

Merry melodies

COMMUNITY REPORT
By MELISSA NAZARETH
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MANAMA Singers, one of Bahrain's oldest multicultural community choirs, is set to spread festive cheer with its much-awaited dinner musical show on December 5.

The annual event is one of the choir's most popular acts and this year, around 27 singers from the group will present a selection of Christmas carols and songs, from classics like *Ding Dong Merrily On High* to modern tunes like *Sleigh Ride*.

The audience will enjoy an immersive experience especially with the choir's tradition of the interactive *Twelve Days of Christmas* carol.

Each table at the venue will be assigned a number from one to 12. When the 'second day of Christmas' is being sung, for instance, table number two will stand up and sing the part. They will also sing the 'first day of Christmas' bit, in keeping with the successive days' pattern of the song, joined by table number one, and so on and so forth.

British expatriate and music teacher at St Christopher's School Louisa Danmeri will conduct the choir, along with Kelly Parker who has extensive experience singing and leading choirs in her church community.

"This is the first time I am conducting the Manama Singers choir and I look forward to this experience with Kelly," the 43-year-old told *GulfWeekly*.



FLASHBACK: Past act at the British Club



TWO OF A KIND: Kelly, left, and Louisa

"Over the years, the group has built a wide repertoire of carols and songs. This year, in addition to popular favourites, we will also have some new songs," the soprano from Saar, who has been part of Manama Singers since February, added.

Louisa moved to Bahrain with her husband and two young kids this year and it was a steep transition from Japan where they had lived for eight years.

Manama Singers presented itself to her as a 'community lifeline', helping her settle in. "Music is a great way to bond and make friends and Manama Singers really took me into their fold," she said.

The community choir celebrated their golden jubilee two years ago

and currently comprises 51 singers, ranging from 28 to 78 years, across a wide range of nationalities, including English, Welsh, Scottish, Irish, French, Italian, German, Swiss, Swedish, American, Indian, Pakistani, Malaysian, Kiwi (New Zealand), Jordanian, Lebanese and Zambian.

Austrian expat Tanja Kuttinig joined the group just a month ago, but has been enjoying her weekly meetups with the talented lot. She was part of a music group back home before moving to Bahrain seven years ago.

"I met a choir member in my building's play area who told me about Manama Singers. In the beginning, it was difficult to find my



melody but with the support of my fellow singers, it got easier," the 34-year-old alto singer added.

Sopranos have the 'main melody' and altos sing in a deeper register, which can get tricky, but Tanja was determined to find her voice. The Reef Island resident is excited about the upcoming



passionate about music and have a formal degree in the field from Minnesota University," the 50-year-old, who has been living in Bahrain for the last 18 years, noted.

"However, life took its course. Joining the choir after a 10-year gap got me back to studying music and learning how to play instruments," she added.

The festive dinner show will be hosted at the Blue Moon Marquee (tent) at Dilmun Club in Saar, starting 7pm. Diners will enjoy a four-course meal set against an upbeat musical backdrop. Those interested can purchase tickets at the club's reception for BD18.800net.

Manama Singers and Bahrain Jazz Orchestra will play all the holiday classics at the British Club's Christmas Tree Lighting event tomorrow, from 7pm.

For more details, follow @manamasingers on Instagram.

"This year, in addition to popular favourites, we will also have some new songs."

show, her first with the group, and looks forward to the experience.

Longstanding member and soprano Sadaf Karim shared how joining the group helped her rekindle a lifelong passion for music.

"I've always been



MOVEMBER
Support men's health
SEE PAGE 2



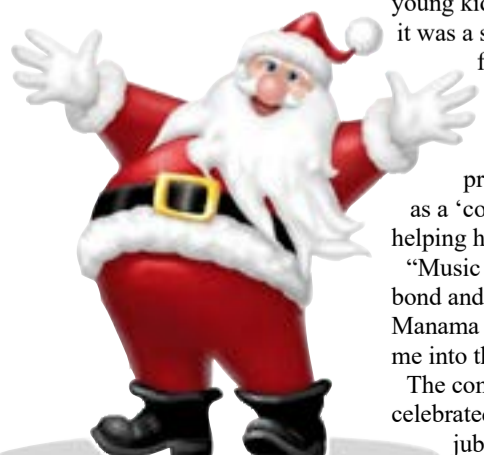
MAGICAL MURALS
Local artists shine
SEE PAGE 3



LEISURE SCENE
What's on in Bahrain
SEE PAGES 4-5



WHITE MAN'S WORLD
New book release
SEE PAGE 6





GULFWEEKLY'S COLUMNIST PREETY PRAVEEN SHARES HER VIEWS ON THE TOPIC: 'STRESS AND ANXIETY AMONG MEN AND THE NEED FOR INDIVIDUALS, FAMILIES AND THE COMMUNITY TO CREATE SAFE SPACES TO SHARE THEIR CONCERNS'.

