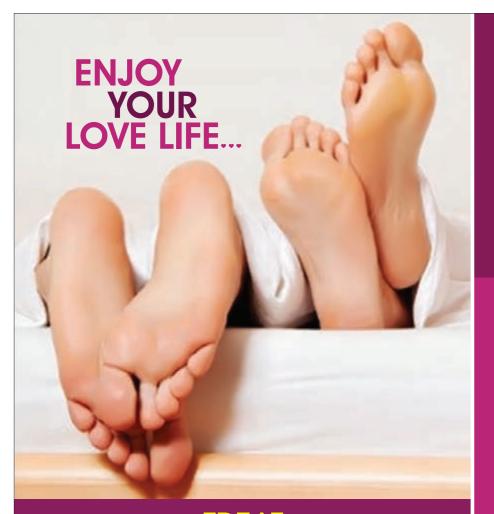




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the letter

Dear Reader,

Our week was dominated by two events, both celebrating the best of Oman.

The first was the country's National Day where the nation celebrated the 42nd anniversary of His Majesty Sultan Qaboos'

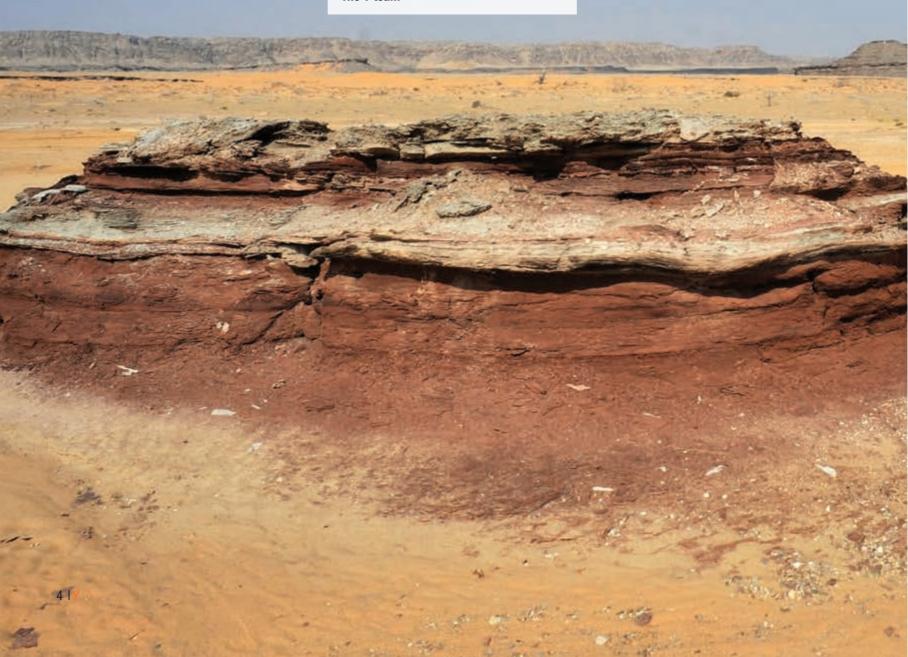
The second was a very different national celebration: the Oman national football team's 2014 World Cup qualifier against Japan. The Red Warriors may have lost, but it took a 90th minute goal to beat them.

We celebrate both events in this issue.

Our cover story follows the exploits of Moosa al Farei, a radio talk show host who is helping to foster dialogue in Oman. Like His Majesty Sultan Qaboos and the Red Warriors, his story is one that should make all Omanis proud.

Enjoy the issue

The Y team



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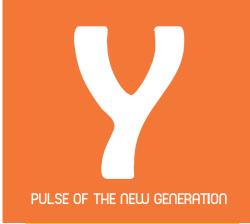
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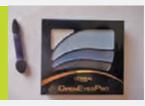
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Reader's letter

PACK YOUR (OWN) BAGS

Dear Y,

Customer engagement is the buzzword for all businesses today for customer attraction and retention.

Hypermarkets in Muscat (Notably Lulu Hypermarket at Darsait) have worked out a novel way to increase the engagement levels of customers — co-opting customers as part time packing staff at the billing counters for the goods purchased by them. This unique model is very efficiently facilitated by their packing staff by ensuring their constant absence from the packing counters.

As to the implications if there are any mishaps to the goods while being packed by the 'untrained' amateur packers (customers), presumably the management of the hypermarkets probably stand committed to compensate customers for doing what was not essentially their duty in the first place.

A win-win situation for all. Customers get coopted into the business to become "co-sellers", staff engagement levels among the packing staff go up by shifting their work to a supplementary (substitute?) work force (customers), the hypermarkets get a cost free shifting of the work force! With a backward integration of this process, a day may well come when customers get to prepare their own bills and manage their payments into the cash register at the billing counters of the hypermarkets!

K.R.Nayak

SELF HELP GUIDE

Dear Y,

Diabetics is at shocking rate worldwide. On November 14, World Diabetes Day, we all read about it in newspapers, magazines, websites etc. Lots of campaigns, surveys, seminars are conducted on this basis. Still the number of diabetic patients is increasing one day after the other. Why so? Have anyone thought about it? It's being told by researchers that by 2030 one among 10 will be diabetic. This increase in linked to sedentary lifestyle, higher calorie and carbohydrate intakes (which cause obesity), genetic risk factors, and inactivity.

Even if a person is aware of his or her illness either they don't want to rectify themselves or they get inspired by a seminar one day and next day happens to forget it like a New Year resolution. Instead of being a couch potato in your free time can go for a walk in a park, play with kids, make garden.

Complications related to diabetes are deadly like heart attack, blindness, damage to kidney, nervous system, even death. This increasing amount of diabetic victims can be controlled not by a doctor or pills, articles or seminars can only be an eye opener but only "SELF AWARENESS" can help you out of the illness. Let us stand together for a healthier tomorrow.

Krishnapriya Nikhil

DIABETES: PLAYSTAION TO BLAME

Dear Y,

The Beat-diabetes Walkathon held in Muscat on Friday 16 November 2012 attracted large crowd. People from all walks of life joined the marathon walk in an attempt to boost awareness on the danger of diabetes, which, according to World Health Organisation, is fast spreading across the world. The most disturbing fact is that today's children are at the risk of developing diabetes, and this number keeps increasing every year.

The campaign reminded everyone that a simple walk has a lot more to contribute to maintain a healthy life. However, besides a simple walk, practicing a

healthy eating habit is also helping to control this chronic disease to a great extent.

Regretfully the technology-embraced contemporary life today ignores the value of all such practices. The organisers of the walkathon deserve all kudos in organising the event.

Ramachandran Nair

WHEREFORE ART THOU, DIBBA?

Dear Y,

I must say that Y is the best magazine and Y team has brought so much improvements. I read so many magazine like Friday(UAE), Wknd(UAE), Mazoon, Faces, Thursday. But my first choice is Y which my husband brings from Sohar. Most of the time I read it online.

Just to add two more topics sir.

- 1) About autism. What are the facilities available in Oman?
- 2) Dibba al baya. A beautiful part of Oman with little resources.

My child is going to be four next year but due to lack of facilities we are unable to provide him a special school or therapies. I hope you are going to look to add these two topics in Y.

Arshi Sarfaraz



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Grazie, Milo

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A NIGHT AT THE OPERA

The Royal Opera House of Muscat is a stunning creation and has attracted some of the best musicians in the world. So it is fitting that the finest Arab opera singer in the business will be here to perform later this week.

The Grande Dame of Arabic opera Hiba al Kawas has long been treasured by audiences in her native Lebanon as well as further afield. Her mix of influences from East and West are unique as is her talent. Not only is she known for her stunning soprano voice, she also composes for symphony, chamber and string orchestras.

Tickets for the event on Thursday November 22 start at OR8 for the cheapest seat and OR60 for the best. Tickets can be purchased from the Royal Opera House's website www.rohmuscat.org.om

You can read our exclusive interview with Lebanese opera singer Hiba al Kawas ahead of her performance in Muscat on page 28.





LEOPARD PRINT



Oman has a wealth of natural beauty but arguably its finest - and most elusive - natural wonder is the Arabian Leopard. There are estimated to be less than 200 Arabian Leopards left in the wild. Their numbers have dropped significantly due to human encroachment into their habitat and hunting. But they can still be spotted in the coastal mountains of Jebel Dhofar and an expedition is being planned to gather scientific research and to spot one of the world's rarest big cats. The expedition will span a trek into the sands of Rub al Khali before moving on to Jebel Dhofar.

