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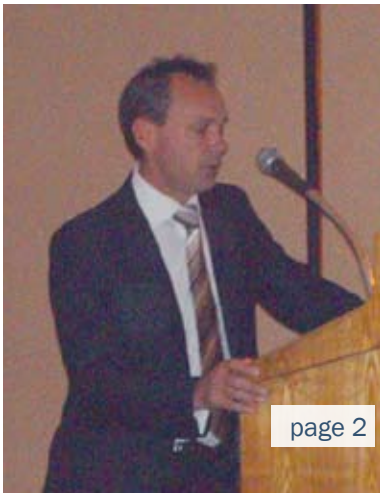
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**Aladdin's Kitchen
Chargrill Hamour**

Extinct Oryx species on display at Al Ain Zoo

Zoo's latest addition, the Scimitar Horned Oryx believed to be extinct in the wild

- Al Ain times

Al Ain Zoo has added the Scimitar Horned Oryx to its range of new exhibits displaying endangered species. . Believed to be extinct in the wild, this species once ranged from Morocco and Tunisia to Egypt and south to Mauritania and Sudan. Occasional sightings of the animals have been recorded in Chad and Niger but reports have not yet been confirmed.

"The arrival of the Scimitar Horned Oryx is part of the long term strategy of the Zoo to identify and conserve endangered species in the region.

The Scimitar Horned Oryx is one of many species that the Zoo has recently acquired in line with its reintroduction and conservation strategy", commented Mr. Majid Al Mansouri – Managing Director at the Zoo.

The Scimitar Horned Oryx, also known as the Oryx dammah, has a white coating which allows it to reflect heat, allowing them to roam the desert areas in search of food. Living in herds of upto 70 animals, with a dominant male, the herd travels great distances in search of food. In the wet season they migrate north into the Sahara, returning south as the

dry season approaches.

Threatened by agricultural development that has led to fragmentation of their habitat, these animals have been hunted for their meat and sporting trophies. The Scimitar Horned Oryx is well adapted to desert life, with their diet consisting mainly of grasses, leaves, roots and pods. They are able to go without water for long periods of time, by attaining moisture from the plants that they eat as well as specialized kidneys that prevent excess water loss.

Under the supervision of Director Mark Craig, the zoo will also contribute to nature conservation by being part of conservation actions alongside the Environment Agency – Abu Dhabi (EAD). In April 2007 the zoo released a number of Arabian Oryx to their natural habitat as part of its reintroduction program. The Scimitar Horned Oryx is part of a conservation captive breeding program and will be part of a reintroduction program to sites in North Africa in the coming years.

Al Ain Zoo recently opened its gates for a longer period to offer a unique day and night experience to visitors. The new daily zoo timings, from 9am to 8pm, give visitors the opportunity to view the fascinating range of exhibits in their natural environment during both day and night. A special night bird show is also a major attraction at 7 pm each evening.

Al Ain Zoo has a group of over 150 animals and is part of a conservation breeding program.



New healthcare & leisure community sets up in Al Ain

- Lucky Mae F. Quilao

At the foot of the Jebel Hafeet Mountain will be a healthcare and leisure community destined to ensure the wellbeing of the people in the UAE.

"Al Qudra Real Estate is intent on embarking projects that meet

the need of the various residents within the UAE. Ain Al Faydah combines healthcare, tourism, retail and residential sectors in one community. The city's layout and facilities result in a one-stop destination for people seeking a tranquil and healing modern day

community," said Victor Orth, CEO and General Manager of Al Qudra Real Estate.

Aside from the calmness and relaxation Ain Al Faydah will give to anyone who visits the place, it will also offer

holistic healthcare through its rehabilitation centre, wellness centre, and postgraduate and paramedical education facilities. An oasis park highlighted by a central lake and an Arabian Town Centre will also be developed.

WHAT'S NEW

ADAC takes on steps to be better

ADAC

- Lucky Mae F. Quilao

The Abu Dhabi Airports Company (ADAC) continues to work on its safety management system, security measures and development of its company values as it is setting up for around 20 million passengers it could have in 2010 and the expansion of the Abu Dhabi International Airport (ADIA) is finished.

Conducted by the Singapore Aviation Academy, senior management employees from different departments and subsidiaries of ADAC, including safety managers and ground operators of the ADIA and the Al Ain International Airport (AAIA) were taught of safety awareness in line with the International Civil Aviation Organisation (ICAO) standards and GCAA requirements, October 22-25.

They studied various case studies of aircraft accidents and learned how an integrated safety management system can alleviate accidents and serious incidents in the airport. "Reviewing and updating the airport emergency plan has been

one of the first tasks addressed by ADAC since it took over the operations of Abu Dhabi International Airport in September last year," began His Excellency Khalifa Al Mazrouei, Chairman and Managing Director of ADAC.

"A more streamlined crisis management setup has now been incorporated into the plan to ensure better command and control and effective coordination among agencies in the event of an incident. The roles and responsibilities of responding agencies as well as the procedures are more clearly defined. The plan now covers all scenarios identified by the International Civil Aviation Organisation (ICAO) such as airport and off-airport incidents, and aircraft ground incidents within the airport," he added.

New aviation security measures will also be implemented at the Terminal 1 and 1A starting November. Passengers, including those who are only transiting at these terminals, cannot just check-in liquids, aerosols and gels. If a passenger

needs it during the flight, he or she should pack it accordingly to the new restrictions.

There will be pamphlets and announcements, though, to inform the public of these regulations. Liquors and perfumes can still be purchased but inside Terminals 1 and 1A only.

Onto the World

Last October 23, ADAC participated in the China Aviation Summit held in Beijing together with other senior executives of airlines and airports in Asia Pacific. It also attended the Global World Class Airports Forum on October 30-31 to fill in other senior aviation industry executives of the progress the ADIA is having through its multibillion-redevelopment programme. The ADIA also took part and sponsored the 4th Annual Asia Pacific and Middle East Aviation Outlook Summit in Singapore, October 31 to November 1.

Aside from these, the ADIA will be joining the Dubai Air Show on November 11-15,

the International Air Transport Association (IATA) Airline Schedules Conference in Toronto, Canada on November 11-13, and the World Travel Market on November 12-15.

