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EATING OUT Anniverary menu: SEE PAGE 11



GULF HOTEL Golden celebrations: **SEE PAGES 12 & 13**

NTREPID British busker has set his sights on cycling across Saudi Arabia and Bahrain as part of a musical journey around the globe.

Multi-instrumentalist Dan Hodd, a classically-trained singer and violinist, is currently travelling to every country in the world with a violin, a foldable Brompton bike ... and without boarding any commercial flights.

After years of deliberation, and all the formal musical education I could bear to handle - which attempted. continually, to funnel me into a predictable, non-creative, and frankly boring lifestyle - I decided to set off on the boldest, stupidest, yet likely most rewarding chapter of my life," he said.

"I am touring the whole planet in a naïve attempt to see what the world has to offer, to give my own musical endeavours a little bit of context. I don't have much money, so this journey is financed exclusively by the tips I receive from performing on the street, alongside any gigs I may pick up along the way. Furthermore, I plan to achieve this as carbonneutrally as possible, by which

By STAN SZECOWKA

I mean that I will be taking no commercial flights.'

His more than two-year adventure has already taken him to the frozen wastes of Finland and the balmy beauty of the Caribbean islands and his heart is now set on continuing his journey into the Gulf region and beyond.

"Right, so here comes my maddest venture yet: The Middle East," he said. "And, I need help. Does anyone know anyone with contacts in Saudi Arabia?

"To complete this chapter of my tour. I need some kind of an invitation for a visa to visit this fascinating country. It is the essential puzzle piece in my Middle Eastern tour, and even more difficult without flying and as a Western classical musician.

"I'm wondering if company sponsorship, the Ministry of Culture, a very friendly and influential person, or a transit visa by land may be possible. "I've also heard truly

astonishing things about its tiny neighbouring country. If I can get multiple-entry access to Saudi I'll definitely cross the causeway into Bahrain. Turn to Page 4



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LocalNews

Our top class performances

EDUCATION EXCLUSIVE By KRISTIAN HARRISON

NE of the kinadom's leading English curriculum schools is celebrating the taste of success after its students scored top marks in tough tests both regionally and globally. British School of Bahrain

pupils have picked up a raft of awards in GCSE. IGCSE and GCE examinations and their successes will further inspire this year's crop of students currently sitting mock tests, believes delighted executive head Jeff Smith. Aryaman Arora, of Year

12, achieved the highest mark in the world for GCSE Computer Science and the highest mark in the Middle East for IGCSE Further Pure Mathematics.

He said: "I was definitely surprised, and when I



IMPRESSIVE RESULTS: Some of the prize-winning students show off their certificates with members of the teaching team received my results I was in shock, but I'm so happy I now need to focus and

work hard to achieve similar grades at A-Level. Also scoring highest

worldwide was Muhammad Hamad Javed of Year 11, acing his IGCSE

Mathematics despite taking it a vear early. Another accelerated student, Salma Sarkis, achieved the best mark in the kingdom for GCSE Spanish,

which will no doubt inspire great confidence when she takes the rest of her GCSEs this summer. Vian Rifat, of Year 12, achieved the highest mark in Bahrain in English Language and is now taking four A-Levels with a strong

interest in medicine and the sciences She said: "I love English Language, it's a really interesting subject, what with analysing different texts and books. I particularly find it fascinating how just one sentence can have so many different meanings and interpretations.

"It makes me feel extremely proud to know that all of the hard work I put into my studies and my revision paid off. I am very grateful to my teachers for helping me to achieve this and it has motivated me to push myself even harder to be even more successful in my A Levels."

Also impressing was Fares Algutami of Year 12, achieving best marks in the kingdom for IGCSE English as a Second Language. He explained: "I found studying it as a second language taught me much more than taking the subject as a first language. For example, I learned skills such as writing a letter, how to communicate with friends and construct sentences better

Other students on the roll of honour for top marks in the Middle East included Dana Abdulnabi with an IGCSE Science Double Award, Maciej Zajaczkowski in GCE Biology and Samantha Rooke in GCE English Literature

Maciej and Samantha have since gone on to study at Imperial College London and the University of East Anglia in England respectively, Maciej concentrating on Biomedical Engineering with Samantha focusing on Film and Literature.

BSB says it has a strong track record of students winning places at leading global universities and every support is given to them during the application process. The team also includes Sally Milnes - Head of Year 13 - Senior School Natalie Cole - Head of Year 11 - Senior School and Ann John - Exams Officer -Senior School.

Coming top in Bahrain was Alexandra Roberts for both IGCSE English Literature and English Language, Cyriaque Genest for GCSE French and Syed Azhan Gillani for GCSE Information & Communication Technology. Assistant head of school,

Wayne Ridgway, said: "We're so proud of these students for their amazing achievements, not just these individual accolades but across all their classes Some might say that the

top students do not have to work as hard as their peers and that their success comes naturally, but this is far from the truth

"I strongly believe that any student can achieve success with dedication and good study habits; this group of talented students are testament to that approach. As a school we had a big drive on revision for Year 11 students, with a carousel of revision classes in addition to normal lessons. They were optional, but very popular.' Indeed, revision is a big topic at the moment as the current Year 11 pupils are sitting their mock exams in preparation for the 'real' exams in summer.

Who better then to inspire and offer studying advice than the students who have achieved the best results amongst their peers?

Vian advises setting goals during revision, both short and long term, and practicing until you achieve them.

Muhammad and Salma both subscribe to the 'practice makes perfect' school of thought, with working through revision books and sitting past papers.

Aryaman believes that having and cultivating a passion for a subject is the most important aspect, as then you'll naturally do well and want to learn more about it.

Fares takes a more hands-on approach and sits with his teachers, going over aspects he doesn't understand or struggles with.





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Around the world

From Page 1

Dan's latest plan may not appear to be as barmy as it sounds and it could be just the kind of shining example to spread a welcoming global travel message. Although most tourism in Saudi Arabia still largely involves religious pilgrimages, there is growth in the leisure tourism sector.

The country is keen on moving its economy away from a dependence on oil and witnessing the continued success of the tourism industry of neighbours Dubai and Bahrain, an ambitious plan has been put in place that aims to attract 30 million visitors by 2030

Having spent four years studying at the University of York, the Eastman School of Music and most recently the University of Sheffield to pursue a Masters in Music Psychology - Dan has found his calling in exploring music from all over the world, collaborating with musicians wherever and whenever possible, as well as spreading the messages portrayed by his own music

Much of Dan's sound is rooted in his interest in traditional British folk music, as well as an unerring love of

"Music is one of the most emotive crafts within

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human existence, and those of us lucky enough to have developed skills in this domain

must be wary of the power they hold," he explained. "Music has the capacity to heal, to neutrally recalibrate and re-animate individuals for whom movement has become a real challenge, perhaps due to age or disability.

"Music evokes memories like nothing else, and it is capable of reminding some people who may have lost sight of the important things within the madness of their humdrum, busy and stressful lives of the following thing: They can still feel!

"I struggle to see the role I play at times, on rainy street corners when no one is listening. But then a stranger approaches me and thanks me for brightening that dreary day of theirs, and I realise that even in low moments of mine I am still making connections with people, and doing my job well. "We, as musicians - better

yet, as humans - hold the key. On the street, I have the power to make somebody's day just a little better, and I think that is something really quite special This is harder to achieve on

a stage; there is an ineffable sense of disconnect, and people pay the premium to be part of the experience. I provide my service for free, and am capable of touching people from all realms of society, regardless of their status, economy or ethnicity, and I'm damn sure I'll make my way around this whole flipping planet to ensure my music reaches anyone, everywhere.

"My role as a busker is by no means benevolent, however. For every email or message I receive thanking me for easing a hard time someone has had in their life, or informing me that my story or my music has led them to make a change for the better, I cannot help but think of the neighbours I have upset in various towns. intruding on their tranquil Sunday afternoons.

"I suppose there is a Yin and Yang to much of what we do, but rarely is the equal and opposite reaction as prominent as when a distraught and overworked mother yells at you when you are just trying to create something which to some is quite beautiful. I struggle fully to understand their plight; I've never lived in a busy city centre and I've not had to deal, perhaps, with far less considerate buskers whom have driven these poor souls to distraction?

"No doubt, this is another illustration of the power

ALL SMILES: Dan on his global adventures and, right, at home with his to the Middle East



music has, and a warning to those of us who hold the key to unlocking such powerful emotions, both positive and negative, that we must take care.

"I'm trying my best, I promise, to be a better busker and a better individual but I've a long way to go, still, on this adventure across six continents.

Talking to GulfWeekly from his family home in Brighton, the 25-year-old explained how he had recently made a 60-hour journey by land from Bulgaria back to the coastal English town to get back in time for Christmas. Quite an adventure, by bike, bus, train, car and ferry

His parents. Jane and Peter are both teachers. His sister, Beth, has just graduated from her acting degree and is currently exploring gender theories in performance. comedy writing and stand-up.

"The trip started on the day I handed in my final piece for my PGDip, back in August 2016," he said. "I had to whizz straight off to Paris for a choral tour and realised how completely tapped out I was financially from the year's studies. And, so I proceeded to fund my tour expenses by busking near Notre Dame in what free time I had.

"My girlfriend at the time also had her final hand-in and so, off the cuff, we decided to meet in Greece to celebrate. and the busking adventure continued from there. My plans were curtailed when I broke my foot later that autumn, but a month at home bored and recovering was exactly what I needed to fuel my passion to get out again and explore.

"I have since travelled and

performed in almost every country in Europe - Belarus, Andorra & Malta are the only ones remaining: the US (41 states), all of the Caribbean, Canada and India."

He often gets asked why he doesn't just jump on a jet. "As every chapter of my tour passes I learn yet more about the nuts and bolts of long term, sustainable travel, and of my own priorities in life,' he explained. "My passion for exploring only grows, and for the sake of 'good travel' and a true connection to the journey, arguably the most poignant aspect of travelling - the kinaesthetic energy and movement from one place to the next - I continue to avoid flying, to opt instead for the adventure.

"I elect for an ethical way to traverse the earth, powered by wind, the power in my thighs, and the music that drives my trip. I choose to support the local public transport industries around the world, as we all should, to enable this planet to live a long and happy life

"I get asked 'why I'm not flying' more often than most things, as my adventure all around this big ol' world rolls onwards and upwards. At times, it is a real challenge to



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with love to share



answer, when I am spending days on end researching alternative travel methods to no avail. I'd far sooner be out exploring whichever glorious country I've found my way to

"The dark temptation of a cheap budget airline flight is rarely far away, and it's certainly nothing more than my absurd, blind determination not to fly that keeps me away from the airport.

"One such conundrum presented itself back in Estonia in December, at the end of my Scandinavian chapter of my Busk the Globe tour. I'd dillied, dallied and daydreamed in Finland. enjoying the culture the vibrancy and the company of a dear old friend in Helsinki. Arriving, finally in Estonia I found myself just as bowled over by life on the other side of the Baltic Sea. A country no larger than Wales, no more populous than Birmingham, pulled and tempted by Germany, Denmark, Sweden, Russia and now the EU, vet still able to retain its distinct culture

"And so, one 4am bike ride, two six-hour bus journeys, 10 miles by bike in gross sludgesnow, an 18-hour journey at sea in the company of chain-



smoking Lithuanian truck drivers, no fewer than seven connecting trains and 30 miles pedalling along the Normandy coast through endless sprawls of Dunkirk dockyards was what it took to get me on that ferry to Dover!

