

# Gulf Weekly

The community newspaper at the heart of Bahrain

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EATING OUT:  
Pizza pleasure  
SEE PAGE 11



INDEPENDENCE DAY:  
Filipino fun  
SEE PAGES 12 & 13

# IT'S ONLY CRICKET!

**T**HE most anticipated match of the International Cricket Council (ICC) World Cup 2019 between India and Pakistan attracted a global TV audience of one billion people and digitally united South Asian expats living in the kingdom.

Many settled in front of their smart phones, some waited for text messages and others gathered at expat clubs on Sunday as all eyes focused on the action staged at Manchester's Old Trafford Stadium in England.

As far as results go, since the start of the ICC World Cup, India had won all six previous World Cup matches against Pakistan and they did it again despite the rain trying to spoil play. Ramesh Swami, a 61-year old Indian flooring business manager based in Salmaniya, who watched the match at the Indian Club with friends and 'virtually' with his 91-year-old father back home in India, celebrated Father's Day with a mutual love of the game. "We had to share the moment and were speaking throughout the game," he explained.

VICTORY ROAR: Fans watching the big match at the Indian Club



**COMMUNITY REPORT**  
By NAMAN ARORA  
naman@gulfweekly.com

It is estimated around 290,000 Indian expats call Bahrain their home and more than 100,000 Pakistani expats also live in the kingdom and,

most, if not all, followed the game as best they could on what was a normal work day here, rather than a day of leisure in Europe or back home.

It's not known if any cricket-lovers from Bahrain

were lucky enough to secure any of 26,000 seats at the stadium. Tickets sold out within hours of going on sale, with some ardent followers reportedly paying almost BD2,000 for match and airplane tickets to attend

from the region.

And, fans almost lost their investment as dark clouds loomed overhead, which could have forced a draw in a city renowned for its wet weather.

Turn to Page 4

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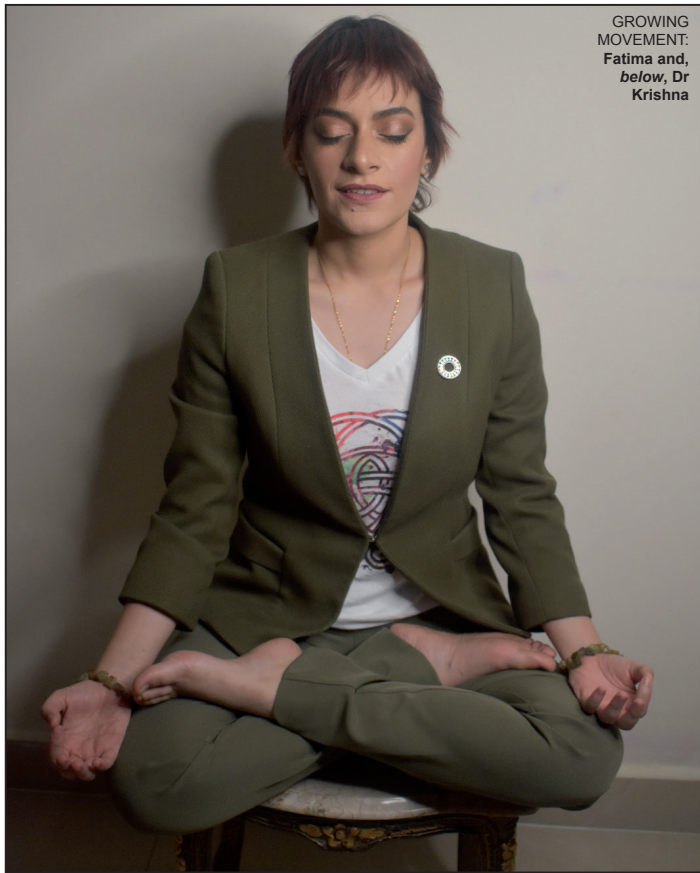
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GROWING MOVEMENT: Fatima and, below, Dr Krishna

# Yoga unites

**YOGA enthusiasts will be aiming to get in the right position to save the planet and make the world a healthier place, in a unique series of initiatives to be staged in Bahrain.**

A public event called 'Yoga for climate action' will be hosted by Bahrain Mobility International at its Isa Town HQ on Friday at 6.30pm to mark the global UN International Day of Yoga, celebrated on June 21 every year.

"The aim of the event is to take action to combat climate change by promoting a sustainable healthy yogic lifestyle," a spokesman for the organisers said, "while raising awareness of its many benefits."

Yoga is an ancient physical, mental and spiritual practice that originated in India and was declared an 'intangible cultural heritage of humanity' by The United Nations Educational, Scientific and Cultural Organisation, better known by its acronym UNESCO.

The event, sponsored by Al Hilal Hospital & Medical Centres and Bahrain Finance Company, will include a yoga demonstration and Q&A session with guest speaker Dr Krishna Sharma, professor and chairman of the Department of Human Consciousness and Yogic Sciences at India's Mangalore University.

There will also be a therapeutic yoga session with Bahraini yoga therapist and adjunct professor Fatima Al Mansoori, who said: "We celebrate International Yoga Day every year, but this year we wanted to take bigger steps to enrich the understanding of the various aspects of yoga and allow Bahrain to utilise it in the most effective way towards sustainable living."

"Many local celebrities and inspirational figures will be joining us on stage to take action to combat climate change by promoting a sustainable healthy lifestyle while raising awareness of the many benefits of yoga, a secret of focus and balance to many athletes, actors and artists around the world."

The stars include Shaikha 'Wonder Woman' Al Shaiba, who competes in intensive, gruelling sporting events despite losing an arm as a child, and Bahrain's world champion bodybuilder Sami Al Haddad.

The aim is to establish Bahrain as a centre of yoga sporting excellence to one

## COMMUNITY REPORT

By STAN SZECOWKA  
editor@gulfweekly.com



day stage international competitions and encourage Bahraini practitioners to participate in global events.

As well as a complimentary health check-up, blood tests and consultations there will be a distribution of free yoga T-shirts and a community health and well-being exhibition. The event will also be supported by the Bahrain Voluntary Media Team.

And, Yogafest21 is being organised by the Indian Embassy with the support of Youth and Sport Ministry at Khalifa Sport City on Friday between 7pm and 9pm, our sister portal GDNOnline reported.

It will feature a lecture-demonstration highlighting how practising yoga can help fight stress and fine peace. Since food plays an important role in achieving holistic health, the event will be followed by a vegetarian food festival, according to a statement from the embassy.

And, the UN, with the sponsorship of the Peace Without Limits, an international organisation, is also holding a major round table discussion titled 'Yoga for planet, people and prosperity' at the United Nations House in Manama on Sunday.

This debate will bring a diverse group of dignitaries and professionals together, including Nouf Al Marwaai, founder of the Arab Yoga Foundation in Saudi Arabia, and Dr Krishna, to discuss challenges and solutions under the theme, as well as many governmental representatives.

"I'm looking forward to the roundtable discussion," added Fatima. "I want to emphasise on the importance of licensing yoga as an integrative therapy which can contribute in reducing medication and treatment expenses for patients suffering chronic conditions and prevent

complications of the diseases."

She believes it's time to categorise yoga practices under the National Health Regulatory Authority to make it easier for patients to find a qualified therapist and for medics who wish to refer their patients to certified qualified professionals.

"This will also insure safety for individuals seeking this kind of therapy, especially prenatal and palliative care patients," she explained. "Furthermore it will create professional career opportunities."

"We have great support from the medical community in Bahrain and health professionals who are up-to-date with scientific evidence. The Ministry of Health has been very supportive and it's time to move forward so that we work together effectively to provide integrative well-being solutions."

"I'm also looking forward to discuss yoga for education as we are in the process of implementing mindfulness at schools programme which includes yoga."

"Also, I will mention that while yoga is more than a physical activity, it can be practiced as a sport and there are international competitive championships and federations."

"Bahrain could become a host for championships and students can participate and compete in international championships."

"Forming a Yoga Federation, with the support of the Ministry of Youth & Sports, could be an effective way of encouraging global participation of Bahraini individuals in Yoga Sports Championships."

Supporters suggest yoga and climate action are entwined saying that embracing a healthy lifestyle does not only contribute to personal well-being, it also contributes to planetary health.

While many people may not be aware of how their daily choices contribute to global warming, yogis have been raising awareness about conscious consumption and refraining from draining the planet from resources.

They are urging people to explore ways to support climate action by adopting a conscious healthy lifestyle so that 'we can deal with the challenges efficiently'.

● Friday's 'Yoga for climate action' event takes place from 6.30pm - 9.30pm. For more details call 33601420.

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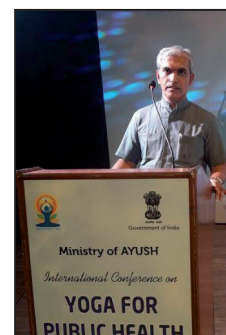
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# The biggest game



## From Page 1

Both teams have been forced to accept draws earlier during this competition due to washed-out conditions – Pakistan in its match against Australia and India in its duel against New Zealand.

Ramesh called it the 'spoilsport' factor.

But the show went on, despite fits and starts due to showers, or fear thereof, with much fanfare and cheers drowning out the rotors of the helicopters summoned to dry out the pitch.

After losing the toss, India batted first, racking up 336 for 5 in 50 overs on a wet pitch – a record for a one-day international at Old Trafford.

Indian cricketer Rohit Sharma scored his second century of the World Cup and Captain Virat Kohli put up 77 runs before a caught ball led to a contentious call by the umpire and a potentially unnecessary walk-off by Kohli, which prompted calls on Twitter to reward him the Noble Peace Prize for not reacting.

Pakistan started its batting spell in the evening chasing a monumental target before rain stopped play again after 35 overs. Because of the late start to the match, the Duckworth-Lewis-Stern (DLS) method was employed to give them an adjusted target of 302 from 40 overs. This meant they had to score an insurmountable 136 runs in 5 overs, which they were unable to do, despite bold efforts by Fakhar Zaman and Imad Wasim. Pakistan was always behind the run-rate required.

So India extended its record to 7-0 against Pakistan at World Cups with an 89-run victory in an encounter that likely will remain the most-watched game of the



six-week tournament.

Pakistani expat, Sajid Butt, 49, an owner of an electronics business who lives in Manama, found the Pakistan team to be 'tense' and disagreed with the call to bowl first, agreeing with Pakistan Prime Minister Imran Khan's suggestion that setting a target by batting first would have been a smarter strategy.

India-Pakistan is not merely the biggest fixture in cricket; it has a fair claim to being the biggest in all of sport. The geographical proximity, sibling-like rivalry and

occasional tensions between the two countries, always make this the loudest and most-watched match at the World Cup.

Fans of the underdog, Pakistan, often go to exorbitant ends to prepare for a victory, no matter how far-fetched it may seem. Some showed up with a white horse on which to ride away victorious, while others prepare victory parties with lots of fireworks and festivities, which end up happening anyways, albeit with a more sombre tone.

The Pakistani fans in Bahrain

generally watched the match in their living rooms, while many Indian fans met at the Indian Club and other restaurants, some of which ran special promotions based around the match.

Despite the rivalry and historical tension between the countries, a love of cricket brings the communities together. Sajid emphasised that it was after all, just a game and gave the two communities a chance to bond over an exhilarating fixture.

