

Gulf Weekly

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GDNlife

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PEDDLE POWER: A previous pink ride by the Cycling Bees



BEYOND THE PINK RIBBON

COMMUNITY REPORT
By MELISSA NAZARETH
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AN exciting lineup of activities is set to be staged in Bahrain, kicking off breast cancer awareness month in October.

Every year, individuals and groups in the kingdom come together in support of the cause, with educational and fundraising events. Among them is the Bahrain Rugby Club (BRC), who will be organising their annual programme, including a rugby game on October 16. The match will see the BRC hometeam play against boys from Doha, Qatar.

"We are immensely proud to continue our annual support for Think Pink and the vital cause of breast cancer awareness," BRC marketing head Elliot Behan told *GulfWeekly*.

"Starting October 16, members and guests can purchase our official Think Pink t-shirts and vests directly at the club (in Saar). To mark the launch, our Rugby 1st XV (team) will be wearing them during their warm-up ahead of their match," he added.

All proceeds from the event and t-shirt sales will be donated to Think Pink: Bahrain Breast Cancer Society (@thinkpinkbahrain on



SURVIVOR: Amal

Instagram), the kingdom's only standalone breast cancer-focused non-governmental organisation.

Last year, BRC raised and donated BD4,500 to the charity.

Joining the club in pushing for the pink cause is Cycling Bees, an all-women cycling group. The platform will stage a pink ride, in collaboration with Nadeen School, on October 9, on Dilmunia Island. The event runs from 6.15am to 7.30am and is open to all. Refreshments and snacks will be available right after. Riders will also enjoy a fun raffle draw.

There will be an entry fee of BD2 per person and the bike can be rented for BD7. All proceeds will be donated to Think Pink Bahrain's Race to a Million Challenge – a joint initiative of the cancer



PHILANTHROPIST : Anu

society and Bahrain Bricks, which specialises in creating products to generate funding.

If you are looking for more sporting action for a good cause, do not miss the women's padel tournament on October 9 at Centraal Club in Hamala. The event



VIBRANT: The BRC t-shirt

is organised in collaboration with MG Tennis Academy, all supporting breast cancer awareness.

The tournament will take place from 9am to 12pm and the entry fee is BD5 per player, with all proceeds being donated to the society and the cause. Prior registrations are required before October 4.

Breast cancer is a disease in which abnormal breast cells grow out of control and form tumours. In addition to awareness, early detection is important and can save lives, alongside specialist treatment and post-treatment care.

Advocating for early detection, expatriate group Indian Community Welfare Association (ICWA) will organise their annual campaign, featuring a free-of-cost physical examination for low-income women at American Mission Hospital in Manama. The event will also feature an educational talk. Additionally, if any concerns are identified, the women will receive free ultrasounds as well as mammograms at a discounted rate.

"This is our fourth year of conducting this session, which has proved beneficial to so many women. This initiative is a meaningful step towards creating awareness, encouraging early detection and making essential

screening more accessible to women who may otherwise find it difficult to afford," said ICWA women's wing coordinator Anu Jose, who is a breast cancer survivor.

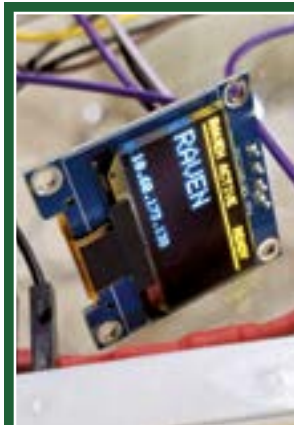
Bahrain currently has the highest breast cancer rate in the Gulf, with an estimated incidence of 117 cases per 100,000 women and an age-standardised rate of 58.5 per 100,000 – higher than all other GCC countries.

While breast cancer takes a physical toll, patients go through an equally challenging mental ordeal, nodding to a need for more support groups in the kingdom. One such is Bahrain Breast Cancer Support Group.

"I joined the group as soon as I started treatment for breast cancer and being a member provided tremendous support and inspiration throughout my healing journey," 43-year-old Bahraini yoga teacher Amal Jaffar recounted.

The new mother received treatment from 2018 to 2019. "Through asking questions, receiving helpful tips and simply having a space to be heard during difficult times, I felt seen and supported," she added.

Those who wish to join can follow @bahrainbcsupportgroup on Instagram.



BOOSTING TOURISM
New AI technology
SEE PAGE 2



WHODUNNIT!
New book release
SEE PAGE 3



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



F1 EXCITEMENT
New artwork reveal
SEE PAGE 7



TECHNOLOGY REPORT
By NAMAN ARORA
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VISITING heritage sites like Muharraq's Pearling Path or the Pottery Village in A'Ali, while delightful, can also be a struggle for tourists and first-time visitors trying to find relevant historical context about these neighbourhoods.

A Bahrain-based student and aspiring computer engineer has come up with a possible solution - Raven AR - a set of Augmented Reality (AR) glasses, powered by Artificial Intelligence (AI) that provides context and more information about sites a tourist might visit.

Roven Roy, a Grade 12 student at The Asian School Bahrain, developed and built a prototype for the glasses over the last four months, spending his summer writing code, 3D-printing tech-powered glasses and soldering electronics to bring Bahrain's tourist sites to life.

"Raven AR started as a project for a school team innovation event for tourism, but I designed and developed the Raven system solely by myself," the 17-year-old Juffair resident told *GulfWeekly*.

"I built the glasses, electronics, app, enclosure

and the rest myself."