"Bizarrely, I boarded as a vehicle, much to my amusement and that of the stewards who led my folding bike through lanes of motor traffic, politely waiting in line to come aboard.

"Now, ask me if that crazy adventure was worthy of the small temporal and financial sacrifices I had to make, if you feel so inclined? I was spat at in a Latvian market for attempting to buy just one banana: befriended a Lithuanian doctor over an avocado-topped veggie burger; told off for stealing 'free' bread from the buffet on board a ship; bowled over by the forests of wind farms along the Polish coast and of the mind-blowing fact that we sailed past six different countries, each of these with distinct cultures and ways of life despite their overt geographical proximity

"I visited a German Christmas market in Hamburg, and argued with Deutsche Bahn for missing my connecting train - so much for German efficiency I cycled the gorgeous streets of Den Haag, marvelling at the almost Orwellian Dutch parliament building and its neighbouring traditional Flemish townhouses. What's more. I was able to earn back my travel costs by busking in Bruges, and even found time to consider the lives lost in World War One at the Menin Gate in Ypres.

"When performing in a park in Sibiu, I met an entire class of children who were stopped in their tracks, all thanks to the power of music. Having the ability to communicate with rural Romanian school kids in that way is just one example of the joys music can bring, bridging cultural borders and bringing us all closer together. "Or I could have fought

my way into a cramped seat

with lots of other miserable passengers having been terrorised for, God forbid, bringing my violin into the cabin, to be charged a small fortune for a truly dreadful sandwich whilst breathing in false air and being shaken to pieces during turbulence.

"T m ever more passionate about sticking with my stubborn embargo, based on my experiences in the Caribbean these past few months. The public transport infrastructure was, for all intents and purposes, nonexistent, and thus I had to frenetically hone my resourcefulness, rampantly network and hire out my skills as a violinist to beg, borrow or steal passage on sailboats from island to island.

"It's been challenging, mostly testing my patience and flexibility, but has now taken me to most every single island in the Leeward Antilles and beyond. Boat hitchhiking is proving to be quite the crafty endeavour, a hell of a lot more complicated than simply sticking one's thumb out by a roadside. But goodness me, the rewards have been copious.

"It is only too easy to feel the self-indulgence of travel after so much time on the road. Friends of mine have mostly found their way into jobs now and are contributing their bit to society, and it is easy to lose sight of the value of what I myself am contributing:

"Sustainably travelling and moving people over the world through the power of music. Though this is by no means always the case, and in those stationary days void of music, there is a palpable feeling of productiveness when getting out hustling, sourcing the next boat I would be sailing on.

"So much of my trip is shaped by my desire to meet people and share perspectives with those all over the world, but constantly putting myself out there can get exhausting. "T ve needed constantly

"I've needed constantly to meet people as a way to survive: to find my next ride, or to find performance opportunities. Travelling musicians in Europe have it far too easy – the pedestrian streets to play in, the train station and an abundance of hostels are laid out on a silver platter.

"None of this backpacking infrastructure existed in the Caribbean. Four months in and my skills on board a sailboat rocketed from zero to a genuine level of competency, though I've still got a long, long way to go. This has opened up a whole new aspect of my life, marine career prospects and a vibrant social network of likeminded, enterprising and inspiring travellers across the globe."

Camel riding in the Saudi outback should be a doddle and a lot warmer than some of the places he has visited such as the coldest busking set he's ever delivered -7°C in Finland!

"When you next see a street performer, do yourself a favour and stop to listen. If they know what they're doing, allow yourself to be moved. Allow yourself to think; allow yourself to fel," he said.

"You're doing the performer a massive favour in this exchange – it's what they are there for – and I'll bet that informing them of the effect they've had on your day will mean more to them than dropping a riyal or dinar in their hat possibly ever could ... but us buskers certainly appreciate the donation as well!"

• For more details on Dan's project visit www.danhodd. com or on social media @ danhoddmusic.







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

Popular hypermarket unveils new deals

THE bargains continue at Lulu's latest hypermarket located inside one of the kingdom's newest malls.

The store, at The Atrium Mall & Towers, close to the Saudi causeway on the edge of Janabiya and Saar, was opened with much fanfare by chairman and managing director of Lulu Group International, Yusuff Ali M. A., last year.

Thousands of shoppers continue to flock to the 156th Lulu Hypermarket, the company's seventh on the island, and special treats in store this week will attract even more.

Some of the exclusive deals on the grocery shelves at this location include a 500gm box of Kellog's Corn Flakes for 990fils, 32oz Blue Diamond Almond Milk for BD1.190 and 16oz Jif Peanut Butter for BD1.490.

They'll be a 50 per cent discount on whole cakes today and tomorrow. On Friday and



Saturday there will be a 25 per cent discount of grapes and berries, with fresh chicken parts reduced by the same percentage on those days and on Sunday too. In the electrical department, check out the special prices on the 9.7in 32GB Apple iPad-5 with Wi-Fi at BD107.990 and a stunning Daewoo 50in Smart UHD LED TV at BD115.500. Shoppers can also receive 7.5 per cent cashback on the total bill if they pay with bwallet.

Lulu Hypermarket

Almond US/kg – BD3.990 California pistachio salt and pepper/kg – BD5.790 Citrus sensation juice 500ml – 400fils

Lulu corn oil 1.8ltr 2pcs – BD3.190 Kerrygold butter salted/unsalted 200gmx3pcs – BD2.450 Al Kabeer chicken nuggets

400gmx2pcs - BD1.790

Carrefour Hypermarket

Hayat palm vegetable oil 1.8ltr – 500fils

Hayat tomato ketchup 340gmx4 – 500fils

D-zire soap asstd 125gmx6 – 500fils

Apple royal gala Italy kg – 500fils

Alosra white sugar 5kg – BD1

Jawad Supermarket

Emborg - mixed vegetable 3x450gm – BD1.625

real

deals

Americana super-ground free-flow minced beef – 400gm (1+1) – 650fils

Filiz vermicelli 4x400gm – BD1 Libby's pineapple slice – BD1.6

Emborg processed cheese slice 200gm (1+1) – 650fils

Alosra Supermarket

Caramel cake – BD5.795

Chocolate cream cake loaf – 995fils

Rocket apple - BD1.495

Fuji apple – 695fils

Australian white grapes - BD2.995

Carnival opens tomorrow

S OUNDS of laughter and fun will be echoing across Bahrain International Circuit (BIC) tomorrow at 4pm as Shop Bahrain opens its doors for its annual carnival-style spectacular event, writes Mai AI Khatib-Camille.

The 17-day Festival City is yet again set to entertain families and friends from across the region and according to organisers, the Bahrain Tourism and Exhibitions Authority (BTEA), this year's bonanza will be bigger and better than ever.

Yousef Al Khan, the director of tourism marketing and promotions of BTEA, said: "The past two years of Festival City has been really popular with people from Bahrain and the GCC and this third edition will surely attract more people with bigger and better rides for all ages."

The festival, located at the circuit in Sakhir, will be spread over 22,000sqm and will feature 30 restaurants, 10 retail outlets, five big rides, 16 carnival games, an

outdoor market and cinema along with more familyoriented activities.

There will be several performances to entertain the crowds such as a show by the Smurfs and concerts by Bahraini acts including Mo Zowayed, Banah and the Bahraini Drummers.

Careem taxi services will also be offering special pick-up and drop off deals for the festival and there will be valet parking as well.

The event details were unveiled to the media at a press conference held earlier in the week at the Bahrain International Exhibition & Convention Centre.

This year's festival runs daily from 4pm to 10pm, Sunday to Wednesday and until 11pm on weekends.

It is staged in cooperation with strategic partners including Tamkeen, VIVA Bahrain and Gulf Air, as well as the A.A. Bin Hindi Group.

The platinum partners include Bin Hindi Informatics and Lulu Group, while prize partners include Gravity, Adhari, Awal Gas, Hawar Beach Hotel, Kitchen for Life Company, the Ice Cream Shop and Rahim Holdings. Top prizes include 11 cars and more than 73,000 items including electronics, discounted airline tickets plus thousands of smaller instant prizes. Entrance costs BD2.

Shoppers and visitors can learn more about Shop Bahrain through the Festival's website: www. shopbahrain.com or through the account @shopbahrain on the social networking channels Facebook, Twitter, Instagram, SnapChat, YouTube and Whatsapp. Most recent updates and news about the Festival are also available on the Shop Bahrain Application released for iOS and Android.



CLEAR MESSAGE: The fun starts tomorrow and runs until February 2





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Blockchain academics

HE Bahrain Institute of Banking and Finance (BIBF) has launched a 'Blockchain Academy' this year that offers the kingdom's first blockchain professional qualification programme, in addition to a series of master classes and workshops.

BIBF, worked in collaboration with Dubaibased training provider, myLearning Key, to deliver a five-day training programme to prepare participants to earn the international qualification of Certified Blockchain Professional C|BP.

Awarded by The Institute of iBusiness, also known as the IIB Council, a US-based organisation, the course aims to bring practitioners up to speed with industry requirements while forming the global standards in the Blockchain Industry, one of the fastest growing disciplines

The C|BP course promises to provide 'a 100 per cent' hands-on thorough overview of blockchain technology and its implementation in the real world, the course designers say. The C|BP Certification consists of three knowledge and competency areas: development, implementation and strategy.

During the course, students will not only be exposed to multiple Blockchain implementation concepts but they will also be immersed in a guideline for sustainable and scalable Blockchain development with the use of quantum resistant ledgers. In addition, through the

A FINTECH training course for dummies

is set to be staged this summer, to offer

how it is changing financial, banking and

an insight into what it's all about and

commercial systems and the world.

ResearchAndMarkets.com believes

that those wanting to keep up-to-date

understand what it is all about. And, if

you are a non-IT professional, you need

in the fast changing sector need to

academy, the BIBF will offer a series of master classes that cater not only to the IT professionals but also to the business professionals from various levels to enable them to gain the required knowledge and potential effective applications of the Blockchain technology in their

organisations. BIBF Director Dr Ahmed Al Shaikh said: "In alignment with the institute's direction to position Bahrain as the IT Hub for training in the region and to adapt to market requirements, the BIBF continues to introduce new programmes to develop the skills and knowledge of the kingdom's human capital.

"As we live in the era of digital innovation and technological advancements, we are pleased to collaborate with myLearning Key and the IIB Council to introduce the first blockchain professional qualification to support the growing demand for skilled blockchain professionals.

His previous roles include a number of high profile leadership positions most recently as vice-president, enterprise and human capital development at Tamkeen. Colleague Ahmed Naeemi, the BIBF's head of IT,

operations and project management, added: "As the role of information technology is evolving



QUALIFICATION PROGRAMME Dr Ahmed, Ahmed and Jay

towards digital innovation and transformation, the Blockchain Academy is one of our new initiatives in an attempt to support businesses and organisations with their digital transformation plans."

The BIBF is a semigovernment training institute affiliated to the Central Bank of Bahrain. It aims to play a vital role in the training and development not only in Bahrain and the Gulf region but also in the wider Middle East and North Africa. It serves as a partner to numerous worldclass institutions delivering assessment and training in the areas of banking, Islamic finance, executive development, accounting & finance, academic studies, leadership & management, insurance, information technology and communication, project management and supply chain management. The latest move has become

a global imperative as the

FinTech sector expands at a

vast rate The original use of blockchain was to store and track crypto-currency transactions. However, new initiatives to benefit society more broadly are emerging. They include the establishment of secure digital

identities, the fight against corruption, land registry and the coordination of food deliveries Blockchain is also fast

emerging as a priority technology for future collaboration among airports and airlines.

