

Gulf Weekly

The community newspaper at the heart of Bahrain

September 26 - October 2, 2018

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EATING OUT
Raw Candy delights:
SEE PAGE 11



MOTORING WEEKLY
Mercedes GLE 400:
SEE PAGE 20



MOTORING WEEKLY
Jeep Wrangler:
SEE PAGE 21

POINTING AHEAD



TWINKLE-TOED teenager Maya Shaban is all set to leap and twirl into the next chapter of her stage career after achieving a coveted scholarship to one of the most prestigious dance academies in the UK.

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

The talented former Bahrain schoolgirl recently graduated from the Sylvia Young Theatre School in London, famed for helping many British stars of screen and stage forge successful showbiz

careers. She has now been accepted on a full scholarship to The Urdang Academy in London, a conservatoire of dance and musical theatre.

The academy offers vocational training for young performers from the age of 16 to become 'strong, disciplined and confident'

entertainers. "Getting into Urdang was my dream and I have achieved it!" said Maya. "Now I need to continue working really hard to improve and become the best I can be."

Maya, whose parents are British and Bahraini, aspires to follow in the footsteps of

acclaimed teenage American actress, model and dancer Maddie Zeiglar, and has been working towards stage success ever since she stepped out as a toddler at the Victoria Dance studios in Janabiya which are run by her mother.

Turn to Page 6

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Labour ward's

PROUD grandfather Omar Faqihi and his family joined American Mission Hospital's (AMH) celebratory campaign as they welcomed baby Deena to the world ... making her the third generation to be delivered at its facility.

Last month, the hospital launched a social media campaign asking former patients to send in baby pictures of themselves or relatives born on its premises to mark the milestone of 50,000 babies being delivered.

They will be added to a dedicated 'wall of fame' in the main building of the Manama facility. Furthermore, a small number of baby images have been selected at random with prizes, such as free health check-ups and giveaways, and given to the participants.

Retired construction engineering project manager, Omar, heard about the initiative through friends and sent in his photographs along with his twin sister Donya's, a substitute teacher who works in administration at a school in Gudaiybiya, as they were born there on November 4, 1964.

"This is such a beautiful campaign bringing people together from around the island," said Omar. "Families that might have moved away from one another are now being reunited by these fond memories."

According to the 54-year-



SO CUTE: The newest member of the family, Deena

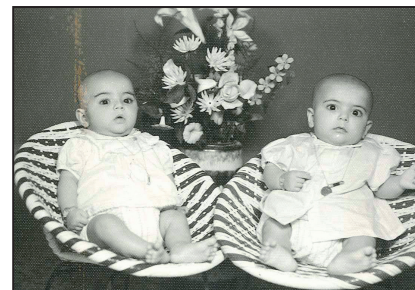
COMMUNITY REPORT
By MAI AL KHATIB-CAMILLE
mai.alkhatib@gulfweekly.com

old from Hidd, his father, Mahmood, was the one who suggested his wife, Khadija Al Awadi, deliver at AMH's labour ward ... and it seems the apple didn't fall far from the tree.

Omar jumped on the family bandwagon and had his children Sara, 25, an architect, Hafsa, 23, a nutrition university student in

Doha, born there, as well as Abdulaziz, 12, and Khadija, eight, who both attend schools in Arad. Their pictures were also added to the campaign.

However, his 20-year-old son Mahmood, who is studying accounting at the University of Bahrain and Abdulla, 17, studying business and administration at University of Sharjah, were not delivered there although their mother did receive consultation



PICTURE THIS: Omar and Donya, left, Sara, below, Hafsa, and, right, scan images, momentoes and flashback to earlier coverage



GROWING UP: Pretty girls Sara and Hafsa

CHEF VINEET

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family affair!



Celia helped with the birth of Sara and also took care of my wife when she was pregnant with Hafsa."

Now there are further celebrations all around as Sara recently gave birth to Deena on August 13, a day before her very own birthday, adding her to AMH's family connection. Sara said she was delighted to have her daughter delivered there too and found AMH to be 'extremely caring'.

Omar added: "I'd like to thank the hospital for the way they have treated us all these years from the birth of my children to the birth of my granddaughter."

"They made us feel as though we were part of the family and while the system and medical equipment may have been updated, the hospital's warm and inviting demeanour and care is still the same."

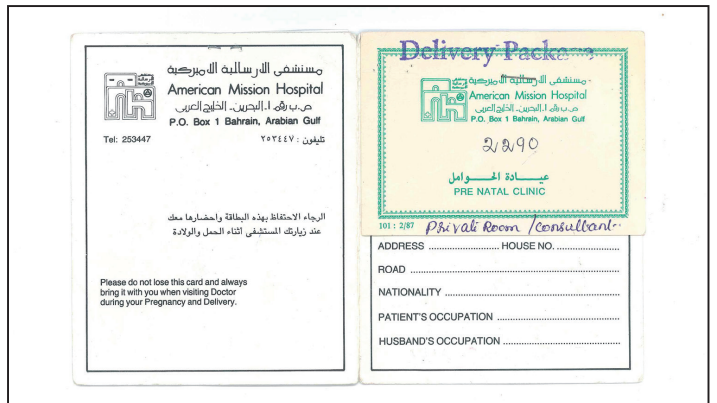
"It feels like this is our hospital now!"

As reported in *GulfWeekly*, AMH, which was officially opened in 1903 and was at the time the sole healthcare provider in Bahrain, reached out to identify as many people as possible whose life began within the hospital's walls during its near 120-year history.

To the delight of group CEO, Julia Tovey, the response was phenomenal and the hospital's Facebook pages have been inundated with photographs stretching from faded black-and-white wallet photographs to full-colour digital images.



SITTING PRETTY: From left, Khadija, Abdulaziz, Sara and Omar with newborn Deena and, below, more hospital maternity paperwork



throughout the pregnancy. "I don't really know why my dad chose AMH; probably because he believed it was better than the other clinics back in the day," the father-of-six explained. "When my wife Henda Abdulla, was pregnant with our eldest, Sara, I asked around about AMH and was told its standards were still high and that it was a great hospital."

"From the moment we stepped foot in there and

witnessed the treatment offered by the nurses, the administration staff and everyone really, we felt comfortable and at home. Our doctor Celia White was fantastic and took such great care of us."

"She made our first experience of childbirth a pleasant one from the consultation to the day of the delivery. It was then that we knew that all of our children would be born there. Dr

August 29 - September 4, 2018

50,000 baby milestone

The Rolling Clones PRESENTING Tribute Band

CONCERT 4th September 8pm Tickets \$200-\$500

TRIBUTE BAND BRUNCH 10th September 11.30 to 2pm Tickets \$200-\$500

LAUNCHING: The 100th Anniversary of the American Mission Hospital (AMH) is being celebrated with a series of events. The first is a concert by The Rolling Clones, a tribute band, on September 4th. The second is a brunch on September 10th. The third is a lecture on September 11th. The fourth is a book launch on September 12th. The fifth is a film screening on September 13th. The sixth is a panel discussion on September 14th. The seventh is a Q&A session on September 15th. The eighth is a book signing on September 16th. The ninth is a book launch on September 17th. The tenth is a film screening on September 18th. The eleventh is a panel discussion on September 19th. The twelfth is a Q&A session on September 20th. The thirteenth is a book signing on September 21st. The fourteenth is a book launch on September 22nd. The fifteenth is a film screening on September 23rd. The sixteenth is a panel discussion on September 24th. The seventeenth is a Q&A session on September 25th. The eighteenth is a book signing on September 26th. The nineteenth is a book launch on September 27th. The twentieth is a film screening on September 28th. The twenty-first is a panel discussion on September 29th. The twenty-second is a Q&A session on September 30th. The twenty-third is a book signing on October 1st. The twenty-fourth is a book launch on October 2nd. The twenty-fifth is a film screening on October 3rd. The twenty-sixth is a panel discussion on October 4th. The twenty-seventh is a Q&A session on October 5th. The twenty-eighth is a book signing on October 6th. The twenty-ninth is a book launch on October 7th. The thirtieth is a film screening on October 8th. The thirty-first is a panel discussion on October 9th. The thirty-second is a Q&A session on October 10th. The thirty-third is a book signing on October 11th. The thirty-fourth is a book launch on October 12th. The thirty-fifth is a film screening on October 13th. 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Chef delivers new delights

THE charismatic king of Indian cuisine has flown back to Bahrain this week to unveil a new menu and hold another of his popular culinary classes.

Chef Vineet Bhatia, fresh from his charitable endeavours cooking up a fine dining experience up the side of a mountain, will be presenting some mouth-watering moments to savour at the Gulf Hotel Bahrain Convention & Spa.

He's planning a five-day stay at his award-winning signature restaurant Rasoi By Vineet - Bahrain and told *GulfWeekly*: "What can I say? Come over and enjoy the new menu ... and yes, they'll be a cooking class too!"

It has been a staggeringly successful operation, continually picking up accolade after accolade and has not only been voted 'Best Indian Restaurant' but overall 'Best Restaurant' in travel award competitions.

Rasoi, in Hindi, means 'kitchen' and the reputation of Vineet's kitchen in Bahrain continues to grow in stature thanks to his talented team.

"People often asked me what our signature dish is," Chef Vineet said, "and I tell them that we haven't got a signature dish, we have a signature approach to elevate the cuisine to a very high standard."

Born in India in 1967, Chef Vineet, 51, studied at a

HOSPITALITY REPORT

By STAN SZECOWKA
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catering college and a hotel group spotted his talent and determination and recruited him as a trainee in 1988. "The wonderful thing about growing up in Bombay was the eclectic influence all around you. It is a melting pot of culinary delights from all over the many different regions of India."

After a stint in Delhi, he returned to Mumbai to take on the role of Chef De Cuisine at a top restaurant before moving to London. When he opened his own restaurant in 2004, reviewer Michael Winner waxed lyrical in *The Sunday Times*, reporting: "Everything was so sensational. This meal was, without doubt one of the great food experiences."

Chef Vineet says that he produces 'evolved' Indian food and that it never stops evolving. Balance and sophisticated use of spices - chili, coriander, cumin and turmeric, in particular - mark his cooking. He scores with the way he has innovatively given traditional Indian cuisine a unique and contemporary twist and modern presentation helps too.

One of the new dishes on the menu will be a Black Olive Malai Chicken Tikka, a mouth-watering juicy grilled dish, with meaty pieces marinated in chilies, garlic, lemon and spices. Chef Vineet's playful take on the

classic replaces lentils with black olives in the khichdi accompaniment.

The restaurant may not have a signature dish as such but foodies in Bahrain particularly love its Crusted Biryani. A clever creation, one of the Arab world's top rice choices, the baked top not only keeps the ingredients moistly steaming away inside, it can be torn up and used to soak up the accompanying sauces and yogurt concoctions just like a naan bread.

