

# All the world's a stage



**DRAWINGS:** Mohamed works on the backdrop for the Photos à la Chair session



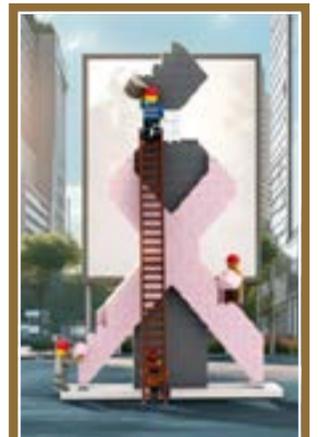
**PHOTOGENIC:** Abdulrehim Alkendi poses while sitting on the chair designed by Latifa, against the backdrop created by Mohamed



**SHOT OF GOODNESS**  
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The final season  
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**COMMUNITY REPORT**  
By NAMAN ARORA  
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**A POPULAR community photography initiative, that began its journey in Bahrain, kicked off its eighth season with its third international appearance - a stunning afternoon of stellar shots taken at the New York University Abu Dhabi (NYUAD).**

The third regional Photos à la Chair event, and 24th since its founding, was staged last week at the NYUAD's Blue Theatre, featuring art pieces created by Emirati creatives Mohamed Ahmed Ibrahim and Latifa Saeed.

"Holding Photos à la Chair 24 in a theatre and indoors was new and it made the photo taking more like a performance than ever before, people sat in the seats and watched photos get taken which was enjoyable," co-founder Ali Karimi, a Bahraini architect who started the community project in 2017 with Lebanese photographer Camille Zakharia, told *GulfWeekly*.

"It was also our first time doing it on a college campus.

The response was positive, there was a nice mixture of students, faculty and artists in attendance.

"Around 100 people from over 30 countries gathered around to socialise and have their portrait taken against a gorgeous backdrop created specifically for the event."

The basic concept behind Photos à la Chair is beautiful in its simplicity – an installation by an artist, or two, forms the backdrop of a

photoshoot held during an afternoon or two at a picturesque location, with every visitor or passer-by welcome to model, watch, photograph or socialise.

For Photos à la Chair 24, Mohamed, who has

**“Around 100 people from over 30 countries gathered around to socialise and have their portrait taken against a gorgeous backdrop created specifically for the event.”**



**IN PROGRESS:** Mohamed works on the backdrop

participated in the 2022 Venice Biennale, created a brilliant backdrop inspired by age-old cave drawings while Latifa, the first Emirati artist to showcase her work in Kazakhstan, designed a stunning chair made of woven camel hair.

Dubai-based Latifa graduated from Zayed University with a degree in arts and sciences in 2007, before obtaining the Emerging Artist Fellowship by the Salama Bint Hamdan Al Nahyan Foundation in partnership with Rhode Island School of Design in 2019 in Abu Dhabi.

In 2021 she received a grant from the Misk Art Institute and participated in the group show *Under Construction* at The Prince Faisal bin Fahd Fine Arts Hall in Riyadh.

She was also a finalist of the Richard Mille Art Prize hosted by the Louvre Abu Dhabi in 2021.

Counted amongst the first generation of Emirati contemporary artists from the late 1980s, Mohamed's work has been inspired by a lifelong relationship with the environment of Khor Fakkan, UAE, his birthplace,

with the Gulf of Oman on one side and the Hajar Mountains on the other. This deep connection to his local environment repeats itself throughout his studio practice, whether through his installations, drawings or objects, and the materials he has worked with for more than three decades.

His works on paper reveal his own form of language - inscriptions, lines and abstract forms that are reminiscent of ancient cave drawings - marking time and memory through meditative repetition.

Since it started, Photos à la Chair has had two international outings - the first one in Dubai in 2019, and the seventh season-opener in December last year at the Al Ahsa oasis in Saudi Arabia.

"We have an exciting season coming up with new artists, new locations and some amazing artworks, with potential events in Egypt and Saudi Arabia!" Ali added.

"Details will be shared on social media, once they are confirmed."  
For more details, follow @photosalachair on Instagram.

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**BEAUTY REPORT**  
By JAYNE HOUGHTON  
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**INTRAVENOUS (IV) therapy, a transformative wellness trend that once seemed exclusive to celebrities, has now become a mainstream practice. I recently underwent an IV session at King Hamad American Mission Hospital (KHAMH) in A'ali, Bahrain, and couldn't be more pleased with the results.**

The treatment, also known as IV vitamin therapy, is no longer a luxury reserved for the rich and famous, as evidenced by the countless social media posts from celebrities showcasing their IV drip experiences. It has indeed grown into a multi-billion dollar industry.

