



# NICHE

Luxury & Lifestyle

MAGAZINE

SEPTEMBER, OCTOBER  
2010

**IDEAS WORTH  
SPREADING**

Eat, Pray, Love

FIRST  
**REFRIGERATED  
BEACH**

POETRY **OF**  
**THE FOOT**

**SUMMER**  
FLAVOURS

YOU DESERVE  
**LEADERSHIP**



IF YOU CARE ENOUGH TO SEND  
*the very best*

CAIRO: CITY STARS, FIRST FLOOR  
ALEXANDRIA: CITY CENTER

NICHE MAGAZINE TEAM

# COVER STORY

ZERO ISSUE



The cover photo for the photographer "Andria Lindquist" some know her as "Dre", graduated in may 2007 from UW-Eau Claire with a major in latin american studies. The photographer own a collection of great stories through her great photos as she mentioned "I write people's story through images. i write what i see. capture. think. do"

We picked the cover photo believing that Smiling is infectious; you can catch it like the flu. Some smiled at me today, and I started smiling too. Laughter makes it easier to cope with different challenges in life and brings the balance you need We chose to add it in Black and White as it has an inherent dignity which we see in our readers.

*I was caught up in discovering the exact  
NICHE where my skills best fit"*

*Andria Lindquist*

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THE LETTER

Dear Readers

I want to start my words by taking my hat off to what Galileo once wrote: **“you cannot teach a person something he does not already know, you can only bring what he does know to his awareness”**. That provides a look into the deeper aspects of ourselves and the limitless possibilities and potential that is available to all who will only take the time to find it, just travel through the coming pages.

I have faith in words; I believe that words can move people to action, and I get surprised each time to where inspiring words can take a reader. The words that create impressions, images and expectations; that build psychological connections and influence how we think. Since thoughts determine actions, there's a powerful connection between the words we use and the results we get. That is why we worked hard to be unique in selecting our readers as well as our words and brands; we chose to address the elite, the leaders and only those who make an impact in our communities.

Each walk of life has its own Niche. Those who know how to unveil their subconscious and creativity believing that curiosity about life in all of its aspects is still the secret of great creative people. Let me represent you to the world where you can read. Read everything you can get your eye on.

I want to welcome you to our tasteful magazine that spots love marks, which in turn spots the demands of the elite society of the Middle East and present them through unique designs and luxury ideas. Hence, it presents a manner of living or a life style that reflects the reader's values and attitude bringing its articles and brands to a higher level of awareness. Let me introduce NICHE Magazine

Nady Ghaly



# SEASON'S EVENTS

## BIG ON HOSPITALITY, EFFICIENCY AND ACCESSIBILITY

*Challenge your spirit of adventure.  
Challenge your preconceptions.*

*You'll soon understand why so many  
visitors flock to these charming des-  
tinations in the Middle East all over  
the year.  
One visit to our destination - which  
is literally situated in the Middle  
East - will explain why.*

## GLOBAL GREEN TECHIES FORUM 2010



**WHEN:**

**September 20 - 22 , 2010**

**WHERE:**

Amman

**DESCRIPTION:**

The forum will focus globally on new emerging and advancement technologies trends in green techies. It will also showcase practical solutions for legislation and investments opportunities aspects regarding renewable energy in MENA countries.

**ORGANIZER:**

Jordanian REnewable Energy Society  
Jubaiha - Ben Auf St. 0777418782,  
Amman  
Jordan  
Tel: 00962 6 5356756  
Email: info@res-jo.com

## MIDDLE-EAST POOL & SPA EXHIBITION 2010



**WHEN:**

**September 26 – 28, 2010**

**WHERE:**

Dubai International Convention and Exhibition Center

**DESCRIPTION:**

M.E. Pool Exhibition will focus on state-of-the-art technologies and know-how in pool construction with all other related materials and products. This will attract an overwhelming professional audience and thereby creating new and fruitful business opportunities and deals for both visitors and exhibitors.

**ORGANIZER:**

Reed Exhibitions FZ LLC  
PO Box 60799,  
Abu Dhabi  
UAE  
Tel: +971 2 444 6113  
Fax: +971 2 444 3768  
Email: tarek.ali@reedexpo.ae  
Contact Name: Tarek Ali (Show Manager)

## GULF VIP ON BOARD DESIGNS



**WHEN:**

**September 27 - 29, 2010**

**WHERE:**

Bahrain International Exhibition & Convention Center, Hall 2,  
Manama

**DESCRIPTION:**

Region's annual international event showcasing the world's latest trends in interior design solutions for private and corporate luxury air craft and sea craft owners and key buyers of VIP interiors from the Middle East.

**ORGANIZER:**

Bahrain Convention & Exhibition Bureau  
Phone: +973-17-558800  
Fax: +973-17-553447  
P.O. Box 11644, Manama , Bahrain  
E-mail : info@bahrainexhibitions.com

## OMAN CAPITAL MARKETS FORUM 2010



**WHEN :**

**SEPTEMBER 28 – 29, 2010**

**WHERE:**

Al Bustan Palace InterContinental, Muscat

**DESCRIPTION :**

The Capital Markets Forum will provide delegates with a clear understanding of the various issues and challenges pertaining to the country's financial market and to learn up-to-date strategies and trends for investing and making money on the capital markets and exchange.

**ORGANIZER :**

Oman International Trade & Exhibitions (OITE)  
P.O. Box 268, PC 112 Ruwi,  
Muscat  
Oman  
Tel: +968 99315562  
Fax: +968 24564303  
Email: hassan@oite.com





*Travel the world over, meet the famous, saints and sinners, poets and artists, kings and queens, old stars and hopeful beginners, go where no-one has ever been before. Learn secrets from writers and cooks all with one library ticket to the wonderful world of books.*

**Ralph (Waldo) Ellison (1914-1994)**  
"I am an invisible man. No, I am not a spook like those who haunted Edgar Allan Poe; nor am I one of your Hollywood-movie ectoplasm. I am a man of substance, of flesh and bone, fiber and liquids and I might even be said to possess a mind. I am invisible; understand, simply because people refuse to see me."

The African-American writer and teacher, whose novel gained a wide critical success, has used racial issues to express universal dilemmas of identity and self-discovery but avoided taking a straight forward political stand. "Literature is col-

orblind," he once said. Many artists of the Black Arts movement rejected Ellison for his insistence that America is a land of cultural exchange and synergy. He has been compared to such writers as Melville and Hawthorne. Talented in many fields, Ellison also was an accomplished jazz trumpeter, sculptor, college professor and a free-lance photographer. He was also a charter member of the Fellowship of Southern Writers. In 1992, at the age of 79, Ellison was honored by a special achievement award from the Anisfield-Wolf Book Awards. Ralph Ellison died on April 16, 1994 of pancreatic cancer, and was buried in the Washington Heights neighborhood of New York City.

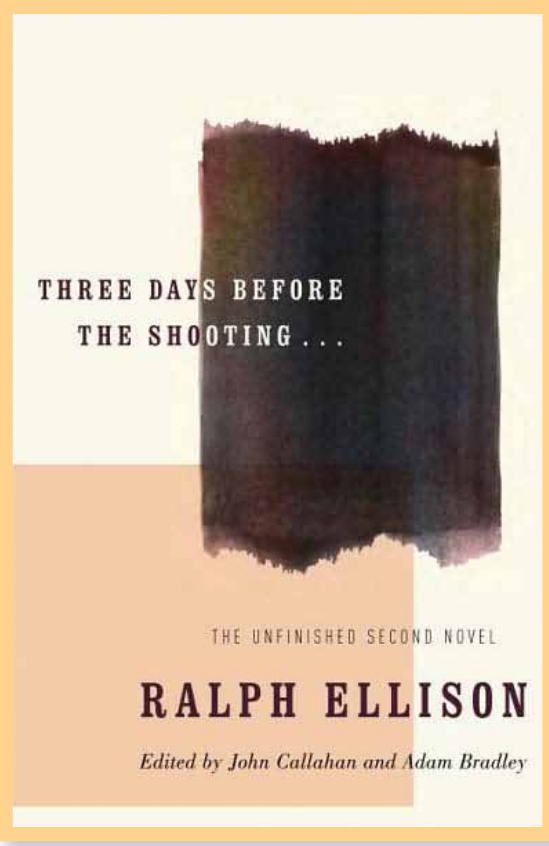
Ellison's diversified interests reflect his multidimensional imagination. His interest ranged from fishing, hunting to repairing car engines, and assembling radios and stereo systems. His haberdasher in New York said that "He knew more about textiles than anyone I've ever met," and his friend Saul Bellow called him a thoroughgoing expert on the raising of African violets. The scope of Ellison's mind and vision may have contributed to the growing unwieldiness of his much-awaited second novel, which he toiled over for forty years. He planned it as three books; a saga that would encompass the entire American experience.

**ABOUT THIS BOOK**  
*Books are men of higher stature; the only men that speak aloud for future times to hear.*  
At his death in 1994, Ralph Ellison left behind roughly two thousand pages of his unfinished second novel, which he had spent nearly four decades writing. Long awaited, it was the work Ellison had intended to follow his masterpiece, "Invisible Man" which sold so well that royalty checks provided financial security for the rest of Ellison's life. Five years later, Random House published "June-teenth", based on the central narrative of Ellison's unfinished epic. It was co-edited by John F. Callahan, the executor of Ellison's literary estate, and Adam Bradley, a professor of English at the University of Col-

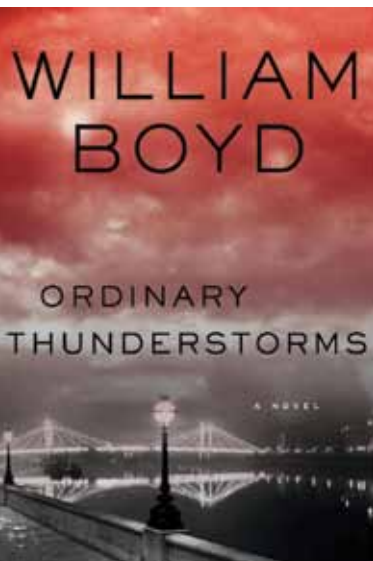
orado at Boulder. The book was published on January 26, 2010 by Modern Library Readers, unleashing what Ellison had kept to himself for more than half his life.