As recently reported in *GulfWeekly*, Chef Vineet took a party of 11 on an incredible charity fundraising climb to the Mount Everest Base Camp for a fine dining experience.

In the group was Nepalese head chef of Rasoi by Vineet - Bahrain, Tej Bahadur Thapa Magar, 38, his 19-year-old student son, Varaul, as well as Bahrain-based expat mum Madhu Sarda, 40.

With his feet firmly back on the ground after flying into Bahrain yesterday, Chef Vineet will be in the restaurant's famed show kitchen today showcasing the new menu. Tomorrow a special dinner event will be staged, *GulfWeekly* hopes to catch up with him on Friday evening and his cooking class will take place on Saturday.

For more details and to make a reservation, call 17713000.

● See Leisure Guide for more events: Pages 8 & 9.



IN THE KITCHEN: Chef Vineet and, below, flashback to Mount Everest Base Camp fine dining



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Al Jazira Supermarket Zinj

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Sweetzone rainbow belts 6x960gm – BD2.800
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Al Mashmoom basmati rice 20kg – BD11.490
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Americana mix vegetable 450gm – BD0.525
Al Khaleej vermicelli 4x400gm – BD1

Getting to the heart of the matter

WOMEN are being urged to visit City Centre Bahrain to receive complimentary heart health test this weekend as part of an annual regional awareness campaign called 'Feel the Beat'.

Mall owner Majid Al Futtaim had launched the initiative offering complimentary cardio-health screening for women in shopping malls in the kingdom, the UAE, Egypt, Lebanon and Oman.

The initiative is being staged in collaboration with the American Heart Association and the Mohammed bin Khalifa bin Salman Al Khalifa Cardiac Centre and King Hamad University Hospital.

The campaign, which runs until the end of October, was created to celebrate World Heart Day which falls on Saturday and also to spread awareness of cardiovascular disease, prevention and the importance of early detection.



CARING HANDS: Complimentary tests for women shoppers

Medical professionals will administer the complimentary cardio-health screening for women on Friday and Saturday from 10am to 10pm. Visitors will also be able to check their blood pressure, blood sugar and body mass index to determine if they are at risk of heart disease and if they need a follow-up consultation for further analysis.

Meanwhile, Saturday is also the last day to snap up special

promotions and thrilling prizes as part of the shopping destination's on-going festivities to mark the 88th Saudi National Day.

Shoppers spending BD30 could win 100g 24k gold plates and the first 50 visitors every day who splash out BD40 will instantly receive two cinema tickets.

For more information, visit www.facebook.com/citycentrebahrain or www.citycentrebahrain.com

Maya set to shine

From Page 1

"I was born into dance and I love all styles although my favourites are jazz and lyrical," she told *GulfWeekly*. "In fact, I can't remember a time that I didn't!"

Maya started her education in Bahrain at Lilliput Pre-School and moved to Nadeen School in Adliya before winning a place at the English theatre school which has turned out a string of stars of stage and screen.

"It wasn't easy leaving my 11-year-old in London five years ago," said Victoria. "It was Maya's decision to follow in my footsteps and I am just so very proud of her achievements. Maya had always been in the studio from the day she came home from the maternity ward."

"One day, when she was about nine, I noticed that she was really working and showing promise so we went to London to visit the Royal Academy of Dance and I asked them to assess her."

"They suggested we audition for The Royal Ballet School but Maya didn't want to just focus on



ON STAGE: Appearing as the 'lanky' one in a show, with a dance medal and baby tutu flashback

ballet. She loved her jazz, tap and singing too, so we also auditioned for Sylvia's and here we are."

Maya's dad, Bahraini Anwar, is equally proud of their daughter's achievements.

The Sylvia Young Theatre School has more than 30 years of experience training youngsters for stage and screen careers.

During her time as a pupil, Maya has performed in several leading shows. She appeared for one

year in the sell-out West End production of *Billy Elliot* in the role of Susan Parks, alongside global superstar Robbie Williams at the London Palladium. Maya has also appeared in a national advertising campaign on TV and billboards to raise awareness and funds for Syrian refugees during Ramadan across the UK.

Now Maya will be joining aspiring young artistes at the Urdu Academy located in Central London

within the stunning landmark building, The Old Finsbury Town Hall. Its rich Victorian heritage provides an inspiring backdrop for students to train with spacious studios and well-equipped facilities.

The excited teenager, who recently spent the summer visiting her parents in Bahrain before jetting back to London, is ready to take on her new challenge and advises other young dancers with a similar dream to stay dedicated and determined.



"It was sometimes difficult to balance my school work with the amount of dancing I was doing but you just have to get on with it and get it all done," she admitted. "Sometimes I had to get up really early to finish my homework before I went to school. My advice for other aspiring dancers is to work hard and go to as many different classes as you can."



FinTechFocus

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

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CUSTOMERS at a leading bank in Bahrain will soon be able to carry out their financial transactions the 'easy' way by simply lifting a finger instead of carrying a card, thanks to collaboration with a Bahraini FinTech start-up company.

Ithmaar Bank has teamed up with Eazy Financial Services to launch the region's first biometric payment network, with the support of labour fund Tamkeen, and the backing of the Bahrain Economic Development Board (EDB) and the Central Bank of Bahrain (CBB).

The bank's CEO, Ahmed Abdul Rahim, said: "As part of our digital strategy, we continue to invest heavily in technology that provides our customers a more convenient, simpler and more secure way to conduct their financial transactions."

"Our customers are tech-savvy and expect frictionless access to banking services - and the introduction of biometrics is another major step that direction. We're leading the financial industry with this new, tangible solution which is a real-time example of how we put innovation and our customers at the forefront of everything we do."

The term biometrics is composed of two words - bio (Greek word for life) and metrics (measurements). It is a branch of information technology that aims towards establishing identity based on personal traits.

Biometrics is presently a buzzword in the domain of information security as it provides a high degree of accuracy in identifying an individual as each human being is unique in terms of characteristics, which make him or her different from all others.

The physical attributes such as fingerprints, hand geometry and behavioural characteristics such as tone and accent of speech, signature, or the way of typing keys on a computer keyboard, make each person



Finger on the pulse

stand separate from the rest.

This uniqueness is then used by the biometric systems to -

- Identify and verify a person.
- Authenticate a person to give appropriate rights of system operations.
- Keep the bank and its customers safe from con-artists and thieves.

"Think of it like this: biometric identification is like a neighbour who looks through the peep hole at the person who just rang the doorbell. The neighbour decides it is Dave based on his height, hair and eye colour, and so on. Biometric authentication is the neighbour who looks through the peep hole to see who is calling at the door. If it's Dave, the neighbour lets him in. If it's not Dave, the door remains shut," explained Ana

Dascalescu, a cyber-security enthusiast.

The financial sector is finding the technology to be its 'best friend ever' and customers are happy to embrace the changes coming providing they offer a quicker and securer way to bank.

Faced with document fraud and identity theft, with growing threats such as terrorism or cybercrime, and faced with the understandable changes in international regulations, new technological solutions are gradually being implemented.

One of these, biometrics, has quickly established itself as the most pertinent means of identifying and authenticating individuals in a reliable and fast way.

Today, more and more applications are making use of the technology. What in

the past was reserved for sensitive applications, such as the security of military sites, is now developing rapidly into the public domain.

The platform, developed by Eazy Financial Services, is built on a powerful Automated Fingerprint Identification System (AFIS), one of the most reliable and trusted biometric engines which is deployed and implemented in many countries around the world for both civil and forensic applications.

The company says it adopts a rigorous 'identification algorithm' which has earned the highest honours by several standards organisations and authorities.

Eazy Financial Services' CEO, Khaled Al Ahli, said: "Payments stand out as the single largest driver for the

biometrics market. We are driving biometric verification in the region, which is the future of the financial industry."

"As a local Bahraini start-up, we are extremely proud to bring a regional first solution from Bahrain, in partnership with a renowned local bank. Going forward, biometrics for financial products and services are expected to represent one third of the total market for biometric solutions in 2020."

However, the idea of biometrics is not new, it has been around for a few years. In the 14th Century, China practiced taking fingerprints of merchants and their children to separate them from all others.

The 21st Century Bahraini-created solution, its backers say, promises to provide consumers with a safer, more convenient and more secure

way to bank and carry out financial transactions.

When implemented, Ithmaar Bank customers will no longer be required to use their bank cards at ATMs. Instead, they will be able to use their fingerprint along with their PIN to process financial transactions. This provides a simpler, more secure way to process financial transactions than ever before. In future, this may also include points of sale.

Tamkeen's support for the FinTech industry comes as part of its efforts to support enterprises across various stages of development and making the private sector a key driver of economic growth.

"We believe Ithmaar Bank and Eazy are both well ahead of the curve, and this strategic initiative will result in a major positive change in the kingdom's economy and capital market," said Tamkeen chief executive Dr Ebrahim Janahi.

The EDB's chief executive, Khalid Al Rumaihi also believes the development is 'truly showcasing' Bahrain as a hub for innovation, specifically in the financial services industry.

"This partnership comes in line with our strategy to encourage innovation that supports high value job creation in the kingdom," he added. "Bahrain's forward-thinking regulatory approach provides an attractive environment for FinTech - particularly in areas such as Islamic finance and payments. We look forward to welcoming more home-grown initiatives such as this."

And, likewise, the CBB, is convinced the 'very forward-looking partnership' is proof that FinTech initiatives are delivering tangible, real-world results - ahead of similar initiatives across the region - while maintaining the overall safety and soundness of the financial system in Bahrain, said executive director, Khalid Hamad.

The Biometric Payment Network is set to start in phases for Ithmaar Bank customers early next year.



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Leisure Guide



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

Today (September 26)

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

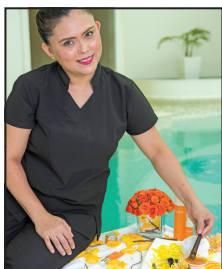
Relish this summer at the Ritz-Carlton, Bahrain by experiencing Thai mocktails by the infinity pool or perfecting your tan at beach cabanas. The Summer Beach Pass provides access to Royal Beach Club facilities and lunch at La Med Restaurant. Priced BD25 per person, Sunday-Thursday.

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 Sunday.

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 Sunday.

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 sessions. 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 17115500.



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 27)

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@ramadamamawaj.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 28)

The fifth annual Kids 'R' Golden Walk-A-Thon will be held 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.

The Nigeria@58 Independence Gala will be held at The Diplomat Radisson Blu Hotel 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

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

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 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 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, 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.

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 29)

Spice up your weekly brunch with a culinary journey around Mexico at the Ritz-Carlton, Bahrain's Cantina Kahlo Restaurant. This will be held today 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.

