Kuwait is headed for yet another confrontational parliament as results from the polls held on Saturday indicate. Around 15 liberals, nationalists and Islamists, who usually come together as the opposition in parliament, have been returned by the electorate. Many of them had boycotted previous elections in protest against the government’s electoral reforms. Only 20 of the 50 former parliamentarians made it back into parliament; 22, including two former ministers, lost their re-election bid, while eight previous members chose not to stand for re-election.

The Islamic Constitutional Movement (ICM), the supposedly local arm of the Muslim Brotherhood, and the Salafist Islamists, who together form the main opposition fulcrum in parliament, bagged four seats each. Together with the liberals and nationalists who have been voted-in to the new parliament, they could pose a formidable challenge to the government’s attempts at economic reform. The Shiite minority that usually lends support to the government lost three of its seats from the nine they held in the previous assembly.

Over 290 candidates including 14 women competed for the 50 parliamentary seats on Saturday. Initially, 455 people had signed up to vie for parliamentary seats in the five electoral districts, but 128 later pulled out of the race and 40 were barred by the committee tasked with verifying the eligibility of the candidates.

Continued on Page 14
America and the world in transition

Richard N. Haass
President of the Council on Foreign Relations and author of the forthcoming book A World in Disarray: American Foreign Policy and the Crisis of the Old Order.

In less than two months, the American political transition will be over. The 45th president of the United States will settle into the Oval Office. President-elect Donald Trump will become President Trump, President Barack Obama will join Jimmy Carter, George H.W. Bush, Bill Clinton, and George W. Bush as a living former president.

Speculation about Trump’s likely foreign and domestic policies is rampant, but little if any of it is meaningful. Campaigning and governing are two very different activities, and there is no reason to assume that how Trump conducted the former will dictate how he approaches the latter. We also do not yet know who all the principal advisers will be and how (and how well) they will work together. But amidst this uncertainty, there are some things we do know. The first is that Trump will be greeted by an inbox piled high with difficult international challenges. To be sure, no single problem compares with the Cold War at its height, but the sheer number and complexity of difficult issues is without precedent in modern times.

Topping the list will be the Middle East, a region in an advanced stage of unraveling. Syria, Iraq, Yemen, and Libya are all dealing with a mix of civil and proxy wars. The Iran nuclear pact at best manages one aspect of Iranian power, and only for a limited duration. The Islamic State (ISIS) may lose its territorial dimension, but it, along with other groups, will continue to pose a terrorist threat for years to come. The plight of millions of refugees constitutes not just a humanitarian tragedy, but also an economic and strategic burden to countries in the region and in Europe.

And Europe is already confronting many significant challenges, including Russian aggression against Ukraine, Brexit, the rise of populism and nationalism, and low rates of economic growth. Turkey poses a special problem given its increasing liberalism at home and mercurial behavior abroad. The fact that Syria’s Kurds have proven to be America’s best partner against ISIS adds to the complexity of the foreign policy choices that await.

East Asia’s stability is jeopardized by China’s rise and strategic ambitions, North Korea’s nuclear and ballistic missile advances, and a host of contested maritime and territorial claims. In South Asia, there is renewed tension between India and Pakistan, two nuclear-armed rivals with a history of conflict. Just as uncertain is the future of Afghanistan, where more than a decade of international involvement and assistance has failed to bring about a capable government or quell the Taliban and other armed opposition groups.

Closer to home, oil-rich Venezuela has many of the characteristics of a failed state. In Africa, too, a mix of poor governance, low economic growth, and terrorism, civil war, or both is overwhelming many countries. And at the global level, few if any rules or penalties for reckless behavior apply in important domains (cyberspace being paramount among them).

While campaigning isn’t the same as governing, Trump’s campaign has added to the difficulties he will face. By running on a platform of ‘America first’, Trump has raised questions among America’s allies about the wisdom of continued reliance on the US.

The incoming president and those around him will come under pressure to address all these issues and concerns quickly, but they would be well advised to take their time.

The priority for now and for months to come ought to be to staff up the new administration. Some 4,000 positions must be filled. The new administration will also need to learn to work together and review existing policies before it can decide on new ones. There will be considerable focus on – and expectations built up about – the administration’s first hundred days. But there is nothing magical about the first hundred days of a 1,460-day presidency. It is better to get things done right than to get them done by Tuesday.

Other governments would be smart to do more than watch and wait for the new US administration to sort itself out. Allies need to consider what more they might do on behalf of common defense.

They can develop and share their ideas about how best to deal with Russia, China, ISIS, North Korea, and Iran. Similarly, they can begin to think about how to protect and promote global trade in the absence of new US-led accords. In this new era, the balance between global order and disorder will be determined not just by US actions, but also and increasingly by what others long aligned with America are prepared to do.
The international community has made great strides in improving child health. Over the last 15 years, the leading causes of death for children under five are pneumonia and diarrhea. These are the biggest threats to child survival - as they have for more than 30 years that we have been tracking them. According to the recently published 2016 Pneumonia and Diarrhea Progress Report, the two diseases caused 1.4 million child deaths last year, and one-quarter of all deaths of children under the age of five. They exact their highest toll in South Asia and Sub-Saharan Africa.

Tackling the two biggest killers of children worldwide may seem daunting, but we have all the knowledge we need to mount an effective response. Indeed, we know which viruses, bacteria, and parasites we need to target; which interventions are likely to work; and which countries need them the most. Just 15 countries account for 72 percent of childhood deaths from pneumonia and diarrhea. These are the countries on which the Pneumonia and Diarrhea Progress Report focuses. In the Progress Report, national efforts show that, while most countries have made improvements over the last year, improvement in some of the largest countries has been minimal, and a few countries have not made any progress. Most deaths happen in the first two years of a child’s life.

To change this, governments need to step up their efforts to prevent pneumonia and diarrhea, including by ensuring that parents have access to the rotavirus vaccine. Globally, according to UNICEF, around 24.4 billion people still do not have access to modern sanitation, and 663 million do not have access to safe water sources. Many kids still lack clean drinking water, access to basic toilets, and good hygiene practices. Poor water quality and lack of reliable sanitation systems to treat human waste play a big role in spreading diseases. UNICEF reports that something as simple as hand washing with soap can cut rates of diarrhea and respiratory infections by more than 40 percent and 25 percent, respectively.

By investing not only in systems to provide clean drinking water and sanitation, but also in educational programs that encourage better hygiene practices and toilet use, governments can break a vicious cycle of diarrhea and malnutrition that causes irreversible physical and cognitive damage. The children they help are more likely to be able to attend school, and grow into healthy, educated adults.

The second critical intervention is improved water, sanitation, and hygiene in homes and communities. Globally, according to UNICEF, around 2.4 billion people still do not have access to modern sanitation, and 663 million do not have access to safe water sources. Many kids still lack clean drinking water, access to basic toilets, and good hygiene practices.

To increase breastfeeding rates, governments need to ensure that mothers receive the guidance and help they need. This means training health workers; establishing community-level support networks, such as mother-to-mother groups; investing in behavioral-change campaigns; and creating a culture in which breastfeeding is welcome and encouraged.

The third key intervention is vaccination. Vaccines represent the most cost-effective intervention for preventing childhood illness, and they already exist for most common bacterial causes of pneumonia (pneumococcus and Hib) and for the leading causes of diarrhea (rotavirus). Yet half of the world’s children live in areas where the pneumococcal vaccine is not available through a national immunization program, and only 15 percent of the children in the world’s poorest countries have access to the rotavirus vaccine.

By making vaccines available through national immunization programs, governments can protect all children from the diseases that are most likely to harm or kill them. Efforts to ensure that families take advantage of vaccination services, including by educating parents about their value, will also be needed.
Meanwhile the East African Commission (EAC) is pushing for a total ban on the manufacture and use of plastic bags. The Polythene Materials Control Bill, 2016 tabled by parliamentary Patricia Hajabakiga of Rwanda, before the East African Legislative Assembly (EALA) meeting taking place in Nairobi, Kenya aims to provide a legal framework for the preservation of a clean and healthy environment through the prohibition of manufacturing, sale, importation and use of polythene materials. The light non-biodegradable plastic bags - primarily used for packaging at retail stores - have been cited as top environmental nuisance across East Africa. The same bill, when it came up in 2011, attracted resistance from Kenya, which hosts most of East Africa’s established plastic bag manufacturers. Kenya opposed the ban on grounds that its multi-billion shilling investments in the sector would be affected, leading to loss of thousands of jobs. However, this time around, Kenya may find itself isolated. Tanzania enacted a national law which bans the use of plastic bags from January of this year and Uganda, which has acknowledged challenges in the disposal of plastic wastes due to absence of recycling facilities within its borders, has since indicated willingness to fully implement a law on control of polythene materials.

