

Gulf Weekly

The community newspaper at the heart of Bahrain



October 16 - 22, 2019

BAHRAIN.OURS.YOURS.

Vol 18 - Issue 42

www.gulfweekly.com

facebook.com/gulfweeklyonline

gulfweekly

gulfweeklyonline

+973 17299181



Just look at what you can get!

- 160 Popular Categories across 5 sectors
- Over 60K referrals per month to Bahrain Companies + 160K referrals per month across the GCC
- Social Media Support
- Access to ABC mailing lists across 6 GCC countries with over 150K email addresses



EATING OUT:
Harvest festival
SEE PAGE 11



COLOURFUL CAMPAIGN:
Let's get painting
SEE PAGES 12 & 13



EXCLUSIVE
By NAMAN ARORA
naman@gulfweekly.com

A team of University of Bahrain (UOB) students are playing their part to protect the environment and our future by rejuvenating a traditional Bahraini trade, long forgotten since the advent of plastics – pottery.

Ahmed Muneer, Ohood Muthana, Esraa Isa, Zainab AlHujairi and Zainab Ali, most of whom study sciences, led by chief executive Rahma Aleskafi sat one day at the University, brainstorming ideas for a product uniquely Bahraini that also spoke to their personal values of sustainability and environmental consciousness.

"We wanted to enter the INJAZ competition and create something good for the environment but also good for people," Ohood said. "Ahmed had a ceramic mug in his hand and preferred to drink water out of that than from a metal bottle. That got us thinking about using clay bottles to carry our water around."

Calling themselves, "Can Company" as a subtle reference to the shape of their bottles and their optimism for the future to come, the team got to work like a group of scientists would: with lots of research.



Clay Pots or "matkas" are used all over India to store water to this day, but because of the lack of effective stoppers as well as the labour-intensive process

of crafting bottles versus the mechanised production of steel water bottles, mass adoption remains a pipe dream. To counter that problem, the team used a

cork bottle stopper, creating a historic yet hip bottle that would not feel out-of-place at an uppy café.

The team went on to win the INJAZ "University Company

for Best Social Impact 2019" Award, beating out nine other teams and decided to start selling their wares on Instagram and online.

● Full report - Page 2



As Mercedes as Day One

Discover the best Certified Pre-Owned cars from Mercedes-Benz.

There has never been a better time to purchase a Certified Pre-Owned Mercedes-Benz. All Certified Pre-Owned Mercedes-Benz are now inclusive of a 3 Years Service Package and 5 Years warranty*. Visit our Certified Pre-Owned showroom today or call us on 17785454 for more info.

*Terms & Conditions apply.
*Remainder of the 5 years warranty.

Mercedes-Benz
The best or nothing.



Al Haddad Motors, Kingdom of Bahrain. Tel: 17785454
marketing@alhaddad-mercedesbenz.com, www.bahrain.mercedesbenzme.com

Ancient clay bottles make a comeback

THE Can Company team, validated by their INJAZ award, needed to find a way to mass-produce their bottles and perhaps more importantly, market them, writes Naman Arora.

The team started researching the benefits of using clay to store water and found age-old wisdom that shaped their modern business.

From improving metabolism to homeopathic healing properties, one can find various texts alluding to its benefits, but the innovators needed to find something with scientific evidence.

"We did some primary research and found that water in Bahrain, which sometimes can be acidic, is neutralised by the alkaline properties of clay," Ahmed added. "This prevents and treats many stomach issues and also tastes better!"

Clay also provides a natural way of keeping water cool, instead of refrigerating it. Not only does this mean a smaller carbon footprint, it also means the water is just cool and refreshing, instead of chilled and more likely to cause a sore throat.

Whilst new shiny metal bottles are touted as the end of climate change and

single-use plastics, each bottle often has a huge carbon footprint. According to a 2009 *New York Times* op-ed by Daniel Goleman and Gregory Norris, a single stainless steel bottle requires seven times as much fossil fuel, releases 14 times more greenhouse gases, demands the extraction of hundreds of times more metal resources and causes hundreds of times more toxic risk to people and ecosystems than making a 32-gram plastic bottle.

While, over a period of time, stainless steel is more sustainable than plastic, clay pottery has a relatively negligible footprint.

Equipped with their scientific foundation, the team approached a pottery shop in A'Ali and using a traditional method passed down through generations, crafted their first clay bottle.

Since they didn't use any industrial processes, they also realised that there would be no risk of toxic chemicals, like Bisphenol A (BPA). But this was just the start of their testing process.

One significant disadvantage of clay bottles is how easily one might break. The team countered that with a leather satchel.

"We found these leather satchels that we could adapt to the size of the bottle," said Zainab, "And

while they don't make them unbreakable, there is something to absorb the impact."

The team has been selling these pots on a small scale via Instagram and pop-up

markets, like the one hosted by Cult Bahrain a few weeks ago.

While studying full-time, the team has moved more than 300 bottles since they launched late last year. For the group of scientists, figuring out marketing was its own challenge.

"We have some friends helping with social media, but we wanted to come up with ideas to make people feel delighted and excited about their purchase," Ohood added excitedly as the *GulfWeekly* caught up with them at their latest pop-up market. "So we have these tags, which can double as bookmarks, with some quotes hand-written by us, just so people know how unique each piece is. And the best part is, with non-toxic paints, people can further personalise their bottles!"

"More importantly, we

want people to treasure their heritage and be smart about decisions that impact the environment. By using Bahraini clay, we wanted to stay local and make

people think about how to reduce plastic, protect the environment and never forget their heritage."

Follow @can.company on Instagram for more details.





All jazzed up!

AS the Jazz Fest revs up for its third iteration, it may seem difficult to believe that it all started with a coffee table conversation and now, a mere three years later, the event has grown into an international phenomenon putting Bahrain firmly on the international jazz scene.

Co-founders Jude D'Souza, Michael Goodger and Paul Gindra had peripherally known each other for a few years, often roaming in common circles, before a passion for music and music festivals brought them all together.

Jude said: "Individually, we each wanted to do something to elevate the music, and especially the jazz music scene in Bahrain. We started talking about it one day and each of us comes from a different professional background, giving our team a very diverse set of skills."

Jude, managing partner at Clockwork, a marketing consultancy firm took care of the business and marketing side of things while Michael, the beverage and events manager at BMMI and Paul Gindra, the director of food and beverage at the Royal Golf Club



MUSIC SCENE
By NAMAN ARORA
naman@gulfweekly.com

operations side.

When they first started planning the event, they were hoping to attract a small crowd of about 500-700 people. But once Paul Gindra, who also works as the director of food & beverage at the Royal Golf Club was able to secure the driving range as a venue, the trio realised that this could be much bigger.

On the day of the festival,



3,500 people turned up and tuned in as bands regaled them with everything from blues to bebop. That's when they realised they had a strong idea. This year, they expect well over 5,000 people to attend and with every iteration they improve the music and customer experience.

Jude added: "This year, we have decided to introduce cashless payments. Every experience we create must be seamless, so we don't try to add too much at once. This year, attendees will get a RFID wristband when they enter the festival venue and load it up at a few stations with cash or credit. They can then use their wrist band like an eWallet with all the vendors

at Jazz Fest. Since Bahrain is growing to be a FinTech hub, we thought we would have a fun but very useful implementation of it during the festival."

On the music side of things, cult band Spyro Gyza will be headlining this year's event along with Nubian Twist and Lone Star Blues, with local bands like The Relocators and This Might Be Jazz showing off their latest work. There will also be a second stage where bands like the St Christopher's School Big Band will perform.

Jude said: "We really want to break the stereotype of jazz. Jazz influences and is influenced by so many cultures around the world. Contemporary, Acid, Afro Jazz, Latin, there are so many variations and we want to bring the spectrum to Bahrain. Yes entertainment is the main goal, but we also want to educate and broaden people's minds and expectations when it comes to jazz."

Every year has brought with it new changes and according to Jude, the boys knew the festival was a success when they attended "jazzahed!" which is the world's premier jazz enthusiast event, and were bombarded with artists and bands from 'musically advanced' markets like Europe and North America.

That's not to say the boys have not had their challenges. At last year's Jazz Fest, they were paid a visit by a very unwelcome and unanticipated guest: hail and rain. Though, they stuck through the storm and the show went on, they learned valuable lessons about back up plans and always adjusting and evolving, which they continue to imbue in their DNA.

Paul said: "Since we started, it's been a lot of fun, even the tougher days. Every year we have tried to evolve and introduce something new to the experience. In the first year, we came up with free parking rides, essentially shuttling people

to the venue.

"Last year, we built on that with the mobile app, which replaced all the paper festival guides with one, hard-to-misplace guide. This year, we have the wrist bands and we also have expanded the pre-festival events and added

almost a week's worth of club nights, working with lounges across the kingdom to bring more tourists to the island and highlight Bahrain as a hub for all things jazz."

Find out more about the Jazz Fest and buy tickets at www.bahrainjazzfest.com



RAW CANDY

Vegan Chocolate Bar + Wellness Café



Delicious & Healthy.

Using natural sweeteners and the finest Peruvian raw cacao.



PLANT BASED



ORGANIC



DAIRY FREE



SOY FREE



REFINED SUGAR FREE



GLUTEN FREE

info@rawcandyshop.com

raw.candy

+973 3722 3620

Mezzanine floor, Almoayed Tower, Seef District

Cultural game on the cards

TWO Bahraini card and board game enthusiasts are paying homage to the kingdom's culture with **Al Nakhal**, a card-based board game in which players compete in a race to build a palm tree farm.

Alaa Hashim Mahmood, 29, who moonlights as a financial analyst in the public sector and Eman Ebrahim Sharif, 32, who works as a banker in the private sector, have been designing games targeted at Bahraini audiences, and with their second card game, **Al Nakhal**, they want to bring all Bahrain-lovers to the table.

Alaa said: "When we first thought of making a new card/board game, it was by coincidence. When we were playing ourselves the original version of Monopoly Deal card game with our friends, it has UK city names on it, and we thought, 'What if we can have it with Bahrain cities?' Eman made a draft version with Bahrain cities and Bahraini local terms on the cards out of fun only to try playing it with family and friends. It was a huge hit and this small idea became a very successful start-up."

The games are all card-based and **Al Nakhal** features



COMMUNITY REPORT
By NAMAN ARORA
naman@gulfweekly.com

comical drawings by Eman on each of the cards. The game, intended for two to five players, aged seven to 97, has three sets of cards. The first set is comprised of board cards, which are shuffled and then laid out in a square. These become the 'board' for the game and each time the configuration can be altered. The cards include squares like the Witch of Leaves (a folk bogeyman used to scare

to get all the 12 items wins the game, but the catch is that you can only buy each supply when you land on the central market square.

There are also ground action cards, five of which are dealt to each player, which can be used to attack other players and delay their farm fantasies.

Alaa added: "When we first decided to make **Al Nakhal**, we wanted something inspired by Bahrain's culture. Bahrain was famous for being, 'the country of a million palm trees,' so we

thought, why not bring this legacy back in a fun interesting game that can be played by kids and families to remind them of it. Having a farm, **Nakhal**, is very popular in Bahrain society. The main goal of the game is to finish your farm first and it can last up to 40 minutes."

The duo has been designing games since 2013, their first one being Bahraini Deal and their latest one being Gam Al Shoot, a Bahraini all-ages version of Cards Against Humanity.

They have released several expansion packs for Bahraini Deal, which continues to be their most popular game, but **Al Nakhal** is their first multilingual game, with bilingual cards and rules.



DYNAMIC DUO:
From left, Eman and Alaa and, below, the different games

When we first decided to make Al Nakhal, we wanted something inspired by Bahrain's culture.

children) which can mean turbulent times ahead, Salaries which indicates incoming windfall and more, all based around Bahraini culture.

