

Creatives unite

AN exhibition merging the best of two worlds – poetry and art – is set to be inaugurated on Saturday, October 11, by the kingdom's oldest writing group – the Bahrain Writers' Circle (BWC).

'Confluence – Where words and images meet' will showcase the striking creations of more than 40 teams of Bahrain-based talents. The exhibition at Bahrain Financial Harbour's Harbour Gate will bring together writers and artists of diverse nationalities, including Australian, British, Canadian, German, Indian, and Swedish.

This year, the exhibition will be hosted under the patronage of GDN Media's managing editor Stanley Szczowka, a journalist with close to 50 years' experience collectively in the UK and Bahrain.

"The Bahrain Writers' Circle celebrates its annual tradition through the expression of universal personal experiences, revealing deeper insights through poetry and art," BWC director Saira Ranj told GulfWeekly.

Each display comprises either an artwork inspired by the write-up or vice versa.

Indian expatriate Veronica Madan from Saar is excited to be exhibiting for the first time.

"I really enjoyed the freedom to pour raw emotions onto paper and let them take shape without restraint," the Bahrain resident of 13 years said.

"The 'she' in my poem is every woman who carries herself with dignity no matter how much the world tries to soil her. She remains unbothered by shallow opinions, standing strong in her own quiet way," noted the 47-year-old supply chain management consultant.

An excerpt of her poem reads:

'Who cares how she looks, they say, or where she came from



WORDSMITH: Veronica



ART REPORT
By MELISSA NAZARETH
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Is she educated, clever, or simply dumb

They push and prod, they stare, yet she will not comply
She nods to herself and lets the world pass by

"I hope readers take away not just the words but the strength within them," Veronica added.

Swedish national Johanna Andersson will collaborate with longtime friend and Australian expatriate Beth Noble to bring alive her sculpture exploring feminine and masculine energies.

The artist has extensive experience working with ceramics and recently created a piece for Confluence.

"Beth is a member of the group and asked if I was interested in a collaboration.



ARTIST: Johanna

The fun part was seeing how she interpreted my piece through poetry, and how together our works formed a new story," the 52-year-old said.

"In my sculpture, the masculine is represented by the wave, the ocean — an active, strong force. The feminine is the forest — softer, nurturing, and intuitive. It's about how these energies flow



HANDMADE: Johanna's sculpture bringing alive masculine and feminine energies



ENGROSSED: Visitors take a minute to savour the art and words

side by side, and maybe even intertwine, becoming one," explained the graphic designer from Adliya, who arrived in

the kingdom 17 years ago.

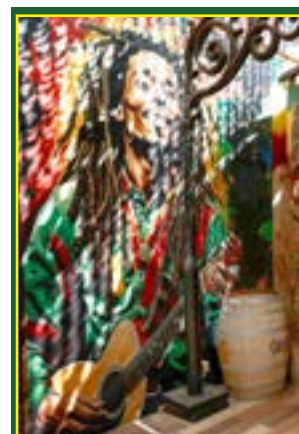
The exhibition will run until October 16 and is open to the public.



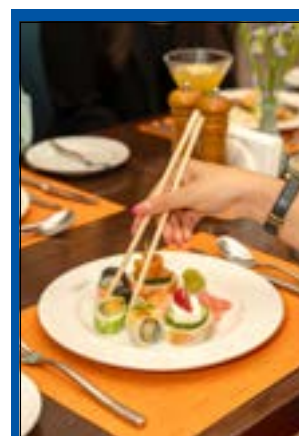
CREATIVE: Participants at last year's Confluence exhibition



MENTAL HEALTH FOCUS
New book release
SEE PAGE 2



REGGAE REPRISE
Kingston 10 beckons
SEE PAGE 3



LEISURE LOVE
Food, fun, etc.
SEE PAGES 4-5



PULSE OF POP
Movies, music & more
SEE PAGE 6

EMOTION: Mental health problems can stir feelings of loneliness

Pocket therapist



AUTHOR: Kelly



MENTAL HEALTH REPORT
By MELISSA NAZARETH
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AS more people in Bahrain embrace open dialogue on mental health issues, whether it is through their social media channels or focused events, the community is witnessing a shift in awareness levels.

Complementing the local programmes being staged to offer support and educate the masses is a tried-and-tested psychological tool. It was launched in the kingdom almost 10 years ago and has now been documented into a book set to release this month.

A.S.K. - A Serenity Kit by English expatriate and former resident Kelly Armatage will hit the shelves on October 21st, closely following World Mental Health Day tomorrow. The book blends psychology, cognitive behavioural therapy, somatic healing and spiritual wisdom to help release what is holding you back, and comes with a guidebook and worksheets so you can record your journey.

A.S.K. - the technique - is accredited via the International Coaching Federation since 2016.

"When I was running my clinic in Bahrain, I was able to get people to release their fears or blocks which significantly transformed their lives," the globally recognised therapist and TEDx speaker told *GulfWeekly*.

"One client suffering with Obsessive-Compulsive Disorder (OCD) had been seeing a psychologist in the UK for 18 months and there had been no change. Whereas I was noticing people in my clinic were changing. After many thousands of sessions, I noticed a certain format and thought to myself that I would love to be able to document this technique for the public to use on themselves," she added.

According to the Arab Youth Survey, in collaboration with the World Health Organisation (WHO), 54 per cent of young Arabs in the Gulf region find it difficult to access quality mental health care, and 66pc of people with mental disorders never receive treatment from a professional.

Kelly's book serves as a 'pocket therapist' whether you're looking to overcome challenges or simply seeking growth.

