

Helping hands

COMMUNITY REPORT
By MAI AL KHATIB-CAMILLE
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THE kingdom's overwhelming generosity during the Afghan refugee appeal inspired other charitable entities such as OneHeartBahrain to launch a new initiative to spread goodwill across the kingdom.

The social media campaign was launched in September 2019 by social strategist Birthe van der Heijden, a Bahrain resident who believes in spreading awareness about the beauty of diversity and how we are stronger together.

Spurred on by the Afghan crisis, the 100-membered group formed the From Community to Community project, which aims to bring people together to work as one for a cause.

"The recent Afghan refugee appeal created a mountain of goods, which was distributed amongst local charitable entities," explained the Dutch mother-of-three who is a teacher in meditation practice. "However, the volume was so high that even local charities had inadequate space to store or immediately distribute them," the Saar resident said.

"So, when we were approached, we thought we cannot let these goods go to waste as there are so many needy people around us who would greatly benefit from them."

Bahrain had helped in evacuation efforts of Afghans by allowing flights from Kabul to use Isa Air Base as a transit point, following the



Birthe and the OneHeartBahrain volunteers at the camp

swift takeover by the Taliban that culminated in the capture of Kabul on August 15.

A message had circulated on social media on August 24 in Bahrain, urging people to donate essential items such as clothes, toys, diapers, shoes and milk to Afghan evacuees in Bahrain and people from all walks of life happily complied, including schools and social clubs.

"So you could say that it all started with the Afghan community in need, which then spurred the Bahrain community into action," added Birthe. "We continued that loving action by ensuring these goods find a right home for people in Bahrain. We were encouraged by how many people and communities took part and donated towards the Afghan appeal, that we wanted to continue this collaborative approach to serve people in need, and work together with other charities, groups

and organisations, to create solutions."

The main goal of the From Community to Community initiative is to form a network of support around socio-economic problems in Bahrain and do more beyond the immediate scope.

Since the campaign started, OneHeart members have received support from their regular big-hearted contributors as well as from an array of clubs, societies and organisations such as the Bahrain Rugby Football Club, the National Evangelical Church, the French Association of Bahrain, the Bahrain Marathon Relay Organising Committee, the American Women's Association, the Bangladesh Community, LuLu Hypermarket and the Saturday Biryani Party.

"We recently heard about a labour camp that had been struggling without an income and needed extra support,"

said Birthe.

Besides the usual LuLu box donations provided by the public, fresh vegetables were provided through a private donor and second-hand clothing came from the Afghan collection made at the Bahrain Rugby Football Club.

OneHeart also received shelf-life food items and toiletries from the French Association of Bahrain as well as from private donors. President of the French Association Linda Lebailly was also present at the camp. And finally, the Saturday Biryani Party distributed fresh meals and dry food to the camp.

"Unfortunately this camp is not an isolated case," added Birthe. "Therefore, we cannot rest here and will continue to move on to other camps, groups, families and individuals."

"We do not see this campaign as having an end point, but rather as

an ongoing effort towards strengthening this country and reminding each other about the force of goodwill in Bahrain.

"For our #fromcommunity-tocommunity campaign, we would love to hear from any other groups and organisations who would like to collaborate with us. Together we can do so much more. We can help each other. Our door is always open to working with others."

The group has secured a free storage space for second-hand goods. However, there are no air-conditioners and the space is too small to sort items into a proper inventory. Therefore, they are looking for someone to either sponsor the rent or offer them larger storage space or a warehouse with AC.

To support the campaign, follow @OneHeartBahrain on Instagram, email oneheartbahrain@gmail.com or WhatsApp 33872346.



PILLOW POWER
Supporting Lebanon
SEE PAGE 2



ART FOR CARE
Fundraising for rescues
SEE PAGE 3



ALWAN ART
A colourful showcase
SEE PAGE 5



STARSHIP SEDAN
S-Class on the streets
SEE PAGE 7

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Cushions for a cause

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By MAI AL KHATIB-CAMILLE
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BAHRAIN-BASED artist and designer Nathaly Jung has teamed up with Lebanese illustrator Sasha Haddad for a creative collaboration aimed at raising funds for Lebanon.