Paul Culas, 44, who lives in Gufool, said that especially





# they will ever play



ALL ACTION: India's captain Virat Kohli, right, plays a shot under the watch of Pakistan's captain Sarfraz Ahmed

when living away from home, cricket seems to connect the communities in a supportive and positive way.

S. Amjad Hussain, an emeritus professor of surgery and humanities at the University of Toledo, agrees.

Pakistan and India's cricket rivalry goes back to their independence in 1947. They have played cricket not as much for the sake of the game but to either redeem or enhance the national honour.

But it does not translate in animosity between the peoples of both countries, he said.

"While on the cricket field the decidedly partisan crowd roots for their country's team, off the field the people are friendly and extremely hospitable to each other," added S. Amjad.

"In the past people from one country while visiting the other to watch a cricket match, were consistently received with open arms.

"Cricket has also played an important role in diffusing tensions between India and Pakistan. In 1987 the countries were on the verge of war that neither country wanted. Considering that

both countries have nuclear weapons, it was important to defuse the situation.

"India was poised to play Pakistan on home turf. The Pakistani strongman General Zia ul Haq seized the opportunity and let India know that he would like to visit India and watch the match. As a result the tensions eased and somehow cricket saved the day.

"On another occasion in 2005 President Pervez Musharraf of Pakistan went to see the two countries play in India and the visit to see the

match turned into a summit of sorts between the leaders of the two countries."

India and Pakistan appear to have been on war footing toward each other ever since their independence from Great Britain in 1947 and they have fought three inconclusive wars over the disputed northern Himalayan territory of Kashmir. But still they find cricket as a means to ratchet down tensions. One Indian supporter at the recent match in London sported a T-shirt that said that the 'Winner Takes Kashmir'.

For such an intense rivalry, it's still a lopsided contest when India and Pakistan meet at the Cricket World Cup. Since nothing has worked to resolve the festering Kashmir issue, S. Amjad suggested, perhaps they should bet Kashmir on their next encounter on the cricket field ... as long as it's not a World Cup match.

#### ● Editor's note:

Pakistan's next match will be against South Africa this coming Sunday and the team will have to win all four of its upcoming matches to make it to the semi-finals. India, which has a perfect record so far, plays Afghanistan this coming Saturday.

This was the 22nd match of the World Cup, which has 10 teams from around the world competing for the coveted trophy, Australia defending their 2015 title and England hoping for a home advantage.

GulfWeekly's new recruit, New Delhi-born reporter Naman Arora, said that while he is expected to root for the Indian team, he has always had an affinity for the underdogs and rookies, no matter how insurmountable the odds. With that in mind, 'go Afghanistan!'







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## Goods from around the world

**EXPATRIATES** spending their summer in sunny Bahrain shouldn't fret about missing out on popular products from back home as Lulu Hypermarket is offering a selection of imported goods from around the globe to satisfy their cravings.

The retail giant will be featuring a speciality range of products including fresh meat, fish, cheese, bread, fruits and vegetables, mainly from the US and the UK, to cater to existing customers as well as to attract new shoppers.

There will also be some items imported from Spain, South Africa, the Far East and some European countries. "We hope to



keep our existing customers happy and engaged with the brand. However, we want to also attract new customers and want them to have a good experience with us and we hope to use this platform to make memorable experiences for them," said

a Lulu spokesman.

Summer promotions will be featured in all eight of Lulu's outlets – Muharraq Central Market, Atrium Mall & Towers in Saar, Dana Mall in Sanabis, Riffa, A'ali's Ramli Mall, Juffair Mall and Galleria Mall in Jinj.

### Lulu Hypermarket

1. Lulu sunflower oil 1.8ltr 2pcs – BD2.190
2. Sadia chicken breast boneless skinless 900gm – 950fils
3. Langnese pure honey 500gm + dispenser – BD2.990
4. Alzaeem chicken nuggets 1kg – BD1.890
5. Americana burger chicken bag 1kg x 2pcs – BD1.940
6. Lulu French fries 2.5kg – BD1.290

*These offers are valid from tomorrow until Monday.*

### 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. Pasta Romana fresh tortellini ricotta spinach 250gm – BD1.725
2. Tanniah chicken breast 450gm – BD1.450
3. On the vine red tomatoes – BD1.750
4. New Zealand beef cubes per kg – BD3.995
5. Haagen Dazs vanilla ice cream 460ml – BD1.795
6. Kellogg's Frosties cereal bars 6 x 25gm – BD1

### Al Jazira Supermarket

1. Go lightly sugar/ gluten free candy vanilla caramel – 850fils
2. Go lightly sugar/ gluten free candy lemon – 850fils
3. Post cereal golden 311gm – BD2.900
4. Post cereal hostess honey bun 326gm – BD2.900
5. Post cereal hostess mini donuts 311gm – BD2.900

## REVIEW: Bahrain Fringe Festival – British Club

A MEDLEY of music, comedy, improvisation and theatre was given its first fringe fiesta outing at expat clubs across the kingdom and the final act took place at the Brit Club on Friday in a much more laid back atmosphere.

Festival-goers stepped out of the glorious sunshine by the poolside and into the air-conditioned and chilled Windsor Room with many relaxing on bean bags and keeping warm under blankets.

The atmosphere soon heated up inside when the acts took to the stage and I joined the fray half way through the afternoon with some little and large stand-up comedy routines delivered with panache in the shape of Raya Chughthai and Ahmed Al Matrook.

We ventured upstairs to Blighty's too where a marketplace had been set up with the works of artists and craft-makers placed on display. A good crowd joined in a sing-along of tunes played by members of the Bahrain Acoustic Music Group which inspired one guest to give a great version of a 'dad dance' to a Queen classic.

There was plenty of time to settle down for food before the appearance



of hilarious UK headline comedian/musician Keith Donnelly who knows how to play a crowd with captivating patter and soon had the young and old joining in his act with wild abandon.

I loved his banjo burger joke which I'm going to use when I meet up with



my family back in the UK in July. It's fabulous but I can't explain it because the punch line is a visual gag. But, please take my word for it, it's very funny.

Keith, also merclessly took the micky out of the Brit Club service suggesting throughout his set that he was still waiting for his

apple pie and custard to come. The kitchen team got their own back in the end by serving it up to him on stage!

He told me afterwards that he'd played Bahrain once before - 36 years ago - and they'd promised him a return gig. Better late than never!

Bahrain's own resident super star Sandi Thom ended the night, after rushing from a wedding, and produced sparkling vocals and a mean blow on the harmonica.

Congrats to brave Scott Hughes for launching the event and handling the sound system (Keith got him



brilliantly when he stepped away from the controls for a few minutes by pretending his microphone had stopped working) and Hannah Turner, co-executive producer, for keeping the show professionally slick. Here's to Bahrain Fringe Festival 2 next year!

- Stan Szczowka



# FinTechFocus

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



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# Insuring a positive future

**INSURTECH** trends that will shape the insurance industry in 2019 and beyond came under the spotlight in Bahrain ... and a new hard-hitting report on the sector reveals that there are opportunities galore to insure a disruptive and prosperous future.

The 2019 InsurByte conference held at the Gulf Hotel Bahrain Convention & Spa emphasised the importance of artificial intelligence (AI) within the Insurance industry, as highlighted in last week's *FinTech Focus*. The way forward is 'InsurTech' as the market for online insurance products and services continues to grow. More than 40 speakers and 300-plus delegates from various industries attended the conference discussing the challenges, trends and opportunities in the insurance space in Bahrain.

Khalid Saad, CEO, Bahrain FinTech Bay believes last week's event will have a 'profound impact' on Bahrain. "We have a thriving insurance sector with various players, and the competition is fierce," he explained. "However, the industry has a clear understanding that the path forward will keep changing as the technology changes."

"We look forward to collaborating with regional and international partners to create a positive shift." Bahrain FinTech Bay held InsurByte 2019 under the patronage of the Central Bank of Bahrain titled 'Reimagining Insurance' last Wednesday and Thursday. It was held in partnership with the Bahrain Institute of Banking & Finance, Tamkeen, the Bahrain Insurance Association and FinTech Consortium.

In addition, the Insurance Digitisation Report 2019 was launched during the opening session. The report was curated in collaboration with Roland Berger and BIA Insurance.

It has been described as



'a useful guide moving forward'.

It reveals that Bahrain has over decades built an insurance industry that is now comprised of around 100 regulated entities.

"The industry is highly saturated with relatively low levels of differentiation and digitalisation," said Khalid. "Compared to banking, the insurance industry continues to lag in terms of adopting the latest technologies and customer-centric approach."

"As InsurTech solutions emerges, it will dramatically transform the insurance industry. Such transformation will impact the value chain, enhance efficiencies and the customer experience, create new products, and redefine business models."

"With the rise of millennials and ever greater levels of technological advancement, adoption of and collaboration with InsurTechs will further support the industry to shift from a product-centric world to a customer-centric world. Additionally, this can support spreading further awareness of the insurance industry away from motor and health

and increase the overall insurance penetration rate.

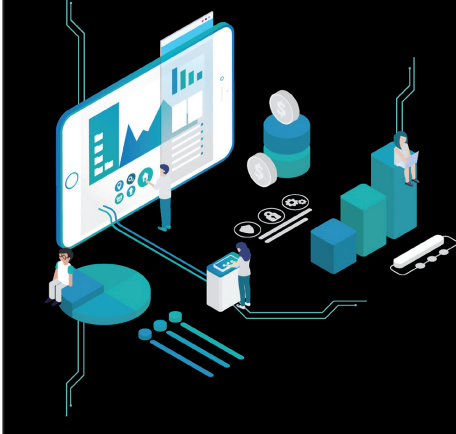
"Through this report, we aim to shed light on the current status of digitalisation in Bahrain's insurance industry and explore how InsurTech can transform the industry and develop it further."

The use of smartphones and other digital devices enables companies to directly reach their customers, and for customers to directly contact their insurers. With a local smartphone penetration rate of 158 per cent, the insurance market in Bahrain can leverage this opportunity and increase their digital channels of communication with their customers.

This method of enhancing customer experience is adopted by 50 per cent of players in the local insurance market and by having a widespread use of mobile and online applications. Hence, insurers can unlock new revenue streams by exposing their products and services to the uninsured population who have access to internet.

With emerging technologies, new business

**INSPIRING MOVES:** FinTech Bay's CEO Khalid and Abdulrahman Al Baker, executive director of financial institutions supervision, Central Bank of Bahrain, giving a keynote speech titled 'The landscape of the insurance industry in the MENA region'



models are developed with customers being at the forefront of innovation.

One of the most popular business models on the rise is on-demand insurance. This model is specifically apparent in covering only those risks that arise within a certain event. Examples would be to activate travel insurance as soon as a flight is booked or to pay for car insurance based on its usage.

These advancements help insurers become more customer-focused and also focus on niches that were not covered before allowing for greater due diligence and risk profiling for policyholders.

And the next step will be digitally enabled operations and management. The application of AI and 'big data' within any organisation is highly useful in collecting data and analysing customer behaviour, the report points out. Instead of relying on historic generic data, insurers can collect real-time specific data on their customers.

