

What's On

ACK awards Junior Engineers Camp participants

The Center of Continuous Education (CCE) at the Australian College of Kuwait (ACK) held a ceremony to honor the students who participated in the first ever Junior Engineers Camp. The Junior Engineers Camp was organized by the CCE in collaboration with the School of Engineering as a part of its efforts to help the youth of Kuwait to reach their full potentials. The camp gave high school students, aged 14 and up, an opportunity to learn more about engineering at ACK in the period of ten days.

At the camp, students were taught how to conduct experiments and were also taught about important safety aspects of lab work. The focus of the experiments was on the four engineering majors offered by ACK: Electrical, Mechanical, Civil, and Petroleum. The students who took part in the camp described the experience as valuable, fun, and a great way to learn during summer break.

"The camp was very beneficial, it gave us an excellent opportunity to learn more things and to explore our options," said Noor Basel Al Obaid, one of the students at the camp. "You can rarely find something academic for teens in Kuwait, and I think it was a great initiative from ACK to provide us with this opportunity. I appreciate that they recognize the youth and their needs."

The students worked well with the instructors which ensured the success of the camp. Dr Michel Nahas, Assistant Professor of Electrical Engineering at ACK commented: "I personally enjoyed teaching them.



They were very enthusiastic and attentive to our instructions. The students worked well together as they explored the four engineering majors." ACK Junior Engineers who challenged themselves in this camp and proved their abilities.

UPAC organizes blood donation drive



For the fifth consecutive year, and in continuation of the "Donate Blood to Save Lives" campaign, United Projects for Aviation Services Company (UPAC), a leading commercial real estate and facilities management company, organized blood donation drives in partnership with Kuwait Central Blood Bank. The two blood donation drives were held between July 1 - 2, 2019, at Discovery Mall and at UPAC's head office respectively. 48 UPAC employees as well as various walk in visitors at Discovery Mall donated blood in support of Kuwait Central Blood Bank's campaign.

A total of 24 liters of blood were donated which will be utilized to supplement emergency blood requirements at various government hospitals in Kuwait. Donating blood contributes to helping those in need of immediate transfusions following an accident, as well as in restoring the health of patients recovering from illnesses. UPAC's blood donation drive showcases the company's commitment towards the local community and to helping those in need. Discovery Mall is one of UPAC's managed properties that offer a host of educational, cultural, and entertainment activities that are geared towards children and the youth segment in Kuwait.

Burgan Bank customers enjoy discounts at Salmiya Clinic

Presenting its clients with unique benefits and privileges, Burgan Bank customers can now enjoy valuable deals at one of the growing health centers in Kuwait, Salmiya Clinic. Ensuring its customers with the highest quality of medical services, all Burgan Bank cardholders can avail of the discounts that come under different specialties and sub specialties. Keeping in line with the latest demands and expectations of the community, Burgan Bank customers can receive a 20 percent discount at the medical laboratory, 15 percent for diagnostics radiology and sonar, and 10 percent at the endocrinology clinic, nutrition clinic, and for laser and dental and oral facilities.



Double Tomato Pesto Spaghetti with Zucchini Noodles

This fresh summer recipe features burst cherry tomatoes, cherry tomato and sun-dried tomato pesto, zucchini noodles and spaghetti! It's light and delicious.

INGREDIENTS

Pasta and zucchini noodles:
8 ounces whole grain spaghetti
1 large zucchini

Pesto:

1 cup walnuts
2 pints (4 cups) cherry or grape tomatoes
2 tablespoons olive oil, plus more for drizzling
1/4 cup oil-packed sun-dried tomatoes, rinsed and drained
2 garlic cloves, roughly chopped
1/2 teaspoon finely grated lemon zest
1 to 2 tablespoons lemon juice
1/4 teaspoon red pepper flakes
1/4 teaspoon salt, to taste
Freshly ground black pepper, to taste

Garnishes:

1/2 cup lightly packed basil leaves, larger leaves torn into small pieces
Freshly grated Parmesan cheese
Olive oil, for drizzling

INSTRUCTIONS

Bring a large pot of salted water to boil for the spaghetti. Cook the pasta until al dente, according to package directions. Drain and transfer to a large serving bowl. Spiralize the zucchini with a spiralizer (here's how), or turn the zucchini into noodles with a julienne peeler, or grate the zucchini the long way on a large box grater. Toast the walnuts: In a medium skillet over medium heat,



cook the walnuts, stirring occasionally, until they smell nice and fragrant, about 7 minutes. Set aside to cool.

Cook the cherry tomatoes: In a large saucepan over medium-high heat, combine the cherry tomatoes, olive oil and a pinch of salt. Cover the pot and cook, stirring occasionally, until the tomatoes have burst open and they are cooking in their own juices, about 7 to 8 minutes. Set aside.

In a food processor, combine the walnuts, half of the cooked tomatoes, sun-dried tomatoes, garlic, lemon zest, 1 tablespoon lemon juice, red pepper flakes, 1/4 teaspoon salt and several twists of freshly ground black pepper. Blend until the mixture is pretty smooth, then season to taste with additional lemon juice, salt and/or pepper until the flavors really sing (if that doesn't do the trick, add some more sun-dried tomatoes). Blend again.

Pour the pesto over the spaghetti and toss to combine. If you'll be consuming this dish in one sitting, go ahead and toss in all of the zucchini noodles now, too. (If you plan on having leftovers, store the zucchini noodles separately from the rest, as they leach water when they're exposed to salt-I just pile the noodles on top of my individual bowls and wait to stir them in when I'm ready to eat. Hope that makes sense.)

Pour the rest of the cherry tomatoes on top of the dish, and sprinkle the basil over them. Toss gently, and divide the mixture into bowls. Top individual bowls with Parmesan or nutritional yeast, if you'd like, and a light drizzle of olive oil. Serve immediately.

Arugula & Watermelon Salad

Delicious watermelon salad recipe with fresh arugula, feta, olives and sherry vinaigrette. This surprising, sweet and savory salad is perfect for summer!

INGREDIENTS

Salad:
5 ounces arugula (about 5 cups, packed)
2 cups cubed pieces of seedless watermelon
1 cup crumbled feta cheese
1 cup halved and pitted Kalamata olives

Vinaigrette:

1/4 cup extra-virgin olive oil
1 small shallot, chopped (about 2 tablespoons)
2 tablespoons sherry vinegar or red wine vinegar
Hefty pinch of salt
Freshly ground black pepper, to taste

INSTRUCTIONS

To assemble the salad: In a medium serving bowl, combine the arugula, cubed watermelon, feta and olives.

To prepare the vinaigrette: In a small liquid measuring cup or bowl, combine all of the vinaigrette ingredients and whisk until blended. Taste, and add more salt and pepper if necessary, keeping in mind that the salad contains some salty ingredients.

Wait until you're ready to serve to dress the salad, since the arugula will start wilting once it comes into contact with the vinaigrette. Whisk the vinaigrette one more time, then drizzle about half of the vinaigrette over the salad. Gently toss to combine. Add more vinaigrette if necessary to lightly coat the arugula (I only needed about half of mine and saved the rest for a future salad). Serve immediately.

