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The community newspaper at the heart of Bahrain

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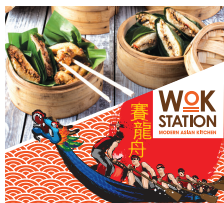


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EATING OUT:
Brilliant breakfast
at Mawasim
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FILM WEEKLY:
Dilara reviews
The Meg
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GOLDEN GLORY GIRL

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

THERE is no knocking down tough teenager Maddie Harrison-Mirfield as she sweeps past some of the best K-1 kickboxing athletes from around the globe in a fierce international competition and is crowned world champion in the combat sport.

The 15-year-old St Christopher's School student kicked off her summer break in the UK with her family cheering her onto victory in the 2018 World Kickboxing Organisation (WKO) World Championship K-1 Light Ladies category. K-1 is a fighting format that combines the most skilful and effective elements of kickboxing, Muay Thai, Karate and Taekwondo.

And while this is a big win for the British expat who lives in Saar, due to the fact that it's her first major competition and in her country, what makes the golden glory even sweeter is that she is representing the kingdom that she has called home for the past 12-and-a-half years.

Turn to Pages 2 & 3



PROUD MOMENT:
Maddie with the Bahraini flag



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Fierce fighter

From Page 1

"It feels amazing – flying Bahrain's flag internationally and being able to come home WKO world champion in K-1 is beyond anything I could have asked for," she said. "This opportunity was just crazy! It was my first major competition and to increase the pressure, it was in my home country. But I was proud to be representing the flag that has my heart ... Bahrain!"

During the three-day competition, Maddie took on two top contenders in the K-1 and the K-1 Light category, challenging women that weighed more than her and were older.

Maddie's first K-1 Light Ladies fight was against Brit Rachel Rose, 23, who trains at the Ni Yai Muay Thai Sheffield gymnasium run by retired professional fighter Kru Christian 'Rambo' Di Paolo.

Maddie represented Reza's Martial Arts Centre (RMAC) founded by head coach Reza Monfaradi and she was sponsored by Tru Active, Bahrain's leading active wear brand, as a Tru Active athlete and brand ambassador. RMAC has been training at RMAC for the past two-and-a-half years under the tutelage of Hussain Ayad, Hassan Ayad and Ali Al Showaikh and Reza himself.

According to Maddie, the fight was a straight final featuring three one-minute rounds that were short and quick. "I didn't begin the fight brilliantly," she explained. "I wasn't used to the short rounds and before I knew it, it was up! However, I did get some hefty punches in."

"Going into the second round I knew what needed to be done which were straight punches through the middle and kicks to finish it off."

"My competitor got tired pretty fast. That is also how I played the third round and it paid off. When the bell rang we embraced as all fighters do – a sign of respect – and

then we went to each other's corners and thanked the coaches."

"I went back to my corner and removed my gloves; head guard and gum shield and picked up the flag I was so proud to hold up high. The referee brought us back to the middle and raised my hand – a truly exhilarating moment!"

Her second bout in the K-1 category was against British Shannon Canavan from the Spartan Fighting Arts Academy and she was her toughest opponent yet. She also competes in the WKO England national team.

"I went into the ring knowing she would throw hard heavy punches and she definitely did," Maddie added. "I stood my ground though, giving her the worst nosebleed I've seen and it went all over me. However, that wasn't enough of an edge for the referees."

"In the end I lost by split decision and due to a warning nearing the end of round three. Though this was a loss, I learnt so much more from

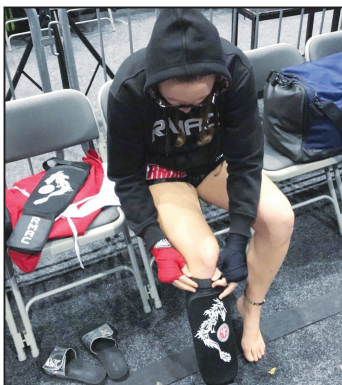
this fight and don't regret a single thing I did as it's all a part of my learning process in this sport."


Head coach Reza is proud of her accomplishment and expected nothing less. "We are all so happy and proud of her at the centre," he said. "Personally, I expected a victory from her because she had been training really hard and is a great competitor."

"I was a little disappointed at first when I heard she was competing in the adult category as she is a juvenile. However, adult or not, she still defeated the other contender and she was a much bigger girl too."

"I definitely don't think any girl could beat her in the juvenile category as she is a strong and powerful competitor. Unfortunately, I wasn't able to go with her but when she arrived in the UK she found a place to continue preparing and staying in shape in the lead up to her fights."

"She is a star and I do see a lot of potential in her. If





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DECISION TIME: Maddie stands in the ring, below, head coach Reza and, bottom, with family

down to a lot of my training with her."

Maddie originally took up Muay Thai, which is Thai boxing that uses stand-up striking along with various clinching techniques, to help her de-stress from school. "At the end of Year 8, I was told by my form tutor Aneil Peswani to branch out from the crowd and do something independently and different," she explained. "I chose Muay Thai as a release from all the work we were doing at school and all the troubles that come with growing up in this developing world. Never did I think that it would get this far!"

Since then Maddie's love for the sport grew from strength to strength and she competed in Bahrain Sports Day where she won by TKO (technical knock out) in the third round of her fight. She also participated in the Bahrain Open Championship, however, her opponent forfeited.

Maddie is planning to train harder than ever before to make her dreams of becoming a professional fighter a reality. "The dream is to go pro but I know I have a long way to go," she said. "There is definitely a growing amount of women in martial arts in Bahrain which is great to see. Most of the girls are not active fighters though and are mostly just doing it to get fit or for fun. It would be great to see more women getting the confidence in themselves to fight."

"If there was more of an uptake it would be great to organise a female fight night to display our killer skills in the ring. I'm looking forward to competing more in Bahrain whenever I can and I will definitely be returning to the UK next year to compete again at the WKO world championships."

"I hope to eventually be part of the national team and compete with a full team overseas and make the country that has my heart so proud!"

she keeps the same mind set and training regime she will definitely be a champion which she already is!"

Maddie believes she owes a lot of her achievements to the constant support of her mum Lucy, who runs the FAB Bahrain directory, dad Stephen, the chief operating officer at The Royal College of Surgeons in Ireland – Medical University of Bahrain, her brothers that both attend St Christopher's School Ben, 14, and Elliott, nine, and of course her coaches. Her parents would drive her to the centre for two hours of training, six-days-a-week.

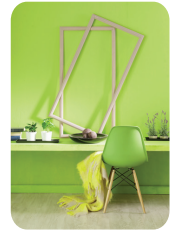
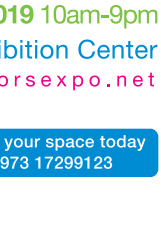
"They are my biggest fans," she said. "Also, I can't thank my Muay Thai coaches Hussain, Hassan and Ali enough for their support and for paying such close attention to my progress and always pushing me to my limits."

"Then there is head coach Reza who has promoted my skills outside the gym as well as in the gym and assisted me



into becoming the fighter I am today. I owe a lot to him."

"Then there are all my training partners. The list is so long and they all need recognition for the time and effort they have put in with me. But, if there is one person I needed to mention, it would be Sarah Harris. We are the two active female fighters in the gym and we train together all the time. My success is



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Sanctuary for

RENGIN Maklai has opened her heart and her home to the kingdom's strays with the aim of nourishing them back to life and helping them find forever homes.

The mother-of-two, who spent 16 years working in the Turkish Embassy, is dedicating her time to help manage the stray situation in Bahrain by nurturing as many felines and canines as possible.

"Pets are often discarded when their owners don't want them anymore," Rengin explained. "Who will look after them, let alone the strays? When they're babies, everyone loves them, but when they get older, excuses start."

"Looking after an animal is a life-long commitment. I am not a shelter or a veterinary clinic. I am an individual doing my best."

Her home is overrun with 26 cats, of which 25 were picked up off the streets, and four dogs, of which three are rescues. In addition to this, she also feeds 15 to 20 stray cats outside her property.

"My family loves animals as much as I do," Rengin said. "And by the way, I'm not alone in that! There are lots of animal lovers in Bahrain. For example, a couple of my dear friends are doing a wonderful job in taking care of rescues as well such as Duaa Al Alawi, who has 29 cats."

All her animals have been either neutered or spayed as well as vaccinated and she often tries to do the same for the strays too.

According to various shelters and clinics, spaying and neutering can help control the overpopulation of homeless pets in Bahrain.

Rengin's husband Yaqub, a Bahraini contractor, believes



HOME SWEET HOME: Fosters Apple and Goldy play, left, Rengin with Turkish Angora, Yasmina



COMMUNITY REPORT
By DILARA NAGIB
dilara@gulfweekly.com

in her mission and supported her big-hearted endeavour by revamping their guest house seven years ago into a sanctuary for her fur family.

The guest house, which has been dubbed the Cat House, features three bedrooms, two living rooms, a netted patio area for fresh air and two larger rooms that have been converted into catteries.

Living in the Cat House are two dogs and 14 cats, some which are healthy and others which need attention. Rengin has two care-givers assisting her with the special cases.

The house is partitioned to support each animals' needs. One room is for dogs, one is used for healthy cats, two rooms are for

cats undergoing long-term medical treatment and one room is for six cats with Feline immunodeficiency virus (FIV), which is a deadly disease.