"It is a good opportunity to show the great advantages available for those who choose to travel through Abu Dhabi International Airport, which has been gaining mounting recognition as one of the fastest and most passenger-friendly hubs in the region following extensive service improvements and the introduction of new direct flights over the last year," Hoslin explained.

New Restrictions in the Abu Dhabi International Airport and Al Ain International Airport

- Liquids, aerosols and gels (LAGs) must be in containers with a capacity no greater than 100ml each. LAGs carried in containers larger than 100ml will not be accepted, even if the container is partially-filled;
- Containers must be placed in a transparent re-sealable plastic bag with a maximum capacity not exceeding 1-litre. These containers must fit comfortably within the transparent re-sealable plastic bag, which must be completely closed;
- Each passenger is allowed to carry only one transparent re-sealable plastic bag, which must be presented separately for screening;
- Exemptions will be made for medications, baby food and special dietary items.
- Exemptions will also be made for retail liquid items bought at the airport or on board the aircraft and packed in sealed transparent security Tamper-Evident Bags (STEBs) by airport/airline staff. The receipt shall be clearly displayed in the STEB and the date of purchase shall coincide with the date of travel.



Reinventing the Zoo - Al Ain Wildlife Park & Resort

Villas, Spas, Restaurant and themed shopping mall

- Ola Salem

During one of Emirates Natural History Group's last meetings, Mark Craig, Director of Al Ain Zoo attended as a guest speaker following the invitation from ENHG to present Al Ain Zoo's past, present and future at the InterContinental Hotel in Al Ain.

Mark Craig has held his position since Jan. 2006 and after taking on the responsibility of the largest zoo in the Middle East, he delayed no time at taking actions to 'reinvent the old Zoo'. Since his arrival the Zoo has witnessed rapid improvement programs and is going through

many ongoing changes which range from new signs and a new grand entrance to summer night zoo and bird shows which are the first the world has seen.

During Craig's presentation, he spoke about his vision to move from 'good to excellent' with his 4 year plan of introducing 'Al Ain Wildlife Park and Resort'. Workshops for this project will start from next month.

'Al Ain Wildlife Park and Resort' will include a new themed shopping environment and multi-level retail area at 50,000

sqm, an outdoor shopping promenades at 5,000 sqm, a shopping mall, cafes, restaurants and special 'dining with a view' opportunities surrounding a grand entrance at the edge of the park as well as a hotel and a 5-star resort.

The family resort will include 250 rooms in the first phase of the development and will be located at the edge of the safari area. It will provide guests with services, private villa and suite accommodations, spa and health club, and fine restaurants. For the more adventurous, a 5-star themed African Thatched

Resort will be available, which is a compound of thatched huts representing a thriving ethnic community located at the heart of the safari area and the jebel. An oasis theme water park will also be introduced as well as themed desert wildlife experiences that will take visitors on day and night safaris making Al Ain Wildlife Park & Resort one of the largest desert safari parks in the Northern Hemisphere.

By 2009 the desert Safari and residence will open and by 2011 the hospitality and shopping mall will open completing the master

plan.

The Zoo hopes to be working with Arabian Leopard, Arabian Sand Cats and many more desert animals in the future as Craig wants to introduce 'desert species rather than tropical

animals from around the world'.

There were talks circulating on possibly having a 'friends of the Zoo' where people would be able to donate money or even their time as volunteers.



WHAT'S NEW

First National Food Safety Awareness Week

- Ekram Youssef

His excellency, Dr. Hadeef Bin Jouan Al Dhahery, Vice Chancellor, UAEU, inaugurated the "First National Food Safety Awareness Week", in presence of His Excellency D. Abdulla Al Khanbashi, Provost, UAEU. The college of Food and Agricultural organize this in collaboration with the catering unit, from October 21-24,2007, at the College of Food and Agricultural Farm, at Al Foah, Al Ain.

The objective is to create awareness about food safety throughout the UAE community and to strengthen the cooperation between UAEU and other governmental agencies, the food establishments and the community at large. The main activities of this First National Food Safety Awareness week include exhibition of booths

dealing with food safety issues such as, food safety communication, protocols for safe food production in the food industry, food services and food products from participating food industries. Information on safe food handling, public lectures on food safety and smart shopping will also be part of the program.

The partners in the this First National Food Safety Awareness week were Abu Dhabi Food Control Authority, Sharjah Municipality food Control Lab, Um Al Qwain Municipality- food Control Lab General Authority for Health Services of Emirates Abu Dhabi Eastern Medical Region (Nutrition Dept)

With the objectives to attract the public, and awareness about food safety throughout the

UAE community, the event will also include a National Food Shopping Festival and Marathon for students at the College Farm. We expect attendees from all over UAE. We no only target adults, but also children and teens. We have already made arrangements for schools and universities attendance to the event. The UAEU Multaqa Social Club will provide bus services for the UAEU communities and the public to attend and to learn more about Food Safety and enjoy the food shopping festival.

The exhibition include also general Food Safety Corner, food safety games, nutrition education corner, food labeling, smart food shopping, fast food, kids food zone and healthy cooking demonstration.

Neima Clinic fights Breast Cancer

- Al Ain times

October has been declared as Breast Cancer Awareness Month. Women all over the world are made aware of this significant awareness program. Neima Clinic – Tawam Hospital in affiliation with Johns Hopkins has been very aggressive in the fight against Breast Cancer since 2006 when they introduced the well woman clinic. This clinic offers a comprehensive Breast Screening Program which includes Health Education, Breast Self Examination and Clinical Breast Examination with referrals and follow-up

mammograms.

"It is our duty as a primary health care provider to be aggressive in our health education and screening programs", said Dr. Sheikha Mayouf Al Ameri, Chief of Neima Clinic. "Early detection of breast cancer improves the chances of treating breast cancer successfully, she added".

As part of their commitment to this significant awareness campaign, all staff of Neima Clinic will spend one week this month focusing on breast health awareness through

Health Education, Cancer Breast Examination and Breast Screening Examination. Every woman entering the clinic will have an opportunity to participate in the campaign. Referrals for mammograms will be made to Tawam Hospital. All the staff in the clinic are wearing a pink ribbon with a simple message "BE BREAST AWARE".

