

## Diversification critical to economic growth in Kuwait



The impetus to diversify the economy in Kuwait has never been higher. Revenue from oil exports, which account for 60 percent of the country's GDP and close to 95 percent of government revenue, has been dwindling since mid-2014. For the second consecutive year, the National Assembly approved a deficit budget for fiscal year 2016/17 (FY16/17) with an official deficit projection of KD 8.7 billion, or 26 percent of gross domestic product (GDP).

After five years of average annual budget surpluses of 21 percent, the country announced its first deficit

Continued n Page 12

### GCC sovereigns to require massive funding

Widening fiscal deficits in Gulf Cooperation Council (GCC) states, brought on by persistent low oil prices, will lead to a cumulative funding requirement in excess of half-a-trillion dollars in the next three years, says rating agency Standard & Poor's (S&P).

The latest analysis from S&P shows that since 2015, with the drop in oil revenues that turned surpluses into deficits, the region's funding requirement has been growing. According to the agency's analysis, in 2016 alone, the combined fiscal deficit of GCC sovereigns, in nominal terms, will reach \$150 billion or 12.8 percent of their combined GDP.

The rating agency added that per country, as a proportion of GDP, these deficits are expected to average around 10 percent per year in Bahrain, Oman, Kuwait, and Saudi Arabia, and 4 percent on average in UAE and Qatar over 2016-2019 period. The report estimated that, as a result of burgeoning deficits and the region's overwhelming

dependence on hydrocarbons, GCC sovereigns' financing needs will likely remain "substantial" and could likely reach \$560 billion, over the years to 2019. The bulk of this funding requirement is likely to come from Saudi Arabia.



However, with GCC sovereigns likely to resort predominantly to debt financing of their deficits, tighter domestic and international liquidity conditions could complicate these plans. "This creates uncertainty about how, and at what price, GCC sovereigns will cover their fiscal deficits."

Continued n Page 9

### Ministry issues 'code of conduct' for media in upcoming elections

Ministerial Resolution 143/2016, issued by the Minister of Information on Saturday, specifies a 12-point code of behavior for candidates, their supporters and the media in the lead up and during the upcoming parliamentary and municipal election

The Minister of Information, Minister of State for Youth Affairs, Sheikh Salman Sabah Al-Salem Al-Humoud Al-Sabah issued the Ministerial Resolution setting terms



and restrictions for the media coverage and promotion for the impending elections.

Resolution 143/2016 stipulates among others a total ban on 'primaries', tit-for-tat mudslinging by candidates, as well as the offering of 'financial incentives' to voters, in the days preceding election-day, on the polling date and until the official publication of election results.

First article of the resolution stipulates that it goes into force as of the date of its publication, or the publishing of the decision calling

Continued n Page 14



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## CRIME

Mystery over death of  
9 year old Kuwaiti child

Officers from the General Department of Criminal Evidences led by Brigadier Muhammad Al-Sharhan uncovered mystery surrounding the death of a nine-year-old Kuwaiti child. The child's father claimed he died of natural causes in Jahra Hospital. A statement by the General Department of Public Relations and Security Information indicated the child died as a result of severe torture and a long period of solitary confinement. Further examination of the child's body and questioning of family members revealed that the child was hyperactive and used to beat his disabled siblings, including his six-month old brother.

His parents admitted to have disciplined him through beating and confinement after tying him with a piece of cloth. An Indian housemaid working for the family also corroborated the statement. His parents were referred to concerned authorities.

Three arrested in  
drug peddling

Two Egyptians and a Syrian, including a crossdresser were arrested in Salmiya area for drug peddling. According to security sources, when officers from the Criminal Investigations Department received information about the drug peddlers in Hawally Governorate, they formed a task force to monitor the suspects. After confirming the information, the officers took necessary legal measures. When questioned, they admitted to luring youths and selling drugs. The suspects were referred to the concerned authorities for necessary legal action.

Gang arrested for  
stealing vans

Personnel from the General Department for Criminal Investigations of the Farwaniya Security Directorate have arrested a five-

## Illegal plastic surgery

Personnel from the General Department for Residence Affairs arrested three Asians for conducting plastic surgery on men and women. The suspects were using fake social networking website accounts to advertise their trade. They were caught red-handed and referred to the concerned authorities.

man gang — three Indians and two Syrians — for stealing vans parked on open grounds in Jleeb Al-Shuyoukh. During interrogation the suspects admitted their crime and added that they were using the stolen vans to drop workers to work and children to school after making minor modifications in its designs.

## Crocodiles, hyenas seized

The Environment Police in cooperation with the Public Authority for Agricultural Affairs and Fish Resources raided several animal pens and farms and seized a number of illegally kept wild animals. The raid resulted in the seizure of a number of wild animals and arrest of the owners.

## Fake work visas

Police have arrested an Egyptian mandoub for forging work permits of 35 Egyptian workers in return for KD 19,250 (KD 550 each) without the knowledge of sponsor. After the sponsor discovered the forgery of his signature, he filed a complaint with General Department for Residence Affairs, following which the man was arrested and referred to the Public Prosecution.



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# Violators of property marketing rules to face legal action

Anyone breaching real estate exhibition regulations will face the full extent of the law, warned the Undersecretary at the Ministry of Commerce and Industry Khaled Al-Shimali.

Speaking on the sidelines of the Elite Real Estate Exhibition at the International Fairgrounds in Mishref, the undersecretary said his ministry is keeping a close watch on companies which market properties, whether inside or outside Kuwait to make sure they abide by all relevant advertising



and marketing rules and regulations.

Al-Shimali noted that the presence and monitoring by state bodies such as the Ministry of Commerce and Industry, at real estate and other exhibitions will boost the confidence of visitors in the event and products being sold by exhibitors.

He pointed out that the Ministry of Justice officials are on hand at real estate exhibitions to provide legal advice to buyers on the legal documents and procedures to be initiated before purchasing real estate units. He added

that real estate exhibitions offered potential buyers and investors various investment opportunities both inside and outside Kuwait.

Meanwhile, the CEO of Eskin Global Group, the organizer of Elite Real Estate Exhibition Mahmoud Afifi said that more than 100 real estate projects from around the world, including from Kuwait, were exhibited during the four-day Elite Exhibition and that his company hopes to organize new editions of the exhibition four times a year in future.

## Cuban nurses arrive in Kuwait for co-operative endeavors in health sector



A group of 10 nurses arrived in the Kuwait capital to begin a work period as part of a Kuwait-Cuban cooperation agreement in the nursing health sector. The group was received by Cuban ambassador to Kuwait H.E. Andres Gonzalez Garrido at the Kuwait International Airport. The nurses will work at the Dasman Diabetes Institute and offer their expertise as a result of an agreement signed between this institution and Medical Services Enterprise of Cuba, CSMC.



## BSK goes Pink for Cancer Care

The British School of Kuwait (BSK) recently held its Pink Saturday event to raise awareness for Breast Cancer on 15 October.

The programme activities were coordinated by Year 13 students in support of Al Sidra Association for Psychological Care of Cancer Patients.

The event included face-painting, arts corner, sporting challenges, and more.

Among the entertainment provided on stage was the Great British Bake Off, featuring stunning baked creations from the teachers.

The judging panel consisted of the wife of the British Ambassador to Kuwait, Alexia Lodge, representing Red Crescent Jafar Al-Gamaly, President of BLS Julie Fautley and Executive Director of Al-Sidra Association Manal Shadeed,



along with Director and Founder of BSK Madame Vera Al-Mutawa.

While funds during the month will go to Al Sidra Association, a number of fundraising companies were also present at the event.

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## Awards Evening at British School of Kuwait

The annual Awards Evening for the Year 7-11 students at The British School of Kuwait (BSK) took place at the Al Baraka Ballroom at Crowne Plaza Hotel. Parents and staff celebrated the achievements of the school year 2015-16 in the presence of BSK Chairman Sadiq Al Mutawa and Founder Madame Vera Al Mutawa.

BSK held its prestigious Subject Awards which went to the top student in each subject in each year group, many of whom achieved near to 100% in their final examinations.

The Awards Event also honoured over 200 students who achieved Excellence Awards in 2015-16. The BSK string orchestra, under the baton of Galina Bojilova, presented many

beautiful musical pieces. The guest of honour, Senior Vice Chairman of Al Yousifi Company and a past president of Toastmaster Dr. Adel Al Yousifi narrated a moral story to the students.

Deputy Head Boy, Saad Zahoor also performed an outstanding speech on 'How to look like you're giving a speech.'

The final student awards of the evening were the Head Teachers' Awards, presented by Ms. Bowie, Dr. Yousifi and Vera Al-Mutawa. Five such awards were conferred, to one student from each of the previous Years 6-11, with the awards going to Mahrukh Zahoor, Renée Sarmiento, Sadia Islam, Narrayan Raam Sankar and Donaven Lobo.







## Embassy of Peru marks country's 195th National Day



On the occasion of the 195th national day of Peru, the Peruvian Ambassador to Kuwait H.E. Heli Adelfo Pelaez Castro hosted a reception on Tuesday, 18 October at the Symphony style Hotel. A large gathering of members of the diplomatic corps, Kuwaiti nationals, Peruvian nationals, special invitees and media witnessed the function. A showcase of Peruvian traditional music regaled the crowd.

Speaking on the sidelines of the reception, Kuwait's acting assistant foreign minister for the two Americas' affairs Fadhel Al-Hassan affirmed the



longstanding friendship between the two countries.

"Peru plays a distinguished role in its region and is an active member of the regional and international organizations notably the United

Nations," he added. He emphasized Peru's support for Kuwait's candidacy for a non-permanent seat at the UN Security Council for 2018-19.

The Kuwaiti diplomat also praised the growth of political and economic relations between the countries and commended the role of the Peruvian Ambassador in fostering friendly ties.

Al-Hassan was optimistic that even greater trade exchanges and more joint investments were possible, and invited the Peruvian businesspeople to explore Kuwait and visit the various investment opportunities.

## SIF-Kuwait opens registration for Sastra Pratibha Contest, Season III



SIF-Kuwait announced the commencement of registration for the Sastra Prathibha Contest, Season III.

Sastra Prathibha is a pan India and GCC talent hunt initiative by VIBHA in association with NCERT (HRD Ministry, Government of India) and Department of Science and Technology, Government of India.

Registration forms are available at the science department / SPC coordinator of the respective schools. The last date of submission is 31 October and registration must be done through participating schools.

The categories for registration are: Junior (class 5, 6, 7) and senior (class,

8, 9, 10). The exam is scheduled to be held on 12 January, 2017.

There will be two winners from each class and distinction certificates will be awarded to best performing students from each class.

The school with maximum points on the basis of Sastra Pratibha and Distinctions will be honored with the most prestigious 'Acharya J.C.Bose Sastra Puraskar'. Students enrolled will get a lifetime opportunity to meet and interact with top scientists from India.

For more information: Contact the science department HOD of your respective schools and for updates, E-mail, sifkwt@gmail.com.



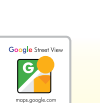
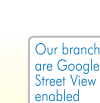
A camel race was held in Kabad, southwest of Kuwait City on 15 October. Kuwaitis stood on the sidelines cheering as the camels raced from the starting point and headed for the finish line.

## CAMEL RACE HELD IN KABAD

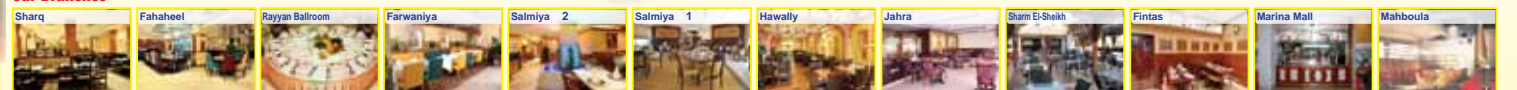


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# Poll fever grips Kuwait as more candidates file nominations

A total of 199 Kuwaiti citizens — 193 males and six females — have so far registered as candidates to vie for elections to the 50-member National Assembly.

