

# Gulf Weekly

The community newspaper at the heart of Bahrain

October 17 - 23, 2018

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# SHAPELY STYLES



**EATING OUT**  
Toyko Reef sushi:  
SEE PAGE 11



**FILM WEEKLY**  
A Star Is Born review:  
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**MOTORING WEEKLY**  
A-Class test drive:  
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**FASHIONISTA**  
Tamara Suleiman is encouraging women to embrace their curves and all their edges by launching her own 'pin up' clothing business in Bahrain to help celebrate females of all shapes and sizes whilst making them feel glamorous.

The American 31-year-old, who has family connections to Lebanon and Palestine, adored dressing up like her idol, the iconic actress Marilyn Monroe. She understands what it's like to be different, battling teenage angst and bullying after being 'body shamed' whilst growing up in Jeddah, Saudi Arabia. "When I was a chubby youngster people and even relatives used to call me 'dab-doob', which means 'teddy bear' in Arabic," explained Tamara, who now lives in Seef.

Tamara faced many battles over weight and the experience soon convinced her that the only way to find happiness was to love herself and not try to please others. "When I started to become skinny by starving myself and almost becoming anorexic, then they called me 'disgusting'. That was a life lesson learned.

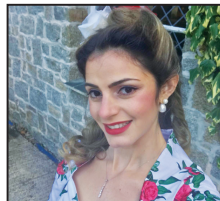
**COMMUNITY REPORT**  
By MAI AL KHATIB-CAMILLE  
mai.alkhatib@gulfweekly.com

"I stopped focusing too much on my body and began to enjoy life by participating more in outdoor activities, trying out new foods and, of course, dressing up in 'pin up style' as it gave me confidence to show off my big hips and thighs."

The fashion genre, which features pencil skirts, gloves, scarves, puffy skirts and patterns such as polka dots to name but a few, boasts a Burlesque, Rockabilly and Old Hollywood Glamour appeal from the hairstyle to the shape of the shoes.

It was carried off with aplomb by famous actresses and models who appeared more full-figured in past decades and, while the ladies were mostly covered up in fitted, or flared dresses and rompers, they oozed class.

Turn to Page 4 & 5



FABULOUS FROCK: Modelling the 'pin up' look with a pose, left, Tamara



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# We're Yankee Doodle Dandy

**U**S AMBASSADOR Justin Siberell stepped out for a taste of home amongst the thousands of products on display at Lulu Hypermarket in Juffair and kick started a series of Discover America Festival events, writes Stan Szecowka.

The popular store pulled out all the Red, White and Blue razzmatazz to dazzle the VIP guest with ribbon and giant cake-cutting ceremonies as he sampled the fare on offer alongside compatriot Mary McGinnis, the American Chamber of Commerce Bahrain's business development consultant.

He was thrilled at the vast quantity of goods on offer from fresh fruits, marvellous meats and juices amongst the thousands of products on display and admitted the trip gave him the chance to bite into some American offerings he had never indulged in before.

Lulu, which describes



itself as the destination 'where the world comes to shop' proved the point. Chatting to *GulfWeekly* as he walked around the aisles after munching on a peanut butter sandwich, the ambassador said: "The thing about American cuisine is the regional element that makes it so exciting, often you come to a place like Bahrain and discover food that you've never tasted before – we were talking about apple vinegar, for example, which is popular in one part of the country and not so much in another."

"So this is the great thing about being a large continental country, there's a taste for everybody! We're an immigrant nation, so we have a variety of styles and flavours – that's probably



TUCKING IN: US ambassador Justin tries out some of the American goodies in Lulu Hypermarket

the most exciting thing is finding out what's new to the American palate and what's on the menu. You can discover parts of America in Bahrain, absolutely."

Ambassador Justin, a father-of-three who was raised in California, considers ice

cream, macaroni and cheese, avocado and nuts as tasteful reminders of his childhood.

The Discover America Festival at Lulu hypermarkets, supermarkets and stores across the kingdom will run until Sunday and includes special promotional offers. There's a vast selection of fruit and vegetables as well as prime beef succulent steaks amongst the fresh produce on display, and there was a selection of electronic appliances too.

At the entrance of the store in Juffair, Harley Davidson had a stand with motorcycles

gleaming brightly and the much-loved American Mission Hospital nurses were busy conducting health checks for mall visitors.

Juzer Rupawala, director of Lulu International Group, who accompanied the ambassador on the tour of the Juffair outlet, said: "We love to give our customers a choice and celebrate the very best of each country under the spotlight."

Discover America Week 2018 aims to shine the spotlight on one of the strongest pillars of the relationship between the US

and Bahrain, namely the deep commercial ties.

"Trade between our two countries is booming," said ambassador Justin. "The Bahrain - U.S. Free Trade Agreement – one of only two such agreements the United States has with GCC nations – is the most significant symbol of our economic bond."

"Since the Free Trade Agreement came into force in 2006, two-way merchandise trade has more than doubled to \$1.9 billion in 2017, benefitting Bahraini and US exporters, and our economies – and it is only getting stronger."

"In the first seven months of 2018, two-way trade increased by 54 per cent over the same period last year. Including services, trade totals over \$3 billion annually."

"Bahrain exports a wide range of products to the United States under the agreement, including aluminium, textiles, plastics, fertilisers, chemicals, glass and high performance motor sports helmets, to name just a few."

"The Free Trade Agreement has also brought investment and iconic American companies to Bahrain – companies that deliver good jobs for Bahraini citizens and provide unbeatable products and services for Bahraini consumers."

## The Dogfather FUNDRAISING Garden PARTY

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 BD 14,990  
 USA Angus Beef Tenderloin /kg



Was 9,290 3 قبل 9,290  
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 USA Angus Beef Ribeye /kg



Was 8,790 3 قبل 8,790  
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 USA Angus Beef Striploin /kg



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 BD 5.490  
 Life Time US Fat free Cheese /kg



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# Curves are all

## From Page 1

The 'pin up' label was a term coined because photographs of the style icons from the movie world were pinned up on locker doors, walls and poles. Despite a style that offered minimal skin exposure it still had an army of admirers.

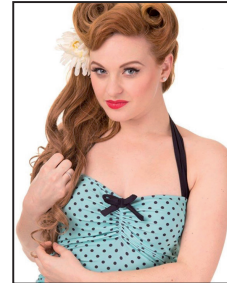
Many fondly reminisce how the era celebrated women with curves unlike today's much criticised fashion industry which still generally focuses on waif-like prepubescent Size Zero models, although a backlash from 'ordinary women' has created a shift in focus by major designers and labels.

That's great news for entrepreneurs like Tamara. She mastered the art by studying the times of the glamorous Hollywood era, which also featured stars such as Rita Hayworth, Lana Turner and Ava Gardner. "Ever since I was a child I've always loved watching classic movies and that's where I got most of my fashion inspiration from, including hair and makeup styles," she explained.

"Living in Saudi I never had access to 'pin up' wear so I usually created my own using accessories and borrowing my mum's old pencil skirt which she eventually gave me to keep!"

Although Marilyn Monroe remains her role model as she dug deeper into the style she started following Dita Von Teese, an American burlesque dancer, model, costume designer, entrepreneur, singer and actress and Miss Victory Violet, a blogger and hairdresser, who describes herself as a 'body confidence advocate' and full-time 'pin up'.

"I will always love Marilyn," she said. "I still love her style, her acting



... and her birthdate is the same as mine, on June 1. My best friend and I loved to emulate her, wearing pearl accessories, laced gloves and even polka dot anything, to add a little flare to our school uniform. However, we both used to get bullied and they called us names like Michael Jackson, a female Jackson basically. Nonetheless, it never took away the way we loved to dress."

The current pin up revolution is being championed by celebrities such as Beyonce, Katy Perry, Scarlett Johansson and Dita Von Teese who have added modern touches to the style for their music videos, movies and stage performances.

After graduating from high school Tamara pursued her style passion and attended the École supérieure des arts et techniques de la mode (ESMOD), a French private school of fashion with bases in Dubai and Beirut, Lebanon.

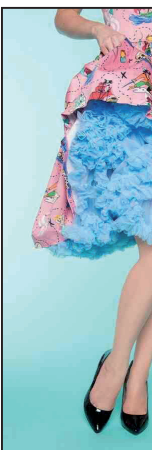
Her dress sense became more retro and when she moved to Bahrain in 2013 she had fully transformed into a 'pin up' girl in her own right.

"I finally had access to order my own 'pin up' dresses and accessories whenever I travelled to London," she said. "Plus, when I really got into 'pin up' I began accepting my body the way it



FLOWER POWER: Tamara and her beautiful belles inset: Marilyn Monroe

was and loving my curves." Eventually, people began taking notice of her sense of style, passing compliments and asking her where she bought her dresses and swimwear from. That's when



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# the rage



she decided to become a fashion buyer focusing only on 'pin up' designs.

She launched @tamarita.fashion on Instagram last July and hasn't looked back.

Tamara sources dresses from

the UK and swimwear from the US and although she is currently selling online and delivering out of her home, she has plans to expand the enterprise.

"My dream is to one day

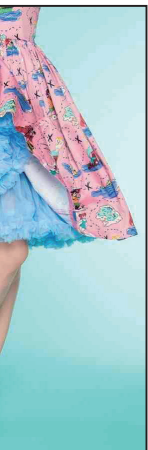
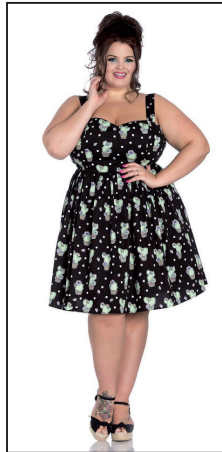
open a 'pin up' boutique here in Bahrain," Tamara said. "I have received so many positive reactions and I believe there is the potential to attract an even larger group of admirers because most ladies here like to dress in a conservative but creative manner."

"No matter what your body shape or height is, in my opinion the 'pin up' dress will show off a curvy figure in a modest and playful way. High-waist bikinis and retro bathing suits with built-in corsets are also popular."

"The 'pin up' fashion style will always remain classic and the trend will never die... same as gothic, preppy, bohemian, hippie, hip hop... it's all a matter of people's personality."

Tamara's selection of dresses, skirts, jackets, swimwear and accessories are being snapped up for between BD10 to BD30. Since her business launch, she has participated in several markets and Pop Up events.

When she isn't busy dressing and supporting women in loving themselves, she also teaches Zumba at different gyms across Bahrain. She added: "Women should know that you don't have to be skinny to stay fit and healthy, or to dress 'pin up'. It is all about being body confident no matter what shape you are."



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# Zahra's



# zinger deals

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

## Home comforts never sounded so good

THE technological whiz bang to look out for in stores soon will have customers flushed with success.

Kohler's new high-end (no pun intended) toilet is a case in point. The unit connects to the internet via such household assistants as Alexa or Siri, and can be flushed by a voice command.

An additional feature of the toilet, one that many men may think is much more useful, allows a user to verbally lift or lower the seat.

While it is obviously a plus that this function eliminates the necessity of having to physically interact with the seat, there is an even greater benefit. The unit can be held responsible if the seat is not left in the proper position.

Another device with possibilities is a robot pillow called Somnox, which is being marketed as a bed companion. Essentially what Somnox does is simulate human breathing when you hug it, which is supposed to relax you and help



**PILLOW SPOONING:** Sleeping soundly and covering all bases

you fall asleep faster. It can also do things like provide the sounds of a heartbeat.

However, it will not serve as a surrogate for a regular bedmate as it does not mumble, talk in its sleep, wake you up with a weird dream, roll over, steal the blankets, or get up to go to the bathroom. Wonder if you could get one that snores?



