

Gulf Weekly

The community newspaper at the heart of Bahrain



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A message of diversity

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Baking maestro
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Mediterranean mania
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ART SHOWCASE:
Captivating collection
SEE PAGES 12-13

COMMUNITY REPORT
By MAI AL KHATIB-CAMILLE
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AFKARECH, a female network and think tank aimed at encouraging women in the kingdom to define success on their own terms, is staging an all-ladies symposium next month focusing on diversity in a bid to empower each other through their experiences.

Intay, which translates to "You" in Arabic, will highlight the importance of diversification in the local community and according to Afkarech founder and president Mariam Alammadi, will celebrate the melting pot of nationalities, cultures and religions that make Bahrain an exceptional place to live in.

"Along with celebrating the diversity of the country, Intay aims to spread a strong message of overcoming



adversity," said Mariam, a licensed psychologist and founder of the Child Foundation Centre (CFC), a psychological centre that provides specialised care in counselling and milestone development. "The day-long conference will be filled with thought-provoking discussions, activities, celebrating female entrepreneurs, networking opportunities, and a certified workshop that will leave

attendees feeling inspired and uplifted."

The symposium will feature four to five topical panels featuring key experts and interactive and networking activities.

The speakers and moderators will include Aysha Al Mutawea, resident partner of Mena Chambers, Sabeeka Al Shamlan, founder of Al Warsha, Noura Al Zabie, project manager of Social Media Club Bahrain,

Dunia Mudara creator of Professionally Young, Sonorita Chauban journalist, digital content strategist, Priya Shankar cluster marketing & communications manager of Intercontinental Hotel Group.

Mariam added: "The Intay symposium aims to provide support; inspiration, encouragement and empowerment that will help uplift one another in order to achieve success in all

aspects of our lives. "We also want to inspire the community that not everyone has to have one specific path in life and you can be successful in your own terms. This is why our workshop in collaboration with Al Warsha is how to overcome adversity and redefining what success is." The Afkarech Woman of The Year 2019, which is a woman who accomplished outstanding contributions within the community, will be announced at the symposium. People can nominate themselves or others to win by clicking the link on @afkarech on Instagram. "The event is held on December 7 from 9:30am to 4:30pm at Upstairs Downstairs in Adliya. For further details on the event and to purchase tickets, visit <http://intay.eventbrite.com>

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HAPPY GATHERING: Ramadan ghabga with members of Afkarech



Lovv, Fareena and Layla

A haven for women

COMMUNITY REPORT
By MAI AL KHATIB-CAMILLE
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AFKARECH, which means "your thoughts" in Arabic, was established in December 2017 to offer women from across the kingdom a haven for inspiration, empowerment and development.

It was created by Mariam Alammadi, a psychologist who has been working in the mental health sector for the past 10 years.

She conceptualised the think tank and female networking platform to offer support for women like her.

She said: "I had been working in mental health for nearly a decade. I tried to find a society or group of women that offered support for women like me and I couldn't find one. I remember having this discussion with someone who has always been my support system and the advice was simple why don't you create one?"

"After giving it some thought, it was full steam ahead and I honestly have not looked back. I hope by setting up this network it will encourage women in education, help them gain confidence to pursue their dreams, realise their potential and motivate them to start helping and supporting each other more."

"I did not realise that the network would help me. I found a group of women

BRAINSTORMING:
Afkarech group meeting



that were funny, intelligent, encouraging, welcoming and overall just brought me joy to be around. I really feel honoured to know them and be around them. I am excited to see where Afkarech will go and what the future will hold. It is so important to me that women define success in their own terms which is the very foundation Afkarech is built on."

The group features 144 members and countries such as Saudi Arabia, India and China have expressed interest to launch similar branches to support the female cause.

"We trademarked Afkarech early in 2019 with plans to develop the concept in other countries, explained Mariam, who lives in Saar. "We hope to help shape

the future of women in the Kingdom of Bahrain by providing opportunities for development, fostering valuable connections, and facilitating member success through academic, career as well as personal growth."

In the past year, the powerful platform has staged a series of events such as a Talk by Kathleen MacLennan, humanitarian and communications adviser for non-profit organisations. The female network has also collaborated with the Saturday Biryani Party and had an awareness talk held by Environment Friends Society. There was also a Deserve Health Event with the Bahraini Social Media Club, United Nations Development Programme (UNDP) and Bahrain Cancer Society, a coaching session by Rula Hussein, a nutrition talk and work out lecture by Cycling Bees and a certified social media workshop. Other events included collaboration with Trowers and Hamlin Law Firm for International Women's Day with a panel discussion and another with FR Design for International Women's Day where they designed and distributed packages for deserving women of the community.



EMPOWERING: A workshop by Rula Al Hussein

They also staged a Ramadan goodwill campaign in which they distributed care packages for women in shelters and staged several social events including an anniversary dinner and ghabgas.

"With members of more than 18 nationalities, the Afkarech community truly believes that there is unity in diversity and that together, we can help one another accomplish our goals," added Mariam. "We are planning more charitable projects for 2019/2020, more workshops for professional and personal development and continuing our research into how to make life in Bahrain better for women of all nationalities."

"We would like to highlight that Afkarech is open to all women with an interest over the age of 18. Whether it is for personal, professional, social or educational development, we welcome everyone to attend." The group's next meeting will be held on Saturday at Upstairs Downstairs from 5pm to 6pm.

In 2018, Afkarech was short-listed as the best Bahraini Voluntary Project. Aside from Afkarech, one of Mariam's goals is spreading the message of breaking the stigma of mental health in the MENA region and pushing the message of female empowerment. She has begun psychological research into the mindfulness practices in Bahraini Schools with a team of other esteemed professionals and The

GIVING: Organising Ramadan care boxes for women in shelters



Ministry of Education.

Mariam has experience in working for an NGO, counsellor, youth leader and creating workshops. In 2012, she opened her first private practice in Bahrain and was selected to represent Bahrain in the International Youth Leadership Programme in the US in their programme Preventing & Confronting Domestic Abuse and Violence. She was elected as a committee member of the Middle Eastern Psychological Association (MEPA) in 2017 and re-elected in 2019.

Mariam was awarded the Top 50 Smart Healthcare Leaders Award in recognition of her contribution to Healthcare in the November 2018 and was selected and featured on WOW WOMEN, a platform which tells the extraordinary stories of women around the world in January 2019.

In March 2019, she won the Bahrain Women Achiever's Award from the Royal Hospital for Women & Children and next month she will be

receiving an IFAH for her work in the field of mental health. The CFC was voted top 10 start-ups in the Bahrain Award for Entrepreneurship 2019.

In terms of her educational background, she has a Masters in Applied Psychology from Kingston University London and a Bachelor in psychology from Edinburgh Napier University (BPS accredited). She also has a diploma in clinical psychotherapy from the Essex Institute, is a certified parts therapy practitioner from Roy Hunter & Self-Empowerment Institute and has a Level 6 advanced certification in Supervision in Childcare, Fetac Ireland amongst other certificates, workshops and training. She is currently studying "Empathy & Emotional Intelligence at Work" in the US.

Mariam is also a board member of Women's Care Crisis International (WCCI) a crisis response line for women the only crisis response line in Arabic and English 24hours across the world.



CONSIDERATE: Members writing letters to the women opening the packages

A glimpse into life...

FILM SCENE
By SUBIDITA BHATTACHARYA

A young Bahraini team of budding filmmakers, including director Ahmed Akbar, cinematographer Jaffar Alhalwachi and script-supervisor Mohamed Fareed, has made their second short film entitled *Window*.

The film got selected for the Scenario Production Award and won the Best Cinematography award at the Made with Passion short film festival, both organised by The Isa Cultural Centre (ICC) in support of Bahrain short film production.

Window tells a story that glimpses into the life of a middle-aged couple as they struggle with the inability to



MOVIE MAGIC: A scene from the film

conceive. A happily married Bahraini couple live a quiet and peaceful life. But the quietness in their life is plaintive.

The script by Ahmed, Mohamed Sultan and Fareed has small poignant moments that make the story stay with you. It has beautifully captured the silence and emptiness through every sight and sound.

Short film is an art in itself and the beauty in telling a story in a short amount of time

is certainly a challenge that these cinephiles seem to truly enjoy.

The legendary New Yorker film critic Richard Brody once said: "Movie theatres are like restaurants, which offer a chance for a good long talk; but there are also cafés for a chat, and the cinema needs those, too." That's the story of short films, in short.

Talking about keeping-it-strictly-short, Ahmed, Jaffar

and Mohamed are happy to continue making short films with their limited resources, saying: "We're hungry for good stories."

Director-editor Ahmed believes short films are a way to tell his own story. "Our long-term dream is to make a full-length feature film and winning Oscars one day," added Mohamed.

Not only are short films imaginative and creative, it also helps to keep a healthy pool of new techniques. The team talked about how they managed to pull resources from Serbia to do the sound design and credit goes to Ognjan Milošević for the amazing job.

A filmmaker's ultimate desire is to reach the maximum audience. Mohamed, being a successful content creator, has his own marketing and

distribution plans for public screenings, festival visits and finally releasing the film online.

Submitting films to the international film festivals is expensive and time consuming too, especially when these film-enthusiasts can only spend time after their day jobs. In spite of it, they wish to participate in the major short film festivals around the world.

Ahmed added: "The film has been selected at the Wow Film Festival in Tunisia and we are looking forward to watching it in the upcoming Bahrain Film Festival in March."

However, a lack of film funding is the major hitch they have faced during the making of it. They want Bahrain to encourage and promote amateur and professional short filmmakers to celebrate

Bahrain film culture.

Mohamed recalls a time when a short film was shown prior to a feature, stating: "Those days are long gone."

Mostly inspired by the European school of cinema, the self-made director Ahmed is so passionate about moviemaking with every little means that he stressed: "I make money to make films."

Jaffar has more than a decade experience with camera and hopes his passion for film will help him more capable of making more shorts.

Mohamed, who grew up watching American independent cinema, strongly believes the short film probably does not make his filmmaker's career, but it definitely expands it. He hopes "to introduce the cinema of Bahrain at the prestigious film festivals of the world."



Jaffar, Mohamed and Ahmed



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Plums



COMMUNITY REPORT
By NAMAN ARORA
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THE Bahrain Society for the Prevention of Cruelty to Animals (BSPCA) is celebrating 40 years of supporting animal welfare in the kingdom, with a gala this Thursday at the Gulf Hotel Bahrain Convention & Spa.

The BSPCA started in 1979 when six concerned residents registered a charity to promote animal welfare and prevent acts of cruelty, with the first executive committee elected in 1982. Without funds or an office, a small team of volunteers, called the Flying Squad, rescued injured and sick stray animals for treatment at local vets. Small private donations and temporary accommodation in stables kept the animals alive and safe.

In July 1982, the BSPCA opened its animal shelter in Shakhooora, near Saar. The modest set-up featured kennels for 30 dogs and a small cattery in a donated porta cabin. Over the next 29 years, they added a new cattery, a small vet clinic and a reception office. The shelter became the place of last



SO CUTE: Eight pups rescued by the shelter

Caring crusaders

resort for abandoned animals, from where the BSCPA found them permanent, loving homes.