Devastated over the destruction and tragedies that continue to strike the people of Lebanon, the dynamic duo has designed a cosy cushion inspired by traditional Lebanese symbols with all pillow proceeds to be donated to a charity to support families in need.

"I was heartbroken about the explosion in Beirut last summer and was looking for ways to raise funds through my work," said the 50-year-old French-German founder of Yalla Habibi design company. "I had been following Sasha's work on *Instagram* and thought about collaborating with her. I really admire her talent and am a big fan of her style. It's kind of whimsical; with a touch of retro and her illustrations for children's books always move me."

"When Sasha came to visit her sister in Bahrain, we met up and discussed the idea of a small cushion and together we decided to make a pillow for Beirut. Sasha provided the central artwork and I chose the fabric and finishing style. It



The iconic coffee cups

takes around 10 days for the production to finish it."

According to them, the tulip on the pillow is a reference to the Lebanese traditional coffee cups design.

"Pillows are usually added to couches in the living room for more comfort and added decoration," said Sasha, a 34-year-old illustrator from Lebanon currently based in Athens. "In Lebanon, living rooms are where people gather and chat over coffee. You'd see the little cups with coloured tulips filled with fragrant dark coffee being distributed to invitees to fuel the conversations."

"I also included the arch and small circular windows in the design as a reference to the traditional Lebanese

architecture. One can also see the famous 'evil eye' that is usually found in the bottom of finished coffee cups during fortune telling. And finally, the sun and the moons represent the circle of life."

All the proceeds will be donated to Lebanon and mainly to Beit Al Baraka which supports Lebanese families in need by providing them with food, medical services, education and also financial assistance. The group also helps renovate homes of families whose properties have been badly affected by last year's blast.

The disastrous explosion that occurred on August 4 at a port warehouse in Beirut, the capital of Lebanon, had resulted in at least

220 deaths, 7,000 injuries and around \$15 billion in property damage. It also left an estimated 300,000 people homeless.

Lebanon has also suffered a severe economic crisis over the past 18 months and its currency has collapsed to record lows. Some local healthcare companies have already run out of medicines needed to treat cancer and heart disease. Power cuts, lack of drinking water and petrol shortages have also become a part of the daily routine for many of the country's citizens.

Government electricity only reaches Lebanese homes for one or two hours a day, while the companies that operate private electricity generators ration supplies due to a shortage of fuel to run them.

"I have wonderful friends in Lebanon and I find it tragic that after losing so much in the bomb blast, people's savings and decent living condition have been so terribly affected," added



The cushion



Nathaly



Sasha

Nathaly.

"I hear that there is no electricity for most of the day and friends struggle to find basic medicine like Panadol. Also, people can choose to donate to another charity that is active in Lebanon."

Meanwhile, Sasha left Lebanon after the blast to live in Greece, but still visits the place from time to time.

"I see the situation getting worse," added Sasha who is planning on writing a children's book before the year's end. "People's money

is blocked by banks; there is no electricity, no fuel, no medication, no gas, no traffic lights or any kind of light in the streets or at the end of the tunnel. People are struggling."

The cushion costs BD39, with free delivery in Bahrain, and people can reach out to Nathaly @yallahabibi_bh on *Instagram*. "Or people can transfer this amount to the Lebanese charity of their choice and send me the receipt and I'll make the cushion by order," added Nathaly.

Record breaking feat

ABahrain-based expatriate has become one of the elite few Guinness World Record-holders, joining an association that has always been close to his heart in setting a unique record, perfectly suited for the new normal, writes Naman Arora.

Shahzad ur Rehman Haider, who was born and raised in Bahrain, joined 443 members of the Dwarf Sports Association UK (DSA), in setting the record for the 'longest video chain to catch and pass a tennis ball.'

The record was set in



Shahzad

May with more than 444 individuals diagnosed with dwarfism, submitting videos of each one catching a tennis ball, apparently from one of

their peers, and passing it to another, virtually.

"I have been associated with the DSA since I pursued my MBA there, and I have been fascinated with the Guinness Book of World Records since my parents bought me a big, fat copy of it during my childhood," the Hamad Town resident with Pakistani heritage told *GulfWeekly*.

