

City Life

by TMG

Issue No.02 - December 2022

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It gives us great pleasure to announce that Madinaty Golf Club has once again been awarded "Best Golf Course in Egypt 2022" for the second year in a row, by World Golf Awards, the leading authority that recognizes and rewards excellence in golf tourism.. consistently aspiring to be an international field!

For more information and inquiries, please call: 01141415858

Welcome to City Life

We are delighted to bring you our second edition of *City Life* by TMG, the lifestyle magazine dedicated to our communities. As 2022 has taken its course we have forged closer bonds, watched as our cities continue to grow and develop, welcomed exciting new additions under the TMG umbrella, and started to plan for the year ahead.

With the growth of TMG cities, our community flourishes; with culture, new technology, and a lifestyle that offers not only the best of shopping, entertainment and dining, but importantly, the amenities and support services that we need to thrive. The globally recognized Madinaty Sculpture Symposium has invigorated our environment with exceptional works by local and international artists, bringing creative energy to our surroundings and elevating our mood. We strike another cultural note with our coverage of CIFF, Cairo International Film Festival, and a one-on-one chat with its President, the renowned actor Hussein Fahmy.

This issue of *City Life* also introduces vibrant personalities in the community, and is packed with the latest news from MGC and our sporting facilities. You will find what you need to know about great new venues, entertainment, cuisine, and important information from City Hall.

As 2023 approaches, we invite you to share your news and achievements, as well as your suggestions for topics that will benefit our residents. Your thoughts and milestones are important to us.

City Life is created for our TMG communities, to entertain and inform you. We wish you happy reading as we head towards a new year, brimming over with endless opportunities.

City Life Team

C O N T E N T S

DECEMBER 2022

Main Feature:

**Sculpture Symposium '22 in
Madinaty**



Celebrity Feature:

Cairo International Film Festival



Meet Our Community:

Mariam El Hadad

Chef Amal Elbanna



Fashion & Beauty:

Winter Fashion

Beauty: Winter Skin Care

Winter Hair Care



COP 27 and Overview of 'green' initiatives by TMG

New Four Seasons Residences in Madinaty

Asian Tour International Series Egypt

Footgolf Academy

Ezz-El Arab Star (Mercedes -Benz) Test

Cancer Awareness Event

Home and Garden:

How to Create a Festive Vibe

Festive Season Gifts

Kitchen Ideas to Inspire



Wellbeing: **Having it All – Guide to Being a Supermom**

Men Zone:
New Toys for Big Boys
Which phone?

Sports & Activities:
Pickleball
Padel Tennis
Tyche Tennis Academy
Women's Squash World Cup
AI Rehab Sports Champions



TMG 2022 Milestones

Two Restaurant Review

What's New:
Azadea Opening
Spotlight:
Open Air Food Hall
All Seasons Park
Gateway Mall
Fun City



Pets: **Training Your Dog**

City Hall News

Madinaty International Sculpture Symposium Egypt 2022

Bringing Art to the Community

Celebrating the 5th Madinaty International Sculpture Symposium, TMG has created an outstanding event for 2022, with work by highly regarded international and local sculptors. The Madinaty International Sculpture Symposium enjoys the full support of TMG CEO, Hesham Talaat Moustafa, along with Eng. Khaled El Shehaby, VP of Technical Supervision, Eng. Mazen Osama, Deputy VP of Specialty Projects, and Mrs Nevine Tawfik, Logistics General Manager, all of whom brought this idea to life and have encouraged it since 2008, as an important element in Madinaty's standing as an International Standard City.



A huge undertaking, the Symposium involves bringing sculptors from all over the world, to create their work alongside each other. Offering a vast landscaped space and using a proficient team, this is an event that only Madinaty is capable of achieving as it pursues its objective of decorating the city with works of art. Taking place in conjunction with the Sculpture Symposium, a 5th exhibition of paintings from talented Egyptian artists added to the atmosphere of creativity.



Prominent Egyptian sculptor, Salah Hammad, Head of Organizing Committee of the Symposium stated, "Madinaty International Sculpture Symposium is an art festival of great importance, and it has a history among the international symposiums for stone carving around the world. The artists participating are of a high level of skill and artistic creativity in a way that matches the modernity of the city."



Madinaty is a futuristic city in which the Symposium works to complete the aesthetic aspect, where its open spaces are beautified by artistic works produced by the Symposium sessions. The squares of Madinaty accommodate many works of art, with its architectural design highlighting the importance of green spaces as an outlet for city residents. Madinaty has become a permanent and open exhibition for outdoor stone sculptures, with the Symposium attracting many visitors to the location from inside and outside the city, as it also organizes a number of trips for visitors, including journalists, critics, school and university students, and other different groups.

ARTISTS PARTICIPATING IN MADINATY INTERNATIONAL SCULPTURE SYMPOSIUM EGYPT 2022



24 artists participated in the symposium in its fifth session, 15 foreign artists and 9 artists from Egypt.

EGYPT

- **Abdelrahman Elborgy** - Born in 1981, Abdelrahman Elborgy holds a Master's Degree from the Faculty of Fine Arts. He has participated in several local and international exhibitions.



● **Muawiya Hilal**



● **Maisoun Moustapha**

- **Sarah Kassem** - Born in 1993, Sarah Kassem has participated in many exhibitions and artistic events, the most important of which is the Youth Salon 28 ,27 ,26, and 30, as well as the second sculpture salon.



- **Hany Elsaid** - Born in Alexandria in 1972, he holds a Bachelor's degree in Specific Education (Art Education), and has participated in the artistic movement since 1990.

● **Saida Kalil**

- **Ahmad Moussa** - Assistant Lecturer, Sculpture Department, Faculty of Fine Arts, Helwan University Faculty of Fine Arts. He has participated in many local and international exhibitions.



- **Nevine Farghaly** - Nevine Farghaly has taken part in many exhibitions both in Egypt and abroad including the Venice Biennale in 2010, and the Peking Biennale in 2019 ,2017.

- **Hany Faisal** – Born in 1968, Hany Faisal is a seasoned international artist, and has presented his work and represented Egypt at exhibitions and sculpture symposiums around the globe.

INTERNATIONAL SCULPTORS



- **Kamen Tanev** –Bulgaria - His works have been exhibited in numerous group exhibitions in Bulgaria, Germany, Belgium, Holland, Austria, Italy, India, Taiwan, China and Guatemala.
- **Ivan Tsiskadze** – Georgia - Ivan Tsiskadze is a world known sculptor from Georgia. His works in different materials (marble, granite, wood, bronze) are placed in 20 countries around the world.
- **Jhon Gogaberishvili** - Georgia Jhon Gogaberishvili has participated in over 45 international sculpture symposiums, including the Sculpture Saint John 2012 symposium.



- **Valerian Jikia** – Georgia - Valerian Jikia is a professor at Tbilisi State Arts Academy. He has participated in many international exhibitions and was awarded the Medal by the President of Georgia.
- **Jumber Jikia** – Georgia - Jumber Jikia studied at Tbilisi State Academy of Arts, and has been recipient of many awards. His works are exhibited in many countries around the globe.
- **Geno Zakaraia** – Georgia Honored Artist of Georgia (2005). He is an alumnus of the Tbilisi State Academy of Art and actively participates in local and international exhibitions.



- **Roland Hoft** – Germany A professional sculptor, he works with abstract forms, and describes his sculptures as the architectural form of memory.
- **Anna Teresa Rasinka** – Poland From Opole, she studied sculpture at the Academy of Fine Art in Krakow, Poland and works primarily with four mediums: stone, metal, bronze, and steel.
- **Nikolay Karlykhanov** – Russia - He was admitted to the Union of Artists of the USSR and received numerous awards. His works decorate cities and private collections in Russia and abroad.



- **Nedim Hadziahmetovic** – Serbia President of Artist's Association. He specializes in international monumental sculpture, illustration, draftsmanship, animation and painting.
- **Khalid Abdullah** – Sudan
- **Mohamed Bou Aziz** -Tunisia Mohamed Bou Aziz has a Master in Plastic Art and a Professional Master (photography) from the Higher Institute of Fine Art, Tunisia. He has participated in several exhibitions and symposiums.
- **Songul Telek** – Turkey. She has participated in over 20 symposiums and multiple exhibits throughout Turkey, USA, Egypt, India, Romania, Syria, and the Czech Republic.
- **Canan Songur** -Turkey
- **Sergii Oleshko** – Ukraine Sergii Oleshko creates work based on the beauty of both human and natural activities in this world and in the unknown worlds in space.



ORGANIZING COMMITTEE

Salah Hammad - Head of Organizing Committee

Dr. Said Bader

Dr. Yasser Baker

Dr. Mariam Makramallah

Doaa Shaaban

Chatting with **Mohamed Bou Aziz**



How important are International Sculpture Symposiums for bringing artists' work to the public?

Sculpture is considered one of the oldest arts in the world, so it has a great importance in consolidating the visual culture of the audience. It also represents a bridge of communication between peoples because of the affiliation and embodiment of the artist's thought on the ground. These symposiums represent an important opportunity for each artist to be an active element between a group of the most important sculptors in the world, and contribute towards highlighting the different artistic trends that unite their love for art.

What makes Madinaty such a good location for this type of symposium?

Madinaty is a distinguished, elegant place in which it is pleasant to live, and the large, beautiful green spaces are a suitable place for the concentration of huge works that bear witness to a particular era of interest. With the art of sculpture, and the knowledge, experience and keenness of the Talaat Mustafa Group and their support for art and artists, providing all possibilities and providing well-studied spaces to focus the artists' works gives a wonderful aesthetic scene to the place, and these works will contribute to upgrading public taste. Congratulations for this great achievement.

What can you tell us about the sculpture you have in this exhibition?

Work name: "Our Land" The cosmic void is a source of inspiration as well as a source of positive energy that fuels our daily lives. This artwork is a circle and its symbolism represents the universe or non-stop continuity. Life in humans is always in a state of continuous rotation, we sometimes stand to rethink what we did yesterday. This is what the cloth expresses; it is a visual break that brings us back to a hidden aesthetic dimension that makes us forget the hardness of the stone. It is also considered a real pulse for several human issues, such as belief in destiny "good and evil" and also refers us to plastic, philosophical and existential connotations. Man always seeks to get out of it, but he cannot, because it was formed in its origin from contradictions such as "the past, the future, the beginning and the end." The symbolism of the circle in general represented "harmony and harmony" and the pattern of unification in its mythological meaning and in its mythical symbolism depends on the ideas of connection, integration, and non-separation. This work symbolizes, indirectly, to the philosophy of life because it contains radical changes in some situations that make man liberated, but there is always hope that makes our life meaning in order to continue and search for a way out of the whirlpool of the world that holds people inside closed cages, forgetting their origin and the goals for which they were created. The work also highlights the concept of protection and preservation of the dear and valuable thing by wrapping it with a cloth, and this method has a history as old as the Pharaohs, who used it thousands of years ago to preserve their dead, because they believe that life is perpetuity and transition to the other world.

What would you say to young artists starting out in their quest to be recognized?

Every artist starts out with the ambition and passion to develop and improve his artistic level, and this is by participating in exhibitions and targeted and important artistic forums, including the Symposium at Madinaty, which gives young artists an important opportunity to highlight their talents and artistic abilities that will grow over time. I advise every young artist to make sure to cooperate with great artists on such occasions to gain enough experience that will support his artistic career in the coming days.



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44TH CAIRO
INTERNATIONAL
FILM FESTIVAL

13TH - 22ND NOVEMBER 2022



44th Cairo International Film Festival (CIFF)

Showcasing Exceptional Films

The 44th Cairo International Film Festival (CIFF) launched on Sunday the 13th of November with a spectacular opening ceremony at Cairo Opera House, heralding nine days of outstanding cinema from local and international directors. As a strong supporter of creative talent and cultural initiatives, *City Life* was delighted to attend, in the presence of Minister of Culture Nevine El Kilani and CIFF president Hussein Fahmy, along with national and international filmmakers and actors. And, as always, the Red Carpet opening event was scintillating and glamorous, with local and international stars epitomizing elegance and chic, with the very latest in fashion on display.



Launched in 1976, CIFF is the oldest and the only internationally accredited annual film festival in the Arab world, Africa and the Middle East. To learn more, *City Life* caught up with CIFF President, Hussein Fahmy in an exclusive one-on-one interview.

Being the president of CIFF is a big job. Can you tell us more about it and the responsibilities that come with it?

The Cairo Film Festival is a "Category A" film festival. We are equal to Cannes, to Berlin, and to Venice, so we have to keep this standard, taking into consideration better movies and very good competition. We also have to take having an excellent jury into consideration.



What can we expect from this year's festival?

We have a lot of directors who will be attending with their films. We also have directors who are coming to give lectures, which are going to be very important. I am attending some myself.



What is a message you would like to give to the young talents that are growing in the film industry?

I advise them, first of all, to be themselves and not look around at others. Not to be inhibited in their ideas and thoughts. I want them to be free to express themselves, to be independent and genuine, to be themselves all the time. This is the way I started and this is the way I believe you have to go through the experience, by making your own movie, by developing your own ideas.



Because after that you will head out into the commercial market, where it is not always what you want to do. You will have to consider the market and the procedures. You will have to consider who is putting the money in, the people who are waiting for a return. This is the time you can experiment and express yourself as much as you want. With a small budget, you can do a lot.

What are your hopes for the upcoming editions of CIFF?

Through searching for movies, when we attend film festivals to select movies, and by getting to know film producers and distributors, we constantly have the idea in mind of what we want to introduce to the audience. What I am expecting is to introduce new cultures. The film festival's main objective is to have diverse cultures, from everywhere, for the audience to be entertained by ideas, thoughts, and screenplays. We will be looking for acting performances that are different from the usual. Maybe to show a new style in filmmaking, a new kind of photography.





