the drug reaches the brain faster – the result is an intense high followed by a crash. Crack is much cheaper than pure

“

The MENA region's strategic location makes it a big target for illegal substance manufacturing and distribution

“

Organised crime groups usually change the chemical structure of traditional drugs to produce new drugs or change the way drugs look



HATEM FOUAD ALY

Head of UN Regional Office on Drugs and Crime for GCC

cocaine, which is why it is in demand. Sellers are finding relatively new avenues such as the ‘dark web’ to push their ware and widening their customer base.

The MENA region’s strategic location makes it a big target for illegal substance manufacturing and distribution. The authorities’ response has been to bring in new technology to stay ahead of the racketeers. A golf buggy named ‘Al Kashif’ comes equipped with 16

devices, with the capability of detecting narcotic substances, inflammable and radioactive materials, and explosives. It can also analyse medication samples within minutes. Al Kashif is used by law enforcement at customs entry points and airports.

The speed in the rise of new drugs has been matched by increased vigilance, which is why reports of seizures and arrests are coming thick and fast.

One major area of concern is the ‘dark web’ and its use by drug peddlers to connect with new buyers. The phrase refers to websites that are visible to anyone, but which manage to hide the IP (Internet Protocol) addresses of the servers that run them. Thus, any web user can find these sites, but it is hard to catch the people behind them. Also, the sites do not show up in a search engine index, so users would have to know about the existence of the website.

This is an area where there is a lot more work to be done. The UNODC World Drug Report 2016 said: “Drug supply via the Internet, including via the anonymous online marketplace, the ‘dark net’, may have increased in recent years. This raises concerns in terms of the potential of the ‘dark net’ to attract new populations of users by facilitating

Most commonly seized drugs in the UAE

- Heroin
- Cocaine
- Hashish
- Marijuana
- Poppy seeds
- Methamphetamine
- Spice
- Qat (Arabian shrub)
- Tramadol pills

access to drugs in both developed and developing countries.”

New tactics by peddlers

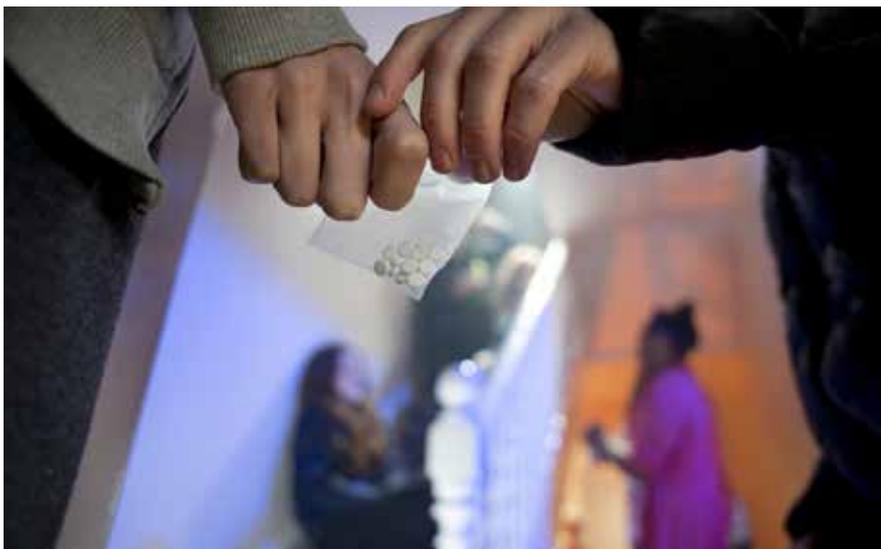
At the Hemaya Forum, the authorities stated that drug peddlers came up with new strategies to continue pushing prohibited drugs, sneaking past law enforcement.

Colonel Khaleed Al Sumaiti, from the General Department of Forensic Science and Criminology, Dubai Police, revealed that drug dealers’ new strategies focused on changing both the physical and chemical profiling of traditional drugs. Physical profiling includes the appearance, packaging and hiding techniques, whilst chemical profiling aims to change the nature of the precursor products (substances used in the making of drugs).

Hatem Fouad Aly, representative and head of UNODC for GCC countries, also said, “There is variation in the chemical structure of the drugs. The organised crime groups usually change the chemical structure of the traditional drugs to produce

“

The MENA region’s strategic location makes it a big target for illegal substance manufacturing and distribution



WHAT THE LAW SAYS



Fines and penalties depend on the magnitude of the crime committed. Even if a person uses a drug for the purpose of treatment, as long as it is without proper prescription and is unauthorised, the person could face serious charges resulting in imprisonment or even the death penalty.



Fine: Dh1,000 to 20,000

Imprisonment: 1 to 15 years

Life imprisonment: In case of a repeat of the crime



new drugs or they change the way the drugs look.”

He cited an example, “Spice drugs were discovered two or three years ago approximately, and they were derived from ‘bath salts’. Drug traffickers usually change the chemical structure and the packaging of ‘spice’ to make it look different every time, though it is derived from the same substance. Like last year, ‘spice’ was detected with 113 different chemical structures, still using the same substance.”

How is this done? Aly said, “They (drug traffickers) change the percentage, the amount which we call the chemical structure of the drugs. With spice, they changed the chemical structure and packaging more than 113 times, to produce 113 different variants of the same drug called spice.” That leads to the conclusion

that the new variants of drugs are derivatives of known substances.

Younger users

Quoting UN statistics, UAE media reported in May this year that worldwide, the age of drug users was getting younger, and this trend was reflected in the UAE as well. Dr Hussain Al Maseeh, social care expert at the Community Development Authority, Dubai, said that most users were doing it for “experimental purposes”. According to data analysed by one hospital, a factor behind under-14s taking drugs was the absence of strict parental authority, especially the absence of the father.

Dr Al Maseeh told the media, “Before, we’d usually only treat people in their early twenties or late teens for drug-

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Before, we’d usually only treat people in their early twenties. But now we’re seeing children of middle school

age dabbling in these illegal drugs



DR HUSSAIN ALI MASEEH

Social care expert at the Community Development Authority, Dubai

related issues. But now we’re seeing children of middle school age dabbling in these illegal drugs.” He warned that “the earlier the drug use, the higher the risk of addiction”. Drug users specifically target young teenagers or pre-teens to get them hooked early and create customers for life.

Recently, in Abu Dhabi, two addict brothers – both teenagers – turned themselves in, after being urged by their family, to the authorities. The older brother was influenced by a friend to take drugs, and his sibling found his stash of pills and developed an addiction. The family found out, and took them to the General Department of Anti-Narcotics.

Teenagers are getting ‘creative’ with drugs, e.g. they are smoking crushed painkillers in dokha pipes. Experts said that teens feared getting caught if they used hard drugs, and that they were fully aware of the risks involved in buying banned substances from peddlers. Knowing the consequences of being caught with hard drugs, they mixed legal substances and painkillers to achieve a high similar to that of hard drugs.



Where there's a will...

THIS DOCUMENT, WHICH CAN BE MADE AT A REASONABLE COST, PROTECTS EVERYTHING FOR WHICH AN EXPAT IN THE UAE HAS WORKED HARD FOR YEARS. WITHOUT IT, MANY LEGAL HURDLES AND LOSS OF ASSETS ARE LIKELY – AND FOR A WIDOW, IT MAY EVEN MEAN LOSS OF GUARDIANSHIP OF HER OWN CHILDREN

BY NUSRAT KHALIL JAMALI



Next to closest family members, people's most valuable possessions are businesses, financial assets and property. Just as family members need to be provided for, these possessions also need special attention and care. There has to be proper planning in order to avoid confusion, mismanagement and unnecessary hardship.

Experts suggest proper and timely succession planning to lead a worry-free life and give peace of mind and security to dependants. Succession planning is a method to nominate a successor. In business, people from within the organisation can be picked for key leadership roles; in the family, trusted and sincere relatives are given the important responsibilities.

The planning, where family affairs are concerned, involves the registration of a will with the competent authority, so that after the death of the family head, the nominated guardian takes care of the dependants. This is just as important as planning how you live.

According to legal experts that **999** has spoken to, it will only take an average cost of Dh2,000 to have a professionally drafted will. Whilst a will approved by the court will only cost Dh60 on the average and shall not take more than 10 days to be approved.

Every expat should put pen to paper to write a will, but it's one of those troublesome tasks that many ignore. For most expatriate workers living in the UAE, little thought is given to the necessary topic of estate planning. This magazine reported in September 2013 that only about 10-20 per cent of expat residents in the UAE had taken legal steps towards asset distribution. And because Sharia law applies in the UAE, such assets – unless legal provisions are made – are not always dispersed in accordance with the deceased person's wishes.

This, however, is not an isolated example. People put off planning for all kinds of things, perhaps unable to realise the inevitability of death. In a 2013 survey conducted by Vitas Healthcare in the United States, only 26.3 per cent of the respondents reported having an advance directive such as a living will (a document that has details of what a person wanted from medical care if a time came when they could no longer express themselves). Whilst 90 per cent of the respondents admitted that end-of-life care was important, very few of them had taken care to put legal provisions in place.

For non-Muslim expats in the UAE who don't have a will, there is a likelihood that Shariah law (under which the court can ultimately decide who will inherit the assets) will apply. The court may also decide upon who takes care of the surviving children after the untimely death of their parent(s). If the expatriate has assets outside the UAE, he could lose a huge proportion of them to excessive taxes.



New mechanism

Dubai has come up with a new mechanism on inheritance and succession affairs for non-Muslim expatriates who have assets in the emirate.

The new mechanism, called the DIFC Wills and Probate Registry, provides a procedure to business and property owners for passing on their estates and business interests according to their wishes, so that all the affairs are run smoothly and without any in-fighting or dispute.

The DIFC Wills and Probate Registry is a first-of-its kind service in the Middle East and North Africa region. It gives eligible individuals with assets in Dubai the ability to register English language wills according to the principle of testamentary freedom, meaning the freedom to dispose of their property upon death as they see fit, and in accordance with the laws of their home country. It is a unique service at the heart of the MENA region, respecting and recognising cultural and religious diversity of the people living here.

Through this development, Dubai has



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If a person dies without a will, his assets will be distributed as per the default provisions of the Shariah law



BARNEY ALMAZAR

Licensed UAE legal consultant and partner at Gulf Law

“If a person dies without a will, his assets will be distributed as per the default provisions of the law (Sharia, in the case of UAE). Persons who are not considered by law to be heirs will be excluded from the distribution of assets.”

If there is a will, the assets of non-Muslims are distributed amongst the heirs as per the provisions of the will. If there is a disagreement amongst the heirs on the clauses of the will, the case would go to court.

For example, if a boy loses both parents, one of his relatives may apply to the court, saying he is qualified to look after the interests of the boy, and request the court to make him the guardian. If

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Dubai has become the first jurisdiction in the Middle East where non-Muslims can make a will under internationally recognised Common Law principles

The numbers

Dh2,000

The average cost of a professionally drafted will



10

The number of days it takes to have a will approved

Dh60

The cost of getting a will approved by the courts



become the first jurisdiction in the Middle East where non-Muslims can make a will under internationally recognised Common Law principles.

The rules governing the Wills and Probate Registry complement existing UAE laws on inheritance for non-Muslims. The new system, within the DIFC jurisdiction, works with the DIFC Courts for the production of grants and court orders for the distribution of assets. It also allows non-Muslims to prepare wills to cover the issue of guardianship.

Barney Almazar, a licensed UAE legal consultant and partner at Gulf Law, said,



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The founder’s death can result in the failure of the business if an adequate plan is not in place



AMANDA PERRY

Managing Director at the consulting firm Vital Corporate Solutions

the court finds that the said person is not qualified, then the court would appoint a guardian, and it is often the Awqaf and Minors Affairs Foundation.

Business interests

Planning for the continued success of all that you have built must be made a priority. As the saying goes: “If you fail to plan, then you plan to fail.” Death and money combined can change the personality of many, so if a strong plan is in place, then it’s better for all concerned.

Amanda Perry, Managing Director at the consulting firm Vital Corporate Solutions, shared with **999** that with respect to running and operating a business, the founder’s death can result in the failure of the business if an adequate plan is not in place. For example, the founder may have four children who are set to equally inherit the business but have very different views on how that business should be run. The business could fail within a very short period of time if the new owners of the company can’t agree on anything – then all the hard work of the founder will come to nothing.

A strong structured plan can iron out most difficulties. By creating an offshore company as the beneficial owner of the business, the founder can leave shares of that company to the heirs or guardians, whoever he thinks would best run the company, and then plan

the company board to handle a possible conflict for power amongst the heirs. This can also counter the rule of Shariah law; in the event that the heirs are minors, the board can be appointed to run the business on behalf of the heirs. He can purchase the insurance for the key man to cover the loss of business on his demise.

The above solution can be used if the founder wishes to restructure the ownership before he passes away. However, if he wishes to put a structure in place that will take effect upon his death, then a will is essential to ensure that the company shares are disposed of appropriately. A will also lets the founder appoint guardians for his minor children.

Shariah law

The most common concern of expatriates in the UAE is that after they’ve bought property here, either in their own name or jointly with their spouse, they’re confused as to which inheritance law would apply to their assets after their death. They usually assume that the laws of their native country automatically prevail over local UAE laws.

Nita Maru, British-qualified solicitor and managing partner of TWS Legal Consultants, told **999** that as a general rule, inheritance issues for Muslims are dealt with



in accordance with the Shariah, whereas under the DIFC Wills and Probate Registry, common law principles apply for non-Muslim expatriates.

Under Shariah law, a surviving wife, who has children, qualifies for one-eighth of her husband's estate; a surviving husband, who has children, qualifies for one-fourth of his wife's property. The remaining part of the estate will be distributed amongst other family members.

Guardianship and custody

It's extremely important for parents to be aware that guardianship and custody are two separate issues in the UAE. The Shariah principles and more particularly the UAE Personal Affairs Law govern the issues pertaining to guardianship, inheritance and succession matters.

There's a difference between the roles assigned to each parent. The Shariah principles dictate that guardianship always remains with the father. With respect to custody, the mother is the custodian until her son reaches the age of 11 years and her daughter reaches the age of 13 years.

The custodian is simply the person who physically cares for the child on a day-to-day basis. The custodian is restricted from moving to another country whilst fulfilling this obligation and performing this role. He/she may lose the right to be appointed



as custodian if that makes it difficult for the guardian to fulfil his required role adequately.

The guardian is the person who makes legal decisions regarding the child, including decisions pertaining to the child's health, welfare and education. The role of the guardian also includes guiding the child in terms of moral and religious obligations.

The majority of families, particularly mothers, are not aware that after the husband's death, guardianship is not automatically passed on to the wife. On the death of the child's father, Shariah

principles dictate that the child's paternal grandfather should become the guardian.

However, the preparation of a will allows an alternative nomination of permanent guardianship. The appointed guardian doesn't have to be a resident of the UAE.

It's vital to include the appointment of a permanent guardian within a will. It's particularly important for a father to make a will that names the mother of his child as the permanent guardian and custodian. Only that will can ensure that a non-Muslim widow in the UAE can remain the legal guardian of her own children.

