

Gulf Weekly

The community newspaper at the heart of Bahrain



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A jazzy festival
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Empowerment mission...

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

INGRID Vanderveldt (iV), the founder and CEO of Empowering a Billion Women by 2020 (EBW2020), captivated the visitors of Manama Entrepreneurship Week (MEW) with her stories and experiences. Her aim...to encourage others to think "outside the box" in order to achieve a global sustainable future.

The American businesswoman, who was the first Entrepreneur-in-Residence for Dell and was named as one of Oprah Winfrey's SuperSoul 100 Global Leaders, presented inspirational speeches including "Making the Impossible Possible", the "Women as the Secret Sauce to Global Business Success", to "Technology as the Great Equalizer and Enabler to Success" and more.

"Being a part of the Manama



LEADING LADY: Ingrid being recognised at the ICT Innovation and Entrepreneurship Forum

Entrepreneurship Week was incredible," she said. "I was honoured to be invited in as a guest and collaborator to this incredible event that is impacting not only Bahrain, but the MENA region and across the globe.

"My hope is that through the stories, experiences and know-how I shared, that we not only inspired people but gave real, tangible advice on how to take this information and apply it into their own lives and businesses to achieve what they want in life

and business."

Each session she keynoted during MEW, the week-long annual event organised by The Capital Governorate featuring seminars, workshops and conferences in celebration of entrepreneurship, was different. However, it started with her own story of losing everything on her journey to becoming a successful entrepreneur.

"I don't think that enough of us share those stories of failures," Ingrid explained. "We sometimes try to not

KEYNOTE SPEAKER: Ingrid takes part in Manama Entrepreneurship Week

talk about that as part of protecting our image. It's in overcoming these stories that I think help others potentially see something in those stories that they can relate to.

"Overcoming those challenges (and the how-to do that) is where we learn and grow. Outside of that "foundational" piece, each session then went into an opportunity to share about global opportunities and trends and would wrap up with tangible steps on how to apply this knowledge into their own lives and businesses. The Q&A was my favourite. I love the questions that the Bahrainis were asking!"

In September, the US Embassy and The Capital Governorate organised a Digital Video Conference (DVC) with Ingrid as an introductory session for her contribution in the MEW,

entitled "The Role of Tech to Empower Women in Business Worldwide."

During her visit to the kingdom, Ingrid met with the Economic Development Board and FinTech Bay along with the other visiting speakers for the event to talk about technology and its significance as a catalyst for growth. She also had different business to business meetings, had a seminar at the University of Bahrain during their annual Information and Communication Technologies (ICT) Innovation and Entrepreneurship Forum, and had talks with Bahrain Entrepreneurship Organisation, University of Bahrain, the American University in Bahrain and the Global Shapers: Bahrain Chapter. She was also part of panel discussions at Brinc Internet of Things (IoT) Hub.

Full report – Page 2

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Changing lives...



EMPOWERING WOMEN: Ingrid talks technology and how it can help women create businesses and build communities, organised by WCCI

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

INGRID Vanderveldt's (IV) visit to the kingdom was a fruitful one, as her talks across the island resulted in her signing Memorandum of Understandings (MoUs) with two organisations in the kingdom.

She signed MoU's with the Bahrain Entrepreneurs Organisation as well as the Global Shapers and found every talk and session she held during her trip as different and fulfilling.

"I was thrilled," said the chairman and chief executive of Empowering a Billion Women by 2020 (EBW2020). "We will be working together on initiatives to collaborate through my global company EBW as well as integrating our global business community in with Bahrain's community for further mutual collaboration and growth."

"As for the meets, each one was different but the common denominator was to come and learn and share stories and experiences that would inspire, educate and provide tangible know-how to move an idea from whatever stage it is in - to a thriving opportunity to create impact and economic possibility and potential."

Ingrid, who was the First Entrepreneur in Residence for Dell, speaker at the White House and the 2013 United Nation's Global Entrepreneurship Council, was invited by the US Embassy and The Capital Governorate to participate in Manama Entrepreneurship Week (MEW). This year,

MEW was held under the patronage of Shaikh Hisham bin Abdulrahman bin Mohammed Al Khalifa, the Capital Governor. She also met US Ambassador to Bahrain Justin Sibelil as part of Discover America Week with American Chambers of Commerce (AmCham) and the US Embassy.

During her introductory DVC session, Ingrid launched a competition to select the most innovative application in Bahrain and said that the winner would receive their reward during the Manama Week and will have the chance to showcase their project to the public. The session was attended by entrepreneurs and programme partners.

According to Ingrid the competition was "fantastic!" She said: "The

competition was to find "The Most Innovative App in Bahrain". The winner was Mary- Justine Todd from Women's Crisis Care International (WCCI). All the applicants were fantastic and it was a hard choice. However, I chose Mary-Justine because she was creating an app that solves a massive and major social issue that, in being solved - and helping women thrive - builds better communities, societies and economies.

"This was a problem that hasn't been tackled globally in the way she is doing it and I think WCCI has the potential to have a solution that will truly change the world for good while also having strong economic results."

Ingrid knows all about giving back. Her EBW2020 is a global organisation

that provides women with the tools, technology and resources that they need to succeed.

She said: "This was and is a mission call for my life. I knew at the age of four I would serve women and girls, I just didn't know what that was going to look like. In 2011, on a dirt road in Dallas Texas, coming out of prayer the idea was given to me and I have faithfully and dutifully followed it ever since."

As for her advice for women living in the kingdom and for ladies around the world, Ingrid explains that the biggest challenge they will ever face is themselves.

"The world is looking to find those innovative, creative women seeking to make an impact and make a difference," she said. "So first, find a good mentor and



Ingrid



CHIT CHAT: An informal talk with American Studies Centre students at University of Bahrain

Bahrain. It's an exciting time! "So thank you and I can't wait to see you all again! For those who did not get to see the speeches, as of May 2017, EBW has opened up (a formerly paid service), the EBW Business School for free.

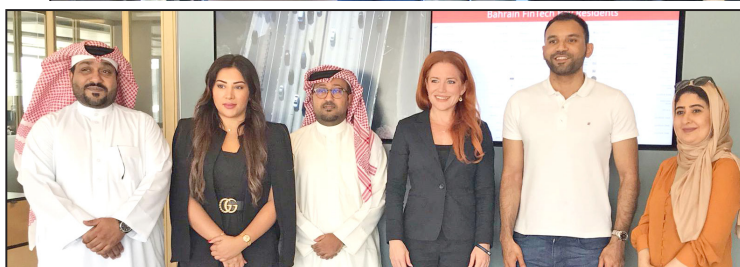
"It is online and provides access to the mentorship, education, know-how and community to support you in your success. So no longer will any entrepreneur, especially women, be able to say anywhere in the world that she "doesn't have access!"

They have opened this access for free as the faster people succeed, the faster they will create the global sustainable future everyone wants to see.

"As you learn and grow, companies like my company Rainmaking.io (where I am partner and a VP) will help integrate your innovation into some of the top global corporations that are seeing your solutions."

Until her next visit to the kingdom, Ingrid is looking forward to going home to spend time with her husband Glenn Hodgson, a former professional skydiver who is now the executive director of Ingrid Vanderveldt LLC.

She said: "What's next for me? Eating, sleeping, seeing my husband and relishing in the amazement of this incredible trip. I love Bahrain and all of you and thank you for being such incredible role models for all that is possible to the rest of us around the globe. I can't wait till next time and please know our doors are always open and we can't wait to see you in EBW global Chapters. Then what? Onto Vision 2030!"



MEET AND GREET: At the offices of Bahrain FinTech Bay with the Capital Governorate team

Inspirational imprint

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

SKILFUL Shaikha Abeer Al Khalifa's artistic designs made an inspirational imprint on the Moorish American society in the US as she unveiled her folkloric fabrics in an enriching cultural community festival.

The Moro Americana event, hosted by the non-profit arts promotion public benefit company, Sole International and held at Houston Area Urban League, captured the journey of Moorish Americans through the use of cultural performances, food, design and fashion.

According to Sole's president, Danny Andrew Asberry El, a multi-talented Moorish-American performer based in Houston, Texas called Eclipse the Earthstar; this is the first cultural renaissance in 106 years that highlights the Moorish American community.

"This festival featured their struggles, triumphs, heritage and contributions to the world over time," said Danny, who is also an art instructor at C E King Middle School in Sheldon ISD. "The Moorish American community for the first time in a long time became visible to the greater community at large. Everyone learned of the lineages of Moorish Americans from ancient Arabia, the ancient Empires of Morocco, Andalusia and ancient America.

"Everyone there experienced top-notch Moorish American performances, food, technology, fashion and talks. There were also various embassies, city and state officials that came out to enjoy and participate in the festivities. We successfully blended many international communities through the spirit of unity."

Sole International partnered with Houston's Revalushon Management Agency to integrate a fashion show, showcasing designs from special guests such as Audyssey, Hamza Fashions, Tiombe Stafford's Bombie Stylez Hair Consulting and creative creations from Shaikha Abeer who wanted to draw attention to the community through her



ALL SMILES: Danny, first from left, with Shaikha Abeer and Hotline, right

collective style and grace.

"The fact that she chose to recognise our kinship through fashion, arts and culture touched the Moorish American community here in Houston," explained Danny. "Her Highness captured the hearts and minds of all nationalities in Houston by establishing a message and a call for unity of all people through donating her fashions and art form to the event.

"The honoured Moorish American community



members enjoyed her fashion and message that Allah made us all the same. She is aware of the common ancestry that is shared between the Middle East, Africa and Moorish Americans and through her influence; the turnout of festival goers was phenomenal.

"Her representation of her art and the Kingdom of Bahrain brought out the masses in America – in Beyoncé's hometown! This was crucial to the international community. Peace and love forever to our sister from the East and her entire family"

Painter Shaikha Abeer, whose style has been described to have a "Picasso feel" with hints of Arabic imagery and cultural fusions, tried her hand at fashion, designing a series of silhouettes and styles inspired by an array of folkloric influences.

"Her designs were simply exquisite," Danny added. "We've noticed that she worked with mixed mediums and during our consulting we asked if she could try her hand at fashion.

"We were glad she did because she left the American crowd speechless. Everyone loved her designs and the fact she did all this in the spirit of unity. Inadvertently, she also made the crowd fascinated about coming to Bahrain!"

Danny had met Shaikha Abeer in Bahrain after his rapper friend Richmond Shaw, who goes by the stage name Hotline and was hosting the festival, showed him her art. Intrigued by her works, Danny suggested she should go into fashion and prints as well as join his international platform. Shaikha Abeer was then introduced to Eva Elias from Revalushon Management Agency. Her agency is known to set trends in New York Fashion Week.

Shaikha Abeer said: "Over time, I have learned more about our historic cousins in the West, Moorish Americans. I wanted them to know that through Allah in the spirit of unity, we are all one. I am pleased that everyone enjoyed my designs. Much of my inspiration comes from my beloved Bahrain, my mother

and other family members."

Shaikha Abeer has been designing since she was little, mixing and matching, drawing and painting, using collage work and other mixed mediums to express her emotions and ideas.

"I am passionate about art and design because it gives voice to the voiceless," explained Shaikha Abeer. "It heals and it comes from spirit. At the festival, I spread the message that Allah made us one and we should recognise each

other as seeds of his. We all experience the good and bad, but we must continue to lift fallen humanity and live."

Shaikha Abeer's dream is for her message through art to go beyond Bahrain, America and Europe and she would like to continue being an artistic representative for her country.

