

# Gulf Weekly

The community newspaper at the heart of Bahrain

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## Banishing the birthday blues

COMMUNITY REPORT  
By MAI AL KHATIB-CAMILLE  
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**T**WO community groups that support the less fortunate across the island have teamed up to launch a toy appeal in a bid to make a child's birthday dreams come true.

The unregistered, not-for-profit OneHeartBahrain and Gloria's Team charity champions are urging people to donate toys, school supplies and clothes to make a soon-to-be six-year-old girl's birthday better, after two years of not being able to celebrate due to financial constraints.

"An expatriate family, that wishes to be anonymous, had reached out to us and explained that their daughter's birthday is tomorrow and how she has not been able to celebrate it or receive any new toys," said Gloria's Team founder Gloria Anthony, who has been living in Bahrain for 14 years. She has been volunteering with the special abilities community by providing

educational support for the past 10 years.

According to a family member, the little girl and her 10-year-old brother have also been unable to continue their studies as they have BD400 in outstanding school fees.

"Their father is not employed and the mother earns very little to even cover their basic expenses," Gloria added. "We accepted their request due to

their difficult financial circumstances and collaborated with OneHeartBahrain to raise second-hand toys and well-maintained clothes to create a special birthday for the little girl."

The groups then took to their social media accounts to share the plea.



GLORIA

"We are happy to join hands for a greater cause, even if it means to bring a smile to a six-year-old's face," said Tanya Thomas, OneHeartBahrain's media co-ordinator, who has been living in the kingdom for 26 years.

"We like to do as much as possible through

collaborative action. With the support of our volunteers, both in co-ordinating the media appeal for raising the gifts and for the upcoming celebration itself, we hope to make tomorrow a very memorable day for this little girl."

This is not a first toy appeal for either group as they have launched collections for children in need over the years. For OneHeartBahrain, it is part of their annual project cycle.

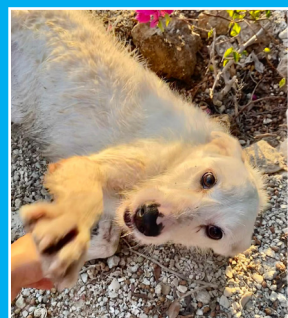
"We firmly believe in our hashtag 'From Community to Community', as the initiative helps us to redistribute toys to the needy instead of them ending up in landfill sites," added Tanya.

"This is so much better from the point of view of preserving the environment and spreading love and smiles to those in need."

Follow @oneheartbahrain and @glorias\_team for details on how to support.



TANYA



PAWS FOR DOGS  
Funds for food  
SEE PAGE 2



PRESERVING CULTURE  
Handmade with love  
SEE PAGE 3



ROTARACT'S RETURN  
Project's success  
SEE PAGES 4-5



BRING ON THE HEAT  
Burnout event  
SEE PAGE 7



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# Yoga fur a cause!



IN MOTION:  
Hala taking a  
Paws for Dogs

**COMMUNITY REPORT**  
By MAI AL KHATIB-CAMILLE  
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**A**NIMAL activist Hala Zubari is bending over backwards to help Bahrain Rescues this weekend by raising funds for a furry cause.

The 31-year-old co-founder of athlete-wear enterprise Tru Active Bahrain and her triathlete sister Dana are staging a 'Paws for Dogs' event on May 20 and 21, featuring three different types of yoga sessions to raise funds for purchase of dog food.

"A 15kg bag of dog food costs about BD12 and feeds all the dogs at the shelter for a week," said the founder of Vibras and Flow, which is her yoga and wellness brand. "Each session costs BD12 and each spot pays for one bag of dog food," she said.

"If I can have a fully booked weekend that means their food will be taken care of for several weeks and the organisation can focus on other pressing issues at hand. Every little contribution helps!"

Hala will be hosting three sessions of Vinyasa flow from 3pm to 4pm, Restorative yoga from 5pm to 6pm and a Vibras session, from 7pm to 8pm, per day over the Friday and Saturday.

