

# Gulf Weekly

The community newspaper at the heart of Bahrain

March 13 - 19, 2019

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**EATING OUT**  
Festival fun:  
SEE PAGE 11



**INTERNATIONAL FAIR**  
BSB spring special:  
SEE PAGES 12 & 13

# CAST IN LEAD ROLE

**M**OVIE-LOVING Eman Mirza has been cast as the leading lady for the kingdom's newly-opened cinema complex and hopes her new role will pave the way for other women to prosper in the entertainment sector.

After 17 years of tireless endeavours, promotions and impressing the management of Al Tayer Group, a family enterprise operating in various sectors including automotive, real estate and retail, she landed the part of GM at the state-of-the-art Cinépolis in Atrium Mall, Saar.

She is the first woman to hold the prime position in the kingdom's thriving and expanding cinema industry and says the appointment was 'a dream come true'.

"Cinépolis is amazing and I'm proud to be a part of the team," said Eman, 36, a mother-of-three who lives in Isa Town.

Cinépolis Global, the world's fourth largest cinema operator based in Mexico, and Al Tayer Group, created a joint venture under the name Gulf Entertainment, headquartered in Dubai, and now run the regional business under the title of Cinépolis Gulf.



**BIG SCREEN:**  
Eman leading the way

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

The company's human resources department initially contacted her and suggested that she should apply for a post with the new cinema operation. Eman applied for the role of an assistant manager and was being interviewed by Cinépolis

Gulf CEO Ashish Shukla.

He was more than impressed and told her he saw her as 'a leader'.

"He wanted me to lead the team," delighted Eman explained. "I was pleasantly shocked and humbled by his words and told him that I would never disappoint him."

The new 13-screen cinema,

which opened a few weeks ago, uses the latest big screen technology and includes a Junior Theatre with a covered slide from the top row of seats into a Jungle Gym below.

And its 4D E-motion experience has already had movie-lovers buzzing on social media about the 'theme park-like experience'. This

immersive theatre format allows an audience to 'live' the movie with motion seats and special effects such as wind, water, smell and air shots, all perfectly synchronised with the action on the screen.

"In Cinépolis, equality is important!" said Eman. "They don't see 'man' or 'woman'."

**Turn to Page 2**

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# MARTIN GARRIX

## FRIDAY 29 MARCH

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**CITY CENTRE - THE AVENUES**





### From Page 1

"They see a hard worker. We are all treated the same and are considered equal. My work and experience over the years speaks volumes about the policy. Now, I'm the first Bahraini female general manager to head a cinema. If you believe in yourself, work hard, dream big, treat everyone with respect and are passionate about what you do, then you can achieve anything."

Eman's starring role has already captured the attention of cinema-goers with many expressing their delight over the appointment, which she finds 'empowering'.

"It is still new to people but they will get used to it," she added. "Whenever a customer meets me and finds out that I'm the GM, they say to me 'You, a Bahraini lady?'"

"This is changing people's minds and showing them that women can do anything they put their mind to. Women can be GMs and successful in whatever career they choose. Nothing is impossible because women are strong and capable of accomplishing great things. After all, behind every great man is a great woman!"

"I also advise women to keep an open mind. For example, there are some that don't want to start in sales but my advice is to not limit your choices because you can always grow in a progressive company. You may start in sales but you never know where your career will lead you."

"I believe woman can do it all and I would encourage them to follow their dreams. My dreams never stop!"

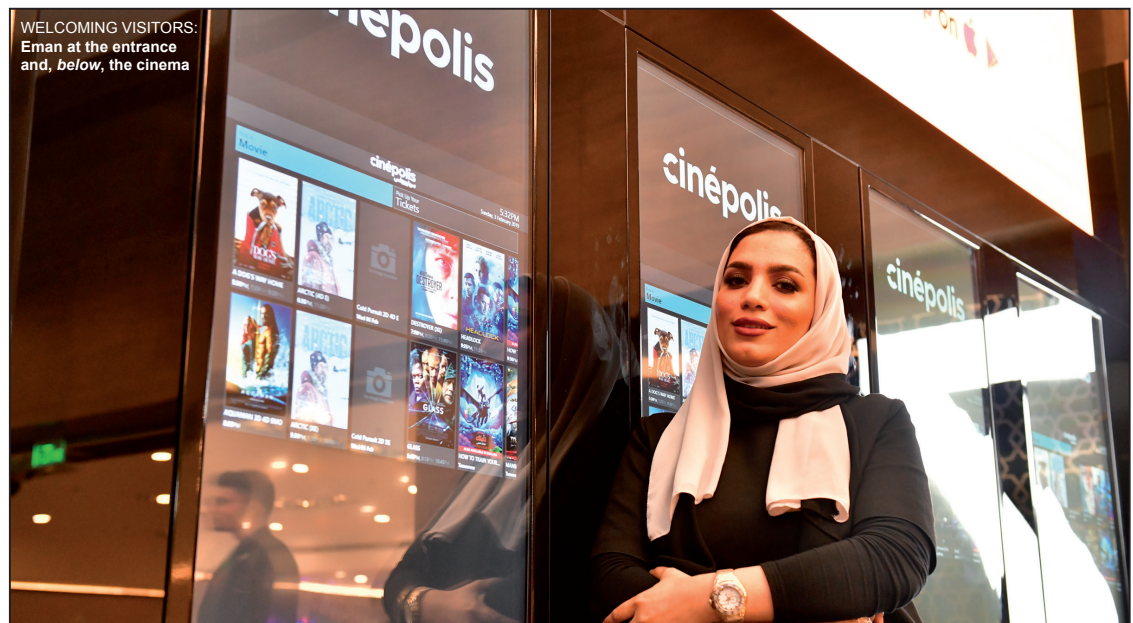
Eman started with a lowly sales position in the retail industry and once considered becoming a teacher. However, life had a different plan for her. She graduated in business administration from Arab Open University and took on the sales job determined to work her way up the business ladder.

She went on to hold a brand manager position at Al Hawaj Group, watching over seven brands, and was also an assistant retail manager for Al Tayer Group for Bahrain, Saudi Arabia, Kuwait, Muscat and Doha.

"Every time I reached one goal, I began working towards the next promotion," she said. "I wanted to learn, to grow and to make sure every client was satisfied. All my experiences have been about customer satisfaction. Working in Cinépolis is all about delivering the 'best customer service' and my knowledge and skills will help me to achieve this."

Eman has faith that the new cinema complex will grow in popularity thanks to her team's friendly and charming dispositions. And, as she puts it, she technically has '69 kids now', her hardworking team and, of

# Spotlight is on Eman



course, her own children Abdulaziz, 15, Mariam, 12, and Fatima, eight.

"My team often say that working here doesn't just feel like 'work', it's something they really enjoy and are happy to excel in," she said. "They will always smile and say 'hi' to everyone. I believe we can succeed but it has to be together."

"All of us started here from scratch. We have all been training together from the beginning and have seen the cinema as it evolved which, in a way, has made it feel even more like home. We are one family. We all want to see the cinema flourish and grow just like any proud parent would!"

"I also believe that we can succeed

by being ourselves and I tell them to treat customers exactly the way they would want to be treated. Also, I advise others to never be 'a boss' but to be 'a leader'. If I want something done, I won't bark orders. I'll ask them politely and with respect to help and I will work alongside them. That positive attitude and teamwork can

make all the difference in the world."

Eman would like to thank her children and her husband, Alaa Abdulaziz, a risk officer at Ahli United Bank, for all their unstinting support.

"My husband tells me how proud he is of me and my children keep telling me not to worry if I am working late, that they understand and that all they want is for me to rest when I am home," said Eman.

"It's obvious that the traditional view of a female's place in the work place and at home has rapidly started to change."

"Now, we have more equality and you can see women, who choose a career path, leading and managing companies."

"With the help and support of Shaikha Sabika Al Khalifa, the wife of His Majesty King Hamad, more attention and support has been given to Bahraini women, and Middle Eastern women in general, to empower them economically and socially."

Cinépolis was founded in Mexico in 1971 and now attracts more than 338 million guests and 5,707 screens worldwide. Bahrain expands the company's footprint to 16 countries. Cinépolis Gulf has plans to open complexes in Oman, UAE and neighbouring Saudi Arabia.





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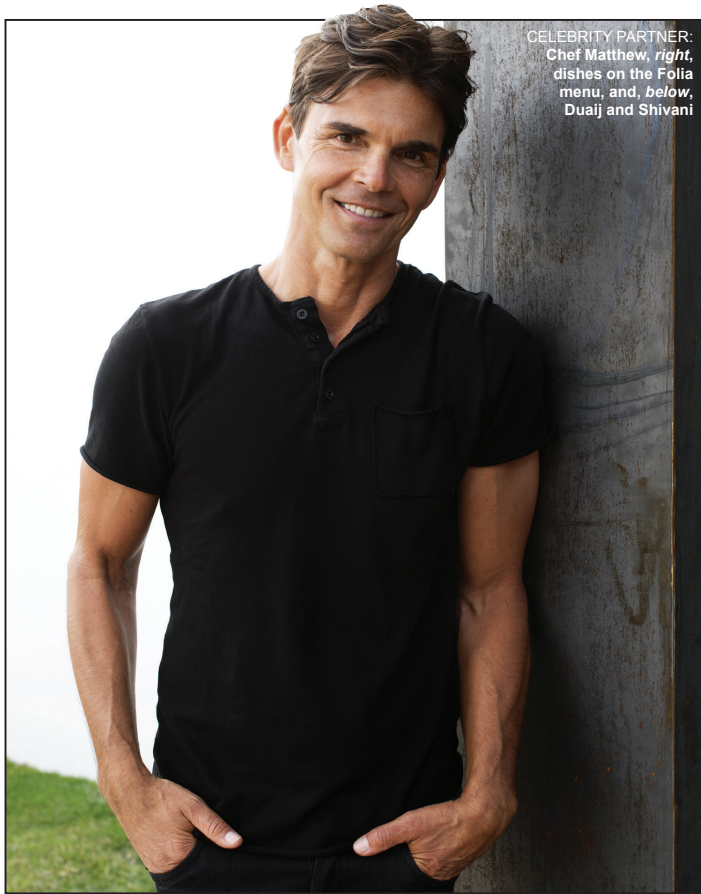


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CELEBRITY PARTNER:  
Chef Matthew, right,  
dishes on the Folia  
menu, and, below,  
Duaij and Shivani

# Vegan move takes shape

## CULINARY REPORT

By STAN SZECOWKA  
editor@gulfweekly.com

**T**HE vegan revolution continues to spread with news that a five star property in Bahrain will start serving 'clean, green and delicious plant-based cuisine' to guests, conjured up with the help of an American celebrity chef.

The Four Seasons Hotel Bahrain Bay will be launching the Folia menu on Friday at the hotel's Bay View Lounge which has been developed in partnership with Saudi-based KBW Ventures, founded by CEO HRH Prince Khaled bin Alwaleed bin Talal Al Saud.

"I'm thrilled to present Folia at Four Seasons Hotel Bahrain Bay in collaboration with my partner Chef Matthew Kenney," said Prince Khaled. "Building on the success of our first collaborative effort at Four Seasons Hotel Los Angeles at Beverly Hills, it gives me immense pride to launch Folia in the Kingdom of Bahrain as our premier Middle East destination."

Folia's culinary selection will offer a range of starters, entrées and desserts from the kitchen of Chef Matthew, founder of more than 30 renowned vegan eateries worldwide which specialise in plant-based cuisine.

The chef recently told the *Chicago Tribune*: "None of our businesses or products involve animal products, so it's 100 per cent vegan. We want it to be accessible, and we're not trying to tell people what to do. It's the style of cuisine that we think is relevant."

The Folia menu will showcase a range of seasonal dishes such as watermelon poke, marinated in ponzu lime broth, hearts of palm ceviche with cherry tomato, peewee potato and olives in a dijon vinaigrette, beet hummus with oregano cream and dukkah avocado with spicy greens, preserved lemon and tomato jam.

Entrees include green herb tacos filled with roasted squash and king oyster barbacoa, and wild mushroom sandwich with caramelised onions and truffle aioli. Diners can end their meal on a sweet note with coconut cream pie and coco-berry mousse with hazelnut gelato



among the desserts on offer.

The hotel's GM Richard Raab said: "With increasing numbers of travellers seeking to adopt a healthier lifestyle, the appeal of plant-based cuisine has never been stronger. In addition to providing outstanding fine dining for our vegan guests, this new menu will also offer a delightful surprise for those unfamiliar with the tremendous array of dishes available in the plant-based world – particularly when a master chef is at the helm."

"We're excited to bring Matthew Kenney's vision of healthy eating to life here in Bahrain, and look forward to introducing our guests to the many flavours of Folia's plant-based cuisine."

The move follows several recent vegan-inspired developments on the island, highlighted in *GulfWeekly*.

Scores of food lovers across the kingdom pledged to go meatless throughout January as part of a community campaign created by vegan Indian expat Shivani Sathasivam, who lives in Riffa and founded Plant Based Bahrain, to help raise awareness about plant-based diets and their benefits.

Shivani was joined by like-minded individuals such as student dietician Amal Mashal, and Hamad Al Saad, a food psychology coach. They set up a series of workshops and meetings in restaurants and cafes.

And, sisters Sophie, Phoebe and Olivia Middleton started sharing their love for healthy eating with their recently-launched vegan chocolate bar and wellness café inside Almoayyed Tower in Seef. Raw Candy offers diners a selection of meals and bites they say are 'good for the mind, body and soul', plus a selection of plant-based desserts.