### Carrefour Hypermarket

Masafi mineral water 5ltr – BD0.350  
 Sunvita blended oil 1.8ltr – BD0.650  
 Fakhar basmati rice 10kg – BD5.950  
*My Club price – BD5.500*  
 Noor whole chicken 2x1.1kg – BD1.690  
*My Club price – BD1.490*  
 Pepsi 6x 1.25ltr – BD1.990  
*My Club price – BD1.790*

### Al Jazira Supermarket Zinj

Cadbury big taste 6x300gm – BD2.400  
 Lindt creation pistachio delight 12x15gm – BD2.100  
 Montezumas dark chocolate 6x100gm – BD1.600  
 Montezumas milk chocolate 6x100gm – BD1.600  
 Cadbury tiffin 6x200gm – BD1.800

### Lulu Hypermarket

Rugani juice 750ml assorted/pc – BD0.990  
 Ooomega flax drink 1ltr – BD1.490  
 One organic green tea powder 125gm – BD5.990  
 Ogilvie golden saffron oil 200ml – BD17.600  
 Organics organic dressing 250ml assorted/pc – BD2.990  
 Gustibus cherry tomato sauce 360gm – BD0.890

### Alosra Supermarket

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 Pomegranate per kg – BD0.495  
 Black forest cake – BD5.495  
 Buy 2 Arabic sausage roll and get large pizza free – BD0.500  
 Fresh sea bream cleaned /kg – BD3.495  
 Tuna loin /kg – BD12.995  
 Alosra signature cheese tomme de savioe /kg – BD14.375  
 Buy 500gm or more chicken stir fry /kg and get 25% off – BD2.813

# The joy of Japanese cuisine

**T**WO Michelin-starred Chef Takagi Kazuo is the latest celebrity culinary star to touch down at The Gulf Hotel Bahrain Convention & Spa, returning to the kingdom once again by popular demand.

The Japanese chef will be meeting and greeting diners at the award-winning Sato restaurant next Wednesday until October 27 with a few special surprises, including prawn and beef delights.

"I will be preparing some new dishes which I hope our guests will enjoy," he told *GulfWeekly*. "I'm really excited to be working again with such a great team in Bahrain."

His own restaurant is located at Ashiya, a city in between Osaka and Kobe, and has held two Michelin stars since 2010. It is best known for 'kyo-ryori' cuisine – a style of cooking that elevates Japanese ingredients into exquisitely plated dishes imbued with cultural references and a sense of the seasons.

He admits that the recognition has given him an

opportunity to cook all over the world, which he relishes, adding local vegetables to his creations. "If I go to the market and find interesting ingredients, I buy them even if it's the first time I have used them," he said.

"My maternal grandfather was a chef, but when I was young he was already retired. He lived in Tokyo, so every summer holiday I would stay with him for about four weeks. I loved to visit him as we would go fishing and he would cook for me. He would take me to the market and buy ingredients. I loved this food so that's why I decided to be a chef."

"I knew some basics because my mother taught Japanese cuisine for housewives and I often helped her. Cooking for me is an easy way to make people happy. My guests thank me every time. It's the best job!"

"Japan is surrounded by sea, so that means we are spoiled for choice when it comes to seafood. The freshness means that we can eat it raw and another special thing about Japanese cuisine is the technique used to prepare



**FLYING IN:** Chef Takagi, below, soup and an appetiser for autumn



food. Learning how to balance the taste and timing is what makes it special."

It's just over a year since his last visit to Bahrain. Guests were presented with a taste of true Kyoto cuisine, which is

rare even in Japan nowadays, since its preparation is complicated. Chef Takagi is determined to continue its long history.

Delights he has in store for Bahrain this time round

will include the creation of a Zenzai red bean soup, an amuse bouche - a single, bite-sized hors d'œuvre, plus a new execution of the prawn tempura, featuring a special rice and potato ingredient that

makes prawns 'incredibly crispy'. "It will be really tasty too because I'm also preparing some special seasonings and spices," chef promised.

He will also be preparing a beef creation, turning a simmering dish into a steak-style sensation.

Chef Takagi's famous offerings also include grilled cod soup with yuzu pop rice, sushi bonbon, shrimp and corn karage and Wagyu beef teriyaki.

His creations will be available as an a la carte selection or a seven-course dégustation menu, presented in his renowned artistic style.

"We are delighted to have Chef Takagi Kazuo return to our Sato Japanese Restaurant," said Charbel Hanna, the hotel's executive assistant manager. "In line with our passion of serving our guests a true culinary journey, Chef Takagi will definitely serve up an unforgettable dining experience."

For more information call 17713000.

● **More events in Leisure**

**Guide: Pages 8 & 9**

● **Eating Out: Page 11**



# FinTechFocus

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

**B**LOCKCHAIN is fast emerging as a priority technology for future collaboration among airports and airlines and has instigated a growing amount of research into FinTech this year.

Today, 59 per cent of airlines have pilot or research programmes planned around blockchain for implementation by 2021. Similarly, airports also continue to experiment with it.

The most commonly expected use for both is to streamline the passenger identification process with 40 per cent of airlines and 36 per cent of airports saying this would be a major benefit.

While the focus in the industry is predominately on passenger identity management, both airlines and airports also see that blockchain could have major benefits across several other areas of operation.

In a new report, airlines stated they expected the technology to provide benefits in the roll out of passenger tokens for frequent flyer programmes and e-tickets. Airport bosses have baggage tracking and operational efficiency as areas that have potential benefits too.

The feedback is revealed in new research released by communications and IT solution provider SITA, owned by more than 400 air transport industry members, which covers everything from global communications and infrastructure services, to baggage, self-service, airport, passenger and border management.

Its 2018 SITA IT Air Transport IT Insights shows that blockchain could offer multiple uses, all of which would help the various stakeholders in the industry work better together, replacing systems, processes and departments that are currently isolated from others.

"The biggest obstacles

# It's the way to fly high



standing in the way of a seamless passenger journey and truly efficient air travel, are the siloed processes across the many stakeholders, including airlines, airports, ground handlers and control authorities," said Gustavo Pina, director of SITA Lab, the organisation's technology research team.

"They act as significant speed bumps at every step of the way. By collaborating as a single industry, we can smooth that journey and blockchain is one of the technologies that has the potential to make that possible. This explains the industry's significant interest in it."

One of the key benefits

of blockchain technology is the ability to have multi-enterprise applications. These work across multiple organisations locking data immutably into the blockchain rather than having individual applications running separately and exchanging data on a case-by-case basis. This is how this technology can provide a 'single source of truth' to all stakeholders, supporters suggest.

In a bid to help drive the exploration of blockchain, SITA announced in June the launch of The Aviation Blockchain Sandbox, a major industry research project to explore the potential of blockchain.

SITA is investing in the infrastructure to accelerate industry-specific research into the viability of running multi-enterprise apps using distributed ledger technology, more commonly known as blockchain.

Gustavo Pina, said: "Through this collaborative innovation we will accelerate the learning for all and have already significant interest in pursuing cross-industry initiatives through the Aviation Blockchain Sandbox initiative."

The Aviation Blockchain Sandbox will be led and managed by SITA Lab and will develop in three stages. To start, SITA will open the access to the FlightChain

smart contract on the Sandbox.

FlightChain, which initially started with British Airways, Heathrow, Geneva Airport and Miami International Airport, will allow airlines and airports to solve the issue of flight status data quality. It stores flight information on the blockchain to provide a single source of information. Other airlines and airports can join in this research and test FlightChain for their own use thanks to simple APIs that will be available on *Developer.aero*.

For the second stage of this collaborative innovation, SITA will work with organisations that wish to test smart contracts across a

number of airline and airport operational use cases. During the third stage of the research, SITA will enable participants to run their own node of the blockchain sandbox.

Blockchain was one of the subjects under the spotlight during Bahrain Tech Week which concluded with the Bahrain International eGovernment Forum 2018, held at the Ritz Carlton, Bahrain.

The series of events hosted across Manama brought together professionals from government, major private-sector entities and startups to explore how digital innovations will revolutionise industries across the GCC.

Organised by the Bahrain Economic Development Board (EDB) in strategic partnership with Tamkeen, Tech Week featured more than 10 summits, forums and workshops, hosted by some of the world's foremost technology experts.

The MIT Innovation Forum, for example, where experts from organisations such as Ethereum, Cloudflare and Kaspersky Lab covered some of the key topics in 2018 such as cyber-security and, of course, Blockchain.

Incidentally, Bahrain Airport Company is developing a new passenger terminal at Bahrain International Airport as part of an on-going modernisation programme, a comprehensive plan designed to improve the infrastructure and services at the airport to cater to future aviation needs.

It will be equipped with state-of-the-art technology to improve passenger convenience, safety and security, as well as expedite the check-in processes. The \$1.1 billion project is scheduled to be completed during the third quarter of 2019.



## Just look at what you can get!

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# Leisure Guide



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

## Today (October 17)

The Bahrain Hospitality & Restaurant Expo 2018 will be held from 10am-8pm today at the Bahrain International Exhibition & Convention Centre. The expo includes a culinary tour, a forum and an exhibition.  
*For details, visit* <http://www.bahrainhre.com/>

Yemeni artist Hakim Al-Akel's art exhibition called 'A Mantra for the Earth' is taking place at Akkas Gallery in Saar until Monday.

*For details, contact* 33460450 *or email* info@srjonline.com  
● See Page 10

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

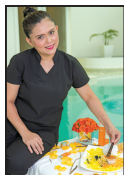
Treat your special someone to a romantic dinner by the sea at the Ritz-Carlton, Bahrain. This is staged daily, on the sea breeze area and private island from sunset to 10pm. Priced BD350 per couple at the sea breeze area and BD500 per couple at the private island.

*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* 17115000.

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

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

The Crowne Plaza Bahrain's band The Eye Candies will entertain every evening, except Saturday, at Harvesters. The outlet is also dishing up a new Camel Burger and staging a Beast Burger Challenge which, if finished in

the stipulated time, offers the meal for free, a T-shirt and wall of fame celebrity status. It runs daily from 11am to 9pm and is priced BD8.410. The hotel is also holding a steak night every Wednesday from 7pm at La Mosaïque Restaurant priced BD18net, with the 1kg steak challenge too.

*For details, contact* 17531122.

## Tomorrow (October 18)

The Bahrain Authority for Culture and Antiquities is staging its annual 27th Bahrain International Music Festival at the Bahrain National Museum until October 27. Entrance is free.  
*For details, email* info@culture.gov.bh *or contact* 17298777.

Indian Ladies Association is holding a Dandiya Nite from 8pm at Crowne Plaza Bahrain's Conference Centre. Tickets are priced BD4 and its free entry for children aged under five.

*For details, contact* 39214041, 38872702 *or* 33102756.

There will be a Seafood Night at Ramada Hotel & Suites Amwaj Islands, every Thursday from 7pm-11pm. BD12++ for adults, BD6++ for children aged six to 12, children below six dine for free.

*For details, contact* 16000099 *or email* dining@ramadamanama-amwaj.com



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

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

## Friday (October 19)

A 3.5km walkathon is being held in Awali starting at 2pm to help raise funds and awareness for breast cancer. The event is being organised by the Bahrain Cancer Society and tickets to register costs BD2 which includes a T-shirt.  
*For details, contact* Adnan Al

Qassab on 39132102 or BCS on 17233080.

Enjoy a lavish dining 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 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 (October 20)

A ladies-only Zumbathon is being staged at Baan Saeng Thai dance hall in Adliya from 5.30pm-8.30pm. Tickets are priced BD3.  
*For details, contact* 66302126, 37799307 *or* 39143226.

Spice up your journey brunch with a culinary journey around Mexico at the Ritz-Carlton, Bahrain's Cantina Kahlo Restaurant. This will be held today from noon 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* dining@ramadamanama-amwaj.com

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

The Bahrain Bay Kitchen at the Four Seasons Hotel Bahrain Bay is staging a Saturday Brunch from 12.30pm-3.30pm offering a wide selection of Arabic favourites such as Lamb Ouzi and cold mezzeh, priced BD16++ including soft beverages.  
*For details, contact* 17115000.

## Sunday (October 21)

The Indian Club is staging 'The Football/ Hockey Fiesta' until November 1 at its premises.



The entry fee is BD30 per team and the last date for registration is Monday. The event is open to all nationalities and teams can register squads of up to eight players in any of the tournament categories – U14, U18, Open & Above 40. For details, contact the Club Reception on 17253157, Victor Maradona on 36828384, Alex Pereira on 39366991 or Hillary on 3647 4780.

