

Gulf Weekly

The community newspaper at the heart of Bahrain

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The push-up challenge



TO bring attention to the mental health crisis simmering underneath the surface of Covid-related lockdowns across the world, rugby's first "true regular playing veterans" in the Gulf region are using the break in their playing schedule to take up The Push-up Challenge.

The Push-up Challenge is an international physical challenge, during which participants commit to doing 25 push-ups every day for 25 days, and most of the Bahrain

COMMUNITY REPORT
By NAMAN ARORA
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health risk as the change in routine "can be particularly difficult for people with mental health conditions" and recommends that "at a time like this, it's very important for people of all ages and abilities to be as active as possible."

The Golden Oldies, ranging in age from late 20s to 60s and beyond, jumped at the chance to join in and support the cause.

Matthew Axton, 42, who

from Saudi Arabia, added: "A belief in a worthy cause, and the knowledge that your team mates are behind you, makes it very satisfying. The issues of PTSD, anxiety and depression have always been an unspoken illness that can only be combated with men acknowledging their inner worries and problems. It is paramount that help is offered to stop guys believing there is no way ahead. A number of friends have been affected where loved ones have seen no way out. This cannot go on!"

The squad has faced their own physical challenges, as men of varying fitness level undertook the commitment. Clingham, 59, from Janabiyah, explained: "The first couple of days were hard but the encouragement of family and friends has proved very motivating and helped push me."

Mohamed Anwar, 28, added: "At the beginning the challenge was a bit difficult because I'm a heavy guy and doing 25 push ups in one go was tiring, particularly on the joints. A week into the challenge my body started adapting to the change and doing them became like 'a must' as part of my daily schedule."

In addition to fitness, certain members of the team, like Farhaz Farouk, 48, have faced other challenges during this uncertain time.



The Golden Oldies doing the pushup challenge at home



FLASHBACK: The Golden Oldies during Pre-Covid times

Farhaz explained: "For starters, due to Covid-19-related travel restrictions, I was stuck in Singapore en-route to my home country of Sri Lanka. I started the PTSD challenge while in Singapore. I continued it from the quarantine centre upon my return to Sri Lanka. I am currently in the last few days of the Challenge, and am finishing it off from my home. This challenge is both tough and memorable since I started it off as a "refugee" in

Singapore, then in quarantine in Sri Lanka, and finishing it off as a "free man" at home!"

Members of the squad started the push-ups at different stages and while some are over the ordeal, others are in their final days, and some of the bravehearts have decided to set their hearts on continuing with a 50-day challenge.

Follow the BRFC's Push-up Challenge on Instagram: @bahrainrugby and @bahrain_golden_oldies

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PANDEMIC PLASTIC
Unmasking the waste
SEE PAGE 2

BAHRAIN GARDEN CLUB
New roots
SEE PAGE 3

HEALTH WEEKLY
Awash with Nutrition
SEE PAGE 5

The main focus is on increasing awareness and getting people to understand it is OK to ask for help.

Rugby Football Club's Golden Oldies squad have undertaken it.

Team captain Andrew Walsh told *Gulf Weekly*: "As a team we have players stuck in various places around the world, from the UK, Saudi Arabia and Sri Lanka it is great that we can work together for a positive cause during this difficult time. The main focus is on increasing awareness and getting people to understand it is OK to ask for help."

The World Health Organisation (WHO) has identified mental health deterioration as a significant

lives in Shakhurah, said: "Having suffered personally in my twenties with depression, and having lost one of my best friends from school earlier this year to depression, I was determined to do this challenge to help raise the awareness of post traumatic stress disorder. Many suffer silently from anxiety and depression and this is to let people know that there are people out there willing to help and to listen. It's very important that people know it's OK not to be OK."

Colin Stanley, 61, who is completing the challenge

Menace unmasked

AN environmental campaign is growing across the kingdom against the irresponsible disposal of products used to help prevent the spread of Covid-19.

As reported recently in our sister newspaper the *GDN*, officials are calling for tough punishments to be handed out to people found littering used face masks and gloves outside supermarkets, banks and petrol stations.

Environmental specialist Haya Aldoseri, known on Instagram as @green.sprouts, is the latest well-known campaigner to voice concern: "It's definitely terrible that with the current Covid-19 pandemic, more and more people are using disposable face masks and gloves and they are being discarded everywhere," she said. "They are mostly non-recyclable and now oceans around the world are suffocating from this new form of pollution."

Opération Mer Propre, a French non-profit organisation that regularly picks up litter along the Côte d'Azur. Its founder Laurent Lombard, for example, believes that soon there will be more dumped masks than jellyfish in the Mediterranean.

