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Biggest-Ever Al Ain International Aerobatics Championship Takes Off In January

- Al Ain Times



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What's New Run for Autism



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Awareness High Blood Pressure



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Sport 2nd International Wheelchair And Handbike Meeting

Set against the backdrop of one of the world's oldest desert oasis settlements, the largest-ever Al Ain International Aerobatics Championship a permanent fixture in the global air sports calendar will take place in the 'Garden City' of Al Ain from 24-27 January.

The organisers of the Al Ain International Aerobatics Championship announced that the show will see over 110 aircraft from (number) countries compete in the four-day family extravaganza.

"There will be a spectacular contingent of both civilian and military aerobatic aircraft. It

host of countries, including, Sweden, the USA, Italy, the UK, Turkey, Hungary and Austria, the stage is set for a gripping extended weekend of thrills and excitement.

A panel of three qualified scorers will judge the solo and formation displays on innovation and entertainment criteria as the pilots fly a combination of classic aerobatics – a series of unlimited classic manoeuvres performed against the clock, known as 'AR,' or Aerobatics Race – and a three-minute freestyle section referred to as 'AF', or Aerobatics Freestyle.

The scores received for the 'AF'



is a unique combination of jet and propeller aircraft, as well as helicopters," said Mohammad Abdullah Bin Barrak Al Dhaheri, General Co-Ordinator, Al Ain International Aerobatics Championship 2008.

"With daily solo and formation flying displays in the aerobatic programme, we are confident crowds will flock to Al Ain in what is traditionally an amazing spectacle for the entire family."

A veritable chronology of aerobatic aviation will take to Al Ain's skies during the event, with everything from antique aircraft dating back nearly a century, to the very-latest models of remote controlled flying machines set to the woo spectators.

With pilots and teams from a

are converted direct to seconds and subtracted from the pilots' 'AR' programme times. The pilot/s with the lowest aggregate time wins the day's flight, and the pilot/s with the lowest time from the two days of competition flights wins the overall championship.

This year's event attracted over a 100,000 spectators, including



visitors from the GCC countries, the wider Middle East, and as far a field as Europe and the USA, and organisers are promising an even bigger turn-out in January.

"It has been an eventful year for Abu Dhabi's sports and events portfolio, one in which the name of the UAE capital has been exported globally through various high-visibility, world-renowned events and marquee partnerships," said HE Mubarak Al Muhairi, Director General, Abu Dhabi Tourism Authority.

"The coming 12 months promise to be another monumental year. The extended Al Ain International Aerobatics Championships will play a fundamental role as we strive forward with our objective of

positioning Abu Dhabi as a world-class leisure, business and tourism destination."

The Al Ain International Aerobatics Championship 2008 has attracted a high-profile sponsorship line-up including Etihad Airways and ADNOC as Platinum sponsors: Pilatus, Etisalat and Abu Dhabi National Hotels as Gold sponsors, and Al Ain Mall as Silver sponsor.

In addition to the ADTA and UAE Air Force and Air Defence, the Championship will also be organised in co-operation with the Department of Municipalities and Agriculture – Al Ain Municipality, Al Ain Police Directorate, Al Ain International Airport, and Abu Dhabi National Exhibitions Company.

- more details on page 4

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WHAT'S NEW

SOCIAL WORK STUDENTS VISIT OASIS HOSPITAL

- Monique Holtzhausen

"Oasis Hospital, Al Ain, strives to provide quality health care services of an international standard to the community of Al Ain..."

With these words, David Printy (CEO and President of Oasis Hospital) welcomed a team of social work students from the United Arab Emirates University who visited the hospital recently to gain first hand experience about the career possibilities and professional needs that exist for social workers in a hospital environment.

The student visit formed part of a joint venture between the Social Work Department, UAEU and the newly created Family Development Centre at Oasis Hospital that will allow senior social work students to gain practical experience of working in a primary health care

setting as part of their ongoing training and development as future social workers.

During their visit, students were told about the history of Oasis Hospital and introduced to the specialized staff and team members with whom they would be working, including Dr. Mary Hower a clinical psychologist, Mrs. Maria Du Plessis the occupational therapist, Mr Tim Hutch the patient relationships manager and others.

"One of the goals of the Family Development Centre is to provide new parents with the necessary skills to deal more effectively with the new baby and dealing with the demands and stress of family life," Printy explained to the students, before giving them a guided tour

through the hospital wards and facilities.

"Hopefully your experience at Oasis Hospital will make you aware of the importance of mental health practitioners and social workers in a health care setting."



David Printy, President and CEO of Oasis Hospital



Social Work students are introduced to the background and history of Oasis Hospital

Irrigation Master Plan for Al Ain

- Ola Salem

Hill international, the worldwide construction consulting firm, announced that it has been awarded a new contract by the Al Ain Municipality to provide project management services on the AED 600 million implementation of an Irrigation Master Plan for Al Ain.

