

# Gulf Weekly

The community newspaper at the heart of Bahrain



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## Covid immunity testing on way



**EXCLUSIVE**  
By NAMAN ARORA  
naman@gulfweekly.com

**A** 10-minute rapid coronavirus immunity test is expected to be available to hospitals as early as next week, according to Bahrain's oldest hospital with a history of combating disease outbreaks on the island.

The National Health and Regulatory Authority (NHRA) is currently reviewing three variants of the blood testing kit, which will let tested individuals know if they have developed an immunity to the novel coronavirus (Covid-19).

American Mission Hospital (AMH)'s chief executive Dr George Cheriyan anticipates it to be made available to hospitals within the next two weeks.

Dr George told *Gulf Weekly* exclusively: "Three different brands of polymerase chain reaction (PCR) testing kits have come into the market, which will give us a quick result on whether a patient's blood has antibodies to the

SARS-CoV-2 RNA virus (the medical term for the Covid-19 virus). While the technology is fairly standard,

NHRA is looking at the sensitivity and reliability of each kit. Once the go ahead is given, these test kits will be available for testing. Preference would be given for healthcare workers as their status allows them to return back

to work if they are immune. The test normally takes about 10 minutes and is known as Point of Care testing."

This measure is the latest in a series of initiatives undertaken under the

**While the technology is fairly standard, we are looking at the sensitivity and reliability of each kit.**



Dr George

direction of the government executive committee, chaired by HRH Prince Salman bin Hamad Al Khalifa, the Crown Prince, Deputy Supreme Commander and First Deputy Prime Minister, as well as the National Taskforce for

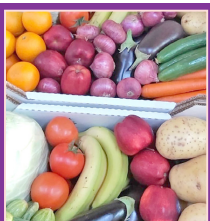
Combating the Coronavirus. Last week, the NHRA granted licences to private hospitals to provide medical care for active asymptomatic cases of Covid-19 at a handful of hotels around the country, as long as they are

monitored by a specialised medical team. These include the Elite Resort and Spa, which will be supported and monitored by the AMH.

Dr George added: "The most recent initiative to involve hotels and hospitals in the Covid-19 quarantine will give the approximately 3,000 Bahraini citizens, slated to return to the kingdom over the next two months, a choice between being quarantined at private medical facilities, at their own cost, or at government-provided facilities.

"Anybody coming from abroad will have to be quarantined for 14 days. Now they have the option of opting for a hotel, as long as it is supported and monitored by a medical institution."

**Then versus Now – Comparing Pandemics in the kingdom: Turn to Page 5.**



**BAHRAIN FOOD DRIVE**  
Community initiative  
SEE PAGE 2



**THE BOOKSTEERS**  
A reading challenge  
SEE PAGE 3



**RACING TO HELP**  
Retooling the trade  
SEE PAGE 6



# Sharing is caring

**B**IG-HEARTED Miranthen Dole, the founder of A Box of Goodness, has launched a community food drive to support individuals and families in need that have been affected by the Covid-19 crisis.

The head of business development and marketing



**COMMUNITY REPORT**  
By MAI AL KHATIB-CAMILLE  
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at a real estate company started A box of Goodness in October 2016 on *Instagram* as a simple exercise to create the habit of giving. She encouraged people to add items to a box on a daily basis and at the end of the month, that box of goodness would be donated to someone in need.

Since then, her act of kindness activity flourished with several people providing boxes full of essentials to the less fortunate through her account.

Miranthen, known to her friends as Miro, is now running a food drive with her generous volunteers and is urging others across the kingdom to lend a helping hand.

"Our focus right now is to help those whose livelihoods are affected by the COVID-19 pandemic," said Miro. "With shop and business closures, many have been asked to take unpaid leave, and or, have been made redundant. There are large numbers of daily wage earners who no longer have work and they are severely affected. We have already donated almost 150 food packs to the Migrant Workers Protection Society, and in the coming days, aim to help as many as 200 families as well."

"We are hopeful that this situation will end soon and we wish to help people survive these bad days. The kingdom and the medical teams fighting this pandemic in the forefront should be lauded to no end – their swift action has helped keep the pandemic in control. The kingdom has also provided relief to its citizens and residents making life a lot easier. But we continue in our efforts to help people with basic food items so that they have one less expense to worry about."

The giving group is appealing to the public to help collect dry food items such as rice, flour, oil, dhal, lentils, salt, milk powder,



Handing out food donations to migrant workers

tea, sugar, canned foods, pasta, beans and so forth. Donors are encouraged to purchase items and deliver it to the drop off location in Sanabis or food items can be purchased through All Food Co.

