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MEET THE OWNERS:
BSB becomes Inspired's choice
SEE PAGE 7



EATING OUT:
All set for Chinese New Year celebrations
SEE PAGE 11



PRIZE CONTEST:
Win coffee and cake at crust & crema
SEE PAGE 17

THANK YOU, SON!

BAHRAIN TV presenter Paul Fraser suffered a sudden seizure whilst on a trekking trip in the Scottish wilderness and today he praised the actions of his 10-year-old son who stayed by his side holding his hand until help came.

Schoolboy Gregor kept his desperate dad in the recovery position until the emergency services arrived when a traditional coming-of-age father-and-son adventure took a dramatic turn for the worse.

It was almost at the end of a family vacation back home to Scotland when Paul decided to take Gregor on his first 'Bothy trip' on the Glenfinnan Estate, home of the famous 'Hogwarts Railway' viaduct featured in the *Harry Potter* movies, staying in spartan shelters hidden away in the hills. It is a classic starting point for access into Knoydart by walking up Glen Finnan to Loch Arkaig and then via Glen Dessary into the Knoydart mountains.

"Many bothys were originally people's homes and they provide shelter for hill walkers and mountaineers free of charge," explained



THAT'S MY BOY:
Paul with Gregor inside the Bothy before the drama

EXCLUSIVE

By STAN SZECOWKA
 editor@gulfweekly.com



Paul. "Some have electricity, some do not, but pretty much all have the potential for the

setting of a blazing log fire to keep warm.

"Gregor and I had pushed our benches together, in fact just in case he fell off when he was sleeping. Then early

in the morning Gregor said that I rolled on to his bench and started convulsing, unresponsive to his calls. Then I started foaming at the mouth, came off the bench

and struck my head and face on the stone fireplace.

"Gregor continued to try and wake me for 10 to 15 minutes but there was no response."

Turn to Page 2



Performance starts at 43.

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Drama in the Highlands

From Page 1

Fortunately, at this point the estate's manager Alastair Gibson started his normal check on the bothy and heard Gregor's call for help and they lifted Paul off the floor and back on to the bench.

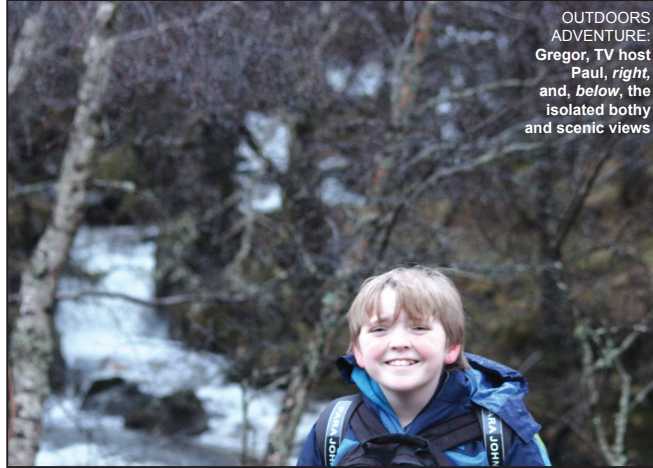
"When the estate manager went to find phone reception Gregor had to hold me in place in the recovery position as I was still convulsing," said Paul.

"Alastair had to get back into his Land Rover and drive until he got a mobile phone signal to ring the emergency services.

"Gregor was very scared throughout according to the medics but was also very stoic.

"The police also packed and brought all our kit to the hospital. Gregor said that the police spoke to him again and they talked about the bothy and they told him his dad would be fine.

"I came to surrounded by people in high visibility vests and uniforms and had



OUTDOORS ADVENTURE: Gregor, TV host Paul, right, and, below, the isolated bothy and scenic views



He left Bahrain a decade later for a short spell in Australia before returning home to Aberdeen in 2005 to pursue his passion for cooking and to enhance his hospitality industry skills.

He returned in 2010 to help with the pre-opening of Hotel Diva, Juffair and co-ordinated with Gama Hospitality on marketing and design of two outlets, taking on the role of manager of DCs and Kicks. He was promoted after two years to F&B and the new management role also covered the La Café, Davy Crocketts, alongside banquets and room service.

Paul also found time to combine his love of radio and television and become the host of the *Lifestyle* show on *Bahrain TV*. He'll be back on the small screen on *TV News* on Monday.

As for his hero son who attends St Christopher's School, Paul said: "The day after the incident, Gregor brought me my coffee and an egg roll and I asked him to grab something for me from upstairs and I got: 'Dad ... really? Yesterday I saved your life - today I've brought you your breakfast' ..."

You can't ask more than that.

no idea what was going on. Ambulance staff explained that I had suffered a seizure.

"The emergency services were brilliant! Obviously Gregor was distressed but he was reassured by the officers and even got to switch on the blue lights during the trip.

"Between the bothy and

a hospital's accident & emergency ward I was drifting in and out of consciousness and each time I remember my wee boy holding my hand really tight with big puffy eyes."

Paul underwent tests in hospital in Royal Deeside and it was confirmed that he

had suffered a 'Grand Mal Seizure' and he underwent tests for six hours including a CT scan, blood and urine tests before being released.

A grand mal seizure causes a loss of consciousness and violent muscle contractions and results from abnormal electrical activity throughout the brain.

He is now recovering at home in Hidd with his wife, Heather, and has been told not to drive for six months or until the cause of the seizure can be clearly identified. He hopes an MRI scan may help solve the riddle as he has never suffered anything like it before.

Heather had been staying with friends and family when the boys went off on their adventure and tongue-in-cheek mentioned 'that's what happens when there is no woman around'!

Paul, Bahrain Information Affairs News Anchor, has had spells as general manager of the Dilmun Club and Yacht Club, as well as being a popular 'housewife's choice' *Radio Bahrain* show

host for many years.

He originally came to the kingdom in 1994 after being sub-contracted from the UK to work with the Sheraton at its Al Layali lounge before moving to work for Hyatt in Dubai. That only lasted five months because he didn't enjoy life in the UAE and decided to come back to Bahrain and soon became a familiar face on the entertainment scene, gigging in numerous venues including the Londoner, Warbler and Henry's nightspots.



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FOUR friends are helping children across the island sleep peacefully throughout the night by creating a colourful collection of catchers ancient Native American Indian tribes believed helped keep bad dreams away.

The Dreamcatcher Factory has been launched by entrepreneurial friends Shaima Mohamed, 26, Nadia Ebrahim, 25, Razan Salman, 25 and Dalia Bucheery, 21, who remain mesmerised by the beauty and symbolism of the handmade, feathered and beaded hoops from their childhood days.

They found comfort in having dream-catchers hung above their beds at night when they were growing up and decided to share their passion by making and selling them to spread positivity and love.

Shaima, who graduated from Bahrain Polytechnic in marketing, said: "Growing up, we all had ones. When I was eight, my mum gave me a dream-catcher and I loved it. It helped me sleep at night and was beautiful to look at.

"When Razan, Nadia, Dalia and I heard that our university needed participants for its AIESEC International Cultural Market we thought about making dream-catchers. I had already made one myself after a lot of research and it took seven hours to perfect, so I showed the girls how I did it and the rest is history!

"Teaching the girls was especially fun as we practiced and made them in university which I'm sure annoyed a lot of our tutors.

"We were surprised how few people knew about dream-catchers although some had come across them from movies like *Twilight*.

"A dream-catcher may be something small to some, but

Catching your dreams



DREAM TEAM: Razan, Nadia, Dalia and Shaima with one of their new giant creations



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

it could possibly have a big impact on a little child who is afraid to go to bed."

After launching the products via social media five years ago, demand for the tiny structures gradually increased.

Dream-catchers are associated with Native American culture but are often believed to have originated from the Ojibwa Chippewa tribe and Lakota nations. The Ojibwa word for dream-catcher means spider, referring to the web woven to loosely cover a hoop.

According to the ancient story, a mystical and maternal Spider Woman served as the spiritual protector for the tribe, especially for babies

and children. As the tribe continued to grow and spread out across the land, the Spider Woman found it difficult to continue to protect and watch over all the members of the tribe as they travelled farther away. Stories suggest that is why she created the dream-catcher, to watch over her people wherever they were.

The sacred hoops were traditionally used as talismans to protect sleeping people, usually children, from bad dreams and nightmares. The idea was that when hung above the bed in a place where the morning sunlight could hit it, the dream-catcher attracted and caught all sorts of dreams and thoughts into its webs.

Good dreams are said to pass through and gently slide

down the feathers to comfort the sleeper below. Bad dreams, however, are caught up in its protective net and destroyed, burned up in the light of day.

The shape of the dream catcher represents the circle of life and how forces like the sun and moon travel each day and night across the sky. There is some debate about the meaning of the

beads that often decorate the catcher. Some people believe that the beads symbolise a spider while others believe that the beads are the good dreams that could not pass through the web and are then immortalised into the form of sacred charms.

Dream catchers are often handmade with a willow wood woven with a loose web of yarn and decorated with

beads and feathers hanging below the hoop in different shapes and colours.

The girls have created them in various sizes from mini crescents to large lacy hoops. Dalia, who is studying logistics at the Bahrain Polytechnic, said: "We customise the catcher based on size, colour and design to make them unique and different."

Each dream-catcher can take anything between an hour-and-a-half to six hours to make.

Shaima said: "The more complex the design, the more time it takes to complete. The materials we use include ribbons, lace, embroidery, yarn, wool, feathers and a variety of beads."

The talented team has made more than 800 dream-catchers so far and have participated in fairs across the kingdom.

Now bulk orders are coming in too as they make ideal decorative pieces and giveaway presents.

The dream-catchers cost between BD1 to BD9 and recently there has been a demand for larger ones measuring around 30 inches in hoop size.

For details, find them on Facebook or Instagram @dreamcatcherfactory.

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Write to the editor

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FIRST off, a Happy New Year to you all for 2018! I feel a sense of excitement and anticipation as I look at the potential global reach of *Grain of Sand*. I have spent time updating the website since the Dubai International Film Festival and am now responding to those who have expressed an interest in screenings of the film.

The idea for *Grain of Sand* came in 2013 so it has been almost five years of ups and downs with the project. It gives me a huge sense of relief to finally see this

project 'out there'.

For those of you that have been following my activities for a number of years you will know that I used to tour extensively. I needed a well-earned break from the road but I am looking forward to getting back out there with this film.

The Bahrain premiere will take place in February and I will be sending out information regarding this shortly.

Versions of the film will



soon be available with French, German, Finnish and Estonian subtitles too with others to follow soon.

International media coverage has included the comments: 'Jason Carter's *Grain of Sand* is the soulful documentary the world needs right now' - E Nina Rothe - *Huffington Post*

Thank you for your continued interest and support and I look forward to watching the film through your eyes at some point in 2018!

With best wishes from Jason Carter

● **Editor's note:** The film project focuses on the kingdom's pearl diving culture and legacy. Check out the new *Grain of Sand* trailer by visiting <https://youtu.be/fGZmvhg83Y>



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

THE Whisperer was being taken in his carriage along Budaiya Highway and witnessed a poor chap struggling with a bouncy castle trying to attach it to the roof of his car.

One couldn't help wondering why he didn't deflate it, fold it up and blow it up again once he had reached his destination.



A QUIETER week ahead for me, which makes a pleasant change, with husband travelling and the oldest child embarking on his first Duke of Edinburgh expedition in Oman.

The Duke of Edinburgh Award is a youth awards programme founded in the UK in 1956, which has since expanded to 144 nations.

The awards recognise young adults for completing a series of self-improvement exercises including volunteering, skills and physical, but for now the teen is concentrating on the expedition section.

Map reading, a lot of walking, team building and camp craft are all skills that he should gain in abundance, but hopefully not much first aid!

The young man is very excited to be going and in the age of connectivity with no phones, computer

Ellissa's island life An expat wife, mother, artist and runner



or tablet in sight, I am also ecstatic.

Kids are also better off when they accomplish something without having to think about how their parents would view it, most of our happiest childhood memories are of a parent-free moment.

Exploring, taking risks and trying new identities are all good for our children.

So here's to a week of independence for many teenagers.

I'm sure the students will return home happy but exhausted and, hopefully, more thankful for all those home comforts.

He is lucky that Oman is the chosen destination, with stunning landscapes, deserts, mountains and soft sand beaches. There are no natural predators either so he is more likely to be woken by a gazelle than a hungry bear.

Oman also has fairly mild weather which certainly beats the deepest English countryside on a cold, wet and muddy day.

In comparison Bahrain has had chilly, misty mornings but the afternoons have been sublime, with sunny, crisp days. Hopefully there's a few months to enjoy, for me, Bahrain at its best.



BAHRAIN LIFE
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Butchers seen in a slaughterhouse, Central Market, Manama.
Photo by Phil Weymouth – Streetlight. Camera Fuji X-Pro2.

Bahrain Life is a project by Streetlight and Unisono. www.bahrainlife.org

I HAVE been an emotional wreck over the last few days. I changed my son's school and am now finding it hard to put my heart at ease.

I enrolled my son at the age of three. I had a dream that he would grow up to be a gentleman here, develop friendships that would stand the test of time and one day graduate with pride.

My son gave his heart to the school. He excelled at studies, art and learned with devotion all that was offered to him. I was his support and push. I stood with him like I was a part and partner with him on his journey.

With passing days and classes I realised that I wanted more for my child. I wanted a more competitive environment



Mariam's moments

where he could be fully challenged. I applied to a school well reputed for these demands. As expected, he was initially put on a waiting list. Then, rather unexpectedly, he was offered a place in the middle of the school year. Within days the paperwork was done and he was officially in the new school.

My heart skipped a beat when he dressed in a different uniform. As I walked down the unknown corridors, I saw faces that were all strange to me. I wanted to hug my little boy and take him home. I pushed my tears back, reinforced myself that this was better for him and left him with his new teacher

and class mates.

Later I went to pick up his things from his previous school. I saw nothing there except my child's past few years ... running, walking and laughing in those corridors. His artwork was still decorated with pride on the walls. The stories he had learned to write were posted outside his class. Everything was where it should be, except my son who I had carried away from his cosy sanctuary.

I heard the sound of giggles. I turned and there I saw all his best friends hopping and chatting together. I rushed to the car and hid myself behind the steering wheel.

PS. Please note that lots of tissues were used during the penning of this article.

CREATIVITY is the perfect marriage between old and new, possible and impossible and the real and unreal. According to me, it is the only quality that can really propel us forward and that too in a different and imaginative way.

I feel it is creativity that actually gives us the independence of character. All the major 'creations' are boiled over people thinking differently! The invention of the robot, artificial intelligence, new cooking recipes ... the list is endless.

Youth Talk By Saamia Zia



It is very important that it is creativity that strengthens our past, stabilises our present and shapes our future! Unfortunately, most people are afraid of being creative. Maybe it is how closely we all are linked by increasing globalisation that we are afraid to be so together but so different. But I'd say that it is only creativity that can define us

and it is these ideas that truly belong to us.

Also, it doesn't do to 'know' what to think. Thinking along a predicated line is what restricts our approach. I believe we should all strive to take that creativity onto our platter of display and really use it to reconsider the global problems and issues, be those socially linked, culturally linked or economically linked.

