

AMWAJ lifestyle

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2016



Fai Al
Douha
Café
open its
doors

AMWAJ
celebrates the
'No Paper Day'
campaign

Enjoy the
summer safely

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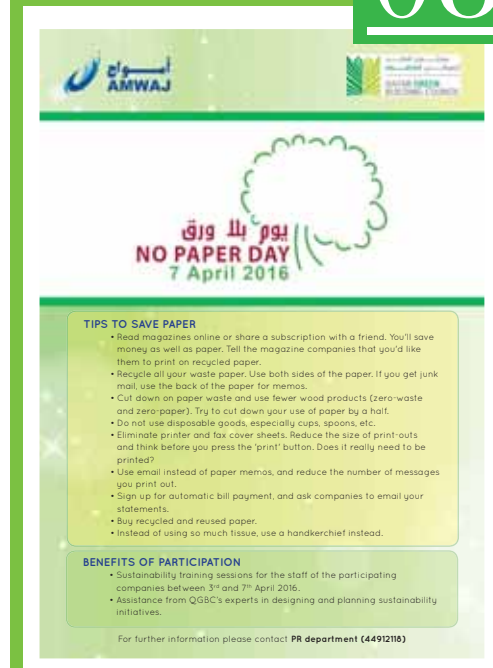
THE CATER PROVIDER PARTICIPATED IN THE 'NO PAPER DAY' CAMPAIGN



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LEARN HOW TO ENJOY A SAFE SUMMER WITH FAMILY AND FRIENDS. WE GIVE YOU TIPS TO PROTECT YOURSELF FROM THE SUN'S HARMFUL UV RAYS



FROM THE DESK OF THE MANAGING DIRECTOR



It's a great pleasure to welcome you all to the 22nd edition of our AMWAJ Lifestyle Newsletter. Now that the slightly-too-cold chill has disappeared from the air and before the hot summer arrives I hope all of you are enjoying the nice weather in Qatar.

The holy month of Ramadan arrives in June this year, right before the summer and before the next edition of our newsletter, therefore I would also like to extend a heartfelt Ramadan Kareem. Ramadan is a time when Muslims all over the world fast from dawn until sunset. This is a unique time for reflection and we look forward to welcoming our friends and loved ones who will join us in this celebration.

There are many exciting news we are sharing with you in the pages of this newsletter. AMWAJ is proud to announce the opening of its newest venture, the Fai Al Douha Café and Restaurant located in the mezzanine floor of Al Aqaria Tower. There dinners will have the opportunity to taste delicious international dishes, sweets and pastries. Also we would like to highlight the success we had during the Qatar International Taekwondo Open Championship 2016 where we catered to VIP guests and other important dignitaries.

We also feel proud to share with you our contribution to the 'No Paper Day' campaign. We took part in this noble cause to help our environment to be more eco-friendly.

The summer is fasting approaching and we want to make sure everyone will enjoy it in a safe way, therefore we provide you with some sun safety tips.

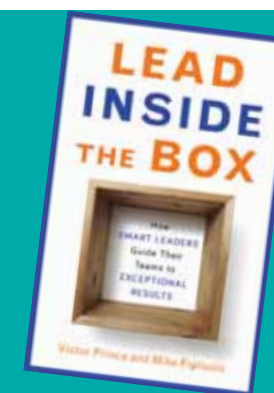
There is much more to enjoy in the pages of the newest edition of our newsletter. I hope you have a good time reading us.

Mr. Jassim Mohammed Ali Al Kuwari
Managing Director

THE PROJECT MANAGEMENT TOOL KIT

by Kendrick, Tom
AMACOM, 2014
Management

In order to be successful, project managers must navigate a host of pressures. The Project Management Tool Kit by Tom Kendrick was designed to equip project managers with 100 tools and processes they need to achieve better project results, even in uncomfortable or unusual situations. The book includes processes from the Project Management Institute's PMBOK® Guide. The tools presented can be used randomly or in sequence.



LEAD INSIDE THE BOX

by Prince, Victor | Figliuolo, Mike
Career Press, Inc., 2015
Leadership, Teams

Leaders at all levels can benefit from a plan that helps them be more efficient with their time while also building a strong team. In Lead Inside the Box, Victor Prince and Mike Figliuolo present the Leadership Matrix, which helps leaders classify their team members within one of four distinct parts of a grid, from the highest performers needing the least amount of hand-holding to the troublemakers who cannot seem to do

anything right. Using this tool, leaders can quickly identify those who need the most assistance and those who need the least, freeing leaders to spend their leadership capital more effectively.