All Food Co partnered with A Box of Goodness to offer donors fresh vegetables and fruits at cost.

"As part of their charitable endeavours, they have waived off their profit margins and will deliver these foods to us at cost," explained Miro. "We will work with All Food Co to hand out the food packs to deserving families. Donors can contact them on *Instagram* to make payments online and donate food to our cause by mentioning the code #ABOGAppeal."

"At the same time, donors can place an

order online from any supermarket, Talabat or InstaShop to have food items delivered to us. All these food donations are sorted and packaged to suit the individuals or families they are finally shared with."

Miro's initial aim for @boxofgoodness is to raise a generation that is selfless, giving and always sharing goodness. She and her volunteers have supported the Al Sanabel Orphan Care Society for almost three years and have often made donations of furniture, clothing and toys to the families affiliated with the Centre. She has also organised group birthday parties for children to celebrate their birthdays.

"With the help of our donors, we organise food, games and gifts for the children and their siblings," added Miro. "We also take

great care in taking care of the environment and we organise beach cleanups regularly. The plastic we collect off the beaches are donated to the Bahrain Association for Parents & Friends of Disabled; who in turn use the funds from the sale of plastic to recycling plants to purchase wheelchairs for the disabled in Bahrain. We actively work towards feeding the hungry with the support of our donors who always donate in kind. Our annual projects include a Ramadan Food Drive and a Winter Appeal. Many companies and schools support us in our projects."

For details on the food drive, follow them on Facebook at <https://www.facebook.com/aboxofgoodness/> or on @boxofgoodness on *Instagram*.



Miro pictured at the bi-monthly birthday party organised for the Al Sanabel Orphan Care Society with a birthday girl

We have already donated almost 150 food packs to the Migrant Workers Protection Society, and in the coming days, aim to help as many as 200 families as well.

## CLAPPING FOR A CAUSE

Last Thursday at 8pm, thousands of people across the kingdom clapped in unison from homes, gardens and balconies to show solidarity for the kingdom's doctors, nurses and medical workers, writes Naman Arora.

The organisers, Clap for Bahrain Carers, hope to continue every Thursday, expanding their focus tomorrow to include the kingdom's key workers who have been tirelessly working to fulfil residents' essential needs.

Co-founder Hannah Turner said: "It was wonderful to hear people clapping and watching the videos they sent of Bahrain's diverse neighbourhoods applauding

for the kingdom's carers.

"People who live on their own also contacted us and shared their emotional experience hearing and seeing people cheer, which helped them feel less isolated and helped all of us feel like a community."

"Going forward, we will manage the social media for Clap for Bahrain Carers and we are hoping you will be able to give it the push it needs to drive the community and make it your own."

Saoirse Lynch, co-founder and Hannah's daughter, added: "The previous week, we clapped in solidarity with loved ones overseas, but this week was a completely different experience, hearing the cheers and claps first-

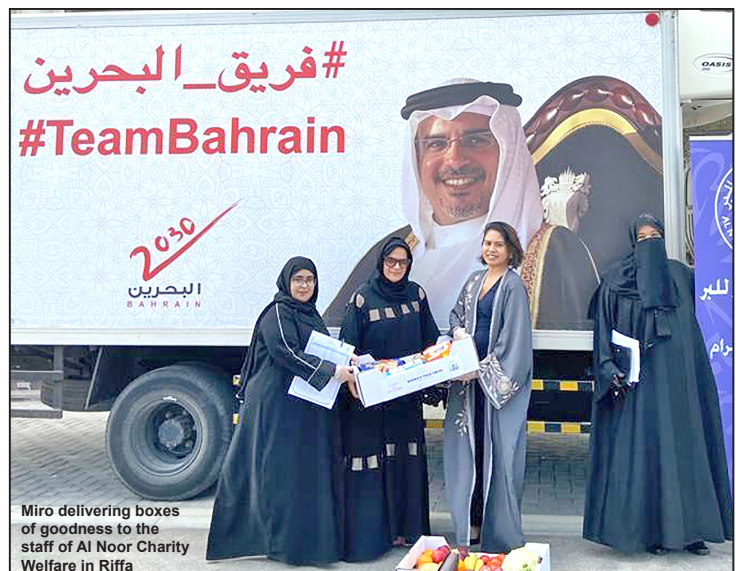
hand. Plus, friends and acquaintances from school sent me videos of their applause all night!"

Clap for Bahrain Carers, worked with their friend Chelsey to create a new logo and will be organising another stay-at-home event tomorrow evening at 8pm.

Scan the QR code to check out highlights from the night.



Subscribe to GulfWeekly's YouTube Channel.



