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THE TIMES KUWAIT REPORT

In what is seen as a realignment of priorities, the new government headed by His Highness the Prime Minister Sheikh Ahmad Al-Nawaf Al-Ahmad Al-Sabah has pledged that all efforts will be exerted to fight corruption, protect state funds, and combat graft through protective and curative means, as well as upgrade the administrative system to make it more responsive and effective.

The fact that the prime minister made these comments in a speech delivered at the first meeting of the Council of Ministers, is probably indicative of the priority that the government affords to probity in the

public realm. Recalling the directives by His Highness the Deputy Amir and Crown Prince Sheikh Mishal Al-Ahmad Al-Jaber Al-Sabah, to "tackle corruption and crack down on the corrupt", the prime minister expressed his keenness to "open a new chapter of government action".

Addressing his Cabinet colleagues, following their Constitutional oath-taking, the premier called on the ministers to work out a comprehensive program of reforms to address "the potential loopholes" in the administrative system in their respective ministries, with a view to improving public services, solving problems of citizens, and combating corruption and nepotism. He also emphasized the need to implement



the law on all people without any exception, and highlighted the importance of protecting public and personal properties through a practical system of preventive

procedures aimed at combating corruption.

The government's invigorated focus on reducing corruption stems from its acknowledgement that

anti-corruption initiatives are key to realizing many of its Vision 2035 New Kuwait development plans. Corruption in the public life is seen as a major stumbling block in achieving the government's goals of diversifying the economy, reducing its dependency on hydrocarbon revenues, increasing public private partnerships, and fostering greater employment opportunities for nationals in the private sector workforce, as well as improving domestic market conditions to attract foreign investment.

In all fairness to the authorities, it needs reiterating that in recent years the government has exerted diligent efforts to reduce corruption

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MedX Medical Care Center launches full-fledged operations



Following the opening of its integrated healthcare center in Fahaheel with a soft-opening in December of last year, the Qatar-based MedX Group is now all set for a full-scale launch of the multi-specialty MedX Medical Care Center. The grand opening of the Center is scheduled for Thursday, 10 November at 4pm by Amiri Diwan Advisor, Sheikh Faisal Al-Humoud Al-Malek Al-Sabah.



Announcing this groundbreaking initiative at a media conference held at the MedX Auditorium on 7 November, President and CEO of MedX Medical Group, Mohamed Ali V.P., said that after one year of low-key operations, which allowed the Group to fine tune the facilities and amenities offered to patients, MedX Medical Care Center is now fully prepared to provide cutting-edge medical care to residents of Fahaheel and surrounding areas.

He also announced that as part of celebrating the inauguration, an attractive medical package of KD9, with a one month validity period and which includes 40 medical tests and up to 3 free consultations with specialists in

General Practice, ENT, and Ophthalmology, is being offered to everyone.

Elaborating on the future plans for MedX Group in Kuwait, the President and CEO said that plans are well underway to open a second medical center project in the suburb of Abuhalfifa in the near future. In addition, he also announced that several more projects were in the pipeline in Kuwait and across the GCC states.

Among the distinguished personnel present during the inauguration were the MedX Medical Care Center Director, AbuJassim, the Group General Manager Imthiyas Ahammed, General Manager Operations Aneesh Mohanan, Administrative Manager Junais Koyimma and Public Relations Officer Mubarak, as well as several print and visual media representatives.

He added that with nearly a dozen fully-equipped medical specialty departments, MedX Medical Care Center promises to provide patients with individualized attention, specialized consultation, expert diagnosis and excellent treatment, as well as post-treatment care and services through a galaxy of highly-trained and experienced doctors, nurses, medical technicians and other paramedical staff, all of whom are committed to the health and welfare of the patient.

MedX Medical Care Center also provides a fully digitized pre- and post-treatment service that includes making an online appointment, providing patients or their caregivers with access to medical diagnosis, prescriptions, and medications, as well as obtaining medical reports and case history of patients. Additionally, the digital service delivers contactless billing and payment facility, and other post-treatment care for patients through a seamless, paperless environment-friendly online process.

MedX also provides individualized home-care services with specialized doctors and other healthcare personnel visiting and treating patients in their home environment, which offers additional peace of mind to the patient and their care-givers.

The full-scale launch of MedX Medical Care Center promises to change forever the quality of healthcare and medical services that Kuwait has experienced before. The unparalleled and never-before digitization of all health services also provides a level of care that will need to be experienced in order to be acknowledged and appreciated.

MedX inaugurates multi-specialty medical care center



Sheikh Faisal Al-Humoud Al-Malek Al-Sabah inaugurated the MedX Medical Care Center on Thursday 10th November in the presence of the President & CEO, the Medx Team, dignitaries and a large gathering and well-wishers.

President and CEO of the full-fledged multi-specialty MedX Medical Care Center MedX Medical Group, Mohamed Ali V.P., said after one year of low-key operations, gave the Group an opportunity to fine-tune its services offered to patients, and has now come a long way to provide cutting-edge medical care to residents of Fahaheel and surrounding areas.

As part of the inauguration, the MedX Medical Group offers an attractive KD9 medical package, which includes 40 medical tests and up to 3 free consultations with specialists in General Practice, ENT and Ophthalmology. The offer is valid for one month.

With nearly a dozen fully-equipped medical specialty departments, MedX Medical Care Center promises individual attention to patients, specialized consultation, expert diagnosis and excellent treatment, as well as post-treatment care and services by highly-trained and experienced doctors, nurses, medical technicians and other paramedical staff, all of whom are committed to the health and welfare of the patient.

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Indonesia, Kuwait have similar goals in ensuring global stability



Ambassador of Indonesia to Kuwait, H.E. Lena Maryana, described Kuwait as "a central player and the oldest democracy in the region," pointing out that both Kuwait and Indonesia have similar goals for building and maintaining stability in international relations.

The ambassador made these remarks in the presence of the Minister of Commerce and Industry, Minister of State for Communications and Information Technology Mazen Al-Nahedh, as well as diplomats and special invitees attending a grand reception held at the Regency Hotel to mark the 77th anniversary of the independence of the Republic of Indonesia.

Ambassador Maryana added, "Having this similar ambition, I am sure that it will be beneficial for both Indonesia and Kuwait to expand

cooperation beyond the bilateral sphere and provide continuous support to each other in global forums, pointing to the establishment of diplomatic relations between Kuwait and Indonesia 54 years ago, more specifically on 28 February, 1968.

She added, "Indonesia is home

to more than 275 million people, the fourth most populous country in the world, and the largest archipelagic country in the world, with more than 17,000 islands. The envoy also revealed that her country will be hosting the G20 summit on the island of Bali from 15-16 November,

and will become the president of the Association of Southeast Asian Nations next year, and will seize this opportunity to further promote peace and stability in the world and the region.

She pointed out that Indonesia became independent 77 years

ago, and at that time was facing many challenges in the form of colonialism and imperialism. "Today, we've seen challenges that are much different. We are facing global pandemic, climate change, world hunger, and arms conflicts that have caused security, food, energy, and economic crisis.

"Despite these challenges and crises, Indonesia has proven to be one of the strongest nations to maintain its economic resilience with only 4.9 percent inflation, far below the average of countries in the region that have around 7 percent inflation."

She also pointed out that in the third-quarter of 2022, the country's GDP showed a positive growth of 5.4 percent, and that at the current pace, Indonesia is projected to be the sixth largest economy in the world by 2040.



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Thought “ for the week

If we don't take action, the collapse of our civilizations and the extinction of much of the natural world is on the horizon.

- Sir David Attenborough
English broadcaster and natural historian.



Ask Mira: Eating Right to Live Happy & Healthy

Moving up from the weight loss plateau

Hitting a weight loss plateau is really frustrating for anyone looking to lose weight. Everyone who has, at some time or other in their lives, tried to lose weight can understand what I am talking about.

Those who are trying to lose weight often hit a time when the scale will no longer budge, and this becomes really annoying and disappointing. We start to feel guilty and blame ourselves for this condition. But weight loss plateau is common, it can easily be solved.

Ways to move out of the weight loss plateau

Change what you are eating: If you are eating a moderate diet that is high in carbs, try now to eat less carbs and more proteins. If you are used to eating a cheese sandwich in the morning, switch to an omelet for example with no bread. In summary, change the count of your micros and macros.

Add snacks between your meals: When you eat small meals at more frequent intervals during the day, you tend to burn more calories, helping you move out of the plateau. Skipping meals will shut down your metabolism, so even if you are not hungry, include some fresh fruits, a bowl of yogurt, three dates, but vary your choices, the whole idea is to vary the foods you take in.

Alter your calorie intake: Vary your daily calorie intake. If you are eating 1,000 calories today, take it to 1200 calories tomorrow, 1500 calories the next day, and so on for a week. This can be done if you simply double or divide the portion size of the lunch, add or remove a post workout

shake into the diet, add or remove two additional daily snacks. But do not alter your calories by more or less than 300 calories a day

Change your workout routine: If you have been doing the same exercise for a few weeks, try something different. If you have been using the treadmill for a long time, it is time to try the elliptical, rowing, maybe other new machines or simply attend aerobic classes. Your body responds quickly to everything new.

Add resistance training: Muscles burn more calories than fat. That is why building muscles is an excellent way to get a higher metabolism. Add some resistance training to your workout, add more weight, more repetitions.

Drink more water: Water has a direct impact on metabolism. If you drink almost two liters per day, you simply boost your metabolism. Be sure to drink extra water when you drink coffee and tea to compensate for the water loss, because those two are considered as diuretics.