Thus far, the application currently includes sites like Bahrain Fort, Al Fateh Grand Mosque, Tree of Life, Bahrain National Museum and Manama Suq.

The wider Explore and itinerary system also includes places such as the Pearling Path Visitor Centre and A'ali Pottery, which Roven hopes to build out in the coming months.

"The first working version took around four months, from June to September," he explained.

"Much of that time went into debugging power, networking, camera connectivity, software communication and fitting the electronics into a wearable frame."

The glasses connect to a user's phone through Wi-Fi, while Bluetooth audio is used to provide relevant auditory information.

This translates to a lighter and wearable set of glasses, since much of the heavier computer processing like AI, navigation, speech processing and computing live information can be done on a user's phone, with just the results projected through the glasses.

The prototype with its ESP32-S3 controller, display and rechargeable battery still looks relatively bulky, at first glance, for the average user, but Roven hopes to further streamline it into something 'smaller, lighter and cleaner' in the future.

"My next step is to replace the separate development boards with custom printed circuit boards so the glasses



ALL EYES: Roven wearing the Raven

can become smaller, lighter and cleaner," he explained.

"After that, I want to move towards true spatial AR, where information can be anchored to real landmarks and objects in the wearer's field of view.

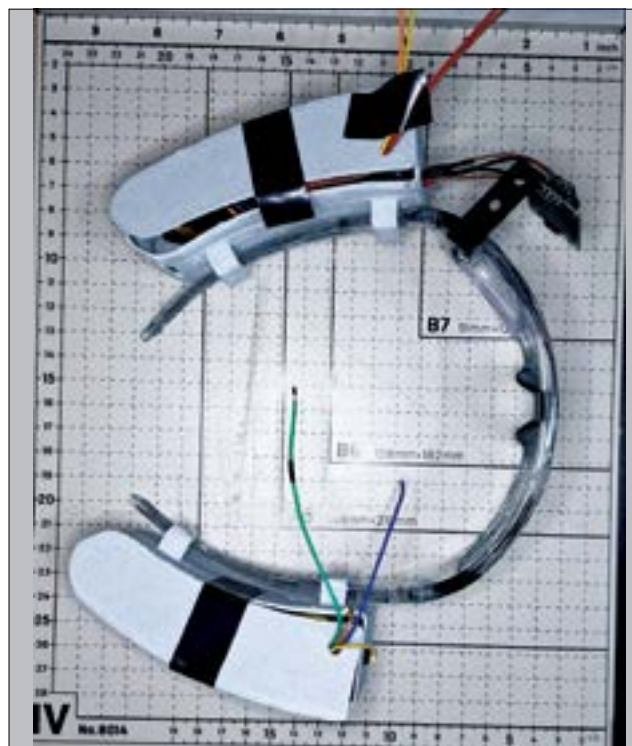
"I could eventually see Raven being available at museums, forts and cultural sites for tourists to borrow during their visit, while the mobile app handles planning, navigation and tourism information."

For the young Indian

expatriate, who has lived in Bahrain all his life, this is not the first time he has put his knowledge of computer science to good use trying to solve challenges he experienced here.

Last year, he worked on 'Ventora 1.0' - a solar-powered air purification and humidification system with an app companion.

The project was later presented at an Indian Institute of Technology alumni event held at the Indian Embassy in Bahrain.



PROTOTYPE: The built model for Raven AR



PLANNING: The application can help tourists plan their itinerary in Bahrain with AI-powered suggestions

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 was the name of the lion in the *Chronicles of Narnia*?
- 2) In mathematics, what is an angle called which measures more than 90 degrees but less than 180 degrees?
- 3) What was the name of the first mammal that was cloned from an adult cell in July 1996?
- 4) In July 1946, the Philippines gained full independence from which country?
- 5) Leg Before Wicket (LBW) is a term used in which sport?
- 6) Which language gives us the name of

those images we put in texts known as 'emoji'?

7) In 1997, Pathfinder, NASA's space probe, landed on the surface of which planet?

1. Asian
2. Oblique angle
3. Dolly the Sheep
4. The US
5. Cricket
6. Japanese
7. Mars

ANSWERS

Secrets never stay buried

BOOK REPORT
By MELISSA NAZARETH
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VIRTUALLY every woman in her 40s has asked the question: who am I if not a mother, sister, daughter... making newly released mystery fiction novel *The Portsmanbridge Riddle* a compelling read.

Written by Bahrain-based author Sonorita Chauhan Mehta, under pen name Sasha Wren, it follows Tarangini Ved, a retired foreign correspondent. When a respected figure is found dead and it is ruled an accident, Tara's instincts, honed across two decades of watching official verdicts turn out to be wrong, tell her otherwise.

The Indian expatriate from Um Al Hassam has been working on the book – the first instalment in the planned *Tarangini Ved Mystery* series – since her university days and decided to complete it.

"I've been writing this book for a very, very long time since college," said the communications and branding strategy consultant.

"I had around 15,000 words ready but I changed most of it because life, right?

You pick up a lot more experience. You understand a lot more about the world, cultures, nuances and then the entire lived experience of being a journalist so a lot of that got translated into this as well," she added.

Elaborating on protagonist Tara and how her story might resonate with women in her generation, Sonorita noted that the book is about a woman who has spent her whole life being useful to other people and finally has to work out who she is once nobody is asking her to be useful anymore.

