

LET THEM BE BORED

VALUABLE: Boredom gives children the opportunity to use their imagination and explore their surroundings

LIFESTYLE REPORT
By MELISSA NAZARETH
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PSYCHOLOGISTS, parents and educators in Bahrain are now viewing 'boredom' as a tool for creative thinking and problem solving, signalling a massive shift in approach to the issue.

The summer holidays put more pressure on families to balance office work, household chores, keeping children busy and regulating screen time. However, local experts have indicated that more parents have been resorting to slow parenting – a mindful approach in which fewer activities are organised for children, allowing for unstructured free play, presence and a natural pace of development.

"The way children experience boredom has changed so much over the past few years," prominent psychologist Dr Mariam Alammadi told *GulfWeekly*. "I don't necessarily see boredom as something parents need to immediately fix. In fact, having periods where children are not being entertained or stimulated can be valuable as it gives them the opportunity to use their imagination, create their own games, explore their surroundings and learn



UNIQUE: A teacher guides a child with his art as other young minds pursue diverse interests at Createit

how to occupy themselves. These are important skills for developing independence, creativity and problem-solving," she added.

The Child and Family Foundation Centre founder addressed the 'guilt' that some parents feel when they are unable to provide their child with something productive to do.

"Give them a little time to work through that feeling themselves. Very often, boredom is the point where imagination begins," she advised.

However, Dr Mariam encouraged a balance between unstructured time and family connection.

"Reading together, going outside, helping prepare food, drawing, building, imaginative play or simply talking as a family are all ways of slowing things down



EDUCATOR: Saira

without replacing one form of constant stimulation with another," she highlighted, warning against instant stimulation through gadgets, which tends to increase during the holidays.

Echoing her sentiments, creative entrepreneur Saira Ranj from Seef District noted that instead of simply giving children another activity to consume, they must be given 'sustainable pastimes'.

"A bored child has space

Dr Mariam advises parents to ask:

- Are there times in our day when we are all genuinely present with one another?
- Can we protect meal times and playtime?
- Are we allowing our children enough space to occasionally have nothing planned?



to invent. We can give them opportunities to make, imagine, write, speak, perform, question and create. These do not depend upon constant stimulation," added the founder and owner of Createit, who has extensive experience as an educator.

Her studio located at Bahrain Financial Harbour offers diverse, offbeat activities, including personality development sessions, which are intentionally woven between art, yoga, writing, public speaking, improv and more. "We don't see these as completely separate subjects," she added, explaining that the idea is to offer children a safe space to pursue what they find interesting.

The Indian expatriate and artist revealed that she has witnessed many children transform over time and walk out feeling more confident in their own skin.

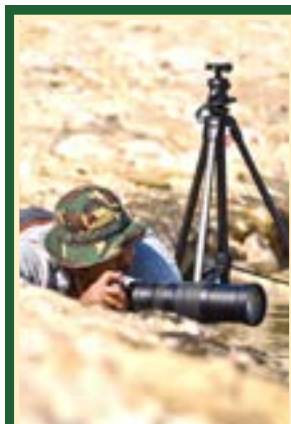
Bahraini mother-of-two Sara Hesari from Muharraq noted that her daughters Al Reem, nine, and Al Maha, eight, have distinct

PSYCHOLOGIST: Dr Mariam

personalities and interests. "Al Maha could spend hours playing with her toys, imagining different scenarios. She also loves creating things. On the other hand this is a struggle for Al Reem, who prefers reading and living through her books," she said, adding that it is important to encourage children to pursue what they enjoy.

For her part, Canadian expatriate Abeer Parker from Hidd noted that boredom is great for children and adults. "I used to view 'nothing to do' as a negative concept. But now I avoid overwhelming myself with overscheduling the free spaces in our calendar.

This summer, I have divided our days between fun activities and 'boring' downtime. We have visited museums, libraries, local parks, and hiking trails. The kids and I have also gone laser tagging and karting. And when we stay in, we go for a swim in our building's pool downstairs," added the mother of two, who is currently on holiday in Canada.



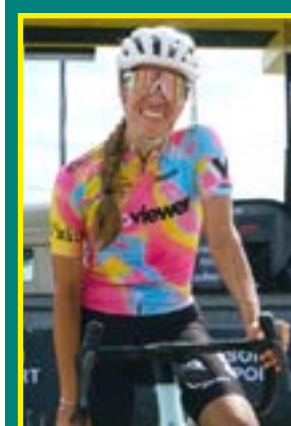
INTO THE WILD
Nature-inspired travel
SEE PAGES 2-3



GET CREATIVE!
Art competition
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LEISURE SCENE
Flavours galore
SEE PAGES 4-5



RIDING FOR A CAUSE
Local cyclist shines
SEE PAGE 7



PHOTO BOMBED: Rasha with a chance acquaintance in Rwanda



CUDDLE: Inge, right, engages with a koala during an animal conference in Melbourne in 2018

WILDLIFE tourism is emerging as a major trend among travellers in Bahrain and beyond, with globetrotters planning their holidays around experiences that allow them to explore nature more closely and ethically.