Meet our Expats

Mariam El-Hadad

Three and a half thousand kilometres from her native England, Al Rehab resident Mariam El-Hadad has embraced the Egyptian lifestyle and culture and settled into the community. We caught up with Mariam for a chat about what she loves most about living in Al Rehab.

What brought you all the way from England to Egypt?

Egypt has always been a top destination to visit in terms of holiday getaways, cuisine, night life and exploring museums and galleries. I have always been fascinated with Egypt's history, its culture and tradition. I enjoy going to places that represent Egypt's rich history and there is so much to learn about, from ancient Egypt till present-day Egypt. It has developed so rapidly in the past five years, however still in keeping with its historical values.

How many years have you lived here?

I have lived in Egypt for eight years and want to continue living here. Egypt has many prospects and is moving towards a better way of life. It presents a lot of opportunities for expats and people who want to make the move and live here.

Is there a big expat community in Al Rehab?

There is a large expat group in Al Rehab with at least 12 different nationalities mingling and interconnected with each other.

What are the things you enjoy doing most in Al Rehab and Madinaty?

The best thing about living either in Al Rehab or Madinaty is having the gardens, parks and everything being provided in terms of services. You can even top up your electricity bill at 3am in the morning at the 24hr retail shops that are available in the market.

How has living in Al Rehab been good for your career?

I work as a teacher in an international school, heading the Grade 1 section. I find the short commute between home and work a big advantage.

What is a normal day for you?

It depends on where my mood takes me. Al Rehab is a great place to exercise, even if it's simply a walk around the gardens. It's a great place to meet friends for a coffee. Even running errands, there are places to go to top up your utilities and that's all within the compound.

What makes it such a great place for expats to live in?

Living in a compound is much safer than living out on the main streets. It gives a sense of security even if you are living alone; you can rely and depend on the security guards and cameras. It also has endless services and commodities that you can find without leaving the compound.

How would you recommend the Al Rehab lifestyle to anyone thinking of moving here?

It is a safe area and at times it can be very quiet. You can easily fill your day with exploring food markets with fresh produce, shop at malls for necessities and even read a book in the open green parks within Al Rehab. It also has a variety of cafes to meet friends or even have a coffee alone while working on your laptop. It even has a night life in terms of restaurants and walking around the old markets till late.



Gifted Chef

Amal Elbanna

A talented and inspiring professional chef, with a passion for creating a variety of mouthwatering dishes, Chef Amal Elbanna is a well-known and much-loved personality who reaches out to thousands of followers through popular TV and online platforms while keeping busy as an instructor in cooking academies and developing new recipes. Her many accomplishments include a Diploma in Therapeutic Nutrition.

What makes her even more special to *City Life* is that she is a happy resident of Al Rehab, enjoying everything that the community life has to offer. Her culinary skills have taken her overseas, and into the kitchens of leading 5-Star hotels, so we were eager to learn more about her journey in the glorious world of food.

When did you first discover your love of cooking?

When I was 28 years old and recently married, we used to invite many people to our home, both friends and relatives. In the beginning, we ordered food from outside, but later on I felt that I should cook for the people we invited as a gesture of appreciation, so I cooked *a lot*. Then I discovered that I was in love with cooking, especially when I cooked something very simple and the guests liked it so much. Then I took things to another level, I started to create recipes, and again the guests were impressed by my dishes. Later on, when my daughters were in nursery school, I joined the Culinary Art Training Center and started my journey to become a certified chef.



Who has been the biggest inspiration for you?

My mum, of course. I still remember when she entered the kitchen and created incredible dishes from nowhere. From whatever she had, she cooked amazing food, and she still does the same till now. My mother always encouraged me to enter the kitchen and cook whatever I want, and she always gave me notes. Till now, when I create recipes or cook normal dishes, I am always keen to take her notes about those dishes. Although she didn't study cooking, she has techniques she uses. When I studied cooking, I realized that my mum knows a lot of techniques we use as chefs.

How would you describe your approach to creating dishes?

When I enter the kitchen I feel like I enter my lab, I put my phone on silent mode and focus just on my new baby, the recipe I am working on. I detach from the outside world, just me and the ingredients. I feel it as kind of meditation; it helps me to take all my stress away. No matter how long it takes, I never feel pain until I have finished the dish and cleaned the kitchen.

Do you have a personal favorite cuisine?

First it was Asian cuisine. I like the boom of flavors in Asian cuisine, but while working in many places in London I came to appreciate our Egyptian cuisine. I recognized that we have a valuable cuisine, rich in flavors and techniques which are missing in other cuisines.

How have you managed to maintain a successful career while raising a family?

It's all about organizing time. I always have a weekly to do list I organize by hours, so it helps me to manage my time between my family and work.

What cooking shows do you enjoy?

Chef's Table, which isn't just about recipes, it's about the masters who create the recipes and restaurants. It shows you how these chefs have lived their lives to become great chefs and own their restaurants, and the sacrifices, effort and pain it takes to become a good chef. Creating recipes is not difficult, but it requires experience, and *Chef's Table* describes these experiences.

As a busy wife, mother, and chef, what do you appreciate most about the lifestyle offered in Al Rehab?

When you live in Al Rehab you don't need to go outside to get what you need. I always find what I need, with good quality and price. It is a massive bonus that my daughters can have their professional level tennis training here and in nearby locations, it helps me so much with my time management and is really convenient.

When you have leisure time, what do you most enjoy doing in Al Rehab?

Walking amongst the gardens, smelling the fresh air.

How would you describe living in Al Rehab when recommending it to friends?

It has a good community, is not crowded, and as a family you will find everything you need.

What advice would you offer to newlyweds when building up a collection of recipes?

Simplicity. Always start with simple recipes, don't go for complicated ones, then step by step you will be able to cook whatever you want.

What are the essentials tools and pieces of equipment needed in any kitchen?

After the main equipment like a good stove, oven and fridge; a good mixer and food processor are very important.

What are your favorite dishes to cook at home for your family?

Pasta Bolognese, an easy recipe, although it needs a long time to prepare the *ragu* sauce. I just make the sauce and keep it on a low heat for a long time while I do something else at home. My daughter loves it, and I can hide vegetables in the beef, like zucchini and carrot.

Instagram: @chefamalelbanna

Facebook: Amal elbanna



It's Time to PARTY

Let's add a little sparkle to see 2022 out in style. Look for velvet and sequins, cozy faux fur, silky puffer jackets, and of course, slinky dresses and footwear with attitude. Go glam and make a statement.



Short Sequin Dress-MANGO

- 1. Tulle Panel Jumpsuit - MANGO
- 2. Green Satin Panel Dress- MANGO
- 3. Velvet Crossed Dress - MANGO
- 4. Asymmetric Ruffled Dress – MANGO

Mesh Ankle Boots - MANGO



Knotted Velvet Top-MANGO



Green Onyx, Ruby & Aquamarine Earrings – MOUSHA'Z



Snake Choker-AZZA FAHMY



Lace Ruffle Dress - MANGO

Long Faux Fur Coat-ZARA



Long Flowing Dress with Long Sleeves - MASSIMO DUTTI



Velvet Dress with Gem Buttons-ZARA

Taupe stockings-MANGO



Dark Blue Silk Bowtie-ZEGNA



Black Cashco Long-Sleeve Shirt-ZEGNA



GIORGIO ARMANI



MASSIMO DUTTI



ZARA



Sequined Dress-Mango



Velvet Suit Blazer-ZARA



Textured Weave Shirt with Bow Tie-ZARA

Ruffled Corduroy Dress-Mango



Knit Embroidered Sweater-MANGO



Christmas Jacquard Sweater-Mango





5 Skin Products We Should All Be Using This Winter



Nuxe Huile Prodigieuse

1.

Sometimes a bundle of goodness is just what you need as an all-round multitasker. Containing borage, sweet almond, hazelnut, St. John's wort, camellia, and macadamia, Nuxe Huile Prodigieuse has you covered, for skin and for hair, all in a convenient dry oil spray. Your skin is left feeling soft, supple and hydrated, with a comfortable dry touch finish and your hair will look glossy, lustrous, and manageable.

Vichy Minéral 89 Hyaluronic Acid Hydrating Serum

2.

Formulated with Pure Hyaluronic Acid and 15 Mineral-Rich Vichy Volcanic Water, Vichy Minéral 89 Hyaluronic Acid Hydrating Serum has been developed to strengthen and repair your skin. A hydrating and plumping booster, it is safe and effective for all skin types.



Joviality Forest Fresh Charcoal Deodorant

3.

Get natural protection with Joviality Forest Fresh Charcoal Deodorant. Made of natural charcoal, it offers powerful deodorizing and odor control to keep you fresh all day long with a fresh aroma of lemongrass, tea tree oil and a whisper of vanilla.

Dr. Scholl's Ultra Exfoliating Foot Lotion

4.

Today's strappy heels mean your feet will be on show this season, so pamper them a little. The 10% Alpha hydroxy acids in Dr. Scholl's Ultra Exfoliating Foot Lotion gently exfoliate rough, extremely dry skin on your feet, working to reveal new, smooth, healthy skin. Natural essential oils; lavender, peppermint, and eucalyptus will soothe your feet with their gentle properties.



Vaseline Intensive Care Advanced Repair Hand Cream

5.

Cooler days can dry out your skin, leaving your hands rough and wrinkled. We swear by Vaseline Intensive Care Advanced Repair Hand Cream. Keep a handy tube in your bag, and use regularly. Its penetrating ingredients are deeply moisturizing, with a non-greasy finish.

4 Hair Essentials You Need Now

If a summer of sea, sand and sun has left your hair tired and lifeless, jump on board these products to get that bounce and vitality back, just in time for party season!



1. Ever Pure Moroccan Argan Oil Serum

We can't sing the praises of argan oil enough. Ever Pure Moroccan Argan Oil Serum offers everything you could ask for in one convenient package. It softens the hair and doubles its length and density, adds gloss and shine, reduces frizz, can permanently eliminate dandruff, reduces hair loss and is used as a treatment for infections and dry scalp. With vitamin E, it also rejuvenates the scalp and deeply conditions your hair.

2. L'Oreal Professional Absolut Repair Quinoa + Protein Mask

L'Oreal Professional Absolut Repair Masque instantly restores all hair types with a lightweight touch. Its cream-in-gel texture immediately leaves hair 7 times shinier and smoother, leaving no residue on the hair fibre. A boon for damaged hair.



3. Shea Moisture Manuka Honey & Mahura Oil Intensive Hydration Mask

Rich in manuka honey and mahura oil, this deep-conditioning treatment also contains organic shea butter and baobab oils. Effective at fighting frizz, it restores and locks in moisture while protecting and smoothing hair follicles.



4. Bubblzz Flax Seed Cream Gel

Curly girls can rejoice, Bubblzz Flax Seed Cream Gel is just what you need to nourish and style your gorgeous, glossy, cascading locks. This versatile cream gel blends flax seed oil, argan oil and aloe vera gel to provide deep moisture, define curl pattern and leave coily and curly styles smooth and bouncy with a soft hold.



TMG Supporting Sustainability



With Egypt playing host to COP27, the drive towards preserving and protecting the resources of our planet has been firmly in the spotlight. Not just the responsibility of nations, battling the challenges presented by global climatic changes depends on the conscious action of corporations and individuals, each and every day. TMG is at the forefront of Egyptian companies taking an ethical responsibility toward environmental sustainability and a green economy. TMG is proudly placing preserving the planet as a corporate core value with advanced awareness on the topic, and the group's developments have been directed towards more viable strategies that include operational efficiencies, lower energy use, and less waste. The group regards environmental consciousness as a moralized ethical obligation to the community, and the world at large, where the business community, governments, field experts, and all other stakeholders need to contribute to the process of change and positive transformation that needs to take place.



In Madinaty and Al Rehab as existing models, and Noor as the city of the future, state-of-the-art infrastructures have been deployed to integrate key green elements, covering all public areas, residential, commercial, and administrative buildings, enabling the use of various smart systems. Garbage is collected in underground bins, which send signals to the control room when full and ready for collection, to deploy garbage cars in a fully automated cycle that is powered by solar energy. All these elements work towards reducing carbon emissions, and pollution, generating clean renewable energy, and saving water.



Irrigation of all green landscapes is fully automated through smart irrigation systems that save the consumption of irrigation water by more than 30%. The systems do not require any human intervention; they function through weather stations distributed within the cities to monitor all variable weather conditions and determine accurate amounts of water consumption, leading to rationalization of consumption and maintaining the quality of the landscape. Irrigation water used in the city is generated through advanced wastewater treatment plants that treat sewage water and convert it into high-quality irrigation water suitable for agriculture.



MADINATY

Madinaty incorporates solar energy in many areas; it also has advanced waste management control, using the latest collection and separation system, in addition to a water desalination network, 6 water tanks that cover the city needs for up to 48 hours, and a sewage treatment plant, while having an advanced security system covering the entire city with the latest technologies supported with advanced emergency response, in addition to prompt infrastructure maintenance. The city also applies smart systems in many aspects, having smart lighting, irrigation, and transportation.