Neima Clinic also offers the following services to all nationals and non-nationals with Daman Insurance Ob/Gyne Clinic, Peds Clinic, Well Woman Clinic, Maternal Child Health and Nurse Clinic.



Health Watch - Swinging to the rhythm

- Lucky Mae F. Quilao

As pieces of equipment for exercise are getting more technological savvy and fitness centres are mushrooming around the corner, dance instructor Tess Divina decided to teach her students the most convenient and effective way to lose weight and boost their self-esteem: dancing.

"I volunteered to teach a dance club here. I want to share with everyone what I have learned when I joined the Philippine Dance Club here in Al Ain and ballroom dance classes in Dubai. My target is also to lose weight and to share to everyone what I have learned," said Divina, who is also working as a Secretary for Quality Management at Tawam Hospital-John Hopkins Medicine. She is currently teaching swing to some 17 ladies also working at the

hospital.

"There are a lot of benefits: You will be moving a lot, you will be doing more than you would when exercising with a machine, and you will be meeting a lot of people. Some of the participants may not really know the steps. But when they hear the music and they see people dancing, they are encouraged to dance," she added.

Researches prove that aside from the social benefits dancing offers, it also has health advantages. One half hour of continuous dancing can burn as many as 400 calories, and it could enhance blood flow to your limbs and organs, lower your heart rate and blood pressure, intensify stamina and flexibility, increase bone mass, maintain proper posture and body alignment, aid in waste removal in the brain,

improves neuro-muscular coordination, and reduce the risk of dementia in the later years of life.

Dancing can also keep kids physically fit, develop their talent, enhance creativity and appreciation of the arts and build self-confidence. Since it requires a lot of movement, children can learn to be graceful and well coordinated with the music helping their minds relax. It can also assist children to understand different histories for every culture has its own dance.

Even cancer patients can gain from dancing. Through the Dance Movement Therapy, the anxiety and stress they feel will be lessened, their moods will be uplifted, and their sense of hope, ease, strength and social support will be strengthened.

EMC raises Dh1.2 million for AD-SCC

- Lucky Mae F. Quilao

Under the presence and patronage of His Excellency Sheikh Nahyan Bin Mubarak Al Nahyan, Minister of Education and Scientific Research, a car company in Abu Dhabi and Al Ain arranged a fund-raising activity to financially assist a school for children with special needs.

The Emirates Motor Company (EMC), the flagship company of Alfahim Group and distributors of Mercedes-Benz in the emirate, held the second annual art auction Art for Charity and earned about Dh1.2 million for the Abu Dhabi Special Care Centre.

"We are exceptionally pleased by the success of this year's art auction event for SCC. As part of the EMC Corporate Responsibility Program and our inherent value

of Humanity, the many raised this evening will endorse SCC with a portion of the funds they require to build their new facility to accommodate their growing number of children," said Monzer Al Rifai, General Manager of EMC.

"Our goal is to represent and support gifted artists, and contribute to the of development and enhancing the artistic culture of UAE. I am looking forward to another exciting event next year," he added.

Among the artists featured are Andrew Field, Azzah Al Qubaisi, Camelia Mohebi, Donna Webber, Haider Al Qassam, Jalal Luqman, Jennifer Simon, Khaled Al Haddadi, Khaled Al Khaddour, Mohamed Kanoo, Nawal Al Azizi, Olesya Sydorenko, Reema Al Abbas, Saleh Al Nuaimi

and Salwa Al Wahshi.

"On behalf of the Special Care Centre, we are grateful for your generous donations tonight. I sincerely express my gratitude to the individuals that supported these efforts to raise funds for the centre; you have made a major difference in the development and progress of our facilities and, consequently, to the lives of the children," said Isabelle Le Bon, Board Member of SCC and Head of the Good Heart Foundation

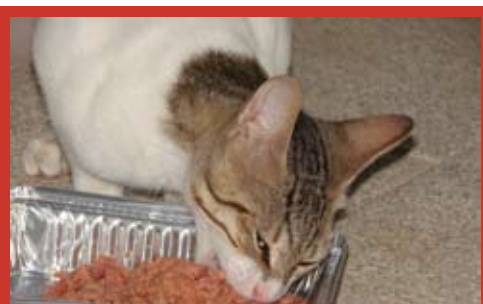
The Safar Travel & Tourism, Ghaf Art Gallery, Emirates Palace, Sorouh, HSBC Private Banking, Style Gallery, EMKE Group, Nooz.com, Swisslinx, Time Machine Group, Mobil and Mepa Group supported the event.

The Al Ain Animal Foundation (AAAF)

The Al Ain Animal Foundation (AAAF) is desperately seeking homes for abandoned and neglected cats and dogs. These are not wild animals, but have been

domesticated and are in need of human love and care. Please open your heart and home!

Contact Roos on 050-833-9711 or Susan on 050-533-8577



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Australia and Canada, Uk, USA, New Zealand, Ireland

In support of the nation wide awareness campaign for Breast Cancer, Twam Hospital in association with Johns Hopkins, organized their first annual run/walk on the 27th of October 2007. The event was held at the Palm Resort at the rugby club in Al Ain and started at 9:00 a.m. Over 800 people joined in, adults and children. 1 km, 5km and 10km races



were held. Winners of the different divisions were rewarded for their effort. A grand prize was given to one lucky winner – a ticket from Etihad Airlines. The event was sponsored by Etihad Airlines, Abdel Samad Al Qurashi, Paris Gallery, Al Ain Mineral Water, Al Ain Dairy amongst others.

Notice

Al Ain Times News apologizes for a typing mistake in the last issue.

The number of visitors to Al Jimi Mall during the four days of Eid Al Fitr was 112,762 not 12,762 as mentioned in the article.

We sincerely apologize for this oversight.