**Three Days Before Shooting**  
The book is perhaps most notable for its extraordinary insight into the creative process of one of Oklahoma's greatest writers. In various stages of composition and revision, its typescripts and computer files testify to Ellison's achievements from the mid fifties until his death forty years later. It is an essential, fascinating piece of Ralph Ellison's legacy and its publication was welcomed as a major event for American arts and letters. Compiled in one volume for the first time, all the parts of that planned opus, including three major sequences that were never published before was released.

*The more you read, the more things you know. The more you learn, the more places you go.*



# BOOKS OF THE SEASON



THE SWAN THIEVES	SARAH'S KEY	ORDINARY THUNDER STORMS
Elizabeth Kostova	Tatiana de Rosnay	William Boyd

Psychiatrist Andrew Marlowe has a perfectly ordered life-solitary, perhaps, but full of devotion to his profession and the painting hobby he loves. Artists and lovers will tell you there is a pleasurable pain to obsession. The kind of obsession that taints your thoughts unsettles your stomach and throws a polarizing filter over your vision. Life without it was peaceful, dull, pastel. Life with it is a masochistic acid trip of primary colors.

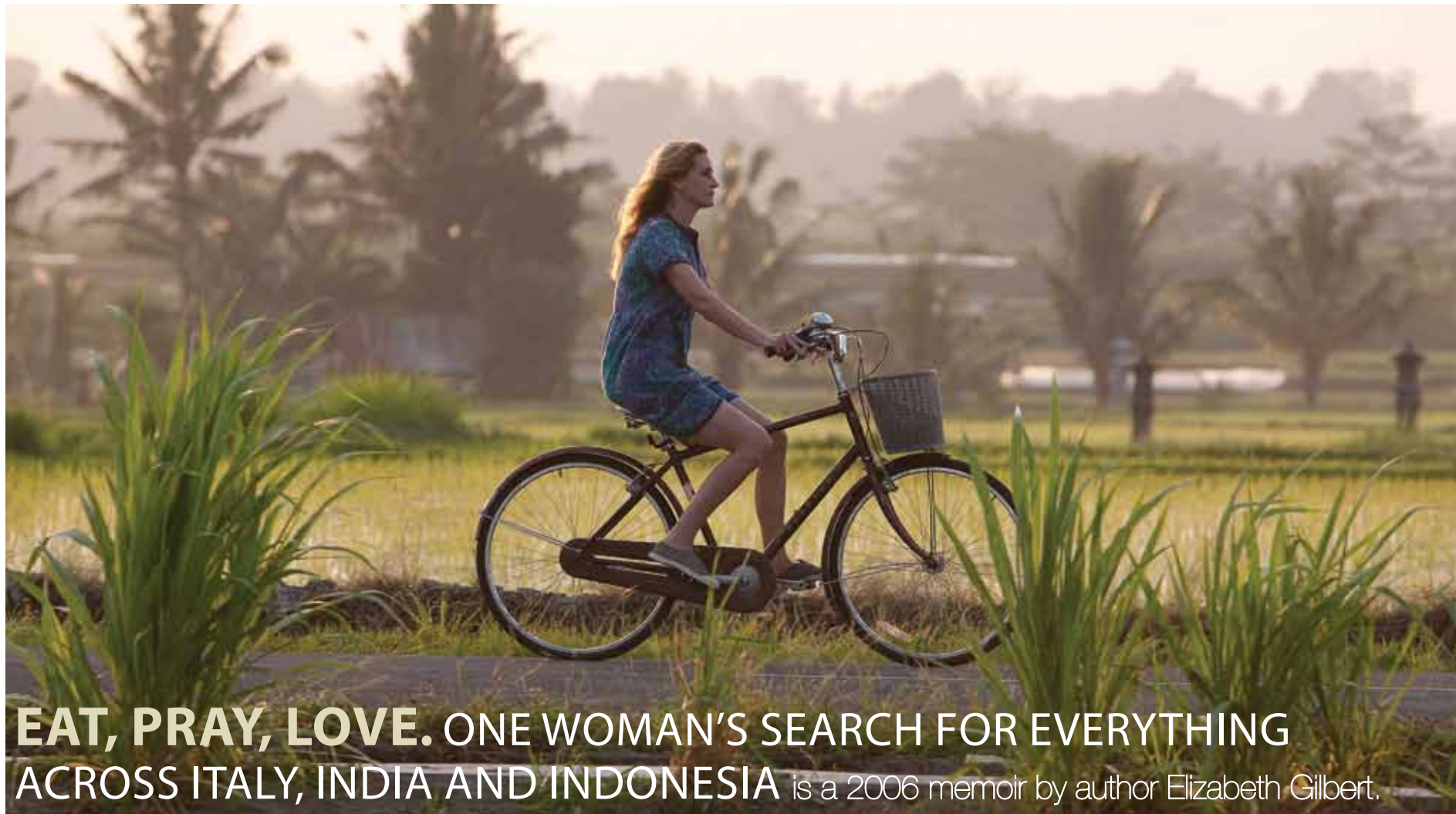
Paris, July 1942: Sarah, a ten year-old girl, is brutally arrested with her family by the French police in the Vel' d'Hiv roundup, but not before she locks her younger brother in a cupboard in the family's apartment, thinking that she will be back within a few hours. Tatiana de Rosnay offers a brilliantly subtle, compelling portrait of France under occupation and reveals the taboos and silence that surround this painful episode.

A man newly arriving in the big city makes a brief acquaintance with a preoccupied stranger. The next time they meet, there is a knife sticking out of the stranger's side. Our hero scarpers; leaving incriminating clues, but finds there's a ruthless assailant outside his home. Soon he is on the run, both from the police and some unknown malevolent organization which is out to get him, unless he gets them first.



# IDEAS WORTH SPREADING

L'AMOR CHE MOVE IL SOLE E L'ALTRE STELLE.



**EAT, PRAY, LOVE.** ONE WOMAN'S SEARCH FOR EVERYTHING ACROSS ITALY, INDIA AND INDONESIA is a 2006 memoir by author Elizabeth Gilbert.

The memoir chronicles the author's year of spiritual and personal exploration trip around the world after her divorce, and what she discovered during her travels. As of February 2010, the book has remained on the New York Times Best Seller list for 158 weeks; the book was still on the list as number 2. Subsequently Gilbert appeared on The Oprah Winfrey Show.

**ELIZABETH M. GILBERT** (born July 18, 1969) is an American novelist, essayist, short story writer, biographer, and memoirist. Her father was a chemical engineer, her mother a nurse. Gilbert grew up on a small family Christmas tree farm in Litchfield, Connecticut. The family lived in the country with no neighbors, and they didn't own a TV or even a record player. Consequently, they all read a great deal, and Gilbert and her sister entertained themselves by writing little books and plays. She attended New York University and graduated in 1991 with a BA in Political Science, after which she lived the life of a literary vagabond — experiencing life as a cook, a waitress, and a magazine lackey — in order to write about it. In an interview, Gilbert mentioned The Wizard of Oz with fond nostalgia, adding, **"I AM A WRITER TODAY BECAUSE I LEARNED TO LOVE READING AS A CHILD—AND MOSTLY ON ACCOUNT OF THE OZ BOOKS..."**



She is especially vocal about the importance of Charles Dickens to her, mentioning his stylistic influence on her writing in countless interviews. She lists Marcus Aurelius' Meditations as her favorite book on philosophy.

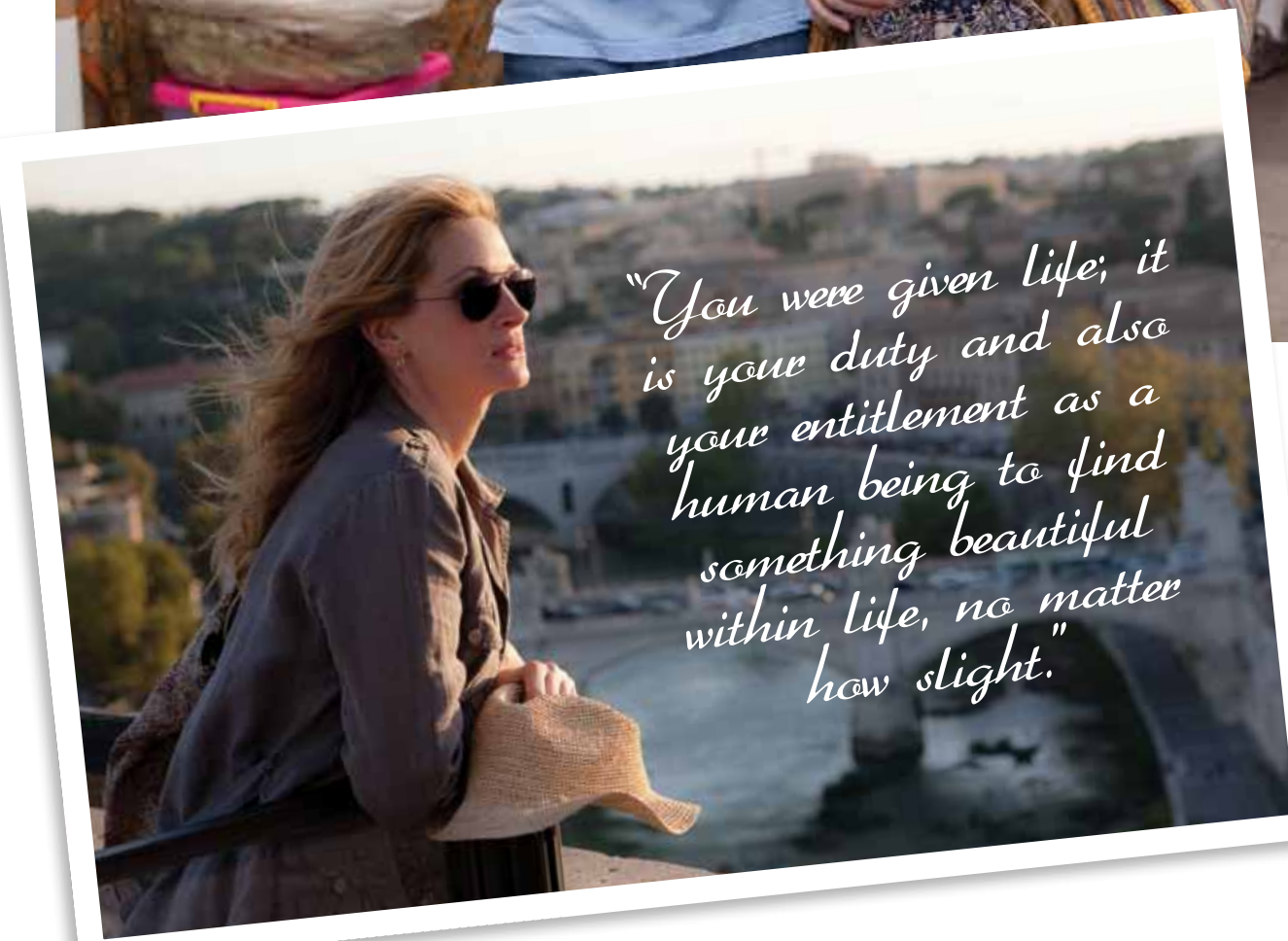
**"I AM STRONGER THAN DEPRESSION AND BRAVER THAN LONELINESS AND NOTHING WILL EVER EXHAUST ME."**

