



COMMUNITY REPORT
By MELISSA NAZARETH
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MORE than 60 voices from the community have come together to present Bahrain's national anthem in a dazzling show of unity.

Manama Singers – one of the kingdom's oldest community choirs – recently released the video, marking the culmination of the digital project that was launched in April. In addition to the group's members, participants included talents from other local choirs.

South African expatriate Stefan Els from Al Sayh, Manama Singers' co-conductor alongside Jo Diciolla, led the initiative, which entailed recording Bahrain's anthem – Bahraynunā ('Our Bahrain') – online and then stitching the parts together to produce a cohesive track.

"This was the first project I have done virtually and though there were many learning curves along the way, everyone came together to make it work," Stefan told *GulfWeekly*.

According to the 34-year-old, many new members have joined the group since the event. Additionally, some old members, who have left the island, rekindled their passion for singing and joined the rehearsals from countries like Japan and the UK.

Stefan highlighted that the inspiration for the project came from the group's rehearsals shifting online due to the uncertainty of the regional conflict. During the peak of the Iranian attacks that began in February, many groups shifted their meetings to virtual platforms to ensure safety.

"Being a part of the online choir was so very special and enjoyable," Navaz Kotwal Rustomjee from Sanad said.

"Bahrain has been our home for such a long time, and it felt like the perfect opportunity to say 'thank you' to beautiful Bahrain and her lovely people," added the 50-year-old Indian expatriate, who has lived here for the last two decades.

SINGING IN SOLIDARITY



TOGETHER: Performing at the recent Bahrain Is United event

Swiss expatriate Tamara Bischof Kaiser from Barbar noted that she was initially intimidated about singing in Arabic but with the help and patience of Arabic-speaking members of Manama Singers, she

overcame her fear of pronunciation.

"I am incredibly proud to be able to sing Bahrain's national anthem," expressed the 55-year-old soprano, who has been with Manama Singers for the past four years and also serves on the group's committee.

Among the Bahraini members, who guided the participants with the lyrics, was Iraqi born Bahraini Abdullah Alani. He also stepped in to support with the

audio and video recordings.

"My wife wanted to contribute as well, so she made the final video. I loved how Manama Singers accepted me into their circle," recounted the 40-year-old, who joined the group just six months ago but has previously been an instrumentalist with the choir.

Manama Singers performed the anthem at the special Bahrain Is United national initiative held at the Crowne

Plaza Conference Centre last week. More than 500 Bahrainis and expatriates came together reaffirming their unwavering support for Bahrain's leadership, sovereignty and security.

"We will be taking a break for the summer but have some interesting projects lined up from September onwards," Stefan revealed, adding that they can not wait to entertain the community with their musical performances.



MUSICIAN: Abdullah



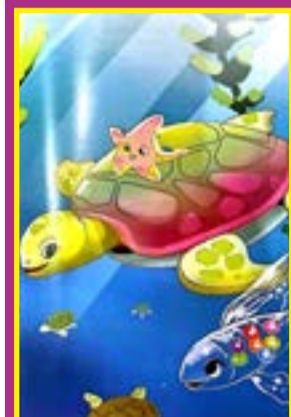
CONDUCTOR: Stefan



TALENT: Navaz



SOPRANO: Tamara



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New book release
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Fish tale: A creative tribute

BOOK REPORT
By MELISSA NAZARETH
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A young Bahraini author has released her debut book, inspired by the time she spent with her late father at Durrat Al Bahrain.

Fatima Jamsheer from Riffa wrote *Sparkle in the Ocean* during one of her summer breaks. The story takes place deep in the ocean and follows a unique fish named Sparkle, who has seven glowing orbs. At first, she feels different and unsure of herself, but through her journey, she learns confidence, kindness and self-acceptance. In the end, she realises that being different is her greatest strength.

The 54-page creation was published by Austin Macauley Publishers in January this year and is available across 15 international platforms, including *Amazon* and *Barnes and Noble*.

"I used to spend around one or two hours a day writing," the 12-year-old, who attends Bahrain Bayan School, told *GulfWeekly*.

"One of the challenges was organising my ideas and making the story flow smoothly, but I truly enjoyed bringing the character of Sparkle alive.

"My father and I used to go to the sea together in Durrat Al Bahrain, as he always loved taking me there. One day while we were swimming, he was showing me the different fish in the water, and that moment sparked my imagination. I started thinking about creating a story about sea creatures. When I shared the idea with my parents, they both encouraged me a lot," added the adolescent, who



BOND: During a past birthday celebration

has plans to write her next book in Arabic.

