Resilience

In this issue of our Newsletter, I wanted to say a few words about a very important topic, especially in this day and age: mental resilience.

Although access to information 24/7 has its good sides, unfortunately it also means being constantly bombarded with bad news from all over the world. This, together with general information overload and social media on the other hand showing seemingly perfect lives of perfect people, are constant attacks on our mental health and wellbeing.

Add to this a global pandemic and an economic recession, and you have a recipe for anxiety, and a sense of helplessness or hopelessness.

However, when times are rough, that is when we need to push the hardest, and stay away from ‘victim mentality’. And here lies the importance of resilience. This is not to say that we should not allow ourselves to feel negatively impacted by bad things that happen, but rather not to let them deter us from our goals, plans and ambitions. Whilst we sometimes cannot change what happens to us, what we can influence is how we react to those changing circumstances. And with mental strength, calmness and rationality, we might just be surprised at our own ability to cope, and to come out of a bad situation stronger, and smarter.

It is not about how many times we fall down. What truly matters is our ability to push ourselves back up, repeatedly, consistently, and fearlessly. The goal is always to stand up.

M. Shafik Gabr
Fabrice Guerrier launches podcast on the future

The next 20 years of our lives will be radically different in terms of technology, our environments and our social systems. 2018 Gabr Fellow Fabrice Guerrier views this as a great opportunity for us as a species to reinvent all of society for the better.

In the podcast, Fabrice interviews experts and some of the leading minds of this generation to offer insights on creating a better future. Listen on Spotify using this link: https://open.spotify.com/show/4F7VWTiqCTTBpW3kYspx

Because Baseball’s inaugural Newsletter

From a series of training videos for Egyptian youth to upcoming zoom-supported coaches clinics for Egyptian PE teachers and volunteers, Because Baseball and its founder, 2015 Gabr Fellow Kemp Gouldin continue to creatively bring together families, communities, and cultures through baseball.

And while they hope to return to the fields in Cairo this fall, they have in the meantime launched a Newsletter where they will be sending all their updates. Sign up to the Because Baseball Newsletter on https://www.becausebaseball.org/

Becca Doten promoted to Deputy Executive Director

2013 Gabr Fellow Becca Doten has been promoted at her job to Deputy Executive Director, Public and Government Affairs at Los Angeles World Airports.

In this role, Becca is responsible for overseeing all internal and external communications and media relations; coordination with community organizations and neighborhood outreach efforts; collaboration with local, state and federal government partners on public policy and legislation; airport marketing and advertising; and the support and development of new routes and service at LAX.

Shady Saleh discusses Libya

2018 Gabr Fellow and Middle East Researcher Shady Saleh was recently featured on CGTN Africa to address the current developments in Libya.

Shady is currently Research Assistant at the European North African Center of Research.

You can access Shady’s interview on the following link: https://www.linkedin.com/posts/shady-saleh_libya-ceasefire-gna-activity-670889028336353280-okBM
Ahmed Radwan stars in new TV series

2015 Gabr Fellow Ahmed Radwan started shooting for a new TV series “Hagma Mortada - Reverse attack” that will be broadcast on TV and online during the month of Ramadan 2021, featuring the Egyptian actor Ahmed Ezz and Tunisian actress Hend Sabry.

For Ahmed, this project is a step forward in his acting career and he plays a character with different dimensions and a transformation that will be revealed during the episodes.

Also, Ahmed is back in theatre rehearsing and training with the Live Improvisation acting group “Irtigalia” for their next show on stage in November 2020 after a five-month pause due to COVID-19.

See below link to a scene from one of Irtigalia’s live shows:
https://www.facebook.com/irtigalia/videos/2088093244670157/?vh=e&extid=TMAAixHA1ICMvook

Marwa Abdalla’s movie producing success

2018 Gabr Fellow Marwa Abdalla’s film project as a producer “Breakfast, Lunch, and Dinner” got selected to participate in the 7th edition of Cairo Film Connection, which is a platform for developing film projects held in the Cairo International Film Festival.

Cairo Film Connection is a space for Arab filmmakers to initiate connections and receive the support they need to bring their films to completion. It will be taking on November 23 – 25, 2020 bringing together international producers, financiers, distributors, and representatives from funding bodies, sales agents and TV channels to initiate international co-productions and partnerships with films from the Arab world.