What is a will?

A will is the most common instrument used for passing on assets to inheritors chosen by the deceased, and it details how the owner wishes his estate to be distributed after his death. Apart from a will, one can also take recourse to more strategic plans like establishing a trust fund or more sophisticated offshore solutions.

The will should be prepared and attested according to the laws of the country of origin. Expatriates who own property in the UAE should write a will, have it translated into Arabic and notarised at their embassy or consulate, to make sure the property is passed on as they wish.

Why do you need a plan?

It's very important to appoint a guardian for the children. In case both parents die, there'll be someone responsible for looking after the children.

For Muslims who have properties and assets in non-Muslim countries, upon their death, the estate will be distributed according to the inheritance laws of that country and not in accordance with Shariah principles. If they want, they can give one-third of their property to non-family members or charitable organisations.

For non-Muslims, it's important to know that when a UAE resident dies, all of his/her assets within the UAE are frozen. These are only made available to heirs upon presenting a succession certificate.

Our Services

- Instant Money Transfers
- Real-time Bank Transfers
- Foreign Currency Exchange
- International Travel Card
- Demand Drafts
- Bill Payments
- Payroll Solutions

BACK TO BASICS

AT THIS CRITICAL TIME, WHEN DIFFERENT FORMS OF VIOLENCE – BOTH IN THE PHYSICAL AND VIRTUAL SPHERES – COME INTO PLAY, A KEY GOAL OF EDUCATIONAL INSTITUTIONS MUST BE TO INSTIL UNIVERSAL HUMAN VALUES IN CHILDREN. EDUCATORS IN THE UAE TELL **999** HOW THEY SEE CLASSROOMS SENDING OUT BETTER PEOPLE INTO THE WORLD

BY: MANIKA DHAMA





All the progress of the UAE has been rooted in some fundamental universal values: being morally upright; setting a high bar for ethical practices; respecting heritage; contributing to community growth alongside personal prosperity.

However, every nation is now challenged by developments within its border, its region and in the wider world, developments that are detrimental and violent. At a time like this, the values mentioned above need to be reiterated and systematically instilled in people, especially in children and the youth.

One of the most remarkable decisions taken recently by the UAE leadership is the moral education initiative launched by His Highness Sheikh Mohamed bin Zayed Al Nahyan, Crown Prince of Abu Dhabi and Deputy Supreme Commander of the UAE Armed Forces. The course will soon become a part of all school curricula, co-ordinated by the Ministry of Education, the Abu Dhabi Education Council, and other relevant institutions. The subject will focus on ethics; appreciation of culture and heritage;

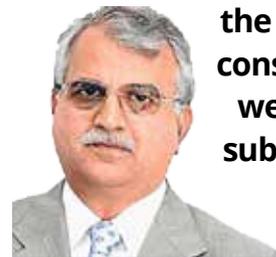


civic duties and rights; and personal and community growth. A committee will help develop the specific topics to be taught before the subject is adopted across schools.

Educationists in the country have praised this move and expressed hope that the subject would help improve interactions amongst children and their love for learning. Dr Ashok Kumar, CEO of The Indian High School in Dubai, told 999 that moral education could have a great impact if it was taught



It will work better if home and school function hand in hand – that reinforces the concepts consciously as well as on a subconscious level



DR ASHOK KUMAR

CEO of The Indian High School in Dubai



through the process of reflection and action, whereby children would take responsibility of their own learning.

He said, “Students begin to learn about morals and values from home. Later, as they reach school, they begin to spend a chunk of their time there. It will work better if home and school function hand in hand – that reinforces the concepts consciously as well as on a subconscious level. There are many things that children pick up through observation, too. In today’s multicultural

society, moral education is the need of the hour and something that we must put into practice.”

Preparing for life

The benefits of studying values in a classroom setting are immense, as important life lessons are imbibed better when taught at a young age.

For educators interviewed by 999, the moral yardstick should be as important a measure of success for children as academic excellence. Dr Kumar said, “Building character, family values, human values are some of the benefits of moral education. Students develop a sense of self. Moral education also helps in fostering individual/personal and social wellbeing; it eventually leads to a well-developed individual in a well-developed society.”

In a world fraught with violence and wars, focusing on the true values of humanity and helping children understand all that they see around them can go a long way in preparing them for life and in building cohesive societies. Whilst the necessity of this form of education is understood by all, the tools through which moral lessons are imparted can have an impact on how easily they are absorbed by children. Moving beyond theories, this subject particularly needs real-life lessons and examples to be brought up in the classroom, helping children apply the lessons to situations outside the classroom.

Reversing the spiral

Often, a chain of complex interactions amongst the spheres of home, school, and peers shapes students’ moral qualities and behaviour. Consider Mila, a 10-year-old with attention deficit disorder. Mila has a highly anxious mother and a father prone to spikes of anger. The girl gets furious with them most of the time and, as a result,

isolates herself at home.

At school, she has become increasingly disruptive and rude. Once, she wrote on the chalkboard that her teacher had little empathy for her. At war with both her parents and her teacher, Mila looks to her peers for support. Other students, however, find her needy, which makes her feel even more alienated. Mila becomes more provocative with her teacher, and the spiral continues downward.

Experts say that teachers should be effective at identifying and turning around these downward spirals and at promoting key emotional and ethical qualities. They should be able to communicate high moral expectations and provide steady listening support and opportunities for accomplishment that reduce students’ shame and distrust.

With this approach, experts say, there is a real chance of nurturing the qualities that children need to become caring and responsible adults.

Holistic formation

Values are amongst the most precious gifts that a person can have. People have experiences; they grow and learn. Out of these experiences may come certain general guides to behaviour; they give direction to life. It’s also a process that should be



With this approach, experts say there is a real chance of nurturing the qualities that children need to become caring and responsible adults



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At all our campuses, a ‘nine gems’ learning framework is followed, which focuses on the multi-faceted development of the students



KAMAL GUPTA

COO & Regional Director (Middle East and Africa) at Global Schools Foundation

supported in the classroom.

Kamal Gupta, COO & Regional Director (Middle East and Africa) at Global Schools Foundation, shared with **999** the learning framework followed at the Global Indian International Schools. “Character formation is the core of education,” he said. “We strive hard to provide our students with the negotiating skills for future, not only to gain professional expertise but also to become responsible citizens of the



world.

“At all our campuses, a ‘nine gems’ learning framework is followed, which focuses on the multi-faceted development of the students. An important gem being universal values, ethics and discipline, we have incorporated peace education in the curriculum. Various activities and workshops have been designed on the virtues of kindness, tolerance, sharing and caring, character building, honesty etc to constantly inculcate in the students a deeper sense of humanity.”

The inclusion of moral education in school curricula can also help parents guide their children through difficult

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Pilot scheme of the ‘moral education’ project will be launched in Abu Dhabi in January 2017 across 24 public and 28 private schools

situations. Saif Hashim, father of Grade 5 and 3 pupils, told **999** that combined efforts of the school and parents were needed to teach values to young children. “There are so many more stimuli in our children’s life than we had to grapple with whilst growing up. For older children, special assistance is needed to help them navigate different issues, such as bullying, drugs, cyber abuse, etc. This would be easier if age-appropriate issues were also discussed at school,” he said. “If every child is exposed to good values at school and then asked to share experiences from home, it’ll also be easier for parents and teachers to identify any behavioural problems early.”

Tomorrow’s leaders

A pilot scheme of the ‘moral education’ project will be launched in Abu Dhabi in January 2017 across 24 public and 28 private schools.



Later next year, in September, the programme will be rolled out across the other emirates. There will be weekly classes mandatory for all students, irrespective of religion or the curriculum followed by the school. Moral education classes are planned for inclusion alongside social studies, and the social studies teachers will be trained to take these classes.

Speaking on the occasion of the project launch in July, His Highness Sheikh Mohamed bin Zayed had said that the creation of a nation remained contingent on how well a nation preserved its values and morals, regardless of the level of achievement and sophistication it had attained. "Through reinforcing values that have enabled the UAE to become what it is now, and through highlighting our national role models and the remarkable achievements of human history, we hope to present those lessons to future generations," he said.

Dr Ali Al Nuaimi, Director General of Abu Dhabi Education Council, lauded the initiative, reiterating the importance of values and morals in building nations. He said, "Through the collaboration of various institutions and authorities, the initiative aims to promote ethical values amongst school students, and to promote such noble concepts as tolerance, respect and community participation."

In a multi-cultural society like the UAE, the benefits of a common moral pedagogy are immense. Living in tumultuous times such as what we witness today, an open dialogue between beliefs and viewpoints is possible only from the common ground of basic human values.

This is an interesting opportunity for children of this nation, because from their interaction and understanding of behaviour, they can go forth into the world armed with an appreciation of the right values.

How to teach the right values to children

1. Set a good example: Children tend to imitate the behaviour they see around them. Therefore, the first step to teaching them good values is to show the good qualities in yourself. Honesty, kindness, generosity are all learned when children observe it in their environment.



2. Use daily experiences to explain values:

Behaviour is learned and needs to be corrected every day. When you read about a heroic deed or witness a negative behaviour in the community, always discuss with children how they would have behaved. This would help them apply values to real-life situations.



3. Share experiences: Discuss experiences from your life, both positive and negative, to highlight to children how you behaved well or even where you made mistakes and how you corrected them. It is best for children to understand from a young age that people are not bad, behaviour is; learning to improve ourselves is the best way to build character.



4. Make children accountable for mistakes: It is important for children to understand where they've made mistakes in their behaviour and how they can rectify it. Whether it includes apologising to someone they've hurt or going the extra mile to help someone, children need to understand that behaviour has consequences and they should always be aware of how their behaviour impacts others.



5. Keep open lines of communication: The most important aspect in improving behaviour is for children to feel free to discuss everything with parents. As their best guides, it's important to allow them to express themselves openly so that any confusion or issues regarding their own behaviour or that of others can be tackled appropriately.



Source: www.ucg.org

When **NOVEMBER** **TAKES** *OVER*

BY LIMA SALIM



SCARVES AND HATS MIGHT BE IN AS THE COLD NOVEMBER TAKES OVER, BUT THE BUSINESS HEAT IS STILL ON FOR ADIPEC 2016, WHERE ENERGY INDUSTRY DECISION MAKERS COME TOGETHER UNDER ONE ROOF. TOWARDS THE END OF THE MONTH, WORLD'S ONLY TWILIGHT RACE RETURNS TO THE ICONIC YAS MARINA CIRCUIT

Bringing a series of high-level speakers to talk about insights on the future of energy, the Abu Dhabi International Petroleum Exhibition and Conference (ADIPEC 2016) is coming back stronger than ever this year.

Under the patronage of President His Highness Sheikh Khalifa bin Zayed Al Nahyan, ADIPEC has become the world's new meeting point for the global energy industry. It draws ever increasing numbers of exhibiting companies, international country pavilions, and some of the world's most influential conference speakers.



ADIPEC 2016: Pipeline to high agenda

One of its highly anticipated discussions, the 2016 VIP Programme, will cater to the members of the prestigious Middle East Petroleum Club (MEPC), the definitive networking platform for senior oil and gas executives.

The programme will assess the state of the oil market, looking at the delicate balance between supply and demand in line with global economies and tighter emission regulations. It aims to discuss clarity on the challenges that lie ahead for the industry.

The world-class exhibition is set to showcase technologically innovative solutions from more than 2,000 companies across the upstream supply chain, making it unrivalled for oil and gas professionals to do business.

ADIPEC will also bring over 700 influential speakers under one roof to share their expertise to an expected global audience of more than 95,000 from more than 120 countries. As an engine to ignite vital export opportunity for countries, it will enable more than Dh35.8 billion worth of business deals to be conducted on its 130,000 square-metre site.

ADIPEC 2016 IN NUMBERS



130,000+ sqm
Dedicated exhibition space



2,000+
Exhibitors



700+
Conference speakers



120+
Countries represented

Melting pot of bright minds

With the theme "Strategies for the New Energy Landscape", conference delegates will hear first-hand from the sector's brightest and most influential keynote speakers, including HE Dr Sultan Ahmed Al Jaber, UAE Minister Of State & Chief Executive Officer, Adnoc Group Of Companies; Rex W. Tillerson, Chairman & CEO, Exxon Mobil; Patrick Pouyanne Chairman & CEO, Total; Bob Dudley, BP CEO; Alexander Medvedev, Deputy Chairman, Management Committee, Gazprom; Vicki A. Hollub, President & CEO, Occidental Petroleum; Jeff Miller, President, Halliburton; Mark Garrett, Borealis CEO;



HE DR SULTAN AHMED AL JABER
UAE MINISTER OF STATE & CHIEF EXECUTIVE OFFICER
ADNOC GROUP OF COMPANIES



REX TILLERSON
CHAIRMAN & CHIEF EXECUTIVE OFFICER
EXXON MOBIL CORPORATION

And Toshiaki Kitamura, President & CEO, Inpex/Jodco.



Festival of Lights
 Ferrari World (October 28-November 5)

Marking their very-own Diwali celebrations, 'Festival of Lights' will once again treat the Park's guests to a dazzling line up of entertainment and activities for the whole family to enjoy. Under the iconic red roof of the Ferrari-inspired theme park, the festival celebrates the story and the spirit of lights with amazing live performances and acts. This year, for the first time, guests can enjoy an interactive storytelling show that takes them on a journey of discovery of popular tales in Indian culture.

World Rafting
 Watch 86 teams from 25 countries compete in the first and biggest rafting contest in the Middle East. In association with the International Rafting Federation (IRF), 25 countries from around the world will compete in their age-appropriate categories, namely, Open, Masters, U19, U23 (for both men and women).

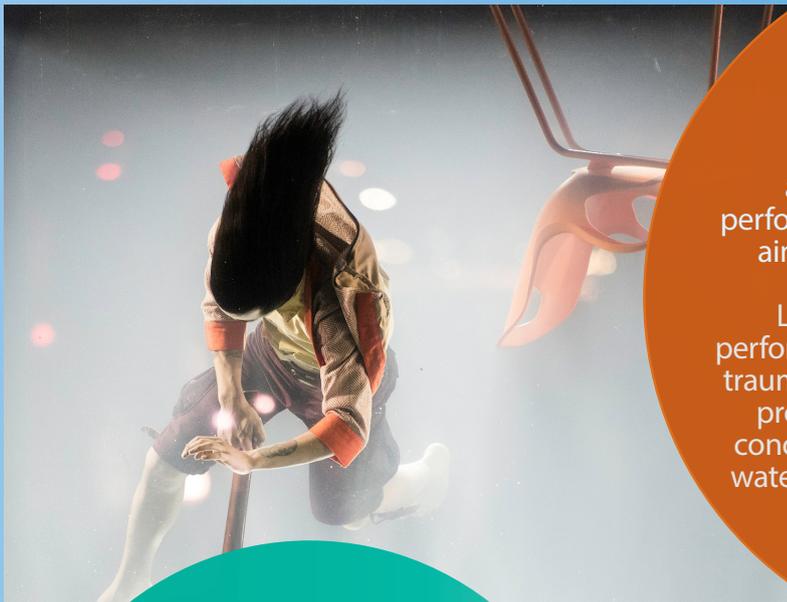


The Caracal Challenge
 Khatim Desert, Al Gharbia (November 11)

Breathtaking desert landscape? Challenge yourself to try this unique 15km desert walk. It aims to provide an opportunity for participants to test their endurance, experience and navigate the vast desert landscape at night.