At the age of 32, Gilbert was educated, had a home and a husband, and a successful career as a writer. However, she was unhappy in her marriage and often spent the night crying on her bathroom floor. She separated from her husband and initiated a divorce, which her husband contested. She entered into a relationship with another man, but this relationship did not work out either. While writing an article on yoga vacations in Bali, she met a seventh-generation medicine man who told her she would come back and study with him. After finalizing her difficult divorce, she spent the next year traveling around the world. She spent four months in Italy, eating and enjoying life (**Eat**). She spent four months in India, finding her spirituality (**Pray**). She ended the year in Bali, Indonesia, looking for "balance" of the two and found love (**Love**); in the form of a dashing Indonesian factory owner. She was described by "fueled by a mix of intelligence, wit and colloquial exuberance that is close to irresistible"

## THE MOVIE

Columbia Pictures purchased film rights for the memoir and will produce a film version under the same title set to be released on August 13, 2010. American actress Julia Roberts is starring in the film; Ryan Murphy will direct the film.

After trying and failing to become pregnant, a woman realizes she is not getting what she wants out of life, and after a painful divorce, sets on a journey across the world.



*"You were given life; it is your duty and also your entitlement as a human being to find something beautiful within life, no matter how slight."*





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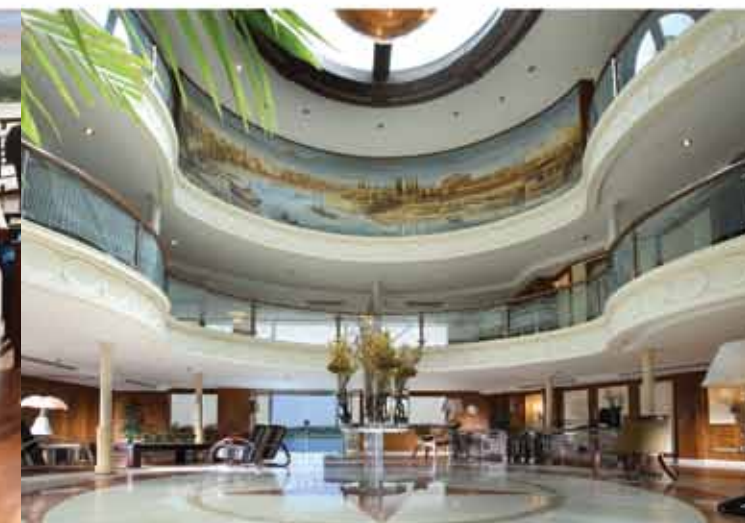


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# THE FAIRMONT NILE CITY

CONTINUES THE CULINARY ADVENTURES PROMISED.

## GREAT PROMOTIONS AT NAPA GRILL

Now with the end of Ramadan right around the corner, you cannot miss out on the amazing promotions at Napa Grill. Napa Grill, a true Californian restaurant at heart, strives on innovation and the understanding of its customers. Offerings such as the Burger Promotion, Burger Delivery, Business Lunch, and Brunch are simple creations that cater to the customer's needs.

The Burger Promotion is truly one of a kind. Of course, there is no better time to eat a succulent and tender burger than the summer. Every week a different burger is offered, which hit a soft spot with all the burger lovers out there. Toppings vary from pineapple to truffle oil, from Foie gras to blue cheese.

For those who are stuck in the Nile Towers offices with a lot of paper work, Fairmont Nile City has put you in mind with providing burgers to go. You can now enjoy our juicy burgers without leaving the office. The side salad and fries are bound to fill you up and keep you going for the rest of the day.

As for all the business oriented people. Whether you need a break out of the office with some colleagues or need to invite business associates there is no better place than Napa Grill. A carefully designed two course menu, with a choice of three options for each course, is designed to take less

than 45 minutes and for only 88 LE. This menu usually includes a few items that are characterized as Lifestyle Cuisine. This is a concept adapted by Fairmont which does not assign a specific "diet" to guests, but provides them with dining options designed to contribute to a healthy lifestyle. Food offered is naturally healthy and complete – meaning an appropriate balance of fiber, fats, proteins and complex carbohydrates.

Napa Grill also stands out with its Friday brunch. The brunch is the epitome of cosmopolitan fusion of cuisines. For those of you in Cairo this Eid you cannot miss out on our Eid brunch. With highlights such as dim sum, Peking duck, breakfast favorites and an authentically local corner, the brunch is created to provide a memorable experience. Along with Indaba, the resident jazz band at the Fairmont Nile City, who perform classic jazz tunes and the kids corner it will truly be unique.

Chef de cuisine Mathew Gilbert is the inspiration behind Napa's offerings. He puts great thought into decorating each burger to awaken all the taste pallets, each business lunch to insure exceptional variety and taste, and more importantly outstanding quality. Chef Gilbert's background is one to take notice of. He has worked in several restaurants in both the United States and Europe varying from Le Jardin des Sens and La Maison Blanche in

CHEF DE CUISINE  
MATHEW GILBERT



Montpellier and Paris to Hamersley's Bistro in Boston and Silks at Mandarin Oriental in San Francisco. Nevertheless, Chef Gilbert is known for his relationship with the customers and his openness to compliments and more importantly criticisms.  
For reservations +2017 670 2039  
For delivery to the Nile City towers: +202 246 19633

## ABOUT FAIRMONT HOTELS & RESORTS

With over 60 distinctive hotels, including the iconic Fairmont San Francisco and Fairmont Peace Hotel, Shanghai, Fairmont Hotels & Resorts is an unrivalled collection of properties located in some of the world's most coveted destinations. Known for its warm, engaging service and culturally rich experiences, this global hospitality brand features classic hotels that imbue a sense of heritage, sophistication and social importance and are often considered destinations in their own right. Fairmont is also committed to responsible tourism and is an industry leader in sustainable hotel management with its award-winning Green Partnership program. Fairmont is owned by FRHI Holdings

Limited, a leading global hotel company with over 95 hotels under the Fairmont, Raffles, and Swissôtel brands. The company also manages Fairmont and Raffles branded residences, estates and luxury private residence club properties. For more information or reservations, please call 1-800-441-1414 or visit [www.fairmont.com](http://www.fairmont.com).

*Fairmont*  
NILE CITY  
CAIRO

### Burger Craze at Napa Grill

Every week, Napa Grill is offering a new mouthwatering burger for the adventurous with all kinds of fun ingredients from pineapple truffle oil, from foie gras to blue cheese for LE 45.

All burgers are made from 100% imported beef and come with your choice of French fries or green salad.

For the lucky ones that work at Nile City Towers, we now deliver burgers to your office !

For reservation & delivery please call 24619633  
\*price is applicable to taxes



# CLAUDE MONET MARK ON THE WORLD

## COLOR IS HIS DAY-LONG OBSESSION, JOY AND TORMENT.

1840-1926, French landscape painter, b. Paris. Monet was a founder of impressionism. He adhered to its principles throughout his long career and is considered the most consistently representative painter of the school as well as one of the foremost painters of landscape in the history of art. In his later works, Monet allowed his vision of light to dissolve the real structures of his subjects. To do this he chose simple matter, making several series of studies of the same object at different times of day or year.

In 1874 Sisley, Morisot, and Monet organized the first impressionist group show, which was ferociously maligned by the critics, who coined the term impressionism after Monet's Impression: **Sunrise**.

In the last decade of his life, Monet, nearly blind, painted a group of large water lily murals (Nymphéas) for the Musée de l'Orangerie in Paris. Monet's work is particularly well represented in the Louvre, the Marmottan (Paris), the National Gallery (London), the Metropolitan Museum of Art, and the Art Institute of Chicago. It is also included in many famous private collections.

This famous painting is known as **Madame Monet and her Son**, or "La Promenade, la femme à l'ombrelle" in France. The lady with an umbrella painted against the light is Camille, Monet's wife, and the little boy their son Jean. Claude Monet painted Woman with a Parasol -- Madame Monet and Her Son in 1875. Standing on a gentle hill with the wind whipping her voluminous skirts around her legs, Camille presides over this vision of Summer. Jean is at her side, but color and movement are the true subjects of this painting.

"I'm working like never and at new attempts, figures in the open air as I understand them, made like landscapes. It is an old ream that still worries me and that I want to fulfill once and for all; but it is hard!" - Claude Monet

This piece is one of the most famous paintings of Monet's early impressionist works. It was painted in a sunny morning, when the lady and her son were walking on the grasses.

