

Gulf Weekly

The community newspaper at the heart of Bahrain



August 21 - 27, 2019

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CHILLING OUT:
Crème de la Crema
SEE PAGE 11



BAHRAIN FOR ALL:
Summer camp joy
SEE PAGES 12 & 13

A MARK OF DIVERSITY

COMMUNITY REPORT
By NAMAN ARORA
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BAHRAIN'S historians are joining the Indian expat community this year in celebrating the second centenary of the Krishna Temple in Manama with a slew of events including a much-anticipated planned trip by Indian Prime Minister Narendra Modi in the coming week.

The temple, located in the heart of Manama Souq, has been a point of congregation for Hindus and the wider Indian diaspora for the last 200 years, and is the oldest Hindu temple in the GCC.

It has also attracted dignitaries from all over the world including the Prince of Wales and heir to the British throne, Prince Charles and his wife Camilla, Duchess of Cornwall, former Singaporean president Sellapan Ram and the late ex-Prime Minister of India, Atal Bihari Vajpayee. Earlier this year, the temple was also visited by Prince Andrew, the Duke of York to kick off the 200 year celebrations with the lighting of a ceremonial lamp.

The temple is annually

Manama temple commemorates its 200th birthday



MONUMENTAL: Celebrating two centuries of cultural coexistence and, below, Indian PM Modi

visited by members of the royal family including His Royal Highness Prince Salman bin Hamad Al Khalifa, the Crown Prince, Deputy Supreme Commander and First Deputy Prime Minister, his son, Shaikh Mohammed bin Salman Al Khalifa and Shaikh Khalid bin Ahmed Al Khalifa, the Foreign Minister

of the Kingdom of Bahrain.

Since its founding by the Thattai Bhatia Hindu community with the blessing of the Al Khalifa family, the temple attracts more than 10,000 visitors during festivals like Holi and Diwali and has become a stalwart symbol of cultural diversity in the region.

Turn to Page 2



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ROYAL VISITS: Key community members of the Krishna Temple visit HM the King, right, with Prince Charles, Crown Prince Shaikh Salman bin Hamad Al Khalifa and other dignitaries and, below, the Prince of Wales received by three generations of the Kewalram family

From Page 1

Sushil Muljimal, chairman of the temple's board and trustee at the King Hamad Global Centre for Peaceful Coexistence said: "This temple has become a unique monument, especially since it's one in a Muslim country for the last 200 years. It's a symbol of the diversity in Bahrain and the contributions of the Indian community towards Bahrain's growth."

When the Bhatia community from Thatta, a province not far from modern-day Karachi in Pakistan, moved to the Gulf, they picked Bahrain due to its historic cultural, economic and trade ties to the Indian sub-continent as well as the incipient pearl industry.

In Bahrain, the mercantile community set up shop in the souq near where Bab Al Bahrain later came to be and lived right behind. While people have a tendency to romanticise the past as a 'simpler time,' in Bahrain, this was the time of no electricity, no automobiles and a few dirt roads.

Yet the community persevered and as they prospered, the deeply religious and devout community pooled the land where they had lived and donated it towards the building of the Gulf's first Hindu temple.

Respected by the local and regional Arabs as honest and efficient, the community was permitted to set up temple grounds and a centre for worship by the ruling Al Khalifa family, which at the time was led by Shaikh Abdullah bin Ahmad Al Khalifa, Shaikh Salman bin Ahmad Al Khalifa and Shaikh

Khalifah bin Salman Al Khalifa.

In the early 1900s, more Bhatias were attracted to the region because of the thriving pearl industry and Bahrain's growing clout as a sophisticated port city with connections to Iraq and Yemen. As the community grew and its businessmen invested in the pearl trade, as well as gold, textiles and food import, the temple went through many renovations.

Numerous Thattai Bhatia families including the Kewalram and Muljimal clans spearheaded the changes through the years.

Baboo Kewalram, chairman of Kewalram and Sons, who has called the kingdom home for the last 65 years added:

"The temple has grown a lot, especially in the last century. There was a time when the 'dhobis,' the laundrymen would use the large grounds at night to wash clothes and then empty out the next morning to go deliver the clothes."

"Since then we have built the community hall, removed the well that used to be here and added decorations around the complex. The head priest from Nathdwara temple in Rajasthan visited us and said that this temple feels like an offshoot of that temple."

The temple complex has a deceptively small entrance at the end of a small alley enveloped by flower and incense stores. Even though this reporter visited the temple



almost every week as a child, it was the flowery fragrances that reminded me of the path to the temple.

Over the years, the temple's memory has been treasured by more than just the Bhatia community. Hindus from all over the world have visited and paid their respects and prayed at the temple, which features several beautiful murals of Lord Krishna but has made space for the numerous subjects of devotees within dharmic religions. Every weekend, as many as 4000 Hindus visit the complex to offer their prayers. Beyond regular prayers, the temple offers support in every leg of devotees' lives.

The head priest, Shastri Vijaykumar Mukhiya, said: "From birth to death, no matter what the occasion, happy or sombre, we offer spiritual guidance to all our community members. In fact, in recent years, since Bahrain was declared as a top destination for Indian weddings, we have seen Indians from all over the world come here to get married. Before, we used to have maybe a couple of weddings per year but this year alone, we have had more than 15 already."

As the *GulfWeekly* has previously reported, Bahrain was awarded the "Most Promising New Destination

for Indian Weddings" title at the WOW Awards in Delhi earlier this summer. The kingdom has played host to a number of high profile weddings and as news of such beau monde weddings has spread globally, many Indians have started to explore Bahrain as an elite wedding destination. The temple's heritage makes it a prime location for the religious ceremonies that accompany every Hindu wedding.

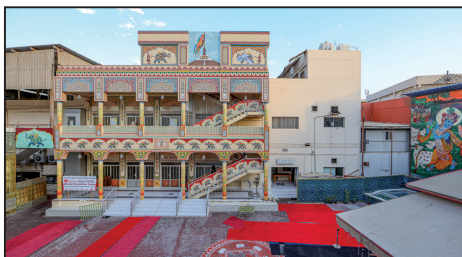
Among its best features as a welcoming wedding destination is the multicultural expat community and the openness with which Bahrainis welcome diversity. Bhagwan Asarpota, vice

chairman of temple's board added: "We have been very fortunate to have the support of the royal family in all our ventures. The freedom of religion and the genuine openness to diversity we experience here is a treasure on its own. Every year, the Crown Prince visits the temple at Diwali and even stops by some of the community elders' homes. We are invited with open arms to many of the royal *majalis*. Being such a valued part of Bahrain's community is a matter of pride for us and we are proud to be celebrating 200 years of being a part of the kingdom this year."

Indian Prime Minister Narendra Modi, a devout Hindu, intends on commemorating this relationship this weekend, while also visiting dignitaries and strengthening ties between the historical friends during his tour of the Middle East.

As the PM stops by to offer his prayers, *GulfWeekly* would like to welcome him to the country and hopes that the Kingdom of Bahrain can be seen as a model for cohesive multicultural diversity.

The temple has even more events to commemorate 200 years. It has already organised a hugely successful Yoga Day event and intends to organise bazaars, blood donations and of course, an extra special Diwali event this coming October.



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REVIEW: *The Wizard of Oz* – Bahrain International Exhibition & Convention Centre

CHILDREN, families and lovers of the yellow brick road came together last week to enjoy a musical re-enactment of *The Wizard of Oz* at the Bahrain International Exhibition & Convention Centre.

Critically acclaimed on its release, the 1939 movie did not experience commercial success till its 1949 re-launch, going on to become the most syndicated movie on TV of all time.

The cultural impact of the original Technicolour classic adventure into Munchkinland cannot be overstated. The iconic ruby slippers, which have now become synonymous with Dorothy and which are the most valuable film memorabilia in the world, were used just to show off the new Technicolour process. Countless writers, including Salman Rushdie, count it as a significant literary influence.

For this writer, exploring Munchkinland at The Great Movie Ride in Disneyland in 2017, a scarce six months before the closing of the park's last original operating attraction from its 1989 opening, was almost a spiritual experience.

I loved the music, the sets, the costumes, the acting and most of all, the thought that went into each portion of the ambitious

project, making a truly magical place come to life.

The show in Bahrain managed to capture some of that magic during Eid Al Adha with colourful costume replicas of the movie and melodious tunes including two songs that were deleted from the movie, *The Jitterbug* and the sad reprise of *Over the Rainbow*.

The voices all round were strong with standout voices from Dorothy, the Scarecrow and the Lion. The acting, though overdone at times, was quite enjoyable from a child's perspective.

What really speaks to me, to this day, about the original movie, is the layering. The story is ubiquitous. A girl from Kansas with doggy issues falls into a coma and is transported to a land of whimsy and wonder where she meets a good witch, an evil witch, a brainless scarecrow, a disheartened tinman and a cowardly lion on her journey to pre-Angmar. She steals a broom from a melting witch and with a song and dance at every turn, finds out that the fabled wizard is a Dickensian pop culture reference, that is, a humbug.

When I watched the movie as a child, it was a



vibrant musical expedition with complex lessons. For example, bravery is only useful when paired with wisdom. As a teen, it was an assuagement of deep childhood anxieties about abandonment and home. And as an adult, I noticed the political and economic undertones such as the exploration of contemporary American monetary policy at the time. It was able to represent so much because it let the

audience be as old as they wanted to be.

In my opinion, the show didn't quite hit all those notes. It was a show mainly targeted at the young ones and even they seemed to be getting bored by the intermission. Perhaps that is emblematic of the 21st century in general, where children's entertainment packs in more sound, colour and epileptic movement into five minutes than an entire play possibly could.

Regardless, while all the right ingredients were there: the music, the story, the adorable dog, the costumes, the fantastic set pieces; the magic was amiss.

That's not to say I didn't enjoy the show at all. The sad rendition of *Over the Rainbow* was powerful and evocative. The changing project set in the background as well as the movable set pieces set a grand environment.

And the squeals of kids as fake snow fell on the poppy fields of Munchkinland were exhilarating to witness.

All in all, it was mediocre, especially when set against the platinum (or is it ruby) standard of Hollywood classics, despite the fine work done by the actors, the set designer and the director. Something about the theatre just didn't play right.

- Naman Arora





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

TEENAGE poet Fatima Saleem is penning a dark-romance novel and hopes her written work will inspire other youngsters to pick up the storytelling trade as a future career.

The 14-year-old New Indian School student is currently working on the first draft of her passion project which she hopes to complete by late August of next year.

"My mafia-romance novel is based on the underworld of violence, death and the danger that comes with it," said the talented teen living in West Riffa. "It talks about second chances and how sometimes we need to fall before we can rise."

"I gathered my inspiration by reading books focusing on similar genres and I have also done research on elements, such as the mafia, that I am not familiar with."

"The personality and traits of some characters will be based on those of real-life people but obviously, other parts will be completely fictional and not real."

This will be Fatima's first novel but not her first publication. She launched a self-published poetry book, entitled *Words for Bullets*, in May on Amazon with a book unveiling and signing in July. The book is made up of a collection of poems tackling various topics such as heartbreak, depression and life through the eyes of a young girl.

"I wrote *Words for Bullets* in hopes that it would reach people, teenagers in particular, who are thriving despite difficult situations," she said. "I wanted to let them know that they are not alone. Writing for me has always been a method of expressing myself and poetry, in general, has always spoken to my heart and my very soul."

"As a young girl, I loved indulging myself into creative writing and it evolved into essays and paragraph writing as time passed by and I grew up. Now in my early teens, writing short-stories, novels, poetry and avidly reading is what gets me by every day."

Fatima is also working on her second poetry book which will feature a collection of her writings yet again, but with a twist.

"It will be very different from *Words for Bullets* as this one will feature illustrations and photographs as well," she said. "I plan on launching it in early December next year!"

Fatima's favourite writer is Rupi Kaur, an Indian-

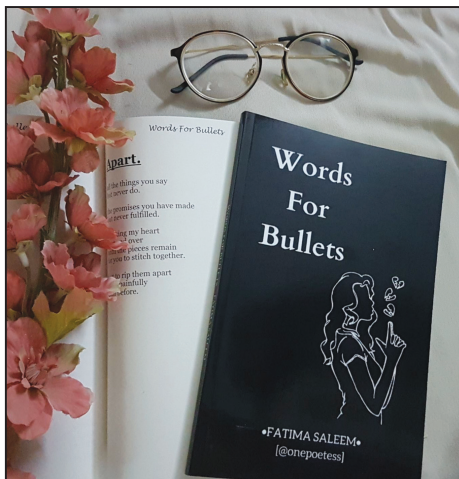
born Canadian poet, writer, illustrator, and performer, but her true inspiration is her parents. Her father, Saleem Iqbal, is the head chef for Shaikh Ali bin Isa Al Khalifa's Royal Palace, and mum Nighat Saleem is a science and mathematics teacher at Al Manar Private School.

"My father, once upon a time, loved to write poetry and though his poetry days are now long gone... one might say I inherited my talent from him," said Fatima. "My mother inspires me too, a lot. She is the strongest woman I know and her kind-spirit motivates me to become better more and more every day. I could only wish to be even a fraction of the woman that she is."