The previous expedition earlier this year managed to capture the leopard in its full glory. If you can commit to a four to eight week expedition between January and March 2013, then Paul McGreavy at Al Takween would like to hear from you. The trek will be the chance of a lifetime. It may be one of the last chances any human gets to see this incredible creature in the wild. You can contact Paul by emailing dhofarexpedition@gmail.com or calling him on 933 63204.

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MAMMA KNOWS BEST



You would be hard pushed to find someone who doesn't like Abba. Sure, the most hipster of hipsters might profess a dislike of the ubiquitous Swedish quartet in public but, behind closed doors, they will no doubt listen to "Dancing Queen" when they think no one is watching.

Such is their enduring popularity that the musical based on the band's songs, Mamma Mia, has been a worldwide smash. Since its first show in 1999 an incredible 42 million people have seen the show, grossing a staggering \$2 billion. It even spawned its own film, luring Oscar winners Meryl Streep and Colin Firth to appear in it.

Finally, Mamma Mia is coming to Muscat. The show will take place on Wednesday November 28 at the InterContinental Muscat. Tickets are priced at OR20. But hurry, 1,500 tickets have already been sold. No doubt to the hipsters who secretly adore them. You can find out more information about Mamma Mia by calling the InterContinental on 246 80000.

CHRISTMAS CHEER



Yes, it is that time of year again. Christmas is upon us and to celebrate the legendary Muscat Singers will be performing a medley of contemporary and traditional songs at the Bosch Centre for the Performing Arts.

The centerpiece will be A Ceremony of Carols by Benjamin Britten but there will also be performances

of modern music too, from African folk songs to Billy Joel and the Beach Boys. The Muscat Singers choir has been around since 1974 and has become an institution in Oman. Tickets cost OR3 for adults and OR2 for seniors. The event takes place at 4pm on December 7.

Tickets can be bought by calling 9557 4887 or visiting their website www.muscatsingers.org



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A DAY TO REMEMBER

November 18 saw Oman celebrate the 42nd anniversary of His Majesty Sultan Qaboos' rule. Y sent its photographer out to capture the mood with a group of excited young men.

Photos: Jerzy Wierzbicki











RADIO HEAD

When the protests of the Arab Spring hit Oman, one radio station decided it was time to air people's grievances. Y talks to Moossa al Farei about the radio show making waves on the airwaves.

Words: James Montague Photo: Jerzy Wierzbicki

oosa al Farei has another busy afternoon in front of him. The talk show presenter is sitting in his studio at the Al Wisal radio station in Seeb confronted by a sea of red flashing lights. Hundreds of people are wanting to talk to him about the big issue of the day: medical negligence.

Most days on Al Farei's show, Muntada al Wisal, are like this. Sometimes he talks about media freedoms. Other times the thorny issue of government corruption is broached. Wages and the cost of living is a recurring theme. But today he is talking to three people who have had horrific experiences in the nation's hospitals. And they want answers.

"It was a very touching show today," says Al Farei outside his studio. "It was about mistakes in treatments, in the hospital itself. [According to the show's guest] One of them was late doing an operation for pregnancy, she needed a serious surgery but they left her bleeding for 24 hours. Because of this, the baby suffered serious problems for two years."

Within minutes of the case being aired, the hospital had contacted the show. They wanted more details on the case and plan to send the former patient abroad to give her and her son the medical care they he needed.

Muntada al Wisal has had so many successes that Al Farei has difficulty remembering them all. But since the talk show began it has become the most popular radio show in Oman. More importantly, it is unique in the Middle East, a forum where the public can air their grievances towards companies and the government. It also allows the government, or CEOs or public bodies, to respond. Think Opera meets

an Athenian city square and your half way there. The show has given Omanis a platform and in the process started a two way conversation with the government that is opening up freedoms in a way not seen in four decades.

Muntada al Wisal, which means The Forum, began life in March 2011 as a direct result of the Arab Spring. Oman wasn't immune and thousands took to the streets demanding a better standard of living as well as more basic freedoms. "When the problems appeared here in our country, people went out in to the streets and asked for changes," he explains.

It occurred to Al Farei that there wasn't a single mainstream institution where people could vent their frustrations. "I don't know whether if was the government or the media that hadn't adapted to the people's needs," he says. "But we became a bridge, not for all problems, but we became the voice for people in Oman."

The show has been a roaring success for the station, but it was still a risky move.

"Following the Arab spring and everything that was happening in Egypt, Libya and Tunisia we decided to take action," says Nadim Attieh, Al Wisal's station manager.

"We found there was a big gap in society between the people, government and the private sector. So we decided to start a platform for everyone to talk rather than express themselves in the streets or in a violent way. We have come up with lots of solutions to concerns that many people have voiced to us."

Government ministers are regularly called to account. One recent example

was a show about the head of the Majlis A'Shura, Oman's parliament. Previously he had been appointed, but that changed a few weeks after a show discussed the need for him to be elected. On another occasion the show covered the issue of how judiciary integrity was compromised by Oman's general prosecutor being under the control of the Ministry of Justice. That too was changed shortly after. "It's the first of its kind," Attieh says of the show.

But that isn't to say there wasn't teething trouble in the beginning. Pressure was exerted "after the first day we started our show," says Al Farei, recalling the reaction to his debut. But the station carried on regardless. "Our official newspaper had come out saying: 'Omanis Today need more freedom'. So I told the guy who called me: 'I had adopted His Majesty's words. He says we need more freedom and that is why we are talking across the lines that you had before'."

To prove the point Al Farei opens a package on the table in front of him. It is full of books of His Majesty Sultan Qaboos' speeches. He pores through them and implements the words he reads.

"In all these speeches he was talking about freedom and he asked his government to give the people more space," he says. "So the first topic we dealt with [on the show] was freedom. That we needed more freedom, the Ministry of Information needed to be changed and the rules need to be changed. Within a month the rules, even the ministers and his undersecretary, were changed."

That openness had not always been there. In 1999, when Al Farei was a young student, he and an Omani friend set up a web forum called Sablat al Arab. Sabla is an Omani word that means a place where people gather. "Good and bad, for funerals and marriages," Al Farei adds.

But the forum was too much for some back in Oman. It became hugely popular, not just in Oman, but in the rest of the Middle East. It was the Wild West of web forums back then and with no law regulating the internet the authorities arrested Al Farei's partner when he returned to Oman.

"When he came back he was expecting to get an award or something from the government," he says. "They put him in jail for 15 days. When he came out he decided to close Sablat al Arab."

With his partner in jail, Al Farei set up a new forum, Sablat Oman, to campaign for his release. At first his intention was to keep the forum open for just a few days. "Actually they called me but I was abroad," he says of the government's attempts to get him home to answer questions about Sablat al Arab. "They said: 'We want you to come back'. I said: 'I have exams I won't come back until this case gets clear'. After that case they changed the rules."

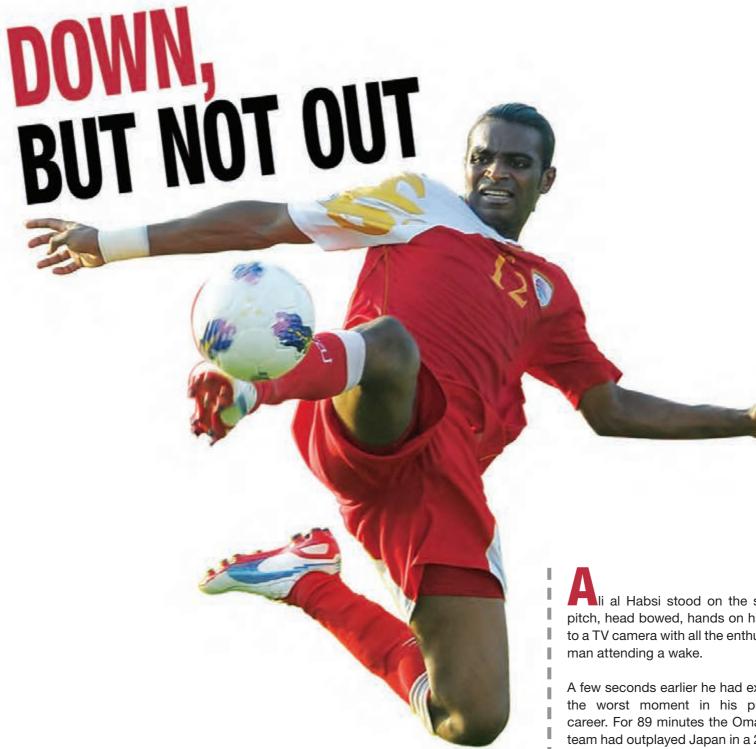
But when his partner decided that enough was enough, Al Farei kept Sablat Oman open. It is still going strong, with a quarter of a million visitors a day and 190,000 active users, Al Farei says. It is one of the most visited websites in the Middle East. Such is its success that advertising on it costs more than a prime time TV advert.

