



MUSIC REPORT

By NAMAN ARORA
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BAHRAINI bard Reem Baqeri is gearing up to release her debut single this weekend - a song born from three hours at the piano and years of learning to balance structure and spontaneity in music-after having recently nabbed a top prize for an original composition in her university's music festival.

The 23-year-old singer-songwriter's track *Read*, written and composed last summer, is set for release on Saturday evening at 9pm across major streaming platforms.

The song, she explained, delves into the frustration of being an open, expressive person with someone who cannot understand or 'read' you. "It's about being with someone that is incapable of reading you," Reem added.

"Throughout the song I describe myself as the sun, a dream, an open book.

"And I try to emphasise how easy it is to get me, although 'you' couldn't." The title carries a double meaning.

While she sings 'how could you not read me' in the choruses, she simultaneously 'reads' the other person in the verses, turning understanding itself into the subject of the song.

"I was talking to a friend of mine about how frustrating it is to be the person in the relationship who is always very honest, straightforward and open, while being with the opposite of that," she said.

"When I went back home, I took that frustration and sat on my piano and wrote the whole song in three hours."

Reem, who recently graduated from the American University of Sharjah, holds a bachelor's degree in Marketing with a minor in Music, and is currently focusing on her music career while freelancing in marketing and modelling part-time.

Earlier this year, she won the AUS Piano Festival award for Best Performance of an Original Arrangement after performing Beethoven's *Für Elise*, Chopin's *Nocturne*

KEYS: Reem playing on a Steinway grand piano during the 2025 AUS Piano Festival



SINGING: Reem at a recent open mic



'Read'ing between the notes

FLASHBACK: Young Reem performing during an elementary school competition



Op. 9 No. 2, and her own instrumental composition *Good Days*.

The piece, which will appear as the closing track on her upcoming album, was written during a moment of calm following a difficult period.

"It's a piece I composed when feeling very peaceful, after months of not having felt that," she said.

"Getting the award was fulfilling and reassured me that more good days are coming."

Music has always been part of Reem's life.

Growing up in Hamad Town, she fell in love with music through her father, who holds a degree in the

subject and plays the clarinet.

"The way I started learning was through hearing what he would play and then trying to imitate it," she said.

"That's how I learned to play by ear and get relative pitch."

With two older brothers who also grew up playing music, including Ahmed Baqeri who releases music under the name 'Hidden Wonders Music', she found inspiration and motivation at home.

By the age of ten, she had mastered *Für Elise* by watching her father play it.

Later, she joined the Bahrain Orchestra through an Education Ministry programme, performing

READ: The new single artwork



the viola for two years. Although she initially disliked music theory, finding its rules restrictive, her appreciation for it grew during her university years.

"I've definitely grown to appreciate flexibility in music, and less structured material, though it was hard coming from a classical background," she said. Reem's musical journey has always been personal.

She began writing songs at the age of eleven, initially light-hearted pieces about childhood and family, and admitted one of her earliest pieces was about something most children can relate to - cornflakes.

Over the years, however, she has dug into more serious topics.

First True Love, her upcoming seven-track album, expected before the end of the year, reflects that maturity.

"This album is special to me, as it's my first," she said.

"It's very real and raw, and it's a whole story when listening to the songs in order. I hope listeners can feel the different emotions of the whole journey."

With her debut single *Read* marking the start of her professional journey, Reem hopes listeners will connect with her honesty and vulnerability.

As she put it, "I'm grateful for my circle that supports and pushes me. Getting to do this and breathe it is a privilege I get to have."

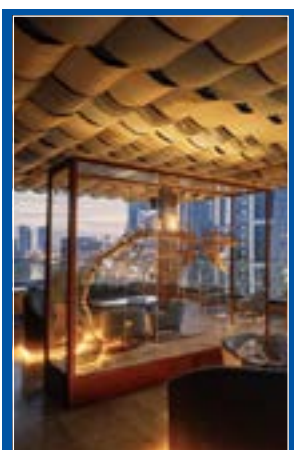
Follow @reembaqeri on Instagram for more details.



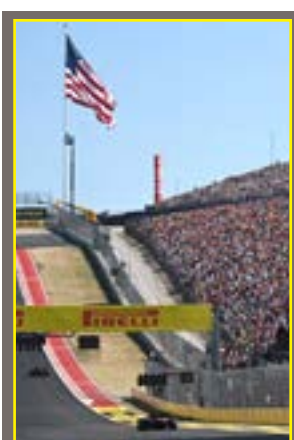
GLOBAL SPOTLIGHT
Bahrain in Osaka
SEE PAGE 2



SHARED TABLES
Cross-cultural dining
SEE PAGE 3



OUT AND ABOUT
Local leisure scene
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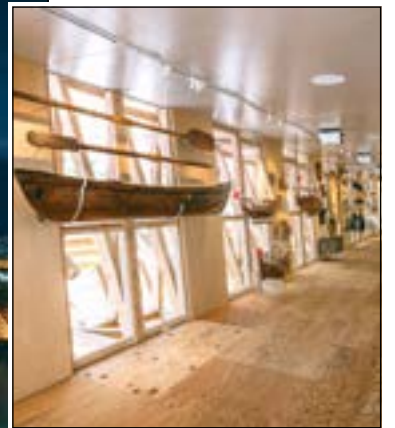


ACTION AT AUSTIN
US F1 race preview
SEE PAGE 7

A TALE OF TWO SEAS



LIT: The Bahrain Pavilion drew visitors from across Japan and the world



MARITIME: Bahrain's deep relationship with the sea was showcased at the four-storey space



INTERACTIVE: Visitors engage with traditional musical instruments at the space

BAHRAIN concluded its six-month participation this week at the international Expo 2025 in Osaka, which drew 25 million visitors from around the world.

