

# SAWALEF

SUMMER SEASON

NEWSLETTER

*Back with  
a new  
look*



**THE SECOND AL HABTOOR  
FOOTBALL CHAMPIONSHIP**

**DIAMONDLASE NEWS**

***Subhro Chakraborty  
under the spotlight***

**WE WELCOME OUR  
NEWCOMERS**

**7** *Benefits  
of  
Coffee*

**MEET THE AUDIT DEPARTMENT**



R. VENKATARAMAN

DIRECTOR - INTERNAL AUDIT  
AL HABTOOR GROUP

**H**appiness is a feeling which should always be valued. It's apparent in the way an increasing number of people, unhappy with their current state, resolve to change themselves every New Year. However, the feeling is an enigma that is difficult to understand fully. Two people could be doing the same set of activities for example and yet only one of them experiences joy. Clouded by this aura of mystery, happiness can be an elusive goal.

*There is a famous quote: 'The past is history; the future is a mystery; and the present is a gift; that's why it is called the present'. In attempting to be happy, we must learn to live in the moment. Brooding over the past or worrying about the future means we miss the finer things in life. These things might be minute details but they add up over time and make the difference between a happy and a miserable person.*

*Once we realise the value of the present, there are three factors that we notice in all happy people. They are attitude, attitude and attitude. Attitude here refers to the composite of thoughts, feelings and action. Attitude starts in the mind (in the form of thoughts) and manifests itself in the body (as our feelings and actions). When we have a positive attitude we attract more positive things into our lives. We feel energized, optimistic and we radiate this positive energy. People love to be around us. A person with a negative attitude, on the contrary, is pessimistic and cynical and this in turn breeds more negativity.*

*In our quest for happiness, we must strive to maintain a positive attitude. When our*

*attitude turns sour, our thoughts harbour negativity. We feel awful and our actions synchronise with these feelings. If we notice that we are feeling unhappy, it can be traced back to our attitude, we need to turn it around as quickly as possible. All we need to do is engage in something that is dear to us. Pick up a childhood photo, pursue a hobby, put on some music we like, talk to an old friend or spend some time with our kids. By doing these things we help our mind to oust the negativity and keep our attitude consistently positive.*

*Consistently maintaining a good attitude is purely about enthusiasm. Enthusiasm and happiness always co-exist. If we look around, we observe that Mother Nature provides abundant displays of absolute enthusiasm. Take the example of a tree. Bees collect nectar from its flowers, men use its wood and birds make their homes in it. The plant is another example. It does not hold back the fragrance of its flowers; it doesn't stop its fruit from ripening. It lives only to serve others. Nature is based on unconditional sharing. It only knows how to give; to share what it has. The ideas of sharing and giving are at the centre of all lasting happiness. Giving can be in the form of charity - providing a service, mentoring someone or just lending a patient ear to listen someone's problems. If you do these things, maybe then you can experience true happiness. Making others happy, makes us happy.*

*Venkat*

## A NOTE TO OUR READERS:

After a long absence, Sawalef is back with a new look and many stories to tell. A lot of people have recently joined our group. We welcome them with open arms and wish them all the best on their new positions.

In this issue, we focus on the Audit department of the Al Habtoor Group. Under the leadership of Venkataraman, the Director of Internal Audit for the group, the Audit department proves that to be a successful auditor, you need to have good communications skills, diplomacy and knowledge, as well as innovation. We get to know more about Subhro Chakraborty and all the audit team in this issue of the magazine.

As the famous basketball player Pete Williams once said: "I'm not suggesting there are any errors at all. I'm saying that without a proper audit, there's no way to be sure." And now, under the capable eyes of our audit department, we have a way to 'be sure'.

*Noura Badawi*

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THE AL HABTOOR  
GROUP

THE SAWALEF TEAM:  
NOURA BADAWI  
GILDA CASTRO RIOS  
ERIN MC CAFFERTY  
ATEF MOUSA

PHOTOGRAPHY BY:  
FAISAL BOUCHEKHI





## AL HABTOOR FOOTBALL CHAMPIONSHIP IS BETTER THAN EVER



«This is such a lovely competition.»