The new irrigation networks will serve the municipality and the surrounding region's

proposed reservoirs until the year 2020.

The current pumping and irrigation zones are to be re-grouped in a way that Al Ain will be divided into eighteen zones, and the region outside the city will have eleven zones. Each of these zones will be equipped with a reservoir which can store at least a day's supply of water, a pumping station and a central irrigation control system.

The company expects the construction to begin in January 2009 and conclude by January 2013.

"This irrigation program is a critical improvement to Al Ain's water infrastructure," said Raouf S. Ghali, President of Hill's Project Management Group. "We look forward to helping our client complete this important program," he added.

Baby Giraffe born on New Year's Day

- Al Ain Times

Al Ain Zoo proudly announced the birth of a baby giraffe on New Year's Day. Both mother and baby are doing well and have been separated from the main group.

Staff were pleasantly surprised to see the mother giving birth on the morning of 1st January 2008 as she was expected to give birth in a weeks time.

The female baby was born at 9.30am and immediately got to her feet and started suckling.

Al Ain Zoo Director, Mark Craig said: "This was a wonderful New years Day present to all visitors and staff and demonstrates our high standards of animal husbandry and management. We now have an extended family group of giraffe numbering 10 in our mixed African exhibit".

The Al Ain Zoo recorded record crowds throughout 2007 with a total number of 614,000 visitors

throughout the Year. New additions to the zoo and a continued program of rapid improvements has contributed to the success in 2007.

Mr. Majid Al Mansouri, Managing Director said: "The Al Ain Zoo is now a major wildlife tourist attraction in Abu Dhabi with priorities of recreation, education and conservation as corner stones of our success.

We have further plans in 2008 to improve the zoo and extend our wildlife experiences for families to include a wildlife safari".

New projects planned for 2008 include the addition of 5 white rhinos to the mixed African exhibit, a new African wild dog exhibit and an Australian exhibits featuring kangaroos and Emus.



SOUTH AFRICA'S VERY OWN BOK VAN BLERK TO VISIT AL AIN

- Monique Holtzhausen

South Africa's musical sensation "Bok van Blerk" will be visiting Al Ain for a once off performance at the Al Ain Amblers Rugby Club, Palm Oasis, on Friday, 1 February 2008. Thanks to the tenacious efforts of Esli Boshoff, teacher at one of the local nursery schools and self-confessed Bok van Blerk fan, this truly South African artist has been convinced to pay the Garden City of the Gulf a visit and perform to an endearing crowd.

Bok van Blerk's debut album, "De La Rey" has recently gone five times gold. He is a remarkable and exciting singer who has changed the South African music industry with his original music and culturally honest lyrics. His hits range from the toe-tapping '68 Cevy (Minki), Habana! and Hatfield

Jol through to the more touching songs of "So waai die wind", "Jy praat nogsteeds my taal" and South Africa's very own "De La Rey".

Warm South African sounds will be filling the desert night sky, as well as the aroma of traditional favorites such as boerewors rolls, curry and rice, pancakes and even South Africa's very own Castles to quench the thirst...

"We are expecting close to 2 000 South Africans from all over the Gulf to attend this concert," Esli says. "It will be an evening where the cultural ties can be strengthened, new friendships formed and we can all just feel a little closer to home." According to Esli, arrangements have also been made for camping facilities for visitors who have

traveled far to attend the concert. "Campers need to bring their own tents and camping equipment," Esli adds.

Tickets cost AED100.00 per adult. Children under 6 free.

Gates open at 16:00 (the show starts at 21:00)

For more information or ticket sales visit Wagonwheel Butchery at the Shop 13, Za'afarana Market

(03) 762-9927, the Al Ain Amblers rugby club on (03) 768-4888 or contact Esli on (050) 760 1869 or via email on essie11@yahoo.com. For ticket sales in Dubai contact Zelda on (050) 382-3350.



WHAT'S NEW

Al Ain Runners To Raise Funds For Autistic Boy

- Monique Holtzhausen

Marcela Labanova and Mhairi Furness, two of the Al Ain residents who successfully completed the grueling Marathon des Sables in March last year, will be running the Standard Chartered Dubai Marathon on the 18th of

with that of a very precious 5 year old boy who has regressive autism," Marcela explains. "For him and his family, dealing with this life sentence is like running a marathon every day."

Sebastian (or Sebi as his is affectionately known), needs a very special bike that will help him overcome some of his obstacles and make life easier for him and his family. "However, the cost of all Sebi's medication and trainers has made it impossible for his parents to afford it --which is why we want to run this marathon for Sebi," she explains.

Here is his story...

My BIG dream is to ride a real bicycle

I am handicapped and affected by autism.

If I could speak I would like to tell you this.

