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Eco-champion!

COMMUNITY REPORT
By MAI AL KHATIB-CAMILLE
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SCHOOLGIRL Nyesha Passi has blossomed into an eco-champion after launching a gardening club in a bid to promote living an environmentally-sustainable life.

The 10-year-old British School of Bahrain student unveiled Nyesha's Little Green Fingers Club on World Environment Day to share gardening tips and tricks, as well as to show how easy it is to become eco-friendly.

"I hope that through my club, more children become actively involved in environmental sustainability projects," said Nyesha, who lives in Hooraa. "Hopefully, a growing consciousness would make sure that they don't buy too many non-degradable products or at least try to upcycle things in interesting ways."

"For my eighth birthday, I threw a party where I highlighted the issues of non-biodegradable decorations. I always hated the idea of plastic. Everything I used to decorate my birthday was completely degradable and still beautiful."

"I even insisted guests not bring any gifts and instead drop some cash in a charity box for the BSPCA, which I donated after my birthday to the animal charity."

"Through this club, I plan to make minimalism a lifestyle for everyone, conscious disposal of waste a daily habit



Nyesha

and make everyone aware that an organic kitchen garden is a must-have in every home.

"This all would reduce the pressure on the environment and we can learn to live in sync with Mother Nature happily."

Family and friends took notice of Nyesha's environmental passion too and planted the seed to start the club. "They were curious to learn and encouraged me to start a club," she said.

"I find it amazing how each and every plant has a different shape and texture and how they each have different needs to survive. It's exciting to see new leaves,

flowers and fruits pop up in the morning."

"Also, I enjoy art and crafts and my mum Shipra Dhir Passi always encourages me to upcycle stuff."

Shipra had shared Nyesha's club on their building's WhatsApp group and young residents have been quick to join and show support.

Due to Covid-19 restrictions, the club meeting is limited to six members per session with four children on a waiting list. They meet every Friday for about an hour and do a workshop on various topics such as basic gardening, waste management, miniature



Nyesha and club members

garden, organic compost, natural fertilisers and pesticides, upcycling waste, correct waste disposal habits, how to diagnose common plant issues, like root rot, and treat them.

"Once the lockdown is over, we can be more active, perhaps going for beach clean-ups and tree planting," Nyesha explained. "I plan to take the club members to the Duraz Hidden Treasure Garden project too and encourage them to become volunteers. It's a beautiful dream but a long journey and we need more helping hands to clean that area."

"We also need to make natural compost using kitchen waste as well as plant trees and then visit them regularly to check on their changing needs."

"In the future, I want to collect funds and buy plants with medicinal value or fruit trees to do tree plantation at the pocket forest."

Shipra was inspired by Nyesha to become more eco-friendly. "I'm much more conscious about disposing

of my waste the right way, carrying a reusable bag to the store, avoiding buying products in plastic packaging and have even made my kitchen completely plastic-free," said Shipra, Indian Ladies Association's general secretary.

"This younger generation is far more practical when it comes to implementing steps towards eco-friendly living, starting right from home."

Nyesha's inspiration stems from her mum who she says 'taught her everything she knows'.

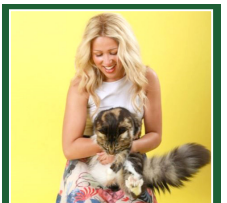
"I grew up watching her gardening and caring passionately for all the plants like they are her babies," she added. "I spend at least one hour every day learning from her."

Nyesha has grown microgreens that her mum uses for salads and stuffed parathas, as well as grape vines, Aloe Vera, Neem and Bahrain jasmine.

For further details on the club or to donate to help buy plants for the community tree plantation, contact 39475574.



MANGA MAKERS
International art contest
SEE PAGE 2



FURRY PHENOMENON
Music to the rescue
SEE PAGE 3



MAKING MUSIC
Spreading joy
SEE PAGE 4



BAKING BOUNTY
Treats for charity
SEE PAGE 5



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ART REPORT
BY AMAL SARHAN
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MAGNIFICENT manga storytellers and artists living in Bahrain are picturing the promise of success in a global competition being promoted by the Japanese Embassy in Manama.

Manga, a traditional Japanese comic novel format which originated in the late 1800, grew in popularity in the 1950s and snowballed into a worldwide phenomenon in recent years.