*UAE captain Mohammad Omar*

*This year's annual Al Habtoor Football Championship was the best yet, according to all those who participated in it. And it even received praise from some of the UAE's top football stars.*

*A total of 16 teams, each representing a leading UAE company, participated in the 2011 tournament, which took place over the course of three weeks and was held in the grounds of Emirates International School, Jumeirah, beginning on April 22.*

*"This is such a lovely competition. The atmosphere is great, the crowds came out to support us and they appreciate what we do on the pitch," former UAE captain Mohammad Omar said after his Jumeirah team lost 6-7 in the penalty shoot-out to the Egyptian Stars.*

*"As a player it gives me a great opportunity to keep in touch with a sport that I have lived and loved throughout my life. I wish there were more tournaments of this nature so that players like me could utilise in contributing to football," Omar said.*

*His younger brother Ahmad, who also took part, was of the same opinion. "I like this aspect of fast and more accurate football," he noted.*

*There were four rounds and 34 games played in total, with the final taking place on May 6, 2011.*

*A series of exciting matches saw the winning trophy go to the Egyptian All-Stars team in the final match on May 6, after a hard-fought 7-6 tie-breaker win over Jumeirah. The hero for the Egyptian Stars was goalkeeper Ahmad Ebrahim after he saved Mohammad Mallalah's eighth penalty kick to help his team to victory.*

*Ahmad Khalaf Al Habtoor, Yousuf Al Shalabi and Saif Al Mazroei from the Al Habtoor Group presented the trophies to the winners and the runners-up after the final.*

*The tournament this year offered a number of exciting prizes both for players and spectators, including the grand prize of a Mitsubishi Lancer 2011, courtesy of the main sponsor - Al Habtoor Motors.*





# EMIRATES INTERNATIONAL SCHOOL - MEADOWS GRADUATION CEREMONY



On Saturday, May 28, 2011 at Emirates International School – Meadows, the achievements of the graduating class of 2011 were recognised in a ceremony attended by Mr Sultan Al Habtoor, Chairman of Al Habtoor Motors and Ms Amna Al Habtoor, the Director of Schools.

The audience of nearly 300 parents, friends, family members and teachers were treated to musical performances before and after the event. David Hicks, the High School Principal delivered the graduation address and Ayeda Ahmed provided the valedictorian address. Nabel Khatut and Sandy Azmy gave the Arabic speeches and English translation respectively.

Mr Al Habtoor and Mr Hicks presented prizes to the top achieving students in the following categories:

**Khalaf Al Habtoor Award for Excellence:** Ayeda Ahmed  
**Academic Award for Excellence in Grade 13:** Liubov Koroleva  
**Arabic and Islamic Cultural Award:** Nabel Khatut  
**Arabic Award:** Sandy Azmy  
**Principal's Award:** Varun Suri  
**International Student Award:** Jack Heng  
**DP Coordinator's Award:** Francesca Scalpello  
**CAS Award:** Dhruv Malhotra  
**Senior Sports Award:** Maximilian Bremann  
**Service Award in Grade 13:** Meghna Nambissan  
**Academic Award for Excellence in Grade 12:** Mastoureh Jafarzadeh  
**Service Award in Grade 12:** Nikita Bhatnagar

The Al Habtoor family and the school staff offer their congratulations to all the students student on reaching this milestone in their academic lives. They wish each one well in the future.



# EMIRATES INTERNATIONAL SCHOOL - JUMEIRAH HOSTS ITS GRADUATION CEREMONY



*Emirates International School Jumeirah hosted its annual graduation ceremony for the class of 2011 on Thursday, May 26, 2011.*

*The prestigious function was attended by students and their parents, as well as guests and other dignitaries.*

*The school has been operating for the last 20 years and this is the 19th year that a class has graduated from it. On this occasion, 69 students, made up of 29 different nationalities, passed with flying colours.*

*While Jianne George Pazhamalil achieved the highest grades amongst the students; Noora Al Habtoor delivered the Arabic speech and Makin Aboualzahab translated it into English.*



*There were many distinguished students in the class this year and nearly all of them plan to continue their education at universities around the world. The United Kingdom, Canada and the United States have proven to be the most popular choices for the students.*

*Emirates International School Jumeirah was established in 1991 and was authorised as an IB World School in 1992. It has since grown considerably. It is now well known in Dubai and has over 1,800 students.*

*The rigorous IGCSE and International Baccalaureate Diploma curricula have made it a popular choice. It has been offering the International Baccalaureate Diploma Programme since September 2007.*

# Challengers FOOTBALL TOURNAMENT



*This year's Challengers Football Tournament took place at the newly opened Dubai Investment Park Authority playing field, near to the Diamondlease staff accommodation.*

*The tournament started at 9am and was opened by Ilias Aneefa, the Human Resources and Administration Manager for Diamondlease. The Diamondlease staff made up six teams with seven players on each. In the finals, Diamondlease Blue defeated Diamondlease Green by one goal, winning the Diamondlease First Challengers Football Tournament trophy 2011.*

*Ali Asker received an award for Top scorer (Diamondlease –Red. Mamush won the 'Man of the Match' award*



*(Diamondlease – Blue). Afterwards the prizes were distributed by the Diamondlease Managing Director, Colin Jobe. Partha Barua, the Asstistant General Manager, Abdul Hameed, the Operations Manager, Ilias Aneefa, the Human Resources and Administration Manager, Sasi Kumar, the Asstistant Manager – Operations, were also present at the ceremony.*