His Highness the Amir Sheikh Sabah Al-Ahmad Al-Jaber Al-Sabah, dissolved the parliament on 16 October, just two days ahead of the start of the final year of its four-year-term, citing "circumstances in the region... and security challenges." This is the ninth time in 54 years that the parliament has been dissolved.

Kuwait's democratic life began in November 1962 with the promulgation of a Constitution that transformed the country into a constitutional monarchy and provided for the establishment of

a 50-member National Assembly elected by popular vote. The National Assembly is the country's legislature with oversight authority. Since parliament can conduct inquiries into government actions and pass motions of no confidence, checks and balances are robust in Kuwait, with the country having more government accountability and transparency than other GCC countries.

Parliamentarians are elected every four years or earlier, if the assembly is dissolved mid-term. Though Kuwaiti law does not recognize political parties, numerous political groups function as de facto political parties in elections and many deputies form voting blocs once elected to the National Assembly. According to



Kuwait's revised Election Law 20/2012, a total of 10 candidates will be elected from each of the five constituencies with voters allowed only a single vote, in place of the four votes they were

allowed earlier.

After almost seven years of political turmoil and acrimonious disputes in previous parliaments, the just-dissolved assembly had

witnessed relative stability and cooperation between legislators and the executive. Elections to the 2016 National Assembly are now scheduled to be held on 26 November with the last date for submission of papers by candidates set for 28 October.

According to Deputy Prime Minister and Interior Minister Sheikh Mohammad Al-Khaled Al-Sabah, a special panel has been formed to examine nomination papers of the candidates and ensure all the required terms and specifications for the nominees are met. Candidates eligible for election should be Kuwaiti citizens above 30 years of age and should be fluent in written and spoken Arabic. They should also have no criminal history against them.



## ICSK inaugurates counseling department

The Indian Community School (Senior) Kuwait (ICSK) held an inaugural ceremony for the establishment of a counseling Department on 13 October. Mr. K. Gangadhar Shirsath, Principal of ICSK - Khaitan and Father Lionel Braganza, Principal of Don Bosco - Kuwait graced the occasion.

According to the modern education concept the school counselors are vital members of the education team. The main objective of the Counseling department is to help all students in the areas of academic achievement; personal/social development and career development, ensuring today's students become the productive, well-adjusted adults of tomorrow. School counselors are an important part of the



educational leadership team and provide valuable assistance to students regardless of whether they work in an elementary school or middle school, high school or beyond.

Dr. Joanne Hands, Director-Kuwait Counseling Centre, inaugurated the counseling department and expressed her great appreciation for the endeavor that aims to assist in the wellbeing of students. She also whole heartedly offered all her support for its growth.



Mrs. Asha Sharma, Kuwait Cluster Convener, felicitated the occasion and underlined in her speech the benefits of having an advanced counseling center.

The program coordinator, Mr. Riaz, a faculty from the Department of Psychology spoke on the occasion about the merits of counseling. Mrs. Aarushi, a teaching faculty of the same Department, conducted a power point presentation that outlined the scope of counseling.

## Lulu Exchange Director honoured at UIEF 2016

The first Qadat Al Tagheer Awards were presented during the second edition of the UAE India Economic Forum (UIEF) held at Madinat Jumeirah Hotel in Dubai on Wednesday, 19 October. The awards honour and felicitates government leaders and businessmen who have made a mark and contributes to fostering growth and partnership between United Arab Emirates and India.

Hosted by the Consulate General of India in Dubai and supported by the UAE Ministry of Economy, in strategic partnership with UAE International Investors Council, Federation of UAE Chambers of Commerce and Industry, Invest India, Abu Dhabi Global Market and Dubai



Economic Council, this year's UAE India Economic Forum was jointly inaugurated by Mr. Nitin Gadkari, Indian Minister for Road Transport and Highways and H.E. Dr. Abdullah Bin Mohammed Belhaif Al Nuaimi, Cabinet Member and Minister of Infrastructure Development.

In recognition of the contribution and efforts towards promoting the trade relations between India and the UAE, Mr. Aadeb Ahamed, Director, Lulu

Exchange was honoured with the Excellence in Financial Sector Award. Lulu Exchange has more than 65 branches spread between India & UAE and more than 130 branches spread across nine countries.

## Shifa Al Jazeera - Al Nahil Youth India Pravasi Sports 2016 registration commences

Registration for Shifa Al Jazeera- Al Nahil Youth India Pravasi Sports 2016 has commenced.

The event, which will be held on 28 October at the Kaifan Amateur Athletic Stadium, will commence with a colorful march past by the four competing teams. Teams are divided based on the geographical location of the participants - Abbasiya, Farwaniya, Fahaeel and Salmiya.

Sagar Justin (Abbasiya), Lisab (Fahaeel), Muneer Thaha (Salmiya) and Riyas K (Farwaniya) are the team captains.

The age categories for participants are veterans (up to 1976), youth (1977 - 1995),



super senior boys (1996-2000), senior boys (2001-2002), junior boys (2003-2004), sub junior boys (2005-2006), senior kids-boys (2007-2008), senior kids - girls (2007-2008), kids (2009-2010), junior kids (2011 and later).

The participants will compete in 100 meters, 200 meters, 400 meters, 800 meters, 1500 meters

and long jump, high jump, shot put, javeline throw, discus throw, arm wrestling and tug of war.

A participant can compete in a maximum of three events and there will be one team from each zone for the group items.

For more information: Call, 66911744. To register: Visit, www.youthindiakuwait.com

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# S&A ABOUT

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25 OCTOBER

**Autumn perfumes exhibition:** Autumn Perfumes Exhibition will be held from 25 October to 5 November at the Kuwait International Fair Ground in Kuwait City. This event is a perfect platform for beauty market professionals to market current as well as up-and-coming products and services. Finding reliable partners in national and international markets is also an added plus to the exhibitors as loyal and new clients scourge the area for fabulous beauty products in the cosmetics and beauty products industry. For more information: Call, 538 7100

28 OCTOBER



**Kuwait Rising Winter Session:** In collaboration with Kuwait Rising, Red Bull Music Academy will be organizing an evening of live performances by artists from the Middle and South East to be held at DAI (Yarmouk). The doors to the event will open at 5pm. The event will feature El Rass, Muqata'a, Nadah El Shazly and Sulk Station. The ticket price is set for KD15 and students are entitled to a special discount by presenting their IDs. For more information and to book your tickets: Call, 99820696.

04 NOVEMBER



MJ5 show and Indian Cultural Divas

Arpan Kuwait will be hosting MJ5 show and Indian Cultural Divas at Marina Hall, Jleeb Al-Shuyoukh. MJ5, popularly known as India's own Moonwalkers are a band of five member crew who participated and won the inaugural season of Star Plus's dance reality show, India's Dancing Superstar. Inspired by the Legendary Michael Jackson, their dance style is Animation. Indian Cultural Divas will include Indian art forms featuring

01 NOVEMBER



**Zumba Turkis Delight:** The biggest outdoor Zumba master class event will be held at the New English School, Jabriya, Hawally Governorate, from 6pm to 9pm. The event will be led by two famous instructors Ecem Kuntay and Didem Zeybek from Turkey. It is a female only event and ticket price is set for KD 20. For more information and to book your tickets: Call, 50188889 or visit, [www.zainaz.net](http://www.zainaz.net)

02 NOVEMBER



**PAWS to hold concert and dinner:** A fundraising concert and dinner for PAWS Kuwait Rescued Animals will be held in New English School, Jabriya, Hawalli, from 6pm to 9pm. The concert will feature live music by The Twenty First Amendment. The event will also feature raffle and door prizes. The entry fee is KD 10. All proceeds from the event will go towards veterinary care for PAWS Kuwait's many rescued animals. For more information and to book your tickets: Visit, [www.tktti.com/pawskuwait](http://www.tktti.com/pawskuwait).

03 NOVEMBER

**University Fair:** Gulf EDU tours will be hosting a university fair at Four Points by Sheraton, Kuwait City, at 6pm for students who wish to study their Bachelor/Master Degree in USA, Italy or Spain. The event is free of charge for all attendees, and free valet parking is available. Pre-registration is required to attend the event. For more information: Visit, [www.gulfuniversitytours.com](http://www.gulfuniversitytours.com)

09 NOVEMBER

**Bulgarian Concert:** Dar al Athar al Islamiyyah Cultural Centre will be hosting a Bulgarian concert, featuring Anna Karadimitrova - soprano, Preslav Petkov - clarinet, Harriet Bushman - piano and guest violinist - Mariana Todorova at the Yarmouk Cultural Centre - Dar Al Athar Al Islamiyyah, from 7pm to 8pm. For more information: Visit, [www.darmuseum.org.kw](http://www.darmuseum.org.kw).

11 NOVEMBER



**Red Bull Bar Bahr:** Combining two sports, quad bike and Jet Ski, Red Bull Bar Bahr will be held at Marina Crescent Arabian Gulf Street at 2pm. Quad race is conducted on a tailor-made track with challenging obstacles, the riders have to go through (mud, water, bumps and curves). The first quad racer to cross the line will hand his teammate the key to the jet-ski in order to start racing on water. For more information: Visit, [www.redbull.com](http://www.redbull.com).

12 NOVEMBER



**Runq8:** The largest charity run in Kuwait, Runq8 will be held at Marina Crescent Arabian Gulf Street, all day. The race length is 5 to 10Km. The event is organized by the Fawzia Sultan Rehabilitation Institute to support children's rehabilitation in Kuwait. All the money raised from the event goes towards offering subsidized care for children who otherwise would not be able to afford. For more information and to register: Visit, [www.runq8.org](http://www.runq8.org).



**Blood donation camp:** Pakistan Sports Association Kuwait blood donation camp will be held at the Central Blood Bank, Jabriya, from 1pm to 6pm. For more information: Call, 97899392 or E-mail, [maqbool.ah@gmail.com](mailto:maqbool.ah@gmail.com).



Some of the movies now showing at Cinescape & Grand Cinemas

**Jack Reacher: Never go back:** Jack Reacher must uncover the truth behind a major government conspiracy in order to clear his name. On the run as a fugitive from the law, Reacher uncovers a potential secret from his past that could change his life forever. **Starring:** Tom Cruise, Cobie Smulders



**Directed by:** Edward Zwick  
**IMDb Rating:** 7.2



**Keeping up with the Joneses:** A suburban couple becomes embroiled in an international espionage plot when they discover that their seemingly perfect new neighbors are government spies. **Starring:** Zach Galifianakis, Jon Hamm, Isla Fisher, Gal Gadot

**Directed by:** Greg Mottola  
**IMDb Rating:** 5.4

**Sacrifice:** This movie is a story of consultant surgeon, Tora Hamilton, who moves with her husband, Duncan, to the remote Shetland Islands, 100 miles off the north-east coast of Scotland. Deep in the peat soil around her new home, Tora discovers the body of a young woman with rune marks carved into her skin and a gaping hole where her heart once beat. Ignoring warnings to leave well alone, Tora uncovers



terrifying links to a legend that might never have been confined to the pages of the story-books. **Starring:** Radha Mitchell, Rupert Graves

**Directed by:** Peter A. Dowling  
**IMDb Rating:** 5.2



**Precious Cargo:** A crime boss tries to make off with loot that belongs to another thief. **Starring:** Mark-Paul Gosselaar, Bruce Willis

**Directed by:** Max Adams  
**IMDb Rating:** 4.6

**The Mermaid Princess:** Xuan's estate project involving reclamation of the sea threatens the livelihood of mermaids who rely on the sea to survive. Shan is dispatched to stop Xuan and this leads them into falling for each other. Out of his love for Shan, Xuan plans to stop the reclamation. Unfortunately, Shan and the other mermaids are hunted by a hidden



organization and Xuan has to save Shan before it is too late. **Starring:** Betty Goldstein, Riley Jackson

**Directed by:** Adam Qiu



## Dining IN KUWAIT

For a complete list of featured restaurants, visit  
[http://www.timeskuwait.com/News\\_Dining\\_In\\_Kuwait](http://www.timeskuwait.com/News_Dining_In_Kuwait)

### JW Marriott Kuwait opens 'Crossroads' Restaurant



**J**W Marriott Kuwait has officially added a whole new dimension to Kuwait dining scene with the launch of its much awaited restaurant 'Crossroads' on 17 October.

