

Gulf Weekly

The community newspaper at the heart of Bahrain

October 22-28, 2026

GDNlife

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www.gulfweekly.com

Vol 25 - Issue 43

CANVAS OF HOPE



ART REPORT

By MELISSA NAZARETH
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CANCER may have interrupted her life, but it has not stopped Bahraini artist Dayanna Al Shaikh from pursuing her creative goals.

The painter and photographer has unveiled her latest work, A Landscape of Hope, which brings her health journey and enduring optimism to life using old medical reports, tablet strip packs and hospital tags.

"This artwork represents my journey with cancer," the mother-of-two told *GulfWeekly*.

"The materials I have used hold memories of the last 14 years, which have been a difficult time," she added.

The Riffa resident was first diagnosed with breast cancer – a disease in which abnormal breast cells grow out of control and form tumours – 14 years ago and again in 2019. Over the years, she has bravely fought various forms of the disease and is now undergoing treatment for a fifth time, while maintaining a positive outlook.



ARTIST: Dayanna

"The tablet-covered path symbolises my challenging treatment journey, eventually growing into flowers, transforming symbols of pain into those of healing, growth and hope. The green trees represent life, strength and renewal and are partly made from my hospital tags and the blue sky is created from my cancer reports. It reflects the fear and uncertainty I faced, while also symbolising peace, freedom and brighter days ahead," she explained.

A Landscape of Hope follows two other artworks exploring similar themes previously created by the artist, who has been collecting tags and documents, including boarding passes from her past travels to Germany



CREATIVE: A Landscape of Hope

for treatment. Even at the time, she knew she would eventually incorporate them into her art.

The 56-year-old has always enjoyed creative pursuits, which have helped her navigate her arduous journey.

"I do it whenever I have the time in between my chemotherapy sessions and when I feel well. Hobbies have a way of lifting our spirits," she noted, adding that spending time with her family and friends, as well as doing charity work, has also helped her immensely.

Further elaborating on her positive outlook, the artist revealed that there are times when she even talks to her cancer.

"It's something my doctor

in Germany taught me. When the cancer is aggressive, I tell it to calm down – 'you can stay where you are but don't hurt me', I say. Cancer is now a friend," she remarked.

Dayanna recounted how staying positive was also a decision she made for the sake of her children.

"It's a lesson that no matter how hard the situation, be it an exam or something at work, it can be dealt with if one has the right attitude," she said.

Looking back, she believes that the illness has transformed her, making her more patient and hopeful.

The artist is already making plans for the future and hopes to experiment new artistic mediums in the New Year.

"Presently, I work with coffee and chocolate but it will be nice to explore newer styles," she said.

An ardent supporter of the arts and a champion of cancer awareness, Dayanna has previously staged several events for the cause, including successful fundraisers. Among them was Letters of Hope – a collection of 42 paintings that sold out within a few hours. The proceeds were donated to help children with cancer, nodding to her determination not only to battle the disease herself but also to inspire others facing it.

"If God has willed for me to face this journey, He is also expecting me to be strong as I face it," she added.



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Bahraini entrepreneur
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InterContinental review
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LEISURE SCENE
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New album drop
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BRAVE: An older piece featuring the boarding passes from her travels to Germany for treatment

Steeped in culture



CULTURE REPORT
By MELISSA NAZARETH
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In a world often divided by differences, sharing a cup of tea can become a powerful symbol of unity. In the same spirit, Bahraini entrepreneur Budoor Steele continues to use her passion for culture to bring people across the globe together.

The certified tea master and instructor is set to demonstrate the traditional Japanese tea ceremony in Paris this week, as part of her campaign entitled A Bowl of Peace – from Bahrain. The events will take place at the Michelin-starred Chakaiseki Akiyoshi, as well as Château De Bussemont - a Bahraini-owned establishment.

The Paris edition follows Japan and Hawaii editions, all built around the philosophy of 'peace through a bowl of tea' – a core tenet of Sadō ('the Japanese Way of Tea'). Additionally, the project is a cross-cultural initiative through which Budoor, who also holds a Master's degree in Japanese Humanities from Kyushu University, will showcase the kingdom's rich heritage on an international stage.

"There is so much effort that has gone into this third edition and I am so excited for it," Budoor told *GulfWeekly*.