Last but not least, remember that every person is unique and the body responds differently from one to another. Chill out and relax. Do not become obsessed with your weight. Give your body and mind a break.

Apply the above easy tips and you will notice your weight dropping unexpectedly.



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Mira is a go-to source for nutrition and wellness and has joined The Times Kuwait team in a new weekly column discussing nutrition and answering queries. You can send in your questions to infotimeskuwait@gmail.com

RECIPE



Hot Chili Cheese Fatayer

Middle eastern pastries in general have different dough types, shapes and fillings. They can be filled, or topped with literally anything. Fatayer is an Arabic pie that can be stuffed with mincemeat, spinach or Arabic cheese. Jibneh or Arabic semi-hard cheese pies are baked till golden on the outside.

Fatayer is a popular breakfast or snack in Lebanon, Jordan, and other Middle Eastern. They are available not only in bakeries, but even supermarket deli counters that offer these convenient ready-to-go savory treats.

Total time : 1 hour 30 minutes.

Serving: 10-12.

Ingredients:

For the dough:

- 2 cup all purpose flour
- 1 tsp instant dry yeast
- 1/2 tsp salt
- 1 tbsp sugar
- 2 tbsp olive oil
- Luke warm Water or milk as needed (¾ - 1 cup)

For the filling:

- ¾ cup Halloumi cheese
- 1/2 cup Mozzarella cheese
- Hot chili sauce.

Instructions:

Making the dough:

- In a large bowl, combine flour, salt, sugar and yeast and stir to combine. Add the oil and water and knead for about a couple of minutes
- Transfer to a lightly greased bowl, cover with damp muslin cloth and let it rest for 1 hour.
- Meanwhile in a bowl take grated halloumi and mozzarella cheeses and mix well

Assembling the fatayer:

- Divide dough into small balls, (10-12) and cover with a kitchen towel so that dough does not dry out.
- Roll out the balls in a circle shape and place a tablespoon of the cheese mixture in the middle.
- Drizzle some hot chili sauce, sprinkle with parsley or olive slices
- Hold the edges on one side and press the ends together.
- Do the same with edges on the opposite side to form a boat shaped dough
- Make sure the center remains open
- Brush the surrounding edge of the dough with egg wash or milk/olive oil to give it a golden color before baking.
- Bake in the oven for 10-15 minutes at 200°C or until golden brown
- Serve warm with a tahini parsley dip



Indian Chef Chhaya Thakker, who has a huge following online on WhatsApp and YouTube will be sharing her favorite recipes and cooking tips with readers of The Times Kuwait. For feedback, you can write to editortimeskuwait@gmail.com



Chef Chhaya Thakker

MoH to privatize expat health examinations

Ministry of Health (MoH) is reportedly working on a plan to shift at least part of the work involved in medical examination of new expat workers to the private sector, due to its inability to handle the continued overcrowding at centers approved for this testing process.

The ministry is said to be currently studying the mechanisms and methodologies involved in linking with the private sector, including regulatory mechanisms and service fees to be charged for the tests. It is expected that once the necessary regulatory

provisions are decided and put in place, the ministry, along with other relevant government entities will announce a call to the private sector to bid for this service.

Sources at MoH revealed that privatizing the health examination of expats would ease the burden on the government health facilities, reduce the waiting period for expats to receive an appointment for the test, as well as obtain results of the examination.

This would also speed up the detection of infectious diseases among patients, as



such diseases threaten health security of the country, and comes within the ministry's vision to develop and advance Kuwait's health system.

Some of the conditions involved for the private sector to provide the service would include that the examination procedures should be administered through centers approved by the MoH, based on required specifications and standards. The ministry would also aim to ensure the accuracy of the test results and the quality of service through strict control standards.

Embassy of Jordan, IWG organize Jordanian Cultural Day



Embassy of Jordan in collaboration with International Women's Group (IWG) held a Jordanian Cultural Day celebration titled 'Kingdom of Civilizations' on 6 November at the Crowne Plaza Hotel, in the presence of a large number of distinguished guests.

In her speech on the occasion, President of the IWG and wife of the Egyptian Ambassador to Kuwait, Ghada Shawky, welcomed guests to the event and noted that Jordan is one of the most wonderful countries in the Middle East.

The country is famous for its archaeological sites, home to some of the world's oldest cities and natural wonders, as well as for its stunning geographical diversity with mountains, desert and the Dead Sea being among its natural and spiritual landscapes. Jordan is also famous for its remarkable art, handicrafts, rich culture and

delicious cuisine, all of which combine to make the country a favorite tourist destination.

For his part, Ambassador of Jordan, H.E. Saqr Abu Shatal, thanked the President and Board Members of the IWG, and their contributions in providing a platform for all diplomatic missions in Kuwait to highlight their respective country's culture and traditions supported by the Kuwaiti Ministry of Foreign Affairs.

He also took the opportunity to highlight the strong bilateral relations between Jordan and Kuwait. The two brotherly countries celebrated 60 years of diplomatic relations last year. These historical ties were built by multiple agreements of cooperation covering all aspects of commercial, economic and cultural matters. He added that the well-established bond between the two countries has grown stronger

and has been recognized by the two leaders, His Majesty King Abdullah II and His Highness the Amir Sheikh Nawaf Al-Ahamad Al Jaber Al Sabah.

Spouse of the Ambassador of Jordan, Manar Kreshan, then expressed her delight in hosting the Jordanian Cultural Day and welcomed all attendees. Mrs. Kreshan also expressed her gratitude to the Honorary President of the IWG, Sheikha Hanouf Bader AlSabah, to Mrs. Shawky, to the IWG Board and all members of the IWG for their support.

To explain the meaning of the title for the event, 'Kingdom of Civilizations' Mrs. Kreshan then presented several short films and documentaries, which highlighted the rich culture and heritage of Jordan. The presentations also highlighted Jordan's many natural, historic and religious tourist attractions, showing how Jordan is truly an open museum for all.

Among other activities held during the event were, the rendering of wonderful Jordanian folklore songs by Jordanian artist Shereen Hattar, and special presentations by Kuwaiti travel influencers showcasing their trip to Jordan. There was also a display of Jordanian traditional dresses, handicraft and cultural items. World famous Medjool dates were also offered during the event.

Embassy of Jordan offered attendees raffle prizes, which included flight tickets sponsored by Jordan's national carrier, Royal Jordanian Airlines. The prizes also included products from the Dead Sea, holy water from the Jordan River and many other gifts handed to all attendees. Attendees of the Jordanian Cultural Day were also given an opportunity to enjoy some of Jordan's traditional food, including Mansaf, Kunafah and zaatar and cheese saj.

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Indonesian embassy and IWG hold Cultural Day

As Indonesia marks its 77th Independence Anniversary, the Embassy of the Republic of Indonesia in cooperation with the International Women's Group organized an Indonesian Cultural Day on Tuesday, November 8th, with the theme "The Beauty of Minangkabau".



The members of International Women's Group, the Indonesian Embassy Staff's Spouses and many other honorary guests

graced the event with their presence.

The event was also attended by Indonesian women with prestigious positions like, Madam Emma Yohana, the Indonesian Senator from West Sumatera Province, Dr. Netty Prasetyani from the Indonesian Parliament, and Madam Sukma Violetta from the Indonesian Judicial Commission.

Mrs. Ghada Shawky, President of the International Women's Group and wife of the Ambassador of the Arab Republic of Egypt, extended her gratitude to H.E. Lena Maryana for inviting her to celebrate this prestigious occasion.

She then praised the magnificent beauty of Indonesia, for its diverse culture, its hospitable and kind people, as well for its delicious cuisine.

The event was in collaboration with one of the provinces in Indonesia, with the theme to honor the Minangkabau tribe that refers to the indigenous people of the highlands of West Sumatra.

Many cultural performances showcased Indonesian heritage including the traditional dance forms that exhibited the Indang and Pasambahan (offering) dance.

A wide range of Indonesian cuisines was also served which included chicken satay with peanut sauce, gado-gado (steam vegetables mixed with peanut sauce) and martabak (Indonesian pancake).

The event was then concluded with Mrs. Ghada Shawky presenting an honorary shield to H.E. Lena Maryana on behalf of the IWG to appreciate the organization of the event.

Commercial banks to end year on strong footing

With over US\$317 in combined assets, commercial banks in the country are on a sound foundation to end the year on an even keel. This assessment of banks in Kuwait came last week in the latest report on the country released by sovereign rating agency S&P Global Ratings.

The report found that as on 30 June of this year, the five traditional commercial banks together had a total asset of over \$191 billion, while the four Islamic banks had assets worth over \$126 billion. Among traditional banks, the National Bank of Kuwait topped the list with \$112 billion in assets, followed by the Burgan Bank of Kuwait with \$24 billion, Gulf Bank with \$22 billion, Al Ahli Bank of Kuwait with \$19 billion, and

finally the Commercial Bank of Kuwait with assets of \$14 billion.

Among Islamic banks in Kuwait, the list was led by Kuwait Finance House with assets worth \$74.3 billion, followed by Boubyan Bank and Ahli United Bank with assets of \$24.9 billion and \$15.9 billion, respectively, then the Kuwait International Bank with assets of \$11.5 billion.

The rating agency said it expected banks in Kuwait would end the current year on a solid foundation, and that the banking sector would return to pre-Corona pandemic levels during 2022, with the help of strong economic activity, higher interest rates, and guidance from the Central Bank of Kuwait that supported and helped banks avoid asset quality depreciations.



