

Community Sleep better, get fit, be kinder and improve your carbon footprint with simple hacks in life.





GULF@TIMES

Friday, January 17, 2020 Jumada I 22, 1441 AH

Doha today: 16° - 22°

COMMUNITY 2 (2)



BLAST FROM THE PAST: Director Stanley Kubrick on the set of 2001: A Space Odyssey.



Back to the future

2001: A Space Odyssey based on Arthur C Clarke's novel

promised a future. A look back, 19 years later. P2-3

CUISINE

Babka, an irresistible cake noshed as dessert.

Page 6



HOLLYWOOD

Where to watch the movies nominated for 2020 Oscars.





PRAYER TIME

Fajr	5am
Shorooq (sunrise)	6.23am
Zuhr (noon)	11.45am
Asr (afternoon)	2.47pm
Maghreb (sunset)	5.08pm
Isha (night)	6.38pm

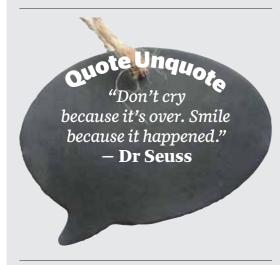
USEFUL NUMBERS



Emergency	999
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	44496000
Hamad Medical Corporation	44392222, 44393333
Qatar General Electricity and	
Water Corporation	44845555, 44845464
Primary Health Care Corporation	44593333
•	44593363
Qatar Assistive Technology	
Centre	44594050
Qatar News Agency	44450205
	44450333
Q-Post - General Postal	
Corporation	44464444

Humanitarian Services Office

(Single window facility for the repatriation of bodies) Ministry of Interior 40253371, 40253372, 40253369 40253370, 40253364 40253368, 40253365 Ministry of Health Hamad Medical Corporation Qatar Airways

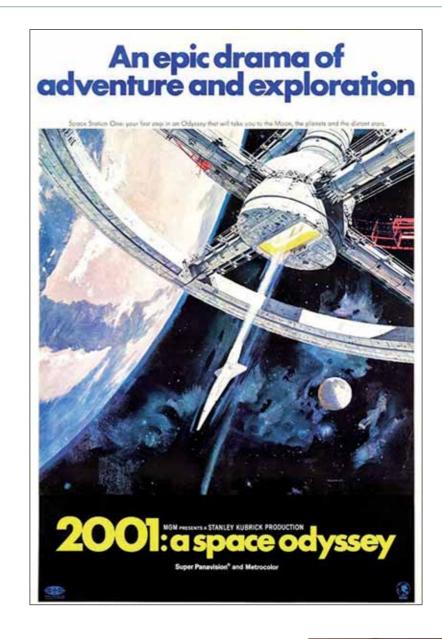


Community Editor

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Ode to Odyssey

At an expansive new exhibition in New York, the director's defining science fiction opus is explored in detail with help from those who made it with him. By Jordan Hoffman





Teenage boys made that movie a success. Today. young people are very enthusiastic about the film. It's Goat [greatest of all time], or whatever it is

Katharina Kubrick, director's daughter





hough the calendar reads 2020 we're still waiting for the future promised in 2001. Stanley Kubrick's 1968 film created concurrently with Arthur C Clarke's novel, is recognised as one of the most influential motion pictures ever made, endlessly scrutinised from both a story and production point of view. Both avenues are open to New Yorkers and visiting tourists from tomorrow through 19 July at the Museum of the Moving Image adjacent to the Kaufman Astoria Studios in Queens.

Envisioning 2001: Stanley Kubrick's Space Odyssey is an in-depth examination of how the New York-born director's desire to make "the proverbial 'really good' science fiction film" (as Kubrick wrote to Clarke in a letter preserved under glass in the exhibit) led to "the ultimate trip", as MGM's marketing department called the movie once young people seized upon the heady, ambiguous film that exploded into sound and light to go "beyond the infinite" in its most notable

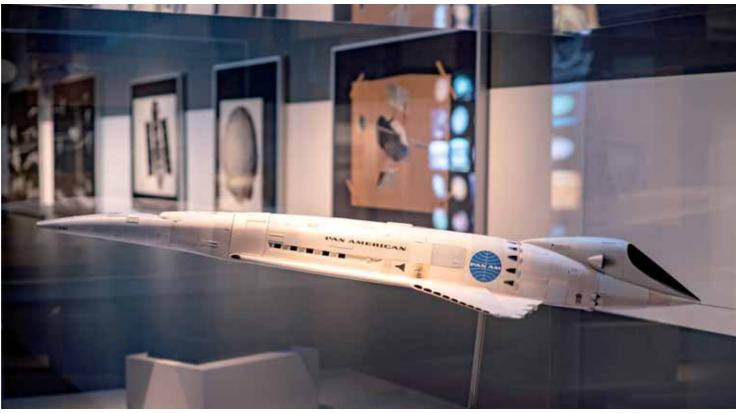
That section of the movie - the stargate scene — is what greets you as you climb the stairs to the museum's third floor. There are also smaller screens offering clips from films that directly influenced Kubrick when he was dreaming of the future. To the Moon and Beyond, created for the 1964 World's Fair, sits beside the George Pal-produced Destination Moon. Jordan Belson's experimental shorts and the Soviet-influenced Czech masterpiece Ikarie-XB1 flank the National Film Board of Canada's 1960 short *Universe*, narrated by future voice of HAL 9000, Douglas

During the press preview, Kubrick's eldest daughter, Katharina, said "teenage boys made that movie a success", as she detailed the initial critical drubbing her father's vision of tomorrow faced on release, and how counting the walkouts with a clicker during the premiere left the director "feeling depressed". When she heard a radio DJ call it "groovy", she knew it might catch on.

"Today," she continued, "young people are very enthusiastic about the film. It's Goat [greatest of all time], or whatever it is," she joked, mentioning its frequent revivals and the recent Christopher Nolanled "unrestored" release.

Her father's exhaustive research is made wonderfully evident in the exhibit with large amounts of correspondence on show, awaiting a deep dive. No detail in the finished film wasn't thoroughly discussed between the production team and groups like the Rand Corporation or Ordway Research. One can also inspect the deals with groups like Hilton Hotels or Parker Pens because even an arthouse masterpiece from the 1960s made

room for spon-con.
The model ships, drawings, sketches, costume tests, helmets, props, walls of index cards and apeman suits are what one expects from an exhibit like this,



SPACE PLANE: A model of the Orion III space plane, from about 1965, designed by Harry Lange. Reproduction by Stephen Dymszo, with Karl Tate, 2015.

2001: A Space Odyssey was the first film the Museum of Moving Image programmed after its rather Kubrickian remodelling job in 2011. The film has screened 46 times to packed houses at the museum since 2011, one of the few spots left in New York with exquisite 70mm projection

but what grabbed me most was a special section dedicated to the stargate sequence. I've read about Douglas Trumbull's creative use of the split-scan technique (which the twentysomething tinkerer essentially invented on the fly) but I've never quite understood it before. Seeing the enormous schematics and largeformat photos finally brought that home.

Not that I'd ever let go of the

suspension of disbelief. With the eerie György Ligeti music piped in (and, elsewhere, Aram Khachaturian and Strausses both Richard and Johann) one is quickly reminded that all this behind-thescenes magic wouldn't mean much without the ideas Kubrick and Clarke dreamed up.

"It doesn't tell you what to think," Katharina Kubrick says of the film, the first of her father's works she was old enough to see

on its release, ("I certainly wasn't allowed to see Lolita," she joked.) "Who you are is how you receive it," she continued, adding that her father remained a "proud Bronx boy" who would receive VHS tapes of New York football and baseball games from his sister when the family lived in England.

