

Gulf Weekly

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EATING OUT:
An unforgettable night
SEE PAGE 11



AQUATIC FESTIVAL:
Sea adventure
SEE PAGES 12-13

Plastic oceans

SINCE the world saw the first underwater video footage more than 70 years ago, viewers have been enthralled by blue-tinted colourful shots and seemingly serene existence of aquatic life. However, one producer of these documentaries wanted to show the world's ugly underbelly of our oceans today and the impact of modern capitalistic consumerism.

Jo Ruxton, 63, has spent most of her professional life underwater. After nearly 30 years of passionate campaigning and working on some of the most stunning underwater films including BBC's *Blue Planet*, she wanted to show the world the true state of the oceans under the surface.

During an interview with the *Gulf Weekly* on her recent trip to Bahrain, which she had visited for an even shorter stint when she was

EXCLUSIVE
By NAMAN ARORA
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nine, Jo said: "What I found frustrating about working with the BBC was that we were always showing the oceans as if they were clean and that they were full of fish. Of course, that wasn't what we were seeing. I felt that if we kept portraying that as the situation in the oceans, then people would keep treating them the way they have been. "They would keep taking too many fish out and putting too much trash in there. People deserve to know the truth. I was always trying to send a conservation message but I was always told that people aren't interested. They want good news stories. I

thought, well, that's strange. How come they watch the news four times a day? They rarely get good news there. I took this idea to the BBC and after they said they weren't



locations like the Great Pacific Garbage Patch, her labour of love was complete. *A Plastic Ocean* was screened for a small but packed room in 2017 in Bermuda, including UK Members of Parliament, amidst a very different environmental and political climate than when she had started.

Since then, the film has attracted international attention including a glowing endorsement from noted natural history documentarian Sir David Attenborough who has called it: "One of the most important films of our time."

But for Jo, her work has just begun.

Full report – Page 2

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Small efforts, big impact!



JO Ruxton was invited to Bahrain last week as part of a screening of *A Plastic Ocean* organised by the British Club to raise awareness among its members about environmental initiatives, answer questions about the film, the filmmaking process and what we can do to make a difference, writes Naman Arora.

Among the attendees at the British Club event were executives from the expat club as well as founders and members of Cleanup Bahrain and Bahrain Volunteer Dive Team. These organisations have been actively raising awareness and cleaning up beaches and oceans around Bahrain, attracting 1,752 volunteers for their World Cleanup Day campaign on September 21.

Jo added: "It is great seeing people be so active about their clean-up efforts here. I am happy to hear the film has been screened so many times here since it was released and that some of the teams are working on education efforts in schools to effect larger change."

"However, I have also noticed the amount of single-use plastic consumption, especially those tiny water bottles. I understand that water from the tap may not be potable, but growing up in Singapore, we had a similar issue and back then we used to boil the water and then put it in glass bottles. Such small changes in consumer behaviour are needed and so is education at all levels to



SO PROUD: Executive members of British Club and Cleanup Bahrain with Jo

make people understand the reality of single use plastics and its immediate impact on the environment around, especially considering that Bahrain is an island so you can see where the waste is ending up!"

During her childhood, Jo had visited Bahrain for a very short spell during her vacation but barely remembers it, especially considering how much the

We would also like to work with some of the local environmental groups, including Cleanup Bahrain to translate some of our educational materials into Arabic.

island has changed just in the past 30 years.

Jo has been a lifelong campaigner for conservation efforts. In the 1980's, she started the first marine

programme for World Wildlife Fund for Nature (WWF) in Hong Kong, living there for 14 years. During that time, she was a key advocate for the establishment of the first marine protected areas in the country.

She also became a lead member of the BBC Natural History Unit's diving team for many years and had been producing and directing underwater sequences since the first days of filming on the award-winning *Blue Planet* series in 1997.

After she left BBC to do the project on her own in 2008, she spent some time researching the thinning shark population, met people who told her about the Great Pacific Garbage Patch and got involved with another project involving whales, where she met her first investors.

She reminisced: "I got my first 900,000 Euros (BD374,000) by accident. I went to a workshop being run by WWF Netherlands

to pitch a new campaign about whales. Afterwards, I was approached by two separate private family fund foundations who wanted to do the project. And we were off."

In the end, the movie cost about USD3.5 million with most of the cost allocated to the various ocean trips done to show the impact of plastic on sea creatures. The movie is quite impactful, combining a selection of statistics with moving storytelling and harrowing footage of animals interacting with and sometimes losing their lives to plastic debris.

It is also interesting because of the time taken to make the movie because of breaks to raise funds and then shoot the underwater footage. Over nine years, for example, the daughter of one of the divers in the movie starts from being a just-born baby and then grows into a teenager, driving home the subtle point that this is the world that future generations are growing up in.

Jo added: "So many things changed in the world over

those nine years. We saw a growing awareness and involvement with plastics and the oceans. We also kept hearing about more and more solutions to the problem. Till the day we finalised the cut, we kept hearing about new projects. One in particular I wanted to include but couldn't was the idea of zero waste towns that are emerging in China, Vietnam, Philippines and Indonesia.

"People who don't have much are finding ways to reduce and eliminate plastic in the environment. They're growing their own fruit and vegetables so that it doesn't have to be all packaged up and sent off anywhere. The local municipalities are supportive of them because don't have to get in there and clear out this mess because these people are not treating plastic as if it's going to disappear."

"Plastic was designed not to break down. It defies nature. It'll break up into little pieces, but it never goes away. And yet while we're making single use items out of it, they decided to do something about it."

In addition to limiting plastic bottle usage, Jo also sees education as the salvation of Bahrain's own plastic seas. She noted the significant efforts made by Cleanup Bahrain to educate

kids and organisations about plastics.

When Cleanup Bahrain co-founder Ruqaya Hashem asked about what more could be done, Jo said: "I often find that kids are unfettered by practicalities and so-called economic realities that adults use as excuses not to change."

There was this one case in the UK, where, after our film was screened, the cafeteria manager came up and told me that he could not just eliminate plastic because of the profit he earned from selling bottled beverages. A

few months later, one of the teachers

emailed me and told me that not only had the kids completely stopped buying plastic bottled beverages, at the end of the year, they

refused to eat ice-cream because it was packaged in novelty plastic containers.

"We would also like to work with some of the local environmental groups, including Cleanup Bahrain to translate some of our educational materials into Arabic."

As to what's next, Jo is currently focusing her efforts on education. She is also planning another film about the human relationship with our oceans.

Access Plastic Oceans UK's educational materials at: <https://plasticoceans.uk/>



Nada



Bahrain Rugby Football Club on World Cleanup Day



COMMUNITY REPORT
By MAI AL KHATIB-CAMILLE
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MOTIVATIONAL Mariam Alansari will be hosting the kingdom's first Happiness & Yoga Festival this month in a bid to raise funds Bahrain Society for Women Development (BSWD) as well as promote women's health and wellness.

The 34-year-old certified yoga instructor, who specialise in Hatha principles (the practice of physical yoga postures) and was the first in the region to be certified in transformational Odaka Yoga in 2014, was inspired to organise this event by Angela Pashayan and her annual Festival held in the UAE since 2012.

Angela is a certified yoga and meditation instructor and teacher of art integration for well-being who dedicates her skills to the empowerment of children and youngsters around the world.

The Festival brings together teachers, health experts and motivational speakers to promote awareness related to physical and mental health and also raise funds for different charities.

"My love for charity work and promoting the health and well-being of others inspired me to host Bahrain's first Happiness & Yoga Festival," said the finance and accounting graduate from Kingdom University living in Hamad Town.

“Bahrain’s residents have a keen interest in Yoga and its benefits, so bringing a festival of this size with international participants was a compelling and sure endeavour.

“Bahrain’s culture in particular is very supportive of women and their empowerment is encouraged by organisations such as Supreme Council for Women, Tamkeen and more. Such support will surely make the Bahrain chapter of this global festival one of its



STRIKE A POSE: Mariam showcasing her yoga skills

more successful events.”

The ladies only event will be held in Zallaq Springs on November 22 and 23 and according to Mariam it will be unlike any other festival



Mariam

of its kind.

“It is organised in a way that attendees can choose their own combination of classes to take throughout the festival,” She explained. “Festival sessions will include Hatha, Vinyasa, Prenatal, Bhakti, Traditional Sivananda, Inversions, Chakras, Mudras, Breathing Meditation, Ashtanga, Nutrition workshops, Life Management workshops and Inner peace workshops. The speaking topics will feature Yoga as a Mantra of Happiness. The Importance

of Meditation for Women
and The Art of Well-Being.
All levels of experience are
welcome."

Yoga is a group of physical, mental and spiritual practices or disciplines originating in ancient India,

Yoga, which is a Sanskrit word for union, is a group of physical, mental, and spiritual practices or disciplines that originated in ancient India using breathing techniques, exercise and meditation to help improve health and happiness.

Mariam started her yoga journey after trying out a class at the end of 2009. She ended up signing up for a two months package. She said: "I memorised the routine without understanding why I was doing what I'm doing. I saw positive changes in myself, physically and mentally, so I decided to study it. While studying it, I realised I can teach it and as a person who practices the principle of giving, I decided to become a teacher to help change their lives just like how the practice of yoga changed mine."

She completed her 500-hour teacher training course

in 2013 with high honours after three years of studying in Aura Wellness Centre. She also founded Bahrain's Yoga Discussions Forum in 2018 and teaches regular classes in and around Bahrain. Mariam often leads or participates in Yoga for charity sessions as well as participate in Yoga festivals around the region. She enjoys inspiring others to improve wellness and live their lives positively. She even represented the country in the second Happiness Yoga Festival in Dubai 2012. "Yoga is a healthy lifestyle, workout, stress relief, treatment and complementary treatment. It

is the only practice that helps cultivate positive values properly," Mariam said.

“Yoga makes you more aware of your own body—more conscious of its strengths, weaknesses and needs. The more you understand yourself the more you know how to live right.”

And...it's all for a great cause. Festival proceeds will be donated to BSWD with the aim of helping to train Bahraini women to develop valuable skills which can be applied towards an income generating business to support themselves and their families.

"I am quite certain that this event will be a notable

success which will open opportunities for it to be a repeating event on an annual basis," Mariam said. "After all, it is the practice of sharing that makes us unite. It is the practice of giving that brings us fulfilment. The feeling of fulfilment is what we should seek in order to enjoy long term happiness. Practice, feel and live. Join the fest to enjoy a life changing experience!"

To find out more about the Festival that is on from 8am to 6:30pm on both days and about tickets, visit www.happinessandyogafest.com or @happinesyogafestival on Instagram.



Ladies at the third yoga discussion forum



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A taste of Bahrain...