UN Information Centre delegation visits The Times Kuwait

A delegation from the United Nations Information Centre visited The Times Kuwait offices recently and met with Managing Editor Reaven D'Souza. The UN Information Centre, which is based in Beirut, Lebanon, handles UN communication strategy for Syria, Jordan and Kuwait. The two sides discussed topics of interest and on ways of increasing mutual cooperation.

During the talks, Director of the Centre, Margo Helou, along with Public Information Assistant Hala Al Feghai, and Knowledge Associate Representative of the Resident Coordinator in Kuwait, Asmae Aitissi, discussed ways and means to jointly promote UN Sustainable Development Goals (SDG) goals in Kuwait.

'Discover America' promotion at LuLu Hypermarket



LuLu Hypermarket, the leading retailer in the region and the destination of choice for discerning shoppers, is showcasing the best of American foods with a grand promotion titled, Discover America with a Fork and the Road 2022 that runs from 9 to 15 November at all outlets of the hypermarket.

The event was inaugurated on 9 November at the Al-Qurain branch by the Chargé d'Affaires at the US Embassy in Kuwait, James Holtsnider, in the presence of top management of LuLu Hypermarket in Kuwait along with a large gathering of customers and well-wishers of the brand. A lively entertainment program reflecting modern American culture and tradition enlivened the gathering.

The 'Discover America' promotion that takes one on an exciting journey of discovering America through its foods, provides shoppers

with an array of exciting offers on a wide-range of world class American food products. Among the popular US foods brands on special offer are specially imported well-known products from

KRAFT, Heinz, Nestle, Kelloggs and Quaker, as well as popular brands such as Gerber, Herrs, General Mills, Pillsbury, Brag, Bolthouse, Alexia, Sargento, Shullsburg, Walden Farms, Jif,

Duncan Hines, and Ragu.

Adding further liveliness to the week-long promotion are several fun-filled activities, including selfie counters that allow shoppers to take 'selfies' against a backdrop of iconic US places, as well as large cut-outs and displays of traditional monuments that highlight American history and cultural heritage. For food enthusiasts, a spectrum of US foods are available to taste and buy during the promotional week, at special cuisine counters and sampling stations set up in the hypermarket aisles.

LuLu Hypermarket's long term commitment to giving customers the best shopping experience with products from all over the world at highly competitive prices, is once again reflected in the Discover America mega promotion that celebrates the best of American foods.



Argentinian Embassy Celebrates National Day



Embassy of Argentina held a reception to celebrate the country's National Day at the Salwa Al Sabah Hall last week. A large gathering of diplomatic corps and special invitees attended the event, which saw a tango performance by Argentinian artists.

The chief guest at the event, Acting

Deputy Foreign Minister Ambassador Walid Al-Khubaizi praised the historical bond between Kuwait and Argentina, which he said is in its 53rd year since its establishment in 1969. He expressed Kuwait's aspiration to strengthen the bilateral friendship, especially at the economic, investment and trade levels.

He also added that Argentina is a country with great potential in various fields, with its interest in Kuwait's openness to explore new ideas of cooperation, while also pointing out Argentina's membership in the G20 and its rising economy, which is considered as the second strongest in Latin America.

Al-Khubaizi praised bilateral cooperation in the field of development projects through the Kuwait Fund for Arab Economic Development, by noting that six loan agreements were signed between the fund and a number of local state governments in Argentina, with a value exceeding \$320 million, the last of which was signed in May 2022 with the governments of Santa Fe and Cordoba. Expressing Kuwait's aspiration to hold the first meeting of bilateral consultations with the Argentine Republic next December, he hoped that this meeting would produce fruitful and constructive results that benefit both the countries.

For his part, the Argentine Ambassador, H.E. Claudia Alejandra Zampieri in her

speech on the occasion highlighted the terrible effect of the global pandemic on the volume of trade, with hopes to restore the exchange of trade between Argentina and Kuwait as soon as possible.

Argentina is equipped with captivating beaches and stunning tourist locations, which is why it is no surprise that Kuwaiti citizens choose to visit this distinctive tourist destination, as the visa procedures are not a hassle and take at the most two weeks to be processed, said the envoy.

The event concluded with a proposal to the Governor of the Argentine state of Santa Fe by Ambassador Al-Khubaizi for the installation of a monument that commemorates the friendly relations between Argentina and Kuwait, as well as the establishment of a green space near the port of Santa Fe bearing the name "Friendship Square between Santa Fe and Kuwait", in appreciation of Kuwait for financing various development projects in Santa Fe State.

Series of Italian events in November



Staff Report

Italy will be the Country Guest of Honor at the 45th edition of the Kuwait International Book Fair in Mishref, that runs from 16 to 26 November, said Ambassador of Italy H.E. Carlo Baldozzi, during a media briefing held at his residence last week.

He said over ten Italian publishing houses will exhibit their books at the Italian booth created for the occasion at the Fairground, in coordination with the Italian Trade Agency (ICE), the Institute of Foreign Commerce.

They will exhibit not only Italian literature and Italian encyclopedias, but also books for children and teenagers, and books for learning the Italian language. Books on the beauties of Italy, and on Italian skills and excellences that are already known by many in Kuwait, including in art, design, furniture, cars, engines, football, fashion, food, photography, just to name a few, will be displayed.

Ambassador Baldozzi noted that in a journey through his country and its extraordinary nature he expects visitors to the Fair to come to see their booth and participate in the lectures on Italy that they have organized every day at the Fair.

He added that Kuwait Airways, a partner in the organizational effort, will be present at the Italian booth.

During the ten days in which the Fair will take place, at the Kuwait National Library, from 16 to 26 November, during the opening hours to the public, the exhibition 'Dove il si' suona', Italians and their language", which will tell the story of the Italian language over the centuries.

On Thursday 17 November, the day after the inauguration of the Book Fair, an important Concert of Opera Arias of the most important Italian classical works will be held at the Salmiya Theater, Abdulhussein Abdulreda at 7pm an hour of 'Bel Canto d'Italia' Recital, to bring the public even closer to the extraordinary nature of the Italian language.

During the 10 days, at the Kuwait National

Library, we will also hold free Italian language classes for children and adults, through an agreement the Embassy made with 'TALK', a very successful Italian language provider in Kuwait.

Numerous restaurants of the main Hotels in Kuwait will celebrate these important events, by preparing special menus of the Italian gastronomic tradition, whose success is increasingly widespread in Kuwait during the week of Italian Cuisine in the World, which will take place during the same period.

On the sidelines of the conference Ambassador Carlo Balducci, revealed that Kuwait will receive the fourth batch of Eurofighter planes in the coming weeks.

"Last September, Kuwait received the third batch of Eurofighter planes, and added to this, the military cooperation between the two countries is going well." The Italian envoy also pointed out that there was a great demand from Kuwaitis to visit Italy, noting that the consular section issued about 25,000 visas during 2022, which indicated that Italy was one of the popular destinations for many in Kuwait. He explained that the procedures for issuing a visa are very simple and do not take very long.

He also highlighted the continuation of cooperation with Kuwait in various fields.

Regarding health cooperation, Ambassador Balducci indicated that he met the Minister of Health, and that there is a proposal to implement a project for a center for the treatment of Thalassemia in Kuwait. He indicated Italy is distinguished in the treatment of this disease.

He also added that the Italian mission to excavate antiquities in Failaka will return to Kuwait early next year, probably in January, to resume its work after a long pause due to the Corona pandemic. He stressed that cooperation in the field of archaeological explorations is one of the most important factors of cultural exchange.

He indicated that the Italian archaeological mission has made great achievements in the pre-Corona period.

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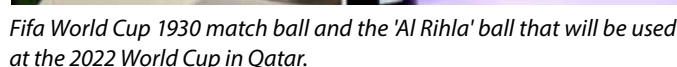
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How the ball has changed over the years

The ball, like the World Cup, has come a long way. Below is history of the Fifa World Cup match ball, starting from the first one in 1930 to the one that will be used in Qatar. Information sourced from Fifa, among others.

The 'Challenge', by Slazenger, was made of high quality leather and had 25 rectangular panels. It was an ideal spherical shape and the composition was used for many years. The World Cup match ball came in three colours - yellow, white, and orange.



The move from the old to the new had started at the turn of the century. The 'Fevernova' was made up of thicker inner layers to increase accuracy of the ball in flight. It was the last World Cup ball put together by hand.

The 'Al Rihla' Pro ball is available on adidas' website for Dh649.



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Goal of the Century

As we countdown to the last few days till the FIFA World Cup Qatar 2022, we look at one of the most memorable goals in World Cup history.

In case you were thinking that the goal of the century was awarded to the infamous ‘Hand of God’ goal by Diego Maradona you could be forgiven but you would be mistaken. The ‘Hand of God’ goal could at best be referred to as ‘the most controversial goal’ in World Cup history, but it certainly was not the Goal of the Century.

The day was Sunday, 22 June 1986, and the stadium and host country that provided the backdrop for that unforgettable goal was incidentally the same stadium and city that witnessed the ‘Game of the Century’ in 1970 — the Azteca Stadium in Mexico City. Mexico, which was hosting the World Cup for the second time in its history, saw record crowds at the Azteca Stadium for the 1986 quarter-final between Argentina and England.

