

## BUILDING BUSINESS SUCCESS

Joshua Kobb, Chief Operating Officer of HEC Paris in Qatar, on how the executive education school is developing human potential.

Read more on page 7



## FOCUS ON RAMADAN

Do non-Muslims at QF know what the holy month involves?

Read more on page 4

Hot  
Topic



# Qatar Foundation Telegraph.

Unlocking human potential.

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The Islamic Bioethics conference, the first in the region, was held at Georgetown University - School of Foreign Service in Qatar, and speakers included Frieda Wiebe, Co-Principal Investigator, Islamic Medical and Scientific Ethics Project, and Director of the SFS-Q Library

**Conference** World-renowned experts discuss Islamic law and science at SFS-Q symposium

# QF hosts historic bioethics event

**BIOETHICS EXPERTS** from around the world gathered at Georgetown University - School of Foreign Service in Qatar (SFS-Q) on 24 and 25 June for an international conference, the first of its kind to be held in the region.

'Islamic Bioethics - The Interplay of Islam and the West' brought together leading thinkers on the topic for a two-day symposium exploring the difficulties in making clear distinctions between religion and science.

Supported by Qatar National Research Fund (QNRF), Qatar Faculty

of Islamic Studies (QFIS) and the Leiden Institute for Religious Studies, the event also included a workshop on the Islamic Medical and Scientific Ethics (ISME) database.

The project, a collaborative effort between Georgetown's Bioethics Research Library in Washington and the SFS-Q Library, and funded by QNRF, has compiled an online searchable database. The multilingual service has already compiled the writings of scholars and theorists of more than 1,700 texts.

"Bioethics is a recent discipline that arose from the need to find answers to moral and religious questions that come about during medical practice and research - whether for the researchers or the subject, the practitioner or the patient," said Frieda Wiebe, Co-Principal Investigator, Islamic Medical and Scientific Ethics Project, and Director of the SFS-Q Library.

Conference speakers included Dr Tariq Ramadan, Director of the QFIS Research Center of Islamic Legisla-

tion and Ethics; Professor of Contemporary Islamic Studies at the University of Oxford, England; and senior research fellow at Doshisha University, Kyoto, Japan.

"The essence of bioethics raises challenges for medics and scholars. There is a lot of wisdom to share in a specific way with other faiths and democracies. Such an important conference should be everywhere," Ramadan said.

The other keynote speech was given by Dr Henk ten Have, Director of the Center for Healthcare Ethics

at Duquesne University, Pittsburgh, United States, who talked about 'Global Bioethics: Transnational Experiences'.

A special session on Normative Religious Perspectives was also presented by Sheikh Ali Al Qaradaghi, the General Secretary of International Union of Muslim Scholars.

During his speech, he explained that *fatwas* relevant to biomedical ethics were only issued after consulting specialists, experts and doctors, as they are established scholars in the realm of science and medicine.

## NEWS



QSTP celebrates winning the right to host major international science park conference. See page 3

**"These successes could not have been possible without the contributions from the teams across the Foundation"**

Rashid Al Naimi, Vice President of Administration, QF  
Read more on page 5

## COMMUNITY



New WCMC-Q initiative to help young Qataris improve their habits. See page 11

**“We hope that this study encourages women in Qatar to participate more actively in breast cancer screening activities”**

Breast cancer danger

## NEWS IN BRIEF

REBRANDING SEES QUWIC BECOME QUMIC

■ **QU Wireless Innovations Center (QUWIC)** recently revealed its new brand name and identity. At a press conference led by **Abdulla Al Talib, Chairman, and Dr Adnan Abu Dayya, Executive Director,** the new brand identity **Qatar Mobility Innovations Center (QMIC)** was revealed. The rebranding marks an important milestone for the organization, reflecting its unique positioning as it seeks to deliver multi-platform innovations to the market that will translate into knowledge-based ventures in Qatar.

## CONTACT US

### COMMUNICATION DIRECTORATE

Rima Ismail  
Publications Manager  
Email: [rismail@qf.org.qa](mailto:rismail@qf.org.qa)  
Tel: +974 4454 0960

Ghada Saade  
Head of Translation and Editorial  
Email: [gsaade@qf.org.qa](mailto:gsaade@qf.org.qa)  
Tel: +974 4454 0961

Contact us at [qft@qf.org.qa](mailto:qft@qf.org.qa)

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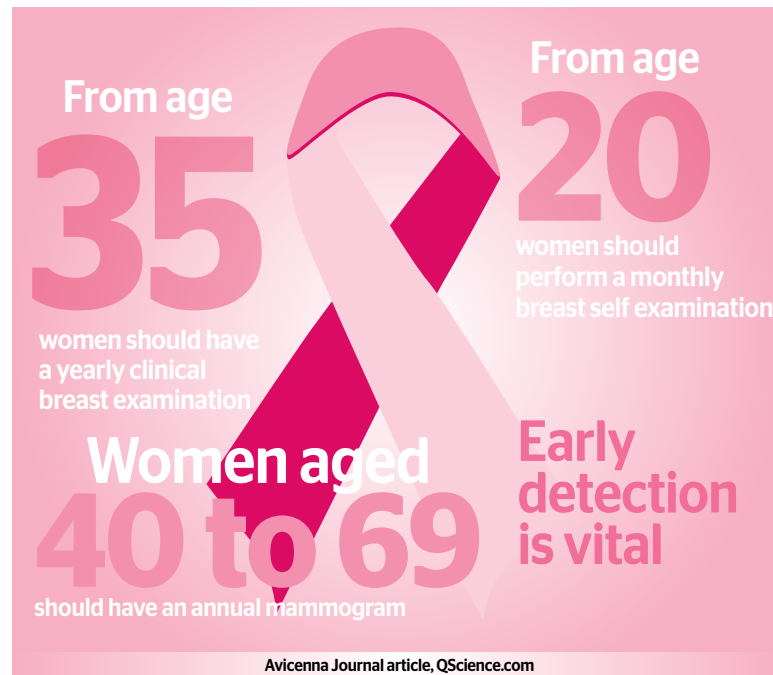
**Awareness** Fewer than a third of Arab women in Qatar undergo regular screening

# Breast cancer danger

**ARAB WOMEN** in Qatar are putting themselves at risk of discovering breast cancer too late because of poor participation in screening, the results of a new research article published on QScience.com, a QF member, have revealed.

While breast cancer is the most common cancer among women in Qatar, and the incidence rate is rising, the *Avicenna Journal* article highlights that many women are either reluctant to take part or unaware of medical screening activities that could save their lives.

The authors, a team from University of Calgary Qatar, Hamad Medical Corporation and Primary Health Care, stated that public health campaigns encouraging more pro-active roles for healthcare professionals regarding breast cancer awareness, screening and the benefits of early detection would help increase screening rates and reduce mortality rates among Arab women in Qatar. The group, headed by Dr Tam Truong Donnelly of the University of Calgary Qatar, based its findings on a survey of slightly more than 1000 Arab women, Qatari citizens and Arabic-speaking non-Qataris, aged 35 or older.



While nine out of 10 of the women interviewed were aware of the risk of breast cancer, just 13.8 percent performed breast self-examination monthly and 31.3 percent had a clinical breast exam once a year or once every two years. Only 26.9 percent of

women aged 40 or over had a mammogram once a year or once every two years.

The report stated that, despite the existence of breast cancer screening recommendations, less than one third of Arab women living in Qatar par-

ticipated in breast cancer screening activities.

However, on a positive note, the overwhelming majority of women interviewed said they would make an appointment for a mammogram if a doctor recommended it.

“It is therefore critical to raise awareness among physicians and other healthcare professionals such as nurses, health educators or pharmacists, of the effectiveness of their explanations and demonstrations to patients about breast cancer and its screening,” the article stated.

Christopher Leonard, Editorial Director at QScience.com, said: “We hope that this study encourages women in Qatar to participate more actively in breast cancer screening activities and that the open access nature of the paper allows others to see the raw data behind the survey.”

QScience.com is a peer-reviewed online publishing platform developed by Bloomsbury Qatar Foundation Journals, a member of Qatar Foundation.

To see the full article, go to <http://www.qscience.com/doi/pdfplus/10.5339/avi.2012.2>

## QSTP to host 2014 science park conference

**EVENT** Qatar Science & Technology Park (QSTP) has won the right to host the world’s premier gathering of science park executives in 2014.

QSTP was announced as host of the 31st International Association of Science Parks (IASP) World Conference, after a vote at the 2012 event on 19 June in Tallinn, Estonia.

Hamad M Al Kuwari, Managing Director, QSTP, said the announcement was a “great day” for the Qatar Foundation-supported facility, which houses a number of high-tech businesses.

“We are excited that we will be able to welcome our distinguished colleagues from science and technology organizations from around the globe to Qatar,” Al Kuwari said. “And demonstrate how QSTP has been able to make a contribution to Qatar’s journey from a carbon-based to a knowledge-based economy in a relatively short



**Khaled Al-Remithi, Communications Director QSTP, Hamad M Al Kuwari, Managing Director QSTP, Ahmed Al Said, Operations & Development Director QSTP, Mohammed Kamal, bid presenter**

period of time since its inauguration in 2009.”

The IASP is a worldwide network of science and technology parks that connects professionals from across the globe and provides a number of services to its members. This year’s world conference brought together more than 500 delegates from 60 countries,

drawn from both the public and private sectors, as well as from academia.

QSTP won an overwhelming 70 percent of the votes cast by IASP members during the association’s general assembly in Tallinn. The deciding factor was QSTP’s integral role in the wider dynamic scientific environment created by Qatar Foundation, to sup-

port economic and human development in Qatar. This will also be the first time an IASP World Conference is held in the Middle East.

QSTP, one of three finalists in the bidding process, pitched against the Pomeranian Science & Technology Park from Poland, and JSC Technopark Sistema-Sarov from Russia. The QSTP candidature was backed by an unprecedented multimedia campaign targeted at all 388 IASP member organisations to gain their support for the candidacy.

“I wish to congratulate the QSTP team for all their hard work,” said Mr Al Kuwari. “Without their enthusiasm and dedicated effort, this great moment wouldn’t be possible.”

The IASP World Conference will take place at the Qatar National Convention Centre, the cutting-edge facility that opened next to QSTP last year.

## Creative summer for young artists

■ **Virginia Commonwealth University in Qatar** is running summer art and design workshops for children, with four different programs encompassing ages five to 18. Each workshop features a range of activities tailored for a specific age and experience level, with ‘Art Fun’ for ages five to nine, ‘Art Exploration’ for ages 10 to 12, ‘Creative Discovery’ ages 13 to 15 and ‘Design Intensive’ ages 16 and above.



## ‘Box Appeal’ to become annual event

■ **Msheireb Properties and Qatar Charity** ended their joint, month-long campaign in aid of construction workers by announcing that the donation drive would become an annual event. For ‘Box Appeal’ the public donated clothing and personal items at collection points, including one at Qatar Foundation’s (QF) Recreation Center. Items will be given to workers in recognition of their contribution to Qatar’s growth.