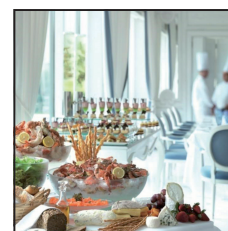
For more details and bookings, contact 17525812.

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@gulfhotehbahrain.com

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

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 30)

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 (October 1)

Bahrain's award-winning Indian restaurant, Rasoi by Vineet, at the Gulf Hotel Bahrain Convention & Spa, is offering a new set menu by Michelin-starred Chef Vineet Bhatia, for the price of BD22++.
For details, contact 17713000 or email info@gulfhotehbahrain.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 (October 2)

Ladies Night at the Gulf Hotel Bahrain Convention & Spa every Tuesday, where women get a 50 per cent discount for the hotel's lounges, spas and



restaurants, excluding Rasoi by Vineet.
For details, contact 17713000 or email info@gulfhotehbahrain.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 barbecue restaurant, where there is a wide selection of meats, salads, hot appetisers, side dishes and drinks selection to complement the meals. 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.

DATES FOR THE DIARY

THE first 'Art at the Bay' art classes will be hosted at Bay View Lounge at the Four Seasons Hotel Bahrain Bay on October 6 from 3pm-6pm. Taught by Marion Akanji, it will feature teachings about various techniques and acrylic paints.

The price is BD36 per person including canapes and beverages. For more information, call 17115500.

THE Bahrain Society for the Prevention of Cruelty to Animals (BSPCA) is hosting its annual Afternoon Tea Party on October 6 from 2.30pm-5pm at Upstairs Downstairs in Adliya.

The price is BD10 per person and

includes tea, coffee, sandwiches, cakes, a boutique bazaar and a raffle. All proceeds go to the shelter.

For more information, call 36773242 or 66608901.

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.

THE Awali Ladies Hospitality Group is hosting its Awali Festive Fayre on November 10 from 11am-3pm at the Bapco Club in Awali. Entry is 500fils and a table rent is BD20. All proceeds go to charity.

For more information, call 39850372 or email alhgbahrain@gmail.com

THINK PINK

A VARIETY of activities are being staged around the kingdom in an effort to raise awareness about breast cancer and funds for Think Pink Bahrain's charitable endeavours ... and one five star luxury beach destination will be glowing with support.

Throughout October the Ritz-Carlton, Bahrain will be coloured pink at night in a stunning light show as well as honouring the campaign with a variety of treats, culinary experiences and a stylish Pink Island Party in which part of the proceeds will be donated to the cause.

People are invited to dance the night away at the Ritz-Carlton's Private Island on October 11 from 8pm to 1am to the tunes played by a guest DJ. There will also be



an open buffet and beverage bar. The dress code is pink, smart casual and tickets are priced BD25 for members and hotel guests and BD35 for non-members. The party is in partnership with the charity and American Express.

There is a Pink Brunch the next day from noon to 4pm at La Med. Tickets are priced BD35++ per person with soft drinks and BD39++ per person with select beverages.

Guests can also indulge in an enjoyable gourmet experience with pink pastries at The Ritz Gourmet Lounge and The Lobby Lounge until the end of October from 10am to 11pm. For the occasion, executive pastry chef Jonathon Challenor and his team will be preparing desserts such as the Pink Apple, Raspberry Macaroon, Classic Strawberry Tart and Rosewater Eclair starting from BD4.

Italian restaurant Primavera, featured in last

week's *EatingOut* review, also offers a Pink menu crafted by Chef de Cuisine, Vincenzo Nigro. Dishes such as pink-coloured Beetroot Risotto with baby beet and pan-fried goat cheese will be served from noon to 3pm. For details, contact 17586499.

Also treat yourself to a 75-minute or longer timed facial treatment and receive a Pink Hair Mask enhancement at the spa which is open from 9am to 9pm. This will be available until the end of October.

Five per cent of the total proceeds raised from food and beverage events and specials will be donated to the cause.

Not to be outdone, The Four Seasons Hotel Bahrain Bay will be supporting the cause as well with a series of brunches and special spa packages.

There will be pink drinks at the Blue Moon Lounge and CUT Bar & Lounge called Forbidden Kiss and Cracklin'

Rosie and a refreshing balanced mocktail called Pink Hug carrying sweet and citrus notes will be prepared with homemade lemongrass, and ginger tea being served at the Bay View Lounge.

Guests are welcome to dine at any of the hotel's three outlets where a percentage of proceeds will benefit the Think Pink initiative.

The spa team has also crafted a Pink Spa Package in which guests can enjoy 10 per cent savings when booking any 60-minute spa treatment, followed by a 60-minute facial of their choice. When booking it, 10 per cent of the proceeds will be donated to Think Pink Bahrain. For reservations, contact 17115000.

Meanwhile, the hotel's employees will be offered *Pink Talks: Frankly Speaking about Cancer* - a series of carefully crafted talking sessions hosted by Julie Sprakel, founder and spokesperson of Think Pink Bahrain.

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.

YALLA BANAT



ON TRACK: Martyna, second from left, with her team

WOMEN from across the region will be taking to the track at Bahrain International Circuit (BIC) in a bid to inspire and empower the next generation of successful females.

The concept was the brainchild of a group of friends calling themselves Yalla Banat 'let's go, girls'.

The largest female-only car parade and motor show will take place on October 19 at Sakhir in partnership with Scope marketing company and comes hot on the heels of women being allowed to drive in Saudi Arabia.

Yalla Banat's founder and MD Martyna Al-Qassab, a well-driver racing driver, said: "Our vision is to connect, inspire and empower women across the Middle East."

There will be a televised round table discussion panel and a souq for SMEs. The track parade will start at 5.30pm featuring 250 cars. There will also be a motor show at 7pm with creatively decorated cars and hot rods.

Entry from 2pm costs BD2 for women and BD5 for men with proceeds donated to INJAZ Bahrain.

For more details visit www.yallabanat.me and on Instagram @yallabanat_bahrain

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Fashion Weekly

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

Look classy for all occasions

IMAGINATION is everything, especially in the work place.

Having spent a considerable time in my journalism career either stood around a football pitch interviewing players or hotfooting it down the paddock to get a comment from an F1 racer at the Bahrain International Circuit, I learned rather quickly that high heels, skirts and flouncy dresses simply won't work.

However, walking around the office in denim or leggings, T-shirts and baggy shorts along with trainers will not cut the bill either.

What if I needed to run out to cover an art exhibition or face a spontaneous interview with a VIP?

So how do you find a balance for a woman on-the-go who needs to be quick on her feet but still looking sleek?

The Barcelona-based Mango brand seems to have the answer with a touch of Spanish chic by designing an autumn / winter 2018 collection that is both versatile and comfortable with an array of apparels.

The beauty of this



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

collection is that it boasts a range of staples that can easily be mixed and matched to create a different outfit for every eventuality.

There is something for everyone from flats to high-heeled boots and chequered suits to ribbed midi dresses.

The new line-up features sophisticated blazers and coats in varying textures, prints and patterns that have the power to instantly jazz up your everyday work style.

Tailored trousers and skirts continue to stand strong as an office-wear essential, flaunting clean lines and a neutral palette, perfect for the season.

For more casual, laid-back days, opt for a lightweight dress or statement jeans paired with an elegant blouse and step into a pair of bold ankle boots.

These pieces will provide your regular work wear wardrobe with an edgy upgrade ... suitable for any time of the day and any event.

Find your style at Mango in Seef Mall or visit <https://shop.mango.com/bh-en>



Eating Out

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

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FOOD loving sisters Sophie, Phoebe and Olivia Middleton are sharing their love for healthy eating with their recently launched vegan chocolate bar and wellness café.

It offers vegans and vegetarians a selection of meals and bites full of nutrients and vitamins that are good for the mind, body and soul plus a devilish selection of plant-based chocolates and desserts.

Raw Candy is Almoayyed Tower's tasty new gem in Seef serving up smoothie bowls, protein shakes, a variety of sandwiches and salads with a lifestyle twist!

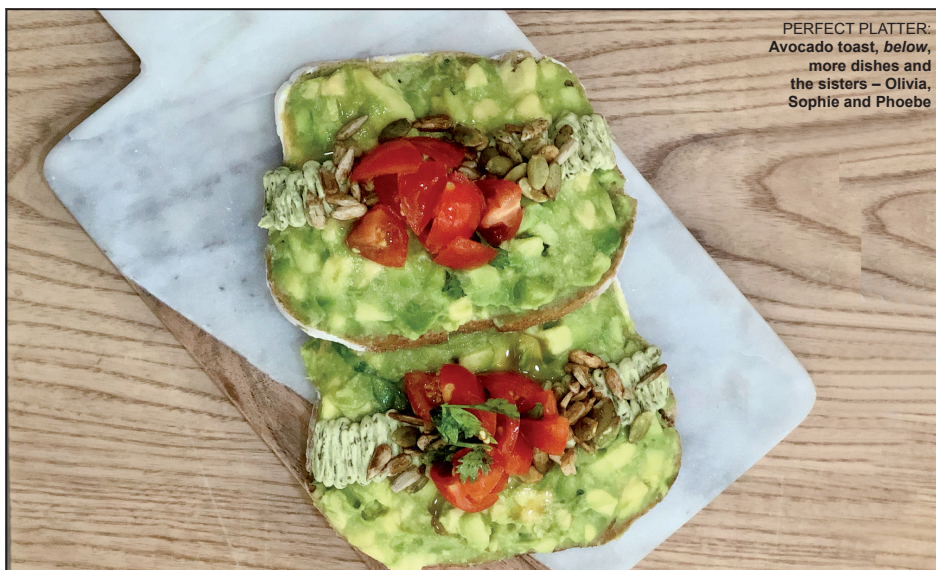
Phoebe, 32, a multi-talented Pilates instructor and actress, who worked on food programmes with the BBC, and now lives in Adliya, said: "All we are trying to do with Raw Candy is serve people 'naked food' ... as in, no added rubbish, refined sugars, chemicals or preservatives. Our dishes are as fresh as you can get."

"People should know what they are eating and let's not forget, every physical body is different and what may work for me doesn't necessarily work for my sisters, for example. We simply wanted to give others healthier, more nutritious options that we felt were lacking in the past."

The business, which Sophie described as a 'labour of love', started when she and Phoebe wanted to try something new and because they couldn't find cuisine to best suit their lifestyles.

Sophie, 38, a photographer and high intensity training expert, who lives in Adliya, said: "Whenever we went out, we noticed that there were no real options for us, or food that we wanted to eat. We were those girls that would always change up our dish at any restaurant, asking servers to add or remove certain

Raw's a culinary draw



PERFECT PLATTER:
Avocado toast, below, more dishes and the sisters – Olivia, Sophie and Phoebe

and it's a great snack without being overwhelming, plus it's a slow energy releaser.