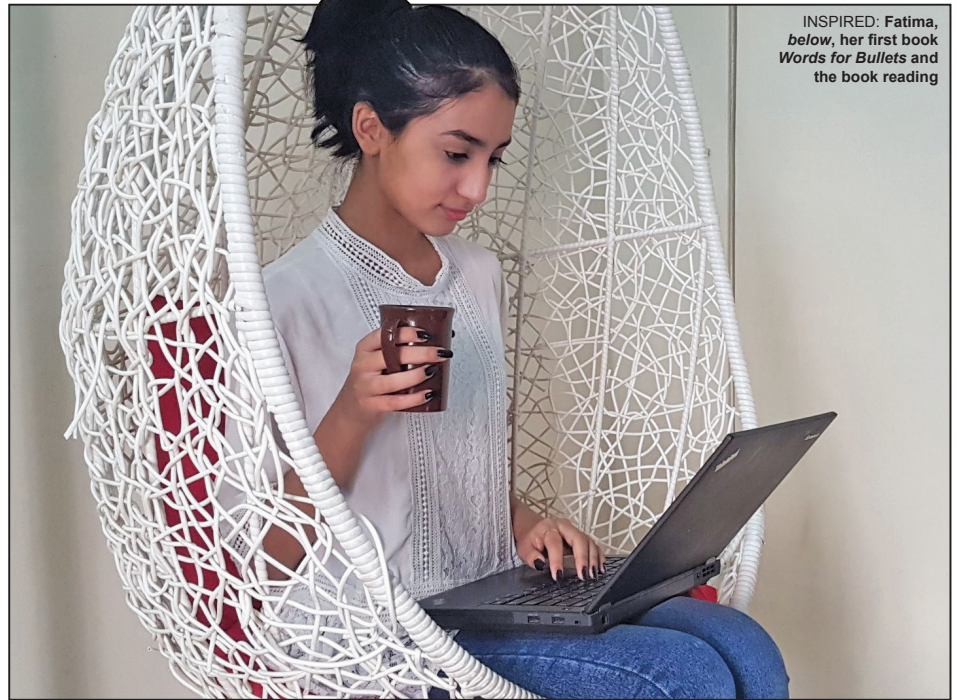
Her dream is to one day become a major influencer in the literature world and hopes to travel the globe sharing her work as well as empowering people through her words.

"I want to become an author to present myself as an inspiration to the youth and to help them to reach high limits with no boundaries," Fatima added. "I want to share my work with all in this world, to have them genuinely enjoy, learn, grow and heal from everything that I love to

write. I think that writing is the most underrated form of talent these days, especially in young kids like me. People often think it is easy to play with words and formulate sentences but only a true writer knows how difficult it gets."



A wordsmith at work



INSPIRED: Fatima, below, her first book *Words for Bullets* and the book reading



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Rasika's



real deals

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

ONE of the kingdom's leading retail giants has launched a collection of cool accessories to help children start their new school year in style.

Lulu Hypermarket has unveiled 50 school bags featuring superheroes such as Captain Marvel, Spiderman and Batman, as well as fantasy characters like Aladdin and Blaze & The Monster.

The hypermarket also offers bags boasting car themes and fun animations of *Angry*

Back to school collection

Birds, Despicable Me, Kung Fu Panda, Dora the Explorer and so on. There is basically a lovable character for everyone to enjoy. Children can create their own Marvel Universe by mixing different themed back packs and stationary or they can stick to value packs. These packs include a school bag, notebooks and stationery all under one theme. Senior students can avail from a variety of stationery brands such as Faber-Castell,

Staedtler, Maped, UniBall, Pelikan, Pilot, Win Plus and BIC. There are also more than 100 school bags and branded bags for teenagers to use from American Tourister, Delsey, Cross, Skybags, Wild Craft, Wagon R and more.

Lulu has great deals on electronic essentials such as laptops, notebooks and tabs. "Each year these character school bags and packs are at the top of the popularity charts for our young shoppers

preparing for school," said a Lulu Hypermarket spokesman. "We think it is like taking a friend to school for them and we always stock up on the best characters. This year we have 30 special character bags for boys, 20 for girls and many that both will find appealing."

Parents can snap up these 'Back to School' accessories from any of the hypermarkets eight locations including Dana Mall, Rifla, Hidd, Muharraq, Ramli Mall, Juffair, Galleria Mall and Atrium Mall.



Lulu Hypermarket

1. Al Islami chicken breast boneless skinless 2kg – BD2.690
2. Nutella hazelnut spread 825gm – BD2.650
3. Vimto fruit flavoured pet sports 250ml 12pcs – 895fils
4. Anchor milk powder pouch 400gm – BD1
5. Puck glass jar 500gm x 2 – BD1.900

Ansar Gallery

1. Britannia bourbon 8x100gm – BD1
2. Baja peanut assortment 24x15gm – BD1
3. Jenan white oats 3x500gm – BD1
4. Kraft cheddar cheese 4x190gm – BD2
5. Red label loose tea 375gm – BD1
6. Belvita bran biscuit 2x12x62gm – BD1

Al Jazira Supermarket

1. Biona coconut oil odour free 610ml – BD3.940
2. Brads organic coconut milk 13.5oz – BD1.250
3. Rots & lives organic virgin coconut oil 500ml – BD5.350
4. Ka-me organic coconut milk light 13.5oz – BD1.350
5. The coco organic premium coconut oil 500ml – BD2.600

Alosra Supermarket

1. Baskin Robbins sweetened whipped light cream 425gm – BD2.160
2. Beef stroganoff strips per kg – BD3.795
3. Beef sausage per kg – BD3.990
4. Celery sticks per kg – BD1.950
5. Kellogg's Frosties 500gm – BD1.675
6. New Zealand beef mince per kg – BD3.200

Techtronic Specials



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

	Item	Description	Location	Price
1	Smart TV	Super General (SGLED55TUSST2), 55-inch Smart TV, HDR10, fast cast, pure sound, app store, WCG+10bit panel, DVBT2.	YK Almoayyed & Sons	BD198.450
2	Refrigerator	Midea 121ltr capacity single door fridge.	Ansar Gallery	BD39.900
3	Air conditioner	Blue Star split AC 2T rotary, R410A gas, BTU 23543, six-star, EER-12.283, automatic 4D swing, iFeel, five in advance filter, cold plasma filter, hidden display, smart mode, dimmer function, large air throw, turbo cooling, hydrophilic blue fin evaporator and blue fine copper condenser.	Gajria Electronics	BD289.990
4	Air conditioner	Blue Star split AC 1.5T rotary, R410A gas, BTU 17998, six-star, EER-11.846, automatic 4D swing, iFeel, five in advance filter, cold plasma filter, hidden display, smart mode, dimmer function, large air throw, turbo cooling, hydrophilic blue fin evaporator and blue fine copper condenser.	Gajria Electronics	BD239.990
5	Humidifier	Black & Decker air humidifier, model HM3000.	Kewalram & Sons Bahrain	BD18.500
6	Blender	Moulinex glass jar blender with 700w power.	Ansar Gallery	BD18.900

Email your gadget stories to mai.alkhatib@gulfweekly.com

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GADGETS OF THE WEEK

What is it called? Beddit 3 smart sleep tracker

What does it do? It is a simple and effective way to track sleep. Slip the thin Beddit under the sheets and it will provide accurate sleep tracking. It also tracks heart rate, breathing, and even snoring. Plug it in with the USB to charge.

Cost: BD43

www.awesomestufftobuy.com



What is it called? SereneLife portable sauna

What does it do? It's a mobile beauty spa which includes a foldable sauna chair. Place the chair in the portable, infrared sauna. There is a heating foot pad too.

Cost: BD70

www.amazon.com



What is it called? EverRatchet: Ratchet Keychain Tool

What does it do? It keeps you well equipped with its 1/4-inch ratchet, fire flint, scraper, seven wrenches, bottle and box opener and more all in one tool. Add it to any keychain and be prepared for any situation. There is a stainless steel and a titanium version available. Additionally, a Flint2Go fire flint and #2 Phillips bit are also included.

Cost: BD11

www.awesomestufftobuy.com



FinTechFocus

Naman Arora takes a look at the world of financial technology and beyond ...



Paving the way for next 'gen'

AL SALAM Bank's 13th batch of summer interns underwent a specialised FinTech workshop at the Capital Club.

The three hour session, which is part of the FinTech Series, featured four speakers from various organisations highlighting particular elements within the Bahrain FinTech Landscape. Speakers included Tareq Noor, senior executive of financial services at the Bahrain Economic Development Board (EDB), Shanthini Raja, CEO of Rsquare, Dylan Miles, chief architect at Innervate Technology Solutions and Ameera Mohammed, senior analyst at Bahrain FinTech Bay.

The workshop included 26 young Bahraini university students and Al Salam's management team from the Human Resources department.

The workshop had two general awareness sessions one of which highlighted the role of the EDB and their initiatives for the FinTech ecosystem in



Bahrain presented by Tareq. The second featured an introduction to the FinTech

Talent Programme (FTP), which is a one-of-a-kind programme for Bahraini



university students, developed in coordination with Georgetown

University's McDonough School of Business. The participants of the

programme will get the opportunity to develop their professional skills and gain insightful experience in the latest FinTech trends and technologies on a global scale.

The second half of the workshop included presentations from two FinTech corporates that shared insights based on experience in the region. Dylan spoke about the trends and challenges in a constantly shifting digital landscape. Shanthini presented an engaging educational session on the types of Artificial Intelligence, on Machine Learning and on the future of Robotic Process Automation.

The Fintech Series will continue to host corporates and startups from Bahrain's Fintech space, and MENA. The aim of this initiative is to support the digital ecosystem growth in Bahrain and provide an engaging platform for Fintech industry leaders to share their insights. In addition, the series will continue to host customised workshops.

GLOBAL FinTech company Allied Wallet and its founder Dr Andy Khawaja have been featured in *The CEO Magazine* as one of the 10 Most Admired Technology Companies as it offers various payment solutions in 196 countries around the world.

While the digital payment industry still faces many challenges ahead, corporations are showing the initiative to conquer

Making strides in the Fintech world

these difficulties and provide secure, easy to use payment systems that are anything but simple at the core.

Allied Wallet does this by introducing innovative payment processing solutions for online merchants, enabling them to send and receive global payments. With PCI compliant merchant services for nearly any business size, the company provides a state-of-the-art payment gateway to optimise online transactions.

This is why the magazine named them "the new standard in the digital payment landscape." "We have always maintained a dedicated effort that leveraged the company's success to give back to communities all over the world," Andy, pictured right, said. "It's important for us to give back. We want to make a positive difference in communities all over the world and give people more

opportunities to succeed."

Andy is a pioneer in the digital payments sector. He founded the company in 2005, offering digital wallets, merchant payment solutions and prepaid card programmes. The business has expanded from its initial West Hollywood, California, location to include offices in global hubs such as Macau, Hong Kong, and London while serving more than 150 million customers around



the world.

Aside from his work in the digital payment sector, Andy is a motivational speaker who has given talks and seminars at several international universities such as at Zayed University, Abu Dhabi

University and Lebanese American University. He also held talks and seminars at an array of conferences including at the World Lithuanian Youth Summit. His experience in the Middle East has also made him a sought-after consultant on topics related to global banking.

Andy is also a philanthropist having supported nonprofit groups such as the United Service Organisations, Wounded Warrior Project and the Brent Shapiro Foundation. He also organises a range of fundraising initiatives.



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Today (August 21)

Get your fill of the ocean with unlimited sushi from the special sushi selection of the Intercontinental Regency's Elements Pool and Lounge every Wednesday from 7pm to 11pm. Priced at BD9.9net. Call 17227777 for details.

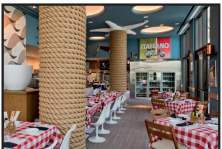
Every Wednesday is 'Wings and Wisdom' night at Big Texas Barbeque & Waffle House inside Best Western Plus - The Olive Hotel. It's a quiz night with an added bonus of BD10net for 'all-you-can-eat' chicken wings. Call 17360063 for details.



The Sheraton Bahrain Hotel hosts a Ladies night with unlimited selected beverages every Wednesday at An Nada Lounge from 9pm to midnight. Call 17533533 for details.

Steak out some of the kingdom's finest cuts at the Crowne Plaza Bahrain, starting at 7pm at La Mosaïque Restaurant, priced BD18net including beverages. Select beverages package available for BD7net extra. For details, contact 17531122.

The Four Seasons Hotel Bahrain Bay's poolside Italian restaurant, Vento, is offering a wide selection of pizzas from wood-fired ovens and artisan pastas. It's available on weekdays from 11:30am to 11pm and weekends from 11:30am to midnight. For reservations, contact 17115500.



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

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



Lounge with 50 per cent savings on select sushi and beverages.

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

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

**Tomorrow (August 22)**

Ladies, dance the night away at Jumeirah's Havana Club every Thursday from 8pm to midnight with unlimited selected beverages and enjoy a live Cuban band. For details, call 17707070.