The festival also featured radio personality Nafeesah Muhammad, an interpretative dance by Vockah Redu, music from

Eclipse the Earthstar, Ruben Moreno and acting and playwrighting from founder and American Celebrity, Charnele Brown's Triwen Productions. Other highlights included photography from HanSo and Getty Images, video from GM Media Solutions, augmented reality programmes from app company Uncover Everything, Moorish American jewellery, crafts, and visual art by Michel FG, Genesis and Kyle "Shakur" Crockett.



STRIKING A POSE: Models wearing Shaikha Abeer's collection

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The art of wonder

LOVERS of Japanese culture and dolls have been flocking to the "Dolls of Japan" exhibit at Bahrain's National Museum to discover, learn and blog about the land of the sun's figurines.

Japan, sometimes called the



ART REPORT
By NAMAN ARORA
naman@gulfweekly.com

kingdom of characters, enjoys a rich background on dolls. Each has its own distinct meaning and purpose and is deeply connected to daily life. Old Japanese traditions have fostered this unique culture. This traditional appreciation

for dolls has resulted in the belief that they are not only children's toys but also works of art to be displayed and admired.

Furthermore, familiar themes from Noh and Kabuki drama have been incorporated into the culture of dolls, thus creating unlimited styles

and a timeline of historical artefacts.

In modern times, craftsmen using time-honoured methods create traditional Japanese dolls that are cherished by their owners and new artists have also emerged that are crafting unique Japanese dolls for the decorative art world.

Japanese dolls are characterised by their delicate facial expressions, achieved by carefully sculpting the outer layer of pulverised oyster shell which covers the dolls' faces. Another important characteristic is the dolls' beautiful colours showing the richness of ancient costume and

pageantry.

The attention to detail for every doll's costume is stupendous and must be seen in person to be appreciated.

This exhibition introduces fine examples of a variety of dolls, a preview of which is below. Check out the exhibition before it ends on November 13!

Hina Ningyo



On March 3 in Japan, families with daughters celebrate the Hina Matsuri or Girls' Festival. This beautiful festival is a tradition dating back some 1,000 years and on this day, each family displays their set of Hina dolls as a sign of their prayers for the happiness of their young daughters.

Gogatsu Ningyo

Tango no Sekku, or simply Boys' Festival is held on May 5. Families with sons display splendid sets of miniature armour and figures of costumed warriors, and offer prayers that their sons will grow up strong and healthy.



Noh Ningyo



Noh Theater, which had its beginning in the Muromachi period (1400-1600), is one of Japan's great traditional art forms. In Noh, actors wear masks and elaborate costumes as they dance. Pictured are some famous mythological characters that show up in these performances.

Oshie Hagota

Designs are cut from thick paper and wrapped in habutae silk containing cotton, or in pieces of another fabric. Different features and colors are then added and the various elements of the picture (oshie) combined and affixed to the hagota, depicting critical moments of famous battle scenes.



Kokeshi Ningyo

Kokeshi dolls, which are known for their simplicity and brilliant colours are made using Japanese wood turnery techniques. "Traditional Kokeshi" is a local art form practiced in the northeast regions of Japan. They originated in the latter part of the Edo period. Traditional Kokeshi dolls are further classified according to the location of the workshop where they are made, such as the Naruko-series of dolls, the Tsuchiyu-series, etc. The dolls of each series have their own special features and designs. The techniques used in the making of these dolls have been handed down from master to pupil to the present day. "Creative Kokeshi" is a handicraft that exercises the free and unrestrained imagination of an individual artist. After World War II, these dolls have been crafted using original techniques of engraving and baking, and are appreciated as unique works of art.



Bunraku Ningyo



Themes for Bunraku dolls are taken from especially famous scenes in Bunraku, a form of traditional Japanese puppet theatre, founded in Osaka in the beginning of the 17th century. People are especially fond of the tragic love story of the beautiful merchant's daughter, Osome, and an apprentice of her father's house, Hisamatsu.

Kimekomi Ningyo

"Kimekomi" refers to the technique of attiring a doll by pasting on colored cloth. These are generally wooden dolls dressed in kimonos with particular attention paid to the fabric and design of each piece. The Kimekomi making method, originally developed in 18th century Kyoto, uses a Japan-specific technique of making grooves on the figure's base and attaching fabrics to them.



Oyama Ningyo



These dolls, named after Jirosaburo Oyama, a renowned doll maker in the Edo period, depict the styles and fashions of Japanese women, particularly their hairstyles and brilliant costumes, often capturing them in powerful moments of the Kabuki dance.

Modern Dolls

To this day, doll-making is a celebrated and respected profession, with regular festivals and competitions held, where doll-makers can show off their crafts in traditional or avant-garde doll-making.



STAYING ACTIVE: The Cycling Bees taking part in the Women's Power Summit cycling event



SPORTY SISTERS: Dana and Hala



Promoting wellness

TRU Active founders Dana and Hala Zubari, who created a series of comfortable, chic and colourful collections of leggings and bras with an Arabic twist, continue to promote wellness and aim to encourage more people to take up an active lifestyle by staging a fun run and swim for all.

Truathlon is a short distance duathlon created by the sporty sisters to introduce and encourage new athletes into dual discipline racing. The 3km run, followed by a 200m swim, will be held in Bahrain Bay at 8am this Friday.

"We are hoping to bring awareness to beginner athletes that there is a place for them in the competitive world of sports here in Bahrain and that even the shorter distances count towards the bigger goals you have set for yourself," said Dana, 36, who can often be seen sporting her leggings and crops at different triathlons and Ironman events in Bahrain and around the world.

"So just have fun with your training and get yourself out of your comfort zone. We are also offering both single entry and relay entry if participants wish to do it with a friend or teammate."

With the support from Bahrain Triathlon Association, the duo teamed up with Beach Culture and Boost Bahrain to make this dream into a reality. They also received support from Bahrain Bay Development as well as a few other sponsors that will be conducting activities throughout the event such as a Bahraini breakfast and free after-race massages.

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

The idea came about when Hala, an animal lover who conquered Mount Kilimanjaro last year in a bid to raise funds and awareness for the Bahrain Rescues animal welfare group, noticed an increase in beginner athletes participating in sports over the past couple of years.

"Although there are many events that cater to the training schedule for those who are taking part

for those who can already achieve those distances and make it harder for themselves by pushing for a faster finish. It's always inspiring to see people race against their personal best to achieve new records for themselves."

Participants can collect their bibs and race bag at Darseen Cafe in Qal'at Al-Bahrain today, from 4pm -7pm. Participants who were unable to make the bib pick up will be required to arrive at 7am at the event to receive their bib and race bag.

On race day, the athletes will be required to arrive to the venue at 7.30am for the briefing; race will start promptly at 8am, finishing around 9am.

The event will end with finisher medals and awards and a thank you speech given by the Tru-sisters.

Dana, co-founder of Lettuce Run which is an all-women running community that meets every Tuesday evening and Saturday morning, said: "We've both been involved in sport from a very young age through to university. Being physically fit is not just about weight loss and looking good; it's about the longevity of your life.

"Being active is so important to your body to prevent you from pain and ailments when you get older. Even if you're just getting a 30 min power walk in a day, you'll already start to see the benefits it has to your mood and energy."

The fitness fanatics are an inspiration, leading by example by achieving their own feats.

Hala likes to do Muay Thai boxing, Yoga, and stretching to build her core strength as well as participate in fundraisers to help better the community. She also joined her sisters 60 strong running

squad which is co-founded by triathlete star and Ironman finisher Mariam Turki as well as the Cycling Bees for more of a fun outlet to train.

Meanwhile, Dana, who runs and cycles, enjoys circuit training, weights and cardio. She recently started pole fitness to challenge and improve herself. She has competed in three Ironman 70.3 races to date. Her

first Ironman 70.3 was in Mallorca, Spain where she was sponsored by the Nasser Bin Hamad Foundation to compete as one of Bahrain's female Ironman 70.3 finishers in May 2013. After having her daughter Layla, she began training for her second 70.3 that took place in Bahrain on December 2016. Leading up to her third 70.3, she took part in a relay

team for Ironman Bahrain where she competed in the swim in December 2017. Her third Ironman 70.3 took place in Dubai in 2018 where she turned 35 and came in first place in the GCC female category.

Join the ladies on their quest for an active lifestyle by registering on their site on www.truactive.me/ or via Instagram @truactivebh.



Dana jumping for joy

in longer endurance races, there seemed to be a gap in the distances for those who are not yet used to those distances," explained Hala, 28. "We wanted to create an event like Truathlon for some time now. We are really excited that we are achieving that milestone this year. The great thing about Truathlon is you can make it as easy or challenging for yourself as you'd like.

"For beginner athletes who are getting into running and swimming, it's a great bridging opportunity to move from being an amateur to a more experienced athlete. It can also be a nice challenge

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EXCLUSIVE DEAL FROM LULU



SHOPPERS can double their purchases at Lulu Hypermarket with the retail giant's Half Pay Back campaign which has started today.

The promotion, which is available in all eight of its branches, is featuring the offer on garments, sarees, churidar, footwear, handbags, baby accessories, jewellery, bicycles, toys, REO and Eye Express. Customers that spend BD20 on any of these

items will receive a BD10 gift voucher in return. For example, if a shopper purchases something for BD40, he or she will receive a BD20 gift voucher in return.

A Lulu representative added: "The Winter Collection is available at all our branches across the kingdom. It's the perfect time to get into the festive season and avail this fantastic promotion."

The promotion runs until December 7.

Alosra Supermaket

1. Broccoli per kg – BD1.695
2. Golden pineapple whole 1 pc – 995fils
3. Fantastic barbeque rice crackers 100gm – 733fils
4. Grapes white per kg – BD2.500
5. Nescafe gold premium blend 200gm – BD3.975
6. New Zealand beef cubes per kg – BD3.990

Ansar Gallery

1. Meat Town chicken Kabab 500gm – 995fils
2. Al Islami chickem 1,100 – BD1.150
3. Al Islami chicken breast – BD3.190
4. Aquafina 40x200ml – BD1.350
5. MSPET 2x1.25ltr + 1.5ltr aquafina – 875fils

Mega Mart Bahrain

1. Tide detergent powder 6kg – BD3
2. Baba almond 1kg – BD3
3. Brooke bond red label tea powder 2x375gm – BD2
4. Lux liquid assorted 2x750ml – BD1
5. Persil gel assorted 3ltr+1ltr – BD2

Lulu Hypermarket

Promotion from tomorrow until November 13

1. Rabea Express Tea Bag 100s + 20 Tea Bag Extra – BD1.000
2. Al Osra Fine Sugar 5kg – BD1.000
3. Le Blanc Sunflower Oil 3ltr + 870ml – BD2.000
4. Golden Elephant Parboiled Thai Rice 10kg – BD3.000
5. Saudia Feta Cheese/kg – BD1.000
6. Dates Majdoul/kg – BD3.000
7. Sadia Whole Chicken 1kg 2pcs – BD2.000
8. Australian Lamb Leg Bone-in/kg – BD3.000

Techtronic Specials



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

| | Item | Description | Location | Price |
|---|-----------------|--|--------------------|--|
| 1 | Washing machine | LG wash and dry 7/4kg with a 1,400rpm spin speed. It features 14 programmes, a download cycle, six motions, Smart Thing and add item, direct drive motor and steam wash. | AJM Kooheji Group | BD210 |
| 2 | Air conditioner | Chigo split AC, 1.5 ton, 1,800 btu, six-star rating, EWA approved, 5m pipe kit free and five year warranty on compressor. | Gajria Electronics | BD169 with free installation and home delivery |
| 3 | Smart TV | The LG 65-inch Smart TV is more realistic with AI and features The New Smart Evolved by AI. It brings images to life, HDR delivers the filmmakers vision. It includes a magic remote, mobile connectivity and music player/360VR. The sound output is 2.2CH/40 Watts and there is LG sound sync, Bluetooth and HDMI: 3/USB3. | AJM Kooheji Group | BD450 |
| 4 | Refrigerator | LG 471ltr, shiny steel, inverted linear compressor, eco-LED interior bright light, tempered glass shelves, energy saving water/ water dispenser/ less noise and door cooling. | AJM Kooheji Group | BD210 VAT inclusive |
| 5 | Nikon | Nikon DSLR camera + lens 70mm-300mm. The camera has a 3-inch display, 24.2mp, 18mm-55mm lens, 5 second frames and 100-25600 ISO, Bluetooth. | Ansar Gallery | BD187.900 |
| 6 | Hair dryer | Philips hair dryer +straightner. | Ansar Gallery | BD12.900 |

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

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GADGETS OF THE WEEK

What is it called? R2-D2 App-Enabled Droid

What does it do? The Astromech Droid from Star Wars was set up with Sphero App-Enabled Droid, making it as authentic as the trusty R2-D2 people have come to know and love. It can be controlled with a smart device, complete with sounds and bright LEDs.