She wants to share her stories and messages with more readers in her mother tongue.

Named after the 'most perfect pearl' in the Arabian Gulf, Durrat Al Bahrain is the third largest artificial island in the kingdom after Northern City and Diyar Al Muharraq Islands. It lies 40.5 km south of the capital, Manama.

Surrounded by a thriving marine and coastal ecosystem, Durrat Al Bahrain is home to dolphins, sea turtles and over 30 species of sharks. The nearby Hidd Al Jamal coastline and man-made islands support nesting grounds for birds like flamingos, white-cheeked terns, and Socotra cormorants.

In her free time, Fatima enjoys reading. A fan of JK Rowling and the *Harry*

Potter series, the wordsmith is drawn to the adventure and fantasy genres. The high achiever has received many academic honours, including her school's prestigious director's award. Most recently, she bagged second place at her school's science fair and aspires to become an architect and interior designer.



YOUNG AUTHOR: Fatima

"I am incredibly proud of Fatima and her passion for writing at such a young age. Her deceased father and I always encouraged her to pursue her dream of becoming an author. He

had seen the early drafts and was eager to see the book published. This project reflects her creativity and resilience, and I know he would have been very proud of her," remarked Fatima's mother and homemaker Aida Alqassimi.

Fatima's father Abdulrahman Jamsheer was a respected Shura Council member



OCEAN: The book cover

and politician, as well as a businessman. He passed away two years ago, following a sudden health complication. Fatima was extremely close to her father, and as the youngest and most adored child in the family, she shared a uniquely special bond with him. Despite her loss, she completed what her father had always hoped for, highlighting her family as a source of motivation.

"My role model is my family because they never give up and always keep trying. My teachers at school have also been a great source of inspiration.



MEMORIES: Fatima with her father on one of their boat trips together

They always encourage my creativity, support my ideas, and motivate me to keep improving my writing," she added.

An excerpt from *Sparkle in the Ocean* reads:

'Deep in the Pacific Ocean, magical creatures live in harmony, each with their own special gifts. Among them was a special little fish named Sparkle, who was different from the others.'

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) What shape is the delta of a river?
- 2) What word refers to the Islamic concept of Immutable Law derived from the will of Allah?
- 3) What is the five-letter name given to the broken rock debris found at the base of a mountain or cliff?
- 4) Which country was previously known as the Malagasy Republic?
- 5) Which Western European capital's name in English would be 'black pool'?

- 6) In English cuisine, what is the 'toad' in toad in the hole?
- 7) FC Liverpool's signature song *You'll Never Walk Alone* stems from which musical?

- ANSWERS**
1. Triangle
 2. Sharia
 3. Scree
 4. Madagascar
 5. Dublin
 6. Sausage
 7. Rogers and Hammerstein's *Carousel*

LIVE: A show to go with the delicious brunch



Smokin' summertime grills



SUCCULENT: Traditional flavours meet the classic barbecue



GRILL: Shrimp skewers

NOTHING says summer quite like barbecue, in more ways than one, and at the Four Seasons Hotel Bahrain Bay, the five-star team have integrated the tradition into their weekly brunch, making for an unforgettable meal.

The *GulfWeekly* team stopped by the hotel's Barbecue Brunch last weekend and sampled some of its finest creations and met some of the new faces helming the property.

The Four Seasons Hotel Bahrain Bay executive sous chef Francesco Acquaviva, along with his team, have crafted and curated a food and beverage offering that stood out as soon as we walked into the Bahrain Bay Kitchen.

From seafood on ice including fresh oysters, poached tiger prawns, poached Omani lobsters and more to the dessert island filled with tiramisu, tarts and cakes, our stomachs were already rumbling even before we got to our seats.

As the live entertainment started, the hotel's new public relations and marketing communications director Nergiz Piyade welcomed us, walking us through the concept of the barbecue brunch.



GOURMET REPORT
By NAMAN ARORA
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While the concept of outdoor barbecues to keep homes cooler during summer is primarily a Western concept, considering that the outdoors themselves feel like barbecue ovens in the Middle East, Bahrain and other Gulf countries have adapted it to suit our tastes.

By combining year-round regional favourites like lamb chops, kebabs, shish taouk, tiger prawns and calamari with barbecue classics like a steak sandwich station complete with a cheese raclette, the Four Seasons has something for every barbecue palate.

