Community
ACE Qatar Section organises technical session on effective project management.

P6

Community
The watch party for documentary Our Planet at QNL evokes strong feelings among participants.

P16

Gulf Times
COMMUNITY

Coming of age

Fashion guru Tan France faced racism as a kid. Then he brushed off bullies and discovered self-love. P4-5

Quiz
Fast, furious Tour de France is a pell-mell journey to Paris. Page 10

Showbiz
Punjabi star Sonam calls for pay parity. Page 15
PRAYER TIME

Fajr 3.23am
Shoroq (sunrise) 5.00am
Zuhr (noon) 11.42am
Azr (afternoon) 3.08pm
Maghreb (sunset) 6.24pm
Isha (night) 7.54pm

USEFUL NUMBERS

Emergency 112
Worldwide Emergency Number 112
Kahramaa – Electricity and Water 991
Local Directory 180
International Calls Enquires 150
Hamad International Airport 40106666
Labor Department 44508111, 44406537
Mowasalat Taxi 44588888
Qatar Airways 44490000
Hamad Medical Corporation 44392222, 44393333
Qatar General Electricity and Water Corporation 44845555, 44845464
Primary Health Care Corporation 44593333, 44593363
Qatar Assistive Technology Centre 44504050
Qatar News Agency 44490205, 44490333
Q-Post – General Postal Corporation 44464444

Humanitarian Services Office
(Single window facility for the repatriation of bodies)
Ministry of Interior 40253371, 40253372, 40253369
Ministry of Health 40253370, 40253364, 40253305
Qatar Airways 40253374

The Kid
DIRECTION: Vincent D’Onofrio
CAST: Chris Pratt, Leila George, Ethan Hawke, Dane DeHaan, Jake Schur
SYNOPSIS: A young boy, Rio (Jake Schur), is forced to go on the run across the American Southwest in a desperate attempt to save his sister (Leila George) from his villainous uncle (Chris Pratt). Along the way, he encounters Sheriff Pat Garrett (Ethan Hawke), on the hunt for the infamous outlaw Billy the Kid (Dane DeHaan). Rio finds himself increasingly entwined in the lives of these two legendary figures as the cat and mouse game of Billy the Kid’s final year of life plays out. Ultimately Rio is forced to choose which type of man he is going to become, the outlaw or the man of valour, and will use this self-realisation in a final act to save his family.

THEATRES: Royal Plaza

Luca
DIRECTION: Arun Bose
CAST: Ahaana Krishna, Tovino Thomas, Vinitha Koshy
SYNOPSIS: An investigative thriller with elements of romance, the film narrates the story of two couples: a Kochi-based scrap artist named Luca and his girlfriend Niharika; and a police officer named Akbar and his wife Fathima. Luca is a highly talented artist who creates magic out of scraps. Niharika, a researcher in industrial chemistry enters his life to make it more colourful. Will they make it together?

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THEATRES: Royal Plaza, Landmark, The Mall
The Comedy of Tango
WHERE: Katara Cultural Village
WHEN: August 28
TIME: 8pm – 9pm
With the support of Katara Cultural Village and Embassy of Argentina in Doha Tango Pasión Doha presents Los Guardiola – “The Comedy of Tango” on August 28. A show consisting of seven scenes is inspired by famous tangos. Dancers, mimes and actors, Marcelo Guardiola and Giorgia Marchiori, known artistically as Los Guardiola, will project the audience into the fantastic world of their danced pantomime where comedy and tragedy merge into the rhythm of tango.

Yoga Class
WHERE: Lululemon, Mall Of Qatar
WHEN: Every Saturday
TIME: 8:30am – 9:30am
Join the complimentary in-store yoga classes. No registration or mat is required. The class runs on first come first served basis.

Ballet Lessons
WHERE: Music and Arts Atelier
WHEN: Ongoing
TIME: 4pm – 8pm
For more info e-mail at registration@atelierqatar.com or call on 33003839.

Career Guidance
WHERE: Right Track Consultants, Al Sadd
WHEN: Sunday – Thursday
TIME: 6pm – 8pm
Career guidance for course, country, college and entrance for students of Grade IX-XII, of all curriculum. Career assessments administered for stream preference, career test, branch preference, personality, multiple intelligence and learning styles and productivity. For more information, 5544835.

Artistic Gymnastic Classes
WHERE: Qatar Academy Msheireb
WHEN: Ongoing
TIME: 3:15pm – 4:15pm
The olympic sport using horizontal bar, rings and floor exercises on mats for the children from age 4 till 16.

Arabic Calligraphy Workshop
WHEN: Saturday – Wednesday
TIME: 6pm
Arabic Calligraphy workshop is back. Come and learn the artistic practice of Arabic handwriting and calligraphy at Music and Arts Atelier.
The lessons will take place every Saturday, Monday and Wednesday at 6pm. For more information, contact registration@atelierqatar.com

Dance and Instrument Classes
WHERE: TCA Campus, Behind Gulf Times Building
WHEN: Wednesday – Monday
Learn the movements of dance styles in Bollywood, Hip Hop and also the musical instruments such as Piano, Guitar, Keyboard for adults as well kids and move in the world of music. For details, contact 66523871/ 31326349.

Summer Camp for Special Needs
WHERE: Step by Step Centre for Special Needs
WHEN: Ongoing till August 1
TIME: 8:00am – 12:30pm
During this time, all therapists and teachers will be working together, running individual, peer and group sessions within classes. The children will continue learning age-appropriate concepts, work on social skills, life skills training, arts and crafts, music, and fun activities such as water play.

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WHERE: Right Track Consultants, Al Sadd
WHEN: Sunday – Thursday
TIME: 6pm – 8pm
Career guidance for course, country, college and entrance for students of Grade IX-XII, of all curriculum. Career assessments administered for stream preference, career test, branch preference, personality, multiple intelligence and learning styles and productivity. For more information, 5544835.

