

Gulf Weekly

The community newspaper at the heart of Bahrain



February 21 - 27, 2018

BAHRAIN.OURS.YOURS.

Vol 17 - Issue 8

200 Fils

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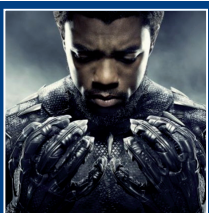
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PRIZE CONTEST:
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at crust & crema
SEE PAGE 17



EATING OUT:
Chinese New Year
celebrations
SEE PAGE 11



FILM WEEKLY:
Anna reviews
Black Panther
SEE PAGE 16

WELCOME HOME

CHART-TOPPING singer James Arthur, one of Bahrain's most famous expat sons, will be returning to the kingdom to perform at this year's Spring of Culture annual festival.

The 13th edition of the two-month-long cultural programme boasts an array of talent from all over the world ... but at one school in the kingdom the biggest buzz this week has been all about the 'homecoming' of one of its pupils.

Former teachers and classmates at the British School of Bahrain (BSB) remember the star as James Rafferty, or simply Raffi, the 'class clown' with a passion to perform during his four years as a pupil. He has told friends: "I can't wait to touch down in the kingdom again!"

BSB head of school Julie Anne Gilbert told *GulfWeekly*: "We are so excited he is coming back to Bahrain and hope he will have time in his busy schedule to pay us a visit."

James shot to fame in winning the TV talent show *X Factor* in 2012, aged 24, and enjoyed a massive hit single



ON SONG: March date set for James Arthur performance

SHOWBIZ REPORT

By STAN SZECOWKA
editor@gulfweekly.com

Impossible and successful debut album. A photograph of him wearing his BSB school uniform was placed in the school library which also contained copies of his book

highlighting his happy times as a pupil.

Shy James, with his eyes on the ground, looked little like the charismatic singer now playing sell-out shows and with chart-topping singles to his name.

The official TV talent show winner's book *James Arthur*

— *My Story*, published by Harper Collins, revealed how he moved to Bahrain at the age of nine but he had to return to the UK when his mother and stepfather split up.

He said: "I especially liked school as all the kids in my class were from all over the

world, so I experienced a lot of different cultures.

"When I first realised that I wanted to be a singer I kept it to myself, and it wasn't until I moved to Bahrain that I even took part in a school performance."

Turn to Page 2



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Emotional victory for former Bahrain student

JAMES Arthur, the winner of *The X Factor UK*, has been invited back to Bahrain where he spent four happy years as a schoolboy, writes Stan Szczepiwa.

He has received an invitation to return to formally open the British School of Bahrain (BSB) music and drama rehearsal studios and a 400-seat auditorium, which is part of a BD4.1 million expansion of its facilities.

Head of School Karen Moffat said: "We are thrilled for James and the school is buzzing this week with news of his success."

"I will be formally inviting him to visit us so that he can relive the wonderful memories he had from his time as a student here."

"It would be wonderful if he could spare the time to join in celebrating the opening



of the ITV show, a dazed-looking Arthur performed the song for the second time. As revealed in last week's *GulfWeekly*, the former

XFactor winner inspires pupils

A SCHOOL photo of UK *X Factor* winner James Arthur, taken in 2012, is being used to inspire pupils at the British School of Bahrain (BSB).

The school library which now displays a copy of the book *Back from the Edge* is a popular spot for pupils.

The book, which is the first in a series, tells the story of a young man who is inspired by James Arthur's success.

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COMEBACK KID!

Official Singles Chart Top 100

James Arthur - Back from the Edge

Available on iTunes, Amazon, Spotify, etc.

Now you can park with one swipe. The all-new BMW 7 Series with BMW Display Key.

BOOK *Back from the Edge* by James Arthur

Available on Amazon, Kindle, etc.

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Available on McDonald's app.

BSB stage to Bahrain Bay!

From Page 1

When he was 12 and 13 he won leading roles in the school musicals *Oliver!* and *The Pirates of Penzance*, notching the 'Performance of the Year' award for his latter role as the general.

"Whenever I was in plays it was because my teachers used to encourage me to get involved, and they really pushed me, otherwise I'm not sure I would have bothered,"

he revealed. "We stayed in Bahrain for a few years and I had an amazing time."

James is fondly remembered by his fellow students and teachers at BSB which was based in Adliya when he attended.

Shortly after his TV success, ex-classmate Alexandra Potter, who had since moved to the US, told *GulfWeekly* how she remembered how happy

and easy going the sociable young James was.

Alexandra, said: "He was very funny and never took anything seriously, and was friends with everyone. The teachers were very fond of him as well as he would joke around with them and the whole class loved to watch."

"I feel a sense of pride that I knew him and even more so that he went to my school in Bahrain."

Teacher Brenda Laskey also told this newspaper at the time: "I remember James as a confident singer and budding guitarist who often performed at school talent events."

"He developed a strong, clear voice. His presence in performance was always emotionally-charged and vivid: the contrast between his slight frame and the intensity that he conveyed was striking even then."

"Fortunately for James the music teacher at the time, Yvonne Edge, was a vocal specialist in her own right and a music graduate who, during her time at the BSB, worked hard to establish a high standard of solo and choral singing here and encouraged students like James to find their own voice."

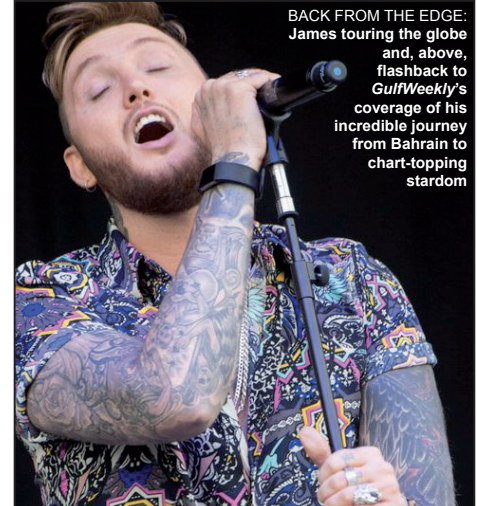
"Life was not easy for James in the end for a number of reasons, but when he was making music he was in his natural element."

In fact his teenage life spiralled out of control when he had to return to the UK at the age of 14. He recalled the trauma of having to leave behind a comfortable expat lifestyle and ending up in foster care.

Fame was not initially kind either. After the massive hit single *Impossible* and successful debut album, things once again went disastrously wrong for the singer-songwriter, caught up by the whirlwind of sudden fame. He was axed from TV show mogul Simon Cowell's record label after a number of fallouts over his lyrics and behaviour on social media.

After scooping the *X Factor* crown - James must have thought he was swapping his miserable bedsit for a life of fame, fortune and glamorous ladies. He couldn't have been more wrong.

But everyone loves a comeback story. Two years



BACK FROM THE EDGE: James touring the globe and, above, flashback to *GulfWeekly*'s coverage of his incredible journey from Bahrain to chart-topping stardom

on, he was back with his feet firmly on the ground and armed with the emotional acoustic hit *Say You Won't Let Go*, which soared up the charts to No 1 globally, from the equally successful album *Back from the Edge*.

Julie Anne was one of those listeners emotionally touched by the song which was played extensively by *Radio Bahrain* and *Studio One FM*. "When I heard the song for the first time on the way to school I did not know who was singing it," she told *GulfWeekly* at the time of its release. "I remember thinking that the lyrics were brave and original and I loved the sound."

"It is such a good song and

although the voice sounded strangely familiar I didn't immediately recognise it. The 'of course' moment happened when I listened to it again in the evening. I'm so delighted for this young man - we would love to invite him back to the school."

It was first hoped an appearance could slip soundly into the year-long celebrations which marked the 200th anniversary of British-Bahraini diplomatic relations with 200 activities across the kingdom but tour arrangements were already in place.

Now the big stage at Bahrain Bay has been set aside for James Arthur's long-awaited return to the kingdom on Friday, March 23, at 8.30pm. Tickets, priced BD20, BD30, BD40 and BD60 will go on sale shortly.

He'll be playing all his hits and new material too. "I grew up with my mother's soul music, but my father loves hard rock like AC/DC and Thin Lizzy. You get a little bit of everything," he added.

● See *Spring of Culture 2018: Pages 12 & 13*



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Date: Friday March 2nd & Saturday March 3rd 2018, 9:30 am to 5:30 pm
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* All proceeds will go to Bahrain Cancer Society *

GulfWeekly

Daily News



THE newly-branded Lost Paradise of Dilmun Waterpark (LPOD) will shortly be opening its doors to the new season by packing in more family fun alongside unique dining delights at the top tourism destination.

Parents of young children will no longer have to sit on the side-lines when it comes to enjoying a thrilling ride experience. A designated babysitting and play area has been added to ensure their little ones are being cared for as they head for a daredevil plunge.

LPOD, next to Al Areen Wildlife Park, will be launching its 11th season next month and looks like it will be its most successful to date with a forecast of more than 200,000 visitors thanks to a host of new events and updates to the facility.

The name branding fits in perfectly with the wave of optimism. Senior marketing, PR and communications manager Cristina Fulgencio said: "The new logo is something we've wanted to do for some time, and we figured that kicking off the new season was the perfect occasion to reveal it."

"We wanted a fresh look and appeal. The last logo was convoluted and cluttered so we've stripped it down to a more striking symbol which looks more modern and clean."

"Lost Paradise has become a household name, so we wanted to focus on that aspect of the name as it has the greatest impact and has the mystery and story of ancient civilisation behind it."

This week the finishing touches were being made to equipment upgrades and aesthetics, and a pizza station will be opening for the first time. Furthermore, due to customer feedback, a healthy food menu featuring salads, vitamin-filled drinks and lower-calorie options will be available park-wide too.



HOSPITALITY REPORT
By KRISTIAN HARRISON
kristian@gulfweekly.com

Asif Khan, food and beverage manager, said: "New additions to the menu have been needed for some time and it's my pleasure to announce that healthier options will be available from Day One. Not only that, as all our food is prepared in our own kitchens within the park, we can also prepare special menus for corporate events and incorporate live cooking stations, Arabic pastries and more into our offerings."

LPOD will host its soft opening on March 8 with a special Ladies Night promotion to coincide with International Women's Day. The official opening will take place the following day, with an inauguration by the southern governor and a car and motorbike show.

A raft of festivals, parties and events are planned throughout the year, with the Thursday Ladies Nights and Family Days on Saturdays remaining firm favourites.

Sales manager Mohammed Saleh was also keen to stress the facility's convenience for hosting corporate events and school trips. He explained: "We're really looking forward to supporting corporate events this year, offering special prices and offers to companies who want to hold team-building events at a great location."

"Furthermore, we are extremely proud of our safety record and the intense training of our lifeguards. Schools love to come here for field trips because they know how safe and protected children are whilst they are having the time of their lives!"

Further improvements include a new access road that leads directly to LPOD's car park rather than having to navigate around the back of Al Areen Palace & Spa and



NEW SEASON'S DELIGHTS: All set to welcome record crowds and, below, Lost Paradise of Dilmun Waterpark Bahrain executives Asif Khan, Dalal Ali, Cristina Fulgencio and Mohammed Saleh, alongside one of the thrilling rides


a mobile app that will allow customers to purchase offers and make bookings, with plans for a game to come in a later update that will allow customers to interact and accumulate points to redeem waterpark discounts.

Cristina added: "Going forward, our ethos will be based on our tagline of 'Experience Amazing Moments'."


"Essentially, visitors experience something different when they come here and step through time into the ancient Dilmun-era, *amazing* is the actual thrilling feeling on the slides and in the wave pool and *moments* is the events and special occasions we're going to be providing this year."


"The new season is definitely going to be our best yet!"






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I WOULD like to suggest that flight boarding passes be printed on the red buses on the airport route as this would prove convenient and time-saving for passengers and help them avoid long queues in Departures.

Call it a ticket to ride and a ticket to fly!

Perhaps passengers could also get their luggage tags too.

Apart from saving time at the airport, in my opinion this would attract more passengers to the buses and help reduce traffic on the roads.

It would also be helpful if the buses electronically displayed flight timings and schedules on route to the destination.

The use of public

transport should always be encouraged and by introducing these systems and making the journeys not only convenient and comfortable but useful too would prove a winner all round.

Sunil Thomas Ranny,
Salmania.



TRADITIONAL dancers on the beach in Seef and majestic men on Arabian horseback helped launch the coming Spring of Culture 2018 as well as marking Qal'at Al-Bahrain Site Museum's 10th anniversary. **Full details on Pages 12 & 13.**

love and attention waves them off to bed.

In the dying day it waits for the husband. It will be noticed, loved and wanted now. It would be a warm end to a long day. But the tired husband distracted by the work pressure, affected by the long day of corporate slavery pains, moans, turns and tosses to numbing sleep.

It is just another day coming to an end ... crushing the thumping desire of recognition.

Something pierces into the soft centre. Is it the bulging pointed bead or the tears choking the throat?

The cushion fluffs itself up. Equals all its edges out and waits for a better tomorrow.



Mariam's moments

screen steals the show.

The kids get busy with their school work and play. The cushion is left to attend to this and is barely noticed till it's needed.

Soon it is sleep time for the kids. The cushion still craving for some tender



THE woman of the house is like the well-ornamented cushion in the lounge. It is expected to look good, smell fresh, be well rounded and equal on all sides.

No one promises to give it attention at all times but everyone misses its absence and complains when the cushion is not comfortable enough. It is punched, pinched and fluffed to fit the backs perfectly.

The cushion is lonely on the couch. The frills and beads on it are sparkling in the sun but the soul is shadowed under the glitter and glamour.

The soft centre waits for the kids to return so it can feel some warmth. But the huge television



Ellissa's island life

An expat wife, mother, artist and runner

confirmed nonchalantly that the scales were roughly a stone out (he doesn't often weigh-in).

With a panic attack about to set in, I rushed to Carrefour to purchase new scales and in the car park it was, sadly, confirmed by new shiny scales that I had

indeed put weight on.

Deliberating over a new exercise plan a good friend suggested road biking as a great option, but I had my reservations.

A few of my crazy friends are tri athletes, these super humans who cycle at ridiculously early hours

of the morning, pedalling furiously, Lycra clad, with awesome endurance and over eye-watering distances.

Cycling appeared a complex sport. When I run it is simple - shoes, clothes, watch, optional dog, go. With cycling there are infinitely more variables and it definitely felt intimidating, especially those skinny wheels.

But, with further encouragement from more friends and lots of advice, I ventured out on a road bike with my main objective not to hit anything



or fall off.

I loaned a fabulous bike, wore padded shorts (who knew) borrowed my son's helmet, loaded up with fluids and hit the road.

I loved the thrill of the

Google search engine.

What we are also forgetting is that we are reducing the habit of learning by accident like we once used to stumble upon the wrong pages in encyclopaedias, dictionaries, other informative material or even story books, and pick that knowledge up subconsciously anyways.