Miro delivering boxes of goodness to the staff of Al Noor Charity Welfare in Riffa



# A novel way to escape

**THREE** book-loving friends have launched a reading challenge to encourage people to stay at home, invest their time into something other than watching TV and support local bookshops and businesses.

Salma Mattar, 28, Maryam Al Ameer, 25, and Batool Fardan, 25, started the 16-day challenge on March 25 with the aim of inspiring people to stay self-quarantined and spend their free time in a creative way.

The Instagram bloggers, called the Booksteers, coined after Alexandre Dumas' novel *The Three Musketeers*, teamed up

with five bookshops to offer daily winners of the Booksteers at Home challenge with a variety of prizes including books or store vouchers.

"We saw how everyone was struggling to find productive and creative things to do at home and how our local businesses were being affected during this current situation, so we wanted to help out," said Salma, the Ahlia University marketing management student who adores audio books and is known as the bubbly, chatty one of the trio. "That's why



**COMMUNITY REPORT**  
By MAI AL KHATIB-CAMILLE  
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we thought of the 16-day challenge, to encourage people around Bahrain to stay at home, to be creative and to bring awareness to local businesses."

To participate in the challenge, readers must follow the directions posted on their Instagram account @booksteers. Their adorable Earthateer character announces a new challenge every day and followers

have 24 hours to join in the fun. For example, snap a picture of yourself reading a book while drinking tea, and on another day, snap a photo of a book that you recommend to others. Then you must tag

the Booksteers as well as the bookshop sponsors and hashtag #BooksteersAtHome in the caption. If the account is private, then participants can direct message an image to the ladies with the hashtag.

"We received amazing feedback from people who were grateful for such a challenge as it gave them something to do during this time," said Batool, who works at a bookstore. "We were thrilled about it, but never thought we would get such positive and kind responses, even from outside



Maryam, Batool and Salma

Bahrain. It's very hectic coming up with new ideas to spice up the challenge, but really, that's something we're happy to do. The participants are getting more creative with their snaps and we're improving for the better. We started doing short videos for the challenge posts as well and designing ads for our sponsors to add them between our story threads too.

"We hope this will continue

to bring joy to people and encourage them to love books as much as we do."

The three ladies had connected three years ago over their passion for reading and books. "We talked all day about books, took each other's suggestions and read way more than before," said Maryam, who has a Bachelor's degree in mobile and telecommunications engineering and currently works in the private sector.

"We had this big love for reading and we wanted to share it with others and that's why one day we decided to start book blogging. The funny part is that we didn't know anything about Instagram blogging at that time. We just posted pictures with reviews and shared them with our family and friends. Almost one year later, we discovered that there is actually a thing called Bookstagram and it opened a whole new world for us."

They then started their own book club last year in July. "Bookstagramming embraced our artistic eyes," added Batool. "Since then, we became more creative in taking pictures and sometimes photo-shopping them. Beautiful scenery always rouses the soul. It encouraged many to start reading or snapping creative pictures for us to share. To us, these things are the peak of any compliment we could possibly get."

Salma thanks her mum for bestowing her with the gift of reading and writing. She would give her notebooks to write her own stories. "Now that I'm grown, I know it was my mum's way to deal

with four children at once. However, it really shaped who I am now as a person and a reader. When I was a child, most of our books were classics and I grew up to be a 'classicalaholic'."

"Other than that, I read almost everything from fiction including fantasy, romance and thrillers. I like reading self-help books and this year I'm reading biographies every month as a personal non-fiction challenge for myself."

Maryam grew up in a 'reading family' too. She loves to read different genres but her love has always been fantasy and classic tales. Her desire to grow more readers is working as she has turned three people into avid readers with a fourth on the way.

As for Batool, she is known by her friend as the life of any party and is a hard core gamer. She fell in love with books as a teenager, mostly reading fantasies. She recently picked up different genres. She loves anything that moves her soul.

The challenge will end this Friday.

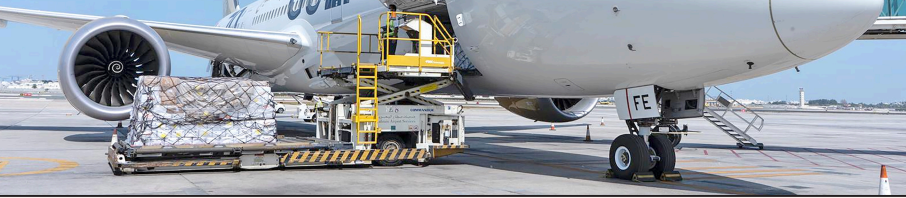
To participate, follow @booksteers and follow the directions in Earthateers post of the day.