Gone are the days when typical tourist tropes appealed to jetsetters. Today's excursionist is discerning, ensuring a productive approach while having fun. Nature-inspired travel has come a long way from tourists crowding zoos where wild animals are caged and often poorly treated, including as props by visitors clicking photographs or as means of transportation.

Today, 'serious' wildlife enthusiasts are exploring the world's diverse flora and fauna responsibly. Among them is Bahraini shutterbug Rasha Yousif, who has travelled to 195 countries.

"Over the years, I have realised that some of my strongest memories were not necessarily of famous landmarks but of moments in nature," the 44-year-old told *GulfWeekly*.

"From the gorillas of East Africa and safaris in



TRAVEL REPORT
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Kenya to conservation work in Saudi Arabia, I have had the opportunity to experience wildlife tourism in very different forms," added the documentary and travel photographer.

Rasha strongly believes that wildlife should never exist for our entertainment. "There is a huge difference between observing an animal behaving naturally in its environment and an experience that has been created purely so tourists can touch, hold, feed or photograph an animal. Every time we pay for such an experience, we are effectively voting for that type of tourism," she warned.



CANDID: Krishnadas' photo of a white wagtail with a worm in its beak at a farmland in Budaiya

AFRICA: Rasha at a tea farm in Malawi



Travelling on untamed side

"Sometimes, the most memorable wildlife encounters are the ones where very little happens. You may sit for an hour waiting for an animal to appear. You may see it from far away. You may not get the perfect photograph. That is part of the experience," highlighted the creative entrepreneur and Qafh Travel founder.

Echoing the same sentiments is Bahrain's '3D couple'; Limnesh Augustine, 43, and Jincy Babu, 33, have shared many wildlife experiences together on their art-related travels. The pair is presently in Kenya on the invitation of Kenyatta University, Nairobi, and has plans to explore the rich local biodiversity alongside work. So far, they have been

collecting intriguing stories about the wildlife history there.

"On our visit to Nairobi National Museum, we learned about an elephant named Ahmed, who was given special protection against poachers by the country's first president Jomo Kenyatta. Ahmed had

unusually long tusks and was always escorted by rangers. His skeleton is showcased at the museum," explained art educator and pet mum Jincy.

"Hunting is illegal here so much so that even the indigenous tribes that previously hunted animals as part of their initialisation rituals have come up with different traditions," she added.

What sets wildlife tourism apart from other types of travels is that no matter how much you plan, nature follows its own rules.

Often, it surprises you when you least expect it as experienced by Belgian expatriate and beekeeper Inge Michiels from Amwaj, who noted that she prefers 'chance

encounters' to planning.

"One special memory comes from a stay in a South African Big Five reserve. My cabana overlooked the open bush and one morning I woke up to find a herd of antelope grazing peacefully outside. I sat up in bed and remained perfectly still, watching them pass by, not wanting to disturb the moment," said the 52-year-old Bahrain resident of 20 years.

Closer to home, Inge came across a troop of baboons in Taif, Saudi Arabia, as she was simply driving in the area.

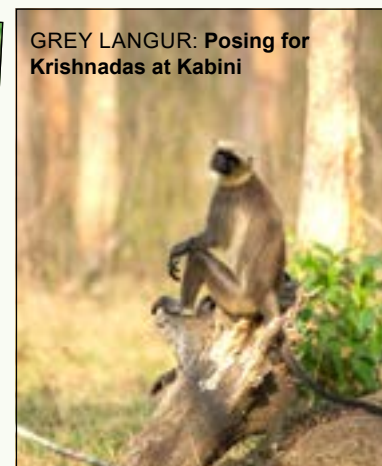
"I had not set out to see wildlife that day, but I stopped to watch their antics. One was sitting on top of my mirror until the troop decided to go because there was no food to be had. Another memorable