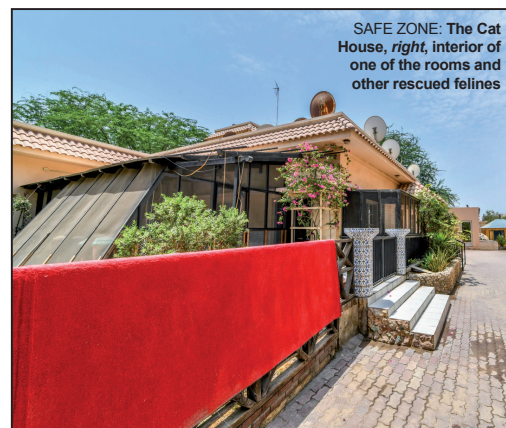
The virus, which cannot be transferred to humans, acts in the same way as HIV – destroying the immune system and leaving a cat susceptible to infections and disease. FIV is spread mostly through bite wounds inflicted while fighting with other cats but can also be transmitted by a mother cat to her kittens across the placenta or through her milk. Outdoor cats are at the highest risk of disease, especially if they fight with other cats.

"When I see an animal in need, there is no question about it," she explained. "I am there to help! First, I take

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furry friends



While she says that the most difficult part about looking after all these animals is how time-consuming and tiring it can be, Rengin also adds that the most fulfilling part about getting a rescued animal adopted into a caring home is knowing that they have brighter days ahead. Most adopters keep in touch with her, even if they leave the island.

She added: "If I feel a potential adopter is unfit to take care of the animal, I do not give them up. I have to be 100 per cent certain. When these animals are safe, that makes it worth the exhaustion. This is what true happiness feels like. There is not one day where I regret accepting the responsibility that I have taken in being their spokesperson and sanctuary."

Aside from managing her own little zoo, she has been aiding organisations across the kingdom.

Two years ago, Rengin and her friend Colleen Hegarty, who is a Harvard University student, started rescuing cats and dogs from Arman Zoo to find homes for them in the US. They rescued a total of 26 cats and 30 dogs, all of which have been homed in Bahrain and the US.

Rengin also works with Emtinan Zidany, the founder of Precious Paws Bahrain which addresses the needs of homeless and rescued animals as well as providing both local and international adoption opportunities for strays in Bahrain such as sending dogs abroad.

She also volunteers at Tony the Dogfather Animal Rescue & Rehabilitation Centre as well as helping animals at the BSPCA.

If anyone is interested in fostering or adopting one of the animals, follow her on Instagram @tidler8358

them to the vet to see if they have any health issues then I foster them until they can be up for adoption.

"While I have managed to get dozens of cats and dogs adopted, the reality is that nobody wants strays so I end up keeping them."

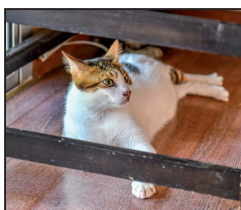
Rengin believes that one of the biggest issues in Bahrain when it comes to the handling of strays is cruelty and that the way to mend this is through education and awareness.

"There are many animals in Bahrain that have been tortured," she said. "Dog poisonings were very common from January to March. These creatures depend on our humanity. There are lots of problems in the world, so not everyone can do everything."

"I feel responsible for animals because they can't speak for themselves. I can respect people who don't like animals, but I cannot and will not respect people who act maliciously towards them. What we need is to educate them on how to properly treat animals and through that the love will come."

Rengin also believes that pet abandonment is a major issue and that it can be solved through a registry system.

"Just as people register for residency, animals should be registered too," Rengin explained. "Their existence should be proven. Are they alive, dead – what happened to them? This eliminates the problem of people buying pets then dumping them. Careless pet owners have to be held accountable."



ONE STOP SHOP: A staff member stocking shelves

Expansion underway for pet shop

A LEADING pet store, which has been keeping the kingdom's furry friends healthy and fighting fit for the past eight years, is expanding its premises in Budaiya.

Pet Arabia aims to continue to provide its four-legged customers with a range of grain-free, nutritious gourmet food and fun toys to play as well as natural grooming products, treats, and clothing... in a bigger space.

The popular chain also features branches in Amwaj Islands, Sanad and Manama and each location boasts an onsite beauty and grooming salon that offers nail clipping and filing, ear, and eye cleaning, dental services, de-matting and de-ticking, customised cuts and shaves as well as luxurious baths.

People can also shop for supplies on www.petarabia.com and the store ships items internationally.



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Sadia whole chicken 1.2kgx2pcs – BD2.190
Tylos drinking water 180ml 18pcs – BD0.650
Al Islami chicken franks 340gmx3 – BD0.795

Jawad Supermarket

Delight garden peas 3x400gm special offer – BD1.100
Emborg organic sheet corn 20x40gm – BD1.150
Montana green peas 4x400gm – BD 1.050
Libby's fruit cocktail 3x220gm – BD 1.3
Filiz vermicelli 4x400gm – BD 1

Al Jazira Supermarket Zinj

Churchills helter skelter English toffee 6x300gm – BD3.100
Jubilee moments assortment 6x360gm – BD4.050
Hacizade rose and lemon Turkish delight 12x250gm – BD1.750
Hacizade rose and lemon Turkish delight wooden 12x400gm – BD3
Acizade mixed fruit Turkish delight blue 12x280gm – BD3.500

Carrefour Hypermarket

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My Club price: BD3.990
Coca cola asst 2.25ltrx3 – BD1.390
Nutella chocolate jar 750gm – BD1.990
Sadia w/chicken 900gmx2 – BD1.750
My Club price: BD1.490
Ariel HS I reg 7.5kg – BD6.250
My Club price: BD5.750

Note: This offer is available in Carrefour Hyper Market until August 26, 2018. (Promo selling price + My CLUB member's price)



Brilliant bazaar to celebrate the season

CELEBRATE the festive season at the Al Hawaj Shopping Bazaar until Saturday, at Hall 1, Bahrain International Exhibition Centre. It is open from 9.30am-1.30pm, and from 4pm-10pm. Items on

offer include branded perfumes, cosmetics, watches, accessories, and major brands such as Guess, Samsung, and Samsonite.

For more information, call 16160000.

Techtronic Specials



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

	Item	Make and Description	Store	Price
1	Smartphone	(OPPO F7), 25MP AI front camera, 6.23-inch full HD + super full screen, 4GB RAM + 64ROM, glossy unique design.	Home Electronics	BD128
2	Gaming Console	Sony PS4 500GB slim+ GT Sports + Uncharted-4 + Horizon + plus 90 card.	Sharaf DG	BD125
3	Sound System	LG portable Hi Fi system with Bluetooth connectivity (FJ3), telescoping handle and wheel, built in battery up to 15 hours, splash proof, karaoke creator/FM Radio/USB, voice effect.	LG, Sehla showroom	BD70
4	Refrigerator	Toshiba refrigerator (GR-W69UDZ-C/S), 690L, inverter, gold and silver.	YKA Almoayyed & Sons	Was BD321.990 Now BD229.990
5	Steamer	Black & Decker digital garment steamer 2,000w (GSTD2050), double adjustable pole, 2ltr detachable water tank.	Kewalram & Sons	BD64.500
6	Projector	Epson SVGA 3 LCD projector EB-S41 + Free 150x150 wall screen, resolution: SVGA, contrast ratio: 800x600, 4:3, brightness: 3,300 lumen, lamp life: 6,000 H durability, 10,000 H durability (economy mode), lamp: 12 months or 1,000h (whichever comes first).	Lulu Hypermarket	BD169.990
7	Cookware	Falez silico brown 9pcs cooking set.	Carrefour Hyper Market	BD32.900 My Club Price: BD29.900 Note: This offer is available in Carrefour Hyper Market until August 26, 2018. (Promo selling price + My CLUB member's price)

Email your gadget stories to editor@gulfweekly.com

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GADGETS OF THE WEEK

What is it called? 8Bitdo DPad USB Hub

What does it do? This gadget includes a DPad-shaped USB hub and micro-USB cable, three ports, with a maximum transfer speed of 480 Mbps. The directional arrows light up when a device is connected, showcasing the flow of power.

Cost: BD6

Visit www.thinkgeek.com

What is it called? Star Trek Phaser Remote Replica

What does it do? This gadget is a full-functioning programmable remote control in which you can store up to 36 gestures. It includes the Phaser I, which functions as a standalone gesture-based universal remote control, and also slots into its Phaser II pistol-grip base. It has built-in rechargeable batteries and USB cable.

Cost: BD57

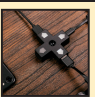
Visit www.thinkgeek.com

What is it called? Twelfth Doctor's Sonic Screwdriver Programmable TV Remote

What does it do? This infrared remote from learns control codes from virtually any normal remote controller. Rotate clockwise or counterclockwise to adjust the volume on your stereo, gesture the Sonic Screwdriver up or down to change TV channels. With three memory banks and 13 gestures, you can store up to 39 remote control codes.

Cost: BD46

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Digital world to go green

INSPIRED by the growth of digital technologies and artificial intelligence (AI) in boosting the economy, the annual World Green Economy Summit (WGES 2018) will be staged in neighbouring Dubai and will focus on developing the digital economy and integrating it with the green context.

It will be a strategic platform to share and exchange knowledge and bring to focus new technologies that drive the growth for a green economy including improvements in energy efficiency, energy conservation and waste reduction.

The summit is set to take place from October 24 to 25 at the Dubai International Convention and Exhibition Centre and is being organised by Dubai Electricity and Water Authority (DEWA) and the World Green Economy Organisation (WGeo) in collaboration with international partners under the theme 'Driving Innovation, Leading Change'.