Shatter the stigma!

MEN are born with a label of being strong, both mentally and physically.

They are expected to carry an aura of support, reliability, and strength. And many times, these tough layers of clichéd assumptions don't allow them to express their emotions and feelings with the right people at the right time.

It's not only the social pressure, but men themselves try their best to portray a brawny image to their families and to the society as well. In this whole process, they never realise when they cross the thin line between being committed and being stressed. Their personal and professional responsibilities overshadow their mental and physical health, which is usually overlooked, deflected, and ignored in a casual manner.

Rephrasing an old saying,

I would say, "If women are from Earth, so are men!"

Men should break the stigma of being rough and tough and start expressing themselves. It is the need of the hour and high time that



they realise it's fine to break that shell and pour in their emotions, pain and concerns with their near and dear ones.

But one-way traffic is not going to help. People around them should give them the comfort, space and a kind approach to make them feel that their existence matters.

*Hidden might be
Cracks of tiredness in those
greeting smiles;
Dark clouds of fatigue in the
sparkling eyes;*

*Tremble of exertion in the
fresh looks!*

Catching up with this fast-paced lifestyle, an urge to earn more, to live the best life, and to be what they want to be, men push themselves beyond their capacity and threshold and pretend to be normal all the time, which is dangerous and scary at the same time.

Men need the same concern, lookout, and attention as the opposite gender does.

It's fine to be weak, fragile, and emotional. Sharing feelings will help and people around them should address those feelings with concern and sincerity.

Don't just show your strength but be strong to accept when you are weak and that might help you to sail through any storm.

*(Preety Praveen is a
psychologist and author.)*

PATIENCE AND EMPATHY MATTER

When men struggle with stress and anxiety, we need to be patient, empathetic and understanding. By avoiding criticism, encouraging them to push outside their comfort zone, and validating their experiences, we can create a supportive environment conducive to their well-being. I have faced many challenges that have tested my resilience and determination.

My biggest champions have been those who have encouraged me to keep pushing forward even when I felt like giving up. So, let us create a culture of compassion and acceptance where individuals with stress and anxiety feel valued, understood and supported on their journey towards healing and growth. Together we can make a meaningful difference in their lives.

Rejina Chhinal

The societal construct of masculinity often equates emotional vulnerability with weakness, fostering an environment where men suppress their inner turmoil.

This suppression, driven by notions like 'men don't cry', perpetuates a vicious cycle of isolation and mental health deterioration. The archetype of unwavering strength paradoxically renders men more fragile, as unaddressed emotions erode resilience over time. To counter this, we must cultivate ecosystems – within families and communities—that prioritise psychological safety and destigmatise vulnerability.

Encouraging authentic expression and seeking help should be reframed as acts of courage, not frailty, thereby redefining

strength as the capacity to confront and articulate one's struggles.

Sachin Dev

In our society, the process of making men mentally strong starts from childhood itself. By saying things like 'boys are strong' and 'boys never cry', they are made to believe they must be tough.

As a result, even after growing up, men will want to keep up this image and hence, they suppress their emotions. They often do so by facing loneliness, stress, and even issues like depression alone.

Therefore, there is a need to create awareness and sensitivity towards the mental and emotional health of men through various mediums. After all, they also have emotions and need support.

Sujata Soni

A man is biologically stronger than a woman. As per earlier social norms, he was the breadwinner and protector of the family.

But times have changed and today is the generation of gender equality. So men find it a bit difficult to understand how to respond with the changed norms especially when it comes to their health issues. It was much easier earlier when women, who were caretakers of the family, tended to the health issues of men.

Today, the lines have blurred. One may need to hire a nurse for care and that comes at a cost. Men probably are caught up in the modern day's dilemma and it sometimes affects their physical and mental health.