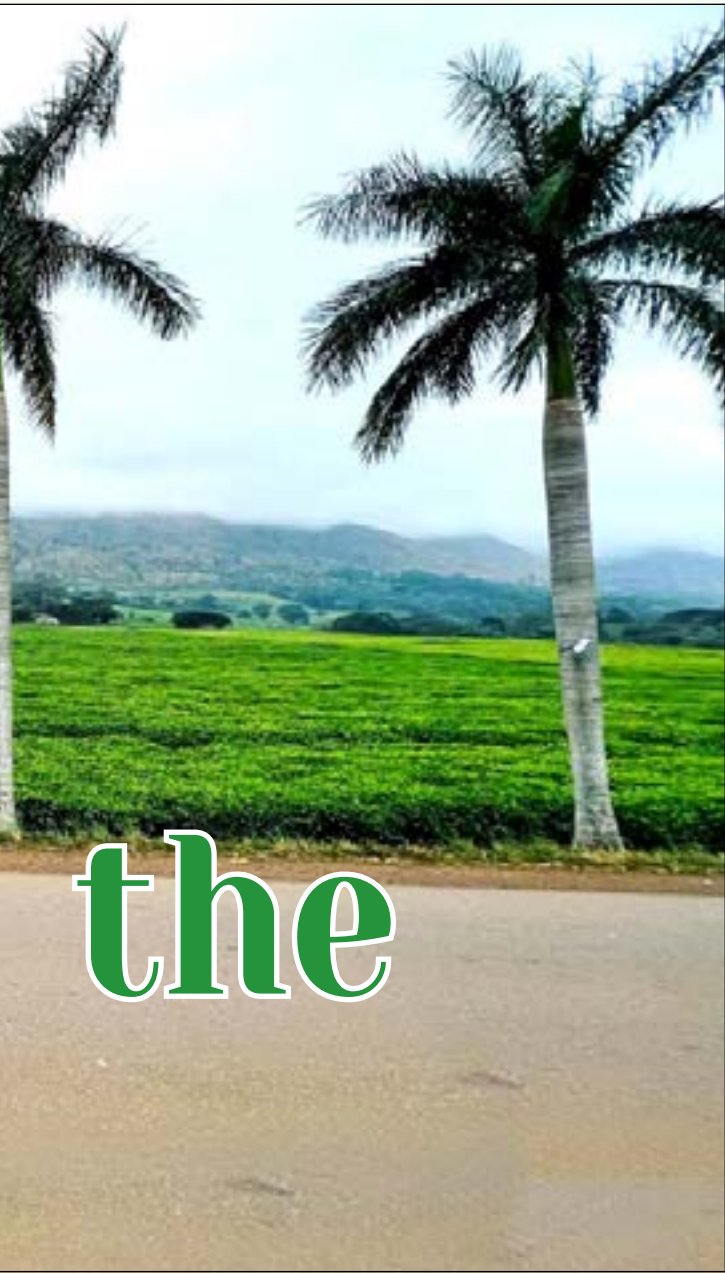
PEACEFUL: Inge soaks in a mesmerising sunset in Croatia



ENGAGE: Deer locking horns at Kabini captured by Krishnadas



GREY LANGUR: Posing for Krishnadas at Kabini



LOCAL: Krishnadas profiles a southern ground hornbill at Al Areen Wildlife Park and Reserve, Bahrain

“Farmlands, seaside areas and places with dense trees away from buildings often reveal snakes, mongooses and diverse bird species. Flamingos are a seasonal highlight, with hundreds gathering in certain coastal areas.

“Al Areen Wildlife Park is a great spot for birdwatching and observing animals up close. I have learned to capture sharp images here as the birds are friendly and accustomed to visitors, allowing for colourful photography at short distances. Budaiya farms are home to snakes, mongooses and a wide variety of birds,” revealed the A’ali resident. The self-taught photographer has won many awards for his

wildlife captures.

The business development manager, who has called the kingdom home for the last 18 years, recounted his extensive travels in India. “Kabini and Bandipur in Karnataka are unforgettable for their safaris. Vedanthangal Bird Sanctuary in Tamil Nadu is excellent for bird photography. Another must-visit place is Malakkappara in Kerala – a promising destination with thick forests stretching 45km, no mobile signal and frequent sightings of wild elephants. It is a raw and thrilling experience that keeps me connected to the wilderness,” he remarked.

TRAVELLERS IN BAHRAIN SHARE THEIR TOP RECOMMENDATIONS

- Pairi Daiza, Belgium
- Masai Mara National Reserve, Kenya
- Samburu National Reserve, Kenya
- Amboseli National Park, Kenya
- Chobe National Park, Botswana
- Volcanoes National Park, Rwanda
- Canaima National Park, Venezuela
- Kabini, Karnataka, India
- Malakkappara, Kerala, India
- Vedanthangal Bird Sanctuary, Tamil Nadu, India
- Bannerghatta National Park, Karnataka, India
- Black Forest, Germany



SAY CHEESE: A tiger smiles for Krishnadas at Kabini, India

encounter occurred in a wadi (valley) in Saudi Arabia where I found myself surrounded by hundreds of butterflies – it was magical,” remarked the Jetpet Global owner.

She highlighted that wildlife exists all around us if we slow down enough to notice it. “I love driving to work and see the migrating birds at Arad Bay. Once, I spotted a desert rabbit while driving to a camp.

“Bahrain’s natural

attractions are often overlooked. While it may not have the dramatic wildlife associated with some larger countries, it offers unique experiences through its desert landscapes, coastal ecosystems, bird life and marine environments. There is real potential for responsible eco-tourism that highlights the country’s natural heritage and encourages people to experience a different side of Bahrain,” added the adventurer, who is currently exploring Croatia.

Meanwhile, Indian expatriate and overlander V Krishnadas shared his fascination for Bahrain’s natural treasures, which he has been closely watching for many years.



HISTORY: Ahmed the elephant’s skeleton with the long tusks at Nairobi National Museum



ART contest

IN a world where artificial intelligence (AI) and ChatGPT continue to pose a threat to originality, creative thinking and expression, it takes courage to showcase our unique perspectives. We, at *GulfWeekly*, believe in enabling this brave act especially among children so they start trusting their instincts from the go.

This week, we are excited to launch an art contest where we invite children and adolescents to send us their best art (paintings, sketches, mixed media – no bar) that they have created during the summer holidays. Our team will select the best ones and publish them on our channels.

Last date for submissions is August 31.

