

# Gulf Weekly

The community newspaper at the heart of Bahrain

December 12 - 18, 2018

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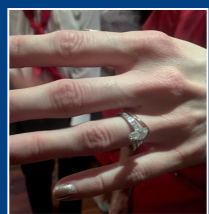
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17360063 FOR RESERVATIONS



RINGING IN ROMANCE:  
SEE PAGE 5



EATING OUT FESTIVE TEA:  
SEE PAGE 11

# IT'S PARTY TIME!



**BIG DAY:** The stunning BIC fireworks display from last year and, below, a special National Day pearl-shaped cake created by the Ritz-Carlton, Bahrain for the occasion

**T**HOUSANDS of people decked out in their best red and white regalia are set to flock once again to events across the kingdom to celebrate Bahrain's 47th National Day.

The Bahrain International Circuit (BIC), for example, will mark the occasion on Friday in its annual spectacular fashion with three days of non-

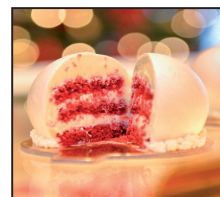
**COMMUNITY REPORT**  
By MAI AL KHATIB-CAMILLE  
mai.alkhatib@gulfweekly.com

stop musical merriment and explosive firework displays. The BIC National Day Festival, held with the support of His Royal Highness Prince Salman bin Hamad Al Khalifa, Crown Prince, Deputy Supreme Commander and First Deputy Prime Minister, promises activities and

attractions for the entire family including a traditional souq, food and beverage stalls and fun rides for the children.

"The BIC National Day Festival is one of our biggest and most anticipated events on our calendar and we're very pleased to be hosting it for the sixth year," BIC chief executive Shaikh Salman bin Isa Al Khalifa told *GulfWeekly*.

"There is something for everybody to enjoy, in particular the spectacular



fireworks display that we will stage each night and the live musical performances of major Arab artists.

"We look forward to welcoming both Bahrainis and expats over the three days and most importantly to celebrate our country's National Day and His Majesty King Hamad's accession to the throne."

Turn to Page 2



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## From Page 1

The festivities, affordable at only BD1 per day for regular passes, inclusive of activities and concerts, will kickstart on Friday with the souq, food stalls, cultural shows and activities from 4pm. The fireworks display takes place at 7pm and will be followed by a performance by Iraqi singer Waleed Al Shami at 7.30pm.

The extravaganza will continue in a similar vein on Saturday with Saudi Arabian singer Rabeh Sager taking to the evening stage.

And, Saudi Arabian legendary performer Mohammed Abdu, also known by many as the 'Artiste of the Arabs', will entertain the crowds on Sunday at the circuit at 7.30pm.

Those wanting to watch the action in comfort can pick up VIP passes for BD20 per day or BD50 for all three days.

Several hotels and clubs are also planning their own celebrations. The Capital Governorate will be staging two days of non-stop family fun at Water Garden City in Seef, located across from City Centre Bahrain, starting on Saturday from 4pm.

There will also be a fireworks display, a raffle

# National Day plans unveiled



TRADITIONAL MOVES: Some of the captivating scenes from last year's event at the BIC

draw with two cars – a Mitsubishi Attrage from Al Zayani Investments

and a Nissan Sunny from Montreal Motors as the main prizes. There will also be

a Tamkeen Souq featuring different stalls, several cultural shows and water art, a performance by the Bahrain Police Band, games and rides for children, and more prizes to be won, including airline tickets.

Reef Island will stage a celebration of Bahrain's culture and heritage at the Citrine building-restaurants seaside promenade. There will be a variety of folkloric activities, water shows, henna painting, straw-weaving, traditional dancing,

clay making and more, from 6pm to 10pm.

The Ritz-Carlton, Bahrain hotel is lighting up the skyline in red and white to show its love and support for the kingdom.

The beach resort will also offer a variety of celebratory packages and dining and spa experiences for the occasion.

Families can begin the day with a traditional Bahraini cuisine inspired lunch at La Med featuring the national dish of Chicken Machboos

and other traditional delicacies.

There will also be a special Spirit Cake featuring a red velvet sponge and cardamom cream filling coated with white chocolate shell in the shape of a pearl, priced BD4.700, created by Executive Pasty Chef Jonathan Challenor for Afternoon Tea.

Saar Mall will also be joining in the fun with a Bahrain National Day Carnival outdoor event on Sunday starting at 4pm. There will be food trucks, a bazaar, games and gifts.

The Indian Club will also participate in the celebrations with a performance by legendary singer Dr P. Susheela from 6pm on Sunday at the club grounds in Manama. A troupe of 10 musicians will back her. It is free for Indian Club members and their families.

● For details of the BIC event, contact 17451155 or visit [www.bahrain9p.com](http://www.bahrain9p.com)

● For details of the event staged at Water Garden City, visit [www.capital.gov.bh](http://www.capital.gov.bh) or follow the Governorate on Instagram @CG Bahrain

● For details of the Reef Island event, contact 17562810.

● For details of the Ritz-Carlton, Bahrain celebration contact 17580000.

● For details on the Indian Club show contact entertainment secretary Nandakumar on 36433552 or the club's reception on 17253157.



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STAR TURNS: Waleed, Rabeh and Mohammed and, below, Ritz-Carlton, Bahrain and Chef Jonathan







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# Good cheer and celebration

**C**ITY Centre Bahrain's 10th Anniversary celebrations kicked off in festive style with music, merriment and a giant birthday cake cut by a traditional sword.

Members of the media were invited for a first taste of the action at the Majid Al Futtaim shopping mall as full details of the fun-filled packed schedule of thrilling family events and rewards for shoppers to mark the milestone were unveiled.

"We are delighted to celebrate City Centre Bahrain's 10th anniversary with our customers and reward shoppers with incredible winning opportunities," said Duaib Al Rumaihi, Senior Mall Manager at City Centre Bahrain who offered exclusive insight into the promotion in last week's *GulfWeekly*.

"Over the past decade we have hosted many great moments that have contributed towards the mall's position as the leading shopping, entertainment and lifestyle destination in the kingdom.

"It is an exciting time for City Centre Bahrain and we look forward to marking the milestone with unique experiences, world-class



**SLICE OF THE ACTION:** City Centre Bahrain's Polar Express-themed festive season celebrations, the dancers and the cake-cutting

family events and compelling winning opportunities."

Shoppers can join in on a whole host of celebratory activities throughout the months of December and January, kicking off with a chance to win a luxury Lexus LX570s – Sports Line 2019.

Throughout the two-month

long celebrations City Centre Bahrain is offering shoppers the chance to win other prizes too.

Visitors who redeem shopping receipts for BD30, have the chance to enter a draw and win the car, whilst shoppers redeeming receipts for BD50, will receive a

Golden Ticket, which entitles them to an instant collectible gift and grants them access to the mall's multiple train stations, where customers can view the latest in winter trends, be transported on a 4D Journey to the North Pole, collect instant prizes and more.

As part of the mall's 10th anniversary celebrations visitors are invited on a unique festive journey as City Centre Bahrain's Central Galleria is transformed into a stunning winter display and train station, taking customers on a journey filled with instant

rewards and entertainment.

Visitors are also invited to tap along with the 'Glitz & Glam' dance troupe, performing for the first time in Bahrain from January 10 – 12, wearing their top hats and tails.

Since opening its doors in September 2008, City Centre Bahrain has maintained its position as the largest shopping, leisure and entertainment destination in the kingdom as part of the Majid Al Futtaim's pioneering retail and leisure operation across the Middle East, Africa and Asia.

The mall is home to a mix of leisure and retail destinations with more than 340 outlets for fashion, dining, health and wellness and entertainment for the whole family to enjoy.

These include entertainment and leisure offerings Wahoo! Waterpark, the Middle East's first and largest indoor-outdoor waterpark, a 20 screen VOX | Cineco Cinema and Magic Planet, one of the most popular family entertainment centres for children and young adults. Furthermore, the mall is adjoined by the five-star Westin Hotel City Centre and Le Méridien Bahrain City Centre, giving hotel guests easy access to its array of shops.

Visit City Centre Bahrain and be part of this year's line-up of events, promotions, prizes and activations, in celebration of the mall's 10th anniversary, marking a decade of creating great moments for everyone, every day.

● For more information visit [www.facebook.com/citycentrebahrain](http://www.facebook.com/citycentrebahrain) or [www.citycentrebahrain.com](http://www.citycentrebahrain.com)

● Check out Editor Stan's interview with Duaib at the opening ceremony by placing your smart phone over the QR code.



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**T**HE Manama Singers, one of the kingdom's most iconic community institutions, is back with a blast, selling out venues with its festive cheer and proving that nothing beats a touch of romance.

All tickets to the Christmas concert at the Dilmun Club were snapped up more than a week in advance of Friday's meal and music event and the choir, which has more than doubled in size since its show in April, provided a barnstorming performance.

Musical director Jo Mings led from the front with her conductor's baton and at the end of the performance suddenly came under the spotlight. Her French sweetheart Chris Diciolla, the night's MC, thanked the choir, the audience and Jo ... before dropping on one knee and proposing to her in front of the ecstatic crowd.

The stunned lady said 'yes'. "I had zero idea!" admitted Jo. "I think I was the last one in the room to realise what was happening too, whilst Chris' rather extended 'thank you' speech was going on. Only when he reached into his pocket did I realise."

"I'm over the moon, and still extremely elated!"

Jo, 28, from the English town of Rochester in Kent, a portfolio campaign manager, met Chris, 30, an osteopath, in a bar in the French city of Nice in January 2011.

Cool Chris had been planning the proposal for a long time and was overcome by emotion. "I wanted it to be magical for her and it turns out it was for me too!" he said.

"It was all about finding the right moment. I wasn't sure if she would have appreciated a public proposal. I knew the end of the show was going to be a high energy moment, with the crowd in a festive mood and it being the last show of the week for the choir.

"The choir means so much to Jo. And, although I don't know every member of the choir as well as she does, she always speaks highly of them. So I know that Jo means a lot to the choir. Although it was in public, she was surrounded by people who support her fully.

"Welling up so early in the speech didn't make it any easier to deliver, for sure. But the crowd and the choir's

# High note of romance

EXCLUSIVE

By STAN SZECOWKA  
editor@gulfweekly.com



cheers helped me power through. The more they cheered the more it comforted the overwhelming love for Jo I was trying to express.

"To quote my speech, Jo's just one of those people who 'has her heart in her hand' – as you say in French – and she'll pour her heart into everything she does, including with me.

"I don't consider myself to be overly romantic, although it may have played a part in wooing her! But I do make sure to remind her that I love her in the little things."

There was nothing small about the diamond dazzler he placed on her finger and the amazing resurgence of the Manama Singers in numbers and performance.

Jo, as reported earlier in *GulfWeekly*, took over the musical director's role just a year after joining the choir. The Manama Singers also set up a new base at the Dilly, meeting every Tuesday for rehearsals.

Last year, when the Manama Singers played a concert in Manama, *GulfWeekly*'s reviewer Christine Hassan sadly noted ... 'there were almost more of the choir than audience ...'. Its famed 'wall of sound' had become little more than a whimper and it looked like the end of the road was beckoning after 45 years.

Now the singing setup could not be in a healthier position with 40 singers on stage and around 50 on the books, with more clamoring to join in the New Year.

The multi-cultural nature of the Manama Singers was clearly evident when



CAROL SINGING: Jo with the Manama Singers in full voice and, below, with her sweetheart Chris after she accepts his ring

*Silent Night* was delivered in German, French as well as English. And the decibels reached to the heavens with a little bit of audience participation with a raucous rendition of the 12 Days of Christmas.

The choir is so confident it can take all-comers in its stride and pulled off a version of the Beatles classic *When I'm 64* with a subtle variation of the age for a member of the audition celebrating his birthday.

Crowd pleasers indeed.

● Check out the carol singing and the moment romantic Chris dropped on one knee to pop the question by placing your smart phone over the QR Code.



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# Media throng and royal date

## RETAIL REPORT

By STAN SZECOWKA  
editor@gulfweekly.com



**T**HE media descended in force on the opening of the latest Lulu hypermarket in Bahrain and photographers pushed and jostled each other for the best position as scribes stuck their smart phones and recorders under the nose of the company's retail royalty, Yusuff Ali M.A.

The cool Indian chairman and MD of Lulu Group took it all in his stride with good humour and patience, even taking time to pose with the kingdom's favourite community newspaper, *GulfWeekly*, which featured an exclusive interview with him on last week's cover to coincide with his visit.

