

## NATIONAL DAY CELEBRATIONS

QF IS PREPARING A SERIES OF NATIONAL DAY EVENTS FROM 12 UNTIL 18 DECEMBER, INCLUDING OPEN HOUSE WORKSHOPS FOR THE PUBLIC TO MEET ARTISTS FROM QATAR. TURN TO PAGE 2 AND 3 TO FIND OUT MORE.



# Qatar Foundation Telegraph.

Unlocking human potential. إطلاق قدرات الإنسان.

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**Education** Qatar Academy pupils take the lead in international experience

## Model students unite at Qatar Foundation



**PUPILS FROM** Qatar Foundation (QF) got to grips with important international issues after taking part in a Model United Nations (MUN) event.

More than 860 young people from 23 schools across Qatar gathered for the three-day conference, which was directed by Qatar Academy (QA) teacher Cameron Janzen.

The simulation is designed to educate participants in current affairs and develop their skills in aspects such as diplomacy and communications.

Janzen told *QF Telegraph*: "It's a simulation of the work of the UN in which

the students are given roles from the different countries. They represent those countries and provide a delegation for our conference.

"It's all volunteers and the idea is that everything is based around student leadership. They run everything from start to finish and our role is to provide them logistical support through things like booking rooms.

"It's a big responsibility for the students – they design the logos, prepare the background papers and so on."

Now in its sixth year, the conference got off to a colourful start during an opening ceremony at QF's Ceremo-

nial Court as the QA and American School of Doha Bands provided live music.

President of the General Assembly Sara Al Shamlan called proceedings to order before delegates paraded the flags of their adopted nations. Welcoming addresses and cultural dances followed before keynote speaker, Dr. Charlotte di Vita MBE, Goodwill Ambassador to Nelson Mandela Children's Fund, addressed the pupils.

The opening ceremony also featured videos of the MUN film festival held earlier this year in Qatar during which participants showed off movies

they had written, directed and filmed themselves.

QA students aged between 15 and 18 also joined their colleagues from across the country to take on a range of additional roles, including running a press unit and filling specific UN panels, including those for human rights and disarmament.

The young people gained further experience and insight thanks to a series of visiting lecturers who talked about important international issues.

Janzen added: "The sessional speakers are experts in certain fields, such as a South Korean talking about

the Korean peninsula and an expert from Georgetown University talking about nuclear weapons."

With the conference staffed and run entirely by the students, Janzen said he was extremely proud of how well they had risen to the task of taking part in the Model United Nations experience.

He said: "What I really enjoy is seeing the tremendous amount of responsibility these young people take on. It's amazing to see. They grasp some very complex issues and are able to accept perspectives that may be very different to their own."

### Education City Environment Protection Day



Over 500 QF members joined hands to protect Qatar's natural wealth by planting mangroves and cleaning up a beach. Read more about the trip to Al Khor on page 4



DON'T MISS THE THIRD IN OUR MILESTONES SUPPLEMENT SERIES INSIDE THIS EDITION.

### Student Contest



QF Telegraph and Qatar Airways are giving away two plane tickets to a destination of your choice. Submissions close on 7 December. Turn to page 3 for your chance to win.

## Stars of Science finale

■ During the thrilling finale of Stars of Science, an initiative by Qatar Foundation, Sadek Qassim was announced as the winner of the reality TV-program's second season. Following the live episode, which took place at Qatar Science & Technology Park on Sunday 28 November, he took home a cash prize of \$300,000 to be invested in his project. Three other winners won prizes of \$150,000, \$100,000 and \$50,000.

The four finalists had to convince the experts and the general public of the use of their products through face-to-face presentations to a grand pan-Arab jury, which was present on stage. The jury, and TV viewers who had the chance to vote through phone and SMS, had an equal say on the final ranking of the finalists.

Young Arabs who think they have what it takes to become an innovator are now able to apply for the third season of Stars of Science by logging on to [www.starsofscience.com](http://www.starsofscience.com)

## QPO moves to new Opera House

■ A modest version of Milan's world-renowned opera house La Scala, the new Opera House in Katara, Qatar's cultural village, will undoubtedly impress concertgoers of Qatar Philharmonic Orchestra (QPO) with its splendor. Boasting an ornate gold and red-themed concert hall with rows of regal seats and grand balconies, guests will be able to enjoy performances from three different levels.

The new location, which offers seating for around 500 guests and was built especially for QPO, will house the orchestra from this month onwards. On days when the orchestra is not performing, it could be used for other functions – this year, it served as one of the venues for Doha Tribeca Film Festival.

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## Events QF takes the lead in major annual Qatari festivities

# Celebration for the nation

**QATAR FOUNDATION** (QF) is putting the final touches to an exciting line up of events to mark this year's Qatar National Day.

An entire week of forums and concerts celebrating the country's rich cultural history will take place in Doha ahead of National Day itself on 18 December. The week is being organized by QF, with two events being run in collaboration with Qatar's State National Day Celebrations Organizing Committee.

Included in the exciting timetable is a Pearl Diving Forum, which will be held in QF over two days on 12 and 13 December and will look back at the traditional skill by inviting researchers, men of intellect and personalities to discuss diving matters, skills, legacy and stories.

And the celebrations will continue when QF's National Day Committee premieres a specially-created film about education at Ceremonial Court on 14 December.

Looking ahead to the events, Buthaina Abdulrahman Al Derham, Events Manager with Communication Directorate, told the QF Telegraph: "It will cover the history of the Qatari's life and the role played by the sea in their lives. It is really a chance for our new generation to know their heritage and I encourage all our students to attend and take advantage of this forum."