Another day behind the mic is over for Al Farei, and with it another positive outcome has been reached. The real benefit though is far wider. Whilst many other Gulf states are cracking down on dissent and freedom of speech, Muntada al Wisal is proving that Oman is going in a different direction. That speaking your mind is an essential component of a healthy society.

"I think the good in our experiences will show in five years time," he says as he prepares for the next day of mediation. "It will be a good example to the rest of world of the freedoms we can enjoy."

You can hear Moosa al Farei on Muntada al Wisal every weekday 2-4pm on Al Wisal 96.5 FM or you can visit their website www.wisal.fm





Oman's 2014 World Cup qualification match was billed as the biggest match in the country's history. The result might not have gone the Red Warriors' way, but the dream is far from over.

> Words: James Montague Photos: Abdulwahed al Hamdani

li al Habsi stood on the side of the pitch, head bowed, hands on hips, talking to a TV camera with all the enthusiasm of a

A few seconds earlier he had experienced the worst moment in his professional career. For 89 minutes the Oman national team had outplayed Japan in a 2014 World Cup qualifier described by the Omani Football Association president Sayyid Khalid bin Hamad al Busaidi as "the most important game in the country's history."

Japan are the runaway leaders of Oman's qualification group and had taken the lead in the first half at the Sultan Qaboos stadium. But the Red Warriors fought back. Not just through brute strength or because of the intense heat on an unseasonably warm day. They had passed Japan off the pitch. The Blue Samurai, remember, are champions of Asia, can call upon players of the caliber of Keisuki Honda - arguably the best player at the 2010 World Cup and had beaten World Cup winners France in a warm up before this match.

And they got their reward. Ten minutes from time Ahmed "Kanu" Mubarak struck a free kick that eluded everyone, including the Japanese goalkeeper. It was 1-1 and the Sultan Qaboos stadium exploded.

The stands had been a riot of flags and portraits of Sultan Qaboos – the game coming just before his birthday and the country's National Day – but the 20,000 crowd, Oman's first ever sell out, had been quiet as defeat loomed. But the goal changed that. The crowd roared, and the players responded, charging forward. Japan was on the ropes. But it was a

"We need to professionalise the league and we're 80 per cent there and next year we will hopefully launch the professional league" years ago Oman plummeted to 113th on FIFA's world rankings, the Red Warrior's worst ever position. But since then the game has grown. "It is because of focus, dedication, clear targets and a very intense effort," said al Busaidi.

"There's been some investment. Whether government or private sector. That certainly helped us. It's been five years since the new OFA. [We want to] transform Omani football into an industry. We need to professionalise the league and we're 80 per cent there and next year we will hopefully launch the professional league."



mirage, the classic dope-on-a-rope. After soaking up the pressure, Japan broke quickly and scored the winner. 2-1. There was silence, followed shortly by the final whistle. Al Habsi couldn't believe what had just hit him. "Very disappointed. Very disappointed," he repeated, not lifting his head as he walked back to the dressing room.

"We had a fantastic game but to play this way and to have these chances especially against Japan, especially when we concede the goal in the last minute..."

His voice trailed off as he disappeared behind a line of security guards. His eyes never left the floor. A few days earlier there was hope, and nerves, on show. The team lined up on the pitch before training, backs straight and on their best behavior after a very important visitor had arrived. The Minister for Sport had come to give his advice and best wishes for the team. Since the victory against Jordan the country has gone World Cup crazy. Evidently, even the government had taken notice of the Red Warriors exploits.

"I think this will be the most important game ever played in Oman," said Sayyid Khalid bin Hamad al Busaidi, president of the Oman Football Association, as he watched the players train in the sweltering mid afternoon heat.

Al Busaidi has overseen a remarkable transformation in Omani football. Nine

Since the purchase of Manchester City by the royal family of Abu Dhabi, not to mention the announcement by FIFA last December that the 2022 World Cup would be held in Qatar, the Gulf has become a powerbroker in the world game. But it has produced little indigenous talent of its own. But Oman is different. A trip to one of its many beautiful beaches on a Friday, after prayers, will reveal a long line of football pitches marked out on the sand with sticks, full of young people playing football.

"I think we are sitting on a pool of talent in Oman, an undiscovered pool of talent," he said, pointing out that several top European clubs, like Wigan and Celtic, have come to Oman looking for diamonds to polish back home. "There's a huge passion for football. Kids play football everywhere. We need to develop the infrastructure to give these kids a chance in better conditions," says Al Busaidi. "Today they would rather play football by the beach. We are working with the government to have a master plan to tap into this."

But by far the most important player to emerge from Oman has been the Wigan Athletic goalkeeper Ali al Habsi. "This match is special," admitted al Habsi. "For us we need to make a smile for everyone in Oman. We know we have our national day coming soon and everyone is excited and is looking at this game as some special gift Indeed they have. Before the Japan game Oman had been unbeaten at home during a qualification campaign that has so far lasted 18 months and 13 matches. Of all the games the victories against Australia and Jordan best prove his point.

Yet much of the recent credit goes to the national team coach Paul le Guen. The former France international has seen it, and heard it all before, having taken Cameroon to the 2010 World Cup finals. "It was a great performance to take Cameroon to the World Cup, people didn't understand that," said Le Guen, who took over when Cameroon were bottom of their qualification group. "Here they are trying to

Japan's blue national team jersey. But it didn't turn out that way. Victory was secured, but Japan were clinical, if little else. But that is all that matters in football. "I've seen something change in my team today," Le Guen said by the dugout after match. The stadium was now empty, save for the groups of kids now taking advantage of the lull to play what appeared to be a chaotic 20-a-side game on the pitch. "We are still improving. Even if we lost today we showed we can compete against such a team. Japan at the moment is one of the best teams in the world and we should have drawn. I'm proud of the players, they gave all they can and it's a great feeling." This doesn't mean the end of Oman's













for our country and for our Majesty. With football we can't promise anything. But we can promise we will give everything. It's going to be tough."

But Al Habsi may not be on his own at the top level for too much longer. Other players are beginning to emerge and spread their wings. Like Al Habsi, striker Imad al Hosni had only just returned to the squad. He'd played for Al Ahli of Saudi Arabia in the Asian Champions League final a few days earlier.

"The football has improved. Look at where we are now," Al Habsi pointed out. "I reached the [English] Premier League, Imad al Hosni has been to Asian Champions League final and other players are playing in the Emirates, Saudi Arabia and Qatar. We've played with big teams before and given them a hard time."

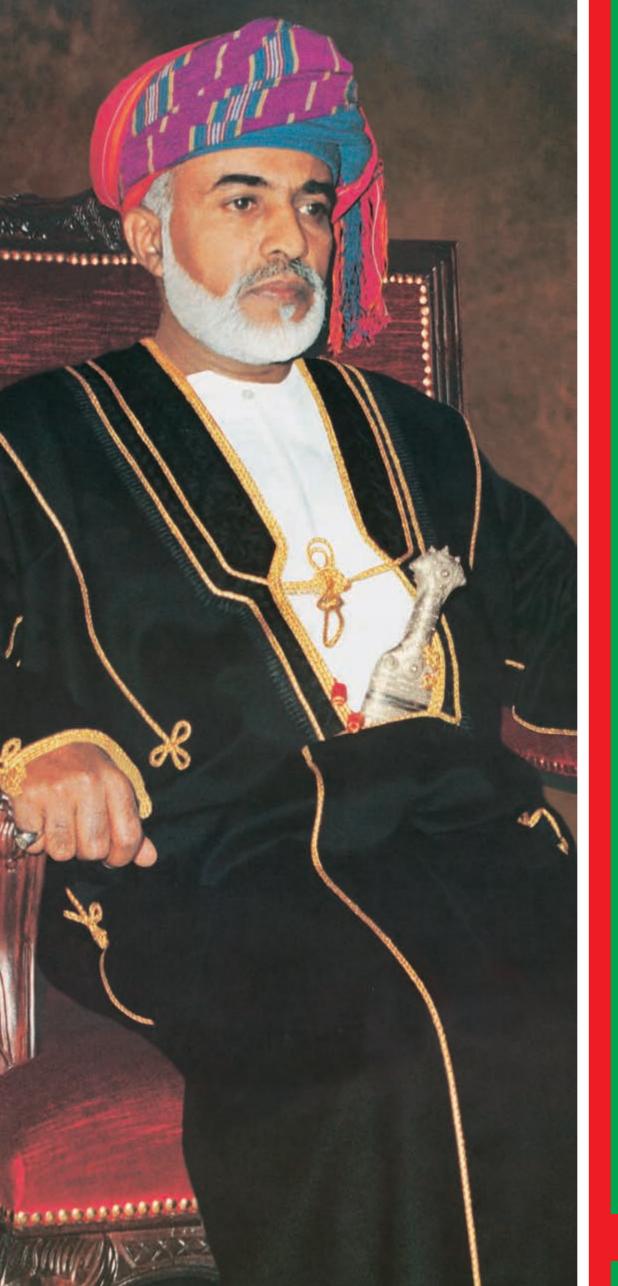
reach a dream but it is different. The league is weak and we go step by step to improve the league, change the state of mind. It is becoming good but it is not done. But it's amazing, people are passionate."

