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The community newspaper at the heart of Bahrain

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WORDS OF SURVIVAL

AUTHOR Easwaran Rajappan is hoping to spread positive messages through the kingdom and beyond after publishing his first book, which he believes will inspire those struggling to cope in times of stress and misfortune.

The 52-year-old, who prefers to be called Eashwar, faced crippling pain, financial loss over a failed property venture, as well as growing debt before literary inspiration helped turn his life around.

Despite suicidal thoughts, he managed to make changes, which he has helpfully outlined in *Proven Technique to Achieve Goals in Any Field*.

The native Indian, who has lived in Bahrain for 13 years, said: "Proven Technique is entirely based on what I have learned from overcoming various hardships and by teaching these ideas to others. There are also inputs from various books that I read on motivation and self-development."

The release comes as concern grows in the kingdom over a recorded 30 cases of desperate expats taking their

COMMUNITY REPORT
By KRISTIAN HARRISON
kristian@gulfweekly.com

own lives so far this year. Eashwar had forged a successful career in sales management, having worked for various companies around the globe, and is currently a consultant and trainer. However, he has spent most of his adult life furthering his passion for writing, contributing to several blogs and magazines. Despite this, becoming a writer was not in the plan during his formative years. He explained: "It seems strange to say now, but I never intended to become an author. My life was relatively easy for a while, with a decent salary and nice holidays. However, in early 2005, my life changed forever.

Turn to Page 2



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From Page 1

"I started experiencing severe aches in my lower spine but after X-rays and laboratory tests, I was given painkillers which gave me some relief. As I moved up in my career, stress levels came along with the package and that seemed to aggravate the pain. Ultimately, I dismissed it as occupational sickness and convinced myself that I could get over it."

"At the same time, I was informed that my two dream homes were being stopped by the government because the builder had violated certain approvals. It was a huge apartment complex under construction and I owned two of the planned apartments. Then, the builder died and construction came to a halt. In the severe stress resulting from this situation my health just went from bad to worse."

Eashwar travelled home to India, where he was diagnosed with Ankylosing Spondylitis, an incurable disease that results in the fusion of the spine.

When he returned to Bahrain, the crippling pain and mounting debts would not go away, and were in fact worsening. During what he calls 'the darkest moments of my life', he even considered ending it all.

Determined Eashwar,

however, decided to take back control. He started to avidly read and search for motivational messages.

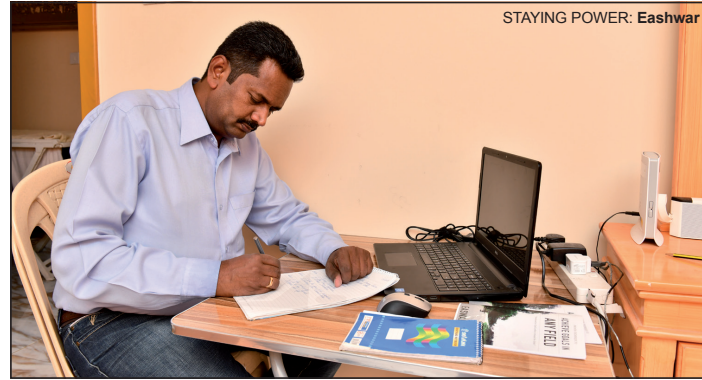
One book in particular, *A Man's Search For Meaning* by Victor E Frankl, about a survivor of a concentration camp, strengthened his spirits and he began to mentally condition himself back on the right track.

He held down a job and cleared 70 per cent of his debt within two years. He swam every day, despite the initial pain, to a point where his physical ailment, although not gone, appeared to be under control.

"I had an introspection and began to write down points one-by-one," Eashwar explained. "In the space of a year, I had written down 55 points about life, hardships, money problems, health, human will, and more."

"One of the discoveries was finding out more about my own inner-strength when it came to facing up to adversities."

He set out to record a list of



STAYING POWER: Eashwar

key reasons to keep going and understanding what needed to be done to carry on in the 'game of life' and achieve goals set out in advance.

"From this learning came my technique I like to call GARA (Goals / Action Plans / Reasons / Affirmations)."

Proven Technique is all about achieving this through the real stories of ordinary people. So ultimately, make a GARA sheet and read it often and the

goals become a part of living."

The idea of writing the book stemmed from a chance encounter. After a speech about his coping technique at a toastmaster meeting, of which Eashwar is a regular attendee, another guest speaker asked him to bring his notes to her office. She turned out to be an editor and, inspired by his speech, encouraged him to immediately assemble his

thoughts into one solid text.

Proven Technique to Achieve Goals in Any Field is now being snapped up for \$6.99 (BD2.640) from international online retail giant Amazon.

The feedback from the book of inspiration has been so positive, Eashwar hopes to become a prolific author now. He is already planning to release his second book before the end of the year, with the text and title being finalised, which

will be about 'winning in life'.

Meanwhile, he will continue his journey as a sought-after professional speaker and trainer, offering consultancy on customer service, leadership and other skills.

Eashwar is also urging prospective writers to take the plunge and put their thoughts or ideas into a structured setting, which he believes will help them personally too.

He said: "For me, writing is cathartic. I find meaning in life by writing. Writing is the only way to bring out the deepest feelings and explain them in detail through words. Whenever I used to get knocked down, I would write. By doing this I was transferring those feelings on to my laptop."

"Most importantly, reading books facilitates writing skills, in my opinion. Read as many books as possible. I used to read one book a week but even more would help!"

● For more information on Eashwar and his work, visit www.eashinspires.com, Eash Talk on YouTube, Go Beyond - Leadership on Facebook, or eash_raj on Instagram.

● https://www.amazon.com/s/ref=nb_sb_noss?url=search-alias%3Daps&field-keywords=proven+technique+to+achieve+Goals

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Cat's home is just *purrfect*



FELINE REPORT

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

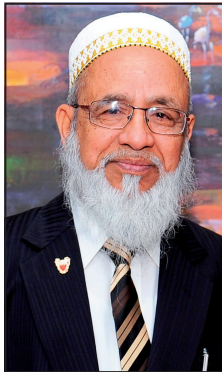
An art aficionado who runs a framing company in Bahrain built a home to care for a pregnant stray in his area. The big-hearted gesture has not only won over animal lovers across the kingdom but now has all the local kitties purring with joy.

Bahrain Artistic Frames Centre owner and director Ali Asgar Shafiq, who earlier this year launched a gallery in Hooraa's Exhibition Avenue to support local artists with a laboratory, a workshop space and an exhibit area, fell for a green-eyed Dilmun stray moggy roaming the streets around his shop located across the road.

Raj Kachwala, the centre's store manager, said: "Mr Ali was putting out bowls of food and water for the cat but when it started getting hot he thought of building her a home, especially as she was pregnant."

Ali, 'the cat father', instructed carpenters to make a house for the stray to help shelter her from Bahrain's scorching sun using left-over wood from his frame-making division.

Then, a tiny blue chateau called the Cat House was formed and the inn has been welcoming furry four-legged felines from around the area, as well as the original cat which started it all.



BIG HEARTS: Ali, 'the cat father', and Raj, and, right, the moggy

"The cat has had its kittens and they are all enjoying the home," Raj added. "Other cats are coming from around the area as well for daily feeding and shelter. This cat though is always here and is like our mascot."

"The minute Mr Ali arrives the cats seem to know and come running to him, weaving between his legs as a 'thank you' for what he has done."

Art lovers in the community has taken a shine to the cat house and it has become a hit on social media as a work of art in its own right. One suggested: "This could really take off with sponsored corporate cat houses placed around Bahrain. It's certainly better than the random plastic-filled feeding stations and junk placed on the streets. People care about the stray and domestic Dilmun cats as they provide a useful service keeping rats at bay."

Experts say the Bahraini

breed evolved over the centuries to adapt to the kingdom's extremely high summer temperatures and are quite different from other moggies worldwide.

Their coats feel as soft as a silk Persian carpet and they are built to survive the desert climate. The cats have an oriental build with slender, long bodies, high haunches and long, narrow legs and tails.

Their faces are also unusual. Most have a wedge-shaped head and ears that are wide at the base and oval tipped. The nose has a slight dip in its profile, and their eyes slant toward the ears, and are usually green or gold-coloured.

The coat of Dilmun cats is also uncommon. Although some are solid-coloured, many are what are called 'spotted tabbies'.

Apparently, this spotted tabby gene occurs only in the Middle East.



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Literary stars in the frame

ARTISTS and writers from across the kingdom recently collaborated to create an exhibition that speaks volumes through every brush stroke and word.

More than 80 art lovers and poetry aficionados have flocked to the second floor of Harbour Gate to admire the showcase called *Confluence – Where Words and Images Meet*, organised by the Bahrain Writers' Circle (BWC) and inaugurated by Akram Miknas, president of Promoseven Holdings.

The joint venture initiative was the brainchild of Rohini Sunderam, a founding member of BWC, and the event's name was created by member Preeti Rana.

"The idea initially came about because we realised that many of our poets often illustrated their works with stock photos and drawings and posted them on social media channels such as on Facebook or Instagram," explained writer Claudia Hardt.

"So, we thought why not see if there is enough interest among the poets to have an exhibition? A number of them

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

were excited by the idea so we invited our prose members to join us. Although a few of them joined in, the large majority of works on display are poetic."

The event, which continues until tomorrow, features 18 teams of writers and artists that have come together to create around 30 works of art including paintings, 3D pieces and even an abaya with words or poetry to inspire others.

"Everyone was coming up with different and very creative designs. We have paintings, drawings, photography and even a beautifully designed abaya on display," she added.

Claudia also featured her poem titled *My Little Pearl, Lulu!* alongside artist Marion Akanji, who created three pieces called *myPOETRYbox* to complement her work.

"For a long time I was looking into the opportunity of having my poems translated into art and thanks to *Confluence* I had the pleasure of collaborating with my long-time friend Marion who is an artist and art consultant," added Claudia.

"My poetry is inspired by the rich culture, heritage and natural island beauty of Bahrain with a focus on the tradition of pearl diving and its precious gem, Lulu - the Pearl, and that's the title of my displayed poem."

"Marion created three different unique art boxes each representing one part of my poem and showing a lady's head with pearls and butterflies."

Admission to the exhibit is free and is open from 11am-8pm.

The BWC is now working on launching another poetry exhibit next month. The annual *Colours of Life Poetry Festival* will be held on October 27 at LNT gastropub in Adliya. This event was the brainchild of former resident and author David Hollywood. Rohini Sunderam now directs the event and participants will be presenting their poetry in English and Arabic. Claudia added: "This is more presentation poetry than slam or performance and here too we have a wonderful mix of light-hearted, serious, or contemplative poetry."

● To find out more about BWC, visit them on www.bahrainwriterscircle.net

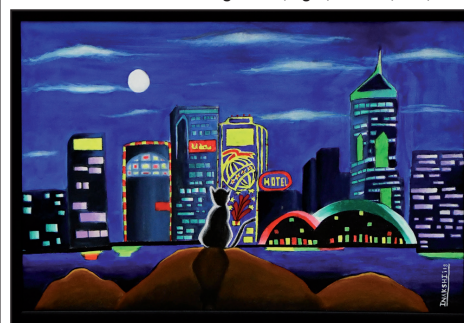
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ON SHOW: Akram at the inauguration, right, Claudia, and, below, some of the work on display



A group of children and teens with special needs from RIA Institute Bahrain recently joined Sarah Clarke, the author of the adorable chocolate Labrador Baloo book series, in staging a poetry exhibition to celebrate this coming Friday's International Day of Peace.

People around the world honour September 21 as a day devoted to strengthening the ideals of peace both within and among all nations and communities and, this year, the theme is 'The Right to Peace - The Universal Declaration of Human Rights at 70'.

The declaration was a milestone moment in the history of human rights adopted by the United Nations (UN) General Assembly in Paris in 1948.