**Media** New commercial communications strategy with global companies announced

# Al Jazeera Children's Channel spells out its vision for future

**EMPLOYEES** of Al Jazeera Children's Channel (JCC) recently attended a meeting to find out more about the channel's future vision and strategic direction.

Held at Qatar National Convention Centre (QNCC), the channel's first 'Town Hall' meeting provided the opportunity for staff to hear about the latest administrative and organizational changes at JCC.

Haya Khalifa Al Nassr, JCC Board Member and Acting Executive General Manager, stressed that changes were part of the channel's efforts to improve output and deliver a positive new stage in its development starting with the new administrative structure.

She also announced that JCC will develop a 360-degree media strategy and will move into a phase of commercialization in an efficient and responsible way, and that the administrative changes witnessed by the channel recently were requisite and important to support the modernization and development process to respond to and stay



Haya Khalifa Al Nassr, JCC Board Member and Acting Executive General Manager

ahead of the fast-paced changes in the media industry.

Al Nassr emphasized the importance of working as a single team, as the channel undergoes the necessary changes to ensure that it remained the preferred channel for all Arab families and children.

These sentiments were echoed by

Rashed Al Quresi Almarri, JCC's Acting Director of Sales and Media Rights Department, when he presented an outline of the strategic agreements that the channel has recently signed with some of the world's top specialized consulting companies.

JCC are revisiting the core characteristics of the target audiences of

the brands of both JCC and Baraem, JCC's pre-school channel.

Abdullah Al Mosallam, JCC's Director of Financial and Administrative Affairs Department, explained the new organizational structure of the channel and the employees' evaluation, recognition and development programs in the pipeline.

The channel has also recently announced its Ramadan programming, which includes several new programs. Baraem will exclusively air the new series *Uncle Mosleh's Tales*, while JCC will show *Baad Al Taraweeh*, *Shams W Rami* and *Tijan Annour – The Holy Quran Recitation Contest*.

The recitation contest, hosted recently at QNCC, requires children to recite select verses from the Holy Quran to a very prestigious panel of judges from all over the Arab world.

*Baad Al Taraweeh* will be broadcast live from Katara, with distinguished and renowned guests sharing insights on Ramadan practices in Arab homes, from different parts of the world.

## Health warning as summer hits its peak

**WEATHER.** Qatar Foundation's Health, Safety, Security and Environment (HSSE) Directorate has issued a warning on 'thermal stress' as temperatures in Qatar soar. With an easy-to-follow guide now available to download from the *Maktabi* website, the directorate says heat is an occupational hazard in Qatar.

"The weather during July and August is the highest temperature you will find in Qatar," explained Yousuf Noman, Occupational Health Specialist. "But it's not just the heat that is a danger, it is also the humidity."

The greatest risk comes from the varying degrees of heat exhaustion. Symptoms range from dizziness and headache through to muscle cramps, blurred vision and fainting. In its most severe form as heat stroke – where the body's ability to regulate its temperature fails – heat exhaustion can be fatal. If you have any symptoms, you should immediately drink water and rest in a cool place.

While there is no reliable data on the incidence of heat stress, anecdotal evidence shows that it is common. QF staff working outside for extended periods are in particular danger. However, even people who spend most of their time indoors need to take care. Recently arrived expatriates face a heightened risk while they acclimatize to the local environment, both while learning to keep cool and also while their bodies get used to the higher temperatures.

"People who are walking between buildings for long distances or waiting at a bus stop or for a car to pick them up, they are people who can be at risk," says Yousuf.

"Some people wait until they are thirsty, and then drink water, but feeling thirsty is an indication that your body is already dehydrated."

# Data processing key to medicine's future

**SCIENCE.** Leading international scientists have met in Doha to discuss the impact advances in computing will have on medical science in an event hosted by Qatar Foundation (QF) research institutes.

Co-sponsored by the Qatar Biomedical Research Institute (QBRI) and the Qatar Computing Research Institute (QCRI), the Translational Systems Biology and Bioinformatics Symposium brought together local and international stakeholders.

"The symposium represents the first time in Qatar that international bioinformaticians and scientists who use bioinformatics platforms in Qatar will come together to discuss the latest developments in the field," said Dr Abdelali Haoudi, Vice President of Research and Acting Executive Director of QBRI.



Dr Eric Lander was keynote speaker

"The goal is to create a bioinformatics consortium in Qatar that would be used as a platform for interested scientists to establish future collaborative research projects."

Systems biology and bioinformatics encompass the technology that allows us to record, measure and analyze the vast sets of data involved in emerging areas of biomedicine, such

as genomics and proteomics. "Computing is playing an increasingly important role in biomedical research," explained Dr Ahmed Elmagarmid, Executive Director of QCRI.

"This symposium will help establish how the State of Qatar can best marshal its technical resources and human capacity to advance biomedical research in Qatar."

Among the scientists attending were keynote speakers Dr Eric Lander, a Professor of Biology at the Massachusetts Institute of Technology (MIT) and co-chair of US President Barack Obama's Council of Advisors on Science and Technology, and Professor Jeremy K Nicholson, Chair in Biological Chemistry at Imperial College London.

Dr Lander explained biology was fundamentally about information, and

that complex mathematics were at the heart of unlocking the secrets of the human genome.

He said: "By training, I'm a pure mathematician, who wandered into biology. With the hope that at some point biology would have enough information to start thinking about how you could extract things from large data, how one could move from experiments that were not just within your own laboratory, and in your own notebook, but experiments that depended on all the shared data in the world. We're there now and it's exciting."

He told the symposium that by focusing on emerging fields, Qatar had the opportunity to become a world leader in science. "It's a great model for how to create a beacon for the entire region and the whole world, and I'm very excited to see it."

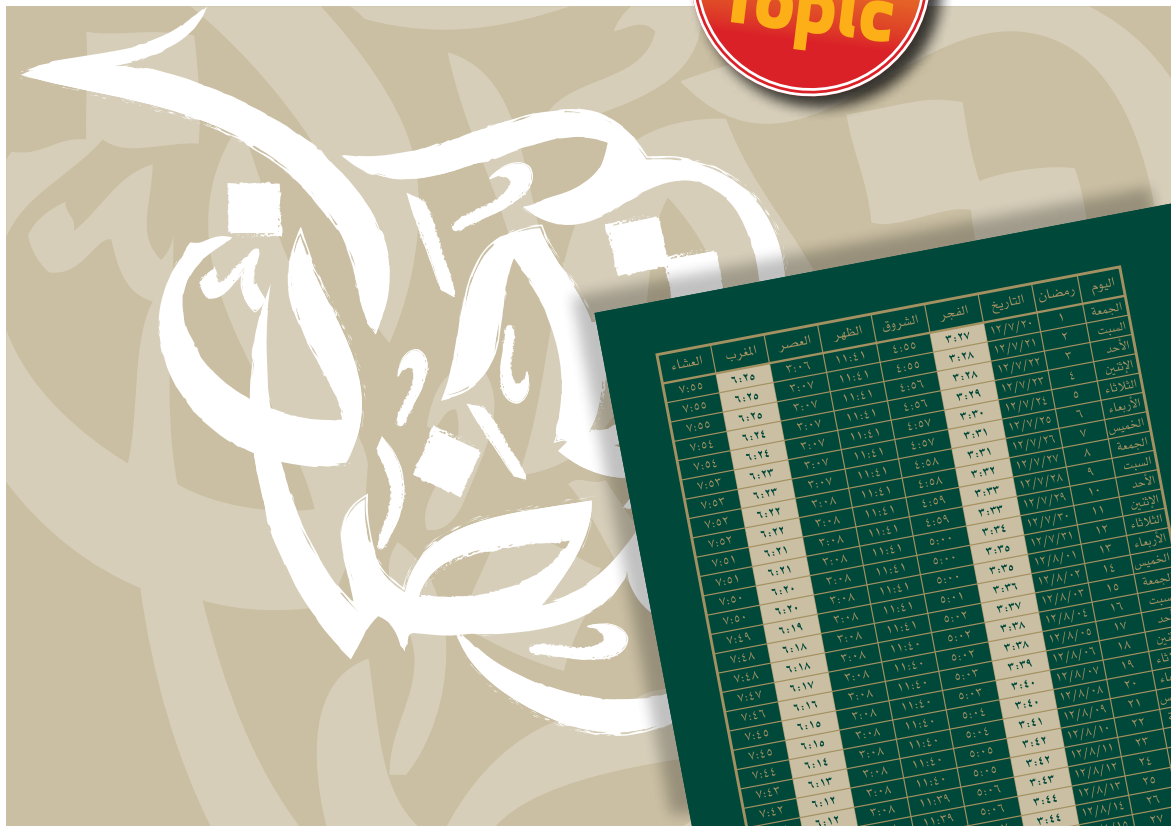
## HEC Paris in Qatar event fights poverty

HEC Paris in Qatar recently organized a special lecture discussing 'Why should firms be concerned about the fight against poverty?' Professor Frederic Dalsace, holder of the Social Business Enterprise and Poverty Chair at HEC Paris (in partnership with Danone and Schneider Electric) told the local business community that there is room between markets and philanthropy for firms to fight poverty.



## Lecture considers impact of Green Revolution

Qatar Environment and Energy Research Institute hosted an open seminar by Professor Jerome Nriagu at Weill Cornell Medical College in Qatar on 28 June. Entitled 'The Green Revolution: Impacts on Our Food Quality', Professor Nriagu of the University of Michigan School of Public Health considered the implications of reduced trace metals in soil samples as a result of increased food production.



**“I’VE BEEN EMPLOYED** by Texas A&M at Qatar for about a year, but have really not heard much about Ramadan from Qatar Foundation or the university,” Emily Kent, an intern at the Office of Building Operations said.

However, Kent adds that she did not really feel the need to receive officially-sanctioned information.

“Muslim friends and colleagues have been more than willing to talk to me and I do feel like I understand what it means to them,” she explains.

“Aside from fasting, I realize that Ramadan is one of the five pillars of Islam and not only is this an act of displaying faith, but it is also meant to help them repent and reflect on their life and faith more deeply.”

However, Kent’s experience differs from that of other QF staff members.

“When I first started working at QF some five years ago, there wasn’t much information available,” Christopher Silva, Sustainability Education Coordinator, Office of Faculty & Student Services, Education Division, said.

“I was fortunate to meet a student group called ‘Muslim Youth of Education City’ and they organized some wonderful outreach programs for non-Muslims to learn about Ramadan and also to celebrate the Holy Month. I learned so much from them!”

Dr Mohamed El Moctar, Assistant Professor, History of Religion, Qatar Faculty of Islamic Studies (QFIS), explains that fasting is an important part of Ramadan as it serves to demonstrate the self control of man, but that this is not always recognized by non-Muslims.

“There is a custom of fasting in all major religions,” he said. “The sense of fasting is the self control on which the foundation of morality is based. If the human being can control himself and does not succumb to desire, this provides the spiritual and moral basis for the tradition.

“Aside from abstaining from food and drink during daylight hours, Muslims are called on to be more generous in giving to charity and to

## Do non-Muslims at QF know what Ramadan involves?

▶ There is more to the holy month than just fasting

be more contemplative by spending more time in prayer and reading the Holy Quran,” Dr El Moctar adds. “Muslims try to keep their minds clear and their thoughts pure throughout the month.”