Cost: BD15

Visit www.amazon.com



What is it called? Hot Wheels Rocket League Stadium Playset

What does it do? The popular soccer video game is brought to life with an easy to assemble stadium with LCD scoreboards, premium foldable mat, one game ball with infrared signal to goal, one charging base and two smart device-controlled cars.

Cost: BD30

Visit www.amazon.com



What is it called? CracknCatch

What does it do? This magnetic bottle opener comes equipped with a hoop cap catcher that prevents any bottle caps from falling on the ground. The body has a powerful magnet covering the entire backside. Easily mount it to any refrigerator, toolbox, tailgate or so on.

Cost: BD11

Visit www.amazon.com



FinTechFocus

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



Education is key

BAHRAIN'S education capabilities need to be further developed to meet the current and future demands of the technology market in order to equip the country for a sustainable FinTech industry, according to key industry leaders.

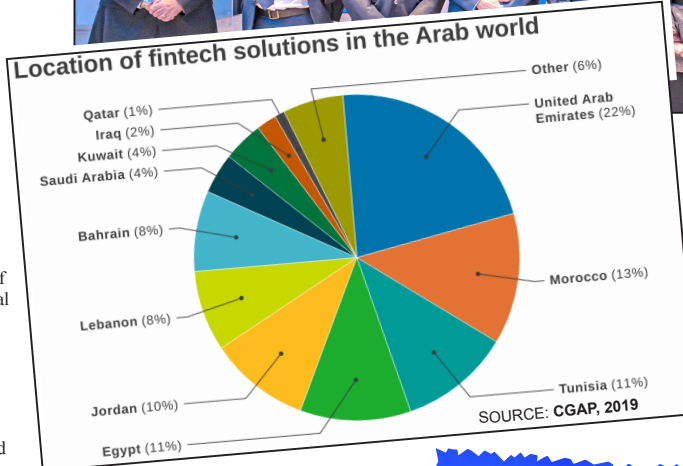
This was among the highlights and topics discussed at a Fintech Panel discussion at the Four Seasons Hotel Bahrain Bay last week. The panel included: CEO of Bahrain FinTech Bay (BFB), Khalid Saad; CEO of Arab Financial Services' (AFS) wholly-owned FinTech subsidiary Finzo, Shiraz Ali; chief legal officer of National Bank of Bahrain Gaby El Hakim; and senior associate at Al Tamimi & Company Haroun Khwaja. The session was moderated by Geoff Cooke of Oxford Business Group.

The session which aimed to discuss the achievements so far, challenges faced and a roadmap for the future highlighted the significant transformation that Bahrain's banking institutions have undergone in the last five years.

Khalid said: "It's been interesting what's been happening locally and globally since the 2008 crisis. We have seen financiers at traditional banking institutions that have now jumped ship to disrupt the very organisations they used to run. At the same time, millennials and Generation Z are interacting differently with banks. With the changing landscape and

technologies, we have to lay the groundwork to be able to capitalise on this."

There are a number of educational programmes that have been launched, including the Georgetown FinTech Programme launched in February by BFB and Labour Fund Tamkeen in



Scale is important for success as a FinTech. We often have to rely on bigger players or aggregators and their existing linkages.



success in FinTech that regulators believe will attract more investment in the region. Industry players have also found that the fragmentation of markets and the continual need to establish separate bilateral ties between markets in the region to be a hurdle to talent development and research sharing.

Shiraz noted: "Scale is important for success as a FinTech. We often have to rely on bigger players or aggregators and their existing linkages to be able to offer FinTech products to a wider market. However, each regulatory environment is different and navigating that requires extra time and resources."

Building wider bilateral and regional ties would allow start-ups and existing firms to test products across multiple markets and hyperscale their products once they clear stringent regulatory environments.

It would also allow local talent to move freely across the region and find educational and career

opportunities where the markets demand it. Tamimi Company CEO Essam Al Tamimi went on to add in his closing remarks: "One of the most crucial aspects to enable a FinTech and technological revolution in the regions

is education. All stakeholders must be prepared to learn and adapt to the changing environment guided by technological advancement. Universities and educational institutions in the region must prepare future workforce to cope with the changing practices of business."

Europe was pointed to as a model yet both Europe and the GCC have seen a brain drain in recent years, where highly talented professionals tend to leave for American and other Western economies.

However, Khalid believes that once the local educational capabilities are developed and the markets show significant growth and potential, especially with a few big successes like Careem, talent will be drawn back and will stay local to power the future economies of the region.



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Today (November 6)

Gather your friends each Wednesday at Ritz-Carlton, Bahrain's La Plage for a sunset aperitivo featuring light chef bites and house-crafted beverages while being serenaded by Italian guitarist Stefano "Stevie" Arcieri. For details, contact 17586499 or email rc.bahrz.restaurant.reservations@ritzcarlton.com



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.

Take a virtual trip down the streets of Italy every Wednesday at the Intercontinental Regency's Medzo restaurant with a special Market dinner featuring Italian street food from different kiosks. Priced at BD12net for the soft drink package and BD19net for the Italian grape package. Call 17227777 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.

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 (November 7)

Ladies, dance the night away at Jumeirah Royal Saray'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.

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's Primavera restaurant invites you to get down to business with its two-course power lunch, with daily special menus, set by Chef Delfino. Priced at BD12net, you can combine your choice of mains, salad and/or desserts. For details, contact 17586499.

Friday (November 8)

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



Enjoy the Four Seasons Hotel's Friday Brunch at CUT by Wolfgang Puck. Enjoy this spectacular brunch featuring some of the chef's favourite dishes. The event runs from 12pm to 3:30pm and is priced at BD32net per person including soft beverages (and select beverages for ladies) and BD44net per person for the select beverage package. For reservations, call 17115500.



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.

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

Spice up your evening at the Reef Resort's Pool Delight with a variety of Latino cuisine and entertainment all priced at BD22+++ per person. Kids six-12 get 50 per cent off. For bookings, call 13110110.

Turn your Friday brunch into a Rock concert at the Crowne Plaza Bahrain's Harvesters restaurant. From 12:30pm to 4:00pm every Friday, invite your friends and colleagues to a daylong celebration of life



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.

At the Ritz-Carlton, Bahrain's La Table Krug by Y from 12:30pm to 3:30pm, experience an elegant buffet of the most exquisite culinary delights tastefully unveiled for an afternoon of indulgence, Krug-style. Enjoy everything from the finest of hors d'oeuvres to the

with great food and ample free flow beverages while the in-house band entertain you with new and old school classics. Priced at BD33net with unlimited select beverages. Call 17531122 for details.

Saturday (November 9)

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. Uncover the secrets of sweetness 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 Asian selections 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 mouth-watering Asian selections like Korean Fried Chicken Bao Buns, Wok Fried Shrimp Dumplings and Brisket Wontons 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



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.

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

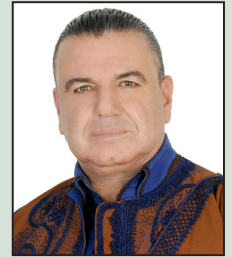
under five are free of charge.

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 playground area where a sphere of entertainment and educational fun will keep younger guests amused in a safe and engaging environment.

For inquiries, call: 77900700.



Gulf Hotel's Zahle Restaurant is pleased to invite Bahrain to experience the Lebanese food & cultural festival, with a special menu as well as renowned Lebanese Singer Assi Bitar and Dabke Band from Lebanon. A special chef is being flown in just to cook the Saj bread! The festival runs from November 19 to 23 and tickets range from BD20+++ to BD25+++

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



Enjoy Gamberetto Mondays every week at the Intercontinental Regency from 6:30pm to 11:00pm. Pick up prawns from their expansive display and have them cooked to your liking. Pricing based on selection. For details, call 17227777.

Tuesday (November 12)

Join the Gulf Hotel Bahrain by the poolside every Tuesday in November for the best outdoor food festival in Bahrain. As the weather cools down, get ready to dance the night away with live entertainment brought to you by the QBA Band and the Al Rayesh Band. This season will be unforgettable as the Gulf Hotel chefs take centre stage to deliver their culinary delights for the audience. Priced at BD19+++

Ladies receive a 50 per cent discount throughout the hotel's lounges and restaurants, excluding the spa and Rasol by Vineet, which, instead, has a special set menu for ladies this evening. To book, contact 17713000 or visit <http://pay.gulfhotehbahrain.com/events/>

Experience a sensory journey through a 5-course tasting menu with optional blind beverage pairing. The daily Degustation Dinner at the Ritz-Carlton Bahrain's Plums restaurant from 7pm to 11:30pm is perfect for culinary enthusiasts and couples or friends seeking an exciting evening. Priced at BD45net per person or BD65net including a blind beverage pairing.

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



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.restaurantreservations@ritzcarlton.com

Enjoy all-you-can-eat Asian bite and bao from the menu every Monday at the Intercontinental Regency's Elements Pool and Lounge from 7pm to 11pm. Priced at BD9.9net for the bite package and BD 12.9net for the bite and bao package. For details, call 17227777.



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. ● Check out Naman's review of Chef Wolfgang's recent creations on Page 11.

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

During the month of November, the Spices restaurant at the Crownne Plaza wants to give you a taste of the hustle and bustle of India's vibrant street food culture with their authentic, freshly prepared regional street food menu items. For details, contact 17531122.



The Four Seasons Hotel Bahrain invites you to its beach from 7:30pm to 8:30pm to help you harness the energy of the full moon. You'll find mats set out as the moon rises. As you move from asana to asana, soak up the magical light and healing atmosphere. Priced at BD6net for Hotel Guests and Spa Members. BD9net for outside guests. For details, contact 17115045.

Dates for the Diary



On November 22 and 23, ladies of Bahrain are invited to attend the first ever Happiness and Yoga Festival in the kingdom, happening at Zallaq Springs. Tickets are priced at BD25 for one day and BD 45 for two days. Festival proceeds will go to the Bahrain Society for Women Development. For details, contact 38817072.

Sign up for a special masterclass being taught by French Pastry Chef Nicolas Lambert and feel like you're living in the City of Lights as you taste his works of art at the Four Seasons Hotel Bahrain Bay's Bayview Lounge on Wednesday, November 20. Priced at BD26.5net and BD35net including glass of sparkling juice for 2 guests. For details, call 17115500.

MED-ATHLON 2019



AS part of its Health Awareness Initiative, American Mission Hospital (AMH) is conducting a Med-athlon comprising of three competitions on November 9. The competitions places special emphasis on "Appropriate Use of Antibiotics" and is open to all school children 14 years old and above.

There will be a poster competition, a speech competition and a quiz competition. Three winners will be chosen from all the categories and awarded trophies and gift prizes.

The school which scores the maximum points will be presented with the prestigious AMH Health is Wealth Trophy.