“Breakfast, Lunch, and Dinner” is a feature narrative film, written and directed by Mohamed Samir, and produced by Marwa Abdalla and Claire Chassagne and it is Marwa’s first long feature film as a film producer, having previously produced short films.
Gabr Foundation Reading Corner

The Foundation Reading Corner encourages Fellows to critique the books that have been recommended to them in each issue. For this issue, Mr. Gabr recommends *The Man Who Ran Washington: The Life and Times of James A. Baker III* by Peter Baker and Susan Glasser, and *China: The Bubble That Never Pops* by Thomas Orlik.

James Addison Baker III was the indispensable man for four presidents because he understood better than anyone how to make Washington work at a time when America was shaping events around the world. For a quarter-century, no Republican won the presidency without his help or ran the White House without his advice. *The Man Who Ran Washington* is a portrait of a power broker who influenced America’s destiny for generations.

In *China: The Bubble That Never Pops*, Thomas Orlik turns the spotlight on China’s fragile fundamentals, and resources for resilience. Drawing on discussions with the Communist cadres planning China’s rise, the bankers providing the financing, and the laborers sweating the construction sites, Orlik pieces together a unique perspective on China’s past, present, and possible futures.

Sponsor a 2020 Gabr Fellow

**Sponsoring a Gabr Fellow** for the 2021 Fellowship Program goes beyond financial support—it helps build bridges of cross-cultural understanding between the East and the West.

The sponsorship package costs $35,000 which includes the sponsoring of a Fellow who can carry the name of the individual, organization, or corporation making the contribution.

Sponsors will be recognized in all Foundation publications, marketing materials, and at all events. You may find information about how to become a Sponsor, Corporate Patron, or provide Unrestricted Support [here](eastwestdialogue.org/fellowship/how-to-support)
'Be prepared': With water scarcer, Egypt pushes farmers to use much less

by Menna Farouk

Hassan Abdel Salam knew he was wasting a lot of water every time he flooded his fields to irrigate his mango crop, but wasn’t aware of any alternative.

Then the farmer from northern Egypt learned about drip irrigation - putting tiny amounts of water just where it’s needed - through a new Government scheme. Now pipes with small holes snake around his 10-feddan (10-acre) farm, dripping water directly to the base of each plant.

Since adopting the method at the start of the year, the 53-year-old said his farm in the village of Mansouriya, near Giza, uses at least 25% less water, fertiliser and energy and his harvests have increased by nearly 20%. “It was a difficult decision for me at first because I was not familiar with the new system. But, when I was told by other farmers that it has a lot of benefits, I started applying it and it turned out to be beneficial, as I was told.”

Abel Salam is among hundreds of farmers in the country’s north who have turned to water-saving sprinklers and drip irrigation in the latest phase of a Government strategy to reduce water consumption and improve agricultural productivity.

Egypt suffers from significant water shortages, due to the combined effects of climate change, pollution and a growing population with increasing water demands, water and development experts say.

A new mega-dam upstream on the Nile River in Ethiopia also makes the country’s access to river water - which it heavily depends on - less certain, officials say. Negotiations have not yet resulted in an agreement on how much and when the hydropower dam can be filled and discharged.

According to Egypt’s statistical agency, about 70% of the country’s total water comes from its share of the Nile River, which amounts to 55.5 billion cubic meters a year based on a 1959 deal with upstream Sudan.

Egypt’s farmers used more than 61 billion cubic meters of water in the fiscal year 2016/2017, making them by far the country’s biggest water consumers, according to the agency. But the 1959 deal isn’t recognised by Ethiopia, which has now started filling the reservoir behind its new Grand Renaissance Dam.

MORE PEOPLE, LESS WATER

The Government’s new irrigation initiative, launched in January, is part of a wider 20-year water management plan that started in 2017, said Mohamed el-Sebaei, a spokesman for the water ministry.

The aim is to convert 5 million feddans to drip and sprinkler irrigation, up from the 1 million currently using those methods. The responsibility for paying for, overseeing and maintaining the switch to more modern irrigation systems falls to the farmers.

But to help, the Government is offering loans farmers can pay off in installments, Sebaei said. Farmers who adopt the new methods will also get smart cards that give access to subsidized fertilizers, pesticides and seeds, he added.