Savour live stations of seafood and meat cuisine every Thursday at the Intercontinental-Regency's Selections Restaurant from 7pm to 10:30pm priced at BD19net for food and BD29net inclusive of selected beverages. For details, call 17227777.

Indulge in a variety of seafood from fresh oysters to sushi and Lobster Thermidor at Le Meridien City Centre Bahrain's Baharat restaurant every Thursday from 7pm to 11pm. The buffet is priced BD25net, including soft drinks and water, or BD31net inclusive of selected free flow beverages. For details, contact 17171144.

Enjoy lively tunes from the new "Five Motion" band as you relax at the An Nada Lounge at the Sheraton Bahrain Hotel this Thursday, washing away the worries of the week past with a lively ambience and elite company. For details, contact 17533533



The Bizarre Lounge at Le Meridien invites you to a Latino dance party hosted by talented instructor Jaffar. Enjoy a chill atmosphere and salsa the night away to contemporary Latin American music every Thursday from 10pm - 2am. For details, contact 17171144.



The Ritz-Carlton, Bahrain hosts Tandoori Jugalbandi at Nirvana every Thursday from noon to 3pm for lunch or 7pm to 11:30pm for dinner. Savour an exotic spread of mouth-watering kebabs cooked to perfection by Chef Mahipal Singh, priced at BD30net inclusive of select Indian beverages. For details, contact 17586499.



Savour the best of Japanese, Chinese and Thai seafood every Thursday evening from 7pm to 11pm, priced at BD25net including soft drinks at Al Areen Palace and Spa's Keizo restaurant. For details, contact 17845000

Friday (August 23)

Check out Jumeirah Royal Saray's new brunch 'The Brasserie Way' every Friday from 1pm to 5pm, priced BD27net with soft drinks and BD35net with selected beverages. Call 17707070 for more details.



The Four Seasons Hotel Bahrain Bay is hosting a Friday Brunch with five food

Leisure Guide



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



stations serving Arabic, Western, India, Japanese and Chinese delicacies, at Bahrain Bay Kitchen from 1pm to 4pm. Priced BD30net per person including soft beverages and BD43net person including a beverage package. Children between six and 12, get a 50 per cent discount. For reservations, call 17115500.

Enjoy Al-Waha's award-winning brunch buffet of mouth-watering delicacies with your family every Friday while you enjoy the live tunes of the new QBA band at the Gulf Hotel. It's priced at BD23net for the buffet and BD29net for the select beverage package. For more details, contact 17713000.



The Sheraton Bahrain Hotel hosts a special daily buffet lunch from 12:30pm to 3:30pm and dinner from 7:30pm to 11:30pm at Al Safir Restaurant for BD10+ net. Ladies receive a 50 per cent discount on the buffet every Friday. For details, contact 17533533.

Spread across three of InterContinental Regency Bahrain's finest restaurants

is an unforgettable brunch buffet, featuring live food stations and brunch choices from around the world, in addition to live entertainment and kids' activities. Pool access is included in both the BD22net soft drink package and the BD32net select beverage package. Call 17227777 for details.

Every Friday afternoon, Al Areen's Saffron Restaurant welcomes you to its pool barbecue buffet from 1pm to 5pm, featuring modern Khaleeji and Indian dishes, priced at BD15net including soft drinks and pool access. For details, call 17845000.



Bring the fam to Crowne Plaza Bahrain's La Mosaïque Restaurant for the Family Friday Brunch Buffet from 12:30pm to 4:00pm and enjoy stations packed with food from all over the world, as well as a kids corner with activities designed to keep your little ones engaged and entertained. Priced at BD31net with unlimited select beverages. Call 17531122 for details.

Big Texas Barbeque & Waffle House presents its 'Small Town, Throw Down' brunch - the only five-hour brunch in the kingdom - from 11am to 4pm. It features a buffet and

specific table orders. There's also karaoke. Call 17360063 for details.

Spice up your evening with a Latino spirit infused with a variety of seafood and poultry marinated to perfection with sides of salads and greens at the Reef Resort's Restaurant and Lounge. Priced at BD14+ net per person. For bookings, call 13110110.

Bahrain's Sweetest Brunch takes place every Friday from 12:30pm-4pm at Le Meridien City Centre Bahrain's Baharat restaurant. Enjoy the award-winning sweet and savoury experience for BD28net including soft drinks and water, or BD40net including selected beverages. Live music from Twin Band accompanies the fare. Book for 10 people or more and receive 20 per cent discount. Call 17171144 for bookings.

Families can enjoy a brunch buffet meal at the Ritz-Carlton, Bahrain's La Med Restaurant every Friday from 12:30pm to 3:30pm. The price is BD30net for the soft drinks package and BD38net for the select beverages package. For details, contact 17586499.



Saunter past the live cooking counters at the Gulf Hotel's Royal Thai restaurant every Friday and sample the papaya salads, satays, carvings and a selection of main courses. Priced at BD15net per person inclusive of two selected beverages. For more details, contact 17713000.

Saturday (August 24)

Join the Gulf Hotel's professional chef instructor for The Art of Cooking class this Saturday from 10:30am to noon for a lesson in Indian cooking with Chef Tej. Learn how to cook delicious meals within a busy schedule and earn a certificate and apron. The price per person is BD18net including lunch. For more details, contact 17713000.

Enjoy a delectable selection of handcrafted entrees, cakes and magical milkshakes all day every day at the Furn

Bistro and Bakery, while revelling in the Rotunda's ambience. Arabic afternoon tea is available from 3pm to 6pm. Or grab a coffee and croissant to go for BD 3 net. For more information, call 17171441.

Reef Resort's lobby café Chocolaterie is offering an array of signature teas, coffees, pastries and delectable hand-made chocolates Saturday to Wednesday from 4pm to 6pm with a net price of BD4. For details, call 13110110.

Spice up your weekly brunch with a culinary journey around Mexico at the Ritz-Carlton, Bahrain's Cantina Kahlo restaurant. This will be held from noon to 4pm, priced BD36.500net per person with selected beverages and BD23net per person with soft beverages. Stick around for a separate special after brunch menu featuring Guacamole, Ensalada Verde, Ceviches, Antojitos, Tacos and Churros. For more details, contact 17586499 or email rc.bahrz.restaurant.reservations@ritzcarlton.com

Enjoy the perfect afternoon tea at the Jumeirah's Palm Lounge, indulging your inner chocolate addict with the dark, milk and chocolate fondues and the gorgeously handcrafted chocolate pastries. Priced at BD25net for 2 people. For details, call 77707070.



Lounge at InterContinental Regency Bahrain's Legendz Steakhouse and enjoy a lazy lunch in a relaxed cosy setting every Saturday from 11:30am to 4pm. Priced at BD19net. For details, call 17227777.

Check out the Gulf Hotel's Al Waha Waleema Brunch, Al Waha Restaurant's new look Saturday Arabic Brunch. Explore the world of Arabic food culture for BD18+++. For more details, contact 17713000.

Sunday (August 25)

Enjoy Sundown Grill at the Ritz-Carlton, Bahrain's Plums from 7pm to 11:30pm every Sunday. Satisfy your steak cravings with US Black Angus, Australian Kobe Wagyu and Irish grass-fed served with a side salad, truffle fries, creamed spinach and sautéed mushrooms for BD38net per person, inclusive of one grape beverage.

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

Spice up your weekdays with a lunch at Four Seasons Hotel Bahrain Bay's Bay View Lounge's Lobby Lounge priced at BD8.5net for a two-course meal or BD11net for a three-course meal every Sunday to Thursday from noon to 3pm. For details, call 17115001.

Enjoy a selection of international and Middle Eastern cuisine at Le Méridien City Centre Bahrain's Baharat restaurant every Sunday to Thursday from 12:30pm to 3pm. The lunch buffet is priced BD16net, the soup and salad buffet is priced BD7net and children aged six to 12 dine at half price. For details, call 17171144.

Delight in free dessert when you order a two-course menu at Crowne Plaza Bahrain's Waves Seafood restaurant

every day during the month of August. For details, contact 17531122.

The Four Seasons Hotel Bahrain's Bay View Lounge invites you to enjoy the Folia plant-based menu developed by renowned chef Matthew Kenney and HRH Prince Khaled bin Alwaleed bin Talal, featuring truly ethical and wholesome vegetarian dining that will satisfy carnivores, herbivores and omnivores alike.

For details, contact 17115500.

Monday (August 26)

The Ritz-Carlton, Bahrain's Mamma Mia Mondays at Primavera will entice your palate with a new menu featuring a selection of traditional pizza and pasta. Amongst the choices are Pizza Diavola, Pizza Regina and Pizza al Funghi, homemade spaghetti carbonara, tonarelli cacio e pepe and tagliatelle alla Bolognese. The cost is BD19 for one pizza and one pasta. For more details, contact 17586499 or email rc.bahrz.restaurant.reservations@ritzcarlton.com

Immerse yourself in the food as you embark on a menu-free bespoke and interactive culinary journey right at the kitchen counter of the CUT restaurant by Wolfgang Puck at the Four Seasons Hotel Bahrain. Doors open at 7pm and close at 8:30pm. Prices range from BD48 – BD85

depending on the number of courses and the beverage pairings. For details, contact 17115044.

Paint the town red with the almost endless pizzabilities at The Red Plate as you enjoy all day specials every Monday. Get two pizzas and a select beverage for BD15net. For more details, contact 17360061.

Enjoy a swim and mouth-watering breakfast every day at Al Areen's Rimal restaurant, priced at BD9net including soft drinks and pool access. For more details, contact 17845000.

Tuesday (August 27)

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

Enjoy Taco Tuesdays at The Ritz-Carlton, Bahrain's Cantina Kahlo from 6pm to 10pm. Choose from



10 varieties of tacos for BD22net per person. It's also inclusive of one selected beverage.

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

Every Tuesday is His Night at Jumeirah's Havana Club, with a complimentary first beverage for gentlemen. Call 77707070 to make a reservation or get details.

Feast on a bounty of seafood delights and enjoy weekly specials at the La Mosaïque Restaurant at the Crowne Plaza Hotel every Tuesday from 7pm to 11pm. Priced at BD18net for the soft drink package and BD25net for the select beverages package. For details, contact 17531122.

Enjoy jazz, grapes and cheese at the Intercontinental Regency's Noor Lounge every Tuesday from 7pm to 10pm. The price is BD 9.9net with unlimited grapes. For details, contact 17227777.

The Bahrain Specialist Hospital is hosting a series of complimentary antenatal classes for expectant mothers at the hospital's medical library. This Tuesday, Dr Maria Isabel Talay is leading a session on the normal process of labour from 6:30pm to 7:30pm, followed by a fitness class at the physiotherapy department, focusing on staying fit and flexible during pregnancy.

GULF HOTEL is pleased to invite Bahrain to experience the most explosive tribute to rock legends AC/DC at the Sherlock Holmes on August 29 and August 30.

The tribute band is bringing the same tenacity, volume, and passion as the real deal to whip the crowd into a frenzy and there are two opportunities for metalheads to see the performance.

The Gulf Hotel Bahrain's Marketing and Communications Manager Ryan Advincula added: "The Sherlock Holmes is building on the success of the Bryan Adams tribute and building a legacy of bringing top notch tributes to audiences in Bahrain. Our latest is the AC/DC tribute, where fans can experience favourites like *Highway to Hell*, *Thunderstruck* and *Back in Black* as they join us for a drink or brunch."

On August 29, for BD10net which includes one select beverage, enjoy an evening concert with the band, with



doors opening at 7pm.

On August 30, for BD29net (or BD26net for early bird bookings), enjoy your Friday brunch as you enjoy the magical melodic tribute from 12:30pm to 4pm.

Book your tickets now at: <http://pay.gulfothelbahrain.com/events/>



GULF Hotel diners now have an added incentive to enjoy a summer meal at their favourite restaurants. With the annual Summer Cash Back program back in swing until the end of August, patrons will receive 20 per cent of their bill's subtotal as a cash back voucher, which can be redeemed on their next visit

to any one of the hotel's 16 award-winning gourmet destinations. To participate, guests will receive a card-sized booklet to collect their vouchers that can easily be tucked into their purse or wallet and redeemed on any of their following summertime visits, before the program ends on August 31, 2019.

EVERYONE over the age of six is invited to be a part of the fifth annual Family Biathlon on September 20, 2019 at 4pm at the ART Rotana. Help support the Bahrain Cancer Society and join over 700 participants and spectators for this legendary event to test your physical limits or support the brave swimming runners.

Those above the age of 16 can take part in the main biathlon, aiming to swim 600 metres and run for 5km, while those from six to 12 and 12 – 15 are welcome to participate in shortened biathlons, 150 metres plus 1km run and 300 metres swim plus 3km run respectively. There is a 4km walkathon that is open to all interested.



THE newly renovated Gulf Convention Centre at the Gulf Hotel Bahrain invites you to be a part of the most awaited German festival on September 26.

The Gulf Hotel Bahrain Convention & Spa is renowned for hosting Oktoberfest and has upped its game every year.

This year, will be by far the most exciting one yet! Guests will be treated to a delicious authentic buffet and live music from Lasterbacher Musikanten Band, who are being flown in especially from Germany for the one night festival.

