

Gulf Weekly

The community newspaper at the heart of Bahrain

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Balm after storm

COMMUNITY REPORT
By MAI AL KHATIB-CAMILLE
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THE Filipino community is rallying together to help typhoon victims back home suffering in the wake of storms that have devastated their homes and livelihoods.

For example, the Filipino Creatives Bahrain, is staging an arts exhibition starting on December 1, and has collaborated with Forex Cargo UMAC-Bahrain to send donations of non-perishable goods and toiletries to the Philippines.

And, fashionably-thrifty Maria Angela Acosta is selling secondhand goods on social media in a bid to raise funds. "I knew I had to do something, even if it's just a small initiative," she said.

At the beginning of the month, the Philippines was struck by Super Typhoon Goni, the world's strongest typhoon of the year, and a week later, was hit by Typhoon Vamco, leaving devastation and chaos in its wake.

Super Typhoon Goni, (also known as Typhoon Rolly) and Typhoon Vamco (also known as Typhoon Ulysses) have affected more than 1.6 million people.

Filipina writer and content creator Maria, who lives in Manama, is using her Instagram account @themarias, which features a collection of secondhand women's clothing and accessories for sale, to help rally support for the families and farmers affected by the storms.

"I really couldn't take how helpless the people were



Typhoon Vamco's aftermath

and seeing posts on social media of the victims literally crying for help made me so frustrated because I couldn't do anything," explained Maria Angela who started a fashion account in 2018 with her friend Maria Claupin, who moved back to the Philippines last year.

The duo had started their passion project for thrifty designs to empower people through stylish and sustainable clothing and called it The Marias after both of them. Now Maria Angela is handling it on her own and hopes her fundraising efforts will help make a difference and inspire others to do the same.

She said: "I felt guilty being safe and having a roof over my head. There were reports that there was no immediate help from the authorities concerned at the affected areas and that all the victims are relying on right now are donations

from different people and organisations.

Last Wednesday, Maria Angela posted a new collection of around 20-plus items for sale and all of the proceeds from this series will be donated to the typhoon victims. She has collected BD41 so far.

I knew I had to do something, even if it's just a small initiative.

"It might be a small amount but it's the least I can do to help my fellow Filipinos," said Maria Angela who graduated from the University of the Philippines with a bachelor's degree in communication, a major in journalism and a minor in broadcasting.

And, more clothing, shoes and fashion accessories are being donated to the cause through @vpreloved.bh with 100 per cent of proceeds going to the Philippines Typhoon Relief Fund in a campaign launched by expat Venetia Rosetta D'Souza.

The typhoons caused massive flooding in various parts of Luzon including

Metro Manila and Cagayan and destroyed thousands of homes.

Many areas in Cagayan, a rice- and corn-producing region of 1.2 million people, were submerged and the heavy flooding affected thousands of families. Some families fled to rooftops to escape two-storey high floods.

As of last week, the International Federation of the Red Cross said 47,000 people were rescued so far, but that it 'fears for the safety and wellbeing of thousands who remain trapped'.

Both typhoons come at a time when the Philippines is suffering from a surge of Covid-19 infections. Currently, the Philippines have the largest rate of infections in Southeast Asia, second only to Indonesia.

Maria Angela's donations will be distributed to the 'Kaya Natin! Movement' and 'For Our Farmers' campaign.

The 'Kaya Natin! Movement' is a non-profit organisation that sends relief assistance to the communities hardest-hit by the recent typhoons and

the 'For Our Farmers' is a donation drive initiative helping Filipino farmers and fisher folk through sustainable and inclusive projects.

She added: "Once donated, the organisations will use the funds to buy items for relief packs and hygiene kits to be delivered to the affected areas. I'm not accepting monetary donations but I am advising interested people to donate directly to legitimate relief drives in the Philippines.

"There are also a couple of small businesses in Bahrain that are raising funds for the typhoon victims in the Philippines which is wonderful.

"People need to acknowledge that we aren't all born with the same opportunities either. Some people struggle just to survive. Therefore, I believe that we must practice empathy and kindness to others. If you have an opportunity, a privilege and a platform to help the less capable – then by all means, you should do it. After all, every day is a good day to help."



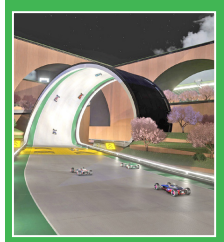
COVID CULTURE
Painting and theatre
SEE PAGE 2



BOUNDLESS ART
Celebrating diversity
SEE PAGE 4



LIFE WITH PSORIASIS
Raising awareness
SEE PAGE 5



INDIE IMMERSION
Game on
SEE PAGE 7

All the world's a stage

WITH a passion for posture, Bahraini artist Ali Hussain Merza is blending canvas and theatre in his latest Covid-inspired pieces.