The Bahrain Pavilion created memorable multisensory experiences for a plethora of patrons.

"After six months of fostering cultural and civilisational connections with Japan and the world, Bahrain concluded its participation at Expo 2025 Osaka, closing the final chapter of its 'Connecting Seas' Pavilion - a space that offered visitors a unique and inspiring experience, presenting Bahrain's culture, heritage, and achievements in historical and contemporary contexts," a representative from the Bahrain Authority for Culture and Antiquities (Baca) explained.

It received the Gold Award for Best Architecture and Landscape in the self-built pavilions under 1,500 square metres category, as part of the Official Participant Awards presented by the Bureau International des Expositions (BIE).

Baca, which organised Bahrain's participation, transformed the pavilion into a multi-layered journey, combining architecture inspired by traditional Bahraini dhows with immersive sensory experiences that engaged all five senses.

The pavilion also featured a café blending Bahraini and Japanese flavours,



CAFE: Diners enjoy a fusion menu at the Pavilion

a dedicated exhibition highlighting Bahrain's economic future, and a gift shop offering design items inspired by local heritage.

Award-winning Bahraini chef Tala Bashmi was the culinary director of the café and crafted a seasonal menu including items like machboos with seabass fillet, chilled tomato salad in tahini dressing with daqoos-spiced croutons and fig halwa ice cream.

The pavilion was included amongst the 'Top 10 Must-Visit Pavilions', according to the global architecture platform *ArchDaily*, and received wide acclaim from leading publications such as *Wallpaper* and *Azure Magazine*, which praised it as a model of sustainable architecture and contemporary cultural vision.

Architecture was one of the defining features of Bahrain's participation. Designed by Lebanese architect Lina Ghotmeh, its form drew inspiration from traditional Bahraini

dhows, reinterpreting their construction techniques through Japanese wood artistry.

Covering an area of 995sqm and rising to 13.7m across four levels overlooking the sea, the structure was built primarily from wood and relied on natural ventilation systems, making it one of the most sustainable buildings at the expo, according to Baca.

Visitors embarked on a multi-sensory journey through the pavilion's exhibitions.

Shepherd Studio designed the interior displays, while artist and researcher Sissel Tolaas created 'Connecting Seas: Smell Libraries'. Bahraini artist and researcher Hassan Hujairi produced a sound installation inspired by Fjiri music, titled *Pearling Legacies: An Audio-Sensory Experience*.

These experiences were distributed across the pavilion's four levels and included displays of traditional boat models, Dilmun seals, archival



F1: A young visitor admires the 'Two Seas' helmet

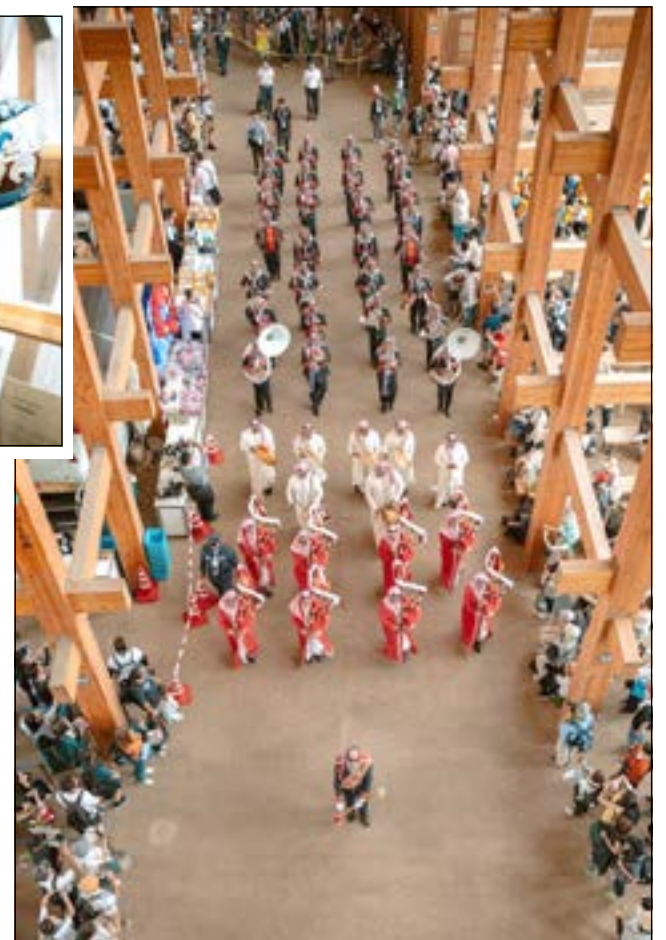
photographs, handicraft tools, and traditional swords, alongside exhibits representing Bahrain's modern industries such as aluminium and fibreglass.