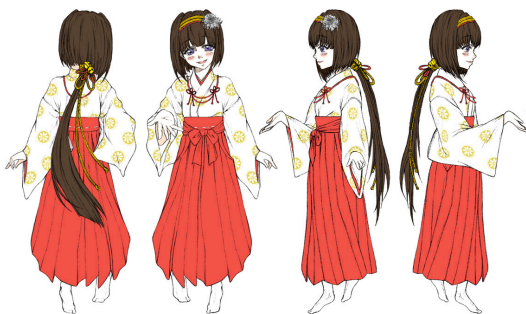
Fatima Fuad Basamait developed a love for manga at the age of 10, when a friend introduced her to *Tokyo Ghoul*, a dark fantasy series written by Sui Ishida.

"The more I read, the more I got attached to it. My love for manga has only grown since then, and I frequently collect and read the short story magazines," the 16-year-old Bahraini told *GulfWeekly*.

The Al-Marifa Secondary Girls School student found that she could see a lot of herself in manga. The young artist from Malkiya feels that the stories outline life's struggles, and have 'real meaning' behind them, and that despite the cultural divide, manga is quite relatable to a Bahraini audience.

Her own characters often incorporate the classic manga shape of a sizably large head and big doleful eyes. She is one of many enthusiasts hopeful that the traditional manga style will soon find a place in mainstream art.

Fatima Taher started drawing manga comics



A one-shot or 'yomikiri' by Fatima Taher



Fatima Basamait



Zainab Habib



Fatima Taher

at the age of 14, after she engrossed herself in manga offerings such as *D. Gray-man* by Katsura Hoshina, and the Emirati-based comic *Majlat Majid* as a child.

Seeing other artists dabble with manga art inspired the freelance illustrator and interior designer to start experimenting and developing her own style with a 'simple flow of lines'

juxtaposed by an intense and 'dramatised shading technique'.

"Reading manga is an experience in itself," she said. "It's interesting to see how emotional the stories can make you feel," the 24-year-old added. "It opens us up to a culture that differs from our own, a point of view we may have never considered, and stories we may otherwise have never read."

"Art is truly a universal experience, and is the ultimate tool for us to understand and appreciate each other, even across continents."

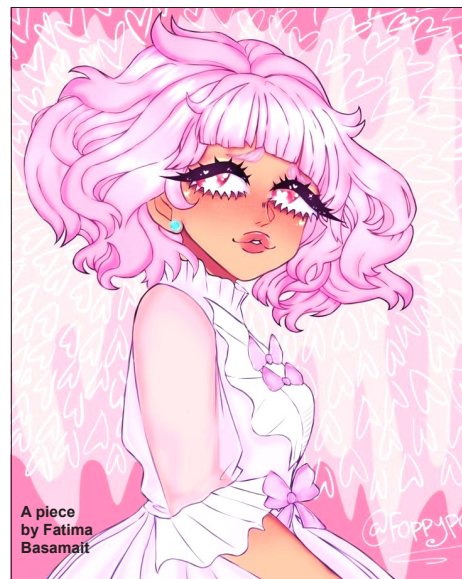
Fatima is now working on a one-shot or a 'yomikiri' on Japanese fantasy, mystery and drama.

She also participated in the international 'Inktober' art challenge last October, creating ink-based artworks.

Zainab Habib, a graphic designer by day and manga artist by night, also harbours a love for the century-old tradition.

The 26-year-old Bahraini draws inspiration from anime and Korean series, infusing manga art with an ink-based style to create impressionistic and realistic artwork.

"I believe that manga and Japanese culture



A piece by Zainab Habib

TOKYO BECKONS!

Manga artists on the island have a chance to showcase their skills during the International Manga Award competition.

The 15th edition of the competition, organised locally by the Japanese embassy, is calling on artists to submit any manga short novels they have completed in the last three years. The deadline for entries is July 8.

Selected winners will be invited to a 10-day trip to Tokyo in February 2022 to attend an award ceremony.

For more information, call the Japanese embassy on 17716565.



helped shape my personality to be a more compassionate person," the Budaiya-based artist said.

"Japanese culture has been around us for a long time, from toys to stationery to clothing, too. We just have not taken the initiative to find out more about where all those things come from."

