

Gulf Weekly

The community newspaper at the heart of Bahrain

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EATING OUT:
New brunch venue
SEE PAGE 11



DEEP DIVE:
Plane attraction
SEE PAGES 12 & 13

THE ART OF CARING

FRIENDS of an autistic artist living in Bahrain have rallied round to support his dream of attending a residential camp for differently-abled adults in Canada for two weeks during the summer.

Within a matter of days almost half of the cost of the adventure has been met by well-wishers after a *gofundme* social media page was set up for Othmann Al Attar by his family.

"I just love art," he told his mother, Christine Gordon, an expat British long-term Bahrain resident who has dedicated her life to caring for children with special needs and received a top UK honour for her services to education and charitable causes.

Othmann – diagnosed with autism at the age of three – has always loved to draw. His mum would find him making his mark on the walls of their apartment at a very young age and quickly discovered that he was calmest with a pencil or paintbrush in his hand.

Fast forward 20 years and self-taught, naturally-talented Othmann has been showing his art to the world since family friend, Dr Sarah

COMMUNITY REPORT
By STAN SZECOWKA
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Clarke, discovered that he had an incredible gift for 'up-scaling' and interpreting small images into huge works of art, sometimes several metres high.

He is often seen working alongside other amateur and professional artists at inclusive art events organised by Sarah, founder of the Baloo's Buddies programme at RIA Centre, an inclusive education centre that caters to the needs of students in Bahrain with special needs.

As reported earlier in *Gulf Weekly*, the facility was set up in 1999 by singer Christine and her husband, Emad, a chemist and fellow musician. It has grown from a humble beginning with seven youngsters to an operation catering for between 70 and 140 students.

"My jaw dropped when I saw him do his first work," explained Sarah. "He took a tiny image of the Harbour Gate's 2017 National Day Logo and painted it on a very uneven outside wall at RIA centre – no preparation, no measurement, nothing. He completed a perfect 1.5m replica in minutes!"

Turn to Page 2

STROKES OF GENIUS:
Othmann creating one of his prized pieces



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Canada calls for Othmann

From Page 1

Since that first challenge, Othmann has created more greatly-admired works of art at various inclusion events such as Art for Autism Awareness in April 2018, #Inclusive Team Bahrain in December 2018 and this year's Train around Bahrain and Trash to Treasure events held at Harbour Gate, including more large works, as well as smaller intricate T-Shirt art designs.

He's currently working as part of a team on a major new project with the working title of Arty the Autism Camel. Further details will be announced in the near future on *GDNOnline*.

Both the British and American ambassadors, Simon Martin and Justin Siberell,



respectably, have spoken of their admiration of his work and fellow artists working with him often can't believe what they see – for someone unable to easily communicate through words, his art certainly speaks for itself.

"At RIA Centre whenever we need a poster we ask Othmann to do it – it's a joy to watch him in his artistic zone doing what he loves best," said proud mum and founder Christine, who in 2015 was named on the Queen's honours list to receive the Most Excellent Order of the British Empire (MBE). "I never realised quite how talented he was until Sarah pointed it out to me!"

After 23 years always at his family's side, Christine hoped this year could be different for her dedicated and creative son. "He's been working very hard on our behalf spreading the inclusion message through his art. We think he deserves a break from us!"



Unfortunately, the family didn't have the financial reserves at the moment, so friends decided to step in to offer support for him to attend Belwood Lodge in Ontario for a longer spell after spending only one day at the facility last year.

He enjoyed an 'amazing experience' and gained so much from it. Friends and fellow artists are convinced that as he mostly communicates through art and hands-on exploration of the world, the Lodge would be perfect for helping him to fulfil his potential.

The aim of the camp is to provide an engaging, safe, open setting that offers an opportunity to make new

friends, build on current friendships and develop new social skills, all while guests, quite simply, have plenty of fun.

"Happily we're almost half way to our goal but, although his place has been reserved, they can't hold it open indefinitely," explained Christine. "I've spent the last 20 years raising money for RIA and thought now it was Othmann's turn."

● It will cost \$2,000 Canadian dollars (around BD570), plus airfare from Bahrain which is another CD\$1,500 (around BD426) which includes transport to and from the lodge. Othmann's Go Fund Me link is: [gf.me/u/srgn7q](https://www.gofundme.com/for-a-special-break-from-parents) and

<https://www.gofundme.com/for-a-special-break-from-parents>.

● Check out more of his artwork on Instagram: @othmannel and by placing your smartphone of the QR code with a short video of Othmann in action on the GulfWeekly YouTube channel page.



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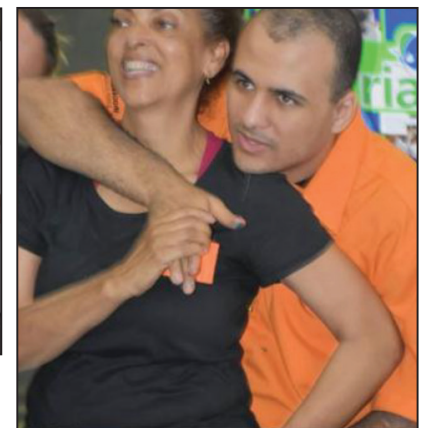
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LOVING ARMS: Othmann with Sarah and, right, cuddling mum. Above, one of his paintings and working on the next project



SIGNS of autism may appear during infancy and the disorder is usually diagnosed by the age of three.

Sometimes the child's development appears normal until about two-years-old and then regresses rapidly. Symptoms of autism occur in various combinations, from mild to severe.

Infants with the disorder often display abnormal

reactions to sensory stimuli.

Touches may be experienced as painful, smells may be overwhelmingly unpleasant, and ordinary daily noises may be painful. Loud noises such as a motorcycle going by, or a vacuum cleaner being turned on and bright lights may cause inconsolable crying. Young children with

autism usually have impaired language development. They often have difficulty expressing needs – using gestures instead of words – and may laugh, cry, or show distress for unknown reasons.

With early and intensive treatment, however, most children improve their ability to relate to others, communicate and help themselves.

Exam gift is a lucky charm!

A teacher handed out a small gift to students in her Bahrain class to help ease the stress before their examinations and was stunned to find out that years later one of the pupils was still carrying the good luck charm on his global travels ... after a chance encounter in Japan.

Former St Christopher's School's head of psychology Lizzie Banks, now living in Singapore, met up with South African teenager William Perois, after receiving a photograph of him holding the treasured 'worry doll' whilst she was on vacation.

Worry dolls (also called trouble dolls; in Spanish, *Muñeca quitapena*) are small, hand-made dolls that originate from Guatemala. According to legend, Guatemalan children tell their worries to the worry dolls, placing them under their pillow when they go to bed at night. By morning the dolls have gifted them with the wisdom and knowledge to eliminate their worries.

"One of the many best things that happened in Japan was receiving an email from a student I taught two years ago," she explained. "Attached was a photograph of the Guatemalan worry doll that I gave him before his final exam for luck!"

"It turns out that he has been carrying it around in his wallet ever since and wanted me to know that it was enjoying another world adventure in Tokyo!"

Given that she was only down the road in Yokohama, a couple of days later the 'three of them' were reunited over a plate of Okonomiyaki, a Japanese savoury pancake.

"His doll had lost an arm and his head and was all bashed in but Will was thriving!" added Brit Lizzie, 52, who is married to US Navy commander John Tinetti.

The story of the worry doll is a local Mayan legend. The origin of the *Muñeca quitapena* refers to a Mayan princess named Ixmucane. The princess received a special gift from the sun god that allowed her to solve

EXCLUSIVE
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any problem a human could worry about. The worry doll represents the princess and her wisdom.

William, 19, was a student of St Christopher's School from 2015 to 2017, graduating with aspirations of becoming an actor. He said: "During my final exams, Mrs Banks gave every student in our class the small 'worry doll' which bring fortune and relieve stress, to wish us good luck on our exams."

"The day I got the doll, I put it in my wallet and kept it there."

Will decided to take a gap year after graduating, joining Spartan Fitness Bahrain as a personal trainer for around six months, as well as performing small pieces of theatre around Bahrain.

"From my work, I had saved up enough money to afford my trip to Japan that I wanted to take," he explained. "I wanted to learn and speak Japanese, as an extra skill for my acting career as well as the country

and language being beautiful.

"After a lot of planning I found a school in Central Tokyo and made the plans accordingly."

"After having been in Tokyo for two months, I found myself in a Darts Bar, a very popular type of facility in Japan. Whilst paying, the worry doll I had kept on my person for nearly three years dropped out. 'Why not email Mrs Banks?', I thought. And so I did, with a 'hello from Tokyo' message."

"I was surprised to not only receive an email back within minutes, but an email saying that Mrs Banks was also in Japan and about to visit Tokyo the coming weekend!"

"We organised it and met in an Okonomiyaki restaurant in Shibuya, minutes from the famous Shibuya crossing."

"Ironically, we had kept in touch after St Christopher's, but never had an opportunity to meet and reminisce about our time in Bahrain. Yet this opportunity presented itself in the Land of the Rising Sun, by complete chance after sending a quick 'hello' email. Luck? Who knows?"



CATCHING UP: Lizzie meets William by chance in Japan, below, a close up of the momento



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Building bricks of tourism

AS someone who has a cursed history with LEGO bricks, having stood on the blighters too many times to count to be met with searing pain, I'm usually of a mind to avoid the famous brand rather than seek it out.

However, a couple of years ago I attended a large LEGO event in Bahrain and was won over by the sheer variety and possibilities of the coloured blocks. Therefore, with the return of the LEGO Shows event to the Bahrain International Exhibition and Convention Centre, I excitedly hurried down there for an opportunity to see what was new in the world of plastic.

Bringing together a mixture of LEGO stalls, brick-building opportunities and themed areas, this was an event designed to provide a platform for the community and fans of all ages to engage with fun and exciting experiences based around the famous building blocks.

Entering the exhibit hall, I was greeted by a fantastic display of local culture ... presented in LEGO. There was a camel seated regally on a sand dune, a member of the nobility dressed in a smart black thobe, jewellery, gahwa jugs, market stalls and every other Arabic staple you can think of carefully crafted from the little bricks.

Moving quickly on, there

The LEGO Show, organised by the Bahrain Tourism and Exhibition Authority, returned to the island for a

third round of brick-building fun just in time for Eid Al Fitr celebrations. Reporter Kristian Harrison took up

his bucket with photographer Honey Sharma to join families from across the region who flocked to the attraction.



SITTING PRETTY: Reporter Kristian is game for a laugh

was a giant enclosed area filled with millions of LEGO pieces and almost as many children running around finding the next brick they needed for their masterpiece.

Yes, running around. Barefoot. In a pool of LEGO. Those brave, brave souls did not know what they were in for ... a more innocent-looking, but lethal, weapon you will never find than a stray brick on the floor.

The LEGO Group is a privately held company based in Denmark. The company's flagship product consists of colourful interlocking plastic bricks accompanying an array of gears, figurines and various other parts. They were first manufactured in 1949.

The pieces can be assembled and connected in many ways, to construct objects such as vehicles, buildings and working robots.

More than 600 billion parts have been produced and in 2015, LEGO replaced Ferrari as *Brand Finance's* 'world's most powerful brand'.

It's impossible to escape the toy company's multimedia juggernaut these days, what with movies, video games, theme parks and almost every other facet of entertainment catered for. They were all represented here, with a cinema showing re-runs

of *The LEGO Movie* and *LEGO Batman*, PlayStation 4 consoles on display for visitors to play the games, and full-size cars and boats for children to pretend they're on a ride.

One of my favourite areas was the mosaic that displays a 'Welcome to Bahrain' display with a full skyline. Although it was only halfway to completion when I attended, parents and

children alike were feverishly working away at fulfilling the masterpiece, with a sheet of paper outlining where each different coloured brick should go. Then, once completed, the A4-sized slab of LEGO would be added to the mosaic on the floor.

I gave the Disney Princess area a rather wide berth, and the Ninjago-themed assault courses where a parade of screaming kids were jumping and hopping around over foam pads and nets. There will be a time for that, and hopefully not for a good few years yet!

Instead, I 'Imperial Marched' towards the LEGO Star Wars area, which is far more my cup of tea. Unfortunately, the area was extremely bare, with just one container of blocks and an empty stage ... which I think earlier was populated by Darth Vader. It was disappointing not to see the intricate, giant models that were there last time such as the Death Star and Millennium Falcon.