I remember crying when I read about the books being burned in Pompeii, I remember sitting on the edge of the sofa and reading the *Magic Treehouse* books, making sure the books returned too with Jack and Annie and I have even walked through the library in Alexandria, all enchanted, as Bayek in *Assassin's Creed Origins*.

Libraries are far more important than we think and I believe that digital libraries may, in time, cause the loss of sharing knowledge.

Youth Talk

By Saamia Zia



into a library. I assume the role of Indiana Jones on my individual yet shared hunt for imagination and information. Moreover, this sort of supportive atmosphere chisels us through the stems of development towards the bloom of perfection.

I believe the loss of libraries is no different from deforestation or polluting lakes. After all, here too, it's humans chopping off the roots of our resources, our culture, the territory of our brains and possibilities of our future. Added to this is the already diminishing demand for books, probably because finding something out is so much easier by entering key terms into the

Write to the editor

Follow Stan on Twitter @stanszewcowa

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

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



IT'S starting to warm up. Let's hope our workers in Bahrain do not follow this example of having a lunch break in the shade.

Rocky road to heavenly bite

ENTREPRENEUR
and budding
baker Faten

Amin is on the Rocky Road to success with a chocolate-inspired recipe that has created a huge culinary snack stir across the island.

Her home venture serving up bite-sized Bahraini versions of a popular Australian snack has proved such a success she is now considering looking at premises to expand the operation.

The 32-year-old web developer with a passion for baking, said: "It's the perfect kind of sweet that you can enjoy on any occasion. People in Bahrain have started to get to know what Rocky Road is all about ... and there's a good number of them who like it a lot!"

"One of my dreams is to own a shop where I can sell my own collections and flavours in style."

Originally Rocky Roads were created in the late 19th Century in Australia after businessmen took confectionery items that had been spoiled by their journey from Europe and mixed them with local nuts as well as chocolate. The name was used as reference to the 'rocky road' that speculators and their families used in order to access the gold fields.

Intrigued by the story, Faten experimented in the kitchen until coming up with her own winning recipe. She tried the dessert on family and friends and



COMMUNITY REPORT
By MAI AL KHATIB-CAMILLE
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it soon became so popular, her husband Jassim Janahi, a system analyst at the Ministry of Foreign Affairs, suggested she start selling it.

After posting photographs and details about the delights on social media she has never looked back. Once bitten few are shy to ask for more of the delights which are crunchy, soft and chocolatey ... all at the same time.

"It takes me around an hour-and-a-half to prep, cut, clean and mix. My Rocky Road offerings combine chocolate, biscuits and plenty of love," said Faten, who lives in Budaiya.

Her *Instagram* business *Sweetstones.bh* currently features three distinct flavours - milk chocolate, dark chocolate and peanut butter, sliced into pieces and selling at BD5.5 for 50 pieces or BD10 for 100. "My Rocky Road doesn't have any added sugar or sweets like marshmallows which are popular in the Australian version. In fact I am planning on creating even healthier versions too, including a vegan one for those interested," she added, following up on special editions such as vermicelli lotus and cookies & cream.

Mind you, she needs as much energy as every bite can deliver to keep up with her busy schedule. Aside from baking, Faten is well known in motor racing circles. She is a huge motorsports fan and a



TASTY TREATS: Faten putting her mixture together and, below, after a quick stir and time in the oven some of the finished favourites

regular marshal and trainer at the Bahrain International Circuit, helping to inspire other women to get involved trackside at events.

She has helped train marshals in India and Azerbaijan too for Formula 1 and other events. Faten is currently nominated to be the first Arab female 'clerk of the course' and is busy penning a book about her motor sport experiences which date back to 2005.

The cook book might come later.



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Lulu Hypermarket

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Siniora Smoked Turkey Breast per kg – BD4.750
Cashew Nuts Large per kg – BD5.290
Australia's Own Organic Almond Milk 1Ltr – BD1.390
Sunny Cooking Oil 1.8Ltr 2pcs – BD1.990

Note: This offer is valid from tomorrow to February 28.

Jawad Supermarket

Libbys Pineapple Slice 3x570gm – BD1.600
Americana Super Ground Mutton 4's – BD1.615
Delight - Garden Peas 3x400gm Special Offer – BD1.100
Ola White Oats 2x600gm Special Offer – BD1.450
Lays Potato Chips Ketchup 2x170g Special Offer – BD0.995

Carrefour Hypermarket

India Salaam Basmati Rice 5kg – BD3.290
Alosra Sugar 10kg – BD1.990
Nada UHT Milk Full/Low Fat 1ltr 4pcs – BD0.795
Huggies (5) Super flex Econ New Assorted – BD3.500
Alyoum Whole Chicken Fresh 900gm (Poultry Sec 25) – BD1.100

Note: These offers are valid from tomorrow to March 4.

Al Jazira Supermarket Zinj

Godiva Mast. Heart box M. Choco Caramel 8x117gms – BD2.500
Godiva Mast. Heart box D. Choco 8x117gms – BD2.500
Godiva Mast. M. Choco Hazelnut Oyster 8x118gms – BD2.500
Jubileu Chocolate Pralines with Caramel 12x200gms – BD2.600
Jubileu Chocolate Pralines of Hazelnuts 12x160gms – BD2.800

It's all in the name

THE signs have gone up for the snack sensation that is tantalising the taste-buds of Bahrain ... thanks to *GulfWeekly*.

The Planet Bakery & Café in Hooraa has renamed its egg bread the 'Scrambled Bun' following reader Chloe Gould's suggestion in a fun competition highlighted in print, online and on social media last week.

"It's the perfect name," said barista Dennis Tresene, right, "and it's proving very popular with customers."

GulfWeekly's Whisperer columnist first revealed details of the 300fils treat ... the first ever ready-made breakfast-in-a-bun. Hidden inside is scrumptious scrambled egg and the dough delights are selling like hotcakes.

Readers came up with a host of marvellous suggestions for a more suitable name for the creation, but Chloe really cracked it with Scrambled Bun! Other entries included six-year-old Sair's Chuzzie and his mum, Mariam Aftab's Bungge, Sarah Clarke's Breakfast Bun on the Run, Jeffrey DaCosta's Snack Roll-Egg and Camille Parsons Rockin' Roll.

Next time you're in Exhibitions Avenue, Chloe, the Editor will treat you to one!



Tea's brewing at popular souq

TEA-LOVERS in Hamad Town's Central Souq have received a refreshing boost this week with the opening of a FiLLi café, the third in the kingdom.

Cups of the rich saffron flavour of FiLLi's signature Zafran tea were handed out to visitors at the bustling shopping area as a ceremonial ribbon-cutting took place.

FiLLi's founder and owner,

Rafih Filli, once again flew in from Dubai, to take part in the event alongside members of The Epitome Group and Dadabhai Travel.

The latest Hamad Town outlet joins the flagship FiLLi Café at Bab Al Bahrain and the recently-opened location within Lulu Hypermarket Riffa ... and there are further expansion plans brewing.

The FiLLi brand has been

brought to Bahrain by The Epitome Group, a Bahrain-based enterprise which has plans to roll the brand out during 2018 and beyond with further openings in Bahrain and the establishment of an extensive FiLLi network in the Eastern Province of Saudi Arabia.

More news about FiLLi can be found on Facebook at fillicafebahrain and Instagram on fillibahrain.



ON THE CASE: US ambassador Justin was shown around the store after cutting the cake with Al Hawaj executives and, below, some of the popular House of Samsonite products

Packing up a retail punch

THE House of Samsonite was officially launched at City Centre Bahrain with a ribbon and cake-cutting ceremony.

In attendance were US ambassador Justin Siberell and executives from Al Hawaj Group including Jawad Y. Al Hawaj, Abdul Wahab Y. Al Hawaj, Hussein Y. Al Hawaj, Col Majeed Al Hawaj, Dr Abdullah Al Hawaj and Ahmed Al Hawaj.

As well as Samsonite, the American luggage manufacturer and retailer, with products ranging from large suitcases to small toiletries bags, backpacks



and briefcases, has American Tourister, High Sierra and Lipault in its portfolio.

The 1,470sqft mall store in the first in the kingdom and the largest in the region. The opening event coincided with Discover America Week 2018 which has seen the new ambassador racing around the kingdom promoting US commerce and culture including food, leisure,

shopping, sport and tourism. Samsonite was founded in Denver, Colorado, in 1910 by luggage salesman Jesse Shwayder as the Shwayder Trunk Manufacturing Company. A religious man, he named one of his initial cases Samson, after the Biblical strongman, and began using the trademark Samsonite in 1941 for its tapered vulcanised fibre suitcase, introduced in 1939. In 1965, after the suitcase became its best-selling product, the company changed its name to Samsonite.



RIBBON-CUTTING: The new FiLLi cafe is opened

Techtronic Specials



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

	Item	Make and Description	Store	Price
1	Television	UHD Smart LED TV (UA43MU7000KXZN).	Carrefour Hyper Market	BD149.99 <i>Note: This offer is valid from tomorrow to March 4.</i>
2	Air Fryer	Legend Air Fryer, Model No (LAF 126), Oil free, healthier alternative to enjoy fried food with a two-year warranty.	Gajria Electronics	BD20
3	Smartphone	Huawei P Smart Smartphone, 5.65-inch FHD Display, 3GB RAM, 32GB Memory, OCTA-Core Processor, 13MP+2MP Rear, 8MP Front Camera, Bluetooth, WIFI, 4G LTE, Quick Finger Print Unlock, Android OS.	Home Electronics	BD81.990
4	Home Theatre	LG Home Theatre, LG 5.1 Channel Home Theatre, powerful sound 1200W, Bluetooth, USB Movie Playback, DVD/CD Playback, Full HD Upscale and Bass Blast.	LG, Sehla showroom	BD90
5	Washing Machine	Hitachi Washing Machine (SF200XWV3CGXSL-YK EXCLUSIVE), 20kg, Auto Self Clean, Smart Drive Inverter, Silver.	Y.K. Almoayyed & Sons - EHA	Was BD449.990 Now BD349.990 Savings BD100
6	Laptop	Apple MacBook Air MQD32, Intel Core Ci5 1.8 GHz, 8GB RAM, 128GB SSD, 13.3" LED Screen, OS: macOS Sierra, Intel HD Graphics 6000	Lulu Hypermarket	BD329.990 <i>Note: This offer is available from tomorrow until March 4.</i>

Email your gadget stories to editor@gulfweekly.com

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Hilal Computers Tel: 1729 3749 ext 2220

GADGETS OF THE WEEK

What is it called? ThorFire Keychain Flashlight

What does it do? It might be a simple little gadget, but it's very useful in a pinch. It's solar-powered, rechargeable via hand cranking, and easy to hang on a keychain that fits your keys, wallet, or bag. It has a lifespan of over 50,000 hours of LED light when fully charged.

Cost: BD7

Visit www.amazon.com



What is it called? Ultimate Memory Pillow

What does it do? Never suffer neck stiffness again with this memory pillow with a sleek black design and incredibly comfortable memory foam. This gadget is perfect for long plane journeys, office naps, or any other instance where you need instant neck support. It's easily packed away and taken out due to its portable design.

Cost: BD13

Visit www.menkind.co.uk



What is it called? Universal Monitor Stand

What does it do? This aluminium universal monitor stand provides additional storage below your laptop and accommodates an array of devices such as your laptop, printer, or monitor. It has a sleek design and maximises your workspace.

Cost: BD15

Visit www.amazon.com



Chimes of freedom deliver

THE sound of music is creating its own spiritual healing in a Bahrain studio helping stress sufferers cope with life.

Meditation practitioner Melanie Sarginson is using crystal singing bowls to drum up support for yoga devotees and others wanting to cool down the pace.

"Each bowl creates a note on the scale from A to G," she explained. "There are some sharp sounds but the idea is to meditate and to really take in the sound of each bowl individually."

"While doing so, ask yourself if you need to let go of something specific, how you would do that using the sound to help you."

"There may be another sound which may ask you if there is something else you want to manifest. It's just a great way for the different tones to enter your brain providing balance and harmony."

British expat grandma Melanie learned the playing technique after taking classes with an expert practitioner from the US state of California, and now offers her version of the healing sounds at Ki Train studio in Seef area.

More than a dozen people attended her first 45-minute class which included an introduction, the setting of a relaxed space for participants, the playing of the serene trance-like



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

sounds and a sharing session at the end to see how everyone felt about the experience.

She said: "I have conducted classes before but mostly in a private setting. Each time I play it is different and that's because I go into an alternate state myself."

Melanie is considering holding further public sessions in association the studio depending on the demand.

Singing bowls come in different shapes, colours and sizes and are traditional Tibetan style, made up of a combination of metals or pure quartz crystal.

The playing of the bowls has been used to enhance meditation, intuition, relaxation and bodywork in the Far East for centuries and nowadays is conducted for music therapy and emotional release across the globe. It is sometimes

also used alongside traditional medical treatment for spiritual healing as well as an alternative to pain medication.

As attendees rested on yoga mats and giant cushions at the opening session in Bahrain, Melanie weaved around a table moving a mallet around the bowl in a circular fashion to produce different harmonies that grew stronger over time.

Black belt Non-Impact Aerobics (NIA) instructor Iman Galal Fouad, who has Egyptian roots and lives in Riffa Views, put the class to the test and says she is already looking forward to the next session.

"It was a new experience and I enjoyed it," she said. "I had heard about these metallic bowls and was interested to see how different the crystal ones would be and during the session some of the sounds did resonate with me."

For details on the next class, contact 36242230 or visit www.kitrain.com



ECHOING ON: Melanie plays the singing bowls as, left, Iman relaxes



OGN
OIL & GAS NEWS

The energy industry's
trade journal for the GCC region

www.oilandgasnewsonline.com

Today (February 21)

The American Chamber of Commerce in Bahrain will be hosting senior US government policymaker Mick Mulvaney, director of the White House Office of Management and Budget, as guest of honour and keynote speaker for a business networking dinner at the Ritz-Carlton Bahrain Al Khayma Tent this evening.

Entry fee is BD30 for AmCham and ABA members, or BD35 for non-members.

For more information, email info@amchambahrain.org or call 17568186.



The Swiss-Belhotel Seef Bahrain is hosting a Business Lunch Buffet every day except Friday and Saturday, from 12.30pm to 3pm at Swiss-Café. Priced BD5.5net for a two-course buffet, or BD8net per person for full buffet.

For details, call 66310000.

The St Valentine's Spa Bliss promotion at The Spa at The Four Seasons Hotel Bahrain Bay, which includes a 75-minute full body massage, continues until February 28, priced BD90 per person for day visitors and BD65 per person for guests.

For details, call 17115500.

The Ritz-Carlton, Bahrain's romantic overnight packages, such as the Half Board Deluxe, starting from BD158++ per night, are available until 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

The Sofitel Bahrain Zallaq Thalassa Sea and Spa's Pashawat restaurant invites everyone to celebrate St Valentine's romance 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 music and belly dancing.