Ali's *There is Signal* piece is part of The Great Lockdown Exhibition at the Bin Matar House located on Muharraq's historic Pearling Path, and he is on a panel of artists to be featured in the Kuwait-based Quench Your Thirst digital exhibition.

"My artwork is an attempt to create a state of communication within a painting, using canvas as a place of expression through body gesture," the 33-year-old artist told *GulfWeekly*.

"The body speaks in the most universal human language and my interest in



ART REPORT
By NAMAN ARORA
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the world of the theatre has a big impact on my art.

"The scenes of life cannot exist without the actors."

Ali's work as a theatrical scenographer designing sets for theatre gives him a unique prism into the connection between a stage and its players.

His subjects are often portrayed crouched or reflecting their inner dialogue using their bodies.

In his piece *There is Signal*, human relationships with each other and with electronics during the Covid-19 pandemic are explored.

For the Quench Your Thirst exhibition, in his piece *Did I pick it up*, Ali depicts a man struggling with the passage of time.



Ali



One of Ali's pieces

"Bathed in sweat, he was whispering to himself trying to stand among them or reach up to their standing position,

having the same concerns of the old people, unseen by the shadows, neither preceding nor followed by anyone, with rounded back, he was trying to walk and nod," he explained.

"Since he is not aware if this is his fall or the beginning of his standing up, he searches for it with all his heart. He tries to balance, contemplating the passage of time, and again nods."

Ali is one of 24 artists chosen from around the world, including the United States, United Kingdom, Jordan, Syria, Lebanon, Netherlands and Iraq, for the digital exhibition.

His artistic affair with the theatre began in high school and continued through his postsecondary studies, as he studied scenic design at the Higher Institute of Dramatic Arts in Kuwait, graduating in 2010.

He has since participated in fine arts exhibitions and theatrical showcases in the kingdom and abroad. He has been part of the Bahrain Annual Fine Arts exhibition (BAFA) since 2013 and held his first solo exhibition in 2018, titled *Wanderers*, at the Bahrain Authority for Culture and Antiquities' Art Centre.

He has also curated the 'Syncope', 'Nashaz' and 'Parallelism' art exhibitions in Bahrain over the last four years.

In 2018, Ali was the recipient of the prestigious Al Dana prize at the BAFA and took the top prize for scenography at the Khalid bin Hamad Theatre Awards in 2017.

"Art is the most beautiful human connection between



Ali with *There is Signal* at The Great Lockdown Exhibition

people," the artist said.

"We can love through it. We can disagree through it. So, art is more than just being 'something' for pleasure and beauty."

Many of his pieces are larger installations, in which the audience becomes part of the work, navigating the grey area between fine art and

theatre.

The young artist has also decided to focus his energy, inspiring and training youth, conducting numerous workshops and events training them in painting, printmaking and more.

Check out Ali's work by following @ali4art on Instagram.

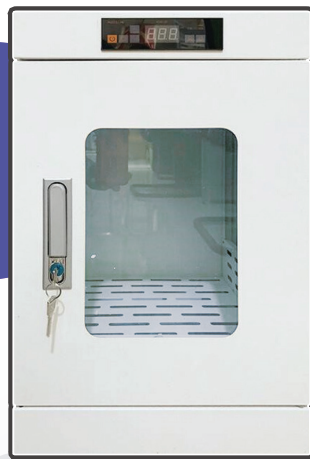


Ali in his studio

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Wings for dreams



LITERARY REPORT
By NAMAN ARORA
naman@gulfweekly.com

A Bahraini start-up founder hopes to build and inspire a community of entrepreneurially-minded individuals to act on their dreams with her latest book.

Science, technology, engineering, arts and mathematics (STEM/STEAM) educator and enthusiast Latifa Al Khalifa has launched her first book, *The Late Bloomer's Guide to Getting Started... (Finally!)* and hopes to build a community around

her motto, 'Start before you are ready' (SBYAR).

"In the last few years, I have jumped headfirst into education, technology and entrepreneurship – fields in which I had limited formal training," the 33-year-old co-founder of Clever Play told *GulfWeekly*.

"I have been asked many times about my journey and I have been thinking about how best to share it with the world, so that we can build a community of creators and starters, who commit to acting on their dreams."

Her own journey started when she was in the UK and was told by a complete stranger that she was overweight.

"I was active in school but I never paid much attention to my diet," she explained. "But even though this hurt, it made me look in the mirror and change. I dived into exercise and fitness without really having much previous experience."