The inauguration ceremony was attended by Chairman and Managing Director of Salhia Real Estate Ghazi Fahed Al Nafisi, along with a number of invitees from different companies in Kuwait and media representatives.

The new restaurant features a wide range of distinctive cuisines, including Italian, Japanese, Chinese, Indian and Mediterranean. The restaurant also offers an open kitchen to allow guests to see and smell their food choices

fruit and vegetable drinks.

Furthermore, the different food stations at Crossroads are seamlessly fused within the large and elegant dining space, to allow guests to enjoy



while chefs are preparing them. This concept is the first of its kind in Kuwait, offering a world of authentic cuisines under one roof.

The menu offers regional and global flavors with a universal appeal, and a special emphasis is placed on freshly cooked food. A la carte menu is also available offering dishes like seafood risotto and paella, penne arabia, lamb tagine, murgh tikka, tandoori chicken, red curries, sushi, grilled sirloin with herb butter and a lot more. In addition, the menu also features decadent desserts, including bitter chocolate mousse cake, exotic fruit platters, crème brûlée and a selection of cheeses. And for beverages, there are an array of exotic

an exciting and fun experience.

Cluster General Manager of Marriott Hotels in Kuwait, George Aoun said, 'With this new addition, we are looking to move away from the traditional dining concept and provide guests with a more enjoyable dining experience.'

## Taking pizza dough beyond Pizzas

**O**ne basic dough mix, three delicious outcomes; the following recipes transform a standard pizza crust into party-perfect bread, a savory lamb dish and a luscious dessert. Try the basic homemade pizza dough recipe given below. Each recipe starts with 1/2 kilogram of room-temperature dough and calls for different shapes and fillings, all with equally tantalizing results.

### Quick basic pizza dough

#### Ingredients

2 packets (7 grams each) active dry yeast  
2 tablespoons sugar  
1/4 cup olive oil, plus more for bowl and brushing  
teaspoons coarse salt  
4 cups all-purpose flour (spooned and leveled), plus more for work surface

**Preparation:** Pour 1 1/2 cups warm water into a large bowl; sprinkle with yeast and let stand for about five minutes.

Whisk sugar, oil, and salt into yeast mixture. Add flour and stir until a sticky dough forms. Transfer dough to an oiled bowl and brush the top with oil. Cover bowl with plastic wrap and set aside in a warm, draft-free place until dough has doubled in bulk (One hour). Turn out onto a lightly floured work surface and gently knead 1 or 2 times before using.

To freeze, you can wrap the dough in plastic and freeze it in a re-sealable freezer bag for up to 3 months. If you plan to use it in a recipe that calls for half a batch, divide it before freezing.

#### Recipes

### Cheesy salami pull-apart bread

#### Ingredients

Unbleached all-purpose flour, for dusting  
1/2 kilogram room-temperature pizza dough  
9 slices beef salami  
127 grams whole-milk mozzarella, sliced into 9 rectangles about 1/4 inch thick  
Spicy honey for serving



**Preparation:** Preheat oven to 204 degrees Celsius. Dust work surface lightly with flour. Shape the dough into two 11-inch baguettes. Once done, space them evenly on a parchment-lined baking sheet. Then an inch from end of each, snip a deep, 1 1/2-inch wide horizontal pocket with shears.

Nestle a slice each of salami and mozzarella inside. Repeat cutting and stuffing at one inch intervals, stopping one inch from other end.

Let them stand, draped with plastic, in a warm place until they double in size (30 minutes).

Bake until cheese is melted and dough is puffed (35 minutes). Serve warm with spicy honey.

### Spiced-lamb pie

#### Ingredients

1/2 kilogram ground lamb  
1 minced onion  
1 tablespoon tomato paste  
2 teaspoons cayenne pepper  
2 teaspoons ground cumin  
2 teaspoons ground cinnamon



#### Kosher salt

Unbleached all-purpose flour, for dusting  
1/2 kilogram room-temperature pizza dough  
Extra-virgin olive oil, for brushing and drizzling  
Diced red onion, fresh mint leaves, and pine nuts, for serving

**Preparation:** Preheat the oven to 232 degrees Celsius. In a large skillet, combine lamb, onion, tomato paste, cayenne, cumin and cinnamon. Season it with salt. Cook over medium, stirring occasionally, until meat is browned (10 minutes).

Dust work surface lightly with flour. Divide dough into 6 balls; roll into 10-by-5-inch ovals. Transfer to two rimmed baking sheets.

Divide the filling among ovals, leaving 1/2-inch borders. Fold edges over meat, pinch ends together and let it stand, draped with plastic, in a warm place until they double in size (30 minutes).

Brush the crust with olive oil and then bake until golden (18 minutes). Drizzle with more oil and top with red onion, mint, and pine nuts.



### Nutella and banana pockets

#### Ingredients

Unbleached all-purpose flour for dusting  
1/2 kilogram room temperature pizza dough  
1 egg, beaten, for egg wash  
1/2 cup Nutella  
32 banana slices

#### Preparation

Preheat oven to 232 degrees Celsius. Dust the work surface lightly with flour. Divide the dough into 8 balls and roll into 4-inch rounds. Transfer to a rimmed baking sheet and let them stand, draped with plastic, in a warm place until they double in size (30 minutes).

Then lightly brush with egg wash and bake until golden (8 minutes).

Once done, let it cool slightly. Then use a knife to slice pita-like pockets and stuff each with one tablespoon Nutella and four slices of banana. Serve immediately.



## COOKING Tips



Instead of using a rack to roast chicken, try placing them on thick slices of cut onions. The onion will absorb most of the chicken juices and the plus side is that you can make a sauce with the onions by adding a little stock or water to the pan and cooking it for about three minutes on high heat.



Anytime you are using raw onions in a salsa and you are not going to eat that salsa in the next 20 minutes or so, be sure to rinse the diced onions under cold running water first and then blot dry. This will rid them of sulfurous gas that can ruin fresh salsa.





# IDC introduces 3-Tesla machine for

# hi-tech scanning

*Images Diagnostic Clinic (IDC) was accredited by the American College of Radiology (ACR) with the Diagnostic Imaging Center of Excellence (DICOE). This international recognition, the first for a clinic in the Middle-East, attests to the best-quality imaging practices and diagnostic care provided at IDC.*

**Nikita Ferrao**  
**Staff Report**

**R**ecently, the General Manager at Images Diagnostic Center Dr. Yahya Slaiman sat down with The Times Kuwait to talk about the quality-care and services provided at the clinic with the help of the new Stress Cardiac MRI Scan machine.

When a patient has chest pains that are typical of a cardiac problem, but diagnoses using regular tests reveal no abnormal signs, then the Stress Cardiac MRI Scan has become the standard method in developed countries to delve into the person's underlying cardiac issues. The process involved in Stress Cardiac MRI Scan is simple and it is quite easy to discover a person's cardiac problem by examining the various areas of the heart following artificial stress stimulation in the heart using chemicals, said Dr. Slaiman.

With this machine, practitioners can examine the blood flow through the heart muscle and understand how well the muscle is working. They can check to see if there are any blockages, cardiac infarctions and weakness in heart muscles and problems associated with heart contraction, as well as observe the functioning of the heart and the quality of the cardiac muscles. If there are constrictions or other obstructions, then the practitioner can access the reasons for it and treat the patient accordingly. "The machine works quickly," says Dr. Slaiman, "and it has other advantages, including increased safety, no radiation and the ability to detect cardiac problems early on."

Expanding on some of the reasons why a patient would prefer a Stress Cardiac MRI scan, Dr. Slaiman said,



"Many patients have complained of bad experiences on other MRI scanning machines, with disturbing noise, confined space and extended time duration."

He went on to say that the new model, 3-Tesla solves all these problems as it provides a quieter



**"The new Tesla 3 machine provides a quieter atmosphere, which helps the patient relax, wider space, which is beneficial for claustrophobic patients and shorter scan durations."**

atmosphere which helps the patient relax, wider space which is beneficial for claustrophobic patients and shorter scan durations, which is exactly what the patient needs. These procedures are easy, harmless and quick, and do not put any form of

pressure on the patient."

He further added that a large number of patients have undergone the Stress Cardiac MRI scan and till date the reaction has been positive. "We have had professional sportspersons, as well as many major companies and insurance companies referring their patients to our clinic."

Providing some suggestions to improve the radiology field in Kuwait, he said, "According to me, the radiology department in Kuwait hospitals and clinics are doing their best. There are a number of national and international conferences taking place here, which help spread ideas and benefit doctors and hospital in many ways."

He further revealed that IDC will be hosting an international conference and workshop on cardiac imaging in Kuwait in November of this year. He noted that the world famous French cardiac radiologist Dr. Laurant Macron will be participating in the event and that the conference will be held at the Marina Hotel on 5 November, while the workshop will be held the next day at the IDC in Jabriya.

Elaborating on ways that Kuwait can improve its healthcare system, he said, "I believe the best way to improve healthcare is to help expand private healthcare. Growth in private sector medical care will lead to competition and according to me; competition in



medical sector is good, because it will lead to providing the best services for patients."

Speaking about his future plans for IDC, Dr. Slaiman said he has the 7-Tesla in mind. "Our present MRI machines show us the parts of the

body, but with 7-Tesla, we can see the patient's bodily functions, which in turn will help better detect problems, for instance Alzheimer's at an earlier stage. With 7-Tesla we will be able to provide the best healthcare a patient deserves.

## GCC sovereigns to require massive funding

Continued from Page 1

"The resulting imbalances [from deficit positions] have been central to our view of a significant deterioration in the region's creditworthiness over the past 18 months," the report said.

"Although most governments' balance sheets remain a rating strength, the related assets are finite. Furthermore, international liquidity sources could start to dry up at a time when foreign inflows are most needed and the liquidity of domestic banking systems is diminishing.

The analysis also showed that over 2015 to 2019, Bahrain's net debt position is expected to more than double, Oman's net asset position to reduce to nearly zero, Saudi Arabia's net asset position to weaken by 30 percent and Kuwait's to decline by nearly 20 percent. The impact on UAE's and Qatar's net asset positions will be more moderate.

However, the agency said that apart from Oman and Bahrain, GCC governments still have substantial reserves at their disposal, which could help tide things over for a while.



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# New guidelines for acquiring a maid recruitment license

## Minimum salary requirement for visit visa raised to KD 200

Kuwait has increased the minimum salary required for expatriates to be able to bring their spouse or children on a visit to KD 200, up from KD 150. Under new measures, the requirement is raised to KD300 a month for an expatriate who wants to bring a sibling or other members of the family, said Talal Al Maarifi, the director general of residency.

The measures stipulate that parents who are more than 50 years old will not be granted visit visas. However, exceptions can be granted following a study of the visit application.

"The moves are part of plans to tackle the demographic imbalance we have in the country," Al Maarifi said in a statement. "We have 2,670,000

foreigners living in Kuwait and if we do not take special measures, the figure will be much higher.

How can an expatriate who earns KD250 a month be able to deal with the financial demands associated with having a family in Kuwait? It makes perfect sense to raise the minimum salary required to sponsor a family to KD450."

The official said the measure will be implemented on all applications for family visas submitted following the publication of the decision. There will be no calculations based on merging the salaries of the parents. Authorities will consider only the salary of the sponsor, regardless of whether it is the mother or father.

Director General of Public Relations and Security Media at Ministry of Interior Brigadier Adel Al-Hashash announced the launch of issuance of new licenses for recruiting domestic workers, which will only be approved for offices and companies that satisfy stipulated conditions in that regard.

In a press statement issued by Ministry of Interior, Brigadier Al-Hashash explained that the applicant must be a Kuwaiti citizen of good moral conduct. He should not be less than 30 years old or above 70 years at the time of submission of application. The applicant should present a medical report to indicate he is medically fit and not suffering from any disability that could hinder the activity.

Individual applicants must present a letter of financial guarantee worth KD 40,000 and companies KD 100,000. An existing company should present a financial guarantee letter worth KD 40,000 for opening a branch.