Lakshmy

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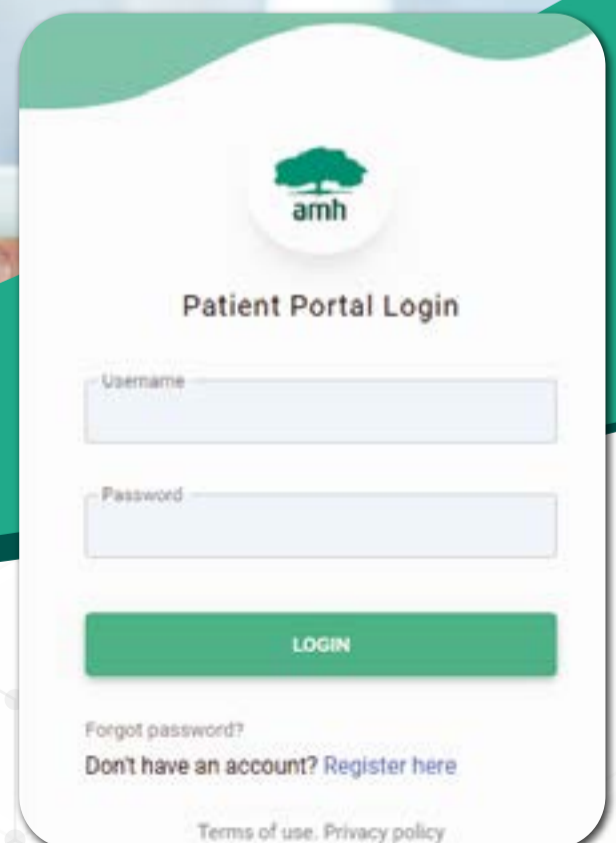
New patients must book through call centre. After their first visit, they will get an online account to access the portal.



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ART REPORT
By MELISSA NAZARETH
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POPULAR Bahrain-based creatives Limnesh Augustine and Jincy Babu showcased their artistic prowess at the Sarasota International Chalk Art Festival in the US this month, painting life-sized murals inspired by sustainability.

The husband-and-wife team was among more than 150 artists from around the world who took part in the event held from November 7 to 11.

They created two three-dimensional (3D) paintings joining two square walls, each measuring about two-and-a-half metres tall, with the floor of the same dimension.

The artworks, titled *Bees' Supermarket* and *Digital Aquarium*, were inspired by United Nations' (UN) Sustainable Development Goals (SDG).

The artists, who call themselves the 'chalk family', have been collaborating with the UN for the past 11 years with their interactive creations explaining sustainability in a simplified way.

"We share our knowledge and help each other, making it a pleasant and collaborative experience," Limnesh, 42, told *GulfWeekly*.

"At Sarasota this year, the crew, who are locals that volunteer, was scarce due to Hurricane Milton. When the organisers informed the artists about this, we stepped up, shifting panels for each other and drilling bits with happy hearts," he added.

Bees' Supermarket highlighted the important role that the winged wonders play in our ecosystem. According to the Indian expatriate couple from Kerala, it aligns with several SDGs, especially SDG 2 – zero hunger – while also emphasising the need for biodiversity conservation and sustainable practices.

"The artwork depicts a bee busy filling honey in a jar, which is available for humans at the price of \$10 for a sip. There's another bee at the cash register, collecting the money. The painting symbolises the insect's industrious nature while also pointing to how valuable honey is as a resource," Limnesh revealed.

"Bees are vital to our planet's health and well-being. *Bees' Supermarket* encourages viewers to support bee-friendly initiatives, in turn raising awareness about the challenges they face such as habitat loss and pesticide use.

"The painting also serves as a reminder of our interconnectedness with nature and the urgent need to



NATURAL: The duo interacting with *Bees' Supermarket*

Larger than life

protect our environment," he explained, adding that it took them two and half days to complete the artwork.

The dynamic duo described their second creation entitled *Digital Aquarium*, as a 'powerful metaphor for our contemporary relationship with technology'.

The mural has the same dimensions as the first and also took two and half days to finish. It's inspired by SDG 3 – good health and well-being – and underpins the importance of balancing screen time with real-world experiences, which is needed for good mental health. It also encourages a reconnection

with nature.

The painting also showcases the artists' creative interpretation of SDG 4 – quality education – fostering digital literacy while understanding the impact that technology has on us.