Addressing the opening panel of Africa Day at COP22, the Group President of African Development Bank (AfDB) Akinwumi Adesina renewed the AfDB’s commitment to electricity access in the continent. He noted that the bank had so far committed to invest $12 billion in support of accelerating electricity supply in Africa and leveraging between $45-50 billion from the private sector. The event was attended by several African leaders, including Alpha Condé, President of Guinea and African Union Coordinator for Renewable Energy; Faure Gnassingbé, President of Togo; Ellen Johnson Sirleaf, President of Liberia; Serbia’s Karama Ian Kham, President of Botswana; and a broad range of stakeholders and partners. For his part President Condi expressed his appreciation to France for €6-million for the implementation of the Africa Renewable Energy Initiative, which was signed on 6 November, a day before the start of COP22 in Marrakech, between the France and AfDB. Meanwhile, on the sidelines of COP22 climate talks, the United Nations Economic Commission for Africa (ECA) launched its “Economic Report on Africa 2016”. Speaking at the event, former chair of ECA, Carlos Lopes said that with US$50 billion of manufactured goods exported from Africa every year, the continent has the capability and does manufacture goods on a large scale. Though Africa is late to the industrialization bandwagon, it presents an opportunity for countries to take a further sustainable development path, said Mr. Lopes. He pointed to several advantages that the continent has, including more potential to harness renewable energy than other region and a large demographic dividend. Noting that the key drivers of green policies and renewable energy are the countries that are currently doing well, Mr. Lopes encouraged African youth by saying, “There will always be reasons for you to be pessimistic, but there is much reason for optimism.” Speaking on the occasion, the African Union Commissioner on the Rural Economy and Agriculture, Rhoda Tumusiime Peace, said, “Africa’s Agenda 2063 has an ambitious implementation strategy that together with the Sustainable Development Goals highlights the need for green industrialization to drive African growth.

GCC banks seeking new opportunities in Africa

With their home turfs becoming increasingly overbanked, many of the bigger banks in Gulf Cooperation Council (GCC) countries are venturing out to lucrative markets in Africa to sustain growth. According to a new report titled ‘GCC Wealth and Asset Management Report 2016’, by global accounting firm EY, the high levels of protection in the GCC markets and the fact that the region is arguably stretched with the presence of local and international banks, many of the leading banks in GCC are starting to focus on markets further afield. The report notes that Dubai in particular has emerged as an attractive hub for Africa, as Europe did for the GCC region some years ago. The UAE’s strong ties with African markets have encouraged a number of African businesses to use Dubai and the Dubai International Financial Center (DIFC) as an infrastructure hub.

In Kenya has modernized 70 hospitals across the country’s 47 counties, with 28 additional hospitals underway, said Mr. Flannery. They have brought new diagnostic technologies, like digital x-rays and ultrasound, into 90 percent of level 5 hospitals, enabling more facilities to offer in-house mammography exams. This is a massive transformation in a short time period, he noted. But this equipment on its own is superfluous if you do not have the personnel to operate it. So, to augment this medical equipment, in June of this year, GE launched a first of its kind Skills Institute and a training institute with an ambitious goal of training 10,000 healthcare professionals across Kenya and East Africa by 2020. The institute will provide expert education to the workers so they are able to effectively use the newly installed technologies to treat patients in the modernized hospitals. The institute will develop biomedical engineers, radiologists and technicians, so that the skills gap is reduced, job prospects are improved and the capacity is built for a strong national healthcare system.

Earlier this year, the company also announced a partnership with the Nigerian government and USAID to train 1,100 midwives on portable ultrasound equipment — impacting two million expectant mothers and helping drive down maternal-infant mortality rates in the coming years, as well as a similar program in Ghana and plans to scale elsewhere in Africa.

Sustainable healthcare solutions don’t come in boxes. They come in partnerships. In understanding the root causes of a challenge. In wanting to do well while doing good,” said Mr. Flannery. Truly sustainable solutions cease to be solutions and become simply an embedded and lasting part of the healthcare infrastructure in places like Africa, which in turn offer their populations a level of healthcare on par with the best of the world, he added.

Getting healthcare in Africa on par with the rest of the world

Looking further afield, Africa Day at COP22 calls for fulfilling Paris pledges

African leaders gathered at the COP22 climate talks, which was held recently in Marrakech, Morocco, called for speedy action in implementing the commitments made at COP21 in Paris, including fulfilment of the pledges made by the G7 Group of industrialized nations to provide financial resources to provide electricity to the millions of Africans.
Fidel Castro was a polarizing figure who transformed Cuba from a land of Mafia-run casinos and economic turmoil into an egalitarian socialist state. His revolutionary icon

**FIDEL CASTRO**

passes away

"Condemn me. It is of no importance. History will absolve me." - Fidel Castro

In the rugged Sierra Maestra Mountains in 1957, Castro and his guerrilla force of several thousand fighters, along with urban rebel groups, eventually defeated Batista’s military and seized power in 1959. Castro aged 32 was appointed as prime minister in 1959. In 1961, President Kennedy authorized the invasion of Cuba by nearly 1,500 Cuban exiles, trained, armed and supported by the US-Central Intelligence Agency (CIA). Castro and his fledgling government managed to successfully thwart what became known as the Bay of Pigs invasion and tensions between the two countries went up to a feverish pitch.

In an indirect response to the failed invasion, Cuba permitted the Soviet Union to deploy missiles on its soil. This controversial decision then spiraled into the 13-day Cuban Missile Crisis of 1962, where the United States and the Soviet Union became embroiled in a standoff that saw the world on the brink of a nuclear war.

Luckily, saner wisdom prevailed and the Soviet Union removed its missiles from Cuba. In the final analysis, a change in Cuba, foster democracy or introduce Western-style economic reforms, President Obama said it was time to change track and extend the hand of friendship to the government so as to help the Cuban people.

In the final analysis, a political standoff that hurt the lives and livelihood of millions of people for over five decades cannot be claimed by any stretch of imagination as a victory by both sides.

As the world bids farewell to this polarizing icon of communism, who straddled the global political arena for the past 50 years, steering and stirring the lives of millions of people everywhere, he will always be remembered by the ordinary people who loved him most as ‘El Comandante’ the commander, or simply as ‘Fidel’. To those millions everywhere, Castro was Cuba and Cuba will always be Castro.
Filipina victim of abuse and accident appeals for help from the embassy

Ricky Laxa
Staff Writer

A 35-year-old Filipino Joan Alameda appeals for help from the Philippine Embassy in Kuwait to provide assistance regarding her case, which has been pending for the past few months. Alameda, a victim of physical abuse and accident while attempting to escape from her employer, underwent two major operations. Her employer, who has been staying in the hospital and was due for release in October, has a huge outstanding hospital bill that restricts her release.

Alameda recounted that she worked with another Filipina in a Kuwaiti home and both were being forced to admit stealing gold from their employer. Both women suffered successive physical abuses until they were threatened to be killed if they refused to surrender the missing item. That same day, both planned to escape from the residence for fear of being killed. Bed sheets tied together from the balcony was their only way of escape, unfortunately Alameda fell from the second floor and suffered fractured spine and hip bone. She was brought to Razy Hospital and underwent two major operations. Her Kuwaiti employer in return cancelled her residency and abandoned her in the hospital while recuperating from her operations.

“They were so inhuman; we were never seen. I told myself I am not going to die for a crime I never committed and thought of my children who were hoping to have a better life,” said Alameda. Alameda’s case has been referred to the Assistance to the Nationals Unit (ATNU) of the Philippine Embassy in Kuwait. “Three different officials from the ATNU department came to visit me and documented my case but till now for the past four months there has been no results to my pleas. The hospital bill everyday is piling up and I am left to think where to get that huge amount of money to stamp my already expired visa to get that huge amount of money to walk and now the weather is cold my operations hurt so much.”

I wanted to be able to go home alive and be with my children and the embassy is all my hope, but help seems evasive and vague to achieve. I ask for the Philippine President to kindly look upon my plea and help me come home and appeal to other human rights and advocacies to bring my case to the right channels that I may go home safely,” cried Alameda. Alameda thanked her agency secretary and her agency for looking and providing for her every need in the hospital and constant visit to check on her conditions. There are about 220,000 Filipinos in Kuwait and 70 percent of them are house helpers. An average of 2 to 3 runaways are being monitored and documented for several causes such as physical abuse, sexual rape, non-payment of salaries, no day offs, forced to work longer hours, not enough food, and no rest.

The head of the ATNU Ramon Nerida initially visited and documented her case followed by Nabil and Joseph who also promised to update her case, but till today no action has been made from this department of the Philippine Embassy. Alameda lamented that hospital administration informed her that if the embassy will not do any action on her case they will have to have her taken out from the hospital and detained. “I am having difficulty walking, I needed to wear a back support and a quad cane (staff) to be able to walk and now the weather is cold my operations hurt so much.”

Cleaning companies’ workers protest over unpaid salaries

Workers from the cleaning companies who have signed contracts with the Ministry of Education embarked on a strike to protest against the companies’ refusal to pay their salaries for three consecutive months. Assistant Undersecretary for Financial Affairs in the Ministry of Education Yusuf Al-Najjar attributed the delay in salary payment to accumulation of receipts based on the oracle system activated in the official public establishments recently.

He said that the Undersecretary of Education Dr. Haitham Al-Athari has since addressed accountants of the Financial Department to finish up the delayed receipts and pay all outstanding sums to relevant companies.

UN-Habitat and Dubai Real Estate Institute announce winners of GCC University student competition

The United Nations Human Settlements Program (UN-Habitat) and Dubai Real Estate Institute (DREI) announced the students that won from the university competition launched to universities in the GCC region, focused on generating new and innovative solutions for sustainable public space in collaboration with major universities in GCC.

The ‘My City My Responsibility’ competition launched in August to all fourth years’ university students in the GCC region, invited students majoring in civil engineering, architecture, and environmental design to submit their projects either individually or in a group.