Founded in 1979, the Lasterbacher Musikanten Band has entertained audiences all over the world, providing an exciting show with a diverse repertoire of songs and instruments. They will be celebrating German heritage and Oktoberfest, Germany's largest folk festival which is celebrated by over six million people around the world every year.

Be part of the experience at the Gulf Hotel Bahrain with tickets, priced at BD 26+++ including a buffet which starts from 8pm. Call 17713000 for bookings and details.

SUMMER CAMPS

ROYAL Beach Club members, non-members and hotel guest are welcome to enrol their kids for a day Ritz Kids, a fun-filled adventure for those aged four to 12 years. A variety of exciting activities, such as water sports, swimming, culinary classes, arts and crafts, talent shows and adventure games awaits until September 5 at the Ritz-Carlton Bahrain. Call 17586612 for details THE Four Seasons Hotel Bahrain Bay welcomes parents to enrol their four to 12-year old kids to enjoy exciting games, challenging activities and educational workshops while making new friends and learning new skills. Camp runs Sunday to Wednesday from 9am to

6pm and from Thursday to Saturday, until August 31. Call 17115091 for details.

BAHRAIN Ballet Centre's Dance and Creative Camp is now at Al Najma Club, Juffair for the month of July, promising a great introduction to the world and music and creativity with various dance styles including ballet, tap, modern, Bollywood, hip-hop, contemporary and more! Open to ages five to 12 years, every weekday, from 9am to 12:30pm at Barbar. Call 17693232 for details.

MORNINGS too busy? Enrol your five to 10 year olds in an afternoon camp at Artology in the Bahrain Financial Harbour, this summer and

watch them learn tie-dying, cross-stitching, cupcake decoration and batik painting.

LIFE-FITNESS brings you its summer camp at Adventure Hub in Galleria Mall. Kids, aged five to 14 are invited to enjoy up to two days a week of activities such as a high/low rope course, caving, climbing walls and more, from 9:30 to noon on Mondays and Wednesdays. Registration and payments in advance through Life Fitness.

MORNINGS too busy? Enrol your five to 10 year olds in an afternoon camp at Artology this summer and watch them learn tie-dying, cross-stitching, cupcake decoration and batik painting.

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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



EBERHARD & Co are paying homage to legendary Italian racer Tazio Giorgio Nuvolari, nicknamed The Flying Mantuan for his speed and skills, with the launch of a new mechanical, self-winding, waterproof chronograph watch.

The Tazio Nuvolari-Vanderbilt Cup is dedicated to the driver for his historic accomplishments. First he raced motorcycles and then he concentrated on sports cars and single-seaters. He was victorious in

72 major races, 150 in all including 24 Grand Prix's, five Coppa Cianos, two Mille Miglias, two Targa Florios, two RAC Tourist Trophies, a Le Mans 24-hour race and a European Championship in Grand Prix racing.

Tazio also won the Vanderbilt Cup on Long Island, New York in 1936 on board his 12-cylinder Alfa Romeo making racing history. It was only right for Eberhard & Co to commemorate his success with a timepiece.

The watch features significant technical details

from the past but revised in accordance with modern day needs. The crown features a coaxial pushbutton recalling the chronographs from the 30s. The case has a hinged double case back that can be opened with a vertical sliding pushbutton.

On the internal part of the back cover is a stylised reproduction of Nuvolari's legendary tortoise, the driver's initials and there is also space to apply an individual dedication. The machined movement is revealed through a sapphire glass with Tazio

Nuvolari's signature.

It also features a 42mm diameter circular watch case, is waterproof to 30m and it has a dial design that recalls dashboard instruments of vintage sports cars. The watch includes a refined self-winding movement with 30 rubies, blue screws, perlage and Côte de Genève finishing. It guarantees at least 42 hours of autonomy and has the classic trio of counters for hours, minutes and a second hand sweep. It is available on a leather strap or on a Charmantsteel bracelet with deployment clasp Déclie.



Time to suit up like a BOSS

GET your hustle on this fall in BOSS's cosy new collection designed with a New York state of mind. The German fashion brand has taken inspiration from Manhattan's art scene, the Big Apple's architecture and its diverse community to create its autumn winter line.



FASHION
By MAI AL KHATIB-CAMILLE
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The collection boasts signature sporty influences, altered proportions and modern double-breasted silhouettes all designed to catch the eye.

Tailored coats are in focus with long heavy overcoats and capes in shearling, alpaca wool and double-faced cashmere. Patchwork

and stripe constructions sit alongside new takes on quilting, which extend from outerwear to sweaters, vests and pants. Structured coats contrast perfectly with fluid dresses for her and slouchy knitwear for him.

Luxurious fabrics and expert workmanship come together to refine and renew each piece. Knitwear features distinctive stripe motifs, while mixed materials are

used on both outerwear and accessories.

The sculptural shapes and unexpected proportions are what draw on architectural influences, while raw-edge finishes and stitching details further underscore the elevated feel of this curated collection. Colour is used sparingly, with a core palette of camel, mélange gray, biscuit and winter white. Accents include cool yellow

together with a mix of blues brought to life with flashes of dark blush pink.

There is a look for everyone in this collection, especially for those wanting to make a great impression in the work place. What are you waiting for... suit up!

There is a BOSS store at City Centre Bahrain.





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

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EVERY phase of a person's life, or at least this ravenous reporter's life, is betokened by a specific food or a set of foods – comfort cuisine to which one keeps reverting for convenience and/or flavour.

For me, university came with an aromatic accoutrement of pizza and coffee. In Canada, both of these are so convenient that each has their own sensory spectrum varying from quick and dirty corner shop varieties all the way to the ethereal aromas of a fine gourmet hipster establishment.

So when I was told that I'd get a chance to revisit these days with a review of the Crust & Crema (C&C) in Seef, I was exuberant to say the least. And since our review fell smack in the middle of our work week, it was the perfect time to add a scrumptious boost to aid me in my writing.

As some of you may remember, last week, we had visited the C&C to have breakfast with the team from Al-Haddad Motors. This time however, we stopped by to see if they lived up to their name and had, in fact, the best crusts and finest crema on the island.

While unassuming from the outside, as I stepped into the C&C lobby, I was greeted by the distinct delicious aroma of a perfect medium roast coffee, the sight of the restaurant's magical mushroom Neapolitan pizza oven and of course, the 100-watt smile of our host for the afternoon, café supervisor, Alvin B Maraña.

As we perused the menu, I took a moment to chill out and engage in my favourite of hobbies – people watching. I almost shed a tear of joy as I stole glances at the students sprinkled across the café.

Some had papers strewn across the table as they scribbled away, presumably solving some of life's greatest mathematical mysteries like how roasted does a journalist have to get for each scoop. Others chatted nonchalantly

GOURMET REPORT
By NAMAN ARORA
naman@gulfweekly.com

while their caffeine-powered fingers danced across keyboards probably penning the next great novella, thesis or pizza-inspired poetry. I reminisced about my days of study, spent in the warm interiors of the university food court, often anxious about an upcoming deadline yet never too distressed to enjoy the first sip of coffee or the first bite of pizza.

The thought of pizza brought me back to the menu and with Alvin's awesome aid I chose the Crust & Crema Special (BD4.9) and the Pollo Funghi (BD4.5) as our crusty delights, preceded by an order of the Roasted Chicken Salad (BD3.2) and the Bulgogi Cheesesteak sandwich platter (BD4). And to indulge my inner gluttons and because they were a hallmark of my post-university early 20s, we decided to try the Chicken & Waffles (BD2.4).

For drinks, our barista Carol Cañeso was given free reign and jazzed up our appetites with a Passionfruit cooler, a strawberry lemonade and a Citronade with Korean iced tea (BD1.9 each).

As we waited, I decided to do my third favourite kind of watching, after people and movies – oven watching.

I chatted with Chef Suresh Singh as he prepared the pizza dough for the warm embrace of the Neapolitan brick oven. I was particularly intrigued about the crust since the Woo family, which owns and operates the Crust & Crema restaurants, got their start in culinary entrepreneurship with Bahrain's famous Korean Bakery, followed by our former editor Stan Szczewka's



favourite haunt, Planet Donut.

And once they had perfected the accessories to the consummate cup of coffee, they decided to expand their dossier of delights to include pizzas and of course, integrated the coffee into their next eatery.

Chef Suresh told me about the process of preparing the dough, all of which is made fresh and onsite to ensure only the best reaches our taste

buds, as he sprinkled on the beef bulgogi, three kinds of bell peppers and the fresh mozzarella.

I was excited to try both the pizza and the sandwiches with the delectable meat and they did not disappoint. In sandwich form, the soft bulgogi worked perfectly with the salty and savoury taste of the sourdough bread it was served on, with the cheese acting as a rich binder that sealed in the meat

and vegetable flavours. In pizza form, adding to the crunch of the bell peppers, it melted in your mouth, making me return to the plate for "just one more slice."

The Pollo Funghi pizza was nothing to be scoffed at, either. The chicken and mushroom flavours tangoed in unison with the onions to activate our entire army of taste buds as I washed it down with a sip from my very pink and

delicious strawberry lemonade.

The chicken and waffles were also quite delectable. The sweet waltzes with the savoury and meaty, offering a sui generis succulent summit of sensations. It's definitely worth a try.

Alvin and Carol then stepped in with caffeinated beverages that kicked us back to life after almost falling into a food coma. The chilled Raspberry Mocha Kiss (BD1.9) with a drizzle of chocolate on top was just as exquisite as the hot Spanish latte (BD 2.1), which featured a beautifully crafted foam swan on top.

Just as we finished, the owner Jongtae Woo stopped by to check on us and give us a quick teaser of the coffee lab in the back. Stay tuned, we'll be delving into that in a future story!

As I zipped off to the Bahrain National Stadium for another story, I grabbed a chilled Spanish Latte to go and with a zap straight from the straw to the spine, I hit the road full yet refreshed.

Check out the Crust & Crema for the freshest crusts and finest cremas on the island, and find out more about what's roasting in their backroom. For more details, call 17214155.

● Scan the QR code below to watch Naman's interview with Alvin and discover the magic behind Crust & Crema's special pizzas.



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Bahrain comes together



THE kingdom's differently abled youth came together to celebrate the completion of its six-week summer camp that featured a series of fun activities including art, dance, fitness and yoga classes.

More than 20 youngsters from across the island participated in the festivities which was organised by Bahrain4all in cooperation with Dadabhai Holding, Bahrain Institute for Hospitality and Retail, Lulu Hypermarket, Rife USA, Spartan Fitness and Art of Living Foundation.

The culminating event took place in the Atrium mall. It followed a morning at Spartan Fitness where the stars of the day enjoyed an exclusive training session with Larry 'Wheels' Williams, an *Instagram* icon and one of the world's strongest bodybuilders.

Larry, who has trained with the world's strongest man and *Game of Thrones* actor Hafþór Júlíus Björnsson, guided the students through cardio, a short workout and even played against the entire squad in a friendly game of tug of war.

The final day's workout was a special treat after six weeks spent working through a training programme where the youths developed basic fitness skills.

David Erdelyi, gym manager at Spartan Fitness, said: "The summer camp grew quite a bit this year plus the programme was longer. The children were here three times a week for all the six weeks and we found that by the final day, they were more social, much more active, and happier about being at the gym. They enjoyed fitness exercises like weights and pushing the sled. Most importantly, we got quite attached to each other."

After the morning with Larry, the squad got busy with art, crafts and puzzles at the Atrium mall.

These activities were supported by Rife USA,



COMMUNITY REPORT
By NAMAN ARORA
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a multidisciplinary clinic providing individualised, therapeutic intervention to children with developmental delays across Bahrain.

Research studies conducted on students with developmental challenges have found that art, dance and music therapy can empower these students and provide them with effective tools to deal with sensory overloads, which can occur when students are exposed to loud sounds, crowding and other environmental factors.

Aishu Madduri, Rife's art therapist, who has been working twice a week with the youngsters throughout the summer, said: "Art therapy can be very helpful

for differently abled students, especially in terms of communication. For example, there was one student who did not speak at all but we were able to communicate on a sheet of paper by blowing different patterns with wet paint and a straw. Art is such a free form of expression with which anyone can engage with or without words. Unlike talk therapy, with art, even if they make a smudge of paint, we have something with which to work."

The afternoon got quite lively and loud as some of the boys danced and jammed out to music, taking short breaks to munch on some snacks provided by Lulu Hypermarket.

Meanwhile, some of the quieter students like Faisal, worked on jigsaw puzzles,

colouring exercises and crafts, employing some of the skills they have learned throughout the summer to enjoy the afternoon in their own way. This jealous journalist looked on with a tinge of green as Faisal put a 500-piece jigsaw puzzle together with such apparent ease. It almost looked like a composer directing a symphony.

Everyone also took a break to practise some yoga, which was led by volunteers from the Art of Living spiritual centre.

This centre has provided yoga classes to children throughout the season, enhancing their abilities with meditation and yoga as tools to stay fit and of course, manage sensory overload.

Lulu, which has been one of the most vocal and involved supporters of the event, not



ther to spread smiles



Photos: Muna Dadabhai

only provided snacks and a space for the final event.