"Vinyasa flow is a series of postures that move you from one to another seamlessly using breath," said Hala, who became a certified



FEEDING TIME: Doggos chilling after nibbling on kibbles



TASTY TREATS: More bags of dog food needed



SHARING JOY: Hala giving love to one of the shelter dogs

yoga instructor specialising in Vinyasa yoga, sound immersions and meditation about a year ago.

"Restorative yoga is a relaxing hybrid session combining restorative postures with a guided yoga Nidra practice. My signature Vibras sessions are a sound immersion - also known as a sound bath - from a variety of instruments, coupled with a guided meditation. It will leave you feeling relaxed and recharged."

She added that the caring concept came naturally to her, as there is a lot of emphasis on taking a pause in daily life to hold space for yoga practice and meditation.

"I always try to use my skill set to help the shelter in any way I can, whether it's by collaborating with

Tru Active or offering my digital services through Digi Halulu," said Hala, from Saar. "The idea of using Vibras and Flow to kickstart 'Paws for Dogs' is something I've wanted to do since getting my certification."

This is not Hala's first initiative to help the non-profit organisation located in Karzakan that has around 20 volunteers using their own resources and donations to buy food and litter for the animals.

Over the years, Hala has clawed her way to the top of Mount Kilimanjaro to raise awareness and funds for the animal welfare group as well as staged walkathons and other yoga events.

"I began working with Bahrain Rescues in 2018," she explained.

"What started as a small collaboration with Tru Active's first pop-up store, where we held donation-based yoga sessions at the space, soon turned into a strong and transparent relationship with the organisation. Tru Active launched an 'I Give a Woof' campaign where we held various fundraisers for the shelter to help with vet bills, animal supplies, and even raising money to help with the construction of their current space."

The Bahrain Rescues volunteers also pick up, treat and rehome animals that have been injured or abandoned. They have 43 dogs and 26 cats at the shelter, as well as a donkey and over the past few years, the group has helped rehome more than 100 animals - everything from

Rottweilers to hamsters.

"I have witnessed first-hand the hard work and efforts of Bahrain Rescues to get their shelter to where they are today," added Hala.

"As an animal lover myself, this is the least I can do to support and bring awareness to their organisation. Have a 'meow-dful' day and let's take a 'Paws for Dogs'!"

The sessions will be held at The Tower, just off Budaiya highway, and spaces are limited to six people per session.

People are urged to book in advance through @vibrasandflow on Instagram and walk-ins will not be permitted on the day. Those interested can still message and see if slots are available.



# Colour your life the Boho way



FASHIONABLE TWIST: A pretty wrap



FREE-SPIRITED: Tatiana showcasing the artisanal goods

**CULTURE REPORT**  
By MAI AL KHATIB-CAMILLE  
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**B**AHRAIN-BASED Tatiana Rubio is keeping the vibrant bohemian trend alive in the kingdom by showcasing handmade goods from Latin America, aimed at supporting women and single mothers that made them.

Boho, an abbreviation of bohemian, began in the pre-Raphaelite era of art but came to full fruition after taking its inspiration from music festivals and the 'hippie' era of the late 1960s and 1970s.

These days, bohemian fashion is part of mainstream culture featuring effortless, relaxed looks, with loose-fitted clothing, colourful accessories and an overall artistic, creative mishmash of elements. It is also a lifestyle for many like Tatiana, the 28-year-old social communicator and journalist,



EYE SEE YOU: Handmade clutches

who has been living here for the past five years.

"I have always had a taste for the simple, relaxed, free and colourful life and I think 'boho' style has a lot of it," explained the Colombian mother-of-two girls. "It represents a travelling soul, a dreamer who values artistic and handmade work – a free spirit that is nourished by merging the elements of natural fibres with printed textiles, original

and light designs along with a mix of gypsy, ethnic and hippie feel.

"I consider myself a creative person. I dare to mix colours, eras, styles, fabrics and accessories as well as showcase my Latin American culture through the items."