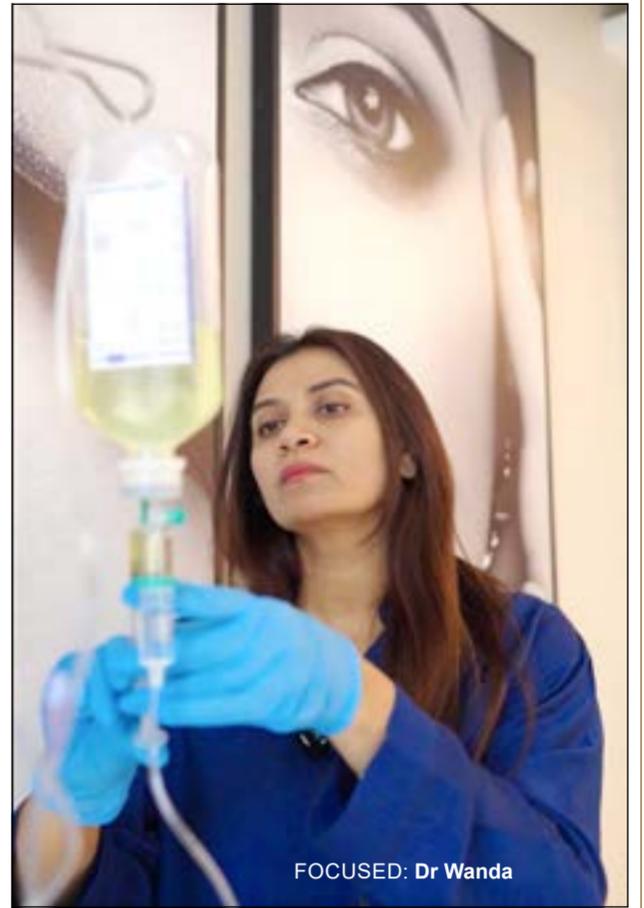
Prior to the procedure, I had a thorough consultation with KHAMH head of dermatology and cosmetology department and consultant dermatologist Dr Wanda Alemao. She carefully assessed my needs due to my busy lifestyle and recommended the Detox IV therapy as the perfect solution to detoxify my body and revitalise my skin. Her expertise and personalised approach made me feel confident in her recommendations... and honestly, 45 minutes where I could unwind was exactly what I needed.

When a person receives an IV vitamin treatment, they're receiving a liquid mixture of vitamins and minerals through a small tube inserted into a vein. This allows the nutrients to be absorbed quickly and directly into the bloodstream, a method that produces higher levels of the vitamins and minerals in your body than if you got them from food or supplements. This is because several factors affect our body's ability to absorb nutrients in the stomach. Factors include age, metabolism, health status, genetics, interactions with other products we consume, and the physical and chemical makeup of the nutritional supplement or food.

Higher levels of the vitamins and minerals in your bloodstream lead to greater uptake into cells, which theoretically will use the nutrients to maintain health and fight illnesses.

Whilst having an IV vitamin drip, your body is receiving a higher concentration of the

**GOODNESS: Administering the Detox IV treatment**



**FOCUSED: Dr Wanda**



**HEALTH SHOT: The IV solution prior to the detox infusion**

# Get your glow on!

vitamins themselves. For example, a vitamin that's taken by mouth gets broken down in the stomach and digestive tract, and is limited to 50 per cent with the amount that can be absorbed. If, however, the vitamin is given through an IV, it's absorbed at a much higher percentage of 90pc.

Senior staff nurse Lini Chakko was incredibly skilled and gentle when preparing the drip, ensuring a comfortable and stress-free experience from the get-go.

I was given the choice of sitting or lying down while receiving the infusion, so I opted to enjoy the



peaceful waiting area, and was impressed by my surroundings. The soft lighting and comfortable seating created a tranquil environment that perfectly complemented the nature of the treatment.

The Detox IV therapy itself was a blend of powerful nutrients.

Glutathione, a potent antioxidant known for its detoxifying properties and skin-brightening effects, helps to neutralise harmful free radicals, reducing oxidative stress and promoting a healthier complexion.

Vitamin C, essential for boosting immunity and collagen production, results in healthier, more radiant skin. It also acts as a powerful antioxidant, protecting cells from damage.

B-Complex vitamins, included to enhance energy

levels and promote a glowing complexion, are essential for various bodily functions, including metabolism, energy production and skin health.