In fact, the experience as a whole was much more directed towards children than previous occasions. Of course, they are the target audience, but LEGO is timeless and so should have more for adults too.



Fringe Festival set to shine

In many parts of the world, summer means the onset of the festival season and thanks to the creative mind of one Bahrain resident, this week will see the first-ever Bahrain Fringe Festival entertain scores of fans.

Scott Hughes is the mastermind behind the medley of music, comedy, improvisation and theatre which is being held tomorrow and Friday at the British Club.

The 31-year-old, who teaches music at the British School of Bahrain, decided to put on the festival after his wife, Stacey, a biology teacher at the same institution, bet him that he wouldn't follow through with it.

He explained: "My parents, who used to live here too and taught at St Christopher's School, have run folk festivals in Jersey, Hong Kong and Cyprus so I was going to lean on some family contacts to book artists, but it turned out to be too big a job for one."

"I had been doing some volunteering as a sound engineer for the Manama Theatre Club when Hannah Turner, the current MTC chairman, heard about my idea and suggested I do it in combination with the MTC."

"In order to collaborate better with what the MTC do we changed the idea to a Fringe Festival and opened it up to a mixture of performing arts. It has really paid off, as their support has been invaluable, especially as in January this year my wife gave birth to our first child, our son, Shay."

The festival opened last



BABY STEPS: Scott with his son, Shay, hoping the event will grow in years to come and, below, from left, Sandi, Keith and Mo

COMMUNITY REPORT
By KRISTIAN HARRISON
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night at the Dilmun Club in Saar. There are two more Fringe events at the British Club, with a Variety Show tomorrow evening featuring an hour of comedy sketches, directed by James Wassom, produced by Sarah Blakemore and starring the MTC players, followed by a 40-minute set from UK headline comedian/musician Keith Donnelly.

Then on the following day, the British Club hosts the Friday Festival, which

will offer a stage to local improvisation shows, comedians and a range of musicians, with an afternoon headline slot from Bahraini favourite Mo Zowayed.

In the evening there will be another performance by Keith Donnelly, followed by a set from multi-platinum award-winning headliner Sandi Thom, now a resident of Saar.

There will also be a marketplace upstairs on the Friday and an 'open mic' room where the Bahrain Acoustic Music Group will play songs on rotation and

anyone who knows a song can join in.

Scott, who used to be a working musician and has played many festivals himself in the UK, Hong Kong and Australia, explained: "We've tried very hard to choose wholesome acts as best we can."

"As the idea stemmed from a folk festival, a lot of the music has an acoustic feel to it, which pairs well with stand-up comedy and improvisation. Sandi and Mo have helped bring the star factor to the music while Keith has helped tie

in the comedy element, as he is a seasoned folk-festival entertainer in the UK who specialises in music, storytelling and observational humour."

"I believe the variety of acts on show will mould together well and provide a feast of entertainment for all the family."

Scott was also delighted at securing the services of Sandi, who topped the UK Singles Chart in June 2006 with *I Wish I Was a Punk Rocker (With Flowers in My Hair)*.

He said: "Sandi is a great booking and was one of

the first people I contacted when we started planning the festival, which she graciously agreed to be part of. She has shown a real support for performing arts in Bahrain."

"As the first-ever Fringe Festival in Bahrain, someone of her calibre has really helped to legitimise the event and hopefully mean we can continue to support performing arts in Bahrain with more events like this in the future."

"These are the first big events after Eid so we look forward to people joining us for all the fun. We really wanted to offer people something different to the Bahrain events calendar and the support of the local community here has been great."

"Special thanks to Hannah and the Manama Theatre Club for helping to organise, African and Eastern for sponsoring the events and the three expat community clubs on the island for hosting them."

All shows are open to the public (not just club members) and are ticketed. Tickets can be purchased at The British Club reception.

For the Variety Show (open to those aged 16 and above), doors open at 7pm and the curtain goes up at 7.30pm. Tickets are BD7.

The Friday Festival takes place from 2pm to 10pm inside the Windsor Room. Tickets are BD10 for adults and BD5 for children. A combo ticket for both events is BD13.

For more information and tickets, visit www.bahrainfringefestival.com or call 33191554.

● Leisure Guide: Pgs 8 & 9



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KRAFT is introducing Kraft Salad 'Frosting', its Kraft Classic Ranch Dressing disguised in a frosting tube, giving parents a hand in upping their lie game.

Icing, or frosting, is a sweet, often creamy glaze made of sugar with water or milk, often enriched with ingredients like butter, egg whites and cream cheese. It is used to cover or decorate cakes and cookies.

"Innocent lies parents tell their kids help alleviate the pressures of everyday parenting, and if it gets kids to eat their greens, so be it," said Sergio Eleuterio, head of marketing for Kraft.

"Simple innocent lies are not only part of parenthood, but a true tactic used by parents everywhere. Kraft



Salad 'Frosting' is one lie you won't feel bad telling your kids."

According to a recent study, Ranch dressing is the most popular dressing in the US and the marketers believe children will eat anything with frosting, right? It's a match made for dinnertime bliss, they say. Now, convincing children to eat salad, broccoli and carrots may be a whole lot easier.

It will be available in shops soon.

Kraft also announced a contest to give families a chance to win free samples of its 'frosting'. The brand is asking parents to share the best lies they've told their children with the Twitter hashtags #LieLikeAParent and #contest. The 1,500 winners will be determined based on likes and originality.

Lulu Hypermarket

1. Jordan sliced black & green olives/kg – BD1.250
2. Saudia feta cheese/kg – 990fils
3. Bridel mozzarella cheese/kg – BD2.550
4. Al Islami whole chicken 1,000gmx10pcs – BD8.890
5. Saudia milk powder tin 2.5kg – BD4.890
6. Abu Zahra sunflower oil 1.8ltr+chopped tomato 400gmx2 – BD1.390

These offers are valid from tomorrow until June 19.

Jawad Supermarket

1. Filiz vermicelli 4x400gm – BD1
2. Madina vermicelli 4x400gm – 900fils
3. Al Alali fruit cocktail 6x227gm – BD2.375
4. Al Alali gelatine dessert raspberry 6x85gm – 950fils
5. Mazola sunflower oil 2x1.8ltr – BD3.071
6. Libby's fruit cocktail 3x420gm – BD1.833

Alosra Supermaket

1. Golden pineapple whole 1 pcs – 850fils
2. Mushrooms Holland 250gm – 650fils
3. Napolina chopped tomatoes 400gm – 695fils
4. New Zealand beef cube roll rib eye per kg – BD8
5. Connolly's organic six large eggs – BD1.995
6. Fage Total 0% yoghurt 500gm – BD2.100

Al Jazira Supermarket

1. Diablo coconut nut topped cookies – BD1.300
2. Brachs peg almond Supremes 5oz – BD2.300
3. Berry juice superberry purple light – BD1.050
4. Berry juice superberry red light – BD 1.050
5. Berry juice Goji berry light – BD1.050

Techtronic Specials



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

	Item	Description	Location	Price
1	Smart TV	Samsung 55 inches Smart TV premium UHD with real 4K UHD resolution, dynamic crystal colour display, HDR1,000 and one billion colours (10 bit panel)	YKA Almoayyed & Sons	BD367.395
2	Washing machine	A 7kg front load washing machine with a 1,000RPM, DD motor, white with nine programmes.	AJM Kooheji	Now: BD129.990 Was:BD145
3	Refrigerator	A Smart+, 830ltr, linear compressor with 10 year warranty, door cooling.	AJM Kooheji	BD142
4	Water dispenser	Nikai water dispenser, two taps, hot and cold, refrigerator compartment and cup holders.	Gajria Electronics	BD45
5	Microwave oven	All in one convection and grill microwave, 28ltr and stainless steel.	AJM Kooheji	Now: BD40 Was: BD80

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GADGETS OF THE WEEK

What is it called? RC Motorbike Speed Devil

What does it do? This high speed bike can race around at speeds of 10kmph without tipping over like most RC bikes do thanks to its mechanical stabilisation system. It works on a 2.4GHz frequency featuring adjustable speed levels, LED head and tail lights, full front and rear suspension as well as a rollover bar. It runs on four AA batteries and can be charged by USB.

Visit www.amazon.com

Cost: BD20



What is it called? Millennium Falcon Multi-Tool

What does it do? This mini model boasts features such as a screwdriver, bottle opener, ruler and even a wire stripper. Made from sturdy stainless steel, this cool looking Star Wars Multi-tool is lightweight and slim in design so that it can fit into your wallet or pocket with ease.

Visit www.amazon.com

Cost: BD6



What is it called? iMagic

What does it do? A great starter kit for the budding magician, iMagic brings magic into the 21st century with its cool smartphone app to help you with your illusions and magic tricks. Interactive card tricks with morphing cards allow you to seemingly pull things out of your phone screen and wow your friends.

Visit www.amazon.com

Cost: BD17



FinTechFocus

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



Threat of AI enemy awaits

IT'S well-known that advances in artificial intelligence (AI), the simulation of human intelligence processes by computers, and machine learning have enormous transformative potential for cyber

security defences.

However, rapid advances in technology also result in big opportunities for hackers to get smarter and faster. So, when it comes to cyber security, is AI a

friend or foe?

Although the AI arms race is just beginning, the ultimate potential for automated threats is vast and unknown. AI-based malware alone will soon

become a widespread plague, so businesses need to pay attention or risk getting caught out, writes
Tabrez Surve, regional director – Gulf, Levant & Turkey, F5 Networks.



WE'VE already started to see how AI-based malware can be used to scale up attacks. Polymorphic malware, for instance, can constantly adapt so its code can't be identified.

TrickBot is another example of a stealthy threat that has evolved and expanded its capabilities from a banking trojan to target credit card companies and wealth management services.

With TrickBot, the threat's code enters a network and infects systems automatically, making it difficult to detect and mitigate as it changes to avoid detection.

TrickBot is also known for its resilient infrastructure, including command and control (C&C) servers set up on hacked routers, many unique C&C IP addresses, as well as regular updates to make it harder to take down.

It is conceivable that we'll soon see a rise in AI-powered phishing emails, high-quality spam and a vast proliferation of false flags.

We're already noticing this with threats like TrickBot, which consistently use email spam and phishing campaigns as its initial attack pattern.

As a result, it is imperative that businesses train their employees to spot potentially fake emails, not to open suspicious file attachments or click on questionable embedded links.

Currently web application



firewalls can help detect and mitigate banking trojans, but businesses need to ensure they are updated regularly to keep pace with AI-powered threats.

Intriguingly, AI could soon be used to conceal malware presence in a victim's network and combine various attack techniques to identify the most effective disruptive option.

In time, hackers will be able to use AI to bypass security algorithms. It is critical that all likely targets – and few are immune – start to harness AI to fight back.

AI's widespread adoption across different areas of a business can make it difficult to understand where to best deploy security systems and

where to focus cyber security teams' efforts.

Organisations need to ask themselves a series of questions.

- What are the strengths and weaknesses of the IT infrastructures?
- Who in the cybersecurity team is fighting the threats?
- Where are resources required to better cope with AI-based threats?
- What employee and industry behaviours influence security defences?

Answering these kind of questions makes it easier to determine the best use of AI.

The key is to adopt a 'prevent, detect and response' strategy. If deployed correctly, AI can be used to collect intelligence about new

threats, attempted attacks and successful breaches. It can detect abnormalities within an organisation's network and flag them more quickly than a human ever could.

Businesses can also make life difficult for hackers by isolating vulnerable applications. This is a useful method to reduce threat risk

and render malware harmless by allowing it to fully execute in a completely isolated, contained environment. Crucially, it helps protect against the most common attack vectors, such as malicious downloads, plug-ins and email attachments.

As the use of apps across organisations continues to

soar, these are the areas hackers will target with AI-powered attacks.

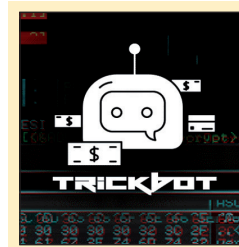
Securing applications must always be a key concern for business leaders looking to ensure IT infrastructures are continually protected, despite new technologies entering the market.

The business case for AI in cyber security is strong, and the operational efficiencies of automation are becoming clearer with each passing day. Even so, it is important to not entirely rely on automation.