Such data helps in providing insight on customers' interests and sentiment. The submitted data can further assist

insurers in tailoring their product offering and targeting to efficiently promote brand awareness and yield higher return on investment. The key areas of processing improvement could be found in risk profiling, claims processing, product offering, premium pricing, fraud detection, and underwriting. Thus, leading to an overall improvement in the delivery of insurance and management of its operations.

In conclusion, that given the low priority for digitalisation at the current stage of the insurance market, the report highlights that altered customer behaviour and expectations will drive the change toward digitalisation.

Customers will likely call for better digital experiences within the insurance market following their experience with alternative industries.

The report also highlights that the local insurance market can prospectively thrive and secure customer satisfaction with internal structural changes and the implementation of relevant modern technologies

across various stages of an insurance transaction.

The aim of the report is to both gain an understanding of the existing state of digitalisation in Bahrain's insurance market as well as the necessary steps that need to be implemented to accelerate the trend.

Moving forward, the intention behind the report is to provide a long-term reference for key stakeholders including local insurers, government entities and FinTechs to uncover the most suitable approach towards promoting digitalisation efforts in the market.

Some of the facts and figures presented have been extracted from the Central Bank of Bahrain's database, although the analysis of the report does not reflect the views or position of the CBB and was conducted independently by Roland Berger and Bahrain FinTech Bay.

Simultaneously, the report's primary source for data was a survey circulated among insurers in Bahrain.

The survey questions were broken down into key segments including organisational strategy and mind-set, customer journey and access to information and digitalisation efforts at different stages of operations, including quotation and claims management.

Following the distribution of the survey, the data was collected and analysed to provide further understanding on the current status of the market.

Additionally, the results were utilised to establish the path forward in regards to emerging growth drivers and opportunities. Recommendations were also built from the analysis to create a 'crucial framework' for varied stakeholders in the ecosystem to digest as a means of promoting the growth of digitalisation in the local insurance market.

● For more details on the report, visit <https://www.bahrainfintechbay.com/insurance-digitalization>





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# Leisure Guide



Listings, lifestyle, travel, entertainment and sporting events by Naman Arora

## Today (June 19)



Thai hip hop sensation rapper Twopee Southside will be performing at the Cavallo Club tonight.  
For details, contact 35111181.

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.  
For details, 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.  
For details, 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 from 7pm-11pm. The entertainment is performed by Twin Band. The BBQ buffet is inclusive



of soft drinks and water for BD19net and free flow of beverages costs BD26net.  
For details, contact 17171144.

## Tomorrow (June 20)

Enjoy a performance by the Yinchuan Arts Theatre commemorating 30 years of diplomatic relations between the Kingdom of Bahrain and the People's Republic of China at the Cultural Hall. Entry is free.  
For more information, call 17298777.



Head over to Tapas at the Sofitel Bahrain Zallaq Thalassa Sea & Spa on World Music Day for a Battle of the Bands, featuring the best bands in the Kingdom. Cost is BD20 per person, redeemable on consumables.  
For more information, call 17636363.

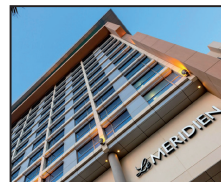
Big Texas Barbeque & Waffle House hosts Thursday Night Lights from 7pm-9pm. This event showcases local and



international musicians in Bahrain.  
For details, call 17360063.

Ladies, dance away the night at Jumeirah's Havana Club every Thursday from 8pm to midnight with unlimited selected beverages and enjoy a live Cuban band.  
For details, call 77707070.

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

Enjoy a buffet dinner at Jumeirah Royal Saray's Al Hadiqa Pool & Beach outlet from 7.30pm to midnight offering a wide variety of

dishes from seafood, sushi and meat-carving stations to a desserts display while listening to a Cuban band. The price is BD22net per person, including soft drinks and BD32net per person including selected beverages.  
Call 77707070 for details.

## Friday (June 21)

Laugh the night away and enjoy a curry buffet at the Dilmun Club with a performance by British stand-up comic, Jojo Sutherland. Doors open at 8pm and the BD10 entry ticket includes a complimentary beverage and buffet.  
For details, call 17690926.

The French Embassy and Alliance Francaise presents Make Music Bahrain, a celebration of amateur and professional musicians on the island. The event runs from 4pm to 11pm and entry is free.

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





The Four Seasons Hotel Bahrain Bay is hosting a Friday Brunch, with five food stations serving Arabic, Western, India, Japanese and Chinese delicacies, at Bahrain Bay Kitchen from 1pm to 4pm. Priced BD30net per person including soft beverages and BD43net per person including a beverage package. Children between six and 12, get a 50 per cent discount.

For reservations, call 17115500.

The Four Seasons Hotel Bahrain Bay's Cut by Wolfgang Puck hosts a brunch every Friday from 12.30pm to 3pm. Priced at BD32net per person, including soft beverages and BD44net per person, including beverages.

For reservations, call 17115044



Enjoy a five-course tasting menu and be part of the dish development experience for executive chef Brian Becher and his culinary team at Four Seasons Hotel Bahrain Bay's re/Asian Cuisine from 7pm to 11.30pm. It's priced at BD35net per person.

For details, call 17115046

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.

Call 17227777 for details.

Big Texas Barbeque & Waffle House presents its 'Small Town, Throw Down' brunch – the only five-hour brunch in the kingdom – from 11am to 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 22)

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.

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 Four Seasons Hotel Bahrain Bay's re/Asian Cuisine by Wolfgang Puck offering selections of Korean fried chicken bao buns, wok fried shrimp dumplings and brisket wontons from 12.30pm to 3pm. It's priced BD32net including soft beverages or BD44net including premium beverages.

For details, call 17115046.

#### Sunday (June 23)

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

Spice up your weekdays with a lunch at Four Seasons Hotel Bahrain Bay's 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.

Enjoy a selection of international and Middle Eastern cuisine at Le Meridien 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.

#### Monday (June 24)

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 al 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 25)

There is a 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 Rasol by Vineet.

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

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

For details, contact 17531122.

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

Every Tuesday is His Night at Jumeirah's Havana Club, with a complimentary first beverage for gentlemen. Call 7770 7070 to make a reservation or get details.

# DOC BAHRAIN

## MEMBERS ANNUAL GATHERING

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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



WITH a movement of 2.89mm in thickness and a case of 6.3mm in height, the new Royal Oak Self-winding

Perpetual Calendar Ultra-Thin has been acclaimed as the world's thinnest automatic wristwatch of its kind and marks Audemars Piguet's latest technological milestone.

The Manufacture's research and development team has integrated movement development,

design and ergonomics in the conception of this new timepiece to boost its efficiency, robustness and reliability.

The result? An ultra-thin self-winding perpetual calendar wristwatch equipped with a complex movement re-engineered to integrate an elegant ultra-thin case, perfectly fitting under the sleeve of a shirt and endowed with a refined dial design enhancing visibility.

To reach such an ultra-thin movement, the perpetual calendar functions, normally

arranged on three levels have been merged into one single layer.

This led to the development of two pioneering and patented innovations: the end-of-the-month cam has been integrated to the date wheel, while the month cam has been combined to the month wheel.

The geometry of each component has also been optimised from the onset, reducing adjustment and assembly time.

The dial, too, has been redesigned compared



to previous Royal Oak Perpetual Calendar models. The day, date and month sub-dials have been enlarged for optimum legibility, while the night and day indication

at 8 o'clock has been added symmetrically to the leap year indication positioned at 4 o'clock.

Champion of miniaturisation since its

establishment in 1875, Audemars Piguet quickly charted its own course in the development of extra-small and extra-thin mechanisms.

The creation of the world's thinnest perpetual calendar wristwatch paves the way for a new generation of complicated watches balancing refined aesthetics, optimum ergonomics, technical complexity, ancestral savoir-faire and contemporary lifestyle.

"To break the rules, you must first master them," a company spokesman said.

**S**UMMER is here which means 'bye bye' pale skin and hello glorious tan... and in Bahrain there is plenty of sun to make that golden dream a reality.

The joyful, sunny season does have its drawbacks too. It can leave skin dehydrated if not cared for properly and the heat can cause pimple breakouts, rashes, burns and other issues.

These pesky problems can be combated though with a little TLC and according to beauty expert Lady Baltazar you can do all that's needed on a budget.

"One misconception about beauty and skin care is that we need to spend thousands of dollars just to look after ourselves," she said. "We don't! And sometimes, the best beauty solutions are right in front of us – literally."

The US and Dubai-based lifestyle blogger shares eight natural remedies to look and stay flawless from the comfort of your kitchen.

### 1. BANANA + HONEY + LEMON FACE MASK

Bananas are filled with vitamins and minerals which help nourish, smoothen and brighten the skin.

Mix up a mashed banana with honey and lemon juice and then apply it to your face for about 15 minutes. The bananas will help absorb and retain moisture making your skin hydrated and the lemon juice adds extra brightening and lightening properties. This is a must-have to achieve glowing skin this summer. Afterwards, simply rinse off with warm water and voila watch yourself shine!

# It's time to get glowing



### 2. CUCUMBER EYE MASK

Cucumbers have a natural cooling effect. It helps reduce swelling and rejuvenates dull skin while helping you relax and hydrate the area around your eyes. All you need to do is cut the cucumbers into slices, refrigerate them for 15 minutes and then apply them over your eyes for about 10 to 20 minutes. This will reduce the puffiness around your eyes and any dark circles.



### 3. HONEY + SUGAR LIP SCRUB

Honey keeps lips moisturised and exfoliated as well as soft and hydrated. Mix sugar and honey into a paste and apply it to the lips using a toothbrush. Gently scrub for two to three minutes and then rinse with warm water. Use a lip balm after and off you go!

### 4. TOMATO + CUCUMBER TONER

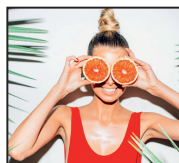
Aside from treating large and open pores, tomatoes



also help prevent signs of aging and act as a natural sunscreen preventing sunburn. Combine cucumber juice and tomato pulp and then apply it as a toner using cotton balls. Leave on for 10 minutes then wash off with warm water. It will tighten those pores for sure.

### 5. COCONUT + LIME BODY SCRUB

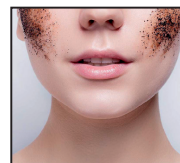
Coconut is a natural and gentle exfoliator. It helps remove dead cells and prevents flakiness giving a



moisturised and hydrated skin. Plus, it leaves your skin smelling great too. Mix coconut oil, shredded coconut, plain white sugar and lime juice to make the scrub.

### 6. CORNSTARCH + DRY SHAMPOO

Who knew that cornstarch is a natural degreaser? When used as a dry shampoo mixed with alcohol, it can refresh the roots and combat odor while leaving the hair looking and smelling



fresh. It's very convenient especially for those days at the beach. Mix cornstarch, rubbing alcohol and water. Pour the mixture into a spray bottle and spray into roots for instant hair revitalisation.

### 7. OLIVE OIL HAIR TREATMENT

Summer heat doesn't just dry out your skin but your hair too making it brittle and frizzy.

Olive oil can help repair this damage leaving women with healthy hair that's soft and shiny.

Simply massage olive oil into your hair, wrap it up with a shower cap or towel and leave it in for an hour before rinsing it off and shampooing it. Your hair will be soft and shiny like new.