"Our homemade cashew and almond milk is used in our smoothies and the 100 per cent organic coffee comes from the Raw Coffee Bean Company. We also have two types of cheeses – the sun-dried tomato cheese is used in the Italian sandwich – and the herb & dill nut cheese definitely makes our avocado toast stand out. It's 100 per cent vegan, dairy and gluten-free."

My husband, Sam and I, put the café's best-sellers to the test starting with the Italian sandwich made up of sundried tomato nut cheese, tomato, spinach basil pine nut pesto, balsamic romaine lettuce in a wheat-free rye ciabatta which was a savoury delight.

A strawberry protein smoothie that included strawberry, banana, vanilla and plant protein provided the perfect thirst-quencher. For dessert, we opted for the peanut butter caramel bowl which featured frozen banana, peanut butter, maca and plant protein. It was topped with chia brownie and chocolate granola as well as a peanut butter cup and caramel.

This bowl satisfies anyone with a sweet tooth and, according to Phoebe, even diabetics can enjoy the taste without spiking their sugar levels.

The lunch ended with a latte and unsweetened almond milk.

● The café is open Sunday to Thursday from 8am to 5pm and on Saturday from 9am to 5pm. For details, email info@rawcandyshop.com, visit www.rawcandyshop.com or call 32111062.

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

items. Eventually, we ended up making our own food at home!"

Phoebe heard of a raw food course being taught in a culinary school in Los Angeles, US, and suggested Sophie check it out. After carrying out due diligence, Sophie accepted the challenge on the condition that Phoebe went with her as she was planning to start a juice bar in Lisbon anyway.

Together, the Middleton sisters spent a month learning about raw cuisine and meeting other like-minded individuals. They returned to the kingdom with a mission to educate others ... as well as share a sweet alternative to eating chocolate.

Chocoloholics no longer need

to feel as guilty eating their treats as the Raw Candy's offerings are 100 per cent refined sugar-free, gluten-free, dairy-free and vegan.

Olivia, 34, a yoga instructor who lives in Juffair, and manages the social media accounts and marketing, said: "We also create 100 per cent raw vegan cakes which are dairy-free, gluten-free and refined sugar free, plus raw versions of the old trashy candy classics such as peanut butter and almond butter cups, coconut bars and our brand new Snickers-style bars."

"All of our items are a processed sugar alternative for chocolate lovers of all ages. Less is more, and 10 times yummier than the usual crowd of chocolates and desserts!"

In May 2016, they featured their chocolates at the Little Island Market and were sold

out within the first day and ended up staying up until 3am tempering chocolates in their kitchens to make enough for day two of the family fair.

They soon began producing more bites and treats. Their Instagram account @raw.candy exploded with a growing army of followers and orders started flooding in. While the girls continued selling from home and other venues such as Words Bookstore Café, Foodlab, Roots, Trousseau and Papercup and participating in markets, their dream of opening up their own café soon materialised to cope with demand.

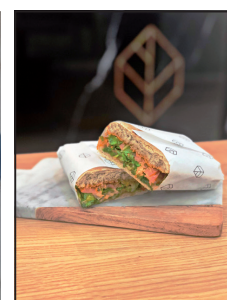
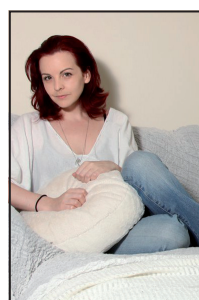
In April 2018, their contemporary designed café opened with a team of four as supporting cast.

The cosy café features a

long, cushy grey sofa with tables and matching grey ottomans, while the counter showcases the coffee maker, jars of natural nut spreads, coconut sugar and maple syrup with napkins and stirrers, as well as a sweet display featuring pralines, truffles, chocolates and cakes.

They could press their own juices too to maintain the nutrients, vitamins and minerals as well as making their own nut cheese and butter.

Olivia added: "Our nut butters make us stand out, especially the Maca cookie butter. Maca root is a good source of carbs and protein, it is low in fat and contains a fair amount of fibre. It's also high in essential vitamins and nutrients. So basically you can have the maca on fruit, or toast, or in a smoothie,



Reaching the top

THE kingdom's climbing enthusiasts finally have a place to unleash their inner Tarzan as Adventure Hub has made its mark as one of Bahrain's most exciting indoor entertainment centres, writes Kristian Harrison.

The location, at Galleria Mall in Zinj, is already proving popular after its opening in August, and *GulfWeekly* was invited to test out the plethora of walls, nooks, crannies and caves.

Spread over 6,000 square feet, Adventure Hub offers family-friendly indoor entertainment in the form of a full-size obstacle course, high ropes course, low ropes course, rock climbing wall, low climbing wall, fun walls, caving and a soft play area.

Manager Alex Lisnyak believes that the wide variety of physical exercises available will prove a huge attraction for all ages. The Ukrainian said: "The main idea of the place was to provide an indoor entertainment centre where you can bring your kids and take them away from digital entertainment, and put them in a physical environment where they can develop their agility and strength, and overcome fear of heights."

"We have walls and rope courses for various levels, so that there is something for everyone. There's walls where children can try climbing for the first time and build their confidence before tackling larger walls, and there's a higher wall for adults to practice with routes of varying difficulties."

"In regards to safety, we have European-certified harnesses and helmets, with a continuous belay line on the rope courses so there's no chance for the participant to fall, as unlike other places they don't have to



unhook and clip onto another line to continue.

"Our instructors also have undergone rigorous training and are always on hand to help and assist. We've taken no shortcuts."

Yours truly and my friend, Hassan Abdulla, were itching to get started and couldn't wait to be fitted with our harnesses and helmets by the friendly team.

After that, it was straight

to the 'Rocktopia' wall. This offers routes of varying difficulties for beginners, intermediate level and advanced sports climbers. Having dabbled in climbing when I was younger in the UK, I decided to have a quick run on the easy-level blue and yellow routes, before nailing the green intermediate trail.

There was not a chance I was tackling the red route, though,

with its tiny footholds that I'd barely fit my big toe on!

With the fingers and the biceps aching, it was time to relax with a jaunt through the cave system ... or so I thought. As it turned out, this was the most challenging part of the day.

There are two caves, supposedly one is easier than the other with a wider diameter and shape. Hassan wisely gave



one step at a time



FAST AND FURIOUS:
Kristian and Hassan

are laid out in the exact same pattern on adjacent walls. An instructor presses the timer and first to whack the button at the top wins.

In the first race, I used my previous climbing experience to soar to the top and claim a comfortable victory. Hassan fought back in the next race, using his superior strength to go for riskier handholds.

In the third round, it was neck-and-neck on the wall and, being a couple of inches taller, when we got near the top I decided to go for a 'Hail Mary.' I sprung, stretched out for the button ... and felt the agonising disappointment as my finger brushed the wall a millimetre underneath it. It continued to flash bright red, highlighting my shame as I slid down the wall on the rope.

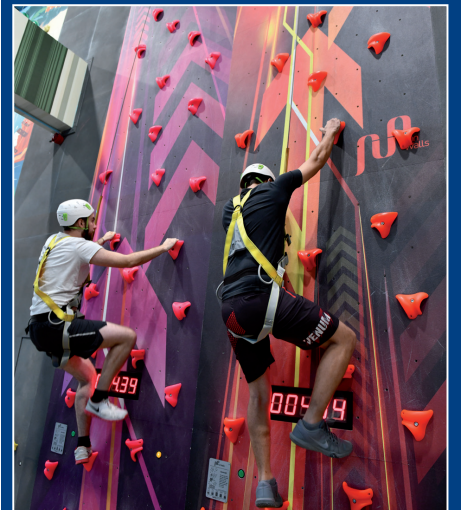
I wasn't leaving without another go, though, and in the fourth race it was again extremely close. However, having gained more confidence after an hour on the walls, I decided to take a more difficult, yet faster, route up. We both hit the button pretty much at the same time, and it wasn't until we got to the bottom and saw the timing screens that we could declare the winner.

Thankfully, it was me with a time of 17.21 seconds, ahead of Hassan's 17.43 seconds!

That was enough excitement for one day and we called it an even 'score draw', so we got out of harnesses and helmets and over refreshment in the upstairs café, decided we'd love to come back again in future and renew our rivalry.

I might sneak in a bit more training before the day.

● *The hub is open every day from 10am-11pm, with a variety of packages on offer. For more information, call 77103355 and follow on Facebook and Instagram @adventurehubme*



the caves a wide berth, and much to my shame he spent the time wildly amused watching me try and fail to squirm my way on screen.

Furthermore, I was too stubborn to make use of the multiple emergency exits, preferring to power through and reach the end. After what seemed like an eternity, I made it through. I'll never forget the feeling of having a small kid

basically run through the thing, wait for me at the end, and point and laugh at me when I walked out.

Much more fun was the obstacle course, which is pretty tough but in a rewarding way. The plethora of ropes, planks, tyres and other obstacles provide a stern challenge, particularly as you are suspended 20 feet in the air.

Some of the bridges and

platforms required good balance and a long stride to get over.

For the younger visitors, the soft play area, filled with brightly-coloured tubes, tunnels, channel nets and slides was the place where all the action was taking place.

The 'big-uns' were aiming for a higher challenge. Hassan and I decided to have a few races up the twin climbing walls, where the handholds





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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

Live life to the full near lagoon

A spacious apartment is available to buy or rent in Amwaj Islands' sought after Zawia Towers.

The two bedroom home is located in Zawia 2 of the BD30m twin-towers development and faces The Lagoon, the kingdom's outdoor shopping strip.

The fully-furnished apartment, which has a total built-up area of 160sqm, features a kitchen with a breakfast bar, a large living and dining area along with a balcony boasting scenic views of the area.

There is a family bathroom with tub and shower and a master bedroom with a dressing area and an ensuite bathroom.

In terms of amenities, the tower includes similar state-of-the-art facilities as Zawia 1 such as a child-friendly swimming pool, a gym, spa facilities, a landscaped garden with a BBQ area and a ground floor commercial centre.

There is 24-hour security services and ample parking in the covered car park. This apartment comes with a parking space.



FACTS AT A GLANCE

Location: Zawia 2 in Amwaj
Reference number: AP367
Sale price: BD90,000
Rental price: BD650
Living room: 1
Bedrooms: 2
Bathrooms: 2
Additional information: Beautiful views of the lagoon and the shopping and dining facilities.
For details on this property, contact Star Real Estate on 17298210.



starrealstate.bh

ROVE RESIDENCE

Modern Townhouses in Al Jasra

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

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- Outdoor Kitchen
- 2 Parking Spaces
- Servants Quarter, Laundry Room
- 4.5 Bathrooms
- Indoor Kitchen
- Small Private Garden
- Pool, Gym

InteriorsWeekly

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

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MINIMALISTS may love IKEA's storage containers and shelving units for helping them declutter their homes ... but it's the maximalists that are rejoicing as the Swedish store celebrates them with a collection that will make sure every item shines bright and is given the attention it deserves.