The infusion process was incredibly relaxing. I felt the nutrients gradually seeping into my system, providing a sense of deep hydration and rejuvenation. As the treatment progressed, I felt a noticeable improvement in my energy levels and overall well-being.

Within a few days of the IV therapy session, I began to experience the benefits. My skin felt smoother and more radiant, and I noticed a reduction in fatigue and an increase in mental clarity.

The effects of the treatment

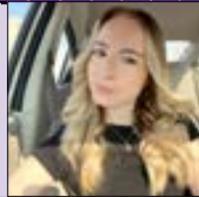
helped to eliminate toxins from my body, leaving me feeling refreshed and revitalised; it's no surprise that gym-goers favour this infusion to replenish their electrolytes and detoxify their bodies.

I highly recommend IV therapy at KHAMH to anyone seeking a safe, effective and luxurious way to improve their health and well-being. The combination of expert care, personalised treatments and the calming environment makes it the ideal choice for those looking to optimise their health and beauty.

To book an IV Therapy treatment at KHAMH, A'ali, call 1717 7711 or WhatsApp 3364 4177.

# Leisure Scene

What's on guide by  
Julia Cassano



# SAVOUR EVERY BUTTERY BITE!



FLAKY: A whopping 1kg croissant

**GET** ready to enjoy delicious food and lively entertainment at the Ritz-Carlton Bahrain this weekend.

Gather your friends and indulge in a massive croissant, weighing a whopping 1kg. The perfect treat that can be shared among six to eight people, is also paired with two hot beverages and a divine selection of spreads.

Order 24 hours in advance. It costs BD35, everyday, from 8am to 11pm.

Head down to the Burlington Club's 'Two Taos' for an unforgettable evening of live entertainment featuring timeless classics from the 70s, 80s and 90s. Join the experience every Wednesday from 9pm.

Meanwhile, guests can relish the true taste of London at La Med's Big Ben Brunch. It promises to transport your tastebuds across the Atlantic with a pleasant feast of British favourites and flavours.

Immerse yourself in the charm of London as you dine amidst enchanting decor featuring iconic landmarks like Big Ben, the London Bridge, and the classic red phone booth.

The spread costs BD33, inclusive of soft beverages, BD44 inclusive of selected beverages and BD60 for a bubbly brunch. Children aged four to 12 dine for BD16.500.

For more information, contact 17586401 or email [rc.bahrz.restaurant.reservations@ritzcarlton.com](mailto:rc.bahrz.restaurant.reservations@ritzcarlton.com)



MUSICAL: Live entertainment at the Burlington Club

## MOVIE TIME

**HEAD** down to CINECO Seef to watch some of the English language films being shown this weekend.

**SMILE 2 (18+)**

About to embark on a world tour, global pop sensation Skye Riley begins experiencing increasingly terrifying and inexplicable events. Overwhelmed by the escalating horrors and the pressures of fame, Skye is forced to face her past.

**Actors:** Naomi Scott, Kyle Gallner, Drew Barrymore

**Timings:** 12.30pm, 3.15pm, 6pm, 8.45pm, 11.30pm, 12.15am (Thursday and Friday)

**CASH OUT (PG-15)**

Professional thief Mason attempts his biggest heist with his brother - robbing a bank. When it goes wrong, they're trapped inside surrounded by law enforcement. Tension rises as Mason negotiates with his ex-lover, the lead negotiator.

**Actors:** John Travolta, Kristin Davis, Lukas Haas  
**Timings:** 11am, 1pm, 3pm, 5pm, 7pm, 9pm, 11pm

**DIE ALONE (18+)**

Tells the story of a young man who has amnesia. He bands together with a rugged survivalist in a zombie-like outbreak to find his girlfriend.

**Actors:** Frank Grillo, Carrie-Anne Moss, Douglas Smith

**Timings:** 7.30pm, 9.30pm, 11.30pm

**LITTLE EMMA (PG)**

A miniature girl raised by animal parents journeys to an island of tiny humans, uncovering unsettling revelations about her origins.

**Actors:** Travis Cloer, Niko Gerentes, Natalie Grace

**Timings:** 1.30pm, 5pm, 8.30pm

**DADDY'S HEAD (15+)**

A boy and his stepmother fear for their safety after an eerie creature resembling the boy's recently deceased father visits him.

**Actors:** Julia Brown, Mary Woodvine, Kaisa Hammarlund

**Timings:** 2pm, 6.15pm, 10.30pm

## HAVEN FOR SEAFOOD LOVERS

**GATHER** with your family and friends for a weekend filled with fun, laughter and delicious food at Hilton Bahrain.

Origin Kitchen Culture is showcasing an array of exciting dining experiences to suit all tastes.