The move will not surprise visionary retail executive, Duaij Al Rumaihi, senior mall manager at City Centre Bahrain, who anticipated the culinary revolution in an interview with *GulfWeekly* last year, linked to the Majid Al Futtaim mall's 10th anniversary plans and future initiatives.

"We are here to serve the whole family but we cannot ignore what's happening," he said. "Just take food and beverage as an example, right now there is a total mind shift in consumers and what they are demanding. They want a more experiential food & beverage – the type of experience that you see people posting on *Instagram* and *Facebook* all the time now."

"They want healthier options too. Vegetarian and vegan fare is being requested more and more and although we do have it, many restaurants have it as an option on their menu, but people are demanding a fully-fledged main offering."



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**P**URPLE-CLAD female bikers revved their choppers in unison on Friday and rode through the kingdom in a bid to mark International Women's Day, a global drive celebrating the social, economic, cultural and political achievements of women.

The March movement, which has been staged for more than a century, is all about unity, celebration, reflection, advocacy and action towards gender equality, ending discrimination as well as tackling other issues revolving around women rights.

Priya Shankar, the Ladies of Bahrain HOG Chapter Officer, helped organise a rally and special ride to show solidarity to the movement. Around 20 women gathered outside Harley Davidson's showroom in Budaiya dressed in purple, the colour symbolising womanhood, and rode off into the sunset to showcase their sisterhood.

"I believe empowered women empower other women," said proud Priya. "Keeping it honest and keeping it real is what it's all about. It's about being happy, self-confident, self-aware and resilient."

"What we're doing right now is extremely fun and it's a really great community to be a part of and also, we can help inspire other women. So I think, as long as we keep on the same track, only good things are going to happen. "There was nothing better than seeing ladies leading the ride for this great awareness journey and hearing the pipes rumbling in the cool weather for a more gender-balanced world."

"All bikers and passengers were welcome to join the ride - wives, friends, colleagues and children. Everyone gathered together in the morning for a quick safety brief then, with most of the participants dressed in purple

# Riding message home



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

striking the pose, we set off on our journey."

The purple parade ended at Melissa's Emporium in Budaiya for a breakfast gathering and the women's meals were sponsored by the restaurant.

Other events to mark the occasion took place around the kingdom. The Rotary Club of Adliya, in collaboration with the Women's Crisis Care International (WCCI), held a 3km walkathon at Dohat Arad Park to highlight and raise awareness of the horrors of domestic violence.

More than 100 people, including students from various schools, as well as US ambassador Justin Sberell and his family, stepped out in support.

"I feel that celebrating Women's Day is important because it is a day to commemorate the inspiring role of women in our society; those women who helped secure our rights," said Amal Almoayyed, a board member of the WCCI.

"It is to celebrate the success of women across the globe and to express our love and gratitude towards women's contribution to our lives and society. It's also a day to hear the voices of many women that go unheard. This day is for honouring women who have struggled to bring up womanhood to the glorious level it is now, breaking all



WONDER WHEELS: Priya at the start of the Bahrain HOG chapter event and below, the supporters meet up for breakfast

barriers and achieving success in every sphere."

Proceeds from the walkathon will be donated to WCCI in Bahrain.

The day originally started back in 1908 when oppression and inequality spurred women to become more vocal and active in campaigning for change. It started with 15,000 women marching through New York City demanding shorter hours, better pay and voting rights.

In 1909, the first National Woman's Day was observed across the US in February and then in 1910, a second International Conference of Working Women was held in Copenhagen where Clara Zetkin, the leader of the 'Women's Office' for the Social Democratic Party in Germany, proposed that every year in every country

there should be a celebration on the same day to press for their demands. The UN began

celebrating the day in 1975 and today it is a public holiday in some countries and in some

places it is a day of protest, while other locations use that day to celebrate womanhood.



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# Rasika's



# real deals

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

**A**L Hawaj aims to spread a message of appreciation to mothers across the kingdom with its annual 'I Love My Mum' campaign.

This is the luxury retail group's seventh year of hosting the popular promotion. The initiative kick started on International Women's Day and will celebrate Mother's Day.

Abdul Wahab Al Hawaj, Al Hawaj's GM, launched the initiative with other senior members of the company at a press conference at its Salmaniya HQ. He said: "Many people talk about this campaign and value it because they say it gives them a chance to share their appreciation for their mums. Mothers deserve all the love in the world."

Customers are invited to submit entries in the form of a 'love message' to their mothers after purchasing

## Mum's the word!



**CAMPAIGN LAUNCH: Al Hawaj executives announce promotion**

gift items, such as perfumes, make-up, watches, fashion accessories, or leather bags.

Ten moving messages will be handpicked by a six-strong jury and they will receive a special perfume bouquet from Al Hawaj. The top three chosen will also receive cash prizes, sponsored by CrediMax, with first place taking home \$1,500, second receiving \$1,000 and third

picking up \$500.

The competition runs until March 21, Mother's Day in Bahrain, and the winners will be announced on March 24 at a glitzy event at the Four Seasons Hotel Bahrain Bay, under the patronage of Labour and Social Development Minister Jameel Humaidan.

For more details call 16166666.

### Lulu Hypermarket

This offer starts tomorrow and runs until March 20.

1. LuLu milk powder pouch 400gm – BD1.325
2. LuLu muesli 1kg assorted/pc – BD2.490
3. LuLu cereals 375gm assorted/pc – BD1.295
4. Lulu washing powder 3kg assorted/pc – BD2.725
5. Cashew nuts roasted medium/kg – BD5.490
6. Black raisins/ kg – BD1.790

### Alosra Supermaket

1. Arwa water 12x330ml – 480fils
2. Broccoli per kg – BD2.195
3. Beetroot hummus – BD1.365
4. BFree sweet potato wraps 4x42gm – BD2.670
5. White seedless grapes per kg – 995fils

### Jawad Supermarket

1. Libby's p/apl slice 3x235gm – 975fils
2. Ola white oats 2x600gm – BD1.450
3. Filiz vermicelli 4x400gm – BD1
4. Libby's baked beans 220gm (5+1) – BD1.200
5. Cabbage white local – 150fils
6. Pumpkin (local) – 225fils

### Al Jazira Supermarket

1. Rusorganic blush pomegranate 250ml – BD2.100
2. Rusorganic beautician watermelon & mint 250ml – BD1.575
3. Lamole mini sfornatini pizza 100gm – 600fils
4. Lamole mini sfornatini olive oil 100gm – 600fils
5. Lamole sfornatini sesame 100gm – 600fils

## Techtronic Specials



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

Item	Description	Location	Price
1 Smart TV	Toshiba, 65 inches, 4K smart TV UHD, intelligent auto review, PC input, USB movie, web browser, CEVO and auto clean.	YKA Almoayyed & Sons	Now BD261.450 Was BD497 Saving BD234.550
2 Epilator	Home Beauty permanent hair removal pulse epilator, IPL hair removal for body & face (355,000 pulses).	Sharaf DG	BD157.500
3 Electric shaver	Braun 7840s series 7 wet and dry male shaver.	Yaquby Stores	BD142
4 Refrigerator	Nikai refrigerator, 93ltr gross, free home delivery, five year compressor warranty and new design.	Gajria Electronics	BD55
5 Steamer	Black & Decker portable handy steamer, 1,500 watts power, universal bottle adaptor for ease of travel, fabric and lint brush attachments and detachable water tank for ease of filling. There is an overheating safety protection.	Kewalram & Sons	BD22.500

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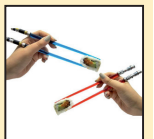
### GADGETS OF THE WEEK

**What is it called?** Star Wars light saber chopsticks

**What does it do?** Have fun food wars with friends with these battery-operated LED chopsticks. It illuminates in a range of bright colours including red, green, blue and purple.

Visit <https://www.amazon.com>

**Cost: BD8.637**

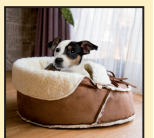


**What is it called?** Sherpa moccasin pet bed

**What does it do?** This shoe-shaped pet bed, made using thick faux Sherpa, provides comfort and durability. No animals were harmed in the making of this handmade bed.

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

**Cost: BD32**



**What is it called?** Barbuzzo Unicorn taco holder

**What does it do?** Tacos are even more enjoyable when delivered on the back of a galloping unicorn. The magical horse can also carry toast, waffles and sandwiches. It's also dishwasher safe.

Just remember to remove the mane and tail while eating.  
Visit [www.amazon.com](http://www.amazon.com)

**Cost: BD5.400**





# FinTechFocus

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

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**A**N entrepreneurial Bahraini start-up has been launched to provide an online platform which helps students find and book lessons with private tutors instantly.

The platform – [www.telpme.org](http://www.telpme.org) – was only unveiled last year and, in a little over three months, has attracted more than 300 tutor applicants, 400-plus students and has already completed 1,300 hours of tutoring.

It is the brainchild of former Kanoo International School pupil Ameena Bucheeri, 23, who lives in Arad. She said: “I came up with the idea when I was a Mass Communications student at the American University of Sharjah.

“I had always been fascinated with education and loved to tutor friends and family, some of my friends at the university noticed this and recommended that I join the university’s ‘writing centre’ which was a peer-to-peer tutoring centre where ‘A’ English students could tutor other students of all majors in writing.

“I was required to take a one semester course where we studied peer tutoring and were trained on different teaching techniques. I then taught at the centre for two years and was truly inspired by the outcome.

“On a personal level I was able to explore my passion in education as well as earn an income. I tutored a diverse array of students including those with visual impairment, as well as Master level engineering students.

“On a larger level, I saw the impact the centre had on students, as it was helping to solve a problem the majority of students faced.

“I wanted to create a similar opportunity for students and graduates here while simultaneously solving a widespread pain that many often endure. So, a year after I came back to Bahrain, I started working

## My learning curve

ALL SMILES:  
Ameena and,  
below, with  
the @telp  
team



on the platform. I fully financed the launch myself by investing all my savings ... and the outcome has been outstanding!”

The concept is clever. Telp means ‘teach/tutor’ + ‘help’. “My vision for Telp is to be able to connect and reach as many students and potential educators as possible so I chose a name that had a global feel, yet was simple and memorable. Also, the aspect of being supportive and helpful is a key value in our start-up so

I wanted to choose a name that reflected that,” explained Ameena, who graduated with a Bachelors in Mass Communication, with a concentration on journalism, and she also holds CELTA teaching certification.

Her vision and drive quickly impressed others and Telpme was soon selected by Flat6Labs, a regional start-up accelerator programme and seed-investment company, that fosters and invests in ‘bright and passionate entrepreneurs with cutting-

edge ideas’, located on the 15th floor of the National Bank of Bahrain (NBB) towers in Manama.

It provides seed funding, strategic mentorship, a creative workspace along with a multitude of perks and entrepreneurship-focused business training and, last week, as it celebrated its first birthday in Bahrain, its Second Demo Day was hosted at The National Theatre of Bahrain, where eight start-ups showcased their businesses in front of an audience of VIPs, investors, prominent officials and members of the media.

Ameena gave up a secure research manager’s position she’d held for a year to launch her venture and was backed all the way by her parents. Her dad, Adel, is a doctor working at the paediatric intensive care unit at Salmaniya hospital and her mother, Bushra, teaches the Quran.

“I’m blessed with extremely supportive parents, they were very excited about the idea and have been supporting my journey since Day One and have been very understanding of the time and effort founding a start-up requires,” she said.

“They were also extremely supportive of my decision to resign from my job to focus on Telp full-time.”

Her siblings, Amal Adel, 25, a PhD candidate and school students Eman Adel, 16, and Omar Adel, nine, are all backing Ameena to make a success of her endeavours.

The saying goes ‘from little acorns mighty oak trees grow’ and that appears to be the case with Telpme. “As I was designing and building the website, I had tested the concept by simply launching an *Instagram* page where I did everything manually,” explained Ameena. “I received great feedback from that experience as well which validated the need for an automated platform. We are now also launching our mobile app which will be introduced in the coming weeks.”

The ‘we’ comes in the form of her colleagues – Esra Al Sayed, 23, customer support agent, Mahmood Al Shehaby, 25, marketing & outreach manager, and Khalid Al Belooshi, 25, technical lead.

“Joining Flat6Labs has been a great push for Telp,” said Ameena. “I started by working on it alone from my bedroom so to go from that to an energetic environment where there is always someone to offer all types of support is amazing.

“I’m never stuck too long and even if the Flat6Labs team do not have the expertise needed to help they always

make sure to connect me to the right people. They offer a great support package for early-stage start-ups, including funding, office space, mentorship and networking opportunities.”

Business has also taken off thanks to the many students and parents who have spread news of the service by word-of-mouth. “Instead of recommending specific tutors they recommend Telp instead as they trust our selection process, as we offer complete transparency,” Ameena said. “We certainly make the experience of finding a trusted tutor much easier and it’s heart-warming to hear graduates and parents say ‘we wish Telp was around when we were students’!

“Most of our tutors offer very competitive prices so even with our 10 per cent commission we tend to be much more affordable as the average market hourly rate of BD10 and our average hourly rate is only BD7.500.”