"The opening of the 156th Lulu Hypermarket in the Kingdom of Bahrain and the seventh in the country is a moment of great pride for



UNDER THE SPOTLIGHT: Yusuffali with the kingdom's favourite publication, right, meeting with HRH the Crown Prince, facing the media scrum and, below, the ribbon-cutting ceremony

us," said Yusuffali after the inauguration. "It is a sign of our steady confidence in the bright future of Bahrain

and our commitment to be a part of the progress of the kingdom". Warm words indeed which

were reciprocated by the reception that he received from the kingdom's leaders. Kerala-born Yusuffali met with HRH the Crown Prince, Deputy Supreme Commander and First Deputy Premier, Prince Salman bin Hamad Al Khalifa, and briefed him on Lulu Group's expansion plans in Bahrain.

The new hypermarket is situated within the recently-opened Atrium Mall & Towers, close to the Saudi causeway on the edge of Saar.

It was officially inaugurated by Shaikh Khalid bin Abdullah Al Khalifa, Bahrain's Deputy PM, in the presence of UAE ambassador Shaikh Sultan bin Hamdan bin Zayed Al-Nahyan, Shaikh Khalifa Bin Daij, President of the Crown Prince's Court, Zayed Al Zayani, Commerce & Industry Minister, Jamil Humaidan, Labour Minister and Essam bin Abdulla



positions not only in the kingdom but across the Lulu network in other GCC countries.

That's great news for those looking for career opportunities and progression in the retail sector but as far as ordinary customers were concerned last Wednesday they just wanted to shop until they dropped.

As always, the new hypermarket provided an impressive range of quality and value-for-money products all under one roof and the shoppers' love affair with Lulu appeared to be inflamed further by the many inaugural offers and deals.

Bahrain hunters parked their vehicles in the car park and on every spare millimetre of space on neighbouring wasteland late into the evening.

It's proving once again to be a win, win situation and a trolley good show for the kingdom and the company.

● Scan the QR code below to watch the launch.



Khalaf, Minister of Works, Municipalities and Urban Planning.

Other ambassadors to Bahrain also present included India's Shri Alok Kumar Sinha, the UK's Simon Martin and Sri Lanka's Dr Saj Mendis, who were joined by numerous other dignitaries and business leaders.

Yusuffali revealed that Lulu's total investment in the kingdom had already crossed BD125m and there were more plans in store, including a new project around Muharaq Central Market, set to open next year.

He was quick to praise the local workforce too saying they formed the 'nucleus' of operations in the kingdom and were 'a key' to the company's success.

There are more than 1,200 Bahrainis who work in the group, he added, and he was 'proud to say' that Bahrainis have proved successful in managerial and specialised



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# FinTechFocus

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

**T**HE kingdom's financial technology pioneers have linked up with Indian counterparts working in what many consider to be the Bollywood of FinTech.

The Bahrain Economic Development Board (EDB), the country's investment promotion arm, has signed a Memorandum of Understanding (MoU) with the Maharashtra Government to provide a framework for co-operation between the two authorities to promote FinTech in their respective markets.

A senior delegation led by Dr Simon Galpin, the board's MD, met with Shri S. V. R. Srinivas, IAS, principal secretary, Directorate of Information Technology, Government of Maharashtra.

This document was signed in line with the EDB's aims of exploring greater synergies between India and Bahrain in the financial technology space and will last for an initial period of three years.

Simon said: "We see this agreement as a model for forging wider and deeper business ties between our two countries. This strategic partnership will introduce innovations that will further strengthen the landscape of the FinTech industry, which is widely regarded as the financial sector's future, by enhancing traditional financial services delivery and technological innovations in financial literacy and education, retail banking and investment.

"Bahrain stands ready to learn from its close trading partner, whilst also sharing its own knowledge."

Maharashtra, a state spanning west-central India, is best known for its fast-paced capital, Mumbai, formerly Bombay. This sprawling metropolis is the seat of the Bollywood film industry. It also has sites like the Gateway of India monument and cave temples at Elephanta Island. To the south is the rustic, beach-lined Konkan Coast. In the city of Pune, Aga Khan Palace is a memorial to Mahatma Gandhi.

It's now making a big play in the world of FinTech. The vision is to foster next generation innovation that will enable

## Minds meet in Mumbai

financial empowerment and technological advancement across the entire financial services ecosystem to nurture globally competent FinTech firms.

The aim is to bridge the gap between start-ups, financial Institutions, technology vendors, incubators, accelerators and investors to accelerate deep technology innovation in the ecosystem.

- Incubate at least 300 start-ups in next three years, although that figure has grown to 500 in recent months.
- Facilitate venture capital funding for FinTech start-ups.
- Be among the Top Five emerging FinTech hubs worldwide within five years.

With a gross domestic product (GDP) of \$209bn, Maharashtra continues to be the country's wealthiest region and the booming start-up ecosystem in the state is widely acknowledged.

A recent FinTech conference witnessed the participation of around 400 attendees and Maharashtra is currently home to more than 1,019 start-ups and already boasts a robust start-up ecosystem that is well-connected with investors, mentors and other ecosystem enablers.

Maharashtra government officials recently told reporters that they expect to 'have at least 500 FinTech startups who are enabled, stable, have successful sizeable funding and are going to make India and Maharashtra proud'.

Under the MoU, the

Government of Maharashtra and the EDB will support each other in promoting the FinTech environment education programmes, delegation visits and through the facilitation of cooperation between relevant parties such as financial institutions, universities and research institutions, technology experts and government agencies.

Shri S.V.R. Srinivas, IAS, Principal Secretary, DIT said: "With this collaboration we stand at the frontier of a new future. We are going to work together to unlock a new generation of talent, creativity and innovation and be prepared for a future in which technology will be a game changer."

The collaboration aims to identify new areas of growth within the financial services sector and explore innovative projects in areas such as digital and mobile payments, blockchain and distributed ledgers, big data, flexible platforms (APIs), AML, eKYC, amongst other new technologies.

Bahrain will be bringing notable knowledge into play too. It has long been a major home of finance in the GCC, and with the launch of Bahrain FinTech Bay, it has become one of the most concentrated FinTech ecosystems in the region, and a leading FinTech hub in the Middle East and Africa.

Additionally, with a dedicated FinTech unit, the Central Bank of Bahrain has devised and delivered a pro-innovation regulatory framework. This includes



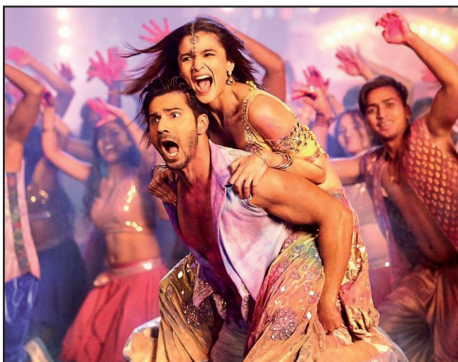
PARTNERSHIP PLAN: Officials hold the MoU contract and, below, a more familiar Bollywood scene

the region's first onshore Regulatory Sandbox, established last year, which became a test-bed for FinTech start-ups.

The collaborative

approach between Bahrain's government and the private sector has been instrumental in the advancement of FinTech growth and activities. With financial

services now accounting for 17 per cent of total GDP, Bahrain is said to also be committed to enabling innovators across the FinTech ecosystem.



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

### Today (December 12)

Every Wednesday is 'Wings and Wisdom' night at Big Texas Barbeque & Waffle House inside Best Western Plus - The Olive Hotel. It's a quiz night with an added bonus of BD10 for 'all-you-can-eat' chicken wings. Call 17360063 for details.

The Swiss-Belhotel Seef Bahrain is hosting a Mediterranean Lunch every day except Friday and Saturday, from 12.30pm-3pm at Swiss-Café. Priced BD6net per person, BD3net for children aged six to 12, and free for those under six. For details, call 66310000.

Le Meridien City Centre Bahrain hosts a stylish yet rustic BBQ Experience on the terrace of Baharat Restaurant from 7pm-11pm, showcasing succulent ribs and Wagyu prime rib steak. There is also live music from Deux Sons. The BBQ buffet is BD18net including soft drinks and water, or BD24 net including selected beverages. Call 17171000 for details.

The Sheraton Hotel Bahrain hosts an evening of live music at An Nada Lounge by Filipino band Strings & Harmony every day except Saturday. This takes place from 8.30pm-12.30am during weekdays and from 8.30pm-1.30am during weekends. Call 17535333 for details.

Enjoy a selection of delicious cakes crafted by skilled culinary hands all day at Furn Bakery, located in the Westin City Centre Bahrain. Call 17171441 for details.

The Crowne Plaza Bahrain's famous steak night starts from 7pm at La Mosaïque Restaurant priced BD18net, with the 1kg steak-eating challenge too. For details, contact 17531122.

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 at 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

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.

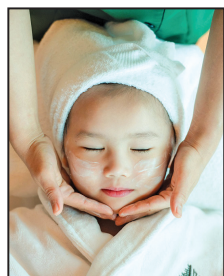
For details, contact 17586808 or e-mail rc.bahrz.spa@ritzcarlton.com



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. For details, call 13110110.

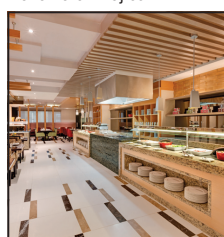
Reef Resort's Tokyo Reef restaurant features a specially-created set menu that is offered on weekdays (Saturday-Wednesday, closed on Mondays) and guests can watch as the chef prepares sushi and sashimi before their eyes. The promotion is BD15++ per person. For details, call 13110110.

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. For details, contact 17531122.

### Tomorrow (December 13)

Big Texas Barbeque & Waffle House hosts Thursday Night Lights from 7pm-9pm. This event showcases local and international musicians in Bahrain. Don't miss American country legend Rusty Golden performing live every Thursday through to Sunday. Call 17360063 for details.

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

### Friday (December 14)

A '10 Years of Spectra' event is taking place at the Bahrain International Exhibition Centre in Sanabis from 7.30am-10pm. It is the biggest art carnival in Bahrain with more than 5,000 participants and is a tribute to Bahrain-Indian heritage. Guests can enjoy Indian dance, music and cuisine. Entry is free.

Check out The Crowne Plaza Bahrain's new Pearl of Arabia-themed night from 7pm at La Mosaïque Restaurant, priced BD13net, with a special beverages package available too. A Friday date has been added to the regular Saturday session by public demand. For details, contact 17531122.

Big Texas Barbeque & Waffle House presents its 'Small Town Throw Down' brunch – the only five-hour brunch in the kingdom – from 11am-4pm every Friday. It features a buffet and specific table orders. There's also karaoke. Call 17360063 for details.

Bahrain's Sweetest Brunch takes place every Friday from 12.30pm-3.30pm at Le Meridien City Centre Bahrain's Baharat restaurant. Enjoy the award-winning sweet and savoury experience for BD26net including soft drinks and water, or BD38net including selected beverages. Live music from duo Deux Sons accompanies the fare. Book for 10 people or more and receive 20 per cent discount. Call 17171144.

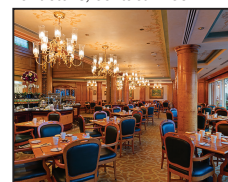
Enjoy a lavish dining experience at the Ritz-Carlton, Bahrain's restaurants by indulging in a culinary extravaganza at La Med, Italian classics at Primavera, exotic Indian fares at Nirvana and prime steaks and seafood at Plums. This will be held today from 12.30pm to 3.30pm, priced BD35 per person with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

A buffet is served every Friday from 12.30pm-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. For details, call 13110110.

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-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 complementary beverage and BD25net inclusive of unlimited selected beverages and grills. For details, contact 66666360 or 17360360.

### Saturday (December 15)

The Crowne Plaza Bahrain's Pearl of Arabia-themed night takes place from 7pm at La Mosaïque Restaurant, priced BD13net, with a special beverages package available too. For details, contact 17531122.

Spice up your weekly brunch with a culinary journey around Mexico at the Ritz-Carlton, Bahrain's Cantina Kahlo Restaurant. This will be held today from 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 Kid's 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. It is providing facials, body scrubs and combined packages to help guests relax and rejuvenate, while 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 mouth-watering menus, led by professional chefs. Priced BD18net, including lunch. Seats are limited, book now.

