

# Gulf Weekly

The community newspaper at the heart of Bahrain

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BAHRAIN. OURS. YOURS.

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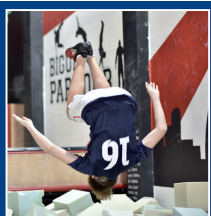
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**PRIZE CONTEST:**  
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**SEE PAGE 19**



**GALA AUCTION:**  
Jeans For Refugees  
exclusive offer  
**SEE PAGE 3**



**FLYING HIGH:**  
Teens scramble for  
parkour adventure  
**SEE PAGES 12 & 13**

## HELPING OUR SARA

**A** YOUNG schoolgirl, who has been diagnosed with autism spectrum disorder, is undergoing sessions in an oxygen chamber in a bid to help her improve her everyday life skills.

The family of Sara Hassan Mohammed are convinced that the sessions have resulted in the six-year-old showing a vast improvement in her social, behavioural, speech and mobility skills.

The child is currently receiving hyperbaric oxygen therapy (HBOT) at Hospitalia By Yara located in Gardens Plaza Budaiya – and 40 sessions are now being sponsored by Dr Adel Abdulaal and the hospital's founder, Yara Jameel Salman, as a gesture of goodwill.

Dad Hassan, who works for Bahrain Defence Force, said: "We cannot begin to express how thankful we are to Yara and Dr Adel for their generosity and for helping Sara. They are amazing individuals.

"This is such a blessing as continuing the treatment was proving too much for us and we already had loans out. Sara loves Dr Adel and thanks to

**COMMUNITY REPORT**  
By MAI AL KHATIB-CAMILLE  
mai.alkhatib@gulfweekly.com

him she has really improved. "She reacts better now when we talk to her, she takes directions well and is really interacting with us. Before, we had to move her hand to just pick up a cup for example, or a spoon to eat. Now she gets her own water or she will ask us for help if she can't reach for something. With consistency and direction she is starting to respond and take more notice of us."

Sara did not show signs of the disorder at first. In fact, as a toddler she loved to dance, sing and play with her older sister, Salwa, now aged nine. The family recalls how her laughter and sweet voice would echo throughout the Mohammed family home in Salmabad.

Suddenly, around the age of two, Sara stopped singing. She stopped communicating with her dad and mum, Enas. She stopped playing with her sister and would stay alone in a room for hours on end.

Concerned by her behaviour her parents sought advice from several medical centres and after tests were carried out the diagnosis was made.

**Turn to Page 2**



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# Oxygen aid for autistic girl

## From Page 1

Autism, or autism spectrum disorder, refers to a range of conditions characterised by challenges with social skills and repetitive behaviour. Its most-obvious signs tend to appear between the ages of two and three.

Hassan said: "We didn't understand it or know how to deal at first. My wife and I were devastated and while we kept asking how this happened and why, we knew that what we really needed to do was seek help and be there for Sara. She is our light and all we wanted was to see her smile, sing, play and talk again."

Enas dedicated hours researching about the disorder and looking at ways to assist the child. She said: "By the time Sara was three-and-a-half her autism started getting worse. We were at a loss to what to do and then I came across hyperbaric oxygen therapy (HBOT) which is said to help. We were willing to try anything."



**SITTING PRETTY:** Sara, below, Dr Adel and Yara who have stepped up to cover the costs of the second of three recommended rounds of treatment

HBOT is a treatment that involves breathing pure oxygen in a pressurised room or tube. In the chamber, the

air pressure is increased to three times higher than normal air pressure. Under these conditions,

the lungs can gather more oxygen than would be possible breathing pure oxygen at normal air pressure.

The blood carries this oxygen throughout the body which then helps fight bacteria and stimulates the release of substances called growth factors and stem cells, which promote healing.

Medical institutions use HBOT to treat conditions such as severe Anemia, burns and wounds that will not heal, decompression sickness, sudden deafness, infection of skin or bone that cause tissue death, vision loss and radiation injury.

The Centre for Autism Research and Education (CARE) in the US is one of the six research centres that participated in a groundbreaking study of the use of HBOT for the treatment of children with autism. A total of 62 children with autism were given either the therapy or a placebo treatment.

After 40 hours of the therapy, physicians rated children in the treatment group as significantly improved in overall

functioning, receptive language, social interaction, and eye contact.

Nine out of 30 children in the treatment group were rated as very much improved or much improved.

Parents, reported improvements in overall functioning, language and eye contact as well as improvements in irritability, repetitive behaviours and hyperactivity.

These improvements were not observed in the placebo group.

Treatment often begins with 40 hours of 60-120 minute sessions in close succession, typically for two hours per day, five days per week. Assessment of response and progress then determines future treatment schedules.

Reading up on the benefits, Enas and Hassan took Sara to King Hamad University Hospital and met Dr Adel, an expert in the field. He recommended Sara undergo a course of 40 sessions which cost BD1,600.

Friends started raising funds to help cover the cost of the treatment and another stepped in to help with

school fees after Sara was accepted into Kayan Special Education in Salmabad.

After completing the course at King Hamad further treatment did not appear possible because of the cost. In the meantime, Dr Adel had taken on a new role as a consultant in hyperbaric medicine at Hospitalia By Yara.

When he heard about their plight he jumped into action. "When I first met Sara she was not very responsive and wouldn't even make any eye contact with me," he explained. "I saw a difference in her abilities after the first course of treatment and urged the parents to continue."

"They are such a loving family and you can see they care for their daughter and are working hard to help her."

Adel spoke to Yara about Sara's case and they decided to work together to cover the cost of an entire second course, which is made up of another 40 sessions.

Yara said: "The family needed help and hope and it felt right to step forward at this time. Sara is a beautiful little girl and we simply wanted to help."

Dr Adel added that Sara made great strides almost immediately after starting the new course and has notably improved in recent weeks.

"She still needs speech therapy and one-on-one teaching but if we combine all these things - the behavioural courses and the therapy - this child should live a happy and fulfilled life in the future," he believes.

Sara has since completed 26 sessions at Hospitalia and has 14 left to go. After completing the course it will take around three months to witness the full benefits. She would then be ready to start a recommended third course if the necessary funds can be raised.

● If you can help, contact editor@gulfweekly.com and we will put you in contact with the family.

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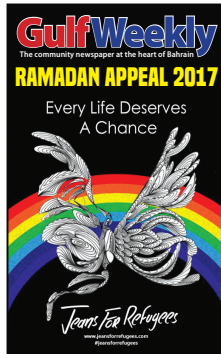
**ALL EYES** this weekend will be on The Terrace at ART Rotana, Bahrain, the stunning seaside resort hotel on Amwaj Islands, which will host the first Jeans For Refugees fundraising auction gala in the GCC in support of refugees worldwide, writes Stan Szczewka.

Jeans donated by Victoria Beckham, Julio Iglesias, Jad Choueri, Eva Longoria and Samira Said will go under the hammer - all hand-painted by international fashion designer Johnny Dar who will be in attendance.

Profits from the auction will be donated to the International Rescue Committee's (IRC) initiatives supporting refugees worldwide and guests will be treated to live music from chart-topping Lebanese singer, Jad Choueri, best known for his Arabic hit *Oully Ezay* and the English recording *Funky Arabs* and accompanying video which received more than a million views on YouTube.

Also under the hammer will be global music icon Elton John's Dar-inspired jacket, which has caused quite a stir with guests at the hotel. "We are pleased to be part of the Jeans For Refugee

# Gala auction date!



LOOKING GOOD: GM Lilian tries Elton's jacket for size, celebrity jeans on display and star, Jad



to Dar, who has transformed each pair into a unique wearable art-piece inspired by their characters and personalities.

A new Jeans For Refugees glass and sand installation, recently showing at MODA Mall, as highlighted in last week's *Gulf Weekly*, has been designed especially to reflect the climate and the conditions that refugees in the region endure.

Each piece currently on display and up for auction on Saturday will be

available to buy with its own complimentary glass and sand display stand included. Quite

simply, these pieces will take pride of place in any gallery, home, office or showroom

- private or public, or can be given as a meaningful, unforgettable gift.

Owning a pair of Jeans For Refugees is more than owning an art investment or a celebrity treasure - it is safeguarding a symbol of hope for a brighter future for humanity.

Dar will also be performing two tracks off his coming debut album, *Untitled*, the world premiere of his music, at the gala starting at 7pm.

● Contact [rsvp@jeansforrefugees.com](mailto:rsvp@jeansforrefugees.com) to reserve your place at this event and the exclusive after-party.

## FINAL COUNTDOWN: Special discount offer on all Jeans For Refugees celebrity donations

AS a special *Gulf Weekly* post-Eid promotion during the final countdown of the Jeans For Refugees exhibition in Bahrain, all Jeans For Refugees complete with their individual display stands will be available to buy with a 30 per cent discount between today and Saturday. But don't worry - no less funding will go to the International Rescue Committee as a result of our special regional sale - because Johnny Dar will make up the

difference in price and donate the rest as a gift.

So don't miss the chance to step forward and support the cause by making one of the iconic Jeans For Refugees installations yours to treasure forever!

'Together is better. Live to love. Shop the Jeans For Refugees', says Johnny. The discount code for the promo is 3DAYS30OFF

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SO I'VE had a bit of a health scare and decided that it was important enough to write about my experience.

For the last few weeks I have experienced some discomfort in my right breast and, to be frank, just hoped and wished it would go away.

Having gone through so much stress for the past few years, my health has been way down on the priority list. Stupidly, I kept wishing that I would wake up and this discomfort would have disappeared and everything would be fine.

Well, to cut a long story short, three weeks later it was still there and so despite all my best efforts to ignore the problem, I woke up a few days ago and told myself not to be a total idiot and get myself to the doctor.

I went to Awali Hospital and a mammogram and ultrasound was scheduled.



Honestly, I can say I was really scared, part of me thinking about the discomfort, part of me thinking what a total idiot I was for waiting so long to see a doctor, and part of me thinking I can't cope with bad news, it would just be too much.

I had the mammogram done at Awali Hospital. The doctor was fantastic and there is a new machine that is less painful and able to place the breast into 15 segments explaining in great detail what they were looking for. She then said she couldn't see anything on the mammogram to alarm her but she wanted to do an

ultrasound to be sure.

The ultrasound took nearly 30 minutes. As she clicked away and hovered over a specific spot my heart kept beating faster and faster.

When she told me I was OK I cried my eyes out and felt so relieved that despite my own stupidity I was not going to have to relay to my children that I was sick.

We agreed that going forward I would schedule a mammogram every year and just to be sure I would go back in six months for a check-up.

I walked out of the hospital and sat in my car for 20 minutes calming down, thinking about what could have been and so grateful that I was fine.

If you haven't had a check-up and keep putting it off, please book an appointment today.

Please take care of yourselves. Thankfully, I'm OK,

but I put myself at risk and this was irresponsible and stupid.

I will never again put off going. If this letter makes one GulfWeekly reader go for a check-up it was worth it.

Rebecca Jones.

RESEARCH has revealed that students – from middle school pupils to undergraduates – are easily duped by false information they find online. The study goes on to describe this as 'dismaying', 'bleak' and a 'threat to democracy'.

These same students are the primary consumers of social media. How are we to prepare young people to become informed citizens in an era where anyone can publish, and there are political and financial incentives for misinformation?

As a journalism professor who began my own media career as a high school student, I have a firsthand understanding of how teaching journalism can prepare young people to become effective communicators – and can help them sift fact from fiction.

In an alleged 'post-truth' reality, language can be used in ways that resemble a war game of wits. Words can cast doubt on previously accepted standards and shared norms once considered commonsense can suddenly be cast as suspect.

Take, for instance, the term 'fake news'. Within weeks of it surfacing as a way to describe a rapid rise in internet misinformation, the term was misappropriated by several politicians and pundits to de-

## THE WHISPERER

You don't know me; I know you, I know what's being said about you. I'm the 'whisperer'. I am socially mobile: Arab, Brit, Indian, Pakistani, American and the rest, they all invite me and share their world with me. Not much gets past me but if you think it may have done, email me on ...

...editor@gulfweekly.com

I JUST read that the World Taekwondo Federation has changed its name to World Taekwondo because of the 'negative connotations' associated with its former acronym.

scribe a supposedly biased mainstream media.

The 2016 US election uncovered the surreptitious power of misinformation and its potential to influence the public. Buzzfeed found that fake news stories significantly outperformed real news stories on Facebook leading up to the event. One fake news writer was even accused of single-handedly swaying the election. A subsequent Pew Research study indicated that 23 per cent of Americans claim to have shared a made-up news story – either knowingly or not.

Whether it's labeled 'fake news' or newfangled propaganda, misinformation undermines institutions and spreads baseless beliefs. It's also likely to have a long-term effect on the next generation of voters.

Curricular standards now emphasise 'critical thinking' as a cornerstone of contemporary education. Critical thinking speaks to a need for young people to become discerning interpreters of information and to make judgments based on thoughtful analysis.

Yet, the term's meaning remains elusive for many educators, and clear methodologies for cultivating it are scarce. I prefer the term 'informed thinking' to describe a deeper level of student engagement, one that my research indicates can better prepare young people to effectively navigate the complex and nuanced landscape of modern news and social media.

An informed thinker is someone who has researched a topic and has been thoughtful in making sure that what he is presenting is credible, valid and well-researched. Informed thinking articulates a clearer method and result than critical thinking. Students learn to detect biases and agendas in media and are empowered to distinguish fact from fiction.

I would argue that this approach makes students more than savvy consumers: informed thinkers become effective problem-solvers, emerge as content creators and learn to advocate for public good.

Ed Madison.

● EducationWeekly: P15

## Elissa's island life

An expat wife,  
mother, artist  
and runner



were very helpful and accommodating to get to the truth of the matter.