"The kimono that I'm wearing is partly woven in Bahrain. I had the belt sewn by an artisan from Al Naseej Factory in Bani Jamra, who added our traditional Al Naqda (gold



MASTER: Budoor preparing the tea at Chawan

Budoor shares interesting facts about Sadō

- **Matcha is the only variety used during tea ceremonies.**
- **That matcha must be a deep green to be of a good quality is a misconception. Some ceremonial grade varieties can be lighter in colour, depending on the cultivar.**
- **Putting the tools back in their place after the ceremony is part of the practice, offering a lesson in discipline and respecting your space.**
- **The tea master usually shares stories during the ceremony, from the origins of the bowls to the season being honoured.**

thread) embroidery on it, so it is really going to carry the essence of Bahrain. Even the bowls that I will use during the demonstration are made by our local pottery artists," explained the recipient of the prestigious Minister's Award

for Overseas Promotion of Japanese Food.

The creative entrepreneur was recognised by Japan's Ministry of Agriculture, Forestry and Fisheries in December last year, making her the first Bahraini and

only the third recipient in the Middle East to receive the recognition.

Recounting her eventful journey, Budoor revealed how a chance encounter with the 'Japanese Way of Tea' led her to formally study the art of Japanese tea-making, as well as the culture, which she says has made her more mindful.

"Japanese tea making is rooted in Buddhist philosophy, which makes you view life differently. You slow down and appreciate your surroundings. Doing it on a day-to-day basis changes your perspective," she added.

Giving the *GulfWeekly* team a private showcase of the tea ceremony, Budoor noted how every element, from the slow hand motions to the bowls used, is deliberate, nodding to the mindfulness embedded in the culture.

"The ceremony is meticulously designed and taught or 'handed down' from the teacher to the student – there is no book to memorise it from. In Japanese, we say 'the memory of your hands', which means we practise it until it comes to us effortlessly," she explained, highlighting that the idea is to be fully present in the moment.

There are around 32 different ways to perform the tea ceremony, the official Japanese Cuisine Goodwill Ambassador revealed, depending on the season or the occasion and it takes a lot of time for one to reach instructor level.

The local talent recently became a Jun-kyōju or 'associate professor' in Sadō and aspires to educate more people in the region about the art and the culture. She holds a formal teaching licence from the prestigious Urasenke

School of Tea in Japan.

She currently teaches students at Chawan Japanese Tea House, tucked away in Andalus Garden, Adliya. The carefully curated space is an extension of Budoor's passion for Japanese culture and features a tea room, replete with tatami mats and cushions reflecting traditional designs – all honouring her journey.

"This space is mostly made for the tea ceremony or private tea experiences. We also teach about matcha and tea. When we don't have bookings, it's open for people to experience the atmosphere of the tea room. We also have a cafe section where we serve tea drinks, inspired by seasons in Japan. Our Ominaeshi drink, for instance, nods to an autumnal flower," she added.

Every business worth its salt starts with a story. What is yours?

If you are a Bahraini or Bahrain-based entrepreneur who turned their passion into a career, reach out to us @gdnonline on Instagram or email the editor on melissa@gdnmedia.bh

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) From 2008, the story of a small waste collection robot left on an abandoned earth.
- 2) Which author is best known for his best-selling series of epic fantasy novels, *A Song of Ice and Fire*?
- 3) How many legs does a scorpion have?
- 4) Jaundice is a condition that causes the eye and skin to turn into which colour?
- 5) Which country is Nairobi the capital of?
- 6) During their first American tour of the US in 1964, the



Rolling Stones were the opening act for which 14-year-old musician?

- 7) Which fruit technically has a wasp inside of it?

1. Wall-E
2. George R R Martin
3. Eight
4. Yellow
5. Kenya
6. Stevie Wonder
7. Fig

ANSWERS



TRADITIONAL: Sweet treats made with wasanbon sugar to accompany the matcha drink. The crescent moon shape nods to Gulf culture and the fish connects Bahrain to Japan because they're both islands



VARIETY: Flavourful appetisers at the brunch



SUCCULENT: The filet mignon Café de Paris



GOURMET REPORT

BY OLIVIA MIDDLETON

WE traded our usual Friday routine for the Brunch Affair at Legendz SteakHouse, located at InterContinental Bahrain, and let's just say, our taste buds are still celebrating.

What makes this brunch truly unique is its sophisticated à la carte format, with dishes served directly table-side, elevating the traditional brunch experience into something far more intimate and elegant.

Commenting on the new format, food and beverage (F&B) director Alex Buytaert said: "We wanted to make it about elegant luxury, stepping away from the buffet format into a more upscale experience, where we bring food to your table for everybody to share bites with exciting flavours and great ingredients."