"One day, I saw a Facebook post by the DSA UK to take part in the longest video chain to catch and pass a tennis ball. Initially, I was reluctant as I am not in the UK, but after I wrote to them, they were

kind enough to accept me as an overseas participant."

Shahzad recorded his clip in the video at one of Bahrain's malls, and found himself a bit self-conscious as passers-by kept staring, trying to figure out what he was doing.

"One of the children even stopped and asked if he could play with me!" Shahzad added. "I ended up tossing the ball with him and his sister for some time, which was quite a lot of fun!"

Shahzad credits his sister Anika for her support and for always being there for him, and hopes his parents,



A screenshot from Shahzad's part of the Guinness World Record attempt

who have passed away, are "watching proudly from above".

With one record already

under his belt, Shahzad is already on the hunt for more Guinness World Records to break or set.

For our furry friends



Art Attack Krew members before they meet their subjects

A colourful collective of artists will soon stage a three-day Art for Care exhibit to raise funds for the Bahrain Animal Rescue Centre (BARC).

The Art Attack Krew, which features more than 30 members of different nationalities and artistic backgrounds, will showcase their artwork along with painted portraits and T-shirts of the cats and dogs at the shelter.

The charity sale will be held at Artly's studio in A'ali, from September 30 to October 2, from 5pm to 11pm.

"Our mission with Art for Care is to support our community through art," said Krew member Stella Auxtero, who works with different mediums and enjoys portrait expressionism. "We believe that art is not just putting our work and hobbies for all to see. Art is about intent and communication."

"We believe that it is our personal act of courage to do something that creates a change. And with that in mind, we will be conducting different projects, charities and activities where we can use our abilities as artists to help people, animals and the community as a whole. This time, we are starting with BARC."

She highlighted the plight of street and domestic animals that are abandoned without a home and struggle to meet their daily requirements.

"We feel so deeply for them and believe



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that they deserve love, safety and mental peace as well," she added. "This can be made possible by generous caretakers and also with donations for food, shelter and veterinary care."

The multinational and multidisciplinary artists involved in this fundraising event will showcase mix media artworks in a range of sizes and styles using acrylic, oil, spray paints, water colour and graphite pencils on canvas and fabrics.

They have created a series of canvases featuring cats and dogs, painted from photos taken during their visit to the shelter on August 19. Behind each painting is a story

about the rescue as well. There will also be T-shirts with animal-inspired images as well of the rescues. "Through Art for Care, you are not only buying artwork but also giving a tremendous amount of love for these animals," added Stella.

"Their safety and well-being is important and we hope that they will live a life free of cruelty and suffering. Through this, we can help and build awareness where people value animals and treat them with respect and kindness, much like the way we treat human beings. We would love for people to come to Artly to support the cause."

For details, follow @art.attack.krew on Instagram.



Stella



A rescue's portrait



One of the artworks that will be on show



An eager doggo



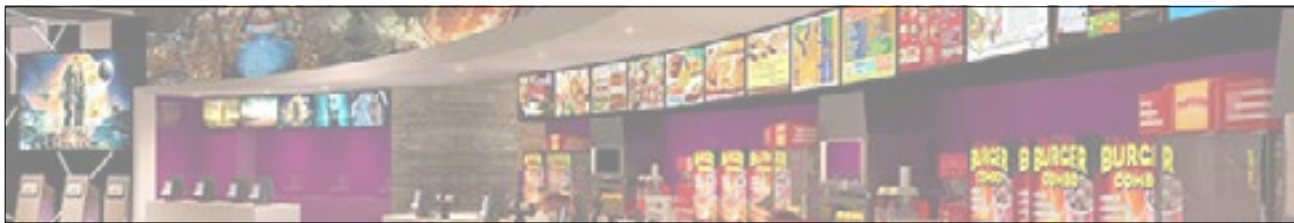
One of the T-shirts



A Krew member showing the rescues some love



Cats at the shelter



At the inauguration, from left, are Yaan, Bernard de Villèle and executive assistant manager in charge of sales, marketing and public relations, Jeremy Canivet

A FOOD BOUTIQUE

Gourmet food lovers will be able to take The Ritz-Carlton, Bahrain's dining experience home, thanks to its recently launched epicerie, writes Mai Al-Khatib-Camille.