"I think a lot of us reach that point eventually, whether it's retiring, being made redundant or children leaving for college. But I didn't want to write Tara's retirement as rest. I wanted to write it as a second innings, a niche in a world that seldom gives women like her the liberty to carve," she explained.

The engineer by qualification kickstarted her



AUTHOR: Sonorita

career as a radio journalist and then went on to work in newrooms across India. She revealed that her journey has partly influenced the protagonist and story.

"I've seen the kind of disruption that she (Tara) has seen from behind the scenes. Those are not things that you leave behind very easily," she added.

The quadragenarian eventually transitioned from news to luxury and then communication. However, she has vivid memories of her life as a journalist, making her debut release semi-autobiographical. For instance, she owns a chipped coffee mug that makes an appearance in the story.

An excerpt from the novel reads:

'The mug was red. Not

"
I think a lot of us reach that point eventually, whether it's retiring, being made redundant or children leaving for college. But I didn't want to write Tara's retirement as rest. I wanted to write it as a second innings, a niche in a world that seldom gives women like her the liberty to carve
"

the red of something new, but the particular faded red of an object that had been handled daily for a long time and had stopped caring about its appearance. A chip on the rim. A crack in the glaze that dated from Beirut. She had carried it through four cities and a move back to England and still used it every morning, not out of sentiment, but because a chipped mug on a good morning was a reminder that she had survived worse than whatever the day intended.

'She filled it from the French press. Colombian single-origin, medium roast, ground twelve minutes

ago. She had found the supplier in her first week in Portsmanbridge, a small roaster in Bristol who sent a new bag each fortnight, and the ritual of it, the grinding and the timing and the smell that filled the kitchen before anything else happened, had become the one fixed point in a life that was otherwise still deciding what it was going to be.

'She took the mug to the window. The sea was doing its November thing. Grey into grey into grey. The horizon barely there, the sky and water arguing over which was which. She had hated this kind of morning once.'

An alumna of the Indian School Bahrain, Sonorita recounted growing up in the kingdom and how it influenced her career. "The BBC audio dramas that were aired on *Radio Bahrain* were my obsession for the longest time. And it still continues. Hearing them was one of the reasons I wanted to do radio. Bahrain as a place gave you the liberty to grow up carefree so you can choose any career you like," she noted.

She added that as her parents worked at the Indian School Bahrain, she spent a lot of time on campus especially in the library.

"I must have finished all the books in that library by the time I passed out. Bahrain has quite literally been with me from the first page I ever read to the first page I've ever published," said the murder mystery fan.

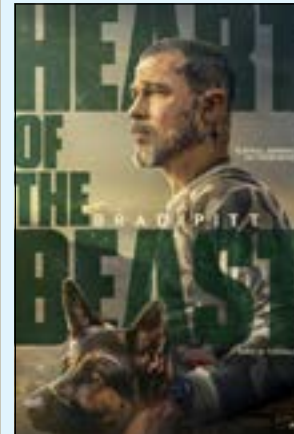
The Portsmanbridge Riddle is available on Amazon and will soon hit the shelves at select bookstores in Bahrain.



MYSTERY: The book front cover



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



HEART OF THE BEAST (PG-13)

After a harrowing plane crash, special forces officer James Belmont and his combat dog, Odin, find themselves stranded deep in the Alaskan wilderness. Together, they are forced into a brutal fight for survival against the elements.

Actors: Brad Pitt, J K Simmons, Anna Lambe

Timings: 12.15pm, 2.30pm, 4.45pm, 7pm, 9.15pm, 11.30pm, 12.30pm



CRAWLERS (18+)

Tenants at Paradiso Palms apartments fight a deadly spider invasion while the cunning building manager might be their only hope for survival.

Actors: Matilda Lutz, Gregg Sulkin, Melina Matthews

Timings: 5.30pm, 9pm, 10.45pm



THE SMURFS: TIMELESS ADVENTURES VOLUME 2
Join the Smurfs in a collection of fun-filled

adventures packed with wild inventions, thrilling competitions, teamwork and chaotic missions. From sports contests to hilarious encounters with Gargamel, the Smurfs discover that friendship and courage always save the day.

Actors: Davis Free, Vincent Broes, Bérangère McNeese

Timings: 12.15pm, 2pm, 3.45pm, 7.15pm

SACRIFICE (2026) (18+)

A struggling movie star trying to make a comeback is taken hostage at a charity event by a radical group who believe that he must be sacrificed in a volcano to save humanity from the end of the world.

Actors: Chris Evans, Anya Taylor-Joy, Salma Hayek

Timings: 2pm, 6.15pm, 10.30pm

RESIDENT EVIL (2026) (15+)

A hapless courier is tasked with delivering a package to a remote hospital. He soon finds himself caught in the middle of an outbreak and must fight through hordes of mutated creatures to survive.

Actors: Austin Abrams, Zach Cherry, Kali Reis

Timings: 4.15pm, 8.30pm



CATS IN THE MUSEUM 2: TREASURES OF EGYPT (PG)

Two years have passed since the Hermitage was saved and the Mona Lisa was stolen. Maurice the mouse dreams of new exploits, and Vincent and Cleopatra have acquired two restless kittens and are also longing for adventures.

Actors: Jordan Worsley, Stephen Krisel, Maria Smakhtina

Timings: 10.30am

AVENGERS ENDGAME: ENCORE (PG-15)

After the devastating events of *Avengers: Infinity War*, the universe is in ruins. With the help of remaining allies, the Avengers assemble once more in order to reverse Thanos' actions and restore balance to the universe.