Music will also play a major part in



the occasion on 17 December when Qatar Philharmonic Orchestra performs the Qatar Symphony, which was created and produced by QF, at Opera House in Katara, Qatar's cultural village.

The Symphony, which has been performed around the world in cities including Istanbul, Berlin, Madrid and London, has only been staged once before in Doha.

"This is the perfect piece to be played on Qatar National Day because the story explains how Qatari

people have progressed from the stages of diving and life in the desert to where they are now and how to move forward," added Al Derham.

On 18 December, QF will host

an "Ardha" dance – a local folkloric dance – and a range of activities will also be organized for young people from across Education City to come together and mark the national event.

## Community Support

■ Community Support will be celebrating National Day on 15 December from 10am until 4pm. Activities will include a horse parade, which will pass through Education City from 1pm to 2pm, henna painting, and businesses from Souq Waqif and Saudi hypermarket will sell items throughout the day.

## The First Arab in Space visits QF

**QATAR FOUNDATION** welcomed His Royal Highness Prince Sultan bin Salman bin Abdul Aziz Al Saud, Secretary General of The Saudi Commission for Tourism & Antiquities – and the first Arab and Muslim to travel in space.

He was received by QF Vice Chairperson Dr Saif Al Hajiri, and given a full briefing on how Qatar Foundation is transforming education in the region. "Sheikha Mozah is a woman with a long term, empowering and educated vision. Buildings, commercial markets, roads and infrastructure are important. Long term investment, however, is always difficult and

cannot be visible quickly," he said.

His Royal Highness was also impressed with Qatar Foundation's work, saying: "The investment into science and education shows a conscious vision that looks to the future, which is most important. Providing Qatar Foundation with financial and non-financial resources and integrating it with developed scientific institutions is considered long term investment.

From what I have seen and read, and I follow the country very closely, Qatar Foundation is a systemized, organized and balanced workplace. It is true that the world is changing rapid-



ly and being modernized rapidly, but there is still a special characteristic and local culture that should be taken care of. We should be proud of that and strive to be a part of the components of the future of this nation."

He expressed his desire to partner

with QF to tackle learning disabilities, placing particular emphasis on adopting and improving inventions created for the Al Nur Institute and Al Shafallah. A lover of classical music, he also praised the Qatar Symphony.

## Opening of VCUQatar expansion

■ Virginia Commonwealth University in Qatar held a grand opening of its expansion on 21 November, offering guests a tour of the new building - from the new library, the gallery and the different studios, where students displayed projects they had been working on during the day, through the state-of-the-art materials lab, media lab and fabrication lab.



## Doha Debate on democratic elections

■ Last month's episode of The Doha Debates showed a powerful majority of Arabs pushing for free elections and democracy as 63% of the audience turned down the motion 'This House would prefer money to free elections'. Guests and the audience called for democratic rights, rejecting the notion that they keep quiet about politics in return for the right to make money.



**Cultural Development Center** Pioneering Qatari artists take part in open workshops

## Celebrating National Day through fine arts



**TEN PIONEERING** Qatari artists, assisted by students from Virginia Commonwealth University in Qatar, are currently taking part in open studio workshops at Waqif Art Center. Held until 10 December, the sessions are open to members of the Qatar community, allowing them to witness how the art works are formed.

Part of the National Day celebrations, the workshops will generate 20 paintings which will be on display during an exhibition from 13 to 25 December.

Organized by the Cultural Development Center (CDC), the project brings together artists who are specialists in different disciplines, including mixed media, stone mosaics, pastel, oil, acrylic, paints and other materials.

Yousef Ahmad, art consultant at CDC and one of the pioneering artists

partaking in the workshops, said the project is meant to build a bridge between the old and new generations of artists in Qatar.

"We would like to teach the new generation what we know; how to develop paintings, how to study their composition, how to critique," he told *QFTelegraph*.

"With Souq Waqif, we chose a location that is a cultural base of Qatar," added Ahmad. "The public is able to be in direct contact with the artists, watch how they develop their work and get their questions answered by them."

Another aim of the project is to tackle the lack of documentation of the local art scene. A daily photography display and a documentary film about the pioneering artists are being shown to accompany the workshops and will be on display along with the exhibition.

**Hajj** Congratulations to 25 pilgrims

## QF'ers complete Hajj



**QATAR FOUNDATION (QF)** Communication Directorate would like to congratulate the 25 Muslims from across QF who last month performed the annual Hajj pilgrimage to the holy city of Mecca.

The fifth pillar of Islam, the Hajj is a religious duty for all able-bodied Muslims who can afford it to perform at least once in their lives. It is seen as an important way to demonstrate their devotion to God and allows them to express their unity.

*QFTelegraph* spoke to some of the pilgrims from across QF about their experiences during the trip.

**Saad Al Hudaifi, Head of QF Radio:**

"Praise to God for the grace and fulfillment of the pillar of Islam that is the 'Hajj' pilgrimage. Many people live and hope of visiting the purest parts of the earth, and a few succeed to visit the Masjid al-Haram. I learned many great things from this year's pilgrimage. First of all, it is a business with a forgiving God that involves no loss. In addition, we all pray with one voice and a humble beseeching heart for God to forgive us; as per the Prophet's saying, the pilgrim who does not commit sins reverts

back to the day his mother bore him. I ask God to forgive all Muslims and to accept their deeds and pilgrimage. I would also like to thank the Kingdom of Saudi Arabia, the Ministry of Hajj and those working for the millions of pilgrims who made this Hajj possible and smooth."