The film's New York roots are a point of pride for the museum. Kubrick and Clarke's first meeting was held at the long-gone midtown bar Trader Vic's. Clarke, already living in Colombo in modern-day Sri Lanka, was in town to work on Time-Life Library's Man and Space. The pair talked through the story in Kubrick's frenetic apartment with three energetic young daughters on Lexington Avenue, his office on Central Park West and on walks between the two. When physical production moved to Borehamwood in Hertfordshire, Clarke stayed on at Manhattan's Chelsea Hotel to work on the novel.

2001: A Space Odyssey was the first film the Museum of Moving Image programmed after its rather Kubrickian remodelling job in 2011. (The architect Thomas Leeser admitted to the movie's influence, according to opening remarks at the press event.) The film has screened 46 times to packed houses at the museum since 2011, one of the few spots left in New York with exquisite 70mm projection.

The new exhibit comes to New York after a successful run at the Deutsches Filminstitut & Filmmuseum in Frankfurt. It represents all of the 2001 elements (with "amplification") from a larger Stanley Kubrick show that toured London, Los Angeles and numerous other cities.

With six months of Envisioning 2001 in the upstairs gallery, many special guests like Douglas Trumbull, 2001 actors Keir Dullea and Dan Richter and the director of the Carl Sagan Institute, Lisa Kaltenegger, are booked for accompanying film screenings. In addition to 2001 on both 70mm and digital, programmes include films that inspired Kubrick, were influenced by 2001 or are notable "outer space speculators". From now until July, Queens, New York is the ultimate trip.



DOWN MEMORY LANE: Prints of space and spacecrafts by Roy Carnon, and a space suit worn in 2001.

– The Guardian

Fitness and dietary hacks to change your life in 2020

By Amy Fleming

leep better, get fit, be kinder and improve your carbon footprint with these simple fixes.

Monitor yourself

Susan Michie, professor of health psychology at University College London, says that "being your own scientist and collecting data," through regular weighing or wearing a fitness monitor, is a proven route to success. "If you don't collect data about yourself, it's unlikely that you're going to notice what works for you."

Use visual prompts

If you want to start a fitness habit, it's important to leave visual nudges for yourself. "Even something small like putting your running trainers by the door," suggests Emma Norris, research fellow for the Human Behaviour Change Project at University College London.

Make "if then" plans

"If I'm going to work, then I'll pack some fruit in my bag." Or, "If it rains on a running day, then I'll do a YouTube workout instead." Plans like this, says Norris, "reduce the option for you to opt out, by programming yourself to think that this is what you would always do in that situation".

Temper your goals

As tempting as it may be to try to do everything at once, setting attainable goals is key, says Margie Lachman, professor of psychology at Brandeis University in Massachusetts. "It is hard to make a big change all at once. Small increments are helpful." If you get a pedometer, for example, Norris recommends upping your existing step count by 10% each week.

Give up less easily "There's some evidence that the time taken to form a habit ranges from 18 days to 254 days, depending on the person and the behaviour," says Norris. So if it doesn't stick quickly, be persistent and use the strategies listed here to help you.

Reward vourself

"When you reach those little milestones," Norris says, "think creatively about what a healthy reward would be for you: seeing a friend, reading a book you've been meaning to read, or whatever works for you that isn't the obvious cake."



SCHEDULE: Put times in the schedule when you can be active.

Try a free workout

The NHS website has a virtual fitness studio, says Norris, "with a range of free workouts ranging from 10-45 minutes, across

aerobics, strength training, pilates, dance and more". YouTube, she says, "is chock-ablock with free programmes and videos: Joe Wicks's The Body

(HIIT) workouts?

Coach is my personal go-to for 15-20 high-intensity interval training

She recommends trying a



SOCIAL: Share your accomplishments on social media or find an activity partner or walking group.

Sneak activity into everyday

"If you are busy and live by your calendar," Lachman says, "put times in the schedule when you can be active. Take extra steps rather than shortcuts; walk the stairs instead of getting the lift, park further away from the destination, take a walk during a one-on-one meeting."

Make exercise social

"Accountability helps," Lachman says, "so let others know you are trying to be more active. Share your accomplishments on social media. Find an activity partner or walking group."

Stand up every 30 minutes

"So many of us are chained to our desks every day," says nutrition and fitness author Louise Parker. "If you make getting up every 30 minutes or so a habit, not only will it keep you moving, but it can help give your brain a refresh."

Separate mealtimes from screen time

"If you're watching TV, scrolling through Instagram or checking your e-mails, you're not paying much attention to what you're eating," Parker says. The result: you are more likely to eat more, but will feel less full for it.

Make smoothies

For those who struggle to eat enough vegetables, "a green smoothie that has at least two portions of veg and one of fruit is a great way to top up your intake,"

Plan your work food

We're more likely to choose unhealthy foods outside the home. "Look at your schedule at the start of the day," advises Parker, "and plan meals and snacks, avoiding long gaps when you might feel excessively hungry."

Eat more protein (if you want to lose weight)

"The longer something takes to digest, the farther down the gut it will go and the fuller it will make you feel," says Giles Yeo, principal research associate, MRC metabolic diseases unit, Cambridge University and author of Gene Eating: The Story Of Human Appetite. Any protein – whether it's from meat, beans or other plant sources - takes longer to digest than fats or carbs, he says. Peanuts, almonds, sunflower and pumpkin seeds are good protein sources, along with soya products.



BEST WAY: A green smoothie is a great way to top up your intake of fruit and vegetables.

Continued from Page 4

Stop blindly counting calories

The energy load from ingredients varies wildly according to how they're prepared, plus we all metabolise foods differently, so counting calories isn't much use. "If you eat 100 calories worth of sweetcorn and then you look into the loo the next day, it's painfully obvious you have absorbed nowhere close to that," says Yeo. But if you eat tortillas made of dried and ground corn, he says, "a far greater percentage of the calories become available". Cooking releases more calories in many foods, too, which is why, says Yeo, "people lose weight on raw vegan diets".

Focus less on restrictions

"Try and focus on what nutrition you can add to your diet, instead of cutting out or restricting food," says Aisling Pigott, NHS and private dietitian, and spokesperson for the British Dietetic Association. "Add flavours with plenty of fruit, vegetables, wholegrains and protein," she says. "If your favourite meal is spaghetti bolognese, try switching to a sensible portion of brown pasta, bulking the sauce out with vegetables and mixing in different recipes (such as a lentil bolognese)?

Don't skip meals

"Regular meals are key to building a healthy relationship with food," says Pigott. Stabilising our eating patterns allows us to make positive food choices, whereas "skipping meals, or going long periods without eating can lead to overriding our bodies' hunger and fullness cues". The trouble with being so busy that we don't stop, she says, "is that it can be difficult to recognise these cues, making us more likely to overeat".



PREFERENCE: Since salt intake can increase the risk of raised blood pressure, a risk factor for cardiovascular disease, prioritise herbs and spices

Stop and enjoy every meal

"Whether you are eating broccoli or biscuits," Pigott says, "taking time to taste and enjoy what you are eating is as nourishing as the food you are putting in your body."

Prioritise herbs and spices over

Salt is not the only way to make a meal sing with flavour, and as Pigott points out, "many of us are consuming too much of it". Salt intake can increase the risk of raised blood pressure.

Make cooking from scratch easier

As a protective measure against the added sugars in ready meals, Pigott recommends arming yourself with quick and easy recipes. "I love Jack Monroe's Tin Can Cook book, which has some wonderful store cupboard staples," she says. Swapping recipe ideas with friends and family, she says, "can be really motivating". Anything more than a small glass of juice (150ml) will slosh extra sugar into your diet," says Pigott.