Send your entries to the editor on melissa@gdnmedia.bh

Eligibility criteria:

- * Open to anyone under 18 years
- * Must be based in Bahrain



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) When New Zealand won the inaugural Rugby World Cup in 1987, who did they defeat?
- 2) Which edible nut comes from the American hickory tree?
- 3) Which element is used in batteries and also as a treatment for depression?
- 4) What was the last European country to relinquish its overseas territory in India?
- 5) What blood type is the universal plasma donor?
- 6) What was the first machine to use

electricity to send messages?
7) Which famous film production company has search lights bordering both sides of its logo?

1. France
2. Pecan
3. Lithium
4. Portugal
5. AB
6. Telegraph
7. 20th Century Fox

ANSWERS

Leisure Scene

What's on guide

By Julia Cassano



STUNNING: Views with a scrumptious breakfast

BEAT THE HEAT AT RITZ-CARLTON

HEAD to the Ritz-Carlton, Bahrain and enjoy an array of dining and entertainment offers to suit every mood.

Beat the summer heat at La Terrace with a selection of gelato creations made with premium ingredients. Priced at BD7 and available daily from 1pm to 11pm.

For a taste of Mexico, Cantina Kahlo is bringing bold flavours and lively entertainment to the table with its Brunch Fiesta. Guests can enjoy a variety of Mexican favourites prepared with authentic ingredients, accompanied by the lively rhythms of a resident mariachi band.

The brunch is available tomorrow, August 21, and Saturday from 1pm to 4pm, priced at BD35 per person including soft beverages, or

COOL OFF: Taste some handcrafted gelatos this summer



BD45 per person including selected beverages.

Sports fans can catch all the action at La Plage's outdoor area during Game Nights, with matches screened simultaneously across multiple screens. Guests can enjoy food and drinks from the à-la-carte

menu while watching the games with friends.

The screenings are available according to match timings.

For those who prefer to watch the action indoors, La Med offers a vibrant match-day atmosphere alongside a specially curated menu of crowd-pleasing bites and beverages. The menu is available à la carte from 1pm to 11pm.

Guests can also indulge in the timeless tradition of afternoon tea, featuring a selection of fine teas, freshly baked scones, delicate finger sandwiches, pastries and French favourites. Priced at BD34 per set, afternoon tea is available from

3pm to 7pm.

Meanwhile, ladies can put their luck to the test at Thai Lounge's Ladies' Fortune Night. Guests can spin the Lucky Zodiac Wheel for a chance to receive 50 per cent off their food bill, while all ladies receive one complimentary drink upon entry.

Available every Tuesday from 6pm to 10pm, the offer is priced à la carte.

For an indulgent start to the day, La Med also offers breakfast buffet served against panoramic resort views. It is available daily from 6.30am to 11.30am, breakfast is priced at BD17 net per adult, with discounted rates available for children.

For bookings and more information, contact 175800 or email rc.bhrz.restaurant.reservations@ritzcarlton.com

SUN, sea and exciting experiences await at Four Seasons Hotel Bahrain Bay, where a private island sanctuary offers the perfect setting for a luxurious summer retreat.

Spend sun-soaked days relaxing on the hotel's white-sand beach, making a splash at the water park or unwinding at the Beach Club with panoramic sea views. Recharge with rejuvenating spa treatments before exploring the hotel's award-winning restaurants. Bahrain residents can also enjoy an exclusive 20 per cent saving on room rates, along with a range of special privileges.

Cool off with Bay View Lounge's handcrafted gelato collection, celebrating the flavours of the season, from vibrant fruit and delicate floral notes to warm spices and rich chocolate. Pair your scoop with a vanilla brioche or indulge in one of the lounge's signature affogatos, available with espresso, karak or matcha. The seasonal menu is available until October 31, daily from 11am to midnight. Affogatos are priced at BD4.500 each, while gelato is BD5.900. For an elegant afternoon overlooking Bahrain Bay, the Botanical Afternoon Tea at Bay View Lounge is inspired by the beauty of nature. Guests can savour delicacies

DINE: Indulge in delicious dishes, overlooking Bahrain Bay



PANORAMIC VIEWS

including king crab waffles, lobster and courgette wraps, matcha and rose macarons, freshly baked scones and a carefully curated selection of premium teas.

Available until September 30, from noon to 9pm, the experience is priced at BD24 including one tea, or BD28 including two teas or two mocktails.

Perched on the 50th floor with sweeping views of the Manama skyline, re/ASIAN CUISINE has introduced new additions to its menu, infused with Californian influences. The restaurant welcomes diners from Tuesday to Sunday, between

7pm and 11pm, extending to 11.30pm on Thursdays, Fridays and Saturdays. Dishes are available à la carte.

Round off the month with Moon Yoga, an outdoor wellness experience inspired by the lunar cycle. Guests can flow through gentle movements and breathwork beneath the evening sky during the Full Moon session on August 28, from 6.30pm to 7.30pm. Sessions are priced at BD6 for hotel guests and members, and BD12 for non-guests.

For bookings and more information, contact 17115500.

TRADITIONAL CREATIONS TO SAVOUR

A WEEKEND of authentic flavours, Argentine cuisine and restorative spa experiences awaits at Sheraton Bahrain Hotel.

Discover Chef Hassani's signature menu at Golestan Persian Grill, featuring traditional specialties like Khoresh-e-Kharafs, Shami Pook, Borani Esfenaj, and signature kebabs, prepared with premium cuts of lamb, beef, chicken and seafood.

