

# Gulf Weekly

The community newspaper at the heart of Bahrain

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# CUTTING CARBS IS KEY



**EATING OUT:**  
New menu at the famous FILLi Café  
**SEE PAGE 11**



**FILM WEEKLY:**  
Dilara reviews *The Spy Who Dumped Me*  
**SEE PAGE 19**

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

**A** pioneering study into the cause of type 2 diabetes (DM2), which is known by many as the scourge of Bahrain and the Gulf region as a whole, has uncovered that carbohydrates is one of the main culprits.

A Bahrain-based researcher and a group of professors and public health professionals from around the globe believe that their revelation could change the way people fill their shopping bags and dine out.

The findings modestly favour carb restriction over fat restriction as a first nutritional treatment of DM2.

Type 2 diabetes develops when the body becomes resistant to insulin or when the pancreas stops producing enough insulin. Exactly why this happens is unknown, although genetics and environmental factors, such as excess weight and inactivity, seem to be contributing factors. It's more common in adults but is increasingly affecting children due to obesity.

"It is well accepted



**PREVENTING DIABETES: Hanno and Esther prepare healthy meals**

that DM2 results from interactions between our genes and the way we live

and behave," explained Esther van Zuuren, a dermatologist at the Leiden

University Medical Centre in the Netherlands who was a member of the team involved

in conducting the systematic review.

"Indeed, wrong nutrition is at the heart of this disease. Since weight loss is of major importance for better metabolic control, low fat diets have been advocated in guidelines for years, based on the premise that fat has more calories per gram than protein or carbohydrate, and therefore low fat diets were supposed to be most effective for losing weight.

"However, recent reports argued that processed carbohydrates in food are the only direct source of glucose in blood and restriction of food containing processed starch and sugar therefore is superior to fat restriction."

Esther was joined by her husband Hanno Pijl, an endocrinologist and professor in diabetes at the Leiden University Medical Centre, Ton Kuijpers, an epidemiologist who works for the Department of Guideline Development and Research of the Dutch College of General Practitioners in Utrecht and former Cochrane Bahrain director Professor Zbys Fedorowicz, who recently retired back to the UK after 31 years in the kingdom.

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# Kitchen kings

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

**P**ASSIONATE cook Shobha Ravishankar is staging a series of culinary courses in the kingdom with the aim of preparing teenagers for life away from home at university.

The class, which is called Cook to Impress, was created to empower youngsters between the ages of 13 and 17 with the necessary skills to chop, dice and whisk up a healthy and nutritious meal with the tools they have around them at university, whether living in a dorm or sharing an apartment with friends.

"The first year of university for a teen, especially one that has moved so far away from home, is pretty tough," said the 49-year-old finance manager. "When my daughter Harinee, now 22, went off to university in Canada not only was she home sick but she



was also finding herself at the mercy of canteen food where she had to eat whatever was

available whether it suited her palette or not.

"Eventually, I taught her

## GulfWeeklyBookClub – in association with The Bookcase



**BOOK OF THE WEEK by Linda Jennings – THE STORM KEEPER'S ISLAND, CATHERINE DOYLE, 978-1408896884 (BLOOMSBURY) BD3.400 for Gulf Weekly Book Club members**

A MAGICAL new voice in fantasy writing, Catherine Doyle has taken an ancient story and made it into a thrilling adventure story for children aged nine and older.

When Fionn Boyle sets foot on Arranmore Island, it begins to stir beneath his feet ...

Once in a generation, Arranmore Island chooses a new Storm Keeper to wield its power and keep its magic safe from enemies. The time has come for Fionn's grandfather, a secretive and eccentric old man, to step down. Soon, a new Keeper will rise.

But, deep underground, someone has been waiting for Fionn. As the battle to become the island's next champion rages, a more sinister magic is waking up, intent on rekindling an ancient war.

This is a stunning story of courage and hope which is set to become an instant classic.

Catherine Doyle grew up beside the Atlantic Ocean in the west of Ireland. Her love of

reading began with great Irish myths and legends, and fostered in her an ambition to one day write her own.

*The Storm Keeper's Island* is her debut middle-grade novel and was inspired by her real-life ancestral home of Arranmore Island, where her grandparents grew up, and the adventures of her many seafaring ancestors.

### READ IT NOW IN PAPERBACK

THE EXPLORER, KATHERINE RUNDELL  
9781408882191 (BLOOMSBURY)  
BD3.900 for Gulf Weekly Book Club members.

WINNER of the Children's Book Prize  
Winner of the Costa Children's Book Award  
Winner of the London Book Fair Children's Travel Book of the Year

Readers are plunged, quite literally into a wildly exciting adventure whilst reading this latest novel from one of the UK's best children's writer, Katherine Rundell. Her

rich, descriptive prose will transport young readers to a mesmerising world where they can swim with river dolphins, eat a tarantula and discover a ruined city.

From his seat in the tiny aeroplane, Fred watches as the mysteries of the Amazon jungle pass by below him. He has always dreamed of becoming an explorer, of making history and of reading his name amongst the lists of great discoveries. If only he could land and look about him.

As the plane crashes into the canopy, Fred is suddenly left without a choice. He and the three other children may be alive, but the jungle is a vast, untamed place. With no hope of rescue, the chance of getting home feels impossibly small.

Except, it seems, someone has been there before them ...

### MY FAVOURITE READ OF THE WEEK

YOU ARE AWESOME, MATTHEW SYED  
978-1526361158 (WREN & ROOK)  
BD4.900 for Gulf Weekly Book Club members.

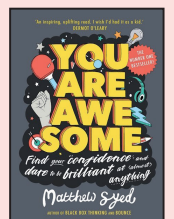
THIS positive and empowering guide, by bestselling mindset author Matthew Syed, will help boys and girls build resilience, fulfil their potential and become successful, happy, awesome adults.

I'm no good at sport ... I can't do maths ... I really struggle with exams ... Sound familiar? If you believe you can't do something, the chances are you won't try. But what if you really could get better at maths, or sport or exams? In fact, what if you could excel at anything you put your mind to?

*You Are Awesome* can help you do just that, inspiring and empowering young

● This week we recommend three excellent reads for Middle Schoolers (age nine plus)

Join the FREE Gulf Weekly Book Club in association with The Bookcase by emailing bookclub@gulfweekly.com with your contact details.



readers to find the confidence to realise their potential.

The first children's book from *Times* journalist, two-time Olympian and best-selling mindset author Matthew Syed, it uses examples of successful people from Mozart to Serena Williams to demonstrate that success really is earned rather than given, and that talent can be acquired.

With hard work and determination, practice and self-belief, and, most importantly, a growth mindset, there's no reason why anyone can't achieve anything.

Practical, insightful and positive, this is the book to help children build resilience, embrace their mistakes and grow into successful, happy adults.





# all set for uni



**CULINARY QUEEN:** Shobha empowering youngsters, left, students prepare a meal and, right, taking notes during a cooking session

accountant. "He has always been interested in cooking and I have noticed that he has been searching for more recipes online to make for us. I am looking forward to more of his dishes."

That's exactly what Shobha was aiming to accomplish. She is now planning on staging more classes in the future, after school starts, for boys and girls.

"The idea is to also get the teens cooking and helping mum in the kitchen as a fun habit and not as a pastime and so far it's working," she explained. "I learnt cooking on my own. I used to wait for my mother to leave the kitchen so that I could take over as I found cooking to be the best stress buster."

"More than that, feeding others and seeing how much they love it is a great morale booster. Just hearing someone say "wow" is enough to bring a large smile on your face."

Aside from building better habits at home, she has developed a few recipes that will be easy-to-make in the dorms where only microwaves and hot plates are allowed.

"I am planning to conduct classes for teens that will be living in dorms," she said. "I have conceptualised a few dorm recipes which can be made quickly and also tastes delicious. I plan to do this class after my upcoming sojourn."

"If they learn the basics then they could carry some homemade ready to cook stuff with them. All they need to then do is microwave or steam it in a rice cooker. Readymade packaged food contain preservatives. For instance, I packed a lot of browned onions and garlic for my daughter. All she needed to do was cook lentil for instance and add the onion garlic medley I made for her and vegetables of her choice with some spices. Lo and behold, she had a curry ready to go with bread or rice."

"Cooking is no rocket science. It is very basic. All you need to know are the fundamentals of cooking and the rest is developing on the same. Which means that you don't need to learn 1,000 recipes to master cooking. For example, you need to learn how to identify the ingredients you are eating in a restaurant instead of just eating the dish blindly."

For details on upcoming classes, contact Shobha on 39289789 or follow her on Instagram @highheatensity.

but I didn't want my son Advait, 14, a student at St Christopher's School, to go through the same hardships. I have been passionate about cooking since I was a child and to be able to pass on my wisdom is a blessing. Many of my friends and family members advised and encouraged me to teach what I love and if I can pass on basic cooking skills, then the teenagers will not feel as overwhelmed.

"We need to prepare our children to live independently whether in the Western world or back home."

Shobha, who lives in Budaiya with her husband Ravishankar, the head of internal audit at a bank in Bahrain, hosted a three-day course for a group of six boys at her friend Anjusha Gupta's house.

"My dear friend Anjusha, who is a chartered accountant by profession, is the one who finally pushed me into doing a class and offered me her large kitchen to conduct it," she explained. "We decided the first class will be dedicated to boys as we both have sons on summer break."

During her classes, Shobha and her assistant Anjusha taught her son Advait and his friends Akshat Gupta, 14, Rushil Kaul, 14, Sriniketh Seshadri, 16, and 12-year-old twins Ved and Shlok Lakshminarayana how to make two starters, two mains and two desserts.

Their one-and-a-half-hour courses included tapenade on rusk, an explosion salad, a mushroom risotto, a seven-

layered burrito, a Galaxy chocolate pudding and a pineapple soufflé. Although Shobha's classes are vegan and vegetarian based, she has showed the youngsters how to turn their dishes into meaty meals too.

"The boys were fully involved in chopping, cleaning, baking and so on," she added. "At the end of each class, they tasted what they cooked and also took samples home for their parents. What impressed me the most is that each one of them went back home and practiced what they learnt and sent me pictures. That was an overwhelming feeling indeed."

Since Ved has taken the course, he has been cooking for his family and experimenting with new recipes. "I have always loved cooking ever since I first took part in a cooking club in school," said the St Christopher's School student living in Hamala. "I really enjoyed Mrs Shobha's classes and learned a lot from her. I have been making the food I learned for my family and sometimes I create new dishes with my mum. I think it's good to learn how to cook because you can't eat out your whole life. I want to be prepared for when I'm on my own at university. Also, I can eat tasty new food every day."

His mother Radhika is delighted to have Ved join her in the kitchen. "This class is such an excellent idea to get these boys interested in what they eat, learning how to be independent and helping out at home," said the 44-year-old



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## From Page 1

The team evaluated the currently available evidence comparing the impact of diets containing less than 40 per cent energy carbohydrates versus those containing less than 30 per cent energy fat on glucose and other metabolic variables in people with type 2 diabetes.

Zbys and Esther have worked together on more than 20 research projects and published many articles. When Zbys and his wife Ruri invited Hanno and Esther over to Bahrain, they gave presentations on diabetes at the Bahrain Specialist Hospital as well as in the King Hamad University Hospital.

The trio decided to carry out a systematic review on diets, diabetes and clinical trials evaluating the effects of nutritional approaches to the management of DM2.

For years the default diet in guidelines for diabetes was the so called 'low fat diet' but it now appears that a 'low carbohydrate diet' might be a better option for those dealing with the disease.

The low-fat guidelines introduced in 1977 were not based on solid evidence.

It included advice to avoid butter, limit dressings,

# New study gives hope



gravies and sauces and choose low-fat and non-fat products, such as low-fat mayonnaise.

However, nutritionists have found that we all need some fat in our diet, not least because it makes our food more palatable and tasty. Fats do more than simply supply calories, some are important for maintaining healthy blood vessels, making hormones and for the correct functioning of our nervous system. The fat in our diet also helps us absorb certain vitamins, the fat-soluble ones, which include A, D, E and K. Following a

very low-fat diet makes you more likely to be low in these vitamins and that can impact your immunity, limit the body's ability to heal itself and have an influence on bone health.

While recent studies have weakened their scientific foundation even further, the debate continues.

Look at spinach or an avocado; they are full of nutrients yet extremely low in digestible carbohydrates (which turn to sugar in the body). By the same token, bread or rice have a few nutrients, but not so many. Added to that, they also

contain a significant amount of digestible carbohydrate which raises blood sugars incredibly.

One thing is clear. Eating less fat is not always the best way to lose weight. Low-carb diets tend to be more effective for most people.

Eating carbohydrates has the biggest impact on our blood sugar and insulin levels. Restricting carbohydrates in diets has a direct result in lowering sugar levels and insulin needs.

High sugar levels play a part in almost all chronic diseases such as type 2 diabetes, dementia, cancer and cardiovascular disease.

By lowering carbohydrate intake, blood sugars are controlled and insulin levels are minimised. This is incredibly beneficial for those with diabetes and those with insulin resistance.