CULTURE REPORT
By NAMAN ARORA
naman@gulfweekly.com

CHEF Lisa Wieland spent a few days in Bahrain and as a thank you for treating *GulfWeekly* to a majestic meal at the Four Seasons Hotel Bahrain Bay's CUT by Wolfgang Puck restaurant, harkening back to her roots, this roving reporter as well as some of our colleagues spent a morning with the Austrian chef, introducing her to some of our roots.

Often when living in a place, one forgets to experience some of the more touristy sites, taking them for granted or inwardly chuckling at the tourists with their cameras and iPads taking pictures of daily minutiae. Having called multiple cities around the world my home, I have learned that at least once to do some of these gimmicky touristy things with a new or long-lost friend.

Every time I have, not only have I come to appreciate that which I take for granted but also learned something new from another person's perspective on what I consider "the same old."

Last week was no different as Lisa, head chef at CUT in London, joined us for a morning out at Bab Al Bahrain, starting at the famous Haji's café. Every local and most expats in Bahrain have heard of Haji's, formerly known as Al-Maseela, a 70-year old establishment that serves the best local fare.

Lisa noted: "The people in Bahrain have been so kind and welcoming. I have never experienced this in any other country before!"

When Chef Wolfgang Puck had visited Bahrain in 2017, *GulfWeekly* visited the restaurant with him then enjoyed a delightful morning where he explored



TASTY FEAST: Lisa and Zuhair with the breakfast spread



Lisa at the Souq



the kitchen and cuisines of Bahrain.

Because of this history, we were treated to an extra special morning by Zuhair Haji, owner of the restaurant who brought a smorgasbord of their best-selling dishes. Ranging from the vegetarian-friendly split chickpea dal, the scintillating shakshuka (eggs and tomatoes), the bizarre but bountiful Balaleet

(an omelette atop a bed of vermicelli noodles, a beef-potato stew as well as the trademark Khubsoos bread and Haloumi cheese, everything is fresh and delicious.

Not only is the service in this place impeccable and the prices reasonable, just walking around the restaurant, one can get a slice of Bahrain's modern history.

Memorabilia from the last 70 years adorns the walls, from old maps to photos of The Late Amir, The King and countless other dignitaries and members of royalty.

Everything from the classic Arab seating to the fact that we were sitting in the very first building of Al Maseela gave Lisa a trailer of Bahraini culture. And of course, the food itself told

a tale of cultural ties with India, Persian influences and a melting pot of culture that one can only experience in a trade hub like Bahrain.

After a karak tea each (and for some of us, a couple), we stepped out and explored the souq. The narrow streets which have more or less remained

the same since my childhood, except for the presence of Little India, tell their own tale of community and wide availability of wares. At one time not too long ago, Bahrain was the gateway for the rest of the world to the GCC and as such, one could find a remnant of every culture that touched the island in the souq.

Lisa ended up getting lots of gifts and souvenirs for her friends and family, including a necklace, earrings, rings, spices and pashmina scarves saying: "I love the souq because it's so unique. You

don't find markets like this in Europe."

And with that, we wrapped up a paradigm expanding experience, as we all left

having heard some great stories and having created another fond one.

Lisa, who is now back in London, also left Bahrain with a culinary

prize: "I have got a very nice curry spice mix which I will definitely be using in my kitchen!"

● To have a taste of the experience, scan the QR code below.

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A dramatic success



FILM SCENE

By SUBIDITA BHATTACHARYA

ONE of the major film events to be featured recently in the kingdom was the premiere of Ramgopal Menon's *Death of So and So* in Ashrafs Hall in Hooraa...and it was a delightful success.

More than 300 people attended the screening including chief guest, veteran South Indian (Malayalam) actor-director Balachandra Menon.

Balachandra acted in more than 100 movies, wrote scripts and directed 37 feature films. His accolades are far and wide having also received the Padma Shree award which is the fourth highest civilian award in India. His last short film, *Mindscape*, dealt with the alarming rates of suicides within the expatriate communities in Bahrain. It received Best Film award in ICRF Short Film Festival held in 2018 and was screened at Cineco Oasis Mall in Juffair.

His mystery drama, *Death of So and So*, was completely shot in Bahrain, written and directed by the Bahrain based award-winning filmmaker. The film is produced under the banner of Nattukoottam – a film production owned by Ramgopal, George Tharakan, Haridas and Prashanth, which have produced four shorts. It has been selected to participate in Kochi Metro Film Festival to be held in Dubai under the patronage of



Balachandra

South Indian film star Mohanlal. Ramgopal, general manager of Kanoo Information Technology, said: "This is my fourth short film fully shot in Bahrain. Since the film has been invited to

participate in Kochi Metro film festival in Dubai, which is a GCC level competition, I thought of doing a different subject – away from the usual themes handle Indian Diasporas common issues. I decided to change the track and make a mystery drama this time depicting the death of a person and how his kith and kin oversee the death of someone. I tried to showcase a drama

revolves around the deceased with an unexpected climax that is very unusual and thought-provoking to audience."

According to Ramgopal, *A Death of So and So* has a very uncommon subject to make a film out of. The form and overall presentation go hand-in-hand with the hefty content. It's a well-crafted film that looks professional too. He added: "All the artists, technicians – cinematographer and

back-ground scorer did an amazing job."

Aside from being featured at the Kochi Metro Film Festival, the normal route of a short film leads to it being screened at film festivals.

"We have plans to enter into major international festivals since the movie is in English", said Ramgopal. He also believes the film will be well accepted in India and Bahrain as it's an Indo- Bahraini team up. All artists are Indians living in the kingdom and the cinematographer and sound recorders are Bahrainis.



Ramgopal

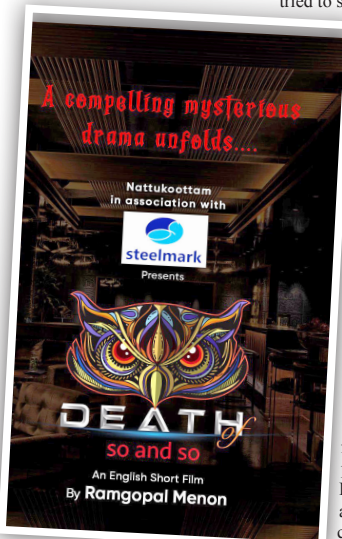
While speaking about his inspirations to start making films and form a filmmaking team in Bahrain, he said: "I am passionate about films and a serious movie buff. I attend every Wednesday movie screenings in Bahrain Cinema Club Juffair to interact with international movie lovers and watch quality offbeat films made globally which is otherwise impossible to watch in theatre or other channels. Moreover I have great movie enthusiastic friends join me and support me in productions. I have a big dream of making a feature film shot in Bahrain and to release it widely. My other dream is to make an Arabic film in Bahrain from a non-Arabic perspective."

Ramgopal believes that Bahrain is the ideal place for developing creativity. He added: "You'll easily find likeminded talents ready to spend their time

and resources to follow their passion but I feel that is not sufficient. The way Bahrain encourages different art forms, the kingdom should also promote local and expatriate talents to get into

films by establishing a full-fledged film industry—film production houses, studios, technical labs and marketing avenues and financial assistance for making and promoting "Made in

Bahrain" films. This will open opportunities to develop the entertainment industry and take it to the next level. That will contribute heavily to Bahrain's economy in the future."



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BOLDEST MAKEUP COLLECTIONS

L leading Italian makeup brand KIKO Milano launched its first store at City Centre Bahrain. With more than 21 years' experience in the beauty field, KIKO offers ladies some of the boldest and varied makeup collections to help them express themselves and all their products are 100 per cent European made.

The brand, which was founded in 1997 in Milan, features an endless range of shades, tones and textures such as foundations, concealers, lipsticks, eye shadows and more.

There are more than 900 KIKO Milano stores available in 23 markets. Some of their best sellers include Unlimited Foundation SPF 15, Invisible Touch Fixing Powder, Velvet Passion Matte Lipstick and 3D Hydra Lip-gloss.



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1. Carrots per kg – 450fils
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5. Al Alali fancy meat tuna in water – 515fils
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Al Jazira Supermarket

1. Skinny popcorn cake sea salt – BD2.200
2. Skinny popcorn cake white cheddar – BD2.200
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4. Hilltop organic honey acacia – BD4.800

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3. Sanwa oat nutrition choco 400gm – 975fils
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5. Heinz tomato ketchup 397gm – 895fils

Lulu Hypermarket

These offers are available until November 20.

1. Rabea express tea bag 100s+20 tea bags extra – BD1
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3. LuLu sunflower oil 1.8ltr 2pcs – BD2
4. Australian lamb leg bone-in/kg – BD3
5. Sadia whole chicken 1kg 2pcs – BD2
6. Meat town jumbo chicken burger (11s) 1kg – BD2
7. LuLu tender chicken breast 1kg 2pcs – BD3

Global tourism hub

THE Bahrain Tourism and Exhibitions Authority (BTEA) took part in the World Travel Market (WTM) last week. The WTM is a platform for representatives from the global travel and tourism industry network during an event held in the UK until last Wednesday.

Bahrain's delegation was headed by the Minister of Industry, Commerce and Tourism, Zayed bin Rashid Alzayani, chief executive officer of BTEA, Nader Al Moayyed and included representatives from BTEA, the Bahrain Economic Development Board (EDB), the national carrier Gulf Air and Bahrain International Circuit (BIC).

"We have always been keen to participate in various regional and international exhibitions and events, through which we seek to promote the Kingdom of Bahrain to attract foreign investments and increase



tourism numbers," said Zayed.

"Our strategy at BTEA focuses on strengthening the kingdom's tourism sector in order for it to become one of the main contributors to the economy. Our aim is to position Bahrain as a regional and international tourism hub."

During this global event, BTEA showcased the kingdom's tourism potential as well as the upcoming Formula One Bahrain Grand Prix race, which has been attracting thousands of racing fans from around the world for the last 15 years.

World Travel Market provided an ideal platform

for industry professionals to discuss the latest developments and challenges of the tourism industry. BTEA's participation was in line with its long-term strategy to further develop the Kingdom's tourism sector and strengthen its position on regional and international levels under the slogan

of 'Ours. Yours.', which contributes towards the Kingdom's economy and the 2030 Economic Vision.

Bahrain has taken great strides in enhancing its position as an ideal destination for experiential travel as it offers visitors a unique experience due to its rich history, civilisation and

traditions that distinguish it from any other country in the Arabian Gulf. With the aim of making Bahrain a leading family and business tourism destination, the BTEA developed and showcased an integrated schedule of events in order to attract tourists from around the world to the kingdom.

FinTechFocus

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



FinTech fast track

THE Economic Development Board (EDB) has announced a "fast track setup process for start-ups globally looking to take advantage of the business environment and start-up ecosystem in Bahrain."