La Gourmandise – the new luxurious gourmet food shop conceptualised by Yann Bernard Lejard, the five-star hotel's culinary and food and beverage director – features a variety of sweet and savoury delicacies from the hotel's signature restaurants as well as quality items imported from Asia and Europe.

It features nearly 200 different products including a selection of premium meat, salmon, market-fresh vegetables, a variety of cheese, pastries, oils, spices, handmade pasta, pre-cooked meals, beverages, and a lot more.

The aim is for the shop to become the finest food boutique in the heart of Seef, where shoppers can find everything they need, from breakfast, lunch to dinner, under one roof.

"We believe that in a post-pandemic scenario, guests are inclined to eat healthier at home much more often and La Gourmandise provides a unique shopping experience with exquisite products from passionate local producers and from abroad," said general manager Bernard de Villèle during the opening on Sunday.

"Staying true to our promise to provide the finest personal experience for our guests that they can indulge in the Ritz-Carlton treats



and experience even at the comfort of their homes, we have built a unique place where guests will have a choice to pick up either a delicious pre-cooked meal from our kitchen or buy premium ingredients for a well-cooked meal, like a handmade pasta or a generous helping of Camembert cheese.

"La Gourmandise will provide carefully selected products for their distinct flavours, origin, and artisan production; to create a unique place where modern and classic blend together for a culinary journey of excellence."

La Gourmandise is open daily from 9am to 9pm and for details, visit www.ritzcarlton.com/bahrain or contact the hotel's dining experts at 1758 6499 or the hotel directly at 1758 0000. Also, tag your Ritz-Carlton Bahrain photos #RCMemories and follow @ritzcarltonbahrain on Facebook and Instagram.



Colourful

ART REPORT
By NAMAN ARORA
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THREE Bahraini up-and-coming female artists are showcasing their talent at the Alwan art exhibition being held at one of Bahrain's leading five-star hotel properties.

Zaina Ali Albustani, Abeer Jaffar Ayyad and Noor Sami Hamada have put together unique collections, each encompassing eight pieces, for Alwan, which translates to colours in Arabic.

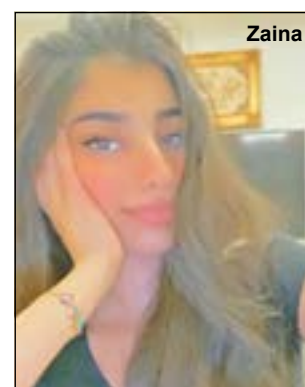
The exhibition was inaugurated by Shaikh Rashid bin Khalifa Al Khalifa, honorary chairman of Bahrain Arts Society, last week and is being hosted at the InterContinental Regency hotel, Manama.

"It is amazing to see the quality of art work we are seeing from young women these days," Shaikh Rashid told *GulfWeekly*.

"I am optimistic about the future of our arts scene seeing the support they are getting, especially from their families."

Each of the three artists have distinct styles and themes. Zaina, a 16-year-old Grade 11 student at the AMA International School, goes inward with her pieces, painting portraits depicting inner struggles with feelings and mental health.

She has developed her skills at the Jehan Saleh studio, and draws inspiration from Salvador Dali and Vincent Van Gogh. She credits the experience she has gained in the studio for giving her the confidence to participate



in Alwan, her first-ever exhibition.

"These paintings, all created last year, helped me get through a difficult period in my life," Zaina added.

"My art helps me channel feelings of isolation, depression and anxiety into a

positive outlet. So far, I have explored pencil, charcoal, acrylic, mixed media and oil, of which oil has been my favourite to work with, since the long drying period gives me a chance to correct and refine the product."

The idea for the exhibition

Until the End by Abeer



Weekly

l and captivating



The Lilac Series by Abeer



Zaina shows her work to Shaikh Rashid

us,” Abeer explained.

“As a human, as an artist and as a student, my artwork helps me appreciate the details in the world around us and how we are interconnected with it.”