Book the restaurant's Oktoberfest and enjoy sumptuous food and lively entertainment, every Friday of this month, from 12.30pm to 4pm. The restaurant also invites guests for its Halloween Brunch on November 1, from 12.30pm to 4pm.

Both brunches cost BD39net with unlimited selected beverages and BD28net inclusive of unlimited soft beverages.

Get in the festive spirit with Hilton's Thanksgiving Turkey To-Go, which includes a whole turkey (mustard honey-glaze or apple and honey-glaze), brussel sprouts, maple-glazed carrots, chestnuts, sage and onion stuffing, cranberry sauce and turkey gravy. A 15 per cent discount will be applied for orders placed before November 15.

Get your chopsticks ready for Origin

Kitchen and Culture's Pan Asian Night, every Wednesday from 7pm to 10pm. It costs BD22net with unlimited soft beverages and BD28 with unlimited selected beverages.

The restaurant also hosts its Seafood Night tonight, from 7pm to 10pm. It is priced at BD32net with unlimited selected beverages and BD25net with unlimited soft beverages.

Meanwhile, guests can kickstart their morning with Origin Kitchen and Culture's fantastic breakfast spread, from Sunday to Friday, 6.30am to 10.30am. Late risers can enjoy all the continental favourites at the restaurant's Lazy Saturday Breakfast from 6.30am to 11.30am. Both breakfasts cost BD13.

Meanwhile, visitors can start their weekend right with Cocoluna Lounge's Ladies' Night on Wednesday, which offers girls three free drinks from 7pm to midnight. Salsa Nights also offer ladies two free drinks tomorrow at Block 44, 9pm to 2am.

Early bird discounts are currently



GRILLED: Turkey To-Go

being offered, until December 1 on the Nutcracker Christmas Brunch (BD30 inclusive of unlimited selected beverages) and the Midnight Masquerade - A Fairy Tale New Year's Eve Ball. It costs BD50net with unlimited regular beverages and BD50net for a premium package.

For more information or bookings, call 33692013.



TEMPTATIONS: Treats at RGC

## PASTRY PERFECT

**FOR** a weekend filled with special dining experiences, visit the Royal Golf Club (RGC).

Dig into premium steaks, all cooked to perfection, at Links Steak Night, every Wednesday, from 6pm. It's

priced a la carte. Guests can also satisfy their sweet tooth cravings with the club's decadent cakes and desserts. Order your cake today at 32184647. All orders must be placed 24 hours in advance.

For more information or bookings, contact 39007546.

# Leisure Scene

Weekly Entertainment



FIT: Getting in shape for a cause

## DANCE FOR HOPE

**G**ET fit this weekend while supporting a good cause during the Four Seasons Hotel Bahrain Bay's 'Hope in Motion' event.

The afternoon activity will take place on Saturday, October 19, from 10am to 3pm, and is priced at BD10, with all funds being donated to Think Pink Bahrain Breast Cancer Society.

This weekend's dance-themed event is the perfect way to reduce the risk of diseases, while having fun, getting stronger, and standing in solidarity with those bravely fighting breast cancer.

For more information, call 17115045.

The hotel also has a slew of sumptuous dining experiences planned for the weekend.

Delight in an exquisite selection of appetisers, mains and desserts at Bahrain Bay Kitchen's Pink Brunch, available tomorrow from 1pm to 4pm and costs BD35 including soft beverages and BD48 inclusive of a selected beverage package.

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

A portion of the proceeds will support Think Pink Bahrain initiatives.

Guests can also indulge in spectacular Afternoon Tea at Bay View Lounge.

Sweet and savoury delicacies, such as tea sandwiches, delicate pastries and freshly-baked scones, will make for an unforgettable day.

It's available from noon to 11pm and costs BD18 per person and BD22 including sparkling apple juice.

Meanwhile, Bay View Lounge is also hosting a Taco Fiesta, which offers guests tender corn tortillas, creamy guacamole, tasty fillings and your protein of choice.

Visit the festival until October 31, from 11am to 11.30pm. It costs BD10 for vegetarian and BD12 for chicken, beef or fish.

Kick back and relax and pamper yourself with a range of amazing massages and treatments ranging between BD70 to BD95 at The Spa.

Guests can also feel serene, refreshed and reconnected with the hotel's New Moon and Full Moon Yoga event tomorrow, from 6.30pm to 7.30pm. It costs BD6 for hotel guests and BD12 for outside guests.

For details, call 17115500.