It also became a favourite place for locals to visit and take care of the animals. Over the years, thousands of cats and dogs have been rescued and many pets owe their existence to the society.

Paul Duke, chief executive of BSPCA said: "Over its four decades, based on its strong reputation in the kingdom, the society has had unprecedented access to law enforcement agencies, government, media, schools, and businesses. The BSPCA



helped the government draft the first Animal Welfare Law, which outlawed all

forms of animal cruelty, and helped steer the bill through the Parliament."

Working with the police, the BSPCA brought about an end to the practice of shooting stray dogs. The practice of dog and cock fighting has also been in the society's sights.

Years of undercover surveillance by BSPCA staff and volunteers, coordinated with police raids, has largely stopped the international criminal rings that organise these events.

Paul noted: "Ever since the Kingdom of Bahrain joined the Convention on International Trade in Endangered Species (CITES), the BSPCA has been helping relevant authorities with monitoring and advice, driving exotic animal sales underground and improving local market conditions."

Bahrain has thousands of stray dogs and cats suffering extremes of heat, humidity, thirst, hunger, disease, accidents and cruelty.

Their lives are dangerous and short, and their deaths lonely and brutal. They also breed prolifically and every year thousands more puppies and kittens are born into a harsh and unforgiving existence.

Thanks to advice, lobbying, and pressure from local communities, in 2010, the Ministry of Municipalities set up a public hotline and dog catchers. Dogs are neutered



A golden oldie

Askar."

The society will hold its 40th anniversary celebration at the Gulf Hotel on November 28 featuring music, dinner, dance, raffle and auctions.

All proceeds will go to supporting their many operations advancing animal causes, including the Animal Welfare Centre in Askar, school educational visits, emergency call-outs for animals in distress, free neutering of strays, and lobbying governmental authorities.

For tickets, call Rachel at 66608901 or ask at the Thrift Shop or at Animal Welfare Centre.

and relocated to designated zones to be fed and cared for by members of the public.

Paul said: "The BSPCA is grateful to the many dedicated and generous people who, alone or in informal groups, give time and resources to provide for those animals. But there are many more dogs and cats needing help.

The greatest help that you can provide is to prevent yet more uncared-for animals being born. The BSPCA has been promoting the neutering and spaying of pets and strays since its inception. To break the endless cycle, the BSPCA asks people with pets, or who are feeding stray cats or dogs to have them neutered at one of the many local vets. The BSPCA itself offers a limited free neutering service for stray dogs and cats from the Animal Welfare Centre in



The shelter's long-term donkey

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Pastry passion

AWARD-WINNING pastry Chef Nicolas Lambert will be serving up some of his finest French creations this week at the Four Seasons Hotel Bahrain Bay, starting with a master class this evening, where he will share some of his sweetest secrets with eager bakers from across the kingdom.

Chef Nicolas' patisserie passion started at the age of two alongside his twin brother Julien, at his parents' bakery amidst the Vosges Mountains of Épinal, France. To this day, his parents bake croissants there in the morning as the boys each head up pastry kitchens, Julien in France and Nicolas at the Four Seasons Hotel Lion Palace St. Petersburg, Russia.

Nicolas added: "My twin brother, Julien, and I were



COMMUNITY REPORT
By NAMAN ARORA
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actually born in my parents' bakery. Julien is also in fact the head pastry chef - he just opened his shop in France and I'm incredibly proud of him! For us, pastry artistry has become second nature to us and is our way of life. As we are spread out across the world, we unfortunately don't have the chance to see one another too often, but when we do it's always a wonderful family gathering."

Hailing from a family of boulangers and pâtisseries, Chef Nicolas got his degree as a chocolatier and worked throughout

France, from Epinal to Cannes. But the moment he moved to Hong Kong, he already had 10 years of professional experience.

Caprice Restaurant, which had just been featured in the Asia's 50 Best Restaurants list, became the first restaurant in Lambert's career. In 2018,



after his 30th birthday, Nicolas became Asia's Best Pastry Chef according to The World's 50 Best Restaurants.

He added: "My proudest achievement looking back was to be the winner of the National Festival of Croquebouches in France at only 21 years old. I have had the chance to work and learn from outstanding and talented chefs throughout my career (both from a personal and professional standpoint) and I consider this an extremely important foundation of my success - I believe we should always strive to learn from those around us."

Chef Nicolas is going to be in Bahrain from today until November 30. With an intuitive sense for pastry creation and vast experience working with world-

acclaimed French pastry chefs such as Christophe Michalak at the Hotel Plaza Athénée in Paris and with Jerome De Oliveira, just to name a few, Chef Nicolas is bringing his unique flair to Bay View Lounge's afternoon tea experience.

Today's master class includes recipes to take home and a sit-down gathering with the chef himself to taste all his wonderful creations.

He noted: "My Masterclass will feature one of my favourite recipes: chocolate mousse which has a delightful combination of chocolate and hazelnut; I can never resist the combination of these flavours paired together! I have decided to teach a dish

that would be easy to make at home and is very much loved by children and adults of all ages. There is absolutely no need for prior experience, as long as they have a passion for pastries and all things sweet!"

As for what tickles his own sweet tooth, he was quick and unhesitant to remark: "I can easily say a Fraisier in summer with quality fresh strawberry gariguet and delicious vanilla cream to compliment it with."

"And the classic Paris-Brest dessert in the winter season because like all French people I am addicted to Pâte à Choux and I love

caramelized dried fruits more than anything. It makes me so crazy, when I start I can't stop eating it!"

The Masterclass runs this afternoon from 3pm to 4:30pm and is priced at BD25net per person. The afternoon tea, by Chef Nicolas, runs from today until November 30 from noon until 9pm and is priced at BD26.5net for two guests including tea, pastries, sandwiches, and scones served with homemade jam and cream and BD35 inclusive of an additional glass of sparkling juice. To make a reservation, call 17115500.



FAMILY AFFAIR: Brothers Nicolas and Julien learning tricks of the trade from their father



Majaz in Morocco

Renowned Bahraini band Majaz is set to dazzle music lovers in Morocco this weekend at the Visa for Music (VFM) professional music market and festival.

The quartet, including Hameed AlSaied on guitar and backing vocals, percussionist Abdulla Faisal, Salah Sharakhah on bass and backing vocals as well as Jehad Al Halal on cello and guitar, has previously played shows at The Nest, Spring of Culture, Desert Beats and the coveted Arab Alternative Music Festival.

Abdulla said: "We are excited to visit and play in Morocco, first off, because it's a beautiful country. Also, the VFM is a great place for us to learn more about the business of music and network with professionals in the industry. Plus, we get to perform at the top venue in the country and hang out with bands from all over Africa!"

Their song, *Shuruppak*, which means "the place of utmost being" in Sumerian, will see its first international debut outside of the kingdom. With this song, they are expanding their repertoire with



a contemporary spacey sound, experimenting with new effects.

The VFM, which started in 2013, showcases 40 Middle-Eastern and African artists at an international level, out of a pool of more than 1,000 applications from across the region.

Salah said: "We are the first band from Bahrain and the GCC ever to be performing at this event, so we are excited to represent the kingdom on the international scene."

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GET ready to shop until you drop and avail special deals during The Westin and Le Meridien City Centre Bahrain's Black Friday bonanza.

The hotels are providing its patrons with a series of offers to enjoy in its restaurants and spa on November 29, from 10am to 10pm. Sip afternoon tea for BD7net or feast on Baharat restaurant's BBQ Night for BD11net per person. Enjoy Seafood Night or the Sweetest Brunch for BD14net per person. Relax with a BD25net 60-minute full body massage of your choosing or a 90-minute full body massage of choice for BD33net. There is also a 60-minute Moroccan bath for BD28net and a three-hour couple spa treatment for BD110net.



Those that want to get a head start on Valentine's Day plans can book a couples dinner at Furn Bistro for BD25net, a couple's poolside dinner for BD25net or reserve a poolside private cabana dinner for two for BD50net. Those that pay BD10net

for a cash voucher will get BD20net worth of value. *Terms and conditions apply. Vouchers are valid from November 30 to November 30, 2020. It cannot be exchanged with cash and is non-renewable. For details, call 17171441 and 17171144.

Alosra Supermaket

1. Apples green France per kg – 800fils
2. Beef burger per kg – BD3.900
3. Blueberry pre-packed 125gm – 650fils
4. Celery sticks per kg – BD1.950
5. Grapes red seedless US per kg – BD2.500
6. Potatoes per kg – 450fils

Al Jazira Supermarket

1. Rakusen crackers 99 per cent fat free – BD1
2. Rakusen crackers matzo – BD1
3. Rakusen crackers regular – BD1
4. Foreign candy rainbow – BD1.750
5. Foreign candy cherry – BD1.750

Ansar Gallery

1. Melitta coffee 200gm – BD1.595
2. Quaker oats 2x500gm – 995fils
3. California garden foul medammes 4x450gm – 995fils
4. Nestle cream 4x160gm – BD1.150
5. Heinz tomato ketchup 397gm – 895fils
6. Sindbad sandwich tuna 4x160gm – 950fils

Lulu Hypermarket

These offers are available until November 27.

1. Olives basmati rice 20kg – BD12.490
2. Lesieur sunflower oil 3ltr – BD2.895
3. Al Kabeer tender chicken breast 1kg – BD1.850
4. Al Islami chicken 900gm 2pcs – BD1.890
5. Kraft cheese spread original jar 870gm – BD1.990
6. Medovnik honey cake assorted slice/ pc – 490fils
7. Horlicks malted milk drink 500gm assorted/ pc – BD1.890

Techtronic Specials



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

	Item	Description	Location	Price
1	Blender	Black & Decker 400W stick blender with chopper and whisk, five speeds setting and with a 500ml chopper bowl.	Kewalram & Sons, Bahrain	BD16.500
2	Television	JVC 32-inches, LED TV, LT32N750, full HD, two USB, two HDMI and two year warranty.	Gajria Electronics	BD55
3	Kettle	eKlasse kettle, EKEK02LW.	Sharaf DG	BD4.990
4	Refrigerator	Afron double door 220ltr fridge.	Ansar Gallery	BD59.900
5	Cooking range	Midea cooking range, oven and grill that is 60cmx60cm in size.	Ansar Gallery	BD69.900
6	Air conditioning	Kelon 1.5 ton split A/C.	Ansar Gallery	BD129.900

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

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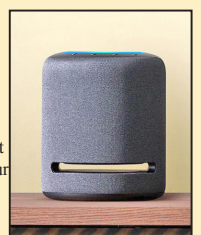
GADGETS OF THE WEEK

What is it called? Amazon Alexa Echo Studio

What does it do? Provide high quality audio to your home with this Alexa powered speaker featuring "3D sound" and Dolby Atmos. Best of all, it's also a smart speaker so you'll be able to do your favourite Alexa functions.

Cost: BD75

Visit www.awesomestufftobuy.com



What is it called? Tiki Tunes

What does it do? Chill and enjoy music anywhere with this portable Bluetooth speaker which features a flame-like effect that sets the scene. It's also water-resistant and rechargeable. Great for pool parties, picnics or even for a night in.

Cost: BD15

Visit www.thegrommet.com



What is it called? AtomXS

What does it do? This emergency phone charger is compact, retractable and rechargeable. This device lives on your keychain for portable power that's always handy. It provides two hours of phone usage and lasts three months per charge.