-The Guardian

Sugar ruins yoursleep

By Stephen Moss

ugar is bad; sugar is evil; sugar is the devil. We all know that, although that doesn't stop us from heaping it over our Weetabix every morning and adding it to tea and coffee.

Too much sugar can lead to weight gain, causes tooth decay and increases the risk of diabetes. But it also has another profound effect - it messes with your sleep, and in such a way that your sleeplessness will leave you with a craving for

A 2016 study found that people who have diets high in sugar tend to sleep less deeply and display greater restlessness at night. According to Dr Michael Breus – AKA "the sleep doctor" – a US clinical psychologist who specialises in sleep disorders, too much sugar leads to a tendency to eat later in the day because blood sugar levels are zigzagging out of control. That adversely affects sleep, and your disrupted sleep will, in turn, produce an even greater craving for sugar the next day. The vicious circle is complete.

Having too much sugar at night can be detrimental to our health. "When you eat sugar, your blood sugar levels rise and your pancreas releases insulin, which helps the sugar to be taken back into the cells, giving them fuel to run on," says the dietitian Alex Evans. "Eating sugar late at night overstimulates you. It gives you energy and makes you ready for activity, but that is not what we're trying to do at night. We're designed to shut down towards the end of the day."

"Sugar uses up a lot of magnesium, which you need for sleep," says the nutritional therapist Charlotte Watts, author of Good Mood Food and The De-Stress

Effect. She points out that you should, in particular, avoid latenight chocolate, which contains caffeine and other stimulants.

Dr Paul Kelley, a researcher into sleep patterns, accepts the link between high sugar intake and disturbed sleep, but cautions that more data is needed before we fully understand the causality. He says the average adult needs at least seven hours sleep a night; any less and you will be looking for short-term energy boosts, and the combination of bad diet and poor sleep will damage your health.

"We have a major problem with sleep and a major problem with food, and they interact," says Kelley. "Sugary foods are likely to disrupt your sleep. The rule of thumb is that you shouldn't eat in the two hours before you go to sleep." He recommends avoiding caffeine and switching off the TV an hour before

The encouraging news is that the craving can be broken. "Blood sugar is like a rollercoaster, but fibrous foods such as wholemeal and granary bread, and potatoes in their skins can help to control it," says the dietitian Anna Hardman. "They release sugar over a much longer period and reduce the spikes." Your overworked pancreas gets a well-

Foods high in tryptophan are recommended for enhancing sleep. These include beans, lentils, nuts, whole grains and poultry. Or you could opt for a meal with sleepinducing carbs and some protein. "Tryptophan helps to make the neurotransmitter serotonin, known as the 'happy hormone," says Evans. "One of the things it does is prepare

you for sleep."

Healthy eating, exercise and an evening wind-down produce good sleep, and the vicious circle turns virtuous. Sleep well.

The Guardian



AFFECT: Sugar late at night overstimulates you.



EVERGREEN: Babka is a dessert that can be prepared and served all year round.

Photo by the author

Babka, an irresistible cake noshed as dessert

ocial media's strong presence in our lives brings us so close to a whole new culinary level that we never imagined before. The world has become so connected and diversified like never before. A major benefit of this new revolution is the exposure to almost every culinary delicacy from around the world at our fingertips. One such trending culinary dish is babka. It is a cake disguised as bread. It is sweet yeast dough filled with fudgy chocolate or cinnamon in layers and baked. It can also be served with streusel on top. You may recognise it as a cake-bread with hundreds of swirls of chocolate.

The word 'Babka' means grandmother, referring to the grandmothers who made it for the kids. There are versions of this cake with raisins or other dried fruits and citron. This dessert can be prepared and served all year

round. Babka is made with sweet yeast dough, with few proofs; the dough is rolled out and spread into a tight roll. Then comes the part that gives it the typical swirls. The long cylinder of the dough is cut in half lengthwise and then the two sides are twisted like a braid, but with only two sides. It's then folded over once and put in a loaf pan. After it is baked, it's brushed with simple syrup to give it that glossy sheen. It is usually but not always topped with a streusel. Perhaps what makes babka so irresistible is the contrast between the slightly dry layers of bread and the sticky, delicious swirls of chocolate spread. Because it manages to be both light and dense at once, for me it's difficult to stop at iust one slice, and while it's a perfect alongside coffee, it's by no means limited to morning consumption and can be all too easily noshed on as an afternoon or dinner dessert.

Babka Ingredients

All-purpose flour 4 cups Whole milk 1 cup Active dry yeast 1 tsp Granulated sugar 1/3 cup Sea salt 1 tsp Vanilla extracts 1 tsp Lemon zest 1 tsp (optional) Nutmeg, powder 1/3 tsp Eggs 4 nos. Unsalted butter 150gm

For the fudge filling

Granulated sugar 1/2 cup Heavy cream 3/4 cup Salt a pinch Dark chocolate 180gm Unsalted butter 100gm Vanilla extracts 2 tsp

For the chocolate streusel

All-purpose flour 1 cup Granulated sugar 3 tbsp. Cocoa powder 1 1/2 tbsp. Salt 1/2 tsp Unsalted butter 60gm Semi-sweet chocolate chips 60gm

For the syrup

Granulated sugar 120gm Water 2/3 cup

Method:

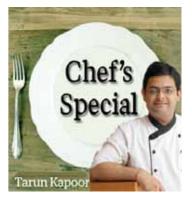
For the dough, combine lukewarm milk and a pinch of sugar and let it sit for 5 to 10 minutes, or until slightly

Sift flour and add salt, 1/3 cup sugar and vanilla extracts and lemon zest and nutmeg powder.

Combine the prepared yeast and milk mixture with butter and eggs and keep aside.

Make a dough using the milk and flour mixture. If the dough is sticky, dust some more flour and make soft

Grease a baking tray with butter and place the prepared dough in it.



Cover the dough with a damp kitchen towel and let it puff and rise for 1 to 2 hours.

Press the dough down with your hands, cover the bowl again and refrigerate overnight or for at least 4 hours in a warm area in the kitchen.

For the filling: In a medium sauce pan combine cream, sugar and salt over medium heat.

Simmer, while stirring occasionally, until sugar completely dissolves in about five minutes.
Stir in chocolate, butter and vanilla

until smooth, let it cool down at room temperature, refrigerate for later use and allow coming at room temperature before use.

For the streusel, combine flour, sugar, cocoa powder and salt.

Stir in melted butter until it is evenly distributed and forms large moist crumbs, stir in the chocolate

Streusel can be prepared up to 3 days ahead and stored, covered in a

Prepare the simple syrup in a small sauce pan, combine sugar and 2/3 cup water, simmer over medium heat until sugar dissolves, remove from flame and keep aside. Butter two 9-inch loaf pans and

line with parchment paper.

Divide the dough into half and roll into a 9 by 17 inch rectangle and starting with a long side roll into a tight coil and wrap it tightly with a cling wrap and freeze for 10 minutes and repeat with other pieces.

Slice one of the dough coils in half lengthwise to expose the filling.

Twist the halves together as if you were braiding them, then fold the braid in half so it's 9 inches long.

Place into a prepared pan, cover loosely with a clean kitchen towel and let it rise in a warm place for 1 to 11/2 hours, until puffy.

Thaw at room temperature and preheat oven at 180 degree Celsius.

Using your fingers clump streusel together and scatter all over the tops of the cakes, bake for 40-50 minutes or until a toothpick comes out without any rubbery resistance.

The cakes will also sound hollow if you unmould them and tap on the bottom.

As soon as the cakes come out of oven, prick using a skewer and pour the prepared syrup on top.

Transfer to a wire rack, cool before serving.