Each player starts off with BD2,500 of play money and the goal of the game is to acquire the 12 supplies, indicated on 12 flippable tracker cards per player, needed for a functioning farm, starting with soil, tools and chickens, all the way up to a palm tree plantation. The first one

As for what's next, the duo says: "We are updating some of the games by launching an update collection of cards. Plus, we are now in the high-tech era so we are

exploring the idea of shifting to mobile application-based versions."

The up-start's games are sold at Euphoria in Seef Mall, Star Shine in Arad

and Muharraq, Ice Games in Isa town and online through feehla.com, with prices ranging from BD3 to BD11. For details, follow @bahrainideal on Instagram.



Reliving joys of childhood

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

The kingdom's popular gaming group, TableTop House Bahrain, aims to spark nostalgia, build social bonding as well as provide an escape from every day "adulting" by staging bi-monthly mini-conventions for young and old to enjoy.

The group, which is made up of various board gaming and role playing aficionados including Nasser Al Alawadi, Mohamed Al Shirawi, Abdulla Sultan and Khaled AlDossary, have been hosting events since 2018 to share their childhood joys as well as to help develop the surface-playing scene across the island.

"Tabletop is any game played on a surface or table such as Monopoly or even Wargaming," said Nasser, a 39-year-old real estate agent from Gufool who has been playing Dungeons & Dragons (D&D) since 1999. "Dungeons & Dragons is a tabletop role playing game where you play as an imaginary character using a character sheet that has stats and dice to determine failure or success."

"There are no boundaries to this game and it is a great way to fuel someone's imagination."

"Tabletop role playing has been in Bahrain for 30 years thanks to the likes of Hamad Al Najjar who, from what I remember, was the oldest dungeon master (DM). He started it up in the 90s and now we are passing on the torch to teach the next generation. We host these events to give the hobby exposure, offer people the experience and joy of playing these games, to show them that there is more than video games and how it can be a social gathering where people meet face-to-



face and have a great time."

The group, which is now led by Abdulla, 23, a banker from Juffair, recently held an event at Darseen Café, at Bahrain National Museum, featuring one-shot games. According to Nasser, one-shot is a game that takes from an hour to two hours where players are introduced to a scenario. "Basically, you have to play through that scenario until it's resolved, whether it may be goblins attacking a village or rescuing a fair maiden; the usual fantasy trips that are

dedicated gamers attended the event including the kingdom's first female DM Kirsten Hofstad.

The 32-year-old teacher who lives in Mahooz has been playing D&D since she was 12. She said: "It's a great way to meet people and make friends. I first started being a DM when I lived in Thailand and wanted to find a role playing group. I decided to try my hand at it since finding a DM to run the game is the hardest thing to do. I discovered that I really enjoy being a DM more so than

playing the game. I have been a DM for eight years now."

Yasmine Bouroubi, 31, a teacher from Janabiya, sat in on Kirsten's game as her children Hamza, five, and Zaynab, eight, and her husband Reda Ibn-Tahaikht cheered on. She said: "I like this game because it's sociable, there is team work and you will meet people. I definitely think my children should get into this because they aren't sitting in front of a TV and it's all about face-to-face interactions."

Other parents tend to suggest joining Wargaming, run by Radio Bahrain DJ Khaled, for its therapeutic and

strategic aspects. "Wargaming is a hobby that started by H G Wells," said Khaled, 34, who lives in Hamala and started playing the game in 2015 before developing a group on Instagram @wargaming_bahrain. "It was an idea he

had with a friend of his who was ill at the time. He wanted to find a way for them to both have fun. He took toy soldier figures from his nephew and developed a game using dice in combination with soldiers and measuring tape to move and simulate combat, which they were very big fans of because they were both historians who loved to read battles."

"This hobby features two factors. Some people love to play the side of the game that's throwing the dice and simulating battles. Then there are people who like to paint miniatures."

There are recurring events such as paint nights. "We teach painting workshops and we get different ages

playing this game too," added Khaled. "Many parents want their children to do something tactile with their hands and then they will get to take the miniature soldier or figure that they painted home."

People can follow @tabletophousebh to find out more about upcoming events as well as the weekly games run at The Raven's Nest Café. Co-owner Mirna Almaz, 32, who lives in Seef, said: "We

encourage people to leave their screens and technology behind and focus on using their minds to strategise, imagine and role play for the sake of entertainment. We all know the brain is a muscle and board games are considered exercise for one's mind. These hobbies are also used to fight depression and anxiety; not to mention, strengthening social interaction and bonding."



"We all know the brain is a muscle and board games are considered exercise for one's mind."



available," explained Nasser. "Some people played D&D, I ran the Pathfinder game and other people featured other systems. There was even a Star Wars tabletop role playing game and another person ran Starfinder."

Around 100 aspiring and

Gulf Property SHOW

THE AVENUES BAHRAIN

06 - 07 - 08 - 09 NOVEMBER

Featuring Golden Gate Developers

+973 17 299 123 | info@hilalce.com

gulfpropertyshow.net | @gulfpropertyshow



Hilal Computers

**Maximizing performance and efficiency
Dell service provider
Tel: 1729 3749 ext 2220**

Rasika's



real deals

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

EMPORIO ARMANI UNVEILS NEW STORE

AN elegant and edgy Emporio Armani unveiled its latest concept store at City Centre Bahrain.

This flagship store, which was conceptualised by Giorgio Armani and his team from Italy, is the first-of-its-kind to be launched in the Middle East in terms of colour combinations and design. The lifestyle brand features the latest collections for men, women and children including formal and casual wear, sportswear, leather

accessories, watches, eyewear and jewellery collections. This brand is a sub-label of Giorgio Armani, which is where the inspiration for these quality items began.

The event featured a ribbon cutting conducted by the Italian Ambassador Domenico Bellato.



Dignitaries, invited guests, members of the press and social media influencers were given a tour of the spacious store and were introduced to the new Autumn Winter 2019 line whilst enjoying the musical stylings of DJ Mysterioo Arif.

This is the second store to be opened in Bahrain, with the first situated in Moda Mall.



Alosra Supermaket

1. Apple gala organic per kg – BD1.800
2. Beef sausage per kg – BD4.300
3. Dr Oetker Ristorante pizza Quattro formaggi 390gm – BD1.250
4. Fantastic original rice crackers 100gm – 733fls
5. Grapes red seedless US per kg – BD2.500
6. Potatoes per kg – 450fls
7. El Corte Ingles paper tissues 15s – 995fls

Al Jazira Supermarket

1. Nestidante rose and peony shower gel 300ml – BD1.500
2. Nestidante lift shower gel 300ml – BD1.500
3. Nestidante rose and peony hand wash 500ml – BD1.800
4. Nestidante thermal water 500ml – BD1.800
5. Original sauce lime and coconut milk – BD1.260

Ansar Gallery

1. Nescafe 3 in 1 classic 28x20gm – BD1.695
2. Fabion ice cream asst 2x1ltr – BD1.575
3. Verda macaroni asst 4x400gm – 495fls
4. Quaker oat flakes 3x400gm – BD1.195
5. Elvan choc'n roll chocolates 24x18gm – 495fls

Lulu Hypermarket

These offers are available from tomorrow until October 23.

1. Kerrygold red cheddar cheese/kg – BD4.990
2. Spanish stuffed olives with pimiento/kg – BD1.350
3. Palatina Saudi feta cheese/kg – BD1.150
4. Almond roasted salted/kg – BD4.490
5. Black pepper whole/kg – BD2.990
6. Igloo ice cream assorted 1ltrx2 – BD1.950

REVIEW: THE O'DWYERS BAND – BENNIGANS AMWAJ

CELTIC MUSIC has a merry yet morose melodic quality to it that puts one in the mood to tune in, tune out or turn it up, lending itself to a wide spectrum of moods.

To me, even a sad ditty can relieve the stress of a particularly long week, as long as I ignore the lyrical references to The Troubles and Bloody Sunday. With a jovial evening on my mind, I headed to Bennigans Amwaj last weekend to check out their new Celtic fusion act, The O'Dwyers.

At first I thought that I was going to check out a family band, formed by the eponymous O'Dwyers, a misconception seemingly confirmed when I saw three generations of musicians step up to the stage.

While Joe Dalton, 40, on bodhrán, Martin Parker on mandolin and acoustic guitar, and John Jaworski on violin, may not be a family by blood, they definitely played like one.

If bodhrán sounds alien to you as it did to me, it's an Irish frame drum with a head made of goatskin tacked to one side and open-ended on the other for one hand to be placed



against the inside of the drum head to control the pitch and timbre, played skillfully by Joe with a cipin (tipper). And the best part is, with an Irish accent or enough Irish coffee, the word sounds like Bahrain!

The trio have been entertaining Irish enthusiasts all over the island for the last four years, having performed at most of the Gaelic venues across the kingdom, including the Gaelic festival held annually at the Bahrain

Rugby and Football Club. Having lived here for a good portion of their lives, they each found their own way to the genre, Joe by choice and John and Martin by association, now doing it part-time on the

weekends. They describe themselves as an "eat-and-greet" band since they often get to intermingle and get familiar with their fans between sets. Beyond its despondent cheeriness, the other thing

I enjoy about Irish music is that 80 per cent of it is participatory and as the night gets louder, so do the singalongs. Perhaps musical talent tends to shine when infused with liquid courage or perhaps it's about being in close quarters with a rambunctious rabble but the clap-alongs got more spirited and the voices grander as we enjoyed beverages in Bennigans' Celtic corner.

As the crowd sang along to *The Old Triangle Went Jingle-Jangle*, we checked out the menu, finding a decent offering of Irish fare and chatted with Ibrahim Abdo, the general manager of Bennigans, who 'found' the band, said: "We want to see how the O'Dwyers fit in at Bennigans so we have brought them in for Friday evenings until 8pm, with the in-house band taking over then."

The O'Dwyers play at Bennigans Amwaj every Friday from 5pm to 8pm. Check them out to get your Celtic fix!

– Naman Arora

FinTechFocus

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



Taking stock of the future...

BAHRAIN is set to become one of the first countries in the world to integrate blockchain technologies into a global stock exchange, opening up the opportunity for global investors to invest in international and local firms listed in a secure, blockchain backed environment.

Blockchain is a growing list of records called blocks maintained on hundreds, sometimes thousands, of networked machines that are linked using cryptography. Each block contains a cryptographic hash of the previous block, a timestamp, and transaction data.

By design, a blockchain is resistant to modification of the data. It is an open, distributed ledger that can record transactions between two parties efficiently and in a verifiable and permanent way.

The concept originated from the infamous Bitcoin white paper published by the pseudonymous Satoshi Nakamoto in 2008 and has found many implementations outside of cryptocurrency.

The Nakamoto paper has inspired many implementations and modifications, including the Ethereum blockchain, which is an open source, public, blockchain-based distributed computing platform and operating system featuring smart contracts, supported by a modified version of Nakamoto consensus via transaction-based state transitions.

On the Ethereum blockchain, assets have been tokenized in blocks and transfers recorded in distributed ledgers, allowing ownership to be transmitted directly between parties almost instantly with low transaction costs, due to the lack of expensive middlemen.

Sprinkle Group is a Luxembourg based FinTech organisation that wants to create a stock exchange on the Ethereum blockchain. Over the past eight years, the firm has built up a financial ecosystem mainly in US, EU and China, observing the lack of infrastructure for effective cross-border investments.

Sprinkle Group chief executive Alexander Wallin said: "With the advancement of blockchain technology in 2016 we started building

out one of the first stock exchanges using blockchain technology for settlement.

"Hindered by slow regulatory improvements in the US, we set out to find the most innovative FinTech region in the world in 2018. Bahrain came out as the best place to grow our exchange." Eleven months ago,

Bahrain came out as the best place to grow our exchange.

the company's SprinkleXchange was accepted into the Central Bank of Bahrain (CBB) FinTech sandbox, which it has just graduated.