It is not a silver bullet, and security teams should still be present in frontline roles. For example, there will always be a need for specific human knowledge and interaction with application services.

Cyber security as a discipline currently boasts one of the widest uses of AI in the enterprise space, and it's clear that adoption isn't slowing any time soon.

Everyone needs to remember that AI can be both a weapon of mass destruction and a vital part of the solution.



THE infamous Trickbot banking Trojan's password stealer module has been recently upgraded to grab credentials used to authenticate to remote servers using VNC, PuTTY and Remote Desktop Protocol (RDP).

Trend Micro's Noel Anthony Llimos and Carl

Maverick Pascual first discovered the new version of the Trickbot banking Trojan capable of stealing application credentials in January 2019, a version based on a previous variant discovered in November, the first to come with a password-grabbing module.



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Leisure Guide



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

Today (June 12)



Every Wednesday is 'Wings and Wisdom' night at Big Texas Barbeque & Waffle House inside Best Western Plus - The Olive Hotel. It's a quiz night with an added bonus of BD10net for 'all-you-can-eat' chicken wings. Call 17360063 for details.

The Sheraton Hotel Bahrain hosts a Ladies night with unlimited selected beverages every Wednesday at An Nada Lounge from 9pm to midnight. 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.

The Crowne Plaza Bahrain's famous steak night starts from 7pm at La Mosaïque Restaurant, priced BD18net. For details, contact 17531122.

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-11pm, and weekends from 11.30am to midnight. For reservations, contact 17115500.



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.

Enjoy Sushi-Meshi at the Ritz-Carlton, Bahrain's Thai

with 50 per cent savings on select sushi and beverages. For details, contact 17586499 or email rc.bahrz.restaurant.reservations@ritzcarlton.com

Le Meridien City Centre Bahrain's Baharat restaurant hosts a BBQ night every Wednesday featuring ribs and wagyu prime rib steak as well as music from Twin Band from 7pm-11pm. The BBQ buffet inclusive of soft drinks and water is BD19net and inclusive of free flow beverages it is BD26net. For details, contact 17171144.

Tomorrow (June 13)

Popular Lebanese singer Rayan will perform at the Gulf Hotel Bahrain's Zahle restaurant today and tomorrow. Rayan is an artist of Lebanese Armenian descent. His real name is Krikor Kirjian and his songs feature themes of heartache and romance. For more information, call 17713000.



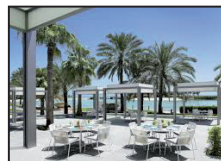
The Bahrain Education and Training Exhibition (EDUX 2019) will take place from today until Saturday at City Centre Bahrain. It is expected to attract more than 20,000 visitors from Bahrain and the GCC. It is organised in strategic partnership with Tamkeen by Expressions PR & Events, with the approval of the Higher Education Council. EDUX 19 is an annual innovative exhibition which gathers leading accredited educational institutions in higher education, vocational and occupational training.

Big Texas Barbeque & Waffle House hosts Thursday Night Lights from 7pm-9pm. This event showcases local and international musicians in Bahrain. Call 17360063 for details.



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 17171144.

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



At Jumeirah Royal Saray's Al Hadiqa Pool & Beach outlet, treat yourself to a dinner buffet from 7.30pm to midnight offering a wide variety of dishes from seafood, sushi and meat-carving stations to a divine desserts display while breathing the fresh sea breeze and listening to a Cuban live band. The price is BD22net per person, including soft drinks and BD32net per person including extensive beverage packages.

Friday (June 14)

Check out the new Jumeirah Royal Saray Brunch 'The Brasserie Way' every Friday from 1pm until 5pm, priced BD27net with soft drinks and BD35net with selected beverages. Call 77707070 for more details.

• See Eating Out: Page 11

A Boutique Sale will take place from 11am-2pm at the Bahrain Rugby Football Club. All proceeds will go to Tony the Dogfather's Rehabilitation Centre.

The Kalayaan (Freedom) Festival 2019, in celebration of the 121st Philippine Independence Day, will take place from 8am-8pm at the Adhari Park Indoor Courtyard. It is being staged by HB Events in partnership with The Philippine Embassy in Bahrain. Entry is free and the day will showcase Filipino culture, traditions and talent.

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 BD44net per person including extensive beverage package.

At the InterContinental Regency Bahrain's Elements outlet, join in the popular salsa nights with the kingdom's finest dancers. It takes place every Friday from 8pm-midnight.

Big Texas Barbeque & 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-4pm at Le Meridien City Centre Bahrain's Baharat restaurant. Enjoy the award-winning sweet and savoury experience for BD28net including soft drinks and water, or BD40net including selected beverages. Live music from Twin Band accompanies the fare. Book for 10 people or more and receive 20 per cent discount. For details, call 17171144.



Saturday (June 15)

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

Spice up your weekly brunch with a culinary journey around Mexico at the Ritz-Carlton, Bahrain's Cantina Kahlo Restaurant. This will be held from noon to 4pm. Priced BD36.500net 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

Families can enjoy a buffet meal at the Ritz-Carlton, Bahrain's La Med Restaurant every Saturday from 12.30pm to 3.30pm. The price is BD19net per person. For details, contact 17586499.



Indulge in a brunch every Saturday at re/Asian Cuisine by Wolfgang Puck offering selections of Korean fried chicken bao buns, wok fried shrimp dumplings and brisket wontons from 12.30pm until

3pm. It's priced BD32net including soft beverages or BD44net including premium beverages.

For details, call 17115046.

Sunday (June 16)

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

Enjoy a selection of international and Middle Eastern cuisine at Le Méridien City Centre Bahrain's Baharat restaurant every Sunday to Thursday from 12.30pm to 3pm. The lunch buffet is priced BD16net, the soup and salad buffet is priced BD7net and children aged six to 12 dine at half price.

For details, call 17171441.

Spice up your weekdays with a lunch at Bay View Lounge's Lobby Lounge priced at BD8.5net for a two-course meal or BD11net for a three-course meal every Sunday to Thursday from noon to 3pm.



For details, call 17115001.

Monday (June 17)

JnS Education is hosting a University Fair from 4pm-8pm at Wyndham Grand Hotel in Bahrain Bay. Representatives from various universities in the UK will be in attendance to guide students about their future. For more information, call 34374900.

The Ritz-Carlton, Bahrain's Mamma Mia Mondays at Primavera will entice your palate with a new menu featuring a selection of traditional pizza and pasta. Amongst the choices are Pizza Diavola, Pizza Regina and Pizza ai Funghi, homemade spaghetti



carbonara, tonarelli cacio e pepe and tagliatelle alla Bolognese. The cost is BD19 for one pizza and one pasta. For more details, contact 17586499 or email rc.bahrz.restaurant.reservations@ritzcarlton.com

Enjoy a bistro-inspired lunch menu at CUT by Wolfgang Puck from Monday to



Thursday from noon to 3pm. For details, contact 17115044.

Tuesday (June 18)

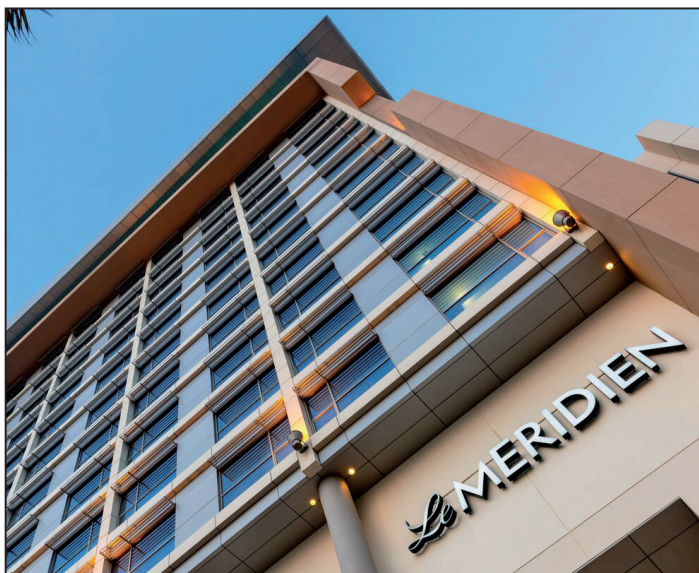
Ladies Night at the Gulf Hotel Bahrain Convention & Spa every Tuesday, where women receive a 50 per cent discount for the hotel's lounges, spas and

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

Mosaique restaurant. For details, 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



We're all set for first Fringe Festival

THE first Bahrain Fringe Festival (BFF) is taking place tomorrow and Friday. A Variety Show will be held at the British Club tomorrow from 7 pm with short plays provided by the Manama Theatre Club and ending with a music and stand-up comedy set from internationally renowned, UK based entertainer Keith Donnelly.

The Friday Festival (2pm-10pm), an all-day music, comedy and improvisation event will be hosted at the same venue. International and local entertainers, including singer-songwriter Sandi Thom, will perform all day in the Windsor Room with music, comedy and improvisation from local artists.

● Full story: Page 5



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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



CHECK out The Beard Gear Co, a Gulf-based men's grooming brand specialising in beard care and maintenance.

Founded in 2017 in the UAE by Thierry Bosnoyan, Tarios El Mallah, & Antoun Sader, the company offers a selective range of organic and cruelty-free products forged from 100 per cent natural ingredients to heal, nourish and strengthen the beard and skin.

Composed from a concoction of natural essences, The Beard Gear Co has

created a line of aromatic beard oils, soothing balms, assorted kits, as well as beard grooming tools that cater to the maintenance and enrichment of the beard aficionados.

The brand's concept was conceived by the three longtime friends over a discussion on trying to grow a 'proper beard', and the difficulties of maintaining and grooming it correctly.

Thierry said: "We then realised there was a gap in the market when it came to beard care in particular, and decided to launch our own grooming brand."

The company's grooming confections are infused with natural essences, designed to cool down your scalp and reduce itching.

The products are invigorated with a strong concentration of tea tree, pine, peppermint and lavender essential oils, for a relaxing and therapeutic cooling effect, and to keep the beard feeling fresh.

The brand's most popular item is the The Gentleman's Toolkit, a set of three beard oils, one brush, one comb and a pair of scissors – the ultimate kit for the ultimate beard-man!



Tying the knot retro-style

FROM butterfly clips to polka dots, 1990s trends have been making a fashion comeback. Now, as '90s babies increasingly reach average marrying age, these trends are popping up all over the wedding industry as well.

An *Etsy* 2019 wedding trends report declared '90s nostalgia a top trend of the year, with more than 300,000 searches for both rhinestones and polka dots on the site in the three months before the report's release. *Etsy* has also seen a 14 per cent increase in butterfly clip searches since last year.

Etsy trend expert Dayna Isom Johnson says a '90s resurgence doesn't mean we'll suddenly be seeing huge puffy sleeves and oversize hair. Rather, popular '90s trends are being modernised and updated.

"They give some nod to those styles but they are so much more sophisticated," Dayna said, adding that today's butterfly clips, for example, look more whimsical and romantic than they did in the '90s.

And although wedding-dress sleeves may not be as puffy as they were 25 years ago, statement sleeves are big again. Dresses are breaking from the modern tradition of a sweetheart neckline silhouette, giving brides the opportunity to better express their personal style.



Lauren Kay, deputy editor at *The Knot*, says she has seen an increase in holographic and iridescent decor, chokers, disposable cameras on tables, and '90s music. Jeffra Trumpower, creative director at *WeddingWire*, cites the return of '90s styles like neon signs, macramé, and custom jean jackets with monograms or calligraphy on the back.

Wedding planner Beth Helmstetter has noticed a return to bridesmaids wearing colour block dresses – combining two or more large blocks of bold, typically clashing colours. And fellow wedding planner Nicole Hensley notes more couples incorporating their favourite '90s snacks into



their special days.

"As most of our couples are now in their 30s," Hensley said, "they lived through childhood eating pop tarts, ice pops and so many other nostalgic treats. It's been so fun sourcing these items for late-night snack stations or having our caterers put a fun twist to pop tarts!"

Perhaps the most surprising '90s trend that is resurgent both in weddings and beyond is the bum bag.

A 2018 report by the NPD Group found that they account for almost 25 per cent of overall growth in the fashion accessories industry. *Etsy* reported a whopping 62 per cent increase in searches related to them in the three months before its trends report was released.