> • Chef Tarun Kapoor, Culinary Mastermind, USA. He may be contacted at tarunka poor 83@gmail.com

Fifth series of #Bigbmeetup kicks off

The 5th series of #Bigbmeetup under the theme of 'Celebrating Artists' recently kicked off with a tour of the museum in Shahaniya part of the Al Samriya Estate of HE Sheikh Faisal bin Qassim al-Thani. The event featured a panel discussion on the topic of 'the art scenario in Qatar' which was moderated by Othman Khunji, acclaimed multidisciplinary artist. The panel included five other artists, including Bouthayna al-Muftah, Noor Abu Issa, Mohammed Faraj al-Suwaidi, Laila Bacha and Hadeel El Tayeeb. The session also featured a speech by Mariam al-Mulla, Qatari artist. HE Sheikh Faisal bin Qassim al-Thani inaugurated the six-week long art exhibition. The event was attended by notable personalities, including HE Sheikha al-Anood bint Qassim al-Thani, and Ritu Kumaran, wife of the Ambassador of India, along with visiting international artists, art gallery personnel, and art collectors.

The exhibition features a sustainable art display by children who produced artwork with discarded flowers conducted by local green NGO a Flower Each Spring, the oldest environment NGO of Oatar

Bosco Menezes, Founder of #Bigbmeetup, said, "I am overwhelmed by the number of people who attended. This museum deserves all the attention and more visitors. It houses one of the largest and most diverse collections of artefacts perhaps in the world. it has been a wonderful experience co-curating my first professional art exhibition with my friend Othman Khunji and help from Geraldine Menezes and Junaid EK, and exhibiting my own work along with some of the most acclaimed artists in Qatar."

The exhibition is on display till February 11. Museum timings and fees apply.



TSS elects new office bearers

Tanahun Service Society (TSS), a socio-cultural Nepali organisation, recently organised its 11 general convention at Rotana Hotel. The event was chaired by Narayan Dungana, president of TSS. Hamsaraj Dhakal Cheetri, President of Gandaki Provenance Number 4, was the chief guest on the occasion. Santosh Regmi, outgoing vice president of TSS, welcomed the gathering, which was followed by an annual report presented by Padam Giri, outgoing secretary.

The new management committee of TSS was elected on the occasion. The new office bearers, include Padam Giri, First Vice President: Sangam Pandev, Second Vice President: Ganesh Bahadur Cheetri, Third Vice President; Min Raj Wagle, General Secretary; Santosh Regmi, Secretary; Padam Bahadur Rana Bhatt, Treasurer; and Surya Giri, Co-Treasurer. The new elected members of TSS, include Bom Bahadur Ranabatt, Briyas Pati Rana, Hira Thapa, Rishi Ram Thapa, Diya Thapa Magar, Raju BK, Naresh Thapa, Yam Bahadur Saru Magar and Dhar Prasad.

Ambika Khayri, Female co-ordinator of NRNA-NCC Qatar, and Padam Giri, General Secretary of NRNA-NCC, were felicitated on the occasion

- Text and photo by Usha Wagle Gautam





Sri Lankan community organisations mark annual General Meeting

Sri Lanka Coordinating Committee (SLCC). Sri Lanka Community Benevolent Fund (SLCBF) and Sri Lanka Business Council (SLBC) recently marked annual General Meeting at the Embassy of Sri Lanka. The event kicked off with the presentation of annual and financial reports of the organisations, which was followed by an address by Sanath Kohowilage, outgoing president of SLCC. The new office bearers of all three organisations were elected on the occasion. The new presidents of the management committee of SLCC, SLCBF and SLBC, include Pantalion Perera, President of SLCC, A M Liyanage,

SLCBF: and Randheer Hapugodaarachchi, SLBC. The new office bearers of SLCC, include Lenny Cramer, General Secretary; Rathnasiri Hewage, Treasurer; Dulip Liyanage, Chief Co-ordinator; Tenison De Silva, Vice President; Mahesh Abhayapala, Vice President (Welfare & Fund Raising); Nishantha Gamage, Assistant General Secretary; Kanchu Wijesooriya, Assistant Treasurer; Anura Hettigoda, Assistant Chief Co-ordinator; and Ishara Weerapperuma, Thusitha Wickramasinghe, Charith Jayasena, Amila Abrew, Susantha Namal, and Danushka Matharage, committee members.



THE MOON: THE NEXT FIVE YEARS by Monica Young & Terri Dubé



ALMOST 50 YEARS AGO, humans landed on the Moon. Soon, we are due to return. NASA, Russia's Roscosmos, and the China National Space Administration (CNSA) are all building up to a long-term human presence on or near the Moon. The European Space Agency, as well as space agencies in India, South Korea, and Japan are also ramping up robotic lunar exploration. Meanwhile, a plethora of commercial missions aim to send orbiters, landers, rovers, and even tourists to the Moon, in a private space boom jump-started by Google's Lunar XPRIZE, NASA partnerships, and good old-fashioned entrepreneurship.

Delays will no doubt hound some of these missions, and not all of them will be successful. Nevertheless, here are some of the missions to the Moon that we expect to see over the course of the next five years, including their preliminary launch dates and, where applicable, planned landing sites.

Orbiters

Artemis P1 and P2**

LAUNCH: Feb. 17, 2007 (Entered orbit: June 27 and July 17, 2011) ORGANIZATION: NASA (U.S.)

Lunar Reconnaissance Orbiter*

LAUNCH: June 18, 2009 (Entered orbit: June 23, 2009) ORGANIZATION: NASA

Longjiang 2** 🍿

LAUNCH: May 20, 2018 (Entered orbit: May 25, 2018) ORGANIZATION: Harbin University of Technology (China)

Quegiao**

LAUNCH: May 20, 2018 (Entered orbit: June 14, 2018) ORGANIZATION: CNSA (China)

Hakuto-R Mission 1

LAUNCH: 2020 organization: ispace (Japan)





(EM 1) LAUNCH: 2020 ORGANIZATION: NASA

(via EM 1)

LAUNCH: 2020 ORGANIZATION: Lockheed Martin (U.S.)

LAUNCH: 2022 ORGANIZATION: NASA

dearMoon

ORGANIZATION: SpaceX (U.S.)

LunaH Map 🃦 (via EM 1)

LAUNCH: 2020

ORGANIZATION: Arizona State University (U.S.)

Lunar Flashlight (via EM 1)

LAUNCH: 2020 ORGANIZATION: Morehead State University (U.S.)

Lunar IceCube (via EM 1)

LAUNCH: 2020 ORGANIZATION: NASA

Korea Pathfinder **Lunar Orbiter**

LAUNCH: Dec. 2020

ORGANIZATION: Korea Aerospace Research Institute

Luna 26

LAUNCH: 2023

ORGANIZATION: Roscosmos (Russia)

EM 3

LAUNCH: 2024 ORGANIZATION: NASA

STATUS: Mission may be revised to include crewed lunar landing

Orbiters & Landers

Chang'e 5 LAUNCH: Late 2019

ORGANIZATION: CNSA LANDING SITE: Near Mons Rümker

Chang'e 6

LAUNCH: 2023-2024 ORGANIZATION: CNSA LANDING SITE: TBD. could be lunar farside or south pole

Landers

Omotenashi (via SLS EM 1)

LAUNCH: 2020 ORGANIZATION: JAXA (Japan)

LANDING SITE: On western limb (tentative landing site shown)

Peregrine

LAUNCH: 2021

ORGANIZATION: Astrobotic (U.S.) LANDING SITE: Lacus Mortis

Luna 25

LAUNCH: 2021

ORGANIZATION: Roscosmos LANDING SITE: Near south pole

XL₁

LAUNCH: 2021

ORGANIZATION: Masten Space Systems (U.S.)