"The menu will change with the season, with a main course of your choice, and then obviously some desserts for the ending. And we have live entertainment with a singer and DJ performing every Friday for your enjoyment."

While the extensive menu features a broad and tempting selection of culinary creations, we curated our afternoon feast with the top, standout 'triumphs'.

We kicked off our culinary experience with the starters, which set an incredibly high bar for the rest of the meal. The dark rye and walnut sourdough with Eggs Benedict was a sophisticated masterpiece. Layered with smooth guacamole, rich smoked salmon, chervil, and a perfectly organic poached egg, it was beautifully elevated by the inclusion of premium Oscietra caviar and a velvety hollandaise sauce.

Following this, the short rib sliders were an absolute crowd-pleaser. Served on pillowy mini brioche buns, the slow-braised meat was incredibly tender and packed with savoury depth. The

Table-side 'triumphs'



F&B DIRECTOR: Mr Buytaert

addition of sharp smoked cheddar, a unique onion and orange zest chutney, and mustard mayonnaise

delivered the perfect balance of sweet, tangy and rich profiles.

Moving on to the main courses, the filet mignon Café de Paris was undeniably the star of the afternoon, bringing a wonderful touch of table-side drama. The grilled Angus beef tenderloin arrived beautifully sliced on a platter over a hot, sizzling burner lit by the staff right at our table. This clever interactive presentation allowed the premium, tender meat to literally melt into the rich, herb-infused Café de Paris butter sauce, creating an intensely savoury, luxurious bite that paired beautifully with crisp French fries. For a lighter yet equally satisfying option, the roasted salmon was cooked to perfection. Flaky and delicate, it

was served with beautifully charred broccoli, a velvety pomme purée, and a sophisticated champagne and salmon roe beurre blanc that provided a lovely pop of texture and acidity.

To conclude our meal, the desserts provided a theatrical and flavourful finale. The classic Baked Alaska was beautifully balanced, featuring a delicate vanilla sponge, vanilla ice cream, and a vibrant raspberry coulis that cut through the sweetness. However, it was the legendary chocolate mousse that stole the dessert round. Enhanced with a delicate olive oil drizzle and a touch of sea salt, it was a total stroke of genius that transformed a traditional sweet into an unforgettable, complex treat.

From the flawless service to the premium cuts, this experience at Legendz redefines what a luxury brunch should be.

And if you're looking for your next weekend plan, you can check out the upcoming themed Pink Brunch affair, taking place at Legendz on October 23 and 30, as part of the hotel's Pinktober activities, in collaboration with the Bahrain Cancer Society. "It's to highlight a great cause, which we support every year and we're excited to contribute again," Mr Buytaert remarked. "And every lady will be going away with a little goodie bag of pink merchandise from our side. So I really hope you come and experience and enjoy it and wear something pink," he added.

Prices for the Legendz Brunch Affair begin at BD28 and will continue through November.

Additionally, Selections will be hosting the OHI Greek Brunch on October 30 that you certainly won't want to miss.

Reservations are highly recommended as spaces fill up quickly.

To book your table or find out more, you can contact InterContinental Bahrain by calling 17227777 or via WhatsApp at 36967701.



SCRUMPTIOUS: Baked Alaska



VIBE: Live entertainment to complement your dining experience

Leisure Scene



**What's
on
guide**

By Julia Cassano

SPLASH AROUND AT RITZ-CARLTON

MAKE your way to the Royal Beach Club at the Ritz-Carlton, Bahrain and enjoy a day of sun, sea and resort life.

Open Sunday to Wednesday, the experience is priced BD35 for adults and BD17.500 for children. Rates from Thursday to Saturday are BD50 for adults and BD25 for children.

For bookings, call 17586612.

Tomorrow, October 23, La Terrace invites you to an intimate Jazz Night, featuring live music by



BLUE: The azure pool with sea views at the hotel

a saxophone artist and expertly crafted drinks, in a vibrant terrace atmosphere. Offer is priced a la carte and runs from 6.30pm to 9pm.

You can also indulge in

a selection of handcrafted gelato creations for BD7, daily except Sunday, from 1pm to 11pm.

For bookings, call 17586499 or WhatsApp

39770525.

Spice up your lunch or dinner with Nirvana's traditional thali. From aromatic curries and tender tandoori specialties to fragrant rice, enjoy the flavourful feast with one refreshing glass of lassi (inclusive). Priced at BD24 per person, the offer runs on Sundays from 12pm to 3pm and 7pm to 11pm.