The documents to be submitted by an applicant include a copy of the rental contract, and attested receipt of rent in the name of the license holder. He should present an attestation from the Public Authority for Civil Information stating that the trading license is a true copy of the original attached to the application. He should present with



the application an evidence of payment of KD 100,000 application fee.

Brigadier Al-Hashash affirmed that all of the abovementioned conditions are applicable to companies whose partners are Kuwaitis, insisting that the managers of the companies should be Kuwaitis. Implementation of the proposal to set quota for certain nationalities residing in Kuwait requires careful consideration and thorough study in order to prevent negative consequences.

## ASSE Kuwait Chapter conducts technical meet



American Society of Safety Engineers (ASSE), Kuwait Chapter organized its 213th technical meet on 'Dynamic Barrier Management' in Kohinoor Banquet hall, Fahaheel on 13 October.

The speaker for the evening was Mark Fisher, who has been working in the upstream and

downstream oil & gas industries since July 1992. In his presentation, he explained the concept of safety barrier management which is an important activity to maintain or reduce process safety risk of an operating facility. A Q and A session followed, after which Mr. Fisher was presented with a memento.

## Max launches phase two of 'Fashion for Real People' campaign



Max, the largest and most trusted value fashion brand in the region, announced the second chapter of its award winning 'Fashion for Real People' brand campaign.

Echoing the importance of individuality, the campaign champions the need of every individual to discover, embrace and express their own unique style statement.

In the first phase of the campaign, launched in November 2015, Max

joined forces with Arab youth icon, Mohammed Assaf. The second phase portrays different facets of Mohammed Assaf's daily life. The idea is to present a fun and colorful collage of cherished moments from Assaf's daily life, featuring him in the Max collection that is relatable to fans.

Mohammed Assaf will also embark on a regional tour to meet fans at Max stores in UAE, KSA, Kuwait, Jordan and Lebanon.

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# Reception held onboard Turkish warship

Ambassador of Turkey to Kuwait H.E. Murat Tamer held a reception on Wednesday, 19 October onboard the Turkish warship 'TCG Korvina Boyokada' to mark its arrival at the Shuwaikh Port.

Guests who attended the gathering included diplomats, local dignitaries and the media. In his address to the gathering, Ambassador Tamer

praised the long-standing cordial relations developed between Kuwait and Turkey in the areas of political, economic, security and trade. He lauded the arrival of the ship as a memorable event and a source of pride for Turkey. The Turkish ambassador mentioned that the ship would play a part in the marine cooperation between Turkey and



Kuwait whereby they exchange information and experience, and to that effect a minor training exercise was organized. He also added that Turkey is ready to receive His Highness the Prime Minister Sheikh Jaber Al Mubarak Al-Sabah, whose visit was postponed due to the dissolution of the National Assembly.



# Alshaya family welcomes Minister of Foreign Affairs of the Republic of Tunisia

Minister of Foreign Affairs of the Republic of Tunisia H.E. Khemaies Jhinaoui and his accompanying delegation were welcomed to the Alshaya family Diwan during his official visit to the State of Kuwait. The welcoming committee included Chairman of the Alshaya Group of companies, Abdulaziz Alshaya, Deputy Chairman of the Alshaya Group of companies, Abdullah Alshaya, and Executive Chairman of M.H. Alshaya Co, the retail division of Alshaya, Mohammed Alshaya. Commenting on the visit, Mohammed Alshaya said: "We were delighted to welcome H.E. Jhinaoui to our family Diwan where we were able to explore possible inward investment



opportunities into Tunisia and many potential areas of business collaboration. We enjoyed a very constructive conversation."



# Kuwait U-19 team participates in Cricket World Cup Asia qualifier

Kuwait Under 19 squad which participated in the recently concluded ICC CWC U 19 Cricket World Cup Asia qualifier, Division 2 at Malaysia finished 5th amongst the 10 teams which participated in the 12 days tourney. The young squad overturned Oman's applearc in the

robin round league match to win on the next two games in a row to attain the fifth position. Kuwait, having lost the first two games to UAE and Hong Kong bolstered and swung back into action and kept the Kuwait flag high by being the second best Middle East Junior team after UAE.

# Idukki Association celebrates Eid and Onam 2016

Idukki Association - Kuwait celebrated Eid and Onam 2016 on 14 October at the Co-operative Community hall, Jleeb Al-Shuyoukh. Kuwait Television Director Naser Hameed Mohammad Kamal graced the occasion as the Chief Guest. During the event, M. Mathews (Sunny Chayan) was honored with the Humanitarian Award 2016. The IAK Arts Club presented during the celebration a high level



arts program followed by a sumptuous Onasadhya. Painting and Malayali Manka competitions were held and winners of the Malayali Manka were awarded with gold coins.

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## 'Women of Kuwait: Turning Tides' released at Kuwait National Library



Indian writer and media professional Chaitali B. Roy launched her book 'Women of Kuwait: Turning Tides', a detailed chronicle of 17 prominent Kuwaiti women, at the National



and has built a career in print media and radio broadcasting as a Special Correspondent for Arab Times, and as editor and producer for Radio Kuwait. Speaking to the media, she



Al-Humoud, Ambassador Nabeela Al-Mulla, Sheikh Altaf Al-Sabah, Lulwa and Balsam Al-Ayoub.

She said, "I realized that women in Kuwait, unlike stereotypical portrayals, had their own standing, their own voice. I have written on glass ceiling what women face in the corporate world. I have written about the way women were prevented from participating in government, but despite the deterrents, most women in Kuwait have persisted with their education, and their ambitions."

She stressed that one major reason for the book was to inform the young people in Kuwait that several talented Kuwaiti women have played a significant role in various sectors of the country. She didn't want the stories to be lost in history and endeavored to recount the perseverance, determination and gumption of these Kuwaiti women who challenged the status quo and through sheer will fulfilled their life goals to become exceptional role models in their country and for women in the Middle East.



Library of Kuwait under the patronage of Minister of Information and Minister of State for Youth Affairs Sheikh Salman Sabah Salem Al-Humoud Al-Sabah on Wednesday, 19 October. Mrs. Roy presently resides in Kuwait,

highlighted that the book was a culmination of 14 years of hard work, documenting the achievements and triumphs of noteworthy Kuwaiti women such as Sara Akbar, Dr. Masouma Al-Mubarak, Dr. Moudhi

## Health Insurance for expatriates to become KD 130 by next year

The Board member and Chief Executive Officer of Health Insurance Hospitals Company Dr. Ahmad Al-Saleh said the 'DHAMAN' project will be provided exclusively for expatriates working in the private sector by next year.

Dr. Al-Saleh added that the project will be carried out in two phases; the first will commence during the first quarter of 2017 in primary healthcare centers and the second will begin by end of 2019. Around 2 million expatriates, excluding those categorized as housemaids, will benefit from this project.

He stressed that the implementation of health insurance for expatriates will lead to increase



in health insurance charges from the current cost of KD 50 per year to KD 130, insisting that this cost does not reflect the actual cost of the health services to be offered to expatriates.

## Diversification critical to economic growth in Kuwait

Continued from Page 1

budget in FY15/16 with a deficit of KD4.6 billion or 13.4 percent of GDP. With oil prices barely touching \$50 per barrel throughout the past year, it was no surprise that the country announced a second year of deficit budget.

The low oil price scenario slashed oil revenues in FY15/16 by 46 percent to KD12.1 billion, leading to the budget's total revenue dropping by 45 percent to KD13.6 billion, the second consecutive year in which the budget posted a drop in revenues. Though taxes and customs notched an increase of 41 percent and 9 percent respectively, total non-oil revenues fell by 39 percent on the back of a decision to postpone Iraq's reparation of KD1.4 billion in compensation.

Prevailing low oil prices have also led to stagnant economic growth, with the International Monetary Fund (IMF) forecasting Kuwait's GDP to grow by less than two percent a year for FY 2016/17. This is far below the peak levels of around 15 percent witnessed during the oil boom decade between 2000 and 2010. Fall in revenues have prompted the government to initiate a slew of economic and fiscal reforms, including cutting expenses and curbing some of the lavish subsidies given to citizens, as well as increasing prices on utilities such as water, electricity and fuel.

But luckily for the country, low oil prices have not diluted the government's commitment to executing capital spending plans. In fact, capital expenditure of KD2.1 billion in FY 2015/16 was up by 13 percent and plan execution was at its highest pace in nearly a decade. Steady growth was witnessed in capital expenditure on transportation, equipment, projects, maintenances and land purchases.

An inadvertent benefit of the low oil price scenario is that it has compelled the government to re-think some of its economic strategies. Policy-makers are now emphasizing the need to wean Kuwait away from its over reliance on oil revenues through economic diversification. The country's push for economic expansion involves a multi-pronged approach that includes ramping up infrastructure developments,

stimulating greater private sector participation in the economy and encouraging use of renewable energy to ensure sustainable growth and development. Plans are already underway to meet 15 percent of Kuwait's energy needs from renewable sources by 2030. The Ministry of Electricity and Water, in association with Kuwait Institute for Scientific Research (KISR), has already begun building a greenfield renewable energy park in Shagaya, about 100km to the north of Kuwait City.

In September 2015, Kuwait signed a KD115 million contract with Spanish firm TSK to construct the country's first solar power plant in Shagaya Renewable Energy Park. The 60MW project, which is divided into a 50MW thermal solar plant and a 10MW photovoltaic plant, is expected to come online by 2017. When completed, the plant will have one of the largest thermal energy storage capacities in the world and will be able to supply stable electricity 24 hours a day. A separate 10MW wind farm is also planned for the Park; when fully operational by 2030 the Park is expected to have 2,000 MW of installed capacity.

To increase private sector involvement in the economy, the government is also encouraging young Kuwaitis to originate their own start-ups. The country has earmarked KD2 billion or a National Fund for Small and Medium Enterprise Development (SME) to stimulate entrepreneurship among young Kuwaitis and spur the growth of small and medium enterprises. As part of this initiative, the government has set aside KD50 million for workforce training and business incubation programs.

Kuwait has long had a reputation for being rather lethargic when it comes to implementing projects or initiating progressive economic policies, especially when compared to some of its more nimble GCC partners. But Kuwait has a unique advantage in that it is a relatively small country where people can easily unite around a shared vision the problem has been finding that shared vision. Hopefully the entry of young entrepreneurs, the introduction of renewable energy sources and implementation of sustainable development projects could mark a change for the better.

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# Managing Compromise in the Middle East



**Nabil Fahmy**

Former foreign minister of Egypt and former Egyptian ambassador to the US and Japan, is Professor at the American University in Cairo (AUC).

The Middle East, and especially the Arab world, is experiencing a period of fundamental change and even more fundamental challenges. But the region's ability to meet the many challenges that it faces has been complicated by national, regional, and international disagreements about what form change – both across the region and in individual societies – should take.

The international community undoubtedly has a central role to play in supporting social and economic reform in the region, and in assisting governments to find both the will and the way to undertake the necessary changes. But it is far more important that Arabs themselves adopt a forward-looking perspective in reckoning with the challenges that they face, and that they take charge of their own destiny.

That much became clear with the Arab Spring revolts in 2011. Even though the region was already being transformed by demographic changes, including rapid population growth, urbanization, and a spike in unemployed, university-educated young adults, the eruption of protests took many Middle Eastern and North African countries by surprise. Arab

youths were a major force behind demands for change. So, too, were new digital technologies that freed up information and facilitated communication among ordinary citizens, essentially dismantling the monopolies that many governments held on knowledge and connectivity.

But the greatest reasons for disruption have been rooted in the inability of Arab governments and societies to manage effectively the changes sweeping the region, and their excessive dependence on foreign countries to ensure their security. Many governments, having grown sclerotic and rigid, were quickly outpaced by social and geopolitical forces beyond their control, and have proved unable or unwilling to adapt to any trend challenging the status quo. This also reflects the fact that central features in many governments' domestic and regional agendas are not even of their own making, but were imposed from outside the region.