The fast track process will be a complementary service offered through a dedicated concierge. According to representatives at the EDB, this will include assistance with residency, visa requirements and business registration, guidance from Bahrain's incubators and accelerators, as well as access to their networks and programmes that will provide businesses with the connections they need to grow, to expand and access to grants and financial support.

With this move, the EDB appears to be signaling in particular to blockchain and cryptocurrency start-ups that often find themselves stuck in



red tape around the world. The kingdom's pioneering, agile and flexible regulatory framework allows it to regulate emerging technologies in a way other jurisdictions simply cannot.

Pakiza Abdulrahman, manager of business development – start-ups at EDB, said: "With a hassle-free approach to setting up businesses in Bahrain, there is no better base to

scale across the growing \$1.5 trillion Gulf market. Start-ups can benefit from operating costs up to 40 per cent lower than other GCC neighbours." Bahrain's initiatives to

strengthen its position as a financial hub include the launch of its regulatory sandbox for cryptocurrency start-ups in February 2019. As reported by the *GulfWeekly* earlier, it also



the first in the region to fully licence a crypto exchange platform set up in the country, Rain.

Furthermore, leading financial group Frankfurt main finance's managing director, Hubertus Vath, recently lauded the country's regulators, saying in comments to our sister paper *Akhbar Al Khaleej*: "We have benefited from experiences of competent authorities in Bahrain particularly the EDB in this regard as Frankfurt seeks to attract investments taking advantage of opportunities created by Brexit."

"If the UK leaves the European Union, London Financial Centre will lose no less than £1.3 trillion, of which more than £750 million will be directed to Frankfurt. Major international companies and banks have chosen Frankfurt financial hub as their new European base instead of London, which will help create significant investment opportunities for Gulf banks in Frankfurt."



Blessed by a bot

A new priest named Mindar is holding forth at Kodaiji, a 400-year-old Buddhist temple in Kyoto, Japan. Like other Kyotians, this priest can deliver sermons and move around to interact with worshippers. But Mindar comes with some unusual traits like a body made of aluminum and silicone.

Mindar is a robot, designed to look like Kannon, the Buddhist deity of mercy with a price tag of \$1 million.

For now, Mindar is not AI-powered. It just recites the same

sermon about the Heart Sutra over and over. But the robot's creators say they plan to give it machine-learning capabilities that'll enable it to tailor feedback to worshippers' specific spiritual and ethical problems.

Tensho Goto, the temple's chief steward said: "This robot will never die. It will just keep updating itself and evolving. With AI, we hope it will grow in wisdom to help people overcome even the most difficult troubles. It's changing Buddhism."

In 2017, Indians rolled out a robot that performs the Hindu aarti ritual, which involves moving a light round and round in front of a deity. That same

year, in honor of the Protestant Reformation's 500th anniversary, Germany's Protestant Church created a robot called BlessU-2. It gave preprogrammed blessings to over 10,000 people.

SanTO — short for Sanctified Theomorphic Operator — a 17-inch-tall robot reminiscent of figurines of Catholic saints assuages people's concerns about the future.

Robotist Gabriele Trovato designed SanTO to offer spiritual succor to elderly people whose mobility and social contact may be limited. Next, he wants to develop devices for Muslims, though it remains to be seen what form those might take.



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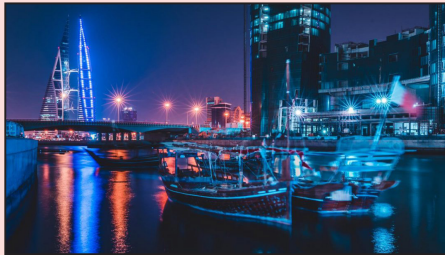




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The Bahrain Tourism and Exhibitions Authority (BTEA) welcomes Bahrain to the fourth annual Sea Festival, which will be held at Marassi Beach until November 16. This year's edition of the Sea Festival will include a live on-stage performance, as well 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. It will run every day until this Saturday, starting during the week from 4pm to 10pm from Sunday to Wednesday, and from 3pm to 11pm from Thursday to Saturday. The price of the ticket is BD2 per person, entrance is free for children under the age of four.

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

● Check out our coverage of the festival on Page 12 & 13.

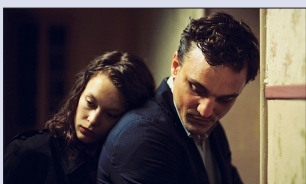


Need a turkey for the holidays? The Westin City Centre Bahrain's Furn Bistro has you covered. For BD70net, you get a 10kg festive turkey with all the trimmings, available with convenient delivery and takeaway options. It's available from November 28 to December 25, perfect for your Thanksgiving and Festive Season celebration. Call 17171441 to order 48 hours in advance.

The Westin and Le Meridien City Centre Bahrain are bringing back their Black Friday event! With 50% off food and beverage and spa treatments, starting November 29 from 10am to 10pm, customers also have the option of getting 50% off on gift vouchers, making for the perfect holiday present. Other highlights include: Afternoon tea for BD7net, 60 minutes Moroccan Bath for BD28net and 3-hour couple's spa treatment for BD110net.



CINEMA CLUB (TODAY AT 7PM)



Title: Transit
Director: Christian Petzold
Duration: 101 minutes
Cast: Franz Rogowski, Paula Beer, Godehard Giese, Lilien Batman

FASCISM is closing in and a German refugee arrives in Marseilles assuming the identity of a dead novelist, whose papers are his ticket out of France. While learning the ropes of the refugee community, he becomes enmeshed in the lives of desperate young mother, her son and mysterious woman named Marie, the wife of the man whose identity he has stolen.

For queries, call Huda at 39682323.

Today (November 13)

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

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.



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

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



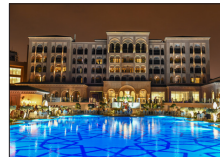
Reef Resort's Tokyo Reef restaurant features a specially-created set menu that is offered on weekdays (Saturday-Wednesday, closed on Mondays) from 3pm to midnight where guests can watch as the chef prepares sushi, sashimi, maki and other Japanese fare before their eyes. Set menu priced at BD18+++ inclusive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

Le Meridien City Centre Bahrain's Baharat restaurant hosts a stylish yet rustic 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 BD22net and the free-flow select beverage package is priced at BD28net. For details, contact 17171144.

Tomorrow (November 14)

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.

Friday (November 15)

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 more 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.

Check out the Gulf Hotel's award-winning Al Waha Friday Brunch at the Al Waha Restaurant Explore the world of Arabic food culture and experience a remarkably fun family activity over a sumptuous buffet of mouth-watering delicacies, complimented by the live tunes of the QBA Band for BD23net inclusive of soft beverages and BD28net inclusive of select beverages. For more details, contact 17713000.

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

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 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.

Big Texas Barbeque & Waffle House presents its 'Small

Town, Throw Down' brunch – the only five-hour brunch in the kingdom – from 11am to 4pm. It features a buffet and specific table orders. There's also karaoke. Call 17360063 for details.

Spend an unforgettable day in the sand beach infinity pool from 8am until sunset and embrace the Latino vibes at the Reef Resort's Pool Delight. Spice up your evening with a variety of Latino cuisine and entertainment all priced at BD22+++ per person. Kids aged six-12 get 50 per cent off. For bookings, call 13110110.

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



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 BD36net 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 everything from the finest of hors d'oeuvres to the freshest of salads, salmon and galantines, a fresh array of shrimp, mussels, crab, Omani lobster to hot and cold mezze, warm soups, Italian, Mexican and Asian-inspired entrées, cheese boards with the finest selection, as well as a surprise dish prepared exclusively by Executive Chef Yann Lejard and culminating in a sweet chariot of desserts. Priced at BD55, includes a selection of premium beverages.

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

Saturday (November 16)

Enjoy a delectable International buffet spread every Saturday from 12:30pm to 4pm over Furr Bistro at The Westin Bahrain City Centre, while revelling in the Rotunda's ambience. Priced at BD8net.
For more information, call 17171441.

Join the Gulf Hotel's professional Chinese chef instructor for The Art of Cooking class this Saturday from 10:30am to noon for a lesson with Chef Ding. The class is designed for home cooks with busy lifestyles who have a passion for food who want to build their culinary chops 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 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.

Sunday (November 17)

Feast on a tasty Mediterranean Business lunch amidst the busy Seef district at Jumeirah Royal Saray's Brasserie Royale from Sunday to Thursday with a three-course menu and



delicious options to choose from. Priced at BD15net per person.
For more information and reservation, contact 77707070 or email jrjb.brasseriesroyale@jumeirah.com.

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

**Monday (November 18)**

Relish four of the best pasta recipes by Chef Perbellini every Monday with a delightful degustation at Gulf Hotel's La Pergola. The menu features a selection of spaghetti with pesto and calamari, homemade gnocchi with tomato & basil, deconstructed lasagne moderna with beef ragout and much more! Priced at BD10+++.
For more details, contact 17713000.

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.

The Ritz-Carlton, Bahrain's Mamma Mia Mondays at Primavera will feature Chef

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

Embark on a menu-free bespoke and interactive culinary journey right at the kitchen counter of the CUT restaurant by Wolfgang Puck at the Four Seasons Hotel Bahrain Bay Bahrain. Doors open at 7pm. Prices range from BD48 - BD85 depending on the number of courses and the beverage pairings.
For details, contact 17115044.



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

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 19)

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.restaurant.reservations@ritzcarlton.com

During the month of November, the Spices restaurant at the Crown Plaza wants to give you a taste of the hustle and bustle of India's vibrant street food culture with their range of authentic, freshly prepared regional street food menu items. Excite your palate with the unique ingredients and flavour profiles of amazingly versatile Indian dishes.
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, call 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.



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+++

● Check out Naman's review of the Gulf Night Out on Page 11

To book, contact 17713000 or visit <http://pay.gulfhotehbahrain.com/events/>



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+++

To book, contact 17713000 or visit <http://pay.gulfhotehbahrain.com/events/>



Designed for your absolute relaxation, the Lagoon Beach boasts serene views from sunrise till sunset and is one of Reef Clubhouse's most scenic spots in the kingdom. The Reef Clubhouse's new indoor pool is now open! The large-scale indoor pool is a sight to behold with every detail designed to make being here a delightful experience. Whether enjoying the warm water, a drink at the poolside bar, soaking in the jacuzzi, or relaxing on deckchairs, the pool offers a world-class environment in which to spend moments of leisure.

Enjoy their Pre-Launch Special and relax and unwind every day until Sunday. For only BD10 net/person at the food savoury area, guests can enjoy free access to Lagoon Beach facilities including the new indoor pool while children under five are free of charge. Located at the Reef Island, the scenic Clubhouse & Lagoon Beach are perfectly positioned overlooking the panoramic view of Bahrain skyline where guests can create memories with loved ones aboard the Lagoon Moon floating restaurant as they witness the striking view.