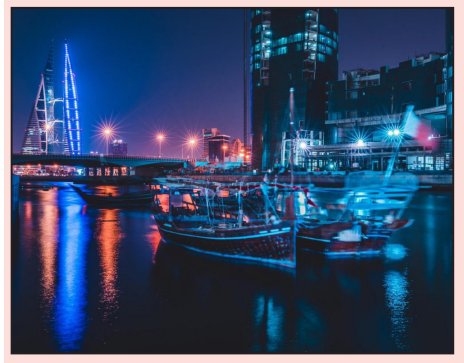
For more details or for participation please call Jancy on 39631362 or Betty on 39896793.

The Bahrain Tourism and Exhibitions Authority (BTEA) welcomes Bahrain to the fourth annual Sea Festival, which will be held at Marassi Beach, starting from Thursday until November 16. This year's edition of the Sea Festival will include a live on-stage performance, as well as a number of activities for visitors of all ages including water sports, boat rides, traditional music, handicrafts and pearl merchants. There will also be plenty of entertainment during the Festival including a museum, outdoor cinema and an interactive play area for kids.

"We are proud to organize the fourth edition of the Sea Festival, one of the most-anticipated festivals held as part of the BTEA's calendar of events, which work towards promoting the Kingdom as a unique tourist destination as well as strengthening relations between the public and private sectors. These annual events all aim to further develop the national economy and elevate the Kingdom's position as a tourist attraction to support the Economic Vision 2030," commented Chief Executive Officer of BTEA, Mr. Nader Khalil Al Moayed.

Since the launch of Sea Festival, this annual event aims to celebrate the close ties throughout the ages between the people of the Kingdom of Bahrain and the sea, by showcasing several sea related traditions and activities. In addition, the Festival aims to be a platform to generate awareness and educate visitors and tourists about the Kingdom's rich history with the sea.

For more details, visit <http://seafestival.bh/>



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Fashion Weekly

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

Simply stylish

MASSIMO Dutti's Autumn Winter 2019 looks and imagery offer men and women a nostalgic, dreamy and contemporary feel for the season.

The *Secret Love* fashion campaign, photographed by Mikael Jansson and directed by Franck Durand Atelier, is inspired by the excitement of a passionate moment.

The coveted photographer's vision for the brand is to portray an intimate and beautiful neorealist campaign, full of symbolism and references to the interaction between allure and mystery.

Models Deirdre Firinne, Rianne van Rompaey and Simon Nessman, dressed in the latest trends from the label, all play part of the stylish story with a cinematographic touch proving once more that fashion and cinema are inescapably linked.

The *Secret Love* transports men and women to a historical and romantic setting in a bid for to touch their hearts as they admire the new fashion arrivals.

For women, the perfect wardrobe to show off in the twisting lanes seen in the campaign, as well as a dress code to perfectly interpret the new season, include floaty skirts and



FASHION
By MAIAL KHATIB-CAMILLE
maialkhatib@gulfweekly.com

theatrical coats with fur details as well as tailored coats and suits with culotte trousers.

The presence of chunky knit sweaters is also a sign that comfy and sporty styles are here to stay.

A head-to-toe "white in winter" look continues to be the height of chic. The counterbalance: endless woody tones that recreate the melancholic beauty of autumn. Bags, sunglasses, belts, hats and small pieces of jewellery all abandon

neutrality and minimalism. Men will adore the impeccably cut suits in pleasant top-quality fabrics like wool, knits or leather. The chunky knit sweater proves to be more than just a must-have to keep out the cold. The suit, the

season's star garment, is brought up to date by changing the silhouette. Jackets are tailored with a simple button fastening or are double breasted.



Jalal's timely tips on the latest trends

SWISS luxury timepiece and clock manufacturer Patek Philippe presents watch connoisseurs and collectors with a new Grand Complication boasting a minute repeater and a tourbillon.

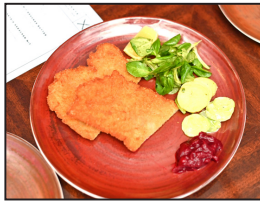
For the first time, its open architecture allows the hammers and gongs of the strikework to be observed at work on the dial side. The timepiece, which features an exclusive rose-gold case with white-gold intarsias, is being launched as the precursor of a 12-watch limited special edition created especially for Patek Philippe's "Watch Art Grand Exhibition Singapore 2019".

Among aficionados, the brand's minute repeaters are in high esteem due to their unique sound quality. The watch also features a sapphire-crystal case back, a minute repeater, a perpetual calendar and a retrograde analogue date.



EatingOut

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



A delectable fare

GOURMET REPORT
By NAMAN ARORA
naman@gulfweekly.com

TWO of my favourite aspects of this job are the fantastic food and passionate people I encounter on a near-daily basis. Last week, these two met for a lovely evening out at the Four Seasons Hotel Bahrain Bay's CUT by Wolfgang Puck restaurant.

Both Four Seasons and CUT have a reputation for crafting delectable dining experiences that transcend your normal night out. Your subtlest desires are addressed before you are able to articulate them. And somehow, they must have even known my infinite curiosity about the eponymous Wolfgang Puck. I had heard and read about him, but who really was he? What part of his name does his food and restaurant live up to most? The wolf, the gang or the puck?

So, for my virgin CUT experience, I was pleasantly surprised to find out that the man himself, who was in the kingdom for a couple of days last week, would be running the kitchen.

As we arrived in the evening and were welcomed and seated by the Four Seasons director of public relations and communications, Clare Bromilow, we got a couple



more pleasant surprises. The first was that the chef, who is known for his spin on French cuisine, would be giving Bahrain a culinary cut of his origin story going. "Back to the roots," a menu he crafted along with the second surprise, Lisa Wieland, the Head Chef at CUT in London UK, who hails from Carinthia, Austria, the same region as Wolfgang himself.

My mind, heart and belly abuzz with excitement, we took our seats and impatiently

waited for the first course, sneaking a peak into the well-oiled machine of a kitchen being run nonchalantly by the two Austrian artists.

We learned that on the platter for us was a seven-course dinner including a delectable selection of chocolates and after-dinner beverages.

Our wait was short as a kettle of soup along with two bowls with fresh vegetables and meat cuts. The villacher kirchtagssuppe, translated to village festival soup and served with the unmissable raisin brioche bread. A flavourful and smooth medley of spices, and was devoured by myself and my colleague in a heartbeat.

As we waited for the next course and chowed down on some rabbit sausage, topped with mustard and red cabbage, we chatted with Chef Wolfgang about the picture on the back of the night's limited edition menu. A fun



action shot, captured in 2002, Chef Wolfgang is pictured picking vegetables with his pastry chef mother.

He explained: "We were a family of humble origins and every day, we would pick fresh vegetables from our garden for lunch and dinner. I grew up in a culinary environment and the quality of the ingredients was just as, if not more important than the recipe itself."

In the mean time, the second course showed up. Kärntner kasnudeln mit brauner butter, which was Chef Wolfgang's grandmother's recipe for cheese ravioli, was served atop a delicious drip of hazelnut butter. This remains by far one of my favourite courses for the evening, with one big complaint: there were only three pieces.

But that complaint was quickly assuaged as the next course, boneless seabass baked slowly in a fish shaped pie crust and served with a herb tomato vinaigrette, swam its way to our table. Imagine the softest toasted marshmallow you have ever bit into, the fluffiest pillow you ever slept on and the first bite of the flakiest croissant you ever enjoyed. Now layer those imaginations and you might be able to imagine the delectable

perfection of this. All my diets were forgotten as the fish and phyllo melted in my mouth.

Next up, the wienschnitzel mit kartoffel salad, Chef Wolfgang's personal favourite from this menu, was the traditional Viennese veal schnitzel served with cranberries and I finally understood why they had only served us three pieces of ravioli.

I grew up in a culinary environment and the quality of the ingredients was just as important as the recipe.

At this point, I had resigned myself to the oncoming food coma but the Wagyu rippchen jägerart (braised beef ribs with mushrooms and dried dates) and the zwiebelrostbraten rotkraut und spaetzle (grilled wagyu sirloin, cooked medium rare, with crispy onions) gave us the main course meaty punch we didn't even realise we were missing. If you have been reading our previous reviews, you know what a fiend I am for braised beef, but this was a whole new level. The meat thrilled my tongue while the dish names twisted

it, and I was on the highway to coma town.

But every chef, especially one as Michelin starred as Chef Wolfgang knows that dessert can never be deserted. The highlight for me was the cheesecake, often enjoyed by royalty, Kaiserschmarrn, which we devoured with some fresh strawberries.

And to top it all off, we left with a wonderful coffee beverage and chocolates to keep us awake and alert, at least until we got home.

The team at CUT were nothing short of spectacular as they made this one of my most unforgettable Eating Out reviews. Do stop by and enjoy their food.

As for me, I have been dreaming about this food since the feast and might be too spoiled for the next one! For details, contact 17115044.

● Scan the QR code for a slice of the experience.



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This Might Be Jazz



Dominant 7



Jaye and Foe



Marine and Bastion



Basma

Striking



THE much-awaited open-air Bahrain Jazz Fest attracted music lovers and their families from across the island and the region for a day of music and mingling at the Royal Golf Club.

The event, which has attracted more than 8,000 attendees since its inception in 2017, featured local and international bands, starting at noon and spread across two stages.

The third iteration of this festival was this jazzy journalist's first ever experience of a music festival in Bahrain, so showing up bright and way too early was top of the agenda.

Title sponsors BNP Paribas Middle East Africa head Jacques Michel said: "This year, we have endeavoured to diversify the support through a specific focus on youth, who are the future of jazz."

The morning kicked off with a performance by the St Christopher's School Big Band on the Room2Rock stage, playing mildly familiar arrangements with their own unique twist. After loading up our Mastercard-powered cashless payment bands, we took a walk around and checked out some of the local vendors and food trucks.

From Big Texas to Joe Mamas to Florencia Ice-Cream, every course and then some was covered. As we grabbed beverages to cope with the high noon heat, This Might Be Jazz, the first act on the main stage started with a rendition of Down by the River and Elton Shera's saxophone gave the official green light to Jazz Fest.

The afternoon also brought a special announcement for aspiring youth jazz musicians, as BNP Paribas presented a BD5,000 cheque to Clockwork Professional Services festival principal and managing partner Jude D'Souza to support the creation of a long-term plan to develop music abilities across the island.

Jacques said: "The BNP Paribas Emerging Artists Programme, a first for the Middle East, will benefit schools and music groups that don't have a jazz music programme. It will be implemented across schools during the course of the 2021 academic year and will



Spyro Gyra, an American jazz fusion band founded in Buffalo, New York, was the headlining band at the Bahrain Jazz Fest and GulfWeekly sat down with co-founder Jay Beckenstein to talk about their 45-year history and what they see in store for the Bahrain music scene.

The band, founded in 1974, was named after Spirogyra, a genus of green algae which Jay had learned about in college and has released more than 30 albums, selling more than 10 million copies.

Jay added: "Even though it was a mistake, people liked the name and 45 years later, here we are. We have built

quite a collection of music, and it's been a challenge compressing that down to 60 minutes. But we are glad to be playing in Bahrain. It's my first time on the island and everyone has been really nice so far."

The band has had a core unit of five members, currently Jay, Tom Schuman, Scott Ambush, Julio Fernández and Lionel Cordew. Earlier this year, Dave Samuels, the band's vibraphonist passed away.

Through the years, the band has had numerous guest musicians play with them, including Steve Gadd, Arijit Singh and Keb' Mo'. The band's last album, Vinyl Tap, was released last month

involve activities such as workshops, master classes, focused trainings, music management and instrument support."

The festival has actively promoted up-and-coming local talents through several initiatives including band hunts, workshops and pre-festival concerts and with this programme, it hopes to further develop jazz talent

across the kingdom and the region and build awareness around music education.