Now that I have been reviewing these brunches for seven years, sometimes, the eyes and the stomach get tired of the same spreads, as luxurious and glorious as they are, so I have taken to exploring the oft-forgotten sections to find something new.

My discovery this time was the cheese station, with everything from French Brie to Gorgonzola (a soft yet sharp blue cheese) and Camembert (a rind-bound rich variety). Paired perfectly with figs, grapes and of course, crackers, trying such a variety that normally



HEALTHY: Delicious fruits, as part of the after-brunch selection

resides behind intimidating glass counters at the supermarket was the highlight amongst my appetiser experience.

Meanwhile, my brunch brethren dove into the fine sushi selection of spicy tuna, California, cucumber and crab rolls as well as the tuna and salmon sashimi, as well as some of the traditional Arabic appetisers like hummus, quinoa avocado salad and pumpkin mutabel.

Our appetisers set the stage for the



SWEET: The dessert island

main course, where I went straight for the grilled offerings, enjoying the steak sandwich, some of the barbecue meat cuts and of course, the cultural favourites like kebabs and shish taouk.

What I love about these brunch buffets is that they make for the perfect social gathering where there is no fretting over what to order or picking a place that appeals to everyone's culinary preferences, giving the table to focus on what matters most - present, mindful

company - while the chefs and hotel team members handle all the rest.

And as we waited for bodies to grow our second stomachs exclusively for dessert, the company and conversation took centre-stage, ranging from the tumultuous start Bahrain has had to this year all the way to our summer plans.

By the time we had caught up, our sweet teeth (teeth?) yearned for satisfaction, and we set sail to the dessert island, enjoying chocolate fondue, cheesecake, sticky toffee pudding, lemon meringue tarts, strawberry pistachio cakes and the caramelised banana creme brulée.

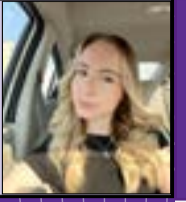
This summer, when you are looking for the perfect gathering spot for friends and family, where everyone will find something to feast on, make sure to stop by the Four Seasons Hotel Bahrain Bay's Barbecue Brunch, every Friday from 1pm to 4pm for an unforgettable time.

The brunch buffet is priced at BD35net, inclusive of soft beverages, or BD48net with a selected beverage package.

For more details, follow @fsbahrain on Instagram.

Leisure Scene

What's on guide by
Julia Cassano



SIP: Golden Créma Trilogy

WORLD CUP EXCITEMENT

CATCH the football action at The Ritz-Carlton, Bahrain's La Med, where every match comes alive in a vibrant social atmosphere.

Gather with fellow fans to enjoy live screenings, while savouring light bites and breakfast favourites inspired by the culinary traditions of the US, Canada and Mexico.

For those seeking a more intimate experience, private viewings are available at La Table Krug for groups of 10 guests or more. Matches will be screened according to the World Cup schedule.

For a touch of indulgence, head to Café Gourmandise and savour the Golden Créma Trilogy alongside a selection of artisanal sweets, thoughtfully crafted to add warmth and sweetness to every sip. Available daily from 8am to 11pm, the experience is priced à la carte.

At Thai Lounge, ladies can add a little excitement to their evening every Tuesday with the

FUN: La Med's Football Fanzone



Lucky Zodiac Wheel. Guests can enjoy a welcome drink on arrival and spin for an exclusive 50 per cent saving

on their food bill. The offer is available from 6pm to 10pm, with dining priced à la carte. Meanwhile, Nirvana

WATCH THE MATCHES AND WIN!

FOOTBALL fans can head to InterContinental Bahrain, where the FIFA World Cup matches are being screened in a lively atmosphere.

Guests can enjoy a selection of food and beverage offerings while cheering on their favourite teams. Adding to the excitement, visitors will also have the chance to predict the winning team and final score before kick-off during selected matches for an opportunity to win prizes throughout the evening. Matches will be shown live at Elements Pool and Lounge according to the tournament schedule.

Meanwhile, the hotel is marking its 80th anniversary with a special culinary celebration inspired by eight iconic destinations from around the world.

The renowned Los Hidalgos Band will add to the festive atmosphere with live entertainment all afternoon.

The celebration takes place on June 26 from noon to 5pm at the Regency Tent and is

priced at BD26net with soft beverages or BD33net with unlimited selected beverages. Children under six dine free, while children aged six to 12 receive 50 per cent off. Early bird offers are available.

Step into an evening of elegance and celebration at the Epic White Party at Elements Pool and Lounge. Dressed in your finest white attire, soak up the vibrant atmosphere and stand a chance to win the coveted Best Dressed Award.