"I made a lot of mistakes but I was glad I started before I was ready. We are often told, with the best intentions, which we should wait until we are confident to start something

new. But acting on my dreams is what gave me the confidence to keep going."

Her journey into start-ups began with encouragement from her sister, Muneera, who was looking for a different approach to education for her son.

During her global education and journey, Latifa had witnessed the paradigm of 'education as play' and decided to create a space for it in Bahrain.

"To be honest, when I first came up with the idea, I felt quite inadequate, since I had little background in the subject or in business," she admitted.

Yet, she dived in and, two years later, she now wants to inspire others to start on their own 'passion projects'.

Her short 50-page book is divided into six chapters and is a practical guide to 'cultivate discipline, build self-confidence and empower them to take inspired action'.

SBYAR is also an acronym for her success mantra

- Strive to be a better version of yourself
- Believe in your abilities
- Yes to every opportunity that takes you closer to your dreams,
- Act and

● Repeat.

Each chapter also includes 'homework' requiring readers to take concrete steps to designing their success plan.

"This book is for those of us in our late 20s and early 30s," Latifa explained. "The ones who have settled or put aside their own dreams to care for those around them."

"I'd like to build a community of us who can inspire and push one another on our journeys towards being our best."

The ebook is available for free and to get a copy, message @sbyar on Instagram

Baloo bids adieu

Dog lovers across the kingdom have been heartbroken by the loss of adorable chocolate-brown rescue dog, Baloo, who recently laid his paws to rest, as reported in our sister newspaper, *The Gulf Daily News*, writes Mai Al-Khatib-Camille.

The 15-year-old education support dog, who brought joy and laughter to autistic children and book lovers from across the kingdom, suffered a heart attack while on a walk with his owner, Bahrain-based British author Sarah Clarke.

Sarah said: "I'm grateful he wasn't in any pain. That is all I could have wished for him. When he passed away, he was surrounded by all those that loved him including my husband, David, and his handler Hari Pandey with his wife Sushma Gautam. We will miss him so much."



Sarah and Baloo

"He has lived a long and happy life and has moved so many people. I've never met a dog like Baloo. I have learned many lessons from

him as I'm sure others have too. He never complained and accepted what came his way. It is something we should all live by."

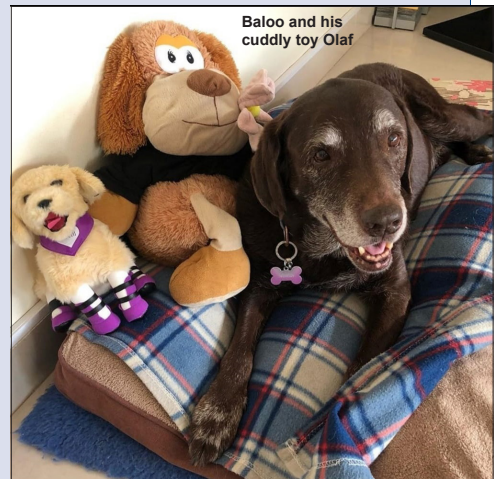
Baloo spread the message of inclusivity and equality at different schools and organisations with Sarah, who volunteers at the RIA Institute Bahrain.

The institute is an inclusive education centre that caters to the needs of students with special needs. She developed a programme called Baloo's Buddies in which the lovable Labrador helped children become more confident.

She also founded Baloo's Reading Buddies, held at The Bookcase store on Budaiya Highway in Saar and supported by Linda Jennings to aid children with their fluency, as well as build up their passion for books.

Sarah wrote two books called *Where's Baloo?* and *This Way Baloo!* too, illustrated by artist Sunanda Docherty. Thousands of copies were sold to help raise funds for RIA.

Baloo didn't just make people feel equal; he did the



Baloo and his cuddly toy Olaf

same with his furry friends too. He helped rescued strays with the collection of 2,000 cans in a 'Just One Can' dog food appeal, which Sarah encourages people to continue supporting.

For Baloo's legacy, Sarah would love there to be a fully-fledged therapy dog programme in Bahrain for

supporting mental well-being and those that wish to share their favourite stories and memories of Baloo on social media can hashtag #baloosbuddies.

For more details, follow @baloosbuddies on Instagram. Also visit www.gdnlife.com to read a special poem about Baloo.