After a few minutes, it was established that we had changed cars in the last six months, but one of the number plate records had not been updated. Our previous vehicle has been involved in the accident.

When my husband called to explain we had not been incriminated in a traffic accident, the sheer relief felt is hard to explain. Even though, we knew we were not responsible for the hit-and-run, until we had the official 'all clear' it was hard not to feel remotely responsible.

My two oldest children had been listening and absorbing snippets of our panicked conversations so I sat down to explain everything.

I frequently have to Skype my son to get him to come to the dinner table in the evenings as loud decibels of frequent yelling 'dinner is ready' remain unheard. Yet snippets of parent's hushed conversations in another room can be heard with

ears like elephants - funny how that works.

Randomly, which is often the case, my oldest son then asked if we could go skydiving, not sure about the royal we, as it was and always will be a definite no for me. He asked why and I said as the risk of death from skydiving were odds I didn't want to take.

He then asked the odds of road traffic accidents that can lead to death. Googling it, we found the biggest archives for the US and the UK, a staggering one in 300 people die in a car traffic incident. Bearing in mind that in comparison one in 23 million die from a plane crash it really made me determined to be a better, safer driver.

With those frightening facts, this summer let us all drive a little slower, put phones down, make sure all passengers are belted, especially young children, stop at lights, leave distance between cars, use indicators, lose the aggression when behind a wheel and ... don't be the one in 300.

IT HAS been a busy week so far. Caught the flu, examinations till Friday, course deadlines to meet, university applications to think of ... In short, I have had a lot on my plate these last few days!

On the upside, what I also had on my plate were the palatable noshes and nibbles in the midst of the celebrations of Eid.

I feel that this festival offers every individual a different reason to celebrate which plays on the purpose that the individual finds most worthy of cherishing, reasons that they believe in and are passionate about.

## Youth Talk

By Saamia Zia



My reasons to celebrate have evolved through the years with my constant search to find something important enough. This year, my reason was rather simple and I didn't have to look for it either.

With my last examination still remaining, my family and I chose to stay at home and spend some time together so that I could revise as well.

Little did I know that it would be one of my best days ever?

Life moves so fast that we often stop living it, we start living a schedule instead. We rarely do what we feel like doing but always what we 'should' be doing.

Unknowningly, this Eid, I celebrated having a family, something I am extremely fortunate and blessed to have but rarely remember to be thankful for.

And, since you can't pour from an empty cup I feel there should be enough love at home, in the family, enough so it overflows and reaches others and touches their lives too.

I hope everyone had a happy and prosperous Eid al-Fitr. Love and peace to all. Eid Mubarak!



# Hospitality group expands

**ONE of the kingdom's premier award-winning hotels has added another string to its bow as it announced its expansion into the residential sector with a hotel apartment complex in Juffair ... ahead of its plans to open a five-star hotel.**

Swiss-Belhotel International (SCI), which operates the Swiss-Belhotel Seef, voted the best four-star hotel in Bahrain for the past two years, has signed a management agreement with Hassan Lari Property Development & Management.

Laurent Voivenel, senior vice president of operations and development for the Middle East, Africa and India, said: "The GCC is a strategic growth market for us and we are delighted to announce this superb new property in Bahrain.

"It stands testament to the group's growing footprint in the GCC and also marks the debut of the Swiss-Belresidences brand in Bahrain. We are truly grateful to the owning company for giving us this fantastic opportunity and are confident Swiss-Belresidences Juffair will appeal to both leisure and business travellers."

Expected to open by the end of this year, Swiss-Belresidences Juffair will be an 'upper-midscale complex' featuring 129 two and three-bedroom serviced units each equipped with facilities including a full-fledged kitchen.

Enjoying a prime location in the city, in close proximity to popular shopping and dining attractions, the property will also boast recreation and dining facilities such as a



SHAKING HANDS: Laurent A. Voivenel, senior vice president, operations and development for the Middle East, Africa and India, Swiss-Belhotel International with Mohamed Lari, GM of Hassan Lari Property Development & Management with Ali Lari, far left, and Hassan Lari, far right, owners of Hassan Lari Property Development & Management, at the signing ceremony



**HOSPITALITY REPORT**  
By KRISTIAN HARRISON  
kristian@gulfweekly.com

swimming pool, a large spa connected with the health club, a mini theatre, a kids' club, an all-day-dining restaurant and a deli corner in the lobby.

Gavin Faull, chairman and president of SCI, explained: "The growing demand for quality hotels across the Middle East is helping to fuel the rapid expansion of



NEW OPTION: GM Herve and, below, a living room in one of the new apartments

Swiss-Belhotel International in the region.

"This new signing reinforces our commitment to the Middle East, where we currently have more than 3,500 rooms under development. We are excited to expand our presence in the region and offer our guests more choice in this evolving market where we have been operating with great success for more than a decade."

As reported in *GulfWeekly*, Swiss-Belhotel Seef scooped the 2016 and 2017 Food and Travel GCC Awards for Best Four-Star Hotel, and is a popular location serving the city centre under the stewardship of general manager Herve Peyre.

Mr Voivenel believes that with such a strong foundation, the Swiss-Belresidences project will be a huge success and distinguish itself from the

plethora of other hotel groups who have pursued a similar path.

Speaking exclusively to *GulfWeekly*, he said: "We have big ambitions for the

Middle East, and this is the first of many steps we are taking to further penetrate the market. Bahrain has a need for accommodation which is a little more budget-friendly and aimed at residents.

"That's what we have done with the Hassan Lari Group, who have created a fantastic location which will be positioned as a four-star location. However, a five-star property will be following hopefully in the second quarter of next year and located at the Marina.

"I believe from our point of view, we are successful because we bring the European touch with Asian flair. What makes us different is our approach to the business. We try to be as simple and transparent as possible.

"Negotiations do take quite some time with us, but when we're done, it's a closed book and the trust is there. We don't leave any strands untied."



INVITES YOU TO ATTEND THE FINALE OF THE BAHRAIN EXHIBITION AND THE FIRST LIVE AUCTION OF THE JEANS FOR REFUGEES IN THE GULF REGION

## Jeans For Refugees

**The ART Rotana Hotel**  
Al Fanar Avenue, Building 2780, Road 5722, Amwaj Islands, Bahrain  
**Saturday 1st July, 7pm**

A live auction of Jeans For Refugees donated by Eva Longoria, Jad Choueri, Julio Iglesias, P!nk, Salma Hayek, Samira Said, Usher, Victoria Beckham, Yusuf Islam (Cat Stevens) and an original Versace jacket donated by Sir Elton John

With Jad Choueri and special guests.

**SUPPORT THE CAUSE!** Jeans For Refugees are available to shop online at [jeansforrefugees.com/shop](http://jeansforrefugees.com/shop) with free shipping worldwide until June 30th (using the code JFRBAHRAIN)

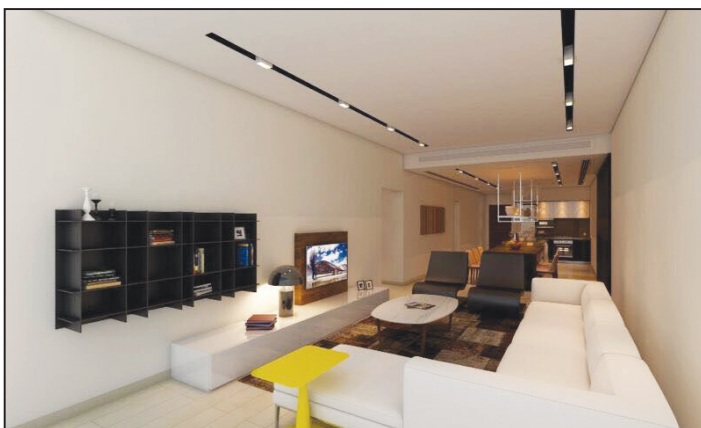
Come and see the historic Jeans For Refugees live, and participate in a creative, collaborative and constructive platform in aid of refugees worldwide. Join us for a night of cocktails and canapes, inspiration and entertainment - and a live auction of selected pieces from this historic art and fashion collection dedicated to restoring the dignity of refugees.

100% of profits from jeans sales will be donated to the International Rescue Committee

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# Zahra's



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 Libbys Whole Kernel Corn 4x248g – BD1.075  
 Libbys Mushroom Pieces and Stems 2x400g – BD0.975  
 Libbys Whole Mushroom 3x184g – BD1.075  
 Golden One Sunflower Oil 1.8ltr – BD0.995

### Lulu Sanabis

Pepper Chicken Bone-in/kg – BD1.990  
 Kraft Cream Cheese Spread 240g- 3pcs – BD1.490  
 LuLu Frozen Chicken 1100g- 10pcs – BD8.150  
 Al Osra Sugar 10kg – BD2.475  
 Mazola Sunflower Oil 1.8ltr 2pcs – BD1.990

### Al Jazira Supermarket Zinj

Clearspring Hearty Red Miso Soup + Sea Veg 40 gs – BD2.300  
 Clearspring Brown Rice Miso Pouch 300g – BD3.550  
 Clearspring Wasabi Powder in Tin Organic 25g – BD2.400  
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 Dates Crown Lulu (2x1kg) – BD2.695  
 Dates Crown Fard with Almond (1x250g) – BD0.895  
 Dates Crown Khalas Tub 750g – BD1.395

### Prizes galore on the cards!

**L**ULU Group, and global payments technology company, Visa, held a prize ceremony for shoppers at its Juffair store for the first group of Ramadan promotion winners.

Running for a second year in a row, the initiative offered exclusive benefits to cardholders during the holy month. Those using their Visa and spending BD10 or more at participating LuLu Group outlets in Bahrain were entered into weekly draws for the chance to win 50 Samsung S8 Smartphones.

Mohanish Agni, head of merchant sales and solutions, MENA, Visa, said: "The promotion was designed to reward consumers for



choosing the convenience, speed and security of their Visa credit, debit or prepaid cards over cash to pay at the checkout."

Bahrain has been among the top countries in the region to witness a strong growth in consumer spending, both in online and in-store shopping, with younger consumers driving these changes.

Juzer Rupawala, regional director - Lulu Hypermarket, added: "The rewards promotion by Lulu and Visa was our way of acknowledging our customers' new spending and payment habits and we were delighted with the enthusiasm shown by them."

### New look for flagship store

VIVA Bahrain recently re-opened its flagship store at City Centre Bahrain following a major refurbishment to better showcase the latest technology solutions and enable customers to experience them first hand.

The newly revamped store, which first opened in 2012 and is the telecom operator's biggest retail outlet sports a fresh look its designers describe as 'vibrant and welcoming'.

It highlights the latest services and products available and includes not only voice, internet broadband, smartphones and tablets but also high-end lifestyle electronics and accessories.

The outlet also features a dedicated section on VIVA Connected Life offerings with fully-integrated home 'experience zones' allowing customers to experience products under the banner of the 'Internet of things' (IoT).

VIVA subscribers are also being offered special discounts available exclusively at the City Centre Bahrain outlet.



## GulfWeeklyBookClub – in association with The Bookcase

### It's Child's play for award-winning author

THIS week, the Gulf Weekly Book Club is celebrating the announcement that Lauren Child, artist and author-illustrator of the *Charlie and Lola* and *Clarice Bean* picture books and *Ruby Redfort* novels, has been named as Children's Laureate 2017-19, taking over the role from outgoing Laureate, Chris Riddell.

Children's Laureate is a position awarded in the United Kingdom once every two years to a 'writer

or illustrator of children's books to celebrate outstanding achievement in their field'. The post stemmed from a discussion between the Poet Laureate Ted Hughes and children's writer Michael Morpurgo and their wish to celebrate and recognise the important contribution children's literature makes to cultural life.

Reflecting on her role over the

next couple of years, Lauren Child said that 'children today need more freedom to dream and imagine'.

Child, a former artist's assistant to Damien Hirst, is being celebrated not only for creating her own books, but translating them into other media - most significantly in her role as associate producer of global hit TV series *Charlie and Lola*.

Launching her laureateship by championing creativity, she said: "I want to inspire children to believe in their own creative potential, to make their own stories and drawings and ignite in them the delight of reading for pleasure. In an increasingly fast-paced world, children need the freedom to dream and imagine; to enjoy reading, drawing and telling their own stories without value judgement or restraint."



CREATIVITY CHAMPION: Lauren Child



**BOOK OF THE WEEK with Linda Jennings. CHARLIE AND LOLA: MY COMPLETELY BEST STORY BOOK COLLECTION & CD, Lauren Child (Age 4+), ISBN 9780141382524 (PENGUIN) BD16.900 for Gulf Weekly Book Club members**

A COLLECTION of five utterly favourite *Charlie and Lola* stories, together with a CD featuring the original voice recordings, music and sounds from the hit BBC TV show.

Charlie has this little sister, Lola, and together they have lots of extremely good adventures and do some very fun things. All *Charlie and Lola* fans will love this collection of five favourite stories, featuring Charlie and Lola, their friends Lotta and Marv and, of course, Marv's dog Sizzles!

Containing these five ever so good stories: *We Honestly Can Look After Your Dog, Whoops! But It Wasn't Me, My Wobbly Tooth Must Not Ever Never Fall Out, I've Won, No I've Won, No I've Won and Snow Is My Favourite and My Best.*

### READ IT NOW

**CLARICE BEAN UTTERLY ME**, Lauren Child (Age 7+), ISBN 9781408324158 (ORCHARD BOOKS) BD7.300 for Gulf Weekly Book Club members



UTTERLY Me, the very first Clarice Bean novel by Lauren Child, is 10 years old.