Many non-Muslims at QF do not understand the associated aspects of Ramadan, such as the need to dress more conservatively. “A part of observing the sanctity of Ramadan is to dress modestly in public places. Though nobody will offend those who dress otherwise, I am sure our non-Muslims colleagues will be culturally sensitive to this issue,” Dr El Moctar said.

Georgetown University – School of Foreign Service in Qatar (SFS-Q) writer Idil Issa said that Muslim women also consider how appropriate their dress is during Ramadan. “I myself have had an internal debate in past years as to whether I should wear perfume or make-up. I am also more careful about what I wear,” she explains.

Silva believes the rapid growth in the number of foreign nationals among QF’s staff and student population has created a strong incentive for the dissemination of information related to Ramadan.

Silva said: “Over the last few years our campus staff and student population have grown substantially. Individuals are coming from all parts of the world and bringing with them their culture, as well as their

previous perceptions (or lack thereof) on Ramadan. Therefore, I believe it is necessary to always hold such workshop/programs to educate and inform our community.”

**SOME QF ORGANIZATIONS** and institutions provide new employees with information to prepare them for work in a different culture. However, this varies from organization to organization.

Dr El Moctar stressed that it is up to individuals to further their own knowledge.

“It must be remembered that QF is not a religious organization,” he said. “The responsibility lies with each of us to pursue our own search for humanity. It is only through tolerance and an appreciation of different religions that we can demonstrate this.”

### DOES QATAR FOUNDATION DO ENOUGH TO EDUCATE NON-MUSLIM STAFF AND STUDENTS ABOUT THE SIGNIFICANCE OF RAMADAN?

Send us an email at [qft@qf.org.qa](mailto:qft@qf.org.qa) or tweet us @QFTelegraph with your views (Yes or No to the above questions followed by a sentence stating your reason). All submissions are confidential unless you state that your name can be used.

Kent agrees: “As an individual living in a foreign country, I feel it is largely my responsibility to seek out information and to remember to respect a given custom. When a non-Muslim moves here, it is with the understanding that they are a guest in a country where certain traditions are observed. It is not the establishment’s responsibility to educate its employees about Ramadan, but I feel since there are so many expats employed here, it would be in their best interest to take this upon themselves.”

Indeed, Ramadan can be an opportunity to engage all sections of the community. “On a personal level, one of the most beautiful memories I have was while I was living in the USA during Ramadan, when the youth hosted a ‘fast-a-thon’,” Dr El Moctar said. “Students of all denominations came together to fast. There were about 100 people taking part, and they all broke their fast together at the Islamic Center, sharing their experiences. This really brought everyone together and served to create a sense of community. He adds: “I would advise non-Muslims at QF to accept offers to go to *Iftars* and I would encourage Muslims to invite their non-Muslim friends. I would also say that to wish a Muslim *Ramadan Mubarak* (Ramadan Blessings) and *Ramadan Kareem* (Happy Ramadan) is very welcomed.”

## Have your say

**Michelle Dezember**  
Head of Education,  
Mathaf



There are always opportunities for organizations like Qatar Foundation to bridge the gap for people who do not know enough about Ramadan, but I do not see it as a situation where QF needs to be totally responsible. Most of what I have learned about Ramadan has come from talking to my peers. However, QF can show leadership by encouraging a connection between people, through social events for example.

**Shehryar Khan,**  
Student, Weill  
Cornell Medical  
College in Qatar



I think it would be better for the whole of the QF community to have more opportunities to gain an understanding of Muslim culture. QF can play a role in bringing the Muslim and non-Muslim community together by promoting awareness regarding Ramadan.

**Ahmed Ali**  
Senior Engineer,  
Qatar Computing  
Research Institute



I think there does need to be more education about Ramadan. People who come here from different cultures and backgrounds don’t really understand why they should not eat or drink publicly during the holy month – they often see this as being against their human rights. Qatar Foundation needs to do more to educate people from other backgrounds about Muslim culture.

### RAMADAN TIPS ONLINE

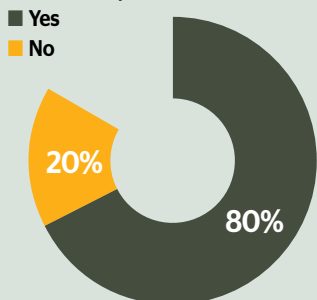
A calendar of Ramadan events in Education City will be published on [www.myeducationcity.com](http://www.myeducationcity.com)

The website, which is compiled by student writers with the guidance of the Office of Faculty & Student Services (OFSS), will include a Ramadan special feature, the significance of Ramadan, *Iftar* menus with healthy options and traditional foods from different countries as well as YouTube links to previously screened Ramadan television shows. Non-Muslims will be encouraged to take part in a ‘fast for a day’.

“The idea was to provide information to Muslims and non-Muslims,” said Arwa Sulieman Ibnouf, OFSS Staff and Student Development Senior Specialist. “We want to give expatriates a sense of what Ramadan is all about and to have them share in the experience.”

### ON 28 JUNE 2012 WE ASKED: IS THE GRADUATE TRAINEE SYSTEM AT QF GIVING YOUNG QATARIS ENOUGH OPPORTUNITIES TO DEVELOP THEIR SKILLS?

Here’s what you said\*



\*100 QF staff and graduates polled on 1-2 July 2012





Participants interact at recent workshops designed to improve team-building at QF

**Team building** Directors and managers have their say on how Qatar Foundation can build on current success for ongoing progress

# Teamwork takes QF into the future

**LEADERS FROM** across Qatar Foundation (QF) gathered to share their ideas on how to drive improvement throughout the organization during innovative team-building workshops held at Qatar National Convention Centre (QNCC).

About 50 directors and managers drawn from middle management ranks were given the opportunity to provide input into QF's future direction during two sessions held on 13-14 June.

Facilitated by the Shared Services Directorate, the workshops were part of a wider improvement strategy initiated by Rashid Al Naimi, QF Vice President of Administration.

"Since we began the journey of continuous improvement, we have achieved some key milestones through the implementation of a number of important projects," Al Naimi said. "These successes could not have been possible without the contributions from the teams across the Foundation; that is why I support and encourage such workshops as we continually work to improve our performance."

Ideas raised at the workshops will feed into a team-building meeting for executive directors to be held this summer, which will, in turn, provide input for a written report to be sent to Al Naimi for review and action.

Abdulla Al Rwaili, Shared Services Director – Business Improvement, said the workshops aimed to create a further link between layers of management within QF.

"QF has huge strengths and huge opportunities, but the fast growth that has happened within the last 10 years means that such opportunities need to be utilized and planned for," said Al Rwaili. "We want to be a sustainable organization."

Gary Critchley, Performance Reporting Manager with Shared Services, led the workshops. "It is really about bringing the leaders of QF together to work as a peer group to help drive the continuous improvement agenda – to find ways of working better, faster and smarter," Critchley explained. "The idea was to come up with focused, practical plans to drive improvement."

Participants worked in small groups to come up with a list of strengths, weaknesses, opportunities and threats that applied to QF. Each group identified a top priority from

**"It is really about bringing the leaders of QF together to work as a peer group"**

the four categories then worked out actions to capitalize on positive factors and reduce the impact of negative ones.

As each workshop was just two hours long, participants had to develop their ideas quickly and decisively. Key strengths and opportunities identified included recognition for QF as a brand, strong government support and the caliber of the organization's resources on a human, financial and technological level.

Poor internal communication, duplication of processes and the challenges that come with rapid growth were seen as some of the areas to tackle.

Recommendations for action included creating more transparent communications processes via collaborative meetings, social mediums and IT solutions; more market research to find ways to further boost recognition of the QF brand and an increase in detailed planning to capitalize on future growth.

Participant Ameena Hussain, Assistant Director for Campus Life, felt the experience had been a great opportunity for leaders to come together to talk about concerns, challenges and the direction going forward. "It has also been a great networking opportunity," she said.

## OPINION

DR KHALED MOHAMMAD SAOUD

### Why arts students need to know about science

**PEOPLE MAY** question why design students need to have an appreciation for physics, but as well as growing them to their full potential, it's actually very important to their future careers.

Here at Virginia Commonwealth University in Qatar (VCU-Q), our students learn interior design, graphic design, fashion, print, artistry etc. but as a requirement of their studies they also have to take other subjects besides, including physics and maths.

When I first came here in 2008, it was a big challenge to try to imagine how students, who are not scientists, can develop a feel for topics even a scientist can have trouble with. So, I looked at what I could do to help the students in their design studies.

**"It's always interesting to see the students' final projects, because I see that they have taken this knowledge and put a touch of science in their design"**

We put together a course which is applicable to the materials they will be using and where they learn through experience. I present a lecture about a particular material and then they follow this up with an experiment so they are learning by doing with their hands.

At the beginning this is simply to draw a graph, then we move on to motion, chain reactions, different materials and light and how they interact with each other, acoustics etc.

It's always interesting to see the students' final projects, because I see that they have taken this knowledge and put a touch of science in their design. This is important as you do not design for

the sake of beauty but also for function. I also initiated a Physics and Mathematics Projects Day, in December each year, to showcase their work. During this event, students are encouraged to talk to other faculties and students about their work.

Believe it or not, I am learning from my work with arts based students. They are very creative and that is something we do not find in science. I have based some of my research ideas on the problems they have encountered.

I find myself in a very unique environment as a nano-technician, I am working with the end users of what I want to develop in my research lab.

For example, one project I am working on is applicable to the fashion industry as I am developing a heat reflecting textile. It was a student who gave me the idea to pursue this research.

I am also able to assist the students in different ways, aside teaching them physics. For example, if they want to understand the physical properties of a material I can suggest how they can find this out.

One student wanted to research the thermal properties of henna, so we were able to test the different types of henna and how they reflect heat when this is put on the hair.

Yes, it's certainly an interesting position to be in working with arts' students.



**COLUMNIST**

**Dr Khaled Mohammad Saoud**

Assistant Professor, Physics, Liberal Arts and Sciences at VCU Qatar

© WHAT DO YOU THINK?

Send us your opinion at [qft@qf.org.qa](mailto:qft@qf.org.qa)

## HOW DO I?

QF Telegraph helps you make the most of your life at QF

#### What is self-service sign-in?

Self service sign-in has recently been installed at the Recreation Center, EC Clubhouse and Awsaj facilities. Using touchscreen log-in, registered users can now sign in automatically when they arrive to use the center. The automated system replaces the old sign-in sheets, which had to be compiled at the end of each month to monitor how many people, and from which departments, were accessing the centers. This was a laborious task, with an average of 11,000 users using the recreation facilities each month. The automated system collects all the required data, does not risk human error and saves paper.

#### How do I become a registered user?

Signs highlight the correct area at the reception desk where a staff member will scan a copy of your ID card through the reader, located next to the touchscreen. For this time only you will have to input your data when prompted on the screen. Required information includes your date of birth, blood group, family members etc. Once you have pressed enter your information will be stored and your ID number will now be your log-in number.

