# LIFEST/LE









AMWAJ's Pursuit for Excellence

## Message from Managing Director

Welcome to 15th edition of our AMWAJ Lifestyle Newsletter. I want to take this moment to acknowledge and show my appreciation for the diligent efforts and hard work of all of our staff in 2013. The success attained last year is a reaffirmation of our people's dedication to their jobs, for that I am proud to be the leader of such an amazing workforce. I am sure 2014 will be an even better year and together we will fulfil all of our company's targets and goals.

We have many exciting news and tips that I would like to share with all of you. In this issue we have a particular focus on our staff, our achievements and also on healthy related matters.

In AMWAJ we have the firm conviction that our employees are our most important asset. We want to provide them with all the necessary tolls to succeed. Therefore AMWAJ Catering, Training and Development Department is providing culinary arts training to our staff. The program focuses on enhancing and improving the basic and classic fundamental techniques in an intensive practical culinary training of Thai inspired fruit and vegetable carving, chocolate carving, butter carving, cheese displays, color combination, and food garnishing. In these pages you will find all the information about this new exciting culinary adventure.

This year also marks the opening of the first Fish Basket Restaurant in Qapco Club. The concept of this restaurant is simple a "seafood basket of offering" combining an array of flavours from around the world so anyone can indulge. I hope to see you all there trying our delicious food. In addition since March AMWAJ is offering its catering services to Al Jazeera Network in three locations, Arabic Chanel, English Chanel and the station's Training Centre. This is an unprecedented accomplishment for us and makes us feel very proud.



Mr. Jassim Mohammed

Ali Al Kuwari

The summer is almost upon us and I want every member of our family to be ready and prevent any heat-stress and heat-related illness. In this issue you can find tips and recommendations on how to stay heat-stress free.

On the food front we are presenting you with two delicious and healthy recipes to try at home with your families.

Flipping through our AMWAJ Lifestyle Newsletter, I hope you feel compelled and excited about our achievements and apply our tips.

Thank you,
Mr. Jassim Mohammed Ali Al Kuwari

### Top Management Books To Read

#### IN OUT THINK

CHunter,

G. Shawn John Wiley & Sons Canada, Ltd., 2013

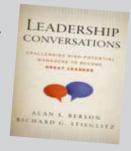


In Out Think, G. Shawn Hunter presents a guide for leaders who want to bring their organizations into the future. It provides a fresh take on ways to remain creative and innovative in leadership activities. It emphasizes the importance of creating global institutions that tap into talent from all over the world, using technology that breaks down barriers. New thinking and new approaches as well as passion and initiative are crucial traits of modern successful leadership. Real-world examples offer specific ways in which these ideas can work.

#### LEADERSHIP CONVERSATIONS

Berson, Alan S. | Stieglitz, Richard G. Jossey-Bass, 2013

Managers and executives face the same challenge: ensuring that newly promoted employees perform effectively. Unfortunately, these employees often struggle in their new positions because they continue to rely on mindsets and methods that no longer work in their new roles. Leadership Conversations by Alan S. Berson and Richard G. Stieglitz



provides a framework for everyone from first-line managers to executive officers to understand and apply the mindsets and priorities necessary to succeed at all levels. This framework is based on engaging in four types of conversations that focus on building relationships, developing others, making decisions, and taking actions.





AMWAJ now inside Al Jazeera Network





With a loyal base of customers all over Qatar whetting their appetites at any of the AMWAJ's hospitality services, now TV Network Al Jazeera can also have a taste of the delicious food and incomparable service of catering provider AMWAJ.

AMWAJ is now offering its catering services to Al Jazeera Network in three different locations, Arabic Chanel, English Chanel and the Training Center. The catering provider continues to hold strong in the food & beverage market in the country and it has quickly become the most successful catering company in Qatar. Part of AMWAJ's success is its focus on quality of food and service. In Al Jazeera Arabic Chanel AMWAJ will be offering a café concept of grab and go items, while in the English Channel a la carte menu, buffet and grad and go items will be available. In both locations AMWAJ will be providing a 24 hours service. In the network's training centre AMWAJ will be providing a buffet as well as grab and go items from 8:00 a.m. till 8:00 p.m.



# AIMAJ

AMWAJ Opens Fish Basket Restaurant

Catering
providing
AMWAJ opened
first Restaurant in
Qapco Club
Open to public!





The new restaurant is situated inside the premises of the impressive Qapco Club overlooking the outdoor pool area and tennis court. The concept is simple; a "seafood basket of offering" combining an array of flavors from around the world so anyone can indulge. A family oriented feeling of relaxed environment and five star quality experience which suits customers preferences from casual dining, special functions, any family events, corporate meetings, outside catering and private gatherings in addition to its unique interiors and full service facility within reach.