Only blue, green, brown and other natural colors are used in the entire paintings that give us a feeling of quiet and comfortable. The lady occupies most of the space of the canvas; she is the center of the canvas. The umbrella and the little son on her right hand side constitute a triangle; bring balance to the whole painting. Although the painting is an early work of Monet, we are still able to see that he successfully captured the light and the impression even at that time.

The lady's face and the upper half of the body are painted in more dark colors, they're in the shadow of the umbrella; while the entire umbrella, the face, the skirt, the shadow on the grass are in contrast to the strong light on the umbrella and the skirt (so is the little son), which makes the painting looks real and reasonable. In addition, the swinging headscarf and the folds of the skirt strengthen the dynamic of the painting.

Tints of pink and yellow make Camille's white dress shimmer, and shades of violet and brown lurk in the shadows that her figure casts upon the lush green ground. The buoyancy of her parasol and swaying wildflowers express the motion of the wind.

**Everyone discusses my art and pretends to understand, as if it were necessary to understand, when it is simply necessary to love.**



*Fairmont*  
NILE CITY  
CAIRO

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\*price is applicable to taxes



# COLLECTING ANTIQUES

The idea of building up a private collection of works of art among Egyptians was probably born with the great artistic activities that took place during the reign of Ismail Pasha, khedive of Egypt. Obsessed with the 19<sup>th</sup> century French model of civilization, the Egyptian monarch was determined to transform Egypt into a part of Europe. Haussman, the French architect responsible for the new plans of Paris was invited to Cairo to accomplish the same task in the Egyptian capital. Palaces like Abdin and Gezira were built.



The Opera house was constructed and Verdi composed Aida to be performed at the inauguration of the Suez Canal. The presence of the Egyptian wing in the Paris Exposition International in 1865 gave the local arts and crafts new dimensions on the level of an international presence, competition and the interest to revive the traditional arts.

By the beginning of the 20<sup>th</sup> century nationalistic stream was reflected in art as well as in politics where we could see the opening of the School Of Fine Art in 1910; Mokhtar exhibiting his chef d'oeuvre Egypt's Renaissance; and Hoda Sha'rawi contributing in the Somagua ceramic factory. The Elhamayah school for arabesque wooden products was established, the two main museums (Egyptian antiquities and the Museum for Islamic Arts) were already inaugurated.

It was amid this environment that we find collectors like Mohamad Sultan Pasha getting interested in collecting Islamic art pieces and at the same time encouraging the artisans to improve their products through his commissions.

Dr.Aly Ibrahim Pasha played another vital role in this regard, with his acquisitions enriching the Museum of Islamic Art tremendously.

Mohamed Mahmoud Khalil Bek, with his European taste, was in charge of the great collection of impressionist paintings adorning the walls of his house overlooking the Nile.

On the other hand, Kings like Fouad and his son Farouk were interested in developing what they have inherited from their families.

Members from the royal family also had their collections; such as Prince Mohamad Aly, builder of the Manial Palace, Sherif Sabry Pasha and Prince Youssef Kamal, whose part of collection is still displayed in the museum of Abdin Palace.

These collectors outsourced a big sector of their items from Egypt especially from Cairo and Alexandria. Specialized dealers were known for antiquities (Asherof based in Nubar Pasha Street and in Paris dealing in pharonic and Islamic art), carpets (Vitali Majar), Islamic and Chinese art (Kattan in Khan Elkhailly), antique silver and jewellery (Harouvit of Alexandria), and others interested in European furniture such as Pontrimoli.

Another firm played the role of the interior designer, retail shop for new and antique pieces and producers of European style furniture.

Firms like Jansen and Krieger of Paris opened galleries in Cairo to sell furniture and decorative arts. Their objects which were at that time 'modern' are now considered antique pieces that would add value to any Egyptian house.

The antique market has changed after the revolution. It has become to depend on properties that were sold and circulated within the country and no more came from abroad.

Investment became a major factor affecting the decision of buyers with the increasing value of antiques.

The purpose of buying antiques nowadays is furnishing houses with pieces or hang beautiful and decorative paintings on the walls.

The scope of collecting now also has surpassed the Egyptian borders to the rest of the world. People travel to Europe and to the states to look for and to

buy pieces they have heard of or read about in catalogues. Over the phone or with the touch of a button you can listen to the hammer of the auctioneer announcing that a new piece has been added to your collection.





SERVED TASTE

# SUMMER FLAVOR

## EATING A LITTLE SMARTER EVERY SEASON

*Summer-time brings non-hectic mornings, restful afternoons, and leisurely evenings but one of the best things about Summer is that the entire country is at the height of growing season (Period of the year, also called frost-free season, during which growing conditions for native vegetation and cultivated crops are the most favorable).*

*There is nothing like the taste of fresh fruit, grilled meats and vegetables, chilled desserts and ice cold drinks to cool the palate during Summer.*

### Citrus.

Nothing is more refreshing in Summer as freshly squeezed lemonade. Strawberry lemonade and even limeade are making appearances in trendy restaurants and premium pre-bottled juices. These invigorating beverages combine two of Summer's hottest flavor trends -- citrus and berry. Lemons and limes, especially when combined with pineapple and ginger, are making their way into healthy and flavorful marinades for shrimp and fish, as well as sauces for grilled pork.



### Cherry.

The addition of cherries to cold salads such as turkey and wild rice or chicken and cashews updates luncheon favorites with a taste of sunshine.



### Mint.

On a hot day, the cool taste of mint can be a refreshing and unexpected surprise, it is emerging as a Summer flavor trend. Peppermint tea, traditionally served hot, takes on a new dimension when served chilled over ice and garnished with a lemon wedge. On the table, mint is perhaps best known as an accompaniment to lamb, and while this is still a popular preparation, the herb has greater diversity and range. Rubbing fresh fish with mint and other seasonings before grilling adds depth without covering the delicate taste of salmon, halibut or trout.



Bodique

**Cairo : City Stars, phase2 ground floor Tel: 248 02 370**  
**Mohandseen : 3 Geziret El Arab Tel: 376 11885**  
**Golf City Mall : El Obour City Tel: 461 05944**  
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**Opening soon Mall of Arabia / 6th of October**



# SUMMER FLAVORS THAT PAIR PERFECTLY

## TASTY SUMMER MATCHES

Veggies and fruit are delicious on their own, but these 6 seasonal combos prove that they are better paired together with other ingredients, giving a distinct and refreshing flavor.

### Cucumber + Roasted Red Pepper

Add a tangy kick to crisp, refreshing cucumbers by tossing them with slices of smoky red pepper, which is packed with vitamins A and C.

### Spinach + Lemon

A drizzle of lemon juice brightens up the subtle, earthy flavor of spinach. Top the pair with a handful of toasted pine nuts to create a sensational side.

### Eggplant + Oregano

Throw this antioxidant-rich veggie on the grill with a little bit of olive oil and a pinch of fresh oregano for extra flavor.

### Tomato + Balsamic Vinegar

The tartness of the balsamic is a low-cal way to bring out the rich, sweet flavor of ripe tomatoes. Add fresh mozzarella for an even more indulgent treat.

### Zucchini + Cilantro

For an instant Summer favorite, sprinkle fresh cilantro on thinly sliced raw zucchini. You can also enjoy this combo with a refreshing, light dip made from plain low-fat yogurt, salt, and a splash of vinegar.

### Corn + Lime

Grilled corn on the cob is pretty perfect on its own, but add a squeeze of lime juice and it reaches a whole new level of deliciousness. The citrus offers up a burst of tartness to complement this sweet whole grain.



## L'azurde Company For Jewelry added to the LBMA's Good Delivery List

L'azurde Company for Jewelry, the largest gold jewelry manufacturer in the Middle East has been added to the prestigious LBMA (London Bullion Market Association) Good Delivery List as of June 1st, 2010. L'azurde is the first company in the Middle East to obtain the LBMA accreditation. The LBMA accreditation will help L'azurde expand its presence in the bullion trade and scrap gold market by offering new services to traders, customers and investors.

Announcing the accreditation, the LBMA communicated, "L'azurde has satisfied the LBMA as to its production capability and financial standing. It has also passed the LBMA's exhaustive testing procedures, under which its gold bars were examined and assayed by independent referees, and its own assaying capabilities have been tested."

Sélim Chidiac, the CEO of L'azurde said "This is another milestone achievement for L'azurde in its journey to continue leading and developing the regional Gold industry. Next to being the leading jewelry manufacturer in the Middle East, L'azurde can now offer additional products and services like refining, assaying and bullion trading. LBMA is a very prestigious association in the bullion world and appearing in their Good Delivery List places L'azurde amongst the best and most reputable refiners in the world".

The London Good Delivery List of Acceptable Refiners of gold and silver is maintained by the LBMA, by whom it is copyrighted. It lists those refineries whose gold and silver bars have been found, when originally tested, to meet the required standard for acceptability in the London bullion market.

L'azurde Egypt started its operations since 2002, by establishing a huge factory located in Obbour City, which employs more than 1000 of high skilled labor to create the finest and the latest trendy models distinguished at the highest level of quality ,craftsmanship and creativity.

And in continuation of the trust and global reputation for the company for many years, "L'azurde", providing the finest and purest gold karats very carefully and precisely in all its products, giving it the opportunity to be present in all the Arab, Middle East and North African Markets, and export to some European countries through a massive network distribution. The investment for this great success and ongoing development resembled in the awarded high accredited certificate in gold.





# POETRY OF THE FOOT

Dance is your pulse, your heartbeat, your breathing. It's the rhythm of life. It's the expression in time and movement, in happiness, joy, sadness and envy.

Interestingly, dancing was the only physical activity out of 11 in the study that was associated with a lower risk of dementia. "This is perhaps because dance music engages the dancer's mind."

Discover exactly how dancing benefits your health, body and life -- youthful appearance; prevention of osteoporosis; burning of calories; mental mastery; and more. It is no wonder why we're all addicted to dance!

Friedrich Nietzsche once said "Without music, life would be a mistake.... I would only believe in a God who knew how to dance."