Significant resources have also being put towards conducting comprehensive studies to understand how blockchain can work for the provision of healthcare, and dozens of start-ups have set out to revolutionise the healthcare space for the better. In the battle against counterfeit drugs. for example, pharmacists and patients are using it to verify the legitimacy of their medicine, and even see minute details such as the date and manufacturing details for each order.

Jay Bavisi, President and CEO_EC-Council, said: "We live in a time when

there are too many business people without jobs and too many jobs without people. This is primarily due to a global skills mismatch between what employers expect and what business professionals possess.

"With this in mind, EC-Council brainchild, the IIB Council, was created to train and certify business professionals on knowledge. technical and digital skills that are highly-demanded in the job market.'

• For more details contact the BIBF IT Centre Team by calling 17815551, or visiting itcentre@bibf.com

this information presented in clear nontechnical terms. During the two-day 'FinTech for Non-IT Professionals' course components in terms of a wide range of issues will be explored

By the end of the course, its creators say, students will discover the full scope of FinTech, explore the key development and implementation issues, recognise

the access issues for consumers and businesses, discover how operational costs can be reduced and efficiency increased, explore data sharing and transparency in the light of data security and protection needs as well as look at actual case studies. • For more information visit www

researchandmarkets.com/research/ sjwmlz/2day course?



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hosts an evening of live music at An Nada Lounge

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See Eating Out: Page 11

The energy industry's trade journal for the GCC region www.oilandgasnewsonline.com

Call 17171441 for details

The Crowne Plaza Bahrain's famous steak night starts from 7pm at La Mosaique Restaurant priced BD18net with the 1kg steak-eating challenge too. For details, contact 17531122

Spend time with friends and family in an Afternoon Tea experience at the Ritz-Carlton, Bahrain's Lobby Lounge and Ritz Gourmet Lounge. Indulge in new items on the menu and enjoy the piano entertainment on Fridays and Saturdays. Afternoon Tea is served from 3pm to 5pm priced BD21+++ per set. For details, contact 17586499

or email rc.bahrz.restaurant. reservations@ritzcarlton.com

Treat your special someone to a romantic dinner by the sea at the Ritz-Carlton, Bahrain. This is staged daily at the sea breeze area and private island from sunset to 10pm. Priced BD350 per couple at the sea breeze area and BD500 per couple at the private island. For details, contact 17586499

or email rc.bahrz.restaurant. reservations@ritzcarlton.com

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

For details, contact 17586808 or e-mail rc.bahrz.spa@ ritzcarlton.com



Celebrate vour birthday at the Ritz-Carlton, Bahrain's Gourmet Lounge where celebratory Afternoon Tea lunch, dinner menus and an inclusive birthday cake are provided. The special menu is available for a minimumof-two and maximum of 10 guests. This offer is ongoing until Sunday. For details and reservations, contact 17586499

The Four Seasons Hotel Bahrain Bay's poolside Italian restaurant, Vento, is offering

Leisure 👿 Guide

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

a wide selection of pizzas from wood-fired ovens and artisan pastas. Available on weekdays from 11.30am to 11pm, and weekends from 11.30am to 12pm. For reservations, contact 17115500.

The Four Seasons Hotel Bahrain Bay is offering family spa-bonding sessions. Its 'Relaxed Us' offer aids muscle tension releases stress and promotes wellbeing, 45 minutes for BD80 The 'Beautiful Us' offer is designed to cleanse, gently exfoliate and hydrate skin with a 100 per cent chemical-free product range from Australia and the UK 45 minutes for BD85. The Glowing Us' offer is a special indulgent full-body treatment, 45 minutes for BD85 For reservations, contact 17115000.



Reef Resort's lobby café Chocolaterie is offering an array of signature teas coffees, pastries, and delectable hand-made chocolates. The ideal venue for morning coffee or afternoon tea. Every day from 4pm-6pm. Net price of BD4. For details, call 13110110

Reef Resort's Tokyo Reef restaurant features a specially-created set menu that is offered on weekdays (Saturday-Wednesday, closed on Mondays) and guests can watch as the chef prepares sushi and sashimi before their eyes. The promotion is BD15+++ per person. For details, call 13110110

The Crowne Plaza Bahrain's band the Eve Candies will entertain every evening, except Saturday, at . Harvesters

The outlet is also dishing up a new Camel Burger and staging a Beast Burger Challenge which, if finished in the stipulated time, offers the meal for free, a T-shirt and wall of fame celebrity status It runs daily from 11am to 9pm and is priced BD8.410. For details, contact 17531122.

orrow (January 17)

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



Bahrain. Don't miss American country legend Rusty Golden performing live every Thursday through to Sunday. Call 17360063 for details. See Letters to the Editor: Page 18

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

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



Elite Resort & Spa hosts a sea & grill buffet dinner every Thursday and Friday from 7pm to 11pm at Al Naseem & La Brasserie priced BD12+++ per person. For details, contact 17313333



Enjoy the 'good life' at La Vinoteca Barcelona, Adliva's Buena Vida brunch on Fridays and Saturdays from noon to 4pm. The cost is BD28+++ with selected beverages and BD18+++ for soft drinks.

Check out The Crowne Plaza Bahrain's new Pearl of Arabia-themed night from 7pm at La Mosaique Restaurant, priced BD13net, with a special beverages package available too. A Friday date has been added to the regular Saturday session by public demand For details, contact 17531122

Big Texas Barbeque & Waffle House presents its 'Small Town Throw Down' brunch - the only five-hour brunch in the kingdom - from 11am-4pm every Friday. It features a buffet and specific table orders. There's also karaoke Call 17360063 for details

Bahrain's Sweetest Brunch takes place every Friday

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

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

12.30pm to 3.30pm, priced BD35 per person with soft drinks and BD39 per person with selected beverages. For more details, contact 17586499 or email rc.bahrz restaurant.reservations@ ritzcarlton.com

At the Gulf Hotel Bahrain Convention & Spa's China Garden Restaurant, Chef Ding and his culinary brigade will be offering pan-seared Chinese delicacies. For details, contact 17713000 or email info@ gulfhotelbahrain.com

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

The Wyndham Garden Manama in Juffair is offering a Friday brunch at Café Mosaic from 12.30pm to 4pm, where food and soft drinks are priced BD12+++ while food and selected beverages are priced BD22+++. For details contact 66316666 or email dining@ wyndhamgardenmanama.com

A buffet is served every Friday from 12.30pm-4pm at the Ritz-Carlton, Bahrain's La Med Restaurant, combined with drinks of your choice. Soft drinks priced BD30+++ special beverages priced BD35+++ For details, contact 17586499

Eat and party at the Reef



Resort's Pool Delight with an unlimited seafood BBQ buffet accompanied by the chill out music from the Beat's Zone band. Every Friday from 7pm. For details, call 13110110.

The Four Seasons Hotel Bahrain Bay is hosting Friday Brunch at CUT by Wolfgang Puck Steakhouse from 12.30pm to 3.30pm. Priced BD26+++ per person including soft beverages, BD26+++ per person including extensive beverage package for ladies, and BD36+++ per person including extensive beverage package.



Also at the hotel's CUT by Wolfgang Puck Steakhouse, a Bistro-inspired lunch is being hosted every day from 12pm to 3pm. For details and reservations, contact 17115044.

Elite Crystal Hotel has a Friday Pool Party brunch at Waikiki from 1pm-8pm with entertainment from DJ Santi, DJ Smiley and DJ Goose. It's free entrance for women with one welcome drink BD10net for men with one complementary beverage and BD25net inclusive of unlimited selected beverages and grills For details, contact 66666360 or 17360360.

urday (January 19)

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

Spice up your weekly brunch with a culinary journey around Mexico at the Ritz-Carlton. Bahrain's Cantina Kahlo Restaurant. This will be held today from noon to 4pm Priced BD35 per person with selected beverages and BD20 per person with soft beverages

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



LeisureGuide

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

The Crowne Plaza Bahrain's Waves Seafood Restaurant is hosting a three-course business lunch, from Saturday-Thursday, 12pm to 4pm. The lunch is priced BD8net. For details, contact 17531122.

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

The Gulf Hotel Bahrain Convention & Spa is offering 'Art of Cooking' classes for those with busy lifestyles who have a passion for food. Classes feature demonstrations, from the building blocks of culinary practice to mouth-watering menus, led by professional chefs. Priced BD18net, including lunch. Seats are limited, book now. For details, contact 17713000 or email info@ gulfhotelbahrain.com

Families can enjoy a buffet meal at the Ritz-Carlton. Bahrain's La Med Restaurant every Saturday from noon to 3.30pm. Soft drinks are priced BD15+++ For details, contact

17586499



Enjoy an authentic Italian buffet at Ramada Hotel & Suites Amwaj Islands every Saturday, from 7pm-11pm BD10net for adults, BD5net for children aged six to 12, children below six dine for free

For details, contact 16000099 or email at dining@ramadamanama-amwaj.com

Soak up the stunning views from the Four Seasons Hotel Bahrain Bay's 50th floor and feast on Asian delights like Korean Fried Chicken Bao Buns, Wok Fried Shrimp Dumplings and Brisket Wontons at the re Asian Cuisine by Wolfgang Puck's Saturday Brunch. The price is BD19+++ and BD37+++ with selected beverages. For reservations, contact 17115046.



IN the heart of Bab Al-Bahrain, in its front outdoor market space, a weekly activity takes place at 5pm every Thursday Organised by the Bahrain Authority for Culture and Antiquities, it includes various

at the Four Seasons Hotel Bahrain Bay is staging a Saturday Brunch from 12.30pm-3.30pm offering a wide selection of Arabic favourites such as Lamb Ouzi and cold mezzeh, priced BD16+++ including soft beverages. For details, contact 17115000.

Sunday (January 20)

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

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

londay (January 21)

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

The Crowne Plaza Bahrain's Harvesters Back to School-



elements such as music, handicrafts heritage, arts and food. The event is open to the public for free, and different aspects o

themed party starts at 9pm. Entry is free For details, contact 17531122.



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

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

The Wyndham Garden Manama in Juffair is hosting an American Night at its Player's Lounge with duo,



Notre Viú on stage. Enjoy special offers on selected beverages and Angus steaks every Tuesday from noon to 2am For details contact

66316666 or email dining@ wyndhamgardenmanama com

At the hotel's Via Brasil Restaurant, the Cuban duo, First Class, Martha and Claudia, will perform live. Indulge in a Brazilianstyle all-you-can-eat BBQ restaurant, where there is a wide selection of meats, salads, hot appetisers, side dishes and drinks selection to complement the meals. Located on the rooftop of the hotel, the restaurant provides scenic views overlooking the Bahrain skyline, open from 7pm-2am.

For details, contact 66316666



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

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



Offering new future education plans

ANDERSON Education – the UK Boarding School Specialists – will be visiting Bahrain on Friday to meet families considering a UK boarding school education, summer school or language programme.

The company has visited more than 350 UK boarding schools and has been working with families living in the Middle East for more than 20 years. It claims to have a wealth of knowledge and experience to help parents find the best school for their child. The service is free and impartial. A UK boarding education ensures students gain good qualifications, confidence, independence and a breadth of

interests – a true education for life.