LANDING SITE: Aristarchus Crater

Smart Lander For Investigating the Moon (SLIM)

LAUNCH: 2021-2022 ORGANIZATION: JAXA

LANDING SITE: Mare Tranquillitatis

Luna 27

LAUNCH: 2024

ORGANIZATION: Roscosmos LANDING SITE: Near south pole

Landers & Rovers

Chang'e 3**

Chang'e 4**

LAUNCH: Dec. 1, 2013

ORGANIZATION: CNSA

LAUNCH: Dec. 7, 2018 (Landed: Jan. 3, 2019)

ORGANIZATION: CNSA

LANDING SITE: Mare Imbrium

LANDING SITE: Statio Tianhe.

inside Von Kármán Crater

(Landed: Dec. 14, 2013)

ORGANIZATION: PTScientists (Germany) LANDING SITE: Taurus-Littrow

ALINA

Valley

LAUNCH: 2020

Hakuto-R Mission 2

LAUNCH: 2021

ORGANIZATION: ispace LANDING SITE: Lacus Mortis

Orbiters & Landers & Rovers

Chandrayaan 2 LAUNCH: 2019

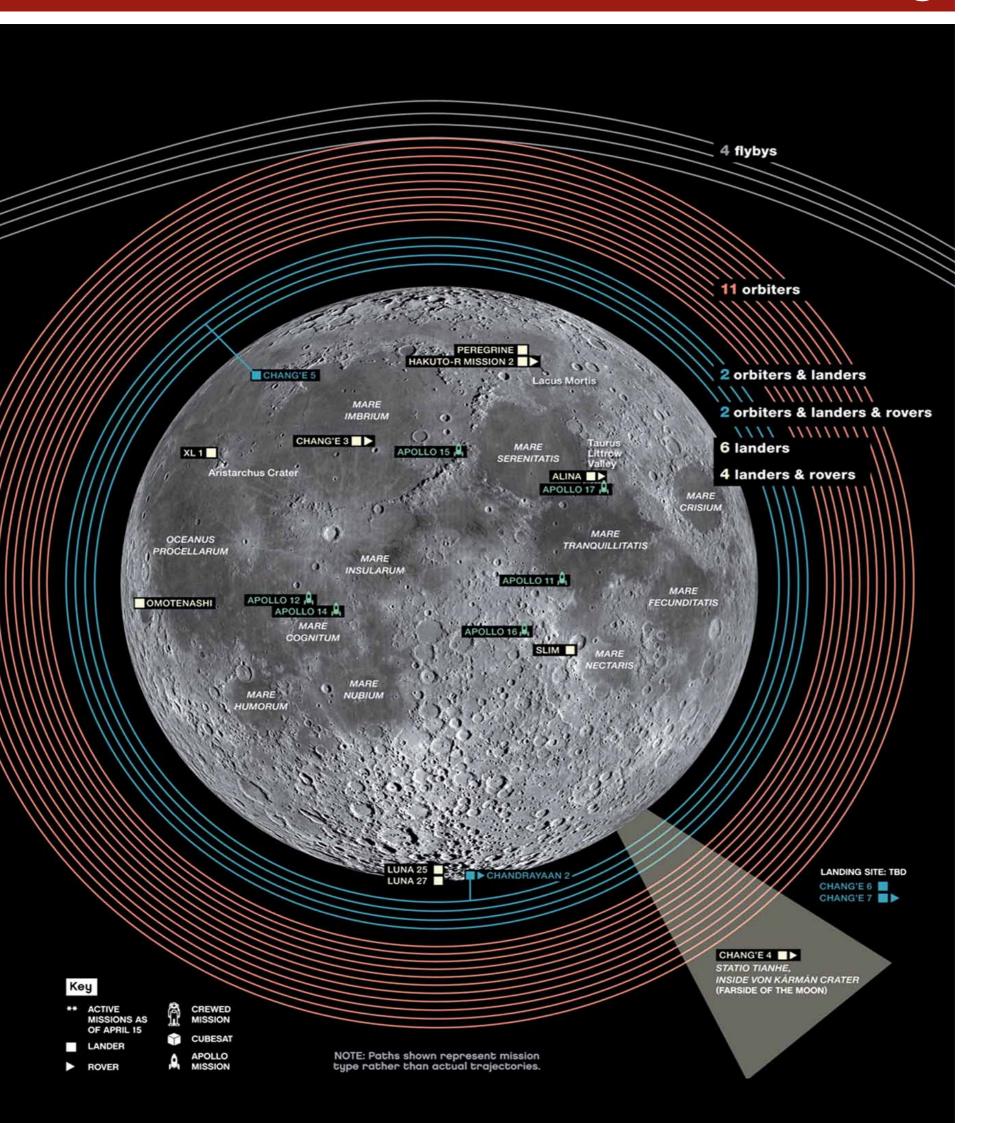
ORGANIZATION: Indian Space Research Organisation LANDING SITE: Near lunar south pole





Chang'e 7 **LAUNCH: 2023** ORGANIZATION: CNSA LANDING SITE: TBD.

likely south pole



The Picasso owned by thousands

A Swiss crowd-funding project has given 25,000 people the chance to each own part of a Picasso painting. Following stints in Geneva and France, the painting is now on display at a museum in Bern. By Christiane Oelrich



MUSEUM: The Zentrum Paul Klee museum in the Swiss city of Bern.

hen Jonas goes to see Picasso's "Bust of a Musketeer" at the Zentrum Paul Klee museum in the Swiss city of Bern, he gets a personal greeting. "Thank you, Jonas, for having

made this possible," reads a message on the wall when he logs in with his ownership card.

Jonas is one of 25,000 people who paid 50 Swiss francs (50 dollars) each to collectively snap up the Spanish artist's 1968 painting through the Swiss bargain retail website Qoqa.

The shares were sold within 48 hours in 2017.

Qoqa has created a novel way to buy, view and present art. The owners, who call themselves Picassionians, can look at their painting any time on a webcam, and can also post messages that are displayed on a wall at the Zentrum Paul Klee, where the Picasso has been put on display.

Everyone who physically visits the museum can play with a threedimensional scan of the painting on a giant screen. A touchscreen allows viewers to twist and turn



DIRECTOR: Thomas Soraperra, director of the Zentrum Paul Klee, pictured in front of a monitor showing the Picasso painting 'Bust of a Musketeer,' which is owned by 25.000 people

the piece, and to zoom in on individual brush strokes.

"Part of the art world remains conservative, but there is movement in other areas," says Fabio Monte, one of Qoqa's cofounders.

The Zentrum Paul Klee is displaying the Picasso as part of its efforts to make art accessible to

as many people as possible. The museum also wanted to learn from the Qoqa project, says its director Thomas Soraperra.

"How does a large digital community work? We already communicate in social networks, but we want to get better at it," he

The museum has also started projects to connect to the local community in Bern, including a tool pool that allows small enterprises and museums to share technical equipment.

"Art has always created other possible realities," says German art theory expert Karen van den Berg. "In that sense, art has always been a companion of democratic

There is currently a trend towards "democratising art" developments of the 1990s, she

As the past millennium ended, the art market was stirred up by Arab oil magnates, Russian oligarchs and Chinese billionaires.

"A second yacht or a third Maserati would no longer impress their peers, but a Picasso could," van den Berg says.

As a result, prices soared and the market became a playground for the world's super-rich.

At the same time, the art world took a social turn, as artists started launching civil society initiatives and included viewers in their creation processes.

This has also changed how some

museums operate.

"They no longer do things for an audience, but with their audience," says van den Berg.