In a bid to share her culture and raise awareness about Latin American mums trying to make ends meet by making bohemian styled products, she launched the Sahara Shop on

Instagram, featuring their goods and some of her own.

"My small venture brings the very essence of 'boho chic' and spirit to everyday

accessories," she said. "My shop boasts a vibrant carnival of colours and designs derived from the shores of Latin America, all handmade by local artisans – women and single mothers – who work hard to preserve their vivacious culture.

"All the articles are made with love and thanks to these women; we can show a piece of our land, and



JUST SHINE: Sparkly accessories

with the sales, we can help contribute a percentage to the ethnic weaving community to support the education and life of their families and children."

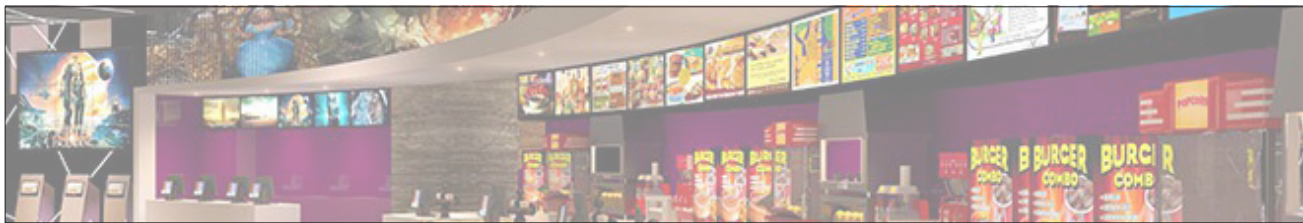
Tatiana offers an array of colourful items from

beach-ready hand fans to rainbow clutches as well as versatile bandanas, bohemian bracelets, earrings, sandals, keychains and more.

For details, follow @sahara1shop on Instagram.







# Culture

# GHANAIANS SAY TH

**COMMUNITY REPORT**  
By NAMAN ARORA  
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**T**HE lives of Ghanaian villagers and a group of Bahrain-based philanthropists have been transformed after spending a week together and sowing seeds for generations to come.

During Eid Al Fitr holidays, members of Rotaract Bahrain visited the rural community of Obodanase, located 80 kilometres away from the capital Accra. They built a water pump and well, irrigation channels, public toilets and a recreational area, while also providing medication, menstrual supplies and more.

Supported by the Rotary Clubs of Manama, Salmaniya, Adliya and Seef and conducted in collaboration with Rotaract clubs in Ghana, Project Nsuo (water in the local dialect of Twi) is set to transform the lives of the 62,000 Ghanaians living in the area.



**NEW LEAF:** An Obodanase child holds up one of the new saplings, which will be nourished by new irrigation channels set up in the area



**NEW PUMP:** A lady from the village takes a sip of water

“This was a life-changing experience for everyone,” Rotaract Bahrain president Tanima Tapan Chakravorty, 28, told *GulfWeekly*. “We came to truly appreciate the power of giving and the experience helped us gain an

appreciation for what we have. “And we were honoured when the village chiefs decided to rename the village the Rotaract Bahrain Obodanase Village as a result of our efforts.” The Rotaract team

comprised 10 volunteers – Tanima, Paa Dadzie, Hanadi Al Ansari, Mohammed Al Haddad, Adnan Al Ameer, Hishang Kewalram, Anton Miraj, Hassam Hameed, Hadeel Isa and Antonette Arila. Upon arriving in Accra,

the team also came to learn much more about the realities on the ground and the challenges that came with providing water to a remote community that is a challenge to even reach. “The paths are very narrow and it was a challenge to

even get the water driller up there,” added Tanima. “But we got a lot of help from the locals and we were able to make it happen. We are hoping that this gesture of goodwill and legacy of hope from Bahrain will inspire others to do the same.”



**CLEANLINESS DRIVE:** Members of American Mission Hospital (AMH) joined the globe in marking World Hand Hygiene day on May 5. This year’s theme is to ‘Unite for safety: clean your hands’ in a bid to encourage people to clean hands at the right time with the right products for safer health facilities. According to the World Health Organisation (WHO), when a health facility’s ‘quality and safety climate or culture’ values hand hygiene and infection prevention and control (IPC), it results in both patients and health workers feeling protected and cared for.