After all, it was creativity and imagination that made Archimedes jump out of his bathtub or Picasso pick up his palette!

Chef Pepi's perfect pieces

ONE of the world's top sushi chefs will be flying into Bahrain to show diners how a man from Macedonia was able to conquer the competition and walk away with a world title in the traditional home of the cuisine.

Celebrated Chef Pepi Anevski will be arriving next week for a short stay at the Gulf Hotel Bahrain's award-winning Sato Japanese restaurant.

"I'm really happy and feel grateful that I am coming to Bahrain to let people try my sushi," he told *GulfWeekly*. "It's always nice to visit different places and I try to spread my passion and love of the beautiful art of sushi wherever I go. It is important for me to raise awareness of sushi so people better understand it."

The history of sushi began with paddy fields in Southeast Asia, where fish was fermented with salt and rice and it first was introduced to Japan around the Yayoi period, an Iron Age era in the history of the country traditionally dated as far back as 300 BC.

Now based in Denmark, Chef Pepi, 41, has received many accolades but few more prestigious than winning the World Sushi Cup 2013 in Tokyo. So how did a chef from a country in the Balkans take the title?

"I often hear this question and answer that a person cooks and creates food from the heart and not from what background they have," he explained. "My ethnicity often clashes with people's generalisation of how a Sushi Master should look like."

"But the beauty in it is that nothing is impossible and a person's ethnicity shouldn't hinder his or her goals in life."

He studied classic Japanese sushi in Chiba, Japan, and has been accredited as a Sushi Head Chef by AJSA (All Japan Sushi Association)

GOURMET REPORT

By STAN SZECOWKA
editor@gulfweekly.com



and the World Sushi Skills Institute.

"I love creating sushi because there is so much tradition and skill attached to it," said Chef Pepi. "There is enormous respect for the products involved and I love that a single piece requires such a lot of work and passion for it to truly be tasty."

As taste is the name of the game, his culinary style concentrates on the fine cuts of shashimi and sushi such as the Nigiri, Gunkan, Uramaki and Futomaki.

His favourites include the Lemon Lobster, Sesame Flounder, Sweet Prawn Tempura and Spicy Tuna and he recently spoke of the 'satisfaction you get as a chef when you succeed with combining amazing flavours in your creation' after unveiling a sensational Green Tea Smoked Salmon with Crunchy-skin Gunkan topped with Kizami Wasabi.

His aim and ambition is to raise sushi awareness globally and spread the knowledge of making it to people who are willing to learn.

"Sushi is much more than a food creation," he said "It's more of an art form which by understanding and respecting the core products gives you amazing results."

He's certain about his favourite too, namely Nigiri, a specific type of sushi consisting of a slice of raw fish over pressed vinegared rice.

"That's the best taste you can get when eating sushi," he said. "A Nigiri that's perfectly balanced with the fish, rice and Wasabi is a must for me. It looks easy to make but in reality it's so hard to get it perfect."

Wasabi comes from the Brassicaceae family and is also called 'Japanese horseradish', although horseradish is a different plant.

Chef Pepi's creativity



TASTY TREAT: Green tea smoked salmon with crunchy skin gunkan topped with kizami wasabi, below, lobster Nigiri with lobster foam and Chef Pepi

originates from his innate curiosity about combining new flavours and developing recipes. "I always strive to be better than I was yesterday."

And food lovers will be able to put his talents to the test when he dishes up delights at Gulf Hotel's Sato restaurant on Monday until Friday, January 26.

"This is a one-time opportunity for Japanese food lovers alike to experience 'Gold Medal' cuisine!" said Charbel Hanna, executive assistant manager. "Following the recent successes of celebrity and award-winning Michelin-starred chefs who have featured at the hotel's fine-dining outlets, The Gulf Hotel Bahrain is proud to present World Sushi Champion, Chef Pepi Anevski!"

To find out more details and to book a table email fbm@gulfhotehbahrain.com, info@gulfhotehbahrain.com or call 17746429/30.



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Sukoon facial tissue 200's - BD1

AMERICAN Girl, an iconic doll brand, has officially opened its doors in Bahrain for the first time.

To celebrate the occasion a spectacular ribbon-cutting launch event will be staged on Friday at 10am promising 'exclusive experiences, tasty treats, and pampering perfection for all guests and their little ones'. For the first 100 girls in line, an extra special treat is up for grabs, the company says.

What started as a catalogue company selling 18-inch dolls with historical backstories to young girls has evolved over more than 30 years into a toy industry behemoth, with multi-million dollars in gross sales each year.

The new American Girl will offer all of the store's fan-favourites. This includes a complete assortment of the popular historical and contemporary dolls, along with a selection of doll outfits, accessories, 'Dress Like Your Doll' clothing, and the company's best-selling books. Also, for fashionable youngsters, the store features

Dolly mixtures arrive at mall



a 'Creativi-tees' boutique, where girls can create stylish T-shirts for themselves and their dolls.

The store is also equipped with party packages, aiming to make it a destination to celebrate birthdays and other special occasions.

Katy Dickson, president of American Girl, American Girl, said: "For more than 30 years, American Girl has been inspiring young girls to be strong, confident, and proud of who they are. Through our unique characters, publications, and retail experiences, we hope to instil strong values in women from a young age. This is something we are thrilled to expand

into the Middle East."

So how does American Girl maintain and grow its popularity? Experts point to several factors, including the exclusivity and personalisation of the brand. In addition, the fact that many Millennials who are now parents grew up owning or wanting the dolls and reading American Girl books. They are eager to pass those experiences on to their own children.

"It's almost a rite of passage for kids," said Adrienne Appell, a trend expert for the Toy Industry Association.

Cameron Mitchell, acting chief executive officer, mall operators Majid Al Futtaim - Leisure & Entertainment, said: "We are delighted to have opened the very first American Girl in Bahrain. Following the successful launch of the region's first two stores in Dubai at the end of last year, Bahrain proved to be the ideal location for the third store in the region."

GulfWeeklyBookClub - in association with The Bookcase



Three more books this week to help you start the year in a healthier way ...

LOSE WEIGHT FOR GOOD, TOM KERRIDGE, 9781472949295 (ABSOLUTE) BD11.400 for Gulf Weekly Book Club members

FULL flavour cooking within a low calorie diet; sounds too good to be true?

Easy pizza. Fish-in-a-bag. Cajun spiced eggs. French apple tarts. If you think this doesn't sound like diet food, then think again. Featuring ALL the recipes from his BBC2 TV series, Tom Kerridge shows how you can enjoy all your favourite foods and still lose weight with his 'lower-calorie diet with a difference'.

Michelin-starred Chef Tom Kerridge has been developing recipes for nearly three decades and understands how much willpower it takes to shift unhealthy excess weight, because he has lost over 11 stone in the last four years by following a low-carb diet.

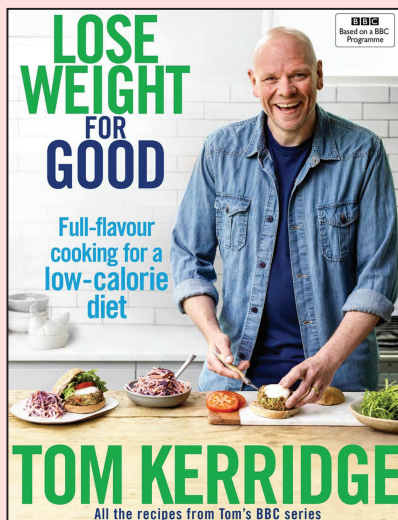
Now Tom is turning his attention to helping food-lovers who have chosen a lower-calorie diet as their own route to weight-loss.

This is based on hunger-satisfying portions of delicious, lower-calorie dishes that taste amazing.

The focus is on the food that we can and should be eating to lose weight, which is easy to make and won't make you feel as though you are missing out.

Recipes include southern-style chicken, one-layer lasagne, chicken tikka masala, lamb doner kebab, beef stroganoff, sweet potato and black bean burritos and even baked doughnuts with sweet five-spice dust.

As Tom said: "It's impossible to stick to a diet if the food you're expected to eat



is boring and doesn't fill you up. So I've developed lots of tasty and satisfying recipes that people will love to cook and eat, but that will also help them lose weight. I truly believe that this attitude works. I've been there myself and now I want to help others get there too."

By adopting a new, healthy approach to eating you really CAN lose weight for good.

THE FAT-LOSS PLAN, JOE WICKS 9781509836079 (BLUEBIRD)

BD8.300 for Gulf Weekly Book Club members

ARE you fed up with restrictive dieting? Do you feel you've tried everything before and failed? Then this plan is for you. This is different. This will work.

Joe Wicks is back with another instalment of 100 brand-new delicious recipes and five speedy, effective HIIT workouts. *The Fat-Loss Plan* can motivate everyone on their way to achieving a fit, lean and healthy body.

Inside the book is a combination of reduced-carb, post-workout and snacks and sweet treat recipes - all incredibly tasty and easy to make in 15-minutes flat. Every recipe is filling and fuels you with energy for your day and your workout - including Steak Taco with Lime Salsa, Lamb Kofta Tagine and Veggie Super Bowl. Thanks to sample weekly plans, Joe makes it simple for you to prep like a boss and eat well every day of the week.

THE FOUR PILLAR PLAN, DR RANGAN CHATTERJEE

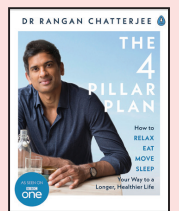
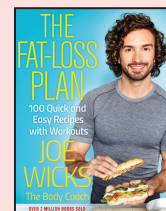
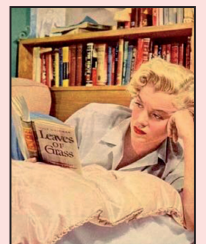
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BD8.300 for Gulf Weekly Book Club members

HOW to relax, eat, move and sleep your way to a longer, healthier life. In *The Four Pillar Plan*, Dr Rangan Chatterjee presents an easily accessible way for taking control of your health and your life.

Everyday health revolves around his four pillars: relaxation, food, sleep and movement. By making small, achievable changes in each of these key areas you

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can create and maintain good health - and avoid illness.

It's not about excelling at any one pillar, what matters is the balance across all the things you do, including an electronic 'day off' once a week, aiming for 12 hours every day without food and exposure to sunlight first thing each morning

Based on cutting-edge research and his own experiences as a doctor, this book contains fascinating case studies from real patients. Practical and potentially life-changing, *The Four Pillar Plan* is an inspiring and easy-to-follow guide to better health and happiness.

The new kids on the block

THE new owners of the British School of Bahrain (BSB) staged a presentation and formerly introduced themselves to parents with a promise of improvements in and out of the classroom.

Inspired, with offices in London, Johannesburg, Bogota and Sydney, operates private schools across Europe, Australia, Africa and Latin America. It has made its first move into the Middle East by buying the Hamala-based institution from GFH Financial Group.

Nadim Nsouli, founder and chairman of Inspired, which boasts more than 30 schools and around 24,000 students on its books, was accompanied by company executives.

"Inspired will look to bring its best global practices to BSB to make the school the best in the region," he said. "We will also actively evaluate expansion opportunities for the school in Bahrain."

The presentation was staged at the Gulf Hotel Convention Centre in Adliya last Wednesday at 6pm and by the scheduled start of the session the room was sparsely filled and Inspired got its first Bahrain-style time-keeping lesson as 'heavy drive-time traffic' delayed parents on the trek from either work or home.

The snazzy video presentation started around 20-minutes late with seats starting to fill up and the presentation was screened and Inspired spelled out its recipe for success and introduced its top team.

Those included group education director Dr Stephen Spurr, a former Eton College head of classics, headmaster of Clifton College and Westminster School, the latter regarded by many as 'the leading British public school', a position he held for nine years before joining Inspired in 2014.

After a flying visit back home he returned to Bahrain again on Monday morning, anxious to get on with the job of taking BSB forward under the Inspired wing.

"We are making this school a priority," he said, putting the statement into perspective by adding that 'each new school that comes on board is a priority for us'.

"We want to start laying out a strategy for school improvement for the beginning of the next academic year and we will be introducing some immediate improvements starting, for

EDUCATION
By STAN SZECOWKA
editor@gulfweekly.com

example, with technology," he added.

"The Wi-Fi is not reliable and if you want to have 2,000-plus children using computers and educational technology you need to have reliable Wi-Fi, so that's the first thing.

"Let's get the infrastructure right and then teach the children, and the teachers in particular how to use educational technology to improve their teaching and improve the learning of the children.

"I need to make sure that the examination teaching for A level, IB and GCSE - for the children going to be sitting those examinations this summer - is as good as it possibly can be to enable the children to achieve the best results they can, so they can have the greatest number of opportunities for their future pathway.

"Then, evaluate the teaching. The quality of teaching is everything.

"And, in the meantime, my colleagues are looking at the facilities to ensure they are going to support the educational vision of Inspired which is based on top academics, performing & creative arts and sporting activities."

After the presentation Nadim, the good doctor and other Inspired top guns such as Graeme Crawford, Reddam House founder and Inspired Group president, and senior advisor Clarissa Farr, former headmistress of the top-ranking UK girls' school, St Paul's, met with parents.

Concerns were quickly voiced over a lack of space for play, the performing arts and sports, the coming examinations and comparisons were made with rival St Christopher's School.

Nadim was not happy when *GulfWeekly* starting recording and taking notes of the conversations and the



INTRODUCTIONS ALL ROUND: Founder and chairman, Nadim and, right, Dr Stephen talks and listens to parents

inspired

Editor was eventually sent packing to the naughty chair on the side of the stage before being granted one-on-one interviews.

The honest and forthcoming replies were actually pretty-much identical to those relayed to the parents earlier.

BSB is now '100 per cent' owned by Inspired following the deal - valued at 'up to \$150 million' according to a press release issued before the festive break by GFH, and it holds a long-term lease on the Hamala site.

Nadim, a former partner at Providence Equity Partners, a private equity firm with \$40 billion under management, is keeping faith with the current BSB senior team, led by popular head of school, Julie Anne Gilbert, who stepped up from deputy head in 2016 into the hot seat.

That will be welcome news for staff members, pupils and parents who have endured turbulent times in recent years with leadership and staff changes, as highlighted in *GulfWeekly*, but successfully bounced back with

'outstanding' assessments and impressive examination results.

"The senior leadership team will continue in place; as with any school that comes into the group we evaluate the team to see where we can assist and strengthen and we are obviously in the process of doing that, but, as of today, the team will continue," he said.

"This is a significant commitment from Inspired and we will be here regularly over the coming months and years.

"We are actively looking at options to expand the school because obviously the school is growing and is very successful.

"I have spent my week looking at options to expand. On the existing site there are obviously limits to what we can do but we are looking at other outside potential options to expand the school."

He said he has been impressed with the assistance he has received in the kingdom, praising Bahrain's Economic Development Board.

"Bahrain, and the EDB in particular, has been unbelievable with its support, they've rolled out the red carpet, they are helping us on every front, they're being a partner, hand-in-hand with us, to evaluate opportunities to find land, to facilitate any permits to allow us to do business and, so far, it has really been very helpful," he said.