Hobby Classes
WHERE: Mamangam Performing Art Centre
WHEN: Saturday – Friday
Mamangam is an art and performance centre started with a vision of spreading our knowledge, interests and experience in various disciplines in arts across different countries for children and adults.
Summer camp at Mamangam has become the children’s favourite centre for learning art and craft, drawing, and learning spoken English. The kids also enjoy Bollywood dance, contemporary and hip hop music. To develop health consciousness, we teach them kids yoga, karate etc. Mamangam has also come up with chess and robotics in the regular batches in an attempt to give a better learning experience.
The first batch of the summer camp began on June 26 continuing until July 25 from Sundays to Thursdays. The second batch will commence on July 25 ending on August 25. Registrations are open to kids between 5 to 16 years. For those who wish to register for more details, visit www.mamangamqatar.in

After School Activities
WHERE: Atelier
WHEN: Ongoing
Music and arts activities for students taking place after they finish their day in school includes Group Music lessons, Hip-hop, Ballet, Drawing and Painting, Drama Theatre & Taekwondo. Ages between 5 and 10 years old after school hours.

Compiled by Nausheen Shaikh. E-mail: gtlisting@gmail.com, Events and timings subject to change
Any of us go through a point where we are at our very lowest and we do things that are unwise. Thankfully, many of us find a way out of it with great support.

— Tan France

"Find people that you can connect with"

— Tan France, fashion guru

You might know him from the French tuck or his distinctive hair. But Queer Eye’s fashion guru Tan France wants fans to get to know him beyond the surface. His new book, Naturally Tan, provides a deeper look at the English designer’s life.

“I wanted the opportunity to really say it as it is, “ he told The Times over the phone, “and to be able to speak on things that I don’t think I’d be able to speak on, on the show.”

“It’s the most real version you’ll come across of me for sure,” France says.

As the title suggests, France speaks openly in the book about his skin colour and how it’s affected him from childhood to adulthood.

At age 5, he remembers thinking, “God, I’d give anything to be white. I fantasised all the time about what it would feel like to be a white person — nobody would ever comment about your race,” he writes in the book.

Today, he embraces his skin colour, calling it “the most beautiful thing about my appearance.”

But he writes of others who are still less accepting. In a chapter titled 9/11, France describes being stopped at least 24 times for questioning in airport screening rooms. At the time, he was used to being called racial slurs like “Paki,” but after 9/11, he was called a “terrorist” and “raghead.”

“On the anniversary of 9/11 … I see the words Never Forget,” reads an excerpt from the chapter. “I understand that sentiment. I completely agree with honouring those who lost their lives … But there is another side to this, too. It means we never forget to see my people as a potential threat.”

France almost did not include the chapter in his book, as he worried how the American public and press would respond. But a couple weeks after the book’s editing process finished, he called his editors and asserted it needed to be included.

“It is the chapter that is the most controversial, because my perspective is not often listened to, or heard or welcomed,” he told The Times. “But I’m glad I included it. People can disagree all they want, but that’s how I feel, and I know that’s how many of my people feel.”

The Queer Eye star spoke with The Times about racism he’s faced and his coming-out story. The following interview has been edited for length and clarity.

The topic that anchors the book is your journey to love your skin colour. The book title and one of your chapters is Naturally Tan. How did you land on that phrase?

First of all, Naturally Tan made me giggle, and it’s very light-hearted. But skin colour, when I...
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situation.
understand the gravity of the share one story so people can we went through. I wanted to occurrence — the crap that
beaten by racist bullies. old brother was severely

What did you learn about yourself in the process of writing the book?
I had a way to sneak things under the rug, and only now am I processing all of those feelings. The colour issue of the skin tone was a big one for me. Racism was something that I mostly had forgotten about. When people ask me what life was like as a kid, I always say, “Oh, lovely. I always had the jolliest home life.” Until I wrote the book, I was like, “No, actually. It was very difficult.”

You describe a time when you were 11 and your 13-year-old brother was severely beaten by racist bullies. That’s just one of the stories. That was a really regular occurrence — the crap that we went through. I wanted to share one story so people can understand the gravity of the situation.

When writing about your childhood in northern England, you describe a community that did not accept queer people nor families of Pakistani descent. What advice do you have for kids raised in environments in which they are also made to feel like “the other”?
The people who are raised in families like mine, I would say that we have to accept the fact that there hasn’t been representation for our community the way there has for Caucasian communities. Therefore, we have to accept the fact that our families don’t understand our lives as well. Maybe be more open to the questions you might get, because people aren’t as informed. And find people that you can connect with. We have the luxury of social media these days. I would suggest reaching out to people by finding them through hashtags or local Instagram handles.

Another challenging topic you delve into is your past experience suffering from depression and suicidal thoughts, not long before you landed Queer Eye. Why was that important to include?
It was hard, but it felt important, because if I was going to write a book about my life, it should be a real book about my life and not just the rosy parts. However, I made a point of making it a paragraph, I didn’t belabour the point, because I didn’t want it to be a situation where lesser publications use it as click bait like, “Oh, Tan France was suicidal.” Well, yes, any of us go through a point where we are at our very lowest and we do things that are unwise. Thankfully, many of us find a way out of it with great support.

I never have professed to be somebody who suffers from depression. That is something that many people I know suffer from and it’s a real issue, a real concern that you can’t just brush off the way I was able to move on from my situation.

You said you used bleaching cream at one point as a kid. How has your family reacted to hearing that?
We never talked about skin bleaching ever as kids, but apparently every one of us wanted to try it at some point. My siblings were like, “Yeah, of course we wanted to give it a go.” And some of them did, because they thought that that was the only way that people were going to see them as equal. I think every one of us in my family felt the pressure to be as pale as physically possible.

It’s a horrible situation in many communities of colour where people feel if you’re not pale enough, you’re not going to be successful. So, thankfully, my family is in a position where we can talk about it lightheartedly, because we’ve moved past that point. But it is still a sorry state of affairs that this continues on, and there are those kind of products that are sold across the world.