GRAND SALE

FROM 23rd NOV - 5th DEC

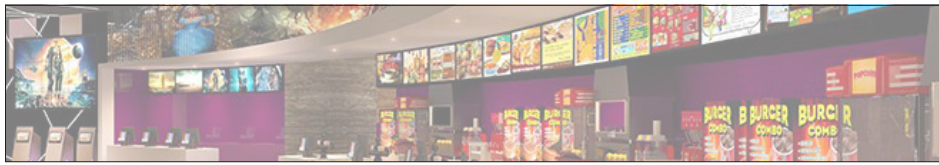
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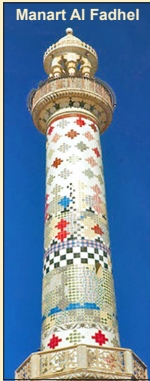
Culture

ISLAMIC ART DAY EVENTS

BAHRAIN will celebrate International Day of Islamic Art, today and tomorrow, with events showcasing the arts, architecture, calligraphy, music and food.

Originally planned for November 18 and 19, the activities were postponed as the nation mourned the passing of HRH Prince Khalifa bin Salman Al Khalifa.

The Unesco General Conference at its 40th session last year proclaimed November 18 of each year as the International Day of Islamic Art, to raise awareness of past and contemporary artistic expressions of Islam, and the contribution of culture through Islamic art to civilisation.



about 20 artefacts and 15 artworks and will stay up until the end of January 2021.

* Al Fadhel Mosque Minaret Exhibition

Date: Wednesday, November 25
Time: 5pm
Venue: Bahrain National Museum

The exhibition will highlight the Al Fadhel Minaret, which has been an important aspect of the visual identity of Bahrain for all those arriving through the Manama port.

* Global Perspectives on Islamic Art Today

Panel Discussion via Zoom
Date: Wednesday, November 25
Time: 6pm
Registration is required on www.culture.gov.bh

WHAT'S HAPPENING:

* Murals Inspired by Islamic Art

Date: Wednesday, November 25
Time: 4pm
Venue: Outdoor area of the Art Centre

Twelve artists who will display murals inspired by Islamic art and calligraphy are Ali Albazzaz, Ali Malih, Ammar Almahmood, Hussain Fateel, Njood Naji, Khalil Almadhoon, Mohamed Redha, Mohsin Ghareeb, Moosa Alkhazzaz, Mustafa Alhalwachi, S Murtadha Alsakin and Seema Baqi.

* Art from the Islamic World Exhibition

Date: Wednesday, November 25
Time: 5pm
Venue: Bahrain National Museum

The exhibition will feature the works of seven artists from Islamic cultural backgrounds from the Gulf, North Africa, Andalusia (Spain) and Southeast Asia – inspired by Islamic heritage elements such as the Arabic language, textiles, handicrafts, architecture and more.

The showcase will also include works from the collection of the museum as well as loans from a number of private museums and collectors in the kingdom. It will boast

International speakers include architectural historian and director of Barakat Trust, Seif El Rashidi, director of the Aga Khan Museum in Canada, Dr Ulrike Al Khamis, and art historian and head of Curatorial Affairs at the Islamic Arts Museum in Malaysia Dr Heba Barakat.

* Film Screening: Islamic Art, Mirrors of the Invisible World & Traces of the Soul

Date: Wednesday, November 25 and Thursday, November 26
Time: 7:30pm & 7pm
Venue: Outdoor area of Darseen Café - Bahrain National Museum
Registration is required on www.culture.gov.bh

Islamic Art – Mirrors of the Invisible World, will be screened at 7.30pm at the outdoor area of Darseen Café at the Bahrain National Museum.

Traces of the Soul will be screened on Thursday at 7pm.

Also, the café has cooked up a special menu of six dishes, each representing a cultural centre within the ancient pan-Islamic world. The menu will be available from today to December 3 and can be enjoyed while watching the films. All activities are open to the public.

For details follow @culturebah on Instagram and on Twitter.

A brush with

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

ARTISTS from across the kingdom aim to celebrate cultural diversity by drawing attention to visual arts and mixed medias by showcasing colourful compilations.

The Filipino Creatives Bahrain group is staging its third exhibit, the 'CROSSCURRENT' Fusion of Art and Culture, at the Harbour Gate featuring an array of paintings, sculptures, visual and digital artists as well as films.

The showcase which usually consists of only Filipino artists will be featuring a total of 43 artists hailing from different backgrounds, aged between 16 and 60, sharing their works.

Butch J Paje, a Filipino visual artist, designer and one of the pioneering members of the group, said: "Both previous exhibits were all-Filipino and this year it is a dream come true for the group to have an artistic collaboration with Bahraini artists and other international artists."

"CROSSCURRENT aims to bring visual artists to the forefront and show the world that art has no boundaries. It will showcase the diversity of culture, beliefs and emotions - all reflected through their wide variety of artworks."