**Ameena Ahmadi, Head of Architecture, Capital Projects Directorate:**

"There is a collective energy of these millions of pilgrims praying simultaneously. When you come back from the trip, you feel like a newborn. This experience has given me great energy to really question things I have been doing in life and try to improve myself in any way possible. It is a new start."

**Hassan Al Mukahal, Software Analyst, IT Directorate:**

"This year, it was very crowded during the Hajj, which was tough, but it was beautiful at the same time to be sharing

a common goal with so many people at once. The whole idea of getting away from life, which can be quite materialistic, and doing something just for God was a great experience."

**Ramez Said Jaber, Head of Corporate Events, Communication Directorate:**

"Going on the Hajj gave me a chance to clear my mind. During the Hajj you are all treated equally and you can see all categories of people, wearing the same clothes and following the same process. Everyone is praying, showing their respect. You feel God around you, protecting you. I would advise anyone to go on the trip as soon as they can – words are not enough to describe the feeling of being there."



## Congratulations to the pilgrims!

■ Thameen Mohamed Abdullah  
■ Ali Abdulla Al-Mannai  
■ Thufail Ahmed Mohamed Iqbal  
■ Safah Salah Al Kubti  
■ Mohammed Qassim Al-Hussaini  
■ Fatma Hassan Sultan  
■ Samia Hassan Sultan  
■ Rasha Khamis Al Sulaiti  
■ Ameena Ali Abdulla Ahmadi  
■ Ramez S H Jaber

■ Dr Hamdy Abdelsalam El-Gohary  
■ Ali Moosa Bahman Zadeh  
■ Saleh Ahmed Mohammed  
■ Tahir Rauf  
■ Shaza Mahmoud Khalil  
■ Hasan Mahmoud Al-Mukahal  
■ Essam Abdel Maksoud El-Agamy  
■ Sultan Abdulla Al-Hayki  
■ Fatima Khalifa Al-Subaiei  
■ Rodha Saleh Al-Saadi  
■ Mohammed Zawid Naseem  
■ Dr Omar Farouk Boukhris  
■ Tanya Marie Perez  
■ Dr Ashraf Galal Bayoumy  
■ Saad Al Hudaifi

**Competition** Last call for submissions

## Win flights with Qatar Airways

**QATAR AIRWAYS** and the *QFTelegraph* have teamed up to offer two university students the chance to win return flights to the destination of their choice over the holiday period.

Whether you're heading home for the holidays or looking to see the world during the winter break, this is the perfect opportunity.

For your chance to win simply answer this question:

**What is the name of the Qatar Foundation Education Division office that deals with projects aimed at bringing together Education City faculty and students?**

*The answer can be found in one of the news stories of this edition's QFTelegraph.*

Send your answer, with your full name, telephone number and the name of the university at which you study, to qft@qf.org.qa no later than 7 December 2010.

If you're not a university student, don't worry: Qatar Airways and the *QFTelegraph* will be running another competition for faculty and staff in the new year.



## Terms and conditions

- Entry is open only to registered students at a Qatar Foundation university.
- There are two prizes, each comprising one economy-class return flight to any Qatar Airways destination.
- Entries must be received by 7 December, 2010.
- The winners will be announced in the *QFTelegraph* on 16 December, 2010.
- No cash alternative will be offered.
- Flights must be taken within 3 months of the winners being announced.

## QA swimmers win medals

■ Qatar Academy swimmers won six medals at last month's 2010 International Schools Activities Conference Swimming Invitational, a two-day regional swimming competition hosted by the American British Academy-Muscat. Competing against top swimmers from seven other international schools in the Middle East, the team won two gold and four silver medals.



## Texas A&M Community Day

■ Texas A&M University at Qatar and Qatar Petrochemical Company held their first Qatar Community Day on 22 November. The first industry recruitment event in Qatar, it welcomed distinguished guests and speakers including HE Abdullah Bin Hamad Al-Attiya, Deputy Premier and Minister of Energy and Industry.

COLUMN  
DEBBIE ROGERS

# Learning the Lingo

**IT TOOK** a car accident to convince me to learn Arabic. Despite having lived in Qatar for a year, I could only speak a couple of words and so found it really frustrating that I could not communicate what had happened.

Knowing that people who move to my home country to work have to speak English, I signed up for a basic course. As I had no knowledge of Arabic vocabulary, it was like going back to kindergarten. Luckily for me, I had a brilliant teacher called Naeem who helped me get to grips with an alphabet that has 28 letters which look nothing like those in English, text that reads from right to left and some very complicated grammar.

Some of my classmates picked things up very quickly, but I struggled to remember what I had learned. I was nevertheless proud to be giving it a go, but when I told a Qatari colleague, Tariq, about my lessons he politely but quickly said: "Yes, and you will be like all the other westerners who do it for two months and then drop out because it's too hard."

It may have been harsh, but I was grateful for his words two months later when they rang in my head as I considered dropping out. I stuck at it through sheer stubbornness and have now progressed to the stage where I can read, write and speak basic Arabic.

Having a good teacher has been

**»Knowing that people who move to my home country to work have to speak English, I signed up for a basic course.«**

a great help and I enjoy writing in Arabic. I am slowly getting better at speaking, although I think it is a matter of confidence.

My ultimate goal is to be fluent by July next year. I am now trying to get to grips with Arabic grammar, which is causing me a few headaches, but I am determined to succeed. I am comforted by the fact that even native speakers tell me they struggle with it.

My message to any foreigners planning on staying in Qatar for a while is to give learning Arabic a go – it is good fun, has some fantastic words and the writing is so graceful and beautiful. I also find that Qatari people respect you for making the effort. Give it a go – you are in the Middle East after all. Maa Salama.