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

Families can enjoy a buffet meal at the Ritz-Carlton, Bahrain's La Med Restaurant



every Saturday from noon to 3.30pm. Soft drinks are priced BD15++.

For details, contact 17586499.

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

For details, contact 16000099 or email at dining@ramadamamama-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 (December 16)

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@ramadamamama-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 (December 17)

Check out The Crowne Plaza Bahrain's new One Night in Bangkok-themed night from 7pm at La Mosaïque Restaurant, priced BD13net, with a special beverages package available too.

For details, contact 17531122.

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@gulfothelbahrain.com

The Crowne Plaza Bahrain's Harvesters Back to School-themed party starts at 9pm. Entry is free.

For details, contact 17531122.

#### Tuesday (December 18)

Every Tuesday, Big Texas Barbecue & Waffle House inside Best Western Plus



The Olive Hotel hosts an authentic Tex-Mex cuisine with Latin entertainment from 5pm-midnight. Each week there are various food and beverage specials to keep things fresh.

Call 17360063 for more details.

Ladies Night at the Gulf Hotel Bahrain Convention & Spa every Tuesday, where women receive a 50 per cent discount for the hotel's lounges, spas and restaurants, excluding Raosi by Vineet.

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

The Wyndham Garden Manama in Juffair is hosting an American Night at its Player's Lounge with duo, Notre Viù 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 BBQ 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.

#### CINEMA CLUB JUFFAIR (TODAY)



Film: Ali's Wedding

Director: Jeffrey Walker

Duration: 1hr 50mins

Cast: Osamah Sami, Don Hany, Helana Sawires

Plot: Ali, the charming and musically-talented son of a Muslim cleric, struggles to make the right life choices despite the best of intentions. He wants to be with the girl he loves, but he's been promised to another girl at his father's mosque. He wants to be the great doctor that the community expects him to be, but he doesn't get the marks. Above all, he wants to make his father proud. To live up to these impossible expectations, he lies about his academic achievements, and then his quest to please his father spirals out of control, with amusing and poignant consequences.

For details, call Huda Tabbara on 39682323.

#### FESTIVE FARE

THE Sheraton Bahrain Hotel is offering a 'Traditional Festive Turkey To Go', featuring a full traditional turkey meal freshly prepared by the hotel's chefs. Trimmings include Brussel sprout sage butter, glazed carrots, roast potatoes, parsnips and more. The price is BD65++ for seven-to-eight kilograms.

Order online at www.sheratonbahrain.com

The hotel will also be a variety of dining offers on Christmas Eve and

Christmas Day: • Christmas Eve Dinner at Al Safir Restaurant, from 7.30pm-11.30pm. BD13.900++ or BD21.900++ inclusive of selected beverages. 50 per cent discount for children aged four to 11, and free for children aged three and under.

• Christmas Eve Dinner at Sole Chinese Restaurant, from 7pm-11.30pm. BD14.900++ or BD24.900++ inclusive of selected beverages.

• Christmas Day Lunch with children's party, from 12.30pm-4pm. BD17.900++ or BD25.900++ inclusive of selected beverages. 50 per cent discount for children aged between four to 11 and free for those aged three and under.

• Christmas Day Dinner at Al Safir Restaurant, from 7.30pm-11.30pm. BD12.900++.

• Christmas Day Dinner at Soie Chinese Restaurant, from 7pm-11.30pm. BD14.900++ or BD24.900++ inclusive of

selected beverages.

For more details, call 17533533.

THE Ritz-Carlton, Bahrain, is hosting a variety of events to celebrate the Christmas period.

Each day, through the month of December, guests can enjoy a Jolly Teatime Menu at the signature Lobby Lounge or Ritz Gourmet Lounge featuring holiday pastry traditions like mince pies, stollen and panettone, along with a special menu

of Christmas teas. Gourmet takeaways are also available at the Ritz Gourmet Lounge for a selection of hampers and desserts perfect to accompany holiday gatherings.

Travelling families can enjoy the annual Ritz Kids Winter Camp, which will run from Monday to January 7, with playful adventures and festive activities, while mums and dads indulge in '12 Days of Spa,' running from Friday until December 26, featuring a range of daily complementary treatments

and featured products.

On December 25, the resort's Grand Christmas Brunch will feature a lavish buffet spread with live stations, a seafood and prime rib corner and a room full of desserts. The grand finale of the season ends with a New Year's Eve countdown to 2019 where the 9,000 square-foot Al Noor Ballroom lights up with the ultimate pizzazz for a night of Broadway-style entertainment.

For more details and reservations, call 17580000.

• More listings on Page 10





## FESTIVE FARE



THE Gulf Hotel Convention & Spa will host its Christmas tree lighting ceremony tomorrow at 6pm in the lobby. Father Christmas and the Gulf Hotel carol singing group will be entertaining families.

Al Waha will host a lavish Christmas Eve Dinner Buffet, which will include the season's special roasted turkey and a variety of other dishes. The price is BD16++ per person (excluding beverages) and there is a 50 per cent discount for children aged six-to-12.

There will also be Christmas Eve exclusive set menus, with a traditional Italian offering at La Pergola by Perbellini and an Asian twist at Fusions. Both are BD20 inclusive of one glass of a sparkling beverage.

La Pergola by Perbellini is all set to wow you this Christmas with a traditional Italian Menu.

The Gulf Convention Centre is hosting a Christmas Day Grand Brunch, featuring a live band, Father Christmas and an exclusive play area with activities and mascots for children. The price is BD32 net, inclusive of selected beverages. There is a 50 per cent discount for children aged six-to-12.

Al Waha is also hosting its own Christmas Day dinner buffet which will include roast turkey, trimmings and a delectable festive buffet. The price is BD16++ excluding beverages. There is a 50 per cent discount for children aged six-to-12.

For more details, call 17713000.

THE Westin & Le Meridien City Centre Bahrain are offering a #Turkeyatyourdoorstep promotion where people can order a traditional turkey cooked by the hotels' chefs. The turkey, priced BD65 net, will serve up to 10 and comes with condiments such as roasted root vegetables, mashed potatoes, veal sausage and more. Chestnut and sage stuffing is served on the side, as well as cranberry jus and gravy.

There is free home delivery in Bahrain until December 24

from noon to midnight.

Sumptuous handpicked selections like Yule logs, house made Christmas cookie baggies, ginger bread and Christmas inspired pastries are available at Furn Bakery located at The Westin City Centre Bahrain and Longitude 50 at Le Meridien City Centre Bahrain from Saturday until December 26.

Until December 25, Le Meridien City Centre Bahrain is offering a daily lunch buffet at Baharat Restaurant for BD12++ per person available. It is available from 12.30pm-3pm.

A Christmas Eve Dinner will take place, costing BD26 net including soft drinks and water or BD38 net including selected free flow beverages from 6.30pm-11pm.

On Christmas Day, brunch will be BD26 net including soft drinks and water or BD38 net including selected free flow beverages from 12.30pm-4pm.

Enrol your children for gingerbread house decorating class every Saturday from 5pm-7pm at Furn Bakery for BD14++ per child that includes a

gingerbread house.

You can opt for a ginger house bread kit as well which you can decorate at home for ND12++ per kit.

For more details, call 17171144.

ENJOY a choir and sing along with Christmas carols in front of a giant Ginger Bread House at the Crowne Plaza Bahrain as it lights up its Christmas tree in the lobby tomorrow at 7pm. Enjoy Christmas beverages and cookies while elves amuse the kids with their antics and a surprise visit from Father Christmas with special treats.

A Christmas Eve dinner at Waves Seafood Restaurant will feature oceanic treasures displayed market-style and cooked to your liking. The cost is BD38 net with unlimited selective beverages. Children under five years of age eat free whilst those aged five-to-10 are priced at BD16 net.

A special Christmas Brunch for the family will take place on Christmas Day, featuring a live BBQ and cooking stations. The cost is BD33

net with unlimited selective beverages. Children under five years of age eat free whilst those aged five-to-10 are priced at BD12 net.

For more details, call 17531122.

THE Four Seasons Hotel Bahrain Bay is offering a 'Turkey to Go' feast for Christmas. It's available for home delivery or pick up until December 31. A roast turkey with chestnut stuffing, turkey sauce, cranberry chutney, mash potato, Brussels sprouts and carrots is priced at BD80++ for eight people. People can also opt for the roast beef meal that comes with mashed potatoes, roasted vegetables and rosemary sauce starting from BD22++ per kg.

For orders contact 17115500.

Festive Afternoon Tea is being held at Bay View Lounge with tasty goodies from noon-9pm. It is priced at BD12++ or BD22++ for two people.

There will be a four-course dinner on December 24 and 25 at CUT by Wolfgang Puck, featuring Wolfgang Puck's signature soup, handmade pasta, roasted meats and fish, plus seasonal desserts. Christmas dinner will be served from 7pm-11pm, and is priced at BD45++.

The restaurant will also be serving a Christmas Day Brunch featuring traditional festive dishes such as



mincemeat pies, Yorkshire pudding and croquettes from noon to 3.30pm. Priced at BD26++ with soft beverages, and BD36++ with alcoholic beverages.

Bahrain Bay Kitchen is serving an elegant Christmas Eve Dinner and Christmas Day Musical Brunch buffet of culinary delights. The buffet includes roasted turkey, New Zealand lamb leg confit, orange-glazed barbery duck, slow roasted Australia wagyu beef rump, Christmas fruitcake, Christmas pudding with vanilla sauce, vanilla and chocolate yule log, linzer torte, stolen and homemade panettone.

It will be served from 7pm-midnight on Christmas Eve and from 1pm-4.30pm on Christmas Day and is priced at BD37++ with soft beverages, BD47++ with full beverage package, and BD18.500 for children aged between five and 12.

The Christmas for the Little Ones programme continues throughout the festive season, featuring an array of themed activities from candy hunts on the outdoor lawn to balloon art, face painting, making festive accessories, writing Letters to Santa, or cookie decorating with gingerbread house building.

In addition, the hotel's youngest visitors can look forward to meeting Father Christmas and receiving their special present during brunch at Bahrain Bay Kitchen.

The programme runs daily for children aged four to 12 from 9am-6pm on weekdays and from 9am-8.30pm on weekends. On New Year's Eve, it will be open from 9am-12.30am.

For details and reservations, call 17115044.

THE Jumeirah Royal Saray Bahrain's Palm Lounge is hosting a Christmas Eve Buffet Dinner with a variety of Arabian and international cuisines, live stations and a selected beverage selection. There will be a live band and Santa Claus will make an appearance. It will take place from 7pm-10.30pm and the price is BD30++ inclusive of soft drinks and BD 40++ inclusive of selected beverages.

On Christmas Day, there will be a Festive Brunch on the outdoor terrace, featuring a live band and fun activities. It will take place from 1pm-5pm and the price is BD30++ inclusive of soft drinks and BD 40++ inclusive of selected beverages.





# Eating Out

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

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A refreshing cuppa is one of the most consumed beverages around the world for any occasion and many cultures have even created ceremonies and traditions revolving around it.

Spectacular Christmas tea parties are particularly popular in the UK featuring warm cups of leafy goodness with tiny, tasty treats.

Snacks and bites like mince pies, sausage rolls and three-tiered trays of desserts have become the norm and while many households host their own intimate gatherings, nothing compares to sitting in a plush hotel sipping Earl Grey or Chamomile.

The Four Seasons Hotel Bahrain Bay is helping to keep the merry spirit alive at its Bay View Lounge with its Festive Afternoon Tea offering a selection of sandwiches and cakes to be devoured whilst admiring the relaxing sea setting ... ideal after a busy day shopping.

The five-star-hotel's Executive Chef Hyung Gyu Kim and Executive Pastry Chef Imad Boukli have created a special tea time menu to delight and tantalise the taste-buds, combining classic bites such as cucumber sandwiches and minced pies with modern takes on Yule logs and gingerbread scones.

Korean-born Chef Hyung Gyu spent 18 years in the UK relishing the custom firsthand and said: "I wanted to offer our diners a similar experience, capturing the same feel and atmosphere, serving them a presentation that is visually pleasing as well as flavoursome."

"The sandwiches include classics such as chicken with apple sauce, cucumber and smoked salmon which are seasonal for December. We have even presented the mini cakes on a new tea stand that suits the setting beautifully."

A team of 14, including

## Tea with festive flavour



DELIGHTFUL DISPLAY: Service with style and, right, from above, Executive Chef Hyung and Executive Pastry Chef Imad



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

Syrian Chef Imad, also wanted to ensure guests sampled something special during the high tea extravaganza by whipping up traditional desserts with a twist.