To celebrate, Orchard Books have created this beautifully-produced edition with a slipcase. The linen-bound hardback

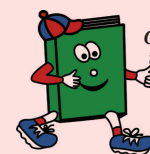
book contains never-seen-before artwork and a note from the author.

This exquisite and utterly special limited edition is the perfect gift for Clarice Bean fans young and old alike.

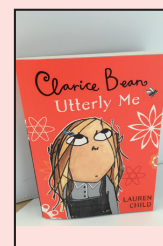
### MY FAVOURITE READ OF THE WEEK

**TAKE YOUR LAST BREATH (RUBY REDFORT)**, Lauren Child (Age 9+), ISBN 9781409159445 (ORION) BD3.400 for Gulf Weekly Book Club members  
 HEY, buster! Normal life is a total yawn. So break out of boredom with multi-million-copy bestselling author Lauren Child, and meet your new favourite heroine ... Ruby Redfort: 13-year-old detective and cool secret agent.

Everyone's favourite girl detective is back for a second mind-blowing instalment, packed with all the off-the-wall humour, action and friendship of the first book. This time, though, it's an adventure on the wide-open ocean, and Ruby is all at sea ...



Join the **FREE Gulf Weekly Book Club** in association with **The Bookcase** by emailing [bookclub@gulfweekly.com](mailto:bookclub@gulfweekly.com) with your contact details.



Can she crack the case of the Twinford pirates while evading the clutches of a vile sea monster as well as the evil Count von Viscount?

Well, you wouldn't want to bet against her!



# Techtronic Specials



Your guide to the best in-store deals of the week

	Item	Make and Description	Store	Price
1	Kitchen Machine	Kenwood-Kitchen Machine (KHH303SI), Multi one, 1000W, 4.3L bowl, 3 bowl tools.	Y.K. Almoayyed & Sons - EHA	Was BD99.990 Now BD69.990
2	Cooking Range	Nikai Cooking Range (U 6090 SS), 60x90 - full safety, SS, free home delivery installations.	Gajria Electronics	BD160
3	Air conditioner	Air conditioner 2.5ton (I32KEC), 65 degree dual inverter compressor, ten year warranty, 60% faster cooling, 65% energy saving, comfort sleep, gold fin, low noise, precise temperature control, four way swing, vertical six steps louver control, horizontal five steps louver control, auto cleaning, dual protection filter, silent mode.	LG, Sehla showroom	BD450
4	Air fryer	Philips Digital Air fryer (HD9238)	Geant	Was BD89.990 Now BD54.990
5	Laptop	Laptop (ASUS x541UA), intel core i3 processor, 4GB RAM, 1TB HDD, shared graphics, 15.6-inch HD screen, Bluetooth/WIFI/ Webcam, Windows 10 OS + free Microsoft Office 365.	Sharaf DG	BD139.990
6	Television	LG LED TV 49-inch (49LH510V), 1080 FHD, USB movie, HDMI.	Lulu Hypermarket	BD129.990
7	Hammer Drill	Black & Decker HD4810 Impact Drill, 480W. Designed with a lock-on switch for continuous use and has a 10mm keyed chuck.	Kewalram & Sons	BD12.500

Email your gadget stories to [editor@gulfweekly.com](mailto:editor@gulfweekly.com)

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**Hilal Computers Tel: 1729 3749 ext 2220**

## GADGETS OF THE WEEK

**What is it called?** Auto Refill Dog Water Bowl

**What does it do?** The auto refill dog water bowl connects to any garden hose and provides consistent fresh water for your pet while you are home or away. It can also be used by cats and will never overflow.  
**Cost: BD7**



**What is it called?** Paint Spill Desk Lamp

**What does it do?** This funky lamp will make a quirky addition to any home! Giving the illusion of a bucket spilling paint, this lamp will be a definite conversational piece and is available in a variety of different colours.  
**Cost: BD8**



**What is it called?** Glow In The Dark Moon

**What does it do?** An authentically-detailed 3D lunar landscape that hangs on the wall. It auto-shuts off and on, and also comes with a MP3 download code that provides a guided tour of the moon!  
**Cost: BD10**



Visit [www.amazon.com](http://www.amazon.com)

# Sports lounge gets facelift

**CONSTRUCTION** work has been carried out in recent weeks at one of the island's most well-known expat members' clubs to provide a new sports lounge to cater for passionate football fans.

The Dilmun Club, better known as The Dilly, is set to open this week after releasing teasing images of an artist's impression of the project.

General manager Stephen Chartres, an ardent fan of Leicester City, said: "The Dilmun Club has been for a long time one of the most popular places in Bahrain to watch live football, especially for expats wanting to follow the Premier League.

"Our focus has been on it remaining as a Sports Lounge whilst creating a cool, classy environment for everyone to enjoy their football and other live sports. Aspects such as a new dining area, an extra room and a relaxing terrace overlooking the gardens will add to the overall offering.

"The sports lounge is under complete redevelopment. This was seen as an absolute must,

**HOSPITALITY REPORT**  
By STAN SZECOWKA  
[editor@gulfweekly.com](mailto:editor@gulfweekly.com)



it was one of the areas of the club that had received little recent investment.

"So, what's in store? I want to keep some things a surprise for the opening night! However, the members will be getting a completely refurbished sports lounge that our members can be proud of and the much missed open terrace will be returning bigger and better than before!"

The club's executive committee says it is focused on improving facilities and growing its family membership base.

The work has been carried out with contractors and development partners Projects Bahrain and the club's supplier African & Eastern.

Rod Pearson, executive chairman, said: "Together we have invested a great deal of time, effort and funds into a project I am sure we will all be proud of."



And lots more is in the pipeline too, he added: "The club's committee has set a target that each month there will be something new at the club both aesthetically and physically. New sports and activities are being implemented to give the club an overall advantage in our goal of increasing our membership whilst increasing our overall standards generally."

Founded in 1974, the family, sporting and social facility grew from humble beginnings when expats Alan Stirling, Glyn Ashley and Adrian Westby were looking for somewhere to relax after a hard week working at smelting giants, Alba.

They struck upon the idea of creating a club that was initially hosted in the front room of Adrian's house in Budaiya Gardens. It was called the Bulls Head and meetings were held twice a week. As the club started to grow a small villa was rented and the members took it in turns to work behind the

**ON SITE: Work in action, below, an artist's impression of part of the new sports lounge and, left, GM Stephen**



counter and light the BBQ.

As the club continued to grow its executive committee took a risk and relocated to where the Country Club is today. The move paid off and the club finally settled into its current premises in Saar in October 1988 with the blessing of the kingdom's ruler at the time, the late Shaikh Isa bin Salman Al Khalifa, and opened under his patronage.





The energy industry's weekly for the GCC



**OGN**  
OIL, GAS, REFINING & PETROCHEMICALS

The energy industry's weekly for the GCC region  
[www.oilandgasnewsweekly.com](http://www.oilandgasnewsweekly.com)

**Today (June 28)**

An interactive exhibition is being held at the Bahrain National Museum highlighting Bahraini-British relations. The exhibition runs until end of August.

Crowne Plaza Bahrain is staging a steak night every Wednesday from 7pm at La Mosaïque Restaurant.  
For more details call 17531122.

**Thursday (June 29)**

The Ritz-Carlton, Bahrain is offering customers a chance to celebrate special days at Cantina Kahlo with a complementary drink, chocolate cake and dedicated birthday song from its Mexican trio. A valid ID with date-of-birth is required.

For further details call 17586499.

Al Areen Palace & Spa has unveiled a new menu at its Saffron restaurant for lunch from 12pm-3pm on Thursdays and Fridays and dinner from 7pm-11pm, daily except for Tuesdays.  
For more details call 17845000.

Crowne Plaza Bahrain is hosting a seafood night every Thursday from 7pm at La Mosaïque Restaurant.  
For more details call 17531122.

Le Meridien Bahrain City Centre will be hosting a seafood buffet from 6.30pm-11pm. The price is BD20 net, inclusive of soft drinks, and BD34 net, inclusive

of a free flow of select beverages.

**Friday (June 30)**

Every Friday from 12pm-4pm there is a brunch at Downtown Rotana's Flavours on 2. There are live cooking stations and beverages as well as a saxophonist. The brunch is BD26++ including selected beverages and BD21++ including soft drinks and juices. Three will also be all-day free pool access and free valet parking.

There is a children's room filled with toys and games for all ages. Tickets for children aged between six and 12 are half price and those under six eat for free.

For details, call 13119999 or email [flavours2.downtown@rotana.com](mailto:flavours2.downtown@rotana.com)

The Bahrain's Bay Kitchen at the Four Seasons Hotel Bahrain Bay is hosting a Friday Brunch from 12.30pm-3.30pm with five food stations serving Arabic, Western, Indian, Japanese and Chinese delicacies. Priced BD37++ with selected beverages and BD27++ with soft drinks and juices.

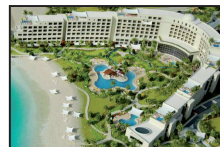
CUT by Wolfgang will also be offering its CUT Brunch every Friday from 12.30pm-3.30pm. The price is BD29++ inclusive of soft drinks, BD39++ inclusive of select beverages and BD49++ inclusive of sparkling drinks.  
For reservations call 17115044.

The Ritz-Carlton, Bahrain is hosting a Friday Brunch from 12.30pm-4pm at La Med restaurant. The price is BD35++ per person inclusive of soft drinks and BD45++ per person inclusive of select beverages.

Le Meridien Bahrain City Centre will be hosting its 'Sweetest Brunch' from 12.30pm-4pm. The price is BD18++ inclusive of soft drinks or BD30++ inclusive of a free flow of select beverages. Book for 10+ people and receive a 20 per cent discount.

Crowne Plaza, Bahrain is hosting an Absolutely Fabulous Friday Brunch from 12.30pm at BD35 net per adult and BD12.750 net for children aged from seven to 12. A 'Brunch After-Party' starts from 4pm at The Patio and entrance is free.  
For more information call 17531122.

Royal Golf Club's Jazzy Brunch takes place at Links restaurant every Friday from 12pm-4pm. The price is BD30 net per person inclusive of unlimited selected beverages and features a musical performance from Ahmed Al Qasim's Jazz Experience. It is also serving 'Traditional Roasts with Trimmings' every Friday and Saturday. The price is BD10 net per person. There is also a three-hour unlimited beverage package priced at BD15.

**Saturday (July 1)**

The Anghamm Brunch is available every Saturday at the Tapas and La Mer restaurant at Sofitel Bahrain Zallaq Thalassa Sea & Spa. It costs BD25 net inclusive of soft drinks and BD29 net with selected beverages.  
To reserve a table call 17636363.

The Bahrain's Bay Kitchen at the Four Seasons Hotel Bahrain Bay is staging a Saturday Brunch from 12.30pm to 3.30pm offering a wide selection of Arabic

# Leisure Guide



Listings, lifestyle, travel, entertainment and motoring by Kristian Harrison



favourites such as Lamb Ouzi and cold mezzes, costing BD18++ excluding beverages.

**Sunday (July 2)**

The Ritz-Carlton, Bahrain is staging a Thali Business Lunch every Sunday to Thursday from 12pm-3pm at Nirvana. The price is BD9++ per person.

Crowne Plaza Bahrain is staging an FBI night every Sunday Night at The Harvesters & Terrace and Tracks Sports Bar from 9pm-1am. Drinks are 50 per cent off for employees of the food and beverage industry.  
For more details call 17531122.



Crowne Plaza Bahrain is hosting a set menu Business Lunch at Waves Seafood Restaurant every Sunday to Thursday from 12pm-3pm. The price is BD8 net per person for two courses and BD10 net for three courses.  
For more details call 17531122.

**Monday (July 3)**

Crowne Plaza Bahrain stages

a French Night every Monday at La Mosaïque restaurant from 7pm. The price is BD14.441, not inclusive of drinks.

For more information call 17531122.



The Ritz-Carlton, Bahrain is staging 'Social Media Mondays' at the Kahlo Club from 7pm-9.30pm. There is an a la carte menu and customers are eligible for one complimentary drink if they use the hashtag #catinakahlohh

ART Rotana is holding a Desi Dish Night at Choices restaurant, featuring a variety of aromatic curries. It takes place every Monday with buffet packages starting at BD15 net per person from 7pm-10.30pm.  
For more information email [fb.art@rotana.com](mailto:fb.art@rotana.com) or call 1600011.

**Tuesday (July 4)**

Teatro Downtown at Downtown Rotana is staging a Sushi and Sax Night every Tuesday from 6pm-10pm. Enjoy a free flow of Sushi & Maki while a saxophonist plays on for BD15+.  
For details, call 13119999 or email [fb.downtown@rotana.com](mailto:fb.downtown@rotana.com)

**BAHRAIN CINEMA CLUB**

**Film:** Silent Movie

**Director:** Mel Brooks

**Duration:** 1 hr 27 mins

**Cast:** Mel Brooks, Marty Feldman, Dom DeLuise, Bernadette Peters

**Plot:** In this dialogue-free slapstick comedy, film director Mel Funn travels to the ailing Big Picture Studios to pitch his comeback film: the first feature-length silent movie in many years. Desperate for a hit, the studio chief gives Funn and his cronies, Eggs and Bell, the go-ahead but only if they can get big celebrities to act in it. Excited, Funn begins an adventure across the country in his effort to secure superstars for his film.

For details, call Huda Tabbara on 39682323.

## Planning your next holiday?



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**Arabian Business Community**



## SUMMER FESTIVAL

THE Bahrain Summer Festival returns once again from July 7 to August 7 with a new line-up of top regional and international live musical and theatrical performances, alongside a wide range of artistic activities and creative workshops.

Amongst those booked to perform are El Gato Negro, Yacoub Shaheen, A Passage To Bollywood and Missoula Children's Theatre.