We are very proud to present our



NEW KID ON THE BLOCK



Stretching across the mezzanine floor of Al Aqaria Tower, new AMWAJ's eatery Fai Al Douha Café and Restaurant has finally opened its doors. The catering provider enlisted expert chefs to create the menu that delivers a variety of fresh salads, and an impressive array of international dishes and desserts.

From morning to evening dinners will have the opportunity to delight their palates with a menu that is being billed as accessible, modern and international. From 8:00 a.m. till 5:00 p.m. you can indulge in chocolate sweets and cakes. The buffet lunch is operational from 12:00 noon till 2:30 p.m. The coffee shop will be open from 7:00 a.m. till 5:00 p.m. offering a variety of coffees and pastries. It's an all-day affair for foodie lovers.



AMWAJ Caters for the Qatar International Taekwondo Open Championship 2016.



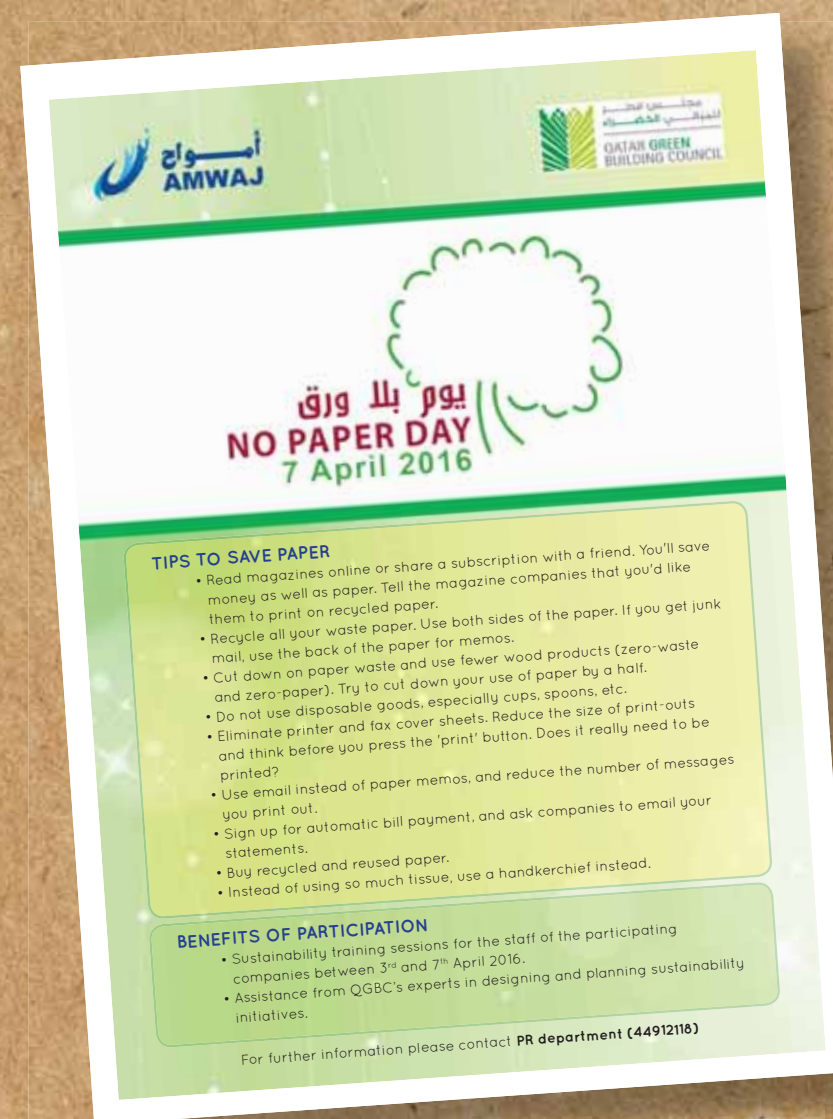
More than 400 athletes from 30 countries participated in the Qatar International Taekwondo Open Championship 2016. The event took place at the Ladies Sports Hall located in ASPIRE Zone from March 12 till 15.

During the event Qatar had a successful campaign winning many medals in the four-day tournament.

AMWAJ offered its outstanding services and food to many VIP guests, and officials. The catering company offered an array of international dishes throughout the competition. All VIP guests enjoyed delicious pass around canapes and fresh juices, while the entire workforce of the championship was treated with succulent lunches and dinners (packed meals hot and cold). AMWAJ also served lunch and dinner to all the referees.

AMWAJ received an appreciation award by the organizing committee for its efforts throughout the event.