SprinkleXchange is the first Blockchain Bourse listing Global Depository (GDR) Receipts, capable of direct listing in the IPO market



BLOCKCHAIN BUSINESS:
Co-founder and CEO Alexander and, below, Basil Sharaf, Alexander and Thomas

using Ethereum Blockchain, trading cryptocurrencies, equity securities, and debt instruments on a single secure platform.

Sprinkle Group also plans to allow for Initial Public Offerings (IPO) through direct listing or using automated Dutch Auction.

To support its initiatives, the company is also launching the SprinkleBit social-investing platform that allows users to connect with reputed investors and follow their advice.

With an education management system in place, this platform is targeted

at new investors, who can also buy fractional stocks, portions of high value stocks for a lower total price tag. So, instead of paying USD1,730 (BD652) to buy one stock of Amazon, users can buy as little as 0.01 of a stock, for USD 17 (BD 6.520), allowing them to diversify their portfolios without having six-digit base capital requirements. The fees also are lower than those charged by traditional financial institutions.

Sprinkle chairman Thomas Wallin said: "Seamlessly integrated into SprinkleBit, the company is also launching Sprinkle Brokerage, which is a registered SEC broker-dealer providing effortless access to investing in US securities such as stocks and will later add options trading."

Setting up its global headquarters in Bahrain will create ten jobs right off the bat, but running an exchange can be a complicated affair.

The company told *GulfWeekly* that it plans on vetting companies and doing its due diligence in-house, which while cost-effective will have to be done carefully to prevent fraud in the system.

Social networks with investing advice have often been hit by pump and dump attacks, in which perpetrators drive up or down the price of a stock, only to sell or short at a profit, without any market need for a price adjustment.

According to Alexander, the system has a built-in Value Prediction Index, that tracks the credibility of every user on the platform to identify bad players and has built-in breakers to prevent bank runs.

In terms of local companies that will be allowed to list and raise money via the platform, the company is relying on the CBB's stringent yet progressive assurance process.

Alexander continued: "With a progressive regulatory system which works together with the fintech ecosystem to shape the future of finance, an educated and welcoming workforce, and rigid innovation framework, including EDB and FinTech Bay, made the decision easy. We have run our operation here since August last year and the feedback has been overwhelmingly positive along with the support from the local community."



Just look at what you can get!

- 160 Popular Categories across 5 sectors
- Over 60K referrals per month to Bahrain Companies + 160K referrals per month across the GCC
- Social Media Support
- Access to ABC mailing lists across 6 GCC countries with over 150K email addresses



abc-bahrain.com



OGN
OIL & GAS NEWS

The energy industry's
trade journal for the GCC region

www.oilandgasnewsonline.com

Today (October 16)

Get your fill of the ocean with unlimited sushi from InterContinental Regency's Elements Pool and Lounge special selection 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.



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.

Reef Resort's Tokyo Reef restaurant features a specially-created set menu that is offered on weekdays (Saturday-Wednesday, closed on Mondays) from 3pm to midnight where guests can watch as the chef prepares sushi, sashimi, maki and other Japanese fare before their eyes. Set menu priced at BD18+++ inclusive of a select Asian beverage. For details, call 13110110.

'Sushilize' with friends and colleagues 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 (October 17)

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 77707070.

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.

The Bizarre Lounge at Le Meridien City Centre Bahrain 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 (October 18)

Check out Jumeirah Royal Saray's brunch 'The Brasserie Way' every Friday from 1pm to 5pm, priced BD27net with soft drinks and BD35net with selected beverages. The little guests will love their dedicated buffet and the special activities organized by the Bulbul Kids Club team exclusively for them! Call 77707070 for details.

Leisure Guide

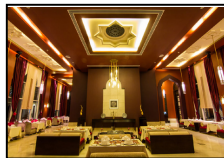


Listings, lifestyle, travel, entertainment and sporting events by Naman Arora



Spread across three of InterContinental Regency Bahrain's finest restaurants is the unforgettable Brunchism experience, a brunch buffet featuring live food stations and culinary choices from around the world, accompanied by live entertainment and kids activities, with food and music around the pool area. Priced at BD22net for the soft drink package and the BD32net for the select beverage package. Call 17227777 for details.

Take a trip through Thai cuisine every Friday at Gulf Hotel's Royal Thai's sumptuous buffet, with live cooking counters serving papaya salad, satays, carvings and a selection of fresh seafood. It's priced at BD15net for the buffet inclusive of two select beverages. For more details, contact 17713000.



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.

Brunch away at The Harvesters at Crowne Plaza Bahrain on Friday and enjoy

unlimited selected beverages from 12:30pm to 4pm and enjoy platters of international mouth-watering cuisines spread across two venues. Priced at BD33net with unlimited select beverages. Call 17531122 for details.

From today until October 26, indulge in the Four Seasons Hotel Bahrain Bay's Bayview Lounge's Autumn Seasonalitea - a spectacular array of comforting teas. Priced at BD28.5net for 2 guests and BD35net including grape. For reservations, call 17115500.



Enjoy the Four Seasons Hotel's Friday Market Brunch at the Bahrain Bay Kitchen. Enjoy this spectacular open-air environment dappled in sunshine, with a side of crisp air sharing food and experiences as you stroll through the market at the many pop up stores that represent many local artists, designers and craftsmen. The event runs from 1pm to 4pm and is priced at BD30net per person including soft beverages and BD43net person including a select beverage package. Children between six and 12, get a 50 per cent discount. For reservations, call 17115500.



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.

Spend an unforgettable day in the sand beach infinity pool from 8am until sunset and embrace the Latino vibes at the Reef Resort's Pool Delight. Spice up your evening with a variety of Latino cuisine and entertainment all priced at BD22+++ per person. Kids aged six-12 get 50 per cent off. 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 an international brunch buffet 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.

Saturday (October 19)

Enjoy a delectable selection of handcrafted entrees, cakes and magical milkshakes all day every day at The Westin Bahrain City Centre's 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 BD3net. For more information, call 17171441.

Join the Gulf Hotel's professional pastry chef instructor for The Art of Cooking class this Saturday from 10:30am to noon for a lesson with Chef Daniel. Get fluffy as you learn about the closely guarded secrets of the baking oven from a chef who has mastered them over 40 years and earn a certificate and apron. The price per person is BD18net including lunch and seating is limited to 8-10 guests. For more details, contact 17713000.



Spice up your Saturday with wasabi and live jazz as you join the fun-loving chefs at the Four Seasons Hotel Bahrain Bay's re/Asian Cuisine, who will be turning their hands to sushi, rolls and all things Japanese during this hugely popular brunch from 12:30pm to 3:30pm. Priced at BD32net including soft beverages and BD44net including select beverages. For reservations and more details, contact 17115046.

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



THINK PINK HAPPENINGS

OCTOBER marks the global solidarity movement for Breast Cancer Awareness, which is a reminder for individuals to preventively get themselves checked and to continue raising funds for research and cure of this fatal illness. The Ritz-Carlton, Bahrain honours this initiative with a variety of special treats, culinary experiences and a stylish Pink Island Party where a portion of the total sales is donated to Think Pink Bahrain. Key events on the schedule are:

Pink Island Party on October 17 from 8pm to 1am on The Private Island.

Priced at BD25
Pink Brunch on October 18 from 12:30 pm to 3:30 pm at La Med. Priced
Pink Delights every day of the month from 10 am – 11 pm at The Ritz Gourmet Lounge and The Lobby Lounge
Primavera's Pink Menu every day of the month from noon to 3 pm.
Pink Treatment throughout October from 9am – 9pm at The Ritz-Carlton Spa.
For details, contact 17586499 or email rc.bahrz.restaurant.reservations@ritzcarlton.com

A PINK Pony Day will be held at the Muharraq Riding School on October 25. Entry is BD1 per person and it runs from 4pm to 7pm.

A Ride 4 Pink will be held on October 26. Think Pink ambassadors will participate in the fourth annual horse parade for awareness. Registration is priced BD7 and there are limited spaces.
For details, contact 39858770 or 33090088.

JUMEIRAH Royal Saray Bahrain's Palm Lounge welcomes you for a delightful Pink High Tea experience running daily throughout the month. Whether you love pink, want to support the charity or devour some delicious delicacies, the Pink High Tea, served in an elegant atmosphere, is a delight for the eyes and the taste buds. Priced at BD25net for two persons, with 10 per cent of the Pink High Tea proceeds going towards Think Pink Bahrain Breast Cancer Society. It's open from Saturday to Wednesday from 1pm to 7pm and on Thursday and Friday from 1pm to 8pm.
For details, contact 77707070.



DESIGNED for your absolute relaxation, the Lagoon Beach boasts serene views from sunrise till sunset and is one of Reef Clubhouse's most scenic spots in the kingdom.

The Reef Clubhouse's new indoor pool is now open! The large-scale indoor pool is a sight to behold with every detail designed to make being here a delightful experience. Whether enjoying the warm water, a drink at the poolside bar, soaking in the jacuzzi, or relaxing on deckchairs, the pool offers a world-class environment in which to spend moments of leisure.

Enjoy their Pre-Launch Special and relax and unwind every day until Sunday. For



only BD10 net/person at the food savoury area, guests can enjoy free access to Lagoon Beach facilities including the new indoor pool

while children under five are free of charge.

Located at the Reef Island, the scenic Clubhouse & Lagoon Beach are perfectly

positioned overlooking the panoramic view of Bahrain skyline where guests can create memories with loved ones aboard the Lagoon Moon floating restaurant as they witness the striking view.

The Clubhouse is a vibrant hub of lifestyle amenities placing you at the heart of a world where dining, well-being, leisure, socializing and relaxation are all yours in luxury surroundings. It also has a playroom area where a sphere of entertainment and educational fun will keep younger guests amused in a safe and engaging environment.

For inquiries, call: 77900700.

Lounge at InterContinental Regency Bahrain's Legendz Steakhouse and enjoy the Lazy Legendary 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.

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

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

degustation at Gulf Hotel's La Pergola. The menu features a selection of spaghetti with pesto and calamari, homemade gnocchi with tomato & basil, deconstructed lasagne moderna with beef ragout and much more! Priced at BD10+++. For more details, contact 17713000.

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 Bay Bahrain. Doors open at 7pm. Prices range from BD48 – BD85 depending on the number of courses and the beverage pairings.
For details, contact 17115044.

At The Red Plate on Mondays, enjoy all the pizzabilities and get two pizzas and a select beverage for BD15net.
For bookings, contact 17360061.

Tuesday (October 22)

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 and restaurants, excluding the spa and Rasoi by Vineet, which, instead, has a special set

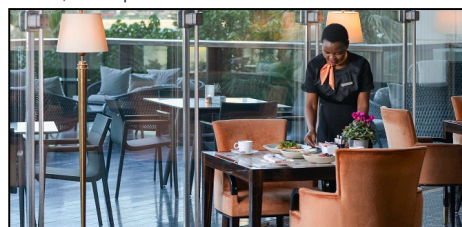
menu for ladies this evening. For details, contact 17713000 or email info@gulfhotehbahrain.com

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, inclusive of one selected beverage.

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

During the month of October, the Spices restaurant at the Crowne Plaza aims to flip the concept of the traditional Biryani on its head by offering a range of regional Biryani dishes seldom experienced in the Middle East. Excite your palate with the unique ingredients and flavor profiles of these amazingly versatile Indian dishes. 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 ethical and wholesome vegetarian dining that will satisfy herbivores and omnivores alike.
For details, contact 17115500.



Sunday (October 20)

Feast on a tasty Mediterranean Business lunch amidst the busy Seef district at Jumeirah Royal Saray's Brasserie Royale from Sunday to Thursday with a three-course menu and delicious options to choose from. Priced at BD15net per person.
For more information and reservation, contact 77707070 or email jrsb.brasserieroyale@jumeirah.com.



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.