Twenty-year-old Noor comes from an artistic family and draws inspiration from her grandfather and father’s endeavours.

Her great-grandfather, Mohamed, was a sculptor, carpenter and diver who persevered despite his blindness, passing on his talent and skill to his son Abbas, who taught Noor about working with oil and charcoal.

The Bahrain University student has already devoted a decade of her life to the arts and is also studying landscape architecture so she can combine her artistic acumen with scientific study to beautify and improve the world around her.

For the Alwan exhibition, she picked a smorgasbord of different media to showcase her journey as an artist.

“Each painting reflects a different style that I like and they were all done with inspirational feelings that reflect my psychological state,” Noor added.

“My favourite medium is acrylic and I am gradually moving towards oil painting.”

The Alwan exhibition is part of InterContinental Regency and the IHG hotel family’s ‘Giving for Good’ month, and will continue, every day from 4pm to 9pm until Saturday.



Noor

came about when 18-year-old Abeer, who is currently studying hotel management at Vatel International Business School, presented one of her paintings to the management team at InterContinental Regency.

Abeer merges nature and

humanity in her pieces, using acrylic to create astounding artworks that would feel just as home in an 18th century palace as in a contemporary art gallery.

Although she has been working with acrylic for just four years, she already has a number of top prizes in art competitions under her belt, including first places in the 2020 National Traffic Awareness competition, conducted by the Interior Ministry, and the 2020 International Art Award, under the patronage of the Youth and Sports Affairs Ministry.

“My inspiration for my artwork comes from the connection that human beings have with the world around



Peace by Noor

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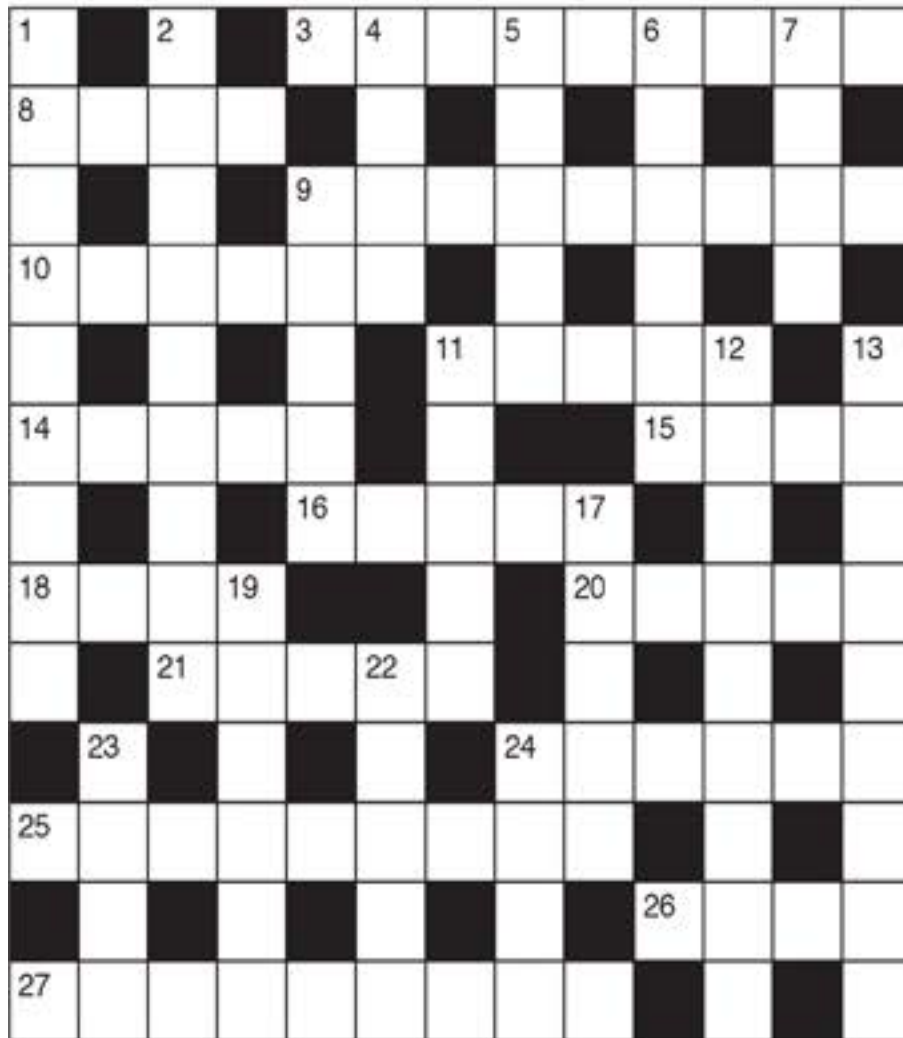