The competition, under the ‘I am a city Changer’ campaign, aims to utilize student’s innovative talents to contribute to re-thinking public space for safe, connected, integrated, healthy and resilient future cities in at least six gulf cities. The celebratory event kicked off in the main theatre of Dubai Real Estate Institute, the first Middle-East Real Estate Institute and the educational arm of the Dubai Land Department.

The student winners who secured third place for the group and individual project were from Kuwait University, Kuwait, and they are Abduralrahman Al Ateeq, Ahmad Al Saffar, Dalal Al Noumas, Rafaif Al Dabbous, and Shahad Al Awadh for the Group Project, in addition to Danah Al Olaimi for the individual project, who all have won a prize worth $2,000 from DREI with a certificate of appreciation from UN-Habitat.

The awards were distributed as part of DREI celebration of UAE Innovation week and recognizing the importance of innovation and research as key drivers of sustainability.
Head of Mission of Turkish Republic of Northern Cyprus Hilmi Akil hosted a reception to commemorate the 33rd Anniversary of his country’s National Day at Cliffs Complex on 21 November. The occasion also served as a farewell to the Head of Mission of the Turkish Republic of Northern Cyprus Governmental Trade Office in Kuwait. Members of the diplomatic corps, dignitaries and media personal attended the function.

**BSK students participate in Children’s Art Festival**

The British School of Kuwait (BSK) students between the ages of 7 and 16 from different nationalities participated in the annual Children’s Art Festival Calendar 2017 and the winning pieces were awarded on their depiction of the theme. Prizes were presented to Kenda Baha’a Alden (Year 10), Soher Al Jazeeri (Year 9), Nabeel Al Jazeeri (Year 8) and Eleanor Smith (BSK Alumni).

**IMA Ladies Wing conducts program on Importance of Dawah**

Indian Muslim Association (IMA) Ladies Wing conducted a public program on the theme ‘Importance of Dawah’ on Saturday, 19 November at Salmiya Indian Model School. Renowned Islamic scholar visiting from India Iqbal Mullah was key note speaker of the day.

Umm Suleiman from IPC Salmiya branch and Amena Tamini, Dawah in charge from The Grand Mosque also graced the occasion. The program included a presentation on ‘Human Faculties and After Life’ by Dr. Aasiya Shahna. The keynote speaker of the day, Mr. Iqbal Mullah spoke on the topic ‘Da’wah: Importance and Opportunities and Preparations’. Followed by a 15 min question and answer session. During his thought provoking talk, he said women play a vital role in spreading the message of peace. The Ladies Wing announced the launch of a Youth Group to encourage young girls to come together and work towards the cause of Islam. The event concluded with an award ceremony, where certificates and gifts were awarded to the winners and participants of the Essay Writing Competition that took place in the month of May on the topic ‘Mother of the Believers: Sayeeda Khadija/Aisha’.

**Traffic fines to increase from January 2017**

Concerned authorities are planning on increasing traffic fines for various offences starting January 2017. Of the various offenses, over-speeding and crossing Red light will entail a fine of KD 200. Parking vehicles in spots designated for the physically handicapped for which the present fine is KD 10, is expected to increase tenfold at the beginning of 2017. Other offenses where fines are to be increased will be unveiled soon.

**Reception honors National Day of Turkish Republic of Northern Cyprus**

Concerned authorities are planning on increasing traffic fines for various offences starting January 2017.
Restaurant opens new dining experience

The highly anticipated Kerala Express restaurant opened its doors at Olive Mart Building, Fahaheel in a ceremony witnessed by a large crowd. To mark the inauguration, a major gala evening was organized that was attended by dignitaries such as Thomas Joseph, Labour Attaché, Embassy of India to Kuwait, Hamoud Al Fadli, Chairman, Thakkara Group of Restaurants, and Usman Haji, Managing Director, Halal Restaurants, London.

The theme of the restaurant centers on recreating the ambience and décor of a typical railway station and an Indian Railway car’s interior.

Also in attendance at the event was Padma Vibhushan Adoor Gopalakrishnan, the great Malayalam film director and other personalities like Surya Krishna Murthy, Director Surya Film Society, and Balu Kiriath, Malayalam lyricist and Director. Kerala Express offers a versatile menu filled with high quality, delectable and sensibly priced dishes that encompass the signature food items popular across the Southern Kerala. Top chefs with extensive culinary backgrounds in authentic Travancore cuisines have joined the Kerala Express team to prepare an array of food items that are unique to Kuwait. Kerala Express is a themed concept that is a joint venture of Thakkara Group and Holy Sweets, who have been in the Food & Beverage Industry for several years, with each controlling their individual brands like Thakkara Restaurants and Holy Sweets respectively, in different parts of Kuwait for several years.

New restaurant offers authentic Kerala cuisine

Kerala Express offers a versatile menu filled with high quality, delectable and sensibly priced dishes that encompass the signature food items popular across the Southern Kerala. Top chefs with extensive culinary backgrounds in authentic Travancore cuisines have joined the Kerala Express team to prepare an array of food items that are unique to Kuwait. Kerala Express is a themed concept that is a joint venture of Thakkara Group and Holy Sweets, who have been in the Food & Beverage Industry for several years, with each controlling their individual brands like Thakkara Restaurants and Holy Sweets respectively, in different parts of Kuwait for several years.

Mushrooms: An Indian Railway car’s interior.

Every week, our ‘Dining in Kuwait’ section features selected restaurants in the country that provide sumptuous cuisines from around the world. Want to feature your restaurant in our ‘Dining in Kuwait’ section and reach out to our wide reader base? Email us at editor@timeskuwait.com with a brief about your restaurant along with images in high resolution.

Mushrooms are a surprisingly versatile ingredient – they make their way into our breakfast, lunch and dinner. And their culinary possibilities are seemingly endless. Not only are there numerous varieties to become acquainted with, but you can prepare them in a number of ways: Grilling, stuffing, browning, frying, roasting, braising or sautéing.

If you have been following the same recipe over and over again, then it is time to shake things up. Get out of your cooking rut and start experimenting with this earthy ingredient. Mushrooms are subtle enough to make a savory side dish for meat eaters and substantial enough to serve as an entrée for vegetarians. Read on to find out the various ways you can prepare mushrooms.

Grilling: If grilling is your option, then depending on the size of your mushrooms, you can either place them directly on the grill (such as with Portobello’s) or cook them on a skewer if smaller. To keep them nice and moist, either marinate them or lightly brush with oil before grilling.

Grilling:

Roasting: This method helps bring out the natural sweetness in mushrooms. When roasting, make sure they are well coated in oil (and whichever other seasonings you wish to add) before placing in the oven at 204 degrees Celsius. Allow them to cook through until well browned.

Roasting:

Breading: This way of preparing mushrooms helps them to retain their flavor and hold onto their shape. If you are in the mood to experiment, you can always puree the mushrooms and make a croquette out of them. When breading, treat this ingredient just as you would do with chicken – make sure it gets a golden-brown color on all sides.

Breading:

Sautéing: With mushrooms, this method requires a slightly different approach than most other produce because of their high moisture content. When sautéing, you would want to be sure to start with hot oil, and then evenly coat the mushrooms once in the pan. You will notice the mushrooms’ liquid released into the pan (if not, then add salt to help the process along). You will know they are done once all the liquid has evaporated and the mushrooms have turned golden brown.

Sautéing:

Stir-Frying: A great and simple way to prepare mushrooms is to stir-fry them. Not only does it quickly get a meal on the table, but stir-frying also controls the amount of oil the mushrooms suck up. Any type of mushroom can work in this method, though if using larger ones (such as Portobellos), it is recommended that you cut them into smaller, quicker cooking sizes.

Stir-Frying:

Searing: Getting a nicely browned, crisp edge on your mushroom is culinary heaven. And it is not easy with mushrooms since they resist browning by releasing all that water into the pan. To achieve perfection when preparing, just be sure to add the mushrooms to a hot pan, with good amount of oil. And do not crowd the pan (this would just add too much water to it).

Searing:

Stuffed: Mushrooms almost seem like they were grown for stuffing. When you break off the stem their little caps make perfect bowls for whatever filling you can dream up. Once you have stuffed them, bake until nicely browned and the filling looks cooked through. The time and temperature will of course depend on your recipe.

Stuffed:

Duxelles: Not only are mushrooms great for stuffing, they make a great stuffing themselves. Duxelles, a mixture of finely chopped mushrooms and stems, cooked along with onions, garlic and herbs, is a basic preparation used in stuffing or savory tarts.

Duxelles:

To keep cylinder fresh for a longer time, wrap it in aluminum foil before placing it in the refrigerator.

To keep curry sauce from burning, to drifting from the heat, try incorporating a little butter to stabilize its thick consistency.

Avoid heating pesto sauce. The basil will turn bitter if overheated. Store in the refrigerator.

To keep gravy gelatin from forming, avoid refrigerating it for too long, as this can have a waterlogged effect on the liquid.
Sir Syed Ahmad Khan’s Birth Anniversary Celebrated by AICA
Performances by Major Mohammad Ali Shah and RJ Naved

By Nita Bhaktar Chogle
Special to The Times

had the privilege of compereing the birth anniversary celebrations of Sir Syed Ahmad Khan, Founder of Aligarh Muslim University (AMU) by the All India Cultural Association (AICA) last week at the Indian Embassy auditorium.