**»My ultimate goal is to be fluent by July next year. I am now trying to get to grips with Arabic grammar, which is causing me a few headaches, but I am determined to succeed.«**



COLUMNIST

Debbie Rogers

Director of Human Resources & Housing  
Qatar National Convention Centre



**Environment** QF members clean up beach in Al Khor

## Safeguarding Qatar's environment

**QATAR'S NATURAL** wealth may be mainly characterized by its picturesque desert landscapes, but it also possesses diverse flora and fauna with more than 300 species of desert plants found all over the country.

It is to preserve this natural heritage that over 500 Qatar Foundation (QF) members joined hands on 27 November to participate in the first annual Education City (EC) Environment Protection Day.

The event was organized by Education Division's Office of Student and Faculty Services, which handles projects aimed at uniting EC students, faculty and staff.

"With this day we definitely want to help protect rare plants that can be found in Qatar and teach people about the different species," Ouidad Bounama, Faculty & Staff Activities Coordinator, Faculty & Staff Life Committee, told *QFTelegraph*.

"We also hope that cleaning the beach from plastic and other waste will help motivate people to be part of environmental activities more often. We'd like to keep the environment as healthy and clean as possible."

Held in Al Khor, the day included activities meant to safeguard Qatar's

environment such as the planting of mangroves and a beach clean-up. Dr Saif Al Hajari, Vice-Chairman of QF and Chairman of the Friends of Environment Center, gave a welcome speech and took part in the day's activities.

The group was transported by buses to the Ras Al Matbakh area, the home of the A Flower Each Spring campsite which houses to many plants and flowers common in the region.

**»We are urging everyone to throw their trash in trash bags and not out in the desert or open waters. We hope everyone will keep the beaches clean. These topics are taught to children in school but sometimes we need to remind others as well.«**

The program, an initiative by Her Highness Sheikha Mozah bint Nasser Al Missned, focuses on one indigenous plant each year, with this year's plant being Al Khoriza (Latin name: *Halopeplis Perfoliata*). The plant is mainly found in salt flats and seashores of the Gulf.

At the campsite, children and adults planted mangroves in a strip of saline soil. The trees usually thrive in estuaries and along open coast lines. Known as being very efficient in sucking carbon dioxide out of the atmosphere, they are bound to benefit Qatar's ecosystem for years to come.

Edutainment activities were also part of the program. Two quizzes – one for children and one for adults – were held, each featuring questions about the characteristics of plants and materials that do not decompose naturally and therefore need to be thrown in waste bins instead of in nature.

"We are urging everyone to throw their trash in trash bags and not out in the desert or open waters. We hope everyone will keep the beaches clean. These topics are taught to children in school but sometimes we need to remind others as well," said Bounama.



**BPI and QMS Directorates** Ensuring that QF operates to the highest standards

## Helping QF run smoothly

**IN ANY** organization, particularly one as large as Qatar Foundation, it's essential that policies and procedures are developed, improved and adhered to in order to ensure that everything runs as smoothly as possible. Doing so is the responsibility of the Quality Management Systems (QMS) and Business Performance Improvement (BPI) Directorates.

"Both Directorates work closely with Qatar Foundation Directorates and centers to enhance QF's internal processes – obtaining certification, implementing new procedures, and maintaining them to make sure they meet the highest level of standards," explains Hamza Al-Kuwari, Director of QMS and Acting Director of BPI.

"These responsibilities have been split up between the two Directorates so as to avoid a conflict of interest."

QMS comes in at the start of each project – it is responsible for handling certification requests, outlining what is needed in order to obtain that certification, and setting rules that need to be adhered to before new internal procedures can be implemented.

BPI closely scrutinizes each proposal, mainly looking at eliminating waste and increasing the cost-effectiveness of processes. "For instance things like needing to obtain too many approvals or going through an excessive amount of steps before reaching your goal are identified as waste," says Al-Kuwari.

"Sometimes people do things because they are used to doing them while they are not part of QF policy. Let's say you are asked to send someone a form for their review which then has to be approved by someone else. Why would the document need to go to two differ-

ent people? This is not required as per QF policy. In the end it will only end up costing you in manpower."

Depending on the requirements of QF centers and departments, the two Directorates organize workshops – Right Way to Manage and Eliminating Waste – in order to introduce more efficient methods of operations. Learning how to work more effectively, participants are taught skills such as how to write comprehensive reports.

"We don't tell people what they should be doing, but we make suggestions and exchange ideas on what can be done to improve processes," says Al-Kuwari. "Giving everyone a set amount of time to speak during meetings, we try to give everyone, whether they are entry-level employees or Directors, the opportunity to share their ideas."

### The smart crow

■ In each meeting with QF end-users, BPI and QMS show a short video of crows using traffic to crack nuts. The clip, made by the BBC, follows a crow throwing nuts onto a busy road, hoping they will crack once a car passes over them. Realizing the stream of passing cars may kill it while it is eating the contents of the nut, the bird soon adapts to metropolitan life by throwing the nuts onto a zebra crossing, consuming the nuts when pedestrians are crossing the road. The lesson learned from the clip? "If a crow can improve its methods through trial and error, just imagine how much more a human being is capable of," says Al-Kuwari.

### How do I...?

*QF Telegraph* helps make your life at Education City easier

#### ■ How do I reserve the Education City Club House for private use?

Reservations for use of any facilities in the Club House are made on a first-come, first-served basis. Contact reception on (974) 4454034 for more information.