The Caracal Challenge will take place in Al Khatim desert, with participants going back in time to tap into 'Khaleeji' traditions, using a full moon and the stars to navigate their way across the winding desert dunes.





Holoscenes

New York University Abu Dhabi
(November 16-19)

Watch performers inhabit a large aquarium in a visceral large-scale performance-installation for free. The show aims to embody the trauma of global climate change.

Lars Jan's Holoscenes is a large-scale performance-installation that embodies the trauma of flooding. It is a cross-disciplinary project born out of the widely-shared concern that our troubled relationship to water will become the central issue of the 21st century.

ABU DHABI ART 2016

Manarat Al Saadiyat (November 16-19)

An expansive range of contemporary exhibitions of sensational art, photographs installation, and scholarly works will be showcased at the Abu Dhabi Art 2016.

The event will bring art closer to the public through an exhibition called 'Beyond, where visitors can witness large scale sculptures.



2016 Formula 1 Etihad Airways Abu Dhabi Grand Prix

Yas Marina Circuit (November 25-27)

The 2016 Formula 1 Etihad Airways Abu Dhabi Grand Prix returns to the iconic Yas Marina Circuit.

Away from the track, ticket holders are again guaranteed a packed programme of entertainment, including world-class, A-list musical artists at the after-race concerts. This year, the public Oasis areas in all grandstand sections offer a wide range of exhibitions, challenges and games to keep the whole family entertained.



We've got your back

THE UAE IS THE THIRD SAFEST COUNTRY IN THE WORLD, SAYS NEW INTERNATIONAL REPORT ON TRAVEL AND TOURISM COMPETITIVENESS

WORLD SAFETY IN MAPS

UAE is the 3rd safest country in the world



WORLD ECONOMIC FORUM (2015)

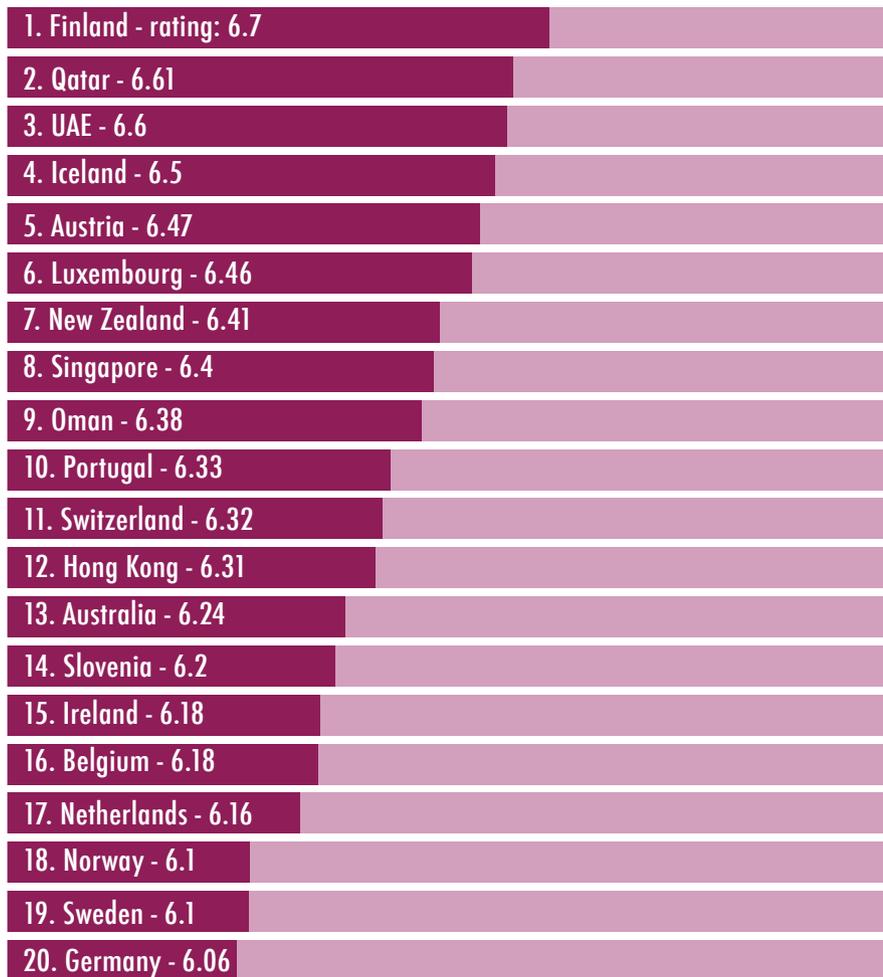
LEAST SAFE

MOST SAFE



WORLD SAFETY IN GRAPHICS

Source: The Travel & Tourism Competitiveness Report 2015, World Economic Forum



Ratings indicators:

Common crime and violence



Reliability of police services



1st In the region in attracting tourists



2nd Quality of air transport infrastructure globally



4th Best overall business environment in the world

‘I FOLLOWED IN THE FOOTSTEPS OF MY MOTHER,’

CAPTAIN JAMEELA AL MEHAIRBI TELLS **999** WHAT MOTIVATED HER TO JOIN THE POLICE FORCE AND HOW SHE ROSE THROUGH THE RANKS TO GET HER DREAM JOB

By Lara Al Zarasi
Photo Issa Al Yamahi

“Ever since I opened my eyes to life, I saw my mum wearing the uniform and performing her duties in the central prison. Since then, I dreamed of wearing ‘the iddirees (the uniform)’, the same as my mother, and proudly putting on the beret, as she did,” said Captain Jameela Khamis Butti Al Mehairbi, officer in the criminal investigation branch of the Mussafah police station at the Peripheral Areas Police Directorate, speaking of her motivation to join the force.

Capt Al Mehairbi started her career in the General Command of Abu Dhabi Police in 1993, when she was 20 years old, with a high school diploma. Her first job was in the Department of Irregularities in the Traffic and Patrols Directorate; she remained in that branch for four years, and then moved to the Al Mafraq police station.

After a certain period of work, Al Mehairbi found that she needed to acquire further qualifications in order to advance in the workplace and to become one of the best. Therefore, she joined the Dubai Police Academy in 2002 and earned a Bachelor of Laws degree. Later, she enrolled in a police academy course for promotion when, as a lieutenant, she headed the Strategic Planning Unit in the Bani Yas police station.

From the beginning, her ambition was to work in the Criminal Investigation Department, said the officer – this was a branch that needed high skills and specialised experience, and she saw it as the right place for herself.

During that period, there were very few women in the ranks of investigating officers; so few that their number could be counted on the fingers of one hand. When Al Mehairbi moved to the Mussafah police station as a criminal investigation officer, it was a dream come true.

Her work spans various kinds of cases, not just those related to women. “During my career, I gained the Medal of Excellence, an honour and trust that I’m very proud of,” she said.

Capt Al Mehairbi has an advice for young women who seek a police career. She said, “I advise them not to waver or hesitate. Women in the police force are living in their golden era, and the nation needs you, so you should always be ready.”

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**Women in
the police
academy are
living in their
golden
era**





Emirates Tyre Retreading Factory his a 100% local ownership company and one of the best Tyre retreading company in UAE which is certified with GSO962:2005/ISO9001-2008.

The company is a part of AL Sharafi Group and was started in the year 2010 for retreading their own tyres for 400 fleets and now added some of the major transport companies in Musaffah Abu Dhabi like AL Sahara transport, Micco logistics, Wbg, Ghantoot Group, Noor al Sahara and most of the ready mix companies in Musaffah. We are retreading the tyres with Indian Rubber super premium quality MIDAS brand which runs more than 80,000kms and we are the franchise dealer in UAE for the Malaysian rubber KAYEL brand since 2012 which is well suitable for the hot gulf weather and runs more than 1,00,000 kms making the casing to cool 40 percent while running on the roads. Our main motivation is to give the old tyres a fresh look as new with giving good finishing both from the top and from the side wall of the tyre with the best retreading price and quality. Besides this we provide a free training course for the clients Tyreman to avoid the fluctuations of the tyres whether it's a new tyre or a retreaded tyre.



Musaffah-11

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President of the UAE

His Highness Sheikh

Mohammed bin Rashid Al Maktoum

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

His Highness Sheikh

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Crown Prince of Abu Dhabi and Deputy Supreme Commander of the UAE Armed Forces

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

and to all the people of the UAE

On the occasion of the 45th UAE National Day



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

FIND A POLICE OFFICER WHEN YOU NEED ONE

The initiative of creating a civilian police force is an excellent one that should further clean up the crime scene

Anti-social behaviour is a minor crime in many respects. Nevertheless, it can have a profound effect on our quality of life.

You may see someone dropping litter, or dumping a truckload of rubbish at the roadside.

You may see cars being driven on public roads as if on a racetrack, wheels screeching, deliberately skidding, and so on.

You may see vandals damaging property or spraying graffiti.

More serious crimes we rightly expect our brave and diligent police officers to deal with. But when it comes to the 'nuisance crimes', there's no reason why we shouldn't all take some responsibility for the peace and security of our neighbourhoods. A simultaneous benefit would be felt in that the police would have more time and resources to concentrate on the serious matters.

Lt General His Highness Sheikh Saif bin Zayed Al Nahyan, Deputy Prime Minister and Minister of Interior, is leading a new initiative entitled 'We Are All Police', aimed at training up the average citizen as 'a civilian police officer' or as a 'police volunteer'.

Proper training and ongoing supervision will be in place to ensure that a volunteer operates within and applies the spirit of the law.

It is, if you will, policing for the community, by the community, and through the community. It must be remembered that police officers themselves are community members and deserve a peaceful life, so if we can help them with their difficult task, why not?

The initiative aims to promote values of happiness and positivity in society and to strengthen security in the Emirate of Abu Dhabi, making it one of the happiest and prosperous

cities whilst preserving the achievements of the past and present into the future.

It also aims to instill the approaches of the founding father the late Sheikh Zayed bin Sultan Al Nahyan, President His Highness Sheikh Khalifa bin Zayed Al Nahyan, and Vice President and Prime Minister and Ruler of Dubai His Highness Sheikh Mohammed bin Rashid Al Maktoum, enhancing values of peaceful coexistence and tolerance amongst members of society.

Police volunteer groups work extremely well in many countries, and there's no reason why it shouldn't succeed in the UAE.

The facts are self-evident. In these days of cybercrime and dependence on computers, we seem to be drifting inexorably towards existing in a virtual world.

Not so long ago, in gentler times, there always seemed to be plenty of police officers to go round, but like all the emergency services, their priorities have had to move with the times. Whereas thirty or so years ago, almost as soon as an officer reported for duty, he or she could go out and be visible in the community. Nowadays, there are many pressing and legitimate reasons to spend time on the computer first. Ergo, the perfectly reasonable request for a little neighbourly help.

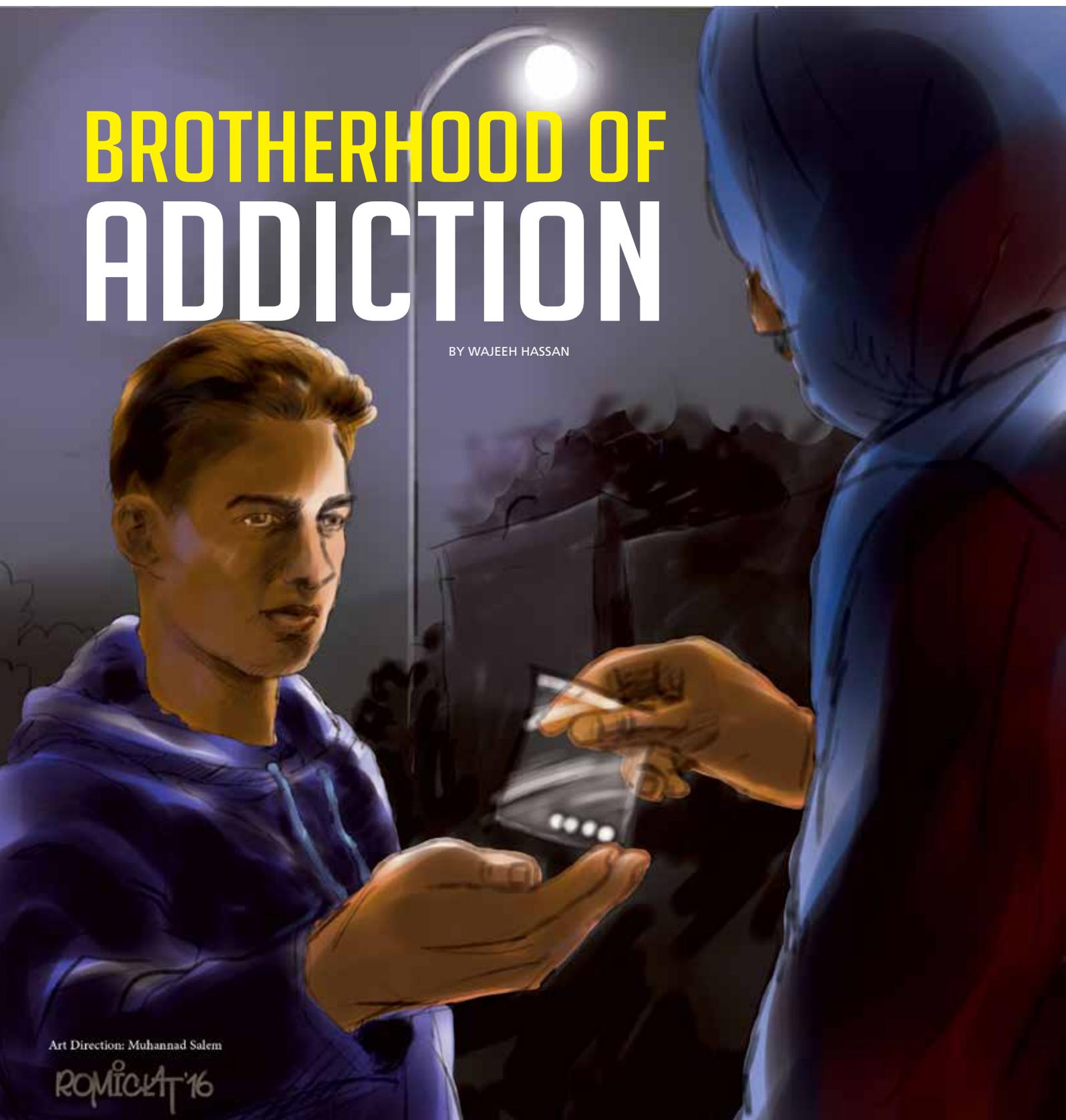
I used the term 'visible in the community' advisedly, because that in itself acts as a strong deterrent. Similarly, news about the role of civilian police will quickly spread, and that, too, will offer that visible deterrent – prevention is always better than cure.

My opinion, for what it's worth? It'll work well, and will certainly contribute towards the ultimate goal of making Abu Dhabi the safest place in the world.