For bookings, call 17586418 or WhatsApp 39770525.

Ladies can try their luck every Tuesday at Thai Lounge's Fortune Night. Spin the Lucky Zodiac

Wheel for a chance to enjoy an exclusive 50 per cent saving on the ladies' food bill. Priced a la carte, the offer is inclusive of one complimentary drink upon entry for female guests and runs from 6pm to 10pm.

For bookings, call 17586480 or WhatsApp 39770525.

Discover the vibrant flavours and spirit of Mexico with a leisurely brunch at Cantina Kahlo.

The experience begins with fresh salads, house-made guacamole and crispy tortilla chips, followed by a selection of cold and

hot appetisers, a generous mixed grill and tempting desserts. With unlimited servings throughout, guests are invited to savour as much as they desire, while crafted beverages and the lively sounds of the resident mariachi band complement the experience.

The brunch tomorrow and on Saturday, from 1pm to 4pm on each day, is priced at BD35 per person with soft beverages and BD45 per person with selected beverages.

For bookings or more information, call 17586401 or WhatsApp 39770525.



MEDITERRANEAN: Vibe at C-Salt

TRANQUIL SEASIDE DINING

HAWAR Resort by Mantis unveils a new Mediterranean-Italian gastronomic experience at C-Salt.

Overlooking the Arabian Gulf, the restaurant is inspired by the warmth and generosity of the Italian table, bringing together the country's classics as well as Mediterranean seafood and other dishes designed for sharing.

Those with a sweet tooth can enjoy a selection of desserts that celebrate Italy's culinary traditions.

The property will host Wellness by the Sea on October 29 from 3pm to 6pm, in support of Breast Cancer Awareness Month. The wellness programme will feature guided breathwork, a gentle yoga flow, sound healing meditation, and post-session



PINKTOBER: Enjoy Wellness by the Sea at the resort

refreshments. Participation in the wellness activities is complimentary, with a contribution of BD25 covering round-trip boat transfers from Durrat Pavilion. Proceeds from the boat transfer fees will be donated to support cancer-related charitable initiatives. Advance reservations required.

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

A TOUCH OF PINK

GATHER your closest friends and family for an unforgettable afternoon with a purpose at InterContinental Bahrain.

Legendz SteakHouse at the hotel is hosting The Pink Affair - a vibrant, rose-hued weekend dining experience - tomorrow, October 23, and on October 30, from 12pm to 4pm. Indulge in a specially curated menu of artisanal pink-inspired sweet and savoury creations, signature pink drinks and live music while wearing something pink. The offer is priced at BD28net with soft drinks and BD38net with endless selected beverages. Children under six dine free and those from six to 12 years enjoy 50 per cent off.

In the same spirit, Noor Lounge is hosting Pink Afternoon Tea daily until October 30, from 2pm to 7pm.

Treat yourself and a friend in support of Pinktober. Indulge in a carefully curated selection of bites, from delicate beetroot salmon with dill cream cheese to decadent raspberry chocolate cake, priced at BD8 per tray.

A portion of the proceeds from both events will be donated to Bahrain Cancer Society.

An enticing buffet of Greek specialities awaits at Selections as the restaurant hosts its Greek-inspired brunch on October 31 for Ohi Day, from 12pm to 4pm. Priced at BD18net with soft drinks and BD28net with endless selected beverages.

Looking for a relaxed morning? Make your way to Elements Pool and Lounge for a luxurious floating breakfast experience created exclusively for two adults. The offer is priced at BD22net and runs daily starting 9am.

For more information or bookings, call 36967701.



RIGANI: Greek-inspired creations to savour



FRESH FLAVOURS FROM THE SEA

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 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. The property will host Wellness by the Sea on October 29 from 3pm to 6pm, in support of Breast Cancer Awareness Month. The wellness programme will feature guided breathwork, a gentle yoga flow, sound healing meditation, and post-session refreshments. Participation in the wellness activities is complimentary, with a contribution of BD25 covering round-trip boat transfers from Durrat Pavilion. Proceeds from the boat transfer fees will be donated to support cancer-related charitable initiatives. Advance reservations required. For bookings or more information, call 32183610 or email reservations@hawarresort.com

Leisure Scene

Weekly Entertainment

ON

MEXICAN: Tasty creations at Cantina Kahlo



POOLSIDE: Unwind this weekend



AVOURS
E SEA

a Vista's Floating Sound
ney, held in partnership
Svara Space. Participants
drift across the water as
tal singing bowls, healing
uencies and ambient
dscapes create a calming
erience.
e sessions will take place
aturday, October 24 and 31
7pm to 8.30pm.
r an easier start to the
kend, The Waterfront
aurant is serving a breakfast
et overlooking the sea.
kfast is available on Fridays
aturdays from 6.30am to
n and costs BD10 per person.
ose in need of a proper
k can swap the desk for a
lounge with Aqua Vista's
Day Pass. Priced at
9,900 per person, it includes
access from 8am to 7pm
one complimentary drink.
r more information, contact
77333.