At bachelorette parties, a bride and her crew might wear bedazzled or glittery ones that say Bride and Squad.

Couples also are incorporating more chic, fashionable versions into the wedding itself. These classier versions may be referred to as 'hip' or 'belt bags'. Brides and grooms aren't necessarily wearing them down the aisle, but they are using them at the reception or other wedding events to carry phones and other items. Dayna sees them as part of a broader trend toward functionality and reusability. Not only are they handy during the celebration, but they can be used long after the wedding is over.

Experts agree that couples



who want to invoke a little '90s nostalgia into their weddings should do so tastefully and sparingly. Many suggested thinking about no more than one or two motifs from the '90s and putting a more modern spin on them.

Take the idea and go a step above, they suggest, reinvent the idea. In essence, a full-on '90s-themed wedding might be overkill, but including flashes of the decade here and there can make for a beautiful and nostalgia-filled event.

Eating Out

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

TO make an impression in the highly-competitive Friday brunch scene on the island you have to tick all the boxes and add a unique touch of brilliance to the proceedings.

Jumeirah Royal Saray Bahrain has lots to offer, a picturesque seaside beach view, a stunning ambience, cool tunes played by a pretty DJ that doesn't drown out the conversation, prompt polite service, affordable prices and a selection of tasty surprises amidst its signature dishes.

So that's ticked about all the boxes I could think of and I'm normally pretty hard to please.

This was our first taste of the brunch experience at the latest five star addition to the Seef coast and the good lady wife, Kathryn and I were joined by my colleague Jalal Muradi who was celebrating his birthday (he'd kept quiet about that but my good friend the Whisperer had tipped me off) with his wife, Zainab.

I'd met the amiable Executive Chef Jocelyn Argaud a few weeks back at the opening of the hotel's Ramadan tent and was mightily impressed by the cuisine and hoped one of the delights in particular would feature on the spread.

With 19 years of experience in French Michelin star restaurants and international fine dining establishments, he also boasts a royal seal of approval having dished up delights exclusively for members of a Gulf state's royal family too, according to reliable sources.

He did not disappoint and I'll come to that later. There was so much more to celebrate from starters to main course choices too with a live grill cooking station

Creative brunch cuisine



TASTY DISH: The King Fish Ouzi, a new take on a traditional favourite, below, Chef Jocelyn, more treats and DJ Elena

GOURMET REPORT
By STAN SZECOWKA
editor@gulfweekly.com

outside and a pasta chef and crepe creator dishing up delights inside, amongst others.

There were the expected elements too with fresh crab, king prawns and oysters on icy displays, brilliant olive bread and French mini-baguettes to soak up the sauces, a sushi bar and a salad selection featuring Arabic favourites such as Moutabel, Tabooleh and Baba Ganoush, plus European choices including a superb Seafood

Salad with mussels and octopus amongst the mixture.

A retro step back in time came in the shape of a Prawn Cocktail with a modern twist by replacing the traditional slushy mayonnaise, cream, ketchup, lemon juice and Tabasco pink sauce with a jelly.

There was a standout Grape with Blue Cheese and Pistachio, perfectly presented as a single serving, with an explosion of taste as Chef Jocelyn explained. It was a combination of awe-inspiring sweetness of the fruit, bitterness of the fabulous

fromage and the crunchiness of the nut. It's all about the balance and one of those treats that simply hypnotises your culinary senses. More, more, more.

I loved the setting of the Brasserie Royale and the Palm Lounge and when I bumped into the warm and welcoming GM Spencer H. Wadama he thought chef's cuisine combined with the location was a winning combination with the numbers of diners increasing as word spreads around the community.

With the mains, there

were familiar dishes such as Chicken Biryani and Butter Chicken, alongside Braised Beef but I was particularly impressed by the fresh fish offerings, in particular a superb King Fish Ouzi, a tasty fillet placed on a bed of exotic rice, a combination I had never tried before which worked magnificently and made an interesting change from lamb, and the grilled Sea Bass was on a par.

I had to put the outside mix grill to the test too and enjoyed a couple of lamb chops cooked to perfection and the Sand Lobster was superb.

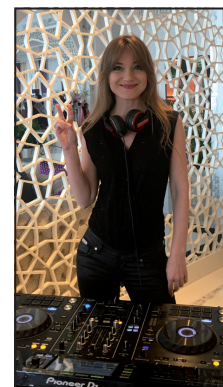
The Jumeirah Royal Saray Bahrain, in the relatively short time since its opening, has built up a fine reputation for its desserts and the choices were impressive with bite-sized Lemon Meringue, Raspberry Panna-Cotta, Tiramisu, Chocolate Brownies, fruit including a perfectly sliced and shaped pineapple display and freshly-made ice-cream in abundance ... but it was the resort's celebrated signature dessert that inspired me to recently set up the *Sticky Toffee Pudding Bahrain Fan Club* page of Facebook.

Jolly Chef Jocelyn made this old man weep with joy as one of the main dessert attractions were his single mountains of magnificence swimming in a sea of yumminess. With, or without a helping of vanilla ice-cream this dish is worth the brunch investment alone.

● *Brunch the Brasserie Way for BD27net inclusive of soft drinks or BD35net, with selected beverages. Call 77707070 for more details and to book a table. Check out Stan's interview with Chef Jocelyn and GM Spencer by placing your smartphone over the QR Code.*



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Photographs: Honey Shamma



JUMBO DIVE ATTRACTION T

THE first phase of construction of the world's largest underwater theme park went swimmingly and the 72m-long Boeing 747, which will be part of the amusement area, has already created a big splash of interest with divers and eco-warriors across the globe.

The decommissioned American wide-bodied commercial jet airliner was transported from Diyar Al Muharraq to the diving park area north of Amwaj Islands on Monday morning following a press conference staged by the Bahrain Tourism and Exhibitions Authority (BTEA), in collaboration with the Supreme Council for Environment (SCE) and the private sector.



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

Shaikh Khaled Bin Humood Al Khalifa, BTEA's CEO, said: "We are proud to launch this eco-friendly project in partnership with local diving companies, in cooperation with the Supreme Council for Environment and the private sector.

"The new theme park will undoubtedly emerge as a global tourist attraction. The project covers an extensive area and will provide a differentiated and enjoyable experience for tourists and diving enthusiasts alike."

The jumbo jet shell is the first feature of the 100,000sqm diving park, which organisers aim to officially open to the public in August. It was purchased from the UAE

and when in commission would have flown more than 400 passengers to their destinations.

Zayed bin Rashid Al Zayani, the Minister of Industry, Commerce and Tourism, shared details about the Dive Bahrain project at the launch event, alongside SCE's chief executive Dr Mohamed Mubarak bin Daina and Bahraini diver

representative Hassan Janahi.

The project, journalists were told, was implemented in accordance to strict environmental standards and international best industry practices in the field of environmental sustainability. The 20m deep site was chosen following 'rigorous field investigations' and talks with the Survey and Land Registration Bureau (SLRB).



The park is within a protected area with safety procedures strategically put in place in order to ensure no harm comes to the existing marine life and structures as well as to help the habitat thrive, the planners promise.

Dr Mohamed said: "We have experience in matters such as this. We have had 2,300 artificial reefs placed in different locations since 2010. Now, the eco system is improving and attracting a lot of fish."

"What is unique about this project is that it not only serves the tourism sector but also our own environment. Protecting the area with an artificial reef is added value."

The Royal Bahrain Naval Force and Coast Guard were placed on full alert during the conference with jet ski-riding

officers securing the site around the plane, with a drone soaring overhead.

After the event, the aircraft was carefully positioned onto the water and pulled by two tug boats to the dive site. It took 20 hours to reach the dive site which is 50km from the project launch area.

The buoys holding up the aircraft were slowly deflated and then the jet was gently lowered onto the seabed to be installed as the centrepiece of the underwater adventure attraction. It will then take two days for the plane to be fully submerged so it should be ready and settled in place later today.

Hamad Al Mahmeed, lead project manager of Dive Bahrain, said: "The environmental concerns were addressed from the very



TO TOUCHDOWN ON SEABED

start. We underwent rigorous environmental procedures to ensure that there are no contaminants. We worked with the Supreme Council for Environment and all the other relevant entities to make sure it was environmentally friendly.

"All plastic has been removed, bolts have been cleaned and all oil residue and gas had to be cleaned away too. We spent six to eight months on the task. We could have dropped the plane in much earlier but safety in all its forms has to come first.

"The plane remains as is for divers to swim to. The cockpit remains intact and you can actually sit in the pilot's seat and take an underwater 'selfie' if you like! This is the largest plane ever to be placed in this manner anywhere in

the world." Aside from the jet, there will be a replica of a traditional Bahraini pearl merchant's house, dive spots, artificial coral reefs and other marine sculptures to provide a safe haven for coral reef growth and a habitat for marine life. Future phases of the project are still being studied but they are likely to include reef balls, ships and sculptures.

The BTEA is working closely with Diyar Al Muharraq to design and build the 900sqm pearl merchant's house which is 30m x 30m and 12m high. The aim is to attract tourists interested in diving as well as researchers and university students specialising in marine biology.

"Aside from the fully-fledged pearl house, we are also building sail structures

that will be pointing towards the pearl beds as well as other monuments and structures such as ships and wrecks," added Hamad.

"We have so many entities supporting this project such as the BTEA, The Royal Bahrain Navy, the Coast Guard, the SLRB, the Ministry of Industry, Commerce and Tourism, as well as the office of the First Deputy Prime

Minister. This is all part of 'Team Bahrain'."

The minister also told members of the media and invited guests that plans are underway for a special Dive Bahrain package to attract tourists and divers from all over the world to the site.

Hamad said he understands that national carrier Gulf Air is looking at linking up with a popular route taken up by

the water sport community to the Maldives and another favoured diving destination, Sharm el Sheikh.

"Both are spectacular dive sites that are top notch," he said. "Now, with this underwater theme park in Bahrain, Gulf Air will propose a diving package that takes people from all around the world to these spots, via Bahrain."

Water sport enthusiasts and tourists interested in participating in the underwater experience can enjoy their explorative journey by booking with a registered and accredited diving centre in Bahrain.

"The dive centres are free to charge what they see fit," added Hamad. "It will depend on the type of boat used, the type of food available and the

length of the trip. That being said, it is roughly estimated to be BD30 per person up to BD50 per person depending on the package chosen."

To find out more, check out @divebahrain and @tourismbh on Instagram for more details or visit www.divebahrain.com and www.btea.bh. Don't miss GulfWeekly's launch video by placing your smartphone over the QR Code.



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Property Weekly

A guide to the best properties home and abroad - by Mai Al Khatib-Camille

Flying into land of comfort

THERE is a fully-furnished two bedroom apartment available for rent in the private and serene Fly Residence in Zallaq.

The modern, stylishly-designed property has a built up area of 140sqm and features a large living and dining space with an open plan kitchen and state-of-the-art appliances.

The bedrooms include built-in wardrobes and ensuite bathrooms. The apartment is inclusive of water and electricity as well as Wi-Fi.

There is around the clock security and someone constantly manning the reception desk to cater to tenants' every whim. There is also a swimming pool and gym, an outdoor workout area and a garden as well as a play section.

The six-storey building is situated in the heart of Gravity Village and there are four flats per floor. Two apartments boast views of the sea and the other two showcases sights of the Bahrain International Circuit.

The village itself offers an onsite supermarket, restaurants, sports fields and the Gravity Indoor Skydiving facility.