Now in its ninth edition, the annual month-long event organised by the Bahrain Authority for Culture and Antiquities (BACA) aims to build on its reputation as one of the most anticipated events of the year thanks to its focus on bringing multi-cultural family-friendly entertainment to the region.

The festival is bringing back its popular Nakheel Tent and staging a variety of free activities and workshops for children. Located at Bahrain Fort, the facility features the familiar and beloved duo of Nakheel and Nakhoola who will welcome families from 4.30pm to 9.30pm every day for the duration of the festival



Live shows from regional and international performers will take place at the Cultural Hall. The festival is part of BACA's 'Our Year of Archaeology' programme which celebrates various aspects and assets of the island's history, culture and heritage.

For more information, visit [www.bahrainsummer.bh](http://www.bahrainsummer.bh)



## Let's make a splash!

THE Lost Paradise of Dilmun Waterpark Bahrain is offering family and friends an unforgettable summer season with the launch of its 2017 'Your Summer Story begins here' campaign with musical festivals and colourful street acts.

The venue, which covers an overall area of approximately 77,000sqm, with a built-up area of 45,000sqm, is based on the history of ancient Dilmun period with more than 500 stone sculptures and fittings to emphasise the theme.

The park features a range of attractions to keep visitors entertained more than 20 rides and slides as well as a sandy beach. Major slides have also been added to the line-up, including the seven-storey high Aqua Loop Rocket Slide.



The rocket, as featured in *GulfWeekly*, allows guests to experience a vertical free-fall drop, sliding down a tube amidst whizzing lights and special effects.

For the younger ones, a family favourite pirate ship adventure includes slides and splash activities in a playhouse setting to delight children and parents.

For further details on the campaign, visit [www.lpodwaterpark.com](http://www.lpodwaterpark.com) or call 17845100.

## JLo set to sizzle again in Gulf

GLOBAL pop superstar Jennifer Lopez will perform live on November 17 at The Autism Rocks Arena, Dubai.

Presented by 117Live, the performer, who last dazzled Dubai in 2014, promises a spectacular show filled with all the Latin American glamour, smash-hit singles, stunning costumes and breath-taking dance numbers that she is best known for.

Fans of JLo across the region can now register for tickets for what is expected to be a sold-out show at [www.117live.com](http://www.117live.com)

By registering, fans should shortly receive a link with a pre-sale invitation and all event details prior to any remaining tickets being put on general sale.



# rent or buy?



Go to  
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**Arabian Business Community**



**BAHRAIN LIFE**  
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A restaurant receptionist in Hooraa.

Photo by Phil Weymouth – Streetlight. Camera Fuji X-Pro2.

Bahrain Life is a project by Streetlight and Unisono. [www.bahrainlife.org](http://www.bahrainlife.org)



# Arrived and at your service



STEPPING UP: Al Asfoor during his fund-raising challenge

**S**ICKLE Cell Anemia patients from across the kingdom are rejoicing after the arrival of two more blood exchange devices to Salmaniya Medical Complex's Genetic Blood Disease Centre (GBDC).

They will further improve the quality of their lives as well as make frequently-required treatments quicker and more bearable.

The BD25,000 blood transfusion Spectra Optia systems were purchased thanks to the efforts of charity champion Mohammed Al Asfoor and other community campaigners.

"These devices are great because they can cut the time down for treatment to a couple of hours or minutes, so sickle cell patients can get back home, to work, to spend time with their families and to get on with life," said Mohammed, 44, who lives in Saar.

"There are about 18,000



**HEALTH REPORT**  
By MAI AL KHATIB-CAMILLE  
mai.alkhatib@gulfweekly.com

sickle cell patients and around 65,000 sickle cell carriers in Bahrain so this new equipment will really help."

As highlighted in *GulfWeekly*, mighty Mo spent last year running and walking to raise awareness about the disease. Only last week, an international awareness day was observed in an attempt to increase public knowledge and an understanding of the condition, while educating those who may not know enough about the struggles experienced by patients and their families and caregivers.

Sickle cell disease is a potentially-fatal genetic condition. Patients have red blood cells that are hard, sticky and C-shaped (like the farm tool, a 'sickle'). The misshapen sickle cells clog smaller blood vessels, result in excruciating pain and put patients at an increased risk for infection, acute chest syndrome and stroke.

Mohammed kicked off his support campaign on a high note, completing various marathons and events in Dubai and Bahrain, including conquering the Bahrain Financial Harbour (BFH) challenge of climbing 54 floors and taking 1,089 steps in less than 15 minutes, while spreading the message: 'Help

the Cause, Run, Walk for Sickle Cell' under the hash tag #Run4SickleCell.

His fundraising endeavours were supported by various clubs, societies and individuals who stepped forward to raise funds for the much-needed devices.

One machine had already been purchased by Yousif & Aysa Almoayyed Charity and another by the Ministry of Health. Mohammed added: "I was overwhelmed by the generosity of the Bahrain Road Runners who donated BD20,000 which was added to the BD4,000-plus that I collected throughout my initiative to purchase a third machine.

"The Manama Rotary Club

purchased a fourth after I gave a presentation during one of its luncheons and after members conducted their own research to see how much it was needed. I was thrilled by the big-hearted Rotarians reaction and delighted with the success of the campaign."

Bahrain Society for Sickle Cell Anaemia Patient Care chairman Zakareya Al-Kadhem, who was the fifth patient to try out one of the devices, is delighted with the new machines and the improved services and care offered to sufferers.

Zakareya, 44, who lives in Sakhr, said: "Before it would take up to 48 hours to exchange blood manually and now with this automated device, the transfusion can be completed with 24 minutes.

"I felt great after using the machine. My pain was almost zero and my appetite was better, my breathing improved and the next day I was discharged from hospital."

He added that the Ministry of Health is providing all the tools and kits needed by patients using the machines, costing BD100 per patient. A room with four beds has been set aside at GBDC.



NEW EQUIPMENT: More blood transfusion Spectra Optia systems delivered and, below, Zakareya receiving the treatment



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# Eating Out

The places to dine in Bahrain plus culinary tips for the food connoisseur

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## The best way to fill a hole!

**T**HE late, great war-time British Prime Minister Winston Churchill described golf as a game 'whose aim is to hit a very small ball into an even smaller hole, with weapons singularly ill-designed for the purpose'.

The only thing that gets me through another disastrous round at the Royal Golf Club is the thought that at the end of my endeavours of failing miserably to get said ball to go anywhere near the hole, let alone fall down it, is the fact that breakfast at Café T awaits.

And my heart started beating a little faster last week with the news that Executive Chef Paul Gindra has just launched a delicious new menu at the popular Riffa Views destination. In addition to old favourites like the Breakfast Butty and Chicken Quesadillas, the new menu includes a large range of wraps, sandwiches and salads, a superb combination of healthy options and comfort fare to share, to eat in or take away to the course.

Hilariously, after playing the Wee Monty (the club's nine-hole executive 3-par offering which compliments the challenging Colin Montgomerie-designed main course) I spotted a new delight called the Full Monty (BD4.500).

And, I could order it and still keep my hat on ... if you've seen the classic movie



SHARE AND SHARE ALIKE: Baskets of fabulous fare, pancakes and a healthy smoothie on Chef Paul's new Café T menu

**GOURMET REPORT**  
By STAN SZECOWKA  
editor@gulfweekly.com



of the same name; you'll know what I mean!

Delivered in a basket, it contained Buffalo chicken wings, sausage, ribs, curly fries and the most delicious dip made from German mustard.

Sharing was the name of the game and fortunately the family met up with me, so we took in the Veggie option too (BD4.300) with onion

mozzarella rings, halloumi fries, jalapeno peppers, and beetroot hummus, alongside the Spice Seafood (BD5.500) containing Crab Hushpuppies, Cajun calamari, Thai fish cakes and lemon aioli. They came with French Fries ... and the finger-licking feast began.

Café T is not only popular with golfers but also residents from the surrounding estates as well as visitors from across the island. The placed was buzzing mid-afternoon but I

know from experience that it's a great place to T off at the start of the day.

The Breakfast Burrito (BD3.800) with crispy meat, scrambled eggs, hash brown, jalapeno, mozzarella cheese and cilantro is a firm favourite and the Stack of Pancakes (BD3.700) go down a storm with my teenage children, Stan Jr and Imogen.

House favourites include Bangers & Mash (BD4.900) and the Unique Cottage Pie



(BD4.500) with fennel, red quinoa, cashew nuts, flax seeds, lime and chili.

The options for quenching the thirst during these hot summer months are impressive too. Take the milkshakes, for example. The introduction of Strawberries & Cream (BD2.400) is nicely timed for Wimbledon and the Banana & Chocolate (BD2.200) is, well, right for anytime of the year, in my opinion.

Having felt naughty for ignoring the salads, the good lady wife, Kathryn, went for the Smoothie option and I joined her. The Strawberry Beet Detox at BD3 was superb, I'm told, and my Apple & Cinnamon (BD2.900) was a triumph, just lacking some crumble ... but I suppose that would have been defeating the object!

I may miss the ball often but I'd never miss calling into Café T which is open daily from 6.30am until 9.30pm.

● Check out Editor's Stan's interview with Chef Paul by scanning the QR code with your smart phone or by visiting [www.gulfweekly.com](http://www.gulfweekly.com) or our Facebook page.





# Adventure of sta

**A**S the number of fitness fanatics continues to grow and the choice of which gym to join becomes increasingly difficult, one centre is aiming to stand out from the crowd by focussing on the next revolution in action activity.

The growing pulling power of parkour, the sport of moving rapidly through an area, typically in an urban environment, negotiating obstacles by running, jumping and climbing, is also packing in a growing band of teenage enthusiasts.

BigUp Sports, located next to the Harley Davidson showroom on Budaiya Highway, is a new location replacing the old Tribal Fitness Centre and is the first official gym for calisthenics and free running in the kingdom. It was opened in May by brothers Shahab and Omran Saeed, who both grew up with a passion for fitness but wanted to do something a little different from the norm.

Shahab explained: "It was always our dream to open up a centre together. When Omran came back to Bahrain from his studies, we decided to do it. However, I wanted something different from a normal gym as I feel the standard weights, treadmills and normal equipment you'd associate with a gym are already everywhere."

"Two years ago, I learned about calisthenics and fell in love with it because it is constantly about progress and learning new things, rather than just gaining weight and getting bigger."

"With calisthenics, you're not just practising the moves you already know, but you're looking at the next move to



READY FOR ACTION: The youngsters and their coaches take a rest before setting off on a gruelling fitness

**FITNESS REPORT**  
By KRISTIAN HARRISON  
kristian@gulfweekly.com

unlock and constantly improve your body, learning for six months or even a year to get stronger and unlock a new move."

Shahab hosted the two iterations of the Team

Calisthenics World Cup, hosted under the patronage of Shaikh Abdulla bin Rashid Al Khalifa, held in Bahrain in 2015 and 2016.

Calisthenics is a word that originates from the Greek language, roughly translated as a combination of beauty and strength which epitomises

a sport that combines moves derived from gymnastics, parkour and break-dancing, with the latter providing the format for the face-off battles that occurred to music.

After the event, calisthenics was made an official sport under the Bahrain Olympic Committee, with Shahab





# mina and daring



Session of running and jumping

becoming its president.

He then set up his first calisthenics centre at St Christopher's School, but the huge popularity took him by surprise and it soon outgrew its facilities. That was when the move to the current location was planned, with much more room for both

floor space and equipment, including the first foam pit in Bahrain for gym-goers to practice tricks without fear of a broken neck.

Shahab said: "The evolution of body-building was Crossfit, and now the evolution of Crossfit is calisthenics.

"We also offer the similar

disciplines of parkour and free running, and also host bootcamps for people to improve their conditioning.

"What's great about this sport is that people can practice at home, all they need is a bar or even just floor space. Then they can come here if they want

encouragement or to learn from others. We have people of all ability levels, from amateurs who can only do a couple of press-ups, to guys who can do the human flagpole. However, they will all be mixed together and helping each other rather than separated by ability."

After one gruelling parkour session, *GulfWeekly* spoke to some exhausted, yet determined, health, fitness and thrill-seekers.

One, Stan Szczowka Jnr, 14, said: "I really wanted to get fit and find another way to do exercise other than football and karate, and this seemed the most fun way of doing it compared to joining a normal gym. It's a different type of training and I felt fitter after just one of these sessions.

His pal Daniel Thornley added: "The classes sounded really cool so I thought I'd try it out. I'm glad I did as I love it and every session is different rather than repeating the same thing over and over again."

It's proving popular with the girls too, with one teenager saying she had spotted details about the classes on *Instagram*. "I've always wanted to try parkour but was a little scared," she admitted. "I still am, but I'm getting better and really love it."

Overseeing the classes are two calisthenics masters hailing from Barcelona. One is Georgi Petkov, a member of the winning Spanish team from the first Bahrain Calisthenics World Cup, and experienced athlete Alejandra Garcia, and they are joined by a team of Bahraini instructors.

For more information, search @bigup\_sports on Instagram, or call 36335502.





## Gulf Construction

Your window to the region's construction sector

The undisputed leading trade journal for the building and construction industries of Saudi Arabia and the other Gulf states.

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### New in post

RON Peters has been appointed deputy chief executive officer of Gulf Hotels Group (GHG). He joined GHG in August 2006 as GM of Gulf Brands International and has led its strategic transformation into one of the most successful beverages businesses in the kingdom.



### In focus



BDK-Bahrain Chapter celebrated World Blood Donor Day at Salmaniya Medical Complex with 40 expatriate volunteers donating blood.



YEAR 2 children ended their time in BSB Infants in style with a graduation assembly as they prepare to continue their learning adventure in the Junior School after the summer holidays.