Weekly



# ANK YOU BAHRAIN!



Scan QR code to  
watch Ghanaians  
thank philanthropists  
from Bahrain

LIFELINE:  
New irrigation  
channels



The paths are very narrow and it was a challenge to even get the water driller up there

treatment, and peace and conflict prevention.

To encapsulate their experiences, the team will be releasing a 20-minute documentary titled *Project Nsuo – A Drop of Water* next month.

The project has been the cornerstone for Rotaract Bahrain this year, during which they have also done another 66 projects, with plans for another couple to be announced in the coming weeks, including a mental health project and one focused on individuals with autism.

For more details and to learn more, follow @rotaractbahrain on Instagram.

Although building the water pump and well, irrigation channels, public toilets and recreational area took up most of the Rotarians' time, they also made time to each teach a portion of the Grades one to six syllabus that they took with them.

During their down time, they played football with the new friends they made, and found ways to provide medication, shoes and menstrual products to all who needed it.

When the water pump was inaugurated on May 4, the

team hoisted the Bahrain flag in addition to a number of other national flags – telling the story of how people from all walks of life came together to make this dream a reality.

The crew are hoping to also revitalise agriculture in

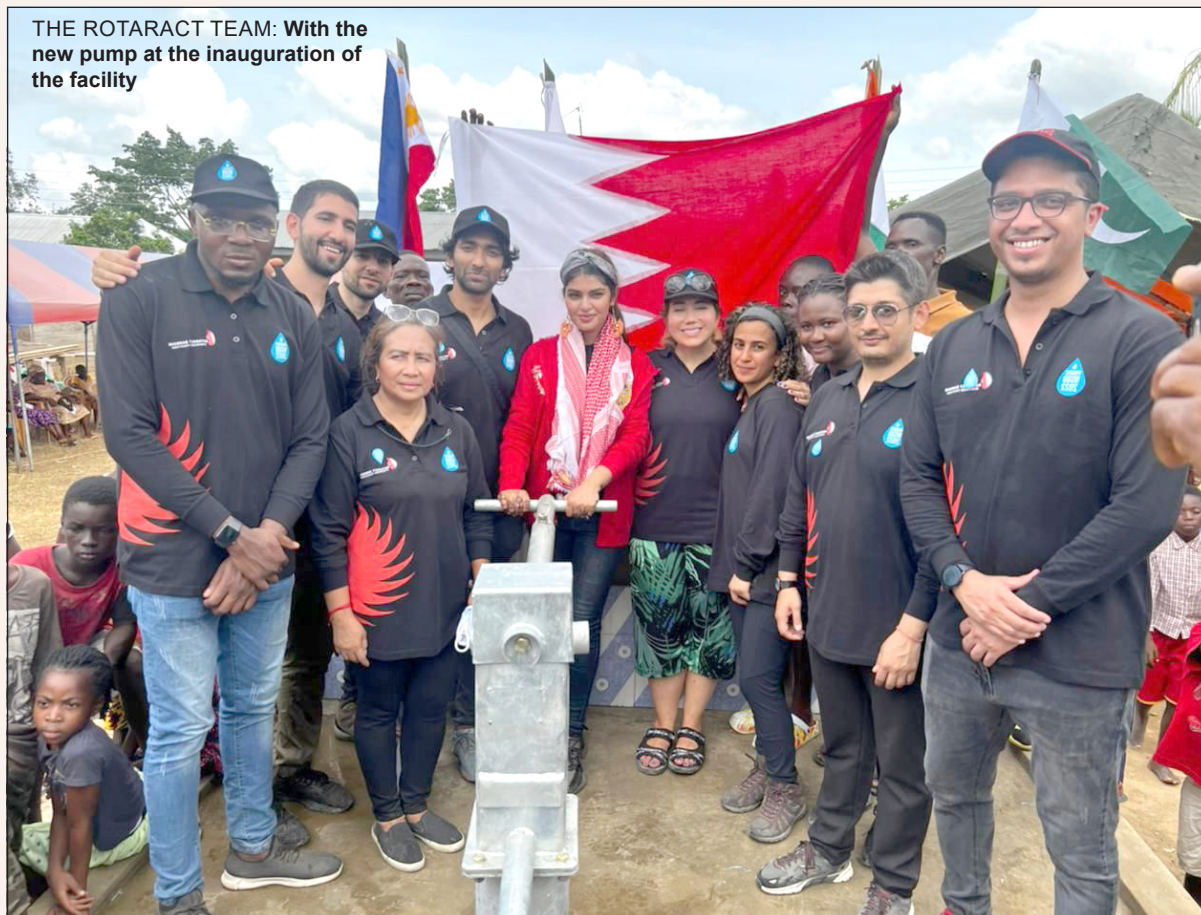
the area, and the new water pump is anticipated to open up a whole new set of crops that can be farmed in the district.