EDUCATION & CULTURE

Sheikh Mohammed launches 25 initiatives

- Lucky Mae F. Quilao

In line with the mission of the Mohammed Bin Rashid Al Maktoum Foundation, His Highness Sheikh Mohammed Bin Rashid Al Maktoum, Vice President and Prime Minister of the UAE, and Ruler of Dubai, announced 25 key proposals to contribute on capacity-building and human development of the Arab World.

He made the pronouncement during the inaugural session of the Knowledge Conference at Mina Salam in Dubai. It brought together His Excellency Amr Moussa, Arab League Secretary-General; His Excellency Prof. Ekmeleddin Ihsanoglu, Secretary General of the Organization of the Islamic Conference; His Excellency Amat Al Aleem Alsoswa, Assistant Secretary-General, Assistant of the United Nations Development Programme (UNDP); Director of its Regional Bureau for Arab States and HE Dr Abdulaziz Othman Altwaijri, Director General of the Islamic Educational, Scientific and Cultural Organization, and other Arab researchers and

academicians.

Aside from the Arab Knowledge Report, which will be issued in cooperation with the United Nations Development Programme (UNDP) and will provide an assessment of the status of knowledge and higher education in the region, the Arab Research Network, School Teachers' Network, Online Programme for Women, Business Sponsorships in Universities, Refugee Loan Programme, and the Arab Database Programme will also be planned.

Illiteracy in the region stands at over 71 million for people ages 15 years and above, or about a quarter of the Arab world's population (2006) due to low budget allocation and poor education programmes. The Arab League Secretary General then called on Arab universities to rectify the situation.

Prof. Ihsanoglu, on the other hand, thinks that it is poverty that is preventing the Arab region to catch up with the rest of the world (UNDP Arab Human Development Report).

About 36 member states of the Organization of the Islamic Conference experience poverty rate ranging from 20% to 60%, while illiteracy ranges from 20% and 81%. Prof. Ihsanoglu advised to move away from ideological influences that only hinder scientific research and the development of academic and vocational technical institutes.

With the world economy becoming more knowledge-based, His Excellency Amat Al Aleem Alsoswa suggested to build knowledge capacity in the region including freedom of opinion, expression and organization; high quality education; research and technical development and the establishment of an Arab knowledge model to facilitate the growth of the region.

The Mohammed Bin Rashid Foundation was established with an endowment of Dhs37bn and was intended to build an intellectual infrastructure for human and knowledge development, and higher education in the Arab world.

"Thank you" program for local engineers at At HCT men

- Al Ain Times

Al Ain Men's College invited engineers from local industry to attend the Engineering "Thank You" Dinner and the Engineering Program Advisory Committee meeting held at Al Ain Men's College campus on Tuesday October 30, 2007 at 7:00 PM.

This was an opportunity to thank engineers and their companies for all the help and co-operation which they extended to the College during the last academic year in organizing a number of graduation projects for students in the Electrical Engineering Higher Diploma Program. While working on real-life projects, Engineering students greatly benefited from the challenge and learned a great deal from working closely with professional engineers. Consequently, students were motivated towards completing their projects which in turn would facilitate their career paths.

Mr. Brent Mills, Al Ain Colleges' Director,

presented certificates of appreciation to engineers who supported students during the last academic year.

The following companies and their engineers were presented with certificates: TRANSCO, Al Ain Distribution Company, Nael General, Contracting EST, Emirates Cement Factory, Maunsell Consultancy Services, and PB Power Consultants.

In addition, the event included a session for the Engineering Program Advisory Committee of the Al Ain Colleges. With the advice and support from local industry, the college can continue to align programs and courses with employers' needs. The experience and expertise of those invited to attend the event will help provide the high quality, up-to-date training that will lead the successful transition from academia to the work place.

The event included a very informative presentation on the

vocational competencies and learning outcomes of the suite of Engineering programs offered at Al Ain Men's College. Along with other key stakeholders from the Al Ain community, Al Ain Men's College Engineering students, faculty members, and members of the management team from the Al Ain Colleges engaged in lively discussion on the skills of current graduates from the Diploma, Higher Diploma, and Bachelor of Engineering programs at the Al Ain Colleges and Current industry trends and future needs of our graduates (types of jobs, number of jobs, skill sets etc.)

Engineers from local industry provided invaluable feedback on the curriculum content, current vacancies, women in engineering, renewable energy sources, and SCADA systems, to mention a few. The event concluded with a banquet-style dinner for the attendees.



International Youth Award Fete a great success!

- Monique Holtzhausen

Eight International Youth Award students from Al Ain English Speaking School (AAESS) planned and hosted a highly successful fete that took place on the school grounds last week.

The community of Al Ain showed up in full force to support this student initiative and enjoy the fun and games organized by Patrick Hoey, Freya Spencer, Ameen Hachemi, Natasha Colville, Anne Cunniffe, Yishel Rubab, Holly Duggan and Petra Ucenic. More than AED6500,00 was raised to fund their "Adventurous Journey" which will take place in New Zealand in February 2008. Activities ranged from a jumping castle to face painting, "throw the

sponge at the teacher" and penalty shoot-out.

"The aim of the International Youth Award is to encourage young adults to become more responsible and active within their local community. It broadens their outlook on a huge range of social and environmental issues and helps them to become a person who seeks to actively solve

problems, rather than simply accepting the status quo," explained says Oliver Miller, the Coordinator of the International Youth Award at the school, who also thanked the community, parents and sponsors (Rotana Hotel, Etihad Airways and Abella Supermarket) who helped make the day a success.



UAU GEOLOGY DEPARTMENT TO HOST EAGE STUDENT LECTURE

- Al Ain Times

Under the patronage H. E. Dr. Hadeef Bin Joun Al-Dhairhi, Vice Chancellor of UAE University, the Geology Department will, for the first time in the Middle East, play host to the European Association of Geoscientists & Engineers (EAGE) Student Lecture Tour on Wednesday, 14th of November 2007.

Entitled "The Geological History of CO2: Atmospheric Change and Natural Sequestration",

the lecture will be delivered by Dr. Alain-Yves Huc from the Institute of Petroleum in France and sponsored by ZADCO and Student Fund of EAGE. "We have invited all the universities in the UAE as well as other interested parties to attend the lecture on a very important topic", says Dr. Ahmed Murad, Head of Geology Department and Head of Local Organization Committee of the event.