Girl Power GRETA

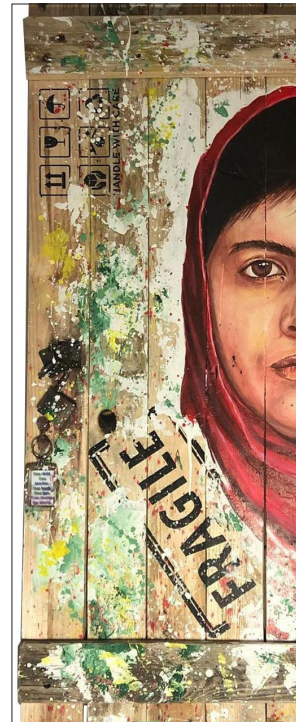
"We have artists from the Philippines, Bahrain, Saudi Arabia, Jordan, Sweden, Russia, Puerto Rico, the UK, Oman, Lebanon, India and South Africa. All of them have a story to tell through their work."

"It's an event for all ages, art lovers, collectors and everyone who simply wants to uplift what they feel and be inspired by the power of art."

The exhibit will feature more than 200 artworks

from the likes of Shaikha Marwa Bint Abdulrahman Al Khalifa, renowned painter Abbas Al Mosawi and other inspiring creatives. The show will also highlight emerging talents.

"This event will become a venue to spread inspiration to all people, young and old and from all walks of life," added Butch who has participated in several exhibits in the Philippines before moving to the kingdom. "The artists will



Girl Power MALALA

be spreading positivity in spite of the ongoing worldwide crisis."

Most of Butch's artworks tackle current issues in society and the environment. He tends to create his artwork using mixed media and recyclable materials.

The exhibit is on from December 1 to 15 from 9am to 9pm. Artwork will also be exhibited virtually through the Harbour Gate website.

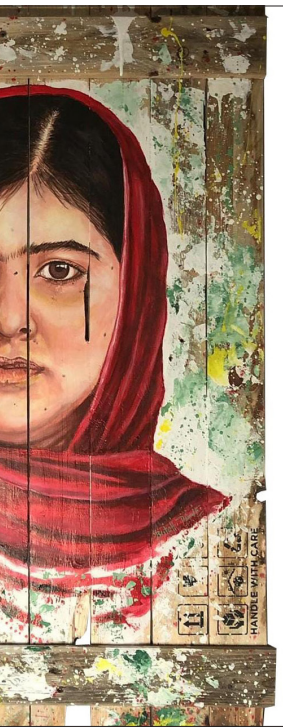


Hope



Weekly

diversity



The group, which features 22 members, was founded in 2018 through the help and initiative of the Philippine ambassador to Bahrain Alfonso A Ver with the objective of showcasing the creativity of the Filipinos in the kingdom.

For details, follow [FilCreativesBH](#) on Facebook and [@filipinocreativesbahrain](#) on Instagram.



Butch with the ambassador



Jokes of life



The Ma Art'e exhibit in 2019



Basma's psoriasis



From left, her husband Yousif Soofi, Basma, Tariq and Maria

Love me, love my psoriasis

BAHRAINI Basma Kazerooni, who has lived her entire life with psoriasis, is breaking misconceptions about the red and itchy skin condition by sharing her story, writes Mai Al Khatib-Camille.

She hopes to educate and inspire others dealing with the disorder.

Psoriasis causes skin cells to multiply up to 10 times faster than normal, producing bumpy red patches covered with white scales. It mostly appears on the scalp, elbows, knees and lower back. For most people, it affects just a few areas but in severe cases, it can cover large parts of the body ... which is what happened to Basma.

"I started developing psoriasis on my scalp when I was six-months-old. Over the years it spread all over my body," the 38-year-old applied behaviour analysis therapist said.

"It never affected me mentally because my parents never told me to cover up, or made me feel different. I actually lived a normal life and that's thanks to them."

Her father Faramarz Kazerooni, who owns a carpet chain business, and mum Maryam Wadiee, a former abaya fashion retailer, taught Basma to love who she is and to stand up for herself when being bullied for appearing different.

Many psoriasis patients feel embarrassed and face social discrimination because of their appearance. "I have and still endure bullying to this day," the mother-of-two said.

"However, I grew up learning to stand up for myself and not holding back. I know I am not the only one who is being bullied. At times my family gets bullied and I know one day my children – two-year-old Maria and five-year-old Tariq, a Nadeen School student – will too. But I am teaching them to be strong.

"I have to thank my parents, it was not easy to raise a child with psoriasis, especially in the 80s. There was very little awareness back then. People would stare at them and it would crush them at times. But they never allowed me to see that on their faces. And if they see someone trying to hurt me or bully me, they would tell me to stand tall. This is why I have so much confidence and inner peace."