"*Digital Aquarium* supports education that emphasises the responsible use of digital tools. It visually encapsulates the paradox of being simultaneously immersed in and isolated from the natural world due to our reliance on artificial intelligence, virtual reality, mobile devices, and social media," Jincy, 31, said, urging viewers to create a future where technology

enhances our connection to nature instead of isolating us from it.

Electronics and communications engineer at Gulf Business Machines Bahrain Limnesh and art educator Jincy have represented Bahrain and India at several events in the past, including renowned street art and chalk festivals in Holland, Italy, France and the US.

They also hold the Guinness World Record for the world's largest 3D anamorphic painting created in 2012, measuring 2,294sqm.

"Our next adventure will be at the street art festival

in Melbourne, Australia in January," the couple, who have been married for 10 years and live with their cat Choo Choo in Seef District, said.

"It's the first edition and

will attract artists from various countries including Italy, Netherlands, Japan, India, and of course, Bahrain. Our work will be based on local Australian flora and fauna," they added.



TEAMING UP: The couple representing Bahrain and India with *Digital Aquarium*

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. Which famous moustached musician was born Farrokh Bulsara?
2. What savoury snack food icon sports a large moustache on the label?
3. What's the name of the *Looney Tunes* cowboy with a walrus moustache and anger management issues?
4. Who was the last US president to have facial hair?
5. Which surrealist artist was known for his unusual, waxed



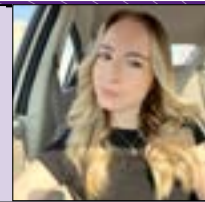
6. Which king is the only one without a moustache in a pack of cards?
7. The Movember men's charity started in which country?

1. Freddy Mercury
2. Pringles
3. Yosemite Sam
4. William H Taft
5. Salvador Dali
6. King of Hearts
7. Australia

ANSWERS

Leisure Scene

What's on guide by
Julia Cassano



CELEBRATE FESTIVE SEASON IN STYLE AT RITZ

THE Ritz-Carlton Bahrain has lined up merry events that are sure to get you in the festive spirit.

Book the hotel's Grand Christmas Brunch filled with culinary delights.

Enjoy live cooking stations and carving stations, along with a tempting selection of delectable desserts. The event is elevated with live entertainment, fun activities for children and a special visit from Santa Claus.

It costs BD60, including selected beverages, BD45 inclusive of soft beverages and BD25 for children aged four to 12. The celebrations will be held at the grand foyer and ballroom.

The hotel will also stage a variety of Christmas dinners on December 24 and 25, from 7pm.

La Table Krug offers a five-course festive tasting menu for BD60 per person.

A private dining request is also available for BD500.

Primavera and Plums have



SWEET: Treats at the hotel's Christmas Brunch



SPECTACLE: Trees lit up for the festive season in the hotel's garden

come up with a four-course festive menu which will be priced at BD45 per person. Other packages are also available.

Guests can enjoy an a la carte menu at Cantina Kahlo and Nirvana, with a minimum spend of BD35 per person at

both locations. Live music and entertainment are available at all the dinners.

Get in the holiday spirit with the Ritz Gourmet Lounge's and Lobby Lounge's Festive High Tea, from 3pm to 7pm, everyday. Delight in a selection of freshly baked scones, gourmet cakes,

perfectly paired with a warm cup of tea and a glass of bubbly. It costs BD35 per set, including tea or coffee, or BD38 per set, inclusive of one glass of bubbly.

Get your holiday dinner at your doorsteps with the hotel's takeaways.

Order a turkey and all the

trimmings, as well as a pumpkin pie to your home for BD175. It serves eight people.

Meanwhile, the hotel also offers a US Prime Rib Eye, for five people at BD170. Orders must be placed 24 hours in advance.

For details call, 17586425 or 17586499.

MOVIE TIME

GET together with your family and friends and head down to CINECO Seef to watch some of the English language films being shown this weekend.

THE WELL (18+)

A budding art restorer travels to an Italian village to bring a medieval painting back to its former glory. Little does she know she is placing her life in danger from an evil curse and a monster born of myth and brutal pain.

Actors: Lauren LaVera, Yasmine Fadel, Claudia Gerini

Timings: 1pm, 5.45pm, 10pm

BAD BLOOD (PG-15)

Lam, a notorious henchman, lives quietly in a poor neighbourhood. When his stepdaughter is missing, he goes back to the remnants of his past criminal network for help and faces a new generation of adversaries.