On match day the Sultan Qaboos stadium sizzled under an intense sun. But thousands still flocked to the ground, dressed in red or clutching signs in Arabic and English. One read: "If Japan is the computer, then Oman is the hacker." The sign even had a helpful translation in Japanese. A small contingent of Japanese fans had arrived, no more than a few thousand, most of them expatriates working in Dubai. None of them knew anything about Oman and, buoyed by their recent friendly victory over France, could see no other result than a heavy victory. "It will be 4-0. We the Japanese are a confident race," said one fan wearing

chances of reaching its first ever World Cup finals. Matches against Australia, Jordan and Iraq mean that there is still a chance of automatic qualification for finishing second. But third is more realistic, and with it a potential playoff against the third placed team in the other Asian qualification group, one of Lebanon, Qatar or even Iran. The winner then plays the fifth place team from South America. "I don't know it will be tough," said Le Guen when asked if he thought the Red Warriors could still make it to Brazil. He didn't show the same dejection as Al Habsi, but it wasn't defeatism. "People are happy. It is a good start. In a few months we will be better."

Le Guen knows, better than most, that the Red Warrior's World Cup dream is still alive and kicking.





His Majesty the Sultan has taken steps to ensure that Omanis become partners in the process of developing their country from the moment the Sultanate's modern renaissance began. The country and its people have achieved enormous progress in every sphere and this can be seen throughout the length and breadth of the land as citizens play an increasingly active role in the decision-making process.

"Therefore, we are sparing no effort and will continue to spare no effort in order to provide our human resources with all the help they will need to develop, hone and train. We will also provide educational opportunities for them in order that they may acquire useful knowledge, the required experience and the necessary technical skills that will be needed in the labour market and as are required by the sustainable development programmes in the various fields."

His Majesty Sultan of Oman at the opening of the annual session Majlis Oman

11 November 2008



NATIONAL BANK OF OMAN WORKING TOWARDS HIS MAJESTY SULTAN QABOOS BIN SAID'S VISION FOR OMAN

National Bank of Oman (NBO) has been the first bank and publicly listed organisation in Oman to release its sustainability report, entitled "Responsible Banking; For You; For Our Nation".

Sustainability represents a new landscape of value driven and profitable business opportunities, and NBO is proud to be taking the lead in responding to this new way of working. NBO has long been implementing corporate social responsibility initiatives and is now enhancing this approach by considering the opportunities and challenges of sustainable development, responding to them through integrated and strategic sustainability management. We believe that by conducting our business responsibly we are not renouncing profits but guaranteeing that our business operations are not harmful to the environment and society within which we operate, and in turn achieve more sustainable profits that guarantee the continuation of our business. Financial institutions have an important role in society, and we believe that by conducting our banking operations responsibly we are also responding to our stakeholder's expectations while enhancing our reputation.

Our sustainability strategy is based on three focus areas which best capture the material issues related to Sustainability at NBO, as informed by our stakeholder's needs and expectations. Each of them represents a different level of approach towards becoming an economically, socially and environmentally sustainable and responsible bank.



"At National Bank of Oman we have always strived to put trust, accountability and responsibility at the forefront of all that we do. We believe that in today's national, regional and international contexts, the expectation for banks to deliver the highest levels of responsible banking are greater than ever - and rightly so. When Omanis think about which bank they trust, respect and appreciate most, we want National Bank of Oman to be their overwhelming choice. We understand that we can only achieve this vision by guaranteeing we are running our business responsibly, creating value for our stakeholders by anticipating the needs of the market and offering innovative products and services that will support them in achieving their dreams."



Salaam Al Shaksy CEO, NBO



OMAN LNG WORKING TOWARDS HIS MAJESTY SULTAN QABOOS BIN SAID'S VISION FOR OMAN

In 1994, His Majesty Sultan Qaboos Bin Said issued a Royal Decree establishing Oman LNG, to harness Oman's natural gas resource for export to the international market bringing with it not only a different kind of revenue- this time from liquefied natural gas— but a new set of specialised training and skills to boost government's initiatives in manpower development.

Oman LNG plays a pivotal role in boosting the national economy. The Company is the biggest contributor to Oman's economy next to oil and is also the first contributor within the private sector to social responsibility in the Sultanate through its social responsibility programme whereby 1.5% of the Company's net profit is allocated for this purpose. The Company during the last decade financed over 350 projects all over the Sultanate at a cost exceeding RO 38 million. These projects varied in many fields of development including supporting and qualifying national human resources. The company has funded the training and employment of 1400 Omanis through its Social Investment Programme. A pioneering programme with the Ministry of Manpower and OPAL, the training for employment has secured jobs for trainees in various industries in Oman.



On the occasion on the 42nd National Day, it is an honour for me to deliver Oman LNG's felicitations to His Majesty Sultan Qaboos and reaffirm the company's commitment to contribute to the growth and prosperity of Oman and its people through our profitable business of production and export of Omani Liquefied Natural Gas. This has enabled us to contribute to many social development programmes, including training for employment, healthcare and education, among others.



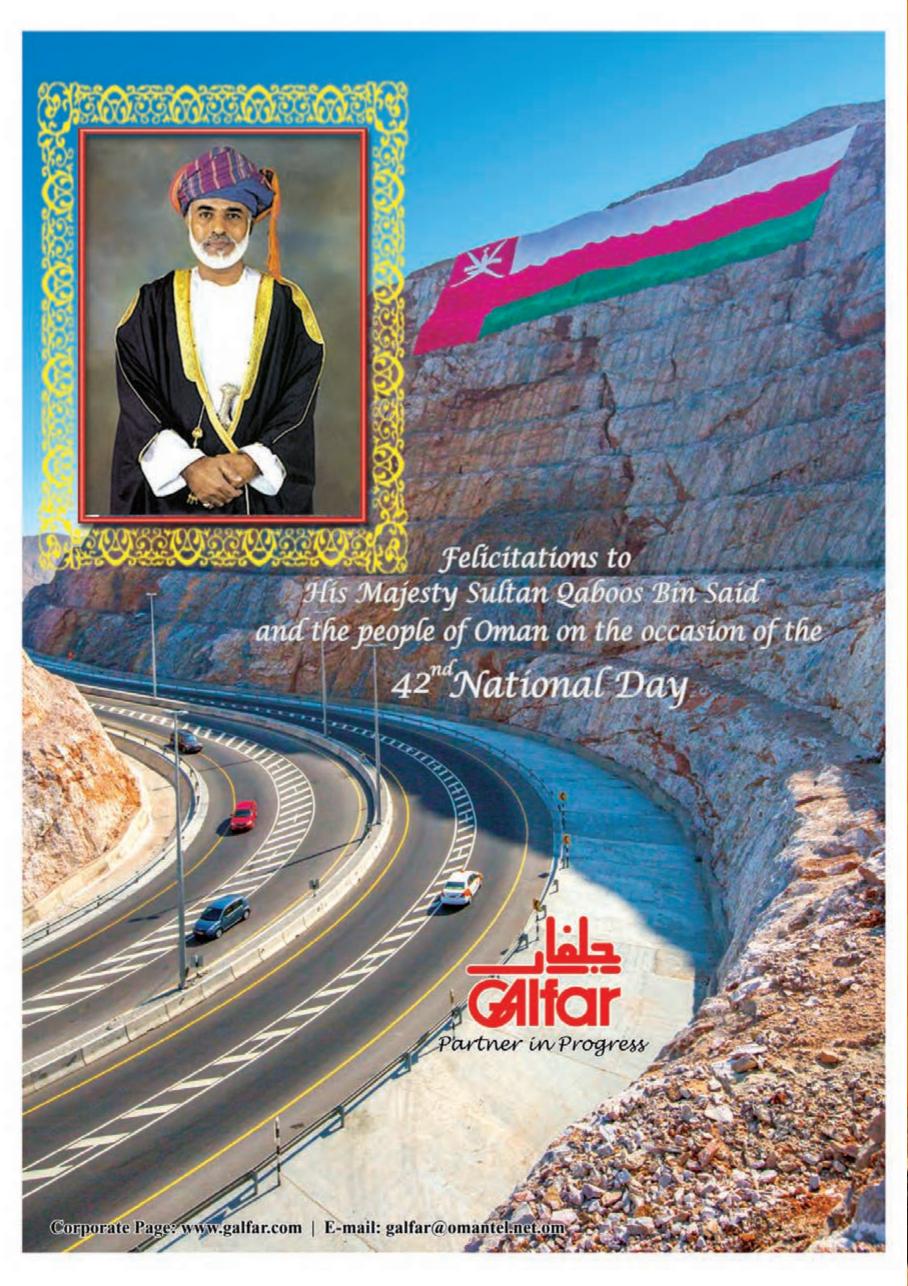
Harib Al Kitani CEO, Oman LNG



"What is happening on our roads should be of everybody's concern. Misuse of vehicles of different categories by different people causing many deaths is an irritating and worrisome phenomenon."