For details, call 17636363.

Enjoy romance throughout February at Thalassa Sea and Spa. The Lovers Package is designed for couples with 120 minutes of body scrubs, massages and facial treatments, priced BD100.

For details, call 17636363.

The Bahrain International Garden Show returns today

at the Bahrain International Convention & Exhibition Centre. Visitors can buy three-day passes for BD0.500, sold at the venue, and children below 12 are admitted for free.

For details, visit www.bigs.com.bh

Children aged four to 15 are welcome to join Bahrain Hockey Association training sessions at St Christopher's Senior School in Isa Town.

For details, contact hockeybahrain@gmail.com or call 39658618.

The Gulf Hotel Bahrain Convention is hosting special guest Chef Jeff Tan Seng Han today. See panel for more information.

For details, call 17713000.

There is also a butcher's-themed night at Al Waha restaurant tonight from 7pm-10.30pm.

For details and bookings, call 17713000.



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

The Harvesters Restaurant Pub & Terrace is offering a new Camel Burger with French fries and coleslaw. Ask to be part of the Beast Burger Challenge, and if finished 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 holding 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 holding weekly ladies nights with live grills and the sounds of a saxophonist 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 H2O Lounge with live grills by the pool and beautiful city line views.

Priced BD12++ per person. For details, call 17565888.

The Elite Crystal Hotel's Flavours of Hawaii Night at Waikiki takes place 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 offers a daily business lunch at Baharat Restaurant 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 presenting a Chicken Promotion at Soie Chinese Restaurant daily except Saturday from 7pm to 11.30pm.

There is also a daily special lunch menu at EspressoMente Ily 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 22)

Dances from across the world and across the centuries is the theme of a concert to be given by Bahraini flautist Ahmed Al Ghanem and Ukrainian pianist Nadia Lopchynska at 6pm at St Christopher's Cathedral, Manama. Tickets are priced BD5 with accompanying children receiving free entry. Tickets can be reserved by ringing the cathedral office on 17253866 and can be bought on the door tonight.

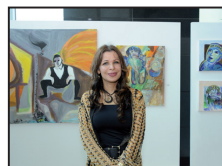
The Swiss-Belhotel Seef Bahrain is hosting a Pan Asian Dinner Buffet specialising in Vietnamese cuisine every Thursday at Swiss-Café from 7pm to 11pm. Priced BD12net inclusive of soft beverages, BD16net inclusive of two selected beverages, and BD22net inclusive of free flow

selected beverages.

For details, call 66310000.

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 is open at Harbour Towers East until March 15. Admission is free.



The Gulf Hotel Convention and Spa is hosting 'It's Mussel Time' in its Fusion restaurant, where diners can enjoy a twist on seasonal mussels 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 Chinese New Year celebrations at Soie Restaurant conclude today. Priced BD18++ per person with soft beverages, of BD23++ per person with selected beverages.

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 Mosaic 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 H2O 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 & Seafood Night every Thursday at Waikiki from 6.30pm to 11pm, featuring an extensive buffet, 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 staging weekly Layali Al Naseem Live Grill Nights by the pool every Thursday. Priced BD10++ per person.

For details, call 17313333.

Le Meridien Hotel Bahrain's Seafood Night at Baharat Restaurant takes place every Thursday from 7pm to 11pm. 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 its 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 and music from 7pm to 11pm. It is priced BD32net per person, including selected beverages.

For details, call 17460017.

The hotel is also offering a special wedding promotion. Book 60 days before your big day to receive 25 per cent off any wedding package, including 25 per cent off spa services at Rimal Spa and 20 per cent off bridal hair and makeup services at Elie and Jean Salon.

For details, contact the wedding and events team on 17460028.

The Ritz-Carlton, Bahrain, is hosting a weekly BBQ dining experience every Thursday at La Med from 7pm to 10.30pm. Priced BD20++ with soft beverages and BD25++ with selected beverages.

For details, call 17586499 or email rc.bahrz.restaurant

reservations@ritzcarlton.com

Friday (February 23)

The Bahrain Tourism and Exhibitions Authority is proud to announce its first edition of the Bahrain Food Festival, highlighting specific zones dedicated to a wide range of food lovers. The festival will be held at The Park, The Avenues, from 5pm to 11pm.

For more information, visit www.bahrainfoodfestival.com or email foodfestival@btea.bh

Wembley Lounge at Premier Hotel in Juffair is celebrating its 2nd Anniversary today with a Friday brunch, from 12.30pm to 4pm, featuring an international buffet selection, live cooking stations, live music and a hint of karaoke. Priced BD21net for an all-inclusive food and beverage package.

For reservations, call 33640009.

The Swiss-Belhotel Seef Bahrain is presenting a Seafood Lunch every Friday from 12.30pm to 3pm at Swiss-Café.

The hotel is also hosting an Arabic Dinner every Friday from 7pm to 11pm at Swiss-Café from 7pm to 11pm. Both offers are priced BD12net inclusive of soft beverages, BD16net inclusive of two selected beverages, and BD22net inclusive of selected beverages.

For details, call 66310000.

Re/ Asian Cuisine at the Four Seasons Hotel Bahrain Bay is offering guests special five or seven course Chinese New Year tasting menus in lieu of regular tasting menus until February 28, priced BD35++ for the five-course menu and BD50++ for the seven-course menu. Regular a la carte items will also be available.

For reservations, call 17115046.



The hotel is also hosting a CUT Brunch every Friday at CUT by Wolfgang Puck Steakhouse from 12.30pm to 3.30pm. Priced BD24++ with soft beverages, or BD34++ with selected beverages.

For details, call 17115044.

The Bahrain Bay Kitchen International, in collaboration with ARTDIVANO, invites guests to imaginative, innovative food fare with its weekly Friday Art Gallery Brunch, every Friday until March 23 from 1pm to 4pm. Priced BD25++ inclusive of soft beverages, or BD35++

Leisure Guide



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

inclusive of selected beverages.

For reservations, call 17115500.

The Gulf Hotel Bahrain Convention and Spa is hosting its celebrated 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 Sheraton Bahrain Hotel is hosting a Chocoholic Friday Brunch at Al Safir Restaurant every Friday from 1pm to 4pm with live cooking stations, plus an extravagant selection of desserts and crepe station with lots of chocolates. It is priced BD34net inclusive of selected beverages, BD28net inclusive of soft beverages, and BD10net for children. *Guests can book by calling 17533533 or visiting www.sheratonbahrain.com*



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 BD8.75net for children aged seven to 12. Spices Restaurant is hosting a weekly Flavours of India buffet every Friday from 7pm onwards. Priced BD10.30net 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 17563388.*

The Elite Grande Hotel is staging a 'Grill to Chill Night' every Friday and Saturday at its H20 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. Admission is free. *For details, visit www.culture.gov.bh*

Saturday (February 24)

The Swiss-Belhotel Seef Bahrain invites guests to experience its authentic Alsatian Buffet today from 7pm to 10.30pm at Swiss-Café. Priced BD12net inclusive of soft beverages, BD16net inclusive of two selected beverages, and BD22net inclusive of free flow of selected beverages. The hotel is also hosting Saturday Family Lunch every Saturday from 12.30pm to 3pm at Swiss-Café. Priced BD8net per person, children below 12 years old eat for free. *For details, call 66310000.*

The Sofitel Bahrain Zallaq Thalassa Sea & Spa is staging a weekly 'Pique-Nique in the Park' at Saraya restaurant, every Saturday from 12.30pm to 4pm. Complimentary access to the beach included for BD10 per person. Reservations required. *For reservations, call 17636363.*

The Sheraton Hotel Bahrain is hosting Flashback Saturdays at An Nada Lounge for hospitality industry staff members working in hotels, hospitals, or airlines, every Saturday, with 90s hits from DJ John Bituin

and discounted food and beverages. Bring work ID cards for entry. *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.*

The Ritz-Carlton, Bahrain's Cantina Kahlo's popular Mexican Brunch is priced 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.*

Crowne Plaza Bahrain is hosting an 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 holding 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's The Art of Cooking classes take place from 10.30am to noon, 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 dipables and chocolate fondue to finish. Priced BD15++ for two people, set menu available upon request priced at BD20++. *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. 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 25)

Video game developers will have the opportunity to showcase their work at Game Jam, a conference to be held on March 1 and 2 at Bahrain Polytechnic. Today is the last day for registration at www.gccgamejam.com

The Bahrain Authority for Culture & Antiquities announces that concert tickets for the 'Epic of Gilgamesh', happening today from 7pm onwards at the Bahrain National Theatre are still available. The maestro for this evening of music will be Alain Joutar, accompanied by the Notre-Dame University Choir-Louaize, Watariyeet Music Band, Pari, and Mohammad Bin Faris Music Band. Ticket prices start from BD20 to BD40. *For more information and tickets, visit tickets.virginmegastore.me/bh*

The Ritz-Carlton, Bahrain is hosting a two-course Business Set Lunch Sundays to Thursdays from 12pm to 3pm at its Italian-signature restaurant Primavera. Priced BD9.5++ per person including soft beverages. *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. 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 H20 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 Ekklusiv, 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.*

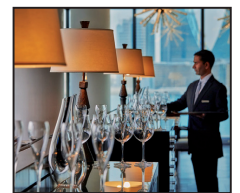
Monday (February 26)

Words Café and Bookstore is hosting its Monday Night Book Club at 6.30pm, discussing The Geography of Bliss by Eric Weiner. *Call 17690790 for more information, or email info@wordsbookstorecafe.com*

Ready your appetite for a one-of-a-kind Lebanese dining experience at Pashawat at the Sofitel Bahrain Zallaq Thalassa Sea & Spa, 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.*

Enjoy smooth Midweek Monday Music at Coda Jazz Lounge in Adliya with the 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 Celebrity Chef 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 Elite Grande Hotel is hosting a Dish of the Day every Monday night at H20 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. Priced BD13net for food only and a beverage package is also available. *For details, call 17531122.*

The Movenpick Hotel Bahrain is staging a Seafood Night every Monday from 7pm to 11pm at Silk's restaurant priced BD24net per person and BD29net per person with a selected beverages package. *For details, call 17460017 or email hotel.bahrain.fb@movenpick.com*

Tuesday (February 27)

It's your last chance to enjoy The Sofitel Bahrain Zallaq Thalassa Sea & Spa's Éclair Festival at the Macaron & Lobby Lounge, with delights prepared by Executive Pastry Chef Anis. *For details, call 17636363.*

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 and freshly squeezed refreshments. Priced BD18net per person or BD30net inclusive of selected beverages. *For details, call 17460017 or email hotel.bahrain.fb@movenpick.com*

DATES FOR THE DIARY

THE 10th Annual Jawad Mini Marathon will take place on Friday at the Jawad Dome, Barbar, with the tagline 'Run or Walk for the Cause.' Register online at www.jawadminimarathon.com, and collect your T-shirt and a raffle coupon from The Jawad Dome today. Registration is BD2 for adults and BD1 for kids below 16 years old. All proceeds will be donated to the Bahrain Autistics Society. The 8km run starts at 8.50am, the 5km run starts at 9am, and the Walkathon starts at 9.10am.

MASHQ Art Space in Budaiya will be hosting a screening of *Grain of Sand*, a film by Bahrain-based filmmaker Jason Carter that focuses on the kingdom's pearl diving culture and legacy, on March 1.

For more information, visit www.jasoncarter.net



TONY the Dogfather's Animal Rescue and Rehabilitation Centre is organising a fundraiser Garden Party and Sale Day at the centre on March 2 from 11am to 4pm, featuring live music, yard sale, vegan food, BBQ and prizes.

For more info, call Tony on 39629889.



There will also be a car boot sale at the Bahrain Rugby Football Club on March 17 from 9am to 12pm to raise money for Tony the Dogfather's Animal Rescue and Rehabilitation Centre. Price for booking a car starts at BD5 and there is a 500 fils entry fee.

To reserve your space, call 39801393.

THE Steppingstone Global Team invites guests to its next business event 'Organisation Development' to be held at Wyndham Garden in Manama in Juffair on March 7.

This is the 28th in the team's series of evening workshops, bringing together themes of leadership, management, strategy execution, and empowerment.

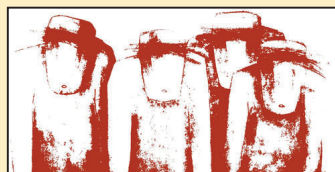
For information on how to register, email events@steppingstoneglobal.com

THE InterContinental Regency Bahrain invites guests to a night of music with Downtown Vibes on March 1 featuring artist 2elements coming to Bahrain all the way from Germany. The evening starts at 8pm with DJ Andy Collins followed by 2elements for the rest of the night. Doors are open from 8pm to 2am, so come early to guarantee your entry.

Contact Natalia on 36396333 or Budi on 39664522 for info and table bookings.

DON'T miss the last chance to experience The Bahrain Authority for Culture & Antiquities' 'Wanderers' exhibition by artist Ali Hussain Mirza. It is open from 9am to 8pm at the Art Centre. Admission is free.

For details, visit www.culture.gov.bh



BAHRAIN Comic Con, the kingdom's first comic convention, will be held on March 16 and 17 at Bahrain International Circuit. Joe Keery, Jerome Flynn and Charlet Chung are

among celebrities scheduled to appear.

WWE Superstar and SmackDown Live GM Daniel Bryan will be appearing at the Comic Con, conducting a Q&A session and an exclusive meet and greet for ticket holders on March 16 and 17.

Tickets are available online from <https://tickets.visitbahrain.bh/>

For details, follow @bahraincomiccon on Instagram.



UB40 tribute band, Rats in the Kitchen, are flying into Bahrain from the English city of Birmingham, on March 1 and 2, to perform at The Gulf Hotel Bahrain's Sherlock Holmes Bar and Restaurant.

Tickets are priced BD5net for early bird or BD7net on the night on March 1, and

BD20net for early bird or BD25net for the brunch party on March 2.

For info and bookings, call 66901323 or 17713000.



THE second Middle East and Africa FinTech Forum will be held in Manama on March 7 to 8 under the theme 'Beyond Disruption.' The forum brings together leading global experts and industry leaders in an engaging format of talks addressing pressing issues in the evolving FinTech landscape.

Guest speakers include keynote speaker Anthony Thomson, founder and former Chairman of the UK's first fully digital bank, ATOM and Eileen Burbidge, the UK Treasury's Special Envoy for FinTech, among others.

For more information, visit www.bank-abc.com



THE Bahrain Economic Development Board, with support from Start-up Bahrain, is hosting a two-day festival to celebrate the most innovative start-ups in the region, taking place on March 7 and 8 from 9am-6pm at the Bahrain International Circuit.

For more details, visit www.bahrainedb.com

Fun run and family walk

A 3km and 5km charity fun run and 4km family walk will be staged on March 9 at 2pm at the Water Garden City in Seef District in support of Bahrain Multiple Sclerosis (MS) Patients Society.

Registration for the fun run is open until Sunday.