"We are extremely excited by the potential here, we think it is a great school and we can bring a lot of value to it because we have 24,000 students around the world.

"Of all the groups worldwide, I really think we have the best educators of any group, and that's the benefit of a group as opposed to another local school - a local school may be amazing but it will never have the quality of the people we have at a group level because they won't have access to such people.

"And, these people are not just on paper, sitting on the ground, they are working with the educators locally to try and bring some of our best practices to the school and continuously raise standards.

"It's a great school and we think we can add a lot to it and we hope to be successful in doing so."

He added that the group philosophy helped with teacher recruitment as well as keeping the brightest young teaching talent within the family who want to travel further afield and gain international experience.

Students could also potentially benefit from exchanges and summer activities and those wanting to finish senior years in the UK boarding to sit their A levels, for example, before university, may see the similarities of moving from one Inspired school to another 'could help facilitate the transition', he added.

Julie Anne appeared delighted with the changes: "I have more than been inspired over the last few days and have a lovely feeling that someone really has our back to help the school grow and develop in the future," she said.

And the parents expressed similar positive vibes. Chairman of the Parent Community Association's interim board, parent Ellen Van Manen, said: "It's great news. Inspired seem to be very professional and know what they are doing. We're waiting to see what happens next."

● **Top marks: P14**
● **EducationWeekly: P15**



LEARNING CURVE: Parents trickle into the Gulf Hotel's convention centre but soon filled up the seats when the Inspired presentation flowed



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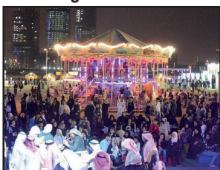
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Today (January 17)

Shop Bahrain, the largest nationwide festival in the Kingdom of Bahrain, returns to Bahrain Bay and participating shopping malls until February 10 with an unforgettable calendar of events for the entire family.

● See Pages 12 and 13.



Crowne Plaza Bahrain is holding a steak night every Wednesday from 7pm at La Mosaïque Restaurant. The Harvesters Restaurant Pub & Terrace is offering its new Camel Burger with French fries and coleslaw. Ask to be part of the Beast Burger Challenge, and if you finish the burger in the stipulated time your meal is free and you receive a free t-shirt and your name on the wall of fame. Runs daily from 11am to 9pm. Priced BD8.410 per person. The hotel is hosting a South Indian Curry promotion daily from 12pm to 11pm at Spices Indian Restaurant, available as vegetarian or non-vegetarian package. Priced BD4.840net per person. Crowne Plaza is hosting a daily High Tea event at Cappuccino until January 31 from 3pm to 6pm, featuring a three tier high tea set with savoury bites and mini cakes and pastries. For more details call 17531122.

The Gulf Hotel Convention and Spa is hosting a butcher's themed night at Al Waha restaurant every Wednesday from January from 7pm-10.30pm. For details, call 17713000.

Elite Seef Residence & Hotel is hosting weekly ladies nights with live saxophone music and live grills every Wednesday from 8pm to midnight at the Oasis pool area. For details, call 17583388.

The Elite Grande Hotel is hosting a seafood night every Wednesday at H20 Lounge with live grills by the pool and beautiful city line views. Priced BD12++ per person. For details, call 17565888.

The Elite Crystal Hotel is hosting a weekly Flavours of Hawaii night at Waikiki on Wednesdays from 6pm to 1am, featuring unlimited Hawaiian snacks and selected beverages. Priced BD6++ for food package, or BD12.5++ inclusive of selected beverages. For reservations, call 17360360.

Le Meridien Bahrain City Centre is hosting a daily business lunch at Baharat

with a selection of Middle Eastern and Indian fusion cuisine from 12.30pm to 4pm. Priced BD12++ for full buffet, or BD5.5++ for soup and salad buffet. Children aged six to 12 dine at half price. Baharat is also hosting a weekly BBQ night every Wednesday from 7pm to 11pm on the Baharat terrace with live music from South African Duo, The Deux Song. Priced BD20++ inclusive of soft beverages, or BD24++ inclusive of a free flow of beverages. Enjoy the unique Metre Mix Grill at Furn Bistro daily in January, for lunch from 12.30pm to 4pm and dinner from 6.30pm to 11pm. Features a mixed metre-long platter of the finest meat such as lamb chops, chicken kofta, lamb tikka served with saj bread. Priced BD22.5++ for 0.75 metre, and BD33.750++ for one metre. For details, call 17171144.

The Sheraton Bahrain Hotel is hosting a chicken promotion at Soie Chinese Restaurant daily except Saturday from 7pm to 11.30pm. There is also a daily special lunch menu at Espressamente Illy Café daily from 7am to 11pm priced BD2.9++ inclusive of soft beverages. For details call 17533533.

The Movenpick Hotel Bahrain is offering a 25 per cent discount on all their wedding packages for those that call and book before January 30. Movenpick Hotel Bahrain offers an excellent service with a blend of Arab traditions and a touch of Swiss hospitality to celebrate this love, including world-renowned cuisine and a dedicated team of organisers. For details, call 17460028 or email hotel.bahrain.events@movenpick.com



The Bahrain Authority for Culture & Antiquities is hosting an exhibition by Zuhair AlSaeed, titled On the Road 2, open daily until January 31 at the Art Centre, from 9am to 8pm. It is a continuation of his 2015 exhibition On the Road 1, and documents the memory of the roads and its relation to the locals' childhood through artworks. Admission is free. The Bahrain Authority for Culture & Antiquities invites everyone to the 44th Bahrain Annual Fine Arts Exhibition, celebrating the creativity and ingenuity of artists in Bahrain. The exhibition is open daily from today until March 7, at the tent at Arad Fort, from 10am to

9pm. Admission is free. For details, visit www.culture.gov.bh

Maha Al Mannai is hosting a solo exhibition of her work at Amina Gallery in Seef Mall today from 5pm to 8pm. Maha Al Mannai is a Bahraini artist whose techniques follow the tradition of abstract expressionism, which she will showcase in a collection of 10 paintings at this solo exhibition. For details, email aminagallery@yahoo.com

The Ritz-Carlton Bahrain is partnering with Jashanmal to create LUXE Market, an exclusive luxury shopping experience until January 24. The event will feature events such as a special showcase by Art de la Table by Christofle today from 10am to 11pm at the Ritz Gourmet Lounge, with an artful display of fine silver flatware and home accessories. From January 22 to 24, from 10am to 7pm, guests can enjoy shopping luxury and lifestyle brands in fashion, luggage, shoes, perfumes and cosmetics at the Al Khayma Tent. This will also feature a pop-up café by Ritz Gourmet Lounge with coffee, tea and sweet delicacies. The event is exclusive to guests of The Ritz-Carlton, Bahrain and Royal Beach Club Members. For further information, call 17580000.

**Thursday (January 18)**

The Sheraton Bahrain Hotel will be serving traditional Arabic dishes and cold mezzeh from 7.30pm-11.30pm for BD14++ per person. For more information and to book online, visit http://bit.ly/SHEArabianNights or call 17533533.

Le Meridien Bahrain City Centre will be hosting a seafood buffet from 6.30pm-11pm. The price is BD20net, inclusive of soft drinks, and BD34net, inclusive of a free flow of select beverages. For more details call 17171000.

Crowne Plaza Bahrain is hosting a seafood night from 7pm at La Mosaïque Restaurant.

The Harvesters Pub & Terrace is hosting a weekly night every Thursday of good fun music, BBQ and selected beverages from 6pm onwards. Priced BD7net for entrance, inclusive of one round of selected beverages. Entry is exclusive to those above the age of 21 years.

For more details call 17531122.

Al Areen Palace & Spa is staging an Arabian Food Festival at its Saffron restaurant from 7.30pm-11pm. There will be live cooking stations and a buffet. The festival is being held every Thursday and Friday and tickets are priced at BD12. For details, contact 17845000.

The Gulf Hotel Bahrain Convention and Spa is hosting a seafood night at Al Waha restaurant every Thursday of January from 7pm-10.30pm. For details, call 17713000.

Elite Seef Residence & Hotel is hosting weekly Layali Al Bazerkan nights with live entertainment and grills every Thursday from 8pm to midnight at the Oasis pool area. Priced BD14net per person. For details, call 17583388.

The Elite Grande Hotel is hosting a Red Velvet night every Thursday at H20 Lounge with choice of grills and selected beverages. Priced BD10++ per person. For details, call 17565888.

The Elite Crystal Hotel is hosting a weekly steaks and seafood night every Thursday at Waikiki from 6.30pm to 11pm, featuring an extensive steak and seafood buffet with live barbecue, unlimited selected beverages and a live band. Priced BD10++ per person for food package, or BD15++ inclusive of selected beverages. For reservations, call 17360360.

Le Meridien Hotel Bahrain is hosting a weekly seafood night at Baharat restaurant every Thursday from 7pm to 11pm featuring a wide selection of fresh oysters, prawns, sushi, lobster, fresh fish, and more. Priced BD20++ inclusive of soft beverages, or BD24++ inclusive of free flow of beverages. The hotel is also hosting a retro night every Thursday at Mezzanine Lounge from 8pm onwards with retro themed drinks and bites, and live entertainment from South African duo, The Deux Song. For details, call 171711441.

The Mövenpick Hotel Bahrain is staging a fun Thursday Night Out for guests at its Silk's Restaurant inclusive of live cooking stations, a buffet, a carving section, bountiful desserts and entertainment by a DJ from 7pm to 11pm. The evening is BD32net per person including selected beverages, is BD16net for children aged six to 12 and free for children under six. For details, call 17460017.

The Bahrain Pop-up Market will be hosting its third edition at Hopscotch Restaurant Bahrain in Saar, featuring 20 vendors, a live performance by DJ Enzo,

and fun for the whole family, from 4pm to 10pm on Thursday and Friday. For details, visit @bahraipopupmarket on Instagram or contact 37119590.

Friday (January 19)

An Anderson Education Information Day will be taking place in Bahrain from 2pm to 6pm at the British Club. Sara and Nikki will be available to discuss your child's education, and whether the option of a British boarding education can provide the best learning environment for them, as well as open up opportunities in sport, music, art and drama. For more information, visit www.andersoneducation.co.uk/uk-boarding-schools-tour-middle-east



The Gulf Hotel Bahrain Convention and Spa is hosting a Gulf Grand Brunch at Al Waha restaurant every Friday of January from 12.30pm-4pm featuring fabulous fare from its award-winning restaurants. It boasts a fun-filled children's corner, a buffet selection offering 10 different cuisines alongside live counters, pool usage, live entertainment and an after-party at Typhoon Lounge. Price is BD32net inclusive of selected beverages, with special rates for Gulf Hotel Partners and Prestige Club members. For details, call 17713000.

The Four Seasons Hotel Bahrain Bay is hosting a winter brunch every Friday until February 9 from 12.30pm to 3.30pm at Bahrain Bay Kitchen International, featuring lavish culinary offerings. Priced BD25++ inclusive of soft beverages and BD35++ inclusive of selected beverages. For reservations, call 17115500.

CUT by Wolfgang Puck Steakhouse is hosting a CUT Brunch every Friday from 12.30pm to 3.30pm. Priced BD24++ with soft beverages, of BD34++ with selected beverages. For details, call 17115044.

The Sheraton Bahrain Hotel is hosting a new Pop-Up Brunch at Al Layali restaurant from 12.30pm-3.30pm with live entertainment, a carvery, curry and chocolate area. It's BD28net inclusive of soft drinks or BD34net inclusive of selected beverages. Guests can book by calling 17533533 or visiting www.

sheratonbahrain.com

Don't miss the Elite Resort & Spa Muharra's Carnival Friday Brunch with music, merriment, sea views and pool fun all part of the package. BD14++ for adults and free for children under six and BD22++ with selected beverages. Call 17313333 for more details.

Le Meridien Bahrain City Centre's 'Sweetest Brunch' takes place from 12.30pm-4pm. The price is BD18++ inclusive of soft drinks or BD30++ inclusive of a free flow of selected beverages. Book for 10-plus guests and receive a 20 per cent discount. For more details call 17171000.

The Crowne Plaza Bahrain's popular Absolutely Fabulous Friday Brunch from 12.30pm-4pm will take place at La Mosaïque Restaurant and The Harvesters. It's priced BD31net and BD8.750net for children aged seven to 12. Spices Restaurant is hosting a weekly Flavours of India buffet every Friday from 7pm onwards, featuring a selection of flavours handpicked from the subcontinent to delight your palate. Priced BD10.300net for food only. Crowne Plaza is also hosting a weekly international themed night buffet every Friday from 7pm onwards, featuring a wide selection of dishes. Priced BD13net for food only. For details, call 17531122.

Elite Seef Residence & Hotel is hosting a weekly Grill and Taarab Night every Friday from 7pm to 11pm with live Arabic entertainment and live grills. Priced at BD14net per person. For details, call 17583388.

The Elite Grande Hotel is hosting a Grill to Chill night every Friday and Saturday at H20 Lounge with unlimited grills by the pool and beautiful city line views. Priced BD12++ per person. For details, call 17565888.

The Elite Resort & Spa is hosting a weekly Friday Family Lunch with pool access, kid's activities and a wide variety of international food. Priced BD10++ inclusive of soft beverages. For details, call 17313333.

The Movenpick Hotel Bahrain is hosting a brunch every Friday from 12.30pm to 4pm at Silk's restaurant and Flamingo lounge, featuring an international selection of items with live cooking stations and a children's play area with face painting and entertainment. Priced BD36net per person including selected beverage package. The hotel is also now taking bookings for St. Patrick's Day on March 16, where you can enjoy Irish breakfast, Irish stew,

Leisure Guide



Listings, lifestyle, travel, entertainment and sporting events by Anna Romanska

and many more delicacies. There will also be an Easter themed brunch on March 30. *For reservations, call 17460017 or email hotel.bahrain.fb@movenpick.com*

The Bahrain Authority for Culture & Antiquities is hosting **Al Fann: Art from the Islamic Civilisation** from The al-Sabah Collection exhibition from today until June 30 at the Bahrain National Museum. The exhibition explores the great and multifaceted nature of Islamic culture through the al-Sabah collection of Islamic art. Admission is free. *For details, visit www.culture.gov.bh*

Sage Bahrain is hosting its next retreat today and tomorrow, featuring meditation sessions, yoga sessions led by Josie Houpt, and full packages to awaken your body, mind and heart. *For more information and bookings, visit @sage.bh on Instagram.*

Saturday (January 20)

Soak up the stunning views from the Four Seasons Hotel Bahrain Bay's 50th floor and feast on Asian delights like Korean Fried Chicken Bao Buns, Wok Fried Shrimp Dumplings and Brisket Wontons at the re Asian Cuisine by Wolfgang Puck's Saturday brunch. The price is BD19++ and BD37++ with selected beverages. *For reservations, call 17115046.*

The Bahrain Bay Kitchen at the Four Seasons Hotel Bahrain Bay is staging a Saturday Brunch from 12.30pm-3.30pm offering a wide selection of Arabic favourites such as Lamb Ouzi and cold mezzes, costing BD18++ excluding beverages. The hotel is also staging a Saturday brunch at Re/Asian Cuisine by Wolfgang Puck from 12.30-3.30pm. *For more details, call 17115000.*

Enjoy a one-of-a-kind brunch experience at The Ritz-Carlton, Bahrain's Cantina Kahlo which includes selected Mexican beverages, authentic dishes, a taco station and sweet treats.