Each dish is served with a choice of fragrant saffron, zereshk (berries), or sabzi rice. Set within Golestan's elegant surroundings, the experience combines authentic flavours with warm hospitality.

The menu is available daily from noon to 11pm.

For a taste of Argentina with a rooftop setting, Brasero Atlántico Bahrain offers a dining experience centred around premium cuts, expertly grilled specialties and the vibrant flavours of South America.

The menu features prime steaks, freshly prepared seafood, refined starters and handcrafted desserts, with each dish showcasing quality ingredients and authentic grilling techniques with a contemporary touch.

Set against panoramic views of the Manama skyline, the rooftop restaurant provides a stylish setting for lunch, dinner or an evening with friends. As the sun sets, guests can ease into the evening with Atlántico Hour, available Sunday to Thursday from 4pm to 7pm, featuring handcrafted beverages in a lively setting.

TASTY: Delights at Golestan



Brasero Atlántico is open daily from noon to midnight.

For those looking to unwind, Shine Spa offers a chance to slow down and indulge in some well-deserved relaxation. The award-winning spa offering 50 per cent off treatments valued above BD60, along with a complimentary pool day pass.

Guests can choose from therapeutic massage, revitalising facials and bespoke wellness rituals all delivered by skilled therapists in a serene setting. The offer combines a restorative spa treatment with time by the pool for a complete day of relaxation.

Shine Spa is open daily from 10am to 10pm. For more information or bookings, contact 17533533.

Leisure Scene

Weekly Entertainment



LUSH: Classics served at Legendz SteakHouse

IRRESISTIBLE DISHES

THERE is plenty to look forward to at InterContinental Bahrain this weekend, with French flavours, seasonal drinks, afternoon tea and sweet treats taking centre stage.

At Legendz SteakHouse, diners can indulge in a new selection of à-la-carte creations inspired by French cuisine. The menu features rich foie gras, delicate sole meunière, crisp mesclun salad and steak frites, served with a choice of green olive tapenade

butter or classic Bordelaise sauce. Each dish brings a touch of French culinary artistry to the table.

The French-inspired menu is available from tonight until Saturday, from 6pm to 10pm.

For a refreshing summer treat, Noor Lounge is serving a trio of seasonal beverages, including the coconut affogato, combining rich espresso, creamy vanilla ice cream and grated coconut, served in a fresh coconut shell.

Also on offer is the Avocadoria, a creamy blend of avocado, mango, fresh milk and vanilla ice cream, and the coffee jelly float, featuring avocado and milk topped with coffee jelly and vanilla ice cream. The drinks are available daily from 9am to 10pm, priced at BD4.500 each.

Guests can also enjoy Noor



YUMMY: Mango bites and tea

Lounge's seasonal Mango Afternoon Tea, featuring five tiers of sweet and savoury creations made with Alphonso mango. The experience begins with a refreshing Mango Blossom welcome drink, followed by an afternoon of tropical flavours and elegant treats.

The Mango Afternoon Tea is available today until Saturday, from 1pm to 5pm, priced at BD8net.

To round off the experience, Noor Lounge is also offering special deals on its cakes. Guests can enjoy 40 per cent off cakes purchased on the day, or 50 per cent off cakes ordered for collection the next-day, subject to availability or the chef's selection.

The cake offer is available daily from 9am to 10pm.

For bookings and more information, contact 36967701.

HILTON Bahrain has a busy line-up in store for guests, with weekly dining promotions, entertainment and a special cat adoption event marking the hotel's fourth anniversary.

At CLAW BBQ, enjoy food, games, entertainment and panoramic views of Bahrain's skyline from the 44th floor.

Sundays come with an extra dose of indulgence, with two hours of unlimited beverages for BD12.500. The offer can be extended for another two hours for an extra BD10, while also enjoying 20 per cent off the full menu.

Monday is dedicated to the ladies, with Ladies' Night

TOP-NOTCH DINING



FRESH: Seafood, juicy meats and more at CLAW BBQ

running from 8pm to 11pm. The offer includes four complimentary drinks and a sharing platter for BD15,

along with 30pc off the full food and beverage menu.

CLAW BBQ turns up the flavour midweek with Taco

Tuesdays, running from 6pm to midnight. Guests can enjoy unlimited tacos and drinks for BD16, with the option to add unlimited selected beverages for an additional BD3.500.

Come Friday, CLAW's signature brunch brings together food, drinks and entertainment from 12.30pm to 4pm, with tickets starting at BD24. The fun continues afterwards with two additional hours of Happy Hour from 4pm to 6pm.

For those looking to start their morning on a delicious note, Origin Kitchen and Culture serves its signature breakfast buffet daily from 6.30am to 10.30am. It is priced at BD13net per person.

Looking ahead to next weekend, Hilton Bahrain will mark its fourth anniversary with a special cat adoption event in collaboration with Project Rifq, an animal rescue group.

Guests can meet cuddly and resilient cats rescued from conflict zones, spend time with the animals and, for those looking to adopt, perhaps find a new furry family member. The event will also feature bites and beverages, offering guests a chance to support a good cause while celebrating the hotel's anniversary.