This was made possible with the help of seven designers that collaborated to create SAMMANHANG, which means 'context' in Swedish. The collection features open and closed units used to embrace and showcase people's belongings, ranging from the smallest of display boxes and trays to larger pieces of furniture.

"We identify SAMMANHANG as a collection of versatile containers, mainly for the purpose of displaying and organising, or to be collected and displayed themselves," explained Jalila Ali, IKEA Bahrain's marketing specialist. "We want to connect with the emotional aspects of storing, displaying

Clutter busters delight

SITTING PRETTY:
Sammanhang tray stand



and sharing memories.

"It's all about the little things we love to collect in order to express ourselves. This opens up for people who want to exhibit their belongings and personality.

"There's a tiny collector within all of us, so whether you are a maximalist or minimalist, the collection helps in make it all look better!"

Whether you want to



show off your collection of art pieces, display your hat collection or keep your seashells or accessories all in one place, IKEA's storage products will work for all areas of your home.

1. Stand tall:

Line up your paints or perfumes on the 50cmx16cm



SAMMANHANG tray stand. It also comes with trays and is priced BD11.100.

2. Clear cut:

Stow away your sparkly gems and other shiny trinkets in SAMMANHANG's glass dome that comes with a base. A set of two is valued at BD4.900.

3. Box it:

The SAMMANHANG boxes can keep thinking looking tidy. Never misplace a thing with this set of three for BD7.500.

4. Show off:

Designer Aaron Probyn created the SAMMANHANG coffee table for BD39,500 to support his wife's plant buying habit.

He said: "My wife inspired me - she loves collecting things. She's constantly bringing home plants, but we have nowhere to put them. The glass table was created to hold small cacti, but it can equally display any object of your choice."

5. Get shelf-ish:

Put everything on a pedestal with the SAMMANHANG display shelf. A set of two is priced at BD5.900.

GulfWeeklyBookClub - in association with The Bookcase



BOOK OF THE WEEK by Linda Jennings - TOGETHER, THE HUBB COMMUNITY KITCHEN, 9781529102925 (Ebury Press) BD4.900 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.

WITH a foreword by HRH The Duchess of Sussex, *Together* celebrates the power of cooking to connect us to one another.

In the aftermath of the Grenfell Tower fire in London which claimed the lives of 72 residents, a group of local women gathered together to cook fresh food for survivors, their families, neighbours and helpers.

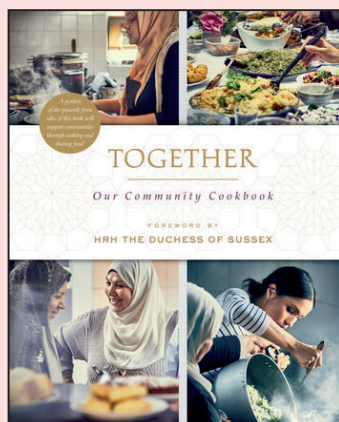
Over the chatter and aromas of the kitchen they discovered the power of cooking and eating together to create connections, restore hope and normality, and provide a sense of home. This was the start of the Hubb Community Kitchen.

Together is a storybook of this West London community, showcasing more than 50 delicious recipes from the kitchen and all profits from the book will be reinvested in the Hubb.

The women invite readers to make their favourite simple dishes - many handed down over generations - from the Middle East, North Africa, Europe and Eastern Mediterranean.

Every dish tells a story of history, culture and family, and each has been developed to use few ingredients and easy methods so that anyone can cook these personal recipes.

Together features mouthwatering dishes including Green Chilli and Avocado Dip, Coconut Chicken Curry, Aubergine Masala, Persian Chicken with Barberry Rice, Caramelised Plum Upside-Down Cake,



Spiced Mint Tea and lots more.

This stunning charity cookbook is a homage to life, friendship and togetherness.

READ IT NOW IN PAPERBACK

SEA PRAYER, KHALED HOSSEINI
9781526602718 (BLOOMSBURY)
BD5.400 for Gulf Weekly Book Club members.

THE No 1 New York Times bestselling author of *The Kite Runner*, *A Thousand Splendid Suns*, and *And the Mountains Echoed* responds to the heartbreak of

the current refugee crisis with this deeply moving, beautifully illustrated (by Dan Williams) short work of fiction for people of all ages, everywhere.

On a moonlit beach a father cradles his sleeping son as they wait for dawn to break and a boat to arrive. He speaks to his boy of the long summers of his childhood, recalling his grandfather's house in Syria, the stirring of olive trees in the breeze, the bleating of his grandmother's goat, the clanking of her cooking pots.

And he remembers, too, the bustling city of Homs with its crowded lanes, its mosque and grand souk, in the days before the bombs and they had to flee.

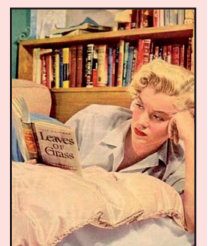
When the sun rises they and those around them will gather their possessions and embark on a perilous sea journey in search of a new home.

MY FAVOURITE READ OF THE WEEK

VOICES OF THE FUTURE, BLOOMSBURY PUBLISHING, 978-1472949431 (BLOOMSBURY)
BD7.300 for Gulf Weekly Book Club members.

A WONDERFUL anthology of eight stories addressing children's rights and sustainable development, written by child authors from all around the world and produced in conjunction with UNESCO's *Voices of Future*

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



Generations initiative. The stories in this book are written by children aged between eight and 12 from every corner of the globe: Canada, Mexico, Papua New Guinea, Samoa, South Africa, Taiwan, Uruguay and United Arab Emirates.

With beautiful, full colour illustrations throughout by Jhonny Nunez, Giovanna Medeiros, Marco Guadalupi and Mona Meslier Menaua, this book is the perfect way to engage children with the issues facing the planet and the lives of children in other countries.

The stories are imaginative, empowering and inspiring. They focus on the UN Convention on the Rights of the Child and the Sustainable Development Goals and present likeable characters who go on problem-solving adventures to fix the problems faced in each region.

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New in Post



AS summer comes to a close and the festive season draws near, The Ritz-Carlton, Bahrain this week welcomed a new leader to its executive team, Jeremy Canivet.

The Canadian will serve as the director of sales & marketing and oversee the award-winning catering & conference services and sales division of the five-star beachfront resort.

He brings nearly two decades of market experience covering North America, Europe and the Middle East.

LUXURY British sportscar and supercar maker McLaren Automotive, partly-owned by Bahrain's sovereign wealth fund Muntalakat, has appointed Brett Soso as its new regional director for the Middle East, Africa and Latin America region. He succeeds Andreas Bareis who is now vehicle line director – McLaren Super Series.

With 24 years of experience in the automotive industry, Brett will be based out of Bahrain where the McLaren regional office is located.

Brett has a wealth of experience in the luxury automotive sector, including retail experience, as well as the region, specifically in the Middle East. Since 2006, he has held executive management positions within the automotive industry and was most recently regional director Middle East and Africa for Rolls-Royce Motor Cars in Dubai.



DR HAMID Haqparwar has been appointed as MD of BMW Group Middle East, moving from his role of director of sales and marketing, on Monday.

The 38-year-old is an automotive professional with extensive international background. He started his career at BMW Group HQ and has held different senior management roles within the company since then.



SARAH Rae has been appointed director, Lincoln Middle East, replacing Alex Schaeffer, who has moved to the US state of Michigan to take up a new position in Ford Motor Company.

In her new role, Sarah will lead Lincoln's operations in the Middle East as the marque aims to expand its business in the region. She will report to Metelo Arias, vice president, marketing, sales and services, Ford Middle East and Africa.



SocialScene

Why wait a month! Join Social Scene every week

Inspirational interns



STUDENTS participating in Saar Mall's recent internship programme attended their final day of training and

received certificates of completion. The course was organised by mall management in partnership with the Bok-



hara Group and the Ministry of Labour and Social Development. It attracted more than 200 candidates and 37 were

selected to take part. Ten talented participants have now been offered positions within the company.

Book launch



AN Arabic edition of the *Paradox of the Actor*, authored by Denis Diderot and translated by Nora Amin, was unveiled as part of the 12th Al Sawari Festival at the Cultural Hall in Manama.

Blood donation



Y.K. Almoayyed & Sons (YKA) organised its second blood donation campaign for 2018 at the Salmaniya Medical Centre. More than 110 employees from its Nissan and associate divisions, along with their family members, participated.

Over the past 10 years, YKA has been organising regular blood donation campaigns as part of its Edmaj community service programme.

Back to school



VIVA Bahrain recently organised its annual 'Back to School' project for a fifth consecutive year. The telecom operator reached out to children through the Royal Charity Organisation with new backpacks filled with supplies, including notebooks and stationery items, for the new academic year. This initiative was part of VIVA Jusoor, VIVA Bahrain's corporate social responsibility programme.

Helping hand

ASHRAFS Bahrain recently lent a timely helping hand to many households in Kerala following the recent floods. Amal Almoayyed, the company's executive director, organised relief activities with the help of Ashrafs staff who were visiting Kerala at the time.

Survivors from the flooded area of Thiruvalla received food kits and households in Chalakudy, which lost everything in the wild torrents, received bed mattresses to aid their efforts of rebuilding homes.



Ace employee

AMMONIA operator Raed Al Shamlan has been named GPIC Employee of the Month and received a prize certificate from MD Ibrahim Al Musaitir, in the presence of company president, Dr Abdulrahman Jawahery, executive management and senior members of the company's Labour Union.

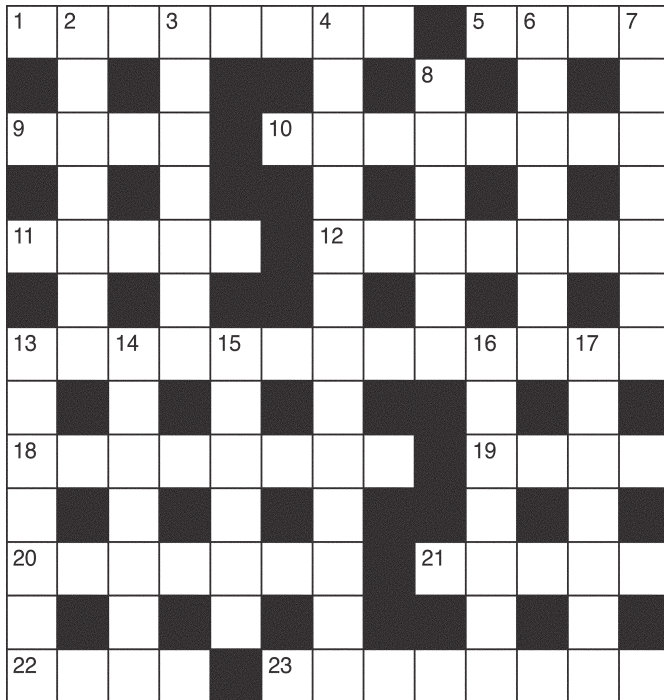


Time Out



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crossword break



Solutions in next week's issue.

