

# Gulf Weekly

The community newspaper at the heart of Bahrain



February 7 - 13, 2018

**BAHRAIN.OURS.YOURS.**

Vol 17 - Issue 6

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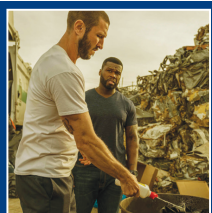
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**PRIZE CONTEST:**  
Win a cup of coffee  
at crust & crema  
**SEE PAGE 17**



**EATING OUT:**  
Pakistani Food  
Festival at Al Areen  
**SEE PAGE 11**



**FILM WEEKLY:**  
Anna reviews  
Den of Thieves  
**SEE PAGE 16**

# THE TRANSFORMER

**EXCLUSIVE**  
By KRISTIAN HARRISON  
[kristian@gulfweekly.com](mailto:kristian@gulfweekly.com)

**D**ETERMINED Andrew Tucker has made a remarkable transition from a miserable couch potato into a marathon-running fitness fanatic who found purpose in life through his new passion.

The 30-year-old Jamaican, who is a sales manager at the Ritz-Carlton, Bahrain and was previously a food and beverage manager, took up running in 2010 during a dark time in his life.

He explained: "I'll never forget the exact date I started running. It was October 10, 2010. The day before, I was at home and had become depressed due to a failed relationship. I looked in the mirror but also took a good look at my inner-self."

"I realised I was eating unhealthily and this was not helping my overall mood and level of self-esteem."

"What actually really inspired me and lit the spark to finally change my life was looking out of the window and seeing an old man in his mid-70s running up the steep hill outside my house."



**LARGE:** Flashback to 2009 and life as a couch potato

I immediately thought: "If he can do it, so can I!"  
"The next day, I was

determined to make a change in my life. It was coincidental at the time, but



**LITTLE:** New look after catching the running bug

now looking back, the date being 10/10/10 seems to be a twist of fate, an indication

that I was going to push myself to my maximum."

**Turn to Pages 6 & 7**



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كل النساء مرحب بهن

I READ Kristian Harrison's amusing article in last week's *GulfWeekly* and thought I ought to share my understanding regarding the Autumn Fair.

Apparently, it was once

regularly held at the end of the summer and when it was moved to January the organisers didn't want to 'confuse' people by changing such a well-established event title.

Hence the Autumn Fair remains a much loved date in our diaries even in winter! Hopefully, the annual Spring of Culture will not be moved to October!

Regards, J. Flint, Riffa.

MOST days I take for granted how much water our household uses. But recently, I have been reading about Cape Town's Day Zero scenario on April 12 this year.

This is when the taps in Cape Town are expected to run dry and people are left without water. The city has been hit by three consecutive years of drought, its biggest reservoir – the Theewaterskloof Dam – has mostly evaporated or been sucked dry.

As from last Thursday residents will only be allowed to use 50 litres of water per person per day. Anyone exceeding the limit can expect major fines, possible jail time and a hefty dose of public shaming, as there is an online map that marks heavy water wasters.

The average Brit uses an estimated 200 litres a day. Apparently, the rich are digging boreholes, more are panic-buying bottled water and the army is on standby in case of public unrest.

Thinking about how terrifying for many people it will be, when they could turn on the tap and nothing comes out, brought my thoughts closer to home.

Bahrain is listed among the top 10 countries that

## Ellissa's island life

### An expat wife, mother, artist and runner



are likely to suffer from a water crisis in the next 20 years. Bahrain was ranked as one of the top five countries in the world to use the most water per square cm of land. Before 1925 water supply in Bahrain was dependent on natural freshwater springs but during the 1980s most of the springs stopped flowing and demand for water continued to increase leading to a shortage in water supply.

Today Bahrain relies on desalination plants and

groundwater. However, desalination facilities consume huge amounts of fossil energy and release enormous quantities of CO2.

Perhaps we should all consider helping our environment by adopting some basic steps like turning off the water tap while brushing teeth and taking shorter showers.

For home owners, install efficient fixtures and appliances and fix those leaks. And, in the meantime, wish rain for Cape Town.



Bahrain Artistic  
Frames Centre W.L.L.



Exhibition Road, Tel: 17 71 7706  
raj@bahrainartframing.com  
Exhibition timing: 10am - 8pm (Sat-Thu)  
4pm - 8pm (Friday)

# Write to the editor

Follow Stan on Twitter @stanszeczowka

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

THEY look like any old bread cake but there's more to them that meets the eye.

For hidden inside is scrumptious scrambled egg and the dough delights are selling like hotcakes at The Planet Bakery & Café in Hoora at just 300 fils a time.

The Whisperer obviously appreciates that it's not unusual for jam to somehow be inserted into a doughnut ... but is this the first ever ready-made breakfast in a bun?

The roll is a small, often round, loaf of bread believed to have been created during the 16th Century and is said to have been originally eaten in England.

Across the UK, there are many regional names originating from bakers who named them according to the method they used to make them, their size and how they were baked.

Those names include

## THE WHISPERER

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

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



baps, barmes, muffins and cobs ... so guess what this Bahrain sensation is called? Sadly, simply 'Egg Bread'.

I'm sure *GulfWeekly* readers can come up with

something much more original. Our generous editor has promised to buy one for the reader who comes up with what he considers to be the best name ... please email your suggestions!

ABOUT a month ago, I read an almost disturbing suggestion in a leading global publication asking: 'How soon will computers replace *The Economist's* writers?' and this really left me thinking.

*The Economist* is a magazine that is very beautifully put together, it provides a very realistic approach to major developments in different fields including books, arts, science and surfacing technology, in addition to the pure financial side.

It is scary when there is a strong possibility that artificial intelligence could be 'smart enough'

## Youth Talk

By Saamia Zia



to analyse things most humans cannot. This could even mark an end to only algorithm-based performance.

Scariest so, we, the young, have to compete with not only each other, but also, such technological advancements. Therefore, if we are fishing for career paths in academic subjects, it is not only recommended, but integral that we plan our future accordingly.

Gone are the times

when you could specialise in a single field and expect yourself to have a comparative advantage over other contenders, it appears.

The marriage between creativity and specialisation is probably one of the only paths to follow. It is the way to keep your job from getting automated and continue protecting your uniqueness.

Perhaps mixing up subjects and specialising in multiple things will be only way to become suitable for multiple job requirements.

But one constantly wonders, will humans still be able to compete in the long run?

MY BORING head has been playing games with me again. Recently, it has been telling me that 'I am an egg'. Wait. The Editor might not like that idea. 'I am a Robot. That sounds better. Much more closer to reality and 'iron hard' truth ... pun on the word iron, of course.

Recently, I watched a video about a robot designed specifically for household chores. The robot was named Atlas. It - will 'it' be addressed as an 'it' or 'he', after all the robot has been programmed to replicate our routine? He might lack our soul, but he follows the routine of every stay-at-home mum.

## Mariam's moments



So, Mr Atlas starts his day at 6am. Walks out to get the newspaper. Prepares coffee. Puts the sandwich on the grill. Packs the lunch for kids. Lures the sleepy heads out of their warm beds. Pours a few drops of milk down their throats. Dresses them up and at the tick of 6.50am waves them off to school.

The morning hues blend into the afternoon and then the evening. Mr Atlas tirelessly performs all his tasks and at the end-of-the-day silently switches his system off.

How is my life any different from this programmed machine? I stand up at the first sound of the alarm and follow the clock like a holy command throughout the day, to the extent that the seconds on which I push the CD in the player every afternoon to the turn of the road where the song ends, is even the same.

The red light, the scenery, my speed, is all so accurately planned that afterwards I feel for the 'switch off' button. I only wish to snooze in a corner like Mr Atlas without any worries.

I am a Robot. I am a mum, programmed by the wheels of life.



# Baloo now making movies

**LABRADOR Baloo, the star of two fund-raising books, who regularly brings joy and laughter to autistic children and those with communication challenges, is soon to become a movie star.**

Celebrated Bahrain-based filmmaker Jason Carter, fresh from success of the screening of his pearl diving epic *Grain of Sand* at the Dubai Film Festival, has been focusing his attention on the adorable chocolate brown rescue dog.

Expat Brit Jason, 48, who has also been on the other side of the lens in recent weeks recording a music video, said: "This is a super fun story, told by Baloo himself - a film about his life in Bahrain and Qatar, documenting some of the highlights of his life."

He's not gone totally barking mad, Baloo's 'human voice' is being recorded by a parent whose child attends the RIA Centre for Children with Special Needs in Adliya for the eight-minute long docudrama.

Baloo's owner Sarah Clarke, a prolific writer, researcher and management consultant, brings along loveable Labradors to work as therapy dogs with the RIA students and came up with the idea of a book series featuring Baloo, illustrated by artist Sunanda Docherty.

The first two printed titles *Where's Baloo?* and *This Way Baloo!* have been quickly snapped up from the Bookcase and other outlets and the movie is sure to be a big hit too.

"The film is basically about his life so that I can use it when he is no longer able to go to schools," explained Sarah. "Baloo has suddenly gone almost completely deaf so he only does very short appearances now. Also, it is a way of everyone getting used to him no longer being around."

"Jason's shoots for Baloo's videos are shaping up nicely. We have one more 'on location' session and we're hoping it will be ready for release on Baloo's 13th birthday on February 27."

Jason admits to being star struck working with such a handsome hound and heart-throb. "We started at the beach by Bahrain Fort, then to Bahrain Financial Harbour, Bahrain Exhibition Centre, RIA, plus a couple of secret locations," he revealed. "The problem is that Baloo is such a superstar that he is constantly hassled for autographs and it is very

## COMMUNITY REPORT

By STAN SZECOWKA  
editor@gulfweekly.com



tiring for him at his age, he gets 'peopled out' very quickly.

"Whilst Baloo has a kind, gentle personality, he can be very high maintenance too. His 'technical rider' was quite complex, ranging from special kinds of biscuits to particular types of water, only from glass bottles. He stipulates that water tastes better out of glass, over plastic.

"He has refused to work now and again and just lays there - something to do with union rules and all that. He has his own car, he never rides with us. He won't even ride in my Mercedes convertible, which did hurt my feelings initially, as I like to build friendships with my clients, as it's better for the film if I know more about the character.

"He did mention in passing about his sniffer dog training though, which was actually awesome. I can't top that.

Total respect! Baloo seems to be quite an expert on film-making because he insisted that we start at 7am to ensure softer lighting. He was right, of course.

"I may well let him in on the editing, providing he doesn't take the lead. He has these great ideas ... but then the next thing, he's taking a dog nap!"

Once the final cut is made, Jason will have little time to join Baloo in resting on his laurels.

Jason is also a renowned musician, having performed harp guitar and classical guitar concerts in more than 100 countries, including North Korea, as featured recently in *GulfWeekly*.

"Basically because I took time out from touring internationally for *Grain of Sand*, and to have a break in general, I'm working on my first music video in two years," he revealed. "The



LAYING DOWN ON THE JOB:  
Baloo being filmed by Jason  
and, below, making music by the  
waves as the cameras are turned

project really taught me how to tell a story and I'm now applying this way of making films to a new music video.

"The video is called 'Falling Upwards' featuring some awesome underwater footage, beach locations, plus drone shots and other general skylarking. My music videos were always quirky and fun but this one has a real story to it. It is taking a long time to shoot and I am waiting for slightly warmer weather to get in the sea, but I reckon it will be done in a month or so."

● *The original Where's Baloo? has been translated into Arabic and Sarah hopes to raise funds to print that version too as she has had 'a very positive response' from the Arabic-speaking community. This Way Baloo! is priced BD4, with a portion of the price going to RIA to further fund educational programmes. Call 17690566 for more details.*



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# Zahra's



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

### Lulu Hypermarket

Dutch Gouda mild cheese/kg – BD3.250  
Supreme smoked turkey breast/kg – BD3.900  
Anchor feta cheese/kg – BD0.900  
Greek green olives/kg – BD1.225  
Delite butter unsalted/kg – BD0.650  
**Note:** These special offers are available from tomorrow until Tuesday.

### Jawad Supermarket

Lays potato chips ketchup 2x170g – BD1  
Libbys pineapple slice 3x570gm – BD1.600  
Americana hot chicken strips 2x750gm – BD4.825  
Americana super ground beef 4x400gm – BD1.250  
Americana sweet corn 2's – BD1.095  
Americana chicken fillet hot & spicy 2x420gm – BD2.800

### Al Jazira Supermarket Zinj

Godiva mast. heartbar D. cho 4x12x30gm – BD0.375  
Godiva mast. liontablet M. choco caramel 3x6x86gm – BD1.200  
Godiva mast. M. choco hazelnut oyster 4x12x30gm – BD0.375  
Jubileu moments assortment 12x360gm – BD4.050  
Jelly bean canister 12x400gm – BD4

### Carrefour Hypermarket

Mango rice 20kg – BD6.990  
Sunny cooking 2x1.8ltr – BD1.590  
Maza sugar 2x2kg – BD0.990  
Rayan UHT milk full cream / low fat 1ltr 4 Pcs – BD0.890  
Abeer Al Bahrain facial tissue 7x120 – BD0.850  
**Note:** This offers are available until Monday.

## Show-stoppers for the whole family at mall

**FAMILIES** will be flocking to City Centre Bahrain today for a thrilling *Hotel Transylvania* experience being staged in the kingdom for the first time.

The activities at the popular mall will form part of the celebrations marking the fourth edition of Shop Bahrain, in partnership with Bahrain Exhibitions and Tourism Authority.

The fun continues until Saturday and children will also be invited to enter the mall's Central Galleria *Ghostbuster* activity zone with 'thrills guaranteed'.

The stage has been set for four daily 20-minute thrilling and fun family shows featuring *Hotel Transylvania* characters made famous in the hit movies.

Duajj Al Rumaihi, senior mall manager, City Centre Bahrain, is confident the latest event will add to mall operator Majid Al Futtaim's determined bid to 'create great moments for everyone, every day'.

The organisers of Shop Bahrain 2018 are delighted too. "We would like to thank City Centre Bahrain for all its support throughout the years," said Shop Bahrain director, Yousef Al Khan. Visitors to the mall are promised 'compelling and exclusive discounts, as well as bigger winning opportunities than ever before' during the campaign.



MAKING STRIDES: Andrew training for another challenge and picking up medals on the way

# On the run to

### From Page 1

That day, Andrew donned his shorts and trainers and attempted to run up the hill. He only made it a tenth of the way up before being severely out of breath, but he forced himself onwards and walked part of the way until he reached the top.

Each day thereafter, he continued to struggle up that hill and little-by-little, trying seven-days-a-week, he improved. He changed his eating habits by completely cutting out junk food from famous fast-food franchises and adopting a healthier lifestyle.

He said: "I had a sweet tooth as well, so cakes, fizzy drinks, biscuits - nothing was safe. I was a lover of food. Adopting healthier eating habits was on the top of my agenda.