Agriculture provides work for more than half of Egypt’s population, according to the U.N.’s Food and Agriculture Organization.

Abbas Sharaky, an associate professor of economic geography at Cairo University, said the fixed amount of water provided in the now-imperiled water-sharing agreement with Sudan is one of the challenges Egypt faces as it tries to tackle its shortages. With a booming population and generally inefficient water management, that volume of Nile water is no longer enough, he told the Thomson Reuters Foundation. “The population is growing and demand is rising while at the same time the share is the same,” he said.

The country currently has about 570 cubic meters (150,000 gallons) of water per person per year - just over half of the 1,000 cubic meters hydrologists say is the minimum to avoid water scarcity, according to the Ministry of Water Resources and Irrigation.

‘WE HAVE TO BE PREPARED’

To deal with the growing shortfall, the Government is building seawater desalination plants and constructing wastewater recycling facilities, as well as promoting water-smart irrigation, Sebaei said.

Sharaky noted that while sprinklers and drip irrigation can lower water use for many farmers, the techniques cannot be used on farms growing popular crops like wheat and sugarcane. “The new methods can only be applied to crops of fruits and vegetables...they will not work with other water-hungry crops,” he said.

The Government has given farmers who use older irrigation methods a one-year grace period to move to the new systems or face a fine of 3,600 Egyptian pounds ($230).

According to Sebaei, moving to drip or sprinkler irrigation costs about 5,000-7,000 Egyptian pounds ($315-$445) for each feddan. “The benefits of converting to these new methods are many and they are worth the money,” he said.

Abdel Salam, the farmer who made the switch in Mansouriya, said he plans to spread the word to other farmers about how the method has transformed his farm.

“We do not know what tomorrow will bring. We have to be prepared,” he said.

Disclaimer: The views presented in this article are the author’s alone and do not represent the opinion of the Foundation. This article was originally published in Reuters: https://www.reuters.com/article/us-egypt-cities-housing-feature-trfn/cautious-hopes-for-slum-dwellers-relocated-in-egypt-housing-project-idUSKCN25A0DP
Who is Tera Dahl, and why are journalists out to get her?

by K.E. Grubbs Jr., 8 October 2020

As he headed for his history-upending election four years ago, Donald Trump paused to deliver – as all presidential candidates must – a major foreign policy address. Among other items on his America First checklist, he vowed to work with “all moderate Muslim reformers in the Middle East.”

At that moment, with the ISIS “Caliphate” consumed in its murder spree and the Obama administration trying to appease the terrorist Iranian regime with $150 billion in cash, Trump singled out Egypt’s president Sisi and Jordan’s King Abdullah as Muslim leaders whose voices he would “amplify.” Most establishment media underplayed the story.

But a contributor to the Trump-friendly Breitbart News had this to say: “Donald Trump in his speech recognized the need to support our Muslim allies in the global war on terrorism. This is critical in defeating global jihad. We cannot afford another four years of a policy of alienating our allies and emboldening our enemies as we have seen under the Obama administration.”

The strategy, four years on, and again with Trump headed for another rendezvous with the polls, was prescient and it paid off in an historic breakthrough. A fresh departure from diplomatic inertia, the Abraham Accords, in which the moderate Muslim leaders of the United Arab Emirates and Bahrain – like Egypt and Jordan before them – agreed to make peace, not war, with Israel. The policy success was so obviously monumental that it staggered the mainstream media. So whatever became of that Breitbart contributor?

Tera Dahl, who at the time was executive director of the now-defunct Council on Global Security, was tagged by the new Trump administration to help organize the National Security Council as deputy chief of staff. Working first with Michael Flynn and then with H. R. McMaster, former national security advisers each, Dahl was able in the early days to see the amplification of moderate Muslim voices come about as official policy.

She next moved on to what excited her even more, an appointment as senior adviser to the United States Agency for International Development, which dispenses financial aid and technological expertise to developing nations. Here was another chance to defy bureaucratic inertia, performing global good for ever-more grateful countries.

That’s when media indifference ceased.

Both Politico and The New York Times have been on a rampage about Trump’s politically incorrect USAID appointments. Some of Dahl’s associates came under scrutiny for comments critical of the LGBTQ agenda, one, a deputy White House liaison, being forced out by congressional pressure. According to the Times’ Pranshu Verma, Trump had appointed other offenders who brought with them anti-abortion sentiments and had placed “anti-Muslim statements on social media.” Dahl, reported Verma, was “a former Breitbart News writer who made statements against Islam.”