Season 4 of Queer Eye is now streaming. But you didn’t connect right away with all your co-stars. What did they think when you described some of your first impressions negatively?
They find it hilarious. Jonathan completely disagrees. He thinks he was completely wonderful from moment one and that I was being so stiff. They find it really funny. They know my opinions of all of them. There are no secrets in the Fab 5. — Los Angeles Times/ TNS

was writing the book, it just kept coming to mind. It kept bothering me: the notion of skin colour and whether it’s beautiful or desirable. And it’s always pale. “While it’s right?” So, that is why I wanted to talk about this. It’s my natural skin colour. I can do nothing about it. And now it’s given me so much confidence, where at one time of my life, when I was younger, it brought me so much distress and unhappiness. I thought that I would always be seen as less than. Now, the reason I was so happy to call it Naturally Tan is because I embrace my skin colour so much. I think it’s the most beautiful thing about my appearance. I love my brown skin most beautiful thing about my appearance. I think it’s the

The colour issue of the skin tone

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CLOTHES MAKETH THE MAN: France says people have the luxury of social media these days and suggests reaching out by finding them through hashtags or local Instagram handles.
AACE Qatar holds technical session on effective project management

AACE Qatar Section recently organised a technical session. The guest speaker on the occasion was Andrew Mitchell, Director of Planning & Programme Management at David Adamson Group. The session was named as ‘The Importance of Effective Project Management in Today’s Competitive Environment.’ The AACE welcomed over 50 construction professionals to the event.

Effective project management in today’s competitive environment is important for all parties involved in construction projects. The presentation focused on the raising of project management standards that should lead significantly to the adding of value. Better awareness can result in better design, improved methods and processes, new material choices, less waste, decreases in transportation costs and ultimately more efficient buildings.

Andrew is also the chair of CIOB Hub Committee for Mena Region and the chair of CIOB Hub Committee for Doha. Having completed his BSc (Hons) in Construction Management at the University of Westminster in London in 1998, Andrew subsequently worked for major construction contractors and consultants throughout the UK, before moving to Doha in 2009. Andrew is a regular CPD speaker throughout the Mena region and is a fellow of the Chartered Institute of Building, a chartered construction manager as well as a fellow of the Association for Project Management. Andrew has previously been responsible for providing industry training, mentoring and career guidance to under-graduates through the Construction Industry Training Board (CITB).

AACE Qatar Section is one of the most active sections of AACE International. AACE Qatar Section activities are managed on voluntary basis, purely on the professional and service interests of the AACE members.

ISC, ICAI Doha flag off thrilling expedition to the Himalayas

Indian Sports Centre (ISC) along with Institute of Chartered Accountants of India-Doha Chapter (ICAI) formally launched a 6-day thrilling expedition to the Hampta-Pass in the Himalayas – a stunning crossover trek from Manali to Spiti in India. It is one of the dramatic crossover treks in the Himalayas.

The unique expedition initiative to trek upto a height of 140135 feet will end on Spiti valley on August 15. A group of 13 chartered accountants along with their families is all set to explore the beauty of nature. The expedition will start from August 10. The initiative also culminates with Qatar-India 2019 Year of Culture. The team is lead by Rukkaiya Pachisa, ICAI Doha Chapter. The other participants are namely, Kamesh Titrewal, Kotteswara Rao Katta, Hatim Hussain, Niharakantha Mohapatra, Anu Abraham, Kumudwathi, Misbah Pachisa, Sabrina Hatim Hussain, Aamena Hussain, Kaizer Hussain, Sri Aswath Katta, and Anu Chacko.

Nilangshu Dey, ISC President, said that it being their first sporting initiative outside Qatar will open various angles between Qatar and India. He assured to organise similar events in future. Habib Un Nabi, ISC General Secretary, extended his best wishes to all the members of the expedition. Rukkaiya Pachisa explained the details of the expedition.
JUNKO Sushi & Japanese Dining certified for promoting Japanese food, culture

The Japan External Trade Organization (JETRO) held a Japanese Food and Ingredient Supporter Store certification ceremony for JUNKO Sushi & Japanese Dining, a Japanese-style restaurant in Doha, recently. While there are many establishments selling creative fusion Japanese dishes in the Middle East, this restaurant was chosen for certification as its owner, Junko Nanri, buys ingredients specially from the famed Tsukiji fish market in Tokyo and is committed to providing customers with an authentic taste of Japan. The restaurant is praised for providing dishes with Japanese hospitality, and for actively promoting Japanese culture by regularly displaying fruit and special ingredients from Japan, using exhibition space within the restaurant.

The certification system for Japanese Food and Ingredient Supporter Stores is operated and managed by JETRO in accordance with guidelines established by the Ministry of Agriculture, Forestry and Fisheries of Japan in 2016. For the purpose of promoting Japanese agricultural, forestry and fishery products and food, JETRO has certified several overseas restaurants and retail stores that use Japanese ingredients as Japanese Food and Ingredient Supporter Stores. As of the end of June 2019, there are 4,200 certified stores in 56 countries and regions in the world. JETRO remains dedicated to promoting Japanese agricultural, forestry and fishery products and food by utilising this system, and thereby expanding their exports.

JUNKO Sushi & Japanese Dining is operated as a Japanese restaurant in Qatar and has been using and displaying Japanese agricultural and fishery products. In addition, Junko Nanri has been appointed by the Japanese Ministry of Foreign Affairs as a food, culture and tourism adviser to the Japanese ambassador to Qatar. JETRO believes this certification ceremony was an excellent opportunity to promote exports of Japanese agricultural, forestry and fishery products and food in the Middle East.

New executive committee of BC Toastmasters Club swears in

BC Toastmasters Club recently organised its first session of the season at Baisakhi Restaurant under its new executive committee. The session was presided over by Mohammed Salauddin, club president.

Noor Mohammed Noor played the role of toastmaster of the day. A number of prominent community members including Anwar Akon, president of Bangladesh Community Qatar, were present on the occasion. Mohammed Alimuddin, outgoing president, administered the oath. The new office-bearers are namely: Mohammed Salauddin, president; Noor Mohammed Noor, vice president education; Mohammed Alimuddin, vice president membership; Mohammed Khurshid Alam, vice president public relations; Shams Elias, secretary; Khalilur Rahman M. Jetu Miah, treasurer; and Bulbul Ahmed, sergeant at arms.