"A week after I started on the new fitness routine, I cleared my cupboards of junk food and I went shopping with my mum to the market for vegetables and started preparing my meals at home.

"Drinking at least two litres of water a day was a goal as well. I went cold turkey - I changed my environment

by finding new friends that promoted healthier habits and a positive mind set on goals we all wanted to achieve."

The healthier diet complemented Andrew's new regime. After a couple of months tackling the hill, he eventually managed to run 5km. From there, his goals extrapolated, running an extra 2km and then 3km to rack up 10km per day.

He entered his first competition, the Reggae Marathon in Jamaica, and finished in five hours and 44 minutes, describing seeing the finish line as his 'greatest joy'. After originally starting out at 150kg, he was down to 115kg after just seven months of running.

He moved to Bahrain in May 2011 and continued training for a while before he discovered the local running scene. His first competition was the Bahrain Road Runners Cross Country 10-mile run in late 2011. The adrenaline buzz soon kicked in and he ran a half marathon in January 2012 and subsequently a full marathon after that.

Now, Andrew runs two or three marathons a year, both

in the GCC and the US. He is not part of a running club or gym, and prefers to train alone.

He said: "Other people don't run at my pace and to be brutally honest, I don't want to talk during training. For me, running gives me clarity; it helps me plan my days, weeks and more.

"The feeling I get when my sole first hits the pavement is like I have just flicked the 'total clarity' switch in my brain!

"I have invested in a high quality Bose Sound Sport Pulse headset to play my favourite music. It also monitors my heart rate and with a combination of apps like *Strata* and *Nike Run Plus*, I can monitor my pace and running form to continue to strive towards new goals. So this helps me to enter my own secret world of total escapism, relaxation and stress relief.

"Running is my therapy. I cannot imagine a day without running."

Andrew's schedule is rigid. Every morning from Sunday to Thursday he runs roughly 20km from 6am-8am, with Saturday being reserved for



# Techtronic Specials



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

	Item	Make and Description	Store	Price
1	Smartphone	iPhone 6+ 128GB silver Apple.	Carrefour Hypermarket	BD189.990 <i>Note: This offer is available until tomorrow.</i>
2	Speaker	JBL Clip2 portable Bluetooth speaker, built-in Bluetooth, built-in rechargeable battery, eight hours of playtime, speakerphone, IPX7 waterproof, built-in aux cable with 3.5mm jack.	Home Electronics	BD19.990
3	Washing Machine	LG smart inverter top load washing machine (T1369NEFT), 13kg fully automatic, energy saving with smart inverter control, smart motion – agitating (powerful washing) / rotating (tangle free) / swing (delicate wash), turbo drum, punch +3, auto pre wash, side waterfall, less vibration plus 10-year motor warranty and smart diagnosis.	LG, Sehla showroom	BD179 Cash Back Offer: BD53
4	Air Conditioner	Nikai split air conditioner, model no (NSAC18131) 1.5ton, 18000 BTU, EWA approved and free four-metre pipe kit.	Gajria Electronics	BD150
5	Smartphone	Huawei Mate 10 PRO 4G LTE DUAL SIM Smartphone 64GB, 6.0-inch AMOLED screen, Android OS, OCTA-Core (4x2.4 GHz Cortex-A73 & 4x1.8 GHz Cortex-A53), 4GB RAM, dual: 12MP rear and 8MP front camera, fingerprint, fast charging (58 per cent in 30 minutes), plus free Mate 10 Pro flip cover.	Sharaf DG	BD249.990

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## GADGETS OF THE WEEK

**What is it called?** 3 in 1 Cable

**What does it do?** This charger cable has USB-C, micro-USB, and lightning ports and charges a wide variety of devices all in one. It's perfect for versatile charging, especially if you have multiple devices on the go and want to save socket space.

**Cost:** BD5

Visit [www.menkind.co.uk](http://www.menkind.co.uk)



**What is it called?** Wahoo PROTKT Sportcase

**What does it do?** Provides the ultimate shock and element-tested protection for your phone when running, cycling, or doing other activities. The neoprene band is designed to fit securely in your hand and allows for full phone functionality including touch screen, talking, headphones and charging functions.

**Cost:** BD18

Visit [www.amazon.com](http://www.amazon.com)



**What is it called?** Ice Stones

**What does it do?** These ice stones keep your beverage ice cold and undiluted for longer. Simply place them in the freezer for a few hours and then add to any cold drink, such as a delicious iced coffee or tea. They help to retain great flavour, and come in a set of nine soapstone cubes.

**Cost:** BD6

Visit [www.menkind.co.uk](http://www.menkind.co.uk)



# a new future

long runs between 25km-35km. Between 6pm-8pm Sunday-Thursday, he does weight training.

He pursues a vegan lifestyle, with meals mainly consisting of vegetables, beans, tofu, tempeh and grains, and makes sure to steer clear of supplements and caffeine, preferring food and training to drive his performance. He cooks everything himself, and considers cooking his secondary passion.

And, of course, he has to make time to fit in his work duties at the Ritz-Carlton, Bahrain and spend time with his wife, Leslie!

She is highly supportive of her husband, whom she met five years ago when he was still in the process of losing weight and improving his distance running.

She explained: "When your partner shows the amount of passion, time and dedication to running as Andrew does, you have to get fully on board in order to allow them to live the full potential of their dream.

"This can mean times when you are apart for hours in your leisure time or even the

odd weekend or few days apart when they wish to enter a marathon abroad and it's just not practical for you to travel with them all the time.

"If I wasn't fully supportive, there could be a huge rift driven between us in the relationship. The partner of a marathon runner has to understand that their partner may have to act in a self-centred manner in order to apply the right amount of focus to achieving their goals.

"The way to survive is full acceptance and even as I have done, try to get interested in running yourself. A few months ago I downloaded the app *Couch to 10k* as I previously hated the idea of running and needed some motivation and direction. Now after some months and gradual progress, I too am seeing the mind and body benefits of running. Maybe one day I will enter a 5K or 10K competition."

Since the start of his journey, Andrew has lost 61kg (135lbs) and has achieved a best marathon time of three hours and 15 minutes. He took part in the Standard Chartered Dubai Marathon last weekend,



finishing with an impressive time of three hours and 42 minutes despite suffering from tendonitis.

His main goal is to qualify for the US Boston and Chicago marathons in 2019 by transitioning into a full-time marathon runner.

He also plans to attain a Master's degree in Sports Nutrition and become a personal trainer, for which he is taking courses at the moment.





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# Leisure Guide



Listings, lifestyle, travel, entertainment and sporting events by Anna Romanska

## Today (February 7)

Words Bookstore Café's Cookbook Club starts at 7pm with Crossroads by Tal Ronnen, which reinvents plant-based eating and takes it firmly out of the realm of 'hippie health food' into a cuisine that 'fits perfectly with today's modern palate'. Email info@wordsbookstorecafe.com for more details.

The Bahrain Hockey Association invites parents to register their children for field hockey clinics in Bahrain. Boys and girls aged four to 15 are welcome to train at St Christopher's Senior School in Isa Town. For details, contact hockeybahrain@gmail.com or call 39658618.

The Gulf Hotel Convention & Spa is hosting a butcher's-themed night at Al Waha restaurant tonight from 7pm-10.30pm. For details and bookings, call 17713000.

Shop Bahrain, the largest nationwide festival in the kingdom, continues at participating shopping malls until Saturday with a full calendar of events and prizes to be won for the entire family. This year's 'Taste Tour' offers the opportunity to explore dishes from more than 40 restaurants across the kingdom. Participants in the 'Taste Tour' will receive an opportunity to win a Nissan Patrol with the draw for the prize staged on Saturday. ● See panel below



Crowne Plaza Bahrain is holding a steak night every Wednesday from 7pm at La Mosaïque Restaurant, priced BD18net.

The Harvesters Restaurant Pub & Terrace is offering its new Camel Burger with French fries and coleslaw. Ask to be part of the Beast Burger Challenge, and if you finish it in the stipulated time your meal is free and you receive a free T-shirt and your name on the wall of fame. Runs daily from 11am to 9pm. Priced BD8.410 per person. The hotel is also hosting a South Indian Curry promotion daily from 12pm to 11pm at Spices Indian Restaurant, available as vegetarian or non-vegetarian package. Priced BD4.840net per person. For more details call 17531122.

Elite Seef Residence & Hotel

is hosting weekly ladies nights with live saxophone music and live grills every Wednesday from 8pm to midnight at the Oasis pool area. For details, call 17583388.

The Elite Grande Hotel is hosting a seafood night every Wednesday at H20 Lounge with live grills by the pool and beautiful city line views. Priced BD12++ per person. For details, call 17565888.

The Elite Crystal Hotel is hosting a weekly Flavours of Hawaii night at Waikiki on Wednesdays from 6pm to 1am, featuring unlimited Hawaiian snacks and selected beverages. Priced BD6++ for food package, or BD12.5++ inclusive of selected beverages. For reservations, call 17360360.

Le Meridien Bahrain City Centre is hosting a daily business lunch at Baharat with a selection of Middle Eastern and Indian fusion cuisine from 12.30pm to 4pm. Priced BD12++ for full buffet, or BD5.5++ for soup and salad buffet. Children aged six to 12 dine at half price. Baharat is also hosting a weekly BBQ night every Wednesday from 7pm to 11pm on the Baharat terrace with live music from South African duo, The Deux Song. Priced BD20++ inclusive of soft beverages, or BD24++ inclusive of a free flow of beverages. Mezzanine Lounge is hosting an English afternoon tea daily from 3pm to 6pm, priced BD12++. For details, call 17171144.

The Sheraton Bahrain Hotel is hosting a chicken promotion

at Soie Chinese Restaurant daily except Saturday from 7pm to 11.30pm. There is also a daily special lunch menu at Espresso Illy Café daily from 7am to 11pm priced BD2.9++ inclusive of soft beverages. For details call 17533533.

The Bahrain Authority for Culture & Antiquities invites everyone to the 44th Bahrain Annual Fine Arts Exhibition, celebrating the creativity and ingenuity of artists in Bahrain. The exhibition is open daily until March 7, at the tent at Arad Fort, from 10am to 9pm. Admission is free. For details, visit www.culture.gov.bh

## Thursday (February 8)

Reggae legend Bob Marley's Grammy-nominated son, Ky-Mani Marley and his Konfrontation Band, will perform at Coral Bay, supported by DJ Teddy Jam, DJ Riddle and DJ Kofi Wisky, today, at 3pm. The show marks the late star's 73rd birthday. For more information, call 66668801 or 17312700.



The Gulf Hotel Convention and Spa is hosting 'It's Mussel Time' in its Fusion restaurant, where you can enjoy a twist on seasonal mussels presented by the culinary team until February 28.

There is also a seafood night at Al Waha restaurant tonight

from 7pm-10.30pm. For details, call 17713000.

The Sheraton Bahrain Hotel is hosting a Malaysian Street Food Festival at Soie restaurant until tomorrow, from 7pm to 11.30pm. The menu will include coconut milk spicy beef, pan-fried sea bass with chili fresh garlic, plus Malaysian sour curry sauce. The hotel is also hosting Indian Nights at Al Safir restaurant, with traditional Indian delicacies every Thursday from 7.30pm to 11.30pm. Priced BD10++ per person. For more information and to book online, visit http://bit.ly/SHEArabianNights or call 17533533.



Crowne Plaza Bahrain is hosting a seafood night from 7pm at La Mosaïque Restaurant.

The Harvesters & Terrace is hosting a weekly night every Thursday of fun music, BBQ and selected beverages from 6pm onwards. Priced BD7net for entrance, inclusive of one round of selected beverages. Entry is exclusive to those aged 21 and over. For more details call 17531122.

Al Areen Palace & Spa is staging an Arabian Food Festival at its Saffron restaurant from 7.30pm-11pm. There will be live

cooking stations and a buffet. The festival is being held every Thursday and Friday and tickets are priced at BD12. For details, contact 17845000.

Elite Seef Residence & Hotel is hosting weekly Layali Al Bazerkan Nights with live entertainment and grills every Thursday from 8pm to midnight at the Oasis pool area. Priced BD14net per person. For details, call 17583388.

Elite Grande Hotel is hosting a Red Velvet Night every Thursday at H20 Lounge with choice of grills and selected beverages. Priced BD10++ per person. The hotel is also hosting 'Hi Tea and Coffee' every Thursday, Friday and Saturday at Ahlan Cafe with a special coffee price with free cookies for BD3++ per person. For details, call 17565888.

Elite Crystal Hotel is hosting a weekly steaks and seafood night every Thursday at Waikiki from 6.30pm to 11pm, featuring an extensive steak and seafood buffet with live barbecue, unlimited selected beverages and a live band. Priced BD10++ per person for food package, or BD15++ inclusive of selected beverages. For reservations, call 17360360.

Elite Resort & Spa is hosting weekly Layali Al Naseem live grill nights by the pool every Thursday. Priced BD10++ per person. For details, call 17313333.

Le Meridien Hotel Bahrain is hosting a weekly seafood

night at Baharat restaurant every Thursday from 7pm to 11pm featuring a wide selection of fresh oysters, prawns, sushi, lobster, fresh fish, and more. Priced BD20++ inclusive of soft beverages, or BD24++ inclusive of free flow of beverages.

The hotel is also hosting a Retro Night every Thursday at Mezzanine Lounge from 8pm onwards with retro themed drinks and bites, and live entertainment from South African duo, The Deux Song. For details, call 17171144.

The Mövenpick Hotel Bahrain is staging a fun Thursday Night Out for guests at its Silk's Restaurant inclusive of live cooking stations, a buffet, a carving section, bountiful desserts and entertainment by a DJ from 7pm to 11pm. It is priced BD32net per person, including selected beverages, BD16net for children aged six to 12 and free for children under six. For details, call 17460017.

The Ritz-Carlton, Bahrain, is hosting a weekly BBQ dining experience every Thursday at La Med from 7pm to 10.30pm, featuring tender meats, house-made sauces, salads, and a dessert buffet. Priced BD20++ with soft beverages and BD25++ with selected beverages. For details, call 17586499 or email rc.bahrz.restaurant.reservations@ritzcarlton.com

## Friday (February 9)

Al Areen Palace & Spa invites guests to enjoy a unique Chinese New Year a la carte menu from today until Tuesday at Keizo, featuring a noodles station with different choices of vegetables, meat and chicken. Receive a 30

**Bahrain Shopping Festival** is a 30-day annual promotion, organised by the Bahrain Tourism and Exhibitions Authority and throughout Shop Bahrain there will be chances to win valuable prizes until Saturday. An annual Taste Tour highlights

**Taste Tour**  
Date: Running until Saturday.  
Time: Based on each restaurant's operating hours  
Price: Set menus will cost from BD5 to BD12  
The Taste Tour will return this year and will include more than 40 participating restaurants. Participants will be able to sample dishes and vote for their favourite restaurants. They will also get the opportunity to enter the raffle draw and win a prize Nissan Patrol.