The goal of the century happened just moments after the infamous ‘Hand of God’ goal, which gave Argentina the lead and incensed the England squad and fans. With the ball off the center mark after the controversial goal, the inimitable Diego Maradona had the world on their feet once again, but this time they were united in awe after witnessing what was later voted by football fans worldwide as FIFA’s World Cup Goal of the Century.

The iconic No10 received the ball inside his own half with England’s Peter Beardsley and Peter Reid in close attendance. In the blink of an eye, he was away from both, pirouetting into space and picking up speed as he accelerated deeper into England territory.

Maradona cut inside Terry Butcher and then skipped past fellow center-back Terry Fenwick on the edge of the box, slaloming beyond Peter Shilton as he raced from his line before sliding the ball home despite last-ditch pressure.

The great man was back at Estadio Azteca three days later for the semi-final with Belgium, when he delivered two further glorious goals. That brilliant brace set up a final meeting with West Germany, where, inevitably, Maradona created the winner, splitting the defense open for Jorge Burrachaga to race through and roll the ball home to seal a dramatic 3-2 triumph.

store for the breathless crowd as Muller, with his tenth goal of the tournament, restored parity once again, beating a less-than-alert Rivera at his position guarding the near post.

Goalkeeper Enrico Albertosi was seen berating Italy’s ‘Golden Boy’ for his sloppy attempt to block and yet, within 60 seconds, the villain had become an Azzurri hero. In sweeping home the winner following fine work by Boninsegna and Giacinto Facchetti straight from kick-off, Rivera also set the seal on one of the greatest and most dramatic World Cup matches ever seen.

Game of the Century

With the FIFA World Cup Qatar 2022 just a week away, we look at one of the greatest moments in FIFA World Cup history — the 1970 FIFA World Cup game between Italy and Germany at the Azteca Stadium in Mexico.

Think of the 1970 FIFA World Cup and the Azteca Stadium in Mexico and you will doubtless picture Brazil’s fantastic, free-flowing final victory over Italy. Yet while the iconic Mexican arena does indeed have a plaque on its exterior commemorating the ‘Partido del Siglo’ (Game of the Century), this grand title has been bestowed on a match in which Pele, Carlos Alberto et al were nowhere to be seen.

It is instead to the Italians and West Germans that the Azteca memorial ‘pays homage’, honoring a seven-goal thriller that is similarly remembered as the ‘Game of the Century’, or ‘Partida del Secolo’ in Italian and ‘Jahrhundertspiel’ in German by its two protagonists.

Not everyone involved remembers it with fondness, of course. “No-one has forgotten that match,” said the late Gerd Muller, scorer of two extra-time goals for Germany. “It still drives me crazy thinking about it and I haven’t recovered from it to this day.”

It was during those additional 30 minutes in which Muller grabbed his brace — in football, a brace means somebody



Game of century

scored two goals in one match — and Gianni Rivera scored the 111th-minute winner, that the match became the stuff of legend. For much of the regulation 90, it had been forgettable fare, with Italy defending typically stoically a lead fashioned by Roberto Boninsegna’s eighth-minute opener.

That rearguard action seemed set to win them a hard-earned spot in the Final until,

with less than a minute remaining, an AC Milan player sent the game into extra time.

This was no ordinary Rossoneri star either; it was Karl-Heinz Schnellinger, a defender who did not score once in 222 appearances for Milan, and managed just a solitary goal – this one – for his national team. As the German commentator, Ernst Huberty, famously cried: “Schnellinger, ausgerechnet! Schnellinger!” (Schnellinger, of all people! Schnellinger!)

At half-time, Italy’s coach Ferruccio Valcareggi had maintained his controversial ‘Staffetta’ (Relay) selection compromise of substituting Rivera, Schnellinger’s Milan team-mate, for the more industrious Sandro Mazzola. The former was the reigning world player of the year winner and hugely gifted, but Valcareggi considered him most effective when opposition defenses were tiring — as he expected Germany’s to after a draining quarter-final against England. “I was mistaken,” the Italy coach later admitted. “In fact I was amazed by their stamina.”

Indeed, even with captain Franz Beckenbauer playing with his injured arm in a sling, the Germans headed into extra time in the ascendancy and quickly took the lead through the prolific Muller. Italy hit back, though, leveling four minutes later through Tarcisio Burgnich before Luigi Riva put them 3-2 in front just before the interval. And there was yet more in



Hand of god goal

Survey shows professionals seek career development opportunities



A recent survey among professionals in the Middle East and North Africa (MENA) region revealed that 95 percent of respondents would like to have a formal career development plan outlined in their jobs. The survey that aimed to assess career development trends among professionals in the MENA region, was conducted by Bayt.com, one of the leading job sites in the region, along with the market research agency YouGov.

Titled 'Career Development in the MENA', the survey underscored the high demand for training opportunities within and outside the traditional workplace. The study also showed that currently, over 9 in 10 respondents in the MENA are trying to identify learning opportunities inside and outside of their company. This high ratio comes despite 86 percent of professionals considering their skillset to be competitive and up to date, 59 percent of professionals stating their role is a good match to

their abilities, and only 3 percent believing they are underqualified.

Director of Human Resources at Bayt.com, Ola Haddad, elaborating on the survey, said: "The region is demonstrating exceptional leadership in inspiring its skilled workforce towards growth. As demonstrated in the Career Development survey, MENA professionals especially ranked high in career development satisfaction. We expect this survey to inspire more channels to provide the kind of online training that is so much in demand this year."

The survey also showed that current employees state that company training by external professional trainers (44%), online courses (43%), certified study programs (42%) and company training by internal teams (38%) are the most preferred training methods. Having a mentor is critical to professionals' careers, helping them to grow, learn, and excel at their profession. In the MENA, 56 percent of professionals state that their supervisor has taken an interest in their career development, 55 percent are satisfied with the mentoring received from senior peers, and 53 percent believe that their organization is dedicated to their professional development.

Technical/ job-related skills (18%) emerged as the most important training area for career development, followed by team management skills (14%). In terms of challenges faced by professionals in an effort to develop their careers, lack of motivation (38%) and no clear objectives (32%) are the most mentioned internal barriers for career development.

Vietnamese Master Chefs impress attendees of culinary class



Ricky Laxa
Staff Writer

Participants at the recently held culinary class, organized by CEE Network Lifestyle Workshop and fully sponsored by FRIENDi mobile, and headed by two Vietnamese Master Chefs, were highly impressed and fascinated by the skill and dexterity of the Master Chefs.

The event, which was held under the patronage of the Embassy of Vietnam, was fully appreciated by the participants, as the three-hour cooking experience allowed them to cook and present their own dishes after the class. "I love to cook, and Vietnamese cuisine is something I have never tried, and the experience has given me an opportunity to discover more of the country's variety of dishes. This has been an exhilarating experience as I got to meet the Master Chefs themselves and acquired the knowledge from them directly" commented Armelle Clement from France.

Two dishes were taught during the class. Goi Cuom Tom (Fresh spring roll with shrimp) and Cha Gio (Fried spring roll). Ingredients were made available and participants were later asked to display their finished products on the table and the best plated dish was awarded a culinary book authored and published by the lead Chef Clement. One of the participants in the event was Chef Ramesh, Sous Chef of Crowne Plaza Hotel. "I was invited to come and attend by the Ambassador himself and this is one great experience for me to explore more of the variety of

Vietnamese dishes and cuisines," stated Chef Ramesh.

In his opening remarks, Ambassador of Vietnam H.E. Thang Toan Ngo expressed his gratitude to the participants for taking time to learn more about Vietnam's dishes. Certificates of participation were awarded to the attendees and to the sponsor of the event FRIENDi mobile. Participants also had the chance to acquire their own personal mobile sim card from FRIENDi mobile.

"This has been one of the most rewarding events we have organized as chef celebrities graced the occasions and class. We hope we can bring back Chefs Ngoc Nghia



Tran and Le Hong Chien soon and continue to impart culinary knowledge to our local and foreign chefs in Kuwait," commended Workshop Administrator of CEE Network Lifestyle Workshops. CEE Network Kuwait thanked The Times Kuwait for their continued support via news coverage on the events.



Toyota unveils 2023 FJ Cruiser 'Final Edition'

Middle East region bids farewell to an icon with launch of special commemorative edition of the popular SUV

Toyota has announced the launch of the 2023 FJ Cruiser in the Middle East, together with a special 'Final Edition' grade to mark the iconic vehicle's last year of production. With just 1,000 units available, the Final Edition comes with several unique features and gives off-road adventurers a unique opportunity to own a piece of motoring history. The FJ Cruiser is set to be discontinued in December 2022, after more than 15 years as one of the region's most popular SUVs.

Inspired by almost half a century of tough off-road performance from the legendary FJ40 4x4 utility vehicle, the FJ Cruiser was developed as a capable SUV aimed specifically at drivers looking to push the limits. Launched in 2007, the model was hailed as an instant classic by customers and critics alike, particularly in the Middle East where it has gained an enthusiastic following among off-roaders.

The 2023 Final Edition adopts a single-tone select beige color for the exterior, upholstery, and center cluster trim, creating a distinctive sense of modernity. Further adding to the vehicle's rugged appeal, a special black coating has been applied extensively throughout the exterior, including the blacked-out grill, bumpers, exterior mirrors, door handles, and spare tire cover. 17-inch aluminum wheels and side steps are also included, while a Final Edition badge indicating the vehicle's unique number underlines the limited edition's exclusivity.

