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Issue
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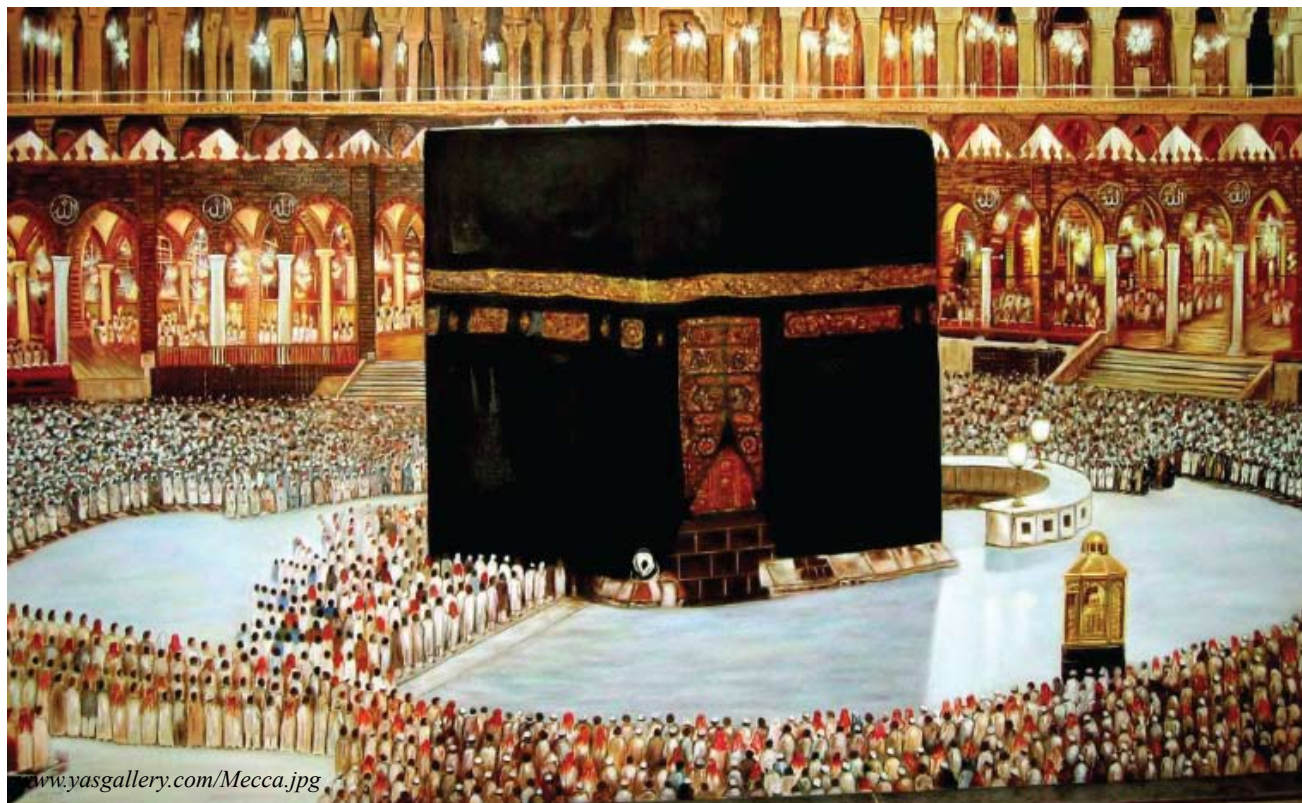
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Hajj , the Holy Pilgrimage and Eid Al Adha

Muslims around the world are in anticipation of the time of Hajj – the Holy Pilgrimage and Eid Al Adha. The Holy pilgrimage is one of the five pillars of Islam. Pilgrims head to Mecca and spend days in worship and prayer. Hajj means visiting the House of God, the Ka'bah, and carrying out all the acts of worship that follow the pilgrimage.