"Our tea time is completely different this year," said Chef Imad who specialises in pastries, baked goods and desserts. "We created a concept that is easy to share. There are two of everything. This menu is our masterpiece and the presentation is like a work of art too."

"Feedback from guests has

been great and the first thing they say when they see the presentation is 'wow!'"

This is without a doubt a sharing experience. I gathered two of my good friends, Vesta Popova and Tamara Suleiman, for an impromptu tea party.

Two of each six bite-sized desserts were placed prettily on a golden-coloured display stand in the shape of branches that captured the festive spirit.

It was accompanied by Christmas cake on a black platter with a pine tree sprig covered in powdered sugar which looked like snow. No one cared about their waist line that day!

The winter theme continued with a side of ginger and plain scones, apricot jam, Chantilly cream and honey. The sandwiches included a walnut bread roast turkey with cranberry sauce, a smoked salmon with capers, gherkins and sour cream on whole meal bread, roast beef English mustard with water cress on white bread and a slow cooked chicken with applesauce on thyme bread.

Included in this delectable menu is an assortment of tea to choose from, as well as coffee. After Vesta and Tamara picked out their tea, I opted to sample one of the lobby's specialty coffees

which was launched on the same day as the high tea called Hawaii. The lounge's assistant manager Pierpaolo Faggiano said this coffee, described on the menu as '100% Arabica - extra fancy', was hugely popular.

The Christmas cake was love at first bite. Usually I find these cakes to be a bit dry but this was moist with the right amount of spice, fruits and almonds. Tamara was so happy and said it reminded her of home. Meanwhile, Vesta devoured the scones with dabs of cream while I helped myself to cinnamon star cookies and my favourite mince pie.

The dame blanche snowman was tarty and sweet and unlike the usual paroline yule log it was vertical, flaky and fudgy. The caramel chocolate macaroon was delicious and the red velvet cupcake was yummy too.

I chased the coffee with a lemongrass ginger tea which mellowed me out and helped me enjoy the bay view even further while chatting away my with my friends. We sat outside at the terrace, which can seat 60, instead of inside in the lobby which can seat 90 diners comfortably. The lobby was full of the festive spirit with golden reindeers, garlands and a four metres tall marzipan Christmas tree.

After all, isn't that what Christmas is all about – to share festive food, great conversation and merry laughter with friends in a beautiful setting? It will be an experience we shall not ever forget and a great start to the jolly season.

The Festive Afternoon Tea will be served until December 28 from noon to 9pm and is priced at BD12++ per person or BD22++ for two people.

For details, contact 17115000 or follow them on Instagram @fsbahrain.

● Check out Mai's YouTube video on the festive fun treat by placing your smartphone over the QR Code.





# The brave and det

**T**OP triathletes from around the world gathered in the kingdom to compete in the grueling Ironman 70.3 Middle East Championship Bahrain alongside brave and determined amateurs aiming to achieve their dreams.

Angus Campbell, the CEO of the Bahrain Financial Harbour Holding Company, highlighted on last week's Back Page, had been training twice-a-week since January in the lead up to the intense annual swim, bike and run endurance challenge.

The 57-year-old member of The House of Prayer, Wheels & Banter Society, was well prepared after taking part in events organised by the Bahrain Triathlon Association, including a sprint triathlon and an Olympic triathlon.

His aim was to complete an Ironman before his 60th birthday and last Saturday that dream became a reality when he crossed the finish line in seven hours and 16 minutes.

An Ironman 70.3, also known as a Half Ironman, is one of a series of long-distance triathlon races organised by the World Triathlon Corporation. The '70.3' refers to the total distance in miles covered in the race, consisting of a 1.2-mile swim, a 56-mile bike ride, and a 13.1-mile run.

"To be honest, this time last year I did not think that I was capable of completing an Ironman 70.3 within the allotted eight hours 30 minutes," admitted the Scotsman, *pictured top right*. "My achievement was only possible due to the positive encouragement of friends and family, as well as the opportunity to train with others over the course of the year. I had not run since leaving school in 1980 and only began running a year ago.

"The hardest thing about training is starting. It is never too late to begin doing some moderate exercise and to just keep building on this over time. Gradually it does become easier and also more enjoyable.

"I would like to thank the Ironman 70.3 Bahrain organisers for putting on a fantastic event. I would also like to thank the entire Ministry of Interior staff and the volunteers who made the event possible and for their support and encouragement."

Triathlete Mariam Turki, 34, *pictured bottom right*, who works at the National Bank of Bahrain, also completed her fourth Ironman. She originally started running two years ago and has completed the Bahrain



## SPORTS REPORT

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

and Dubai Ironman 70.3. She was the fourth Bahraini overall female to finish in Bahrain and the first place GCC female. She even participated in Ironman in Chattanooga, Tennessee.

The full-time mum who lives in Riffa had been training around 15 hours-a-week in preparation for the event with a promise to herself that she would not walk at any stage.

"I was stronger this time, and I gave it my absolute best and actually got my personal best time," said Mariam who finished in six hours. "I dropped 35 minutes from my last race in Bahrain. My coach Jassim Al Bastaki has been a great mentor and support. He pushed me and the rest of the team, made sure we never missed a training session and it's been a great experience. I am very happy with my results!

"I run and participate because it gives me a purpose and for self-achievement. I also like to encourage others."

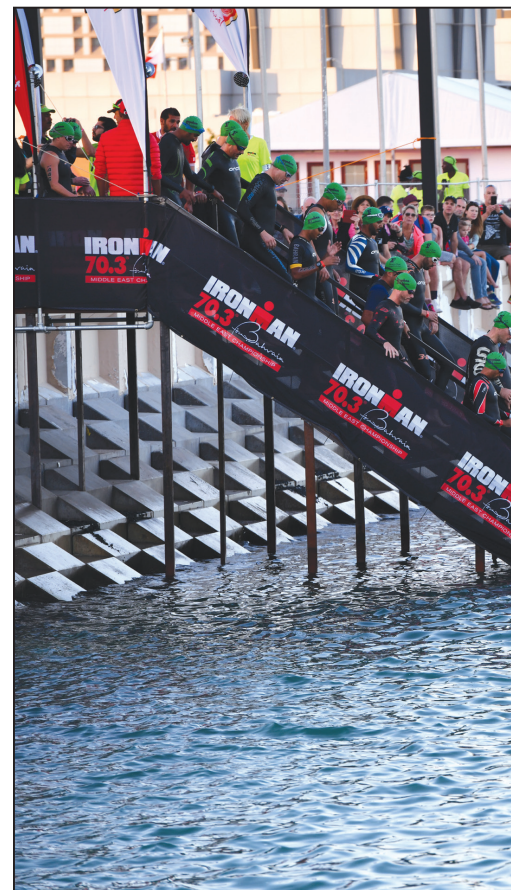
Mariam and her friend, a co-founder of an athletic wear company, Dana Zubari, started up a Lettuce Run group to encourage women to start running.

"We had girls who could hardly run two minutes when they started and now they have completed a 5km run in the Iron Girl race, we are very proud of them," said Mariam. "I'd like to thank my husband, my sister, my parents, my cousins and my friends for all their support. I wouldn't have gone through this journey without it. You need a lot of mental strength and their support really helped me overcome my long training hours."

Competitor Mohammed Javed, *pictured bottom left*, also achieved Ironman glory finishing the race in six hours and 15 minutes. The 59-year-old who describes himself as a 'driver by occupation but runner by passion' had competed in half marathons, marathons, triathlons and duathlons over the years.

After completing a marathon in the UK, he consecutively participated in four Ironman competitions in South Africa in 2015, then Malaysia in 2016, followed by France in 2017 and Netherland in 2018. He found the Bahrain race to be a 'thrilling and exciting' experience.

"I am certain that the feeling is unique for every person that crosses the Ironman finish line since each story, journey and experience is different," said Mohammed, who lives



in Gudaibiya. "The event was well organised and I didn't find any difficulty. However, I suffer from heel pain and inflammation called plantar fasciitis and that was very painful.

"This race would not have been possible without the support of my family and friends. My next goal is Ironman Frankfurt 2019."

Penny White, who successfully completed the London Marathon in April and raised £5,000 in support of

Brain Research UK, a charity which looks into ways to help people with Alzheimer's, Parkinson's and brain tumours, was back in competitive action with the help of friends.

The team, which included Danielle Shaw and Kylee-Jai Wright, was called 'Can we just buy a medal?' It was their first time competing in any Ironman event which is why the Saar trio decided to participate as a team. They completed the course in seven hours and 37 minutes.





# Permined compete



chip didn't work," she said. "I got yelled at in the swim at 48 minutes and chased by a coastguard saying my time was up."

"I didn't get to the bike because they couldn't get my timer chip to work. I had the best run I have ever had but no finish line picture. Still feel cheated but what to do?"

"I'm signed up for three more Ironmans and now have lost a bit of motivation thinking the same thing could happen. Now, how do I get my mental toughness back after something like that?"

She said though that Ironman did give her and some others a free entry to any future Ironman70.3 event to compensate for the experience and were very apologetic.

This year, the event attracted more than 3,000 triathletes from 84 countries and it was held under the patronage of HRH Prince Salman bin Hamad Al Khalifa, the Crown Prince, Deputy Supreme Commander and First Deputy Prime Minister.

The course kicked off at The Avenues Bahrain waters, where one lap of 1.9km began and finished at the mall. It incorporated a rolling swim start for age group athletes and professional athletes. Competitors then transitioned to the bike, riding from the landmark twisted tower in Bahrain Bay through the city, passing landmarks such as the Bahrain World Trade Centre, Bahrain Financial Harbour, Dilmun Burial Mounds, National Charter Monument, Bahrain International Circuit and then back to Manama.

Finally, there was a three-loop run course on King Faisal Highway, giving spectators a chance to cheer on the athletes. Families and friends watched and waited for their loved ones next to mall, where the finish line was situated.



"Kylee-Jai did a magnificent 1.03 hour swim," said Penny, 45, pictured top left. "She was sick through stress and the fumes from the jet skis. Dani flew on the bike knocking a rather wonderful 40 minutes off her estimated time and cycled 90km in 3.03 hours. I plodded a horrible half marathon plagued by cramping calves and a mucked up metatarsal."

"We all trained a few times a week - separately as we didn't need to worry about change

overs. It was hard; training is, for me anyway, the worst bit as it's the time away from family. It made it so much easier for us three that our husbands were so behind us."

"We do this because we are clinically insane - I only seem to run if I have a goal and I only set myself stupidly high ones. I would like to do it again as I want to do better for Kylee-Jai and Dani."

"My husband, Chris, was there as was Kylee-Jai's and Dani's families. Our children

loved the day, loved the medals and none of us could have done it without them. But even more importantly we wouldn't have had the same experience without each other and I thank them both very much for including me."

It wasn't all roses for some. One unlucky expat, who asked not to be named, did not complete the challenge as intended.

She took to social media to share her plight after suffering technical issues. "The timer

third respectively.

Meanwhile, David Plese finished 12th with a 3:52:56 and Terenzo Bozzzone pulled out of the race on the bike leg fully exhausted after two consecutive race weekends including an Ironman.

"I really was hopeful I would be able to finish the year on a high here in Bahrain, but when I pulled the pin at six km on the bike, I just had nothing," said Bozzzone. "I just had to say it was not my day today, live to fight another one. No regrets, I enjoy coming to Bahrain and hanging out with the team."

Earlier in the week, the six

you're only as good as the competition. I wasn't too happy with my bike but I'm really happy with my run considering my injury hampered my run [training]. I felt great the whole time."

Sarah Lewis (4:00.13) of Great Britain was second and Ellie Salthouse (4:06.25) of Australia third. On the men's side, Kristian Blumenfeldt of Norway won the Middle East Ironman 70.3 Bahrain Championship with a record time of three hours and 28.04 minutes. His compatriots Gustav Iden (3:29.25), and Casper Stormes (3:33.31) finished second and

BRITISH athlete Holly Lawrence showcased her grit and determination at the Ironman 70.3 Middle East Championship Bahrain taking a wire-to-wire win to defend her title and prove her skills even after not racing for the past eight months due to a broken ankle.