Time Out



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crossword break



Solutions in next week's issue.

ACROSS

- 3. Design (9)
- 8. Nearest (4)
- 9. Skull (9)
- 10. Herald's coat (6)
- 11. Morsel (5)
- 14. Ravine (5)
- 15. Plot (4)
- 16. Outline (5)
- 18. Flavour (4)
- 20. Call up (5)
- 21. Savoury (5)
- 24. Envoy (6)
- 25. Uncivilised person (9)
- 26. Eager (4)
- 27. Former (9)

DOWN

- 1. Incite (9)
- 2. High-spirited (9)
- 4. Was in debt (4)
- 5. Provide (5)
- 6. Save (6)
- 7. Destiny (4)
- 9. Parched (5)
- 11. Frenzied (5)
- 12. Slaughter (9)
- 13. Croel (9)
- 17. Wood-joint (5)
- 19. Opening move (6)
- 22. Flashlight (5)
- 23. Couple (4)
- 24. Name (4)

who, what, where, when

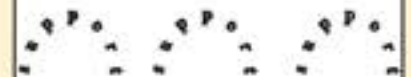
WHO... is the subject of the Philip Glass music-drama *The Photographer*?
WHAT... are the two main languages of Finland?
WHERE... in Africa is the Rufiji River?
WHEN... did Switzerland become a full member of the UN?
WHO... won the 2006 London Marathon women's race?
WHAT... lake are the Swiss towns of Rapperswil and Richterswil situated on?
WHERE... was the 2006 European Capital of Culture?
WHEN... was the 50th anniversary of the Duke of Edinburgh's Award?

just so

ANAN
I M
T N E

●
talking

NUN



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

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

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

darn tough sudoku

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

Sudoku

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

Sudoku

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

Last Week's Leisure Solutions

CROSSWORD BREAK:

Across: 1 Core; 3 Narcotic; 8 Luck; 9 Ligament; 11 Nevertheless; 13 Scrape; 14 Inmate; 17 Overpowering; 20 Tactical; 21 Abet; 22 Cylinder; 23 Mean.
Down: 1 Colonist; 2 Recover; 4 Alight; 5 Challenger; 6 Tress; 7 Cute; 10 Proportion; 12 Heighten; 15 Amiable; 16 Homage; 18 Vocal; 19 Otic.
JUST SO: September, Thirty pieces of silver, Pie in the sky, In a spot.
WHO, WHAT, WHERE, WHEN: Robert Peel; Suri; Ukraine; 1958; Renée Zellweger; Bouillé; Romania; 1901.

Darn Tough Sudoku

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

MotoringWeekly

The top motoring and motorsport news

Beam me up, S500!



MOTORING REVIEW

By NAMAN ARORA
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LUXURY cars today are inching closer to the tech-savvy spaceships we have grown up seeing in shows like *Star Trek*, and Mercedes' seventh iteration of its flagship S-Class is the perfect example.

To put the newest Mercedes S500 4matic to the test, *GulfWeekly* took the technology-packed titan to the road and from the get-go, we were nothing short of impressed.

From the very first glance at the first-class beast, any grumblings about luxury cars all looking the same are put to rest. The S500 has hints of the classic Mercedes look, but augmented with technology that you will probably not find in another car for the next two decades.

Stepping in is akin to taking the wheel of a spaceship with a large centre-console LCD touchscreen as well as a dedicated screen for the driver gauges. The S-Class has done away with the click wheel to control the touch screen, as well as buttons integrated into the steering wheel.