The organizers are expecting more than 100 students and specialists to attend this event which will start at 9:00 through to 1:30 pm. "This is a very relevant and important lecture that will reflect the important aspects of science in our modern world," Ahmed adds.

The registration will be open until the beginning of the lecture. For further information call (050) 649-6162.

AWARENESS

Page Design by: Reem Mohammed.



raising an emotionally intelligent child

How do you as parent develop your child's emotional skills?
How do you teach him about handling conflict, sadness and stress?

What can you do to prepare him to cope with life itself?

In the first of a two part series, Educational Consultant *Elmarie Westerink* explains the importance of emotional intelligence and gives practical advice on how to raise kids who know how to cope with their feelings, relate to others and control their thinking patterns.

Modern day parents feel increasingly frustrated and helpless when faced with issues surrounding their children's emotional well-being. They think nothing of spending a small fortune on education and extracurricular activities in order to develop their children's intellectual and physical abilities, but are left having to deal with children who lack the capacity to handle their upsets, are unable to listen, focus or to resist their impulses, and fail to feel responsible for their world or care about learning... In short, children are emotionally unintelligent.

What is emotional intelligence?

Emotional intelligence (EI) is described as the ability to identify, understand and control your own thoughts and feelings, communicate them appropriately to others and have empathy with the emotions of others which enables you to interact with them on an emotional level. Today much more emphasis is being placed on a person's EI or Emotional Quotient (EQ) rather than the IQ (Intelligence Quotient). Unlike the IQ, however, EI can be learnt and developed. Parents and teachers can teach their children many of these skills with deliberate effort and purposeful activities.

Benefits of emotional intelligence:

- Children with high emotional intelligence enjoy better physical health since intense emotions like stress can lower their immunity levels;
- They score higher academically (especially if the father is involved) because they use their brain more efficiently;
- Have fewer behavioural problems and are less prone to acts of violence;
- Become more resilient;
- Are more responsive towards parents' requests – fewer points of conflict exist between children and parents;
- Show increased respect for emotions, values and perceptions of others;
- Have improved self-worth and acceptance, can establish relationships, make better decisions, have better survival and coping skills;
- Show better resistance to violence, sexual events, alcohol, drugs, suicide and other negative experiences and temptations.

AWARENESS

What are some of the skills needed to be emotionally intelligent?

- Awareness of own feelings
- An ability to recognise the feelings of others and read social signals correctly;
- Achieving a balance between thoughts and feelings and recognising how they influence each other;
- Sensitivity towards the thoughts and feelings of others (empathy)
- Insight into the perspectives of others (“Why did he do that?”)
- Flexibility and the ability to generate alternatives for problem-solving;
- Self-knowledge and non-aggressive self-assertiveness;
- An ability to cope with most difficult emotional situations in an appropriate way;
- Positive and constructive self-talk
- An ability to see the consequences of their behaviour and to evaluate them;
- A choice to be happy and enjoy life

Emotional intelligence and parents

The first place where children learn about themselves and their world is in their family. It is here that they are reacted to and get to feel accepted or not. They learn about expressing or suppressing feelings. The way parents react to them when they experience intense emotions will determine whether or not they are comfortable with feelings in general.

It is not only what parents do or say directly to their children that is important, but also what they say or do to other people and what happens between the father and the mother. This is why it is important that parents try to enhance their own emotional intelligence at the same time. Living according to the “guidelines” of emotional intelligence implies a new lifestyle for yourself, your spouse and your children. These “rules” are:

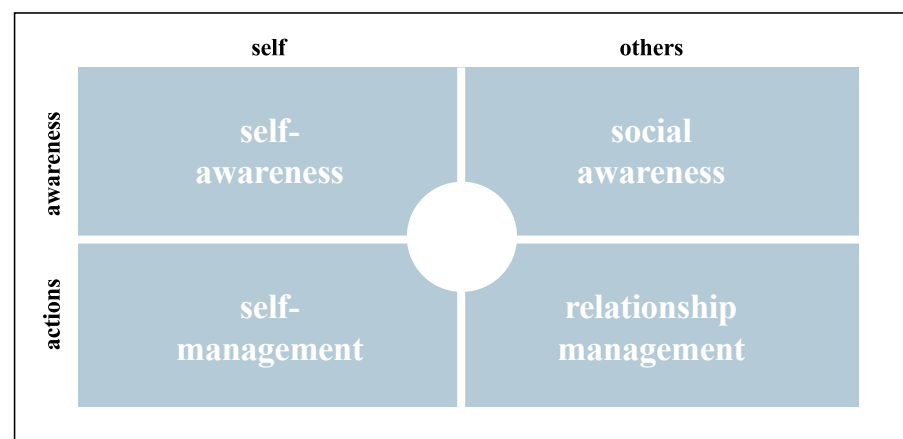
1. Know yourself. Help others in the household to really know themselves.
2. Start talking about feelings. Teach your child feeling words and look for situations that elicit feelings. Empathise with your child. Make him aware of the possible feelings of other people. Never ignore intense feelings.
3. Accept and acknowledge feelings and teach children that all feelings are acceptable but not all behaviour.
4. Be a good example of emotional control and explain why you, too, lose it sometimes.
5. Show your child how to look at a certain situation from different points of view, how to consider various possibilities and how to do things differently.
6. Be on the lookout for humour in situations and teach your children to find joy in the little things.
7. Encourage everyone to have an attitude of caring about other people: that have empathy, respect and good people skills.

For parents, being emotionally intelligent means being aware of the child’s feelings, having empathy and providing comfort and guidance. For children, being emotionally intelligent means the ability to control of impulses, delay gratifications, self-motivation, reading social cues correctly and coping with the ups and downs of life.