The event will be held on August 22 from 4pm to 7pm, priced at BD5net per person.

For bookings and more information, contact 33692013.

WEEKENDS AT THE WATERFRONT



GORGEOUS: View by the pool

AQUA Vista Bahrain has a host of summer offers lined up for guests, with special rates on stays, pool access, weekend breakfast and evening drinks.

Every summer package includes a complimentary room upgrade, with guests able to choose between a bed and breakfast package at BHD55net per room per night or a half-board package at BD65net per room per night.

For a more spacious stay and better view, guests who book an Executive Suite will receive a further upgrade to a Club Suite with a balcony. The bed and breakfast package is priced at BD75net per room per night.

Those looking for a day of relaxation can opt for the pool day pass, which includes pool access from 8am to 7pm, waterfront views and a complimentary beverage. It is priced at BD9.900 per person.

Weekend mornings can be spent with The Waterfront's breakfast buffet, featuring fresh ingredients, live

cooking stations and sweeping views. The buffet is available tomorrow, August 21, and Saturday from 6.30am to 11am, priced at BD10 per person.

As the day winds down, Maestro Lounge offers a chance to relax with its Happy Hour, available daily

from noon to 2am.

Ladies can also enjoy a dedicated night out with Maestro Lounge's Ladies' Night, held every night from 5pm to 9pm and featuring three complimentary drinks for ladies.

For bookings and more information, contact 17177333.

CREATE unforgettable memories with a one-night getaway in a spacious family suite at Hawar Resort by Mantis, complete with breakfast and dinner for two adults.

Two children under the age of six stay and dine free, while a host of fun-filled activities keeps younger guests entertained, making it the perfect escape to reconnect and enjoy quality time together.

For those seeking adventure, Hawar Island offers a bespoke retreat that goes beyond the ordinary. Alongside

A BESPOKE RETREAT



DOLPHINS: Swimming at Hawar

breakfast for two adults and complimentary stay and dining for one child under six, guests can choose from memorable island experiences, including dolphin watching, snorkelling, fishing, or a desert culture tour.

Whether you're planning

a relaxing family break or an adventure surrounded by nature, every stay promises lasting memories and a story worth sharing.

For bookings and more information, contact 32183610 or email reservations@hawarresort.com.

Pulse of Pop

AROUND THE WORLD IN MUSIC, TV, BOOKS AND MORE - BY NAMAN ARORA

IF R&B music had royalty, the Womack Sisters would be princesses, and their new self-titled debut album would be their declaration of accession to the throne within the genre.

The R&B and soul vocal trio consisting of BG, Zeimani and Kucha Womack dropped their first album on Friday, August 14.

The 11-track 22-minute-long album marks their first full-length studio release.

With it, they are stepping into the limelight and out of the shadow of their prolific musical heritage.

After all, being granddaughters of the legendary king of soul Sam Cooke, daughters of Cecil and Linda Womack, famously known as the R&B/dance duo Womack & Womack in the late 1980s and the nieces of soul pioneer Bobby Womack comes with its own pressures.

But with years working behind the scenes as backup singers and vocal arrangers, the trio are stepping out and to be frontswomen in their own right.

Their new eponymous album blends contemporary R&B with funk and plenty of gospel harmony to create



LIVE: Performing at the recently held Edmonton Folk Music Festival

a record that keeps playing in your head well after it's done in your ears.

The album is autobiographical in nature,

reflecting on both the glitz and the gloom of growing up on the road in a family of legends.

Opening with the vintage-

sounding *Chauffeur*, the Womack Sisters don't hold back on their backstories as they sing about working as Uber drivers in Los Angeles,

while awaiting for their big break.

The tracks that follow are exquisite in their composition, produced by

Grammy-winning Gabriel Roth, and are careful in giving each sister her moment in the spotlight while also highlighting the chemistry that sets the trio apart.

The eldest sister BG shines on *I Just Don't Want You (To Say Goodbye)* - a southern-flavoured mid tempo groove designed with a classic sock-hop soul vibe, as well as *Monster* - a grittier and fiery change in pace.

Zeimani takes centre-stage in *Didn't Mean Much to Me* smoothly moving between sultry and soulful and showcasing the breathtaking breadth of her vocal range.

In *I Am Your Season*, Kucha is the voice to watch blending grit with sweetness for a single that is both tender and raw.

And the closing ode *My Sisters and Me* is where the listeners really come to appreciate the chemistry that makes the trio work beautifully, and the final refrain sums up the entire album perfectly: 'People come and go, but darling this I know, it will always be my sisters and me'.

The Womack Sisters is available on major digital streaming platforms as well as on a limited edition 'Fiery Red' vinyl pressing.

Let Tony cook!

ABIOPIC centred on illustrious chef and food writer Anthony Bourdain is set for a wider American theatre release tomorrow, August 21.

Highlighting Anthony's formative early years working in Massachusetts, *Tony* is based on stories from his memoir *Kitchen Confidential*.

The film was released theatrically earlier this month, with a wider national release slated for tomorrow.

Rising star Dominic Sessa takes on the larger-than-life role of young Tony, a 19-year-old aspiring writer who flies by the seat of his pants.