*Sumesh welcomed the guests and Sam, thanked the guests and the players for attending the games. It was agreed by all that it was a good sporting event which helped to bring the staff together.*

## CONGRATULATIONS SASI !



*It gives us great pleasure to congratulate Sasi on the occasion of his completing 13 years of service with Diamondlease.*

*Having joined the sales department on December 12, 1998, he was transferred to the operations department in 1999. At the time there were just 1,500 people working there. Today however, the fleet consists of 8,300 plus.*

*Sasi's hard work and professional approach have helped Diamondlease to establish and maintain the highest service standards in the industry.*

*Congratulations once again and may you have many more years of successful service with Diamondlease.*





# DIAMONDLEASE HOST A SALES MEETING



*Diamondlease organised a team meeting for rental agents, sales executives and area sales managers at the Metropolitan Hotel on May 9, 2011.*

*The objective was to meet sales staff who had recently joined the company. It also hoped to motivate the sales team to focus on a new business generation. There was an announcement made about a new sales incentive policy; and sales staff were encouraged to ensure collection of payments and to adhere to the standard credit policies and procedures.*

*The meeting was attended by members of the Diamondlease management team – Colin Jobe, Partha Barua and Anis Ahmad, as well as Mohammed Al Mazrooei, the Director of Operations.AHG.*

## MEDICAL INSURANCE

- The company is committed to the well being of its employees. Medical insurance is therefore a key element of the compensation package offered.
- All employees are provided with medical insurance according to their position.
- Employees not opting for the company schedule will not be given a refund.
- Expenses relating to the following medical treatments will not be reimbursed:
  - Maternity
  - Dentistry
  - Ophthalmic
  - Prosthetics
  - Pre-existing medical conditions
  - Cosmetic surgery
- A full list of what is or is not included in the medical insurance package is available in the medical insurance brochure which is provided to all employees on joining the company.
- The medical policy is subject to change.
- Medical insurance identity cards are issued to all employees and their family members if applicable.

## END-OF-SERVICE BENEFITS

- The aim is to provide all employees with fair 'end of service' benefits at the end of their service.
- Every employee who has completed one year of continuous service with the company is entitled (except under special circumstances) to 'end of service benefits as per the UAE Labour Law upon leaving the Company.
- Service benefits which are calculated according to their basic salary.

- Their last drawn salary is taken as the basis for all calculations and payment of their 'end-of-service' benefits.

## COMPANY CAR

- Eligible employees are provided with company transport, either according to their grade or when it is necessary to fulfill their work-related duties.
- Employees in Grade A are eligible for a company car. The type of vehicle must be approved by management.
- Employees in other grades are allotted a vehicle for business purposes. The type of vehicle must be authorised by management.

## EMPLOYEE INCENTIVES AND ANNUAL BONUS

- The purpose of this is to reward high performing employees.
- There are a numbers of incentive schemes currently in use which may be altered from time to time and must be approved by management.
- The annual bonus is a discretionary payment approved by the board and based on the company results.

## OTHER ALLOWANCES AND OVERTIME

- To reimburse eligible employees for out-of pocket-expenses or extra time spent working
- The company grants certain allowances to assist employees in offsetting expenses incurred with their duties. These depend on an employee's grade. Some of the allowances may be specified in the employment offer, whereas others are applicable under certain working conditions, and

must be authorised by management. Allowances given by the company include:

- telephone allowance
- petrol allowance
- meal allowance
- transport allowance
- other allowance
- uniform
- laundry allowance
- air ticket
- education allowance

## OVERTIME

- Overtime is paid to junior employees who are required to work longer than normal working hours. The overtime allowance is in accordance with the UAE labours law. The overtime rate is set by the company and any hours claimed must be authorised by supervisors and the department heads.
- However, the company recommends providing alternative rest time instead of overtime compensation, and this must be authorised by the department head.

...





BY: ATEF MOUSA

*Compensation and benefits are usually decided by the human resources department.*

*Based on the current employment market, each salary is relevant to the employee's experience and level. However each also adheres to the company's policies regarding salary.*

• • •

## COMPENSATION AND BENEFITS

### SALARY PAYMENTS

- Salaries and allowances are strictly confidential and should not be disclosed by any employee.
- Salaries are paid at the end of every month or on first day of the month if the date falls on a Friday or a public holiday.
- The human resources department will advise the finance department of any salary changes.
- All salary revisions must be approved by top management.
- Individual salary slips are issued by the finance department, giving details such as the employee's code and the amount of the salary, as well as allowances and deductions.

### BASIC SALARY and HOUSE RENT ALLOWANCE (HRA)

- The company compensation structure includes provision for basic salary, HRA and company-provided accommodation.
- Each grade is specified in salary terms by a minimum and maximum basic and HRA range.