### 8. OATMEAL + SALT + LEMON FOOT SCRUB

Summer time is sandal weather so keep your footies looking and feeling soft to the touch using Oatmeal.

It acts as a great exfoliator and has anti-oxidant properties that can help treat dry skin while soothing and softening the skin.

Mix oatmeal, salt, lemon, baking soda and water into a paste and gently scrub into rough or dry areas. Then rinse off with cool water for softer and smoother feet.

● Remember to drink a lot of water too and apply sunscreen before your bouts of fun in the sun.



# Eating Out

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

**T**HIS is one assignment I've been waiting months to savour ... in fact, ever since attending the opening of the new outlet of one of my favourite coffee establishments back in March.

During the formal ribbon-cutting ceremony they dished out little tempting slices of sensational savoury pizza and I marked it down as a 'must do' eating out review.

Finally my moment of destiny arrived and as a pre-Father's Day family gathering, the good lady wife, Kathryn, pushed Stan Jnr in the back seat of the car (he was recovering from a post GCSE exam party) and we drove off to Crust & Crema's stylish Seef outlet.

We were welcomed by Chorok (pronounced Cho-rock which is totally different to what I've been calling him for the years I've known him) Cyrus Woo, director of this celebrated roaster, café and bakery business.

As reported earlier, this tasty addition to the operation gives a twist to the 'crust' element of the Crust & Crema name as a new Neapolitan oven has been installed to bake a range of home-made sour-dough light, yeast-free pizzas.

All the Italian-style favourites, such as Margarita, colourful Veggie and Pepperoni are included in the choices, but the talking point has been the creation of two toppings only available at this venue.

The Kimchi features a spicy homemade sauce, fresh mozzarella and Kimchi, a staple in Korean cuisine made from salted and fermented vegetables, most commonly napa cabbage and Korean radishes.

I have become a very big fan

## Wooing us with pizza



**TASTY TREATS: Perfect slices with special toppings at Crust & Crema Seef**

of this offering which adds a delicate chili kick and a crunch to the pizza experience.

However, the big talking point is the Crust & Crema Special, served either spicy or non-spicy, featuring marinated beef. Just not any old marinated beef, marinated with a secret Woo recipe. Divine texture and it's clear why it's Crust & Crema Seef's signature dish.

Known in Korea as 'bulgogi' which in English means 'fire meat' which is a fair translation as these marinated slices of beef are grilled on a barbecue or on a stove-top

griddle. Sirloin, rib eye or brisket are frequently used cuts of beef for the dish.

Another hot piece of conversation is the pizza oven itself which took the patience of a saint to arrive following broken part issues and transportation angst but now it's really cookin' in more ways than one.

The dull grey exterior was freshened up with a bright white splash of paint and video game fan Chorok decided to give it an added Italian flavour by introducing a touch of Super Mario inspiration.

The games follow Mario's adventures, typically in the fictional Mushroom Kingdom with Mario as the player character. A Super Mushroom is a red mushroom that serves a particular function depending on the game so now the pizza oven has been painted to look like one and, of course, who doesn't like a slice of mushroom on a pizza?

The problem is, the sparkling pizza oven is now the hot topic of debate over whether it looks more like a ladybird than a mushroom. Readers, please note, ladybirds have black spots!

Either way, the pizzas delivered by Chef Roland Cahatian are outstanding with prices ranging from BD3.500 to BD4.900.

Famed for its in-house roasted coffee, breakfasts, cakes and gourmet desserts, Crust and Crema became a welcome addition to the culinary scene at Galleria Mall in Zinj in 2016.

Its original outlet in Saar closed as a result of parking, maintenance and operational issues and the fact that it was surrounded by shisha cafés.

The Woos went in search of new premises and were

delighted to find the answer to their dreams at the recently-built Sanyan Residence in Seef. It is in such a superb spacious location boasting a mezzanine floor, plus easy parking outside and to get there you swing left at the lights, instead of right heading for the malls.

Another unique offering are bowls of Acai, a Brazilian super-food. Grown wild on the banks of the Amazon in abundance, farmers now sustainably harvest and sell it Fairtrade with no negative impacts on the environment.

Sold as a sorbet, it's bursting with antioxidants, and is also blended with fruit if preferred. One tropical bowl even comes with peanut butter, fruit and a hint of chocolate.

But the coffee reigns supreme, which started another debate on our table. Stan Jnr, who is used to drinking the bitter stuff from multi-national chain outlets, was convinced to try it without heaps of sugar. Sure enough, it was good enough with milk alone. A sweet lesson learned.

*Try for yourself by calling at this superb eating out venue and the pizza can be home delivered too by contacting 17214155.*



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# We've a passion for



**T**HOUSANDS of Filipinos from across the kingdom celebrated their country's 121st Independence Day in colourful, festive style at Adhara Park.

The community event featured a series of captivating performances, food stalls offering tasty traditional treats from back home and numerous activities for the entire family to enjoy.

The Kalayaan Festival, which means 'freedom' in Tagalog, was organised by the Philippine Embassy in Bahrain in collaboration with HB Events to help promote, celebrate and share the country's rich culture.

Ambassador Alfonso A. Ver said: "A big part of our national day commemorations is the participation, recognition and partnership with more than 10 million overseas Filipinos in their respective communities abroad.

"The Filipino diaspora in Bahrain has, over the years, consistently been the embassy's partner in such community celebrations. The Kalayaan Festival brought together the talents, creativity and vibrancy of the Filipino community for this annual, traditional socio-civic expo."

The celebrations kicked off with a boisterous motorcade parade with Vic Cabe, the embassy's labour attaché leading the pack of bikers to the venue, followed by an electric, tribal Ati-Atihan opening dance number performed in the outdoor grounds by the Aim Global Group.

Afterwards the ambassador conducted a ribbon-cutting ceremony to launch the festivities alongside his wife Lalaine, consul general Ma.Paz Cortes and Filipino Club president Ric Advincula.



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

The celebrations then continued inside Adhara Park's Indoor Courtyard with a folkloric two-step Sinulog dance put together by the Singles for Christ Group.

"This festival was meaningful and entertaining not just for the Filipinos, but also to our gracious hosts, the warm people of Bahrain, and the other nationalities in this beautiful and welcoming kingdom," added the ambassador. "There was fun, food, entertainment, games and raffle prizes for everyone.

"Maraming salamat at Mabuhay tayong lahat! (Thank you very much and long live everyone!)"

The two-storey hall hosted a Pinoy Food Festival on the ground floor featuring an assortment of authentic Filipino delights cooked up by five local restaurants.

Dental assistant Joerinna Sandigan, 24, who lives in Sanad, was enjoying some Filipino fare with her friends and thought the festival was great. "There was local food everywhere and it tasted just like home," she said.

"You don't usually find traditional food everywhere in Bahrain and if we want to get products from abroad it takes a while to get them here, so we were really overwhelmed by all these items and the quality of the food on sale.

"This festival as a whole was great because it gave us a chance to meet new people from our community. We were so impressed. The organisers have done a great job."

The ground floor also featured fitness activities and 'well-being' stalls and provided a large stage to showcase all the acts.

The second floor included a

**ON SONG: Independence Day entertainment**



mini-bazaar offering products from the Philippines, health checks, school options and government agencies offering onsite services.

"We offered Filipino residents a chance to come to the festival and process their employment contracts, for example," said Vic, 63, living in Juffair. "We issue, what we call, overseas employment certificates or exit clearances which they will need to be able to return to the Philippines.

"These are some of the regular services that we do and we figured it would attract more people to come to the festival. Basically, instead

of going to the embassy on a regular working day, people could come here, get their papers done and enjoy a fun day out with family."

The Philippine Embassy also created a Freedom Wall for community members to share their thoughts on their Independence Day, on how they feel about living abroad, missing their families and working overseas.

"The Freedom Wall allows people to express themselves," Vic added. "We wanted to hear what our overseas Filipinos are thinking, to help them speak their minds about living overseas and from the messages, we will select three





# For all things Pinoy



to be awarded cash prizes. "It is all for fun but will also give us a chance to know what people are truly thinking."

The first place prize was BD30, second took BD20 and the third prize was BD10. Everyone who entered received a certificate of appreciation.

While some completed paperwork, others snapped up bracelets, clothing and additional items from the various vendors.

Friends Aletha Al Bores, 48, a housewife, and teacher Eliza Taloza, 43, manned a silkscreen printing stall and were selling patriotic shirts for BD2.500 which were being

snapped up like hot cakes.

Aletha, who lives in Tubli with her family, said: "This year's shirt says 'The Land of the Brave' in Tagalog. Every year we design a different shirt. This festival is great for networking, sharing our culture and celebrating with family and friends."

As visitors continued shopping, others enjoyed Mama Sita's live cooking show featuring a special guest chef from Manila along with child chefs Rafa Ver and Salma Hammad dishing out their favourite Pinoy meals.

Salma, an eight-year-old AMA International School student, is a YouTube culinary

sensation and her passion for food stems from her mum, Cristalyn Pastrana, the cluster director of marketing at the Sheraton Bahrain Hotel, The Westin City Centre Bahrain and Le Meridien City Centre Bahrain and her dad, Ayman, who owns a hospitality consulting agency headquartered in Bahrain called HSP Marketing.

Cristalyn said: "We are very proud of her and are thrilled to see how much confidence she has talking on stage. She cooked her favourite Pinoy dish - chicken tinola - and was delighted to be invited to showcase her skills."

Throughout the event, two masters of ceremonies kept the energy and audience participation buzzing. They also handed out a variety of prizes from a raffle draw.

For the first time, the event included a Pinoy Youth Talk to help build the aspirations of younger members of the expat community living in Bahrain. The talk involved Philippine School of Bahrain student Rana Mae Malubay, who has received a world scholarship for Yale University in the US, as well as members of Youth for Christ Group, including Miguel Aspiras, Joma Crisologo Lawrence Mascareñas and Franco Tagayun.

According to the event's organisers, these teenagers were given a platform to make their voices heard by sharing their views and opinions about important issues facing Filipinos growing up in a foreign land.

"The festival showcased the Filipino youth in Bahrain as well as second-generation migrants and newcomers who have been educated and steeped in the ways and cultures of Bahrain," added Ambassador Alfonso.

"Through a forum and interaction, we saw how they can likewise contribute to the community at large. Traditionally, such celebrations also highlight the many Filipinos who have excelled in their respective fields in Bahrain.

"This year's festival brought more significance as it highlighted not just what the Filipinos in Bahrain have achieved but more so how the Filipino community has given back to the place they call their second home."

Other highlights included a special tribute to Overseas Filipino Workers Inspirational Heroes and A Baro't Saya Recycled Design Competition in which designers and models showcased colourful up-cycled fashion created using spoons, hand fans and other items.

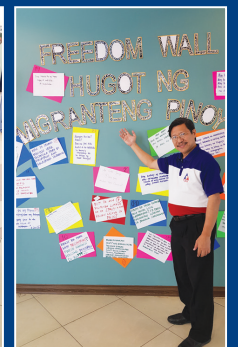
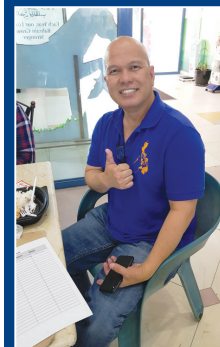
Louie Capistrano won first place and a \$500 prize. His model Kristine Joy Patulayin wore a potato sack mermaid cut dress featuring a decorative back with Kalayaan painted on it.