# in the news...





#### **Our Offerings**

- Selection of Seafood Basket, Sandwiches, Burgers, Pizzas, Salads and Mix Grilled Delicacies
- Special Signature Dishes
- Mouth Watering Drinks and Smoothies
- Fresh Brewed Coffee Selection
- Friday Brunch
- Seafood Nights
- Our Theme Nights (BBQ, Asian, Arabic, Oriental etc)

#### **Services & Facilities:**

- Private Entrance and Parking
- Timings: Saturday to Wednesday 11am 11pm & Thursday to Friday 11am - 12mn
- Spacious area in 2nd Floor for:
- Special Functions
- Private Lunch
- Corporate Meetings
- Private Parties/Gatherings



## AMWAJ Celebrated National Sports Day 2014

There were so many activities happening in and around Doha this National Sport Day that it was hard to choose which one to enjoy the most. But not only residents of Doha had the chance to enjoy this day to the maximum. Residents of AMWAJ Village, Mesaieed also had a day full of activities and adrenaline. AMWAJ celebrated National Sport Day in a big way offering the staff a day full of sports and fun on Tuesday, February 11 starting at 9:00 a.m.



### National Sport Day 2014 activities



#### AMWAJ FUN RUN (HALF CAMP LAP)

This is considered fun as opposed to real races where everyone is serious and tries really hard to win. On the contrary, the fun run contestants are taking part for their own enjoyment rather than competition. Fun Run

is recommended for everyone and can include categories such as wearing costumes and creating characters to make this experience more joyful.



#### AMWAJ MARATHON (FULL CAMP LAP)

This is a long distance race that will take place around the whole of AMWAJ Camp where contestants/participants can challenge and compete with each other for Top Three Positions on the podium.



#### **FOOTBALL**

Several challenges happened during this event such as "Foot Volleyball" where two teams competed till the score of five for the win, in addition to "Penalty Kicks" competition where every participant should

hit a specified target to advance to the next stage.



#### BASKETBALL

This event included multiple activities starting with "Free Throws" challenge, "Three Points Shootout", "Half Court Shots" in addition to many more fun challenges.

#### INDOOR ACTIVITIES;

Participants also enjoyed other recreational activities such as "Billiards" and "Table Tennis" where several challenges awaited the contestants.

#### **AMWAI T-SHIRTS**

All Contestants were presented with T-shirts that had AMWAJ and Qatar National Sports Day Logo printed on both sides.

#### **REFRESHEMENTS**

Five (5) stations were located all around the track serving contestants all kinds of refreshments such as; water, juices, fruits and snacks.

#### FIRST AID

There was a first aid team onsite



# CULINARY ARTS IN AIM WAJ: Creating memories, building relationships

In modern society we deeply value the way a plate looks when is served on our table. It has become imperative when visiting a restaurant for the food not only to taste good, but also to look amazingly beautiful. AMWAI understands the importance of culinary arts and the catering provider is teaching its employees to prepare fine-looking dishes.



Today, in the competitive world of hospitality industry, focus on unique aspects of how food are prepared and presented has become significant, enhancing every events theme through culinary arts skills.

Culinary arts are important because it teach skills in a hands-on learning environment that is difficult to be passed on through a book or just by watching videos. Culinary arts also teach important aspects about food, such as nutrition, sanitation and proper technique.

In AMWAJ Catering, Training and Development department is providing culinary arts training to enhance and improve basic and classic fundamental techniques in an intensive practical culinary training of Thai inspired fruit and vegetable carving, chocolate carving, butter carving, cheese displays, color combination, and food garnishing.

The training is conducted by Senior Culinary Arts Trainer Mr. Shameer Pariyatt, who has a degree in Fine Arts and with 19 years of experience as an artist and Culinary Arts Trainer. In a series of training (7 days),he emphasized on the highest of culinary standards directly resulting in producing amazing buffet centerpiece, color combination and buffet's overall presentation on respective locations thus, fulfilling its obligation in food service industry.

As a signatory to the corporate policy, AMWAJ catering is also committed in community leadership in all its activities and one of its golden declarations is to meet and exceed customer expectation.

In addition to ongoing Culinary Arts Training and as per instruction of Managing Director to enhance and promote activities for the family members, on December 10, 2013 the first culinary arts training was launched in Al Khor community where the members' spouses had An opportunity to learn and experience the basics of fruit carving, enhancing our own expertise to create a memorable experience in Culinary Arts. Training Department has initiated a plan to continue this learning session for selected outlets during 2014.