## CREATIVITY

Dance provides an emotional outlet in which a person can truly reflect his or her feelings through body movement. The ability to dance is present in everyone; it only needs to be cultivated through sound instruction methods. Then you're on your own, expressing yourself with passion and flair.

If you secretly sashay across your living room when you're home alone or long to cha-cha with your significant other, you're in luck.

## CONFIDENCE

Dancers possess an aura of self-confidence and an ability to enjoy themselves more in public settings. Their entire mental outlook takes on a renewed sense of creativity, motivation and energy. Dancing provides many opportunities to meet other people. Joining a dance class can increase self-confidence and build social skills.

## FLEXIBILITY

Dancers must strive to achieve full range of motion for all the major muscle groups. The greater the range of motion, the more muscles can flex and extend. Most forms of dance require dancers to perform moves that require bending and stretching, so dancers naturally become more flexible by simply dancing.

JUMP AND LEAP  
HIGH INTO THE AIR

## FRIENDSHIPS

Dancing faces you towards Heaven, whichever direction you turn.

Beyond instruction, dance opens a wide spectrum of social settings in which friendships are forged and dreams come true.

## SENSE OF WELL-BEING

Because physical activity reduces stress and tension, regular dancing gives an overall sense of well-being. Although your commitment to learn to dance will demand concentration, dedication and time, you will be constantly surrounded by artistic, cheerful people who will make your instruction a most pleasurable and rewarding experience.

## STRENGTH & ENDURANCE

Strength is defined as the ability of a muscle to exert a force against resistance. Dancing builds strength by forcing the muscles to resist against a dancer's own body weight. Also exercise increases endurance. Endurance is the ability of muscles to work hard for increasingly longer periods of time without fatigue. Regular dancing is great for improving endurance, elevating the heart rate can increase stamina.

DANCING REQUIRES USING MUSCLES THAT YOU MAY NOT EVEN KNOW YOU HAD AND LIKE KIDS, THEY DANCE BEFORE THEY LEARN THERE IS ANYTHING THAT ISN'T MUSIC.

# The Twist

Although dancers no longer touched when dancing the Twist, it was still usual to dance with a partner while dancing it socially and the basic twisting of the hips technique came straight out of the Lindy Hop. Chubby Checker released the song 'The Twist' in 1959 and its world debut on the Dick Clark Show in August 1960 set the world a twistin'.

The truest expression of a people is in its dance and in its music. Bodies never lie. The Twist is so easy to do... just pretend to drop a cigarette stub on the ground, place the ball of your foot over this imaginary cigarette and twist it to and fro as if putting it out. At the same time place an imaginary bath towel behind your back and pull it from side to side as though drying your 'butt'. Hey Presto!! You're doing the Twist!

It was because the Twist was so simple that it became a worldwide craze - even across generation gaps. It caused people to dance alone with no partner contact and a whole generation effectively either forgot or never learned how to jive.

**“Dance, even if you have nowhere  
to do it but in your own living room.”**



# EXPLORE.. DREAM.. DISCOVER..

*Dare to dream of things that never exist, and say "why not"*

Dreams are a communication of body, mind and spirit in a symbolic communicative environmental state of being.

In the mysterious and fascinating realm of dreams, the rules of real life do not apply. We are dedicated to helping you find the key to unlocking and interpreting the meanings of your dreams. Understanding your dreams will draw a clearer picture of your personal relationships. We realize that your dreams are unique. No one else has your background, your emotions, or your experiences. Every dream is related to your reality. Remember that a dream unifies the body, mind and spirit in unity. It provides you with an insight into yourself and helps you in your self-exploration attempts.

**Explore, Discover, have fun, make friends and find out what is in your dreams.**

**How to work with your dreams?**

- Each night, just before you go off to sleep, tell yourself that you will remember your dreams.

- Keep a small notebook near your bed and each time you wake up from a dream, jot down the key words so that you can remember it in the morning.

- Maintain a dream diary. Every morning, write down the content of your dreams in minute detail. Date and time them as accurately as possible.

- Try and remember if events of the previous day have any connection with the images.

- Take each main constituent of the dream separately. Try free association-write a string of words

that come to your mind when you think of a particular dream image.

- Leave some space after each dream so that whenever a connection or interpretation strikes you, you can jot it down.

- Put all the associations together and see if you can find a pattern emerging that relates to your life.

Carl Jung went deeper when she once said "dreams belonged to the collective unconscious and the collective unconscious is the same for everyone".

**Symbols in a dream are actually the main elements of the dream. Symbols for the most part are a very personal thing.**

**Animals:** they symbolize our own traits, good and bad. When you see an animal doing something in your dreams it usually represent a bad trait.

**Automobiles or vehicles:** vehicles that you ride is usually reflecting two things: the direction you are heading in life and your body. This may differ if you are a mechanic or designer of vehicles, the condition of the vehicle might give you an idea of your health.

**Children:** a child represents to most of us something new, different and joyous. A child may represent a new phase in your life or a new project as well. Also, a child sometimes symbolizes innocent aspects of yourself while it may also represent at other times immaturity.

**Clothing:** when you get into different moods you tend to chose different clothing, so for this reason clothing best symbolizes your mood or state of mind. They also signify attitude. Take a look at what you or other people in your dream are wearing to get even more clues to the dream's meaning.

**Death:** any dream that refers to death, dying or at-

tending a funeral symbolizes change; that can be a dramatic one It can be a change in your life, attitude or emotional balance. These types of dreams can also symbolize confronting fear; usually fear of death or change. Death dreams are generally big changes and should never be ignored, most of these dreams are about major change and not about literal death though, so don't panic if you dream of one.

**Building:** the building in a dream usually points directly to a specific area of your life, dreaming of being in an office complex or factory can be related to your working environment. It does not need to specifically pertain to your exact line of work. In other words, an office worker dreaming of a loading dock still can relate the dock to work because that is the association made in his mind.

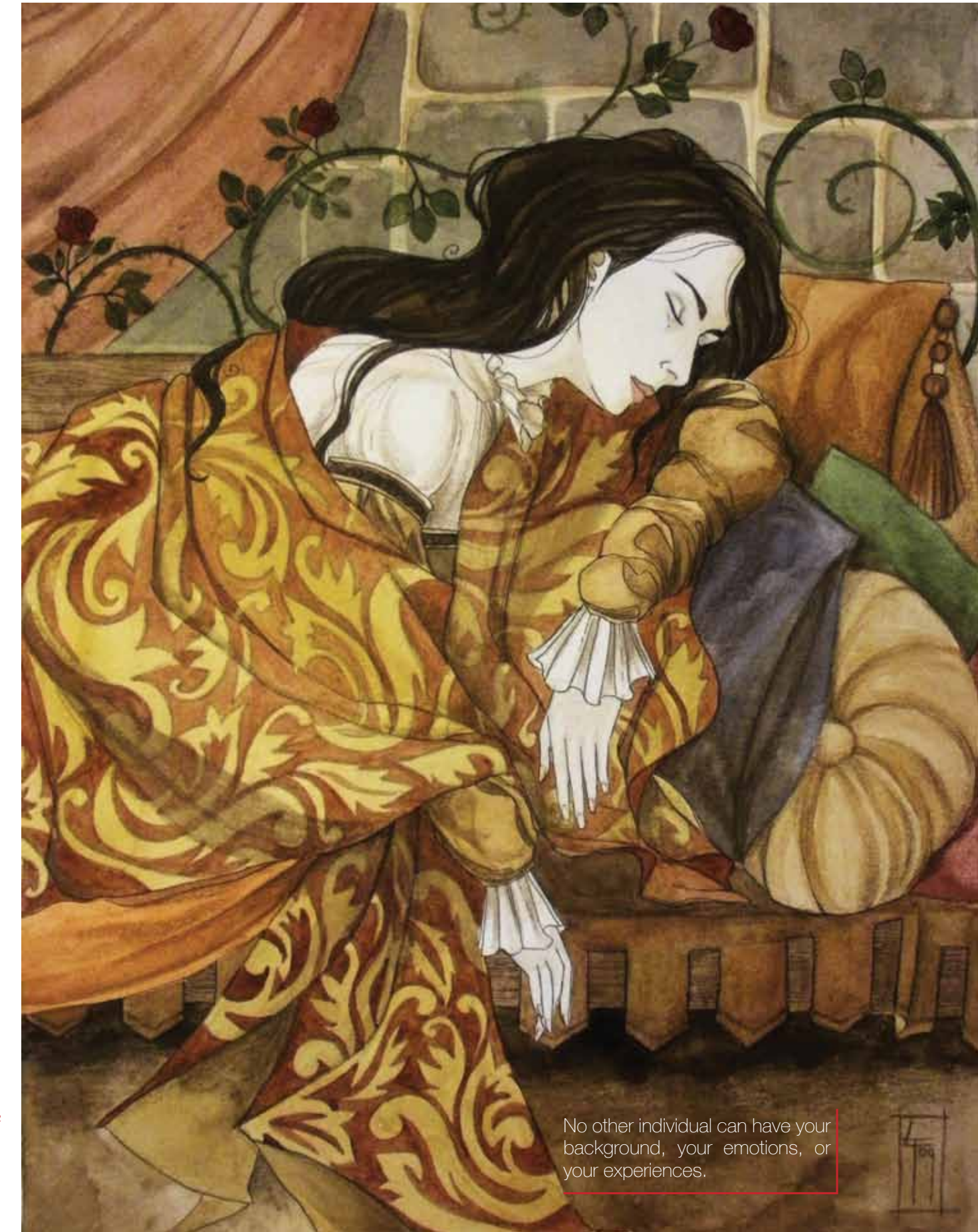
**People:** most often portrayed in dreams are actually reflections of your own personality traits, provided the dream is not prophetic. These traits are ones that you need to enhance or develop or if negative work on eliminating or reducing you should immediately ask of yourself, what traits do I like and what traits do I dislike in the characters dream about? Then look for those traits in yourself.

Would it not be nice if it were that simple! Dreams are easily influenced by factors in your life and spirit, and these influences create "categories" that are almost infinite.