**Raffle Draws**  
The festival will offer a fun-filled schedule of entertaining activities at the participating shopping malls and hotels, allowing visitors to collect through the electronic

more than 40 restaurants. Diners will be able to sample dishes and pick up a chance to win a Nissan Patrol as part of a raffle draw. There is also a schedule of entertaining activities at participating shopping malls and hotels. Shoppers enrolled in the festival's

system. Shoppers will also have the opportunity to win more than 80,000 valuable prizes. Raffle draws will take place at the Ministry of Commerce, Industry and Tourism headquarters.

**Activities in Shopping Malls**  
The participating shopping malls will stage activities for families to enjoy.

**Mr. Will & Mrs. Kate**  
Location: Seef Mall, Muharraq  
Date: Until Saturday  
Time: 5pm, 7pm, and 9pm

**Crystal Challenge**  
Location: The Bahrain Mall  
Date: Until Saturday (during weekends)  
Time: 4pm - 10pm

loyalty scheme when purchasing directly from any participating outlet and partner could win a wide range of gifts, including one of 20 cars and more than 80,000 instant prizes. See below the Shop Bahrain calendar. ● Shoppers and visitors can

**Musical Exhibition**  
Location: The Avenues  
Date: Until Saturday (during weekends)  
Time: 10am - Noon

**Mirror House**  
Location: Dragon City  
Date: Until Saturday  
Time: 4pm - 10pm

**Snakes & Ladders**  
Location: Yateem Centre  
Date: Until Saturday  
Time: 4pm - 10pm

**Traditional Game Tournament**  
Location: Bab Al Bahrain Mall  
Date: Friday - Saturday  
Time: 4pm - 10pm

learn more by visiting www.shopbahrain.com or through the account @shopbahrain on social networking channels Facebook, Twitter, Instagram and YouTube. The festival organisers have also launched a dedicated Whatsapp channel on 33480480.

**Winter Wonderland**  
Location: Al A'ali Shopping Complex  
Date: Until February 17  
Time: Weekdays: 4pm - 10pm  
Weekends: 4pm - Midnight

**Connect Four**  
Location: El Mercado  
Date: Until Saturday  
Time: 4pm - 10pm

**Giant Ludo**  
Location: Saar Mall  
Date: Until Saturday  
Time: 4.30pm - 10pm

**Camping Experience**  
Location: Saar Mall  
Date: Until Saturday (during weekends)  
Time: 4.30pm - 10pm



per cent discount if you are born during the Year of the Dog. Guests will also get a chance to win spa and restaurant vouchers from the Special Fortune Box. *For bookings, call 17845000.*

The Gulf Hotel Bahrain Convention and Spa is staging its new Gulf Grand Brunch at Al Waha restaurant every Friday of January from 12.30pm-4pm featuring fabulous fare from its award-winning restaurants. It boasts a fun-filled children's corner, a buffet selection offering 10 different cuisines alongside live counters, pool usage, live entertainment and an after-party at Typhoon Lounge. Price is BD32net inclusive of selected beverages, with special rates for Gulf Hotel Partners and Prestige Club members. *For details, call 17713000.*

The Four Seasons Hotel Bahrain Bay is hosting a winter brunch today from 12.30pm to 3.30pm at Bahrain Bay Kitchen International, featuring lavish culinary offerings. Priced BD25++ inclusive of soft beverages and BD35++ inclusive of selected beverages. The Bay View Lounge is hosting a daily afternoon tea complete with tea and gourmet bites, from 3pm to 9pm, priced BD15++ per person or BD28++ for two guests. *For reservations, call 17115500.*



CUT by Wolfgang Puck Steakhouse is hosting a CUT Brunch every Friday from 12.30pm to 3.30pm. Priced BD24++ with soft beverages, or BD34++ with selected beverages. *For details, call 17115044.*

Don't miss the Elite Resort & Spa Muharrag's Carnival Friday Brunch with music, merriment, sea views and pool fun all part of the package. BD14++ for adults and free for children under six and BD22++ with selected beverages. *Call 17313333 for more details.*

Le Meridien Bahrain City Centre's 'Sweetest Brunch' takes place from 12.30pm-4pm. The price is BD22++ inclusive of soft drinks or BD32++ inclusive of a free flow of selected beverages. Book for 10-plus guests and receive a 20 per cent discount. *For more details call 17171000.*

The Crowne Plaza Bahrain's popular Absolutely Fabulous Friday Brunch from 12.30pm-4pm will take place at La Mosaïque Restaurant and The Harvesters. It's priced BD31net and

BD8.750net for children aged seven to 12. Spices Restaurant is hosting a weekly Flavours of India buffet every Friday from 7pm onwards, featuring a selection of flavours handpicked from the subcontinent to delight your palate. Priced BD10.300net for food only. Crowne Plaza is also hosting a weekly international themed night buffet every Friday from 7pm onwards, featuring a wide selection of dishes. Priced BD13net for food only. *For details, call 17531122.*

Elite Seef Residence & Hotel holds a weekly Grill and Taarab Night every Friday from 7pm to 11pm with live Arabic entertainment and live grills. Priced at BD14net per person. *For details, call 17583388.*

The Elite Grande Hotel is hosting a Grill to Chill night every Friday and Saturday at H2O Lounge with unlimited grills by the pool and beautiful city line views. Priced BD12++ per person. *For details, call 17565888.*

The Elite Resort & Spa is staging its popular weekly Friday Family Lunch with pool access, kid's activities and a wide variety of international food. Priced BD10++ inclusive of soft beverages. *For details, call 17313333.*

The Movenpick Hotel Bahrain is hosting a brunch every Friday from 12.30pm to 4pm at Silk's restaurant and Flamingo lounge, featuring an international selection of items with live cooking stations and a children's play area with face painting and entertainment. Priced BD36net per person including selected beverage package. The hotel is also now taking bookings for St Patrick's Day on March 16, where you can enjoy Irish breakfast, Irish stew and many more delicacies. There will also be an Easter themed brunch on March 30. *For reservations, call 17460017 or email hotel.bahrain.fb@movenpick.com*

The Bahrain Authority for Culture & Antiquities is hosting Al Fann: Art from the Islamic Civilisation from The al-Sabah Collection exhibition until June 30 at the Bahrain National Museum. The exhibition explores the great and multifaceted nature of Islamic culture through the al-Sabah collection of Islamic art. Admission is free. *For details, visit www.culture.gov.bh*

#### Saturday (February 10)

The Sofitel Bahrain Zallaq Thalassa Sea & Spa is hosting a weekly 'Pique-Nique in the Park' at Saraya restaurant, every Saturday from 12.30pm to 4pm. Escape to an oasis under the blue sky and indulge in a delightful picnic basket with your loved ones. Complimentary access to the beach included for BD10 per person. Reservations required. *For reservations, call*

17763633.

The Sheraton Hotel Bahrain is hosting Flashback Saturdays at An Nada Lounge for workers in the hospitality industry, working in hotels, hospitals, or airlines, every Saturday, with 90s hits from DJ John Bituin and super discounted food and beverages. These prices are only for you so don't forget to bring your work ID card. For more information, call 17533533 or visit www.sheratonbahrain.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, call 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 mezzehs, priced BD16++ including soft beverages. *For more details, call 17115000.*

Enjoy a one-of-a-kind brunch experience at The Ritz-Carlton, Bahrain's Cantina Kahlo which includes selected Mexican beverages, authentic dishes, a taco station and sweet treats. The price is BD35net per person including food and beverages, and BD20net per person for food only. It takes place from 11am-3pm. *For more details call 17580000.*



Indulge in a wide selection of dishes appealing to all tastes from around the world at the Crowne Plaza Bahrain's International Theme Night at La Mosaïque Restaurant. The price is BD14.550net. The hotel is also hosting a weekly Asian Night Buffet every Saturday from 7pm onwards at La Mosaïque restaurant, featuring South East Asian specialties. Priced BD13net for food only. Selected beverage package is available. *Call 17531122 for more information.*

The Gulf Hotel Bahrain Convention and Spa is staging salsa classes every Saturday from 7pm to 9pm at Typhoon Lounge. Classes are priced BD10 inclusive of two rounds of selected beverages. Every Saturday, the hotel

hosts its popular The Art of Cooking classes from 10.30am to 12pm, designed for home cooks with busy lifestyles and a passion for food. It includes hands-on demonstration classes led by professional chefs. Priced BD18net, including lunch. *For details, call 17713000.*



The Elite Crystal Hotel is holding a weekly Sushi Night every Saturday at Waikiki from 6pm to 10.30pm featuring unlimited Japanese sushi. Priced BD10++ for food package, or BD15++ inclusive of selected beverages. *For reservations, call 17360360.*

Enjoy live cooking counters including saj, burgers, shawarma and oriental pizza at the Elite Resort & Spa every Saturday night, with live oud performances. Priced starting BD3++.

*For details, call 17313333.*

The Westin Bahrain City Centre is holding complimentary junior baking classes at Furn Bakery for children every Saturday from 9am to 10am, featuring hands-on experience and supervision from its master bakers. There is an optional kid's breakfast menu priced BD2++ for bakery items, plus water and juice for children aged three to 12. *For details, call 17171441.*

The Movenpick Hotel Bahrain continues with its Swiss fondue special every Saturday, Sunday and Wednesday, from 7pm onwards at Silk's restaurant and outdoor terrace, featuring cheese fondue with a selection of breads and dip-ables and chocolate fondue to finish. Priced BD15++ for two people, set menu available upon request. *For details, call 17460017 or email hotel.bahrain.fb@movenpick.com*



The Bahrain Authority for Culture & Antiquities is hosting its Between Muharrag and Seville: A Bolza - Bussad Dialogue Exhibition until March 20 at the Bahrain National Museum from 8am to 8pm. This collaboration between Bahraini artist Ebrahim Bussad and orientalist artist based in Spain, Elisabeth Bolza, creates an artistic dialogue that connects East and West. Admission is free. *For details, visit www.culture.gov.bh*

The Bahraini Farmers'

Market is back for its sixth season and will be open every Saturday from 8am-12pm until April 1 at Budaiya Botanical Gardens. Entry is free. *For more information, visit @farmersbh on Instagram.*

#### Sunday (February 11)

The American Chamber of Commerce (AmCham) in Bahrain is partnering with the US Embassy to deliver a series of events highlighting American products and services, as well as the US Bahrain Bilateral Relationship, during Discover America Week, continuing until February 17. AmCham Bahrain also invites US alumni to the 3rd Annual US Alumni in Bahrain reception at CUT by Wolfgang Puck, at Four Seasons Hotel Bahrain Bay, this evening from 7pm to 9pm. New ambassador Justin Siberell will attend. Registration is required. *Contact info@amchambahrain.org or call 17568186 for details.*

The Ritz-Carlton, Bahrain is hosting a two-course Business Set Lunch Sundays to Thursdays from 12pm to 3pm at Primavera by two Michelin-starred Chef Oliver Glowig. Priced BD9.5++ per person including soft beverages. Enjoy a special a la carte menu of Parisian-inspired classics at Plums until February 15 from 7pm to 11.30pm. Priced starting from BD6 to BD30. *For more details call 17586499.*



Crowne Plaza Bahrain is staging an FBI Night every Sunday Night at The Harvesters & Terrace and Tracks Sports Bar from 9pm-1am. Drinks are 50 per cent off for employees of the food and beverage industry. The hotel is offering a Business Lunch at Waves Seafood Restaurant every Saturday to Thursday from 12pm-4pm. The price is BD8net per person for three courses. A Business Lunch is also available at La Mosaïque Restaurant every Saturday to Thursday from 12.30pm-3pm. The price is BD8net for three courses or BD6net for two courses. The hotel is also staging a weekly Italian Night Buffet every Sunday from 7pm onwards at La Mosaïque restaurant, featuring authentic pastas, fresh sauces, pizzas and more. Priced BD13net for food only. Selected beverage package available. *For more details call 17531122.*

The Elite Grande Hotel is hosting a Taste of Italy offer at Zodiac and H2O Lounge

with a choice of Italian pasta or pizza and one soft beverage. Priced BD5++ per person. *For details, call 17565888.*

The Sheraton Bahrain Hotel invites guests to enjoy performances by its new Filipino band Ekzklusiv, daily except Saturdays, at its An Nada Lounge from 9.15pm to 12.45am during weekdays and from 9.15pm to 1.30am at the weekend. *For details, call 17533533.*

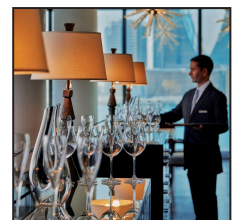
#### Monday (February 12)

The Sofitel Bahrain Zallaq Thalassa Sea & Spa stages its Éclair Festival from today until February 27 at the Macaron & Lobby Lounge, prepared by Executive Pastry Chef Anis. Ready your appetite for a one-of-a-kind Lebanese dining experience at Pashawat, with a spectacular Monday Draw. Dine in and get a chance to 'Burn & Earn' by placing your contact details and bill in a bowl, and you could be the lucky diner to win the same amount spent on any other day, except Thursday and Friday. Every Monday, the outlet's belly dancer will make the draw. *For details, call 17636363.*

The Bahrain Writers' Circle will be having its monthly meeting today at The American Art Space at Al Riwaq Art Space in Adliya at 7.30pm. Newcomers are welcome to join. *For more information about the Bahrain Writers' Circle, contact 39574795.*

Enjoy smooth Midweek Monday Music at Coda Jazz Lounge in Adliya with the sultry sounds of Dihann Moore & The SheGroove Band while tasting bistro-style food. *For details, contact 34342828.*

CUT by Wolfgang Puck at the Four Seasons Hotel Bahrain offers business lunch every day from noon to 3pm. Enjoy a two-course meal in 60-minutes, with your choice of tea or coffee, priced BD14++ per person. CUT Bar & Lounge is also hosting 'CUT The Lounge To The Chase', featuring Wolfgang Puck's signature bites and drinks with chic music every Monday to Thursday from 5pm-7pm, and Friday and Saturday from 4pm-7pm. Priced BD3 for entrance. There is also an Afternoon Tea at Bay View Lounge every day from 3pm-9pm priced at BD15++ per person, or BD28++ for two guests. *For details, call 17115044.*



The Gulf Hotel Bahrain Convention is staging a Chinese New Year promotion until February 16, at award-winning restaurant China Garden. The 12-day celebration will feature special lucky traditional dishes and creative New Year signature dishes from Chef Ding.



The hotel will also welcome award-winning Chef Jeff Tan Seng Han to take diners on a delightful culinary journey at its China Garden Restaurant from February 21 to 25. In addition, he will be hosting a cooking master class on February 24 priced BD39net per person, inclusive of lunch. For details, call 17713000.

The Elite Grande Hotel is hosting a Dish of the Day every Monday night at H2O Lounge with a selection of special dishes prepared by the chef. Priced BD10++ per person. For details, call 17565888.