Cost: BD11

Visit www.thegrommet.com



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Smart palm farm

THE women-led team of Ghallah, a Saudi-based palm farm management system, were one of 18 teams from across the Arab world that participated in the World Entrepreneurs Investment Forum's (WEIF) Entrepreneurship Rally, held alongside the 18th Arab Businessmen and Investors Conference last week.

The team, comprised of Duaa Zeyad (Research & Development), Abeer Alharbi (Software development), Alanoud Aloufi (UX & business development) and Mohannad Aalouh (PR & training management), represented Saudi Arabia in the competition, and won third place and \$10,000 in prize money.

Duaa noted: "We are planning to use the prize money to further develop the machine learning capabilities of the system. Fortunately, because of the exposure from this competition, we do not need any further publicity or marketing. So we are going to invest it into further refining our product and further developing the software."

The team, which is barely a year old, was founded in a capstone entrepreneurship course at University of Prince Mugrin in Medina, but the genesis began much earlier, as all the core founders came from agricultural families.

This gave them an intuitive understanding of their target market. Ghallah is a farm management system, developed for palm farms,



ALL SMILES: Team Ghallah CEO Duaa receives their prize from WEIF executives



that helps farm owners enhance date production by regulating the whole process to monitor each tree's health, using image processing and data analysis instead of drones and sensors.

As such, its primary target would be mid-to-small scale palm farm owners, who tend to be older and averse to massive capital investments. With this system, employees on the farm scan the QR code assigned to each tree, follow the directions developed based on the age of the tree,

environmental factors and more, and once done, mark off the task as complete and take a picture of the tree.

Using machine learning technology, the team is training the system to recognise signs of red weevil infection as well as other concerns based on the pictures taken. They also hope to bridge the education gap between palm farm owners and employees by providing a step by step process for employees to follow as they use the app.

Duaa added: "We found that target customers are not adopting drones or sensors. Either they can't afford it or they want to stick to traditional methods of date farming in Saudi Arabia. So we developed this system as an alternative that doesn't require any specialised hardware."

Bahraini startups like



We developed this system as an alternative that doesn't require any specialised hardware.

Nakheel are employing IoT solutions, but owing to the high cost of installation and further maintenance, Ghallah, once proven on a large scale

from conservative farm owners, but since we brought Mohannad on, he does a lot of the networking and communication with them."

The team is quite young. Duaa just graduated university and the business has just piloted its project with five leaders of farming communities, hoping to showcase the utility of their product. But with the aid of the KAUST incubator and their farming advisers, they have been developing their pricing and further developing the machine intelligence.

When asked what's next, Duaa responds: "For now, we want to build brand awareness and the core strengths of the product. But within the next few years, once we have some good paying customers locally, we want to expand across the GCC and help palm farmers everywhere improve the yield from their farms and monitor for dangerous diseases."

would appeal to the small and medium sized farmers.

The other challenge that the team initially faced was acceptance, especially considering that all of them were female, until Mohannad joined the team.

Duaa reminisced: "When we went to the first farm, the owner answered our questions and queries but clarified as we were about to leave that he would never do business with females. But the mindset around that is evolving too. More and more, women are being encouraged to work in all fields. Yes, we sometimes face resistance



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Bahrain's first international horse race, the Bahrain International Trophy, takes place this Friday at Rashid Equestrian and Horseracing Club in Sakhir, with the participation of various owners, trainers and horses from around the world. Rashid Equestrian and Horseracing Club's Executive Director, Shaikh Salman bin Rashid Al Khalifa, said, "Hosting an international horserace for the very first time in Bahrain is an unprecedented achievement in the history of Rashid Equestrian and Horseracing Club. It can be of great benefit to the sport and to the Kingdom of Bahrain as a whole, as it highlights the country's excellent standing in this field." There are six preliminary races planned for the afternoon starting at 2pm, with prizes ranging from BD3000 to BD7000. The race for the Bahrain International Trophy will be at 4:35pm. The event is open to the public free of cost with entertainment for the entire family, including children's activities, as well as food and drinks. For more details, call 17440330.

Fight Night is back! The seventh edition of the popular white-collar boxing event is bringing multiple inter-club boxing bouts including clubs from Saudi Arabia for the first time. The not-for-profit event supporting local charities is expected to attract over 500 guests and will be accompanied by a three-course black tie dinner. Priced at BD35 or BD320 per table. Visit lifb.com for more information.



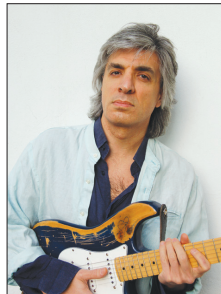
Designed for your absolute relaxation, the Lagoon Beach boasts serene views from sunrise till sunset and is one of Reef Clubhouse's most scenic spots in the kingdom. The Reef Clubhouse's new indoor pool is now open! The large-scale indoor pool is a sight to behold with every detail designed to make being here a delightful experience. Whether enjoying the warm water, a drink at the poolside bar, soaking in the jacuzzi, or relaxing on deckchairs, the pool offers a world-class environment in which to spend moments of leisure. Enjoy their Pre-Launch Special and relax and unwind every day until Sunday. For only BD10 net/person at the food savoury area, guests can enjoy free access to Lagoon Beach facilities including the new indoor pool while children under five are free of charge. Located at the Reef Island, the scenic Clubhouse & Lagoon Beach are perfectly positioned overlooking the panoramic view of Bahrain skyline where guests can create memories with loved ones aboard the Lagoon Moon floating restaurant as they witness the striking view. The Clubhouse is a vibrant hub of lifestyle amenities placing you at the heart of a world where dining, well-being, leisure, socializing and relaxation are all yours in luxury surroundings. It also has a playground area where a sphere of entertainment and educational fun will keep younger guests amused in a safe and engaging environment. For inquiries, call: 77900700.

Today (November 20)

The Jumeirah Royal Saray Bahrain invites you to embark on a Mediterranean food adventure with Chef Claudio Dieli every night at Brasserie Royale from 6pm to 11.00pm. It is the perfect menu for a romantic dinner, an intimate celebration or just if you love Mediterranean cuisine! ● Turn to page 11 for Naman's review of the Mediterranean Food Adventure.

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.



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.bahz.restaurant.reservations@ritzcarlton.com. 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.

Leisure Guide



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



Master baker Chef Nicolas Lambert is hosting a masterclass at the Four Seasons Hotel Bahrain Bay's Bayview Lounge this afternoon for bakers of all ages from 3pm to 4:30pm. Priced at BD25net per person. The afternoon tea at Bayview Lounge, by Chef Nicolas, runs from today until November 30 from noon until 9pm and is priced at BD26.5net for two guests including tea, pastries, sandwiches, and scones served with homemade jam and cream and BD35 inclusive of an additional glass of sparkling juice. To make a reservation, call 17115500. For details, call 17115500.

● Learn more about Chef Nicolas on page 5

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 21)

Ladies, dance the night away at Jumeirah Royal Saray's Havana Club every Thursday from 8pm to midnight with unlimited selected beverages and enjoy a live Cuban band. For details, call 77707070.

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

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

The Ritz-Carlton Bahrain's Primavera restaurant invites you to get down to business with its two-course power lunch, with daily special

menus, set by Chef Delfino. Priced at BD12net, you can combine your choice of mains, salad and/or desserts. For details, contact 17586499

Friday (November 22)

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.

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

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.

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.

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.



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 an elegant buffet of the most exquisite culinary delights tastefully unveiled for an afternoon of indulgence, Krug-style. Enjoy 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.bahz.restaurant.reservations@ritzcarlton.com.

Saturday (November 23)

Enjoy a delectable International buffet spread every Saturday from 12:30pm to 4pm over Furn 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 Thai chef instructor for The Art of Cooking class this Saturday from 10:30am to noon for a lesson with Chef Wasanee. 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 17715046.

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

17586499 or email rc.bahrz.restaurant.reservations@ritzcarlton.com

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

Sunday (November 24)



Feast on a tasty Mediterranean Business lunch amidst the busy Seef district at Jumeirah Royal Saray's Brasserie Royale from Sunday to Thursday with a three-course menu and delicious options to choose from. Priced at BD15net per person. For more information and reservation, contact 77707070 or email jrsb.brasserie royale@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 25)

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



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

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 26)

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 Crowne 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 these amazingly versatile Indian dishes. For details, contact 17531122.



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+++ 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/>

TURKEY TIME!

On November 28 and 29, from 7 pm to 11:30 pm, celebrate Thanksgiving with family and friends without the need to make hectic dinner plans as The Ritz-Carlton, Bahrain invites you to a sumptuous feast. Enjoy a lavish meal including traditional turkey, pumpkin soup and irresistible dessert and make this occasion another reason to be grateful for. Priced at BD34 per person. Turkey to go available starting November 24 for BD119, including all trimmings and side dishes. For details, call 17586499 or email rc.bahrz.restaurant.reservations@ritzcarlton.com

On November 28, celebrate Thanksgiving at Gulf Hotel's Al Waha restaurant with a special dinner buffet featuring all of the classic American dishes. Priced at BD23net for soft drink package and BD29net inclusive of select beverages

On November 29, from 12:30pm to 4pm, enjoy the Guns 2 Roses tribute band and a Thanksgiving brunch for BD29net. BD26net if you book early: Book at <http://pay.gulfhotehbahrain.com/events/> Takeaway turkey orders start at BD9+++ per kilo. To place advance orders, call 17713000.

On November 28 from 6pm to midnight, savour all your favourite Thanksgiving goodies served up with a fine dining twist by Wolfgang Puck at Four Seasons Hotel Bahrain Bay's magnificent Azure Pool. Enjoy the atmosphere of celebration and expect a meal that is mouth-watering from beginning to end. Priced at BD48net for unlimited food and beverages. For reservations, call 17715044.

On November 29 from 1pm to 4pm, at the Four Seasons Hotel Bahrain Bay, give thanks and honour abundance with the generous Thanksgiving Brunch - a feast

of western style meats, side dishes and desserts with time-honoured traditions of turkey with the trimmings, and apple pie. Priced at BD30net inclusive of soft beverages and BD43net including select beverages. For reservations, call 17415500.

On November 29, from 1pm to 3pm, embark on a true brunch experience at Jumeirah Royal Saray Bahrain's Brasserie Royale and celebrate the season of gratitude with classic roasted turkey in a warm atmosphere and upbeat music. Start off your brunch with an array of appetizers or pay a visit to one of the many live cooking stations. Whatever you choose to indulge in, it will guarantee to satisfy all your senses. Priced at BD25net inclusive of soft beverages and BD32net for the select beverage package. For reservations, call 66720026.

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 48hours in advance.

The chefs at Crowne Plaza's La Mosaïque restaurant will take the effort out of Thanksgiving this year by preparing your entire Thanksgiving meal for you. Order one of their five to seven kg turkeys along with all the traditional accompaniments, and enjoy this special day as it is meant to be enjoyed, in the company of friends and family. Available for pickup on November 27 and 28 from noon to 8:00 pm. Priced at BD50. Call 17531122 for more information.