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

For inquiries, call: 77900700.



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Fashion Weekly

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

Colourful exploration

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

LUXURY Turkish street-wear label Les Benjamins puts an edgy twist on outdoor sports equipment and brings it into fashion form with its autumn and winter collection.

This season, Bunyamin Aydin, the brand's creative director, draws his inspiration from Machu Pichu and the Sacred Valley in Peru to design a high-tech and hiking infused ready-to-wear collection.

Bunyamin, who explores travel and culture photography and consistently references subcultures in his signature style placement prints, is implementing the brand's new camera rangefinder logo throughout the collection. This line, for its part, stands out with a series of designs and pictographs etched into the ground of the Nazca Desert Sands.

The designers transformed



casual and sophisticated elements into new hybrid pieces flooded with outdoor-inspired highlights that come with an unprecedented sense of ergonomics and style. The multi-layering in the collection is de facto inspired

by the architecture of the Machu Pichu. Bunyamin's streetwear silhouettes have evolved into more engineered and un-conformist outdoor looks featuring mixed media tech fabrications with natural wools and French terry fleece. The detailing is as eye-catching as it is functional and is bordered

off with reflector tapes for safety throughout the winter elements.

Other cool features added to clothing and fabrics include draw cords, magnetic closure pocket flaps, carabiner zip pulls and two-in-one raised neck hood details. Bold and utilitarian accessories, such as harness and holster bags, mini belt pouches, as well as gauge wool socks, polar gloves, calf and head warmers, neck gaiters, camping caps, and felt hats finish off the looks.

The colour palette for the collection is both vibrant and introspective, boasting a mix of earth tones such as rust, earth vizon, clay, and grey. The line also includes galaxy hues of midnight black, neon orange, starlight green and Milky Way purple.

The collection can be found in high-end luxury boutiques in Bahrain and Dubai as well as online.



Jalal's timely tips on the latest trends

Berluti celebrates the holiday season with the launch of a fun range of games and lifestyle accessories that make for the perfect present for the modern day man. The brand has created a series of games, gadgets and accessories using fine leather craftsmanship and sophisticated design.

Faunting the houses' emblematic Venezia leather finishes and impeccable attention to detail, the new line of lifestyle essentials



effortlessly align with the Parisian shoe labels codes and aesthetic. The collection showcases gift ideas such as a wireless speaker designed in collaboration with Native Union and a winding watch box. The line also features games like chess, game of Go, table football set, playing cards and dice games.



EatingOut

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



A night out in the Gulf

GOURMET REPORT
By NAMAN ARORA
naman@gulfweekly.com

BUFFETS have become ubiquitous to the dining scene across the Middle East. Every hotel in Bahrain seems to have one at least once a week, generally accompanied by an assortment of live stations.

Gulf Hotel's Gulf Night Out has also become omniscient on the hotel dining scene. It is the biannual culmination of the Gulf Hotel's restaurants, a sampling banquet of signature dishes their restaurants, which kicked off last Tuesday, accompanied by tons of live entertainment.

We decided to pay it a visit to find out what was new this year. Buffets have a murky history, with every nation making their own claim to its origin. While they tend to bring out the glutton in all of us, nearly six months in this job has helped me develop a strategy to work the buffet.

It starts off with a gander around the ocean of food. Set by the poolside, more than 50 dishes seduced us over with a waft of delicious scents. There were 10 stations, one



by each of the signature restaurants at the Gulf Hotel.

There was dahi puri courtesy of award-winning Rasoi by Vineet, flaming grills, Arab fare and mezzah provided by Zahle and Takht Jamsheed, selections of sushi prepared by Sato, pad thai and satay presented by Royal Thai and three delectable-looking peking ducks from China Garden. In the middle of it all was a monumental motley of mouth-watering desserts. A few things short-listed in mind, I returned to my table, ordered a drink and

waited for my colleagues.

The next step to an optimal buffet strategy is arranging your food groups, which includes prioritising your proteins and setting your salads. Carbs are the natural enemy of the smorgasbord surfer. Not only do they fill you up quickly and make you unduly thirsty, they also are the most culpable food coma culprits.

Of course, in Bahrain and the Gulf, they are unavoidable to a certain extent, but by picking up some kebabs and tikka from the grill stations, chicken makhani (more chicken, less makhani) from the Rasoi station, chicken satay from the Royal Thai station, and sushi and sashimi from the Sato station, I kept the carbs to a minimum. Because I was feeling a bit exuberant, I even added a few slices of Peking duck with a few drops of their special sauce on top.

My qualm with most buffets is that they are set up in a line, leading from

most carbohydrate-rich to least. I understand there is a method to this madness but it also leaves diners feeling bloated yet unsatisfied. The great thing about the Gulf Hotel's buffet is that it's in a circular conclave, so you can hover from station to station and craft your own perfect culinary creation.

I paired my platter of protein with a healthy serving of salads including a Mediterranean salad, green salad and some seaweed salad from Sato.

On the side, I heaped on some hummus and indulged my carb affliction with some delicious pasta from La Pergola. And with a heavy and colourful plate, I sat down and enjoyed the tunes of the QBA band and the acrobatics of the belly-dancer from Zahle, as I devoured my plate.

And the final tip for enjoying a good buffet: don't desert the desserts. Now this may be controversial, but here instead of being enticed



by the spectrum of scents from the dessert island, I stuck to my old preference for chocolate.

I enjoyed the lotus monten cup, which was a molten lava chocolate cake served in a cup. I topped it with some ice cream to add that extra note of decadence and I enjoyed it with a side of games coordinated by marketing and communications manager Ryan Advincula as well as the emcee Belle.

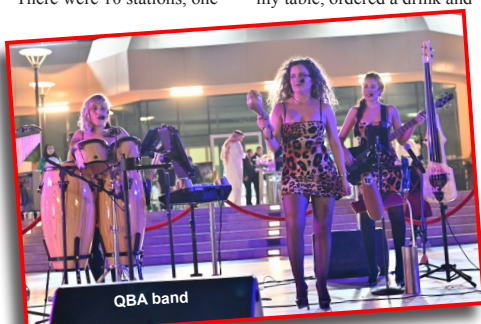
It was a lovely evening and with new signature dishes and entertainment planned for the entire month, every

week is a different adventure. Do check it out and sample the signatures from all the Gulf Hotel restaurants!

● Scan the QR code below to get a taste of the culinary adventure at Gulf Hotel!



Subscribe to GulfWeekly's YouTube Channel.



Celebrating the life



COMMUNITY REPORT
By NAMAN ARORA
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BAHRAIN is celebrating its life aquatic with the fourth annual Sea Festival, which opened at Marassi Beach under the patronage of the Minister of Industry, Commerce and Tourism, Zayed bin Rashid Alzayani, in the presence of the new chief executive of BTEA, Nader Al Moayyed.

Since it was first launched in 2015, the Sea Festival celebrates the kingdom's historical ties to the sea showcasing a wealth of folklore and handicrafts still practiced today by local artisans, in addition to local community organisations working to preserve the kingdom's sea culture.

Mohanna Aldoseri, founder of Beach Culture, an organisation promoting non-motorised sports in the kingdom said: "We have been involved with the Sea Festival since its first iteration. For this year, we are excited that this is the first time the festival is right on the beach! We hope festivalgoers come with the intention of walking around barefoot, so they can enjoy the sandy beaches and participate in the activities we have going on, and win some prizes, including kitesurfing and windsurfing lessons, tours and much more."

Amongst the wide range of activities are exciting water sports and boat rides around the beach, as well as recreational, shopping, dining and educational experiences. There is also a volleyball tournament and tug of war, which one can sign up for, on the spot. From hand-crafted miniature dhows to oyster art and of course, a wide spread of seafood, we found something for each of our tastes as we walked around the huge festival, which spans more than 15,000sqm.



Fatima



Dhow maker



Ali, Balqees and Hussam



Mohammed



Mahmood

There are also various pop-ups on the beach, including a maritime museum showcasing the kingdom's rich history, highlighting the island's close ties to the sea, as well as around-the-clock traditional performances where local bands waxed poetic about folklore to the eager listeners. A number of distinguished craftsmen created traditional handicrafts and enlightened us on the origins and trade secrets passed on through the ages, alongside a number of pearl

merchants showcasing the famous pearls the Kingdom is known for.

Nader noted in comments to *GulfWeekly*: "This year, we have more participants, both in terms of booths and anticipated attendees than in previous years. There is more variety, so we hope to attract more people locally as well as from across the region. The BTEA has been promoting the festival across all its offices, so we are excited to see the turnout, and most importantly, to see



Folkloric band

the aquatic



CULTURAL EVENT: Zayed Alzayani touring the festival

everyone enjoy and celebrate Bahrain's sea culture."

The Festival also includes an outdoor cinema, which has been displaying exciting shows including local dancers and stunning scenes featuring an on-stage Sea World Performance, Cirque de del mare, as well as a number of other activities organised to better familiarise children with the kingdom's historic roots and sea legacy.

The event also offers a networking opportunity for vendors in the maritime industries, as they can share strategies, find synergies and learn from each other's growth.

Mohanna said: "What's really nice is that this event gathers all the business owners in the industry. It helps us get to know each other's businesses, market trends, and prepare for the coming season. For us this year, along with reaching out to public, we have enjoyed the business-to-business connections and support we have developed this

year and we appreciate the support of the BTEA and from the Minister of Industry, Commerce and Tourism, Alzayani."

The one aspect that makes one uncomfortable about such events in close proximity to the sea is the amount of plastic used. Many

We are excited that this is the first time the festival is right on the beach

events in Bahrain are facing these challenges, which are hopefully addressed, alongside a celebration of the sea.

Many organisations including Cleanup Bahrain and Bahrain Volunteer Dive Team were on hand to raise awareness and ensure that the festival had as minimal a footprint as possible, but faced some challenges.

Kai Miethig, representative of Cleanup Bahrain said: "It is always fun to experience the sea festival and the wide range of

activities, entertainment and information about the sea and culture of Bahrain is displayed by the various groups. However, the sea is our life and hence the waste produced by the food providers without proper segregation for recycling is a bit heartbreaking. Plus, access for volunteers was very limited and made it difficult to volunteer. As far as location goes, the remoteness may have some impact on attendance."

"At BTEA, we strive to organise and host these leading events that work towards further developing the local tourism sector and increasing its contribution to the national economy," concluded Nader in comments to the press.