Second place designer Aristotle Tejano received \$300 and third place Denver Capistrano took home \$200.

Visitors also enjoyed performances and dance numbers by Juliana Anatheia Dekant and Sean Ezra Calazara as well as a Tinikling dance by the Philippine School of Bahrain.

Romeo Tagulao, 56, a retired US Navy member, who works on base as a federal employee civilian, and lives in Juffair, said: "This was a great place for people of all nationalities to celebrate together."

The event was sponsored by Batelco, LBC, KHK Sports, Brave, UAE Exchange, Vermindex, and supported by DHL, Carrefour, Western Union, BFC, Mama Sita's, Bonchon and Jollibee.







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# Property Weekly

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

## Chance to live the high life

**A fully-furnished three bedroom apartment is up for sale in the metropolitan Abraj Al Lulu's Gold Tower boasting views of Bahrain Financial Harbour and the sea.**

The property, which has a total built-up area of 165sqm, combines parquet flooring, tiles and fine finishes creating a cosy home for new owners.

The kitchen has a handy serving connection to the large living and dining room and the master bedroom boasts a built-in wardrobe and ensuite bathroom, with shower and tub. One of the guest bedrooms has an ensuite too.

The apartment includes an intercom system, central cooling and a parking spot. This tower is one of three including the Silver and Black Pearl.

It is part of the freehold Abraj Al

Lulu development situated in Seef district and is within easy walking distance to popular shopping malls and restaurants.

There is a plethora of amenities located in the towers including a swimming pool, Jacuzzi and sun deck with patio furniture, plus a toddler's pool with a play area and equipment.

There is a BBQ kitchen with furniture and equipment on an open terrace and plenty of indoor recreation such as a cinema lounge, billiard table, table tennis, darts and virtual reality sport games.

The towers also house squash courts on the ground floor of each tower. Residents can also visit a health spa, internet café, conference room and business centre. Furthermore, the property includes a laundrette, a supermarket and a four-storey car park for 1,100 cars.



### FACTS AT A GLANCE

**Location:** Gold Tower, Abraj Al Lulu  
**Reference number:** AP254

**Sale price:** BD99,000

**Living room:** 1

**Bedrooms:** 3

**Bathrooms:** 3

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

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



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## ROVE RESIDENCE

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- Indoor Kitchen
- Small Private Garden
- Pool, Gym



# InteriorsWeekly

Your guide to the best in furnishing and design

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Hilal Computers Tel: 1729 3749 ext 2220

If you like munching on seedlings, consider directing your palate toward micro-greens and add a healthy design element inside your home.

These tiny vegetables burst with rich, leafy flavours ranging from spicy to sweet, and their nutritional power exceeds that of the adult plants.

Use them as garnish, sprinkle them onto salads and soups, add them to sandwiches or blend them into smoothies. A handful goes a long way.

"There are more and more health-conscious people who have already learned there are great nutritional advantages to micro-greens," said Dan Fosso, who operates his own micro-greens company.

Besides, they simply taste good, he said, and are increasingly being plated up by chefs at five star hotel restaurants.

A research team tested 25

## This will grow on you

commercially available micro-green varieties to evaluate their nutritional content.

They reported in the Journal of Agriculture and Food Chemistry that they were surprised at results indicating the micro-greens contained four to 40 times more vitamins and carotenoids than their mature plant counterparts.

Micro-greens are the culinary cousins of seed sprouts and baby greens, but differ from both.

Sprouts are the youngest of the seedling family, and the entire plant can be eaten, including shoots and roots, according to horticulturists.

Popular seeds include sunflowers, lentils, peas, mustards and alfalfa.



The most popular micro-green flavours come from peas, carrots, broccoli, arugula, beets and mustards.

Micro-greens are an easy-to-grow, four-season indoor crop. They require just a few gardening tools - sanitised

trays, seed, a shallow growing media, heat mats if air-conditioning is flowing inside and, lastly, sunny windows, no

problem in Bahrain!

It usually takes eight to 14 days for seedlings to be table-ready after germination.

Some species, however, grow more quickly than others. Herbs such as parsley, sage, mustard, dill, basil and cilantro can take around three weeks.

And, they're a great environmentally-friendly talking point at dinner parties. Through things such as growing our own micro-greens indoors or outdoors, we can mimic the actions of our ancestors who would have readily identified and eaten these greens as a part of their daily diets.

Make growing micro-greens your new summer hobby!

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## In focus



DEVJI Aurum Design House & Studio launched 'The Art Collection' at Devji Aurum boutique in Seef Mall on Sunday. The first jewellery edition called 'Rafrafa' is a collaborative effort between Devji Aurum artisan designers and Bahraini sculpture artist Khalil Al Hashimi.



THE annual Portuguese National Day Reception took place on Sunday at the Royal Golf Club's Prego Restaurant. The guest of honour was Tawfeeq Ahmed Al Mansoori, Assistant Undersecretary of International Affairs at the Ministry of Foreign Affairs. Senior diplomats and guests from the Portuguese expat community attended the event hosted by Benedita Budagher and Captain Ameen.



RCSI Bahrain recently launched Green Week, a series of initiatives aimed at encouraging a greener and more environmentally-friendly campus, all part of a wider and long-term campus sustainability project.

The week-long event kicked off with the launch of new waste collection areas all around the campus and followed with a Top Bins Football Challenge, as well as a Beach Clean, organised by the university's community engagement department.

Staff and students were also encouraged to wear green in support of the event and to bring their own coffee mugs and water bottles for a chance to win a free cup of coffee.

Local cleaning and waste disposal service provider, Gulf City Cleaning, was also available on campus providing information and tips on how to improve recycling habits at work and at home.

# SocialScene

Why wait a month! Join Social Scene every week

## Smile initiative

FUTURE Society for Youth and its Smile initiative held a meeting with the initiative's members and volunteers.

The event included a number of activities and provided an opportunity to discuss future projects.

Future Society's chairman Subah Al Zayani stressed that the aim of the meeting was to share ideas to improve its role in voluntary work in Bahrain.



## First flight



NATIONAL carrier Gulf Air celebrated its inaugural summer service to and from Malaga in southern Spain.

Flight GF021 was welcomed

into Costa del Sol Airport with a water cannon salute and, upon arrival, a celebratory event was held at the airport that saw the attendance of



dignitaries, Costa del Sol Tourism Authority, media and travel industry representatives, alongside airport officials.

Before departing from

Bahrain International Airport, passengers were handed commemorative gifts as the airline celebrated the very first flight from Bahrain to Spain.

## Going green

THE Indian School's Riffa campus celebrated World Environment Day, in conjunction with the Lions Club of Riffa, by planting 30 Neem trees in the campus grounds.



## Beat the Heat



THE annual 'Beat the Heat' initiative started this summer at Manama Bus Terminal. Organised by Discover Islam, water bottles, snacks and packets and fruits were distributed.

## Food packages



THE 'VIVA Hands' group of volunteers distributed 10,000 iftar meals across Riffa Souq, Bab Al Bahrain, mosques and labour camps. More than 100,000 water bottle packs and 1,000 Ramadan food packages were also extensively circulated across the kingdom.

In addition, a gathering was organised for senior residents of the Muharraq Social Welfare Centre and Eidiyas were distributed to the orphans under VIVA Bahrain's CSR arm, VIVA Jusoor's flagship initiative, Iftar Sa'em.



# Film Weekly



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



## Gotta catch 'em all

**D**ETECTIVE Pikachu is a perfect homage to Robert Zemeckis's classic *Who Framed Roger Rabbit?* set in a *Blade Runner* style neo-noir experimental world where Ryan Reynolds brings his *Deadpool*-esque persona with comic timing and punchlines.

The global phenomenon, which ran its 20th TV anime season and the widely-popular augmented reality mobile game *Pokémon Go*, now has a live action film to add to its vast repertoire.

Based on the 2016 Nintendo game of the same name, the first live-action Pokémon movie turns out to be better-than-average in the video game adaptation genre.

Justice Smith stars as Tim Goodman, a nerdy 21-year-old son of a private investigator who sets out to crack the case of his father's mysterious car accident with the help of his dad's former Pokémon partner, Detective Pikachu.

Pikachu, voiced by Ryan Reynolds, is a hilariously wise-cracking adorable furry yellow little creature.

Finding that Tim is the only person to hear Pikachu, they chase clues together through the dark underbelly of Ryme City, a metropolis where humans and Pokémon live side-by-side.

Howard Clifford (Bill Nighy) is the visionary icon behind this model city of human-Pokémon cohabitation. Police Lieutenant Hide Yoshida (Ken Watanabe) has Pokémon partner,

### POKÉMON: DETECTIVE PIKACHU

**STARRING:** Ryan Reynolds, Justice Smith, Kathryn Newton

**DIRECTOR:** Rob Letterman

**GENRE:** Adventure, Fantasy

**RATING:** PG

**RUNTIME:** 105 Mins

grumpy dog Snubbull and junior reporter Lucy Stevens (Kathryn Newton) has Psyduck, who must be kept calm at all times with spa music and foot massages.

There are plenty other monsters who helped Ryme City work like Mr. Mime, Snorlax, Pancham, Pangoro, Emolga, Rufflet, Sneasel, Doduo, Arcanine, Growlithe, Purrloin, Goleak, Joltik, Totodile, Audino, Golem, Comfey, Kingler, as well as legendary Mewtwo.

Human characters and human elements were rather bland in comparison!

Rob Letterman, who has directed entertaining films like *Shark Tale*, *Monsters vs. Aliens* and *Goosebumps*, was certainly the right choice for the film. Cinematographer John Mathieson (*Gladiator*) made sure there is an incredible amount of colour and the setting should look like *Blade Runner* with its massive skyscrapers with colourful billboards.

The film's main location, Ryme City, is well realised – it looks like a

combination of London's shiny skyline and Tokyo's smoky streets. The movie has some brilliant shots on location in downtown London and in the Scottish Highlands.

The best thing about the film, however, is the relation between Pikachu and Tim Goodman. Ryan Reynolds delivers his cutest performance possible with Pikachu. Justice Smith, too, has an endearing performance – from being a socially awkward guy, the only person without a Pokémon partner in the city to develop a heartfelt father-and-son bonding.

This is not a story based on the traditional catching and battling of Pokémon. The director promised a fantasy vision but it comes in small doses in shallow, CGI-heavy noise.

Letterman, along with three credited screenwriters Dan Hernandez, Benji Samit and Derek Connolly tend to rely on CGI sequences and expository-heavy flashbacks delivered through a hologram technology.

The mixed-genre of the film created yet another world that welcomes everyone into its embrace, from the 90s kids to the children who will be exposed to Pokémon for the first time. For non-Pokémon fans, Ryan Reynolds is the saving grace.

● Now showing in all Bahrain cinemas.