Becoming an “Emotional Coach” to your children

Parents are frequently warm and positive towards their children, but find themselves being unable to cope with the intense negative feelings of their children. Here are some tips on becoming an “emotional coach” to your children in helping them become emotionally intelligent:

- Validate your child’s feelings, e.g. “You feel sad. Do you want to talk about it?”
- Value your child’s negative feelings as an opportunity for intimacy, e.g. “Come sit next to me, so that I can give you a hug and we can talk about this.”
- Tolerate spending time with a sad, angry or fearful child. Don’t become impatient with the child’s emotion.
- Be aware of (and value) your own emotions.
- Avoid uncontrolled temper outbursts in front of your children.
- Do not dictate to your children how they should feel.
- Do not feel that you have to fix every problem for your child.
- See the world of negative emotions as an important arena for parenting.



Strategies for raising an emotionally intelligent child:

- Use praise
- Ignore your parental agenda (what you want in a certain situation)
- Make a mental map of your child’s day. Make sure that you know what your child did, where he was, what he had experienced and what his feelings about it had been;
- All feelings are permissible, but not all behaviour;
- Don’t try to impose your solutions on your child’s problems;
- Be honest with your child
- Be patient with the process’
- Use the word “feel” more and more’
- Invite your child to talk about his day and his feelings about it;
- Identify the feeling on a feelings poster or chart.

Six steps in emotional coaching during emotional moments:

- Step 1: Be aware of the child’s emotion. Listen empathetically, validating the child’s feelings. (“Want to tell me about it?”)
- Step 2: Recognise the emotion as an opportunity for intimacy and teaching new skills. Accept their feelings as feelings. (Don’t say, “Of course you don’t hate your teacher! What a terrible thing to say.”)
- Step 3: Help the child find words to label the emotion she is experiencing. (“Tell me the name of the feeling.”)
- Step 4: Help him to talk about and test his perceptions. (“Why do you think she doesn’t like you?”)
- Step 5: Encourage him not to act on the initial feelings, but to allow time to think through the larger picture. (“Write down what you want to say, but hang onto it and see how you feel about it after the weekend.”)
- Step 6: Set limits to solve the problem at hand, remembering that not all behaviour is acceptable. Proposed solutions are based on family values. Brainstorm possible solutions with your child. First ask your child, “What will make you feel better when you feel sad/ angry/ frustrated, etc.?” Following this, give him appropriate outlets for his feelings. (“Why don’t you write down what you’re feeling in your journal?” or “Let’s go for a bike ride and let off some of that steam.”)

In the next issue:

How Emotionally Intelligent are you? Complete a questionnaire.
How to deal with family conflict in an emotionally intelligent way.
The important role of the father in the life of his child.

As well as activities for children to do to develop their emotional intelligence.

Need some answers? Send your questions to Elmarie at:
alaintimes.english@gmail.com

LIFESTYLE

Aladdin's Kitchen

- By Sudarshan Gaikwad , Continental Chef, Aladdin Restaurant. Tel.: 03 7667060

CHARGRILL HAMOUR



Ingredients:

180 gm Fish Hamour
 ½ Teaspoon Mustard Paste
 ½ Teaspoon Chopped Garlic
 1 Teaspoon Chopped Fresh Coriander
 1 Teaspoon Olive Oil
 ½ Teaspoon Lemon Juice
 Salt & Pepper to Taste

Method:

Cut the fish in four equal pieces. Marinate the fish with mustard paste and add the chopped Garlic, Lemon Juice, Olive Oil and Chili Flakes and leave it for 15 to 20. After specified time grill it for 7 to 8 minutes and present it in the pop pastry with butter and vegetable

For garnishing we can also use lemon and coriander sauce.

Enjoy beautiful skin all year round

Creme 21 revamps its existing line of products to suit the trends of the expanding cosmetic market

Creme 21, a well-known name in the field of skin care solutions, has re-launched of their skin care products in a totally new look. Innovative and stylish Creme 21's trademark tube in orange color has undergone a cosmetic makeover to suit the needs of all its consumers.

"The new look is a small token of our appreciation to our loyal customers for their undying support," said Antoine Rached, General Manager, The Creme 21 Company L.L.C., Dubai. "We believe our customers should have products that they could easily adapt into their hectic lifestyle. The redesigned Creme 21 range is for all those who prefer to maintain their looks without undue fuss."

Creme 21's refreshing new range consists of All Day Cream with Pro-Vitamin B5, Moisturizing Cream with Vitamin E and Body Lotions to suit the various skin types.

All Day Cream with Pro-Vitamin B5

Creme 21's All Day Cream with Pro-Vitamin B5 is very effective to restore the skin's natural moisture and protect it

from dehydration. Pro-Vitamin B5 with its mix of water in oil offers ideal care and protection for the deficient skin, allowing the skin to have complete nourishment all day long. The ultra-light cream doesn't leave an oily finish and gives the skin a fresh feeling. Creme 21's All Day Cream with Pro-Vitamin B5 is available in the market in 50, 150 and 250 ml.

Moisturizing Cream with Vitamin E

Creme 21 Moisturizing Cream with Vitamin E is made from a special formula with high quality ingredients to offer extra care, protection and moisture to the skin. It protects the skin's natural structure and gives it a silky-smooth texture.

Creme 21 Moisturizing Cream with Vitamin E and B5 is available in the market in 50, 150 and 250 ml.

Body Lotions

Creme 21 Body Lotions is specifically made to suit the varying skin types of the consumers. Enriched with high-quality active substances, Creme 21 Body Lotion protects, maintains and retains the natural equilibrium of the skin. At present, Body

Lotions are available for those with normal, dry and ultra dry skin types.

Body Lotion For Normal Skin

Enhanced with Pro-Vitamin B5 and nourishing essential oils, Creme 21 Body Lotion For Normal Skin prevents the skin from losing extra moisture, giving it the satin-feel all day long.

Creme 21 Body Lotion For Normal Skin is available in the market in 250 and 400 ml.