Saeed Mohammed Al Tayer, vice chairman of the Dubai Supreme Council of Energy and chairman of WGES said: "Focusing on new mechanisms, including

crypto currencies, block-chain technologies, robotics, machine learning and Internet of Things (IoT), WGES will discuss the role of technology and how it serves as an incentive to promote green economy."

WGES 2018 will focus on three main pillars, green capital, digital transformation and leadership and social engagement.

The event will gather financial executives, investment professionals, and thought leaders to discuss ways to increase green capital flows into regional and global environment-friendly projects and how to reduce the risk of the investments.

While the summit will highlight emerging strategies along with innovative technologies, best practices and valuable insights, it will also offer participants an opportunity to learn and intensify knowledge from proven real-world case studies in the industry.

"WGES will not only discuss the latest smart technologies and digital breakthroughs that promise to accelerate green growth and sustainable development, but also encourage participants to reflect on the need for building up digital skills to transition smoothly

to a green economy," he added.

"Digital technology is a major game changer that will empower the development of the world in terms of economic growth, environmental protection and public health. From drones to remote sensing machines and modern communication channels, these new forms of technologies not only improve efficiency of the resources, but also protect the environment.

"As advancements in technology continue, it is important that we tap these innovative mechanisms for a green future, which is a win-win for the environment and the economy.

"While technology is an essential ingredient of green growth, private and public-sector involvement and financing is key to scale up these digital revolutions. By working together, these sectors can create a common platform for the exchange of ideas and expertise on green practices and technologies, generating greater prosperity for the environment."

He is confident WGES will serve as a strategic platform for all stakeholders of the green industry to connect and cooperate, whilst formulating strategies to boost a green global landscape.



LOOKING AHEAD: Saeed highlights the importance of eco-friendly summit

A NEW digital wallet could be landing at an airport near you following the fruitful trail between a leading airline and FinTech partners.

Following a successful proof-of-concept exercise completed by Singapore Airlines (SIA), KPMG Digital Village and Microsoft in February, the world's first blockchain-based airline loyalty digital wallet has been launched in Singapore.

Travelling made easy with new digital wallet

The outcome of the project is KrisPay, a digital wallet that is not only customer-centric, but also allows SIA to attract new partners on board and reconcile payments through the use of new technology.

With KrisPay, KrisFlyer members can convert KrisFlyer miles into KrisPay miles instantly for their everyday spending at partner

merchants' across the island.

Members can choose to use as little or as much of their air miles as they wish to pay for their purchases at partner merchants, either partially or in full.

For a start, KrisPay miles will be accepted at 18 merchants spanning different categories of beauty services, food and beverage, petrol

and retail.

"We are delighted that SIA chose KPMG Digital Village as their innovation provider. This work is an example of how KPMG Digital Village plays a role in driving innovation for corporates," KPMG Singapore head of Digital Village Jan Reinmueller said.

"By building on our track record



in business model innovation and digital transformation, KPMG Digital Village was selected to help SIA with their customer loyalty programme."

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Today (August 15)

The Four Seasons Hotel Bahrain Bay's poolside Italian restaurant, Vento, is offering a wide selection of pizzas from wood-fired ovens and artisan pastas. Available on weekdays from 11.30am to 11pm, and weekends from 11.30am to 12pm.

For reservations, contact 17115500.

The Four Seasons Hotel Bahrain Bay is offering Family Spa bonding. Their 'Relaxed Us' offer aids muscle tension, releases stress and promotes wellbeing, 45 minutes for BD80. The 'Beautiful Us' offer is designed to cleanse, gently exfoliate and hydrate skin with a 100 per cent chemical-free product range from Australia and the UK, 45 minutes for BD85. The 'Glowing Us' offer is a special indulgent full-body treatment, 45 minutes for BD85.

For reservations, contact 17115000.



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 offer 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 fstafford77@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 16)

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@gulfhotehbahrain.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@ramadamanama-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 17)

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's Bahrain Bay Kitchen is hosting back-to-school brunch Carnival Fridays, that will take place every Friday all through September. Enjoy homemade delicacies prepared by Executive Chef Hyung Gyu Kim as well as the carnival ambience with a photo-booth, face painting, stilt walkers, balloon artists and goody giveaways. Priced BD25++ inclusive of beverages, BD35++ inclusive of special beverages, BD12.5++ for children up to 12 years, and free for children below five years.

For details and reservations, contact 17115500.



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 Four Seasons Hotel Bahrain Bay is hosting Friday Brunch at CUT by Wolfgang Puck Steakhouse from 12.30pm to 3.30pm. Priced



BD26++ per person including soft beverages, BD26++ per person including extensive beverage package for ladies, and BD36++ per person including extensive beverage package.

Also at the hotel's CUT by Wolfgang Puck Steakhouse, a Bistro-inspired lunch is being hosted every day from 12pm to 3pm.

For details and reservations, contact 17115044.



The Crowne Plaza Bahrain hosts its Absolutely Fabulous Friday Brunch at Harvesters from 12.30pm to 4pm. It's priced BD31net for adults and BD8.750net 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 18)

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@gulfhotehbahrain.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@ramadamanama-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.

Leisure Guide



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

Sunday (August 19)

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@gulftelbahrain.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@ramada-manama-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**

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

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 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 20)

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@gulftelbahrain.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@gulftelbahrain.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.**

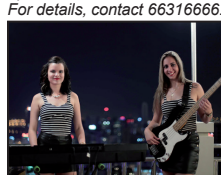
Tuesday (August 21)

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 Raosi by Vineet. **For details, contact 17713000 or email info@gulftelbahrain.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-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@gulftelbahrain.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@gulftelbahrain.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@gulftelbahrain.com**

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.'

**SUMMER FESTIVAL**

THE 10th edition of the Bahrain Summer Festival continues under the slogan Muharraq 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 15
The Puppet Show: Puppet theatre specialist Ramadan Yousif 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 16
Magic Show: Bahraini artist Waleed presents a series of magic tricks with comedy and fun for adults and children. **Time:** 7pm to 7.20pm

August 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

SUMMER CAMPS

Ongoing until this week
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 17713000, 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.**

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 Tickers 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, BD30 with lunch or dinner for full day, BD135 with lunch or dinner for five days, BD155 with lunch or dinner for one week, BD265 with lunch or dinner for two weeks, and BD400 with lunch or dinner for one month. 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.**

AT MODA Mall in Manama, experience music through a kaleidoscope of Arabic and Western culture showcased as a part of summer activities, which will be hosted until August 31, including the Eid weekend.

Bringing to life a musical extravaganza, the mall is hosting a Music Village in the Fashion Court, with performances by expert musicians. Local artists will perform live to create soulful musical expressions, every Thursday to Saturday between 6pm and 9pm. In addition, the mall will be extending Arabic hospitality at its themed tent in the Jewellery Court, serving traditional Arabic coffee to visitors daily between 4pm until 8pm. Shoppers will also be treated to authentic Bahraini delicacies, courtesy of MODA Mall tenant, Qedooa Sweets. **For more details, follow MODA Mall on Facebook @modamall or Instagram and Twitter @moda_mall**

THE Gulf Hotel Bahrain, Convention & Spa invites rock and roll fans to jump and sway at Sherlock Holmes in September to the sounds of Rolling Stones tribute band The Rolling Clones.

The popular act from London aims to thrill Bahrain with some of the chart-topper's greatest hits including *Jumpin' Jack Flash* and

Satisfaction. The seven-man band was formed in 1997 to celebrate the Stones music and since then have been playing sell-out concerts in the UK and abroad.

Their shows are said to be electrifying, mimicking the actual band in energy and stage presence. The band members are also known for adding their own humour and

flair to their characters.

There will be a concert at Sherlock Holmes starting at 9pm on September 6 and tickets are BD5 if purchased in advance and BD7 on the night. There will also be a Tribute Band Brunch on September 7 from 12.30pm to 4pm priced at BD23 if bought in advance and BD28 on the day. **For details, visit www.gulftelbahrain.com**



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Fashion Weekly

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



Beauty girl helps you glow

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

WOMEN across the kingdom are flocking to the malls to snap up several outfits to adorn for Eid and Benefit Cosmetics' regional artist Menat El Abd aims to complete their glamorous picture perfect looks with her top make-up tips.

The social media sensation, who has made a name for herself with her detailed video tutorials, has created a bold and dramatic Eid Al-Adha Glam look for the festive holiday that will undoubtedly turn heads. After all, it is her favourite time of the year.

"Nothing beats a warm gathering that brings all the family together," Menat explained. "During Eid, you're bound to meet everyone! From the closest cousin to the farthest relative and I know how serious it is to pick the right outfit and glam for Eid."

"Many of us tend to go for a quick shopping spree before Eid to purchase clothes and make up. Finding the outfit for Eid is easy, I'm sure ... but finding the right glam for Eid has never been easier."

"I will help you achieve the Eid Brow Look to go with whatever glamorous outfit you'll choose. Trust me, after achieving this look and putting on your gorgeous outfit, you will have all your family members say Mashallah! The steps are so easy to achieve and will not take much of your time!"

Not only does she offer a step-by-step guide, she also



GET THE LOOK:
Menat's gets her
glam on

explains the techniques using the best Benefit Cosmetics' cleansers, concealers and brands to achieve the glam glow.

Before starting your look, Menat advises women to cleanse their faces.

"Start you look by first hiding all your pores," she explained. "It helps a lot when you start with a fresh clean face. Once your face is washed and ready-to-go, use the PORE-Fessional Primer and apply it on your T-zone. It not only hides your pores but it also sets in the make up nicely."