The event will be staged at the Bahrain Rugby Football Club from 2pm-6pm. For more information, contact enquiries@andersoneducation.co.uk or visit www. andersoneducation.co.uk

DATES FOR THE DIARY



BAHRAIN Ballet Centre will transform the Bahrain Cultural Hall into a magical venue, inspired by Disney through the ages, on February 1

The When You Wish Upon A Star show will feature 100 children and adults aged from three to 50, dancing to favourite songs from Cinderella, Pinocchio, Aladdin and Peter Pan. Tickets are BD6 or BD10, and are available at PLAY, Seef

Mall and Bahrain Ballet Centre, Barbar, Doors open at 5,30pm for a 6pm start. To book tickets call 17693232 or 33719180.

THE annual Autumn Fair will take place from January 23-31 at the Bahrain International Exhibition and Convention Centre. For the first time, there will be an outdoor street food market.

International artistes set to perform

THE kingdom's music lovers are set to be in for a special treat this year as a Grammy Awardwinning producer, singer musician and song writer plans to kick off a Reggaeton Tour across the Middle East, starting in Bahrain. Nadir Khayat, better

known as RedOne, hopes to heat up the island with his cool combination of beats and rhythm vibes alongside several of his star studded singer friends as part of a 2019 Big World Tour.



Although tour dates for the love and tolerance themed event for an unprecedented tour have yet to be finalised, the 46-year-old, behind more than 70 international hit singles including 35 No 1 singles, is excited about his RedOne & Friends in the MENA region concept.

He shared his tour news with members of the media, invited guests and aspiring musicians at one of the Ritz-Carlton, Bahrain's private villas. "Bahrain has blown me away and exceeded my expectations," said RedOne at the conference. "It is too beautiful not to shoot here. I love this region and I am proud of what I see."

The Moroccan/Swedish celebrity, who sees himself as a 'citizen of the world', added that he was committed to spreading love to everyone through his songs and his next album will be released later this year.





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

Jalal's timely tips on the latest trends

THE Grand Regulator in its distinctive 44mm case has been a permanent fixture of the Chronoswiss collection for more than 20 years. In 2017, this classic watch was given an upgrade and has boasted its innovative 3D dial design ever since under the name of Flying Grand Regulator. In addition to this timepiece

with its stainless steel case and midnight blue dial, two more Flying Grand Regulator versions in bold colour combinations will be launched this spring, each of them featuring a DLC coated case. At a hardness of 5,000 Vickers, a DLC (Diamond-Like Carbon) coating comes close to diamond and is extremely resistant to scratches or chemical influences. This process also gives the stainless steel case a dark, almost mystical look which is combined with different colours.

• Red and black: A strong contrast to the black DLC case, the

dial glows in a bold red that was created especially for Chronoswiss and perfectly sets off the delicate guilloche pattern. A second shade of red, coral, on the hands and numerals adds variety. 30 watch lovers will be able to get their hands on one of these. **Black, yellow and red:** The second new colour combination is equally dynamic, combining a deep black galvanised dial with a sporty anthracite DLC case. A fresh lemon yellow injects some colour alongside the red.

Highlights on the dial and hands

alligator hornback structure strap

15 pieces, so colour fans should

This combination is limited to just

are mirrored on the striking





Brighten up for the spring

not hesitate.

RENCH Fashion house Kenzo celebrates colours with its spring-summer 2019 line in fun fabrics and prints.

The popular Parisian brand, known for its playful takes on fashion, has created a vibrant new line that will keep the ladies feeling sunny and bright from day to night.

Kenzo has designed a line that is suitable for any summer ceremony and for gatherings of all sorts including special outfits for wedding guests.

The women's line goes high summer with aplomb with plenty of opportunity to mix and match tops, skirts, trousers, gloves and



stockings as well as jackets. Designers have matched classic fine fabrics such as flocked twill with georgette to create an effort in contrasts using saturated colours such as acid yellow, cobalt or fuchsia with vivid prints of roses or checks.

The archive dot prints on layered twill offers extra scope to a traditional summer dress. Coats are embossed with python prints or in pink Vinyl. Cocoon bombers play against strict tailored jackets.

Voluminous technical nylon dresses with covered buttons in lilac or orange offer ample fluid movement. Guipure embroideries appear in Victorian tops or overlaid dresses.

As for the accessories, there are two new styles inspired by different shaped bags: the dot and the goody. They appear colour blocked, embossed in the prints of the season.

There are rubberised chunky platforms in checks and delicate summer sandals with a contrast kitten heel to round off the proportioned silhouettes.

Geometric earrings compliment the more ornate embroidered jewellery offerings.

Kenzo is located in City Centre Bahrain.







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Eating Out

Gulfprojects.me Information | Intelligence | Insight +973 1729 9192 /+973 17313189 www.gulfprojects.me

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

Our birthday bonanza

ELEBRATED Michelin-starred Chef Vineet Bhatia has conjured up a special anniversary set menu to mark the fourth birthday of his awardwinning restaurant at the Gulf Hotel Bahrain Convention & Spa.

It's a sizzling selection of the finest Indian cuisine – available only until Saturday and delivered with style and grace by his head chef of Rasoi by Vineet – Bahrain, Tej Bahadur Thapa Magar and his team.

Now, in the all the many years I've been writing *Eating Out* reviews I have never mentioned the price so high up in an article but rules are there to be broken because this amazing fine-dining experience can be snapped up for a mere BD9.900+++.

I'm told the restaurant wanted to mark the occasion as a 'thank you' to its many devoted regular diners with a selection of some of the celebrity chef's most popular dishes ... and it's also offered a chance for those who haven't yet sampled his delights to put the cuisine to the taste test.

The restaurant was buzzing on Saturday evening, the first day of the offer, and outlet manager Srinivas Maloth and his front of house colleagues were on top of their game offering a warm welcome and an impeccable standard of swift and informative service.

Rasoi in Hindi means 'kitchen' and the reputation of Vineet's operation in the kingdom continues to shine brightly. During its first four years, Rasoi by Vineet

Bahrain has deservedly picked up accolade after accolade, not only being voted best Indian restaurant but also taking the plumb prize of 'Best Restaurant' in the kingdom at the Bahrain Food and Travel Awards.



TASTY DISH: One of the highlights of the special menu, right, Chef Tej and, below, Chef Vineet and more delights for the table



"People often ask me what our signature dish is," said Chef Vineet, who is busy preparing for the opening of his latest restaurant venture, Indya by Vineet, at La Royal Meridien Beach Resort & Spa in Dubai, "and I tell them that we haven't got a signature dish, we have a signature approach to elevate the cuisine to a very high standard.

"T'm so pleased to be celebrating our fourth anniversary on this wonderful island of Bahrain and I hope to continue to excite the palates of our guests. Thank you for all your support over the years."

Born in India in 1967, Chef

Vineet added: "The wonderful thing about growing up in Bombay was the eclectic influence all around you. It is a melting pot of culinary delights from all over the many different regions of India."

The anniversary menu bears witness to that with dishes from both the north and south of India to enjoy ... and 'excite the palate' they certainly do.

A triple taste treat was delivered to the table first consisting of Konkani chicken fry, Lamb galauti and Malai broccoli. The chicken was tender

the lamb melted in the mouth and, I've always thought that cauliflower was my favourite vegetable in Indian cuisine but I stand corrected, the broccoli was brilliant. Baked to perfection, I'm told the florets on this dish come

covered with cream, a cashew and walnut mix, cheese, lemon juice and a gingergarlic paste to produce a very rich taste which combines superbly with the freshness of the broccoli.

The main courses swiftly followed with Chicken chettinad, an Indian classic consisting of meat marinated in yogurt, turmeric and a paste of red chillies, kalpasi, coconut, poppy, coriander, cumin and fennel seeds, black pepper, ground nuts, onions, garlic and gingelly oil and everyone's favourite Dal tadka, plus, what I considered to be the masterpiece on the menu, a magical Jhinga masala. A nice balance between tangy and spicy with prawns cooked to perfection.

This was such a 'wow' dish my fellow guests on my table all said they would have happily come for a night out at this destination for this offering alone!

All the dishes were superbly accompanied by naan breads, coriander rice and cucumber cumin raita.

But, of course, there was more to come in the form of another triple treat – desserts featuring steamed yoghurt, a tri-flavoured cheesecake and Chef Vineet's signature overture, a chocolate délice, a truly delicious creation delivering a great chocolate experience and a tastesensation to conclude a culinary night to savour and long remember. And, talking of remembering, remember readers, you read about the anniversary set menu here first. Book that table now before it's too late by calling

17713000. ● Check out Stan's YouTube interview with Sri and an exclusive inside peek at the preparations with Chef Tej by placing your smartphone over the QR Code.











LocalNews

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Golden memories

The Gulf Hotel Convention & Spa will start its year of celebrations today to mark the hospitality hotspot's 50th anniversary with a walk down memory lane in its dazzling state-of-the-art newly-refurbished facility ... combining an historic past with a fabulous future.

Under the patronage of Zayed bin Rashid AI Zayani, the Minister of Industry, Commerce & Tourism, the chairman and members of the board of directors, the chief executive officer of the Gulf Hotels Group and the executive management will be welcoming VIP guests to the glitzy Gulf Convention Centre tonight.

Parent company, Gulf Hotels Group, has been investing heavily in upgrading facilities like many properties across the island but few others can play the nostalgia card or possess the heart-pulling feel-good factor to the same degree.

A stunning display of photographs unearthed from the hotel's archives will be unveiled at the ceremony that have recorded everything from the very start of ground-breaking through to its construction, opening, expansion and beyond. But what will no doubt enchant history buffs will be the images and memorabilia highlighting some of the most legendary and iconic figures setting foot on the premises from the world of royalty, politics, business

HOSPITALITY EXCLUSIVE By STAN SZECOWKA

and entertainment over half a century.

They include:

 The late Amir of Bahrain Shaikh Isa bin Salman Al Khalifa who opened the Gulf Hotel with the president of Gulf Aviation, now Gulf Air, Captain Allen Bodger, present at the ribbon-cutting ceremony

• Shaikh Isa also visited the new tower and was welcomed by the chairman of Gulf Hotels Group, the late Ahmed Kanoo

• Yasser Arafat, leader and chairman of the Palestine Liberation Organisation from

1969 until his death in 2004
Former US president George Bush, a keynote speaker at an international conference

• The late British PM Baroness Margaret Thatcher arriving with the late Minister of Information Tariq Almoayyed

• Arabic singers Ragheb Alama, Mohammed Abdu, Kadim Al-Saher all make an appearance on the photographic roll call alongside Western performers such as Canadian rocker Bryan Adams, British 1960s hit-makers The Hollies and Scottish songstress Barbara Dickson and many more, including soul legend Roberta Flack

Gulf Hotels Group CEO Garfield Jones said: "Reaching the ripe old age of 50 is a great achievement, however, when you consider that over the past 50 years, the Gulf Hotel has remained at the forefront of the



Bahrain hospitality industry, continued to lead the market despite competition from all the international chains, continued to win awards year-after-year for its restaurants and continued to expand its operations, makes it all the more remarkable. "The success over the past

50 years has undoubtedly been down to the amazing team which has worked in the hotel with iconic figures such as Mohamed Buzizi and Aqeel Raees, overseeing operations for so many years. To have played a small part in the history of the hotel is something I am very proud of."