# THE SUMMER IS COMING!!

### HEAT STRESS AND HEAT-RELATED ILLNESS

Heat stress occurs when the body cannot cool itself enough to maintain a healthy temperature. Heat-related illnesses include heat rash, heat cramps, dizziness or fainting, heat exhaustion, heat stroke, and a worsening of existing medical conditions. Overexertion in hot weather, exercising or working in hot, poorly ventilated or confined areas can increase your risk of heat stress.

#### PEOPLE MOST AT RISK OF HEAT-RELATED ILLNESS

Anyone can suffer from heat-related illness, but those most at risk are:

- People working outside or in hot conditions
- People over 65 years, particularly those living alone or without air conditioning
- Babies and young children
- Pregnant and nursing mothers
- People who are physically unwell, especially with heart disease, high blood pressure or lung disease
- People on medications for mental illness.

### CAUSES OF HEAT STRESS AND HEAT-RELATED ILLNESS

There are many factors which can cause heat stress and heat-related illness, including:

- **Dehydration**. To keep healthy, our body temperature needs to stay around 37°C. The body cools itself by sweating, which normally accounts for 70 to 80% of the body's heat loss. If a person becomes dehydrated, they don't sweat as much and their body temperature keeps rising.
- Lack of airflow. Working in hot, poorly ventilated or confined areas.
- Sun exposure Especially on hot days, between 11:00 a.m. and 3:00 p.m.



#### SYMPTOMS OF HEAT-RELATED ILLNESS

It is important to know the signs and symptoms of heat exposure and how you should respond. Symptoms vary according to the type of heat-related illness. Babies and young children may show signs of restlessness or irritability and have fewer wet nappies. Older people may become light headed, confused, weak or faint.

#### Some heat-related illness and common symptoms include:

- **Deterioration in existing medical conditions** this is the most common health problem of heat stress.
- Heat rash sometimes called 'prickly heat', this is a skin irritation caused by excessive sweating. It can occur at any age, but is most common in young children. It looks like a red cluster of pimples or small blisters. It is most likely to occur on the neck and upper chest, in the groin, and in the elbow creases.
- Heat cramps these include muscle pains or spasms, usually in the abdomen, arms or legs. They may occur after strenuous activity in a hot environment, when the body gets depleted of salt and water. They may also be a symptom of heat exhaustion.
- **Dizziness and fainting** heat-related dizziness and fainting results from reduced blood flow to the brain. Heat causes an increase in blood flow to the skin and pooling of blood in the legs, which can lead to a sudden drop in blood pressure. There can be a feeling of light-headedness before fainting occurs.
- Heat exhaustion this is a serious condition that can develop into heat stroke. It occurs when excessive sweating in a hot environment reduces the blood volume. Warning signs may include paleness and sweating, rapid heart rate, muscle cramps (usually in the abdomen, arms or legs), headache, nausea and vomiting, dizziness or fainting.
- Heat stroke this is a medical emergency and requires urgent attention. Heat stroke occurs when the core body temperature rises above 40.5C and the body's internal systems start to shut down. Many organs in the body suffer damage and the body temperature must be reduced quickly. Most people will have profound central nervous system changes such as delirium, coma and seizures. The person may stagger, appear confused, have a fit or collapse and become unconscious. As well as effects on the nervous system, there can be liver, kidney, muscle

The symptoms of heat stroke may be the same as for heat exhaustion, but the skin may be dry with no sweating and the person's mental condition worsens.

and heart damage.

## PREVENTION IS THE BEST WAY TO MANAGE HEAT-RELATED ILLNESS.

Some tips to prevent heat stress include:

- Keep up your fluids you need to drink more during hot weather, regardless of how active you are. Do not wait until you are thirsty to drink. Drink plenty of water or other cool, fluids. Don't have extremely cold liquids, as they may cause stomach cramps.
- Avoid exposure to heat stay out of the sun as much as you can,
- Protect yourself outside if you must be outdoors, remember to protect yourself from the sun by covering exposed skin with lightweight clothes, using sunscreen and wearing a hat, seek shade and put sunglasses.
- Limit physical activity too much physical activity on a hot day can lead to heat stress. If you can, restrict activity to cooler parts of the day.
- Don't leave children or pets in cars
- even on cool days, cars can heat up to dangerous temperatures very quickly.
   Children or pets that are left unattended in parked cars for even a few minutes are at risk of serious heat-related illnesses and possibly death.
- Take it easy rest often and, whenever possible, stay indoors or in the shade.

• Stay cool – and keep air circulating around you. Use air conditioning if possible. (If you don't have air conditioning, consider visiting an air-conditioned shopping centre, office or building. • Take a cool shower,

bath or sponge bath.

- Keep up your energy levels
- eat regular, light meals.
- Watch out for others check on older, sick or frail people who may need help coping with the heat (at least twice a day).