To register, visit www.adnanevents.org or contact Adnan on 39132102. Volunteers to help on the day are also needed.

Any organisation wishing to support the event should contact adnan@adnanevents.org to find out more about sponsorship packages.



Cancer society's bazaar

THE Bahrain Cancer Society's Seventh Annual Home Sale Bazaar will take place on Friday and Saturday, March 2 & 3, at the Alumni Club in Adliya.

A range of new and 'gently-used' items will be on sale including designer shoes and bags, kitchenware, books, toys and more - with prices starting from BD1.

The bazaar will be open from 9.30am until 5.30pm, admission is free to the public, and all proceeds raised will be donated to the society which is currently fundraising to purchase a Neuro Navigator for Salmaniya Medical Complex.

This state-of-the-art equipment will greatly assist SMC in the diagnostic and treatment of brain tumours and diseases of the central nervous system for all age groups.

For more details call 17233080 or email info@bahraincancer.com



Celebrity Chinese chef visits Bahrain

THE Gulf Hotel Bahrain will welcome award-winning Chef Jeff Tan Seng Han to take diners on a delightful culinary journey at its China Garden Restaurant from today until Sunday.

Chef Jeff Tan Seng Han boasts 28 years of experience at some of the most celebrated restaurants in London.

In addition, he will be hosting a cooking master class on Saturday priced BD39net per person, inclusive of lunch.

For details, call 17713000.



MORE than 55,000 people from 40 local and expat communities will take part in the upcoming 'Bahrain For All' festival on March 30 at Prince Khalifa bin Salman Park in Hidd, supported by Tamkeen. There will be performances representing the Indian, Pakistani, Sri Lankan, Filipino, Jordanian, Ethiopian, Thai, Bangladeshi, and Egyptian communities, among others. Special needs children from RIA Institute and Hidd Rehabilitation Centre will also put on special performances.

BAHRAIN CINEMA CLUB (Today)

Film: Miss Violence

Director: Alexandros Avranas

Duration: 1hr 38mins

Cast: Themis Panou, Reni Pittaki, Eleni Roussinou.

Plot: It's Angeliki's 11th birthday celebration and a well-organised party is held in her honour. Everything is in order, and all the ingredients of a usual birthday party are there. A big cake, music, dance, a caring grandfather's embrace ... a truly loving family environment. But is it real, or is this an elaborate facade? As we



witness a devastating act of despair, we understand that something more lies

underneath.

For details, call Huda Tabbara on 17725959.

Eating Out

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



Dim Sum Festival delights

THERE'S more than one way to Wok now that one of Bahrain's favourite Asian restaurants has opened a second station in the kingdom.

Although I attended the grand opening of Wok Station's new Seef operation at Platinum Tower a few weeks back, it was good to put the cuisine and service to the test and compare it with the glorious Galleria Mall original.

My sense of direction could at best be compared to a wonky whale recently run aground, so I was grateful to the prominent signposts clearly directing me to the location after a U-turn at the Ritz-Carlton roundabout.

The outside was well lit, inviting and as warm as the welcome that the good lady wife, Kathryn, and I, received from the team led by the impressively knowledgeable restaurant manager, Pushpak Digambar.

To mark the Chinese New Year both casual dining outlets are celebrating the occasion with a Dim Sum Festival and a specially designed menu created by one of my favourite culinary kings, Executive Chef Simon Chen, an Indian of Chinese heritage, who is putting his family's traditional recipes to amazing effect.

Taking centre stage in the open kitchen this time round, however, was Sous Chef Barun who has been a part of Chef's Simon's team for more than 20 years.

With a clear focus on



BITESIZE ART: Sea shell inspired and strawberry coloured concoctions, right, Chef Simon, below left, Pushpak and, right, Chef Barun

GOURMET REPORT
By STAN SZECOWKA
editor@gulfweekly.com



keeping its offerings innovative and healthy, the festival showcases a range of dim sums of all shapes and sizes. And, not only do they divinely capture the essence of Southeast Asian flavour to the full, they look just as visually appealing too, each a little work of art, with colours to match.

A traditional dim sum brunch includes various types of steamed buns such as Cha Siu Bao (a steamed bun filled with BBQ meat), rice or wheat dumplings and rice

noodle rolls, which contain a range of ingredients, including beef, chicken, prawns and vegetarian options.

To suit the palate and appetite of every dim sum lover, the festival offers its servings as an 'all you can eat' option at an unbeatable price of BD12 per person with a menu that is available all day.

We started with two-at-a-time and it's surprising how filling the mouthwatering packages can be.

My favourite was the Dim Sum Kai Chai containing chicken, coriander and water chestnut, with a sweet-looking green pea garnish. This clever

creation provides a soft and crunchy combination.

Another standout offering was the Dim Sum Hargow, a prawn and mushroom delight with simple seasoning.

I mentioned the design of the dishes earlier and some look like sea shells, others like volcanos with steam rising from the crater and the natural colouring adds another dimension. Take the sweet-tasting shrimp and corn concoction, for example, which makes your mind play tricks thinking it's a strawberry when in fact the dim sum has simply had some beetroot added to the

mix. And, the Mushroom & Courgette comes in a vibrant green colour, of course!

The festival features an exotic range of steaming dumplings and buns. Others to watch out for include the Bean Curd Paper Roll with Duck and Napa Cabbage with Seaweed Chicken.

I cut open one package to sneak a look inside to uncover the classic Chinese combination of juicy Beef Tenderloin and crunchy Scallions.

We may have started by sharing two-at-a-time but it wasn't long before we settled for one-a-piece near the end,



and a good job too because the BBQ chicken was a plate-packing beast and another Chicken Dumpling sensation which was pan-fried to give it a cracking crispy edge.

In Chinatown they are celebrating the Year of the Dog ... this festival will ensure you go home wagging your tail!

Chef Simon joined me later with Pushpak to discuss the promotion. Simply scan the QR Code with your smart phone to watch the YouTube video.

● For more details call Platinum Tower, Seef on 77571571, Galleria Mall, Jinj on 77570570 or visit www.wokstationme.com



STAR TURN: The Epic of Gilgamesh



STAR TURN: S4k's Macbeth



STAR TURN: Korea Sookmyung Gayageum Orchestra



STAR TURN: Ragheb Alama



STAR TURN: Enchained Dyads – Works by Annie Kurdjian



THE programme for the 13th edition of the inspirational 'bridge building' Spring of Culture 2018 features a variety of choices from all over the world and is set to attract audiences once again from home and abroad.

Its highlights were announced at a press conference on Sunday by the Bahrain Authority for Culture and Antiquities (BACA), the Economic Development Board (EDB), the Shaikh Ebrahim bin Mohammed Al Khalifa Centre for Culture and Research, in collaboration with Albareh Art Gallery and La Fontaine Art Centre of Contemporary Art at the Bahrain Fort Site Museum.

The event, which also marked the museum's 10th anniversary, is part of BACA's year-long celebration of Muharraq's selection as the 2018 Capital of Islamic Culture.

The conference was held in the presence of Shaikha Mai bint Mohammed Al Khalifa, president of BACA, Khalid Al Rumaihi, the EDB's chief executive, and a number of diplomats and ambassadors, as well as event sponsors and members of the media.

In her address, Shaikha Mai said: "We chose to launch the 13th edition of the Spring of Culture Festival at the very first project that came as a result of our 'Investment in Culture' initiative. We are very grateful to Arcapita Bank for supporting the establishment of the Bahrain Fort Site Museum believing in the importance of preserving our history."

"The Kingdom of Bahrain has been building bridges with the world through the festival for 13 spring seasons, supported by all our partners. From this museum in its 10th anniversary, we announce this cultural season as part of our celebration of the city Muharraq, Capital of Islamic Culture 2018."

"The Pearl Trail in Muharraq has much in common with the Bahrain Fort Site in Manama, as the two UNESCO World Heritage Sites reflect the history and civilisations of ancient and modern Bahrain and affirm Bahrainis' ability to always be positive contributors. "All of society comes together each year during the spring season for the sake of our kingdom and our cultural movement."

Shaikha Mai went on to thank the festival's partners and sponsors.

The continuous support from the private and public sectors towards the Spring of Culture Festival reflects the importance of this annual international event, as well as strong overall confidence in the growth potential of Bahrain's tourism sector, added Mr Al Rumaihi.

Tourism contributes more than six per cent to the kingdom's non-oil GDP and growth is set to

Festival fever



SPRING OF CULTURE
By ANNA ROMANSKA
anna.romanska@gulfweekly.com

accelerate further as the industry benefits from nearly BD5billion in tourism infrastructure investment.

The EDB's support of the Spring of Culture is in line with its mandate to create jobs through developing and growing key strategic sectors, including tourism and leisure, and attracting quality inward investment to Bahrain.

Gold sponsors of this year's festival are Batelco, National Bank of Bahrain, GFH Financial Group and Tamkeen, while silver sponsors include Alba, Bahrain Airport Company, Bahrain Duty Free, Bapco, Bank of Bahrain and Kuwait, Gulf Air and Huawei.

The various events and activities are designed to engage all segments of society, from arts and crafts exhibitions to intellectual lectures and talks, poetry readings, music and song concerts and theatrical performances, the organisers say.

● Music, Song and Theatre

The Spring Festival's line-up of music events kicks off with the *Epic of Gilgamesh* on Sunday at the Bahrain National Theatre. Commemorating Arab Tourism Day and inspired by Sumerian mythology, the work was written and composed by Abed Azrié, and features maestro Alain Joutard leading the Notre Dame University Choir Louaizé of Lebanon, L'ensemble à cordes de Paris and the Mohammed bin Faris Band.

Bahrain Fort will host the interactive *The Sound and Light Show* displays that show the history of this ancient site, from the Dilmun-era to present day every Tuesday, Thursday, and Friday. The Bahrain Fort Site Museum, meanwhile, will entertain audience with movie nights on March 15 and 26.

The Cultural Hall also has a full schedule of concerts and performances in store, including Moroccan singer Karima Skalli's enchanting renditions of well-known works of great Arab poets on March 1, the UK's S4K Music Theatre's unique take on William Shakespeare's classic *Macbeth* on March 8. Also, in cooperation with the Korean Embassy, Korea's Sookmyung Gayageum Orchestra's strumming an eclectic mix of traditional Korean music and Western hits will perform on March 14.

On March 17 and 20, the Cultural Hall will feature a stage adaptation of Roald Dahl's classic tale *George's Marvellous Medicine*, followed



COUNTRY CLASSICS: Mary McBride and her band will headline a show

by the Jerusalem Arabic Music Ensemble on March 22 playing a selection of patriotic and Arabic songs.

The Cultural Hall will also host two double acts from Italy in cooperation with the Italian Embassy, starting with the Duo Etnopolis performing Italian folk music on March 25, as well as mezzo-soprano Laura Capretti and pianist Francesco Maccarrone in an evening of European Classical Music on March 28.

In collaboration with the US Embassy, The Mary McBride Band will headline a concert on March 31 that will take the audience deep into the worlds of country music, gospel, blues and old school rock 'n' roll. On April 4, the venue will host "36 Abbas Street: Haifa", a play which tells the story of resilience and determination of the Palestinian people in the face of occupation, diaspora and the right of return. This will be followed on April 6 by Turkey's Mekker Sufi Ensemble's performance of the *Whirling Dervishes Ceremony*, one of the most important distinguishing elements of Turkish culture, and finally the family-friendly play *The Very Hungry Caterpillar* by Eric Carle from April 12 - 16.

The music of Bahrain is also heavily featured during the festival season, as the Mohammed bin Fares Music Hall in Muharraq hosts evening concerts every Thursday starting from March 1 by the Mohammed bin Fares Band highlighting the musical heritage of pearl diving, weddings and other occasions. Dar Al-Rifla

Al-Oda will also host live performances of the unique folk singing specific to Rifla starting on March 3 and then on March 14 and 17 and April 28, while Dar Al-Muharraq in Muharraq showcases the various styles of Fijiri music traditions starting from March 10 and then on March 24 and April 21.

At the Shaikh Ebrahim bin Mohammed Al Khalifa Centre for Culture and Research, the brilliant Syrian qanun player Maya Youssef headlines a concert on March 5 entitled *Syrian Dreams*, as well as a special concert entitled *Travel of the Lute* by Iraqi oud player Saad Jawad on April 30.

The Economic Development Board also presents its annual line-up of megastar concerts during the Spring of Culture Festival at a purpose-built stage in Bahrain Bay. Among the Bahraini, Arab and international foreign artists performing are Abdullah Al-Ruwaished and Nabil Shuaib on March 9, local band Likwid & Friends on March 17, international stars, James Arthur's return to Bahrain on March 23 and Ragheb Alama on March 30.

● Exhibitions

The Spring of Culture schedule includes a large number of art exhibitions, starting with the 44th Bahrain Annual Fine Arts Exhibition, which takes place next to Arad Fort and displays works by various Bahraini artists and residents in the kingdom until March 7.

The Bahrain National Museum hosts two exhibitions, *Between Muharraq and Seville... A Bolza-Bussad Dialogue* until March

grips the kingdom



20 about Arabic calligraphy and *al-Fann: Art from the Islamic Civilisation* until June 30 which features an exquisite collection of Islamic artworks selected from the Al-Sabah Collection in Kuwait.

La Fontaine Art Centre of Contemporary Art also hosts a pair of exhibitions: *Life Journey* by Swiss artist Fereshte Shishine and her skillful interplay between shadow and light until May 8 and the *Warlukurlangu Artists* on March 17 which highlights the colorful acrylic paintings and prints of the aboriginal Warlukurlangu Artists of Australia.

Albareh Art Gallery's exhibitions include *Weaves from Ashes* which opens on March 6 by Bahraini artist Faika Al-Hasan, offering a meditation on the human condition, and *Enchained Dyads* by Annie Kurkdjian, which opens on April 8.

The Art Centre, meanwhile, presents an exhibition opening on March 7 showcasing the works of the late great Palestinian cartoonist Naji Al-Ali entitled *This Compass Will Always Point to Palestine* and Bahraini artist Jamal Abdulrahman's *Music and Mirrors* on April 4 featuring works inspired by the Realism school.

Another Bahraini artist, Khalil Al-Hashimi, will display his works in *Paradise Lost* at Bin Matar House, part of the Shaikh Ebrahim Centre, which explores the relationship between man and land and the possibility of salvation.

On March 27, the Bahrain

National Theatre will host an exhibition to commemorate World Theatre Day. Entitled *Scenamide*, the exhibition curated by the Accademia Albertina Di Belle Arte in Italy showcases models that illustrate the history of set design and the story of scenic architecture, cinematography and stage design.

Also scheduled is the 18th edition of the Bahrain International Book Fair. Opening on March 28, it brings together regional and international publishing houses and bookstores and a massive library of books under one roof, with Saudi Arabia as this year's 'guest of honour'.