The *GulfWeekly*'s sister newspaper, *GDN*, recently reported that MPs wanted to ban the Netflix series *Record of Ragnarok*, a manga-inspired

cartoon series featuring gods participating in a duel to the death against humans. The series was recently axed in India because it was deemed to have 'objectionable content and be offensive to religious beliefs'.

Competitions such as the International Manga Award, however, are welcomed by local artists as a creative way to grow

awareness about the art form's true roots and longstanding history in Japanese culture.



A piece by Zainab Habib

I'll be doggone – they're in tune again!

COMMUNITY REPORT
By MAI AL KHATIB-CAMILLE
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MUSICIANS from around the world will be strumming a series of songs on Saturday to raise funds for a furry cause in Bahrain.

The Music To The Rescue event, which is in its third instalment, will be live-streamed on Facebook and feature 17 performers supporting Bahrain Animal Rescue Centre (BARC).

The musical animal advocates raised around BDI,400 in the last two events and hope the latest entertainment extravaganza will inspire even more donations to the cause.

"It's been over a year since the last one and our situation is much worse," said Susan Cook, BARC's event organiser.

"We haven't been able to stage any normal fundraising events in the community as a result of Covid-19 restrictions."

"BARC has miraculously managed to continue operating over the past year. We have also succeeded in getting animals adopted here and overseas, finding foster homes, as well as the all-important spaying and neutering of strays, all accomplished by a small team of dedicated volunteers."

"We still need all the help we can get though and while this event is completely free to watch, we sincerely hope viewers will be inspired to donate."

The event runs from 4pm to 8pm and will be hosted by Radio Bahrain's DJ Milala. It will include 15-minute performances by BARC's chairwoman and soulful



Susan with the late Tony the Dogfather

Scottish singer Sandi Thom accompanied by Chip Moore, Ahmed AQ, May Al Qasim, Paddy Wall, Abyooki, Adel Fairouz and Nathalie, Suggzy, Najma and MJ, and Cheryl and Sherman from Bahrain. There will also be performances from Deborah Jones in Finland, Katy Gold and Beata Just in the UAE, Cleatus Tauro from Kuwait and Clarissa in the US.

"I'm passionate about music and I personally know all but four of the musicians appearing in our event," said Susan. "I am sad that they are struggling in these turbulent times during which music venues have been closed for months."



A dog at BARC

"The musicians are from many different countries including Bahrain, Tunisia, UK, Poland, Sweden, India, Nigeria, and the Philippines, performing a variety of genres to suit all tastes."

"We are very grateful to them for kindly donating their time and talent to support the animals - my second passion."

"All performances will be live-streamed and converted to videos which can be viewable indefinitely. The performances from the past two events are still up there for new visitors to view."

Bahraini musician May Al Qasim, who will be singing a combination of covers and renditions with a twist, is excited to be participating for the third time.

"I'm so happy to contribute to this cause and I am so glad that we have BARC to help us support our animals on this island, especially by using music as our aid," she said.

"I hope we touch as many people as possible with the message of how important it is to take care of animals and wildlife in general."

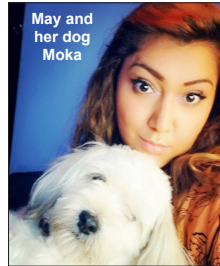
Ahmed is also thrilled to be a part of the project once again. "It's been pretty tough for the wonderful people at the Bahrain Animal Rescue Centre to keep up with the increasing costs to care for all the animals they have now."

"I hope people will look into their hearts, support the centre with whatever they can and enjoy all the cool music being streamed on the day of the event. As usual, I will be performing a few jazz classics along with some surprise jazzy twists of popular songs that most people know and love."

People that wish to donate to the cause can do so via *Paypal* and *Benefit Pay*. And those that have some free time on their hands can volunteer at BARC.

"We always need extra hands," said Susan. "During the long summer months, where there is not much going on, you can help in a variety of ways from assisting with the many social media posts, public relations and marketing for sponsorships, to picking up food donations, injured or abandoned animals, ferrying them to and from the vets, socialising the animals in the shelter or helping out with actual hands-on care at the shelter which has now relocated to Hamala."

"At any one time, we have approximately 400 dogs and 200 cats in the shelter. We are always looking for foster homes too which can



May and her dog Moka

be helpful not only to the animals but also to those who are reluctant to take on a pet



Ahmed and Kobe

permanently, due to their personal circumstances." Watch the online event on

the Facebook Group: Music To The Rescue and for details on donations call 39801393.