To move to a more effective, proactive form of governance, Middle Eastern countries need to create a space for genuine politics and civil-society initiatives that redistribute power and foster cooperation. The region is facing problems that are simply too complex and deep-rooted to be addressed with isolated, top-down solutions. The creativity within Arab societies must be tapped. Some countries will need economic and social support to create the necessary domestic conditions, while others will need to address outstanding geopolitical issues.

Consider Tunisia, which many people outside the Middle East see as one of the region's greatest recent success stories. To be sure, political factions in Tunisia have set a good



example by often compromising with one another in order to create a viable governance structure; but domestic social and sectarian grievances are still very much a part of Tunisian politics. The Tunisian government must tread carefully, and it cannot assume that all of its citizens are satisfied with the new arrangements.

Creating the space for national, municipal, and even tribal leaders to engage politically is especially important for the region's more unstable countries, which must, as a first step, limit the availability of weapons that can be used to challenge the authority of legitimate governments. For example, establishing a functioning government in Libya will require international assistance, including a joint force comprising the United Nations, the Arab League, and the African Union, as well as an arrangement among Algeria, Egypt, and Tunisia to monitor and control borders and maritime access.

Egypt is undergoing its own fundamental sociopolitical transformation. Lacking a culture of

political compromise, the breakdown of central authority in 2011 was not surprising. Egypt now must restore a broad, constitution-based consensus on the fundamental economic and social rules of the game, which will require all stakeholders in government and civil society to demonstrate a real willingness to reach agreements that account for the legitimate needs of everyone. To help things along, Egyptians should seek ways to use new technologies to include all constituencies in the debates that must shape this process.

Syria – which has become a true humanitarian disaster, with no end in sight – poses the most severe test of the region's ability to compromise and reconcile. Because the conflict is so complex, it will allow no clear military victor. Not even the great powers that are now involved there, the United States and Russia, can manage the transition to peace alone.

Of course, the US and Russia will be indispensable to guide the reshaping of the political and military landscape, through sanctions, military force, or the power of

political persuasion. But any viable and lasting peace in Syria will require the cooperation of a large number of actors. Specifically, it will require a multidimensional bargain: between the US and Russia; among Gulf states, especially Saudi Arabia and Iran; and between the Syrian opposition and supporters of President Bashar al-Assad's regime.

The need for broad cooperation is apparent across the region, where problems are deep-seated and, therefore, cannot be resolved with simple, quick fixes. Dynamic, peaceful societies will never emerge across the Middle East unless all of their citizens embrace the lost art of compromise and embark on a consensual process of nation building. This will undoubtedly take time and patience, and it will require governments to determine their own destiny and deter regional adventurism by some Arab states.

To help the region meet the myriad challenges it faces, the international community should pursue a three-pronged approach: first by strengthening Middle Eastern countries' governing institutions and putting them on a path toward self-sufficiency; second, by committing unconditionally to preserve and respect the region's nation-state system; and third, by launching a concerted effort to end the violence in the region and create the conditions for new political processes to get off the ground.

Bloodshed, division, and hopelessness sow the seeds for terrorism and extremism. Consensus building, compromise, and cooperation within and among Middle Eastern and Arab societies must be the watchwords for banishing those destructive forces from our lives.

## Coercive sanctions and normalization mutually exclusive – Cuba

In a recent media interview the Director General for the United States Division at the Ministry of Foreign Relations of the Republic of Cuba, Josefina Vidal, spoke at length about the so-called 'normalization of relations' with the United States, as well as the challenges remaining in fully regularizing relations between the two countries.

She began the interview by underlining that while the White House, has been speaking about 'normalization' of relations between the two countries, the Cuban perspective was that the steps taken so far were only a 'process towards normalization' of relations.

Elaborating on the standpoint, Ms. Vidal said: "There were still several unresolved issues the solutions to which will require the removal of laws, policies and practices inherited from the period of open hostility and confrontation, which characterized the US projection toward Cuba for more than five decades.

To have normal relations someday, it will require, among other issues, the lifting of the economic, commercial and financial blockade; that the territory illegally occupied by the United States at the Naval Base at Guantanamo will be returned to the Cuban sovereignty; to amend the preferential immigration treatment that the US grants to Cuban citizens, expressed in the 'wet foot, dry foot' policy; the Cuban Adjustment Act and the Parole Program for Cuban medical



professionals; and finally to put an end to illegal radio and television broadcasts and the attempts to use information and communication technologies with political objectives against Cuba; and the elimination of subversive programs to promote changes in our domestic law, which decision only concerns the Cuban people."

She added that though the steps taken by the US towards normalization are positive, they are insufficient. "The laws of the blockade and tens of restrictions arising from this policy remain in force and hinder even the implementation of the measures already approved," said Ms. Vidal. Ever since the imposition of economic sanctions and diplomatic isolation began in the early 1960s, the world community has repeatedly called on the US to rescind its unilateral and coercive measures. Most recently, French President Francois Hollande, speaking at the 70th anniversary of the House of

Latin America in Paris, called on the US to end its blockade against Cuba. The French leaders expressed total rejection of the economic, commercial and financial siege that causes suffering to the Cuban people. In his address before the UN General Assembly in September of this year President Obama admitted that the sanctions were not working. He added, "I'm confident that our Congress will inevitably lift an embargo that should not be in place anymore."

Since taking office, President Obama has worked to improve bilateral relations between the two countries. On 17, December 2014, the United States and Cuba decided to restore full diplomatic relations; four months later, Presidents Raul Castro and Barack Obama held their historic handshake at the Summit of Americas in Panama. This was followed on 20 July, 2015 with the opening of embassies in each other's capitals, which effectively paved the way for President Obama to visit Cuba in March 2016, the first by a sitting president in over 85 years. The US has also agreed to further ease restrictions on remittances, travel, and banking between the two countries.

Asked what more President Obama could do before leaving the White House at the end of his presidency, the Director-General said: In addition to the announcements and limited measures taken since 17 December, 2014, "the US president can still make a more extensive



use of his executive powers to modify other regulations of the blockade and thus make an important contribution to its dismantling. And, of course, it will be necessary that the Congress votes in favor of lifting the blockade to finally bury this policy and move toward the normalization of economic and trade relations."

She added, "After Obama, we hope that whoever occupies the White House, has a policy that reflects the consensus of the public opinion of the US citizens, including the Cuban emigration in that country, in favor of the improvement of relations with Cuba by a wide margin."

Reiterating the importance of highlighting the continuity of US blockade and other aspects that affect the process toward the normalization of the relations between Cuba and the United States, Ms. Vidal said: "We must continue making awareness among the Cuban population and the rest of the world that, despite

the reestablishment of the diplomatic relations and the progress in this area, and in the cooperation on issues of mutual interest, the truth is that the US economic, commercial and financial blockade continues in force, it continues causing damage to Cuba and its people, and it is affecting our relations with other countries because of its extraterritorial scope and even the interests of the US entrepreneurs themselves."

She concluded by saying, "Regardless of what happens in the United States after the presidential election this November, Cuba will continue with its plans, with the support of the great majority of its people and other nations of the world, who reject unilateral and coercive measures like the blockade, and recognize the prestige earned by our country, as a result of resistance, dignity and contribution to the peace, the stability and the development of many nations."



# Hike in Saudi visa fees likely to impact business visits

The decision by Saudi Arabia to hike its visa fees by as much as seven-fold risks rocking the kingdom's new 'Vision 2030' that aims to attract foreign businesses and investment.

From the start of October, a six-month business or work-visit visa allowing multiple entries costs 3,000 riyals (\$800), compared with 400 riyals earlier. Single-entry business visas are now priced at 2,000 riyals, again several times higher than before.

However, it needs to be added that these changes do not apply to the European Union or United States, while fees for British nationals have only slightly increased. Nationals from most other countries face the higher charges but also have a new option of applying for one or two-year visas, which cost 5,000 riyals and 8,000 riyals respectively.

Higher visa fees are among the steps being implemented by the kingdom to cover a loss in oil revenue which has



slumped by 68 percent over the past five years, according to official data. But this move hampers the Vision 2030 reform program announced in April by Deputy Crown Prince Mohammed bin Salman.

The Vision aims to transform the world's biggest oil exporter into a private-sector powerhouse with diverse industrial interests and major international investments. Also, to promote job creation among Saudis and boost exports, Vision 2030 aims to foster small and medium-sized enterprises (SMEs) partly through 'international partnerships'. "This will

be achieved by attracting both regional and international retail investors", the Vision says. But higher visa fees will be a particular disincentive for SMEs, including those wanting to assess the market or meet potential partners.

"It's incredibly short-sighted," a Riyadh-based diplomat said of the changes which took effect this month. "We are expecting to see businesses reconsider Saudi as a market. Foreign companies will now be more likely to consider doing business elsewhere and even arrange meetings with Saudi partners in neighboring countries," said the Western envoy.

However, Abdulrahman al-Zamil, former chairman of the Council of Saudi Chambers, dismissed such concerns. "Most of those who are interested in our market... can afford it. These are giant companies. Moreover, the Saudi market is not really attractive to small and medium enterprises from abroad," he added.

## Vibrant Gujarat delegation concludes successful visit to several GCC states

A high-level delegation from the Government of Gujarat, which visited several Gulf Cooperation Council (GCC) states as part of the upcoming Vibrant Gujarat Global Summit, received an overwhelming response from officials of state energy institutions, investors and members of the business community.



The delegation, which visited Saudi Arabia, Kuwait and Qatar from 3 - 11 October, was led by Principal Secretary (Labor and Employment) and Managing Director of Gujarat Narmada Valley Fertilizer Corporation (GNFC), Dr. Rajiv Kumar Gupta. The delegates included senior business leaders from various sectors of Gujarat's economy such as from Chemicals and Petrochemicals, Energy, Infrastructure Development, Education and Financial Services among others. The visit was planned

as a follow-up on the key agendas discussed during Indian Prime Minister Narendra Modi's visit to Saudi Arabia in April 2016 and to Qatar in June 2016, which opened new avenues for mutual cooperation and economic relations with the two countries. The delegation held fruitful discussions with members of Chambers of Commerce in Jeddah,

Riyadh, Dammam, Kuwait and Qatar and presented Gujarat as an ideal destination for investment. Dr. Gupta emphasized the investor-supportive policies, single window clearance procedures, seamless business ecosystem and the robust infrastructure that the state offers, making it one of the most sought after investment destinations.

In Saudi Arabia, the delegation visited Islamic Development Bank (IDB) and met CEO of Islamic Corporation for the Development of the Private

Sector (ICD) at IDB. They also met with members of the Council of Saudi Chambers, the official federation for the 28 Saudi Chambers in Riyadh, as well as with senior officials from Saudi Arabian General Investment Authority (SAGIA) and discussed mutual investment opportunities.

During the delegation's visit to Kuwait, several meetings were held with eminent business personalities and government officials, including interactions with the Undersecretary in the Ministry of Commerce & Industry, Khaled Al-Shamali, the Director-General of Kuwait Ports Authority Sheikh Yousef Abdullah Al Sabah and the CEOs of Kuwait Petroleum Corporation (KPC), Kuwait Oil Company (KOC), Kuwait National Petroleum Company (KNPC), Petroleum Industries Company (PIC), Kuwait Petroleum International (KPI) and Kuwait Foreign Petroleum Exploration Company (KUFPEC). It is worth noting that KPC is currently in advanced stages of discussion with India's Oil and Natural Gas Corporation (ONGC) regarding picking-up a stake in ONGC Petro additions Limited (OPal), a green-field mega petrochemical project in Dahej, Gujarat. In Qatar, the delegation held fruitful meetings with, among others, the CEOs and senior management of Qatar Development Bank, RasGas, Qatar Petroleum, Qatar Investment Authority and Muntajat. Qatar Chamber (QC) hosted the Indian delegation allowing Qatari businessmen to investment opportunities available in the state.



## Presidential disclosure reveals lavish gifts

The phrase 'Don't look a gift horse in the mouth', meaning 'do not count the value of a gift', took on a whole new meaning with President Obama publishing the list of gifts he received last year and their individual values. The disclosures were part of the president's financial disclosure for 2015, which were made in line with the US Ethics in Government Act of 1978.

Unfortunately, almost all the gifts he received have to be turned over to the government, as Federal employees are not allowed to keep items they receive in their official capacity. They also have to report the value and description of any gift from a single source that exceeds \$305.