● Literary and intellectual lectures and symposia

At the Abdullah Al-Zayed House for Bahraini Press Heritage, a branch of the Shaikh Ebrahim bin Mohammed Al Khalifa Centre for Culture and Research, Fadel Al-Sultani will highlight 50 years of British poetry schools and their influence on Arabic poetry on March 26, while writer Hassan Yousef talks about the adaptation of literary works in his lecture *Readable Literature and Visual Literature from Paper to Screen: 'The End of a Brave Man' as an Example* on April 23.

Other lectures include a pair of talks at the Bahrain National Museum, the first on February 28 by Professor Giovanni Curatola on certain aspects of the development of Islamic art over the centuries, and the second by Dr Sabiha Al-Khemir on March 28 entitled *Unveiling*

Beauty: Exhibiting Islamic Art in the West, in addition to a talk at Bahrain Fort Museum on March 27 entitled *Construction and Architecture of the Island of Muharraq* by Engineer Ahmed Abdulrahman Al Jowder.

In addition to literature, the festival also features a series of poetry readings, including one by Sudanese poet Rawda Al-Hajj on March 12 entitled *Two Niles from the Ink of the Poem* and another by Palestinian poet Rashid Issa on April 9 entitled *Therapy through Poetry*, both at the House of Poetry – Ebrahim Al-Ararray, also a branch of the Shaikh Ebrahim Centre.

Moreover, on April 30, the Bahrain Authority for Culture and Antiquities will host an evening conversation titled *The Magic of Natural Pearls* in collaboration with the Pearling Path and Parisian-based L'Ecole Van Cleef & Arpels which brings together two pearl experts, Talal Mattar, a sixth generation pearl merchant from one of the oldest pearl merchant families in Bahrain, and Olivier Segura, director of the French Gemological Laboratory and natural pearl expert.

● Cultural infrastructure projects

The Spring of Culture Festival will also feature the inauguration of the Archaeologies of Green during the month of March. Formerly Bahrain's pavilion at the Milan Expo 2015, the structure was taken apart and re-assembled next to Shaikh Issa bin Ali House in Muharraq where it will serve as botanical garden with 10 fruit gardens and artefacts that chronicle the history of Bahrain's agricultural heritage.

● Workshops, social responsibility, and talent development

With its typical bustling schedule of workshops supported by the Bahrain Authority for Culture and Antiquities, the Economic Development Board, the Shaikh Ebrahim bin Mohammed Al Khalifa Center for Culture and Research, the Spring of Culture's offers a plethora of learning opportunities designed to nurture and foster budding talents in a variety of cultural disciplines.

Full details on the workshops and how to register can be found on the festival's website www.springofculture.org

The festival's complementary community programme, also supported by the EDB, features numerous art workshops for various government and humanitarian organisations in cooperation with the Ministry of Education, Salman Cultural Center, NBB Rehabilitation

Home for Disabled Children and other community centres and groups.

As part of the festival's commitment to contributing to the needs of the local community in the development of Bahraini talents in various technical fields, the Spring of Culture Community Programme, sponsored by the EDB, continues its efforts to organise several technical workshops for various governmental and social institutions in cooperation with the Ministry of Education, the National Bank of Bahrain Rehabilitation Home for Disabled, Salman Culture Centre and other community centres in Bahrain.

For the third time, internationally-renowned sand sculpture artist, Sudarsan Pattnaik, has been invited to further nourish art students at the Ministry of Education with new creative methods and ideas in sand art.

He will present a five-day workshop on the beach. This series of sand sculpture workshops over the past years, created a group of enthusiasts in this type of art in the community.

Dr Fadi Al-Jaf, a professor and lecturer in the Department of Business Administration at Ishik University in Turkey, will also conduct a workshop for a group of secondary school teachers to enable them to acquire effective skills in body language and communication and use the techniques of restoring the energy and vitality in the classroom. He has received a doctorate in this field and has supervised several training courses in a number of universities, institutions and international companies.

● *Tickets for the events taking place at Bahrain Bay are available through www.springofculture.org, while tickets for events at Bahrain National Theatre are sold at Virgin Megastore or its online ticket portal.*

● *Tickets for the La Fontaine events are at the venue itself, tickets for events at the ticketed events held at Cultural Hall may be purchased at Al-Osra Supermarkets, and tickets for The Sound and Light Show can be purchased by calling 17786484 or 39127899.*

● *Updates and latest news about the activities taking place are available on the festival's official channel @springofculture on Instagram, Twitter, Facebook, and Youtube. The full festival program details are available on www.springofculture.org and on Spring of Culture App.*



STAR TURN:
Whirling
Dervishes
Ceremony – Galata
Whirling Dervishes
Mekder Sufi
Ensemble



STAR TURN:
Dar Al Muharraq



STAR TURN:
Khalil Al Hashimi –
Paradise Lost



STAR TURN:
Likwid &
Friends



STAR TURN:
Music & Mirros
by Jamal
Abdulrahman

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Fashion Weekly

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

PHILIPP Plein's Autumn/Winter 2018 line is out-of-this-world featuring edgy metallic jumpsuits, fur vests and boots and other astronaut-inspired creations.

The German designer who is devoted to beauty and has a passion for rock'n'roll, combines that love with a futuristic space odyssey journey to create his recent collection.

During the recent spectacular US show unveiling of his new designs in Brooklyn, the stage was illuminated by 800 lasers and an 18m wide spaceship slowly descending to earth.

The door opens and out strutted famous Russian model Irina Shayk in a helmet and a sleek black jumpsuit that said: 'I love you Philipp Plein'. An ice wall then shattered and a robot emerged taking Irina by the hand to kick-start the galactic journey.

Adding to the glitz and glamour, the celebrated creator showcased the



FASHION
By MAI AL KHATIB-CAMILLE
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styles on an all-star cast of super models, a Paralympic athlete, on socialites, rappers and singers such as Migos, 6ity9ine, Rich the Kid, Ayo & Tayo.

This was sci-fi fantasy meeting luxury, street-style and sportswear collide in a supernova explosion. The looks were completed with Barbarellas in big pastel hairdos, metallic jumpsuits and fur ski boots and astronauts walked the foggy runway in studded biker jackets and red-stripe denim.

See-through plastic *Blade Runner* mags, spacesuit puffer coats and mirror-panelled tracksuits were paired with latex trousers, goggle sunglasses and snow



hoverboards. Cosmic cat-suits, knee-high boots and teddy bear bags encrusted in crystals also sparkled like bright constellations.

The designer boasts offices in Europe, North America and Asia with more than 120 mono-brand stores with more than 500 retail clients worldwide.

For details, visit www.plein.com



Social Scene

In focus



CITY Centre Bahrain shopper Shuwi Li picked up a BD5,000 prize in gift cards. She struck lucky after spending more than BD40 and entering the mall's winter season draw.

MORE than 160 students at the Royal College of Surgeons in Ireland - Medical University of Bahrain (RCSI Bahrain) celebrated their transition to clinical training during the annual White Coat Ceremony at the Busaiteen campus.

Regarded as a seminal moment in the course of medical training and future careers, the ceremony is a symbolic event based around the presentation of the students' white coats and takes place in the Intermediate Cycle stage.

The event featured an address by RCSI Bahrain's Head of Surgery, Professor Martin Corbally, who highlighted the significance of wearing the white coat and the responsibility associated with it. Guest speakers included Shaikh Mohammed Bin Khalifa Bin Salman Al Khalifa, Cardiac Centre Paediatric Cardiologist, Dr Neale Kalis and final-year medical student, Ali Marzuk.

The ceremony concluded with the students' recital of the professional declaration, through which they vowed to maintain professional attitudes and behaviours in work and relationships with classmates, teachers, patients and the community.



Elite excellence

ELITE Hospitality Group, a luxury four-star hotel group in the kingdom, is celebrating hospitality awards success yet again after picked up a further 10 accolades at the World Luxury Hotel Awards event in St Moritz, Switzerland, voted by guests and travellers from across the globe.

It picked up the Luxury Brand - Middle East, Luxury Collection Group and Luxury Management Group prizes. Elite Resort & Spa - Muharraq took the Luxury Spa Resort -



Bahrain title and Luxury Family Beach Resort - Middle East.

The Luxury Design Hotel and Luxury Contemporary Hotel - Bahrain awards were taken

Hotel, Luxury All Suite Hotel and Luxury City Hotel.

"We are indeed delighted," said Elite Hospitality group COO Sarosh Aibara. "It is great recognition of our commitment to excellence."

Under the guidance of MD Shabeer Dadabhai, the winning hotels has 'succeeded in maintaining high standards', he added.

Its hotels notched nine international and prestigious awards in 2017, as reported in *GulfWeekly*.

Museum trip



ROTARY Club Sulmaniya recently organised a vocational visit to the Bahrain National Museum. The tour of the complex started with lunch in the Darsen restaurant and was followed by a boat ride to Fort Bu Maher.

Farmer's Market



THE Ritz-Carlton, Bahrain recently held the second of three 'pop up' farmer's markets on the resort's croquet lawn, attracting more than 300 guests with a traditional Bahraini breakfast served for BD4. Other merchants selling dates, spices, local produce and flowers were also present, along with henna and basket-weaving artisans and a special petting zoo was set up for families.

● The next Bahrain Farmer's Market at the hotel takes place on Friday, March 16, from 8am to 2pm.

Education Matters



An educational insight and comment by head teacher Chris Fenton

THERE'S a stereotype that teens don't manage their emotions, their emotions manage them. But in an atmosphere of trust and support, teens can become adept at identifying their emotions, learn to recognise the tricks emotions play on them ... and begin to understand not only how to control their emotions but to use them in positive ways.

There is a direct link between emotional intelligence and anti-social behaviour, therefore, whether they like it or not, a clear discussion about emotions is a good way of preventing potential problems of the future.

Anti-social behaviour can be identified in children as young as three or four years of age and if left unchecked these coercive behaviour patterns will persist and escalate in severity over

time, becoming a chronic behavioural disorder.

Examples of anti-social behaviour are:

- Repeated violations of social rules
- Defiance of authority and of the rights of others
- Deceitfulness and theft
- Reckless disregard for self and others.

Anti-social behaviour may be overt, such as aggressive actions against siblings, peers, parents, teachers, or other adults, verbal abuse, bullying and hitting; or covert, such as aggressive actions against property, theft, vandalism and fire-setting. Covert anti-social behaviour in early childhood may include noncompliance, sneaking, lying, or secretly destroying another's property.

Anti-social behaviour is frequently accompanied by other behavioural and developmental problems such as hyperactivity, depression, learning disabilities and impulsivity, with children raised in anti-social families



being more likely to be anti-social themselves.

So, with this maelstrom of potential anti-social behaviour waiting to happen, how can parents, teachers and social workers make the chances of it occurring less likely?

Discussing a range

of emotions such as exhilaration, disappointment, anger and anxiety in a supportive atmosphere, sharing wisdom and knowledge about how to deal with these feelings is by far the best way to introduce young adults to the concept, but frank talk like this

comes easier to some adults. The best way to get simple messages across is to keep it as short, simple and easy to understand as possible. For example:

- When you're tired, you're more likely to be emotional.
- You shouldn't always say the first thing that comes to

your brain as it is usually emotional, not rational.

● Negative emotions can be transmitted to others. If you complain a lot, it sets a negative tone.

Students become more aware of their own emotional patterns by observing the responses of others. They need to learn how to use positive emotion.

A moody teenager can be influenced by all sorts of things - problems with a girlfriend, peer pressure, or a bad test or examination mark, but if parents have worked at establishing an atmosphere of trust, it can make the emotional rollercoaster of puberty a little easier to handle.

Every day adults are dealing with feelings and navigating all the complexities of interpersonal relationships. Unfortunately, some adults express their emotions in destructive ways, but if you've learned to manage your emotions as a teenager, you're way ahead of the game.

Social Scene

Mall moments



SPORTS stars stepped out to help Saar Mall celebrate the national sports day with a range of activities and prizes from partners Al Awsat Travel, Ramada City Centre, ug.bh gym and others to be won. Top athletes honoured included May Khalifa, Maher Saleh al-Snajar and Atalla Mohammed.

Walking tall



BAHRAIN International Circuit (BIC) staff members celebrated national sports day with a walk and cycle around BIC's 5.412km grand prix track, as well as hosting sessions at the Bahrain International Karting Circuit, track top activities and autocross within its premises, in association with the Bahrain Motor Federation.

Stepping out



GPIC employees stepped out in force to take part in a day of healthy activities at the company's complex last week. The second Tuesday of February every year has been designated as Bahrain Sports Day.

Sporting focus



SHOPPERS enjoyed a 'meet & greet' session with the Bahrain National Football League stars of Al Najma to mark national sports day at Lulu Juffair Mall.



BATELCO celebrated Bahrain's National Sports Day in line with the national event celebrated across the Kingdom. The Sports Day took place at Batelco Staff Centre in Hamala.

A number of activities were hosted during the day including a 7-a-side football competition, goal shooting, Push up challenge, basketball and many other fun sports activities that created a friendly atmosphere.

Additionally, a promotional area for health and fitness centres was provided to showcase their products and services. To round up the event, prizes were presented to those who met a variety of set challenges.



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Film Weekly



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

Masterful movie



THE king is here, and he's bringing a lot more than a set of vibranium claws. Turns out that the Black Panther we met in *Captain America: Civil War* has been keeping a lot of secrets.

Black Panther, the 18th film in the Marvel Cinematic Universe, builds on the story of T'Challa, the young prince of Wakanda who also enjoys wearing panther armour and slicing car doors in half with his claws.

After the death of his father, the king of Wakanda, he returns home to the isolated and technologically-advanced African nation to succeed to the throne and take his rightful place as the king. As is the nature of superhero films, he must decide how to wield his power and responsibility wisely, surrounded by friends, family, and enemies.

To call *Black Panther* Marvel Studios' greatest achievement still feels like somewhat of an understatement. The movie is not just rich in story and design, it's shamefully wealthy, with its emphasis on an afro-futuristic reality in which Wakanda is free from colonialisation or influence.

What this means is that everything is beautiful and incredible. The designers for the film's settings have taken influence from all over the African

BLACK PANTHER

STARRING: Chadwick Boseman, Michael B. Jordan, Lupita Nyong'o.

DIRECTOR: Ryan Coogler

GENRE: Action, Adventure, Sci-Fi

RATING: PG-15

RUNTIME: 134 Mins

continent, as well as African diaspora elsewhere in the world, to create a vivid picture of Wakanda and its inhabitants.

Tribal elements such as kimoyo beads and Masai clothing combine with advanced tech and powerful women to create the near unstoppable warrior protectors of the nation. It's by far the most colourful and thought-out film in the Marvel universe to date, down to the impeccably produced soundtrack by genius Kendrick Lamar.

Chadwick Boseman, who plays T'Challa, breaks free of the 'dutiful son' cliché and brings both vulnerability and humour to the part. His struggle to balance protecting his people with doing the right thing is understated, but runs as a common vein throughout most of the film's plot.