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 holds 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 22)

A University Fair to study in US, Spain, Switzerland and UAE is being held at the

InterContinental Regency Bahrain by Gulf EDU Tours and entry is free from 5.30pm-8.30pm. For more information, follow @gulfEDUtours

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@gulfhoteibahrain.com

The Crowne Plaza Bahrain's Harvesters Back to School-themed party starts at 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 23)

Ladies Night at the Gulf Hotel Bahrain Convention & Spa

every Tuesday, where women get a 50 per cent discount for the hotel's lounges, spas and restaurants, excluding Raosi by Vineet. For details, contact 17713000 or email info@gulfhoteibahrain.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.

#### 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.

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, 10 per cent of the proceeds will be donated to Think Pink Bahrain. For reservations, contact 17115000.



Guests can enjoy pink pastries at The Ritz-Carlton, Bahrain's Gourmet Lounge and The Lobby Lounge until the end of October from 10am to 11pm. Executive pastry chef Jonathon Challenor and his team are preparing special themed desserts such as the Pink Apple, Raspberry Macaroon, Classic Strawberry Tart and Rosewater Éclair starting from BD4.



Italian restaurant Primavera at the five-star property will also offer 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.

The Mövenpick Hotel Bahrain is also featuring a special Thursday Night Out for a cause this week with 20 per cent of the proceeds going to Think Pink Bahrain. The evening will feature prime US beef, unlimited beverages and gourmet food while a DJ plays on. Tickets are priced BD32net per person. For details, contact 17460017.

The Al Areen Palace & Spa Bahrain is staging a High Tea for a Higher Cause on October 25 starting at 4.30pm in the Hydrothermal Gardens with all proceeds

going to the Bahrain Cancer Association. For details, contact 1784500, 66611168 or visit www.alareenpalace.com

La Vinoteca Barcelona is hosting a Think Pink Brunch on October 27 with 50 per cent donated to the charity. The brunch is priced at BD28++ with selected beverages and BD18++ with soft drinks from noon to 4pm. For details, contact 17007808 or 32000170.

Also, those who dine at Florence Bahrain in Adliya will be supporting the cause as BD1 will be donated any time anyone orders two signature dishes throughout the month.

And, don't miss the third annual Ride for Pink horse and pony parade on Saturday organised by the Muharraq Horse Riding School from 3pm to 6pm. It costs BD7 to register. For details, contact 39858770 or 33090088.

#### YALLA BANAT



WOMEN from across the region will be taking to the track at Bahrain International Circuit (BIC) on Friday instigated by Yalla Banat ('let's go, girls').

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

Yalla Banat's racing driver founder and MD, Martyna Al-Qassab, 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

#### 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.

The festival tickets are priced at BD20 for adults and BD10 for juniors, with free admission for children aged six and under.

#### DATES FOR THE DIARY

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.



A 3KM and a 5km run will be held at Al Areen Wildlife Park and Reserve at 2pm on October 26. Funds raised will be donated to support local charities, said organisers Adnan Sport Events Management. For full details and to register online, visit www.adnanevents.org

A GARDEN Party is being staged at The Dogfather's Animal Rescue & Rehabilitation Centre on November 2 with performances by Sandi Thom & Friends from 11am

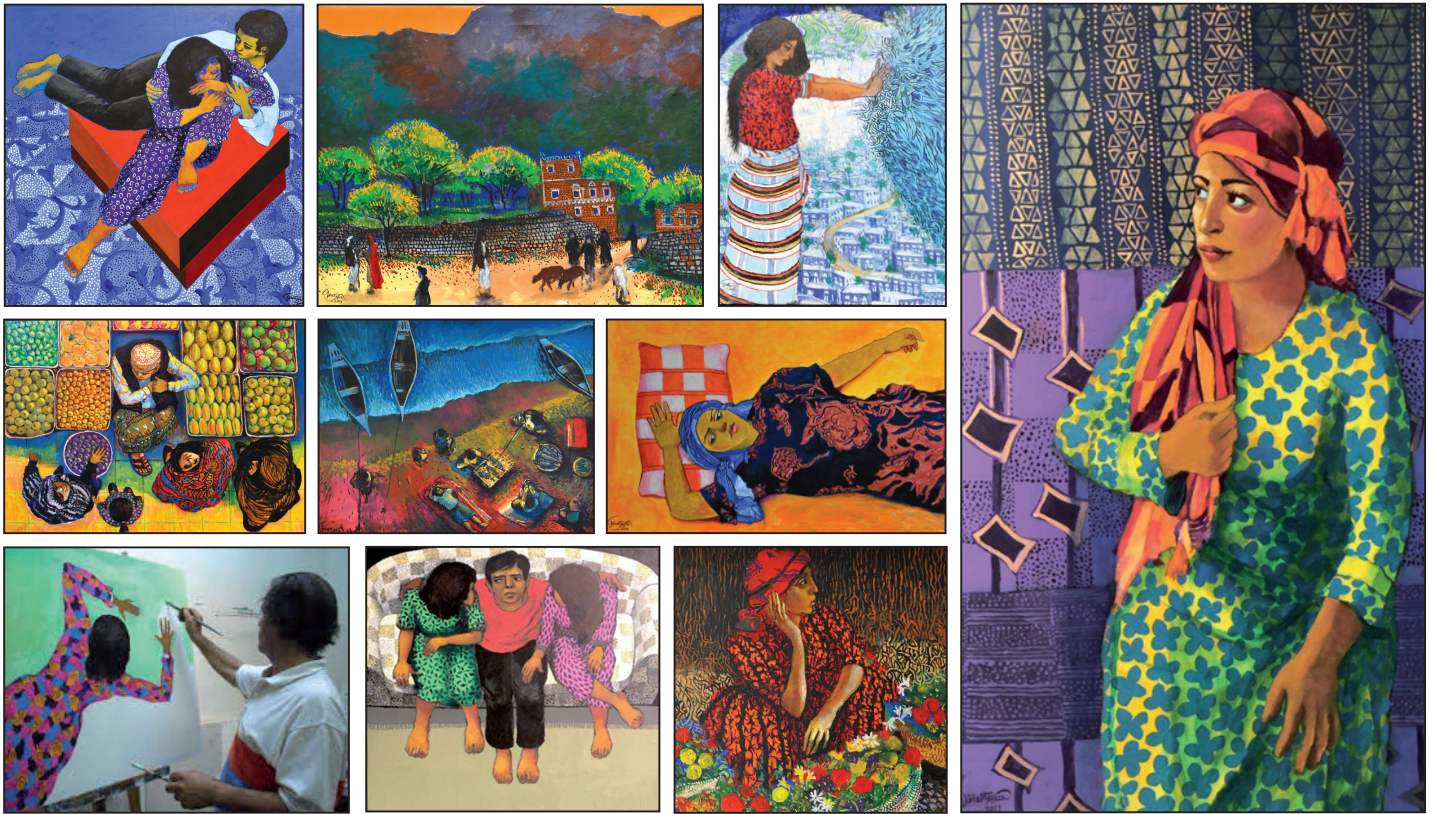
to 3pm. There will be music, a yard sale, vegetarian & vegan food, a BBQ and prizes to be won. For details, visit TonyTheDogfather on Facebook.

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 costs BD20. All proceeds go to charity.

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

MORE than 150 artisans and designers will be showcasing and selling their products at the annual Snowflake Craft Fair on November 17. Run by the American Women's Association, the charity fundraising event will be held at the Diplomat Radisson Blu Hotel from 11am-4pm. For an entry fee of 500fils, visitors have the opportunity to purchase handmade and designer goods, including mosaics, festive ornaments, jewellery, clothing, paintings and photography.





# Inspired by domestic setting

**A**RT lovers are flocking to Akkas Gallery in Saar to admire the colourful creations of Yemeni artist Hakim Al-Akel boasting vibrant hues and patterns depicting life from different perspectives.

The exhibition entitled 'A Mantra for the Earth' features 36 acrylic art pieces in different shapes and sizes.

More than 200 visitors have already attended the show including Shaikha Hala bint Mohammad Al Khalifa, the director general of the Culture and Arts Directorate at Bahrain Authority for Culture.

The 54-year-old artist, who had a solo exhibition in the kingdom in 2013, said: "It's a pleasure showcasing my work and meeting Bahraini art lovers once again."

The exhibition, which runs until Monday, features a colourful and visual expression of human behaviour in domestic settings executing everyday tasks or enjoying themselves in ordinary ways ... seen from above or at an angle. It's an imaginative take on popular Yemeni culture and modern life using exotic components in an artistic fusion of elements.



SITTING PRETTY: Artist Hakim making a welcome return to the kingdom's art scene



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

Hakim's work aims to allow the viewer to see human activity in a different way with dramatic representations rendered in bold patterns of

colour that accentuate the abstractness of the pieces.

His paintings are usually carefully composed from a bird's eye view with constructed geometries and high-keyed palette juxtaposing warm tones with cool bits

of other colours that aim to produce a visual vibration.

According to Hakim, cerulean blues are made brighter alongside flaming orange to create a sense of excitement. Radiant reds and lemony yellows, flesh tones

and spring greens are also used to stunning effect.

His fluid combination of long and short, and thick and thin brushstrokes accentuates the characters in his paintings as well as making the finished pieces more

appealing to the eye.

The father of six was born in Taiz and although he had a passion for art since his childhood, he found his voice after studying under renowned Yemeni artist Hashim Ali between 1987 and 1994. He attended Moscow State Academy and graduated with honours and a Master of Arts degree specialised in murals in 1997.

Since then, Hakim's work has featured in 13 solo exhibitions and more than 80 regional and international group events. He has also been heavily involved in workshops and seminars.

The latest exhibition is being staged by Bahrain-based SRJ Events and Workshops Company, in collaboration with FEKRA Design Studio. Shatha Al Jalahma, founder of SRJ Events has been delighted with the response. "As a well-respected Arab artist, we are honoured to welcome him here," she said. "This exhibition offers a colourful visual journey that touches the emotions and stirs the feelings of visitors."

It is open from 9am to 1pm and from 4pm to 7pm. For more information, contact 33460450 or email info@srjonline.com

● Resin art: Pages 12 & 13



# Eating Out

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

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**R**EADERS may recall that I recently attended the launch of the new Jeep Wrangler being unveiled by Behbehani Brothers at a snazzy ceremony and party at Reef Resort, watched on by VIPs, customers and members of the media.

Finely-clad waiters and waitresses at the five-star villa-stay, spa and dining destination brought beverages and tasty snacks on silver platters which included a selection of the tastiest sushi I'd enjoyed in a long time.

I thought at the time ... mmm, this is so good, I have to return to try some more.

I must have been good in a past life, because lo and behold, I discovered that Reef Resort's Tokyo Reef restaurant was staging a special Tabehodai Endless Sushi promotion.

Our party booked a table for Saturday evening and it gave me an opportunity to meet hospitality veteran Georges Saaed, recently appointed food & beverage manager, who brings 22 years of experience with international hotel groups and restaurants to Bahrain.

He's only been in situ a fortnight but has already tweaked the breakfast buffet offering at Pool Delight restaurant. The popular BBQ Seafood Buffet is going down a storm too and he has been mightily impressed by the positive feedback from customers enjoying the delights at its Japanese offering.

"Guests just love to watch as chef prepares your sushi and sashimi right in front of your eyes," he explained.

The man with the magic hands on Saturday evening was Specialty Sous Chef Brandy Manalang, a Filipino who learned the art of sushi making under the wings of a

## Delights from Far East



CUT ABOVE: Chef Brandy prepares one of his sushi masterpieces, above right, a plate of delights and F&B manager Georges

### GOURMET REPORT

By STAN SZECOWKA

editor@gulfweekly.com



Japanese chef and has spent 13 years mastering the art.

The word 'tabehodai' is made up of the verb 'taberu' meaning 'to eat' and 'houdai' meaning 'as much as one likes'. The menu is designed to be enjoyed by the whole table and comes with a refreshing warm slurp-uptuous starter of Edamame and Miso Soup.

That was followed by a choice of delicate dishes such as Tuna Poke with Rice Cracker, Chicken Karaage, Tofu Hiyayao, Dynamite

Shrimp and a melt-in-your mouth Beef Tataki with Asparagus (no guessing my choice!)

The Sushi rolls featured Tempura Dynamite Maki with salmon, pickle radish and avocado, everyone's favourite the California Maki with avocado, cucumber and Kani, Torched Maki, with salmon and avocado – a firm favourite with my Bahraini friends on the table, and the good lady wife's Kathryn's Number One choice, Spicy Tuna, a clever combination of diced tuna, cucumber, roasted sesame seed and golden Tobiko, the Japanese

word for flying fish roe.