The price is BD35net per person including food and beverages, and BD20net per person for food only. It takes place from 11am-3pm. *For more details call 17580000.*

Indulge in a wide selection of dishes appealing to all tastes from around the world at the Crowne Plaza Bahrain's International Theme Night at La Mosaïque Restaurant. The price is BD14.550net. The hotel is also hosting a weekly Asian night buffet every Saturday from 7pm onwards at La Mosaïque restaurant, featuring South East Asian specialties. Priced BD13net for food only. Selected beverage package is available. *Call 17531122 for more information.*

The Gulf Hotel Bahrain Convention and Spa is hosting salsa classes every Saturday from 7pm to 9pm at Typhoon Lounge. Classes are priced BD10 inclusive of two rounds of selected beverages. Every Saturday, the hotel's hosts its popular The Art of Cooking classes from 10.30am to 12pm, designed for home cooks with busy lifestyles and a passion for food. Includes hands-on demonstration classes led by professional chef instructors. Priced BD18net, including lunch. *For details, call 17713000.*

The Elite Crystal Hotel is staging a weekly sushi night every Saturday at Waikiki from 6pm to 10.30pm featuring unlimited Japanese sushi. Priced BD10++ for food package, or BD15++ inclusive of selected beverages. *For reservations, call 17360360.*

The Westin Bahrain City Centre is hosting complimentary junior baking classes at Furn Bakery for children every Saturday from 9am to 10am, featuring hands-on experience and supervision from its master bakers. There is an optional kid's breakfast menu priced BD22+ for bakery items, plus water and juice for children aged three to 12. *For details, call 17171441.*

The Movenpick Hotel Bahrain is hosting a Swiss fondue

special every Saturday, Sunday and Wednesday, from 7pm onwards at Silk's restaurant and outdoor terrace, featuring cheese fondue with a selection of breads and dipables and chocolate fondue to finish. Priced BD12++ for two people, set menu available upon request. *For details, call 17460017 or email hotel.bahrain.fb@movenpick.com*



The Bahrain Authority for Culture & Antiquities is hosting its **Between Muharrag and Seville: A Bolza – Bussad Dialogue** Exhibition from today until March 20 at the Bahrain National Museum from 8am to 8pm. This collaboration between Bahraini artist Ebrahim Bussad and orientalist artist based in Spain, Elisabeth Bolza, creates an artistic dialogue that connects East and West. Admission is free. *For details, visit www.culture.gov.bh*

Tru Active is hosting a Mommy and Me yoga and dance class led by Haunani Drake today from 10am to 11am. Yoga session proceeds go to a local Bahraini charity. Minimum donation of BD3 per person is required to attend. *For booking, contact info@truactive.me or message 33942621.*

The Bahraini Farmers' Market is back for its sixth season and will be open every Saturday from 8am-12pm until April 1 at Budaiya Botanical Gardens. Entry is free. *For more information, visit @farmersbh on Instagram.*

Sunday (January 21)

The Ritz-Carlton, Bahrain is hosting a Thali Business Lunch every Sunday to Thursday from 12pm-3pm at Nirvana. The price is BD12++ per person. *For more details call 17580000.*

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 offering a Business Lunch at Waves Seafood Restaurant every Saturday to Thursday from 12pm-4pm. The price is BD8net per person for three courses. A Business Lunch is also available at La Mosaïque Restaurant every Saturday to Thursday from 12.30pm-3pm. The price is BD8net for three courses or BD6net for two courses. The hotel is also staging a weekly Italian Night Buffet every Sunday from 7pm onwards at La Mosaïque restaurant, featuring authentic pastas, fresh sauces, pizzas and more. Priced BD13net for food only. Selected beverage package available. *For more details call 17531122.*

The Gulf Hotel Convention and Spa is hosting an Oceanic-themed night with Australian and New Zealand themed buffets at Al Waha restaurant every Sunday of January from 7pm-10.30pm. *For details, call 17713000.*

The Elite Grande Hotel is hosting a Taste of Italy offer at H20 Lounge with a choice of Italian pasta or pizza and one soft beverage. Priced BD5++ per person. *For details, call 17565888.*

The Sheraton Bahrain Hotel invites guests to enjoy performances by its new Filipino band Ekzulsi, daily except Saturdays at An Nada Lounge from 9.15pm to 12.45am during weekdays and from 9.15pm to 1.30am during weekends. *For details, call 17533533.*

The Bahrain Authority for Culture & Antiquities is hosting the third edition of Food is Culture from today until February 25 at the Bahrain National Museum, daily from 7pm to 9pm. The event brings together five artists and five chefs to produce a creative product of their choosing. Admission is free. *For details, visit www.culture.gov.bh*

Monday (January 22)

Enjoy smooth Midweek Monday Music at Coda Jazz Lounge in Adliya with the sultry sounds of Dihann Moore & The SheGroovee Band while tasting bistro-style food. *For details, contact 34342828.*

CUT by Wolfgang Puck at the Four Seasons Hotel Bahrain offers business lunch every day from noon to 3pm. Enjoy a two-course meal in 60 minutes with your choice of tea or coffee, priced BD14++ per person. CUT Bar & Lounge is also hosting 'CUT The Lounge To The Chase,' featuring Wolfgang Puck's signature bites and drinks with chic music every Monday to Thursday from 5pm-7pm, and Friday and Saturday from 4pm-7pm. Priced BD3 for entrance. There is also an Afternoon Tea at Bay View Lounge every day from 3pm-9pm priced at BD15++ per person, or BD28++ for two guests. *For details, call 17715044.*

The Gulf Hotel Bahrain Convention and Spa is hosting an international-themed night at Al Waha restaurant every Monday of January from 7pm-10.30pm. The hotel is also excited to announce World Sushi Champ, Chef Pepi Aneviski, will be visiting its Sato Japanese Restaurant from today until January 26. *For details and bookings, call 17713000. See Page 5.*

The Elite Grande Hotel is hosting a Dish of the Day night every Monday at H20 Lounge with a selection of special dishes prepared by the chef. Priced BD10++ per person. *For details, call 17565888.*

The Crowne Plaza Bahrain Hotel is hosting a weekly French night every Monday from 7pm onwards at La Mosaïque restaurant featuring beef bourguignon, fresh

salads, cheese and more. Priced BD13net for food only, beverage package is available. *For details, call 17531122.*

The Movenpick Hotel Bahrain is hosting a seafood night every Monday from 7pm to 11pm at Silk's restaurant, featuring a unique medley of seafood delicacies such as sushi, seafood dim sum, oysters, lobster and tiger prawns. Priced BD24net per person and BD29net per person with selected beverage package. *For details, call 17460017 or email hotel.bahrain.fb@movenpick.com*

Tuesday (January 23)

The Gulf Hotel Bahrain Convention & Spa will be staging a Szechuan Promotion at its China Garden Restaurant until January 31 headed by Master Chef Ding. Chef Rohit at Fusion restaurant will also be crafting BBQ Platters with an Asian twist for the entire month. *For details, call 17713000.*

The Crowne Plaza Bahrain Hotel is hosting a weekly Catch of the Day Seafood Night every Tuesday from 7pm onwards at La Mosaïque restaurant. Priced BD18net for food only. There is also a selected beverage package available too. *For details, call 17531122.*

The Movenpick Hotel Bahrain is hosting a Kababna Night every Tuesday from 7pm to 11pm at Silk's restaurant, featuring mixed grills, signature salads, and freshly-squeezed refreshments. Priced BD18net per person. *For details, call 17460017 or email hotel.bahrain.fb@movenpick.com*

The Bahrain Authority for Culture & Antiquities is hosting an exhibition by THE BOX, a Bahrain-based collective of creative representing various concepts, talents and ideas. The exhibition will feature various art installations and sculptures at Qal-at al Bahrain Site Museum, until January 31, daily from 8am to 8pm. *For details, visit www.culture.gov.bh*

DATES FOR THE DIARY

THE second Middle East and Africa FinTech Forum will be held in Manama on March 7 to 8 under the theme 'Beyond Disruption.' The forum brings together leading global experts and industry leaders in an engaging format of talks and discussions addressing the most pressing issues in the fast evolving FinTech landscape. *For more information, visit www.bank-abc.com*

SHREE Gujarati Samaj Bahrain, a non-profit social organisation representing approximately 10,000 Gujaratis in the kingdom and promoting cultural values will stage a Samaj Mega Kite Festival on January 26 in Sakhr Desert Camp, from 9am to 6pm. There will be a mini bazaar with various food stalls, live music and competitions. *For inquiries and bookings, call 33460789.*

THERE will be an International Coach Federation Directors Visit on January 29 from 5pm to 8pm at The Diplomat Radisson Blu Residence organised by Dr Clare McInroy, the VP of ICF Bahrain Chapter. The programme will include a community meeting, presentations on coaching within a cultural context as well as personal and leadership coaching. The event is open to ICF members and coaches. *For bookings, visit www.eventbrite.com/e/a-key-event-enter-it-in-to-your-diary-icf-global-board-visit-bahrain-tickets-42169830097 or call Lea on 17590135 for more information.*

THE Bahrain Economic Development Board, with support from Startup Bahrain, is hosting a two-day festival to celebrate the most innovative start-ups in the GCC region, taking place in Bahrain

on March 7 and 8 from 9am-6pm, at the Bahrain International Circuit. There will be influential speakers from Fintech, Adtech, travel, e-commerce and more. *For more details, visit www.bahrainedb.com*

REGGAE legend Bob Marley's Grammy-nominated son, Ky-Mani Marley and his Konfrontation Band, with perform at Coral Bay, supported by DJ Teddy Jam, DJ Riddle and DJ Kofi Wisky, on February 8, at 3pm. The show marks the late star's 73rd birthday. *For more information, call 66668801 or 17312700.*



AMERICAN chart-topping soul band Kool & The Gang will headline the Desert Beats Festival on January 26 from 2pm at Bahrain International Circuit. Local artists Mo Zowayed and Majaz will also be performing. Tickets are BD20 for adults and BD10 for U15s. *For details, call 17450000 or email sales@bic.com.bh*



A 3KM and 5km charity fun run and 4km family walk will be staged on March 3 at 2pm at the Water Garden City in Seef District in support of Bahrain Multiple Sclerosis (MS) Patients Society. Registration for the fun run opens on February 3 until February 25. To register, visit www.adnanevents.org or contact Adnan on 39132102. Volunteers to help on the day are also needed. Any organisation wishing to support the event should contact adnan@adnanevents.org to find out more about sponsorship packages.

ST. CHRISTOPHER'S Cathedral invites music enthusiasts to its Gala Piano Recital on January 25 at 6pm, featuring some of the finest pianists in Bahrain playing their favourite pieces. Performers include Mina Ihawashi, Michelle Miles, Eleonora Stanevich, Jill Laping, Annie Thevara, Sausthava Malakar, and the Ukrainian quartet made up of Nadia Lopchynska, Olena Osika, Ohla Kochura, and Natalia Kashyrtseva. The recital celebrates the gift of a new concert piano for the cathedral. Tickets for the recital are priced BD5 with accompanying children welcome for free. *For tickets, call 17253866.*



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Fashion Weekly

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

Keep a cut above the rest!

MANY New Year's resolutions involve getting into shape, quitting a bad habit and eating healthily. Some even aim to unclutter their lives of negativity, toxic friends and unnecessary junk hanging about the home.

If you are going to be tackling all these new challenges then why not do it with a fresh new look?

Hair stylist to the stars, Asgar Saboo, has revealed his top five trends that will surely turn heads and he's also confident these chic looks will help people beat the January blues and start off 2018 in style!

1. 'The Meghan'

American actress Meghan Markle is creating a stir following her recent engagement to the UK's Prince Harry. With the royal wedding taking place this year, it looks to be the Year of Meghan, and one topic on everyone's lips has been her hair. She is the queen of effortlessly long and glossy waves - a look that's easy to achieve at home and flattering on anyone, not just a future Duchess!

TOP TIPS

Straight Hair: If you have naturally straight hair but you want to create natural looking waves, you will need product to add movement and texture to your locks. Sea salt spray works perfectly for this. Add to damp hair before using a hair-dryer to roughly dry your hair, scrunching the ends as you go.

Curly Hair: If, like Meghan, your hair is naturally thick and curly, make sure to use lots of hair product. The best products to use are hair oils



FASHION
By MAI ALKHATIB-CAMILLE
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such as argan as they are easily absorbed into the hair rather than just coating it. This will leave your locks beautifully smooth and glossy.

2. Platinum Blonde

If you want to make a real statement then a drastic colour like platinum blonde will do the job. This colour has been seen on countless celebrities this year from Kim Kardashian's long locks to Katy Perry's pixie crop ... proving the look works for all haircuts.

TOP TIPS

Going ice blonde is never easy, as the colour is high maintenance and the bleach can seriously damage your hair. However, to protect your hair, try to avoid heat styling. Use air dry products to bring out your natural texture and beat the frizz without using straightening irons.

3. Curtain Bangs

This mature look is more popular than ever, with a 600 per cent rise in *Pinterest* searches for the style in 2017. You can wear it up or down and it is the perfect style if you want to enter the year with chic new hair, but don't want to make any drastic or risky changes.

TOP TIPS

Make sure the bangs are cut long enough so that they can be pinned up or tied back if required. To avoid your fringe going frizzy, blow-dry and straighten the bangs straight away rather than rough-drying them first. To keep the bangs perfect all day, carry a small tail comb to brush them out should they become windswept

or tangled.

4. Blunt Ends

A blunt 'lob' is the perfect way to get a fresh start. Eliminate any split ends created by the harsh winter weather and heat styling of party season by cutting your hair into a sharp and uniform shape. This will make your hair look instantly healthy and glossy!

TOP TIPS

Don't think that blunt ends have to mean short hair, as the look works for longer locks as well. This cut is all about the hair looking healthy, so regularly use a hydrating mask or deep conditioner to make your strands extra soft and glossy. To create the sharpest look, wear your hair completely straight and tease any pesky flyaways using a mascara wand coated in a thick layer of hairspray.

5. Brunette Ambition

Brunettes have long had to watch from the side-lines as blondes experimented with colour. Not anymore! 2018 will be the year where we'll see subtle but fun colours added to darker hair. The colours won't be screamingly obvious, but when the light hits them, wow!

TOP TIPS

The darker the colour, the more magical the effect will be. Darker colours will also be the least damaging to your hair, as less bleach will be required in the dye. Emerald greens, midnight blues and deep purples will be the most popular shades. To ensure the colour remains glossy, avoid washing your hair too often, and when you do, make sure to use shine enhancing shampoo for extra impact.



MEGHAN MANIA:
Royal bride-to-be heading the hair trends and, below, from left, Katy Perry, Cheryl Cole, Penelope Cruz and models having the new cuts with celebrity hairdresser Asgar



Eating Out

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

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PREPARATIONS are in full swing to welcome in the Year of the Dog at one of the kingdom's top hotels from the moment you step through the door and head up to one of its award-winning restaurants.

re/Asian Cuisine by Wolfgang Puck allowed *GulfWeekly* to exclusively sample some of Executive Chef Brian Becher's special Chinese New Year creations and the spread looks set to be spectacular.