Kei Fujita, Chief Representative, Middle East and Central Asia Representative Office, Toyota Motor Corporation, commented: "The FJ Cruiser rides into the sunset leaving lasting memories of one of the most iconic SUVs in Toyota's rich history. The vehicle's winning combination of off-road capabilities, style, and performance make it equally at home during desert adventures or everyday activities and provides a comfortable and dependable experience for drivers and passengers, wherever their journeys may lead."

Fujita added: "Although the model will be discontinued, the excitement of off-road capabilities lives on with other adventure-ready Toyota vehicles such as the iconic Land Cruiser, GR Sport Variant, and Prado. I would like to thank our customers for continuing to inspire us to develop ever-better cars tailored to the needs of motorists in the region and beyond."

Powered by a DOHC, 4.0-liter V6 engine that incorporates dual independent Variable Valve Timing with intelligence, the 2023 FJ Cruiser is capable of producing 270 horsepower and 380 N m of peak torque. It is also equipped with a wide range of driver assistant features such as Active Traction Control (A-TRAC), Crawl Control, Vehicle Stability Control (VSC) with an off switch, and electronically controlled locking rear differential. In addition to stellar all-terrain performance, drivers enjoy greater peace of mind thanks to Toyota's world-class safety features.

The FJ Cruiser's legendary status as one of the most unique Toyota SUVs and proven durability throughout the years will live on in the hearts of its owners and the Toyota family. Although production will cease, owners can be assured they will continue to enjoy world-class service from their local Toyota Service Centers. The 2023 FJ Cruiser is available in a variety of attractive finishes and specifications, while the Final Edition is scheduled to roll into the region during Q4 2022.



Traffic woes reignite need for metro services

Perpetual traffic woes that have beleaguered motorists in Kuwait for ages, and which once again resurfaced at key bottleneck points with the reopening of schools, has given an impetus to calls for more sustainable modes of traffic solutions, and a revival in interest to speed up the launch of a metro railway system in the country.

In this regard, it is noteworthy that Cabinet in its regular meeting last week, directed the Public Authority for Roads and Land Transport (PART) to accelerate the revival of the metro project. The introduction of a metro railway system is considered a long-term solution to the country's persistent traffic congestion, especially along key road

arteries during peak hours.

Some of the traffic bottleneck areas identified, are interestingly enough caused by work undertaken by the entities responsible for removing traffic congestions, including PART and the Ministry of Public Works. These include the South Surra Development Project, the intersection of Damascus Street with the Fifth Ring Road; the Fifth Ring Project, the intersection of Al-Ghazali Road; the Fifth Ring Road project, the intersection of Muhammad Bin Al Qassim Street; and a project to develop the Derwazat Al-Abdul Razzaq tunnel.

For its part, PART announced that it will soon begin an economic feasibility study to revive the metro project, after it

was previously abandoned by the Kuwait Authority for Partnership Projects (KAPP), after an evaluation study found that implementing the project was too cost intensive, and that investors did not find the project economically viable to them.

PART reportedly plans to build on the earlier study conducted by KAPP, and make it less expensive by trimming the total length covered by the project and reducing the number of stations. The authority is also said to be considering reducing the number of metro tracks, so that the first phase of its implementation is limited to areas with high population density, and making the financial return of the project attractive to investors. Additionally, to make the project even more



attractive to investors, the state would consider bearing the cost of constructing the railway tracks, with the investor only having to implement and operate the metro system.

CEE Network holds investiture ceremony for new chefs

Ricky Laxa
Staff Writer

Seven chef students who successfully completed the required courses prescribed by CEE Network Kuwait Lifestyle Workshops, graduated last week along with students of Batch 33 of the Breads and Pastries for Bakeries course.

Chief Executive Officer of CEE Network, Dina Al Mallak, Chief Operations Officer Jassem Burhama, and Acting Labor Attaché Cathy Duladul graced the occasion and performed the ceremonial investitures, toque presentation and awarding of certificates. The event was held at the function hall of Best Western Plus Hotel.

The event started with the entry into the hall by the Master chefs, trainers and graduates. Opening remarks were delivered by the Project Manager followed by the welcome remarks from the company's COO. Acting Labor Attaché Cathy Duladul then gave a brief but inspiring message to the graduates and thanked CEE Network for its tireless mentorship to the Overseas Filipino Workers (OFWs) and close collaboration with the Philippine Overseas Labor Office and Overseas Workers Welfare Administration in Kuwait. Certificates of completion were given to seven students who finished the Breads and Pastries Course with those from the Japanese cuisine



classes. Masterchefs Mariel Macalalad, Mariefe Torio, Elizabeth Tendenilla, Beatriz Carvajal and Malou Lacorte were also present to witness the occasion.

"As trainers we take pride in the accomplishments of our students and we give them the assurance of our continued support as they start new ventures," they stated. Masterchef Torio is in charge of providing scholarship training for domestic workers. Masterchef Macalalad and other Masterchefs for Breads and Pastries for Bakeries congratulated everyone on their accomplishment and recognition.

The occasions' highlight was the wearing

of Chef jackets assisted by the company's CEO and placing of toques on the heads by the CEO. Certificate of Recognition was awarded by the Acting Labor Attaché to complete the ceremony. Family and friends of the graduates were present during the occasion to witness the ceremony. The Times Kuwait and JKOR / Jass Radio Broadcast host Julius Tolentino was present to cover the occasion.

CEE Network Lifestyle Workshops also announced its full week classes and addition of newest trainers to the faculty of trainers. New sets of courses, which include Painting, Graphic and Visual Design, First Aid and CPR and

more new cooking classes that will commence in the coming weeks were also announced. Project manager then thanked everyone for their support and assistance. CEE Network is in collaboration with FRIENDi in various projects, among which are the Basic Baking Course for domestic workers, Reintegration Program and ASEAN activities and events.

For details and registration, you may follow CEE Network on FACEBOOK: ceenetworklifestyle-workshops / INSTAGRAM: ceenetworklifestyle-workshops, TWITTER: ceenetworklifestyleworkshops / TIKTOK: ceenetworkworkshops / MOBILE: (965) 55650296



Amid housing crunch, thousands of homes lie vacant

Latest data from the Public Authority for Civil Information (PACI) show that of the total number of 213,000 buildings spread across the six governorates in Kuwait, the number of housing units totalled 159,240, constituting nearly 75 percent of the total available buildings.

The data also revealed that of the number of buildings designated for housing were 140,430 in number, and those referred to for housing and work was 10,220, while spaces set aside for only work was 1,170. In the meantime, the number of vacant homes across the country stood at over 7,000. The number of vacant homes gains added significance considering that statistics from the Public Authority for Housing Welfare (PAHW), show that more than 94,900 requests

for housing for citizens are pending.

According to estimates by industry analysts and realtors, the average wait time for citizens to receive housing is around 20 years, during which period the national will need to spend around KD120,000 as rent. This amount is more than the KD70,000 that the Housing Credit Bank provides as loan, and the KD30,000 construction support granted by the government. This rental amount is also around half the cost of buying a house in outlying districts, where houses cost over KD270,000, or a quarter of what is needed to buy a house in nearby suburbs, where prices begin at around KD500,000.

Data provided by PACI also show that the area of exploited urban land in Kuwait is about 1,445 square kilometers, including the areas common to all regions, which represents a little over 8 percent of Kuwait's total land area of 18,000 square kilometers. The remaining 92 percent is designated as agricultural lands, oil fields, and lands owned by the Ministry of Defense.

A recent study initiated by PAHW shows that 72 percent of Kuwaiti families live in private housing areas, while 20 percent live in apartments within villas, and 8 percent live in apartments in investment areas. Figures from the PAHW also show that requests for housing from citizens increase annually by around 8,000 units. Moreover, over the past sixty six years since 1956, the authority or its predecessor delivered around 164,000 residences to citizens, which works out to about 2,480 units annually. Realtors warn that unless the authorities move more quickly to complete ongoing residential projects in various areas, the backlog will soon become totally unmanageable.

Kalyan Jewellers India Limited recorded PAT of Rs 106 crores; a growth of 54 percent in Q2FY23

The recently concluded quarter has been yet another positive one for Kalyan Jewellers India Limited. The Company recorded consolidated revenue of Rs 3,473 crores for Q2FY23 as against Rs 2,889 crores in the corresponding quarter of the previous year, a growth of 20%. Earnings Before Interest, Taxes, Depreciation and Amortization (EBITDA) was recorded at Rs 266 crores compared to Rs 228 crores in the same quarter of the previous year, a 17% growth. Consolidated PAT for the quarter was at Rs 106 crores as against a PAT of Rs 69 crores for the same period of the previous year, a growth of 54%.

The consolidated revenue of the Company for the first half (H1FY23) was Rs 6,806 crores, compared to the consolidated revenue of Rs 4,525 crores for the same period during the previous financial year, a 50% growth. The company recorded Earnings Before Interest, Tax, Depreciation & Amortization (EBITDA) of Rs 530 crores for the first half compared to Rs 297 crores in the same period of the last financial year, recording a growth of 79%. Consolidated

PAT for H1FY23 was Rs 214 crores as against a PAT of Rs 17 crores in H1FY22. Riding on strong demand recovery, the standalone revenue of the Company (India) for Q2FY23 was at Rs 2,841 crores, as against Rs 2,503 crores in Q2 of the previous year. The India operations recorded Earnings Before Interest, Taxes, Depreciation and Amortization (EBITDA) of Rs 222 crores for the quarter, compared to Rs 201 crores in the same quarter of the previous year. The standalone PAT (India) for the quarter was Rs 95 crores compared to a PAT of Rs 68 crores in the corresponding quarter of the previous financial year.

