

# community buzz

MARCH 2023

EMAAR  
BEACHFRONT

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EMAAR



# What's Inside



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## Emaar One plus WhatsApp In & Around



# Rule Refresher

The Holy Month of Ramadan is here upon us and in this quarter, we want you to be your healthiest- emotionally and physically.

It's Ramadan, and you can fast healthy if you eat the proper foods in the right amounts. Choose foods that are high in water content, fiber, and nutritional value.



## **Suhoor** (The pre-dawn meal)

A little more sleep would seem more appealing to skip the Suhoor meal. This will make you dehydrated and lethargic. Always opt for a nutrition dense Suhoor meal to help you through the day.



## **Iftar** (The breaking fast)

Iftar should be a well-balanced meal. Despite the body's desire for high carbs and sugar, you should limit fried dishes and sweets at Iftar.



## **Lots of water**

Your body's water needs remain the same even in Ramadan. So keep your body healthy, cut down on caffeine and colas and replace them with soups, fresh juices, and water.



## **Keep moving**

Dont take fasting as an excuse. Try to stay active. Take small walks around, keep stretching on and off to keep your energy levels up.

**This is the blessed month of the year; celebrate every fast you complete and every iftar with gratitude and patience.**



# ***Is your home FIRE SAFE?***

Your home is your happy place, a small carelessness can make it otherwise. Here is a quick run through to keep your home Fire Safe!

- Dispose cigarettes and any source of fire responsibly. Throwing cigarette butts around casually is a major fire hazard.
- Never leave incense sticks, candles or any burning object unattended.
- Pay close attention to what is left on the stove and remember to switch off the cooking range when you leave the kitchen.
- Never make any electrical modifications, such as installing halogen downlights with unrated transformers. When using extension cords also, ensure that it is rated for at least the same amps as the device; this could otherwise lead to fire due to overheating.
- Identify and remove fire hazards in your home. There should be at least three feet distance between heating items and any inflammable substances.
- Participate in the routine fire drills organized by the community management.
- If a fire occurs in your unit, Rush out and Call for Help.





# ***Holiday Homes***

Holiday Homes have long been popular in the city, but it is essential that the rules and regulations be followed in order for community living to be at its best for everyone.



## **Essentials**

Each holiday home must be equipped with a fire extinguisher, first aid kit, prayer mat, escape plan, 100% impenetrable curtains, a telephone, safe, beds, bedding, and linen.



## **Community Rules**

Holiday home owners should ensure there is no loud music during quiet hours, no littering in the common areas, use the community amenities respectfully.



## **Guests**

The Holiday home should not be rented to more people than the premise can accommodate and should be strictly on a short-term basis.