#### ■ Where can I leave my car?

Limited parking is available inside Lot Four as well as in the Shopping Center facility adjacent to the Club House. Guests must abide by Qatar Foundation traffic regulations, including those relating to passenger and equipment loading and unloading. Drivers must display valid permits at all times.

#### ■ Can I eat and drink in the Club House?

Food services are provided by the Club House operators and the supervisor has to approve anything brought from outside. Food and beverages can be consumed in common areas, Lebaina Restaurant, the games room, Meseika Snack Bar and the gazebo but not in recreation areas, Dukhan multi-purpose hall, Al Khor or Mesaeid meeting rooms and theatre unless approved by management.

#### ■ Are guests allowed in the Club House?

Each family is allowed to bring one nanny into the Club House, but parents must remain with their children at all times. Guests under 16 must be accompanied by an adult. There is a firm policy of no more than three children for every adult in the recreation facility at any one time.

#### ■ What about smoking?

There is a designated smoking area at the back of the tennis courts. Check with reception for the exact location.

#### ■ Can I reserve the games room for a private function?

No – the games room is for the use of residents and their families and guests. Equipment available in the games room may be checked out at the Club House reception desk with a valid Education City ID, which will be kept by the receptionist during the hire period. Anyone borrowing electronic equipment, DVDs or games is responsible for its care at all times and must return it in good condition.

© Email us your work related questions at [qft@qf.org.qa](mailto:qft@qf.org.qa), and we will do our best to help you

## MY QF

**Name:** Reem Al-Thani**Title:** Junior Exhibition Designer, Mathaf: Arab Museum of Modern Art**Years at QF:** 1 year

**Describe your role:** I work on the layouts for the Mathaf, designing the space people will see when they enter the museum, thinking about what we want our visitors to experience and how they will interpret the art in our exhibitions. We have to engineer and design everything in the building. We deal with all the technical details of what goes into our building and what comes out of it, how works are supposed to be hung, how the lighting should be positioned and how the artwork reacts to its surroundings. I assist curators, work with the mounting specialist, work on texts for the signage, collection management and so on.

**What I like about my job is...**

Collaborating with people. I get to be as creative as I want and we get to do different things all day. I've worked with people from all over the world who have been involved in enormous projects before coming here. It is a fantastic learning experience.

© Want to be featured in MY QF?

Send us an email at qft@qf.org.qa

# Brendan Johnson

Brendan Johnson, Senior Corporate Strategy Specialist with the Strategic Planning Directorate, discusses the power of camels and benefits of yoga.



**If you were an inventor or innovator, what would you invent?**

I'm curious to see if camel milk can be used to treat diabetes and other illness – I hear initial research has shown various positive effects, yet no significant research appears to have been done.

**What is your biggest achievement so far?**

In terms of my career, helping to save a company on the brink of collapse in Australia and starting a consulting business in Southeast Asia. However, I have got more fulfillment from working with interesting people and experiencing diverse cultures.

**What's your favorite pastime?**

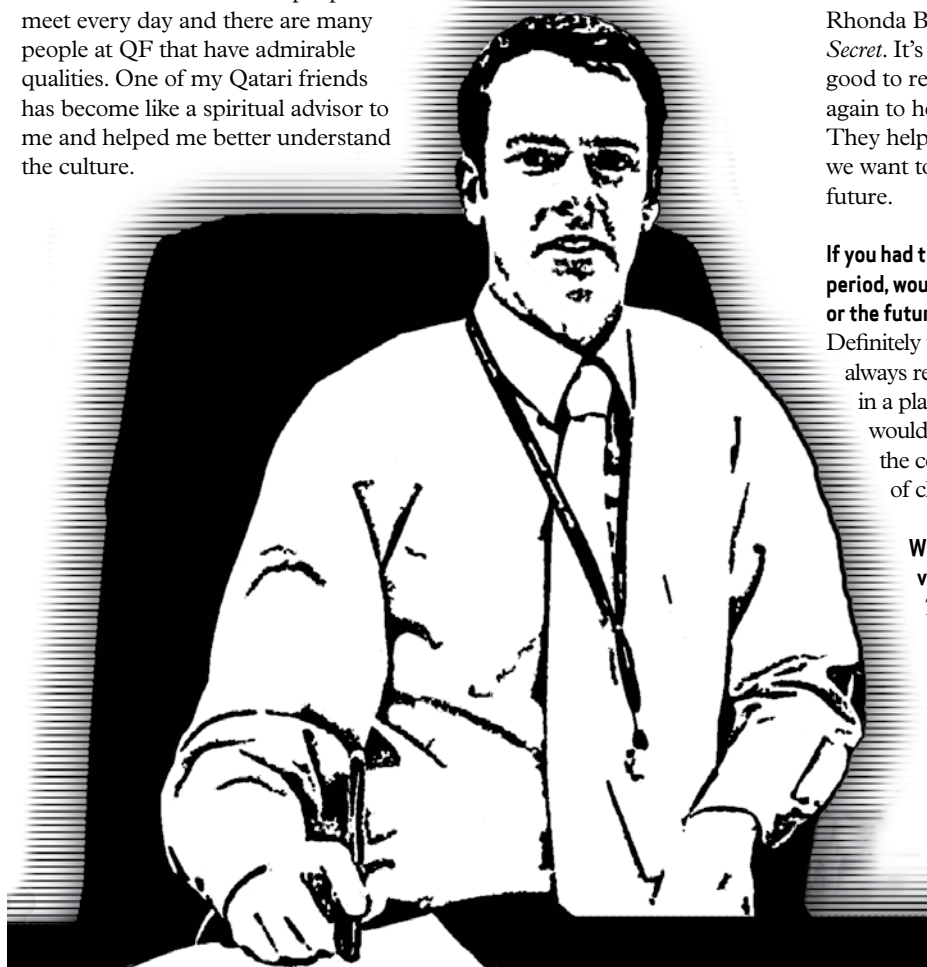
I do yoga and meditation every morning. Share trading helps me keep track of what's happening in the economy. I also like visiting my Qatari friend's camel farm and chilling out, enjoying the fresh air, drinking camel milk and eating dates.