Up until now, no one had ever summarised all existing evidence to compare the two diets. The trio asked Ton to join the team and he provided help regarding the quality or certainty of the evidence of the conclusions that were made.

The whole project took a year to complete and a further six months to get it published after being submitted to the eminent *American Journal of Clinical Nutrition*.

"We found that 36 trials met our inclusion criteria. It appeared based on the data of these studies that taking less carbohydrates was better for blood glucose and blood lipids than a diet low in fat in people," Esther added.

"It seems logical that restriction of carbohydrates reduces blood glucose levels, since carbohydrates are the most important source of blood glucose. There is data suggesting that starch and particularly sugar are addictive, but we believe that this position needs further research for definitive confirmation."

Clinical experts suggest many suffering with DM2 can recover from the condition by taking appropriate lifestyle measures. However, it is important to note that not everyone can do it without medication. It depends, among other factors, such as the duration of diabetes and even those needing medication can reduce the amount by making changes to the diets, losing weight and increasing exercise.

"As we said before, there are data suggesting that sugar



GROUNDBREAKING RESEARCH: Hanno and Zbys and, left, Esther and Ton

and probably starch, albeit to a lesser extent, may be addictive," Esther added. "It appears to activate neural

circuits involved in reward. "However, we think that this hypothesis needs further study. It seems likely from



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## Original Research Communications

Effects of low-carbohydrate- compared with low-fat-diet interventions on metabolic control in people with type 2 diabetes: a systematic review including GRADE assessments

Esther J van Zanten,<sup>1</sup> Zbys Fedorowicz,<sup>2</sup> Ton Kijpers,<sup>3</sup> and Hanno Pijl<sup>4</sup>

<sup>1</sup>Department of Dermatology, Lelien University Medical Center, Lelien, Netherlands; <sup>2</sup>Department of Health, EBSCO Health, Ipswich, MA; <sup>3</sup>Department of Guidelines Development and Research, Dutch College of General Practitioners, Utrecht, Netherlands; and <sup>4</sup>Department of Internal Medicine, Section of Endocrinology, Lelien University Medical Center, Lelien, Netherlands

**ABSTRACT** Background: It remains uncertain which diet is best for people with type 2 diabetes (T2D). Objective: We compared the effects of dietary carbohydrate restriction with fat restriction on markers of metabolic syndrome and quality of life in people with T2D.

**Design:** This systematic review of randomized controlled trials (RCTs) and controlled clinical trials (CCTs) compares the effects of a low-carbohydrate (≤20% of energy %) diet with those of a low-fat (≤30%) diet over a period of ≥4 wk in patients with T2D. Two investigators independently selected studies, extracted data, and assessed risk of bias. The GRADE (Grading of Recommendations Assessment, Development, and Evaluation) approach was used to assess the certainty of evidence. Pooled mean differences (MDs) and 95% CIs were calculated with the use of a random-effects model. **Results:** Thirty-three RCTs and 3 CCTs (n = 2164) were included. Glycated hemoglobin declined more in people who consumed low-carbohydrate food than in those who consumed low-fat food (MD: -1.38% [95% CI: -0.11 to -2.65]).

**Keywords:** diabetes, low carbohydrate diet, low fat diet, HbA1c, GRADE

**INTRODUCTION** Type 2 diabetes (T2D) is a multifactorial disease, emanating from gene-environment interactions (1). Diet quality and quantity are at the heart of its pathogenesis (2). Although it is quite clear that nutrition plays a pivotal role in the pathogenesis of T2D, it remains unclear which dietary measures are most effective in ameliorating metabolic derangements. There is little doubt, however, that reduction in body fat stores dampens chronic inflammation and improves metabolic anomalies. Thus, it is perhaps unsurprising to note that dietary guidelines for T2D tend to focus on weight loss as a primary goal. In this context, the consumption of low-fat food has been advocated for many years, inspired by at least 2 assumptions. First, that because fat contains



# for diabetics



reached record levels in the region and Esther believes it is because of some wrong lifestyle components in the Middle East, such as consuming foodstuff with too much sugar.

As of February 2018, a report was released that up to a quarter of the Arabian Gulf population risks developing diabetes by 2030.

Supreme Council for Health chairman Shaikh Mohammed bin Abdullah Al Khalifa stated during the annual United Against Diabetes annual scientific forum that 14.7 per cent of adults in Bahrain already suffer from the condition and highlighted Bahrain's national plan to combat the chronic diseases including diabetes, which in turn are intended to reduce healthcare spending.

He also added Bahrain was seeking to provide advanced care to patients living with the disease, while running preventive programmes and community awareness campaigns endorsing healthy lifestyles, physical activity and healthy eating habits.

Apparently, 425 million people have diabetes in the world and more than 39 million people are in the MENA region. The fear is that by 2045 this will rise to 67 million. There were 165,300 cases of diabetes in Bahrain as of 2017.

The research team hopes that their latest study will inspire people to make changes. "We would like to see task forces in many areas of the world developing and implementing lifestyle medicine in health care systems to shift from care to cure of lifestyle-related disease," added Esther.

"We also hope that it may inspire people to conduct more definitive studies comparing (very) low carbohydrate with low fat diets in the treatment of DM2."

an evolutionary point of view that biological instincts drive our liking of sugar. It's an easily digestible source of glucose, an important fuel for our body, but scarcely available in natural foodstuffs — only honey and ripe fruit contain sugar.

"Do we blame the food industry for this? No, we don't, although it plays an important role.

"The low fat dogma has dominated nutrition science for a very long time. Low fat products were made palatable by adding sugar. It was not considered a problem until a couple of years ago.

"We believe that evolving science now tells us that too much sugar and starch are at

least as bad as too much fat. Industry has to act upon this knowledge now."

Unfortunately, DM2 has



Insulin injection is used to control blood sugar in people who have type 2 diabetes that cannot be controlled with oral medications alone.

## DIABETES SYMPTOMS

SIGNS and symptoms of type 2 diabetes often develop slowly. In fact, you can have type 2 diabetes for years and not know it. It is the most prevalent type with about 90 per cent of cases diagnosed as type 2.

Look for:

● **Increased thirst and frequent urination.** Excess sugar building up in your bloodstream causes fluid to be pulled from the tissues. This may leave you thirsty. As a result, you may drink — and urinate — more than usual.

● **Increased hunger.** Without enough insulin to move sugar into your cells, your muscles and organs become depleted of energy. This triggers intense hunger.

● **Weight loss.** Despite eating more than usual to relieve hunger, you may lose weight. Without the ability to metabolise glucose, the body uses alternative fuels stored in muscle and fat. Calories are lost as excess glucose is released in the urine.

● **Fatigue.** If your cells are deprived of sugar, you may become tired and irritable.

● **Blurred vision.** If your blood sugar is too high, fluid may be pulled from the lenses of your eyes. This may affect your ability to focus.

● **Slow-healing sores or frequent infections.** Type 2 diabetes affects your ability to heal and resist infections.

● **Areas of darkened skin.** Some people with type 2 diabetes have patches of dark, velvety skin in the folds and creases of their bodies — usually in the armpits and neck. This condition, called acanthosis nigricans, may be a sign of insulin resistance.



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# Zahra's



# zinger deals

Putting Bahrain's supermarkets under the spotlight and searching for the best deals

### Lulu Hypermarket

Greek large kalamata olives/kg – BD2.290  
US super-hot pepper cheese/kg – BD6.990  
Lulu frozen chicken 1,000gm x 10 – BD8.390  
Lulu ice cream vanilla 4ltr – BD2.390  
Lulu sunflower oil 5ltr – BD2.890

### Jawad Supermarket

Filiz vermicelli 4x400gm – BD1  
Libbys wh kernal corn 2x433gm – BD0.750  
Alfares icing sugar 2x500gm – BD0.890  
Alalali basbousa mix 2x500gm – BD1.150  
Nature valley granola bar apple crunch – BD1.100

### Al Jazira Supermarket Zinj

Cemol tresor dark chocolate 12x200gm – BD2.250  
Cemol truffles classic chocolate 6x500gm – BD5.950  
Cemol origin gift box 12x250gm – BD3.250  
Cemol coast truffles gift box 12x250gm – BD3.500  
Cemol ecuador truffles 12x250gm – BD3.500

### Carrefour Hypermarket

Pepsi asst 1.25ltr x 3 + aquafina 1.5ltr x 3 – BD1.090  
Philipino swan jasmine rice 5kg – BD1.490  
Al Fares masoor dal 500gm x 3 – BD0.790  
Ali cafe 3 in 1 classic 20gm x 20 – BD1  
Al Kabbeer chicken nuggets 400gm x 2 – BD1.690



## Popular hypermarket chain all set for Eid

**S**HOPPERS preparing for Eid can double their purchases at Lulu Hypermarket with the retail giant's Half Pay Back campaign.

The popular promotion was

recently launched in all six outlets with offers on garments, saris, churidars, footwear, handbags, baby accessories and eye wear. Customers that spend BD20 on any of these items will receive a BD10 gift voucher in return. For

example, if a shopper snaps up a pretty sari for BD20, the BD10 voucher can be redeemed for a handbag to complement the look. The voucher can only be used on promotional products and will run until August 25.

## Techtronic Specials



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

	Item	Make and Description	Store	Price
1	Kettle	Black & Decker (DK40), 1.7ltr steel dome kettle.	Kewalram & Sons	BD21.900
2	Laptop	Lenovo Yoga 520 convertible touch laptop, Intel Core i5 8550U 8th Gen Processor, 16GB RAM, 1TB hard disk, 2GB dedicated graphics, 14-inch FHD screen, Bluetooth/WIFI/Webcam, Windows 10 OS.	Sharaf DG	BD339.990
3	Food Processor	Moulinex food processor (MXFP824H27N).	Carrefour Hyper Market	BD44.990 My Club Price: BD39.990
4	Camera	Nikon D5300 DSLR camera, 24.2 Mega Pixelm full HD video, 1/4000 second maximum shutter speed, five frames per second.	Home Electronics	BD269.990
5	Air Conditioner	Toshiba (split AC) RAS-18BKS-BA, rotary, 1.5ton.	YKA Almoayyed & Sons	BD209.990
6	Smartphone	Honor 10, 24MP AI camera, aurora glass design, 5.84-inch Honor full view display, ultrasonic fingerprint, 4GB RAM, 128GB ROM, face unlock.	Lulu Hypermarket	BD174.990
7	Sound System	LG portable Hi Fi System, 1,800 Watts, 15-inch sub-woofer, party thruster, dance lighting, Bluetooth/USB, karaoke creator, voice effects.	LG, Sehla Showroom	BD240

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

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### GADGETS OF THE WEEK

**What is it called?** Borderlands Claptrap Talking USB Hub

**What does it do?** A four-port USB that charges and transfers data, compatible with any USB charging device so long as you have the cable. Every time the hub is connected or you interact with one of the ports, you will be greeted by one of five phrases from Claptrap, from the Borderlands video games series.

**Cost:** BD15

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

**What is it called?** Christmas Story Leg Lamp String Lights

**What does it do?** Each bulb is covered with a replica of the major award that Mr. Parker from *A Christmas Story* wins. Includes 10-foot light string, 10 legs per string with real fabric fringe on the lampshades, four replacement incandescent bulbs, and one fuse.

**Cost:** BD9.5

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

**What is it called?** Minecraft Redstone Wall Torch

**What does it do?** This redstone torch can stand upright on flat surfaces or be mounted on walls. With dimensions of 12 inches tall by four-and-a-half inches wide, the torch is powered by three AAA batteries, and can be deactivated by the on/off button on the side.

**Cost:** BD8

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





# FinTechFocus

Taking a look at the world of financial technology and beyond ...



NO MORE WAITING IN LINE



C5 ACCELERATE, Policy Hack recently hosted Shaikh Mohammed bin Essa Al Khalifa, chairman of labour fund Tamkeen, and the political and economic advisor to HRH Crown Prince's Court, for a 'fireside chat' as part of its 'Policy Hack' series.

The session started with an open discussion on Tamkeen's 2018-2020 strategy and how it aligns with global trends and the importance of capitalising on the rise of tech and tech

## Plotting ahead for future financial strategies

convergence.

Shaikh Mohammed said: "This upcoming period of Tamkeen's plans is centred on expanding the support given to grow the Bahraini ecosystem by introducing further projects and services to better cater to evolving market needs."

He also referred to the launch of Tamkeen's Cloud Computing Scheme that aims to support the provision

of Amazon Web Services (AWS) new business solutions for IT operations.

C5 Accelerate is a London, Bahrain and Washington DC-based technology investment firm. Its mission is to accelerate best-of-breed start-ups to meet the growth opportunities created by the geographic expansion of AWS, the world's leading cloud computing platform. It currently runs accelerators

in Bahrain and Washington DC. In addition to the Cloud10 Scalator, C5 has established a cybersecurity lab in Bahrain and has been actively involved in the government's 'Cloud First' policy by helping migrate government data to the AWS cloud.

Hadyah Fathalla, Executive Director of C5 Accelerate, described Shaikh Mohammed as 'a great supporter of the

ecosystem and C5'.