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Culture

Play with grit and determination

MUSIC REPORT
By MAI ALKHATIB-CAMILLE
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American singer-songwriter Tony Memmel, who was born with one hand and taught himself how to play the guitar using a special cast that he designed to pluck and strum the strings, is set to entertain and inspire music lovers across the kingdom at the Bahrain Summer Festival.

The 35-year-old father and motivational speaker will be joined by 'His Band', including his wife Lesleigh who sings, plays piano and percussions, Alex Nixon on percussions and Joey Wengard on guitar, for two days of virtual fun-filled programming.

The appearance comes courtesy of US embassy in Bahrain, in collaboration with festival organisers, the Bahrain Authority for Culture and Antiquities.

"We are super excited to be a part of this festival," Tony told the *GulfWeekly*. "When I was touring in Saudi Arabia in 2019, we were told that we'd really enjoy Bahrain and we hope to visit it in person someday."

"To be a part of the festival is a great joy and honour. My message is to keep going and never give up because I believe we each have a purpose and we are designed with some ability that is unique to us."

The performances, staged virtually at 5pm on July 7 and July 9, will feature discussions about American folk music and its history, instrumental demonstrations, concerts and inspirational messages about resilience and overcoming adversity.



Tony inspiring a youngster

"I was born with one hand and taught myself how to play the guitar by designing a cast using Gorilla tape," said the Nashville-resident who is currently working with children with special needs at a summer camp just outside Houston, Texas.

"Learning to play the guitar was not easy. It was really hard and it took me almost eight years of trial-and-error to build my adaptive cast. I'll be talking about overcoming adversity and the 'capability over disability' message to open the concert and then get into the music."

"We have a nine song concert where I will start with a few acoustic numbers and then the band will come in and join me."

The programming has been recorded from all over the country as the band members are in three different states right now.

"We put it all together virtually so it's been really cool to see it all come together," added the 2013 Wisconsin Area Music Industry Singer-Songwriter of the Year.

"We are doing a number of selections from the American pop-rock-country songbook."

They will be performing songs from the likes of Johnny Cash and Paul Simon on the first day, along with original songs by Tony such as his stirring *I am never, never, never gonna give up* and *Baby* which was written when he and his wife were expecting their son, Theodore, who is now aged two.

"I have written close to 200 songs and the songs that I will be playing in the concert will hopefully have everyone singing along," he said.

"I like trying to get everybody involved and one of my favourite things in the whole world is a good singalong!"

The second day will start in similar fashion. It will include the history of American folk music and an instrumental demonstration of items that can be used from around the house to make music, such as spoons.

"Spoons are a traditional American folk instrument going back many generations," explained Tony. "We also talk about the history of folk music and we will also give a few demonstrations of some of those significant songs. We call ourselves 'cultural diplomats' that travel around the world sharing different pieces of American history and culture."

Tony has toured 47 of the 50 US states and 17 countries, including parts of South America, South East Asia and the Middle East, sharing his music and his message of hard work, determination, and resilience.

His work ranges from composing symphonies, to writing and arranging music for children, visiting schools and hospitals and helping people with hand/limb-differences (like his) to develop their own adaptive methods that allow them to make music a part of their lives.

"When I first started in

SUMMER FESTIVAL THIS WEEKEND

The Bahrain Summer Festival kicks off this week, with a Lebanese musical performance set to be streamed throughout the month, alongside a cooking show, writing workshop and musical concert. All events can be livestreamed on Baca's YouTube channel, writes *Naman Arora*.

● RESTO MARYAM (PLAY)

Starting tomorrow
This Lebanese play tells the story of Jerome, an ambitious man who proves himself through his work at a restaurant, stirring jealousy in his colleague Majid.

● ITALIAN COOKING SHOW

Friday, 5pm
Learn a hearty and easy recipe to cook for the entire family as you take a virtual trip to Italy. At 6pm, learn how to make Italian-style gelato in just one minute.

● SHORT STORY WRITING WORKSHOP

Saturday, 4pm
A number of Bahraini writers and wordsmiths will lead a four-part series of writing workshops, during which children, aged eight and above, will learn how to craft and write short stories.