The smooth-talker ends up moving to a coastal town pretending to have already gotten into a writing fellowship to which he applied, but when that doesn't pan out, takes a summer job at a Cape Cod restaurant, learning under the tutelage of a chef, played by the magnetic Antonio Banderas.

Emilia Jones, best known for her starring role in *Locke & Key*, plays his love interest - secondary, of course, to his primary love for food.

While there are some grumbles about the adaptation of the story for the big screen, critics have mainly given the movie



KITCHEN: Antonio and Dominic play Chef and Anthony, respectively, in the new biopic

positive reviews, despite its deviations from Anthony's own life.

The real Anthony Bourdain made the jump from the kitchen to the printed word with an essay published in *The New Yorker* and became an overnight household name with his *New York Times* best-selling book *Kitchen Confidential: Adventures in the Culinary Underbelly*.

Known for his no-holds-barred writing and talking, he became best known for his *Travel Channel* programme *No Reservations*, which ran from 2005 to 2012, before he went on to host *Parts Unknown* for CNN.

Tributes that poured in after his death-by-suicide described him as the 'original rock star of the culinary world'.

Money matters

ACHILDREN'S book imparting financial literacy has hit the shelves, offering important lessons in wealth creation and character building, writes Melissa Nazareth.

Indian expatriate and author Vaishali Varia, who works as a business, financial and logistics consultant in Bahrain, wrote *The Wealth Wizard*, inspired by her dinner table conversations with her 11-year-old daughter Krishna.

"Like most children, she would ask innocent but surprisingly thoughtful questions about money," the 45-year-old told *GulfWeekly*.

"It made me realise that children are naturally curious about money, just like any other new subject and can understand the concepts if we as parents can explain it to them in a relatable and easy way," she added.

"One of the biggest challenges was simplifying the concepts without making them superficial so I kept going back to the basics: how would I explain this to a child."

The Bahrain resident of seven years,



WEALTH: The author with her new book

who often gives talks on financial literacy for children and women, believes in hands-on experience.

"My husband and I have always made it a point to involve Krishna in basic household chores and shopping," she said, noting that there is no such thing as 'too early' when it comes to money matters.

The Wealth Wizard is available across stores and online platforms, including Amazon.

SportWeekly

The top sport from the kingdom and beyond



SPORT REPORT

By MELISSA NAZARETH
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IN a stellar show of poised persistence and gutsy grit, Bahrain resident and cyclist Casie Pittman has raised £10,000 (BD5,097) for UK blood cancer charity Cure Leukaemia at Tour de France Femmes this month.

The athlete from Saar had to drop out of the race last year after she fractured her pelvis in a riding accident just four weeks before the event. However, that only strengthened her resolve to participate again, as she peddled 1,175 km with around 18,000 meters of climbing.

The 37-year-old was one among 19 amateur female cyclists, who together raised over £253,000 (around BD129,000) for the cause.

The Tour de France Femmes, part of the UCI Women's World Tour, is an annual, multi-stage professional road cycling race for women in France, and features elite female cyclists competing over multiple stages of varying terrain – from flat sprints to challenging mountain climbs. The winner earns the iconic yellow jersey.

"This was truly a once-in-a-lifetime experience," the Bahrain resident of 13 years told *GulfWeekly*.

"I have been waiting for a full year to finally participate but it has been worth it. The beauty of this event is that it isn't a race but a group of amateur women rallying together to ride the exact same route as the pros, a day before them, all to raise money for kids battling blood cancer. The stages were long and hard but the views and climbs were incredible," she added.

While the experience was exhilarating, it was preceded by hard work in the months leading up to the race. Not to forget, healing from the accident. The full-time teacher could get her training done only in the afternoon after school and woke up early on the weekends to get her longer rides in.

"We are so blessed in Bahrain to have a cycling track we can train at. As it got closer to the summer, there were times because of my schedule that I needed to squeeze in some rides in the early hours before work. Training for the mountains while living in Bahrain was



RIDERS: Cruising alongside Mont Ventoux during the race



CYCLIST: Casie after the event

difficult as well. I spent many hours riding up and down Al Areen and sometimes used

the indoor training platform Zwift to replicate the climbs," she explained.

However, Casie was determined to participate. Riding at the Tour de France

has been a dream of hers.

"It's only been a few years since the women's race, the Tour de France Femmes, began (2022). As an amateur, the chances of being able to participate in it are slim, but participating in The Route's Tour de France Femmes gives us a chance to experience the same route as the pros all while raising money for a good cause," noted the American expatriate, who has been cycling for eight years and competes often.

In the past, the triathlete has completed several half and full Ironman races. She switched her focus to cycling during the Covid pandemic and has since entered races in the region and also when she travels back to the US.

"Doing this event gave much more purpose to my training. When you do a race, you earn your medal or trophy and put it on a shelf to collect dust. But doing an event like this leaves an impact that goes far beyond the finish line. The money we raised as a team will support so many families whose kids

We are so blessed in Bahrain to have a cycling track we can train at.



are battling blood cancer and it means so much to have been a part of that," she said.

Blood cancer is a term that is used to describe many different types of the disease that can affect your blood, bone marrow or lymphatic system.