## COMMITMENT TO FOOD SECURITY

**L**ulu Group continues its efforts and commitment to maintaining the kingdom's food security by airlifting a second consignment of food to Bahrain.

The supermarket retail giant partnered up with the kingdom's national carrier, Gulf Air, for the consignment, which is part of an initiative spearheaded by #TeamBahrain amidst the global outbreak of COVID-19.

The special cargo shipment arrived on a chartered Gulf Air Boeing 787-9 Dreamliner from India which further solidifies the shared goal between Gulf Air and Lulu Group to serve the people of Bahrain.







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# Leisure Guide



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

Due to on-going public health concerns, restaurants and hotels are limited to deliveries and takeaway only until approximately mid-April. Many of our partner hotels are offering limited versions of their regular menus within the comfort and safety of your own home.



## THE INTERCONTINENTAL-REGENCY

From 6:30am until 10:30pm daily, enjoy a multi-outlet menu with Arabic, Indian, American and International cuisines, available for delivery or takeaway. Party platters and ouzi are also available for order, with two days' notice. Takeaway orders enjoy a 15% discount.

❖ Intercontinental-Regency  
☎ 17227777 / 36967701

## GULF HOTEL BAHRAIN

Al Waha, La Pergola, Margarita Mexicana, Sato, China Garden, Royal Thai and Takht Jamsheed are offering curated menus for delivery and takeaway from 11am to 11pm daily. Call to enjoy Al Waha's hot mezze and mixed grills, La Pergola's pizza and pasta, Margarita Mexicana's empanadas and tacos, Sato's teriyaki and teppanyaki, Royal Thai's tom yum and curries, Takht Jamsheed's kebabs and khoesht and China Garden's dumplings and noodles, delivered to your doorstep. Prestige club members enjoy 20% off all takeaway or delivery orders.

❖ Gulf Hotel Bahrain  
☎ 36445585/ 36551222/ 17746425/ 17746426



## THE RITZ-CARLTON, BAHRAIN



At the Ritz-Carlton, Bahrain, The Gourmet Lounge and The Lobby Lounge are offering their existing menus for takeaway only. The Thai Lounge is offering a special menu featuring Thai, and Balinese cuisine and a selection of items from La Plage, Primavera, Nirvana and Cantina Kahlo will be offered by La Plage to be enjoyed at home with your family and loved ones. All other outlets at the hotel are currently closed.

❖ The Ritz-Carlton, Bahrain  
☎ 17580000

## CRUST & CREMA



From 8am to 11pm, Crust & Crema is offering a selected takeaway and delivery menu, including pizzas (starting at 11am), sandwiches, acai bowls, smoothies, coffees, frappes and beverages. Check out their Purple Immunity booster smoothie with acai berries, now available for takeaway and delivery through Talabat.

❖ Crust & Crema Karbabad/ Galleria  
☎ 17214155/ 38821512 – takeaway and information only. Delivery through Talabat only.

## FOUR SEASONS HOTEL BAHRAIN BAY

CUT by Wolfgang Puck and re/ Asian Cuisine are now offering take-away and home delivery service from noon to 10pm daily. The menus combine specialties from both CUT by Wolfgang Puck and re/ Asian Cuisine and feature your favourite salads, steaks and sides. And for the first time, the Wagyu Cheesesteak will also be available to order. The Family Pack is also available at BD16.5 per person (with a minimum order for two) and includes your choice of starters, mains, sides and desserts, with Wagyu Rib Eye Steak and Filet Mignon available for an additional BD4 per person.

❖ Four Seasons Hotel Bahrain Bay  
☎ 17115000




## THE WESTIN CITY CENTRE BAHRAIN



Every day from 8am to 10pm, Furn Bakery is open for takeaway only offering cake slices and other bakery items on display as well as items from the a la carte menu.

❖ The Westin City Centre Bahrain  
☎ 17171441

## JUMEIRAH ROYAL SARAY BAHRAIN



Every day from 7am to midnight, pick up your favourite salad, pasta, pizza, signature sandwich and grills from Jumeirah Royal Saray Bahrain and relish in the cuisine from the comfort of your home.

❖ Jumeirah Royal Saray Bahrain  
☎ 77707070

Designed for your absolute relaxation, the Lagoon Beach boasts serene views from sunrise till sunset and is one of Reef Clubhouse's most scenic spots in the kingdom. The Reef Clubhouse's new indoor pool is open! The large-scale indoor pool is a sight to behold. Whether enjoying the warm water, a beverage poolside, 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

## REEF RELAXATION

and unwind every day until Sunday. For 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 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.