"After 18 months of extensive work, I launched self-help kits for the public, which eventually, became a course for therapists. Now, I have documented it

fully in a book for everybody," noted the expert.

Over the course of her career, Kelly has conducted over 15,000 one-to-one therapy sessions and helped thousands of people through diverse conditions, including OCD, bulimia, anorexia and substance addiction.

During her stay in Bahrain, from 2004 to 2017, she also conducted workshops on self-love, bullying training and more for corporates, and continues to provide online sessions for her clients in the region.

"I will always be thankful to Bahrain because it's where I first started to become a therapist. I opened the first licensed counselling clinic in the kingdom, and it set me up for my career. I hope to return to do a seminar once the book is out," she remarked.

Not one to rest on past laurels, she is set to write more books exploring focused behavioural topics, like mother and father wounds, toxic relationships and trauma and has already been approached by publishers.

A.S.K. - A Serenity Kit will be available to purchase on Amazon.

● As part of the local mental health initiatives, Insights Therapy Centre is set to stage The Insights' Experience - Mental Health and Wellness Day today, October 9, from 10am to 7pm at the Bahrain Financial Harbour's West Tower on the 25th floor. Participants will benefit from a day of expert sessions on diverse relevant topics, from how to manage anger and burnout to navigating anxiety, meditation and journaling. Pre-registration is required. Members pay BD5 and non-members BD8.

For more info, follow @insightstherapybh on Instagram.



TOOL: The book cover



GULFWEEKLY'S COLUMNIST PREETY PRAVEEN TALKS ABOUT EMPATHISING WITH YOUR SKIN TO YIELD THE BEST RESULTS, AS THE WEATHER GRADUALLY CHANGES, ADVOCATING HOME REMEDIES AND MINDFUL SKINCARE.

Picture 'pore'fect

THE largest organ of our body is our skin, and like every other vital part, it requires mindful care and attention. Sadly, many of us take it for granted, only realising its importance when problems begin to surface.

One of the biggest mistakes we make is ignoring our skin type. Each person's skin is unique—whether oily, dry, sensitive, or a combination—and it reacts differently to products. Blindly following trends or copying others often makes conditions worse instead of better. The first step toward healthy, glowing skin is awareness: know your skin type, listen to its signals, and choose products wisely. Hydration, proper nutrition, rest and protection from harsh sun or pollution are just as important as any cream or serum you may buy.

As a teenager with oily skin, I spent years struggling with lumpy pimples and worrying about the marks they might leave behind. It was a tough time, often filled with frustration. The best decision I made, however, was to rely on simple home remedies. Natural care not only helped me manage breakouts but also kept my skin clean and safe without harsh side effects. Looking back, I realise that listening to my skin and treating it gently made all the difference.

Over time, I discovered that oily skin was a blessing in disguise. It spared me the constant need for moisturisers—though, of course, it still needed attention. But the real turning point came last year when I was preparing for a beauty pageant. I wanted my skin to glow naturally on my special day. While I

had the option of choosing chemical-based products, I once again turned to natural remedies. The bigger challenge was that I was also on a journey of drastic weight loss; skin often sags during this process. Determined to care for both my health and beauty, I sought proper guidance, researched budget-friendly products suitable for my skin, and learned the right techniques of massage, application, and—most importantly—what to avoid. That dedication helped me protect my skin through the transition, keeping it healthy and radiant.

For me, radiant skin doesn't just brighten the face—it uplifts the inner self. A proper routine, the right products, and a positive mindset can transform your entire aura. Over the years,

I've stayed loyal to natural ingredients such as gram flour,

curd, coffee, rice flour, oils like jasmine, sandalwood, jojoba and ginseng, Vitamin C serum, and the humble Vaseline. Yet, I believe the true secret to beautiful skin is far simpler: a happy mind and sound sleep. When you nourish your skin from the inside out—with peace and positivity—the glow becomes effortless and lasting.

Taking care of your skin may feel time-consuming, but it is never impossible. With consistency, it not only helps you look and feel younger but also boosts your confidence.

If you already have a skincare routine, I would love to hear from you. We can all learn and grow together. And if you haven't started yet, today is the best time. Understand your skin, give it the care it deserves, and let it reward you with a natural, timeless glow.

Preety is a psychologist and author. Views expressed are the columnist's.



AU NATUREL: Being more mindful of your needs is the first step to skincare

CULTURE REPORT
By MELISSA NAZARETH
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THE people of Bahrain are jamming and, as the late, great Bob Marley once proclaimed 'I wanna jam it wid you, We're jammin', jammin', And I hope you like jammin', too'.

In Jamaican patois, the word jamming refers to a getting together or celebration and one venue in the kingdom has captured the Caribbean island vibe at its lyrical fullest.

Tucked away in Juffair, Kingston 10 is a Jamaican family-oriented restaurant, offering a slice of reggae culture in Bahrain. The venue, located on the first floor at Elite Crystal Hotel, opened its doors in June and is named after the famed Kingston avenue in the Jamaican capital.

"Caribbean culture and food have exploded on to the international scene and people have responded well to these type of restaurants being staged in different parts of the world," said owner Don Adonai, who moved to Bahrain this year to launch the enterprise.

He is well known for staging musical events in the kingdom since 2014, with a focus on Jamaican artists, at various venues, including Coral Bay.

"While the Jamaican community in Bahrain is quite small, there are many Bahrainis and expatriates who enjoy the culture, which is endearing. In fact, Caribbean culture is a lot like the community here – people from different backgrounds living together in peace and harmony – which reflects in the food and the music too. It brings together the best of all worlds," Don added.