#### Basic salary and HRA

- The basic salary reflects the market rate for any particular job. Depending on

the grade, an HRA will also apply.

- The basic salary and HRA of an employee is according to their level and as stipulated in their employment contract.
- Apart from the basic salary and HRA, employees may be eligible for allowances such as a telephone, a petrol card, education and other benefits, according to his or her level.

### SALARY CERTIFICATES, LETTERS FOR LOANS AND CREDIT CARDS

- The company does not encourage debt and therefore does not grant loans to employees.
- On the recommendation of a department head, the company may provide a letter for a bank, specifying the employee's salary.
- The letter is not a guarantee for a loan, but merely confirms that the person is employed, indicating their salary amount for the bank.
- Requests for letters to banks must be made through the human resource department.
- The company may provide a salary certificate, addressed to employees who wish to apply for a credit card. They may only apply for one however.





## HABTOOR HOTELS BEIRUT TEAM



*Congratulations to the Habtoor Hotels Beirut Team for coming second in the Mini Football Fall Tournament 2010. The team showed great skill during the games and we're sure their efforts and enthusiasm will see them ranked at the top in coming tournaments.*

*Keep up the good work!*





# Why a real orange is better than a vitamin pill...

**FOOD SCIENTISTS HAVE  
IDENTIFIED WHY EATING  
AN ORANGE IS MUCH  
BETTER FOR YOU THAN  
SIMPLY POPPING VITAMIN C  
CAPSULES**



*The unique mix of antioxidants in a natural piece of fruit work much more effectively when consumed together, than when they are taken separately in the form of a tablet, according to researchers at Brigham Young University in Utah.*

*Antioxidants slow down the ageing of cells, protect*

*against cancer and could help ward off heart disease. Tory Parker, the assistant professor of nutrition, dietetics and food science, and his colleagues at the university examined whether 'phenolic compounds' - biochemicals that have antioxidant and antimicrobial qualities and are found in oranges, worked in synergy.*

*He comments: "There's something about an orange that's better than taking a Vitamin C capsule, and that's really what we're trying to figure out. We think it's the particular mixture of antioxidants in an orange that makes it so good for you."*

*- The Daily Telegraph*



**5 NAME:** Ranganathan Venkataraman (aka Venkat)  
**POSITION:** Director Internal Audit  
**D.O.J:** January 2002  
**NATIONALITY:** Indian  
**PERSONAL INFO:** Married to wife- Jayanthi, father of two children -son Aditya and daughter - Neeraja.  
**HOBBIES:** Spirituality.



**6 NAME:** Yoga Narasimha  
**POSITION:** Group Internal Auditor  
**D.O.J:** February 2010  
**NATIONALITY:** Indian  
**PERSONAL INFO:** Married to wife- Anuradha, father of two children -daughter Shreepriya and son - Shreecharan.  
**HOBBIES:** Reading, spirituality.



**7 NAME:** Nagasubramanian D  
**POSITION:** Audit Manager  
**D.O.J:** December 2006  
**NATIONALITY:** Indian  
**PERSONAL INFO:** Married to wife - N.Chitra, father of two children - daughter - N. Priyanka and son - N. Priyadarshan.  
**HOBBIES:** Cricket and chess.



**8 NAME:** CA Subhro Chakraborti  
**POSITION:** Audit Manager - AHG Internet Audit  
**D.O.J:** July 2008  
**NATIONALITY:** Indian  
**PERSONAL INFO:** Married to wife -Indira.  
**HOBBIES:** Cricket, listening to music, watching movies, spending time with family.



**9 NAME:** Charbel Yazbeck  
**POSITION:** Audit and Compliance Manager  
**D.O.J:** September 2007  
**NATIONALITY:** Lebanese.  
**HOBBIES:** Sport, exercise, camping, diving, hiking and watching movies.



**10 NAME:** Ruben Claudio  
**POSITION:** Internal Auditor  
**D.O.J:** May 2009  
**NATIONALITY:** Filipino  
**PERSONAL INFO:** Married with one daughter and one son.  
**HOBBIES:** Chess and otherboard games, darts, current affairs and nature.



**11 NAME:** Faisal Baroudi  
**POSITION:** Internal Auditor  
**D.O.J:** July 2009  
**NATIONALITY:** Syrian  
**HOBBIES:** Soccer, basketball, tennis and music.



**12 NAME:** Antony Sunil  
**POSITION:** Audit Assistant  
**D.O.J:** March 2008  
**NATIONALITY:** Indian  
**HOBBIES:** Soccer and music.