BNP Paribas also awarded the "Emerging Artist of the Year" to Mohammed Hashem and Ahmed AlQasim, who entertained guests at the private lunch with some swinging and striding songs.

As we returned from the announcement, we noticed some people managing



Monika and Rory

a chord



and is mostly composed of their riffs on existing songs.

Jay explained: "We have always worked hard on coming up with original compositions. But an idea I have had rolling around for a bit was doing a twist on existing songs. So we sat down and one of the main concerns was that we did not want to become a wedding band that did cover songs. So we took each song, reworked



Jay

it almost from the ground up and it was a fun project that we ended up quite happy with." The band's set at the Jazz Fest was a blend of old and new songs. As they have reached cult band status within the jazz world and travelled the world, they have started to work with musicians from different regions to explore variants on jazz fusion, based on the

local scene.

Their 2011 album, *A Foreign Affair*, featured the first ever song released by a Western band with lyrics entirely in Hindi. And the surprising bit is that the song titled *Khuda* was done all overseas with the aid of famous composer and music director Sandeep Chowta.

Jay noted: "It's one of the few ways after 45 years of trying to come up with new music. One of the best ways we found is to listen to music in places we go and try to hear something that it's possible to incorporate. And it's very much possible that we'll do a whole record some day of Middle Eastern influenced music."

to work away on their laptops with the jaunty background jazz music. As *The Relocators* took to the stage, their pop jazz tunes got everyone up and moving, leaving all productivity behind for an evening of fun and frolic.

Couples, families and friends floated in throughout the day and seemingly, everyone from Bahrain

and the *GulfWeekly's* past few editions manifested themselves throughout the day, which got much louder and crowded; at one point occupying the entire green, speckled with a variety of tents. The music too, expansively explored the different sub-genres of jazz, blues, swing, funk, soul and afro jazz.

Jude explained: "Bahrain Jazz Fest is built around the basic concept of bringing the best of world-class jazz to Bahrain and showcasing the best of Bahraini talent to the world. We work very closely with our strategic partners Bahrain Tourism and Exhibitions Authority and the Economic Development Board to create a marquee event music festival that will also attract a huge number of tourists to the

kingdom."

The evening brought with it larger crowds as well as international musical acts like *Jaye & Foe*, *Flash Mob Jazz* and *Lone Star Blues*.

While they were well past my memory lane, the crowd cheered loudest and collected around the stage for 10-time Grammy nominated band, *Spyro Gyra*.

The event, co-founded by Jude, alongside business partner Paul Gindra and BMMI events manager Michael Goodger, drew the 45-year old band and some of its fans to the kingdom, and their enthusiasm was infectious, despite us having been there all day.

The evening wrapped up with some afro jazz beats by British band *Nubian Twist* and with a brag-worthy t-shirt tucked under my arm, I drove home, wondering how the festival could be topped next year.



Lone Star Blues

#BAHRAINJAZZFEST



Jem



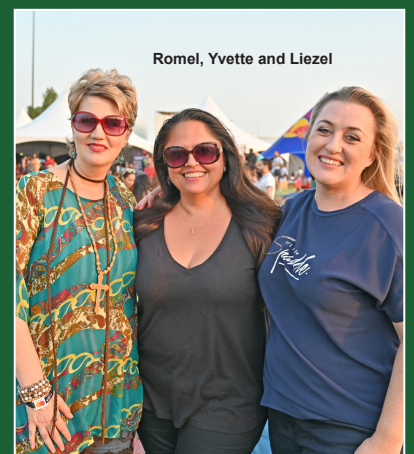
Marisa



Sabreen, Hannan, Jenny and Iman



Dr Dana and Dr Amina



Romel, Yvette and Lielzel



Julie and Josie



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Property Weekly

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

SPLENDID SEEF SPACE FOR SALE

A spacious two bedroom apartment has been placed up for sale in Seef district's stunning CityView Tower.

The fully furnished unit, which has a total built-up area of 112.89sqm and is situated on the 10th floor, features a spacious interior with a balcony boasting views of the area and Manama skyline.

There is a guest closet to the right when entering the apartment and a cosy open-plan kitchen with a breakfast bar on the left.

The living and dining areas are sizable and comfortable with a long

corridor leading to the bedrooms which both feature ensuite bathrooms.

In terms of amenities, there is a gym, a health club and a swimming pool dedicated to residents. There is also an allocated parking space for the new owner and visitors can park nearby.

The residential building, developed by CityView Real Estate Development Company, is located close to Dana Mall, as well as the Bahrain International Exhibition and Convention Centre and the highway. The property features a total of 88 apartments.

FACTS AT A GLANCE

Location: CityView Tower in Seef district

Reference number: AP871

Rental price: BD76,200

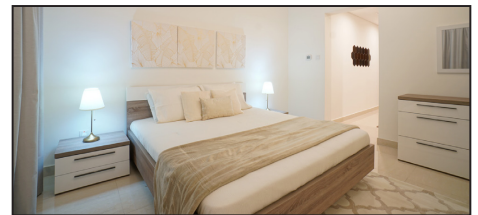
Living rooms: 1

Bedrooms: 2

Bathrooms: 2

Additional information: The tower includes a gym, health club and swimming pool.

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

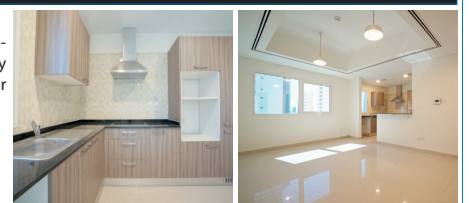


FOR SALE! FREEHOLD BRAND NEW APARTMENT MINUTES FROM SEEF

Spacious Property Features:

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

Starting Price: BHD 47,000 - Ref: AP869



FOR RENT FULLY FURNISHED INCLUSIVE FLAT IN ZINJ

Fully Furnished Flat Features:

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

Rent Price: BHD 390 - Ref: AP887



InteriorsWeekly

Your guide to the best in furnishing and design

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From drab to fab...

TRANSFORM your home from drab to fab with these warm and inviting autumn trends suggested by interior and lifestyle blogger Jane at Home.

The stylist and designer believes that homes are a reflection of who we are, what we love, and the world we want to create for ourselves and our families.

She says on her blog, "Whether you want to discover your decorating style, create a home filled with positive vibes, or declutter and organise your home and life – you're at home."

To help people transition from summer to autumn she shared her overview of the seasonal home decor trends for 2019.

She added: "You'll find that adding a touch of autumn style to your home is super easy. Simply layer in some accessories, experiment with richer colors, and weave in a variety of textures to help transition your home. With just a few simple changes, you can update your home with warm and welcoming seasonal style."

Jane says:

1. Voluptuous velvet

"Velvet is a big player in this year's

fall interior design forecast and I couldn't be happier! Weightier fabrics make your home feel cosier – and classic velvet is my favorite way to get the effect. A simple velvet pillow cover or two is enough to give your living room or bedroom a touch of chic fall decor in an instant."

Tip: The biggest fall colour trends, including eggplant, dusty green, umber, ochre, sky blue, and terracotta, all pair beautifully with indigo and navy blue.

2. Wood

"The beauty of wood creates such a welcoming and calming environment for fall. And with the growing desire for lighter airier spaces, wood adds a much-needed grounding effect."

Tip: Adding a rustic wood coffee table, plus a few logs in the fireplace, are all that's needed to add a feeling of warmth and natural beauty for fall.

3. Light woven elements

"Woven textures, in all their forms, add softness to any space and are having a moment in autumn decor 2019."

Tip: Think baskets of all shapes and sizes, interesting textiles woven pendant lights, natural rugs, and cane and rattan furniture.

4. Sculptural lamps & light fixtures

"The popularity of sculptural lamps is a sign of things to come, as Italian-influenced modern design is making a comeback. But if you're not quite ready to jump on the bandwagon with this trend, incorporating sconces into a gallery wall, adding a unique floor lamp to your reading corner, or topping your kitchen countertops with a small lamp are other ways to add ambience and revitalize your spaces for fall."

Tip: A super easy way to bring sculptural lighting into your home is with Noguchi-style paper lanterns. These beauties mimic the iconic look of the Herman Miller bubble lamp for a fraction of the cost.

5. Plinth Style Coffee Tables

"Another new autumn decor trend you can expect to see everywhere is the plinth style table—especially coffee tables. Historically used as a base to support a statue or vase, today's plinth is generally seen as a low rectangular or square coffee table, often in marble or concrete, either as one big chunk or set atop a pedestal. It's a modern and beautiful way to display your favourite coffee table books, sculptural objects and travel mementos."

SocialScene



Wall of hope



The British School Bahrain turned pink in honour of Breast Cancer Month. Visitors were greeted by a pink wall entitled "Wall of Hope" featuring handwritten messages of hope and encouragement from students and staff for loved ones touched by breast cancer. The interactive display invited everyone to add their messages or words of hope for those who were victims or survivors of the dreaded disease. Several other activities were also hosted within the school in a bid to raise awareness and donations towards Think Pink Bahrain. The activities made for a fun Pink Day at BSB while raising more than BD3,000 for the non-profit organisation.

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In focus



Bahrain Islamic Bank organised a number of engagement activities and awareness initiatives for its female employees over the course of several weeks in support of Breast Cancer International Awareness Month. In solidarity of the cause, the bank's headquarters in Diplomatic Area changed glowing pink throughout the month of October.



As part of Discover America Week events, US Ambassador Justin S. Sizemore hosted a reception in honour of the participants in the 2019 Bahrain International Defense Exhibition and Conference at his residence in Saar. Representatives of US defense organisations, senior defense officials, government officials, and diplomats attended the reception.



Bahrain Medical University, the Royal College of Surgeons of Ireland, organised a full week of awareness, cultural and sports activities and events in support of the cause of childhood cancer in Bahrain. This is within the framework of the university participation in the activities organised by the "Smile" initiative of the Future Youth Association, which provides psychosocial support to children with cancer and their parents.



The Bahrain Garden Club, consisting of a team of enthusiastic horticulturists, engineers and ardent gardeners, staged a fun-filled event at its premises in Juffair to showcase works of art from its members. The event, featured a display of miniature gardens in containers, exotic succulents and cacti and an array of air plants that absorb water and nutrients through leaves instead of roots. Local flora and handpicked seeds of various annual as well as perennial plants, most of which propagated in their own home gardens and varieties of aquatic plants such as water hyacinths and typha grass from the member's pond-gardens were also made available. The event was a part of the Club's seasonal programme to reach out to the community of keen gardeners to spread green awareness.

SocialScene

Why wait a month! Join Social Scene every week

Walk for cause



Y K Almoayed & Sons participated in Bahrain Cancer Society's walkathon event held at Water Garden City, Seef District. More than 30 of the company's employees, along with their family members, attended in support of the cause.

Crossword fun



Master cruciverbalist and author of Cryptic Crosswords Sowmya Ramkumar conducted a "Cracking Cryptics" workshop at the Bahrain Financial Harbour, where she presented a copy of her book, Cryptic Crosswords 2 to the winner of the crossword challenge she set for GulfWeekly readers in October.

School visit



Roderick Drummond, the new British Ambassador to the Kingdom of Bahrain, toured the British School of Bahrain, met staff and had discussions with several of the school heads.

Cancer awareness



Saar Mall, in collaboration with 6/10 Women Empowerment initiative, organised a United we Stand with Her breast cancer awareness and charity event. Proceeds will be donated to Bahrain Cancer Society. This is the sixth year for Saar mall to organise such an event. The guest of honour was Dr Sawsan Kamal, Member of Parliament. She gave a speech on Inner Peace: Path to Prevention. The event started with an opening remark from Esmahan Bokhwa, Saar Mall manager and the group's financial director, followed by Fadi Al Tawash, plastic and reconstructive surgeon. Cancer survivors Nadia Siddiq and Elisabetta Massey shared their inspirational stories along with Fathima Safina from Bahrain Eloquent Toastmaster Club. Other highlights included Think Pink products, a cake cutting, giveaways and free checkups.