Head chef Rayon Lynch aka Sho, who has put together an eclectic menu, has a decade of experience in professional kitchens. However, his love affair with food began long before that.

"The most important ingredient is love. Growing up, my yard was a food yard and I started cooking at a very early age. I knew when I was quite young that I wanted to be a chef," he reminisced.

Some of the dishes, like the curry goat and slow-braised oxtail, are influenced by his family recipes.

The décor is a major



TALENT: Essa



ARTIST: Ahmed

attraction, especially the 'waterfall' – a black, stone wall with that runs through the length of the outdoor space. "It brought back memories of this place my mum would always take me to called Dunn's River, where you'd walk down more than 100 steps to this amazing beach and have the opportunity to climb up a waterfall," Jamaican restaurant manager Codon Robinson revealed.

He added that they really wanted to hone in and focus on the outside and gradually bring the same energy inside.

The restaurant shares a poolside area and its offers include a Friday Reggae

Brunch and Caribbean Splash. It will soon also be home to a Jammin' Karaoke Session. "Caribbean culture is all about love and peace and that's what we share here," Codon added.

For the uninitiated, reggae is the renowned popular Jamaican musical form, which blends elements of ska and rocksteady. It originated on the streets of Kingston in the late 1960s – a period of socio-political unrest – and, as such, remains deeply rooted in Jamaican and Caribbean culture. It

has become known for its message of unity and hope.

Legendary musician and singer Bob Marley was a pioneer who helped bring it to the world stage, making the genre a global phenomenon. Through his career with The Wailers and his collaborations with Island Records founder Chris Blackwell, he helped popularise the sound to create an instantly, internationally-recognised offering.

Bahraini entertainer Essa Alhayee, who specialises in the style, believes that while

'roots reggae' was a favourite with the older generation, 'modern reggae', featuring electrical elements and lighter themes, is emerging as the latest sound.

"Bahrainis have been listening to Bob Marley forever. In fact, my dad was a big fan and that's how I was introduced to it," the 37-year-old told *GulfWeekly*, describing it as a music 'for all ages'.

Bahraini musician Ahmed Abyooki believes that while international artists did play a role in introducing the genre to the kingdom, it was local

artists like Ali Bahar, dubbed the 'Bob Marley of the Gulf', and his band Al Ekhwa (The Brothers) who helped popularise the style.

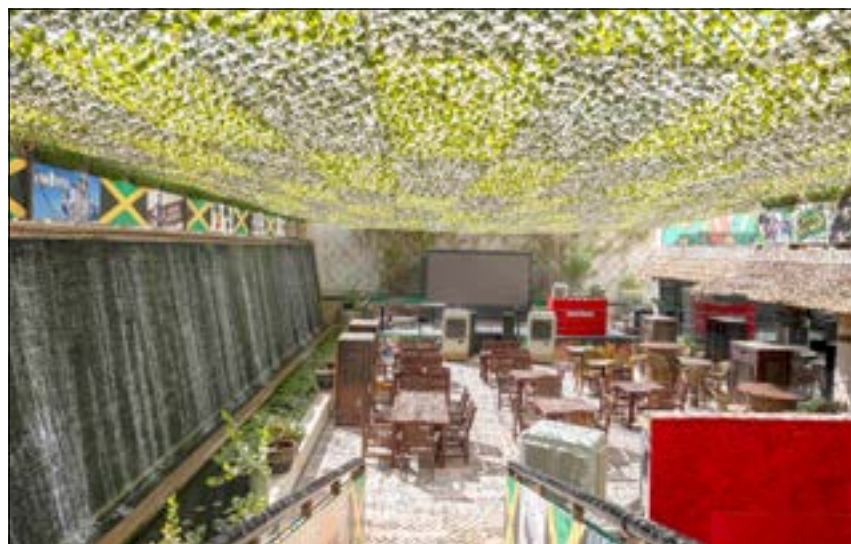
"They brought Latin and reggae music onto the Bahrain scene," he noted. "In Bahrain, there are some venues that are dedicated to showcasing Caribbean music and play a major role in keeping the style alive," added the 33-year-old from Arad. "One such place is Kingston 10."

For more information, call 34373567.



TEAM: From left, Don, Codon and Chef Sho

JAMMIN' IT WITH STYLE!



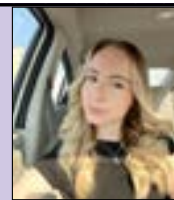
INVITING: The outdoor area with the 'waterfall'



UNWIND: The poolside where the Caribbean Splash is staged

Leisure Scene

What's on guide by
Julia Cassano



RITZ'S SEASIDE SOIREE



BREATHTAKING:
Stunning views at
La Terrace

EXPERIENCE an enchanting dining under the stars evening this weekend at the Ritz-Carlton, Bahrain.

Nestled in an elegant poolside setting, La Terrace invites guests to indulge in a carefully curated menu inspired by Mediterranean and French flavours, all while enjoying the relaxed charm of a coastal ambience.

Available Monday to Saturday from 4pm to 11pm, this special dining experience is priced a la carte.

Celebrate Diwali (festival of lights) in style at Nirvana, where a specially curated menu and rich traditional flavours will make for the



FIESTA: Colourful enchiladas at Cantina Kahlo

perfect evening.

A range of packages are available, including a food and soft beverage package (BD20), selected beverage package (BD30), bubbly package (BD45) and a childrens package for ages six to 12 (BD10).

It is available on October 20, from 7pm to 11pm.