● Face first:

1. Conceal the dark circles away! Apply Boi-ing Industrial Strength Concealer

right under your eyes and blend in with a concealer brush. This full coverage concealer covers everything from dark circles to blemishes. You can also cover any spots you want by dabbing a bit of concealer over it.

2. Next, apply the Hello Happy Foundation all over your face. Apply a bit and blend with your hands. What's great is that this foundation has a matte finish and smooth touch to the face giving you that flawless ready-for-Eid finish.

3. Then, you'll want to emphasise those cheekbones and jawline. Grab a Hooola Matte Bronzer and start contouring by applying it along the cheekbones and on

the jawline by using the brush. 4. To achieve a healthy flush add a touch of the GALifornia Blush by applying it on the apple of the cheeks for that cheeky look.

5. After all that contouring and blushing, now it's time to GLOW and shine. Grab your Watt's Up! highlight and apply it along the cheekbones and blend. It's creamy texture and goldish pigment complements the overall look and it's Menat's ultimate favourite!

● Exceptional Eyes

1. Always start with priming the lids. Grab your Stay Flawless 15-Hour Primer to set in the eyeshadow. Apply it on the lids and gently blend by dabbing it over the lids with

your finger.

2. Next, apply a dark brow eyeshadow on the outer corner of the eyes and work your way in. This will add the drama needed for the Eid Glam look.

3. Then grab a beige eyeshadow and apply it on the centre of the lid to brighten up the appearance a bit.

4. To intensify the look, add a They're Real! Push-Up Liner in black to create that cat eye effect with extended wings.

5. As for the lashes, grab your falsies Daily Darling Lash along with the Invisible Lash Glue and apply the lashes. These lashes add that extra volume and it's also one of her favorite steps to

dramatise an eye look!

6. Once the false lashes are applied, grab your They're Real! Lengthening & Volumising mascara to lengthen your lashes and stick them to the falsies. This step will give you those long lashes that complements your overall look.

Beautiful Brows

1. First ALWAYS brush your brows. It helps identify the gaps that need to be filled. It also tames your brows and makes the process of filling in much easier.

2. For thick brows, apply Goof Proof Brow Pencil and start filling in using soft hair strokes. These hair strokes create an illusion of fuller brows.

3. Don't forget to blend, blend and BLEND! Use the spoolie brush to blend and to soften any harsh lines for a soft natural finish.

4. Next, grab your Gimme Brow+ and brush it over your brows for volume.

5. The highlight your brow shape and lift it by applying a High Brow pencil right under the brows and gently blend with the brush outwards.

● Luscious Lips:

Apply They're Real! Double The Lip Lipstick in Lusty Rose over the lips. According to Menat, this colour goes so well with the eye look and plumps up the lips.

She said: "This is a great touch to complete this look and there you have it. Following these steps will help you pair up your Eid glam look with your favourite Eid outfit in no time. Now, enjoy your family quality time and Eid Mubarak from me to you!"

Eating Out

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

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Magic Mediterranean meal

AFTER a week of birthday celebrations and stuffing cake, sweets and chocolate into my mouth, I was crying out for some healthy food to get back on track with my fitness regime.

Thankfully, Mawasim Restaurant & Lounge provided the perfect opportunity as myself, marketing manager Jalal Muradi and photographer Honey Sharma were treated to an outstanding Mediterranean breakfast on Saturday.

The bright and breezy outlet was the perfect tonic for a boiling hot summer's day, eliciting feelings of holidaying and enjoying some fine fare.

Celebrated Jordanian Chef Maher Ramzi is the culinary wizard in charge at the restaurant, located at the booming Galleria Mall in Zinj.

He commands a strong following after spellbinding work over a five year spell at popular dining destinations in Bahrain, and in the space of a couple of hours and numerous courses proved exactly why he deserves it.

He explained: "The menu is a medley, it's a fusion actually, it's my creativity plated. There are Arabic touches with bold yet simple flavours of the Mediterranean.

"The Arabic name of the restaurant means 'seasons' and our aim is to create meals for all seasons covering all the glorious seasons across the Mediterranean coast."



TASTY TREATS: Savoury mezza and, bottom, right, Chef Maher

GOURMET REPORT
By KRISTIAN HARRISON
kristian@gulfweekly.com

Mediterranean cuisine combines a vast range taking in all the countries that border the sea - Spain, France, Italy, Greece, Turkey, Syria, Palestine, Egypt, Algeria, Libya, Tunisia and Morocco.

All of these influences were clear to see on the breakfast menu, starting with the Hummus Poulet, a creamy and flavourful homemade hummus packed with marinated chicken liver and pomegranate molasses, and the Caramelised Foul Hummus, topped with lemon

green chili sauce and fresh herbs.

Now, if you're anything like me, then you can't properly start a day without a nice cuppa. Mawasim provides a wide variety on its breakfast menu, such as chamomile, lemongrass, Moroccan or the old favourite, yet still unrivalled, English breakfast tea.

This time, however, I plumped for the Chai Karak, which I usually enjoy in a small cardboard cup from the little shops dotted around Bahrain. For a change, I wanted to try it brewed in a teapot and I'm glad I did,

with the more bitter and wholesome taste resonating with my tastebuds.

I'm usually averse to savoury food in the mornings. In fact, I'm that stereotypical boring person who is very much content with a Weetabix to kickstart my day.

That may all be about to change after sampling the Mawasim Shakshuka, which I am happy to admit is one of the greatest dishes I've ever tasted. It seems simple but it's all about the execution; slow-baked roma tomatoes, eggs, crumbled feta cheese and roasted onions

all encased in a thin pastry shrine. Simply divine.

Of course, any fusion of Arabic cuisine must contain bread, and we were offered a lip-smacking sample of three different types, one topped with Bahraini moajanat, mahyawa sauce and melted cheese, another with Lebanese halloumi cheese and zaatar, with the third Armenian safaha, minced beef and tahini sauce.

Finally, although our stomachs were crying for mercy, we were treated to the most exotically-decorated Croissant Olé, packed to the brim with smoked turkey,

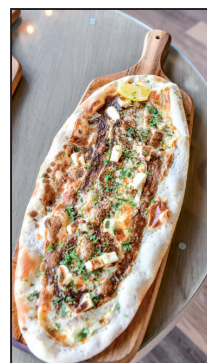
creamy spinach sauce, scrambled eggs and garden greens.

The menu designed by Chef Maher combines all the insight he has gained on his travels. His culinary journey has taken him across Europe, meandering into the lap of royal experience at the Al Baraka Palace, Jordan and eventually making way to other Middle Eastern countries in managerial and executive chef roles.

I, for one, am glad his wealth of experience and influences spreads to the plate because this eating out experience opened my eyes considerably. Who knew there was more to breakfast than Frosties and milk?

It isn't just breakfast that catches the eye either; as the extensive lunch and dinner menus also offer fantastic fare. The outlet is open until late, with the upstairs area featuring big screens for sports fans, and can seat a total of 200 guests

Mawasim comes under the umbrella of Chrome Concept Restaurant Management Company, the F&B division of the Dadabhai business family, the same company that brought the popular WOK Station concept to the kingdom.



Market blooms as



COMMUNITY REPORT
By MAI AL KHATIB-CAMILLE
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EVERY Saturday, starting at the beginning of December, Bahrainis and expats flock to the flourishing Farmers Market in Budaiya Garden to soak up the sunshine, snap up fresh local produce and picnic in the community park on traditional breakfast.

When the market comes to an end, it leaves many of its followers waiting in anticipation.

However, farmer fans can now enjoy the kingdom's locally grown goods along with non-Bahraini products at a permanent fixture every year from July to October in Hoorat A'ali.

Earlier in March, Her Royal Highness Princess Sabeeka bint Ibrahim Al-Khalifa, wife of His Majesty the King, President of the Supreme Council for Women and National Initiative for Agricultural Development (NIAD) Consultative Council President launched another Farmers Market to establish an agricultural ecosystem that will encourage and revitalise the growth of Bahraini crops as well as empower local farmers.

The massive building, which houses 32 booths selling Bahraini crops and other items such as handmade carpets and fans as well as plants and flowers, was financed by Tamkeen and the Bahrain Development Bank and opened in partnership with the NIAD, the Ministry of Works, Municipalities Affairs and Urban Planning and the Department of Agricultural and Marine Resources.

Princess Sabeeka believes that this market is an excellent platform to promote and expand green spaces in Bahrain as well as provide farmers a place to exchange their expertise to better

enhance the quality of their goods in order to compete with foreign products and meet part of Bahrain's food security.

Farmer Hussain Ali, who works for Syed Ebrahim Jaffar Farm, is delighted with the new location and is looking forward to greeting more people to his stall which features products such as cherries for BD3 a kilo, peaches for BD3 a kilo and Bahraini mangoes for BD2 a kilo.

He said: "This market is excellent and Alhamdulillah we are getting visitors,

although it could be better. In Budaiya, we attract more visitors because its outdoors and the park is beautiful. But now, when Saturday's farmers market ends, this one will then open and it will keep us busy.

"The customers will love it too. They can go on Saturday for a change of scenery and then in the summer you have an air-conditioned market."

The industrial-designed facility offers a recycled and loft-style feel with its wooden stalls and benches and metallic counter tops. As visitors

weave through the market, friendly farmers are proudly showcasing their greens and greeting customers with several samples to entice the sale.

Every booth features different vegetables and fruits including favourites such as kale which is popular amongst health fanatics.

Flight attendant Carolyn Eccles, 38, visits the market around once-a-week to purchase several vegetables.