They also supported the camp with a day at the hypermarket, where staff was made available to help them work through their grocery lists.

While grocery shopping may seem like a routine and mundane activity to most of us Muggles, it can be difficult for students who are overcoming developmental challenges.

Building this ability and doing the exercise in a relatively controlled environment allows the students to develop lifelong skills, supporting them as they integrate into society.

Lulu opened up the hypermarket to the students for an entire morning, during which each student was given a list of groceries they had

to collect. The kids explored the store, finding items like milk, bread, tissue boxes and other groceries and filling their carts as they navigated the expansive store with help on hand as needed.

Nivedita Dhadphale from Bahrain4all said: "It was a monumental task for them and they definitely enjoyed it. The Lulu staff were really helpful and let us roam about for quite a few hours. Many of these kids do not know how these stores are laid out and this was a great introduction for them."

Even the Ministry of Interior got involved in the camp with director of Health and Social Affairs Major Fatima Omar Abdulghafar interacting with students during one of the weekly sessions organised to provide safety and emergency training.

The children also visited the UK Naval Support Facility where they explored the HMS Shoreham. The sailors from HMS Shoreham and personnel from the United Kingdom Maritime Component Command had previously worked with Bahrain4all and more than 120 people to design a mural for World Disability Day, which now hangs at the Bahrain Financial Harbour.

The campers also visited Roma restaurant for lunch where they were treated to many activities as well as a traditional Italian lunch.

The Bahrain Institute for Hospitality and Retail (BIHR) provided the venue for most of the activities in addition to cooking classes organised by Chef Suresh and supported by the trainee chefs from the

institute. Students learned to prepare sandwiches, pizza, pastries and cakes, with daily lessons, as they worked in spacious fully-equipped kitchens.

Hatim Dadabhai, the managing director of Dadabhai Holding and BIHR added: "With this special summer camp, we aim at providing physically and mentally challenged youth with simple culinary preparations, basic technical skills and other interesting activities to keep them engaged with positive energy."

"For the last 20 years, we have been providing training to Bahrainis and then guaranteed employment with the aid of Tamkeen. Similarly, we are working with differently abled students to also develop their job-ready skills in our many labs. As we go forward, we hope to also provide them with guaranteed employment once they are ready to join the workforce."

The closing event, which lasted the entire afternoon, also featured performers from the Sopanam club who entertained the crowd with a cultural performance.

The organisation is exploring various alternatives to continue to provide fitness, culinary, art and lifestyle development sessions, albeit in a pattern more compatible with their school calendars. While the businesses involved have expressed an interest in continuing to help students, the organisation is looking for ways to work with the appropriate authorities to create a structured programme.

On a personal note, I was deeply impressed and touched by how comfortable each participant was with each other and in just being themselves, especially in an environment that was starting to overload my senses. I look forward to seeing these especially enabled eager beavers around Bahrain, and maybe one day, I might even come close to matching Faisal at solving jigsaw puzzles.



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Property Weekly

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

Cosy apartment up for sale

A gem of a property find is up for sale in Dilmunia Island boasting scenic views and a spacious interior.

The contemporary designed fully-furnished one bedroom apartment in The Treasure tower features a large living and dining room as well as a guest closet and a fully-kitted kitchen.

The bedroom includes a built-in wardrobe and an ensuite bathroom along with a balcony displaying views of the development which is located off the north-eastern coast of Muharraq. Tenants of the apartment will receive one parking and the use of the state-of-the-art amenities. The tower, which was developed by Bin Faqeeh Real Estate Investment Company, features a health club, an outdoor swimming pool, a conference hall and a business centre. There is also a garden level coffee shop, a Jacuzzi as well as salons and spas.



FACTS AT A GLANCE

Location: The Treasure in Dilmunia

Reference number: AP852

Sales price: BD65,000

Living rooms: 1

Bedrooms: 1

Bathrooms: 1

Additional information: There is a health club, an outdoor swimming pool, a conference hall and a business centre. There is also a garden level coffee shop, a Jacuzzi as well as salons and spas.

For further information call Star Real Estate at 17298210.



FREEHOLD | SALE | RENT RESIDENCES



DILMUNIA, EASTERN NEIGHBORHOOD FOR SALE! FREEHOLD RESIDENTIAL LANDS

Price Per Square Feet: from **BHD 22.5 - 24.5**

Plot Area: from **529 - 743 Sqm**

Total Price: from **BHD 131,000 - 188,000**

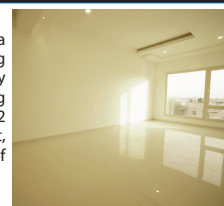
Classification: **RA**

FOR SALE! BRAND NEW APARTMENT NEXT TO ISA TOWN GATE

Spacious Property Features:

En suite master bedroom, 2 bedrooms share a bathroom, spacious living/dining area welcoming guests, closed kitchen and a maid's room, fully finished, with flooring throughout, air conditioning units and a fully fitted kitchen with appliances, 2 allocated parking spaces are provided for each flat, elevator, garbage chute, high-quality soundproof windows.

Starting Price: BHD 65,000 – Ref: AP733

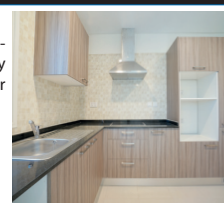


FOR SALE! FREEHOLD BRAND NEW APARTMENT MINUTES FROM SEEF

Spacious Property Features:

Open plan kitchen, living and dining area, 1 ensuite bedroom, 1 guest toilet, balcony with a city view, one car parking, 24 hour security, outdoor rooftop swimming pool, ladies and gent's gym.

Starting Price: BHD 47,000 – Ref: AP869

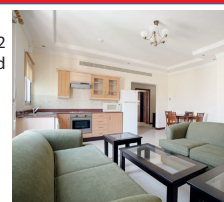


FOR RENT FULLY FURNISHED INCLUSIVE FLAT IN ZINJ

Fully Furnished Flat Features:

Fully fitted open plan kitchen, 2 bedrooms, 2 bathrooms, rent is inclusive of electricity and water bill (BD 30 cap), 1 car parking.

Rent Price: BHD 390 – Ref: AP887



InteriorsWeekly

Your guide to the best in furnishing and design

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THERE are a lot of elements for new parents to consider when planning out their baby's first bedroom. What colour should the room be? How can I ensure all areas are as clean as possible? After all, little ones tend to put everything in their mouths. How can I protect my baby?

Interior designer Jenny Dina Kirschner felt the same way and wanted to create a safe space for her child. She began by choosing healthier paints, natural-fiber rugs and organic fabrics. Heck, if all-natural, vegan paint is good enough for Prince Harry and Meghan the Duchess of Sussex, then who is to say it's not for yours? And because of the royals, creating eco-friendly nurseries are now the in thing to do. Although, quite frankly, it should be regardless whether it's a trend or not! Your friends

Eco-friendly nurseries

might think you are too careful or acting kooky but your baby will thank you in the long run.

Here are Jenny's tips to achieving a germ-free environment or at least as close to it as possible?

Get your research on:

Did you know that some furniture upholstered with 100 per cent natural fibers may have insides that include formaldehyde, flame retardants or other unhealthy chemicals? That's why research and asking questions is important.

For example, Brooke Berrios, an early childhood education teacher, is familiar with the impact of toxins on children's brain

development. She decorated her son's nursery with paint that doesn't contain volatile compounds that give off gases and also added organic cotton towels and bedding.

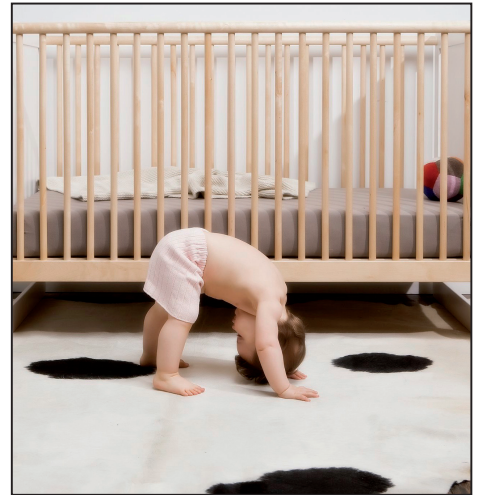
Designer Paula Queen, founder of the children's decor line Lil' Pyar, advises parents to even ask what dye is being used in rugs or in fabrics. High-quality natural fiber rugs can last longer than some synthetics and they can be left plain or coloured with vegetable dyes. Also, check where the items are being made and where they will be shipped from. Remember, buying local is better and the greener option.

Long term purchases:

Choose nursery items that

can be used for decades and even generations to come. For example, purchase dressers with a removable diaper-changing tray on top rather than buying a dedicated changing table that would be chucked out as soon the baby stops wearing diapers. Buy multi-functional furniture for the best results. Also, consider buying second hand or vintage furniture. However, don't forget to do background checks on what materials are being used and where it's being made.

Choose LED bulbs as well. They work better in the long-run as they will not need to be changed as much and waste far less energy than conventional bulbs.



SocialScene

Eid celebrations



SAAR Mall management and the Themar volunteer team marked Eid Al Adha with a series of activities for children to enjoy at the food court. There was a henna artist and Arabic calligrapher present as well as a character artist. Competitions were held with prizes to be won. Gifts were also distributed amongst the crowd and coupons were handed out to children to use at the Kids Palace. Two lucky winners took home gold bars from Avatar Gold Shop as part of the mall's raffle. The ceremony concluded with guests enjoying kunafa from Ward Al Sham.

Indian Independence Day



THE Indian Club celebrated India's Independence Day by hoisting its flag to rounds of applause from officials, club members, invited guests and children that were attending summer camp. The ceremony was conducted by Marshal Dasan, acting president of the club, Job MJ, general secretary of the club, Hary Unnithan, the treasurer, Vinod Thampi, assistant treasurer and Suneesh Kallinkeel, the badminton secretary. People followed up the flag hoisting with the singing of the national anthem and a traditional Indian breakfast was then served.

Family fun



GPIC's Social Activities Committee organised a family celebration for its employees and their families on the third day of Eid. The ceremony, held at the GPIC Club, was attended by Yasser Al An-sari, the general manager of corporate support, Fadel Al Abbasi, general manager of manufacturing, the Labour Union deputy chairman and company officials. The event consisted of several fun activities and competitions.

Migration complete



BAHRAIN Mumtalakat Holding Company announced the completion of its cloud services migration to Amazon Web Services' Bahrain data centres, the first in the Middle East. This latest migration allows Mumtalakat to reduce its usage of international data centres while improving the speed and resilience of its information technology services.

Store revamped



RASASI Perfumes, one of the leading perfume brands in the Middle East, reopened its recently renovated store at Seef Mall in time for Eid Al Adha. VIPs, social media influencers and members of the press were invited to sample scents, oils, bakhoor and oud at the venue during the launch event.

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In focus



TALLY Solutions, a leading international accounting and compliance software provider, hosted a summit on VAT in Bahrain as part of its ongoing efforts to raise awareness of businesses on the new taxation system in the country.



DISCOVER Islam members distributed lunch at different venues across the kingdom in celebration of Eid.



MORE than 30 students participated in a two-part sign language course at the Royal College of Surgeons in Ireland – Medical University of Bahrain, conducted by the Bahrain Deaf Society, in partnership with the University's Community Engagement department. The initiative brought together nursing and medicine students with the aim of learning basic skills to be able to communicate with future patients with learning difficulties. The course included the alphabet, numbers, family members, days and time, in addition to medical terms and more. Instructors from the Bahrain Deaf Society included Madhi Alnoaimi, Huda Almutawa and Zainab Alaswad.



BATELCO has announced the launch of its Summer Entrepreneurship Programme in collaboration with BRINC Batelco IoT Hub, featuring several workshops designed to target Bahrain's Youth community including university students and young professionals aspiring to start their own business.

The programme, which takes place at the BRINC Batelco premises in Manama, includes talks by Bahraini entrepreneurs who will share their experience on how they started their own businesses. A session will also be delivered on how participants can build their own business model.

SocialScene

Why wait a month! Join Social Scene every week

Eid joy



THE Avenues-Bahrain management organised a visit to UCO Parents Care Centre in Al-Hidd area to spread the Eid spirit, share joy with the elderly and show them that people regard them as part of their family.

Lucky winner



LUCKY Qais Khalid Al Najjar has won a new Nissan Sunny with Al Yousuf Exchange. The handover event was attended by various members of the money transfer company as well as other invited guests.

Sharing love



MEMBERS of the Ladies Working Committee at GPIC distributed gifts to children at King Hamad University Hospital to celebrate Eid. Company president Dr Abdulrahman Jawahery thanked the chairperson and members of the Committee for the initiative which, he said, reflected the humanitarian spirit and love of others.

Certificate renewed



BAHRAIN Commercial Facilities Company BCFC has successfully renewed its payment card security certificate by SISA Information Security to ensure the importance of achieving highest level of security to their clients.

Specialised training

THE Bahrain eCommerce Academy, which is one of the initiatives between Ministry of Industry, Commerce and Tourism and ThinkSmart Development and Training supported by Tamkeen, provided specialised training courses in the eCommerce field to Bahraini entrepreneurs, start-ups and online businesses. The Mastering Digital Marketing course was held in Wyndham Grand Hotel Manama in the presence of 22 trainees from different trading establishments.