Meanwhile, for a feast of bold flavours and festive vibes, opt for Cantina Kahlo's Friday Brunch Fiesta. Indulge in an array of mouthwatering dishes made with authentic flare, all while

enjoying the lively rhythms of a resident mariachi band.

It costs BD35 per person, inclusive of soft beverages and BD45 per person, including selected beverages, tomorrow, from 1pm to 4pm.

Book a weekend getaway at the Ritz-Carlton, Bahrain, where serene surroundings and refined comfort set the tone for an unforgettable escape. The experience can be elevated with the option of a private villa barbecue - a bespoke dining moment curated by talented chefs.

For more information or bookings, contact 17586401 or email rc.bahrz.restaurant.reservations@ritzcarlton.com.

ENDLESS TREATS AT THE K HOTEL



EXPERIENCE: A guest enjoying the fondue station

INDULGE in a selection of delicious dishes at the K Hotel Bahrain's revamped Friday Brunch.

Sip on the finest beverages, expertly crafted to elevate the experience, while a live band sets the perfect mood for an unforgettable day.

Explore the interactive live cooking stations, where culinary magic unfolds, all within a vibrant setting.

The experience costs BD18net per person, inclusive of unlimited soft beverages, and BD25 with unlimited selected



UMAMI: Delicious sushi at the brunch

beverages, every Friday, from 12.30pm to 3.30pm.

For bookings, contact 36600433.

FOUR SEASONS' PINK PARTY

CELEBRATE Pink October with a vibrant brunch at the Four Seasons Hotel Bahrain Bay this weekend.

Bahrain Bay Kitchen invites guests to enjoy a generous spread featuring pasta, freshly baked pizza, peppercorn glazed chicken, and slow-roasted wagyu beef, where every bite supports a meaningful cause.

A portion of the proceeds will be donated to Think Pink: Bahrain Breast Cancer Society, supporting breast cancer awareness and research. The feast is available every Friday this month, from 1pm to 4pm and costs BD35 inclusive of soft beverages and BD48 with selected beverages.

Children under six dine with the hotel's compliments and children aged six to 12 enjoy 50 per cent savings.

For the ultimate pasta extravaganza, look no further than Bay View Lounge's Pasta al Forno, a celebration of Italian oven-baked

favourites.

Crafted with fresh ingredients, slow-cooked beef lasagne, golden parmigiana, cannelloni with smoked ricotta and poached lobster will leave you wanting more. Available until October 30, 11.30am to midnight, this is an invitation to enjoy the simple pleasure of hearty, comforting dishes.

Meanwhile, the five-star hotel is inviting food enthusiasts to the second chapter of Arabian Horizons, a culinary series celebrating the region's most inventive talents.

This edition showcases Chef Slim Douiri from the acclaimed restaurant Cult Bistro, who is also renowned for reaching the *Top Chef* finals on MBC. He brings a multi-course dining journey shaped by Tunisian roots and Michelin-starred expertise. Dishes include reimagined briq, wagyu with smoked pumpkin, praline and miso, and hammour



DELIGHTFUL: Pink treats at brunch

with cauliflower and vanilla. Explore the chef's dishes from October 24 to 26, 6pm to midnight, at Byblos.

Step into the spirit of Halloween at Bahrain Bay Kitchen on October 31, with a brunch brimming with seasonal flavours and playful creations. Some of the festive dishes include



TASTY: Dishes at Byblos

devilled eggs, mummy-wrapped sausages, bloody orange salad, Halloween pancakes and more.

Available on October 31, from 1pm to 4pm, the dining affair costs BD35, inclusive of soft beverages and BD48, including a selected beverage package.

For more information, contact 17115000.

Leisure Scene

Weekly Entertainment

SPOOKTACULAR DINING ADVENTURE

GET ready for a flavour-packed adventure at Sheraton Bahrain Hotel's WILD Brunch.

Savour premium shareable dishes and enjoy vibrant handcrafted beverages as live entertainment brings the atmosphere to life.

Available every Friday, from 12.30pm to 5pm, it costs BD36net per person for a soft beverage package and BD46 for a selected beverage package, with a special rate of BD23 for ladies.

WILD will also host its fantastic Halloween Brunch on October 31, from 7.30pm to midnight, for a spooktacular night filled with delicious dishes and fun.

Dress up in your spookiest or most creative Halloween costume and make it a night to remember. Entry is BD36 net per person, inclusive of

soft beverages and BD46 net per person for selected beverages, with a special rate of BD23 for ladies.

Now open for lunch, Braserio Atlántico invites guests to indulge in a unique fusion of Argentine culinary traditions. Chefs have expertly created authentic dishes using traditional wood fire techniques, inspired by the rich heritage of the region.

Enhance your dining experience with a carefully curated beverage menu, featuring organic drinks, where each sip celebrates the vibrant culture of the country.

It is open for lunch from noon to 3pm, the lounge from 4pm to 2am and dinner from 7pm to 11pm.

Golestan Persian Grill also invites guests for Sofreye Irani (a Persian lunch), a refined sharing-



VARIETY: Fresh seafood at The WILD Brunch

style dining experience, featuring your choice of a kebab, complemented by fresh juices, soft drinks and traditional Persian tea,

from noon to 3pm. It costs BD17.500 per person.

The restaurant also offers a menu of delightful, authentic Persian dishes – from fragrant



ELEGANT: Beautiful interior at Golestan

kebabs to unique house specialties – ensuring there is something for everyone. It's open everyday from noon to 3pm, 7pm to 11pm and on weekends from noon to 4pm and 7pm to 11pm.