Haya, who has been

COMMUNITY REPORT
By MAIAL KHATIB-CAMILLE
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working in the environmental field in Bahrain and the UAE for more than 15 years spreading awareness on various topics such as waste reduction, organic gardening, plant-based foods, forestation and urban planning, said: "In the ocean, plastic masks and gloves break down into tiny plastic particles due to the heat and waves.

"Fish ingest the micro-plastic so it gets into the food chain. It's estimated that humans consume the weight of a credit card in plastic every single week. This is because plastic has become so ubiquitous in nature that we all actually breathe it, eat it and drink it."

The long-term effects on humans is under study but many experts fear it will lead to an increase in cancer and hormonal imbalances.

"It's ironic that we strongly believe plastic will protect us from viruses while we forget that plastic is a hormone disruptor and a carcinogen," added Haya. "It's completely wrong that we've been programmed to trust plastic blindly."

"Unfortunately, discarded masks will last in nature for more than 450 years. Plastic has sadly entered the hydrologic cycle, meaning



A sad sight to see

even raindrops contain plastic which in turn leads to crops containing a certain amount of micro-plastic in them as well."

Haya, who has a Bachelor of Science in Environmental Sciences with a concentration in Biology and Ecosystems and a minor in Psychology from the American University of Sharjah, believes the most practical solution during the present crisis is to use reusable masks and gloves.

She said: "Limiting single use masks and gloves to

hospital use only would reduce the new plastic dilemma greatly. If the Covid-19 pandemic hasn't been a wake-up call to us then I don't know what can be."

Bahrain has been working hard on protecting its people from exposure as well as keeping the streets clean. Article 34 of the Public Health Law for 2018 states that legal action will be taken against anyone who exposes others to infections, with violators being jailed up to three months and/or fined between BD1,000 and BD10,000.

According to the National Cleanliness Law for 2019, all types of littering are punishable with fines ranging between BD50 and BD300, while fines between BD500 and BD1,000 will be issued for transporting rubbish or dangerous substances without a proper licence or proper equipment.

Haya hopes people will learn lessons from the pandemic. She said: "I pray that this pandemic makes us more humble with the way we interact with our fellow creatures and the planet as a whole."

"We need to reduce plastic consumption, buy less packaged food and recycle



Haya

Limiting single use masks and gloves to hospital use only would reduce the new plastic dilemma greatly.

waste. Also, small actions can make a big difference such as using a cloth bag for your groceries, buying second-hand clothes and home items, supporting local organic farmers, ditching

single use plastic bottles and using bar soap instead of shower gel in a plastic bottle."

To find out more, check out @green.sprouts on Instagram.



Gloves, masks and sanitiser collected around France's Côte d'Azur



Masks washing up on Hong Kong beaches

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AL HAWAJ

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DRAW DATE: TUESDAY, 7TH JULY 2020, AL HAWAJ, SALMANIYA, 12 AFTERNOON



Fairy garden by Nishrin and her daughter



A flower from one of the gardens



Gardening during the pandemic

All things beautiful

MEMBERS of Bahrain Garden Club who have been unable to stage their regular gatherings due to the Covid-19 outbreak have taken time to uncover a whole host of new skills writes Mai Al Khatib-Camille.



Nishrin

The green-fingered friends now hope to inspire others to stay connected and positive during these challenging times.

Landscape architect Nishrin Kothambawala, a club executive committee member who volunteers as the media and fundraising co-ordinator, said: "It's a shame we are not able to

meet up as normal. "But knowing that our members have always been keen gardeners, they continue to remain motivated and reap the therapeutic benefits of

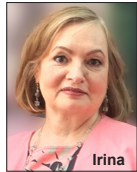
working in their gardens. "They've started practising their photography skills too and sharing the images.

"Everyone has been enjoying the beautiful displays of flowers, exotic plants, shrubs and trees, as well as discovering landscape ideas for their own projects.

"The collective photo album is producing a huge record for us and attracting new

gardening enthusiasts through Instagram. We are also sharing videos on gardening topics."

The club has also been conducting Zoom meetings, sharing their new 'stay at home' skills and renewing past interests. For example, club treasurer and artist Irina Averinos used her self-isolation time to complete a red-heart quilting project she started 10 years ago!



She has also made fabric postcards with appliqué work and machine embroidery. When her garden was in bloom during spring, she collected various



Thuraya

flowers and leaves and tried two different types of eco-friendly fabric dyeing techniques with the garden collection. She intends to use these techniques for sewing fabric shopping bags to replace plastic ones.