“To retain our customers, the team:

- Advise tutors to maintain a lower, or same, hourly rate as they do outside of the platform to be able to build a loyal customer base.
- Offer a better experience with Telp which makes it easier for parents to book their lessons with telp than otherwise.
- Offer supportive customer support that makes the process of booking a tutor feel much more reliable with the platform. Even if a family faces an issue with a tutor the team is ‘more than happy’ to help and ready to find an alternative tutor in case one is needed.

“We are also currently working on enhancing our customer retention schemes to further support this,” added Ameena.

So, what’s next for @telp? “We’re growing our team and launching our app very soon. There are also a lot of exciting partnerships coming on the way, so stay tuned for those announcements!” she added.



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**Today (March 13)**

**Shrek The Musical** opens for three nights at the British School of Bahrain in Hamala. Tickets are available from reception and on the nights of performance. Curtains up at 7pm.

Call 17610920 for more details.

Every Wednesday is 'Wings and Wisdom' night at Big Texas Barbecue & Waffle House inside Best Western Plus - The Olive Hotel. It's a quiz night with an added bonus of BD10net for 'all-you-can-eat' chicken wings.

Call 17360063 for details.

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

For details, call 66310000.

Le Meridien City Centre Bahrain hosts a BBQ Experience on the terrace of Baharat Restaurant from 7pm-11pm, showcasing Wagyu prime rib steak. There is also live music from Deux Sons. The BBQ buffet costs BD18net, including soft drinks and water, or BD24net including selected beverages.

Call 17171000 for details.

The Sheraton Hotel Bahrain hosts an evening of live music at An Nada Lounge by the Caribbean Girls band every day except Saturday. This takes place from 8.30pm-12.30am during weekdays and from 8.30pm-1.30am during weekends.

Call 17533533 for details.



The Sheraton Hotel Bahrain is also hosting a special lunch and dinner promotion at Al Safir Restaurant for BD10+.

For details, contact 17533533.

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

Call 17171441 for details.

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

For details, contact 17531122.

Spend time with friends and family in an Afternoon Tea

experience at the Ritz-Carlton, Bahrain's Lobby Lounge and Ritz Gourmet Lounge. Indulge in new items on the menu and enjoy the piano entertainment on Fridays and Saturdays.

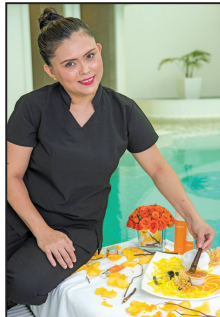
Afternoon Tea is served from 3pm to 5pm priced BD27net per set.

For details, contact 17586499 or email rc.bahrz.restaurant.reservations@ritzcarlton.com

Indulge in sushi at the Ritz-Carlton, Bahrain's Thai restaurant every Wednesday from noon to 10.30pm priced BD15net, inclusive of one special beverage.

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

For details, contact 17586499 or email rc.bahrz.restaurant.reservations@ritzcarlton.com



Ritz-Carlton, Bahrain's spa provides a refreshing wellness package, complete with a full-body massage followed by Vitamin-C scrub to help protect skin. Priced BD90 for 90 minutes. This package is available until Sunday.

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

Celebrate your birthday at the Ritz-Carlton, Bahrain's Gourmet Lounge where celebratory Afternoon Tea, lunch, dinner menus and an inclusive birthday cake are provided. The special menu is available for a minimum-of-two and maximum of 10 guests.

This offer is on-going until Sunday.

For details and reservations, contact 17586499.

The Four Seasons Hotel Bahrain Bay's poolside Italian restaurant, Vento, is offering a wide selection of pizzas from wood-fired ovens and artisan pastas. Available on weekdays from 11.30am to 11pm, and weekends from 11.30am to midnight.

For reservations, contact 17115500.

The Four Seasons Hotel Bahrain Bay is offering family spa-bonding sessions. Its 'Relaxed Us' offer aids muscle tension, releases stress and promotes wellbeing, 45 minutes for BD80. The 'Beautiful Us' offer is designed to cleanse, gently exfoliate and hydrate skin with a 100 per cent chemical-free product range from Australia and the UK, 45 minutes for BD85. The 'Glowing Us' offer is a special indulgent full-body treatment, 45 minutes for BD85.

For reservations, contact 17115000.

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

For details, call 13110110.

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

For details, call 13110110.

The Crowne Plaza Bahrain's band the Versatile Voices (VEVO) will entertain every evening, except on Saturday and Sunday, at Harvesters from 9pm.

The outlet is also dishing up a new Camel Burger and staging a Beast Burger Challenge which, if finished in the stipulated time, offers the meal for free, a T-shirt and wall of fame celebrity status. It runs daily from 11am to 9pm and is priced BD8.410.

For details, contact 17531122.

Enjoy Latin vibes from the Deep Melody band at the InterContinental's Downtown venue from 9pm to 1.30am every Wednesday. Guests will receive one selected beverage, with one choice from the tapas menu, for BD6.9 net.

For details, contact 17227777.

**Tomorrow (March 14)**

The Bahrain Irish Society is hosting a St Patrick's Day Ball at The Diplomat Radisson Blu Hotel, Residence & Spa, Manama from 7pm. It will feature an Irish band and a gymnastic show.

Two of Bahrain's most popular community ensembles – the Manama Singers and the St Christopher's Cathedral Big Band – are coming together for the first time to present a concert entitled Musical Majesty at the St Christopher's Cathedral's Alun Morris Hall at 7pm.

The Manama Singers, under the direction of Jo Mings, is now 40-strong and will be singing a variety of choral pieces and more popular songs, accompanied by the St Christopher's Community Big Band, under the baton of Paul Bagshaw.

Bahraini flautist and composer Ahmed Al Ghanem and harp-guitarist Jason Carter will also be playing.

Tickets are BD5 (accompanied children free) and may be bought or reserved ahead of time by ringing the Cathedral Office (17253866) or on the door.

The Ritz-Carlton, Bahrain is holding a Venetian Carnival at Primavera from 7pm to 11pm featuring a four course menu paired with a Venetian beverage selection by Chef de Cuisine Vincenzo Nigro for BD35net.

For details, contact 17586499 or email rc.bahrz.restaurant.reservations@ritzcarlton.com.

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

Call 17360063 for details.

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

For details, contact 16000099 or email dining@ramada-manama-amwaj.com

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

For details, contact 17313333.

Indulge in a variety of seafood from fresh oysters to sushi and lobster thermidor at Le Meridien City Centre Bahrain's Baharat restaurant every Thursday from 7pm to 11pm. The buffet is priced BD25net, including soft drinks and water, or BD31net inclusive of selected beverages.

For details, contact 171711441.

Elite Grande Hotel hosts a Rumba Night every Thursday at its H2O Lounge offering diners grills and a buffet from 6.30pm to midnight with DJ Ree Montana spinning the decks with salsa music. It's also ladies night from 9pm to midnight with select beverages for free. It's priced BD25net inclusive of unlimited selected beverages and BD12net without drinks.

The Ritz-Carlton, Bahrain hosts a BBQ night every Thursday at Bar de La Plage from 7pm to 11pm. It's priced BD20net per person inclusive of soft drinks or BD30net per person with select beverages.

For details, contact 17586499 or email rc.bahrz.restaurant.reservations@ritzcarlton.com

**Friday (March 15)**

The Four Seasons Bahrain Bay's re/ Asian Cuisine by Wolfgang Puck new five-course tasting menu every Friday evening with a set price of BD35net. For details, contact 17115046.

Check out The Crowne Plaza Bahrain's new Pearl of Arabia-themed night from 7pm at La Mosaïque Restaurant, priced BD13net, with a special beverages package available too. A Friday date has been added to the regular Saturday session by public demand. There is also an Absolutely Fabulous Friday Brunch at The Harvesters from 12.30pm to 4pm every Friday, priced BD33 net with unlimited selected beverages.

For details, contact 17531122.

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

Call 17360063 for details.

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

Enjoy a lavish dining experience at the Ritz-Carlton, Bahrain's restaurants by indulging in a culinary extravaganza at La Med, Italian classics at Primavera, exotic Indian fares at Nirvana and prime steaks and seafood at Plums.

This will be held today from 12.30pm to 3.30pm, priced BD35net per person with soft drinks and BD39net per person with selected beverages.

For more details, contact 17586499 or email rc.bahrz.restaurant.reservations@ritzcarlton.com

At the Gulf Hotel Bahrain Convention & Spa's China Garden Restaurant, Chef Ding and his culinary brigade will be offering pan-seared Chinese

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

The Crowne Plaza Bahrain's La Mosaïque Restaurant is hosting an International Theme Night Buffet every Friday, from 7pm onwards, priced BD13net. For details, contact 17531122.

A buffet is served every Friday from 12.30pm-3.30pm at the Ritz-Carlton, Bahrain's La Med Restaurant, combined with drinks of your choice. Soft drinks priced BD30net, special beverages priced BD38net. On this day, ladies will also be given a special treat of 20 per cent savings in honour of International Women's Day.

For details, contact 17586499.

The Four Seasons Hotel Bahrain Bay is hosting Friday Brunch at CUT by Wolfgang Puck Steakhouse from 12.30pm to 3.30pm. Priced BD32net per person including soft beverages, BD32net person including extensive beverage package for ladies, and BD34net per person including extensive beverage package.

Also at the hotel's CUT by Wolfgang Puck Steakhouse, a Bistro-inspired lunch is being hosted every day from 12pm to 3pm.

For details and reservations, contact 17115044.

Elite Crystal Hotel has a Friday Pool Party brunch at Waikiki from 1pm-8pm with entertainment from DJ Santi, DJ Smiley and DJ Goose. It's free entrance for women with one welcome drink, BD10net for men with one complementary beverage and BD25net inclusive of unlimited selected beverages and grills.

For details, contact 66666360 or 17360360.

The InterContinental Selections restaurant is offering diners a taste of India in a buffet style for BD9.5 net per person every Friday from 7pm to 10.30pm.

For details, contact 17227777.

The Weekend Kitchen with Mahmood Janahi is being staged today and tomorrow from 9am to 2pm at Words Bookstorecafé. The event costs BD10 per person. Chef Mahmood will be creating a breakfast and brunch menu, as well as desserts.

For details, call 38005557 or email info@deptofalient.com

**Saturday (March 16)**

A Paddies Picnic will be held from 1pm-6pm at the Bahrain Rugby Football Club in Janabiya. There will be live music and activities for children.

It is a very chilled family day out with lots of live music from

several bands and lots of activities for children throughout the day.

**At The Moment Productions**, supported by the Manama Theatre Club, is hosting auditions for PIAF by Pam Gems, a gutsy depiction of legendary French Singer Edith Piaf today and on Tuesday from 7pm at The British Club's Blighy's room. Casting call is open for women 30-plus and men, 20-plus. The performance will be staged on June 27 and 28.  
*For details, call 39463900 or 39622662.*

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

Spice up your weekly brunch with a culinary journey around Mexico at the Ritz-Carlton, Bahrain's Cantina Kahlo Restaurant. This will be held today from noon to 4pm. Priced BD36.5net per person with selected beverages and BD23net per person with soft beverages.  
*For more details, contact 17586499 or email rc.bahrz.restaurant.reservations@ritzcarlton.com*

**A Kid's Special Movie Time** takes place at Ramee Grand Hotel & Spa, Seef's second floor Banquet Hall every Saturday between 3pm to 5pm. Entry costs BD2, snacks included.  
*For more details, contact 36693693 or 36479898.*

The Crowne Plaza Bahrain's Waves Seafood Restaurant is hosting a three-course business lunch, from

Saturday-Thursday, 12pm to 4pm. The lunch is priced BD8net.  
*For details, contact 17531122.*

Experience spa treatments at the Crowne Plaza Bahrain's bFit Health Club. It is providing facials, body scrubs and combined packages to help guests relax and rejuvenate, while massage therapy focuses on alleviating stress and encouraging well-being.  
*For more details and bookings, contact 17525812.*

The Gulf Hotel Bahrain Convention & Spa is offering 'Art of Cooking' classes for those with busy lifestyles who have a passion for food. Classes feature demonstrations, from the building blocks of culinary practice to mouth-watering menus, led by professional chefs. Priced BD18net, including lunch. Seats are limited, book now.  
*For details, contact 17713000 or email info@gulfhotehbahrain.com*  
Families can enjoy a buffet meal at the Ritz-Carlton, Bahrain's La Med Restaurant every Saturday from noon to 3.30pm. Soft drinks are priced BD15+.  
*For details, contact 17586499.*  
\*Picture: La Med Buffet

Enjoy an authentic Italian buffet at Ramada Hotel & Suites Amwaj Islands every Saturday, from 7pm-11pm. BD10net for adults, BD5net for children aged six to 12, children below six dine for free.  
*For details, contact 16000099 or email at dining@ramada-manama-amwaj.com*

Soak up the stunning views from the Four Seasons Hotel Bahrain

Bay's 50th floor and feast on Asian delights like Korean Fried Chicken Bao Buns, Wok Fried Shrimp Dumplings and Brisket Wontons at the re Asian Cuisine by Wolfgang Puck's Saturday Brunch. The price is BD31.500net and BD43.600net with selected beverages.  
*For reservations, contact 17115046.*

The Bahrain Bay Kitchen at the Four Seasons Hotel Bahrain Bay is staging a Saturday Brunch from 12.30pm-3.30pm offering a wide selection of Arabic favourites such as Lamb Ouzi and cold mezzeh, priced BD30.300net including soft beverages or BD42.400net inclusive of selected beverages.  
*For details, contact 17115000.*

#### Sunday (March 17)

Ramada Hotel & Suites Amwaj Islands is hosting a Ladies Breakfast for the price of BD4net, every Sunday until Thursday from 7am-11am.  
*For details, contact 16000099 or email dining@ramada-manama-amwaj.com*

The Crowne Plaza Bahrain holds an Italian Night at La Mosaïque Restaurant from 7pm featuring pasta, pizza and more priced BD13net for the food only and there is a separate beverage package.  
*For details, contact 17531122.*

Le Meridien City Centre Bahrain's Baharat restaurant features a buffet concept-style business lunch offering a selection of Middle Eastern and Indian fusion cuisine from Sunday to Thursday from 12.30pm to 3pm. There is also

a tandoor oven and indoor grill. The lunch buffet is priced BD16 net, the soup and salad buffet costs BD7net and children aged six to 12 dine at half price.  
*For details, contact 17171144.*

Enjoy Sundown Grill at the Ritz-Carlton, Bahrain's Plums from 7pm to 11.30pm every Sunday.  
Satisfy your steak cravings with US Black Angus, Australian Kobe Wagyu and Irish grass-fed served with a side salad, truffle fries, creamed spinach and sautéed mushrooms for BD38net per person, inclusive of one grape beverage.  
*For more details, contact 17586499 or email rc.bahrz.restaurant.reservations@ritzcarlton.com*

There will be an Italian cooking master class at the Ritz-Carlton, Bahrain's Primavera with consultation from Chef Oliver Glowig and Chef de Cuisine Vincenzo Nigro from 4pm to 6pm. Advance registration is required and it's priced BD28net per person.  
*For more details, contact 17586499 or email rc.bahrz.restaurant.reservations@ritzcarlton.com*

#### Monday (March 18)

More than 8,500 oil and gas professionals will gather to hear from 400 expert speakers and meet with 200 exhibitors at the 21st edition of the Society of Petroleum Engineers (SPE) Middle East Oil & Gas Show and Conference (MEOS) from today until March 21 at the Bahrain International Exhibition and Convention Centre.