# THE AUDIT DEPARTMENT



# MEET

## THE AUDIT DEPARTMENT...



- 1 NAME:** Zohl Henry Francia  
**POSITION:** Internal Auditor  
**D.O.J:** December 2010  
**NATIONALITY:** Filipino  
**PERSONAL INFO:**  
Married to wife - Marie Rose,  
father of two daughters -  
Marie Zohl Angela and Yeesha  
Beatriz.  
**HOBBIES:** Playstation 3  
games, strategy games,  
badminton and basketball.



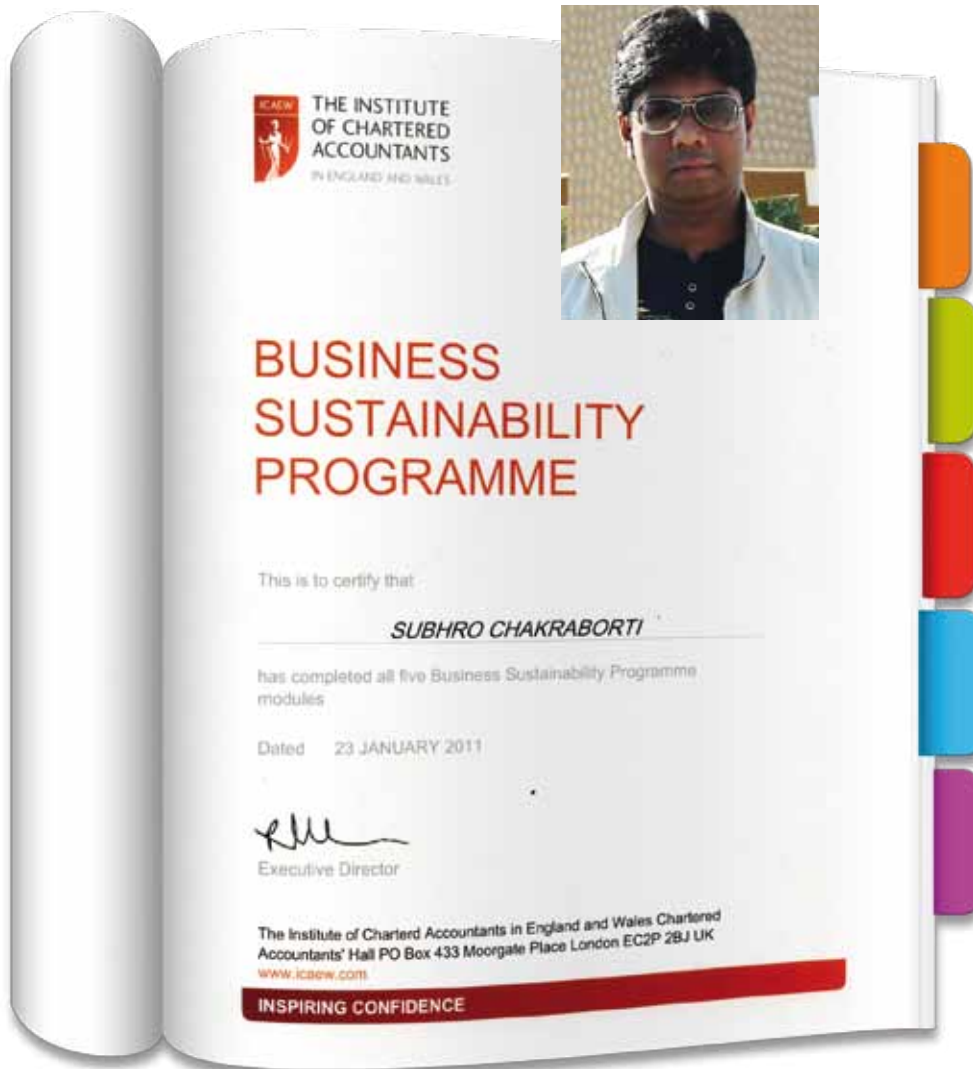
- 2 NAME:** Safeena Beegum  
**POSITION:** Insurance  
Co-ordinator  
**D.O.J:** December 2010  
**NATIONALITY:** Indian  
**HOBBIES:** Reading, Computer  
Graphics.



- 3 NAME:** Safa Al Amin  
**POSITION:** Assistant Internal  
Auditor  
**D.O.J:** July 2009  
**NATIONALITY:** Iraqi  
**HOBBIES:** Reading, chess and  
the internet.



- 4 NAME:** Pavanan KB  
**POSITION:** Assistant Manager  
-IT Audit - AHG Inter Audit  
**D.O.J:** July 2008  
**NATIONALITY:** Indian  
**PERSONAL INFO:** Married  
to wife - Sindhu, father of  
two children - son Nikhil and  
daughter Nidhi.  
**HOBBIES:** Sport.