Lawrence, who completed the championship in three hours, 59 minutes and 20 seconds, said: "I really wasn't sure about my fitness coming in. I knew I was healthy enough to compete, so I couldn't be happier especially at one of my favourite races. "It was a fast course but

Bahrain Endurance athletes visited heritage spots and local schools as part of their end-of-season camp and support of the Ironman race spearheaded by team captain His Highness Shaikh Nasser bin Hamad Al Khalifa.

Ironman winners were presented with their trophies by the Crown Prince at an award ceremony attended by Shaikh Nasser, Representative of His Majesty for Charity Work and Youth Affairs, president of Supreme Council for Youth and Sports and president of Bahrain Olympic Committee and other high-ranking officials.



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## Festive focus



THE Big Texas Barbeque & Waffle House in Juffair has lit up the festive season with a dazzling display and a Christmas tree lighting celebration with carol singers and a visit from Santa.



THE Elite Choir was in full song once again at the tree lighting festive ceremony at Elite Crystal Hotel in Juffair.



FABULOUS dancers entertained the crowds at the Christmas tree lighting event at the Elite Seef Residence & Hotel and even Santa Claus showed off his fancy footwork.



December 12 - 18, 2018

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## Perfect party

THE Gulf Hotel Bahrain, Convention & Spa put on a spectacular entertainment show for its annual Christmas tree lighting spectacular watched by hundreds of families.

The musicians were unfrozen by a sprinkle of fairy dust from the Fairy Godmother before the party swung into action and Santa Claus was welcomed by the children gathered.



## On song



FAMILIES were entertained by a choir and Santa made an appearance when the Christmas tree lights were switched on with much fanfare at the Crowne Plaza Bahrain.

## Warm welcome



GENERAL manager Zaki Ozal pulled the switch to turn on the lights on the sparkling Christmas tree as the Jumeirah Royal Saray beach resort celebrated its first festive season.

## Light spectacular



REEF Resort celebrated its first Christmas in style with a choir entertaining more than 350 guests in festive style, plus a visit from Santa and a stunning tree-shaped lighting arrangement glittering over the water.



# Fashion Weekly

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

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## Jalal's timely tips on the latest trends



WITH the Artelier Calibre 111, Oris has re-established itself as a serious developer of serially produced in-house movements, making the timepiece one of the most significant that the Swiss watch company has fashioned. What better than this iconic timepiece as an extra-special gift for the special man that matters over the coming festivities?

Now, Oris has added a new model to the line, which combines a stainless-steel case with gold-plated hands and hour markers. The Oris Artelier Calibre 111 can be found in selected dealers under the reference: No. 01 111 7700 4021 LS

### ● CASE

**Material** Multi-piece stainless steel case  
**Size** 43.00 mm, 1.693 inches  
**Top Glass** Sapphire, domed on both sides, anti-reflective coating inside  
**Case Back** Stainless steel, screwed, see-through sapphire glass

**Operating Devices** Stainless steel crown  
**Water Resistance** 3 bar  
**Interhorn Width** 23mm

### ● MOVEMENT

**Number** Oris 111  
**Development** Fully developed by Oris  
**Dimensions** Ø 34mm  
**Functions** Centre hands for hours and minutes, subsidiary second at 9 o'clock, 10-day power reserve, patented nonlinear power reserve

indication at 3 o'clock, date window, date corrector, fine timing device and stop-second  
**Winding** Hand winding  
**Power-Reserve** 240 hours  
**Vibrations** 3 Hz (21'600 A/h)  
**Jewels** 40



### ● DIAL

**Design** Silver dial  
**Luminous Material** Hands Super-LumiNova® C3 Green Line  
**Numerals/Indices** Applied, 4N gold-plated  
**Bracelet** Stainless steel bracelet, butterfly folding clasp  
**Strap** Dark brown croco leather strap, stainless steel folding clasp

**Extras** Special luxury wooden presentation box



**K**ENZO'S creative directors Carol Lim and Humberto Leon, who are known for their playful takes on fashion, have centred the Parisian labels holiday collection on perfect pieces to get everyone into the festive swing.

The new line, which is building on key items from its autumn 2018 collection, features casual and formal apparel that can be taken from day to night with a switch of a sweater or an addition of an accessory.

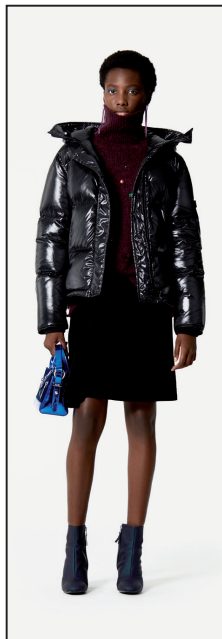
The women's collection is founded on winter fabric favourites including velvet, mohair, and wool, keeping ladies feeling cosy all day long, as well as helping them dance the night away in style.

The festive line features a range of beautifully ruched dresses, skirts and tops in jewel tones of bordeaux or blue matched with flared pants in a wool mohair. Fashionistas can opt for a black puffy jacket in shiny nylon for those really chilly nights worn over dresses and skirts.

Knitted jumpers are quite popular during the winter month and are even more delightful with a double tiger jacquard, dragon or tiger embroidery with beaded or shiny yarns.

Accessories are full of surprises with the newly

# Playful Parisian style



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

introduced baby California coming in two colour ways of burgundy or navy velvet with metallic leather trims. The Kyoto line, declined

in a top handle and a belt bag with chain appears with similar details. The unisex tiger backpacks and small leather goods come in satin with glitter tiger accents or are glow-in-the-dark. The designers propose to

complement these holiday looks with Daria boots in navy gommato leather or wearing the unisex sonic sneaker in a tiger mesh with metalised rubber. Kenzo is located in City Centre Bahrain.



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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

## Luxury home with sea view

### A semi-furnished four bedroom apartment is available for rent in Abraj Al Lulu's Black Tower.

The apartment, which is located in the kingdom's glittering Seef district and boasts views of Bahrain Financial Harbour and the sea, has a spacious interior with a total built-up area of 262sqm.

There is a large kitchen, a sizable living and dining room as well as a balcony. There is also a guest closet and a maid's quarter.

The master bedroom has a walk-in closet and an ensuite bathroom. The other three bedrooms include built-in wardrobes and ensuite bathrooms. The apartment includes an intercom system, central cooling and one parking spot.

As for the facilities, the first floors of the three towers feature a large swimming pool, Jacuzzi, and sun

deck with patio furniture. There is also a toddler's pool with play area and equipment for children. The landscaped play area, rock garden and water falls spread out impressively.

There is also a BBQ kitchen with furniture and equipment on the open terrace and plenty of indoor recreational facilities such as a cinema lounge, billiard table, table tennis, darts board and virtual reality sports games.

The towers also houses squash courts with furniture and equipment for each tower on the ground floor. Residents can also visit the towers' state-of-the-art health spa for ladies and gents, the internet café, conference room and business centre on the ground floor.

There is also a snack bar on hand, guest Laundry, restaurants, shopping and retail outlets, and a four-storey car park with room to accommodate around 1,100 cars.



#### FACTS AT A GLANCE

**Location:** Abraj Al Lulu, Seef District.

**Rental Price:** BD1,000

**Living rooms:** 1

**Bedrooms:** 4

**Bathrooms:** 4

**Additional information:** The luxurious towers feature a large swimming pool, Jacuzzi, and sun deck with patio furniture. There is also a gym, health spa and business centre. One parking spot.

For further information quote reference number AP746 and call Star Real Estate on 17298210.



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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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**T**HE festive feeling is alive and well in the kingdom with red and white lights adorning palm trees and buildings twinkling ever so brightly, fully capturing the spirit of the season.

Carrying on the happy holiday vibe can help brighten up homes with a winter-themed décor of warmth and hospitality.

The best way to install a dose of merriness to the living room is to add touches of natural elements including greenery, animal-inspired prints and figurines, shiny metallic accessories and winter whites.

Throw a fleecy white blanket over a couch to create a cosy living room feel and add furry rugs to keep your footsies toasty.

Plants in rustic or shimmering golden coloured pots can create an elegant glow in the room and white candle holders can make a welcoming impression too. Animal-printed pillows, snowflake ornaments and wooden coffee tables also add a natural ambience.

For those who love to host

## Cushions and candles



dinner parties, keep it simple and fresh with floral arranged centrepieces, bare garland, table wreaths and candles. Mason jars wrapped in twine are also a great touch.

Join in the kingdom's National Day pride by adding

velvety red hued cushions and throws as well as red candle holders.

Baskets full of books, pillows or even imported pine cones can add charm to any space, as well as antlers or festive printed signs and

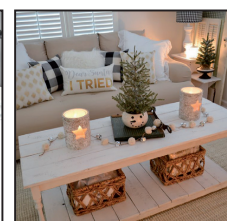
chalk boards with poems and personal messages for family and guests.

For those who like to hang up stockings to celebrate Christmas but lack a mantelpiece string them up on any wall using garland,

a coat rack, a curtain rod or even a wooden ladder. Opt for a non-traditional festive season by using wellies instead of stockings, mugs or even fluffy house slippers.

Keeping in the

unconventional holiday theme, skip using red to decorate and instead pick pastel colours. Remember, 'tis the season to gather with family and friends, so keep your dwelling cosy and loving from the heart.



### SocialScene

#### Management agreement



SWISS-BELHOTEL International has signed a management agreement with HRR Properties for Swiss-Belsuites Admiral Juffair in Bahrain.

Featuring 174 rooms, including studios, 1-2- and 3-bedroom suites and penthouses, the hotel is expected to begin operations by mid-2019 near American Alley.

A signing ceremony took place with Mazen M. Araiqat, MD of Arab Architects, Laurent A. Voivenel, senior vice president, operations and development for the Middle East, Africa and India for Swiss-Belhotel International, Abdul Hameed Dawani, chairman of Al Jazeera Group and Jawad Bader, vice chairman of RJ Bader Investment at sister four-star property Swiss-Belhotel Seef.

Swiss-Belresidences Juffair recently opened and the company has on-going plans to unveil a five-star resort in Seef.



#### New award

THE Gulf Hotel Bahrain Convention & Spa's award-winning Indian restaurant Rasoi by Vineet has picked up another impressive accolade. It has been voted the best fine dining restaurant in Bahrain by the BBC Good Food Award Middle East.

These are the only awards in the region offering recognition solely based on customers' stamp of approval across different categories, organisers say.



#### Lucky winner



LUCKY Hamed Mohamed Abdulla won a luxury apartment in Marassi Al Bahrain in the latest KFH-Bahrain Libshara savings account draw.

The apartment handover ceremony was held at sales office in Diyar Al Muharraq in the presence

of representatives from KFH-Bahrain and Marassi Al Bahrain.

Hamed said: "Initially, I could not believe the news that I had won until I was informed that I would need to bring my identification documents of the nearest branch to claim my prize!"

#### Welcome reception

A WELCOME reception was held by the InterContinental Regency Bahrain and Crowne Plaza Bahrain for new Area General Manager Bahrain, Philipp J. Economou.

Music played and delightful dishes were served to IHG Rewards Club members and the local media at the InterContinental Regency Bahrain's Elements Pool & Lounge.

Philipp boasts 23 years of international experience covering Europe, the US and the Middle East, including a recent spell as GM of InterContinental Resort Fujairah.







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كل النساء مرحب بهن

THE Indian School Bahrain (ISB) is organising dance competitions for the public in connection with the ISB Mega Fair 2018.

The competitions will be held in Western Dance, Cinematic Dance and Arabic Dance in which any age group can participate.

Trophies and cash prizes will be given to the first three places in the competitions which started yesterday and will continue tomorrow and on Sunday at the school's Isa Town campus.

Additionally, the top performers will be able to stage their dance show at the Mega Fair venue on December 20 and 21.

The Indian School appeals to the dance enthusiasts to participate. Groups with a minimum of five members can register for the competition.

For more information, please contact the conveners Sathish Narayanan - 33368466, Ranju Nair - 33989636, Neena Gireesh - 35372012 and Shamita Surendran - 36324335.

ISB Hon Chairman Prince S Natarajan, Secretary Saji Antony, EC members Rajesh Nambiar, Deepak Gopalakrishnan and Saji George said the school is looking forward to the presence of all art lovers for the success of the dance competitions.

**The Indian School, Kingdom of Bahrain.**

NEWCOMERS are welcome to join the Bahrain Writers' Circle events during the month of January.

The Bahrain Writers' Poetry Circle Meeting will take place on Wednesday, January 9, at 7.30pm at ARTDIVANO (Gallery), Al Andalus Garden, Gudaibiya.