I would really like to ride a real big bicycle, to look around at the cars, at the

other people on the bikes.

I always get so excited; you know what I mean...

I am too big for my own little tricycle.

My parents tried to teach me to ride a small bicycle, but it is too difficult for me.

I have problems with concentration, coordination, balance, and learning of anything. I need a lot help in learning, but I want to learn, really. It is just difficult.

I grew up, which is a good thing actually, and I am too big to ride with mama on her bicycle, which is not so good.

My parents discovered that special "tandem-bikes" exist where the boys, like me, ride in front and their big buddy

rides behind and does all the driving.

Yes, I think I could learn to ride a bike this way!

The only bad thing is that my parents cannot buy me such a bike, because it is very expensive.

They put all their resources to get me better. My daddy says that with all the safety things that I need the bike would cost at least AED27,000(5 thousand euros). I don't know anybody who has that much money to spend on a special bike for me. But look on the

pictures, it must be really cool!

Sebi, 5 years old.

If you wish to sponsor Marcela and Mhairi's race and contribute to this worthy cause, please make cheques payable to Marcela Labanova, Tawam Hospital, Department of Radiation Therapy, P.O.Box: 15258, Al Ain. She will collect, convert and send all proceeds to the family or call her on (050) 816-3141.



January to raise funds and public awareness of treatments for autism.

Held under the patronage of HH Sheikh Mohammed bin Rashid Al Maktoum, Vice President and Prime Minister of the UAE, Ruler of Dubai, and staged under the aegis of the Dubai Sports Council, the event has been branded as the richest long distance running event in history, this year's race will boast prize money of US\$1 million, including a winner's cheque of US\$ 250,000 for both men and women, and will have the added bonus of another US\$ 1 million cheque on offer, courtesy of Dubai Holding, for a new marathon world record.

"My path has crossed

Apart from the physical and emotional demands placed on the family, trying to meet his special needs and paying for treatments and therapists, has placed a huge financial burden on their resources.

"Realistically speaking, I don't think we will win one of the cheques, but we are hoping to use the Dubai Marathon to raise the public's awareness about the unique challenges and needs of children with autism, and to tell them that there is hope and that it is treatable," Mhairi says.

"If we can change the life of one autistic child and his family, we would have accomplished our goal."

According to Marcela, her 5-year old friend



What is Autism?

Autism is a severe developmental disorder. In the first few years of life, some autistic toddlers reach developmental milestones, such as talking, crawling, and walking, much earlier than the average child; whereas others are considerably delayed. Approximately one-half of autistic children develop normally until somewhere between 1 1/2 to 3 years of age when autistic symptoms begin to emerge ("regressive autism").

During childhood, autistic children fall behind their same-aged peers in the areas of communication, social skills. Serious cognitive and language impairment is common. In addition, dysfunctional behaviors start to appear, such as self-stimulatory behaviors (i.e., repetitive, non-goal directed behavior, such as rocking, hand-flapping), aggressive behaviors and self-injury (e.g., hand-biting, head-banging), sleeping and eating problems, poor eye contact, insensitivity to pain, hyper-/hypo- activity, and attention deficits. Typically these children need 100% of attention during the whole day.

Besides that many children are also chronically ill, while very poorly diagnosed by the standard medical establishment, often unwilling to treat their medical conditions! These children suffer from abdominal pain due to inflammation of the GI tract. They have hyper sensitivity to gluten, casein, and also other food components, many sorts of autoimmune issues and allergies.

For more information visit www.autism.com

Adham El Sebaey: Hilton Al Ain's new man

- Al Ain Times

Primed with 20 years of experience in hotel management and a familiarity with the city when it was still young, Adham El Sebaey took on the challenge to be a part of the Hilton Al Ain once more.

"I came from a branch of Hilton in Barbados, an independent island nation in the Caribbean, and was its Senior Director of Operations until recently. I am here at Hilton Al

Ain on my first role as a General Manager, though this is not the first time that I have been here. I worked as the hotel's Banquet Manager for five years, from 1991 to 1996," El Sebaey introduced.

But although his adaptability and memories of friendship in the city already sets an advantage, El Sebaey remains keen in maintaining Hilton Al

Ain its presence. "Al Ain is developing a lot. Since I arrived three months ago, I can already see big improvement in the business. In fact, November 2007 recorded the highest revenue achieved in 40 years."

"I want to make sure that we keep on progressing. I want to develop my team members and the other hotel staff for the satisfaction of our guests. We have to really

work hard in developing activities for the community, and establish strong yet good public relation policy with the rest of Al Ain," the new General Manager added.

Outlining the types of changes a hotel may undergo, El Sebaey also shared the plans Hilton Al Ain might consider. "There are two types of changes: changes in operation, which refers to how you do things;

and changes in product, which requires planning and heavy investment. The hotel has plans, but nothing is concrete yet. We are still studying various scenarios that could cater for the market in the coming years, as the demands then will be different from the demands now. We are just making sure that our next project is the right one."