## THE BUSINESS SUSTAINABILITY PROGRAMME

*Business Sustainability and Corporate Responsibility refers to the actions, activities and obligations of a business attempting to achieve sustainability. It's believed that if businesses intend to*

*be sustainable in the long term, then the resources they rely on should be sustainable too.*

*Sustainability refers to social, economic and environmental issues - namely the preservation of natural resources, the reduction of carbon emissions and attempts to reduce global warming. Ethical marketing, community welfare, human rights and addressing the*

*needs of stakeholders are also part of modern sustainability programmes for businesses. The concept of sustainability has gained momentum in recent years, though it dates back to 1700. More and more corporate and government businesses are adopting these policies as part of a strategic business plan to benefit both businesses and society.*



# Subhro Chakraborty

## SUBHRO CHAKRABORTY IS THE AUDIT MANAGER FOR THE INTERNAL AUDIT DEPARTMENT

### 1. What is your position in the Al Habtoor Group?

I work in the audit department, where I was recently promoted to the post of audit manager.

### 2. What is the function of the audit department?

The audit department helps the organisation to function smoothly. It's there to help people rather than hinder them.

### 3. What is the most treasured possession in your office?

I would say it has to be the people I work with, and my boss for his guidance. We have a friendly

atmosphere in the department which I value. Besides that, my laptop is also a treasured possession. (Although Anoop has had it for two days now). Laughs...

### 4. What are your guilty pleasures?

Chocolate, cake and ice cream.

### 6. When did you last lose your temper at work?

Losing my temper at work is not an option. I'm a professional and I try to keep my cool.

### 7. Tell us about your personal life.

I got married last year in June 2010. My wife Indira means the world to me. We're so happy and very much in love. I consider myself very lucky, to have found someone like her.

### 8. What do you do in your spare time? Do you have any hobbies?

I love listening to music and watching movies of all kinds.

### 9. Who is the public figure you admire the most?

I would have to say it was Mother Theresa. She lived in the same place that I come from - Calcutta, and I saw her several times before she died. She devoted her entire life to the welfare of others. I also admire my parents.

### 10. If you won a million dollars, what would you do with it?

I would love to win a million dollars. I would go on a tour of the world. I especially want to see Paris. I would also buy a huge house in India. 'Inshallah' this will happen...

### 11. Do you have any financial tips on how to organise finances?

In my view, everyone should have a pension plan or some sort of savings scheme. Always go for risk free bonds; you should track your monthly expenses; and all other costs should be monitored.



**1 Coffee is a good source of antioxidants**

While fruits and vegetables are still the richest sources of antioxidants, it turns out that for many office workers, coffee is the main basis of antioxidant consumption. Black tea and bananas come in second and third place, respectively. Surprisingly, both caffeinated and decaffeinated coffee provide similar amounts of antioxidants.

**2 Coffee increases your metabolism**

Studies show that coffee is beneficial in terms of weight loss. It is however a common misconception that coffee is an appetite suppressant. But supposedly your morning cup of coffee can speed up your metabolism by about 10 per cent. Metabolic rates are highest during the first three hours after consumption. Just make sure to skip the added sugars, syrups and whipped toppings often found in coffee-based drinks.

**3 Coffee can improve Short-term memory**

According to studies published in 'The Journal of the American Medical Association', caffeine is a cognitive stimulant that actually boosts brain function. Furthermore, coffee reduces the levels of beta amyloid, a protein in the brain that is responsible for Alzheimer's disease.

**4 Coffee lowers the rates of some types of cancer**

According to WebMD (the American provider of health information services), coffee drinkers are 50 per cent less likely to get liver cancer. By drinking two cups of coffee per day, you're also slashing your risk of getting colon cancer by 25 per cent. Some studies have also found ties to lower rates of breast and skin cancer.

**5 Coffee can reduce the risk of developing type 2 diabetes**

WebMD also asserts that coffee contains chemicals that lower the blood sugar, making heavy coffee drinkers half as likely to get diabetes as light to non-coffee drinkers. One to three cups per day can reduce the risk of getting diabetes by single digits, but people who drink six cups or more per day can slash their chances by up to 54 per cent.

**6 Coffee is actually good for your teeth**

We all know that one of the biggest downsides of drinking coffee is a stained smile, but the beverage can also have a positive effect on the teeth. According to a 2009 article published in the 'Wall Street Journal', people who drink coffee are less likely to have cavities. Roasted coffee beans produce antibacterial effects that ward against microorganisms like Streptococcus, which plays a hand in causing tooth decay.

**7 Coffee can help prevent and stop headaches**

Did you know that caffeine is one of the main ingredients in migraine medication like Excedrin Migraine? WebMD explains that blood vessels increase in size during a migraine. However caffeine works to decrease the size of the blood vessels before they can affect the nerves in the brain. So, drinking coffee in the early stages of a headache can help to minimise the severity later on.