It is policing for the community, by the community, and through the community

BROTHERHOOD OF ADDICTION

BY WAJEEH HASSAN



Art Direction: Muhannad Salem

ROMICKA '16

TEENAGE TWINS TURN UPON EACH OTHER WHEN THEIR DRUG HABIT GETS OUT OF CONTROL AND MONEY BEGINS TO RUN OUT. THE FIGHT ENDS IN A SERIOUSLY DREADFUL ASSAULT

Imran and Obaid are twin brothers no older than 19. They are also living examples of how an addiction to narcotics can destroy lives that would've otherwise been on the threshold of a bright future.

The brothers developed their addiction from their teens, and soon the drugs took hold of them completely. They gave up the promise of lasting happiness for the pseudo "euphoria" brought on by drugs. The addiction dragged them down to the depths of bad behaviour with no sense of direction in life.

Both of them had been brought up lavishly, being born in a wealthy family – their father was a well-off businessman and the boys had easy access to money, which was a factor in feeding their drug habit.

Soon enough, the twins dropped out of school, and became two aimless individuals who could think of little other than how to get their next dose of narcotics. And all this was happening right in front of their parents, as the brothers lived at home. It's true that an abundance of money and leisure, combined with the blind pursuit of novelty, is the root cause of evil.

Seeing how dire the situation was, the parents intervened, quite late in the day. There were quarrels and bickering at home, as the parents began to tell the boys strictly to stay away from drugs, a habit that would take them to jail or some such miserable fate.

As a result of these rows, the twins began to plan how to leave home and stay on their own, so that they could carry on taking drugs without any hindrance. They couldn't have imagined at that time where this plan would lead them to. As the proverb goes: "Whoever has no



The apartment they rented after storming out of their parents' home was a hotbed of drug abuse

foresight would soon have grief."

The apartment they rented after storming out of their parents' home was a hotbed of drug abuse. There was no one to stop them, and they gave in to their addiction, completely.

The neighbours noticed what was going on – they whispered amongst themselves and resented the actions and behaviour of these two new tenants, but all that had no effect on the twins; they ignored all sage advice or words of caution that they would hear.

As expected, after the twins had lived in their new apartment for a while, their money began to evaporate. This resulted in trouble between the brothers, who had until now always been very close, as twins often are.

With the little money they had left, they decided to buy some sedative pills. But another fight started when they got back home and tried to share the pills amongst themselves – both of them felt they should get more pills and that the other had taken too much.

First, there was a verbal row, which soon spiralled into a physical fight. Imran attacked Obaid, who in turn tried to defend himself and hit back as much as he could.

Imran rushed into the kitchen and came out with a sharp knife. And then he began stabbing Obaid, leaving him

severely injured in a pool of blood. After this murderous assault, Imran got back to taking the pills, as if nothing had happened, even as Obaid lay bleeding.

Drugged out of his sense, Imran collapsed at the entrance of their apartment. It was the voice of a neighbour that woke him up. The neighbour was alarmed to see the youth in this state, his clothes torn and stained with blood, a vacant expression on his face.

Imran woke up in a panic, unable to remember anything. The neighbour brought him inside and they saw the disastrous sight of Obaid lying unconscious, covered in blood. Imran began slamming his head on the wall, so hard that his own blood coloured the wall, but the neighbour pulled him back. Imran was now hallucinating, muttering unclear words and weeping bitterly in remorse. Then he fell to the ground and became unconscious as well.

The neighbour immediately called the police and reported a murder attempt. A patrol with CID officers came within minutes, along with an ambulance.

Obaid was saved by the doctors with great difficulty, and was kept in the intensive care unit. Forensic examination confirmed an attempt to kill with a sharp tool.

When questioned, Imran confessed to the attack and said that he had committed the crime without being aware of it, as he was under the strong influence of drugs. He said that he deserved punishment for his actions.

Obaid dropped his personal right, and the court sentenced his brother to serving a term in a correctional institution.



The school of hard knocks

BY SIBANI PAUL



THAT MODERN SPHERE OF LIFE CALLED “WORKPLACE” COULD BE THE SOURCE OF BOTH SUCCESS AND STRESS. TO BE ABLE TO BUILD ARMOUR AGAINST THE BULLETS THAT LIFE FIRES YOUR WAY, A DEGREE OF EMOTIONAL RESILIENCE IS REQUIRED

Here’s a situation that anyone who has ever worked full-time can identify with: “Lola is a member of staff in a busy information and advice centre. The centre is often understaffed and she is managed by a woman whom she describes as largely absent. Her manager makes demanding requests on her time and is at times critical of her work. She is beginning to become more and more stressed by her work environment, so much so that it has affected her relationships. She works late and often falls asleep in her clothes. As a result of feeling vulnerable, she is short with her family and easily irritated.” This was part of a presentation created by Dr Ohemaa Nkansa-Dwamena, of the Staff Counselling Service at the London School of Economics.

After describing this situation, she asked: “Based on what we have explored so far, what would you advise Lola to do in order to improve her situation and develop emotional resilience?”

Emotional resilience. Two words that can make all the difference at work. Someone like Lola can’t just toss her office ID and give up. Therefore, emotional resilience is what she needs in order to take the hard knocks. Dr Nkansa-Dwamena defined it as: “The ability to succeed personally and professionally in the midst of a high pressured, fast moving and continuously changing environment.”

She also outlined an emotionally resilient individual. They are “characterised by a staunch view of reality. They are very logical in their interpretations of setbacks – what is in or out of their control, and options for taking action. Finally, this brain activity leads to the development of ‘realistic’ optimism as well as the motivational processes involved for pursuing the courses of action related to confidence and the strategies devised for overcoming life’s obstacles.”

YES WE CAN!

All of us aren't equally well-equipped to cross hurdles. Some people seem unbeatable in circumstances that would crush others. They're just brought up that way. But just as any of us can build physical strength, no matter what physique we're born with, any of us can build mental strength, too.

In a paper on the subject, the Illinois Mathematics and Science Academy (IMSA) said: "More resilient people are able to 'roll with the punches' and adapt to adversity without lasting difficulties, whilst less resilient people have a harder time with stress and life changes. Psychological and social research have demonstrated that emotional resilience is something that can be learned or improved upon, no matter what level of it we are born with."

The following, according to IMSA, are the characteristics of people with a high level of emotional resilience.



CONTROL: Such people feel in control of themselves most of the time.



OPTIMISM: They can see or find the positive aspects in most situations and believe they can handle whatever comes their way.



SUPPORT: They have a circle of supportive friends and family members.



PERSPECTIVE: They learn from their mistakes rather than go into denial, and see obstacles as challenges that make one stronger.



HUMOUR: They're able to laugh at themselves and life's difficulties.

In addition to these, Dr Nkansa-Dwamena names 'realism' and 'perseverance' as two significant characteristics of emotionally resilient people. They understand the reality and they don't give up until they attain their goal.

Remember, it's that much easier to stick to those goals when they have some

deeper meaning for you. That is, emotional resilience is greater when a person is in a career that they truly enjoy and excel in, even when there are occasional difficulties. Kate Nowlan, Chief Executive Officer at employee assistance programme provider CiC, said, "If an employee has meaning in their life and something they really believe

in, it will help when they have to work 18-hour days. I think that's very much part of emotional resilience."

It's good for business

Emotional resilience is good for an individual and a whole group of emotionally resilient employees are good for an

How to be a stronger person

MAKE CONNECTIONS: Maintain good relationships with close family members, friends, or trusted acquaintances. Even talking to them can increase your resilience, and their feedback can set you back on the right track when life threatens to get derailed.

STOP FEARING CRISIS: Things do go dreadfully wrong, and very often at work. Someone else may be responsible or it may just be bad luck. But it's not the end of the world. Don't see workplace crises as insurmountable. Instead of blaming yourself, respond fast.

ACCEPT CHANGE: Sometimes, things will go in a completely different direction than what you intended. Goal posts will shift, and the goals themselves may no longer mean anything in view of new developments. Adapt and move on.

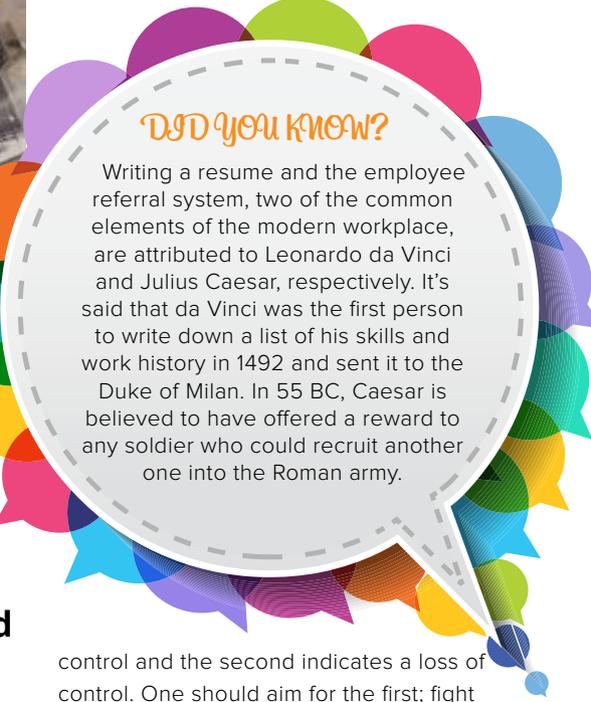
BE REALISTIC: You need to be optimistic and believe in your ability to attain goals. Floating about in fantasyland won't get you closer to success. Understand your own talents and priorities and set goals accordingly. And then, keep at it.

TAKE ACTION: Taking even a small but decisive step is better than working out complex solutions in your head and then doing nothing. A problem doesn't go away if you stare at it for a long time. Being resilient means taking action.

LOOK FOR POSITIVES: When everything looks bleak, there may still be some blessings that you've overlooked. Counting your blessings is a very wise activity, because it puts things in perspective and makes a problem look smaller.

KEEP LEARNING: You can face the world when you enrich yourself daily. The most resilient are those who're lifelong learners. As they learn more about the world, they can hold their own in different settings, and their confidence often makes them triumph.

STAY FIT: Physical fitness gives you a high that has a direct bearing on your mind and your self-confidence. A tired, worn-out body isn't much to fall back on when you've got to deal with a tough situation at work. Make it a point to take a break – unless you're saving the world, there's absolutely no work project that matters more than your own life.



DID YOU KNOW?

Writing a resume and the employee referral system, two of the common elements of the modern workplace, are attributed to Leonardo da Vinci and Julius Caesar, respectively. It's said that da Vinci was the first person to write down a list of his skills and work history in 1492 and sent it to the Duke of Milan. In 55 BC, Caesar is believed to have offered a reward to any soldier who could recruit another one into the Roman army.



When employees have resilience, they respond to pressure and rise to the challenges

organisation. In 2014, around the time when this became a workplace catch-phrase, companies began looking at helping their staff acquire some of that resilience, or fortify what they already had.

The Work Foundation, a research group linked to Lancaster University, UK, was amongst the first to start hosting emotional resilience workshops for major companies. The workshops, where experts spoke to company staff on managing stress, quickly became popular and the sessions were found to be enhancing productivity. Dr Zofia Bajorek of the Foundation said, "After workshops, organisations have seen better productivity, improved sickness absence and higher staff morale. People are seeing the results and really latching on to the idea."

When employees have resilience, they respond to pressure and rise to the challenges, but don't allow themselves to be overcome by stress. The Chartered Accountants' Benevolent Association (CABA), UK, held a webinar on 'Building personal resilience at the workplace' that explained how the human mind functioned. When the mind dealt efficiently with pressure, the individual had an adrenaline surge; focus; desire to achieve; motivation buzz; energy; enjoyment; clear thoughts; creativity;

deep concentration; and decisiveness. When the mind was about to buckle under stress, the individual had poor concentration; brain overload; distracting and negative thoughts; anxiety; inability to process information; inability to decide; lack of creativity; and self-doubt. It's fairly clear that the first list indicates

control and the second indicates a loss of control. One should aim for the first; fight back against the second.

As for how to build personal resilience, a good chunk of the CABA webinar was devoted to telling the target group how to stay fit. This is something emphasised by every expert who advises on emotional resilience – taking care of yourself is very, very important if you are to handle the challenges at work, as the mind and body have to be in harmony.





45 روح الاتحاد
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On the occasion of the 45th UAE National Day





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.

WHEN HEARTS TALK

All creatures, not only humans, have a way of communicating through the heart

When the heart talks to its surroundings, everything listens, as it is always honest in whatever it tells. It has an exciting, eloquent discourse. It has its own unique way of delivering its message. Whatever comes from the heart goes directly to the heart because it is honest and simple. The heart is celebrated by the mean and the generous. Even children find themselves rejoicing in its wonders. If it is satisfied, the sky is the limit; when it is deprived of its loved ones, the whole world becomes as narrow as a needle's eye!

For women, the heart is like a jewel box. But the woman is also the precious diamond that rests in that box which protects her and enjoys her presence. If she is out of it, it becomes lifeless. The heart derives its joy from the woman, breathing her perfume, inspired by her presence, happy with her care and softness and dismayed whenever she is lost.

It is for all these meanings that humanity has long celebrated the heart and made it the symbol of every tender and beautiful feeling, and the spring of noble emotions and human care and love. It is the heart that sends various signals to the eyes so



they can glow like a pearl or appear dim like coal! For the eyes are nothing but the heart's honest screen, displaying its various signals.

The talk of the heart isn't even restricted to humans alone. Animals do have hearts that align together and show to each other, and sometimes to human beings, various emotions of loyalty and tenderness

that leave us speechless. Some people believe that even plants have their own hearts, though we don't understand their language.

While the human heart has its own language and way of communication, every other creature has its own languages of the heart, and blessed are those who can listen when the heart talks!



The heart derives its joy from the woman, breathing her perfume

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

SHAME AND SCANDAL IN THE FAMILY

Who: **Nicola Boardman**
Where: **England**
When: **2011-2015**

FOR five years, Nicola Boardman's parents believed that she was a hotshot student who was getting a doctorate from Oxford University. They lent her money – a total of £250,000 (Dh1.19 mn) – over those five years, and her father drove her to Oxford and Cambridge, under the impression that she had to go for research-related interviews. The money was going supposedly into her overseas research trips and rent. Boardman assured her parents that she'd make millions if she could finish her PhD in social sciences. Her parents, Frank and Marilyn, couldn't see past these lies because she had, indeed, managed to get a first-class degree in social sciences after kicking the heroin habit she had as a teenager. What they didn't know was that their daughter was spending the money on drugs and holidays and that she had got married in secret.

The lies had been expertly constructed. Boardman gave her parents a detailed schedule of expenses and showed them fake draft sales contracts worth £3m (Dh14.17 mn), telling them that this would be her earnings from her published work. The parents were so convinced that they sold their house to raise



money and the father retired early as Boardman promised to help him financially once she got her 'publishing fees'.

When her lies were finally shredded, Boardman told the police that her drug problem had "spiralled out of control". Her father said in a victim impact statement: "I personally have been deprived of my retirement that I have worked hard for, for the last 40 years." In April 2016, Boardman was convicted of fraud and sentenced to 40 months in prison.