Actors: Kieu Tuan, Mac Khoa, Quoc Truong

Timings: 7.45pm, 12am

GLADIATOR II (15+)

From legendary director Ridley Scott, *Gladiator II* continues the epic saga of power, intrigue and vengeance set in Ancient Rome. Years after witnessing the death of the revered hero

Maximus at the hands of his uncle, Lucius is forced to enter the colosseum after his home is conquered.

Actors: Paul Mescal, Pedro Pascal, Denzel Washington

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

RED ONE (PG-15)

Santa's bodyguard and a degenerate hacker must team up for a worldwide mission to rescue Santa aka Red One and save Christmas.

Actors: Dwayne Johnson, Chris Evans, Lucy Liu

Timings: 11.30am, 6.30pm

PANDA PLAN (PG-13)

Soon after legendary kung fu star Jackie Chan is invited to adopt a beloved zoo panda named Hu Hu, an international syndicate sets its sights on the bear and offers a massive bounty for his capture.

Actors: Jackie Chan

Timings: 4.30pm

VENOM: THE LAST DANCE (PG-15)

Eddie and Venom, on the run, face pursuit from both worlds. As circumstances tighten, they're compelled to make a heart-wrenching choice that could mark the end of their symbiotic partnership.

Actors: Tom Hardy, Chiwetel Ejiofor, Juno Temple

Timing: 5.45pm

INDULGE IN DELICIOUS MOMENTS

ELEVATE your weekends at the Four Seasons Hotel Bahrain Bay.

Step into Byblos and enjoy its new sundown concept.

Chef Tony El Khoury has prepared 'the best Lebanese cuisine that the kingdom has to offer'. Available every Thursday, Friday and Saturday, from 4.30pm to 6.30pm, a signature drink is paired with a savoury Lebanese delicacy served in tapas style. It costs BD5.500 for one mocktail and one type of Lebanese tapas, or BD7.500 for one selected beverage and one type of tapas.

Don't miss out on the last week of Bahraini Art Tea, honouring renowned artist Abbas Almosawi's 50 years

of excellence. Indulge in locally-inspired sweet and savoury delights, paired with karak tea and a saffron lavender mocktail.

Available until November 30, noon to 11.30pm, it costs BD22 per person for the art tea experience or BD26 per person for a royal afternoon tea with a gift at Bay View Lounge.

Starting December 1, the tea evolves into the Winter Wonderland version, with a festive sparkle, right in time for the holiday season.

Executive pastry chef Imad Boukly has artfully prepared a selection of savoury finger sandwiches and sweets, with a warm Apple Cider edition available for BD26 per person, while the regular Festive Afternoon Tea is for BD22 per person.

Celebrate Thanksgiving in style at Bahrain Bay Kitchen's Thanksgiving Brunch. Delight in holiday classics such as lavender honey roast

turkey, pecan and pumpkin pie and more tomorrow (November 29),



SUCCULENT: Thanksgiving Dinner at CUT

from 1pm to 4pm. It costs BD35 inclusive of soft beverages, and BD48 with a selected beverage package. Children under five dine with the hotel's compliments and those aged six to 12 enjoy a 50 per cent savings.

Relax during weekends

with The Spa's wide range of ayurvedic treatments, designed to harmonise your body and mind, everyday from 10am to 10pm. The price ranges from BD75 to BD195.

For more information, call 17115500 or 17115045.



UNWIND: Sundown at Byblos

Leisure Scene

Weekly Entertainment

AT THE CLUBS

SPREADING CHRISTMAS CHEER

START the holiday season off right with fun events at the British Club Bahrain.

Mince pies and traditional beverages await you at the club's Christmas tree lighting ceremony. Fill your hearts with the festive spirit and sing along with the Manama Singers and Bahrain Jazz Orchestra as they play all the holiday classics.

Entry is free for members and BD2.500 for non-members, on Friday (November 29), from 7pm.

The club will also host its Christmas Fair on December

6, where an array of vendors will be selling hand-crafted gifts and stocking fillers.

There will be a surprise visit from Santa as well. Entry is free to all.

A Junior Christmas Party will also be held on December 7, from 5.30pm to 7.30pm where singing, dancing, goodie bags and more will get you in the holiday spirit. Members can enter for free while non-members have to pay BD2.