Toastmasters Division B executive committe
The data suggests that the warming in the most recent decades has been uniform across all regions of the planet, a phenomenon that scientists say has not been seen in the past 2,000 years! They have made some intriguing discoveries. For example, in the Nature paper, Neukom and his colleagues use the PAGES data to poke holes in the widely accepted theory that periods of cooling and warming over the past 2000 years affected the globe uniformly. Perhaps the most well-known of these epochs is what scientists call the Little Ice Age – a cool period that persisted from the 16th century to the 19th century. Similarly, the Medieval Climate Anomaly is known as a warm, dry period that lasted from AD 950 to 1250.

After analysing 2,000 years of detailed records kept by both nature and humans, researchers have discovered that the average surface temperature of the Earth has warmed faster in the past few decades than it did in the previous 1,000 years, proving once again that the current warming of the planet is experiencing is unprecedented in the past two millennia. What’s more, the data also suggest that the warming in the most recent decades has been uniform across all regions of the planet, a phenomenon that scientists say has not been seen in the past 2000 years.

A third study based on the same data shows that for most of the Common Era volcanic events have been the primary driver of global temperature change. Today, greenhouse gases in the atmosphere play a more dominant role in driving global temperature, the authors said.

Raphael Neukom, a palaeoeclimatologist at the University of Bern in Switzerland who led two of the three studies said the trio of papers, published in the journals Nature and Nature Geoscience, all suggest the same thing: “Climate variability in the pre-industrial period is totally different from what we observe today.”

Some of the findings contradict, or at least complicate, previously held truths. For example, in the Nature paper, Neukom and his colleagues use the PAGES data to poke holes in the widely accepted theory that periods of cooling and warming over the past 2000 years affected the globe uniformly. Perhaps the most well-known of these epochs is what scientists call the Little Ice Age – a cool period that persisted from the 16th century to the 19th century. Similarly, the Medieval Climate Anomaly is known as a warm, dry period that lasted from AD 950 to 1250.

“The traditional understanding was that climate over these periods were globally coherent,” said Nathan Steiger, a palaeoeclimatologist at Columbia University in New York who worked on the paper. “But when we looked at the PAGES data, we found they are not as coherent as we thought.”

After analysing the data using multiple statistical methods, the authors found that what were previously assumed to be global trends in temperature were actually regional trends for all known climate epochs except the one we find ourselves in today.

For example, while the Little Ice Age did represent a global cooling, some parts of the planet were coldest during the mid-19th century, while others had their coldest weather several centuries earlier. At the height of the Medieval Climate Anomaly, only 40% of the Earth experienced peak temperatures at the same time. But when the authors ran the same analysis for our current climatic epoch, known as the Contemporary Warming Period, they found that peak temperatures have been seen across all regions of the globe except Antarctica within the past 51 years. This uniformity was unprecedented in the past 2000 years.

“The familiar maxim that climate is always changing is certainly true,” wrote Scott St. George, a geographer at the University of Minnesota at Minneapolis who was not involved in the work. “But even when we push our perspective back to the Roman Empire, we cannot discern any event that is remotely equivalent … to the warming we’ve seen today.”

The authors did not look into what might be causing this unique phenomenon, because, as Steiger said, it wasn’t necessary. “There is a lot of evidence that the Contemporary Warming Period is human caused,” he said. “We don’t need the palaeolithic climate data to address that.”

In another study, a team of researchers led by Stefan Bronnimann of the University of Bern in Switzerland used the PAGES data to explore the causes of climate fluctuations from 1300 to 1800. This analysis led them to conclude that in this time period a cluster of volcanic eruptions were the primary drivers of global temperature change and that their effects lingered over many decades. (Large volcanic eruptions can cause wide-scale cooling because their ash gets into the stratosphere and reflects sunlight back into space.)

They argue that at least some of the global temperature increases the Earth experienced starting in the 1830s were probably due to the planet’s slow recovery from the volcanically induced cooling. However, the data also suggest that from the late 19th and early 20th century onward, greenhouse gases in the atmosphere dominated the subsequent warming trend. — Los Angeles Times/TNS
Customised to have ride of life

A middle-school teacher customises surfboards to give people with disabilities the ride of their lives, writes E J Smith

Luke Alvarez has been lying to his dog.
The middle-school teacher and surfboard shaper will tell Ola – his 120-pound Great Pyrenees – that he’ll be gone for only a few minutes before heading to a shed behind his Tuckerton, N.J., home. There, underneath a handful of LED lights and surrounded by power tools, he loses himself for hours in his side hustle: making surfboards.

Alvarez, 62, has been “shaping” boards for 40 years under the name Generic Brand Surfboards, painstakingly sanding and planning preformed polyurethane boards, or “blanks” into shortboards, fun shapes, and longboards. He produces 30 to 40 boards a year inside his blue-walled Shape Shack (as he refers to his shed), selling his models for $299 to $999.

Since 2015, though, he’s also been donating custom-made boards to Einstein Healthcare Network’s MossRehab for use by people with disabilities so they can participate in They Will Surf Again. It’s a free, one-day programme, created by Life Rolls On and run locally by MossRehab, that allows people with spinal cord injuries to ride the waves on adaptive surfboards. This year’s event takes place Sunday, Aug. 4, on Baker Avenue Beach in Wildwood, N.J.

Alvarez works with input from MossRehab therapists to create big, roomy boards that are long and wide enough to accommodate both the surfer and the volunteer who rides tandem with him or her. The boards are even fitted with an attachment to accommodate a GoPro camera so surfers can capture the joy on their own faces as they roar toward shore.

What makes the boards especially sweet is that Alvarez, who teaches science at Carusi Middle School in Cherry Hill, works with students from both Carusi and Pinelands Regional High School, in Little Egg Harbor, to decorate them. This year’s models feature hand-drawn images of beachy sunsets and dancing sea animals intermingling on the padded board decks with inspirational sayings like “Just do it,” “Be yourself,” and “Stay strong.”

Another shoutout, in big curly letters, “Challenge Accepted” – MossRehab’s slogan.