Who: **Geovonne Oliver**
Where: **England**
When: **2014**

AT the age of just 19, Geovonne Oliver hatched an elaborate plot to steal from his disabled father. Derrick Oliver had lost both legs below the knee and some fingers in an industrial accident and had received £2.4 million (Dh 11.34 mn) in a medical negligence payout. About half of this cash was in a bank account, and unfortunately, Oliver Sr hadn't taken care to properly secure his account.

At some point, when Derrick was abroad, his son Geovonne set about siphoning off his father's money. He accessed his father's bank and transferred a total of £1.265 million (Dh5.98 mn) into unknown accounts and also the account of his co-conspirator Boon Keat Tai. Then he went on a spending spree – the money was spent on various luxury items, including a BMW worth about £64,000 (Dh 302,353), and some property. Geovonne wasn't particularly careful about covering his tracks; he crashed the car bought with the ill-gotten money and the police soon put two and two together. At the age of 21, the scammer son pleaded guilty mid-trial and got five years in prison, whilst his accomplice got three years.

IT'S ONE THING TO BE CONNED BY STRANGERS. THE LOSS IS THAT MUCH MORE PAINFUL WHEN ONE'S OWN SON OR DAUGHTER SETS A TRAP, AND UNSUSPECTING PARENTS WALK INTO IT

Who: Rodney Matthew Klye and Jodie Diane Earley
Where: Tasmania, Australia
When: 2011

HUSBAND and wife Rodney Matthew Klye and Jodie Diane Earley took advantage of Rodney's father's mental incapacity and made him sign a power of attorney paper for the house in Lenah Valley, Tasmania, owned by the father, Rex. The power of attorney was given in favour of Jodie. Later, Rodney asked his legally blind mother Patricia to sign a paper, which was a property transfer document but she didn't know it. The couple used these papers to mortgage the house and take out an AUS\$80,000 (Dh225,281) bank loan from ANZ.

It took a year more for Patricia to become aware of the mortgage on the house. When she did, she called her nephew in a panic, and he helped her reach the police. It was a devastating blow for the older couple – their home was no longer their own; the scam by their son and daughter-in-law meant that the parents would have to testify against them; and the breakdown of relationship cut them off from their grandchild. The financial toll alone was huge. In order to end the mortgage, the old woman had to pay AUS\$74,000 (Dh



208,385) to ANZ after selling the Lenah Valley house, effectively losing both her house and the money she could have made from that sale. She had also run up a legal bill of AUS\$18,000 (Dh50,688). Legal representatives sought AUS\$93,000 (Dh 261,889) in compensation from the fraudster son and his wife. Both pleaded not guilty to charges of forgery and fraud. The case went to the Hobart Supreme Court in August 2016; the jury declared them guilty by delivering a unanimous verdict.



Who: Mike Digiulio
Where: Canada
When: 2003-2008

LIKE most other Italian immigrant families, Mike Digiulio's family was a very tight-knit one. Which helped Digiulio defraud not only his parents, but other relatives, too. He had set up an amazing scam; even more amazing was how easily people fell for it. The man went on selling them lies for a long, long time.

Everything tumbled out into the open when the cost of those lies ballooned to hundreds of thousands of dollars and creditors came calling.

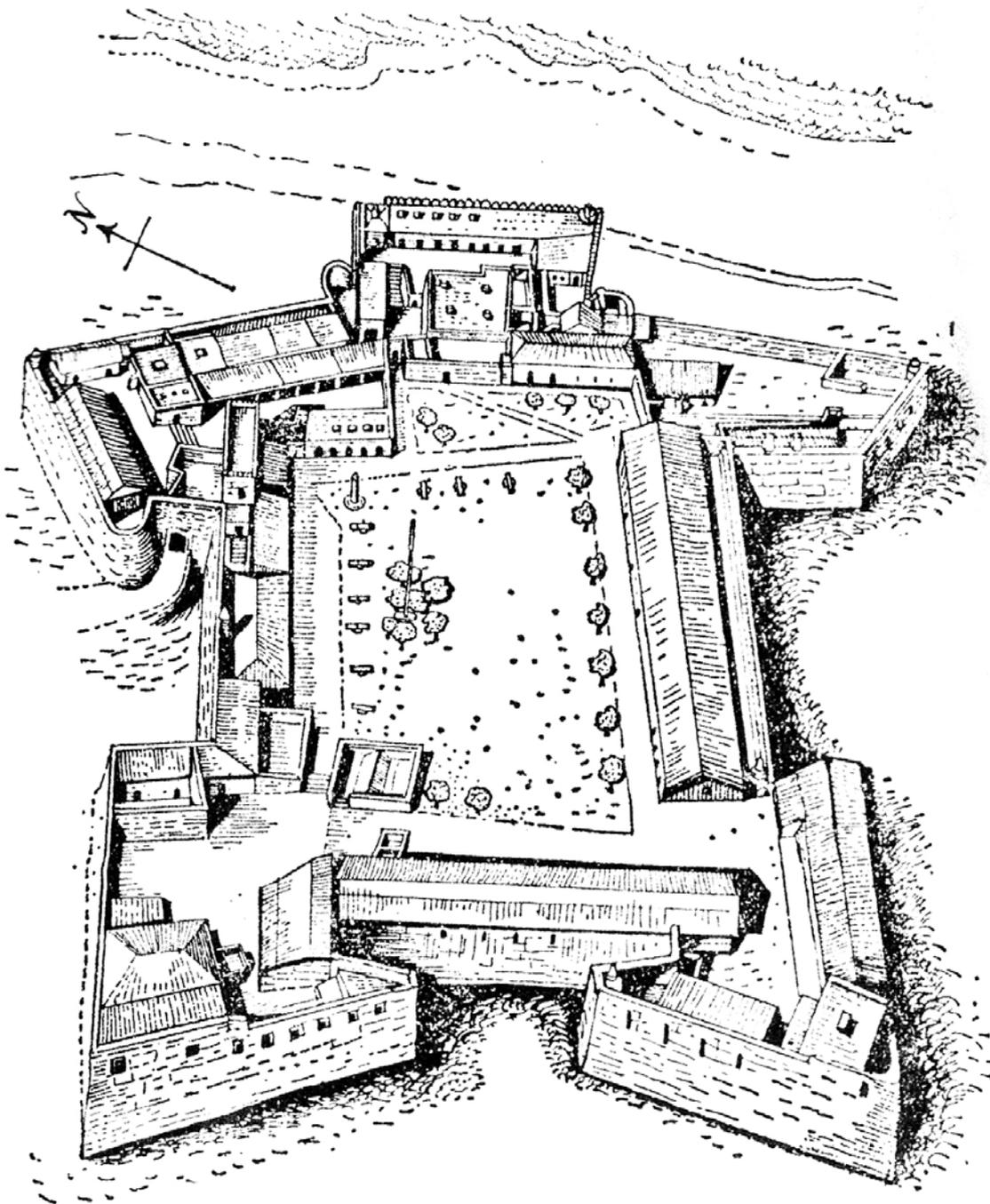
The Digiulio family lived in a nice home in Toronto, and Mike was close to his parents and sister. Before the fraud came to light, everyone believed him to be a sincere, humble individual.

From 2003, Digiulio began telling his family that he had a career as a professional soccer player overseas – he named Manchester United, no less, and the family saw him gone for weeks at a time, supposedly playing. He also told them that he had some high-return investments, which left him flush with cash. The family members saw forged bank documents regarding these 'investments' and they believed the source of his wealth, as Digiulio bought luxury cars and expensive electronic items. Encouraged by their son's 'success', they gave him their money to invest, too. A masterstroke on the forger's part was to ask his father to keep an eye on a multi-million-dollar mansion being built in a place north of Toronto. The old man watched the work in progress, clueless that his son wasn't the owner.

The reason Digiulio was able to sustain this lie for years was that he had secretly taken out dozens of credit cards in the names of his parents, sister, in-laws and friends. There were bank cards, store cards, travel reward cards etc. The bills were sent to his address so they never found out.

DISCLAIMER: Photos are for illustration purposes only

THE CAPTURE OF MOMBASA



IT TOOK ALMOST THREE YEARS OF A TENACIOUS BLOCKADE FOR THE OMANI FORCES TO WREST FORT JESUS FROM THE PORTUGUESE FORCES. AND WITH THAT, THE CHAPTER OF OMANI RULE ON THE EAST AFRICAN COAST BEGAN

BY DR FALEH HANZAL

In 1624, a state under the Yaruba dynasty was established in Oman – Imam Nasir bin Murshid Al Yarubi was elected the Imam and ruler of Oman, so the dynasty took its name from him.

Before he came to power, Oman has fallen to the Portuguese. They made their strongholds in Muscat, Sohar, Khor Fakkan and Julphar of Ras Al Khaimah for almost a hundred years. Their presence resulted in creating splinter groups amongst the people of Oman themselves, splitting up the emirate in 13 regions. So the first task of Imam Nasir was to tackle these fractious fiefdoms, defeating them one by one; once they had all capitulated to him, he waved his sword and declared war on the Portuguese.

Battles were fought in Khor Fakkan, Julphar and Muscat, but the Imam passed away in 1649 before he could see his emirate free of the Portuguese. He was succeeded by Imam Sultan bin Saif Al Yarubi, commander of the armies of the former Imam. A year after coming to power, Imam Sultan attacked Muscat and seized it from the Europeans, liberating the emirate and concluding Portuguese power in the Arabian Gulf.

The siege of Fort Jesus

What the Portuguese did next was to turn towards the African coast. They occupied a number of countries out there. One of their most important bases was Zanzibar, an archipelago off the coast of Tanzania, in East Africa. Imam Sultan wouldn't allow the Portuguese to control Zanzibar and other cities of the African coast, which were inhabited by several



In March 1696, an Omani force of seven warships and a number of transport and provision boats set sail for battle

Arab and Muslim communities. He started attacking them one after the other, in the form of hit-and-run battles, without occupying them.

In 1692, the ruler of Oman became Imam Saif bin Sultan, nicknamed 'Qaidu-Al-Ardh', who was famous for creating the system of agricultural land and property registry. When he accomplished that, he decided to attack the Portuguese colonies on the east coast of Africa, including Mombasa city in Kenya.

Omani historical sources have mentioned that the Omani naval force was composed of the following:

1. One command ship with 50 canons
2. Two ships with 60 canons each
3. One ship with 47 canons
4. Eighteen vessels with 16 to 32 cannons each
5. Several light rowing ships, each carrying a load of four to eight cannons

The ruler picked his target, which was Fort Jesus, since its fall would mean the surrender of Mombasa. Thus, on March 11, 1696, an Omani force of seven warships and a number of transport and provision boats set sail for battle; there were around 3,000 Omani, Baloch and African men on these ships and vessels. The fort stood

on the tongue of land that formed the key entrance to the city. The garrison in the fortress didn't count for much, but it was well protected by the nearly impenetrable fortress walls.

In the middle of April that year, the fort soldiers were taken by surprise when the Omani warships appeared in front of them and opened cannon fire on the castle and the city. But the shallow waters prevented the Arab ships from getting any closer to the castle.

Artillery shells began to fall into the sea, and there was panic throughout the city, as the Portuguese settlers rushed into the fort in large numbers, seeking protection. The Arab fleet commander ordered his troops to get to the land, carrying their cannonry, and occupy a vantage position at a higher level overlooking the walls of Fort Jesus. From there, the Omani troops kept firing at the castle.

Despite the density and intensity of the Omani shelling, the strong walls of Fort Jesus still held. The battle continued like this for several weeks. By then, the Arabs had realised that it wasn't possible to capture the castle by shelling, so they decided to block it from the sea.

The shelling had caused many deaths amongst the besieged. Diseases spread, and food and ammunition supplies were cut off.

Until the end of that year, the Portuguese colonial headquarters, which was in Goa, the west coast of India, tried several times to send military rescue expeditions to the blockaded Mombasa city. But the fate of those expeditions was often annihilation in the hands of the Omani forces.



At the end of the year, the Portuguese sent four warships with around 700 fighters. This force was able to land on the African shore, and managed to reach the fort with men, ammunition and food supplies. The commander of that force tried to contact the African tribes to help him carry out an attack on the Arabs, but the tribes didn't respond, so he withdrew and headed back to India.

The final blow

The military standoff continued. On July 20, 1697, the Omani commander decided to carry out a full-on attack on the castle and its occupants, but the defenders managed to repel the Omanis. And so, the blockade on Fort Jesus continued, despite the succession of Portuguese rescue



In October 1698, Captain Barbosa was seriously injured, so much so that he badly needed medical help from outside

expeditions from nearby Mozambique.

All that the Portuguese leadership could do was to give the command of the castle to Captain Leonardo Barbosa, who began fortifying his defensive positions, awaiting a larger relief expedition to rescue them from the blockade. However, the tight Arab blockade had eroded Portuguese resistance and their morale was low.

The Omani forces were under the command of Nasser bin Abdullah. The situation turned in favour of the Arabs around the end of 1698. In October that year, Captain Barbosa was seriously injured, so much so that he badly needed medical help from outside Fort Jesus. Around December 10, the captain ran out of medication and his fever rose. He ordered one of his soldiers to make a bold attempt at escape through an opening on the fortress wall, slip through the Arab soldiers, and proceed to Mombasa city to get medicines.

That soldier was caught by the Omani forces as he tried to sneak out. When interrogated, he admitted that the fortress commander was seriously injured and ill, and that the defenders had been psychologically weakened. Now, Nasser

bin Abdullah decided to strike his final blow.

In the early hours of December 13, 1698, the Arab fighters rushed towards the fortress with the battle cry "Allahu Akbar (Allah is great)". They climbed over the fortress walls and attacked the weak garrison, who fled their positions on the ramparts and hid in the rooms and barracks inside the fort.

Hearing the sounds of battle, the wounded Captain Barbosa came out of his bunker; as soon as he emerged, he was shot in the head and fell dead. By the end of that day, Nasser bin Abdullah's forces had wiped out the Portuguese fighters, raising the Omani flag on the fortress after a blockade that lasted 33 months.

When news of this victory reached Imam Saif bin Sultan, ruler of Oman, he issued his orders appointing Nasser bin Abdullah as the Governor of Zanzibar. He also instructed the commander to capitalise on that victory by expelling all the Portuguese garrisons on the coast. Several cities fell into the hands of the Omanis, marking the beginning of Omani rule in Zanzibar and other parts of East Africa.

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Free vaccines for Abu Dhabi residents

PEOPLE in the emirate of Abu Dhabi, both citizens and residents, who are between the ages of 19 and 34 years, became eligible for free MMR (measles, mumps and rubella) vaccines from October 2.

The vaccination drive fell within the efforts by the Health Authority Abu Dhabi to comply with World Health Organisation guidelines.