**Who are your role models?**

In terms of work, Jack Welch is renowned for focusing on clear objectives and working hard towards them, as well as developing talent. Michael Porter has developed simple and effective frameworks for complex types of analysis. I have

also learnt a lot from my previous managers.

We can learn a lot from people we meet every day and there are many people at QF that have admirable qualities. One of my Qatari friends has become like a spiritual advisor to me and helped me better understand the culture.



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

I've been reading *The Power* by Rhonda Byrne – it is a sequel to *The Secret*. It's not rocket science, but it's good to read these books now and again to help get the most out of life. They help us stay focused on what we want to create for ourselves in the future.

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

Definitely the future, as you can always read about the past. Being in a place like Qatar in the future would be interesting, as I'm sure the country will experience a lot of change.

**What is the last website you visited on your office PC?**

*The Age* newspaper website in Australia keeps me informed of what is happening in terms of sport, politics and the economy.

## Health City event kicks off disease awareness project

### Walkers step out to beat diabetes

**DOHA RESIDENTS** turned out in force for a walk held to mark the launch of a diabetes awareness campaign.

The walkathon, which took place along the Corniche from the Media roundabout to the Sheraton roundabout, was organized by Qatar Foundation's Qatar Diabetes Association (QDA) as part of a link with Landmark Group to mark last month's World Diabetes Day.

The event, which included free blood sugar tests for participants, was the first in a series of initiatives being held under the Beat Diabetes banner,

which aims to increase understanding of the condition and its complications across the Middle East.

QDA Program Manager Dr Shrouf Al Jundi Matthis explained: "For the general public and people at high risk of diabetes, the campaign aims to raise awareness.

"For people with diabetes, the focus will be on disseminating tools to improve knowledge of the disease in order to better understand it and prevent complications."

The project has been backed by Dr Mahmoud Zirie, Head of Diabetes

and Endocrinology at Hamad Hospital and QDA Scientific Committee head, who suffers from the disease himself.

Dr Zirie has successfully managed to control his condition through a disciplined lifestyle and healthy diet and hopes that his experience will serve as an inspiration to other sufferers.

He added: "We are confident the 'Beat Diabetes' campaign will positively impact the society and inspire people to lead active lifestyles and adopt a balanced diet to reduce the risk of acquiring this medical condition."

Landmark Group, which has a network of more than 50 stores in Doha, got involved with the project after realizing that the number of diabetes sufferers is growing at an alarming rate.



BOOK CORNER

Al Gharfoula Al Saghira (The Gruffalo's Child)

By Julia Donaldson; translated by Nadia Fouda and Andy Smart

**WINNER OF** the WH Smith Children's Book of the Year award, 2005 and Shortlisted for the Red House Children's Book Award, Julia Donaldson's *The Gruffalo's Child* (Al Gharfoula Al Saghira) is the long-awaited sequel to the international bestseller, *The Gruffalo*, which was published by Bloomsbury Qatar Foundation Publishing (BQFP) in Arabic earlier this year as *Al Gharfoul*. Described by UK's *The Bookseller*



Book Award and the Book Trust Early Years Award. Owned by Qatar Foundation and managed by Bloomsbury Publishing Plc, BQFP publishes books of excellence and originality in English and Arabic, including Arabic translations of

international bestselling children's fiction so that children in the region can enjoy these books for the first time ever. Available from all major bookstores in Doha. For more information contact: bqfp@qf.org.qa

QF RADIO 93.7

- DAILY**
- 06:00 **Far Corners**  
Current affairs and situational snapshots from around the world
  - 07:00 **QF News**  
Everything about QF
  - 07:30 **E-Vision**  
Interesting stories about 'Education, the academe, student life' and a lot more, straight from the students, professors and more
  - 08:45 **"Alamouhm"**
  - 09:00 **International News**  
All the latest news from around the world presented in Arabic
  - 10:00 **Industry**  
The latest innovations, gadgets, technology and more
  - 11:00 **Sports Global**  
Sports news from within Qatar and the rest of the world
  - 11:22 **Dhor call to prayer**
  - 12:11 **Science Alive**  
Science matters and more
  - 13:00 **E-Vision**
  - 13:25 **Qatar Symphony**  
The best musical pieces performed by the Qatar Philharmonic Orchestra
  - 14:23 **Asr call to prayer**