As an example, the team helped set up irrigation to rice fields in the area.

Their activities in Ghana

focused on the seven areas highlighted by Rotary International – water and sanitation, economic and community development, maternal and child health, supporting the environment, basic education and literacy, disease prevention and

THE ROTARACT TEAM: With the new pump at the inauguration of the facility



PLAYTIME: Children enjoy the new recreational area



ENLIGHTENING: Hishang teaches children at the village

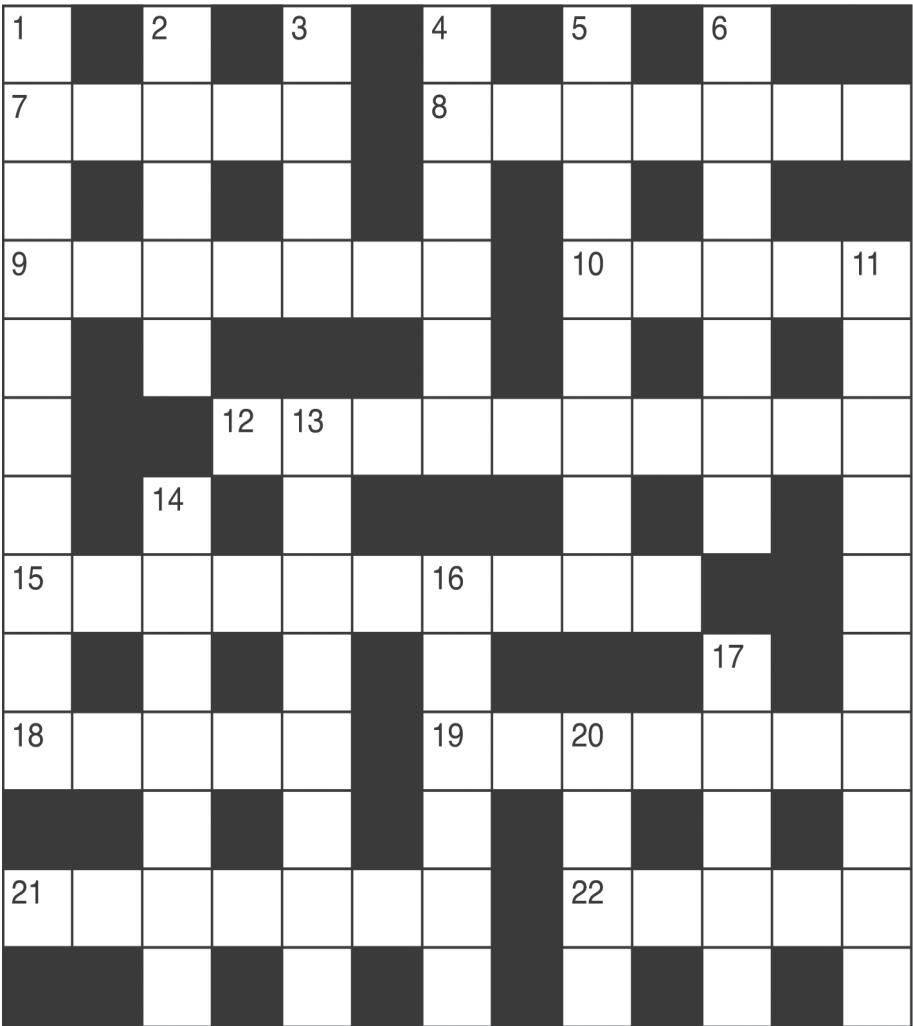


# Time Out



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## crossword break



Solutions in next week's issue.