The Policy Hack Series was launched in collaboration with Tamkeen in November 2017 as a platform for policy thought leadership, debate and discussion, to strengthen the ties between Bahrain's influential entities and the startup ecosystem, and to discuss strategies that impact the tech innovation and entrepreneurial landscape and ecosystem and foster economic diversification and sustainable development.



ADVISOR: Shaikh Mohammed

# Leading accelerator in town

**N**EST, one of Asia's leading corporate accelerators, has announced its arrival on the start-up FinTech scene in Bahrain with an initiative called ACCELERATE ME in partnership with American Express Middle East.

The partners will be running an accelerator programme focused on delivering innovative digital solutions to customers and business partners in the Middle East.

The ACCELERATE ME programme promises to develop up to 15 local and international startups with innovative solutions to deliver unique customer engagement, automated payments and alternative physical and digital platforms for merchants.

Mazin Khoury, CEO of American Express Middle East, said: "We are thrilled to be partnering with Nest on the ACCELERATE ME programme, to create a platform for local, regional and international startups and give them the opportunity to pitch their innovative solutions to American Express Middle East."

"We have a lot to offer the startup community, and we



PROMINENT BUSINESSMEN: Lawrence and Dr Ebrahim during the signing ceremony

are very excited to be setting up a regional ecosystem that inspires them to grow and fulfill their ambitions.

"This new partnership with Nest will allow us to work closely with the startup community and complement the work we do at Bahrain FinTech Bay as one of the founding partners to strengthen Bahrain's position as a leading financial and

economic centre in the region and a hub for innovation."

Credit and charge card giant American Express began operations in the MENA region in 1959 and set up its first office in Bahrain in 1977. In 1992, American Express Middle East was established in Bahrain as a joint venture company owned by American Express and Mawarid Investment Limited.

Today, American Express Middle East employs more than 500 staff in the region.

Nest's expansion comes at a time when the kingdom is positioning itself for rapid growth. With government support for startups and a strong momentum for innovation, it is hoped this will give entrepreneurs the opportunity to access new markets and resources.

Nest, headquartered in Hong Kong, operates corporate accelerator programmes, invests in startups and runs a global entrepreneurial community called Mettā and says it has built an innovation ecosystem to connect the fast growing markets of Asia, the Middle East and Africa. Its goal is to help entrepreneurs, corporates and governments

to connect, collaborate and scale.

It describes itself as a 'pioneer of the corporate accelerator programme model' and to prove the point Nest has helped more than 140 startups develop their businesses in collaboration with leading corporates such as DBS Bank, AIA, OCBC Bank, INFINITI Motors and Fedex in Asia since 2015.

Nest, is one of four accelerators to have been awarded backing from Tamkeen as part of an initiative to create opportunities for Bahrainis in the labour market and for enterprises to develop and flourish.

Lawrence Morgan, Nest CEO, said: "We are excited to bring our experience of helping high growth startups to connect and collaborate with leading financial institutions to the region, together with our corporate partner American Express Middle East."

"At Nest, we believe in taking a global perspective to connect our core markets - Asia, Middle East, and Africa (AMEA) to the rest of the world in order to empower startups to scale across industries and borders."



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**Today (August 8)**

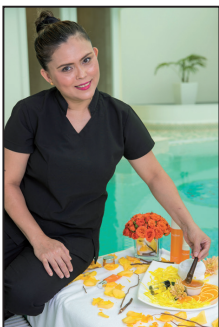
The Crowne Plaza Bahrain's Waves Seafood Restaurant is providing a Fisherman Platter, a delicious selection of seafood, priced BD6.5net. Held every Wednesday, from 6pm to 10pm. Also, at the hotel's Spices Restaurant, a Punjabi Thali Lunch is being held, offering a set menu priced BD5net, inclusive of one round of beverages. Held every day, from 12pm to 3.30pm. Spices is also providing the Tandoori Kebab Sizzler, a mouthwatering dish skewered and cooked in tandoor, seasoned with the popular tandoori masala, priced BD10net. This August special is available until the end of the month. Spices is also hosting Tikka Thursday, comprising exotic Thursday specials, priced BD3.5net. Every Thursday, from 6pm-10pm. For details, contact 17531122.

Relish this summer at the Ritz-Carlton, Bahrain by experiencing Thai mocktails by the infinity pool or perfecting your tan at beach cabanas. The Summer Beach Pass provides access to Royal Beach Club facilities and lunch at La Med Restaurant. Priced BD25 per person, Sunday-Thursday. For details, contact 17586612.



Ritz-Carlton, Bahrain's spa provides a refreshing wellness package, complete with a full-body massage followed by Vitamin-C scrub to help protect your skin. Priced BD90 for 90 minutes. This package is available until September 30.

For details, contact 17586808 or e-mail rc.bahrz.spa@ritzcarlton.com



Celebrate your birthday at the Ritz-Carlton, Bahrain's Gourmet Lounge where celebratory afternoon tea,

lunch, dinner menus and an inclusive birthday cake are provided. The special menu is available for a minimum of two and maximum of 10 guests. This offer is ongoing until September 31. For details and reservations, contact 17586499.

Reef Resort's lobby café, Chocolaterie, is offering an array of signature teas, coffees, pastries, and delectable hand-made chocolates. The ideal venue for morning coffee or afternoon tea. Every day from 4pm-6pm. Net price of BD4.

Reef Resort's Tokyo Reef restaurant features a specially-created set menu that is offered on weekdays (Saturday-Wednesday, closed on Mondays) and guests can watch as the chef prepares sushi and sashimi before their eyes. The promotion is BD15++ per person.

InTouch Gallery in the InTouch Integrated Chiropractic and Rehabilitation Centre in Janabiya is staging a Family in the Mountains photography exhibition by Jody Peck starting at 7pm. The exhibition runs until the end of August. For details, contact senior curator Frances Stafford by emailing stafford77@gmail.com or calling 38327191 or WhatsApp 38872057.

The Crowne Plaza Bahrain's band the Eye Candies will entertain every evening, except on Saturdays, at the Crowne Plaza, Bahrain's Harvesters. The outlet is also dishing up a new Camel Burger with French fries and coleslaw and staging a Beast Burger Challenge which, if finished in the stipulated time, offers the meal for free, a T-shirt and wall of fame celebrity status. It runs daily from 11am to 9pm and is priced BD8.410. The hotel is also holding a steak night every Wednesday from 7pm at La Mosaïque Restaurant priced BD18net, with the 1kg steak challenge too. For details, contact 17531122.

**Tomorrow (August 9)**

OM's Events presents Groove Nation Vol.1, where you can celebrate a night of dancing, bass, music culture and reggae style at Brazil Rodizio Grill and Lounge, Adliya. This is being held from 9pm onwards. Entry is free for



ladies the entire night, while tickets for men are priced BD5 from 10pm. For more details, contact 17826686 or check out @owlznomz on Instagram.

Experience the classic Japanese hotpot dish in Sato-style with Wagyu beef and homemade sauces at the Gulf Hotel Bahrain Convention & Spa's Sato Restaurant for their Sukiyaki Promotion, ongoing until August 30. For details, contact 17713000 or email info@gulfhoteibahrain.com

There will be a Seafood Night at Ramada Hotel & Suites Amwaj Islands, every Thursday from 7pm-11pm. BD12++ for adults, BD6++ for children aged six to 12, children below six dine for free. For details, contact 16000099 or email dining@ramadamanager-amwaj.com



Elite Resort & Spa hosts a sea & grill buffet dinner every Thursday and Friday from 7pm to 11pm at Al Naseem & La Brasserie priced BD12++ per person. For details, contact 17313333.

Prime US beef and other gourmet cuisine will be on the menu at Mövenpick Hotel Bahrain's Al Murjan Ballroom from 7pm to 11pm. The Thursday Night Out is priced BD32net per person and includes selected beverages. For details, contact 17460017 or email hotel.bahrain.fb@movenpick.com

**Friday (August 10)**

The Crowne Plaza Bahrain's La Mosaïque Restaurant is hosting an International Theme Night buffet every Friday, from 7pm onwards. Priced BD13net. For details, 17531122.

The Wyndham Garden Manama in Juffair is offering a Friday brunch at Café Mosaic from 12.30pm to 4pm, where food and soft drinks are priced BD12++ while food and selected beverages are priced BD22+++. For details, contact 66316666 or email dining@wyndhamgardenmanama.com

A buffet is served every Friday from 12.30pm to 4pm at the Ritz-Carlton, Bahrain's La Med Restaurant, combined with drinks of your choice. Soft drinks priced

BD30+++, special beverages priced BD35+++. For details, contact 17586499.

Eat and party at the Reef Resort's Pool Delight with an unlimited seafood BBQ buffet accompanied by the chill out music from the Beat's Zone band. Every Friday from 7pm.

The Four Seasons Hotel Bahrain Bay is hosting Friday Brunch at CUT by Wolfgang Puck Steakhouse from 12.30pm to 3.30pm. Priced BD24++ with soft beverages, BD24++ with extensive beverage package for ladies, or BD34++ with extensive beverage package. For details, contact 17115044.



The Four Seasons Hotel's Bahrain Bay Kitchen is hosting a family brunch from 1pm to 4pm. Priced BD25++ inclusive of soft beverages, or BD35++ inclusive of selected beverages. For reservations, contact 17115500.

The Crowne Plaza Bahrain hosts its Absolutely Fabulous Friday Brunch at Harvesters from 12.30pm to 4pm. It's priced BD31net for adults and BD8.75net for children aged seven to 12. For details, contact 17531122.

Elite Crystal Hotel has a Friday Pool Party brunch at Waikiki from 1pm to 8pm with entertainment from DJ Santi, DJ Smiley and DJ Goose. It's free entrance for women with one welcome drink, BD10net for men with one complimentary beverage and BD25net inclusive of unlimited selected beverages and grills. For details, contact 66666360 or 17360360.

The Mövenpick Hotel Bahrain's Construction-themed Friday Brunch offers a variety of food and a selection of drinks, a band and DJs from 12.30pm to 5pm at its Al Murjan Ballroom. It's priced BD36net per person, including unlimited beverages. Children aged six to 12 will receive 50 per cent price reduction and children under six dine for free. For details, contact 17460017 or email hotel.bahrain.fb@movenpick.com

**Saturday (August 11)**

For Kids Special Movie Time, there will be a new movie showing at Ramee Grand Hotel & Spa, Seef's second

floor Banquet Hall. This is being held every Saturday between 3pm to 5pm. It's BD2 per child, snacks included. Ongoing until August 25. For more details, contact 36693693 or 36479898.

The Crowne Plaza Bahrain's Waves Seafood Restaurant is hosting a three-course business lunch, from Saturday-Thursday, 12pm to 4pm. The lunch is priced BD8net. For details, contact 17531122.

Experience spa treatments at the Crowne Plaza Bahrain's bFit Health Club. They are providing facials, body scrubs and combined packages to help you relax and rejuvenate, while their massage therapy focuses on alleviating stress and encouraging well-being. For more details and bookings, contact 17525812.

The Gulf Hotel Bahrain Convention & Spa is offering 'Art of Cooking' classes for those with busy lifestyles who have a passion for food. Classes will be taught through demonstration, from the building blocks of culinary practice to mouthwatering menus, led by professional chef instructors. Priced BD18net, including lunch. Seats are limited, book now. For details, contact 17713000 or email info@gulfhoteibahrain.com

Families can enjoy a buffet meal at the Ritz-Carlton, Bahrain's La Med Restaurant every Saturday from 12pm to 3.30pm. Soft drinks are priced BD15+++. For details, contact 17586499.



Enjoy an authentic Italian buffet at Ramada Hotel & Suites Amwaj Islands every Saturday, from 7pm-11pm. BD10net for adults, BD5net for children aged six to 12, children below six dine for free.

For details, contact 16000099 or email at dining@ramadamanager-amwaj.com

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, contact 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 mezzeh, priced BD16++ including soft beverages. For details, contact 17115000.

The Crowne Plaza Bahrain has an Asian Night offering South East Asian specialties from Malaysia, Singapore, Thailand, China and Japan starting at 7pm at La Mosaïque Restaurant priced BD13net (only food). For details, contact 17531122.

**Sunday (August 12)**

The Gulf Hotel Bahrain Convention & Spa's Fusion Restaurant will be offering steak wok, either grilled or wok-fried, with a choice of beef tenderloin, rib eye, or lamb chops, ongoing until August 31. There is also an all-you-can-eat Sushi day, every third Sunday of the month for the price of BD12net. Terms and conditions apply. For details, contact 17713000 or email info@gulfhoteibahrain.com

Ramada Hotel & Suites Amwaj Islands is hosting a ladies breakfast for the price of BD4net, every Sunday until Thursday from 7am-11am. For details, contact 16000099 or email dining@ramadamanager-amwaj.com

Bahrain Ballet Centre is running a creative camp offering dance, accessory and costume design, arts and crafts, singing, group choir, sketching, story-telling and building games. The camp will run until the end of August for children aged five to 10, from 9am to 1pm, and is BD15 per day or BD55 per week. For details, contact 17693232 or 33719180.