Monday (October 21)



The Ritz-Carlton, Bahrain's Mamma Mia Mondays at Primavera will feature Chef Delfino cooking up a menu just like grandma would have wanted it. Gather the family or your best group of friends and savour the afternoon with a variety of sharing dishes including the signature Antipasti Board, Braised Beef with Polenta, traditional pastas, grandma's Tiramisu and more. The cost is BD25 for adults, including a beverage package and BD10 for children, ages 4 -12.
For more details, contact 17586499 or email rc.bahrz.restaurant.reservations@ritzcarlton.com

Relish four of the best pasta recipes by Chef Perbellini every Monday with a delightful



Gulf Hotel is pleased to invite Bahrain to experience the REVIVAL – the No. 1 Abba Tribute band at the Sherlock Holmes on October 24 and 25. Since the summer of 2006 Lisa (Anni Frid), John (Benny), Nina (Agnetha) and Marcus (Björn) have been pushing Revival to be the best it can be.

As Lisa puts it: "It's not just a case of singing the songs. We have to become ABBA. Every line of every song, every nuance of each verse and chorus is ingrained in the audience sub-conscious and we don't have any margin for error. I think that makes us nervous and puts us all on our toes before a show. It's a good way to summon up the energy to deliver a great performance"

Enjoy an evening concert with the band on Thursday for BD10net, which includes one select beverage, starting at 9pm.

Enjoy a Friday brunch on Friday for BD29net (or BD26net for early bird bookings) from 12:30pm to 4pm.

The Gulf Hotel Bahrain's marketing and communications manager, Ryan Advincula, added: "The Sherlock Holmes is building on the success of the Bon Jovi tribute and bringing top notch tributes to audiences in Bahrain. Our latest is Revival where fans can experience Abba favourites like Dancing Queen and Super Trouper as they join us for a drink or brunch." Book your tickets now at: <http://pay.gulfhotehbahrain.com/events/>



Are you ready for the third Bahrain Jazz Fest? Featuring cult bands like Spyro Gyra, Nubian Twist and Flash Mob Jazz as well as local bands like The Relocators and This Might Be Jazz, this is an event you won't want to miss!

With more fun, more vendors and much more jazz planned this year, buy your tickets soon for the event happening on November 1 at the Royal Golf Club from 11am to 11pm.

● Learn more about the team behind the Bahrain Jazz Fest on Page 3.

For more details visit <https://bahrainjazzfest.com>

THE OLDEST, MOST
ESTABLISHED
TRAVEL TRADE
PUBLICATION
IN THE MIDDLE EAST

Travel & Tourism News Middle East
TTN
www.ttnworldwide.com

Your daily dose of the latest **TRAVEL AND TOURISM NEWS**
delivered to your inbox everyday
Sign up today! www.ttnworldwide.com/NewsletterSubscription

Fashion Weekly

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

Youthful look with a twist

FOUNDED in 1858 by John Spicer and Philip Robinson, Robinsons Department Store is one of the most iconic retail landmarks in Singapore. Robinsons has since become one of the best performing department stores in Southeast Asia.

The iconic Robinsons

Department Store, which is operated by UAE-based Al Futtaim Retail Group since 2008, has launched a youthful autumn and winter 2019 collection with a "grown-up" twist.

The brand, founded by John Spicer and Philip Robinson in 1858, is moving away from the summer's punchy neon and striking

statement pieces to showcase minimalistic garments that exude elegance and sophistication. Sport and streetwear influences have also been glamorized and there are unexpected pairings of fabrics and colours in this must-have collection.

Adosh Sharma, general manager of Robinsons, said: "As one of the region's most unique retail establishments, we are delighted to be offering something new this season through our 'Free Style' campaign. With the latest collections from more than 260 fashion brands available in-store, leading beauty brands and an ever-growing homeware collection, we truly offer something for everyone."

Womenswear includes stunning evening gowns and understated cocktail dresses by renowned fashion designers such as Ingie Paris and Zac Zac Posen; one-of-a-kind jewellery from Simon Miller and this season's "it" bags by Strathberry and Cult Gaia to name a few.

Here are the key trends to follow this Fall Winter 2019:

Urban Extravagance
Sports-enthusied pieces take



on a more glamorous aesthetic with oversized hoodies adorned with opulent embellishments. Track tops are crafted in luxurious fabrications in jewel hues.

Primary Layers
Second-skin items have already cemented themselves as wardrobe staples and the best part of it all is that bold and bright colours will drive newness. Luxe rayons take on sheen-like sportswear qualities, while semi-sheers prove great for layering items.

Tailored Fit
Tailoring takes on bolder silhouettes with strong-shouldered blazers styled with shorts and heels for a

new take on occasion dressing. It's all about the blazer.

Sporty Ruching
Ruching continues to evolve for autumn and winter 2019. Adjustable drawstring panels are carefully placed to create subtle definition or added to the hems of crisp shirting for a sporty touch.

Check Mate
Traditional checks are refreshed via new colourways. Heritage items such as the kilts and pinafores return, while experimenting with mismatched patterns keep head-to-toe looks current.

Jalal's timely tips on the latest trends

THE German manufacturer of luxury writing instruments, watches, jewellery, eyewear and leather goods, reaffirms its commitment to the fight against AIDS with the extension of its new line in October.

New pieces of the (MONTBLANC M) RED is set to launch around the same time as the sixth Global Fund Replenishment conference in Lyon, France, hosted by President Emmanuel Macron. The event will bring together governments, corporations, NGOs and private donors to pledge support for the fight to end AIDS, Tuberculosis and Malaria, with the goal of securing USD \$14 billion in order to save 16 million lives over the coming three years.

Montblanc's partnership with (RED), not only raises awareness for the fight against HIV/AIDS but it also gives people an opportunity to make a real impact by donating five euros with every purchase of a (MONTBLANC M) RED product. This amount is enough to provide more than 25 days of life-saving medication and the money will go directly to the Global Fund to support HIV/AIDS programmes in sub-Saharan Africa. Since 2006, its Global Fund grants have impacted more than 140 million people with lifesaving HIV/AIDS programmes, including prevention, treatment, counselling, HIV testing and care services.

To date, (RED) has generated more than \$600 million for the Global Fund to fight AIDS, Tuberculosis and Malaria, to support HIV/AIDS grants in Ghana, Kenya, Lesotho, Rwanda, South Africa, Swaziland, Tanzania and Zambia. Global Fund grants that (RED) supports have impacted over 140 million people with prevention, treatment, counselling, HIV testing and care services.

Following the launch of the (MONTBLANC M)RED line in 2018, the collaboration is expanding with the introduction of a trolley and a new writing instrument line.

For more information, visit www.montblanc.com/MontblancxRED



EatingOut

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



Autumn aromas

GOURMET REPORT
By NAMAN ARORA
naman@gulfweekly.com

GULFWEEKLY joined the Indian expat community for the Onam Sadhya, a special annual vegetarian autumn harvest festival feast, served on a banana leaf and featuring 24-28 items.

While Onam was celebrated a month ago, The Indian Club Bahrain extended its celebrations for a full month, culminating in the Sadhya this weekend, where they served over 2,000 people.

The Sadhya, which means banquet in Malayalam, featured 27 items served as a single course to almost 500 people per round for five consecutive rounds. Every aspect of the feast, from the preparation to the consumption, has both spiritual and rational logic behind it.

The meal can only be prepared in large quantities by approved chefs. This time, the team was led by Chef Shynjith Kannur and Chef Jayaprakash Palakkad, who were flown in from Kerala for the occasion.

For each round,



there was a 15 minute prep, which involved lots of collective chanting and more importantly, the serving of the "side dishes," collectively called kootan,

meaning curry. There is a time-honoured traditional order of serving these items and men and women were putting a tiny amount on each biodegradable plate, I mean, leaf.

As we talked to Stalin Joseph, the president of the Indian Club, the aromas of the food wafted over as volunteers laid out pappadums on each pappadum. Others spooned a myriad spectrum of curries in what seemed like a well-choreographed dance, with the aromas tantalisingly providing the musical notes for the afternoon. Stalin said: "I actually grew up in North India, so even for me, I learn something new every time. What blows me away is that there is a specific way of eating everything."

There are too many dishes to name, but a few standout ones were kootukari (a magical mixed spicy-sweet vegetable concoction), parippu

(a spiced lentil soup) and three different pickles – lime, lemon and mango. Each dish has a designated spot on the leaf. The pickles are served on the top left corner and the banana on the bottom left corner, which helps the servers easily identify and decide on offering additional helpings. The most common ingredients in all the dishes are rice, vegetables, coconut and coconut oil as they are abundant in Kerala.

The main grain is boiled rice, which is the last thing actually served. Everyone was seated, hungrily eyeing the food in front of them before the rice-man appeared with a bucket of rice. Once the rice was served, the sambar and parippu were not far behind. At first, I wondered how they would

manage to serve such a liquid dish on such a flat plate.

But my motherland's engineers did not disappoint. Two small craters were made in the mountain of rice into which were poured the sambar and parippu. As the rice mingled with their new spicy sidekicks, our resident Sadhya expert and lifelong Keralite, Gopal Nambiar informed me that the parippu has to be the first dish consumed, which I dove into with gusto.

To the uninitiated, one thing that may stand out is the lack of cutlery. Mildly familiar GDNonline editor Stan Szechowka stared at his plate in astonishment, as though waiting for it to serve itself to him, before being saved by a spoon. I chose the traditional



Chef Jayaprakash



Chef Shynjith

route, electing to eat with my right hand. Everything has to be mixed with the rice, to make eating it easier, and somehow, eating it as finger food instead of electing for the British route made it taste all the better. I loved the parippu, going for seconds and the avial, a mixture of 13 vegetables, cooked in coconut.

As the meal wrapped up, we were brought some buttermilk and a spicy soup called rasam to help digest the meal as well as the dessert, payasam, a pudding that is supposed to be had with the mini-bananas served on the plate.

As we were hurried out, lest the next round be left 'hangry,' I remembered why I love South Indian food. It is always served as a whole meal with several dishes each serving a digestive function and I have never felt lethargic after a meal. From the pickles to the rasam at the end, each part tastes delicious, is good for you and perhaps most importantly on a working Friday, is not the gateway to food coma.

I hope to make the Onam Sadhya an annual tradition not just for the food, but for the sense of community one gets when breaking rice with a group of 400 or so relative strangers.

● Scan the QR code to watch the festivities.



Subscribe to GulfWeekly's YouTube Channel.





DRAWN

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

A SPIRING sketch artists and doodlers are being invited to take part in a global drawing campaign to encourage people to pick up the colourful art form as well as raise awareness about how creativity is linked to wellbeing.

The Big Draw is an international initiative founded in the UK in 2000 as an arts education charity that promotes visual literacy and the universal language of drawing as a tool for learning, expression and invention.

There are Big Draw events being held around the world and thanks to Sarah Clarke, daring doodlers and drawers can join in the artistic fun in Bahrain.

Sarah, author of the popular Baloo's books based on her chocolate brown Labrador and founder of Baloo's Buddies to include, enable and inspire children of all abilities, said: "After the success of our Trash to Treasure up-cycling extravaganza in April, I was looking for the next great art idea that we could use as a vehicle to champion inclusion and environmental awareness in a fun and accessible way.

"I came across The Big Draw and signed Baloo's Buddies up to organise an event. This year the event expects to attract more than 500,000 participants worldwide in more than 25 countries at no fewer than 1,000 events. Simply put, it's a celebration of all forms of drawing to encourage people to grab a pencil, crayon, charcoal, chalk - anything really - and just draw!

"This year's theme is "Drawn to Life" and the goal is to show how drawing and creativity can help our mental health; something which, in this increasingly fast moving, technologically driven world, can easily get overlooked as we try to juggle more and more things.

"The more I thought about it, the more I realised that we could also use the "Drawn to Life" theme to benefit a wider audience in Bahrain, where sadly we have seen an increase in reported suicides. Perhaps drawing could in some small way, ease the burden of those in emotional distress?"

The event, which will be held at The Avenues - Bahrain's Gate 3 - The Bay Gate on October 24-26 from 10am to 8pm, is themed *Pathways to*



Wellbeing through the Art of Labyrinths.