Body Lotion For Dry Skin

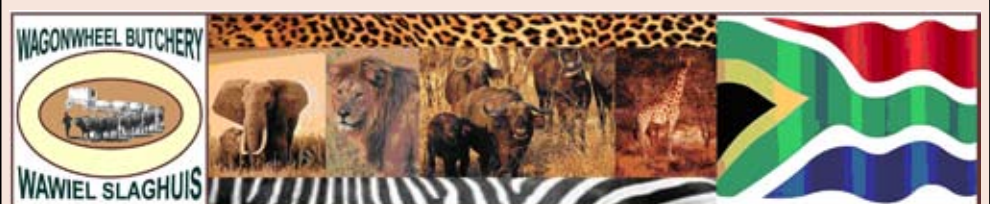
Creme 21 Body Lotion For Dry Skin with its added supplements like aloe vera and Vitamin E, ensures complete protection from dryness. The lotion is available in 250 and 400 ml.

Body Lotion for Ultra Dry Skin

The special combination of almond oil and ultra-rich emollients in Creme 21 Body Lotion for Ultra Dry Skin gives the skin all the pampering it requires, making dry skin a thing of the past. Creme 21 Body Lotion For Ultra Dry Skin is available in the market in 250 and 400 ml.



FIRST WESTERN STYLE BUTCHERY OPENS IN AL AIN



Now Open!

Sundays - Thursdays: 10:00 - 13:00 and 15:00 - 20:00
 Saturdays: 10:00 - 14:00, Fridays closed

Opening Specials

| | |
|----------------------|--------------|
| Biltong and Droewors | Dhs 69.50/Kg |
| Russian Sausages | Dhs 35.00/Kg |
| Sosaties | Dhs 33.00/Kg |
| Boerewors | Dhs 31.50/Kg |
| Sirloin Steak | Dhs 29.50/Kg |
| Rump Steak | Dhs 29.50/Kg |
| Rib Eye | Dhs 29.50/Kg |
| Topside Mince | Dhs 24.50/Kg |
| Lamb chops | Dhs 29.50/Kg |

Wagon Wheel Butchery is located in the Zafarana Market, just behind First Safer Centre, Shop M13.
 For more information contact Jan, 050-1380451, www.sabutcery.com

SPORTS

CHILDREN'S ICE HOCKEY GROWS IN POPULARITY IN AL AIN

When you live in the desert and spend your days looking out at rolling sand dunes and blue skies, it is hard to imagine snowy white landscapes, frozen ponds and freezing temperatures. If you live in Al Ain, however, you can enjoy the best of both worlds: the year long summer temperatures with the fun and exhilaration of skiing and playing on the ice...

The Al Ain Vipers Youth Ice Hockey Club is a non-profit organization dedicated to teaching the sport of ice hockey to children through skill development and competition. Meeting every week at the Hili Ice Rink, boys and girls from as young as 4 years old are taught the principles of ice hockey and develop physical well-being, self confidence, teamwork and sportsmanship. "We welcome children of all nationalities and ability levels to come and join in the fun," says Timothy Klassen, one of the coaches. "Even if you have never set foot on the ice before, you are welcome to try it out. The first session is free so that children can see whether or not they like Ice Hockey."

WHAT THE PARENTS SAY:

"Never in my wildest dreams would I have thought I would see my 5 year old daughter play Ice Hockey in the desert", said a Father after his daughter played in her first tournament. "I got tears in my eyes when I watched her improve every 3 minutes she was on the ice. She only started playing 2 weeks before, and still had to be shown where the goals were each time! She was so pleased to receive a medal after the Vipers won there their first tournament last year."

WHAT THE KIDS SAY"

"It's so nice and cold in there"

"I love the tournaments, its fun to get a medal too"

"I got the most wholehearted player award, because I played with my whole heart"

"I cannot believe how much better I am getting. One day I will be a famous hockey player."

"I like scoring goals and winning"

Most frequently asked questions that new parents and kids wonder about:

Q: How safe is Ice hockey?

A: The kids all wear protective gear, and are not allowed on the ice without it. To date we are thankful that we have never had a serious injury during practice or games.

Q: When do you practice?

A: Saturday mornings early for 2 hours. (Please confirm the times before you come as the shift depends on the age level.)

The Sunday Viper League practices from 5pm - 7pm. Kids play mini games for one hour. (Please confirm the right

time for you child.)

Q: Who are the coaches?

A: They are volunteer Dads who love the game of Ice hockey and love kids:

Tim Klassen - under 8 and Under 11

Dave Hooper - Under 8 and under 11

Alex Hennawi - under 14

Michael Jabri Pickett - under 14 and Senior

Q: Do all kids get to play in the tournament and how often do you have games?

A: Yes, regardless of skills. Each city (Dubai, Abu Dhabi and Al Ain) plays to host one tournament for the U8, U11, U14 age divisions over Thursday evening through Saturday. The senior league plays

approximately 2 games each month.

If you have counted the cost and your children are interested in trying out on the ice, give Jon Orthmann, President of the Al Ain Vipers, a call on (050) 7937212.

Alternatively, feel free to show up on a Saturday morning at Hili ice rink. See you on the ice!

NEWS FLASH!

We are pleased to be able to offer a "Learn to Skate" program for new players who want to gain confidence skating before playing hockey. Mike Merriman, an experienced player and coach, will run this program during Saturday practice from 8.30 - 9.00. This program is

aimed at kids 4 - 8 who are not current Viper players.

Enrollment is open to all, but space is limited. The first session will take place on Saturday, 3 November 2007 at a cost of Dh 10 per session.

Skaters must have a minimum of helmet (bike is okay) and gloves (any kind) - other protective gear such as elbow/knee pads is recommended. Some gear (including skates) will be available at the rink.