Most types of psoriasis go through cycles – flaring for a few weeks or months and then

subsiding or even going into remission. There are so many forms of it where you can either end up with red patches of skin covered with thick, silvery scales or even have dry, cracked skin that may bleed or itch. One of the most common type is plaque psoriasis that causes dry, raised, red skin patches covered with scales.

There is no cure for this common, chronic disease but treatments are available to help manage symptoms. Incorporating lifestyle habits and coping strategies can also help.

Her parents found that homeopathic treatments worked best on her.

She also makes sure to eat and sleep well, drink more water, exercise, manage stress and avoid other triggers.

"The only thing that truly affects me is when I have the urge to itch," she explained. "Sometimes the itchiness does not stop and you start to bleed and feel the burn. It's like your body is on fire. I was never bothered by how it looks as I always look at my body as though it's covered with pink flowers and my cheeks makes me glow like a red apple. It's the itchiness, we lose touch with reality."

Basma uses her *Instagram* to raise awareness and has even gone on TV to talk openly about it.

One of the things she hopes to do is rid people of the misconception that it is contagious.

"Psoriasis can't be passed from person to person but it does sometimes happen in members of the same family. I just want people to know that we are beautiful and to be more empathetic towards people with psoriasis."

Basma also advises self-love for true inner peace. "When you love yourself, you glow from the inside. You would attract people who will love, respect and appreciate your energy. Everything starts with how you feel about yourself. Be magnetic. Love yourself instead of abusing yourself or your skin."

Basma also has a message for people caring for those with psoriasis: "Show them love, support and understanding because it is not just a skin problem. It can affect a person emotionally and mentally. Kindness is the best nourishment for humanity."

For details, follow [@lovemypsoriasis](#) on *Instagram*.

DELL | EMC²

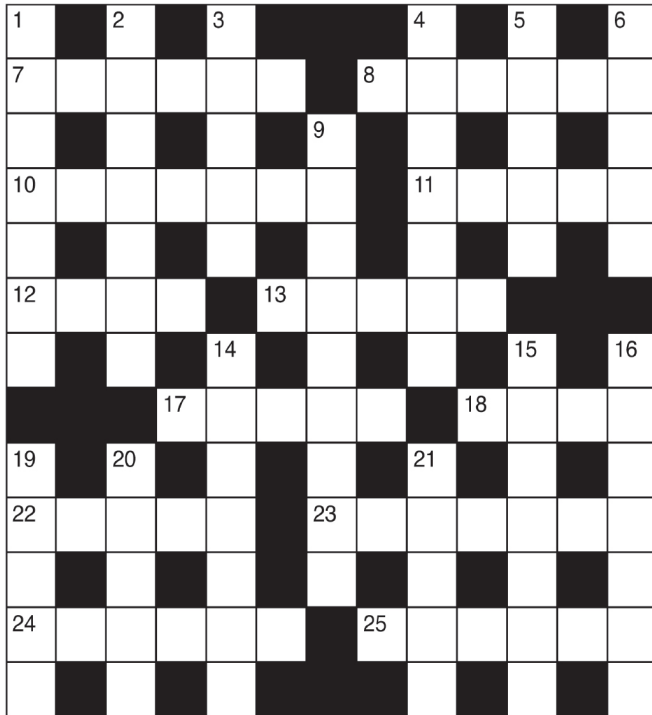
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crossword break



Solutions in next week's issue.

ACROSS

7. Beginning (6)
8. Movable (6)
10. Confound (7)
11. Villain (5)
12. Incursion (4)
13. Cluster (5)
17. Mount (5)
18. Excursion (4)
22. Throw (5)
23. Distinguished (7)
24. Ceremony (6)
25. Sundry (6)

DOWN

1. Affect (7)
2. Substitute (5-2)
3. First attempt (5)
4. Sentinel (7)
5. Essential (5)
6. Drive back (5)
9. Disadvantage (9)
14. Unlawful (7)
15. Puzzle (7)
16. Pacify (7)
19. Spell (5)
20. Hurry (5)
21. Sober (5)

who, what, where, when

WHO ... did Sara Jane Moore try to assassinate in September, 1975?

WHAT ... was the name of the Newcastle ice hockey team who played in the UK Elite League?

WHERE ... in New York City is Greenwich Village?

WHEN ... did Adrian Noble succeed Terry Hands as Artistic Director of the RSC?

WHO ... wrote the novel *The L-Shaped Room*?

WHAT ... was the name of the horse of the fictional character Don Quixote?

WHERE ... was the poet Allen Ginsberg born?