The Crowne Plaza Bahrain Hotel is hosting a weekly French Night every Monday from 7pm onwards at La Mosaïque restaurant featuring beef bourguignon, fresh salads, cheese and more. Priced BD13net for food only and a beverage package is also available. For details, call 17531122.

The Movenpick Hotel Bahrain is hosting a Seafood Night every Monday from 7pm to 11pm at Silk's restaurant, featuring a unique medley of seafood delicacies such as sushi, seafood dim sum,

oysters, lobster and tiger prawns. Priced BD24net per person and BD29net per person with selected beverage package. For details, call 17460017 or email hotel.bahrain.fb@movenpick.com

#### Tuesday (February 13)

The Bahrain Writer's Circle will be having a Poetry Circle meeting today at ARTDIVANO Gallery in Al Andalus Garden, Gudaibiya, at 7.30pm. Newcomers are welcome to join. For more information, contact 39574795.

The Crowne Plaza Bahrain Hotel is hosting a weekly Catch of the Day Seafood Night every Tuesday from 7pm onwards at La Mosaïque restaurant. Priced BD18net for food only. There is also a selected beverage package available too. For details, call 17531122.

The Movenpick Hotel Bahrain is hosting a Kababna Night every Tuesday from 7pm to 11pm at Silk's restaurant, featuring mixed grills, signature salads, and freshly-squeezed refreshments. Priced BD18net per person.

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

As part of its Art at the Harbour series, Bahrain Financial Harbour Holding Company would like to invite guests to visit its 22nd exhibition featuring 20 pieces by Bahraini artist Aalima Almosawi, titled Searching for the Light. The exhibition will be open at Harbour Towers West until February 15, after which it will move to Harbour Towers East where it will be open for another month. Admission is free.

### ROMANTIC MOMENTS ON ST VALENTINE'S DAY

THE BSPCA will be hosting a St Valentine's Day Ball on Friday from 7pm onwards, with all proceeds going towards running the AWC Shelter and funding its free CNR scheme for cats and dogs.

Tickets are priced BD30 and include a buffet dinner and selected beverages and are available from the BSPCA Thrift Shop, AWC Shelter, Dilmun Club and British Club receptions.

For details, contact Kate on 37733415 or Rachel on 66608901.

BAHARAT at Le Meridien Bahrain City Centre is hosting a St Valentine's Day-themed brunch on Friday from 12.30pm to 4pm. Priced BD22++ inclusive of soft beverages or BD32++ inclusive of selected free flow beverages. Live music from South African duo, The Deux Song. Book for ten or more people and receive 20 per cent discount.

The restaurant is also hosting a St Valentine's Day-themed BBQ night on February 14 from 7pm to 11pm. Accompanied by live music from South African duo, The Deux Song.

Priced BD20++ inclusive of soft beverages, and BD24++ inclusive of selected beverages.

There is also a Valentine's Day Special at Mezzanine Lounge on February 14 from 7pm to 11pm, with a four course set menu at BD35++ per couple, or a four course set menu with romantic set up in a private booth for BD50++ per couple.

For reservations, call 17171441.

THE Gulf Hotel Bahrain Convention & Spa is hosting several St Valentine's Day events, including three days romantic special at Royal Thai restaurant from February 14 to 16, featuring an exotic four course set menu inclusive of selected beverages. Inclusive of an after-dinner party at Typhoon with the QBA band. Regular price is BD50++ per couple, or BD40++ per couple for Prestige members.

The hotel is also hosting three nights of romance starting on February 14 to 16 at Margarita Mexicana Restaurant, with a special set menu and a complimentary round of traditional beverages to get the party started. Price is BD46++ per couple, and BD42++ per couple for Prestige members.

Rasoi restaurant is hosting a candlelit dinner on February

THE Ritz-Carlton, Bahrain is offering a limited edition 'Romeo and Juliet' Valentine's Cake. Sealed with a kiss, the red glazed, diamond-cut heart-shaped cake comes in its own perfectly crafted luxury box and features four heavenly layers starting with a rich chocolate sponge cake base, followed by a crispy layer of praline and pâte feuilletée, liquid layer of raspberry and ginger purée and French premium Valrhona dark chocolate mousse.

It's available on pre-order until next Wednesday at the Ritz Gourmet Lounge.

Fourteen lucky cakes will also be available on February 14 on a first-come, first-served basis. Each comes with a personalised note to your Juliet or Romeo. Price: BD50. Pre-order by dialing 17586499 or email rc.bahrz.restaurant.reservations@ritzcarlton.com

This St Valentine's Day indulge in a heavenly chocolate scrub followed by a signature Relaxation Massage. After the session, enjoy A Ritz-Carlton Gourmet Lounge cheesecake. Priced BD75 for 90 minutes.

The Ritz-Carlton is also offering romantic overnight packages, such



as the Half Board Deluxe, starting from BD158++ per night and valid through March 31. Includes overnight accommodation in a Deluxe Room, daily buffet breakfast at La Med, 20 per cent off at The Ritz-Carlton Spa, valet parking, and access to Ritz Kids.

For details, call 17586808 or email rc.bahrz.spa@ritzcarlton.com

There will be sweet delicacies available at Ritz-Carlton Gourmet Lounge until February 15, as well as a three-course dinner menu for couples on February 14 from 7pm to 11pm, priced BD25++ per person.

14 with four course set menu, romantic Saxophone tunes, and a complimentary selected beverage. Price is BD58++ per couple, or BD52++ per couple for Prestige members.

Fusions restaurant is hosting an intimate dinner on February 14 with a four course menu and selected complimentary beverage. Price is BD56++ per couple, or BD50++ per couple for Prestige members.

La Pergola is hosting an intimate dining experience in true Italian fashion on February 14, accompanied by a selected complimentary beverage and a rose for your sweetheart. Price is BD56++ per couple or BD50++ per couple for Prestige members.

The hotel is also offering a Valentine's Room package-for-two, inclusive of dinner in La Pergola or Fusions Restaurant for BD100++ per couple.

Zahle is hosting a night of Arabian exotica on February 14 priced BD50++ per couple or BD46++ per couple for Prestige members.

China Garden is hosting a romantic Chinese dinner on February 14. Priced at BD50++ per couple, or BD46++ per couple for Prestige members.

THE Crowne Plaza Bahrain is hosting a special Beauty and the Beast themed brunch on Friday from 12.30pm-4pm at La Mosaïque and The Harvesters Pub. Priced BD31net and BD8.75net for kids aged seven to 12.

The hotel is also hosting a St Valentine's Day special buffet at Spices Indian Restaurant

on February 14 from 4pm to 11pm. Priced BD12 net per person with soft drinks.

The hotel is also taking orders for heart-shaped cakes from Cappuccino until February 14 from 3pm to 6pm. Minimum 3kgs order.

Waves Seafood Restaurant is hosting a romantic St Valentine's Day dinner on February 14 with a three-course meal and selected complimentary beverages from 4pm to 11pm. Price is BD14 net per person.

The Harvester's Pub & Terrace is hosting a Valentine's Beauty and the Beast Masquerade Party on February 14 from 9pm onwards.

For details and bookings, call 17531122.

THE Four Seasons Hotel Bahrain Bay is offering guests 20 per cent off its Bahrain Getaway package-for-two this St Valentine's Day. The offer requires a two-night minimum stay, and reservations are required.

To book visit www.fourseasons.com or call 17115500.

The hotel is hosting an intimate romantic dinner by Azure Pool and Lounge on February 14 from 7pm onwards. The dinner features a personalised menu, including pre-ordered dishes and beverages of choice, as well as an air-conditioned cabana rental and more. Priced BD120++ per couple.

For bookings, call 17115500. Re/Asian Cuisine by Wolfgang Puck is hosting

There is a five-course romantic dinner with beverage pairings on February 14 at Cantina Kahlo from 7pm to midnight. Priced BD35++ per person.

There is a private five-course candlelit dinner for two at La Plage on February 14 from 7pm to 11.30pm. Priced BD100net with table service at the Cabana, BD190net with table seating on the Seabreeze veranda, and BD300net with table seating on the Private Island.

There is a four-course romantic dinner for two at Primavera on February 14 from 7pm to 11pm. Priced BD38++ per person.

There is a four-course romantic dinner for two at Plums on February 14 from 7pm to 11pm. Priced BD45++ per person.

There is a special Valentine's sushi platter on February 14 at Thai Lounge from 7pm to 11pm. Priced 15++ per person.

There is a 'You are my cup of tea' special menu including a mini-Valentine's cake for couples at Lobby Lounge on February 14 from 3pm to 7pm. Priced BD21++ per person.

For Valentine's dining reservations, call 17586499 or email rc.bahrz.restaurant.reservations@ritzcarlton.com

a four-course special Asian menu crafted with love on February 14 from 7pm to 11pm. Priced BD45++ per person.

For bookings, call 17115046.

Enjoy a world class dining experience at CUT by Wolfgang Puck with a four-course set menu on February 14 from 7pm to 11pm, including signature beef dishes, shellfish and fresh fish. Priced BD45++ per person.

For bookings, call 17115044.

Couples can discover an array of spa and fitness facilities at The Spa, with the Valentine's Spa Bliss promotion, including a 75-minute full body massage.

The romantic package is available from until February 28, priced BD90 per person for non-hotel guests and BD65 per person for in-house guests.

For details, call 17115500.

THE Sheraton Bahrain Hotel is celebrating St Valentine's Day on February 14 at Soie Chinese restaurant with live entertainment and a special Valentine's set menu at BD25.8++ per couple inclusive of soft beverages or BD35.8++ inclusive of selected beverages.

There will also be unique Valentine's pastries at Espressoamente Lily Café on February 13 and 14, open daily from 7am to 11pm.

For details, call 17533533 or visit www.sheratonbahrain.com

THE Elite Crystal Hotel is hosting a St Valentine's Day Traffic Light Party at Waikiki

on Friday from 1pm to 7pm, featuring DJ Santi, DJ Goose, a live band, unlimited house beverages, and a lavish buffet.

Dress code is green, yellow, or red. Priced BD25net for food and beverage package, or BD10 entry for gentlemen. Ladies receive free entry and complimentary beverage.

The hotel is also hosting a St Valentine's Day Dinner on February 14 at Waikiki from 6.30pm to 10.30pm with a five-course dinner with unlimited beverages and a live band for BD30++ per couple. Or opt for the lavish dinner buffet with unlimited beverages and live violinist at The Lotus for BD25++ per couple.

For reservations, call 66666360.

The Elite Resort & Spa is hosting a St Valentine's Day celebration on February 14 at Al Naseem with a set menu for two, one bottle of a selected beverage, live entertainment, a fortune teller, and other surprises. Priced BD30++ per couple.

The hotel is also hosting a St Valentine's celebration on February 14 at Shift 7 Lounge, with finger bites, one bottle of selected beverage, and a DJ performance. Priced BD30++ per couple.

For more information, call 17313333.

THE Movenpick Hotel Bahrain is hosting a St Valentine's Day Dinner on February 14 at 7pm at Silk's restaurant, featuring a five-course set menu with seasonal ingredients and a chocolate-inspired dessert

menu. Priced BD32net per person.

Each couple will pop a balloon prior to their departure for a chance to win an instant prize of hotel dining vouchers.

For reservations, call 17460017 or email hotel.bahrain.fb@movenpick.com

AL AREEN Palace & Spa invites guests to Keizo restaurant, with a five-course menu and live violinist on February 14. Diners will also get a chance to win an 18k yellow gold and Bahraini pearl item of jewellery worth BD120 from Al Hashimi Pearls.

For bookings, call 17845000.

THE Sofitel Bahrain Zallaq Thalassa Sea & Spa is hosting its Grand Friday Pink Brunch at Saraya, Fiamma and Wok restaurants on February 16 from 12.30pm to 4pm. Celebrate your love with a special St Valentine's themed brunch. Priced BD36net inclusive of soft beverages, BD40net inclusive of selected beverages, or BD60net for premium beverage package. Dress in pink and get 25 per cent off. Kids below six years old are free of charge. 50 per cent discount for kids aged six to 12.

CELEBRATE St Valentine's Day evening on February 14 with a night of thrilling fun, with a live special guest DJ at the Tapas Bar and restaurant 'Red Light Night'. Dress in red, orange or green, and get ready for an exciting per colour clothing beverage arrangement.

ENJOY St Valentine's Day on February 14 at Fiamma restaurant with delicious five star food from the exclusive Valentine's set menu.

PASHAWAT restaurant invites everyone to celebrate St Valentine's every night of February with a special set menu for two. Immerse yourself in a night infused with Lebanese flair and flavour, as well as live tunes played by the talented Robert, with exotic belly dancing.

For details, call 17636363.

ENJOY a lovers' escape throughout February at Thalassa Sea and Spa, with a very special package for couples. The Lover's Package is designed for couples, 120 minutes of body scrubs, body massages, and facial treatments, priced BD100.

For details, call 17636363.



# Eating Out

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



## Fullest flavours of a nation

**THE first of two Pakistani Food Festivals took place at Al Areen Palace & Spa's Saffron restaurant and terrace over the weekend with live cooking stations and musical entertainment delighting diners.**

One of my favourite culinary connoisseurs, Executive Chef Janardan Das, and his team, have delved deep to capture the true flavour of the cuisine and even shipped in special spices for the occasion.

As a lover of Indian food, I was at first a little intrigued as to how neighbouring Pakistan could possibly deliver anything different and was pleasantly surprised by the subtle and, at times, not-so-subtle changes in taste and presentation.

So, let's make things clear: Pakistani food is not the same as Indian food. They might feel similar, as similar as say Japanese is to Chinese or Indonesian cuisine, although the traditional food of the two countries date back to the times of the Mughal Empire. Dishes like Halwa Puri, Daal Chawal, Chicken Karahi, Biryani and the drink of Lassi are not only famous in Pakistan they are equally liked in India as well.

Thursday evening was on the chilly side, so I opted for a warming starter soup and the Tomato Dhania Shorba did not disappoint. A heartening start to the eating out experience, especially when accompanied by assorted roti or naan bread,

**GOURMET REPORT**  
By STAN SZECOWKA  
editor@gulfweekly.com

baked in the oven, wrapped around a stone tandoor.

The salad selection was vast and included curried egg, red kidney beans & corn and a spicy crispy vegetable presented perfectly in a cocktail glass, with accompanying dips.

A good friend who hails from Balochistan suggested I search for his family's 'home speciality' and sure enough Sajji Murg had pride and place, alongside the Boti and Kakoori Kebab, at the live BBQ station outside the roomy and comfortable neatly-themed restaurant.

I went for the chicken cooked on skewers, having been first marinated Sajji-style only in salt, to provide a soft, succulent and sensational serving, proving that size really does matter when it comes to Asian cuisine. Chef Azhar Mohammed and other chefs, working in close range of the heat, deserve special praise for grilling the large chicken and meat pieces to perfection with lip-smacking spices.