Welcoming move



ALBA is pleased to welcome Ali Al Baqali as its acting chief executive officer. He has been a part of the Alba family for more than two decades and brings years of leadership and honed experience from within the company.

Film Weekly



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

Mission complete

ONE of my favourite trope hybrids of the 21st century is the science-sports dream team triumph – the journey of a ragtag group of often socially awkward geniuses defeating personal and interpersonal challenges with a side of insurmountable odds to accomplish a feat, giving us a behind-the-scenes look at some of the most historic headlines in human history.

Even though I don't consider myself to be a patriot by any definition, I decided to celebrate India's Independence Day by watching Bollywood's first foray into the science dream team genre, *Mission Mangal*.

This film is directed by first time director Jagan Shakti, who has previously been an associate director on the tampon heart-warmer *Padman* and assistant director for the Bachchan father-son dramedy *Paa*. The semi-biopic is Bollywood's treatment of Mangalyaan, India's unmanned mission to Mars, which succeeded on its maiden attempt, a first in global missions to reach the red planet.

The ensemble cast, including Taapsee Pannu (*Pink*), Sonakshi Sinha (*Dabangg*), Nithya Menen (*Mersal*), Kirti Kulhari (*Pink*), Dalip Tahil (*Gandhi*), H G Dattatreya (*Bharath Stores*) and Sharman Joshi (*3 Idiots*) was led by industry stalwarts Vidya Balan and Akshay Kumar.

Filming for the film was announced on November 5, 2018, the fourth anniversary of the launch of the Mars Orbiter and the film was released on August 15, 2019, the 50th birth anniversary of the founding of the India Space Research Organisation (ISRO).

Right from the beginning of the movie, I knew it was something special. It opens with Tara Shinde (Vidya Balan) getting her family ready for the day, dealing with her man-child husband Sunil (Sanjay Kapoor) and expertly parenting her teenage kids Dilip and Anya in a subtle scene that every Indian family can relate to.

After all the morning drama, she drives to work at the ISRO where she is part of the launch team, led by Rakesh Dhawan (Akshay Kumar) for the Geosynchronous Satellite Launch Vehicle (GSLV), which turns out to be a failure because of a bad call made by Tara.

Instead of blaming his team, Rakesh takes the fall, while celebrating the failure with a laddoo as he addresses the press. He finds himself reassigned to the Mars mission, which is, ironically, where scientists are shuffled off to, when they have to be taken off the "serious" missions.

The dilapidated and deserted building



MISSION MANGAL

STARRING: Akshay Kumar, Vidya Balan, Sonakshi Sinha

DIRECTOR: Jagan Shakti

GENRE: Drama, History

RATING: NR

RUNTIME: 130 Mins

where the Mars department is located is symbolic of then-India's hopes to make it out of the Earth's orbit. With Tara's encouragement and home-inspired ingenuity where she figures out how to improve engine efficiency while cooking breakfast and employing a heat momentum employed daily by Indian housewives, he puts together a team that launches Asia's first successful and the world's most economical mission to Mars, costing less than \$75 million.

The rag tag geniuses include light satellite designer Varsha Pillai (Nithya Menen), communications specialist Kritika Agarwal (Taapsee Pannu), satellite autonomy engineer Neha Siddiqui (Kirti Kulhari), propulsion scientist Eka Gandhi (Sonakshi Sinha), payload specialist Parmeshwar Naidu (Sharman Joshi) and structural engineer Ananth Iyer (H.G. Dattatreya).

When they first introduce all these, I shook my head in disbelief, concerned about how the director would balance out eight personal stories but my fears were happily proven unfounded. Each character had unique struggles and each actor made the role their own. Each represented a different slice of Indian society and every audience member could relate to at least one of the character's troubles and tribulations. What I particularly enjoyed was the set design. Each character's personal space reflected his or her personality as a scientist and human; from the poster of Kalpana Chawla, the first woman of Indian origin to go into space, found in Eka's room to the minimalist and

multi-functional living space of satellite designer Varsha.

The cast was also primarily women, with each of their personal lives reflecting an all-too common clash between Indian traditional and progressive values, without getting too in-your-face about it.

Varsha had to balance maternity with career goals, Tara had to parent her man-child of a husband and Neha had to deal with a sadly common prejudice against Muslims when finding a place to stay.

And while telling all these personal stories, a larger interpersonal story was told of the team coming together. Yes, it was cliché and oversimplified with Tara inspiring the team to remember why they became scientists in the first place, playing the role of the coach who spurs the team on with a convenient story... but I still loved it.

All through, of course the scientific story was the star and where there was no villain, one was created. NASA import Rupert Desai (Dalip Tahil) was the classic way-too-practical guy, always saying, "it can't be done" and trying to vandalise the team in barely noticeable ways.

The movie had it all – head, heart, humour and heavy duty. Yes, there were some unnecessary gratuitous scenes like a dancing scene that seemed to just be there so Sanjay Kapoor could relive his younger Bollywood days and some details were fictionalised like the launch window of 10 days.

Despite its very minor flaws, everything in the movie just worked. Even the end which we all knew because of the headlines a few years ago, was exciting and kept me at the edge of my seat. For an excellent and exhilarating ride, uncommon subtlety and most of all, for treating the audience like adults while appealing to all ages, this movie has easily earned a fantastic four stars.

NAMAN'S VERDICT



1 popcorn – stay home
5 popcorns – start queuing

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Bite-sized trailer

Once Upon a Time in Hollywood

DIRECTOR: Quentin Tarantino

CAST: Leonardo DiCaprio, Brad Pitt, Margot Robbie

PLOT: *Once Upon a Time in Hollywood* visits 1969 Los Angeles, where everything is changing, as TV star Rick Dalton and his longtime stunt double Cliff Booth make their way around an industry they hardly recognise anymore. The ninth film from the writer-director features a large ensemble cast and multiple storylines in a tribute to the final moments of Hollywood's golden age.

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



Dora and the Lost City of Gold

DIRECTOR: James Bobin

CAST: Isabela Moner, Eva Longoria, Q'orianka Kilcher

PLOT: Having spent most of her life exploring the jungle with her parents, nothing could prepare Dora for her most dangerous adventure ever: high school. Always the explorer, Dora quickly finds herself leading Boots, Diego, a mysterious jungle inhabitant, and a ragtag group of teens on a live-action adventure to save her parents and solve the impossible mystery behind a lost Inca civilisation.

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



The Current War

DIRECTOR: Alfonso Gomez-Rejon

CAST: Tom Holland, Benedict Cumberbatch, Katherine Waterston

PLOT: The dramatic story of the cutthroat race between electricity titans Thomas Edison and George Westinghouse to determine whose electrical system would power the modern world.

SHOWING IN: Seef II, Wadi Al Sail



imdb movie charts

Current Position	Title	Weekend Takings	Gross to date
1	Good Boys	\$21M	\$21M
2	Fast & Furious Presents: Hobbs & Shaw	\$14M	\$134M
3	The Lion King	\$12M	\$496M
4	The Angry Birds Movie 2	\$10M	\$16M
5	Scary Stories to Tell in the Dark	\$10M	\$40M
6	47 Meters Down: Uncaged	\$9M	\$9M
7	Dora and the Lost City of Gold	\$8M	\$34M
8	Once Upon a Time in Hollywood	\$8M	\$114M
9	Blinded by the Light	\$4M	\$4M
10	The Art of Racing in the Rain	\$4M	\$17M



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(domestic violence
or sexual violence)

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Visit us!
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Write to the editor

Follow Mai on Instagram @mai_gone_wild and GulfWeekly @gulfweekly
Your views make all the difference – email: mai.alkhatib@gulfweekly.com

I LIKED the Bahrain's Bee Man article written in *GulfWeekly* by Naman Arora. I found it very interesting and worth reading.

Recently the United Nations had reported a shortfall in bee production and expected a down fall in food production due to the shortage of bees. Bees are a good source of pollination to increase the yield of crops.

GulfWeekly's news story will surely encourage readers and others to think of developing a bee business and arranging to supply or meet the needs of pure honey making. Honey can benefit consumers in the following ways:

- Healing wounds
- Boosting memory
- A good sleeping aid
- Helps with sinus problems
- Can control eczema
- Provides energy
- Can help with weight loss, controlling a cough and blood sugar
- Is also used as an antiseptic

Sincerely,
R M Arora

PORTUGAL has been ranked as a top tourist destination this year, not only for adventure-seeking travellers and art history admirers, but also for international celebrities, influencers and jet-setters across the globe.

Its incredible array of offerings, from stupendous beaches to medieval castles, make it one of Europe's

gems and with daily flights via Emirates there are not enough reasons to back again and again.

One of the key upcoming events scheduled for October 20 is the Lisbon Marathon. This is perfect for all those running enthusiasts out there and there are plenty of runners in the kingdom that could really enjoy this trip.

The race will start in the city of Cascais and finish in one of Lisbon's most beautiful plazas – Praça do Comércio, in the city's downtown, by the Tagus River. It is considered as one of the most beautiful races in the world. The

26-mile route takes runners along the sea and the Tagus River so athletes can enjoy unique views throughout. The sunny and mild weather in October is another plus for the event.

Tivoli Avenida Liberdade is the perfect place to prepare for this big day and make the most of the city stay. Daily workouts can be done with the state-of-art equipment of The Shape Club – the hotel fitness centre complete with all the essentials to enhance performance. The hotel can also provide a personal trainer on weekdays to help achieve the best results. A map with circuit options to run nearby the hotel, bottles

of water and wet wipes are available to runners as well. For those looking for longer running sessions, the trail along the river is a good option as well as the route in Monsanto Natural Park.

To help ease any muscular aches and tensions, the therapeutic massages and invigorating body treatments of the Anantara Spa are perfect to recover, rejuvenate and leave feeling renewed. Deep tissue massage is designed to alleviate deep-seated tension and muscular stress. Specialised techniques concentrate on specific areas of concern to alleviate any discomfort. Anantara signature massage also aids relaxation with its strokes and acupressure techniques, combined with purposely designed movements that stimulate circulation while restoring the flow of energy along the meridian lines.

So what are you waiting for? To sign up, visit www.maratonclubedeportugal.com

A marathon representative

DR AJAY Kumar's flamingo picture is so beautiful that I can see why he received an award for it. I look forward to seeing more of his work and will definitely check out that website for Nature's Best Photography Asia. There are many amazing images there from around Asia.

Good luck Dr Ajay.
From Jenny

THE WHISPERER

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

mai.alkhatib@gulfweekly.com

ANIMAL lovers are mourning the loss of Thailand's baby dugong, Mariam, who passed away from plastic waste lining her stomach.

The orphaned dugong, which is a species of sea cow, was found in April off the coast of Krabi, southern Thailand. The image of her nuzzling marine biologists spread like wildfire on the internet and when a second orphaned dugong was found, named Jamil by Princess Sirivannavari Nariratana Rajakanya, the pair became stars.

Dugongs are on the International Union for Conservation of Nature's Red List of Threatened Species. Mariam and Jamil became symbols for the conservation of the oceans and people were able to

watch Mariam via a live feed being fed and enjoying life. Last week, Thailand's Department of Marine and Coastal Resources (DMCR) noticed that Mariam was sick and refusing food. After she passed away, an autopsy revealed plastic debris in her intestine, resulting in inflammation and the accumulation of gas, as well as a respiratory infection and a buildup of pus.

People are heartbroken over her loss with thousands of condolences and comments flooding the DMCR's Facebook page. Perhaps this will finally teach people to stop chucking their garbage and plastic waste into the ocean. Let's just stop littering once and for all. Earth will thank you later.

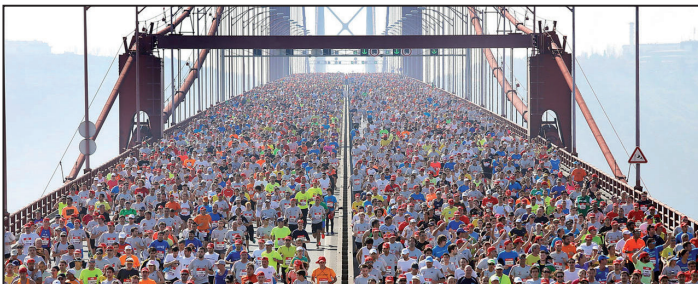
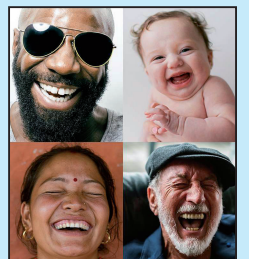


The Weekly Giggles

● Boy: The principal is so dumb!
Girl: Do you know who I am?
Boy: No...
Girl: I am the principal's daughter!
Boy: Do you know who I am?
Girl: No...
Boy: Good! "runs away"

● What is the most often repeated lie in the world? I have read and understood the terms and conditions.

● Dentist: You need a crown. Patient: Finally, someone who understands me.