On weekends, it is open from noon to 4pm (lunch) and 7pm to 11pm (dinner).

For more information, call 17533533 or 38885409, or email Dining.bahsi@sheraton.com.



GET together with your family and friends to enjoy some of the English language films being shown at Cineco Seef this weekend.

HIM (18+)

What would you sacrifice to become the greatest of all time? Just when all seems lost, Cam received a lifeline when his hero, Isaiah White, a legendary eight-time championship quarterback and cultural megastar, offers to train him at an isolated compound that he shares with his wife.

Actors: Marlon Wayans, Tyriq Withers, Julia Fox
Timings: 3.45pm, 9pm

THE SMASHING MACHINE (15+)

Based on true events, the Smashing Machine follows the rise of MMA and UFC champion Mark Kerr, portrayed by Dwayne Johnson, as he battles fame, physical brutality and a hidden addiction.

Actors: Dwayne Johnson, Emily Blunt

Timings: 11.15am, 1.45pm, 4.15pm, 6.45pm, 9.15pm, 11.45pm

ONE BATTLE AFTER ANOTHER (18+)

When their evil enemy resurfaces after 16 years, a group of ex-revolutionaries reunite to rescue the daughter of one of their own.

Actors: Leonardo DiCaprio, Benicio del Toro, Sean Penn
Timings: 5.45pm, 11pm

(Check out GDNOnline's list of the best movies to watch this weekend on Instagram)

CHARMING BITES TO SAVOUR

INTERCONTINENTAL Bahrain invites guests to indulge in a special Pink Afternoon Tea in support of Breast Cancer Awareness Month, showcasing an elegant array of handcrafted pink pastries, delicate sweets and more.

Twenty per cent of the proceeds will go towards Think Pink: Bahrain Breast Cancer Society. Support and celebrate in the spirit of hope, strength and unity. It costs BD8.500net per guest, from Thursday to Saturday, 2pm to 7pm, at Noor Lounge.

Meanwhile, start your day in style

with Selections Restaurant's Buy-One-Get-One-Free International Breakfast Buffet from Sunday to Thursday, 6am to 10.30am. It costs BD16.400net. The experience can be further upgraded with a chilled glass of bubbly.

This Halloween, step into a world of frightful flavours, where every dish comes with a wickedly playful twist at Legendz SteakHouse.

Indulge in Lamb Brain with Velvety Pumpkin Sauce, or take a fiery bite of Bat Wings Glazed in Korean Spices.

More than a brunch, it is a spine-tingling feast of flavour that promises chills, thrills and unforgettable moments. It costs BD28net with soft beverages and BD38 inclusive of



FUN: Spook Halloween

unlimited selected spirits.

Children under six dine for free, while those aged six to 12 receive a 50pc discount on October 31.

For the ultimate Halloween bash, head to Downtown for a night of spooky glitz, glamour and endless fun. The package, which costs



DELICIOUS: Dainty delights

BD34net, includes four hours of unlimited food and drinks, live music, fire dancers and more. Come dressed in your best costume for a chance to win prizes, on October 31, from 8pm to midnight.

For bookings and more information, contact 36967701.

FLAVOURS GALORE

HEAD down to the Dilmun Club Bahrain for a week full of exciting events and great food.

Kick off the week with Curry Night every Monday, from noon to 10.30pm, featuring a mouthwatering selection of curries, samosas and other favouriting at unbeatable prices.

Some of the deals include any curry, samosas and bhajis for BD4 and any two curries, samosas, bhajis and selected beverages for BD13.

On Tuesdays, treat yourself to a hearty pie and a selected beverage for just BD5.500, while enjoying live music from 7pm to 9pm.

Midweek calls for Steak Night on Wednesday, from 6pm to 10pm, offering two perfectly cooked steaks and selected beverages for BD20.

End the week in style with the club's fun Friday Brunch, taking place tomorrow from 1pm to 5pm. For BD18, indulge in a delightful spread featuring mini full English breakfasts, roast beef, chicken wings, pizza and more.

For more information, contact 17690926.

CULTURAL EXTRAVAGANZA

THE Korean Embassy is hosting a vibrant Chuseok (Korean Thanksgiving) celebration today, October 9 at Bahrain Mall.

Organised in collaboration with the Korean (Hangul) community, the Korean Centre, Hanba in Bahrain and student communities of the Manama King Sejong Institute, the event offers an exciting cultural experience.

This free public event will feature a variety of entertaining activities, including a photo zone, traditional hanbok costumes (Korean clothing), distribution of free books, Korean games, live K-pop music, along with many other family-friendly attractions for all ages and culture enthusiasts.

Festivities run from 5pm to 9pm.

For more details, follow @koreancenterbh and @koreanembassy.bahrain on Instagram.

SHOP TILL YOU DROP

GET into the spirit of autumn at the British Club Bahrain's cosy Autumn Bazaar on October 17 at noon.

Browse through a charming selection of handmade goods, enjoy tasty treats and soak up the festive atmosphere. Live performances by the club's band and others promise to make it an unforgettable day.

Open to all, the event is free for members and costs BD2.500 for non-members.

Don't miss the Juniors Halloween Party on October 30 at 6pm, where children can come dressed in their best spooky costumes for an evening of fun, games and Halloween magic.

The event is open to all

and costs BD4 for members and BD5 for non-members. Spaces are limited.

The celebrations continue with the BC Carnival on October 31, bringing the vibrant energy of the Notting Hill Carnival to Bahrain. Headlining will be 2 Rude, the UK's premier ska tribute band, who will perform electrifying classic ska, rocksteady and reggae hits. They will be supported by guest DJs, including Ali Dawood, Refugee Soundsystem and Andrew Bentley.