And it's the combination of new and old which Fares Yactine, who only returned to the organisation last year to take over the role of GM, is convinced sets the Gulf Hotel apart from the competition.

Fares previously served the hotel as executive assistant manager, in charge of the food & beverage department, as well as health & recreation. He's not the only one that continues



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marked with style



to feel like he is 'coming back home' whenever he steps through the hotel entrance; large numbers of customers do too

"Many remember coming along with their parents as children and they now regularly return with their own kids," Fares explained. "They keep coming back because the Gulf Hotel is distinctive for its personalised service, our longserving team know many by name, knowing who their father is, who their brother is

"Today, many hotels offer a

good service, have a nice set up of restaurants but what makes a difference with Gulf Hotel is its people."

That's why the 50th anniversary this year looks set to be so special.

Activities are planned to take place throughout 2019. "We will be taking people on

a journey through those 50 years," revealed Fares "There will be a lot of amazing pictures on display for sure, as people love nostalgia. It's not just the history of the



of Bahrain. There will be a lot

over the period are remarkable. Once upon a time the Gulf Hotel was surrounded by water and today you have Juffair just

"We have also hosted numerous celebrities over the years so people will enjoy looking back and others may even remember the moment. The hotel management team is just as excited about the future too, thanks to the continuing investments being made in the property.

As reported in GulfWeekly, the new-look Gulf Convention Centre was recently unveiled with a spectacular show featuring live musicians and singers in a high-tech visual and sound extravaganza, so it makes for a fitting stage for tonight's opening production.

The facility has been transformed and now features a 4,780sqm redesigned arena, including 13 meeting and conference rooms, event space, as well as a setting for stunning wedding and henna night celebrations.

Taking centre stage of the renovation has been the installation of five 4m x 3m digital HD screens. They can run videos displaying high resolution images, with surround sound to match.

Even the stunning crystal chandeliers add to the overall ambience by completely changing colours at the touch of an electronic pad, depending on the mood of the event, with variations in tone too for stylish effect. The aim, say its designers, is to enhance the offering with a touch of luxury while combining natural charm and elegance.

Other investments include the renovation of the popular Sherlock Holmes and Al Waha outlets. The La Pergola Italian restaurant now graces the talents of multi-Michelin starred Italian chef, Giancarlo Perbellini, after a BD200,000plus transformation and a similar sum is being invested in rooftop restaurant Fusions which is set to reopen with an outdoor terrace under the guidance of the hotel's young, talented Bahraini chef. Tala Bashmi.

The health club is also set to be refurbished and the main lobby will also be receiving a facelift shortly. Looking back to golden moments and looking forward

to a bright future ... with the promise of new cherished memories being formed every day













hotel, this is part of the history





tv 🕄 Weekiv oper

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

Home on lush green lago

lovely landscaped five bedroom villa is up for sale within the sought-after Riffa Views' Lagoon Estate.

The semi-furnished fivebedroomed property, which has a built-up area of 472sqm and a plot area of 622sqm, features fine finishes and spacious surroundings

The ground floor of the villa consists of a majlis (lounge), a dining room and a family room. There is also an open-plan kitchen, an outdoor kitchen, known as the heavy duty dirty kitchen, and a laundry room.

There is a guest bedroom on the ground floor with a built-in wardrobe and an ensuite bathroom.

There are two storage rooms, a

guest closet and a separate vanity room near the kitchen.

The first floor features a family room and four large bedrooms. The master has a dressing area, an ensuite bathroom and a balcony The other bedrooms also include built-in wardrobes and ensuite bathrooms and two of them also have terraces. There is a garage for two

vehicles.

For sports-lovers, there is an 18-hole PGA championship Colin Montgomerie-designed course and a 9-hole executive golf course within the development. Also on site is a country club, a tennis facility, and nearby an international school and the Riffa Palms shopping area which includes cafes, restaurants and a supermarket.











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

OR more than 20 years Pantone's Colour of the Year has influenced product development and purchasing decisions in multiple industries including fashion, home furnishings and industrial design, as well as product, packaging, and graphic design.

At the beginning of the New Year, more than 10,000 designers and producers held their breaths in anticipation of the latest colour craze to be unveiled and to set the pace for the rest of the year Pantone's Colour of the

Year for 2019 is 'Living Coral'. It is a nurturing colour that appears in every day natural surroundings and at the same time, currently displays a lively presence on social media.

According to experts, it is 'welcoming' and it encourages 'light-hearted activity'. It symbolises people's innate need for optimism and joyful pursuits as well as the desire for playful expression.

The colour coral in itself



resides between red and orange at the point of crossover and is comprised of two parts red and one part vellow. This vibrant colour corresponds to the element of water and the soothing energy of the ocean.

The word itself is Greek and means 'daughter of the sea'. The combination usually supports creative energies and it is fresh,

invigorating and feminine. Living Coral is a light colour that brings comfort and familiarity. It is considered by colour gurus at Pantone as the ideal shade for those who love trends and yet want to decorate with a difference. The shade is also believed to reduce selfconsciousness and allows people to express themselves with confidence. It is great for those looking

for a refreshing colour to unwind to at home or for staying productive at the workplace. Furniture brand

MURANTI, for example, which creates symmetry between the mind and the heart of any interior decoration, found inspiration from this colour Currently one of its popular products which is on point with the trend is the Andesine armchair. It is fully upholstered with velvet that will instantly add a special charisma, grace and glamour to any room.

Getting the tone right

Paint companies are also in a rush for the colour. Many are suggesting using it to brighten up bedrooms, living rooms or study areas. The colour is also being

used on coffee tables such as DENY Designs' round sidetable. It combines two trends in one. The agate-inspired side table features a printed design and gold Aston legs. Place it next to your favourite reading chair or use it as a bold bedside table. Another interiors

suggestion is to add a throw or rug in the coral colour range such as the vintagelooking Raya rug from Lulu & Georgia which features classic Moroccan influences and hints of coral



GulfWeeklyBookClub – in association with The Bookcase

BOOK OF THE WEEK by Linda Jennings - THE STRESS SOLUTION: THE 4 STEPS TO RESET YOUR BODY, MIND, RELATIONSHIPS AND PURPOSE, DR RANGAN CHATTERJEE, 9780241317945 (PENGUIN) BD8.300 for Gulf Weekly Book Club members

IT IS thought that between 70 and 90 per cent of GP consultations are related to stress

This has to change. Dr Rangan Chatterjee knows this better than anyone As a practising GP he's seen first-hand how stress affects his patients and has found simple but effective methods to help them

Regarded as one of the most influential doctors in the UK, Dr Chatterjee wants to change how medicine will be practiced in years to come. He has been called a pioneer and is changing the way that we look at illness. He is known for finding the root cause of people's problems and he highlighted his methods in the groundbreaking BBC TV show, Doctor in the House, which has been shown in more than 70 countries around the world. Now he's on a mission to show that

combatting stress is easier than you think. He shows how a small change in the way you approach your Body, Mind, Relationships and Purpose can help you

lead a more fulfilled, calmer life Pairing the science of what happens in our brains and our bodies when we become stressed with personal accounts and patient cases, Dr Chatterjee provides easy to implement solutions for the whole spectrum of stressors we face on a daily

basis "Within each pillar there are recommendations of how to de-stress."



he said. "You don't have to do them all there's no expectation of perfection - but begin with one from each pillar.

Here are simple and achievable interventions to help you re-set your life, offering simple tools for how to cope with modern-life and design your morning routine effectively.

Packed with personal accounts and patient cases, this book will become your blueprint on how to live stress-free in the modern world.

READ IT NOW IN PAPERBACK

THE WOMAN IN THE WINDOW, A.J. FINN, 9780008234188 (HARPER

COLLINS) BD4.400 for Gulf Weekly Book Club members.

THIS number 1 best-seller remains at the top of the paperback fiction charts having sold two million copies:

What did she see? It's been ten months since Anna Fox last left her home. Ten months during which she has haunted the rooms of her old New York house, lost in her memories, too terrified to step outside. Anna's lifeline to the real world is her

window, where she sits, watching her neighbours. When the Russells move in, Anna is instantly drawn to them. A pictureperfect family, they are an echo of the life that was once hers

But one evening, a scream rips across the silence, and Anna witnesses something horrifying. Now she must uncover the truth about what really happened. But if she does, will anyone believe her? And can she even trust herself?

MY FAVOURITE READ OF THE WEEK

THE WONKY DONKEY, CRAIG SMITH, 9781407195575 (SCHOLASTIC) BD3.400 for Gulf Weekly Book Club members.

THIS is the book behind the viral internet sensation of The Scottish Granny reading this story to her grandchild, viewed three million times

Based on the popular song, The Wonky Donkey has sold over one million copies

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





worldwide. Whoever heard of a spunky hanky-panky cranky stinky-dinky lanky honky-tonky winky wonky donkey?

When the scholastic representative showed me the YouTube clip of a grandmother reading this picture book to her grandson, we had to abandon our meeting for a tea-break as we couldn't stop laughing

A must for sitting with a young child on vour lap!



January 16 - 22, 2019

16 www.gulfweekly.com



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In focus

THE Bahrain Economic Development Board (EDB) attracted 92 companies and investments worth BD314 million in 2018. These achievements were announced at the annual EDB Reception that was attended by strategic partners from both the public and private sectors and more than 200 investors, industry peers and officials.

The investments are expected to generate about 4,700 new job opportunities over the coming three years.



APM Terminals Bahrain, the operator of Khalifa Bin Salman Port, has been recognised with the Ministry of Labour Safety Excellence Award for 2018 for its 'outstanding efforts' in compliance and implementation of occupational health and safety in workplace as one of the distinguished private sector compa nies in the kingdom.

The award was presented on behalf of His Majesty King Hamad, by His Excellency, the Minister of Labour and Social Development, Jameel bin Mohammed Ali Humaidan alongside Under Secretary of the Ministry, Sabah Al Dossary to Jordana Semaan, GM - human resources for APM Terminals Bahrain



THE Bahrain British Business Forum's Special Interest Group for ICT in collaboration with Tamkeen recently hosted a meeting at the Capital Club to discuss the latest trends in enterprise resource planning systems (ERP). The event attracted experts from leading ERP companies.

BBBF's joint head of ICT Special Interest Group Ravi Javasundera welcomed guest speakers Garv Brocklehurst (Oracle), Moutaz Al Nairab (Microsoft) and Maan Hussain (Tamkeen) to the meeting

New in post

BAHRAIN Islamic Bank has announced the appointment of Eman Ali Abdulla Ebrahim as the Head of the Bank's Central Operations department, making her the first Bahraini female to oc cupy this role since BisB was first established in 1979.





DANCERS dazzled at City Centre Bahrain over the weekend as part of the popular shopping destination's 10th anniversary celebrations.

Performers from visiting Dance it Out Dubai staged three sets of 20-minute actionpacked shows in the Central , Galleria, dressed in top hats

Rotary meeting

and tails alongside Gatsby style gowns Sophie Celikoz, the company's

artist director, said: "We featured a big mix of classic show tunes from Gene Kelly and Fred Astaire and modern Hollywood movie magic. After all, it was a glamorous and glitzy occasion! "Our set included the cheeky



SRI Lankan ambassador of Dr A Sai Mendis was guest speaker at the Rotary Club of Salmaniya's recent lunch at the Golden Tulip Hotel highlighting the 'new economic order of the 21st Century'.