❖ Reef Clubhouse, Reef Island  
☎ 77900700





# HealthWeekly

Your guide to the most relaxing spa treatments and staying fit



Hilal Computers Tel: 1729 3749 ext 2220

## Then versus now



HEALTH REPORT  
By NAMAN ARORA  
naman@gulfweekly.com

**A**dozen Bahrain hospitals have joined the battle against Covid-19, but in 1918, when the country endured its first flu pandemic – the American Mission Hospital (AMH), then known as the Mason Memorial Hospital, was the only one.

The pandemic, popularly known as the Spanish flu, claimed 50 million lives globally after infecting nearly 500 million people. In Bahrain, which had a population of approximately 100,000, the pandemic started in September 1918 and lasted 10 months. Nearly 20,000 people or a fifth of the population succumbed to the disease. Its disastrous impact was exacerbated by the kingdom's position as a hub of travel and trade in the region.

Dr George Cheriyan, AMH's chief executive, noted in an interview with *GulfWeekly*: "It's a very sobering thought that within the span of a few months, nearly a fifth of Bahrain's population and many in the Arabian Peninsula died. This was also a time when there were no other hospitals in the Gulf region, so the three doctors and 20 medical staff here had to treat all of them. Dr Paul Harrison along with a team from AMH were dispatched to the Royal Court in Riyadh to diagnose and provide care."

"There came a time when gravediggers were exhausted from the sheer number of bodies they had to bury every day."

The AMH had, by 1918, already seen several epidemics in the kingdom. In March 1903, smallpox



Dr Paul

became the first of many to hit Bahrain. A month later, a rumour started that foreigners had poisoned the water in Bahrain, but this turned out to be the bubonic plague, found in a patient by Dr Sharon Thoms at the Mason Memorial Hospital. Most of the victims hit by the plague died within 48 hours of their first symptoms. Each night a long death wail could be heard through Manama as yet another funeral procession made its way to the hastily dug graves in the cemetery behind the hospital.

Despite this experience managing public health, the Spanish flu, also an H1N1

In most pandemics and plagues, the practice of quarantine ensures that the sickest people with the most deadly strain of the virus are kept away from the general population. As a result, the milder form of the virus tends to spread amongst the population, sometimes taking its toll on weak immune systems but overall, building the herd immunity of the population.

This is what happened during the first wave of the 1918 flu pandemic - those most at risk were the sick and elderly, while younger, healthier people recovered quickly.

However, WW1, which had just ended, reversed this 'natural selection'. Soldiers with a mild strain stayed where they were, while the severely ill were sent on crowded trains to crowded field hospitals, spreading the deadlier virus during the second wave of the pandemic.

The second wave is what decimated the Bahrain of 1918, but has also provided some of the greatest lessons to deal with Covid-19 today.

Dr George said: "Public awareness around Spanish flu was just superstition. Initially people thought that a curse had been cast on people. And in those days, hand washing was never considered an important part of prevention. And of course, at the time, the government infrastructure was not at the same level it is today."

"All this has, of course, changed. The Ministry has been very proactive about testing as well as public health awareness."

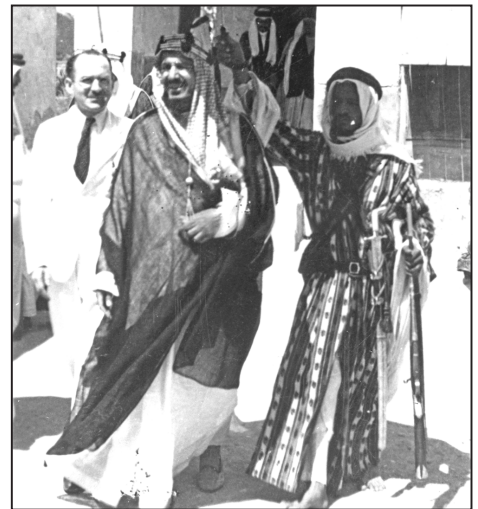
The lockdown and education about social distancing is timely and necessary. The infrastructure that the government has set up in the last few weeks alone is significant. As we endure through this, and we will, I cannot stress enough how important it is that people practice social distancing.

"Yes, the second arm of any pandemic, the economic impact is devastating

and directly affects the livelihoods of many people. We have started to see that globally, but that makes it even more important to stay physically and mentally healthy, otherwise the impact is worse."

"And in terms of medical information about Covid-19, stick to factual information and verified sources, instead of sensationalised news that quickly spreads on social media but may be completely false, like the idea that those who have once contracted this virus may contract the disease again."

"That has not been proven clinically and that's why it's so important to stick to vetted information produced through scientific evidence."



King Abdulaziz Al Saud with Dr Harold Storm in the 1940s



Dr Sharon

**Public awareness around Spanish flu was just superstition. Initially people thought that a curse had been cast on people.**

virus like Covid-19, proved to be the greatest tax on the healthcare system.