- 14:28 **Taking You Further**  
A human rights program, an in-depth look at important issues facing all of us today
- 15:00 **Science Alive**
- 15:30 **QF News**
- 15:54 **Piano**
- 14:23 **Maghreb call to prayer**
- 16:50 **Qatar Symphony**
- 17:00 **International News**
- 17:12 **Research Matters**
- 17:41 **Yohemlay song**  
Produced By Qatar Foundation
- 18:00 **Far Corners**
- 18:14 **Al Isha call to prayer**
- 18:30 **Design Edition**
- 19:00 **Campus Buzz**
- 19:30 **Cover to Cover**  
Lively discussion about literature and award winning/best selling English and Arabic titles, literary events and what's happening in publishing in Qatar
- 20:32 **Nothing is Impossible**  
Fitness and Health, your on-line personal trainer
- 21:00 **Sports Global**
- 23:00 **International News**
- 00:00 **QF News**
- 01:00 **E-Vision**
- 02:30 **Industry**
- 03:07 **Nothing is Impossible**
- 04:20 **Science Alive**
- 04:40 **Al Fajr call to prayer**
- 05:26 **Qatar Symphony**

magazine as '... even more endearing, witty and delightful than its parent', *The Gruffalo's Child* has received huge critical acclaim for the inventiveness and originality of its rhymes. *Books for Keeps* Magazine saying that 'Donaldson's rhyming text reads aloud like a dream.' The story, which follows the Gruffalo's inquisitive and clever daughter as she embarks on a night-time adventure to find the Big, Bad Mouse, has been translated into Arabic by Nadia Fouda and Andy Smart, who effortlessly echo the upbeat and easily recited rhymes of the original. Illustrated by Axel Scheffler, who was born in Germany and has worked with Donaldson on a number of books, the book's cartoon-like drawings are distinctive, appealing and quite unforgettable. *Al Gharfoula Al Saghira* is a mesmerizing and magical book that revels in the diversity and beauty of the Arabic language. Kids everywhere will fall in love with it. Julia Donaldson has won many awards including the Smarties Prize, the British Book Awards, the Experian Big Three Award, the Sheffield Book Award, the Scottish Children's

**QF in numbers**

Over **500** QF members took part in **Environment Protection Day**

**20** pioneering artists from Qatar are participating in workshops with students in Souq Waqif

QPO's new Opera House offers seating for around **500** guests

QF Radio New frequency **93.7**

**Conditions of submission**  
Requests for inclusion and submissions of material must be made no later than two weeks in advance of publication. Requests and submission of information may be made by email only directly to the relevant **QFTelegraph** journalist or to qft@qf.org.qa. Any articles written will be treated as correct and approved by the

Sender and his or her Department/Center, as will recorded interviews. Interviews given may not be recalled or changed unless containing substantial errors of fact. Interviews and information received will be treated as confidential until published. The publisher's decision on all matters of content and style is final.

Games

	9					6		
	3			5	1		8	4
1					9			5
	2		6	7				
		5				8		
				9	2		3	
4			9					8
3	5		4	8			2	
		2					9	

SU|DO|KU THE RULES ARE SIMPLE

Fill in the grid so that every row, every column and every 3x3 box contains the digits 1 through to 9.

SOLUTION

9	6	4	3	1	5	2	8	7
1	2	7	9	8	4	6	5	3
8	5	3	7	2	6	1	9	4
7	3	5	2	6	8	4	1	9
2	9	8	4	3	1	5	7	6
6	4	1	5	7	9	3	2	8
5	7	2	6	9	3	8	4	1
4	8	6	1	5	7	9	3	2
3	1	9	8	4	2	7	6	5

My Favorite...

Michael McDonough

Fire Manager, Health, Safety, Security & Environment Directorate

Souq Waqif is a very special place which Qatar should be proud of. They've captured the whole flavor of Qatar there. They have a nice blend of old and new themes which works really well. Wandering around in the souq you will find a great variety of places, from little hardware shops to spice shops, to clothing stores. The people who work there are incredibly friendly. I like going to the different restaurants - I've been to nearly every one of them and they've all been good. My favorite restaurant is Isfahan, which serves Iranian cuisine. The ambience is wonderful - it is as if you're sitting in a palace.



## Qatar National Day

18 December, 2010

Qatar Foundation is organizing a variety of events to mark this important occasion. A diving forum will be held to celebrate the country's heritage, while the Cultural Development Center will host an art exhibition. Qatar Symphony will be performed at Qatar Philharmonic Orchestra's new home in the Cultural Village, and a film presentation will be held in Education City's Ceremonial Court. For more information please visit [www.qf.org.qa](http://www.qf.org.qa).

FACILITIES  
TIMINGS

## HEALTH &amp; FITNESS

## Fitness Center

Sun–Sat: 5.30am–10pm

## Ladies Fitness Room

Sun–Sat: 5.30am–10pm

## Swimming Pools

All pools (EC Members):  
3.30pm–7.30pm (men will be  
requested to leave at 5pm on  
Sun, 5.30pm on Wed)

Fri, Sat:

All pools (Public): 9am–6pm

Ladies Swimming (EC  
Members)

Sun: 5pm–8pm

Wed: 5.30pm–7.30pm

📍 Location for all activities: Recreation Center, call  
4454 0805 or email [recreationservices@qf.org.qa](mailto:recreationservices@qf.org.qa)



## SOCIAL

## Basketball

Tues: 7pm–9pm

## Badminton

Wed: 6pm–9pm

Fri: 10am–1pm

## Squash

Thurs: 5pm–7pm

Ladies: Sat: 4pm–5pm

## Indoor football

Wed: 5.30pm–7pm

## SPORT NEWS

Education City Bowling League  
Season 7Tuesdays and Saturdays until Sat, 4  
December, 6.30pmEducation City members will  
compete against each other in a  
bowling tournament.

Qatar Bowling Centre

## EVENTS

## DECEMBER 2010

Professional Development Exercise  
for Local Mathematics Teachers

Thurs, 2 December, 1–3pm

Participants will be engaged in  
conversations about teaching  
mathematics in Doha schools to  
explore how Carnegie Mellon  
University in Qatar (CMU-Q)  
mathematics faculty can work  
with local schools and the  
education authorities to enhance  
the effectiveness of mathematics  
education efforts in Qatar.

Admission is free.