For example, the Victoria Art Gallery in the British city of Bath is showing an exhibition of works by French Belle Epoque artist Henri de Toulouse-Lautrec this year funded by 12,000 pounds (14,700 dollars) raised through a crowd-funding campaign.

Qoqa's founders launched the Picasso project on a whim.

The website, which offers its users select bargains for short periods, wanted to do something unusual to celebrate its second anniversary in 2017.

The website's operators learned about the Picasso painting and thought that it would make a good fit for Qoqa, Monte says. The Musketeer's motto of "one for all, all for one" suited the website, he

At first, it was difficult for Qoqa to find museums where the piece

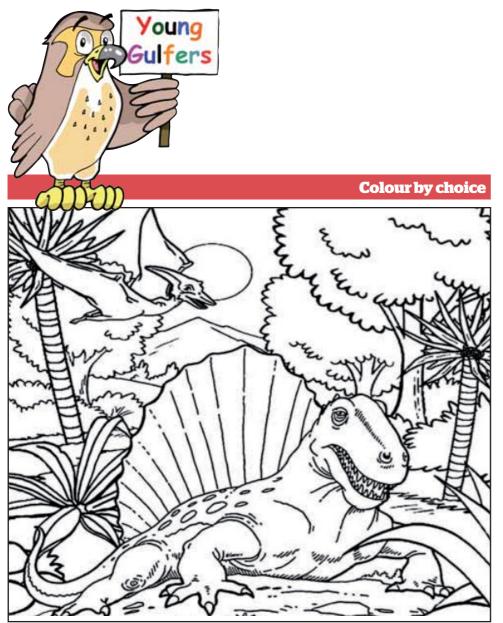
could be displayed.
"Many did not believe that we had a real Picasso," Monte says.

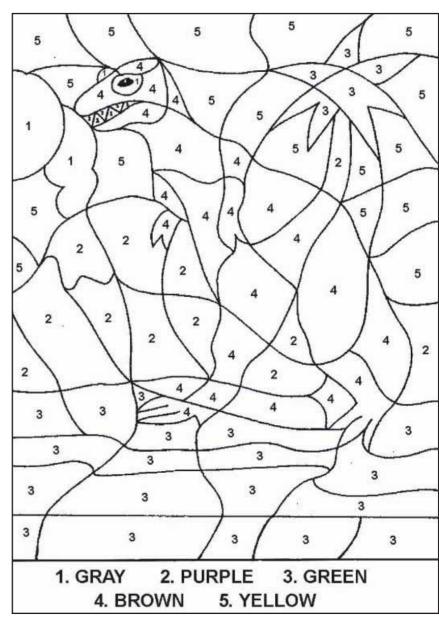
However, they cleared these hurdles and have been able to put the "Musketeer" on show in Geneva and in the Picasso museum in Antibes, France, before

moving it to Bern.
Picasso's son Claude, for one, likes the Swiss co-ownership

"When I first heard about Qoqa, I was very surprised and intrigued about this idea, which seemed a bit crazy," he said in a video that was posted by the bargain platform.
"I think it's really touching,"

he said, expressing hope that his father's "Musketeer" would become a messenger for similar art market projects in the future.

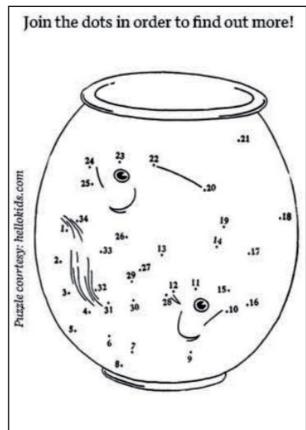




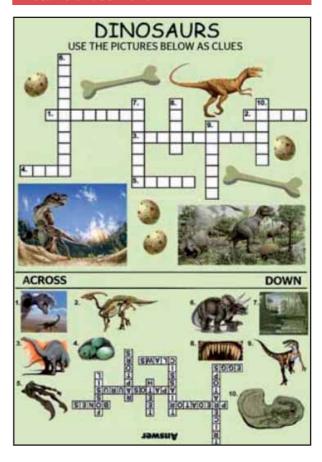
Maze

Help the alligator find its way to the swamp.

Connect the dots



Picture crossword

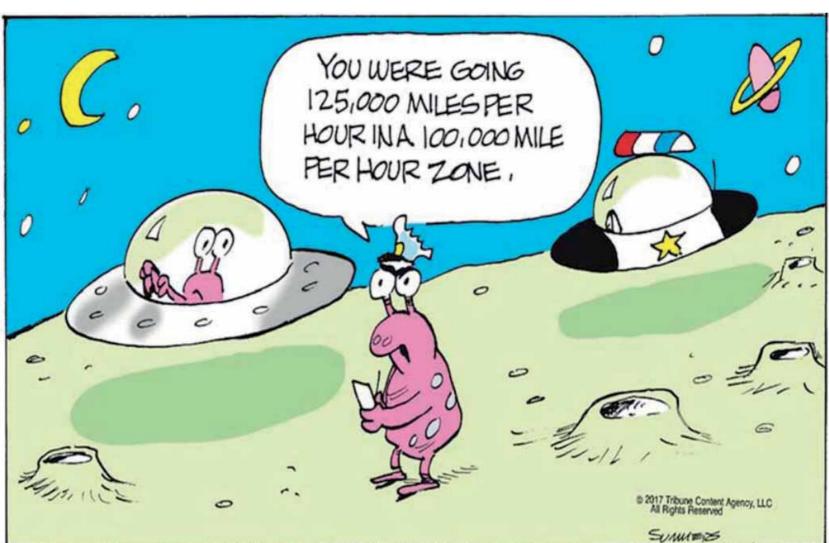


CARTOON

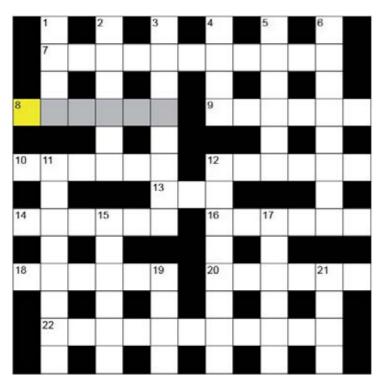








Super Cryptic Clues



7 Motion in favour of standing (11)

8 Steady place for horses (6) 9 Clergyman going round in circle (6)

10 Tool found by architect in front of church (6) 12 Space traveller from remote

13 Card for the expert (3)

legislation (6)

arrested (6)

20 Sharp bar put off (6) 22 A sort of terminal cut (11)

14 The effect of one member on 16 Nicholas and Edward get 18 Crazy bird (6)

1 Notice a mark (4)

2 Sweet that is twice as good in France? (6)

3 A bit of a change for show team (8)

4 Metal used by Heinz in cans (4) 5 Straightfroward letters of credit (6)

6 A new diet not a remedy (8) 11 Odd sort of horse that is made to drink (3.5)

12 People correspond - by telepathy? (8)

15 In Pakistan Karachi is an Asian capital (6)

17 Found fault with new red cap (6)

19 Gem obtained for a pound after work (4) 21 Post Office trainees emptied

containers (4)

Wordwatch

indagate (IN-duh-gayt)

MEANING: verb tr.: To search into; to investigate. ETYMOLOGY:

From Latin indagare (to search). Earliest documented use: 1623.

"I need to get him to indagate any potential infringement."

eftsoons

(eft-SOONZ) MEANING: adverb:

1. Soon after.

2. Again.

3. From time to time.

ETYMOLOGY:

From Old English eft (again) + sona (soon). Ultimately from the Indo-European root apo- (off or away), which is also the source of after, off, awkward, post, puny, appose, and apposite. Earliest documented use:

1000 USAGE:

"Eftsoons we turned to the volume of Shakespeare that we had at hand."

faute de mieux

(foht duh MYOO/MYUH) MEANING:

adverb: For want of something better.