All were exquisitely executed and tasted as good as the night of the car launch.

Sushi is actually bite-sized cakes of cold boiled rice flavoured with rice vinegar and rolled in seaweed with, or topped with, fish, vegetables, or egg rice that is mixed with other ingredients, which may or may not include fish.

Alongside it on the menu came sashimi and nigiri choices. Sashimi is thinly-sliced raw meat – usually fish, such as salmon, hamour or tuna, served without rice. Nigiri is a type of sushi in which the fish, vegetables or



meats are simply placed on top of the rice.

Chef Brandy was on sizzling form and insisted I try one of his latest creations, not even on the menu yet, a Salmon Sashimi with truffle ponzu sauce and garlic chips. It's a winner, chef, and thoroughly deserves a wider audience!

He also insisted the table try the venue's biggest seller, The Dragon, a terrific Tempura Prawn with an avocado and salmon wrap and spicy mayonnaise. Marvellous.

The fun dessert of Mochi and Yuzu Ice Cream Balls was perfect in size and

presentation after a filling affair.

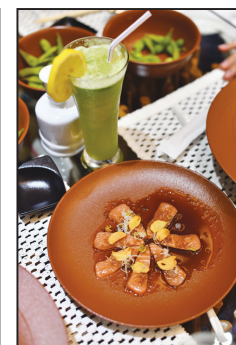
Fabulous food is important, but it's only part of the dining out experience. The service at Tokyo Reef was superb, polite, efficient and informative, and the actual setting offers divine ambience. With seating, inside and out, numbering 32, there's a perfect cosiness to the place. The decoration is delightful and even the tables were unique with glass-tops seemingly held in place by bamboo shoots.

We enjoyed a coffee after the meal on the terrace, which at night is a joyous, calming affair with the waters of the Gulf reflecting the lights of Manama twinkling in the distance.

It's understandable why this location on Reef Island is in such demand for product launches and wedding settings, but it's also a supreme dining out destination.

The Tokyo Reef Tabehodai Endless Sushi sessions take part from Wednesday to Saturday at a reasonable BD14++ per person. For reservations, call 13110110.

● Check out Stan's YouTube interview with gorgeous Georges and Chef Brandy by placing your smart phone over the QR Code.





# Mesmerising and

**ARTIST Madhu Sarda is now captivating art lovers across the kingdom with a series of shimmering new paintings inspired by a tantalising tool of expression that is gathering momentum across the globe.**

Renowned for both its experimental nature and ethereal aesthetic, resin is proving particularly popular among today's top creatives.

While the compound – which can be cultivated naturally or synthetically created – has traditionally been used in polishes and varnishes, many contemporary artists and designers are finding new and inventive ways to incorporate the malleable material into their practice.

Madhu, a Nepalese expat, has recently had her work on display at the Bahrain Art Gallery in Hoor. Her work boasted a kaleidoscope of colour that she executed after taking a special course abroad in the art of using resin.

Resin is a two-part compound that hardens to a clear glossy finish. Paint can be added to it or the resin can be poured over the painting to create the sheen finish.

Madhu, 40, a mother of two, said she found its use both mesmerising and intriguing whilst researching it online and started exploring the art technique further.

She grabbed an opportunity to explore it further during a summer holiday to the US with her husband Sandip, 43, finance director of DHL Supply Chain Saudi Arabia, and their daughters Sejal, 14, and Sumedha, 10.

"I love it because the kind of glazing effect and depth resin gives to a painting is unseen and unheard of in any other art form, in my opinion," said Madhu, who lives in Barbar,

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

and specialises in banking and administration. "It has a brilliant sheen to it.

"Once you get your hands on it the possibilities are endless. Each piece takes more than a week to create, from thinking of a design and pattern to the combination of colours, and then actually creating and curating it. For the best effects, these things cannot be rushed.

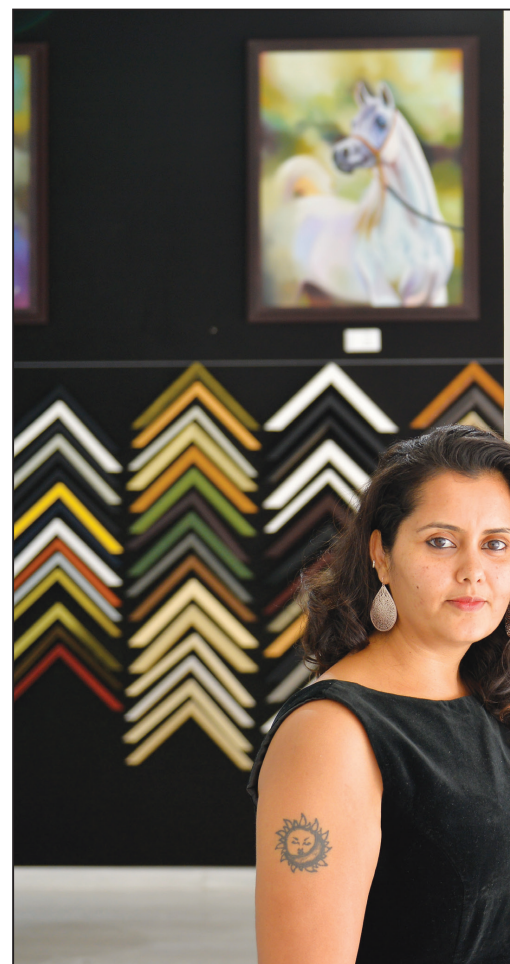
"I have other plans now and would love to create some table tops, serving trays and counter tops with resin in the near future."

Lustrous like glass but compositionally similar to plastic, resin effortlessly pairs form with functionality, resulting in an endless amount of artistic possibilities. As Madhu has discovered, there's an eclectic selection of resin art to be explored, from spectacular sculptural works and three-dimensional paintings to twinkling jewellery and avant-garde furniture. Dazzling and diverse, the versatility and beauty of the remarkable material appears to hold no boundaries.

Madhu, whose art pieces are often inspired by nature, features an ode to Bahrain, landscapes and Buddha in her canvases that vary in sizes and have been snapped up by collectors from anything between BD100 and BD300.

Her 'Ode to Bahrain' is a 60cm x 80cm wooden canvas that is near and dear to her heart. "As beautiful as this small island is, it has its own beautiful soul," she said. "This painting is a tribute to beautiful Bahrain and its lovely people. "I have felt its warmth since I first set foot in this kingdom. The pearls in the centre are extra special as it symbolises its interesting history."

Her 'Luminous Layers'



**DAZZLING AND DIVERSE: Madhu with some of her latest creations**

resin art piece includes three 30cmx30cm wooden boards to create a vibrant image.

"These layers are like layers of life," Madhu explained. "It's luminous, dark and light. What I love most about this piece is the way the colours blend and compliment each other to create a beautiful and soothing vision.

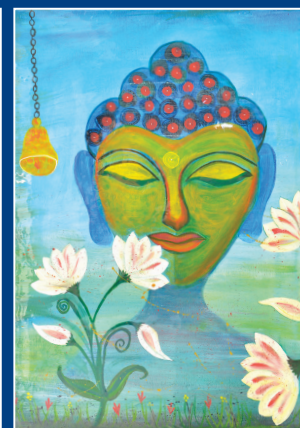
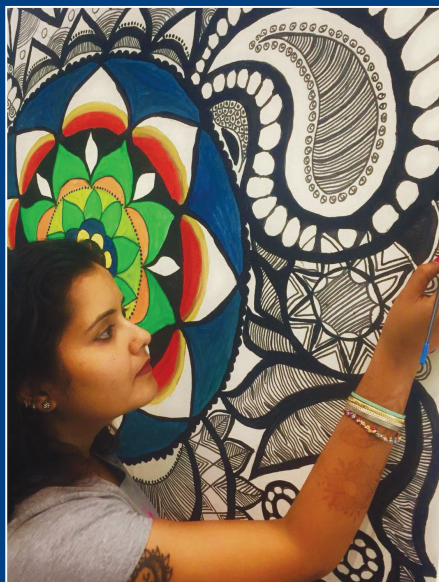
"The ultimate thing to be

achieved from art is a sense of delight. When you enjoy something so much that you lose any sense of time or even hunger, it's a calling.

"When I paint, hours fly by, it's like a form of meditation."

Madhu's love of art started at an early age as she was growing up in the small Nepalese town of Biratnagar.

"I was surrounded by beauty





# intriguing results



on display and, below, working in the community and with Chef Vineet

and beautiful people," she said. "It taught me to be thankful and appreciate the smallest of wonders that life has to offer. I guess that's why art came naturally to me.

"My fondness of painting and photography grew and I was determined to try and capture the essence, attitude, beauty and soul of my surroundings. Each painting is

a piece of my soul."

She started creating serious work using oils and acrylics and also produced pieces inspired by the Indian folk art style of Madhubani, painting done with fingers, twigs, brushes, nib-pens, and matchsticks, Warli painting, characterised by eye-catching geometrical patterns and Mandala art which often

evokes a highly-detailed pattern utilising a circular shape.

She has been selling paintings and taking on commissioned work since 2008 in the UAE and has her imprint in various venues in Bahrain. "Be it abstract, traditional or modern art, I'm at ease with all of them," Madhu said. "I specialise in wall murals and have created quite a few

paintings and Mandala art on the walls of Bahrain."

Madhu artwork has been exhibited in several galleries and she has worked for the Northern Governorate as a part of the Jid Al Haj Beautification Project and the Abu Saiba Primary Boys School Painting Project.

She also participated in the Coca Cola Art Exhibition in 2015 at Amwaj Marina and painted alongside famous Bahraini artist Abbas Al Mosawi at the Al Aali Art Festival. She also participated in an exhibition in Dubai as well as having her work on show at the RIA Institute and at Harbour Towers as part of the Art for Autism initiative.

And, her photographs were selected to be a part of the Bahraini Muharraq Heritage Festival staged at Arad Fort.

Her mentor in the Bahrain art scene is Mohamed Taha who had his work recently exhibited at Harbour Towers too. They first met at the Al Rahma Centre art competition three years ago in which he judged her prize-winning work.

Madhu, who last year dined at the Mount Everest Base Camp as part of a fundraising experience spearheaded by Michelin-starred Chef Vineet Bhatia, said: "As an artist, I enjoy participating in exhibitions. I always hope to create an embodiment of the beauty of life and, hopefully, ensure that my work has a soul and feels like a breeze or a breath of fresh air."

● To find out more about Madhu's work, follow her on Twitter @SardaMadhu, on Instagram @madhu\_sarda, on Facebook at <https://www.facebook.com/madhunsandip>, on her website [https://www.facebook.com/MadhubaniArts/?ref=aymt\\_homepage\\_panel](https://www.facebook.com/MadhubaniArts/?ref=aymt_homepage_panel) or email her on [sarda\\_madhu90@hotmail.com](mailto:sarda_madhu90@hotmail.com).







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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

## The heights of luxury living

**A** contemporary fully-furnished two bedroom apartment is available for rent in Juffair Heights' South Towers.

The apartment, which is inclusive of high-speed fibre optic internet, is located in the bustling suburb of Manama close to an array of restaurants, coffee shops, supermarkets and boutiques and has a total built-up area of 114sqm.

There is a sizable living and dining room, a laundry room, family bathroom and a closed kitchen. The master bedroom has an ensuite bathroom.

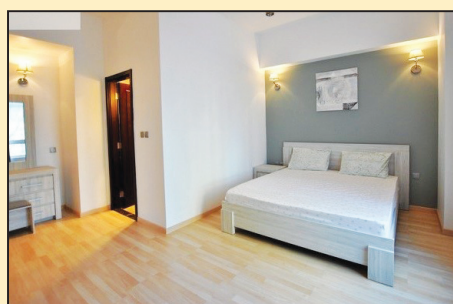
The owners of the property say pet owners are welcome too.

The towers feature large pools for adults and children, gymnasiums for both male and females, indoor and outdoor play areas, recreation

rooms, in-house theatres, jogging and cycling tracks at the podium level, landscaped areas with pergolas and walking bridges, virtual reality golf and double height reception areas.

There are four levels of parking and each tenant has an allocated spot, and this apartment has two.