ABOUT a year ago, I related to a friend that I had started learning a foreign language and I was met with a response that left me momentarily speechless. I was asked what the point of it was if I wasn't ever going to be in the country of the language that I was learning. It didn't take long before my initial shock subsided and I

Youth
Talk
By
Sarah Belal



saw what my friend said to be true. The purpose of language is to use it and unless you spend time in the country of your target language, opportunities to put what you

learn in the classroom to good use are far and wide. As any linguist might know, it's a use it or lose it situation when it comes to languages.

Luckily for me, I have found that taking up the initiative to learn a language comes with opportunities to visit the country of the language that I'm learning in the form of university programmes and

personally planned trips.

Of course, this might not be the case for everyone. But that's not to say that your language learning efforts are in vain, especially if you derive joy from such an undertaking. Besides, if along the way you manage to pick up a decent level of fluency, then there's progress right there.

Also, there is a theory that proves promising for those of us who worry about not getting enough practice outside of class hours. Krashen's Theory of Second Language Acquisition relates that the basis of language acquisition is information input and that you don't necessarily have to be speaking the language every

day to get to fluency.

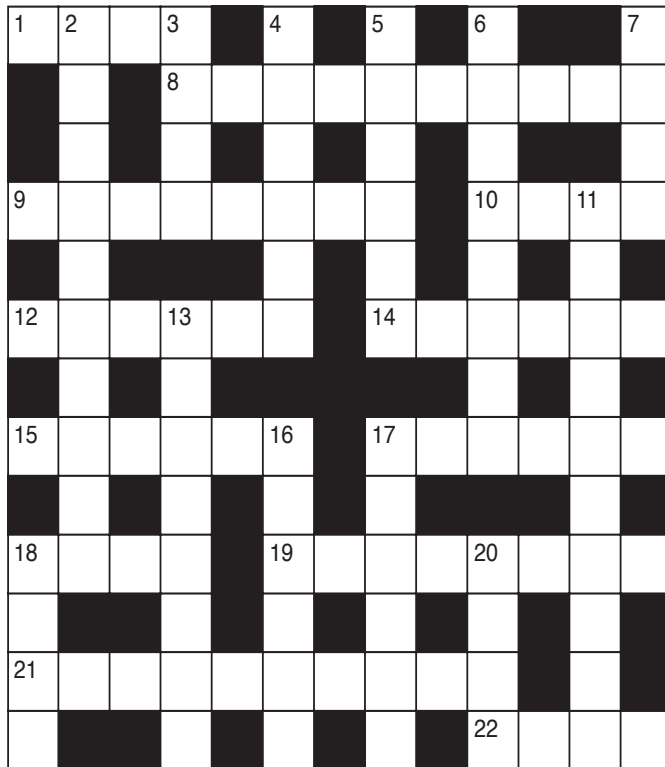
So I say that it doesn't really matter if you don't get to put the language you're learning to use if you find the process enjoyable and the results, howsoever insignificant, satisfactory. You never know what the future holds. One day you might be able to put your newfound skills to the test.

cerebrally crust & crema



17214155 @crustandcrema crustandcremah

crossword break



Solutions in next week's issue.

ACROSS

1. Hew (4)
8. Uneducated (10)
9. Passage (8)
10. Scoff (4)
12. Prophet (6)
14. Treat (6)
15. Ridiculous (6)
17. On fire (6)
18. Aperture (4)
19. Purity (8)
21. Scruples (10)
22. Reed (4)

DOWN

2. Upright (10)
3. Jetty (4)
4. Vow (6)
5. Stiffen (6)
6. Felon (8)
7. Adorn (4)
11. Diastrophic (10)
13. Politeness (8)
16. Fraud (6)
17. Begone (6)
18. Sin (4)
20. Row (4)

who, what, where, when

WHO ... recorded the Mercury Music Prize-winning album *A Little Deeper*?

WHAT ... is the nickname of Sheffield Wednesday FC?

WHERE ... in England was the poet Benjamin Zephaniah born?

WHEN ... was the G-MEX centre in Manchester opened by the Queen?

WHO ... wrote the plays *Absent Friends* and *Absurd Person Singular*?

WHAT ... animal is Hobbes in the comic strip *Calvin & Hobbes*?

WHERE ... in South America are the states of Para, Paraiba and Parana?

WHEN ... did Red Rum last win the Grand National?

just so

b
shot b o w
w

COMMAND

art art art art art sake



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

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

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

darn tough sudoku

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

Sudoku

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

Sudoku

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

Last Week's Leisure Solutions

CROSSWORD BREAK:

Across: 7 Again; 8 Idolise; 9 Neglect; 10 Cacti; 12 Quarrelled; 15 Overlooked; 18 In-law; 19 Rostrum; 21 Honours; 22 Colon.

Down: 1 Cannelloni; 2 Barge; 3 Knee; 4 Bitter; 5 Concrete; 6 Piccolo; 11 Indictment; 13 Unlawful; 14 Recline; 16 Ogress; 17 Urals; 20 Sick.

JUST SO: The upper sixth, The jewel in the crown, A cut above the rest, A labour of love.

WHO, WHAT, WHERE, WHEN: Elizabeth Gaskell; Charles Montgomery; Lucca, Italy; 1961; Mozart; Government Communications Headquarters; South Africa; 1998.

Darn Tough Sudoku

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

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Motoring Weekly

Steering you to the best deals on wheels

Keeping a cool grip on road

FOR the first time, Pirelli has developed its most performance-focussed road tyre and it is specifically for a new Pagani.

The Huayra Roadster BC, which recently made its debut during Monterey Car Week in the US, adopted the P Zero Trofeo R tyres as original equipment. These tyres will be in charge of translating the monstrous performance of the new Pagani twin-turbo V12 six-litre engine into forward motion, with its 800 horsepower and 1050 Nm of torque.

This vehicle is capable of more than 300kph and can generate in excess of 1.9g through corners, with peak lateral loads of 2.2g. These figures can perfectly illustrate the scale of the task entrusted to the Pirelli tyres.

"We're proud to celebrate more than 10 years of mutual respect and partnership with Pirelli, in a shared mission for constant improvement," said Horacio Pagani, the founder and chief designer of Pagani Automobili. "One of the objectives that we set ourselves for the new P Zero Trofeo R was definitely for it to provide a good feel through the steering wheel; as if your hands were gripping



the road. The know-how and ability of Pirelli's engineers have made this a really communicative tyre, which lets you know exactly when you are approaching the limit of adhesion."

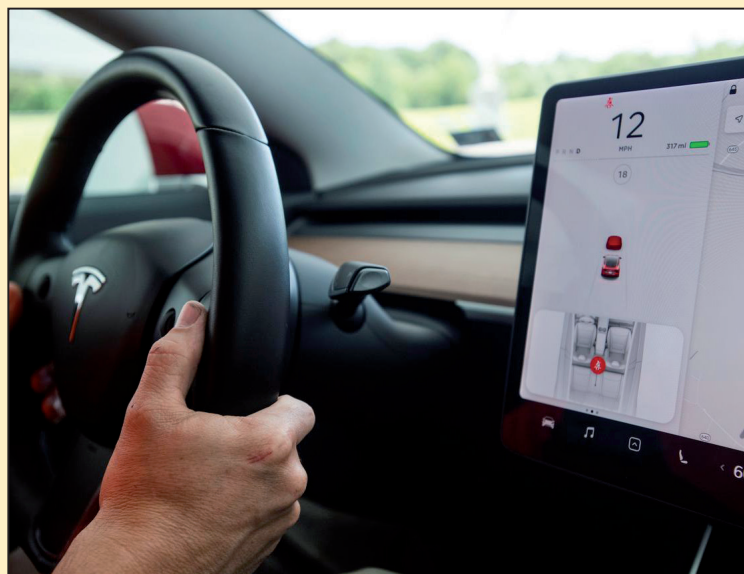
These tyres go over and above the actual technical characteristics to cope with the performance levels desired by Pagani for his latest hypercar. For the first time, the two Italian firms got tyre development underway by using modelling and predictive simulation; a virtual pre-development process that allows a computer model to accurately replicate the dynamic characteristics of the car without the need to actually make real tyres for it.

It's another step forwards for Pirelli's renowned 'Perfect Fit' strategy, thanks to the same simulation techniques

used to develop P Zero tyres for Formula 1.

The joint development process between engineers from Pirelli and Pagani began by establishing a new size for the front tyre with wider channels, a bigger cord, and larger rims. This offers an increased contact patch which has the added benefit of greater strength to support the extra aerodynamic downforce loads. The driving dynamics have also been improved thanks to less sliding from a stiffer tyre structure.

The Roadster BC consequently benefits from a sharper turn-in, with a more linear driving experience and less tendency towards under steer. Another advantage of the increased tyre size is better braking. The latest Pagani now manages to pull 2.2g under braking. The work on the new P Zero Trofeo R front also meant that the rear tyre had to be revised, to maintain the right balance between the two axles. Pirelli's engineers modified the tread pattern design – laying it out differently and increasing the size of the blocks as well as the longitudinal grooves – which has resulted in better traction under acceleration: a like-for-like improvement of 7 per cent.



In the hot seat yet again

TESLA has been taking a lot of heat from automotive fans after its Model 3 electric car crashed into a parked tow truck on a Moscow motorway and caught fire. The Tesla driver, Alexei Tretyakov, who was with his family, claimed he failed to see the vehicle with which he collided.

He was asked in a video published on *REN TV* website if he was using an autopilot self-driving system. According to Tretyakov, a financial market expert and the head of Arikapital Investment Company, he was in drive assistance mode but he was still holding the steering wheel.



Tesla has stood by safety claims for its Model 3 in the face of regulatory scrutiny, while documents showed the top US automotive safety watchdog issued at least five subpoenas since last year seeking information about crashes involving the company's vehicles.

Apparently, Tretyakov was driving at around

100km per hour, which was the speed limit when the car crashed on its left side into the stationary tow truck that he had not noticed. TV footage of the incident on the *Rossiya 24* channel captured the car engulfed in flames followed by two small explosions within a few seconds of each other. The metal frame of the vehicle was all that remained after the fire.

Tretyakov broke his leg in the accident and his two children suffered only bruises. They all escaped from the car.

Apparently, Tesla was not available for a comment outside normal business hours.

Reds hungry for more glory

From Page 24

Bahrain had a near-perfect record in the cup with three victories against Jordan, Kuwait and Iraq and one draw against Saudi Arabia.

This was the fourth time that the kingdom competed in the WAFF cup, which is in its ninth iteration. The tournament kicked off on July 30 with nine teams playing in two groups before the top teams from the groups met in the final.

His Majesty the King's Representative for Charity Works and Youth Affairs and Chairman of the Supreme Council for Youth and Sports (SCYS) Shaikh Nasser bin Hamad Al Khalifa received the players upon their return to the kingdom at the Bahrain International Airport and conveyed the King's message — "His Majesty the King is very proud of your outstanding displays in this regional event and your performance in the final game which won the kingdom the gold medal. We are proud of this victory in such a prestigious football



gathering. Bahraini champions have proved once again their worth and their great value. This is a great result for our national team in this continental participation. It's the beginning of a new chapter of further achievements in the Golden Era of Bahrain's sports."



Bahrain Olympic Committee honorary president Shaikh Isa bin Rashid Al Khalifa also congratulated His Majesty King Hamad bin Isa Al Khalifa after the victory.

"I commend the players for their dedication and determination, which enabled

them to triumph, as well as the contributions of the team's administrative and technical staff.

"I also extend my congratulations to His Royal Highness Prime Minister Prince Khalifa bin Salman Al Khalifa and His Royal

Highness Prince Salman bin Hamad Al Khalifa, Crown Prince, Deputy Supreme Commander and First Deputy Premier."

The squad is now busy preparing for the FIFA World Cup 2022 and AFC Asian Cup 2023, which begin at the end

of this month.

But in the meantime, they still found time to celebrate with the kingdom's kids and citizens at the Joy of Nation festival which was held at the Bahrain National Stadium.

Members of the squad squared off against some of the children at the event for fun games of football while others played a form of blended football and table tennis. As the players mingled with the crowd, it was easy to see how overjoyed their fans were, having seen the boys improve year after year before seizing the trophy.

Speaking of trophies, there was a scrumptious looking cake in the shape of the winning trophy, which came close to mimicking the deliciousness of the victory and the shine of the trophy.

Here's to hoping that a bakery in Bahrain will be commissioned in the next few months to make a similar cake celebrating the squad's successful qualification for FIFA and AFC.

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The fight to stay in the race

WHO will be driving alongside

Lewis Hamilton on the Mercedes AMG Petronas F1 team for 2020? Will the 29-year-old Finnish Valtteri Bottas continue racing in Hamilton's shadow or will he take a backseat to Mercedes reserve driver Esteban Ocon?

Team boss Toto Wolff has confirmed that Bottas is in a straight fight with the 22-year-old French man for the seat with a decision due to be made during the summer break.

Bottas is already working on a plan B just in case the conclusion doesn't go his way. This back-and-forth has affected his racing abilities causing him to misjudge when to take risks and how much of it is needed, which was evident in his Hungary race.

So who should it be?