ETYMOLOGY:

From French faute (lack) + de (of) + mieux (better). Earliest documented use: 1766.

USAGE:

"Mrs May survives faute de mieux. The Tory party can't agree on who should succeed her and both factions fear that the alternative would be worse for them.

amain

(uh-MAYN) MEANING: adverb:

1. With all one's strength.

2. At full speed.

3. With great haste

ETYMOLOGY:

From a- (on, in, to) + main, from Old English maegen (strength, power). Earliest documented use: 1540.

"The wind now rising amain, he in vain strove."

certes

(suhr-TEEZ) MEANING:

adverb: Certainly.

ETYMOLOGY:

From Old French certes, from Latin certus (certain). Earliest documented use: 1250.

USAGE:

"Certes, no man in his right mind would come near her with a huge wolfhound at her side."

- wordsmith.org

Sudoku

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

Yesterday's Solutions

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

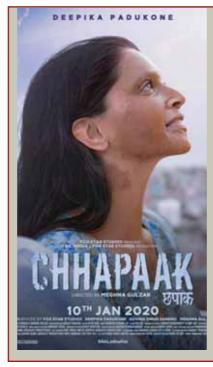


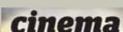
Sudoku is a puzzle based on a 9x9 grid. grid is also divided into nine (3x3) boxes. You are given a selection of values and to complete

the puzzle, you must fill the grid so that every column, every row and every 3x3 box contains the digits 1 to 9 and none is repeated.

Solution









For movie timings and further details please scan the QR code above with your mobile phone camera or visit gatarcinemas.com



LIFESTYLE/HOROSCOPE

How to wear boilersuits

By Jess Cartner-Morley

think this is how it works: boilersuits are what women who used to wear jumpsuits wear, now that everyone else is in on the jumpsuit act. A jumpsuit traditionally had a sleevesrolled-up, get-stuck-in vibe that suggested its wearer was ready for anything. Like, for instance, you were dressed for work, but if you needed to you could totally change a tyre on the way there. But the jumpsuit has been watered down over the past five years. In Hollywood, jumpsuits are worn on the red carpet, accessorised by the kind of diamond earrings you don't climb under cars in. The jumpsuit has gone entirely mainstream, but the boilersuit still has a gritty edge. You know the difference when you see it: if it is streamlined, a bit glossy, or in a delicate fabric, it's a jumpsuit. A boilersuit is closer to its workwear roots, and probably has a practical tie belt, like this one.

The boilersuit is utilitarian, but with a welcome side order of slight eccentricity. Think of Anneka Rice,



running down a windswept seaside pier on some loopy mission; Winston



Churchill, who loved a boilersuit and shirtmaker, Turnbull & Asser: Rosie ordered his from his Jermyn Street the Riveter, flexing a bicep with a

iaunty scarf tied in her hair. There is a seam of wartime nostalgia running through the boilersuit which lends an air, to use a 2019 buzzword, of resilience. And to balance the retro mood, the silhouette is in step with modern fashion: it has a structure of its own, sitting slightly away from the body, rather than skintight.

Loo-going issues notwithstanding, it is blissfully easy to wear. No draughts, no gaps, adjustable waistband to give a little post-lunch leeway, plenty of pockets. Some clothes are quick and easy to get dressed in, but hard to wear all day - a little black cocktail dress, for instance. Some looks take a bit of effort to put together, but are very practical once you are dressed - a trousersuit and shirt, for instance, has all the weather-adaptive layering options you need. But a boilersuit is both an easy one-step way to get dressed, and a practical piece to wear all day. And - with the addition of a pair of festive red party shoes, which I don't recommend trying to drive in, let alone changing a tyre - all evening, too. Taxi shoes with this outfit? Why not. There is nothing this look can't do. - The Guardian



Today sensitivity combines with mental astuteness to bring your innate practicality and efficiency to the surface. You'll probably have more than one chance to make use of this, Aries, whether it relates to work you do at home, you're helping out a friend, or you're working with a group. Family members and others find it easy to communicate with you and might come to you with matters they need to sort out. Enjoy your day.



Whatever tasks or chores you may have to perform today are likely to go much more quickly and efficiently than usual, Cancer. Your level of common sense is high, as is your physical energy. Success is strongly indicated in any kind of enterprise you take on today, so don't be afraid to try anything, no matter how outrageous it may seem. By the way, don't be surprised if other people come to you for advice.



Projects of all kinds that you could be working on with partners or friends could go especially smoothly today, Libra, as your thinking is especially sharp, clear, and logical. You and your friends are in an especially strong place right now, with trust and respect between you at an all-time high. Social events could bring stimulating discussions and stronger bonds between you and others.



You may have been especially interested in promoting your general health for a while, Capricorn, and so today you could finally start that $\,$ nutrition and exercise program you've been thinking about. You're likely to come up with a plan that is more than workable since your thinking is especially clear and logical right now. Others might be inspired to join you. Whatever work you do should be accomplished quickly.



Communication with others should be as strong on a psychic level as on a verbal one, so expect some telepathic flashes. Practicality and common sense combine with intuition today to make you feel especially creative. A number of ideas for new projects could cross you mind, Taurus, and you'll want to write them down for later.



You generally tend toward a very high level of perseverance, Leo. No matter how difficult a task may seem to you, today it should go very smoothly, particularly if it involves in-depth study or research of some kind. Your thinking is especially clear and down to Earth today, and your common sense is operating at a very high level. Get to whatever needs to be done today and there won't be any loose ends left for tomorrow



Today could be one of those days when you look around the house and think, "What a mess!" You might then decide to give the whole place a thorough cleaning. This is fine, Scorpio, as long as you don't try to do it alone. Get others in the household to help out. You've been working very hard lately, and if you get too tired you could well be very short with everyone and be very poor company. Pace yourself!



Today should prove a busy day on all levels. Inspiration for creative projects, particularly writing, should come to you in profusion, Aquarius, and so you might produce results that could surprise even you. Communication with loved ones is particularly clear, open, and honest today. You will be able to clear up a few matters that may have been bothering you and those close to you.



Your innate practicality and common sense are apt to be called into action on behalf of a group with which you're affiliated, Gemini. Some of them may be feeling muddled, and you're the only one who has what it takes right now to see the matter through. Your own goals could be advanced today because of increased focus and clear thinking. Overall, this should be a great day to work on projects of your own. Enjoy!



Dreams could shed light on some personal ambiguities you've been trying to understand, Virgo. Your thinking is especially clear and logical now, and work should therefore be a snap. Money matters should go fairly smoothly today, particularly if paperwork or legal documents are involved. You should have practical insights that are stronger than



Letters or phone calls could come today reaffirming the continued success you've been enjoying and presenting new opportunities, Sagittarius. Your mind should be in a very good space to consider anything new that comes your way, and your common sense is high so you're apt to see all sides of it. Therefore, whatever you have to think about, trust yourself!



Generally you tend to let paperwork go, Pisces, but today the necessity of handling budgeting and financial matters could force you to sit down and get it all done. However, where money and other resources are concerned, you're apt to be especially practical and efficient, so don't be surprised if you sail right through it and get it done well. Other paperwork, such as your own writing, should go equally well.

Where to watch the movies nominated for 2020 Oscars



By Amy Wong

he 2020 Oscar nominations were announced last Monday morning to lots of mixed feelings. If you want to catch up on some of the nominated films, here's some information about where you can watch them.

Ford v Ferrari

Nominations: Best Picture, Best Film Editing, Best Sound Editing, Best Sound Mixing

Review: Whether you care about motorsports or not. Ford v Ferrari is a kick: both a rollicking true story well told, and a moving depiction of male friendship.