● CHINESE FOLK MUSIC CONCERT

Sunday, 5pm
Organised in collaboration with the Embassy of China, enjoy a Chinese folk music concert, featuring traditional instruments such as the Guqin, Xiao and Guzheng.

Tony Memmel and, inset, with His Band



music, my goals were to be able to write and play my own songs," he said.

"I didn't even know very many people growing up that were like me. I was the only person in my school and the only person I knew in my city where I grew up."

"When social media started to take off, that's when I started to get messages from both children and parents of kids who either have similar physical differences or found encouragement in my story."

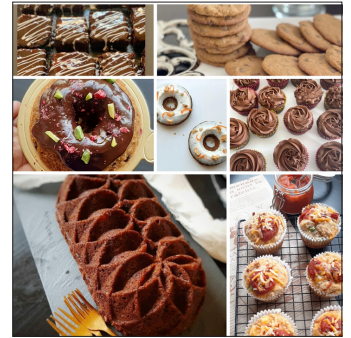
"It's been the joy of my life to have these opportunities."

Visit www.culture.gov.bh, for details.

Weekly



The cheque handover with Anjali Gupta, Ekta, Nisha and Shipra Dhir Passi. Right, a collection of healthy bakes



Bakers on a roll!

THE kingdom's bakers that united to whisk up funds for Sneha's recreation centre for children with special needs has raised more than BD1,000, writes Mai Al-Khatib-Camille.

Chef Ekta Sethi, who is a member of the global Ovenderful Mom Bakers Community, had launched a Ramadan Healthy Bake Sale charity event to raise awareness about the benefits of wholesome desserts, as well as to aid the centre which is run by the Indian Ladies Association (ILA).

The funds collected from the sale of breads, muffins, cakes, cupcakes and cookies has now been counted and collected and will help in funding the centre's operations, activities and classes, which are currently being held virtually as a result of Covid-19 restrictions.

"Thank you is a very small word when it comes to the bakers of the Ramadan Bake Sale group," said Nisha Rangarajan, ILA's honorary president.

"We still have to pay rent for the venue that we will be going back to soon, once the schools start physically, that is, salaries of two special educators, the therapists that we provide from time to time and we are also planning to have routine medical check-ups done in the second half of the year.

"The Indian Ladies Association is truly indebted to Ekta, who is an ILA member, in initiating this charity drive. She and the other bakers have raised an outstanding amount that has been contributed toward the welfare of Sneha."

Sneha is an ILA flagship project that started as an informal playgroup for children with special needs in December 1987 by four of the group's members. And, over time, it flourished into a thriving centre with 20 children of different nationalities and disabilities including Down syndrome, cerebral palsy and physical disabilities.

"The main aim at Sneha is to provide a safe haven for children with special needs," added Nisha. "A lot of work, planning and effective execution goes into the successful running of Sneha; a work done with loving sincerity of this subcommittee.

"Truly it can be said, without any doubt, that this subcommittee actually lives the motto of ILA which is 'service without self'. Our aim is to enable students to grow to their fullest potential by providing free appropriate and designed activities to fit their unique abilities and to make them effective members of society."

Since the pandemic, the centre has been running classes virtually to keep the youngsters entertained and educated under the guidance of Deepa Devanarayan and Aarti Phadke.

"Our aim has been to maintain an organised classroom-style and limit distractions and breakdown instructions into smaller, manageable tasks ... given the nature of our children," said Nisha. "And, today, we

are proud to say that we have successfully completed more than a month.

"With nine dedicated volunteers and two experienced teachers, we are doing our best to conduct classes virtually, five-days-a-week, to 12 children with special needs.

"We have followed the same timings of 9am to 11am but have divided the children into groups according to their ability and age."

The classes are run for 20 minutes each on an online 'one-child-one-volunteer' basis.

"It starts with a group prayer and then every volunteer is sent separately to a 'break-out room' for 20 minutes each with a child giving personal attention to do their exercise, communication skills, gross motor activities, social skills and life skill activities which are specifically-designed to cater to a child's ability," explained Nisha.

"We thank the parents who assist them at home and we're really proud and happy when parents have taken such a keen interest."

The children continue to participate in an array of art and crafts classes, including making bookmarks, diya painting (small cup-shaped oil lamp made of baked clay) and shagun envelopes (gift envelopes), which supporters can purchase from the centre to help raise further funds.