Among the highlights was the 'Two Seas' Formula 1 helmet, worn by McLaren driver Oscar Piastri during the 2025 Japanese Grand Prix.

A dedicated exhibition, curated by the Economic Development Board, showcased Bahrain's strategic position as a global economic hub with an investor-friendly environment.

Staff and volunteers wore exclusive uniforms designed by Bahraini fashion designer Lulwa Al Amin, featuring artistic prints and embroidery inspired by maritime motifs.

The experience was completed by a gift shop showcasing exclusive contemporary products inspired by Bahrain's local heritage.



COLOURFUL: A parade of performers during the National Day celebrations

The pavilion celebrated its National Day on September 18, under the patronage of His Royal Highness Prince Salman bin Hamad Al Khalifa, the Crown Prince and Prime Minister, through a four-day programme held from September 17 to 20.

The celebrations shared Bahrain's cultural message with Expo visitors through music and diverse artistic experiences, featuring performances by the Bahrain Police Band under the Grand

Ring and the main concert 'Bahrain's Music Across Time', blending traditional and modern Bahraini music.

The concert included performances by Qalali Folk Band, Noor Al Qassim, Abdulrahman Awadh, Abdulla Haji, and Mohammed Aseeri, under the artistic direction of Bahraini maestro Ziad Zaiman.

The programme also featured *Twenty Years Later*, a musical performance by Hasan Hujairi and Kawol Samarqandi.



FEAST: A Middle Eastern family-style spread, nodding to the Arab culture of communal dining

Bursting with flavour

FOOD is something that unites us regardless of our differences. But what happens when the food we eat is diverse to begin with? On World Food Day today, Bahrain-based cross-cultural couples have come forward to share what dinners in their homes look like, nodding to the kingdom's endearing cosmopolitan diaspora.

Bahraini homemaker Jehan Alsairafi has been married to her English husband Matthew Dadd for 10 years. Over time, the couple from Saar have created their personal traditions surrounding the dinner table.

"I started having an appreciation for roast dinners after I met my husband," the 40-year-old food and fitness enthusiast told *GulfWeekly*.

"But I use Arabic spices for the vegetables to give it a spin.

"Easter has coincided with Ramadan a few times and that is when I put an Arabic twist on a traditional Easter roast," she added.

"A favourite in our home is the English hot cross buns but I make them with pistachios and dates so it has an Arab feel," added Jehan, who moved with her family from Abu Dhabi back home to Bahrain last year.

The duo have two boys – Tobias, nine, and Nicholas, six.



FOOD REPORT

By MELISSA NAZARETH
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Australian expatriate and therapist Beth Noble, who is married to Spaniard Sabino Sastre Verdu, believes that food has played a major role in bringing them together as a family.

"When we have guests, it's the Spanish chef's turn for the meat, barbecue or paella and I usually do the salad or some kind of platter," the

52-year-old said.

The Mahooz residents have called Bahrain home for the last decade and have a 17-year-old daughter, Jasmine.

"We had mango and jamon as an entree for our wedding. The Spanish usually pair jamon with melon but mangoes are grown in North Queensland



FUSION: Jehan's hot cross buns with an Arab twist

so it was a nice inter-cultural creation," Beth fondly recalled.

Restaurant owners Shaheer Rizwan from Pakistan and Kurisha Beckles from Trinidad and Tobago took a while to find a middle ground with their meals.

Inspired by their love for food and culture, the duo opened their Caribbean eatery Chai Burg this year.

Caribbean cuisine is a rich tapestry woven from various cultural influences, including 'Amerindian', African, European, Indian, and Asian traditions.

"My husband is a third culture kid, who grew up in Saudi, so he is more open to and creative with mixing ingredients. However, I learned from my grandmother and focus on doing the dishes I know 'the right way'," 34-year-old Kurisha from Saar explained.

"Over time, we have created some fusion dishes like chicken tikka marinated in Chadon Beni – a Caribbean green seasoning," added the sociologist.

Bahraini Sana Thadani, 58, brought her Sindhi heritage with her when she married



DUO: Kurisha and Shaheer



FAMILY FIRST: Matthew and Jehan with their boys

TWO OF A KIND: Dev and Namita



Ashwathy Yallowitz was in town this week and caught up with *GulfWeekly* to talk about how she incorporates her Indian and Bahraini roots in meals. The fashion and fitness enthusiast and homemaker married United States coast guard Jake Yallowitz and moved to New Jersey, the US, in 2019.

"Tahini is one of my favourite condiments and I make brownies and a honey cheesecake with it, which is a hit with our family. I make couscous with Indian chicken curry, mixing Arabic

and Indian flavours," the 31-year-old, who grew up in Bahrain and attended the Asian School and Indian School, said.

Indian expatriate from West Bengal Devamalya De reminisced how before



ALL SMILES: Jake and Ashwathy Yallowitz

saying 'yes', his wife Namita had one condition – the man must love fish as much as she does.