The pilgrim is required to wear simple garments to strip away distinctions of class and culture. Pilgrims circle the Ka'bah, meditate, drink from the Zamzam water and celebrate Eid Al Adha along with Muslims around the world. The Eid Al Adha starts the day right after the part of hajj called 'al waqfa'.

Also known as the festival



of sacrifice, this Eid is a commemoration of Prophet Ibrahim's loyalty and commitment to God. As a test of faith,

Ibrahim was commanded to sacrifice his son. As he drew his knife, God intervened and spared him the son he so dearly

loved. Instead, Ibrahim was asked to sacrifice a sheep.

Domestic animals,

usually sheep, are sacrificed symbolizing Prophet Ibrahim's devotion and God's mercy. The meat is

distributed among family and the poor and hungry. Prayers are performed early in the morning followed by a Khutba (sermon). Muslims greet each other with 'Eid Mubarak' (blessed Eid).

Eid Al Adha also marks the end of the Hajj or Pilgrimage to Mecca, the tenth day of the month of Dhul Hijja in the Islamic Lunar calendar. The celebration lasts for four days. Families come together and meet with friends and neighbours. It is a time of giving and charity as well as celebration. The blessed share their blessings with the less fortunate, making it a time of happiness and giving.

By: Maha Tatanaki

Dubai Airshow starts Today 15-19 November

Running from 15 to 19 November 2009 at Airport Expo, the Dubai Airshow is the foremost aerospace event in the Middle East and the fastest growing airshow in the world.

Following the record-breaking show in 2007, the Dubai Airshow continues to grow. New for 2009 is an additional exhibition hall 'Emirates Hall'; named after its host and sponsor Emirates Airline

the new hall provides an additional 5,000sqm of exhibition space, an increased Press Centre and an extra registration building to accommodate trade visitor traffic.

The Dubai Airshow is organised by F&E Aerospace, in conjunction with Dubai Airports, the Government of Dubai and in collaboration with the UAE Armed Forces.

Creative Ideas & Designs

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EDUCATION & CULTURE

Youth should be educated locally, UAE paper

Wam:

The UAE has adopted a very competitive stance in the field of higher education. And by all accounts they seem to be on the right track when drawing students from the Far East and the Middle East, commented a UAE daily.

The Dubai-based "Gulf News" in its today's editorial titled, "Youth should be educated locally" has said that there is no need for students to look outside the UAE for higher education.

"The field of education,

however, is like any other highly competitive venture and the standards have to be raised constantly should the focus be on turning it into a profitable industry", the paper observed.

This explains the presence of prestigious

institutions that want to make the UAE their educational hub, while offering students the quality and standard of courses that they are renowned for: education at their doorstep. But it must make business sense, it added.

The authorities must therefore ensure that all efforts are taken to curb the migration of students to institutions outside the country, the paper suggested.

"If the option for improved and higher learning exists then it

ought to be available at home. Studying in the UAE should be a student's first choice", it concluded.

Perception - something to think about... really worth spending a minute

This is a forwarded email that many people pass off as a hoax. However, it is a true story. Read and think...

"Washington, DC Metro Station on a cold January morning in 2007. A man with a violin played six Bach pieces for about 45 minutes. During that time approximately two thousand people went through the station, most of them on their way to work. After 3 minutes a middle aged man noticed there was a musician playing. He slowed his pace and stopped for a few seconds and

then hurried to meet his schedule.

4 minutes later:

The violinist received his first dollar: a woman threw the money in the hat and, without stopping, continued to walk.

6 minutes:

A young man leaned against the wall to listen to him, then looked at his watch and started to walk again.

10 minutes:

A 3-year old boy stopped but his mother tugged

him along hurriedly. The kid stopped to look at the violinist again, but the mother pushed hard and the child continued to walk, turning his head all the time. This action was repeated by several other children.. Every parent, without exception, forced their children to move on quickly.

45 minutes:

The musician played continuously. Only 6 people stopped and listened for a short while. About 20 gave money but continued

to walk at their normal pace. The man collected a total of \$32.