**A CUP A DAY MAY  
KEEP THE DOCTOR AWAY**





# 7 Benefits of Coffee

*Drinking coffee has a number of surprising health benefits*

*Not convinced? Read on...*

*It's hard to imagine a morning without a cup of coffee - actually, make that morning, mid-day, and evening.*

*Yes, we admit it; we're hooked on the 'black stuff'. But, we've been told for years that coffee drinking is a bad habit - you've probably all heard the old, "Coffee will stunt your growth" saying at some point?*

*While we're well aware of the negative effects of drinking too much coffee, we believe that the benefits outweigh them.*

*So, why have past medical studies given coffee such a bad reputation?*

*The reason is quite simple - most of those that linked coffee consumption to cancer were inadvertently studying coffee drinkers who were also smokers.*

*In fact a 2006 issue of 'Harvard Women's Health Watch' claimed that far from being dangerous, moderate coffee consumption, defined as three to four cups per day, was actually beneficial to a person's health.*

*So, fellow addicts, it seems you don't have to feel guilty anymore. Here are some reasons why it's ok to be hooked...*



**ERIN MC CAFFERTY**  
EDITOR-IN-CHIEF  
OF 'AL SHINDAGAH'  
MEDIA and  
COMMUNICATIONS  
DEPARTMENT



*H*aving recently joined the Al Habtoor Group as **Editor-In-Chief** of '**Al Shindagah**' I would like to introduce myself.

I've been a journalist for the past 10 years and have worked on numerous publications both in the UAE and in Ireland, where I'm from.

I came to Dubai three years ago to launch 'Insider' magazine and act as its first Editor. I've also written for 'The National', 'Emirates Woman' and 'Inside Out' amongst other publications. I worked fulltime with 'Gulf News' until recently.

Before coming to the UAE, I wrote for a number of newspapers and magazines in Ireland and the UK including 'The Irish Independent', 'The Sunday Tribune', 'The Irish Examiner', 'The Sunday

World', 'The Irish Sun', 'The Evening Herald', 'The Dubliner' and 'Woman's Way' magazine, writing both news and feature articles and holding the position of Deputy Features Editor with 'The Irish Sun'. I'm also a published author and have an honours business, economic and social studies degree from Trinity College, Dublin, as well as an honours Masters in print and radio journalism from DIT in Dublin.

Living in Dubai is an interesting experience. I enjoy the fact that the city is multicultural and also, being in its infancy, offers a wealth of opportunities. It's like no where else I've ever been and I find it fascinating to live in a man-made metropolis, which is establishing itself before my very eyes. It has its own particular energy.

**AHG - Media and Communications**  
**Editor-In- Chief**  
**DOJ : January 31, 2011**

*Erin  
Mc Cafferty*



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**Gilda Castro**  
**AHG - Media and Comm**  
**Graphic Designer**  
**DOJ : April 17, 2011**



**Abdul Malik Abul Khaliq**  
**AHG - Media and Comm**  
**Manager Islamic Centre**  
**DOJ : April 17, 2011**



**Sunil Ganapthy Nampoothiri**  
**AHG - Internal Audit**  
**Audit Manager**  
**DOJ : April 17, 2011**



**Manojkumar Ponnarassery Appu**  
**AHG - CEO Office , Driver**  
**DOJ : April 19, 2011**



**Faisal Ayman Baroudi**  
**AHG - Internal Audit, Auditor**  
**DOJ : May 4, 2011**



## WELCOME TO OUR NEWCOMERS!



**Silviu Conciu**  
Al Khawaneej Farm  
Estate Manager  
DOJ : February 21, 2011



**Hamdan Ghulam**  
Al Khawaneej Farm  
Gardener  
DOJ : March 8, 2011



**Ganna Sotnykova**  
AHG - Executive  
Administrator  
Guest Relation &  
Reception  
DOJ : March 13, 2011



**Muhammad Fahad  
Kafeel**  
AHG - Media and Comm  
Web Designer  
DOJ : March 21, 2011



**Blessie Lavitoria Ancheta**  
Metroplex Cinema  
Cashier  
DOJ : March 28, 2011



**Ganesh Narayan Meena**  
Al Khawaneej Farm  
Gardener  
DOJ : March 21, 2011

# Welcome!

## TO THE TEAM

### JAMAR JOHNSON

#### EXECUTIVE ASSISTANT TO THE MANAGING DIRECTOR



*I attended Loyola University Chicago in the United States and graduated in 2009. There I majored in political science with minors in international studies and English. While in college, I competed in the long and triple jump and served as the team's co-captain. I was also an intern for the then US Senator Barack Obama's legislative office and I worked on his 'Obama for America' presidential campaign. After College, I worked for the US senator Roland Burris. In my spare time, I enjoy reading and playing sport. In particular I enjoy basketball, American football, softball and soccer. I've never been married.*