Let's not forget that the Hamilton-Bottas partnership has continued the team's streak of constructors' championship titles. Plus, Mercedes relationship between these two drivers is clearly healthier than it was when Nico Rosberg was Hamilton's team mate. Bottas may not be winning as many races as Rosberg was but at least he and

UNCERTAINTY:
Bottas and Ocon



Hamilton are solid.

Where does Ocon stand in all this? He has made a case for himself that he is potentially as quick as Bottas – but a tougher prospect on the track. Frankly speaking, Ocon's progress up the

single-seater ladder hasn't been fruitful one. It's slower than what was expected of him.

After winning the European F3 title in 2014, he moved sideways into GP3 instead of up to GP2. Regardless, he

won that title. His first F1 chance came in mid-2016 and proved himself ready for the opportunity during that period. He was the quicker of the two Force India drivers last year and showed his willingness to face Max

Verstappen on the track – the driver who is emerging as Mercedes' most challenging opponent.

That being said, both sides will simply have to wait. Either way, the team doesn't know whether Hamilton will

even stay after 2020. Perhaps now is the time to give the youth a chance.

● *Who do you think should join Hamilton in Mercedes? Email your thoughts to the editor at mai.alkhatib@gulfweekly.com*

Hülkenberg puts project to test

THE Renault F1 Team has completed the track-focused development for its high-performance, dual-hybrid powertrain created for the INFINITI Project Black S prototype. Renault's Nico Hülkenberg put the two prototypes through its paces in Salzburgring, Austria.

INFINITI, the luxury vehicle division of Japanese automaker Nissan, will continue to test and validate elements of the Q60 Project Black S prototype and will take a decision on the production potential for the car and its technologies by the end of 2019.

The latest version of

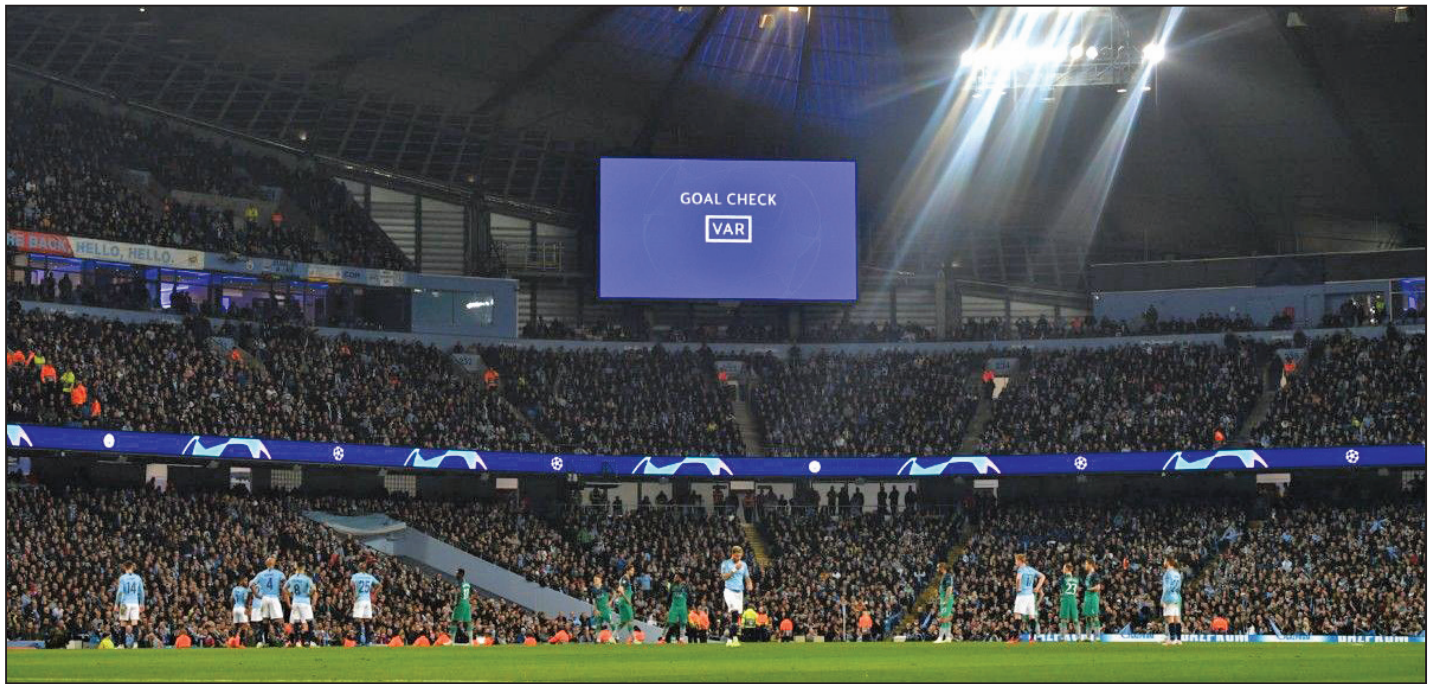
the Project Black S was revealed in Paris in Autumn 2018 and since then, powertrain engineers from both sides have developed it further; exploring whether it could be deployed in a high-performance road car.

Cyril Abiteboul, managing director of Renault F1 Team, said: "INFINITI's experience of working with homologated hybrid powertrain technology was instrumental in the co-development of our dual-hybrid system. The Black S project now gives us a rare opportunity for the direct transfer of genuine F1-honed technology back

into a road car. Making this leap, from circuit to road, is something we are incredibly excited to be involved in".

The aim of the programme was to explore the potential for new motorsport-inspired electrification technologies and development processes. Project Black S fuses expertise from road and race track with its all-new, purpose built brakes, and optimised suspensions, all complemented by the use of advanced lightweight materials throughout the purposeful new bodywork and a motorsport-inspired interior.





VAR is here to stay for good

THERE were many talking points from last weekend's fixture between Manchester City and Tottenham Hotspur. It was a brilliant game. Tottenham were outplayed, outthought and outmaneuvered for long periods. On another day they could've lost by five or six and had any thoughts of a serious title challenge comprehensively dispelled eight days into the new season.

As it was, however, they capitalised on two mistakes, Ederson and Kyle Walker's positioning, to take a share of the points back to North London. However, it wasn't Man City's domination that was talked about afterwards, it wasn't Tottenham's smash and grab and it wasn't Aguero equalling Alan Shearer's record for most goals at a



single venue or even the same man spitting his dummy out at being substituted. No, it was the 92nd minute "winner" ruled out by Video Assistant Referee (VAR) for scraping the arm of Nicolas Otamendi that took all the headlines.

On the face of it, I was as frustrated as the next football fan that the goal did not stand. The handball was totally accidental. The deviation of the ball was minimal and not a single Tottenham player had a complaint to make. I, personally, do not see why that goal is one that we don't want in football when you consider that in comparison to almost every other sport a scoring point in football is a rarity. We would surely prefer

to encourage the possibility of goals as much as possible?

The problem is the anger for the decision is wrongly directed at VAR. The decision referral system simply enforces laws and aids the referee if they have missed something. The new handball law states that if the ball hits the arm of an attacker and that phase of play results in a goal it will be disallowed regardless of whether it was intentional. That is exactly what happened. It's not an interpretation; had the referee seen the incident it would have been given. It is the law that is the issue, not VAR.

Since moving to the Gulf, there aren't many things I haven't enjoyed. I love the people, the place and the

cuisine amongst many other things. However, it pains me greatly that I have had to return to listening to Andy Gray and Richard Keys on the weekends. Their analysis is steeped in hypocrisy and half-truths. They talked after the game about the idea that VAR was supposed to end debate and make sure that teams got what they deserved. Keys said that fans come to the game hoping to be a part of the drama and that VAR was taking that away. After years on *Sky Sports* moaning about incorrect refereeing decisions costing teams; you'd have thought they might embrace technology.

It is almost as if Keys and Gray did not understand that just because they had created a debate, it did not mean a debate was necessary. Under the new handball law, an offence was committed and penalised exactly as it should have been and Tottenham

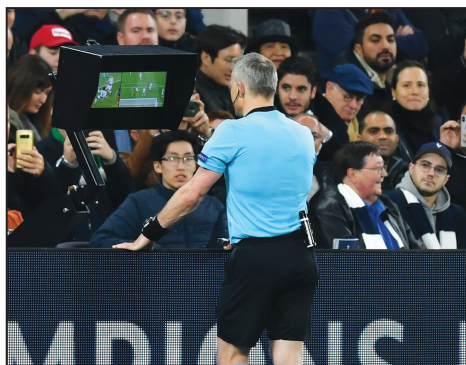
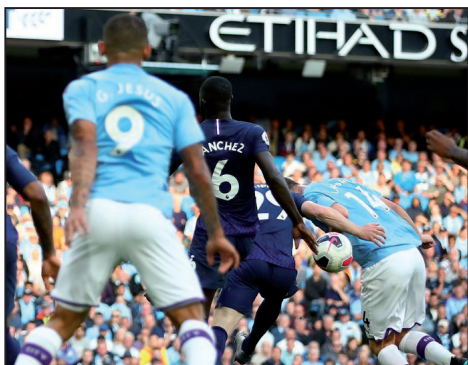
subsequently got what they deserved within the rules of the game. They debated the handball but there was nothing to debate. The stats are clear on that one too. With VAR, the accuracy of correct decisions made on average is 99.3 per cent. Maybe Keys and Gray are just aware that correct decision making leaves them with a whole lot less material to work with.

I'm not sure if the assertion that the decision took away the drama is true either. Gabriel Jesus and the City fans went from ecstasy to despair and Tottenham did the exact opposite. By his own admission, Jermaine Jenas, pictured bottom right, a former Tottenham player, went from head in hands to a knee slide across his living room upon witnessing the decision be overturned. There was no passion lost, no holding back on celebrations,

I would argue it had more drama than any other game that day and probably more drama than most games this season will have.

They also talked about the penalty that was not given in the first half on Rodri and it's true it should have been a penalty, but the referee saw the incident and chose not to intervene. Keys and Gray were actually unintentionally advocating more use of the system, not less.

They did say one thing that I can get on board with. VAR is here and it is here to stay. Teams are going to get what they deserve with the highest degree of refereeing accuracy that we have seen in the Premier League and I don't believe it is going to reduce any of the drama. I, too, am disgruntled with the manner of how the goal was disallowed but that is an issue for the rule makers to iron out, not a problem with VAR.





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TOP OF THE LEAGUE FOR LOCAL AND INTERNATIONAL SPORT

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CHAMPIONS: First Deputy Chairman of the Supreme Council of Youth and Sports and President of Bahrain Olympic Committee Shaikh Khalid bin Hamad Al Khalifa, and His Majesty the King's Representative for Charity Works and Youth Affairs and Chairman of the Supreme Council for Youth and Sports Shaikh Nasser bin Hamad Al Khalifa welcome the national team and Coach Sousa

MABROOK BAHRAIN

AS the Bahrain National Football team clinched the West Asian Football Federation (WAFF) Championship trophy last week, few could have been prouder than the team's relatively new coach, Hélio Sousa and his squad.

Sousa, who joined as head coach in March this year replacing Miroslav Soukup, was brought in from Portugal to groom the Bahraini boys into top form. Previously having played on Portugal's 1989 FIFA World Youth Championship team, his coaching career brought him



FOOTBALL
By NAMAN ARORA
naman@gulfweekly.com

to the helm of the Portuguese Under-20 World Cup 2019 squad just as he took over the coaching spot for Bahrain's National team.

His FIFA background internationally has helped him inspire and prepare the boys not just for the WAFF championship but also the upcoming double qualifiers.

Sousa, who is in his maiden season coaching the team, said: "The boys have been working really hard. The 23 boys who went to Iraq were in peak form. With support from Shaikh Nasser, as well

as the King, we have been able to train well. We have worked on both the offensive and defensive front and the victory was a great showcase of the squad's prowess. As we go forward, we are going to be perfecting team cohesion and getting the team ready to step up their game even more so we can continue this winning streak all the way through the FIFA qualifiers."

The confident coach intends to leverage the winning high that the players are on to work even harder to succeed at the double qualifiers for the FIFA World Cup 2022 and AFC Asia Cup 2023.

The boys won the WAFF Cup last week in an exciting well-matched final game at the Karbala International Stadium. The Bahrain National team beat hosts Iraq 1-0 to clinch the West Asian Football Federation (WAFF) Championship trophy.

This is the first time since the Cup started in 2000 that the kingdom has won the trophy, despite tying for third place in the last West Asian Cup held in 2014 in Doha.

Isa Al Mousa, converted the sole goal in the game in the 39th minute, assisted by Mohamed Abdulwahab and Mohammed Shaban, shooting past Iraqi

goalkeeper Jalal Hachim, through tiny gap inches away from the left goalpost.

Over the game's final half



hour, the Iraqis tried their best to score, repeatedly making shots at the goal but were kept at bay by Bahrain goalkeeper and captain Sayed Mohamed Jaffar. Jaffar made some truly dazzling saves including one at close range in the 88th minute that could have tied the game but Iraqi striker Alaa Abbas was denied his moment with a critical save by the Bahraini captain.

Mousa was quoted as saying that it was a team effort and while honoured to have scored the winning goal, he could not have done it without his team.

Turn to Page 21