"It is time all nations and all people live up to the words of the Universal Declaration of Human Rights, which recognises the inherent dignity and equal and inalienable rights of all members of the human race", said UN secretary-general, António Guterres.

"This year marks the 70th anniversary of that landmark document. Everyone has the right to life, liberty and security."

Moved by the theme and annual event, Sarah wanted to help highlight and promote the peaceful ideologies as well as raise awareness about inclusion by hosting a Poetry for Peace Exhibition at Harbour Gate within the Bahrain Financial Harbour.

"Peace requires us to include everybody and what better way to demonstrate that than by having children from RIA sharing their thoughts on peace with businessmen and women roaming the halls of Harbour Gate?" explained Sarah, who volunteers at RIA in Adliya.

"If we don't include everyone then we can't have peace. The RIA centre

Power of poetic peace



COMMUNITY REPORT
By MAIAL KHATIB-CAMILLE
maialkhatib@gulfweekly.com

celebrates this day every year by either drawing a tree or making doves with peace words. This year, I suggested why not have one wall where people can share their poetry for peace and write their thoughts on it too.

"The message we want to get across is that words are powerful, artwork is powerful and we have to be much more careful with the words that we use and how we express ourselves, particularly as it flies around the world in a second on social media.

"We can destroy peace with a few words but we can also build it with a few words."

Children aged five to 22 have participated in the exhibition with some students colouring and cutting out doves and others handing them out to visitors.

Students with special needs from the Children's Academy also shared their poetry highlighting war horse and other writers penned their thoughts including Bahrain's Writer's Circle member Vijayantee Bhattacharya and poet Sarah Womer with a haiku, a traditional form of Japanese poetry. Sarah also had written a haiku of her own.

Sarah said: "We had a lot of fun. People were coming up asking us what we were doing and simply interacting with us. It was wonderful to see the children having fun colouring and for people wanting to learn more."

As children coloured in doves, four students from the RIA Adult Centre (RAC) also lent a helping hand alongside Peter Dunne, the director of adult services and community liaison officer.



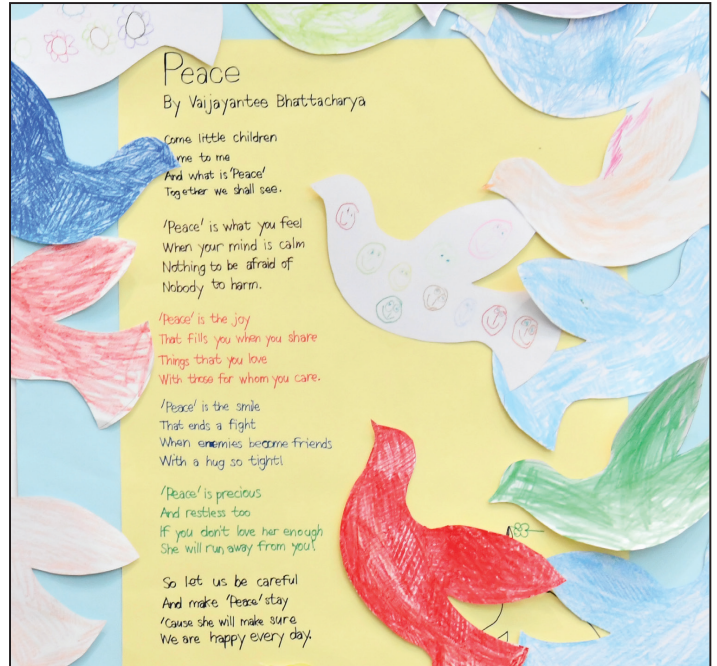
Teachers from RIA were also supporting the cause.

The RAC, which is based at RIA, works as a college semester system that centres on supporting adults by further developing their skills through work experience. The students included Rhea D'Mello who is a trainee teaching assistant at RIA Institute and Othmann Al Attar, the son of institute co-founders Christine Gordon and Dr Emad Al Attar.

Peter added: "This was a RIA work experience day. Rhea supported the children working on their art and the others set up the boards, putting all the bits and pieces together as well as supporting the group.

"It was a really good event; very positive! We have had a couple of people who have come and wanted to offer their services. One guy who said he has a fishing boat said he can take the kids out on trips and show them how to fish. Another lady who has a tailoring centre said she would love for the lads to come down and see how uniforms are made from start to finish."

The exhibition will run until Saturday and visitors can still add their poetry to the board, their thoughts of peace or even pin a dove.



SIMPLE MESSAGE: One of the poems on display surrounded by the symbolic doves of peace and, below, some of the participants involved in the project



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

New pizza palace opens in blaze of glory

BLAZE Pizza has fired up its ovens in Bahrain as the US chain, famous for its build-your-own artisanal offerings, rolled out its first outlet at The Avenues with a tasting session for members of the media and other invited guests.

Chief culinary officer Bradford Kent, one of the founders of the franchise and a man dubbed 'the pizza whisperer' in some quarters due to the critical acclaim of his thin crust creations, was on hand to inaugurate the restaurant and showcase the ingredients.

Blaze Pizza is famous for its made-from-scratch dough crafted in-house daily, premium meats and fresh vegetables. Customers can customise their pizzas however they like, with as many toppings as they want, and the price will remain the same, BD3. Their design is then finished in an open flame over which cooks pizzas in 180 seconds flat.



LAUNCH DATE: Diners try a slice and, below, Chef Bradford

Healthy choices such as salads, vegetarian pizzas and gluten-free dough are also available alongside a selection of drinks.

Blaze Pizza has 300 outlets globally, mostly within the US and Canada. However, it has been brought to the Middle East, first in Kuwait, then UAE and now Bahrain, by the Alshaya Group.



Carrefour Hypermarket

Mohsen 21 Indian basmati rice 20kg – BD10.500
 My Club price – BD9.900
 No 1 detergent 1.35kgx2 – BD0.920
 My Club rice – BD0.870
 Brooke bond 2 1.600gm – BD3.750
 My Club price – BD3.450
 Rahma extra virgin olive oil 500mlx2 – BD2.790
 Al Saudi beef mince 4x400gm – BD0.950

Al Jazira Supermarket Zinj

Sweetzone bulk fizzy 6x1,000gm – BD2.800
 Sweetzone rainbow belts 6x960gm – BD2.800
 Sweetzone neon worms 6x960gm – BD2.800
 Sweetzone cola bottles 4x960gm – BD2.800
 Sweetzone giant cola bottles 6x900gm – BD2.800

Lulu Hypermarket

Lulu premium basmati rice 5kg – BD4.290
 Lulu milk powder pouch 2.25kg – BD4.290
 Lulu kiddy chicken nuggets 1kg 2pcs – BD2.570
 Lulu dish wash assorted 500ml 3's – BD1.190
 Lulu premium hand towel embossed 2ply 70sx2 – BD0.550

Jawad Supermarket

Filiz vermicelli 4x400gm – BD1
 Emborg broad beans 450gm – BD0.900
 Alfares dumpling mix 2x500gm – BD0.600
 Nature Valley granola bar apple crunch – BD1.100
 Americana mix vegetable 450gm – BD0.525
 Al Khaleej vermicelli 4x400gm – BD1

Eleventh anniversary deals

ONE of the kingdom's most popular hypermarkets is celebrating 11 years of operation in Bahrain ... and will be staging a series of sensational special anniversary offers for shoppers to mark the occasion.

There are special deals at Lulu stores on groceries, home appliances, clothes, footwear, toys, electronic and much more. Along with one day, two day and three day offers, there will be 'exclusive discounts' in all departments.

"Our high quality of products and services with reasonable pricing is the main reason why we have such a large and ever growing customer base. We also ensure we have a wide variety of products for the customer to choose from," said Juzer Rupawala, director of Lulu International Group. "We have grown steadily over the past 11 years during the changing retail scene in the kingdom because we are reliable and consistent to our customers."

The first store opened in Dana Mall in September 2007



and *GulfWeekly* covered its unveiling and watched as shoppers flocked to see what was on the shelves. With spacious aisles filled with a large variety of products, whether detergents, garments, electronics or exotic food items, Lulu Hypermarket quickly won customer loyalty for its service, quality and value-for-money.

The seeds of the Lulu Hypermarket chain were planted by Yusuff Ali M.A. who started in the 1990s with department stores and supermarkets in the UAE. The first hypermarket was opened in 2000 and the Lulu Group now boasts around 140 worldwide.

Flashback 11 years to Dana Mall and in an exclusive interview with *GulfWeekly's* former shopping columnist Shilpa Chandran, Juzer said that the hypermarket was a 'totally new and fresh design', adding: "We are sure no-

one else will be able to offer the variety and selection of products customers will find here."

It was the start of an incredibly successful Bahrain journey. In such a competitive market, few analysts could have predicted the company's staggering success and growth with customers across the kingdom now served with six hypermarkets – at Dana Mall, in Riffa, in A'ali's Ramli Mall, in Hidd, at Juffair Mall and Galleria Mall – with more to come.

"Instead of waiting for the customer, we went to them by opening outlets in different areas," Juzer told *GulfWeekly* in an earlier interview. "We offered a shopping experience that was uniform in standard when it came to customer service and quality but was tweaked at every different location to match customer needs of that locality."

"This combination of accessibility, uniform standards and local specialisation has been Lulu's 'change-maker' contribution to Bahrain's retail scene."

Over the years, as the company has grown, its



SIGN OF THE TIMES: Promotional treats and, left, flashback to *GulfWeekly's* opening coverage

management has placed on record thanks to the 'visionary rulers of Bahrain' whose clear template of progress for the kingdom has guided it and encouraged it to invest here.

"We thank all our stakeholders – our customers who have given us their trust and their confidence, our employees who have been our partners in success and our suppliers who have stood with us in offering the best and the

most cost-effective shopping experience," Juzer said. "We have dreams of greater success in Bahrain and we welcome you to continue with us on the onward journey."

Today, shoppers come to malls and hypermarkets not just to shop but for an 'experience'. Lulu delivers with numerous festivals highlighting the cultural and food heritage of different countries and regular


promotions such as its Digital Shopping Festivals and Back-to-School promotions, for example, underpinned by a customer service commitment.

As reported in *GulfWeekly*, building work continues at a pace at the Atrium Mall & Towers in Janabiya, which already boasts a planned giant Lulu and cinema complex.

The 11th anniversary promotional celebrations continue until October 13.


FinTechFocus

Editor Stan Szczewka takes a look at the world of financial technology and beyond ...



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Food for thought as PIE offers Talabat a slice of the action

PAYMENT International Enterprise (PIE) has announced a partnership with the largest online food ordering platform in the Middle East, Talabat.

Through its 'TAM Here' self-service payment kiosks located across Bahrain, PIE has developed a service allowing Talabat drivers to deposit the cash they collect from deliveries.

The newly-added service will make the cash collection process more efficient for Talabat and help optimise their operations for more traceable cash deposits. This strategy will ultimately lead to a more measurable and seamless experience, the companies say.

PIE's CEO Fawaz Ghazal said: "We're very excited to have Talabat on board with us. Our

objective is to empower the market players with FinTech solutions that will allow them to optimise their daily operations."

Bahrain is en route to becoming a digital and innovation-driven economy and FinTech players such as PIE are considered one of the main catalysts. This latest partnership is part of the company's focus on fostering technological innovation and allowing its digital services to be easily accessible, giving regional businesses a competitive edge.

Hesham Al Saati, Talabat's MD, added: "Our partnership with PIE helps strengthen Talabat's continuous pursuit of being at the forefront of food delivery technology. We strive to make the process of ordering and delivering food online seamless and

secure for our partners and drivers. This, in turn, contributes to providing our customers the best possible food delivery experience."

PIE has been investing heavily in infrastructure development, making high-value commitments to the future and striving to provide its customers with end-to-end services as a single provider.