#### How do I log-in as a registered user?

When you are a registered user, simply enter your personal ID number on the touchscreen. If your photograph has been uploaded on to the system, this will also be shown on the screen. Register any accompanying guest, highlight the room or facility you will be using and choose accept. Staff will be on hand to assist.

Do you have questions you want answered? Email us at: [qft@qf.org.qa](mailto:qft@qf.org.qa) and we will do our best to help you



Msheireb has furthered its support of Al BairaQ World, a Qatar University project

**Outreach** Commitment to 'Al BairaQ World' program sees student work displayed by company

# Msheireb Properties invests in Qatar youth

**QATAR FOUNDATION'S** (QF's) Msheireb Properties takes its commitment to corporate social responsibility and the wider community seriously.

The property development company is guided by the principle that a nation's greatest resource is the potential of its people, a belief which is in line with Qatar National Vision 2030 and one which sees it investing in its own workforce and society as a whole.

As part of this obligation, Msheireb has furthered its support of Al BairaQ World, a Qatar University project which seeks to encourage students to appreciate science and research. The project was launched by the national university to support Qatar's efforts to develop its knowledge-based economy, enrich its human capital and improve competitiveness through innovation, entrepreneurship and applied research.

Maryam Al Mansoori, Human Resources Director, Msheireb Properties, said: "It is a pleasure to support the Al BairaQ program which provides such a wonderful

grounding in practical science and science theory for students. Msheireb Properties is passionate about realizing the potential of Qatar's youth and our involvement in this program reflects our determination to enable the next generation to play its full role in building the country."

In this latest Al BairaQ World initiative, Msheireb worked alongside Qatar University's Materials Technology Unit (MTU) to promote teaching and appreciation of science in Qatar's secondary schools.

Students who took part in the 'I Am a Researcher' program have had their best coursework displayed at the Msheireb Enrichment Centre. They are all also members of the Msheireb Future Affiliate Club, which the

company established to support Qataris aged between 15 to 24 at high school, college or university.

**THE FUTURE** Affiliate Club aims to create the right medium for students to explore various career options and to help them contribute to their community development. Future Affiliate Club membership offers school students and undergraduates a range of academic and professional guidance, including work experience and mentoring by company personnel, support with research projects, and career advice, as well as opportunities to take part in various events and competitions.

"Opportunities for young people are central to Msheireb Properties'

ongoing efforts in corporate social responsibility, and the Al BairaQ program, with its focus on the 'hard skills' required in the tough scientific disciplines," said Al Mansoori. "This complements our existing youth training and internship programs aimed at Qatari students."

Through the club, members are given the opportunity to participate in projects that aim to instill the values of good citizenship and engagement in community development alongside the continual development of skills.

They are also given the opportunity to gain experience through workshops, competitions and events as well as access vocational guidance and academic counseling, and support for graduation projects and research.

**MSHEIREB PROPERTIES** and the Future Affiliates Club were involved in the committee which helped set up and manage the 'I Am a Researcher' program and resulting exhibition which sees the future presented through the students' eyes.

**"Opportunities for young people are central to Msheireb Properties' ongoing efforts in corporate social responsibility"**



# Building business success

Joshua Kobb is the Chief Operating Officer of the leading business school, HEC Paris in Qatar. He talks about the institute's latest plans and how talent development can help boost the international success of Doha organizations

**AS THE LEADING** center for executive education in the Gulf region, HEC Paris in Qatar is focused directly on developing human potential.

In line with Qatar Foundation's (QF's) vision, HEC Paris aims to provide business executives with the tools to become the best leaders they can be within their organizations. Executive Education is a specialized area that is continuing to develop rapidly in line with national economic development, especially as an increasing number of Qatar-based organizations look to expand their operations both regionally and globally.

As the Director for Global Initiatives for HEC Paris, I have focused on spearheading the institution's international development, specifically in China and the Gulf region.

Since working on the agreement between HEC Paris and QF, which was finalized in June 2010, I have moved to Doha to guide the structure of the institution within Qatar.

HEC Paris in Qatar delivers three main forms of management education in Doha – degree programs, short open enrolment courses and programs that are custom-designed for an

individual corporate client.

In terms of degree programs, we are currently recruiting the third class of our Executive MBA Program, which will start in February next year. The program targets experienced executives, giving them the opportunity to obtain their degree while continuing their full-time work through modular part-time study over 18 months.

One of the unique features of this course of study is that HEC's EMBA Program is based across various locations – Doha, Paris, Beijing, Shanghai and St Petersburg. Participants can start their course in any of these locations and move to another as part of their studies.

For example, a Doha-based executive may be interested in completing a module in China while pursuing business opportunities there. The program also features the option of eight majors, based in different locations, the energy major is based in Doha, while others include luxury management, telecommunications and aviation. One of the advantages of having a global world wide presence is being able to use local networks and expertise to our advantage.

We have been really pleased with



the reception we have had from the business community to this program to date.

The 75 people who enrolled in our first two EMBA classes are leaders from across Qatar's private and public sector, including representatives of most of the major oil and gas companies, banks and government ministries, as well as QF members such as Qatar Science & Technology Park, Sidra Medical & Research Center and QF management.

Almost half of the participants have been Qatari nationals.

Many of the participants have been promoted within their organizations, which we believe is partly due to the training they have received through the EMBA course.

**HEC PARIS IN QATAR** plans to build on the success of the Executive MBA by adding a second Masters degree program from this spring which will target middle management. MUST – an acronym taking from the French for 'managing a strategic business unit' – has generated a great deal of interest from our corporate clients and managers in Qatar. There is an acknowledged need for further education of this type, because there is a whole pool of professionals who are looking to develop some of their skills into a wider vision but who are not yet at a senior level.

Like the Executive MBA program, MUST will be a modular, part-time course that can fit in with a business person's work commitments. Participants will be able to complete the course either as a degree course or as a certificate course, whichever

## HEC PARIS IN QATAR DELIVERS THREE MAIN FORMS OF BUSINESS EDUCATION IN DOHA:

**1**  
degree programs

**2**  
short open enrolment courses

**3**  
programs custom-designed for individual businesses

meets their needs.

Short courses and custom designed programs are also a core part of our offering.

The short courses comprise of open enrolment seminars – three to five day programs – dealing with specific management issues. Our first program in Qatar was actually a short course called 'Leading in Challenging Times'. We have also offered a number of different short courses on other topics based around strategy and leadership – this area is constantly evolving.

Custom-designed programs are also an incredibly interesting area and one of strategic importance to HEC Paris. We have consistently been ranked as the world's leading business school in custom programs. What is particularly important about custom programs is our ability to understand client needs and design a unique program to meet their business objectives.

A lot of what we do with corporate clients is aimed at helping them to build leadership skills within people they have identified as successors at their organizations.

This fits in with some of the dynamics of Qatarization – there is a lot of talent in the management pool in these organizations but there needs to be shift from intuitive business skills to explicit business and management skills.

If you have a vision, how do you take that vision and make sure people understand it and are able to implement it within your organization?

We approach talent development from three angles.

**ONE ANGLE** is individual skills, which involves making sure that a manager or an executive has the capacity to be effective. The second is building the vision of that individual so they can contribute and create value beyond the nuts and bolts of the business, to the wider corporate/industry picture. Finally, we look at talent development in terms of organizational effectiveness; cascading knowledge throughout the firm.

All of these aspects are essential for organizations to thrive in a competitive business atmosphere.

### Top of the class

#### EXECUTIVE MBA CLASS 2012

Enrolled **31**

MAIN NATIONALITY:  
**QATARI**

NATIONALITIES REPRESENTED: **9**

#### EXECUTIVE MBA CLASS 2013

Enrolled **44**

MAIN NATIONALITY:  
**QATARI**

NATIONALITIES REPRESENTED: **18**



**WHEN DR. AMAL AL-MALKI'S STUDENTS  
WERE SEARCHING FOR A ROLE MODEL,**  
they didn't have to look much further than  
the front of their classroom.



**AS AN ASSISTANT TEACHING PROFESSOR OF ENGLISH** at Carnegie Mellon University in Qatar, she teaches a variety of courses, including writing composition and postcolonial literature, and has published articles in numerous academic journals. Outside of her academic roles, she is also the author of a forthcoming book, in which she explores and analyzes the portrayal of Arab women in the Arabic media.

Qatar Foundation is proud to be home to leaders like Dr. Al-Malki. Together, we are making Qatar a center of knowledge that is helping the entire world move forward. Learn more about Dr. Al-Malki's work and discover the people of Qatar Foundation at [qfachievers.com](http://qfachievers.com).



القطرية  
*Qatar Foundation*  
[www.qf.org.qa](http://www.qf.org.qa)

Unlocking human potential.





Northwestern University in Qatar graduates traveled to the university's home campus in Evanston, Illinois, USA

## QF class showcases talent at joint Northwestern graduation

**Ceremony** Qatar graduates join US counterparts for celebrations

**MEMBERS** of the inaugural graduating class from Northwestern University in Qatar (NU-Q) traveled to the university's home campus in the United States to take part in joint leaving celebrations.

More than two dozen NU-Q graduating seniors participated in the commencement festivities at the Northwestern campus in Evanston, Illinois, which included a showcase of plays and films created by students in Doha.

Morton Schapiro, President of Northwestern University, opened the 154th Commencement celebration with a nod to NU-Q. "We are honored today to have with us the first graduating class of Northwestern University in Qatar," he said.

"Accompanied by their Dean, Everette Dennis, these pioneering students from across the globe have achieved remarkable successes over the past four years, paving paths for

future generations of students to follow." Dean Dennis, who led the delegation of NU-Q students and faculty, said the commencement was a very special moment. "I think it's presumptuous for a little school to say it is going to have a big impact on a large university, but a lot has been done here," Dr Dennis said.

Describing the opportunities for exchange and fresh perspectives that NU-Q has brought Evanston faculty who have visited the Doha campus, Dr Dennis noted that "you cannot underestimate the effect that experience has had on their understanding of the region, what

**"We are honored to have with us the first graduating class of Northwestern University in Qatar"**

they have learned and how it has re-energized their work". The festivities included collaboration between NU-Q students and their Evanston counterparts for performances of 'Arab Awakenings', a series of six plays written in Doha that tackle provocative issues in Arab society, such as religion, in scenes ranging from the tragic to the humorous.

Also, a trio of award-winning NU-Q graduates presented 'Lyrics Revolt', their documentary footage of Arab rap stars and hip-hop groups whose lyrics inspired participants in the Arab Spring uprisings.

"I'm so happy to be here to show a side of Middle Eastern culture that many Americans don't know about," said Rana Khaled, 21, a Palestinian who was born in Abu Dhabi and lives in Qatar. Khaled was joined by two fellow graduates – Shannon Farhoud and Ashlene Ramadan – to explain and show excerpts of 'Lyrics Revolt'.

## Qatar Foundation market day gives support to Syrian refugees

**VOLUNTEERING.** Students from across Qatar Foundation (QF) university campuses joined forces to aid Syrian refugees during a market day held at the Student Center on 14 June

Student volunteers set up a range of stalls selling goods – mostly donated from Qatar businesses – including printed t-shirts, *abayas*, accessories, bags and jewellery.