Taking place on June 26 from 6pm, the event offers a stylish night of music, socialising and indulgence. Packages are priced at BD25, inclusive of bites and four premium beverage vouchers, or BD20 with bites and soft beverages.

For Father's Day, Medzo is inviting families to celebrate with a specially curated three-course menu featuring hearty starters, comforting pasta dishes and signature pizzas.

As part of the promotion, fathers dine with the hotel's compliments when accompanied by a minimum



FAMILY: Celebrate Father's Day with your loved one



EXCITEMENT: World Cup fun at the hotel

of two paying guests, whether adults or children. The offer is available from June 21 to 27 between noon and 10pm and is priced

at BD9.900net per guest. Children under six dine free. For more information or bookings, contact 17227777 or 36967701.

HEAD to CLAW BBQ at Hilton Bahrain and catch every thrilling moment of the World Cup live on the big screens.

Enjoy an electric match-day atmosphere, indulge in mouthwatering food and refreshing beverages, and cheer on your favourite teams as all the action unfolds according to the tournament schedule.

The venue also hosts a variety of weekly promotions and themed events.

On Sundays, hospitality professionals can enjoy two hours of unlimited selected beverages from 4pm to midnight for BD12,500, with the option to extend the experience by an additional two hours for BD10.

From Saturday to Thursday, guests can take advantage of Happy Hour until 8pm, with selected beverages available from just BD2.

Mondays are dedicated to the ladies, who can enjoy four complimentary drinks from 8pm to 11pm, along with a sharing platter for

IT'S GAMING



CULTURE: Pan Asian Night

BD15. Ladies also receive 30 per cent off all full-priced food and beverages throughout the evening.

Taco Tuesdays bring a fiesta of flavours, featuring unlimited tacos and selected beverages from 6pm to midnight for BD16.

On Wednesdays, guests can enjoy two hours of unlimited selected beverages from 7pm to 9pm for BD12,500.

Fridays are all about the popular brunch experience,

Leisure Scene

Weekly Entertainment

EVENT AT RITZ-CARLTON



from noon to 3pm and 7pm to 11pm. It is priced at BD24 per person, inclusive of one lassi.

Over at Cantina Kahlo, the Weekend Brunch Fiesta brings a vibrant Mexican dining experience to the table. Served family-style, the set menu showcases authentic dishes and elevated favourites prepared with fresh ingredients and rich traditional flavours. The brunch takes place every Friday and Saturday from 1pm to 4pm and is priced at BD35 per person, inclusive of soft beverages, or BD45 with selected beverages.

The celebrations continue every Tuesday with a Taco Extravaganza, where guests can enjoy a variety of tacos paired with beverages from 7pm to 10pm. The experience is priced at BD25 per person and includes two selected beverages.

For more information or bookings, contact 17580000 or email rc.bahrz.restaurant.reservations@ritzcarlton.com.

invites guests on a flavourful journey through India with its traditional thali. Featuring a variety of aromatic curries,

tender tandoori specialties and fragrant rice, the experience is available on Sundays, Tuesdays and Wednesdays

ME TIME



served from 12.30pm to 4pm, with Happy Hour continuing until 6pm. Packages start from BD24.

Elsewhere at Hilton Bahrain, Origin kitchen and Culture serves a lavish breakfast buffet from Sunday to Friday between 6.30am to 10.30am, extending until 11.30am on Saturdays. The buffet is priced at BD13net.

Guests can also enjoy Pan Asian Night, from 7pm to



BIG BITE: A guest enjoying a juicy burger at CLAW BBQ

10pm, with karaoke starting from 8pm. It costs BD26 with soft beverages.

Seafood enthusiasts can indulge in the restaurant's Thursday seafood night from 7pm to 10pm, featuring a selection of fresh catches for BD30, inclusive of soft

beverages.

For those looking to enjoy upbeat entertainment, Society Club hosts its Daylight Disco Series on Saturday (June 20), from 3pm to 9pm.

For more information or bookings, contact 33692013.

DECADENT: Dessert to satisfy your sweet-tooth cravings



UNWIND IN NATURE'S LAP

EMBARK on a remarkable culinary journey at Four Seasons Hotel Bahrain Bay, where award-winning dining concepts, inventive dishes and extraordinary experiences come together to delight every palate.