Film Weekly



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



RIP humour

AKSHAY Kumar's Diwali release, Hindi comedy *Housefull 4* has already managed to collect a total of 1.2 billion dollars in six days at the box office in India and becomes the highest-grossing in the *Housefull* franchise.

Now, did I burst-out-laughing? Of course, yes.... 'I'm joking'!

The fourth instalment of the *Housefull* franchise tells Bollywood's ever-so-popular no-novelty reincarnation saga of three re-embodied romantics – Akshay Kumar, Riteish Deshmukh and Bobby Deol, reuniting in the present day as brothers. However, the men wind up falling for the wrong women – Kriti Sanon, Kriti Kharbanda and Pooja Hegde.

The brothers are due to marry a set of three sisters until Bala starts to realise that they are all reincarnations from 600 years earlier. Back in 1419, the couples are separated because of an evil conspiracy and revenge. In 2019, they cross paths once again but the three brothers are about to marry their sisters-in-law.

"History always repeats itself" – the three couples land up in Sitamgarh once again, where it all began. *Housefull* films were always 'keep the brains at home' types, but at least hilarious.

The reincarnation spin-off is directed by Farhad Samji, who has also written dialogue for this story by Sajid Nadiadwala and Sara Bodinar. They take the audiences for granted as six year olds and feed accordingly. The loose screenplay is based on a weak story. On top of that Samji's farcical dialogues are forcefully funny.

The early scenes of the present



HOUSEFULL 4

STARRING: Akshay Kumar, Riteish Deshmukh, Bobby Deol, Kriti Sanon

DIRECTOR: Farhad Samji

GENRE: Comedy

RATING: PG-15

RUNTIME: 145 minutes

day, in 2019, are easily forgettable because of the underdeveloped plot and characters while the 1419 era is a silly tribute to *Bahubali*'s mise-en-scène and *Padmavati*'s royal wardrobe.

A must credit goes to one of the most sought after cinematographers in Indian cinema today – Sudeep Chatterjee; Amit Ray and Subrata Chakraborty's production design in making the grandeur Sitamgarh kingdom.

Thankfully Akshay, Bollywood's Mr dependable entertainer, is back again in his comedy avatar after a long list of patriotic and nationalistic acts. The film rests heavily on his shoulders (for commercial purpose obviously), resulting Akshay sharing the maximum

screen space amongst his five other co-actors in the film. His deadpan comedy brings laughter as he gets 'Bhoola', mocks Parikshit Sahni's dialogue delivery and chants 'Sa re ga ma' with Gama (Rana Daggubati).

The 'takliya' dialogue too will keep the Akki fans smiling! Sadly, his underdeveloped flat characters both as Harry and Bala make him a bit less funny than hilarious.

Nawazuddin Siddiqui plays a forced and unnecessary cameo in a song, who mocks his own character from his Netflix hit *Sacred Games*. Johnny Lever's drag act and crass humour might not work for everyone.

Female characters, the ornamental parts of the franchise, are not given any opportunity to show their individual comedic timings.

However, Sanon with her unique elegance in dialogue delivery does what Deepika Padukone didn't in 2010's *Housefull*.

The most positive thing about the film is no one will be unhappy – if one goes without expectations.

SUBIDITA'S VERDICT

1 popcorn – stay home
5 popcorns – start queuing

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Bite-sized trailer

Terminator: Dark Fate

DIRECTOR: Tim Miller

CAST: Mackenzie Davis, Linda Hamilton, Edward Furlong

PLOT: In Mexico City, a newly modified liquid Terminator – the Rev-9 model – arrives from the future to kill a young factory worker named Dani Ramos. Also sent back in time is Grace, a hybrid cyborg human who must protect Ramos from the seemingly indestructible robotic assassin. But the two women soon find some much-needed help from a pair of unexpected allies.

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



The Addams Family

DIRECTOR: Greg Tiernan, Conrad Vernon

CAST: Oscar Isaac, Charlize Theron, Chloë Grace Moretz

PLOT: Gomez and Morticia Addams are chased away with the rest of the Addams clan during their wedding ceremony by an angry mob. They decide to move to New Jersey with Thing. They meet Lurch, an escaped mental patient whom they recruit as their butler. After 13 years, the Addams family continue to live their gloomy lives in isolation.

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



POMS

DIRECTOR: Zara Hayes

CAST: Diane Keaton, Jacki Weaver, Celia Weston

PLOT: Martha is an introverted woman who moves to a retirement community that has shuffleboard, golf, bowling and other activities. Hoping to be left alone, she meets Sheryl, a fun-loving neighbour who insists that they become best pals. After coming out of her shell, Martha and her new friend decide to form a cheerleading squad with their fellow residents.

SHOWING IN: City Centre, Seef II, Saar



imdb movie charts

| Current Position | Title | Weekend Takings | Gross to date |
|------------------|------------------------------|-----------------|---------------|
| 1 | Terminator: Dark Fate | \$29M | \$29M |
| 2 | Joker | \$14M | \$300M |
| 3 | Maleficent: Mistress of Evil | \$12M | \$84M |
| 4 | Harriet | \$12M | \$12M |
| 5 | The Addams Family | \$8M | \$85M |
| 6 | Zombieland: Double Tap | \$7M | \$59M |
| 7 | Countdown | \$6M | \$18M |
| 8 | Black and Blue | \$4M | \$15M |
| 9 | Motherless Brooklyn | \$4M | \$4M |
| 10 | Arctic Justice | \$3M | \$3M |



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Write to the editor

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Your views make all the difference – email: mai.alkhatib@gulfweekly.com

CLIMATE Change is the most pervasive and threatening crisis of our time and it will have a major impact on every aspect of life, for all global citizens. Research shows that if we continue along our current path of consumption and production, the consequences will be devastating, having implications on where we live, how we grow our food and the other services which are vital to our well-being. It is therefore essential that we improve our knowledge of our planet's climate system, as the Climate Change Emergency we currently face requires immediate action. Since 2011, BNP Paribas has positioned Climate Change as the priority focus of its efforts, given its role in the financing of the global economy, particularly the energy sector. The 'BNP Paribas Commitments for the Environment' which were updated in 2017 reaffirmed



this proactive approach while making a formal commitment to extend them to biodiversity, water, air, natural resources and the circular economy. Therefore as an extension of these sustained efforts, BNP Paribas Middle East & Africa, in partnership with The Supreme Council for Environment and Bahrain Authority for Culture and Antiquities (BACA) launched 'Climate, the 360°

Exhibition' in Bahrain and the Middle East for the first time ever, in an opening ceremony attended by special guests and scientists from all over the world. Supported under the remit of BNP Paribas Foundation's Climate Initiative programme which was established in 2010, Climate, the 360° Exhibition was created by la Cité des sciences et de l'industrie to familiarise the

general public, BNP Paribas employees and the bank's business partners with the global threat of climate change. The travelling exhibition is based on the latest climate news and scientific data flows, and discusses four major topics: the results of climate observation; the causes of global warming; forecasts by climatologists and proposed preventive measures. This dialogue

allows visitors to understand the consequences of Climate Change for themselves, and how they can play a role in limiting the negative impact of human behaviour on our climate. At the opening event, which was held on October 31 at Studio 244, Arad, welcome speeches were given by Dr Mohamed Mubarak Bin Daina, chief executive of the Supreme Council for Environment, Her Excellency Shaikha Hala bint Mohammed Al Khalifa, director general of culture & art (BACA) and Jacques Michel, head of Middle East & Africa, BNP Paribas. These introductory remarks were then followed by an in depth presentation by the director of research and environment at the Climate and Environment Sciences Laboratory, Paris, Philippe Ciais who presented on the exhibition's key research and intended impact. To add further diversity, the event also included

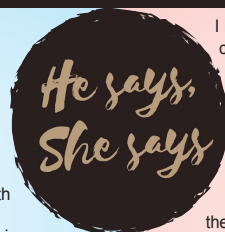
the perspective of multiple Bahraini organisations and representatives tackling Climate Change in their respective capacity and jurisdiction through a 'deep diving' panel discussion. Philippe Cais, the Researcher and Scientist who presented at the event revealed that The aim of Climate, the 360° Exhibition was to support research on climate change and share the most up to date information with an international audience. It is my great pleasure to be in Bahrain as the Climate, 360° Ambassador supported by BNP Paribas. So far, Climate, the 360° Exhibition has been on display in more than 16 countries around the world and has come to the Middle East for the first time ever. The exhibition will be open until November 14 from Sunday-Thursday from 4pm-8pm. Email sent from the Bahrain Authority for Culture & Antiquities.

IS HOMEWORK HEALTHY?

I ENTERED my room and flung my bag into the bed. The bus ride home had been long because of traffic and I had four homework assignments due the next day. And now, I had to write about homework. What a perfect opportunity to hint my dismay? An ever growing trend in high school students these days has been increased stress and workload that might be stemming from exam pressure and homework assignments. I, personally, have sometimes experienced that homework can often clash with exam preparation, something that it is, in fact, supposed to bolster.

This causes rushed completion, seeking online help or the assistance of friends and the objective very suddenly changes from that of learning to simply the completion of the assignment. Sounds unreasonable right? Well, I held pretty similar views until I started working on this article. I feel that regular homework assignments, carefully planned according to the class schedule can be very helpful in reinstating a lot of the concepts that we learn in class. This can be very useful as it helps us retain what we have learnt and can be seen as milestones before the impending exams. Additionally, as school life is a time when students

develop, not only academically but also all round, the culture of including much needed breaks and pauses in the regular curriculum could also improve homework acceptance by students. An honest relationship with your teacher can facilitate a better learning atmosphere with the teacher acknowledging the importance of balance and aversion of stress in students. As students, I feel that it is important to view homework as an integrated aspect of our learning experience where homework is meant to boost and not pull down our performance. The main concern with homework is the pressure and feeling of alienation if it exceeds a certain time or effort requirement. However, intelligent choices like healthy collaboration with friends where there is a mutual exchange of information and better time management can make homework a more manageable and (dare I say?) fun experience. Now, off to tackle economics, physics and biology. I know they will be helpful but three assignments in one day sure is a lot of work!



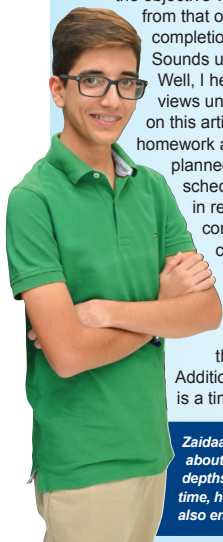
I HAVE a brother who complains non-stop about the workload he receives at university. It's really motivating, especially since I'm applying to university at the very moment - thanks Rushil. He likes to complain about the homework he gets. Wait, what? My naive ignorant self really thought homework would cease the day we left high school. Yes, I was aware we would have tons of exams, a lot of

technically... them doing their homework. Honestly, sometimes the columns I write need a little homework. For instance, did you know, according to a study, that 56 per cent of students considered homework a primary source of stress? See! With a little bit of homework (aka the first link I found when Googling 'homework statistics'), I could include a semi-relevant point to my malnourished, skinny column.