ACROSS

1. Penitent (8)
5. Customs (4)
9. Motor-cab (4)
10. Estrange (8)
11. Less (5)
12. Reviling (7)
13. On purpose (13)
18. Surprised (8)
19. Cheek (4)
20. Attain (7)
21. Odd (5)
22. Weary (4)
23. Amaze (8)

DOWN

2. Speech (7)
3. Offering (7)
4. Garrulity (13)
6. Type of dog (7)
7. Landscape (7)
8. Come back (6)
13. Moment (7)
14. Tutor (7)
15. Lower (6)
16. Postpone (7)
17. Unruly (7)

who, what, where, when

WHO ... was the US Secretary of Defence 1981-87?
WHAT ... city in Macedonia was formerly called Monastir?
WHERE ... in Africa is the city of Welkom?
WHEN ... was the magazine *The New Yorker* founded?
WHO ... wrote the novels *Lipstick Jungle* and *Trading Up*?
WHAT ... animal believes itself to be a racehorse in the film *Racing Stripes*?
WHERE ... were Joan Enric Vives Sicília and Nicolas Sarkozy the joint heads of state?
WHEN ... was British Amphibious Air Lines Ltd founded?

just so

event wise

VALOUR

12" BEST

£ TIPTREE TIPTREE TIPTREE

darn tough sudoku

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

Last week's sudoku

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

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

darn tough sudoku

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

Sudoku

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

Sudoku

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

Last Week's Leisure Solutions

CROSSWORD BREAK:

Across: 1 Switch; 4 Advent; 9 Disrespectful; 10 Spindle; 11 Ruche; 12 Happy; 14 Ambit; 18 Agile; 19 Bugbear; 21 Confectionery; 22 Dilute; 23 Lesser.

Down: 1 Sadism; 2 Inspirational; 3 Creed; 5 Decorum; 6 Effectiveness; 7 Teller; 8 Spree; 13 Pretext; 15 Rancid; 16 Abate; 17 Prayer; 20 Globe.

JUST SO: A finger in every pie, The great gatsby, Pile on the agony, Thumbs down.

WHO, WHAT, WHERE, WHEN:
Howie Mandel; Socks; Owensboro, Kentucky; 2008; Anthony Cox; Kinder Scout; Bahrain, 2002.

Darn Tough Sudoku

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



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



**Humood Al Khalifa, CEO
of BTEA.**

● **Editor's note:** Students who wish to enroll in BTEA's Student Scholarship Programme should contact Vatel School's management via the website www.vatel.bh or call 17616061.

WITH my family living in the Middle East for 11 years I haven't actually learned what the remembrance days of Ashura meant or fully understood the cultural activities surrounding the occasion. So this year I decided to go to the Manama souq with a friend, Angela, to witness first-hand the Shi'ah Islamic traditions

and would like to thank Abbas Ebrahim for being our tour guide.

It was amazing to see how loving and welcoming everyone was and how strong and passionate the people felt about this annual occasion.

We also got to admire the fantastic artwork on display on the ninth day of Ashura and meet the Bahraini artists painting them, as well as watch the gorgeous horses on show.

'Hats off' to all those women wearing an abaya – it was boiling and both of us were literally melting but also learning about how they felt empowered

as women wearing them. This was inspiring and completely different to how many Western people 'think' they should feel. The main comments I heard about this traditional dress was that it made them feel 'free'.

We were fed and hydrated well and everyone was more than happy to explain everything to us about what was going on. It was an amazing experience, despite the horrendous humidity. Thank you, Bahrain.

Imogen Helen.

THANK you all for featuring my story about the publication of my book 'Proven technique to achieve goals in any field' on the cover of last week's *GulfWeekly* with the perfect choice of words and pictures.

From daybreak on Wednesday I was flooded with calls and messages.

I am happy that my life can be of inspiration to others and grateful for this opportunity.

**Warm regards,
Eashwar.**



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



GULFWEEKLY'S legendary former assistant editor Nawaar Farooq's appetite for life knows no limit as she proved once again at a lunch gathering with former colleagues.

She was on a flying visit from her home in the US to visit her family and managed to tuck into three starters, four main courses and two desserts at our reunion.

Nicknamed 'prawn ball' for her party trick of placing a dozen delicacies in her mouth without choking, she once stunned celebrity chef Wolfgang Puck by devouring a giant steak straight off his fork without chewing.

Nawaar will shortly be tying the knot with her sweetheart Neel and insists she will not need to shed any pounds to fit into her wedding gown. "I'm naturally skinny," she said, tucking into a slice of chocolate cake. It's just not fair.

TWENTY-FIVE scholarships will be granted to students who are interested in enrolling at the Vatel Hotel and Tourism Business School, which will open in Bahrain next month.

By providing these scholarships, in collaboration with Tamkeen and the private sector, the Bahrain Tourism and Exhibitions Authority (BTEA) aims to offer academic and professional opportunities to the national workforce.

We aim to provide a wide array of exciting career opportunities for students to utilise their expertise and knowledge in the kingdom's hospitality and tourism sector, further contributing to boosting the national economy in line with the kingdom's 2030 Economic Vision.

The first Vatel School opened in Paris, France, with a unique and fundamental educational method ... having theoretical courses followed by a professional experience using what had been learned in class.

Shaikh Khaled bin



THEY say you are the average of the five people you spend the most time with. Often times when people look to improve something about themselves, they embark on this journey of self-discovery they try to read self-help books and spend time alone in introspection.

Someone looking to become more knowledgeable then might invest more time into reading and acquiring worldly information, and this seems like a good approach.

But a better option would be to try to get acquainted with intelligent individuals. Similarly, if you wish to be more humorous, start searching for those people for whom wit comes

Youth Talk

By
Sarah Belal



naturally, and spend much time with them. Experience can be a great teacher, but so is being in the company of those we wish to emulate.

I often forget that the best learning comes from social interaction, such as in a class setting, rather than from studying alone.

When you look for tips on getting more effective study done, being involved with others is often cited. It is said that you haven't truly understood something if you are unable to explain it to others.

The next time you find difficulty wrapping your head around a tough concept enlist the help of a more knowledgeable friend.

Conversely, if you've aced a concept others seem to be struggling with, don't hesitate to offer assistance. This will help you become more thorough in your area of study.

Students, especially those studying the arts, will greatly benefit from afterschool group discussions, and this too draws from the idea that we best learn in groups.

The same can be said for any other skill, tangible or otherwise. You can probably learn a new language on your own if you really apply yourself, but the process becomes



infinitely easier with an instructor and mates to practice with. This approach is also more fun, and you'll get to meet new

people. People who seek new friendships in their lives are often encouraged to pick up an activity, go to a

class. We social creatures need social solutions to our problems, and social relations emerge as a result. Win, win.

Film Weekly



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

Could curiosity kill the Yeti?



OK, I'll own up. I'm a bit of a fan of James Corden and have been for years. It makes me smile inwardly that our American friends only know him as the host of a major TV network chat show when I remember him as Smithy highlighting the plight of sharing an Indian takeaway.

Smithy was the best mate of the male lead character in *Gavin and Stacey* which introduced us to some of the most genius characters and catch phrases.

The show was a British phenomenon that launched the careers of its actors, and it kind of pains me to admit that the first episode was aired 11 years ago. It was the TV series in which the idea for *Carpool Karaoke* first begun, an internet sharing sensation in which James sings along in fun style with the stars.

Now he's the perfect voice of fading TV nature show host, Percy, who bumps into a pilot who crashed into a mountain and met a Yeti called Migo, voiced by American actor Channing Tatum (*Magic Mike & Jump Street*), the first 'Small Foot' to prove to the mountaintop dwellers that humans really do exist.

There's a neat version of Queen's *Under Pressure*, almost as good as Corden's *American Boy* rap memorably performed on an episode of the classic English TV series.

This charming, animated musical adventure with meaning has been directed by Karey Kirkpatrick, a writer and producer, known for *Over the Hedge*, *Chicken Run* and *James and the Giant Peach*. And judging from the appreciative packed house at the opening showing at the VOX screening at The Avenues, Bahrain, last Saturday Warner Bros has a box office smash on its hands.

You know where's it is going. Does Percy give up his scruples to help improve his rating with a little fake news or will reality bite? And, perhaps the TV man's moral dilemma is nothing like as big as that facing

SMALLFOOT

STARRING: Channing Tatum, James Corden, Zendaya

DIRECTORS: Karey Kirkpatrick, Jason Reisig

GENRE: Animation, Adventure, Comedy

RATING: PG

RUNTIME: 96 Mins



the Abominable Snowman ... without giving the plot away!

The movie strongly promotes the ideas of appreciating traditions but questioning the status quo, thinking outside the box, staying true to your ideals, and giving those unlike you a chance – in other words, curiosity, communication, integrity, such as staying true to your friends, and celebrating our uniqueness – even if the newcomers are different in appearance and don't speak the same language.

The flashback story highlights fear of the unknown, echoing so many

current day concerns, but it's covered beneath an avalanche of pure slapstick, including numerous falls from great heights, all of which are survived, of course.

The primitive yeti society believe they were pooped from the butt of the great sky yak, that their mountain sits on the backs of many woolly mammoths, below which there is only nothing and that the sun is a giant glowing snail that travels across the sky, rising only when awakened by a giant gong and allowing the audience to enjoy Migo's headstrong flap at a family tradition.

It may sound a bit common, but it made my inner-child chuckle. These rules and many others are set in stone and worn around the neck of a wise man known as the Stonekeeper, voiced by American rapper, actor and poet, Common, who enforces such ignorance by banishing his hero.

Later we will learn that this 'myth-information' campaign was designed to protect the yeti population from the dangers of humankind, who live at the base of the mountain, according to the view that it is in our nature to hunt, kill, or torture any animal we don't understand, which some film critics have suggested is a 'pretty cynical view of humanity' to push in a movie, but unfortunately bears a fair resemblance to the truth.

There's tension, peril and destruction of property but no one is seriously hurt, in keeping with the genre, because remember, it's for kids and one the parents will enjoy too, especially us James Corden fans!

● **Now showing in:** VOX Cinema The Avenues, Bahrain and in all cinemas from tomorrow.