Practice Times

7.30 - 9.15

U8 & U11 (first 15 minutes will be a chance for kids to warm up and work on their own)

9.15 - 10.50

U14 & U18

10.50 - 11.50

U18 & men's scrimmage (we must be off the ice at 11.50 so they can clean before the 12.00 session)

**FIRST ROUND MATCHES REPORT**

School boy Jaish Badlani claimed a career-best 6/13 to demolish Mughal CC, one of the top Al Ain teams, to achieve an unforgettable victory for Al Ain Sportsplex as they won by 84 runs in the opening round of 'A' division ACA Invitation League 2007 played over the week-end in Al Ain. Opting to bat first, Al Ain Sportsplex piled up 153 in 22 overs, an unchallenging target that could have been achieved by their strong opponents Mughal CC with ease on any day. Determined to win, Al Ain Sportsplex's young Mehdi initially got rid of opener Tariq

on the first ball and then quickly removed hard hitting Kanwal. From the other end, young Jaish Badlani completely mesmerized experienced Mughal CC batsmen with his left arm leg-spin as wickets tumbled like nine pins. Jaish gave away just 13 runs for his magical haul of six wickets in a memorable spell that caused one of the biggest upsets in an 'A' division tournament. Mughal CC were knocked out for a paltry 69 runs with four batsmen getting out for a duck, suffering a demoralizing defeat by a rejuvenated team of school boys that will

haunt Mughal CC for years. In the two 'B' division matches, Al Jabri CC did not find it hard to overcome Friends CC winning by 36 runs. For Al Jabri CC, Imran scored an impressive 55 with contributions from Khalid, Omer, Saud and Abid as Al Jabri CC set a 229 run target in 23 overs. Friends CC started the chase well with an opening stand of 42 but except for Munaf with a spirited 53, the later batsmen succumbed to pressure being all out for 193. In the other match, Bin Saqr CC proved too good

for Baloch CC beating the later by 58 runs. Bin Saqr CC's opener Ghalib hit a stylish 51 as they piled up 221. But it was Ahmed Aftab's fine spell that restricted Baloch CC's onslaught as he ripped through Baloch CC's middle-order batting claiming four wickets and rightly man of the match.

Summarized Scores:**'A' Division:**

Al Ain Sportsplex beat Mughal CC by 84 runs. Al Ain Sportsplex 153 in 22 overs (Ravi 21, Ibrahim 23, Shah Hussain 20, Ali 29, Tariq 3/42, Kanwal 2/24) Mughal CC 69 in 13.3 overs (Amanat

35, Jaish 6/13, Ali 2/10, Mehdi 2/31) Man of the match: Jaish Badlani of Al Ain Sportsplex

'B' Division:

Bin Saqr CC beat Baloch CC by 58 runs. Bin Saqr 175 in 22 overs (Ghalib 51, Sameer 39, Shbaz 3/31) Baloch CC 163 in 19.5 overs (Tanveer 25, Waseem 37, Shbaz 32, Ahmed Aftab 4/28) Man of the match: Ahmed Aftab of Bin Saqr CC. Al Jabri CC beat Friends CC by 36 runs. Al Jabri CC 229/8 in 23 overs (Khalid 35, Saud 30, Imran 55, Omar 32, Abid 34, Tabrez 2/40,



Jaish Badlani - match-winning spell of 6/13 against Mughal CC

Manoj 2/47) Friends CC 193 in 23 overs (Abu Tahir 39, Azhar 24, Munaf 53, Thakur 2/32, Omar 2/33, Abid 2/57) Man of the match: Omar of Al Jabri CC. Match report compiled by Dr. Ahmad Tariq Ansari for ACA

ENTERTAINMENT

SUDOKU!

A Sudoku puzzle consists of a 9x9 grid which has been subdivided into 9 smaller grids. The aim of the game is that each column, row and box must contain each of the numbers; one to nine. Meaning you cannot use the same number twice in any column, row or box!

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

Photo of the week



Hatta in Al Ain by Iman K. Al-Sallal

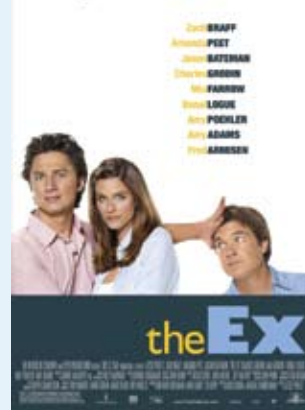
Upcoming Films

- Reviewed by Ola Salem

The Ex



Nothing burns like an old flame.



A successful lawyer's husband has to be the head-of-the-house after his wife just had their first child. Unfortunately, as an underachiever, he has no luck and is left with no other choice but to work with his father-in-law. He soon finds himself dealing with his wife's ex at work. Their new life begins to be difficult and it's not much later before they realize that the best way to make their marriage work is to go back to how they were before. All in all, good writing, good acting and great laughs.

Contains sexual content, brief language and drug reference.

A Mighty Heart



'A Mighty Heart' is based on Mariane Pearl's account of the terrifying and unforgettable story of her husband, Wall Street Journal reporter Danny Pearl's life and death leaving behind his wife and unborn child. A very strong, almost frightening, moving story that will put you in the middle of things until the very end.

Contains strong language.

The Brave One



Radio host Erica Bain has perfect life and a perfect fiancé. All that soon disappears after a brutal attack leaving her heavily wounded, her fiancé dead and her happily-ever-after ruined. At a desperate attempt at trying to recover, she decides to go after the culprits to get her revenge hoping that two wrongs will make a right. Not an instant classic, but definitely thought-provoking and an engaging thriller.

Contains strong violence, language and sexual references.

Balls of Fury



Former professional Ping-Pong phenomena Randy Daytona is sucked into a whirlpool when FBI Agent Rodriguez recruits him for a secret mission. Randy is determined to recapture his former glory, and to smoke out his father's killer - one of the FBI's Most Wanted. Contains some gags, but that is all that is in this movie, and to be perfectly honest, you may be laughing at how pathetic it really is.

Contains sexual references and strong language.

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SOLUTION:

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 4 | 9 | 1 | 5 | 6 | 8 | 7 | 1 | 3 |
| 5 | 1 | 7 | 3 | 1 | 7 | 8 | 9 | 6 |
| 6 | 8 | 3 | 7 | 1 | 9 | 1 | 5 | 7 |
| 8 | 7 | 1 | 7 | 5 | 1 | 6 | 3 | 9 |
| 9 | 3 | 7 | 6 | 8 | 7 | 5 | 1 | 1 |
| 1 | 5 | 6 | 1 | 9 | 3 | 7 | 7 | 8 |
| 7 | 1 | 9 | 8 | 7 | 1 | 3 | 6 | 5 |
| 1 | 6 | 8 | 1 | 3 | 5 | 9 | 7 | 7 |
| 3 | 7 | 5 | 9 | 7 | 6 | 1 | 8 | 1 |