For a more leisurely afternoon, Bay View Lounge invites guests to discover its Botanical

Afternoon Tea, a nature-inspired experience celebrating the season through delicate flavours, vibrant colours and elegant presentation. Available until September 30 from noon to 9pm, the event is priced at BD24net, inclusive of one tea, or BD28net, inclusive of two teas or two mocktails.

At Byblos, the flavours of Lebanon come alive by the water under the expertise of Chef Tony El Khoury. Guests can enjoy a generous selection of hot and cold mezze before sharing a flavourful mixed grill, with every dish rooted in Lebanese tradition and crafted with authenticity.

To end the meal, a golden baked cheese kunafa is

served fresh from the oven alongside ice cream, creating the perfect balance of warm and cold flavours. Byblos is open from Tuesday to Sunday, from 5pm until midnight, with an à la carte menu.

Guests can indulge in bold, inventive flavours and a welcoming atmosphere at re/ASIAN CUISINE, the perfect setting for relaxed evenings.

Designed for sharing, the menu brings together premium sushi, creative plates and crafted beverages, all accompanied by DJ rhythms and sweeping skyline views. The restaurant is open on Tuesdays, Saturdays

and Sundays from 7pm to 11pm and Wednesdays, Thursdays and Fridays from 7pm to 11.30pm.

Experience the calming flow of Moon Yoga, where each session draws on the gentle energy of the lunar cycle to restore balance, clarity and inner calm.

It will take place on June 30, from 6.30pm to 7.30pm, priced at BD6 per person for hotel guests and BD12 for guests and members.

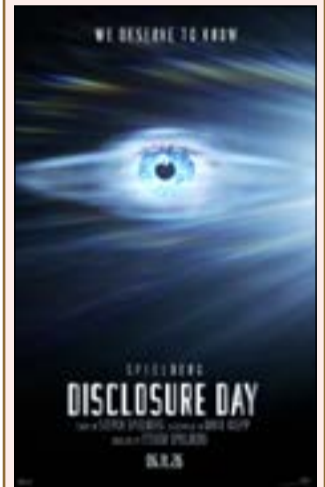
For more information or bookings, contact 17115500.



RELAXED: Enjoy the Botanical Afternoon Tea experience at the hotel



ENJOY some of the English language films being screened at Cineco Seef this weekend.



DISCLOSURE DAY (PG-15)

If you found out we were not alone, if someone showed you, proved it to you, would that frighten you?

Actors: Emily Blunt, Josh O'Connor, Colin Firth

Timings: 11.30am, 2.30pm, 5.30pm, 8.30pm, 11.30pm

THE RITUAL ROOM (18+)

The movie follows a traumatised couple whose lives unravel in a rural family home where dark forces are summoned, leading to a dangerous and deadly plan.

Actors: Patricia Allison, Matthew Cottle, Janet Kumah

Timings: 11.30am, 3.30pm, 7.30pm, 11.30pm

POWER BALLAD (15+)

Rick, a washed-up wedding singer, and Danny, a fading boy band star, reconnect through a late-night jam session. When Danny turns Rick's song into a hit, Rick sets out to claim the recognition he believes he deserves.

Actors: Paul Rudd, Nick Jonas, Peter McDonald

Timings: 11.30am, 1.30pm, 3.30pm, 5.30pm, 7.30pm, 9.30pm, 11.30pm

Pulse of Pop

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



CHARACTER: Emily portraying Margaret in the film

OUT OF THIS WORLD

A MERICAN sci-fi film *Disclosure Day* is out now in theatres.

Directed by Steven Spielberg, the movie centres on the highly anticipated moment humanity makes first contact with extraterrestrial life.

It follows cybersecurity administrator Daniel Kellner (Josh O'Connor), who admits to stealing secrets about non-humans that he was hired to hide from the world.

When meteorologist Margaret Fairchild (Emily Blunt) starts speaking in clicks on live television, Daniel claims that he can understand what she's communicating, implying that he wants to provide full disclosure to the whole world.

This is Steven's fourth production tackling alien life and extraterrestrials since *War of the Worlds* (2005), with his first one being the 1982 family film *ET the Extra-Terrestrial*, about a troubled child who summons the courage to help a friendly alien escape from Earth and return to his home planet.

In an interview, the director revealed his approach towards the new film is different from his previous ones, as it is built

from a conviction that feels different from the speculative nature behind some of his earlier alien stories.

"I've been a believer since I made *Close Encounters of the Third Kind* 50 years ago," he said in an interview, referencing his 1977 film.