FACTS AT A GLANCE

Location: Fly Residence, Zallaq

Reference number: AP904

Rental price: BD650

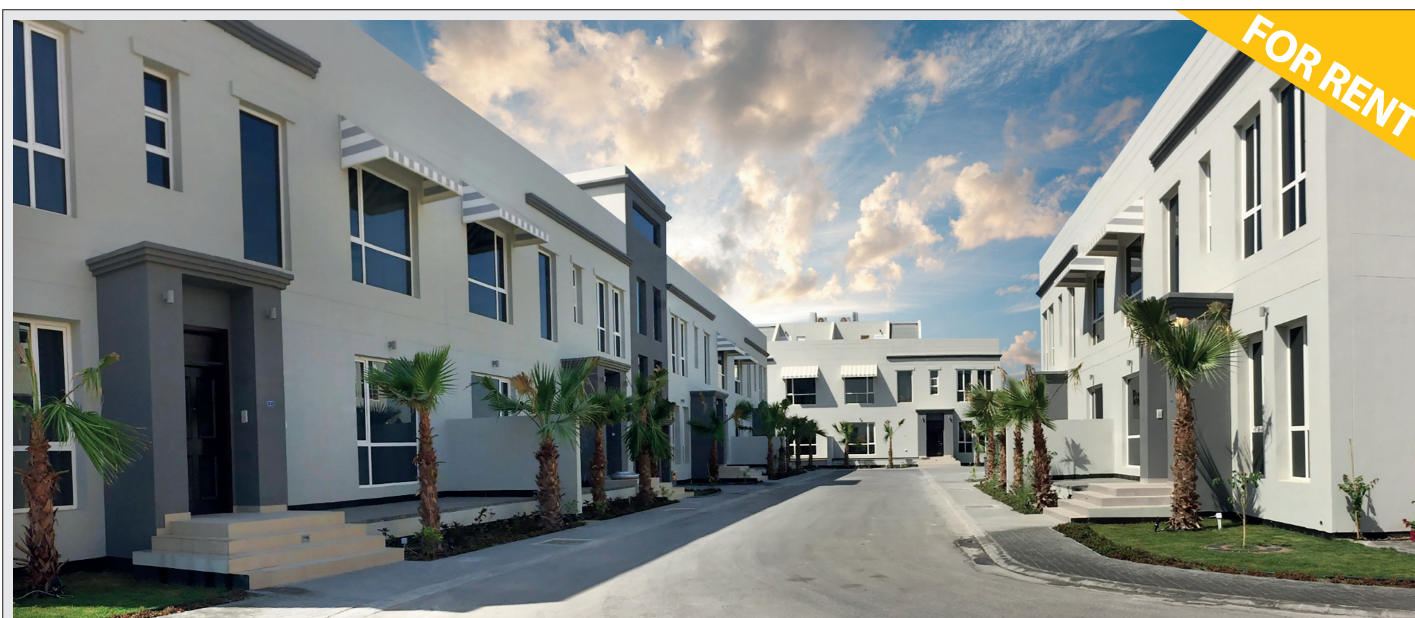
Living room: 1

Bedrooms: 2

Bathrooms: 2

Additional information: There is a swimming pool, gym, an outdoor workout area, a garden, a play area and Gravity Village.

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



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A pop of colour can transform any room from being boring and understated into a bold or lively space.

Vibrant shades are eye-catching and can create a positive and playful aura while also adding warmth. The dash of colour can come from a cleverly-placed accessory in a monochrome room or as one large statement piece such as a sofa or even art work.

One brightly painted focal wall can also make a difference by turning a small space, for example, into a seemingly bigger, cosier or more dramatic room.

One colour that has been decorating homes since January 2019 has been Pantone's Colour of the Year, 'Living Coral'. It's been deemed by experts as a 'welcoming' shade that encourages 'light-hearted activity'.

It symbolises people's innate need for optimism and joyful pursuits as well as the desire for whimsical expression.

Vibrant shades excite



Interior designers have been enjoying the light colour that brings comfort and familiarity to any home and experts suggest opting for diverse shades to make a statement as well.

Amit Yadav, head of marketing at Gulf retailer, 2XL Furniture & Home Décor, said: "Colourful settings convey cheerful energy as colours make people smile."

"Soft palettes when punctuated with contrasting colours can create a dramatic impact."

"Ideally choose a piece of furniture or accessory that picks out the colour from

the setting for a perfect combination."

Amit suggested a velvet emerald Alyx four seater sofa to symbolise opulence and nature or a Douglas polyester dining chair in mustard yellow that will make your dining room the 'talk of the evening' at any dinner party.

Cushions are another affordable way to add colour to a room. Cover cushions can be changed easily in the off chance you get bored of the look or want to be more festive during the holidays.

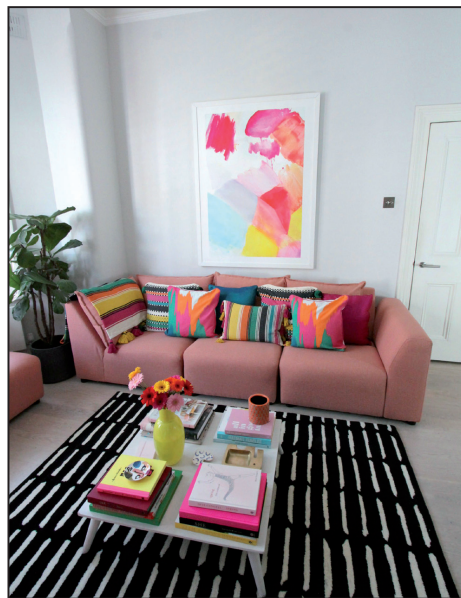
If you aren't sure how to pick a shade then try colour blocking with primary colours or picking out

woodwork in eye-popping candy tones. Why not brighten up a dark room with sunshine yellow? You can do that by setting off a statement piece in front of a dark and dramatic backdrop.

For the bedroom, your best bet is to stick to cooler tones in intense hues such as vivid teal or an electric blue. For the colour shy, start off with adding hues in the form of curtains.

Warmer colours such as red, yellow, orange and pink are best limited to small splashes in bedding, lighting or artwork as to not overwhelm yourself when you are trying to relax and unwind.

Colour isn't just about what pleases the eye, but also how it makes you feel. Think of what you want to achieve from that space and don't be afraid to be daring.



GulfWeeklyBookClub – in association with The Bookcase



BOOK OF THE WEEK by Linda Jennings – 12 RULES FOR LIFE: AN ANTIDOTE TO CHAOS, JORDAN B PETERSON, 9780141988511, PENGUIN, BD4.900 for Gulf Weekly Book Club members

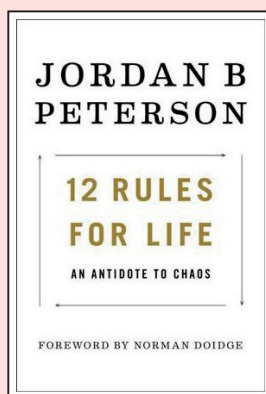
WHAT are the most valuable things that everyone should know?

Acclaimed clinical psychologist Jordan Peterson has influenced the modern understanding of personality, and now he has become one of the world's most popular public thinkers, with his lectures on topics from romantic relationships to mythology drawing tens of millions of viewers.

In an era of unprecedented change and polarising politics, his frank and refreshing message about the value of individual responsibility and ancient wisdom has resonated around the world.

In this book, he provides 12 profound and practical principles for how to live a meaningful life, from setting your house in order before criticising others to comparing yourself to who you were yesterday, not someone else today. Happiness is a pointless goal, he shows us. Instead we must search for meaning, not for its own sake, but as a defence against the suffering that is intrinsic to our existence.

Drawing on vivid examples from the author's clinical practice and personal life, cutting edge psychology and philosophy, and lessons from humanity's oldest myths and stories, *12 Rules*



for Life offers a deeply rewarding antidote to the chaos in our lives: eternal truths applied to our modern problems.

READ IT NOW IN PAPERBACK

THE OUTSIDER, STEPHEN KING 9781473676398
HODDER
BD3.900 for Gulf Weekly Book Club members

KING's new novel, *The Outsider*, starts out as a crime story. Ralph Anderson, a detective in Flint City, Okla., orders

the arrest of a popular local English teacher and Little League coach, Terry Maitland, at a baseball game packed with cheering families.

Anderson directs the officers to handcuff Maitland in front, instead of behind his back – and when an officer protests that's against protocol, Anderson is adamant: "I know and I don't care. I want everyone to see him led away in handcuffs. Got it?"

Anderson has clear evidence that Maitland raped and mutilated a child. The crime is awful but the proximity – the sense of trust that Maitland enjoyed – is what truly horrifies the detective.

So the officers arrest the coach in front of

everyone, announcing the charges loudly. As he's led away, Maitland insists, just as loudly, that he's innocent – he was 70 miles away, with an iron-clad alibi.

So Detective Anderson sets out to investigate the impossible: how can the suspect have been both at the scene of the crime and in another town? Fans of King will not be disappointed with what happens next.

MY FAVOURITE READ OF THE WEEK

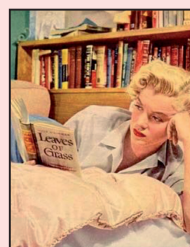
NORMAL PEOPLE, SALLY ROONEY 9780571334650, FABER & FABER
BD4.400 for Gulf Weekly Book Club members

WINNER of Novel of the Year and Book of the Year at the British Book Awards

Connell and Marianne grow up in the same small town in the west of Ireland, but the similarities end there. In school, Connell is popular and well-liked, while Marianne is a loner. But when the two strike up a conversation – awkward but electrifying – something life-changing begins.

Slipping in and out of friendship and romance as they make the transition from their final year of high school in quaint Carriglea to Dublin's Trinity College, Connell enjoys peak popularity as a top football player while Marianne (noted with disdain for her bare face and ugly, flat shoes) is a social pariah known for committing the crime of taking off her blouse in the girl's bathroom to

Join the **FREE** Gulf Weekly Book Club in association with The Bookcase by emailing bookclub@gulfweekly.com with your contact details.



wash out a stain.

They meet on more intimate terms in Marianne's kitchen where Connell's mother, Lorraine, works as a cleaning woman and spend their afternoons quietly upstairs in Marianne's bedroom.

Outside that large, chilly house, they pretend they aren't even on nodding terms. Yet once at Trinity, it's Marianne who has the upper hand and Connell cast as the outsider. Whether in Dublin or Carriglea, intimacy and power prove inseparable, and Rooney makes the most of this seemingly contradictory link.

Maintaining a close third person point of view, Rooney shifts between Connell and Marianne, offering readers agonizing windows into the things they keep from one another.

Normal People is a story of mutual fascination, friendship and love. It takes us from that first conversation to the years beyond, in the company of two people who try to stay apart but find they can't.

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Tom & Jerry



THE classic cat and mouse theatrical show entranced children and adults alike during Eid at City Centre Bahrain.

The iconic childhood cartoon characters Tom and Jerry took to the stage at the Central Galleria for a series of performances.

The slapstick animated comedy series was first popularised in the 1940s showcasing the rivalry between a determined cat and cunning mouse.

There was also a treasure hunt in the A-MAZE-ING interactive maze where children had to pass multiple obstacles and collect as much cheese as possible.

Hospital visit



THE Commander of the US 5th Fleet / US Naval Forces Central Command, Admiral James Malloy paid a visit to the American Mission Hospital, in Manama.

Admiral Malloy was updated on the various developments taking place at the hospital and was given a tour by Corporate CEO Dr George Cheriyan and Group CEO Julia Tovey.

Charity lunch



STRATEGY Art organised a charity Gala Lunch 9 at the Gulf Hotel Bahrain Convention & Spa dedicated to provide the French School of Bahrain with a special wheelchair for athletes with special needs to participate in competitions.

The event was held under the patronage and attended by French ambassador Cécile Longe.

Teamwork shines

STAFF members of City Centre Bahrain and its adjoining hotels, The Westin and Le Méridien City Centre Bahrain, led by example and donated to underprivileged families in Bahrain during Ramadan.

As part of Majid Al Futtaim's 13th annual 'Make A Difference, Together' they donated items including clothes, books, toys and non-perishable food items at the mall's special donation station.

All donated goods have been sent out to the community through the distribution channels of the Islamic Association in Bahrain.



Outstanding achievements

KUWAIT Finance House-Bahrain recently honoured another batch of employees under its 'Fursan Baytik' Employee Recognition programme marking their outstanding achievements and performance during the first quarter of 2019.

Abdulhakeem AlKhayyat, MD and CEO at KFH-Bahrain, presented awards and certificates of appreciation to them at a ceremony held at the bank's HQ located at Bahrain World Trade Centre, in the presence of several officials and executives from the bank. Yaqoob Nabeel Al Hamer from the Corporate Banking Group took the prize under the 'Teamwork' Award category, Safeya Shawqi Al Alawi from the Credit Review Department for the 'Smart Performance' Award Category, and Tameem Ashraf Nada from the Risk Management Department for the 'Teamwork' Award Category.