"We are very, very committed and excited.

All of us have a vision. All of us have a plan. All of us work towards a goal. And, working as part of a team, I can drive things. I can share my experiences, coming from a different religion and environment. I can give guidance. I am also an active and energetic person, and can set a good pace. Working in a hotel is always nice. This is something I always admire in life, and I like what I am doing."

WHAT'S NEW

Al Ain Aerobatic Championship 2008

Spectacular Show of Skill and Entertainment

- Al Ain Times

The largest ever Al Ain International Aerobatics Championship – the curtain raiser to the global air sports calendar, which runs in the 'Garden City' of Al Ain this month – will have arranged of spectacular shows running from the 24th to the 27th of January.

TEAM GUINOT The World's Only Wing-Walking Team

The all-female Team Guinot wind-walkers will experience a pull of more than four times their own bodyweight during the routine, as they hover 1,000ft above the ground at speeds of more than 150mph whilst performing their brand-new formation display which includes loops, rolls and low-level fly-pasts.

During the final fly-past, the brave wing-walkers will unstrap themselves from their wing-riding rigs and wave at the crowd from a position between the cockpit and the wing.

WIZARDS

Adding a 'Touch Of Magic'

Debutant South Africans Join Italy's Pioneer Team for a shot at glory

The South African aerobatics team, The Wizards, will making their debut for a shot at top spot.

Combining two different types of aircraft, the Pitts Special S2B from the 1960s with the modern Extra ES 300, The Wizards are renowned for their breathtaking flying displays the world over and are a must see act for the

Al Ain event – which is being held under the patronage of HH General Sheikh Mohammed bin Zayed Al Nahyan, Crown Prince of Abu Dhabi and Deputy Supreme Commander of the UAE Armed Forces.

Their most famous and death defying move, and a wild crowd pleaser, features two fearless skydivers leaping from the



Team Guinot

Pitts planes mid-maneuvre to perform the only dual inverted parachute drop currently being undertaken anywhere in the world.

"We are calling on the massive support of all the spectators to make our debut here in Al Ain a massive success. We will not disappoint with our display as we push the extraordinary aerobatic capabilities of our machines to the absolute limit and put on a show that is sure to dazzle," said the Team Leader of The Wizards.

Also making their regional debut is Italy's Team Pioneer, which will be lighting up the skies in their Pioneer helicopter,

the first of its kind to emit smoke in different colours. Striving to demonstrate the precision and elegance of flight in what has been described as 'a synchronized dance in the open sky', the four man team – comprised of the Italian National Team - is looking to give the other competitors a 'fly for their money'.

The team's display routine was conceived by a crack-group of pilots and flight instructors and developed with the assistance of former jet pilots from the "Frecce Tricolori" - the Italian National Jet Formation Team. These crack pilots trained the Pioneer team, giving them an understanding of flying in formation and the essence of "team spirit", which they hope to show off to the crowds in Al Ain.

The two international teams are the latest to sign up for the 2008 Al Ain spectacular – which runs from January 24-27.

They join an elite field which will see over 110 aircraft

compete in the four-day, family extravaganza as they look to impress the judges across a variety of criteria. Scored on innovation and entertainment criteria, the pilots fly a combination of classic aerobatics – a series of unlimited classic manoeuvres performed against the clock, known as 'AR,' or Aerobatics Race – and a three-minute freestyle section referred to as 'AF', or Aerobatics Freestyle.

AIRBORNE COMEDY

Spectators at the largest-ever Al Ain International Aerobatics Championships can expect even more entertainment after the 'Alabama Boys' – the renowned aerobatics comedy act – confirmed they'll take to the 'Garden City' skies to keep the estimated 130,000 Al Ain crowd in fits of laughter.

In the 'Alabama Boys' hilarious act, Alabama resident Greg Koontz, one of only fourteen American pilots to have earned the much-coveted 'Master' Certified Flight Instructor

title, takes to the air in what is essentially a high-altitude slapstick comedy routine.

After presenting a somewhat debatable flight certificate to the onsite airshow announcer, Clem Cleaver - Greg's act persona – demands to take an immediate flight lesson. Following some minor histrionics and major laughter, Clem finally takes to the air in a 1940's Yellow Piper Club plane, displaying all the skills of an aerobatics beginner in an act of pure, seemingly out-of-control entertainment.

"The aerobatics competition is always intense in Al Ain, and the crowds flock to see the stunning breadth of field compete for honours," said Al Ain International Aerobatics Championships 2008, Organising Committee.

That said, it is important to maintain our amazing show's global reputation for being a wonderful family day out, and with that in mind I am thrilled to welcome the Alabama Boys to the Championships.