This freehold BD28.5 million property is part of the 28 and 29-storey twin towers which comes under the umbrella of Dadabhai Development and Properties Management. It features 376 one-and-two-bedroom apartments that can be up-sized to incorporate more bedrooms. According to the developers, the aim of this property is to create a wholesome, lifestyle accommodation for families with all the facilities and amenities they need.



### FACTS AT A GLANCE

Location: Juffair Heights  
Reference number: AP428

Rental price: BD700

Living room: 1

Bedrooms: 2

Bathrooms: 2

**Additional information:** There are many amenities and the apartment boasts high fibre optic internet connection. One parking place per apartment.

For details on this property, contact Star Real Estate on 17298210.



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## ROVE RESIDENCE

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- Indoor Kitchen
- Small Private Garden
- Pool, Gym



# InteriorsWeekly

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

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**A** STUDY into domestic living trends around the world has discovered that the 'feeling of home' is moving beyond just four walls.

The *Life at Home* report, commissioned by IKEA Group, which recently opened a major store in Bahrain, revealed that 29 per cent of people globally believe that there are other places that make them feel more at home than the spaces they live in.

"We were curious to understand why some people say they feel more at home away from home than others," said Maria Jonsson, Macro Insights Leader at IKEA Group. "This report seeks to get to the heart of what creates that elusive feeling of home, and how we can all make this feeling easier to achieve where we live."

The research also showcased a significant increase in this feeling amongst people who live in cities, where the figure grew from 20 per cent in 2016 to 35 per cent in 2018.

The five core emotional needs that people found important to capture a feeling of home were privacy, comfort, ownership, security and belonging. However, this may not always be the case depending on the living

## Let's call this our home



situation. Almost 62 per cent of people living with friends believe it's important that their home provides them with a feeling of ownership, but only 34 per cent of them say that their homes live up to expectations.

The report also explores how major global changes such as urbanisation,

digitalisation and the rise of technology have impacted on how people feel. Lack of living space and privacy is often cited as a challenge, and as cities are set to grow exponentially in the coming years almost 48 per cent of people say they feel anxious about their homes becoming smaller in years to come.

Maria added: "For a large number of people, home just doesn't feel like home any more. We discovered a new behaviour, where people use a network of spaces and places, both within and beyond the four walls, as part of their homemaking experience. We believe that this expanded notion of life at home gives



people more opportunities to create the feeling of home, no matter where or how they live."

For example, one in 36 per cent of people say that they shower somewhere other than their own bathroom multiple times a week and 23 per cent eat with friends or family outside their home environment at the same rate.

The boundary between work and home also continues to blur with more than 68 per cent of urban dwellers bringing work home and 25 per cent of them saying they do it every day. Globally, 23 per cent of people say they

work in the home more than they used to.

This shift in attitudes and activities has led to a generation of people who want to redefine where they live. Six in 10 people say they'd like to create a home that's different from the one they were brought up in and 64 per cent say they would rather live in a small home in a great location compared to a big home in a less ideal location.

Although, if home really is where the heart is, at least IKEA believes it has all the pretty furnishings to make it wholesome.

### From Page 24

Al Khalifa says a strict training and diet regimen, as well as spending hours in the Gravity wind tunnel, has been the only way to compete with the top athletes. "This year has been very tough with regards to training," she admitted. "I went to the gym all summer long and changed my diet to lose a couple of kilos so that I could be even more graceful and smooth in the tunnel."

"There are days when I would fly three-times-a-week and there were some more intense days that we call 'tunnel camp' where I had to fly every day for two weeks, spending between an hour, to an hour-and-a-half, inside flying."

"If you were to compare it to something, I think freestyle is very close to figure skating or dance. You have to create a routine that goes well with music and perform tricks that are difficult, to achieve a high score. For example, backflips, layouts and twists are needed, all the while making the moves look effortless. While I

## All set for international challenge

don't have a signature move, I do tend to spin on one toe a lot like a ballerina!"

The Gravity wind tunnel has been prepared to host the teams during a pre-event training period by operating for a constant 24 hours every day and night for seven consecutive days, leading up to the opening of the competition. It will be the first ever tunnel in the world to operate for such an intense period of time.

Gravity general manager and head of the World Cup management committee, Khawla Al Hammadi, explained that Gravity's tunnel was considered to be one of the tallest glass wind tunnels in the world with an overall height of 12m of tempered glass, with a width of 4.3m allowing for a speed to reach up to 290km per hour. "It is considered a pioneering initiative to support tourism, sports and the economy of the

kingdom," he added.

The competition categories include Indoor FS: 4-Way (Open), 4-Way (Female), 4-Way (Junior), 4-Way VFS (Open), 4-Way VFS (Junior), 4-Way Dynamic (Open), 4-Way Dynamic (Junior), 2-Way Dynamic (Open), 2-Way Dynamic (Junior), Freestyle (Open), Freestyle (Junior).

Al Khalifa's coach Ben Roane, a world-class flyer from the US, who will also be competing alongside teammate Gravity's senior instructor Garth Lewis, believes she has made 'leaps and bounds' in her training and agility and has great potential to progress further. "I think her skills have improved probably more than anyone else I've seen this year," he said.

Al Khalifa's high-flying prowess started with an outing to the facility with friends.

"We decided to give it a go just for fun and I loved it

the minute my feet left the ground," she said. "I couldn't wait to come back again."

"After coming week after week, the Gravity team noticed my dedication and asked me to train professionally and compete in the sport."

"I love that you feel like you weigh nothing. I also love the control that I have in the wind tunnel as well as the adrenaline that rushes through my veins."

The recreational wind tunnel enables users to experience the sensation of flight, through the force of wind being generated vertically.

Gravity Indoor Skydiving will be hosting the international event, which is governed by the FAI and sponsored and supported by the Ministry of Youth and Sports Affairs, Al Salam Bank, Ritz-Carlton, Bahrain, National Bank of Bahrain, Tamkeen, Batelco, Alba, Gulf Petrochemical



MAKING MOVES: Shaikha Fatima

Industries Company, Information and e-Government Authority, Bahrain Tourism and Exhibitions Authority and Gulf Air.

The first World Cup of Indoor Skydiving was held in

2014 at iFLY Austin in the US and the second was staged in 2016 in Flyspot in Poland.

● For more details about the World Cup, contact 13100000 or visit the website www.wcis2018.com

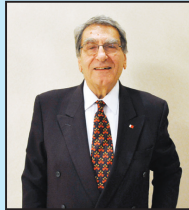


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## New in Post

JANO Mouawad has been appointed as the new acting president for Skai International Asian Area. Mr Mouawad, who is currently the vice-president for the West Asian Area, will now lead more than 2,425 members in 41 clubs.



Skai International is the professional organisation of tourism leaders from around the world who have been promoting global tourism, business and friendship since 1934. Its members, industry managers and executives, meet on a regular basis to discuss and pursue topics of common interest.

"Mr. Mouawad is a very active member of the club and he is a deserving leader, able and capable to bring safe, sound and strong leadership," said Skai International Bahrain President Mohammed Buzizi.

This is the third time that the Skai Bahrain Club has presided over the region as Mr Buzizi was elected in 1986 and served three terms. The Asia area is the most diverse in the world of Skai as it reaches from Guam, in the Pacific, to Mauritius, in the Indian Ocean.

## In focus



MUHARRAQ Social Welfare Centre celebrated International Day for Older Persons by organising a walkathon and offering complimentary health check-ups for the elderly at Seef Mall – Muharrag. Guests were also able to showcase their handmade products at a booth located at the mall.



MEMBERS of the Nigerian community in Bahrain celebrated their country's 58th Independence Day with friends at the Premier Hotel, Juffair. The event, spearheaded by Bridget Erhunwunsee, Faith Murphy and Tosin Arowojolu, featured a fashion parade, songs and poetry in various Nigerian languages and a variety of traditional dishes.



VIVA recently conducted six workshops at its Bahrain City Centre store to help customers explore their creative capabilities on smart devices. They included a night photography session by photographer Ishaq Madan, portrait drawing conducted by artist Zahra Kazerooni and 'calligraphy' with artist Jassim Al Jassim, highlighting the sophistication of Arabic text design.

# SocialScene

Why wait a month! Join Social Scene every week

## School initiative

BAHRAIN Indian School staged a Think Pink Week to raise awareness about breast cancer. A wide array of activities took place including a discussion on the disease led by teachers following an assembly, with students highlighting the issue with a poster and collage making initiative. The week ended with football and basketball matches between teachers and students to raise funds for cancer charities.



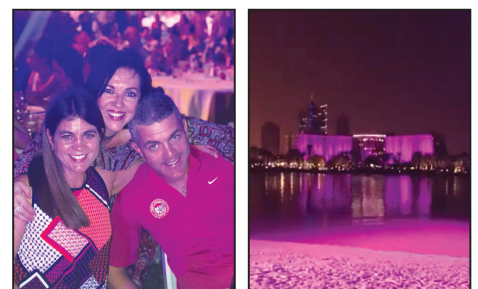
## Showing support



PEOPLE from across the kingdom have been rallying to The Avenues Mall to leave their pink imprints on an art installation to raise awareness and support Think Pink Bahrain. The installation will be available until Saturday.



## Pink party



MORE than 700 people dressed in a range of rosy shades at the American Express and The Ritz Carlton, Bahrain's annual Pink Island Party at the hotel's private island. The big-hearted supporters enjoyed an evening of music, an open buffet and beverages. Part of the proceeds from the party will be donated to Think Pink Bahrain.

## Raising awareness

Y. K. Almoayyed & Sons (YKA) recently hosted a lecture on breast cancer awareness for its employees, conducted by Dr Neetha Ravi from Royal Bahrain Hospital. The Think Pink initiative was conducted under the company's community service programme, Edmaj, with an aim to spread awareness about the disease and encourage women to check for signs, especially since early detection is a major contributor to successful treatment. Around 20 employees attended the lecture which was held at YKA head office in Manama.



## Mall joy



LUCKY shoppers Anas Al Qatani, Fahad Almshari, Foad Adel, Ali Mohammed, Ahmed Haji, Cliff Rinchon and Mohammed Rashid won 50g 24K gold plates as

part of the recent week-long 88th Saudi National Day festivities staged at Majid Al Futtaim's City Centre Bahrain. Visitors who spent BD30 or more at

the mall had the opportunity to win the main prizes, alongside the first 50 visitors who spent BD40 instantly receiving two cinema tickets.

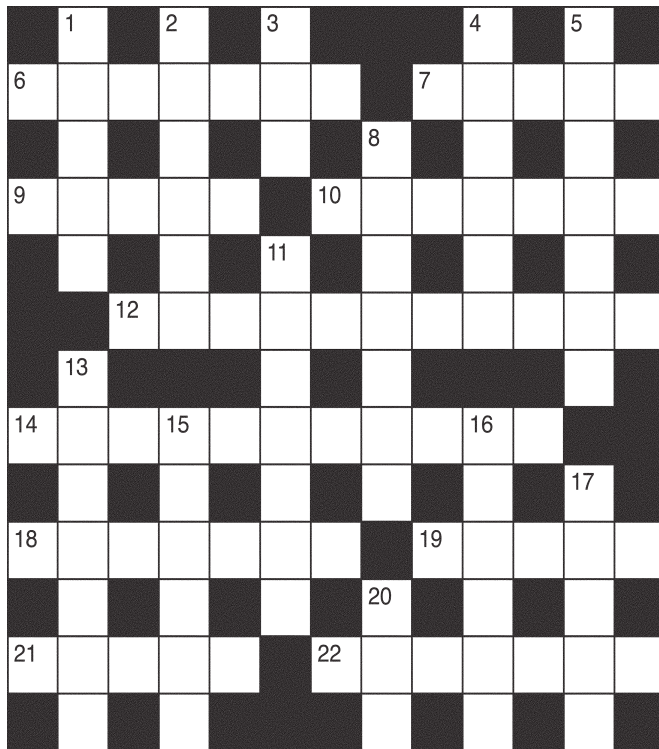


# Time Out



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## crossword break



Solutions in next week's issue.