"I chose the art of the labyrinths as our connection between drawing and mental wellbeing because labyrinths have been widely used by many cultures to support mental health, promote inner peace and improve general wellbeing," added Sarah, whose Baloo's Buddies programme is based in RIA Institute in Adliya.

"Unlike a maze, a labyrinth is not a puzzle to be solved; it's a spiral course with a single, winding, unobstructed path from the outside to the centre. It comes in all shapes and sizes and can be permanent structures or lines made in the sand or ones you can trace with your finger, eyes or pencil. They can be made from all sorts of materials - sand, pottery, wood, fabric, bottle tops.... just about anything really. They are often found in gardens as places for quiet contemplation."

Sarah has been visiting various venues and schools to paint pottery to include in a large labyrinth walkway.

She said: "It's a hands-on art activity for all ages and abilities. You'll be helping to make a large walkway out of pottery, a series of tactile finger pathways with buttons, shells and bottle tops, and your own labyrinth pathway on paper!

"We'll make a giant, wheelchair accessible walkway out of more than 1,000 pieces of broken pottery. The pathway is designed by local artist

Mohammed Taha to resemble a pearl shell and by using pottery donated by Delmon Pottery we've linked The Big Draw Bahrain to Bahrain's pearling history and pottery expertise."

At the event, children and adults will be taught how to design and draw a labyrinth on paper so that they can take away a tool with them that they may wish to use for relaxation and mindfulness.

"Finally, we'll create some tactile finger labyrinths so that visually impaired people and those with restricted mobility can also experience the art of labyrinths," added Sarah. "Ultimately, we hope to relocate the finished pathway to a garden so that Bahrain has a permanent space where people can relax and simply breathe."

Students from Wild About Art Company were the first to jump in to show their support to the creative cause. According to Sarah, they painted more than 50 large pieces of pottery to



TO LIFE



create around 250 surprise "giveaways" for participants at the event.

She added: "Taking part in this kind of event is a great way to engage with the community and teach children not only about how drawing can positively improve mental wellbeing but also the importance of including everyone in activities regardless of their background and abilities. Sana Asad, who founded Wild About Art Company, has taken part in several Baloo's Buddies Art for Autism Awareness events. We have a number of other groups lined up to paint pots and will happily deliver pots to anyone who wants to hold a Pot Painting Party before Sunday."

This event also coincides with International Artist Day Celebration on October 25. Sarah and her squad are planning to celebrate that with a live art event on that day in which up to 24 local and international artists will decorate a series of wooden plinths with

interpretations of Bahrain's Big Draw theme.

The plinths were made by Nedhal Nooh and will be used to mount the tactile finger labyrinths. The plinths, along with the walking path and other labyrinths drawn at the three-day event will be exhibited at The Avenues until November 2.

RIA co-founder Christine Gordon MBE is delighted to be staging the first ever Big Draw Event in Bahrain with Sarah. The RIA Institute Bahrain is an inclusive education centre that caters to the needs of students with special needs. It was set up in 1999 by singer Christine Gordon and her husband, Dr Emad El-Attar, a chemist and fellow musician, to educate for children with learning difficulties such as her son Othmann, now 23, who is autistic.

"To ensure that everyone can take part, we won't just be drawing with pencils and paper in the conventional sense, we'll be sticking, colouring, painting, sewing and more so that everyone can participate to the best of their abilities," said Christine, the mother-of-three. "We'll be using up-cycled, recycled and repurposed things to minimise our impact on the environment. All Baloo's Buddies events are designed around the motto "Include Enable Inspire" spreading the message of inclusion in a fun and accessible way just by demonstrating by the way we run our activities what it means to be inclusive. There are sure to

be a few signature up-cycled Drawn to Life t-shirt bags around to continue with our #nomoresingleuseplasticbags message."

Children of any age or ability are welcome to take part in this free event.

"One of the best things about this kind of hands-on events is that we engage with people from all walks of life," added Sarah. "For some, simply making a connection with people in a fun and relaxed atmosphere gives them a mental boost and may help to reduce loneliness for those living a long way from home. What's more, they will take away something that they can use to reduce stress in future. Baloo's Buddies is indebted to a small team of dedicated volunteers who come out time and time again to lend a hand. Our projects wouldn't be possible without their invaluable help.

"This project is entirely run by volunteers and donations in kind. Companies who would like to support our event by donating equipment such as tables, chairs, protective flooring and paint are also very welcome to contact RIA."

● Those that would like to join The Big Draw Bahrain – 2019 as a participant or volunteer, please contact Sarah Clarke on 38338064 or RIA on 1771 6871. Updates about The Big Draw Bahrain – 2019 can be found at www.thebigdraw.org/event/The_Big_Draw_Bahrain_Pathways_to_Wellbeing/8955 Vote for your favourite Big Draw Festival Event at www.thebigdraw.org/vote





**FOR ALL YOUR
REAL ESTATE NEEDS**
T: +973 1729 8210

www.starrealstate.bh
E: admin@starrealstate.bh

@starrealstate

LUXURIOUS FLAT UP FOR RENT...

A cosy fully-furnished two-bedroom apartment is available for rent within the \$30 million Meena 7 Towers complex located on Amwaj Islands.

The freehold, which has a total built-up area of 185sqm, features a living and dining area with a balcony offering stunning views over the sea and across the area.

A spacious kitchen comes with a balcony too, plus a pantry, with the maid's room nearby.

The master bedroom includes a built-in wardrobe and ensuite

bathroom with shower and tub. The guest bedroom also has a useful built-in wardrobe and there is a family bathroom and guest closet.

The towers boast a private beach offering various water sports, a playground and a business centre.

Children can play in the indoor/outdoor swimming pool and adults can make full use of the state-of-the-art health club and spa housed within the towers with a Jacuzzi, steam room and sauna.

There is basement parking for tenants and ample outside parking for visitors.

Property Weekly

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

FACTS AT A GLANCE

Location: Meena 7, Amwaj Island

Reference number: AP986

Rental price: BD700

Living rooms: 1

Bedrooms: 2

Bathrooms: 2

Additional information:

One parking per apartment.

There is a health club and spa, a swimming pool, a playground and a beach.

For further information on

this and other

homes call Star

Real Estate

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**

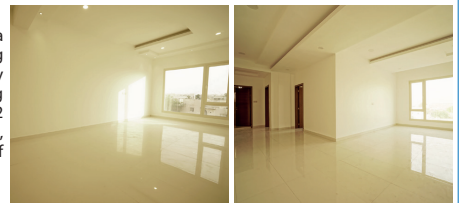
Classification: **RA**

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 en-suite bedroom, 1 guest toilet, balcony with a city view, one car parking, 24 hour security, gym, 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



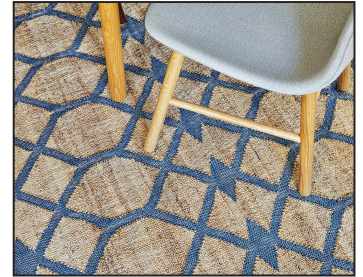
InteriorsWeekly

Your guide to the best in furnishing and design

DELL | EMC²
Service Partner



Hilal Computers Tel: 1729 3749 ext 2220



Eco-friendly home decor

FURNITURE stores and interior professionals around the world are opting more and more to go eco-friendly when it comes to using raw materials in home décor and the latest trend to offer warmth and character is an organically textured rug.

These highly durable and resilient rugs, made out of jute and seagrass, are an easy way to add a modern rustic feel to any interior and are a practical option. Apparently, jute fibres exhibit naturally anti-static, insulating and moisture-regulating properties and will work to protect a wooden floor. These rugs, which are pet-friendly



and can be relatively easy to clean, are perfect for the eco-conscious consumer and can come in different forms. When purchasing a natural rug, consider the thickness of the weave, the softness of the material to the touch and the colours that are interwoven through it. Also, it depends on what ambience you are going

for, be it rustic or refined.

For example, NuLoom area rug company's Natura collection natural fibres rug is made of hand woven jute and can be placed anywhere. It is designed with a beautiful colour combination and a bold pattern. NuLoom also consists of an Elijah Seagrass border area rug and is made from 100 per cent sea grass that comes in beige colour.

Meanwhile, the Casa Pusa Sisal natural fibre rug is one of the best available in the market for its sustainability. It is constructed from 100 per cent natural sisal with a cotton border that offers home-owners with that natural feeling. The cotton border helps maintain

stability and prevents any slipping.

Those that want to avoid purchasing a giant area rug can pick up a circular hole-patterned jute rug instead from H&M for example. It

infuses a sense of bohemian chic into a home, especially if paired with colourful floral-print cushions, wooden furniture and metallic accent pieces.

Jute grows in shiny, green

stalks that are soaked, stripped, and spun before weaving and that process gives the fibres its earthy, brown hue. However, there are some that come in dyed colours too.



SocialScene

Passengers welcomed



THE Bahrain Tourism and Exhibitions Authority (BTEA) welcomed passengers that arrived on the first charter flight of the new season from Russia, Moscow. Representatives from BTEA welcomed the passengers at the Bahrain International Airport with a traditional live band performance, giving them a glimpse of Bahrain's rich history and hospitality of its people. The first flight commissioned by Coral Travel within the charter programme from Moscow to Bahrain took place in October 2018 with two flights scheduled per week. This will be increased to three weekly flights until May 2020, carrying 220 passengers per flight that will be staying in 30 different hotels across Bahrain.

THE OLDEST, MOST
ESTABLISHED
TRAVEL TRADE
PUBLICATION
IN THE MIDDLE EAST

Travel & Tourism News Middle East
TTN
www.ttnworldwide.com

Your daily dose of the latest **TRAVEL AND TOURISM NEWS**
delivered to your inbox everyday
Sign up today! www.ttnworldwide.com/NewsletterSubscription

In focus



BAHRAIN-BASED Banah celebrated the launch of her new single *Shou Bina* in partnership with Universal Music MENA in Beirut. The event hosted more than 50 Arab VIP and media personnel that supported Banah with her success.



NBB has made a donation to "Smile of Bahrain" initiative of the Future Youth Association which provides psychosocial support to children with cancer and to their families the kingdom. The donation will be used to cover the cost of the initiative's new headquarters. It will be used to renovate and redesign their new place which is located in Al Mahooz.



THE Rotary club of Salmaniya organised the "Bowling challenged for the challenged" at Funland Centre. Around 24 children from various societies such as the Down Syndrome Society, Al Kawther Society and the Bahrain Deaf Society played an inspirational game of Bowling. Rotary Salmaniya members along with the Bahrain Paralympic Committee were on hand to assist and demonstrate how to bowl. The guest of honour was Rotary District 2452 Governor Shawkat Tadros from Jordan who gave out medals to all participants.

SocialScene

Why wait a month! Join Social Scene every week

Memorandum signed



UNIVERSITY of Bahrain has signed a Memorandum of Understanding with Dell Technologies, to provide PC as a Service (PCaaS) to its teachers, students and relevant stakeholders.

Restaurant awarded

THE Gulf Hotel Bahrain's La Pergola by Giancarlo Perbellini won first place for the "most memorable dinner" – Season 2018-2019 by the Chaîne des Rôtisseurs. During the dinner, La Pergola by Giancarlo Perbellini was set under the theme of Una Settimana A Venezia (A Week in Venice) complimenting the interior design to an authentic Venetian style village. Entertainment featured tenors Giovanni Iannone and Gianluca Avallone, flown in from Italy and were complemented by the in-house band.



Ties discussed



THE Rotary club of Salmaniya held its lunch at the Golden Tulip Hotel with the British Ambassador to Bahrain, Roddy Drummond, talking about the bilateral relationship between UK and Bahrain.

Grand celebration



THE Indian School Bahrain (ISB) marked Social Science Day, commemorating the 150th birth anniversary of Mahatma Gandhi with a grand celebration including an exhibition on the life of the Father of the Nation. The occasion was inaugurated by ISB principal VR Palaniswamy in the presence of vice-principals and head teachers. The principal garlanded the photo of Mahatma Gandhi in the Jashanmal auditorium. The entire programme was conducted by the students.