Carolyn, who lives in Juffair, said: "They have really nice

FRESH PRODUCE:
A happy customer
buying local vegetables



Local farmers shine



traditional breakfast, which is a Farmers Market staple every Saturday, or from a selection of burgers and croissants.

Instead of picnicking on the grass, people can feast in a dedicated area featuring benches and tables with a friendly janitorial team waiting on the side-lines to keep the place in tip-top shape.

Chef Manal Al Abbassi's Fatima Gül Café dishes out delicious breakfast treats such as Turkish-style eggs, tikka roub saji and halloumi and zaatar sandwich made fresh every day. The 39-year-old mother-of-three who lives in Janabiyah, said: "I have been running my Fatima Gül Café and Restaurant for the past five years in Janabiyah and I opened the café at this market four months ago. I only serve breakfasts with a dish of the day for lunch from time to time such as madrouba (beaten rice) and warak enab (vine leaves). Some days I receive a lot of hungry customers and some days it's still quiet as not many people know about this place yet. However, I did notice that our visitors are a mix of locals and expatriates.

"I love cooking here especially as I can pick up any vegetable I want from the market. I can come up with a dish on the spot or let the vegetables on sale guide me. This market is a great concept."

After breakfast, cool down with some Japanese ice cream from the Kane Mochi stall featuring coloured egg-shaped scoops.

According to its sales executive Cheryln Torquemada, it's gluten free ice cream covered in sticky rice with no added food preservatives.

The market is open to the public every day, except on Sunday, from 8am to 3pm.

To find out more about the new Farmers Market, follow its Instagram account @farmersmarketbh



kale here but unfortunately they don't have it at this time of year because it's really hot. I make a lot of green juices so I tend to buy a lot of vegetables such as cucumbers and celery. I love coming to this market as its quiet and cool. I used to go to the one in Budaiya every Saturday but its only Saturday morning and if you miss it then you have to wait a week. I love that this market is a permanent fixture and has longer timings."

Shopper Hanan Mohammed, 35, loves that the market isn't far from her home in Isa Town

and makes the short trek a few times-a-month with her family and friends to stock up on vegetables and fruits. She said: "The prices at the market are pretty good and I get a lot of great vegetables for salads. I love that this market is indoor, air conditioned and looks chic too. It's more elegant and spacious."

The market also includes booths boasting handicrafts such as Um Mohammed Sefafa's basket weaving area. According to her friend Kadhmed Ali, who handles her

stall when she is unavailable, Um Mohammed has been weaving baskets, carpets, bags and other items for years. She launched the stall around five months ago.

He said: "Sometimes she makes the goods from home and other times she is weaving here. Her booth has attracted visitors interested in old style chicken cages, bread baskets, fans, picnic baskets, table tops and more." Prices for her items start from BD1.

After a day of shopping, customers can still delight in a



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In focus



RAMADA Hotel & Suites Amwaj Islands officially opened its new Mediterranean restaurant Ya Hala at its rooftop terrace to members of the media and invited guests. Diners were treated to a range of flavourful bites influenced from the Middle East, Southern Europe and the Levant region while admiring views of Amwaj Marina.



A NEW record label has been launched in the kingdom to put Bahrain on the entertainment map. Otoome Records founders Mohamed Khalid Almuharraqi, aka VJMP3, and Khuram Javed staged a conference at Coral Bay to unveil its vision aimed at providing professional guidance and exposure to local and regional artists. The label has teamed up with some of the largest music distribution channels and online platforms including iTunes, Spotify, Amazon Music, Beatport, Apple Music and Shazam to promote the talents. Otoome Records has also teamed up with Coral Bay's Sports Bay to support the label through weekly events.



THE Rotary Club of Salmaniya staged another meeting at the Golden Tulip Hotel in which Rotary International Barry Rassin spoke about membership. The speech laid out his plans on how to increase membership of Rotary clubs internationally and the Salmaniya club is planning to implement a similar plan to increase its membership.

SocialScene

Why wait a month! Join Social Scene every week

Student treat



EBRAHIM K. Kanoo, the exclusive distributor of Toyota and Lexus vehicles in Bahrain, hosted a group of students at the Toyota Plaza in Tubli as part of its corporate social responsibility and community outreach initiatives. The students, who are part of the Royal

Police Academy Summer Camp 2018, were given an exclusive presentation and tour of the one-stop-shop accompanied by the camp's organising officers. They visited the training centre, Kanoo body and paint as well as the Toyota and Lexus service stations.

Awareness campaign



IBN Al-Nafees Hospital has marked Osteoporosis Day by organising a campaign at the hospital under the supervision of orthopedic surgery & rheumatology clinics with Dr Ali Jaffar Al Aradi, consultant orthopedic surgeon, Dr Yasser Al Sawad, consultant orthopedic & spine surgeon, and Dr Fatima Haji, consultant rheumatology and internal medicine, to raise global awareness of the prevention, diagnosis and treatment of osteoporosis and metabolic bone disease.

Lunch meeting



THE Rotary club of Salmaniya held a lunch meeting at the Golden Tulip Hotel with guest speaker Ahmed Alumran sharing his thoughts on Health Trifecta.

Employee honoured



GULF Petrochemical Industries Company president Dr Abdulrahman Jawahery, has awarded Bader Yahya Employee of the Month for the month of May for his work in the technical services department. Yahya joined GPIC in 2004 and is considered to be one of the company's most outstanding employees.

Education Matters



An educational insight and comment by head teacher Chris Fenton

AFTER nearly three weeks of travel with my teenage sons, we are all ready to resume normality. That doesn't mean we haven't had a good time. On the contrary, I think this has been one of the best holidays we have ever had. It just means that the familiar context of a life that we long to get away from before a vacation begins to seem appealing as it gives us a grounding and a context from which to plan, build and grow from.

We are all slightly more interesting people as a result of our shared experiences and we are certainly closer as a result of them. However... more than that ... when we do our separate ways again in a few days, we will all have grown as people ever so slightly and we all know each other a little bit better, which is, I believe, the beauty of travel as a family.

Yes, there were the standard tantrums and traumas, lost luggage and stubbed toes, but there were also the laughs and the collective times that will undoubtedly be regaled in fits of laughter the next time we all meet up. Family holidays, whether you choose to sit around a pool on a package holiday or trek through the wildernesses of distant lands, give children and parents a chance to experiment with who they really are as people, encouraging development and growth because just by being away from the everyday, you are taking opportunities to try new things. That to me is the best gift that a parent can give a child; the opportunity to experience more of the world than they are used to.

It was Mark Twain who said that it is far better to travel than to arrive. And whilst I understand the sentiment, I also disagree with it as well. Travelling is fun and alien and an opportunity in itself to experience new things, but to



arrive, well that is the beauty of the experience altogether since it is in the arriving that personal growth begins.

On this vacation, the initial day or two after arrival

was a period of adjustment as my boys still hung on to their phones and the digital world that they are intrinsically a part of but as the opportunities of arriving

in new places and what each one had to offer opened up to them, their desire to sit and stare at screens faded.

Don't think for one minute that they didn't return to

them! Of course they did and when Wi-Fi was weak there were a few sulks. But the thing is, you can't check your Facebook when you're dodging waves, climbing beach hills or dunking your little brother in the pool and I don't think they particularly wanted to either; and all this happened naturally. I didn't have to threaten phone curfews once because as they began to enjoy what was around them, the real experiences of life entertained and uplifted them enormously and that was a sight to behold.

This wasn't spectacular parenting, by any means it was simple science, adaptation to be exact. In the environment of a family holiday with all its dynamics and personal growth, in order to survive, you have to adapt and whilst the digital world has its place, it isn't as big a place as the potential experiences of life unfolding before you and that is where the magic lies.

SocialScene

Raffle winners

AL HAWAJ recently awarded generous cash prizes to several shoppers that participated in its popular hot summer promotion.

The raffle draw was part of Al Hawaj's '3 Hot Days Promotion Draw' which was held at all of its outlets in collaboration with Credimax.

Ali Fouad Al-Iskafi won the grand \$5,000 prize, Ahmed Al Bastaki bagged \$3,000 and Ali Al Harz walked away with \$2,000. The winners were awarded the prizes at the group's Salmaniya branch in the presence of Jawad Al-Hawaj, chairman and managing director, Abdulwahab Al Hawaj, the vice chairman of the board and general manager, Credimax merchant services and sales manager Khalid Showaiter, and other Credimax representatives Mohammad Mutaleb and Mandana Banahi.



Store launched



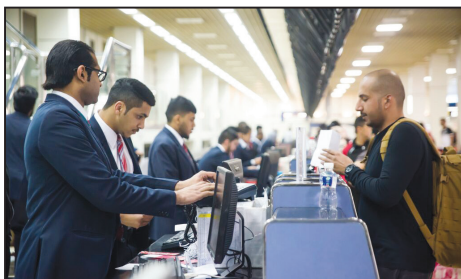
LALS Group, a leading conglomerate in the GCC, launched The Home Store at City Centre Bahrain. The lifestyle and furnishing brand, which offers shoppers stylish home concepts, was unveiled in the presence of Lals Group chief executive officer



Jayant Ganwani, along with representative from the mall and members of the media.

This is the group's second store in the kingdom. Its first showroom was launched in Bahrain Mall in 2006.

Youngsters praised



SALMAN Al Mahmeed, chief executive officer of Bahrain Airport Services, congratulated his staff on the occasion of International Youth Day and expressed his gratitude for their continuous efforts to improve productivity and quality of work. He also pointed out the need to provide young people with the necessary skills to make them qualified to reach managerial and leadership positions in the company.