In the disclosure list were gifts that the Obamas received from leaders in the Gulf Cooperation Council states, as they all exceeded the paltry \$305 limit — and by a staggering large margin.

The sculpture of a horse covered in jewels, among the most expensive gifts presented to the US president last year, was made from gold-plated sterling silver, diamonds, tsavorite, yellow sapphires, rubies and obsidian mounted on a rotating, piano-black lacquer base. It was presented by King Salman bin Abdulaziz Al Saud of Saudi Arabia. Its value, along with a chronometer, a set of golf clubs and a golf bag, was estimated at nearly \$523,000.

The emir of Qatar gave the Obamas two gold-plated bird clock

mechanisms worth \$110,000 each. In addition, Qatar's Emir gifted a silver bowl with the Qatari insignia in the center worth \$6,500, as well as six porcelain plates with hand-painted designs of birds, butterflies, and flowers, applied with polished 24-carat gold worth nearly \$7,000, which were presented to First Lady Michelle Obama.

His Highness the Amir of Kuwait Sheikh Sabah Al-Ahmed Al-Jaber Al-Sabah presented President Obama with a \$42,000 silver-coated resin sculpture of camels and Bedouin on a green marble base.

The First Lady also received from His Highness the Amir, a commemorative coin from the 5th anniversary of the Amir's reign, a pink robe with golden embroidery and a case of six small gold-plated silver coins issued by the Central Bank of Kuwait.

Also on the official 2015 gifts list was a \$10,000 sterling silver sphere that opens to display a clock under a magnifying glass on a wooden pedestal from the Crown Prince of Bahrain Salman Bin Hamad Al Khalifa.

Other gifts presented to the US president last year included a \$1,040 framed painting from the Crown Prince of Abu Dhabi Sheikh Mohammed Bin Zayed Al Nahyan, and a sterling silver coffee pot with beaded handle plus six small porcelain coffee cups from the Deputy Prime Minister for the Council of Ministers of Oman Sayyid Fahd Bin Mahmoud Al Said.

## Ministry issues 'code of conduct' for media in upcoming elections

Continued from Page 1

for the parliamentary and the municipal elections, in the official gazette till declaration of the polls' results. Second article slaps a ban on publishing, broadcasting or re-broadcasting calls for primary elections, involving or promoting such voting, in addition to prohibiting any action that might undermine the "elections' freedom or its system."

All audio-visual or electronic media, reads the third provision, are obliged to distinguish between nominees' "news and advertisement, by underlining the latter with such term," says the third

article. Media coverage of the elections must be free of any words, pictures, symbols, written terms or drawings that might be deemed as offensive to the nominees, or others, directly or indirectly, reads the fourth term.

"It is prohibited that the promotion or the coverage of the elections imply financial incentives, either paid or promised with aim of stimulating the voters to cast the vote for a certain candidate or abstain from casting the ballot," says the fifth article of Resolution 143/2016.

The sixth article states that audio-visual and electronic media as well as the press, when publishing

or broadcasting opinion polls and statistics, must adhere to the following:

First, they must mention the party that conducted the opinion poll or means of gathering the statistics, number of the polled persons, date and means of assembling the information. Moreover they must be issued by companies that are licensed by relevant State authorities.

Second, they are banned from publicizing results of the opinion polls and statistics during the day of balloting or the day before.

Third, they are barred from publicizing outcome of the elections,

rates or proportions before announcement by the official sources.

The seventh article prohibits broadcasting or re-broadcasting interviews, reports involving the nominees for election of the National Assembly or the Municipal Council — or on their behalf — during the balloting day or the preceding day.

The eighth term bars broadcasting reports, articles or reports about the candidates unless they conform with rules of the Laws 3/06, 16/07 and 08/16. The ninth clause stipulates forming a commission tasked with monitoring the media during the electoral process to ensure adherence to the set rules

and laws. The panel is entitled to receive complaints and reports and "take proper measures in this respect." The 10th article reads that in cases where terms of this Resolution have been breached, the rules outlined in the Law 35/62 and its amendments, along with the law 3/06, are to be applied. The 11th article repeals the Ministerial resolution 78/12.

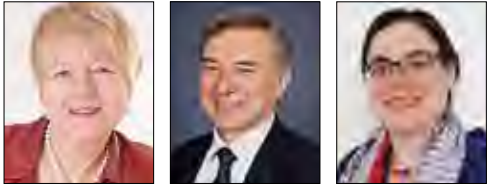
The 12th says the relevant authorities are instructed to implement this decision, each according to the set jurisdictions. The resolution is to be published in the gazette and adhered to by making it effective from the date of publicizing it.



EXCLUSIVE to THE TIMES KUWAIT

# Why Can't We End Polio?

[Commentary on World Polio Day – 24 October]



Ilona Kickbusch, Stephen Matlin, and Michaela Told

October 24, of this year, should be a unique day in the history of polio. If all goes according to plan, it will be the last annual World Polio Day before the disease is eradicated. But now is not the time for celebration or complacency; while we know how to eliminate polio, we have not yet finished the job.

Consider this: in August 2014, the World Health Organization declared the Ebola crisis in West Africa a Public Health Emergency of International Concern (PHEIC); it lifted that status in March 2016. In May 2014, the WHO declared the international spread of wild poliovirus a PHEIC as well; yet that status is still active today, leaving one to wonder if world leaders are paying sufficient attention.

They should be. The continuing polio PHEIC is endangering the success of the Global Polio Eradication Initiative (GPEI), into which the world has invested \$15 billion since it was launched in 1988; and it threatens global health generally.

For starters, the GPEI effort to interrupt poliovirus transmission could miss its latest target date; unfortunately, it would not be the first time. By the original 2000 target date, the incidence of polio had been reduced by more than 99 percent, from an estimated 350,000 cases in 1988. Since then, however, a long, stubborn "tail" of infection has persisted, mainly in remote, poor regions and conflict zones. The effort to tackle these lingering cases is laborious, and it remains incomplete, despite PHEIC status.

To be sure, there have been some successes, such as in India, which was certified polio-free in 2014, and in Nigeria, which interrupted transmission the same year. But there have also been setbacks: in 2016, Nigeria suddenly had two new cases among children from an area that had just been liberated from the militant group Boko Haram.

The two other polio-endemic countries, Afghanistan and Pakistan, missed their 2015 eradication target and have had to extend it by another year, at a cost of \$1.5 billion. The root causes of both countries' missed deadlines will require delicate, skilled political handling to resolve. They include internal conflicts that make children inaccessible to public-health professionals, opposition by some religious



leaders, and public mistrust of national governments and international initiatives.

Eradicating polio is expensive, but it would cost tens of billions of dollars more to fight the disease in perpetuity. Politicians and policymakers should be reminded that a polio-free world would be a global public good, that eradication is by far the best bargain, and that sustained financing and political support is necessary to ensure the GPEI's success.

“

*World Polio Day is thus an occasion to urge politicians to renew their commitments to polio eradication, and to apply lessons from the GPEI to improve health everywhere.*

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But it is also important to ensure that valuable assets and practices built up by the GPEI over time are not squandered once polio is gone. These include cold chains to preserve vaccines during transport from factories to patients; established "immunization days" and negotiated "days of tranquility" in conflict zones, when vaccinations can be administered; trained health-care workers; and systems for surveillance, laboratory analysis, and rapid response. These assets have proved their

worth in combating other diseases: Nigeria was able to stop Ebola's spread during the West Africa outbreak owing to its efficient polio-tracking system.

The reality, however, is that countries will be able to absorb GPEI assets into their health systems only if they are supported financially, logistically, and politically. A major effort will be required to transfer materials to where they are needed, and to coordinate surveillance and laboratory operations. Doing so would not only boost global-health security and resilience for the next outbreak; it would also help us reach the United Nation Sustainable Development Goal for universal health-care coverage.

More broadly, lessons from the GPEI and other eradication efforts must not go unlearned. In 1980, smallpox became the first disease in people to be successfully eradicated, and there were prior unsuccessful campaigns against hookworm, yaws, yellow fever, and malaria. But many lessons that were already known by the 1980s went unheeded for too long – such as the importance of tackling remote infection reservoirs and maintaining high immunization levels everywhere so that health systems aren't overwhelmed.

A complex array of political pressures, motives, and aspirations determines which lessons we take from history, and which new global-health targets we set for ourselves. World Polio Day is thus an occasion to urge politicians to renew their commitments to polio

eradication, and to apply lessons from the GPEI to improve health everywhere.

In the fight against polio, the world is largely relying on the generosity of the United States, Rotary International, the Bill & Melinda Gates Foundation, and European countries such as Germany, Norway, and the United Kingdom (with additional political support from others such as Monaco). Other European countries and the European Commission itself should do more to contribute to the eradication effort.

While G7 member states renewed their commitment to eliminating polio at a summit in Japan earlier this year, a subsequent G20 summit in Hangzhou, China, where two-thirds of the world's population was represented, made no reference to it; nor did the G77 group of 134 developing countries at its last meeting.

That is not good enough. After years of effort, it is now clear that only a strong, consistent, worldwide commitment to full eradication can end the polio emergency.

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# African Union adopts landmark maritime security charter

*African Heads of State and Government meeting at the African Union Extraordinary Summit of Heads of State and Government in the Tongan capital Lomé on 15 October adopted and signed the African Charter on Maritime Security, Safety and Development.*

The document commits all Member countries to the efficient and effective management of its oceans, seas and waterways so as to ensure sustainable, equitable and beneficial exploration of these critical resources. They also pledge to prevent and suppress crimes on sea, as well as the traffic of human beings, weapons or drugs.

In his remarks on the occasion, the President of Chad and Chairperson of the African Union Idriss Deby Itno, highlighted that the new



Charter aligns itself with the continent's desire to adopt a concrete plan of action, that when implemented, would operationalize prior engagements and strategies to which Member States have subscribed.

The signing came at a time when piracy seems to have moved from the eastern side of the continent to the Gulf of Guinea. Coastal States of West Africa lose about 20 percent of their annual maritime revenue, or around \$1.3 billion each year, due to illegal fishing, according to NGO Justice Foundation.

For his part, the President of Togo Faure Gnassingbe underscored the fact that the Charter will facilitate the consolidation of efforts in combating maritime security threats, promoting trade and ensuring the sustainable exploitation of marine resources, as well as providing opportunities for wealth and job creation.

## Investment in human resources key to Africa's economic progress



In his address to the inaugural session of Africa Week, a series of events focused on Africa, at the UN headquarters in New York last week, the Deputy Executive Secretary of Economic Commission for Africa (ECA) Abdalla Hamdok, lauded African countries for making "significant progress in governance, peace and stability, despite a weakening global economy."

Engaging the audience on this year's Africa Week theme of 'Strengthening Partnerships for Inclusive Sustainable Development, Good Governance, Peace and Stability in Africa', Mr. Hamdok indicated that the fundamentals of Africa's growth story, "are underpinned by improved governance, increased investment in infrastructure, rapid urbanization, a growing middle class and rising aggregate demand."

He noted that there are significant improvements in the business environment and stated that there is increased diversification of trade and investment with emerging economies. He added that the discourse on regional integration and diversification of trade partnerships within the region has been boosted with the start of the Continental Free Trade Agreement negotiations.

This progress is not without some challenges, and further progress "will require meaningful participation for all segments of society as investing in people is key to harnessing tomorrow's talent," said the Deputy Secretary.

Earlier, UN Secretary-General Ban Ki-moon had called for continued support to the continent, particularly for strengthening good governance and for the implementation of the 2030 Agenda for Sustainable Development.

"An age-old African word of wisdom reminds us: 'If you want to go fast, go alone; if you want to go far, go together'," said Mr. Ban in his remarks at the inauguration of this week's series of events focused on the African continent.

"The road to 2030 is long and arduous. If we are to achieve our collective global vision of delivering a life of dignity for all and leaving no one behind, we all need to work together in unison and with vigor," he added.

Africa Week will, among others, highlight the importance of diverse partnerships for the effective implementation of the 2030 Agenda and African Union's Agenda 2063, including partnerships between the UN, the wider international community and the continent's regional and sub-regional organizations.