International Panel Of Judges Unveiled For Al Ain Int'l Aerobatics Championship's \$100,000 Solo Discipline

The panel of judges has been revealed for the forthcoming Al Ain International Aerobatics Championships – the four-day 'Garden City' spectacular which is held under the patronage of the HH General Sheikh Mohammed bin Zayed Al Nahyan, Crown Prince of Abu Dhabi and Deputy Supreme Commander of the UAE Armed Forces.

With 'Chief Judge' Quinton Hawthorne of South Africa leading the FAI Aerobatics

Committee 'CIVA' nominated three-man panel, the participating trio will decide which of the world-class professional solo pilots – from eight countries – will be awarded three cash prizes which total \$100,000.

In what is a truly international panel, the UK's Graham Bell and Sweden's Lers Jorn Arfedson fill the other two judges' chairs.

Scored on innovation and entertainment criteria, the judges will rely on sensor

controlled electronic timers, as well as personally controlled chronometers, to award the winning cash prize of \$50,000 to the competition's best.

The pilots will fly a combination of classic aerobatics – a series of unlimited classic manoeuvres performed against the clock, known as 'AR,' or Aerobatics Race – and a three-minute freestyle section referred to as 'AF', or Aerobatics Freestyle.

The scores received for the 'AF'

are converted direct to seconds and subtracted from the pilots' 'AR' programme times. The pilot with the lowest aggregate time wins the day's flight, and the pilot with the lowest time from the two days of competition flights wins the overall championship.

"The Al Ain competition promises to be a tightly contested affair, and spectators can expect a thrilling display of aerobatics from some of the best solo pilots in the world," said Hawthorne.

Country	Name
Spain	Ramon Alonso
France	Kathel Boulanger
Italy	Francesco Fornabayo
England	Mark Jeffries
Russia	Svetlana Kapanina
Japan	Yoshichide Muroya
USA	Michael R. Raey
Hungary	Zoltan Veres

EDUCATION & CULTURE

KINDERMUSIK TAKES AL AIN BY STORM

- Monique Holtzhausen

If you recently listened to any talk between parents in Al Ain, there is little doubt that you heard the word "Kindermusik" somewhere in the conversation. This latest "must do" activity offered by the House of Arts, has simply taken the community by storm.

"My daughter would go to Kindermusik every day if she had her way," says one father while shaking his head in mock disbelief, while another child's mother nods in silent affirmation. "We have a real family event listening to the songs and doing the activities at home," she adds.

Kindermusik is the world's leading publisher of music and movement curricula for parents and their children, ages newborn to 7 years old. With more than 5,000 licensed educators using the Kindermusik curricula in 66 countries, it is estimated that this activity is currently reaching more than a million families worldwide.

"We're helping to change the world one child at a time," says Gaby Malzahn of House of Arts in Al Ain. "We are an emerging

community of families and teachers who are passionately committed to bringing music to children's lives, and who believe that any child is musical," Gaby explains.

Guided by a proven methodology that combines music and childhood development research, Kindermusik sparks magical, memorable learning for each and every child. The award-winning books, CDs, games, and instruments used in class and at home nurture skills in the whole child, including cognitive, physical, social, emotional and language development.

The curriculum is age appropriate and integrates learning through all domains, emphasizing interactive practice:

"Young Child" is for children age 5 - 7 and is meant as a bridge to move on to individual classes. Here children start learning and understanding musical notation, musical concepts and terms through the introduction of the glockenspiel and lots of fun material like rhythm cards and magic

notes. The classes are 60 minutes, including the parents for the last 15 minutes and are offered Tuesday 5.15 - 6.15 or Wednesday 4 - 5 p.m.

"Imagine that" for children ages 3 - 5, lays the foundation of musical elements like high/low, fast/slow, short/long bedded in lots of fun activities that challenge your child's active learning, sense of humor and imagination. Classes last 45 minutes with the parents attending the last 15 minutes on Sunday 4.30 - 5.15 p.m. or 5.30 - 6.15 p.m. or Tuesday 4.15 - 5 p.m.

"Our Time" for toddlers aged 1 1/2 - 3, includes lots of singing, dancing, creative movement and instrument exploration offering a delightful experience for toddlers and their parents to

enhance their rapidly developing vocabulary and improved walking and motor skills. "It is offered now on Saturday 11 - 11.45 p.m. and we plan to have another class starting soon during the week. A parent or caretaker is present the whole class," Gaby says.

"Village" for babies newborn to 1 1/2, is based on what the latest brain research has confirmed: purposeful musical activities stimulate the cognitive and language, social and emotional as well as physical developments that all begin in the very first days of a child's life. Village develops and nurtures the intimate bond between you and your baby. A parent or caretaker is present for the whole class. The scheduled time is Wednesday 5.15 - 6 p.m. in the House of

Arts. Thanks to a newly established cooperation with the Oasis Hospital, a second class is held at the Majlis of the Oasis Hospital on Wednesday 10 - 10.45 a.m.