The Bahrain Writers' Circle Monthly Meeting will be staged on Monday, January 14, at 7.30pm at Mannai Sea Plaza (next to Bahrain Specialist Hospital),

Entertainment Centre, Mezzanine Floor, Juffair.

Finally, the Bahrain Writers' Creative Workshop, will take place on the following

Monday, January 21, at 7.30pm at The Juffair Grand Hotel Coffee Shop, Juffair.

For information about the Bahrain Writers' Circle, kindly contact: 39574795.

**Claudia Hardt, Bahrain Writers' Circle.**



GREAT news regarding Teddy, the rescue dog, featured in last week's *GulfWeekly*.

His leg is healing so he's out walking now and completely relaxed when on the lead, no pulling ... just chilling.

His *gofundme* page, my sister and friends have donated enough money to send Teddy in mid-January to Canada for his forever home and I'll be fostering him until then.

Thank you – we did it!

**Ellissa, Saar.**

WHAT lies ahead for companies, governments and individuals regarding cybersecurity in 2019? Will we see the EU government forcing US data centres to hand over data? Will the European Union issue its first major fines for organisations in contravention of its General Data Protection Regulation? Will our growing dependence on social media expose us to unwanted risks as our accounts become compromised?

The World Economic Forum recently placed cyber security as the fifth biggest global risk for doing business, with 19 countries ranking it as their number one concern, including 14 in Europe and

North America, as well as Japan, India, Indonesia, Singapore and the Gulf States.

As the political climate around the world continues to create volatility, growing numbers of connected global citizens will turn to the Internet to have their message heard. The growth in connected devices – from consumer wearables to industrial IoT to medical devices – is compounding the security challenge as each device represents a potential cyber security risk.

Throughout 2019, the most insidious development won't be new attack types but rather improved execution of existing attack types, especially those delivered via email. Better social engineering, more advanced phishing attacks, increases in credential stuffing attacks, and more complicated malware with multiple stages and different form factors for transmission, will make threats incredibly tricky to detect.

Companies in particular the Middle East and Africa often assume their security is sufficient without realising that the threat landscape is drastically shifting. This makes them easy targets for cyber criminals who tend to follow the path of least resistance. Attackers will also continue to shift their attention away from larger organisations to small and medium businesses.

Even companies with good cyber protection have little protection against the reuse of passwords that have been collected in other breaches.

The evolution of cyberattacks has also created entire ecosystems of fraud. Stolen personal health information, for example, could be used to gain insight to patients' ailments and likely treatments. Hackers could use this information to obtain prescriptions for strictly-controlled medication that is

then traded or sold illegally.

It's no longer just about a straightforward cyberattack: cybercrime is fast becoming a trickle-down economic system with multiple layers of fraud and criminality built into its very fabric.

Artificial intelligence and machine learning will play a more prominent role as the velocity and variety of attacks makes conventional approaches – such as blacklists – outdated and ill-equipped to deal with modern cyber threats. The average phishing site, for example, is only online for a few hours.

As our world becomes increasingly digitised and connected devices continue to permeate every aspect of our daily lives, the risks posed by cybercriminals are escalating.

A large-scale attack on critical infrastructure such as energy services, water supplies or even hospitals could cause massive damage and even loss of life.

Privacy will also become a key concern: consumer connected devices such as cameras, microphones and wearables will become a major security issue as hackers discover ways to see live audio and video of unsuspecting people's lives.

The fallout of such an incident being exposed could drastically erode trust in technology and make people treat technology with greater caution as they realise the devices they have enjoyed without concern, carry immense risk to their personal privacy and security.

Even though the threat landscape keeps changing what seems to be the common thread is that email continues to be the most common – and least protected – attack vector.

We can't predict exactly what 2019 threats will look like, but we can predict that while email remains vulnerable it will continue to be the preferred entry point for

the nasty side effects that come with the latter. I never previously considered myself a perfectionist because my end results are far from optimal but if I really think about it, the above example is in fact very relatable and I have definitely shied away from trying out new experiences for fear of not being able to carry it out flawlessly. It explains why I

have not picked up drawing in a long time or think twice about trying out new recipes in the kitchen.

In a survey spearheaded by researcher Bob Goldman, elite athletes were asked whether they would take a drug that guaranteed them a gold medal, but that meant they would be dead within five years' time. Fifty per cent reported that they would, this result remaining



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

...editor@gulfweekly.com

THE Whisperer has heard that a certain international school has recently been faced with a unique problem.

A number of young girls were beginning to use lipstick and would put it on in the bathroom before leaving for the bus home. That was fine, but after they put on their makeup they would press their lips to the mirror leaving dozens of little prints.

Every night, the maintenance crew would remove them and the next day, the girls would put them back.

Finally the principal decided that something had to be done.

The girls were called to the bathroom and were met by him and one of the cleaners. They were told the lip prints were causing



a major problem for the man who had to clean the mirrors every night.

To demonstrate how difficult it was to clean the mirrors, he was asked to show the girls how much effort was required.

He took out a long-handled squeegee, dipped it in the toilet, and cleaned the mirror with it.

Since then, there have been no lip prints on the mirror.

There are teachers ... and then there are educators.

criminals to deliver threats to your organisation.

**Brian Pinnock, cybersecurity specialist at Mimecast.**

IT was with understandable outrage that visitors voiced their anger over the weekend when a caged baboon was seen on display at the Farmer's Market in Budaiya.

The animal was removed immediately when it was spotted by the market manager during one of her regular inspection tours.

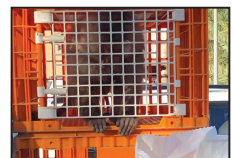
The incident occurred while staff members were busy attending the official opening of the start of the season of the annual market.

The market's management

has told visitors that it will ensure that this does not happen again and that the BSPCA had been invited to visit the market this coming Saturday morning.

Animal rights activists who voiced their upset on social media have also been assured that adequate steps have been taken to make sure nothing like this happens again.

**Name and address supplied.**



ARE you a perfectionist? You might be if you set yourself to a high standard and demand nothing less. This kind of striving for excellence is an incredibly invaluable trait, and experts agree. But, when this perfectionism is coupled with a constant fear of making mistakes, it can prove harmful for the person in question, and so there is a growing body of research on

## Youth Talk

By  
**Sarah Belal**



ways to overcome it.

If you've ever decided that your bookshelf needed reorganising into alphabetical (or descending, as I like to have it) order when you had an important

assignment due, then you might want to stop to think about whether your quest for accomplishment is doing you more harm than good. Procrastination in fear of failure or an all-or-nothing attitude to life events can both seriously hurt one's goals. Psychologists therefore like to make the distinction between adaptive and maladaptive perfectionism, highlighting

the nasty side effects that come with the latter.

I never previously considered myself a perfectionist because my end results are far from optimal but if I really think about it, the above example is in fact very relatable and I have definitely shied away from trying out new experiences for fear of not being able to carry it out flawlessly. It explains why I

have not picked up drawing in a long time or think twice about trying out new recipes in the kitchen.

In a survey spearheaded by researcher Bob Goldman, elite athletes were asked whether they would take a drug that guaranteed them a gold medal, but that meant they would be dead within five years' time. Fifty per cent reported that they would, this result remaining

consistent with further trials. This statistic illustrates the more grim aspect of chasing after perfection.

With all things in life, and in the words of Sam Smith, too much of a good thing isn't good for long. Perfectionism, although a highly desirable trait both at home and in the workplace, if coupled with unrealistic standards can lead to a life filled with anxiety and unhappiness.

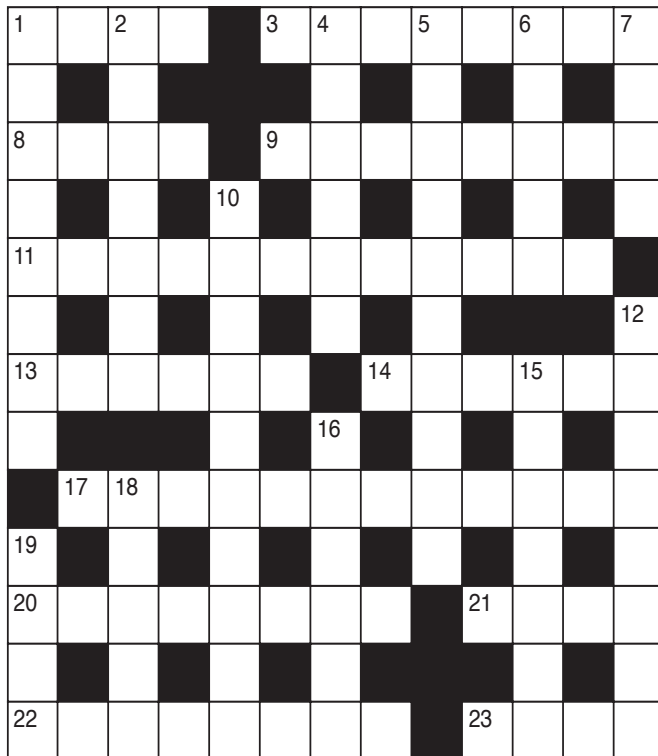


# Time Out



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## crossword break



Solutions in next week's issue.

### ACROSS

1. Centre (4)
3. Sedative (8)
8. Fortune (4)
9. Tendon (8)
11. However (12)
13. Abrade (6)
14. Resident (6)
17. Irresistible (12)
20. Strategic (8)
21. Aid (4)
22. Tube (8)
23. Average (4)

### DOWN

1. Settler (8)
2. Redeem (7)
4. On fire (6)
5. Contender (10)
6. Lock (5)
7. Clever (4)
10. Ratio (10)
12. Enhance (8)
15. Friendly (7)
16. Respect (6)
18. Oral (5)
19. Of the ear (4)

### who, what, where, when

WHO ... was the British Prime Minister from 1841-46?

WHAT ... did Tom Cruise and Katie Holmes name their daughter?

WHERE ... in Europe is the city of Zaporizhzhya?

WHEN ... did the BBC TV show *Grandstand* first air?

WHO... played the title role in *Miss Potter*, the 2006 film about Beatrix Potter?

WHAT ... French general is mentioned in the French national anthem, *La Marseillaise*?

WHERE ... in Europe was Traian Basescu President in 2004?

WHEN ... did Queen Victoria of Great Britain die?

### just so

ember ember  
ember ember  
ember ember  
ember

Ag Ag Ag Ag Ag Ag  
Ag Ag Ag Ag Ag Ag  
Ag Ag Ag Ag Ag Ag  
Ag Ag Ag Ag Ag Ag

heavettis



## 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

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

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

### darn tough sudoku

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

Sudoku

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

Sudoku

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

### Last Week's Leisure Solutions

#### CROSSWORD BREAK:

Across: 1 Communicate; 9 Receded; 10 Rarer; 11 Verve; 12 Telling; 13 Digest; 15 Astern; 18 Generic; 20 Regal; 22 Emend; 23 Retract; 24 Hypothesise.

Down: 2 Occur; 3 Madness; 4 Nudity; 5 Carol; 6 Termite; 7 Gravedigger; 8 Originality; 14 Gunnery; 16 Stratus; 17 Scorch; 19 Radio; 21 Grass.

JUST SO: Fiddler on the roof, A diamond in the ruff, A white russian, Float out to sea

WHO, WHAT, WHERE, WHEN:

Brian Clark; Coriolanus; Mexico City; 1941; Guy Mitchell; Minnesota, US; 1963.

### Darn Tough Sudoku

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





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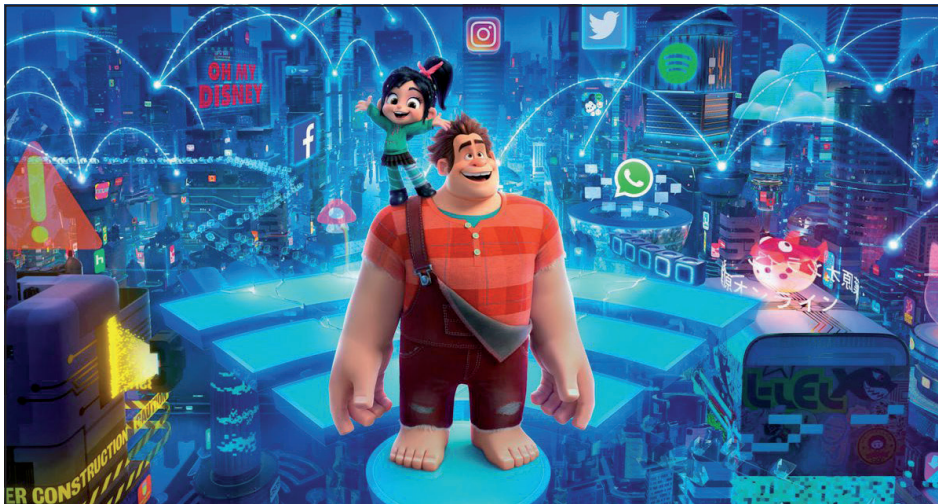
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# Film Weekly



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



## A byte of emotion

**I**n no small feat, *Ralph Breaks the Internet* is a sweet, funny and worthy follow-up to the Oscar-nominated 2012 *Wreck-It Ralph*. The sequel finds room to grow on the original film's premise by exploring not only a larger world beyond video games but also new and more complicated dimensions to the core friendship at the heart of these movies.