“When you see the excitement of the students when they see their own piece of art on the board is such a good feeling,” Alvarez says.

He got involved with They Will Surf Again when Einstein spokesman Kerry O’Connor, himself an avid surfer, read a 2014 Inquirer story about Alvarez and reached out to ask if he’d make a surfboard for MossRehab at discount. He hoped it would be an improvement on the hand-me-downs MossRehab patients were using.

O’Connor’s request: A specialised board long, wide, and sturdy enough to support two adults, one of whom might have partial paralysis or amputated limbs. The board also needed handles that could be repositioned as needed.

“Bigger boards offer more stability” and greater ease in paddling, says Chad Desatnick, the local organiser of They Will Surf Again, noting that some programme participants weigh well over 220 pounds. “For athletes, who might not be able to stand up, it gives them confidence and comfort.”

Rather than being daunted by the challenge, says Alvarez, “I was inspired.” And he insisted on donating his time and materials to the project.

His first board for MossRehab was about 9 feet long. Alvarez arranged for O’Connor and Desatnick to pick it up at his middle school, and mentioned it to his students. They immediately started collecting change to donate to They Will Surf Again. By the time Desatnick and O’Connor arrived, the kids had raised over $100.

Alvarez has made four more boards since. Students from Carusi’s special needs classroom decorated one of them. Watching them work was emotional for Alvarez.

“It was like ripping your heart out, but in a good way, to see how excited these kids were to be involved, to help people who couldn’t surf because of something physical,” he says.

“These were kids with disabilities doing their artwork for people who have disabilities.” That board was on display at the Philadelphia Museum of Art for a time, and now resides in the New Jersey Surfing Hall of Fame in Tuckerton. Once a year, though, Einstein’s O’Connor “yanks” it off the wall for use in They Will Surf Again, where it’s put to joyous use.

“For some participants, the day is about a return to a life they didn’t think they’d have any more,” says O’Connor. “They thought these experiences were gone. This lets them be active again, athletic again, and experience camaraderie. For others” – first-time surfers – “this challenges them to give something else a shot. We end up with surfers who come back year after year. And now some of them are surfing on their own.” – The Philadelphia Inquirer/TNS
Fast, furious Tour de France is a pell-mell journey to Paris

GLORIOUS: Tour de France is the most glorious and heartbreaking of cycling races. Yellow jerseys celebrating 100 years since the first one was worn. Each day, the cyclist with the quickest overall time from the very start of the first day of the race, gets to wear the prestigious Yellow Jersey, or the ‘Maillot jaune’ in French. Usually each rider gets the same design yellow jersey, but for 2020, there are 20 different design jerseys, each with a different aspect of the race, including landscapes, buildings, and famous race winners. Green Jersey, known in French as the ‘maillot vert’, is worn by the best sprinter and time trialist. The best climber, or the ‘King of the Mountains’ wears the polka dot jersey. It is white with red dots, and is known as ‘maillot a pois rouges’ in French. White jersey is given to the best young rider (under 26 years old) overall, and in French is known as ‘le maillot blanc’.

The Tour de France was originally a sales gimmick. In November of 1903, the very first Tour de France was held. Not only did Geo Lefevre succeed at boosting circulation of the newspaper, he created a cycling event that would go on to become one of the biggest racing events and perhaps in the world of sports altogether.

Welcome to ‘Nuty’s Infotainment. YAY! Your time starts NOW!!!

Why was yellow colour chosen for the jersey for the overall leader of the race?

The race sponsor was a French newspaper (formerly L’Auto, now L’Equipe) that printed on distinctive yellow paper. It was essentially an advertising strategy.

In road bicycle race terminology, what do we call the main group or pack of riders who save energy by riding close (drafting or slipstreaming) near (particularly behind) other riders?

Peloton (from French, originally meaning ‘platoon’).

Who is the only US President to have won a record four presidential elections?

Franklin D. Roosevelt

Shadab Mohamad, Qatar Petroleum, Doha

It’s said that cows are destroying the ozone layer because their farts, or as others colloquially call them bovine emissions, contain a certain gas. Which one?

Methane.

Sanjeev Kumar, Ajanta Public School, Gurgaon

Do you have some interesting bytes to share? And, does your vibe attract you to the ‘Tribe NI.yays!’ Every week two of your best questions will be featured here. Please do write to us at ni.yays@zoho.com.

Although most countries celebrate Friendship Day on the first Sunday of August, which day was officially recognised as International Friendship Day by United Nations in April 2011?

July 30.

He was awarded the Nobel Prize in Chemistry in 1944 for the discovery and the radioactive proof of nuclear fission. This process is exploited by nuclear reactors and is one of the basics of nuclear weapons that were developed in the US during WWII. Albert Einstein wrote that he was “one of the very few who stood upright and did the best he could in these years of evil”. After World War II, he became a passionate campaigner against the use of nuclear energy as a weapon. Identify him. He died this day (July 28) in 1955.

Otto Hahn

Which Shakespearean play inspired ‘The Lion King’?

Hamlet

Name Harriet Beecher Stowe’s book that talked about mistreatment of slaves.

Uncle Tom’s Cabin

The below character can be found in which popular board game?

Tonsorial artist: (a) snipper (b) barber (c) beggar (d) sales person

Tonsorial artist: (a) snipper (b) barber (c) beggar (d) sales person

What’s the Good Word?

What’s the Good Word?

1. Plumpness: (a) aristocratic (b) hunched (c) theatrical (d) jerk

2. Higgledy-piggledy: (a) terrified (b) confusing (c) in confusion (d) happy

3. Volition: (a) gift (b) comeback (c) moment of joy (d) will

4. Acquisitive: (a) enrichment (b) par excellence (c) strongly desirous of possessing (d) daring

5. Tonsorial artist: (a) snipper (b) barber (c) beggar (d) sales person

Shahid Malhotra, Qatar Petroleum, Doha

Do you have some interesting bytes to share? And, does your vibe attract you to the ‘Tribe NI.yays!’ Every week two of your best questions will be featured here. Please do write to us at ni.yays@zoho.com.
To analyze the methods of professional burglars, a test group of break-in artists – and regular citizens – were asked to demonstrate their skills robbing a virtual reality home.