The Qatar Green Building Council (QGBC) started an initiative aimed to reduce paper consumption in Qatar and launched the 'No Paper Day' campaign. The organisation wants to raise awareness about the importance of having an eco-friendly environment by reducing the paper waste and reducing the use of Qatar's vital resources.

The Qatar Green Building Council (QGBC) invited companies and individuals across the country to participate in this movement. AMWAJ took part in the 'No Paper Day' on April 7, 2016. The cater provider happily accepted the invitation and fully supported the campaign to help preserve the environment's long-term health.

ENJOY THE SUMMER SAFELY

Help your family, friends and staff to enjoy the summer safely.

Summer means outdoor activities, longer days and hot, humid weather. It can also mean heat-related illness and skin damage from ultraviolet (UV) rays. Remind all to stay hydrated and to protect their skin from the sun.

As the temperatures heat up, so will us!! Whenever we are active outdoors during the summer, it's important to take precautions to stay cool and hydrated.

Sun Safety Tips

Consider the following sun safety tips to protect yourself from the sun's harmful UV rays:

- Renew your stock of sunscreen. Using old or out-of-date sunscreen will offer you less protection. If you notice any change in the colour, consistency or smell of sunscreen, you should throw it out.



varieties that block out more of the UV rays. General purpose sunglasses block from 60 per cent to 92 per cent of visible light and UV rays. They are also good for driving and for use when sunlight is harsh enough to make people squint. While special purpose sunglasses block more visible light and UV rays and are good for prolonged sun exposure, they should not be worn for driving.

- Have a sun safety kit ready to go. Pack hats, clothing, sunglasses and sunscreen in a carry bag and have it near the door so you won't forget it.

• Skin Cancer Prevention - Protect the Skin you're in!

- Today, the risk of developing skin cancer is greater than in the past.
- We spend more time working and playing outdoors, often without the proper sun protection. We are also exposed to more ultraviolet (UV) rays from the sun because the protective layer of ozone around the earth has become thinner due to the effects of pollution and chemicals.
- You're never too young or too old to be harmed by the sun.

Decoding Sunscreen Labels

All of the abbreviations and terms on sunscreen bottles can make buying sunscreen confusing. Use this section to help you interpret the labels:

- **SPF** - Sun Protection Factor and the number next to it refer to the degree to which a sunscreen can protect the skin from sunburn. The higher the number, the more sunburn protection the sunscreen can provide.



- Sunscreen lotion and lip balm are essential items to have. You should use a lotion and lip balm with a Sun Protection Factor (SPF) of at least 15. For those who are going to spend a lot of time outdoors, a lotion with an SPF 30 is recommended.

- Apply generous amounts of sunscreen at least 20 minutes before going out in the sun. Reapply frequently at least every two hours, especially after strenuous activities. To be effective, it has to be applied correctly. If you are outdoors a lot in the summer, you may need to replenish your supply frequently.

- Limit sun exposure between 11 am and 4 pm. That's the period of the day when the sun's rays are strongest.

- Wear proper clothing such as wide-brimmed hats and sunglasses to give you extra protection. When choosing sunglasses, look for general purpose or special purpose

You should use a minimum of SPF 15 and reapply often. If you are planning to be outside most of the day, use a SPF of 30 or higher.

- **UV or UVR** - Ultraviolet radiation from the sun that can cause sunburn, wrinkling, premature aging, and skin cancer and may also interfere with the body's immune system. Look for "broad spectrum" sunscreens that protect from the two types of UV rays.
- **UVA** - Ultraviolet A is longer wavelength UV radiation that can penetrate and damage the deeper layers of skin even if the skin feels cool and shows no signs of burning
- **UVB** - Ultraviolet B is the shorter wavelength UV radiation associated with sunburn and other skin damage.
- **Water Resistant** - These sunscreens stay on the skin longer even if they get wet from pool water, ocean water or sweat. But water resistant doesn't mean waterproof. Sunscreens with this label still need to be reapplied. Check the label for reapplication times.

Heat Exhaustion and Heatstroke

What causes heat exhaustion and heatstroke?

Heat-related illnesses, such as heat exhaustion and heatstroke, occur when your body can't keep itself cool. As the air temperature rises, your body stays cool when your sweat evaporates. On hot, humid days, the evaporation of sweat is slowed by the increased moisture in the air. When sweating isn't enough to cool your body, your body temperature rises, and you may become ill.

What is heat exhaustion?

Heat exhaustion happens when your body gets too hot. It can be caused by physical exercise or hot weather. You may experience:

- Heavy sweating
- Feeling weak and/or confused
- Dizziness
- Nausea
- Headache
- Fast heartbeat
- Dark-colored urine, which indicates dehydration



What should I do if I think I have heat exhaustion?