● **Check out the movie trailer by placing your smart phone over the QR code.**

STAN'S VERDICT

1 popcorn – stay home
5 popcorns – start queuing

The energy industry's trade journal for the GCC region

www.oilandgasnews online.com

Bite-sized trailer

Johnny English Strikes Again

DIRECTOR: David Kerr

CAST: Rowan Atkinson, Emma Thompson, Olga Kurylenko

PLOT: Called out of retirement, Johnny English dives head first into action with the mission to find the mastermind hacker. As a man with few skills and analog methods, English must overcome the challenges of modern technology to make this mission a success.

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



Wildling

DIRECTOR: Fritz Böhm

CAST: Bel Powley, Liv Tyler, Brad Dourif

PLOT: Anna spends her entire childhood under the care of a mysterious man she only knows as Daddy. He keeps her locked in an attic making her fear the Wildling, a child-eating monster that roams the outside.

At age 16, Anna is freed by small-town sheriff Ellen Cooper who helps her start a new life as a normal teenager. But as Anna's body begins to blossom, her childhood nightmares return with a vengeance, leading to the conclusion of a terrifying secret.

SHOWING IN: The Avenues, Seef II, Seef Muharraq



Elizabeth Harvest

DIRECTOR: Victor Levin

CAST: Keanu Reeves, Winona Ryder, Dj Dallenbach

PLOT: Newlywed Elizabeth (Abbey Lee) arrives with her brilliant scientist husband Henry (Ciarán Hinds) to his magnificent estate, where he wows her with lavish dinners and a dazzling tour of the property. Henry explains that everything in his world now belongs to her, all is for her to play in – all except for a locked-off room he forbids her from entering. When he goes away for business, Elizabeth decides to investigate.

SHOWING IN: Seef II, Seef Muharraq



imdb movie charts

Current Position	Title	Weekend Takings	Gross to date
1	The House with a Clock in Its Walls	\$27M	\$27M
2	A Simple Favor	\$10M	\$33M
3	The Nun	\$10M	\$101M
4	The Predator	\$9M	\$40M
5	Crazy Rich Asians	\$7M	\$159M
6	White Boy Rick	\$5M	\$17M
7	Peppermint	\$4M	\$30M
8	Fahrenheit 11/9	\$3M	\$3M
9	The Meg	\$2M	\$141M
10	Searching	\$2M	\$23M



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Motoring Weekly

Steering you to the best deals on wheels

Riding high and with style

AS much as I love trundling around in my nifty two-door sports car, sometimes there's a simple urge to cruise around in something bigger. Something that growls rather than purrs; a heavyweight rather than a flyweight.

So it was with much excitement that I picked up the Anthony Joshua of SUVs, the new Mercedes GLE 400. What a stylish, sensual champion this is, with its stocky, rectangular features and its sculpted shoulders. There's more curvature on the rear (a popular feature in any walk of life) and sleek lines that give an aerodynamic feel to what is otherwise a bulky beast.

What's more, the new model comes with a roof rack so you can attach your bicycle to it ... perfect for a day trip where you want to park up and explore the great outdoors. Or, as the editor oft says when I ask for a pay rise: 'On yer bike, Kristian'.

The humidity has taken a turn for the worst in recent weeks, so the first port of call was to bring the car to life with a quick push of the smooth silver button and turn the dual-zone air conditioning fans up to 'save me' level.

I was pampered by the usual Mercedes fine details, with comfy leather and stylish accents. The GLE 400 does have a good-sized screen for media options, climate control and other settings, even though I still occasionally get confused by



PERFECT SETTING: The new Mercedes GLE 400



TEST DRIVE

By KRISTIAN HARRISON
kristian@gulfweekly.com

the spaceship-like mouse/touchpad hybrid which accompanies it.

I must admit, the various knobs and control sticks that have popped up over the years seem more fanciful than functional, and often I had to take my eyes off the road to figure out what

I was pressing or doing, and at one point I gave up trying to connect my iPod via Bluetooth!

After the usual juggling of mirrors, seat positioning and the last stop of switching the driving mode into Sport (where it would firmly stay for the duration of the test drive), it was time to hit the highway.

The 3.0L, V6 engine and

nine-speed transmission is quick out of the blocks and extremely smooth when shifting up and down gears.

The interior is a little bit special, with its vast swathes of room both in the front and back. If you need luggage space, or want to fit another bicycle in, then the back row power-folds all the way down.

Of course, the main appeal

of a car is the drive, and this was a smooth vehicle to pilot. Despite the bike on top and the aerodynamic difficulties that creates, this car glided through traffic and had smooth cornering with no discomfort even on the bumpier roads.

The drive back to Tubli to drop the car back to the showroom is usually either a very melancholy or very

joyous occasion depending on how the experience went, and this time it was with much regret that I rolled into the car park.

The 2019 Mercedes GLE 400 is available from the Al Haddad Mercedes showroom in Tubli, starting from BD29,995.

For more information, visit the showroom or call 17785454.



Photographs: Honey Sharma

THERE'S nothing quite like driving a legend ... and even better when the latest Jeep Wrangler version adds a whole new dimension and more to the driving experience, writes Stan Szecowka.

I'm worried I might be a little biased because the Szecowka family once owned a beloved Jeep for more than seven years. I love the brand and this model is now cooler, both inside and out, than ever before.

Take the clever addition of roof insulation, for example, dropping the inside temperature from hot house to pleasant perfection in one simple stride.

Don't just take my word for it, motoring critics from across the globe have been raving about the new Jeep Wrangler.

Replacing an automotive icon can be a tough task. Fix what needs fixing, enhance what needs enhancing, but don't change so much that you alter what made it an icon in the first place.

This offering is 'a textbook example' of how to do it right, said *autotrader.com*'s James Riswick. Though the styling is instantly recognisable, the axles still solid and the multiple roof designs still removable, everything was meticulously reworked or reimagined to create a better Jeep Wrangler making it for 'more comfortable and liveable for those with softer core requirements'.

It was clear the moment Behbehani Brothers' sales manager Alaa Azzam showed me around the vehicle outside the Sitra showroom last Saturday morning, proud as punch and full of useful information about my four-door test vehicle, shining in all its stunning silver grey magnificence.

There are noticeable changes to the exterior with the windscreen angle at a slightly aerodynamic slant and the lights boast a modern look too but despite the subtle touches the meaty, dynamic grill makes the heart of all Jeep enthusiasts beat stronger.

The inside compares with equal elegance to the most expensive saloons on the

An icon just got better



Photograph: Honey Sharma

MIGHTY MACHINE: The new Jeep Wrangler on a test drive around the landmarks of Bahrain with Editor Stan, bottom right, behind the wheel

road, let alone an off-road monster, and the seat was one of the most comfortable I've ever slipped into.

"This Wrangler, this iconic Jeep, exists because it's always existed, and this new one is the best one yet," suggested *motortrend.com*. "No, Jeep faithful, they didn't ruin it. They didn't even make it just as good as the old one. They made it better in every way."

It went on to praise how much 'nicer' the new Wrangler drives and its newfound interior quality. It's not a word I'd use ... it's much better than that ... let's agree on irresistible!

Not-surprisingly, the Behbehani team is delighted with the response from reviewers and the new and existing fans clamoring to book test drives as well

as place orders. "It is with this clear objective that the iconic Jeep Wrangler has been completely renewed while remaining true to itself, with legendary off-road capabilities, authentic Jeep styling and advanced technology features," said Sam Yacoub, GM of Behbehani Brothers, now the sole authorised distributor of Chrysler, Dodge, Jeep and Ram vehicles in the kingdom, as recently highlighted in *MotoringWeekly*.

"The result is the most capable Wrangler ever, courtesy of unmatched technical contents, which, depending on the trim, include two advanced four-wheel drive, active, on-demand full time systems - Selec-Trac and Rock Trac, plus Tru-Lock electric front- and rear-axle lockers, Trac-

Lok limited slip differential and electronic front sway-bar disconnect.

"From the roughest terrain to city streets, the new Jeep Wrangler is perfectly at ease, and delivers a more modern design, that stays true to the original, combined with more open-air freedom and advanced technology features in terms of safety and connectivity."

Every Wrangler receives a 'Trail Rated' badge that proves its legendary 4x4 capabilities. Trail Rated performance is the result of a series of heavy tests performed in the following areas: traction, water fording, manoeuvrability, articulation and ground clearance.

Now available in Bahrain, the fourth generation is offered in three different trim levels: Sport, Sahara

and Rubicon - all available in a two- or four-door configuration.

The use of lightweight, high-strength aluminium closures - including doors, door hinges, fender flares, windshield frame and magnesium swing gate - contribute to reduce the overall vehicle weight, improving its fuel efficiency too.

Jeep functionality and versatility are celebrated in the completely restyled centre console which houses the gear shift selection, transfer case and parking brake.

Making its debut is a push-button starter. The centre console features a standard 177.8mm touchscreen for Sport, Sahara and Rubicon - also available for Sahara and Rubicon is a 213.36 mm touchscreen - the latter being

the largest and most advanced Uconnect display ever offered on a Wrangler.

The upgraded 3.6-litre Pentastar V6 engine delivers 285hp @ 6,400 rpm and 347 Nm of torque @ 4,100 rpm, powerful, responsive and an absolute joy to ride on the highway and safe as houses on the school run.

The new Jeep Wrangler, priced from BD12,799, is ready to write a new exciting chapter in the legendary history of the brand, a story which began in 1941.

It remains the undisputed off-road champion and is now equally a unique vehicle for everyday urban adventures.

● For further information or to arrange a test drive of the all-new 2019 Jeep Wrangler, call Behbehani Brothers on 1745 9955.





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MotorSport

All the best action from Formula One

WHEN the Ferrari phone call finally came, Formula One driver Charles Leclerc shouted to his friend to turn the engine off.

The name of Ferrari's team principal flashed on Leclerc's screen.

"I was on a friend's boat, a motor boat which makes a lot of noise," Leclerc explained. "The phone was vibrating and then I saw Maurizio Arrivabene's name."

"We were right in the middle of the sea, so I told my friend 'cut the engine, turn everything off, because I have to take this call'."

Moments later, Leclerc celebrated the rare thrill of being named a Ferrari driver ... at the even rarer age of 20. "I jumped in the water!" said the young man from Monaco.

It has been quite a leap for Leclerc, who has impressed enough in his debut season with Sauber to replace 2007 F1

Destiny calling

champion Kimi Raikkonen at Ferrari next year.

But for someone who grew up in an apartment overlooking F1's most famed track, and played with toy Ferrari cars as a young boy, it might seem like fate. "Since I was really little, I always dreamed of driving for Ferrari," Leclerc said.

Raikkonen has six podium finishes in seven races, secured a brilliant pole position at the recent Italian GP, and came in fifth at the last race in Singapore. Ferrari thought about giving the 38-year-old Finn another contract. He also has a close working relationship with Sebastian Vettel, Ferrari's other driver.