This year's conference theme 'Resilience

through Talent and Technology Transformation' reflects on how the industry can stay the course as it stands on the brink of a technological revolution while dealing with the implications of a long-lasting low-oil-price environment.

The Bahrain Writers' Creative Workshop will take place at The Juffair Grand Hotel's coffee shop at 7.30pm.  
*For information, contact 39574795.*

Check out The Crowne Plaza Bahrain's new One Night in Bangkok-themed night from 7pm at La Mosaïque Restaurant, priced BD13net, with a special beverages package available too.  
*For details, contact 17531122.*

The Crowne Plaza Bahrain's Harvesters Back to School-themed party starts at 9pm. Entry is free.  
*For details, contact 17531122.*

The Ritz-Carlton, Bahrain's Pazzi Per La Pasta at Primavera, will offer a special set menu, including five signature Italian dishes that can be shared by up to four guests, cooked up by Chef Vincenzo Nigro from 7pm to 11pm. The dinner is every Monday and priced at BD34net per set.  
*For more details, contact 17586499 or email rc.bahrz.restaurant.reservations@ritzcarlton.com*

Entertainment Plus will be presenting Horrible Histories, Barmy Britain at the Cultural Hall today, Tuesday and Wednesday. Tickets are priced at BD14net and are available for sale at Alosra Supermarket. There is a special offer of

four tickets for BD50net.  
*For details, call 39616858 or email entertainmentplusint@gmail.com*

#### Tuesday (March 19)

Every Tuesday, Big Texas Barbeque & Waffle House inside Best Western Plus - The Olive Hotel hosts an authentic Tex-Mex cuisine with Latin entertainment from 5pm-midnight. Each week there are various food and beverage specials to keep things fresh.  
*Call 17360063 for more details.*

Ladies Night at the Gulf Hotel Bahrain Convention & Spa every Tuesday, where women receive a 50 per cent discount for the hotel's lounges, spas and restaurants, excluding Raosi by Vineet.  
*For details, contact 17713000 or email info@gulfhotehbahrain.com*

The Crowne Plaza Bahrain has a Catch of The Day Seafood Night starting at 7pm and priced BD18net (food only with beverage package available) at La Mosaïque restaurant.  
*For details, contact 17531122.*

The Crowne Plaza Bahrain's bFit Health Club is offering swimming classes every Monday and Wednesday. Classes for children aged eight to 11 are from 4pm-4.45pm, classes for children aged five to seven are from 5pm-5.45pm, and adult classes are from 6pm-6.45pm. The classes are priced BD40 per month for bFit Crowne Plaza Bahrain members, and BD50 per month (eight sessions) for non-members.  
*For bookings, contact 17531122.*

Enjoy Taco Tuesdays at The Ritz-Carlton,

Bahrain's Cantina Kahlo from 6pm to 10pm. Choose from 10 varieties of tacos for BD22net per person. It's also inclusive of one selected beverage.  
*For more details, contact 17586499 or email rc.bahrz.restaurant.reservations@ritzcarlton.com*

Gulf Night Out for fun, food and music at the Gulf Hotel Bahrain Convention & Spa from 8pm by the poolside.  
*For details, contact 17713000 or email info@gulfhotehbahrain.com*

#### Dates for the diary

##### Fundraiser

Singer Sandi Thom will be performing at the Bahrain Rugby Football Club on March 29 to raise funds for The Dogfather Rescue Centre. The event will start at 6pm and will also feature performances by Ahmed 'AQ' Al Qasim, Paddy Wall, Faith Adu and DJ Mysterioo Arif. There are stalls available to book and visitors can win prizes in a raffle. Tickets are priced BD2 for non-members and it's free entry for members.  
*For details, contact 39387557.*

##### Football

The Rotary Club of Manama's annual 6-A-Side Football 'Kick For A Cause' charity tournament will take place on March 22 from 3pm onwards at the Bahrain Rugby Football Club.  
*For more details, call 38886838 or email 6asidercm@gmail.com*

##### Cinema Club (Today)

**Film:** On Body and Soul  
**Director:** Ildikó Enyedi  
**Duration:** 1 hour and 56 minutes  
**Cast:** Géza Morcsányi and Alexandra Borbély  
**Plot:** No sooner does Mária start work in a slaughterhouse in Budapest as the new quality controller than the whispers begin. At lunch the young woman always chooses a table on her own in the sterile canteen where she sits in silence. Her slightly older boss Endre is also the quiet type. Tentatively, they begin to get to know each other. Recognising their spiritual kinship, they are amazed to discover that they even have the same dreams at night. Carefully, they attempt to make them come true.  
*For details, call Huda Tabbara on 39682323.*

In the heart of Bab Al-Bahrain, in its front outdoor market space, a weekly activity takes place at 5pm every Thursday. Organised by the Bahrain Authority for Culture and Antiquities, it includes music, handicrafts, heritage, arts and traditional food offerings. The event is open to the public for free, and different aspects of local culture will be focused on each week.



Four Seasons Hotel Bahrain Bay's popular Friday Brunch features five unique food stations serving Arabic, Western, Indian, Japanese and Chinese delicacies. For dessert, delicious treats are freshly-made in the hotel's own pastry kitchen.

Special themed occasions are also marked including a St Patrick's Day celebration on March 15 with Irish delights on the menu.



The hotel's brunch is available every Friday from 1pm to 4pm. The entire Bahrain Bay Kitchen restaurant and terrace transforms to accommodate guests.

#### SPRING OF CULTURE

**March 14**  
• Majid Al Muhandi and Sherina Abdulwahab, Bahrain Bay, 8.30pm.  
• Arcis Saxophon Quartet, Cultural Hall, 8pm.  
• The Great Wolynski, Rifla Palms next to Rifla Views, 4pm.

**March 15**  
• Tango Live, La Fontaine

Centre of Contemporary Art, 7pm.  
• The Great Wolynski, Nakheel Centre at 5pm and El Mercado Mall at 8pm.

**March 16**  
• Spark!, La Fontaine Centre of Contemporary Art, 10am to 6.30pm (April 15).  
• Playing for Change Band, Bahrain Bay, 7pm.

• The Great Wolynski, Amwaj Lagoon at 4pm and Saar Mall at 7pm.

**March 22 and 23**  
• Mr Adam Almaty Symphony Orchestra, Bahrain Bay, 7pm.

**March 26**  
• The Taste of Experience, Bahrain National Museum, 7pm.

**March 28**  
• Alongside You Bahrain Music Band Conducted by Maestro Khalifa Zaiman, Bahrain National Theatre, 8pm.  
• Steve Winwood, Bahrain Bay, 8.30pm.

**April 2**  
• Sound of Korea, Cultural Hall, 8pm.

**April 4**  
• Don Giovanni: Freiburg Baroque Orchestra, Bahrain National Theatre, 8pm.  
April 5  
• Jason Derulo, Bahrain Bay, 8pm.

**April 20**  
• Traditional Fisheries Bahrain Fort Site Museum, 9am to 11am.

**April 27**  
• Day of Photography, Memory of the Place: Bin Mattar House, Full Day.

*For the full schedule of events visit [www.Springofculture.org](http://www.Springofculture.org) or @springofculture on Instagram, Twitter, Facebook and Youtube, or call 39900630.*



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# Fashion Weekly

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

## Jalal's timely tips on the latest trends



ILYA Sachkov, a *Forbes* global tech-ranking participant, 'best-dressed' man according to *GO Russia* and, not to mention, CEO of one of the global leaders in hi-tech security, has become a friend of the brand of Swiss luxury watch manufacture, Parmigiani Fleurier.

The young and gifted, self-made businessman, *right*, started his company at early 2000s, age just 17, when people used to see cybercrimes only the movies. Group-IB today is in TOP-5 among leaders in its sphere worldwide, protecting

banks, consulting governments and working in cooperation with Interpol and Europol.

Frequent flights, time zone changes are all essential attributes of the active life of the founder of one of the world's largest companies in the fight against cybercrime. That is why Ilya chose for himself the classic model in pink gold with the second time zone Toric Hemisphere Retrograde, the



winner of GPHG (Grand Prix Horlogerie de Genève) 2017 in the Travel Time Category.

Endurance sports enthusiast Ilya came to the Parmigiani Fleurier HQ immediately after participating in the Race of Heroes, an extreme sports race with obstacles. Davide Traxler, the watch-making company's chief commercial officer, said: "Ilya has proven an exceptional commitment to achievement, in business as

in sports he always makes the highest effort and expects from himself more than he expects from others. It is also incredibly interesting to discuss traditional watchmaking with a visionary of new technologies – far away worlds come together".

After visiting the restoration workshops, meeting Michel Parmigiani and the whole team of watchmakers, Ilya said: "The combination of art, tradition and technology and, most importantly, the craftsmanship of the people who create the watch Parmigiani, impressed me."



# Creative style and diversity

**S**CHOOLGIRL celebrity Suzi Khan, who boasts more than 50,000 social media followers, was back on the catwalk with top models showing the latest looks for children at a mall store, writes Stan Szecewka.

Centrepont launched its latest Spring Collection with a fashion show at its City Centre Bahrain outlet.

Around 500 customers were invited along with fashion bloggers and local media writers to last week's event. The show featured sportswear, casual and formal wear for men and women and there was a special spring collection for youngsters launched by the child models.

The unique element of the evening was a fashion walk by special guests from the Bahrain Down Syndrome Society. Also, the company noted, besides the classy display the Down syndrome members also work at Centrepont stores in Bahrain on a full-time basis.

One of the highlights of the show was the appearance of

Suzan Ahmed – better known by her stage name Suzi Khan – who has been capturing the hearts of a growing army of fans worldwide following movie success and a blossoming modelling career, as recently highlighted in *GulfWeekly*.

The Bahraini eight-year-old Abdul Rahman Kanoo School student, who stands out from the crowd with her signature long locks, has a growing portfolio of photo-shoots to her name.

This year the collection for all ages appeared more fun and vibrant. The 'bling' women's collection speaks volumes about the newness with a lot of gold and silver sequins play, studs and oversize branding. The men's wear featured freshness with a collection dedicated to celebrating the authenticity of the brand.

The little fashionistas range focuses on a selection of style options from our favourite magical unicorns, a dash of rainbows, drawings of funky cacti, wild flowers and fruits, to the creatively designed denims.

As the season of blossom, this collection is full of

flowers and beautiful pastels all incorporated into modest dresses with bold denim jackets embellished with fun appliques and drawings of the most adorable animals. An assortment of pinks, elegant blues with hues of greens and yellows, sums up the spring trend for little girls this year.

For the boys, the collection focuses on themes of all things outdoor. Nature, wildlife, the sea, with funky animal prints and hints of urban lifestyle influences are on all the styles of this season.

This range brings in fitted colour shirts, jogger pants and block colour T-shirts, giving a flexibly upscale look. The colour palette is a mix of pale as well as deeper blues, greens and a variation of light shades. By bringing all of these elements together, little boys can mix and match colours and prints to create their favourite looks.

This latest Spring Collection can be found at all Centrepont stores, under the umbrella of Al Rashid Group – a division of Landmark Group, plus online by visiting [www.centrepontstores.com](http://www.centrepontstores.com)





# Eating Out

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

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## Park and thrive at festival!



**GOURMET REPORT**

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

**E**VERY week, a different member of the team gets to dine out at a specific restaurant to review the ambience, service and quality of fare.

Some days we feast on a Michelin star dish cooked up at a five-star hotel and other days it's chomping on a juicy burger in a tiny diner.