The Sea Festival will run every day until this Saturday, starting during the week from 4:00 pm to 10:00 pm every Sunday to Wednesday, and from 3:00 pm to 11:00 pm every Thursday to Saturday at Marassi Beach. The price of the ticket is BD2 per person, entrance is free for children under the age of four.



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Property Weekly

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

Real estate showpiece

HOME seekers and investors recently flocked to The Avenues-Bahrain with the aim of snapping up exclusive deals and discover new projects being launched in the kingdom as part of the popular Gulf Property Show.

The four-day exhibition extravaganza, which was opened to the public on November 6, was inaugurated by Shaikh Mohammed bin Khalifa Al Khalifa, CEO of Real Estate Regulatory Authority (RERA) Bahrain and was strategically sponsored by Golden Gate Developers, First Bahrain Real Estate and Durrat Marina.

According to Jubran Abdulrahman, the managing director of event organisers, Hilal Conferences and Exhibitions (HCE), the shows aim was to target investors from Saudi Arabia, Oman, UAE and Kuwait through its dedicated marketing campaign.

He said: "When we launched the Gulf Property Show in 2013, we started it with a simple vision, to create a dedicated event promoting



Eman

real estate, property developments and related services in Bahrain for the Gulf and the wider international market place Real Estate companies are no strangers to exhibit at malls around

Bahrain. This dedicated marketing approach has attracted participation from a number of developers and companies from Bahrain, UAE, United Kingdom, Turkey and Cyprus.

"The interest shown in the Gulf Property Show at the Avenues 2019 from international and regional realtors is confidence in

Bahrain as a centre for real estate transactions. This is in no small part due to the contribution of Bahrain's regulator RERA who have ensured that all the exhibitors are compliant so that visitors can invest with confidence and legal security at the show."

Twenty-one real estate and property developers participated in the show, of which some of the stands included Marassi Al Bahrain - Eagle Hills, Kooheji Golden Gate, Union Real Estate, Riffa Views, Kingdom Projects Real Estate and more. The Show garnered a footfall of about 5,000.

Ahmed Suleiman,

exhibitions director, said: "The Gulf Property Show has been a major success this year and it's increased in participants by 30 per cent. The exhibitors have completed property transactions across the board along with the real estate guys in Bahrain as well as international exhibitors.

According to Ahmed many visitors were particularly interested in Kooheji Golden Gate. The Golden Gate development is a joint venture between Bahraini company Kooheji Golden Gate and Indian real estate companies Ajmera Realty and Mayfair Housing. It unveiled its twin towers project which



is one of the tallest buildings on Bahrain Bay comprising of 746 apartments.

In the lead up to the show, Eman Al Mannai, vice president of sales and marketing at Golden Gate Developers, said: "The mall event at the Avenues offers a unique opportunity to meet buyers from Bahrain, Saudi Arabia and other parts of the GCC. We were very successful in achieving a number of sales during the launch of Gulf Property Show at the Avenues last year and we were looking forward to a similar response this year."

Golden Gate towers soar to 45 and 53 storeys with

more than 40,000sqm of built up space, stunning views, canal and seaside living, easy access to a wealth of amenities and nearby links to both local and international transport connections. Ahmed said: "Kooheji Golden Gate sold several units and received lots of positive inquiries from visitors. Their project received high visibility.

The Real Estate Regulatory Authority of Bahrain, the Survey and Land Regulatory Bureau, the Urban Planning and Development Authority of Bahrain and Bahrain Property Developers Association were also supporting the show.

Jubran added: "It has been rather successful in its second year. The footfall from the mall through our marketing and promotions has resulted in an increase number of 20 per cent. Many contracts have been signed and purchases have been made. We will be announcing the total value of contracts and purchases made once received from the exhibitors in the next of couple of weeks."

The Gulf Property Show has been held under the patronage of HRH Prince Khalifa Bin Salman Al Khalifa, Prime Minister of the Kingdom of Bahrain since its inception. The next Gulf Property Show will be held in April 2020.



Zahra, Dina and Sawsan

HealthWeekly

Your guide to the most relaxing spa treatments and staying fit

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Thai team with Steve, front centre



Therapeutic journey

HEALTH REPORT
By NAMAN ARORA
naman@gulfweekly.com

ATHLETES, office workers and spa lovers who experience chronic pain can now avail of the benefits of a new treatment in town through Thai Warrior Massage: Dancing Style experience at the Al Areen Palace & Spa.

GulfWeekly experienced the treatment, which threads the fluid motions of Thai classical dances with Thai warrior massages of Mastere Pathompon Aiyarattanaruk, and it was entertaining, educational and instantly effective.

Suwit Sritrairasi or "Steve", also known as Master Chaang from Thailand, designed this method of massage and showcased it at the World Championship of Massage where it won top honours for its innovation, flow and in particular, it's ergonomics.

Steve said: "I have been practising as a licensed massage therapist in Florida for the last 10 years and I wanted to combine the traditional benefits of acupressure, pinning, stretching, bending and twisting with some of the graceful motions of Thai dance. Using this method,



RELAXING: Roderick and Jalal experiencing the massage

not only does the client get a massage that is much closer to natural body motions, reducing the risk of injury, it also is much more ergonomic for the masseuse ensuring

a rewarding experience for both of them." Jalal, our colleague who found that after years of office-based work he had developed Office Syndrome characterised by a chronic

pain in his shoulder which limited his arm's range of motion, decided to try it out along with British Ambassador Roderick Drummond.

After just 20 minutes, Jalal found relief and was able to move his arm much more fluidly and

without the clicking noise to which he had become accustomed. Roderick noted some similarities between the technique and physiotherapeutic exercises he used to do with team mates during his younger rugby days.

Roderick said with a chuckle: "This is the first time I have done a Thai massage. I loved it. I found

it quite invigorating and I would definitely recommend it for people of all ages, including unfit old men like me."

Set to traditional Thai music, the ambience itself relaxes one's muscles before the masseuse starts the experience. Situated by the poolside, as the soothing sounds of fountains envelope one's spa treatment, the

experience starts off with a focus on alleviating back pain, before moving on to the arms, legs and head.

The key thing one notices when experiencing the massage is the mirroring of poses by both the masseuse and the client. As opposed to a unidirectional sometimes stiff massage administered by the therapist on the client, this is more of a therapeutic journey that relies on body weight, natural body movement and a bespoke experience for the client based on their fitness level.

Thai Ambassador to the Kingdom of Bahrain, Thanis Na Songkhla added: "Master Chaang has won many awards for his massage techniques and this one combining the old and new, has quickly become very popular. It is more than a massage. It's an art."

The massage includes exotic routines like the crystal ball guardian, which applies pressure to calves

and hamstrings to strengthen one's legs, as well as "Pulling Naga's tail" which stretches leg and hip joints so one can writhe in comfort.

Pamela Panduric, PR and marketing manager commented: "Al Areen has the largest spa in the region, with a variety of treatments for our clients, ranging from cold to hot. With this in mind, the Thai Warrior Dancing massage was a perfect fit and we are proud to be the first to bring it to Bahrain. This new experience will be offered by the seven female and one male Thai masseuse to our clients, and we encourage everyone to come try it out, as well as our other massage and spa treatments."

The Thai Warrior Massage: Dancing Style massage can be experienced everyday between 10am and 10pm at Al Areen Palace and Spa, starting at BD56 for a one-hour treatment. Contact 66611168 for details and bookings.



Pamela



Thai ambassador Thanis and his wife

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In focus



Marriott International in Bahrain, along with five participating hotels including The Westin City Centre Bahrain, Le Meridien City Centre Bahrain, Sheraton Bahrain Hotel, Marriott Executive Apartments Juffair and Residence Inn by Marriott Juffair, hosted a Spanish themed party at the pool side to officially open the Marriott Global Appreciation Week that is being celebrated all over the world. This week is all about marking Marriott International's customers and thanking them for their partnership. The event was attended by VIPs, customers, partners and members of the media. Guests were treated to Spanish food, entertained by a DJ, a band and Spanish Flamenco dancers.



Gulf Air, in line with its boutique strategy to add premium leisure destinations to its delicate crafted network, has revealed new additions to its 2020 network with three popular business and leisure destinations: Milan in Italy commencing from July 2020 on the new Airbus A321neo, Munich in Germany and Mykonos in Greece which both will be served on seasonal basis from July to September 2020 with four weekly flights and three weekly flights respectively.



The Ritz-Carlton, Bahrain kicked off the 12th Inter-Hotel Charity Basketball League last Sunday at its premises in Seef. The league, whose proceeds will go to Hope Institute For Special Education, brings together teams from hotels across the kingdom for some friendly competition to raise funds for the selected charity.



Bahraini entrepreneur Khalil Alqaheri received the Best Personal Award from The Middle East, North Africa & Asia Award Organisation (MENAA). The announcement was made at a ceremony during the World Marketing and Branding Forum, held at the Grand Millennium Muscat.

SocialScene

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Winners announced



Three major cash prizes and 27 other special prizes were at stake when Al Hawaj and Credimax held its "3 Hot Days" promotion at all Al Hawaj outlets. The grand prize winners included first place Wafa Khaled Al Murbati (US\$ 5,000); second place Fatma Anwar Naeem (US\$ 3,000) and third was Hussain Abdullah (US\$2,000). The other 27 will receive Samsung LED TVs, Samsung refrigerators, Samsung digital cameras, perfume sets, watches, Omnia gift cards and more. The raffle draw was held at Salmiya showroom led by Shafi Al Balushi, Ministry Industry and Commerce Representative. Also present was Credimax official Khalid Showaiter; Al Hawaj managing director Jawad Y Al Hawaj, general manager Abdul Wahab Y Al Hawaj, director Hussain Y Al Hawaj, Yousif Abdul Wahab Al Hawaj, Mohammed Jawad Al Hawaj, retail manager Hazem Elrazekd and division managers Shaker Abdulla and Nicholas Rodrigues.

Cruise season



Khalifa Bin Salman Port (KBSP), operated by APM Terminals Bahrain, marked the beginning of 2019-2020 Cruise Season as the first luxury ship of the year, entitled Mein Schiff 5 and carrying 2,351 passengers, docked at the port to a traditional Bahraini welcome. This year, 124,425 cruise passengers are expected to arrive in Bahrain until April 2020 via 61 cruise ships. Of this, passengers onboard Mein Schiff 5 have requested to extend their stay by three-hours giving them an opportunity to enjoy an enhanced cultural experience of Bahrain.

Envoy welcomed



Diyar Al Muharrag received Justin Hicks Siberell, the US Ambassador of Bahrain as part of 'Discover America Week', organised by the US Embassy of Bahrain and American Chamber of Commerce Bahrain (AMCham).