### ACROSS

6. Set free (7)
7. Board game (5)
9. Lukewarm (5)
10. Intricate (7)
12. Vengeance (11)
14. Result (11)
18. Let (7)
19. Irritate (5)
21. Step (5)
22. Opposite (7)

### DOWN

1. At no time (5)
2. Edit (6)
3. Employ (3)
4. Floor covering (6)
5. Sovereign (7)
8. Shoe-mender (7)
11. Lawn game (7)
13. Deserted (7)
15. Distinctive phrase (6)
16. Annul (6)
17. Lift (5)
20. Marry (3)

### who, what, where, when

WHO ... did Dr John Reid succeed as the UK's Secretary of State for Health in 2003?  
WHAT ... US label released *A Christmas Record* in 1981 featuring The Waitresses and Cristina?  
WHERE ... in Africa is the Kingdom of Swaziland?  
WHEN ... did Cliff Thorburn win the World Snooker Championship?  
WHO ... played Flashman in the 1971 television series *Tom Brown's Schooldays*?  
WHAT ... rock group released the album *Selling England by the Pound*?  
WHERE ... was Leopold Bloom's house in Dublin in James Joyce's novel *Ulysses*?  
WHEN ... did Mauritania gain independence from France?

### just so

enutrof

fast ward ward ward ward

bb or  bb



## 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

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

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

darn tough sudoku

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

Sudoku

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

Sudoku

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

### Last Week's Leisure Solutions

#### CROSSWORD BREAK:

Across: 3 Endeavour; 8 Loot; 9 Patronage; 10 Covert; 11 Blood; 14 Divan; 15 Rest; 16 Gross; 18 Team; 20 Twice; 21 Leash; 24 Behind; 25 Ephemeral; 26 Turn; 27 Sterility.

Down: 1 Elucidate; 2 Convivial; 4 Neat; 5 Enrol; 6 Vendor; 7 Urge; 9 Prong; 11 Booth; 12 Delicious; 13 Attendant; 17 Steel; 19 Meteor; 22 Steal; 23 Spot; 24 Bait.

JUST SO: Half a world away, Big Ben, Archbishop, Down to earth.

WHO, WHAT, WHERE, WHEN:

David Baddiel; Gloria Grahame; Co. Clare; 2005; Lee Marvin; Sessanta; Northamptonshire; 1983.

Darn Tough Sudoku

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





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# Write to the editor

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

IT HAS been a very long, very hot summer and we all need a bit of fun in our lives to cheer us up.

This year's Scarecrow Festival at Rainbows for Kids Nursery in Muharraq is going to be bigger and better than ever.

There will be scarecrows of every shape and size and there will be prizes to be won for them, but we are also inviting children and adults alike to come dressed as their favourite scarecrow.

A famous figure from stage or film? A story book character? Or what about a politician?

The possibilities are as endless as people's imaginations.

Please write the date in your diary and get making those scarecrows: November 24 - The Rainbows For Kids Annual Scarecrow Festival.

Just drop us a line at [christineh@rainbowsforkids.net](mailto:christineh@rainbowsforkids.net) and we will send you an entry form. It is open to all schools, pre-schools, clubs, adults and children.

No entry fee and cash prizes to be won.

A map of how to find us can be found on our website on the Contacts page, [www.rainbowsforkids.net](http://www.rainbowsforkids.net)

**Thank you.  
Christine Hasan**

WITH great pride we would like to announce details of the coming Prince/Princess, Teen King/Queen and The Ultimate Queen contests.

The Prince/Princess and Teen King/Queen events will be held on Thursday, November 22, at 8pm in the Indian Club. They are open to all and there will be three age groups (5 - 7, 8 - 12 and 13 & above). Attractive



FLASHBACK: Christine with a prize-winning scarecrow

prizes will be given to the winners.

The Indian Club Ultimate Queen Beauty Pageant will be staged on Thursday, November 29 from 8pm.

This beauty contest is open for all ladies over 30 of any nationality and will include two rounds, comprising traditional wear and casual wear.

The award categories are:

- The Ultimate Queen – Winner
- The Ultimate Queen – 1st Runner Up
- The Ultimate Queen – 2nd Runner Up

- Best cat walk
- Best hair style
- Best smile

Entry forms for these events are available at the club reception and the last date for registration will be Thursday, November 15. For further details please contact the club's entertainment secretary, Nanda Kumar on 36433552 or choreographer Hansul Gani on 33381762.

**Indian Club Executive Committee.**

THE annual Colours of

Life Poetry Festival hits the stage for the sixth time and features 15 poets representing almost as many nationalities, Australia, Bahrain, Britain, Canada, India, Macedonia, Malaysia, Pakistan and Yemen.

It is perhaps the only bilingual (Arabic and English) poetry presentation in Bahrain that includes a multicultural, multi-ethnic cast of poets ranging in age – this year – from 14 to over 60. It may well be the only poetry festival on the island that includes musical and visual accompaniment to the poems.

Every year, Colours of Life features at least a couple of Bahraini poets who present their poems in Arabic. This year will see BWC's long-time friend and renowned poet Hamid Al Qaed as well as the recently highly awarded poet, writer and novelist Dr Aneesa Fakhro in the team. The BWC is honoured to have such highly-regarded Bahraini literary figures as part of Colours of Life.

The sixth Colours of Life

Poetry Festival is dedicated to Samia Engineer, who passed away on July 27.

She had participated in every single Colours of Life Poetry Festival from 2012 until 2017.

A well-known Bahraini poet and artist, Samia was an assistant professor with the University of Bahrain where she taught Art Education & Fine Arts. For The Second Circle poets and Bahrain Writers' Circle she was an inspiration and a positive and gentle spirit, who unfailingly, and even last year although she was unwell, participated in Colours of Life. Her beautiful presence and her touching poetry will be sorely missed.

The Colours of Life Poetry Festival is organised by The Second Circle, a sister group of the Bahrain Writers' Circle and was the brainchild of David Hollywood who was its charismatic founder.

Colours of Life 2018 will be presented on October 27 from 6.30pm to 7.30pm at the British School Bahrain, in Hamala. Entrance is free. Visitors must bring with them either an uploaded image on their mobile phones or a print-out of the invitation. This is available on the BWC website and on all BWC Facebook groups: *Bahrain Writers' Circle, The Second Circle, and Spotlighting Bahrain's Creative Prose Writers.*

**Claudia Hardt,  
Bahrain Writer's Circle.**

INTERNATIONAL trainer and author Karen Wilding is coming to Bahrain at the end of October to hold workshops for teachers from 9 different schools. Miss Wilding is an accredited

## THE WHISPERER

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

...[editor@gulfweekly.com](mailto:editor@gulfweekly.com)

IT FEELS like only yesterday that everyone was getting excited by the invention of the 3-D printer. According to these futurists, it would make life as we know it today barely recognisable in the future.

"Realistically, we're going to be living to 100 ...110. With bio-printed organs, living to 110 won't be anything like living to that age today," one technology trend expert suggested back in 2014.

Others predicted companies would soon be able to manufacture goods domestically, with virtually no wasted materials and no need for international outsourcing. If we can print a shoe here, we don't have to go to China or Indonesia, said one, who also predicted the demise of the construction and agriculture industries, with 3D printing making many traditional methods of building and food production obsolete.

The Whisperer is not sure what happened, but his trendy trainers are still made in China, cheap labour from the Indian subcontinent is still building bridges and diabetes will probably kill off most folk before the need for a bio-printed liver.

Mind you, should you want to pick up a 3D printer, there was a second-hand one, reportedly in excellent working order, stuck on the noticeboard this week at Alosra in Saar.



'Standard Holder' of the NCETM (National Centre for Excellence in Teaching Mathematics) and uses her extensive experience in various teaching approaches in her workshops.

Miss Wilding also writes for Dorling Kindersley (Penguin Books) publishers and her recent book *A First Math Glossary* was published this year. She has contributed to numerous mathematical journals and has recently appeared on

BBC television *Live Lessons* series expert panel.

Workshops will take place on Saturday, Sunday and Monday, October 27 – 29, advance registration is required. Miss Wilding's bespoke training specialises in supporting teachers in building reflective practice in teaching mathematics. For more information about her workshops email [info@budaiyapreschool.com](mailto:info@budaiyapreschool.com)

**Principal Janeann Mohseni, The Budaiya Pre-School.**



Moreover, South Korea has got a bustling and very present café culture. At any time, and in any café, you will find students catching up on work and friends catching

up on each other's lives.

As someone who absolutely adores the atmosphere found in cafes, I was very happy to see that South Koreans shared in that sentiment.

I had a great time and an incredibly invaluable experience.

Most importantly, I was able to practice using the Korean that I have been learning for a little over a year now. I'm grateful ... and I can't wait to go back!

## Youth Talk

By Sarah Belal



with a beautiful selection of deciduous trees such as pine, made me wonder just how breathtaking it would look in the winter with the wooden roofs of the traditional style temples covered in snow.

Here we got to experience practicing Zen meditation which differs from regular meditation in that you keep

your eyes open so as to keep drowsiness at bay.

Prior to our day tour here, I had only the slightest idea of the Demilitarised Zone between the two Koreas, but that changed by the end of this trip. Our tour guide, one highly-enthusiastic about sharing all the knowledge he possessed, made the whole ordeal of relating to us facts of the past interesting and intriguing.

Although the picture he painted at first was that of an eerie and heavily-restricted area, the actual place turned out to be quite cool

with plenty of tourists visiting; the tour made for a fascinating day out.

You cannot pass up a visit to one of the many skincare and beauty shops that can be found in plenty in the major shopping districts when in Korea.

South Korea is well known for its beauty industry and my roommate and I wasted no time in getting ourselves acquainted with the plethora of skincare stores about the city.

I HAVE returned home from my trip to Korea and am already thinking about when I will be returning. We students were lucky to have a well thought out itinerary in store for us.

Out of the all the places we were taken to, among which were a traditional Korean village and Dongdaemun Plaza, my favourites were our day trip to Bonguensa Temple and the DMZ tour.

Nestled in an urban landscape of high-rise buildings, and in strong contrast with it, is the temple. The entrance, lined



# Film Weekly

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

**I** KNOW, I'm about to show my age, but with regular film reviewer Kristian Harrison overseas, I had to step in and do the honours with a trip down memory lane.

I started my journalism career as a cub reporter at my home town newspaper in the UK and one of my tasks (as well as making the Editor countless cups of tea) was to write a weekly movie column.

One of the first films I ever reviewed at the Classic Cinema in Banbury in 1976 was *A Star Is Born* about a young singer (Barbra Streisand) who met and fell in love with an established rock 'n' roll star (Kris Kristofferson), only to find her career ascending while his goes into decline.

The film was a remake of the 1937 original drama starring Janet Gaynor and Fredric March, which had also been adapted in 1954 as a musical starring Judy Garland and James Mason.

Step forward to 2018 and I'm sat with my teenage daughter, Imogen, at VOX The Avenues, for the Bahraini premier of the latest version.

This new take on the tragic love story finds Bradley Cooper playing seasoned musician Jackson Maine, who discovers – and falls in love with – struggling artist Ally, Lady Gaga.

She had just about given up on her dream to make it big as a singer until Jack coaxes her into the spotlight. But even as Ally's career takes off, the personal side of their relationship is breaking down, as Jack fights an ongoing battle with his own internal demons.

*A Star Is Born* may be a remake, but Cooper and Gaga make the material feel fresh, urgent and relevant.

Star reputations were on the line here for both main characters. They were putting their talents to the test and could so easily have come unstuck by venturing out of their comfort zones.

The challenge appears to have worked in their favour. It was the pop star's first major film role and for his part, the movie-man had to learn to play the guitar. The four-time Oscar nominee took music lessons for 18 months to master the musical instrument and even



HEART STRINGS: Jackson (Cooper) and Ally (Gaga), below, flashbacks to 1976

## STAR-STRUCK

### A STAR IS BORN

**STARRING:** Lady Gaga, Bradley Cooper, Sam Elliott

**DIRECTOR:** Bradley Cooper

**GENRE:** Drama, Music, Romance

**RATING:** 15+

**RUNTIME:** 136 Mins

made a surprise appearance on Glastonbury's Pyramid Stage in June, 2017, as part of live singing scenes for the film.

He, incidentally, preceded Kris Kristofferson's set and later revealed to reporters the plan to sing live was down to Lady Gaga. "She said: 'what I cannot stand in movies is when it's playback and you can see they're lip-syncing. We're going to sing live,'" he recalled.