One of the company's major projects in 2016 was the launch of eGov kiosks and TAM-Dinar project for government institutions in Bahrain to facilitate payments for government services. This successful project is one of many strategies PIE is undertaking to lead the way in moving towards a cashless society and innovating alternative payment options for a modern world.



DONE DEAL: PIE's CEO Fawaz and Talabat's MD Hesham shake hands

THE kingdom will host Bahrain Tech Week from September 28 to October 7, bringing together technology experts from government, major private-sector entities and start-ups to explore how digital innovations can revolutionise industries across the GCC.

It will feature a diverse programme of events, with more than 10 summits, forums and workshops exploring tech-driven disruption across different industries and sectors, delivered by the Bahrain Economic Development Board (EDB) in strategic partnership with Tamkeen.

Last year's event attracted around 4,500 attendees across multiple events.

The AWS Summit, part of Amazon Web Service's global events series, and the MIT Innovation Forum will form the cornerstones of Bahrain Tech Week, alongside events hosted by global telecommunications leaders, Huawei, as well as regional tech start-ups, accelerators and government entities.

Khalid Al Rumaihi, chief executive of the Bahrain EDB, said: "As disruptive technologies transform industries around the world,



JOINT ENTERPRISE: Tamkeen's Dr Ebrahim and EDB's Khalid Al Rumaihi all set for second event

investment in innovation is a key enabler and driver of economic growth.

"Having developed the GCC's most advanced and liberalised ICT infrastructure, Bahrain has an important role to play in pioneering new frameworks that will allow further innovation and continue to attract world-class technology companies like AWS to Bahrain and the region."

The AWS Summit builds on the success of last year's event, which attracted more than 1,800 participants. Announcements were made on the region's first Cloud First policy as well as plans



Dr Ebrahim and EDB's Khalid Al

to launch the MENA region's first AWS Region (data centre) in Bahrain.

Cloud-driven technology is already innovating government processes in Bahrain, with the Information & eGovernment Authority (iGA) estimating that up to 60 to 90 per cent has been saved since last year's announcement across government ICT infrastructure spending through migration onto cloud servers.

The role of training and education in enabling digital innovation will also form an important theme of the week, with AWS estimating that 10,000 data solution architects



will be needed across the region in the next five years.

Dr Ebrahim Mohammed Janahi, chief executive, Tamkeen, added: "Bahrain Tech Week is an important opportunity to explore how technological innovations are being harnessed to maximise growth potential of the national economy, from both an economic and human capital perspective."

'As the pace of disruption increases exponentially, it is crucial to ensure that our talented young people are developing the right

skills and resources to drive innovation in the digital economy. Bringing together international and regional partners to explore the impact of emerging digital trends is crucial to the continued development of a world-class and future-ready workforce in Bahrain."

Bahrain has seen a significant shift in the prominence of tech-driven industries over the past year, with the growth of the FinTech ecosystem, the establishment of a \$100m Fund of Funds to help fund start-ups across the

Middle East, and a growing number of companies using the Central Bank of Bahrain's regulatory sandbox to test new products and services.

These advances were reflected in the recent Global Start-up Ecosystem Report, by the Global Entrepreneurship Network and Star-up Genome, which featured Bahrain as the only Arab country in their global 'ecosystems to watch' for both FinTech and gaming.

● To participate in Bahrain Tech Week, visit: <http://bahraindb.com/events/bahrain-tech-week-2018>



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Today (September 19)

Spend time with friends and family in an afternoon tea experience at the Ritz-Carlton, Bahrain's Lobby Lounge and Ritz Gourmet Lounge. Indulge in new items on the menu and enjoy the piano entertainment on Fridays and Saturdays. Afternoon tea is served from 3pm to 5pm priced BD21++ per set.

For details, contact 17586499 or email rc.bahrz.restaurant.reservations@ritzcarlton.com

Treat your special someone to a romantic dinner by the sea with a breathtaking view of the Arabian Gulf at the Ritz-Carlton, Bahrain. This is being held daily, on the sea breeze area or private island, from sunset to 10pm. Priced BD350 per couple at the sea breeze area and BD500 per couple at the private island.

For details, contact 17586499 or email rc.bahrz.restaurant.reservations@ritzcarlton.com

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.

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. Its '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.



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

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

The Crowne Plaza Bahrain's band the Eye Candies will entertain every evening, except Saturday, at Harvesters.

The outlet is also dishing up a new Camel Burger 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 (September 20)

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 (September 21)

Enjoy a lavish experience at the Ritz-Carlton, Bahrain's restaurants by indulging in a culinary extravaganza at La Med, Italian classics at Primavera, exotic Indian fares at Nirvana and prime steaks and seafood at Plums. This will be held today from 12.30pm to 3.30pm, priced BD35 per person with soft drinks and BD39 per person with selected beverages.

For more details, contact 17586499 or email rc.bahrz.restaurant.reservations@ritzcarlton.com

● See Eating Out: Page 11

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

The Gulf Hotel Bahrain Convention & Spa's Fusion Restaurant will be offering a unique steak wok, either grilled or wok-fried, with a choice of beef tenderloin, rib eye, or lamb chops today.

For details, contact 17713000 or email info@gulfhotehbahrain.com

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

For details, contact 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 holding a Back-to-School Brunch Carnival. It takes place every Friday throughout September.

Enjoy homemade delicacies prepared by Executive Chef Hyung Gyu Kim as well as the carnival fun with a photo-booth, face painting, stilt-walkers, balloon artists and goody giveaways. Priced BD25++ inclusive of special beverages, BD35++ inclusive of special beverages, BD12.5++ for children up to 12, and free for children below five.

For details and 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,

Leisure Guide



Listings, lifestyle, travel, entertainment and sporting events by Kristian Harrison



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 BD8.75net for children aged seven to 12.

For details, contact 17531122.

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

For details, contact 66666360 or 17360360.

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

For details, contact 17460017 or email hotel.bahrain.fb@movenpick.com

Saturday (September 22)

Spice up your weekly brunch with a culinary journey around Mexico at the Ritz-Carlton, Bahrain's Cantina Kahlo Restaurant. This will be held on Saturday, today and September 29 from 12pm to

4pm. Priced BD35 per person with selected beverages and BD20 per person with soft beverages.

For more details, contact 17586499 or email rc.bahrz.restaurant.reservations@ritzcarlton.com

A Kids Special Movie Time takes place at Ramee Grand Hotel & Spa, Seef's second floor Banquet Hall every Saturday between 3pm to 5pm. Entry costs BD2, snacks included.

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.

Families can enjoy a buffet meal at the Ritz-Carlton, Bahrain's La Med Restaurant every Saturday from noon 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@ramada-manama-amwaj.com

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



Sunday (September 23)

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

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 (September 24)

Bahrain's award-winning Indian restaurant, Rasoi by Vineet, at the Gulf Hotel Bahrain Convention & Spa, is offering an exclusive set menu by Michelin-starred Chef Vineet Bhatia, for the price of BD22++.

For details, contact

17713000 or email info@gulffhotelbahrain.com

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

The hotel's Harvesters restaurant is also hosting a Back to School-themed party from 9pm. Entry is free.

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 (September 25)

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@gulffhotelbahrain.com

The Wyndham Garden Manama in Juffair is hosting an American Night at its Player's Lounge with duo, Notre Viú on stage. Enjoy special offers on selected beverages and Angus steaks every Tuesday from noon 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 barbeque 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.

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.

DRAGON CITY PRIZE DRAW



SHOPPERS at Dragon City Bahrain could drive away in a Mitsubishi Outlander 4WD, the main prize in a 'start of the new school year' draw. They will receive an entry ticket for every B20 spent up until October 13 at the massive mall at Diyar Al

Muharraq. The draw will take place on the following day.

The popular shopping destination Dragon City is the home to more than 787 commercial units, effectively making it the largest wholesale and retail trading centre in the kingdom.

BAHRAIN JAZZ FEST



ALL THAT JAZZ: An act entertains the crowd at last year's show

THE second edition of the Bahrain Jazz Fest is set to take place on the grounds of the Royal Golf Club on October 26. The open-air music festival will feature international and local jazz artists and musicians, and is expected to attract more than 5,000 fans.

The festival will feature nine award-winning acts from around the world including Ana Popovic (US), Indian Ocean (India), Swing Ninjas, Cut Capers (UK), The Kiffness (South Africa) as well as influential Bahraini bands Likwid, Ala Ghawas and the Havaneros.

There will also be a number

of jazz workshops and local music events at various venues in September and October leading up to the open-air festival.

The event is open to all ages and will take place from 11am-11pm. In addition, there will be family activities organised. The festival will also feature a second community stage that will profile up-and-coming locally-based bands.

The festival tickets are priced at BD20 for adults and BD10 for juniors, with free admission for children aged six and under. A discounted early bird promotion ends on Monday.

CINEMA CLUB JUFFAIR (TODAY)



Film: Happy-Go-Lucky

Director: Mike Leigh

Duration: 1hr 58 mins

Cast: Sally Hawkins, Alexis Zegerman, Eddie Marsan, Samuel Roukin

Plot: Poppy is an irrepressibly 30-year-old free-spirited school teacher who brings an infectious laugh and an unsinkable sense of optimism to every situation she encounters.

Her ability to maintain her perspective is tested as her commuter bike is stolen. However, she enthusiastically signs up for driving lessons with Scott, who turns out to be her nemesis and a fuming, uptight cynic.

As the tension of their weekly lessons builds, Poppy encounters even more challenges to her positive state of mind: a fiery flamenco instructor, her bitter, pregnant sister, a troubled homeless man and a young bully in her class.

For details, call Huda Tabbara on 39682323.

DATES FOR THE DIARY

HARBOUR Gate is hosting a 'Bahrain Through Our Eyes' exhibition on behalf of the Philippines Embassy. This event is a celebration of the 40th anniversary of the establishment of the diplomatic relations between the Philippines and Bahrain.

A total of 40 artists has exhibited 180 artwork pieces in the art gallery, both on the third floor and in the centre of the second floor of Harbour Gate.

The exhibition features various art works showcasing Bahrain, as seen through the lens of the Filipino artists. The art works include paintings using oil, acrylic, water-based paint, charcoal and mixed media, as well as photography. The exhibit will be open to public until September 29.

THE fifth annual Kids 'R' Golden Walk-A-Thon will be held on September 28 on behalf of the Smile Initiative, which supports children with cancer and their parents. It will take place between 3pm-8pm at the Prince Khalifa bin Salman Park in Hidd.

Entry is BD3 and interested walkers can register on www.adnanevents.org

THE Nigeria@58 Independence Gala will be held at The Diplomat Radisson Blu Hotel on September 28 from 7pm featuring a buffet, five hours of unlimited beverages, a fashion show, a cultural dance and other activities.

For details, visit www.eventbrite.com



JOIN Nathalie Najem in a week of Ashtanga yoga, which will be held from October 5-12 at Namaste Bahrain, located on Budaiya Highway.

For more details, visit www.namastebh.

com/Nat and for bookings, contact 17591565.



AMERICAN rapper Rick Ross will be performing in Bahrain on October 25 at 7pm at The Crowne Plaza Bahrain with a special guest.

His debut album *Port Of Miami* debuted at the top spot on the US Billboard 200 album chart.

Ticket prices vary, visit www.eventbrite.com for tickets.



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Fashion Weekly

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

Head-turning stars on song

GERMAN brand MCM, which stands for Modern Creation München, celebrates music, movement and modern design with its latest autumn and winter 2018 Avatar line.

The electric and dynamic collection looks like being a 'sound' investment! Not surprising really as the label was founded in 1976 amid Munich's disco days to its coming-of-age with the ground-breaking cool of 1980s New York hip-hop.

There is no denying that music has played a pivotal role in the label's existence which is why this collection features cassette-inspired bags.

The series is a playful update on key MCM styles incorporating musical motifs such as tapes, vinyl records and DJ boards.