However, to go over more basic and traditional grounds, homework is usually a term used for students. In my opinion, homework is a great way to help solidify knowledge that was just learned, and even explore newer areas of a topic that was just discovered. It may seem hard, tricky and as though teachers want to inflict the pain they legally can't on you through difficult problems and questions, it is ultimately in your benefit. Now all I need to do is keep repeating those last few words when I begin the mountain of homework lying on my desk. It's ultimately in my benefit... It's ultimately in my benefit...



one needs to do their research and study up on a particular organisation, in other words...homework! When getting ready to prepare food for a dinner party, some may look through several recipe books for guidance which is



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



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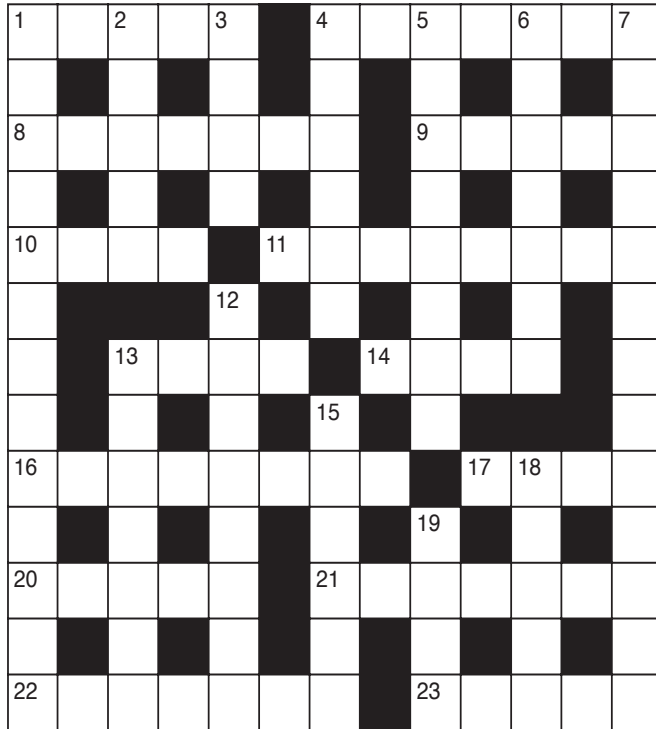
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crossword break



Solutions in next week's issue.

ACROSS

1. Unsuitable (5)
4. Lurch (7)
8. Visionary (7)
9. Spectacle (5)
10. Destiny (4)
11. Dislike (8)
13. Hypocrisy (4)
14. Anxiety (4)
16. Produce (8)
17. Brink (4)
20. Intellect (5)
21. Outstanding (7)
22. Limit (7)
23. Squeeze (5)

DOWN

1. Tireless (13)
2. Proficient (5)
3. Domesticated (4)
4. Contend (6)
5. Against the current (8)
6. Delude (7)
7. Wide range (13)
12. Charm (8)
13. Touch (7)
15. Blow (6)
18. Elude (5)
19. Cry (4)

who, what, where, when

WHO ... rode the 2005 Cheltenham Gold Cup-winning horse Kicking King?

WHAT ... territory other than Northwest Territories and Yukon Territory is an administrative division of Canada?

WHERE ... in England was the first Garden City founded in 1903?

WHEN ... did Queen Victoria become the first sovereign to take up residence in Buckingham Palace?

WHO ... won the 2005 Malaysian Grand Prix?

WHAT ... was the population of Monaco estimated to be in July, 2004 ... 27,023, 32,270 or 72,320?

WHERE ... in Europe is the Hoyerett the Supreme Court?

WHEN ... was *Whitaker's Almanack* first published?

just so

> or <

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2

my not sehcn163

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

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

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

darn tough sudoku

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| 2 | 4 | 5 | 6 | 3 | 1 | 8 | 7 | 9 |
| 8 | 7 | 6 | 4 | 9 | 2 | 3 | 5 | 1 |
| 4 | 9 | 3 | 1 | 6 | 7 | 5 | 8 | 2 |
| 1 | 6 | 8 | 2 | 5 | 9 | 4 | 3 | 7 |
| 7 | 5 | 2 | 3 | 4 | 8 | 9 | 1 | 6 |
| 5 | 2 | 7 | 9 | 8 | 6 | 1 | 4 | 3 |
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Last Week's Leisure Solutions

CROSSWORD BREAK:

Across: 3 Objective; 8 Idle; 9 Dastardly; 10 Packet; 11 Cruel; 14 Range; 15 Tare; 16 Raise; 18 Toss; 20 Loose; 21 Scamp; 24 Depict; 25 Demeanour; 26 Turn; 27 Miserable.

Down: 1 Disparity; 2 Slackness; 4 Beat; 5 Enter; 6 Target; 7 Vile; 9 Deter; 11 Crisp; 12 Laborious; 13 Repentant; 17 Elder; 19 Scheme; 22 Mania; 23 Peri; 24 Dull.

JUST SO: Day in day out, Headquarters, It's tough at the top, Merry go round.

WHO, WHAT, WHERE, WHEN: Charlie Higson; Apple; Vladivostok; 2002; Tessa Jowell; Black; Dorset; 1978.

Darn Tough Sudoku

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Motoring Weekly

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Cruising to success

TOYOTA'S legendary Land Cruiser series is garnering tons of attention in the motoring world especially after its cumulative global sales surpassed 10 million units as of August 31, 2019.

The new milestone comes as recognition for the premium SUV's standing as a global and regional icon... touching millions of lives wherever the road takes it.

Yugo Miyamoto, chief representative, Middle East and Central Asia Representative Office, Toyota Motor Corporation, said: "We are grateful to each and every one of our customers for their trust and support in our journey towards achieving this important milestone, cementing it as a remarkable success story over the years."

"Since its introduction over



six decades ago, the Land Cruiser has evolved into one of the most fully capable premium SUVs, exceeding expectations across successive generations to establish itself as a favourite

among the region's families."

According to the auto manufacturer, the Land Cruiser embodies Toyota's reputation for reliability, durability, and capability.

Yugo added: "We remain committed to continue working hand-in-hand with our customers to create 'ever-better' cars."

The Land Cruiser, launched



on August 1, 1951 as Toyota Jeep BJ, is the company's longest-running vehicle. The production of it, which assumed its current name in 1954, has continued for 68 years with nine generations dominating the Premium SUV market across the world.

In November 1955, full-scale exports of the Land Cruiser began with the 20 series, four years after the launch of the first-generation vehicle. Since then, the Japanese brand has consistently developed versions that cater to customer needs, while

staying true to its reputation and its off-road capabilities.

Even though fewer than 100 units were exported per year initially, by 1965, 10 years after full-scale exports commenced, that figure surpassed 10,000 units per year.

Today, the Land Cruiser is sold in approximately 170 countries and regions worldwide, with annual global sales standing at approximately 400,000 units.

There are regions where Land Cruiser 40 series vehicles continue to be used today, some 50 years after they were manufactured.

Factory of the year

THE AMG hand-built engine production facility at Mercedes-AMG's headquarters in Germany has been awarded the 2019 "Factory of the Year".

A jury of experts rewarded the work of the engine Manufaktur (hand-finishing section) in Affalterbach with this coveted title, bestowed by A T Kearney, the specialist journal "Produktion" and SV Veranstaltungen.

"Factory of the Year", which was launched by the trade journal and the A.T. Kearney business consultancy in 1992, is one of the most recognised awards for the manufacturing industry in Germany and worldwide. The jury is made up of renowned experts from



the fields of industry and science. They stated: "The factory takes first place in the overall 2019 competition, demonstrating outstanding achievements in the areas of agility and digitisation."

"The ambitious management team has set clear targets for improvement

and achieved an impressive leap in performance through the systematic application of automation and digitisation. Exemplary use is made of new technologies to boost efficiency, for example in the supply of materials, with digital work schedules or to check installed materials.

"The comprehensive digitisation of work processes also has a positive impact on the start-up curve (shorter familiarisation time), improves product quality and reduces the assembly time per engine."

The new AMG four-cylinder high-performance engine M139 is built on



a new production line, delivering an output of up to 310 kW (421 hp). The completely newly developed 2ltr engine is the world's most powerful turbocharged four-cylinder in series production. On board the A-Class, CLA and CLA Shooting Brake compact models, it enables performance and driving dynamics on a par with high-calibre sports cars.

The Mercedes-AMG team designed a completely new assembly line combining the tried and tested "One

Man, One Engine" hand-finishing principle with cutting-edge "Industry 4.0" methods. In this way, the hand-finished character resulting from complete assembly of an engine by a single technician has been maintained while applying Industry 4.0 throughout all supporting processes, such as quality assurance, logistics or controlling. This has led to substantial improvements in ergonomics, workflows, quality assurance, sustainability and efficiency.

Desert challenge


MOTOR SPORT

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

THE Emirates Motorsport Club are calling on Bahrain's top drivers and riders to take up the UAE's road rally run staged at the Liwa Desert on November 15 and 16.

The inaugural Abu Dhabi Baja two-day desert challenge, based at the renowned Moreeb Dune facility with the backing of Liwa Sport Club, will be offering prize money in all categories including T1, T2, Group S and UTV Auto classes, as well as Motos 450, 250 and quad.

Sheikh Abdullah Al Qassimi, founder and President of the Emirates Motorsport Club, said: "We've already started attracting drivers and riders from the other Gulf countries, and we hope the launch of a two-day rally will bring



many more to the UAE."

The rally race, held under the patronage of the Abu Dhabi Sports Council, is being launched as the flagship event of the UAE Baja Championship. It is currently in its debut season with four one-day rallies already completed and another to follow in Fujairah on December 13.

Mohammed Al Balooshi, the first Emirati bikes star to capture a World Cup rally title, says he will have to be at his best to win the Abu Dhabi Baja and maintain his championship hopes. After a fourth round victory in Dubai earlier this month, Balooshi holds a fragile lead in the Motos 450 class of the inaugural UAE Baja

Championship, and with only 11 points separating the top four riders the title race effectively remains wide open.

The 2018 FIM Bajas World Cup champion currently tops the standings by a single point from veteran rider Dave McBride, with Kuwait's third round winner Mohamed Jafar and Dubai-



based South African Aaron Mare, winner of the first two rounds, also in contention.

"The competition is at a very good level in this first year of the championship and the arrival of the Abu Dhabi Baja will certainly add to that," said Balooshi. "There's very little between the top group of riders and nothing less than your best

will be good enough to win."

From the rally base at Moreeb Dune, competitors head out into the spectacular dunes of the Rub Al Khali for two special stages amounting to 250km of competitive off road rallying, in a route totalling 280km in length, including liaisons.

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SENIOR GRAPHIC DESIGNER- BANKING AND FINANCE - BAHRAIN

Gulf Connexions is working in partnership with a market leader in the Banking and Finance sector who is currently looking for an experienced and passionate **Graphic Designer** to join their marketing team based out of their Bahrain office. The ideal candidate will have superior technical design skills as well as a high level of creativity, innovation and professionalism.

To be successful in this role you must be a self-motivated, multi-tasker who has the ability and mindset to balance their routine daily duties with more diverse and complex projects.

Responsibilities:

- Conceptualize, strategize and design a wide range of marketing materials including brochures, presentation boards, proposals, flyers, newsletters and invitations.
- Create dynamic and strong graphic solutions to interconnect the brand message in all print related projects.
- Develop concepts, design and innovative ideas for digital deliverables.
- Manage and oversee the end-to-end design projects- From brief through to delivery/production.
- Maintain brand consistency throughout all marketing projects.
- Work closely with the marketing team to ensure that all projects are on track.
- Work cross-functionally with designers in other disciplines.