FLAVOURS: Latin American flair at Brasero Atlántico

THE SPIRIT OF ARGENTINA

ENJOY great views and delicious cuisines from around the world at Sheraton Bahrain Hotel.

Their award-winning rooftop restaurant and lounge Brasero Atlántico brings the spirit of Argentina to the kingdom through exceptional wood-fired cuisine, premium cuts and expertly crafted beverages. Offering sweeping skyline views, it seamlessly blends vibrant Latin American flair with sophisticated indoor dining and an expansive terrace. Open daily from 12pm to 2am.

A hearty Persian feast awaits at Golestan Persian Grill, where authentic flavours meet contemporary elegance. Tuck into signature grilled delicacies, fragrant saffron-infused rice and



SCRUMPTIOUS: Creations at the WILD brunch

other traditional creations in an elegant setting. Open daily from noon to 11pm.

Start the day with a generous breakfast buffet at WILD,

where exceptional ingredients and contemporary culinary artistry come together in a fine setting. Open daily from 7am to 10.30am, with pool access.

From Sunday to Thursday, lunch is served from noon to 4pm, ideal for business meetings, family gatherings and leisurely times with friends.

In the evenings, WILD invites diners to enjoy its thoughtfully curated à la carte menu indoors or on the terrace until 9pm. The restaurant also offers exclusive private brunch experiences, tailored for celebrations and special occasions.

For bookings or more information, call 17517715 or WhatsApp 38885482 (Brasero Atlántico) and call 17533533 or WhatsApp 38885408 (other outlets).

A BRUNCH TO REMEMBER

GET into the spirit of the season, with a series of brunch and dining experiences at the Four Seasons Hotel Bahrain Bay.

This Friday is your final chance to experience the Pinktober Brunch in support of Think Pink: Bahrain Breast Cancer Society, bringing together flavours from around the world.

In addition to Italian pasta and Pinsa live stations, the brunch features freshly prepared sushi and ceviche, Asian wok creations, Indian tandoori dishes, and barbecue favourites including grilled lamb chops, slow-roasted beef and harissa-glazed chicken.

Next weekend, the themed brunch will take on a

'spootakular' flavour, with Halloween-inspired favourites like devilled eggs, blood orange and fennel salad, pumpkin cheesecake cauldrons, Halloween Boxty pancakes and more.

The Friday brunch at Bahrain Bay Kitchen runs from 1pm to 4pm, and is priced at BD35 inclusive of soft beverages, and BD48 for the selected beverage package.

Children under six dine with the hotel's compliments while those aged six to 12 get a 50 per cent discount.

Enjoy an authentic Japanese experience at re/ASIAN Cuisine as you discover the art of Omakase with an intimate 10-course menu.

Each course reflects Chef Kiyoshi Udagawa's

thoughtful approach to flavour, technique and craftsmanship, complemented by sweeping views of the Manama skyline.

The experience is available from Wednesday to Sunday, and is priced at BD69 per person, with an optional beverage pairing for an additional BD60.

If you have a special evening coming up, make it even more memorable with a bespoke beachside experience at the Four Seasons Hotel Bahrain Bay.

Retreat to your own beach cabana, and choose from the Emerald, Sapphire and Diamond bespoke experiences, each offering its own expression of elevated dining and hospitality.

Enjoy a beautifully



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



FORGOTTEN ISLAND (PG-13)

While celebrating their last night together, childhood friends Jo and Raissa stumble upon a mysterious portal that transports them to the fantastical island of Nakali, packed with magical and mythological creatures they grew up hearing stories about from their Filipino families. Some of these figures will become friends, some foes.

Actors: H.E.R., Liza Soberano, Dave Franco
Timings: 11:45am, 04:15pm, 06:30pm, 11:00pm

STREET FIGHTER (2026) (PG-15)
Set in 1993, estranged Street Fighters Ryu and Ken

are thrown back into combat when the mysterious Chun-Li recruits them for the next World Warrior Tournament: a brutal clash of fists, fate, and fury. But behind this battle royale lies a deadly conspiracy that forces them to face off against each other and the demons of their past. And if they don't, it's game over!