**AHG - Executive Administrative  
Assistant to the  
Managing Director  
DOJ : 2nd January 2011**

*As general as this may sound, I enjoy anything that's fun - whether it's an amusement park, an innovative idea, high-level competition or simply hanging out with my friends.*

*In terms of my personality, I dislike anything that borders on complacency.*

*My ambition is to live a life of adventure. When I'm an old man I may decide to enter the political arena or indeed attempt to change the world. And if that statement comes across as idealistic, so be it, I'm only 24 years old.*





## Saqr Al Ammari

Public Relation Representative  
AHG Employee of the Season



*B*orn in Yemen, Saqr Al Ammari has been employed by the Al Habtoor Group since November 1, 2008 as a Public Relation Representative.

His main responsibility is to ensure that employee visas, commercial licenses and all official government documents are correctly processed. In particular he works for the Human Resource and Administration department. Active, hard working and cheerful, he likes to begin work early in the morning and prides himself on his accommodating attitude.

Mr Al Ammari is happily married to a woman from the United States and has two sons.

## Ma Gretchen I. Tariela

F&B counter - Metroplex Cinema  
Employee of the Summer Season



*M*a Gretchen I Tariela, an F and B counter hand with the Grand Metroplex Cinema, was recently selected as the 'Employee of the Season'.

Aware that the growth and success of our company is largely dependent on having capable staff members such as Gretchen, the Al Habtoor Group is most appreciative of the contribution she has made.

Gretchen joined the Grand Metroplex Cinema nine months ago and was nominated as 'Employee of the Season' because of her performance during this period. Not only is she passionate about her work, she has great drive and her colleagues say she is loyal, compassionate and ethical.

A quick learner, within her first three weeks at the F and B counter, Gretchen had learned all of the product names and features, as well as how to use the cashier. It normally takes a new employee at least two months to become familiar with the products.

What's more, she is always courteous and friendly to customers. We hope she will remain with us for many years to come.

# Happy Birthday



	Name	Location	Position
1-Jun	Navanth Zende	Al Khawaneej Farm	Gardener
2-Jun	Efren Apostol	Real Estate	Life Guard
5-Jun	Maan Halabi	AHG - Exec and Admin	Managing Director
12-Jun	Helen Hedworth	AHG - Chairman's Office	Executive Assistant
16-Jun	Blessie Ancheta	Metroplex Cinema	Cashier
24-Jun	Sandor Pinter	Real Estate	Chief Engineer
24-Jun	Romel Daquioag	Al Khawaneej Farm	Housekeeper
25-Jun	Radwa Abdul Salam	AHG - Media and Comm	Administrative Clerk
26-Jun	Muhammad Fahad Kafeel	AHG - Media and Comm	Web Designer
27-Jun	Maritoni Garcia Hernandez	AHG - Investment and Dev	Executive Secretary
28-Jun	Terese Panganiban	AHG - Finance	Secretary
28-Jun	Arlene Ong Oclarino	Al Habtoor Business Tower	Security Officer
29-Jun	Shibu Kumar Vamadevan	Real Estate	Plumber
30-Jun	Roshan Meena	Al Khawaneej Farm	Gardener
30-Jun	Muzafer Syed	Metroplex Cinema	Doorman
1-Jul	Ganesh Meena	Al Khawaneej Farm	Gardener
2-Jul	Jamar Johnson	AHG - Exec and Admin	Executive Admin Assistant to MD
8-Jul	Abdul Wahab Shaik	Metroplex Cinema	Assistant Projectionist
11-Jul	Chandran Kandathil	Real Estate	Pool Attendant
16-Jul	Faisal Baroudi	AHG - Internal Audit	Auditor
17-Jul	Jeelani Abdul Khader	Metroplex Cinema	Chief Projectionist
21-Jul	Sekar Ayodhi	Real Estate	Pool Attendant
24-Jul	Ganna Sotnykova	AHG - Exec and Admin	Guest Relations and Reception Officer
30-Jul	Thahir Muhammadali	Metroplex Cinema	Doorman
7-Aug	Krishan Satbri	Al Khawaneej Farm	Office Help
15-Aug	Anoop Raj	AHG - Information Dept	IT Manager
18-Aug	Mohammed Younes	AHG - Exec and Admin	Legal Advisor
28-Aug	Alberto De Garcia	Real Estate	Life Guard





# MISCONDUCT?

**REPORT IT ON:**  
**800 50 37283**  
**TOTALLY ANONYMOUS**

A black and white photograph of a man with dark hair and green eyes, looking directly at the camera. A US one-dollar bill is held over his mouth, covering it completely. The bill is oriented horizontally, showing the portrait of George Washington. The background is a solid dark grey.

*“Every action  
has a reaction”*

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