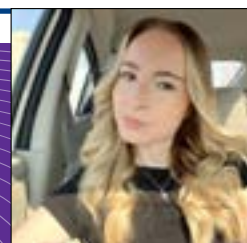
Actors: Robert Downey Jr, Chris Evans, Chris Hemsworth

Timings: 5.15pm, 10.45pm

Leisure Scene

**What's
on
guide**

By Julia Cassano



DISTINCTIVE FLAVOURS AT RITZ-CARLTON

SCRUMPTIOUS:
Yummy treats at
Primavera



LA Table Krug sets the scene for an indulgent evening, pairing an exquisite four-course menu at The Ritz-Carlton, Bahrain.

The menu brings together a selection of premium ingredients, including foie gras, scallops and Australian wagyu, with each course designed to complement the distinctive character of Krug.

Priced at BD50net per person, the experience is available from Tuesday to Saturday, from 7pm to 11pm.

Primavera is bringing the flavours of the Italian coast to the table with a lively Friday brunch filled with classic favourites, fresh seafood and plenty of entertainment.

Guests can tuck into saffron

arancini, fresh seafood and other Italian specialities before finishing with tableside tiramisu, while live entertainment adds to the relaxed atmosphere.

The brunch is priced at BD35 per adult, including soft beverages, or BD45 with selected beverages from 12.30pm to 4pm. Children aged four to 12 can dine for BD17.500, including soft beverages.

Whether it is a Grand Prix, a football tournament or another major sporting event, La Med offers an indoor spot to settle in and watch the action unfold, accompanied by a specially curated match-day menu, available a la carte.

La Med is open from 1pm to 11pm. The latest viewing schedule is available @ritzcarltonbahrain

on Instagram.

La Terrace sets the mood for an evening of live music with its intimate Jazz Night, bringing together live performances, a relaxed terrace setting and jazz-inspired beverages tomorrow 6.30pm to 9pm.

Bring your appetite to Cantina Kahlo, where the Brunch Fiesta serves up an afternoon of Mexican flavours, live music and plenty to share.

The feast begins with delicious house-made guacamole and crispy tortilla chips, followed by a generous mixed grill for the main course, while an assortment of desserts provides a sweet finish.

Adding to the atmosphere, a resident mariachi band will perform throughout the afternoon.



LUXURIOUS: The elegant interior at La

The experience is priced at BD35 per person including soft beverages, or BD45 with selected beverages, and is available every Friday and

RAISING THE STEAKS

AQUA Vista Bahrain is turning weekends into an excuse to slow down, dine well and make the most of its waterfront setting, with a lineup of food, drinks and more.

For steak lovers, Maestro Lounge is serving up richly marbled wagyu steak, seared over an open flame and paired with fresh flavours from the sea. Prices start from BD28 per person, with the offer available daily from noon to 2am.

There is also a reason to linger over a drink, with 50 per cent off beverages at the lounge every day from noon until 2am.

Ladies can make it a night out at the lounge, with three complimentary drinks for women every evening from 5pm to 9pm.

Those looking to unwind can take to the water for Aqua Vista's Floating Sound Journey, held in partnership with Svava Space. Participants will drift across the water as crystal singing bowls, healing frequencies and ambient soundscapes create a calming experience designed to encourage deep relaxation.

The sessions will take place on October 10, 17, 24 and 31 from 7pm to 8.30pm.

For an easier start to the weekend, The Waterfront



JUICY: Perfectly cooked steak at Aqua Vista Bahrain

Restaurant is serving a breakfast buffet overlooking the sea. The spread features market-fresh ingredients and live cooking stations, giving guests plenty of reason to take their time over the first meal of the day.

Breakfast is available on Fridays and Saturdays from 6.30am to 11am and costs BD10 per person.

Those in need of a proper break can swap the desk for a sun lounger with Aqua Vista's Pool Day Pass. Priced at BD9.900 per person, it includes pool access from 8am to 7pm and one complimentary drink.

For more information, contact 17177333.

MANY SHADES OF PINK

INTERCONTINENTAL Bahrain is marking Breast Cancer Awareness Month with a Pink Afternoon Tea, serving a selection of sweet and savoury pink treats throughout October.

The specially curated spread includes delicate beetroot salmon with dill cream cheese alongside tempting creations such as raspberry chocolate cake, combining refined flavours with playful presentation.

The Pink Afternoon Tea is available every Thursday and Friday this month from 2pm to 7pm, priced at BD8 per tray.

For a leisurely afternoon of good food and sharing, Legendz SteakHouse is serving up a tableside dining experience.

Guests can begin with a sharing platter before choosing from signature dishes, including souvlaki moshari, duck leg confit and wild mushroom risotto and Hünkar Beğendi (an eggplant and meat dish).

The experience costs BD28net with soft beverages and BD38net with unlimited selected beverages. Children under six dine for free, while those aged six to 12 dine with 50 per cent off. It is available tomorrow, October 9 and 16 from noon to 4pm.

Monday nights at Legendz come with a two-for-one deal on any steak of equal or lesser value from 6pm to 10pm.

Tuesdays bring a different take on



GORGEOUS: Pink delights at Afternoon Tea

steak, with Legendz serving juicy grilled tenderloin paillard with mushrooms alongside unlimited crispy truffle and Parmesan pommes frites.

Guests can add grilled shrimp or roasted vegetables to their meal, while live piano music provides the soundtrack to the evening.

The experience costs BD16net per guest and is available every Tuesday from 6pm to 10pm.