DELICIOUS: Tacos at the hotel's Taco Fiesta

# Painting the town pink

COMMUNITY REPORT  
By MELISSA NAZARETH  
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**G**ROUPS and individuals from all over the kingdom are coming together in solidarity this month to raise awareness about breast cancer and funds for treatment by organising a series of diverse events, from dining and family fun to fitness and sport, writes Melissa Nazareth.

A yoga session entitled Hope and Healing will be staged on October 26 at TasmaYoga in Juffair from 4.30pm to 6pm. The event will also feature chanting and an inspirational talk by 'thriver' Amal Jaffar aka Moolie (@amaloving on Instagram) on her personal story with breast cancer. Entry is BD5 and all proceeds will be donated to Think Pink: Bahrain Breast Cancer Society.

"Hope and Healing is about honouring the incredible strength, resilience and spirit of breast cancer thrivers, while offering a space where we collectively acknowledge the profound physical and emotional impact breast cancer has on a woman's life," Moolie told *GulfWeekly*.

She will be joined by fellow yoga instructor Dee Mittal who is also a life coach and meditation teacher.

"We truly believe in the power of yoga, community and real-life stories. Our hope is that this gathering inspires connection and courage and reminds everyone the importance of seeking support," Dee added.

Those interested could message @deemittal on Instagram to register.

Founded by Dr Julie Sprakel, Think Pink



SOLIDARITY: Supporters at a past event



TWO OF A KIND: Moolie, left, with Dee

Bahrain is a home-grown, non-profit organisation and is celebrating its 20th anniversary this month.

They work closely with government health organisations to educate and spread awareness on breast cancer and to raise funds for breast cancer treatment, equipment and research.

Marking the two-decade milestone, the charity will host their iconic Think Pink Gala on October 25 at the Gulf Hotel Bahrain Convention and Spa after a seven-year gap.

The glitzy black-tie event will be the charity's major

fund-raising initiative, and feature an auction and raffle with exciting prizes.

Families can enjoy a day of fun with live music, food, a raffle draw and much more on November 1 at Central Club in Hamala.

The collaborative event between the charity and 24N Football Academy will also feature football and paddle tennis competitions for women. Proceeds from raffle ticket sales and profits from the event will be donated to support the cause.

For more details, follow @thinkpinkbahrain on Instagram.

## Race to a million challenge

**S**UPPORT the joint initiative of non-profits Think Pink: Bahrain Breast Cancer Society and Bahrain Bricks, and help raise BD1,000,000 for the cause.

Purchase a brick for the monument and receive an additional brick with a certificate of authenticity as a souvenir. Both bricks will be engraved with your name.

Race to a Million Challenge aims to sell one million blocks – raise BD1,000,000 – to create a giant sculpture of 'hope and resilience' at least six metres tall.

The proceeds will be donated towards breast cancer research, awareness and education.

You can participate by purchasing a block, spreading the word, or volunteering to manage the campaign and build the sculpture.

For more information, follow [bahrainbricks.org](http://bahrainbricks.org)

# Pulse of Pop

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



FANG-TASTIC: A poster of the series

**T**HE final season of American comedy horror mockumentary *What We Do in the Shadows* premieres on Hulu on October 22.

Based on the 2014 New Zealand film of the same name, the show follows vampires Nandor the Relentless (Kayvan Novak), Laszlo (Matt Berry), Nadja of Antipaxos (Natasia Demetriou), and energy vampire Colin Robinson (Mark Proksch) who share a home, as they clash with the modern world, each other, and other supernatural beings.

The series also tackles Nandor's human servant Guillermo (Harvey Guillén) who attempts to balance his loyalty with his desire to become a vampire.

The beloved series is concluding and executive producer Paul Simms

revealed that it 'felt right'.

"A little too soon and a little too late. We've all seen shows that tried to hang around a little too long," Paul said in an interview.

"Also we just wanted to do a final season where we still had tonnes of funny stuff to do.

"If you've never seen it before, you could still tune in and understand everything that's happening, but do something also for the hardcore fans who followed every twist and turn.

"It really is to me one of the funniest and most fun seasons we've done," he added.

The series' creator Jemaine Clement also directed and acted in the original movie alongside *Thor: Ragnarok* director Taika Waititi who serves as an executive

producer for the series.

After the shutting down of a piracy website in 2018, it was revealed that the mockumentary film was one of the most pirated, reaching 277,000 downloads.

The film's success was followed by the 2018 spinoff television series *Wellington Paranormal*, which tackled Kyle Minogue (Mike Minogue) and Leary O'Leary (Karen O'Leary) who first appeared in the film as a pair of incurious police officers. The year after, the *What We Do in the Shadows* series premiered its first season, which brought back the film's original cast in the seventh episode entitled *The Trial*.