Bloomsbury Qatar Foundation Publishing (BQFP) supported the effort with donated books, while the students also sold items they had made such as bookmarks and accessories. There were also children's activities,

including a bouncing castle and storytelling.

A total of QR80,000 was raised to help Syrian refugees in north Lebanon, explained Carnegie Mellon University of Qatar (CMU-Q) student Aisha Al Zaman.

The Insight Club at Texas A&M University in Qatar (TAMUQ) assisted with the event.

**THE STUDENT** organizers are affiliated with Layan, a group of volunteers from across the Gulf Co-operation Council (GCC) countries who aim to support Syrians. A charity market for

ladies only will be held on 14-15 July 14 at Regency Halls, in the D Ring Road opposite the Mall, in support of the same cause.

Al Zaman said students who were fortunate enough to be studying in Qatar felt a solidarity with Syrian students whose studies had been disrupted by the war.

"This is part of our responsibility as humans, as Arabs and as Muslims," she said. "The conditions are getting worse and worse, as people cannot find anything to eat or anywhere to sleep. It is our responsibility to help as much as we can."

## CAMPUS LIFE



Abdul Wahab

## Racing placement an exhilarating ride

**THERE IS** nothing quite like the roar of a top fuel drag racer as it screams its way down a quarter-mile drag-strip, hitting speeds in excess of 500 kilometers per hour.

It's not just something you hear, but also something you feel as a series of shockwaves pulse through your body – and I've felt this myself as part of my engineering studies at Texas A&M University at Qatar (TAMUQ).

I was fortunate enough to be the first intern in a program that places students from my campus with Al Anabi Racing, a leading fuel racing team in the USA. The whole experience is awesome – you can feel the roar at your feet when these cars move, there is so much thrust in them.

Sponsored by His Excellency Sheikh Khalid Bin Hamad Al Thani, the Al Anabi team competes at the top levels of National Hot Rod Association (NHRA) racing in the USA. The internship program is designed to give students hands-on training in auto design and engineering, and I earned my place as one of the top two students in the TAMUQ engineering program.

My two-week internship saw me attend the Toyota NHRA SuperNationals in Englishtown, New Jersey, as well as working at Alan Johnson Performance Engineering (AJPE) in California, where team manager Johnson and his staff design and build racing engine components.

I also traveled to Washington DC for a US-Qatar Business Council reception and dinner at the St Regis Hotel, honoring His Excellency Mohamed Bin Abdulla Al Rumaihi, the new ambassador to the United States from Qatar. Attending this event was a great honor for me.

Working at AJPE was a

rewarding experience. I learned the practical side of engineering and engine-component manufacturing, studying with the engineers as they worked to design new top-fuel engine components using Solidworks design software, and gaining real experience creating Computer Numeric Controls (CNC) machine code, learning about design intent and practical tooling concepts for efficient manufacturing, and also about the flow of manufacturing.

I have never been to a place like this or seen a process like this, where you assemble the whole engine from scratch. I learned how this team works together and produces the kind of performance they get.

Drag racers are built for extremes of horsepower, top speed, and straight-line acceleration, but only run for very short bursts of time and never turn a corner, so endurance and handling are not major concerns. That gives rise to a host of engineering differences between a drag racer and a conventional car – even a conventional racing car.

**"The internship program is designed to give students hands-on training in auto design and engineering"**

The coolest thing I've learned is that in my experience all engines work without a cooling system. This is the first time I've looked at an engine that produces 8000 horsepower, but there's no coolant involved. It's amazing.

Most importantly, it was a time when I also gained personal advice from someone as inspiring as Mr Johnson himself.

**“The concert served to show people in Doha the extent to which Arabic music is still celebrated and practised in a contemporary context”**

*Arabic music celebrated at QF*

## MY QF

### Abdulaziz Al Khanji

**Title:** Graduate Trainee, Financial Aid Officer  
**Time at QF:** 1 month

### Describe your role:

The main area of my job involves reviewing applications from students for interest-free loans. These loans are available for non-Qatari, post-graduate students studying at QF institutions. I check their applications to ensure they meet the criteria requirements and answer any queries the applicants may have, so that their applications can be processed. Most applications are handled online and via email, but sometimes the students come to the office to meet me.

### What I like about my job:

Even though I've only been in this role for a very short time, I'm enjoying the opportunity to meet people from so many different nationalities and cultures. The job is certainly increasing my knowledge and skills, particularly my communication skills. Every student is an individual and each application has unique challenges, so it's very interesting.



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# Tariq Al-Shukri

The Senior Research Co-ordinator for Qatar Foundation's Research Division talks about science, sci-fi and how QF is helping to change the world



### Who inspires you?

My father, and then I would say His Highness the Amir. My father always encouraged me to do well, to get a good education; that's why I think he was a role model for me. For His Highness, I am inspired by his great vision to transfer Qatar's people and society to a knowledge-based economy, instead of a carbon-based one.

### How do you relax after a stressful day?

I enjoy spending time with my family; I have six children, and they range from the oldest at 12 years down to the youngest at three years old, and I like to help them with their studies. I also like sitting back and reading a book or watching a movie. I like football, of course, and I used to play sports – I played table tennis competitively. Sometimes I still get time to play sports on the weekend, and I can play table tennis at home.

### What book are you reading at the moment?

It's about strategic thinking, and it's called *The Systems Thinking Approach to Strategic Planning and*



*Management* by Stephen Haines. I sometimes read about science, and sometimes I like to read adventure stories or science fiction – it doesn't have to be related to work. I think a lot

of people in science and research like science fiction, because it opens our minds to images of what can happen in the future. There's no limit to technology and invention.

### If you have the chance to live in another period, would it be the past, the present or the future?

The future, because I always think about the possibilities that are yet to come. People might think that we have reached our limit in terms of technology and invention, but I think the future has the potential to offer things beyond our imagination.

### If you had the power to change anything in this world, what would it be?

I would like to prevent wars, poverty, and human suffering, and see a cure for diseases such as cancer. I think QF is helping to change the world when we talk about science and research, because through these things we can make people's lives better and prevent suffering. That's the purpose of science; it solves problems.

### What makes you smile?

Whenever one of my children smiles. In fact, it doesn't have to be my own children. I think if I see a smile on any child, it always makes me smile too.

## Arabic music celebrated at QF

Qatar Music Academy's Marasi Ensemble put on a special performance

**AN APPRECIATION** for the history and beauty of traditional Arabic music was presented at Qatar Foundation (QF) recently when the Marasi Ensemble gave a concert at Qatar Academy.

The Ensemble, which was established by Qatar Music Academy (QMA) in 2011 and is made up of members of the faculty of the Arab music department, seeks to explore the history, theory and practice of traditional Arabian music forms, including *maqam*.

At the invitation-only concert, enthusiasts and patrons of the arts in Qatar were given a choice repertoire of Arabic music from the 10th Century.

“The music selected was chosen because it is true to the ensemble performance, which is more like a chamber group in that the pieces are

best performed in a cozy setting rather than a larger hall,” said Issa Boulos, leader of the Marasi Ensemble and Head of Arab Music at QMA.

“We do perform different pieces alongside larger orchestras in bigger venues. We recently performed alongside the Qatar Philharmonic Orchestra, but for this concert the music was suited to a smaller stage.

“The concert served to show people in Doha the extent to which Arabic music is still celebrated and practised in a contemporary context.

“One of the aims of the Marasi Ensemble is to demonstrate that the music can still be enjoyed even though

### Cultural Review



The Marasi Ensemble on stage at Qatar Academy

its origins may be tens of thousands of years old,” he added. “The concert featured several works – classical, neo-classical and *maqam* genres of Arabic music.”

The Ensemble strives to present an authentic performance of each piece.

“We are very diligent and before any performance we first consider the music and study the history of the setting it would have originally been performed in. The setting for our performance will then affect the way that we play,” Boulos added.





Mr Ahmed Al Ahmed, DGM Oxy; Mr Bart Cahir, P&GM ExxonMobil; HE Abdulla Bin Khalid Al Qahtani, Minister of Public Health and Secretary General of the Supreme Council of Health; Dr Javaid Sheikh, Dean of WCMC-Q; Mr Steve Kelly, P&GM Occidental Petroleum of Qatar; Mr Ahmed Al Mawlawi, Director for Administration Qatar Petroleum; Mr Abdulaziz Al Talib, DGM Al Khaleej Gas; Mr John Saad, Chief Marketing Officer, Vodafone Qatar

# Putting 'Your Health First'

New WCMC-Q initiative to help young Qataris improve their living habits

**LEADING FIGURES** in the fields of public health and business joined together at Doha's St Regis Hotel on 20 June to launch a vital new health initiative for Qatar's population.

Designed by Weill Cornell Medical College in Qatar (WCMC-Q), in collaboration with the Supreme Council of Health, the 'Your Health First' campaign will target 15 to 25-year-olds, and aims to break a cycle of poor health choices in Qatar.

"Your Health First is a five-year multi-stage awareness campaign, the first of which focuses on awareness and core public health concepts, especially healthy lifestyles, nutrition and health education," said His Excellency Abdulla Bin Khalid Al Qahtani, Minister of Public Health and Secretary General of the Supreme Council of Health.

"Initial and subsequent stages will make use of all possible media, including social networks, to reach the largest possible audience and achieve the campaign's goals."

The first stage began on 25 June and will run to the end of this year. It will include five-minute health awareness programs to be aired on Qatar Television during the holy month of Ramadan, as well as daily health tips broadcast on Qatar Radio.

During this time, the focus will be on health information and preventive measures. Topics will include diabetes, cardiovascular diseases, osteoporosis, psychological health, woman and child healthcare, bone health and rheumatoid arthritis, stress



HE Abdulla bin Khalid Al Qahtani, Minister of Public Health and Secretary General of the Supreme Council of Health (left) with Dr Javaid Sheikh, Dean of Weill Cornell Medical College in Qatar

and insomnia, benefits of vitamins, cancer, and healthy eating habits amongst children, teens and adults. Messages will be presented using simplified medical terms, to help ensure the public use the information.

His Excellency Dr Mohammed Bin Saleh Al Sada, Minister of Energy and Industry, said: "This program will contribute significantly in raising public awareness on the importance of preventive healthcare and it will surely have a positive impact on improving occupational health throughout the country. Building an aware and healthy society is paramount to the quality of life of our people and the strength of our nation."

**"To change human behavior you have to be very, very persistent. Awareness is just the first step. You have to go way beyond that"**

you have to be very, very persistent," Dr Sheikh said. "Awareness is just the first step. You have to go way beyond that."

"Our academic and research staff, as well as our labs, will work towards achieving the goals of this nationwide program. Usually, people's behavior reflects the traditional wisdom that 'health is a crown over the head of a healthy person, only sick people see it'. We today launch a health educational program that will promote healthy behavior."

"Your Health First" is being supported by Qatar's business sector, with sponsors including Qatar Petroleum, Occidental Petroleum, and ExxonMobil. Vodafone is also supporting the effort, and will be developing a smartphone app with tips for a healthy lifestyle, as well as running an SMS campaign.

In addition to publicity on television and radio, the first stage of the campaign will include related awareness events, targeting different age groups, with a focus on children and teens.