Appreciation day

INJAZ Bahrain, under the patronage of Minister of Education Dr Majid Bin Ali Al Nuaimi, hosted the Annual Schools and Universities Appreciation Day 2019 at The Diplomat Radisson Blu Hotel. The event was attended by more than 400 ministry delegates, volunteers, corporate sponsors, principals and teachers from both public and private schools and universities. The ceremony was hosted to recognise the Ministry of Education's continuous support for INJAZ Bahrain.



Film Weekly



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



PRIYANKA Chopra Jonas' dry wit – "By the way I'm dead, get over it!" – is the heart-and-soul of the Hindi family drama *The Sky Is Pink* that celebrates death in a humorously profound tale.

The movie is inspired by the life of an Indian teenager, Aisha Chaudhary, born with a rare immune deficiency disorder. It is the sincere story of a couple – Aditi (Chopra) and Niren (Farhan Akhtar), and their plucky teenage daughter – Aisha (Zaira Wasim), who was diagnosed with a terminal illness.

The protagonist Aisha narrates the story of her own death in Billy Wilder's classic *Sunset Boulevard* spirit from beyond the grave – a gutsy deadpan tone, cheekily remarking on her parents' intimacy.

Although Aditi and Niren have a healthy son Ishaan, they lost their first child, who was born with severe combined

THE SKY IS PINK

STARRING: Priyanka Chopra, Farhan Akhtar, Zaira Wasim

DIRECTOR: Shonali Bose

GENRE: Drama

RATING: PG-15

RUNTIME: 2h 23min

immunodeficiency (SCID), a rare genetic disorder.

Aisha inherits the same genetic disorder. Determining her chances will be better; Moose and Panda (as Aisha calls her mum and dad respectively) pursue treatments far away in London. They cannot cease or delay the ultimate tragedy – her death from Pulmonary Fibrosis, which was a side-effect of her treatment for SCID. However, they enjoy her short life with as much happiness as they can possibly find.

Director Shonali Bose with her writing team Niles Maniyar (Margarita With A Straw), and Juhi Chaturvedi (Piku, October), span over two decades across two countries – right from the couple's romance in the heart of Old Delhi's cheek-by-jowl Chandni Chowk roofs in 1987 and their struggle per square foot in 90's London to a splendid lifestyle in New Delhi from 2008 to 2015 – in

both flashback and flash forward forms. Bose's nonlinear narrative is clever and doesn't always spoon-feed the audience with date and locations for every single transition. Audience, please pay attention.

Yet, the screenplay distracts a bit making some early funny scenes inapt, unnecessary and lengthy while the most crucial emotional scenes are quick and less moving. The final scene at the farewell party is cinematic but fails to capture a family's inconsolable loss.

Priyanka yet again makes an impact in her role of several shades of the same woman (like *7 Khoon Maaf*). She is appealing and jealous as a lover, adoring and paranoid as a mother. The *Dangal* girl Wasim as the late daughter brings life and pink to the sky. Akhtar is an observer and absolutely believable in his less powerful role than Priyanka as the concerned but courageous father. The elder brother, Rohit Saraf, the weakest part of the entire cast in the film, does well in his limited screen space.

Unlike the recent films of the same theme like *Me and Earl and the Dying Girl* or *The Fault in Our Stars*, Bose focuses on the parents rather than the patient.

Her last film Netpac-winner *Margarita with a Straw* was also about a family dealing with the daughter's cerebral palsy. Keeping its same hilarious and touching spirit in the latest glossy follow up, *The Sky is Pink* is more entertaining but less enlightening.

SUBIDITA'S VERDICT

1 popcorn – stay home
5 popcorns – start queuing



OGN
OIL, GAS, PETROCHEMICALS & RENEWABLES

The energy industry's
trade journal for the GCC region

www.oilandgasnewsonline.com

Bite-sized trailer

Gemini Man

DIRECTOR: Ang Lee

CAST: Will Smith, Mary Elizabeth Winstead, Clive Owen

PLOT: Henry Brogan, a retiring assassin, finds himself pursued by a mysterious killer that can predict his every move. Discovering that he's being hunted by a younger clone of himself, Henry needs to find out why he's being targeted and who the creator is.

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



Corporate Animals

DIRECTOR: Patrick Brice

CAST: Demi Moore, Ed Helms, Jessica Williams

PLOT: Lucy is the egotistical CEO of Incredible Edibles, America's premier provider of edible cutlery. She leads her staff, including her long-suffering assistants, Freddie and Jess, on a corporate team-building caving weekend to New Mexico. When disaster strikes, not even their useless guide, Brandon can save them.

SHOWING IN: Seef II



Born a King

DIRECTOR: Agustí Villaronga

CAST: Abdullah Ali, Rawkan Binbella, Ed Skrein

PLOT: This is a coming-of-age story about Faisal, a 14 year old teenage Arab prince who is dispatched from the deserts of Arabia to London by his warrior father, Prince Abd Al-Aziz, on a high stakes diplomatic mission to secure the formation of his country. In London he must negotiate with some of the pre-eminent figures of the age while forming a friendship with Princess Mary who helps guide him through the corridors of power.

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



imdb movie charts

Current Position	Title	Weekend Takings	Gross to date
1	Joker	\$55M	\$193M
2	The Addams Family	\$30M	\$30M
3	Gemini Man	\$20M	\$20M
4	Abominable	\$6M	\$48M
5	Downton Abbey	\$5M	\$83M
6	Hustlers	\$4M	\$98M
7	Judy	\$3M	\$15M
8	It Chapter Two	\$3M	\$207M
9	Jexi	\$3M	\$3M
10	Ad Astra	\$2M	\$47M





Ladies, are being hurt? Or abused?
Help is available.
(domestic violence
or sexual violence)

Call us!
3844 7588 Helpline



Visit us!
American Mission
Hospital

Open 24 hours. Free and confidential. All women welcome.
كل النساء مرحب بيهن

THE 44TH InterArab Cambist Association (ICA) Conference, held under the patronage of His Royal Highness Prince Salman bin Hamad Al Khalifa, the Crown Prince, Deputy Supreme Commander and First Deputy Prime Minister, is set to take place on October 24 and 25 to discuss and explore international and Gulf economy growth and its impact on financial services.

The Kingdom of Bahrain's representative of the ICA, chairman of the Higher Organising Committee of the 44th ICA Conference, Abdulla Dawood, highlighted that "The two-day conference, held under the slogan "Reshaping Finance in a Changing Economy", will tackle, through workshops and panel sessions, key topics that discuss the economic paradigm shift in



Abdulla

the GCC.

Visions, statements and strategies launched by GCC governments in recent years that have outlined the future of economic diversification, productivity, and innovation will be explored. In addition, the impact of the ambitious fiscal reforms made across the region while changing the macro-level dynamics will be discussed too.

The discussion will cover the introduction of financial services within the FinTech revolution,

highlighting the emerging industry and the opportunities it creates for Islamic finance.

The conference will also outline the strength of the global economy a decade after the global financial crisis, commitment to globalisation and economic openness, and the initial success that has given

Write to the editor

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



Paris, France

way to a more dynamic monetary policy. The fourth panel of the conference will discuss the future of energy in the Middle East and the challenges it faces when

regarding dependency of oil returns on its balance sheet. It will also discuss the importance of OPEC members to regroup as an effective force.

Keynote speakers will include international political leaders, central bank governors, CEOs, chief economists and senior bankers who will share their

experiences and insights into the financial and economic fields.

Abdulla Dawood
Chairman of the
organising committee

"SOCIAL MEDIA? Oh, wait, sorry, just give me a minute, let me just reply to this WhatsApp message, and...there..." Ah! The blue ticks, the last seen online prompts, the active status and what not! If there is one thing that social media has brought upon us, it is the inherent need to be constantly available – irrespective of whether one is supposed to be "available" for something else – or someone else. It certainly seems like we are gradually being enslaved by technology rather than implementing it and utilising it wisely. Quite possibly, we might be passing over the remote control to our apps. Moreover, social media has been ceaselessly debated about for ethical reasons. It has (fortunately or unfortunately?) given everyone a voice, thereby, blurring the lines between freedom of speech and hate speech. There has been significant use of social media for the spread of distasteful and volatile content of late – from pure entertainment, easy and instant communication, great business opportunities, real-time news to peer pressure and cyberbullying, privacy issues, frauds and scams. Social media has power, but who is worthy of it? And here, I feel, it is

important to acknowledge that "social media" is a new and developing concept with no pre-assigned "rule book" – entirely dependent on how we receive it as users, how responsible, careful and resourceful we are. I feel that as a student, social media has made my life so much easier by offering a plethora of applications that include Google classroom, Edmodo and Zoom that increase scope, academically and geographically, increasing the exchange of knowledge manifolds. Additionally, social media has benefitted billions of users by providing essential communication tools. I can simply call my sister in the US to tell her about my new high score and connect with my family back in India. Otherwise criticised apps such as Facebook have many less-discovered features that can significantly impact lives such as the feature to mark yourself safe during a calamity, raise funds for positively impactful causes, share flyers of missing people and more. Ultimately, I feel, it isn't social media that is good or bad – it is just a tool to be harnessed. Social media is a means to achieving something; and so, only on the intent of the user can one adjudge social media to be a boon or bane.



DO you ever find yourself mostly remembering the negative parts of something, but hardly any of the positive? I ask this as someone who comes out of an exam complaining about how badly

I did on question 13, seemingly forgetting how well I did on the other 12 questions.

Interestingly, this phenomenon is actually classified by psychologists as something called 'negativity bias'. To paraphrase the almighty Wikipedia: "Negativity bias is the notion that events of a more negative nature have a greater impact on one's psychological state, than positive or even neutral things".

The bad rapport of social media is mainly down to its attachment to negative events. We hear stories of how social media has catalysed bullying and has provided young children with a free source of violence.

In true negativity bias fashion, we all overlook the positive and more prevalent side of social media. We overlook how it has provided companies with a platform for advertising, how it has allowed people who have lost touch to reconnect and we even overlook its community spirit.

I feel embarrassed that I wrongly assumed that I would be playing pass the parcel for the last time on my 10th birthday; introducing the newest edition of the game we all loved: Pass the Blame, ages 18+. Now it's easier than ever, passing it on to the intangible platform of social media. Albeit a popular view on the topic, it is simply ignorant to believe social media is the "source" of all things negative.

The negativity online exists in the world, whether it's provided with or without a platform. If someone is sad enough to cyberbully online, they will be pathetic enough to physically bully in person.

The question is, if you were delivered a package of the nastiest contents, do you blame the sender of the package?

Do you blame the FedEx guy who just dropped the package on your doorstep?

He says,
She says

Zaidan Zia Siddiqui, 15, studies at St. Christopher's School. Although he is fascinated about science, he is more inclined towards physics. He would like to explore the depths of space and is especially captivated by the mysterious 'dark matter'. In his free time, he likes to fight zombies, ancient pharaohs and Greek gods on the PlayStation. He also enjoys travelling, reading, swimming, chess and writing.