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Fashion Weekly

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

All things pretty



FASHION REPORT

By MAI AL KHATIB-CAMILLE
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INDONESIAN FASHION
icon Tutus Kurniati,
who founded an
e-retailer featuring fresh-
off-the-runway looks
from niche international
luxury designers, has
launched its festive edit
in time for the holiday
season.

The autumn winter line
is drenched in sparkles and
all things pretty, boasting
flattering silhouettes
paired with distinctive
embellishments and
materials, handpicked by
the founder herself. The
collection consists of cool
cocktail numbers, jaw-
dropping jewellery and
stunning stilettos.

To keep fashionistas
looking fresh and fierce for
any festivity, Tutus compiled
a series of styles that can be
mixed and matched.

* All things ethereal:

This sleek and opulent look is
one of Tutus favourites. She



advises to think red outfits
from Thurley or Harry Halim
with pops of snow-white
shiny gold. Flouncy fabrics
and puffy sleeves add to the
luxuriousness of this look.

* Moving metallic:

According to Tutus, there's no
better time of the year to stock
up on metallic or sparkly
party dresses. Shine in Harry
Halim's exclusive gold dress or
Zhivago's sparkly dress,
paired with statement earrings
from EpaJewel. Stop traffic
and turn heads in shimmery

shades and sparkle like tinsel
town.

* **Let it snow:** Nothing
looks fresher, frostier and
finer than going all white.
Tutus said: "Pick the perfect
white dress from Thurley or
Zhivago based on your style
and pair it with dazzling
silver accessories to elevate



your simple yet classy look."

* Pleated perfection:

Try your hand at panels of
pleated pink and gold. Pair
the looks with sky high
embellished heels and bold
jewellery to add a fashion
forward twist.

Aside from the recent
launch, the site continues to
offer high-end beachfront
apparel and accessories and
specialises in resort wear.
Tutus also plans to open a
luxury boutique in Dubai's
Nakheel Mall later in the year.



Jalal's timely tips on the latest trends



Swiss watchmaker, Oris, marks its
partnership and support of the pioneering
men's mental health charity Movember with a
special edition Chronoris.

The brand is backing the campaign
for better men's health by teaming up with
New York Yankees' manager Aaron Boone.
Their mission is to bring change for the
better this autumn.

Movember, which was founded in 2003,
has grown rapidly over the years. Experts
calculate that prostate cancer rates will double
in the next 15 years, while testicular cancer
rates have doubled in the last 50. Each year, more than
500,000 men die by suicide around the world, meaning
men account for three quarters of all suicides. Globally,
suicide is the second leading cause of death among 15 to
29-year-old men.

Movember has now supported more than 1,250 projects
around the world that address these issues and Oris will
donate part of the proceeds from their Movember Edition
for the cause.

The watch features a dial black with rose gold-plated
hour and minutes hands, orange seconds hand and white
indices Luminous Material Hands printed with Super-
LumiNova. There is a top glass sapphire, domed on both
sides and with anti-reflective coating on the inside. The
case back is stainless steel with special engravings. There
is also a steel crown at 2 o'clock for setting time and
winding and a second crown at 4 o'clock for adjusting inner
rotating bezel. The bracelet is available in two different sets
with either a brown leather strap with stainless steel buckle
or a stainless steel bracelet with a folding clasp. It's also
water resistant by 100m.



EatingOut

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

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Mediterranean bliss

GOURMET REPORT
By NAMAN ARORA
naman@gulfweekly.com

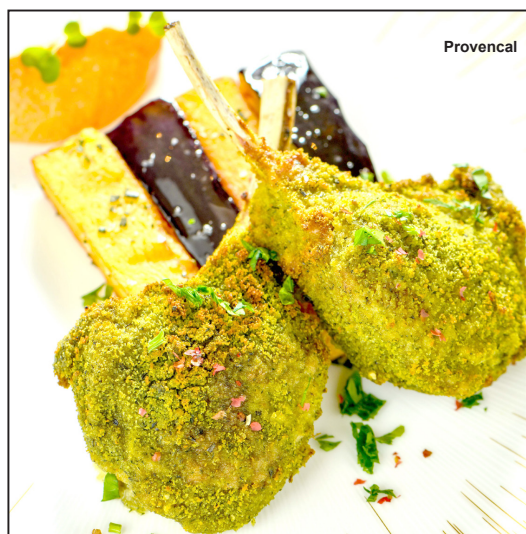
WHAT is the first thing you think of when you are told to dress Mediterranean and/or Italian for lunch? My first thought involved linen suits with open shirts, chinos and magically growing a bed of chest hair.

Naturally, that train of thought took me to *The Sopranos* and *The Godfather*. What I realised aside from the preponderance of crime in my favourite entertainment list is that movies about Italy and Sicily always have a litany of scenes involving food.

The Godfather has its iconic restaurant meeting, numerous food preparation scenes and of course, oranges, i.e. the mise-en-scene death harbingers. *Sopranos* starts and ends with an iconic food scene and throughout the show, food brings people together, heals wounds (sometimes opening new ones) and of course, makes me want to make some fresh pasta.

There is not one film or show that comes to mind in which Italians reject food of the homeland. Instead, family recipes are guarded as closely as state secrets; family members come together to cook elaborate meals for important events and gather around the table to indulge shared tastes.

So, last week, when the Jumeirah Royal Saray Bahrain (JRSB)'s Chef Claudio Dieli invited us to try out his new six-course evening Mediterranean Food Adventure, it was an offer we



Provencal

simply couldn't refuse.

Hosted at the JRSB's Brasserie Royale, which has a wonderful terrace overlooking the cabanas and the pool, it was the perfect excuse to enjoy the wonderful Bahrain weather these days.

The feast began with The King, a tuna tartare concoction, served with two pieces of cannelloni pasta stuffed with sour cream and topped with Osetra caviar, all on top of a drizzle of parsley oil. It was flavourful yet simple and paired with the cannelloni, was the perfect bite of the ocean, marinating in my mouth as I took a sip of the fresh orange juice.

The next course, taking us into the tide, appropriately named Deep from the Sea, featured seared langoustine from Norway on top of a slice of avocado, topped with some pickled onion and with a leaf of red chicory on

the side. The avocado was covered in a delicious red powder which Chef Claudio told us is dried tomato. It takes a well-trained chef a fair bit of time to prepare whilst retaining the freshness.

The thing about this menu is that it has to be enjoyed slowly, taking time to fashion each bite as you discuss your next sailing adventure or perhaps, who has been enjoying naptime with the fishes.

Chef Claudio, who has carefully crafted this menu with each course building on the previous, stopped by and told us: "When guests come to try this new menu, my aim is to take them with me on a journey by the Mediterranean Sea, where flavours and authenticity meet to create a reminiscing moment. I want them to discover the essence of a delicious cuisine in which each dish has a story



Deep from the sea

to tell."

The third course, the Squid Ink lobster lasagna, surprised me. The lasagna sheets were black and the sheets were not perfectly stacked like most lasagna. However, the slight angle that they were on, allowed us to see the different layers, topped with Oman lobster, tomatoes, Ricotta cheese and green peas, all bathing in a creamy shellfish sauce. I have to confess, this course I simply devoured, enjoying the salty yet ethereal taste of the squid ink lasagna, pairing each bite with lobster, cheese and/or peas.

The fourth course, Provencal, was also surprising as I had never had breaded lamb chops. They were served with potato and eggplant 'fries' with bell peppers and olive jus sauce on the side. The lamb chops reminded me of the scene from *The Sopranos* where

instead of telling Tony to go on the lam, Furio tells him to "lamb chop it for a while," aware of the possibility of official eavesdropping.

We weren't even thinking of going on the lam, as Melissa Lalande, marketing and communications manager at JRSB warned us: "The meal is supposed to not fill you up until you get to the main course, but do save room for dessert." And boy was she right.

The fifth course, Sicilian canoli, was stuffed with Ricotta cheese with small chocolate balls, which were supposed to be devoured by hand and we gladly obliged, adding yet another worthy contender to the clean plate club.

And the final course, which you must save room for, was the vanilla panna cotta topped with oranges, grapefruit and a sliver of cress. This was definitely



Chef Claudio

the highlight for me; the creamy taste of the vanilla with a slice of orange was nothing short of celestial. I definitely hope fishy naptime in *The Godfather* used the associated oranges for this kind of panna cotta to be served for the rest of time.

The Mediterranean Food Adventure with Chef Claudio Dieli is available every night at Brasserie Royale from 6pm to 11pm. It's priced at BD25net inclusive of soft drinks and BD27net including select beverages. For reservations, call 77707070.

● Embark on a virtual Mediterranean Food Adventure by scanning the QR code below.



Subscribe to GulfWeekly's YouTube Channel.



TAMADHER AL FAHAL AND NADA ALARADI (CO-FOUNDERS OF @ULAFaa, @TAMALFAHAL, @NADOOO)

Tamadher is a designer, a TEDx speaker and the co-founder of *Ulafa'a Initiative*; a reconciliation-through-the-arts project.



Nada

Her practice extends from community art projects to installations. She sheds light on areas of cultural conflicts and religious misconceptions influenced by her upbringing in the Arab world. She also co-founded *Beige and Teal*

with artist Leon D, a creative platform for art and design that celebrates social and cultural narratives of Bahrain. Her main areas of interest are cultural identity, art collaboration and the creative process. Tamadher finished her doctoral studies

at Birmingham City University, UK in which she investigated philosophical approaches in contemporary Islamic design studies.

Meanwhile, Nada is a graduate of the Maryland Institute College of Art with an MFA in Curatorial Practice under a Fulbright scholarship. Her exhibitions create connections between art and audiences through narrative, with a focus on accessibility. She co-founded and curates for *Ulafa'a* since 2011. Her exhibitions have been exhibited in non-profit galleries, federal museums and grassroots organisations in both the Middle East and the US.



Tamadher

PICTURE



ART REPORT

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

Painter and curator Ramah Haitham Al Husseini is set to showcase a series of her colourful creations in a moving exhibition focusing on the obsession of achieving a "picture perfect" image in a bid to bolster meaningful dialogue and truly get people thinking.

The exhibition, entitled *Family Portrait - Picture Perfect*, is part of Nugat 2019 Regional Forum: State of the Elastic Mind.

Nugat is a nonprofit organisation, which started in 2009 based in Kuwait, aimed at developing creative problem-solving skills in the Arab world. It started off teaching typography design and then transformed into an internationally recognised organisation that engages thousands of eager learners. Diverse participants from all over the world have joined Nugat's creative call throughout the years to discuss design, entrepreneurship, architecture, fine art, technology, culture and every aspect of life that creativity permeates.

"I've organised exhibitions before and other creative events but this is the first time working with Nugat, a Kuwaiti creative platform," explained Ramah, a 30-year-old freelance painter who lives in Saraya 2. "Coincidentally, I've been working on this concept for almost two years before I spotted their open call, which was at the beginning of 2019. That



Ramah

basically almost had a perfect general description of what I am trying to portray through my work"

Ramah, who has been passionate about art since she was a child sketching away in her notebook, says that the exhibition will explore the conformity that stems from the subconscious and sometimes conscious.