AL REHAB

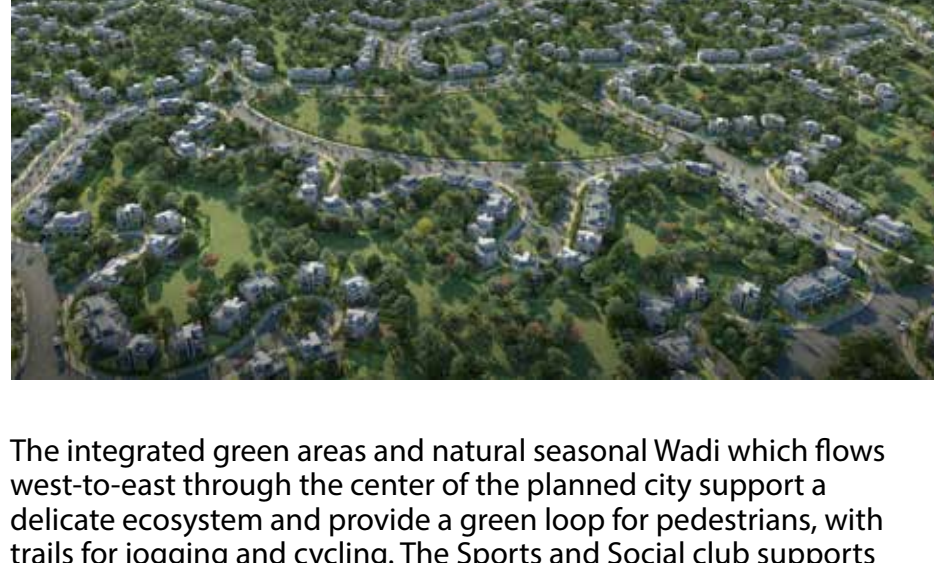
Public street lighting in Al Rehab has been transformed into smart lighting, reducing electricity consumption by more than 80%, and is controlled remotely according to the need and the level of movement in the streets. Al Rehab street lighting is linked to a central control unit via the fiber-optic network, and is characterized by golden-colored lighting with an aesthetic, that was designed and manufactured with special specifications in line with the architectural character of the city. The new LED is environmentally friendly, saves energy, and easy to maintain through the smart system that provides all data on the status of each lamp and an alert in the event of any malfunction.

NOOR

Introducing a fresh new concept, Noor is planned as a breathtaking 5000 feddan integrated development, encompassing a comprehensive range of housing options set to cater to different needs and budgets, supported by the key services and facilities needed in today's lifestyle. Units include apartments and studios with different sizes, starting from 63 square meters, reaching up to the special types of villas. Residential units feature the optimal use of internal spaces through smart design, with all the units boasting more than one façade so that residents can enjoy the sun, fresh air and views of the picturesque green areas.



Conveniently situated in the north of the New Capital, directly facing the New Suez Canal International Airport, Noor extends directly onto the Cairo - Suez Road. It is in close proximity to New Heliopolis, Madinaty and Al Rehab city, as well as being an easy 20 minutes' drive from New Cairo. The project will include a superior hotel, 10 schools for various languages and international educational systems, nurseries, a university, and an integrated hospital with different specializations, in addition to medical centers that include all medical services.



The integrated green areas and natural seasonal Wadi which flows west-to-east through the center of the planned city support a delicate ecosystem and provide a green loop for pedestrians, with trails for jogging and cycling. The Sports and Social Club supports the wellness of the community and is designed to include all kind of training facilities and sport fields from squash courts and an indoor swimming pool, to studio spaces for martial arts, cycling, dance, yoga, and boxing. Each residential area is an easy walk to the District Center, where super markets, nurseries, convenience stores, laundries, bakeries, a mosque, children's play areas are located. Regional services within easy reach will include commercial centers, shopping and entertainment areas, administrative and medical centers.



Embracing the latest in smart city design, from building orientation to construction materials, the urban design and architecture will be guided by principles that seek to reduce energy usage and increase climate comfort. Noor will provide an outstanding standard of living at affordable levels, a holistic community, and a healthy lifestyle. Residents will enjoy a sustainable environment geared to create superior livability, round-the-clock safety, and leisure amenities designed to promote an inclusive community. Through its focus on the essential elements needed for a balanced, affordable, holistic lifestyle, Noor has encapsulated the dream of homebuyers looking for a healthy, vibrant community in eco-aware surroundings.

Talaat Moustafa Group and Four Seasons Expansion



Three New Luxury Hotel and Residential Projects Planned for Egypt

With three outstanding Four Seasons hotel properties in Cairo, Alexandria and Sharm El Sheikh, Talaat Moustafa Group (TMG) is further cementing its long-term partnership with Four Seasons to expand with a new hotel and residential community in Madinaty, adjacent to New Cairo Capital, a new hotel in Luxor and additional Private Residences in Sharm El Sheikh.

Four Seasons Hotel and Private Residences New Cairo Capital at Madinaty

Anticipated to open in 2025, Four Seasons Hotel and Private Residences New Cairo Capital at Madinaty will be set within Madinaty on 185 hectares (460 acres) of verdant parkland. Boasting world-class amenities and surrounded by luxuriant gardens, the Hotel will feature 346 rooms and suites, while the Private Residences will be comprised of 107 villas and 80 luxury residences. The villas will range from 721 to 1,847 square meters with six configurations featuring a contemporary design, floor-to-ceiling windows, rooftop gardens, limestone finishing and private pools, while luxury residences will range from 221 to 670 square meters with five configurations.



Four Seasons Hotel and Private Residences New Cairo Capital at Madinaty will offer an exceptional culinary experience for guests and residents alike. This will include a waterfront restaurant at the center of the property in addition to several private dining, al fresco, international and Egyptian-inspired outlets. For special events and memorable occasions, the Hotel's ballroom features striking vaulted ceilings and generous outdoor event lawn space to accommodate gatherings of all sizes.



The Hotel and Private Residences will also feature a spa and fitness facility. This will encompass private treatment rooms, an extensive array of tennis and multi-sport courts, guided group classes, and state-of-the-art fitness equipment, all designed to support wellbeing and optimal fitness. Residents will have easy access to additional gourmet restaurants, world-class golf courses, exceptional retail outlets, private schools and all the conveniences to be found in the vibrant, surrounding area.

Four Seasons Hotel and Private Residences New Cairo Capital at Madinaty and Four Seasons Hotel Luxor will be introduced in Egypt through this upcoming phase of strategic growth, further building upon the latest multi-million dollar property enhancements at Four Seasons Resort and Private Residences Sharm El Sheikh, which doubled the offerings of the existing property with new accommodations, dining outlets, leisure activities, and more.

Four Seasons Hotel Luxor

Set to open in 2025, Four Seasons Hotel Luxor will include 200 guest rooms and suites, each with views of the Nile River, the Valley of the Kings and the Valley of the Queens. The Hotel will be located just south of the highly acclaimed Luxor Temple, which dates back to 1400 BC. Guests will be able to enjoy several restaurant and bar outlets, a tranquil spa, a fitness facility, multiple pools, luxury retail, a Kids For All Seasons program and a young adults center.



New Four Seasons Private Residences at Sharm El Sheikh

Four Seasons Resort and Private Residences Sharm El Sheikh property has now doubled in size following an exceptional enhancement project, with new accommodations, restaurants, recreational facilities and meeting spaces for travellers who seek a magical blend of mountains, desert and sea.



The expansion project includes the addition of 69 Private Residences to the existing collection of 77, giving luxury homeowners the very best of seaside living in Egypt. Overlooking crystal-clear waters and more than one kilometer of private beachfront, residents enjoy the property management and service expertise of Four Seasons dedicated residential team as well as priority access to the amenities and offerings of the newly expanded resort, which include twelve exciting culinary concepts, tennis courts, a golf course, fitness facilities, entry to one of the world's most renowned dive sites, and so much more.



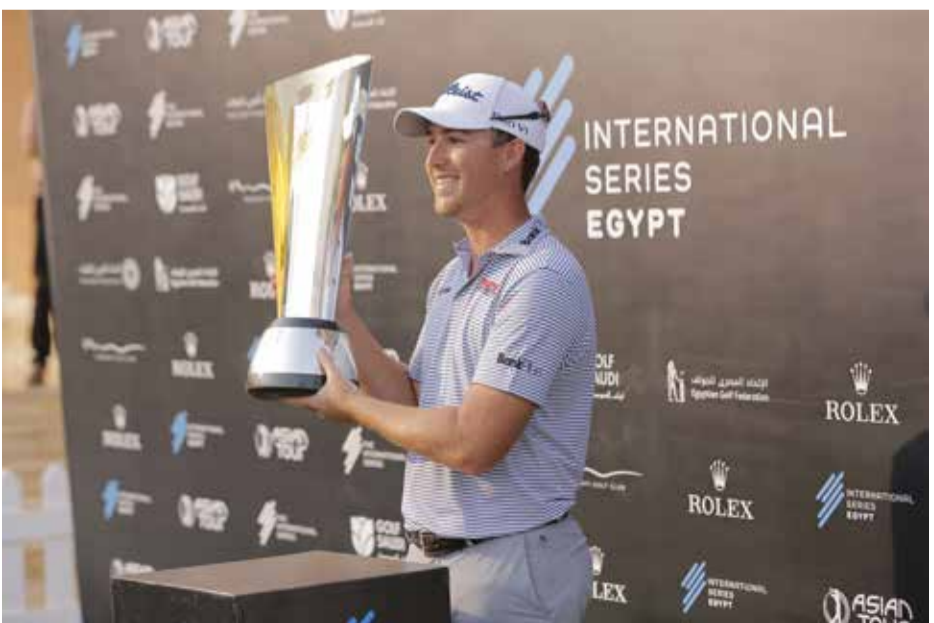
Asian Tour's International Series Egypt Golf Tournament Debut



The first-ever Asian Tour International Series Egypt golf tournament kicked off on the 10th of November at MGC, and ran through to the 13th of November, with major local and international names in the sport teeing off to compete for USD1.5 million in prize money. The tournament was the tour's first-ever appearance in Egypt, and the Robert Trent Jones Jr.-designed course at MGC, under Troon management, was perfectly suited to the largest golf event ever staged in the country. Broadcast live to more than 60 countries around the world, it showcased the superb golfing amenities in Egypt.



US player Andy Ogletree closed in 8-under 62 to win the Asian Tour's International Series Egypt by four shots over Austrian Bernd Wiesberger. Ogletree finished the 72-hole event at 23 under and only dropped three shots all week. Wiesberger never got closer than two shots, and the next closest finishers, Sihwan Kim and Jeunghun Wang, tied for third at 16 under, seven shots back.



"It has been an awesome week," enthused Ogletree. "My first time in Egypt. I got to experience everything the tourists do, I went to the Pyramids, we stayed at a great hotel and the golf course was spectacular. It has just been a really awesome. My first trip to Egypt is one that I will never forget."



Delight in the Golf Terrace's Delectable Brunch



Weekends have become even more exciting with the popular Friday Brunch to Madinaty Golf Club. The combination of delicious Mediterranean and international dishes, expertly prepared by Kempinski's talented chefs, and a spectacular view of the golf course from the Golf Terrace is unmissable, and makes any weekend a special opportunity to get together with family and friends. Available each Friday, from 1 pm to 5 pm.

Reservations: 0110 113 4516

Footgolf Comes to Madinaty Golf Club



When two of the world's favorite sports combine, the result is a game that offers the best elements of both football and golf. Now available at Madinaty Golf Club, it provides healthy exercise in luxuriant green surroundings, with just the right competitive edge. Footgolf is a gateway into golf and a way to introduce people to the golf course, and is a popular activity at many other Troon managed golf courses around the world. A great way to make the golf course accessible to people, it ties in with Troon and MGC initiatives to grow the game.

Players use a football instead of a golf ball, and the ball is kicked rather than struck with a club, working toward a "footgolf cup". The player who finishes the course with the fewest shots wins. The first shot has to be played from a tee box, and bunkers, trees, water and hills must be crossed or avoided in order to reach the hole. Suitable for a wide age range, and levels of fitness, footgolf is quick to play, accessible, and does not require any outlay for golfing equipment. All the equipment you need to play is provided, although you can bring your own football if you prefer. Wear appropriate clothing such as fitness wear as well as indoor soccer shoes or sneakers, but remember that football boots with studs are not allowed due to the damage they will cause to the course.



To quote DJ Flanders, Senior Vice President for Troon International, "Footgolf has fast become a popular activity at many Troon managed golf courses around the world including in Malaysia at The Els Club Desaru Coast, UAE at Montgomerie Golf Club Dubai and Bahrain at The Royal Golf Club. It has become a great gateway activity to encourage people to step onto the golf course and experience a golf club environment and is perfect for people of all fitness levels; from families to friends and colleagues it's one of the key initiatives to help grow the game of golf that Troon clubs implement the world over".

Footgolf is available 7 days a week from 3 pm till sunset with last 'Kick Off' at 5 pm. Book a session now, or play subject to availability, and see how this could become your new fun way of staying in shape while enjoying the company of family and friends.

Address: MGC – Madinaty

Tel: 0110 113 4518

www.madinatygolfclub.com/footgolf

Ezz Elarab Star Mercedes-Benz Test Drive Center



In keeping with its innovative implementation of new automotive retail concepts, Ezz Elarab Star inaugurated their first Mercedes-Benz test drive center at Madinaty Golf Club, designed to serve customers in East Cairo and allow them to learn about the latest Mercedes-Benz models and to test-drive their favorite car models.



This new center is part of an ambitious expansion plan that began with the inauguration of the first Mercedes-Benz boutique in Egypt and North Africa, at the exclusive Mall of Arabia. The boutique showroom, which was the first of its kind to open in a retail shopping mall, was constructed according to the latest international design standards and "MAR 2020" retail concept. One of the key features of this one-stop-shop boutique showroom is the incorporation of the latest interactive digital and technology services and concepts for customer service that provides a unique customer experience. Ezz Elarab Star offers its customers, whether individual or fleet customers, a distinguished range of new and used Mercedes-Benz models, with the ability to quickly and easily trade-in cars, and offers a variety of insurance and protection solutions.