There appeared to be a treasure trove under every lid such as Bhuna Keema & Phindi Channa served with Tawa, a minced curry marvel, and, for fish lovers, the Tikka Hariyali, rubbed with an intoxicating paste made with cilantro, mint and other distinctive flavours, was outstanding, according to the good lady wife, Kathryn.

The kebabs were meaty marvels not to be missed

and my main course was completed with generous helpings of Bahrain's favourite dish, Biryani, both the Zaffrani Mutton and the Sindhu Chicken varieties, because I couldn't make my mind up which one to choose.

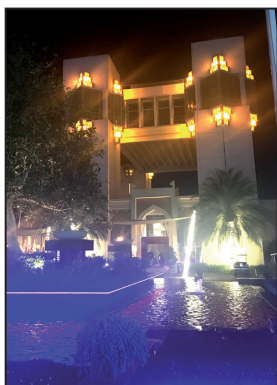
This particular food festival is filling to the extreme and the dessert table boasted a host of tempting pastries and cakes too but, once again, the traditional favourites stood out with a racy rice dish called Zarda, served alongside gajar halwa, a carrot-based sweet dessert pudding, helped on with a scoop of ice-cream, making my evening complete.

The Pakistani Food Festival returns to this venue on Friday, February 16, and my friend The Whisperer informs me that the ambassador Javed Malik, who was born in Islamabad, may be in attendance, alongside other VIPs. Sir, you will not be disappointed ... a real taste of home is on the menu.

● Tuck in for the splendid price of BD12+++. Call 17845000 to book a table and check out Stan's interview with Chef Das by placing your smart phone over the QR Code.



**SPECIAL TREATS: Chef Azhar Muhammad and Executive Chef Janardan Das**





# New gallery in the f

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

**S**OME of the kingdom's most celebrated artists, calligraphers, photographers and sculptors are featuring their brightly-coloured canvases and metallic and wooden creations at the Bahrain Artistic Frames Centre's newly-launched gallery.

The airy art space, located in Hooraa's bustling Exhibition Avenue opposite the centre's existing shop, is showcasing the works of Bahraini classical painter Abbas Al Mosawi, Bahraini contemporary painter Mariam Fakhro, Iraqi calligrapher Haider Al Shaibani, Bahraini sculptor Khalil Al Hashimi, Iraqi classical painter Haider Ali and Bahraini photographer Mahdi Al Jallawi.

Vast crowds lined the pavement as the exhibition was opened by Shaikh Rashid bin Khalifa Al Khalifa, the first president and the current honorary president of the Bahrain Arts Society, a non-profit organisation for Bahraini artists to gather and hold their exhibitions, as well as actively participating in art shows across the Middle East, Europe and Asia.

The VIP guest, art lovers and members of the media were welcomed by the centre's director Ali Asgar Shafiq who said he was 'thrilled and delighted' that Shaikh Rashid could support the venture.

The Bahrain Artistic Frames Centre, established in 1982, originates from a family business dating back 70 years covering three generations. It boasts five shops spread across the kingdom. The management says it is 'proud to be supporting local artists' as well as providing them with a

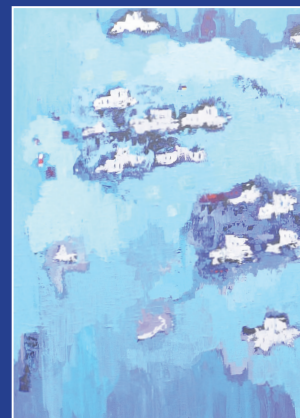
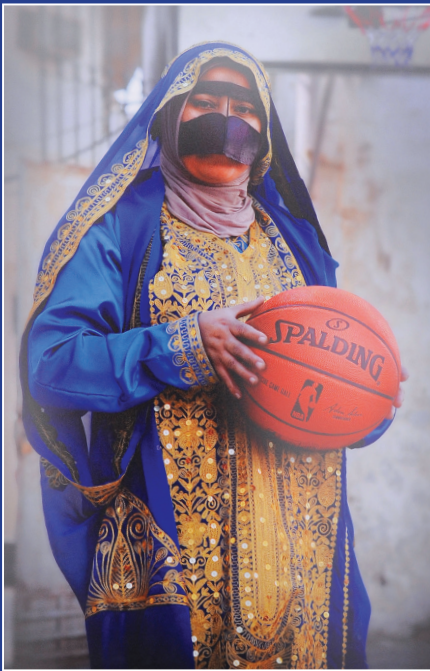
laboratory and workshop space to further develop their work and exhibit to the public.

There is a vast number of amazing artwork on display and the visiting royal was visibly moved by the exhibition. Amongst the first work he viewed was created by Abbas. His large pieces are inspired by the old souq of Manama and its surrounding villages.

He is delighted that the new gallery will offer local artists a chance to exhibit their work in the heart of the community. Abbas said: "The location is brilliant, being in the centre of Manama and close to the frame shop which is great for artists. Not only will people be able to admire the different styles of work but there will also be an array of events, workshops and lectures for people to enjoy."

Abbas, known as the 'godfather of peace and art in Bahrain', has been exhibiting all around the globe for the last two decades and has been involved in numerous community and charitable projects.

He has won countless prizes for his work and in one major project encouraged children and professional artists to paint and take photographs





# frame for art lovers



PICTURE THIS:  
A smiling  
Shaikh Rashid  
with Abbas  
leading the tour  
of the gallery

and architect Mahdi, who is a member of the Bahrain Arts Society Photo Club, is exhibiting his collection of urban fabric and traditional images. He first stamped his mark on the art scene after being selected as the first photographer to have his work used on postage stamps.

Mahdi said: "Normally people print their work on photographic paper but I'm doing it on a totally new medium."

"Each artist that is being featured here used different techniques and styles that regular painters, calligraphers, sculptors and photographers might not traditionally use."

"We have been given this chance to experiment and try out new things, thanks to the Bahrain Artistic Frame Centre. If they had not provided us with this gallery, then we perhaps would not have been able to express ourselves as artistically as we would want to. For example, Abbas was able to create larger paintings because of the amount of space provided here."

Khalil, who works predominantly in bronze, stone and wood, has exhibited throughout the Middle East and Europe.

He recently turned dark Emperor marble from Egypt into what resembles a sail boat at the Bahrain 44th Annual Fine Arts Exhibition in Arad Fort. An array of free workshops and lectures led by professionals from around the world are planned in the coming days.

Classes at the gallery will feature painting, calligraphy and photography amongst the subjects. Further details and timings will be announced shortly.

*The event will conclude on February 18. For further information, call 36124888.*

of images which should help promote peace. As the project started growing it extended itself into music, singing and poetry. The United Nations commended him for his work at its 60th anniversary which too enhanced his reputation.

Abbas has also played a key role in the community on the sporting front in recent years. His Yalla Bahrain! Motorsport Art Exhibition opened to

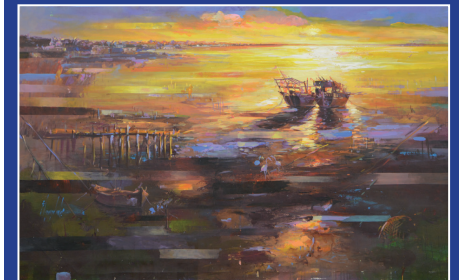
international acclaim at the national museum by grand prix driver Rubens Barrichello and follow up F1 projects have included bringing together the kingdom's art-loving youngsters on a motor racing painting adventure.

Mariam's contemporary acrylic paintings depict local homes and villages too. She said: "I love the gallery space, set up and how the pieces are

being exhibited. I was pleased to see so many people attended the opening.

"I think it's great that the Bahrain Artistic Frames Centre has launched this gallery because artists need more spaces such as this to feature their work. There are many artists in Bahrain and their talents should be put on display."

Prize-winning photographer





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# Fashion Weekly

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

## Bold and athletic

**S**IMMERING slits and streaky stripes add a modern sophistication to Roberto Cavalli's Spring/Summer 2018 collection.

The Italian fashion house, which is deeply rooted in the Mediterranean spirit, artisanal craftsmanship and Florentine heritage, has a different look, style and feel thanks to new creative director, Paul Surridge.

The British-born designer has created lines for Burberry, Calvin Klein and Z Zegna in the past. Now he is turning heads with this debut collection which has already received rave reviews for being 'day-time friendly and pared-back'.

The seasonal collection is said to have been inspired by the life of the modern



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

woman and aims to showcase 'strength, power and constant evolution'.

His focus was to design a daywear wardrobe that was also bold, athletic and real. As a result, the trenches and jackets in monochrome stripes, or maroon and black streaks, are daring, adding flare to work outfits and evening wear.

Paul has also added striped suits, cut out dresses and gowns and billowy summer dresses that halter at the top and flow out at the hemline. The casual dresses swing beautifully with every step.

The gowns still possess a sense of glamour and sensuality with sheer and bedazzled panels and cuts

and slits. Paul's evolution continues in his bags, shoes and accessories as well as fashion jewellery. The line includes multi-coloured pointy flats and loafers, mismatched earrings, clunky and chunky bangles and necklaces as well as leather clutches, satchels and big bags.

*There is a Roberto Cavalli in Moda Mall.*



### Social Scene

#### In focus



Officials from VIVA Bahrain and Shaikha Hessa Girls' School (SHGS) attended the official grand opening of the school's newly-renovated football pitch, sponsored by VIVA Bahrain's CSR arm, VIVA Jusoor. The event was attended by board members Shaikh Khalid bin Mohammed Al Khalifa and Yusuf Salahuddin, Jamal Al Sayed – PR manager at VIVA and Samia Al Kooheji, school president, in addition to other representatives from the telecom company and the school.

The renovation project, funded by a BD15,000 VIVA grant, will serve SHGS's football team and qualify the school to host inter-school competitions and national girls football tournaments.



THE Nine Training Centre in Jinz recently trained a group of employees from the Bahrain Public Transport Company on supervisory skills supported by Tamkeen. They were welcomed by the centre's CEO Shaikha Noora Khalifa Al Khalifa and MD Gopika Beri.

#### Enterprising action

A VOLUNTEER committee of business leaders, working in equal partnership under the umbrella of the Bahrain SME Society, hosted a National Business Agenda (NBA) Forum and outlined priorities from six of Bahrain's key small and medium enterprise sectors for an audience of more than 100 from both the business and government communities.

The SME NBA steering committee invited representatives from salons, contracting companies, transportation, IT, industry and real estate devel-



opment sectors to present their top reform priorities that com-

mittee members will research, compile solutions for and

present to the government for consideration afterwards.

#### Patriotic fervour



THE Indian School Bahrain (ISB) celebrated the recent 69th Republic Day of India at the school campus in Isa Town with gaiety and patriotic fervour.

#### Racing ahead



EBRAHIM K. Kanoo recently sponsored the 13th Annual Lexus Cup, an annual national horse racing event in partnership with the Rashid Equestrian and Horse Racing Club of Bahrain, at the Sakhr race track.

In total, 57 jockeys participated in the event, riding a mix of local and imported horse breeds, in seven races ranging between 1km and 2km to win cash prizes totalling BD12,000.



# Education Matters



An educational insight and comment by head teacher Chris Fenton



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**N**EWs, love it or hate it, you can't escape it because it's everywhere. Be it 'fake' news, internet news, 24-hour news channels that are constantly on or headlines in newspapers, it seems that it is inescapable and because of that it's what we talk about a lot of the time.

But it's not just us, our children also pick up on news stories for the same reasons that we do and they talk about them too, it's just that when a 10-year-old talks about Donald Trump or Kim Jong-Un, it's not because they could possibly bring the world to an end with their chest-beating rhetoric, it because to them these world leaders are just funny, caricatures of people with silly haircuts.

The news, however, isn't just full of pictures of royals from around the world or celebrities acting in just the right way to get them in the public eye, it also full of egregious stories of hate, tragedy and crime.

## Explaining headlines

We know that these things exist and the horrors and sadness that they bring, so, by the same token as mentioned before, so do our children, it's just that they can play on children's minds.

Tragedies, be they atrocities in Afghanistan, bombs in Manchester, right, or gun attacks in Las Vegas shake us all and, as adults, it's difficult to comprehend that humans can act in such a way.

It is doubly difficult, therefore, for children to understand or come to terms with. Sometimes the gun shots heard on TV news are so like the gun shots heard in movies that it can be difficult to separate fact from fiction, particularly because both genre, news and movies are generally watched on the same screen in the home.



But, even though it is difficult for children to comprehend tragedy, it doesn't mean that we as adults should ignore them and not give them the space to talk about these things if they need to.

If your children are worried

or are showing signs of anxiousness about such things, it is generally advised that you begin discussions by asking children what they know about events, or what they think they understand.

Starting with a child's

comprehended knowledge of events often belies untruths or inaccuracies that usually start as rumours in the playground and might be adding to feelings of anxiousness or uncertainty.

Building from a child's

understanding can allay a lot of fears, but it is also widely accepted that honesty is very important when discussing difficult subjects.

Obviously the amount of detail given is dependent on a child's age, but being open to questions and replying with the facts is the best way of enabling children to comprehend, process and come to terms with the type of news events no-one wants to discuss.

Finally, it is important to explain to children that stories only become newsworthy because they happen rarely and are so very different to our day-to-day events, that way they can put into perspective the reality of things like that happening to them and focus more positively on what is important in their lives.

### Restaurant opening

MEMBERS of the media attended Sunday's ribbon-cutting grand unveiling of the Japanese restaurant, Katsuya by Starck, the latest dining attraction at the recently opened mall, The Avenues - Bahrain.

Master Chef Katsuya Uechi and design impresario Philippe Starck, have joined forces to create the outlet which offers specialty cocktails, delectable Robata grills, unique rolls and spectacular sushi and sashimi platters.

Food lovers suggest Chef Uechi has skillfully translated Japanese flavours for the American, and now the Gulf region's, palate.

Executive Chef Gabriel Martinez said the Bahrain offering was 'not your typical Japanese restaurant' as he conducted a live wagyu beef trimming and cooking class in front of the guests.

"It is a modern and trendy concept with a variety of Japanese-American fusion foods that feature specialty

rolls, steak and grills," he explained. "Katsuya by Starck is loved from Hollywood to the Middle East and is proud to be able to excite your palate with our inventive menu."



The restaurant aims to become 'a slick addition to the country's vibrant dining scene', says M.H. Alshaya Group executives who attended the ceremony.

The interior features a large, family-style dining area with gleaming white tables and warm cozy couches. The walls are adorned with oversized backlit photographs of Japanese Samurai helmets, which aim to add a 'whimsical visual note to the dining experience'. Design icon Philippe hopes his aesthetic input 'merges the aspirational with the approachable, creating a trendy, and inviting atmosphere'.