"It's about the limitations set on oneself just by being a member of a specific

subgroup within a larger society; whether it's a religious sect, a geography-based community, a cultural bloodline, a family name, or even an interest-based subculture," she explained. "For the sake of belonging or from the fear of no longer belonging, to that micro-community, a social idealism is manifested; but at what cost? This question also leads to the discussion of the bigger differences between being a complex individual, a citizen of an overall and general community and a member of that dominating micro-culture, acknowledging where one stands in regards to all three, and how priorities shift based on the self-imposed importance of identifying with a specific culture."

"My work is conceptual. Everything I do or create through my paintings is driven by something; whether a personal situation or experience that I find it to be very important to point a

MAI AL MOATAZ (@MAIALMOATAZ)

She is an artist and designer who uses black and white film to produce photographs and photograms through a meticulous analog darkroom process, a deeply cathartic ritual.

Her images are romantically solitary and ethereal as they present emblems of loneliness, longing, nostalgia and femininity. With hints of isolation and speckles of imagination, she explores the subjects of her portraits as a paradox of the internal versus the external, and where they meet, using time, space, light and chemistry to deconstruct the experiential universe. Her series *Proof of Presence* won first place in the Art Jameel Photography Award in 2016. Her clothing label, MMXO, is an ode to cotton, linen + comfort.

Photographer
Camille Zakharia

HASAN HUAIRI (@HASAN.HUAIRI)

He is also a composer and researcher. His works explore the intersection between histories on the verge of loss, the conditionality's of music and art pedagogy and the historiographies of outsiders. He is an activist in the field of making available in the Arabic language technical texts on contemporary music and audio software. He holds a doctoral degree in music composition from Seoul National University (Seoul, South Korea) and a master's degree in Economic History from Hitotsubashi University (Tokyo, Japan).

PERFECT EXHIBIT



finger at and talk about. I want to create dialog over topics that are sometimes considered to be sensitive and I try to approach such subjects with the most colour palettes, using symbolism and metaphors, pretty flowers and clean lines and figurative work that presents a discussion about culture and society in the most peaceful manner.

"The title of the exhibition, *Family Portrait - Picture Perfect*, is in irony of our obsession with perfecting our 'image', how others perceive us as individuals, as part of a family and society. Basically, as long as you look the part, we don't really care if you play the part or how you even got the part or whether you even like the part."

Ramah's parents noticed her love for drawing, cutting up paper, creating new pieces and playing with play dough at a young age and enrolled her in different art classes and workshops outside of school to encourage and nourish her creative mind.

In high school, she graduated with a certificate in Art IB.

"My mother paints as well," added Ramah. "She started painting at a young age and does it until now. She has many certificates and has taken a lot of different art classes throughout her life, so I think that definitely helped me notice what art has to offer and what I can do with it. In fact we both share the same studio painting side by side today."

"Both my parents and the rest of the family have high respect to the arts and know its value in all aspects. They all are very big supporters of what I do and encouraged me every step of the way."

"However, they did wish for me to major in something



different; they wanted something that I could easily find a job in and have a proper income. They wished for me stability and safety, which sometimes I do

find myself craving, as this career has a lot of its ups and downs. However, so does starting off in anything that's different, and just like any small business, there will be at least a six year rocky road ahead of it before it can have any sense of stability."

Since 2010, Ramah has showcased in 22 different exhibitions, not including the different exhibitions that she has held at Anamil, an art space that she initiated back in 2011 that lasted for three years. She also organised exhibitions at Malja - A Red Bull Art Space and featured her work abroad such as at Daia Gallery in New York City, US. Her expressive art can be spotted across the kingdom as murals on walls of major buildings or hanging in different dwellings.

The event will include her

modern paintings, which are a sight to behold, as well as four *Table of Discussions* that break away from the formal idea of a discussion. There will be a performance, an audio-visual installation, an interactive social experiment and an immersive solitary experience. The talented painter stated that this exhibition will definitely be different and hopes it will encourage open and honest conversation that could hopefully continue with people outside the gallery space.

"I applied as a solo artist to Nuqat, but then to elevate the exhibition, I thought of the idea of featuring table discussions as well, which is something I've never done before," she added. "I've chosen to ask a few of my favourite artists that create using different mediums and

materials than I do. I admire these artists for their work and their work ethic. They definitely are amazing, each one of them; some I have worked with before and others I will be working with for the first time and I hope I will continue working with all more in the future."

The artists involved in the *Table of Discussions* include Hasan Hujairi, Ahmed Ashour, Mai Al Moataz, Tamadher Ali Al Fahal and Nada Alaradi.

"The Table is a metaphorical representation of the round table, inviting and equalising everyone to sit down and discuss important topics we find in dire need to be pointed at within our society/culture, in a safe space through a creative way," said Ramah, who graduated from the Concordia University, Canada with a Bachelor of Arts and with a studio art degree.

She is inviting like-minded individuals and those that would like to share in the insightful showcase to come out on November 26 to La Fontaine Centre for Contemporary Art & Spa and engage with each metaphorical round table.

"The artists will demonstrate their concepts by creating space and encouraging conversations, regardless of differences in opinion, both in the realm of the self and within the public domain."

"The *Table of Discussions* leverage the elasticity of the mind and highlight the importance of facing the reality of the ways our present preset identifications and mindsets shape our daily lives and all the struggles within it." The doors will open at 5pm and the discussions will start at 6pm.

Follow @alhusseiniramah for further details.

AHMED ASHOUR [@AHMEDATEFASHOUR]

He is a Bahraini-Egyptian theatre-maker and thinker. After receiving the prestigious Crown Prince of Bahrain International Scholarship, he left the country to study Theatre Arts and Performance Studies at Brown University in Providence, US.

He trained under renowned artists such as Kym Moore and Barbara Tannenbaum.

His work specifically focuses on creating space on stage where people of marginalised identities, especially Arab and/or Muslim-identifying people, can navigate



and intervene in the disciplinary/surveillance state. While at Brown, Ahmed spent his time producing and curating work on the Production Workshop and Brown University Gilbert & Sullivan boards. His work has been

seen at Brown University Gilbert & Sullivan, Sock & Buskin, and Trinity Repertory Company. Recently, he was awarded the 2018 Senior Slot where he directed his thesis production (*Yussef El Guindi's Back of the Throat*) as part of the Department of Theatre Arts and Performance Studies' season.

He is currently based in Bahrain and is a resident in AlRiwaq-Bahrain's first cohort of the NEXUS Educational Programme. Next up, he will be assisting award-winning director Kate Bergstrom on the west-coast premiere of *Noura* by Theatre Raffa at Marin Theatre Company in San Francisco.





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LAVISH LAGOON ESTATE FOR SALE

A fully furnished three bedroom villa is available for sale at the lush and landscaped Lagoon Estate in Riffa Views development.

The chic two-storey villa, which has a total built-up area of 275sqm, features bright open spaces, fine finishing's and a backyard.

There is a large living and dining room on the ground floor along with a guest closet and an open-plan kitchen. The home is laid out with a combination of parquet and marble floors and the family and dining rooms boast views of the backyard.

The first floor features the bedrooms boasting built-in wardrobes and balconies with views of the development. The master bedroom includes an ensuite bathroom and there is also a family bathroom.

There is a maid's quarters and laundry room. There is a double garage for owners and parking nearby for guests.

There are plenty of amenities for residents to enjoy including an 18-hole PGA championship Colin Montgomerie-designed course and a 9-hole executive golf course. Also available nearby is a country club, a tennis facility, an

FACTS AT A GLANCE

Location: Lagoons
Estates at the Riffa Views
Reference number:
AP980

Rental price: BD185,000

Living rooms: 1

Bedrooms: 3

Bathrooms: 2

Additional

information: Additional information: The villa is nearby a shopping area, school, golf course and country club. There is also a large garage.

For further information on this and other homes call Star Real Estate 17298210.



international school and the Riffa Palms shopping area which includes cafes, restaurants and a supermarket.

Property Weekly

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



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DILMUNIA, EASTERN NEIGHBORHOOD FOR SALE! FREEHOLD RESIDENTIAL LANDS

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

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

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

Classification: **RA**

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Spacious Property Features:

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

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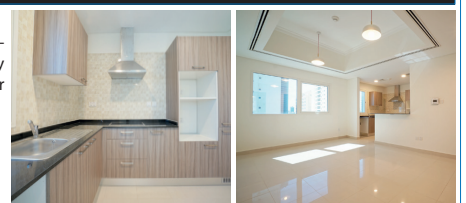


FOR SALE! FREEHOLD BRAND NEW APARTMENT MINUTES FROM SEEF

Spacious Property Features:

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

Starting Price: BHD 47,000 – Ref: AP869



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Interiors Weekly

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ARTISTIC WALLS!



MANY people brighten up their homes with fresh coats of paint or furniture revamps. However, a quick and easy way to spruce up a space, add some natural calm with floral prints or urban glamour, would be to add wallpaper.

It's a great way to add dimension to any décor and the right design can instantly lift a space while adding personality.

According to Emirati retailer 2XL Furniture & Home Décor's head of marketing Amit Yadav, wallpapers often serve as both art and décor and are a great way to add texture and character to any space.

He said: "There are many ways to incorporate wallpapers into your design scheme, whether you want to create an accent wall with a bold pattern, enliven an area or cover an entire room."

With wallpaper, there are hundreds of prints, patterns, colours and designs to choose from.

You can even vary the way the wallpaper is placed in the room. Some rooms look great with a wallpaper border while others require full wrapping.

It is also easy to maintain as most of today's wallpapers are coated so that they wipe clean from common household marks unlike paint which would fade after a few scrubbing.

Wallpaper is also ideal for rooms that tend to get dusty and dirty. It can hide blemishes in the wall's plaster far better than a coat of paint. Wallpaper adheres easily and smoothly to walls too.

Wallpaper trends for 2019 include florals, abstract prints, wonky grid and geometric patterns, giant leaves and fruits as well as the exotic Ottoman colours and prints.

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In focus



The AWA American Women's Association had featured honoured guest speaker HE Shaikha Hala bint Mohammed Al Khalifa, director-general of Culture and Arts at the Bahrain Authority for Culture and Antiquities at the general meeting. She spoke about the influential women in culture and art in Bahrain and her presentation was described as being informative and inspiring.



The Gulf Hotel Bahrain Convention & Spa not only raised awareness for prevention, detection, treatment and funds for breast cancer during the month of October but they also collected more than BD1,100 for Think Pink Bahrain.



RCSI Bahrain President, Professor Sameer Ootom and head of quality enhancement, Dr Kathryn Strachan, met with senior representatives of AdvanceHE to discuss future collaboration around faculty development in relation to the AdvanceHE Certificate in Learning and Teaching (CLTHE) and Fellowship of AdvanceHE. The meeting was attended by AdvanceHE International Partnership Manager, Kristian Rumble and Assistant Director of Knowledge, Innovation and Delivery, Cathy Wright.



A group of school students representing Riffa Juniors LEO Club set up a stall at the Dandiya event which was organised by ILA. It was the student-run club's first and the funds collected from sales of homemade food to relatives and close friends were donated to children at SNEHA. SNEHA is a free recreation centre for special need children to help their education.