1 hour:

He finished playing and silence took over. No one noticed. No one applauded, nor was there any recognition.

No one knew this, but the violinist was Joshua Bell, one of the greatest musicians in the world. He played one of the most intricate pieces ever written, with a violin worth \$3.5 million dollars. Two days before, Joshua Bell sold out a theater in Boston

where the seats averaged \$100.

This is a true story. Joshua Bell playing incognito in the metro station was organized by the Washington Post as part of a social experiment about perception, taste and people's priorities. The questions raised: in a commonplace environment at an inappropriate hour, do we perceive beauty? Do we stop to appreciate it? Do we recognize talent in an unexpected context?

One possible conclusion reached from this experiment could be this: If we do not have a moment to stop and listen to one of the best musicians in the world, playing some of the finest music ever written, with one of the most beautiful instruments ever made.... How many other things are we missing?"

Watch and see Joshua Belle play incognito ... www.washingtonpost.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!

LAST ISSUE SOLUTION:

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

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

Upcoming Films



2012

Genre: Action/Adventure

Long ago, the Mayan culture left us their calendar, stating an end date for the world. We have been warned, never before has a date in history been so significant to so many religions, scientist and governments. A global danger brings the apocalypse to the world.



Bobbos (Arabic movie)

Genre: Comedy

A business man (played by Adel Emam) unites with a business women (played by Yousra) working together to solve their financial problems after the world's economic crisis



The Tournament

Genre: Action

Every 7 years a tournament takes place, gathering together 30 of the world's mostly deadly assassins to compete for a 10 million prize. They have a time limit of 24 hours to become the last survivor and win the tournament.

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Intercontinental Annual Al Ain Networking Party

The 8th Annual Networking Party took place at the Garden of InterContinental Al Ain Resort on Saturday 7th November 2009. The networking party is now in its eighth year and proved to be a unique opportunity for residents to learn more about Al Ain, seek new products, meet new contact persons

and suppliers and reaffirm existing industry relationships in this ever expanding arket. The event was sponsored by Intercontinental Al Ain Resort and different business sectors. This event brought together old and new residents of Al Ain to benefit from the unique opportunities in the city.



Hajj or Pilgrimage

Hajj is an annual Religious pilgrimage to Mecca every year by millions of Muslims from all around the World. Hajj is one of the Five Pillars of Islam which is obligatory to every Muslim who is physically and financially capable of performing the pilgrimage to Mecca at least once in his life time. During the Hajj, Muslim men are required to wear 2 pieces of untailed white cloth: one around the waist, and one over the shoulder. Muslim women

usually wear a simple non-revealing dress and headscarf, revealing only their face and hands. The simple clothing the Muslims wear to Hajj are commonly called "ihram". They are a symbol of purity and equality, where all Muslims performing the Hajj shed all signs of their wealth, social distinctions or racial backgrounds.

The Hajj resembles the re-enactment of the experiences of the prophet

Abraham (PBUH), and must be performed during the specific required time in the Islamic calendar, beginning on the 8th day of Dhul-hijjah ("Month of Hajj") the 12th month in the Islamic calendar. Muslims believe that the date of Hajj has been set since the time of the prophet Abraham, and then was recognized and practiced by the Prophet Muhammed (PBUH). The Hajj ends on the 9th day of Dhul-hijjah. The Muslim pilgrims perform the last

rites of Hajj by standing on mount Arafat and praying to God (SWT). Eid al Adha lasts from the 10th through to the 12th of Dhul-hijjah. At any time during those three days, Muslims should sacrifice a sheep if they are financially able.

During Eid al Adha families get together and celebrate. Everyone helps each other and provides aid to the poor and homeless.

Eid Mubarak!

Hatem Tatanaki:

MBA Fair comes to Abu Dhabi

The 11th of December 2009 will see the opening of the MBA fair at the Hilton in Abu Dhabi. Representative

from a large selection of elite universities, based in the UAE and international universities, will attend.

Programs offered will include long distance, part time and full time programs. There will also be information on

available scholarships and financial aid.

www.topmba.com.