**THESE WILL** include the 'Painting a Healthy Future' initiative, which aims to attract people of different ages to participate in creating a collective health-related painting which will, hopefully, break a world record and enter the *Guinness Book of World Records*. 'Be Ready for the Challenge' is an inter-school contest that will see schools compete to raise health awareness.

## REFLECTIONS ON THE EVENT



**Bart Cahir, President and General Manager of ExxonMobil Qatar**

No matter what field we are in, our organizations begin and end with people. The fact that the Ministries of Public Health and Energy and Industry, along with the private sector, are joining forces for the betterment of this country's residents speaks volumes as to the forward-thinking nature of Qatar's leadership. From an employer's perspective, we have an investment in the health and wellbeing of our people.



**Steve Kelly, President and General Manager of Occidental Petroleum of Qatar**

We regard good health as both a personal and a company priority. By supporting 'Your Health First' we hope that our employees and the entire Qatari public will benefit from the valuable learning experiences available through the campaign.



**Richard Daly, CEO of Vodafone Qatar**

As a joint venture between Vodafone and Qatar Foundation, Vodafone Qatar is a global company with local roots in Qatar. We are delighted to be a partner in delivering the 'Your Health First' program that will enhance the quality of life of everyone in Qatar.

## MY DIARY



Hamad Nasser Al Mannai describes a typical day

**AS MANAGER** of Facilities & Support Services at Al Shaqab, Eng Hamad Nasser Al Mannai finds that no two days are the same within his busy department. He is involved in supervising the daily works (maintenance and operation, transportation, safety and security, catering, office needs etc) and feels very fortunate to have a professional team that strives to make his job easier.

**5.30 AM** This is the time my alarm clock goes off, but I am usually awake well before this as I am a very light sleeper and so any sound can wake me up. I am often woken by the Al Fajr prayer call. The first thing I do on waking is shower and Wodoo'a for prayer.

**7.30 AM** Depending on the traffic, I am usually in the office by 7.30am. My first action is to visit my team to say good morning to them. I usually have a *finjan* of Arabic coffee in their office, before returning to my office to review meetings scheduled for the day ahead. I then review my emails and correspondences to prepare for any meetings.

**8.30 AM** I spend most of my working days in meetings, or preparing for them. Most of them are co-ordinated with other parties, departments and companies, and I need to make immediate decisions which save time and effort.

**9.30 AM** Most meetings are pre-scheduled but some do come up as issues are discovered which need prompt action.

**12.00 PM** I break for the Al-Dhuhr prayer. This is usually between 12.00pm and 12.30pm. I wait to have lunch with my family, after the working day has concluded.

**1.00 PM** Most meetings are scheduled for the earlier part of the working day, but it is inevitable that some need to be held in the afternoon too. I attend to any new emails and correspondence that have come in throughout the day which require me to reply. I will also prepare my schedule for the following day.

**3.00 PM** I sometimes stay later than the end of the working day. I will go straight home afterwards, though, as I miss my family and want to spend time with them when I have finished work. Our relations are our personality, so I give them a priority in my time. I also like to visit friends and neighbours.

**5.30 PM** I meet with a group of old friends every evening. We studied engineering together at university. At weekends I enjoy horse riding – a hobby I have had since I was seven years old. I also love fishing and diving. My hobbies make me forget everything.

## Behind the Scenes



# Making sure nothing gets lost in translation

Overcoming the challenges of publishing in different languages

**SUSAN ABULAWA'S** debut book about Palestine, *Mornings in Jenin*, has touched the hearts of readers all over the world. Published by Bloomsbury Qatar Foundation Publishing (BQFP), it tells the story of one family's struggle for survival during the war between Palestine and Israel.

Written in English, the book has been translated into 23 languages. However, the most important of these translations – Arabic – was the last. As the language of the book's characters and Susan's family, it was imperative to get this right and the process is long and complex.

Samer Abu Hawwach, Translator for BQFP, said: "After the translator has received the copy, they will read it through in its entirety and then start the translation. When translating from English to Arabic, this is a particularly long process because of the many differences between the languages.

"In the English language, there is no significant distinction between spoken and written language, whereas classic Arabic (Fusha) differs hugely from the spoken language (Amyia). It seems awkward sometimes to render a dialogue between two characters into a 'convincing' Arabic. That is a technical problem. Some of the problems are also related to social or political conceptions and

norms in the Arab world such as religion and love, which are always problematic."

This difference in cultural concepts is one of the main problems for translators. Abulawa said: "When you go from such a different language lots gets lost in translation. A friend of mine was reading it in Chinese and some of the metaphors just didn't make sense. This also happened with the Arabic.

"For example, in the chapters where Mosha and Yolanti's feelings about the events of the Nakba and stealing David, there's a reference to a butterfly, and for him it's a demon. In translation it comes off as strange and surreal."

**"After the translator has received the copy, they will read it through in its entirety and then start the translation"**

With grammar there are also huge problems. In Arabic there are three tenses: past, present, future. There is no continuous or perfect tense and translators have to try to get it to the nearest tense they can. In regards to pronouns, Arabic adds the 'he', or 'she' to the end of the verb and only once, whereas in English it is repeated before every verb. Arabic also does not use acronyms.

This is why, throughout the process, the author must have regular contact with the translator to keep accuracy high.

Abulawa has advice for authors dealing with translation. She says it is important to speak to the translator and get that relationship right. If the author is Arab and can read Arabic, it's important to have a continuous dialogue if they're interested in being part of the process.

"In other countries, some translators would contact me to find out what I meant when they were stumped about things," she said.

"The Dutch translator and Italian writers were very attentive, and the Norwegian people were very careful about trying to capture my work accurately. They would often go back to metaphors that don't carry. Because most of my family don't read English, having the Arabic translation just right was something very close to my heart."



The **BIGGER** Picture

Each innings was limited to just 15 overs, keeping the competition short and fast, and the bulk of players were expats from India, Pakistan and Sri Lanka

Stallions win QF summer cricket tournament



Stallions win QF summer cricket tournament

SPORT IN BRIEF

MORE SUCCESS FOR AL SHAQAB

Al Shaqab Breeding and Show Department added to its tally of successes recently after wins at the Mediterranean & Arab Countries Arabian Horse Championship in Menton, France.

Wadee Al Shaqab headed the list of successes, winning the coveted Gold Medal Junior Male Crown, Highest Scoring Male and Best in the Show (male).

Al Shaqab also claimed the Gold Yearling Male award with Sultan Al Shaqab, while Marwan Al Shaqab was named the Leading Sire in the Show for the sixth consecutive time.

Ventzia Al Shaqab picked up the Silver Senior Female award, Marcal Al Shaqab claimed the Bronze Yearling Male. Rose Al Shaqab and Jenan Al Shaqab both finished amongst the top five in their respective championships.

As a result of these cumulative successes Al Shaqab won the Best Breeder/Owner Title at the show.

With most of the major cricket playing countries represented among the Qatar Foundation (QF) community, Recreation Services organized a four-week cricket contest, the EC T15 Cricket Summer Tournament, in June.

The competition began with a series of round-robin games, with four teams playing each other once to decide the finals order. That saw Stallions and Dolphins

play off for first and second place, while Warriors and Fireballs played for third and fourth. Each innings was limited to just 15 overs, keeping the competition short and fast, and the bulk of players were expats from India, Pakistan and Sri Lanka. The winners were Stallions, defeating runners-up Dolphins by four wickets, while Warriors got to their victory target of 57 runs in just 8.3

overs to take third, ahead of Fireballs in fourth place.

The best bowler of the tournament was Mohammad Bin Azzan Al Kaseri and best batsman was Abu Bakar Mohammad Zubair, who also hit the most sixes. Man of the Series was Kushal Kumar, scoring 153 runs and taking three wickets during the tournament. Man of the Match in the final was Hadi Hadooshi.

PRIVILEGE PROGRAM

QF members are entitled to discounts and special rates at a variety of outlets and amenities upon showing their QF ID.



VALID TILL 30 NOVEMBER 2012

British Airways 5-10%  
PO Box 1989, Dubai

VALID TILL 31 DECEMBER 2012

Six Senses  
Sharq Village & Spa  
PO Box 26662 Doha  
Qatar International Beauty Academy 20%  
PO Box 3509, Doha

Accor  
Atlantis The Palm 15%  
PO Box 211222, Dubai

discount on our best available rate

(5% on peak periods)  
Dubai Festival City  
PO Box 45777, Dubai  
Fairmont Bab Al Bahr  
PO Box 114304, Dubai  
Fairmont Dubai  
PO Box 97555, Sheikh Zayed Road, Dubai  
Forty Four West Bay Tower  
PO Box 200638, Doha  
George II Hotel  
Al Sadd Signal, Doha  
Intercontinental Doha - The City  
PO Box 22178 Doha

Ozone 15%  
City Center and Lulu Hyper Gharafa  
Q-Tire Services,  
Doha  
Ramada Encore Doha  
Ahmed bin Mohammed bin Thani  
Street Weekend Package  
The Ritz Carlton-Dubai  
PO Box 48203, Dubai  
Volvo  
PO Box 1427, Kalifa Street, Doha

VALID TILL 31 JANUARY 2013

Anytime Fitness  
Orxy Building next to QNB, Al Wakrah  
Al Jaber Watches  
PO Box 11117, Doha  
George V Spa  
Doha  
30% off in one-year, single and couple  
membership  
La Peche  
Al Wajba Petrol Station  
Qatar Insurance Company  
PO Box 666, Doha  
Qatar Optics,  
Doha

Q-Tire Services  
Doha  
Regency Fleets  
PO Box 9012, Doha  
Technical Care Center 10-12%  
Landmark, City Center, Hyatt Plaza,  
Villaggio, Naser Street, Salwa Road

VALID TO MAY 2013  
Bambinos (Child Care) 15%  
Towwar Compound, behind Landmark  
Mall, Duhail south Doha

VALID TILL 7 MAY 2013  
Impression 10-15%  
The Pearl, Qatar  
ONGOING OFFER  
Unique  
C Ring Road, PO Box 23344, Doha

AS PER QF CORPORATE RATES

Four Seasons Doha  
Sheraton Doha Resort  
& Convention Hotel  
Ritz-Carlton  
Grand Hyatt  
Intercontinental Hotel  
Marriot Doha Hotel  
W Doha Hotel

Ramada Plaza Doha  
Movenpick Tower & Suites  
Sharq Village & Spa  
La Cigale Hotel  
Grand Regency  
Millennium Hotel  
Gloria Hotel  
Holiday Villa  
Merweb Central Hotel  
Merweb Hotel Al Saadd  
Retaj Al Rayyan Hotel  
Retaj Residence  
Sealine Beach Resort  
Al Sultan Beach Resort  
Movenpick Hotel

More details about offers and discounts can be found on QF Portal or email [program@qf.org.qa](mailto:program@qf.org.qa)



**“It’s in its early stages, though I have met many industrious, entrepreneurial, creative women in Doha who are involved in fashion”**

*Bringing clothes to life*

**QUR’ANIC GARDEN**



**Plant’s name**

Scientific: *Tamarix aphylla*  
Arabic: *Athl/ Trafaa*  
English: Tamarisk

**About the plant**

Tamarisk *Athl* is a tree which grows several meters high with long ligneous branches. The plant grows in deserts and saline wet-lands, often in valleys. The surface of the leaner green branches of the plant bears salts secreted by the plant. *Athl* occurs naturally in North Africa, the Arabian Peninsula, Afghanistan, Pakistan, and India.