Statement made by HM while meeting citizen's of Al Batinah region.

This Royal Decree issued on Revision and amending of Article I of the National Road Safety Commission Provisions Annex issued under the Royal Decree No. 64/97 aimed at making our roads safer and His Majesty's directive to intensify road traffic awareness among people.

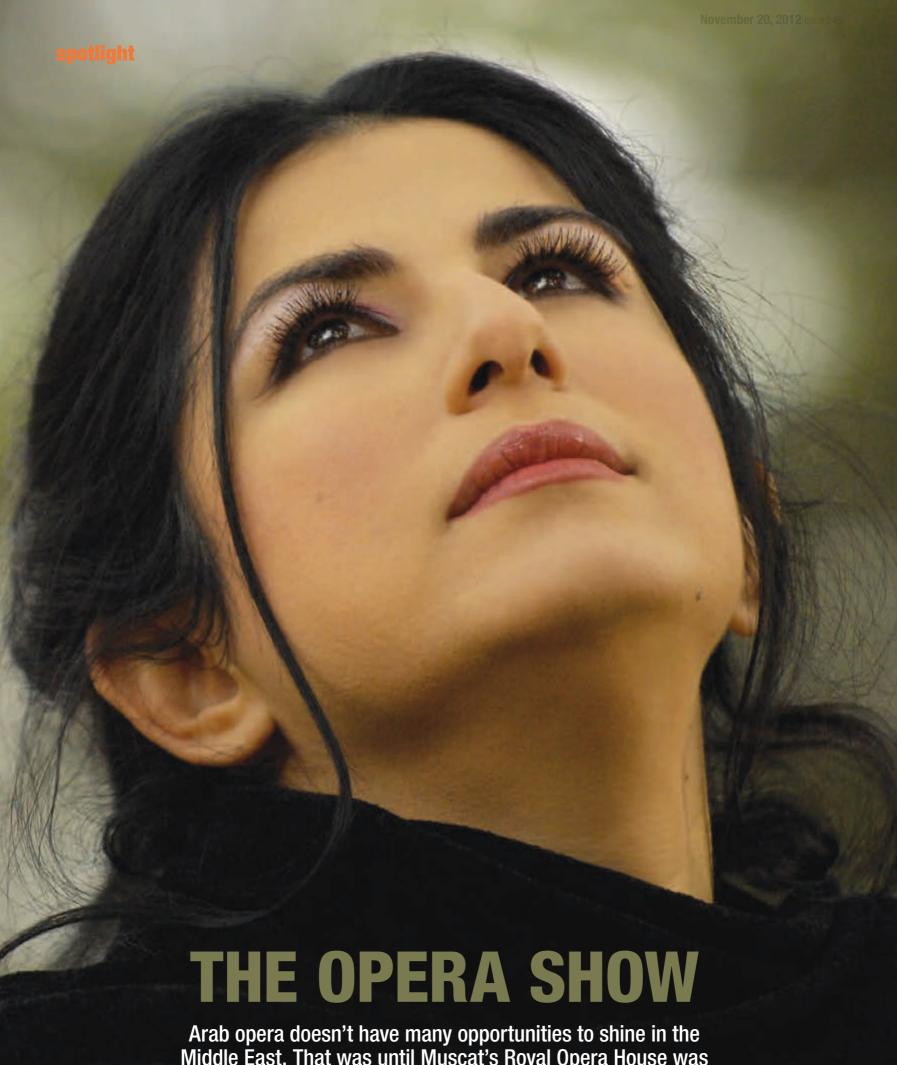


GET HE TEST BEATS. TO SHARE THE STATE OF THE

Oman's hippest music station, offering you the coolest

sounds from around the world. Dig on Diggweed and dance to Oakenfold. From the headquarters of Hed Kandi to the global sounds of Armin Van Buren. Freshen up your day and sweeten your night with Merge 104.8.





Arab opera doesn't have many opportunities to shine in the Middle East. That was until Muscat's Royal Opera House was built. Y catches up with the genre's finest singer, Hiba al Kawas, before her up and coming performance in Oman.

Words: Sherine Bouez

pera seemed destined to be an area of the arts that would never be cool. But, today it has managed to shake off its stuffy ways and even create musicians on a par with rock stars, staged in state of the art settings that would interest more than just the rich.

This trend, instigated by the likes of Pavarotti, has democratised opera and created an intimate relationship between opera singers and the public, allowing it to reach much further than it used to. And the Arab world is no different.

This week the leading star of Arab opera Hiba Al Kawas will perform at the Royal Opera House of Muscat. The singer sees herself as playing a meaningful role in this shift, both as a Lebanese composer and musician. But she also sees her music and voice as an agent of inner peace. She attributes a vital function to opera, which she believes to be an agent for positive change in the world. And, given the world we live in, that is needed now more than ever before.

"I am looking forward to it!" exclaims Al Kawas when asked about her trip to Muscat. Her excitement is understandable. After all, the Royal Opera House of Muscat has introduced an international standard for opera venues to the Middle East, from the architecture to the international exposure that it provides. Italian legend Zeffirelli inaugurated it last year with Puccini's Turrandot, rendered in a totally new way.

She has created new compositions especially for Oman such as 'Oman ya oghniatan' from the words of Hassan Zein, the notorious Lebanese writer, prominent politician and press figure who loved Oman.

Many musicians will be coming together to play her compositions and accompany the soprano in her flight including the National Symphony Orchestra of Ukraine, the Royal Omani Symphony Orchestra, Jose Maria Gallardo del Rey, who will be

playing classical guitar, and the Viennese Conductor Karl Sollak. Hiba Al Kawas was surrounded by music from a young age. Her gift quickly became clear as she started to appreciate music at the age of two and a half, by single handedly playing 'Jingle Bells' on her mother's piano. She was composing by the age of four.

"Since I was very young my path was to be a composer, not only a singer," AI Kawas explains.

"I have been faced with many obstacles on the way, and I believe that music has a vital balancing effect in the world, both inside the self and outside."

As her precocious younger self proved, inspiration for her creations has never been hard to find. But she doesn't reach for her immediate surroundings, the chaos and beauty of her native Lebanon.

She goes somewhere else, somewhere higher. "I connect to a higher plane, far from the materialistic world that we live in," she explains "I allow it to live through me and animate my inspiration, as I create a composition beyond my capacities. Musicians are attached to a different plane of being and the challenge they face is to bring their dreams to life from a very spiritual place to a rooted form of music."

Being a woman in the Middle East who wanted to sing opera presented Al Kawas with a different set of challenges.

"I am just trying to be the best version of myself that I possibly can, with what life has offered me at birth," she says.

"It is not an easy task and the obstacles are many, especially in our country and in the Middle East because of the lack of infrastructure in the field."

Her talent was such that she could have gone to Europe and focus on classical opera. But the Middle East presented her with an opportunity to mix the sounds of the East with those of the West. "Keeping to the international stage which is well developed to support talent, I would have just been an additional voice added to the global repertoire," says Al Kawas.

"But I wanted to create a new space in opera by merging lyrical traditions of the East with classical symphonies of the West."

Yet Al Kawas returns to the same theme: How music, and in particular opera, can help provide balance in a chaotic world.

"Today as our global community is losing balance; music plays a vital role in keeping people connected to their heart," she explains. "This is why we witness sounds that are very commercial pulling people towards negativity."

With the transformations going on in the opera world – be they architectural likes those instigated by Zoha Hadid, or the modernisation of opera staging such as with La Traviata – this form of art has gained in accessibility. Hiba al Kawas has played her role too, by using her voice to bridge the gap between the Orient and the Occident.