Sir Syed Ahmad Khan, born on 17 October 1817, is recognized as one of the architects of modern India. He is counted among the greatest thinkers, philosophers and revolutionaries of his time and the history of social and education reforms in the Indian subcontinent would not be complete with a mention of his name.

2016 marks the beginning of the 200th year of Sir Syed Ahmad Khan’s birth which is being celebrated all over the world by the Indian community and especially by the AMU alumni with fond enthusiasm just as it was in Kuwait by AICA.

Founded in 2000, the All India Cultural Association is a Kuwait based non-profit organization that strives to promote India’s vast and diverse culture. Registered with the Embassy of India in Kuwait, AICA has made a name for itself by presenting quality literary programs, conducting several successful marathas (poetry recitals), ghazal concerts and other cultural events. AICA’s aim is to become a platform, voice and medium for communications for Indians from all walks of life.

AICA’s recent event began with Quran recitation by Nadeem Ahmed followed by the lighting of a lamp and speeches by Shubhashis Chaudhary, Deputy Chief of Mission and Chief Public Information Officer from the Indian Embassy in Kuwait, and the AICA President, Sanjay Kumar Sawhney.

Senior Indian embassy officials, K.K. Patel, First Secretary, A.K. Shrivastava, Second Secretary and other prominent Indians such as Samina Malik, Aijaz Baig, Dr. Umar Baig, Aliaj Ahmad Sarfaraz, etc. were also present at the event.

After an inspiring introduction about Sir Syed Ahmad Khan and AMU by corporate lawyer and AMU alumni Mohd. Amir and Mohd. Iqram, the evening comprised of a thought-provoking play “Letter to Gandi” performed very professionally by Syed Mujeeb Akhtar, Ahmed Sartaj and Maria Limdi. Guest of honor of the event, well know Radio Mirchi Murga fame RJ Naved Khan, entertained the audience with a funny, emotional and touching presentation. Renowned theatre artist and Bollywood actor Major Mohammad Ali Shah, captivated the audience with an hour of monologues in English, Hindi and Sanskrit.

This was followed by the Aligarh Muslim University anthem sung by a group of alumni and their children. The evening ended with a vote of thanks by Usama Faruki, Vice President of AICA in which he thanked the audience, AICA members and the supporters of the event.

Kashif Syed, tokens of appreciation were presented to some of the key supporters of the evening by prominent AMU alumni Madhuri (Ha, Umar Qadri, Kameem Irfan, Dr. Anis Ahmed, Mohammad Zia Uddin and Nisa Khan along with AICA members and the supporters of the event.

Kashif, Sanjay, Mohammad Ali Shah

Mohammed Ali Shah

Popularly known as ‘Major’ Mohammed Ali Shah, the title ‘Major’ stuck with him from his time with the Indian Army. Starting as a young Lieutenant, Ali Shah worked up the ranks to become captain and eventually Major – posted with the Assam Rifles. His brush with television included leading the Assam Rifles marching contingent at Republic Day parade and being a commentator for Doordarshan at the 4th CISM Military World games held in Mumbai in 2007.

Today, Ali Shah is an acclaimed theatre artist and film actor. He has a variety of theatre productions and Bollywood movies such as Agent Vinod, Haider, Great Indian Tamashe, Rajrangi Bhaajia, etc. The Ruffian an English movie he acted in was dubbed into Hindi and Malayalam. This movie won Ali Shah numerous best actor awards at the Delhi International Film Festival and Filmicaa at Aligarh Muslim University. He was chosen as best actor by Jury and Critics in Kerala for the Jaihind TV channel awards and also received a Critics award in Australia.

He recently completed shooting for the National award winning director Tigmanshu Dhulia’s latest film, Yaara.

When quizzed about why he left the army, he is quick to clarify he was interested in acting from early on in life and only joined the Short Service Commission. He has an MBA from IIM Calcutta and has also had a tryst with the corporate world.

Shah is also a social activist. Son of Lt. Gen. Zameer Uddin Shah, Former Deputy Chief of The Army Staff, former member Armed Forces Tribunal and currently the Vice Chancellor of the Aligarh Muslim University, he is also the nephew of legendary actor Naseeruddin Shah.

Tall and handsome, “Major” Shah was indeed a treat to watch in his special performance of the “Major” actor’s assorted monologues.

Five minutes with... RJ Naved Khan

A person that is just as entertaining in person as he is in his RJ role, Naved Khan is a master of mimicry. While many people are recognized because of their voice, RJ Naved is famous for changing his voice.

His show ‘Mirchi Murga’ on Radio Mirchi gained international fame and made its way through social media channels and his funny anecdotes and pranks offer a comic relief over the radio.

His show has won several awards including the “National Television Award” for his funny political satire show called 2G.

While RJ Naved has made audiences laugh with his murga tactics, he has also used his baritone voice to touch on human emotions and raise issues about patriotism, culture and tradition that need to be addressed in today’s society.

Meeting him was a treat and his warmth and kindness was very apparent in his interactions with each and every person that he spoke to or kept pulling him away for a photo or a chat.
Second Kuwait Children's Science Congress

The second Kuwait Children’s Science Congress (KCSC), organized by Science International Forum (SIF) – Kuwait in association with The Times Kuwait and Mughal Mahal on 18 November at the Smart Indian School was a resounding success.

Student teams from different Indian schools in Kuwait competed with each other, and proudly showcased their inventive and unique scientific projects, to a large crowd of parents, teachers and well-wishers.

The annual Science Congress provides children of 10 to 17 years of age a rare opportunity to showcase their scientific knowledge and aptitude through exhibiting science projects they create from scratch. Students form five-member teams to undertake a project based on an assigned theme, which this year was on ‘Science, Technology and Innovation for Sustainable development’.

The teams had to present a solution to overcome the specific challenges presented by their chosen project.

This year’s KCSC saw the participation of around 150 enthusiastic young scientists from all the major Indian schools in Kuwait. They were divided into two categories, Seniors and Juniors, with a total of 15 senior and 17 junior teams taking part in the competitions. A distinguished panel of judges, which included scientists from Kuwait Institute of Scientific Research, judged the competitions. The judging panel included Dr. Narayana R. Bhat, Dr. S. Neelamani, Dr. Mohan Rana, Dr. K. Ravindranath, Dr. Krishnakumar Sukumaran, Dr. Vinoba Mari, Dr. Jayasee Chakkamalayath and Dr. Sreekanth K. J.

The day’s events began in the schools’ auditorium with an inauguration ceremony where a ceremonial lamp was lit by a distinguished invitee. A distinguished panel of judges, which included scientists from Kuwait Institute of Scientific Research, judged the competitions. The day’s events began in the schools’ auditorium with an inauguration ceremony where a ceremonial lamp was lit by a distinguished invitee. A distinguished panel of judges, which included scientists from Kuwait Institute of Scientific Research, judged the competitions.

At the end of the day, four teams, two each from the senior and junior categories, walked away with the top honors and were graded with A+ ranking. This high ranking qualified the winning teams to participate in this year’s All India National Championships.

The members of Kuwait Indian School were Baccam Shahaaz, Hadeel Mohammed, Jagadeesa Rajamundry, Mustafa Zakir and Shrayva Komanappalli, along with their teacher Sunitha Dani.

Indian Community School (Khaitan) represented by, Rishita, Anikta, Calvin, Fahad, Safura and Sumiya presented their project under the supervision of their teacher Joyce Samuel.

Indian Central School represented by Ankita, Calvin, Fahad, Safura and Sumiya presented their project under the supervision of their teacher Joyce Samuel.

Indian Community School (Senior) represented by, Anagha V. S., Anna Shiju, Evelyn Cipai, Anikta, Calvin, Fahad, Safura and Sumiya presented their project under the supervision of their teacher Joyce Samuel.

Indian Central School (Senior) represented by Ankita, Calvin, Fahad, Safura and Sumiya presented their project under the supervision of their teacher Joyce Samuel.

Indian Community School (Khaitan) represented by Anikta, Calvin, Fahad, Safura and Sumiya presented their project under the supervision of their teacher Joyce Samuel.

Kuwait Indian School was represented by Huzafa Imran, Laxmi Kalyan Tada, Phani Gayatri Gubbala, Shabaz Shuddi Suresh and Syed Nadiya, guided by their teacher Nisha Copakumar.

Indian Community School (Khaitan) represented by Anikta, Calvin, Fahad, Safura and Sumiya presented their project under the supervision of their teacher Joyce Samuel.

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SIF-Kuwait, which aims to ignite the minds of the young with a scientific temperament, was formed in 2016 when a group of professionals from the field of education, science and technology launched a platform for the Indian student community in Kuwait. The group aimed to identify and encourage Indian students with a flair for science and technology.

By introducing India’s rich scientific heritage to the youth, SIF—looked to ignite interest, kindle the inquisitive spirit and develop young minds to have a passion for science and technology and motivate them to take up science as a career. Through invigorating the scientific temperament in them, SIF hopes to encourage students to contribute towards India Vision 2020 and to spread the message of supporting and building Indian society using science as a tool.

Today, SIF – Kuwait programs are actively supported and implemented through 18 Indian schools in Kuwait, with more than 6,000 students actively engaged in them.
28 November

3D artwork festival: A 3D artwork festival will be held from 28 November to 3 December at Boulevard, Salmiya, Hawalli Governorate. Jenny McCracken and Rudy Kistler who have specialized in 3D art and worked all over the world will be visiting Kuwait for the first time for this event. They will be creating incredible illusions during the course of the event. The event is free and open to all.