**Plant in the Holy Qur’an and Hadith**

The word *’athl* is mentioned once in the Holy Qur’an, in the following ‘Ayah: “But they turned away (from Allah, and we sent against them the flood from the dams, and we converted their two garden (rows) into gardens producing bitter fruit and tamarisks, and some few (stunted) sidr-trees.”

**Did you know?**

Tamarisk may be planted as a windbreak around farmland in desert areas, on account of the toughness of its trunk and branches and its ability to survive drought conditions. Tamarisk was brought to the US in the mid-1800’s and planted into the 1930’s as an ornamental and for erosion control.

**Ahmed E El Gharib**  
Assistant Researcher

© To find out more about the Qur’anic Garden, email: [qg@qf.org.qa](mailto:qg@qf.org.qa)

# Eat healthily during Ramadan

Daytime fasting during the holy month does not mean nighttime feasting

**DURING** Ramadan, our nutritional intake should not differ much from our regular, balanced, diet.

By following our normal diet, we should neither gain nor lose weight while fasting during daylight hours, but if one is overweight Ramadan may provide the motivation to lose some pounds. Sticking to foods with which we are familiar should also help to avoid digestive problems such as constipation, indigestion, and headaches.

**Eat slow-digesting foods**

In view of the long hours of fasting, we should consume slow digesting and fiber-rich foods. These will help to provide energy during periods of fasting and give a feeling of fullness for longer.

Slow-digesting foods include wholegrains like wheat, barley and oats. Other slow-digesting or complex carbohydrate foods include millet, semolina, beans, lentils, unpolished rice and wholemeal flour. Try to eat these foods at *sahur* as you prepare to start your day’s fast.

Avoid quick-burning or refined carbohydrates such as sugar or white flour. Other foods to try at *sahur* include bananas, which are a source of potassium, magnesium and



carbohydrates and almonds which are rich in protein and fiber but contain less fat than some other nuts.

**Look for fiber-rich foods**

Try to eat plenty of fiber-rich foods such as wholegrains and seeds as well as vegetables, which also contain vital minerals and vitamins, such as green beans, peas, marrow, spinach, and other herbs. Fruits eaten with the skin on also contain fiber, especially dried fruit like apricots, figs and prunes. These can also contain high levels of

sugar so eat in moderation.

**Stick to a balanced diet**

Try to ensure your meals are well-balanced and contain small amounts of proteins and complex carbohydrates and plenty of fruit and vegetables. Fried and fatty foods are unhealthy and so intake should always be limited.

**Consume water**

Drink plenty of water between *iftar* and bedtime to allow your body to

adjust its fluid levels. Fruit juice can also be enjoyed in moderation, but avoid caffeine and carbonated drinks which can prevent your body from rehydrating.

Avoid drinking too much tea at *sahur*. Tea is a diuretic and excessive consumption at this time could lead to your body losing mineral salts during your daytime fast.

© Health tips provided by Dr Eman Mahmud, Senior Health and Wellness Specialist, HSSE Directorate.

# Bringing clothes to life

Fashion illustration workshops offer an insight into unique art

**FASHION ILLUSTRATION** is one of the oldest forms of commercial art. For as long as people have been selling clothes, they’ve been using pictures to help convince customers to buy. From advertising, to editorial spreads in fashion magazines, artwork for retailers, and as an aid to designers promoting their latest, but as-yet unmade, collections, skilled illustrations bring clothes to life in a way photography has never quite been able to replace.

Nikki Newman was named Harper’s Bazaar Arabia Fashion Illustrator of the Year in 2011, and has been sharing her experience in workshops at Tribe bookstore.

Starting with some lessons on the history of fashion illustration, including the development of style and taste over time, and understanding the purpose of illustration, the workshops have for

the most part been hands-on.

“The first session worked on drawing the form,” Newman said. “So a typical fashion pose, working on proportion and that sort of thing. The second session was to look at the actual garment, including how to capture textures, pattern and movement. For the final session we use paint, and how to convey texture and pattern without it being too literal.”

**NOT ALL FASHION** illustration has the same purpose. Fashion designers will often want an artist to convey their exact ideas to manufacturers or retailers. Illustrations for a magazine or retailer can be more creative, emphasizing features of a garment to make it more appealing to customers. “That’s the point of fashion illustration and photography,” Newman says, “to tell the story of



**Tried & Tested**

that garment and get people to spend money on it, but an illustration brings something completely different from photography. There’s a possibility for exaggeration and expression that photography can’t provide.”

As well as having a thriving retail fashion industry, the Gulf is also emerging as a hub for design, with Virginia Commonwealth University in Qatar training young talent.

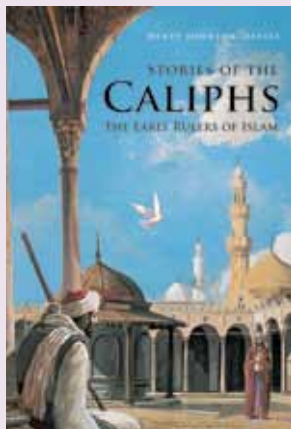
One of the students, Buthaina Al Hashmi, started her own business, *Atheela Fashion*, last year, creating unique designs for private occasions.

“Having this experience in fashion illustration is very beneficial to me,” Buthaina said. “I’m a local designer and when I create a piece of clothing for a customer I like to draw it for them before I apply it to the mannequins.”



BOOK REVIEW

qft@qf.org.qa



**Stories of the Caliphs: The Early Rulers of Islam by Denys Johnson-Davies. Published in paperback by BQFP**

**AUTHORIZED** by the Islamic Research Academy of El Azhar, Cairo, this book is aimed at children aged eight years and older and is a unique illustrated retelling of the stories of the early rulers of Islam.

Featuring stories about

Umar ibn al Khattab, Ali ibn abi Talib, Mu'awiya, Umar ibn Abdul Aziz, Al Mahdi, Haroun al Rashid, Al Ma'moun, Al Mutawakkil and Al Mu'tadid, it has been as bestseller since it was first published in Egypt.

After the death of the Prophet Muhammad (PBUH), there followed many leaders of the Muslim world who were known as Caliphs.

These successors to the Prophet ruled – from Medina, Damascus and later from Baghdad – over an empire that included a large part of the world. This book includes 27 stories from the lives of the first Caliphs, from the very pious Umar ibn al Khattab to Al Mu'tadid.

The book's author, Denys Johnson-Davies, is one of the most important translators of Arabic today. He was the first to translate *Naguib Mahfouz*, *Tayeb Saleh*, *Tawfiq al Hakim*, *Taha Hussein* and *Sonallah Ibrahim*.

Owned by Qatar Foundation and managed by Bloomsbury Publishing Plc, BQFP publishes books of excellence and originality in English and Arabic.

Published in paperback by BQFP; QR20. For more information email [bqfp@qf.org.qa](mailto:bqfp@qf.org.qa).

MY FAVORITE



**Syed Muhammad Taha**  
Student at Texas A&M University at Qatar

'We hosted a student-faculty debate at TAMUQ this year'

When I came to Texas A&M University at Qatar (TAMUQ) there was a debate society in name, but it didn't actually do anything. I wanted to get it started again and revitalize it. When we started, we had only three or four members. Today, only a year-and-a-half later, we have more than 30 members.

At first, we just went out and participated in Qatar Debate tournaments and events. None of us had any prior debating experience in Qatar. We had debated in our home countries in different formats, and had been involved in model United Nations, but British parliamentary debate was new to us. We started training

ourselves by watching videos online and participating in local tournaments. By the end of the first year, we had won eight best speaker medals in Qatar tournaments and one trophy for best team. We then went to France and won the Sciences PO IV 2011 tournament.

We are now branching out from competing in debate tournaments to also promoting debate on the TAMUQ campus. We hosted a student-faculty debate this year - we brought in professors and had four students and four professors on each side of the debate. More than 60 people attended the event, and that is a big step forward in bringing debate to our campus.

QF Radio: show highlights



**Program:** *The Tuesday Show*  
**Presenter:** Scott Boyes  
**Air Date:** Tuesday, 19 June  
**Guests:** Dr Abdelali Haoudi, QBRI; Reza Jan, American Enterprise Institute

**Overview:** *The Tuesday Show* is a summary of the week's news and events from Qatar, the Middle East and around the world.

The third episode featured guests that helped to provide insight on two topics making recent

headlines - advancements in stem cell research and the deteriorating relationship between the US and Pakistan.

The presenter began by introducing his first guest, Dr Abdelali Haoudi, from the Qatar Biomedical Research Institute (QBRI), to help describe the science of stem cell research, its ethical challenges, funding barriers and how Qatar is leading the way in this area.

Dr Haoudi started by explaining that stem cells are a universal cell that can become

any other type of cell in the body. This ability presents many opportunities to repair damage and cure diseases that otherwise couldn't be treated.

Dr Haoudi went on to explain that work being done in Qatar with embryonic stem cells - those harvested from embryos - is being approached with sensitivity to the issues raised by social and religious figures who are concerned about the ethical implications. He also highlighted the competitive advantage Qatar has over other countries due to the amount of funding directed at this field of medicine.

QBRI will be opening a dedicated stem cell research center in Doha later this year.

The presenter then introduced the next guest,

Reza Jan, from the American Enterprise Institute, who helped shed light on the tense relationship between the United States and Pakistan.

Drone strikes, the capture of Osama Bin Laden and other incidents have strained ties in recent months. Jan explained that the continuing diplomatic conflicts have made it difficult for the two countries to co-operate. Pakistan benefits from US financial aid as well as America's assassination of militants by unmanned drones.

However, the US has made it politically awkward for Pakistan to continue co-operating by refusing to apologize for the killing of civilians and by making comments that are critical of the government. Jan said she sees the situation getting worse before it gets better.



NEW SEASON

QF Radio's programs can now be downloaded via iTunes. The station can be found under Radio > International > QF Radio.

Follow QF Radio on: [facebook](https://facebook.com/QFRADIO) [twitter](https://twitter.com/QFRADIO)

**Arabic News 9.30 and 15.30 (Live) Every day**

A look at the important issues of the day from the worlds of theater, culture, sport, arts and politics.

**English News 12.00 (Live) Every day**

The news of the day in English.

**Sports Global 21.00 (Live) Every day**

The latest news from the world of sports, featuring special guests and analysis of key events.

**Green Tea 16.00 (Live) Every Friday**

A look at lifestyle, health and food events around Qatar.

**Tour 17.00 Every Saturday**

The broadcaster will take the listener on a tour of a selected place of interest in Qatar and focus on events being held there.

**Politics & Politicians 19.00 (Live) Every Sunday**

Important political issues are discussed.

**Economy Markets 19.00 (Live) Every Monday**

A program devoted to national and international stock markets and economic news.