The students have also



participated in dance classes, therapy classes, cooking sessions, yoga and life skill tasks as well. There are even workshops for parents with special educators.

Ekta said she was delighted that the baking fundraising efforts proved successful and was able to help ILA and Sneha continue its commitment to the children.

"I am very grateful to Bahrain and its lovely people for their support and generosity," said Ekta. "I would like to express my gratitude to the GDN for their feature helped more bakers join in. I also would like to thank event sponsors Green Beets restaurant and Let Them Eat Cake Bahrain, as well as Awal Dairy and Megamart for sponsoring some of our ingredients.

"Last but not least, I'm so thankful to Gehna Purohit, Kavitha Chowdary, Pia Banerjee D'souza, Amrita Darshan Bhatia, Manjula Akula, Anuradha Vemuri who put in their heart and soul into this bake sale and helped make it such a huge success."

• Those interested in sponsoring or supporting Sneha can visit www.ilabahrain.org, email ilabahrain@gmail.com or contact Nisha on 39617094.

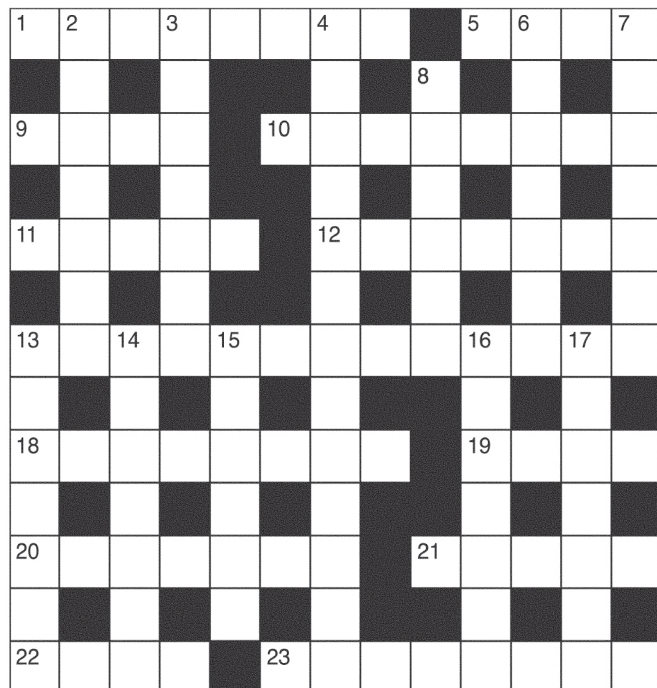
Time Out



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crossword break



Solutions in next week's issue.

ACROSS

1. Penitent (8)
5. Customs (4)
9. Motor-cab (4)
10. Estrange (8)
11. Less (5)
12. Reviling (7)
13. On purpose (13)
18. Surprised (8)
19. Cheek (4)
20. Attain (7)
21. Odd (5)
22. Weary (4)
23. Amaze (8)

DOWN

2. Speech (7)
3. Offering (7)
4. Garrulity (13)
6. Type of dog (7)
7. Landscape (7)
8. Come back (6)
13. Moment (7)
14. Tutor (7)
15. Lower (6)
16. Postpone (7)
17. Unruly (7)

who, what, where, when

WHO ... was the US Secretary of Defence 1981-87?
WHAT ... city in Macedonia was formerly called Monastir?
WHERE ... in Africa is the city of Welkom?
WHEN ... was the magazine *The New Yorker* founded?
WHO ... wrote the novels *Lipstick Jungle* and *Trading Up*?
WHAT ... animal believes itself to be a racehorse in the film *Racing Stripes*?
WHERE ... were Joan Enric Vives Sicllia and Nicolas Sarkozy the joint heads of state?
WHEN ... was British Amphibious Air Lines Ltd founded?

just so

event wise

VALUOR

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TIPTREE TIPTREE

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

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

darn tough sudoku

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

Sudoku

			9	4	6			3
6	2			3		4	8	
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Sudoku

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

Last Week's Leisure Solutions

CROSSWORD BREAK:

Across: 1 Switch; 4 Advent; 9 Disrespectful; 10 Spindle; 11 Ruche; 12 Happy; 14 Ambit; 18 Agile; 19 Bugbear; 21 Confectionery; 22 Dilute; 23 Lesser.