For a morning with a difference, Your Floating Happiness turns breakfast into a private floating experience for two adults in the heart of Manama.

Priced at BD22net for two adults, the experience is available daily from 9am onwards. It is exclusively for adults and requires at least 24 hours' advance reservation.

For bookings and more information, call 36967701.

A FEAST LIKE

GET ready to eat, drink and celebrate as Oktoberfest takes over Hilton Bahrain this weekend.

The six-hour celebration, held at Origin Kitchen and Culture, promises a lively afternoon of German-inspired food, beverages and live entertainment, giving guests plenty of time to settle in and enjoy the festivities.

The event runs from 1pm to 7pm, with packages priced at BD29net including house beverages, BD38net with premium beverages and BD27 for German passport holders.

Those heading to Origin Kitchen and Culture earlier can fuel up with the daily breakfast buffet, served from 6.30am to 10.30am and priced at BD13net.

For something lighter afterwards, stop by Lamar Café and Lounge for a matcha latte, with prices starting from BD3.500.

On the 44th floor, CLAW BBQ, brings together food, games, entertainment and panoramic views of Bahrain's skyline, making it a lively choice, whether you are looking for a long lunch or a night out.

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



CELEB
Bahrain

Leisure Scene

Weekly Entertainment

RITZ CARLTON



Table Krug

Saturday from 1pm to 4pm.
For bookings and more information, contact 17580000 or email rc.bahrz.restaurant.reservations@ritzcarlton.com.

NO OTHER



RATE: Live stations at Hilton's Oktoberfest

Ladies, with Ladies' Night 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. Enjoy unlimited tacos and drinks for BD16, with the option to add unlimited selected beverages for an additional BD3.500. Friday's bring CLAW's signature brunch, featuring 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 bookings and more information, call 33692013.

GATHER AT THE TABLE

ARANGE of dining options awaits at Sheraton Bahrain Hotel, from sunset drinks to Latin American-inspired flavours, traditional feasts and international cuisines.

Gather family and friends around the table to savour the Royal Golestan Feast at Golestan Persian Grill.

Created for sharing, the feast brings together a generous selection of the restaurant's much-loved specialties, including koobideh kabab, morgh kabab, joojeh kabab, joojeh masti kabab, tikke masti kabab, shishlik, kabab mahi and meigoo kabab.

Royal Golestan Feast is ideal for family gatherings, celebrations and special occasions. The outlet is open daily from noon to 11pm.

Step into Brasero Atlántico where Atlántico Hour offers a sophisticated rooftop setting, bringing alive the spirit of Latin America. Enjoy bold flavours, expertly crafted bites and refreshing beverages.

With panoramic views of the Manama skyline, the experience is ideal for after-work gatherings, sunset sips or relaxed evenings with friends. Atlántico Hour is available Sunday to Thursday, from 4pm to 7pm. Brasero Atlántico is open daily from noon to midnight.

At WILD, fresh ingredients, bold flavours and globally inspired cuisines come together in a relaxed yet stylish setting. The menu, prepared by the hotel's culinary team and complemented with herbs grown on-site in the hydroponic garden, takes inspiration from international flavours. Highlights include Peruvian-style smoked cauliflower with lentil chimichurri, char-grilled miso eggplant and a



RUSTIC: Flavours to savour at Golestan

grilled seafood platter.

Guests can enjoy WILD's breakfast buffet daily from 7am to 10.30am, with pool access also available. From Sunday to Thursday, lunch is served from noon to 4pm, providing an option for business meetings and casual gatherings.

During the evening, WILD offers its à la carte menu until 9pm, with both indoor and terrace seating available for guests.

For bookings and more information, contact 17533533 or 38885408.



BREATHTAKING: The villas with views of the clear waters

CULTURAL DESERT TOUR

ASTAY at Hawar Resort by Mantis offers the chance to experience a private island escape beyond the villa.

The Royal Villa Elements combines a sound healing session with a couples massage and a choice of fishing, dolphin watching, or bird watching at Rubud Island.

A family boat package is also available at BD45 for four adults or more.

Guests can enjoy a cultural desert tour followed by a private barbecue prepared by their own personal chef at the villa. Younger guests are catered to as well, with the option of a private Bear Grylls Survival Academy session with certification.

Together, the experiences

offer a chance to discover a different side of Hawar, balancing relaxation in the privacy of the villa with opportunities to explore the island's natural surroundings, culture and sense of adventure – all at your own pace.

For more information or reservations, call 32183610 or email reservations@hawarresort.com.



MOREISH: The iconic maritozzo at the hotel

CREAMY GOODNESS IN A BITE

INDULGE in a traditional Roman sweet bun at Four Seasons Hotel Bahrain Bay, as the iconic maritozzo takes centre stage at Bay View Lounge.

Made with a soft, airy dough and filled with lightly sweetened whipped cream, the classic Italian treat is available in a selection of flavours, including vanilla cream, tiramisu, fragola (strawberry) and pistachio.

Served at the elegant lobby lounge, overlooking Bahrain Bay, the maritozzi are available daily from October 4, from 11.30am to 11.30pm, priced à la carte.

Byblos welcomes guests back for evenings steeped in Lebanese flavours, with live music and stunning sea views. Oriental specialty chef Tony El Khoury has prepared a selection of dishes, including sawda djaj and makanek bi limon, bringing traditional creations to the beachfront setting.

The à la carte menu is available from Tuesday to Sunday, 6pm to midnight, every Friday.