Trade ties

The Bahraini Turkish Business Forum and Bilateral Business Meetings were held in co-operation with Bahrain Businessmen's Association and Bahrain Businesswomen's Society, with the support and co-ordination of the Commercial Counsellor of the Turkish Embassy in Manama. There were 14 Turkish companies operating in different industries including software companies in health, building-design, security systems, banking in trade finance, variety of food sectors from natural foods and its supplements to grain oils, bakery ingredients, building materials, metal recycling, paper converting industry, baby apparels and many downstream industries.



Film Weekly



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



Spooky treat

If your favourite horror movie ever is Stanley Kubrick's 1980 screen adaptation of Stephen King's *The Shining* then you would certainly find *Doctor Sleep* to be an earnest successor. Further, *Doctor Sleep* is an organic, free from range horror film – no artificial jump-scares; no artificial ghosts.

Forty years after the terrifying events of Stanley's iconic movie *The Shining*, the now grown-up Dan Torrance, the son of Jack Nicholson's Jack Torrance from the original, is still irrevocably scarred by the trauma of the harrowing escape from the Overlook Hotel when his father suffered a mental breakdown and nearly killed him and his mother.

Interestingly, Dan's childhood nickname was Doc. While working as an orderly in a hospice, he shows up in the patients' rooms late at night sitting by the hospital beds. He's able to understand that it's over, that they're about to die and he helps them with the deep-sleep. Hence, he is called Doctor Sleep.

Abra, a courageous young girl with particularly extrasensory abilities, contacts Dan seeking his help against the merciless Rose the Hat and her followers. They are a cult of quasi-immortals called The True Knot who feast on the psychic power of people like Dan and Abra – "The Shine" (as Dan calls them) of innocents. Their mantra is "Eat well, live long". Writer, director and editor Mike Flanagan had the most thrilling task – reconciling an adaptation of the novel *Doctor Sleep*,



DOCTOR SLEEP

STARRING: Ewan McGregor, Rebecca Ferguson, Kyliegh Curran, Carl Lumbly, Cliff Curtis

DIRECTOR: Mike Flanagan

GENRE: Horror

RATING: PG-13+

RUNTIME: 151 minutes

which is Stephen's sequel to his novel, *The Shining* and Stanley's adaptation of the same that established a cinematic universe. Especially when we know that Stephen found the Stanley's adaptation to be "too cold".

Though, Mike successfully pays homage to the classic Stephen theme with a Kubrick-ian artistic style and achieves to tell his own story eluding a hybrid of Stanley and Stephen.

His *Doctor Sleep* is about recovery and overcoming trauma from the addiction and sufferings in *The Shining*.

He cares about Stephen's characters and the architecture of their minds. Each of them has their own psychological journey, at the same time recreating some of Stanley's iconic casts and visuals.

Still, the potential heart and soul of the movie would have been the new story between Dan and Abra, but it only has moments in parts not as a whole.

Ewan captures well the pain of a man who has a troubled past. Rebecca gives her career best performance as an alarming anti-hero Rose the Hat.

"We will not regret the past nor wish to shut the door on it." Much like the recent *It Chapter Two*, which is about characters confronting their past, in *Doctor Sleep* the characters are defined by their past. You must challenge it, learn to let it go and sometimes face your fears to awaken the ghosts of the past.

SUBIDITA'S VERDICT

1 popcorn – stay home
5 popcorns – start queuing

OGN
OIL, GAS, PETROCHEMICALS & RENEWABLES
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Bite-sized trailers

Playing with Fire

DIRECTOR: Andy Fickman

CAST: Judy Greer, Keegan-Michael Key, Brianna Hildebrand

PLOT: When fire superintendent Jake Carson and his elite team of fire fighters come to the rescue of three siblings, they quickly realise that no amount of training could prepare them for their most challenging job yet which is babysitting. The three men soon learn that children are wild and unpredictable much like fires.

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



Midway

DIRECTOR: Roland Emmerich

CAST: Woody Harrelson, Patrick Wilson, Luke Evans

PLOT: US soldiers and pilots change the course of World War II during the Battle of Midway in June 1942. The US and Imperial Japanese naval forces fought for four days.

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



Abigail

DIRECTOR: Aleksandr Boguslavskiy

CAST: Tinatin Dalakishvili, Eddie Marsan, Rinal Mukhametov

PLOT: Abigail is a young girl living in a town which, many years earlier, experienced an epidemic of a mysterious illness and was subsequently sealed off from the outside world by the government. Abby's father felt ill and was taken away when she was six. While searching for her father, Abby finds out that the epidemic never actually occurred; it was all a huge con. In fact, she lives in a world of magic.

SHOWING IN: Seef II



imdb movie charts

Current Position	Title	Weekend Takings	Gross to date
1	Midway	\$17M	\$17M
2	Doctor Sleep	\$14M	\$14M
3	Playing with Fire	\$13M	\$13M
4	Last Christmas	\$12M	\$12M
5	Terminator: Dark Fate	\$11M	\$48M
6	Joker	\$9M	\$313M
7	Maleficent: Mistress of Evil	\$8M	\$97M
8	Harriet	\$7M	\$23M
9	Zombieland: Double Tap	\$4M	\$67M
10	The Addams Family	\$4M	\$91M



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Write to the editor

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

THERE is much focus on child nutrition during the first 1,000 days and with good reason: children with good nutrition are ten times more likely to overcome life-threatening childhood diseases and complete at least four grades at school. However, what few know is that access to clean air, or lack of it, is fundamental to a child's development, both physical and cognitive. The first 1,000 days from conception to age two are critical to every child. In this span of time, the immune system develops. A child's brain connects about 1,000 neurons per second building intricate pathways for messages to travel onward through the body. A look at a two year olds brain shows that it is twice as active as an adult's brain building bridges to connect the nerve cells in the brain for future use. The ability to process images (vision), sound (hearing) and to recognise and remember language and images like the faces, are all developed during a child's first 1,000 days.



Mum and her baby

With rising levels of air pollution indoors and outdoors, children are increasingly at risk. Miscarriage, premature birth, low birth weight and illnesses such as asthma, allergies, diabetes and cardiovascular diseases

can all be linked to air pollution. Young children and pregnant women also spend increasingly more time indoors, where the air is up to five times more polluted. More than two-thirds of parents in China, India,

South Korea and the US think that an air purifier is beneficial for raising a healthy child according to recent research by independent UK based research firm YouGov. By removing common allergens like dust, mites,

bacteria and virus, and household pollutants such as chemicals from paint, furniture, clothing and cleaning detergents, in addition to car exhausts, smoke, soot entering our homes through windows and ventilation, air purifiers

can ensure a healthy indoor air for pregnant women and young children.

● **Email from Sara Alsén, chief purpose officer of Blueair, one of the world's leading producers of air purification solutions founded in Sweden.**

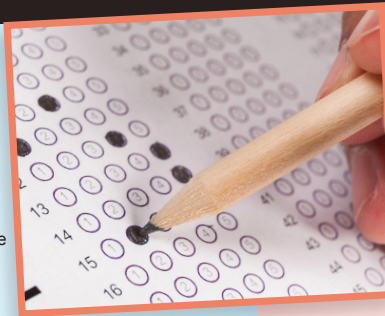
THE *GulfWeekly* would like to congratulate the Moorish American society in the US for their cultural event as well as Danny Andrew Asberry EI, multi-talented Moorish-American performer based in Texas called Eclipse the Earthstar, for organising it. The Moro Americana event was hosted by the non-profit 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.



ARE EXAMS FAIR?

IF there is one thing Year 11 is synonymous with, it's exams (GCSEs!) However, that is also true for the next year and the year after that and the year after at university ... and for all those words ... Phew! It is almost like academics translate to exams. The role of exams in learning is, perhaps, one of the most conflicted topics out there. On one hand, giving exams is a very rational take on gauging understanding of students, a parameter to infer where a student stands. However, an exam could also mean sweaty palms and palpitations with high levels of stress for most students. Since there doesn't seem to be an alternate route to "judging performance" than exams, we could move towards a well-structured exam review. Instead of a single high-pressure event called exam, we could have multiple tasks/assessments and opportunities to demonstrate what students know and associate it with "real life problems" instead of having a superficial understanding. We could have more project based tasks that draw on students' creativity and interests. In addition to considering exam

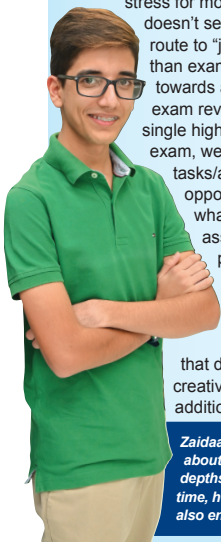
grades as a component to judge a student's abilities, the gradual improvement in grades should also be considered. It can be very harmful if the capabilities of a student are reduced to merely a number. This is where the objective of exams is diminished to a ranking system where students then start perceiving education as a completion based "episode" rather than a timeline of progress and conceptual learning. I do understand that there is a very thin line separating the two approaches that I mention – not only for us students but also for those who set our exams. I do hope that we move closer to a learning-conducive environment that replaces the usual exam stress with constructive learning opportunities.



He says,
She says

AS someone who has had to take an insane number of exams in the past six months, you would think I would be unable to function at this point. Exams, tests, essays have taken over my life. I am drained to the point where my functioning is comparable to that of a mindless robot. Strangely enough, four months from now, I know when I look back at this time period I will have a weird sense of fondness. The only way to make sense of this belief is by taking the example of exercise. It's a scientific fact that 90 per cent of people dislike going to the gym and would much rather lie on a couch with a jumbo pack of Doritos (cheese flavoured of course). Let's face it, we're pigs. Then when the time of day comes to burn off those cheesy calories, we physically drag ourselves to the gym and manage to soldier through a gruelling workout. By the time we're done... we feel good but how is that possible? We went from hating every second on the treadmill to feeling

satisfied... hard work is overall a weird phenomenon. Now exams and I have a love-hate relationship. Just like the after effects of going to the gym, I relish the satisfaction of doing well in an exam. Don't get me wrong, the majority of my days are spent wishing time would fast forward to when I'm retired and work-free. Till then, all I can do is play the game. A wandering thought – what would this column look like if I got one of my teachers to write it? Would they agree that exams are the devil's child? Or would they begin to sing praise of the many benefits of taking exams? From a purely 'purpose' perspective, exams are extremely reductionist. A person's entire knowledge and intelligence is being based upon their answers to a couple of multiple choice questions. It isn't the fairest practice. Then again, my tone might change if I end up getting a high mark on the exam I just took last week. Oops.