**Whose skills were tested**

160 people were asked, using a computer display, to scout a virtual neighborhood, choose a house to break into and steal from it.

- **56** Skilled, jailed burglars
- **50** Other jailed criminals
- **55** No criminal record

**“Journeyman” burglars** find or create opportunities by systematically looking for cues that indicate high reward and low risk to them.

**Where to begin?**

**Experienced burglars** scanned the houses quickly, appraising the back doors and houses at the ends of rows.

They quickly moved upstairs to high value areas, looking for portable, expensive items such as jewelry, laptops, tablets and wallets.

They focused on the lucrative second floor.

**Where to look?**

- **16%** on the third (attic) floor
- **45%** on the lucrative second floor
- **39%** on the ground floor
- **16%** on the ground floor

**End house, good target**

To protect your home from burglary, try to make it appear that someone is at home; try to remove back-yard hiding places for burglars; install security lighting if you cannot.

Source: Jean-Louis van Gelder of University of Twente (Netherlands); Marco Otte of Vrije University; Zarah Vernham and Amy Meenaghan of University of Portsmouth; Criminology Graphic: Helen Lee McComas, Tribune News Service.
**Wordsearch**

Every letter of the alphabet is used at least once.

Squares with the same number in have the same letter in. Work out which number represents which letter.

**Codeword**

```
ARNOLD  SHAKESPEARE  KEATS
DRYDEN  BROWNING  WHITMAN
POE  GRAY  COLERIDGE
AUDEN SHELLEY KIPLING
ELIOT  BYRON  DICKINSON
POPE  HARDY  DICKINSON
BLAKE  TENNYSON  LONGFELLOW
FROST  CHAUCER  YEATS
```

**Sudoku**

Sudoku is a puzzle based on a 9x9 grid. The grid is also divided into nine (3x3) boxes. You are given a selection of Values and to complete the puzzle, you must fill in the grid so that every column, every row and every 3x3 box contains each of the digits 1 to 9 exactly once.

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

**Bound And Gagged**

```
When Big Tony unfriends someone, he doesn't mess around.
```

**Pooch Cafe**

```
I can't believe you scared off the scent dog that was going to help us find Stanley!
You're acting like it's my fault your stupid cat has gone missing!
```

**Garfield**

```
AH, MARY BETH SKEEVERS
SHE REALLY LIKED ME
SHE HAD AN UNUSUAL SKIN CONDITION
```

**Adam**

```
Let's see... Sweatmas needs some traditions other than gifts. OKAY.
How about we wear sweatbands on our head and wrists? YES! PERFECT!
And we need a story, a symbol. DRIPPY THE FLYING POPSICLE! WOW! I mean, wow. Have you done this before?
```