Refurbished office



THE Royal College of Surgeons in Ireland – Medical University of Bahrain has recently launched a refurbished dedicated ca reers and alumni office to support its students and alumni in reaching their professional goals. The new office is designed to facilitate student meetings and activities, as well as offering guidance, professional development opportunities and advice at different stages of the student journey.



bell boys, the marching girls and the quick step. We had a lot of fun."

SocialScene

Why wait a month! Join Social Scene every week

The troupe, which is made up of dancers from Australia, the UK, the Philippines and Colombia, tapped and twirled as well as jumped and jived surrounded by The Polar Express winter-themed promotion.

Shopper Mehwish Ashfaq, who was visiting the mall with her daughters Aanya, three, and Alaina, one, said: "The performance was lovely and full of high energy. They were great entertainers. My daughters love their polar display too but couldn't take their eyes off the dancers "

Extreme learning



THE first Falak Unreasonable Weekend was recently organised in collaboration between Tamkeen and Falak Consulting. The 'extreme leaning' two-day workshop took place at the Novotel resort attracted 37 entrepreneurs.

Falak Consulting founder and CEO and main speaker Suhail Algosaibi, said: "As an entrepreneur who knows what it's like to succeed and fail, I fully understand the struggle most face during the different stages of their venture and the value of sharing experiences and learning from others who already walked the line."

Annual celebration



GPIC recently held its 39th Annual Celebrations at the Al Ghazal Ballroom of the Ritz-Carlton, Bahrain. Members of the company's Labour Union, employees of the company and its retirees attended. Company President Dr Abdulrahman Jawahery welcomed board of directors' chairman Dr Ahmed Al Sharvan, board members and dignitaries. He praised the 'exemplary cooperation' shown by shareholders and partners of the company and noted with pride the role of 'professional and skilled' Bahraini employees.



A reminiscing ride

OGN OGN The property trade jo trade jo trade jo

The energy industry's trade journal for the GCC region www.oilandgasnewsonline.com

Bite-sized trailer

Black '47

DIRECTOR: Lance Daly

CAST: Hugo Weaving, James Frecheville, Stephen Rea PLOT: Set in Ireland during the Great Famine, the drama follows an Irish Ranger who has been fighting for the British Army abroad, as he abandons his post to reunite with his family. Despite experiencing the horrors of war,



he is shocked by the famine's destruction of his homeland and the brutalisation of his people and his family.

SHOWING IN: Seef

The Mule

DIRECTOR: Clint Eastwood

CAST: Clint Eastwood, Bradley Cooper, Taissa Farmiga

PLOT: Earl Stone, a man in his 80s who is broke, alone, and facing foreclosure of his business when he is offered a job that simply requires him to drive. Easy enough, but, unbeknownst to Earl, he's just signed on as a drug courier for a Mexican cartel.



He does well – so well, in fact, that his cargo increases exponentially, and Earl is assigned a handler.

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

Holmes & Watson

DIRECTOR: Etan Cohen CAST: Will Ferrell, John C. Reilly, Ralph Fiennes PLOT: Legendary detective Sherlock Holmes and his partner Doctor Watson return for a comedic take on their classic literary partnership, as they use their incredible deductive minds to solve a mysterv.



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

imdb movie charts

Current Position	Title	Weekend Takings	Gross to date
1	The Upside	\$20M	\$20M
2	Aquaman	\$17M	\$288M
3	A Dog's Way Home	\$11M	\$11M
4	Spider-Man: Into the Spider-Verse	\$9M	\$148M
5	Escape Room	\$9M	\$32M
6	Marry Poppins Returns	\$7M	\$151M
7	Bumblebee	\$7M	\$108M
8	On the Basis of Sex	\$6M	\$11M
9	The Mule	\$5M	\$91M
10	Vice	\$3M	\$36M

IVE years ago, I was a freshfaced, long-haired young lad sitting down in Saar cinema to review his first film for *GulfWeekly*.

Still a youthful intern back then, who spent his days shadowing chief reporter Mai like a little lost child and receiving orders barked sharply from Editor Stan's office (a practice still observed ... just with less obedience), I must admit I didn't think I would be here at the end of the decade still sat in the same cinema screen having notched up more than 200 reviews.

So why choose now to indulge you readers in a little nostalgia trip? After all, this is the *FilmWeekly* page and not *Kristian's BlogWeekly*. I promise that your regularly scheduled programme will be with you very shortly (indeed, in the next paragraph), but there aren't many opportunities for me to take it all in and offer some personal musings.

The reasoning is simple. The film I sat down to review that day in 2014 was *How to Train Your Dragon 2*. Now, seemingly half a lifetime later, the third and final film in the trilogy brings both this fantastic series and my own personal career full circle.

What a joy (and occasional heartwrenching sadness) this movie is to behold, too. Usually, we'd like the appearance of a threequel to mean: 'Hey, here are all the cool ideas we couldn't wedge into the first two' but the cold reality almost always starts with: 'We think there's more money to be made!'

But sometimes, there are organically convincing extenders, and in the animation world, those exceptions include *Toy Story 3* – arguably that series' crowning achievement – and now *How to Train Your Dragon: The Hidden World*, writer-director Dean DeBlois' delightful, gorgeous and touchingly conclusive third adaptation of author Cressida Cowell's fantastical universe of Vikings and fire-breathers.

That the third one doesn't disappoint is hardly surprising, since over two movies so far, DeBlois's enriching approach has been to treat the story of scrappy Viking scion Hiccup (voiced by Jay Baruchel) and his trusted dragon partner Toothless as a carefully-seeded trilogy with the emotional contours of a coming-of-age epic.

There's plenty of change already on the island village of Berk which, under Hiccup's young reign as chieftain, has been transformed from a quaint cliffside community into a colourful, if increasingly crowded haven for dragons and Vikings living together. Rescuing the flying, flame-spewing creatures from captivity is still foremost on Hiccup's mind, thanks to the caring influence of his sanctuary-minded mother Valka (Cate Blanchett) and, of course, the



HOW TO TRAIN YOUR DRAGON: THE HIDDEN WORLD STARRING: Jay Baruchel, America Ferrera, Cate Blanchett DIRECTOR: Dean DeBlois GENRE: Animation RATING: PG RUNTIME: 104 Mins

considerable abilities of Toothless But when it comes to turning his romantic relationship with Astrid (America Ferrara), in every way an equal partner in ruling Berk, into something permanent, Hiccup's name still suits him. Two new figures - one enchanting, one menacing - are the catalysts to the friendship/leadership tests that comprise The Hidden World. The dazzling creature addition is something called a Light Fury, an alabaster-coloured dragon, whose non-domesticated allure (she's suspicious of humans) turns the normally intrepid Toothless into a hesitant suitor for her affections.

The new villain, meanwhile, is a long-faced, evil trapper named Grimmel the Grisly (a suitably snarly F Murray Abraham), whose ultimate aim with dragons is either extinction or subjugation. His machinations, the series starkest representation yet of its antianimal cruelty soul, push the characters toward discovering the titular utopia, which doesn't disappoint as rendered by this movie's accomplished team of designers and animators.

It's one of the hallmarks of these movies that photorealistic beauty and otherworldly awe are so well meshed, never more so than in how the dragons are realised, forgoing Disney-fied anthropomorphism for a kind of nonhuman authenticity in movement and behaviour. It means Toothless, his destiny now as essential to the saga's as Hiccup's, is as richly conceived a character as any of the humans, which include returning Vikings Eret (Kit Harrington) and Stoick (Gerard Butler) in flashback, and other comic-relief figures. Their antics are, as ever, more hit-and-miss than consistently funny, but as humorous stitching between set pieces go, they at least never detract from the general thrust of the movie.

In fact, as DeBlois engineers this tale towards an expectedly exciting and poignant conclusion, one realises how well that cleverly misdirecting title *How* to *Train Your Dragon* has morphed from literal to figurative, from being about command and obeisance to handling the turmoil within.

As a Bildungsroman franchise goes, this is best-in-class and the third instalment rounds things off perfectly with some of the finest animation ever put on the big screen.

Many times during the movie, I was transported back to that youthful time when I, Beardless, thought I had the best job in the world. I quickly learned that not every film was Oscar-worthy and there's been a fair few stinkers in my time, but that's all part of the fun of this job.

Hiccup and Toothless have grown up and come-of-age – a journey which many of my friends and family say I am yet to complete! As for my writing, that's for you, dear readers, to decide, but as long as you keep coming back to read my opinion, whether you agree or vehemently oppose it, then that's good enough for me.

 Now showing in: Cineco, Oasis Juffair, Saar, Wadi Al Sail, Avenues, Seef II

KRISTIAN'S VERDICT

January 16 - 22, 2019



Open 24 hours. Free and confidential. All women welcome. كل النساء م بهن

WITH reference to the Big Texas Barbeque & Waffle House Eating Out review in last week's issue of GulfWeekly. My friend Kairu from Kenya came with me the other night and enjoyed his first ribeye steak and was blown away when he heard entertainer Rusty Golden.

In his own words: 'At the Big Texas restaurant in Juffair there is a keyboard and a microphone on a small stage. There is a sign above it that says 'legend corner'

A man sits on it and sings the blues. A big man, with a heavy voice who, to some. may seem intimidating at first ... until he sits by his keyboard, rattles off a few keys and starts playing and singing and you soon feel his soul.

He transports you to days gone by. It touches you to feel the music. let alone hear it. The same way you felt when you first heard Bob Marley sing No Woman, No Cry, the same way you will feel when Rusty sings it.

He does justice to the legends' material and will be looked upon as a legend in his own right as he takes the music into the future'

In a world that is for the most part genuinely 'fake', it is rare to find such a genuine artiste and man as Rusty Golden

Mark D. Rubino. by



BY THE time this column is out, I will have finished with finals week at university Luckily for me, it was short, sweet and full of in-between breaks, breaks which I'm embarrassed to admit I used more for extra shuteye than for getting extra revision done

Being an English major, the study methods I have got to employ when studying differ greatly from what I needed to do in my final years of high school where those methods were garnered more towards figuring how to solve



I WAS bemused when paying VAT at my morning coffee haunt in Saar on the way to work but found my midday brew in Manama remained the same price as before the introduction of the tax

It's only a few fils but as my friend's Bahraini auntie once told me: 'if you look after the fils, the dinars will look after themselves'

A very nice lady at the National Bureau for Taxation put me straight: coffee from the cold store is tax exempt but enjoy the taste from a café and you'll likely be charged a price with an additional five per cent VAT, if they have displayed their certificate after registering.

Call 80008001 for inquiries and complaints - my call was answered promptly and politely

Claire Evans, Saar.

IN RESPONSE to the Public Prosecution Office's orders, the Ministry of Industry Commerce and Tourism's (MOICT) 'Companies Control' and 'Consumer Protection' Directorates imposed 'a provisional seizure' on a vendor levying VAT without displaying a registration certificate



mathematical problems (and problems they were) and somehow try to cram physics derivations into my head. Studying for tests now is more up my alley, as it involves mostly reading. and I think after having done it so much in school reading has become the study method I'm most comfortable with It seems that the notion

following a complaint raised by a citizen.

MOICT affirmed that levying VAT without displaying a registration certificate is a violation to Decree Law no. (48) of 2018 on VAT and a violation to Article 6 of Law no. (35) of 2012 that aim to enhance transparency and mitigate any unfair practices.

MOICT has implemented administrative and legal mechanisms aimed at strengthening consumer protection.

In this regard, MOICT intensified its efforts in monitoring the performance of all commercial establishments, and is committed to reviewing the mechanisms of applying VAT during its trial period.