The team at this award-winning restaurant is in a state of RED-iness in more ways than one. In fact, the team will soon have special made-to-measure red coloured outfits delivered to dress up in style for the occasion because they do nothing by half measures at this establishment.

And that goes for the cuisine too. re/Asian Cuisine's Night Market will be enhanced with live cooking stations to create an authentic 'live market' atmosphere in the restaurant elevated on the 50th floor.

Having just celebrated the ringing in of one New Year, the restaurant has gone into overdrive in recent days to prepare for another one. Chef Brian has created mighty new menus for the third time in Bahrain that feature appetite-whetting chicken and wagyu beef soup dumplings, followed by roasted whole duckling served with bao buns.

The forever favourite *lo mai yurn*, sticky rice with local lamb and tangerine puree, will perfectly prepare palates for 'The Five Blessings' representing Chinese New Year's wondrous wishes of longevity, riches, peace, wisdom and virtue ... with the help of Szechuan chili lamb dumplings, venison *buuz*, king crab crystal chive dumplings, beef and prawn *chiu chow* and roasted root vegetable dumplings.

Diving into dumplings



CHINESE NEW YEAR: Alaskan King Crab Crystal Chive Dumplings, right, Chef Brian and, below, Chef Pierre with a tray of treats

GOURMET REPORT
By STAN SZECOWKA
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The several live-action stations will also showcase delicacies such as an aromatic roasted duckling, flat chive rabbit sausage and longevity noodles among other festive dishes.

The good lady wife, Kathryn, and I, were joined by *GulfWeekly* columnist Ellissa Williamson and her husband, Martin, for our taste-testing session.

One again, the table service was impeccable with attentive, informed and helpful staff readily available despite a full restaurant and buzzing atmosphere aided by the sultry sounds of Ahmed AlQasim.

To give it its correct title, the

Xiao Long Bao chicken and wagyu beef soup dumpling with Szechuan sweet soy, was probably the juiciest Chinese sensation we've ever sampled. It's an unlikely combination that works on the taste-buds in spectacular fashion.

The Beef & Prawn Chiu Chow was another masterpiece with sweet bean, black vinegar and sesame, and then came a duo of dumpling delights, the Alaskan King Crab Crystal Chive, mine and Martin's favourite with Szechuan Chili Sauce and marvellous Chinese Mustard and a spicy Szechuan Chili Lamb featuring Szechuan Pepper, black vinegar and crispy shallots which had the wives playing fair and cutting the fifth dumpling in half to

share. Did you know, it's traditionally unlucky to dish out four, so you regularly get an odd number on the plate!

Up until Saturday's feast (aided and abetted by helpings off the Saturday Dim Sum Brunch menu such as the standout Crazy Noodles featuring Hon Shimeji, Thai Chilis and Black Pepper) I rarely have room for dessert.

Until this day, I never really thought the Chinese had ever cracked the pudding scene. Back home, in the UK the choice is usually limited to three; banana fritters, ice cream or banana fritters with ice cream.

And, funnily enough, the final session started with a soup, a tasty Tang Yuan Litchi Broth with lemongrass and a sweet dumpling,

followed by Chinese Green Tea Wonton with tangerine jam, no less.

The pronunciation of the word tangerine sounds like the word for money and we could all do with some of that in the New Year, ours or theirs!

And, just when you thought dumplings could not get any more delightful, we dug into a dreamy Crispy Chocolate Dumpling, a powerful purse containing 70 per cent Guanaja Chocolate Mousse.

Pastry Chef Pierre Chambon has also prepared a tempting Chinese rolled ice-cream in green tea, chocolate and litchi flavours along with his sweet fruit dumplings.

The entire evening from 7pm-11pm on February 16 is priced at BD42 net per



person, including beverages.

From February 17 to February 28, the restaurant will also offer special five or seven course Chinese New Year tasting menus in lieu of regular tasting menus that include a generous dim sum plate with *chiu chow*, *dan dan* and XO shrimp dumplings, wagyu beef pot stickers, Hong Kong style black bass served with shitake mushrooms, filet of beef *Sichuan au poivre* with wok fried green beans on the side, and a mouthwatering dessert duo to mention a few of the carefully-crafted festive menus.

The menus are priced at BD35++ (five-course menu) and BHD50++ (seven-course menu). Regular a la carte items will also be available.

● To make a reservation, call 17115046 and to watch Stan's YouTube interview with Chef Brian just scan the QR Code below with your smartphone.



Festival fun in the



A large plot in Bahrain Bay has been transformed into a radiating Festival City boasting bright neon lights, a colourful set up and carnival rides for families and friends to enjoy as part of the kingdom's Shop Bahrain bonanza.

It is open to the public from 4pm to 10pm on weekdays and 4pm to 11pm on weekends until January 27.

Its launch last Thursday marked the start of the fourth edition of the Bahrain Shopping Festival, a 30-day annual promotion, organised by the Bahrain Tourism and Exhibitions Authority (BTEA), offering residents and visitors to the island a wide range of activities and deals at hotels, malls and restaurants.

The festival is held in cooperation with partners from the public and private sectors such as Tamkeen, VIVA Bahrain, YK Al Moayyed and Gulf Air. Zayed Bin Rashid Al Zayani, the Minister of Industry, Commerce and Tourism, said: "We are delighted to launch the new edition of Shop Bahrain that aims to showcase the kingdom's three main sectors: tourism, retail, and food. Furthermore, the Festival also aims to promote the kingdom as an accessible family destination, offering fun-filled activities and promotions that suit the entire family regionally."

From the moment visitors walk through the venue's rainbow-hued gate and geometric panels they are taken on a fun-filled adventure featuring a range of stalls offering a mixture of games, tasty treats and retail items, as well as live performances and street art.

Clowns and mime actors on stilts along with other roaming acts entertain adults and children as they participate in a variety of games in the play area such as Hook a Duck or Balloon Darts to win an assortment of stuffed



COMMUNITY REPORT
By MAI AL KHATIB-CAMILLE
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animals and prizes.

There is a collection of carnival rides including bumper cars and carousels for people of all walks of life to revel in and keep them feeling young at heart.

Amongst the first visitors were Nurse Zainab Ali, 33, and her friend Zahra Jawad, an 18-year-old media student at the University of Bahrain, loved the overall set up and carnival vibes.

Zainab said: "I wasn't able to attend last year's festival but when I heard how much fun it was I made sure to make it this time around and I love it. The lighting is beautiful and the organisers have done an amazing job. The games look like so much fun and everyone looks so happy."

Zahra especially loved the photo-shoot opportunities. She was snapping different pictures of Zainab posing around large-scaled lit words such as FUN, EAT and PLAY.

Zahra said: "The place looks awesome and has so many backdrops and locations for

taking photographs. I can capture great moments here!"

As the girls wandered off in the direction of the games, dads and children were spotted kicking back and relaxing on hammocks hung around the shopping area while mums ... shopped.

Founder and managing director of Gahwah 360° Esam Hadi introduced visitors to his easy and creative way of making coffee in the retail area. He said: "This is my first time participating at the festival and it's a great way to meet families, which is perfect for me as families love our drinks!"

"I'm enjoying introducing visitors to my brand, how easy it is to make using my technique and also tasting some great quality and flavourful coffee. I'm thrilled to be a part of the festival."

After a taste of shopping, visitors flocked to the huge food vendor section to feast on sweet and savoury goodies produced by local businesses and big restaurant names.

Umm Ahmed and her sister Umm Fahad from the Bahraini Productive Families to fry

up some crunchy kebabs and syrupy gaimat - fried dough balls in a sticky, sugary sauce. They have been cooking up their treats for the past five years and their experience showed with the amount of people queuing up for orders.

Umm Ahmed said: "This is my second time at the festival and it's absolutely beautiful. It's even better than last year. This festival is great for us as it promotes our food and our business."

Meanwhile, Tariq Zainal, owner of tasty chicken wing restaurant Wingman, also gathered attention from diners with a new spicy sweet dynamite flavour which he offered at the festival.

He said: "All the stalls look fantastic and it truly has a carnival feeling. I like that everything is close together and gives it a family intimate feeling."

Food buses are also parked around as well as mini-kiosks offering kaak - Lebanese style bagels alongside other delicacies scattered around the area.

The city also features a street art section and a line-up of daily

Festival City

Location: Bahrain Bay

Date: Running until January 27

Time: Weekdays 4pm to 10pm

Weekends 4pm to 11pm

Entrance Fee: BD2 (free for children under four)

The Festival City is a fun-filled event boasting a number of activities for the entire family including an outdoor market, carnival games and live performances.

Taste Tour

Date: Running until February 10

Time: Based on each restaurant's operating hours

Price: Set menus will cost from BD5 to BD12

The Taste Tour will return this year and will include more than 40 participating restaurants. Participants will be able to sample dishes and vote for their favourite restaurants. They will also get the opportunity to enter the raffle draw and win a prize Nissan Patrol.

Raffle Draws

The festival will offer a fun-filled schedule of entertaining activities at the participating shopping malls and hotels, allowing visitors to collect through the electronic system. Shoppers will also have the opportunity to win more than 80,000 valuable prizes. Raffle draws will take place at the Ministry of Commerce, Industry and Tourism headquarters.

Activities in Shopping Malls

The participating shopping malls will stage activities for families to enjoy.

Coloured Mirrors

Location: Seef Mall, Muharraq

Date: January 18 - 20

Time: 5pm, 7pm, and 9pm

Mr. Will & Mrs. Kate

Location: Seef Mall, Muharraq

Date: Until February 10

Time: 5pm, 7pm, and 9pm

Crystal Challenge

Location: The Bahrain Mall

Date: Until February 10 (during weekends)

Time: 4pm - 10pm

Musical Street Performance

Location: The Avenues

Date: Tomorrow - Saturday

Time: 5:30pm, 7:00pm, and 9:00pm

Musical Exhibition

Location: The Avenues

Date: Until February 10 (during weekends)

Time: 10am - Noon

Mirror House

Location: Dragon City

Date: Until February 10

Time: 4pm - 10pm

Sweets for Kids

Location: City Centre Bahrain

Date: January 25 - January 27

e city



STAGE CRAFT: Music and many attractions on site



live performances from bands on a main stage, plus a variety of family films are being screened on an outdoor cinema section.

Entrance to the Festival City costs BD2 and it's free for children under four.

Throughout Shop Bahrain there will be chances to win valuable prizes until February 10.

The annual Taste Tour returns and will highlight more than 40 restaurants. Diners will be able to sample dishes and pick up a chance to win a Nissan Patrol as part of a raffle draw.

There is also a schedule of entertaining activities at participating shopping malls and hotels. Shoppers will be enrolled in the Festival's loyalty system when purchasing directly from any participating outlet and partner allowing them to win a wide range of gifts, including one of 20 cars and more than 80,000 instant prizes.

● Shoppers and visitors can learn more by visiting www.shopbahrain.com or through the account @shopbahrain on social networking channels Facebook, Twitter, Instagram and YouTube. The Festival organisers have also launched a dedicated Whatsapp channel on 33480480.

Time: 5pm, 7pm, and 9pm
Snakes & Ladders
Location: Yateem Centre
Date: Until February 10
Time: 4pm - 10pm

Traditional Game Tournament
Location: Bab Al Bahrain Mall
Date: February 2 - February 3
Time: 4pm - 10pm

Indian Dhol Walkabout Performance
Location: Gold City
Date: Tomorrow - Saturday
Time: 5pm, 7pm, 9pm

Winter Wonderland
Location: Al A'ali Shopping Complex

Date: Tomorrow - February 18
Time: Weekdays: 4pm - 1pm
Weekends: 4pm - Midnight

Connect Four
Location: El Mercado
Date: January 25 - February 10
Time: 4pm - 10pm

Giant Ludo
Location: Saar Mall
Date: Until February 10
Time: 4.30pm - 10pm

Camping Experience
Location: Saar Mall
Date: Until February 10 (during weekends)
Time: 4.30pm - 10pm

Chipping away into the future

SLEEK and smooth sculptures inspired by Islamic architecture and the kingdom's heritage are being put on display today at the Bahrain 44th Annual Fine Arts Exhibition in Arad Fort for people to admire, writes Mai Al Khatib-Camille.

Artists from around the world have spent the past few weeks at the Bahrain National Museum chipping, sanding and moulding marble and stone into different shapes and designs in preparation for the popular showcase which will also feature colourful paintings and other medias in a range of styles and expressions.

Sculptors from Bahrain, Spain, Iran, Egypt, Morocco, France, Turkey and other countries were invited to conduct their work on the island as part of the 6th Bahrain International Sculpture Symposium which was celebrating Muharrar, the Capital of Islamic Culture 2018. This year, the symposium was led by the renowned Egyptian sculptor Adam Henein.

During the sculpting sessions, people were able to watch the mavens in their element as they transformed giant slabs of rock into works of art. They were also able to pick their brains for techniques and ideas.

Moroccan Ikram Kabbaj, who enjoys working with different mediums and



materials such as iron, terracotta, wood, marble and stone, welcomed visitors as they asked about her design which is inspired by Bahrain waves.

She said: "I'm creating a kind of wave from Egyptian black marble. I'm excited to have participated in the symposium and showing off my design at the Fine Arts Exhibition."

Ikram has participated in various symposiums around the world such as in China, France, Spain, Sweden, Egypt, Lebanon, Kuwait and Syria and her sculptures can be found placed all over the world.

"I am an advocate for the integration of sculptures in public spaces and I love the architecture and designs in Bahrain," she said.

Iranian artist Majid Haghighi's sculpture is a continuation from a

series he has worked on and it's based on Islamic architectural motifs. He said: "My marble is being shaped into a representation of pigeon houses used in Iran in the old days."

Meanwhile, celebrated Bahraini sculptor Khalil Al Hashimi, who works predominantly in bronze, stone and wood, turned dark Emperor marble from Egypt into what resembles a sail boat. His work has been exhibited throughout the Middle East and Europe.

He said: "This is based on my belief that if you don't sail, then you will never reach."

● The Fine Arts Exhibition will be open to the public for free from 10am to 8pm and will run until March 7, 2018. For more information, contact 17298745 or email fineart@culture.gov.bh



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In focus



BAHRAIN'S City Centre complex hotels, The Westin and Le Méridien, came together last October to support the Think Pink breast cancer awareness month and raised more than BD1,100. In a recent presentation ceremony, complex GM Anna-Marie Dowling handed over the cheque to Julie Sprakel, founder of the non-profit organisation Think Pink Bahrain.



THE Raku Pottery training workshop has been running this month at Al Jasrah Handicrafts Centre supported by the Bahrain Tourism and Exhibitions Authority.

The workshop, conducted by Tunisian trainer, Mohammed bin Abdullah, focuses on the basic skills and techniques of glazing ceramic pieces. Nineteen participants will receive a certificate to mark their achievements at the end of the course.



THE Palace Boutique Hotel recently staged its annual staff party at Elements Pool and Lounge, In-tercontinental Regency Bahrain.