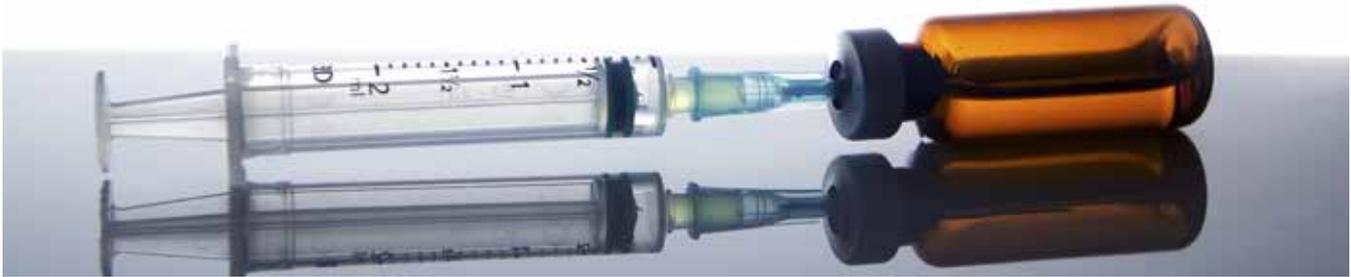
The vaccine was made available to residents at medical centres, residential compounds, universities and schools. It

would be administered to anyone in that age bracket, even if they were already vaccinated or had any of these diseases, though they should definitely disclose that information and ask whether another dose was necessary. Certain people should not be vaccinated, including people prone to allergies, people suffering from immunodeficiency diseases (cancer or AIDS), and pregnant women.

This MMR vaccine is usually given to

babies between the ages of 12 months and 15 months, and ideally there should be a second dose at the age of 4-6 years, according to the Centers for Disease Control and Prevention, US. Adults who've never been vaccinated could contract these diseases, and they wouldn't recover as easily as children would.

As per reports, the HAAD vaccination campaign is supported by the UAE Ministry of Health and the Dubai Health Authority.



Genetic risk score ensures early heart disease intervention

A new international study, the results of which were published in the European Heart Journal, has indicated that people's DNA profile can help medical professionals give them a genetic score, showing the predisposition for certain diseases, and thus prevent cardiac conditions. This could prove to be more effective than the clinical risk score in ensuring early intervention, eg eating right and getting enough exercise.

The study authors said that the current method of assessing the risk of heart diseases involved looking at a range of clinical and lifestyle factors.

"About half of heart disease risk is inherited, yet current approaches don't use genetics. Our study shows that we can potentially distinguish much earlier in life who is at high risk of heart disease, including heart attack," said Mike Inouye, associate professor in the School of BioSciences in Melbourne, Australia, and senior author of the new study. He and his fellow researchers developed a genetic risk score based on over 49,000 Single Nucleotide Polymorphisms (SNPs), small sections of DNA that vary slightly from one individual to another. They took this



score and tested it in large-scale studies of heart diseases. The discovery was that on its own, the genetic score could predict heart disease quite early in life, and when combined with the clinical risk score, it improved the 10-year risk prediction, especially for senior citizens.

Lead author Dr Gad Abraham, a computational biologist, said, "Traditional scores can identify people at very high risk, but without an understanding of the genetics, we still fail to identify a large proportion of people who are going to develop heart disease over the next 10 years."

Cinnamon cools the body

FEELING too warm? Add cinnamon to your food. New research published in Scientific Reports has said that the spice can cool the body by two degrees.

Prof Kourosh Kalantar-zadeh from RMIT's School of Engineering, Australia, said that the study conducted on animals showed that cinnamon in food (when the animals ate at room temperature) reduced the carbon dioxide (CO₂) gas in their stomach.

Consuming the spice led to a lessening of the secretion of gastric acid and pepsin from the stomach walls, thus cooling the stomachs.

Co-researcher Dr Jian Zhen Ou said, "Altogether cinnamon cooled the stomach by up to 2°C. No wonder cinnamon is so popular in warm regions, as taking it makes people feel better and gives them a feeling of cooling down."



The animal testing was done by using swallowable gas sensor capsules, which the scientists hoped would broaden the horizon of gut health research. Prof. Kalantar-zadeh said, "Our

experiments show how swallowable gas sensor capsules can help provide new physiological information that will improve our understanding of diet or medicine."



New approach to weight loss

IT'S not that hard to lose weight, but probably much harder to keep it off. Acceptance-Based Behavioural Therapy (ABT) is a new approach that appears to be more effective than Standard

Behavioural Therapy (SBT), which focuses on calorie count and exercise.

Research based on a controlled clinical trial, published in the October issue of Obesity, found that ABT had better

success in helping people lose weight and keep it off, because it associated staying in shape with a larger personal value. This motivated people more to stay true to their fitness regimen.

Participants in the ABT sessions were encouraged to: choose goals based on personal values; recognise that weight-control behaviour would produce cravings and fatigue initially; and increase awareness of how certain signals impact a person's eating decisions.

In the study, it was found that participants who received ABT lost 13.3 per cent of their initial weight after one year, compared to 9.8 per cent for participants who received SBT only. Also, the first group was much more likely to maintain a 10 per cent weight loss than the second group – the probability rate was 64 per cent for ABT and 49 per cent for SBT. Incidentally, ABT includes all the skills of SBT, and then has a few more.

"These findings are a boon to clinicians, dietitians and psychologists as they add a new dimension to behavioral therapy that can potentially help improve long-term outcomes for people with obesity," said Steven Heymsfield, MD, spokesperson for The Obesity Society.

TAKE A PEEK AT THE NEWEST MUST-HAVE HIGH-TECH ELECTRONIC DEVICES

YOU, TOO, LEICA?

The charm of the instant camera has proved to be too much to resist even for a hardcore advanced camera manufacturer like Leica. The Leica Sofort Instant Camera is the company's first step into instant photography. The result is a combination of instant prints and a stunning retro body that's as strong as it's good-looking. It has a built-in printer, so there's no need to transfer the photos to a separate printer. The camera uses Fujifilm Instax Mini film. This instant camera gives you manual control of focus, flash, and exposure value, plus it has a bunch of built-in modes like macro, bulb, people, sports, and selfie. Available in mint, orange, and white.

Website: <https://us.leica-camera.com/Photography/Leica-Sofort>
Price: \$285 (Dh1,046)



DIRECT YOUR OWN MOVIE

Here's one of the coolest in the long line of cool accessories for the iPhone. The Cinebody iPhone Super8 Case turns making a phone video into a fun act, like making your own movie. After placing the iPhone in the case, you close the latch to keep the phone secure; then you launch the Cinebody app for control and customisation of the shoot; and finally, you plug the case's red cable into the phone to enable 'case' mode. Now you're ready to shoot. The case has its own microphone, a trigger that makes it easy to start and stop recording, a cold shoe for mounting accessories, a focusing eyepiece, and interchangeable 58mm lenses. The companion app lets you control exposure, frame rate, and focus, making the shoot far superior to what the phone camera would allow.

Website: <http://shop.cinebody.com>
Price: \$200 (Dh 734)

FUN GLASSES

Snapchat Spectacles is a camera-equipped sunglasses that lets you film a 10-second snap with a single button press. The film then gets sent wirelessly to your smartphone and up to the cloud. To prevent any kind of secret filming, a ring of light glows around the camera, letting others know that you're making a video. The shades are charged by putting them in the included carrying case.

Website: <https://spectacles.com>
Price: \$130 (Dh477)



COOL BLUE

A reasonable price tag, cool looks, great audio quality, and portability – all of this comes together in the Blue Raspberry Microphone. The little gadget is designed to look like a recording studio mic and it comes power-packed with an Internal Acoustic Diffuser that mimics the acoustic sound found in studios and concert halls to focus on your voice or instrument and eliminate noise. The folding, integrated stand minimises surface friction, protecting the mic from vibrations. It connects over USB or Lightning, works with both mobile and desktop recording apps, and comes with a soft carrying pouch.

Website: www.bluemic.com/products/raspberry
Price: \$200 (Dh734)



CHARGE YOUR TINY TECH

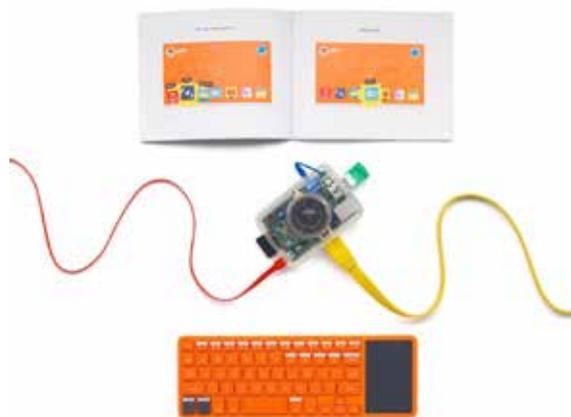
Wireless earphones, fitness trackers etc tend to float about in your bag, and you may need an extra cable to charge them. The Mophie Power Capsule takes care of both storing and charging them with one neat idea. The black case has a built-in 1,400 mAh battery, which is perfect for keeping all your tiny technology charged and easily traceable. However, trying to charge a smartphone with this battery is not recommended, though it can provide support in an emergency. The power capsule battery itself can be charged for 500 full cycles (from 0-100 per cent). Once 500 cycles (the sum total of full charges and partial charges) are over, the battery may perform at 75 per cent (or less) of its original strength. This means you get years of juice from this case.

Website: www.mophie.com
Price: \$40 (Dh146)

LEARNING HOW THINGS WORK

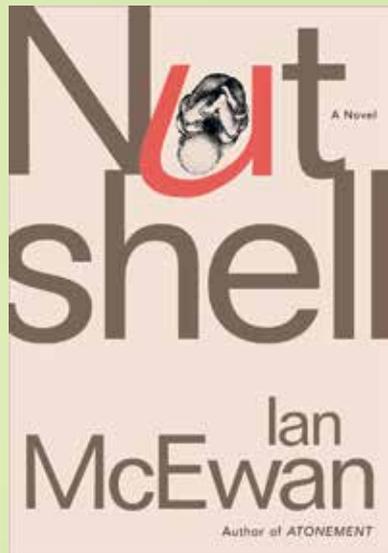
With loads of gadgets all around us, ever wondered how everything works? The Kano DIY Gadget Kits are good for acquiring some fun skills and building homemade electronic goods. One kit lets you build a camera, learning about photography by selecting lenses and making filters; another makes a simple grid of pixels that can be programmed to display anything like an electronic leaderboard; and a third kit lets you put together a Bluetooth speaker and add a synthesiser. All three kits work with easy-to-understand software that lets you add custom functions.

Website: www.kickstarter.com
Price: pre-order stage at \$100 (Dh367)





AN EXTRAORDINARY REIMAGINING OF A GREAT CLASSIC, A CHARMING PRE-TEEN DETECTIVE, AND THE POWER TO DESIGN YOUR OWN LIFE – THERE’S MUCH TO REACH FOR ON THE BOOKSHELVES



UNBORN WITNESS

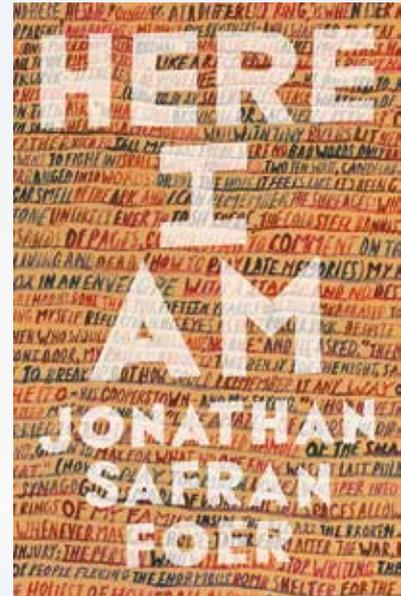
Title: Nutshell
Authors: Ian McEwan
Price: \$24.95 (Dh91.64) (Hardcover)
Publisher: Nan A. Talese

FROM master novelist Ian McEwan comes an astonishing retelling of Hamlet, and the narrator’s dilemma is whether to be born or not to be born. For the narrator is a foetus, a fact that gives the story a most extraordinary perspective. The three adult protagonists are Trudy (for Gertrude), her husband John and her brother-in-law Claude (for Claudius). They don’t live in Denmark, though; the current home is a shabby London townhouse that might be worth a lot on the property market. John’s not present here, and the other two are plotting something, with the baby in the womb being a witness. A fascinating tale of murder and intrigue.

FINDING IDENTITIES

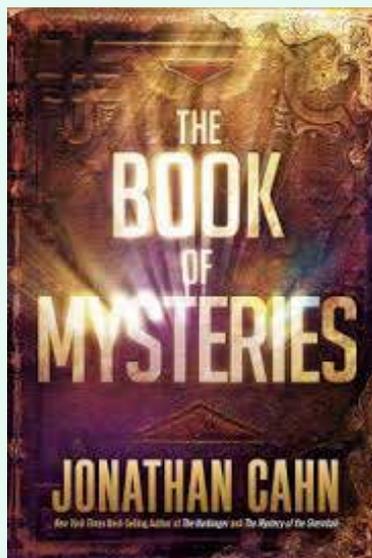
Title: Here I Am
Author: Jonathan Safran Foer
Price: \$28 (Dh102.85) (Hardcover)
Publisher: Farrar, Straus and Giroux

BEST known for his 2002 book Everything is Illuminated, Jonathan Safran Foer has now published his first novel in more than a decade. Set in Washington, DC, the story is centred round a family facing a moment of crisis. Whilst the family members are trying to think their lives through, there’s a massive earthquake that triggers a conflict in the Middle East and has a direct bearing on the family. With his energetic style, the author has created a tale that’s moving and memorable.



A JOURNEY FULL OF REVELATIONS

Title: The Book of Mysteries
Author: Jonathan Cahn
Price: \$21.99 (Dh80.77) (Hardcover)
Publisher: Frontline



WHO doesn’t love mystery? It makes us feel like explorers, feeling alive and learning something new. This book contains many such mysteries. Revelations, secrets, age-old questions, and life-changing knowledge brought together by a bestselling author. The book has strong religious undertones, but above all, it’s an enjoyable read. The book opens with a traveller’s encounter with “the teacher”. The teacher takes him through mountains and valleys, caves and ruins, meeting nomadic people on the journey. Along the way, the traveller receives teachings and revelations that the reader shares.