**ACROSS**

- 7. Once more (5)
- 8. Worship (7)
- 9. Ignore (7)
- 10. Spiky plants (5)
- 12. Argued (10)
- 15. Failed to notice (10)
- 18. Relation by marriage (2-3)
- 19. Platform (7)
- 21. OBEs, knighthoods, etc. (7)
- 22. Punctuation mark (5)

**DOWN**

- 1. Pasta dish (10)
- 2. Canal boat (5)
- 3. Leg joint (4)
- 4. Beer (6)
- 5. Building material (8)
- 6. Musical instrument (7)
- 11. Formal accusation (10)
- 13. Illegal (8)
- 14. Lie back (7)
- 16. Female monster (6)
- 17. Russian mountains (5)
- 20. Ill (4)

**who, what, where, when**

WHO...wrote the novel *North and South*?  
WHAT...are the forenames of Mr. Burns in the cartoon series *The Simpsons*?  
WHERE...was the composer Luigi Boccherini born?  
WHEN... was the satirical magazine *Private Eye* first published?  
WHO...wrote the opera *Così fan tutte*?  
WHAT...does GCHQ stand for?  
WHERE...was the actor Sir Antony Sher born?  
WHEN...did boxer Chris Eubank last contest a title fight?

**just so**

6th  
6th  
6th  
6th  
6th

CROWN

A  
REST

LABOUR

## darn tough sudoku

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

Last week's sudoku

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

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

darn tough sudoku

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

Sudoku

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

Sudoku

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

**Last Week's Leisure Solutions**

**CROSSWORD BREAK:**

**Across:** 1 Beautiful;  
8 Rug; 9 Commiserate;  
11 Fanatic; 12 Scour;  
13 Infamy; 15 Ensign;  
17 Occur; 18 Pastime;  
20 Uncertainty; 22 Tar;  
23 Emergency.  
**Down:** 2 Ego; 3 Twist;  
4 Fierce; 5 Liaison;  
6 Premonition;  
7 Ignorance;  
10 Manufacture;  
11 Frivolity; 14 Miracle;  
16 Sparse; 19 Slang;  
21 Tic.  
**JUST SO:** Hole in the wall, In hot water, Man of the world, Out for the count.  
**WHO, WHAT, WHERE, WHEN:** John Godber; Ceylon; Poland; 1993; Raymond Briggs; Fish; Edinburgh; 1997.

Darn Tough Sudoku

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

Your work pad space ...



# MotoringWeekly

The top motoring and motorsport news

FLAMES  
OF GLORY:  
Throwback to a  
Burnout event



## A SMOKY SPECTACLE

**M**OTORSPORT fans are in for a smoky spectacle this Friday as the Bahrain International Circuit (BIC) hosts the latest round of its widely popular Burnout event in Sakhir.

Participants come from far and wide to put on a

fantastic show of rising white smoke at BIC's Vehicle Dynamics Area for car enthusiasts to enjoy.

And with it being one of the hottest events on BIC's calendar, participants are urged to register in advance.

Registration for those taking part and the scrutineering of their

vehicles will be held from 4pm to 6pm this Friday.

The participation fee is BD8 for each driver and those who would like to join in the excitement as a passenger can do so for BD5.5.

Meanwhile, spectators will be able to watch each event for BD2, with tickets available to buy on arrival.

All entrants' vehicles must meet specific eligibility criteria before being permitted to take part.

Gates will be open at 5pm and the Burnout action starts at 6pm until 11pm.