Club programme co-ordinator Thuraya Al Mansoori started doll-making, quilting, paper origami and has created stunning handicrafts. She also completed a series of indoor plant propagations.

Nishrin, who completed gardening projects with her daughter, added: "Our aim for sharing our individual stories is to remind the world that the pandemic is not just about the suffering and tragedy, but also about resilience and positivity.

"We are making people aware about different coping mechanisms used by some strong and positive individuals. Consequently, we hope to inspire everyone to battle their inner fears

and utilise their time and resources in the best possible way.

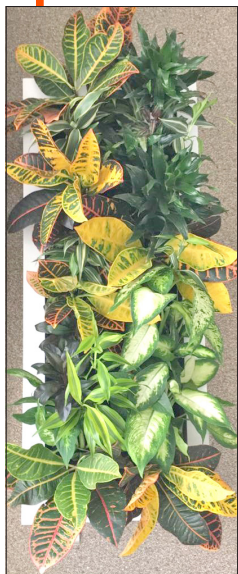
"Those feeling depressed might find solace by reading such simple stories of how challenges can be faced with optimism and a smile. Let's stay positive, motivated and hopeful because eventually

we will all get back to normal again."

The Bahrain Garden Club was established in 1964 under the patronage of His Majesty King Hamad. The non-profit organisation is supported by Her Royal Highness Princess Sabeka Bint Ibrahim Al Khalifa,

Wife of His Majesty the King and is affiliated with the UK's Royal Horticulture Society. The members also organise seasonal bazaars and competitions.

For more details, check out the club's Instagram account @Bahrain.garden.club.



Indoor vertical garden by Nishrin and her daughter



Irina's quilt



Irina's fabric dyeing

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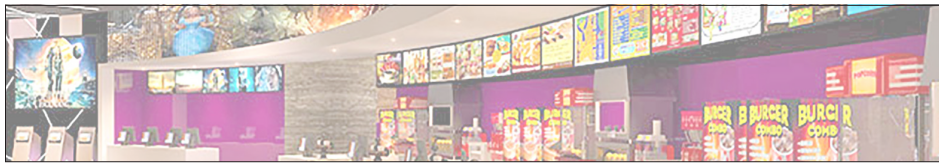
Vegan just got cooler

Raw Candy introduces its' own Vegan Soft Scoop Vanilla Ice Cream made from a simply delicious Coconut Soy Blend which is impossible to resist.

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Five days of hot deals

Al Hawaj and CrediMax have teamed up for a sizzling '5 Hot Days' promotion in which shoppers could win an array of prizes.

Customers could win a \$1,500 first prize, \$1,000 second prize or a \$500 third prize in an electronic raffle with any BD20 purchase from all participating Al Hawaj shops. Those that pay using a CrediMax card will receive an extra five per cent discount.

Other prizes in the draw include Samsung LED TVs, perfume sets, valuable watches, Omnia gift cards and luggage. Shoppers can also enjoy discounted prices on a range of Al Hawaj products such as perfumes, cosmetics, watches, leather goods, bags and luggage,

accessories and gift items.

The campaign, which runs from today until Sunday, was announced in a Zoom press conference which was attended by Al Hawaj Group and CrediMax officials as well as members of the media.

The conference included Al Hawaj Group's general manager Abdul Wahab Al Hawaj, managing director Jawad Al Hawaj and operations manager Shyam Narayanan along with CrediMax chief executive Ahmed A Seyadi, head of business development Ali Al Abbasi, head of merchant sales Khalid Shwaiter, marketing communication officer Mandana Banahi and PR specialist Fatima Gerashi



From left
Shyam,
Jawad and
Abdul Wahab

and special guest Mouanis Al Mardi.

Participating stores are Al Hawaj outlets in Salmaniya, Seef Mall, Moda Mall, City Centre Bahrain, Al A'Ali, Riffa, Bahrain Mall, Muharraq, MCA, Watch Time (Seef, Bahrain Mall and Oasis Mall Juffair), Samsonite (CCB) and American Tourister (Bahrain Mall).

The draw will take place on Tuesday, July 7 at 11am at Al Hawaj's Salmaniya headquarters. For more information call 16160000.



The Zoom press
conference

Spike strikes gold in Vietnam

It would not be an overstatement to say that director Spike Lee has a soft yet widely heard voice in Black Hollywood and the modern civil rights movement. The 63-year-old African-American director and producer has used his illustrious career and nuanced director's touch to show a side of American history that has been omitted in its public schools for decades.

His latest military drama, *Da 5 Bloods*, is yet another notch in this belt, as he gives the uninitiated an inside look at the African-American participation in the Vietnam war.