Even back then, the most important public health precaution was isolation, according to Dr George.

In fact, the word quarantine originates from the Venetian word 'quarantena' meaning 40 days, which was, historically, the length of time, ships and travellers were isolated to prevent the spread of disease.

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# MotoringWeekly

Steering you to the best deals on wheels

# Carmakers to the rescue

**A**UTOMOBILE makers and motorsport teams around the world are joining the efforts to combat the novel coronavirus disease (Covid-19) by retooling their facilities to produce equipment and supplies for medical teams.

A consortium of industrial, technology and engineering businesses in the UK has come together to produce medical ventilators for the UK National Health Service (NHS).

The "VentilatorChallengeUK" consortium includes Airbus, BAE Systems, Ford, Rolls-Royce and Siemens.

Companies in the consortium have received orders for more than 10,000 ventilators from the government, although regulatory approval is pending.

Meanwhile, University College London Hospital (UCLH) clinicians and engineers worked with Mercedes Formula 1 to build



**MOTING REPORT**  
By NAMAN ARORA  
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a breathing aid that delivers oxygen to the lungs without needing a ventilator.

Continuous Positive Airway Pressure (CPAP) devices are already used in hospitals but are in short supply.

Prof Rebecca Shipley, director of UCL Institute of Healthcare Engineering, said: "Normally, medical device development would take years but we've done that in days because we went back to a simple existing device and reverse-engineered it in order to be able to produce them quickly and at scale."

Forty of the new devices have been delivered to UCLH and to three other London hospitals. If trials go well, up to 1,000 of the CPAP machines can be produced per day by Mercedes-AMG-HPP, beginning this week.

Unlike a simple face mask linked to an oxygen supply, CPAP delivers air and oxygen under pressure, so there needs to be a mask creating

a tight seal on the patient's face, over their mouth and nose or a transparent hood over their head.

This is less invasive than a ventilator, for which patients have to be heavily sedated and have a tube inserted into their airway.

Andy Cowell, managing director of Mercedes-AMG High Performance Powertrains, said: "The Formula One community has shown an impressive response to the call for support. We have been proud

to put our resources at the service of UCLH to deliver the CPAP project to the highest standards and in the fastest possible timeframe."

Fiat Chrysler Automobiles (FCA) announced that the company is in the process of converting its first plant to produce one million face masks per month for donation to first responders and health care workers.

The company also expanded its support of coronavirus-relief efforts, providing meals to school

children across North America and support for a range of technical, logistical and manufacturing programmes, such as face mask production.

The company is investing technical, logistical and manufacturing resources to produce medical equipment and personal protective equipment (PPE).

FCA chief executive Mike Manley said: "In this time of need, we've focussed our resources on those actions we can implement quickly and that will have the greatest impact, as we did in Italy as soon as the emergency started."

Ford Motor Company, in collaboration with GE Healthcare, announced that it will begin producing a third-party ventilator with the goal to produce 50,000 of the vitally needed units within 100 days and up to 30,000 a month thereafter as needed.

Ford will provide its manufacturing capabilities and GE Healthcare will provide its clinical expertise, licensing the current ventilator design from Airon Corp – a small, privately held company specialising in high-tech pneumatic life support products.

The GE/Airon Model A-E ventilator uses a design that operates on air pressure without the need for electricity, addressing the needs of most Covid-19

patients. Its production can be quickly scaled to help meet growing demand in the US.

Jim Hackett, Ford's president and chief executive, said: "The Ford and GE Healthcare teams, working creatively and tirelessly, have found a way to produce this vitally needed ventilator quickly and in meaningful numbers. By producing this ventilator in Michigan, in strong partnership with the UAW, we can help health care workers save lives, and that's our top priority."

Ford expects to produce 1,500 by the end of April, 12,000 by the end of May and 50,000 by July 4 – helping the US government meet its goal of producing 100,000 ventilators in 100 days.

The Airon-licensed Model A-E ventilator is the second Ford-GE Healthcare ventilator collaboration. Last week, Ford and GE Healthcare announced a separate effort to produce a simplified ventilator design from GE Healthcare. The GE Healthcare and Ford teams have already increased output of the R19 Ventilator. The combined ventilator supply will help address the increasing surge demand for ventilators around the US in the fight against Covid-19, each well suited to meet time, production volume and patient care requirements.