"My wife is from Madhya Pradesh, raised in Maharashtra so our marriage was a merger of two fish-loving dynasties," the 50-year-old said.

Despite the smooth start, the couple navigated some 'puzzles on the plate' as food cultures starkly vary across India.

"What began as culinary confusion has turned into comfort food now," the Salmaniya resident noted.

Bahraini-Iranian businessman Dr Raed Sarhan.

Sindh is a city in Pakistan and Sana's family migrated to India during the 1947 India-Pakistan partition. The Sindhi community in India has a rich gastronomical culture that blends the best of both countries.

"My mother-in-law taught me the famous Iranian biryani made with minimum spices but full of flavour

from the saffron, turmeric, cumin, cardamom and raisins," former banker Sana from Nuwaidrat noted.

"I added an Indian touch with whole spices including cinnamon and cloves, as well as aromatics like bay leaves and fresh ginger, and a special homemade Indian biryani masala (spice mix)," the entrepreneur said.

Raed, who was a banker for more than 15 years, enjoys Indian tadka dal (tempered lentil curry) and Sindhi kadi (curry) made using different vegetables.

Former Bahrain resident

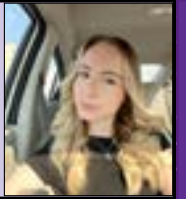
CULTURE: The Sarhans



FOODIES: From left, Jasmine, Sabino and Beth share a moment with a baby kangaroo in Australia on their last trip

Leisure Scene

What's on guide by
Julia Cassano



FINE SETTING: Beautiful views at La Terrace



AL FRESCO: Le Jardin by Cantina Kahlo



ELEGANT DINING AT RITZ

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 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 children's package for

ages six to 12 (BD10). It is available on October 20, from 7pm to 11pm.

Celebrate Cantina Kahlo's ninth anniversary fiesta, with its month-long Festival de las Enchiladas. Embark on a flavourful journey with handcrafted drinks and lively entertainment. Priced a la carte, it is open from Monday to Saturday, 1pm to 3pm and 6pm to midnight.

On Saturday, October 18, at 8pm, the restaurant will host a special cake-

cutting ceremony to celebrate nine years of culinary excellency.

Experience Le Jardin by Cantina Kahlo, where guests can enjoy Cantina Kahlo's menu, all while taking in the stunning views of the hotel's beach. The pop-up restaurant is the perfect spot to enjoy the seaside atmosphere and Mexican cuisine. It is available from Wednesday to Saturday, from 1pm to 8pm.

This Halloween, step into The

Ritz-Carlton, Bahrain and discover a variety of spooktacular offerings. On October 31, 7pm to 11.30pm, Primavera After Dark invites guests for an evening of hauntingly flavourful creations. Enjoy dishes and beverages such as spooky pumpkin soup (BD10), witch's brew (BD9) and phantom punch (BD4.500).

To reserve, call 17586499 or email rc.bahrz.restaurant.reservations@ritzcarlton.com

IN THE SPIRIT OF PINKTOBER

JOIN the Four Seasons Hotel Bahrain Bay this weekend to commemorate Breast Cancer Awareness Month.

Guests can delight in a divine selection of delicious dishes at Bahrain Bay Kitchen's Pink October Brunch, featuring pasta in pink sauce, freshly baked pinza, barbecue favourites such as peppercorn glazed chicken, slow-roasted wagyu beef and more.

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.

Set along the beachfront, Byblos invites guests to savour Lebanese cuisine, all while enjoying the newly-extended terrace, offering a more spacious setting.

Oriental specialty chef Tony El Khoury will introduce a refreshed menu, blending authenticity with modern flair. Priced a la carte, it is available from Tuesday to Sunday, 6pm to midnight.

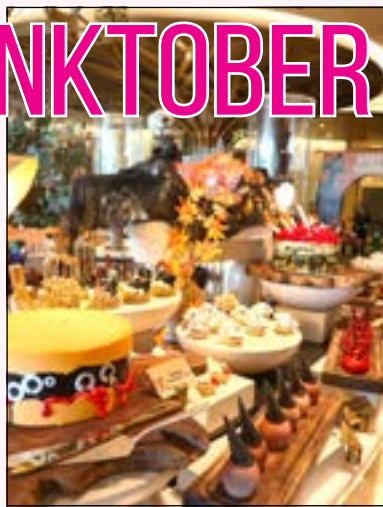
Step into the spirit of Halloween



FOR A CAUSE: Pink October Brunch

with a fantastic Halloween Brunch, brimming with seasonal flavours and playful creations. Savour devilled eggs, mummy-wrapped sausages, bloody orange salad, spiced lentil butternut squash soup and more. It takes place on October 31, from 1pm to 4pm, and costs BD35 including soft beverages and BD48 inclusive of a selected beverage package. Children under six dine with the hotel's compliments and children aged six to 12 enjoy 50pc savings.

Meanwhile, guests can head to Blue Moon Lounge for a special evening. Perched on the 50th floor, visitors can sip on Bahrain's finest beverages while overlooking the stunning skyline views. Pair your beverage with a selection of sushi rolls, fresh ceviche and Asian-



SPOOKY: Festive treats at Bahrain Bay Kitchen's Halloween Brunch

inspired bites.