The enjoyment of these classes can clearly be seen on the faces of the parents and their children who attend. The songs, dancing, instruments and one-on-one parent-child bonding that takes place have caused the House of Arts to continuously add more Kindermusik classes. Gaby explains: "We have started with only 3 classes and constantly have to add new ones, with a maximum of 10 or 12 children per class, to keep up with the demand."

All classes include Home Material which usually consists of the CD with all the songs, activity

sets and an instrument; this helps the parent and child to receive the full developmental benefits of music and movement.

COST:

There is an initial Registration Fee of Dhs 75 and a set fee per class: Village (material + 8 lessons) Dhs 460

Our Time (material + 15 lessons) Dhs 850 (siblings in same group Dhs 760)

Imagine that (material + 15 lessons) Dhs 815 (siblings in same group Dhs 790)

Young Child (material + 15 lessons) Dhs 990 (siblings in same group Dhs 835)

To book or to obtain further information, contact the House of Arts on telephone number (03) 762-6651 or via e-mail artalain@eim.ae



Teachers Development Program Al Ain Juniors Trains 180 Teachers

- Al Ain Times

An extensive 5 day Teachers Development Program was designed under the banner of '>>>Step Ahead' to capture and document individual and collective learning, to surface insights, examine assumptions, identify learning questions, build collective intelligence, and mentor progress.

The management of Al Ain Juniors School planned to get 180 teachers trained during the winter break of the school from both the streams of Indian and British System a number of highly qualified teachers with decades of teaching experience extended their expertise by acting as the Resource Persons. thus Training Program

gave the teaching faculty a platform to exchange their areas of acquired proficiency and to Step Ahead in the Modern and Advanced Teaching Learning experience.

A Valedictory Program was held on the mound Al Nagfa for all the Teaching Staff of Al Ain Juniors School on 03 January 2008 seasoned with sumptuous Lunch to extend the feeling of appreciation and success

for the whole event.

The Managing Director, Mrs. Tanveer Arshad and the Chairman of the school, Mr. Arshad Sharief congratulated and appreciated all the faculty members and the Resource Persons and pledged to organize more training events of such nature to keep the teaching faculty of Al Ain Juniors at par with the modern teaching methodologies.



English Language Teaching authors eager to collaborate with Al Ain Colleges new Centre of Excellence

- Al Ain Times

Al Ain Colleges is the Higher Colleges of Technology's new Centre of Excellence for English and is seeking to build and maintain strong partnerships with key English Language Teaching communities and organisations, locally, regionally & globally.

As part of this collaboration, two authors from the international English Language Teaching community spent a day at the Al Ain Colleges. The authors were Adrian Doff, who is well-known for writing 'Language in Use' and 'Language Links' English language course books, and Theresa

Clemenston, who is co-author of 'Face2Face - Intermediate' course book. The two authors were accompanied by Keith Sands, Development Editor ELT and Julian Eynon, Educational Consultant of EFL (Gulf) from Cambridge University Press.

The visitors were given an overview of the HCT English curriculum, a tour of the independent learning centre and observed a Diploma

Foundations class at the women's campus. Brent Mills, Director, Al Ain Colleges said, "Plans are already underway to establish HCT's new Centre of Excellence for English at Al Ain Colleges and we are excited about forging links with a range of ELT publishers in the region."

The authors and editor are currently writing a new international English course for adults.



AWARENESS

High Blood Pressure

Every 1 in 4 people suffer from hypertension

- Lucky Mae F. Quilao

A sedentary lifestyle and eating fat-rich, salty foods has caused nearly 38% of people living in the UAE to have hypertension, while 6.7% of people ages 20-39 only already acquired it.

“As you see, we have less exercise and fewer activities to do here; the car drops us at the very gate of our house. People, especially the younger generation, tend to eat more in fast foods,” said Dr. Awatif Al Sousa, Consultant Cardiologist and Gastroenterologist of Sheikh Khalifa Medical Center, during her lecture *The Silent Killer: Know Your Number* at the Abu Dhabi Ladies Club, January 7.

To beat it, people need not only be aware of the disease but also take on a more active lifestyle. “Although the risk of hypertension increases as one ages, it does not mean that it cannot affect young people. Hypertension happens to those who are overweight, have high blood sugar and eat a lot of salty foods but less vegetables,” she added.

The ideal blood pressure a person should have is 120 mmHg over 80 mmHg, which is also

referred to as the optimal blood pressure. Anything between 121 mmHg to 139 mmHg over 81 mmHg to 89 mmHg is already a ‘high normal’ blood pressure or pre-hypertension.