It's a hard task but somebody has to do it. Besides, the only thing I like better than talking about food is eating it.

This week's review is different than most as the editor gave me room to graze with a plethora of options to choose from. My mission was to eat to my heart's content at the Bahrain Food Festival.

This gastronomic destination boasted everything from sweet to savoury and simple cuisine to fancy fare, alongside a stage full of entertainment and activities for the entire family to enjoy. It was a diner's delight.

The annual festival, organised by the Bahrain Tourism and Exhibitions, is located at The Park in the Avenues and runs until Saturday from 5pm to 11pm every evening.

Scores of families and food lovers have been flocking to the corniche since its launch on February 28 and it doesn't look like the hype will be dying down any time soon.

Last year, my husband Sam and I, made our way to the event's unveiling and were met with ridiculous traffic queues. I was dropped off



OPEN FIRE: Salmon cooked with style

at the entrance while Sam scoured the area to find parking. Needless to say, by the time I had covered the opening, Sam had still not found a space and, instead, circled back to pick me up.

This time around, we were determined that no matter what we were going to dine together.

It was busy once again

last weekend. A friend suggested we park on open ground nearby which had an organised bus system, transporting visitors to the festival and back.

We couldn't find it although valet parking was available.

In a bid to save the fiks we roamed the area, eventually found parking and set off on our merry way.

It seems high winds last Saturday evening and a chilly breeze didn't keep people away from the festival.

There were plenty of tables, chairs and other decorative art pieces on site, such as the words Eat and Yummy and a giant pineapple that people could sit in for selfies. There were live cooking demonstrations,

big stage dance and musical performances, as well as street performers.

The restaurants and cafes were housed in colourful huts and stalls. There were around 108 vendors to choose from featuring food from around the globe, including Asian, Italian, Middle Eastern and Greek.

Every vendor oozed a

different vibe with some chefs singing loudly to attract people, while other stalls handed out tiny bites to keep visitors coming back for more. We started our food tasting session with a 500fils hot cup of karak and cardamom from Chai & Chapati Café to help keep us warm while we roamed the grounds in search of some dining pleasure.

The choice was spectacular, from burgers, to pizzas, ribs, sushi and Arabic favourites including kebabs and sweet desserts.

We tried a sandwich from The Flaming Salmon, a restaurant run by two friends, Rashed Mohamed and Najem Salmeen, and members of their families. They regularly appear at markets and festivals across the kingdom. The chefs grill and smoke the salmon on an open fire pit and serve it in a potato bun, a home-made signature sauce with lettuce and a lemon wedge on the side.

Although there was a long line, it moved quickly as the guys put together the BD3,500 salmon sandwich like a well-oiled machine. It was love at first bite. The salmon was light and meaty, the sauce was zesty and divine, the potato bun was fluffy and the lettuce offered a welcomed crunch.

While there were a few other places I wanted to try, the salmon filled me up and I had to do the walk of shame (as I didn't eat as much as I thought I would) all the way back to the car. It was a great way to digest though.

As Arnold Schwarzenegger used to say: "I'll be back!" And that I will.





# Sunshine and sm



COMMUNITY REPORT  
By STAN SZECOWKA  
editor@gulfweekly.com

**T**HOUSANDS of families flocked to enjoy the latest International Family Fair celebrating global culture at the British School of Bahrain (BSB).

The warm, gloriously sunny weather proved the decision to stage the event in the spring for the first time ever to be a masterstroke. The last event, although successful, suffered a real soaking as a result of a heavy winter downfall of rain.

The ninth edition of the popular community extravaganza took place last Friday, and started with a magnificent flag-flying parade around the school's Hamala campus.

With 2,600 pupils on the school roll, the students represent around 60 different nations, and the event once again displayed BSB's diversity in all its glory.

Delighted Ellen van Manen, general coordinator for the International Family Fair and a parent representative for Y13 on the BSB Parent Community Committee (PCC), arrived at 7am to ensure everything fell into place after five-weeks of preparation for the 10am start.

"It was such a success and well worth all the effort," she said. "The marketplace worked so well as we had country stalls interspersed with charities, sponsors and local arts and crafts – there really was something for everyone and all ages were catered for."

"On the AstroTurf there were gymnastic displays and musical entertainment throughout the day."

"The reaction was overwhelmingly positive from parents and pupils, families living in the neighbourhood and VIPs, including numerous ambassadors and their families, who really got a taste of what this school is all about and how



special it is. The weather was brilliant and, although I haven't an exact figure to hand, we think between 4,000 and 5,000 people attended."

In the past, the fair has featured a festive theme as a result of a November or December timing but this year's event was particularly apt as spring is known as a time full of exciting possibilities and BSB boasts new owners.

The school is now part of Inspired, a global group educating more than 26,000 students across an international network of 32 schools on five continents. Its group education director Dr Stephen Spurr, a former Eton College head of

classics, headmaster of Clifton College and Westminster School, was in attendance and was particularly impressed by the voluntary efforts put in by the students in support of the parents.

BSB also has a new man at its helm, experienced British executive head Jeff Smith who also packs a powerful educational résumé including headships in Indonesia and Guernsey before growing Dubai's Deira International School from 1,100 to 1,700 students and improving its assessment from 'acceptable' to 'outstanding'.

He was spotted soaking up the fair's atmosphere with

his wife, Heather. They were joined by their eldest son, Joe, an NHS physiotherapist, who had travelled from Portsmouth to Bahrain on his first visit to the kingdom, to enjoy the occasion.

"I have experienced international fairs before," said Jeff, "but not one quite like this. It's just the size of it, the volume of people and the variety of attractions, it was very, very impressive."

"I take my hat off to Ellen who has organised it, she did a fantastic job. It went very well and I'm very pleased."

"We had great entertainment all day and many guests, including ambassadors and



# Smiles at spring fair

**SWEET VOICES:**  
Pupils step  
up on stage  
to entertain  
the crowds



tokens secured a large helping of a chicken and prawn rice-noodle dish called Kuey Teow Goreng from the Malaysian stall.

Elsewhere, the Egyptian cupcakes proved popular, as did the Greek Moussaka and Venezuelan Gustavo Leon plucked out a foot-tapping tune on his mini-guitar to guests venturing towards the South American section.

The Palestinian stall also attracted much attention thanks to a display of traditional memorabilia and tasty chicken wraps, a modern twist on the popular Musakhan dish, as did the colourful Yemeni table with sixth-former Abdulhafedh Alaswadi, and his younger brother, Aws, proudly wearing national dress.

Students put on displays and musical performances dedicated to their homelands and pergolas were put up in place on the AstroTurf to ensure the elderly and youngest visitors had an outside shaded area to keep cool and comfortable.

Some of the side attractions were worthy of note too, such as a popular Dutch stick-falling Catch Me If You Can game, a bucking bronco and boat rides in an inflatable pool.

All bases were covered and fun for all was, indeed, the most impressive flavour of the day.

● Check out photographer Honey and Editor Stan's video capturing the delights of the BSB International Spring Fair by placing your smartphone over the QR Code.



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their families. The Turkish, US, Swiss and British embassies were all represented."

Ellen, whose youngest son, Pim, 18, is currently a sixth-former, said she had worked closely with Amal Darwish, the school's public relations, marketing and business development officer, on the project and was supported by more than 350 active PCC volunteers.

Nearly 200 sixth-formers also helped with the organising, volunteering and co-ordinating and many also participated alongside younger pupils in numerous performances which entertained the crowds.

A big stage was set up on the

school's AstroTurf sports fields and part of the entertainment programme were teasing excerpts from the upcoming *Shrek*-inspired musical production directed by the BSB music and drama department which opens tonight and runs until Friday.

There was a BD1 entry fee to the fair and money raised will go towards the purchase of 'wish list' extras and 10 per cent of all proceeds are donated to charity, worthy local causes still to be announced.

A token system was set in place to buy goodies which worked well with visitors snapping them up for 200fils each.

Alongside all things British and Bahraini, visitors were able to enjoy a taste of Ellen's home country, The Netherlands, alongside country stalls highlighting the rich heritage of Jordan, Palestine, Egypt, China, Ireland, Greece, Cyprus, Sudan, India, Malaysia, Turkey, Lebanon, Argentina, Brazil, Colombia, Ecuador, Mexico, Uruguay, Venezuela, Spain and others.

A Bahraini henna artist put designs on hands for three tokens a time and Chinese dumplings, at one token, and the French crepes, at two tokens, were quickly snapped up by hungry visitors and 10



cowka, Jala Muradi and Pim van Manen





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# Property Weekly

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

## Living in style and comfort

**A fully-furnished two bedroom apartment is up for sale in the \$14 million Avare Tower, a residential development situated in Sanabis, near to popular shopping destinations and the highway.**

The 29-storey tower is made up of 89 apartments – 44 one-bedroom, 44 two-bedrooms and one penthouse suite – and offers residents state-of-the-art accommodation with amenities such as a swimming pool, male and female gyms, a Jacuzzi and sauna and a multi-purpose hall all situated for convenience on the

fifth floor. The spacious apartment, which has a built-up area of 112sqm, features parquet flooring, split air-conditioning and a balcony.

The fully-customised kitchen includes a breakfast bar, a washing machine and a dishwasher. It opens onto the spacious living and dining area.

The master bedroom includes built-in wardrobes and an ensuite bathroom with bath.

The guest bedroom comes with a built-in wardrobe too and there is also another bathroom with a shower.

There is one parking space for residents and visitors can park nearby.



### FACTS AT A GLANCE

Location: Avare Tower in Sanabis

Reference number: AP578

Rental Price: BD69,000

Living room: 2

Bedrooms: 2

Bathrooms: 2

**Additional information:** There is a swimming pool, a gym, Jacuzzi and sauna.

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



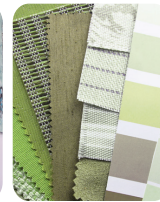
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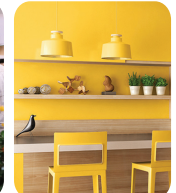
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# InteriorsWeekly

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

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**C**ONCERNED parents are often looking for ideas to create more restful bedrooms for their children as a response to digital overstimulation and the pace of modern lives.

Space can be colourful yet restful if it's been planned with a consistent colour palette and materials that work well together.

Top designers suggest choosing a neutral colour for the major design elements in a room, like furniture and walls. Then add pops of colour through rugs, bedding and pillows.

Don't fall into the trap of overdoing it, thinking that just because they're young they should get a brighter palette. Another way to create a relaxing feel for children is to leave open play space.

"To maximise their creativity and their



imaginative play," New York designer Deborah Martin suggests, "it's important to have an area where they can actually play in the centre of the room."

Many designers mentioned the value of beds with storage underneath. Bunk beds or loft beds can be perfect too. They also suggest labelling



bins and baskets. A bookcase with deep shelves is perfect for holding labelled bins

and baskets when children are younger, with books on higher shelves.

Deborah also suggests considering the room from a child's-eye view and planning storage from the ground up. Keep the most-used items where the child can easily reach them.

Double rods in a child's closet will maximise space and help keep clothing organised. For the very young, add dividers along the rods that specify clothing sizes, so mum and dad can know which ones the children haven't grown into yet.

Keep your child's habits in mind: some will fold their clothing Kondo-style and tuck it neatly into drawers. If yours won't, choose bins or baskets where items like socks and underwear can easily be

tossed and kept sorted.

One last bit of advice – involve children, especially older ones, in designing a space that fits their personalities. Have it reflect their hobbies and interests, and add items like a wall rack where they can post things like a rotating display of photos.

If your child has his or her heart set on a wild wall colour, Deborah says, it may be worth going for it. You can always repaint in a couple of years.

Involving them in their room's design creates what you can call 'pride of place', she added. And that might make it more likely they'll keep the room tidy.

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- Compiles and create reports to clearly outline department's progress

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- Bachelor's degree in Banking and Finance, Business Administration or similar.
- Ideally the candidate will have a minimum of 12 months experience in risk management, fraud investigation however fresh graduates will also be considered.
- Knowledge of card processing, payment fraud prevention/detection techniques, On-line Fraud Management is an advantage.
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## In focus



YOUSIF & Aysha Almoayyed Charity donated a passenger bus to the Bahrain Mobility International Centre to assist in travel engagements for those with special needs.

Amal Almoayyed, a board member at the charity, handed over the keys of the bus to Adel Sultan, the centre's chairman, at a ceremony conducted outside Ashrafs in Hooraa.



MINISTER of Oil Shaikh Mohammed bin Khalifa Al Khalifa inaugurated the third edition of the Falak Unreasonable Thinking Summit recently staged at the Art Rotana Amwaj Hotel.

The event was organised by Falak Consulting, in cooperation with the National Oil and Gas Authority (NOGA) and Tamkeen, and supported by a number of national and international companies.

The two-day summit, was held in collaboration with EDB's Startup Bahrain initiative, GPIC, Peninsula Farms, Kuwait Finance House, Khaleeji Commercial Bank, BANAGAS and BAPCO.

Suhail Al-Gosaibi, CEO of Falak Consulting, said the main aim was to educate and inspire start-ups, students and the business community, by exposing them to new, radical and unconventional methods of thinking and providing them the necessary tools and information to help them innovate in their businesses and excel in their respective sectors.

John Sanei, South African author and strategist, Indian politician Dr Shashi Tharoor and Peruvian social entrepreneur Lucia Valencia Dongo were among the presenters and speakers.