For a more private evening, guests can also opt for a beachfront experience for two, featuring a gourmet menu, personalised beach setting, private transportation, sparkling beverages and live entertainment, along with a gift from Byblos.

The experience is available from 7pm to midnight for a three-hour



BEAUTIFUL: Views at Byblos

duration, with the last seating at 10pm. Packages range from BD175 to BD400, depending on the selection.

Four Seasons Hotel Bahrain Bay is marking Pink October with a series of brunches in support of Think Pink: Bahrain Breast Cancer Society.

Taking place at Bahrain Bay Kitchen, the brunch features flavours from around the world, with live stations serving Italian pasta and pinsa, fresh sushi, Asian wok dishes, Indian specialties and more.

A selection of pink-inspired desserts rounds off the spread.

The brunch will be held on October 9, 16 and 23 from 1pm to 4pm. Prices are BD35 including soft beverages, or BD48 with a selected beverage package.

Children under six dine free, while children aged six to 12 receive 50 per cent off at Bahrain Bay Kitchen.

For bookings and more information, contact 17115500.

Pulse of Pop

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



LIFE ON THE FARMLAND

ANTI-HERO: Florence brings alive Cathy Ames on screen

PERIOD drama miniseries *East of Eden* is streaming now on Netflix. Based on the titular 1952 novel by John Steinbeck, the seven episodes take place in the farmlands of the Salinas Valley in California, exploring the interwoven lives, ambitions and betrayals of two families, the Trasks and the Hamiltons, across multiple generations. The show takes inspiration from the biblical story of Cain and Abel, tackling themes of

free will and morality. It is adapted by Zoe Kazan, whose Academy Award-winning grandfather Elia Kazan directed the 1955 film adaptation of the novel starring James Dean. Reflecting on her family's connection to the material, Zoe, who wrote and executive produced all seven episodes of the new series discussed how her version of the story differs from her grandfather's. "The movie isn't a super faithful adaptation of the small part of the book," she said in an interview.

"What I felt was the whole epic story is an opportunity to explore, to fall in love with all these characters," she added. Speaking on casting Academy Award-nominee Florence Pugh as the scheming antihero Cathy Ames, Zoe revealed that she had no backup plan for having a different actress bring the role alive. "I didn't have another person that I thought would be just as good. She is the exact right person to play Cathy. I think she's a genius. I watched her on

set for five months. I have no more insight now as to how she works than I did before. I can see how hard she works and I can see how much it means to her, but there's no obvious preparation or process that is visible to me at least," she noted. The talented 30-year-old is best known for her performance as the protagonist in the 2019 horror film *Midsommar*, and is set to appear on the big screen later this year on *Dune: Part Three*, reprising her role as Princess Irulan.

REACHING OUT



TALENT: Victoria

GRAMMY Award-winning singer Victoria Monét drops her new album *Frequency of Love* tomorrow. It is set to explore different forms of love, including family, intimacy, faith and community, with the concept rooted in choosing a radio station and tuning into the energy that the listener wants. The sentiment reflects in the first single off the album titled *Reach Out*, which the singer described as a song about human connection. "If you think about somebody, just reach out and let the other person know that you do think about them," she said in an interview. "Sometimes we'll be so wrapped up in our own lives and our schedules that people may cross our mind and we never reach out and then something happens and

you're like I should have. It takes two seconds to let this person know I'm thinking about them and we all need that and it feels nice when you receive it," she added. The R&B project will feature a number of collaborators, including SZA, Bruno Mars, Leon Thomas and Chlöe Bailey, as well as an appearance from the artist's daughter Hazel. The artist and philanthropist recently announced the launch of her charity foundation named after the album. "Our goal is to create joyful, hands-on learning experiences for our youth that connect food to brain function, science, gut health, herbal remedies, sustainable agriculture, wellness, creativity and community," she said in a social media post, adding that patrons can donate a dollar when purchasing tickets to her upcoming tour to promote the album.



MIGHTY: Tom in the film

SATIRICAL black comedy *Digger* is out now in theatres. Starring Tom Cruise, the story follows Digger Rockwell, a wealthy oil tycoon deemed as the most powerful man in the world. After offshore drilling operations trigger massive water displacement and a devastating tsunami, he races to prove he is humanity's saviour before the global environmental catastrophe he unleashed destroys everything. In an interview, director Alejandro Iñárritu opened up about the inspiration behind his project, calling the world a reality show where everything is performative. "It's hard for every human being, having so many narratives in our phones and fragmented realities, to figure out how to tell ourselves the story of where we are now, how to really talk about the common

reality," he said. "I found that it's through humour and separation. The representation of reality is framed in a way in the film that we can totally separate ourselves and see ourselves and laugh at ourselves to find a common ground about a very complicated thing. It has to do with how we tell the story of ourselves and have to approach something like that without fighting each other," he added. Hollywood superstar Tom recalled the process of crafting his character, which included the director performing the screenplay to the actor across several days. "I've always done that. I want the writer to read me his idea because then I can see where we're going. We're exploring rhythms and I'm feeling the world. I'm literally an audience. I want to hear his voice. I want to understand and see the world the way he sees it," he explained.

MotoringWeekly

The top motoring and motorsport news

THE ART OF F1



ART REPORT

By NAMAN ARORA
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BAHRAINI artist Leena Al Ayoobi has showcased the kingdom's vaunted motorsport heritage on the global stage in her latest piece, commissioned by the Cadillac Formula 1 team.