The bags are available in colourful Stark backpack and

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

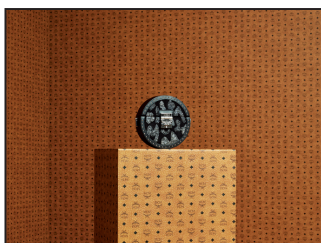
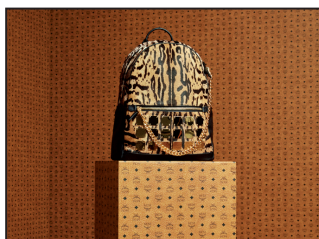
Berlin cross-body shapes as well as accessories.

And what better way to highlight the collection and a love for hip hop and rap than by linking up with rising MC Rich The Kid to model the looks in its campaign alongside blue-haired beauty DJ Sita Abellan.

Dimitri Leslie Roger, 26, known professionally as Rich the Kid, is an American rapper, singer, songwriter, record producer, record executive and actor. His debut album *The World Is Yours* was released in March to much acclaim.

Hailing from Murcia, Spain, Sita Abellan, 25, is at the vanguard of a new wave of cultural tastemakers, pushing boundaries where music and style collide.

For more details, visit www.mcmworldwide.com



Eating Out

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

GOURMET REPORT

By STAN SZECOWKA
editor@gulfweekly.com



CELEBRATED two-Michelin Star Chef Oliver Glowig has returned once again in Bahrain to help update the new season's menu at one of the leading Italian restaurants on the island.

The German-born maestro, who for decades has made waves in his adopted home of Italy since landing the role of executive chef L'Olivo on the gourmet island of Capri, took on the consulting chef role at the Ritz-Carlton, Bahrain's Primavera with gusto in 2015.

Now an ambassador of the Italian gastronomic culture, Oliver is committed to mentoring new apprentices to help promote the healthy Mediterranean diet concept around the world. To prove the point, one of his kitchen protégés, Chef Vincenzo Nigro, has just been promoted from Sous Chef to Chef de Cuisine at the kingdom's award-winning restaurant.

A select group of culinary connoisseurs, including yours truly, was invited to 'a menu tasting experience' at Primavera last week to test some of the new delights in store for diners, alongside a sprinkling of traditional dishes that attract regulars to this popular dining destination.

Chef Oliver joined us at the table for most of the evening as we watched Chef Vincenzo orchestrate the kitchen team through the glass window partition giving a full screen action picture of the preparations and delivery of the dishes ... no pressure then!

At 30 years of age, Chef Vincenzo, from the small southern Italian town of Mottola, exudes a calm and confidence that belies his age, although his appointment fits perfectly alongside the dynamic young talent being

The Italian connection



DYNAMIC DUO: Chef Vincenzo and Chef Oliver, and, right, the delicious grilled lamb chop and, below, the team and more dishes

pushed forward throughout the property by recently-appointed GM, Bernard de Villèle.

He's a product of the celebrated hospitality school at the Institute of Mauro Perrone in the city of Castellaneta which he joined at 14. Shortly after his studies were completed, his culinary journey took him to the UK, Switzerland, Australia, the Maldives, Dubai and Russia.

In Bahrain, under the mentoring eye of former Chef de Cuisine Alfonso Ferraioli and Chef Oliver, his career has reached new heights.

"The best thing that I love about my job is that there is always something to learn," he said. "New ingredients

and fresh products continuously inspire me. I like to create new dishes, try new combinations and leave great memories for our guests. My experience, most recently in Rome with Oliver, has inspired me and my cooking!"

"To make the perfect dishes you need to have a right combination of tastes, different textures and balance of flavours, but the most important thing is to do it with love. If you cook with passion, the food can never be wrong."

"My favourite ingredients are tomatoes, fresh basil and excellent extra virgin olive oil."

It must also be noted that

Chef Vincenzo has a glowing reputation, as what many eating out connoisseurs now describe, as a 'food artist'. The taste of the cuisine is matched by the beauty of its presentation.

The family-style tasting menu produced by the dynamic duo, was traditional Italian fare, of course, with the chefs' imitable modern twists.

I loved the beautiful Italian ceramic dinnerware much of the fare was presented on.

Starters included Parmigiana Three Way, a delightful grilled aubergine (sometimes called eggplant) layered with cheese and tomato sauce and then baked to perfection, a piedmont-style veal with



tuna mayonnaise and capers and poached egg covered in a fried breaded casing with parmesan foam and sautéed spinach – a bit like a posh Scotch egg without the sausage meat. Obviously, the entrée selection at the establishment could not be concluded without one of its most popular dishes, the grilled octopus, with potato salad, green beans and pesto.

Main courses, featured a risotto cooked in tomato water, with burrata cheese and anchovies. This is the second time in a matter of days that I have enjoyed a rich risotto of such outstanding quality in a five star Italian restaurant, and, although I hate being indecisive, I've got to call in a 'score draw'. Truly outstanding.

Other delights included a seared tuna with panzanella salad, a Tuscan-style chopped offering of bread and tomatoes that is popular in the summer, and chilled tomato soup, and a glorious grilled lamb chop with tomato purée and lamb juice.

Desserts are just as dynamic, such as the Tiramisu (one of the works of art I mentioned earlier), a Neapolitan tart with ricotta

ice-cream and a duet of vanilla truffle and chocolate ice-cream, coated with crunchy milk chocolate. Sweet.

Rounding off the traditional experience, Ritz-Carlton's legendary service is led by a predominantly Italian team, bringing to life the Trattoria Moderna experience, where guests are completely immersed in Italian charm and flavours. The new restaurant manager is another young gun, Gianvittorio Specia, and the hotel has also recently recruited Andrea Colla, as executive assistant manager food & beverage. Benvenuto to Bahrain.

● For reservations at Primavera, call 17586499, or email rc.bahrz.restaurant.reservations@ritzcarlton.com and place your smart phone over the QR code to watch Editor Stan's YouTube interview with Chef Oliver and Chef Vincenzo.



Lining up to enjoy



ART-LOVERS have been lining up to witness the latest stunning collection of works by inspirational interior designer and artist Mohamed Taha, writes *Mai Al Khatib-Camille*.

Lines, whether thick, thin, horizontal, vertical, zigzag or spiral, are essential elements of all forms of art to communicate an idea or express a feeling, as well as make an image static or active.

Powerful painter Mohamed used this basic artistic tool to create colourful canvases of people, faces and his vision of the world. In keeping with the theme, more than 30 pieces from his *Vertical Lines Collection* are on show at Harbour Gate's south ground floor entrance within the Bahrain Financial Harbour (BFH).

"Lines play a major factor in my art," Mohamed, 62, from Manama, said. "It's quite important in my line of work especially as I teach art, design and technical drawing."

The modern abstract artist emphasised lines over groups of people at different locations around the world including Bahrain, London, Paris and Russia using acrylic paint in his third solo exhibition.

Other pieces feature paint dripping from faces and the use of lines in every day pictures from floral arrangements to images of famous people.

He added: "Art is all about expression and there are lines in everything. I'm so pleased with how many people have turned out for the exhibition and the positive feedback I have received from visitors and other



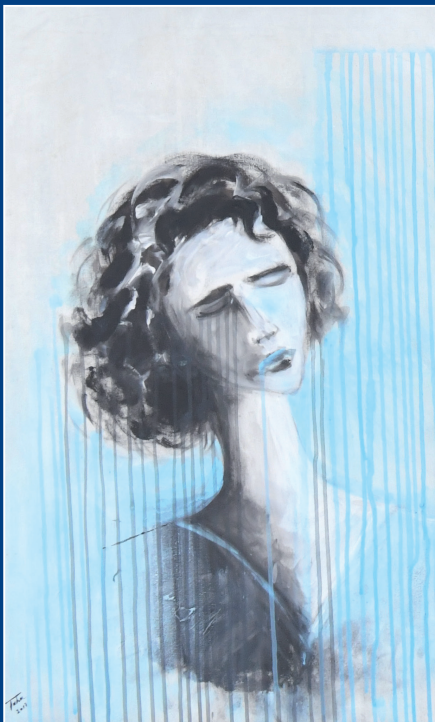
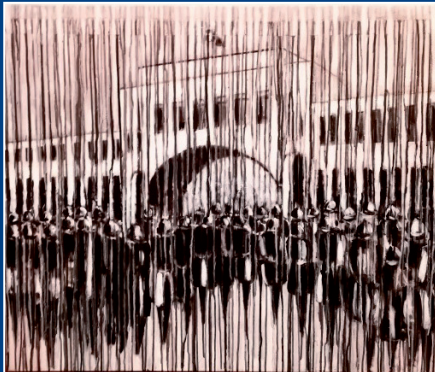
ROOM WITH A VIEW: Crowds enjoy the artwork and, from top left, Mohamed, followed by a selection of his creations

artists.

"I draw the subject first as the background and then my

last layers are the lines. I have experimented with this method and everyone appears to love

it. I've been encouraged to continue on this path and I'm happy to do so."



Mohamed's talent



exhibitions and events even while attending school.

His brother Mahdi, who was also an aspiring artist, encouraged him to pursue his love for art by studying at the acclaimed Faculty of Fine Arts in Zamalek in Egypt.

After graduation, he returned to the kingdom to work in the family business which revolved around mechanical engineering but also took time to join the Bahrain's Arts Society.

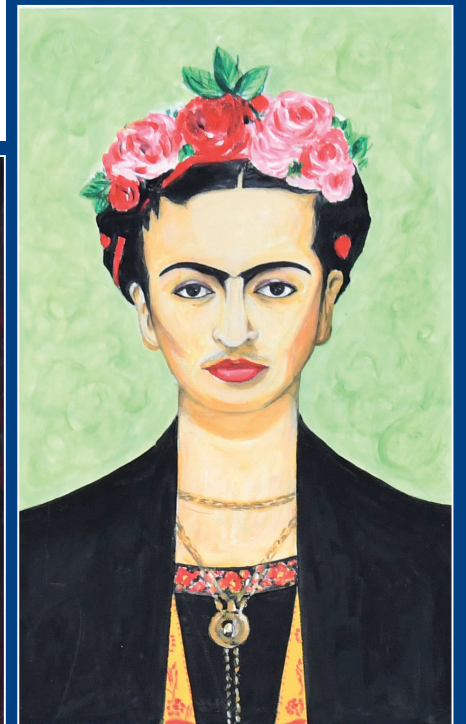
He also started teaching art, décor, jewellery design and graphics at several schools including Ibn Khuldoon National School and Ahlia University, as well as at institutes such as the Bahrain Training Institute where he became a senior instructor in the art and design division.

Since retiring, he has been able to solely focus on art, participating in exhibitions around the world as well as staging workshops. His works have featured in group exhibitions such as the *Art Bahrain Across Borders* shows in Bahrain and India. He also staged solo exhibitions at Hend Gallery and Bahrain Training Institute.

Mohamed has also received various accolades and certificates for his charitable activities and courses for different societies and centres such as Al Rahma Centre, Al-Kawther Society for social care and the Royal Charity Organisation.

He is currently working on another solo exhibition which will take two years to fully complete, ready for showcasing sometime in 2020.

Until then, people can admire his works of art until Saturday.



Within the first few days of the opening art-lovers snapped up four of his paintings, valued

between BD150 and BD1,000. Mohamed has always had a passion for art, sketching and

drawing since his childhood and was soon invited to participate in numerous



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SocialScene

Why wait a month! Join Social Scene every week

In focus



A TEACHER'S DAY celebration took place at Bahrain Indian School. Kindergarteners presented a special assembly with a song, dance and delivered speeches as senior students acted as teachers and managed the classes.

Director Ritu Verma and principal Saji Jacob presented gifts to the teachers as a token of appreciation. An oath-taking ceremony also took place in which the teachers pledged that they would work towards providing quality education and to be dedicated and committed towards their profession.



GPIC managing director Ibrahim Al Musaiteer has congratulated the company's executive management on its success in obtaining a 'Halal' certificate for Methanol in a new confirmation of the safety and efficiency of its products.