Issues discussed



ZAYED R. Alzayani, Minister of Industry, Commerce and Tourism and chairman of Gulf Air's Board of Directors, and the airline's deputy chief executive officer Captain Waleed Abdulhameed AlAlawi met with Sawsan Al Aradi, chief of Gulf Air Trade Union and the general secretary of the General Federation of Bahrain Trade Unions Hassan Al Halwachi along with a few representatives to discuss labour related issues. GFBTU was praised for its role and work in the kingdom.

Helping hand



YOUSIF & Aysha Almoayyed Charity staged a comprehensive medical checkup for around 20 children with Down syndrome at the American Mission Hospital in Manama. The children underwent checkups for their ears, teeth and for other required cases.



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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

Delightful Dilmunia home

A gem of a fully-furnished apartment is available for rent in The Treasure tower in Dilmunia Island. The one bedroom apartment has a built-up area of 83sqm, a spacious living and dining room as well as a guest closet and a fully-kitted kitchen.

The bedroom includes a built-in wardrobe and an ensuite bathroom along with a balcony that boasts views of the development which is located off the north-eastern coast of Muharraq. Tenants of the apartment will receive one parking and the use of the state-of-the-art amenities. The tower, which was developed by Bin Faqeeh Real Estate Investment Company, features a health club, an outdoor swimming pool, a conference hall and a business centre. There is also a garden level coffee shop, a Jacuzzi as well as salons and spas.



FACTS AT A GLANCE

Location: The Treasure in Dilmunia

Reference number: AP643

Rental price: BD480

Reception Areas: 1

Bedrooms: 1

Bathrooms: 1

Additional information: There is a health club, an outdoor swimming pool, a conference hall and a business centre. There is also a garden level coffee shop, a Jacuzzi as well as salons and spas.

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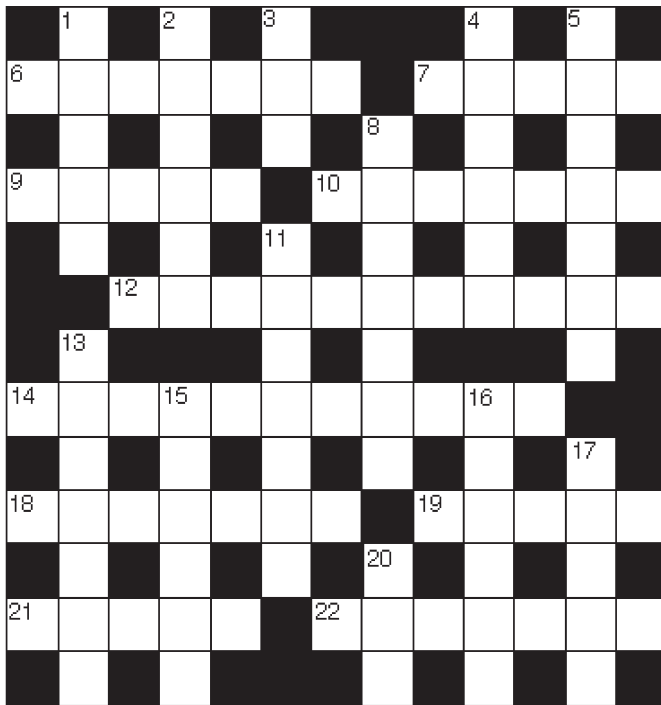
- 4 En-suite Bedrooms
- Living Room
- Outdoor Kitchen
- 2 Parking Spaces
- Servants Quarter, Laundry Room
- 4.5 Bathrooms
- Indoor Kitchen
- Small Private Garden
- Pool, Gym

Time Out



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crossword break



Solutions in next week's issue.

ACROSS

- 6. Characteristic (7)
- 7. Cast (5)
- 9. Wide (5)
- 10. Wonder (7)
- 12. Unwilling (11)
- 14. Spirit (11)
- 18. Stimulus (7)
- 19. Shaft (5)
- 21. Toll (5)
- 22. Distort (7)

DOWN

- 1. Pine (5)
- 2. Reach (6)
- 3. Skill (3)
- 4. Foil (6)
- 5. Desolate (7)
- 8. Stream (7)
- 11. Uncouth (7)
- 13. Praise (7)
- 15. Ruffle (6)
- 16. Vie (6)
- 17. Grieve (5)
- 20. Damp (3)

who, what, where, when

WHO... directed the 1984 film *Gremlins*?

WHAT... country lies to the north of the republic of Georgia?

WHERE ... in London is the soap *EastEnders* set?

WHEN... did Lithuania declare its independence from the Soviet Union?

WHO...wrote the classic children's book *The Secret Garden*?

WHAT...type of creature is a Bouvier des Flandres?

WHERE... in Australia is the Test cricket ground known as The Gabba?

WHEN...was the former professional ice hockey player Wayne Gretzky born?

just so

O A
N Z

t reason
i reason



£ divisible by 2

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

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

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

darn tough sudoku

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

Sudoku

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

Sudoku

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

Last Week's Leisure Solutions

CROSSWORD BREAK:

Across: 1 Fraternity; 7 Abyss; 8 Prudish; 10 Acrimony; 11 Tier; 13 Occult; 15 Penned; 17 Made; 18 Hesitant; 21 Lenient; 22 Amour; 23 Pernickety.

Down: 1 Foyer; 2 Assemble; 3 Expand; 4 Noun; 5 Tuition; 6 Paranormal; 9 Hereditary; 12 Dedicate; 14 Cadence; 16 Hectic; 19 Agony; 20 Lean.

JUST SO: Through the looking glass, Little women, At half mast, A vulgar fraction.

WHO, WHAT, WHERE, WHEN:

Patsy Kensit; Jesus wept; Brooklyn, New York; 1713; Phoebe Cates; Triangular; Uganda; 1939.

Darn Tough Sudoku

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



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Write to the editor

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Your views make all the difference – email Stan Szczecowka at editor@gulfweekly.com

THE *GulfWeekly* team would like to congratulate singer Banah Anabtawi for the launch of her first official song *Shou Helou Nihna*. We are delighted for the Bahraini songstress that goes by the stage name Banah for living out her dream especially as she had informed us in an exclusive interview that she hopes her success will inspire other young girls to pursue their passion the way she did.

Her new love song is composed by Khaled and Rayan Habre and incorporates a mix of oriental instruments such as Qanoon within her song along with the saxophone and the trumpet. The music arrangement was compiled by Rayan while the audio was mixed and mastered by Jean Madani of Audio Addicts. It is already proving popular and has been acquired by Tunes Arabia. The song was composed in Lebanon and the video clip was filmed in Bahrain at Gallery 21 by Omega Film.

Banah is expecting to release a new song in late November and will also be performing in an exclusive concert on December 16th, 2018, which will be held



under the Bahrain Authority for Culture and Antiquities.

We can't wait!

The Gulf Weekly team

I'D LIKE to thank Mai Al-Khatib-Camille for her write-up on my cooking class. It was well compiled.

Shobha Ravishankar,
the founder and instructor
of the *Cook to Impress*
courses for teenagers

I'D LIKE to thank Stan Szczecowka and Mai Al-Khatib-Camille on the *Cutting Carbs is Key* story in the newspaper. It really looks terrific and we are all very

happy with it. Thank you very much Mai for all your efforts and we are very pleased that our work was highlighted.

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.

THE word vegan has in recent times gone on to take negative connotations, much like the words hippie and emo have done at times in the past. And this appalls me! The essence of veganism is that of goodness- the alleviation of animal suffering. It goes beyond dietary restrictions. It frowns upon the utilisation of products made of animals such as leather and fur. It advises against frequenting zoos where animals are trapped for the amusement of people. It is about reducing animal cruelty as much as we can.

But lately, in certain instances, the idea has been met with ridicule and scoff which I think is because of a number of reasons.

Firstly, some proponents of the lifestyle have taken to imposing their beliefs, sometimes through sowing guilt, harshly and ineffectively on their associates. They may do so whilst assuming an air of superior moral righteousness.

Furthermore, when it comes to the dietary



ARE you struck with cabin fever and wanting to get out of your house, but you find your couch just too comfy?

Why not take a leaf out of this Saar resident's book by moving your living room to the wasteland adjacent to your house?

It comes fully kitted with numerous couches, carpets, satellite television and a portable fan. It's not quite clear how many times a day the setup needs hoovering, but judging by how popular the spot is after dark, its creators don't seem to care!



Youth Talk

By
Sarah Belal



compromises of veganism, which is the idea of a complete and lifelong elimination of animal products, it can prove quite daunting. And these animal products, by the way, are considered to be very natural to consume for the vast majority and not to mention delicious.

The way forward is this- realising that veganism should not be about living

perfect lives as perfect people. Because the truth is this- we, as human tenants of the Earth, cannot be completely free from, some way or another, contributing to animal exploitation.

I am not vegan but vegetarian by choice and for ethical reasons. I believe that by emphasising that it's all about taking steps toward reduction and not elimination, veganism and other efforts at ending animal cruelty can be made more emotionally palatable.



BAHRAIN LIFE
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Birds in cages in Souq Waqif, Hamad Town.
Photo by Phil Weymouth – Streetlight. Camera Fuji X-Pro2.

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

Film Weekly



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



Statham vs shark

A dorsal fin on tide will always elicit the right amount of fear, especially when that fin belongs to a prehistoric fish coming in at 25 metres long.