Inspire Bahrain is holding The Explorers Summer Camp until August 30 offering children music, art, drama, craft, science, cooking, sporting activities, teamwork and band production experiences. It's priced BD50 for one week, BD40 per week for three to five weeks or BD30 per week for six weeks or more. For details, contact 39047734 or 33394774.

The Crowne Plaza Bahrain hosts an Italian Night at La Mosaïque Restaurant from

# Leisure Guide



Listings, lifestyle, travel, entertainment and sporting events by Dilara Nagib



7pm featuring pasta, pizza and more priced BD13net for the food only and there is a separate beverage package. *For details, contact 17531122.*

### Monday (August 13)

At the Gulf Hotel Bahrain Convention & Spa's China Garden Restaurant, Chef Ding and his culinary brigade will be offering pan-seared Chinese delicacies, ongoing until August 31. *For details, contact 17713000 or email info@gulfhoteibahrain.com*

Bahrain's award-winning Indian restaurant, Rasoi by Vineet, at the Gulf Hotel Bahrain Convention & Spa, is providing an exclusive set menu by Michelin-starred Chef Vineet Bhatia, for the price of BD22+-. *For details, contact 17713000 or email info@gulfhoteibahrain.com*

The Crowne Plaza Bahrain has a French Night starting at 7pm and priced BD13net (food only) at La Mosaïque restaurant.

*For details, contact 17531122.*

The Mövenpick Hotel Bahrain has a Seafood Night offering the freshest catch of the day, a buffet and live cooking station priced BD24net including soft drinks, or BD29net including unlimited selected beverages. *For details, contact 17460017.*

### Tuesday (August 14)

Ladies Night at the Gulf Hotel Bahrain Convention & Spa every Tuesday, where women get a 50 per cent discount for the hotel's lounges, spas and restaurants, excluding Rasoi by Vineet. *For details, contact 17713000 or email info@gulfhoteibahrain.com*

The Wyndham Garden Manama in Juffair is hosting an American Night at Player's Lounge, the hotel's gastropub. Enjoy their offer of special beverages and Angus steaks every Tuesday from 12pm to 2am. *For details, contact 66316666 or email dining@*

wyndhamgardenmanama.com

At the hotel's Via Brasil Restaurant, the Cuban duo, First Class, Martha and Claudia, will perform live. Indulge in a Brazilian-style all-you-can-eat barbecue restaurant, where there is a wide selection of meats, salads, hot appetizers, side dishes and drinks selection to complement your meal. Located on the rooftop of the hotel, the restaurant provides scenic views overlooking the Bahrain skyline, open from 7pm-2am. *For details, contact 66316666.*



South American duo, Notre Viú, will be performing at the hotel's Player's Lounge. The duo, Josie and Adye, starred at locations as varied as Venezuela, The Democratic Republic of Congo and the

UAE before touching down in the kingdom. The Player's Lounge is open from noon to 2am.

*For details, contact 66316666.*



The Crowne Plaza Bahrain has a Catch of The Day Seafood Night starting at 7pm and priced BD18net (food only with beverage package available) at La Mosaïque restaurant. *For details, contact 17531122.*

The Crowne Plaza Bahrain's bFit Health Club is offering swimming classes every Monday and Wednesday. Classes for children aged eight to 11 are from 4pm-4.45pm, classes for children aged five to seven are from 5pm-5.45pm, and adult classes are from 6pm-

THE new Mediterranean restaurant, Ya Hala, is open at Ramada Hotel & Suites Amwaj Islands.

The restaurant and lounge has a menu that boasts influences from the Middle East, Southern Europe to the Levant, alongside a relaxing environment with live music, where guests can take in the Amwaj Marina view.

The restaurant is open from 5pm-2am on weekdays, and 12pm-2am on weekends. *For more details, contact 16000099.*



6.45pm. The classes are priced BD40 per month for bFit Crowne Plaza Bahrain members, and BD50 per month (eight sessions) for non-members. *For bookings, contact 17531122.*

The Gulf Hotel Bahrain Convention & Spa is offering an Eid Al Adha-themed lunch buffet for three days at the hotel's Zahleh Restaurant, with live Lebanese entertainment, 'one man show' Raed and female singer Ella, priced BD20+-. *For details, contact 17713000 or email info@gulfhoteibahrain.com*

The venue is also staging evening Eid entertainment featuring a belly-dancer, Arabic singers with a special dinner menu available during the three-day celebration for the price of BD26+-. *For details, contact 17713000 or email info@gulfhoteibahrain.com*

At the hotel's Iranian restaurant, Takht Jamsheed, the stage will be set for a fulfilling Eid lunch and dinner buffet during the three days, priced BD19+-. *For details, contact 17713000 or email info@gulfhoteibahrain.com*

## SUMMER FESTIVAL

THE 10th edition of the Bahrain Summer Festival continues under the slogan Muharrag Capital of Islamic Culture with a two-month programme. It will take place in the Nakheel Tent at Arad Fort and will also feature a variety of children's activities. Nakheel and Nakhoola, the adventurous mascots will welcome families on arrival. The tent is open every day, except on Sunday, from 5pm to 9pm and admission is free. *For details, call 17567171.*

### August 8, 14, 15

**The Puppet Show:** Puppet theatre specialist Ramadan Yousef presents a series of educational and entertaining shows inspired by local heritage, animal stories, adventures, folk tales and traditional games. **Time:** 7pm to 7.20pm

### August 9, 16

**Magic Show:** Bahraini artist Walid presents a series of magic tricks with comedy and fun for adults and children. **Time:** 7pm to 7.20pm

### August 10, 17

**Police Music Band:** The band will present a variety of musical shows that combine military music and traditional Bahraini music. **Time:** 6.45pm to 7.30pm

THE Bahrain Tourism and Exhibitions Authority (BTEA) is set to host a summer series of LEGO SHOWS, plus appearances by star characters from children's TV channel *Cartoon Network*, at the Bahrain International Exhibition and Convention Centre during Eid Al Adha. The LEGO SHOWS aim to bring to life the world of LEGO under one roof and will feature millions of bricks, huge sculptures and models from August 22 until August 31. The popular toy brick

## SUMMER CAMPS

### Ongoing until Friday

THE Dilmun Club offers arts and crafts, painting, storytelling, games, sport activities, pony-riding and more for children during the holidays. They will have full use of club facilities after the summer camp, including swimming pools and bouncy castles. Ages from four to eight. Mondays, Wednesdays, Fridays from 9am to noon. BD60 for members and BD70 for non-members. *For details, call 17690926.*

TEDDY Tennis Camp at the Bahrain Rugby Football Club is an interactive learning programme which includes music, pictures and teddy bear characters to help inspire children to engage in sport. Ages three to six years. Every Friday until August 10, from 9am-9.50am. BD30 for six classes for members and BD36 for non-members. *For details, call 17695809.*

### Ongoing until August 16

THE RIA Institute is offering a summer camp at its Adliya centre, with activities such as arts and crafts, basket-weaving, cookery, singing, yoga, other sports and an educational programme. Ages five to 10 years. BD35 per week. *For details, call 33900702.*

THE Bahrain Ballet

Centre's summer camp comprises various dance styles – modern, tap, ballet, contemporary – along with other engaging activities such as arts & crafts, singing and team-building exercises. Ages five to 10. Sunday to Thursday, 9am-1pm. BD15 per day or BD55 per week. *For details, call 17693232 or 33719180.*

WAHO!!! is hosting a summer camp that includes waterpark rides, Magic Planet rides and games, taekwondo, gymnastics, self-defence and fitness classes, sports, laser-tag, arts and crafts, circuit-training, and an end-of-camp party. Ages six to 14. Every day from 9.30am-1.45pm. BD20 per day. *For details, call 17173000, 17692424 or 33001261.*

THE Life-Fit Fitness Centre offers taekwondo, team games, arts & crafts, karate, yoga, gymnastics, circuit-training and fun-and-fitness. Ages three to 10. Every day from 10.30am to 2pm. BD20 per day. *For details, call 17692424 or 33001261.*

THE Indian Club has art, singing, dancing, movies, swimming, field trips, a sports day and more for children aged five to 14. Every day from 9am-1pm. BD50 for

members and BD60 for non-members.

*For details, call 17253157.*

### Ongoing until August 20

VICTORIA Dance's summer programme includes baby ballet on Sundays, Tuesdays, and Thursdays, regular ballet on Sundays and Tuesdays, hip-hop on Sundays, Tuesdays, and Thursdays, a musical performance repertoire and ballerina boot-camp on Thursdays. Ages three to 14 and above. From 3.15pm-4.15pm, and 4.15pm-5.15pm. BD6 per class. *For details, call 17004382 or 39876215.*

### Ongoing until August 23

KIDS Corner Nursery is hosting fun-and-fitness classes, music classes, culinary lessons, arts and crafts and more. Ages two to six years. BD25 per week. *For details, call 17793711 or 37113711.*

THE Artzania Centre is offering arts and crafts, brain exercises, encouragement in etiquette and self-expression, plus fun-and-fitness. Ages five to 11. 9am-1.30pm. BD65 per week. *For details, call 17640663.*

**Ongoing until August 30** THE Bahrain Rugby Football Club's Tekkers Summer Camp has energetic activities

planned for children aged six and above. 10am-3pm. BD12 per day, BD15 with lunch or BD50 per week, BD65 with lunch. *For details, call 17695809.*

### Ongoing until September 5

THE Ritz-Carlton, Bahrain's summer camp involves a selection of outdoor activities including water sports, swimming, adventure games, along with culinary classes, arts & crafts and talent shows. From 9am-6pm. BD5 per activity. *For details, call 17586612.*

### Ongoing until September 30

THE Four Seasons Hotel Bahrain Bay is hosting a summer camp until September 30 from Sunday to Wednesday, 9am to 6pm, and Thursday to Saturday, 9am to 8.30pm. It will include an outdoor camping experience, culinary events, swimming lessons and educational art workshops.

It costs BD7 for an hour, BD15 for three hours, and BD30 with lunch and dinner for full day, BD135 with lunch and dinner for five days and BD155 with lunch and dinner for one week.

The camp is complimentary for in-house guests and spa members. Children under the age of four must have a parent or nanny with them. *For details, call 17115091.*

# Eid treat for enthusiastic LEGO lovers

building brands such as *Ninjago*, *City*, *Duplo*, *Friends* and *Star Wars* will be present, alongside build challenges and obstacle courses.

LEGO was invented in 1932 by Danish entrepreneur Ole Kirk Christiansen and is inspired by the Danish 'leg godt' which means 'play well'. At the last count, 600 billion Lego parts had been

produced at a rate of 5.2 million per hour.

The group began developing the interlocking toy bricks in 1949 and since then it has created a global subculture with supporting movies, games and competitions. Six LEGOLAND amusement parks have been developed under the brand name and LEGO replaced

Ferrari as Brand Finance's 'world's most powerful brand'.

Simultaneously, the kingdom is also set to host the *Cartoon Network Live! Heroes Unite* show which will run for four days from August 23 - 26.

The production brings together an international, award-winning creative team to put on a stage show

for audiences of all ages featuring the channel's most popular heroes such as *Ben 10*, *The Amazing World of Gumball*, *Adventure Time* and *The Powerpuff Girls*.

Hosting this event comes in line with BTEA's strategy to further develop the kingdom's tourism sector and strengthen it under the slogan of 'Ours. Yours.'





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# Fashion Weekly

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



## From the wall to the waist

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

**S**WEDISH retail clothing company H&M has teamed up with British interiors brand GP & J Baker to launch a womenswear line inspired by wallpaper prints and textiles.

The collection infuses popular prints that are often used to brighten up or modernise a home from geometric designs to pastel coloured birds and flowers in bold fabrics.

Ann Grafton, managing director and creative director of GP & J Baker, said: "We are thrilled and honoured to be collaborating with H&M."

"The prints selected are part of our unique DNA and are some of our most iconic and most treasured designs. To see them continuing their journey into a new arena in such an innovative and interesting way in the world of fashion is a wonderful prospect."

The prints used throughout embrace some of the most-loved from the interior brands archives such as Magnolia, which William



Turner painted in 1913. Other classics that are featured in the collection include classic Oriental Bird,

Blossom and Hydrangea Bird, which are mixed with strong geometric patterns such as Fretwork, homage to

the decorative inlay work of the Art Deco designer Jean Durand.

Pernilla Wohlfahrt, H&M's

design director, is delighted with the outcome. She said: "It's such a wonderful time in fashion for statement-

making prints and patterns so we're excited to be collaborating with one of the most prestigious textile and wallpaper houses. The pieces from the collection are feminine and strong with an effortless feel, and will appeal to those who love both fashion and great print design."

Overall, the assortment is light and sheer with a wide range of sophisticated and romantic pieces. Silhouettes are long, fluid and voluminous with details such as puff shoulders, lounge wear, suits, and co-ords are decorated thoughtfully and tastefully in these patterns and motifs mixing from hard to soft in different looks. Needless to say, the woman wearing these garments will never be seen as a boring old wallflower again.