**Codeword**

```
ARNOLD  SHAKESPEARE  KEATS
DRYDEN  BROWNING  WHITMAN
POE  GRAY  COLERIDGE
AUDEN SHELLEY KIPLING
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```
Super Cryptic Clues

Across
1 Street guide for one unfamiliar with the area? (8)
6 Sprite seen in hotel foyer (3)
9 Cheap wine put down noisily (5)
10 There’s nothing to restrict the view (7)
11 Entrance for poor singers (7)
12 Worker going to church for wood (5)
13 Animal backed by great fictional character (6)
15 Lives documented initially by science-fiction writer (6)
19 Vulgar fellow full of energy (5)
21 Comments about stains (7)
23 Attacking band with inside help (7)
24 Some masonic help gets you a suitable position in life (5)
25 Follow first of guests after party (3)
26 Chap taking exercise is big baboon (8)

Down
2 Deliberation even if on time (7)
3 Joint from an animal brought up (5)
4 Beef or game (6)
5 Heavenly display from artist in London area (7)
6 Best of the Carmelites (5)
7 Little bird from Cardiff in Chester (5)
8 Source of water before summer (6)
14 Ceremony that results in name-calling (7)
16 Enthusiasts may wax it (7)
17 Resist change for one of the family (6)
18 Bit of cloth put in river for monster (6)
19 Crude fluid made better (5)
20 Looking at some parsley in gardens (5)
22 Disorderly Roman territory (5)

Wordsearch

Today’s Solutions

Answers

Codeword
Researchers have found that students who use their smartphones five or more hours a day are prone to higher risk of obesity and likely to have other lifestyle habits that increases the risk of heart disease.

According to a study, researchers analysed 1,060 students (700 girls and 360 boys) of Colombia with an average age of 19 years and 20 years, respectively.

“It is important for the general population to know and be aware that, despite being undoubtedly attractive for its multiple purposes, portable, comfort, access to countless services, information and entertainment sources, mobile technology should also be used to improve habits and healthy behaviours,” said study lead Author Miryam Manzitti-Norrón from the Simon Bolivar University in Colombia.

The study found that the risk of obesity increases by 43 per cent if a smartphone was used for five or more hours a day, as participating students were twice as likely to drink more sugary drinks, fast food, sweets, snacks and have decreased physical activities.

According to researchers, 26 per cent of the students who were overweight and 4.0 per cent who were obese spent more than five hours using their device.

Spending too much time using the smartphone facilitates sedentary behaviours, reduces the time of physical activity, which increases the risk of premature death, diabetes, heart disease and different types of cancer, the study said.

According to Rajesh Kapoor, surgical Gastroenterology, Jaypee Hospital, Noida, using smartphones today is not a mere choice, rather it has become a necessity. But using it for too long may risk your healthy life.

“The best way out is to encourage yourself to reduce the duration of time being used on phones and other related gadgets at the same time, to indulge in physical activities like yoga or any other sports or exercise pattern, and by not becoming a couch potato,” Kapoor told IANS.

“It is not a question of five or more hours on the phone. It is a question of how much activity level we are able to build into our life,” Achal Bhagat, Senior Consultant, Psychiatry at Indraprastha Apollo Hospitals in Delhi told IANS.

“And if we are not able to build it to an adequate level, then it increases the chances of obesity and related health risk factors. Phone is one of the ways of exhibiting that we are not doing enough physical activities in our life,” he added. – IANS

**ARIES**

March 21 – April 19

You’re at a dramatic climax in your monthly emotional cycle today, Aries. It’s quite possible that you will erupt like a volcano. Don’t be ashamed about releasing these emotions. Your feminine and masculine natures are connected, and they’re working harmoniously to express themselves to the fullest. Open up the gates of communication and let the stampede charge through.

**TAURUS**

April 20 – May 20

Your philanthropic side may want to come out and do good works today, Taurus. Your default mode is to care for others. This is fine, but make sure it doesn’t deplete your vital life force. The key is to offer advice and then walk away from the situation. You aren’t responsible for other people’s actions. Offer information, but leave the final decision up to the person you’re trying to help.

**GEMINI**

May 21 – June 20

Today is a terrific day, Gemini, and you can get a lot accomplished using your quick mind and sharp wit. Information is flying quickly. Don’t automatically assume that you can work out all your problems on your own. Others today, for this will be your saving grace. You may require others’ help to gather the documents that have blown across the room. Keep an eye on things so you don’t lose your place.

**CANCER**

June 21 – July 22

Why me? You may feel like you ask yourself this question more than anyone else. Cancer. Your life may seem like an intense roller-coaster ride that never stops. But deep down you realise that you would have it no other way. Take a break from it all today if you can. Communicate your thoughts and feelings. By talking, you will feel much better about the situation.

**LEO**

July 23 – August 22

Your brain may buzz like a beehive today, Leo. That’s good. There is a great deal of information to process now. Have you been thinking about buying some new electronic equipment or small appliances for your home? Now is a great time to do some research on this project before you hand over your credit card. Use today to gather facts.

**VIRGO**

August 23 – September 22

Don’t automatically assume that you can work out all your problems alone, Virgo. Just talking things out with others may help shed light on a situation that baffled you earlier. Enlist the help of others in areas where you need it. Don’t be ashamed to ask for assistance. We all have problems and issues to deal with. You aren’t alone.

**LIBRA**

September 23 – October 22

Get up early and get working, Libra. You have a lot of emotional and physical energy that should help you accomplish whatever you need to do. The planetary energy is on your side. Take advantage of it to say what’s on your mind and get a step closer to wherever you need to be. Your active, receptive nature is prominent. You should be able to find a healthy balance between giving and receiving.

**SCORPIO**

October 23 – November 21

Speak up today, Scorpio. Perhaps no one has heard your point of view in a while. More than likely, it’s incredibly important for them to hear it. Just because people don’t ask for your opinion doesn’t mean that it isn’t valid. You have incredible insight that others don’t have. Don’t assume that they know what you’re thinking even though you probably know what they’re thinking.

**SAGITTARIUS**

November 22 – December 21

Someone has just turned on the fan and papers are flying everywhere, Sagittarius. The pace is picking up and you’re scrambling to pick up the pieces. Stay in close communication with others today, for this will be your saving grace. You may require others’ help to gather the documents that have blown across the room. Keep an eye on things so you don’t lose your place.

**CAPRICORN**

December 22 – January 19

No one is going to cater to your needs today, Capricorn, so get up and do things on your own. There’s little sympathy from others, and strong opinions are a dime a dozen. There’s a great deal of gossip buzzing around that you may be tempted to join. Don’t enable this sort of behaviour. It’s only going to alienate you from others in the end.

**AQUARIUS**

January 20 – February 18

Listen closely to the wind, for the answers are blowing right in front of you. Aquarius. Make contact with people you haven’t heard from in a while. You can be quite productive today in unexpected situations. Ironically, the less you plan, the more you will accomplish. Be spontaneous. Revelations will come to you in a flash.

**PISCES**

February 19 – March 20

You might be sidestepping in order to avoid a commitment today, Pisces. Don’t keep giving someone the run around. Be strong and let people know your thoughts even if you think their feelings will be hurt. Your job is to protect your emotions. Other people can handle their own. Be aggressive if you have to. Your sanity depends on being true to yourself.
Punjab Star Sonam calls for pay parity

Punjabi actress Sonam Bajwa might be the “highest paid actor” in the film GudduRi Patole, more than her male counterparts, but she feels pay parity is a far cry because female actors overall do not get what they deserve.

“The issue of pay gap exists not only in Bollywood or the Punjabi film industry, but in Hollywood too. Why just cinema, it is prevalent everywhere, whether it is the corporate world or any other profession. It’s rare when a woman gets equal pay as her male employee,” Sonam said.