His interactions with his sister, Shuri, played by Letitia Wright, are genuine

and dynamic, and Shuri herself is a revelation. She's empowered, she's intelligent, she's funny, and she's the mind behind all of the cool technology and weapons you see in the film.

Shuri also happens to wear the coolest clothing, as do most Wakandans. Renowned costume designer Ruth Carter is responsible for the Afropunk style, blending tradition with modernity to create the sleek outfits of the entire cast.

Lupita Nyong'o stars as Nakia, an accomplished spy with a soft heart for the unfortunate of the world. Her and Okoye (Danai Gurira) are a formidable team, and both actors wield their developed characters as well as they do their ring blades and sonic spears.

Michael B. Jordan shines as Erik Killmonger, a ruthless and driven killer set on disturbing the peace of Wakanda. He plays his scenes with ice cold conviction in his ideals, which makes him all the more threatening.

Huge credit must also be given to director Ryan Coogler, who co-wrote the film with the talented Joe Robert Cole, and urged its stars to draw inspiration from their own origins for their performances.

Black Panther is a powerhouse of a film. It speaks to the need for progressive changes in society, it doesn't pull any punches with its message, and it still manages to be incredibly fun and action-packed.

It's a thundering anthem to black and African culture, and I am humbled and grateful that I got to share in it.

Be right back, moving to Wakanda.

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

ANNA'S VERDICT

1 popcorn - stay home
5 popcorns - start queuing

Bite-sized trailer

The 15:17 to Paris

DIRECTOR: Clint Eastwood

CAST: Alek Skarlatos, Anthony Sadler, Spencer Stone

PLOT: In the early evening of August 21, 2015, the world watched in stunned silence as the media reported a thwarted terrorist attack on Thalys train #9364 bound for Paris – an attempt prevented by three courageous young Americans travelling through Europe. The film follows the course of the friends' lives, from the struggles of childhood through finding their footing in life, to the series of unlikely events leading up to the attack.

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



Kickboxer: Retaliation

DIRECTOR: Dimitri Logothetis

CAST: Alain Moussi, Christopher Lambert, Jean-Claude Van Damme

PLOT: One year after the events of *Kickboxer: Vengeance*, Kurt Sloan has vowed never to return to Thailand. However, while gearing up for a MMA title shot, he finds himself sedated and forced back into Thailand, this time in prison. He is there because the ones responsible want him to face a 6'8" 400 pounds beast named Mongkut and in return for the fight, Kurt will get two million dollars and his freedom back.

SHOWING IN: City Centre, The Avenues, Seef I, Saar



The Commuter

DIRECTOR: Jaume Collet-Serra

CAST: Liam Neeson, Vera Farmiga, Patrick Wilson

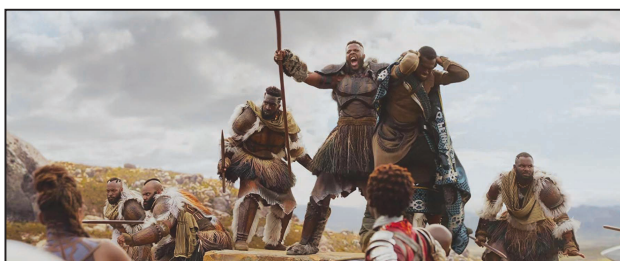
PLOT: Liam Neeson is Michael, an insurance salesman, whose daily commute home quickly becomes anything but routine. After being confronted by a mysterious stranger (Vera Farmiga), Michael is blackmailed into finding the identity of a passenger on his train before the last stop. As he works against the clock to solve the puzzle, Michael is unwittingly caught up in a criminal conspiracy that carries life and death stakes for himself and his fellow passengers.

SHOWING IN: City Centre, The Avenues, Seef II, Seef Muharraa



imdb movie charts

Current Position	Title	Weekend Takings	Gross to date
1	Black Panther	\$192M	\$192M
2	Peter Rabbit	\$17M	\$48M
3	Fifty Shades Freed	\$17M	\$76M
4	Jumanji: Welcome to the Jungle	\$8M	\$378M
5	The 15:17 to Paris	\$8M	\$25M
6	The Greatest Showman	\$5M	\$155M
7	Early Man	\$3M	\$3M
8	Maze Runner: The Death Cure	\$3M	\$54M
9	Winchester	\$2M	\$30M
10	Samson	\$2M	\$2M



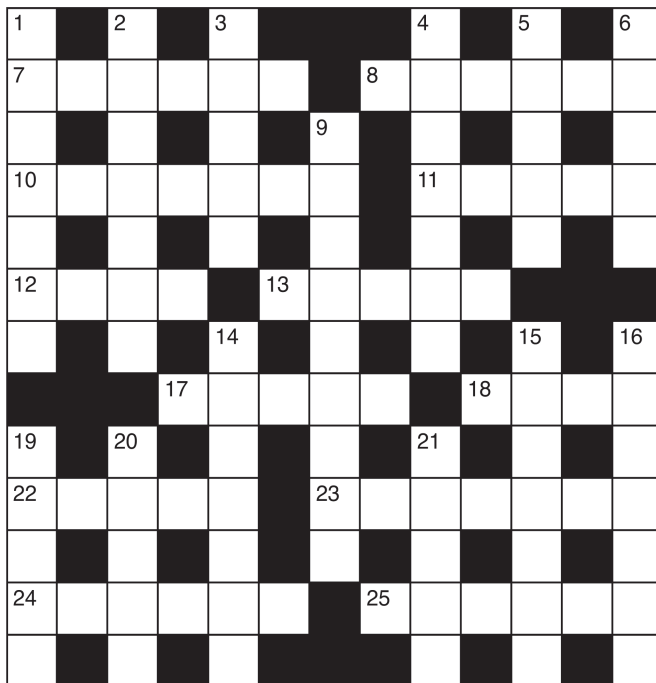
cerebrally crust & crema


[@crustandcrema](#)
[crustandcremabh](#)


WIN COFFEE AND CAKE at crust & crema by answering this quiz question and emailing your answer to editor@gulfweekly.com. Arabica varieties such as Java and Mocha are named after: a) The plantations where they're grown b) The coffee grower who developed that variety c) Their predominant flavorings d) Their ports of origin. 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: Annie Carvalho won coffee-for-two by correctly answering that an ibrik is d) a long-handled copper pot for making Turkish coffee.

crossword break



Solutions in next week's issue.

ACROSS

7. Beginning (6)
8. Movable (6)
10. Confound (7)
11. Villain (5)
12. Incursion (4)
13. Cluster (5)
17. Mount (5)
18. Excursion (4)
22. Throw (5)
23. Distinguished (7)
24. Ceremony (6)
25. Sundry (6)

DOWN

1. Affect (7)
2. Substitute (5-2)
3. First attempt (5)
4. Sentinel (7)
5. Essential (5)
6. Drive back (5)
9. Disadvantage (9)
14. Unlawful (7)
15. Puzzle (7)
16. Pacify (7)
19. Spell (5)
20. Hurry (5)
21. Sober (5)

who, what, where, when

WHO ... did Sara Jane Moore try to assassinate in September, 1975?

WHAT ... was the name of the Newcastle ice hockey team who played in the UK Elite League?

WHERE ... in New York City is Greenwich Village?

WHEN ... did Adrian Noble succeed Terry Hands as Artistic Director of the RSC?

WHO ... wrote the novel *The L-Shaped Room*?

WHAT ... was the name of the horse of the fictional character Don Quixote?

WHERE ... was the poet Allen Ginsberg born?

WHEN ... did actor Bernard Lee, who played M in various *James Bond* films, die?

just so

canary & b
eagle & b
sparrow & b

* * * * *
* * * * *
* * * * *

through and

dnilb i

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

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

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

darn tough sudoku

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

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

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

Last Week's Leisure Solutions

CROSSWORD BREAK:

Across: 1 Apart; 4 Formula; 8 Overall; 9 Trial; 10 Eddy; 11 Devotion; 13 Dais; 14 Laze; 16 Reappear; 17 Stop; 20 Alert; 21 Courage; 22 Hatchet; 23 Title.

Down: 1 Above reproach; 2 Amend;

3 Tear; 4 Falter; 5 Rational; 6 Utilise; 7 All in one piece; 12 Dispatch; 13 Dialect; 15 Mascot; 18 Tract; 19 Hurt.

JUST SO:

The foreign legion, Cut it out, Short change, The dominant male

WHO, WHAT, WHERE, WHEN:

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

Darn Tough Sudoku

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

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Motoring Weekly

Steering you to the best deals on wheels

Excitement over racy entry

LIKE the legend of the Yeti, there are few cars more mysterious than the Toyota Supra.

When Toyota wowed Detroit in 2014 with its curvy FT-1 concept, the automaker set off speculation about the return of the Supra sports car last seen in 1998.

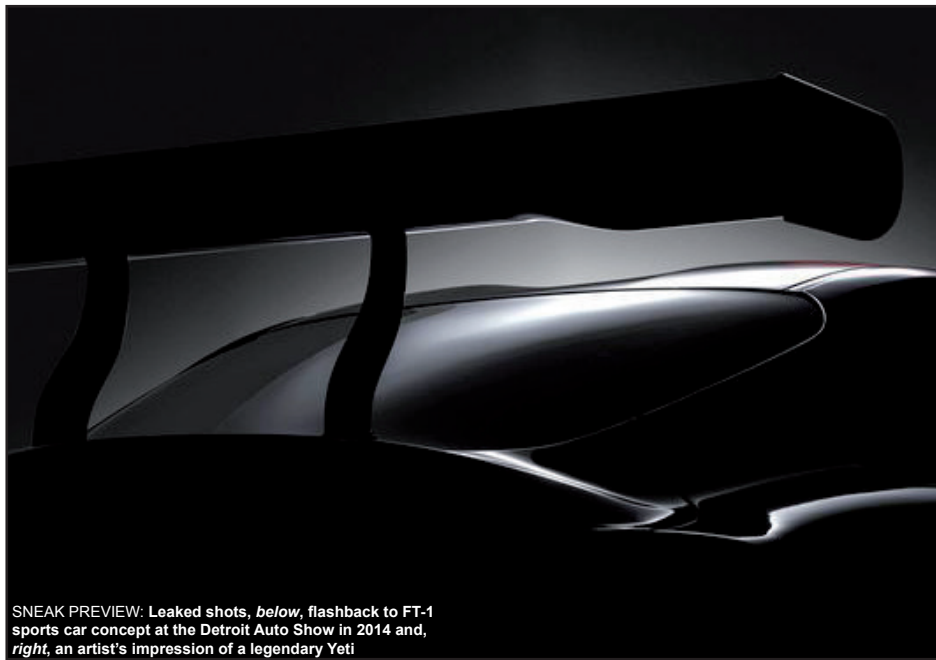
Detroit shows have come and gone for four years with hopes of a new Supra dashed, but gearheads have been 'atwitter' with leaked spy shots of racy-looking sports cars co-developed by Toyota and BMW on the same platform in Graz, Austria. BMW showed its roadster concept, replacing the Z4, in the US last autumn.

This week, ahead of the Geneva Auto Show in March, Toyota finally gave Supra watchers a sighting when it teased 'a modern racing concept (that) signals Toyota's commitment to bring back to the market its most iconic sports car'.

The accompanying photo released by Toyota is as fleeting a glimpse as any Yeti wilderness shot, but the similarities to the FT-1 concept are unmistakable: dual-bubble roof, duck-tail trunk-lid and big wing.

Headlined 'The Legend Returns' on Toyota's website, all signs point to Supra.

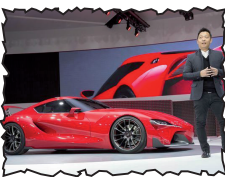
"It will be a Supra," reckons Stephanie Brinley, auto analyst with IHS Automotive, which first reported the



SNEAK PREVIEW: Leaked shots, below, flashback to FT-1 sports car concept at the Detroit Auto Show in 2014 and, right, an artist's impression of a legendary Yeti

Toyota-BMW partnership back in December 2013. "Toyota and BMW have been working on this for quite a while."

The Supra is a reminder



that, before it became the world's best-selling purveyor of vanilla appliances like the Camry sedan and RAV4, Toyota sold swagger, too.

Its Supra was the equivalent of a Japanese Mustang or Camaro. Evolved from the Celica coupe, it became its own badge in 1986 as an affordable performance muscle-car with a ferocious, upper-trim fired by a twin-turbo V-6. A big, aerodynamic wing kept it on

the ground.

Sightings of camouflaged Supras have dovetailed with vows by Toyota Chairman (and part-time racer) Akio Toyoda to bring back OOOH appeal to the brand.

"Toyota wants to be more performance-oriented," says IHS's Brinley. "The Supra helps inject more excitement into the brand."

The Supra would be the perfect halo for a rejuvenated Toyota that has already

brought some of that desirable appeal to the Camry sedan with an all-new design for 2018.

After Toyota's teaser, the speculative furnace was fuelled further by leaked photos and specs in Japan's *Best Car* magazine. The pictures are an evolution of the FT-1 concept seen in Detroit. The specs claim a 3,284-pound car with 335 horsepower and 332 pound-feet of torque from a



BMW-sourced turbocharged 3.0-litre straight-6 cylinder engine.

The engine would be shared with its BMW roadster sibling reportedly called the Z5. The Toyota-BMW sports car partnership is typical in an age where safety and emissions regulations have made it difficult for manufacturers to justify the development of low-volume sports cars. Other recent sports cars have also been joint ventures like the Mazda Miata and Fiat 124 Spider, and the Toyota 86 and Subaru BRZ.

"The Supra-Z4 development is along the lines of the Fiat-Mazda partnership," said Brinley. "Both Toyota and BMW wanted a new sports car with similar performance goals – but neither could justify the development costs to do a new chassis by themselves. We expect global sales of both cars to be about 44,000 initially, settling into 30,000 annually."

All eyes will be on Geneva for another Supra sighting in March.

Demand high for sports classic

PRODUCTION has begun on the Jaguar Classic D-Type, a continuation of the race-winning sports car that the marque stopped producing in 1956.

The rebooted racer, which retains the original styling, is a copy of the three-time Le Mans 24 Hours winner.

Specifications on the new car have not been released, but Jaguar says the Classic D-Type will be 'authentic' and 'period correct'. That means, the company says, it will be powered by a naturally-aspirated six-

cylinder engine – just like the race winners.

Only 25 will be made, at the Land Rover Classic Works facility in Warwickshire, England. Buyers lucky enough to nab one may choose between a 1955 short-nose or 1956 long-nose bodywork version.

The Classics line has done well for Jaguar, a division of Jaguar Land Rover, the carmaker now owned by massive Tata Motors of India.

Jaguar has already produced and sold a limited

run of six Lightweight E roadsters and nine XKSS models. The Lightweights were going for \$1.5 million each. The XKSS cars went for about \$1.4 million apiece.

The originals are worth more. A 1955 D-Type sold at a 2016 RM Sotheby's auction for just over \$21 million – the highest price ever paid at auction for a British sports car.