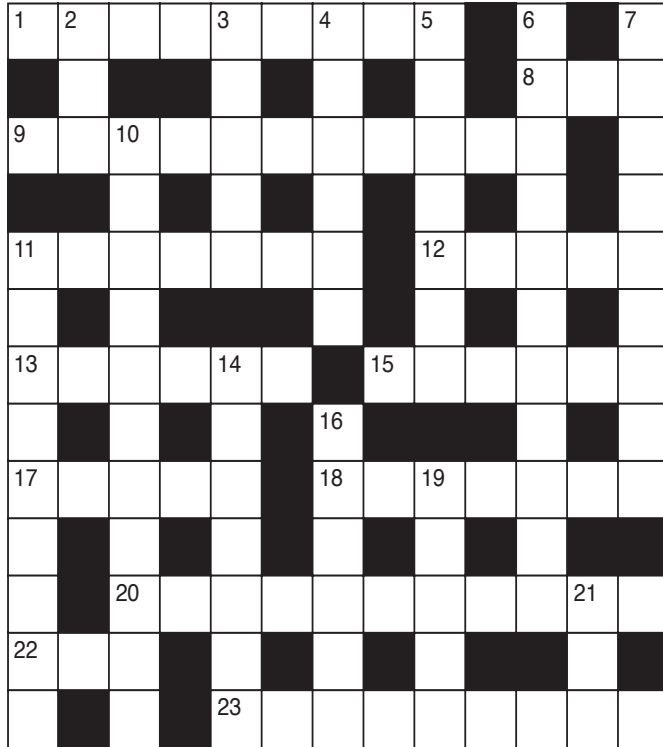
Athena Puri, 17, studies at St Christopher's School. She is interested in studying marketing, finance and management and has begun applying to different universities. She loves to read and her favourite authors are Khaled Hosseini and Liane Moriarty. She is also extremely passionate about art and enjoys painting and drawing in her free time.

cerebrally crust & crema



17214155 @crustandcrema crustandcremah

crossword break



Solutions in next week's issue.

ACROSS

1. Navigation instruments (9)
8. Sheep (3)
9. Hopeful (11)
11. Gather (7)
12. Exhaust (5)
13. Fairness (6)
15. Discuss (6)
17. Comprehend (5)
18. Conceited person (7)
20. Fickleness (11)
22. Fuss (3)
23. Diminishing (9)

DOWN

2. Possess (3)
3. Revile (5)
4. Sea-song (6)
5. Cheat (7)
6. Disgrace (11)
7. Contingent (9)
10. Estimate (11)
11. Parson (9)
14. Representative (7)
16. A game (6)
19. Extravagant (5)
21. Study (3)

who, what, where, when

WHO ... recorded the 2005 UK No 1 single *Get Right*?

WHAT ... is the standard unit of currency of Morocco?

WHERE ... did Dame Nita Barrow and Sir Clifford Straughn Husbands serve as Governor-General in the 1990s?

WHEN ... were the Olympics held in Seoul?

WHO ... recorded the 2005 No. 1 single *Dakota*?

WHAT ... is the background colour on the flag of the Isle of Man?

WHERE ... is Port Blair?

WHEN ... did Houston first host the Super Bowl in American Football?

just so

no no u = ♡ ♡ u

the
n
c
s
s

wom a a
wom a a

esarhp

darn tough sudoku

So you think you're good enough at Sudoku to crack this baby? Remember, we were the first in the Gulf to bring you this bit of Japanese mayhem...so we don't kid around

Last week's sudoku

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

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

darn tough sudoku

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

Sudoku

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

Sudoku

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

Last Week's Leisure Solutions

CROSSWORD BREAK:

Across: 12 Minor; 14 Genie; 18 Raise; 19 Catcall; 21 Confrontation; 22 Silent; 23 Dainty.

Down: 1 Crutch; 2 Unconditional; 3 Canoe; 5 Enounce; 6 Dissemination; 7 Mayhem; 8 Screw; 13 Overrun; 15 Fracas; 16 Scent; 17 Plenty; 20 Tiara.

JUST SO: The herd instinct, The man in the moon, The Pentagon, The zero hour.

WHO, WHAT, WHERE, WHEN: Lee Child; Blue and yellow; Pride Park; 1974; Alice Cooper; Jakarta; Harrogate; 1799.

Darn Tough Sudoku

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

Your work pad space ...

Your window to the Gulf's industrial sector

GULF Industry

EXPORTERS IMPORTERS



A magazine that provides the region's industrial sector with a unique monthly review of everything that is of vital interest to readers.

www.gulfindustryonline.com

Motoring Weekly

Steering you to the best deals on wheels

An eco-car to covet

TOYOTA Motor Corporation has launched a completely redesigned hydrogen-powered fuel cell sedan with the hopes of reviving the niche technology that has been eclipsed by battery-powered electric vehicles.

Toyota unveiled a prototype of the new hydrogen sedan built on the same platform as its luxury Lexus brand's LS coupe ahead of the Tokyo Motor Show starting on October 24.

The new sporty Mirai model boasts longer and 30 per cent more improved driving range than its

predecessor and a redesigned fuel cell stack and hydrogen tanks. It also has a longer wheelbase and lower-slung chassis.

Yoshikazu Tanaka, chief engineer of the new Mirai, said that they wanted to make a car that people want to buy, not just because "it's an eco-car".

"We wanted something that's fun to drive," he said.

The latest Mirai would cost less to make and the current model is mostly assembled by hand. The original Mirai is one of three fuel cell cars available to consumers.

Hyundai Motor Corporation sells the Nexo while Honda Motor Corporation leases out



the Clarity.

Toyota has sold fewer than 10,000 of the Mirai while

the likes of Tesla sold 25,000 of battery-powered Model S sedans in its first year and

a half.

While the price of the car is still unknown, it is said that

the model will be available from late next year in Japan, North America and Europe.

Sensuous sportiness

First Motors, Hyundai's authorised distributor in the Kingdom of Bahrain launched the eighth-generation of the Hyundai Sonata last Friday, featuring a sleek four-door-coupe look that highlights the brand's 'Sensuous Sportiness' design language.

The redesigned Sonata enters the mid-sized sedan market with a distinctive exterior, premium interiors with the latest electronics and Hyundai's latest SmartSense technologies.

"With this model, we are hoping to give loyal clients a reason to upgrade their

vehicle and attract a younger generation of aesthetic-conscious drivers. Every aspect has been upgraded and you need to test-drive it to feel the magic!" said Ahsan Chishty, the general manager of First Motors.

The redesigned Sonata features a freshly styled cascading grille framed by distinguishing lighting and an entirely new rear. Chrome accents surround the daylight opening (DLO) and novel wheel designs complete the look. New bodywork is built on Hyundai's latest third-generation platform, for a completely re-engineered driving experience.

Another highlight is its Hyundai-first LED daytime running lights – embedded in a chrome strip. The lighting strip appears as chrome when the engine is turned off, but lights up when the driver starts the car. When night falls, available LED headlamps with dynamic bending light illuminate the path ahead with supreme clarity.

Inside, the renewed centre stack and instrument panel echo the exterior. The trend carries down to instrument design and a strong three-spoke steering wheel. Piano key buttons for audio and HVAC controls give a quality look and touch. The instrument panel follows a winged shape inspired by stealth aircraft. Another clever feature is a Shift by Wire (SBW) gear selector, which is sleek

and technologically advanced. It also takes up significantly less space than a traditional gear selector.

There is a 10.25-inch colour display audio touchscreen with both Apple CarPlay and Android Auto integration to entertain drivers and passengers, as well as a Qi wireless charging pad to keep smartphones topped up.

Sonata now adds a second-row USB charge port and at the heart of the AVN system is an exceptional Bose Premium sound system equipped with 12 speakers.

In terms of keeping drivers and passengers secure, there are six standard airbags and a wide range of safety systems including advanced driver assistance systems as part of Hyundai's latest SmartSense technologies. The vehicle also boasts Smartstream engine and gearboxes to deliver enhanced driving performance and fuel economy. The new Smartstream engine comes with a capacity of 2.5ltr MPI generating 180 PS.

It is available for bookings and test drive in First Motors Showroom in Ma'ameer.



Pink Wall holds strong

THE boys of the Bahrain Rugby Football Club's 1st XV Squad added another notch to their belt of victories thus far in the season with a dominating 52-3 victory over the Dubai Knights Eagles last Friday, reports Naman Arora.

They had secured their first victory of the 2019-20 West Asia Premiership season last weekend in their first league match, defeating the Dubai Tigers 39-5 on the Tigers' home turf.

The team continued their trend of strong defence and persistent offence, while improving on self-noted shortcomings, as new coaching team Adam Wallace, Lindsey Gibson and Alana McConalogue's holistic coaching strategy paid off and then some.

Deina Morete, who was team manager for the game against the Knights-Eagles said: "The boys have been



in excellent shape thanks to the effort put in by the coaching team. We did notice last week that continuity was an issue, getting passes to hand, that sort of thing, so we are going to work on that, and of course, improve on what we already excel at."

Tommy Booth, Captain Lindsey Gibson, Junior Paila, Leon Mauer, Daniel Anae, Jack Phillips, Elliot Behan and Greg Heath added points to the scoreboard to give Bahrain a rather nuclear-level victory.

The Knights Eagles were an unknown this year, as they

were the coming together of the Dubai Eagles and the Dubai Knights, making their attack and defence strategy unpredictable. However, the Red Wall, rechristened the Pink Wall this weekend in honour of breast cancer awareness month, held off the invaders. The match

wrapped up with a raffle with the top prize being a pink Audi. Proceeds from the pink t-shirt sales and raffle are to be donated to a local charity.

The league is comprised of Dubai Exiles, Abu Dhabi Harlequins, Jebel Ali Dragons, Bahrain, Dubai Hurricanes, Dubai Knights

Eagles and Dubai Tigers, with round-robin home-away pairings planned before a grand final between the top two teams.

● The team plays the Dubai Exiles this weekend in Dubai and can be watched live at <https://www.facebook.com/bahrainrfc/>

YOUR CLASSIFIEDS

To place an advert just call: 1729 3131 / 1729 9110 or Fax: 1729 3400 or e-mail: classifieds@trade Arabia.com

SITUATIONS VACANT

GULF CONNEXIONS

Experts in Delivering Talent

Bahrain | Dubai | Hong Kong | London | Riyadh | Jeddah | Dammam

SALES MANAGER - KSA

Gulf Connexions is excited to have a brand new position available with a long term client who is prolific aluminium extrusions company. They have chosen Gulf Connexions to support their human resource team with their current recruitment drive across the region. They are currently looking for Sales Manager who can effectively transform their sales task force to new heights by identifying new clients across the region. If you love the challenges and opportunities of a fast-paced team, combined with the benefits of working for one of the largest aluminium extrusion companies in Saudi Arabia/GCC, then we believe our client is the place for you.

Responsibilities:

- To foresee changes in the market and prepare our client to lead the market.
- To identify potential customers and maintain regular contact with major accounts.
- To assume overall responsibility for sales of all our clients' products.
- To ensure that information on customers is maintained properly and updated regularly.
- To recommend prices and other terms to be offered in the market in order to be competitive.
- To ensure that budgets, internal targets and annual department objectives, as approved by the general manager are met.

Requirements:

- Bachelor's Degree in Business Admin. MBA preferential.
- A minimum of 7+ years of experience in Sales and Marketing during the current years within an industrial organization.
- Have to devote at least 50% of his time in travelling seeking new markets and visiting customers.

Send your application to applications@gulfconnexions.com with the subject "Sales Manager - KSA".

Due to the high number of inbounds applications for this role, please note that we are only able to connect with shortlisted candidates. If you do not hear from one of our recruitment team in the next 10 days please consider your application unsuccessful on this occasion.

Applications will only be considered if you have the relevant experience and your skill set match those required and stipulated within the advert text

For further details on these vacancies or for more information on our services please contact us on +973 17565363 or email a Word format CV to one of our experienced consultants at jobs@gulfconnexions.com For more jobs kindly refer to our website: www.gulfconnexions.com

PROPERTY FOR RENT

SHOWROOM

for rent at Exhibition road, Gudaibiya
Tel: 39886004

WORKSHOP

for rent suitable for aluminum / carpentry workshop.
Tel: 39886004

COMMERCIAL VILLA

for rent at Muharraq BD 900/-
Tel: 39886004

WAREHOUSE / STORE

for rent.