The award-winning creative's 'Bahrain Grand Prix in Malaysia' from all angles' pays homage to the kingdom while retaining the identity of the newest team on the F1 grid this year.

"The artwork combines Cadillac's Formula 1 identity with distinctive elements of Bahrain, including the Sakhir Tower, the Bahrain flag, palm trees, traditional tea glasses, and references to motorsport," she told GulfWeekly.

For the piece, she also used a fluid perspective, which she has been experimenting with, in which the artwork can be viewed and experienced from different directions.

This weekend, the first-ever Bahrain Formula 1 Grand Prix in Malaysia is set to take place at the Sepang International Circuit,



ARTIST: Leena

showcasing the kingdom to fans across Asia.

Leena wanted to preserve Bahrain's identity in her piece, which was commissioned just two weeks ago.

"Although the race is taking place at Sepang, I wanted the poster to retain a strong and immediately recognisable Bahraini identity," she explained.

"The Sakhir Tower connects the artwork directly to the Bahrain Grand Prix and its home.

"I chose the Sakhir Tower because the artwork represents the Formula 1 Gulf Air Bahrain Grand Prix being hosted in Malaysia."

In addition to the tower, Leena featured fish in the piece, both for good luck but also as a symbol for lightness and movement.

"Fish frequently appear in my traditional artworks as symbols of good luck and prosperity," she added.

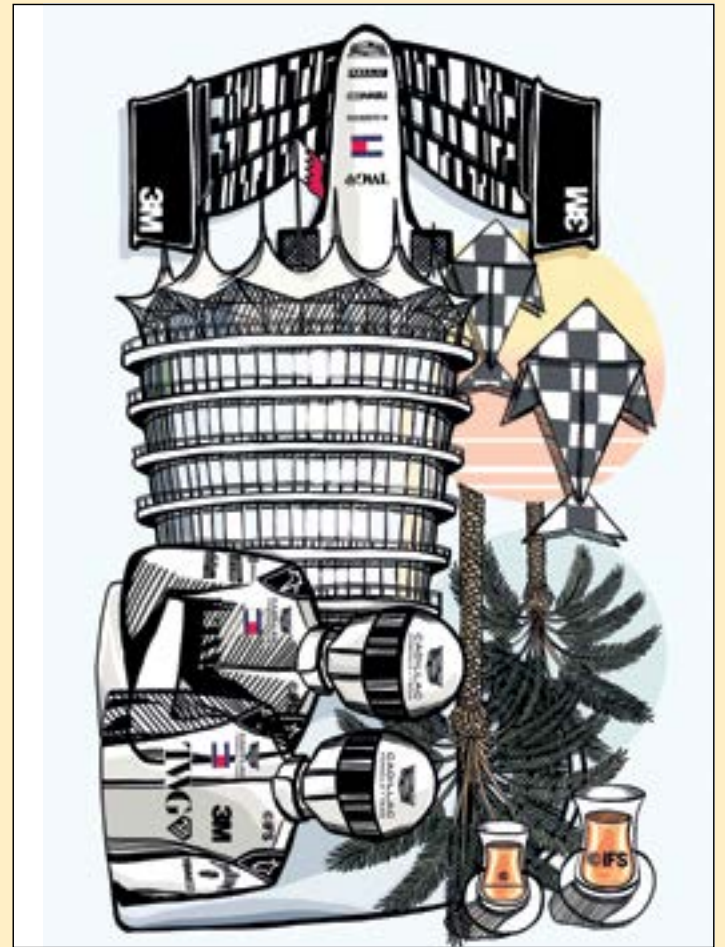
"For this piece, I transformed them into paper fish to give them a sense of lightness, movement, and speed - qualities that also reflect Formula 1.

"I then incorporated chequered-flag patterns into them to connect the symbolism of prosperity with racing and victory."

Although Leena will not be attending the race in person, she is excited to be there in spirit through her artwork.

The Bahraini creative also has several other international projects in the pipeline, and looks forward to more meaningful ways to represent Bahrain on an international platform.

For more details, follow @leenz_art on Instagram.



FLUID: The piece reveals new details when viewed from different angles

Made for Malaysia

TOP team Mercedes is set to unveil a special livery at this weekend's Bahrain Grand Prix, taking place for the first time ever in Malaysia.

At the Sepang International Circuit, the Silver Arrows' W17 will pay homage to the colours of their title partner Petronas, with the car featuring shades of green alongside its usual black.

The Bahrain Grand Prix in Malaysia will mark F1's return to Sepang for the first time since 2017.

"This weekend has extra significance for us because of our long-standing relationship with Petronas," said Mercedes team principal Toto Wolff.

"Once the cars are on track, though, our focus is on the job ahead. Sepang is a demanding circuit that asks every question of the car.

"You need performance in the high-

FRONT: Special livery

speed corners, good traction, strong tyre management and consistency in hot, challenging conditions. It is one of the more complete tests on the calendar."

For most of the 22 drivers on the grid,

this will be their first time racing on this track, although 10 of them remember racing on the track in 2017 during the last Malaysian Grand Prix.

Fernando Alonso, Lewis Hamilton, Nico



REAR: The special edition designed for the Bahrain Grand Prix in Malaysia

Hulkenberg, Sergio Perez, Valtteri Bottas, Carlos Sainz, Max Verstappen, Esteban Ocon, Pierre Gasly and Lance Stroll will be returning to a familiar circuit while the rest have been trying to master it on simulators before the weekend.