Actors: Noah Centineo, Andrew Koji, Callina Liang
Timings: 11:00am, 01:30pm, 04:00pm, 06:30pm, 09:00pm, 11:30pm

WHALEFALL (PG-13)

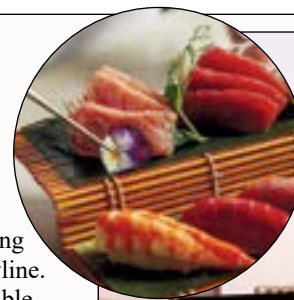
Follows a scuba diver who, while looking for his father's remains, is swallowed by an 80-foot, 60-ton sperm whale and has just one hour to get out before his oxygen runs out.

Actors: Josh Brolin, Elisabeth Shue, Emily Rudd
Timings: 12:15pm, 02:30pm, 04:45pm, 07:00pm, 09:15pm, 11:30pm

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: 11:00am



MEMORIES: Make your special moments unforgettable with a beach cabana dining experience. Inset: An Omakase dish

prepared gourmet menu, a personalised beachside setting, private transportation, sparkling beverages and live entertainment, as well as a thoughtful gift from Byblos. The packages range

from BD175 to BD400 per couple, and three-hour experiences can be arranged between 7pm and midnight every day, with the last seating at 10pm.

For bookings and more information, contact 17115500.

Pulse of Pop

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



MUSIC REPORT
By NAMAN ARORA
naman@gdnmedia.bh

TIME TALKS

TIME, for Bahraini producer Abdulla Husain Alhayki, is not just about the ticking of a clock - it's a canvas capturing human value, fleeting moments and absolute permanence.

In his newest album *A Penny for your thoughts in an hourglass of time*, the musician better known as DUST explores the paradoxes and paradigms within the concept across 16 carefully constructed tracks.

"I initially had finished the album in late 2024 and was supposed to release it in 2025 under a European record label but things didn't align and life got in the way, so I had to work on other projects in the meantime, which made me decide to add few more tracks and features later on and self release it," DUST told *GulfWeekly*.

"The album explores how most of us find ourselves fighting time and consuming it in similar ways no matter what status you have in society.

"It's the contrast between the present and future, poor and rich, light and dark.



ARTIST: DUST at work

"The Penny represents human thoughts, ego, and temporary experiences.

"The Hourglass represents the finite, rigid structure of physical reality and time running out."

The 52-minute album



COVER: A Penny for your thoughts in an hourglass of time

starts by turning the concept of time on its head, with *Intalude I*.

While interludes usually rest in the middle of albums, transitioning from one concept to another, DUST starts his album off with one and then moves through a number of musical genres in each track, without getting pigeon-holed into a single one.

"I feel like there's something for everyone and anytime - could make for a calm evening after a long day, or you could start your day with it," DUST explained.

Compared to DUST's last release *The Empty Quarter*, the new album has more live instrumentation elements, played mostly by DUST.

A Penny for your thoughts in an hourglass of time also falls more within electronic experimental jazz, while *The Empty Quarter* was based on hip-hop.

For the new album, he also worked with the likes of YNOT, Shadi Magalla and Nawfel.

"YNOT is someone that I looked up to as an artist coming up in the hip hop culture, he is definitely one

of my favourite multi-disciplinary artists out there and I feel lucky that I got to know him on a personal level which led to us working on music and art together, so it is truly an honor to have him on my new album," DUST added.

"Shadi Megallaa is a great friend who I met in Dubai.

"We both have the same interest in music and we call ourselves the groove preservation society.

"Nawfel is a very talented producer and DJ from Morocco who I also met in Dubai in the dance community when I was actively involved in dance and hip hop competitions."

DUST has drawn inspiration from the new wave of jazz from London and Europe, with artists like Kamaal Williams, Yussef Dayes, Abase and Moses Yoofee having been on his playlist for the last decade.