The company's president Dr Abdulrahman Jawahery added that the certificate confirmed that all ingredients used in the chemical production were free from any prohibited ingredient, suspect or genetically modified.



BATELCO has signed a partnership agreement with Dilmunia Mall Development Company and will provide integrated ICT solutions for the shopping destination.

The agreement was signed by Batelco Bahrain CEO Mohamed Bubashait and the development company's chairman Shaikh Khalid bin Mohamed Al Khalifa at the Dilmunia Mall Development Company headquarters.

THE German Orthopaedics Hospital and The K Hotel have signed a catering agreement to provide breakfast, lunch, afternoon snacks and dinner to patients.



Hotel owner Faisal Khalid Kanoo, its manager Volker Mandlowksy, the hospital's managing and medical director Dr Heiner Abel, chief operation officer Stefan Skrzywanek, Quality and risk manager Alicja Zadworna and other hospital and hotel representatives, attended the ceremony held at the hospital premises.

Moving ahead



ALBA held a Mini Town Hall session delivered by Alba's CEO, Tim Murray, to give a brief overview of the aluminium company's Line 6 Expansion Project's

progress along with providing an update on safety and overall market conditions.

Mr Murray said Alba was progressing as planned to commission and for the

start of its Line 6 and preparations have stepped-up to meet 'critical milestones' to achieve the first hot metal on January 1, 2019.

Induction meeting



AL MABARRAH Al Khalifa Foundation held an induction meeting for its Rayaat

Scholarship programme at the National Charter Monument. Volunteering and

community outreach will be an important part of the process.

Graduation ceremony

THE Bahrain Institute of Banking and Finance (BIBF) has celebrated the graduation of its students from the UK's University of Bangor. Among them were the 11 top performing students who graduated with first class honours - Qasim Abdulla, Maysa AlHoda, Noor Al Mansoor, Hassan Al Maskati, Ghada Al Rahma, Ahmed Al Sanad, Ahmed Al Shaibeh, Latifa Buheji, Dina Habib, Hassan Abdulnabi Hamada and Noof Alaleldin Saleh.

The governor of the Central Bank of Bahrain, Rasheed Mohammed Al Maraj, presented the students with the diploma certificates while Professor John Hughes president and vice-chancellor of Bangor University, presented the Bachelor certificates in the presence of BIBF's director Dr Ahmed Abdulhameed Al Shaikh



Orientation Week



THE Royal College of Surgeons in Ireland - Medical University of Bahrain (RCSI Bahrain) welcomed more than 200 new undergraduate students as part of its annual Orientation Week.

Organised by the Student Services and Events team, the Orientation programme introduce new-joining students to both academic and extra-curricular aspects of life at RCSI Bahrain.



Education Matters



An educational insight and comment by head teacher Chris Fenton

SO, here's an all too familiar story. A child in a school on the island is only in the early grades and he has a limited home life built around endless tutoring.

When the boy gets home from school, after a snack and a shower, the learning begins again because that is when he is drilled by his tutors. His family expects to see progress since they are paying for his tutors and want value for their money. It is a classic example of 'paid for' parenting.

This grueling timetable of school all day and tutoring all night leaves the boy in a state of constant pressure.

The idea of what constitutes parenting in this case is built around the misconception that if the child is in lessons then he is learning and he WILL learn because the parent is paying for it. Besides that, the child is busy, therefore, from the parent's perspective, they are doing their job.

Let's look at the same



scenario from the child's perspective. Because he is a child and full of the childish sense of awe and wonder, he also wants to play so he has to make a choice. Should he fulfil his need to play at home or at school?

At home it is far more difficult to play because he has one tutor after another and all of these tutors report to his

parents, therefore, the only real option he has is to play at school (because at least there his parents aren't watching) and that's exactly what he does.

He plays the fool in class, breaks the rules, spends more time out of the classroom than in it and generally spends the hours he has in school in a state of carefree abandon,

knowing as he does that when he gets home, the real work begins.

Now, from the school's perspective, this of course is unacceptable. He doesn't conform and so they exercise the discipline policy and in time the parents will be called in to discuss what is happening.

The boy is just exercising

his right to a childhood since, because he cannot play in the place where he is supposed to, his home, he plays at school.

The parents, however, feel that as long as the child is in a school or a tutoring centre or stuck with his head in a book he is somebody else's problem and they are fulfilling their duty of care by paying someone to care for him. If he

misbehaves therefore it's the school's problem, not theirs.

It is a classic endless negative cycle irresponsibility. In this case, however, there is a twist, one of the family members works for a ministry and as a result, should the child's parents be called into school or put on to any level of the discipline policy, he is wheeled in and because private schools are generally afraid of the authority, any decision made by the head regarding the child is overturned and he returns to school with the same carefree attitude as before, ever so slightly more aware that he is untouchable.

You can picture the scene in a few more years time when the boy realises the power that his family member yields. He will be intolerable and his behaviour will go from bad to worse all because the member of the family who works in a position of authority has failed in his civil and professional duty by abusing his power in the interests of his own family.

GulfWeeklyBookClub – in association with The Bookcase



BOOK OF THE WEEK by Linda Jennings – SIMPLE, Yotam Ottolenghi, 978-1785031168 (Ebury) BD12.200 for Gulf Weekly Book Club members

● So many beautiful books are in time for the festive season - on the first Wednesday of every month until Christmas, I am going to highlight my favourites as they come into print:

EVERYTHING you love about Ottolenghi, made simple.

Yotam Ottolenghi's award-winning recipes are always a celebration: an unforgettable combination of abundance, taste and surprise.

SIMPLE is no different, with 130 brand-new dishes that contain all the inventive elements and flavour combinations that Ottolenghi is loved for, but with minimal hassle for maximum joy.

Bursting with colourful photography, **SIMPLE** showcases Yotam's standout dishes that will suit whatever type of cooking you find easy – whether that's getting wonderful food on the table in under 30 minutes, using just one pot to make a delicious meal, or a flavoursome dish that can be prepared ahead and then served when you're ready.

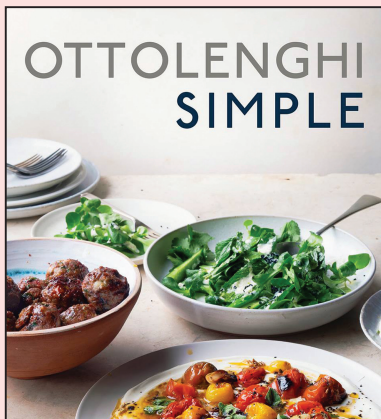
These brilliant, flavour-forward dishes are all **SIMPLE** in at least one (but very often more than one) way:

- S – short on time: less than 30 minutes
- I – 10 ingredients or less
- M – make ahead
- P – pantry
- L – lazy
- E – easier than you think

Ottolenghi **SIMPLE** is the stunning new cookbook we have all been wishing for.

READ IT NOW IN PAPERBACK

A COLUMN OF FIRE, Ken Follett
9781447278757 (Pan Macmillan)



BD4.400 for Gulf Weekly Book Club members.

A World In Turmoil

1558, and Europe is in revolt as religious hatred sweeps the continent. Elizabeth Tudor has ascended to the throne but she is not safe in this dangerous new world. There are many who would see her removed, not least Mary Queens of Scots, who lies in wait in Paris.

A New Order

Elizabeth determines to set up a new secret service: a group of resourceful spies and courageous agents entrusted to keep her safe and in power. As she searches for those who will make the difference, one man stands out.

A Man Who Would Die For His Queen
For Ned Willard the opportunity to serve



his queen is God-sent. He cannot stay in Kingsbridge and watch the love of his life marry another, and as fires burn and extremism begins to spark throughout Europe, Ned makes his choice. He will spend his life protecting his monarch from the tyrants who aim to destroy her or die trying ...

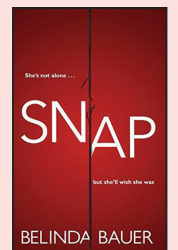
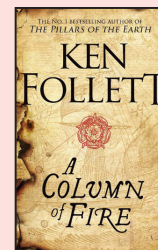
MY FAVOURITE READ OF THE WEEK

SNAP, Belinda Bauer
9781784160852 (Black Swan)
BD4.400 for Gulf Weekly Book Club members.

SNAP decisions can be dangerous...

On a stifling summer's day, eleven-year-old Jack and his two sisters sit in their broken-down car, waiting for their mother to come

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



back and rescue them. Jack's in charge, she'd said. I won't be long.

But she doesn't come back. She never comes back. And life as the children know it is changed for ever.

Three years later, Jack is still in charge - of his sisters, of supporting them all, of making sure nobody knows they're alone in the house, and - quite suddenly - of finding out the truth about what happened to his mother. . .

This was a **SUNDAY TIMES** best seller and long-listed for the Man Booker Prize for Fiction 2018.



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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

Ivory tower sure to delight

A fully-furnished two bedroom apartment is available for sale or rent in Porta Reef's sought-after Ivory Tower complex offering scenic views over Manama and the Arabian Sea.

The apartment, which has a total built-up area of 130sqm, features large windows and a spacious interior.

There is a roomy living and dining area with an open-plan kitchen fully-kitted with a microwave and oven. There is a laundry room and a guest closet. The two bedrooms feature both wardrobes and ensuite bathrooms.

Parking can be found around the building for visitors and there is a basement parking space for the tenant.

The building features a bakery-

style café and there are other eateries and retail outlets nearby on the island. As for amenities, the towers boast a large communal swimming pool with Jacuzzi, gym facilities for both men and women as well as a beautiful cornice area.

The luxury-freehold Ivory Tower is one of three residential buildings from the Porta Reef development found on the exclusive Reef Island in the fast-paced Seef district.

Reef Island is a billion dollar development created with the aim of attracting high-net worth property investors from Bahrain as well as GCC residents and also boasts a beach resort with restaurants.

The towers boast state-of-the-art amenities and include 126 two bedroom apartments, 57 three bedroom units, as well as six premium penthouses.



FACTS AT A GLANCE

Location: Porta Reef, Ivory Tower
Reference number: AP664
Sales price: BD124,000
Rental price: BD770
Living room: 1
Bedrooms: 2
Bathrooms: 2
Additional information: The towers include a swimming pool, gym and a cornice area. There is also a bakery downstairs.
For details on this or other homes contact Star Real Estate on 17299188.



starrealstate.bh

ROVE RESIDENCE

Modern Townhouses in Al Jasra

BD 1,200 with private pool exclusive / BD 1,000 without pool exclusive

Each Semi-furnished villa features the following:

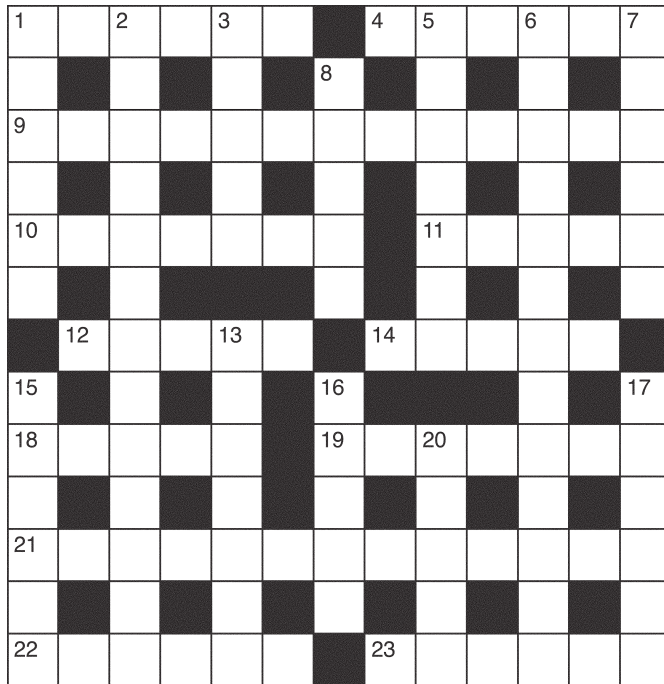
- 4 En-suite Bedrooms
- Living Room
- Outdoor Kitchen
- 2 Parking Spaces
- Servants Quarter, Laundry Room
- 4.5 Bathrooms
- Indoor Kitchen
- Small Private Garden
- Pool, Gym

Time Out



Hilal Computers
Maximizing performance and efficiency
Dell service provider
Tel: 1729 3749 ext 2220

crossword break



ACROSS

1. Exchange (6)
4. Coming (6)
9. Rude (13)
10. Shaft (7)
11. Frill (5)
12. Content (5)
14. Scope (5)
18. Nimble (5)
19. Thing that causes anxiety (7)
21. Sweetmeats (13)
22. Weaken (6)
23. Minor (6)

DOWN

1. Cruelty (6)
2. Thought-provoking (13)
3. Belief (5)
5. Proprie (7)
6. Efficiency (13)
7. Cashier (6)
8. Beano (5)
13. Excuse (7)
15. Rank (6)
16. Diminish (5)
17. Entreaty (6)
20. Orb (5)

who, what, where, when

WHO ... was the host in the US of the game show *Deal or No Deal*?
WHAT ... was the name of the cat Bill and Hillary Clinton adopted in 1991?
WHERE ... in the US were the actors Johnny Depp and Tom Ewell born?
WHEN ... did Sam Allardyce become manager of Blackburn Rovers FC?
WHO ... did Yoko Ono divorce in the same year as her marriage to John Lennon?
WHAT ... is the highest point in the English Peak District National Park?
WHERE ... was the first Grand Prix of the 2006 Formula One season held?
WHEN ... did the US animator Chuck Jones die?