Operations Manager Susy Massetti, also known as Chef Susy of Masso, congratulated the team members on their achievements. Rigert Hysenllari was awarded the 'Employee of the Year' title and Joju Pareth, Mohamed Busandal, Dinah Buni Vidal, Carey Joseph Adalla and Mohamed Abdulla Ahmed received long service awards.



Social Scene

Why wait a month! Join Social Scene every week

Party time

IN recognition of its team's efforts and contributions during the past year, the Sheraton Bahrain Hotel held its 36th Annual Associates Party at the Al Taj Ballroom.

The party was filled with entertainment, food and beverages and fun interaction between the management team and colleagues.



Deal signed

AL TAMIMI & Company and Corporate Hub 9 have signed a memorandum of understanding, whereby Al Tamimi will assist start-up enterprises, fostered by CH9, with the provision of legal guidance, support and assistance through its Bahrain office.



International standard

ARAB Architects was awarded the ISO 9001: 2015 certification in Architectural & Engineering Design, Supervision and Consultancy Services. Mohammed Assim, from Meridian Consultants, handed the international standard award to the managing director of Arab Architects, Mazen Araiqaat, at a recent ceremony.



Top marks

THE British School of Bahrain (BSB) presented two of its internationally-acclaimed GCSE students with awards to mark their achievement.

Layla Al Ammari received the highest global GCSE mark for Art & Design: Fine Art and Adnan Demachkieh was the leading international GCSE scorer in French.

The two scholars received their accolades from British ambassador Simon Martin at a ceremony at the Hamala school premises attended by members of the student body and BSB staff members, alongside parents and visiting guests and dignitaries.



Loyal customers



REAL estate development company Seef Properties recently invited 55 loyal customers to lunch at Rendezvous Restaurant in Seef Mall as a gesture of appreciation. The guests were welcomed by the executive management and CSR committee members, Zakareya Buallay and Amal Jalal.

Education Matters



An educational insight and comment by head teacher Chris Fenton

ONCE again I read with great sadness that a teenager took her own life because she was made to feel worthless as a result of cruel comments made about her and undoubtedly to her online. This time the tragedy struck in Australia, but it has happened all around the world and, incredibly sadly, this probably won't be the last time that it does.

But why does it happen at all? There are a multitude of answers to this question because every single child and young adult has their own unique personality but there is a common trait in all cases and that is the bullying policies of schools.

Schools have an obligation to ensure students feel safe in their environment. To do this there are strict rules on visitors coming to school, values about friendship and respect and of course classroom and whole school

rules that teach children not only discipline, but also values needed for life. Schools adopt inclusion policies and Special Education Needs (SEN) policies to ensure the needs of all students are met in both curricular terms and holistic ones. Not to do so would be negligent.

When it comes to bullying policies many schools haven't kept up with the world and see their role as only relevant within the walls of the schools, because that is where they have jurisdiction, not outside of it.

Outside school, we hope that the lessons and values we teach in school will be enough to ensure our students behave responsibly outside; we hope but we can't be sure and this is why outside school, bullying policies don't work. This is because most bullying policies are inward looking not outward.

Most bullying policies encourage students to think about the feelings of others and to modify their actions accordingly. They are robust



in dealing with incidents of bullying and are quick to ensure that whilst the bully, (if proven) will be punished, they will also be counselled because bullies are generally victims in some ways too.

The standard bullying policy will use very strong words to

identify their 'zero-tolerance approach' or how they will deal with both cause and consequence, rather like a politician trying to get elected, but these types of policies miss an important point and that is what they actually teach to children.

Children generally and incorrectly see what others say or do as the cause of how they feel. This internal 'self-talk' puts them at the mercy of other's comments which ultimately chips away, making them feel continuously bad about themselves, so bad

in some cases it seems, that suicide seems to be the only way out.

The solution to this is to teach children that it is them who choose to feel bad about the comments or actions of others. They have the ultimate control to decide for themselves how they should feel.

The words or actions don't actually have any power, they do in deciding how to respond to them.

They can choose to feel embarrassed, angry or ashamed or they can choose to feel proud, unconcerned or indifferent.

When a developing mind gives power and meaning to things that they initially feel threatened by, over time they can develop into irrational thoughts through feelings of powerlessness and shame, but when children learn to think differently, even just a little bit, it starts a cycle of empowerment that ultimately, if taught through school and home, immunises them from the attacks of others.

Expel angst of exams with deep breaths

PUPILS at a school in Bahrain have been urged to rid themselves of the examination blues and anxiety with deep breathing exercises.

The helpful tips came during an address by Indian Embassy's teacher of Indian culture Rudresh Kumar Singh to Indian School Bahrain (ISB) students during a Stress Free Studies Workshop.

"The yogic practice of pranayama or deep breathing can be the ultimate stress-

buster," he said. "Whenever you feel scared or anxious during your exams, just close your eyes and take several long deep breaths.

"Make sure you inhale through your nose and exhale through your mouth - you will find the nervousness dissipate in no time!"

He believes yoga and meditation can go a long



way in improving students' memory skills and concentration to help boost performance during examinations.

The coming months of March and April are the annual season of tough CBSE board exams and often cause 'a wave of anxiety' for students of Class 10 and 12.

According to the school, the most common woes of



YOGA EXERCISES: Students meditating and, left, Rudresh

students includes pupils not being able to remember what they've studied, a loss of sleep and energy, lack of concentration and 'frightful nightmares' related to the exams.

The deep breathing yoga

exercise boost the supply of oxygen to the brain and helps it work more efficiently.

"Practice any simple meditation for a few minutes just before you start your studies," urged Rudresh.

"It helps you learn faster and retain information longer, without getting distracted."

A separate yoga session was also staged for ISB teachers of the Isa Town campus.

Social Scene

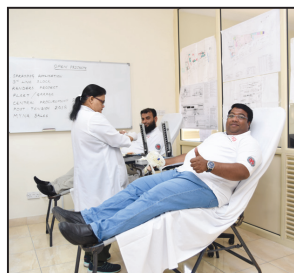
Red carpet



LUXURY retailer Saks Fifth Avenue, Bahrain celebrated the launch of its fragrance department in the presence of social media personality Fouz Al Fahad. The red carpet event was staged at its retail store in City Centre Bahrain and was attended by perfume enthusiasts and members of the media.

Blood donation

AS PART of its CSR activities for the year, Myna Water & Ice organised a blood donation drive at the AMA Building Materials Sector offices in Askar. 61 Myna staff together with staff from fellow BMS divisions and sister companies (SMD and PCD) donated blood using a mobile unit, supplied by the Salmaniya Medical Complex Central Blood Bank.



New arrivals



DOCTORS and nurses at the American Mission Hospital welcomed two New Year babies into the world. Sayed Mohammed Sayed Adnan arrived at 7.59am and Adam Ali Asgar Nuruddin at 3pm. The new parents and their families are said to be 'thrilled' about their 2018 additions.



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Film Weekly



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

Intensely relentless



DETROIT, in all its raw, gruelling realism, comes raging out of the starting gate from the first moment. Kathryn Bigelow, director and producer of two masterpieces, *Zero Dark Thirty* and *The Hurt Locker*, returns with a vengeance, and this time her sights are set on America's troubling past.

Detroit is a dramatisation of the Algiers Motel incident that occurred during Detroit's 1967 12th Street Riot, where several black civilians were held for questioning by members of the local police department. Details of the events that transpired have long been highly controversial, as despite the multiple witness testimonies to the abuses of the Detroit Police officers, none of them were found guilty of any crimes.

This is not a film for the faint-hearted. Leaving the cinema made me notice that I had been clenching my jaw (and probably my fists) for the better part of the story. It is pure, relentless intensity, and Bigelow is once again phenomenal in her ability to take your breath and keep it locked away as you watch.

Even though the movie is based on true events, it's best to reveal as little as possible about the plot. Screenwriter Mark Boal stays true to the multiple witness testimonies that the script is based on, blending them into a chaotic, yet holistic and horrific picture of what

DETROIT

STARRING: John Boyega, Anthony Mackie, Algee Smith, Will Poulter

DIRECTOR: Kathryn Bigelow

GENRE: Period Crime Drama

RATING: R

RUNTIME: 143 Mins

happened that night.

It's perhaps Boal's writing and Bigelow's directorial style that make the film feel almost like a documentary, as it's shot in a manner that emphasises the contrast of vulnerability and cruelty. In many of the scenes, particularly at the beginning of the film, you can almost hear a low, nervous buzzing noise in the background, as though at any moment Detroit might erupt from the static.

The storylines of all the various characters are somewhat confusing in the beginning, as it's never entirely clear who the audience is meant to be focusing on or what is directly relevant to the main events at the Algiers Motel.

As much as it's disorienting, in retrospect it makes for more captivating storytelling. You see all of the victims as ordinary people trying to go about their lives, and instead getting caught up in a tragic series of events.

John Boyega shows us his dramatic chops here, playing the role of Melvin

Dismukes, a black security guard who becomes embroiled in the motel incident. Throughout the film, we see him struggle to reconcile the racial tensions between the frustrated young black men in his community and the racist white police force.

Boyega is patient with his character, a calm presence amidst the chaos, yet his intense stare betrays a wealth of emotion as he witnesses abuses against the innocent.

Algee Smith is similarly magnetic as Larry Reed, the heart and soul of the film, although he uses his honeyed voice to win us over. Carefree and charming at the start, he's concerned only with seeing his name in lights, yet his sweetness leaves him vulnerable in the overwhelming shadow of *Detroit*.

Will Poulter's Officer Philip Krauss can best be described as heinous, filled with a vicious and self-righteous hate fire that makes *Detroit* pulse with fear and desperate rage. Bigelow often uses her work to explore American masculinity, and in no previous film does it scream of the same ignorance and insecurity as here.

Due to the sensitive and unflinching nature of the subject, it is an emotionally draining watch.

There are some issues with pacing that drag the narrative out to almost painful extremes, and although the performances are excellent, there is no single shining star. Depending on how you look at it, this is either a good or bad thing.

By bringing the audience into this dark chapter of America's history, it's casting a glaring light on issues of the present. It will leave you with many questions about the role every individual has to play in society, and how we might seek a future where atrocities like this are just a shameful reminder and not brutal reality.

● Now showing in: City Centre, Seef II, Dana, Wadi Al Sail

ANNA'S VERDICT

1 popcorn - stay home
5 popcorns - start queuing

Bite-sized trailer

The Commuter

DIRECTOR: Jaume Collet-Serra

CAST: Liam Neeson, Vera Farmiga, Patrick Wilson

PLOT: In this action-packed thriller, Liam Neeson is Michael, an insurance salesman, whose daily commute home quickly becomes anything but routine. After being confronted by a mysterious stranger (Vera Farmiga), Michael is blackmailed into finding the identity of a passenger on his train before the last stop. As he works against the clock to solve the puzzle, Michael is unwittingly caught up in a criminal conspiracy that carries life and death stakes for himself and his fellow passengers.

SHOWING IN: City Centre, Seef I & II, Wadi Al Sail, Saar, Al Jazira, Dana, Novo, Mukta A2



Darkest Hour

DIRECTOR: Joe Wright

CAST: Gary Oldman, Lily James, Kristin Scott Thomas

PLOT: Within days of becoming Prime Minister of Great Britain, Winston Churchill (Gary Oldman) must face one of his most turbulent and defining trials: exploring a negotiated peace treaty with Nazi Germany, or standing firm to fight for the ideals, liberty and freedom of a nation. As the unstoppable Nazi forces roll across Western Europe and the threat of invasion is imminent, and with an unprepared public, a skeptical King, and his own party plotting against him, Churchill must withstand his darkest hour, rally a nation, and attempt to change the course of world history.

SHOWING IN: City Centre, Seef II, Wadi Al Sail, Saar, Dana, Novo, Mukta A2



Hollow in the Land

DIRECTOR: Scooter Corkle

CAST: Dianna Agron, Rachelle Lefevre, Shawn Ashmore

PLOT: While the notorious Keith Miller remains locked behind bars for murder, his family is paying the price of a tainted name. A year after Keith's crime, a body is found in a nearby trailer park. Keith's son, Brandon, goes missing and becomes suspect number one. His headstrong sister Alison decides to take things into her own hands and track down her brother to clear his name before the cops get to him.

SHOWING IN: City Centre, Seef II, Dana, Novo,



imdb movie charts

Current Position	Title	Weekend Takings	Gross to date
1	Jumanji: Welcome to the Jungle	\$27M	\$283M
2	The Post	\$19M	\$23M
3	The Commuter	\$14M	\$14M
4	Insidious: The Last Key	\$12M	\$48M
5	The Greatest Showman	\$12M	\$95M
6	Star Wars: Episode VIII - The Last Jedi	\$11M	\$592M
7	Paddington 2	\$11M	\$11M
8	Proud Mary	\$10M	\$10M
9	Pitch Perfect 3	\$6M	\$95M
10	Darkest Hour	\$5M	\$36M



cerebrally crust & crema



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WIN COFFEE AND CAKE at crust & crema by answering this quiz question and emailing your answer to editor@gulfweekly.com

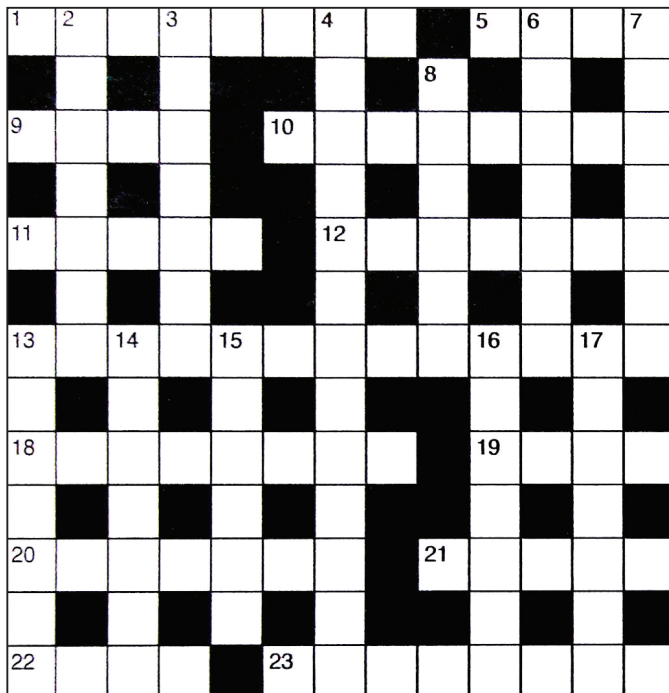
How many cups of coffee do US residents drink on average each day? a) 1.4 b) 2.7 c) 3.1 d) 3.9

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: Megha A won a cup of coffee by correctly answering that c) Germany tops the world in coffee consumption.

crossword break



Solutions in next week's issue.

ACROSS

1. Interrogate (8)
5. Blackleg (4)
9. Blemish (4)
10. Filter (8)
11. Cut (5)
12. Presage (7)
13. Great Britain (6,7)
18. Dazzling (8)
19. Thought (4)
20. Actuate (7)
21. Filch (5)
22. Oaf (4)
23. Miscellaneous (8)

DOWN

2. Dirty (7)
3. Asp (7)
4. Candour (13)
6. Strive (7)
7. Ennui (7)
8. Infertile (6)
13. Rebuke (7)
14. Beginning (7)
15. Charm (6)
16. Sparkle (7)
17. Intimidate (7)

who, what, where, when

WHO ... waits for Tony Christie in Amarillo?