SocialScene

Why wait a month! Join Social Scene every week

Antibiotic awareness



American Mission Hospital with its commitment to reach out to the community successfully hosted MED-ATHLON 2019 in connection with World Antibiotic Awareness week. The objective was to raise awareness among school children based on the theme of "healthy living with special emphasis on the appropriate use of antibiotics". It was a triathlon featuring three competitions for high school children, including Poster, Quiz and Speech competitions. During the preliminary rounds, nine posters, 12 speakers and six quiz teams from various schools were shortlisted for the finals. The Grand Finale was held on November 9 at the Al Raja School. The event was attended by the principals, teachers, students and parents from schools across Bahrain as well as the staff of American Mission Hospital. The Asian School won the first ever "AMH – Health is Wealth" trophy for scoring the maximum points.

Brexit impact



Bahrain Association of Banks organised an open meeting in which German officials from the Frankfurt Centre - the most prominent financial Centre in Europe - spoke about the influence of Britain's withdrawal from the European Union "Brexit" on the European financial scene, in addition to the possible influence on the financial landscape in Bahrain and the region. The meeting also reviewed the financial and banking cooperation between Bahrain and Germany.

Honour for veterans



The Bahrain Rugby and Football Club (BRFC) welcomed the Chelsea Pensioners for a Remembrance Dinner in Saar. Dewi Treharne, 84, Peter Henry, 71, and Roy Palmer, 80, joined the club's members and executive committee for an evening, honouring the contributions of the armed forces over the years locally and around the world.

Josh event



The Rotary Club of Salmuniya members were invited to attend the Josh event organised by the Telugu Kala Samithi Bahrain Cultural Society. Josh is a charity event that has cultural, musical and classical themed performance arranged for the members of the labour camps. President Seema was greeted with great warmth by their board members and given a ceremonial scarf which represents the friendship between the two societies.

Film Weekly



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



Killer granny

THE newest addition to the Terminator universe, *Terminator: Dark Fate* is a direct sequel to *T2: Judgment Day* tossing all the middling post-1991 sequels to an alternate timeline and yet is just as mediocre, despite the hard work of the cast.

There is something very DeLorean about watching a movie that is meant to be a sequel to movies born before you. The original Terminator and *T2* movies were, in my opinion, works of action art, words generally never used to describe Arnold Schwarzenegger's work. Not only did they have cutting-edge CGI and adrenaline-pumping action scenes, they also had a healthy dose of emotion.

Even with half the movie being about an emotionless killing robot (a role built for Arnold) there was an undercurrent of raw human emotion that captivated every scene.

This movie starts off with a heavily computer-generated scene rendering the entire John-being-saved-to-save-humanity timeline moot. Now, this is great in what it accomplishes, but none of the cast enjoyed shooting it and I can see why.

Not only is the CGI so forced that the emotion feels staged, the "Noooo" moment could have been achieved and the emotion better shown with narration and some montage storytelling. But CGI is what James Cameron excels at.

Remember James Cameron? The guy who directed that *Pocahontas* cosplay (or is it re-imagination now) called *Avatar* for nearly quarter of a billion dollars and started the trend of charging double for "3D" is back, producing this movie and bringing some excellent mixed-CGI fights to the Terminator franchise.

After the initial subversion, the movie reverts to regular Terminator clichés.



TERMINATOR: DARK FATE

STARRING: Linda Hamilton, Arnold Schwarzenegger, Mackenzie Davis, Natalia Reyes, Gabriel Luna

DIRECTOR: Tim Miller

GENRE: Action, Adventure, Sci-Fi

RATING: R

RUNTIME: 128 minutes

A liquid metal Rev9 (Gabriel Luna) appears in Mexico City, giving the movie an excuse to add a dash of diversity. The new target is Dani Ramos (Natalia Reyes) and to keep her safe as well as give the robots the human touch is cyborg Grace (Mackenzie Davis).

The usual antics ensue, involving endless pursuit, lots of explosions and cool gunfights with an undying and continually regenerating enemy. This time, since the humans have their own half-robot, the Terminator team also has a half-robot add-on pack installed.

Sarah Connor (Linda Hamilton) and Carl/T-800 (Arnold Schwarzenegger) are welcome additions, whose hard work in both the action sequences and the lull-in-the-explosions moments is evident.

In the making of the movie, Linda, who reprised her 1991 role was so fastidious when it came to her stunt doubles mirroring her own gait and movement that she ended up doing a lot of her own stunts. Yup, that's how bad*** she is. And she dyed her hair gray because she wanted to be the grandma still kicking bot butt.

Another fun fact, there is a scene where Carl is just having a random conversation about drapes/curtains. At first, it seems like an unnecessary detail to keep in the movie. But then I learned that Arnold actually loves drapes and interiors, so I think they just kept the film rolling as the Terminator went off on a tangent about tints and tufts.

All in all, the movie has fun moments but largely feels like a rehash of previous plot points, but redone by a fan with an unnecessary passion for politically correctness. And for the largely unimaginative nature of its plot and the over-reliance on CGI and adrenaline-fuelled pursuits, I am compelled to give it a two out of five. And for the love of bots, Terminator, please don't be back.

NAMAN'S VERDICT



1 popcorn - stay home
5 popcorns - start queuing

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Bite-sized trailers

Charlie's Angels

DIRECTOR: Elizabeth Banks

CAST: Naomi Scott, Elizabeth Banks, Patrick Stewart

PLOT: When a systems engineer blows the whistle on a dangerous technology, Charlie's Angels from across the globe are called into action, putting their lives on the line to protect society.

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



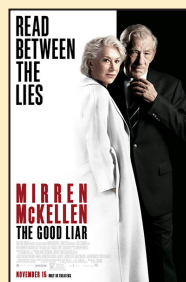
The Good Liar

DIRECTOR: Bill Condon

CAST: Ian McKellen, Hellen Mirren, Russell Tovey

PLOT: Career con artist Roy Courtney can hardly believe his luck when he meets well-to-do widow Betty McLeish online. As Betty opens her life and home to him, Roy is surprised to find himself caring about her, turning what should be a cut-and-dry swindle into the most treacherous tightrope walk of his life.

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



Haunt

DIRECTOR: Scott Beck and Bryan Woods

CAST: Liana Liberato, Harrison Gilbertson and Jacki Weaver

PLOT: A teen discovers an alternate dimension when his family moves into a haunted house.

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



imdb movie charts

Current Position	Title	Weekend Takings	Gross to date
1	Ford v Ferrari	\$31M	\$31M
2	Midway	\$9M	\$35M
3	Charlie's Angels	\$9M	\$9M
4	Playing with Fire	\$9M	\$25M
5	Last Christmas	\$7M	\$23M
6	Doctor Sleep	\$6M	\$25M
7	The Good Liar	\$6M	\$6M
8	Joker	\$6M	\$323M
9	Maleficent: Mistress of Evil	\$5M	\$106M
10	Harriet	\$5M	\$32M



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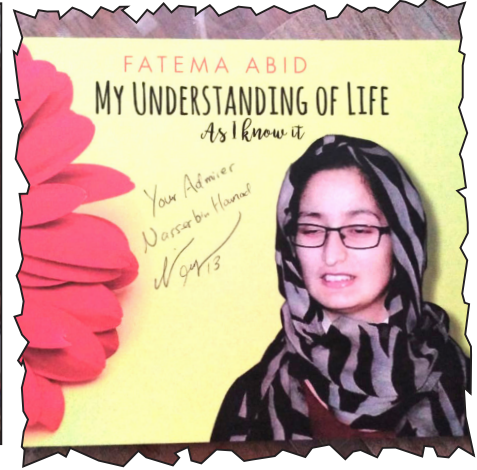
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Shaikh Nasser with Abid, Rashida and Fatima



OUR dearest daughter Fatema departed this world for heavenly abode on October 31 at the age of 24. She had been battling muscular dystrophy disease all her life and spent the last three years dependent on a ventilator and on a peg tube for food. She was always strong though with plenty of will and determination. Can you even imagine what life is like without food and water for three years or

not being able to talk or breathe for three years?? Her bumpy journey did not slow down her ambitions as she wanted to live her life to the fullest. She also taught us how to live our life. She decided to join university and complete her studies which were left in between because of her health issues. We thank Arab Open University for allowing her to attend classes in spite of her medical complications

and however she managed to finish her course. Her book, *My Understanding of Life as I Know It*, was launched on September 7, 2018 in Bahrain. Her dream was to present her book personally to Shaikh Nasser bin Hamad Al Khalifa and it came true when she got a call from Shaikh Nasser's office on October 7, 2019. She was a great admirer of his and wanted to present the book

to him personally. We, the parents of Fatema, are extremely grateful to Shaikh Nasser for his kind gesture. Her goal in life was to set an example for the specially challenged children, inspiring them to keep going, that life never stops and to live your ambitions and never give up. We pray to God to rest our beloved daughter's soul in peace and grant her the highest of

heaven, ameen. Lastly, we are extremely thankful to Shaikh Nasser for his condolence message for Fatema.

**From her parents,
Abid and Rashida Mohsin**

● *The Gulf Weekly team would like to convey their deepest condolences for your loss. She was truly a remarkable soul who moved and inspired us all. God bless her. She will be missed.*

IS SELF-CARE SELFISH?

THE concept of self-care, for me, is synonymous with refueling – taking a step back to replenish my resources to perform important chores productively and consistently. As I grow older and experience pressure from varying sources, I seem to appreciate the importance of taking care of oneself to a larger extent to contain stress. Self-care encompasses a holistic approach towards a healthy body and mind.

At the outset, it is important to acknowledge that self-care has different meaning attached to it for different people; reaction to stress differs for everyone and this is what influences the relaxation technique meant for them. My research on the internet shows me that if someone displays a primarily fight response, more calming self-care techniques help to calm them such as meditation and deep breathing. On the other hand, if someone shows the flight response, that of being depressed, withdrawn or spaced out under stress, they may benefit from stress relief activities such as rhythmic exercise, massage, or power yoga.

Moreover, it is imperative that we spread awareness about the inherent need to look after yourself both mentally and physically. Physical fitness is easier to measure but mental fitness is equally important and self-care is a good way of approaching it. In fact, it is important to understand that self-care is not a response, it should be part of a regular routine, much like jogging or eating or socialising.

Personally, I find it very refreshing to take time off work and just do different activities that make me discover my other skills (or not) such as art (although I am not very good at it), riding my bicycle, reading science fiction, watching movies etc. My sister is a strong propagator of face masks and playing pool as a stress buster and my friends all have different methods. In conclusion, I would like to reiterate that self-care is the human analogous to consistent vehicle services. It is integral to our smooth long term performance and a happier life. So venture out, find out what works for you and take care!



He says,
She says

YOU can tell someone is over the age 16 when their favourite thing 'to do' is sleep.

I am in no way an exception to this rule. I often find myself either physically tired or mentally drained for the majority of the day. The only common solution I have to those two problems is to rest my heavy head against the soft surface of my cotton stuffed pillow. As silly as it may sound, there is definitely a stigma around young adults napping. Naps are often associated with being lazy, unproductive and even unhealthy. Surprisingly, it isn't just adults who think teens napping are unjustified. Just the other day, I was talking to a

friend about this fantastic nap I had just taken, when a boy - no older than nine - gave me THE most judgmental look I had ever seen. It was like he couldn't believe a 17 year old girl needed some additional rest. This look was the king of all "judgy" looks and was so effective that it made me question myself. Was napping really that bad?