To mark the occasion, the children performed songs to their delighted families, friends and teachers. The pupils were then presented with certificates by their class teachers to acknowledge their graduation.

The star pupil Dhow Award was presented to Satvik Kotikalapudi by Feriha Gauntlett, head of Infants.



HIGH-FLYING students at St Christopher's School have been celebrating a 100 per cent success rate after sitting their DELF French examinations at the Alliance Française de Bahrein.

Thirty-five students from the Junior School and 46 students from the Senior School took the tests.

The highest grade for A1 was attributed to Thomas Milnes who achieved 94 per cent. The highest grade for A2 was obtained by Mohammed Shaheen who achieved 95 per cent. The highest grade for B1 was taken by Giselle Nascimento Dias with 83 per cent and the highest grade for B2 was notched by Noor Hammad with 78 per cent. Successful completion of the B2 examination satisfies the proficiency in language requirements to study at French universities.

The highest grade for Prim A1.1 was attributed to Iman Khajah with 98 per cent, the same highest grade scores achieved for A1 by Sofia Chiavernini and Deena Al Dahwi, as well as Leila Al Dahwi for A2.

# Social Scene

Why wait a month! Join Social Scene every week

### Key clients



NGN International hosted its annual Ramadan Ghabga at the Sheraton Hotel, Manama which was attended by many key clients and business associates.

### Team gathering



THE Gulf Hotel Bahrain Convention & Spa recently held its annual Ramadan Ghabga for members of staff and their families at the hotel's exhibition hall. The event was attended by Gulf Hotels Group CEO Garfield Jones, GM Rahim Abu Omar and members of the executive management.

### Cabbie delight

MARRIOTT International recently celebrated the eighth annual 'Iftar for Cabs' initiative at more than 70 participating hotels in the Middle East, including its five properties in Bahrain – Le Meridien Bahrain City Centre, Westin Bahrain City Centre, Marriott Executive Apartments Manama, Residence Inn by Marriott Manama Juffair and Sheraton Bahrain.

Taxi drivers who drove through the main entrance of any of the participating hotels on the day received complimentary Iftar packs to break their fast.



### Souq surprises



AL RASHID GROUP held its annual Ghabga for guests and members of the media at Downtown Rotana featuring a minisouq with henna painters, pottery makers, artists, a falconer and other entertainers.

### Racing ahead



THE Bahrain International Circuit (BIC) team hosted a Ramadan Ghabga for members of the national media. The event was held at The Gulf Hotel. The gathering was organised by BIC's media and public relations department. BIC Commercial Director Sherif Al Mahdy was present, along with BIC media and public relations manager Jassim Al Bardooli and other BIC executives.

### Hands up



CITY Centre Bahrain held an Al Ghabga Tejma'na media gathering at the Furn Bistro, The Westin Hotel, City Centre Bahrain with fun, games, fine fare and a raffle.

### Ramadan baskets

KHALEEJI Commercial Bank delivered Ramadan baskets to a number of charity organisations and institutions to distribute to needy families. The move was part of the bank's holy month campaign 'Better than a Thousand Months' which included several social events, surprises and benefits for customers.





# Education Matters



Head teacher Chris Fenton offers classroom tips for teachers, students and parents

**D**URING the last week of term I often have to sit and talk with parents about the progress their children have made throughout the year.

When I begin discussions with parents regarding a poor performance I'm no longer surprised to hear the phrase: 'But I've been sending them to a tutor all year' because unbelievably, I've heard it so often.

Sadly, this is more common than you might think and it demonstrates a significant problem on the island. The issue can be split into two main points:

1) Parents are informed that their children may need a little extra help at home by their child's teacher and as a result, more often than not, of lacking confidence regarding helping their child with schoolwork, will pay a tutor to help them.

2) Teachers recognising

that there is an easy dinar or two to be made through their teacher status and not happy with the salaries they earn, will jump at the chance should they be offered.

Further problems with these two scenarios then unfold because, parents don't know enough about teaching and learning to help and so the new tutor can teach what they want and not actually what the child needs, principally because they are often unskilled in effective assessment and will go on second-hand information relayed by the child's teacher to the parent.

Now, to make matters worse, occasionally teachers from the child's own class offer tutoring to parents on the QT and to ensure that they can justify the extra money the parent is paying for their services and that they get repeat business, teach them what is going to be on the exams.

Personally, I only believe

tutoring is necessary if a student has fallen far behind in their learning and even then I only truly trust in organised methodologies such as Kumon that start with a baseline assessment and work from there using regular assessment to measure progress.

Tutoring should also be a communicative exercise in which tutor, parent and teacher maintain regular contact to ensure the same messages are getting across and the student's needs are being addressed.

**Parents should remember that:**

- Tutoring is not a quick fix, nor does it exonerate them from their responsibilities to help their children to make progress and learn to enjoy school, no matter how busy they are.

- Tutors are not always what they claim to be and in my experience on the island often teach incorrectly,



have poor English language skills or confuse children by teaching contrasting skills or strategies.

- Having your child's class teacher tutor your child is a terrible idea since the results they receive from exams and other assessments are questionable. A teacher who

consider the impact of what they are doing to children and families who know no different.

To those parents among you who might be tempted to take on a tutor for your child over the summer holidays, I urge you to consider whether your child actually needs one at all and what you can do to help yourself.

Above all else though, I implore parents to check the qualifications and references of your chosen tutor and VERY IMPORTANTLY ask them how they will assess your child's learning needs and learning progress.

If they can't answer those questions then say 'thank you very much', bid them farewell and walk straight out of the door before your child learns nothing at great expense to you.

If you need any help regarding this subject matter, please don't hesitate to get in touch.

## Social Scene

### Nursing class

THE Royal College of Surgeons in Ireland – Medical University of Bahrain (RCSI Bahrain) celebrated the outgoing nursing class of 2017 during the annual School of Nursing and Midwifery Dinner.

University faculty, staff and alumni joined almost 100 senior students, from the Undergraduate Nursing, Nursing Bridging and Masters in Nursing programmes, as they took a look back at their journey through nursing school, following the completion of their final exams.



### Exchange programme



US ambassador William Roebuck hosted an iftar for young Bahrainis to celebrate the holy month and the strong friendship between the two countries. He formally recognised a number of the US embassy exchange programme participants and Crown Prince Scholarship scholars who will be studying in the US.

Students, exchange programme participants, NGO representatives, and other young leaders attended the event.

### Security awareness

ITHMAAR Bank has hosted a series of security awareness sessions for office attendants and security guards to help reduce the risks of any gaps in security or the confidentiality of its documents.



### Double delight



DUE to the expansion of Gulf Hotels Group within and outside the kingdom, the company has doubled the size of its management training programme to 10 trainees on an annual basis, which it says will ensure a constant supply of talented and capable Bahrainis to meet the needs of the company's ever-expanding portfolio.

Gulf Hotels Group CEO Garfield Jones and director of human resources and development, Mahmoud Abd El Monem, met with the current batch of trainees to review their progress and their experiences whilst training in Switzerland.

Pictured are Hassan Farazi, Faten Al Ansari, Husam Ismaeel, Garfield, Mahmoud, Rayyan Ahmadi and Aysha Al Khaledi.

### In focus



BAHRAIN British Business Forum (BBBF) held its monthly business networking lunch meeting at the Diplomat Radisson Blu Hotel featuring keynote speaker Vomic Nur Shah, regional head for business development, UK Export Finance. More than 100 forum members and their guests were welcomed by chairman Khalid Al Zayani. British ambassador Simon Martin also attended the event.



THE Gulf Petrochemical Industries Company concluded its Safety, Health and Environment Week with a ceremony at the Gulf Hotel.

During the event, awards were presented to children who had won various competitions, including drawing and colouring contests and writing articles on safety, health and the environment.





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# Film Weekly



Movie-loving Kristian Harrison checks out the big screen releases on show in a cinema near you

## It's explosively dull

### TRANSFORMERS: THE LAST KNIGHT

**STARRING:** Mark Wahlberg, Josh Duhamel, Anthony Hopkins

**DIRECTOR:** Michael Bay

**GENRE:** Science Fiction

**RATING:** PG-15

**RUNNING TIME:** 149 minutes

**T**HERE are many travesties in modern filmmaking. Remakes of classic films that don't need to exist. Stanley Kubrick never winning an Oscar. *Batman vs Superman*. Adam Sandler still getting cast.

But none are more grating than the *Transformers* series consistently being ranked as one of the highest-grossing box office franchises. The latest appalling iteration, *The Last Knight*, may just be the worst yet, which is actually the most impressive thing about it.

We aren't even graced with the mercy of a short run-time, minimising our pain with the relief of a swift exit from the cinema and a cold shower when we get home. A film primarily about good robots fighting naughty robots has no business being two-and-a-half hours long. Worse, *Transformers: The Last Knight* is so convoluted and drawn-out that it feels like double that amount of time has passed.

Just like the rest of the series, Michael Bay's fifth *Transformers* film sees the Autobots (good) fight the Decepticons (naughty) for little more reason than that's simply what they do. And, just like the rest, it tries to cram *Transformers* lore into human history and legends, almost to the point where it seems like Earth belongs more to these big old cars with faces than to us.

This time around it's King Arthur and the Crusades, where we see that Merlin (played by a particularly silly Stanley Tucci) was given a magic staff by a Transformer, and that staff is now the key to saving the Transformers' home planet of Cybertron.

If that sounds familiar, it's because that same idea is literally what happens in almost every single *Transformers* movie to date. In the first film it was a dusty pair of glasses that held the key to saving Cybertron and now it's a big stick. It was a flimsy excuse for a plot then, and it's tired and flimsy now.

Mark Wahlberg is back as Cade Yeager and spends the entire film looking totally confused by every situation he's presented with. He's helped by Laura Haddock's Oxford University professor Vivian Wembley, who exists to point out logical solutions in a much less prettier (although I guess more believable) guise than Megan Fox.



One of the sillier highlights is Anthony Hopkins babbling on about robots as historian and astronomer Sir Edmund Burton. Hearing an Oscar-winning actor and actual British Knight talking in-depth Autobots lore was genuinely quite funny, whether intentional or not.

Wahlberg and his friends end up embroiled in the plot to find Merlin's staff and ... do a thing to help the Autobots restore Cybertron to its former glory. This time they're not only up against the Decepticons though as Bay has added another group of antagonists into the mix in the form of the government-led Transformers Reaction Force (TRF). These mercenaries are tasked with ridding the world of all Transformers but serve as slight bumps in the road of Wahlberg and company's stick-finding mission.

Similarly, Optimus Prime's turn to the dark side that has been teased in multiple trailers plays out as hackneyed and as pointless as turncoat plots have always done.

One of the main issues with the characters in *The Last Knight* is that they don't just act the way they're feeling, they announce almost every single mood they have out loud despite it being blatantly obvious. So when Tucci shows up three sheets to the wind, it's not enough that he's swerving from side-to-side on his horse, but he literally exclaims: "I'm sozzled!" as if it wasn't glaringly apparent.

It's as though Bay doesn't trust his audience enough to let them work out even the most obvious things for themselves - ironic given the film's obscene length.

There's also no end of befuddling bots. Some have got celebrity voices, but the action moves at such an intense pace that it's hard to distinguish bot from bot, good from naughty. This is particularly true of newcomer Canopy,

who looks almost exactly like series regular Bumblebee except for a dirty pile of bricks stuck to his back. Add the similarities between the Transformers to an already convoluted plot, and the whole thing ends up jumping around like a massive, shiny mess.

Where Bay does impress though is his massive set pieces involving the humans. It's a running joke that in a Bay film, everything explodes whether plausible by the laws of physics or not, so at least you can prepare yourself for some headache-inducing 'booms'.

The one actually exciting action sequence in the film involves Wahlberg running up a fallen space station which is being attacked not only by Decepticons but by giant tidal waves too. This occurs way too far into the film though, after you've spent more than two hours following these characters around the globe. The same goes for the much-teased fight between Bumblebee and Optimus Prime and what should have been an iconic showdown just leaves you hoping for a quick resolution between these warring friends.

Michael Bay has now been making *Transformers* films for more than 10 years. In that time, the series has moved on very little and *The Last Knight* is the loudest and most explosively dull instalment yet. A recycled plot told through an overly on-the-nose script, read by a confusing parade of characters, and muddled action scenes does nothing to justify its epic length.

Like mullets, *Transformers* should have stayed in the Eighties. Please, let it die.

● **Showing at: Cineco, Seef I, Seef II, Saar, Wadi Al Sail, Mukta A2, Novo Cinemas**

### KRISTIAN'S VERDICT

1 popcorn - stay home  
5 popcorns - start queuing

### Bite-sized trailers

#### Overdrive

**DIRECTOR:** Antonio Negret

**CAST:** Ana de Armas, Scott Eastwood, Gaia Weiss

**PLOT:** The story centres on two car thieves, brothers, who journey to the south of France for new opportunities and wind up in the cross hairs of the local crime boss. Andrew and Garrett Foster are thieves who specialise in luxury cars, only the most expensive cars. They've been hired to steal a gorgeous Bugatti 1937 valued at a million euros.

**SHOWING IN:** Novo, Cineco, Seef II, Wadi Al Sail



#### The Mummy

**DIRECTOR:** Alex Kurtzman

**CAST:** Tom Cruise, Sofia Boutella, Annabelle Wallis

**PLOT:** Though safely entombed in a crypt deep beneath the unforgiving desert, an ancient princess, whose destiny was unjustly taken from her, is awakened in our current day bringing with her malevolence grown over millennia, and terrors that defy human comprehension.