The Mercedes CPAP breathing aid



Ford's model A-E ventilator



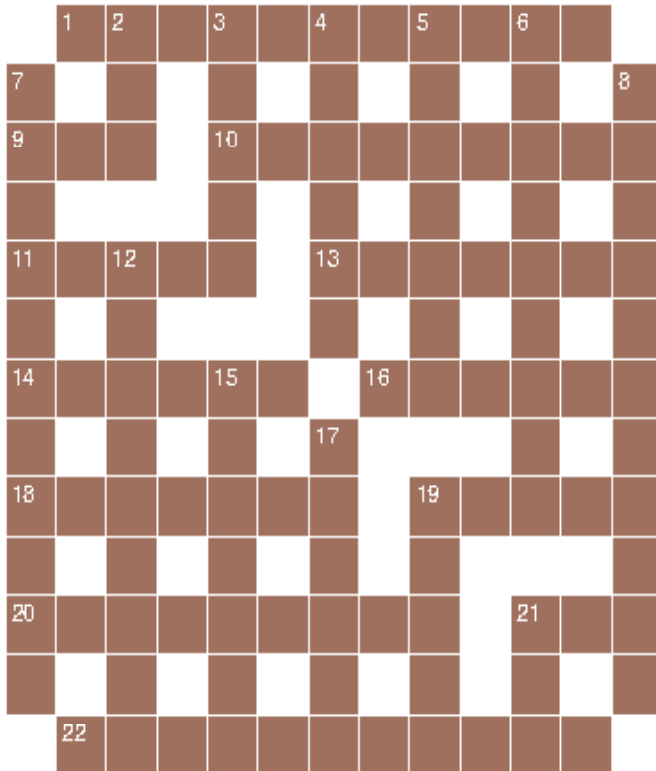
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## crossword break



Solutions in next week's issue.

### ACROSS

1. Impartially (11)
9. Permit (3)
10. Revolt (9)
11. Overturn (5)
13. Bounce (7)
14. Maltreat (3-3)
16. Ebb (6)
18. Press release (7)
19. Appointment (5)
20. Beginners (9)
21. Pale (3)
22. Forerunner (11)

### DOWN

2. Gamble (3)
3. Heron (5)
4. Tunic (6)
5. Talkative (7)
6. Unhurried (9)
7. Prosperous (11)
8. Accidental (11)
12. Brilliance (9)
15. Allayed (7)
17. Stationary (6)
19. Jobs (5)
21. Court (3)

### who, what, where, when

WHO...was the society osteopath implicated in the Profumo scandal?

WHAT...was the profession of Joseph Grimaldi?

WHERE...in the human body would you find the ulna?

WHEN...did Arsenal first win the FA Cup?

WHO...played hapless waiter Manuel in *Fawlty Towers*?

WHAT...can be classified using the Mercalli scale?

WHERE...was Rudyard Kipling born?

WHEN...was *It's Not Unusual* a number one for Tom Jones?

### just so

1 3 5 7 9

HUSH

#2 00

11111 DOZEN  
2

## darn tough sudoku

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

Last week's sudoku

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

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

darn tough sudoku

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

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

### Last Week's Leisure Solutions

#### CROSSWORD BREAK:

Across: 1 Tact; 3 Barbaric;  
9 Amateur; 10 Maple;  
11 Song of praise;  
13 Egoism; 15 Adhere;  
17 Stormy petrel;  
20 About; 21 Outcast;  
22 Abridged; 23 Stud.  
Down: 1 Transfer;  
2 Chain; 4 Abrupt;  
5 Bombardments;  
6 Riposte; 7 Crew;  
8 Demonstrated;  
12 Depleted; 14 Outdoor;  
16 Bygone; 18 React;  
19 Saga.

**Who, What, Where, When:** Sir Anthony Eden; K; Cardiff; 1964; Nadia Almada; Mary Ann (Marian) Evans; New Mexico; 1969.

**Just So:** At the end of the day; Broken promises; God forbid; All fingers and thumbs.

### Darn Tough Sudoku

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



**DELL | EMC<sup>2</sup>**

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# SPORT

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TOP OF THE LEAGUE FOR LOCAL AND INTERNATIONAL SPORT

April 8 - 14, 2020

# Asian Youth Games announced



## SPORT REPORT

By MAI AL KHATIB-CAMILLE  
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**T**HE third Asian Youth Games (AYG) will be held in China in November 2021 featuring a competitive programme that athletes will surely enjoy.

The AYG is a multi-sport event held every four years among athletes from all over Asia and is organised by the Olympic Council of Asia (OCA).

Amidst this announcement, OCA director general Husain Al Musallam, circulated a letter to the president and secretary general of the OCA's 45 National Olympic Committees expressing his hope that everyone is "safe and healthy" and his confidence that all necessary precautions are being taken to fight the COVID-19 pandemic.