Eng. Hisham Ezz Elarab, Chairman of the Board of Directors of Ezz Elarab Automotive Group, said: "We are always working to provide new and unique buying experiences for our customers, and the opening of the Driving Experience Center comes as a continuation of Ezz Elarab's journey with Mercedes-Benz Egypt... and we still have much more to offer enthusiasts of the brand in Egypt". He further stated, "We are working according to an ambitious expansion plan, by injecting more investments to ensure we offer the highest level of services in our sales and after-sales business."

For his part, Mr. Adham El-Gazzar, General Manager of Ezz Elarab Star, added: "I am very proud of the new achievement we have achieved by opening the first Ezz Elarab Star Mercedes-Benz test drive center, which provides a new and different experience for luxury lovers. This step came after an extensive study to choose a strategic pivotal site to cover and serve new areas, namely, the areas of East Cairo, which include Katameya, Al Shorouk, Al Rehab, Al Tagamoa and Madinaty."

The center was carefully selected, following extensive studies, to reflect the prestigious image of Mercedes-Benz and its long-held global association with the sport of golf.

It is worth mentioning that Mercedes-Benz has been very active in the world of professional golf for over thirty years and is associated with some of the sport's most significant tournaments.



Talaat Mostafa Group Support of the Fight Against Breast Cancer



On the 1st of October, as part of International Breast Cancer Awareness Month, Madinaty Golf Club held a local golf tournament with the participation of 60 golfers. The event was to support Baheya Foundation for Breast Cancer early detection and treatment initiative by raising donations. Madinaty Golf Club was delighted to invite some of Baheya's Cancer Fighters to spend the day enjoying some golf activities, followed by lunch with some of the club's golfers.



The recent event was part of the CSR program carried out by Talaat Moustafa Group in its ongoing mission to reach out and help the Egyptian community through a broad and diverse range of activities.



Baheya Foundation for Breast Cancer is an association that provides innovative programs specialized in awareness, early detection, and treatment of breast cancer, and psychological support for women, using the latest technologies. Early detection of breast cancer has a big role in the rise of cure rates, reaching more than 98%, Baheya Foundation is constantly working to raise awareness of early detection importance.



Bring the Spirit of the Festive Season into Your Home

The last month of the year is a time to gather with friends and enjoy good company and good food, all in a cozy, festive atmosphere. Add color and warmth, and plenty of sparkle with lights, candles, and festive cushions.



Large Wreath With Bells-H&M



4 Pack Glittery Glass Christmas Tree Baubles - IKEA



Linen-Blend Cushion Cover-H&M



LED Table Decoration - IKEA

Glass Christmas Tree Decoration - H&M



Abu Auf Dried Fruits Gift Box - THEGIFTERY



Christmas Cookies - GOURMET



Festive Gifts to Warm the Heart

It's the season to share love and joy, so here we go with our top picks of thoughtful gifts that are sure to please.



Reindeer Slippers -
THEGIFTERY.COM



Moko's Assorted Chocolate
Box - FLOWARD



Joy to the World Gift Box -
THEGIFTERY.COM



Ginger Bread House
Kit - GOURMET



Liaison Flowers
With Candle and
Chocolates -
SALLYHELMY



Kids Christmas Gift Box -
THEGIFTERY.COM





Kitchen Trends and Design Tips

If you are feeling excited about creating a kitchen for your new home, or considering a makeover for a space that no longer inspires you, leading kitchen specialist Ixina offers insights and valuable advice to make the task an absolute pleasure.



KITCHEN TRENDS 2022/23

- Statement splash backs – glossy tiles make a comeback
- Strongly veined marble – for islands and wall features
- Mint green cupboards
- Black kitchens
- Brushed metal and colored taps
- Natural materials, for their aesthetic quality and to reducing the amount of chemically treated items in the home
- Concrete – islands and worktops
- Textured finishes – fluted panels and mesh inserts for cupboard doors



FORM AND FUNCTION

- Sound absorbing hinges to reduce noise
- Pull out drawers with load bearing capacity for easy access to kitchen accessories
- A perch stool as informal seating to rest on while working
- Layered and task directed lighting
- Fingerprint sensors for cupboards



WHAT A KITCHEN DESIGNER CAN HELP YOU DO

Working with a design consultant is the essential first step in planning a kitchen, by helping to lay out your ideas in a workable, practical way. After making detailed measurements of your kitchen space, a designer will try to accommodate all of your wish list, he or she will also advise you of any potential problems that could arise through any of your choices. Equally, there may be new materials, appliances and technology that have entered the market that you might not be aware of, so your designer can discuss all the options open to you.

Through the use of 3D imaging, you will be able to see your kitchen from multiple angles, and get a feel for its spacing and functionality. Getting it right before you begin is an important step in avoiding the time, effort and expense of correcting poorly thought out decisions at a later stage.



SIX TOP TIPS

1. Create spaces that can be multitasking, with space for a laptop for example.
2. Select your cooking appliances carefully, and keep your cooktop and oven separate for efficiency.
3. Use of contrasting materials for different worktops to create zones aesthetically creates a visually pleasing space.
4. Add a bench height drawer for storing often used items so you don't need to bend and stoop down.
5. Today's technology also helps with energy-saving systems.
6. Include enough storage space, and ensure it is organized, practical and easily accessible.

www.ixina.com.eg/en

Instagram: @ixinakitchenseg

Facebook: Ixina Kitchens Egypt

Become a Supermom!



It can be overwhelming trying to juggle multiple roles. But that is a challenge that millions of women tackle on a daily basis, with a mixture of tears, smiles, frustration and satisfaction. Rasha Salama, wife, mother and relationship therapist, is raising two teenage girls, cares for a busy household, handles a sensitive career, pursues further studies, and has time to hit the waves as an enthusiastic kitesurfer. She shares her advice on becoming a 'supermom'.

KNOW YOUR PRIORITIES

- Value your marriage and your commitment to your partner above all.
- Be sensitive to the emotional, physical, educational and psychological needs of your children.
- Give your best possible effort to your career, without sacrificing your key relationships and commitments.
- Make time every day to find peace within yourself, to reflect, and appreciate your blessings.



ALLOCATE YOUR TIME

There are tasks and core responsibilities that form part of your daily routine. By organizing these and setting a structured timetable you will relieve a certain amount of stress.

- Keep a shopping planner near your fridge, jot down your grocery needs as they come around. It will help you avoid those impulse buys as well!
- Create a routine for chores and household tasks. Enlist help from your partner and kids and make it an opportunity for 'together' time.



- Set aside quality time for the family to be together on a daily basis, with a weekly plan for shared activities, such as sport and excursions. If you all have a busy schedule, make a point of having either breakfast or dinner together.
- Avoid bringing work home from the office or spending time on your phone after hours on work related business.
- Save time for enjoying your personal space. Read a book. Even a short meditation or yoga session can recalibrate you and boost your energy levels.

GO EASY ON YOURSELF

It may seem that you are setting impossible goals for yourself at times. Avoid comparing yourself against others and their achievements. Every family has its own values and dynamics. Sit down with your family and work out what things are most important to each of you, individually and collectively, and make a mindful pact to pursue these as much as possible. Anything else can drop down lower on the list. Don't sweat the small stuff!

BANISH SELF-DOUBT

There will always be days when things start to unravel or go haywire. That's life. And sometimes, despite your best efforts, you can't get on top of the situation.

- Take a deep breath, stay calm, and do what you are comfortably able to without pangs of guilt or inadequacy. Self-confidence is the first power of a supermom.
- Don't allow others to criticize your efforts or achievements.
- Stay true to your inner guide, only you can judge the best course of action when you are juggling and multi-tasking.



DELEGATE AND RELEGATE

When you look at your 'to-do' list and realize that there aren't enough hours in the day, look at time-consuming chores and responsibilities that can be handled by someone else, freeing you up for more vital matters. It is worth sacrificing some of your household budget to have someone attend to housework, cooking, cleaning and other tasks, especially when you have a full-time career to handle. Kids' after-school and weekend activities can see you playing chauffeur from morning to evening. Organize a roster with other parents, or find a dependable driver to help when you are under pressure.

COMMUNICATE

Healthy relationships thrive through open, affectionate communication. Be aware when a family member seems troubled or concerned about something and find a quiet space and time to be a good listener. Emotional intelligence is just another power of a supermom.

You are the earth mother, the nurturer, the consoler and counsellor who can put problems into perspective, find a Band-Aid or give a hug when it is most needed. Being a supermom is not about being an efficient housewife, perfect cook, or fashion icon. It is about creating a sense of emotional security, being an inspiring role model, and creating a family unit that thrives through shared affection, fun, sports and activities with memorable experiences to treasure for years to come.

Instagram: @therelationretreat

PICKLOO

Brings Pickleball to Egypt

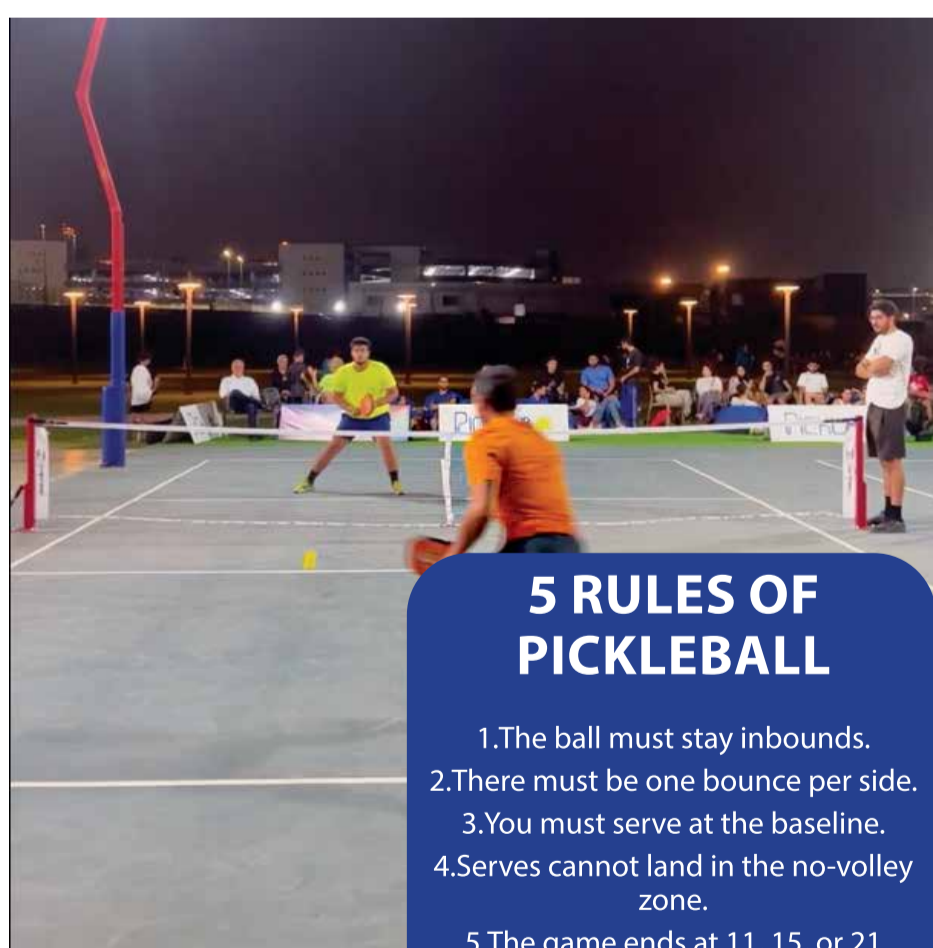


Let's give you a hint. It's fun, it's fast and it's easy to learn. And it is sweeping the world. Already a hit in the US, it is taking off here in Egypt as well thanks to Picklo Academy. For those not familiar with the game, there are simple rules, and some unique terminology for the skillful shots players can use to decimate their opponents. Pickleball is an indoor or outdoor racket or paddle sport where two players, or four players, hit a perforated hollow polymer ball over a net, using solid-faced paddles. Opponents on either side of the net hit the ball back and forth until one side makes an error, with similar guidelines to tennis.



Sounds simple? The Pickler explains more:

- Dead Ball - The ball has gone out and the current point is over
- Dink - A soft shot hit on a bounce from the NVZ (Non-Volley Zone) intended to arc over the net and land within the opposing NVZ either straight across or diagonally crosscourt. An effective dink arcs downward as it crosses the net, creating a more difficult shot to return than a power shot.
- Flapjack - A shot that must bounce once before it can be hit.
- Kitchen - Slang term for the Non-Volley Zone.
- Nasty Nelson – A shot on the pickleball courts where the server serves the pickleball to intentionally hit the opposing player nearest to the pickleball net (in other words, the opposing player that is not receiving the serve).
- Scorpion - When a pickleball player drops low by using significant bend in his/her knees, raises his/her pickleball paddle above his/her head and uses a forehand to counterattack an attack from his/her opponents.



5 RULES OF PICKLEBALL

- 1.The ball must stay inbounds.
- 2.There must be one bounce per side.
- 3.You must serve at the baseline.
- 4.Serves cannot land in the no-volley zone.
- 5.The game ends at 11, 15, or 21 points.

With simple rules and inexpensive equipment, pickleball can be enjoyed by all ages and is a great physical activity. To test your skills and have an amazing time, the academy is available in Rehab on Saturday, Monday, and Wednesday, and in Madinaty on Sunday, Tuesday, and Thursday.

You can find the courts right next to the volleyball courts in both Rehab and Madinaty.



Al Rehab Sports Club
Tel: 02 26070557

Madinaty Sports Club
Tel: 0111 660 3189

Instagram: @ #picklo

GO! PADEL

Meet the Popular Game in Town



Gaining a lot of fans throughout TMG locations, Padel is a sport that is becoming massively popular across the globe, although it has actually been around for years, especially in Spain and Latin America. GO! Padel is proud to support the game in Egypt through its cooperation with TMG, and offers world-class courts in Al Rehab Sports Club, Madinaty Sports Club, Mayfair compound and Al Rabwa compound.