The critically acclaimed series has been nominated for 29 Emmy awards including for Outstanding Comedy Series in 2020, 2022 and 2024.



ICON: The album cover

## BUILDING THE TENSION, AGAIN

**A**USTRALIAN pop princess Kylie Minogue is releasing her 17th album *Tension II* tomorrow.

The dance album serves as a continuation to her critically acclaimed 16th studio album *Tension*, released in 2023, which features Grammy-winning song *Padam Padam*.

The project features artists including Bebe Rexha, The Blessed Madonna, Tove Lo and Orvell Peck.

Kylie is the highest-selling female recording artist from Australia. Born and raised in Melbourne, she embarked on her music career in the late 80s, releasing her debut studio album *Kylie* in July 1988.

Her international breakthrough came with the release of her eighth studio album *Fever* (2001), which features the smash hits *Can't Get You Out of My Head*, *In Your Eyes* and *Love at First Sight*.

While touring in 2005, the singer was diagnosed with breast cancer, forcing her to cancel the remainder of the tour to go under surgery and treatment.

It was announced the following year that the singer had finished chemotherapy and that the surgery was successful.

Resuming the tour in November, the singer had her show reworked to accommodate her medical condition, which involved reducing her dance routines, slower costume changes and longer breaks between sections of the show.

Looking back on her long career, the 56-year-old compares the peaks and lows of it to 'surfing'.

"We're paddling, paddling, paddling, and sometimes you catch a wave," she said in an interview.

"So I really want to ride this one and enjoy the view, because I know how exhausting it is to paddle and miss the wave," she added.

## FAMILY MYSTERIES

**S**USAN Rieger's women's fiction novel, *Like Mother, Like Mother*, is set to hit the shelves on October 29.

The story follows the lives of three generations of women. In 1960, two-year-old Lila Pereira has her mother committed to an asylum by her abusive father, and she never sees her again.

Fast forward to three decades later, Lila is the powerful executive editor of *The Washington Globe* who prioritises her career over her daughters, who are left for her husband to take care of.

Grace, their youngest daughter, grows up resentful. She goes on to become a successful reporter and even writes and publishes a bestselling book about her mother, which opens her eyes to the fact that she does not know anything about her own family - did

her grandmother die in the asylum?

In addition to writing books, Susan taught law to undergraduates at Columbia Law School, where she graduated, and Yale University, where she worked as a residential college dean.

She is the author of two novels

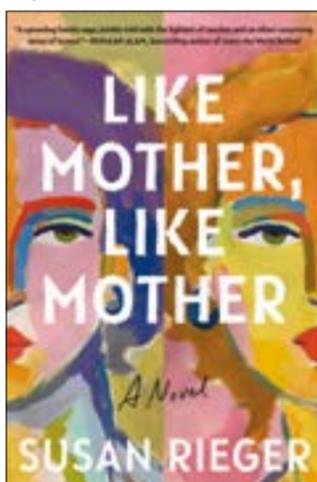
*The Heirs* and *The Divorce Papers*.

Susan revealed that she finds writing fiction more difficult than law duties.

"Law requires education, experience and, most importantly, judgment," she said in an interview.

"Fiction requires invention, discernment and, most importantly, discipline. To sit down to write a novel, with no set task in front of

you, is very different from lawyering and, for me, far more difficult. But, writing fiction is more satisfying. You're making something," she added.



**P**SYCHOLOGICAL horror film *Smile 2* is out now in theatres.

Serving as a sequel to the 2022 film, the movie follows pop sensation Skye Riley (Naomi Scott) who experiences a series of disturbing events as she is about to embark on a tour, forcing her to face her dark past to regain control of her life.

In an interview, writer and director Parker Finn revealed that he intentionally left parts of the first film ambiguous to allow an opportunity to explore more details of the *Smile* universe in a sequel.

"There certainly are stones that I left unturned by design," Parker said.

"And then there are other things that I, at one point or another, wanted to put in the movie, but they didn't end up in the movie for whatever reason. So those things are still exciting to me.

"I would never want to just repeat myself or retrace the same



EERIE: The movie poster

## NOT ALL SMILES!

ground. I'd want to make sure that there's a new, exciting, fresh way into it that the audience isn't anticipating. I also want to find some new ways to scare them and unnerve them," he added.

As part of the film's promotions, a soundtrack entitled *The Skye Riley EP* (extended play), performed by Naomi, was released on October 11.