**Dreams are today's answers to tomorrow's question.**

They are answers to questions we haven't yet figured out how to ask. During the late 19th and early 20th centuries, Sigmund Freud identified dreams as an interaction between the unconscious and the conscious. Freud felt that there was an active censorship against the unconscious even during sleep. He demonstrated that there is a psychological technique which makes it possible to interpret dreams, and that by applying this technique, every dream will reflect a psychological structure, full of significance. Further, I shall endeavour to elucidate the processes which underlie the strangeness and obscurity of dreams, and to deduce from these processes the nature of the psychic forces whose conflict or co-operation is responsible for our dreams.

*Dreaming is an act of pure imagination, attesting in all men a creative power, which if it were available in waking, would make every man a Dante or Shakespeare.*



No other individual can have your background, your emotions, or your experiences.



# BALANCE YOUR Life



**EVERYTHING IN NATURE IS MADE UP OF FIVE BASIC ELEMENTS: EARTH, WATER, FIRE, AIR & SPACE. KNOWLEDGE OF THE FIVE ELEMENTS ALLOWS THE YOGI TO UNDERSTAND THE LAWS OF NATURE.**

## THE STATES OF MATTER

Each of the five elements represents a state of matter. Earth is not just soil, but it is everything in nature that is solid. Water is everything that is liquid. Air is everything that is gas. Fire is that part of Nature that transforms one state of matter into another. If any element is impure or out of balance with another, disease and suffering may occur. Yoga helps us purify these elements and restore balance and health, and to unfold the inner powers and abilities contained in each element because it gives us the means to bring even those elements that are natural enemies into harmonious relationships with each other and use yoga to attain greater health, power, knowledge, wisdom and happiness. This arises out of deep intuition of how the universe operates.

**ELEMENTS ARE UNIVERSAL FORCES** that are at the base of creation and they are part of your everyday experience. Mastering the elements means acquiring the great power to change your life at will and even to manifest in your life whatever you need.

**EARTH** THE ELEMENT OF STABILITY: its qualities are form, stability, firmness, cohesion, maintaining, grounding and doing. Its overt expression is form, or structure. Its subtle expression is stillness.

**WATER** THE ELEMENT OF FLUIDITY: its qualities are movement, flowing, connecting, exchanging, adaptability, power and feeling. The overt expression of water is movement.

**FIRE** THE ELEMENT OF TRANSFORMATION: its qualities are transformation, purification, power, suddenness, intensity, abundance and inspiration. The fundamental expression of fire is transformation.

**AIR** THE ELEMENT OF CONTAINMENT: its qualities are expansion, filling, lightness, rhythm, grace, mobility and thinking. The fundamental expression of air is expansion, opening or extension.

**SPACE** THE ELEMENT OF CONTAINMENT: its qualities are immediacy, presence, emptiness, directness, freedom and being. The overt expression of space is awareness.



**GOLD'S GYM ELITE  
(KATAMEYA HEIGHTS)  
AUGUST 2010**

ELEGANT

LUXURIOUS

EXCLUSIVE

INCOMPARABLE

TOP-QUALITY



**GOLD'S GYM  
ELITE**

**THE FIRST GOLD'S GYM ELITE  
IN THE MIDDLE EAST**



# SPIRITUAL *Journey*

People travel to wonder at the height of the mountains, at the huge waves of the seas, at the long course of the rivers, at the circular motion of the stars and yet they pass by themselves without wondering.

An individual's body is the body of the world. The world inside one's body, the world on earth, and the world of the heavenly realms are all interconnected. What happens in one affects the others. Thus the purpose of existence, for everyone, is to improve oneself-physically, mentally, emotionally, spiritually-for the benefit of all.

## THE TAOISM

Taoism refers to a variety of related philosophical and religious traditions that have influenced Eastern Asia for more than two millennia, and have had a notable influence on the western world particularly since the 19<sup>th</sup> century. The word, Tao (depending on the Romanization scheme), roughly translates as, "path" or "way" (of life). Taoist propriety and ethics emphasize the Three Jewels of the Tao: **compassion, moderation, and humility, while Taoist thought generally focuses on nature, the relationship between humanity and the cosmos health and longevity, and action through inaction, which is thought to produce harmony with the Universe.** Reverence for ancestor spirits and immortals are also common in popular Taoism.

Taoism does not fall strictly under an umbrella or a definition of an organized religion like the Abrahamic traditions, nor can it purely be studied as the originator or a variant of Chinese folk religion, as much of the traditional religion is outside of the tenets and core teachings of Taoism. Isabelle Robinet the author of "Taoism: Growth of a Religion" asserts that **Taoism is better understood as a way of life than as a religion**, and that its adherents do not approach or view Taoism the way non-Taoist historians have done.

**The spiritual journey is individual, highly personal. It cannot be recognized or regulated. It is not true that everyone should follow one path. Listen to your own truth.**

### BELIEFS

According to the earliest Taoist texts, when human nature is aligned with the rest of nature, order and harmony are the result. From this perspective, the purpose of self-cultivation is to return to a mode of existence that is natural. Repeating certain actions, such as physical exercises, is a way of training the body so that it is free to react in a spontaneous, natural way without thinking. That spontaneity is the mode of being that is experienced fully, at all times, only by the immortals. For most people, however, including the laity and many of the Taoshi, the goal is less lofty to experience a long and healthy life.

Humans can deviate from the natural order. When they do so, they bring destruction upon themselves and those around them. According to the Taode jing, social mores and threats of punishment cause more harm than good, as they are methods of forcing appropriate behavior rather than allowing it to occur spontaneously and naturally.

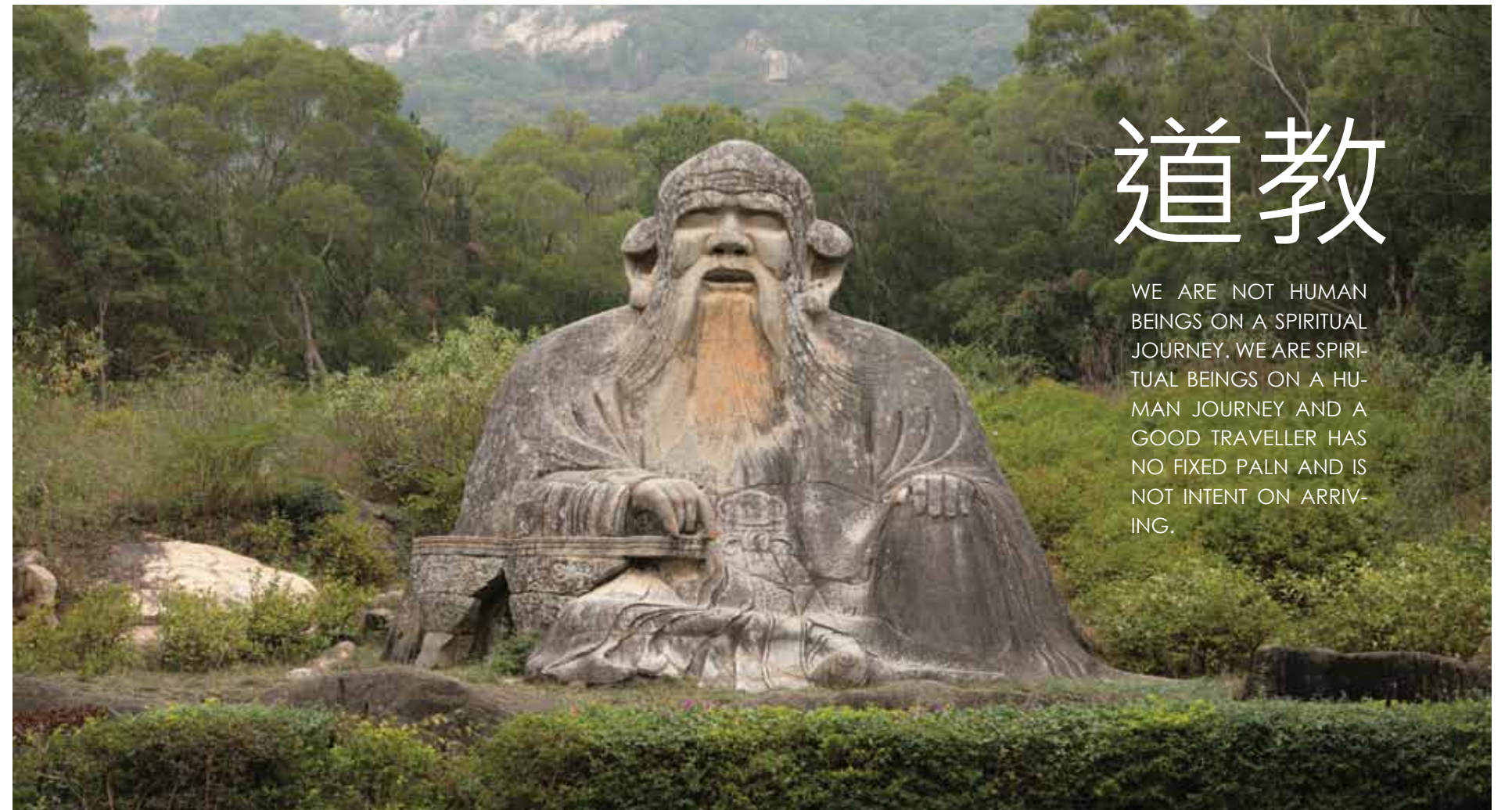
Instead, the only way to encourage appropriate behavior is by modeling it. If a ruler is a person of impeccable character, those he leads would naturally follow. As an 8<sup>th</sup> century Taoist master said to a Tang emperor, **"Who governs his body, governs the country."** Self-cultivation practices were common among the Chinese nobility as early as the Warring States period, if not before. The types of practices have varied widely, from simple reflection and self-examination-being "watchful over oneself when alone", on the opposite end of the spectrum, taking elixirs in hopes of becoming an immortal.