Padel is great for players of all ages and skills, as it is both quick and easy to pick up, making it a new sport suited for all the community. Learners can pick up the basic skills within less than half an hour, and work up to proficiency within a few games, and anyone wanting to take their game to a more competitive level will find a growing base of enthusiasts to get their game on with. It is a sport that rolls the best of tennis, squash, and racket ball together and can be played indoors and outdoors. With a court around one-third the size of a tennis court, enclosed with a wire mesh on the sides and glass walls at either end, it can be played off like a game of squash, and is played by four players in teams of two.



As much fun to watch as it is to play, Padel will be coming to more locations in the near future.



Al Rehab Sports Club

Tel: 02 26070557

Madinaty Sports Club

Tel: 0111 660 3189

Mayfair Compound

Tel: 0106 879 6002

El Rabwa Club

Tel: 02 38521705

Instagram: @gopadelegypt

Facebook: Go Padel

www.gopadel.co

Tyche Tennis Academy Keeps Your Eyes on the Ball



Bringing top level coaching and excellent courts to El Rabwa, Tyche Tennis Academy (TTA) is ready to make this popular sport a family affair. One of the fastest growing tennis centers in Egypt with 5 active premier locations across Cairo, Tyche Tennis Academy was founded by former national champions, and inspired by the Greek goddess of fortune (Tyche).



The TTA team aims to provide high quality services on and off the court. TTA welcomes players of all ages and levels, providing detailed training programs, starting with toddler tennis and extending to competition level training. TTA's services are not limited to the tennis court, TTA also organizes training camps abroad, seminars for coaches and players as well as nutrition consultations and customized performance reporting.



Address: El Rabwa Club,
Sheikh Zayed
Tel: 02 38521705
Instagram: @ tyche_eg
Facebook: Tyche



Archery Hub at Madinaty Golf Club



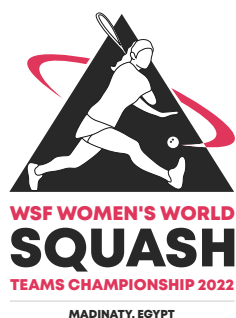
Recently launched at Madinaty Golf Club, Archery Hub offers archery sessions for both members and non-members starting from 8 years of age. A sport known for training eye/ hand coordination, it takes a steady hand and composure to reach the top levels of this Olympic event. Even novices can progress their skills with the help of expert trainers, bringing them up to competition level. The sport is known to have multiple health benefits, including improved heart health, muscle strengthening and increased concentration.



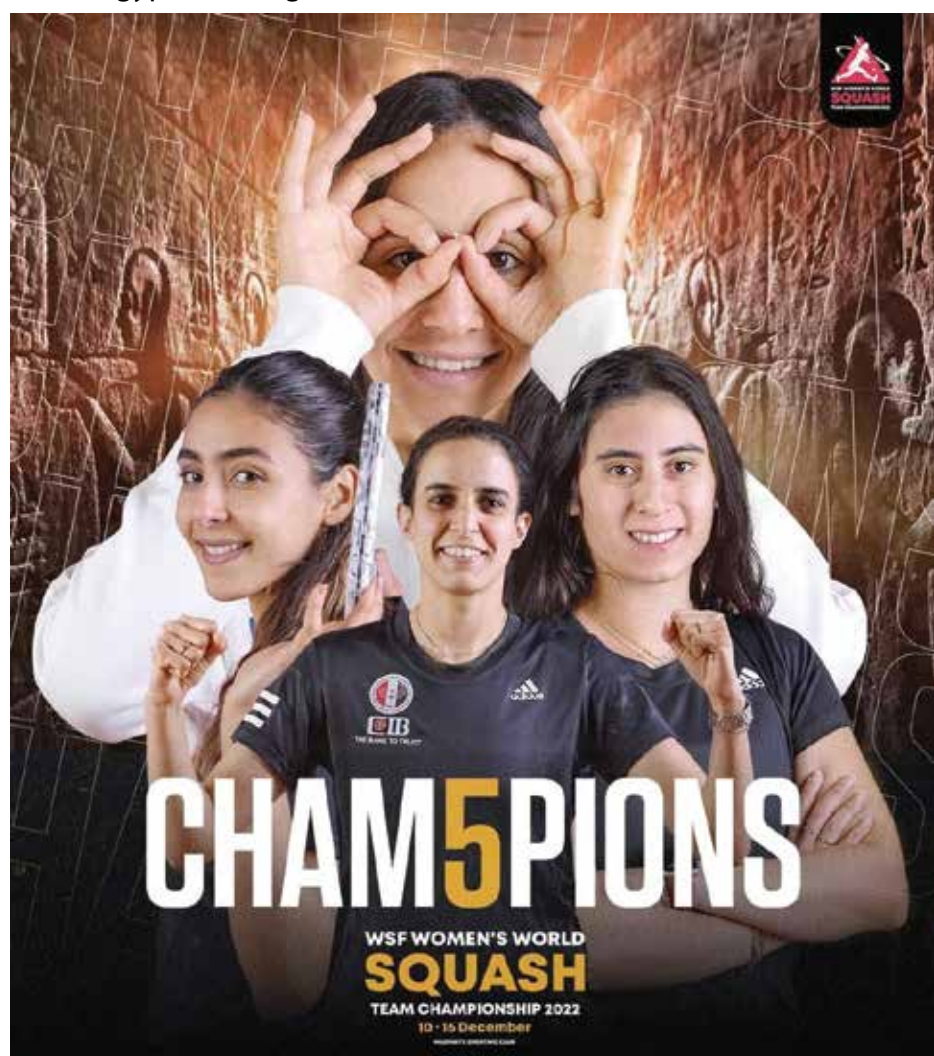
The launch day saw an open invitation for everyone to try this new sport and gave an orientation about the game, as part an initiative to raise awareness.

Address: MGC – Madinaty
Instagram: @ archeryhub

MADINATY SPORTS CLUB HOSTS WOMEN'S WORLD TEAM SQUASH CHAMPIONSHIP



The excitement built up as 17 teams of the world's best women players battled it out for top honors from the 10th to 16th of December 2022. The biennial event is considered the premier international squash tournament for women, but due to the global COVID-19 pandemic, had not taken place since 2018. The last Women World Team Squash Championship to be hosted in Egypt was in 2008, where Egypt beat England in the final.



With Egyptian women players holding the top four slots in Women's PSA World Squash rankings, having Egypt play host to the prestigious event had special significance. The tournament qualifiers took place in Madinaty Sports Club Squash Complex, and the final round was played in a central portable glass court with a seating capacity of 1,000. Held under the auspices of the Ministry of Sport and President Abdel Fatah El Sisi, the event garnered worldwide attention and had prize money in excess of USD 500,000.



LIST OF ENTRIES FOR THE WOMEN'S WORLD TEAM SQUASH CHAMPIONSHIPS 2022

Australia	France	Scotland
Canada	Germany	South Africa
Chinese Taipei	Hong Kong	Switzerland
Egypt	China	Ukraine
England	Japan	USA
Finland	Malaysia	Wales

RESULTS

Nouran Gohar (EGY) V.S Amanda Sobhy (USA): 3-2	11-7	5-11	10-12	13-11	11-8
Nour El Sherbiny (EGY) V.S Olivea Fitcher (USA): 3-0	11-3	11-4	11-5		

Which Phone?

Let's face it, buying a new phone these days counts as a major life decision. With so many functions on offer that will soon be considered indispensable, you need to think hard and choose wisely before you do serious damage to your credit card.

We've made your job a little easier by checking out the reviews on one of our most reliable sources, and here is what The Verge has to say:

iPhone 14 Pro

If you are looking at an upgrade with all the latest and greatest features, this addition to the Apple family may tick the right boxes.

Size: 6.1-inch or 6.7-inch for the Pro Max.

Key features:

- Super Retina XDR display
- ProMotion technology
- Always-On display
- Dynamic Island - a pill-shaped cutout that appears to expand dynamically to show system indicators and notifications
- Emergency SOS via satellite
- Crash Detection
- Pro camera system - new 48-megapixel main camera
- Up to 29 hours video playback
- A16 Bionic chip - handles intensive tasks like gaming without a problem
- Face ID

To consider: The added functions are great, but if you are looking for value you should still consider last year's iPhone 13. It delivers on performance and is easier on the pocket.



Samsung Galaxy S22 Plus

Possibly the best Android phone in the market at present, the Galaxy S22 Plus offers a host of features that make it a great buy.

Key features:

- The latest Snapdragon chipset
- 6.6-inch display
- Three rear cameras including a 3x telephoto
- Great support policy promising up to four generations of Android OS upgrades



Google Pixel 6

The Pixel 6 is a lot of phone for a reasonable price. It will likely keep up for many years to come, too, since it will get OS updates through 2024 and security patches through 2026.

Key features:

- 6.4-inch 1080p OLED display
- Bold color choices, like two-tone red or green
- Tensor, Google's first proprietary mobile processor that is on par with the Qualcomm Snapdragon 888 chip
- Tensor allows the Pixel to lean into machine learning and artificial intelligence to learn some new tricks.
- Magic Eraser to remove photobombers from your photos and take photos that better reflect real skin tones
- Google Assistant to handle automated calls for you.
- Dual rear cameras with a laser detection autofocus sensor
- 8GB of RAM, 128GB or 256GB of internal storage, and runs the latest Android 13 software
- Large 4,614mAh battery which should last two days for light users



Samsung Galaxy Z Fold 4

Samsung's latest folding phone is a phone and a tablet wrapped up in one device. A skinny smartphone that fits in your pocket, it unfolds to reveal a tablet-sized 7.6-inch display on the inside.

Key features:

- The inside screen makes everything from reading books and browsing the web to watching videos and playing games more enjoyable and immersive
- You can use the 6.2-inch outer screen for simpler tasks
- Non-user-replaceable screen protector glued to the inner display to protect against scratches
- Multitasking interface options that make it easy to open apps in multiple windows or use it in an L-shape like a laptop
- 3x telephoto zoom lens
- 12-megapixel standard wide and ultrawide cameras on the rear panel plus a 10-megapixel selfie camera on the outside and a 4-megapixel under-display camera on the inside
- To consider: This phone doesn't come cheap, but the rewards are great for anyone who needs its crossover tablet functionality.



OnePlus 10T

Offering top-tier performance and unreal charging speeds, it's a phone with Qualcomm's very latest mobile processor, the Snapdragon 8 Plus Gen 1.

Key features:

- 6.7-inch display with a top 120Hz refresh rate
- Phone charge from zero to 30 percent in under five minutes



New Toys for Big Boys

One thing we all know. Inside every man, there is a little boy who can't resist having the latest tech and innovative products in the market. What will be on the wish list this year?

Apple Watch Ultra

The Apple Watch Ultra offers the best of previous designs, along with some great new features. The result is a smartwatch that is the perfect device for sports and fitness buffs. It is durable, water-resistant up to 100 meters, has an impressive 36 hour battery life, and has detailed apps to track fitness and health.



HyperX Cloud Alpha

The HyperX Cloud Alpha are gaming headphones that offer a fantastic 300 hours of battery life, along with a powerful crisp sound and a truly excellent microphone quality.



Sony WH-1000XM5

For guys who love their music, these have to be some of the best headphones around. They offer market-leading audio across all ranges, excellent noise cancellation, and you get a lot of smart ambient features. We love the light, minimalist design too.



Therabody Wave Roller

The Therabody Wave Roller takes the foam roller and adds some great tech to it. Through the use of vibration therapy and a wave-style texture, this roller helps to work out all of your aches and pains with five customizable vibration frequencies and can be used anywhere on the body.



Gran Turismo 7

Gran Turismo 7 rolls out some of the most incredible graphics on offer, especially if played on the PS5. As you zoom around you'll find it hard to believe you're not actually there, with such a realistic driving feel as you hit the tracks.



LEGO App-controlled Transformation Vehicle

This new LEGO Technic set has a unique feature, you can control it via an app. With the app, you can drive the vehicle around, and when you flip the car over, or hit a wall, it will reveal a completely different car below. With excellent suspension, you can even drive it over uneven surfaces.



DJI Action 2

DJI is one of the biggest names in the action camera market and with the Action 2, you get the latest in modular features. With strong magnets attached to the camera, you can quickly switch attachments, throwing on a tripod, helmet mount, waterproof cases, a screen and other features you'll need when trying to keep a camera attached to your body as you leap off a cliff.



TMG 2022 MILESTONES



13TH FEBRUARY:



Xtreme Land opened its doors in Madinaty's Open Air Mall, with loads of fun, rides and games for all.



23RD FEBRUARY:

GATEWAY

Gateway Mall opened in Al Rehab to offer residents an exciting shopping and leisure experience.



31ST MARCH:

The Troon Cup took place at MGC, where Madinaty once again teed off against Allegria Golf Club in the biannual tournament.

APRIL:

Sponsored by Talaat Mostafa, Metwally El Shaarawy School participates in the First International Conference on Technical Education



17TH APRIL:

Forbes Middle East Foundation honors Mr. Hisham Talaat Mustafa, the CEO and the appointed member from the list of the most powerful real estate companies in the Middle East and North Africa

13TH MAY:

Madinaty Half Marathon took place with 1,500 runners and 4 races: 5K, 10K, 21K, and the newest addition; the 3K Fun Run.



26TH MAY:

"TMG was awarded "Top Real Estate Developer and the Most Contributor in Social Responsibility" at the 5th edition of BT100 Awards Ceremony.