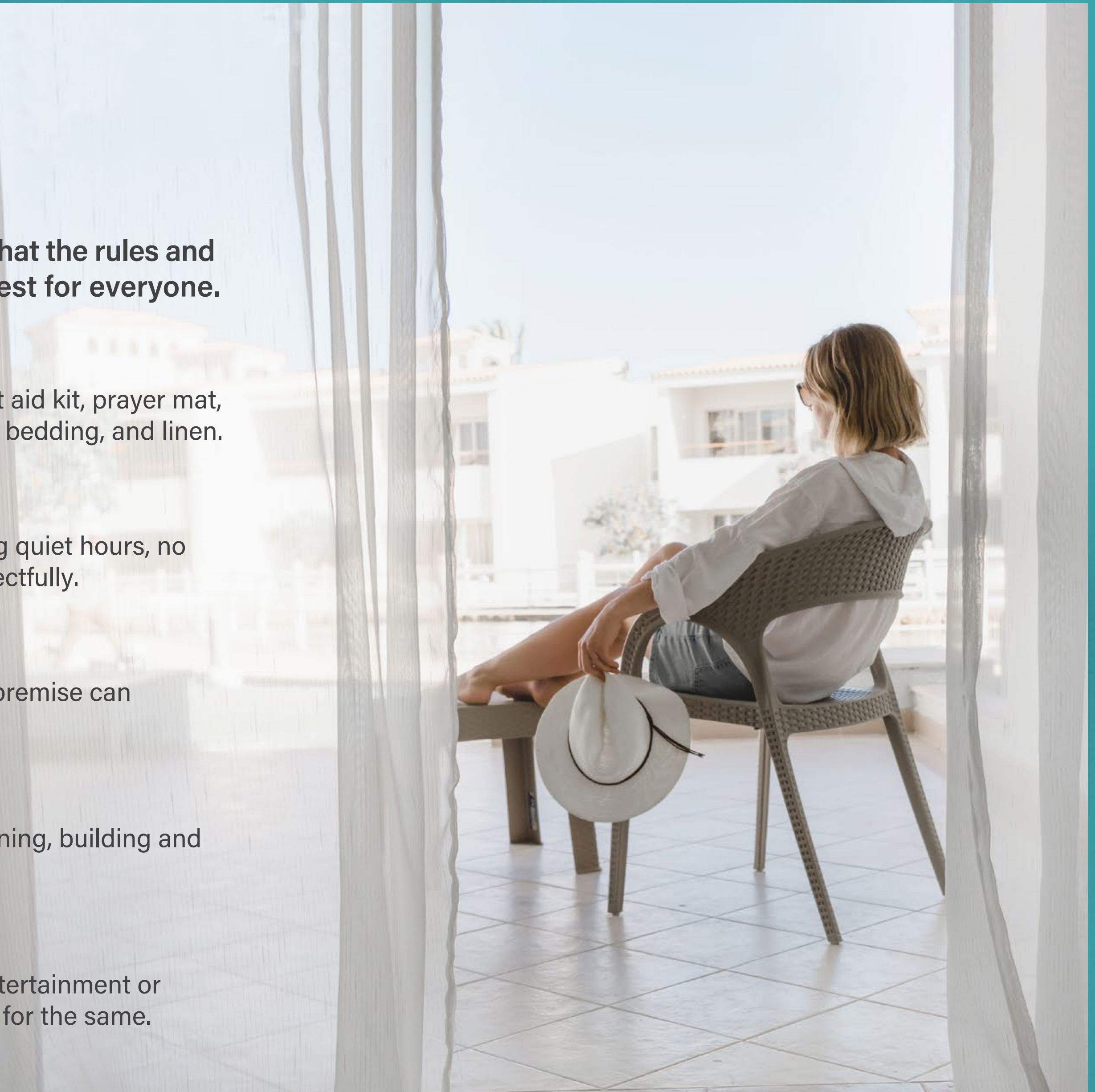
## **Property Compliance**

The Holiday home operator should comply with the property planning, building and fire safety and health regulations.



## **Usage of the Premises**

The Holiday homes can't be used for any commercial catering, entertainment or functions, unless they have permission from the Local Authorities for the same.





# HOW TO E-SCOOTER AROUND



E-scooters are becoming a common sight in our city. But their arrival has also brought new safety concerns.

Here are some tips on how to use these bikes safely in the community roads.