Politico went further in a headline: “A Bannon ally is the latest contentious hire at USAID.” That of course would be Steve Bannon, who published Breitbart before being hired and fired by President Trump and who now is under federal indictment for mail fraud. Never mind that Dahl and Bannon seldom crossed paths.

The most damning Dahl quote Nahal Toosi (presumably an “ally” of Politico publisher Robert Allbritton) could find was this: “There is no difference between Hamas and Hezbollah, and the Muslim Brotherhood and Al Qaeda, and the Boko Haram; all are dedicated to the creation of a global Islamic Caliphate.” Which is manifestly true. And based on Dahl’s many research trips to the region. But Toosi’s impulse to indict included this convoluted, double-negative-laden sentence: “[Dahl] has disavowed efforts to delink the concept of terrorism from the religion, in ways that Muslim advocacy groups view as discriminatory.”

In other words, Dahl recognizes that religion, any religion, can attract violence-prone extremists and that some overly sensitive practitioners of the religion in question prefer that it not be mentioned. Guilty!

Now my disclosure: As a congressional staffer a few years ago, I knew Tera when she was running the fellows program of the Washington-based Shafik Gabr Foundation, which brings promising young Muslim professionals to study in the U.S. capital city.

Gabr, an Egyptian-born industrialist and philanthropist dedicated to the memory of martyred peaceaker Anwar Sadat, was as astonished as I to read that Tera was, by these reporters’ tortured logic, an anti-Muslim activist now burrowing into USAID. In a lengthier statement sent to me, Gabr wrote: “Tera could not be further away from being anti-Muslim. She is a patriotic American who has extended her hand to the East and worked as a bridge-builder between the two cultures.”

Gabr went on, agreeing with Tera, to describe the Muslim Brotherhood as a “terrorist group,” adding that “Muslims themselves are also very much against the Muslim Brotherhood organization.”

Toosi and Verma, themselves allied to a false narrative, clearly do not know how to process such realism, and their journalism shows it. My efforts to reach them and their editors have been unavailing. No matter. The Abraham Accords have shattered their narrative – and vindicated Tera Dahl’s.
As the Gabr Fellows enter into leadership roles—in business, diplomacy, government, finance, and more—they will continue to grapple with significant challenges, magnified by an increased pace in technological advancement, the potential for ramped up global inequalities, and changes in governance and economic structures.

To better understand the pulse of the Gabr Fellowship community and to begin to articulate substantive dialogue, the Foundation polls the Fellows each month on the key issues facing their respective countries and the global community at large.

1. Do you believe a COVID-19 vaccine will be ready for widespread use by the first half of 2021?

   Yes: 55%
   No: 42%
   I don’t know: 3%

2. Do you support Egypt’s voting regulations where failure to participate in a parliamentary or presidential election results in a fine?

   Yes: 26%
   No: 55%
   I don’t know: 19%

3. Who will be the next US President?

   Donald Trump: 39%
   Joe Biden: 61%

Stay tuned for next month’s question of the month and the Gabr Fellows’ takes on current events, as our community of future leaders grapple with the most pressing challenges of today and tomorrow.
HAPPY BIRTHDAY

October 1: Hadeel Adel Hassan, 2016 Gabr Fellow

October 4: Michael Matthiesen, 2017 Gabr Fellow

October 5: John Ryan, 2016 Gabr Fellow

October 14: Ibrahim Hammouda, 2017 Gabr Fellow

October 24: Magda Kura, 2015 Gabr Fellow

October 25: Thomas Hanna, 2016 Gabr Fellow

October 29: Stephanie Cate, 2014 Gabr Fellow

October 31: Leah Moschella, 2015 Gabr Fellow
For more information on the Shafik Gabr Foundation and its *East-West: The Art of Dialogue* Initiative, please visit the website [https://eastwestdialogue.org/](https://eastwestdialogue.org/).

For earlier itineraries of the program, please see the previous years’ reports at [https://eastwestdialogue.org/fellowship/brochures/](https://eastwestdialogue.org/fellowship/brochures/).

Nicola Forcella, *The Coffee Shop*, The Shafik Gabr Collection

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