The odds, therefore, were not stacked in Leclerc's favour, "I really needed to know the

decision, and quickly," he said.

After joining Ferrari's prestigious academy in 2016, Leclerc won the GP3 title at the first go. Ditto last year, when he clinched the F2 title.

Vettel said of Leclerc: "If you walk through all the categories like that, then you belong here."

Leclerc quickly caught the eye in F1 by finishing an impressive sixth, this with one of the slowest cars, at the Azerbaijan GP in April.

"If you're fast and talented then age doesn't matter," Vettel added. "It's great he gets the opportunity to race in a big team."

Leclerc is ambitious and, without being brazen, confident of competing against Vettel. He does not necessarily see himself as No 2 to the German

driver, who has four world titles and won 52 races. "For me it's clear: in any team there is not a No 1 and a No 2 driver from the outset," Leclerc said. "That becomes clear after a few races. I don't know if I handle pressure better than others, but I don't really feel it much."

Leclerc, however, experienced grief three years ago when F1 driver Jules Bianchi died. The two were childhood friends. When Leclerc started go-karting before the age of four, it was on the track owned by Bianchi's father, who was a close friend of Leclerc's father, Herve.

Bianchi mentored Leclerc in his karting years, and was himself touted as a future Ferrari driver. Bianchi died in July, 2015 after having battled



FULLY FOCUSED: Sauber driver Leclerc

to recover from head injuries sustained in a head-on collision at the Japanese Grand Prix in October 2014. He was 25.

Leclerc's father also died in June last year, a few days before the F2 Azerbaijan GP. He still took pole position and won.

So next year, Leclerc won't just be driving for Ferrari. "I'm very happy to be going to Ferrari, where Jules deserved to go," he said. "I will do my maximum to get the best results for him, and for my father."

The F1 action returns on Sunday in Sochi, Russia.

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AFTER his stunning win against Alexander Povetkin, when the WBA, IBF and WBO heavyweight belts were once again strapped to his waist, Anthony Joshua insisted that he had had 'fun'.

It sure did not look that way. Indeed, for the first six rounds the UK's Wembley Stadium was gripped with something unmistakable and unusual for a Joshua fight: an eerie, apprehensive silence.

It started when their man had his nose bloodied by a brutal uppercut at the end of the first and there were gasps every time Povetkin landed with a left hook. As the fight entered its second half, there seemed a growing possibility that the Russian – who has twice failed drugs tests – might just leave London with three of the four heavyweight belts, even though all three judges had Joshua up at halfway.

Povetkin, who had boxed so valiantly, however, was starting to blow and slow. And suddenly from nowhere his senses were scrambled by a scudding straight right, before his legs were violently taken from him by right and left hooks. Somehow he got up at nine but the end was not long in coming.

"I got my knockout streak back after it went missing for a little while," said a smiling Joshua, delighted at having a relatively early night after going 33 rounds in his last three fights. "There was a lot of pressure tonight. The whole country is rooting for me. I'm a heavyweight, I'm a world champion. The energy in here

Wilder moments await



POWERFUL PUNCH Joshua delivers a knock down blow

VOICE OF SPORT

with Kristian Harrison



spurs you on but I do feel the pressure, I'm not going to lie."

He was also, as he revealed afterwards, not quite at his best. "I've suffered with a flu," he said. "This camp has been difficult. I knew I just had to stay in there."

The fight certainly gave the 75,000-strong crowd its money's worth on a foul English evening, in which wet weather determinedly

put an end to what has been a glorious summer. Earlier even those in the BD1,000 ringside seats had to wear plastic ponchos as the rain cascaded down during the undercard, although, thankfully, it stopped before the main event.

Beforehand, Joshua insisted that he had come through the most intensive sparring sessions in his career to

prepare for Povetkin, with people constantly trying to take his head off. It was to prove invaluable for what was to come.

But this was far from a perfect performance. Joshua had a four-inch height advantage and a seven-inch reach advantage over Povetkin but he never truly established his jab, although his frequent punches to the body did eventually wear his opponent down.

"Povetkin is a very tough challenger but I came in here to have fun," insisted Joshua,

who showed respect for the challenger by touching gloves after every round. "I realised he was strong to the head but weak to the body and those body shots wore him down."

Joshua will also be happy with how calm he was under fire. He never panicked when his nose was bloodied and when Povetkin was connecting with too many hooks for comfort. It was not as if he was fighting a slouch, either. After all, Povetkin was a former Olympic super-heavyweight champion who had won 34 victories in 35

figths as a professional, with his only defeat coming on points against Wladimir Klitschko.

Old school, Joshua called him. And well-schooled too. But like so many others he found the champion's power too hot to handle.

His fight with Joseph Parker showed he could go 12 rounds and box on the back foot when necessary. Here he again showed the size of his heart, just like he had when recovering from a heavy knockdown to defeat Klitschko.

The only tang of disappointment is that instead of facing WBC champion Deontay Wilder or the resurgent Tyson Fury, he is more likely to retreat old paths by facing Dillian Whyte once again on April 13.

"There is mutual respect with Dillian and I... but we are both lions in the jungle," said Joshua.

Povetkin was a lion, too, and after Joshua had illustrated the validity of one of boxing's oldest and most indomitable laws – that a good big fighter usually beats a good smaller one. Povetkin may have been booed in but he was rightly applauded out. Joshua had survived. But it was a little closer – and tougher – than he would have liked.

Wilder moments await in the wings providing the American can dispose of that troublesome other Brit.

Dubai next after Harlequins get a hammering

From Page 24

From Callum Roberts' superb take off the first kick-off, the visitors dominated the opening quarter, with man-of-the-match Sunia Fameitau barging over for the opening try after just seven minutes.

The lead was extended five minutes later as Dai Evans touched down a delightful chip through by Preedy, although the latter was just off target with his second conversion attempt.

The inevitable response from the hosts came just after the 20-minute mark as they crashed over through the forwards and Bahrain were then dealt a double blow as half-backs Annear and Preedy went down in quick succession.

Annear manfully played on, with Deina Morete shifting in to fly-half, and they struck for another try through back

Phillips down the left, which Morete coolly converted.

There was still time for Quins to tag on another converted try to make it 14-19 before the half-time whistle arrived to the relief of both teams.

The second period was a fairly tight affair, with little in the way of clear try-scoring chances for either side, as Bahrain heroically defended an onslaught of pressure and 'Quins unusually missed a number of kickable penalties.

With only minutes remaining on the clock, another timely turnover for Bahrain relieved the pressure and set up the break from which Phillips crossed for his second and the game's decisive score to round out a huge result for his side.

Tonkin is under no illusions that the team will have to dig deep at times throughout



TOO POWERFUL: Bahrain in full flight against the not-so-mighty 'Quins

the season has wear and tear kicks in. He explained: "The squad isn't used to playing back-to-back games in successive weeks, so we have a few injuries. Four of them are medium-term – looking at

four-to-six weeks out – and a couple of others are bumps and bruises which will be a week or two.

"The nature of the beast is that when players get injured, others in the squad

get opportunities and this is what we want in a squad. Following Eagles we have Exiles and Dragons away, both really tough games, so we'll need our entire squad to step up for those."

A big home crowd is expected to fill the new stand against Dubai Eagles. Kick-off will be 5pm at Bahrain Rugby Football Club in Janabiya.



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FIGHTING FIT: Hamza
in action and, right,
the referee raises
the winner's arm

Kicking on towards title challenge

BAHRAIN'S mixed martial arts star Hamza Kooheji packed a punch for the kingdom once again after securing notable success at the Brave Combat Federation championship challenge staged in Abu Dhabi, writes *Mai Al Khatib-Camille*.

Determined Kooheji, 25, now has seven wins and just two losses under his belt and is regarded as one of the leading bantamweights in the division.

He handed a second defeat to Crisanto Pitpitunge, a Filipino fighter nicknamed 'The Slugger', and resurrected a dream of becoming a title contender.

"I'm proud to represent the Kingdom of Bahrain and honour His Highness Shaikh Khalid bin Hamad Al Khalifa with a victory on his birthday," Kooheji told *Gulf Weekly*. "I

will continue to train hard and get back to competing as soon as possible, making Bahrain proud.

"I would like to thank all the team at KHK MMA Bahrain and the staff at Brave Combat Federation for making my dream a reality."

It was a significant feat for Kooheji coming after a disappointing loss to UFC-signed 26-year-old Khalid Taha at the federation's Brave 12 event held in Indonesia on May 11.

Kooheji picked himself up, dusted himself down and began training the very next

day. "I trained around the world in Extreme Studio Performance and Fortis MMA in the US and KHK MMA Bahrain with the best coaches and trainers around," he explained.

"I did not take a break and promised to myself that I will make the kingdom proud again. Each day I improved and became a better version of myself with the help of my coaches and the invaluable motivation from Shaikh Khalid. I aim to keep at it and when ready compete for the championship title."

The Brave Combat Federation, founded two years ago by Shaikh Khalid, has already featured 16 editions and now has some of the sport's leading fighters including Stephen Loman, Gurdarshan Mangat, Frans Mlambo and Felipe Efrain under its wing.

"We are an example for the world to observe and learn from," added Kooheji. "Today, the fastest growing mixed martial arts organisation in the world belongs to Bahrain. Our determination and struggle has made this a reality."

"Bahrain is ranked second in IMMAF global rankings and we will aim higher and will achieve more. This is a wakeup call to Bahraini youth to embrace a healthy lifestyle and follow your dreams."



EAGLES LAND NEXT

IT'S a case of keeping the momentum going for Bahrain Rugby Football Club as the team notched a crucial victory away at major rivals Abu Dhabi Harlequins.

The team got its West Asia Premiership campaign off to the best possible start on Friday night as they gained maximum points away to their fellow title contenders, just a week after claiming their first silverware of the season by beating the same opponents in the Asia Western Clubs Champions League.

The 14-24 bonus point victory was a first league



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

win for Bahrain over the mighty 'Quins in nine seasons but one that came at a considerable cost as frontline backs Nick Annear, Ross Preedy and Greg Heath all suffered potentially significant injuries.

Coach Louie Tonkin believes this was a significant first step towards the ultimate goal of lifting the league title. He said: "This is a fantastic result away at one of the big teams in the division."

"We built on the game last week and put in an even

stronger performance.

"The focus now is on harvesting this momentum and carrying it forwards. We have a home game against Dubai Eagles next week and they are vastly improved on last season and have recruited well in the summer."

"They kept Hurricanes to one score last week with 14 men on the field for 70 minutes. We'll be focusing on improving our performances over the previous week and be dedicated towards putting out a well-organised and well-drilled effort. With backing from our brilliant fans, we hope it'll be enough."

Turn to Page 23



ON THE BALL:
Coach Tonkin

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