The new D-Types made their debuts last week at the Salon Retromobile car show in Paris.



PARIS PRIZE: The new D-Type makes its debut in France

We're rollin' along in an SUV

ROLLS-ROYCE has long been calling its upcoming SUV the 'Cullinan Project' as a nod to a famous 3,106-carat diamond found more than 100 years ago in a South African mine ... and the nickname has stuck.

The luxury marque has announced that it will be named Cullinan and will be built on the company's new aluminium architecture, a staple of the maker's design process going forward.

Set to be fully unveiled later this year, Rolls Royce CEO Torsten Müller-Ötvös explained why the name was fitting. "The new Rolls-Royce Cullinan has undertaken a fascinating journey," he said.

"The vehicle has been tested in deserts in Africa and the Middle East, the snowy environs of the Arctic Circle and the grassy glens of the Scottish Highlands.

"The name Cullinan has been hiding in plain sight since we revealed it as the



MOTORING
By KRISTIAN HARRISON
kristian@gulfweekly.com

project name some years ago. It is the most fitting name for our extraordinary new product. Cullinan is a motor-car of such clarity of purpose, such flawless quality and preciousness, and such presence that it recalibrates the scale and possibility of true luxury.

"Just like the Cullinan Diamond, the largest flawless diamond ever found, it emerges when it is perfect and exists above all others.

"We were inspired by the epic processes, over many millennia, which went into the creation of the Cullinan Diamond. As such, the name embodies the many facets of our new motor car's promise."

The Cullinan has been described as a high-sided all-terrain vehicle. The drive train will be on a 4x4 drivetrain coupled to an automatic transmission. The Cullinan uses a unique chassis



TESTING TIMES: The new Rolls-Royce Cullinan put through its paces in the snow after a trek in the Middle East desert

platform, body, interior, and retains traditional Rolls-Royce design cues.

Final assembly, including all body, paint, wood,

and leather work, will be completed to each customer's individual specification at the Goodwood plant located in Goodwood, West Sussex,

UK, close to the historic Goodwood Motor Racing Circuit.

The cost of the car has yet to be announced, but

industry analysts expect a minimum starting price of around BD113,000 rising up to BD230,000 depending on bespoke options.

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SAAR:

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LAGOON - RIFFA VIEWS:

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BD 1,700/- Ref. VI478

ZAWIA 2 - AMWAJ:

2 bedroom apartment, Built-up area 139 sq.m
Price BD 750/- Ref. AP473

ZAWIA 3 - AMWAJ:

1 bedroom apartment, Built-up area 111 sq.m,
Price BD 500/-, Ref. AP469

PORTA REEF - REEF ISLAND:

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sq.m Price BD 900/-, Ref. AP468

THE GRAND - SEEF:

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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

Heavenly home in hotspot

A spacious fully-furnished apartment in the Nasmah West Tower is available for sale in Juffair.

The two bedroom home, which has a built-up area of 107.7sqm, includes a cosy living and dining area, a sizable kitchen, as well as two bathrooms. The apartment also features a terrace overlooking the bustling area.

The freehold residential tower was developed by RMK Projects which is the developing arm of RM Kooheji group.

The 25-storey building features 125 unfurnished two-bedroom apartments ranging from 107sqm and 115sqm. There will also be 150sqm three-bedroom penthouses.

The amenities include a rooftop swimming pool, a state-of-the-art fitness centre, a squash court, party hall and 125 covered parking spaces. Each apartment is allocated one spot.



FACTS AT A GLANCE

Location: Nasmah West Tower, Juffair
Reference number: AP514

Sales price: BD70,000

Bedrooms: 2

Living rooms: 1

Bathrooms: 2

Additional information: There is a roof top swimming pool, a fitness centre, a squash court and party hall.

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



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LEASE • SALE

Star International Real Estate is offering fully and semi-furnished apartments, villas and offices available for rent and for sale in the most desirable locations in Bahrain. Our properties include inner city sanctuaries, to luxurious properties with waterfront access.

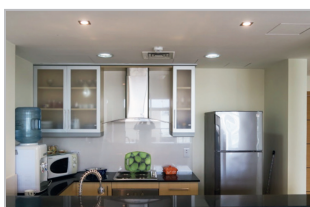
These are some of the properties that are available for rent:



ZAWIA 2 - AMWAJ

Fully-furnished 2 bedroom apartment, 2 bathrooms, 1 parking space, built-up area 160 sq.m. Asking price **BD 650/- Ref. AP367**

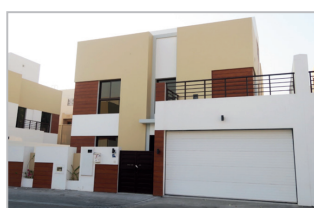
FOR RENT



ABRAJ AL LULU

Semi-furnished 3 bedroom apartment, 3.5 bathrooms, 1 parking space, built-up area 168 sq.m. Asking price **BD 575/- Ref. AP430**

FOR RENT



SAAR

Semi-furnished 3 bedroom villa, 3 bathrooms, 2 parking spaces, built-up area 267 sq.m. Asking price **BD 1,000/- Ref. VI459**

FOR RENT



LAGOON - RIFFA VIEWS

Fully-furnished 5 bedroom villa, 5.5 bathrooms, 2 living rooms, 2 parking spaces, built-up area 472 sq.m. Asking price **BD 1,700/- Ref. VI478**

FOR RENT



Golf Weekly

Teeing off to a great read



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In a divot, take a divot

GOLF TIP
By RORY YOUNG
Head Professional - Awali Golf Club

THIS has probably happened to you all before, and if it hasn't it will do. You hit a nice drive down the middle and you find yourself in an old divot. First thing to do: Get over it. It's probably not as bad as you think, especially if the hole has been filled with sand. You can play a normal shot with a few adjustments.

The secret to making good contact is hitting down on the ball. Play it back an inch or two in your stance, and put more weight on your front foot. That promotes a steeper backswing, which, in turn, steepens the downswing. You'll catch the ball first and drive it out.

Secondly, open the clubface a little. This might go against what you've heard, that closing the clubface helps you dig out of bad lies. But as long as the ball isn't too deep, an open face is better. It'll help the ball jump up and out.

As for the swing, don't be timid. Focus on hitting through the ball. You've set up the right kind of swing with your adjustments at address, so don't try to do anything special. Just think down and through. No reason you can't knock it on to the green.

● For more on this and improving your golf contact Rory on 39215224.

Rare success in the sand

EARLY birds and Awali Golf Club tournament directors awoke last Friday morning to peer through the curtains into a fog laden atmosphere. With a delayed start necessary and a field of nearly 100 players, a flurry of messages was sent with the dictat that later tee-off players must allow earlier players to have started their 10th hole before they joined the fray.

It seems that players took heed, and the Heineken Medal competition sponsored by BMMI resulted in everyone managing to complete their round in daylight, with some great scores to boot.

Joo Sik Han, having received his initial handicap from the club only last October, was the clear winner. A deafening roar, as mighty as those heard at the Winter Olympics, greeted his result when hard-pressed tournament director and master of ceremonies at



HAPPY HAN: The medal winner with Rampersad

the post-golf presentation, Serwin Rampersad, made the announcement - a stunning net-59.

Also, waving the national flag of South Korea was compatriot Kwang Bok Kim in runner-up place with net-63.

Competent play by Rashid Al Qutami carding a gross-70 saw him adorned with the medal for best gross score, giving the impression that he is a contender for the imminent Bahrain Open Championship. As part of his speech,

Rampersad thanked the sponsors, noting that BMMI, or the company which later became it, had been sponsoring Awali golfing action since at least 1956.

Results:

Overall winner: Joo Sik Han net-59/gross-80, overall runner-up: Kwang Bok Kim (63/83). Flight-1 1st and best gross score Rashid Al Qutami (65/70), 2nd Hussain Salem (68/74). Flight-2: 1st Jo Pawson (64/87), 2nd Bronson John (66/81). Flight-3: 1st Ross Montagu (67/91), 2nd John Parker (68/87), Bhartendu Mehta losing on countback. Nearest-the-pins were won by Ebrahim Al Hashel, Dong Jin Jeong and Jin Keun Kim. Richard Loker won longest putt.

If there are number-nerds amongst you (of course, there are), you may be interested to know a bit more about 'sub-60' net scores, which are as rare as a steak just coming out of the freezer.

AGC has reasonably

complete records of competition prize winners back to the 1955/56 season, reports the club's historian Onny Martin. Since that time, a period of 62 years, there have only been 12 previous sub-60 occurrences, Han's win becoming the 13th. "Of these 13 players, one might surmise that Alan Sheepwash, with a net-59 in the Kanoo Cup of the 2001/02 season was the least happy: Fiona Nottingham came home in the same competition with a net-58," he revealed. "In a case of bad timing, perhaps Jeffrey Barrett had a reason to be a little peeved too - his net-59 in the Airmech Medal of the 2015/16 season saw him hidden amongst the Flight winners, the overall winner of this competition always being the player with the best gross score."

"But let us put all of this in perspective: the record holder at AGC is Mr. net-55 Greg Barlow, unbeaten since his achievement 29 years ago in the 1988/89 season."

Scramble win

PGA professional & Director of Golf at the Royal Golf Club, Phillip Waine and playing partners Denise Dunne, Hein Pelser and Sattam Al Gosaibi won the annual St Valentine's Scramble with an impressive nett score of 57.7.

Royal Golf Club members Barry Hobday, Rob Lane, Ben Elsworth and Hanne Hansen came in second place with a nett score of 58.

DEON van Niekerk won the third round of the Audi quattro Cup Series at Royal Golf Club last weekend with a score of 37 points from a three-quarter handicap. Bahrain national team member Hamad Afnan finished second with 36 points, beating Sebastian Woodrow on count-back.

Mohamed Al Sayed extended his lead at the top of the order of merit with 31 points on the day giving him 100 points across three rounds. Ronan Smith,

Dutch delight in contest

Rehman Tipu and van Niekerk are all with four points.

Each competitors best four scores from the first five rounds plus their final round score will count towards their series score. The series winners of the Bahrain tournament will have an opportunity to go forward and compete in the World Finals, which this year will be held at the Golf Club

Schwarzsee in Kitzbühel, Austria, in September.

The next round of the series will take place at Royal Golf Club on Friday, March 16.

With more than 100,000 players competing in 750 tournaments in 54 countries annually, the Audi quattro Cup has developed into the biggest worldwide amateur golf tournament series.

To register,



email golfevents@theroyalgolfclub.com

Results:

1st Deon van Niekerk (37 points), 2nd Hamad Afnan (36 points)

PGA tour golfer Bill Haas needed hospital treatment but escaped serious injury following a crash last week in the US city of Los Angeles that killed the driver of the Ferrari he was travelling in, and seriously injured a driver of a BMW.

Haas, who had been in the passenger seat of the Ferrari, had pain and swelling in his legs, but no broken bones.

The Ferrari's driver, who died at the scene, was Mark Gibello. Haas was staying with his family as he prepared to play in the Genesis Open at nearby Riviera Country Club, the golfer's manager Allen Hobbs said.

Haas survives crash horror in Ferrari

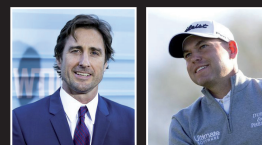
"While Bill escaped serious injuries and has been released from the hospital, he is understandably shaken up and, more importantly, his deepest condolences go out to the host family during this tragic and difficult time," Hobbs said in a statement. The 35-year-old Haas withdrew from the Genesis Open.

Bill Harmon, the swing coach for Haas and a close friend of Gibello, said the two only met last Thursday. Harmon said Gibello was a member at LA Country Club and was instrumental in it getting the Walker Cup last year and the

US Open in 2023. "Mark was one of my best friends," Harmon said. "It's a great loss for me. I'm happy that Bill is fine. It's just a very, very sad story."

Haas is a six-time winner on the PGA Tour whose most prominent victory was at the Tour Championship in 2011, which enabled him to win the FedEx Cup and the \$10m bonus. His most famous shot was in a playoff at the Tour Championship, when his ball was partially submerged in a lake.

He comes from a prominent golfing family. His father won nine



ON SCENE: Wilson and Haas

times on the PGA Tour and 18 times on the PGA Tour Champions and his great uncle, Bob Goalby, won the 1968 Masters.

Hollywood movie star Luke Wilson played a real-life hero in the aftermath of a crash. Wilson, whose own car was clipped by the Ferrari, pulled a 50-year-old woman from the smoking

wreckage of her BMW. "He was the hero, he led the charge," said tattoo artist Sean Heirigs, who was right behind the accident.

Wilson, 46, who starred in *Legally Blonde* and *Idiocracy*, feared the smoke coming from her car meant it could go up in flames and devised a plan to free her.

"We were able to get her leg out, Luke pulled her free and then we both carried her to the curb," said Sean.

"This was all going on while the Ferrari's wheels were still spinning and blowing rubber, smoke everywhere and there was a lot of glass too."

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YOUTH FOOTBALL



THE Youth Development League has moved into its fifth 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

Champions v **Winners**
Juventus v TFA

POS	TEAM	P	W	D	L	PTS
1	Tekkers	4	4	0	0	12
2	Juventus	3	3	0	0	9
3	TFA	4	1	1	2	4
4	Winners	4	1	0	3	3
5	Winners	5	0	1	4	1

U10 RESULTS

Champions v **Winners**
Juventus v Tekkers
Track v TFA

POS	TEAM	P	W	D	L	PTS
1	Tekkers	5	4	1	0	13
2	Al Najma	3	3	0	0	9
3	Winners	4	2	1	1	7
4	Track	4	2	0	2	6
5	Juventus	4	1	1	2	4
6	Champions	5	1	1	3	4
7	TFA	5	0	0	5	0

U12 RESULTS

Champions v **Winners**
Juventus v Tekkers
Sparta v Bahrain Rugby Club

POS	TEAM	P	W	D	L	PTS
1	Tekkers	5	5	0	0	15
2	Champions	5	3	0	2	9
3	Spire	3	2	0	1	6
4	Juventus	4	2	0	2	6
5	Sparta	5	2	0	3	6
6	Winners	4	1	0	3	3
7	Bahrain Rugby Club	4	0	0	4	0

U14 RESULTS

Champions v **Juventus**
Black Castle v Tekkers

POS	TEAM	P	W	D	L	PTS
1	Tekkers	5	5	0	0	15
2	Juventus	4	4	0	0	12
3	Champions	5	1	1	3	4
4	FUTMission	2	1	0	1	3
5	Winners	2	1	0	1	3
6	Black Castle	4	0	1	3	1
7	Spire	4	0	0	4	-3

U16 RESULTS

Juventus v Tekkers
Ole v Spire

POS	TEAM	P	W	D	L	PTS
1	Juventus	4	4	0	0	12
2	Ole	4	2	0	2	6
3	Spire	4	1	0	3	3
4	Tekkers	4	1	0	3	3

MotorSport

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



FIRST OUT: Haas 2018 unveiled and below, optimistic Grosjean

We're closing gap

A **AMERICAN** outfit Haas were the first team to release images of their 2018 Formula 1 car and they remain confident of catching up with the sport's leading contenders, Mercedes and Ferrari, writes Stan Szecowka.