It is open on Saturday (6pm to 1am), Sunday (12.30pm to 1am), Tuesday (6pm to 1am), Wednesday and Thursday (6pm to 2am) and Friday (4pm to 2am).

The hotel will also host 'Step Up for Life' on October 25, a day of strength, calm and awareness in support of Breast Cancer Awareness Month. Participants will walk up 10, 25 or 50 floors, all in support of breast cancer charities and good causes. For more information, contact the team on 17115045. All participants will give a minimum donation of BD10 and those joining the 50th-floor challenge will have the chance to win exciting prizes.

For all other inquiries, contact 17115000.

WILD FUN AT SHERATON

GET ready for a spooky and flavour-packed WILD Halloween Brunch at Sheraton Bahrain Hotel.

Savour premium shareable dishes and enjoy vibrant handcrafted beverages as live entertainment brings the atmosphere to life. Dress up in your spookiest or most creative Halloween costume and make it a night to remember on October 31, from 7.30pm to midnight. 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.

Now open for lunch, Brasero 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.

Guests can enjoy an authentic Persian breakfast featuring unlimited traditional Iranian tea brewed atop a samovar (metal urn), all while taking in the beautiful



VIBRANT: Colourful dishes at the WILD Brunch

terrace at Golestan Persian Grill.

It is available every Friday for the remainder of this year, from 8am to 11am.

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

Leisure Scene

Weekly Entertainment



ON A ROLL: Delicious sushi

WEEKENDS JUST GOT BETTER

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 beverages, every Friday, from 12.30pm to 3.30pm. For bookings, contact 36600433.



LUSCIOUS: A guest enjoying the fondue station

MUSICAL EXTRAVAGANZA AT BRITISH CLUB



PERFORMERS: 2 Rude during one of their performances

H EAD to the British Club Bahrain for an array of fun and festive events. Celebrate the season at the club's cosy Autumn Bazaar. Browse through a charming selection of handmade goods, enjoy tasty treats and soak up the fun 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 the young ones 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. The seven-member band have shared the stage with ensembles like The Specials, Bad Manners, The Selecter, The Jam, R&B group Aswad, producer

Soul II Soul and singer-songwriter and producer Midgre Ure. Touring the UK playing a string of sell out shows, headlining festivals entertaining thousands, 2 RUDE have rightly claimed their title as one of the hottest live acts in the country. They will be supported by guest DJs, including Ali Dawood, Refugee Soundsystem and Andrew Bentley at the BC Carnival. Tickets are available on *Platinumlist* and at the club's reception for BD5 for members and BD10 for non-members. For more information, contact 17738245.

FLAVOURFUL FEASTS AT INTERCONTINENTAL



PARTY: Halloween bash

T HE InterContinental Bahrain has organised an array of festive events this month. In honour of Breast Cancer Awareness Month, Noor Lounge will host a delightful Pink Afternoon Tea, where a selection of delicate savouries, pastries, pink-inspired sweets, and teas and coffees will make for a lovely experience. Twenty per cent of the proceeds will go towards Think Pink: Bahrain Breast Cancer Society. Support and celebrate the spirit of hope, strength and unity, where every cup tells a story. It costs BD8.500net per guest,

from Thursday to Saturday, 2pm to 7pm. Begin your day in the right way with a stunning floating breakfast for two at the hotel's pool. It is available everyday, from 9am to noon, at BD22net for two guests. This Halloween, step into a world of frightful flavours, where every dish comes with a wickedly playful twist at Legendz SteakHouse's Halloween Brunch. Indulge in lamb brain with velvety pumpkin sauce, bat wings glazed in Korean spice and pulled beef lasagne. More than a brunch, it is a spine-tingling feast of flavour, promising chills, thrills and unforgettable



DELIGHTFUL: Pink Afternoon Tea

moments. It costs BD28 with soft beverages and BD38net inclusive of unlimited selected spirits. Children under six dine for free, while children aged six to 12 enjoy a 50 per cent discount, tomorrow, October 17, from noon to 4pm. Head to Downtown for a night of spooky glitz, glamour and endless fun. Guests can enjoy four hours of unlimited beverages and food, live music, fire dancers and more. Make sure to come dressed in your best Halloween costume for a chance to win vouchers. The event costs BD34net on October 31 (Fri), from 8pm to midnight. For bookings and more information, contact 36967701.

FAMILY FUN AT DILMUN

H EAD 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 favourites 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, all 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. On November 1, the club is hosting a children's Halloween party, from noon to 5pm. It features a disco, lunch, magic show, best costume contest, games and surprises and more. It costs BD6 for members and BD7 for guests. For more information, contact 17690926.

Pulse of Pop

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

BAHRAIN-BASED mountaineer Madhu Sarda's latest memoir *Everest Awakenings: From A Mother's Heart To the Mountaineer's Soul* has hit the shelves this month.

The 202-page book paints a vivid picture of the 47-year-old Nepalese expatriate's journey of resilience, self-discovery, and courage.