I only started to take naps when I was 16. I did it once and never thought of it again. Now it's a form of habit. Similar to other habits, naps are addictive. They start off as a one-time thing, but then you find yourself doing it a second time and then a third and finally you're in this addictive loop struggling to get out. Once you're hooked, it becomes really difficult to stop. Sleep is my vice, only with significantly fewer drawbacks.

I can at least find comfort in the fact that unlike addicts, I can openly talk about sleep in front of young children without the fear of being judged- oh wait.

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.

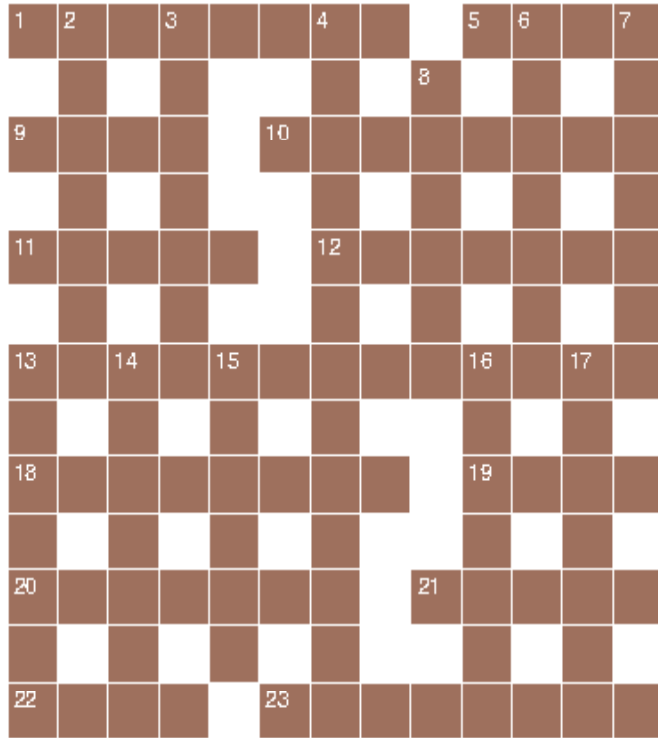
Zaidan Zia Siddiqui, 15, studies at St. Christopher's School. Although he is fascinated about science, he is more inclined towards physics. He would like to explore the depths of space and is especially captivated by the mysterious 'dark matter'. In his free time, he likes to fight zombies, ancient pharaohs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

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crossword break



Solutions in next week's issue.

ACROSS

1. Equip (8)
5. Suspend (4)
9. Bother (4)
10. Drinking-bout (8)
11. Journal (5)
12. Break (7)
13. Not helped (13)
18. Menace (8)
19. Squad (4)
20. Transgression (7)
21. Bet (5)
22. Cultivate (4)
23. Status (8)

DOWN

2. Wariness (7)
3. Remark (7)
4. New order (13)
6. Beating (7)
7. Balcony (7)
8. Pair (6)
13. Opening anthem (7)
14. Horrible (7)
15. Prairies (6)
16. Miser (7)
17. Lamp (7)

who, what, where, when

WHO ... was deposed as the UK's Conservative Party deputy chairman in March 2005?

WHAT ... is the currency of Egypt?

WHERE ... in Asia are the Liancourt Rocks?

WHEN ... was the Walk of Fame in Hollywood installed?

WHO ... wrote the novels *Affinity* and *Tipping the Velvet*?

WHAT ... horse won the Dubai World Cup in 2006?

WHERE ... did the artist Rembrandt die in 1669?

WHEN ... was England's Liverpool Institute for Performing Arts opened?

just so

THE

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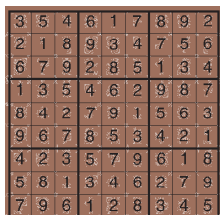
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Sudoku



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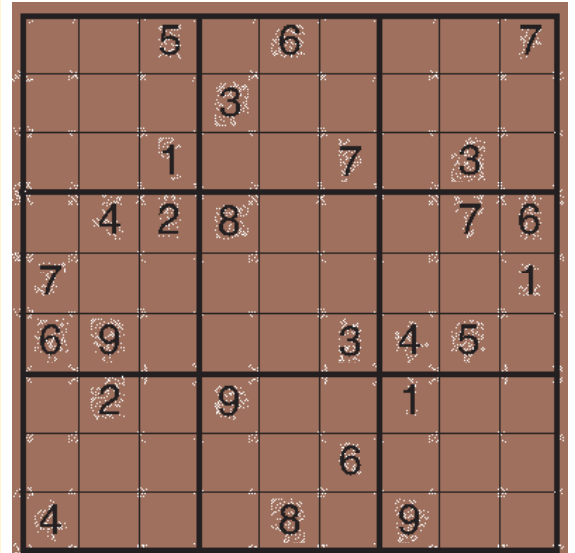
Across: 7 Amazed; 8 Madden; 10 Sharpen; 11 Nerve; 12 Vole; 13 Greed; 17 Torso; 18 Fete; 22 Tacit; 23 Outcast; 24 Fettle; 25 Teaser.

Down: 1 Massive; 2 Manacle; 3 Tempt; 4 Saunter; 5 Adore; 6 Under; 9 Intrusion; 14 Hostile; 15 Because; 16 Vesture; 19 Staff; 20 Acute; 21 Steer.

JUST SO: Open sesame, Sign of the times, Split hairs, The five senses.

WHO, WHAT, WHERE, WHEN: Jake Arnott; Auckland; Madrid; 1969; Oxford; Granny Smith; Finland; 1976.

Darn Tough Sudoku



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MOTERING REPORT
By NAMAN ARORA
naman@gulfweekly.com

THE Volkswagen badge is known for two main things – reliable German engineering and the Beetle, the most produced car in history. Volkswagen, translated into English as the “People’s car,” has expanded its offering through the years to cater to the needs of different kinds of people.

The Passat, which in German means, “Trade winds” is the ideal car for the modern executive or businessman. Last week, I took the 2020 Volkswagen Passat’s High Line (HL) trim sedan out for a ride and as we went through our day, navigating the unpredictable roads of Bahrain, it lived up to its reputation and then some.

The Volkswagen Passat 2020 comes with a six-speed 2.5L five-cylinder engine, with 170hp and 200Nm of torque. It’s a reasonable car for the practical person, not for their adrenaline-chasing teenager. It focuses on comfort, practicality and reliability.

Back in 1973, the Passat was the first lovechild of the Volkswagen acquisition of the Audi badge. Because of production and market concerns

resulting in declining sales, Volkswagen was in serious trouble by 1973.

Audi’s expertise in front-wheel drive, and water-cooled engines helped Volkswagen produce a credible Beetle successor, with subtle and bold Audi influences paving the way for this new generation of Volkswagens,



including the Passat. To this day, that continues, with some features like the standard slim LED headlights, taillights and some interior design inspired by the Audi A4 and A6.

While the 2020 Passat retains the underpinnings of the previous model, it has been completely restyled. A dynamic coupe-like roofline and dominant grille give the

Passat a bold new look that combines elegance and sportiness into a neatly bundled package. And the HL trim features gorgeous 18-inch alloy wheels and luxurious titanium black

leather.

The Passat comes standard with a multi-function display with VW Car-Net App-Connect that easily connected to my Samsung phone, via the Android Auto app, so that I could glance at notifications and respond to calls and messages without taking my

eyes off the road.

This was my first adventure with Android Auto. I found it mostly smooth, except for the occasional accidental disconnects, mainly due to my own error. I chose the “Media” source on the VW instead of the “Apps” option, where all my phone related features resided including navigation, hands-free calling and music, via Bluetooth or USB.

As we drove onto the

highway from the Behbehani Brothers’ Volkswagen Centre in Sitra, the dual-zone sync-able ACs for the driver and passenger had myself and my colleague quickly comfortable, per our individual needs.

Felix Miranda, general manager for Volkswagen Bahrain, has noted previously, “This new model has stepped up the style factor and upgraded the technology to make it even more attractive, with additional desirable convenience and accessible driver-assistance features.” And the resulting ride? Serene and satisfying.

The Passat in Bahrain is the American build, retaining the same iconic body but with a regular 2.5L engine instead of the 1.4L - 2.0L turbocharged four-cylinder engine available in European markets. As a result, I found the ride to feel a bit heavier with a slower pickup, clocking in at 0-100kmph in 9.2 seconds. The body felt like it was built



for an engine with a tiny bit more torque.

It is something adrenaline junkies might find limiting but for the everyday commuter? Pleasant and practical. With a combined city-highway fuel economy of 9.4L/100km, it is also one of the most efficient engines for this class.

We pulled back the tilt and slide glass sunroof to enjoy one of Bahrain’s handful of moderate ideal weather days

once we got out of traffic gridlock and blitzed along on cruise-control till we found ourselves in close-quarter combat, I mean, drive, on Exhibition Road. The multiple driver-assist systems like the multifunction camera and the park-distance control sensors guided us into a rare gem of a parking spot.

The rest of our day simply flew by as the Passat, available in four trims – Trendline, Comfortline, Comfortline Plus (with leatherette seats) and Highline (with leather seats and alloy wheels), became a simple extension of the driver.

I’d definitely recommend it for the person who likes to enjoy the trade winds of a serene drive, swapping in some performance for the subtle luxuries of a comfortable ride.

The VW Passat 2020 currently ranges from BD8,599 to BD12,560, depending on trim and comes with a three-year/45,000km free service, provided by Behbehani Brothers. Contact 17459977 to book your test drive and surf the trade winds!



This new model has stepped up the style factor and upgraded the technology.



Mercedes marvel

AL Haddad Motors unveiled the newly renovated state-of-the-art Mercedes-Benz service centre in Salmabad this week in line with the global Mercedes-Benz MAR 2020 concept.

The event, inaugurated by the German Ambassador His Excellency Kai Boechmann and Al Haddad executives, showcased the new concept, which is being rolled out at Mercedes-Benz stores worldwide, enhancing the customers' experience by eliminating the traditional purchasing experience and implementing a digitalised and personalised experience.

The MAR 2020 corporate identity (CI) concept is an open layout, accented by wooden flooring in the seating and customer interaction areas as well as a tarmac style pathway that weaves through the centre.

The company's director and head of human resources, Deema Al Haddad, noted: "We love the new MAR

MOTERING
By NAMAN ARORA
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2020 CI concept. It's open and much friendlier. We have expanded the seating and waiting area for customers, making their stay here, as they wait to have their car serviced or to talk to one of the service advisers, much more pleasant. We have also improved the coffee bar area to be more open and

welcoming."

In addition, the merchandise is much more emphasised, with a prime location besides the entrance. The aisle-style concept gives it a much more inviting feel, much like browsing the aisles of a traditional store.

There is a wide array of products available for purchase, for those that have a shopping itch that needs to be scratched or for those

that just want to show off the MB love, including caps, clothing, watches, key rings and the famous Mercedes Miniatures.

Of particular note is the collection of opulent aromas available for men and women. The brand has a scent for everyone with overtones ranging from wood-chypre and the oceanic-casalone to Kashmir wood and orange blossom in

creatively designed bottles. Just don't confuse your new perfume bottle and your fob.