Where to watch: Ford v Ferrari is currently in theatres.

The Irishman

Nominations: Best Picture. Best Director, Best Supporting Actor, Best Adapted Best Adapted Screenplay, Best Production, Best Cinematography, Best Costume Design, Best Film Editing, Best Visual Effects

Review: At 3.5 hours, The Irishman is long, to be sure, but it's never less than compelling - Martin Scorsese, Robert De Niro, Al Pacino and Joe Pesci are each carrying a lifetime of work, with practised ease.

Where to watch: The Irishman is streaming on Netflix.

Jojo Rabbit

Nominations: Best Picture, Best Supporting Actress, Best Adapted Screenplay, Best Production Design, Best Costume Design, Best Film Editing

Review: This sprightly, attractively composed coming-of-age comedy set in World War II Germany is an audacious high-wire act: a satire in which a buffoonish Adolf Hitler delivers some of the funniest moments, a wrenchingly tender portrait of a mother's love for her son and a lampoon of the most destructive ideological forces that

still threaten society. Where to watch: *Jojo Rabbit* is currently in theatres.

Nominations: Best Picture, Best Director, Best Adapted Screenplay, Best Actor, Best Cinematography, Best Makeup and Hairstyling, Best Costume Design, Best Film Editing, Best Original Score, Best Sound Editing, Best Sound Mixing

Review: While Joaquin Phoenix is always more than watchable, Joker

is really has nowhere to go. Its characters are one-note cartoony, but fun is the last thing on this movie's mind; it's all despair, from its opening scenes on downward.

Where to watch: Joker is available to buy or rent from Amazon, Vudu, Google Play and

Little Women

Nominations: Best Picture, Best Adapted Screenplay, Best Actress, Best Supporting Actress, Best Original Score, Best Costume

Review: Growing in only her second feature film (following *Lady Bird*), pulls off a resolutely faithful rendition of the book that's nonetheless deeply creative.

Where to watch: Little Women is currently in theatres.

Marriage Story

Nominations: Best Picture, Best Actor, Best Actress, Best Supporting Actress, Best Original Screenplay, Best Original Score

Review: Scarlett Johansson and Adam Driver are remarkably, heartbreakingly good as a couple trying to understand why they don't love each other anymore.

Where to watch: Marriage Story is streaming on Netflix.

Nominations: Best Picture, Best Director, Best Original Screenplay, Best Original Score, Best Cinematography, Best Makeup And Hairstyling, Best Production Design, Best Sound Editing, Best Sound Mixing, Best Visual Effects

Review: Sam Mendes' WWI movie, which just won two Golden Globes, is an emotional, moving experience that includes a brilliant feat of camera work.

Where to watch: 1917 is currently in theatres.

Once Upon a Time ... in Hollywood

Nominations: Best Picture, Best Director, Best Original Screenplay, Best Actor, Best Supporting Actor, Best Cinematography, Best Costume Design, Best Production Design, Best Sound Editing, Best Sound

Review: What we have here, in Ouentin Tarantino's vision of Los Angeles at the time of the Manson family killings, is the past, reinvented wholesale, in what amounts to a phantasmagoria of the late 1960s.

Where to watch: Once Upon a Time ... in Hollywood is available to buy or rent from Amazon, Vudu, Google Play and more.

Parasite

Nominations: Best Picture, Best Director, Best Original Screenplay, Best International Feature Film, Best Production Design, Best Film Editing

Review: It's best to see this Cannes Film Festival grand-prize winner by Korean filmmaker Bong Joon Ho not knowing too much about it; the better to let its sly power sneak up on you.

Where to watch: Parasite is currently in theatres.

The Two Popes

Nominations: Best Actor, Best Supporting Actor, Best Adapted Screenplay

Review: Who knew that serious talk about the future of the Catholic Church could be the source of so much fun?

Where to watch: The Two Popes is streaming on Netflix.

Bombshell

Nominations: Best Actress, Best Supporting Actress, Best Makeup and Hairstyling

Review: It's a story that's both dramatic and timely, with a celebrated cast more than able to jolt it to life. But something went wrong on the way to Bombshell.

Where to watch: Movie is currently in theatres. - The Seattle Times/TNS



Pakistani minister lauds expats' role in brotherly ties with Qatar



SPOTLIGHT: Shehryar Khan Afridi, the Minister of State for States and Frontier Regions (SAFRON) and Narcotics Control Pakistan, fifth from right, with the community members.

By Mudassir Raja

hehryar Khan Afridi, the Minister of State for States and Frontier Regions (SAFRON) and Narcotics Control Pakistan, recently addressed a large gathering of Pakistani community in Doha at a dinner, hosted in his honour by prominent members of the community. The dinner was attended by notable personalities of Pakistani community, including Abdul Qahar, Abid Ali, Mohammad Hussain, Kamran Taraqei, Ikram Bungesh, Aiysha Wadood, Saeed Bacha, Musa Alam, Muhammad Sheikh, and Asif Riaz.

Speaking on the occasion, the minister said that the expatriates living and working in Qatar are particularly very dear to the government back home.

"The current government in Pakistan enjoys friendly and cordial ties with Qatar. Whenever I come here, I have always been received with unparalleled hospitality by the Qatar government. I believe this is the respect duly earned by the dedication and hard work of the Pakistanis here," added the minister who is on a short visit to Qatar.

The minister urged the community to abide by the laws of the country where they work. "Qatar has given incalculable opportunities. It is a home away from home for you all. It is binding on you to continue



"There are many Pakistanis who I know have made their fortune in Qatar. They share with me how they were welcomed with open arms here and how they were facilitated in their businesses. The two countries are very close to each other and have been cooperating in different fields"

Shehryar Khan Afridi, Minister of State for SAFRON Pakistan

working hard and following the rules and regulations of the country. There are many Pakistanis who I know have made their fortune in Qatar. They share with me how they were welcomed with open arms here and how they were facilitated in their businesses. They say that they get due result for their hard work here. You have to pay back both to Pakistan and Qatar. In my meeting with the law and order

authorities in Qatar, the authorities appreciated the role of Pakistani expatriate community. The number of Pakistanis working in different Gulf states is growing steadily and the government has been pushing this cause very closely.

"The Pakistani diaspora in the world has not only been the source of financial support to their country, but have also been promoting the cause of Pakistan in foreign lands."

The Pakistani federal minister underlined the continuous cooperation with Oatar in different fields. "The two countries are very close to each other and have been co-operating in different fields. My ministry deals with narcotics control. We are also working with the Qatari authorities in curbing the drug trafficking and narcotics control. Qatar has appreciated our government's steps in this direction."

He added, "We have created a mobile app called Zindagi (life) to raise awareness against the drug abuse and teach parents how to watch out for their children. My ministry has already compiled relevant data to combat drug trafficking and we work together with other countries."

The minister highlighted the progress the Pakistani government has been making since it came to power 17 months ago. "The government of Prime Minister Imran Khan has been able to pay off huge amount of international loans. The rupee is getting stronger. The business opportunities are growing. Foreign investment has been growing in the recent months. International and domestic tourism is on the rise. The international monetary institutes have been releasing encouraging reports on the Pakistani economy.

"The prime minister's personal efforts have led to release of thousands of Pakistanis from different Gulf countries including Qatar. Imran Khan has directed the ambassadors to take good care of the overseas Pakistanis. The minorities in Pakistan are safer than ever. The minority communities are much Pakistani as any other citizen of the country is."

In the end, the community members highlighted different issues faced by the expatriates in Pakistan. The minister told the community that their issues will be resolved at priority bases.