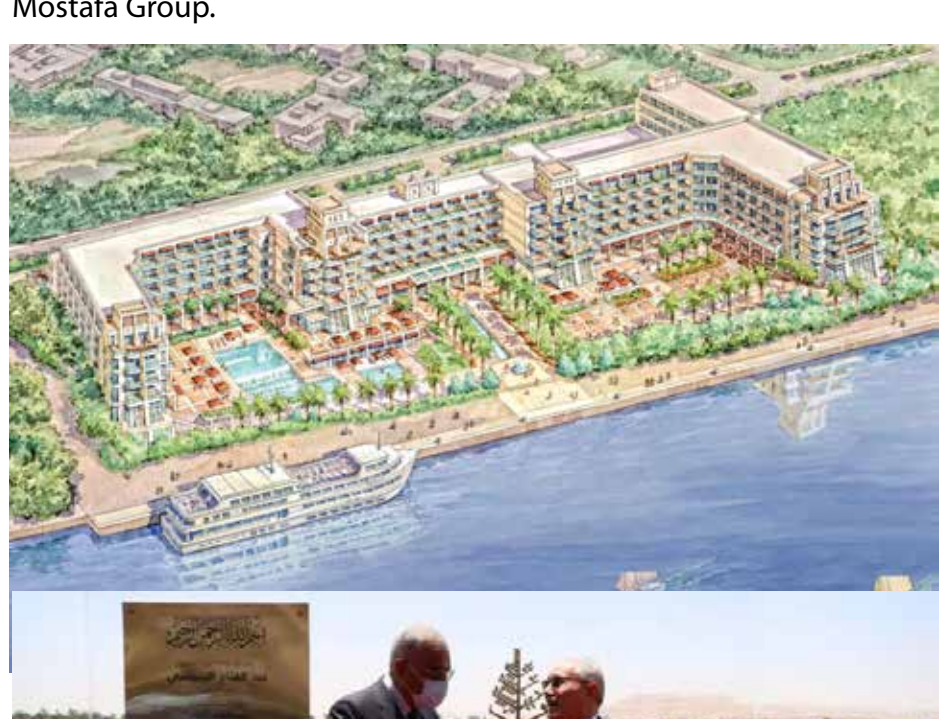
6TH JUNE:



TMG scooped 5th place in The Forbes Middle East list of "The 50 Most Powerful Companies in Egypt for the Year 2022".

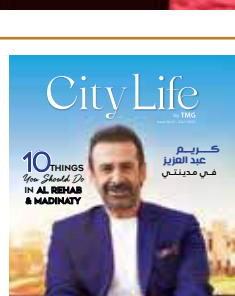
7TH JUNE:

The Governor of Luxor laid the cornerstone of the new Four Seasons Hotel Luxor in the presence of Mrs. Mervat Hataba, Chairman of the Board of Directors of the Holding Company for Tourism and Hotels, and Mr. Hisham Talaat Mostafa, CEO and Managing Director of Talaat Mostafa Group.



30TH JULY:

City Life launched as a quarterly newsletter dedicated to TMG communities, with the latest news about new openings, entertainment activities, sports hubs, and everything that interests residents.



14TH SEPTEMBER:

The third AI Rehab Book Fair took place in AI Rehab.



20TH SEPTEMBER:

Ezz Elarab Star Mercedes-Benz Test Drive Center launched at MGC to serve customers in East Cairo and allow them to learn about the latest Mercedes-Benz models.



7TH OCTOBER:

The first prayer from Celia mosque was held.



7TH OCTOBER:

Carrefour Premier opened at All Seasons Park in Madinaty.



19TH OCTOBER:

The International Cooperative Alliance- Africa (ICA-Africa) organized its 13th Africa Ministerial Cooperative Conference (AMCCO) with the collaboration of the Egyptian Ministry of Housing, Utilities and Urban Communities and the General Authority for Construction and Housing Cooperatives. Members of the delegations enjoyed a visit to Madinaty.



5TH NOVEMBER:

The Summer Internship Ceremony was held at TMG Academy.



10TH NOVEMBER:

Madinaty Golf Club hosted its first The Asian Tour International Series from November 10th to 13th for the world's top golfers.



10TH NOVEMBER:

Talaat Moustafa Group announced a strategic partnership with Schneider Electric at COP 27 to apply sustainability practices in Noor as a smart and sustainable city.





Exciting Shopping at Open Air Mall

Your shopping experience at Open Air Mall just keeps getting better. Check out these new arrivals, with accessories, beauty, food, fashion, furniture and more. Watch out for even more good news down the line!

- Alfred & Mina
- American Eagle
- Crystal Asfour
- Atef Wassef
- Attibassi
- Clue
- COCO Papu
- Concrete
- Decation
- Fabric Tales
- Hedeya
- Hedaya
- Hub Furniture
- H&M
- Le Voile
- Mazaya
- Omash
- Ouda Furniture
- Pause
- Pellini
- Rabie Mrad
- Sunglass Hut
- TBS
- Touch Watches

Gourmet Comes to Open Air Mall

Residents can now enjoy a full on Gourmet experience at Open Air Mall in Madinaty.



Gourmet offers safe, wholesome, delicious food with excellent service, including handcrafted specialties and ready-cooked meals, oriental specialties, pastas, soups, bakery items, dairy, gelato, and confectionary. Prepared by passionate chefs using the finest ingredients that are free from any artificial preservatives, they are able to keep customers excited with new and exciting products.

Opening Hours: 9:00 am – 12:00 am

An Iconic Tram Experience



Open Air Mall has a world of sights, flavors, shopping and entertainment experiences that have been gathered into one amazing space to enthrall visitors on a daily basis. But a highlight that will stand out in anyone's memory is the tram ride. Shoppers can experience a first in Egypt by riding the tram inspired by the instantly recognizable San Francisco tram. Four trams created as 1950s trolley streetcars travel along the mall's promenade, connecting the different buildings in fun-filled rides for shoppers and visitors.

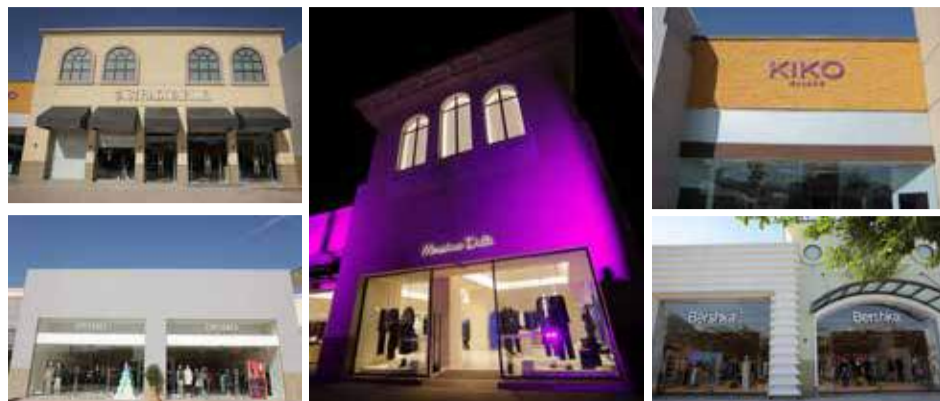
Visitors to San Francisco know the cable car system as an icon of the city of San Francisco. Of the 23 cable car lines established between 1873 and 1890, only three remain, with two routes from downtown near Union Square to Fisherman's Wharf, and a third route along California Street. San Francisco's cable cars are listed on the National Register of Historic Places and are designated as a National Historic Landmark. A popular attraction for tourists, the trams offer amazing views of the city, and link some of the places essential to any tour of the city.

Now Open Air Mall can offer the same thrill, and make shopping and recreation a relaxing, entertaining experience for the whole family.



Open Air Mall Welcomes Azadea in Style

11 Iconic Brands to Delight Visitors



Talaat Moustafa Group (TMG) and AZADEA Group celebrated the opening of 11 new brands with a ribbon cutting ceremony on the 9th of December at Madinaty's Open Air Mall. The spectacular event at Egypt's largest shopping mall attracted a huge number of residents and visitors, all ready to throw themselves into a host of activities, with entertainment like balloon sculptures, a coloring wall, a drum circle, caricatures, face painting, hair braiding, roaming acts and walkabouts in a vibrant atmosphere that continued throughout the day, to culminate in a mesmerizing display of fireworks which lit up the night sky.



Shoppers can now browse the region's favorite names in beauty, dining, fashion and home accessories at Bershka, Kiko, OYSHO, Massimo Dutti, Paul, PULL&BEAR, Stradivarius, Sunglass Hut, Virgin, Zara, and Zara Home, all offering a world of quality, stylish products in upscale surroundings. The strategic partnership has added an exciting new dimension to the open-air shopping & lifestyle destination by strengthening its retail mix with the opening of these globally recognized brands.



Tiramisu with Arabian Flavours

An Italian Classic for the Festive Season

from Chef Amal Elbanna



Ingredients:

- 1 packet ladyfinger biscuits
- 250gm mascarpone cheese
- 250ml whipping cream
- 1 tablespoon powdered sugar
- 1 teaspoon vanilla
- 1/2 litre milk
- 1 teaspoon powdered cardamom
- 1 star anise
- 1 teaspoon saffron
- 1 tablespoon condensed milk
- *Halawa shaar* and pistachio for topping

Preparation:

- In the mixer, mix the room temperature mascarpone cheese, vanilla and the powdered sugar.
- Remove the cheese mixture and add the whipping cream, then mix till it reaches stiff peaks.
- Slowly fold the cheese mixture into the whipped cream until well combined.
- Boil the milk, and then add cardamom, star anise, saffron and condensed milk.
- Dip the ladyfingers into the warm milk mixture, one at a time, and arrange half of them in a single layer
- Spread half of the mascarpone mixture over the ladyfingers and top with another layer of dipped ladyfingers.
- Spread the remaining half of the mascarpone mixture over the ladyfingers
- Keep in the fridge for 4 hours
- Cut it, add the *halawa shaar* and pistachio as topping and serve.



TWO

EST 2021

Outstanding Italian and Japanese Cuisine at MGC

MADINATY GOLF CLUB

Life can present us with challenging choices at times. But the upside of dining at TWO, with expertly curated Italian and Japanese menus, is that whatever way you go, you will have made a great decision. The array of dishes in either menu captures the high points of the very different cuisines, each encompassing a mouthwatering journey from appetizers and starters, through main dishes, to decadent desserts.



Actually, we are not ashamed to admit that we can quite happily mix the two menus on any visit, as it is the best way to keep everyone happy, and somehow the myriad flavors manage to complement each other. Selecting Italian cuisine, we always love the Lobster, Octopus and Shrimp Salad, and on a cooler day would certainly go for Zuppa di Zucca Con Capasanta, a delightful pumpkin soup, with seared sea scallops and ricotta. Mind you, we would also be very tempted by Zuppa di Funghi, with mushroom cream, sautéed wild mushroom and truffle foam, or the Wild Mushroom Risotto. There is something rich, earthy and autumnal about mushrooms that ticks a lot of boxes.



Our journey would continue with the outstanding Pollo Arrosto. It takes a talented chef to transform a simple chicken into such a memorable dish. Chicken breast stuffed with lemon marmalade, served with potato gnocchi and spinach is about as good as it gets. Meat lovers shouldn't pass up the chance to delve into Ossobuco Alla Milanese, a northern Italian specialty served with *gremolata a saffron* risotto, or Tagliata di Manzo, tender beef tagliata with rosemary, truffle mashed potato, sautéed vegetables, and corn jus. It's good to note that kids are well catered for, there are some classic pasta dishes that would go down a treat.



Which brings us to the sticky subject of dessert. With all-time favorites Tiramisu, Chocolate Soufflé, Panna Cotta, Torta della Nonna and Cannoli all vying for our attention, we would simply order one of each and plenty of spoons. Without a twinge of shame!

The Japanese menu offers an equally tempting selection of expertly prepared dishes, so we regularly feast on the best range of sushi, sashimi and teppanyaki we have seen, along with a foray into other traditional items available. TWO has us covered, whatever our mood.

For Reservation: +201101134517

Food for Every Mood at **DIPIEN** AIR Mall Food Hall



You will be spoilt for choice with these world-class venues in this unique, luxurious food hub:



- Tamara
- Mori Sushi
- Ted's
- Café Casa
- Voila
- Gourmet
- Mince
- Labash
- Pizza Hut
- Shrimp Shack
- Sultana
- Beanos
- Red Bottle
- Hunger Station
- Burger King
- Buffalo Burger
- Panda House
- Sadaad
- PDQ
- Showerma St.
- Wok & Walk
- Rotti Chicken
- Domino's Pizza
- Coldstone
- Chillo
- Cheesecake Mania
- Pasta 2 Go
- Demashq Street
- Vista
- Boho Bun
- Kalamky
- Chicalastic
- Fteera
- Loukomades
- Nola
- Maison Samira Maatook
- MacDonalds
- KFC/ Wimpy



All Seasons Park



A new attraction offering a broad selection of retail outlets, entertainment options, dining areas, and medical services, All Seasons Park is located in the heart of the eastern residential area, covers 54,000 m2 and encompasses 230 stores distributed across three floors. Geared to become the new shopping magnet for the area, All Seasons Park aims to become a focal point for visitors. Apart from delivering an exceptional shopping experience, the mall's medical hub will comprise a wide range of services including medical clinics, laboratories, and x-ray centers.



Defined by its eye-catching architectural features, the mall features a network of winding corridors that converge to form an appealing space for shopping, dining and relaxation. Drawing in natural light and fresh air, the mall has ample seating areas throughout the pedestrian corridors, which are lined with high-end stores. Set in tranquil landscaped surroundings, with water features and luxuriant greenery, All Seasons Park will take life to a new level.