The items will be available in selected stores worldwide, as well as online.

H&M is located in Seef Mall Seef and Seef Mall Muharraq, City Centre Bahrain and The Avenues Bahrain.





# Eating Out

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

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## Perfect spot for a filling bite

**A**FTER a hectic week at work in Editor Stan's absence and with the weather heating up to genuinely uncomfortable levels, it's nice to find a cool sanctuary with a cracking atmosphere to boot.

Enter FiLLi Café, a quaint two-floor outlet in the heart of Manama just behind the Bab Al Bahrain. Clad in orange and black with funky decorations, it was the perfect place to unwind for lunch.

Myself, marketing manager Jalal Muradi, photographer Honey Sharma and intern Dilara Nagib were welcomed with huge smiles and friendly handshakes by the team and were offered the simply amazing FiLLi Zaffran Chai, the signature drink of the chain which consists of a unique combination of steamed milk, tea and saffron.

As a huge tea lover, I'm always on the lookout for new teas to try, and this one ranks right up there with my very favourites. It's sweet and soothing, but with a subtle hint of bitterness that still reminds you of its origins as leaves.

FiLLi Café uses top quality leaves from Sri Lanka, blended by leading tea-makers in Singapore.

It was established in neighbouring Dubai in 1991 and so far boasts outlets in the UAE, India and Bahrain, with plans for further expansion – more than 100 outlets in the UAE by 2020. As well as



**TASTY TREAT:** The delicious chicken quesadillas and, bottom right, Head Chef Maricris



**GOURMET REPORT**  
By **KRISTIAN HARRISON**  
[kristian@gulfweekly.com](mailto:kristian@gulfweekly.com)

Manama, FiLLi has two other outlets in Bahrain, at Lulu Hypermarket Riffa and Souq Waqif in Hamad Town.

When Rafih Filli took over his Indian father's ailing cafeteria – nestled among small convenience stores – he would pray every night for it to make just enough money so that he could pay the staff salaries.

Little did he know that a slight tweak to the menu, which mostly featured shawarma sandwiches and fresh juices, would lead to a change of direction and a chain of cafes he hopes might rival chains such as Starbucks and Costa Coffee in the next 10 years – all thanks to a strong cup of freshly-brewed chai.

Born Abdul Rafih, Filli was a nickname given to him by friends when he was in high

school. So when he came up with his special recipe for the milky tea he added to the cafe's menu in 2004, he called it FiLLi.

At the same time he took down the outlet's original sign and renamed it FiLLi Café – and even went so far as to change his surname to match.

After we'd finished sipping our tea (600 fils for a medium cup), it was time for a bite to eat. We were offered delicious quesadillas, both

chicken (BD1.400) and vegetable (BD1.200), which were layered with mozzarella cheese, jalapenos, onion, tomato and cheddar cheese. These were succulent, melt-in-your-mouth treats with a hint of spice.

Next up were the burgers, starting with the Buffalo Chicken Burger (BD2.300) featuring Fil Z chicken breast, hot buffalo sauce, sliced tomato, lettuce, cheddar cheese and blue cheese

dressing. This was tender and tasty, and my personal favourite of the dishes served.

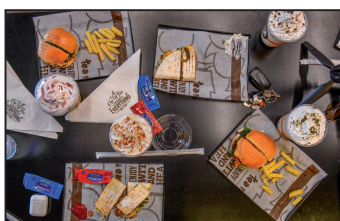
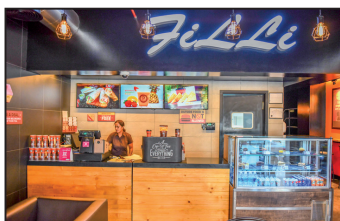
Finally, Jalal gobbled up the Classic American Burger (BD2.000) which was a Certified Angus Beef complemented with tomato, sliced onion, crisp lettuce, cheddar cheese and ketchup.

All these were washed down with marvellous milkshakes (BD1.800 each), my personal favourite of which was the Lotus. We also sampled Candy Floss, Saffron and Coffee Cardamom, so there really is a flavour for every occasion.

The café also features a plethora of other snacks such as wraps, sandwiches, tea snacks and paratha bites.

Throughout the month of August, FiLLi Café is offering a special promotion whereby all orders placed through the *Carriage* app will receive 50 per cent off all orders made between midday and 3pm. On this evidence, you'll be mad to miss it.

● For further information call 176667777. Check out Kristian's YouTube interview with Head Chef Maricris Poblete by scanning the QR Code below.





# Pretty portraits of le



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

**A**RT lovers from across the kingdom are flocking to Bahrain Financial Harbour (BFH) to admire Zahra Al Ahmed's portrait pieces that are paying tribute to royalty, athletes and actors from around the world.

The exhibition, entitled Imprint, boasts 14 hand-drawn and painted images of prominent figures in history namely of His Highness Prime Minister Shaikh Khalifa bin Salman Al Khalifa and Queen Elizabeth as well as celebrities including Morgan Freeman and football stars such as Cristiano Ronaldo.

"I called the exhibition Imprint because it features pictures of people that have touched or moved the world and community in some shape or form whether artistically, politically or socially and they also will act as role models for generations to come," said the private school art teacher living in the quaint village of Buri.

Zahra, 33, was motivated by their accomplishments and their personalities. She challenged her artistic skills by attempting to capture every one of their features to-a-tee.

"I find that my portraits are different than other art pieces as it's mostly drawn and coloured in using wood pencils with touches of acrylic here and there," she explained. "This is also my first solo exhibition in which I am featuring large canvases as I'm used to drawing smaller ones. They are all one size, 80cmx110cm, and are priced starting from BD300.

"Morgan Freeman was my first portrait and it was a



challenge mastering his look as he has such distinctive features.

"I painted Queen Elizabeth because I admire her poise and elegance and I also featured Palestinian teenager Ahed Tamimi for her strength, passion and voice for the younger generation."

Her colourful collection, which took a year to complete

using pan pastels, wood colours, acrylics and glass colours, is on display at Harbour Gate's south ground floor entrance within the Bahrain Financial Harbour (BFH) and is open to the public until the beginning of next month.

Zahra was thrilled that the exhibition was inaugurated by

HE Ali bin Saleh Al Saleh, Chairman of the Shura Council, who was delighted by her depictions and snapped up the portrait of the prime minister for BD1,000.

"Launching this exhibition was an indescribable feeling," added the mother-of-three. "It means a lot to me and I am pleased that many people are





# Leading personalities



SHOWCASING ART:  
Zahra with HE Ali bin  
Saleh Al Saleh at the  
exhibition

painting and coloured pencil drawings depicting mostly human portraits and figures. She also won several awards at local and international art exhibitions.

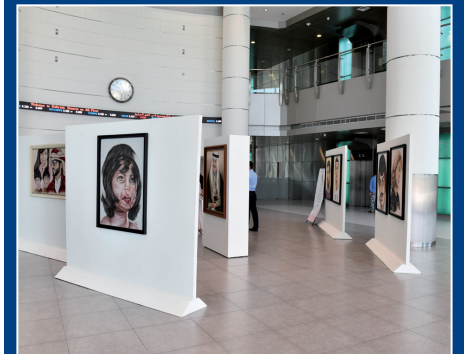
"Creating art has become one of the biggest joys of my life," she explained. "I thrive on that feeling of urgency and excitement that I get when the creative juices start flowing through my brain and urge me to pick up a pencil or a brush and just have fun with it."

"I have been continuously trying to challenge myself in finding new ways to combine different types of media. In present times, there is an unprecedented array of media available, creating an opportunity for me to push the envelope of visual expression."

"I occasionally turn my graphite, charcoal, pastel, coloured pencil drawings or mixed painting materials by seamlessly incorporating them on papers, to enhancing aesthetic appreciation, I use a variety of painting materials, such as oil painting and water painting, as well as an assorted variety of canvas and textures."

Zahra also teaches a number of classes and workshops all over the kingdom. "It's such a cool experience to get out of the studio to share and develop painting concepts with students from all over the Bahrain", Zahra said. "We are all on this journey together from the most novice painter to the greatest technician; everyone brings something new and unique to the table in the form of new questions to be answered."

Aside from Harbour's Gate, her works-of-art can be found on Instagram @zahraartist or on [www.zahraartist.com](http://www.zahraartist.com) and she accepts commissions for people, single or group portrait drawings or oil paintings.



enjoying it."

According to Zahra, she has been an artist since she could hold a pencil in her hand. She grew up in a household filled with creative minds including her brother Mossa and sister Eman, both artists as well.

"My aunt Zahra Al Marhoon is also a visual artist," she said. "Although her style is

diametrically different from mine, I have always been spurred on by her ability to turn ideas on their heads, just to get a different view. My brother and sister have also shaped my world and helped me learn and grow as an artist. I am happy to make them proud."

As a youngster, the self-taught visual artist dreamt

of showcasing her works at several exhibitions and launching a career in the industry. She graduated with a degree in Bachelor of Art Education from the University of Bahrain and became a teacher.

She has since then created an extensive portfolio of realistic graphite, charcoal, pastel, oil





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## New in Post

GULF International Bank (GIB) has appointed Arun Hari as its group chief risk officer as of June 2018. Arun, who holds a BSc in Mathematics from Mahatma Gandhi University in India and an MBA from Southern New Hampshire University in the United States, has more than 27 years of corporate banking experience in the MENA region. He also has worked for 20 years with the HSBC Group in Saudi Arabia and the United Arab Emirates.



Before joining GIB, he was the country head of Global Banking at the Saudi-British Bank SABB.

Arun said: "The changes we have been seeing in the regional landscape provide GIB with several good opportunities for growth. I am looking forward to working with both the Board, the Executive Leadership team and employees to build a risk culture that will help GIB to strike a balance between prudent risk management & sustainable business growth and respond nimbly to the emerging threats."

## In focus



CREDIMAX was recently named the 2018 Best Digital Wallet GCC by Capital Finance International for the launch of its pioneering digital wallet, MaxWallet. According to Yousif Ali Mirza, Credimax chief executive, the credit card company aims to make MaxWallet the cardholder's primary channel of payment and customers will receive exciting incentives such as items for free or discounted. MaxWallet is available on both Android and iOS.



INJAZ Bahrain recently sent a delegation of alumni students, sponsored by Tamkeen, to participate in the first Global JA Worldwide Youth Forum held in Morelos, Mexico. The five-day forum saw 600 students representing more than 50 countries, partaking in 50 plus entrepreneurship activities and one business competition per day. The Bahrain delegation consisted of eight people including Bayan Ahmed, Noor Benshams and Mohamed AlMakeerat from University of Bahrain, Noor Ramzi Al Awadi, Yousif Khalid Al-Isa and Abdulrahman Al Sabagh from Bahrain Polytechnic and Turki Al Qahtani from Ibn Khaldun National School as well as Fatima Abdulrahman from INJAZ Bahrain as chaperon.

# SocialScene

Why wait a month! Join Social Scene every week

## Partnership announced

BAHRAIN Islamic Bank has recently partnered up with The Ritz-Carlton, Bahrain to offer exclusive benefits and services for its Al Thuraya customers including preferential rates on resort's premium rooms and discounted rates of up to 35 per cent for three-bedroom villas as well as club suites. The bank's customers can also enjoy a 15 per cent discount across the resort's 11 award-winning dining restaurants. The signing ceremony was attended by Dalal AlQais, general manager of Retail Banking of BisB and Bernard de Villèle, general manager of The Ritz-Carlton, Bahrain.



## Lucky winners



RANA Kameshki, Khulood Abdulla and Theodor Rudiferia that participated in City Centre Bahrain's previous World Cup Campaign which ended on July 14, have been awarded BD5,000 each worth of mall gift cards.

## Perfect landing

GULF Air recently celebrated the introduction of the airline's new Boeing 787-9 Dreamliner double daily service to and from London. Marking the occasion, the airline hosted a celebratory event at the Arts Club in Mayfair, with guests including ambassadors and members of the diplomatic corps in the UK, countries served by Gulf Air, owners and managing directors of some of the biggest UK travel companies, leading British trade partners and media representatives.

The new 787-9 Dreamliner double daily service connects London, Heathrow and Bahrain International Airport. It offers 26 Falcon Gold Class seats and 256 Economy Class seats



with greater pitch, larger IFE screens, enhanced onboard comforts and greater entertainment choices. Onboard the state-of-the-art aircraft,

passengers can enjoy the largest windows of any jet, air that is cleaner, more humid and at a higher pressure for greater comfort, large overhead bins

with room for everyone's bag, soothing LED lighting and technology that senses and counters turbulence for a smoother ride.

## Agreement signed



THE Bahrain Institute of Banking and Finance (BIBF) has signed an agreement with the Islamic International Rating Agency to further strengthen and enhance collaborative efforts to progress the global Islamic finance industry, especially in terms of capacity building and human resource development.