Down: 1 Sadism; 2 Inspirational; 3 Creed; 5 Decorum; 6 Effectiveness; 7 Teller; 8 Spree; 13 Pretext; 15 Rancid; 16 Abate; 17 Prayer; 20 Globe.

JUST SO: A finger in every pie, The great gatsby, Pile on the agony, Thumbs down.

WHO, WHAT, WHERE, WHEN:

Howie Mandel; Socks; Owensboro, Kentucky; 2008; Anthony Cox; Kinder Scout; Bahrain; 2002.

Darn Tough Sudoku

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

MotoringWeekly

The top motoring and motorsport news

BUILDING THE FLEET FOR THE FUTURE



Rasool Al Haddad, centre, and Shaikh Ali Isa Ali Abdulla Al Khalifa, third from right, with key officials at the handover ceremony. Right, the new Mercedes-Benz Actros trucks



A leading construction company in the kingdom has upgraded its fleet with a new set of Mercedes-Benz Actros trucks.

Al Haddad Motors, the exclusive dealer for Mercedes-Benz in the kingdom, recently delivered a fleet of the new trucks to RedX Industries, as part of its long-standing partnership with the firm.

"RedX Industries is one of the

leading manufacturer of building materials, and the work they do helps pave the way for the country's continuous growth and development," said Warren Hudson, general manager.

"We are delighted to be a part of their journey and are confident that our Actros trucks will continue to deliver outstanding performance, economy and impressive return on investment for years to come."

The construction company has invested millions of dinars into Mercedes-Benz trucks based on their quality, safety, durability and reliability.

A key handover ceremony was held at Al Haddad Motors after-sales facility in Salmabad.

Present were Shaikh Ali Isa Ali Abdulla Al Khalifa, managing director of RedX Industries, and Eduardo Ania, general manager of the asphalt division alongside

Rasool Al Haddad, chairman of Al Haddad Motors, Warren, and Mohammed Ashraf Shareef, commercial vehicles sales manager.

Commenting on the occasion, Shaikh Ali said, "Considering our heavy operations and diversified business, it is essential that we have trucks that can deliver under tough conditions and meet all our transport requirements."

"The Mercedes-Benz trucks have

a proven track record that extends for decades and we are incredibly excited to further strengthen our long and prosperous relationship with Mercedes-Benz Bahrain."

The new partnership is the latest in a long line of tailor-made and reliable transport solutions by Al Haddad Motors, which include unparalleled after-sales service, as well as expert technical and driver training support.

For more details, call 17785454.

Charging ahead

RACE ANALYSIS
By NAMAN ARORA
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THE Styrian Grand Prix was this year's biggest indicator that although Mercedes are reigning champions, this season they may just be trophy-warmers for arch-rivals Red Bull, who solidified a 40-point lead over the Silver Arrows.

Red Bulls' Max Verstappen cruised to a first place finish, a stunning 35.743 seconds ahead of seven-time world champion Lewis Hamilton of Mercedes.

Of course, the Red Bulls had the home advantage at the Red Bull Ring in Styria. But if there were ever a time for Mercedes team principal Toto Wolff to hit the panic button, this is it.

"We knew the time would come when it became tougher for us - and it's here right now," Wolff said after the race. "Red Bull clearly had the quicker package and we didn't have the pace to apply strategic pressure to Max who could have covered every move we made; he simply controlled the race from the front."



The Mercedes team managed a stellar 2-3 finish

"We can see that Red Bull are still developing strongly, while our focus is now primarily on 2022, but that doesn't mean the championship is over - we will be fighting with every weapon we have, and the battle is still full on."

Three takeaways emerged from the Styrian Grand Prix, which saw Hamilton followed by team mate Valtteri Bottas, Sergio Perez (Red Bull), Lando Norris (McLaren), Carlos Sainz (Ferrari), Charles Leclerc

(Ferrari), Lance Stroll (Aston Martin), Fernando Alonso (Alpine) and Yuki Tsunoda (AlphaTauri).

First off, Norris is no longer just happy with fifth position. A year ago, the Brit would have been happy finishing nine places ahead of team mate Daniel Ricciardo. But this time, his attitude was cavalier.