# Motoring Weekly

The top motoring and motorsport news

## McLaren unveils Austin livery



SUAVE: The high-octane beast

**M**CLAREN have become the latest team to unveil Austin livery as they bring back Chrome design.

The British motor racing team are the third Formula 1 team to present a special design for the US Grand Prix weekend, following on from reveals by fellow outfits Haas and Alpine.

In collaboration with team partner Google, McLaren have created a second edition of their striking Chrome-inspired livery, which was first reimagined at Silverstone in 2023.

Featuring in their 'Chrome Shines Again' campaign, the livery is a nod to some of McLaren's former cars, including 'a modern twist to represent the team's enduring legacy, with the enhanced Chrome representing the two brands' pursuit of innovative design', according to the official Formula 1 website.

In addition to Lando Norris' and Oscar Piastri's cars, touches of Chrome will be present on the drivers' race suits throughout the event at the Circuit of The Americas.

McLaren approach the final six rounds with a 41-point lead over Red Bull in the constructors' standings, while Norris is 52 points behind Max Verstappen as the battle for the drivers' championship heats up.

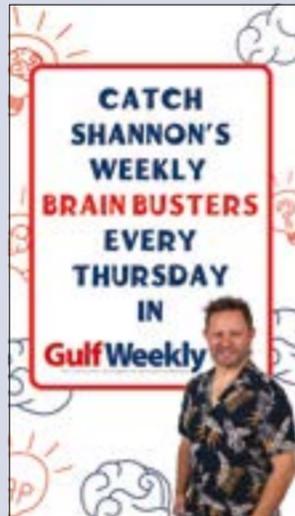
Bahrain's sovereign wealth fund Mumtalakat is a key stakeholder in McLaren Automotive.



### BRAIN-BUSTERS

**Q**uizmaster and *Radio Bahrain* host Shannon Crockett, who has been entertaining people across the island with his brain-teasing quiz night sessions, has offered to put *GulfWeekly* readers' general knowledge to the test. Join in the fun every Thursday with Shannon's seven brain-busters.

1. Which country did Paddington Bear come from?
- 2) How many wedges do you need to collect in Trivial Pursuit to win?
3. The authentic Italian version of mozzarella is prepared from the milk of which animal?
4. Which trio of brothers released the song *Mmm Bop* in 1997?
5. What is the name for a word that reads the same backwards as forwards?
6. What colour is a



giraffe's tongue?  
7. The 100 folds in a chef's hat represent the 100 ways to cook \_\_\_\_\_?

- ANSWERS**
1. Peru
  2. Six
  3. Water Buffalo
  4. Hanson
  5. Palindrome
  6. Blue
  7. Eggs

### Speak your mind!

*GulfWeekly* is continuing its 'Speak Your Mind' feature series where we invite you, our family of readers, to share your mental health concerns and challenges on a chosen subject, with our experts who will respond to a selection of them. Together, let's get the conversation started! October's topic is: 'The mental health impact on individuals and families living with or battling cancer.' Some points to ponder:

- ⚡ Fear, anger and confusion over the uncertainty of life.

- ⚡ The financial strain of treatment and the emotional impact of witnessing the ordeal.
- ⚡ The pressure of 'showing up' for day-to-day activities amidst the gamut of emotions. Share your thoughts in no more than 100 words by emailing [gdnnews@gdnmedia.bh](mailto:gdnnews@gdnmedia.bh) or [@gdnonline](https://www.instagram.com/gdnonline) on *Instagram* by October 30. We will publish a selection of the comments received in *GulfWeekly* and the top submission will win a box of Raw Candy vegan chocolates as a token of our appreciation.

### Optimizing Connected Operations

Helping businesses to monitor, measure and optimize entire logistics delivery process on an IoT platform

#### Connected Logistics

- Intelligent route optimization
- Order automation
- Field task management
- Dispatch and proof of delivery

#### IoT Fleet Management and Optimization

- Fleet and Drivers Management
- Fuel and Maintenance Management
- Sensor Management and Control
- Driver Behaviour and Management
- IoT Data Management and Analytics
- Video Telematics