YOUSIF & Aysha Almoayyed Charity donated new Sony TVs to Mohammed Yousuf Almoayyed Drug & Alcohol Rehabilitation Centre.

The charity's board member Amal Almoayyed presented them to Dr Charlotte Kamel, president of the psychiatry hospital, in the presence of officials from the Ministry of Health and other charity representatives.

The charity recently provided BD50,000 funding towards the centre's renovation, which included replacement of ceilings and floors, painting the building's interiors and exteriors and repair of its air conditioning.

# SocialScene

Why wait a month! Join Social Scene every week

## Health checks



THE American Mission Hospital recently conducted free health checks for the elderly at the UCO Elderly Care Unit in Hidd as part of its community outreach programme.

## Rotary meeting



THE Rotary Club of Salmaniya held its latest business meeting at the Golden Tulip Hotel and welcomed and inducted new member Luai Al Agha.

## School visit



ALBA CEO Tim Murray visited the Askar Primary Boys School and gave a presentation highlighting the company's safety values and also held a Q&A session with students. Alba's chief administration officer Waleed Tamimi, safety, health and environment (SHE) director Mohd Khalil and manager SHE, Nezar Hameed Ali, were also present during the visit.

## Day out



ST CHRISTOPHER'S School expressed its thanks to its cleaning, gardening and maintenance teams with an all-expenses-paid day out at Al Areen Wildlife Park paid for by pupils, members of staff and parents.

They enjoyed a picnic lunch in the park and were later presented with backpacks filled with lots of 'useful and interesting items'.

## Skills training



EBRAHIM K. Kanoo recently made a donation to the National Institute for Industrial Training (NIIT) in Bahrain to help build the skillsets of Bahraini students.

NIIT provides internationally-recognised vocational qualifications, as well as hands-on skills training.



# Film Weekly



Mai checks out the big screen releases on show in a cinema near you



## Truly Marvel-lous

**L**AST year, Marvel fans went ballistic after watching the end credit scene in *The Avengers Infinity War* when Samuel Jackson's Nick Fury sent a distress signal to Captain Marvel to come to Earth's rescue using a sophisticated version of a pager.

Since then, super hero film-lovers have been on an adrenaline frenzy rampage, itching to watch what the fierce female lead will do and how will she be connected to *The Avengers Endgame*.

Personally, being a die-hard comic book and superhero movie fan myself, I couldn't wait to see how Brie Larson, who plays *Captain Marvel*, was going to kick butt, take names and make Thanos shake in his golden boots. Larson did not disappoint!

Last week, many of these questions were answered as directors Anna Boden and Ryan Fleck took Marvel maniacs on a galactic journey in which the all-powerful Captain Marvel proved that women have the brains, the beauty and that magical touch (or in her case, blasts of energy) to change the world, one planet at a time!

Larson was strong, sassy and had all the makings of a hero with lots of heart. She was even glowing, in more ways than one.

She made us women proud and, even though she was knocked down throughout her life, she always stood back up and was ready to take on the world. After all, a strong woman is a force to be reckoned with. You can try to throw her down but be very afraid when she gets back up because she will rise like the phoenix, stronger than ever. A few villains in this epic flick learned that the hard way (check out my woman empowerment, Ra-Ra sisterhood rant!)

The film gets off to a slow start where Larson is introduced as Vers, a Starforce Agent for the alien Kree race. She is seen sparring with Starforce leader Yon-Rogg (Jude Law) who continues to tell her not

### CAPTAIN MARVEL

**STARRING:** Rosa Salazar, Christoph Waltz, Jennifer Connelly

**DIRECTORS:** Anna Boden and Ryan Fleck

**GENRE:** Action, Adventure, Sci-Fi

**RATING:** PG15

**RUNTIME:** 125 Mins

to let her emotions get the better of her ... something women have been told for years, that they are TOO sensitive.

You could see that Vers respected and looked up to Yon-Rogg. Then again, he and the The Starforce crew, which is made up of Korath the Pursuer (Djimon Hounsou), Minn-Erva (Gemma Chan.), Bron-Char (Rune Temte) and Att-Lass (Algenis Pérez Soto), was all she knew, or could remember.

Vers had no recollection of life before Kree or when she was brought to their home world of Hala.

When Starforce was assigned to recover a spy, Vers ends up getting captured by the Skrulls, a race of shape-shifting aliens at war with the Kree. The Skrull leader Talos (Ben Mendelsohn) wants one thing – to search through Vers' memories to find plans for a Lightspeed Engine invented by a scientist in the US Air Force.

The quest unlocks Vers' memories, giving her flashes of her past and leading her to planet C-53 (Earth) in the 1990s. That's where she meets Fury, who at the time had both eyes, and Phil Coulson (Clark Gregg from *The Avengers* or *Agents of S.H.I.E.L.D.*).

The movie picks up speed when Vers is thrust into situations using 1990s tech to communicate with her fleet, to find answers and to save herself.

The '90s nostalgia warmed my heart and had me giggling more times than I

could count. I especially can't wait to get my hands on the movie soundtrack which featured some of my favourite tunes from the era like TLC's *Waterfalls* and No Doubt's *I'm Just a Girl*. In my opinion, No Doubt's lyrics perfectly describe the movie as a whole.

Moving on, Fury and Vers end up teaming up to help her on her mission of self-discovery which then leads her to find her former best friend Maria Rambeau (Lashana Lynch), a fellow fighter pilot.

Without giving too much away, it seems the Skrulls were misunderstood, teaching us all yet again to never judge a book by its cover.

The dialogue, chemistry between the characters and humour were strong. The action was thrilling and the woman empowerment message was intensely moving.

Larson finally discovers who she really is – a strong woman driven by, dare I say it, doing what's right and being driven by her emotional big heart.

Oh and guess what else makes an appearance, the glowing blue tesseract we have seen time and time again. There are so many elements tying all the Marvel movies together, but one of the best moments is discovering how the name The Avengers came to be and how Fury loses an eye.

A pet Oscar should also go to the movie's cat. Trust me. This is no ordinary moggy. Just you wait and see. You will fall off your seat laughing at one scene.

Again, I don't want to spoil the movie magic, so let's leave it at that. It was a slow and steady watch that ended with a bang ... and don't forget to check out the end credit scene because this one ... it's a doozy!

● Now showing in all Bahrain's cinemas

### MAI'S VERDICT

1 popcorn – stay home  
5 popcorns – start queuing

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## Bite-sized trailer

### Upgrade

**DIRECTOR:** Leigh Whannell

**CAST:** Logan Marshall-Green, Melanie Vallejo, Steve Danielsen

**PLOT:** Set in the near-future, technology controls nearly all aspects of life. But when Grey, a self-identified technophobe, has his world turned upside down, his only hope for revenge is an experimental computer chip implant called Stem.

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



### Fighting with My Family

**DIRECTOR:** Stephen Merchant

**CAST:** Dwayne Johnson, Lena Headey, Vince Vaughn

**PLOT:** A former wrestler and his family make a living performing at small venues around the country while his kids dream of joining World Wrestling Entertainment.

**SHOWING IN:** City Centre, Oasis Juffair, Seef II, Saar, Wadi Al Sail, The Avenues



### The Lego Movie 2: The Second Part

**DIRECTOR:** Mike Mitchell

**CAST:** Chris Pratt, Elizabeth Banks, Will Arnett

**PLOT:** It's been five years since everything was awesome and the citizens are facing a huge new threat: Lego Duplo invaders from outer space, wrecking everything faster than they can rebuild.

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



## imdb movie charts

Current Position	Title	Weekend Takings	Gross to date
1	How to Train Your Dragon: The Hidden World	\$30M	\$98M
2	A Madea Family Funeral	\$27M	\$27M
3	Alita: Battle Angel	\$7M	\$72M
4	The Lego Movie 2: The Second Part	\$7M	\$92M
5	Green Book	\$5M	\$76M
6	Fighting with My Family	\$5M	\$15M
7	Isn't It Romantic	\$5M	\$40M
8	Greta	\$5M	\$5M
9	What Men Want	\$3M	\$50M
10	Happy Death Day 2U	\$2M	\$25M





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THE Bahrain Society for the Prevention of Cruelty to Animals (BSPCA) is proud to announce a new location for our popular annual BSPCA Dog Walk, this coming Saturday, March 16!

Please bring your dogs and your whole family and join us for a 5km walk from Harbour Gate in the Bahrain Financial Harbour.

As always, please tell all your friends about the BSPCA Dog Walk and encourage them to join in too or to donate to the BSPCA by sponsoring you for completing the walk.

There will be a prize for most sponsorship money, so make sure you ask everyone to contribute – all donations large or small are very greatly appreciated.

Plus, dogs aren't mandatory, if you don't have one then come for a stroll and buy a few raffle tickets for the prize draw once the walk is over – you could be a winner!

Refreshments to cool you off after the walk will kindly be provided by the Harbour Gate team and, of course, there will be plenty of water along the way for your pooch to have a drink while you're taking in the sights of Manama and the coastline.

We can't wait to welcome you to our new Dog Walk location. Head to the Bahrain Financial Harbour, Harbour Gate, for registration from 9am on Saturday – the walk will start at 10am.

For more information visit our website (BSPCA.ORG) or call Kate on 37733415 – see you there!

**With best regards,**  
**Ana Foltin, Social**  
**Secretary, BSPCA.**

WE WOULD like to extend my sincere gratitude to His Royal Highness Prime



Minister Prince Khalifa bin Salman Al Khalifa for his patronage of the first Bahrain Emergency Medicine Conference (BAEM19) organised by Bahrain Medical Society and Bahrain Association of Emergency Medicine.

This unique conference, which aims to highlight the importance of emergency medicine in enhancing the government's efforts to provide better health care in the kingdom will be staged from October 9-11 at the Gulf Hotel Bahrain Convention & Spa.

The event will highlight major medical advances and technologies and gather high-calibre speakers under one roof to share and network their ideas and practices to improve emergency medicine. The event will provide attendees an opportunity to attend pre-conference workshops and many hands-on vital stations. It will also concentrate on research and its importance in developing medical care.

We are pleased to

share our thoughts with a group of emergency medicine specialists from the US, Canada, Europe and GCC, along with our Bahraini emergency doctor colleagues.

The conference has been endorsed by the International Federation of Emergency Medicine (IFEM), Gulf Federation of Emergency Medicine (GFEM), American College of Emergency Physicians (ACEP), Saudi Society of Emergency Medicine (SASEM), Emirates Society of Emergency Medicine (ESEM), Oman Society of Emergency Medicine (OSEM) and Kuwait Emergency Medicine Society (KEMS).

It is worth noting that this conference aims to attract emergency physicians, family medicine physicians, general practitioners, all residents, emergency nurses, EMT/paramedics and medical students.

**Dr Ghada Al Qassim,**  
**president of BMS &**  
**Dr Salah Al Ghanem,**  
**president of BAEM.**

BAHRAIN has opened a cat café and my heart is happy. My first visit to such a store was in Malaysia a couple years ago and to this day I think it a brilliant idea!

A cat café is a space that allows cat lovers to interact with kitties while they enjoy a cuppa with some places even providing comic books and board games and as you can imagine, it makes for a lovely experience.

I was a bit surprised to find out that the very first one was opened in Taipei, Taiwan in 1998, and not Japan where

THE hospitality sector is very much a people business, from the front of house teams that add values through great service, to the kitchen brigades producing delicious local food and cuisines from around the world and all the support services teams too. As consumers, we all know that it's the human factor that makes or breaks an experience.

At the Bahrain Hospitality & Restaurant Forum, we heard there is a growing community of hospitality entrepreneurs and senior professionals in Bahrain that meet, support each other and drive the industry forward. However, there is a problem in attracting locals to the industry, with the majority of jobs in service being fulfilled by overseas nationals.

Adversely, we heard that a key differentiator for Bahrain as a tourism destination is that Bahrainis are welcoming and you can discover the true culture, something that the larger destinations simply don't offer. To deliver on this promise it's vital that Bahrainis embrace the sector and the career opportunities within it.

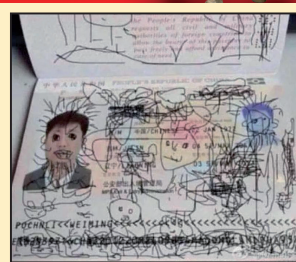
A Bahrain-backed project bringing French international hotel school, Vatel, is a great start, but there is more to be done. With a growing trend towards more casual dining and hospitality, these traditional educators simply aren't as relevant. There is a need for a supporting structure that will encourage and educate entrepreneurs, who will create new and interesting concepts and initiatives, bringing a sense of vibrancy.

## 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

IMAGINE you're travelling and arrive at Bahrain International Airport stressed, ready for a much-needed vacation, open your passport ... and boom! Don't you just love children?



Established businesses can play an active role in supporting the sector for the future too, by actively recruiting candidates from Bahrain and the GCC and investing more heavily in their training, taking them through to management on specialise programmes.

The forum also positively promoted and encouraged women to enter the sector, being inspired by the great female chefs and entrepreneurs, who appeared on stage. Lots of lively chat provided considerable guidance, with some stand out advice to

'grow an attitude, not an ego'.

No matter who your team are and how you recruit them, it's vital to remember that they are your biggest asset. If they get it right, your brand will be amazingly well represented, if you don't, your customers are likely to be unhappy.

Communication is the key to this. Making sure your teams know who you are as a business, how you work, your values and what is expected of them.