He said: "The OCA, while maintaining a very strict isolation policy, is still continuing its activity and liaising with the various Asian Games Organising Committees to ensure that the preparations for the Games are not hindered. In this respect, I have the pleasure to inform you that the OCA, in coordination with the Shantou 3rd Asian Youth Games



杭州2022年第19届亚运会吉祥物  
Mascots of the 19th Asian Games Hangzhou 2022

Organising Committee (SAYGOC), has decided the dates and sports programme of the 3rd Asian Youth Games."

The AYG will be staged in Shantou, a port city in Guangdong province, from November 20 to 28 in 2021 and will feature 18 sporting events, including Olympic Games staples such as athletics, aquatics, gymnastics and football. There will also be new Olympic sports like surfing and rock climbing and Asian favourites such as dragon boat racing and wushu. Other sports include badminton, basketball 3x3, beach volleyball, golf, handball, hip hop dance, rugby, table tennis, taekwondo and wind surfing.

The OCA's inaugural AYG took place in Singapore in 2009 and the second in Nanjing,

China in 2013. Both events were test events for the host cities of the International Olympic Committee's Youth Olympic Games in 2010 and 2014. The fourth edition will be held in Tashkent, Uzbekistan in 2025.

China will also be hosting the OCA's 6th Asian Beach Games in Sanya, Hainan province, from November 28 to December 6, 2020 and the 19th Asian Games in Hangzhou, Zhejiang province, from September 10 to 25 in 2022.

Meanwhile, the Olympic Council of Asia's 19th Asian Games also unveiled its mascots during a digital launch ceremony which will be three sporty robots representing the UNESCO World Heritage sites of Hangzhou in eastern China.

The three robots are known collectively as the "smart triplets" to reflect the internet prowess of Hangzhou city and Zhejiang province.

The robot Congcong represents the archaeological ruins of Liangzhu City. It derives its name from the Cong jade pendant – the quintessential relic unearthed from the ruins dating back 5,000 years. It takes yellow, the colour of earth and bumper harvest, as the main tone.

Lianlian represents the West Lake and the name signifies a lake full of lush lotus leaves. Green stands for life and nature.

The third mascot is Chencheng, which represents the Beijing-Hangzhou Grand Canal. It takes its name from the Gongchen

Bridge - a landmark structure in the Hangzhou section of the Grand Canal. Blue represents science and technology.

Raja Randhir Singh, chairman of the coordination committee, stated that the mascots conveyed the smart intelligence of the modern world and the energy of the future and stood out as a landmark in the history of the Asian Games. He said: "The mascots are vibrant and rich in content, integrating Chinese culture, characteristics of the city of Hangzhou and the spirit of the Asian Games and the Asian continent."

The organising committee received 4,633 submissions for the mascot designs and the robot characters were the creations of Zhang Wen and Yang Hongyi, lecturers from the China Academy of Art.



An example of competitive Wushu

## GYM WORKOUT - HOME EDITION

**T**he Four Seasons Hotel Bahrain Bay is helping those stuck at home stay active and fit with free virtual fitness classes hosted by professional trainer Xander via *Instagram Stories* every Monday and Wednesday at 10am, writes Naman Arora.

The series started last Monday with a 30-minute Cardio Core workout, which was watched by more than 1,000 people across the kingdom. Last Wednesday, Xander, along with her colleagues Manny and Metwaly, led a strength development workout featuring fast and intensive full body workouts for all fitness levels.

Xander said: "Each of us showcased the workout for a different skill level – basic, intermediate and advanced. Since many people don't have advanced fitness equipment like dumbbells and weights at home, all the exercises utilise body weight only and help develop strength and endurance."

On Monday, Xander led a plyometrics workout featuring jump



training or plyos, exercises in which muscles exert maximum force in short intervals of time, with the goal of increasing power. The exercises are generally high-



intensity, 40-second long with 20-second breaks, but can be done for shorter spells by those who have just gotten started on their fitness journey. A final session is planned this

morning at 10am focussing on metabolic conditioning with plans to conduct more home-based sessions, based on feedback. The 30-minute workouts are available for 24 hours after the session.

The team also has been taking questions through the *Instagram* account, which it answers after the session is completed.

Xander added: "The whole point of this is to give people a chance to stay healthy without going outdoors. Just because we are urged to stay indoors doesn't mean we should not be staying fit – everyone should be doing 30 to 60 minutes of exercise every day, in addition to eating healthier fresh foods instead of junk and overcooked food. It can be tempting to overeat during this time, but control and regular exercise will help our viewers and the kingdom's residents stay healthy, physically and mentally."

Check out today's session by following *The Four Seasons Hotel Bahrain Bay* @ *fsbahrain* on *Instagram*.