BIBF's Director, Dr Ahmed Abdulhameed Al Shaikh said: "We are honoured to establish this cooperation agreement which leads to further capacity building of Islamic finance professionals around the world. I believe this is a step forward towards enabling individuals and employees to further advance in acquiring knowledge and training related to the industry and their professions, and to have our kingdom a forerunner in implementing Islamic Finance standards. The Islamic Finance industry has seen a double digit growth over the past decade and as the industry grows, so does the demand for qualified professionals in this field."

## Lunch meeting



ROTARY Club of Salmaniya held its regular lunch meeting at the Golden Tulip Hotel on Wednesday, July 18.

Businessman Kai Miethig was the guest speaker at the Rotary Club of Salmaniya's regular lunch meeting at the Golden Tulip Hotel focussing on 'enhancing lifestyle and quality of living in Bahrain by managing our waste'.

The German national is the founder and MD of Tariq Faqeeh Engineering Bahrain, which provides design review and project management alongside waste management consultancy services.



# Education Matters



An educational insight and comment by head teacher Chris Fenton

**S**O, today is my daughter's wedding day. The whole family have gathered in Cyprus to watch our middle daughter marry a remarkable young man in the sunshine. As I write this, all around me people are buzzing about drying their hair, donning their suits and generally getting excited for the big day ahead.

I, however, have got to give a speech as tradition dictates as the father of the bride and I've never been more nervous. I've spoken in front of hundreds of people during my career and as long as I was prepared and had practiced what I wanted to say, there was never a problem, but this ... this is different.

There are two reasons why. The first is that speaking before family and friends is significantly more difficult

than speaking to strangers because you just don't want to let them down, particularly on such an important day. The second reason however is that I have to, again as tradition dictates, give some words of wisdom or even advice to the young couple as they start their married life together and it's this that I'm really struggling with.

I could give them one of the old chestnuts such as don't go to bed after an argument etc. but that wouldn't feel right and to be honest I've gone to bed on a lot of arguments throughout my marriage and we've seemed to come through alright so, I'm stuck at this important point.

This is because, the way I see it, just like the two young people getting married today are unique and special, so is every marriage. Not all of them last, some of them have more challenges than good times and others seem to just plod along regardless,



so there isn't any real advice that I can give which I believe will help. Most

people make up the rules of marriage as they go along just like most parents do as

well when it comes to raising their children and so any platitudes that I can give will,

in my opinion, seem empty.

What I can say though, is that through the years of raising our daughter and our other six children, is that generally it is the common sense approach that wins through every time and as parents, being a good example to your children is what will equip them to deal with life in the future.

We all make mistakes and our children see us do it. We all row and our children see us do it. We all go through good times and bad and our children see us do it. But no matter what our children see us do or hear us say, it is how we deal with the things that affect us in life that influence them the most as they grow into adults.

So, maybe that's how I should finish my speech because when her mother and I see her taking her vows and taking those big steps forward in her life I think we can both be pretty happy that we've not done a bad job!

**SocialScene**

## Company praised

INTERNATIONAL Motor Trading Agency (IMTA), the distributors of Mazda for the kingdom, has been congratulated by Mazda Motor Corporation for its 'high market share' and 'excellent after-sales' initiatives.

The ceremony took place in Mazda's head office in Hiroshima, Japan and was attended by IMTA's MD Adel Kanoo and vice-president K N Singh. Also present at the event were Hiroshi Inoue, managing executive officer in charge of ASEAN business and new emerging markets / president, Mazda South East Asia, and Yuji



Nakamine, senior managing executive officer, oversight of operations in Europe,

Asia & Oceania, Middle East & Africa and new emerging markets.

## Property expansion



GULF Hotels Group (GHG) recently launched the Gulf Court Hotel Business Bay in Dubai. The new 269 room, four-star deluxe hotel is the first part of GHG's regional expansion plan which will in-

clude Saudi Arabia and other GCC countries.

It is situated within the Dubai Water Canal and features a variety of rooms and suites along with a number of restaurants and lounges,



a banquet hall and meeting rooms, health and recreational facilities including a swimming pool, kid's pool and fitness centre, a spa, nightclub, karaoke rooms and ample car parking.

## Staff honoured



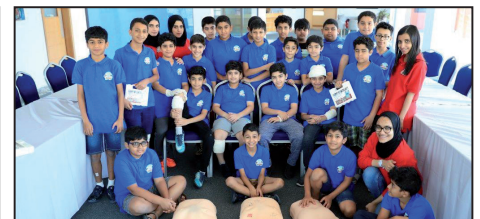
BATELCO held a ceremony honouring staff contributions in supporting its global business division at the company's Hamala headquarters. Batelco Bahrain CEO Mohammed Bubashait, Batelco chief global business officer Adel Al Daylami, Batelco A/GM enterprise Ebrahim Al Ghatam and Batelco A/GM network Rashid Mohammed, as well as other management and employees, attended the event.

## Summer success



CHILDREN taking part in the GPIC Summer Camp attended a specialised training course on First Aid to enhance their safety and awareness. The course was aimed at educating children on the principles and basics of First

Aid, on rescue and training on CPR for different age groups as well as how to deal with fractures, burns, wounds, bleeding and heat stress according to US National Safety Council standards. Dr Abdulrahman Jawahery,



GPIC president, thanked the chairman and members of the Social Activities Committee for organising the activity. GPIC has been running the annual camp since 2005 for the children of its employees aged between six and 14.

The programme aims to develop students' intellectual and cultural skills as well as expand their awareness in a safe environment that allows them to interact with their peers under the supervision of specialists.





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# Property Weekly

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

## Idyllic villa in luxury location

**A four bedroom villa is available for sale in Durrat Al Bahrain ideal for property seekers looking to live the beach life.**

The semi-furnished home, which has a built-up area of 400sqm and a plot area of 750sqm, has a pristine white beach and a private swimming pool as a backyard.

The villa boasts a large open-plan reception area leading to a stylish kitchen on the ground floor. Behind it is an additional small working kitchen, a maid's room and a driver's room. There is also a large living room and a majlis (lounge) as well as a guest bedroom with an ensuite

bathroom and wardrobe. There is also a guest closet.

Upstairs there are three large bedrooms, including the master bedroom suite comprising of a sun terrace, a separate dressing room and a bathroom. There is also a sizable living room and a family bathroom.

There is a private swimming pool surrounded by faux-greenery and a path that leads to the beach. There is a shaded car port large enough for two cars and plenty of room for visitors to park in front of the house.

The development also houses a supermarket, playgrounds for children, walkways, basketball courts and restaurants.



### FACTS AT A GLANCE

Location: Durrat Al Bahrain

Reference number: V1484

Sales price: BD398,000/-

Reception Areas: 2

Bedrooms: 4

Bathrooms: 4

**Additional information:** There is a private swimming pool and a beach.

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



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## ROVE RESIDENCE

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Each Semi-furnished villa features the following:

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- Servants Quarter, Laundry Room
- 4.5 Bathrooms
- Indoor Kitchen
- Small Private Garden
- Pool, Gym

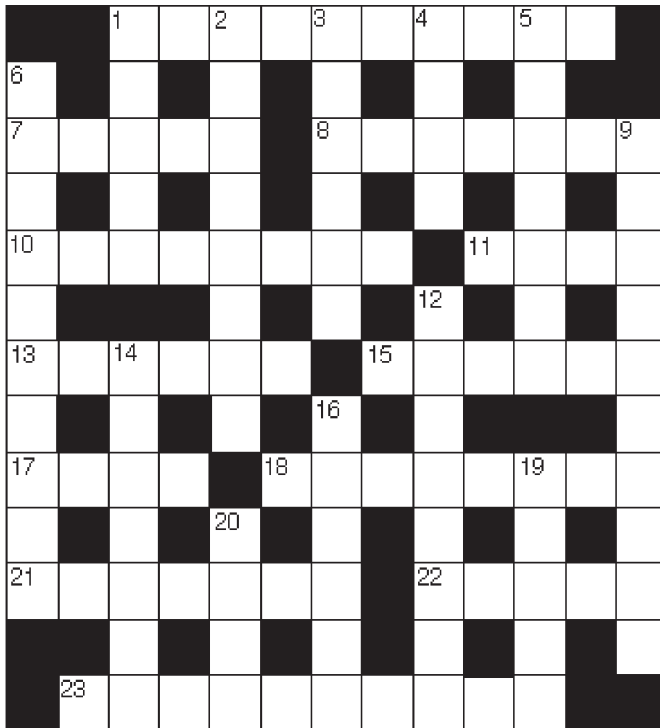


# Time Out



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## crossword break



Solutions in next week's issue.

### ACROSS

1. Brotherhood (10)
7. Chasm (5)
8. Puritanical (7)
10. Bitterness (8)
11. Row (4)
13. Mystic (6)
15. Wrote (6)
17. Manufactured (4)
18. Wavering (8)
21. Merciful (7)
22. Love affair (5)
23. Fussy (10)

### DOWN

1. Lobby (5)
2. Congregate (8)
3. Enlarge (6)
4. Type of word (4)
5. Teaching (7)
6. Supernatural (10)
9. Passed down (10)
12. Devote (8)
14. Intonation (7)
16. Feverish (6)
19. Torment (5)
20. Slender (4)

### who, what, where, when

WHO... played the title role in the 1995 TV movie *Love and Betrayal: The Mia Farrow Story*?

WHAT... are the two words of text contained in John 11:35 in the *King James Bible*?

WHERE ... was the American basketball star Michael Jordan born?

WHEN ... was the Treaty of Utrecht that helped end the War of the Spanish Succession?

WHO... is the actress wife of actor Kevin Kline?

WHAT... shape is the body of the musical instrument a balalaika?

WHERE ... in Africa are the towns of Gulu and Arua?

WHEN... did the actor Clark Gable marry actress Carole Lombard?

### just so

the mirror

♀ ♀ ♀ ♀

@MAST

VUL  
—  
GAR

## 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

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

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

### darn tough sudoku

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

Sudoku

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

Sudoku

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

### Last Week's Leisure Solutions

#### CROSSWORD BREAK:

Across: 6 Oblique;  
7 Sugar; 9 Row; 10 Unhurried; 12 Extravagant;  
15 Concentrate; 17 Castigate; 19 Sly; 21 Flood; 22 Welcome.

Down: 1 Abhor; 2 Dip; 3 Turn; 4 Surrogate; 5 Pageant; 8 Quaver; 11 Execution; 13 Renege; 14 Lovable; 16 Clump; 18 Tied; 20 Ice.

JUST SO: A foregone conclusion, The sixth sense, A hole in one, A great dane

WHO, WHAT, WHERE, WHEN:

Iain Duncan Smith; Make or repair stringed instruments; Portugal; 1966; Mary Hayley Bell; Bungalow; Fratton Park; 1790.

### Darn Tough Sudoku

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

Quiz winner: Sana Almadhi won coffee-for-two by correctly answering that b) Finland is known as the world's coffee capital.





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# Write to the editor

Follow Stan on Twitter @stanszewcka

Your views make all the difference – email Stan Szcwoka at [editor@gulfweekly.com](mailto:editor@gulfweekly.com)

WE'D like to congratulate the concierge team at Four Seasons Hotel Bahrain Bay for having three officially recognised Les Clefs d'Or members. This ranks the hotel as the most qualified concierge team in the Middle East.

Mabrook to chef concierge Khalil Al Yaman, concierge agent Saleha Al Wazzan and concierge supervisor Ali Radhi who are wearing their golden Les Clefs d'Or badges proudly. The trio now comprise the Middle East's most heralded concierge team. No other hotel in the region has three Les Clefs d'Or concierge members.

We are really honoured to have three Les Clefs d'Or members that present hotel guests the very best insights into exploring extraordinary Bahrain. Khalil is the founder and re-elected president of the Bahrain Hotels Concierge Group and Saleha is the first female Bahraini Les Clefs d'Or concierge member. Ali received the coveted golden Les Clefs d'Or keys last year making him the first Bahraini national to accomplish this amazing feat.

**Richard Raab,**  
General manager of Four Seasons Hotel Bahrain Bay  
● **Editor's note:** We'd also like to congratulate the team on such an amazing feat and are thrilled to have showcased Saleha in last week's issue.

WE are working closely with our partners in the public and private sectors to promote the kingdom in different countries in order to drive inbound tourism, further developing the tourism sector



PROUD WINNERS: Ali, above, Khalil and, right, flashback to GulfWeekly's coverage featuring Saleha

and the national economy as a whole. Through this event, we have been able to meet with various tour operators and tourism agencies to discuss the kingdom's tourism offerings, further promoting Bahrain as a global tourist destination.

Keeping in line with this strategy to strengthen the Kingdom of Bahrain's position as a top tourist destination, the Bahrain Tourism and Exhibitions Authority (BTEA) in collaboration with Gulf Air and the Bahrain Merida Cycling Team organised a promotional event on the heels of the Tour de France 2018. The event was held in the presence of the Ambassador of the Kingdom

of Bahrain in France Dr Mohammed Abdul Ghaffar.

The participation of the Bahrain Merida Cycling Team in international tournaments will further promote the Bahraini tourism product on a global scale. This has enabled us to promote the Kingdom of Bahrain during an international event of a high caliber.