Requirements:

- Minimum of 7 years' experience in professional graphic design- Banking/Financial Services industry experience is a plus.
- Bachelor's Degree in Graphic Design or related creative field.
- Advanced experience in industry standards of the graphic design field with extensive knowledge of the principles of print, type, color, layout and production techniques.
- A strong understanding of corporate branding standards and the ability to bring a creative edge to projects while working within the standards.
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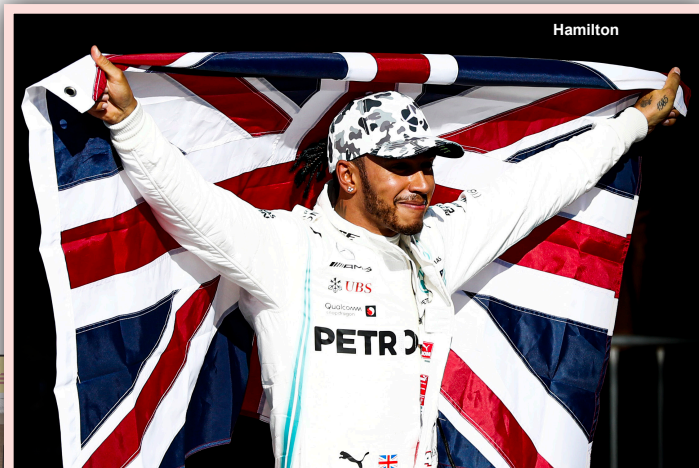


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MotorSport

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Historic victory



Hamilton



By NAMAN ARORA
naman@gulfweekly.com

DESPITE a second place finish at last weekend's United States Grand Prix behind team mate Valtteri Bottas, British racer Lewis Hamilton secured a historic sixth world Formula 1 title, after fending off a late attack from Red Bull's Max Verstappen.

Bottas raced to his seventh victory in Formula One, his fourth of the 2019 season and first at the Circuit of the Americas, finishing 4.148 seconds ahead of his Mercedes-AMG Petronas Motorsport team mate.

Bottas added: "It's been a really good weekend for me and the team. I struggled at this track in previous years, so it was great to cross the line in first place. It was not an easy race; I had a strong start and a good first stint, but we had to switch to a two-stop to cover Max and I was a bit worried that Lewis on the one-stop might be on the better strategy. It was a proper fight and quite a bit of fun; I had to really push,



Hamilton

but my pace was strong and I managed to catch Lewis towards the end. We had a good battle on track and I passed him to secure the win. It feels really good to win the race like that when you have to really fight for it."

Mercedes-AMG's ninth one-two finish of the 2019 season means they head Ferrari in the constructors' standings by 216 points with two Grands Prix to go, with 695 points to Ferrari's 479.

The race proved to be a challenging and rough ride for Ferrari, with Sebastian Vettel retiring with suspension failure on Lap 8 and Charles Leclerc finishing the race in an extremely distant fourth, leaving the Monegasque puzzled about his poor performance.

Bottas was able to pit from the lead on Lap 14 and pass the non-stopping Leclerc for P2 just two laps later, with Leclerc eventually finishing

the race 52 seconds down the road from the Finn – not helped by a 7.7-second stop when he did eventually pit for the first time of two on Lap 20.

Verstappen was on a charge in the final laps, but the Dutchman ultimately ran out of time to make a dart from Hamilton's second place, ending up less than a second behind the Mercedes at the chequered flag, as Leclerc and Red Bull's Alexander



Bottas

Albon rounded out the top five.

Hamilton made his one-stop strategy work to clinch a third consecutive drivers' crown, and join Michael Schumacher as one of only two drivers to hold as many as six F1 championship titles.

After the race, the Brit who considers racing icon Niki Lauda his mentor, commented: "It's hard to explain what I'm feeling right now, to be honest. Cloud nine doesn't even get close, it's somewhere far above that. It's been the hardest year I can remember; it's been so challenging, going through the ups and downs, so right now I'm just so full of emotion, it's overwhelming. I feel truly humbled, and really, really grateful to everyone back at the factories, the entire Daimler family and everyone

at PETRONAS – everyone who has worked so hard to enable us to do what we do and achieve this. It's such a privilege and honour to work for this team, to be able to go out there and have the platform to put in performances like today. And Niki, I miss him so much. Today, he'd have taken his cap off. I wouldn't have been able to do this without Niki, he's here with us in spirit. I saw my parents right after the race and seeing my dad's smile, it says it all. My family have supported me since day one, they worked so hard for me to be here today. I'm so glad they could all come out here, together. Yesterday was a difficult day and today I just wanted to recover and deliver a one-two for the team. Valtteri did a fantastic job, so huge congratulations to him."



Leading from the front



PEOPLE have varying feelings on the importance of captaincy and how it affects an individual as well as their team.

Some would regard being named captain as the highest honour you can receive. Others see it as a burden, an additional and unwanted responsibility. Captaincy makes you the focal point for a team, the role model, the leader, the person who other members look toward for inspiration. Last weekend saw the Springboks beat the Lions to win the Rugby Union World Cup on the same day Arsenal slumped to a 1-1 draw against Wolves

with polar opposite stories surrounding their Captains.

Variations in the ability to lead a team are to be expected. Captains are only human after all. Is there an actual recipe for making a great captain?

Personally, as a coach, when I am looking for someone who is captain material they have to excel in to at least one of the two P's: personality or performance. My captain is someone I can trust to organise, be a positive influence, represent the team and be an all-round role model to the team members. Or, my captain is someone who will lead by example in their play, not necessarily the best performer but consistent and somebody who will execute the plan that has been given to them.

In different sports and disciplines, captains have to take up different roles and there are different things to consider. In cricket, for example, the captain is



responsible for a number of on-field decisions and tactics so they have to have astute knowledge as well as other qualities. Sir Vivian Richards, the former West Indies cricket captain embodied all of these traits; during his time as captain they did not lose a single tour, a terrific batsman, tactician and motivator.

It would be wrong to skirt around the unbelievable performance of the South Africans last Saturday in the Rugby World Cup final. They absolutely pummelled England and were more than worthy champions on the day. In doing so, they also became the first team in history to lose a game in the group stages and go on

to win the tournament. The most inspirational story of all to have come out from their win was that of Captain Siya Kolisi. He was the first black man to ever captain South Africa, first trialled as a player in nothing but his boxer shorts as he had no kit to play in. Any report on Kolisi is the same. He is a man who would do anything

for his team, level-headed and humble and a world class athlete. Time will tell whether Kolisi goes down as one of the greatest captains of all time but he certainly has the makings of doing just that.

On the flip side of that, Granit Xhaka, Arsenal's captain didn't even make it to the stadium for their Premier League game at the weekend. Having been substituted the week before in the fixture against Crystal Palace, Xhaka's slow walk off when Arsenal were still pushing to win the game caused a chorus of boos to ring around the Emirates Stadium. The Arsenal captain then proceeded to cup his ears and tell the fans exactly in which direction they should be going. It wasn't a pleasant experience for anyone involved and subsequently there has been much talk around whether he would continue in his role.

In fairness to him, the

abuse that he has received on an almost weekly basis has been utterly abhorrent. Grown men who cannot handle themselves behind a computer screen and decide to write that they would like to kill Xhaka's wife or hope that his daughter gets cancer are scumbags.

It is such a shame that, whilst they may be greatly privileged individuals, sports people have to suffer from this abuse. Using explicit language against your own fan base, though, is probably not the most captain-like thing to do and maybe that pressure should be taken away from the Arsenal man.

Potentially then we have to consider a factor outside of the two P's when deciding a captain. Somebody with the correct mental fortitude to do the job has to be the first one considered; they have to be able to live with that pressure. I believe that to have happier and more successful captains within sport then a holistic view of their attributes has to be considered, maybe even fluidity of captaincy should be considered.

At any level, it is difficult for athletes to be able to give their all every week without fail and, as the saying goes, a problem shared is a problem halved.



PURE JOY: Kolisi with the team



Kolisi



GOLDEN GLORY: Captain Kolisi with the Cup



FED UP: Captain Xhaka walks off the pitch in anger



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TOP OF THE LEAGUE FOR LOCAL AND INTERNATIONAL SPORT

November 6 - 12, 2019

Birds of a feather

HERITAGE SPORT
By NAMAN ARORA
naman@gulfweekly.com

THE pigeon racers of Bahrain are setting their sights high as they begin training for races coming up in January.

The pigeon races are part of the Al Mawrooth Popular Heritage Sports Festival being held under the guidance of His Highness Sheikh Nasser bin Hamad Al Khalifa, the representative of His Majesty the King for Charity and Youth Affairs and Chairman of the Supreme Council for Youth and Sports.

GulfWeekly visited one of the pigeon lofts in Bani Jamrah to talk to the Haroon team, one of the top teams in the region, as well as the Sky Kings, both of which have independent lofts in the village, about their practices and the renaissance of the sport.

Pigeon racing is the sport of releasing specially trained racing pigeons, which then return to their homes over a carefully measured distance. The time it takes the animal to cover the specified distance

is measured and the bird's rate of travel is calculated and compared with all of the other pigeons in the race to determine which animal returned at the highest speed.

This style of racing requires a specific breed of pigeon bred for the sport, the Racing Homer, also called Zajil in Arabic. It's been bred for speed and enhanced homing instinct for the last few centuries. There are multiple different segments within this breed, based on short-length and long-distance speed as well as homing ability.

Fadhel Salman Tarish,

member of the Sky Kings, whose last name coincidentally means "messenger" in Arabic, said: "Pigeon racing is very passionately followed in small communities across the world. Winning pigeons are often sold for huge sums so that they can be bred and produce more champion birds. Earlier this year, a pigeon was sold for \$1.5million!"

Competing pigeons are specially trained and conditioned for races that vary in distance from 60km to more than 1,000km. In

the Middle-East, the races are split into sprints, short, medium and long-distance categories, with each bird trained for a specific category.

Despite these lengths, races can be won and lost by seconds so a computerised RFID system is used to track each bird. Losing birds to wind, predators or just distracted priorities is part of the racing DNA of these lofts, nine of which are in Bani Jamrah alone.

The race is one of a single starting gate and a thousand finish lines. All birds are driven to a location, which has traditionally been in Saudi Arabia except for the last two years due to a government restriction in Saudi Arabia on the bird. When released, these fly back to their home lofts. Each bird's arrival home is clocked by the RFID tag and the bird with the highest average speed wins their owner the laurels of the hour.

Hussain Haroon, Ali Haroon, Jaffar Haroon, Mahdi Ashaikh and Yusuf Ashaikh are members of the Haroon team. They brought home a stack of silverware at last year's competition and despite having more than 45 years of combined experience, had a very tense one last year

when the birds were released from Dubai.

Hussain Haroon, the team's unofficial "loft manager" reminisced:

"It was a very rough day. There was 40kmph wind and rain and most people told us that the birds would never make it back to Bahrain. Yet we waited at the loft,

watching the sky towards UAE for signs. Then after an hour or so, we heard the loft bell ding and she (the homing pigeon) had flown in from the other side. She is our champion and she ended up winning the title across

Bahrain"

The festival will feature 12 to 15 weekly competitions, both regionally and nationally, each vying for prizes that are yet to be announced. The competition attracts lofts of all sizes, from Tarrish's small team of 20 birds to the Haroon brothers and their fleet of 320.

Jaffar Haroon, who along with his brothers has been racing pigeons for more than 15 years said: "This year, we are hoping that Saudi Arabia lifts its ban and our birds can compete from there. If not, we will have to transport all our birds to UAE or Kuwait and try from there. But it is great to get support and recognition from Sheikh Nasser's Al Mawrooth initiative and encourage our youth to take up such popular and traditional sports.

Pigeon racing is popular especially in parts of Europe and seeing resurgence locally as a hobby. In historic times, it was more of a test of communication technology as news organisations like *Reuters* initially depended on pigeon carriers to carry stock prices and news between offices, before the advent of telegraph technology.



THE PIGEON CREW: From left, Tarish, Muhammad Sultan, Hussain and Jaffar Haroon and their winning bird