WHEN ... did actor Bernard Lee, who played M in various *James Bond* films, die?

just so

canary & b
eagle & b
sparrow & b



through and

dnilb i

darn tough sudoku

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

Last week's sudoku

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

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

darn tough sudoku

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

Sudoku

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Sudoku

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

Last Week's Leisure Solutions

CROSSWORD BREAK:

Across: 1 Apart; 4 Formula; 8 Overall; 9 Trial; 10 Eddy; 11 Devotion; 13 Dais; 14 Laze; 16 Reappear; 17 Stop; 20 Alert; 21 Courage; 22 Hatchet; 23 Title.

Down: 1 Above reproach; 2 Amend;

3 Tear; 4 Falter; 5 Rational; 6 Utilise; 7 All in one piece; 12 Dispatch; 13 Dialect; 15 Mascot; 18 Tract; 19 Hurt.

JUST SO:

The foreign legion, Cut it out, Short change, The dominant male

WHO, WHAT,

WHERE, WHEN:

David Baddiel; Gloria Grahame; Co. Clare; 2005, Lee Marvin; Sessanta; Northamptonshire; 1983.

Darn Tough Sudoku

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

MotoringWeekly

The top motoring and motorsport news

It's race time



F1 REPORT

By NAMAN ARORA
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FORMULA 1 teams are gearing up for two exciting weekends of racing at the Bahrain International Circuit (BIC), 'The Home of Motorsport in the Middle East', kicking off on Friday.

The 15th round, out of a total of 17 F1 races this season is set to take place this weekend, with the 16th next weekend.

The Gulf Air Bahrain Grand Prix starts on Friday with two 90-minute practice sessions scheduled to take place at 2pm and 6pm.

A third 60-minute practice will be held on Saturday at 2pm.

This session will be followed by qualifying at 5pm, which will determine the start grid for Sunday's 57-lap night race, set for a 5.10pm start.

The first race will be held along BIC's usual 5.412-kilometre Grand Prix track.

The Formula 2 championship and Porsche Sprint Challenge Middle East support series are also set to hit the tarmac this weekend.

F2 is a junior single-seater championship where future F1 racers vie for the top spot. Ferrari's Charles Leclerc and



The BIC



F1 team cargo at the BIC



The Medical and Safety Cars arriving at the track



Action from last year's event

Red Bull's Alex Albon come from F2 heritage.

This year, the penultimate round of F1's 2020 season will play out at BIC, with

up to 22 talented young drivers—many of whom can be expected to make their F1 debut in the next few years.

F2 will have a feature event

of 32 laps on Saturday and a 23-lap sprint race on Sunday. Additionally, the Porsche Sprint Challenge Middle East will bring aspiring racers

together to race in identical versions of the Porsche GT3 Cup 911.

The series will be kicking off its 2020-2021 season this weekend with two races of 12 laps each.

Next weekend, from December 4 to 6, BIC will host the first-ever Rolex Sakhr Grand Prix, featuring the BIC's 3.543 Outer Track making its global event

debut.

Bahrain's F1 double-header will be taking place with all precautionary guidelines in place issued by the Youth and Sports Affairs Ministry and Health Ministry.

Although both events will be closed to the general public, frontline health workers, first responders and their immediate families have been invited to join.

Taking a test drive

As part of the French Digital November festival, gamers across the kingdom are being invited to immerse themselves in the world of independent video games made by French studios, writes Naman Arora.

The online event, running on Saturday from 10am to 8pm will showcase desktop and mobile games made by smaller independent studios.

"On this occasion, gamers will be able to try out for free the latest games offered by young French start-ups while interacting with the studios as well as specialised schools and game creators via Twitch," explained Emmanuel Mayer, deputy head of mission at the

French embassy in Manama.

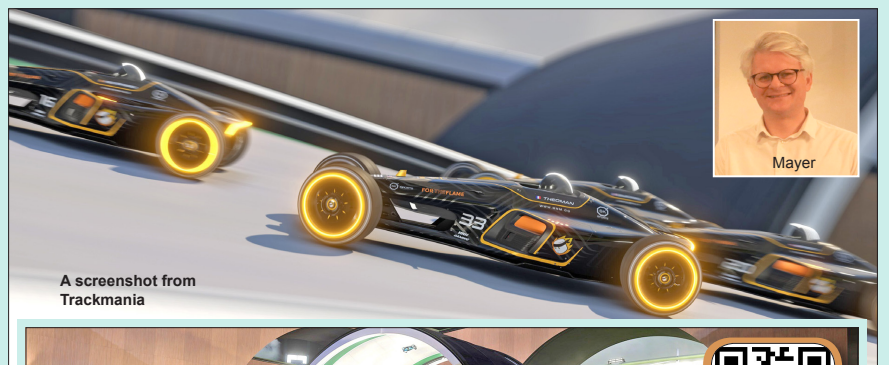
"The web platform will be enabled by French start-up and video-game specialist NTWU.