29 November

Super Grand Bazaar exhibition: The 16th Super Brand Bazaar exhibition will be held from 29 November to 3 December at the Al Baraka ball room in Crowne Plaza, Fanarwaniya, from 10am. The exhibition will display your favorite brands at up to 90 percent discount rate. The entry is free and open to all.

1 December

Korean street food festival: The Embassy of the Republic of Korea in collaboration with The Korean Kuwaiti Cultural Diwaniya will be organizing the Korean street food festival at the Embassy premises, Diplomatic Zone 2, Block 7A, Plot 22. The event will include presentation of Korean food and much more.

2 December

Family seasonal concert: Ahmad Musicians Group will be organizing Family Seasonal Concert at New English School, Jabiya, from 4 pm for families with young children and 6:30 pm for others. The concert will include classics, moderns along with audience sing-along and a visit from the North Pole. Audience will also be treated to a medium-healthy buffet. For more information and to book your tickets: Visit, www.ahmadmusicgroup.com or call, 66184192.

Holiday Bazaar: A one-of-its-kind event, the Holiday Bazaar will be held in Salmiya Sabah Al-Ahmad Theater and hall in Salmiya, from 10:30 am to 8 pm. The event will showcase unique handmade items, clothes, accessories, holiday gifts and much more. Adding to this fun, Santa Claus will be there from 11 am to 12:30 pm and from 3 pm to 4:30 pm. The event is open to all and the entry fee is set at KD 1.

3 December

Qout Market: A yearly artisanal farmers market, Qout Market will be held at the Al Azaheer Park, Kuwait City, all day. This market combines local farm produce, food products and crafts with a street food section aiming to highlight the culinary diversity of local food community. For more information: Visit, www.qoutmarket.com

Camel race: AWARE Center will be organizing a camel race from its premises in Abu Fatira, Block 1, Street 101, Villa 22. The race will commence at 11:30 am and end at 4:30 pm. The ticket fee is set as follows: Adults KD 3, children age 6 to 12 KD 2, infants below the age of 1 KD 2 and free for children below the age of 1. Seats are limited and prior registration is required. The last date for registration is November 27. For more information and to register: Visit, info@aware.com.kw.

4 December

OUT LET PERFUM Expo: A three day expo, OUT LET PERFUM will be held from 4 to 6 December, at the Kuwait International Fair Ground in Kuwait City. The event will showcase a wide range of consumer related products and services. The event is free and open to all.

7 December

Pantomime: Sindbad and the Emerald of Eternity: SKK (Staged in Kuwait) announces this year’s pantomime, Sindbad and the Emerald of Eternity which will be held from 7 to 10 December, at the Performing Arts Centre, The English School, Muaed Al Azmi, Block 12, Salmiya.

The pantomime will portray Sindbad who is set to go on a final voyage to win the hand of Princess Saimee. He must journey to the mythical island of Enchantment and stop the Emerald of Eternity from falling into the wrong hands. For more information and to book your tickets: Visit, www.stageinkuwait.com.

10 December

Late night road show: SRBB Circuit will be organizing a Late night comedy show at its premises in Shuwaikh Industrial Area 1, Block 1, Street 11. Further details will be provided on booking your tickets. For more information and to book your tickets: Call, 96609000.

27 November - 03 December, 2016
www.timeskuwait.com
Illegals deportation best solution for demographic imbalance

Farwaniya Governor Sheikh Faisal Al-Humoud Al-Malik Al-Sabah recently said that immediate deportation of illegal expatriates in Kuwait would be the best solution to address the country’s severe demographic imbalance and alleviate pressure on public services. “Farwaniya suffers more than any other governorate from those marginal workers, who are mostly bachelors,” a local daily quoted him as saying. “A quick tour around Hasawi, Jleeb Al-Shuyukh, and Khaitan will show you how much the law is being broken, with environmental, security and social violations that they commit, despite the fact that the state spends millions of dinars on services presented to them.”

He added that Kuwait is planning on executing some mega projects which would require skilled and law abiding manpower.

For this, workers’ criminal records should be examined before requirement. The governor further called for building more labor cities as soon as possible in order to ‘isolate’ bachelor workers from areas where families live. He said that all labor cities should be provided with full services “to guarantee human rights”.

Containers with illicit items vanish in thin air

Nine containers filled with illicit items, which entered the country through Shuwaikh Port, and were kept under surveillance to arrest the person responsible, disappeared and were transported freely throughout the country. Sources revealed that information about how the responsible persons managed to sneak them past the customs procedures is still unknown.

Customs sources explained that three of the containers were initially docked at the port in October. When the remaining arrived, they were placed at the yard and referred to the concerned authorities for checking. The General Customs Department was notified immediately, but the matter was prolonged until it came to the notice of the Deputy Premier and Minister of Finance Anas Al-Saleh. Al-Saleh addressed the customs director in a strongly-worded letter, asking him the reason why he was not informed about the incident and why all security authorities were not notified to take necessary measures.

The sources expressed fear that the containers might have already reached the individual who imported them.

Expatriate arrested for selling stolen medicines: Police arrested an unidentified expatriate for selling medicines worth KD 20,000 to private pharmacies for low prices. According to reliable sources these medicines were stolen from government hospitals and are available only to Kuwaitis who suffer from severe illnesses. When enquired, the suspect admitted to obtaining them from government pharmacies. A decision has now been taken to install CCTV cameras in all pharmacies affiliated to the Ministry of Health to prevent thefts and manipulation in the distribution of medicines.

Murderers arrested: The General Administration of Criminal Investigation Department arrested those responsible for the murder of the two Kuwaiti nationals and an Indonesian female in Salwa. The suspects, Iranian nationals Mohammad Abdullredha Nawasser and Ali Mohammad Al-Bughaibesh, committed the crime using a handgun. Before escaping, the two suspects stole KD 276,000 and another KD 276,000.

Women sexually abused by MoI officers: Two officers from the Interior Ministry alongside three other personnel are said to have sexually abused some women while inspecting vehicles at the intersection of Qadsiya and Mansouriya. Apparently, the officers flirted with every girl they checked by passing on the identification documents from one colleague to another while asking for their mobile numbers or threatening to add them as friends on social media. Girls refusing demands were delayed at the intersection of Qadsiya and Mansouriya. Apparently, the officers flirted with every girl they checked by passing on the identification documents from one colleague to another while asking for their mobile numbers or threatening to add them as friends on social media. Girls refusing demands were delayed.

Fake maids offices busted: Security operatives arrested individuals running two different fake domestic recruitment agencies, alongside a number of residency law violators. General Department of Public Relations and Security Media in the Ministry of Interior gathered information on the bogus domestic recruitment office and concerned officers verified the report. The suspects, all Ethiopians, reportedly provided accommodation for runaway housemaids and violated residency law by hiring absconders to individuals who needed their services on hourly basis. The manager and workers at the office were also wanted for absconding from their respective sponsors.

CID issues warning to hotels against withholding information on guests

The Criminal Investigations Department (CID) has issued a warning to all hotels which offer accommodation against withholding any information about guests. The management teams of hotels are required to provide the CID department with information on citizens or residents staying in their rooms. A security source stated that this step would help identify reported absconders and people wanted by the law.

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Ambassador of Somalia and Acting Dean of Diplomatic Corps to Kuwait H.E. Abdulkadir Amri Sheik, extended congratulations on behalf of the diplomatic corps to the Ambassador of Vietnam H.E. Nguyen Hong Thao on his unique achievement of being elected to the International Law commission (ILC) of the United Nations recently.

He said, “I am delighted to offer the warmest congratulations to our dear colleague Ambassador Nguyen Hong Thao, the Vietnamese Ambassador in Kuwait, wishing him further success and prosperity. Considering his long diplomatic experience in international Law, we are confident that our colleague will make meaningful contribution to developments and enhancing the international Law.”

The Somali Ambassador reiterated, “For us, diplomats in the state of Kuwait, it is a true delight for one of our member to win such a distinguished international membership, we are proud of him.” On his part, in a gesture of appreciation for the support received, the Vietnamese Ambassador expressed his thanks in an address to the gathering. He said, “I would like to express my sincere appreciation and gratitude for your kind support that Your Excellency gave me throughout recent election process to the ILC.”

He further stressed on the importance of ILC and its work, and added that “I would like to re-affirm Vietnam’s commitment to maintaining and enhancing the rule of law in the international community, and Vietnam’s determination to ensuring peace, stability and prosperity of the region and the world based on the principles of international law.”

IKEA gets the world playing to support children’s rights.

For every child’s book and toy sold between 20 November and 24 December, the IKEA Foundation will make a donation of EUR 1 to support children’s right to play and develop in some of the world’s most vulnerable communities.

The UN Convention on the Rights of the Children states that every child should have the right to play. Sadly not every child enjoys this right. “Many children around the world lack safe spaces to play. War and disasters are forcing more children than ever before to flee their homes and make difficult and dangerous journeys. Many more miss out on the chance to play because of poverty and prejudice. Children suffer the most in a crisis situation, and we are committed to upholding and raising awareness of their rights,” said Per Heggenes, CEO of IKEA Foundation.

Let’s Play for Change builds on the success of previous IKEA good cause campaigns, which have raised €118.8 million since 2002. The IKEA Foundation has supported over 1,000 projects in 77 countries. The 483,186-strong electorate went to the polls on Saturday to decide who will represent them in the parliament for the next five years.