RIBBON-CUTTING: The launch ceremony, above, Chef Gabriel at work

## The key to helping children

COMMUNITY REPORT

By ANNA ROMANSKA  
anna.romanska@gulfweekly.com

**A** talented student and her teacher will be tackling the ivories for a good cause and playing a selection of classical and contemporary pieces for music lovers.

Dynamic duo Nadiia Lopchynska and Danielle Abi Farrage aim to enchant listeners with a charity piano concert on Saturday, with all proceeds going towards the Children's Cancer Unit in Salmaniya Hospital.

Ukrainian Nadiia, 28, has been teaching piano at Bahrain's Harmony Music Centre for four years and will be partnering with one of her promising pupils, Danielle, 17, a Lebanese-Canadian final year IB student at St Christopher's School.

"I've wanted to do some outreach work here for some time and finally got the opportunity," said Nadiia. "It's great to support a cause for children because I work with them so much."

"We managed to get in touch with the hospital cancer unit and decided to organise the concert with the theme of 'love' since it's so close to St Valentine's Day! It also happens to be International Childhood Cancer Day on February 15, so we knew it was a



sign that we should do this."

Nadiia has always loved music, starting piano lessons when she was only eight, before going on to study music at university and eventually becoming a teacher.

Danielle has been her student for almost four years, having started piano when she was six, initially at the insistence of her mum. "I've learned to really love it now, especially because I do IB and that gets really stressful, so I need that outlet," said Danielle. "I also love to do community work and this seemed like a really great opportunity to raise money for poorly children. I'm interested in a career in medicine, so empathy is an important



TEACHER AND PUPIL: Nadiia and Danielle's harmonious endeavours will assist cancer ward patients quality for a future doctor!

The concert is being staged at Harmony Music Centre, in Abu Saiba, from 5.30pm to 6.30pm. Tickets are BD10. For details call 36464360 or visit [www.bahrainharmony.com](http://www.bahrainharmony.com)





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# Film Weekly



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

## Cliché riddled crime



**E**VERY now and then a movie comes along that pays subtle and beautiful homage to the Hollywood classics that helped shape modern cinema. Sadly, *Den of Thieves* is most definitely not one of those films.

To its credit, it really tries to be. You can see the influence of masterpieces such as *The Usual Suspects* and *Heat*, but every time it comes close to emulating some of the same thrill or intrigue, it falls flat on its face in a heap of fundamental misunderstanding of its source material.

*Den of Thieves* is an action-thriller pitting an elite unit of the Los Angeles County Sheriff's Department against the state's most successful bank robbery crew, as the latter plan a seemingly impossible heist on the Federal Reserve Bank.

To say Gerard Butler 'stars' as 'Big Nick' would assume a certain amount of talent or skill on his behalf, neither of which seem to make much of an appearance during the entire film. His character is the epitome of a greasy, underdeveloped and completely unlikeable macho cop.

It's never clear if he's going for a Dirty Harry or a Harvey Keitel in *Bad Lieutenant*, so he mostly comes across as offensive and cringe-worthy, which doesn't do much to endear the audience to his devil-may-care brand of justice.

The silver lining of Butler's performance is that everyone else in the cast becomes a lot easier to like, despite their wooden dialogue and intangible back stories.

### DEN OF THIEVES

**STARRING:** Gerard Butler, Pablo Schreiber, O'Shea Jackson Jr.

**DIRECTOR:** Christian Gudegast

**GENRE:** Action, Crime, Drama

**RATING:** 15+

**RUNTIME:** 140 Mins

Pablo Schreiber as Ray Merrimen is surprisingly engaging however, often finding the balance between disciplined determination and unhinged greed. He plays the ex-Marine stereotype with a self-awareness that the rest of the movie's characters seem to lack.

Their respective crew members are so blandly written that I had difficulty recalling them as I left the cinema. O'Shea Jackson Jr. and 50 Cent may not be Oscar nominees, but with a script as terrible as this, they're often forced to simply make do with chewed out clichés.

It's a discredit to them, and honestly, it feels criminal. The lack of character



development makes it very hard to care about any of them as the heist goes on.

All of that might be acceptable if it weren't also so unbearably long. With a two-and-a-half hour running time containing largely pointless dialogue, you'd at least hope for some high octane action sequences to liven it all up.

You'll be disappointed to learn that there are very few scenes where there is potential for some adrenaline, and even those are clumsy and boring.

Admittedly, there is clear effort in the cinematography of this film, with some really gorgeous sweeping shots of Los Angeles that add a lot to the atmosphere. The score is really rich and tense, which, considering the failings of its dialogue and characters, is about the only way this movie creates any sort of suspense.

What truly is a shame is that the heist itself is clever. In the right hands, it might even have become a great modern tribute to the classic Hollywood bank robbery genre. Instead, Christian Gudegast has in my opinion butchered his first attempt at directing, and managed to make this offering dated and boring.

It represents everything that's wrong with the film industry's approach to action films nowadays. Offensive, poorly coordinated, and intent on making as much money as possible from overused concepts and A-list beefcakes.

● **Now showing in:** Cineco, Seef II, Dana Cinemas, Wadi Al Sail, Mukta A2

### ANNA'S VERDICT

1 popcorn - stay home  
5 popcorns - start queuing

## Bite-sized trailer

### Proud Mary

**DIRECTOR:** Babak Najafi

**CAST:** Taraji P. Henson, Billy Brown, Jahi Di'Allo Winston

**PLOT:** Mary (Taraji) is a hit woman working for an organised crime family in Boston, whose life is completely turned around when she meets a young boy whose path she crosses when a professional hit goes bad.



**SHOWING IN:** City Centre, Juffair Mall, The Avenues, Seef II, Saar, Dana, Wadi Al Sail, Seef Muharra, The Walk

### Day Of The Dead: Bloodline

**DIRECTOR:** Hèctor Hernández Vicens

**CAST:** Sophie Skelton, Johnathon Schaech, Jeff Gum

**PLOT:** A reimagining of George A. Romero's cult classic, *Day Of The Dead: Bloodline* is set in a post-apocalyptic, zombie-filled world where a former med school student is tormented by a dark figure from her past. The only thing is, he's a half-human, half-zombie hell-bent on destroying her world.



**SHOWING IN:** City Centre, The Avenues, Seef II, Dana, Wadi Al Sail, Seef Muharra, The Walk

### Phantom Thread

**DIRECTOR:** Paul Thomas Anderson

**CAST:** Vicky Krieps, Daniel Day-Lewis, Lesley Manville

**PLOT:** Set in the glamour of 1950s post-war London, renowned dressmaker Reynolds Woodcock (Daniel Day-Lewis) and his sister Cyril (Lesley Manville) are at the center of British fashion, dressing royalty, movie stars, heiresses, socialites, debutants, and dames with the distinct style of The House of Woodcock. Women come and go through Woodcock's life, providing the confirmed bachelor with inspiration and companionship, until he comes across a young, strong-willed woman, Alma (Vicky Krieps), who soon becomes a fixture in his life as his muse and lover. Once controlled and planned, he finds his carefully tailored life disrupted by love.



**SHOWING IN:** City Centre, The Avenues, Seef II, Dana, Seef Muharra, The Walk

## imdb movie charts

Current Position	Title	Weekend Takings	Gross to date
1	Jumanji: Welcome to the Jungle	\$11M	\$353M
2	Maze Runner: The Death Cure	\$10M	\$40M
3	Winchester	\$9M	\$9M
4	The Greatest Showman	\$9M	\$137M
5	Hostiles	\$5M	\$21M
6	The Post	\$5M	\$67M
7	12 Strong	\$5M	\$37M
8	Den of Thieves	\$5M	\$36M
9	The Shape of Water	\$4M	\$45M
10	Paddington 2	\$3M	\$36M



# cerebrally crust & crema



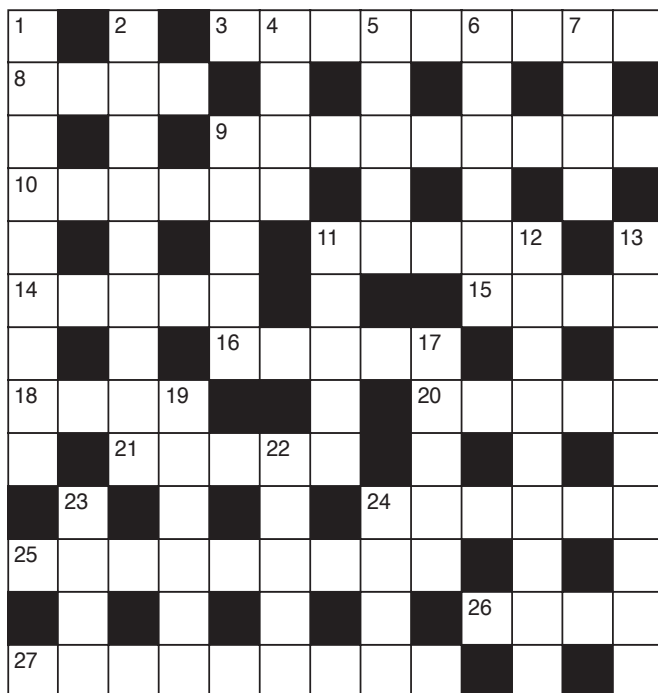
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WIN A CUP OF COFFEE at crust & crema by answering this quiz question and emailing your answer to [editor@gulfweekly.com](mailto:editor@gulfweekly.com)  
Coffee beans grow on: a) A low, spreading vine b) A bush c) A tree d) The roots of a coffee plant  
Entries must be received by noon on Sunday. The first correct one opened will be emailed a coupon. Normal GulfWeekly contest rules apply. The Editor's decision is final.

Quiz winner: Mariecris Tecson won coffee and cake by correctly answering that 40 per cent of the world's coffee is produced by b) Colombia and Brazil.

## crossword break



Solutions in next week's issue.

### ACROSS

3. Crisis (9)
8. Domesticated (4)
9. Eighty (9)
10. Assemble (6)
11. Category (5)
14. Dutiful (5)
15. Identical (4)
16. Hurl (5)
18. Woe! (4)
20. Lessen (5)
21. Slack (5)
24. Portray (6)
25. Postpone (5,4)
26. Couple (4)
27. Blizzard (9)

### DOWN

1. Drama (9)
2. Passionate (9)
4. Heath (4)
5. Countryside (5)
6. Surplus (6)
7. Abrupt (4)
9. Banquet (5)
11. Arc (5)
12. Devilish (9)
13. Dining-room (9)
17. Vacillate (5)
19. Sadness (6)
22. Brief (5)
23. Profit (4)
24. Expensive (4)

### who, what, where, when

WHO ... reached Number One with *Cotton Eye Joe* in 1994?

WHAT ... was found in 1799 that allowed the deciphering of certain ancient hieroglyphics?

WHERE ... does the Danube flow into the Black Sea?

WHEN ... was the UK battle of Stamford Bridge fought?

WHO ... reigned over England during the Peasant's Revolt?

WHAT ... is a meson?

WHERE ... is the home ground of English lower league club Colchester United?

WHEN ... was the film *Alien* released?

### just so

odd close

lion lion lion  
lion lion lion fall  
lion lion lion

canary & b  
eagle & b  
sparrow & b

King's New Charing

## darn tough sudoku

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

Last week's sudoku

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

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

darn tough sudoku

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

Sudoku

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

Sudoku

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

### Last Week's Leisure Solutions

#### CROSSWORD BREAK:

Across: 1 Cafe;  
3 Edifying; 8 Near;  
9 Evenings;  
11 Introductory;  
13 Excite; 14 Potent;  
17 Obliteration;  
20 Airfield; 21 Visa;  
22 Detonate; 23 Weld.

Down: 1 Consider;  
2 Frantic; 4 Devour;  
5 Functional; 6 Inner;  
7 Gasp; 10 Contrition;  
12 Standard; 15 Edifice; 16 Zealot; 18 Burst;  
19 Land.

#### JUST SO:

The eleventh hour; The great escape; A shortcut; Honest to god.

WHO, WHAT, WHERE, WHEN: John Landis, Copper oxide, Germany, August 16, 1977; Joseph Lister; Adder; Gallifrey; 1978.

Darn Tough Sudoku

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



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# Motoring Weekly

Steering you to the best deals on wheels

## Breezing along in fast lane

**A**FTER a gruelling morning meeting contacts on the Awali Golf Club course, a mixture of a terrible playing performance and the beating sun had left me hot and bothered.

What I really needed was a cool breeze and to feel the wind rushing through my hair ... so what better way than by taking the new Mercedes AMG C43 Coupé out for a spin.

I spent a day behind the wheel of this beautiful beast, and it didn't disappoint. The roof came down, the V6 engine roared into life and more than 360bhp powered me down Bahrain's roads.

The latest version has spiffed up the exterior a touch. I love the bevelled appeal along the sides, and the logo grille announces your arrival with style. The coupe's sleek, tapered rear suggests a thrilling ride before the drive itself proves it with ease.

Inside, I was pampered by the usual Mercedes fine details, with comfy leather and stylish accents. The C43 does have a good-sized screen for media options, climate control and other settings, even though I still occasionally get confused by the spaceship-like mouse/touchpad hybrid which accompanies it.

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

Elsewhere, the three-spoke

MARVELLOUS MARQUE: The Mercedes AMG C43 Coupé



Photograph: Honey Sharma



**TEST DRIVE**  
By KRISTIAN HARRISON  
kristian@gulfweekly.com

multifunction sports steering wheel with the flattened bottom section and heavily perforated grip areas is incredibly satisfying to hold and turn, while the manual gear paddles are smooth to use while in manual mode.

The AMG C43 also comes with sporty seats that not only look sporty and stylish but they also offer optimum lateral support perfect for long rides and sharp turns.

My favourite switch was the Dynamic Select controller, which is the window to a world of different driving options; Comfort, Eco, Speed, Speed+ and Individual, as well as the 9G-tronic plus automatic transmission.

Now, the sensible option would be to put the car in Comfort mode so I could enjoy the smoothest ride, or even Eco to minimise fuel usage and be environmentally-friendly.

However, I have no shame

in admitting that the vast majority of my time with the car (basically all of it except testing the difference in acceleration in the other modes) was spent in Speed+. This setting is just glorious, with the engine at a constant purr and even a gentle tap of the throttle sends it in a furious rage.

With the roof down, which can be achieved by holding down a button between the front seats for about 10 seconds, blasting down the highway on a beautiful

winter's day was one of my favourite test driving experiences ever.

When it comes to the drive itself, the C43 can simply show off. A solid, sporty, quick ride, with all the comfort and driving ease we've come to expect from the German maker. I liked the handling in the turns, loved the acceleration even more so, and even admired the confidence-boosting feel of its stops. It was comforting to know that after hammering the throttle to test out the

acceleration, it could pretty much stop on a dime at a light touch of the brake pedal.

Al Haddad Motors is now offering an exclusive deal on the AMG C 43 Coupé, which includes service select, Supagard protection, window tinting and more.