Madhu is a mother-of-two and one of the few female peak conquerors in Bahrain. The nature lover's adventures, from scaling altitudes of over 6,100 metres, recognised by the Nepal Mountaineering Association, to achieving new milestones as an author and artist, are an inspiration to many.

In the book, the yogi and motivational speaker shares how lessons from alpine climbing like endurance, adaptability and resourcefulness can be applied through life's toughest challenges.

The Barbar resident's previous works include *Moon Mountain* (2023), *Manifesting Mountains – Trek to Mera Peak* (2023)



ADVENTURE: The book cover and *Everest in My Heart* (2020).

"This book (*Everest Awakenings*) is not just about climbing mountains,

it's about life itself," Madhu noted.

"It's written for children, dreamers, corporate professionals, homemakers and anyone who believes it's never too late to follow their passion," she added.

"The book is very close to my heart because it draws lessons from my mountaineering experiences across five continents, from the Himalayas to Africa, Europe, Australia, and beyond. Over the years,

I have scaled peaks in many countries, and each expedition has taught me something deeper about life, resilience, and human connection.

"One of the key messages is that age is just a number. At a stage in life when many think of settling into routines, I chose to take a different path, to explore and keep learning. When you take that first step with determination, even if the odds are against you, things begin to shift.

Gradually, society comes around, people begin to understand, and you realise that when you believe in yourself, others will believe in you too," Madhu noted.

"I am excited that my (latest) book has reached number one on *Amazon Kindle* in the Parenting and Families and Law, Ethics and Professional Responsibility categories; and number two in the Survival Biographies and Memoirs section."

WOMAN ON TOP



PITSTOP: Madhu takes a break with a view during her climb documented in her latest book



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

TRON: ARES (PG-13)

A highly sophisticated programme, Ares, is sent from the digital world into the real world on a dangerous mission.

Actors: Jared Leto, Jeff Bridges, Gillian Anderson
Timings: 11am, 1.30pm, 4pm, 6.30pm, 9pm, 11.30pm
YOUR HOST (18+)

Four friends get trapped in a sadistic game show, forced to outwit a twisted serial killer while racing against time. Every move brings them closer to freedom or a gruesome fate.

Actors: Jackie Haley, Ella-Rae Smith

Timings: 11.15am, 1.15pm, 3.15pm, 5.15pm, 7.15pm, 9.15pm, 11.15pm

TOGETHER (2025) (18+)

Years into their relationship, Tim and Millie find themselves at a crossroads as they move to the country, abandoning all that is familiar in their lives except each other.

Actors: Dave Franco, Alison Brie, Damon Herriman

Timings: 11.15am, 1.15pm, 3.15pm, 5.15pm, 7.15pm, 9.15pm, 11.15pm

PROUD PRINCESS (PG)

A young and handsome king, who is of marriageable age, is captivated by a snob princess. When she rejects him, he is disguised as a gardener and starts working in the garden of her castle.

Actors: Marek Lambora, Anna Fialova

Timings: 11am, 12.45pm, 2.30pm

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

DANCE PARTY ANTHEM

AUSTRALIAN psychedelic pop act Tame Impala's fifth studio album *Deadbeat* drops tomorrow.

Written and produced by multi-instrumentalist Kevin Parker, the 12 tracks are 'deeply inspired by bush doof culture' – a type of outdoor dance party.

"Deadbeat is a feeling of being behind the eight ball in life and in the world, of not being able to get your things together, of being an inferior human," Kevin said in an interview.

"Throughout my life, I've always sort of contended with this feeling of being a deadbeat. When I say deadbeat, though, I mean like a personality, not necessarily as where you are in life or what you have physically.

"It's an attempt to untether the word from its usual meaning and infuse it with something like empathy, or at least, reluctant ownership," he added. In the past, Kevin has worked with numerous artists, including Lady Gaga, Dua



TALENT: Kevin

Lipa, The Weeknd and, most recently, the French electronic music duo Justice.

Tame Impala's tour for the album features Dominic Simper (guitar, synthesiser), Jay Watson (synthesiser, vocals, guitar), Cam Avery (bass guitar, vocals, synthesiser), and Julien Barbagallo (drums, vocals), alongside Kevin, who performs vocals, guitar and is also on the synthesiser.



NUANCED: Bringing alive the depths of desperation

CHARISMATIC CRIMINAL

CRIME comedy *Roofman* is out now in theatres.

Starring Channing Tatum, the movie tells the real life story of former-army-soldier-turned-robber Jeffery Manchester, who hid in a toy store for six months, adopting a new identity.

However, his double life begins to unravel once he becomes involved with co-worker and single mother Leigh Wainscott (Kirsten Dunst).

"Jeff is (currently) in a maximum security prison, and I've spoken with him for more than 400 hours over four-and-a-half years," director Derek Cianfrance said in an interview.

"I shot the movie in Charlotte (USA), so I could be in the spots where it happened. The key to movies is suspension of disbelief, and so I needed to suspend my own disbelief in order to make this movie because it was so wild," he added.



THE 2025 Formula 1 season will be entering its final act by the time the F1 circus rolls into Austin this weekend, writes Naman Arora.