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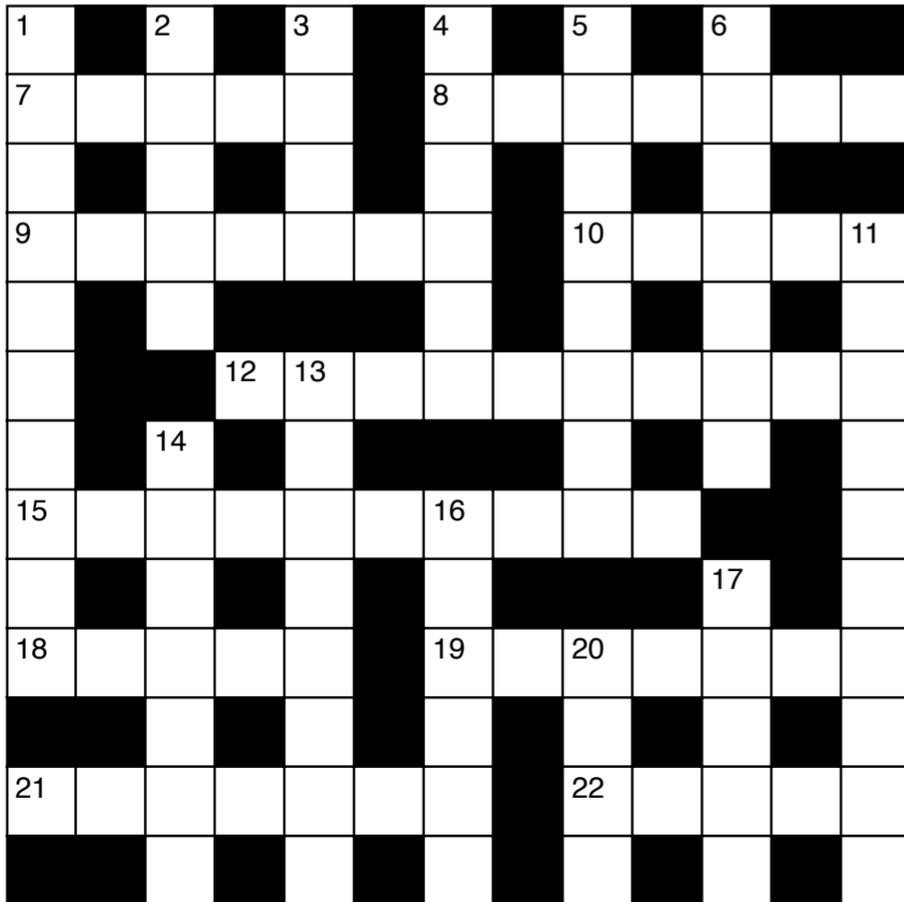
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# Time Out



**Hilal Computers**  
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## crossword break



Solutions in next week's issue.

### ACROSS

- 7. Pursue (5)
- 8. Oath (7)
- 9. Thorn (7)
- 10. Prestige (5)
- 12. Disclosure (10)
- 15. Faultless (10)
- 18. Madness (5)
- 19. Platform (7)
- 21. Unlawful (7)
- 22. Coronet (5)

### DOWN

- 1. Incredulity (10)
- 2. Sorcery (5)
- 3. Feeble (4)
- 4. Orb (6)
- 5. Mixed drink (8)
- 6. Scorn (7)
- 11. Pietism (10)
- 13. Swap (8)
- 14. Shaft (7)
- 16. Gaily (6)
- 17. Brush (5)
- 20. Draw in (4)

### who, what, where, when

- WHO ... was the eponymous founder of the city of Nineveh?
- WHAT ... European country contains the province of Trento?
- WHERE ... was the UK TV sitcom *Father Ted* chiefly set?
- WHEN ... did Bonnie Prince Charlie die?
- WHO ... wrote the BBC TV drama series *Blackpool*?
- WHAT ... four elements did Empedocles suggest all matter was composed of?
- WHERE ... are the Great Karoo and the Little Karoo regions?

### just so

GVDGVDGVDGVD

least

opposite  
hypotenuse



## 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

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

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

### darn tough sudoku

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

Sudoku

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

Sudoku

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

### Last Week's Leisure Solutions

#### CROSSWORD BREAK:

**Across:** 1 Cowardice; 8 Own; 9 Malediction; 11 Pigment; 12 Troop; 13 Arrest; 15 Resist; 17 Smear; 18 Ecstasy; 20 Articulated; 22 Lei; 23 Hanking.

**Down:** 2 Ova; 3 Ridge; 4 Incite; 5 Epistle; 6 Concomitant; 7 Antipathy; 10 Legerdemain; 11 Plausible; 14 Stretch; 16 Beacon; 19 Salve; 21 Eon.

**JUST SO:** Too close for comfort, Nothing on earth, The evil eye, First things first.

#### WHO, WHAT, WHERE, WHEN:

Nicholas Hawksmoor; Seven; Cambridgeshire; 1927; Werner Karl Heisenberg; Sea of Japan (or East Sea of Korea); South Australia; 1610.

### Darn Tough Sudoku

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

Your work pad space ...