All registered businesses are reminded to clearly display their VAT registration prior to levying the five per cent VAT, in line with the VAT Law and its executive regulations.

All registered businesses are also legally required to display the final prices of all goods and services inclusive of tax.

The Tax Invoice should include the full price, followed by the total price to be paid and the amount

that learners can be classified into groups such as 'visual', 'auditory' or even 'analytical' based on how they best learn has, guite disappointingly, since been debunked. Instead studies show that the students who perform best academically are the ones with a good 'working memory' – a very temporary memory, kind of like when you do mental calculation and need to remember the carry-on Regardless of whether they best understand concepts by looking at diagrams or processing the nitty-gritty

of tax charged therein as it is a violation to mislead consumers

Write to the editor

MOICT concluded by noting that VAT is a joint responsibility that requires constructive strategic cooperation among three main pillars: the government, businesses and the community. In this context, MOICT continues to urge citizens to report all VAT violations to the National Call Centre on 80008001

PR & Media Directorate, by email.

PLANNING to start 2019 with good intentions? Why not gather your friends. family or colleagues together for what is sure to be a fun filled night out at the Movenpick Hotel Bahrain - and support a charity too!

The great cause? All of the proceeds will go towards the BSPCA – running the AWC Shelter and funding the BSPCA free CNR scheme for cats and dogs. For more information, please visit BSPCA.org or our Facebook Group: BSPCA – Official Page. We look forward to

meeting you there! . With best regards, Ana Foltin, BSPCA.

I AM contacting on behalf of the BSCBCD. The mission of the Bahrain Society for Children with Behavioural & Communication Difficulties is to promote lifelong access and opportunity for all individuals with behavioural and communication difficulties, and their families, to be fully participating, included members of their community

Education, advocacy at all levels, active public awareness and the

aspects of it, they are able to perform well. Still, one can't deny that each student Personally, I prefer solo group sessions, and writing as I read works specifically feel that, thanks to constant connectivity, students today to just one kind of learning, as audio-visual and other material to aid your time in the classroom exist in plenty and at the tip of a finger. It's



THE Whisperer spotted this sign outside a café and thought it was food for thought. And judging by the letters page this week there would appear to be only one subject on everyone's lips ... VAT. That's one good reason to put down your smartphone and have a good moan

And who should we blame for it? Germany and France were the first countries to implement VAT, doing so in the form of a general consumption tax during World War One. The modern variation of VAT was first implemented by France in 1954 in its Ivory Coast colony. Recognising the experiment as successful, the French introduced it in 1958. Merci beaucoup.

promotion of research form the cornerstones of the society's efforts to carry forth its mission.

It is a great pleasure to announce that at our Bi-Annual conference -Untangle Autism (and other neurological conditions) is kindly held under the patronage of Her Royal Highness Princess Sabeeka, President of the Supreme Council for Women.

The dates are set for April 3 & 4.

Untangle Autism is a conference for parents professionals, and caregivers showcasing how implementing a holistic approach and treating

the whole individual can ease the medical conditions and behavioural symptoms common in children, adolescents, and young adults with autism spectrum disorders (ASD) and other developmental and neurodevelopmental disorders.

Information about the conference can be found at www.childbehavior.org/ untangleautism2019.html

Dr Rania Al Khalifa, director. Bahrain Society for Children with Behavioural and Communication Difficulties (Alia for Early Intervention)

www.childbehavior.org



will have a preferred

learning method. studying as opposed to well with languages. And I need not limit themselves

a good time for learners!

Time Out

ACROSS

Corporation?

DOWN

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Solutions in next week's issue.

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

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darn tough sudoku

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Last Week's **Leisure Solutions**

Motorola founded as the Galvin Manufacturing





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Darn Tough Sudoku

LF Industry magazine that provides the region's industrial sector with a unique monthly review of everything that is of vital interest to readers. www.gulfindustryonline.com

Motoring Weekly

Steering you to the best deals on wheels

Mighty Merc makes a mark

HE next generation of the Mercedes-Benz CLS 2019 has roared into the kingdom with a raft of improvements under the bonnet and in the cockpit.

The German marque's latest masterpiece was recently launched at the Bahraini-German Business Network Reception at The Ritz Carlton, Bahrain and according to the designers, the 2019 iteration 'matches the model's distinctive shape and captivating appeal with new enhanced comfort and technology features.

With its introduction in 2004, the CLS introduced the four-door coupé segment with an iconic shape that fused the elegance and dynamism of a coupé with the comfort and functionality of a sedan. The third generation seamlessly connects every element of the CLS and elevates it with improvements to the design. safety and technology.

The new CLS becomes the first Mercedes-Benz model to fully embrace the design philosophy of sensual purity. The striking exterior features are characterised by the high, arching waistline and sporty frameless side windows. The sharpened front end appears longer thanks to the fully inset bonnet. The edges and lines of the new CLS are greatly reduced, and the surfaces are



By KRISTIAN HARRISON

generously arched. The completely redesigned interior offers an oasis of tranquillity with intuitive and user-friendly technology, safety and comfort features that are designed to keep the driver engaged, connected and in charge.

It impresses with its clear basic lines, and echoes the sensual, flowing contours of the exterior. For a graceful overall impression, the

design makes a wave-like progression from the front to the rear door and opens out at the B-pillar.

The cabin blends exclusive materials and finishes with exceptional ambient lighting that can be individually set in 64 colours. For the first time, this extends to the turbine-style air vents, where they visualise whether the temperature is being set to a warmer or colder level

The third generation of the Mercedes-Benz CLS is powered by completely new engines, with in-line four and six-cylinder petrol units. Also characteristic of the four-door coupé is the extensive range of 4MATIC models.

The optional Energising Comfort Control feature offers up to six programmes that intelligently consists of sound, lighting, seating and climate comfort.

For more information contact the Al Haddad Motors showroom on 17785454 or visit www. bahrain.mercedesbenzme. com

NISSAN has unveiled a beefed-up version of its hit Leaf electric car. The unveiling took place at the Japanese company's Yokohama headquarters, southwest of Tokyo.

The new \$38,000 Leaf e+ is about the same size as the model on sale, but gets more power and cruise range The best-selling electric car competes against Tesla models and General Motors Bolt

The Leaf that's on sale now costs around BD10,500, according to Nissan but the Leaf e+ boasts faster acceleration and has more torque and offers 40 per cent more range at 458km per charge, as measured under



Turning over a new Leaf!

Japanese regulations compared with the older model's 322km. It goes on sale

in Japan later this month, and rolls out in the US this spring, and other parts of the world by mid-2019, Nissan said in a statement

Nissan Executive Vice President Daniele Schillaci, pictured above, said the new model was offering customers more power and range, noting that it was 'now more convenient and appealing than ever?

Daniele is head of global



fraction of the overall auto market. But many nations are bullish about electric vehicle technology as it allows newcomers in the industry a big chance to succeed It is also an ecological technology and can be greatly boosted by government

policies.



January 16 - 22, 2019

SportsNews

Sports injury relief at hand

AHRAIN'S medical sector has scored a significant coup with the appointment of worldrenowned sports medicine specialist Professor Paolo Luca Vaglio, as revealed exclusively by GulfWeekly.

The big-signing Italian will be available at American Mission Hospital's Riffa Medical and Dental Centre for 10 days every month, offering his expertise in the field of nutrition, fitness, mental training and injury prevention which he has cultivated over a 20year career

Dr George Cheriyan, CEO of AMH, said: "Professor Vaglio will be coming every month for a fixed number of days. His role will be to work with athletes from across the board, whether it is football. basketball, Formula One or any other sports.

"This is a huge benefit to Bahrain, and for our hospital, to have a highprofile expert in the field."

The move was first highlighted in GulfWeekly back in October 2017 when we revealed AMH plans set to have a dedicated clinic to help sportsmen and women to avoid



NEW SERVICES: Dr George with Professor Paolo and, below, flashback to the article first unveiling the plans

injuries, as well as quickly recover from niggling and debilitating disasters picked up on the pitch or track

In addition to his consultancy Professor Vaglio is a medical doctor



and teacher at the Universities of Siena and Florence in his home nation. During his career, he has blazed his own trail in the field by researching and evaluating the biomechanical, biochemical and mental components of sports medicine using blood chemistry tests and specific instruments such as an impedance metre and a baropodometric platform.

He is also one of the first doctors to use growth factors in sports and in muscle, tendon and cartilage injuries, as highlighted when

Professor Vaglio's experience began with triathlon as a doctor of the national team from 1992 to 2002. In cycling, he assisted World Cycling Champion Mario Cipollini and later football coaches Marcello



Lippi and Maurizio Sarri. He has recently gained international recognition for conducting specialised clinics for top athletes such as Cristiano Ronaldo and Lionel Messi, and organisations including F1 teams Mercedes and McLaren

The 3,000sqm Riffa clinic officially opened last March, offering state-of-the-art sports and rehabilitation facilities alongside its extensive range of medical services, including the kingdom's first hydrotherapy pool. Mental training, Professor Vaglio believes, is just as, if not more, important than physical training in the intense environment of professional sport.

"The most emphasis now is being given to mental training. It is that mental agility that often makes the biggest difference from a good athlete to an outstanding athlete," he said.

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Motor Sport

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

Lapping up the action



HE Bahrain International Circuit hosted another thrilling day of racing action on both two and four wheels as the latest National Race Day wowed fans and racers alike.

The headline result was Shaikh Salman bin Isa bin Ebrahim Al Khalifa clinching a superb double in round four of the 2018/2019 BIC 2,000cc Challenge on the Sakhir tarmac

Shaikh Salman showed his prowess as a former champion with the pair of fine results, which came against a strong field of 14 other racers.

Also celebrating double joy on the day were Masoud Behbehani and Abdul Samee. Behbehani won both races in the Bahrain Superbike Championship while Samee claimed the two sprints in the Bahrain Supersport Championship (BSSP) 125 All the action at National Race Day took place along BIC's 2.55km Inner Track In the 2,000cc Challenge,

Shaikh Salman had a slow start to the meeting after being classified third in the practice session. In qualifying, however, the former champion found his form and steered his white Honda Civic to pole position. He clocked a best lap time of 1m 16.079s in only the

second of four laps of work In race one, Shaikh Salman made the most of his leading starting position and went on to take the chequered flag after 12 laps in a time of 15m 41.348s. He finished with a 4.195s gap ahead of runner-up Ahmed bin Khanen, who was driving a white Honda Civic EG4 Tareq Al Tajer in a red Ford



TURNING IT ON: Shaikh Salman takes advantage of his leading starting position and, below, two-wheeled excitment on the track and the podium stars

Focus completed the podium placers 16.483s back. Each of the top three were competing in the Pro class of

the 2,000cc Challenge. In the Novice category, Maied Himmo in a vellow Civic was first, with Giovanni Salerno driving a blue Focus in second and

Abdulla Al Qoud in third. In race two, despite starting from the midfield in eighth position, Shaikh Salman managed to claim first place once again but this time he needed to overcome a tight battle with bin Khanen. Only 0.668s separated the pair in the end, with Nasser Al Alawi in a red Honda S2000

Amongst the Novice competitors, Al Qoud was in first followed by Khalid Al Saei in a silver Renault Clio

taking third place behind

them



and Himmo in third.