The movie starts with a cold open, courtesy of the late and great Muhammad Ali – an outspokenly anti-Vietnam War black presence at a time when 32 per cent of the American armed forces in the country were comprised of Black Americans, who, back home were only 11 pc of the population.

His words echo timelessly, just as relevant today as they were 40 years ago: "My conscience won't let me go shoot my brother, or some darker people, or some poor hungry people in the mud,



TV REVIEW
By NAMAN ARORA
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for big powerful America. And shoot them for what? They never lynched me. They didn't put no dogs on me. They didn't rob me of my nationality."

We then get a quick history lesson on the African-American participation in the unpopular Vietnam War before being introduced to our five adventurers – Paul (Delroy Lindo), his son David (Jonathan Majors), Otis (Clarke Peters), Eddie (Norm Lewis) and Melvin (Isiah Whitlock Jr.).

Paul, Otis, Eddie and Melvin return to modern-day Vietnam for the first time since the war, along with Paul's son David, to find the remains of their fallen comrade Norman (Chadwick Boseman) as well as a cache of gold they had found and buried during the war.

Of course, the journey is more about finding themselves than their friend or the "bloody" gold.

And Spike Lee accomplishes that and more



DA 5 BLOODS

DIRECTOR: Spike Lee

STARRING: Delroy Lindo, Jonathan Majors, Clarke Peters, Norm Lewis, Isiah Whitlock Jr., Chadwick Boseman

DURATION: 154 minutes

GENRE: Adventure, Drama, War

AVAILABLE ON: Netflix

NAMAN'S VERDICT: 

over the two-and-a-half-hour runtime of this movie, which bends and blends genres smoother than a

Magic Bullet blender makes smoothies.

Comedy, drama, survival, historically accurate war stories and adventure come together to make this akin to a Bollywood masala movie at times, but without losing the gravity of the moment.

The plot itself is straightforward much like Spike's other movies but there is a lot of freewheeling dialogue and personality which brings in every relevant issue of our time – opioids, interracial romance, Trump, mental health,

financial ruin – you see it in the news, Spike probably has a throwaway line about it.

Amongst the highlights of this movie is the nuanced storytelling, which shows how deeply dividing wars can be, years and even decades after they were fought.

The Vietnamese characters, whether it is Otis' former flame Tiên (Lê Y Lan), his long-lost daughter Michon (Sandy Hương Phạm) radio personality Hanoi Hannah (Veronica Ngo) or



Director Spike Lee

the various townspeople they encounter on their journey all have their unique perspective on the war, informed by their communal perspective and marred by the blood of those they lost during the war.

Even though this movie is a love letter to fallen African-American soldiers, Spike is not kind to the main characters, illustrating their cardinal sins - pride, greed, wrath, envy, lust, gluttony, and sloth in a brutal yet also humane manner.

Yet, he is subtle with his director's hands. Flashbacks are illustrated with a switch to a 4:3 screen aspect ratio, the music conveys the inner dialogues of the characters and even when he is being in your face with a message about humanity, he is sly and layered about it.

All in all, this is a great, albeit somber way to spend an evening learning more about some of the issues that continue to fuel protests across modern America, while enjoying a Spike Lee adventure, no matter how ludicrous it can feel at times.

Weekly



Colourful and captivating

FASHION REPORT
By MAI AL KHATIB-CAMILLE
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DARING designer Rana Tabbara, who is known for creating colourfully comfortable clothing for women of all walks of life, is currently producing a line for work and play.

The Bahraini, with Lebanese origins, caught the eye of fashion lovers when she started wearing her own designs in 2012 whilst working as a shop manager at a mall in Dubai.

"I designed some cover-ups and harem trousers for myself and realised I had quite a number of women who were fond of what I was wearing," said the interior design graduate. "I set out to create a capsule collection of cover-ups and they were sold before I even actually stitched them!"

When the mother-of-three returned to the kingdom with her family at the beginning of 2016, she immediately set to work creating bishts for women to adorn.

A bisht is a traditional men's cloak that is popular in the Arab world and worn over a thobe. It is usually black, brown, beige, cream or grey in colour.

Rana's bishts, however, are colourful and captivating with



intricate designs and prints. "I designed and curated some bishts and sent out invitations to all the people I knew to come view my collection from home. It was a success and I sold out! I knew then and there, this was turning into a profitable business and that I had to start planning bigger more detailed collections."

Ninousha, which is her and her husband's nickname combined, was born. She said: "We always support



one another. I felt it best represented my identity. Ninousha is all about empowering women, helping them see their beauty, love themselves and feel good in my fashion."