The stage performances by both characters are immerse and the music magnificent, so much so, that I've already downloaded the sound track (*I'll Never Love Again* extended version is a cracker).

To be honest, I've never been a follower of Lady Gaga's career until now and had to ask Imogen to play some of her songs in the car just to remind me what I'd been missing, but she has immense stage presence and an impressive vocal range.

In addition to playing Ally, Gaga, who earned an Oscar nod for the song *Til It Happens to You* from *The Hunting Ground*, performs original songs in the film, which she wrote with Cooper and a handful of artists, including Lukas Nelson, Jason Isbell and Mark Ronson.

*A Star Is Born* 2018 was produced by Bill Gerber, Jon Peters, Todd Phillips, Lynette Howell Taylor and Cooper. Ravi Mehta, Basil Iwanyk, Nijja Kuykendall, Sue Kroll,

Michael Rapino and Heather Parry served as executive producers. The screenplay was by Cooper, Eric Roth and Will Fetters.

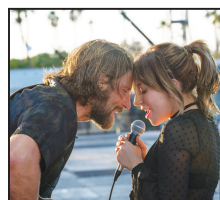
Collaborating with Cooper behind the scenes were Oscar-nominated director of photography Matthew Libatique (*Black Swan*), production designer Karen Murphy, three-time Oscar-nominated editor Jay Cassidy (*American Hustle*, *Silver Linings Playbook*, *Into the Wild*) and costume designer Erin Benach.

The cast also includes Andrew Dice Clay, Dave Chappelle and Sam Elliott and don't be surprised if one of them picks up a supporting actor gong.

There's a Simon Cowell-type character the audience just loves to hate in the form of Ally's manager Rez (Rafi Gavron). With a cut-to-fit British accent he moulds her into a pop artist that sees her shelve her integrity for hits before whispering darkly in Jackson's ear.

There's one poignant part in particular when the self-destructing rocker is having it out with his brother and tour manager, Bobby (Elliott), in Bobby's pickup truck.

Their relationship has been



through the wringer a few times over now, and it's always been complicated by their respective memories of their long-dead father. But as Jackson stands outside the vehicle, he hits his much-older brother with an emotionally surprising confession.

A moment later, Bobby turns to back up his truck, and the rugged music veteran, who's seemingly seen everything, looks over his shoulder with bloodshot, tear-soaked eyes. The 74-year-old screen vet revealed that this magical moment was completely unscripted and unplanned.

It's a moment made all the more tragic, considering the film's subsequent events.

I'm still a big softie. I cried in 1976 and wept once again in 2018, despite knowing how it was all going to end.

● **Now Showing in:** *The Avenues, City Centre, Seef II, Saar, Wadi Al Sail, Seef Muharraq*

● **Check out the Warner Bros' release trailer by placing your smartphone over the QR Code.**



**STAN'S VERDICT**

1 popcorn – stay home  
5 popcorns – start queuing

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## Bite-sized trailer

### Bad Times at the El Royale

**DIRECTOR:** Drew Goddard

**CAST:** Dakota Johnson, Chris Hemsworth, Jon Hamm

**PLOT:** Seven strangers, each with a secret to bury, meet at Lake Tahoe's El Royale, a rundown hotel with a dark past. Over the course of one fateful night, everyone will have a last shot at redemption – before everything goes to hell.

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



### Ghost Stories

**DIRECTORS:** Jeremy Dyson, Andy Nyman

**CAST:** Andy Nyman, Martin Freeman, Paul Whitehouse

**PLOT:** A debunker of all thing paranormal, Professor Phillip Goodman (Andy Nyman) has devoted his life to exposing phony psychics and fraudulent supernatural shenanigans on his own television show. His skepticism is put to the test, however, when he receives a file of three chilling, inexplicable cases: a night watchman (Paul Whitehouse) haunted by disturbing visions as he patrols an abandoned asylum; an edgy young man (Alex Lawther) involved in a hellish car accident deep in the woods; and a wealthy former banker (Martin Freeman) visited by the poltergeist spirit of his unborn child. Even scarier: each of these macabre stories seems to have sinister connection to Professor Goodman's own life.

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



### The Last Witness

**DIRECTOR:** Piotr Szkopiak

**CAST:** Alex Pettyfer, Robert Wieckiewicz, Talulah Riley

**PLOT:** A young, ambitious journalist risks love, career and ultimately his life to uncover the true identity of an Eastern European refugee and his connection to the British Government's collusion in the cover up of one of Stalin's most notorious crimes.

**SHOWING IN:** Seef II, Saar, Seef Muharraq



## imdb movie charts

Current Position	Title	Weekend Takings	Gross to date
1	Venom	\$36M	\$143M
2	A Star Is Born	\$28M	\$94M
3	First Man	\$17M	\$17M
4	Goosebumps 2: Haunted Halloween	\$16M	\$16M
5	Smallfoot	\$9M	\$58M
6	Night School	\$8M	\$60M
7	Bad Times at El Royale	\$7M	\$7M
8	The House with a Clock in Its Walls	\$4M	\$62M
9	The Hate U Give	\$2M	\$3M
10	A Simple Favor	\$1M	\$52M





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# Motoring Weekly

Steering you to the best deals on wheels

## Hey Mercedes, you're class!

**A**S a seasoned motoring journalist, you expect nothing less from the top marques than to provide you with a car that is responsive to your every touch.

But now you don't even have to touch if you'd prefer to ask, thanks to a piece of voice-activated perfection operated by a simple command: 'Hey Mercedes!'

In recent times, we've got used to asking our smartphones to carry out instructions and I've even got a running app that delivers me a bit of encouragement in a sexy French accent ... but the new Mercedes-Benz A-Class is in a league of its own when it comes to four wheels.

The helpful 'Hey Mercedes' will do whatever the driver desires; tell the time, the day, the outside temperature, open the roller blind, or change the radio channel.

It's the first Mercedes-Benz model to feature the completely new multimedia system MBUX – Mercedes-Benz User Experience – and a special feature of this system is its ability to learn thanks to artificial intelligence.

It can be individualised and adapts to suit the user, cleverly creating an emotional connection between the vehicle, driver and passengers.

I know we all love our cars, in fact I still have fond memories of my first VW Beetle called Herbie, and my



COMPACT CLASSIC: The A-Class is a technological triumph

### TEST DRIVE

By STAN SZECOWKA  
[editor@gulfweekly.com](mailto:editor@gulfweekly.com)



heart still does a little flutter when I remember my first sports car, a red MGB whose horn inexplicably used to beep every time I turned a corner ... but I never ever got a response when I spoke to them, even if I cursed when they broke down.

But, you could never lose your cool with 'Hey Mercedes', she was too polite for one thing!

Chatting to your car, however, is not the only fabulous technological fun feature about the A-Class. As well as intelligent voice control with natural speech recognition, its further strengths include a

high-resolution widescreen cockpit with touchscreen operation of the media display.

The touchscreen is part of the comprehensive MBUX touch-control concept – a triad consisting of the touchscreen, touchpad on the centre console and touch control buttons in the steering wheel.

Mercedes-Benz A-Class has certainly revolutionised the compact class with this model and apart from all the gadgets it looks just as good inside and out.

The designers proclaim that the exterior of the new A-Class stands for 'sportiness, dynamism and emotion' and they're not far wrong.

The progressive front design with a low bonnet, flat LED headlamps with chrome elements and torch-like daytime driving lamps ensures an emotionally appealing and alluring appearance.

The striking radiator grille with Mercedes star features pins in a diamond look and a central silver louvre to





underline the sportiness of this model.

The vehicle is visually extended by the longer wheelbase and character line along the side. The bonnet slopes more steeply than in the preceding series, emphasising the dynamic, upright front. The larger arches for wheels, from 16 to 19 inches, make it sit more squarely on the road too.

The interior has been completely redefined. Mercedes-Benz has taken a completely new approach, stunningly creating a feeling of spaciousness. The unique interior architecture is shaped in particular by the avant-garde design of the dashboard.

As a result, the wing-shaped main body of the dashboard extends from one front door to the other with no visual discontinuity. The widescreen display is completely free-standing and the air vents in a sporty turbine-look are another highlight.

Imran Ali, marketing manager of Al Haddad Motors, emphasised the fact that this modern model truly allows each driver to express his or her individuality and originality.

To prove the point, the 64 colours of the optional ambient lighting make five times as many colours available than before. And, it is not just the variety that has increased, as the emotive presentation also stands out. The different colours are composed into 10 colour worlds to allow an avant-garde lighting display with spectacular colour changes.

Feeling blue, there's a colour for you; feeling red hot, well, simply say those immortal words: 'Hey Mercedes' and the interior will change to match your mood. It's marvellous.

It packs a punch too on the road with its progressive 1991cc four-in-line engine providing 224hp power.

The starting price of the new Mercedes-Benz A-Class is BD12,995. For more information contact the Al Haddad Motors showroom in Tubli on 17785454 or visit the Mercedes-Benz website on: www.bahrain.mercedesbenz.com

● Check out Editor Stan's test drive YouTube video with Imran, photographer Honey Sharma and, of course, his new friend 'Hey Mercedes' by placing your smartphone over the QR Code.



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AS PREDICTED, Bahrain will stage the second race of the Formula One season next year with the Australian Grand Prix taking its usual place at the top of the calendar.

Melbourne will host the opening race on March at Albert Park and the show will end in Abu Dhabi, Yas Marina in December.

## The dates have been set for new season

World governing body FIA said following a meeting of its World Motor Sport Council on Friday that 21 races will be held next year, with 11 in Europe, five in Asia, four in the Americas and one in Australia.

### Dates, races and venues for the 2019 Formula One season:

March 17: Australia, Melbourne  
March 31: Bahrain, Sakhir  
April 14: China, Shanghai  
April 28: Azerbaijan, Baku

May 12: Spain, Barcelona  
May 26: Monaco, Monaco  
June 9: Canada, Montreal  
June 23: France, Le Castellet  
June 30: Austria, Spielberg  
July 14: Britain, Silverstone  
July 28: Germany, Hockenheim

Aug. 4: Hungary, Budapest  
Sept. 1: Belgium, Spa  
Sept. 8: Italy, Monza  
Sept. 22: Singapore, Singapore  
Sept. 29: Russia, Sochi  
Oct. 13: Japan, Suzuka  
Oct. 27: Mexico, Mexico City  
Nov. 3: United States, Austin  
Nov. 17: Brazil, Sao Paulo  
Dec. 1: Abu Dhabi, Yas Marina

BIG BREAK:  
Russell



## Full-time seat for young British star of Formula 2

GEORGE Russell will leave his role as reserve driver for Mercedes to take up a full-time seat with Williams in Formula One next season.

The British-based team has signed a 'multi-year agreement' with the 20-year-old Briton. Russell leads the Formula 2 championship standings and is the test and back-up driver at world champion Mercedes.

He says racing in F1 'has been a life-long dream' and that 'it feels surreal that I will now be lining up on the grid, alongside drivers whom I have admired for years'.

Williams' deputy team principal Claire Williams said Russell was 'already highly regarded in the paddock and 'a driver whose career we have been watching for a while'.

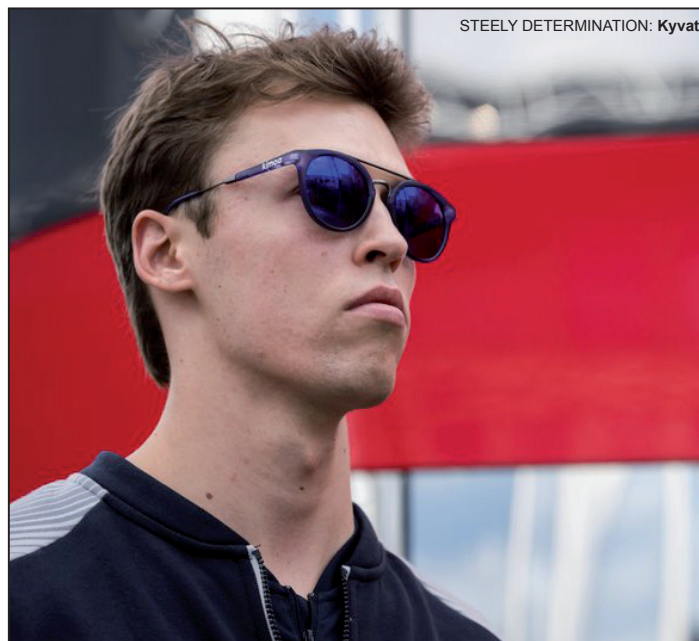
**D**ANIIL Kvyat will be hoping it's third time lucky at Toro Rosso. The Russian driver is making a surprise return to Formula One in 2019 with the team which dropped him last year for Pierre Gasly, who in turn moves up to the main Red Bull team.