**Tuesday 18.00 (Live) Every Tuesday**

A review of the latest news and events in English.

**Fashion 18.00 (Live) Every Wednesday**

A discussion program about the fashion world and the latest trends offering the latest news about designers and their work.

**Weekend 19.00 (Live) Every Thursday**

Weekend takes a look at the world of cinema and important activities and events that can be attended over the weekend.

During Ramadan there will be a number of special programs to commemorate the season including 6.00 English News, 7.00 A Breeze of Faith, 8.00 Chantings, 9.00 International News, 10.00 The Faith in Islam, 11.00 The School of Mohammed, 12.00 English News, 13.00 Shreds, 14.00 Parental Pit Stop, 15.00 Quick Tips, 15.30 International News, 16.00 Beacons, 16.30 A Soul's Haven, 17.00 How To Get Along in a Marriage, 18.00 The Faith in Islam, 19.00 Divine Connections, 20.00 The Virtue of Patience, 21.00 Sport Global, 22.00 English News, 23.00 A Breeze of Faith.



## WE RECOMMEND

### AEROKAEBO

#### Every Thursday

This hour-long exercise class will help you burn calories in a fun atmosphere. Aerokaabo combines aerobics, karate and boxing in an all-over body workout.

Held at the Recreation Center Studio, every Thursday from 4.30pm to 5.30pm. Fee is free. Contact Recreation Services on 44540801 or email [recreationservices@qf.org.qa](mailto:recreationservices@qf.org.qa)

## EVENTS

### JULY 2012

#### Summer Camp

1-14 July

Enroll your child for an educational, creative and fun time during summer break. Activities will include creative reading and writing, arts and craft, exercise, games and more.

300QR per child. Please call 44540824 or email [clubhousecommunity@qf.org.qa](mailto:clubhousecommunity@qf.org.qa) for more details.

#### QDA Diabetes Hotline

From 20 July until 19 August

Qatar Diabetes Association hotline available to take calls from those concerned patients wishing to discuss Ramadan associated issues with doctors.

Hotline is operational from 8.00am to 1.00pm (telephone 44547311/55274919) and 8.00pm to 11.00pm (telephone 55981331) daily.

#### Festival of Philharmonic

Soloists: Ravel's Boléro

13 July

Michalis Economou, music director. Philharmonic musicians as soloists: Allie Bekirova, violin; Lilya Bekirova, violin; Dmitri

Torchinsky, violin; Aleksandr Haskin, flute; Mohamed Ibrahim Saleh, oboe; Daniel Edelhoff, trumpet; Philipp Rebmann, trumpet.

7.30pm, Opera House, Katara Cultural Village. Tickets online at [tickets.virginmegastore.me](http://tickets.virginmegastore.me) and at Virgin Megastore at Landmark Mall. Tickets can also be bought at the Opera House one hour before the concert.

#### Festival of Philharmonic

Soloists: A European Tour

14 July

Michalis Economou, music director; David Krakauer, clarinet; Friedemann Winklhofer, organ; Philharmonic musicians as soloists: Taehyun Kim, violin; Christophe Leroux, cello; Ruslan Umarov, cello; Julie Sgarro, harp; Sonja Park, piano.

7.30pm, Opera House, Katara Cultural Village. Tickets online at [tickets.virginmegastore.me](http://tickets.virginmegastore.me) and at Virgin Megastore at Landmark Mall. Tickets can also be bought at the Opera House one hour before the concert.

#### French Class for Ladies

Until 16 July

This course is for ladies who wish to learn the language and enjoy French literature, film music in its original form.

QR400 including course materials. Limited to 15 seats only. Please call 44540824 or email [clubhousecommunity@qf.org.qa](mailto:clubhousecommunity@qf.org.qa) for more details.

#### Summer Splash

16 July

This is an afternoon of water slides, water balloons, water splash games and water surprises. The event is for kids ages 6-12 years old only and should always be accompanied by a parent.

Registration is required for water splash games and it's free. Please call 44540824 or email [clubhousecommunity@qf.org.qa](mailto:clubhousecommunity@qf.org.qa) for more details.

#### ROTA House Renovations

22 July to 26 July and 29 July to 2 August

With the support of corporate partners, ROTA Volunteers will give two families in need a complete house 'makeover' renovation, including maintenance, new furniture, painting etc, from 8.00am to 3.00pm daily.

To get involved telephone the ROTA office on 4454 1603 or volunteer online at [www.reachouttoasia.org](http://www.reachouttoasia.org)

#### Qur'an & Tajweed Lessons for Ladies

Until 27 July

The Qur'an lesson is for



celloist Christophe Leroux will be playing at Opera House, Katara

ladies who wish to take their first steps in learning to read and write the Arabic script of the Qur'an. The Tajweed lesson is for ladies to improve their recitation if the Qur'an. QR300 for course. Limited to 10 seats only. Please call 44540824 or email [clubhousecommunity@qf.org.qa](mailto:clubhousecommunity@qf.org.qa) for more details.

The ROTA Volunteer Program will be hosting management representatives from partners to attend a ROTA Photo Exhibition, wherein framed pictures of ROTA activities will be sold to raise funds for a Non-Formal Education Project in Bangladesh.

Held at QF Recreation Center from 7.00pm to 9.00pm. Contact Marrakech Arbuckle ([marbuckle@qf.org.qa](mailto:marbuckle@qf.org.qa)) for more information.

## AUGUST 2012

#### ROTA Fundraising Iftar

8 August

All activities below are for QF members and students only

## RECREATION CENTER

#### COMMUNITY AND RECREATION MOVIES

Every Tuesday, Thursday and Saturday. Times: Until 20 July 4pm-6pm; 21-31 July 6pm-8pm. Open to all QF staff and family members. Ain Al-Qot Theater, 2nd Floor Recreation Center. For information email: [communitysupport@qf.org.qa](mailto:communitysupport@qf.org.qa)

#### HEALTH CARE

The Medical Center  
Sun-Thurs: 7am-4pm and Sat: 8am-12noon. Tel: 4454 1342

#### SPORT AND FITNESS

##### Swimming

Public swimming (Olympic pool - early laps only): Sun-Thurs: 5.30-8am School swimming time: 7am-2.30pm, Sun-Thurs. Public swimming: 2.30-3.30pm (Olympic pool, laps only); 3.30-9.45pm (all three pools). Exceptions apply. Public swimming, 8am-9.45pm, Fri and Sat Children's swimming courses QR250. Times and dates vary. Call 4454 0801 for details.

Jacuzzi, spa and sauna  
Fai Club (women) and Al Wahaa (men) run Sat-Thurs, 1-9.45pm. Closed Fri

#### Faculty and staff soccer

Pitch 1, 6-8pm, Sun

#### Volleyball

Green floor gym, 4.30-6pm, Mon

#### Basketball

Green floor gym, 7-9pm, Tues

#### Floorball

Wooden floor gym, 7-9pm, Tues and 10am-12noon, Sat

#### Indoor football

Green floor gym, 5.30-7pm, Weds

#### Badminton

Wooden floor gym, 6-9pm, Weds  
Green floor gym, 10am-1pm, Fri

#### Squash

Squash court, 5-7pm, Thurs  
Ladies only: Squash court, 4-5pm, Sat

#### Water polo

Olympic pool, 4-6pm, Fri

#### Circuit training

Mon and Thurs, 4-4.45pm. Free

#### Fitness evaluation

A new program to help members develop a suitable exercise regime. Contact any Recreation City fitness instructor for details. Sun-Thurs, 5.30-10pm

#### Children's football

For youngsters aged six to 17. Tues, 2.30-3.30pm and 3.30-4.30pm  
Classes cost QR400 per week. Ring or email Recreation Center for details.

#### Zumba

Tues and Weds 4.30-5.30pm, activity room. Sessions cost QR30 per class or QR250 for 10 sessions. Call or email Recreation Center for details of how to reserve your place in the class

#### Ladies' aerobics

Weds, 4.30-5.30pm, Sat 10.30-11.30am. Free

## EDUCATION CITY CLUB HOUSE

#### HEALTH CARE

##### Nutrition services

Sat, 8am-4pm, Sun, 11am-7pm, Tues 8am-4pm and Wed 11am-7pm. To schedule an appointment with a nutritionist email [clubhousenutrition@qf.org.qa](mailto:clubhousenutrition@qf.org.qa)

#### SPORT AND FITNESS

##### Jacuzzi, spa and sauna

Male and female spas open from 1pm-10pm every day except Tuesday.

##### Circuit training

Wed, 5-6pm, Sat, 8.30-9.15am. Free

##### Tennis lessons

Individual classes cost QR35 for half an hour, QR60 for one hour or QR500 for a block of 12. Payment by credit card only. Contact Education City Club House for details.

##### Ladies' aerobics

Tues, 9-10am and Tues, Thurs and Sun: 5-6pm. Free  
Contact Education City Club House.

#### DINING

##### Lebaina Restaurant

Sun-Wed: 6am-9.45pm  
Thurs-Sat: 6am-10.45pm

Breakfast served daily 6am-11am

#### The Grill

Sun-Wed: 4.30pm-9.45pm  
Thurs-Sat: 4.30pm-10.45pm

#### Meseika Snack Bar

Sun-Wed: 6am-9.45pm  
Thurs-Sat: 6am-10.45pm

#### EC CLUB HOUSE MOVIES

Tuesdays (7pm-9pm - over 18s only), Thursdays (7pm-9pm), Fridays (3pm-5pm) and Saturdays (3pm-5pm). Open to all QF staff and family members. EC Club House. For information email: [clubhousecommunity@qf.org.qa](mailto:clubhousecommunity@qf.org.qa)

#### COMMUNITY SUPPORT SERVICES

Sun-Wed: 8am-10pm  
Thurs-Sat: 8am-11pm

## LULU EXPRESS

#### HEALTH CARE

##### Dental clinic

Inside LuLu Express building  
Sat-Thurs: 7-11am

Fri: 5-9pm

By appointment only. Tel: 4454 1244 to arrange.

##### General Physician

Based inside LuLu Express building  
Sat-Thurs: 7am-10pm  
Fri: 1-9pm

Tel: 4454 1244 for details or to make an appointment.

#### SHOPPING

LuLu Express

Daily: 7am-11.30pm  
Tel: 4480 0448

## STUDENT CENTER

#### SHOPPING

##### iSpot

Sat-Thurs: 10am-6pm

##### Tribe Bookstore

Sat-Thurs: 9am-9pm

##### Xerox

Sat-Thurs: 9am-9pm

##### Kulud Pharmacy

Sat-Thurs: 10am-6pm

#### DINING

##### Continental Co

Sat-Thurs: 7-10.30am, 11am-3pm, 5-8pm

Fri: 1-3pm, 5-8pm

##### Papa John's

Sat-Wed: 10am-10pm

Thurs: 10am-12midnight

Fri: 1pm-12midnight

##### Gloria Jean's Coffees

Sat-Thurs: 8am-11pm

Fri: 2pm-12midnight

For venue details call Recreation Center, Tel: 4454 0801, Education City Club House, Tel: 4454 0834, or Student Center, Tel: 4454 0288, or find Qatar Foundation Recreation Services on Facebook