### METHODS

- Methods of "nourishing life", or promoting longevity (and potentially immortality), these included "gymnastics," that is, physical exercises designed to improve one's health and lengthen life; breathing exercises; dietary restrictions, such as the avoidance of grains; drinking talisman water (the ashes of a sacred diagram are drawn on paper, then burned, and the ashes dissolved in water); sexual practices designed to generate sexual energy but then redirect it toward the brain, rather than dissipating it through orgasm; and many more.

# 道教

WE ARE NOT HUMAN BEINGS ON A SPIRITUAL JOURNEY. WE ARE SPIRITUAL BEINGS ON A HUMAN JOURNEY AND A GOOD TRAVELLER HAS NO FIXED PALN AND IS NOT INTENT ON ARRIVING.



According to Taoist principles, illness can be viewed as a lack of alignment, or harmony, within the body.

- Some self-cultivation practices seek to balance yin and yang within the body, and also within the personality. Men should become more feminine and women more masculine. The Taode jing, written by and for men, includes a number of references encouraging "feminine" behavior. One Way of the Celestial Masters' scripture instructed men to never raise their voices, never to hunt or carry arms, and even not to urinate when standing.

- This attitude led to the development of an esoteric practice for male Taoshi that involved cultivating a divine embryo within. Laozi is the model for this practice, and the story of his being born at the age of 81 years was interpreted to mean, not that a female mother had carried him for that long, but that he was his own mother-that is, that the deity Laozi was a divine embryo that had been nourished within the man for all of that time, and eventually was born and replaced the mortal man. It was believed that one who is able to merge male and female energies within, sparking the creation of an

embryo, and then was able to successfully nourish that embryo to term, would be able to replace the mortal body with the body of an immortal.

- Another way of viewing the body was introduced in the Scripture of the Yellow Court, a Shangqing Taoist text, which stated that the gods resided within the human body. This scripture described the body as a divine court with internal dwelling places for each god. There was a god residing in each organ, a god located at the top of the head, one in each eye, one between the eyebrows, and so on. These deities oversaw the proper functioning of each part of the body. This concept led to ritual practices designed to welcome deities into the body.

- These ways of thinking are grounded in a fundamental premise of Chinese thought-that there are correlations or correspondences between every level of existence. Someone accustomed to a western logical mode of thinking might ask, "Are the gods outside the body or in it?" to which the Chinese response would be, "Both, of course." Likewise, according to correlative thinking, what goes on inside the body of the emperor will natu-

rally affect the weather, for example, or determine the result of a war, as the body of the emperor is the body of the empire.

### SYMBOLS

There are a multitude of Taoist symbols, some representing immortality, others related to nature or the stars. A constellation of symbols revolving around writing is essential to Taoism.

Taoist symbolism shares some elements with Chinese popular religion. For instance, immortality is a popular concept strongly associated with Taoism, and is symbolized in a variety of ways. Cranes symbolize immortality because of their longevity. Birds in general are a symbol of immortality, because immortals are believed to have the ability to fly. Pine trees symbolize immortality because they are evergreens. Peaches are a symbol of immortality because of the belief that the goddess Xiwangmu has an orchard of peaches that convey immortality to anyone who eats one.

**EVERYONE AND EVERYTHING AROUND YOU IS A TEACHER.**



# WANDER FOR DISTRACTION, **BUT** TRAVEL FOR FULFILLMENT

"Africa wild; it is a photographer's paradise, a hunter's Valhalla, an escapist's Utopia. It is what you will, and it withstands all interpretations. It is the last vestige of a dead world or the cradle of a shiny new one. To a lot of people, as to myself, it is 'home'. It is all these things but one thing — it is never dull."

Beryl Markham

An exotic destination that is so far removed from the hustle and bustle of your everyday experiences leaves an indisputable imprint on one's experience. . Your destination being a tropical island, a remote desert or even a major city halfway across the world, make sure it is an exotic experience we'll always remember.

There is no one definite list of must-see places, as the list of fascinating places differs to a great extent from one person to another. Few destinations readily come to mind when one is preparing to get detached from the everyday busy life. You may want to visit Madagascar or Zambia for a firsthand view of wildlife. But what about a trip to South Africa -- how many people can say they've done that?

# AFRICA

"AFRICA ALWAYS BRINGS SOMETHING NEW"

Experience the hospitality wherever you go and get in touch with the wide variety of fascinating cultures and local traditions. Travel through country's natural wonders, draw yourself into the rhythm and soul of Africa, give yourself close encounters with the regal wildlife and take on an unforgettable journey...

South Africa travel is a bit more comfortable than other parts of Africa. You will find good roads, a variety of lodging and an immense diversity of wildlife, habitats, people and scenery. Our South Africa trips include Cape Town, Kruger Park, the wine country and opportunities to visit the internal Kingdoms of Swaziland and Lesotho. Most visitors begin travel at Cape Town or Johannesburg. There are frequent flights between South Africa, Botswana, Windhoek or Victoria Falls and it is easy to combine these areas on a single trip to southern Africa.

*"The real voyage is not about seeing new landscapes, but rather in having new eyes."*



The Garden Route National Park is a collection of conservation areas, bordered by mountains in the north and the ocean in the south,. With the so-called Garden Route in the Eastern and Western Cape, it is a nature-lovers', bird watchers' and thrill seekers' paradise.

The Garden Route National Park is one of South Africa's newest national parks established on March 6, 2009 stretching over 121, 000 hectares along the southern Cape coast. It includes the towns of Wilderness and Knysna, and the area around Tsitsikamma.

Mountains crowd close to a shoreline dotted with beaches and bays, and vividly coloured wild flowers delight the eye. Between Heidelberg and Storms River, the Garden Route runs parallel to a coastline featuring lakes, mountains, tall indigenous forests, amber -coloured rivers and golden beaches. Meandering trails are followed by hikers, the forests invite long, leisurely drives, and the lakes and rivers lend themselves to swimming boating and fishing. A wide range of leisure options, spectacular scenery and a mild climate guarantee an unforgettable holiday experience when visiting the Garden Route in South Africa.

The park is one of a kind, where one can enjoy the unique combination of lakes, marine, indigenous forests, coastal and mountain areas. Due to its sheer size, and with this diversity of landscapes it encompasses, the park features some of the top Garden Route attractions .

## THE GARDEN ROUTE NATIONAL PARK





L'AZURDE 4 ELEMENTS

L'AZURDE

www.lazurde.com

## THE WORLD'S FIRST REFRIGERATED BEACH



**“AN INDIVIDUAL IRRESPECTIVE OF HIS/HER NATIONALITY DOES DREAM OF VISITING THE POPULAR TRAVEL PLACES AT-LEAST ONCE IN THEIR LIFE-TIME. DUBAI IS ONE SUCH HOT FAVORITE DESTINATION IN UAE WHERE PEOPLE FROM ACROSS THE GLOBE VISIT THERE TO HAVE FUN AT ITS WONDERFUL BEACHES & CRUISES AND TO DO SHOPPING AT THE GOLD SOUKS”.**

Versace, the renowned fashion house, is to create the world's first refrigerated beach so that hotel guests can walk comfortably across the sand on scorching days.

The beach will be next to the new Palazzo Versace hotel which is being built in Dubai where Summer temperatures average 40°C and can reach 50°C. The beach will have a network of pipes beneath the sand containing a coolant that will absorb heat from the surface.

The swimming pool will be refrigerated and there are also proposals to install giant blowers to waft a

gentle breeze over the beach.

Sohail Abedian, founder and president of Palazzo Versace, said he believed it is possible to design a refrigerated beach and make it sustainable. “We will suck the heat out of the sand to keep it cool enough to lie on,” he said. **“THIS IS THE KIND OF LUXURY THAT TOP PEOPLE WANT.”**

Hyder Consulting, a British construction consultancy, is overseeing the engineering on the project. The hotel will be marketed strongly in the UK where Dubai is a popular tourist destination, attracting about 800,000 Britons a year.

Abedian's firm began its association with Versace a decade ago with the idea of creating the first chain of luxury fashion-branded lifestyle resorts. The first Palazzo Versace is already operating on Australia's Gold Coast – where Kate Hudson and Matthew McConaughey, the actors, have stayed – and the Dubai hotel will be the second. The ten-storey hotel will have 213 rooms, several with their own internal swimming pools, plus 169 apart-

ments. Fifteen more such hotels are planned.

The refrigerated beach is designed to give Versace the edge in this battle of luxury lifestyles. The system will be controlled by thermostats linked to computers.

Versace's plans have shocked environmentalists. Rachel Noble, the campaigns officer at Tourism Concern, which promotes sustainable tourism, said that the carbon generated by such projects would contribute to climate change, whose worst effects would be felt by the poor.

### AND AS SAID:

**“One cannot collect all the beautiful shells on the beach; one can collect only a few, and they are more beautiful if they are few”** *Anne Morrow Lindbergh*





RELATIONSHIPS ARE ALWAYS AN IMPORTANT PART OF LIFE. FRIENDSHIP, LOVE, MARRIAGE, RELATIONSHIP BY CHOICE, RELATIONSHIP BY BIRTH. WHAT MAKES THEM TICK, WHY THEY SOMETIMES GO WRONG, WHAT ONE CAN DO ABOUT IT, AND WHY THEY ARE SO PRECIOUS?

# I CAN COPE BY MYSELF

AND HOW MANY AGREE THAT THERE ARE MANY TYPES OF LOVE THAT WILL BE EXPERIENCED AT DIFFERENT STAGES DURING A LIFETIME? HEALTHY RELATIONSHIPS ARE FUN AND MAKE YOU FEEL GOOD ABOUT YOURSELF. YOU CAN HAVE A HEALTHY RELATIONSHIP WITH ANYONE IN YOUR LIFE, INCLUDING YOUR FAMILY, FRIENDS AND DATING PARTNERS. RELATIONSHIPS TAKE TIME, ENERGY AND CARE TO MAKE THEM HEALTHY. THE MOST IMPORTANT INGREDIENT WE PUT INTO ANY RELATIONSHIP IS NOT WHAT WE SAY OR WHAT WE DO, BUT WHAT WE ARE.