Shaikh Salman registered the fastest lap in both races, first clocking a lap of 1m 15.684s and then going for 1m 16.749s in race two Meanwhile, in the BSBK,

Behbehani was the pace setter from the onset, topping the timesheet in both practice and qualifying. In race one, he completed

the 11-lap event in 13m 05.452s. He was 6.757s

ahead of runner-up Salman Khalaf, while Anthony Boira was a distant third 31.716s back. Behbehani clocked the fastest lap of 1m 10.505s In race two. Behbehani took the slimmest of victories in 13m 11.211s. He beat Khalaf to the finish by a mere 0.058s, while Boira was third 23.342s behind. Khalaf had the race's fastest lap of 1m 10.774s In the BSSP 125 Samee





Club

was dominant from the start.

He led the way in practice

and qualifying, and then

did the same in race one,

winning the eight-lap sprint

in 18m 05.549s. Yusuf Qaed

and Subah Jassim took the

other podium steps. Samee

In race two, it was Samee

places, with Samee winning

finishing just 3.345s behind.

Shaun Gillespie was third in

this race, 22.645s from the

winner. Samee had the best

Following all the races,

their respective trophies

by officials from BIC, the

Bahrain Motor Federation

and the Bahrain Motorcycle

the Circuit Racing Club

the winners were presented

lap of 1m 38 022s

in 13m 27.503s and Qaed

had the fastest lap of 1m

and Oaed in the first two

39.632s.



World record set at meet

ROB Harper set a new world record in a rip-roaring third round of the 2018/2019 Bahrain Drag Racing Championship, held last week at Bahrain International Circuit (BIC) in Sakhir.

Competing in the Outlaw 6-Cylinder category, the American posted a time of 6.582 seconds during qualifying to reset the World mark for fastest GT-R. Harper set the new standard with an ultra-quick pass down the quarter-mile at a top speed of 373.82kph.

Harper, a member of Alpha Logic Performance team from the UAE. was one of a total 152 participants from all over the globe who took part in the meeting, which featured intense battles over 15 categories for both cars and motorbikes.

Unfortunately for Harper, his new record could not translate into a victory the following evening on Race Day, Jassim Ali Al Ali claim that honour by winning the Outlaw 6-Cylinder final.

Another big winner was Hani Hussain, who enjoyed a fantastic double with wins in the Pro Mod and Index 8.5 classes Amongst the bikers.

Jehad Aljamal beat Waleed Albadeen in the final

Bader bin Eidan triumphed in the Street Bikes class defeating Mousa Al Buloshi. Mishari Al Turki was first amongst those in the

Super Street Bikes. He beat Mothana Abu Thiab Action returns to BIC for round four on February 19 to 23. The season finale will





SportNews

N a deluge of tears and tributes, Sir Andy Murray announced his impending retirement from tennis in a press conference on the eve of the Australian Open.

Ideally, the Scot would like to get to Wimbledon in July to say farewell in his home nation ... but admits he doesn't know whether he can play through the pain until then

The 31-year-old has had a career that would be the envy of all but his peers in the rest of the sport's 'Big Four', namely Roger Federer, Rafael Nadal and Novak Djokovic. Indeed, the Scot would surely have won countless more titles to add to his two Wimbledon titles. one US Open, two Olympic gold medals and a Davis Cup. had he been placed in any era other than the current one.

However, despite this, he remains something of an enigma. There is no figure in British sport more divisive than Murray. He is a hero to many, especially in Scotland, yet often derided by citizens of the southern neighbours.

Indeed, it's strange how many misconceptions cling resiliently to Murray. That he has no sense of humour. That he prefers the US Open to Wimbledon. That he is somehow anti-English because a decade ago he jokingly quipped he was supporting 'anyone but England' at the 2010 World Cup

Some people would choose never to forgive him for these failings, but for the vast majority of us he has become a national treasure, perhaps the greatest British sportsperson of modern times and a pioneer to boot.

It's true that when he arrived on the scene in 2005, as an 18-year-old wild card at Wimbledon, he was hard to get a read on. Murray didn't

THE ONGOING bruising piracy battle between Qatari pay-TV giant BeIN Sports and BeoutQ took a new twist with the Oatari broadcaster calling on Italian football authorities to reconsider its decision to allow Saudi Arabia to host today's Italian Supercoppa.

The move failed and the match being played between Juventus and AC Milan will kick off tonight at the King Abdullah Sports City Stadium in Jeddah as planned.

The station says BeoutQ's widespread piracy operation has affected a variety of BeIN's flagship



Tears of departing hero



END OF AN ERA: Tearful Murray announces impending retirement and, right, Wimbledon win

VOICE<mark>OF</mark>SPORT with Kristian Harrison

look much like an athlete: too skinny, even scrawny. And he certainly didn't act like other British tennis players we knew; reaching the third round, he seemed to have a grit and a talent we hadn't seen before

In interviews, he could be blunt and combative. The Wimbledon faithful would respond by churlishly refusing to rename Henman Hill

But Murray won most of them over ... eventually. The simplest explanation for this is that he brought us success, a phenomenon you'd have had to be at least in your mid-1980s to remember.

That, however, was only part of the reason we grew to love him. He softened a little and we learned to appreciate his honesty and wry humour. Not all people are born with natural charisma and

the ability to cope with unprecedented media spotlight. Murray has evolved into

that rare thing: a thoughtful, opinionated sports-person who is prepared to speak his mind while still an active athlete. He is a staunch advocate for women's rights, whether it is supporting equal prize money, correcting journalists, or his appointment of the French ex-player Amélie Mauresmo as his coach in 2014.

Murray has been one of the special few who created a dizzy golden period for British sport that took the old

> Competition (Munafasa) fined the channel SR10,000, with the obligation of returning all the gains it had reaped through an alleged violation of its rules and regulations.

GulfWeekly's sister newspaper The Gulf Daily News reported that Bahrain backed the Saudi media ministry's categorical rejection of Qatar's allegations.

The Information Ministry denounced the accusation levelled at Riyadh-based satellite operator Arabsat 'without evidence affirming that Arabsat was not subject to the Saudi government's administration, and that it is a semigovernmental body owned by the Arab League.

It rejected claims of political intention connected to the Arab quartet in the Qatar dispute. It

your face, made you lob the old preconceptions out of the open window

Then, on Centre Court on Sunday, July 7 2013, the Holy Grail was realised. People had lived and died waiting for a British man to win Wimbledon again, and many more were close to the edge in that last excruciating game.

Murray was leading 6-4 7-5 5-4. He was 40-0 up. And on serve. First one championship point was lost, then another, then another, then three break points for Diokovic

clichés of plucky defeats and

oh-so-nears and submerged

success: successive Olympics awash with golds, fourth in

a medal table, then third and

singles title, a Briton winning

those achievements repeated

disappointments, including

four defeats in his first four

Grand Slam finals, you felt

the same mix of regret for

what might have been and

hope for what still could be

On Wimbledon's Centre

Court, where he suffered

death by tie-break to Andy

Roddick in 2009, where he

was overwhelmed by Nadal

in consecutive semi-finals

over the next two years, his

tears in defeat by Federer in

the final of 2012 triggered

the same response in many

watching helplessly. It was

never going to happen. The

Until they weren't. Murray's

storming run to Olympic gold

on the same court a month

giddy fortnight in London

did: it made you a believer,

warm streets with a grin on

made you bowl about the

later encapsulated what that

rest were just too good.

then second: a British man

winning the Wimbledon

the Tour de France, then

and made commonplace.

In the early

it in a flood of ludicrous

You can't forget these moments, not when you have gone through them with a sportsman. And, when Diokovic's backhand into the net ended it, after 77 years of waiting, no-one knew quite what to do.

Murray put his hands to his head. His legs went. He booted a ball into the crowd and fell over and cried Around the country millions were doing the same and more

It is one of the melancholy truths of sport that only a few of the greats get to retire on their own terms. Even the strongest, the most tactically astute, are overtaken or outshone in the end.

However, none of us have been short-changed or cheated. Murray's successes were never preordained but were the culmination of a lifetime of relentless work and ceaseless ambition. Instead of pouring scorn on him, let's celebrate this tremendous athlete and the decade of unprecedented success for British sport that he pioneered. Thank you, Andy.

asserted its understanding of the reasons behind the Saudi ban on beIN Sport - a subsidiary of Al Jazeera Media Network – due to the 'involvement of Qatari channels in supporting terrorism, as well as promoting sedition, hatred and extremism in the region'

The ministry condemned the propaganda campaign against Saudi Arabia and the deviation of beIN Sport from its discourse during the broadcasting of last year's World Cup with the aim of defaming Saudi and other Arab countries. It has continued during the Asian Cup



Bruising battle between broadcasters intensifies

sports properties, with the channel stealing coverage of the Fifa World Cup, the Uefa Champions League, Formula One, global tennis tournaments and various other events

FIFA, soccer's global governing body, said in July that it was taking legal action in Saudi Arabia against BeoutO, with various other bodies calling for the channel to be shut down.

The Asian Football Confederation (AFC) became the latest governing body to condemn the pirate network last week, with BeoutQ accused of illegally showing coverage of every game thus far from the ongoing Asian Cup competition.

BeIN has also faced legal challenges. Two cases were filed accusing the sports network of

monopoly which prejudices the rights of viewers in Kuwait.

The cases consider that anti-trust laws criminalise monopoly practices and encourage fair competition. The network is also accused of forcing viewers under subscription contract to buy bouquets as part of other packages and pay an extra amount of money

Bahrain's football fans have also been disappointed that they couldn't view the regional competition on free view TV. "It seems such a rip-off, even my friends who have subscribed for years were really angry over having to pay more for Asian Cup coverage," one disappointed fan told *GulfWeekly* The Saudi authorities has

permanently revoked its licence and the General Authority for



HOUSANDS of people from across the kingdom are getting ready to glow in a fun run at the Bahrain International Circuit (BIC) in a bid to promote healthy exercise.

The BIC Neon Run, which is being organised by the Bahrain Road Runners (BRR) in partnership with the circuit, will give participants a chance to enjoy the sport in a festival atmosphere.

"The neon run is a glowin-the dark-run where participants can enjoy running COMMUNITY SPORT By MAI AL KHATIB-CAMILLE

a short distance of 1km or 3.6km through neon lights and getting UV neon powder thrown at them," said Fatima Alzain, BRR committee member. "We expect to have more than 3,000 people attending the event and registration is still open.

"We advise participants to wear comfortable sportswear and to simply have fun. There will be an accompanying festival with music, food vendors, children's play area, entertainment and small markets."

The event, which will be held on January 25 from 3pm until 10pm, will also feature a DJ, a calisthenics performance and visual poi show by Discipline Academy Also, the run is not timed which makes it ideal for both walkers and runners of all ages and athletic abilities to participate.

"The BRR is a nonprofit organisation that has been committed to promoting the sport in Bahrain for almost



40 years and we always encourage people of all ages and abilities to participate in pursuit of an active and healthy lifestyle." The 1km run is open for children aged three to 13 and starts at 6pm. The 3.6km run is open to those aged 14 and above and starts at 7pm. Registration fee for the 1km category will be \$10 (around BD3.800) and to enter the 3.6km run it will cost \$27 (approximately BD10). Each cartising and will

Each participant will receive a 'goodie bag' with a customised event shirt, glow sticks and neon crayons. Also, parents, guardians, carers and drivers can enter for free. Registration will end just before midnight on Tuesday.

For more information, visit www.brr.bh or check out the Instagram account @ neonrunbh.



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