Her designs cater to women aged 25 to 55 that love to express themselves through outfits while still staying modest. Her collections mostly include bishts, abayas, robes and kaftans, styled cover-ups and harem trousers. Over the winter, she introduced coats

and blazers. She is now working on her next line for women to wear by day and by night.

Rana believes in using natural materials such as pure cotton and linen. And while her designs are quite conservative, she says they are also 'super expressive and unique'.

"I have always been inspired by the East, with its intricate embroidery and majestic looking fabrics and oriental designs, and the West, which can be seen by the symbols and colours that I integrate into my designs," said the former photographer.

"That is why my creations appeal

both to locals and expatriates. I was born in the US, lived there till the age of seven and then moved to Bahrain. As a family we had travelled quite a bit and lots of cultures had been ingrained in my mind.

"My designs call to all women from all walks of life. I use fashion to connect and unite with people."

Rana, who has featured her designs online, at pop-up markets, exhibitions and in major stores, hasn't let Covid-19 get her down.

She said: "I knew it wouldn't be easy from the start. Even despite the Covid-19 situation, owning

a business takes a lot of effort, planning and proper execution. But, each and every day, I wake up, hit play and repeat the next day.

"It's all about constant commitment and non-stop determination. I experimented with ways to capture my audience's attention. I did face challenges recently, however, I kept finding ways to overcome them and used tactics such as creating promos and discounted ranges and this really helped.

"I'm also currently planning collaborations since this is the time that brands really need to help one another for a higher awareness and stronger visibility in the market.

"My message to all is to never lose faith and just search for solutions to boost your visibility and sales. This is the time to connect with your audience more than ever and let them know that you appreciate their support."

She can be found on Instagram @ninoushafashion and Facebook and by visiting www.ninousha.com

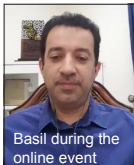


Right way to eat veggies

They may be considered the healthy option but fruit and vegetables could cause serious illnesses unless properly cleaned before being stored and consumed, a leading expert warned.

The dangers of germ-riddled food and simple remedies to prevent problems were outlined by food safety specialist Basil Al Muskati during an online event organised by National Initiative for Agricultural Development (NIAD) on its Instagram account.

"Fruits and vegetables are very important for people to consume but if they contain bacteria they can be harmful," he said. "Many millions fall ill and annually there are 420 deaths worldwide from contaminated fruits or vegetables that are



Basil during the online event

HEALTH WEEKLY
By NOOR ZAHRA

consumed without being washed properly."

Most people are aware of the importance of handling meat safely, but many wrongly consider the risk of food poisoning from vegetables to be low. Some nasty strains of E. coli, for example, stuck on the soil of potatoes, can cause severe abdominal cramps, bloody diarrhea and vomiting. Bacteria can get onto fruit and vegetables in several ways.

They may be present in water used for irrigation, organic fertilisers, or droppings from birds and other animals that go into fields.

People who are vulnerable to infection, such as pregnant women, the elderly or anyone with a weakened immune system, should follow the guidelines on preparation and



Fruit and vegetables need washing

good hygiene carefully.

Other dangers include pesticides and chemicals which are often used in food production to keep fruit and veg safe from insects and pests. However, the residue of these pesticides and chemicals stay on the produce, which can be life-threatening at times.

High levels of chemicals and pesticides pose a threat to human health by damaging the nervous and reproductive systems, disrupting the

immune system, and even leading to cancer in some cases. The risk factors make it necessary to wash vegetables in the right way to stay safe.

Basil offered some useful tips, in addition to the golden rule of people washing their hands properly before and after handling food.

"They can also clean the fruits and vegetables with vinegar and hot water," he suggested. "Baking powder can also be used to clean them

before being consumed. Cleaning them thoroughly will help kill any bacteria.

"I also suggest that people store their fruit and vegetables at the top part of the fridge and place raw food at the bottom to avoid any risk of cross-contamination."

He urged shoppers to also be careful when buying in stores and to always look out for signs of scratch marks or items appearing to be turning rotten.

However, there's no need to worry about the spread of Covid-19. "People should not be afraid of the coronavirus spreading through consuming fruits and vegetables," assured Basil. "This is impossible."

There is no evidence to date of viruses that cause respiratory illnesses being transmitted via food or food packaging. Coronaviruses cannot multiply in food; they need an animal or human host to multiply.