YOUNG INVESTIGATOR

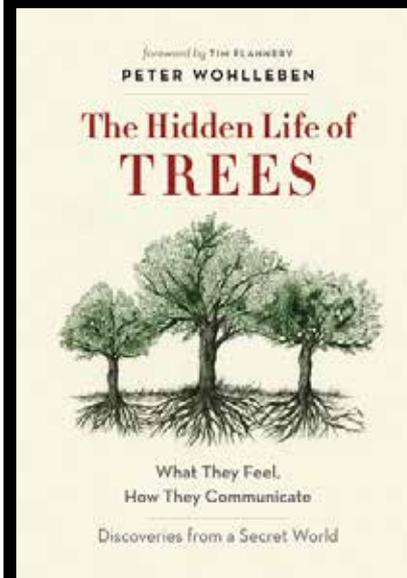
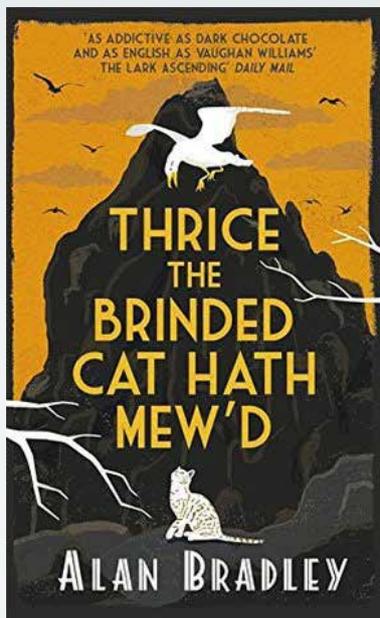
Title: Thrice the Brinded Cat Hath Mew'd: A Flavia de Luce Novel

Author: Alan Bradley

Price: \$26 (Dh95.50) (Hardcover)

Publisher: Delacorte Press

PRE-TEEN sleuth Flavia de Luce, with a nose for crime and an appetite for solving them, returns to England after being expelled from school in Canada. Once at home, she finds her father ill and siblings being annoying. Eager for something that would take her away from the house, Flavia runs an errand for the vicar's wife, cycling off to give a message to a reclusive wood-carver. Finding his front door open, Flavia enters and sees a body. The intended recipient of her message is dead, and hanging upside from his bedroom door. The only other living creature in the house is a cat, which appears indifferent to everything. Flavia's day is made – yet another investigation awaits.



FORESTS ARE ALIVE

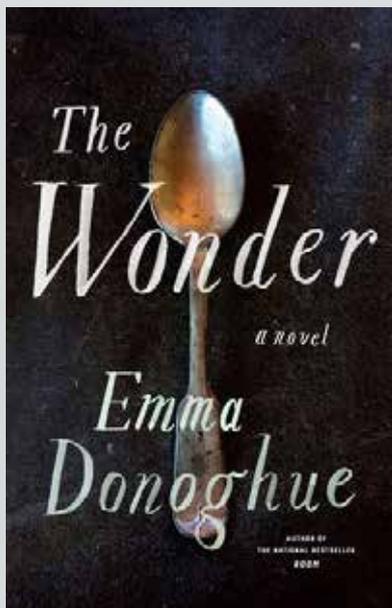
Title: The Hidden Life of Trees: What They Feel, How They Communicate — Discoveries from a Secret World

Author: Peter Wohlleben; Foreword: Tim Flannery

Price: \$24.95 (Dh91.64)

Publisher: Greystone Books

THE author, a German forester, is someone who sees trees the same way that we see people – to Peter Wohlleben, they're social beings with personalities. "Trees may recognise with their roots who are their friends, who are their families, where their kids are. Then they may also recognise trees that are not so welcome," he said in a recent interview with The Guardian. With that kind of knowledge and insight, Wohlleben presents the case – in a fluidly written book – that the forest is a social network. Trees live together as a family, warn each other of danger, and even take care of the sick amongst them. The author's deep love for the woods comes through in his warm language and leaves us looking at trees with completely new eyes.



ACCLAIMED for the 2015 film adapted from her bestseller book titled Room, Emma Donoghue has made a familiar name in the off-beat thriller genre. In

MIRACLE GIRL

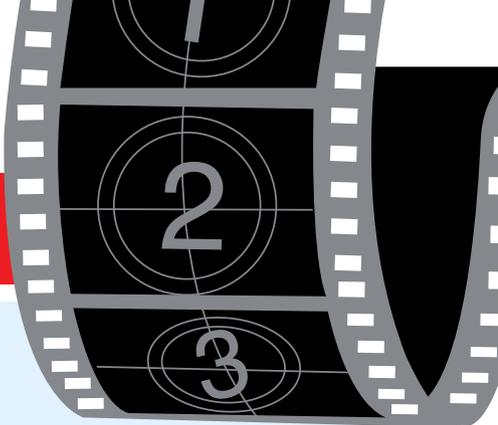
Title: The Wonder

Author: Emma Donoghue

Price: \$27 (Dh99.17) (Hardcover)

Publisher: Little, Brown and Company

this book, she creates yet another strong psychological drama fraught with tension. An English nurse, Lib Wright, is brought to a small Irish village to observe a 'miracle girl', eleven-year-old Anna, who is said to have survived without food for months. Anna herself believes that she's sustained by manna from heaven. Tourists come to see her and even a journalist turns up. Lib is here to understand whether the child is truly a wonder, or just sick, or a complete fraud. As she grows more familiar with the girl and her family, Lib begins to fight to save her.



**THE HOTTEST NEW INTERNATIONAL MOVIE RELEASES
 COMING SOON TO A CINEMA NEAR YOU**



★ DOCTOR STRANGE

DIRECTOR: SCOTT DERRICKSON
STARRING: BENEDICT CUMBERBATCH, RACHEL MCADAMS, TILDA SWINTON, CHIWETEL EJIOFOR, MADS MIKKELSEN, BENEDICT WONG
MOVIE TYPE: ACTION, ADVENTURE, SUPERHERO

Successful – and rather dishy – New York surgeon Dr Stephen Strange (Cumberbatch) is robbed of his touch after a dreadful car accident. Whilst recovering, he is given secret knowledge: a world of superpowers based on psychic energy. He trains in the Himalayas and learns to tap into the power of his mind. Next mission: fighting off evildoers by channelling samurai

discipline and mental force fields. Tilda Swinton plays the Buddhist-looking master who reveals the secrets of the universe to Dr Strange. The film, made by the director best known for The Exorcism of Emily Rose, has all the trappings of a big-ticket superhero action-drama, and a crackerjack cast that adds depth to an interesting story.

★ TROLLS

DIRECTOR: MIKE MITCHELL, WALT DOHRN
VOICES: JUSTIN TIMBERLAKE, ANNA KENDRICK, JAMES CORDEN, KUNAL NAYYAR, GWEN STEFANI, RUSSELL BRAND
MOVIE TYPE: COMEDY, FAMILY, FANTASY, MUSICAL, 3D, ANIMATION

Trolls generally appear in films and books as large, scary creatures with not much sense. But here they get their very own movie and a nature that's perennially optimistic. The trolls here are small, colourful creatures with crazy hair and a happy attitude. And they do love a bit of singing and dancing. However, their

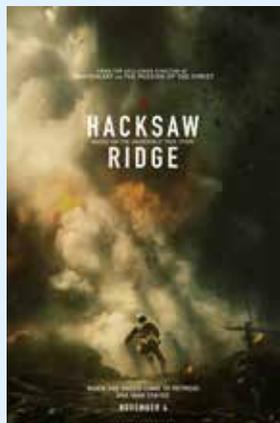
optimism is countered by the pessimism of the Bergens, who invade the troll village. Now princess Poppy (Kendrick), a cute troll, has to rescue her friends with the help of the over-cautious Branch (Timberlake). They're a mismatched duo that must deal with each other long enough to get the job done.



★ HACKSAW RIDGE

DIRECTOR: MEL GIBSON
STARRING: ANDREW GARFIELD, VINCE VAUGHN, SAM WORTHINGTON, LUKE BRACEY, RACHEL GRIFFITHS, TERESA PALMER
MOVIE TYPE: ACTION, DRAMA, THRILLER, WAR

A soldier who believes that war is right, but killing is wrong? A soldier who goes to the battlefield but refuses to fire a single bullet? That's the incredible true story of US army corporal Desmond Doss (Garfield), who saved 75 men in the Battle of Okinawa, one of the toughest in WWII, and became the first conscientious objector to win the Congressional Medal of Honor. Doss, the army medic, single-handedly evacuated wounded soldiers from enemy lines, braving enemy fire.



★ SHUT IN

DIRECTOR: FARREN BLACKBURN
STARRING: NAOMI WATTS, TIM POST, DAVID CUBITT, OLIVER PLATT, JACOB TREMBLAY
MOVIE TYPE: DRAMA, HORROR, THRILLER

A widowed child psychologist (Watts) lives an isolated life in New England with a son who's an invalid. She is introduced to a little boy (Tremblay) who has recently lost his mother. She grows to love the boy, but there's something terribly strange and frightening going on. The small boy goes missing; it's presumed he couldn't have survived a winter storm, but she keeps seeing him, and knows that it's not only in her head. A gripping thriller with many heart-in-the-mouth moments.



★ **ARRIVAL**

DIRECTOR: DENIS VILLENEUVE
STARRING: AMY ADAMS, JEREMY RENNER, FOREST WHITAKER,
 MICHAEL STUHLBARG, MARK O'BRIEN, TZI MA
MOVIE TYPE: DRAMA, SCI-FI, THRILLER

Alien spacecraft have landed across the globe and an American expert is able to communicate with them through a strange pictorial language. Linguist Louise Banks (Adams) leads an elite team, under the supervision of the US military. Is it going to be peace or global annihilation? Is some inept earthling going to mistakenly

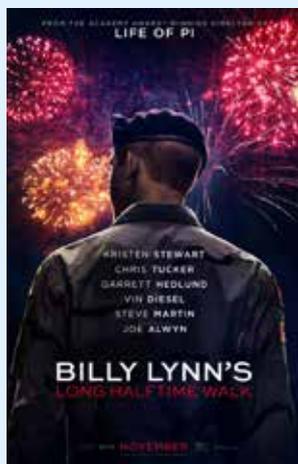
fire a gun, or do the aliens have hostile intentions? Whereas Independence Day was about American heroism in the face of an all-out alien attack, and The Day the Earth Stood Still held up a mirror to the war-mongering nature of humans themselves, Arrival appears to fall somewhere in between.



★ **BILLY LYNN'S LONG HALFTIME WALK**

DIRECTOR: ANG LEE
STARRING: JOE ALWYN, KRISTEN STEWART,
 GARRETT HEDLUND, STEVE MARTIN, VIN DIESEL,
 CHRIS TUCKER
MOVIE TYPE: DRAMA, ADAPTATION, WAR

Private Billy Lynn (Alwyn) and his fellow soldiers in the Bravo Squad have returned to America as war heroes after a major battle in Iraq – he's home temporarily for a victory tour. Through flashbacks, culminating at the spectacular halftime show of the Thanksgiving Day football game, the film reveals what really happened to the squad – contrasting the realities of the war with American public perceptions. A riveting drama from two-time Oscar-winning director Ang Lee.



★ **ALLIED**

DIRECTOR: ROBERT ZEMECKIS
STARRING: BRAD PITT, MARION COTILLARD, LIZZY CAPLAN, JARED HARRIS
MOVIE TYPE: ROMANCE, SPY

Despite a combination of cast and director that promises excellent results, this film would – sadly – get more attention for being perhaps the venture that led to the end of Brangelina. The plot traces the romance between intelligence officer Max Vatan and French resistance fighter Marianne Beausejour, who fall in love at the height of WWII, at a place in North Africa. They're reunited in London, but the relationship is threatened by the stress of war.



★ **FANTASTIC BEASTS AND WHERE TO FIND THEM**

DIRECTOR: DAVID YATES
STARRING: EDDIE REDMAYNE, KATHERINE WATERSTON, EZRA MILLER, ALISON SUDOL, DAN FOGLER, SAMANTHA MORTON
MOVIE TYPE: ADVENTURE, FANTASY

JK Rowling had stated that she wouldn't write another Harry Potter story after the young wizard's seven-book series finished. Clearly, she's itching to get back to her cult creation. Recently, there was the play Harry Potter and the Cursed Child, and now there's this spin-off. It's 1926 and Newt Scamander (Redmayne), the writer whose books would be later read at the Hogwarts School of Witchcraft and Wizardry,

has just completed his global excursion to find and document magical creatures. He arrives in New York for a stopover, and his stay would have gone unnoticed, but for the escape of some magical beasts from a suitcase. Rowling is the screenwriter for this film, and the director had helmed the last four Harry Potter films, which means both familiarity and excitement for fans of the magical universe.

UAE gets new car fuel economy standards

THE UAE took another step towards cutting its emissions by rolling out a new national vehicle fuel economy standard at the end of September. It's estimated that the new standard, which raises the bar for fuel efficiency, could lead to carbon savings equivalent to the removal of a few million cars from the country's roads over the next 20 years.

The draft standard is led by the Emirates Authority for Standardisation and Metrology (Esma), and the development was green-lighted by the Ecological Footprint Initiative, a group that includes the UAE Ministry of Climate Change and Environment; the Water and Environment Agency – Abu Dhabi; Esma; Emirates Wildlife Society-World Wildlife Fund; and the Global Footprint Network.

The UAE is a signatory to the Paris Agreement of 2015, under which nations have agreed to undertake measures to cut carbon emissions. An official statement said: "When adopted by the UAE Cabinet, the proposed standard has the potential to deliver annual fuel savings to UAE households worth Dh9.5 billion, representing carbon savings equivalent to removing 4.5 million cars from the UAE's roads by 2035."

Proving yet again that going green makes financial sense, Esma Director General Abdullah Al Maeni said, "According to our research, consumers will recover any additional costs of



buying more fuel-efficient cars within one to four years and will then benefit from significant lifetime savings, ranging from \$2,400 (Dh8,808) to \$3,500 (Dh12,856) per vehicle."

Meanwhile, the UAE has also committed to generating almost one-third of its energy from clean sources by 2021. Dr Thani Al Zeyoudi, Minister of Climate Change and Environment, recently declared that the country was targeting 27 per cent of its energy from nuclear and renewable sources, revising it from the previous commitment of 24 per cent.

Plastic bag use drops sharply in England



LIKE many other countries, England levies a small charge (5 pence) on each plastic bag that a shopper takes whilst checking out of a grocery store or a high street shop. One year after the charge was introduced (on October 5, 2015), it has been found that the public support the measure – meant to discourage single-use plastic – and that some 90 per cent of the shoppers were now

carrying their own bags instead of buying one from the store.

This was the finding of a study by Cardiff University researchers, who concluded that a similar charge might reduce the use of takeaway coffee cups. Since the charge came into effect, the number of plastic bags taken from supermarkets and big retail stores has fallen by 85 per cent. Those who are still taking plastic bags from stores are contributing 5p towards charity – as yet, more than £29 million (Dh132.5mn) has been raised for good causes from this charge.

"One thing that stood out to me was that the effects were universal – there weren't age, gender or income effects," said lead study author Prof Wouter Poortinga. "Everyone changed their behaviour and everyone increased their support for the charge. I think that is important."

The bag charge not only motivated people to stop taking single-use plastic, but also made them more environmentally conscious and ready to accept such a charge on single-use plastic bottles, if that comes. But the researcher said that implementing a takeaway coffee cup charge might be much harder, as bringing one's own cup everywhere could be messy.

There's a campaign in favour of such a charge, and recently about 140 non-government organisations, together called the Environmental Paper Network, launched a 'cupifesto' to highlight the environmental degradation caused by throwaway cups. "Billions of throwaway cups are used globally every year. This is wasteful and harms people, forests, water and the global climate," said the network, which includes Greenpeace, WWF and Global Witness.

Washing clothes releases thousands of microplastic into bodies of water

MORE than 700,000 microscopic fibres could be released into waste water during each use of a domestic washing machine, with many of them likely to pass through sewage treatment and into the environment, according to new research.