For more information, contact reception@britishclubbahrain.com or call 17728245.

POOL PARTY FOR CHILDREN

BAHRAIN Rugby Football Club has organised a children's pool party.

Hosted by Radio Bahrain's Shannon Crocket, the event promises to be a treat for families looking to have some fun in the sun. It takes place tomorrow, from 10am to 2pm. Normal guests rules apply. The club will also host a festive market on December 6, featuring a Christmas tree lighting, merry carols, music, food, shopping and more.

For more information, contact 17695809.

FAMILY FUN AT DILMUN

DILMUN Club is hosting a Children's Christmas Party.

Enjoy a disco, meet and greet with Santa and his elves, lunch, pony rides and much more on December 7, from noon to 4pm.

It costs BD6 for members and BD7 for guests.

Celebrate Christmas day

in style with the club's Christmas Day Brunch.

Guests can enjoy good food as well as live music, from 1pm to 5pm on December 25. It costs BD25 all-inclusive for members, and BD28 all-inclusive for guests.

For details, call 17690926.

GET ready to immerse yourself in fun and exciting events at Hilton Bahrain.

Crash the coolest wedding reception in town and party with a touch of Vegas magic at Origin Kitchen and Culture, tomorrow, from 12.30pm to 4pm.

The feast costs BD28net with unlimited soft beverages and BD39net inclusive of unlimited beverages.

Get your chopsticks ready and indulge in an array of Asian delights at Origin Kitchen and Culture's Pan Asian Night, on Wednesday, from 7pm to 10pm. It's priced at BD22net with unlimited soft beverages and BD28net with unlimited selected beverages.

Seafood Night, at the same location, offers guests the freshest catch and live cooking stations tonight, from 7pm to 10pm. It costs BD28net with unlimited soft beverages and BD32 with unlimited selected beverages.

Meanwhile, the restaurant is also hosting a breakfast buffet from Sunday to Friday, 6.30am to 10.30am, for BD13 net.

Late risers can enjoy all the breakfast favourites on Saturday, from 6.30am to 11.30am, for BD13net.

Three complimentary beverages await women at Cocoluna Lounge's Ladies' Night on Wednesday, from 7pm to midnight.

On Tuesdays, guests can



VARIETY: Origin Kitchen and Culture has lined up fresh catch for Seafood Night

kick back and enjoy good vibes and music at the lounge's Acoustic Nights, from 7pm to 9pm.

Book your holiday festivities early with the hotel's Thanksgiving Turkey To-Go. It includes a whole turkey, brussel sprouts, maple-glazed carrots, chestnuts, sage and onion

stuffing cranberry sauce and turkey gravy, for BD60 net, for six to eight people.

Advanced payment is required and it's available until December 25.

Festive season early bird offers are available until December 1 for The Nutcracker Christmas Brunch (December 25), at

BD30 net with unlimited selected beverages. A Midnight Masquerade – A Fairy Tale New Year's Eve Ball (December 31) costs BD50 net with unlimited classic beverages and BD60 net for a premium package.

For more information, contact 33692013 or 33690081.

LET THE LAVISH FEAST BEGIN

CELEBRATE the festive season in style at the Royal Golf Club Bahrain.

Enjoy a four-course Thanksgiving meal featuring all the holiday favourites and seasonal specialities at Links tonight, from 7pm to 11pm. It costs BD25net per person inclusive of one selected beverage.

Guests can reserve their festive Christmas Eve (December 24) dinner featuring a delicious four-course menu and live entertainment. It's priced at BD25 per person, inclusive of one selected beverage, from 8pm until midnight.

A spectacular Christmas Brunch will also be available on December 25. Enjoy a traditional buffet with live cooking stations, festive music and activities for all ages. It costs BD40 per person, inclusive of a beverage selection, and BD15 for children aged



SUMPTUOUS: Selection of desserts

five to 12. Children under four dine for free.

For an unforgettable New Year's Eve, book the club's Noche de Rumba, featuring a lavish buffet and live entertainment, on December 31, from 9pm to 2am. It costs BD50net per person, inclusive of selected beverages.