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



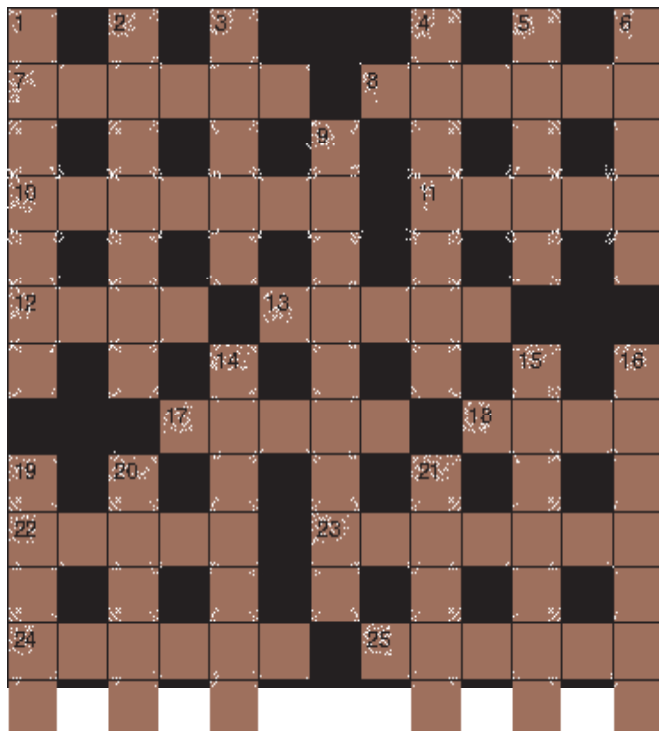
Athena Puri, 17, studies at St Christopher's School. She is interested in studying marketing, finance and management and has begun applying to different universities. She loves to read and her favourite authors are Khaled Hosseini and Liane Moriarty. She is also extremely passionate about art and enjoys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

cerebrally crust & crema



17214155 @crustandcrema crustandcremah

crossword break



Solutions in next week's issue.

ACROSS

7. Astonished (6)
8. Enrage (6)
10. Whet (7)
11. Courage (5)
12. Rodent (4)
13. Avarice (5)
17. Trunk (5)
18. Gala (4)
22. Implied (5)
23. Pariah (7)
24. Condition (6)
25. Problem (6)

DOWN

1. Bulky (7)
2. Handcuff (7)
3. Allure (5)
4. Dawdle (7)
5. Love (5)
6. Beneath (5)
9. Encroachment (9)
14. Unfriendly (7)
15. Since (7)
16. Clothing (7)
19. Stick (5)
20. Shrewd (5)
21. Guide (5)

who, what, where, when

WHO ... wrote the crime novels *The Long Firm*, *He Kills Coppers* and *truecrime*?

WHAT ... was the capital of New Zealand before Wellington?

WHERE ... in Spain is the Museo del Prado art gallery?

WHEN ... was the Chappaquiddick Island incident involving Senator Edward Kennedy?

WHO ... won the 2005 UK Boat Race?

WHAT ... variety of apple features on the Apple Records record label?

WHERE ... in Europe are the provinces of Etelä-Suomen Lääni, Itä-Suomen Lääni and Länsi-Suomen Lääni?

WHEN ... did James Callaghan become Great Britain's Prime Minister?

just so

sesame

opposite
hypotenuse of the X

hairhairhair

SENSES

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

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

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

darn tough sudoku

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

Sudoku

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

Sudoku

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

Last Week's Leisure Solutions

CROSSWORD BREAK:

Across: 1 Inapt; 4 Stumble; 8 Dreamer; 9 Sight; 10 Fate; 11 Aversion; 13 Cant; 14 Care; 16 Generate; 17 Edge; 20 Brain; 21 Overdue; 22 Extreme; 23 Press.

Down: 1 Indefatigable; 2 Adept; 3 Tame; 4 Strive; 5 Upstream; 6 Beguile; 7 Extensiveness; 12 Entrance; 13 Contact; 15 Stroke; 18 Dodge; 19 Weep.

JUST SO: More or less, Ninety degrees, Not half, Not in my backyard.

WHO, WHAT, WHERE, WHEN: Barry Geraghty; Nunavut; Letchworth; 1837; Fernando Alonso; 32,270; Norway; 1868.

Darn Tough Sudoku

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

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Motoring Weekly

Steering you to the best deals on wheels

Hi-tech and extravagant



EVEN after last month's 2019 Tokyo Motor Show motor lovers are still in adoration of Mazda's new MX-30 electric crossover.

The three-row CX-8 is the company's flagship people mover for the Japanese market and it boasts tech and more extravagance on the inside such as the Nappa leather captain chairs and the one-touch walk-in switch for second-row bench seats in L Package variants.

There are cup holders and USB ports also available for second-row captain chairs, and some CX-8 models gain USB ports for the third row.

The Japanese automakers added a special coating to dampen the sound of rain that adorns the CX-8's roof. However, for those that prefer more noise, a power sunroof is offered on select models.

There's a bit more space in the CX-8's sub-trunk at the back, and select Proactive

models get heated seats for the second row.

Mazda now also offers a new XD Proactive S trim that gets black leather seats for either six- or seven-passenger configuration. The front occupants get heated and ventilated seats, while the second-row passengers have the aforementioned heated seats. A frameless auto-dimming rear-view mirror and a seven-inch screen for the speedometer are also part of the package.

As for the tech, the all-wheel-drive models get an Off-Road Traction Assist system for better performance. Drivers can now choose front-wheel drive or all-wheel drive with any engine option, be it gas or diesel. The CX-8's centre display has grown from seven to eight inches.

The special edition CX-8 is called the Exclusive Mode and it's designed to impress those who ride in the second row.

The updated CX-8 will be available in Japan beginning in January 2020.



Amazing deals on Mercedes



AL Haddad Motors is offering exclusive and unbeatable deals on all Mercedes-Benz Certified Pre-owned vehicles, inclusive of a three-year service package.

The offer also includes the remainder of the vehicles five-year warranty. All cars under Mercedes-Benz certified brand

fulfil strict technical standards where each vehicle undergoes a comprehensive multi-points inspection by our trained technician.

This extensive inspection takes into account the vehicle exterior and interior checks, mileage and service record verification as a proof that the vehicle is fully serviced

and maintained by our authorized dealers. The Mercedes-Benz Service Week is also back again from Saturday to November 21. Avail free health check and other offers. For more information regarding this offer, please contact the Mercedes-Benz Certified Pre-owned showroom on 17785454 or visit www.bahrain.mercedesbenzme.com.

Zooming ahead

MERCEDES-BENZ eActros all-electric truck handed over 10 of them to patrons in Germany and Switzerland for testing under real-world condition and it was a roaring success.

The eActros "innovation fleet", which was conducted in autumn of 2018, customers, were receiving 18- and 25-tonne trucks to test out in tough-real-time situations.

The evaluation of tens of thousands of kilometres driven by customers as well as a close exchange with drivers, dispatchers and fleet managers have enabled the experts at Mercedes-Benz Trucks to gain numerous findings.

These flow directly into the further development of the eActros toward series production, which is due to commence in 2021. Overall, feedback and test results demonstrate that with the



Mercedes-Benz eActros, heavy-duty short-radius distribution already possible with local zero emissions and quiet operation.

Mercedes-Benz Trucks presented a progress report on the "innovation fleet" at an event in Wörth on Rhine. For the next step, some 10 more customers will each take delivery of a first-phase eActros for further one-year-long trials.

Andreas von Wallfeld, head of marketing, sales and services at Mercedes-Benz Trucks, said: "We're absolutely on the right track with the concept behind the Mercedes-Benz eActros. For me, this is the key finding after more than a year of extremely intensive real-world trials with our battery-electric heavy-duty short-radius distribution truck. I'm extremely

thankful to our customers, whose active support is making a highly valuable contribution on the road to series production of the vehicle."

One of the many new findings from the practical tests is that the range of up to 200km of the eActros is a realistic figure – regardless of payload, route or topography. In terms of availability and

performance, it is in no way inferior to a conventional diesel-engined truck in urban traffic, on freeways or in overland traffic. The cooling system for the cargo and the air-conditioning system – both electrically operated – functioned perfectly not only during this year's very hot summer but also at low winter temperatures. Drivers are very impressed by the

continuously available torque across the entire speed range and particularly also by the vehicle's quiet operation and the pleasant, smooth driving experience. In addition, if the driver adopts an anticipatory driving style, electric energy can be recovered through recuperation, involving braking of the motors. This makes it seldom necessary to operate the brake pedal.



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Gulf Connexions has been mandated by one of our long-term clients who is a top tier global organization within the banking and finance sector. They are currently looking to identify and onboard a number of **Relationship Managers/Senior Relationship Managers** to join their growing team in Dubai where they will be responsible for managing and growing their large corporate customer portfolio. We feel that this role is best suited to a highly motivated, mature and customer service minded professionals with at least 3 years' experience of being an RM within the UAE banking space.

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- Bachelor's degree qualified in Business, Finance, Accounting or similar.
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MotorSport

The home of motor racing news in Bahrain

Stage set for exciting finish



BATTLES rage on at Bahrain Karting Sprint Championship (BKSC) with Round Three of the 2019/2020 season, on November 30, predicted to end the calendar year with a bang.

Expectations are running high especially after the thrilling second round which was staged at the Sakhir 1.414-kilometre Commission Internationale de Karting track earlier in the month.

Karters pulled out all the stops in both the Bahrain Rotax Mojo Max Challenge (BRMMC) and the Bahrain Sodi Sprint World Series (BSSWS), which are both under the BKSC umbrella. Fahad Al Khaled, Osama Azzouka, Lewis Smith, Gracie Rose Grantham and Shanthosh Kumar were among the winners in the BRMMC, while Ali Baslar claimed the victory in the BSSWS.

Al Khaled triumphed in the BRMMC's Senior Max class. The BirelArt Bahrain team member completed the group's 15-lap sprint in 14mins 02.300secs. He was 7.078secs ahead of runner-up



Omar Al Dereyaan of Praga Middle East Racing, while Yasmin Madani of Demon Racing Team finished third 13.503secs behind.

Defending champion and Pre-Final winner Mohammed Mattar was handed a 10sec penalty in the race for causing an unavoidable collision, which dropped him from third to seventh on the final classification.

Azzouka triumphed in the Senior Max Masters category for Praga Middle East. He completed the group's 15 laps in 14mins 10.659secs, 7.230secs ahead of Fred Clark of BirelArt. Essa Aldossery of ED Racing finished third

26.641secs adrift.

Lewis joined the meeting's list of winners after taking the Junior Max class. The up-and-coming Praga ace had a near-perfect day on the track, securing first place in each of his class' sessions. He clinched their 15-lap Final in 14mins 07.414secs.

Sulaiman Alkanderi claimed second place 4.733secs behind Lewis, while Abdulla Aldossery of ED finished third 6.255secs back.