Enthusiastically received by residents, Carrefour Premium has opened its second store in Madinaty right here in All Seasons Park. The huge store offers a premium shopping experience with a selection of more than 500,000 products. The shopping experience is enhanced by innovative product displays and advanced technology, along with the introduction of a self-checkout system for speed and convenience.



This has been joined by popular shopping brands, Activ, Sun and Sand, De Facto and LC Waikiki, with more shops soon to open their doors. Putting the convenience of residents as utmost importance, medical clinics and facilities will be available in the near future, offering a wide range of services.

Gateway Mall Is the New Food Hub



If cooler weather is perking up your appetite, head on over to Gateway Mall to explore the fantastic new food venues that have just opened. If baked goods are your secret pleasure, Roll n Bake and Cinnabon will have your cravings met in no time. And we can all admit to loving an ultimate burger experience, so The Burger Factory should be your first stop. There are more treats in store at Bokharest, and we recommend that you make Gateway a regular stopping point so you can keep up with all of the exciting new openings it has in store.

GATEWAY



Food Truck Bliss in Central Park



Could there be a better combination of nature, amazing scenery and great food? We don't think so. Central Park rolls out a relaxed, outdoors ambience with a selection of food trucks that has us drooling. And it is not just about food. There are handy services and activities, like a gym and a Fun City kid's area that make it an all-round enjoyable experience.

Pop along and check out the amazing food on offer, and get to know the other attractions:



- Rehan
- Hi Drink
- Cheese and Honey
- Fresh Grill
- La Casa Pizza
- Batates and Zalabya
- Molla Crepe
- Los Tacos
- Max Burger
- La Poire
- Sushi Circle
- The Country Hub
- Kodak
- Hustle Gym
- Super Mario



Only Good Times at Fun City



When it is time to relax with friends and family Fun City should be your 'go to' destination. Perfectly located for the community, the excitement-packed branches are in Mall 2 and Central Park of Al Rehab and South Park in Madinaty. For summertime fun, there is a Fun City in San Stefano Mall in Alexandria as well.



Packed with over 30 of the latest games and activities, it is suitable for all ages, which means kids and 'kids at heart', visitors can let the hours fly by while enjoying playing on the carousel, the car crash game, the star game and various video games. East Court Al Rehab location features the latest games such as Softplay, along with many video games, and players can try their luck with the latest gift games.



South Park location in Madinaty is a major draw with the latest games such as the rocket game, a carousel and the car crash game. And of course, there are loads of the latest video games and gift games. It is not just about games, it also features a large garden for children to enjoy a healthy atmosphere throughout the day. Birthday parties and school trips can also be organized, and all places are sterilized daily in addition to following the latest safety and security methods in all branches for visitors and employees.



Party Playlist!



Set the mood for an amazing farewell to 2022, and a warm welcome to a Happy New Year!



Yaser Abd Alwahab Ft.
Zaid Alhabeeb - Qalby



Tamer Ashour -
Hatwhashna



Beyoncé - Cuff it



Gianni Romano - It's
Not Right



Elton John - Cold Heart



Elton John - Hold Me
Closer



Ahmed Saad - El Youm
El Helw Dah



Marwan Moussa -
Aloomek



Rema - Calm Down



CKay - Emiliana



David Guetta - I'm Good



Sam Smith Kim Petras -
Unholy Feat



Afroto - Brazil



Gala - Freed From
Desire

Training Your Dog



The joy of having a puppy as a part of the family involves helping him or her to learn some rules of behavior. Dr. Hany Kamal from Grand Vet Center in El Rehab offers his advice to help the process of training your exuberant, affectionate pup in the disciplines needed to make him a responsible family member.



IS IT A DO-IT-YOURSELF JOB?

Although getting a professional behavior specialist is a mandatory step, at least at the beginning, you and your dog have to work it out together. You will be surprised by how much your dog can do just to make you happy, so the keyword in training is to show him that you are delighted and appreciate when he responds well to your commands. It goes without saying that you have to show the opposite if he doesn't.

Successful training is a rewarding part of dog ownership, as well as a lovely way for the two of you to bond and build a good relationship. Whether young or old, all dogs can benefit from learning some basic commands. If the basics such as sit, down, stay and leave are what you're looking for, look no further...

WHAT ARE THE BENEFITS OF TRAINING MY DOG?

Teaching your dog basic obedience - such as sit, wait and come back when called - gives them the freedom to do the things they like to do, like running off lead and coming with you to meet friends and family, while being safe and under control.

What's more, dogs are intelligent animals and most love to learn, so training can be a great way of stopping them from getting bored.

HOW DO DOGS LEARN?

All training should be reward based. Giving your dog something they really like, such as food, toys or praise, when they show a particular behavior means that they're more likely to do it again.

It's important to find out what your dog really likes and what their favorite things are. Favorite treats are often small pieces of meat or cheese. The better the reward, the more your dog will enjoy training and learning!



The spacious gardens and safety of Al Rehab and Madinaty make them perfect locations for a good life for you and your pet. For the well-being of your neighbors and their rights, there are essential and vital rules for owning a pet in our community.

- Make sure you always keep your pet's housing clean and smell-free.
- As much as possible, keep them entertained and well fed to avoid any noise for your neighbors.
- Put a leash on your furry friend, make sure that you have your license and vaccine papers, avoid annoying by-passers in anyway, and scoop up your dog's waste to dispose of in one of the many animal-waste bins available throughout Al Rehab and Madinaty.

KIDS ZONE

FUN & PLAY

Find 7 Differences



FIND THE WORD

S	E	Y	D	T	E	A	L	C	G	Y	S	V	M	A
F	I	U	J	C	J	R	L	E	F	O	M	Y	H	H
R	B	S	J	X	I	I	V	R	V	S	L	O	L	Q
G	A	D	V	E	N	T	U	R	E	A	D	F	C	Y
J	L	M	P	Y	L	P	E	B	S	H	R	G	R	F
F	U	N	L	V	N	V	S	A	R	B	A	T	R	O
O	C	G	A	H	P	J	G	H	H	U	O	B	Z	O
W	N	Y	N	W	C	W	G	S	D	N	N	T	M	T
D	X	N	E	Y	W	O	A	C	J	A	G	C	P	B
J	A	D	T	A	A	E	R	V	G	C	R	M	H	A
I	Z	U	T	L	T	M	V	I	T	D	R	O	V	L
H	C	E	Q	K	R	A	B	V	S	P	M	U	D	L
N	R	T	A	R	A	G	T	C	I	S	Y	V	B	D
Z	Z	L	L	A	B	K	V	L	L	A	M	G	M	Z
M	A	D	I	N	A	T	Y	P	L	J	S	Q	E	C

- ADVENTURE
- ALREHAB
- ART
- BALL
- BRUNCH
- DOHA

- EGYPT
- FOOTBALL
- FUN
- GAME
- GOAL
- GOLF

- MADINATY
- MALL
- PLANET
- TRAVEL
- WATER

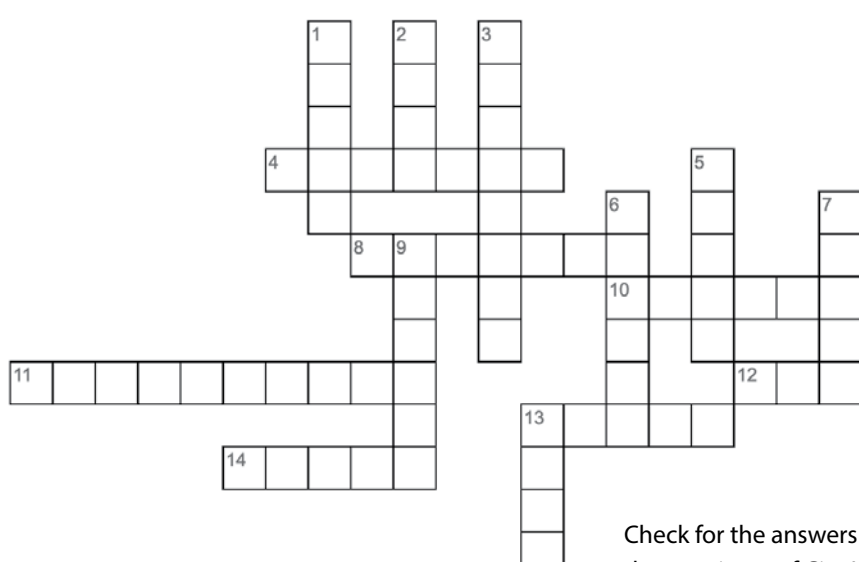
CROSS WORDS

ACROSS

- 4. Two days off school or work
- 8. Warm and woolly for winter
- 10. It's movie time!
- 11. A place to enjoy tasty food
- 12. One way to get to school
- 13. A game with pieces on a board
- 14. Where the World Cup 2022 is being played

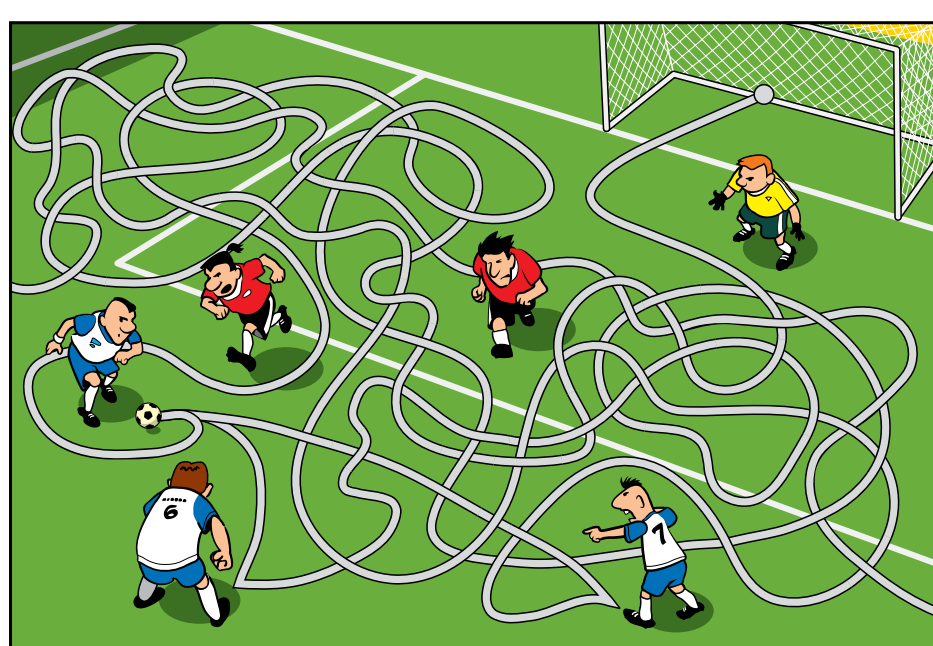
DOWN

- 1. A game like tennis
- 2. A green space to relax
- 3. Where water becomes art
- 5. It has keys but is not a door
- 6. Where we can find lots of games and activities
- 7. Blue denim we wear
- 9. The coolest season
- 13. A place to meet and enjoy sports and activities



Check for the answers in the next issue of City Life

THE MAZE





CONGRATULATIONS TO OUR AL REHAB CHAMPIONS



GYMNASTICS



Mariam Islam

Egypt Cup for Aerobic Gymnastics:
Silver Medal U11



Farida Kariam

Egypt Cup for Aerobic Gymnastics:
Silver Medal



Maria Nader Samir

Egypt Cup Aerobic Gymnastics:
Silver Medal U10



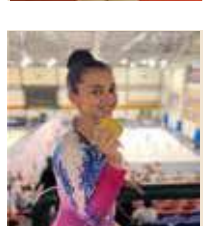
Logain Mohamed Ahmed Al-Assiouty

Egypt Cup for Aerobic Gymnastics:
Silver Medal U10



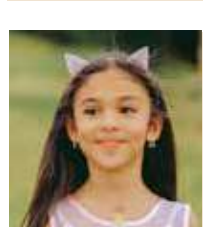
Mariam Ahmed Adeil

Egypt Cup for Aerobic Gymnastics:
Gold Medal U9



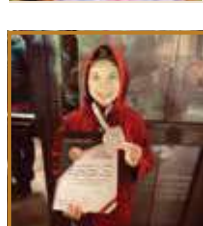
Jamila Amr Zein El Abidine

Egypt Cup for Aerobic Gymnastics:
Gold Medal U9



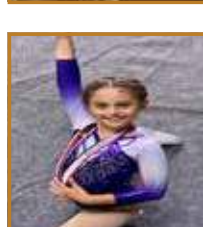
Daren Mohamed Sayed

Egypt Cup for Artistic Gymnastics:
Gold Medal U8



Murad Amr Zein El Abidine

Egypt Cup for Artistic Gymnastics:
Silver Medal U8



Emma George

Egypt Cup for Artistic Gymnastics:
Gold Medal U8



Lily Shady Abbas

Egypt Cup for Artistic Gymnastics:
Gold Medal U8



Kinda Ahmed Al-Kharashi

Egypt Cup for Artistic Gymnastics:
Gold Medal U8



Lily Ahmed Baghdadi

Egypt Cup for Artistic Gymnastics:
Gold Medal U8



Aliaa Mohamed Abdelghany

Egypt Cup for Artistic Gymnastics:
Gold Medal U8



Emma Sameh Abdelaal

Egypt Cup for Artistic Gymnastics:
Gold Medal U8



Yara Helmy Mohamed

Egypt Cup for Aerobic Gymnastics:
Gold Medal U8



Dalida Ahmed Goda

Egypt Cup Aerobic Gymnastics:
Silver Medal U6



JUDO



Farida Shady: National Championship
U12, weighing 36 kg: First place

Hoor Ibrahim: National Championship
U12, weighing 42 kg: Third place

Farida Shadi: National Championship
U12, weighing 33 kg: Third place



Salman Mohamed Alsayed

National Championship, weighing 50 kg:
Second place



Karim Ahmed Kamal

National Championship, weighing 39 kg:
Third place



Karim Mahmoud Al-Yamani

National Championship, weighing 42 kg:
Third place



Hamza Hossam

National Championship, weighing 36 kg:
Third place



TAEKWONDO



Samah Amr Ebrahim

First place in National Championship for
the competitive evaluation of The Olympic
Champion Project