A study by Plymouth University examined the mass, abundance and size of fibres present in waste effluent following washes of synthetic fabrics at standard temperatures of 30°C and 40°C.

It found hundreds of thousands of tiny synthetic particles could be released in each wash, confirming earlier work at Plymouth University that the washing of clothes is a major source of microscopic fibres within the aquatic environment.

The research, published in *Marine Pollution Bulletin*, was led by PhD student Imogen Napper in conjunction with Prof Richard Thompson, who is a leading international expert on microplastics and marine debris having worked in the field for more than 20 years.

In the paper, the authors say: "The quantity of microplastic in the environment is expected to increase over the next few decades, and there are concerns about the potential for it to have harmful effects if ingested. But whilst the release of tiny fibres as a result of washing textiles has been widely suggested as a potential source,



there has been little quantitative research on its relevant importance, or on the factors that might influence such discharges. That was the focus of our research."

For the study, a series of polyester, acrylic and polyester-cotton items were washed at 30°C and 40°C using various combinations of detergent and fabric conditioner. Fibres were then extracted from the waste effluent and examined using an electron microscope to determine the typical size and any differences in mass and abundance amongst treatments.

The research found that laundering an average washing load of 6kg could release an estimated 137,951 fibres from polyester-

cotton blend fabric, 496,030 fibres from polyester and 728,789 from acrylic. The polyester-cotton blend was consistently found to shed fewer fibres than both the other fabric types, regardless of the differing treatments, however the addition of bio-detergents or conditioners tended to release more fibres.

What's the takeaway? Even if you drive a hybrid car and eat only sustainably produced food, if your clothes are moldering away in the aquatic environment somewhere, your contribution to global warming and other environmental ills is bigger than you might realise.

Fully solar-powered Dewa HQ to open in 2019

THE Dubai Electricity and Water Authority (Dewa) exhibited the scale model of its new headquarters, named 'Al Sheraa (The Sail)', at

the first Dubai Solar Show, part of Wetex 2016 (Water, Energy, Technology and Environment Exhibition, held on October 4 to 6). The new

complex is expected to open in 2019 as the largest and tallest "net-zero" energy building in the world. Net-zero means that a building's annual energy consumption is the same as its annual renewable energy generation through on-site resources.

Al Sheraa, to be located in Al Jaddaf, will have six storeys on one side and 70 storeys on the other side. The design is meant to capture the most amount of sunlight from the south-southwest direction. The slanting 'sail', made up of 16,500 square metres of solar panels, also creates a shade for the building.

Saeed Mohammad Al Tayer, Dewa MD & CEO, said that the solar show, the region's largest solar energy event, was in line with the national vision to achieve the highest standards in energy efficiency.



'Enhanced' environment boosts mouse immune system

A groundbreaking study demonstrates that the type of surroundings a mouse lives in can impact the state of their immune system. An "enriched" environment significantly bolsters their infection-fighting abilities.

Researchers from Queen Mary University of London in the United Kingdom, led by Prof Fulvio D'Acquisto, set up an experiment to investigate the role that environment plays in the immune response of mice.

The findings, published in *Frontiers in Immunology*, are the first to demonstrate that an enriched environment can influence the function of T cells.

T cells have a myriad of vital roles in the immune system, including scanning our bodies for invaders and directly destroying them; they also play a part in rheumatoid arthritis and HIV, amongst other diseases.

The researchers put mice into either normal or "enriched" environments for 2 weeks. The standard cages consisted of nesting material and sawdust. The enriched cages were a more elaborate affair, providing a "multisensorial" living space. This included a wider cage, wood shavings, a colored nest-box, fabric tube, running wheel, and a swing.

At the end of the 2-week period, T cells



were taken from the mice and presented with an agent that mimics an infection. When the immune responses of the two groups of mice were compared, there were some striking differences.

The mice from the enriched cages were found to produce higher levels of interleukin 10 and 17, hallmarks of a robust immune response. In other words, their T cells were boosted making them more ready to mount a proactive inflammatory response.

The changes surprised the team because no drugs were needed to give the mice this significant change in immune response - just simple changes in their living conditions.

The findings will need to be replicated in humans, but if they are, it could be a game-changer for the future of healthcare. It may be possible to boost the effectiveness of current pharmaceutical treatments by altering environmental conditions.

New safeguards for pangolins and rosewood

PANGOLINS are amongst the world's most trafficked animals, and rosewood is one of the most desired types of wood

for posh furniture. Not surprisingly, the pangolins have been driven to the brink of extinction by poachers, and rosewood

timber is being looted from forests across the world – the end destination is usually in Southeast Asia, where pangolin scales are used for traditional medicine, and the wood goes into the making of luxury furniture.

The latest Cites meeting agreed to ban all trade in eight species of pangolin. The level of illegal trade was evident from the seizure of 18,000 tonnes of pangolin scales from 19 countries in just the first nine months of 2016.

As for rosewood, Cites members put all 300 species of rosewood under trade restrictions, erasing the line between legitimate timber and trees felled by the wood mafia. According to the UN Office of Drugs and Crime, rosewood timber was the world's most trafficked wild product, more than ivory and rhino horns.



Bison-cattle hybrid appears in mystery cave art

A previously unknown hybrid species of bison and cattle were recorded by Ice Age cave artists in great detail on cave walls more than 15,000 years ago.

Research led by the Australian Centre for Ancient DNA (ACAD) at the University of Adelaide, published in *Nature Communications*, has revealed that the mystery hybrid species eventually became the ancestor of the modern European bison, or wisent.

“Finding that a hybridisation event led to a completely new species was a real surprise—as this isn’t really meant to happen in mammals,” ACAD Director Professor Alan Cooper said, adding that, “The genetic signals from the ancient bison bones were very odd, but we weren’t quite sure a species really existed—so we referred to it as the Higgs Bison.”

The international team of researchers studied ancient DNA extracted from radiocarbon-dated bones and teeth found in caves across Europe, the Urals, and the Caucasus to trace the genetic history of the populations.

They found a distinctive genetic signal from many fossil bison bones, which was quite different from the European bison or any other known species.

Radiocarbon dating showed that the mystery species dominated the European record for thousands of years at several points, but alternated over time with the Steppe bison, which had previously been considered the only bison species present in Late Ice Age Europe.



The cave paintings depict bison with long horns and large forequarters. Others were illustrated with shorter horns and small humps.

Professor Beth Shapiro, UCSC, first detected the mystery bison as part of her PhD research with Professor Cooper at the University of Oxford in 2001. “Fifteen years later it’s great to finally get to the full story out. It’s certainly been a long road, with a surprising number of twists,” Professor Shapiro says.

Azure-winged magpies show human-like generosity

MAGPIES do not always have the best reputation, as they are generally known for their tendency to steal shiny things. But azure-winged magpies seem to be the exception to the rule.

The bird species actually provide food to their group members spontaneously and without the other birds begging them. Lead author of Lisa Horn from the University

of Vienna said, “This so-called ‘proactive prosociality’ has long been believed to be a human hallmark.”

In line with the hypothesis, researchers also found evidence for prosocial behaviour in breeding primates. “But so far results from other animal taxonomy were missing,” said Horn.

Horn and her colleagues tested

‘prosociality’ in azure-winged magpies using an ingenious experimental design.

By landing on a perch, the birds operated a seesaw mechanism, which brought food into reach of their group members. If the birds wanted to grab the food themselves, they would have had to leave the perch and the seesaw would tilt back, thereby moving the food out of reach again.

Even though the birds thus could not get anything for themselves the magpies continued to deliver food to their conspecifics across all sessions and at similarly high rates as humans and cooperatively breeding primates.

Also, the birds only operated the apparatus when their group members could actually obtain the food, and not in a control condition where access to the food was blocked.

“Our results seem to support the hypothesis that raising offspring cooperatively may have promoted the emergence of prosocial tendencies not only in humans, but also in other animals. Further tests of non-cooperatively breeding birds are, however, needed,” Horn concluded.





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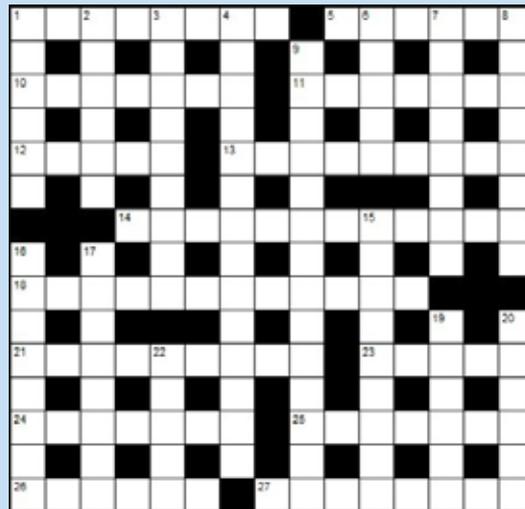
PUZZLES

Across

- 1 Wandering round a couple of times to find Malaysian food (4-4)
- 5 Female cricketer gets a month in Tel Aviv (6)
- 10 Royal house gives travellers 30 days (7)
- 11 Put on trial, justify abandoning daughter (7)
- 12 African people discover America (5)
- 13 Pests moving east to compound for sheep... (9)
- 14 ...very large folds could be affected in a single trice, experts caution initially (12)
- 18 Plants from S. Europe (Spain) tended by the old lady in Times Square (12)
- 21 Bachelor sent packing by woman in retort in Swiss dialect (9)
- 23 Eccentrics pulling off fine pranks in the past (5)
- 24 Publication produced by woman with talent, we're told (7)
- 25 Tenor performing operais surplus to requirements (2,5)
- 26 After a long time, is male cross-dressing? (6)
- 27 Yes, oneis concocted special excuses for not appearing in court (8)

Down

- 1 Heal old wound thatis in a state? On the contrary (6)
- 2 Bushy tail of opossumis bagged by pair with snare ñ thatis heartless (6)
- 3 German scientist slightly modified plant oestrogen (9)
- 4 Was upset, hence not excited by Kirkpatrickís instrument of torture (5-2-3-4)
- 6 Writer of comics amongst other genres (5)
- 7 Young herring netted chiefly in river in region of Concameau (8)
- 8 Heir of Celtic chief tours Turkey and becomes follower of Hindu and Buddhist teaching (8)
- 9 Group of fungi having chromosome found in some diabetics, surprisingly (14)
- 15 Meat course not finished, ordered wine (9)
- 16 Former accountantís given tax advice in the end to mine (8)
- 17 Following Thatcherís work, employee is a slave no longer (8)
- 19 Knight from Geneva hiding away in Perth (6)
- 20 Judge Jenny, as it were? (6)
- 22 Develop a new use for old measures (5)



Easy

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

Medium

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

SOLUTIONS FOR THE OCTOBER ISSUE



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www.brainbashers.com

easy

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

medium

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



WHAT THE MONTH HAS IN STORE



Aries (March 21 – April 19)

Impulse purchases may get out of control this month, but with your self-discipline and clear head with money, you'd still be able to balance the books to your advantage. There has to be a deeper connect with things like nature and friendship. You'd feel a sense of excitement about long-term plans that could make a cherished dream come true. Finances may wobble but will again steady themselves enough to make this happen.



Taurus (April 20 – May 21)

You may be assailed by self-doubts and struggle to connect with the people with whom you normally want to exchange ideas. This is likely to be a period of confusion and dissatisfaction with your performance in various spheres. Since external factors will not have changed much, it'll take a reorientation of your own mind to make things right. Vigorous exercise – to the extent that you can challenge yourself – will help restore confidence. Good health is your best friend during this phase; stay committed to it.



Gemini (May 22 – June 20)

Be patient with your partner as income levels might fluctuate, causing stress over payments and disagreements over how to handle the family kitty. Focusing on each other's good points rather than weaknesses would salvage the situation – both of you must make that effort, since there's a real risk of the relationship being vitiated by trivial matters. Take care to say nothing that would hurt your partner; the effects of careless words can be serious in this treacherous phase. Give each other mental and physical space.



Cancer (June 21 – July 22)

You'll be doing very well at work, but there may be health worries regarding some close family members, especially children. Keep a tight rein on spending, and keep an emergency fund ready. It's a good idea to mend fences with colleagues with whom you've had a fallout – you may need them to cover for you or make your projects make a smooth landing. Personal fitness is of utmost importance at this juncture.



Leo (July 23 – August 22)

Connecting with friends and family will ensure a nice time and your health will be fine, too. Finances will be in fairly good shape. All in all, a completely stress-free time. Close family members may not keep in touch as much as you'd like, but best not to push them. Any important real estate investment should be taken care of, as there may be sudden developments on this front soon, and you need to be prepared with everything, or it could be a missed opportunity.



Virgo (August 23 – September 22)

Professional success will be yours, but boost your physical health to accomplish more. Work-related engagements will keep your mind off fitness problems and inject some good cheer and vigour into life. Maintaining a positive state of mind is the biggest favour you could do to yourself right now. You'll receive kindness from someone in a position of authority.



Libra (September 23 – October 22)

Make an effort to stay in touch with people who are like your mentors. There are major challenges ahead, in work and in life, and you'll be in need of those you can lean on, those who'll give sound advice without any ulterior motive. Keep spending under control, and channel savings towards skill-building, as work progress will take up the chunk of your time. With an important milestone crossed, you'll have a strong urge to prove yourself. Away from work, make time for creative interests.



Scorpio (October 23 – November 21)

New avenues for professional advancement will open up as you continue to explore areas outside your comfort zone. The more you act upon your instincts, the better your chances of success. It's important to stay focused on goals and work towards attaining them instead of lapsing into broodiness. Sticking to health resolutions are vital at this time; fitness will give you more confidence and improve your prospects at work. Allow yourself to indulge in romance, but don't get carried away by your feelings too early in a relationship.



Sagittarius (November 22 – December 21)

Many of the minor irritants of life will fade away – you'll feel more in control at home and at work. In the short term, it's up to you to maintain a degree of detachment from taxing issues, prioritising your peace of mind. In the long term, with one major aspect of your working life settled, you'd do well to concentrate on creating an interesting sphere of your own. This is essential if you wish to stay healthy in body and mind; this sun sign is particularly susceptible to mood swings.



Capricorn (December 22 – January 19)

Ways to make work more interesting and fulfilling will present themselves, bringing some much-needed optimism into your life. There may be a major health scare, but you'll pull through. Your partner is likely to want time off from the daily routine to explore a path that's not lucrative but meaningful to them. Give them moral support and you'll find that the family's overall well-being has increased, even though budgeting will need a keener eye.



Aquarius (January 20 – February 18)

A feeling of loneliness may come over you, for no apparent reason, since everything – work, family, and friendships – will remain unchanged. It may be that you need to seek a different direction in life. You'll certainly feel vastly better by setting health goals and achieving them. Another endeavour should be to build some financial assets meant only for yourself.



Pisces (February 19 – March 20)

Some developments at work may cause anxiety. Keep calm and assert yourself without a big confrontation. Family life will be pleasant, with even something to look forward to, though you may need to find time for dealing with an emergency involving someone in the extended family. Take a step back if it gets too much, and do your duties without worrying about results. Be extra careful about unnecessary spending, because some big bills may come your way soon.



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