FACTS ON HIBA AL KAWAS

Member of the board at the Lebanese National Higher Conservatory of Music. She is also Professor of Opera and Composition there.

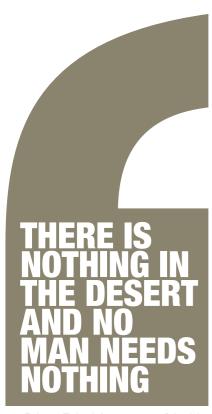
Committee member at The Lebanese National Symphony Orchestra as well as a member of the UNESCO Higher National Committee of Music.

She received several decorations and awards in various countries. His Majesty Sultan Qaboos awarded her The Golden Order of Sultan Qaboos for Culture, Science and Arts in 2007.

In July 2003, a stamp was issued in Lebanon bearing her portrait.

BEING AND NOTHINGRIES: TRAVELS TO THE EMPTY QUARTER

Words and photos | Jerzy Wierzbicki



-Prince Feisal, Lawrence of Arabia.

We all have places like this in our lives, the places that leave a lasting, almost permanent impression. Very often it is difficult to define what exactly it is that appeals to us. Yet we find ourselves returning time and again. Here in Oman, as I hope this series of features has proved, there are many beautiful places. But only one of them is so unique that it defies comparison with anything else around the world. That place is the Empty Quarter, Rub al Khali in Arabic, the biggest sand desert on the earth.

The allure of the Empty Quarter is hard to define. It is a vast, dangerous emptiness. Yet it beguiles. A few weeks ago I led a group of adventurers deep into Ramlat Hashman, a part of the Empty Quarter. We had planned this trip many months ago. First I looked for some experienced drivers with a passion for lonely trips far from civilized places, ready to spend over a week driving around the Sultanate. As much as I love lonely trips into Oman's interior, the Empty Quarter is too dangerous for solo driving. I found a small group of off road fans as well as several Y magazine readers. Ramlat Hashman is a long way from Muscat, around 900 km. But I know this part of the well desert.

The team met at the airport and after picking up our rental cars we set off in to the night. The first night we drove around 400km. Tired and exhausted from the long flight and the equally as long driving we stopped somewhere near Hayma for a few hours sleep and a quick breakfast before moving to a small town called Dawga. The real adventure began there. In Dawga the tarmac road ends. From there on in we would be off road for next few days. From Dawga we passed a village called Shisr. This place has strategic importance. This is where you will find the last petrol pump before the ocean of sand. We stopped our vehicles and refueled all of them including the jerry cans. Shisr has another significant feature. There is small shop near the petrol pump that sells very cold Coke.

From Shisr we continued directly to the high sand dunes of the Empty Quarter. It was the afternoon and only had two or three hours until sunset. The track from Shisr to Ramlat Hashman is sandy, so we had to drive carefully and slowly. Very often small sand heaps completely covered the road. We regularly checked our GPS locators just to make sure we were still on the right track. It is very easy to get lost or lose your bearings in the desert.



My plan was simple: to reach the first high dune during sunset and set up camp for the night there. Around 80km from Shisr we reached some spectacular, huge dunes and decided we had found our spot. From the top of the dune we saw a breathtaking view of a wide valley separating the two dunes. Soft, warm sunlight heightened the vivid effect. The night came quickly and after a big supper cooked on the bonfire we slept. The silence was incredible.

The next day we woke very early. I needed to take some photographs with my long 500mm lens. As is the way in the desert, it was bitterly cold. I brought a camera, tripod, my dog – a dachshund called Trop – and a small cup of strong coffee and moved on the top of the dune. From there we captured some amazing images: huge, red sand dunes far in the distance. After a photo session we prepared a small breakfast and then set off deeper into Ramlat Hashman.

All the time I was checking our progress on a GPS locator. In the middle of the day the temperature was a bit higher and the sun stronger. The driving was riskier especially when the track was covered totally by sand and we had to find an alternative route. During one of the dune crossings my Land Cruiser







sunk in to the soft sand. It took us more than an hour to escape from the sandy ambush. In that moment we were more the one hundred kilometer from Shisr.

The next night we decided to camp somewhere where we could find huge dunes but was closer to the petrol pump before changing location to visit another part of the Empty Quarter called Ramlat Fasad. Fasad is very different. The sand dunes are small but clustered. From the biggest dune the landscape looks like symmetrical, abstract art. Most of the small dunes, created by the wind, look the same. It would turn out to be a day of adventures.

Our cars were suitable for this trip but Land Cruisers are a little bit too heavy for driving on soft sands. We got stuck a few times but had a lot of fun digging out our vehicles. In the evening, happy and scorched by the sun, we reached the edge of the Empty Quarter in Ramlat Fasad. We made driven more than 350km on and off road and used around 100 litres of petrol each.

The dunes in front of us were spread over a distance of 1100km by 600km squared and cover four countries: Saudi Arabia, the UAE, Yemen and Oman. It is one of the last environments on earth that has not been altered by human civilization.

The conditions there are inhospitable, especially in the summer where the temperatures easily pass 50 degrees Celsius. Never go there alone or without food, fuel and water. Be sure that your car is in good condition. Only 4x4 cars with reduction can drive there. Keep to the sandy tracks and do not go deeper than a few kilometers. But the nothingness will astound you and leave a mark that will last forever.

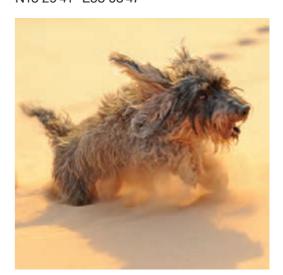
The Empty Quarter is a place where many of even the most experienced travelers have managed to get lost. Every year I hear bad stories about the people who have got lost or had car accidents. Mobile phone reception is non-existence there. During the last trip we had a satellite phone but, thankfully, we did not have to use it. A GPS locator with tracking system is absolutely essential especially given the shifting sands and the likelihood that you will lose your trail at some point and will need to find your way back. Check your car before you set off, making sure you are well stocked with coolant, engine oil and jerry cans for extra petrol. Spades, sand ladders and other equipment will also be needed, just in case.

How to get there:

The total distance is around 900 km from Muscat. Chose road number 31 from Muscat to Salalah. After Hayma go straight to the town called Thumraid. Before that is the small settlement Dawqa. Turn on to the gravel truck and after around 70 km you will reach Shisr. Important: you must refuel you car there. The petrol station is open 24/7. From the petrol station, go directly to Ramlat Hashman.

Shisr GPS: N18'15'43" E53'37'23"

Ramlat Hashman GPS: N18'29'41" E53'03'47"











NEVER GO THERE ALONE OR WITHOUT FOOD, FUEL AND WATER





GAME, SET AND MATCHY MATCHY

Unless you are Lady Gaga, teaming make up with your outfit can be a difficult affair. Y leads you through fashion maze.

Words: Priyanka Sacheti

So you have your outfit sorted from the dress to shoes to accessories. But there is just the small matter of applying your make up and deciding what would best suit your face. As many a long time reader of fashion blogs, sites, and articles dissecting celebrity fashion faux pas will know, a beautiful dress or quirky style sense has gone completely unnoticed because the make-up artist's work was in complete contrast to how the outfit was styled, effectively ruining its impact. Ultimately, a well-made up face enhances, rather than subtracts, from the outfit.

How do you then go about accessorising your face, so to speak? A much derided term in fashion circles is 'matchy-matchy', which in short, describes the phenomenon of matching your outfit, accessories, and make-up in entirely the same colour palette. Apart from looking entirely monochrome, it's not a particularly creative way of approaching your outfit. Alternately, the tendency is to wear a bold, dramatic outfit, and then tone down the make up to let the outfit grab its fair share of the spotlight.

One tip is to use a dominant colour in your make up that is otherwise a minor detail in the outfit. For example, if you are wearing a blue dress with brown floral accents, pick up on the brown and use that to build upon the colour palette of your face.

Another suggestion is to wear shades that are similar, not identical, to the colours of your outfits. It complements the outfit without going into the dreaded matchymatchy territory. Finally, you cannot go wrong with a smoky eye look. Add a bright colour for your lipstick or eyeliner that matches one item in your outfit.

If you are so inclined to let your inner Lady Gaga out of the closet, you can always try your hand at making your face as vibrant as your outfit. Pulling off her style sense, though, is another story altogether.









SOLID COLOUR DRESS

If you are wearing a solid colour dress, choose a palette of colours in the same family – and the eyes are where you can really work your magic. A blue eye-palette will perfectly complement this dress' yummy shade of cobalt. L'Oreal's Open Eyes Pro in Blue Harmony will do the job.