While this reporter initially had reservations about this, since it requires one to constantly reach for the screen, the touch-screen LCD has been perfectly angled for



The S500 4matic

interaction and it discourages distracted driving.

And speaking of driving, it's impossible to find a smoother ride. With exquisite nappa leather on every seat, as well as luxury headrests, driving truly feels like you are surfing through the clouds.

This airy feeling doesn't go away when you turn on the car, and meet the new-and-rejuvenated Mercedes-Benz User Experience (MBUX).

Here, you get the true spaceship experience, with the new heads-up display (HUD) now integrating augmented reality into the navigation and a blue arrow in front of one's eyes providing guidance on which



The pull-out rear tablet for the 'captain'

lane and turn to take.

And when you reach your destination, it shows up on the HUD as a 3D symbol, 'marking' the address you entered into the navigation, just in case you happen to miss it.

Jeremy Clarkson, former host of BBC's *Top Gear*, used to quip that Mercedes technology today would

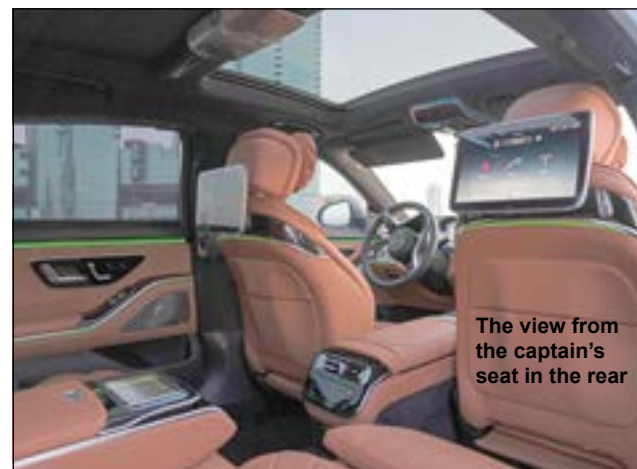
be seen in toasters and microwaves in 20 years.

But recently, it seems like the spaceships of tomorrow are going to take lessons from the Mercedes of today.

The model we test-drove also included the Rear Luxury Chauffeur package, which is geared towards elite titans of industry who regularly have to work in



Unmatched luxury interiors



The view from the captain's seat in the rear

the back while being driven around.

As such, the right-hand passenger seat at the back is equipped with a comfortable footrest and a seat that reclines, allowing one to take a much-needed nap between high-level meetings.

The seat is also ideal for the Captain James Kirk-type personalities who command from the back seat. There is a separate pull-out tablet that allows the 'captain' to control the music, ambience, follow a press conference or surf the web.

There is also wireless

charging both in the front and back row of seats, which are climate-adjustable throughout the vehicle.

It is impossible to mention all the luxury features, but suffice to say, this is a machine that contours itself around its drivers and passengers.

From the massage features to the 360-degree safety monitoring, driving or getting a ride in the new Mercedes S500 is an unforgettable experience.

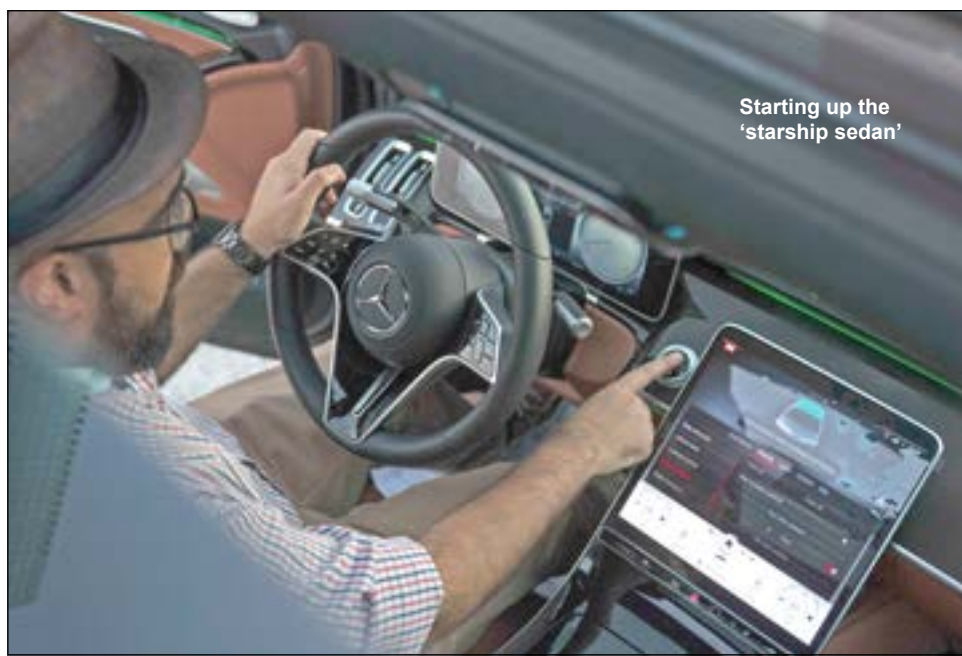
And it does all this without compromising under the hood either. Nearly 435 horses power the engine, making the car capable of jumping from naught to 100 in less than five seconds, and reaching a torque of 520 newton metres.