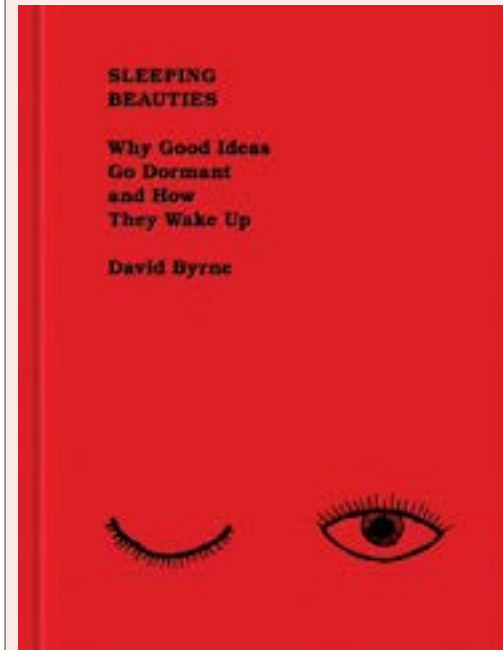
While many musicians are delighted with an album a year, DUST is already working on his third album for the year, aiming to release it next month.

A Penny for your thoughts in an hourglass of time is now available on major streaming platforms.

For more details, follow @dustizm on Instagram.

THE POWER OF AN IDEA

MUSICIAN David Byrne's new nonfiction book titled *Sleeping Beauties: Why Good Ideas Go Dormant and How They Wake Up* has released.



MINIMALIST: The book cover

The former frontman of rock band Talking Heads explores how and why scientific discoveries, artworks and other valuable ideas can fade into obscurity, an observation that came to him as he explored how many brilliant ideas have been lost to the ages.

"They save lives, whether it's about disease, or science, or they bring enjoyment to us, whether it's paintings, or literature, or music, or all those kinds of things," the author and artist said in an interview.

David explained his book is also born from the idea of value being measured by clicks, sale numbers, or in science papers and citations, and how it can sometimes be an unfair way to dictate the material's worth.

The artist and author's previous works include *Bicycle Diaries*,



ARTIST: David

recounting his experience of having a bicycle be his main means of transport throughout his entire life. His 2012 release *How Music Works* discusses the form and influence of music in a non-linear narrative fashion, using experiences from his career to create something part autobiographical and part music theory.



EMOTION: Tom bringing alive his character's pain

HORROR psychological film *Clayface* is out now in theatres.

Starring Tom Rhys Harries, the DC Universe (DCU) release follows Matt Hagen, a rising actor whose career is cut short after his face gets brutally disfigured by a mob boss.

He turns to a scientist in hopes to have his features restored. After getting the procedure, Matt finds his body transformed into clay. His inability to recognise himself drives him into insanity.

Clayface marks the third addition to the DCU's *Chapter One: Gods and Monsters* films, following *Supergirl*, released earlier this year,

and *Superman* last year.

The next instalment is set to be the Superman sequel titled *Man of Tomorrow*, scheduled to release next year.

The DCU franchise was created by director James Gunn, who is also known for Marvel's *Guardians of The Galaxy* films, and producer Peter Safran.

It is a soft reboot of the DC Extended Universe, which ran from 2013 to 2023. A large number of projects were cancelled due to critical reviews and the lack of a cohesive creative vision.

Other anticipated projects in the making include *Wonder Woman* and *Teen Titans*.



GULF *The voice of Bahrain*
Daily News

FABULOUS PRIZES TO BE WON

The GDN 'Bahrain Today' Photography Competition is giving all professional and amateur photographers the opportunity of being published in Bahrain's leading English language media and the possibility of winning one of the fabulous prizes for the top 4 photos.

The winners will be selected by a combination of the highest number of 'likes' on our social media platforms as well as by our panel of media related professionals

Submit your best work to '**Bahrain Today**' Photography Competition in the following themes:



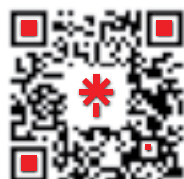
1/ The People of the Kingdom

3/ Architecture and Buildings

2/ Landscapes and Seascapes

4/ Flora and Fauna

linktr.ee/thegdnmedia



How to enter:

Follow **theGDNOnline** on instagram

Please fill in the '**Entry Form**' (from linktree) and send with hi-res images to:  bahraintoday@trade Arabia.net

Deadline for submission **November 15th 2026**

All entrants to the competition receive a free **3 month subscription** to the Gulf Daily News Online