A happy team means happy guests.

It sounds simple, but we all know how hard it is to do this in real terms, ultimately, people are all different and their nuances makes this a challenge. You will get no greater return from your time.

**James Hacon, emcee at the Bahrain Hospitality & Restaurant Forum and MD of THINK Hospitality, a respected speaker, consultant and commentator on the hospitality sector.**



## Youth Talk

By  
**Sarah Belal**



there now exists over a hundred cat cafés.

Japanese tourists in Taiwan exported the concept to their home country where it now enjoys wide appeal.

Japan is what I associate first with cat cafés, and its popularity there is credited not to the fact that strict pet ownership laws exist for most apartment buildings but

because of the need for stress relief that cats are so adept at bringing.

I refuse to believe one can stay in a bad mood for long in the presence of a cat, unless your reason for being in a bad mood is a cat!

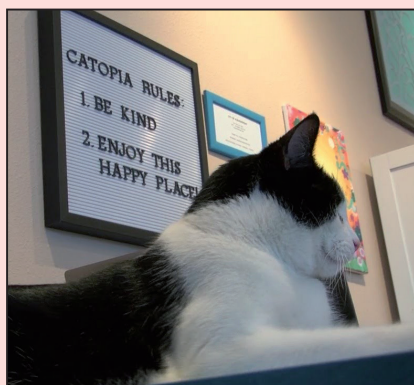
Today cat cafés can be found in every corner of the globe with more than a dozen in the UK, several in South Korea and now, finally, one in Bahrain!

Most cat cafés have rules about not picking up the felines, washing your hands before petting them, as well

turning off your camera flash when taking pictures, and any good cat café will respect a cat's need for alone time.

Moreover, some of them, particularly the ones found in North America, also work as adoption centres where wannabe pet owners can spend time with their potential fur friend.

For me, a cat café is a genius idea that combines the things I like best – cats, cappuccino and a coffee shop – and I cannot wait to head over to Catopia Café in Adliya to meet their four-legged friends.

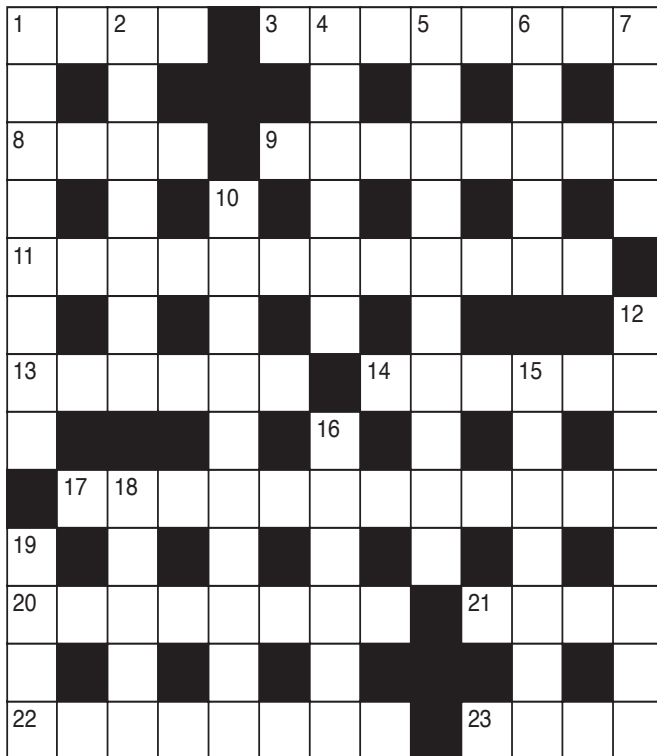


# Time Out



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## crossword break



Solutions in next week's issue.

### ACROSS

1. Mountains (4)
3. Resign (8)
8. Saucy (4)
9. Portray (8)
11. Notice (12)
13. Abrade (6)
14. Dress (6)
17. Showy (12)
20. Devotee (8)
21. Cold-shoulder (4)
22. Breadth (8)
23. Simple (4)

### DOWN

1. Estimate (8)
2. Associate (7)
4. Infringement (6)
5. Unfinished (10)
6. Foreign (5)
7. Still (4)
10. Addendum (10)
12. Practicable (8)
15. Beat soundly (7)
16. Be present (6)
18. Cleave (5)
19. Cain's brother (4)

### who, what, where, when

WHO ... starred as David Lightman in the 1983 film *War Games*?

WHAT ... operetta saw the first collaboration, in 1871, between Gilbert and Sullivan?

WHERE ... did Anibal Acevedo Vilá become Governor in 2005?

WHEN ... did Marvin Pentz Gay, Sr., the father of singer Marvin Gaye, die?

WHO ... played Prospero in the 1979 film *The Tempest*?

WHAT ... author and playwright was made a Freeman of the English city of Leeds?

WHERE ... is the resort of Cap d'Agde?

WHEN ... was the Oscar-nominated British actress Samantha Morton born?

### just so

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ALL CREATURES AND

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## 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

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

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

### darn tough sudoku

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

Sudoku

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

Sudoku

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

### Last Week's Leisure Solutions

#### CROSSWORD BREAK:

Across: 1 Appropriate; 9 Grapple; 10 Aware; 11 Outre; 12 Sleuths; 13 Impost; 15 Astral; 18 Ignoble; 20 Basis; 22 Union; 23 Trivial; 24 Penetrating.

Down: 2 Plant; 3 Repress; 4 Please; 5 Image; 6 Traitor; 7 Ignominious; 8 Senselessly; 14 Pensive; 16 Subsist; 17 Better; 19 Binge; 21 Scion.

**JUST SO:** At long last, Three wise men, High and mighty, Do unto others.

**WHO, WHAT, WHERE, WHEN:**

Anthony Quayle; An expressway in a Spanish-speaking country; New Zealand; 2004; Armistead Maupin; Ragnarök; Bloomington; 1926.

### Darn Tough Sudoku

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



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# Motoring Weekly

Steering you to the best deals on wheels

# We're saying it with style

**A** STUNNING piece of design, the next step in the electrification strategy, five world premieres and one show premiere ... at the Geneva International Motor Show, Mercedes-Benz is showcasing the full bandwidth of top-flight automotive technology.

The main eye-catcher has been the new CLA Shooting Brake. Beside it, the Concept EQV provides an insight into how Mercedes-Benz Vans sees the future of battery-powered people movers in the premium segment.

Other world premieres are the facelifted Mercedes-Benz GLC, the AMG GLE 53 4MATIC+ and the AMG GT R Roadster. Plus, the new V-Class has been on display for the first time at a public show.

"The future of mobility is well underway at Mercedes-Benz. Our vehicles in Geneva represent a new era initiated by Mercedes-Benz," said Dieter Zetsche, chairman of the board of management of Daimler. "Electrification, connectivity and intelligent assistance systems play an important role in that. And, this future holds something great for each of us – from fun and sustainable mobility to sporty performance and online services, but mostly a combination of all of these."

"We also believe that the body is more than a shell to wrap the latest software and protect passengers. Style has always distinguished our cars – and it always will."

With the world premiere of the CLA Shooting Brake, Mercedes-Benz is presenting a vehicle, which, like the CLA Coupé, is a true design artefact and, with its gently muscular rear end, comes with the added benefit of functionality and storage space.

It is equipped with the latest driver assistance systems with cooperative driver support and offers active safety, not only at the highest level in the segment but also with functionalities straight from the S-Class.

The digital environment



NEW ARRIVALS: The Mercedes-Benz family specials on display at the big show in Switzerland

of the CLA's technophile customer base is integrated into the interior in a groundbreaking way in terms of both design and technology. The MBUX – Mercedes-Benz User Experience – with intelligent interior assistants and further-developed voice control makes it easier and more natural to operate an increasing number of functions.

The top-of-the-line engine in the CLA Shooting Brake will be the powerful four-cylinder petrol engine in the CLA 250 (165 kW/225 hp, 350 Nm), which drives the front wheels via the 7G-DCT dual-clutch transmission.

By market launch in September, there will be a wide range of petrol engines

on offer with manual or dual-clutch transmissions, front-wheel drive or 4MATIC all-wheel drive.

"This is what an entry-level Mercedes looks like these days. It's a work-of-art on wheels with plenty of load space," added Dieter.

Another first on the world stage is the Concept EQV – the world's first people mover in the premium segment with battery-electric drive. The technical highlights include a range of up to 400 kilometres and rapid charging for a range of up to 100 kilometres in just 15 minutes.

The vehicle also offers the highest levels of interior comfort and maximum functionality, through features such as its versatile

seating configurations. By installing individual seats or banks of seats, the six-seat concept vehicle can be reconfigured to offer seven or even eight seats.

This means the Concept EQV can cover a wide range of uses. In private use, families or those who enjoy sporting activities benefit from the high degree of functionality and variability. In up-market people moving, the vehicle offers a compelling range of equipment and appointments as well as an extremely comfortable ride.

The study provides a clear insight into the near future. Mercedes-Benz will unveil a production vehicle based on the Concept EQV at the Frankfurt International Motor

Show in September.

"Families will also enjoy travelling without emissions – but they certainly want to keep all of the features they appreciate in a Mercedes, like comfort, functionality, design, safety and quality," the company says.

Following its world premiere in January, the new V-Class celebrated its first presentation to the public at the show which runs until Sunday.

Its designers have made carefully targeted revisions to the V-Class – in keeping with the design language of the current Mercedes-Benz car models – and given the people-mover a whole new look. The new front end gives the V-Class a broader stance and an even stronger

visual presence, aided by a restyled bumper with a distinctive air intake as well as a new diamond structure on the grille.

The Mercedes star is positioned centrally on the grille and flanked by two silver fins. The individualisation concept with the attractive AVANTGARDE and EXCLUSIVE lines has been retained, while the facelift gives the AMG line even greater visual impact. It sets a sporty accent with a new diamond grille and chrome pins.

On show in Geneva are four special models from Mercedes-Benz and Mercedes-AMG which are also presented for the first time: the SLC 300 and the AMG S 65, each as a Final Edition, as well as the SL 500 Grand Edition and the CLA 200 Edition 1 Orange.

Also making its world premiere at the show is the facelifted Mercedes-Benz GLC. Like its predecessor, the SUV combines excellent handling on- and off-road with spaciousness, functionality and comfort.

With its broad stance and sporty appearance, the new operating concept including MBUX and gesture control, innovative driver assistance systems and a redeveloped engine range, the new GLC offers the very best of Mercedes-Benz, the marque says.

Its powerful off-road look is enhanced by muscular surfaces and distinctive details such as the chrome elements, which now run from front to rear as part of standard equipment, the redesigned headlamps and the powerfully contoured grille.

The interior offers a skilful combination of luxury and user-friendliness, with the familiar high level of craftsmanship and an infotainment system equipped with large multimedia touchscreen displays. Beyond this, the latest generation of the MBUX – Mercedes-Benz User Experience – infotainment system demonstrates an impressive





array of intuitive and multifaceted operating options such as the expanded voice control and the intelligent Interior Assistant, which recognises hand gestures by the driver and front-seat passenger.

Overall, the driver assistance systems have been significantly expanded and enhanced with features such as exit warning, emergency lane and tailback functions.

When it comes to market mid-2019, the GLC will have new petrol and diesel engines from the latest Mercedes-Benz engine range with more power and greater efficiency – further engine variants will follow later in the year, including an electrified variant in the form of a plug-in hybrid.

Mercedes-AMG is launching its performance line-up for the new-generation GLE with the GLE 53 4MATIC. The basis for the signature AMG performance comes from the 320 kW (435 hp) 3.0-litre inline six-cylinder engine, fully variable all-wheel drive, fast-shifting 9-speed automatic transmission, the AMG-specific drive programmes and the AMG ACTIVE RIDE



CONTROL+ air suspension with electromechanical roll stabilisation.

The Mercedes-AMG GT R Roadster pairs ultimate performance with the freedom of open-top driving – and is the crowning glory of the open sports car model line-up. It is as much at home on the racetrack as it is on

the highways of the world.

With its powerful drive and expressive design, it appeals to a new, 'lifestyle-oriented' target group. The 430 kW/585 hp V8 biturbo engine, the adjustable coil-over suspension with active rear-wheel steer, the active aerodynamics and the intelligent lightweight

design form the basis for exceptionally dynamic handling.

Like the other roadster models, the open AMG GT R is fitted with the three-layer automatic soft top with a lightweight framework made from aluminium, magnesium and steel.

The low front end and the

forward-tilted, AMG grille create a distinctive 'shark nose' look and lower the car's visual stance. This shaping also lowers the ram-air point on the vehicle, which improves the flow of cooling air and aerodynamic performance.

Two further world premieres in Geneva provide

a glimpse of the future: The Formula E show car represents the entry of the Mercedes-Benz EQ Formula E team into the ABB FIA Formula E Championship in the 2019/2020 season.

The series provides the ideal platform for demonstrating the performance capabilities of the battery-electric vehicles from the EQ technology brand.

With the smart forese+, the smart brand is presenting not only a groundbreaking design show car, but is also confirming its position as a pioneer of comprehensive mobility offerings with the latest developments in its 'ready to' services.

With more than eight all-new digital services such as private carsharing and package delivery direct to the vehicle as well as significantly expanded functionality, smart aims to make urban life more convenient for its customers and ease entry into electric mobility. Plus, the new user interface also makes it all even simpler to operate.