For more information, visit [bahraingp.com](http://bahraingp.com) or call BIC's hotline on 17450000.

BRING ON THE  
SMOKE: Heating  
up the tarmac



## GOLDEN GLORY FOR ATHLETE ON THE RISE



**G**EORGIA Taylor-Brown won the first World Triathlon Championship Series race of the year in Yokohama on May 14, putting her name on the board and rising to the top of the WTCS rankings, writes *Lisa Pringle*.

Backing up from her exploits in Singapore at the Arena Games last week, the Tokyo Olympic silver medalist returned to Japan to compete against nearly the same athletes from that fateful day in August. This time it was Taylor-Brown who got the upper hand against Tokyo Olympic gold medalist Flora Duffy, who hung on for third place behind Leonie Periault.

Emerging from the 1.5-kilometre swim within the front group, Taylor-Brown stayed out of trouble

on the 40-kilometre bike in slippery conditions that saw a bike crash take fellow Bahrain Endurance 13 athlete Cassandra Beaugrand out of the race and keep the chasers from getting aggressive.

Taylor-Brown then made her move from the first lap of the 10-kilometre run, logging the day's fastest run split and staying just ahead of everyone else to claim victory.

"Happy and relieved to take the win in Yokohama today. That hurt!" Taylor-Brown said.

"The first race back is always a bit of a slog; doubts, regrets, nerves but no pressure or expectations."

With six more races in the series taking place throughout the year, the next WTCS race will be on Taylor-Brown's home turf in the city of Leeds, in Northern England, next month.





# FAST TRACK TO SUCCESS



**SPORT REPORT**  
By HUSSAIN AREF  
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**B**AHRAINI race ace Najashi Rashdan is gearing up to take part in an international karting race in November, which he hopes will set him on the right track to achieving his Formula One dream.

The 26-year-old was crowned champion of the Senior Rotax Championship on March 25, which granted him a ticket to the International Rotax Grand Final in Portimao, Portugal where he will be representing Bahrain.

"I thank my team who believed in me throughout this journey," said Rashdan who races for Forza Bahrain team, which he cofounded.

"I am excited to take part in the international race as scouts from all over the industry will be watching the event.

"So I am hoping to showcase my skills in racing to get closer to my dream of representing Bahrain in Formula 1."

This is not Rashdan's

first victory - he has been crowned karting champion twice in earlier events.

Karting is a form of motorsport where competitors race in miniature, skeleton-framed, rear-engine automobiles called karts that are capable of going as fast as 160kmph.

The sport originated in the US in the 1950s after the first kart was devised from unwanted lawn-mower engines.

"I have always been a big fan of F1," he said.

"I remember watching an F1 race with my father on a Sunday afternoon; my siblings and I wore red T-shirts supporting Ferrari.

"Then, when I was 14-years-old, the first karting track opened in Bahrain and my brother took me to the venue. That kickstarted my journey in this sport."

Seeing his passion for racing, his mother gifted him a kart and since then Rashdan had been working continuously to improve his skills.

He explained his training

process which included jumping rope and neck training exercises.

"Racing requires a lot of energy," added Rashdan. "Once a racer completes eight laps around the track, they get tired and start making mistakes.

"So not only does my training involve familiarising myself with the track to maximise my time, but it is also necessary to develop my stamina to keep my energy up while racing."

However, inspired by his idol, the German racer Michael Schumacher, Rashdan believes his main advantage over his competitors is that he is his own

mechanic.

"I know my kart in and out, and can adjust based on how I feel on the track," he added.

"When I drive, I feel the smallest of changes in the car, so as both a mechanic and a driver, I feel like I am constantly improving on the kart to increase my efficiency on the circuit."

Rashdan plans to visit the track in Portimao one month prior to the race to gain some practice.

"My plan is to use this race to prove myself," he added.

"To step up from karting to racing in F1. I hope to represent Bahrain in our own formula circuit."



PROUD RASHDAN: Posing with the Senior Rotax trophy



IN ACTION: Rashdan on track