Gaming remains a factor this time around – especially when Ralph (John C. Reilly) and Vanellope's (Sarah Silverman) online journey leads them into the absurdly dangerous and over-the-top *GTA*-style game *Slaughter Race* — and the quest to save Vanellope's 'home' *Sugar Rush* from extinction is the plot's main objective.

But the Internet, as the movie's title makes obvious, is the main subject of this keen parody, and this shifts the focus from the past (nostalgia for classic games) to the present. Everything from viral videos to the dark web to online shopping gets ribbed here.

Poking fun at the Internet isn't exactly a novel idea at this point in time, so as cute and funny as it is to see *Ralph Breaks the Internet* poke fun at popular viral videos and online behaviour, the film gets far more mileage and bigger laughs with its observations on its parent studio. Ralph and Vanellope's visit to (the very real) *OhMyDisney.com* provides a steady stream of Easter eggs and hilarious meta commentary on Marvel, *Star Wars* and other Disney properties.

But the inarguable highlight of all this House of Mouse-mocking is the significant role played here by a large contingent of Disney Princesses. The *Ralph* sequel gets its biggest laughs in sequences where all the clichés and outdated elements associated with

### RALPH BREAKS THE INTERNET

**STARRING:** John C. Reilly, Sarah Silverman, Gal Gadot

**DIRECTORS:** Rich Moore and Phil Johnston

**GENRE:** Animation

**RATING:** PG

**RUNTIME:** 112 Mins

these animated icons are royally and uproariously sent up and addressed head-on.

These are the moments – funny, yet substantive and cuttily insightful – that will remain in the collective memory long after *Ralph Breaks the Internet* leaves cinemas and many of its meme jokes lose their relevance.

Ralph and Vanellope also cross paths with two new characters who are each entertaining additions in their own ways. In what's likely a nod to her big-screen roots in the *Fast and Furious* franchise, Gal Gadot shines as Shank, the cool, anti-hero of *Slaughter Race*. She starts off as an antagonist of sorts but, in true *Fast and Furious* fashion, proves she's a more sympathetic figure than was initially evident. Meanwhile, Taraji P. Henson goes big in the showy role of Yesss, a trending algorithm who knows how to exploit any online phenomenon. Yesss gets a few more laughs in the long run, but Shank proves more pivotal to the proceedings thanks to the influential bond she forges with Vanellope.

For all its chiding of the web, *Ralph Breaks the Internet* actually provides a very moving message about online bullying. Ralph discovers not just the fun and silly parts of life online but endures its most negative and hurtful aspects as well.

The film's true pathos, however, stems

from the course Ralph and Vanellope's friendship takes once they leave the small and repetitive world of Litwak's Arcade and are exposed to the range of experiences that the larger and more exciting realm of the internet offers. And, like any small-town kid curious about what life is like outside her mundane, provincial life, Vanellope becomes fascinated by what this big, new world has to offer.

Ralph, remember, is not just Vanellope's best friend but also her pseudo-big brother and guardian figure. But Ralph's neediness and insecurities – coupled with his natural tendency to wreck things – push his bond with Vanellope to its breaking point in some of the movie's most dramatic, poignant moments, brought to life in an action-packed final act.

Ralph's dunderheaded actions literally break the internet. It's the signature mixture of action, humour and heartstring-tugging that Disney Animation Studios does so well.

Ultimately, *Ralph Breaks the Internet* is no wreck, thanks to several big laughs and some sweet messages about online behaviour that should connect with both kids and parents.

The Disney Princesses steal the show in the most hilarious and meta moments, while any fan of gaming will have a blast trying to spot the plethora of Easter eggs and characters.

While the fun had at the expense of the Internet isn't exactly the freshest material, *Ralph Breaks the Internet* works well not because of where it sends its two main characters physically ... but rather, emotionally.

● **Now showing in:** Cineco, Seef II, Saar, Juffair Oasis, Avenues

**KRISTIAN'S VERDICT**  
1 popcorn – stay home  
5 popcorns – start queuing

### Bite-sized trailer

#### The Possession of Hannah Grace

**DIRECTOR:** Diederik Van Rooijen

**CAST:** Shay Mitchell, Grey Damon, Kirby Johnson

**PLOT:** A shuddering exorcism spins out of control and claims the life of a young girl. Months later, while working the night shift at the hospital morgue, Megan Reed receives a disfigured corpse. Alone and locked in the corridors of the cold basement, she starts to experience hair-raising visions, which lead her to suspect that the dead body delivered that night is possessed by a ruthless evil entity.

**SHOWING IN:** Seef, Saar, Seef II, Wadi Al Sail



#### Fahrenheit 11/9

**DIRECTOR:** Michael Moore

**CAST:** Roger Ailes, Brooke Baldwin, Ashleigh Banfield

**PLOT:** Filmmaker Michael Moore examines the current state of American politics, particularly the Donald Trump presidency and gun violence, while highlighting the power of grassroots democratic movements.

**SHOWING IN:** City Centre, Seef



#### Colette

**DIRECTOR:** Wash Westmoreland

**CAST:** Keira Knightley, Eleanor Tomlinson, Dominic West

**PLOT:** After marrying a successful Parisian writer known commonly as 'Willy' (Dominic West), Sidonie-Gabrielle Colette (Keira Knightley) is transplanted from her childhood home in rural France to the intellectual and artistic splendor of Paris. Soon after, Willy convinces Colette to ghostwrite for him. She pens a semi-autobiographical novel about a witty and brazen country girl named Claudine, sparking a bestseller and a cultural sensation.

**SHOWING IN:** Seef



### imdb movie charts

Current Position	Title	Weekend Takings	Gross to date
1	Ralph Breaks the Internet	\$16M	\$141M
2	The Grinch	\$15M	\$224M
3	Creed II	\$10M	\$96M
4	Fantastic Beasts: The Crimes of Grindelwald	\$7M	\$145M
5	Bohemian Rhapsody	\$6M	\$174M
6	Instant Family	\$6M	\$54M
7	Green Book	\$4M	\$20M
8	Robin Hood	\$4M	\$27M
9	The Possession of Hannah Grace	\$4M	\$33M
10	Widows	\$3M	\$38M



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## New one-stop-shop opens

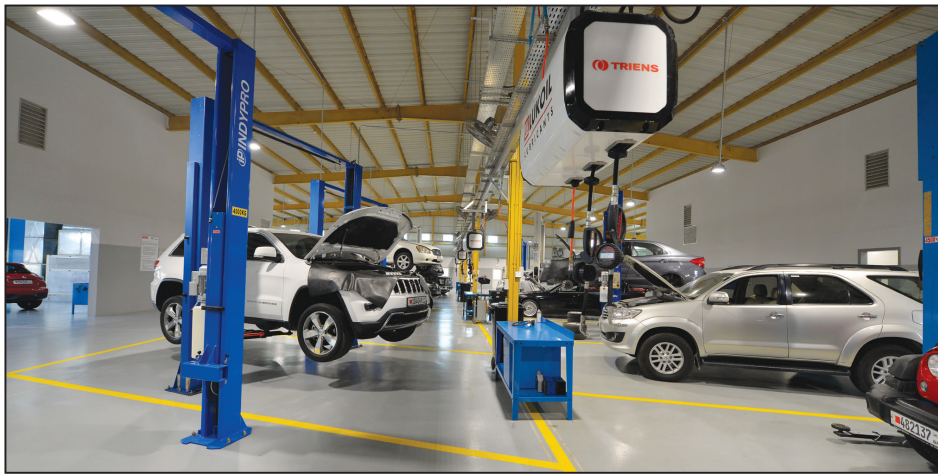
**C**OMFORT and convenience will be order of the day when motorists visit a new state-of-the-art facility just unveiled in Janabiya offering a comprehensive list of services located under one roof.

Y.K. Almoayyed & Sons' chairman, Farouk Almoayyed officially inaugurated the YK Automall located in Janabiya last week in front of supportive family members, guests and members of the media.

The YK Automall is a clever concept allowing owners of cars of all models to experience an 'uncompromising level' of automotive services, they promise, from 7am to 7pm, seven days a week... and the new facility is set to inspire the creation of a series of similar one-stop-shops across the island.

A wide range of new and used cars will be available and other services like periodic maintenance, tyres and batteries, smart repairs, car care and cleaning services and much more. Rental facilities, of course, are on site too.

Present at the ceremony



RISING HIGH: The car service section, below, the ribbon-cutting ceremony and outside the large facility



were Y.K. Almoayyed & Sons' vice chairman Fareed Almoayyed, MD Mona Almoayyed, and directors Layla Almoayyed,

Salwa Almoayyed, Amal Almoayyed, Mohammed Almoayyed, Hala Almoayyed, Gordon Boyle and CEO Alok Gupta.



"The YK Automall in Janabiya has been developed to truly be a 'one-stop-shop' for all automotive needs, regardless of what car people

own or drive," Mohammed said. "We realised that there was a lack of a high-end service centre in the area. "Our vision was to

develop a facility that can deliver the YK standard of professionalism, reliability and level of service for residents living in the area. We foresee expanding this concept throughout the kingdom in the future and bringing convenience closer to our end users."

Y.K. Almoayyed & Sons is a diversified business group based in Bahrain that consists of Y.K. Almoayyed & Sons, Ashrafs, Almoayyed Contracting Group, National Concrete Co. and Almoayyed Properties. They operate under the strong leadership of its chairman, Farouk, and are guided by the principles of its late founder, Yousuf Khalil Almoayyed.

Beginning in 1968, Y.K. Almoayyed & Sons has represented and is the sole distributor for Nissan in Bahrain. Since then, the company has also become the sole dealer for leading automotive marques like Infiniti, Renault, Ford and Lincoln. In recent years, the company has also added China's famous auto-makers Great Wall and Dongfeng Motors to its portfolio.

For more details call 17470834.

## Marque under the spotlight

A SPECTACULAR show was staged in Sitra in a special arena close to the Audi Bahrain showroom with the marque's beasts under dazzling spotlights with video presentations.

Among the star attractions was the prestige sport utility 2019 Audi Q8 TFSI which continues to receive rave reviews in the motoring press. *Top Gear* described it as 'big, aggressive, interesting and clever, with a side order of whoa'.

The event was staged last week by Behbehani Brothers for a specially invited audience with the location kept under wraps until just hours

before the presentation. Audi was added to its distribution portfolio in 1984.

A special appearance of an ABB FIA Formula E Championship race car also turned heads. Lucas di Grassi and Daniel Abt have been a partnership since the inception of the championship and won



the teams' title for Audi Sport ABT Schaeffler in 2017/2018. In the fifth season, they will be competing with the newly-developed Audi e-tron FE05. The season kicks off this weekend in Saudi Arabia.

● See Back Page.  
● For more details contact Behbehani Brothers on 17459999.



ALL SMILES: The Audi Q8 on show, left, the Formula E car



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# Speed Weekend of thrills

**B**AHRAIN International Circuit hosted a thrilling weekend of racing action on both two and four wheels as the Speed Weekend wowed fans and racers alike.

Al Faisal Al Zubair and Jamie Chadwick were the stars of the show, with the former completing a clean sweep of the second round of the 2018/2019 Porsche BWT GT3 Cup Challenge Middle East; while Chadwick continued to make history after winning the weekend's final two sprints in the MRF Challenge.

Also taking place during Speed Weekend was action in four national championships, and each series produced a double-winner.