Food festival



HUNDREDS of visitors attended the Dana Mall Eid Food Festival with an Indian Street Food celebration and a special Mango Mela. The festival also highlighted Biryani and Payasam dishes.

Blood donation



STAFF and students at the Royal College of Surgeons in Ireland – Medical University of Bahrain (RCSI Bahrain) contributed more than 40 units to the Central Blood Bank, in the second edition of the university's biannual blood donation drive.

Film Weekly



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



A fumbled finale

WHEN you have a base of superhero fatigue, a dose of a franchise on its last legs and a dollop of déjà vu, you rarely get a happy ending. *Dark Phoenix* brings the long-running *X-Men* franchise to a close in a messy and muddled fashion.

The film is marginally better than the previous telling of the *Phoenix* saga, *X-Men: The Last Stand*, and it's certainly better than the bloated and excessive *X-Men: Apocalypse*, but *Dark Phoenix* is still a disappointing finale for this nearly 20-year-old series, as Disney assumes ownership of the *X-Men* characters from Fox going forward.

Ostensibly Jean Grey's movie, *Dark Phoenix* struggles to give Jean any true personality or identity outside of her super powers.

The events of *Apocalypse* that seemed to trigger the awakening of her Phoenix powers are simply ignored here in favour of a celestial force that inhabits her during a rescue mission in space.

While that may be more comic-accurate than what happened in *The Last Stand* and what was hinted at in *Apocalypse*, her newfound godlike powers serve as merely a McGuffin for the villains to pursue and an excuse for the heroes to splinter apart in melodramatic fashion.

The Phoenix force itself is left unexplored and hazily defined, essentially the outer space equivalent of a killer shark on the prowl or a demon looking for a soul to possess.

Sophie Turner plays the three shades of Grey that Jean's given here – scared, sobbing, and seething – as best she can, but the script blazes through her tragic arc, never quite finding a personality for her in order to let an audience truly connect with Jean on an emotional level.

X-MEN: DARK PHOENIX

STARRING: James McAvoy, Michael Fassbender, Sophie Turner

DIRECTOR: Simon Kinberg

GENRE: Superhero

RATING: PG-13

RUNTIME: 114 Mins

The story becomes about Jean trying to find her agency amidst two older mentors – James McAvoy's Charles Xavier and Jessica Chastain's sinister alien – seeking to control her, but her journey is rushed and her characterisation thinly sketched. The tragedy of Jean's plight never quite carries as much weight as it should and thus neither does any of the damage, in lives or relationships, which she and her fellow X-Men endure as a result.

Jennifer Lawrence's steely Mystique has her causal function to play in this story, one that sets Nicholas Hoult's vengeful Beast in motion as his loyalties are put to the test. Michael Fassbender's world-weary Magneto has seemingly found his corner of the world to live in peace before he's dragged back into the fray, where he gets a few cool action moments to strut his stuff even as his worldview flip-flops throughout the movie. But all three characters, perhaps like the franchise itself, are just plain over it all and want to move on.

And, the character they're all equally most frustrated with is the endlessly pontificating Xavier who, after Jean, has the most pivotal arc in the story.

Professor X's hubris has been the Achilles' heel of this younger incarnation, and *Dark Phoenix* sees him fairly demonised for his past actions. Still, James McAvoy sells it all with a

pained sincerity as Xavier reckons with a dilemma somewhat of his own making.

First-time director Simon Kinberg crafts a few decent action set-pieces throughout, particularly a climactic battle aboard a train, and he maintains a level, largely sombre tone for a good chunk of the film. Indeed, the first half of the movie is the best and most consistent part. But the film's highly publicised reshoots – reportedly to differentiate it from another recent superhero movie (almost certainly *Captain Marvel*) – clearly impacted *Dark Phoenix*'s latter half, as the pacing grows erratic and some of the logic behind certain plot and character moments are lost.

One of the film's biggest missed opportunities is its handling of the villains. An alien race out to attain a cosmic weapon is hardly a novel idea (as *Captain Marvel* most recently depicted), but *Dark Phoenix* never gives Chastain's character or any of her acolytes any dimension or personality.

The movie simply brushes aside who and what these aliens are – indeed, humans have made first contact with extra-terrestrials and no one even mentions it – and it never explores them beyond being outsiders who need to be feared, which is a truly odd and negative message for an *X-Men* movie to send.

Dark Phoenix is ultimately yet another fumbled take on the classic saga from the Marvel Comics. Add to it a jarringly uneven latter half and some underdeveloped cosmic villains, *Dark Phoenix* does not see the series go out in a blaze of glory, but rather as a few pitiful embers.

● Now showing in all Bahrain's cinemas.

KRISTIAN'S VERDICT



1 popcorn – stay home
5 popcorns – start queuing

OGN
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Bite-sized trailer

The Secret Life of Pets 2

DIRECTORS: Chris Renaud, Jonathan del Val

CAST: Patton Oswalt, Kevin Hart, Harrison Ford

PLOT: Max faces some major changes after his owner Katie gets married and now has a child. On a family trip to the countryside, Max meets a farm dog named Rooster, and both attempt to overcome his fears. Meanwhile, Gidget tries to rescue Max's favourite toy from a cat-packed apartment, and Snowball sets on a mission to free a white tiger named Hu from a circus.

SHOWING IN: City Centre, Seef I & II, Oasis Juffair, Wadi Al Sail, Saar

John Wick: Chapter 3

DIRECTOR: Chad Stahelski

CAST: Keanu Reeves, Halle Berry, Ian McShane

PLOT: In this third installment of the adrenaline-fuelled action franchise, skilled assassin John Wick (Keanu Reeves) returns with a \$14 million price tag on his head and an army of bounty-hunting killers on his trail. After killing a member of the shadowy international assassin's guild, the High Table, John Wick is excommunicado, but the world's most ruthless hit men and women await his every turn.

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

Godzilla: King of the Monsters

DIRECTOR: Michael Dougherty

CAST: Kyle Chandler, Vera Farmiga, Millie Bobby Brown

PLOT: Members of the crypto-zoological agency Monarch face off against a battery of god-sized monsters, including the mighty Godzilla, who collides with Mothra, Rodan, and his ultimate nemesis, the three-headed King Ghidorah. When these ancient super-species-thought to be mere myths-rise again, they all vie for supremacy, leaving humanity's very existence hanging in the balance.

SHOWING IN: City Centre, Oasis Juffair, Seef I, Saar, Wadi Al Sail

imdb movie charts

Current Position	Title	Weekend Takings	Gross to date
1	The Secret Life of Pets 2	\$47M	\$48M
2	Dark Phoenix	\$33M	\$33M
3	Aladdin	\$25M	\$232M
4	Godzilla: King of the Monsters	\$16M	\$79M
5	Rocketman	\$14M	\$51M
6	Ma	\$8M	\$33M
7	John Wick: Chapter 3 - Parabellum	\$7M	\$139M
8	Avengers: Endgame	\$5M	\$824M
9	Pokemon Detective Pikachu	\$3M	\$137M
10	Booksmart	\$2M	\$18M



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or sexual violence)

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Your views make all the difference – email Stan Szcwowska at editor@gulfweekly.com



RIGHT from the word 'go and pack' to the prospect of discovering a whole new country to finally getting that 'immigration stamp' on the passport, I love everything about new journeys.

I travel with no expectations and take everything just as it comes.

Recently, I travelled to Bahrain and was pleasantly surprised to learn about the historical burial mounds, the history of Dilmun, pearl trading, local food and Bahraini culture.

In my entire life, I would have never thought of learning to dive to find a pearl for myself, but in Bahrain, I really wanted to do it.

The encounter with huge burial mounds in A'ali village and the importance of pottery for burials was like turning the pages of an entirely new chapter in the history book.

Of course, there is much more to Bahrain but the culinary spirit of the country won my heart. It was both, impressive and contagious.

The variety of choices and the popularity of the



traditional dishes was heartwarming. In the times, when people hardly have time to grab a bite on their way to work, I really loved the fact that the Bahrainis invest time in elaborate and traditional breakfast spreads.

Before my trip, a few people had tried to belittle Bahrain as yet another country in the Middle East but I was eager to travel to make my own first observations and impressions of this island nation.

And, I am glad I did that. I always appreciate the fact when the immigration officer welcomes me with a smile in a foreign land and, trust me, I had a very friendly start at Bahrain International Airport.

On my way to the hotel, I remember noticing the cleanliness, the state-of-the-art infrastructure, contemporary tall structures around Bahrain Bay and the twin towers of World Trade Centre.

In the next few days of my stay, I realised that that was just one small slice of life in Bahrain, the traditional and the beautiful side existed and thrived in the alleys of the pearly town of Muharraq, the galleries of the National Museum, the heritage buildings which talked about the importance of this city in maritime trade routes, the kaleidoscopic souq and the beautiful sunsets and weekend getaways.

To start with, my visit to the Qal'at al-Bahrain, the UNESCO world heritage site, was quite a revelation. The ancient fort is not only one of the most valuable assets of the country, it actually made me sit up and sincerely read about the significant findings made by the archaeologists around Dilmun dynasty, Tylos and the Islamic period.

I have to agree that

the National Museum is definitely the best that I have seen in the Middle East and the half-way drive on the King Fahd Causeway that leads to Saudi Arabia was very refreshing.

By now, I had got a slight idea about Manama, the capital city, there was definitely much more.

From the point I entered till I left it, the pearly path trail in Muharraq kept me amused and curious. It definitely needs more than a half day.

The very popular Bahrain International Circuit is an engineering feat and its adrenaline-pumping activities provide for an adventurous detox in the vicinity of the desert.

The Block 338 was about food, drink, culture, nightlife, community, happiness and young people, I liked some of the artwork on the walls there. It was deep and attractive.

Bahrain may be making its way to modernisation but it is still much calmer and peaceful than its neighbors.

It has its own character from the subtle balance

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

Fabulous photograph recently posted on the BSPCA's Facebook page that rings true the world over. For reasons of hygiene dogs are not allowed on the beach ... you have to keep them safe, I suppose.



that it maintains between modern and traditional. The small, pretty lanes, tucked behind the souq, the vibrant perfume shops, the old cafes, the old library, the wooden houses, the mosque – everything that makes this neighborhood is typical of Bahraini style.

I found the old capital of Muharraq most attractive. I am super glad that I had a chance to make the impromptu visits to the pottery workshops of A'ali village and the Shri Krishna temple in Manama Souq. The interactions at the temple really helped me see and acknowledge the much-talked about liberal side of Bahrain. And, in true meaning, it complements the tourism tagline, 'Bahrain, ours and yours'.

The familiar call outs in the souq to buy perfumes and taste the Bahraini

halwa still ring in my ears. Of all the meals that I ate, the breakfast at Saffron by Jenna, the lunch at Villa Mamas and the dinner at Al Abraaj stood out for me.

Well, although Indian biryani still remains to be my comfort food, I am extremely glad that I have developed a special liking for Lamb Ouzi!

While most of the places I explored were entirely foreign, not once but many a times I felt the comfort of familiarity in Bahrain. I did not get a chance to see the 'Tree of Life', but I would love to return for it.

Last but not the least, I loved that building of Arcapita Group. It really impressed me and I would have loved to go inside one day.

Manjulika Pramod, a freelancer writer from New Delhi, who blogs at www.manjulikapramod.com

WHAT was about a year ago, I learned about Germany's specialisation system in school; this occurs earlier on, at the end of elementary school where pre-schoolers, as per the recommendation of their classroom teacher and the wishes of their parents, go on to one of three schools: Gymnasium, Realschule or Hauptschule, although in many states, a comprehensive Gesamtschule does exist.

Youth Talk By Sarah Belal

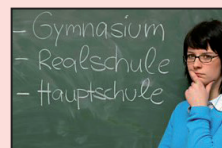


The more academically inclined are encouraged to go on to Gymnasium where they are prepped for university, whereas those not so much are put in Realschule or Hauptschule where the focus is more on preparing students for more vocational-based study,

and eventually, work.

That's not to say that students put in Realschule or Hauptschule never make into the more rigorous Gymnasium and ultimately, to university; they may do so if they wish (students and parents are given the choice of school placement more than once) and by exhibiting improved test scores where they're currently placed at.

While some say argue that this system is unfair, or



that it separates students too early (which may disrupt friendships), for someone like me, who at times in school felt forced to perform beyond my academic abilities, I was pleased (and slightly envious, that's for sure!)

to find out that students in Germany and neighbouring countries such as Austria and Switzerland have other options of study if they're not too enthusiastic about, or cut out for, academia.