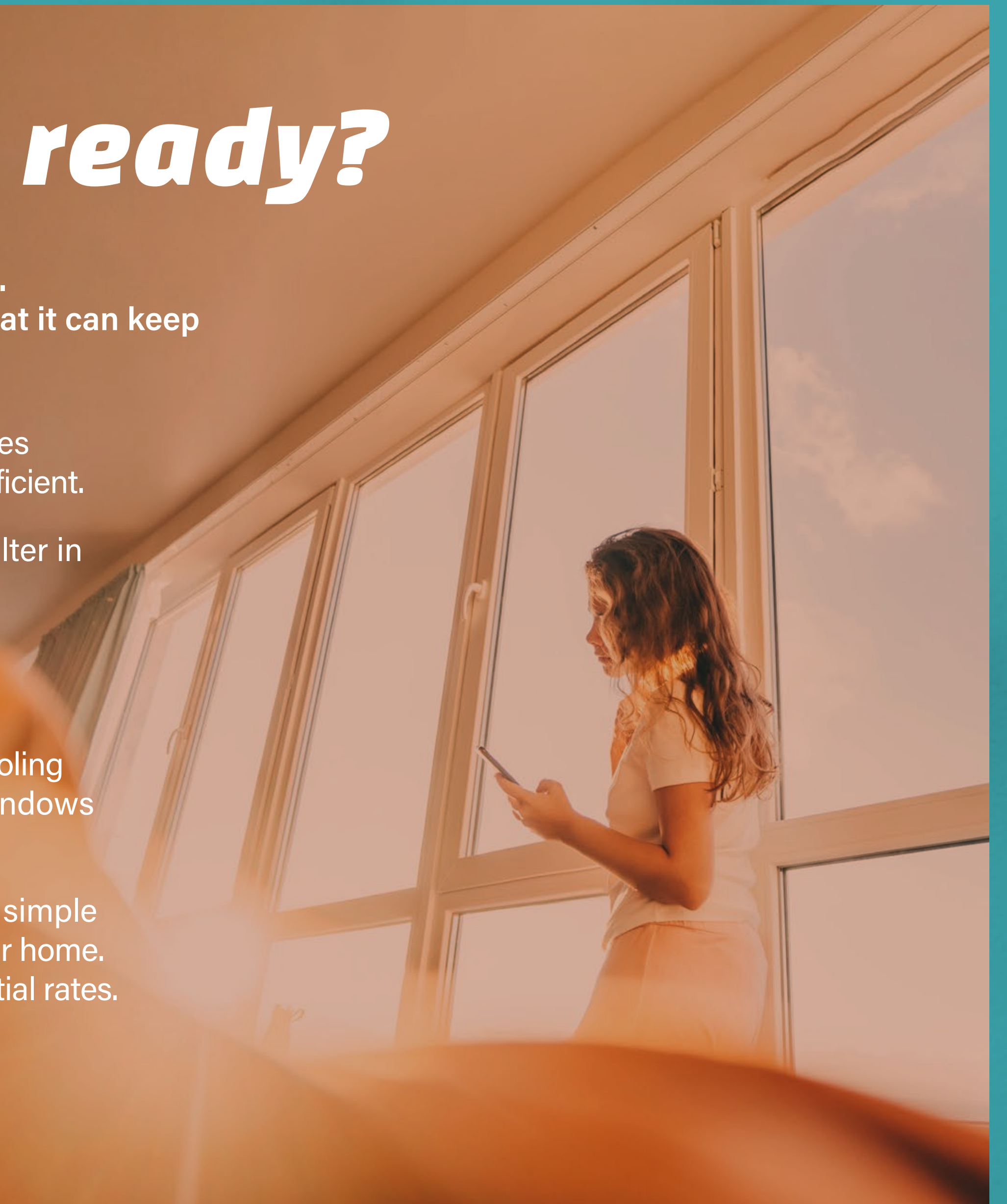
- Rider should remain in the designated e-scooter zone.
- Use bike lights & reflective vests at night.
- Avoid earphones & mobiles while riding the e-scooter
- Always give way to pedestrians, senior citizens and strollers.
- Dismount at pedestrian crossings.
- Keep a safe distance between you and other riders.
- Follow the community speed limit of 20 kmph.
- Rider shouldn't carry anything that can affect the balance.



# ***Is your Home Summer ready?***

The weather is warming up, and the hotter months will be here before we know. As you prepare for this, your home should be thoroughly inspected to ensure that it can keep you cool during the summer months while remaining energy efficient.

- Fit your air conditioning equipment with programmable thermostats. This provides automatic temperature adjustment for maximum comfort while also being energy efficient.
- Clean the air filters and air conditioning equipment. During the summer, the air filter in the HVAC system is used more than before.
- Plant leafy trees strategically near your home's windows. This is a wonderful technique to keep extra heat out of your home.
- Locate and seal any air leaks. When there are gaps between the windows, the cooling inside suffers. Check the weather stripping and caulking around your doors and windows and replace as needed.
- Seek professional advice. While many of these home preparedness methods are simple to implement, a professional energy audit can determine the best techniques for your home. Book a vendor through the Emaar One app and Emaar residents can enjoy preferential rates.





# ***Pet Care***



Pets are a privilege and proper pet care is the basis of responsible pet ownership. Minding your pets in the community's common areas and while with other residents is part of pet etiquette. Let's do a run through of your role as a pet parent.

- Clean up after your pet. Pet waste contains twice the number of harmful pathogens as human waste and can cause giardiasis and salmonellosis.
- Always keep your pet on lead when in community common area. Don't let your pet wander into others' private property.
- Avoid feeding stray cats, this as mandated by the Dubai Municipality.
- Prevent your pet from making excessive noise that disturbs your neighbors.
- Some common areas in your community are a 'No-Pets Zone'. Refrain from accessing those places with your pets.