**Yousef Al Khan,**  
Director of Tourism  
Marketing and Promotions  
at BTEA

I'D LIKE to thank the Muharraq Club for all their efforts over the years and express my gratitude and love to the club. I also would like to thank and appreciate Shaikh



Rashid bin Abdulrahman Al Khalifa, the first deputy president of Muharraq Club for his constant interest in developing the younger generation into the athletes you see today and supporting existing athletes. He always believed in their talent and paved the way for many stars.

Some of the players he encouraged and supported in the past have signed up with clubs in Bahrain and around the world such as midfielder Mohammed Al-Hardan who signed a contract with Danish team Vejle Boldklub until the summer of 2020. Meanwhile Diad Sayed and Waleed Al-Hayam are playing in Kuwait, Ashraf Waheed is a goalkeeper for the Manama Club, Mohamed Khaled is now with Busaiten Club and Mohamed and Talal Al-Na'ar are playing for Al Hala SC. I had the privilege of coaching at the Muharraq Club along with Ali Buzabun and Ali Jaffar. I am proud of this club and how far it has come. They are true champions. Always will be in my book.

**A Muharraq Club fan,**  
**Coach Tica Sejdudin**  
Living in Bosnia and Herzegovina

PERHAPS this might not be the most suitable column for this time of year as it's summer vacation and most are out from school or work and it will be some time before there'll be any need to look at productivity. However, I've been thinking lately that I'm not good at making decisions that my future self will thank me for later. It is unfortunate because being a good student entails being able to put off fun things for a while in place of tasks of more priority.

Enter delayed gratification which is not accepting a reward in exchange for a better one after a while.

I came across this term while reading *The Marshmallow Experiment*, which looked at self-control and the effects it has on various aspects of life.

In the experiment, several children were presented with a treat of choice, such as a marshmallow (hence the name of the experiment), and were promised two if they waited some time.

Their ability to wait,



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

...editor@gulfweekly.com

THE GULFWEEKLY team was baffled on deadline day when a mysterious package was delivered to the office. It was revealed to be a box of doughnuts, already paid for and ready to be collected by the weary scribes who had been tied to their keyboards all day.

Not wanting to complain at the free treats on this most stressful of days, but also slightly suspicious at receiving something for free, the team began wondering if this was a gift from someone featured in a story or if they were simply the lucky recipients of a misplaced order.

It eventually emerged that the tasty treats were a surprise birthday present from an old friend for reporter Kristian to share with the rest of the team.

Happy Birthday, Kristian!



## Youth Talk

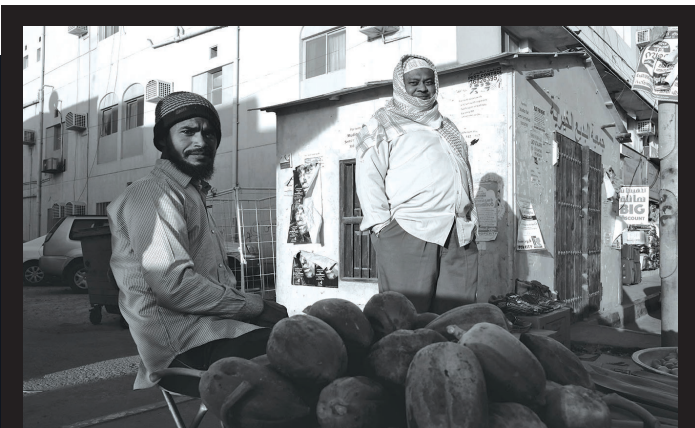
By  
**Sarah Belal**



or lack thereof, helped psychologist Walter Mischel who spearheaded the experiment to study the underlying aspects of exerting willpower. These children were followed into adulthood to see if their initial successes or failures at waiting for a second treat had any implications on how successful they were when it came to health and fitness, relationships and so on.

Reading about what is possibly one of the best studies on human self-control did little to improve my own, but the subject of delayed gratification has stuck with me because turning down a fun prospect in lieu of working towards attaining more promising results in the future is a basic tenet of successful living.

From the book, one way of delaying gratification includes finding distractions and keeping yourself occupied. Hopefully some of you readers find this tip helpful for achieving any summer goals!



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

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# Film Weekly



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



## Good but graphic

**A**CTION-PACKED within the first 10 minutes, *The Spy Who Dumped Me* is an amusing yet over-ambitious piece of work, coming across merely as some sort of spy film – 'some sort' being the operative phrase.

The tones of the movie are extremely varied. While this could have been a good thing, it translates as incongruous. Though the amount of action and comedy is issued equally throughout the course of the film, the same cannot be said for violence, which is overdone and more often than not, out of place.

Along with punching, kicking and neck-snapping, we experience bloodshed right after a slapstick joke. The degree of violence is by no means thrilling, only inappropriate in relation to the light-hearted satire. It isn't a bloodbath per se, just enough stabbing and slicing to make the faint-of-heart squeamish. Not to mention the graphic language that, again, ruins the comedic ambience in its overindulgence.

The general dynamic of the film is confused, which is probably its biggest flaw.

The plot itself is unoriginal, unrealistic, and bizarre. Two friends racing through Europe with CIA agents and assassins hot on their trail, all hungry for – as clichéd spy jargon goes – 'the package.' Entertaining in its entirety, this is predominantly down to Kate McKinnon's charismatic performance.

In terms of character, there is a striking chemistry between Audrey

### THE SPY WHO DUMPED ME

**STARRING:** Mila Kunis, Kate McKinnon, Justin Theroux

**DIRECTOR:** Susanna Fogel

**GENRE:** Action comedy

**RATING:** 15+

**RUNTIME:** 117 Mins

(Mila Kunis) and Morgan (Kate McKinnon). Kunis portrays the caring and sometimes naïve protagonist, Audrey, who is complemented by Morgan's quirky daring personality. Watching this pair together, you can't help but smile at their immature cracks, crazy stunts, and heartfelt displays of true friendship. Kunis's cool demeanour, the actress's ability to speak with her eyes alone, is thoroughly realised, while McKinnon's commitment to her role is outstanding.

McKinnon is the star of the show in the comedic aspect, bringing to life a brilliant character who cannot be taken seriously. Her ridiculous facial expressions, enthusiastic gestures, and execution of lines both English and French are hilarious. Other characters' attempts at puns and sarcastic remarks are paled in comparison. This is to say the least, considering the movie's running humour is very dry, and McKinnon is the only remotely funny character.

Another notable performance is that of Ivanna Sakhno, who plays gymnast-

assassin, Nadedja. Watching the Ukrainian actress is both mesmerising and perturbing; her glare icily fits the term 'if looks could kill.' As one of the movie's less verbal antagonists, her introduction is enthralling. Sakhno successfully demonstrates the sadism that is prerequisite to her role, in biting composure. And yet, between acrobatics and murders, this initial impression becomes progressively less impressive as the plot continues, when our perception of the character shifts from mysterious to unequivocally insane. The physical strains of her role are evident in gymnastics sequences, which the assassin utilises as a weapon of torture that, albeit flawlessly executed, are not pleasant to watch.

*The Spy Who Dumped Me* tries to be too many things simultaneously, resulting in an imbalance of emotion. We can only sympathise with Audrey in the final scenes of the movie, when her character development comes all at once and far too suddenly to be convincing. We don't connect with anyone else, so deaths do not have the impact they should. Perhaps not the most significant detail in an action film, but this fact emphasises the pace of the movie. In between dodging bullets, high-intense chasing, and escaping danger in the nick of time – everything happens too fast, too insubstantially to truly sink in.

● **Showing in:** Cineco, Seef I, Saar, Wadi Al Sail, Mukta A2

### DILARA'S VERDICT



1 popcorn – stay home  
5 popcorns – start queuing



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## Bite-sized trailer

### Our House

**DIRECTOR:** Anthony Scott Burns

**CAST:** John Ralston, Thomas Mann, Percy Hynes White

**PLOT:** A young genius accidentally invents a device that amplifies the paranormal activity within his family's house, possibly bringing back the spirits of loved ones. He gets more than he bargained for, however, when the device awakens the dead souls that haunt the house. This hair-raising science-fiction ghost story is a nightmare journey into a past that refuses to stay dead and buried.

**SHOWING IN:** City Centre, Seef II, Wadi Al Sail



### Shock and Awe

**DIRECTOR:** Rob Reiner

**CAST:** Woody Harrelson, James Marsden, Rob Reiner

**PLOT:** The film is based on the true events of *Knight Ridder* journalists who were the only ones who 'got it right' in the lead-up to the 2003 Iraq War when they questioned the true nature of the Bush White House's justification for the conflict.

**SHOWING IN:** The Avenues, Seef II, Seef Muharraq



### BuyBust

**DIRECTOR:** Erik Matti

**CAST:** Anne Curtis, Brandon Vera, Victor Neri

**PLOT:** After surviving the slaughter of her entire squad in a drug raid compromised by dirty cops, anti-narcotics special operative Nina Manigan (Anne Curtis), is eager to go head-to-head with the drug cartels that hold a bloody grip on Manila. But when her new mission in the city's most dangerous slum goes south, the angry civilians turn on her squad. Trapped between a brutal drug gang and hordes of bloodthirsty citizens, their only option is to fight their way out, turning one claustrophobic street at a time into a symphony of apocalyptic violence.

**SHOWING IN:** Juffair Mall, Seef I, Seef Muharraq



## imdb movie charts

Current Position	Title	Weekend Takings	Gross to date
1	Mission: Impossible – Fallout	\$35M	\$124M
2	Christopher Robin	\$25M	\$25M
3	The Spy Who Dumped Me	\$12M	\$12M
4	Mamma Mia! Here We Go Again	\$9M	\$91M
5	The Equalizer 2	\$9M	\$80M
6	Hotel Transylvania 3: Summer Vacation	\$8M	\$136M
7	Ant-Man and the Wasp	\$6M	\$195M
8	The Darkest Minds	\$6M	\$6M
9	Incredibles 2	\$5M	\$583M
10	Teen Titans Go! To the Movies	\$5M	\$21M



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# Motoring Weekly

Steering you to the best deals on wheels

## The sweet taste of success

**V**OLVO is celebrating yet another international award after the company's new XC40 small SUV was named the 2018 European Car of the Year ahead of the Geneva Motor Show in Switzerland.

It is the first time the Swedish marque has won the prestigious prize.

Håkan Samuelsson, president and CEO of Volvo, said: "Winning this award with our new XC40 is perfect timing."

"Volvo now has three globally-available SUVs in its range for the first time. The XC40 will be a strong contributor to further growth, taking us into a new and fast-growing small SUV segment."

"We have a clear strategy for growth and we are committed to leading in automotive safety, connectivity services and electrification. The XC40 reflects that commitment, and looking at the response from our customers and from the COTY jury, we are on the right track."

The XC40 win means that the complete line-up of new global Volvo SUVs have each been named Car of the Year in either Europe or North America. Both the large XC90 and mid-size XC60 were awarded the North American Truck/Utility of the Year title in the past two years.

The 2018 European Car of the Year award follows other recent recognition for the XC40, including the Car of the Year award by leading UK automotive publication What Car?

The XC40 blasted into the segment with innovations in terms of design, connectivity and safety technology. So far, it has made great strides in the European, Middle Eastern and US markets, and is due to roll-out in China soon, which is the world's largest car market.

The XC40 is the first model on Volvo Cars' new compact modular vehicle architecture (CMA), co-developed with Geely, which will underpin all upcoming cars in the



DRIVING AHEAD: The award-winning XC40



**MOTORING**  
By KRISTIAN HARRISON  
kristian@gulfweekly.com

40 Series, including fully electrified vehicles.

The model is also the first Volvo to come with a car-sharing feature, enabled via Volvo's digital key technology and its connected services platform Volvo On Call. XC40 owners can simply share their car with family and friends without having to hand over a physical key.

In another first, the XC40 launched Volvo Cars' new subscription service, Care by Volvo, which offers car access via a monthly flat-fee subscription rather than ownership. Care by Volvo makes having a car as transparent, easy and hassle free as having a phone.

Safety and driver assistance features on the XC40 include Volvo Cars' Pilot Assist system, City Safety, Run-off Road protection and mitigation, Cross Traffic alert with brake support and the 360° Camera that helps drivers manoeuvre their car into tight parking spaces.

The XC40 also offers spacious interior design and storage ideas with more functional storage space in the doors and under the seats, a special space for phones including inductive charging, a foldout hook for small bags, plus a removable waste bin in the tunnel console.

In 2017, the company announced its commitment to electrify all Volvo Cars launched from 2019. In line with this position in electrification, a hybridised

as well as a pure electric powertrain option for the XC40 will be added at a later date.

The XC40 is available at the Motorcity Showroom in Sitra from the starting price of BD14,900. For

more information, visit the showroom in Sitra, call 17736222 or visit [www.motorcity.com.bh](http://www.motorcity.com.bh)





# Back to school with a bang

**It may be the middle of the summer holidays, but Mercedes-Benz and Al Haddad Motors are already looking forward to getting back to school with their latest offer.**

The Vito Tourer is on sale from the starting price of BD16,995 with an additional education financial contribution of BD1,000 cash back to get both parents and children prepared for the upcoming school year. Leasing options are also available at a starting rate of BD349 per month.