One example of this is the dual vocational programme where students start paid apprenticeships after middle or high school instead of enrolling into university.

And, the results of this have been great. Germany

not only has an incredibly skilled workforce but also youth unemployment is the lowest it has ever been.

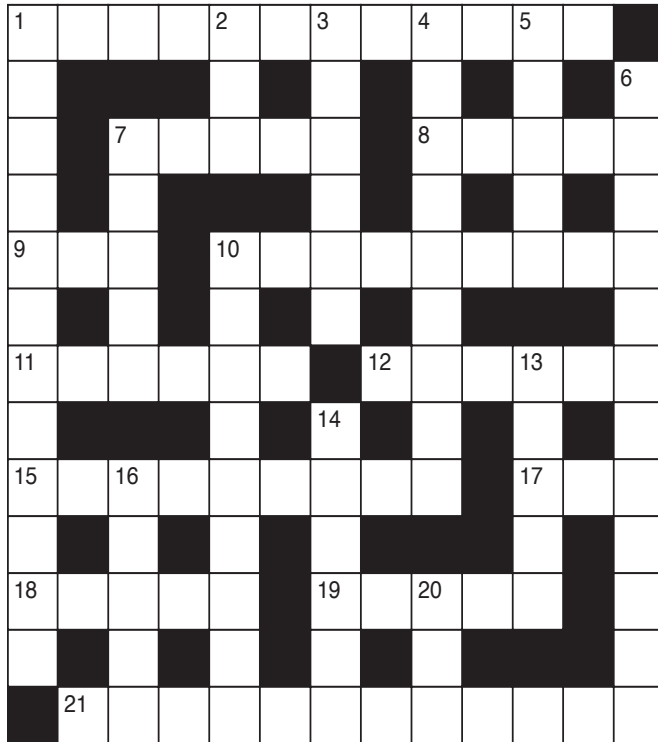
Such an education system might not be perfect, but really, which one is? This one in particular has its shortcomings, yes, but the fact that it's got well-developed, alternative paths for job procurement all while catering to students' different competency levels is, in my opinion, very admirable.

cerebrally crust & crema



17214155 @crustandcrema crustandcremah

crossword break



Solutions in next week's issue.

ACROSS

1. Callowness (12)
7. Dominant idea (5)
8. Pretend (5)
9. Mat (3)
10. Partner (9)
11. Tempt (6)
12. Banish (6)
15. Necessary (9)
17. Ovum (3)
18. Subject (5)
19. Region (5)
21. Incomprehensibly (12)

DOWN

1. Spineless (12)
2. Mine (3)
3. Deny (6)
4. Serviceable (9)
5. Porcelain (5)
6. Clearly (12)
7. Power (5)
10. Building designer (9)
13. Fold (5)
14. Acrid (6)
16. To doubt (5)
20. Fuss (3)

who, what, where, when

WHO ... wrote the play *The Confidential Clerk*?
 WHAT ... nationality was the Nobel Prize-winning author Halldór Laxness?
 WHERE ... in Europe is the city of Karlovy Vary?
 WHEN ... did the missionary Gladys Aylward leave London bound for China?
 WHO ... was the second wife of Henry VIII of England?
 WHAT ... did Lourenço Marques in Mozambique change its name to in 1975?
 WHERE ... in Asia is Bacolod City?
 WHEN ... was the naturalist Sir David Attenborough born?

just so

might



my walk 5280' shoes

GOUDA

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

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

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

darn tough sudoku

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

Sudoku

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

Sudoku

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

Last Week's Leisure Solutions

CROSSWORD BREAK:

Across: 4 Abstain; 8 Immune; 9 Asinine; 10 Allied; 11 Intern; 12 Rotation; 18 Patience; 20 Gringo; 21 Addict; 22 Turmoil; 23 Select; 24 Shelter.

Down: 1 Bizarre; 2 Emulate; 3 Invent; 5 Bassinet; 6 Tenets; 7 Ignore; 13 Impolite; 14 Enliven; 15 Testate; 16 Trough; 17 Animal; 19 Indeed.

JUST SO: A bird in the hand, Doctor's orders, Odd man out, Two peas in a pod

WHO, WHAT, WHERE, WHEN:

Yes; Erie Canal; Chile; 1960; The Persians; Eat it, it is fried rice; Luzon, Philippines; 1962.

Darn Tough Sudoku

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

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work
pad
space
...

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Motoring Weekly

Steering you to the best deals on wheels

Truck tech moving ahead

DAIMLER Trucks has this month established an Autonomous Technology Group as a global organisation for automated driving, bringing together its worldwide expertise and activities.

The main tasks of the new unit comprise overall strategy and implementation of the automated driving roadmap, including research and development as well as setting up the required operations infrastructure and network, heading towards the series production of highly-automated trucks.

The newly-established Autonomous Technology Group is part of Daimler Trucks' global effort to put highly-automated trucks onto the roads within a decade.

Martin Daum, a member of the board of management of Daimler AG responsible for Trucks & Buses, said: "We're the pioneer for automated trucks. With the formation of our global Autonomous Technology Group, we are taking the next step, underscoring the importance of highly-automated driving for Daimler Trucks, the industry and society as well."

"With the new unit, we will maximise the effectiveness of our automated driving efforts and the impact of our investments in this key strategic technology. We will therefore be in the perfect position to put highly-automated driving onto the



roads, making transportation safer, saving lives and helping trucking companies boost their productivity."

To achieve this, Daimler Trucks announced an investment of more than BD215m at the 2019 Consumer Electronics Show (CES) in Las Vegas.

Dr Peter Vaughan Schmidt, who is currently head of Strategy Daimler Trucks, will lead this new, global and cross-divisional organisation.

He has 15 years of experience in the industry and in his previous position, he has been responsible for the development of

Daimler Trucks' strategy on automated vehicles, and said: "We will not only develop the respective technology but also set up the required operations infrastructure and network."

In this position, he will continue to report directly to Martin.

Software development for highly automated driving will be one of the key activities of the Autonomous Technology Group.

Another one will be the so-called vehicle project: On the one hand, the vehicle project will be responsible for the redundancy in the

chassis enabling the vehicle's systems to take over roles of a professional driver while on the road, providing the highest safety.

On the other hand, the vehicle project will take care of the automated driving sensor kit integration (camera, lidar, radar), which – together with a very accurate map – is responsible for ensuring that the highly-automated truck finds its own way on the road.

The operations infrastructure and network to be set up by the group – another key activity – will consist of one main

vehicle control centre as well as additional stations at logistics hubs.

In 2014, the world's leading truck manufacturer presented the Mercedes-Benz Future Truck 2025, the world's first automated truck, and was the first to demonstrate the technological opportunities and great potential that automated trucks offer the economy and society.

The following year, Daimler's Freightliner Inspiration Truck obtained the first-ever road license for a partially automated commercial vehicle, and

the world premiere of the Mercedes-Benz Actros with Highway Pilot took place on public roads.

The new system can independently brake, accelerate and steer. Unlike systems that only work above a certain speed, Active Drive Assist / Detroit Assurance 5.0 make partially automated driving possible for the driver in all speed ranges, also another first in a series-production truck.

This revolutionary active lateral and longitudinal assistance package features a new state-of-the-art radar and camera fusion system.

THE new 2019 Ram 1500 Rebel has been named 'Off-road Pickup Truck of the Year' at a prestigious event featuring some of the biggest challengers aiming to win the hearts of drivers.

An invitational event hosted by the Texas Motor Press Association (TxMPA) contained a strong field of pickups, SUVs and crossover vehicles.

Its media panel evaluated the competitors over a multi-day series of challenges that included a mud-filled obstacle course designed to showcase off-road capability and technology.

With a Rebel yell she cried more, more, more!

"This award is very significant, as Texas is the world's single largest truck market, accounting for 20 per cent of global full-size truck sales," said delighted Stuart Laurie, head of Ram brand in the Middle East. "So when it comes to trucks they not only have very high expectations, but really know what they're talking about!"

Based on the new 2019 Ram 1500, it boasts unique design cues and off-road components backed by Ram Truck

engineering, and according to dealers has become the 'perfect vehicle' for Middle East drivers looking to explore away from the beaten track.

The Rebel comes standard with a factory lift or optional air-suspension for added ground clearance. The 33-inch tyres, electronic-locking rear axle, Bilstein shocks, skid plates, tow hooks and other off-road-ready features also appeal to owners looking for adventure.

"The full-size pick-up truck off-road segment is a competitive arena with a number of players and the 2019 Ram Rebel was up to the challenge," said Mike Herzing, president of TxMPA. "Although well-mannered on-road, the Rebel also offers great capability, encourages spirited off-road driving and is a great-looking pickup that thrilled the Texas Motor Press Association jurors."

Available in showrooms across the Middle East, the



new 2019 Ram 1500 range has also received rave reviews from *Motoring Weekly's* correspondent Kristian Harrison following a recent test drive.

● The starting price is BD16,600. For more information, visit the Behbehani Brothers showroom in Sitra or call 17459955.

Gymnasts all set for competition

CHAOSS will be hosting its popular in-house competition this Friday in which nearly 100 enthusiasts ranging in age from three to 13 will be showcasing their skills.

The event is aimed at providing even those newest to the sport with their first taste of a gymnastics contest and provide them with an opportunity to step onto the podium.

The foundation level starts with three disciplines (vault, bars and floor) in which the youngsters will be required to demonstrate basic skills while the more experienced (up to FIG Level 2) will add the beam to their repertoire and be asked to link their skills into a routine co-ordinated to music.

Six boys aged between five and seven will be competing at USAG level 3 and add the parallel bars and rings to the floor and vault.

Cara Mathis, founder and owner of CHAOSS, said: "It is a real pleasure to be hosting our in-house competition again."

The action takes place at CHOASS gym near the Alosra roundabout in Saar starting at 8am.

Gearing up for the future

From Page 24

The move signalled the continued ambition of the McLaren Group to innovate at the intersection of technology and human endeavour, and reflected the 'collective vision' of its Bahraini ownership to unite its investments in sport and technology through McLaren and Team Bahrain Merida.

McLaren Applied Technologies undertakes challenging projects that naturally fit with McLaren's skills, experience and technical capacity. Competition, racing and the combination of athlete and machine are the lifeblood of McLaren's 50-year-plus history and cycling is one of the rawest examples of all those elements coming together.

Getting former Team Sky performance director Ellingworth is considered quite a coup by the cycling media. He had worked with Team Sky since its creation in 2010, playing a part in their Tour de France

victories, and also taking on several roles in British Cycling, where he left his position as the men's national team coach last year.

Mark Cavendish is one of the many riders who has been influenced by Ellingworth with the former Tour de France winner stating in several interviews that he had learned a lot from Ellingworth ... and not only about cycling. Ellingworth worked on Cavendish's hill climbing by motorcycling up a hill and making him chase him to the top.

Following the decision by British media company, Sky UK, not to renew sponsorship, the team secured financial support from the British chemicals group Ineos, with the team thereby renamed as Team INEOS since April.

Ellingworth is currently on gardening leave from Team Ineos, having worked alongside GM Dave Brailsford since their British Cycling days, and will officially leave over the



RIDING HIGH: Team Ineos' Tao Geoghegan Hart and Ellingworth at the Tour of Britain

summer. He is no longer listed on the team's website.

The 46-year-old will now go up against his old boss in WorldTour races and will find himself with similar financial backing. One source close to the squad said there were plans to apply F1-level analytics to cycling and that the squad has ambitions to

be 'the Han Solo to Ineos's Darth Vader'.

Cycling Weekly also reported that rider Chris Froome had said losing Ellingworth would be a 'big blow' for the team. "Rod's been there from the very start for me, even before the Team Sky days," Froome said. "It is a big blow. Suddenly

we're going to miss Rod Ellingworth at Team Ineos going forward.

"We obviously wish him all the best, he's only going to keep adding a wealth of knowledge and experience to his new team in the future."

Delighted John Allert, the MD of McLaren Pro Cycling, and a board director of McLaren Racing, said: "Rod's appointment as team principal of Team Bahrain-Merida underscores our determination to succeed at the top level of this great sport.