Haas, who finished eighth last season, published digital images of the VF-18 last week, which they hope will enable them to 'close the gap to the top teams'.

The VF-18 is an evolution of the team's second car. Forty-seven points were scored during Haas F1 Team's 'sophomore season', 18 points more than the total earned in the organisation's debut in 2016.

"The biggest part of the car's evolution was the addition of the halo," said Guenther Steiner, team principal, Haas F1 Team. "It took quite a bit of study by the aerodynamicists, but the designers had to work hard to modify the chassis so the halo could survive the mandated loads.

"The total minimum weight of the car increased because of the halo, and there's a higher centre of gravity simply because of the halo's position. But, everyone is in the same boat.

"The regulations stayed pretty stable between 2017 and 2018, so the VF-18 is an evolution of our car from last year. It's less about reinvention and more about refinement. You see elements



we had from last year on the car this year.

"Our 2017 car was actually pretty good, but we didn't always get the best out of it, and that's what we aimed to change in 2018. We got the car as light as possible to carry more ballast. We were able to do a better job of putting the weight where we wanted it."

Incorporating VF into the name of the car is a nod to the history of the team's title sponsor. The first machine manufactured by machine tool maker Haas Automation was the VF-1 in 1988. The V stands for vertical, which is an industry standard designation for a vertical mill. Gene Haas, founder of Haas Automation, added F1 to the name to unofficially designate it as the company's 'Very First One'.

Haas, whose F1 entry in 2016, became their first American Formula One team since 1986. "We have eliminated a lot of the variables where we knew we were weak," Haas said. "We've focused on what it's going to take to get our car to be consistent and close that gap to the top teams."

Beyond refinement and the halo challenge, the VF-18

also carries a drastic reduction in the shark fin. The VF-18 tests at Circuit de Barcelona – Catalunya from Monday until March 1 and again from March 6-9 before the season-opening Australian Grand Prix on March 25 in Melbourne.

Haas continue this coming season with drivers Romain Grosjean and Kevin Magnussen and using latest-specification Ferrari engines.

The season starts with the Australian Grand Prix on March 23-25 March, with two, four-day pre-season tests on Monday to March 1 and March 6-9, before moving on to Bahrain's April date.

And Grosjean will particularly be looking forward to race two as he boasts a positive track record in the kingdom and is bullish on keeping the good stats coming.

Grosjean has scored points in five of his six career F1 starts at Bahrain. His best finish is third, earned twice in back-to-back seasons in 2012 and 2013.

"I love the track in Bahrain," admitted the Haas driver. "On paper, it doesn't look like the most exciting one, but driving it is pretty good fun. Big braking – I brake late. I love braking hard and late.

"It probably explains why my qualifying sessions in 2012 and 2013, I could have done better. The car was pretty good on tyres in the race. It's hard on tyres as well, but I was good with that, probably another thing that helped. I love racing in Bahrain."

Last year Grosjean scored

his first points of the season for Haas with eighth place in Bahrain, although Magnussen was forced to retire early.

Grosjean made the most of an eventful race for the midfield runners, surviving the chaos of close-quarters racing. In a post-race interview, he said. "It's good to be here scoring points."

F1 TIMINGS

FORMULA One has made two changes to the weekend time schedule for its 21 races this season.

The races will all start at 10 minutes past the hour, with most of the European events beginning at 3.10pm. The big day/night grand prix in Bahrain on Sunday, April 8, the second race of the season, will start at 5.10pm.

F1 says the decision was made to better suit television schedules because 'broadcasters usually go on air precisely on the hour, hence missing the tension and emotion that characterise the minutes before the start of each grand prix'.

The weekend timetable at European and Brazilian races will also be moved back an hour in a bid to help attract a larger television audience. F1 says 'other minor adjustments have been made in order to avoid clashes with other major sports events like the FIFA World Cup'.

The winning spirit shines on

From Page 24

The star defender and her sister, Ester, 32, touched down in Bahrain on February 2 and their motivational journey began. She met with students between the ages of eight and 17 attending Modern Knowledge School, the British School of Bahrain, St Christopher's School and LYCEE Francais MLF where she gave inspirational talks, telling her own sporting story to encourage others to participate in activities and to work hard to achieve their goals.

Johnson said: "In the mornings, I'd go to the school, hang out and teach them a few skills and then we would play.

"When I was growing up, all I did at recess was play. I used to play in my backyard every night too and I guess didn't even realise that I was in effect training for my future because I was having so much fun."

During her visit to Bahrain Johnson held coaching clinics at Tekkers Academy, Super Soccer Academy and Juffair's Al Najma Club.

Johnson also attended the Bahrain Football Association's Women's Cup Final along with the recently-appointed US Ambassador Justin Sibrerell, whose children are great football fans, although back home they call the game 'soccer' so as not to be confused with one of their other national ball game passions.

BFA President Sheikh Ali bin Khalifa Al Khalifa and head of the BFA Women's Committee Sheikha Hessa greeted them.

Johnson says she 'thoroughly enjoyed' the

match, which witnessed Blue Pearls lift the trophy after a hard-fought 2-1 victory over Muharraq Tekkers, and she helped with the medal presentation ceremony afterwards.

Johnson said: "I was super impressed by the standard of play and the match was intense which is exactly what a cup final should be like!"

The evening before she bid her farewell to the kingdom she found to be friendly and hospitable, Johnson chatted with the Ravens ladies team at Juventus Academy Bahrain's base at Saar Cultural Sports Club and even played a game with them.

The players then enjoyed a question and answer session with their star guest. Her message to them was simple: 'never miss a practice and always put in the work if you want the glory'.

Johnson said: "Players that are passionate and want to make a career out of the sport have to keep working hard. They must be prepared for match day by never missing a practice, get tons of sleep and don't let other people work harder than you."

According to the record books, last season Johnson led the back line with 66 interceptions and 49 tackles over the course of 20 games played. Johnson also made an impression in the possession battle and on the attacking side, making a team-high 1,159 touches on the ball while scoring the first two goals of her NWSL career. She netted her first goal on July 16 against the Houston Dash and on August 12 with a sixth minute strike against the Boston Breakers. She has also played for the Western New

York Flash and Sydney FC of Australia's W-League.

Bahrain footballing artist Ramah Al Hussein, 29, who lives in Bu Quwah, said: "I was really excited to meet a professional who plays in my position. She was really informative and I learned a lot.

"To know that she is my age and is a pro is really cool. I love her passion and drive. She told us how at the age of 24 she retired as she had one last semester at university to complete and as soon as she graduated she realised how much she missed playing football. Her coach took her back and she hasn't looked back since.

"It's inspiring to see her play as well. She loved that we girls ranged in age just like her team and she expressed that it doesn't matter how old we are, or at what fitness level we may be at, what makes the difference is the passion we have.

"When she played with us, she showed us how to calmly control the ball and pass. It was a great session."

When asked what Johnson would do if she couldn't play football, she did say maybe a PE teacher or something involved with sport but that she could never give up football.

For cultural reasons, many of the women playing football in Bahrain are pioneers and had had to convince their parents and partners about their passion for the game.

The same was true for the American. "My dad Jerry, who, although always super supportive, used to say 'you need to get a job'. But, the longer I stuck with it, the more he enjoyed watching me



play. I swear every game now he says that's the best game he's ever seen me play!" said Johnson.

"Also, the NWSL is the toughest and, in my opinion, the best women's league in the world. The toughest players I've ever faced are Marta and Christen Press."

Striker Marta Vieira da Silva, better known as Marta, is a Brazilian footballer who plays for the Orlando Pride in the league and the Brazil national team. Press also plays up front and is the current FIFA Women's World Cup champion. She plays for the Houston Dash and for the US women's national soccer team.

Johnson added: "Marta

is amazing. She is a five-time FIFA World Player of the Year and we are happy to have her playing in our league. The competition is insane. As for Press, she is one of the best forwards in the world.

"It is also my dream to wear a US jersey or an African team jersey as my mum Djeneba is from Mali and I was born in Cameroon."

Johnson, who recently recovered from a knee and leg injury, flew back to the US last weekend to prepare for the league's preseason games. She said: "Bahrain was my last hoorah and, hopefully, I'm back on the right time zone by the time we start. "Essentially my entire

year is committed to a seven month long season and every week knowing that I'll be playing on Saturday. So I train, train and train to try and win.

"Unfortunately, I have lost in two NWSL Championships that I've competed in and haven't won once so maybe this will be the year!"

Last year, Johnson was voted as the 2017 Defender of the Year which she says was a huge honour especially as she was playing a new position

"It was great. I was playing a new position and I was super nervous about it because I had gone many years playing centre back. It doesn't seem like a big change from centre to full back but it is. It's like you having to learn how to attack and you are constantly up-and-down the pitch all game long. At centre back, you are the one who holds down the defence so for most of the game you don't have to sprint around the whole time."

In her third season, Johnson led the back-line with 66 interceptions and 49 tackles over the course of 20 games played. Johnson also made an impression in the possession battle and on the attacking side, making a team-high 1,159 touches on the ball while scoring the first two goals of her NWSL career. She netted her first goal on July 16 against the Houston Dash and on August 12 with a sixth minute go-ahead strike against the Boston Breakers.

Before that, she played for the Western New York Flash as well as the Philadelphia Independence of Women's Professional Soccer (WPS) and Sydney FC of Australia's W-League.

Hurricanes in for a stormy welcome

BAHRAIN Rugby Club put in a brave performance in front of a buoyant home crowd to beat in-form Dubai Exiles 19-11 and put them in a fantastic position for a tilt at the West Asia Premiership title, writes Kristian Harrison.

A loss would have put the boys in red too far behind the leaders of the pack, and the do-or-die attitude showed in abundance from the first whistle where Bahrain flew into everything for 80 minutes.

Exiles, being the much bigger side, came to Bahrain with a clear game plan: to play the corners, use their big pack to scrum and maul and use their impressive 10 Durandt Gerber to kick the points.

However, Bahrain defended

valiantly and tries from Iwan Phillips and Rhys Fitzgerald, plus points from the boot of Luke Radley, saw them home. Crucially, Bahrain denied their rivals a losing bonus point, which they would have got should they have lost by fewer than seven points.

Bahrain are now only four points off the top of the league with three rounds to go. Director of rugby Louie Tonkin has urged his team to fight for a home draw in the semi-final of the West Asia Cup, which would require a top-two finish.

Tonkin said: "We really needed the win to keep the championship hopes alive. We're still fighting and doing everything in our power to try and win the league, and failing

that, secure a home draw for the subsequent play-offs.

"We showed fantastic character to hold on to the win. In the first half we were fantastic, but struggled a little in the second so it was a relief for the final whistle to go.

"Dubai Hurricanes visit next week, so it's another crucial home game for us. Thankfully, our injury list is almost entirely clean now so I have some selection headaches... but that's a good thing for once!"

"We're ready for the final push. Our talented lads coupled with our amazing fans means we have a lot of belief."

● Bahrain play Dubai Hurricanes at 5pm on Friday at the rugby club in Janabiya.



PRESSING AHEAD: Bahrain's Jonny Kenny runs with the ball

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TOP OF THE LEAGUE FOR LOCAL AND INTERNATIONAL SPORT

February 21 - 27, 2018

TEAM TALK: Johnson addresses members of the Ravens ladies football team at the Juventus Academy

Photograph: Honey Sharma



Set your goals and work hard

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

FOOTBALL ace Estelle Johnson has spent a week conducting skill clinics and meeting and greeting sports-lovers at different schools and clubs across the island in a bid to inspire the next generation of players.

The 29-year-old defender who plays professionally in the US for the National Women's Soccer League's (NWSL) Washington Spirit Club visited the kingdom on a US Embassy cultural exchange programme.

The visits were also coordinated with the Ministry of Youth and Sports and the Bahrain Football Association which has seen competitive women's football grow in popularity in recent years.

"I was in Bahrain to spread some love through football, to give information on how sports can add positivity to your life and to encourage people to play the game," Johnson told *Gulf Weekly*. "The American Embassy set up a bunch of clinics and school visits for me to meet with the children and encourage them to stay involved."

"It all started when I received a call from the US State Department and I was like: 'this sounds awesome, count me in'. I am there!"

Turn to Page 22

DARTS
By KRISTIAN HARRISON
kristian@gulfweekly.com

BAHRAIN'S best arrow-throwers are hoping to land a bullseye as they step up to the ocche this weekend to compete for the Darts Players Middle East GCC Cup.

The Dilmun Club in Saar will host the prestigious regional tournament on Friday, the second iteration after a successful premiere in Dubai last year. Six teams will compete; reigning champions Dubai, two from Saudi Arabia and three from Bahrain.

Bahrain team manager Aref Murad, the owner of Darts Bay in Umm Al Hassam, believed to be the only niche darts retail outlet in the Middle East, believes Bahrain are in a strong position to claim the crown.

He explained: "Last year, we had a talented team but they had little tournament experience, and unfortunately we lost in the semi-finals. However, this year we have much more big-game involvement under our belt, and I think we will hold our nerve much better which is vital in darts."

The tournament will be

UP TO THE OCHE!



TAKING AIM: Murad hoping for home glory

a round-robin format, with three teams in each group and the winners facing off in the final. Teams consist of 10 players, with each playing their

opposite number in singles matches, before five doubles matches. Each match is best of five legs.

Fans are welcome at the club

to cheer on their team, Murad said. "I hope people come down and cheer us! The darts community is burgeoning in Bahrain, evident by how many players we have competing, and we're always looking for new talent to be inspired."

"On a personal level, of course, I want us to win because we are hosting the tournament on home soil. However, I'm also looking forward to having fun and meeting other competitors from across the region, as only together can we grow the sport."

Murad, 43, from Isa Town, first developed an interest in darts after watching his older brother, Rashid, play. He said: "It was 1995 when I first took an interest in the sport and I was hooked from the start, although I didn't understand all the rules at the time. I just liked throwing the darts at the board and, thankfully, my understanding of the finer points of the game gradually increased."

He has been playing darts in the kingdom for years and says that during the 1980s and early 1990s, the sport was very popular in Bahrain and hotels held monthly competitions.

In the past decade these events have been slightly few and far between with the majority of the kingdom's darts action taking place at expat clubs such as the British Club, Bahrain Rugby Football Club and the Dilmun Club although interest in the sport has suddenly taken off again.

As well as being a professional competitive sport, darts is a traditional club game, commonly played in the UK, across the Commonwealth, the Netherlands, Belgium, Republic of Ireland, the Scandinavian countries, the US and elsewhere.

Many believe the reason the sport is so popular globally is because it appeals to 'the average man in the street'. Murad said: "It's not hugely expensive, it's accessible, fun and there's no age limit."

Gulf Weekly EAN