"But I would always say: Until I've seen a UAP (Unidentified Anomalous Phenomena) or a UFO (Unidentified Flying Object) with my own eyes, I'm not going to categorically state that life from out there has come here.

"But I've changed that. I'm now willing to change my mind because of the circumstantial evidence, which is overwhelming," he added.

Playing Hugo Wakefield, an advocate for disclosure, actor Colman Domingo teased a deeper meaning behind the movie's sci-fi elements.

"I can tell you with my entire heart that it is one of the most hopeful films that anyone can see right now. Essentially, it's about Steven's heart and his belief of what we could be if we invite the unknown in," he added.

RETURNING TO COUNTRY ROOTS



CLOUDY: The 'TS' billboard

THE new Taylor Swift song *I Knew It, I Knew You* for Disney and Pixar's new *Toy Story 5* movie is out now, writes Leyna Hamdi.

Produced with long-time collaborator Jack Antonoff, the track is inspired by the journey of cowgirl rag doll character Jessie throughout the franchise and marks Taylor's return to her country roots.

A series of 'TS' billboard teasers right before the release, playfully pointed to the initials shared by both the singer and the movie.

In a social media post, the artist revealed that she wrote the song as soon as she got home from an early screening she attended in February, stating that she instantly fell in love with the upcoming fifth instalment.

"Writing this song felt

like a musical departure and coming home at the same time," she explained.

"Creating something for Jessie was a new challenge and also felt like second nature all at once. And being a *Toy Story* kid from the age of five till now is an adventure I plan to be on, to infinity and beyond," she added.

On its release day, *I Knew It, I Knew You* became the most-streamed country song in a single day by a female artist in streaming platform Spotify's history.

The production also earned the accolades of creatives behind the film, as writer-director Andrew Stanton stated that upon first listening to it, he felt that the song fit within the franchise like a 'long-lost family member'.

Toy Story 5 releases in theatres on June 19.



STAR: Taylor



GRUESOME CYCLE

HORROR novel *Headlights* by CJ Leede has hit the shelves.

Burnt out and defeated by the job, special agent Daniel Stansfield is ready for a change as he approaches his last day with the FBI.

However, before he can turn in his badge, he finds himself pulled back into the gruesome cycle, as he is summoned back to Denver, the city he ran from four years ago.

Seemingly innocent people are waking up on the side of the highway, with no memory of how they got there, wearing the skin of victims they have allegedly never met. Each of them is sharing one haunting detail: a strand of a stranger's hair tied around their tongue.

Every clue leads Daniel deeper into the shadows of his own past, forcing him

to confront the ghosts of his traumatic childhood and face what has been haunting him all along, before he and his loved ones become the next victims.

In an interview, the author from Los Angeles opened up about the inspiration behind the novel, which came to her on her daily two-mile walk to and from a coworking office.

"One day I was about halfway through my walk, and it was sunny and beautiful, and there were palm trees everywhere, and I just saw this image of someone standing holding this skin, horrified," she said.

"And I remember kind of stopping in the middle of the sidewalk and thinking, what is that? And I always know when I have those moments that whatever that is, it will very likely turn into my next book," she added.

SportWeekly

The top sport from the kingdom and beyond

MIKHAIL Arkhangelskiy is ready to help lift Bahrain to the upper echelons of international swimming, writes Patrick Oliver Salomon.

After tasting instant success on his national team debut at the fourth GCC Games in Doha, Qatar last month, the supremely talented 21-year-old is determined to raise the bar even further.

Arkhangelskiy won a sensational six medals, headlined by three gold, while he also set nine new national records at the time – four of which were also GCC records.

“It was an unforgettable experience and a proud moment for me at the GCC Games,” the Russian-born, long-course standout tells *GulfWeekly*.

“Representing Bahrain internationally gave me a strong sense of responsibility and motivation. Wearing the national colours and competing for the country was truly special.

“I was proud to contribute to Bahrain’s success, winning three gold medals and three bronze medals, and also achieving nine national records and four GCC records, which made the competition even more memorable.”

Arkhangelskiy got into swimming at a young age, first as a casual activity but quickly developing a passion for the sport. He was hooked once he started competing, and has strived to realise his limitless potential in the pool ever since.

“I enjoyed challenging myself and spending time in the water,” he recalls. “Swimming quickly became more than just a hobby – it became something I was passionate about and wanted to pursue seriously.

“At first, it was mainly for fun and to learn water safety, but over time I realised how much I enjoyed training,



SPLASH: Arkhangelskiy in action in the pool at the GCC Games

improving, and competing. The feeling of constantly progressing motivated me to continue.