The 483,186-electorate is the second lowest number of voters since women gained the right to vote in 2016. Despite this strong women numbers, the less than sterling turnout will compel parliamentarians to put aside their ideologies and for once do what is right for the country, its people and its development.

Winners of parliament seats in the 2016 Assembly election

1st Constituency
1- Marzouq Ali Al-Khudeir (5,072 votes) 2- 3rd Constituency
4- Jamaan Thaher Al-Herbish (2,432 votes) 5- Talal Saad Al-Jalaal (2,857 votes)
3- Khalid Ibrahim Al-Salih (3,794 votes) 6- 4th Constituency
4- Faisal Mohammad Al-Kanderi (4,660 votes) 7- Kuwait leadership congratulates new parliamentarians
5- Faisal Mohammad Al-Kanderi (4,134 votes) 6- Khalid Mohammad Al-Otabi (3,998 votes)

2nd Constituency
1- Humoud Abdullah Al-Khudeir (5,072 votes) 2- 5th Constituency
2- Saud Mohammad Al-Shuwaier (2,897 votes) 3- 3rd Constituency
5- Nayef Abdulaziz Al-Ermi (3,972 votes) 4- Abdulwahab Mohammad Al-Babtain (3,125 votes)
4- Mohammad Al-Otaibi (3,998 votes) 7- 1st Constituency
4- Abdulwahab Mohammad Al-Rabtain (3,730 votes)
3- Mohammad Al-Ruwaiee (1,772 votes) 10- Mohammad Hadi Al-Huweila (2,853 votes)

Kuwait leadership congratulates new parliamentarians
H.H. the Amir Sheikh Sabah Al-Ahmad Al-Jaber Al-Sabah sent cables of congratulations to the election winners and wished them success in carrying out their duties aimed at serving and developing Kuwait. His Highness also lauded the huge turnout and their positive response by citizens to their national responsibility. Furthermore, he also expressed appreciation to all senior officials and government bodies for their efforts in making the elections a success. H.H. the Crown Prince Sheikh Nawaf Al-Ahmad Al-Jaber Al-Sabah and H. H. the Prime Minister Sheikh Jaber Al-Mubarak Al-Hamad Al-Sabah also sent similar cables to the new parliamentarians.

Tough times ahead for government with new parliament.

The disqualifications were based on the security records and on the reputations of the hopefuls. Some candidates were barred for not fulfilling the procedural requirements, including the physical presence to submit the application. Several candidates who were barred by the committee resorted to the administrative court, launching a large number of court cases that reached in some cases the Court of Cassation, the highest court in the country.

The number of women candidates in the 2016 fray was the second lowest figure since women gained the right to vote in 2002. Of the 14 women candidates who stood for elections, only one, Safa Abdul Rahman Al-Hashem, won a seat, the same number, and the same candidate, as in the dissolved parliament.

The 483,186-electorate chose the poll winners from the 483,186-strong electorate on Saturday morning, long winding queues, a characteristic of elections in some other countries, were noticeably absent. Not to it the small size of the electorate or call it poll fatigue and a general apathy towards the revolving door politics in recent years, the lack of interest was clearly palpable among those gathered before polling stations in the morning. However, as the day wore on, the voting tempo picked up considerably and by end of polling hours at 8pm on Saturday, the turnout was considered to be at least 70 percent, it had been 53 percent in the last elections in 2013.

The hope of many citizens and residents alike that the huge turnout will compel parliamentarians to put aside their ideologies and for once do what is right for the country, its people and its development.

The Somali Ambassador congratulates Vietnamese diplomat

On their part, in a gesture of appreciation for the support received, the Vietnamese Ambassador expressed his thanks in an address to the gathering. He said, “I would like to express my sincere appreciation and gratitude for your kind support that Your Excellency gave me throughout recent election process to the ILC.”

He further stressed on the importance of ILC and its work, and added “I would like to re-affirm Vietnam’s commitment to maintaining and enhancing the rule of law in the international community, and Vietnam’s determination to ensuring peace, stability and prosperity of the region and the world based on the principles of international law.”
IMF warns against remittance tax on expats

The International Monetary Fund (IMF) has indicated that imposing tax on Gulf expatriates’ remittances and incomes would result in negative consequences, especially since these expatriates constitute about 90 percent of the total employees in the private sector.

In its report, IMF explained that the total remittances from GCC countries are about $84.4 billion annually. Imposing tax of about 5 percent on these remittances will result in very little and marginal revenue of only 0.3 percent of the GCC GDP, which is very modest compared to the financial reforms required in the GCC countries. It will also result in administrative and operational costs that might reduce revenues and cause risks related to the repatriation of the country among the workers. The competitiveness of the private sector will also decline.

The report also stressed that the incomes of expatriates in GCC will reduce if taxes are imposed, taking in to account the fact that the unskilled workers in these countries form about 80 percent of expatriates. It added that another disadvantage of imposing the abovementioned taxes is that it will make the GCC countries undesirable for skilled workers who will prefer to look for employment options elsewhere.

This will lead to serious brain drain if the local talents do not possess the same skills as their expatriate counterparts.

BSK students participate in Debating tournament in Bahrain

The British School of Kuwait (BSK) was very proud to welcome back eleven of their senior students who had travelled to Bahrain for the 5th annual British Schools in the Middle-East (BSME) Debating Tournament.

The three BSK teams offered strong competition to their worthy opponents, and managed to win commendable ambassadors for the school. This year’s tournament debated topics were about the enforcement of poll tax within GCC regions, asteroid mining and the breakup of Google into smaller subsidiaries. These debates ran back to back and demonstrated the student’s skills of resilience and working as part of a team, as well as, of course their knowledge of global current affairs.

Al Nahil Int’l Clinic celebrates 2 years with medical campaign

Al Nahil Int’l Clinic will be organizing a free medical camp at their clinic in Abbasiya on Thursday and Friday, 1 and 2 December on the occasion of their 2nd Anniversary. The company is excited for having completed 2 years in Kuwait and for building a strong presence in the Middle East where it has helped in reforming the Medical Service Industry and delivered high quality healthcare services to nationals and expatriates.

Al Nahil Int’l Clinic’s various departments as well as a host of other exciting promotions that would be benefit their health.

On this special occasion of their 2nd Anniversary, the brand would like to reach out to the all those who are disadvantaged and unable to afford proper medical care due to financial constraints. They are invited to take advantage of free consultation in all Al Nahil Int’l Clinic’s various departments.

Under the patronage of the Minister of Electricity and Water and Minister of Public Works and Minister of Awqaf and Islamic Affairs, Ahmed Khaled Al-Jassar, Kuwait witnessed on the morning of 23 November, the opening of the remaining section of the Jahra road project elevated mainline viaduct, extending for 5 km starting from hospitals area to Al- Shuwaikh residential area.

To celebrate the occasion, a special ceremony was held at the JW Marriott Hotel, with the attendance of several representatives of the Ministry of Public Works, including Dr. Ali Al-Omair - Undersecretary of the Ministry of Public Works and Minister of State for National Assembly Affairs, previously Abdul Aziz Al-Ibrahim - Minister of Electricity and Water and the former ministers. In addition, the Ambassador of the Arab Republic of Egypt, Yasser Abdel Qader, and a group of representatives from the government and private parties that have contributed to the success of this project attended the event.

The ceremony featured a speech from Madam Awatif Al Ghunaim, Undersecretary of the Ministry of Public Works, who pointed out that the ministry is working hard to achieve the architectural renaissance and infrastructural development desired in various mandated areas in order to realize the vision of transforming Kuwait into a global economic attraction and commercial center.

On the sidelines of a press conference held at the opening of the bridge, Minister Khaled Al-Jassar, said: “This opening represents a great milestone in the ministry’s strategic plan for the development of the road network in Kuwait, as it is this opening the main Jahra bridge, which has a total length of 8 kilometers now opened entirely to road users heading from Jahra to Kuwait City, ascending by Granada area over the United Nations Roundabout until it descends by Kifan near to Kuwait Club.”

Ministry of Public Works celebrates opening of Jahra Road Mainline

The Embassy of Poland in Kuwait in collaboration with the Al Hamra Business Tower & Luxury Center opened Polska Architecture exhibition at the Al-Hamra Luxury Center on Wednesday, 23 November. The exhibition highlighted 23 outstanding projects that shed light on several architectural developments in addition to highlighting impressive structural accomplishments and innovative design in Poland.
World’s first malaria vaccine set to be launched in 2018

The World Health Organization (WHO) disclosed last week that the pilot project to roll out the world’s first malaria vaccine—RTS,S or Mosquirix—across select countries in sub-Saharan Africa, would begin in 2018. “The pilot deployment of this first-generation vaccine marks a milestone in the global fight against malaria for at least three years after first vaccination. WHO had recommended that the vaccine programs should involve sufficiently large populations to assess, among other things, (1) the feasibility of providing all four doses of RTS,S to the target age group through existing health services; (2) the impact of RTS,S on child mortality; and (3) evidence of any causal relationship between RTS,S and either meningitis or cerebral malaria, in the context of surveillance of adverse events. Meanwhile, the Global Fund to Fight AIDS, Tuberculosis, and Malaria has approved US$58 million for the malaria vaccine pilots, the amount will fully fund the first phase of the program. Earlier this year, the GAVI, the Vaccine Alliance and UNITAID announced commitments of up to $275 million and $96 million, respectively, for the first four years of the vaccine program.