### SUBIDITA'S VERDICT



1 popcorn – stay home  
5 popcorns – start queuing

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## Bite-sized trailer

### The Poison Rose

**DIRECTORS:** Francesco Cinquemani, George Gallo

**CAST:** Morgan Freeman, Brendan Fraser, John Travolta

**PLOT:** Inspired by classic film noir, *The Poison Rose* stars John Travolta as Carson Phillips, an ex-football star turned PI, who's got a soft spot for a lady in distress. Like the classic tales spun by the masters, he takes on a routine missing persons case which slowly reveals itself to be a complex interwoven web of crimes, suspects and dead bodies. When he discovers his long lost daughter is the number one suspect, he races a ticking clock to save her, solve the murders, and uncover the town's dirty secrets.

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



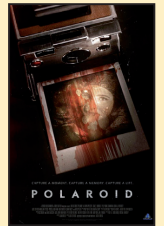
### Polaroid

**DIRECTOR:** Lars Klevberg

**CAST:** Kathryn Prescott, Tyler Young, Samantha Logan

**PLOT:** *Polaroid* is styled in the vein of *The Ring* and *Final Destination* and centers on a high school loner, Bird Fitcher, who stumbles upon a vintage Polaroid camera. Bird soon learns that the camera houses a terrible secret: whoever has their picture taken by it meets a tragic and violent end. The girl and her friends must survive one more night as they race to solve the mystery of the haunted Polaroid before it kills them all.

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



### Rocketman

**DIRECTOR:** Dexter Fletcher

**CAST:** Richard Madden, Taron Egerton, Bryce Dallas Howard

**PLOT:** A musical fantasy about the fantastical human story of Elton John's breakthrough years.

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



## imdb movie charts

Current Position	Title	Weekend Takings	Gross to date
1	Men in Black: International	\$28M	\$28M
2	The Secret Life of Pets 2	\$24M	\$92M
3	Aladdin	\$17M	\$263M
4	Dark Phoenix	\$9M	\$52M
5	Rocketman	\$9M	\$66M
6	Shaft	\$8M	\$8M
7	Godzilla: King of the Monsters	\$8M	\$94M
8	John Wick: Chapter 3 – Parabellum	\$6M	\$149M
9	Late Night	\$5M	\$5M
10	Ma	\$4M	\$40M





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# Write to the editor

Follow Stan on Twitter @stanszewcowa

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

WITH reference to last week's P3 article about my meeting up by chance with a former pupil in Japan who still carried a 'worry doll' that I had given to all pupils just before their exams to help alleviate stress.

A few students, some from more than 10 years ago, have been in touch since reading the article saying that they still have theirs ... maybe I should do some research and see how many turn up!

**Lizzie Banks, former St Chris head of psychology, now living in Singapore.**



WITH reference to an article I read on GDNOnline, your sister newspaper's online portal, on Bahrain's bid to ban single-use plastic to help save the environment.

I recall an article I wrote in 2008, during my time as a reporter with *GulfWeekly*, on former supermarket Geant withdrawing its proposal to charge 20 fils for every plastic bag purchased because some customers complained.

The newspaper had such an outpouring of disappointment over the decision that we had to run a full page of letters on the subject the following week.

If only the Bahrain government had actually taken the bold step back then ... we can only say, better late than never.

**Anasuya, Canada.**

● **Editor's note:** Read the original article by visiting



<http://www.gulfweekly.com/Articles/19776/BACKLASH>

THE current debate over whether women footballers should receive equal pay to their male counterparts is ludicrous, as is the same argument over professional tennis.

When women can play alongside and against men on the same pitch in the same league - and on the same court in the same tournament - then a sensible argument can be made.

The only true equal opportunities sport is horse racing. Here we have male and female animals competing on the same course, over the same distance, ridden by both male and female jockeys ... all for the same prize purse.

**Jimmy, Seef.**

VITAMIN D is very important for overall health and well-being. A major source of vitamin D comes from exposure to sunlight. However, with fear of skin cancers in the last decade, people have significantly cut their sun exposure and, with the use of sun screens, have dramatically reduced the vitamin D levels leading to major health problems.

The evidence concerning skin cancer relates to excessive unprotected sun exposure and not to moderate exposure to the sun in the early morning, late afternoon, away from midday – the peak time for harmful ultraviolet rays.

There is now substantial evidence of a high rate of vitamin D deficiency in our region, reaching more than 90 per cent of young women and to a lesser extent among males. This leads to an increased risk of bone disorders like rickets in children (bowing of the bone and disrupted bone growth leading to deformities), osteomalacia (softening of the bone) and osteoporosis in adults.

Moreover, there is evidence of increase pain suffered by osteoarthritis patients with low vitamin D status and a lesser response to rheumatoid arthritis treatment.

There is also strong evidence of an increased association with diabetes, thyroid disorders, neurological diseases like multiple sclerosis, other autoimmune disorders like rheumatoid arthritis, inflammatory bowel diseases, and even certain

kinds of cancers are more among those with low levels (non-skeletal effects of low vitamin D).

Cancers of the colon, prostate, breast and ovary have been linked to low levels of vitamin D.

There has also been evidence of increased heart disease in large scale studies, hypertension and stroke. Moreover, another study confirmed increased artery diseases of the extremities.

Age-related memory problems have been linked to lower vitamin D levels as well as poor mental health and symptoms of seasonal affective disorder, premenstrual syndrome and depression.

It is almost impossible to consume adequate vitamin D through diet alone; while supplements are an important alternative, most people still don't get the recommended amount.

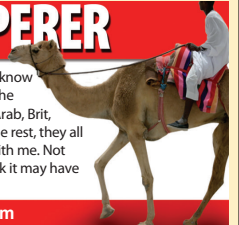
We must dispel the myth that women with osteoporosis living in sunnier latitudes do not have to worry about vitamin D.

Their clothing, use of sunscreen and an avoidance of sun exposure, particularly in hot climates like the Gulf region, could explain the

## THE WHISPERER

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

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



ARAB men are being warned that it's good food, not good genes, that gives the Middle East a low rate of prostate cancer, and that too much Western-style cuisine could cause a dramatic increase in their risk of developing the disease.

Prostate cancer is the second most common form of cancer worldwide, and the most common in wealthier nations, but rate varies dramatically between countries.

Dr David Levy, a urologist at Cleveland Clinic in the US, said that risk could change quickly if Middle East men adopt a burger-and-fries Western-style diet in place of traditional meals.

We all know how good hummus tastes but did you know that in addition to being a good source of protein and fibre, chickpeas used in the spread are high in iron, folate, phosphorus and B vitamins.

So hummus a day, clearly keeps the doctor away!



high prevalence of vitamin D inadequacy observed in the studies.

We live in houses that have tinted-glass windows, drive from a covered garage going to another covered garage with the car windows tinted.

Most of our activities are scheduled after sunset and focus more on indoor activities due to the hot climate.

It isn't a natural or healthy way to live.

The Gulf area has one of the highest rates of vitamin D deficiency.

A dietary supply of vitamin D can be found in fortified milk and orange juice, Swiss cheese, fortified cereals, salmon, mackerel, sardines and cod. Also multivitamins include vitamin D. We can either ensure adequate

sun exposure daily for 20 minutes or take supplements of vitamin D3.

Speak to your endocrinologist and ask about the proper loading dose if deficient and what long-term maintenance plan may be required for you and your family.

**Dr Wiam Hussein, senior consultant endocrinologist, Royal Bahrain Hospital.**



THERE has been a lot of talk about surplus food waste in the media recently, especially in the last month of Ramadan, an issue which American news site *Vox* describes as 'the world's dumbest problem'.

It is. What seems to me an easily avoidable issue, is instead, a major contributor of everything from resource depletion to global hunger to greenhouse gas emissions. What are countries around the world doing to solve

## Youth Talk

By  
**Sarah Belal**



this problem, and how can Bahrain follow suit?

In South Korea, the government in 2005 banned food waste from reaching landfills and today 90 per cent of food waste in Korea is recycled. It is repurposed as either biofuel (obtained from the liquid squeezed

out of the food waste) or as animal feed.

The citizens of Korea are made to pay for the food waste they produce, by placing it in prepaid pre-weighed bags, or in some states, having an automated e-bin to calculate how much they need to pay based on how much food waste they throw out.

Looking to another country, France in 2016 introduced a new law that prohibits grocery stores from throwing



away unsold food, which is instead donated to charities in need. What's more, lessons on agriculture and food sustainability form part of school curricula, and certain companies have to report on the amount of food

they waste on a monthly basis.

Such initiatives have not been in vain. South Korea was able to reduce food waste from 5.1 million tons in 2008 to 4.82 million tons in 2014, and France in 2017 bagged first place in the Food Sustainability Index, which ranks around 67 countries on food sustainability.

A more individualistic alternative would mean following in the footsteps

of Bea Johnson and Lauren Singer, two environmentalists who challenge themselves daily to live without generating any rubbish, including food waste.

But when it comes to environmental concerns, while some may argue that intervention on the part of the government isn't necessary provided we all do our part, I think that more significant strides can only be achieved if legislature is involved.

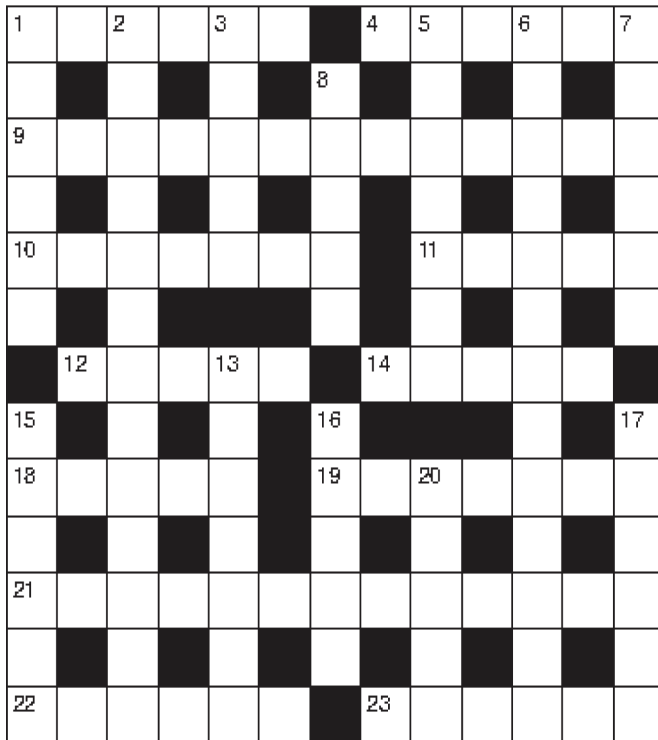


# cerebrally crust & crema



17214155 @crustandcrema crustandcremah

## crossword break



Solutions in next week's issue.

### ACROSS

1. Support (6)
4. Ticklish (6)
9. Unimportance (13)
10. Very large (7)
11. Rented (5)
12. Buffoon (5)
14. Pitfalls (5)
18. Fool (5)
19. Passivity (7)
21. Vicinity (13)
22. Look at (6)
23. Gaol (6)

### DOWN

1. Reviewer (6)
2. Not grumbling (13)
3. Clerical dignitary (5)
5. Make coarse (7)
6. Audiences (13)
7. Submits (6)
8. Ward off (5)
13. Spectator (7)
15. Victor (6)
16. Hinge (5)
17. Forgive (6)
20. Mistake (5)

### who, what, where, when

WHO ... were joint rulers of Scotland from 1094-97?