## Rwanda launches world's first drone delivery of medical supplies

Kabagayi Hospital in the Muhanga District of southern Rwanda entered the record books last week when it became the first hospital in the world to receive medical supplies airlifted by remotely operated drones.

The launch comes nine months after the Government of Rwanda entered into an agreement with Zipline Inc, a California-based robotics firm, to build infrastructure for unmanned aerial system to ensure efficient logistical transportation of medical supplies in the country.

The issue of delivery of medical supplies to the countryside has always been a daunting one for the Ministry of Health in Rwanda. Under normal circumstances, when Kabagayi District Hospital requires replenishing blood supplies, it is sent by ambulance from the capital Kigali — a road trip that normally takes four to five hours.

This happens about twice a week, but during medical emergencies requisition for blood supplies from the National Blood Transfusion Centre could be made up to five times. Other than the road trip, the blood delivery process requires that lab



technicians leave their hospital and travel to the city to put in an order and follow-up till it gets to Kabagayi District Hospital.

Unmanned drone deliveries curb such tedious processes and can accomplish a round-trip from Kigali to Kabagayi and back, in less than an hour. The success of the pioneer project will likely lead to its expansion and make it possible for blood and other medical supplies to be dispatched to nearly 21 hospitals spread across Southern and Western provinces in Rwanda. Experts say drone technology presents an opportunity to turn around the quality and efficiency of medical services in remote areas. With speedy delivery of blood

and other medical supplies, patients will get urgent attention and doctors will also be able respond better to emergency cases.

Speaking following the successful launch, the CEO of Zipline Keller Rinaudo, said, "Doing something for the first time in the world is always hard. There is no precedent, manual or clear rules to go by. This made it difficult for us and the Government. We got through this by partnering and testing new solutions." "We have been hearing from countries such as the US who want to know how Rwanda is doing this. After we announced the project here, we received interest from almost every government in Eastern Africa and other parts of the continent. There is a huge demand but we are focused on ensuring that this is a success before we go ahead with other projects," he added.

The project and its ambitions has also attracted international partners, including UPS, a global logistics firm, and Global Alliance for Vaccines and Immunization (GAVI), a public-private global health partnership committed to increasing access to immunization in poor countries.

## Ten megawatt solar power plant for Liberia

Gigawatt Global Cooperatief, a multinational renewable energy company focused on the development and management of utility-scale solar fields in emerging markets, and the Liberian government last week signed a Memorandum of Understanding (MoU) to finance and construct a 10-megawatt solar photovoltaic power plant in the country's capital Monrovia.

The signing ceremony, which was held on 14 October at the Permanent Mission of Liberia to the United Nations, was attended on behalf of Liberia by the country's foreign minister Marjon Kamara and for Gigawatt Global by its New Projects Coordinator, Remy Reinstein.

In her remarks, Foreign Minister Kamara said that energy is one of government's top priorities and conveyed the government's desire to bring electricity to as many areas, including the rural communities of the country before the end of this administration.

Following signing of the MoU, Mr. Reinstein indicated that besides the 10-megawatt project in Monrovia, his company would like to install 30 additional megawatts in other parts of the country where the government deems fit. He assured that his company will abide by its corporate social responsibility in all its ventures.



The MoU, in part, states that Gigawatt will provide the government, through the Liberia Electricity Company (LEC), the roadmap, which summarizes the main actions and steps necessary for the development and construction of a solar photovoltaic power plant. It will also provide 100 percent financing, both debt and equity as allowed under Liberian law.

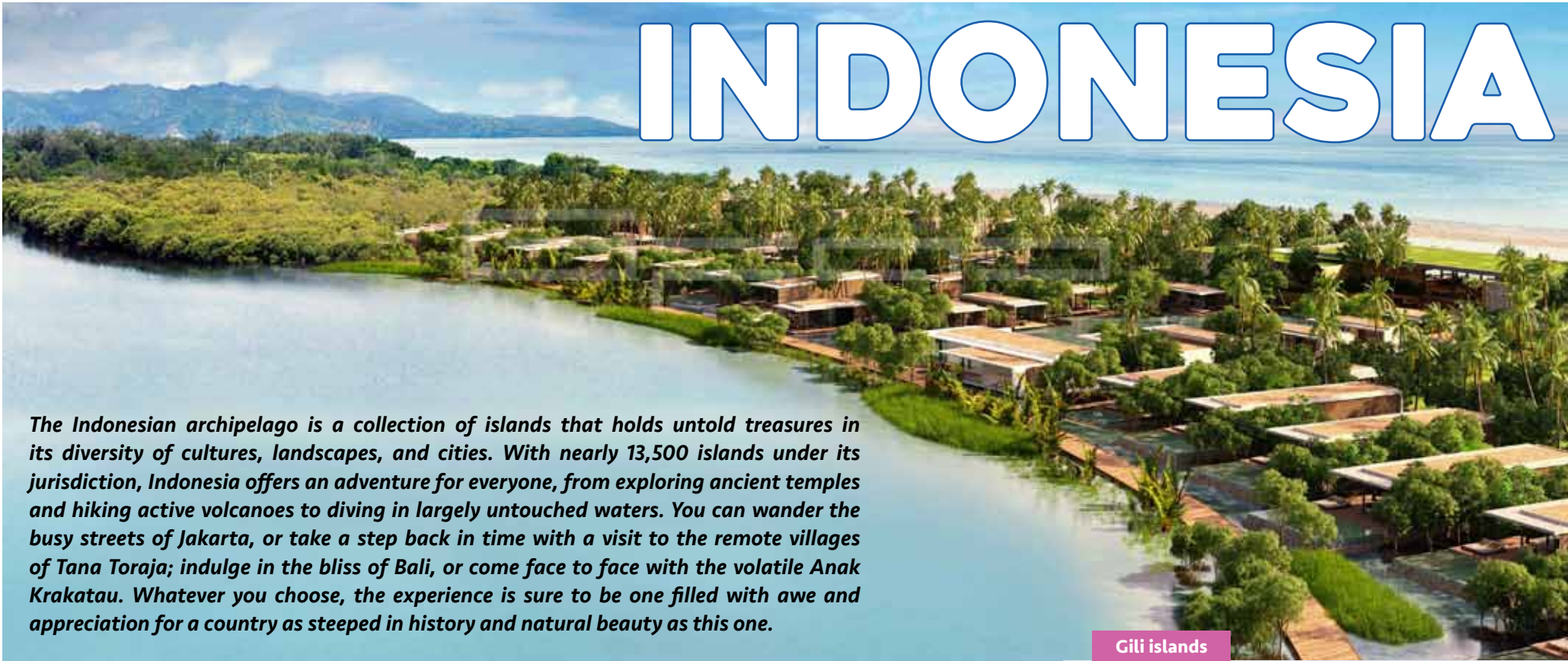
The Liberian government, for its part, is to analyze reports and studies submitted by the developer for approval for the development and construction of the solar power plant within 30 days of developer's submission.

Government will also assist in securing optimal land sites for the power facility;

consider the project as part of the National Electrification Plan; and assist in facilitating an introduction between the project developer and the leading universities in closest proximity of the project site. The objective is to develop a corporate social responsibility program, knowledge transfer and training for rural solar electrification.

Gigawatt Global has a rich pipeline of solar electricity projects, mostly in Africa. It delivered the first utility-scale solar electricity interconnection in East Africa in Rwanda, supplying six percent of the country's electricity needs. Quite recently, the company signed a 135 megawatt project in northern Nigeria, which will be the largest solar field in Africa.





*The Indonesian archipelago is a collection of islands that holds untold treasures in its diversity of cultures, landscapes, and cities. With nearly 13,500 islands under its jurisdiction, Indonesia offers an adventure for everyone, from exploring ancient temples and hiking active volcanoes to diving in largely untouched waters. You can wander the busy streets of Jakarta, or take a step back in time with a visit to the remote villages of Tana Toraja; indulge in the bliss of Bali, or come face to face with the volatile Anak Krakatau. Whatever you choose, the experience is sure to be one filled with awe and appreciation for a country as steeped in history and natural beauty as this one.*

**Beaches of Bali:** Indonesia's most popular vacation spot, Bali, has a number of cultural landmarks and traditions that make a visit here worthwhile. But anyone who travels to Bali is going to have warm sand and blue water on their mind, and the island does not disappoint. Kuta is the best known beach, and is great for those who like to combine sun, surfing, and socializing.

Sungai Kapuas Indonesia's longest river, Sungai Kapuas, begins in the foothills of the Muller range and snakes 1143km west to the sea. Along the way it passes by some of Kalimantan's oldest, friendliest, and most vibrant longhouse communities, the photographer's paradise of Danau Sentarum, and Bukit Raya, the tallest peak in Kalimantan.



**Lake Toba:** Another of Indonesia's natural wonders, Lake Toba is both a body of water and super volcano. The lake, which sits in a crater, was formed between 69,000 and 77,000 years ago and is believed to have been the result of a catastrophic eruption. Volcanic activity is still regularly recorded here and has pushed some islands above the water's surface.



**Mount Bromo:** Indonesia sits on the Ring of Fire, an area with some of the most active volcanoes in the world. Many of the country's volcanoes, such as Mount Merapi, are famous for their violent eruptions and their stunning, but dangerous beauty. Mount Bromo is among the best known, thanks largely to its incredible views, particularly when seen standing over the caldera at sunrise. Bromo's peak was blown off in an eruption, and you can still see white smoke spewing from the mountain.

**Gunung Rinjani:** Another of Indonesia's famed volcanoes, Gunung Rinjani is a top attraction on Lombok. Rinjani itself does not see the eruptions and activity that some of the others have, but its caldera-forming eruption in the late 13th century is



Think of this as the British Museum or the Smithsonian of Balinese culture. Most displays are labelled in English. The museum comprises of several buildings and pavilions, including many examples of Balinese architecture, housing prehistoric pieces, traditional artefacts, Barong (mythical lion-dog creature), ceremonial objects and rich displays of textiles.

believed to have been one of the most powerful in human history. A lake sits in Rinjani's caldera, and within the lake sits Mt. Baru, another active volcano. In Rinjani National Park, you may spot animals such as the rare black Ebony leaf monkey, long-tailed macaques, the sulfur-crested cockatoo, and other exotic species.



**Sacred monkey forest:** Ubud is the cultural heart of Bali, and it is here you will find the Sacred Monkey Forest, a serene space where you can feel the ancient majesty of the island. At this Hindu temple, you will see many long-tailed macaques. The forest is near Padangtegal, a small village that has drawn artists of all varieties for many years, and the temple, artistry, and stunning natural backdrop make a trip to the forest and village a must-do in Bali.



**Kebun Raya:** At the heart of Bogor are the fabulous botanical gardens, known as the Kebun Raya, the city's green lung of around 87 hectares. Governor General Raffles first developed a garden here, but the spacious grounds of the Istana Bogor (Presidential Palace) were expanded by Dutch botanist Professor Reinwardt, with assistance from London's Kew Gardens, and officially opened in 1817. Colonial cash crops, such as tea, cassava, tobacco and cinchona, were first developed here by Dutch botanists.



**Pura Tanah Lot:** This is one of Bali's most popular temples, built on a rock formation in the sea. The original formation began to deteriorate at one point, so a portion of the rock is now artificial. Still, Pura Tanah Lot draws people in droves, particularly in time to catch the sunset. This temple compound is found on the southern coast of Beraban village, and you can walk out to the temple at low tide. Once the sun goes down, browse the stalls at Tanah Lot market to purchase unique Balinese souvenirs.



**Muara Jambi:** This scattering of ruined and partially restored temples is the most important Hindu-Buddhist site in Sumatra. The temples are believed to mark the location of the ancient city of Jambi, capital of the kingdom of Malayu 1000 years ago. Most of the candi (temples) date from the 9th to the 13th centuries, when Jambi's power was at its peak. Eight temples have been identified so far, each at the centre of its own



Gili islands

These Islands are a major draw in Lombok, which has risen in popularity among backpackers and tourists in recent years. They offer beaches that rival those of Bali in their beauty, as well as opportunities for diving and even snorkeling at a turtle sanctuary.