**SHOWING IN:** Novo, Cineco, Seef I & II, Saar, Wadi Al Sail, Dana, Mukta A2



#### Pirates of the Caribbean: Dead Men Tell No Tales

**DIRECTORS:** Joachim Rønning, Espen Sandberg

**CAST:** Johnny Depp, Geoffrey Rush, Javier Bardem

**PLOT:** Captain Jack Sparrow finds the winds of ill-fortune blowing even more strongly when deadly ghost pirates led by his old nemesis, the terrifying Captain Salazar, escape from the Devil's Triangle, determined to kill every pirate at sea...including him. Captain Jack's only hope of survival lies in seeking out the legendary Trident of Poseidon, a powerful artifact that bestows upon its possessor total control over the seas.

**SHOWING IN:** Cineco, Seef I, Wadi Al Sail, Dana, Mukta A2



### imdb movie charts

Current Position	Title	Weekend Takings	Gross to date
1	Transformers: The Last Knight	\$45M	\$69M
2	Cars 3	\$25M	\$100M
3	Wonder Woman	\$25M	\$318M
4	Johannes Roberts' 47 Meters Down	\$7M	\$24M
5	All Eyez on Me	\$6M	\$39M
6	The Mummy	\$6M	\$69M
7	Pirates of the Caribbean: Dead Men Tell No Tales	\$5M	\$160M
8	Rough Night	\$5M	\$17M
9	Captain Underpants: The First Epic Movie	\$4M	\$66M
10	Guardians of the Galaxy Vol. 2	\$3M	\$380M



# Fashion Weekly

Keeping you in on the latest trends and what they wore in the past

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## Style that has its own 'Ora'

**B**RITISH singer, actress and style icon Rita Ora is hot right now for luxury Turkish street-wear label Les Benjamins as she sports a series of the brand's spring and summer 2017 collection.

The 26-year-old trendsetter, who is better known for her trademark Hitchcock-blond waves, siren-red lipstick and grunge-meets-hip-hop wardrobe, has always been fearless when it comes to fashion. She has been compared to the likes of Marilyn Monroe combined with a dash of salt 'n' pepper.

The former *America's Next Top Model* host is a huge fan of the edgy line which has a hip hop culture vibe.

She has been spotted on the streets in the labels latest Zaire leather biker jacket as well as other hoodies. And, while the brand is geared towards men's fashion,



**FASHION**  
By MAI AL KHATIB-CAMILLE  
[mai.alkhatib@gulfweekly.com](mailto:mai.alkhatib@gulfweekly.com)

women have been caught incorporating the labels crisp T-shirts, buttoned-up tops and hoodies as baggy and cosy wardrobe pieces.

Rita's 90s-infused love of colour-popping prints, body-con dresses, high-tops and denim, not forgetting her voluptuous red carpet looks, make her the perfect match for Les Benjamins line which combines an old-school urban feel with a modern twist.

The brand based in Istanbul was founded by Bunyamin Aydin who is also its creative director. He is known for translating stories, cultures, traditions, and rituals of the East into sophisticated street wear. With a framework of cultural heritage, and a contemporary mindset, his designs explore the unexpected fusion of the past and present through digital print, and artisanal textures.

His collection features long hoodies and sweats with colour blocks of black, white and beige as well as textured and patterned jackets and tops. He tends to use a lot of zebra, geometric and tribal prints on his tops and jackets as well as prints of turbans and camels for that Middle Eastern ambiance. Zippers also play a role in his line.

Aside from Rita, Bunyamin has collaborated with other musical artists including Travis Scott, Wiley or Section Boyz - promoting his strong belief in the progressive, cross-disciplinary spirit of fashion today. Other fans of the brand include actor Jaden Smith, model Cara Delevigne, French music video director and song writer Woodkid and model and actress Jourdan Dunn.

The collection can be found in high-end luxury boutiques in Bahrain and Dubai as well as online.







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# Property Weekly

A guide to the best properties home and abroad – edited by Mai Al Khatib email: mai.alkhatib@gulfweekly.com

## Apartment living with views

**THE metropolitan freehold Abraj Al Lulu has a three-bedroom apartment available for rent in the Silver Pearl Tower boasting breathtaking views of Bahrain Financial Harbour and the sea.**

This semi-furnished apartment blends parquet flooring, tiles and fine finishes to offer a superb home and contemporary living space.

The kitchen has a handy serving connection to the sizable living and dining room and the master bedroom boasts a built-in wardrobe and ensuite bathroom, with shower and tub. One of guest bedrooms also has an ensuite too.

The apartment includes an intercom system, central cooling and a parking spot.

Abraj Al Lulu is situated in Bahrain's Seef district and consists of three towers in an area 18,600sqm.

The development is within easy

distance of popular shopping malls and the buzzing Seef District.

The Gold Pearl Tower, Silver Pearl Tower and Black Pearl Tower come packed with amenities, such as a swimming pool, Jacuzzi and sun deck with patio furniture.

There is also a toddler's pool with play area and equipment. There is also a BBQ kitchen with furniture and equipment on an open terrace and plenty of indoor recreations such as a cinema lounge, billiard table, table tennis, darts board and virtual reality sport games.

For the more active sport enthusiasts, the towers also house squash courts with furniture and equipment for each tower on the ground floor. Residents can also visit the towers' health spa, internet café, conference room and business centre.

The towers further make up their own little community by having a laundrette, supermarket and a four-storey car park for 1,100 cars.



### FACTS AT A GLANCE

**Reception:** 1

**Bedrooms:** 3

**Bathrooms:** 3

**Parking:** One per unit.

**Additional information:** The luxurious towers feature a large swimming pool, Jacuzzi, and sun deck with patio furniture. There is also a gym, health spa and business centre.

**Rental price:** BD575.

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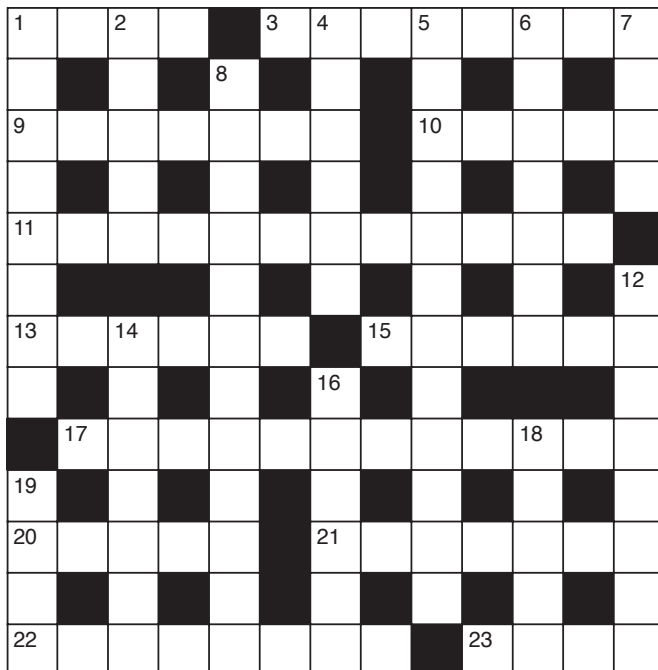
CRUSTANDCREMA

Galleria Mall  
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17214155

WIN COFFEE AND CAKE at crust & crema by answering this quiz question and emailing your answer to [editor@gulfweekly.com](mailto:editor@gulfweekly.com)  
What is 'cowboy coffee'? a) Ground coffee in a sock cooked in a pot of water on a campfire b) A medium roast popular in Texas c) Coffee grown in Mexico in an area known for its cowboys. Entries must be received by noon on Sunday. The first correct one opened will be emailed a coupon. Normal GulfWeekly contest rules apply. The Editor's decision is final.

Quiz winner: Reader HYDIE CAYAS won coffee-for-two by correctly answering that in the Olympics, athletes are allowed to have only b) 12 micrograms of caffeine in their bloodstream.

## crossword break



Solutions in next week's issue.

## ACROSS

1. Diplomacy (4)
3. Savage (8)
9. Non-professional (7)
10. Tree (5)
11. Hymn (4,2,6)
13. Conceit (6)
15. Stick (6)
17. Sea-bird (6,6)
20. Around (5)
21. Pariah (7)
22. Curtailed (8)
23. Boss (4)

## DOWN

11. Change over (8)
2. Fetter (5)
4. Sudden (6)
5. Barrages (12)
6. Retort (7)
7. Gang (4)
8. Made manifest (12)
12. Drained (8)
14. Open air (7)
16. Past (6)
18. Respond (5)
19. Legend (4)

### who, what, where, when

WHO ... resigned as British Prime Minister following the Suez Crisis?

WHAT ... is the chemical symbol for potassium?

WHERE ... is the Millennium Stadium?

WHEN ... was British actor Shane Richie born?

WHO ... was the winner of the UK's Big Brother in 2004?

WHAT ... was George Eliot's real name?

WHERE ... in the US is the 'Land of Enchantment'?

WHEN ... did designer Zandra Rhodes show her first dress collection?

### just so

@ the day ↓

PROTECTED FROM THE ROMANCE

DEITY BID BID BID BID

fingerfingerfingerfinger  
thumbthumbthumbthumb  
fingerfingerfingerfinger  
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fingerfingerfingerfinger  
thumbthumbthumbthumb

## darn tough sudoku

So you think you're good enough at Sudoku to crack this baby? Remember, we were the first in the Gulf to bring you this bit of Japanese mayhem...so we don't kid around

Last week's sudoku

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

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

darn tough sudoku

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

Sudoku

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

Sudoku

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

### Last Week's Leisure Solutions

## CROSSWORD BREAK:

- Across: 6 Adjourn;  
7 Vital; 9 Irate;  
10 Protect; 12 Credibility;  
14 Distraction;  
18 Rejoice; 19 State;  
21 Image; 22 Theorem.  
Down: 1 Adorn;  
2 Rotter; 3 Pry; 4 Pistol; 5 Paucity; 8 Probity;  
11 Advance; 13 Dilemma;  
15 Trough; 16 Option;  
17 Otter; 20 Shy.

Just So: The dark side of the moon; The lowest of the low; Grandmother clock; As good as gold.

Who, What, Where, When: Christopher Cockerell; Yellow; London; 1988; Cole Porter; The head; Memphis; 1649.

Darn Tough Sudoku

2								6
		6	7	1	5	9		
	3						5	
		7	2		6	4		
4								8
		8	4		3	5		
	7						1	
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# Motoring Weekly

Steering you to the best deals on wheels

## Fresh take on convertibles

**T**HE highly-anticipated BD82,375 McLaren 570S Spider will soon be available to order from McLaren Bahrain.

The two-seat, rear-wheel drive machine is the third body-style in McLaren's Sports Series portfolio, lining up alongside the Coupé and the GT.

Described by its makers as 'the most attainable McLaren Spider ever' it brings supercar attributes such as carbon-fibre construction, a mid-engined layout and extreme performance for the first time to the luxury sports convertible segment.

Hand-assembled in the McLaren Production Centre in Woking, England, the 570S Spider comes with a neatly-integrated, retractable hardtop that, when lowered, aims to deliver an even more immersive and exhilarating driving experience.

The two-piece roof – which is engineered using technology proven in the McLaren 650S and 675LT Spider models – is constructed of lightweight composite panels and creates a purposeful, sleek appearance whether raised or lowered.



STYLE CENTRE: McLaren 570S Spider

McLaren Automotive CEO Mike Flewitt said: "The McLaren 570S Spider is the most attainable McLaren Spider to date and adds yet another dimension to the McLaren Sports Series family.

"This is a convertible without compromise, its

mid-engined layout and carbon fibre MonoCell II chassis guarantee the same thrilling dynamic performance and exceptional driver involvement enjoyed in a 570S Coupé, but with the added attraction of a retractable hard-top that delivers the extra exhilaration

of roof-down motoring."

The combination of lightweight carbon fibre construction and an incredibly potent 3.8-litre, twin-turbocharged McLaren V8 engine, means that the new 570S Spider is both more powerful and lighter than comparable convertibles,

with an impressive power-to-weight ratio of 419PS-per-tonne (lightest dry weight).

Positioned behind the driver, the twin-turbocharged McLaren M838TE engine produces 570PS at 7,400rpm and torque of 600Nm between 5,000rpm and 6,500rpm. In combination

with a rapid yet smooth seven-speed seamless-shift gearbox featuring Launch Control technology, the result is a luxury sports convertible with supercar acceleration from standstill to 100km/h in 3.2 seconds and to 200km/h in just 9.6 seconds.

Top speed is 328km/h with the roof in place – identical to the 570S Coupé – and even with the roof lowered, the new Spider can reach 315km/h.

Complementing this extreme performance is a stop-start system that contributes to overall efficiency; the 570S Spider returns official fuel economy of 10.7 litres/100km in the NEDC combined cycle and CO2 emissions of just 249g/km.

Three new exterior colours celebrate the Spider's introduction, with Curacao Blue, Vega Blue and Sicilian Yellow joining the existing Sports Series palette and giving Spider customers a choice of 20 colours in total.

Kanoo Motors, a leading high-end automotive retailer, is the official distributor of McLaren in the kingdom. For more information, visit [bahrain.mclaren.com](http://bahrain.mclaren.com)

## Endurance championship endeavours rub off

THE Vantage AMR will be the first series production derivative of Aston Martin's new race-inspired performance range.

Launched at the Geneva Motor Show earlier this year, AMR aims to 'amplify and accentuate' the sporting prowess of the British marque's road cars.

It will be taking inspiration from Aston Martin Racing's participation in the FIA World Endurance Championship, a series with which the marque tasted world championship success with factory drivers Nicki Thiim and Marco Sørensen just last season.

The team was also victorious at the 85th 24 Hours of Le Mans in dramatic style, after Jonny Adam, partnered by Darren Turner and Daniel Serra, snatched the GTE Pro lead on the final lap of the iconic endurance race.