It's the third time Kvyat has joined Toro Rosso, firstly in 2014 as a rookie, then in 2016 after being demoted from Red Bull following crashes and poor form.

Once one of the most exciting young drivers in F1, he's now 24 with a patchy record, something acknowledged by team principal Franz Tost. "Daniil is a high skilled driver with fantastic natural speed, which he has proven several times in his career," Tost said in a statement.

"There were some difficult situations he had to face in the past, but I'm convinced that having had time to mature as a person away from the races will help him show his undeniable capabilities on track."

While out of a race seat, Kvyat was working as a development driver for Ferrari, but says he's still



STEELY DETERMINATION: Kvyat

sharp. "Even if my duties were primarily simulator-based, I've learnt a lot, and I now feel stronger and better prepared than when I left Toro Rosso," he said.

"I never gave up hope of racing again, I am still young and I have kept in good shape to always be prepared

in case another opportunity presented itself."

Returning to a driver it so publicly cast aside last year shows how Red Bull's well of promising young drivers appears to have dried up, partly because of tighter requirements for an F1 license.

The young driver programme doesn't have any obvious candidates with the results to earn an F1 license for next year, still a pressing issue given Brendon Hartley's return of just two points this year alongside Gasly in the second Toro Rosso.



TOP BOSS:  
Wolff

## Mercedes geared up for the upcoming

MERCEDES Formula One team members are waiting with bated breath as they look forward to this coming weekend's United States Grand Prix, where they could tie up the Driver's Championship and take a giant stride towards their fifth consecutive Constructor's Championship, writes Kristian Harrison.

The champions-elect come into the race in fine form, with driver standings leader Lewis Hamilton having won six out of the past seven races.

Team Principal Toto Wolff believes that the team is riding on the crest of a wave and is keen to continue its success and praise both Brit Hamilton and his Finnish teammate,

Valtteri Bottas.

He said: "We could not have asked for a better result from the back-to-back races in Russia and Japan. We were able to extend our lead in both championships and the entire team delivered to a very high level.

"While we didn't have the fastest car in the summer, we've seen the performance swing in our favour recently; however, it is closer than it looked in recent races.

"Ferrari have a strong car and they will keep on pushing until the very last corner in Abu Dhabi. They have been worthy opponents in the past 17 races and we have no reason to believe that this will change in

the next four; just like us, they will fight fiercely for every point and position.



ON TRACK:  
Mercedes



**M**ICK Schumacher, son of legendary Formula One driver Michael, has clinched his first major championship and has set his sights on reaching the premier class, writes Kristian Harrison.

He was described as having the potential to become 'one of the sport's greats' after being crowned Formula Three European champion on Saturday, fuelling speculation of an F1 career.

"We will now think more intensively about next year and the decision will be made in the next few days," Schumacher, 19, told the media.

His first F3 title means Schumacher has qualified for a FIA 'super licence', a prerequisite for the jump to Formula One, and follows on from his father, who won the German F3 championships 28 years ago.

With one F3 race left this season, the 19-year-old finished second in the day's second race at Germany's Hockenheim circuit to leave him with an unassailable lead in the championship.

"It's hard to describe, I'm just grateful, I'm living my dream," he said. "The title was my goal from the beginning, I never stopped believing it. We drivers do what we love. And, when it is successful, it is the best feeling you can have."

Schumacher had been a picture of concentration in the final laps to hold second and secure the title, but punched the air after crossing the finish line.

Estonia's Juri Vips took the chequered flag, but all the attention was on Schumacher, who dominated the second half of the F3 season after claiming five straight wins last month.

He hugged his team after

# It's mighty Mick's turn



YOUNG GUN: Schumacher and, right, flashback to dad's triumph at the F1 grand prix in Bahrain

finishing on the podium for the 13th time in 29 races this season. Before Sunday's final race, Schumacher had 347 points, 51 ahead of Britain's Daniel Ticktum, the only driver who could have caught the German. Schumacher had finished 12th in Saturday morning's race after an early crash forced him into the pits.

"You could see that perhaps I wanted it too much or had too much adrenaline," admitted Schumacher.

However, it's what will happen next which is sure to have tongues in the paddock wagging. It's an inevitability that cameras swarm when the name Schumacher is about. The presence of the German teenager with the famous name generated huge media interest in F3 this season.

After a mediocre start,

things clicked in July, when he won at Spa in Belgium, to claim his first victory in the 15th of 30 races.

He then began a run of nine podium places of the next 12 races. In September he racked up five straight wins to seize control of the drivers' championship and catch the attention of those in Formula One.

Born in March 1999, the year before his father won the first of five consecutive F1 world titles for Ferrari, Mick started his racing career in karting aged nine. To avoid attention he raced as 'Mick Betsch', using his mother Corinna's maiden name.

He was on the piste with his father in December 2013 when an accident in the French ski resort of Meribel left Michael with serious

head injuries. The 49-year-old has not been seen in public since as he slowly recovers at the family home in Switzerland.

In 2014, Mick junior finished the karting season second overall in the German, European and world championships. Finally racing under the family name, he stepped up to F4 racing in 2015.

With the spotlight permanently on young Schumacher, he was fiercely guarded from reporters' questions by Sabine Kehm, his father's manager.

In 2016, Schumacher junior finished second in both the German and Italian F4 championships and last year when he stepped up to the F3 championships he was 12th with just one podium finish.



This season, however, he has been a revelation for Prema Theodore Racing, sparking speculation that he will race in Formula Two next season - or step straight up to F1.

Toto Wolff, the powerful head of world Formula One champions Mercedes, tipped the teenager for great things. "He has proven himself and can become a great in our sport," he said.

In 2014, the Bahrain International Circuit (BIC) named the first corner of its track after Mick's father, the F1 legend who won a record seven world championships and 91 races.

In 2016, Mick became the first member of his famous family to drive around the Michael Schumacher Turn as he stormed to victory in two of the four MRF Challenge 2016 races held at the Bahrain Motorsport Festival.

Michael won the inaugural Bahrain Grand Prix in 2004. He had strong connections with the BIC outside of his participation in racing and was directly involved in the early stages of the BIC's development, offering his own input into the design of the track, including the layout of turn one which

eventually was renamed in his honour.

Although it's too early to predict how far Mick can go, it's clear that he has plenty of natural talent and isn't just dining out on his name.

In fact, his father's legacy is a double-edged sword. On the one hand, it brings far more media scrutiny and pressure on his career and progress than any normal teenager.

However, there's no denying that the name has its benefits and has no doubt been instrumental in Mick landing seats in not only prestigious championships, but competitive cars within them.

I wish him the best of luck and truly hope he makes it in F1. Michael was a hero of mine growing up and I'm sure, as he continues his recovery, that he will be immensely proud of his son.

Innate talent is obvious, but it's the wise head that impresses the most. Mick can barely give an interview without questions being asked of his father's health and his future, yet he answers with a straight bat and is fiercely protective of his privacy.

## challenge in Texas with titles in sight

"Two 1-2s in a row also shows how well both drivers are performing. We're lucky to



have this driver line-up and we know we can count on them as the season comes to its close.

"The battle is far from over, so we approach Austin the same way as every other race: take it one step at a time, focus on our job and make sure we bring performance and reliability to the track.

"The Circuit of the Americas has been a good track for us ever since it was introduced in the F1 calendar, but past results have no impact on the current championship.

"Everyone in the team knows that we cannot take anything for granted, so we will be as diligent as ever, keep our heads down and work hard to get a good result in Texas. This

championship fight has been exhilarating and we can't wait for the next chapter in the epic battle of silver and red."

The intense title battle comes amid a rapidly-changing technological landscape, where motor sport innovations are trickling down to the road car world.

Since the introduction of full hybrid powertrains, F1 technology has become more relevant for road cars than it has ever been before. Mercedes are at the forefront of this movement, with tremendous strides forward in hybrid engines, connectivity, digital engineering and testing.

● See *Motoring Weekly* on Pages 20 & 21



ON SONG: Hamilton and Bottas





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Gulf Weekly

# SPORT



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TOP OF THE LEAGUE FOR LOCAL AND INTERNATIONAL SPORT

October 17 - 23, 2018

## Glory as Bahrain records Ironman success in Hawaii

SHAIKH Nasser bin Hamad Al Khalifa won the 2018 Ironman World Championship title in his category with a personal best time in Kailua-Kona, Hawaii.

Shaikh Nasser finished first in the executive division, 250th out of 2,379 competitors in nine hours, 19 minutes and 10 seconds and celebrated another Bahrain 13 Endurance Team success when

Daniela Ryf claimed her fourth consecutive Ironman World Championship women's title.

"I still can't believe I'm a world champion in my category," said Shaikh Nasser, Representative of His Majesty for Charity Works and Youth Affairs, chairman of Supreme Council for Youth and Sports (SCYS) and president of Bahrain Olympic Committee (BOC).

Ryf finished in eight hours 26 minutes and 16 seconds which included a new bike course record and also a new Ironman world record. The Swiss athlete broke the Hawaii course record by 20 minutes and surpassed Chrissie Wellington's Ironman South Africa time by 17 minutes to become the world's fastest woman in an Ironman race. The Bahrain Endurance Team,



**ACE RACERS:** Shaikh Nasser receives his medal and, right, Ryf celebrates triathlon titles to promote a 'culture of health and wellness and endurance sporting excellence'.



**G**RAVITY-DEFYING teenager Shaikha Fatima Al Khalifa is all set to soar against the sport's premier athletes in the third Fédération Aéronautique Internationale (FAI) World Cup of Indoor Skydiving championship to be staged in Bahrain at the end of the month, writes **Mai Al Khatib-Camille**.

More than 100 teams from 25 countries will be participating in the event from October 25-28 and numerous world champions will be amongst the competitors battling out for glory, trophies and prizes totalling \$200,000.

Professional indoor skydiver Shaikha Fatima, 18, who lives in Riffa, recently graduated from Ibn Khuldoon National School and has been training all summer long in readiness for the challenge.

"This is my toughest competition yet," said the daughter of Shaikha Maram bint Isa Ahmed, the director of the Office of Her Royal Highness Princess Sabeeka bint Ibrahim Al Khalifa, wife of the King of Bahrain and President of Supreme Council for Women. Her proud father, Shaikh Ahmed bin Isa Ibrahim, and her brothers and sister - Faisal, Ebrahim and Sarai - will be cheering her on. Among the competitors she

# FLYING HIGH



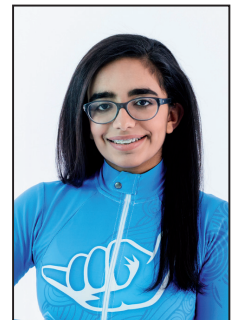
**GRACEFUL MOVES:** Shaikha Fatima in action and, right, smiling brightly

will face are world freestyle champions Kyrah Poh, from Singapore, and Maja Kuczyńska, from Poland, in addition to world champions in 4-Way Formation Skydiving 'Hayabusa' and the 2-Way Dynamic champions

'Windoor' from Spain. Others from the kingdom participating in the event include two Bahraini 4-Way Formation Skydiving Teams and the Ministry of Interior Skydiving Team who all train at the Gravity Indoor

Skydiving facility in Sakhrir. This is not the first competition for the high-flying female as she successfully took part in the Flight Fighters 2017 event in Bahrain last December, her first international

championship, notching a respectable 10th place. She added: "I'm super excited to see my flying friends again. Even though we compete against each other we're always ready to help each other out if one



of us is struggling. I'm also excited to show my family what new moves I've been working on and I really want to make them proud."

She also competed in the 2018 Windoor Wind Games in Spain last February and was once again ranked in the Top 10 having launched into competitive action in 2016 and 2017 with a second place in freestyle in the first FAI Arab Championships and taking the runners-up freestyle spot in the Mini Flight Fighters contest.

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