Solutions in next week's issue.

just so

finger finger finger
π π π

DAISY'S
LOVER

pile
ag
e

t t t t
h h h h
u u u u
m m m m
b b b b

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

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

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

darn tough sudoku

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

Sudoku

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

Sudoku

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

Last Week's Leisure Solutions

CROSSWORD BREAK:

Across: 1 Conversation; 7 Floor; 8 Stern; 9 Coy; 10 Dissipate; 11 Derive; 12 Morass; 15 Necessity; 17 Hen; 18 Arena; 19 Idler; 21 Illegitimate.

Down: 1 Coincidental; 2 Ego; 3 Stress; 4 Testimony; 5 Opera; 6 Unreasonable; 7 Foyer; 10 Devastate; 13 Abhor; 14 Bikini; 16 Creel; 20 Lei.

JUST SO: The generation gap, The beginning of the end, A square meal, A free hand.

WHO, WHAT, WHERE, WHEN:

Wayne Coyne; Billy Bob Thornton; Algeria; 1941; Walter Mondale; Marmalade; Poland; 1952.

Darn Tough Sudoku

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

Ladies, are being hurt? Or abused?
Help is available.
 (domestic violence or sexual violence)

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3844 7588 Helpline

Visit us!
American Mission Hospital

Open 24 hours. Free and confidential. All women welcome.
 كل النساء مرحب بهن

Write to the editor

Follow Stan on Twitter @stanszczowka
 Your views make all the difference – email Stan Szczowka at editor@gulfweekly.com

AFTER a long summer break, children in Bahrain are settling back in school and focusing on classes, sport and other afterschool activities. It is a time of transition, not only for children but for parents.

Besides being anxious about the regular and recurring worrying thoughts such as 'will they need extra help in the classroom', or, 'what am I going to pack for lunch every day?' some parents have deeper concerns around sending their kids back to school, one of which is their child's health.

Many people are not aware of how bad the indoor air quality in schools can be. Fatigue, headaches, dizziness, coughing, plus eye, nose and throat irritation are symptoms of poor air quality in learning environments.

Consider this, some reports suggest 50 per cent of all schools have poor indoor air quality. Many school days are missed by students due to allergies and asthma.

What we know for sure is that indoor air quality has a direct impact on student health and performance. With cleaner air, students concentrate better and get higher grades. It also helps reduce absenteeism as children are less likely to get sick and enhances productivity.

But as everyone get adjusted to the routine of school, it's a good idea to monitor and improve indoor air. Parents and students can work with school officials to promote better air



DOUBLE ACT: Sarah and Baloo, a therapy dog and book star

quality and to make sure it is a top priority, here's what can be done:

● **Monitoring air quality:** You can't manage what you don't measure, that is to say, there is no way to know what the air quality is like without measuring it. It would be sensible for schools to carry out their own checks for both indoor and outdoor air quality. This can be done effectively by hiring a qualified professional for indoor air testing.

● **Adequate air ventilation & source control:** One step to improving indoor air quality in schools is to improve building ventilation. Schools must ensure the school ventilation system is working properly, undergoes regular inspection and maintenance, and has its filters replaced on a routine basis.

● **Comprehensive cleaning programme:** A clean school is important to every member of the school

community. Schools should be sure that hallways and classroom floors are wet mopped and surfaces dusted frequently using safe, non-toxic cleaning products and paints. It is also imperative to identify and eliminate sources of moisture that promote mold and mildew which will reduce the spread of infectious illness, as well as the triggers for asthma and allergies.

● **Fragrance-free schools:** Strong scents and fragrances can contribute to poor indoor air quality that can be unhealthy to students and teachers alike. Allergic and asthmatic patients report that certain odours, even in the smallest amounts, can trigger an episode. Encourage your child's school to ask its students and employees to refrain from wearing scented products.

Every parent wants to do everything in their

power to keep their child happy and healthy and keep their future bright. Although parents can control the indoor air quality in their homes, making improvements to the air that they breathe at school can help set a child up for success during the school year and providing a healthy, comfortable environment is an investment in the future of a child.

TR Ganesh, GM, Blueair Middle East.
 ● **Education Weekly: P15**

BALOO is delighted to announce another way of entering his competition! If you haven't time to post your entry in person or live overseas, just send a photograph of you counting the cats and the number spotted in *This Way Baloo!* to @Baloosbuddies or @bookcasebahrain on Instagram or Baloo's Buddies Bahrain on Facebook and Baloo will be delighted to post your card for you!

Sarah Clarke, by email.
 ● **Editor's note: Gulf Weekly Book Club members get two entries to win BD20 worth of children's books to celebrate The Bookcase Budaia's revamp!**

I HAD a pal called Haji Ali from Bahrain in the late 1970s. We were on a construction studies course at Preston Polytechnic.

I would like to meet him again but do not know where to start. Can you help by publishing this email?

Andrew Noble – andrew.n2@btopenworld.com

FOLLOWING the sad news of another two suspected suicides of expatriates in Bahrain bringing the total to 30 this year, as reported on your sister online news channel, @gdnonline, could our expatriate friends in Bahrain please translate this artwork, right, into their home language and share it among their communities?

Despair, depression and desperation know no boundaries. These numbers – 39605806, 39283875 and 33601311 – are manned by 60 trained counsellors from PGF, the Pravassi (expatriate) Guidance Forum.

Concerned, Saar.

THE WHISPERER

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

...editor@gulfweekly.com

EDITOR Stan Szczowka was immensely proud to meet Lech Walesa, winner of the Nobel Peace Prize in 1983 for his role in leading the nationwide Solidarity freedom movement.

Poland's first popularly elected president, governing between 1990 and 1995, was among a distinguished delegation of Nobel Peace laureates visiting Bahrain.

He was joined at a special lecture and lunch last Wednesday at Bahrain National Theatre by former South African president Frederik de Klerk and Indian social activist Kailash Satyarthi.

Amongst the items addressed by the wise men were cultural diversity, global warming, the welfare of children, tackling corruption and the growing gap between the rich and the poor.

Stan posted a photograph shaking Lech's hand, wishing in his heart that his late Polish father Stanislaw was still around to share the moment, and was disappointed by the response of a leading Polish journalist he had once trained in the UK as part of an international internship. He left a disparaging comment, the politest translated word being 'dinosaur'.

Now, Stan is not sure whether he was labelling him or the former leader, but he would be well advised to appreciate that wisdom really does come with age, as many scientific studies suggest.

The Whisperer's favourite quote comes from Lailah Gifty Akita, founder of the Smart Youth Volunteers Foundation, who said: "Treasure the wisdom of old age. Learn from elder people and be wise."

The only regret Stan has is not hammering home the point when he had the young hack under his wing.



Feeling desperate & alone in Bahrain?

Please call PGF hotline

39605806
39283875
33601311

I FIND it quite encouraging to see just how many people agree that plastic bags for groceries and other purchases should be paid for so as to quash what I think is quite unnecessary plastic consumption.

Even a small price to pay will definitely lead people into thinking whether they really need a plastic bag.

This point was underlined in California in three communities where when provided for free, up to 75 per cent of people chose to use plastic bags. A small charge of 10 cents however, made many reconsider as that percentage dropped to only 16 per cent.

While a trend like this might not be repeated in

Youth Talk

By Sarah Belal



its full intensity here on the island, a policy like this, I believe, will surely not end in vain.

Plastic equals convenience; it is readily available, offered everywhere. By making people pay a price, it forces them think of the (mostly) cost free alternative.

Sure, you might be able to find other uses for those plastic bags but there's no denying that they will eventually find their way into a landfill and contribute to the ever-increasing,

now becoming worldwide problem of plastic pollution.

And, yes, some establishments here have taken their own steps towards greener living by providing plastic bags that are either partially or completely biodegradable, but switching them out for indefinitely reusable cloth bags is a much better alternative for the environment.

Remember the ozone hole? Well, it seems that thanks to initiatives taken to curb CFC production the ozone hole is predicted to be healed by 2050, so there is reason to remain hopeful when it comes to quelling the issues related to plastic pollution.

Film Weekly



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



The hunt's on again

WITH its bawdy sense of humour, disorderly cast of characters, and hard core kills and action, *The Predator* does a lot right to reinvigorate the 31-year-old series.

It doesn't hit the heights of the original starring Arnold Schwarzenegger, and few action films ever will, but this is finally a follow-up worthy of the name.

Shane Black (who played a supporting role as Hawkins in the 1987 original) co-wrote and directed this continuation of the franchise, bringing his signature blend of dark, profane comedy, and offbeat familial dynamics to the material.

The Predator blends humour and heart as it explores two broken families: one, a group of self-proclaimed 'Loonies' – psychologically damaged veterans bound for a military psych ward – and the other is the McKennas, a military family that's fallen apart for a host of reasons.

The latter includes dad Quinn (Boyd Holbrook), a former soldier now employed as a mercenary, mum Emily (Yvonne Strahovski), and their young autistic son Rory (Jacob Tremblay).

Both families imbue this *Predator* film with a humanity that's been lacking in the series for some time, and the solid ensemble cast Black has assembled bring his battered creations and sharp dialogue to life with verve and conviction. I found myself truly connecting with this group and willing them to succeed as their dynamic evolved and layers of their personalities were revealed.

Not that all of the characters have that much to them though, mind you. Olivia Munn's evolutionary biologist, Dr Casey Bracket, initially seems like she might serve a key function by offering exposition and scientific insight but at a certain point she becomes just another character with a gun.

THE PREDATOR

STARRING: Boyd Holbrook, Trevante Rhodes, Jacob Tremblay

DIRECTOR: Shane Black

GENRE: Sci-fi/Action

RATING: 15+

RUNTIME: 107 Mins

Strahovski has a couple of decent scenes that show Emily is almost as much a force for the bad guys to reckon with as her estranged husband, but she's not terribly consequential in the long run.

Faring far better are Trevante Rhodes as 'Nebraska' Williams, (seemingly) the most well-adjusted of the Loonies who gets a few nice male bonding moments with McKenna, and the duo of bickering-but-devoted buddies Coyle (Keegan Michael Key) and Baxley (Thomas Jane) get the lion's share of the jokes. Augusto Aguilera's Nettles also gets a few dumb-sweet moments along the way, but as entertaining and likable as the Loonies are they're merely supporting players to Quinn McKenna.