LIFESTYLE

Mom's Kitchen

Chocolate Cake

by Amal Rahuma

كعكة الشوكولاتة

Recipe:

- 5 eggs
- ¾ cup oil
- 1½ cup sugar
- 1 cup milk
- 2 cup flour
- ¼ cup cocoa
- 2 t baking powder
- ½ t vanilla

Method:

- Preheat the oven to 250 C and grease a cake pan (12 inch diameter)
- Whisk the egg, sugar and vanilla together until fluffy and pale.
- Sift the flour, cocoa and all the dry ingredients.
- Add the oil to the egg mixture while it's being mixed at low speed.
- Immediately add ½ the flour mixture and then ½ the milk. Mix at high speed for 5 seconds.
- Pour the mixture in a greased cake pan (12 inch diameter).
- Bake in the preheated oven for 10 min then reduce the oven to 180 C for 10 -> 12 min.



المقادير

- 5 بيض
- ¾ كوب زيت ذرة
- 1 ½ كوب سكر
- 1 كوب حليب
- 2 كوب دقيق أبيض
- ¼ كوب بودرة كاكاو
- 2 ملعقة صغيرة باكينغ باودر
- ½ ملعقة صغيرة فانيليا

الطريقة

- سخني الفرن إلى 250 درجة مئوية قبل البدء في تحضير الكعكة.
- ادھني طاجن الكيك بزبدة
- اخلطي الدقيق والكافو والباكينغ باودر معا، واطريهم جانبا
- اخفقي البيض والسكر والفانيليا معا إلى أن تصبح فاتحة اللون وهشة، اخفقيهم بخلاط البيض الكهربائي على درجة خفيفة
- اضيفي الزيت إلى خليط البيض تدريجيا أثناء خفقه بالخلاط
- اضيفي ½ مقدار خليط الدقيق ثم اضيفي ½ مقدار الحليب، ثم النصفين الآخرين. اخفقيهم على سرعة عالية لمدة 5 ثواني.
- أسكبي الخليط في طاجن الكيك المدهون (وسع 12 انش)
- اخبزي في الفرن لمدة 10 دقائق، ثم خفصي حرارة الفرن إلى 180 درجة مئوية لمدة 10 إلى 12 دقيقة.
- بعد ان تنضج الكعكة وتبرد بإمكانك تزيينها حسب الذوق.

PREVENTION IS BETTER THAN CURE AT AAMC

The 3rd annual Health Day at Al Ain Men's College, held yesterday 10th November, was heralded as a great success by Al Ain Colleges Director Mr. Brent Mills. Not only did nearly 200 foundations students undertake a series of medical tests, such as blood pressure, body mass index, blood sugar level, and oxygen saturation, all expertly administered by the nursing staff of Al Ain Hospital, but they also donated 77 units of blood to the Al Ain Regional Blood Bank. In addition to this, Al Ain Hospital staff offered nutritional advice and physiotherapists taught students correct posture for studying and using a laptop. Look Optics tested students for eye defects, while the UAE Genetic Diseases Association took blood samples and gave advice about Thalassaemia and other genetic disorders. Advice about one of today's most topical health issues, H1N1, was provided by the Preventative Medicine Department of the Abu

Dhabi Health Authority. "Al Ain Colleges is very keen to work in partnership with other Al Ain organisations for the benefit of the local community," said Mr. Mills. "This is an excellent example of how such community-based relationships can have positive outcomes."

The students will now analyse the results of their health tests and write an extensive report as part of an 3-week project, which will include a presentation concerning diabetes to

be given next week by Ms Gehan Katawan of Al Ain Hospital. As Mr Ken Hendy, organiser of Health Day, explained, "This project gives our students the information needed to reflect on their health status and the guidance to take action to deal with any health issues that may arise. We are keen to see our students develop a healthy lifestyle that will enable them to avoid health problems in later life, and thus become happy productive citizens."

AAMC HEALTH CAMPAIGN

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