# ***Pests Abound!***

The importance of pest management cannot be overstated. Pest control can prevent health issues and even property damage caused by harmful insects. Regular pest control inside your home is recommended even if the common areas are regularly fogged.

## **Reduces allergies:**

The presence of pests in our homes could lead to skin allergies, asthma, and other respiratory problems.

## **Protects your property:**

Carpet bugs, cockroaches, silverfish, and moths are among the insects that attack the wooden and fabric components of furniture.

## **Food supply:**

Regular insect management at home might help to avoid food waste and contamination. These bugs leave behind unwanted organic materials that can harm people's health.

## **Diseases & Health Risks:**

When pests breed in large numbers, they give rise to a variety of diseases and health problems like leprosy, skin infections, UTIs, intestinal infections, food poisoning etc.







# SUSTAINABILITY

Ditch the plastic bag! Get trendy, with stylish cloth bags.

What's better, is you designing your own cloth bags. Paint the town red with your own crafted cloth shopping bags. Send us pictures of cloth bags that has been customized and styled by you. The top three winners will be featured in our social media pages and will get some exciting goodies.

Send your entries to [events@ecm.ae](mailto:events@ecm.ae) by April 22nd 2023.





# For you Mom!

Tell your mom how much she means to you!

This Mothers' Day, we are inviting you to get as expressive as you can with words. Show her how much she means to you with an original poem.

Entries are invited in the following categories-

**Category I (6 to 9 years)**

**Category II (10 to 14 years)**

**Category III (15 to 19 years)**

The best entries win staycations, and their works will be published in our social media page. Send your entries to [events@ecm.ae](mailto:events@ecm.ae) by April 22nd 2023.



# *Healthy* **SALADS** *for the win!*



Salads are perceived to be boring; but when all the nutrient goodness is packed in a bowl and tastes out of the world; you will want to dive deep into the world of greens and goodness.

Deepa Damodar, a resident from The Greens & Views shares one of her family's favorite salad recipe.

## **Broccoli, Apple & Walnut Salad**

### **What you will need**

- ½ cup mayo
- 1 tsp sugar
- 1 tbsp vinegar
- Salt & chili (as required)
- 1 apple diced
- ½ cup walnuts toasted
- ½ cup diced red onions
- ½ cup grapes
- 1 cup diced cucumber
- 2 cups fresh broccoli florets

### **Method**

- Blanch the broccoli in salty hot water for 5 minutes, drain and cool it.
- In a large mixing bowl, whisk the mayo, vinegar, salt and chili powder smooth.
- Add the remaining ingredients and stir well to coat.
- Serve immediately.