Tickets are available on *Platinumlist* and at the club reception for BD5 for members and BD10 for non-members.

For more information, contact 17738245.

BOOGIE AWAY

ENJOY an elegant evening of grace and giving at the St Christopher's Ball, a dinner dance taking place on November 20 at the InterContinental Bahrain, Al Rifaa Ballroom, from 7.30pm onwards.

Dress to impress in formal evening attire or national dress, and enjoy a night filled with prizes, surprises and exciting raffles.

Tickets are priced at BD20 per person. Children under six dine for free, ages seven to 11 cost BD20 and ages 12 and above cost BD20.

For tickets and inquiries, contact 38883560 or 39694395.

Pulse of Pop

AROUND THE WORLD IN MUSIC, TV, BOOKS AND MORE - BY RIMA ALHADDAD

MYSTERIOUS: Keira brings alive the intense drama in her character



CABIN PRESSURE

PSYCHOLOGICAL thriller *The Woman in Cabin 10* releases tomorrow.

Starring Keira Knightley, the movie follows Laura 'Lo' Blacklock, a journalist. While on a lavish yacht assignment, she sees a passenger being thrown overboard. When guests and crew do not believe her, she decides to risk her life to uncover the truth.

The film is an adaptation of the titular 2016 book by Ruth Ware, which was nominated for the Goodreads Choice Awards in the Best Mystery and Thriller category that year.

While she was not involved in the scriptwriting, Ruth said in an interview that she was on board with filmmaker Simon Stone's vision. "It's like waving your baby off to Kindergarten," she expressed.

"But the cast and team behind it were incredible and I did feel my baby was in good hands. And thank goodness, it was.

"The heart of the book is very much in the film and all the reasons I wanted to write it are there," she added.

The author also praised Keira's performance in the film as she recalled her first time watching it, describing it as an 'out-of-body

experience'.

Some of the English actor's notable roles include *Bend It Like Beckham* (2002), *Pirates of the Caribbean: The Curse of the Black Pearl* (2003) and period drama *Pride and Prejudice* (2005).

"Keira is a lot more beautiful than I'd imagine Lo," Ruth said.

"Lo in my head was always just more of a kind of everywoman, but I think she's really caught what I

was trying to create with Lo's spirit, like she brings that sort of slightly anxious, slightly vulnerable, but fundamentally incredibly tough, dogged, driven persona, she just captures that perfectly," she added.

Earlier this year, a sequel to the novel titled *The Woman in Suite 11* hit the shelves, taking place 10 years after the original.

An adaptation of the new book is yet to be announced.

MYSTERIOUS, MUSICAL SPACES

ENGLISH musician Brian Eno and Anglo-American conceptual artist and producer Beatie Wolfe are releasing their third collaborative project *Liminal*.

The ambient pop album follows the duo's previous works *Lateral* and *Luminal*, both released this year.

With *Lateral* being described as 'space music', and *Luminal* as 'dream music', Brian and Beatie called the new 11-track composition to be a combination of the two.

"*Liminal* stands at the point of convergence between *Lateral* and *Luminal*," Brian said in an interview.



DYNAMIC DUO: Brian, left, and Beatie

"If *Lateral* is a kind of landscape painting, a sonic place, *Luminal* is a dreamlike awakening, a feeling space. *Liminal*, the newest addition, is a hybrid of the two, a strange new land with a human living and feeling its way through its mysterious spaces."

Beatie is notable for combining her passion for music with innovative ways to present it. She was one of the first

artists to host a 360-degree augmented reality livestream, featuring her performing songs off her album *Raw Space*, with animations to bring alive artwork, lyrics and visual landscape.

Matching her energy is the equally talented Brian, whose most iconic contribution to music is creating the Windows 95 start-up chime for Microsoft in 1994.

SPOOKY ABODE

FANTASY mystery novel *What the Water Remembers* by former Bahrain resident Elyse Welles has hit the shelves.

On the brink of closing a deal on their new home in Newport, Pennsylvania, modern witch Kendra Hill and her husband George encounter a spiteful male ghost in unexpected ways.

However, in the face of a difficult house market and confidence in Kendra's witchy abilities, they move in, only for her to realise that she must now uncover connections between three ghosts.

"My debut novel is a paranormal mystery inspired by real hauntings and sacred intuition," the



British School of Bahain and St Christopher's School alumna said.

"I am a lover of the macabre and darkness, so although this book has some jump scares and spooky imagery, I find it to be mostly a comfort read," added the author and podcaster, who is presently based between Athens, Greece and Pennsylvania.

THE limelight at last weekend's Singapore Grand Prix was dominated by McLaren nabbing the Constructors Championship, with six races still to go in the season, and the kingdom celebrated the Bahrain-owned team's win with landmarks lit up in orange, writes Naman Arora.

However, the Marina Bay Street Circuit also offered a wealth of subplots worth a closer look, that may not have grabbed the headlines but could nevertheless play a big role in the remaining leg of this season and beyond.

VETERAN SPARKS

First off, Fernando Alonso's weekend in Singapore was pure theatre. From his radio barbs about Lewis Hamilton's defensive moves to his sharp criticism of race control, the Aston Martin driver managed to make seventh place feel like a victory and a controversy rolled into one. Post-race penalties for Hamilton, where he dropped to eighth due to a five-second penalty, turned the result into what some fans dubbed a 'ghost battle' for seventh, a fight that was as psychological as it was statistical.