Worldwide high blood pressure rates have doubled

Since 1975, the number of people worldwide with high blood pressure has nearly doubled, despite average blood pressure levels being at an all-time low in most developed nations, says a new study.

High blood pressure is the leading risk factor for stroke and heart disease, and kills around 7.5 million people worldwide every year. Most of these deaths are experienced in the developing world, said researchers behind the study.

Taken globally, high blood pressure is no longer a problem of the Western world or wealthy countries. It is a problem of the world’s poorest countries and people. The overall number of people with high blood pressure (hypertension) rose from 594 million in 1975 to more than 1 billion in 2015, due to factors such as a larger global population and an increasing number of older adults, the study authors said. The largest increases in blood pressure rates have been in low- and middle-income countries in South Asia such as Bangladesh and Nepal, and sub-Saharan African nations such as Ethiopia and Malawi. High blood pressure also remains a serious problem in some Pacific Island countries, and some central and eastern European nations, such as Slovenia and Lithuania.

Meanwhile, the United States and other wealthy countries, including Australia, Canada, Germany, Japan and Sweden, have seen significant reductions in rates of hypertension. In 2015, Australia, Canada, Germany and Japan, as well as Slovenia and Lithuania, had the lowest rates of adults with high blood pressure—about one in eight women and one in five men, according to the study. The findings also reveal that the World Health Organization’s target of reducing the prevalence of high blood pressure by 25 percent by 2025 is unlikely to be achieved without effective policies that allow the poorest countries and people to have healthier diets—particularly reducing salt intake—and making fruit and vegetables affordable—as well as improving detection and treatment with blood-pressure lowering drugs, warned the researchers.

Know your fitness number

Individuals who are unfit are at substantially greater risk for lifestyle-related diseases and premature death. Despite its high value in assessment of risk, fitness is not routinely measured in clinical practice. The likely reason for this is the costly and time-consuming testing procedure that requires trained personnel and expensive equipment.

New research is now turning to non-exercise algorithms, which, without the need for expensive equipment or trained personnel, can estimate fitness from available clinical information and information provided by the patient.

In a new study, researchers from the Norwegian University of Science and Technology tested the value of estimated fitness in predicting risk of premature death from either heart disease or any other cause, alone or in combination with other risk factors such as high blood pressure, smoking status, alcohol consumption, family history of heart disease, and diabetes. In other words, they investigated whether adding estimated fitness to traditional risk factors could improve the reliability of predicting premature death.

In order to test their hypothesis, the researchers analyzed data available on 36,870 men and women who participated in the second wave of a Norwegian University sponsored health study that tracked them for up to 12 years.

“We found that estimating fitness was enough to predict future risk of premature death from all causes. There was no need to perform complicated risk score algorithms that traditionally are used to calculate risk,” explained the researchers.

With the increase in lifestyle-related diseases around the world, estimated fitness is an easy, cost-effective method that could significantly help medical professionals identify people at high risk and improve patient management.

And just as importantly, it is a test that individuals can easily use to assess his/her own Fitness Number and Fitness Age, and in cases of low fitness do something about it. The only thing needed is access to the internet and/or a smartphone as the test is freely available on www.worldfitnesslevel.org and as apps on Google Play and Apple Store.

Covering your sneeze

It is normal to sneeze, do not try to hold it back. It is the body’s natural reflex to an invader —whether a pollen, cat or a virus that leads to the common cold — in your nose linings. No matter the cause, your sneezes spread germs, and it is best to catch them the correct way to prevent spreading illness.

Without a barrier: Sneezing with no hands will not only reflect badly on what your parents taught you, but also spread germs. With no hands, your sneeze is going to have the maximum speed — it will hit every surface in your room. And with not enough sneeze particles, it will hit not only you and your family, but also your friends and neighbors.

Using your hands: When sneezing, use your hands to cover your mouth and nose. This will contain any germs that you might have on your hand, thereby preventing their spread.

Using a tissue: Use a tissue only once before throwing it away. This will help prevent any germs from spreading. You can wash your hands with soap and water after using a tissue.

Using a handkerchief: Use the tried and true way by covering your nose and mouth with a handkerchief. When using a handkerchief, throw it away after using it once.

Using your elbow: If you are not able to cover your mouth and nose with your hand, then use your elbow. This is not recommended as you risk spreading germs that way.

Using a sleeve: Covering with your sleeve is a good way to cover your sneeze with smaller risks of spreading illness. This is only recommended if you are wearing a button-down shirt.

Using your phone: Using your phone to cover your sneeze is not recommended as you risk spreading germs that way.

Eating right to avoid COVID-19

Eating a nutritious diet that is high in vitamins and minerals can help boost your immune system, which is vital in fighting off COVID-19.

Fruit and vegetables are vital for a healthy diet and should make up the majority of your plate at each meal. They are rich in vitamins and minerals, antioxidants, and dietary fiber, which are all important for a healthy immune system.

Protein is also important for a healthy immune system. It is essential for the growth and repair of body tissues, and it helps the body to fight off infections.

Whole grains are also important for a healthy immune system. They are rich in fiber, which can help to keep your digestive system healthy.

Lastly,喝足够的水 is also important for a healthy immune system. It helps to flush out toxins from your body and keep your body hydrated.

Avoiding processed and sugary foods is important for a healthy immune system. These foods can cause inflammation in the body, which can weaken the immune system.

Remember, eating a healthy diet is just one part of a healthy lifestyle. It’s important to also get regular exercise, get enough sleep, and manage stress to keep your immune system strong.
Exploiting ALBANIA

In this small Mediterranean country, virgin nature and cultural mysteries combine to create a unique sense of place. From the snow-capped mountains in the winter to the fields covered in spring by red poppies, Albania’s landscape is ever-changing with the seasons, offering visitors the opportunity to enjoy a warm summer beach holiday or a mountain trek in the crisp and cool air of the fall. In Albania, visitors are welcomed as guests as part of the country’s rich cultural traditions and heritage. The warm hospitality of Albanians, known worldwide makes every traveler feel at home. Here is a short glimpse of Albania – a land that truly deserves to be loved.

Tirana: The heart and capital of Albania, Tirana with its clubs, pubs, cafes, and taverns is worth to discover, both day and night. One can begin by visiting the museums and key spots such as Sheshi Skënderbej, home to the Mosque of Ethem Bey and the 35m high Kulla e Sahatit (the Watch Tower), built in 1822 with a San Marco style cupola. The monumental Tomb of Kapllan Pasha and the Ura e Tabakëve are other interesting place to visit. As a capital, Tirana has the country’s finest museums, theatres, and galleries representing the national arts.

Berat: Registered as a world heritage in 2005 and ratified in 2008 by UNESCO, Berat is the city filled with traces of the Illyrian, Byzantine and Ottoman periods, in the form of old churches with wonderful wall paintings, icons and wood engraving.

Mountains: Approximately two-thirds of Albania’s geography is either hilly or mountainous. These elevations offer myriad outdoor recreation possibilities, including eco and agrotourism. Along with mountains, the countryside of Albania is also dotted with a great variety of caves, some of which are easily accessible. The best caves exist in the regions of Shkodra and Tirana.

Coastline: The Albanian coast begins in the northwest at the Buna River delta, which marks the Albania-Montenegro border, and extends southward until it reaches Cape Stillo at the Albanian-Greek border. Including various lagoons and harbors, the coast stretches for a total of 450 km and touches two seas: the Ionian in the south and the Adriatic in the north. Along its length, the coastline is dotted with beaches ranging from large and sandy to hidden and private. Beautiful rocky coastlines comprise portions of this landscape as well. The coastline of Albania is particularly picturesque because of its relative lack of development. This unspoiled coast has been preserved as a natural beauty and is ripe with outdoor recreation possibilities.

Valbona Valley National park: Considered as one of the most beautiful parks in Albania, Valbona Valley National park, located 25 km from Bajram Curri, features impressive scenery comprised of high alpine ridges and the Valbona Valley. Diverse plants and animal species invite recreation, sightseeing, and scientific study. Alongside the valley there are several villages which provides accommodations in traditional houses.

Divjaka Pine National park: This park is located in Karavasta lagoon and has been protected since 1994 by the Ramsar International Convention. Recognized for its ecological treasures, the park offers some truly unique spectacles. It is home to many diverse and beautiful plant and animal species, including rare birds like the endangered Crispy Pelican.

Gjirokastra Castle: Gjirokastra’s eerie hilltop castle is one of the biggest in the Balkans and is definitely worth the steep walk up from the Old Town. The castle remains somewhat infamous due to its use as a prison under the communists. Inside there is an eerie collection of armory, low good museums, a recovered US Air Force jet shot down during the communist era, and a hilariously hard-to-use audio tour that is included in your entry fee. The views across the valley are simply stunning.

Ardenica Monastery: This rarely visited yet magnificent little monastery is remotely located on a hilltop between the towns of Lushji and Fier. If you have your own transport it is well worth dropping by to see the fantastic interiors of the 18th century Church of St Mary: the iconostasis dominates the nave, but equally impressive is the golden pulpit, which positively heaves with adornments, not to mention the frescoes of the Zografi brothers that can be seen on display upstairs.