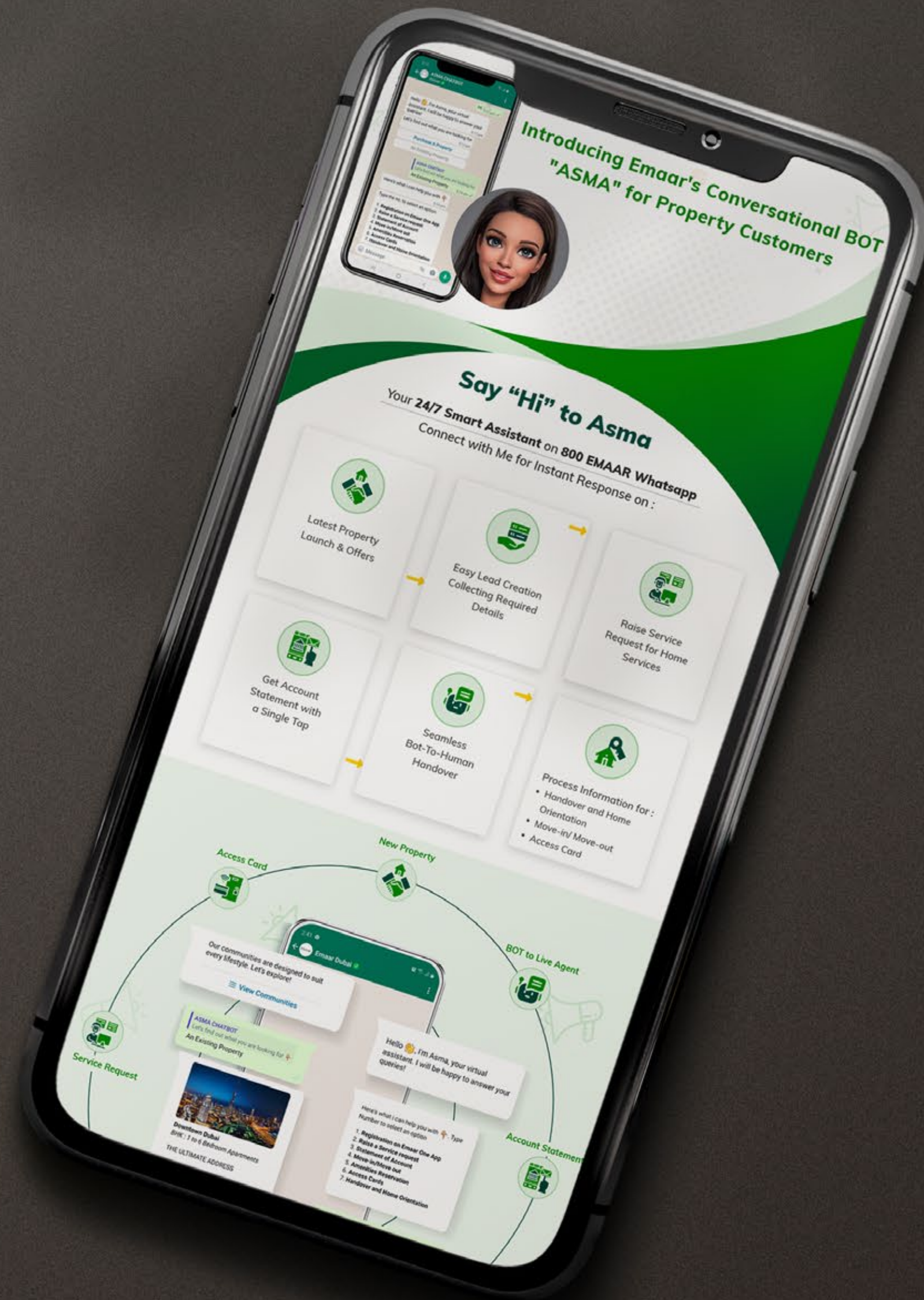




# WE HEARD YOU *and we're here for you!*

Manage your property in a touch.  
Introducing our new Whatsapp bot  
for 24x7 chat support

Say HI on 800 EMAAR (36227)





# We are live on social media



Follow us on @emaarcommunities on Facebook and Instagram.  
Catch up on all our news, exciting contests, and campaigns.



# ***In & Around***

## **Health**

Life Pharmacy  
04 447 9780  
800 Pharmacy  
800 74276229  
Dr. Nicolas & Asp Centre  
04 360 9977

## **Service Fee Payments**

Emaar Service Fee Kiosk  
(at Marina Walk South)

## **Mosques**

Al Rahim Mosque  
Dubai Marina

## **Pet care**

Marina Vet  
04 568 6942

## **Groceries**

Spinneys  
04 367 4810  
Grandiose Supermarket  
04 367 4810

## **Education**

Raffles Nursery  
04 427 1473  
Blossom Nursery  
800 6877379

## **Money exchange**

Al Ansari Exchange  
04 430 8970

## **Petrol Stations**

ADNOC service station  
EPPCO

## **Useful numbers**

<b>Fire</b>	<b>997</b>
<b>Ambulance</b>	<b>998</b>
<b>Police</b>	<b>999</b>
<b>Dubai Municipality</b>	<b>800 900</b>
<b>Taxi</b>	<b>800 9090</b>
<b>DEWA</b>	<b>991</b>



## Visit us at our community office

 Sunrise Bay, Tower 2,  
Mezzanine Level.

Monday to Friday, 9 AM to 8 PM  
Saturday and Sunday, 9 AM to 5 PM  
+971 4 362 7807

800 EMAAR (36227)

Community Security  
+971 54 993 4397

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