## HEALTHY RELATIONSHIPS

Most healthy relationships seem to be those in which people value and respect the rights and responsibilities of each person. Most healthy relationships are based on appropriate respect amongst equals, on sharing and on trust. Healthy people accept and respect each other's power, control and decisions appropriate to the situation.

### SOME CHARACTERISTICS OF HEALTHY RELATIONSHIPS ARE:

#### *Communication & Sharing... Respect & Trust*

ACCEPTANCE: listening, valuing each other's opinions and beliefs, and attempting to understand each other's perceptions, logic and emotions

ACCOUNTABILITY: acknowledging past abandonment, betrayal or abuse, and accepting responsibility for one's actions or lack of action

FAIRNESS: being willing to compromise, accepting change, and seeking mutual solutions to conflict

GRATITUDE: being thankful for the blessings and life-lessons learned

HONESTY: communicating openly and truthfully, admitting mistakes

PEACE: talking and acting in ways that both can feel comfortable and safe in discussing values, beliefs and behavior

RESPONSIBILITY: taking decisions on distribution of work and completion of tasks

SUPPORT: knowing and supporting each other's goals, and respecting each person's right to feelings, opinions, friends, activities and interests.

## Symbiosis and Codependence

Popular Western culture seems to define romantic love, in songs, television and movies, as relationships in which the partners are inseparable, are lost without each other, and in which each person can only derive a sense of life in the presence of the other. We would call such relationships symbiotic or codependent.

• **SYMBIOTIC** human relationships rarely allow for flexibility or equality and limit partners in their freedom to be themselves. Symbiotic relationships can be stable and feel very close, and the roles are predictable and safe. For some people, especially young adults, symbiosis may be an ideal relationship! Two common examples are rescuer-victim and caretaker-dependent.

• **CODEPENDENT** human relationships occur when neither feels capable or self-reliant. It sometimes seems as if two half-persons are trying to make a one complete person! A classic example is that one partner devotes huge time and energy assisting the other cope with an addiction - while being terrified that the end of addiction will mark the end of their relationship.

Many people in symbiotic and co-dependent relationships say that they feel "trapped" by needy people, although usually they are more "trapped" by their own neediness.

Symbiotic and codependent relationships end when one or both partners accept responsibility for their own emotional and physical well being. Such people are then free to create healthier relationships.

Remember that healthy relationships are about feeling good about who YOU are and feeling SAFE with another person. You have the power to create healthy relationships all around you just by paying attention to who you are inside and what makes you happy.

**The Personal relationships are the fertile soil from which all advancement...all success... all achievement in real life grows** so you will be able to have healthy relationships with the people you meet throughout your life!



*"The best relationship is the one in which your love for each other exceeds your need for each other." No matter what happens in our lives, it's always important to keep a healthy mind, body and spirit.*





# BECAUSE YOU DESERVE LEADERSHIP

Do you remember ever having a really great teacher in school — someone who inspired you to learn and to do your best? If so, you'll probably recall that he or she challenged you to a much greater degree than most of your other teachers. At the time, the extra challenge may have seemed unfair, or even cruel. Yet looking back, you realize that it was not cruel at all, but rather was a true expression of respect for, and confidence in your ability to learn and grow. Life outside school has its great teachers too. And the best ones often seem unfair, unkind and even brutal. Those teachers include disappointment, sorrow, confusion, loneliness, and frustration. They challenge us and compel us to reach higher. They help to reveal our true character, and by so doing build that character to be even stronger.

## I AM A FOLLOWER THUS .. “I AM A LEADER”

**THROUGHOUT HISTORY GREAT LEADERS HAVE INFLUENCED TIME. THESE DICTATORS, CHIEFTAINS AND KINGS RULED EVERYTHING FROM SMALL BANDS TO EXTENSIVE EMPIRES.**

### **MOHANDAS GANDHI, PIONEER OF NONVIOLENT PROTEST**

It is believed that Gandhi's views are the most enlightened of all the political men of our time, it was strived to do things in his spirit: not to use violence for fighting for our cause, but by non-participation in anything we believe is evil.

### **FRANKLIN D. ROOSEVELT, 32<sup>ND</sup> PRESIDENT OF THE UNITED STATES**

He believed "This is preeminently the time to speak the truth, the whole truth, frankly and boldly. Nor need we shrink from honestly facing conditions in our country today. This great Nation will endure as it has endured, will revive

and will prosper. So, first of all, the only thing we have to fear is fear itself — nameless, unreasoning, unjustified terror which paralyzes needed efforts to convert retreat into advance. In every dark hour of our national life a leadership of frankness and vigor has met with that understanding and support of the people themselves which is essential to victory."

### **STEVE JOBS, CO-FOUNDER AND CEO OF APPLE INC.**

Superlatives have attached themselves to jobs since he was a young man. Now that he is 54, merely listing his achievements is sufficient explanation of why he's Fortune's CEO of the Decade (though the superlatives continue). In the past 10 years alone, he has radically and lucratively reordered three markets — music, movies, and mobile telephones - and his impact on his original industry, computing, has only grown.

### **NELSON MANDELA, POLITICAL PRISONER-TURNED-SOUTH AFRICAN PRESIDENT**

He believed "A leader is like a shepherd. He stays behind the flock, letting the most nimble go out ahead, whereupon the others follow, not realizing that all along they are being directed from behind."

### **GLORIA STEINEM, WRITER AND FEMINIST LEADER**

"The best kind of leader: one who creates independence, not dependence".

### **MARTIN LUTHER KING JR. MINISTER AND LEADER OF THE AMERICAN CIVIL RIGHTS MOVEMENT**

He believed "We all have the drum major instinct. We all want to be important, to surpass others, to achieve distinction, to lead the parade.... And the great issue of life is to harness the drum major instinct. It is a good instinct if you don't distort it and pervert it. Don't give it up. Keep feeling the need for being important. Keep feeling the need for being first. But be the first in love. Be the first in moral excellence. And be the first in generosity."



**Franklin D. Roosevelt**  
32<sup>nd</sup> President of the United States



**Steve Jobs,**  
Co-Founder & CEO of Apple Inc.



**Mohandas Gandhi,**  
Pioneer of Nonviolent Protest



**Martin Luther King Jr.**  
Minister and Leader of the American Civil Rights Movement



**Nelson Mandela**  
Political Prisoner-Turned-South African President



GUIDELINES

WINSTON CHURCHILL,  
BRITISH PRIME MINISTER

He stood unchallengeable, as the greatest of all Britain's war leaders. It was not only his own country, though, that owed him a debt. So did the world of free men and women to whom he had made a constant and inclusive appeal in his magnificent speeches from embattled Britain in 1940 and 1941. Churchill did not merely hate tyranny, he despised it. The contempt he breathed for dictators — renewed in his Iron Curtain speech at Fulton, Mo., at the outset of the cold war — strengthened the West's faith in the moral superiority of democracy and the inevitability of its triumph.

DOUGLAS MACARTHUR,  
UNITED STATES GENERAL AND WWII HERO

He believed "Duty, Honor, Country. Those three hallowed words reverently dictate what you ought to be, what you can be, what you will be. They are your rallying point to build courage when courage seems to fail, to regain faith when there seems to be little cause for faith, to create hope when hope becomes forlorn."

JAMES T. KIRK,  
CAPTAIN OF THE U.S.S. ENTERPRISE

The first captain to appear on Star Trek was an energetic leader. He led every crew excursion to new planets and took an active role in all interactions with new civilizations. Captain Kirk also relied heavily on his crew, especially his science officer, chief engineer, and doctor. He pushed them all to succeed but depended on their counsel to help him make decisions. His crew knew who was in charge, but responded to his call for their input and did their best to answer his needs. From Captain Kirk, managers can learn the power of involving and empowering their staff.

YOUR HONOR

"Leaders don't wait. they shape their own frontiers. the bigger the challenge, the greater the opportunity"

OPRAH WINFREY,  
MEDIA MOGUL AND HUMANITARIAN

Winfrey stands as a beacon, not only in the worlds of media and entertainment but also in the larger realm of public discourse. When Winfrey talks, her viewers — an estimated 14 million daily in the U.S. and millions more in 132 other countries — listen.

POPE JOHN PAUL II,  
THE CATHOLIC CHURCH'S SUPREME PONTIFF FOR 27 YEARS

Throughout a hard and often difficult life, he stood for social justice and on the side of the oppressed, whether as a young man facing the Nazi occupation in Poland or later in challenging the Communist regime. He never wavered, never flinched, in the struggle for what he thought was good and right.

COUNT BASIE,  
PIANIST AND BANDLEADER

Unostentatious as Mr. Basie appeared, his presence was a vital factor in directing his band or any group of musicians with whom he might be playing. There was a memorable concert at Town Hall several years ago when a number of musicians, including Mr. Basie, were scheduled to perform in a variety of combinations. A group that included some Basie sidemen was on stage, playing in a ragged, desultory fashion, when Mr. Basie arrived. The pianist in the combo gave up his seat to Mr. Basie who sat down, tinkled a few introductory notes, looked up at the drummer, nodded at the rest of the group and when the combo took off, the musicians were playing as brilliantly and cleanly as they had been disheveled only a few moments before.



Winston Churchill,  
British Prime Minister



James T. Kirk  
Captain of the U.S.S. Enterprise



Count Basie,  
Pianist and Bandleader



Douglas MacArthur,  
United States General & WWII  
Hero



Pope John Paul II  
The Catholic Church's Supreme  
Pontiff for 27 Years



Every boat we build is made for you

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# BANG & OLUFSEN

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An icon of elegance and innovation, the new BeoSound 5 is designed to be looked at, listened to and lived with. It brings your digital music out into the open, with a sound quality that's nothing less than amazing



## The golden frame is art in itself

One look at the new, golden coloured BeoVision 7 and you'll begin to see why it's a TV masterpiece. Behind the 40" full HD LCD screen is an advance picture engine continuously fine tuning each image to perfection. Here's golden opportunity for luxury viewing in your living room.



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