The e-commerce division, Candere, recorded a revenue of Rs 37 crores for the quarter versus Rs 32 crores in the corresponding quarter of the previous year. The quarter recorded a loss of Rs 3 crores as against a profit of Rs 54 lakhs for the corresponding quarter of the previous year.

In the Middle East, total revenue from operations during Q2FY23 was at Rs 601 crores as against Rs 360 crores in Q2 of the previous year.



UNHCR Special Envoy for the Horn of Africa visits Kuwait

UNHCR Special Envoy for the Horn of Africa, Ambassador Mohamed Abdi Affey, visited Kuwait for a 2-day mission, where he highlighted the increasing humanitarian needs of millions affected by the drought in the Horn of Africa.

The mission included official meetings with Kuwaiti government officials, and representatives of UNHCR's private sector partners in Kuwait, to discuss the potential support and collaboration in opportunities to showcase the latest humanitarian updates in the Horn of Africa.

He held a meeting with Hamad Al-Mashaan, Assistant Foreign minister for development and International Cooperation, where they discussed the humanitarian efforts of the Kuwaiti private sector and charity organizations. He also met with Abdulaziz Al-Jarallah, Assistant Foreign Minister for International Organizations' Affairs, and The Kuwait Fund for Arab Economic Development, represented by Waleed Al-Bahar, Deputy Director General for Operations.

In addition to this, he also held several meetings with representatives of Kuwaiti non-profit and charity associations and humanitarian organizations, such as the

International Islamic Charity Organization, Kuwait Society for Relief, Direct Aid Association, Zakat House, and Kuwait Red Crescent Society, while also meeting with business leaders and philanthropists, and the diplomatic representatives in Kuwait.

Ambassador Affey stated "My visit to Kuwait is an opportunity to emphasize the operational and humanitarian situation of refugees and displaced people in the Horn of Africa as well as to explore potential ways of supporting UNHCR's drought response efforts through joint projects with donor countries and the private sector".

He also added while these humanitarian



needs are urgent, seeking solutions for the displaced population continues to be a

priority for UNHCR, while he also sought to give young refugees a chance to pursue their education.

He further said that the UNHCR teams are doing what they can to help and respond to the needs of people who live in extreme conditions as they seek to reach safety and avoid starvation.

The drought crisis is the worst in four decades with four failed rainy seasons, resulting in scarce water sources, crop damage, and deprivation of people's livelihoods. As the conditions have gotten worse, thousands of people were forced to flee in search of life-saving assistance.



Combating corruption a collective effort

COUNTINUED FROM PAGE 1

and increase transparency in the public sector. The authorities further empowered the independent Kuwait Anti-corruption Authority (Nazaha) and also bolstered the anti-corruption legal framework through several initiatives and processes, as part of a broader national strategy to crack down on corruption in Kuwait.

If the emphasis and urgency given to tackling corruption in public life by the highest levels of leadership is implemented in full measure, and in both letter and spirit, by everyone involved, it could herald a new era in the development of Kuwait, and could augur well for the country and its future. Although it is too early to tell how the high-level decisions will be implemented down the line, there are already indications that the message of eradicating corruption in public life is percolating through the administrative sector.

In late October, the Nazaha announced that it was speeding up the registering, assessing and finalizing of corruption reports it receives. The authority revealed that in the first nine months of the year, it had received 46 reports of corruption involving a dozen government institutions. And, out of the cases that it had referred to the Public Prosecution until the end of August 2022, seven final verdicts had been issued by various courts, including four convictions and three acquittals.

In an apparent sign of increased vigil against corruption at the administrative level, last week, the Ministry of Electricity, Water and Renewable Energy referred six of its employees in the Customer Services Sector to the Public Prosecution. This followed internal investigations that revealed serious financial manipulations that included reducing a transaction amount for a customer from KD40,000 to KD3,000. Other wrongdoings were found in replacement of electricity and water meters without proper documents and payment of due fees.

Although the uptick in monitoring and prosecuting low-level corruption cases is certainly commendable, it needs pointing out that the conviction rate in administrative cases are generally on the lower side, as the Nazaha statement reveals. Often this is due to the poor quality of investigations carried out by concerned officials, or the use of illegal policies or procedures to obtain evidence, which then gets squashed in court. Occasionally, it is also

because of political pressures that are brought to bear on officials and litigants to drop cases.

More importantly, while instances of official corruption are now increasingly coming under legal scrutiny, and a few cases of major embezzlement of public funds and money-laundering grabbed media headlines in the past, these incidents are only the 'tip of the iceberg'. Other versions of corruption that are often more pernicious and systemic prevails in Kuwait, and forms the portion of the proverbial iceberg that looms below the surface but which goes unreported and undicted.

Wasta, or influence peddling, is one such form of corruption, where individuals use their personal connections or influence to garner favors for themselves or others. Whether the favors granted involve nepotism, are on a quid pro quo basis, or in exchange for financial gains, wasta remains the cornerstone of corruption and the base around which other improbities are built.

Bribing public officials to obtain unwarranted or unauthorized services, waiving or reducing fees for public services, deleting or decreasing fines charged for legal infractions, inflating or deflating evaluations, circumventing laws and a host of other such illegal activities can be traced back to wasta among individuals involved in these felonious acts.

The sponsorship system, or kafala, which prevails in Kuwait and elsewhere in the region, feeds off the same wasta ecology. While initially intended to ensure the welfare of foreign workers coming to the country, kafala has in many cases degenerated to become a lucrative rentier-model of business for the 'kafeel' or sponsor of the worker.

The disproportionate power wielded by the kafeel over migrant workers has often been described as a modern form of slavery. The provision for a kafeel to grant a work visa to a foreigner, or deny the renewal of a worker's residency status, enables them to extort large sums of money or favors from the migrants in exchange for their residency status.

Kafeels engaged solely in visa-trading — an euphemism used for what is basically one form of human-trafficking — was until quite recently an open secret in Kuwait. Although in the last couple of years this has become a more clandestine operation, under pressure and prosecution

by the authorities, the trade in visas continues unabated. If anything, it has now become a more expensive proposition for hapless workers who need to renew their residence status, or are seeking to obtain a new visa for their friends or relatives.

In addition to an increase in marginal workers who contribute to perpetuating the narrative of demographic imbalance, and generating xenophobia towards foreign workers among nationals, the rentier model of kafala business also lead to other forms of market distortions. The large sums of unlawful money in the hands of these traders allow them to indulge among others in real-estate speculations that raise prices to unrealistic levels in the property market, and to engage in the more riskier but lucrative import and trade in narcotics and other illegal substances.

While stamping out wasta would be an all but impossible task for the government, given how deeply entrenched it is in society, if the authorities are serious about tackling corruption they could probably begin by abolishing the aberrant kafala system. A better form of managing foreign workers would be for the government to be the sole sponsor of all migrants in the country, and to mandate a public entity, such as the Public Authority of Manpower, to bring in all foreign workers to the country as needed by the public and private sectors, as well as for households.

According to international entities and local stakeholders in combating corruption, in order for the government to tackle corruption it would need to bring about changes to several components in governance that currently aid and abet corruption in the country. These transformations should aim to cultivate and encourage the growth of strong democratic principles that provide for greater accountability in the public realm.

Government efforts should also be directed to build more responsive and independent institutions; commit to implementing social and economic reforms; and enforce the separation of powers among the arms of government, as well as protect civic space, the media and whistleblowers. As we approach the 20th anniversary of the adoption of the United Nations Convention against Corruption, and the ear-marking of 9 December each year as International Anti-Corruption Day (IACD), all of

us should take a deeper look at the significance of the Convention and the IACD to Kuwait, and what it entails from each one of us as individuals.

Each year the IACD seeks to raise awareness of corruption and of the role of the Convention in combating and preventing it. The day highlights the rights and responsibilities of everyone to thwarting corruption, and provides an opportunity for each one of us to recommit to collective action so as to address and prevent the occurrence of corruption and its harms. And, there is no denying that corruption has a deleterious impact on society and on people.

Corruption erodes democracy, impacts economic growth, undermines governance, distorts the quality and efficiency of state institutions and regulatory frameworks, hampers human resource development, and exacerbates inequality and poverty. But what constitutes corruption? In the public realm we could define corruption, at its most basic level, as abuse of entrusted power for private gain.

However, defining corruption comprehensively is difficult, as in order to define something we need to measure it. Corruption by its very nature takes place in secrecy and does not render itself to measurements. As the management doyen, Paul Drucker said, "What cannot be measured, cannot be managed". In order to eradicate corruption, or at least manage its most deleterious effects on society, we need some form of measurement of corruption.

The Corruption Perception Index (CPI) developed in 1995 attempts to measure corruption to some extent by gauging perceptions of corruption in the public sector, among businesses, academia, analysts, and independent institutions in a country. The index is now published annually by the Berlin-based non-profit, non-governmental, transnational organization, Transparency International.

Transparency International's 2021 Corruption Perception Index ranked Kuwait in 73rd place out of the 180 countries and territories around the world. Also, on a scale of 0 (highly corrupt) to 100 (very clean) that ranks countries in the index, Kuwait scored 43, which leaves a lot of room for improvement. More than ever, it is now imperative for everyone to join hands with the government in its anti-corruption initiatives, so that it becomes a collective fight of us against corruption.