“I loved the competitive side of the sport and the discipline that came with it. Competing allowed me to push my limits, set goals for myself, and learn valuable lessons about hard work, consistency, and resilience.”

Arkhangelskiy’s abilities helped lead him to being recruited for Bahrain’s national team, and he has grabbed the opportunity by the horns.

“It is great to be a part of a growing programme,” Arkhangelskiy explains. “From the beginning, I felt welcomed and supported, which made me proud to compete under the Bahraini flag.

“I think the swimming community in Bahrain



WINNER: Arkhangelskiy with one of his three gold medals from the fourth GCC Games

is very supportive and ambitious. The facilities and the investment in the sport continue to improve, which creates a great environment for athletes to develop and

perform at a high level.”

With the full backing of Bahrain Aquatics, Arkhangelskiy continues to be greatly motivated to step up his journey and excel on the grandest stage. Since the GCC Games, he has already broken a number of the Bahraini records he had set at the Qatari capital.

“Swimming means a lot to me,” he says. “It has shaped who I am as a person by teaching me discipline, patience, confidence, and perseverance.

“It’s not just a sport – it’s a lifestyle and a passion that continues to inspire me every day.

“I enjoy the process of improving every day, whether it’s physically or mentally. Representing

AT A GLANCE: ARKHANGELSKIY AT THE FOURTH GCC GAMES

MEDALS

- Gold:** Men’s 50m butterfly, men’s 50m backstroke, men’s 100m butterfly
- Bronze:** Men’s 50m freestyle, men’s 4x100m freestyle relay, men’s 4x200m freestyle relay

NATIONAL RECORDS

(All long-course marks; *also a GCC record)

- Men’s 50m backstroke: 25.47s*
 - Men’s 100m backstroke (part of men’s 4x100m medley relay team): 55.50s
 - Men’s 50m freestyle: 22.85 seconds
 - Men’s 100m freestyle: 49.91s
 - Men’s 50m butterfly: 23.80s*
 - Men’s 100m butterfly 53.29s*
 - Men’s 4x100m freestyle relay (with teammates Robert Bonsall, Abdulla Jamal, Ahmed Helal): three minutes 29.62 seconds
 - Men’s 4x100m medley relay (with teammates Robert Bonsall, Saud Ghali, Abdulla Khaled): 4:02.11
 - Men’s 4x200m freestyle relay (with teammates Robert Bonsall, Ahmed Suhail, Sayed Ahmed Alawi): 7:49.07
- (NB: Since the GCC Games, Arkhangelskiy has set new national records in the 50m butterfly of 23.52s and the 100m butterfly of 52.72s)

something bigger than myself is also a huge source of motivation.”

Looking ahead towards a bright future with Bahrain, Arkhangelskiy is eager to continue making his mark in the water.

“My short-term goals are to continue improving my performances, achieving new personal bests, and gaining more international experience,” he shares. “Long-term, I want to compete at the highest-

possible level, represent Bahrain proudly on the international stage, and continue making history for the country in swimming.”

Aside from competition, Arkhangelskiy is also hopeful of making a lasting influence with the kingdom’s aquatics community.

“I want to inspire young athletes, help grow swimming in Bahrain, and leave a positive impact on the sport for future generations,” he says.