If you think you have heat exhaustion, get out of the heat quickly. Rest in a building that has air-conditioning. If you can't get inside, find a cool, shady place. Drink plenty of water or other fluids. Do NOT drink alcohol or caffeinated drinks (such as soda). These can make heat exhaustion worse. Take a cool shower or bath, or apply cool water to your

skin. Take off any tight or unnecessary clothing.

If you do not feel better within 30 minutes, you should contact your doctor. If heat exhaustion is not treated, it can progress to heatstroke.

What is heatstroke?

Heatstroke is when the internal temperature of the body reaches 104°F. It can happen when your body gets too hot during strenuous exercise or when exposed to very hot temperatures, or it can happen after heat exhaustion isn't properly treated. Heatstroke is much more serious than heat exhaustion. Heatstroke can cause damage to your organs and brain. In extreme cases, it can kill you.

Symptoms of heatstroke

- High fever (104°F or higher)
- Severe headache
- Dizziness and feeling light-headed
- A flushed or red appearance to the skin
- Lack of sweating
- Muscle weakness or cramps
- Nausea
- Vomiting
- Fast heartbeat
- Fast breathing
- Feeling confused, anxious or disoriented
- Seizures

What should I do if I think someone has heatstroke?

If you think someone might have heatstroke, call emergency medical personnel immediately. While you are waiting for medical assistance, take the person into an air-conditioned building or a cool, shady place. Remove the person's unnecessary clothing to help cool him or her down. Try to fan air over the person while wetting the skin with water. You can also apply ice packs to the person's armpits, groin, neck and back. These areas contain a lot of blood vessels close the surface of the skin. Cooling them with ice packs can help the person cool down.

Get medical help right away if you have these warning signs:

- Skin that feels hot and dry, but not sweaty
- Confusion or loss of consciousness
- Frequent vomiting

- Shortness of breath or trouble breathing

How can I prevent heat illness?

When the heat index is high, stay indoors in air-conditioned areas when possible. If you must go outside, take the following precautions:

- Wear lightweight, light-colored, loose-fitting clothing.
- Protect yourself from the sun by wearing a hat or using an umbrella.
- Use sunscreen with a sun protection factor (SPF) of 15 or more.
- Drink plenty of water before starting an outdoor activity. Drink extra water all day. Keep in mind that heat-related illnesses are not only caused by high temperatures and a loss of fluids, but also a lack of salt in the body. Some sports drinks can help replenish the salt in your body lost through sweating.
- Drink fewer beverages that contain caffeine (such as tea, coffee and soda) or alcohol.
- Schedule vigorous outdoor activities for cooler times of the day -- before 10:00 a.m. and after 6:00 p.m.
- During an outdoor activity, take frequent breaks. Drink water or other fluids every 15 to 20 minutes, even if you don't feel thirsty. If you have clear, pale urine, you are probably drinking enough fluids. Dark-colored urine is an indication that you're dehydrated.
- If you have a chronic medical problem, ask your doctor about how to deal with the heat, about drinking extra fluids and about your



STARS

OF THE MONTH AWARD

JANUARY

ONSHORE - WINNERS



Manikandan Durairaj
Saladmaker
QP Catering - Al Sidra
Jan-16



Afroj Khan
Driver - Light Duty
Mesaieed Golf Club
Jan-16



Krishna Prasad Sapkota
Waiter
ORYX GTL Catering RLC
Jan-16

OFFSHORE - WINNERS



Sree Nokul Chandra Barman
Laundryman
QP Halul Island Operation -
Contractor Mess
Jan-16



Gaya Tamang
Roomboy
Ras Gas Alpha
Jan-16



Jayaraj Kaliyaperumal
Chef De Partie
North Field Bravo (NFB)
Jan-16



Cristopher Capilitan
Kitchen Helper
QP Halul Island
Operation - Senior
Jan-16



Padam Bahadur Phyal
Waiter
GDI Offshore - Dukhan
Jan-16

FEBRUARY

OFFSHORE - WINNERS



Fredy Inocente Countinho
Head Waiter
QP Halul PS - 4 NFA
Feb-16



Gaya Mahalingam
Roomboy
QP Halul Island
Operation - Senior
Feb-16



Ahmed Hussein Ismaiel Sayeh
Chef De Partie
GDI Offshore - Gulf 1 - Al Doha
Feb-16



Man Bahadur Subedi
Waiter
QP Halul PS - 1
Feb-16



John Marco Buensuceso Aungon
Kitchen Helper
QP Halul Island Operation -
Contractor Mess
Feb-16

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