● The starting price for this unbeatable offer is BD33,664. For more information, visit the Mercedes showroom in Tubli, call 17785454 or visit [www.bahrain.mercedesbenzme.com](http://www.bahrain.mercedesbenzme.com)





# New look for firm favourite

**ONE** of the kingdom's most popular cars has received a significant redesign and the new model was unveiled to the media and fans of the marque at the Toyota showroom in Sitra last weekend.

The eighth generation Camry was designed with a blank slate using Toyota New Global Architecture (TNGA) as the basis for the all-new platform, units, electronics, and other core components.

The 2018 Camry comes with three powertrain options; a 2.5-litre four-cylinder engine that produces 178bhp and comes with a six-speed automatic transmission, and a newly-developed 3.5-litre V6 with a D-4S fuel injection system that produces 298bhp and is mated with an eight-speed automatic transmission.

In addition, a new electrified hybrid system will be introduced in May this



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

year, combining two power sources consisting of a petrol engine and two electric motors, producing 176bhp and 118bhp, respectively. This is paired with an Electronically Controlled Continuously Variable Transmission (ECVT) that simulates a six-speed sequential shift transmission.

Ayman Shehadeh, Ebrahim K Kanoo's senior manager of Toyota marketing, said: "Building on the success of its predecessors, we are very excited to launch the new Camry. It has always been a favourite amongst all demographics in Bahrain and we expect the same for this model."

"It's a powerful entrant into the mid-size sedan category with its dynamic design, exciting performance and unparalleled fuel efficiency; making this the perfect vehicle for the region."

The car's cabin is



**MODEL MOMENT:** Celebrations and plenty of interest at the launch event in Sitra

accentuated with a range of advanced features, including enhanced in-vehicle eight-inch information displays, wireless charging system for smartphones, dual-zone

automatic air conditioning system, a six-speaker sound system, multi-adjustable power front seats, and 60/40 split and reclining rear seats.

A comprehensive array

of safety features include six SRS airbags, Vehicle Stability Control (VSC), Anti-lock Braking System (ABS), Electronic Brake Force Distribution (EBD),

Brake Assist (BA), and Hill-start Assist Control (HAC).

The Camry was first released in 1982 and has since sold 19 million units, with the Middle East in particular being one of its most prosperous markets.

Yugo Miyamoto, chief representative of Toyota in the MENA region, believes the new Camry will build on the success the car already enjoys in the region. "With its exhilarating design, refined interior, stirring driving performance, cutting-edge technology, and class-leading fuel efficiency, the 2018 Camry creates a whole new value proposition while ensuring seamless fun and excitement for driver and passengers alike," he added.

The new Toyota Camry is available now at the E K Kanoo Toyota showroom in Sitra, from the starting price of BD8,990. For more information, visit [toyota.com.bh](http://toyota.com.bh) or call the showroom on 17730730.

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- Drafting and reviewing contracts and correspondences internally.
- Identifying and proactively resolving policy, procedural and other legal and reputational issues in coordination with outside counsel, auditors, banking teams and internal committees.

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# Property Weekly

A guide to the best properties home and abroad – edited by Mai Al Khatib email: mai.alkhatib@gulfweekly.com

## Oasis of calm and quality

**A** semi-furnished two bedroom townhouse is available for sale at the Oasis Estate in a securely gated community of the popular Riffa Views development.

The two-storey property, which has a built-up area of 193sqm, features a cloakroom, an open-plan kitchen with a breakfast bar and a living room and dining area. Sliding doors from the main room lead to a sizable garden area.

The master bedroom and guest bedroom are on the first floor. Both bedrooms have built-in wardrobes and ensuite bathrooms. The master bedroom has a balcony with views of the development.

There is a double garage for residents and visitors can park close by. There are also a maid's quarters.

The modern amenities in and around Riffa Views include a golf course, a country club, an international school, along with a shopping strip full of eateries and a supermarket.



### FACTS AT A GLANCE

Location: Oasis Estate at Riffa Views

Reference number: VI516

Sales price: BD160,000

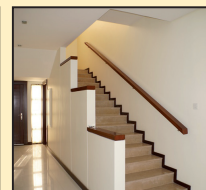
Bedrooms: 2

Living rooms: 1

Bathrooms: 2

**Additional information:** It has a two-car garage. The Oasis is close to a country club, golf course and an international school.

For further information on this and other homes call Star Real Estate 17298210.



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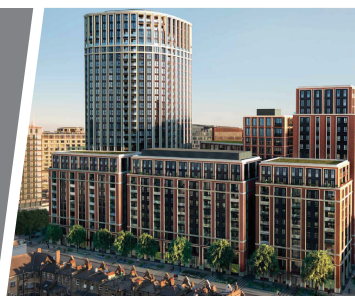
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# Golf Weekly

Teeing off to a great read



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## Random practice



GOLF TIP

By RORY YOUNG

Head Professional - Awwal Golf Club

ON A daily basis when I look down the range I see one thing in common among golfers, the way we practice.

Golfers regularly head to the range with half a dozen clubs and hit balls in a blocked practice manner, by this I mean they hit a set amount of shots to just one target, they then change club and do the same again.

I'm not saying this is wrong if trying to learn a new swing pattern but it's not exactly how we play golf. I would suggest that you use a system known as random practice.

Compared with blocked practice, in which a skill is learned by repetitive drilling, random practice, with its frequently modified routine, results in better retention of the skill after training is completed.

*So if you are heading to the range this week, mix it up with clubs and targets. For more ideas on how to make your practice more entertaining and random follow my blog at [www.roryyounggolf.com](http://www.roryyounggolf.com)*



## Family fun day

THE Royal Golf Club is staging a family open day on Saturday, February 17, and sports lovers are being urged to bring their children along for 'an afternoon of fun for everyone'.

"The day will be packed full of activities for all the family, including free golf lessons and free golf on the Wee Monty nine hole par 3 executive course," the club announced.

There will also be competitions between 2pm and 5pm and children's games available, including a bouncy castle. *Free entry.*

# Juniors shine with stars

**GOLFING veteran Nick Faldo's inspirational Faldo Series, which once staged a regular stopover in Bahrain, is expanding its global reach.**

He is in the final stages of organising the 'Major Champions Invitational', which will have close to 20 teams represented by major champions.

Each team will have two boys and two girls from their junior programmes, each wearing team colours with their champions' name on the side of the sleeve.

It is scheduled for March 12-14 at the US Bella Collina, not far from Orlando, Florida, where the Arnold Palmer Invitational is being played.

Jordan Spieth, Henrik Stenson, Adam Scott and Rory McIlroy are among those who will be sending juniors, along with Annika Sorenstam and Justin Rose. The Seve Ballesteros Foundation is supporting a team representing the great Spaniard, while Southern Company will have a team in honour of the late Payne Stewart.

Faldo ran into McIlroy last year in South Africa during the early stages of planning. He said McIlroy asked him the age limit, and Faldo told him it likely would be between 16 and 21.

"He said: 'I've got a really good 15-year-old.' And I said, 'Guess what? The age limit is now 15,'" Faldo said. "The bottom line is they have a player they think should be there, then they should be invited."

Faldo said the players in town for Bay Hill likely will come by for the 54-hole event that ends on Wednesday, or at least for a dinner. He said Stenson has agreed to do a clinic, and Sorenstam and Scott also have offered help.

He said the tournament will offer world amateur ranking points. "What I think is cool is we all do our bit for communities in our areas of the world," Faldo said. "This is a carrot for the kids. 'Hey, you impress me, we've got this event going on.' Our goal in one year is we get this established. We will have hand-picked some of the best amateurs in the world."

Faldo said the ultimate goal



ON COURSE: Faldo championing the players of tomorrow

is for the participants to make a name for themselves down the road. He referenced Hideki Matsuyama, who twice won

the Asia Pacific Amateur, which awards a spot in the Masters. Matsuyama made the cut both times he played as

an amateur. "That gets on the radar very quickly," he said.

The Royal Golf Club (RGC) once staged the Faldo Series Middle East Championship. The inaugural event was a huge success in 2009, with boys and girls aged 12 to 21 attending from six different countries across the region.

Local children aged 11 and under were also invited to compete in a Faldo Mini Series event on the club's Wee Monty par-3 course followed by a BBQ lunch and golf trick-show with their families.

England's Daniel Owen, then a 21-year-old resident of Bahrain, won the event. The former RGC ambassador recently relocated to Europe to play full time on the Euro Pro Tour.

## Yacoub powers to victory

AWALI Golf Club staged one of its favourite competitions on Friday, the Shaikh Abdul Rahman bin Fares Al Khalifa Golf Tournament, sponsored by the late Shaikh's family.

They provided a very generous prize table and a lovely meal in his honour. The long list of prize winners was topped by Nasser Yaqoob with the lowest gross score of 70, followed by Abdulla Al Hakam, Rashid Al Qutami and Diab Sager Al Noaimi respectively, each with a gross score of 74. Fifth place was taken by Yousif Al Murbati with 75. Ahmed Al Noaimi lost on countback.

The Best Net score went to Paul Mclean with a net 66/gross 84 and prizes went out to 14 other players for best net, namely, Mohammed Hamad Al Aathem 66/78, Gopi Talreja 69/96, Rashed Al Haji 69/84, Daij Khalifa 69/79, Kerry Diaper 70/95, Rashed Ahmed Abdulla 70/76, Dong Jin Jeong 70/84, Ahmed Al Noaimi 70/75, Susan Scott 70/92, Balbir Singh 70/93, Ateeq Majali 71/81, Yousif Y Saleh 71/76, Pete Rogers 71/83 and Hamad Al Qutami 71/77.

Side prizes for Nearest The Pin went to Lynn St. Lawrence, Salah Ali Eid, Nasser Mohammed, Abdulla Al Kaabi and Paul Mclean.

Longest Drive prizes went to Jo Pawson and Khalifa Daij Ahmed, while the Longest Putt was made by Jeong Hae Kwak.



PRIZE TIME: Shaikha Saba bint Abdul Rahman Al Khalifa, Shaikh Feras bin Abdul Rahman Al Khalifa, tournament winner Yacoub, and Shaikh Feras' sons with captain Anderson



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## YOUTH FOOTBALL



THE Youth Development League has moved into its third week. The results so far, with winning teams in **bold** (goals scored not used in placing, three points for a win, one for a draw).

## U8 RESULTS

Juventus v Champions  
TFA v Tekkers

POS	TEAM	P	W	D	L	PTS
1	Tekkers	3	3	0	0	9
2	Juventus	2	2	0	0	6
3	TFA	2	1	0	1	3
4	Winners	2	0	0	2	0
5	Winners	3	0	0	3	0

## U10 RESULTS

TFA v Track  
Winners v Champions (draw)  
Tekkers v Juventus (draw)

POS	TEAM	P	W	D	L	PTS
1	Tekkers	3	2	1	0	7
2	Al Najma	2	2	0	0	6
3	Juventus	2	1	1	0	4
4	Winners	3	1	1	1	4
5	Track	2	1	0	1	3
6	Champions	3	0	1	2	1
7	TFA	3	0	0	3	0

## U12 RESULTS

Tekkers v Juventus  
Winners v Champions  
Bahrain Rugby Club v Sparta

POS	TEAM	P	W	D	L	PTS
1	Tekkers	3	3	0	0	9
2	Spire	2	2	0	0	6
3	Juventus	2	1	0	1	3
4	Champions	3	1	0	2	3
5	Sparta	3	1	0	2	3
6	Winners	3	1	0	2	3
7	Sparta	2	0	0	2	0

## U14 RESULTS

Juventus v Champions  
Spire v FUTMission  
Tekkers v Black Castle

POS	TEAM	P	W	D	L	PTS
1	Juventus	3	3	0	0	9
2	Tekkers	3	3	0	0	9
3	FUTMission	1	1	0	0	3
4	Black Castles	2	0	1	1	1
5	Champions	3	0	1	2	1
6	Winners	1	0	0	1	0
7	Spire	3	0	0	3	0

## U16 RESULTS

Ole v Juventus  
Spire v Tekkers

POS	TEAM	P	W	D	L	PTS
1	Juventus	3	3	0	0	9
2	Ole	3	1	0	2	3
3	Spire	3	1	0	2	3
4	Tekkers	3	1	0	2	3

# MotorSport

Bahrain International Circuit – the home of motorsport in the Middle East

**T**HE Bahrain International Circuit hosted a thrilling day of racing action on both two and four wheels last weekend, as the Sakhir track hosted its latest National Race Day in Sakhir.

Shaikh Salman bin Isa bin Ebrahim Al Khalifa and Ahmed Al Muyini both had twice the reason to celebrate as they each won both of their races in their respective championships, held as part of Round Five of National Race Day.

Shaikh Salman claimed his victories in the BIC 2,000cc Challenge, while Al Muyini rode to his double in the Bahrain Motorcycle Racing 600.

Hussain Al Aswad was also a winner on the day, taking the chequered flag in the sole race of the Bahrain Super Sport Championship (BSSP) 125.

All the action was held around BIC's 2.55km Inner Track.

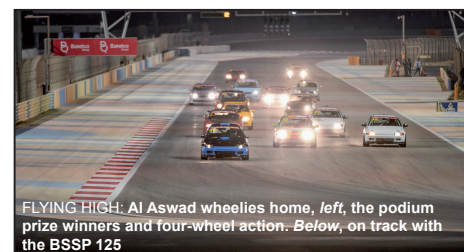
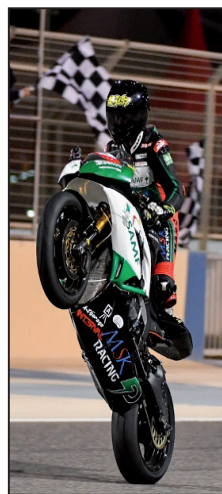
In the BIC 2,000cc Challenge, Shaikh Salman narrowly won race one ahead of pole-sitter Raed Himmo. Both were driving Honda Civics, but Shaikh Salman was 2.570 seconds quicker to the finish in 12 laps. He claimed the chequered flag in 15 minutes 40.519 seconds.

Mohammed Faqihi, also behind the wheel of a Civic, completed the podium placers 12.888s off the winning pace in third.

In race two, Shaikh Salman completed his double in 15:50.212. He was 3.810s in front of Nasser Al Alawi who finished as runner-up in his Honda S2000, while Himmo came third 11.380s back to take his second podium of the day.

In the BMR 600, Al Muyini

# Double delight



FLYING HIGH: Al Aswad wheelies home, left, the podium prize winners and four-wheel action. Below, on track with the BSSP 125

enjoyed a virtually perfect weekend. After topping the times in practice and securing pole position in qualifying, Al Muyini stormed to first place in the 11-lap opening sprint in 13:16.036. Al Muyini was 10.910s ahead of Nasser Al Khadra and 20.817s in front of Ebrahim Shareeda.

Race two was no different up front, with Al Muyini dominating for a winning time of 13:21.447. Al Khadra was again in second this time 7.563s behind. Adel Najjar claimed third spot a distant 27.376s back.