Holbrook brings a world-weary resignation to the role; McKenna has seen it all, so much so that he doesn't even seem particularly surprised to learn that aliens exist. He has some warm moments with his son that help humanise him, but when you get down to it McKenna is there to kill and break things.

Holbrook's gruff-but-relatable portrayal helps make this otherwise-cliché macho character appealing. Meanwhile, Jacob Tremblay once again proves he's one of the best child actors working, giving a nuanced performance as Quinn's gifted son Rory, a role that could've easily been overplayed or reduced to a plot gimmick in lesser

hands. But as much as a solid crew of human characters are necessary for an audience to be emotionally invested in a story about many of them being gruesomely hunted for sport, a *Predator* movie lives or dies based on how cool and intimidating its title character is ... and that's where *The Predator* proves woefully inconsistent.

While we get all the usual path of destruction associated with the alien hunters, the introduction of a bigger, meaner variety of the already absurdly lethal original version raises the stakes of what the creature and the series is capable of ... until it just peters out.

Outside of his strength and size, this new *Predator* doesn't seem particularly better or more cunning than his smaller counterpart.

Furthermore, the home stretch is a little disappointing, with the action and the characters' fates so quickly rushed through that it's hard to keep track of who's alive and who's dead, short-changing both the titular alien hunter and the emotional payoffs to several of the main players' arcs.

Some of the digital effects in the final sequence on-board a *Predator*'s starship are also ropey at best.

Despite that, *The Predator* is, in many ways, a throwback to what made the 1987 original so beloved: it includes many of the same elements, such as the rowdy camaraderie amongst ludicrously macho protagonists, a debauched wit and a primal battle between man and beast.

If you can forgive a slightly underwhelming ending, it's well worth hunting a ticket.

● **Now showing in:** Cineco, Seef I, Saar, Wadi Al Sail, Mukta A2, Avenues

KRISTIAN'S VERDICT



1 popcorn – stay home
5 popcorns – start queuing

OGN
OIL, GAS, PETROCHEMICALS & RENEWABLES

The energy industry's
trade journal for the GCC region

www.oilandgasnewsonline.com

Bite-sized trailer

A Simple Favour

DIRECTOR: Paul Feig

CAST: Anna Kendrick, Blake Lively, Henry Golding

PLOT: *A Simple Favour*, directed by Paul Feig, centers around Stephanie (Anna Kendrick), a mommy blogger who seeks to uncover the truth behind her best friend Emily's (Blake Lively) sudden disappearance from their small town.

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



Final Score

DIRECTOR: Scott Mann

CAST: Dave Bautista, Pierce Brosnan, Martyn Ford

PLOT: After deadly terrorists abduct his niece at a soccer match, an ex-soldier with lethal fighting skills wages a one-man war to save her and prevent mass destruction.

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



Destination Wedding

DIRECTOR: Victor Levin

CAST: Keanu Reeves, Winona Ryder, Dj Dallenbach

PLOT: *Destination Wedding* reunites two of Hollywood's most adored stars, Keanu Reeves and Winona Ryder, as the socially awkward Frank and Lindsay. When they meet on their way to a destination wedding, they soon discover they have a lot in common: they both hate the bride, the groom, the wedding, themselves, and most especially each other. As the weekend's events continually force them together – and their cheerlessness immediately isolates them from the other guests – Frank and Lindsay find that if you verbally spar with someone long enough, anything can happen. When debate gives way to desire they must decide which is stronger – their hearts or their common sense.

SHOWING IN: The Avenues, Seef II, Seef Muharraq



imdb movie charts

Current Position	Title	Weekend Takings	Gross to date
1	The Predator	\$24M	\$24M
2	The Nun	\$18M	\$85M
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Motoring Weekly

Steering you to the best deals on wheels

Final editions of iconic bug

AFTER 80 years, Volkswagen has announced that they are officially squashing the iconic Beetle car in 2019.

The Beetle was originally commissioned in the 1930s by Adolf Hitler as the 'people's car' (or *volks wagen* in German).

Designed by Ferdinand Porsche, the curvy car was affordable, practical and reliable. Eight decades later, the 'bug' (as it is affectionately known) has been snapped up by 21,529,464 customers, making it the longest-running and most-manufactured car of a single platform ever made.

Germany stopped producing Beetles in the late 1970s, but in 1998 Volkswagen rolled out the New Beetle, which was meant to be a visual flashback to the original Type 1 design but was essentially a VW Golf.

Another variation was introduced in 2012, but sales have been steadily declining — down to around 15,000 last year from some 43,000 in 2013 — so the decision has been made to axe it.

To pay tribute to the car that helped make Volkswagen the world's largest automaker, VW will release two last models, the Final Edition SE and the Final Edition SEL.

Final Edition models are distinguished by special paint colours — Safari Uni (basically beige) or Stonewashed Blue — inspired by the Última



CRUSHING BLOW: The Final Edition Beetle and, inset, Editor Stan's old pride and joy



MOTORING
By KRISTIAN HARRISON
kristian@gulfweekly.com

Edición (last edition) versions of the original Beetle from 2003. VW is also offering Pure White, Deep Black Pearl, and Platinum Grey as alternative options.

Other changes include 17-inch aluminium alloy wheels for the SE trim level, and 18-inch alloy wheels with a multicolour design meant to reference the Última Edición's combination of steel wheels, hubcaps, and whitewall tyres. Final Editions get model-specific

upholstery as well — cloth and leatherette with diamond pleats for the SE, real leather for the SEL.

They get the same powertrain as other Beetle models, meaning a 2.0-litre turbocharged four-cylinder engine producing 174 horsepower. That power is sent to the front wheels through a six-speed automatic transmission.

Recently consumers appear to have increasingly turned to larger cars such as crossovers and sports utility vehicles.

Volkswagen, in the wake of the diesel emissions scandal and huge investment in

electric vehicles, says it will look to slim down its model range with a greater focus on family and electric cars.

"The loss of the Beetle after three generations, over nearly seven decades, will evoke a host of emotions from the Beetle's many devoted fans," said Hinrich Woebcken, chief executive of Volkswagen Group of America.

Hitler originally commissioned the car in order for a cheap and practical mass-produced car to be made available to the German people and to work on the country's new road network.

But the outbreak of war would stall its production, as military necessity took precedence. The plant was severely damaged, then fell into the hands of Allied Forces, who were eventually to play a large part in its recommissioning.

Production began to take off in the late 1940s, and by 1955 a million of the cars were driving on German roads. The design would find international fame in the 1960s and '1970s in films featuring Herbie the Love Bug, a racing car with a mind of its own.

It was also popular with the

1960s counter-culture types who extolled the Beetle's small, practical, but aesthetic qualities.

In fact, *GulfWeekly's* Editor Stan Szczowka's first car was a sky blue Beetle, also called Herbie. He bought it for BD45 second-hand, complete with a wobbly rear wheel and a 6V battery.

It has not yet been announced when the final Beetles will be flying in to the kingdom, but the current 2018 model is available from the Behbehani Brothers showroom in Sitra for the starting price of BD11,000.

Car testing grounds ready to suck it and see

DYSON, the British company best known for its ground-breaking vacuum cleaners, is planning to expand its electric vehicle development on a former airfield.

The company said it plans to build more than 16km of test tracks at the former RAF Hullavington base in southern England.

It also plans new office buildings for more than 2,000 staff that will eventually be employed at the site. Overall, Dyson has said it will invest more than two billion pounds (one billion dinars) in its

electric car programme.

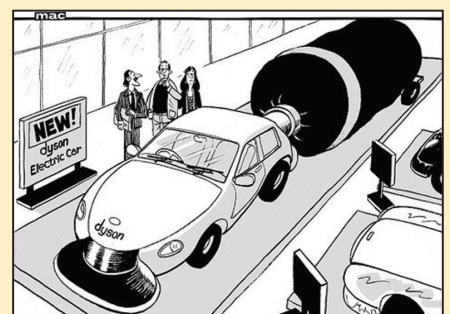
Founder James Dyson is one of Britain's most successful entrepreneurs. Two hangars dating from 1938, have already been restored where 400 employees now work.

In the next phase of development, the company is proposing to build tracks to put battery-powered vehicles through their paces, including handling and stability, off-road driving, a skid pan and a runway for speeds of around 161 kph.

It will join an increasingly crowded field, as traditional automakers such as Mercedes-Benz, Audi and Jaguar Land Rover launch their own EVs to compete with Tesla.

Dyson has indicated it plans to incorporate in-house solid state lithium battery technology, understood to be lighter than conventional ones which hold much more energy, promising extended range for electric vehicles.

The cars are expected to launch in 2021.



Making a stand for the future

From Page 24

The new development bodes well for the season ahead, with the famous 'Red Wall' sure to be called upon to push its team over the line during a gruelling season to come. Indeed, it was arguably the 16th man who settled this most tense of ties.

The home side – and the supporters alike – had to endure a nervous final few minutes as the mighty Quins pressed for a second try of their own that could have set captain Luke Stevenson up for the chance to steal the win, but it was some resolute defending that held firm.

As expected, this winner-takes-all clash was a pulsating affair virtually from start to finish, with little really to choose between the two sides throughout. Both teams had beaten Round-robin SC in their other round-robin fixture.

Bahrain flew out of the blocks and established a lead early, before Quins struck



FAMILY ENCLOSURE!
Fans flock to the ground and, right, the new dressing rooms



back with a try right on the half-time whistle. It was then Quins that took the driving seat during the second half, and took the lead for the first time with 10 minutes to go thanks to some precise kicking from Stevenson.

It looked like they were on course to retain the trophy for

the third time in succession, until a cracking finish from Roberts – after some silky passing exchanges – made the difference.

The victory delighted coach Louie Tonkin, although he was quick to emphasise that the team had no time to rest on their laurels as the two

teams face off again this coming Friday in the opening round of the West Asia Premiership, this time away at the Zayed Sports City in Abu Dhabi.

He said: "I'm absolutely chuffed, that was a tense game and could have gone either way. The momentum

swung so much and it went down to the last kick.

"We wanted to start strong and take the sting out of their attack, which we did, but then we lost a little discipline and errors crept in. We got two yellow cards which isn't ideal, especially under that sort of pressure, so that needs looking at. However, what we have got is tremendous character and we really dug in, weathered the storm and fought back late on with the help from the fantastic crowd.

"It's great to get a trophy and also another game time under the belt for our whole squad, in preparation for the season ahead which is our priority. All 27 players got significant time both in this game and the Kandy match so I'm delighted with that.

"We'll look at the video of this match and see where we need to improve as it was far from perfect. It's not true that you only learn by losing, you can learn from winning too. Abu Dhabi away from home is as tough as it gets."

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All the best action from Formula One

Hamilton's sitting pretty

LEWIS Hamilton won the floodlit Singapore Grand Prix from pole position on Sunday to extend his championship lead over Sebastian Vettel to a commanding 40 points.

The Mercedes driver made a clean start and was largely untroubled as he beat Red Bull driver Max Verstappen by nine seconds, with Vettel much further back in third.

"I'm so excited," a jubilant Hamilton said. "I came here knowing that Singapore is a hard one for us. But I'm always optimistic, thinking that if we're really diligent and do our work, we can create some chances."

"Then Friday was already a good day for us. Saturday didn't start off well, but then all of the sudden that special lap came in. Knowing that we would start on pole, I knew that it was a great opportunity for us to capitalise on."

"I had a great start and from then I was able to manage it. When I hit the traffic, I was just mindful not to take any risks. When you start to get closer to another car, you start losing grip and start sliding around more, so there's a higher chance of mistakes. If you're lucky you catch the cars at the right point and they let you by so you don't lose any time, but I always caught them at an unfortunate point."