Beneath the noise, Alonso's form was quietly superb, and fans agreed, voting for him as the Driver of the Day.

"It was one of our strongest weekends this year," he said, pointing to Aston Martin's steady gains in race pace. The result might not have made headlines, but it reaffirmed that even in his forties, Alonso remains a sharp competitor on the grid and a colourful voice on the team radio.

PAPAYA TENSION

McLaren's garage was a study in contrasts: champagne smiles outside, clipped radio exchanges within.

The team's party mood masked a delicate internal moment after Lando Norris and Oscar Piastri made contact on the opening lap and the way the team handled the aftermath reopened old grievances for Piastri. He made his anger plain on the radio, saying in so many words that being forced aside by a team-mate was unacceptable: "If he has to avoid another car by crashing into his team-mate that's a pretty (bad) job of avoiding."

The management have long pointed to a 'let them race' approach, but team principal Andrea Stella was blunt about the need to process the event properly: "Our review needs to be very detailed, and very analytical."

Chief executive Zak Brown has likewise urged openness,

High-octane action at Marina Bay

SINGAPORE: A race of on-track and off-track drama



MCLAREN: Norris and Piastri sticking to 'Papaya Rules' as the drivers' championship heats up

urging parties to 'take the air out of the balloon right away if we feel like anything's bubbling up.'

The constructors' title might cushion any bruises, but as Piastri's confidence grows, Singapore could be remembered as the moment McLaren's biggest challenge stopped being Red Bull, and started being the racing heavyweights within the team locking horns.

WASTED PAGE

Yuki Tsunoda's weekend summed up the Red Bulls' season: blistering speed undone by moments of chaos. A sluggish getaway at the start dropped him from eighth to fifteenth, and though he fought back with trademark aggression, the damage was done.

His opening lap was terrible. "The worst one I have ever had," he claimed.

He meandered into the middle lane for Turn 1, and ended up stuck through Turn 3, losing several places in the process.

What's frustrating is that the pace that followed, he said, is 'the best that I have had' since joining the team.

"I have to find the reason why I'm lacking on pace, or tyre preparation or grip feeling on one lap," he explained. "I've had that since the previous race. Definitely something I have to figure it out."

"It's a shame as the long

run now is really, really good. Like completely the opposite situation compared to before Azerbaijan. And now the one lap pace is struggling a little bit. I just have to put it all together now... it will come together."

With the 2026 seat shuffle approaching, every lost point matters. Singapore might have been a missed opportunity, but it also showed the maturity of a driver who no longer needs to prove his speed... only his consistency.

ROOKIE POWER

While the veterans battled and the frontrunners celebrated, two newcomers stunned insiders for all the right reasons. Mercedes' Kimi Antonelli and Alpine's Franco Colapinto both delivered drives that hinted at long-term promise.

Antonelli, fresh off a string of solid finishes, showed composure well beyond his years, impressing team engineers and his boss Toto Wolff with his car he was able to push the car. Antonelli described his fifth place as merely "OK" in private assessment, and while his execution wasn't quite there, what really impressed was his pace. During Friday practice he was stronger than eventual race-winning team-mate Russell, adapting well to the track surface that provided a high level of grip but that was easy to suffer from sliding on.

Over in the Alpine camp,

Colapinto, meanwhile, outqualified his teammate Pierre Gasly and kept the Alpine in the action for most of the evening, no small feat given the car's limitations.

Yes, finishing 16th does not look good on paper, but the real race here is not for points, but a racing seat for the next season.

Alpine executive advisor and defacto team boss Flavio Briatore recently confirmed that the team is choosing between Colapinto and reserve driver Paul Aron for the seat alongside Gasly next year, so this is a timely performance for the Argentinian.

In a sport obsessed with superstars, both the rookies reminded the paddock that the next wave of talent is here and adapting fast.

HEAT HAZARD

Singapore's punishing humidity once again tested the limits of endurance, and this year, the FIA officially classified it as the sport's first 'Heat Hazard' race. The governing body's new protocols included expanded cooling zones and mandatory temperature monitoring, while teams tested prototype cooling vests for the first time.

Not everyone was convinced and some of F1's top stars including Max Verstappen and Charles Leclerc are pushing the FIA to back down over making the cooling vests mandatory for next season, amid complaints that they are uncomfortable and pose bigger risks because when they stop work drivers risk getting even hotter. With cockpit temperatures reportedly exceeding 55 Celsius, the debate underscored the fine line between resilience and risk.

While the FIA is open to discussing the next steps for the cooling vests and does not want to get into a situation where it

is forcing them on drivers, it is not going to give up on the idea and has reiterated that the technology is here to stay.

All in all, beneath the glamour of McLaren's triumph, the sport's veterans, rookies, and rule-makers all faced their own moments of truth last weekend, and a different set of challenges await as the final quarter of the season approaches.

The next race will take place in the US on October 19.



ASTON MARTIN: Alonso donning one of the trialled cooling vests

BRAIN-BUSTERS

QUIZMASTER and Radio Bahrain host Shannon Crockett, who has been entertaining people across the island with his brain-teasing quiz night sessions, has offered to put *GulfWeekly* readers' general knowledge to the test. Join in the fun every Thursday with Shannon's seven brain-busters.

- 1) To be quite delighted or amused about something is to be _____ pink.
- 2) In the classic version of Trivial Pursuit (board game), what category is represented by pink?
- 3) The character of Mr Pink in the 1992 movie *Reservoir Dogs* was played by which actor?
- 4) What sort of pink is striking, vivid, bright or intense?
- 5) What Italian city is home to a football club whose official colours are pink and black?
- 6) In which European country is it commonplace to have pink



toilet paper?
7) Pink eye is a contagious ailment of the eye. What is it medically called?