GRAPHIC PRINT DRESS

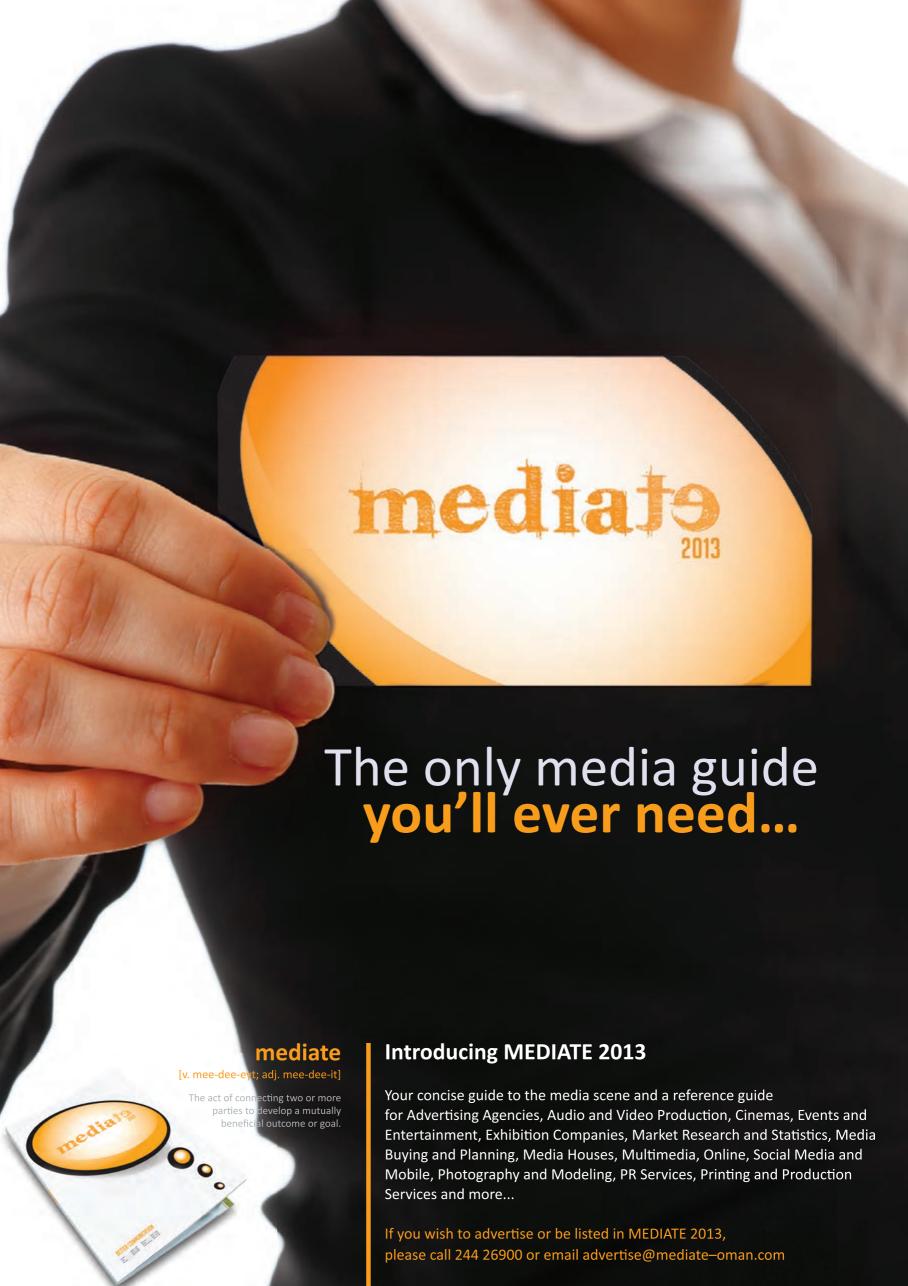
Graphic prints may seem tricky to coordinate. Accent your eyes and cheeks with the lightest shade and highlight the crease of your eye with the darker shades. Keep lips muted and add Dior Diorshow.

CASUAL WEAR

Are you dying to show off your gorgeous new purple peplum top? Use Chanel's Superstition Rouge Coco Lipstick to keep things sheer and transparent.







LAZY BOYS

TAP INTO YOUR INNER CHILD WITH SOME MUST HAVE GADGETS

Words: Clint Derric Egbert

BOOMBOX METAL WRISTWATCH

f retro is what's called for this weekend then I suggest you grab yourself the new Boombox Metal Wristwatch to juice up that old-school look. Designed with an LCD digital time display along with an actual MP3 player attached to the watch, you can now enjoy music while on the move, any time you feel the need. It comes with a locking clasp, side push buttons and a display that dims and goes off automatically after three seconds in order to conserve battery life. Unlike other MP3 watches we've seen in the past, this baby is not too bulky and does tend to add a cool touch to party wear, especially faded jeans. This may not be a device for round table office meetings, but it is definitely something you want to add to your party collection. Priced at approximately \$89.99, you can purchase the Boombox Metal Wristwatch online from www.thinkgeek.com

DRIFT HD GHOST CAMERA

Sometimes it's hard to put your experience into words, so your best bet is to simply reproduce exactly what you saw and heard in video format; like bungee jumping off a cliff for example. Thanks to the Drift HD Ghost Camera you can now capture every exciting moment as it happens. The device is equipped to record HD video

and tagging capabilities, allowing users to shoot

professional quality video with ease. Unlike other point of view cameras, it comes equipped with all the necessary features required to shoot true professional video quality and requires no additional peripherals that add to the cost of the device. Also, thanks to its intuitive user interface, navigation and setup is simple and quick. The Drift is the only action camera in the market that comes with a wearable on/off remote control with LEDs and wrist strap.

The LEDs on the remote indicate to the user the kind of mode in use, a very convenient feature when in tight situations. A colour-coded system indicates Video, Photo, Timelapse or Photoburst modes.

The Drift is priced at \$399 a piece and can be purchased from

www.driftinnovation.com/camera/drift-hd/



DISTANCE CALCULATING TALKING GOLF CADDY



Behind every successful golfer there's a good caddy. But caddy's a fallable creatures. On the other hand a distance calculating talking caddy, a palm sized GPS unit that guides you along the golf course updating you about your game play and position on the course, isn't. With a simple press of a button the device will voice your exact distance to the green, in one of eight

Additionally, the data is displayed on a monochrome LCD display that is attached to the device, and the talking caddy comes with a preloaded database of 35,000 golf courses. The Distance Calculating Talking Golf Caddy is priced at \$179.95. Although how they missed branding this piece of kit the "Caddy Killer" is anyone's guess...

STAR WARS MEETS ANGRY BIRDS

You've been there. We all have. The long nights, the broken relationships, the angry bosses wondering where that report is? Angry Birds isn't just a game, it's an addiction. And now it is back, and with a bang that can be heard throughout the universe. Our favourite birds with attitude have teamed up with Lucasfilm for a Star Wars version of the game. The new Angry Birds will feature a group of rebel birds battling against evil imperial pigs in pursuit of universal glory. Players will get to join the force, blast enemies away with the illustrious lightsaber and travel on a galactic journey into places "where no man has gone before". Or bird for that matter.

The game features more than 80 levels and players will get the opportunity to eventually go up against the infamous Darth Vader. Angry Birds style of course.

The game is available on most major platforms, including iOS, Android, Amazon Kindle Fire, Mac, PC, Windows Phone, and Windows 8. Start writing your resignation letters now.





The Oman national hockey team will enter a new era later this month with the start of the Hockey World League, and with it a shot at the World Cup.

Words: Clint Derric Egbert

competition been open to such a wide

range of teams and athletes."

And later this month Oman will be amongst the first teams to start on the road to the World Cup. Six nations from around the region, including Oman, will compete in the first round of the tournament that will take place in Doha from November 27 to December 2.

Sunder the diligent guidance of coach Sabil al Balushi and the leadership of experienced 39-year-old goalkeeper Abduljabbar al Balushi, the national team and the Oman Hockey Association hope to see Oman qualify first for the Asia Cup taking place next year.

Due to packed domestic match schedule it is understood that the team has not had enough time to practice as a unit and has not had the chance to hold a training camp. However, to make up for the lack of practice, players will get a chance to tweak their skills in the HM's Cup semifinal and final matches before they head to Doha. Coaches from other local clubs will also be focused on preparing the national team players during their practice for the HM's Cup matches.

The Hockey World League will see the teams compete in a total of four rounds over

a cycle of two years. The World League will first serve as a qualification tournament for the 2014 World Cup in The Netherlands. The next two year cycle will be a chance to qualify for the Olympic Games, to be held in 2016 in Rio.