According to her, pay parity should be decided on an artiste’s skills more than the gender.

“Makers should see how good an actor performs, rather than seeing what is his or her gender. In today’s time, skill and talent matter the most. A film won’t work if it has no heroine. So, if actresses are giving their best shot to a film, they also deserve the best in return,” she added.

Sonam, however, believes things have changed, and landed actresses like Alia Bhatt and Kangana Ranaut for “bringing that change” in the industry.

“Look at Alia and Kangana. They have proved that women are no less than men. These actresses have brought the audience to cinema halls on their own. Now every Friday the audience awaits their films. Isn’t it a great change? More women-oriented films are being made now, and after seeing this change in Bollywood, the Punjabi film industry is also trying to make good roles for female artistes.”

Sonam, who is known for starring in Punjab hits such as Muklava and the Carry On Jatta 2, is now gearing up for the release of the Punjabi remake of Singham. In the film, she plays the love interest of actor-singer Parmish Verma.

Apart from her acting stint in the Punjabi Singham, Sonam is also excited about her dance number in the upcoming Bollywood project, Street Dancer.

“I did a special song for Street Dancer. The makers wanted a Punjabi girl for the song, so this is not my full-fledged debut film in Bollywood,” she clarified. — IANS

Priyanka can’t wait to be back in dual actor-producer role

Indian actress Priyanka Chopra feels proud that her film The Sky Is Pink is the only film from Asia to have an official selection at the Toronto International Film Festival (TIFF) and she said she can’t wait to be back in a dual role of an actor and a producer.

Priyanka, whose Purple Pebble Pictures is co-producing the film, said she can’t wait to be back in a dual role of an actor and producer.

“So happy and proud to announce that The Sky Is Pink is the only film from Asia to have an official selection at The 44th Toronto Film Festival 2019 at the Gala! I can’t wait to be back this year in the dual role of actor and producer,” she wrote alongside the image.

Helmed by Shonali Bose, The Sky Is Pink will have its world premiere at the prestigious festival on September 13.

“I hope to see many of you at the world premiere on September 13 in Toronto. Thank you for your continued love and support! Releasing in cinemas October 11. Here we go,” Priyanka added.

The Sky Is Pink is a love story of a couple — Aditi and Niren Chaudhary — spanning 25 years, told through the lens of their spunky teenage daughter Aisha Chaudhary, who is diagnosed with a terminal illness.

The film also stars Zaira Wasim and Farhan Akhtar. — IANS

Parenting has to evolve to understand youth: Kubbra

Actress Kubbra Sait, who is playing a pivotal role in the upcoming youth-oriented web series Rejctz, says that the language of parenting has to be upgraded to understand the mindset of youngsters.

Kubbra is playing a student counsellor in the show, who listens to students’ problems and tries to get solutions.

“As the show addresses teen problem, asked what kind of problems she faced while growing up, Kubbra said: “I think when I was growing up, for me, the only way to show rebelling is to bunk classes for no reason actually. Today’s rebellions are different. They are into drugs and porn. Today’s challenges are identified with sexuality. I think today’s challenges have a lot to do with parenting of the past as well.

“If parents are not evolving with their children, they really would not be able to understand the internal problems that children are going through. Children will live in suppression. That will make them depressed and they will remain misunderstood by the elders,” she shared in the Sacred Games fame actress.


“It is important to understand that youngsters rebel because they are trying to tell us something,” says Kubbra Sat.

CLARION CALL: “It is important to understand that youngsters rebel because they are trying to tell us something,” says Kubbra Sait.

Stallone’s daughter in 47 Meters Down sequel

Hollywood superstar Sylvester Stallone’s daughter Sistine Rose is all set to make her debut in the survival horror drama, 47 Meters Down: Uncaged, scheduled to release in India on August 30.

Director Johannes Roberts’ film is a follow-up to 2017’s 47 Meters Down, which stars Mandy Moore. The sequel revolves around the expeditions of four teenagers who dive in an underwater city only to find their adventure turn into their worst nightmare, as they fall prey to a deadly shark attack.

The also stars John Corbett, Nia Long, Sophie Nélisse, Corinne Fox, Brianne Tju, Davi Santos, Kylin Rhambo and Brec Bassinger. — IANS
Our Planet watch party zeroes in on climate crisis

By Mudassir Raja

Watching the natural beauty of the planet earth and discussing human role in destroying it prompted a select gathering to make a resolve to protect the splendor of the planet.

The recent watch party for documentary Our Planet at Qatar National Library (QNL) evoked strong feelings among the 150 participants who left with the commitment to do whatever they can to fight climate change.

The screening of Our Planet series was organised by Global Shapers Doha Hub, an initiative of World Economic Forum. The event was hosted in collaboration with Arab Youth Climate Movement (AYCM) Qatar and QNL to highlight the current climate crisis.

The watch party was attended by Global Shapers Doha Hub and AYCM Qatar members with guest of honour Ajay Sharma, British Ambassador to Qatar; Carlos Hernandez, Ambassador of Argentina to Qatar; Noelia Paolo Romero, wife of the Argentine ambassador; Sheikha Alanoud bint Hamad al-Thani, Managing Director, Qatar Financial Centre; and Patrice Landry, QNL Deputy Executive Director.

Our Planet, Sir David Attenborough’s new nature series on Netflix, took four years to film; the series is collaboration among Netflix, the World Wide Fund for Nature (WWF) and Silverback Films, the team behind both Planet Earth and Blue Planet. The epic-scaled production, Our Planet was filmed across 50 different countries by over 600 crew members.

The documentary took the audience to an unprecedented journey through some of the world’s most precious natural habitats and never-before-seen footage of wildlife and their habitats, from exotic jungles to the deepest seas. It also took the audience on a spectacular journey of discovery, showcasing the beauty and impact of climate change on the fragility of our natural world.

Neeshad Shafi, who is the curator of Global Shapers Doha Hub, in the welcome address said: “Global Shapers understand that climate change is not a challenge that can wait. We believe a sustainable world is possible and want to hold everyone accountable, take tangible action and let the world know that our voices matter.”

He further said: “For four consecutive years, the Global Shapers Annual Survey, taken by 30,000 young people around the world, has identified climate change as the most pressing issue facing their generation. Young people have made it clear that they want to increase collective efforts towards climate action. In this response, Shapers in Doha are help build awareness and education to better understand climate science and drive environmental change back in our home cities to step up climate action.”

Ambassador Ajay Sharma in his keynote speech at the opening of the special screening said: “Sir David Attenborough is not just British, he deeply admired his commitment and which inspire everyone to commit to protect the environment.”

The ambassador added: “Then British prime minister Theresa May had committed to reach net zero carbon emissions by 2050, making Britain the first major economy to do so.” He also lauded the British government which is set to host UN Climate Change summit COP26 in partnership with Italy in 2020.

The ambassador also spoke about the worst impact of plastic pollution. “We also need to address this issue on an urgent basis. UK is set to ban all sales of single-use plastics, including plastic straws and cotton swabs from the country starting 2020, noting that plastic waste is one of the greatest environmental challenges faced globally.”

At the end, Neeshad, also Executive Director of AYCM Qatar, urged the participants to make personnel commitment in the collective action against climate crisis. He called on to join the Shapers’ global activation campaign calling on governments, businesses and the global public to take immediate action to safeguard the planet.

He added: “The idea of Global Shapers to showcase this film to public was not just to make another landmark show, but also to showcase the reality of our current state of nature and not only to engage a large audience to take action but also actually get to the point of changing policy that would lead to global change.”