Globally more than one million people receive a blood cancer diagnosis every year, and around 40,000 in the UK.

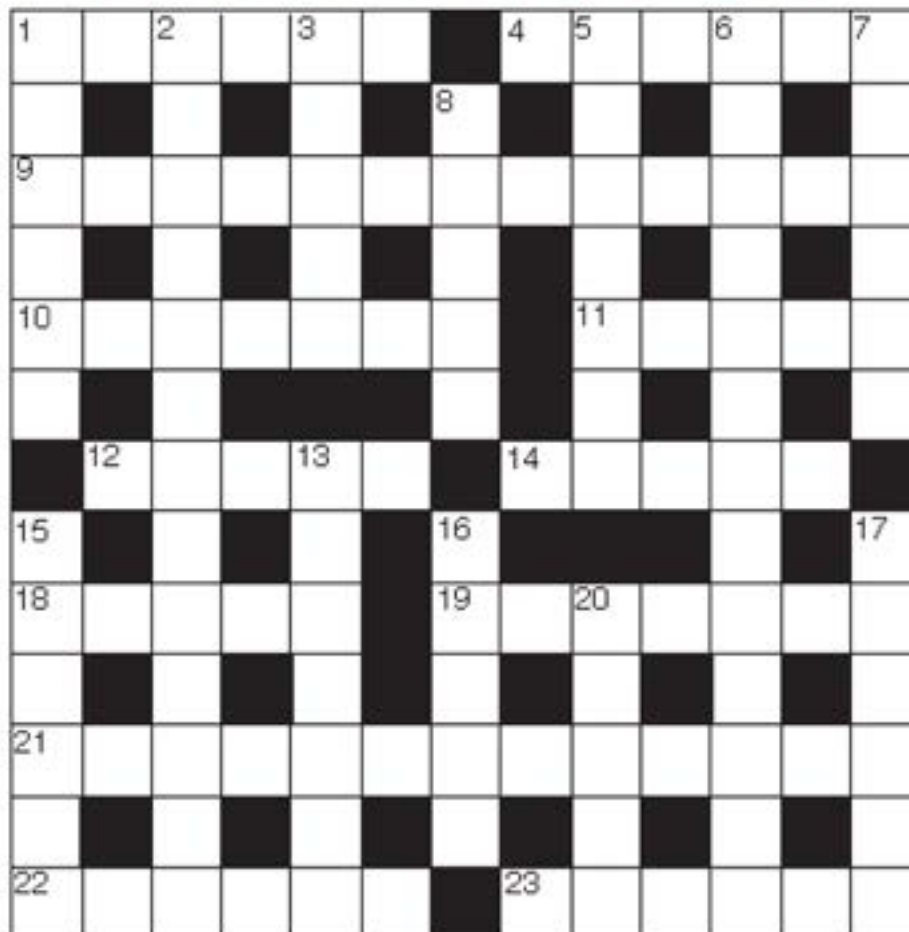
Time Out



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crossword break



Solutions in next week's issue.

ACROSS

1. Most broad (6)
4. Mollycoddle (6)
9. Unintentionally (13)
10. Outstanding (7)
11. Sea (5)
12. Horrify (5)
14. Fables (5)
18. Topic (5)
19. Fend off (7)
21. Official (13)
22. Slumbering (6)
23. Association (6)

DOWN

1. Caprice (6)
2. Evolutionary (13)
3. Ointment (5)
5. Rhetoric (7)
6. Frightening (5-8)
7. Wearisome (6)
8. Fuse (5)
13. Dreadful (7)
15. Layers (6)
16. Corn (5)
17. Ebb (6)
20. Put (5)

who, what, where, when

WHO ... wrote the volumes of poetry *I Found This Shirt* and *Perfect Catch*?

WHAT ... is the capital of Gauteng province, South Africa?

WHERE ... did Laurence Llewelyn-Bowen graduate from with a Fine Art Honours degree in 1986?

WHEN ... was Fidel Castro born?

WHO ... won the men's marathon gold medal at the 1986 European Championships?

WHAT ... is the nickname of the character John Denham in the television series *Casualty*?

WHERE ... in South America is Lake Arapa?

WHEN ... did Leo Sayer have a No 1 single in the UK with *When I Need You*?

just so

£ back

b fruit & X

10p

phrase

10p



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

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

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

darn tough sudoku

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

Sudoku

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

Sudoku

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

Last Week's Leisure Solutions

CROSSWORD BREAK:

Across: 1 Psychiatrist; 7 Spent; 8 Polar; 9 Ode; 10 Senseless; 11 Defame; 12 Vendor; 15 Recollect; 17 Top; 18 Thorn; 19 Alter; 21 Interruption.

Down: 1 Preponderate; 2 Hue; 3 Acting; 4 Represent; 5 Solve; 6 Proscription; 7 Shelf; 10 Semblance; 13 Deter; 14 Repair; 16 Clown; 20 Tip.

JUST SO:

The morning after the night before, Point of no return, Sinking heart, It's all over.

WHO, WHAT, WHERE, WHEN:

Graham Greene; David Blunkett; Bangladesh; 1956; Red, blue, orange; On the Zambezi River between Zambia and Zimbabwe; February 11th.

Darn Tough Sudoku

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