DELL | EMC²

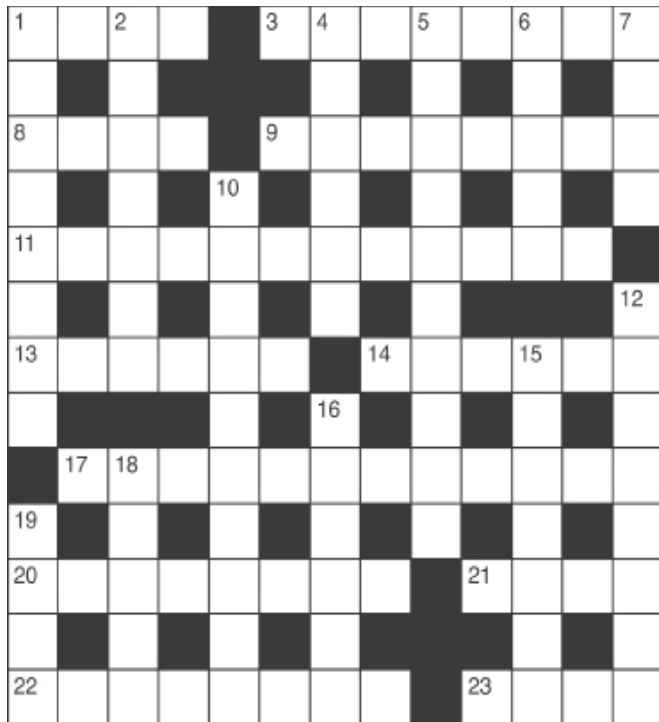
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crossword break



Solutions in next week's issue.

ACROSS

1. Compassion (4)
3. Atrophy (8)
8. Vivacity (4)
9. Status (8)
11. Aggravating (12)
13. Coarse (6)
14. Tension (6)
17. Undeniable (12)
20. Made up (8)
21. Agreement (4)
22. Imperil (8)
23. Transmit (4)

DOWN

1. Keep (8)
2. Toil (7)
4. Ripe (6)
5. Establish (10)
6. Foreign (5)
7. Rim (4)
10. Ghost (10)
12. Acquiesced (8)
15. Hug (7)
16. Orb (6)
18. Wanderer (5)
19. Pain (4)

who, what, where, when

WHO ... was leader of the British Labour Party from 1980-1983?

WHAT ... number is opposite 20 on a dartboard?

WHERE ... is the capital city of Croatia?

WHO ... won the European Cup in 2004?

WHAT ... letter is represented by a dot then a dash in Morse code?

WHERE ... was *The League of Gentlemen* set?

WHEN ... did Gerald Ford become President of the US?

just so

coming coming coming coming
coming coming coming coming
coming coming coming coming

FRENCH YES SHALL
COME

A
H
C
R

bomarkok

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

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

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

tough sudoku

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

Sudoku

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

Sudoku

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

Last Week's Leisure Solutions

CROSSWORD BREAK:

Across: 1 Metropolitan; 9 Assam; 10 Eightfold; 11 Thrills; 12 Nirvana; 13 Chartreuse; 15 Stye; 19 Misspelled; 22 Replace; 24 Chipper; 25 Charlatan; 26 Extra; 27 Universality.

Down: 1 Miscreant; 2 Template; 3 Omens; 4 Organists; 5 Intern; 6 Aloha; 7 Tactic; 8 Ideate; 14 Epicenter; 16 Telepathy; 17 Beriberi; 18 Piracy; 20 Dirham; 21 Pavlov; 23 Plain; 24 Canna.

Who, What, Where, When: Linda Evans; Fruit; Ephesus; 1846; Jaques Cousteau; Hare; White Hart Lane; 1998.

Just So:
Most likely;
Part company;
Seize the day;
The missing link.

Tough Sudoku

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

MotoringWeekly

Steering you to the best deals on wheels

Burly beast



OFF-ROADERS and truck lovers across the region have a new toy to appreciate, as the Ram 2500 Power Wagon is back for an encore in the region.

Inspired by the original Dodge Power Wagon, a stalwart of the Middle-East oil boom, the new 2500 will be available in an exclusive Launch Edition, honouring its predecessors' reputation as the "most capable production off-road truck in the industry."

The Ram 2500 Power Wagon, part of the award-winning Ram Heavy Duty range, is powered by a powerful 6.4-litre HEMI V8 engine, delivering 410 horsepower and 429lb-ft of torque with cylinder deactivation and Variable Cam Timing (VCT), mated to the TorqueFlite 8HP75 eight-speed automatic transmission.

This transmission boasts more than 40 individual shift maps to optimise shift



MOTERING REPORT
By NAMAN ARORA
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points for fuel efficiency and performance, using shift-by-wire technology to eliminate the mechanical link between transmission and gear selection.