All in all, this car will get you where you need to be, when you want to get there and how you want to arrive, all while feeling like a spaceship captain. As Trekkies might say, "Beam me up, S500!"

The Mercedes-Benz S500 starts at BD55,000, with a range of additional bespoke and AMG options. For details and to book your test drive, contact Al Haddad Motors, Bahrain's exclusive Mercedes-Benz dealer, on 17785454.



The augmented reality Heads-up Display in action



Starting up the 'starship sedan'

An inspiring role



SPORT REPORT

By MAI AL KHATIB-CAMILLE
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BAHRAINI basketballer Fatima Reyadh is living out her hoop dreams as she becomes the first female assistant coach assigned to help improve the men's team of an award-winning club.

The athletic 32-year-old is thrilled to work alongside head coach of Al Najma Club, Raouf Abbas Hubail, and hopes her appointment will not only make the team stronger but also inspire other women from across the kingdom to follow their sporting dreams.

"This feels amazing and I am proud to be in this position," said Reyadh from Hamad Town.

"When I first got the call from Al Najma Club, I thought they were offering me a job with the U17 and U21 boys because that's my field of experience. I was asked if I was willing to work with the first team. I was shocked for a second and then I grabbed the opportunity!

"I hope my role will inspire other females. Nothing can stop us from achieving our dreams. We just need to work hard. It's not easy as it sounds especially being a single mum, a student and



Guiding players

a coach at the same time. Never let anyone stop you from becoming what you want and it all pays off in the end."

Sport is in Reyadh's blood, having watched her mum Sameera Assiri coach the ladies national team when she was a child.

"I used to go with her to all her practice sessions, so as long as I can remember basketball was there," added the head coach of the Applied Science University men's basketball team, who has been coaching them

since 2018. "I started playing basketball in elementary school and my mum is my inspiration."

From 2016 to 2019, she was the assistant coach for the national women's basketball team. In between that time, she was also the assistant coach for the women's national team's 3-on-3, the assistant coach for the Al Hala Basketball Club men's U18 and U21, the head coach for the Isa Town Basketball Club Ladies team and the coach for the Ministry of

Education/basketball school academies. In 2021, she was also the assistant coach of Ahli Club's men's U18 and U21.

"What I hope to achieve from this role, aside from putting my skills and expertise to good use in helping improve the Al Najma team for the better, is to learn and improve myself," added Reyadh. "With basketball, there is always something new to learn – from information to strategy and tactics. I have to stay updated all the time as I



Reyadh at a team practice

want to be the head coach for a men's team in the league someday. I am very grateful to Al Najma Club and Coach Raouf for this opportunity."

Reyadh was also part of the first national swimming team and has a black belt in Taekwondo. She is now training for Ironman as she

works on assisting the head coach of Al Najma Club for this season's 2021-2022 Zain Bahrain Basketball League.

Al Najma is currently standing in fifth place in the preliminary ranking and will be facing Muharraq Club tomorrow at the Zain Arena at 7pm.



Reyadh and Coach Hubail at a team practice



A throwback of Reyadh with her squad