Arne Quinze, Oasis, 2022.
Image courtesy the artist.
Photo © Noor Riyadh 2022,
a Riyadh Art program

Artwork at Noor Riyadh inspires, creates, global connections

By Hermoine Macura-Noble



The first Australian English speaking News Anchor in the Middle East. She is also the Author of Faces of the Middle East and Founder of US-based 501c3 charity – The House of Rest which helps to ease the suffering of victims of war. For more from our Contributing Editor, you can follow her on Instagram, here.

Noor Riyadh, one of the most exciting and ambitious festivals of light and art in the world, unveiled a special light installation that connects the two historical cities of Riyadh and Rome, among other special artworks that are on display until 19 November. The interactive artwork by Quiet Ensemble brings the two capitals together through a fascinating system of cameras and microphones.

Founded in 2009 by Fabio di Salvo and Bernardo Vercelli, Quiet Ensemble revolves around a system of cameras and microphones set up around two light and video installations — One is in King Abdullah Park in Riyadh, the other is in Rome. Nouf AlMoneef, the Noor Riyadh program manager, says the interactive and interconnective work turns Riyadh into the epicenter of this new artistic installation. “The installations will broadcast an abstracted livestream of the area around the site, so that visitors in the Saudi capital can see those in the Italian capital, and vice versa,” she adds.

Visitors can enjoy the broadcasts of this incredibly thoughtful piece of work every evening from 6pm to 1am until the close of the Noor Riyadh festival. Vertical Horizon is one of over 190 artworks and more than 500 activities taking place at the second edition of Noor Riyadh, held under the theme ‘We Dream of New Horizons’.

Other incredible artworks include Quinze’s 16-meter-high installation, spanning 40 meters wide, which places observers in an open-air museum where public art seems larger than life. The power of colors is strongly reflected in this aluminum light installation, which makes a clear statement that the effervescence of all spectrums of light is



Christopher Bauder, AXION, 2022.
Image courtesy the artist.
Photo © Noor Riyadh 2022, a
Riyadh Art program

needed in our society.

AXION by German artist Bauder, meanwhile, explores the ultimate horizon: outer space. Created specifically for deserts and other dusty environments, AXION’S sprawling array of mirrors and spherical objects makes it look like a giant scientific device for space exploration or particle detection. But once inside, it is a reflection on the potential of axions — a hypothetical elementary particle

— dark matter, and the idea of the unknown.

Artist Saad AlHowede shares how art for him is all about the human experience. “As an artist, I look at the human experience. I have tried to offer everything I can to help people and the participants of this initiative to get the support they need and to carry their lessons through life.” In Al Howede’s ‘The High Sky’, towering light sculptures of flowers speak to underappreciated talents that could rise

and bloom if recognized within an open and inclusive society.

The comprehensive public program of Noor Riyadh includes 10 live music performances scheduled throughout the festival’s duration. The music series can be heard at King Abdullah Park, and tickets can be booked free of charge on NoorRiyadh.sa.

Engaging guided tours of the five hubs — King Abdullah Park, Salam Park, Diplomatic Quarter, JAX District, and KAHD — are another way to immerse yourself in Noor Riyadh. Each tour will delve into the stories behind impressive artworks, including Amplexus by Grimanese Amoros and Flightgraf’s immersive An Imaginative World.

Workshops are key components as well and participants can venture into performance art, experiment with photographic and video techniques, and learn how to make their own camera obscura. Elsewhere, creative experiences such as artist-led tours, an artistic hunt, and even a four-day collaborative installation activity are also available.

Talks and panel discussions in both Arabic and English will take place throughout the festival, with topics ranging from technology in art to lucid dreaming.

Open to all, Noor Riyadh will take place across five main city hubs and 40 locations in the Saudi capital. Noor Riyadh aims to donate all the funds raised through ticket sales to charitable causes.



Saad AlHowede with
workshops participants from
the AlNahda charity



Quiet Ensemble, Vertical Horizon,
2022. Image courtesy the artist.
Photo © Noor Riyadh 2022, a
Riyadh Art program

EXCLUSIVE to THE TIMES KUWAIT

Dread, Hope at COP27



Andrew Steer and Kelly Levin

Andrew Steer is President and CEO of the Bezos Earth Fund.

Kelly Levin is Chief of Science, Data, and Systems Change at the Bezos Earth Fund.

Ask two different climate experts at the United Nations Climate Change Conference in Egypt (COP27) to characterize their feelings about the future, and you may get quite different answers. "We are seeing more progress than we ever imagined," says one, while the other laments that we are heading full-tilt like lemmings over the cliff. They cannot both be right, can they?

In fact, both have ample evidence on their side, and only by balancing the two perspectives will we muster the sense of urgency that the climate crisis requires.

To inspire hope, the first expert might point out that the cost of solar energy has fallen by 99 percent since President Jimmy Carter put panels on the White House roof in 1979, and that 2022 is shaping up to be a record year for renewables. Sales of electric vehicles are growing so fast that the internal combustion engine is already in permanent decline. In Indonesia, the rate of primary forest loss has fallen for five years in a row, owing to an innovative partnership between the government, business, civil society, and technology experts.

Moreover, nearly 100 countries —

representing over 75 percent of global emissions — have committed to achieving net-zero emissions by mid-century. And the United States just made a massive down payment on its green future with the Inflation Reduction Act, which could mobilize an estimated \$800 billion or more in climate-related investments.

But lest we come to think that we are almost out of the woods, our gloomy expert would point out that with just 1.1° Celsius of warming, climate change is already generating unprecedented costs. Disastrous flooding across Pakistan this summer left one-third of the country underwater, and southwestern North America is suffering its worst drought in 1,200 years. In China, drought has crippled hydroelectric power production and forced

We are heading toward temperature increases well above the Paris climate agreement's 2°C threshold. A planet that hot would be scarcely recognizable to us today.

An important new report from the Systems Change Lab — an initiative organized by the World Resources Institute, the Bezos Earth Fund, and its partners — sheds light on both these realities, and points toward a new way of thinking about change. On the side of pessimism, the report shows that none of the 40 sectoral transformations required for addressing the climate crisis this decade is yet on track.

For example, the phase-out of coal needs to be accelerated sixfold — the equivalent of retiring 925 average-size coal plants each year.

“Phase-out of coal needs to be accelerated sixfold, the equivalent of retiring 925 coal plants each year. Annual deforestation rates need to be falling 2.5 times faster, and crop yields needs to accelerate by nearly sevenfold this decade.”

factories to shut down. The Great Barrier Reef has now suffered six mass bleaching events since 1998. And in East Antarctica, where temperatures one day this year were a whopping 38.5°C above normal, a massive ice shelf has just collapsed — the first such event in at least half a century.

Making matters worse, Russia's war in Ukraine has triggered a scramble for fossil fuels, and corporations, banks, and governments are finding it harder than expected to deliver on their climate promises.

Similarly, annual deforestation rates need to be falling 2.5 times faster, and recent growth in crop yields needs to accelerate by nearly sevenfold this decade to feed a growing population without encroaching into forested areas. All these transformations depend on global climate finance, which itself must increase eightfold from its current levels.

But the report also explains that change is rarely linear, and that exponential progress — a sudden 'hockey stick' acceleration — is possible when nurtured by bold leadership

and supportive policies. In the space of just two years, from 2019 to 2021, solar generation grew by 47 percent globally, and wind power grew by 31 percent, dramatically outpacing analysts' predictions. And between 2013 and 2021, the global share of carbon-free bus sales increased from 2 percent to 44 percent, a 20-fold increase in under a decade.

Moreover, we know that some systems can be pushed toward positive tipping points, such as price parity between incumbent fossil-fuel sources and renewables, after which change becomes unstoppable. We must do everything we can to reach these tipping points as soon as possible. Given how little of humanity's carbon budget remains, we no longer have the luxury of pursuing only the least-cost options. We need systems change across all domains of human activity — from how we grow our food and power our homes to how we build our cities and transport ourselves and our goods.

Accelerating the transition to a net-zero economy will require a change in incentives, new regulations and laws, shifts in behavior, innovation, and unwavering leadership. We are about to begin the fourth year of the decisive decade for averting catastrophic climate change. We must move mountains, whatever the upfront costs.

Global leaders gathering at COP27 this month should neither wring their hands in despair nor cheerfully declare that victory is around the corner. Rather, they should thoughtfully examine what needs to be transformed and what it will take to cross the essential tipping points. This is the moment when we need to create the conditions that will make more positive changes both irresistible and unstoppable. That would make all those carbon-emitting flights to Sharm El-Sheikh well worth it.



Educate to protect tomorrow



Dr Jibin John Thomas MD

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World Diabetes Day is observed every year on 14 November, to commemorate the birthday of Sir Frederick Banting who, along with Charles Herbert Best, discovered the hormone insulin in 1922. Despite this year marking the 101st anniversary of the discovery of insulin, today there are an estimated 415 million people worldwide who are diabetic. Estimates indicate that in 2040, more than half a billion people will have diabetes.

Kuwait ranks third in the number of diabetics globally. The number of people who do not know they have diabetes, or have prediabetes — a condition where the person has higher than normal blood sugar levels, but not high enough to be a type 2 diabetic — are also high in Kuwait.

Diabetes is a disease in which a person's body cannot produce or use enough insulin. Type 1 diabetes is a chronic condition. In this condition, the pancreas produces little or no insulin. Different factors such as genetics and certain viral infections can cause type 1 diabetes. Although type 1 diabetes usually appears in childhood or adolescence, it can also occur in adults.