The Meg, story-wise, is by no means difficult to discern, and neither is our protagonist's psyche. Jonas Taylor (Jason Statham) is a deep-diving Byronic hero. Following his navigation through freezing Asian waters is easy enough, but the very reason that gets him to revisit his haunting past – a female reason – does not show up again until the end of the film, making her slightly irrelevant. It seems strange that someone who could kick-start the plot by luring Jonas back into the ocean within the first fifteen minutes does not have a more impactful role.

On a similar note, throughout the course of the movie, Jonas' relationships are not thoroughly explored. Virtually all character connections to the main man translate onscreen as cursory, taking away the overall dynamic and sentiment of the film. Those relationships which are delineated, are done so fleetingly. All in all, this isn't the worst flaw in

THE MEG

STARRING: Jason Statham, Ruby Rose, Li Bingbing

DIRECTOR: Jon Turteltaub

GENRE: Sci-Fi/Horror

RATING: PG15

RUNTIME: 113 Mins

the movie; it just means that Jonas, as a character, offers more in terms of physicality than he does emotionally.

Relatedly, albeit impressive, Statham's stunts are highly impractical. So much so, the term 'too lucky' comes to mind. This is a case of keeping the protagonist alive for the sake of the movie, and not because Jonas is a good enough swimmer to escape the jaws of death one too many times. The general pan out of perfectly-timed explosions and characters who should have unquestionably been chomped in half but weren't, is vaguely irritating.

As I have found to be a recurring theme with action-packed films, because the main objective is the action itself,

the inclusion of humour never meets standards. *The Meg* is not a comedy, so I did not enter the cinema with the anticipation I would be doubling over in laughter. But, the comedic prospect – or lack thereof – that does make an appearance is flat and awkward to watch at times. The funniest characters are DJ (Page Kennedy) with his over-the-top sarcastic commentary, and eight-year-old Meiying (Shuya Sophia Cai), but even that's stretching it.

The film should be, however, praised for its excellent cinematography. The combination of both underwater and aerial scenes is expertly directed. You feel as though you are there, with Statham and his team, in the middle of the ocean. Surprisingly, there aren't half as many gory bloody scenes as you might expect from a shark movie.

With that said, the shark itself is quite intimidating to watch, a magnificent monster CGI creation. The comparison of the creature to existing animals such as humpback whales gives the film a scientific perspective, instilling a nuance of reality. There are points where you believe the creature might actually be real, until some believability-stretching sequence occurs to sink teeth into that theory.

The Meg incorporates an equally dispersed sense of thrill and suspense. Fast and fierce, this is a must-see for shark lovers and horror fanatics, but those looking for a bit of substance might be disappointed.

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

DILARA'S VERDICT



1 popcorn – stay home
5 popcorns – start queuing



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Bite-sized trailer

Mission: Impossible – Fallout

DIRECTOR: Christopher McQuarrie

CAST: Tom Cruise, Henry Cavill, Ving Rhames

PLOT: Two years after Ethan Hunt had successfully captured Solomon Lane, the remnants of the Syndicate have reformed into another organisation called the Apostles. Under the leadership of a mysterious fundamentalist known only as John Lark, the organisation is planning on acquiring three plutonium cores. Ethan and his team are sent to Berlin to intercept them, but the mission fails when Ethan saves Luther and the Apostles escape with the plutonium. With CIA agent August Walker joining the team, Ethan and his allies must now find the plutonium cores before it's too late.

SHOWING IN: City Centre, Juffair, The Avenues, Seef II, Saar, Wadi Al Sail, Seef Muharraq



The Catcher Was a Spy

DIRECTOR: Ben Lewin

CAST: Paul Rudd, Connie Nielsen, Mark Strong

PLOT: In the midst of World War II, major league catcher Moe Berg (Paul Rudd) is drafted to join a new team: the Office of Strategic Services (the precursor to the CIA). The novice spy is quickly trained and sent into the field to stop German scientist Werner Heisenberg before he can build an atomic bomb for the Nazis.

SHOWING IN: City Centre, Juffair Mall, The Avenues, Seef II, Wadi Al Sail, Seef Muharraq



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



imdb movie charts

Current Position	Title	Weekend Takings	Gross to date
1	The Meg	\$45M	\$45M
2	Mission: Impossible - Fallout	\$20M	\$162M
3	Christopher Robin	\$12M	\$50M
4	Slender Man	\$11M	\$11M
5	BlacKkKlansman	\$11M	\$11M
6	The Spy Who Dumped Me	\$7M	\$25M
7	Mamma Mia! Here We Go Again	\$6M	\$104M
8	The Equalizer 2	\$6M	\$90M
9	Hotel Transylvania 3: Summer Vacation	\$5M	\$147M
10	Ant-Man and the Wasp	\$4M	\$203M



Two mighty Mercls

DESPITE the natural inclination to stay indoors during Bahrain's blast of summer heat, it's actually the best time to get out and about ... as long as you have a fine piece of machinery around you with powerful air conditioning.

Luckily for me, I had two of them, in the form of the Mercedes-Benz GLC250 and the GLC43 AMG Coupe.

As mentioned, test drives are great in summer. A large slice of the population has gone away on holiday, while those remaining in the kingdom shelter in their homes or offices from the heat. That means one thing ... quieter roads and longer stretches of tarmac to put two beautiful beasts through their paces!

First up was the GLC43 with its rather distinctive shape. It features a sloping roofline, curving more sharply at the back for what would be the classic coupe shape were it not for the presence of rear doors and the fact that you're looking up to that roofline, not down to it.

The involvement of Merc's sporting AMG division brings a twin-turbo V6 petrol engine, 367BHP, a nine-speed automatic transmission and rear-biased all-wheel drive.

There's also an air suspension set-up that's intended to keep the car level at all times, plus some shapely bodywork, upgraded brakes and a high level of equipment in the cabin.

In summary, it makes this car an absolute pleasure to drive. Whether or not you like the looks, you'll

TEST DRIVE
By KRISTIAN HARRISON
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appreciate the craftsmanship, the materials, the comfort, and the intuitive layout of switches and controls. Yes, that includes the famous Mercedes 'UFO spaceship' touch controls for the centre stack!

There's nothing quite like slipping into a Merc with its rather peculiar setup. Plug the seatbelt in, feel the tensioner tighten around your chest. Engage 'Drive' with the steering column-mounted stalk and you'll like the smooth, easy progress the GLC makes, the nicely weighted steering and the comfortable ride.

Chugging along on the highway is such a smooth experience, especially complemented by the high-quality audio from the stereo speakers. Most importantly, it's also a real blast to put your foot to the floor and accelerate hard, overtaking pretty much anything on four wheels you're likely to come across.

However, one thing I did notice is that it doesn't react too well to deviations in the road. It's a tall and heavy car on big wheels and chunky tyres, and it wants to wobble. Whether you're in Eco, Comfort, Sport or Sport Plus mode, and whether you're driving in a straight line, over bumps, through bends – it has a much stronger affinity with jelly than you'd want in a luxury car.

That quibble aside, there's no shortage of finely crafted hardware, as ever with Mercls. The engine is a brilliant combination of hard-charging and flexible, while the whole package feels like it's built to last. It comes



with very good infotainment and safety electronics packages, too.

Finally, space is readily available too, whether there's tall adults in the front or rear, and the boot had room for photographer Honey Sharma's various tripods, cameras and other equipment too.

Just a few days later, I was given the GLC250, a very similar model with a few differences.

Now, if I've got my research right, the GLC-Class is the successor to the GLK and the result of Mercedes-Benz wanting a good share of the premium mid-size SUV pie. The GLC-Class is a fairly new one, starting life as a 2016 model, and it adopts the 'G' moniker from 'Gelandewagen' (or off-road vehicle) and 'L' from 'Luxus' (or luxury).

The 'C' denotes its sizing, which is equivalent to the C-Class.

The 250 definitely feels like the 'lite' version of the AMG, which of course it is in a way, but that isn't necessarily a bad thing. In fact, where it loses out in the power department (a two-litre, four-cylinder, 211BHP petrol engine), it more than makes up for in comfort.

I actually found myself sinking deeper into the seats in the 250 and there was minimal, if any, of the wobble found in the 43 even when going over some of Bahrain's most treacherous potholes or when I took the car over some wasteland to check its off-roading capabilities.

It's extremely easy to drive for an SUV, with little noise intrusion into the cabin and good visibility all around.



make their mark



MEAN MACHINE: The GLC250 and, right, GLC43 AMG

toggle next to the spaceship on the centre console. In Eco mode, the drive feels relaxed, with upshifts coming early. Sport mode naturally turns up the heat with more aggressive revs and gets you going quickly. Individual mode lets you customise the engine and steering response as well as air-con fan speed and auto stop/start.

In both vehicles, I particularly liked the Active Parking Assist with Parktronic. This feature helps you park and un-park the GLC with the help of sensors. All you need to do is work the gears, throttle and brake pedals; the vehicle will steer itself in and/or out. This feature is aided by the 360-degree view camera which gives a bird's eye view of your surroundings.

The rest of the touchscreen options are easy to navigate and use, both on the centre console and on the dashboard display. The only issue I had was connecting my phone to

Bluetooth, a process which seems overly complicated, requiring too many clicks and then being finicky even when it does work. I'd love Mercedes to refine their connectivity options in their next iteration of models.

Overall, both of the GLC cars were fun to drive and come highly recommended. Which one to go for is entirely up to you to decide, whether that be based on budget or personal preference. If it's power and swagger you're after, then the GLC43 AMG is the way to go. If it's comfort and grace, then the GLC is your port of call.