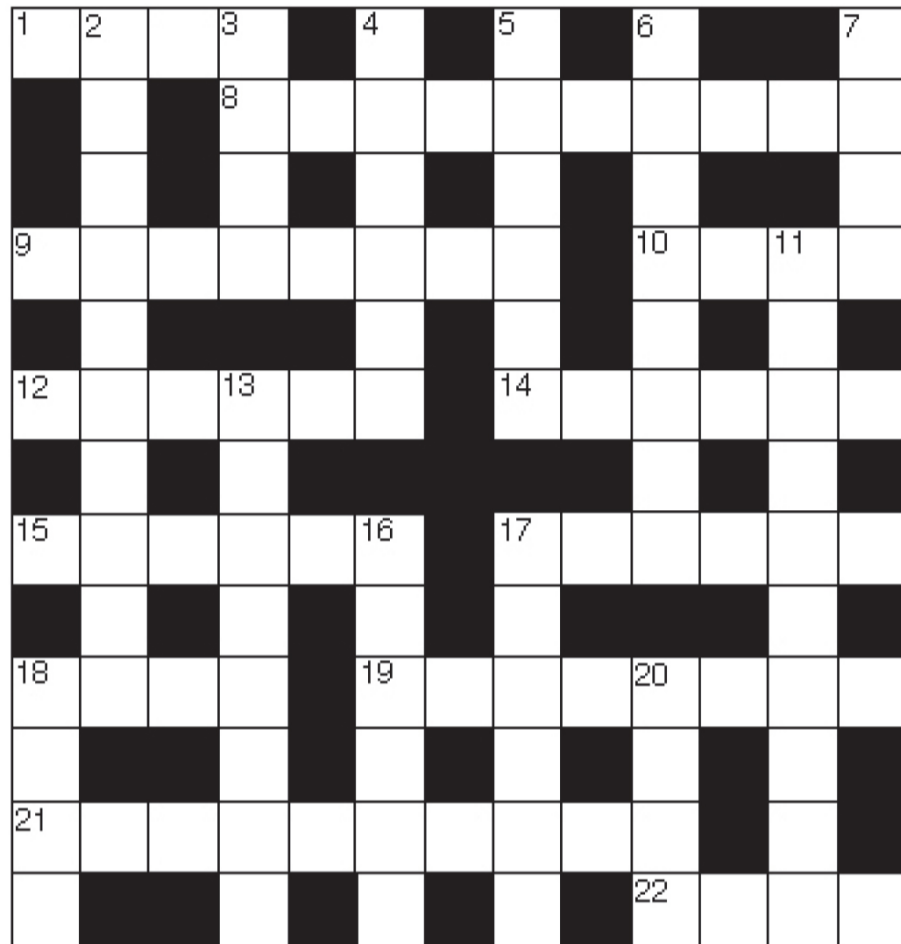
PROUD: Arkhangelskiy, third from right, with bronze-medal winning teammates in the men’s 4x200m freestyle relay along with officials

Time Out



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crossword break



Solutions in next week's issue.

ACROSS

- 1. Opinion (4)
- 8. Coarse (10)
- 9. Condense (8)
- 10. Flag (4)
- 12. Oppose (6)
- 14. Sleepy (6)
- 15. Specimen (6)
- 17. Puerile (6)
- 18. Nought (4)
- 19. Cultured (8)
- 21. Stress (10)
- 22. Action (4)

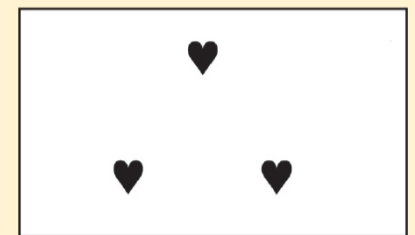
DOWN

- 2. Excessive (10)
- 3. Small bunch (4)
- 4. Coming (6)
- 5. Shut (6)
- 6. Bitterness (8)
- 7. Minus (4)
- 11. Perseverance (10)
- 13. Unseemly (8)
- 16. Happenings (6)
- 17. Savage (6)
- 18. Fervour (4)
- 20. Old (4)

who, what, where, when

WHO ... were the two blues musicians from whom the band Pink Floyd derived their name?
 WHAT ... book won the 2004 Man Booker Prize for Fiction?
 WHERE ... was the 2010 Winter Olympics held?
 WHEN ... was the Treaty of Paris under which Spain was forced to cede Puerto Rico to the US?
 WHO ... was the famous stepson of Dionysius Bainbridge?
 WHAT ... group recorded the album *More Songs About Buildings and Cows*?
 WHERE ... in Africa are the Banana Islands?
 WHEN ... did David Owen become British Foreign Secretary?

just so



lie
monarch

9 X X

dna 4th

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

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

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

darn tough sudoku

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

Sudoku

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

Sudoku

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

Last Week's Leisure Solutions

CROSSWORD BREAK:

Across: 7 Trade; 8 Airless; 9 Trounce; 10 Speed; 12 Settlement; 15 Articulate; 18 Tongs; 19 Instant; 21 Episode; 22 Cargo.
Down: 1 Statecraft; 2 Havoc; 3 Tern; 4 Patent; 5 Prospect; 6 Reversed; 11 Detonation; 13 Excision; 14 Utensil; 16 Loiter; 17 Carry; 20 Sack.

JUST SO:

No spring chicken, One foot in the door, The luck of the Irish, Go through the motions.

WHO, WHAT, WHERE, WHEN: Andy Capp; Viaduct Street and Rosamund Street; Lake Kivu, between Rwanda and Democratic Republic of the Congo; 1959; Alec Rose; Big Pink; Colombia; January 25th.

Darn Tough Sudoku

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