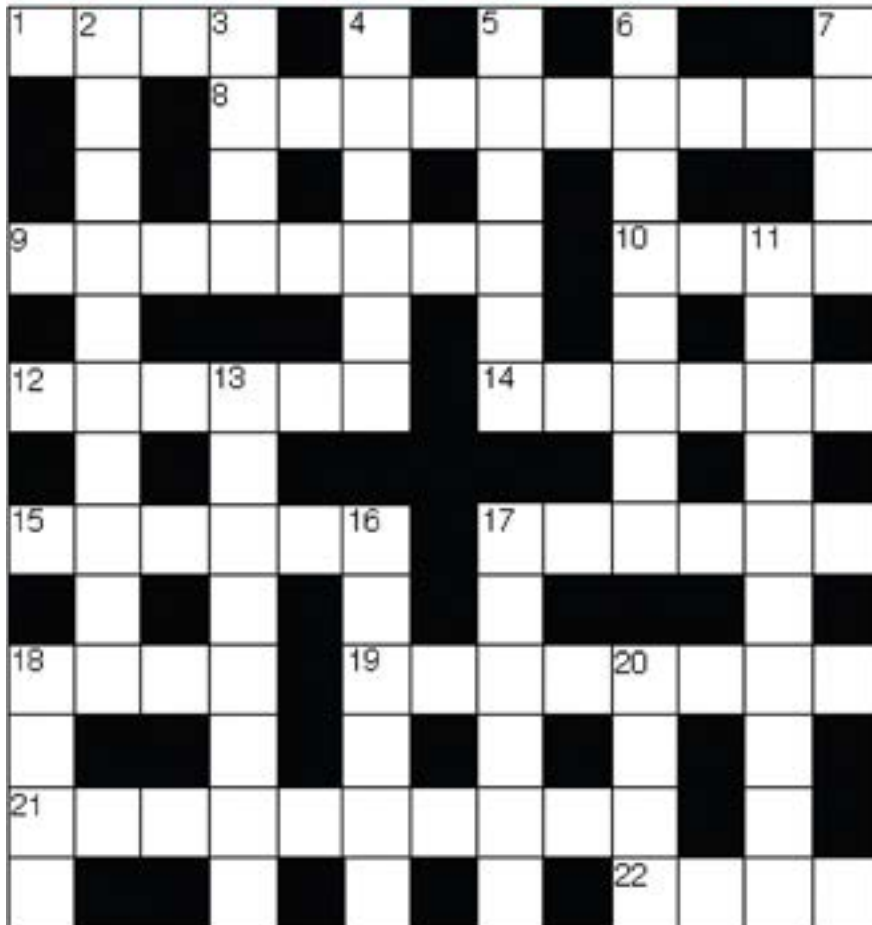
Time Out



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crossword break



Solutions in next week's issue.

ACROSS

1. Overtake (4)
8. Illegible (10)
9. Presage (8)
10. Apiece (4)
12. Emerge (6)
14. Thin (6)
15. Negligent (6)
17. Steal (6)
18. Smaller (4)
19. Abuse (3-5)
21. Quadruped (4-6)
22. Smooth (4)

DOWN

2. Air (10)
3. Certain (4)
4. Zeal (6)
5. Kiss (6)
6. Stuff (8)
7. Network (4)
11. Carriage (10)
13. Envoy (8)
16. Mariner (6)
17. Courteous (6)
18. Departed (4)
20. Discourteous (4)

who, what, where, when

WHO ... won the 1990 USPGA golf championship?
WHAT ... book won the 1999 Pulitzer Prize for Fiction?
WHERE ... in England is Monkey World?
WHEN ... did Tony Meo become British Open snooker champion?
WHO ... wrote the novel Mrs Dalloway?
WHAT ... was the only solo UK No 1 single by Dusty Springfield?
WHERE ... is the setting of Thomas Hardy's novel *The Return of the Native*?
WHEN ... did campaigner Mary Whitehouse die?

just so

the
the
the
the
come
come

kkkk

DANIEL

thing=thing
thing=thing
thing=thing
thing=thing
thing=thing
thing=thing
thing=thing

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

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

darn tough sudoku

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

Sudoku

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

Sudoku

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

Last Week's Leisure Solutions

CROSSWORD BREAK:

Across: 7 Eager; 8 Procure; 9 Expiate; 10 Sprig; 12 Highwayman; 15 Complicate; 18 Extra; 19 Cutlass; 21 Precede; 22 Feast.

Down: 1 Receptacle; 2 Agape; 3 Area; 4 Speech; 5 Constant; 6 Supreme; 11 Generosity; 13 Ill-fated; 14 Smother; 16 Cachet; 17 Banal; 20 Tiff.

JUST SO: An Indian summer, Back seat driver, For instance, A bent copper.

WHO, WHAT, WHERE, WHEN:

Peter Quince; Amman; Rutland; 2004; Ellen Pompeo; Martin Chuzzlewit; Ghana; 1985.

Darn Tough Sudoku

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