The Mercedes-Benz GLC43 AMG Coupe is available now from BD33,000, whilst the GLC250 is available for BD25,500.

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



Just like the 43, the 250 comes with Dynamic Select modes which offer you the

option to pick between Eco, Comfort, Sport, Sport+ and Individual settings from the

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All the best action from Formula One

Stroll comes to the rescue

THE Force India Formula One team will come out of administration after a rescue deal involving a consortium of investors led by Canadian billionaire Lawrence Stroll, administrators and management have revealed.

They said creditors would be paid in full and all 405 jobs at the Silverstone-based team, which was co-owned by embattled Indian businessman Vijay Mallya and finished fourth last year, were safe.

Stroll is the father of Williams driver Lance.

Apart from Stroll, the investors were named as Canadian entrepreneur Andre Desmarais, Jonathan Dudman, John Idol, telecoms investor John McCaw Jr, Michael de Picciotto and Stroll's business partner Silas Chou.

"This outcome secures the future of the Force India team in Formula One and will allow our team of racers to compete to our full potential," said the team's chief operating officer Otmar Szafnauer.

"I am delighted that we have the support of a consortium of investors who believe in us as a team and who see the considerable business potential that Force India has within F1 now and in the future."

Force India's driver lineup is Mexican Sergio Perez and Mercedes-backed Frenchman

Esteban Ocon but Stroll, 19, now looks likely to move from Williams next season given his father's involvement.

Joint administrator Geoff Rowley said funding to support the team would be made available immediately with "significantly more" once the company emerged from administration.

He expected that to be within two to three weeks, with the team set to compete at the next race at Spa-Francorchamps in Belgium on August 26.

Rowley said: "It is rare that a company can be rescued and returned to a position of solvency."

"The quality of the various interested parties has been impressive and required careful consideration as the administration has progressed."

"Having followed a robust process, in the end we were left with a highly-credible offer to save the company and restore solvency."

The team went into administration at the end of last month, with Perez triggering the process.

The Mexican had said he was owed more than \$4 million as part of sponsorship deals brought to the team, while engine provider Mercedes was due some 13 million euros. Leading sponsor BWT was also involved.

Force India's problems have been well-documented, with Mallya fighting an



FATHER AND SON: Lawrence and Lance looking forward, below, Perez in this year's Force India

attempt by India to extradite him from Britain to face charges of fraud, which he denies.

A group of Indian banks are seeking to recover more than \$1 billion of loans granted to his defunct Kingfisher Airlines.

Mallya has decried a 'political witchhunt' and has said he is seeking to sell assets worth about 139 billion rupees (\$2.03 billion) to repay creditors.



JUST CHAMPION: Perez tees off at a recent competition at Awali

Taking a swing at golf misconceptions

From Page 24

He was offered the role of the club teaching professional at the RGC in 2015 before stepping into his BGA role earlier this year. Now, he trains his adult charges from as early as 7am in the morning, before coaching the juniors throughout the afternoon before the seniors return in the evening.

"It's a hectic life, but it's extremely rewarding," he added.

Perez also wants to dispel some of the misconceptions

about the sport, such as the long-standing belief that you have to be a member to play at the RGC or spend vast amounts of money on equipment.

He explained: "It simply isn't true; in Bahrain, golf is accessible to everyone and the RGC's doors are always open, as is the wonderful Awali Golf Club. I would love to see more Bahraini people playing golf, especially kids."

"I'd hate to think that these myths are the things stopping kids from playing golf, or

the cause of their parents dissuading them. Yes, golf isn't as cheap as buying a football and that's it, but you don't need the very best equipment or even a full set of clubs if you're a junior just wanting to learn."

"So please, if you have any interest, look at joining a club or one of our programmes and see how you get on. To reach the highest level, the standards are tough and you have to be serious, but it's the most rewarding sport in the world in my opinion."

Tiger is on the prowl again

THE ball rested on the edge of the cup, its logo peeking into the hole for what felt like forever.

Back in the day, that ball dropped for Tiger Woods.

On Sunday, it wouldn't budge.

Yes, Woods finished second by two strokes to Brooks Koepka at the PGA Championship to extend his drought without a major for at least eight more months. But after the scrambling, club-slaming, fist-pumping, electrifying show he put on over a round of six-under 64 — his best closing round at a major — who can argue that golf isn't more fun when Tiger's in the mix?

"There's nothing like it," said Gary Woodland, who was in the twosome with the world's best-known player. "The energy in that place was unbelievable."

Even after the excruciating miss on the eleventh hole, Woods would not quit.

Shortly after, he had a 20-foot putt on the 16th green that would have tied him with Koepka, who was two holes behind but may as well have been playing on another course compared to the frenzy in front of him.

That putt slid just past.

And Woods' last chance to apply real pressure vanished when he pushed his tee shot on the par-five 17th right of the creek running along the right side of the hole. Woods slammed the head of his driver to the ground, then swung it violently in frustration. He scrambled to make par, but by the time he reached the 18th fairway, he was three back from Koepka, who birdied 15 and 16 behind him.

On the 18th, Woods offered one final flourish. He drained his longest putt of the tournament, a 19-footer putt for birdie, and pumped his fist to celebrate.

Back in the day, that fist pump on the 18th green would've been to celebrate a win.

On this day, he was celebrating the grind — and the fact that he simply would not go away.

"I played hard," he said after finishing the tournament at 14-under 266. "A bit of a struggle with my game today, but I hung in there."

In many ways, this felt like old times for the 42-year-old, he of the multiple back surgeries who couldn't swing a club 11 months ago, but has now contended on the



ALL SMILES: Winner Koepka and, below, Tiger's famous fist pump is back



back nine in consecutive majors, only to come up short, more agonisingly so this time than at Carnoustie three weeks ago.

However, although the victory might not have quite been his, the fact that he came so close after genuinely fearing he would never play the sport again is phenomenal.

That fact that he was still in contention after his first nine holes Sunday was a testament to the sort of resilience he can show, not only over the long haul, but over the ups-and-downs of a pressure-packed round.

He came out to the course and missed all seven fairways on the front nine. And yet, he scrambled. As the putts kept dropping, the roars got louder.

"The first real Tiger effect I've experienced, with that many people," said defending champion Justin Thomas, who played two groups ahead and finished tied for sixth.

Though he closes 2018 still without a major title

since the 2008 US Open, it's hard, after a performance like this, to think the drought can last forever. His major finishes this year: 32nd at the Masters, cut in the US Open, tied for sixth at the Open, and, now, second at the PGA. His ranking has jumped

from 656 to start the year to 26 heading out of Bellerive.

Woods has never been someone who was satisfied with second. But he said he hadn't felt this good at a tournament he didn't win in a long time.

"I had to kind of figure this out on my own and it's been really hard ... a lot harder than people think," he said. "I'm just very pleased at what I've done so far, going from where I've come from,

to now over the last year, it's been pretty cool."

During the media furore over Tiger, the actual winner has almost been forgotten. Heck, I'm guilty of it myself in this very article! But a word of congratulations must be offered to Koepka; winning your third Major in just over a year is no mean feat.

What makes this win, which adds to his consecutive US Open

victories, all the more impressive is that the whole course was screaming and shouting for Tiger. Not only did Koepka have the pressure of being chased down by the greatest player to ever play the game, but he did it with an audience silently willing him to collapse. That takes nerves of steel, and there was little sign of the jitters. If he keeps this form, there are many more to come.





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TOP OF THE LEAGUE FOR LOCAL AND INTERNATIONAL SPORT

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THE JUAN AND ONLY

JUAN Manuel Fuentes Perez is hoping to drive the sport of golf forward in the kingdom by persuading young boys and girls to take up the game and shoot Bahrain back to the top of the regional leaderboards.

The former Royal Golf Club (RGC) teaching professional is now the Bahrain Golf Association (BGA) national team coach, in charge of more than 35 talented players across numerous teams including adults and juniors.

The 32-year-old, from Algeciras in Spain's famous Costa del Sol, believes that in the next three-to-five years Bahrain will return to the level of success it formally enjoyed and has taken significant steps to entice youngsters to play the game with clinics in malls and the offering of lessons.

He said: "We've started a junior programme as we really want to focus on getting kids, both male and female, playing this wonderful game. So if any youngsters from Bahrain are interested, they join a couple of times a week and learn the basics and techniques which will hopefully spur them on to take the game further."

"I'm delighted to be



GOLF

By KRISTIAN HARRISON
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working with the national team, and I can't wait to get us back to where we belong as soon as possible. We were the leaders in the sport across the GCC for a long time and have won the most tournaments in the region. With the talent we have now, I believe this is possible, but there are always more players to be found!"

Perez met the late, great Seve Ballesteros at a young age and also counts Sergio Garcia and Tiger Woods as his main influences. Although more interested in football and water sports in his early years, Perez' golf-mad family used to drag him round the course, and gradually he fell in love with the game himself.

He started playing properly at the age of 10 when he joined the junior tournaments in his local area and went on to become a four-time winner of the Andalusian Professional Golf Tour, the Spanish region of his birth. He explained: "Like every golfer, I originally wanted to be a Tour Pro. That was the dream. However, it's very difficult to get there as you can imagine! I dedicated myself to competitions and won a couple of times, advancing to the European Tour qualifying rounds, but didn't quite make the cut."

"Luckily, I was always partially coaching while playing, both students and other pros. I decided pretty quickly that I wanted to carry on with this full time."

Turn to Page 22



GUIDING HAND: Perez coaching a student

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