Hard core off-road drivers who want the ability to traverse every terrain with ease will enjoy the manual shift-on-the-fly transfer case, enabling them to instantly shift between

two-wheel and all-wheel drive, as well as the Ram Articulate suspension with factory lift and Bilstein performance-tuned shock absorbers.

The beast can pull up to 5,443kg over any terrain, thanks to its fully-integrated front-mounted WARN Zeon and Goodyear Wrangler DuraTrac all-terrain tires.

New technology added to the 2500 Power Wagon includes a 360 camera, which will help drivers navigate

obstacles off road as well as a 12-inch fully customisable touch-screen with Uconnect 4C NAV system.

The interiors of the truck come standard with a luxurious leather interior, expansive single-pane sunroof and a premium Alpine audio system with active noise cancellation and acoustic glass.

It also comes in a Crew Cab option with a fully equipped 6'4" cargo bed with spray-in



bed liner, LED bed lighting and deployable bed step, dampened tailgate with remote release, tri-fold bed cover and the "Rambox" cargo management system option.

With exclusive exterior

design features, including 17-inch Matte Black and aluminium polished wheels as well as dark LED headlamps and tail lamps, the new 2500 will be seen just as loudly as it is heard.

Al Haddad Motors handed over a fleet of Mercedes-Benz Certified Pre-Owned Trucks to Ameenco at the Mercedes-Benz Customer Service Centre located in Salmabad. The handover ceremony was attended by Abdulla Sami Ameen, the chairman of Ameenco, Karun, the finance manager, as well as Warren Hudson, the general manager of Al Haddad Motors, and Mohammed Ashraf Shareef, the commercial vehicles sales manager.



FintechFocus

START-UP ECOSYSTEM MILESTONE

Bahrain's start-up ecosystem has been recognised for its strong growth potential and Islamic finance regulation, according to two research reports released in the last week, writes Naman Arora.

The Global Startup Ecosystem Report 2020 released by US-based research firm Startup Genome ranked Bahrain the highest in the region and second globally in terms of Islamic finance regulation, while also recognising that the ecosystem

has faced challenges with fewer exits compared to the rest of the MENA region in the past year.

In Startup Blink's rankings, Bahrain jumped 20 spaces globally and is now among the world's top 100 start-up ecosystems at rank 75.

Both reports acknowledged the significant impact that the Covid-19 pandemic has had on the global start-up scene with Startup Genome calling it a "mass extinction event for startups globally."

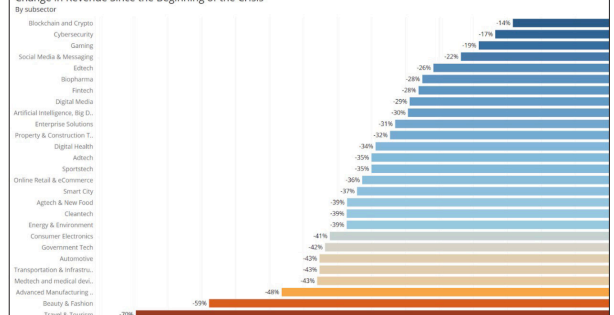
Amongst the worst affected

sectors is Travel and Tourism as well as Beauty and Fashion, with Blockchain and Crypto as well as Cybersecurity the least affected.

While 12 per cent of start-ups have seen a growth in revenue exceeding 10pc, 71pc have seen significant declines in revenue.

Additionally, four of 10 start-ups today are in the red zone, which means that they have less than three months of capital runway. African and South American start-ups are most at risk, while European start-ups are doing slightly better.

Change in Revenue Since the Beginning of the Crisis



GSER 2020 Subsector report



Cricketers raring to go



England star Ben Stokes ready for action

THERE is one sporting activity that unites most of the expatriate community in Bahrain ... a love of cricket.

On a weekend, before the Covid-19 crackdown, every piece of waste land would be converted into a pitch.

But there is something quintessentially English about petitioning a Prime Minister for the return of a beloved national summer sport.

The furore started with a relatively innocuous question to Boris Johnson in parliament from the Conservative MP for Tunbridge Wells, Greg Clark, who enquired whether the non-contact sport be starting again soon with the easing of the lockdown restrictions due to commence on July 4.

Despite having allowed football, basketball and tennis, Mr Johnson's response was that "the cricket ball is a natural vector of the disease", effectively endorsing its

VOICE OF SPORT
By ABU GEORGE

continued absence.

I'm delighted that sports fans are able to participate in and watch all of these alternative sports. However, I fail to see how they are noticeably safer for players than cricket.