“Hypertension is a disease without symptoms, which is what is more dangerous about it. No one is immune in having hypertension. It depends on your age, body weight, family history, and other problems you had.”

“There is no study, which tells exactly the percentage of being at risk with hypertension if you have a family history of it, but we can say that they are more liable than the others. There are some infants born with hypertension because of congenital problems. There are some hormonal problems caused by steroids, and there are children among these people who consequentially develop hypertension.”

Bigger problems

There are more to taking on the risks that leads one to have hypertension. “The problem is that people think that they if have no symptom, they are all right. This

is a very, very wrong concept, and people do not realize this,” Dr. Al Sousa said.

“Those who have post-family history for hypertension must get themselves check. For those who have none, even they should start taking their blood pressure once they reached their 20s in an annual basis. Once they develop a high blood pressure, they should start modifying their lifestyle or, if it does not work, take hypertensive drugs.”

Another confusion people have is the notion that hypertension happens only to old people. “There is nothing like an acceptable high blood pressure for any age. A high blood pressure cannot be normal just because you aging. This is wrong. Hypertension is a disease that is really damaging to the body. Everybody should be wary of it.”

Some people also tend to stop their medications once they feel better, or just take some vitamins. “We might decrease the dose of your treatment but we would not stop it, and it is a patient’s responsibility to take medication everyday.

The number of medicine for hypertension is not important as how you can control your blood pressure.”

“Taking vitamins would not reduce the blood pressure or the damages hypertension has done to the organs of the body. There are new drugs, which are very protective to the organs, such as the kidney and the heart, that are already available.”

“Hypertension is a silent killer. To counter it, we must begin on modifying our lifestyle such as quitting smoking, refraining from eating fatty and salty foods and having exercise. Patients must also take their medication regularly once they are advised to do so.

The Silent Killer: Know Your Number was initiated by the Regional Alliance for Hypertension Awareness (RAHA) as part of its nationwide campaign on hypertension awareness. The RAHA also believed that even though most people already knew the importance of maintaining good health in order to control hypertension, very little has been done about it.



Facts and Figures

- Nearly 1 billion people globally suffer from high blood pressure.
- 30%-38% Prevalence of Hypertension in the UAE
- 6.7% of people ages 20-39 years old in the UAE have hypertension
- 65% of people ages 60 years old and above in the UAE have hypertension
- 65% of hypertensive patients did not know at once that they have hypertension
- 35% are aware about Hypertension (as a disease)
- 32% with hypertension receives treatment
- 50% morbidity with hypertensive patients
- 2/3 of cases of stroke are caused by hypertension
- 75% of hypertensive patients have obesity
- 95% of cases of hypertension has no cause (essential hypertension)
- Every 36 seconds, people have heart attack (that is caused hypertension)

Causes of Hypertension
Hormonal Disorder
Obesity
Sedentary Lifestyle
Excess Alcohol Intake
Stress
Drug-related
Kidney Diseases

How to Beat Hypertension
1.) Stop Smoking
2.) Weight Reduction
3.) Physical Activity
4.) Healthy Eating
5.) Reduction of Salt Intake
6.) Moderation of Alcohol Intake

Types of Hypertension
Essential Hypertension
Secondary Hypertension
Malignant Hypertension
Resistant Hypertension
White Coat Hypertension
Isolated Systolic Hypertension

Why Is Hypertension Harmful?
1.) It causes the heart to work harder, leading to heart enlargement.
2.) It causes the heart to work when it does not have to.
3.) It damages the arteries and arterioles.

LIFESTYLE

Mom's Kitchen

- by Amal Rahuma Tatanaki

Syrian Nights (Layali Al Sham)



Ingredients:

Pudding:

4 cups milk

1/2 cup white fine semolina

Sugar (according to taste)

Syrup:

1 cup sugar

1/3 cup water

1/2 t orange blossom water

1/2 t lemon juice.

Method:

- Mix all ingredients together and put on medium heat until the batter thickens (pancake batter consistency)

- Put mixture in small serving bowls, or one big serving one. Put in fridge until cool

- Before serving, cover with fresh cream and top with crushed pistachio

- **Syrup:** Put all ingredients together on medium fire for 15 minutes or until color turns light yellow. Add to pudding as desired.

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SPORTS

2nd International Wheelchair And Handbike Meeting To Take Place In Al Ain

- Monique Holtzhausen

The Al Ain Club for the Disabled will once again be hosting the second International Wheelchair and Hand bike meeting that will be taking place on Saturday, the 2nd of February 2008 at the Multaqa Sports Stadium. The event will be supervised by the International Paralympics Committee and is supported by the Abu Dhabi Sport Council and Abu Dhabi Tourism Authority.