Six rounds remain, and McLaren is mathematically certain to win the Constructors' Championship but the score and script are far from settled.

From title tension at the top to whispers of regulation changes behind the scenes, the United States Grand Prix promises a heady blend of championship drama, technical intrigue and Texan spectacle.

THE TITLE FIGHT

Defending champion Max Verstappen has spent the past three races clawing back ground on the McLaren duo of Oscar Piastri and Lando Norris who have dominated much of the season.

His second place in Singapore kept the pressure on, trimming Piastri's lead to 63 points.

Norris sits just 22 points behind his teammate after edging him in a tense battle that saw the pair even make light contact on lap one. With Austin and Mexico forming a rapid-fire double-header, there's little breathing space.

A single slip could shift the balance of the championship, and with Verstappen rediscovering his rhythm, McLaren's garage is starting to feel the heat from within and without.

"We go into the United States Grand Prix as the 2025 Constructors' Champions, which is



ORANGE COWBOYS: Norris and Piastri, centre and right, with McLaren Racing chief executive Zak Brown

something we are very proud of," McLaren team principal Andrea Stella added.

"This weekend is also a Sprint event, giving both our drivers good opportunities to continue scoring more important points.

"It is one of the drivers' favourite circuits to race at, so we look forward to providing them with the conditions to have a strong race weekend.

"I'm extremely proud of the entire team who have worked hard to get us to this point but we still have a lot more to achieve this year."

MERCEDES RESURGENCE

George Russell's victory in Singapore was a reminder that Mercedes are not done yet.

His dominant qualifying and composed race management hinted at real progress, even if team boss Toto Wolff urged caution. Engineering director Andrew Shovlin called the result 'a progressive trend', and the team will be hoping for another strong showing on

American soil.

Meanwhile, Russell's still-pending contract renewal adds a human subplot.

Both parties insist it's merely paperwork, but the longer it lingers, the more eyes it draws.

SPRINTING TO THE FINISH

The Circuit of The Americas will also host one of the season's final three sprint weekends.

Teams will have just one hour of practice before diving into Sprint Qualifying on Friday, forcing them to arrive with near-perfect setups.

The format rewards boldness, and at this stage of the season, few can afford to play it safe.

Sprint qualifying follows a three-part format similar to regular qualifying, with the five slowest drivers dropped after each of the first two sessions.

SQ1 lasts 12 minutes, SQ2 runs for 10, and SQ3 wraps up in eight, setting the grid for the 100km Sprint race. Points are awarded to the top eight finishers, ranging from

eight for the winner to one for eighth place, contributing directly to the championship standings.

After Austin, the final Sprint weekends of the season will be held in Brazil and Qatar.

With 24 points on offer across the remaining sprint races, every lap matters.

MAKE AMERICA RACE AGAIN

While the championship storylines rage on, the future of F1 is increasingly intertwined with the United States.

Cadillac will field Valtteri Bottas and Sergio Pérez in 2026, marking a landmark American entry that has already sent ripples through the paddock.

Ford's impending return alongside Red Bull under the 2026 power unit regulations further cements the country's growing stake in the sport. Expect both brands to make their presence felt in Austin, from marketing activations to quiet technical meetings, as preparations intensify for the new hybrid era.

RACE: The Circuit of the Americas track

TEXAN TRACK

Since debuting in 2012, the United States Grand Prix has grown into one of Formula 1's crown jewels, regularly drawing crowds of over 400,000.

From the infamous steep climb into Turn 1 to the rollercoaster sweep of the esses, the track offers a mix of technical precision and overtaking flair.

Drivers call it one of the most satisfying laps in modern F1,



VERSTAPPEN: Not out of the running yet



RUSSELL: Lips sealed on next season's drive

and fans call it one of the best weekends on the calendar.

Add in Austin's famously eclectic energy with part barbecue smoke, part live music, part pure adrenaline and it's easy to see why 'everything's bigger in Texas' feels like more than just a slogan.

As the lights go out this weekend, spectators can expect fireworks both on and off the track.

The title fight, the future of the grid, and the sheer spectacle of F1 in America are converging for what could be one of the defining chapters of 2025.

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) Which famous comedian won a Grammy Award in 2009 for Best Bluegrass Album?
- 2) What letter represents a strikeout in baseball?
- 3) What was East Germany's official name?
- 4) The United Nations has a list of countries with the most land mines. Which European country is in the top ten?
- 5) In the game of Monopoly what is the prize from 'Winning Second Prize in a Beauty Contest'?
- 6) Who is the famous composer that has scored the blockbusters



Jaws, Star Wars, and many others?
7) Rapa Nui is the native word for which island?