In the BSSP 125, which is a category under the Bahrain Superbike Championship (BSPK), Al Aswad won 1.006s ahead of Abdul Samee with Yusuf Qaed in third, 3.614s adrift.

The BSSP is a championship focused on developing

Bahraini talent and nurturing them through the BSBK Training Academy.

It consists of six races that happen over a period of six months, with 12 riders involved as they ride identical Aprilia RS4 bikes to emphasise rider skill.

Abdulrahman Almoayed, director of Wheels of Arabia and co-founder of BSBK, said: "It's great to see such an amazing response every year. The BSBK management is proud to be instrumental in developing and promoting local talent to international levels."

BSBK is the first organised

superbike championship in Bahrain, and will next week travel to Dubai for the first time.

Following all the weekend's action, the winners were presented their respective trophies in a podium ceremony attended by BIC officials, the Bahrain Motor Federation, the Circuit Racing Club and the Bahrain Motorcycle Club.

The sixth round of National Race Day is scheduled to take place on March 16.

For more details, visit [www.bahraingp.com](http://www.bahraingp.com) and for more information on Bahrain Superbikes, visit [www.bahrainsuperbike.com](http://www.bahrainsuperbike.com)





**W**HILE technically situated at the end of a peninsula, the presence of the most heavily-fortified demilitarised zone in the world to the north effectively renders the stage of the coming Winter Olympics an island.

The end of WWII should have brought peace yet a war between the Soviet Union and Imperial Japan with intervention from the United States determines the borders still present today.

Many refugees fled the Soviet / China coalition in the north and established a base in the American-protected south, establishing what they hoped would be temporary residence awaiting a swift resolution.

More than 60 years later it is still the poorest area of South Korea where cattle roam between barbed wire and guard posts in a region that hosts a third of the country's military personnel providing peace of mind to residents.

The winter is hardly a time to expect a thawing of frosty relations yet the tiny village of PyeongChang, as hosts to the Olympics, is already starting to deliver what it promised ... peace.

North Korea has already sent 22 athletes and agreed to field a combined women's ice hockey team while all Korean representatives will compete under a unified flag. The joint North and South Korean women's ice hockey team has lost its first match - a friendly against Sweden - before the PyeongChang Winter Olympics in South Korea.

The Swedish women's team beat their Korean counterparts 3-1 last weekend. The unified Korean team will get a chance to even the score when they face Sweden again during the Games.

Having secured hosting rights at the third attempt

# Peace of the action

By ABU GEORGE  
abu.george@gulfweekly.com

PyeongChang (which changed its name in 2000 by adding an 'e' and capitalising the 'C' to avoid confusion with the capital to the North) is determined to write its name into the history books.

With the easing of tensions, South Korea will be hoping to build on a reputation for hospitality developed when hosting the Summer Olympics in 1988 and is hoping to herald a new dawn for winter sports in Asia.

\$13bn has been invested with new roads and a bullet train linking the ski resort with the capital. State-of-the-art technology has already impressed athletes and Olympic officials at the test events staged for each sport.

While not sharing the naming rights, Gangneung has also been transformed as an Olympic venue and can boast one of the hometown favourites!

The girl who took up short-track speed-skating in this coastal town at the age of seven can boast three medals from the Sochi Olympics in 2014. Shim Suk-Hee achieved legendary status when securing gold in the 3,000m relay. Having exchanged the lead with the Chinese five times Shim stunned onlookers with an outside pass of Li Jianrou on the final lap.

She will be joined in the relay by Choi Min-Jeong who also boasts multiple world titles as the two will aim to get the home crowds cheering on ice.

Another Korean to watch is Lee Sang-Hwa who is the women's 500m speed skating world record holder and will



BIG AIR: Olympics snowboarding

be aiming to match Bonnie Blair in securing her third consecutive Olympic gold medal.

Staying on the ice keep an eye open for Japanese figure-skater, Yuzuru Hanyu, the first from his nation to claim winter gold. He was also the youngest skater to win for 66 years and did so by becoming the first to pass the magical 100-point mark (scoring 101.45).

On the slopes, the youngest athlete to win the slalom, Mikaela Shiffrin, will be aiming to defend her title. She is in fine form having notched the second highest number of World Cup victories, just behind Lindsey Vonn who is hoping for a successful return.

However, if you are looking for the skier likely to win the most titles then German Laura Dahlmeier looks a safe bet. She is competing in six biathlon events and is currently World Champion in five of them!

Not likely to compete for the podium but sure to raise a smile, with shades of *Cool Runnings*, comes the first all-African women's bobsleigh team while Akwasi Frimpong and Anthony Watson will be competing in the skeleton for Ghana and Jamaica respectively.

Eight new medal events at PyeongChang will take the total of golds up for grabs to 102, more than any previous Olympic Winter Games.

The new events will certainly add a new dimension to these Games, with the accent very much on increasing the appeal of the Olympic Winter programme to young audiences around the world.

Certain to give it a youthful vibe is the snowboard Big Air. The other new events all have a strong team ethic and help the Games bridge the gender divide.

For the first time in PyeongChang, a mixed-doubles event in curling

will appear alongside the traditional men's and women's team events.

Alpine skiing, traditionally an individual sport, will also have its own mixed-team event for the first time. And, finally, the speed skating programme in PyeongChang will be rounded off with men's and women's 'mass start' events.

Of course, the Koreans will not be the only athletes competing under an unrecognisable flag - so too will the Russians. The world rejoiced when Russia was banned for a nationwide drug-cheating programme yet 169 of its athletes will be in Korea, technically as neutrals, competing under the banner 'Olympic athletes from Russia'. While it must be appreciated that it is not fair on any individual that did not participate in a government programme that Thomas Bach described as 'an unprecedented attack on

the integrity of the Olympics' it would be nice to see some consistency.

Russia, or rather its athletes, will therefore still form the third largest team in PyeongChang, behind America and Canada.

Assuming its athletes do not show their patriotism to their homeland then the ban could even be lifted in time for the closing ceremony.

There are still legal proceedings surrounding a number of the athletes with the different court verdicts hinging on the difference between 'beyond reasonable doubt' and 'absolute proof'.

The IOC has had to defend its pre-competition testing after the leaking of a report that suggests that as many as 50 cross-country skiers competing in Korea recorded abnormal blood tests between 2001-2010. However, as the IOC President, Thomas Bach, established: "Sport is about building bridges, bringing people together in the spirit of friendship and respect. In a world of uncertainties, the message that our shared humanity is greater than the forces that divide us is more relevant than ever before."

While the opening ceremony is on Friday, the ski-jumping, luge and biathlon events start today.

All of this is in the hands of Korea's two mascots. Soohorang, a white tiger, symbolises protection while the black bear, Bandabi, is there to provide the contestants with strong willpower and courage.

In such a politically charged environment let's hope that's the case ... and that the world focuses on the sport.

## Blues march on with backing from Bahrain

From Page 24

In 2017, they were ranked by *Forbes* magazine as the seventh most valuable football club and are now among the most widely supported in the world.

"As we saw during the launch of the Chelsea Supporters Club Bahrain, the passion in Chelsea fans is unlike anything I've seen," said Abdulrahman. "Although it would have been nice to have grown up with a club that had won it all, to have lived through the harder times was an experience that helped shaped me and created a further passion that is ingrained."

"The club has gone through various phases, but is still on

the rise, and I can't wait to see what's in store for us."

Like all the chasing clubs this season, Chelsea appear to have no chance of catching runaway leaders, Manchester City, and reclaiming their crown.

"It's going to be tough to beat Manchester City this season. Unfortunately, for a team to take the league this year, you need the right mix of talent and luck, and I'm afraid we're not there this season. But I'm optimistic about a Champions League spot."

Chelsea manager Antonio Conte's second season in charge is proving much tougher than his first. He and the fans will be hoping

Olivier Giroud, right, signed from neighbouring rivals Arsenal for 18 million pounds (\$25 million) during the transfer window, can make a positive contribution.

They still have it all to play for including a chance of further Champions League success if they can overcome the daunting challenge of Spanish giant's Barcelona in the knock-out phase of the competition.

The Chelsea Supporters Club Bahrain, whose members include His Highness Shaikh Isa bin Ali Al Khalifa, will certainly hope so. The launch event was held under his patronage and he was accompanied by Hasan Al Nagoor, a

shareholder in Chelsea FC and vocal supporter in the region and beyond.

But it's not just royals and wealthy businessmen behind the Blues movement. "We've got people from all over Bahrain, which is the beauty of the club," added Abdulrahman.

Numerous companies jumped on board to help with the launch including Khalid Almoayed & Sons, Bahrain International Circuit, Jawad Business Group, F45 Functional Training, Eastern Bakery, Gajria Electronics, AutoMAX, Fine Foods, Arsan Tailoring, Movie Munchies, Cavalli Cafe, Kasbah and WOK Station.

And that was only the start.



"We've got much more lined up!" said Abdulrahman. "We've got a few gatherings planned and lots of gifts and Chelsea merchandise to give away. Once we get the technical aspects set up, I'd love to see group trips planned to London to watch some fixtures, and potentially meet some players. The sky's the limit!"

"We're always looking for more members. The

membership now basically handles events and gatherings, and encourages discussion on the team and recent performances. There's no age limit or cost, as we're not registered with the Ministry of Social Affairs yet, but have begun the process."

● Supporters who want to join can contact chelsea@almoayed.com for more details or call Abdulla BuAli on 36939312.





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Gulf Weekly

# SPORT



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TOP OF THE LEAGUE FOR LOCAL AND INTERNATIONAL SPORT

February 7 - 13, 2018



ON THE RUN: Bahrain's Phillips racing to the line

## Brutal Bahrain crush Saracens with Exiles next on the agenda

BAHRAIN swept away Abu Dhabi Saracens in a ruthless display of pace, physicality and skill in front of a raucous home crowd at the rugby club on Friday, writes Kristian Harrison.

It wasn't all Bahrain in the early periods as multiple chances to score went astray in the first 15 minutes from a mixture of Bahrain error and gutsy defence from the travelling side.

Saracens were in good spirits after picking up their first West Asia Premiership win last week against rivals and newbies Dubai Eagles – but that spirit was soon to be halted after Rob Bennett finally went over from a quick tap after a long period of Bahrain pressure, with the conversion by centre Luke Radley.

After the first score Bahrain achieved three further tries from impressive fullback Deina Morete and wing Iwan Phillips from two really slick first phase possessions, something Bahrain have been working hard on since the Abu Dhabi Harlequins defeat the week prior.

Another cracker from Luke Radley assisted by a great slashing break from the returning skipper Adam Wallace saw the half time score 26-0. In the second half, Bahrain racked up a further six tries and four crucial league points were in the bag.

With Bahrain running riot the game halted a little on the 65 minute mark where tempers flared after a dangerous tackle and with players running in from both sides the referee sent off the two outside halves with two red cards showing zero tolerance for any nonsense.

Bahrain managed to regain momentum finally and exceptional tries came from Mark Burnell, Joel Lewis, Rhys Fitzgerald, a brace from the ever present Elliot Behan (taking his try tally to five in eight games) and perhaps the most impressive of the

day coming from wing Iwan Phillips with his second in the match cutting through four tacklers for a 50m solo effort.

It was great to see such a big crowd at the rugby club, even though the game was delayed by an hour due to flight delays. The Bahrain faithful stayed loyal and showed fantastic support in what was only Bahrain's third match at home in their last 13 games.

It was a great night for the young squad with three significant players returning from injury with captain Adam Wallace making his first start for Bahrain since the champions league in Sri Lanka, Greg Heath coming off the bench for his first game in 16 weeks and Bahrain's impressive new recruit Ross Preedy coming off the bench and making a return to action after knee surgery two years ago.

Director of rugby Louie Tonkin believes the squad is now in a good place with its biggest game of the season around the corner, Dubai Exiles next week at home in Janabiya. The Exiles secured a shocking win at table-topping Jebel Ali Dragons last weekend to leave the top spot wide open, and now Bahrain are just six points off the top with a game-in-hand.

It's all to play for in the most exciting West Asia Premiership campaign to date!



Photographs: Jodie Baker

# THE BLUES BROTHERS

FOOTBALL

By STAN SZECOWKA  
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**B**LUE is the colour and Chelsea is the name encrusted on the hearts of followers of the English Premier League champions in the kingdom.

The first official Chelsea Supporters Club – Bahrain was recently launched at the Bahrain International Circuit attracting scores of passionate followers.

The supporters club is made up of fans and volunteers from different backgrounds who have pooled together to make the dream a reality. Businessman Abdulrahman Almoayed helped drive the initiative forward and said: "We are proud to have the Chelsea Supporters Club in Bahrain, giving fans an opportunity to meet and develop relationships. The idea is to welcome everybody and create a grass-roots community that enhances Chelsea's reach in the region."

"The goal is also to celebrate the successes, support each other when things don't turn out as we hoped and introduce the younger generation of Chelsea fans to each other, while giving members access to the club in London."

"A while back we started a WhatsApp group which kept growing in size. I felt there was an administrative role required in getting all the details and submitting them centrally, which I did. In conjunction with the application process, we spent about a year-and-a-half going back and forth, after which we managed to become the 'official' supporters club."

"It's an honour to be the person who organised that aspect and I'm very keen on getting the continuity and growth aspects in place for future volunteers."

"Overall, the reaction has been



GAME ON: The Chelsea supporters and, below, Almoayed

very positive from within and from outside the club! The passion drives these members and I'm keen to keep that alive going forward."

More than 100 Chelsea fans attended the launch event, described as a 'massive success' by attendees, and it was backed by various businesses too. "We managed to promote the club, add registrations and gave away more than 24 gifts to fans ranging from TVs to gift vouchers," said Abdulrahman, 35, who is married to Dana and has two sons, Rashid, five, and Fahad, four, 'both Chelsea supporters from Day 1'.

Not surprisingly, supporting Chelsea is a family affair. "Technically, I started supporting Chelsea the day I was born too as my father lived in London during his youth and I was born into a Chelsea family," Abdulrahman explained.

"The fascination with it really kicked off when we reached an age where other kids were interested in football and following results."

This created a competitive attitude in school towards football and specifically, the Premiership. Unfortunately, I didn't often come to school on Sundays with a smile on my face in those early days!"

He actively started supporting them towards the end of 1993 when he had a chance to attend a game with his father at Stamford Bridge, Chelsea's home ground since the club was founded in 1905.

That season Chelsea finished 14th, three places lower than the previous one, and got hammered 4-0 by Manchester United in the FA Cup Final. The wait for a major trophy entered its 24th season.

But that was all about to change. The club went on to pick up 21 trophies from 1997, including six titles, seven FA Cups, five League Cups and four FA Community Shields, one UEFA Champions League, two UEFA Cup Winners' Cups, one UEFA Europa League and one UEFA Super Cup, mostly under the ownership of Russian billionaire Roman Abramovich.

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