WHAT ... is fearnought?

WHERE ... were the Corriedale breed of sheep originally developed?

WHEN ... did the painter John Constable die?

 WHO ... released the albums *The Gift* and *Sound Affects*?

WHAT ... does a fellmonger do?

WHERE ... in Asia is the city of Coimbatore?

WHEN ... did the inventor of the Bunsen burner die?

### just so

FRENCH VICTORY

VEROOONA

 w a y  
w a y

 no it no it no it no it  
no it no it no it no it  
no it no it no it no it  
no it no it no it no it  
no it no it no it no it

## 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

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

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

### darn tough sudoku

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

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

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

### Last Week's Leisure Solutions

#### CROSSWORD BREAK:

Across: 1 Inexperience; 7 Motif; 8 Feign; 9 Rug; 10 Associate; 11 Entice; 12 Dispel; 15 Requisite; 17 Egg; 18 Theme; 19 Tract; 21 Mysteriously.

Down: 1 Invertebrate; 2 Pit; 3 Refuse; 4 Effective; 5 China; 6 Intelligibly; 7 Might; 10 Architect; 13 Pleat; 14 Bitter; 16 Query; 20 Ado.

JUST SO: Might is right, The holy see, Walk a mule in my shoes, Big cheese

#### WHO, WHAT, WHERE, WHEN:

T.S. Eliot; Icelandic; Czech Republic; 1930; Anne Boleyn; Maputo; Philippines; 1926.

### Darn Tough Sudoku

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

Your work pad space ...



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# Motoring Weekly

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## Let's make them truly safe

**MERCEDES-BENZ** has just presented its new Experimental Safety Vehicle to specialist circles trailblazing more than one dozen innovations.

The ESF 2019 reflects the mobility of the future with new approaches related to automated driving.

An insight into the future of automobile safety was also provided by the accompanying Mercedes-Benz exhibition and talks given by the company's safety experts at the world's largest conference for automobile safety which took place last week in the Netherlands.

During the technical conference on the Enhanced Safety of Vehicles (ESV), several hundred engineers, representatives from official bodies and politicians discussed measures and technologies for further improvements in vehicle safety.

The motto of the conference was 'Technology: Enabling a Safer Tomorrow' and with the new Experimental Safety Vehicle ESF 2019, Mercedes-Benz offered an insight into the ideas that the company's safety experts are researching and working on.

The key topics covered



by the ESF 2019 are comprehensive driver safety for changing seat and steering wheel positions, new airbag concepts, vitalising interior lighting, cooperative communication with the vehicle's surroundings, child

safety, securing an accident scene, new PRE-SAFE functions, safety and comfort in the rear and active safety.

Four talks by Mercedes-Benz safety experts took place:

• Prof Dr Ing. Rodolfo

Schöneburg, centre manager for Vehicle Safety, Durability and Corrosion Protection:

ESF 2019 – Experimental Safety Vehicle meets Automated Driving

• Alexander Mankowsky,

future researcher:

Informed Trust and Giving Back – an External User Interface for Highly Automated Vehicles

• Claus Geisler, strategy and innovations for integral safety:

New Driver Safety Concept for automated and manual driving mode

• Abdulkadir Öztürk, innovations for integral safety:

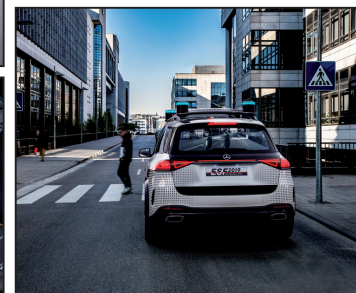
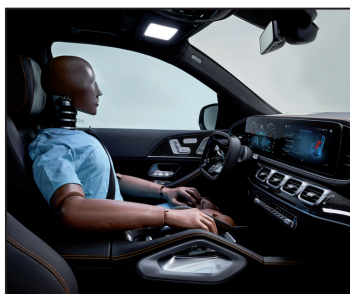
A step towards integrated safety simulation through pre-crash to in-crash data transfer

Among the one dozen or so innovations, some are near-series developments and some look well into the future.

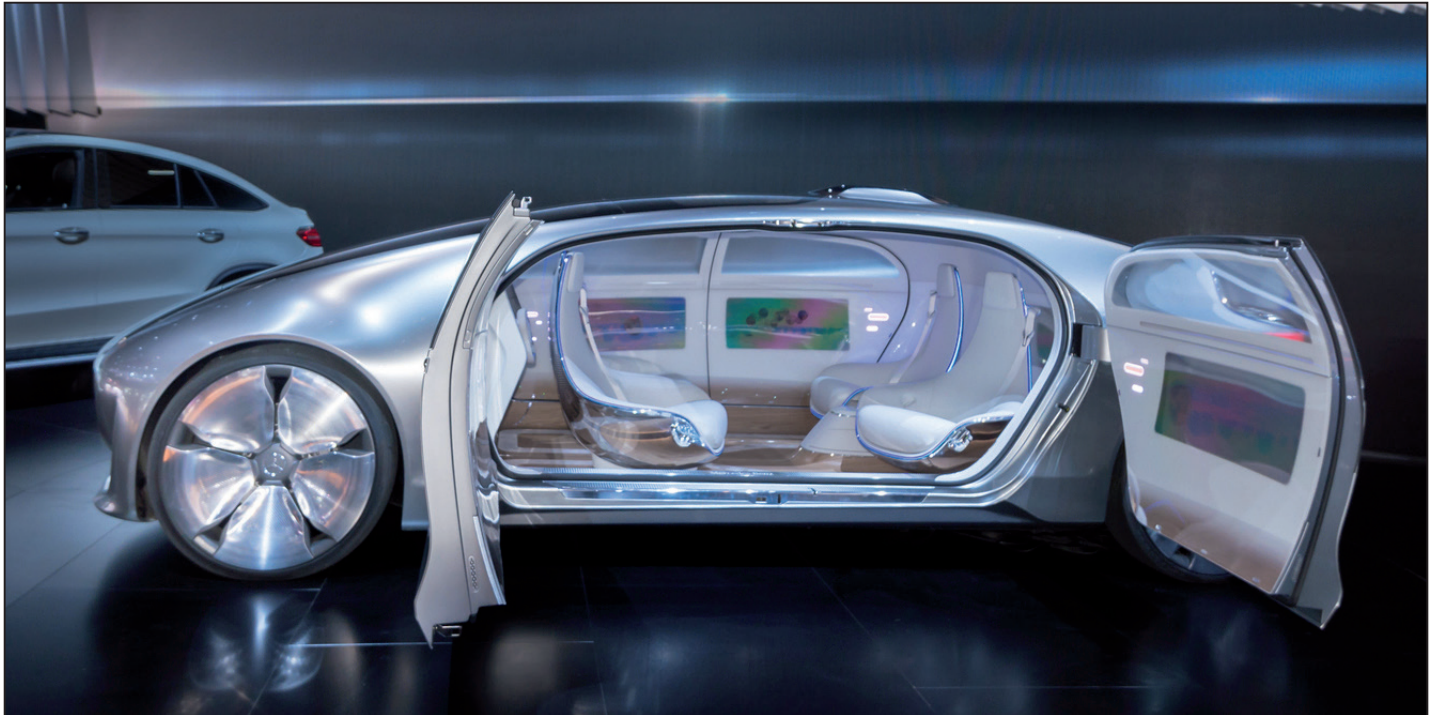
One important aspect is making use of the virtual crumple zone: this term refers to the time that elapses between the vehicle's response to sensor signals in the pre-accident phase and the impact itself.

If an object or other road user enters the virtual crumple zone, many valuable measures can already be implemented to protect the occupants and accident partner. This is possible with PRE-SAFE and PRE-SAFE Impulse systems, but also with the help of conventional restraint systems.

The ESF 2019, based on the new Mercedes-Benz GLE, is capable of automated driving in many situations and has a plug-in hybrid drive system. It will be presented to the general public at the International Motor Show (IAA) in Frankfurt in September.







# Just a bump in the road

Patrick Mallejacq, Secretary General, PIARC World Road Association looks ahead to the 26th World

Road Congress in the Gulf region this October and examines one of the key topics up for discussion

– whether transport authorities around the world are ready for the advent of driverless cars.



**D**RIVERLESS cars look set to be the future. For a few years now, the technology has been making headlines around the world as we grapple with what this newest innovation will mean for our everyday lives.

We are right to be excited. Driverless cars represent a significant shift in how we will come to rely on transport in the future. Already in many developed economies we are seeing the diminishing ownership of vehicles, with more and more people relying on on-demand transport services like taxis, ride-hail services or public transport.

What is less clear though is the impact this will have on our roads, what infrastructure driverless cars will rely on to make their technology work and what countries around the world may need to do to make a future of autonomous vehicles a reality.

Take white road markings for example. Driverless cars use these to help guide themselves - and in a lab or controlled environment this works well. But the real world is very different. In certain parts of Europe road

maintenance budgets just haven't kept up with the levels of demand and white markings are not that easy to distinguish.

This is just one example. Road signs are another. Driverless cars will have to be programmed to read particular types of road signs – but which ones? These are the sorts of decisions that need to be made now, as equipment like this can be

expensive, and in many cases road administrations will not be able to fund them.

Manufacturers of driverless cars rely on the basic road infrastructure to be in place to be able to operate their vehicles. They also expect the infrastructure to be in a good state of repair, since even autonomous vehicles will be affected by down-to-earth potholes. But planning infrastructure takes years and

then developing it takes years too. And, when it's there, its design can't be easily changed.

So, it is a matter of planning. Planning has always involved strategic-level decisions but now the conversation could become really complex with many different factors.

The learning is clear. To get driverless cars on the road we need to bring

together road authorities, manufacturers, technology companies and other experts to begin planning for a future where driverless cars are part of our everyday lives.

That is why, every four years, we hold the PIARC World Road Congress bringing together thousands of the world's foremost experts in road infrastructure, transport and technology. Organised by the World

Road Association (PIARC) and the Abu Dhabi Department of Transport (DoT), the next World Road Congress will be held in October with more than 5,000 delegates from 120 countries and at least 40 government ministers expected to attend.

The congress is where we continue these discussions. One of our taskforces is looking specifically at the possible infrastructure implications of driverless cars on roads around the world. They are working on their report, to be called 'Autonomous vehicles, challenges and opportunities for road authorities' and will present it at the event.

The fact this has been identified as a priority topic for discussion speaks volumes as to how important road authorities consider the challenge – and opportunity – of driverless cars.

It is an exciting future. Many countries, such as the UAE, are leading the way in the quality of their road infrastructure and are well placed for the advent of driverless cars. The aim of the congress is to share learnings between countries and make the future a reality more quickly.





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# Motor Sport

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

## Bring on the old school ride

**REIGNING** champion Lewis Hamilton believes returning to an old-school style of racing would solve Formula One's ongoing problem with parity.

The four-time world champ and current leader in the standings said the vast separation between the top teams and the lower teams is hurting the sport. Mercedes has won all seven races this season.

F1 carved its reputation in decades of daredevil acts and used to be famed for such high-speed drama but at the Canadian Grand Prix it was deemed acceptable to fine Ferrari driver Sebastian Vettel for an unsafe re-entry back onto the track stripping him of a much-needed win.