COMMERCIAL FLAT

for rent BD120/-
Tel: 39886004

RERA License: B201803/0061

AMFA TOWER 3 - SEEF:

Fully furnished 1 bedroom apartment
1 bathroom
Price BD 500/- (Inclusive)
Ref. AP924

MAHOOZ:

Fully furnished 1 bedroom apartment
1 bathroom
Price BD 290/- (Inclusive)
Ref. AP886

ABRAJ AL LULU:

4 bedroom apartment, 3 bathrooms
Price BD 850/- (Exclusive)
Ref. AP746

ORCHID PLAZA:

Fully-furnished 1 bedroom apartment 1 bathroom
Price BD 375/- (Inclusive)
Ref. AP861

For more information contact: T: +973 1729 8210
E: admin@starrealestate.bh

PROPERTY FOR SALE

ABRAJ AL LULU

3 bedroom apartment
3 bathrooms
Built-up area 165 sq.m
Price BD 99,000/-
Ref. AP254, Tel: 17298210

HALA TOWER

2 BEDROOM APARTMENT
2 BATHROOMS
BUILT-UP AREA 115 SQ.M
PRICE BD 65,000/-
Tel.: 17298210

ALHOORA

2 bedroom apartment
2 bathrooms
Price BD 69,000/-
Tel.: 17298210

DELL | EMC²
Service Partner



Hilal Computers Tel: 1729 3749 ext 2220

MotorSport

The home of motor racing news in Bahrain



The fantastic Finn



FORMULA 1
By NAMAN ARORA
naman@gulfweekly.com

MERCEDES-AMG Petronas Motorsport won the FIA Formula One Constructors' Championship for the sixth time in a row after Valtteri Bottas swept into victory in the Japanese Grand Prix.

The Finn crossed the line 11.3 seconds ahead of Ferrari's Sebastian Vettel, who also had to fend off Lewis Hamilton in the closing laps.

The result moved Mercedes 177 points clear of Ferrari, allowing them to wrap up a record-equalling sixth consecutive constructors' crown, with a maximum 176 points from four races still to be won.

Hamilton and Bottas are the only two drivers who can still win the Drivers' Championship, securing the sixth consecutive Drivers' Title for the team as well.

Bottas, who claimed his sixth victory in F1, his third of the 2019 season and first at the Japanese Grand Prix, said: "Six double championships – every single team member at the race track and in the factories can be incredibly proud of this achievement! A big thank you to all of you!"

"I think we don't quite realise yet what an amazing achievement this is, but we're making history in this sport. We've had a really good season so far



VICTORIOUS: Right, Vettel and Bottas on the podium and, below, Bottas and Hamilton



and managed to make the most of our opportunities, especially in the beginning of the season. It's amazing to think that we've just done something that's never been done before – what a great day for all of us!"

Eric Blandin, Mercedes' chief aerodynamicist, accepted the Constructors' trophy on behalf of the team. Japan's result also marked the 100th points finish for Bottas.

"I had an excellent start, one of the best ones in my career, and managed to take the lead in the very beginning," he said. "We expected our car to be quick in the race, but it's really tricky to overtake on this track, so we knew that

we'd have to try and take the lead at the start and I'm very glad it all worked out. I really enjoyed the race afterwards; the car felt really good and our upgrades worked well. "Suzuka has always been my favourite track even though I've never been particularly strong here – but now I like this track even more. It's been a while since my last victory, I missed that winning feeling and I'm very happy and proud to have won the race that secured us the Constructors'

Championship."

Mercedes have now equalled Ferrari's record of six constructors' titles in a row between 1999 and 2004. The Italian team won five successive drivers' crowns with Michael Schumacher from 2000 to 04.

Mercedes-AMG team CEO, Toto Wolff, was exhilarated from the victory. He said: "When we embarked on the journey six or seven years ago we wanted to win races more regularly and then fight for a Championship – and now, six years later, we won

our sixth Championship in a row.

"We never thought this would be possible and I'm incredibly happy for everybody who has been a part of this journey. It's not always been easy, the entire team put in a lot of hard work and we had our fair share of painful moments, but we were always able to pick ourselves up."

The team has dedicated this sixth championship to three-time world champion Niki Lauda who passed away at the age of 70.

"This sixth Championship is a very special one – and we dedicate it to Niki," said Wolff. "He has been such an important part from the beginning, and we all miss him dearly. I think about him every day and still find it hard to believe that he's not here anymore. I keep thinking to myself: "What would Niki say, what would he think?" "He probably would have said: "Congratulations for the sixth one, but you have a challenge on your hands for next year".

"It was his way of making sure that we're never complacent. It has been an emotional rollercoaster. We were disappointed in the morning because we weren't quick enough in qualifying and now we've won the race and also both Championships – which is still hard to fully grasp."

Bottas takes nine points out of Hamilton's title lead – reducing his deficit to 64 points – but the Englishman will have a chance to secure a sixth drivers' title at the Mexican Grand Prix on October 27.

Breaking barriers

ON May 5th 1954, much of the world was in agreement that running a mile in under four minutes was impossible for a human to achieve. On May 6th 1954, Roger Bannister wrote himself into sporting history for eternity by running the mile in 3 minutes 59.4 seconds, easily one of the most iconic sporting feats of the 20th century and a barrier in human performance broken.

A similar achievement happened last Saturday as Eliud Kipchoge etched his name into the history books as the first man to break the two hour marathon barrier. The Kenyan, whose run was held on a closed course in Vienna, ran the 26.2 mile course in 1 hour 59 minutes and 40 seconds breaking a barrier long thought to be impossible for a human to achieve. Another incredible testament to human endurance will ensure that Kipchoge will be universally recognised for the rest of his life.

Despite this, not everyone was completely onboard with the celebration of the achievement. People are pointing towards the fact it will not be recognised by the International Association of Athletics Federations (IAAF) because it wasn't completed at an open event. There were also numerous top class pacemakers who surrounded Kipchoge at all times, switching in and out during the race to keep him at the required pace, whilst shielding him from the elements.

Then there's the case of Kipchoge's trainers, a pair of enhanced Nike Vaporflys that many believe is the real



MILESTONE MAN: Kipchoge celebrates after finishing in under two hours in Vienna and, below, with the Vaporfly



difference maker in breaking the two hour barrier. The standard Vaporfly was used in the top five best marathon times, all recorded in the last 18 months. Essentially, the trainer uses technology which allows for the toes to roll instead of bend and according to numerous scientists this reduces energy loss by four or five per cent. Kipchoge's enhanced prototype - the AlphaFLY

- may have improved his running economy by up to eight per cent.

Personally, I do not understand why we wouldn't accept an enhancement in technology or any help as an addition to aiding human performance. I get that the IAAF itself has certain rules as to what can be accepted as a record. They want records to be set in competition but they're a sporting

federation not a record collection agency. As people, however, surely we would all embrace this. Bannister in '54 had four pacemakers, runners universally have spikes and cyclists wear aerodynamic helmets. In fact, everywhere you look people have involved science to modify their equipment. Where do we draw the line for this "help" as no longer acceptable? Do we just confine this to equipment or are any unfair advantages fair game for not celebrating achievement.

In truth, we would have nothing like the competition we currently get to enjoy without technology. At his fastest phase in his world record 100m run, Usain Bolt was covering 12.4m every second, a distance that is pretty incomprehensible but what if we truly stripped back what was available. It seems pretty unlikely that Bolt would have reached such speeds barefoot in dense woodland with a guy tracking his time on a sundial. It is also unlikely that he would have been reached this speed without science based training and nutrition. In fact, it would have been impossible for Bolt to reach that speed had he been just a few inches shorter due to

the reductions in his stride length.

It brings another interesting factor into what is and is not acceptable as a means of improving human performance.

Eero Mantyranta is a name that you may not be completely familiar with but the Finnish cross country

skier won seven Olympic medals between 1960 and 1972, winning in 1964 by more than 40 seconds to his nearest competitor. Mantyranta did not look particularly athletic, especially in comparison to his counterparts but his body created an unusually high number of red blood cells which enabled him to carry significantly more oxygen around his

body. Should he be stripped of his medals due to his genetic variation? That would be absurd to me.

Furthermore, you can very quickly find a list online of Michael Phelps' genetic variations that help him be a better swimmer, including producing 50 per cent less lactic acid than a standard person. If your genetics make you "built" for a sport, is that not an unfair advantage like having the best shoes, for example?

I would recommend that anyone who can't comprehend quite what Kipchoge did to get themselves to a treadmill, set it to 21km/h and see how far into the 1 hour 59 minutes of running they can go. I would also recommend giving it another go with the Vaporflys to ensure it's a fair test. I think I would draw the line at skates or maybe some form of rocket boosters but trainers and pacemakers? I don't see the problem. Kipchoge broke a barrier nobody thought was possible. Celebrate the man instead of worrying about how flashy his shoes are.



B30



BD. 2600

Mohammed Jalal & Sons - Automotive Division
Khamis : 17 700 800

Gulf Weekly SPORT

BAHRAIN JAZZ FEST
1 NOVEMBER 2019
ROYAL GOLF CLUB

13 BANDS 2 STAGES OPEN AIR
FOOD TRUCKS MARKETS FAMILY ZONES

www.gulfweekly.com

TOP OF THE LEAGUE FOR LOCAL AND INTERNATIONAL SPORT

October 16 - 22, 2019

Making global waves!



THE Kingdom of Bahrain has officially joined the International Dragon Boat Federation (IDBF), enabling it to send its own National Dragon Boat Team to compete globally, to attract teams from abroad on the competitive circuit and bid for world championship events.

The island's first National Dragon Boat squad, led by Captain Sara Shabib, and Head Coach and Vice Captain Jeanne Leonardo, will be competing in Abu

SPORT EXCLUSIVE
By NAMAN ARORA
naman@gulfweekly.com

Dhabi this Friday and in the People's Republic of China in November.

The rowing regiment, also including Yusuf AlQallaf, Alfeo Salazar, Sahar Darwaa, Fatima Nadheer, Adel Abdul Jabbar, Ali Abulfateh, Jassim Gillidary and Maria Carmella, has been farmed from amongst more than 200 players from seven local dragon boat teams.

Shabib said: "The thing that is so unique about Bahrain's

Dragon Boat team is the diversity. There are no age, gender or nationality barriers. We have rowers from 20 to 43 on the team, from every part of society. As long as people are able and willing to compete at that level, we are happy to have them."

Dragon boating has a three-year young presence in Bahrain, even though it has a two millennia long history in Asia, tracing its roots to an ancient folk ritual of contending villagers. While competition has taken place annually for more than 20 centuries as part of religious ceremonies and folk customs, dragon boat racing has emerged in modern times as an international sport, beginning in Hong Kong in 1976.

Each standard dragon boat consists of 22 members: 20 paddlers in pairs facing the front, one caller at the front facing the paddlers ensuring optimal rowing synchronisation and one steerer at the rear, who controls the hull of the boat.

In Bahrain, the dragon boats are usually smaller, comprised of 12 members, with half the number of paddlers as the international teams. The sport has grown expeditiously in the kingdom



DARING DRAGONS: Shabib and AlQallaf with the squad

with seven major events held in 2018 and nine scheduled for 2019, in addition to smaller academic events and workshops including a summer camp.

Shabib, who has been involved with dragon boating since its humble beginnings on the island, said: "In Bahrain, it's a fun rivalry between the teams. We all know each other and just have fun. Anyone can learn the basics. The difficulty is in maintaining form and keeping in sync with your team."

On Friday, the 10-person lineup will be rowing with 14

members of the Abu Dhabi Dragon Boat team, including three spares, as it works towards building up its own full national squad, under the patronage of the Bahrain Rowing & Canoe Centre.

Now that the kingdom is part of the IDBF it can also officially invite international teams and bid for global events, boosting tourism to the country. BRC's strategy of introducing rowing, dragon boat racing and canoeing in the heart of Bahrain Bay to position Bahrain as the centre of maritime sports tourism in the region has been

supported by the EDB as a long-term and unique tourism effort.

When asked which team they would like to invite, Shabib and Carmella answered in unison: "Definitely China, because they are the best and that's where we'd like to be!"

210 fils (includes VAT)
Gulf Weekly EAN



6 084010 120020 >