In the Micro Max class, Gracie Rose took a fine victory for Praga in 9mins 39.585secs in their nine-lap Final. Louis Safa of BirelArt came second 4.476secs

behind, while Khaled Alnajjar followed close behind in third 4.740secs from the victor.

In the Mini Max class, defending champion Shanthosh Kumar inherited the victory after Luca Kane Houghton was handed a 10-second penalty for causing an unavoidable collision with Shanthosh, dropping Luca Kane to third.

Shanthosh was classified as the victory in 9mins 09.044secs. Ahmed Alsesey of Praga was second 5.273secs back while Houghton's penalty put him 9.977secs from first place. Meanwhile, Baslar



ON THE PODIUM: Karters, above and below left, raise their cups high with pride



triumphed in the BSSWS Final following a tough battle amongst the front-runners. Baslar completed the 15-lap sprint in 18mins 20.585secs. Ahmed Ebrahim was the runner-up with a narrow 0.390secs gap while Abubaker Ali came in third 5.610secs off the winning pace.

Abdulla Buhindi was originally in second but he had a 10 second penalty for also causing an unavoidable collision, which thus dropped him to fifth overall.

Following the second round of action, Al Khaled and Mattar have a joint-lead in the Senior Max championship standings with 54 points

apiece. Azzouka tops the Senior Max Masters with 67 points. Lewis leads the Junior Max class with 60 points, Gracie Rose tops the Micro Max standings with 70 points, and Shanthosh sets the pace in the Mini Max category with 68 points.

In the BSSWS, Baslar continued to lead the standings following his win. He improved to 100 points.

The 2019/2020 BKSC features seven rounds in all. Round Four will then kick 2020 off on January 11, and then Round Five is set for February 8.

The sixth and penultimate meeting of the season will then be held on March 7, leading up to the championship-finale on April 4.





PURE JOY: US team celebrating at Women's World Cup

Equal pay battle

VOICE OF SPORT

with Dan Grimes



A H pay day! Whether it is weekly, monthly, bonus-based, commission or by whatever other means, it's a nice day and a nice feeling.

Your payment is a token of appreciation for the work that you do. Some feel they should be paid more, some are looking for parity with others and some are absolutely stealing a living (step forward Andy Gray and Richard Keys).

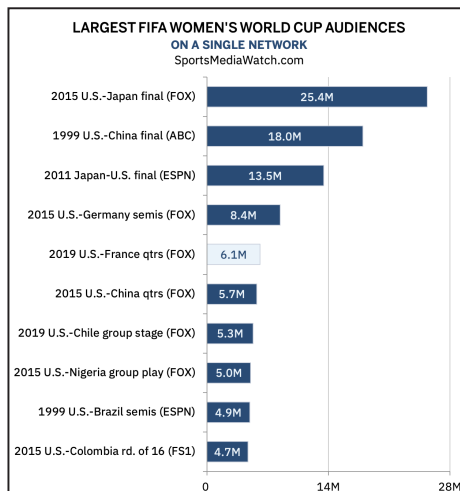
Ever since the Women's World Cup a few months ago there has been a lot of talk around the equality of pay between male and female international footballers. Megan Rapinoe has been extremely vocal in her belief that there is sexism rife within the US soccer federations as well as FIFA itself and that the women need to be receiving a much higher amount for their on-field exploits.

On that theme, last week a historic deal was struck between the Australian soccer governing body and the players union, a four-year agreement which will see all incomes from both the male and the female games put into one pot and then distributed evenly among all players. How far away is the rest of the world from true pay equality? What does that equality look like and on a scale of Hope Solo to Frank De Boer just where do people stand?

Of course, this is not the first time the pay of female footballers has been questioned. In 2016, the Nigerian Women's national team staged a sit-in protest in their hotel following their African Cup of Nations triumph. Their issue was slightly different to equality of pay in that they hadn't been paid at all. They were due in total just under \$24,000 and that included nearly \$7,000 which they were due to receive before the tournament had even begun to cover travel and accommodation costs. Amazingly, the Nigerian



Nigerian team



Football Federation seemed to have totally forgotten that incident and decided to try and pull the same stunt again at this year's World Cup, only for the Nigerian team to threaten the exact same sit-in protest before a deal was agreed and both sides went on their way. I can only imagine the hotel staff at the next tournament will

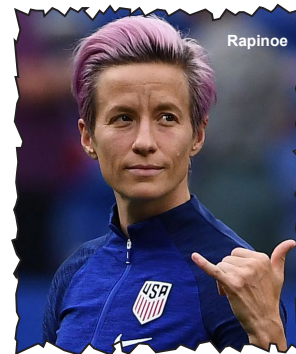
be extremely sceptical if the NFF secretary requests the late check-out.

There is, more aptly, the case of Ada Hegerberg who has decided against playing for Norway since 2017 due to the differences in pay between men and women and the difference in opportunity. Having scored a hat-trick in the Champions League

final, won the first women's Ballon D'or and boasting an absolutely outrageous record of having scored 240 times in 269 appearances, it is a huge blow for Norway that the best player in the sport comes from there but will not don the jersey.

In my opinion, in terms of pay by federations, there is little to no reason why they can't be equal. So long as the travelling and other associated costs are covered within the fees received, the additional money on top is at the mercy of the football governing bodies. There is no need for this to be a huge amount. It is not as if every player is having their club wages heavily subsidised when they go on international duty. It's a top up. The Australian deal makes perfect sense. Advertisement and sponsorship chiefly comes as a package anyway. Men's and women's national teams wear the same kits, drink from the same water bottles and can be used by the same advertisers.

The argument in pay does fall down slightly when it



Rapinoe

comes to tournament prize money, however, despite what Hope Solo would like. It's almost impossible at this time to consider a pure equality of pay. In the last men's World Cup, there was a prize pot of \$400m. The women's was a mere \$30m in comparison. On the face of it, that seems like it is grossly unfair. It is essentially a parallel stage for male and females so you would think that the prize would be much closer. When you take into account however, that the viewership for this year's women's

edition was by far the highest it has ever been, ending at around 1.12 billion across the tournament according to FIFA, it was about the same as the viewing for just the final of the 2018 men's edition. I am not going to sit here and clear FIFA's name entirely of sexism. They aren't exactly an exemplary bunch when it comes to progressive views and ideas, but it is pretty simple to say that sponsors and advertisers are going to pay a whole lot more to broadcast to a bigger audience, advertising to 10 people versus advertising to 1,000 will never be the same price.

Personally, I feel the answer lies in Ada Hegerbergs second point; difference in opportunity. In the UK there is a crisis for pitches. Women's football was banned between 1921 and 1971 so even though it is the fastest growing participation sport they are playing a huge catch up to establish clubs at the same level as the men's. Men's teams have their own pitches or can afford to block book pitches for long periods and still be sustainable. Potentially football federations cannot ensure equal pay to the top level of players at the moment but they can definitely ensure the same amount of funding at grassroots. With equity, I believe, will come equality over time but the money needs to be levelled at the foundations first and foremost.



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TOP OF THE LEAGUE FOR LOCAL AND INTERNATIONAL SPORT

November 13 - 19, 2019

Brave and bold

ATHLETES are set to run the streets of Bahrain on Saturday as part of the island's annual fundraising run with the aim of supporting local charities as well as encouraging healthy living.

The Bahrain Marathon Relay, which began 38 years ago with only a handful of team as a fun run, will feature 210 teams and 3,360 runners competing in a 48km race for people aged 12 and above, starting and finishing at the Bahrain International Circuit in Sakhir.

The race, organised by The Bahrain Round Table and Rotaract Bahrain (part of Rotary International), is a foot race of 16 stages of approximately 3km each, held on the public roads of Bahrain. The baton must be passed on from one member to the next at the designated changeover point and must be visible to race officials at all times for timekeeping purposes.

According to organisers,



this marathon relay has grown to become one of the largest charity sporting events in the kingdom. Triathletes such as Tru Active co-founder Dana

Zubari, who also co-founded the all-women running community Lettuce Run with fellow Ironman finisher Mariam Turki, is looking forward to the event.



THROWBACK: Athletes running for a good cause at last year's relay marathon

Fighting festival

Mixed martial arts (MMA) fighters from around the world are battling for title and glory at Khalifa Sports City Arena as part of Brave International Combat Week.

More than 600 athletes from more than 50 countries are involved in hundreds of bouts taking place throughout the fighting festivities, which end on Saturday. Team Bahrain will be featuring 22 athletes to compete for the seniors and seven for the juniors as the squad looks to maintain first place in the rankings.

BRAVE Combat Federation will be putting on its most exciting event of the year on Friday - BRAVE CF 29. It will have 15 bouts with former world champions competing, an inaugural title fight and the first-ever KHK World Championships taking place.

The one-night, four-men, open weight tournament will be featured during BRAVE CF 29 and will crown the first-ever KHK World Champion. The



winner will have to defeat two opponents on the same night and will be awarded a check for US\$100,000 as well the right to be called the first-ever KHK belt provisional holder. The KHK belt itself is a historical prize, as it is adorned with 6.2kg gold, more than any other trophy in sports today, including the FIFA World Cup, the Wimbledon trophy, and other prestigious prizes.

The BRAVE International

Combat Week is also coinciding with sixth edition of the IMMAF World Championships held in Las Vegas. Team Bahrain is in the running for Team of the Year with one of its biggest stars also nominated for two special awards.

Pasha Kharkhachayev, the reigning Super Heavyweight amateur world champion is among the nominees for Performance of the Year and Athlete of the Year.

She said: "Every year, I love joining the Bahrain Marathon Relay because it helps the runners bond and work to a 3km continuous run goal. Plus, it is a charity event which helps raise money for a good cause. I participate every year because I absolutely love it and I have captained Bahrain Road Runners team and Lettuce Run."

Team captains must ensure that their runners are familiar with the routing of the stage(s) that they are running and each stage must be completed by one person starting and finishing at the designated changeover point.

If any person is unable to complete their stage, the baton must be returned to the start of that stage (by whatever means, including the use of a car) and the entire stage must be completed by another team member. No person can run more than one consecutive stage, unless it is an emergency as in a team member is missing. Only then will that be made possible and of course that also requires an approval from the Stage Timekeeper.



Runners have been asked to keep to the left side of the road (facing oncoming traffic) unless stated otherwise on the route directions and that no pacing is allowed (be it vehicular or from team members) to ensure safety of the competitors and to avoid traffic congestion.

In terms of the teams, the categories include: Open

Division (men/mixed), Open Ladies, Hotel Division, Sports/Social Division, Telecommunications/IT Division, Construction Division, Financial Institution Division, School Division (Under 18), School/College Division and Hash House Harriers Division.

As for awards, there will be a sponsor trophy and a most improved team trophy.