Gunung Kawi

At the bottom of a lush green river valley lies one of Bali's oldest and largest ancient monuments. Gunung Kawi consists of 10 rock-cut candi (shrines) – memorials cut out of the rock face in imitation of actual statues. They stand in awe-inspiring 8m-high sheltered niches cut into the sheer cliff face. Be prepared for long climbs – there are more than 270 steps. The views as you walk through ancient terraced rice fields are as fine as any in Bali. Each candi is believed to be a memorial to a member of the 11th-century Balinese royalty, but little is known for certain.

low-walled compound. Some are accompanied by perwara candi (smaller side temples) and three have been restored to something close to their original form. The site is dotted with numerous menapo (smaller brick mounds), thought to be the ruins of other buildings – possibly dwellings for priests and other high officials.

Funeral rites at Tana Toraja

**Tana Toraja:** Tana Toraja, or also known as Torajaland, is a highland situated in the southern Sulawesi. A land almost lost in time, it spans with green lush rice terraces, tall limestone and bamboo graves with blue misty mountains as backdrop. The main tourist attraction here is the funeral rites that had been practiced for ages, even after many had adopted Christian beliefs after the Dutch colony. It is said that they are obsess with the idea of death, not in a morbid way but as something really significant to them. You may find cave graves, hanging graves, tau tau (life sized wooden effigies), baby tree graves and even mass slaughter of buffaloes, all these bringing you a sense of strangeness yet captivating





## Make your hair appear less Greasy



**O**ily hair is just like oily skin. Sometime that is just how it is and other times it is that way because of the habits we keep. If you feel that your hair is just too oily regardless, there are certain things you can do to keep the oil production under control. While these methods will help make locks less greasy in both short and long term, it is important to fully evaluate and understand your current habits so you know how to properly fix them. Here are eight steps you can take towards having balanced hair.

**Only condition the ends:** Applying conditioner all over can weigh hair down, resulting in oily roots. Instead of applying conditioner all over, just apply from the mid-shafts to the ends.

**Use baby powder:** If you prefer to go the old-fashioned route, opt for baby powder instead of dry shampoo. It will work the same way if you sprinkle some on your roots and rub it in. If you have dark hair and the baby powder causes too much of a white cast, just brush some bronzer onto your roots instead or mix the baby powder with cocoa.

**Use dry shampoo:** Dry shampoo is an obvious answer because it will not only suck up oil from your roots making your hair appear less greasy in the moment, but will also allow you to spend more time between washes which will make your hair less greasy in the long run.

**Wash less often:** Although it may sound unpleasant, washing less often is beneficial for your scalp and hair. Constant washing causes your scalp to be stripped of oils and in turn makes hair appear greasier. So if you have the habit of washing your hair every day, then try to take it down to every other day and if you are already doing that, then try every once in three days.

**Balancing your brushing:** Not brushing enough keeps natural oils from being distributed, and they just build up on the scalp. Over-brushing, on the other hand, can stimulate oil production. So just make sure to find a healthy balance for your hair.

**Choose your products wisely:** Make sure you do not use too many mousses and gels that can cause buildup. Also, try to avoid products that will make hair appear 'shiny' as these can make oily-prone hair appear greasier. If possible, cut out styling products altogether.

**Avoid straightening your hair:** The more close your hair lies to your head, the more oil will it come in contact with. Curled hair gives a little more volume at the roots which keeps hair from becoming too oily too quickly.



## Fashion Fair Cosmetics holds exclusive makeup tutorials at VaVaVoom

**T**he leading U.S. brand for women of color, Fashion Fair Cosmetics, recently held live makeup tutorials at the VaVaVoom store - The Avenues mall to celebrate VaVaVoom's Beauty Festival.

The live makeup tutorials, held over a period of two days were aimed at demonstrating the latest application techniques that empower women of rich skin

tones to look and feel their best at all times.

The event featured Kuwait's popular makeup artists and beauty influencers, Abeer Al Yaseen and Fatima Al Momen who showcased the latest contouring, highlighting, and baking techniques using Fashion Fair's Fast Finish® Foundation Stick, the Perfect Finish® Souffle, and loose powders.

Commenting on the event, Managing Partner of SHAB Beauty, the official distributor of Fashion Fair in the GCC Shayma Bakhesh said, "We are pleased to have hosted an exciting event that not only provided guidance, but also showcased a number of techniques that women can easily follow for a perfect every day look."

Abeer Al Yaseen and Fatima Al

Momen both have their individual style to applying makeup which has grown popular within the Kuwaiti society."

Fashion Fair is a trusted brand by many across the world including the United States, United Kingdom and France. Fashion Fair is available at the Vavavoom store and Debenhams store at The Avenues mall.



## Splash at The Avenues gets a new look

**S**plash, the Middle East's largest high-street fashion retailer hosted an event at its recently refurbished and renovated Avenues store which saw attendance from the local media and management from Landmark Group. Attendees were treated to an exclusive preview of Splash's latest Autumn Winter Collection which offers an amalgamation of the latest fashion trends with an updated look.

Saibal Basu, Chief Operating Officer, Landmark Group Kuwait said: "We are delighted to unveil the new look of Splash at the Avenues.

Our aim to achieve proximity to our customers pushed us to revamp the store which in turn will provide shoppers with an easy access and better understanding of our collections. With the launch of our new collection, we are certain that our customers will keep stylishly warm and comfortable"

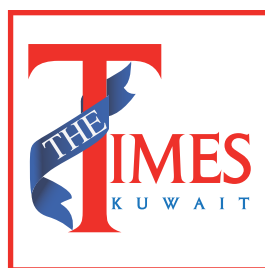
Splash's Autumn-Winter collection for women are filled with silhouettes and textures for

the season and are reflective of the free-spirited gypsy-vibe of the 70s influenced by artisanal craftsmanship using spice shades of cinnamon, saffron and mustard blend. Taking inspiration from the season's runways, the brand's womenswear offers knitted capes, pleated skirts with cold shoulder detailing. Fringe details, eyelets and ruffled sleeves also make its way in the collection.



Splash's menswear range is dominated by the fall trends of Bespoke Tech with unstructured blazers and technical joggers being the key pieces followed by Future Folklore which combines a mix of traditional country influences and modern workwear. The Grunge Core trend is all about the muted tones with torn elements, androgynous cardigans and Parkas being the core pieces. The Minimal Military also makes a comeback which promotes clean lines, understated military elements and boxier silhouettes.

The entire collection is available at all Splash stores in Centrepoint, Splash -The Avenues, Phase II and at Splash - Salam Mall.



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# Calcium supplements may lead to heart damage

Following a 10-year heart disease study that analyzed more than 2,700 people, researchers at John Hopkins Medicine in the United States and elsewhere say they are convinced that taking calcium in the form of supplements raises the risk of plaque buildup in arteries and cause heart damage. On the other hand, they point out that a diet high in calcium-rich foods appears to have a beneficial effect.

However, the researchers caution that their work only documents an association between calcium supplements and atherosclerosis, and does not prove cause and effect. But they add, their findings support growing scientific concerns about the potential harms of supplements.

Many people think that when it

comes to taking vitamin and mineral supplements, more is often better but the new study proves that excess calcium in the form of supplements may in fact harm the heart and vascular system.

The researchers were motivated to look at the effects of calcium on the heart and vascular system because studies already showed that ingested calcium supplements — particularly in older people — do not make it to the skeleton or get completely excreted in the urine. Scientists also knew that as a person ages, calcium-based plaque builds up in the body's main blood vessel, the aorta and other arteries, impeding blood flow and increasing the risk of heart attack.

"There is clearly something



different in how the body uses and responds to supplements versus intake through diet that makes it riskier," say the study authors. "It

could be that supplements contain calcium salts, or it could be from taking a large dose all at once that the body is unable to process."

The study also showed that among participants with highest dietary intake of calcium — over 1,022 milligrams per day — there was no increase in relative risk of developing heart disease over the 10-year study period.

Based on this evidence, it is clear that there is no harm in eating a heart-healthy diet that includes calcium-rich foods, and it may even be beneficial for the heart. But patients should really discuss any plan to take calcium supplements with their doctor to sort out a proper dosage or whether they even need them.



## Substance with the potential to postpone aging

Advancements in healthcare, access to more nutritious diets and better living conditions have added up to ensuring longer lifespans for most people around the world.

But as people continue to live longer, the topic of overall health and quality of life in old age is gaining importance. A significant amount of research is now being directed to understanding aging mechanisms.

Previous research has shown that a main process in aging is the capacity of the cells to keep our genes and DNA, more or less intact.

Moreover, changes in the cells' power stations, the mitochondria, also affect aging processes. Now an international team of researchers

from the Center for Healthy Aging at the University of Copenhagen and the National Institute of Health in the United States has shown that the coenzyme NAD+ plays a crucial role in the aging process. They found that NAD+ bridges the gap between two main aging theories — repairs to the DNA and poor functioning mitochondria.

Researchers said their new study showed an age-dependent decrease in the level of NAD+, and this decrease was far greater for organisms with early aging and a lack of DNA repairs. They were surprised to see that adding NAD+ postponed both the aging processes of the cells and extended life in worms and in a mouse model.

Even though the researchers have only examined the effect of the substance on model organisms and not administered the substance to patients, they expect to see the same effect in humans, as the cell repair mechanisms are universal for the cells of all living organisms.

# Exercise and diabetes: A fresh look

A new in-depth study on the precise effect of exercise in reducing the risk of type 2 diabetes reveal that while some physical activity is beneficial, more activity is even better.

The study comes at an opportune moment. According to the World Health Organization (WHO), in 2012, an estimated 1.5 million deaths worldwide were directly caused by diabetes and another 2.2 million deaths were attributable to high blood glucose. Globally, the number of people suffering from diabetes jumped nearly four-fold, from 108 million in 1980 to over 422 million in 2014. During the same period, the prevalence of diabetes among adults over 18 years of age also nearly doubled going from 4.7 percent to 8.5 percent.

Regrettably, this prevalence has been rising most rapidly in middle- and low-income countries and WHO believes that diabetes could become the seventh leading cause of death worldwide by 2030. The new study, which gathered data from more than one million participants from four continents, reiterated that exercise can help manage known risk factors of diabetes such as being overweight or obese, as well as having high blood pressure, abnormal cholesterol and triglyceride levels. What the in-depth study, which for the first time examined exercise independent from other influential factors such as diet or smoking, also found was that engaging in more exercise had an added-on benefit.



Currently, physical activity guidelines generally recommend 150 minutes of moderate activity or 75 minutes of vigorous activity per week; this could include cycling, walking, or sports. However, studies show that fewer than 50 percent of adults are actually meeting these recommendations.

### ANTIBIOTIC RESISTANCE WHAT YOU CAN DO

Antibiotic resistance happens when bacteria change and become resistant to the antibiotics used to treat the infections they cause.

- 1 Only use antibiotics when prescribed by a certified health professional
- 2 Always take the full prescription, even if you feel better
- 3 Never use left over antibiotics
- 4 Never share antibiotics with others
- 5 Prevent infections by regularly washing your hands, avoiding contact with sick people and keeping your vaccinations up to date

www.who.int/antibioticresistance

Antibiotic Resistance

World Health Organization

## Bacteria increasingly gaining resistance to antibiotics

The major problem facing the medical world is that more and more harmful bacteria are becoming resistant to one or more types of antibiotics. A lung or bladder infection that used to be treatable with antibiotics can now be fatal. One of the reasons for this increased resistance is the over-use of antibiotics worldwide, both in humans and in animals.

Rising rates of antibiotic resistance are also a growing danger in hospitals and health facilities throughout the world. It is important that efforts to reduce antibiotic use must be coordinated between hospitals and the community, since either can feed resistant bacteria into the other. Industries such as medicine and agriculture, as well as facilities that use antibiotics for medical research have also been asked to cut the use of antibiotics wherever possible. More than 700,000 worldwide have died as a result of bacterial infections, and this number will increase rapidly if no alternative medicines are developed, rising to an expected 10 million victims by 2050.

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