#### THINGS TO REMEMBER

- Heat-related illness can be prevented.
- Keep cool, avoid vigorous physical activity in hot weather, and drink plenty of water and other nonalcoholic fluids.
- Never leave children or pets unattended in a parked car.
- Seek medical assistance if a person shows any signs of heat exhaustion or heat stroke.!

### Health and Wellbeing

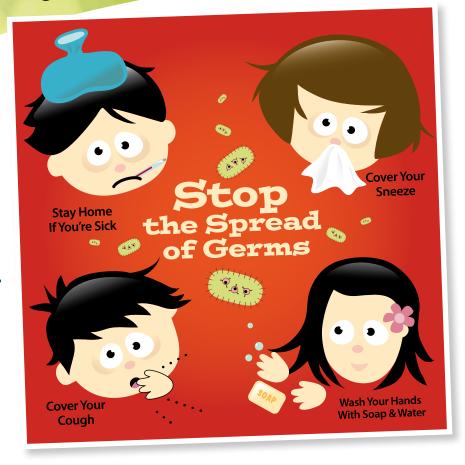
# SEASONAL FLU PREVENTION TIPS

It's that time of year when coughs, colds and seasonal flu seem to spread easily. Follow these simple tips to avoid spreading illness this spring.

- Wash your hands frequently using warm water and soap, scrubbing all surfaces for about 15-20 seconds.

  Some flu viruses can live up to two hours on surfaces such as desks, phones and door knobs.
- Avoid touching your face, unless you have clean hands. The eyes, nose and mouth are entry ports for flu viruses.
- Cover your mouth with a disposable tissue when coughing and sneezing.

  Dispose of tissues and wash your hands immediately.



- Avoid sharing objects (cups, utensils, etc.). Wipe down shared equipment such a phones and keyboards.
- Get enough sleep and manage your stress. Lack of sleep and high levels of stress can reduce immune functioning, the lowering the body's ability to fend off colds and flu.
  - Drink more water. You may not feel as thirsty during fall and winter, but it's important to make sure you don't get dehydrated. Consume at least eight glasses a day.
- Maintain a moderate exercise program 3-4 days a week. It will strengthen the immune system and increase the body's natural ability to fight infection.
- Eat healthy. Remember to eat the recommended 5 servings per day of fruits and vegetables.





# Recipes of the month

## How To Make Steak Tartare

Steak Tartare is a meat dish made from finely chopped or minced raw beef or meat it is often served with onions, capers and seasonings. Chef Mohamed Negm-Eldin shares the secrets to prepare this dish perfectly.

#### **Ingredients**

550g of beef fillet, diced
25g of banana shallot, finely chopped
40g of Gherkin, chopped
40g of baby capers, rinsed
1/2 red chilli, finely chopped
20g of Dijon mustard
90g of mayonnaise
5 drops of Tabasco
1 tsp of black pepper, plus extra for seasoning
1 pinch of salt, plus extra for seasoning
1 pinch of chopped chives

1 pinch of chopped parsley

To plate

4 egg yolks

4 slices of sourdough bread

100g of rocket

#### **To Make**

- In a large bowl, mix together all of the ingredients for the steak tartare until the mix starts to bind together.
- Shape the mix into 4 patties using a round cutter (there will be sauce leftover in the bowl, do not discard as it is needed for step 4)
- · Toast the slices of sourdough.
- Plate up the steak tartare patties and drizzle with a little of the sauce left in the bowl. Top with a raw egg yolk and accompany with a slice of sourdough bread and rocket. Season and serve immediately.



# Recipes of the month

How To Make Panna Cotta vanilla and green peppercorn, fresh raspberry



Chef Luca Dal Col

#### **Ingredients**

1 cup cream

1 cup fresh milk

sauce

2 gelatin

2 vanilla leaves

1 tsp green peppercorn

½ cup fresh raspberry

½ cup sugar

#### To Make

- Boil the cream with milk, half the quantity of sugar, vanilla and green peppercorn
- Dissolve gelatin
- Stir all the ingredients and put them in a bowl
  - Refrigerate the mixture for 1 hour to chill
- · Cook the fresh raspberry with the rest of the
- · Mix the raspberry and put in chiller
- · Serve cold, all together



### Sports Highlights

# CHAİRMAN'S CUP 2014

AMWAJ vs Ras Gas:

4-0

AMWAJ vs Oryx:

5-0

AMWAJ vs Nakilat:

4-1

AMWAJ vs Maersk:

4-4

#### **Quarter Final:**

AMWAJ vs QAFCO:

6-0

#### **Semi Final:**

AMWAJ vs QP Operations:

1-0



The final will be held on the 7th of April 2014