● For more information about Mercedes-Benz visit the Al Haddad Motors showroom in Tubli or call 17785454.

## SportNews

# Now we have to do it again!

### From Page 24

He struck the final kick of the West Asia Premiership season sweetly, too, and the Exiles players celebrated wildly what they thought had been the final piece of a remarkable comeback.

It was not to be, though, as, following a consultation between the three match officials, the ball was ruled to have passed just under the crossbar.

Given they had finished the regular league season comfortably ahead of the field – and 26 points clear of their final opponents, who finished third in the table – Bahrain can be considered more than deserving champions.

Cunningham added: "It's fitting that the final was hard-fought and dramatic. The thousands who were there will remember it forever; the stand was full and a massive crowd came to cheer on their heroes.

"Unfortunately, we're going to lose a few players this summer, and we need to rebuild again and wipe the slate clean to go again next year with fresh motivation. We've won

everything possible this year, but the challenge is to now go and do it again.

"From a club perspective, it shows you how much the game has grown. Success really has trickled down through the whole club. The ground is filled for every home game with people coming and supporting us, with a big party atmosphere. The celebrations continue.

"On the sporting side of things, more children are coming down to get involved in the sport and the Golden Oldies have 30 people just for training sessions! Rugby fever truly has gripped Bahrain and long may it continue!"

● Check out the celebrations by placing your smartphone over the QR code.



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**Motor Sport**

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

# All set for big race weekend



**A**NOTHER hefty dose of nail-biting action at the Bahrain International Circuit in Sakhir has set up a tantalising finale across the Formula One weekend later this month with numerous championships going down to the wire.

Seven different winners rose to the occasion in an electrifying and extra-special edition of National Race Day. Leading the pack were JB Simmenauer, Shaikh Hamad bin Isa bin Ebrahim Al Khalifa, Ahmed Almuyini and Abdul Samee Syed, each of whom enjoyed a double in their respective championships.

JB Simmenauer won two of the three races in the Porsche GT3 Cup Challenge Middle East, while Shaikh Hamad claimed an impressive double in the BIC 2,000cc Challenge. Almuyini and Syed followed suit in the Bahrain Motorcycle Racing (BMR 600) and the Bahrain Supersport Championship (BSSP) 125.

Others claiming a win apiece were Berkay Besler in the Porsche GT3 Cup, and Hasan Al Awadhi and Masoud Behbehani in the Bahrain Superbike Championship (BSBK).

Action in the Porsche GT3 Cup and the BIC 2,000cc Challenge was held along BIC's 5.412-kilometre Grand Prix Track, while racing in

the BMR 600, BSBK and the BSSP 125 was held down the circuit's 2.55-kilometre Inner Track.

In the Porsche GT3 Cup, Simmenauer from France claimed the first chequered flag of the meeting after completing the series' opening 14-lap sprint in 29 minutes 11.488 seconds. He finished ahead of the Omani duo of Al Faisal Al Zubair and Khalid Al Wahaibi. Al Zubair was 3.774 seconds behind and Al Wahaibi 9.893s back. All three were also the top finishers in the Pro Class.

In the ProAm, Saul Hack from South Africa was the winner ahead of Bahrain's HH Shaikh Isa bin Abdullah Al Khalifa, who should have claimed the class victory but was given a five-second time penalty for a jump start. Magnus Oehman from Sweden was third.

In the Am category, Thomas Karlsson, also from Sweden, won ahead of countryman Michael Knutson and Bahraini Shaikh Jaber bin Ali Al Khalifa.

In race two, Besler from Turkey managed to clinch a narrow victory over Simmenauer. Besler won in 29m 10.817s. Only 0.261s separated the pair in the end, with German Leon Koehler finishing in third place overall.

Besler and Simmenauer were joined on the Pro

podium by Al Zubair. Koehler was the victor in the ProAm class, finishing ahead of Hack and His Highness Shaikh Isa bin Abdullah.

In the Am category, it was Karlsson, Shaikh Jaber bin Ali and Michael Sauer on the podium.

In the third and final Porsche GT3 Cup race of the weekend, Simmenauer took the chequered flag in 29m 13.471s, just 0.478s ahead of Besler, while Al Zubair remained consistent with his second overall podium appearance of the round. All three also the podium placers for the Pro class.

The ProAm was claimed

by Hack, with HH Shaikh Isa bin Abdullah in second and Oehman in third. In the Am category, it was Karlsson, Knutson and Shaikh Jaber bin Ali in the top three.

Meanwhile, in the BIC 2,000cc Challenge, former champion Shaikh Hamad took the first race's chequered flag after completing the six-lap sprint in 14m 53.624s.

Driving a Honda Civic, Shaikh Hamad was a comfortable 12.032s ahead of runner-up and defending champion Raed Himmo, who was also behind the wheel of a Civic. Tareq Al Tajer in a Ford Focus claimed third 13.080s back, as he closed

the gap between himself and championship leader Ahmed bin Khanen, who did not take part in the round. Aside from finishing as the top three overall, they also completed the Pro class podium.

Martyna Al Qassab in an Acura DC5 won the Novice class. She was joined in the class' top three by Majed Himmo in a Civic and Ramzi Al Qassab, also in an Acura DC5.

Another ex-champion, Shaikh Salman bin Isa bin Ebrahim Al Khalifa, did well to start race one as the pole-sitter, but he was forced to retire from the race with one lap remaining.

In race two, it was a similar trio on the overall podium, but this time Shaikh Hamad beat Al Tajer to the win and it was Majed Himmo who placed third. Shaikh Hamad won in 15m 01.731s – 11.749s in front of Al Tajer. Majed Himmo took third place overall 20.946s from Shaikh Hamad.

Shaikh Salman managed to clinch third place in the Pro class, while classified behind Majed Himmo on the Novice rankings were Giovanni Salerno and Martyna.

In the BMR 600, Almuyini won race one ahead of Ibrahim Alsharida and Al Awadhi. In race two, Almuyini completed his double ahead of the same duo of Alsharida and Al Awadhi.

Al Awadhi added to his BMR success with a triumph in the opening sprint of the BSBK. Al Awadhi claimed his race ahead of Behbehani and Simranjeet Singh. In the second event, it was Behbehani who claimed the win, followed by Simranjeet Singh and Bhumik Lalwani.

In the BSSP 125, the trio of Syed, Saleh Al Kandari and Shaun were first through third, respectively, in both races.

Following all the action, the winners of all the races were presented their trophies by officials from BIC, the Bahrain Motor Federation, the Circuit Racing Club and the Bahrain Motorcycle Club.



PODIUM PRIDE: Young Simmenauer, centre, collects his second first place finish of the campaign



# Prancing Horse will gallop

## VOICE OF SPORT

with Kristian Harrison



**T**HE new Formula One season will zoom off the line on Sunday with the Australian Grand Prix in Melbourne, the first of 17 races this season.

Before the lights go out, it's time for me to offer some bold predictions for the 2019 season. My skills of clairvoyance are infamously shocking, so expect none of the below to actually happen ... but it's nice to have some fun, right?

With redesigned front wings to enable closer racing, the biggest grid shake-up in a decade and talented rookies around to challenge the established veterans, 2019 is all set to be thrilling from green light to chequered flag.

Let's get the big prediction out of the way first.

It could have happened in 2017. It arguably should have been achieved in 2018. But in 2019 it will finally happen.

Sebastian Vettel and Ferrari will get it together and win the respective drivers' and constructors' championships.

Ferrari were arguably the faster package for much of 2018. Yet a mixture of errors from both team and lead driver, bad luck and an inspired opponent in Mercedes world champion Lewis Hamilton all conspired to see them denied.

Ferrari have looked quick throughout winter testing, even despite the obvious asterisks which accompany such times, and so Vettel, last year's grand prix winner in Bahrain, should have the machinery to be at least challenging consistently

at the front. Add in the fact that the Italian team have upgraded their driver line-up with Charles Leclerc replacing Kimi Raikkonen, and you have a recipe for success.

Leclerc was mightily-impressive in his rookie season at Sauber and then so far in testing, and he should push Vettel hard. But, importantly, Leclerc will also take points away from world champion Hamilton, something Raikkonen rarely did.

Ferrari have the pace advantage to win their first constructors' crown since 2008 and it will be a deserved reward for continuing to improve, having being well behind Mercedes in 2014 when the current engine regulations came into play.

The greater experience of Vettel should see him just edge out Leclerc to give his employers their first world champion since 2007 and allow him to join Hamilton on five drivers' titles.

I am a huge Hamilton fan and hope I am wrong, but I think this is the year that the podium will be painted red.

As for Mercedes, I believe they will win races but it won't be enough. In fact, I expect Valtteri Bottas to be dropped by the German marque for 2020.

In fairness to the Finn, his 2018 season does not do him justice when simply looked at as results on a sheet of paper.

With better luck the Mercedes driver would have won China and Azerbaijan, and he was on to be the victor in Russia before team orders

forced him to move aside for Hamilton.

But, the fact remains, no wins in the championship winning car is not a good look regardless.

There were lots of weekends when he was way off Hamilton's pace, essentially

a non-factor, and Mercedes will need more from him this year given Ferrari's apparent improvements. If this year ends up being a repeat of 2017/18, occasional flashes of brilliance surrounded by regular doses of mediocrity, then Mercedes are going to think about a change.

With Esteban Ocon, who drove for Force India the past two seasons, on the side-lines, the Frenchman is the obvious man to be given the chance to replace Bottas and partner Hamilton in 2020.

Next, I fancy Max Verstappen to give Honda their first race success since 2006 after a less than stellar return to the sport.

Japanese engines will be in the back of the Red Bull Racing car this season. The three years with McLaren was an awful experience for both sides, and 2018 with Toro Rosso had moments of encouragement but also concern.

It is a risk for Red Bull,

**SAFE HANDS:** Vettel holds last year's winner's trophy aloft in Bahrain and, below, the man to beat, world champion Hamilton



were their own team in 2006 and Jenson Button won in Hungary.

This is a big season for Daniel Ricciardo. He has taken an enormous risk by leaving an established top team in Red Bull for Renault.

The French marque have been back in the sport as a team since 2016 but have yet to finish on the podium.

They were best of the rest behind Mercedes, Ferrari and Red Bull and Ricciardo, a proven race winner, can help push them on.

Ricciardo faces a tough task being the leading force in the team with Nico Hulkenberg as his teammate. But the Australian has always had an innate ability for making the most of opportunities that comes his way.

He is one of the best over-takers in F1 and he will be the man to get a top-three finish for his new employers if and when the chance comes his way.

As for the bottom end of the grid, I'm sorry to say that this could well prove to be the nadir for Williams. They have been regressing in previous years with last year being pretty dire as they only had three point-scoring finishes and mustered a meagre seven points.

But the worst could still be to come. The FW42 chassis arrived late to testing and ominously was very slow compared to the rest of the grid.

Then there are the drivers who both face tough tasks heading into the season. You have a rookie in George Russell who will have the challenge of adapting to the series and being back at the rear of the field after winning GP2 in 2018. Then there is Robert Kubica who returns to the series as a racer for the first time since the horrific rallying crash in February 2011 that almost saw him lose an arm.

It is hard to see on pure performance where Williams will score points this season, and the only way they will do is with a very chaotic race with most of their rivals crashing. Given you cannot really legislate for that, this is looking like Williams ending the year pointless.

We may have a little more idea, however, when the F1 bandwagon rolls into Bahrain for the race weekend at the end of this month. I can't wait.

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# LAST-GASP GLORY BOYS

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

**C**ELEBRATIONS are continuing this week after Bahrain were crowned champions of West Asia after an extraordinary finish to the Premiership's grand final against Dubai Exiles in Saar.

Playing in front of the famed 'Red Wall', the home side held on for a 23-21 victory on Friday evening despite a stunning late fightback from the Exiles.

Rugby club chairman, Mike Cunningham, has followed the team through its trials and tribulations over the past decade, with the team struggling before being revitalised under coach Louie Tonkin's stunning rebuild.

"It's been a great season for the team and the rugby club," he said. "We've been so dominant and lost only once in the entire season, when we were ravaged by injuries."

"There's been a lot of players coming in-and-out of the team, so to keep the spirit and momentum going has been amazing."

Bahrain had been 20-6 up early in the second half after two tries from centre Jack Phillips and faultless kicking by Ross Preedy.

Exiles crossed for the first time with 15 minutes left with a pushover try, but the hosts appeared to have settled the tie when Leon Mauer kicked a penalty immediately after, to give Bahrain a 23-13 advantage.

The tourists refused to



TOP TEAM: Jubilant Bahrain celebrate in front of their fans at the rugby club

concede defeat, though. DuRandt Gerber, their captain, struck a penalty, and Exiles forged on, even when time had elapsed.

After their forwards pounded away at Bahrain's try line, deft passes from Gerber and Ed Armitage provided space for Michael Stubbs, the Exiles winger, to speed over in the right-hand corner.



Stubbs was hit late in the act of scoring the try. A melee ensued, after which Bahrain lost a man to a red card. Perhaps of greater significance, though, the foul play ensured Gerber had two shots at goal.

The first – the conversion – would have levelled the scores, and forced extra-time, pending the outcome of the penalty kick which followed

because of the late hit.

Gerber dragged the touchline conversion wide of the left-hand post, but still had a chance to win it for the away side, with the penalty from halfway.

That had been exactly how the fly-half had opened the Exiles' account in the final, with a first-half penalty from halfway.

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