The AMR brand has two distinct tiers. Series production limited

edition models such as the new Vantage AMR sit at its entry point, while extreme and extensively modified AMR Pro models created by Q by Aston Martin Advanced Operations sit at the pinnacle of the range, including the exclusive Vantage AMR Pro.

A celebration of Aston Martin's worldwide success across GT4, GT3 and GTE categories, the Vantage AMRs are offered both with 430bhp V8 or 595bhp V12 – up from 565bhp – V12 powertrain options.

Both engines are fitted with automated sequential manual paddle-shift transmissions, or for the purist, six and seven-speed manual gearboxes in the V8 and V12 Vantage AMRs respectively.

Vantage AMR is available in four colour schemes - Stratus White with an Orange graphic, Ultramarine Black with Blue graphic, Zaffre Blue with Red graphic and Scintilla Silver with Grey graphic.

In addition the AMR 'Halo Pack' takes direct inspiration from Aston Martin Racing's 2016 World Endurance Championship-winning No. 95 Vantage GTE, working a combination of Stirling Green paint and vivid Lime Green accents to dramatic effect. As a finishing touch, a special Union Jack-enameled AML wings badge, previously featured on last year's GTE racer, is available as a no-cost option.

Aston Martin president and CEO, Dr Andy Palmer, said: "It's a real thrill to see our first AMR model go into production.

"The Vantage has been an incredible success for Aston Martin, both in V8 and V12 forms. As our most agile and athletic road car, and our long-time representative in the world of GT racing, it is the perfect model with which to introduce the exciting AMR range."

Aston Martin recently posted a first-quarter profit for the first time



ROAD AHEAD: Vantage AMR

in a decade. The company made a pre-tax profit of £5.9m for the three months to March following strong sales of its new DB11 model launched late last year.

Revenues more than doubled to £188m in the quarter. Aston Martin, which has made an annual loss for each of the past six years, was sold by Ford in 2007 to Italian and Kuwaiti investment firms.

The company has gone bankrupt

seven times in its history. Aston Martin sold just 3,687 cars last year, but hopes that its latest models will increase sales by more than 30 per cent in 2017.

Both V8 and V12 Vantage AMR models are available in both Coupe and Roadster body styles, with recommended retail prices starting from around BD50,000.

Deliveries are scheduled to commence later this year.



**T**HE new Renault Megane has been unveiled by Y.K. Almoayyed & Sons, the marque's exclusive distributors in Bahrain, and it's been described as 'quite a charmer'.

Globally it's been well-received too by motoring reviewers with some suggesting its 'broad shoulders, sculpted sides and ribbed bonnet' radiates confidence.

Awarded a five-star safety rating from Euro Ncap, the Megane appears to have all the components that could make it an ideal choice for the kingdom's highways.

Sreekumar, general manager, Renault Bahrain, said: "We are extremely proud and thrilled of this new addition to the Renault line-up. The Megane brings new energy to the city. With its dynamic solid lines and highlighted with chrome, this charmer quickly dominates the scene in my opinion."

"The Renault Megane gives a driving experience that is enriched with driving technologies unique in the sector."

Its signature lights are probably the first thing observers will notice. A set of pure vision LED headlights have been settled on both sides of the chrome grill that are framed by C-shaped LED daytime running lights that provide the car with a clever 3D effect.

Driver's safety and comfort remain a top priority for its designers and it has been equipped with numerous assistance technologies such as

# Charming impression



CLASSY ENCOUNTER:  
The new Renault Megane

Electric Parking Brake and Blind Spot Monitor which help warn drivers against potential collisions. The Megane comes with a nippy 1.6L engine and a richly-furnished interior with a panoramic glass sunroof that

expands the horizon by illuminating the passenger compartment.

Equipped with five different options of ambient lighting, the drive experience aims to provide multi-sensory pleasure. The driver can also

enjoy a massage feature and lumbar electric seat, making every journey a pleasurable one. Total control over the vehicle is a touch away with an 8.7-inch tablet touch screen. Using voice control, the driver can access

and manage navigation, telephone, media, driving assistance technology and various other services.

One of the top features of the Megane is the 'Intelligent hands-free Key' where the vehicle welcomes the owner from afar, lighting up the headlamps, rear lamps and interior lights as the driver approaches. Additional features include a hands-free tailgate and 18-inch grand tour diamond-cut alloy wheels.

One media reviewer showered it with praise, saying 'there's a handsome and muscular exterior, and a smart new high-tech interior that contains all the modern safety kit and all the executive toys you'd expect to see only on much pricier cars'.

The 2018 Megane starts at BD5,400 under the current offer, with the top-of-the-line (Design Pack) at BD7,125.

GulfWeekly's own motoring correspondent Kristian Harrison will put the Renault Megane to the test shortly but if readers cannot wait for that, visit the recently-opened new Renault Store in Sitra boasting a new 'visual space identity' concept, in line with Renault's leading global standards and specifications.

To book a test drive, call 17705705 today.

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A great opportunity to be part of Qatar booming market.

A well-known financial institution in Qatar, is looking for a Head of Corporate Planning to join their expanding team. The successful candidate needs 7-10 years of relevant experience in a planning or strategy function.

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- Develop, implement and maintain organization level plans; both departmental and corporate plans.
- Close coordination with the Corporate Performance Management Advisor to analyse and interpret operating results and create annual operating and long term review plans in close coordination with the team
- Review and update Corporate level strategy as received from CEO and top management and support in setting corporate level targets and department level targets in case of change requests of targets.
- Assist the team to ensure that strategy is properly communicated through Corporate Planning Supervisor and Corporate Planning Officer and provide support in developing the material necessary for communicating the strategy to departments.

#### Requirements:

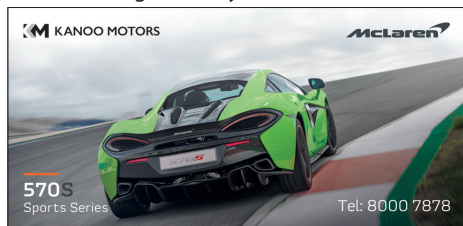
- MBA with specialization in strategy or Master's degree in a related field like business strategy
- Minimum of 7-10 years of relevant experience in a planning or strategy function with 3-5 years of experience preferably with a local/Gulf bank in a similar role
- Certification in balance scorecard is an added advantage
- Fluent in Arabic and English

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Only shortlisted candidates will be contacted.

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# Motor Sport

Bahrain International Circuit – the home of motorsport in the Middle East

# Thrills, spills and F1 angst

**N**O-ONE can accuse Formula One of being boring this season as tempers reached fever pitch at Sunday's Azerbaijan Grand Prix.

The marshals, assisted by a large contingent from Bahrain, were kept on their toes too in an incident-packed grand prix in which Sebastian Vettel was penalised for driving into Lewis Hamilton.

The German still extended his title lead as a loose head restraint cost the Briton victory in a chaotic race won by Red Bull's Daniel Ricciardo that featured three safety cars and several crashes, including clashes between team-mates.

Vettel was given a 10-second stop-go penalty for swerving into Hamilton's Mercedes as they prepared for a restart at the end of one of three safety car periods in Baku.

But the time Hamilton lost being forced to pit for a new head restraint put him behind Vettel. He followed him past a number of cars as they recovered positions, and closed up as the race entered its final lap, but the Englishman was not able to pass.

Hamilton ended up finishing fifth, a place behind Ferrari's Vettel, and lost two points to the German. He is 14 points behind after eight of 20 races.

Hamilton's Mercedes team-mate Valtteri Bottas, who was last and lapped after the first lap, passed Williams teenage driver Lance Stroll for second on the final straight as the Canadian scored his first podium in his eighth race after a mature drive.

The controversial incident between Hamilton and Vettel happened as they prepared for the restart after the second safety car period.

Vettel ran into the back of Hamilton as he accelerated out of Turn 15, the penultimate corner, damaging his front wing. The German then pulled alongside Hamilton's Mercedes and drove into it, banging wheels.

Vettel told his team over the radio

## RACE REPORT

By STAN SZECOWKA  
editor@gulfweekly.com



that he believed Hamilton had deliberately slowed, saying: "He brake-tested me. What the hell is going on?"

Hamilton insisted that there was no hint of him brake-testing the Ferrari ahead of the restart - which the FIA data supported and told his Mercedes engineers: "Vettel literally just came alongside me and hit me."

When he was informed of the penalty, Vettel said: "Tell me when I did dangerous driving." Ferrari told him they would discuss it after the race.

Hamilton said over the radio, addressing his remarks directly at race director Charlie Whiting, that he believed a 10-second penalty was 'not enough for driving behaviour like that - you know that, Charlie'.

Before the stewards delivered their verdict on Vettel's driving, Hamilton's race had already fallen apart. He had controlled it from the start, despite the chaos behind him, and was leading Vettel by 2.5 seconds after 28 of 51 laps when the cockpit head restraint padding that protects the drivers from impacts began to lift on the straight.

He rejoined in eighth place and fought his way up past Esteban Ocon's Force India, McLaren's Fernando Alonso and Haas driver Kevin Magnussen before the end.

Ricciardo was handed victory by



RACING AHEAD: Red Bull driver Ricciardo steers his car to victory during the Formula One Azerbaijan Grand Prix and, below, marshals in action in Baku

the problems of Hamilton and Vettel but he also had to earn it. He dropped to 17th early in the race with an unscheduled pit stop to clear debris from his brake ducts - but fought his way back.

Hamilton later called Vettel 'a disgrace' and demanded that, if they are to clash, they should do so like 'men' outside the car.

Vettel was also given three penalty points on his licence, taking him up to nine. If a driver receives

12 in a 12-month period, it triggers an automatic race ban.

"I think ultimately what happened was disrespectful," said Hamilton. "There are a lot of kids from other classes and categories watching us on TV and to see a multi-world

champion who you think would behave better than that, do that - that's the kind of thing you see in go-karts, which you learn from not doing in F2 and GP3 and think that's the right way."

## FORMULA ONE STANDINGS

POSITION	DRIVER	TEAM	PTS
1.	Sebastian Vettel, Germany	Ferrari	153
2.	Lewis Hamilton, Britain	Mercedes	139
3.	Valtteri Bottas, Finland	Mercedes	111
4.	Daniel Ricciardo, Australia	Red Bull Racing Tag Heuer	92
5.	Kimi Raikkonen, Finland	Ferrari	73
6.	Max Verstappen, Netherlands	Red Bull Racing Tag Heuer	45
7.	Sergio Perez, Mexico	Force India Mercedes	44
8.	Esteban Ocon, France	Force India Mercedes	35
9.	Carlos Sainz, Spain	Toro Rosso	29
10.	Felipe Massa, Brazil	Williams Mercedes	20
11.	Nico Hulkenberg, Germany	Renault	18
12.	Lance Stroll, Canada	Williams Mercedes	17
13.	Kevin Magnussen, Denmark	Haas Ferrari	11
14.	Romain Grosjean, France	Haas Ferrari	10
15.	Pascal Wehrlein, Germany	Sauber Ferrari	5
16.	Daniil Kvyat, Russia	Toro Rosso	4
17.	Fernando Alonso, Spain	McLaren Honda	2



## From Page 24

It has been quite some turnaround for Stroll, who has had to deal with skeptics saying the financial backing his father brought to the Williams team is the only reason for his presence in F1.

"I don't listen to that stuff, it's just people talking," Stroll said defiantly Sunday, when asked if the criticism affected him. "I'm just

## Strolling along to a podium place with a point to prove

happy for myself, happy for my team, my friends, family. The rest is all just noise in the background and I don't really care for it."

The Montreal-born Stroll was drafted in by Williams when Brazilian veteran Felipe Massa announced his retirement at the end of last season. They are now

teammates, because Massa came out of retirement after Bottas hurriedly left Williams to join Mercedes, following world champion Nico Rosberg's retirement days after securing the 2016 F1 title.

Stroll, once part of the prestigious Ferrari driver academy, won last year's European Formula 3

championship by a large margin.

"I want to be a quick driver, maybe the quickest one day," Stroll said on joining Williams.

Quite some statement, perceived as misplaced confidence by some.

Stroll, the first Canadian in F1 since 1997 champion Jacques Villeneuve, has

been financially backed by his father since he was eight. They would watch F1 races together on Sunday mornings in Canada, and Stroll Jr. idolised seven-time F1 champion Michael Schumacher.

"They were good days. Michael was really my hero, growing up as a kid, a true champion on and off

the track," Stroll said. "He was just someone I really looked up to and I still look up to. To be here today on the podium is a part of the dream come true."

After scoring points in two consecutive races, including a commendable ninth place at the Canadian GP two weeks ago, the criticism will probably stop. But Stroll now faces a different challenge: maintaining his form.



# Golf Weekly

Teeing off to a great read

## Shorter swing weight distribution

**GOLF TIP**  
By NIKKI HUNTER  
Royal Golf Club Head Teaching Professional

WHEN we are nearer the green we are too close to consider a full swing with any club - therefore we need to shorten our swing.

For a swing less than full, yet still requiring a solid strike, consider placing 80 per cent to 90 per cent of the weight on your front foot. This will create a steeper down swing, thus simulating where we would be at impact if it was a full swing, but also gaining consistency in allowing our movement through the ball to be towards the target rather than away.

Posture must remain throughout impact to ensure we get a centre strike.

For more information or to book a golf lesson with a Royal Golf Club PGA teaching professional, call 17750777.

# Young gun seals glory

**P**ROMISING young golfer Sebastian Woodrow won the Royal Golf Club's Ramadan PowerPlay Series with an order of merit total of 11 points. Having won first place in the first competition of the four week series, followed by third place in weeks two and three, he did not even need to compete in the final round to clinch the title.