For those who want to relax at home and enjoy a delicious meal, opt for the club's Take-Me-Home menu, where you can customise your meal with a

variety of options. It includes a roasted turkey with glazed root vegetables, brussels sprouts, mashed potatoes, cranberry sauce, stuffing, and gravy for eight to 10 people (BD50) or 10 to 12 people (BD60). A roast lamb leg is also available with glazed root vegetables, buttered beans and broccoli, braised red cabbage, gravy and yorkshire pudding for six to seven guests at BD80. Other packages are also available.

Meanwhile, visitors can indulge in the sweetness of Thanksgiving with the RGC's sweet delights.

Choose from yule log selections (BD20), apple tart (BD20), pecan tart (BD22) or a decorative gingerbread house (BD20).

Don't miss out on a magical tree lighting ceremony on December 3, from 5pm, with free entry for all.

For more information contact 39007546.



CELEBRATION: Coming together for Thanksgiving

Pulse of Pop

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

BUSTING STEREOTYPES

THE English translation of Bahrain-based author Eskedar (Esky) Dubois' book has hit the shelves and tackles the stigma and stereotypes associated with being married to a 'white man'.

The 136-page creation entitled *White Man's Wife* is based on the personal experience of the Ethiopian-French author and happily married mother of two.

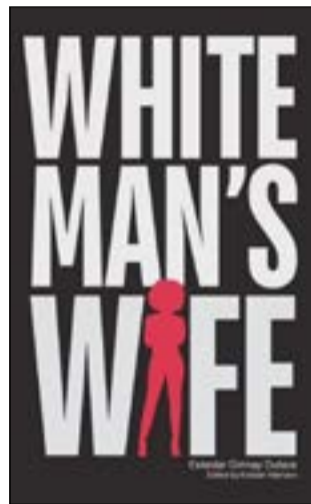
In it, she talks about her journey as a 'yeferenji mist' - a term with negative connotations that refers to Ethiopian women married to foreign men.

In addition to sharing her own story, Esky has also showcased the significant experiences of other Ethiopian men and women of mixed-race marriages.

Through the book, the writer attempts to redefine

the term by removing what she considers to be false and harmful beliefs that do not apply to her and many others, and expresses her pride in her choices, while also embracing her cultural identity.

"We have this misconception that if you are with a foreigner, it's because



RELEASED: The book cover

you want something from him, not because you love him, which makes you feel like you need to justify your marriage, because love is never considered to be in the picture," the creative talent told *GulfWeekly*.

"For instance, if you go to a hotel, and you want to stay with your husband or children, automatically, if you are with a white man, they will double the price, why? Because he is a foreigner," she added, recalling a story in the book.

Since the launch, many couples have reached out to her, resonating with her experiences. Esky hopes that the book will continue to speak to those who could relate to her stories, and has plans to bring more perspectives to light, either with another book or a documentary.

"I have been meeting

couples of different nationalities who have read my book, and they would tell me their own stories that are completely different from mine, we are still meeting halfway with the stigma and discrimination, but the experience will change from one couple to another, and so I'm hoping to be their voice and to deliver their stories, maybe through a documentary," she noted.

Translated by Esky herself, the book has been edited by *Bahrain This Month's* Deputy Editor Kristian Harrison, with a foreword by *BTM* publisher George Middleton. The original Amharic version of *White Man's Wife - Yeferenji Mist* - was unveiled last year and is her third release in the language and her first translated to English.

For more details, follow @esky_girmay_dubois on Instagram.



PROUD: Esky holding her book at the launch event

FESTIVE CHEER

SNOWY: A scene from the film



ANIMATED Christmas comedy film *That Christmas* comes out on Netflix on December 4.

Based on a children's Christmas book trilogy by Richard Curtis, the film follows a series of entwined tales about family and friends, love

and loneliness and Santa making a big mistake.

This marks the directorial debut of Simon Otto, best known for working as head of character animation for the *How to Train Your Dragon* film trilogy.

"This movie tells the story of a troubled Christmas, forcing a

group of kids and parents to accept that you can't always plan life," Simon said.

"Regardless of whether you celebrate Christmas or not, I hope that audiences will laugh at the family dynamics and identify with the universal truth behind most traditions: It's ultimately not about the

rules and the expectations we put on these events, we tend to forget that what really matters is that we can be together with our loved ones," he added.

Writer Richard is popular for his work on romantic comedy films, most famously the hit Christmas rom-com *Love Actually* (2003).

LUMINOUS MYSTERY

THE first four episodes of South Korean mystery television series *Light Shop* are set to premiere on Disney+ on December 4.