"This total immersion in the exciting and innovative world of French video games, open to the general public, is the first of its kind in the Gulf countries."

Those who will be missing the racing action this weekend at the BIC can jump into a car in Nadeo Games' Trackmania, a multiplayer racing environment with gravity defying tracks.

Game In and Plug In Digital will also be showcasing some of their best titles on Saturday.

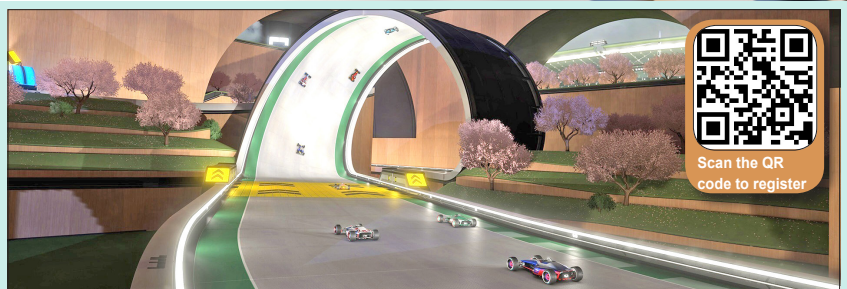
Follow @francebahrein on Instagram for more details.



A screenshot from Trackmania



Mayer



Scan the QR code to register

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TOP OF THE LEAGUE FOR LOCAL AND INTERNATIONAL SPORT

November 25 - December 1, 2020

Football for all...

EIGHT teams are vying for victory in the Bahrain Amateur Football League that was formed to promote competitive play across the kingdom.

The league, which kicked off last week, was founded by British School of Bahrain physics teacher, Colin Kerr, with the aim of creating a football platform that everyone to enjoy.

"Its aim is to promote, foster and develop, throughout its membership, without discrimination against any organisation or person for reason of race, religion or politics, the game of football," said the 35-year-old Scot living in Al Qurayyah.

"I want to have a platform for the game of football to thrive and be accessible for all."

Kerr, who taught in Dundee and Monifieth in Scotland for 10 years before moving to Bahrain in 2019 to take up a post as a physics and science teacher, is no stranger to bringing sports and people together.

He started an amateur football team in 2014 in



SPORT REPORT
By MAI AL KHATIB-CAMILLE
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Scotland playing in the Dundee Saturday Morning Football League.

"I had no intention of starting a team in Bahrain but due to meeting a group of like-minded people who were keen to be part of a team, I decided to start Hamala Hurricanes," he explained.

The league operates the same as all FIFA-affiliated leagues with three points for a win and one for a draw.

There are no fixed days for games but game weeks.

The fixtures are generated using the Bahrain Amateur League website. The teams are made up of mostly adults, although under 18s can play with parental consent with waivers signed by parents or guardians.

Now 190 amateur

footballers are currently registered to teams and Kerr hopes the interest will continue to grow.

"The dream is for the league to be recognised and to grow with more teams being involved over the coming years in order to have different divisions," added the assistant head of

Year 7.

"It is my understanding that once young people turn 16 or 17, there is no platform for them to play competitive football in Bahrain.

"Our league will offer them this opportunity. Competitive football offers so much more than friendlies, with trophies and accolades up for grabs. It makes the games worth something."

The season will consist of each team playing each other twice as well as a cup competition which will consist of two groups of four.

Teams will play each other once with the top two from each group entering the semi-finals. This should see all competitions completed by May.

So far, the sides have

played one league game each. The British Club lost to Muharraq Youth 2-1, Black Castle Academy defeated Juventus Academy U23

1-0, Janabiyah

Juggernauts conquered Pompey FC 6-0 and the Bahrain Rugby Football Club drew with Hamala Hurricanes 6-6.

These results put Janabiyah Juggernauts, the league favourites, at the top of the table.

Health precautionary measures are taken before each game. Temperatures are recorded at all venues and any player who has been in close contact with Covid-19 cases are not allowed to participate.

According to Kerr, there have been no virus cases associated with the network of friendlies and league games that have been played to date.

Kerr added: "We're also hoping to have an end-of-the-season awards evening where we can celebrate the league and cup winners, as well as the league's top goal scorer and league player of the year. Money raised through this event will be donated to charity."

Those interested in joining the league for next season, which is likely to be in September 2021, please email bahrainamateur-footballleague@gmail.com.

People can also keep up to date with league action by following @BahrainAFL on Facebook



Action from the game



Scan the QR code to register on the site

Rugby Club FC vs Hamala Hurricanes when they played in March



Hamala Hurricanes