The Vito Tourer is a vehicle specifically designed for families, equipped with high-rated safety, comfort and entertainment features that turn long and tedious rides into enjoyable and entertaining adventures.

They come packed with a Driving Assistance Package, a further collection of safety technologies that enhances the van's standard safety features as well as help avoiding collision, to ensure optimum



**MOTORING**  
By KRISTIAN HARRISON  
kristian@gulfweekly.com

safety. The driving assistance package includes Active Blind Spot Assist, Active Lane Keeping Assist, Cross-Traffic Assist, as well as PRE-SAFE.

The Tourer features a powerful-looking radiator grille and a dynamic arrow-shaped bonnet. In addition, it marks the debut of the LED Intelligent Light System; a technology that consists of LED indicators resembling a torch, LED daytime running lamps, as well as a lower level comprising LED low-beam headlamps and main beam with cornering light function.

The interior is very spacious with ample luggage space and legroom for a very comfortable and relaxing journey ... for a number of children and all their school bags.

For more information, call the Al Haddad Motors Showroom on 17785454 or visit the Mercedes-Benz website on www.bahrain.mercedesbenzme.com



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# MotorSport

All the best action from Formula One

## Bottas not taking backseat

**W**HILE Lewis Hamilton is enjoying his resurgence in the Formula One title race, Mercedes teammate Valtteri Bottas has headed into the summer break feeling a little let down.

Bottas has insisted this season - and last - that he is on an equal footing with Hamilton and disputed talk he is effectively the team's No. 2 driver.

But following Sunday's Hungarian Grand Prix, the 28-year-old Bottas was described by the team's head of motorsport Toto Wolff as a 'sensational wingman' after helping to defend Hamilton's leading position as the Ferrari of Sebastian Vettel and Kimi Raikkonen pressured behind Bottas.

Hamilton won the race, as highlighted in last week's *GulfWeekly*, while Bottas slipped from second to fifth late on after clipping the back of Vettel's car and then bumping sides with the Red Bull of Daniel Ricciardo. Bottas was adjudged to have been at fault for the Ricciardo incident and handed a 10-second time penalty.

Wolff was speaking to TV reporters after the race when he said Bottas 'deserved a podium because he was such a sensational wingman'.

Those comments did not go down well with Bottas, who joined Mercedes last year after several seasons

with the Williams team. "First of all, 'wingman' hurts," Bottas replied. "I don't see any positives in this race for me. I wanted a better result."

The weekend before, Bottas was ordered over team radio to 'hold position' - in other words not to attack Hamilton - late in the German Grand Prix. Moments before that team call, Bottas nearly overtook Hamilton as they resumed racing following a safety car being deployed on the wet track after Vettel had crashed.

Hamilton won in Germany to reclaim the title lead from Vettel, and he is now 24 points clear of the German driver at the top.

Bottas has already been asked several times if he is essentially a support driver, or ideal teammate, to Hamilton.

Both Bottas and Wolff have insisted he is free to compete on equal terms. After Saturday's qualifying session, Bottas said "we are free to fight, so I'm looking forward to (the race)."

But he clearly seemed irked at being described as a wingman and said he would seek clarification. "I think we need to speak," Bottas said. "For sure the team will decide at some point."

Bottas won three races for Mercedes in 2017 but has yet to win one so far this season. He is fourth overall in the standings and trails third-place Kimi Raikkonen



TEAMMATES: Bottas and Hamilton are both fighting for equal status at Mercedes

by 14 points.

Bottas was recently handed a new one-year contract. Although he has the option for an extra year in 2020, the perception is the Finnish driver will have to earn it with strong performances in 2019.

"I'm looking forward to the next weeks," Bottas said about the summer break. "I want to come back stronger."

He will get the chance to prove a point and challenge Hamilton at the Belgian GP on August 26.



## Saudi gamer brings home the eWorld Cup

From Page 24

"As the wider ecosystem continues to develop, FIFA gaming is playing a key role in encouraging more young people and the wider public around the world to play football - either virtually or in person."

AlDossary is also the first Arab gamer to sign a professional contract with a major American eSports organisation where he represented 'Team Rogue' for the first time in the global

playoffs, paving the way for Arab gamers.

He was signed following his successful stint at the Manchester FIFA18 Global Series cup, where he won the grand prize of \$22,000 by beating his opponent 6-4, receiving global recognition.

Known for yielding champions in multiple games, Team Rogue was founded in May 2016 in Las Vegas. It was recently acquired by ReKTGlobal, a US eSports infrastructure

company that has a significant presence in the Arab world through its investment into eSports content provider and Bahrain-based OverPowered Network.

Being part of a professional team, AlDossary will also benefit from incentives to further develop his game with him being fully-sponsored to compete in any competition he qualifies for around the world, as well as receiving a monthly wage for

his time to train and further improve his skills.

AlDossary added: "I hope to set an example to both local and regional players, and show how to turn your passion into a career. I hope that by seeing what I have done, I'll open up possibilities for interested players from the region to develop and be recognised by international teams and ultimately be signed to a professional contract like me."





**I**t feels like the World Cup has barely finished, and already we are ready to go again. Manchester United and Leicester City kick off the 2018-19 Premier League season on Friday night, the first of 380 games which will decide the destination of the famous silver trophy.

Surely it won't be long until the familiar routine takes hold; just who is in crisis this week? Who is getting sacked in the morning? Which player is ambling for a move in the transfer window? But, just for now, it feels as though the Premier League will be swimming through the wash of the World Cup. The transfer window seems barely to have opened and yet is already in its last week, slamming shut at midnight BST tomorrow, whilst players have been still drifting back from holiday over the past few days. Nothing seems to have had time to settle.

That should, in theory, mean this title race is less predictable than usual, at least at its outset – and, while it would be misleading to suggest that the season after a World Cup has a habit of throwing up surprise winners, it is true that the Premier League in a season after a World Cup tends to be won with fewer points than usual. Not since Manchester United in 1998-99 has a post-World Cup league champion attained more points than the average of the champion over the previous three seasons – and that was in a pre-globalised world before every team had half a dozen players who had been at the tournament.

Set against that, though, is Manchester City. It is not just that they broke every conceivable record in lifting the title in May, it's that for a couple of months around the midpoint of the season they seemed to be playing a different game to everybody else. They clearly have the resources to buy if they need to – and the attempt to sign Jorginho suggested Pep Guardiola sees a potential shortfall in the middle of midfield – but they are in the enviable position of having a balanced squad that is still growing together and are under no compunction to buy. As mutual understanding develops, it is possible that their interactions could become even slicker.

There are questions about their defence against the very best opponents, but just because Liverpool were able to expose them twice last season does not mean other sides will be able to; Tottenham tried to take them on in both league games and ended up losing by an aggregate 7-2.

# Twice in a blue moon



**LOOKING AHEAD:** Kristian expects Guardiola and City to lift the Premier League trophy again and, below, Mourinho and United have had a troubled summer

## VOICE OF SPORT

with Kristian Harrison



A bigger threat would seem to be City's nature, the vague whiff of 'Cityitis' that has perhaps not yet entirely been expunged by Shaikh Mansour's billions. There was something slightly uncomfortable about Guardiola's remark in his first season in Manchester that City were a club that lacked history, but he was right to the extent that they are not a club with the sort of history he is used to. City have never before retained the league title and, while their relegation as champions in 1937-38 remains an extreme example, even recently they have tended to respond to winning the league by dozing through the campaign that followed.

It is hard to believe a coach as driven as Guardiola will allow that to be an issue again and he has a squad with the depth to cover for any World Cup fatigue, particularly after the acquisition of Riyad Mahrez. It is not quite like his final two seasons at Bayern, when the league seemed a given, but, even more than in 2017-18, Guardiola will be judged this season on how City fare in Europe.

As to who City's main challengers will be, the best guide is probably José Mourinho. There is a reason why the guns of his propaganda machine,

when they have not been trained on his own board and their inability to land him the players he wants, have this summer been largely directed at Anfield. The arrival of Alisson has addressed Liverpool's obvious goalkeeping deficiency, while Fabinho, Naby Keita and Xherdan Shaqiri are necessary additions to a squad that by the end of last season was looking threadbare. Jürgen Klopp is the only manager in the world with a positive record against Guardiola and, while it would be absurd to suggest Liverpool have anything like the depth of City, they are edging towards the point at which concrete returns will be expected.

The implication is Mourinho already sees the battle this season as being for second behind City. He tried to

portray being runners-up last season as a triumph but the mood this summer has been flatter than it was last – in part because of the way Romelu Lukaku and Paul Pogba looked better players at the World Cup, having escaped Mourinho's clutches.

Given how late Daniel Levy likes to leave things, Spurs' transfer business cannot properly be assessed until the final second of the window has elapsed but, with no major arrivals, a squad that played more minutes at the World Cup than any other in the division and with a new stadium, still unfinished, to move into, it is hard to imagine them presenting a stronger challenge this season than they did last.

Chelsea's endless flux goes on with another new manager – sadly, they did finally sack Antonio Conte, denying us the possibility of him and Maurizio Sarri competing in the same technical area to direct the side – while it is

not even clear Arsenal are still part of this conversation. Have they appointed a Europa League specialist because they have accepted they are a Europa League club, or is Unai Emery ready to step up a level and drag them with him? Their spending has been interesting rather than extravagant, which may ultimately be for the best, but hardly speaks of a club intending to surf back into the top four on a wave of new blood.

With my history of predictions blowing up in my face, I'm more than happy to plump for City to retain the title as a Man United fan. Sadly, I think they will at a canter, and to compound matters, I believe Liverpool will be their closest challengers.

Without a top-level European campaign as a distraction, I'm backing Chelsea for third, and maybe following my heart more than my head, I'll back United to scrape the fourth Champions League spot above the two North London clubs.

As for going down, I think Brighton and Huddersfield will suffer from second-season syndrome having barely scraped through last year thanks to their blinding starts, with Cardiff joining them. I don't think they have enough in their squad to keep afloat, and manager Neil Warnock might be the greatest ever Championship specialist, but he's always struggled in the top tier.

My surprise package is Wolverhampton Wanderers, who arguably look like having the strongest squad from a promoted side in Premier League history and should be good for a top half finish.

As for shock strugglers, I think Burnley will have a tortuous, relegation-threatened campaign with the added pressures of midweek Europa League football to compound their already paper-thin squad. Last year was their greatest ever season in the modern era, almost impossible to top on their budget. The only way is down.

Above all, let's hope this season is a little closer with more thrills and spills. Nobody wants a league that's already done and dusted by Christmas ... except maybe City fans!

### KRISTIAN'S PREDICTED PREMIER LEAGUE TABLE:

1. Manchester City
2. Liverpool
3. Chelsea
4. Manchester United
5. Tottenham Hotspur
6. Arsenal
7. Everton
8. West Ham United
9. Wolves
10. Crystal Palace
11. Fulham
12. Newcastle United
13. Leicester City
14. Southampton
15. Watford
16. Burnley
17. Bournemouth
18. Brighton and Hove Albion
19. Huddersfield Town
20. Cardiff City







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TOP OF THE LEAGUE FOR LOCAL AND INTERNATIONAL SPORT

August 8 - 14, 2018

# ON TOP OF THE WORLD



SHEER JOY: Aldossary celebrates his win

**P**RO gamer Musaed Aldossary triumphed over more than 20 million other players to be crowned the champion of the FIFA 2018 eWorld Cup Final last week.

The Saudi Arabian persevered in the gruelling finals tournament, which took place over three days at the O2 Arena in London, England last week and



**FOOTBALL**  
By KRISTIAN HARRISON  
kristian@gulfweekly.com

featured 32 players from 19 countries.

The 18-year-old, who competes as 'MSDossary', secured a 4-0 aggregate victory over Belgium's Stefano 'StefanoPinna' Pinna to secure the \$250,000 (BD94,500) top prize.

"This win makes up for all the hard work and dedication

me and my team have put into this," said MSDossary.

"It is fantastic to see competitive FIFA gaming grow, but this is nothing I could have ever imagined.

"Winning the FIFA eWorld Cup Grand Final and becoming world champion is a dream come true for me, my friends, family and supporters.

"To get the opportunity to win in front of a live

audience this big is absolutely unbelievable. I am truly lost for words in this moment."

Qualification for the tournament began in November, with more than 20 million hopeful gamers entering online looking to qualify for live tournaments.

The most successful then progressed to the play-offs and live events throughout the season, with only the

world's best reaching the London showpiece.

Jean-Francois Pathy, FIFA's director of marketing services, said: "The FIFA eWorld Cup Grand Final 2018 provided an outstanding opportunity to drive forward the professionalisation of competitive FIFA gaming.

"This year's landmark event has experienced advanced levels of growth and has played a key role in

engaging new players, fans and audiences on both digital and traditional platforms."

Turn to Page 22

Gulf Weekly EAN



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