Shaikh Salman bin Isa bin Ebrahim Al Khalifa won both races in the BIC 2,000cc Challenge, while Mika Perez won both sprints in the Bahrain Motorcycle Racing (BMR) 600. Masoud Behbehani followed suit with a double in the Bahrain Superbike Championship, as did Abdul Samee who won both races in the Bahrain Super Sport Championship (BSSP) 125.

The Porsche GT3 Cup and MRF events took place on BIC's 5.412km Grand Prix track, while the national races were held along BIC's 2.55km Inner Circuit.

In the Porsche GT3 Cup, Al Zubair added to his Race One win from the day prior by taking the weekend's second and third races in the series.

In Race Three, the Team Oman ace clinched the chequered flag following



ACTION ON THE TRACK:  
Porsche with Bahraini-style



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

a tight battle with Berkay Beslar, with only 0.728 seconds separating the two. Al Zubair had won from pole position, while Michael de Quesada rounded out the podium placers 2.129s slower than Al Zubair. Each of the top three were also first through third in the Pro category.

Winning the ProAm class was Saul Hack ahead of His Highness Shaikh Isa bin Abdulla Al Khalifa of Team Bahrain. The other Team Bahrain driver in the race was Shaikh Ali bin Mohammed Al Khalifa, who was 10th overall and seventh in the ProAm class. The Am category was clinched by Michael Knutzen.

In Race Two held earlier in the day, Al Zubair maintained his hot pace from the day before. He triumphed in the 14-lap second sprint with a winning time of 29 minutes 09.909 seconds.

De Quesada was the runner-up 7.865s behind, while Beslar rounded out the podium placers after finishing 8.868s back. They were all in the Pro class.

Winning the ProAm category was Leon Koehler ahead of Team Bahrain's His Highness Shaikh Isa bin Abdulla, who was fifth overall. Shaikh Ali bin Mohammed was 11th overall amongst 16 drivers and seventh in the ProAm class.

In the MRF Challenge, Chadwick was setting new benchmarks in Sakhr.

After becoming the first-

ever female driver to win an international race at BIC the previous day, Chadwick followed it up with another two wins to wrap up Speed Weekend. The results earned Chadwick a fantastic treble of victories in the two-day event, having taken the second, fourth and fifth races in the India-based championship.

The Briton capped the last day's action by taking Race Five ahead of Max Defourny of Belgium, with only 1.066 seconds separating the top two. Danial Frost from Singapore finished third 10.053s back.

Earlier in Race Four, Chadwick clinched the 10-lap sprint after beating Czech Petr Ptaček by 2.505s while German Andreas Estner came third 4.202s back.

In the BIC 2,000cc Challenge, Shaikh Salman bin Isa bin Ebrahim Al Khalifa scored a fantastic double. Driving a white Honda Civic, he won the first race ahead of Ahmed Bin Khanen by 1.429s. Bin Khanen was driving his white Civic EG4. Tareq Al Tajar claimed third 12.011s behind. All three were competing in the Pro class.

Martyna Al Qassab in a blue Honda Integra DC5 won the Novice class ahead of Giovanni Saerno in a blue Ford Focus and Ahmed Al Ghatam in a yellow Civic.

In Race Two, Shaikh Salman was once again joined by Bin Khanen and Al Tajar on the podium, with Bin Khanen finishing 2.844s behind him as the runner-up and Al Tajar

6.456s back in third place.

In the BSBK, Masoud Behbehani enjoyed dominant wins for his own double.

He won Race One with a massive 36.271s lead from Najati Barakat, while Hussain Al Aswad came third. Behbehani then claimed Race Two by 13.545s ahead of runner-up Al Aswad, with George Mokbel in third place.

In the BSSP 125, Abdul Samee took both sprints. He first beat Yusuf Qaed by 14.067s to claim Race One, and then followed that up with a win by 5.221s in Race Two, also ahead of Qaed. Paul Gill was third in both events.

In the BMR 600, Mika Perez finally ended the reign of Ahmed Almuyini, who has been dominating the series in recent years.

Perez claimed a double for the round, finishing ahead of Almuyini both times. He won Race One 0.160s ahead of his rival and then took Race Two by 2.952s. Fahad Al Gharabally claimed third place in both races.

Series promoter John Beddall, who originally came up with the concept of BMR in 2011, was delighted that the series showed numerous signs of being fiercely competitive. He said: "It was a close race, with Perez just edging out Almuyini on the line. To have a rider of Perez' quality racing in Bahrain, fresh from finishing runner-up in the World Supersport 300, is fantastic. We look forward to welcoming him back for round five in February and joining the rest of our field, who are seriously quality riders."





## From Page 24

Compared to some of its sporting cousins, Formula E is considerably friendlier to the environment. It was developed with sustainability in mind, and it does this by powering its cars with a battery that uses 100 per cent renewable fuel, and tyres that – as well as lasting an entire race – can also be recycled afterwards. Meanwhile, spectators are encouraged to use public transport to travel to events, with no public parking available.

One drawback with battery-powered cars is they have not had the capacity to last an entire race, resulting in the rather unusual sight of drivers having to swap cars mid-race.

That will no longer happen – this season's Gen2 car is fitted with a battery that will last from start to finish.

With the car-manufacturing world looking to switch to developing almost exclusively electric cars within the next couple of decades, Formula E provides them with the ideal arena to develop and test new technology at a competitive level.

This will be the fifth season of Formula E, and promises to be the most exciting and interesting so far, with some big names among the 11 teams

# Race aces ready for opener



ON TRACK: One of the Formula E cars in action and, right, F1 legend Massa up for the challenge

and 22 drivers.

Perhaps the most significant addition to the line-up for this season is Felipe Massa, twice-winner of the Gulf Air Bahrain Formula One Grand Prix.

The former Ferrari and Williams driver retired from F1 last year and will this season race for Venturi in the all-electric series. The Brazilian will be reunited with former Williams reserve driver Susie Wolff, the first female team principal in Formula E.

Stoffel Vandoorne –

Fernando Alonso's team-mate at McLaren for the past two seasons – has also made the switch to Formula E and will race for HWA Racelab.

Among the other competitors are Sebastian Buemi, a former Bahrain resident and the 2015-16 champion, and former Toro Rosso driver Jean-Eric Vergne, who is the reigning champion.

There will also be a strong British representation with Sam Bird, Gary Paffett, Oliver Turvey, Oliver Rowland and

Alexander Sims all on the grid. Among the manufacturers taking part are BMW, Audi, Jaguar and Nissan, while Mercedes, who have dominated F1 for the past five years, will enter Formula E in the 2019-20 season.

As for the Saudi opener, the Ad Diriyah Formula E site will have huge stands that will accommodate tens of thousands of fans on the race day, the concert arena for the three nights, an E Village entertainment area, plus



cultural and heritage zones for families.

There will be laser shows, virtual reality rides, augmented reality experiences, traditional musicians, storytelling, oud, Qanoun and Rababa players, silversmiths and carpentry displays and workshops, photo exhibitions, in addition to traditional camel rides. There will also be a time-capsule tunnel transporting people back through time to highlight the kingdom's journey through the ages.

Prince Khalid bin Sultan Al Faisal Al Saud, President of the Saudi Arabian Motor Federation, said: "Saudi Arabia is on a journey towards

sustainability and Formula E's message of renewable energy and working to minimise its environmental footprint is inspiring and important.

"That's why, in keeping with other Formula E races around the world, we'll be encouraging ticket holders to take advantage of a 'Park & Ride' system. Cars trying to get to Ad Diriyah without specific access will not have access and will be directed to use the public Park & Ride. So, relax, leave the car at home, and leave the driving to us."

● Tickets can be obtained from <http://fiaformulae.com/> Ad-Diriyah

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**Gulf Weekly**

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# RACE WILL BE ELECTRIC

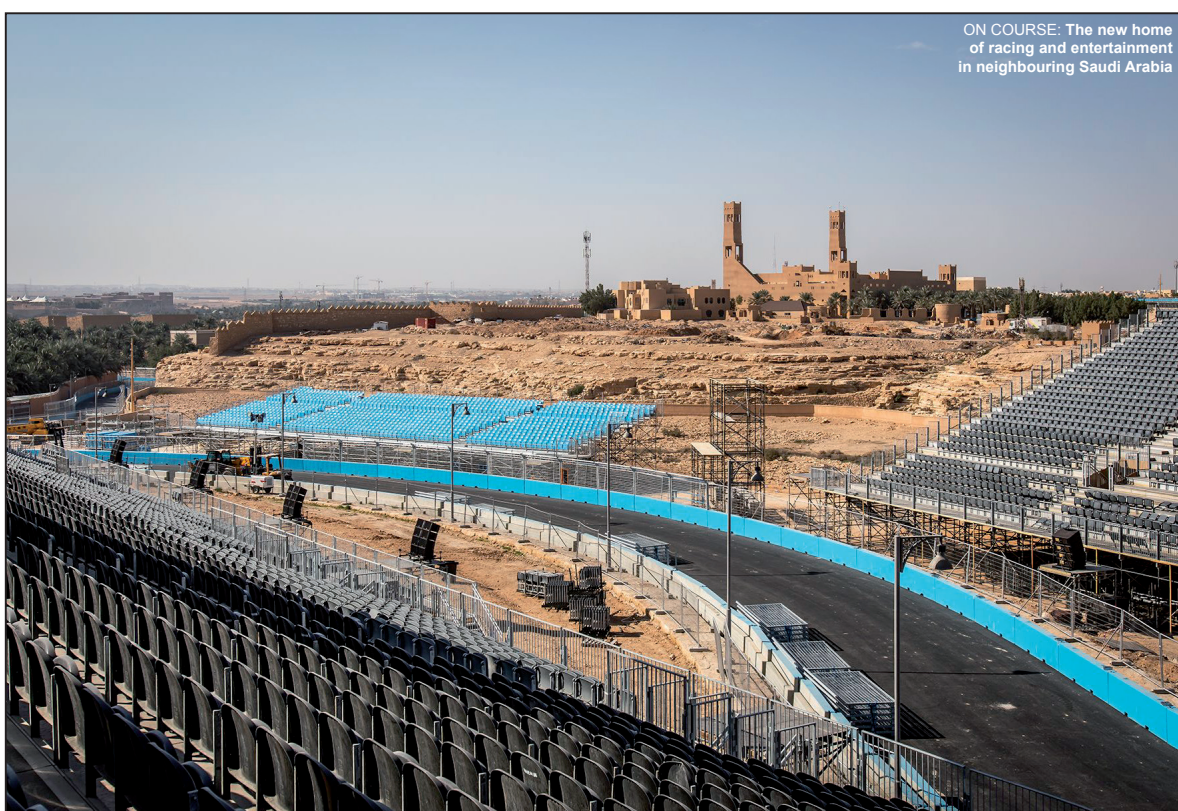
**N**EIGHBOURING Saudi Arabia 'is ready for action' – on and off the track – as it counts down to the biggest festival of racing, music, entertainment and culture ever staged in the country, with just one week to go before the three days of Formula E fun gets underway.

Tomorrow marks the beginning of the extravaganza, with fan zones, entertainment and cultural attractions, plus dining and retail experiences, awaiting Formula E ticketholders at Ad Diriyah, the UNESCO Heritage Site on the outskirts of the Saudi capital, Riyadh.

Enrique Iglesias and Jason Derulo will kick off the first of three nights of music concerts tomorrow, with Arab music legend Amr Diab and globally-renowned pop band Black Eyed Peas following tomorrow. US pop band OneRepublic and superstar DJ/producer David Guetta will bring the event to an electrifying finale after the race on Saturday.

His Royal Highness Prince Abdulaziz bin Turki Al Faisal Al Saud, vice-chair of the Saudi Arabia General Sports Authority, said: "Formula E in Saudi Arabia feels very real today. The world's most modern motor sport will thrill crowds here in the heart of Saudi Arabia at this stunning UNESCO heritage site which honours the kingdom's past.

"That is amazing in itself but take a look at what has been created off the track, the



ON COURSE: The new home of racing and entertainment in neighbouring Saudi Arabia



ambition of this partnership to bring the event to life is nothing short of inspiring. Remember, this isn't just a single race, this is the biggest festival of sport and entertainment we've ever

seen, including six huge global acts performing here for the very first time."

The track is 2,495m long, comprising of 21 turns, with the existing road network upgraded

to meet the demanding Federation Internationale de l'Automobile (FIA) standards to allow Formula E racing to take place safely.

The all-electric series will take place in some of the most iconic and eye-catching cities in the world - from Marrakesh to Paris - with the July season finale a double header in New York.

Turn to Page 23



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