“This event is open to all disabled athletes

both locally and internationally,” says Ismail Al Marzeeq, Club Director of the Al Ain Club for the Disabled and Meeting Manager of the 2008 event. According to Al Marzeeq, they are expecting many international athletes to participate in this year’s event that has been divided into two categories, namely a 10 km wheelchair-based race and a 21 km hand bike half-marathon in 4 categories. “The winner’s prize of US\$40 000,00

has attracted interest athletes from as far a field as Thailand and Burkina Faso who are hoping to set new records,” Al Marzeeq says.

Oasis Hospital has been selected as the official healthcare provider for the meeting. “Apart from offering medical care to the athletes during their stay in the resident hotels, we will also have a healthcare team trailing the racers during the event and will have an ambulance and an emergency team on

standby,” says David Printy, the President and Chief Executive Officer of Oasis Hospital.

“We are very excited to be a part of this world

class sporting event which will focus international attention on Al Ain,” Printy says. “Like in the beginning Oasis Hospital was one of the elements that allowed the desert

to bloom and we believe that this event will add excitement to the future of our Garden City.”

OBJECTIVES OF THE EVENT

Generate awareness about disabled and handicapped athletes in MENA and the GCC

To recognize and reward the courage and determination of all disabled athletes

Project the event as a testimonial for disabled and handicapped players.

Raise valuable funds for the disabled athletes in the UAE

Promote Al Ain as an oasis city at the heart of desert

Remap Abu Dhabi as the major sport city destination in MENA.

To stage a successful

international disabled athletic event

To educate the wider community about the needs, courage and capabilities of disabled athletes

ABOUT THE AL AIN CLUB FOR THE DISABLED:

The Al Ain Club for the Disabled was launched on the 19th of July 1997 and became the third club for the disabled in the UAE.

Today, it has members with a wide range of different disabilities, including visual impairment, hearing impairment, physical and learning disabilities.

Athletes from the Al Ain Club for the Disabled

have excelled in many disabled competitions both locally and at international levels, having won more than 140 gold, silver and bronze medals until the end of the last season.

The main sports practiced in the club are athletics, football, and basketball, power lifting and shooting.

H.H. Sheikh Mohamed Bin Zayed Al Nahyan, Crown Prince of Abu Dhabi, supported the club by investing in its new sports facilities, consisting of an Olympic-level 8-lane track and a multipurpose sports hall that will be ready by the end of year 2009.



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Alloudi’s Loan to Al Ain Leads to Permanent Deal

- Ola Salem

Moroccan striker Soufiane Alloudi has signed a three-year contract with the Al Ain Club worth one million dollars.

The 24-year-old striker has been on loan from

Raja of Casablanca FC to the Al Ain FC for the past four months under a \$450,000 contract which expires January 15.

The young striker, described as one of

Morocco’s rising football stars, has been playing for Raja Casablanca since 2003.

His new deal runs until January 2011.

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For more information please visit www.theenglishconcertuae.com

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

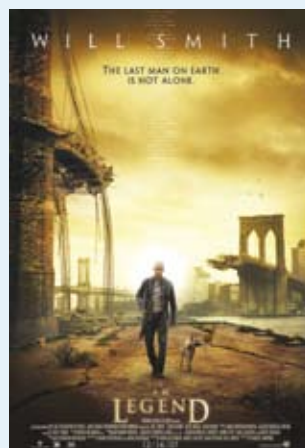
Photo of the week



Abu Dhabi at Dusk

Upcoming Films

- Reviewed by Ola Salem



I Am Legend



A virus outbreak kills most of the world population and transforms the rest into blood-thirsty monsters who lurk in the shadows. Robert Neville (Will Smith) is the sole survivor in New York (maybe even the world), and struggles heroically to find a cure. He is outnumbered, however, and quickly running out of time. This film will have viewers sitting on the edge of their seats throughout, though some may be disappointed by some of the CGI used.

Contains strong violence.



Enchanted



In an animated fairy tale world, a young girl meets and falls in love with prince charming. News of this angers the evil queen, who banishes her from her magical, musical animated land to a place where there is no true love; modern day Manhattan. The now-real girl needs to find a way to get back home and during the process starts to fall in love with a divorce lawyer who comes to her aid. A great piece of entertainment with a very sweet story, which can be enjoyed by everyone.



Cloverfield



A monster attack in New York as told from the point of view of a small group of five young people who had just thrown their friend a going-away party that night. This film is a document of their attempt to survive the most unreal, horrifying event of their lives. An interesting new approach for a film with a good start but a common ending.

Contains violence.



Mr. Woodcock



John goes home to find his mother is about to marry the man who made high school hell for generations of students; a sadistic gym teacher named Jasper Woodcock (Billy Bob Thornton). Determined to stop this, John decides to beat Mr. Woodcock at his own game. Mediocre comedy with a peculiar ending.

Contains sexual references, strong language, and mild drug reference.

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SOLUTION:

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