"The guys weren't letting me by. My heart was in my mouth for a minute. So when Max was right behind, I had to go on the defensive, and I thought to myself 'bro, you're not getting by - not today!'"



ON TRACK: Mercedes' British driver Lewis pressing ahead with his title challenge, below, in front during the Grand Prix, celebrating at the post race press conference and a bird's eye view of the circuit

F1 REPORT
By STAN SZECOWKA
editor@gulfweekly.com



"It was physically such a demanding race, so I'm relieved that it's over now - it felt like such a long night, but I'm super grateful for the result. I know I can't get ahead of myself, we can't get ahead of ourselves."

The four-time Formula One champion recorded his seventh win of the season and 69th of his F1 career. Vettel's championship bid crumbled when he crashed from pole here last year and then went on to lose the title by 46 points to Hamilton.

It is looking increasingly like a repeat scenario for the

Ferrari driver, who now has just six races left to catch Hamilton in their bid for a fifth F1 title.

Vettel was unhappy with his team after qualifying in third place behind Verstappen, and the German driver sounded irritated during Sunday's race after a team strategy error to send him into the pits for a tyre change, before Hamilton, failed to work.

Instead he lost position and crucial points, dropping back behind Verstappen having earlier overtaken him. "We tried to be aggressive in the beginning and obviously it didn't work out," a despondent Vettel said. "I think, with the way we raced,

we didn't have a chance. I said before the weekend we can only beat ourselves and we didn't get everything out of the package."

Hamilton has won four of the past five races and leads Vettel 7-5 in wins this season.

The only thing bothering Hamilton seemed to be the sweltering conditions. Despite the night-time start, the temperature was around 30 degrees Celsius and the humidity intense, meaning drivers lost up to nine pounds in fluids.

"I'm spent," Hamilton said moments after victory, crouching down by his car.

His teammate Valtteri Bottas was fourth ahead of

Ferrari's Kimi Raikkonen and Red Bull's Daniel Ricciardo. Two-time F1 champion Fernando Alonso, who won the inaugural race here 10 years ago, was seventh for McLaren in his final F1 season.

Hamilton's stunning pole on Saturday night was a record-extending 79th in F1 and among his best.

Vettel almost bumped into Verstappen as they headed into the first corner on Sunday, but they just avoided contact.

Moments later, Vettel got past Verstappen with a great move on Raffles boulevard while behind them Sergio Perez knocked his Force

India teammate Esteban Ocon into the wall and out. The incident meant a safety car came out on to the track for four laps.

When the race re-started, Ferrari gambled on pitting first for new tyres by bringing in Vettel first. Mercedes pitted Hamilton moments later, and when Vettel came back out he was still behind Hamilton and lost more time getting past Perez.

Verstappen was the next in, almost colliding again with Vettel into Turn 3. Verstappen held position, Vettel dropping one place. "No chance, we are again too late," Vettel complained over team radio, taking another apparent swipe at team strategy.

Perez had another incident later in the race. The Mexican driver got frustrated when stuck behind the Williams of Russian driver Sergey Sirotkin and collided with him as he tried to pass.

On Mexico's National Independence day, Perez crossed the line a lowly 16th, having also likely lost the team points when he knocked out Ocon.

Hamilton's only scare was when he was held up by Frenchman Romain Grosjean and Sirotkin as they scrapped for position near the back. It slowed him down and enabled Verstappen to close the gap, but the Dutchman couldn't quite get close enough to attack.

Time is running out for Vettel, who realistically has to win in Russia in two weeks' time if he is to get back into title contention.



WITH the Ryder Cup a few short weeks away, I'm already giddy in anticipation of one of my favourite sporting events.

Some (in fact, many) may think that golf is boring to watch, but I challenge them to catch this famous duel between Europe and the US and not feel the adrenaline as the biggest names go up against each other in a match-play format.

We're still a couple of weeks out, but battle lines are being drawn and the familiar rivalry is heating up.

This year, the competition will be held in mainland Europe for only the second time in its 91-year history. Le Golf National in Saint-Quentin-en-Yvelines, France, is the location where Team USA will be hoping to retain the cup after they were victorious on home soil two years ago.

The match-play format has shown time and time again that the on-form stroke play golfers can't always turn it on when playing one-on-one. In fact, the format brings out the very best in some players who never quite achieved what their talent suggested on the Tour. For others, this is the fifth major and even more important than the others.

As usual, there are likely to be a few upsets here and there. Some of the American team are playing the best golf right now, but the Europeans will be keen to avenge their one-sided loss in 2016 and will be playing for pride.

US captain Jim Furyk will have to keep his players motivated to keep both the European players and the crowd as quiet as possible.

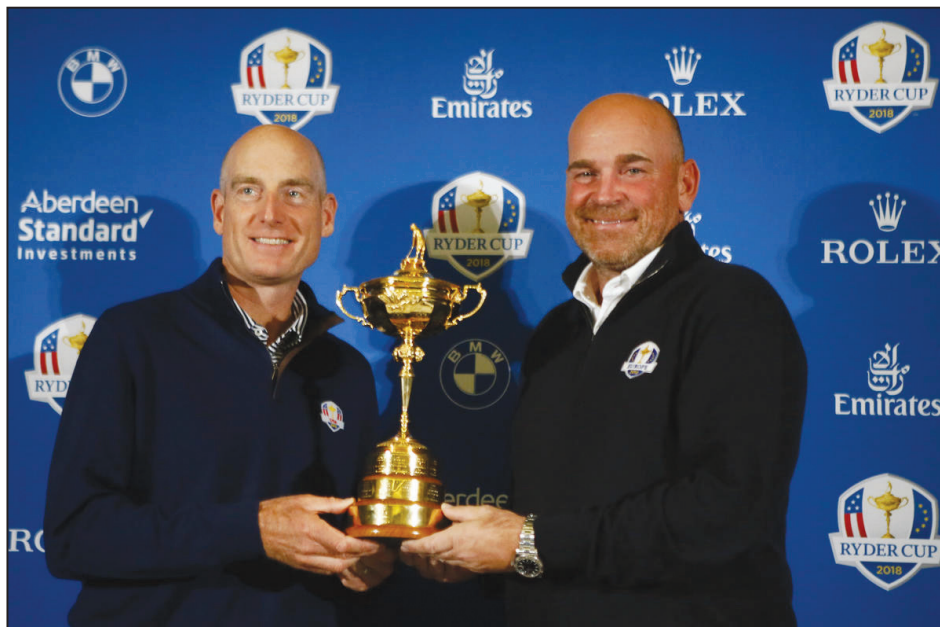
It is widely expected that Tiger Woods will have a significant impact on this Ryder Cup, both because he is playing his best golf in years, and also because anyone playing against him will have to deal with the attention the star receives.

Europe have at least four rookies playing for them this year so they will have to start quickly, otherwise they may become overwhelmed by the USA's experience.

Tyrell Hatton is a player to watch out for. He's making his Ryder Cup debut for Europe, and the young English star has a reputation for being quite a fiery character. He's not guaranteed to win his matches, but for sure he'll be good entertainment for those watching.

Another rookie to keep your eyes focused on will be Justin Thomas. The young American is in top form, and many are tipping him to be the standout performer of the tournament. Look for

Golf's adrenaline rush



GAME ON: Captains Furyk and Bjørn will battle it out for the Ryder Cup, below, Woods and Rose



fireworks if Thomas and Hamilton are drawn to play each other.

The top three players in the world are American, so look for big performances from Dustin Johnson, Brooks Koepka and the aforementioned Justin Thomas. Young American golfers Jordan Spieth and Rickie Fowler will be looking to add to their Ryder Cup experience by notching another few wins.

Europe are not favoured to win in France, but they might have a couple of aces up their sleeves. The two most recent French Open winners, Alex Noren and my old schoolmate

Tommy Fleetwood are both among Europe's ranks for the competition in September. They both won the tournament at Le Golf National so if they can replicate their recent form once more they are going to be a match for anybody.

Last time, Europe team captain Darren Clarke had an inexperienced team that didn't put up much of a fight on American soil, losing the 2016 Ryder Cup 17-11 at Hazeltine National Golf Club.

They will hope that playing familiar ground will make them more competitive and, if Europe cannot secure a win, reducing the six-point

deficit is something that must be accomplished. Europe team captain Thomas Bjørn added some experience with his wildcard picks, and one of the men expected to perform well is Mr Ryder Cup himself, Ian Poulter.

As I mentioned earlier, Poulter may have flattered to deceive in major championships, but he would be arguably the first name on any captain's Ryder Cup team sheet. There's no warrior you'd rather ride into battle flailing a titanium golf club than Poulter, who fires himself up into a new gear for his continent when the emotions and atmosphere kick in.

Bjørn has a total of four wildcard picks this year, so some of Europe's heroes from Ryder Cups gone by have been included in the team. Joining Poulter will be

Paul Casey, Sergio Garcia and Henrik Stenson. While Bjørn hasn't necessarily picked the form players, he has picked those who he knows can be relied upon to be a match for anybody on their day.

The inclusion of Garcia was particularly controversial, with the Spaniard suffering something of an annus horribilis just a year on from the best season of his career, where he lifted the Masters.

Many more in-form players were overlooked at his expense, so there will be considerable pressure on him to relinquish his somewhat unfortunate label as a nostalgia pick.

Europe's other picks include Open champion Francesco Molinari, newly-crowned World Number One Justin Rose, superstar Rory McIlroy and Jon Rahm. Thorbjørn

Olesen snagged the last qualifying spot after his performance at the Made in Denmark tournament.

The USA's automatic positions are all wrapped up, so the only mystery surrounding their team was who the captain would pick as his wild cards. Like Bjørn, the US captain had four picks, and he didn't overlook golfing legends Tiger Woods and Phil Mickelson for two of those spots.

That left another two places open, and Furyk was always likely to go with the players who are on top form but missed out on the automatic spots.

Bryson DeChambeau agonisingly failed to qualify for his spot, but the US captain included him in the final line up anyway. As well as those mentioned, he will join Bubba Watson, Patrick Reed, Tony Finau and Webb Simpson. With only one rookie in their ranks (Thomas), it's hard to see where the USA's weaknesses are, but it's up to the Europeans to find and exploit them.

The American's are heavy favourites to lift the trophy once more and if they manage to put some daylight between themselves and Europe in the early stages it's hard to see anything but a US victory. If Europe are to win they must start strong and hope they can grind out a victory.

Of course, I shall be fervently cheering for Europe, but I sadly believe that the current roster of American golfers is ridiculously talented. On paper, they have arguably the strongest pool of players in history and I think they will win 15 ½ - 12 ½.

Luckily, sport isn't won on paper. And, perhaps more importantly, my predictions are usually terribly wrong.





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STATEMENT OF INTENT

BAHRAIN Rugby Football Club raised the curtain on the 2018-19 season in perfect fashion as they claimed the Asia Rugby Western Clubs Champions League for the first time, cheered on by a raucous crowd from the club's newly-inaugurated grandstand.



RUGBY

By KRISTIAN HARRISON
kristian@gulfweekly.com

A pulsating encounter against old rivals and reigning champions Abu Dhabi Harlequins balanced on a knife-edge, with the result in doubt until the final kick.

A first half score from Jack Phillips and a late

touchdown by debutant Callum Roberts, along with 17 points from the boot of Ross Preedy, did the damage, as Bahrain emerged victorious 27-21.

It was a long-overdue first home victory for Bahrain over the UAE giants since February 2010, played out to a cacophony of noise from the renowned home crowd.

The new grandstand was warmly received, with the higher number of seating rows and better vantage point of the pitch being praised to the rafters.

It was a close call, though, as the finishing touches were only applied the night before, and the paint on the walls of the new changing room was still drying as the

players' shirts were hung on the wall!

Work began in July, and also features new referee changing rooms, plus a ladies cloakroom, alongside a complete relaying of the playing pitch by the same company that has created and cared for the smooth condition of the acclaimed courses of the Royal Golf

Club in Riffa Views.

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