As reported last week, the Montreal crowd watched in amazement as Vettel theatrically grabbed the big No. 1 sign parked in front of race winner Hamilton's car and moved it to where his should have been in the empty No. 2 slot. Then Vettel



FRIENDLY RIVALS: Hamilton chats with Vettel during an autograph session

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

"People do continue to comment that it's boring," Hamilton said of the

inequality between teams. "Ferrari wins for a period of time, McLaren wins for a period of time, Mercedes, Red Bull. How you stop that? "If I had a choice, I would go back to V12, naturally-

aspirated engines, manual gear boxes. I would make it harder for the drivers. Take away all these big runoff areas that you have everywhere. You should not have steering assist. Or if you

have steering assist, you have to keep it low. I like having it low so it's harder for me."

"You should be physically exhausted after a race," he added. "It should be so exhausting, like a marathon.

I could probably do two or three races in a row, and Formula One should not be like that."

The disparity between teams goes well beyond this year. Mercedes has won the last five F1 championships while Red Bull won the previous four.

Racing Point driver Lance Stroll echoed Hamilton's sentiments. "Look at the NHL, the NFL, the NBA, the teams are so close," the 20-year-old told reporters. "That's because it's capped properly, it's managed properly. That allows for exciting competitions. It would be great to see the same thing in Formula One. Instead of two seconds between the field, it comes down to tenths. That would really spice things up."

Stroll is one of the drivers usually stuck in the middle of the pack, well behind Mercedes, Ferrari and Red Bull. He finished ninth in the last race.

The F1 debate continues with the French Grand Prix on Sunday.

### From Page 24

"I feel like I was inherited into a family here. I'm delighted with the progression of the rugby programme in Bahrain and if I'm to leave on a good note, it's that we took a clean sweep of trophies in the season just gone!

"There's been countless people involved in this journey, it's in no way just me. The players are amazing and have bought in fully to the team ethos, the team management who have supported me and, last but not least, the club itself and fans who have really pushed us over the line on numerous occasions.

"We regularly get 1,000 fans at games now, so we have a legacy both on and off the field. It hasn't sunk in that I'm leaving yet... I think it only will when I'm stood in the pouring rain in a few weeks' time!"

Tonkin's influence on Bahrain rugby cannot be overstated.

His professional approach saw a staggering renaissance

## Memories are made of this



JUST CHAMPION: BRFC celebrate victory under Tonkin and, right, crowds pack the streets as Exeter Chiefs take the Premiership crown

in the team's fortunes as they became one of the strongest outfits in the region.

Despite being ravaged by four season-ending injuries early on, Tonkin guided Bahrain to third place in the West Asia Premiership, before narrowly being defeated by Abu Dhabi Harlequins in the play-off final in his first season.

The year after, the 36-year-old again guided the kingdom to third place in the

Premiership but this time the men in red defeated Dubai Exiles to claim the West Asia Cup.

However, it is the legendary 2018-19 season which the friendly giant - whose coaching career began as the head coach at Carmarthen Quins RFC and Pontypool RFC before becoming the head of rugby at Cardiff University - will be remembered for long after he's gone.

The season started in style

back in September as they claimed the Asia Rugby Western Clubs Champions League by defeating the Abu Dhabi Harlequins in front of the famous 'Red Wall'.

The team then dominated the Premiership by winning 14 of 15 games before a nervy, narrow victory over Dubai Exiles in the West Asia Cup saw them claim a hat-trick and prove themselves as the dominant force in the continent's western region.

It's a tough act to follow for the next man in charge, but the process is already underway with the rugby club's committee and Tonkin himself overseeing applicants and conducting interviews.

Rugby club chairman Mike Cunningham lavished praise on Tonkin whilst assuring fans that the club's success will not stop with his departure.

"In the three years since he's been here, Tonkin has been the driving force behind

the resurgence of rugby in Bahrain," he explained.

"Not only has he reversed the fortunes of the first team, but the select team as well and has been essential in keeping the second-tier Gulf Conference going and giving fringe players regular experience and game time.

"He's well-liked and respected as a coach by all the members, players and management team. We're hugely disappointed to lose him, but we're also extremely happy and proud that he's gone to such a big role. He deserves it.

"As for what's next... we've had interest from a number of high calibre coaches and we brought one out last week to have a look at the club and another is coming next week, whilst we've held a number of Skype interviews.

"No decision has been made yet and we are keeping candidates confidential, but rest assured that we want to get someone in as soon as possible to organise and prepare for the defence of our crowns."





# A nation to nation debacle

**S**PORT never stops. For many amateur players their preferred game will take a seasonal break, but for those who love to watch, there is always something on, always a score to check, highlights to watch and opinions to express.

The summer period is often a time for some of the biggest sporting events, namely World Cups and the Olympics and over the last week we've been able to feast our eyes on both the cricket and women's football fiestas.

The biggest sporting events attract the biggest viewing figures. Personally, I want to see the best versus the best – athletes performing at the peak of their powers competing against each other on the biggest stage.

Mo Farah has won many races, he has probably tripped over in many too, but as a viewer I will always



remember his tumble in Rio, to do it on that stage against elite runners, to get back up and still win, it almost had a kind of magic to it.

For athletes too, representing a nation in a sports biggest event is the pinnacle of their careers and fulfilling a childhood dream.

So why do we routinely deny elite athletes the chance to perform on the biggest stage with overly strict registration rules?

One full international appearance, for example, and that's it, you can't represent anyone else.

Last year, in my role as a Juventus Bahrain Academy coach, I was fortunate enough to meet Estelle Johnson, a professional footballer in the US.

We talked about her career

and her highlights. She was extremely grateful for the opportunities football had given her but she didn't hide there was one thing she still wanted ... the chance of appearing on the international stage. Specifically, it would be a dream to make a World Cup appearance.

Fast forward 12 months, I see her again, this time on TV donning a Cameroon shirt for their opening World Cup fixture.

I then thought back to another point of our conversation. Estelle came close to the US squad on a few occasions. I imagined an alternate reality where 10 years prior, an injury-hit US national team coach puts young Estelle on for the final 15 minutes of a qualifier



NOT FAIR: El Haddadi's appeal was snubbed by the football authorities

against Aruba and that is all that her international career amounts to.

Cameroon would miss out on a player that would have improved their squad. Estelle would miss out on playing at a World Cup and both the viewers and the tournament would therefore miss out on

seeing Cameroon at her best.

The absurdity of this goes even deeper.

Denmark, Hong Kong and Peru are just three of the 25 different foreign countries English cricketers have been born in. If you're interested in knowing the others a quick internet search will provide you with the answers. In fact, current England captain Eoin Morgan is an Irishman by birth and there are no issues with him representing England, nor should there be.

If England were to deselect him though, why should there be an issue with him playing for Ireland?

If he was suddenly not good enough for England it would not affect their team selection but would, however, potentially raise the standard for Ireland and, therefore, the standard of competition overall.

The current system forces teenagers to make decisions that will affect them for the rest of their career, with no real way of being able to predict the hurdles they may face. It also allows the biggest and the best nations at the time to hoard young talent, weakening other nations who could have otherwise utilised their abilities, if not now, at a later date.

For Sevilla FC forward, Munir El Haddadi, this is his reality. Aged 18 and a 13-minute cameo appearance against Macedonia for Spain in 2014 means that his international career is almost certainly over at the tender age of 22.

Had he not played, he would also be eligible for Morocco and would almost certainly have been a starter for them in the 2018 World Cup.

He appealed to FIFA and

the footballing body rejected the plea. He appealed to the Court of Arbitration for Sport (CAS), which upheld FIFA's ruling.

Who does this benefit? It isn't Morocco, it isn't Munir, it isn't the fan in the stadium or the TV viewer, or the competition itself. Vincente Del Bosque, Spain's manager at the time, even said that he is 'sorry' and feels responsible for the situation.

As an amateur in my seasonal break I look at this and think to myself; why don't they do what we do?

Every year, we effectively become free agents, re-registering for our teams or finding new ones, as long as we are eligible to play, we can sign the form and be good to go.

At the start of every international tournament cycle be it the Olympics or World Cup, athletes could register with whichever eligible nation they choose, free agents can be added at any point and you can have as many athletes registered as you want.

From the start of qualifying to the end of the tournament you can only register with one nation. An athlete will likely get perhaps three or four chances during their career to be a part of the biggest sporting event. So, like in the unfortunate case of Munir, no athlete would miss out on a whole international career due to a 13 minutes appearance as a teen.

Prior to the start of every qualifying would be the international transfer window.

I understand that my solution may appear overly simplistic but with so many great minds (and so many more great bank accounts) in sport, surely there has to be a better way.



**CANADA CALLING:** It has been 128 years since Canadian James Naismith invented the game of basketball and in the time the NBA championship had never crossed the border and returned 'home'.

That was until the Toronto Raptors defeated the Golden State Warriors last Thursday to secure the teams, and Canada's, first ever title.

The Warriors were reigning champions, having won both the 2017 and 2018 play-offs, and were hot favourites to complete the 'three-peat'

against the Raptors. It wasn't to be. Toronto won the final game 114-110 to take the series 4-2.

The historic win made the players national heroes instantly, receiving plaudits from the masses - everyone from PM Justin Trudeau to rapper Drake.

Disappointment for the Warriors in their last ever home game at the Oracle Arena, 47 years after they played their first, but an achievement that is still being celebrated in Toronto.







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# THANKS FOR EVERYTHING

**T**HE search is on for a successor to the most successful coach in Bahrain rugby history after one of Britain's top teams snaffled up the talents of Louie Tonkin.

Premiership club Exeter Chiefs, who finished top of the table last season but were narrowly beaten by Saracens in the play-off final of rugby union's highest tier, have appointed the Welshman as their senior academy coach and he will work in a transition role between the academy and the first team.

The coach who follows in his footsteps has some giant boots to fill. Tonkin took over as director of rugby at the Bahrain Rugby Football Club three summers



**RUGBY**  
By KRISTIAN HARRISON  
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ago and transformed the team's fortunes from talented but ill-disciplined underachievers to all-conquering champions of the region.

He said: "I've thoroughly enjoyed my three years in Bahrain and I'm absolutely gutted to be leaving as I was originally planning on a five or six year stint.

"However, I just couldn't turn this opportunity down. I've always said from the start that I wanted to get into the professional game and push on with my career. To be a coach for one of the finest teams in club rugby is a dream come true.

Turn to Page 22

THE final farewell for Tonkin will take place tomorrow at the rugby club. Former England and Lions prop forward Gareth Chilcott, right, will be in the kingdom for a speaker's dinner and it will double as an opportunity for friends, fans and team members to give Tonkin a proper send-off.

As club chairman Mike Cunningham puts it: "So many people wanted to do something major for him to say goodbye, so much so that he could have spent the next six months going to barbecues and still not see everyone!"

Indeed, there are few figures in Bahrain sport that deserve a toast as much as Tonkin. His legacy on



the field in terms of success and professionalism has been more than matched off it with thousands of fans, many of whom had no prior interest in rugby, creating the best atmosphere in the Gulf and many kids taking up rugby on the back of the swell in support and popularity.

Regular supporters, including *Gulf Weekly*, wish Louie Tonkin well and the best of luck to his successor. He might need it!



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