Diabetes mellitus, also known as type 2 diabetes, is characterized by high blood sugar

levels, which is a result of decreased insulin production by the pancreas, or resistance of the body's cells to insulin.

A third type of diabetes, gestational diabetes, occurs in some people during pregnancy and causes high blood sugar levels that can affect pregnancy and the baby's health.



Hyperglycemia is a condition in which the blood sugar level is elevated, and if left untreated, it can damage various organs of the body. Proper treatment of diabetes and regular check-ups can prevent many of these complications.

Blood tests can help your doctor diagnose diabetes, prediabetes, and gestational diabetes. Blood sugar is determined by the amount of glucose in your blood. A blood test will show if you have more than a healthy sugar level. A blood test can also help identify which type of diabetes you have. There are different types of blood tests.

Prediabetes is seen long before diabetes in a diabetic patient. Once prediabetes is detected, it does not take long to progress to diabetes, so you will need to follow exercise, medication, and diet regimens prescribed by your doctor.

Depending on what type of diabetes you have, blood sugar monitoring, insulin, and pills may be part of your treatment.

There are mainly five types of insulin:

Fast-acting insulin: Insulin, which acts 2.5 to 20 minutes after injection, has its peak action



between one hour and 3 hours after injection, and lasts up to 5 hours.

Short acting insulin: Acts within 15 minutes, lasts about four hours, and should be taken before each meal to prevent blood glucose levels from spiking.

Intermediate acting insulin: Works within two hours and continues to work for 12 hours, usually taken twice a day.

Mixed insulin: Mixed insulin is a combination of very fast-acting or short-acting insulin and intermediate-acting insulin.

Long-acting insulin: Long-acting insulin, which takes 2-4 hours to work in the body, but lasts for 24 hours, helps keep blood glucose levels in check throughout the day.

Blood pressure, heart disease and diabetes are very common in Kuwait due to obesity. Over 40 percent of the population in Kuwait are obese. Kuwait now has the most obese individuals in the world. Although previously, a 'body mass index' (BMI) test was used to determine whether a person is obese, this test was not consistent.

A newer and remarkably more consistent test for obesity is the waist-to-height ratio, or WHtR. According to the WHtR, a person is obese if their waist circumference is more than half their height. Thus, a WHtR of .5 or less is healthy, and a WHtR greater than 0.5 is obese (although the cutoff rises to .6 for patients age 50 or older).

There are several measures that people can

take to reduce the risk of diabetes. These include:

- **Losing excess weight:** The American Diabetes Association recommends that people with prediabetes, lose 7 to 10 percent of their body weight to prevent the progression of the disease. More weight loss brings greater gains.
- **Do more exercise:** Physical activity also helps control blood sugar levels and lowers your risk of heart disease and nerve damage. A recent study showed that half an hour of walking or other low-intensity exercise daily, combined with a low-fat diet, reduced the risk of developing type 2 diabetes by 58 percent.
- **Avoid foods high in carbohydrates:** Foods containing sugar and flour, such as breads, bakery products, pastries, pasta, fruit juices, and processed foods with added sugar.
- **Avoid alcohol and carbonated drinks:** Drinking alcohol, smoking, sedentary lifestyle, uncontrolled eating, eating at the wrong time, excessive consumption of sugar, can lead to diabetes.

The most important motto for diabetic people is, 'Keep Blood sugar under control. Equally important is 'Prevention of Diabetes for all people at high risk of developing it. By educating ourselves, our friends, and our family we can keep diabetes at bay.



Left-over, expired medications pose a health hazard

A recent survey among parents in the United States revealed that almost half of them kept leftover prescription medication at home, and that many of them keep over-the-counter (OTC) medication around past its expiration date. The survey also reported that three in five parents were more careful about disposing of leftover prescription medication than expired OTC medication.

However, both leftover and expired medication, can pose a danger to curious children. So the next time you set about making your home safe for kids, it would help if you went through your medicine cabinet and removed all leftover and expired medications.

Younger children taking medicine on their own in the home is a major source of unintentional poisonings. For older children, access to these medicines brings risk of

experimentation, diversion to peers, or other intentional misuse.

Children are curious and exploratory by nature. Leftover medications can look like candy and young children often explore by putting objects in their mouths. Doctors warn that even leftover medications that have lost potency can still be deadly when consumed by young children. For instance, some medications, including certain heart and diabetes medications, can cause life-threatening symptoms in children after consuming just a single pill. A simple solution for limiting children's access to medication is to keep it safely locked away.

However, the effectiveness of a drug past its expiration date is also an issue. For instance, more than half of parents surveyed believed that OTC medication is still effective past its expiration date, any time between one month to a year after its expiration. Experts say that could be true, but there is no guarantee. Only less than four in 10 parents said it was never safe to give their children expired medicine.

Medications contain an expiration date, and for a good reason. While many drugs, both prescription and non-prescription, may be effective after the listed expiration date, medications are not tested to determine whether they actually are effective after their expiration date. While most medications can deteriorate in quality over time, some may be susceptible to bacterial contamination, or become less effective if not stored properly, or if kept for too long after their expiration date.

Aside from the risk of accidental ingestion, keeping expired medication around can also mean that parents are forced to make a difficult choice when their child is sick.

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Free Speech for Whom?



Peter Singer

Professor of Bioethics at Princeton University, is Founder of the charity The Life You Can Save. His books include Practical Ethics, The Life You Can Save, One World Now, and Ethics in the Real World.

How is it that a man who has banned 83 million people from Twitter can freely use the platform to post his messages denigrating women and supporting the brutal attack on the writer Salman Rushdie? I am referring to the leader of the Islamic Republic of Iran, Ayatollah Ali Khamenei, whose government is killing young women who want to be able to show their hair in public.

For several years, the Iranian-American activist Masih Alinejad has been calling for Khamenei to be banned from Twitter. Last month, along with Ukrainian president Volodymyr Zelensky, she received the 2022 Oxi Courage Award at the United States Institute of Peace. Opposition to Khamenei does indeed require courage, as is evident from the attack on Rushdie last August, which can be traced to the 1989 fatwa issued by Khamenei's predecessor, Ayatollah Khomeini, condemning Rushdie to death for blasphemy.

As recently as 2019, Khamenei called this verdict "solid and irrevocable," and Iran's foreign ministry refused to reproach Rushdie's attacker, instead blaming Rushdie. Alinejad herself has been under FBI protection since August, when police arrested and charged a man with plotting to kill her.

Now that Elon Musk has purchased Twitter, the campaign to ban Khamenei is seeking to influence him. In a recent letter directed to Twitter's advertisers, Musk wrote that he



acquired Twitter because "it is important to the future of civilization to have a common digital town square, where a wide range of beliefs can be debated in a healthy manner, without resorting to violence." Otherwise, Musk warns, the opportunity for dialogue on social media will split into "far right-wing and far left-wing echo chambers that generate more hate and divide our society."

I share Musk's concern about what he calls "the woke mind virus" — the readiness to attack people who advocate positions that are perceived as politically incorrect — and the absence of genuine dialogue across the political spectrum. That is why I am one of the founding editors of the Journal of Controversial Ideas, which has just published its third issue. Like Twitter, our journal offers the option of publishing under a pseudonym, though in other respects we are poles apart. Twitter limits messages to 280 characters, whereas we accept articles up to 12,000 words. Not coincidentally, 240 million people use Twitter, while we were

pleased to get 50,000 views — which is a lot for an academic journal — in our first year.

Musk's reference to debating beliefs in a "healthy manner" is open to various interpretations, some of them highly restrictive of free speech. But whatever it means, the question remains how it can be done. At the Journal of Controversial Ideas, we send all articles that pass an initial screen to experts for independent review, in a form that does not identify the author, and we treat responses to the articles we publish in a similar manner. We are looking for well-reasoned arguments, not polemics.

Since our initial call for papers more than a year ago, we have received close to 300 submissions; our current acceptance rate is 12 percent. Twitter, by contrast, has 6,000 new posts every second. Even for a \$44 billion company, employing enough people to vet that many tweets is not economically viable — and Musk is reportedly planning to fire about 25 percent of Twitter employees, rather

than hiring more. Artificial intelligence could be the answer, but it is not, at present, able to distinguish reliably between tweets that make positive contributions to debates and those that promote the very hatred and social division that Musk wants to prevent.

Musk has described himself as a "free speech absolutist." He greeted his successful takeover of Twitter, which has a blue bird as its logo, by tweeting, "the bird is freed." Lifting all restrictions on what can be posted on Twitter, however, is not the way to promote debate in a 'healthy manner' between people with very different starting points. That much is clear from the more than 1,200 racist and anti-Semitic tweets and retweets that appeared on the site in a coordinated campaign timed to Musk's completion of his purchase.

To achieve Musk's laudable goal, a distinction needs to be drawn between speech that appeals to reason and evidence, or seeks to broaden our empathy and understanding, in an effort to persuade us to change our mind, and speech that seeks to vilify others and stir up hatred against them.

Musk may have come to realize this. After taking over the company, he tweeted about forming a "content moderation council with widely diverse viewpoints" and said that the company would not take "major content decisions or account reinstatements" until "that council convenes." One issue for such a body to consider is whether Twitter should provide a platform to someone who defends a subordinate social status for women and advocates the death penalty for speech that his religion considers to be blasphemy.

Control of a platform like Twitter has put great power, and therefore great responsibility, in the hands of a single individual. Much will depend on Musk, and the members of the content moderation council he appoints, to exercise that responsibility well.

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