WHAT ... are the two elements that make up bronze?

WHERE ... were the 1972 Olympic Games held?

WHEN ... did British comic Eric Morecambe die?

WHO ... had a Number One hit with 19?

WHAT ... is acology?

WHERE ... is the name of the home ground of Liverpool FC?

WHEN ... was Great Britain's Prince Charles crowned Prince of Wales?

just so

LLOYDS

BOVINE

hearts, spades, clubs, diamonds
table

yyy
eee
aaa
rrr

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

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

darn tough sudoku

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

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

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

Last Week's Leisure Solutions

CROSSWORD BREAK:

Across: 1 Hearty;
4 Mishap; 9 Prognosticate;
10 Elector;

11 Alter; 12 Feast;
14 Alter; 18 Force;
19 Private; 21 At a standstill;

22 Exhort; 23 Weight.
Down: 1 Happen;
2 Above reproach; 3 Tenet;
5 Imitate; 6 Heart-breaking;
7 Poetry; 8 Usurp; 13 Shelter;
15 Efface; 16 Spend; 17 Pellet;
20 Issue.

JUST SO:

A knuckle sandwich;
A parting shot; A screw missing;
All or nothing.

WHO, WHAT, WHERE, WHEN: Jennifer Garner; Quicklime; Chicago; 1994; Madonna; Words; Hungerford; 1963.

Darn Tough Sudoku

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

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Motoring Weekly

Steering you to the best deals on wheels

Seven-seater soars ahead

THE seven-seater segment is awash with options in the current market, and SsangYong is aiming to hit the heights with its impressive new 2018 Rexton ... quite literally as it was unveiled at an intimate media breakfast event at the Capital Club.

The South Korean marque has made great strides in recent years, and the Rexton continues this trend with a raft of safety and infotainment features that belies its generous budget-friendly price tag.

The new model is powered by G20DTR DI, a 2.0L turbocharged direct-injection gasoline engine, delivering maximum power of 225BHP and torque of 350Nm, with an Aisin six-speed automatic transmission.

Motorcity gave assembled media an indepth presentation before serving tea and croissants at the high-rise Seef executive membership club in Bahrain Financial Harbour. However, the extended views of Bahrain were not the most beautiful thing in sight. This was left to the Rexton, as guests were taken downstairs and given a look at the sleek, curvy model, resplendent in the bright morning sun.

Motorcity senior general manager, Dr Bijan Majidi, said: "Rexton is the latest addition to the new model line-up from SsangYong. We have seen a high demand for quality vehicles at affordable prices in Bahrain and the Rexton is the perfect fit in the seven-seater segment."

"SsangYong is committed to introducing a new car



SITTING PRETTY: The new SsangYong Rexton and, right, Dr Bijan at the launch event



MOTORING

By KRISTIAN HARRISON
kristian@gulfweekly.com

every year for the next three years, and is also focused on creating further growth by developing petrol-powered, EV and other eco-friendly vehicles."

The Rexton comes in three main trim levels: Low, Mid and High, and offers a spacious cabin for passengers in order to fulfil the company's design mandate of making journeys as comfortable as possible.

No expense has been spared in the interior of the High option, with a contemporary ambience highlighted by the

high-grade Nappa leather trim, with a touch of quilted Nappa leather for the seat inserts and other interior trims.

The car's safety features include brake assist, electronic brake force distribution and ABS, traction control, active rollover protection, front airbags and an emergency stop signal. SsangYong has also added new driver assistance safety features such as lane departure warning and high beam assistance.

The top-of-the-range Rexton adds front and rear cameras, blind spot detection

as well as rear cross-traffic alert to provide a clear view of the area surrounding the car to increase safety and driver convenience during low-speed driving and parking.

Furthermore, the advanced infotainment system includes connectivity with Apple CarPlay and Google Android Auto for device mirroring, a rear view reversing camera, all displayed on an eight-inch screen.

Other features include a Supervision instrument cluster with a particularly large seven-inch LCD display for driver information, and a 'smart'

electronic tailgate for added convenience when loading and unloading the boot.

Dr Bijan exclusively told *GulfWeekly* during the launch: "It's a fantastic car with many features that you'd struggle to find on competitors models, and at a much lower price point. SsangYong is making great strides to change the perception of budget cars, and the Rexton will only quicken that process."

The SsangYong Rexton as highlighted comes in three different versions: Low (BD8,995), Medium (BD10,500) and High (BD11,400) or at BD131



per month, at zero down payment, a five-year or 150,000km warranty, and five-years of roadside assistance.

● For more information on the SsangYong Rexton and other models, visit the Motorcity showroom in Sanad or call 17621162.



New hot hatchback

THE Toyota Yaris is one of Bahrain's best-sellers, so fans of the Japanese marque will be rejoicing at the latest model's debut in the kingdom, writes **Kristian Harrison**.

Ebrahim K Kanoo, the brand's distributor, has launched the new 2018 iteration of the famous hatchback at the Toyota showroom in Sitra.

The concept behind the Yaris is improving fuel economy and dynamic performance along with the safety and durability that Toyota is known for. It also boasts leading safety and technology features, an interior with high quality materials, a more spacious cabin with improved leg room, larger boot capacity, plus enhanced comfort and handling stability.

Ayman Shehadeh, senior manager of Toyota marketing at E K Kanoo, said: "The Toyota Yaris has been a very successful model in Bahrain and the region since its



POPULAR CHOICE:
Toyota Yaris

introduction in 2005. It is the ideal compact, budget friendly car enjoyed by both corporate and personal drivers. The Toyota concept of 'Value Beyond Belief' is especially visible here as customers get a lot more value for their money than before."

The interior of the new sport hatchback received major modifications in its design and technology offerings that increase comfort and massively reduce the car's noise. The

optimised Yaris boasts a more spacious cabin with newly designed rear seats and increased shoulder and leg room.

New technologies designed to provide a controlled and balanced driving experience were also added to this year's model. These technologies include 7S Multi Drive Transmission, Low Rolling-resistance Coefficient (RRC) tyres and LED Daytime Running Lamps (DRL).

The redefined model has

introduced a higher level of safety features such as Vehicle Stability Control (VSC), Anti-Lock Brake System, Tyre Pressure Monitoring System and SRS airbags. It is available in nine colours that accentuate the car's sporty look and identity.

The new Toyota Yaris is now available at the Toyota showroom in Sitra. The starting price is BD5,900. For more information, visit www.toyota.com.bh or call the showroom on 17730730.



POWERFUL PLAYER: Lotus Evora GT410 Sport

Anniversary celebrations

TO CELEBRATE its 70th anniversary, Lotus has unveiled the new Evora GT410 Sport, a more subtle GT430.

The British marque's latest offering takes the GT430's basic shape and adds new composite front and rear body panels minus some of the 430's higher downforce pieces for a more-subtle shape. The revised front panel has bigger carbon fibre air ducts, the idea being to more-efficiently move air around the front wheels, cutting turbulence and drag.

Deeper front and rear splitters and carbon ducts behind the rear wheels add downforce. Carbon pieces also include the front access panel, roof panel and rear decklid.

The automaker's 3.5L V6 powers the car, producing 410BHP and 310NM of torque, good enough for a 3.9-second zero-to-60 sprint with a manual and four seconds flat with the six-speed automatic.

The interior has standard carbon race seats and carbon door sill inserts. The steering wheel, dash, door panels, transmission tunnel, centre console and instruments are all trimmed in black faux suede. The seven-inch touchscreen has AppleCarPlay and Android Auto compatibility.

Satellite navigation and a back-up camera are optional.

The company will be taking orders later this year, with a price still to be announced.

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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

Luxurious villa with views

STAR Real Estate has a villa with a beautifully landscaped backyard available for sale on the sought-after Riffa Views Lagoon Estate.

The semi-furnished five-bedroom home, which has a built-up area of 472sqm features fine finishes and spacious surroundings.

The ground floor of the villa consists of a grand majlis (lounge), dining room and family room. There is also an open-plan kitchen, an outdoor kitchen and a laundry room.

There is a guest bedroom on the ground floor with a built-in wardrobe and an ensuite bathroom.

There are two useful storage rooms, one by the kitchen and another under the staircase. There is also a guest closet and a separate

vanity room near the kitchen.

A family room and four sizable bedrooms is situated on the first floor. The master bedroom has a dressing area, an ensuite bathroom and a balcony overlooking the glorious green golf course. The other bedrooms also include built-in wardrobes and ensuite bathrooms and two of them also have terraces.

There is a garage for three vehicles.

For golf-lovers, you would be just a step away from an 18-hole PGA championship Colin Montgomerie-designed course and a 9-hole executive golf course.

Also available close-by is a country club, a tennis facility, an international school and the Riffa Palms shopping area which includes cafes, restaurants and a supermarket.



FACTS AT A GLANCE

Location: Lagoons Estates at the Riffa Views.

Reference number: VI501

Sale price: BD385,000

Bedrooms: 5

Living rooms: 3

Bathrooms: 5

Additional information: The villa is nearby a shopping area, school, golf course and country club. There is also a large garage.

For further information on this and other homes call Star Real Estate 17298210.



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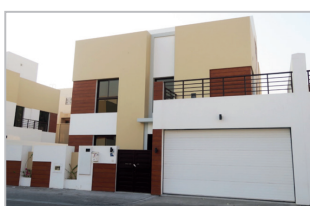
FOR RENT



ABRAJ AL LULU

Semi-furnished 3 bedroom apartment, 3.5 bathrooms, 1 parking space, built-up area 168 sq.m. Asking price **BD 575/- Ref. AP430**

FOR RENT



SAAR

Semi-furnished 3 bedroom villa, 3 bathrooms, 2 parking spaces, built-up area 267 sq.m. Asking price **BD 1,000/- Ref. VI459**

FOR RENT



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FOR RENT



Golf Weekly

Teeing off to a great read

Roll out the old-timers!

ON Saturday members over the age of 50 played the annual Seniors Championship. The format is 18-holes stroke-play. As it is known, geriatrics need less sleep and wake early, the competition is held only in the morning, followed by a lunch-time feast ... all this so Senior members could be tucked up in bed before it gets dark!

The overall winner was Diane Loney with a net 64 and gross 92. Runner-up was Tim Benton with a net 65 and gross 84. In third was Mark Hodgkinson with net 65 and gross 83 followed by Paul Anderson with net 68 and gross 86. Fifth was clinched by Lynn St. Lawrence with net 68 and gross 89. The ladies, Kay Smith, Nicola



PUSHING AHEAD: Seniors winner Loney being wheeled around

Bailey, and Lynn St. Lawrence made a clean sweep of the nearest the pin side prizes.

Loney was wheeled around the AGC clubhouse by Captain Anderson to celebrate her victory clutching a prize walking stick.

● **Next up at AGC:** Don't miss the Wednesday Night Social at the Driving Range tonight from 6pm-8.30pm. Come out, play some 'short

game' games with resident professional Rory and enjoy free hamburgers cooked by the Captain & President.

Friday's competition is the British Airways 18-holes singles medal. Sign up www.awaligolfclub.com.

Saturday Competition is the annual AGC vs. BGC Crown Prince Cup, with two teams contesting the trophy at the Awali Golf Club.

A stroke of good luck on the course

THE 37th Airmech-sponsored singles stroke-play competition took place at Awali Golf Club last Friday and a beautiful day witnessed many 'personal best' rounds played.

The medal winner was Ali Musbah with a gross score of 71- Ali Mohammad Kowari lost on count back.

Flight One (0-10) had Daij Khalifa take first place with a score of gross 76, nett 66. Second place was taken by Ali Mohammed Kowari with gross 71, nett 66 and Hussain Salem with gross 80, nett 64, came third.

The first, second and third places of Flight Two (11-18) went to Bronson John with a gross 80,



PRIZE TIME: Bailey, winner Musbah, Airmech's Omar Sinan Hamid and Captain Anderson

nett 64, Yong Back Kim with gross 78, nett 65 and Mario Carangan Jr with gross 80, nett 66 respectively. Dong Jin Jeong with net 66 and gross 81 lost on count back.

Flight Three (19-36) saw first go to Balbir Singh with a gross 89, net 65. Paul Anderson took second with gross 84,

nett 65 and Nicola Bailey finished in third with gross 92, nett 67.

Prizes for Nearest the Pin went to Mubarak Saad Sultan, Essa Qutami, Sarah Hobday and Onny Martin.

A full clubhouse was present at the prize-giving ceremony, where Airmech provided a generous prize table and refreshments.

Ambassador's role for Sam



FUTURE PLANS: Hobday and, right, Arnold

THE Royal Golf Club (RGC) has teed off its 2018 plans by announcing that newly-professional golfer Sam Hobday will be the new Club Ambassador, starting off by representing the club in Egypt on the Mediterranean Tour from January 30 to February 1 at the Allegria Classic.

Hobday has been a member of the Royal Golf Club (RGC) since its opening and, as reported in *GolfWeekly*, returned to Bahrain after attending university in the US where he completed a four-year degree whilst playing golf at collegiate level.

Hobday recently won the Club Championship in 2017 and decided that was the ideal time to turn professional, just in time for the King Hamad Trophy hosted in November, after battling it out on the Mena Tour for the past 12 months.

He said: "I'm really looking forward to representing the RGC this year as they have always given me tremendous support. It will be my first full season as a professional and hopefully I can make it a successful one, both on the Mediterranean and MENA



Tours. I would also like to thank my sponsors Banz Group and Big Texas BBQ and Waffle House for their continued support."

The 23 year-old attended King College in Bristol, Tennessee after being scouted by the college coach through a UK-based company that helps secure places in US colleges for bright, promising young sportsmen and women.

His family, originally from Derbyshire in the UK, moved to the kingdom from Singapore in 1997, at which

point Sam joined the Riffa Golf Club and ignited his passion. His teacher dad, Barry, is a keen golfer and went on to become captain of the RGC.

In recent months, former St Christopher's school pupil Hobday has been under the watchful eye of teaching professional Marc Arnold since October. Arnold hails from Lancashire, England, and brings a wealth of experience after working with some of the best golf coaches in the UK, some of whom have brought professional golfers through on the European Tour such as Tommy Fleetwood and Matthew Baldwin.

Arnold explained: "I've been delighted with the progress Hobday has made over the off-season since his professional debut at the King Hamad Trophy in November. We are looking forward to helping Sam achieve his goals this year and we are confident he can make an impact on the Mena Tour in the forthcoming season."

Hobday replaces Daniel Owen in the role, who has relocated to Europe to play full-time on the Euro Pro Tour after five years as ambassador.



Motor Sport

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

Success at double quick time

MOTORSPORT
By KRISTIAN HARRISON
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THE Bahrain International Circuit hosted a thrilling day of racing action on both two and four wheels last weekend, as the circuit hosted its latest National Race Day in Sakhir.