Conference Room 1064, CMU-Q

## Refresh Qatar

Sat, 4 December, 10.30am–2pm

Refresh Qatar is an open  
community of web designers,  
developers, e-marketers and  
entrepreneurs working to refresh the  
creative, technical, and professional  
culture of the internet in Qatar.  
Anyone interested in design,  
technology, business, marketing,  
entrepreneurship, social media,  
blogging or tweeting, is invited to  
attend. The meet-up will feature  
talks, demos and discussions  
that cover e-commerce, online  
communities and web & user  
experience design, followed by a  
networking lunch.

To register, visit [www.refreshqatar.com](http://www.refreshqatar.com)  
or call 3354 9965.

A Decision Maker's Perspective:  
What Admissions Committees  
Are Looking for in Your University  
Application

Thurs, 9 December, 6–7.30pm

Northwestern University in  
Qatar's (NU-Q's) admissions  
representatives will give advice and  
guidance on applying to university  
that is sure to help any prospective  
applicant. Admissions reps will use  
real world examples of what works

and what doesn't when completing  
your application.

Room 3035, NU-Q

## Alwanouhom Qatariyah

Wed, 1–Fri, 10 December; Mon, 13–  
Sat, 25 December

Ten pioneering Qatar artists,  
aided by students of Virginia  
Commonwealth University in Qatar,  
will each produce two paintings to  
celebrate National Day. Working in  
open studios, the event encourages  
an open dialogue between the  
artists, the students and the public.  
The result will be displayed in an  
exhibition starting 13 December.  
Waqif Art Center

## Japanese Classes

Every Sat, starting 11 December 2010  
until 29 January 2011, 9.30am–11am

Community Support is offering a  
Japanese conversation course for  
beginners. The instructor will teach  
the alphabet, how to read and write  
characters, and basic conversational  
skills. Cost per person including  
materials: QR 400 for people aged  
between 16 and 18, QR 500 for  
participants who are 18 and above.  
Shafallah Conference Room,  
Community Support Building  
To register, email course instructor  
Kentaro Azuma:  
[Kentaro.azuma@gmail.com](mailto:Kentaro.azuma@gmail.com)

## Horse Racing

Thurs, 9 December

Education City faculty and staff are  
invited to participate in an evening  
at Qatar Racing & Equestrian  
Club. This family-focused event  
will include the viewing of a  
racing match and aims to promote  
interaction of faculty and staff of  
different institutions. Light snacks  
and drinks will be offered, as well  
as popcorn, cotton candy and pony  
rides for children.

Qatar Racing &amp; Equestrian Club

For more information, call 44540359

## Zalmay Khalilzad Lecture

Mon, 13 December, 6–8pm

Georgetown's Center for

International and Regional Studies  
will host a Distinguished Lecture by  
Zalmay Khalilzad, who previously  
served as US Ambassador to  
Afghanistan, Iraq, and most recently,  
to the United Nations.

Intercontinental Hotel Doha

## Prof Peter Agre Lecture

Mon, 14 December, 9.30am–12.15pm

Qatar Foundation (QF) Research  
Division is holding the eighth event  
in its QF Distinguished Lecture  
Series by Professor Peter Agre, an  
American medical doctor, molecular  
biologist, and a Nobel Laureate who  
will speak about his growing up  
years, his research, and of course,  
winning the Nobel Prize. The lecture  
is followed by a discussion session  
with Prof Agre. Admission is free  
and reservation is on first come first  
served basis.

Lecture Hall 238, Texas A&amp;M

University at Qatar

To register and for more information,  
visit [www.qf-research-division.org/distinguished](http://www.qf-research-division.org/distinguished)

## Dr Tariq Ramadan Lecture

Mon, 14 December

Part of a series about Radical  
Reform, eminent Muslim scholar Dr  
Tariq Ramadan, Visiting Professor at  
Qatar Faculty of Islamic Studies, will  
speak about how Muslims can face  
contemporary challenges.

For more information, call 44546600

Application Essays 101 for High  
School Students

Thurs, 16 December, 6–8.30pm

NU-Q's certified writing instructor  
will help prospective university  
students formulate their application  
essay. They will learn to write with  
greater complexity, confidence and  
interpretive savvy – all qualities  
admissions officers look for in  
application essays.

Room 3035, NU-Q

📍 Have your event listed. Send  
us an email at [qft@qf.org.qa](mailto:qft@qf.org.qa)

EC CLUB  
HOUSE

## CLUB HOUSE

Sun–Thurs: 6am–10pm

Fri–Sat: 6am–11pm

## FITNESS ROOM

Daily: 6am–10pm

(Fitness instructor available)

## POOL

Daily: 9am–6pm

## SPA

Daily: 6am–10pm, please call  
44540836 for appointments.

## MINI-FOOTBALL PITCH

Daily: 6am–8pm

## RECREATION FACILITIES

Tennis, Squash and Basketball  
Courts

Daily: 6am–10pm

## GAMES ROOM

Sun–Thurs: 8am–10pm

(Closed on Monday)

Fri–Sat: 8am–11pm

## DINING FACILITIES

## The Grill

Daily: 6pm–10pm

## Meseika Snack Bar

Daily: 9am–10pm

## Lebaina Restaurant

Breakfast served

Daily: 6am–9am

## NUTRITION SERVICES

Sun: 5pm–8pm

Mon, Wed: 4pm–6pm

Tue, Thurs: 9am–12pm

COMMUNITY SUPPORT  
SERVICES

Sun–Thurs: 8am–10pm

Fri–Sat: 8am–11pm

## LULU EXPRESS HOURS

Daily: 7am–11pm