Jerome Colson won the final competition of the series with a total of 27 points. John Savage came second with 26 points resulting in a tie for second in the order of merit.

Adam Dutton, the Royal Golf Club's tournament coordinator was on hand after the competition to present prizes to the winners.

The exciting PowerPlay Stableford

competition, which was played on the floodlit back 9 holes of the Royal Golf Club's Montgomerie championship course, gives competitors a choice between the normal flag location and a harder PowerPlay flag option on each green. In an added twist, competitors are forced to play the 'PowerPlay' flag on at least three of their nine holes and those successfully completing the harder option receive double points for the respective hole.

### Week 4 Results:

1st Jerome Colson (27 points), 2nd John Savage (26), 3rd Rob Lane (25), 4th Earl Fountain (23), 5th Myriam Sudar (20).

### Final Order of Merit:

1st Sebastian Woodrow (11 points), tied 2nd John Savage & Jerome Colson (9), 4th Rob Lane (7), 5th Earl Fountain (6).



TEEN STAR: Order of Merit Champion Woodrow

## Membership installment plan

Golf membership at the Royal Golf Club is now more easily affordable with the introduction of a monthly installment plan. Under the terms of the plan golfers can become members of the 9 hole par 3 Wee Monty course for just BD56 per month or of the 18 hole Montgomerie championship course from as little as BD105 per month. There are numerous categories of membership available to suit people of all ages and abilities. For full details, contact the Royal Golf Club on 17750777.

## Bend it like Beckham

Check how good your football skills really are using an utterly new approach - play a round of FootGolf at the Royal Golf Club! The game is a merger of two of the most popular sports in the world - football and golf. The goal is to kick a standard football into a cup in as few shots as possible. FootGolf gives players two hours of great fun on the club's championship course and prices start from just BD5 per person. FootGolf tee times are available every Sunday evening between 6.30pm and 7.30pm and everyone is welcome to play. To book, call 17750777.

## Summer Promotions Passport

Invest just BD5 in the Royal Golf Club's Summer Passport and enjoy a massive range of discounts on golf, golf lessons, golf merchandise, food and beverages, country club day passes and more. The Summer Passport is available from the Pro Shop and is valid for use until the end of August.

**JORDAN** Spieth needed an extra hole, a little bit of luck and an amazing final shot to finish off a wire-to-wire victory in the Travellers Championship.

The two-time major champion holed out from 60 feet for birdie from a greenside bunker on the first hole of a playoff with Daniel Berger on Sunday at TPC River Highlands.

The 23-year-old Texan joined Tiger Woods as the only PGA Tour players in the era since World War II with 10 victories before the age of 24. Woods won 15 times before he turned 24.

"That was one for the ages," said Spieth, also the winner at Pebble Beach in February.

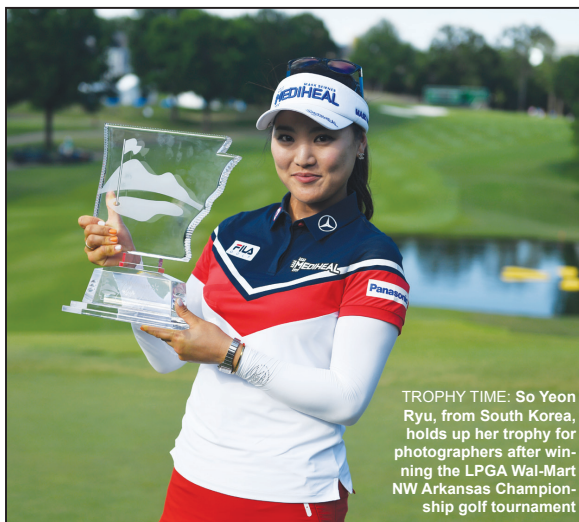
Spieth held a one-stroke edge after each of the first three rounds. He closed with an even-par 70 to match Berger - who birdied three of the final six holes for a 67 - at 12-under 268.

Berger, the Memphis winner two weeks ago before missing the cut last week at the US Open, just missed a 50-foot putt from off the 18th green left that would have forced a second playoff hole.

Charley Hoffman (66) and Danny Lee (67) tied for third, three strokes back.

**SO YEON** Ryu became the LPGA Tour's first two-time winner this season, taking the Walmart NW Arkansas Championship with a tournament-record 18-under 195 total.

Five strokes ahead after a course-



TROPHY TIME: So Yeon Ryu, from South Korea, holds up her trophy for photographers after winning the LPGA Wal-Mart NW Arkansas Championship golf tournament

record 10-under 61 on Saturday, the third-ranked Ryu closed with a 69 for a two-shot victory over fellow South Korean player Amy Yang and Thailand's Moriya Jutanugarn. Ryu has five LPGA Tour victories, also winning the major ANA Inspiration in April in a play-off with Lexi Thompson. Ryu won at Pinnacle Country Club four years after losing a playoff to Inbee Park in event.

Yang finished with a 64, and Jutanugarn had a 66.

Local favorite Stacy Lewis (69)

and Michelle Wie (64) tied for fourth at 13 under.

Defending champion Lydia Ko set the previous tournament best of 17 under last year. The second-ranked New Zealander shot a 68 on Sunday to tie for 25th at 8 under.

**FRED** Couples rallied to win the American Family Insurance Open for his second PGA Tour Champions title of the year and 13th overall.

The 57-year-old Couples shot a 6-under 66 in cool and windy

conditions at University Ridge for a two-shot victory over Scott Verplank. Couples birdied six of the first 11 holes and finished at 15-under 201.

Couples also won the 50-and-over tour's Chubb Classic in February in Florida. The Hall of Famer, long hampered by back problems, won 15 times on the PGA Tour - his lone major coming in the 1992 Masters.

Verplank shot a 69.

Tournament host Steve Stricker (69) and Joe Durant (67) tied for third at 12 under. Stricker made his first start in his hometown event after turning 50 in February. Paul Broadhurst, two strokes ahead after each of the first two rounds, had a 73 to finish fifth at 11 under.

**EMMA** Talley won the Island Resort Championship or her first Symetra Tour title when rain washed out the final round.

The 23-year-old former University of Alabama star shot a 3-under 69 on Sunday morning in the completion of the suspended second round to reach 9-under 135.

Talley earned \$22,500 to jump from 14th to fourth on the money list with \$43,618, with the final top 10 earning LPGA Tour cards. She won the 2013 US Women's Amateur and 2015 NCAA individual title.

China's Ruixin Liu and Thailand's Benyapa Niphatsophon tied for second at 6 under.



## Eating Out

Editor Stan takes time off the course to check out Café T's new menu.

● See Page 11





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Gulf Weekly

# SPORT

Gulf Weekly

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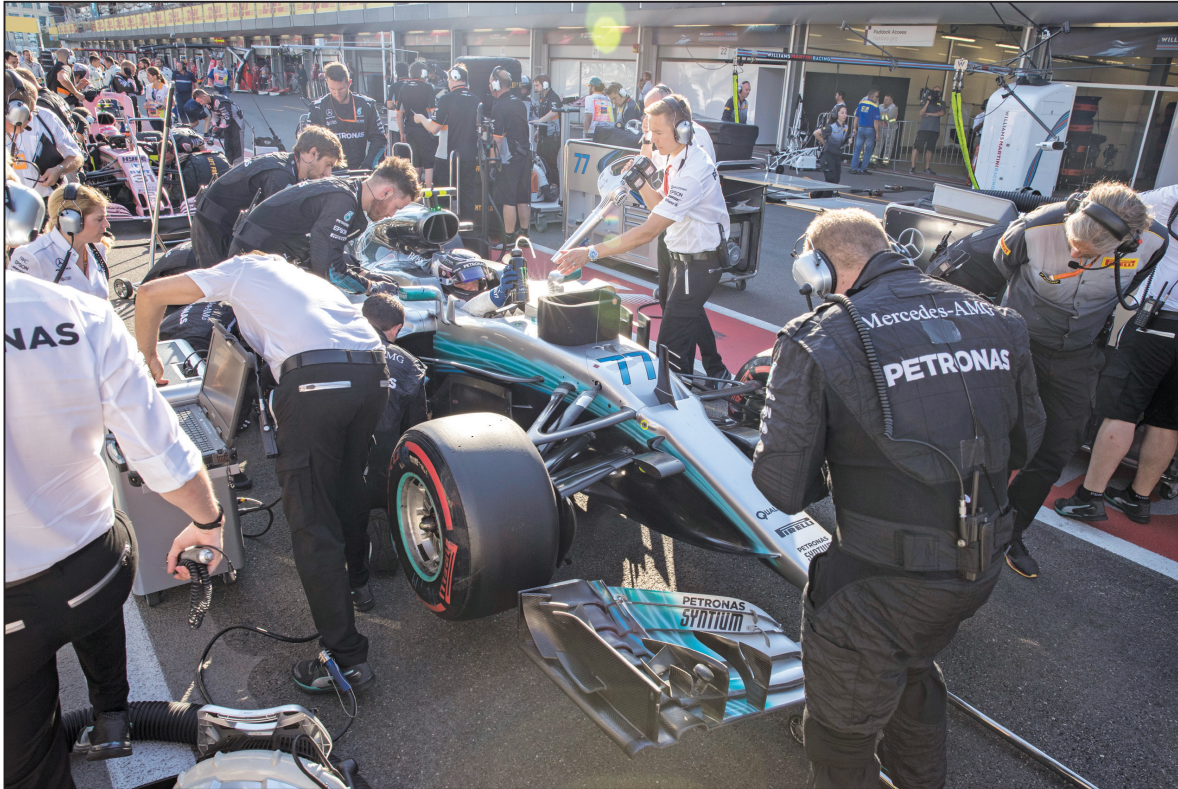


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TOP OF THE LEAGUE FOR LOCAL AND INTERNATIONAL SPORT

June 28 - July 4, 2017



PITTING THEIR WITS: Mechanics work on Bottas's Mercedes AMG GP car during a temporary halt at the Formula One race in Azerbaijan

## HOT SEATS TO FILL

**MERCEDES remains uncommitted as to when – or if – driver Valtteri Bottas will be given a new contract.**

The Finnish driver joined from Williams in an emergency move after world champion Nico Rosberg stunned Mercedes by retiring just days after securing the Formula One title.

Bottas, who was given a one year deal, has exceeded expectations given how well he has settled in as Lewis Hamilton's teammate. He has won one race and secured three further podium finishes and a pole position, putting him in third place in the championship race.

Bottas, who says he is not in discussions with other teams, wants a long-term contract. Whether he gets one is a different matter.

"I think we just want to give ourselves time to see how the season pans out," Mercedes head of motorsport Toto Wolff said.



POINTS TO PROVE: Bottas

"Probably it's about getting more and more confidence. No reason why not to continue with Valtteri."

Asked what more Bottas has to do, Wolff replied: "Just to continue what he does now."

That would seem to imply he must win at least one more race over the coming weeks, although Wolff steered clear of issuing ultimatums.

"I wouldn't want to attach it on a specific race result. Every day he's with us it becomes more clear. It's just that, I've been in this sport now for seven or eight years," Wolff

said. "Sometimes taking your time is not always a comfortable situation for the driver, but it's important to understand what's happening. This is why we won't be rushing into any decision."

Questioned again as to when a decision will be made, Wolff said: "I don't know."

If Mercedes seems to be hedging its bets, it is with good reason. The situation is made more complex given the position of other drivers, notably two-time F1 champion Fernando Alonso.

Alonso looks increasingly likely to leave struggling McLaren and there is also some ambiguity concerning the future of Hamilton, who has been at Mercedes since 2012.

Hamilton has openly spoken of his admiration for Ferrari, although stopped short of saying he wants to join the Italian team. But a seat could be available there next year given that Kimi Raikkonen is 37, while four-time F1 champion Sebastian Vettel's

contract with Ferrari expires at the end of this year. Should Hamilton leave Mercedes, the team would arguably need a stronger No. 1 driver than Bottas and Alonso clearly has the credentials to compete for the title in a good car. But Alonso turns 36 next month and does not have long left at the top ... so it could be now or never.

Alonso's agent, the Italian Flavio Briatore, was in the F1 paddock during this weekend's Azerbaijan GP and had dinner Friday with Wolff and Niki Lauda, a three-time F1 champion who has a non-executive chairman's role at Mercedes.

"Well, you have dinner with Flavio it's clear that you talk about Alonso," Wolff said. "But we are very happy with our current driver line-up, there's no reason to question that, so there wasn't any talk about Fernando joining the team."

That might yet change, given that Alonso is expected to confirm sometime over the summer if he is leaving McLaren.



BOOTIFUL: Delighted Stroll

## Stroll on a roll as he silences his race critics

WHEN the critics were speculating over how he got a seat in Formula One, teenager Lance Stroll simply ignored them.

The 18-year-old Canadian driver, son of billionaire investor Lawrence Stroll, was right not to listen.

On Sunday, the Williams driver showed his genuine ability in finishing third at the Azerbaijan Grand Prix. It was very nearly second place, too, but Finnish driver Valtteri Bottas surged past him in his faster Mercedes with the finish line just in sight.

Still, to secure a podium in only the eighth race of his career was an outstanding achievement, especially considering the flak Stroll took earlier in the season when he failed to finish his first three races, and four out of the first six.

"I am just lost for words. I can't quite realise what just happened," said Stroll, barely able to keep the smile off his face. "The last few races have been tricky, but it has all been worth it."

His father, wearing a sky-blue shirt, looked emotional when his son stood on the race podium alongside race winner Daniel Ricciardo. Stroll also had to drink from one of Ricciardo's race shoes, a jovial punishment the Australian driver likes to inflict on others whenever he wins a race.

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