Of course, the main issue is the use of saliva on the cricket ball to get one side to shine, thereby providing the bowlers with an opportunity to swing it in delivery.

Plans have already been introduced to ban this practice (instead, using sweat only) meaning there is no logical rationale to the extended boycott.

Also, think of the distance between players and compare this to the contact involved with football and basketball, while in tennis, players more regularly touch the balls.

Meanwhile, hundreds of thousands of recreational cricketers will have to sit in

their armchairs to watch the sport on TV.

England return to action against the West Indies before welcoming Pakistan later in the summer, although the latter series has already been put into doubt by the positive tests on three members of the touring party.

The first of three games within 20 days commences on July 8 at the "bio-secure" test venue of the Rose Bowl in Hampshire, selected as it has a hotel on site.

England's cricketers have been locked in their "bubble" since getting together at the start of the month.

The lack of county matches has meant that England's new head coach, Chris Silverwood, has had to get creative by naming an initial squad of 55 players that included 14 yet to be capped. After a couple of weeks, this was whittled down



to 30 that have continued to train together.

England will complete preparations with an informal three-day practice match starting today involving most of their squad, after which they will announce the final squad.

Much of the debate centres on spin options. Moeen Ali, despite retiring from the

longer format of the game late last year, has returned. He is by far their most experienced tweaker although he appeared to lose confidence having been successfully targeted by Australia in the last Ashes. Should England wish to invest in their future then they will likely turn to Dom Bess who impressed in their emphatic victory over South Africa, although Jack Leach is in with a shout.

As for the batting line up, Zak Crawley is the man in possession although he was only selected after Rory Burns was injured in a warm up kickabout but is now fit and ready.

Fellow opener Dom Sibley

has secured his slot as opener, although Crawley could drop to number three should Burns return. This would be at the expense of his teammate Joe Denly.

The birth of Joe Root's second child could mean that all are selected.

The West Indies arrived in the UK on June 9 with a full complement of 25 players (excluding three who opted out due to coronavirus concerns) and located themselves at Old Trafford, the venue for the last two tests.

They look to have one of the strongest and most united teams since the 1980s, particularly in the bowling unit. They boast the world's leading all-rounder, Jason Holder, who will be ably supported by Gabriel and Roach while Raymon Reifer would give them a nice balance with his left arm.

Cricketers are concerned about the impact a lack of atmosphere will have on their performance.

I believe that the mental pressure associated with playing this strategic game will still be in evidence.

Even in village cricket there is an adage that "one wicket brings two". Pressure is further placed on batsmen by "joining the dots" or by creative field placings.

One could argue that it will be no different to playing in a county championship match in front of a handful of spectators or a match between Indian expats on a sand and stone patch of ground in Saar in front of their friends.

F1 pledges to 'race as one'

Formula 1 has unveiled its new #WeRaceAsOne initiative in support of the #PurposeDriven Movement launched by the FIA.

This initiative will be the platform to make the sport net zero carbon by 2030, to improve diversity and inclusion in Formula 1 and to support communities. F1 aims at tackling the 'biggest issues facing our sport and global communities' and promises the campaign will not be a one-week or one-year theme that disappears as issues disappear from headlines, it will 'underpin Formula 1's strategy to make a tangible difference'.

The opening race in Austria on July 3-5 will be used to thank people around the world for their strength and fortitude during the pandemic.

Chase Carey, chairman and



RACING REPORT
By MAI AL KHATIB-CAMILLE
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CEO of Formula 1, said: "It is time to recognise the issues that are bigger than any one sport or country. The #WeRaceAsOne initiative we have launched is our way of saying thank you to the bravery and unity everyone around the world has shown during this unprecedented time.

"It will also be a platform for Formula 1 to come together and achieve results against the most important issues facing us as a sport and the world. That is why at our first race in Austria Formula 1 will stand united to say loud and clear that racism must end. We will show our full support in fighting inequality throughout the weekend and accelerate our own efforts to make Formula 1 more diverse and inclusive. As a global sport we must represent the diversity



and social concerns of our fans, but we also need to listen more and understand what needs to be done and get on with delivering."

Rainbows will be displayed on Formula 1 cars and around the circuit with the hashtag

#WeRaceAsOne as a way to show appreciation to key workers around the world. The rainbow was chosen as it has become a symbol used internationally in the recent crisis to bring communities together.

There will also be a Formula 1 Task Force created to listen to people from across the paddock and decide on what the action is needed to improve diversity and opportunity in Formula 1 at all levels. Further details will be announced in the coming weeks.