Shaikh Salman bin Isa bin Ebrahim Al Khalifa, Raed Himmo and Ahmed Al Muiyini were all big winners on Saturday at the BIC's 2.55km Inner Track. Shaikh Salman and Himmo shared the honours with a win apiece in the BIC 2,000cc Challenge, while Almuiyini claimed a rare 'double-double' after sweeping all the races in both the Bahrain Motorcycle Racing (BMR) 600 and the Bahrain Supersport Championship (BSBK).

In the BIC 2,000cc Challenge, Shaikh Salman in a Honda Civic won the opening 12-lap sprint in a total time of 15 minutes 45.420 seconds. He was engaged in a heated battle with pole-sitter Himmo, who was also driving a Civic. Himmo was made to settle for the runner-up spot 0.319s behind.

Nasser Al Alawi in a Honda S2000 was third 12.535s back.



FAST AND FURIOUS: Track action during the BIC 2,000cc Challenge, Almuiyini's Number One and podium joy for riders and drivers



In race two, it was Himmo's turn to take the chequered flag, winning in 15:39.555. Shaikh Salman was this time the runner-up 0.197s back,



while Al Alawi clinched third place a distant 18.372s off the pace.

In the BMR 600, Al Muiyini got his winning ways off to

a flying start by claiming an impressive victory in race one in 12:52.590, despite starting from the very last row.



Pole-sitter Mika Perez, a special guest flown in from Spain as reported in last week's *GulfWeekly*, was 0.512s behind in second

place after suffering gearbox issues whilst three seconds in the lead. Mohammad Adhan Al Zaidan was third, 6.707s behind. All three were part of the BMR's Super Stock class.

In the Hornet category, Pawel Rosciszewski, Ali Abdulhussain and Ahmed Al Hadad made up the podium.

In race two, Almuiyini was again the victor in 12:54.520. Al Zaidan followed in 4.614s, while Fahad Al Gharbali was third 40.647s back.

Rosciszewski led the same trio in the Hornet class.

In the BSBK, Almuiyini didn't miss a beat in claiming his other double of the day. He secured a pole-to-flag victory in race one in 12:51.852. Wesley Pearce came second just 1.661s behind. Dijon Compton came third 13.826s adrift.

In race two, Al Muiyini clocked a winning mark of 12:53.350, with Pearce a mere 0.578s back as runner-up and Salman Khalaf 1.507s off the pace in third place.

Meanwhile, there was also action in the Bahrain Supersport Championship (BSSP) 125.

Hussain Al Aswad topped the lone eight-lap race in 13:08.956. He won ahead of Georges Mokbel who was 1.312s behind, while Yusuf Qaed came third 21.052s back.

Life's a real drag on the strip to glory

THERE was plenty of action to enjoy in a thrilling second round of the 2017/2018 Bahrain Drag Racing Championship, held over the weekend at Bahrain International Circuit (BIC) in Sakhir.

More than 180 participants from the region took to BIC's quarter-mile drag strip to compete in one of the 16 categories for cars and motorbikes.

In the Street 4 and 6 class, Mohammed Al Jalahma clinched first place with a run of 9.801 seconds, beating the 9.909s of runner-up Hani Hashim.

Bader Dashti followed suit in the Outlaw FWD category. His final pass of 9.115s was enough to claim the victory against Ali Mahfoodh.

In the Super Street 6-Cylinder class, Nawaf Al Manai won in 7.158s, while Hamed Al Merbati

was second in 7.488s.

The Outlaw 6-Cylinder category was claimed by Jassim Zaman who had a best time of 7.502s. Mohamed Haji placed second.

In the Street V8, Mohammed Suliman won in 7.394s, beating Jalil Abdulhussain's 8.010s.

Turki Khalid triumphed in the Super Street V8 category with a final pass of 4.762s. Mohammed Qasem finished as the runner-up.

In the Competition 4.5 category, Mohammed Bu Sylom beat Hisham Al Mulla for first place, as did Nabeel Al Esa in the Outlaw 10.5 category, where Mohamed Awadh was second.

In the Pro Mod class, Turki Al Humaidy was victorious with a run of 4.031s in the final against Hani Hussain, who had a time of 5.656s.

In the Index 10.5 category, Abdulaziz

Al Qattan beat Suliman Dawood, Hussain Al Sheikh did the same against Yousif Abdulla in the Index 9.5, and Sayed Al Hadad won over Abdulla Al Ogab in the Index 8.5 class.

Amongst the motorbikes classes, Jihad Al Jamal won in the Street Fight Bikes with a final pass of 9.645s, finishing ahead of Mohamed Al Taitoon's 9.903s.

Bader Bin Eidan clinched first place in the Street Bikes category with a winning run of 9.808s. He beat Meshari Almarri.

Mishari Alturki then claimed the win in the Super Street Bikes category. His final time was 4.406s, beating the 4.465s of rival Bader Bin Eidan.

In the Pro Bikes class, Yaqoub Al Ali 6.614s helped him defeat Meshal Alsaber.

Round Three takes place this week.



Left chasing second places

THERE'S an old joke about (enter the name of any team you don't like) holding their end-of-season awards dinner – in January. However, throughout Europe's top leagues this is almost the case.

The main talking point last weekend was the thrilling 4-3 victory Liverpool secured over runaway leaders Manchester City, becoming the first team this season to overcome Pep Guardiola's rejuvenated side.

Yet despite Jurgen Klopp's charges, fresh with the cash generated from the sale of Coutinho, thoroughly deserving the three points, it is not expected to make a difference in the title challenge.

What it has done is tighten the group of challengers behind them, all fighting to ensure a place in the Champions League next season.

Before Manchester United's game against Stoke, three teams were level on 47 points with Tottenham Hotspur only one win behind. Arsenal appear to be in disarray following defeats to Championship side Nottingham Forest in the FA Cup and in the league against Bournemouth, five points adrift of their archrivals. Yet the Premier league is not alone in seeing a single team lead the charge and effectively render the competition for top-spot obsolete.

While certain individual teams have the wealth to cherry-pick the world's best talent, the English Premier League can still sustain spending from top to bottom. In other countries the headline-grabbing acquisitions are monopolised by one or two teams.

La Liga in Spain is a classic example, with Barcelona and Real Madrid predominantly occupying the top two positions, although Atletico Madrid occasionally upset the apple cart.

Despite going two goals down to Real Sociedad, Barca flexed their muscles and hit four without reply to extend their lead at the top to nine points, without their latest import, the \$150m man, Coutinho.

Defending champions, Real Madrid, are languishing in fourth position a stunning 19 points behind the leaders. That would normally be sufficient to see their manager



HAPPY DAYS: Liverpool's manager Klopp delighted, below, from left, Salah and Robertson celebrate their side's fourth goal against City, and Guardiola

By ABU GEORGE
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lose his job although Zidane has achieved too much glory for Los Blancos for that to be an easy decision to make.

It is Atletico and Valencia that represent the filling in the sandwich between the two traditional giants and it currently looks to be those teams that will finish second and third. In Spain four will qualify for the Champions League and so Real will be looking over their shoulders at Villarreal who are snapping at their heels.

German football appears to be making most of its headlines as a result of which players (or not) are making their way to England and when.

The main protagonist in this regard, RB Leipzig, helped

create a greater gap at the top of the Bundesliga as a result of a 3-1 home victory over the side previously placed in second, Schalke. It was the Liverpool-bound Keita who opened the scoring that saw Germany's most-hated team leapfrog into second and help Bayern Munich extend their lead at the top of the division to 13 points.

The runaway leaders picked up in 2018 where they left off in 2017. Javi Martinez gave the visitors lead at halftime by tapping in a deflected ball from a corner while Franck Ribery, who missed six league games in the first half of the season, scored his first Bundesliga goal after the winter break.

All is not rosy at Dortmund who missed the chance to go second after wasting

numerous opportunities to score although the main talking point was the suspension of star striker Pierre-Emerick Aubameyang for failing to attend a team meeting. Expect this to precipitate a departure from the club.

The French league has been disparaged for lacking quality in recent seasons yet with the huge inward flow of cash and corresponding improvement in results in European competition it is starting to show signs of producing excellence and competition.

This is one league that has traditionally produced a runaway winner and while that is true again this season, behind Paris St Germain (PSG) three teams are vying for the place immediately behind them.

While I should stress that there have been no allegations of professional bias, PSG appeared to receive a helping hand (or kick, rather) from the referee in securing their victory last weekend.

Angel Di Maria had opened the scoring for the Parisian giants before a remarkable incident just before the end of the game. Nantes player, Diego Carlos, appeared to accidentally collide with the referee, Tony Chapron, who fell to the ground and then appeared to swing his right boot at the player. To compound the situation Chapron then showed the red card to Carlos!

However, the brutal spending of PSG has again resulted in Ligue 1 being a battle for second place.

Second-placed Monaco are

now 11 points adrift after only being able to secure a goalless draw at Montpellier. Despite that, and the clamour for position around them, their performances this season have been remarkable given the number of players they sold in the summer. Of the chasing pack they are the only side not still involved in European competition and so should have the most energy to sustain a challenge.

Owner Dmitry Rybolovlev's financial difficulties have been well documented and despite securing a world record fee for centre forward Kylian Mbappe there are still rumours circulating around existing players who will find themselves on the move.

That they are still in prime position for a return to the elite competition of Europe is largely due to the goals of the evergreen Radamel Falcao.

Third placed Lyon, level on points with Monaco, also sold heavily in the summer but have reinvested in youth in addition to providing opportunities to players graduating from their academy, widely considered to be one of the best in Europe.

Conversely, Marseille's project under the former owner of the LA Dodgers, Frank McCourt, appears to be to find value in forgotten senior players and to revitalise them. This is particularly evident in Luiz Gustavo, with the Brazilian adding dynamism to midfield.

Arguably the next most competitive league in Europe is the second tier English Championship in which Wolverhampton Wanderers are belying their name and marching to glory.

The one league across Europe's leading football nations to buck the trend of runaway leaders is Serie A in Italy where there are two sides battling for glory. The gap between Napoli and Juventus is now eight points to the third-placed team, Inter Milan.

Last season Juventus became the first team to secure six successive Italian championships. However, this season they trail Napoli by two points and also have more viable European aspirations, which may distract them domestically.

Yet football, as with all sports, can be unpredictable and so, surely, one of the frontrunners will slip up. Which do you think is most likely?



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TOP OF THE LEAGUE FOR LOCAL AND INTERNATIONAL SPORT

January 17 - 23, 2018

THE Bahrain International Circuit has launched its 'early bird' ticket offer for the 2018 Formula One Gulf Air Bahrain Grand Prix. For a limited period only, tickets for the race weekend on April 6-8 can be purchased with a discount of up to 20 per cent.

The early bird catches the big race Formula One ticket deal

The deal covers tickets to BIC's Main Grandstand and Turn One Grandstand with tickets now available at BD120 and BD80 respectively.

There is also a 10 per cent

reduction on ticket prices to the Batelco Grandstand now BD108, plus University Grandstands and Victory Grandstands at an offer price of BD54.

All tickets allow three-day access

to the event, which, aside from F1 action, will include racing from other major international and regional championships as well as plenty of off-track family entertainment, including

international stars still to be announced.

The 2018 Gulf Air Bahrain Grand Prix will be the second race of the season and over the past few years it has established itself as one of the most popular night races on the calendar.

ACADEMIES FACE OFF!

EXCLUSIVE

By STAN SZECOWKA
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BAHRAIN'S rival football academies have signed up to take part in series of tournaments to give their players a taste of competitive action.

And *GulfWeekly* has signed up to offer the young star performers, voted for by opposing coaches, a prize plaque to acknowledge their playing prowess.

The Youth Development League, the first of its kind ever to be staged in the kingdom, will feature Juventus Academy, Winners, Champions, TFA, Track, Spire, Black Castle, Tekkers, Sparta, Bahrain Rugby Football Club, FUTMisson, Ole Academy and Najma Academy.

Andrew Collins, Juventus Academy's head coach is the league coordinator. He said: "We wanted to organise more competitive games for the children and didn't want players in this country to fall behind in their playing development."

Initially Juventus Academy, based at Saar Cultural and Sports Club, approached the Bahrain Youth League to see whether it could enter teams but were told it was exclusively for official clubs.

Despite the rivalry, the top coaches met up and agreed to formally compete against each other when presented with the idea of an Academies League structure.

"I wouldn't say it's an intense rivalry," said Collins. "We have always maintained good relations with each other and regularly play friendly matches but after



AIMING HIGH: Collins coordinating the new league action

having an open discussion about the league idea, and the benefits for the children, it quickly became apparent that all the academies were on the same page."

Each academy has signed an agreement. The basic playing rules are to respect each other. Academies, for example, will not be allowed to poach others' stars and must check all squad members are of the correct age and that none feature

official club players.

"Part of the agreement is that all games are played in the right spirit," added Collins. "Obviously there will be a competitive edge to all the games but part of the agreement is that 'goals scored' will not be taken into consideration. This won't completely stop the rivalry but, as coaches, this is where we need to educate our players to respect the opposition."

It will be intense for the youngsters too as many will find their school team mates playing against them because they have signed up for additional soccer coaching at rival academies.

"There will be a lot of playground bragging rights at stake," said one team captain.

The Youth Development League kicks off in Saar on Saturday and Sunday with matches featuring U8, U10, U12, U14 and U16 teams

battling it out for trophies and medals.

The youngsters will also be competing for a *GulfWeekly* Prize Plaque for Star Player in each age category / competition judged by all the coaches, each nominating one player from an opposing team explaining why they think the player deserves the accolade. A prize presentation will be staged at the player's home pitch at a date to be arranged.

The Juventus Academy is aimed at helping young footballers take their first steps into the football world by educating them in the Bianconeri-style of play. "We are running a specialised academy, set out and planned in conjunction with Juventus FC and the Juventus approved licensed coaches," added Collins.

The Ole Academy is a franchise from Eastern Europe. Ole launched in 2012 in Serbia's Belgrade and started its operation in Bahrain in 2017 with two branches in Riffa and Manama.

"OLE promotes team spirit and team building among the players in a family-oriented environment and to embed the notion of respect and responsibility within each youngster," a spokesman said.

Tekkers academy was formed in 2015 and practices at four locations across the island. "Tekkers is excited to be participating in this new initiative as it will give the opportunity for our players to play regular competitive matches," a spokesman said.

Winners Football Academy was established in 2014 and is located in Isa Town

Education Area with a clubhouse and coffee shop as well as offering fitness and programmes for all ages and staging corporate and community events.

"Winners is delighted to have this kind of collaboration between the top academies in Bahrain and would always participate in and encourage such initiatives," a spokesman said. "We wish the best to all teams and the most important thing is that all the players have fun and benefit from the experience," added MD Fawaz Albinmohamed.

TFA, a Bahraini football school, was established in 2011, and attracts more than 800 to training programmes. "This league is a great step to improving our players and provide a healthy and good environment to compete," a spokesman said. "We're looking forward to the coming games and wish all the teams good luck in the league."

Sparta, the Sports & Arts Academy of St Christopher's School, was established six years ago, and football has been one of its core activities. "Our involvement in this league will be a fantastic experience for our players, giving them regular fixtures and it will help develop their all-round football skills and sportsmanship," a spokesman added.

Gulf Weekly EAN