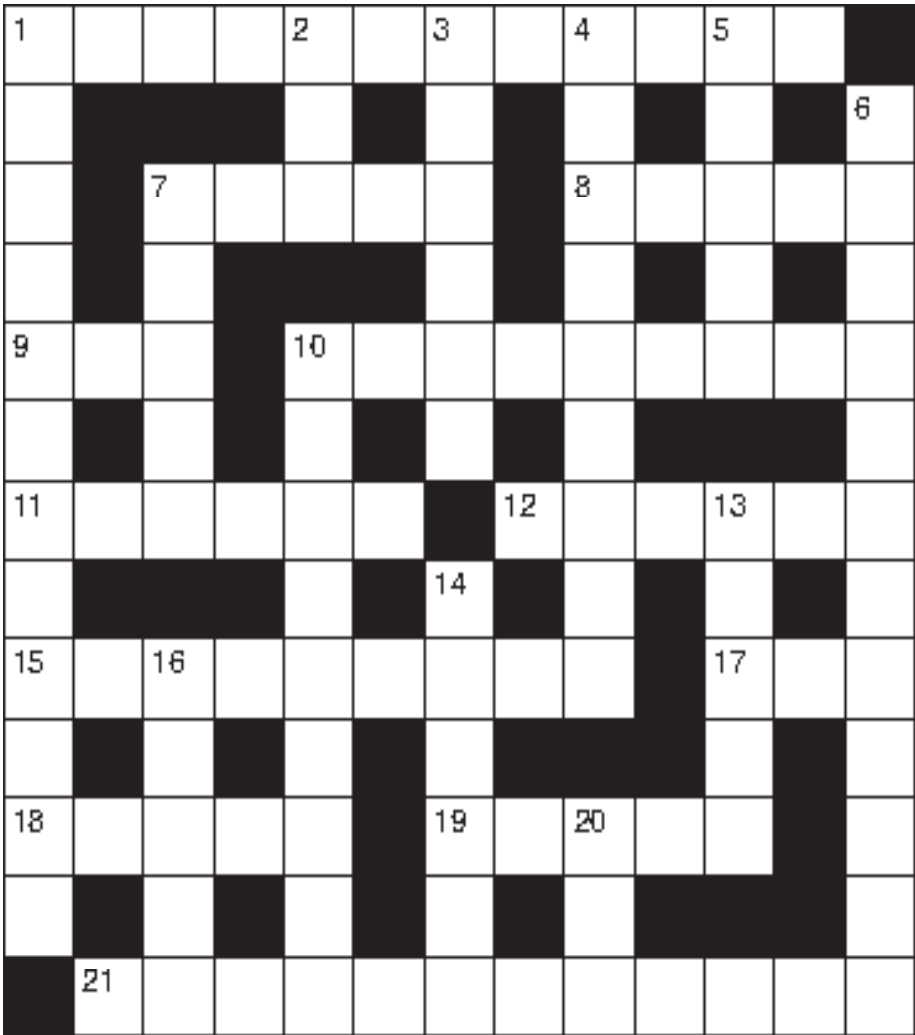
- ANSWERS**
- 1) Steve Martin
 - 2) K
 - 3) German Democratic Republic
 - 4) Bosnia Herzegovina
 - 5) \$10
 - 6) John Williams
 - 7) Easter Island

Time Out



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crossword break



Solutions in next week's issue.

ACROSS

- 1. Belie (12)
- 7. Kingdom (5)
- 8. Joy (5)
- 9. Sick (3)
- 10. Mediate (9)
- 11. Stir (6)
- 12. Oppose (6)
- 15. Disconcert (9)
- 17. Acquire (3)
- 18. Reason (5)
- 19. Smallest (5)
- 21. Casual (12)

DOWN

- 1. Splendour (12)
- 2. Epoch (3)
- 3. Distant (6)
- 4. Temperance (9)
- 5. Din (5)
- 6. Showy (12)
- 7. Memento (5)
- 10. Meddle (9)
- 13. Block of metal (5)
- 14. Hammer (6)
- 16. Leap (5)
- 20. Skill (3)

who, what, where, when

WHO ... played Bruce Wayne's butler Alfred in the film *Batman Begins*?

WHAT ... does a spirometer measure?

WHERE ... was the venue of the London Live 8 concert in 2005?

WHEN ... was the Suez canal opened?

WHO ... was Prime Minister of Britain at the start of the Second World War?

WHAT ... is a person lacking if they are suffering from scurvy?

WHERE ... in the US is the Beehive state?

WHEN ... was Tom Cruise born?

just so

- 2 **Spielberg**
- 4 **Hawkins**
- 6 **King**
- 8 **Sondheim**
- 10 **Martin**

few far &



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

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

darn tough sudoku

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

Sudoku

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

Sudoku

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

Last Week's Leisure Solutions

CROSSWORD BREAK:

Across: 4 Stylish; 8 Recall; 9 Breaker; 10 Though; 11 Inhale; 12 Slattern; 18 Instance; 20 Demand; 21 Cancel; 22 Content; 23 Desert; 24 Hearten.

Down: 1 Protest; 2 Scholar; 3 Slight; 5 Terminus; 6 Loathe; 7 Seemly; 13 Evidence; 14 Enacted; 15 Replete; 16 Devote; 17 Batter; 19 Trader.

Who, What, Where, When: Edward VI, Delta, Munich, 1755; Jack London, Australian and New Zealand Army Corps, Selhurst Park, 1937.

Just So: Try that on for size; Across the board; Assault with a deadly weapon; Crack of the whip.

Darn Tough Sudoku

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