"His remarkable track record, coupled with the respect he has earned throughout the cycling community, make Rod the perfect leader for this next chapter in the team's development.

"Despite his abundant experience, Rod's voracious appetite for new knowledge and innovative approaches to traditional challenges perfectly complements the team ethos. We are delighted to welcome him to the team."

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Motor Sport

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

Sign of the times for Vettel

FERRARI driver Sebastian Vettel was red with rage at being stripped of a much-needed win at the Canadian Grand Prix on Sunday.

So the four-time Formula One world champion took matters into his own hands ... literally.

After getting out of his car with his helmet still on and stomping back to his garage, Vettel then made his way to the post-race grid.

The Montreal crowd watched in amazement as Vettel theatrically grabbed the big No. 1 sign parked in front of race winner Lewis Hamilton's Mercedes car and moved it to where his Ferrari should have been in the empty No. 2 slot.

Then Vettel did the opposite with the No. 2 sign, hauling it over and dramatically plonking it in front of Hamilton's car.

The crowd cheered, as if witnessing a moral victory. "Obviously I'm angry, as you can imagine," Vettel said. "I gave everything I had today and more."

Vettel had started from pole position and crossed the finish line narrowly ahead of Hamilton. But Vettel had been given a five-second time penalty for an incident which happened with a little more than 20 laps to go. Despite Vettel taking the chequered flag, that penalty gave the five-time F1 champion Hamilton his fifth win in seven races and 78th overall.

Vettel, meanwhile, has not won in 15 races, a dismal run at the most storied team in F1.

His mistake was basic, unfair time penalty or not.

He went into the grass with Hamilton pressuring behind him, and then swerved back onto the track, forcing Hamilton to brake suddenly to avoid crashing into the barriers to the right of the track.

But amid the anger Vettel did have a point.

F1 carved its reputation in decades of daredevil acts and used to be famed for such high-speed drama but here it was deemed preferable to fine Vettel for an unsafe re-entry back onto the track.

Vettel took a swipe, or rather a full-blown lunge, at



DREAM ON: Vettel switches the standing markers to place Hamilton second and himself first

governing body FIA, saying the reasoning of the stewards went against the spirit of motor racing.

"It is not making our sport popular. People want to see us race, and it was racing. Just a shame when we have these funny decisions," Vettel said. "I just wish I could be as good as I am ... but in the old drivers' time. We should be able to say what we think, but we can't. I disagree with where the sport is now. It's not the one I fell in love with."

Strong words from Vettel, who finished ahead of his Ferrari teammate Charles Leclerc with Mercedes driver Valtteri Bottas in fourth place and taking a bonus point for

the fastest lap.

In the standings, Hamilton is 29 points clear of Bottas and already 62 ahead of Vettel heading into the French GP in two weeks' time.

An exasperated Vettel said on team radio. "They're stealing this race from us!"

The stewards' decision clearly festered for the remaining laps but it was another Vettel blunder following multiple mistakes in losing the past two championships to Hamilton.

Vettel's barren streak dates back to the Belgian GP last August, while his long-time rival Hamilton is well poised in his bid for a sixth F1 title to move within one of Michael

Schumacher's all-time record.

Hamilton and Schumacher have both won the Canadian GP a record seven times.

"I'm really, really grateful," Hamilton said. "I had a crash on Friday, so I was on the back foot, and then in the morning we had an engine problem.

The guys worked so hard and did a great job to fix it, so they truly deserved to have a car out there. I was trying to drive for them and really wanted to get the best result I can for them.

"It's not easy to follow around here, so I was trying to build the pressure on Sebastian to maybe push him into an error and he made one.

"I still wanted to win the right way and overtake him

on the track, so I was fighting until the finish line, but my tyres were gone. Ferrari did a fantastic job this weekend, they were so fast on the straights and Sebastian drove a great race, it took absolutely everything from me to try and keep up with them.

"It's not a great feeling and ultimately that's not how I want to win races, but I drove my heart out to make my team proud and I feel like I did that.

Hamilton showed a touch of class on the podium, grabbing Vettel's arm and pulling the German alongside him on the top step. Hamilton was asked for his view and some of the crowd jeered when he said: "All I can say is I didn't

make the decision."

Vettel intervened quickly and told the crowd not to boo Hamilton, but to jeer the stewards' decision itself.

"We have very great respect for each other," Vettel said. "I heard some fans booing when Lewis got his trophy. I will defend Lewis 100 per cent here because it wasn't him."

Mercedes has now clinched seven straight wins this season – and nine in the past 10 races overall – and Ferrari has not won since former driver Kimi Raikkonen's victory at the United States GP in October last year.

Once again, Vettel seemed to have the race under control only to lose his composure.

It is the third straight season he is making panicky errors.

He span his car with Hamilton behind him in Bahrain earlier this season, went into the barriers when leading the rain-soaked German GP by nearly 10 seconds last July; and crashed from pole at the Singapore GP two years ago.

This time, the mistake was made on a bone-dry track and in perfect weather conditions.

The excuses are running out fast for Vettel, unfair decisions or not.

● Scan the QR code below to watch Vettel switch markers.



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Fans appreciate the action

THE eighth edition of the Women's World Cup is easily the most important in history, coming hot on the heels in a huge surge in both popularity and exposure of the female game.

Never before has there been such a wealth of talent or as many title contenders and, perhaps, never before has women's football had such a platform.

The four-week competition, which kicked off in the French capital of Paris last Friday, offers an opportunity to change attitudes, to push the drive for equality farther forward.

Established in 1991, initially as the 'FIFA World Championship for Women's Football for the M&M's Cup' (what a mouthful that is), only after the tournament in China did FIFA, the sport's governing body, quell their unease and allow for it to be called a World Cup.

Despite the relative infancy compared to the men's version – first hosted in 1930 in Uruguay – there is a sense that France 2019 could be a turning point. Twenty years after the record-breaking 1999 Women's World Cup which propelled the women's game into wider consciousness, the next month provides an opportunity to not only build on those foundations but to surpass the achievements of the 1999 ground-breakers.

Global stars will emerge over the course of the 52 games as a bigger audience than ever tune in to watch more countries than ever compete for the prestigious prize.

The capacity of the stadiums in France means that the record attendance of 90,185 set on that sweltering Californian afternoon in the summer of 1999 – still a record for a female sporting event – will not be eclipsed, but the television figures for France 2019 are expected to put the 2015 Women's World Cup, which attracted a global TV audience of 750 million, in the shade.

In April, FIFA said ticket sales were 'smashing records.' The opening match in the Parc de Princes and the semi-finals and finals at the Stade de Lyon were sold out within 48 hours of going on sale.

Such is the focus on the tournament, it leaves former players wishing they could play again. For those who grew up in a world where



GOAL-DEN GIRLS: France celebrate a goal against South Korea in the World Cup opener, below, coach Neville instructs the England Lionesses and the trophy

VOICE OF SPORT

with Kristian Harrison



young girls struggled to find teams, the rate of the progress made in recent years has come as a surprise.

Kelly Smith is regarded as the finest female footballer to have played for England, making 117 appearances from 1995 to 2014. "It's been an eye opener, just the attention that's now on women's football," said Smith.

"Certain nations are investing more resources. FIFA has opened up the tournament to 24 teams, so more nations are getting to experience tournament football.

"When I was playing, there

were only two or three teams who could potentially win a World Cup. Now you could name six to eight teams who could potentially do something special at this tournament and it just makes it more competitive, it makes it better for viewers to watch.

"And there are just so many cool stories out there of the women. There are a lot of social media campaigns promoting the players and teams. There's a lot more exposure and visibility now, which just didn't happen when I was playing."

The rise of women's football is a result of a myriad reasons,

the biggest arguably being societal change (this will be the first tournament since the #MeToo movement), and now sponsors and FIFA are adding their voices.

Last year, FIFA announced a five-pronged global strategy to grow the game, one being to ensure all 211 members have comprehensive women's plans in place by 2022.

The governing body has said it wants women's participation to double to 60 million worldwide by 2026, and that the women's game offers vast untapped opportunities, but there is continued criticism of FIFA over the prize money on offer at this tournament.

Raised from \$15 million in 2015 to \$30 million, the overall prize fund has doubled since 2015, but for the 2018

men's World Cup it was \$400 million, with winners France taking home \$38 million.

As for who is going to win the tournament, many predict this will be the most competitive Women's World Cup ever.

The United States are ranked first in the world and have a formidable array of attackers who should have no trouble scoring: Alex Morgan, Megan Rapinoe, Tobin Heath and Lloyd, among others. But defence could be a weakness, and the US have sometimes struggled in the past against teams that bunker down and don't allow them to work their offensive magic.

Germany look poised to make a deep run in the tournament, led by midfielder Dzsenifer Marozsán and forward Alexandra Popp.

But coach Martina Voss-Tecklenburg was put in charge only late last year, and the team's prospects are still coming into focus.

England have a number of strong players, including attackers Fran Kirby, Nikita Parris and defensive star Lucy Bronze. Coached by former England player Phil Neville, the Lionesses are a good bet to be among the last four teams standing.

As for Brazil, superstar Marta suffered a thigh injury two weeks ago that might hamper the team's fortunes.

Finally, expectations for France are high as the host country and after its men's team won last summer's World Cup. Watch out for midfielder Amandine Henry and forwards Eugénie Le Sommer and Delphine Cascarino, who have already made their mark in the tournament's opening 4-0 thrashing of South Korea.

Who am I going to pick? Well, the 'Kristian Curse' is famous in this newspaper, so I'm certainly not going for England. Last summer I tossed a coin between France and Germany and went for the Germans, and we all saw how that turned out.

I won't make that mistake again. France it is.





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LEADER WITH A VISION

ONE of the most respected figures in world cycling Rod Ellingworth will become team principal, Team Bahrain-Merida, the Union Cycliste International (UCI) WorldTour professional cycling team, from October.

The team, a joint venture between Bahrain World Tour Cycling and McLaren, has quickly established itself as a new force in professional cycling.

Ellingworth, 46, who has played a key role in both Olympic and World Tour cycling successes across two decades, said: "I'm delighted to be joining Team Bahrain-Merida as team principal.

"Since the team's breakthrough season in 2017, I've been impressed by its competitiveness. McLaren's co-ownership of the team now provides a unique opportunity to look at every area of performance with a fresh perspective – and I find this massively appealing.

"I'm also excited by the opportunity to bring my own knowledge and ideas to the team and can't wait to get stuck in."

His identification and development of some of the best professional cycling talent over the past decade is well-recognised. Ellingworth officially begins at Team Bahrain-Merida in October but in the interim he will be working with the team's leadership to plan for 2020 and beyond.

Founded by Shaikh Nasser bin Hamad Al Khalifa,

TOP GEAR: Ellingworth on his way to Bahrain



CYCLING

By STAN SZECOWKA
editor@gulfweekly.com



representative of His Majesty the King for Charity Works and Youth Affairs, Supreme Council for Youth and Sports chairman and Bahrain Olympic Committee president, the team has been supported by a number of local businesses too and cycles in Bahrain's national colours.

The aim has been to help elevate the country into the

global consciousness again, alongside the kingdom's Formula One endeavours. The team, consisting of pro-cyclists from a plethora of countries and continents and participates in a variety of UCI events.

GM Brent Copeland continues with the team in his current role, and he will work with Ellingworth to determine the 'most effective' future processes and structures.

The team has had some

recent successes, notably in May with rider Jan Tratnik proving himself the most skilled rider on a technical course to take victory in the prologue stage at the Tour de Romandie, as reported in *GulfWeekly*.

The Slovenian overcame strong competition on the opening day in Switzerland, finishing a second ahead of defending champion Primož Roglič. Tratnik took the leader's jersey with Roglič, the best placed general

classification contender in second, while reigning Tour de France champion Geraint Thomas (Team Ineos) came fifth at just four seconds down.

The triumphant Tratnik said at the time: "It was really special, my first World Tour win and my first in a Bahrain-Merida jersey!"

McLaren Group, partly-owned by Bahrain's sovereign wealth fund Muntalakat, is globally-renowned as one of the

world's most illustrious high-technology brands and become a 50 per cent joint venture partner in Team Bahrain Merida in December 2018.

The partnership is rooted in three key areas: technical collaboration, human high-performance and marketing and commercial services, delivered through McLaren Applied Technologies and the group's marketing specialists.

Turn to Page 21

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