National Historical Museum: The largest museum in Albania holds many of the country’s archaeological treasures and a replica of Skanderberg’s massive sword. The excellent collection is almost entirely signed in English and takes you chronologically from ancient Illyria to the postcommunist era.
Avoid using larger-particle glitters as they are harder to blend and can harm your skin. If you have active acne, avoid glitters that are larger than 10 microns as they cannot fully penetrate the skin. Choose powder over glitters for a more natural look and avoid applying them in the T-zone as it is more prone to oil and shine. If you are looking for a more pronounced look, use a clean stippling brush to apply the powder in circular strokes over the areas you need it, then pat it over using the face of your hand to achieve a more blended look. This method takes the foundation down a bit and makes it look more natural. You can also use a setting powder to keep the makeup in place and avoid any shine throughout the day.

Invest in a few killer pairs of shoes: Even the most understated outfit can feel fashionable when styled alongside a pair of statement shoes. Be it an eye-catching embellishment, a vibrant print or a one-of-a-kind detail like a sculptural heel, a chic pair of shoes will never steer you wrong. For endless appeal, opt for a show-stopping pair of ankle boots that break every fashion rule in a totally amazing way. Dress up denims with fancy shoes: Sneakers have a time and a place, but they have got nothing on a pair of high kicks when it comes to injecting jeans with a fancy edge. Shimmery kitten heels may lend a touch of class to your outfit and any and all colorful causal getup. Never underestimate the power of eye-catching outerwear: Be it a lovely longline duster or a bold and bright car coat, outerwear that packs a punch will do big things for your style. Add some big time drama to your appearance by layering on a color-block top over your regular attire. Team athelesure essentials with timeless staples: It doesn’t get much more effortless than this. The best combination for those interested in a casual and comfortable style is sporty side-stripe trousers with a rib knit turtleneck, tailored blazer and pumps for a sophisticated look that epitomizes lazy-girl chic. Throw some shade: Every fashionable femme out there knows that a pair of the-moment shades can have transformative powers. Add a statement-making set to your outfit, then keep the rest of your accessories on the minimalist side for maximum impact. Your shades are one of the first things people see when they give your getup a glance, and best believe that a good pair is capable of showing off your fashion prowess. Double up for a polished look: A suit always looks sharp, but a classic suit jacket and trouser combo isn’t the only route to perfectly polished style. Take a note from fashionistas and match your look from head to toe. While rocking a matching set, you can opt for complimentary accessories, teaming the look with a neutral colored bag that plays off an ensemble’s graphic print. Stick with subtle trends: Staying ahead of the fashion curve doesn’t have to mean dressing overly trendy. You can reach fashionista status by picking out everyday essentials that can be styled in an unexpected manner.

Now fashion a Ways to look effortless

**Foundation tips for flawless skin**

Shimmer shouldn’t wear shimmer: You are never too mature to look radiant. Now while shimmer can accentuate your skin’s texture, in particular, fine lines and enlarged pores, you can still incorporate a more luminous formula into your routine. Think in terms of radiant creams, liquids, and powder that are very refined and smooth. Stay clear of larger-particle glitters. Regardless of your age, it is of the utmost importance to be strategic when applying these kinds of products. Focus on the high points of your face: brow bone, nose bridge, and upper cheekbone. Setting makeup with powder is essential: While you want to control shine and extend the wear of your look, you shouldn’t pat powder all over your face. Instead, use a colorless powder on the areas you need it, it is meant to perfect, outward with a damp beauty blender or a sponge. If you overdo it, here is a tip; lightly dip a big brush powder in a thin moisturizer and sweep it over the skin – the same way you would apply powder.**

**Blush first:** Applying blush before foundation will give your skin a natural-looking flush. Just be sure to only use oil-free formulas – layering a powder blush under a liquid foundation is a recipe for disaster.

Go drop by drop: If you can buy a foundation with a dropper rather than a pump – as one pump typically over-dispenses product. Blend a few drops from the center of the face outward with a damp beauty blender or a damp foundation brush. And resist the urge to lay down a full foundation. Just apply it in the areas you need it, it is meant to perfect, not overdo it. Choose wisely: When it comes to choosing a formula, liquids tend to look the most natural. Choose one that offers medium to light coverage rather than a full-coverage one which has a tendency to look thick. Be sure to avoid anything that is overly luminous or overly matte. Take it down: If you overdo it, here is a tip; lightly dip a big brush powder in a thin moisturizer and sweep it over the skin – the same way you would apply powder. This method takes the foundation down a bit and adds a subtle illuminating effect.

Set your work: Now that you are finished, set the areas that are prone to slide (like your T-zone) with a light dusting of translucent powder. And if you’re terrified of powders, remember this: The less foundation you have on, the less obvious the powder will look.
Tesla powers entire island with solar

Last week, Tesla, the American auto maker and energy-storage company, completed its US$2.6 billion acquisition of SolarCity, the largest US provider of solar energy services. And, to celebrate this, the company announced that it was wiring up the entire island of Ta'u in American Samoa with solar energy.

Over the past year Tesla has installed a micro-grid of solar energy panels and batteries on the island to supply nearly 100 percent of the power needs of Ta’u’s 600 residents.

The project is likely show off to investors the potential benefits of the SolarCity acquisition, with Ta’u’s micro-grid comprised of 5,328 solar panels from SolarCity, along with 60 Tesla Powerpacks batteries for storage.

But buying SolarCity remains a risky move for Tesla, with the purchase including billions of dollars of debt for a company that is far from profitable. Nevertheless, Elon Musk the CEO of Tesla describes the acquisition as “blindingly obvious” — a necessary step in his so-called “Master Plan” to integrate clean energy generation and storage.

The project in Ta’u shows the benefit of this. It was funded by American Samoan and US authorities (including the Department of Interior), and Tesla says it will offset the island’s use of more than 109,500 gallons of diesel per year, as well as the expense of shipping that fuel.

Factor in the escalating cost of fuel, along with transporting such mass quantities to the small island, and you begin to realize why going solar will have a huge impact on the island’s finances and on the environment. But a micro-grid will allow the island to stay fully powered for three days without sunlight, and its capacity will recharge fully in seven hours.

Local businesses, along with essential services like the hospital, police, and fire stations, will all use solar power.

“This project will help lessen the carbon footprint of the world,” said local resident Keith Ahsoon. “Living on an island, you experience global warming firsthand. Beach erosions and other noticeable changes are a part of life here. It’s a serious problem, and this project will hopefully set a good example for everyone else to follow.”

Google lets you enhance low-res photos

Asking a computer to enhance the resolution of a low-quality image has long been limited to the realm of fantasy and futuristic films. Last week, Google unveiled RAISR, or Rapid and Accurate Image Super-Resolution, which is prototype software designed to do exactly this.

Thanks to up-sampling — the process of turning a small image into a larger one by inserting new pixels into it — we are currently able to better zoom into a photo. But up-sampling methods make the images bigger by filing in new pixel values using fixed rules. RAISR now raises the up-sampling bar by throwing in machine-learning to the process by adapting its methods to the type of image it is looking at. The software pays particular attention to what are called “edge features” — i.e., parts of an image where the brightness or color gradient differs quickly and which usually indicates the edge of an object. The adaptive up-sampling means the resulting, zoomed images are less blurry and less pixelated.

Facebook builds censorship tool to get into China

Facebook wants to be unbanned in China, so it is said to have built a censorship tool that could hide posts about prohibited topics from people in China. Rather than censor posts itself, Facebook would potentially provide the tool to a third-party in China such as a local partner company that could use it to prevent users in China from seeing content that breaks the government’s rules.

While China could unlock huge amounts of users and ad revenue for Facebook, the censorship tool could also be used to enact human rights abuse. If China could track which local users are trying to protest or bad-mouth the government, they could face persecution.

So far, there are no signs that Facebook has offered the tool to Chinese authorities. We do not have details on the specifics of how it would work. It is apparently only one of several ideas Facebook has explored for getting access to China, and they might never be launched.

Facebook CEO Mark Zuckerberg has held in the past that some Facebook access could benefit Chinese authorities. We do not have details on the specifics of how it would work. It is apparently only one of several ideas Facebook has explored for getting access to China, and they might never be launched.

Facebook’s technology is currently used commercially in the pharmaceutical industry and the company now wants to move it to a “near-patient” setting where doctors can run diagnostics on a prick of blood right at their practice and get the results within minutes, as opposed to sending patients out to a lab and having them wait a few days for results.

“One-drop blood test with lab-on-a-chip”

San Diego-based startup Genalyte last week announced it has raised an equity round of $36 million in funding led by Khosla Ventures and Redmile Group, for its lab-on-a-chip technology that it says can run tests up to 128 different tests in 15 minutes from a single finger prick of blood. Genalyte’s technology is currently used against rheumatoid arthrits and could prove invaluable in outpatient settings.

Genalyte has already gained permission from an Institutional Review Board (IRB) to run clinical studies on the accuracy of its finger prick technology against whole blood testing techniques and plans to use the new funding to run more clinical trials in the near future to gear up for possible regulatory approval. The company has already published its findings in scientific journals and has involved the medical community from the beginning.

Genalyte’s technology is currently used commercially in the pharmaceutical industry and the company now wants to move it to a “near-patient” setting where doctors can run diagnostics on a prick of blood right at their practice and get the results within minutes, as opposed to sending patients out to a lab and having them wait a few days for results.

“Genalyte seems to be the standard bearer in an effort that will transform not only diagnostics but how precision medicine is practiced,” said Vinod Khosla head of Khosla Ventures about his company’s investment.
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