Imran Ali, marketing manager of Al Haddad Motors, commented: "Today's Mercedes-Benz customer is a globetrotter. And with this CI rolled out, not only is every aspect of the Mercedes experience smoother from the shopping to the service advice, there is also a familiarity. Facilities

in Hong Kong and Germany have also implemented this, so the stores all exhibit our brand image: sleek, modern, luxurious and comfortable."

The Salmabad facility, which services almost 40 cars per day, provides a range of services from regular maintenance to in-depth engine check-ups.

But while this is top-of-the-class, what truly sets the company apart is its award-winning individualised customer service.

Al Haddad Motors nabbed two of the highest awards at this year's Mercedes-Benz Cars Middle East Customer Services Conference. The workshop CI facelift is just the preamble to the overall CI overhaul coming to their showroom early next year.

Deema said: "The showroom's CI renovation is already in progress. Once done, we hope to roll it out early next year. We hope to have it ready in time for the new Formula One season."

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Max effect!

MERCEDES' Formula One World champion Lewis Hamilton may have sealed his sixth-title victory after a fantastic United States Grand Prix, but the Brazil race was all Red Bull.

Max Verstappen won a thrilling Brazilian Formula One Grand Prix for his team after the Ferraris collided and Hamilton was demoted from third to seventh.

Verstappen's former team mate, Pierre Gasly, also made his first podium appearance in second place for Red Bull-owned Toro Rosso, a rare Honda-powered one-two.

Hamilton chased the Frenchman across the line for third but was handed a five-second penalty for tangling with Red Bull's Alex

Albon during the finale to the season's penultimate round.

Hamilton said: "It was a great race, I thoroughly enjoyed it and it was hopefully fun for people to watch, although the result is upsetting.

"I never want to collide with anyone. It was really unfortunate with Alex. Naturally I take it on me, it was my fault. I was coming from behind. He was doing a great job, so I apologise to him. I gave it absolutely everything and more. I was pushing so hard in every lap just to keep up with Max in front of me. We really didn't have a lot of pace and I think we were probably going faster than we should have gone.

"Congratulations to Red Bull, they did the better job and deserved



PROUD MOMENT: Red Bull team celebration

the win. They were extremely quick. I was basically a sitting duck on the straights. There's one more race to go in this season so

we will be pushing for a better result in Abu Dhabi."

Hamilton's demotion moved Spaniard Carlos Sainz, who started

last after an engine problem in qualifying, to third and McLaren's first podium since the 2014 season-opening Australian Grand Prix.

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What will we stand for?

WORKING with Colin Kaepernick must be fun. Every single day you are in contact with a world class athlete who also takes personal stands on issues even if it is to the detriment of his own career.

In my mind, there is no doubt Kaepernick is the good guy but for anyone with a hazy memory of the NFL player, he rose to international prominence in 2016 after taking a stand against racial injustice, namely police brutality and killings against young black people. He initially protested by sitting down whilst the national anthem was being played prior to games. After discussions with a group of people opposed to his methods, suggesting it was disrespectful to people who had given their lives for that very anthem, he chose to kneel instead. Kaepernick had said that it was not his intention to disrespect veterans merely to highlight a very real and current issue. The controversy continued. Donald Trump said that Kaepernick was unpatriotic

VOICE OF SPORT
with Dan Grimes



and it was suggested that the NFL owners should get together to have him removed from the league. Kaepernick's sponsor, Nike, weighed in themselves having put him front and centre of a new ad campaign along with the slogan saying "Believe in something even if it means sacrificing

everything".

Nike's decision to do this sparked outrage from a bunch of middle-aged white guys who then decided to record themselves setting fire to trainers they had already purchased. Whilst outside of the US, support for the quarterback was pretty big. The 49ers did not renew his

contract at the end of the season and he was a free agent since 2016. Although he reiterated his desire to play again, he has been, in effect, removed from the league by NFL owners.

The 'issue' Kaepernick's team were focusing on this time was in the form of getting around the NFL's

organisation of a private workout. On the face of it, you could be led to believe that it was a genuine effort to reintegrate an athlete back into a sport that had shunned him. In truth, it was nothing more than a PR stunt – a chess move in a battle that NFL owners are currently losing. Either Kaepernick performed but the world wouldn't see it and team representatives could come out and say how he wasn't ready or suitable anymore. Or, alternatively, Kaepernick declined and the NFL could try to portray that they gave him every chance. It was staged for last Saturday, with no media present, both things Kaepernick's team objected to. Saturdays are notorious in American Football for being busy days. Coaches and scouts are already watching or travelling over the weekend and wouldn't have time to come and, as mentioned, no media would mean no evidence.

Prior to the event, I read an excellent article on possible outcomes by Etan Thomas, a former professional in the NBA. He detailed a number of different ways the day could play out. He, like the rest of us, didn't see what Kaepernick had in store. Kaepernick at the last minute changed the location to one of his own, 45 minutes away from the original, invited all the media and scouts to come and performed the workout as was going to be set out for him by the NFL. The feeling was pretty unanimous from onlookers; Kaepernick was still good enough to be competing in the NFL.

In my opinion, it's going to take one incredible return from the NFL, the team owners and everyone else associated to get out of this one. Kaepernick may not go down as the best player the NFL has ever seen but he will be up there with the most remembered and I cannot wait to see what happens next.



Power and performance

NISSAN'S Formula E car is donning a new, Japan-inspired look for the electric street racing series to demonstrate the power and performance of the company's EV technology.

The new race car livery was unveiled in Yokohama in October, ahead of season six of the ABB FIA Formula E Championship series. The red, black and white design is inspired by the Japanese kimono garment, a traditional symbol of longevity and good fortune. It will also be featured on the Nissan LEAF NISMO RC, the dual electric-motor performance vehicle based on the Nissan LEAF electric car.



Alfonso Albaisa, the automaker's senior vice president for global design, said: "As we approached the beginning of our second season of Formula E competition, our design team proposed a new look, one that celebrates our Japanese heritage and vibrant technology DNA. "We used our iconic Nissan

racing red, black and white colors layered diagonally in a kimono pattern, which creates a dynamic and powerful impression."

Nearly 40 of the brand's in-house designers had submitted concepts for the new design.

Former Bahrain speedster Sebastian Buemi and fellow driver Oliver Rowland are

back behind the wheel for Nissan e.dams. The team entered the championship to showcase its zero-emission vehicle technologies, communicate the company's Nissan Intelligent Mobility vision, and learn lessons that will be used to develop better road cars for customers.

Highlights of season five for Nissan e.dams included achieving second in championship, six podium finishes (including the last five races), six pole positions (the most for any team), and 16 Super Pole qualifying appearances combined by Buemi and Rowland, making them the best qualifying team in the championship. The team ended the season with its first ever victory during the final race weekend in New York.



BEST BET: Buemi
Celebrating during a race last year

"Finishing second as a team last year was great," said Buemi, who is the top all-time record-holder in Formula E with the most pole positions, fastest laps and wins. "This year, the objective is to fight for the championship."

Nissan has developed an updated powertrain for season six, in line with new series regulations. It replaces the dual electric-motor system that delivered record-setting results in season five.

Michael Carcamo, the brand's global motorsports

director, said: "The second season is sometimes harder than the first. With a major change to a single-motor solution, we had plenty to do in the off-season. We'll use everything we learned from season five to improve our package, with an even greater emphasis on battery and energy management."

The ABB FIA Formula E Championship will return with a double-header 2019/20 season opener on Friday and Saturday as 24 cars and drivers go head-to-head in Diriyah, Saudi Arabia.

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LAST YEAR'S EVENT: Tovey, Cheriyan, Khaled Kanoo, Jawad Al Hawaj, Abdulwahab Al Hawaj, Siberell, Isa Kanoo and Delano Roosevelt at the annual charity golf tournament

Golfing for a cause

AMERICAN Mission Hospital will be holding its Annual Island Classic charity golf tournament this weekend. The famous high-profile event, held under the patronage of His Majesty the King Hamad bin Isa Al Khalifa at His Majesty's golf course in Saffriya, will officially be opened this Thursday at noon.

The tournament is designed as a handicapped team event and will follow the Florida format. Each player drives and the best of four is selected. Then, whoever took that first shot sits out while the other three play from that point where the process is repeated. When the ball finally hits the green, all four players can putt.

The Florida format intends



SPORT REPORT
By NAMAN ARORA
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to speed up the game and emphasise the team aspect, with players being able to bail others out if they hit a poor shot. All players in a foursome team will have an equal opportunity to contribute to the overall outcome and score of the team.

AMH corporate CEO/ chief medical officer, Dr George Cheriyan, said: "I take this opportunity to thank His Majesty who so kindly permits this tournament to be held on his private golf course in Saffriya."

The event has 45 registered teams of four golfers each and teams will be divided into two flights, based on their handicap – Championship and Premier Flight – and at

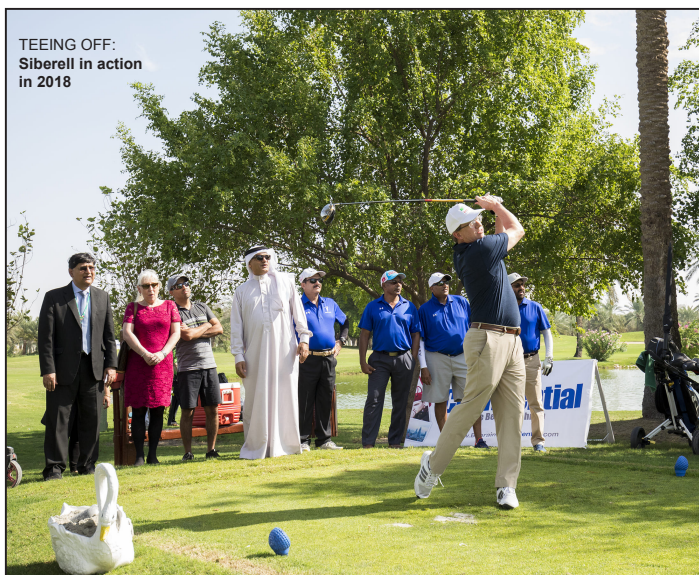
the end of the three days of play, three teams from each category will be awarded.

Several side contests including Closest to the Pin, Longest Putt and the Most Accurate Drive will also be conducted for individual golfers.

The tournament will raise funds for AMH's community outreach programmes including their diabetes, elderly care, autistic care and cancer awareness campaigns as well as free medical checkups for labour camps conducted regularly by the hospital.

Julia Tovey, Group CEO at the AMH said: "Last year, we raised BD27,500 cash and BD37,000 in kind. This year, we have raised BD26,500 in cash and BD39,000 in kind, all exclusively for our community outreach fund."

TEEING OFF:
Siberell in action in 2018



Chance to become champions



Aspirant athletes of all ages and abilities are being invited to join the Paralympic Movement by participating in the kingdom's "Inta Ba6al".

The event, which means "You are a Champion" in English, will be held at City Centre Bahrain from tomorrow until Saturday.

The sporting initiative, which is being organised by the Bahrain Paralympic Committee, will include four stations in which able and impaired people will be able to compete in a variety friendly Paralympic games.

The aim for this fun and active event is to work on building a more

inclusive and diverse society where everyone has the opportunity to contribute to the country and lead a more fulfilling and productive life. The initiative will also spread awareness about the importance of people with impairment living in the kingdom and that sports is a way of life.