"It's fantastic to see Formula 1 returning to Sepang and we should also recognise the effort that has gone into making this Grand Prix happen," Toto added.

"It has required strong collaboration between Malaysia and Bahrain, and that deserves credit."

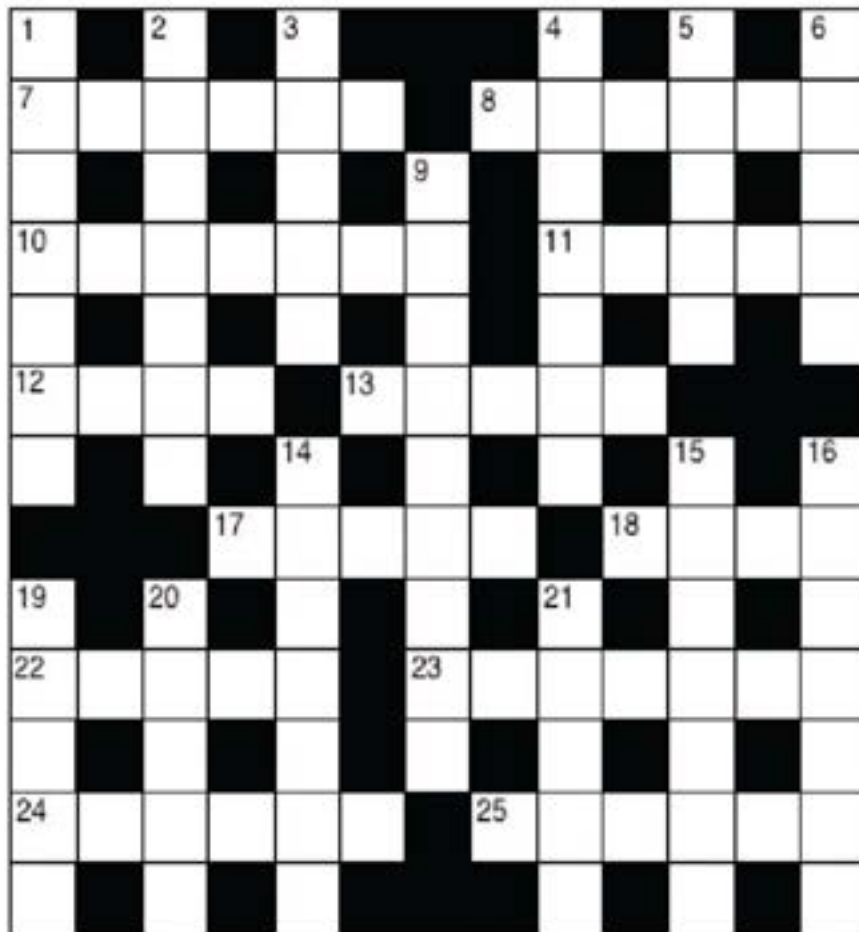
Time Out



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crossword break



Solutions in next week's issue.

ACROSS

- 7. Empower (6)
- 8. Younger (6)
- 10. Merit (7)
- 11. Blemish (5)
- 12. Restaurant (4)
- 13. Skill (5)
- 17. Annul (5)
- 18. Pain (4)
- 22. Foe (5)
- 23. Blend (7)
- 24. Crowd (6)
- 25. Rare (6)

DOWN

- 1. Decision (7)
- 2. Forge (7)
- 3. Renown (5)
- 4. Vindicate (7)
- 5. Very bright (5)
- 6. Banal (5)
- 9. Tedious (9)
- 14. Cheerful (7)
- 15. Get (7)
- 16. Umpire (7)
- 19. Trivial (5)
- 20. Long (5)
- 21. Precise (5)

who, what, where, when

WHO ... is the cricketer who captained England against India in the 1st Test in March 2006?

WHAT ... country got one gold medal and no others at the 2006 Winter Olympics?

WHERE ... in Europe is the Urnes stave church, a UNESCO World Heritage Site?

WHEN ... did Peter Falk first appear on TV as Lt. Columbo?

WHO ... was runner-up in the 2005 US Open golf tournament?

WHAT ... football club has singer Robbie Williams bought shares in?

WHERE ... in South America is the Inca ruin of Machu Picchu?

WHEN ... did Little Polveir win the UK's Aintree Grand National?

just so

c how - a n d

burglars

1111 & all all all all

hurricane

darn tough sudoku

So you think you're good enough at Sudoku to crack this baby? Remember, we were the first in the Gulf to bring you this bit of Japanese mayhem...so we don't kid around

Last week's sudoku

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

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

darn tough sudoku

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

Sudoku

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

Sudoku

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

Last Week's Leisure Solutions

CROSSWORD BREAK:

Across: 1 Owing; 4 Besides; 8 Trainer; 9 Gusto; 10 Feel; 11 Merchant; 13 Chew; 14 Stet; 16 Continue; 17 Rasp; 20 Inert; 21 Candour; 22 Entreat; 23 Steed.

Down: 1 Out of practice; 2 Irrate; 3 Gang; 4 Border; 5 Sagacity; 6 Distant; 7 Short-tempered; 12 Belittle; 13 Conceit; 15 Dulcet; 18 Alone; 19 Onus.

JUST SO: The small hours of the morning, On the never never, For love or money, This way up.

WHO, WHAT, WHERE, WHEN:

Steve Jobs and Steve Wozniak; Chilean; Penzance, Cornwall; 1791; Wayne Rooney; The Holy Blood and the Holy Grail; Sweden; 1964.

Darn Tough Sudoku

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