"A good race, quite straightforward - there wasn't too much going on from my side," he said after the race. "We weren't under too



The Smiling Dutchman - Verstappen after the race

much pressure from the cars behind, and the cars in front of us were too far ahead, which we expected."

He went on to note that McLaren were much more competitive in qualifying, and fell behind when tyre management and pit strategy started to play a bigger role - a sign that he is now looking for a competitive advantage on the grid, instead of within the team.

Secondly, the jokes about Ferrari's Master Plan can finally stop. The Prancing

Horses have put up solid performances throughout the season, with Charles Leclerc nabbing the Driver of the Day title after falling to P18 as a result of an incident involving Pierre Gasly (AlphaTauri). He then recovered to P7, one spot behind team mate Carlos Sainz who jumped eight spots from grid to chequered flag.

And, finally, while it may be tempting to think that Perez's success this weekend came because Red Bull has finally figured out a two-driver strategy, the pit stop strategy

that cost the Mexican his P3 proves otherwise.

Instead of the team adapting to Perez, it seems he has found a way to adapt to the team, copying Verstappen's setups and settings and contouring his driving style around them. But the team's priorities burn a hole in his stellar driving when slow and badly-planned pits cost him (and the team) valuable points.

The second race in Styria is set for the coming weekend, with the Austrian Grand Prix scheduled from July 2 to 4.

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TOP OF THE LEAGUE FOR LOCAL AND INTERNATIONAL SPORT

June 30 - July 6, 2021

Deena's on the run again!



SPORT REPORT

By MAI AL KHATIB-CAMILLE
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BAHRAIN national team midfielder Deena Rahman, who has notched five Guinness World Records over the years to raise awareness about gender inequality in sport, has now conquered the marathon madness trail in the UK.

The 38-year-old director and head coach of Tekkers Academy Bahrain was bitten by the running bug a few years ago and participated in a running expedition in Malawi in 2018 and finishing sixth in the women's category of the 100km 'London 2 Brighton Challenge' in 2019.

This time around, Rahman laced up to complete five 21km half marathons organised by Sussex Trail Events, set in five different locations over five days.

"Before the pandemic, I had already started this journey of challenging myself but I do feel it definitely has magnified the desire to embrace opportunity and set myself goals and challenges to see what I can achieve," said Rahman, who lives in Al Qurayyah.

"My motivation behind these challenges is generally to keep myself fit as much as possible, but just like with playing football, you are always motivated by your next match or tournament.

"It's the same for me with running. I'm always looking for either something unique or the next distance challenge I haven't yet done to push myself and see what I can achieve."

Rahman came to learn about this challenge through her friend Kate Custis and



Rahman and Custis at another run

I'm always looking for either something unique or the next distance challenge I haven't yet done to push myself and see what I can achieve.

since she was back in the UK, she signed up for it.

"The five runs were all slightly different," she added. "There were three based along the seafront at different places and two trails – one in a country park and the other by the river.

"The trail in the park, which was the third event, was definitely the toughest. It was up and down hills, uneven ground and a hot day for the UK.

"There was a set of steep stairs in the middle of the course and we had to complete five laps of the course to get the half marathon distance."

It was all worth it in the end as a beaming Rahman now has five medals to add to her sparkly collection of accolades.

Rahman will be participating in the full continuous Isle of Wight Challenge next in July 10 and this event is particularly near

and dear to her heart.

"It's 106km and I will be walking with my sister Heba Jackson continuously, hopefully between 24 to 26 hours, until we finish," she explained. "This was her goal for her 40th birthday last year but it was cancelled due to Covid-19. It's actually quite special as it has fallen on her birthday this year so we will be walking on her birthday and it will now finish her 40th year!"

After that, it doesn't look like Rahman will be slowing down any time soon. "I went through a stage where I felt triathlons and Ironman were my next goal," she said.

"I got a road bike and started to train, but I really don't like swimming and, therefore, that desire fizzled out. It's still something I think about though so maybe I will invest in improving my swim technique and revisit this.

"I've completed three marathons to date and lots of half's and less but my furthest distance achieved through running is the 100km Ultra and so now I would like to do a longer distance, maybe a 100-miles one, and also potentially one of the hard-core multi-day running events. There are a few things I have my eye on so let's see what happens!"

For details, follow @deenas10 on Instagram.



One medal after the other