Ibrahim Amr

National Championship of Kraków:
First place



Hamza Wael

National Championship of Poomsae:
Third place



Ahmed Haitham

National Championship of Poomsae:
Second place (single), second place (group)



Jory Mounir

National Championship of Poomsae:
Second place (single), second place (group)



Farida Mohamed Mustafa

National Championship of Poomsae:
Second place



Eyad Taha Abdelmawgoud

National Championship of Poomsae:
Second place (single), second place (group)



Zain Khaled

National Championship of Poomsae:
Second place (single), second place (group)



Nevin Karim

National Championship of Poomsae:
Second place (single), second place (group)



Youssef Karim

National Championship of Poomsae:
Third place



Malik Mohamed Adeeb

National Championship of Poomsae:
Third place



Youssef Hassan

National Championship of Poomsae:
Second place



Asser Ahmed Farghaly

National Championship of Poomsae:
Second place (single), second place (group)



Rashid Raji Rashid

National Championship of Poomsae:
Second place (Single), Second place (group)



KUNG FU



Khaled Abdel Fattah

- African Club Championship: First place
- National Championship: First place
- Cairo Championship First place
- Representation of the Egyptian National Team

**MODERN PENTATHLON TEAM****Alia Mahmoud Mohamed**

Modern Pentathlon National Team and
Al Rehab Club Modern Pentathlon Team

**Saif Ahmed Al Bandari**

Modern Pentathlon National Team and
Al Rehab Club Modern Pentathlon Team

**TENNIS****Malak Tawfik**

National Championship U12:
Second place

**Kenza Nour El-Din**

National Championship U9: First place

**Darren Ayman**

National Championship U9: First place

**Salim Hassan Ghaith**

National Championship U9: First place

**Hessa Ahmed Abu Al-Majd**

National Championship U9: First place

**Marwan Islam**

National Championship U9: First place

**Omar Ahmed Hamed**

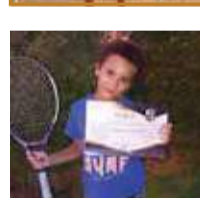
El Zohor Championship U8: First place

**Haya Serageldin**

National Championship U8: First place

**Assya Ahmed Abu Al-Majd**

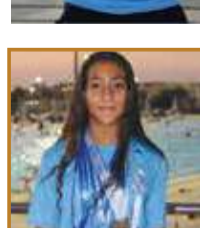
El Zohor Championship U8: First place

**Ameer Azeldain**

El-Mokaolon Championship U8: First place

**SWIMMING****Abdullah Al-Dafrawi**

National Championship:
Gold Medal in the 200m, Dolphin Race

**Maryam Ayman Hussein**

National Championship:

- Silver medal 100m Backstroke
- Silver medal 50m Backstroke

**Omar Sharif Hamed**

National Championship:

- Silver Medal 50m Dolphin Race
- Silver Medal 100m Dolphin Race

**Farida Bilal**

National Championship:

- Bronze medal, 100m Breaststroke
- Bronze medal 200m Breaststroke

New Year's Resolutions for a Memorable



- Focus on what you care about, not just the way you look.
 - Work out to feel good, not be thinner.
- Stop gossiping. Try to spread good news and good vibes.
 - Do random acts of kindness.
 - Read a book a month.
 - Go to a place you've never been.
- De-clutter. Your home, your desk, your car, and even your social media.
 - Reduce your waste. Reuse, recycle and restore.
- Volunteer. Find a worthy cause where you can help out.
- Write down one thing you're grateful for every night.
- Stop multitasking. Focus on one thing at a time.
 - Don't buy things you don't need.
 - Keep a journal.
 - Take the stairs.
 - Be kind on social media.
 - Let go of grudges.
- Stay in touch with the people who matter.
 - Try a totally new restaurant.
 - Start a new hobby.
 - Bring a new plant into your home.
- Start cooking! Try a new recipe every week.
 - Buy less plastic.
- Donate clothes you never wear.
 - Avoid people who complain a lot.
- Craft something yourself. Learn to knit or crochet.
 - Talk less, listen more.
- Whatever your goals are, write them down.





تشغيل بوابة 5 مدينتي



في ضوء الخطة المتكاملة الجاري تنفيذها لتحقيق سيولة مرورية أكبر بالمدينة ، وما يتطلبه ذلك من ربط مدينتي بمختلف المحاور والطرق الرئيسية المحيطة بها ، يسر جهاز المدينة أن يعلن عن بدء تشغيل لبوابة 5 مدينتي، وذلك مما يساهم في تخفيف الضغط المروري عن البوابة الرئيسية ومواكبة زيادة أعداد السيارات على شبكة الطرق بالمدينة.



وتقع بوابة مدينتي 5 في جنوب المدينة - خلف خزانات المياه - ويسهل الوصول إليها من داخل المدينة عبر عدد من الطرق والمحاور الرئيسية ، من خلال الطريق الدائري للفيلات بعد البوابة الرئيسية مباشرة ، ومن خلال ميدان الجهاز ، وأيضاً يمكن لسكان مدينتي الوصول إلى البوابة الجديدة من الكرافت زون عبر الطريق الجنوبي .



ويمكن لسكان مدينتي الكرام العبور من البوابة الجديدة للاتجاه إلى الطريق الدائري الأوسطي ، ومن ثم الوصول إلى العاصمة الإدارية الجديدة ومناطق القاهرة الجديدة وشارع التسعين والتجمع وطريق العين السخنة في دقائق معدودة ، أو الاتجاه إلى المعادي وحلوان وأكتوبر ، وكذلك يمكن من خلال الدائري الأوسطي الاتجاه إلى طريق الإسماعيلية أو العاشر أو العبور أو أي مكان داخل القاهرة الكبرى.

ارشادات استخدام سخانات الغاز



تحرص إدارة السلامة و الصحة المهنيه على توعية السكان بشكل دوري، و المشاركة للمحافظة على سلامة السكان، و بمناسبة بداية موسم الشتاء تقدم ارشادات استخدام سخانات الغاز حفاظا على سلامتهم و حفاظا على البيئه.

كيف تحمي نفسك من الإختناق بغاز أول أكسيد الكربون عند إستخدام سخانات الغاز؟

- في البداية ما هو غاز أول أكسيد الكربون؟ و لماذا تزيد التحذيرات منه في الشتاء؟ هوغاز سام عديم اللون والرائحة وغير مهيج للأغشية المخاطية ولا يشعر الشخص به لذلك يسمى بالقاتل الصامت على عكس الغاز الطبيعي الذي تتم إضافة رائحة نفاذة له .
- مصادر التعرض لهذا الغاز في المنزل : سخانات الغاز في الحمام - الدفايات - الأفران - الشوايات التي تعمل بالغاز.
- أعراض وعلامات التسمم به: الصداع الشديد المستمر - الدوخة والأرهاق - الارتباك وزغلة في العين - صعوبة في التنفس - ألم في الصدر وغثيان وقىء.
- تزيد التحذيرات منه في الشتاء نظرا للإستعمال المتكرر لهذه الأجهزة خلال هذا الفصل وعدم تهوية الأماكن جيدا .

كيف تحمي نفسك من أخطار سخانات المياه ؟

- التأكد من وصول السخانات باستمرار وعزل التيار الكهربائي عنه في حال انقطاع الماء .
- الصيانة الدورية لصمام الأمان والتأكد من انتظام عمله.

كيف تحمي نفسك من أخطار وسائل التدفئة ؟

- المدفأة الكهربائية
- عدم توصيل المدفأة بالأسالك الرديئة حتي لا تسبب ماسا كهربائيا .
- تجنب وضع التوصيلات تحت سجاد وأثاث المنزل، ايضا تجنب وضع المدفأة في الممرات داخل المنزل وخاصة في الليل حتي لا تسقط علي قطع الاثاث القريب منها

القافلة الطبية

قافلة طبية بالمركز الطبي 1 .. والخدمات مجاناً لسكان مدينتي .

قام جهاز مدينتي بتنظيم قافلة طبية - بالتعاون مع المجلس القومي للمرأة و كليات طب الأسنان والتمريض و الصيدلة الإكلينيكية بالجامعة البريطانية في مصر وذلك بالمركز الطبي بجوار جهاز المدينة .

وقدمت القافلة الطبية خدمات طبية متنوعة بالمجان لسكان مدينتي :

- خدمات الأسنان: كشف / تنظيف جيبي / خلع عادي وجراحي / حشو عادي / توعيه بصحة الفم و الاسنان. كما يتم تحويل حالات حشو العصب والتراكيبات وزرع الأسنان لمستشفى الجامعة البريطانية .
- خدمات الصيدلية الاكلينيكية و التمريض: قياس ضغط الدم والسكر / قياس الوزن والطول / توعية صحية / الإسعافات الأولية. و قد لاقى القافلة استحسان حافل من السكان .

و سيتم العمل على توفير قوافل طبية مختلفة التخصصات خلال الفترة القادمة حرصاً من جهاز المدينة على تنمية الخدمة المجتمعية.



تحديث أرقام خدمات جهاز مدينتي:

للتواصل مع
خدمات مدينتي



16540 خدمة عملاء جهاز مدينتي		للشكاوي الخاصة بجهاز مدينتي Madinatycityhall@tmg.com.eg	
0233312000	19691	الإدارة العقارية / المبيعات (المركز الرئيسي)	
01142626210	01142624211	01149500444	تصاريح البوابات
0226940860		طوارئ جهاز مدينتي (حرائق - حبس أسانسير - انقطاع مياه)	
(B1) 01116603186	(B6) 01124438180	(B10) 01122554443	الإسعاف
01143102044	خدمة الإيجارات	01116603189	إدارة نادي مدينتي
01116603238	حماية البيئة	01116602971	الطوارئ الأمنية
01116603183	المطافئ	01116603117	إدارة الحركة
01116115446		01116115445	شركة الطاقة
01066698590	خدمة عملاء شركة الغاز	01205500093	تعاقبات شركة الغاز
01027000430	طوارئ الغاز	19492 01273838377	مستودع الأنابيب

رسمياً.. تفعيل المنظومة الحديثة لجمع القمامة في الرحاب



وعند تركيب صناديق القمامة الحديثة تم مراعاة الكثافة السكنية للأحياء المختلفة وخطوط سير سيارات جمع القمامة بما يتماشى مع اتجاهات الشوارع ونقاط التجميع.

وتتميز صناديق القمامة الحديثة بأنها محكمة الغلق وسعتها أكبر من الصناديق القديمة ويوجد بها «دواسة» قدم للفتح دون لمس الصندوق، بالإضافة إلى اختلاف ألوان الصناديق للقدرة على فصل المخلفات. وتم استيراد الصناديق الحديثة من شركة Conteneur الأسبانية، الشركة الرائدة في تقديم المنتجات والخدمات المصممة لتحسين إدارة النفايات، والحاصلة على شهادة الجودة الأوروبية (القياس الألماني / EN-12574). والمستحوذة على ٨٥٪ من صناديق التحميل الجانبي على مستوى العالم.



وفي إطار تفعيل المنظومة الحديثة، تم تشغيل ٤ سيارات حديثة لجمع القمامة ذات تحميل جانبي بمناطق العمارات، وسيارتين ذات تحميل خلفي بمناطق الفيلات، بالإضافة إلى تشغيل سيارة مجهزة لغسيل وتعقيم صناديق القمامة آلياً في مكانها في أقل من دقيقة للصندوق الواحد. وتم استيراد سيارات جمع القمامة الحديثة من شركتي إيفيكو «Iveco» و إيكولوجيا الإيطالية «ESA»، وهما من أكبر الشركات العالمية في مجال تصنيع سيارات القمامة والمكابس ذات التحميل الجانبي.

وتهدف المنظومة الحديثة لجمع القمامة إلى مواكبة أحدث التقنيات في أعمال الصيانة والتشغيل وإدارة المرافق العامة في الرحاب، والحفاظ على النسق الجمالي والمظهر الحضاري للمدينة.

ويتقدم جهاز الرحاب بالشكر لسكان المدينة الكرام لحسن تعاونهم بعدم ترك سياراتهم أمام صناديق القمامة، وذلك لضمان سير عملية تفريغ الصناديق بشكل سليم دون أي معوقات.

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الليموزين	صيانة التكييفات	خدمة التسويق العقاري (بيع - شراء - إيجار)
مشاركة السيارات في المشاور اليومية بين الركاب	صيانة الأجهزة الكهربائية	التصميمات والتنشيطات الداخلية
خدمات الجمال والعناية الشخصية في المنزل	خدمة الكي والتنظيف الجاف	خدمة نقل الأثاث
رعاية الحيوانات الأليفة	طلبات البيت	خدمات النظافة المنزلية والتطهير
خدمات طبية منزلية	خدمة النقل والتوصيل المنزلي	خدمة مكافحة الآفات والحشرات
خدمات السفر والسياحة	شحن عدادات الكهرباء والمياه	تنسيق الحدائق والبرجولات
خدمة المدفوعات	خدمة إنقاذ السيارات (الونش)	التجارة والسياحة وأعمال الكهرباء
خدمة الرخام والألومنيال	صيانة السيارات	الدهانات
خدمات التقسيط	غسيل السيارات	صيانة الدش

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