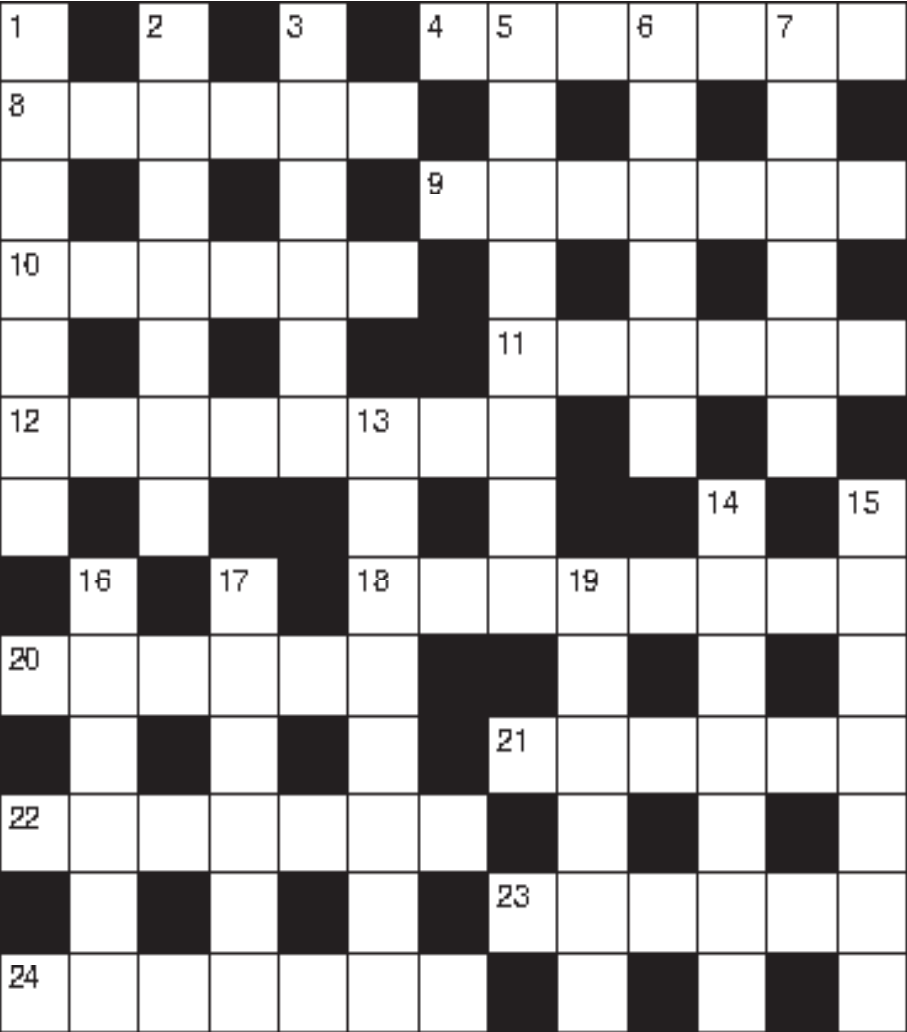
- ANSWERS
1. Ticked
 2. Entertainment
 3. Steve Buscemi
 4. Shocking
 5. Palermo
 6. France
 7. Conjunctivitis

Time Out



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crossword break



Solutions in next week's issue.

- ACROSS**
4. Chic (7)
8. Remember (6)
9. Surge (7)
10. However (6)
11. Breathe (6)
12. Vamp (8)
18. Occurrence (8)
20. Request (6)
21. Scrap (6)
22. Pleased (7)
23. Abandon (6)
24. Encourage (7)
- DOWN**
1. Objection (7)
2. Academic (7)
3. Little (6)
5. Station (8)
6. Detest (6)
7. Proper (6)
13. Proof (8)
14. Ratified (7)
15. Full (7)
16. Commit (6)
17. Pummel (6)
19. Merchant (6)

who, what, where, when

WHO ... succeeded Henry VIII?
WHAT ... is the fourth letter of the Greek alphabet?
WHERE ... did Mark Spitz win seven Olympic gold medals?
WHEN ... did Samuel Johnson complete his dictionary?
WHO ... wrote *The Call Of The Wild* and *White Fang*?
WHAT ... does ANZAC stand for?
WHERE ... is the home ground of Premier League Crystal Palace FC in England?
WHEN ... did the Duke of Windsor marry Wallis Simpson?

just so

thatthatthat
sisesisesize

B
O
BOARD
R
D

a NaCl 

WHHP

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

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

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

darn tough sudoku

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

Sudoku

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

Sudoku

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

Last Week's Leisure Solutions

CROSSWORD BREAK:
Across: 1 Objectively; 9 Let; 10 Rebellion; 11 Upset; 13 Rebound; 14 Ill-use; 16 Recede; 18 Handout; 19 Tryst; 20 Neophytes; 21 Wan; 22 Predecessor.
Down: 2 Bet; 3 Egret; 4 Tabard; 5 Voluble; 6 Leisurely; 7 Flourishing; 8 Inadvertent; 12 Splendour; 15 Soothed; 17 Static; 19 Tasks; 21 Woo.
Who, What, Where, When: Stephen Ward; Pantomime clown; In the arm; 1930; Andrew Sachs; Earthquakes; Bombay; 1965.
Just So: Long odds; Hush money; Second to none; Six of one.

Darn Tough Sudoku

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