Round one will see the national teams ranked 17th in the world and below fight it out, before the higher ranked teams join in. Eight teams from round two will proceed to the third round and will then be joined by the top eight teams in the world.

The semifinals will have two separate tournaments with eight teams each, from which the top four teams from will progress to the finals.

Oman has been drawn in Group A, along with Uzbekistan and Turkey and has a chance, at least, of progression. Group B comprises of Sri Lanka, Azerbaijan and hosts Qatar. The UAE, initially scheduled to compete in Group B, pulled out of the event recently and will not be competing. A bright new era of hockey is on the horizon.

Oman national hockey squad for the Hockey World League:

Abduljabbar al Balushi (Captain,Goalkeeper), Fahad al Nofli (Keeper), Aiman al Kathiri, Salah al Saadi Shahab Nahadh, Khalid al Shaaibi Ahmed al Balushi, Marwan Abdulrahman Yunis al Nofli, Mohamed al Shar, Shakir al Laun, Sami al Laun, Ikram Ramadhan Abdullah al Alawi, Ali al Zadjali, Nawaf al Hasani, Wail Sanjor, Mahmood al Hassani

Olympic Games, the revolution that has swept the game of hockey has gone largely unnoticed. But this quiet revolution is a revolution nonetheless. In August the Hockey World League was launched by the International Hockey Federation (FIH). It is an ambitious idea that aims to follow football's lead with a global, integrated qualification tournament for the World Cup and Olympic Games.

"This has been a vision of the FIH's for a long time and at last the day is here that we see it become a reality," FIH President Leandro Negre said when he launched the qualification tournament in August.

"It is truly an exciting time for hockey. Never before has an international hockey

STROKE TO VICTORY

Taha bin Sulaiman al Kishry re-elected as chairman of the **Oman Swimming Association.**

Words: Clint Derric Egbert

hairman of the Oman Swimming Association Taha bin Sulaiman al Kishry is set to continue his work for the another four year sdeveloping swimming in the Sultanate after winning recent elections.

But their immediate concern will focus on diving in the coming months.

The elections took place at the Oman Olympic Committee headquarters under the supervision of the Ministry of Sports Affairs during the Omani swimming body's general meeting. Twenty clubs were present at the gathering, except for Al Hamra Club.

Going up against challenger Sami Abdulaziz al Bahrani, Taha al Kishry won a majority of votes 15 of 20 votes, winning the election in the first round itself. "First, I would like to thank all the clubs for showing confidence in me. I am delighted to be elected as the chairman for the second term," Al Kishry said after the vote

"We started with the dream of setting up training centres across the Sultanate, and we would like to continue with the same objective as these training centres will help the clubs, and in turn the national teams will benefit. We will also focus on further developing swimming across the Sultanate. And we will also try to develop discipline of diving."

He will have to move quickly. The 9th Asian Swimming Championships take place in Dubai over the next two weeks. Oman has sent a small team including two divers. But they'll be hard pressed to get on the podium. China has dominated the tournament. Of the 37 records set over the past eight championships, 34 have been by Chinese swimmers.





'M SLIM-FIT, THANKS TO

- Stuti Sensarma

When Stuti walked into VLCC, she was Hypertensive. And she carried a lot of weight - 86,2 kgs to be precise. VLCC helped her lose her excess weight and bulges - without any crash diets, medicines, hunger suppressants, difficult exercises or surgery. Thanks to a natural weight loss program, Stuti is now also Hypertension-free. She enjoys a healthy, active lifestyle, even as she continues to lose even more weight and inches by being Slim-Fit



Stuti	Weight (Kgs)	ВМІ	Fat Percentage
Before VLCC	86,2	32,5	40.9
After VLCC	66.2	24.3	27.7









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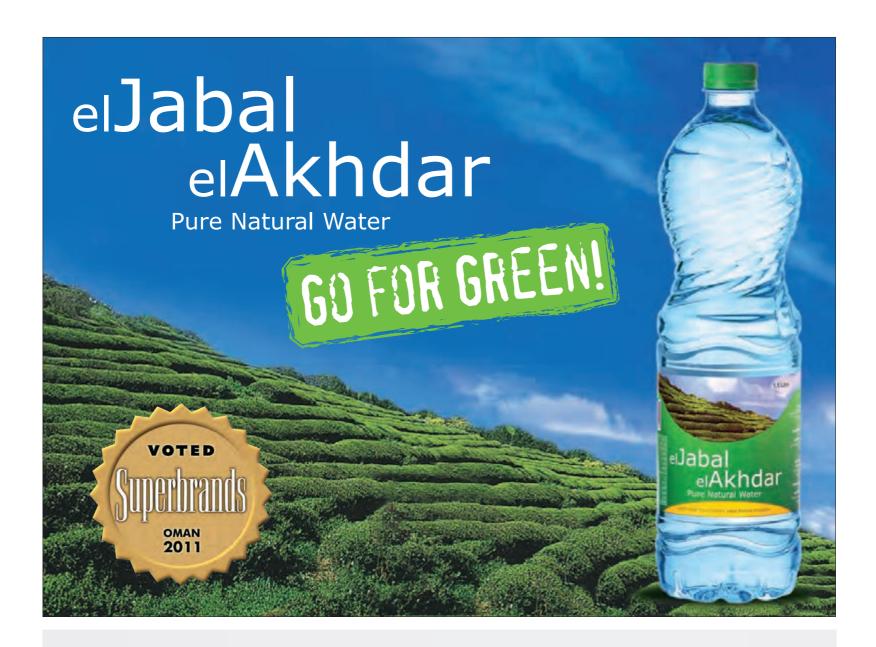




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Restaurants Left Bank, Pizza Express, Kargeen's, The Bollywood, Nando's, Woodlands, Wok of Life, Flavours, Crepe Café (Muscat City Centre), Uptown, Golden Oryx, Saravanaabhavan, Pizza Hut, Muscat Bakery and fast food outlets all over town!

Places of Interest Al, Shatti Cinema, Muscat International Airport, InterContinental Muscat, Grand Hyatt,
Al Bustan Palace, Shangri-La, Marina Bandar, National Hospitality Institute, Ras Al
Hamra Club PDO, Sultan Qaboos University, Majan College, the British Council...

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Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

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Go Figure

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, form left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

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You and Y Magazine

Create a Page



A. Friend Activity

In this issue...

Photos



Each week we are asking our readers to take part in a topical discussion via Y Magazine's facebook page. Join the group and you might see your comments printed in next week's issue!

This week:

Question: Who is your favourite Omani national team player and why?

ANSWER OF THE WEEK

Arshi Sarfaraz

Omani to play international football in Europe and also voted as "Norwegian Player of the Year," in 2004 and awarded "Wigan's Player of the Season" 2010/11. He is a star goalkeeper with a difference.

Saeed Nasser

Ali al Habsi, because his stops the goals well!

Sagar Jinachandran

Ali al Habsi is my fav... I like his goalkeeping abilities...

Awais Khan

Ali al Habsi ... he has great abilities of Goalkeeping N his been recognised abroad even ... his no doubt Oman's best player

Nafil Al Azry

Ali al Habsi .. .he>s an AWESOME goalkeeper^_^

Aafaq Ahmad

Ali al Habsi coz he is a great goal keeper.......

Akhilesh Emanuel

Ali al Habsi coz of hz goal keeping abilities. He also plays for Wigan Athletic who is a key player in their squad. hez is da best

Faisal Chowdhury

Imad al Hosni......coz hes just like me ;)

Shafiq Islam

Imad al Hosni because he really plays well and he is a good striker.

Aamir Shehzad

Hasen Rabia. Tremendous player in Oman he can change the game any time.

Vikas Singal

Ali Al Habsi, because his class is entirely different from the other set of players. The way he approaches the game and moreover he brings laurels to his country.

Shetu Sushil

Ali al Habsi cause he always encourages the players and he is the best of all.

Sarfaraz Akhtar Khan

Ali al Habsi because he is the first Omani player to play in Premier League and has awarded four times as the Best Goalkeeper in the Gulf Cup.

Shrey Baliga

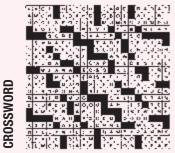
Ali al Habsi cuz he is the first Omani player he is the 1st Omani player to play in Premier League and has awarded four times and I also encourages player to play!!!!!

Poyal Don

I wish them do well in this game so I can see them in world cup 2014 brazil...insallah

Jeril John

ALI AL HABSI....without any doubt he is one of the best goal keepers from Asia and the world. His talent and skills as recognized well. Only player from Oman to get into European football club. He is the pride of Omani people and Asian people



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