The show follows a group of strangers who are separately processing horrible experiences from their past.

One day, they all find themselves pulled to a light shop at the end of a dubious alleyway, where the shopkeeper (Ju Ji-hoon) may contain the key to their past, present and future.

The cast also includes the 2019 hit film *Parasite's* Lee Jung-eun who stars as Jung Yu-hee, a distraught mother, and *Apple TV+* drama

Pachinko's breakout star Kim Min-ha as Sunhae, a screenwriter.

The series is based on a namesake webtoon by screenwriter Kang Full.

Kang shared that he is pleased with the adaptation, stating that he considers the on-screen portrayal to be 'richer than the original'.

"I drew *Light Shop* as a webtoon 13 years ago," he said in an interview.

"There were stories in the original that I couldn't fully express.

"This series unravels the stories that couldn't be shown in the webtoon, and the actors have been able to portray them in a more three-dimensional way," he added.



LIT UP: A poster of the series



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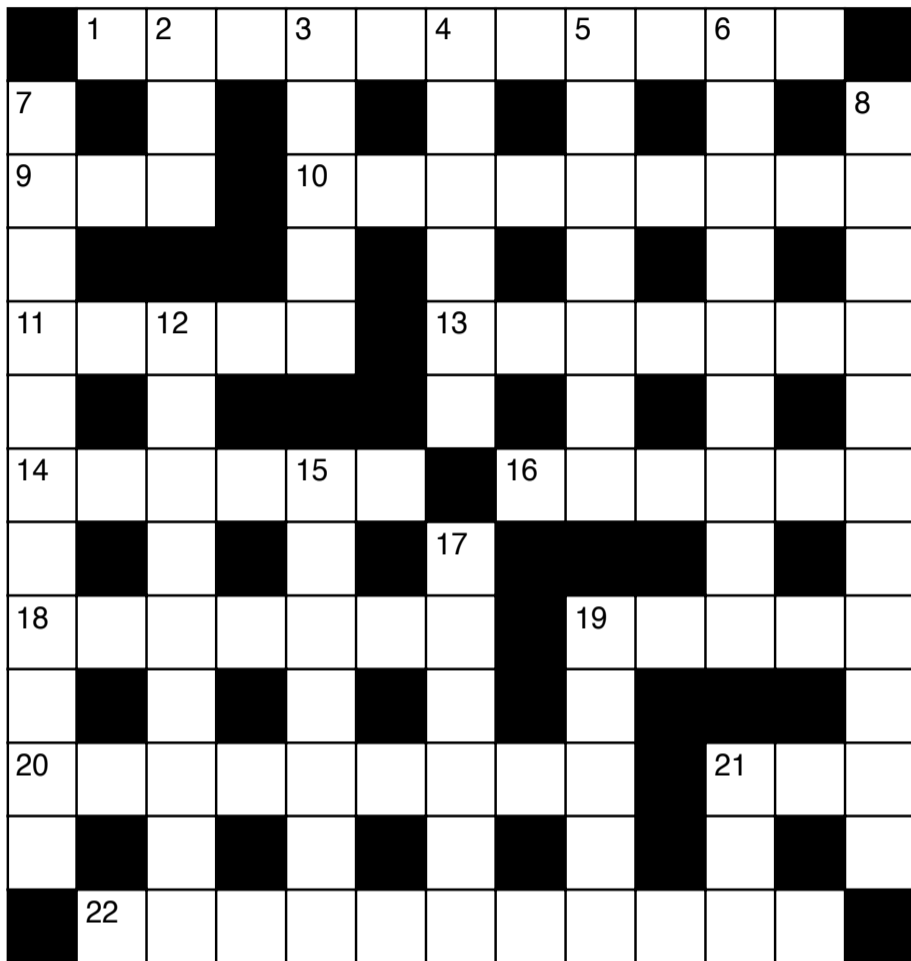
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Time Out



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crossword break



Solutions in next week's issue.

ACROSS

1. Barrenness (11)
9. Doze (3)
10. Height (9)
11. Unsuitable (5)
13. Plunder (7)
14. Interior (6)
16. Complete (6)
18. Copy (7)
19. Should (5)
20. Of one mind (9)
21. Beverage (3)
22. Reinstatement (11)

DOWN

2. Pinch (3)
3. Build (5)
4. Tramples (6)
5. Intrigue (7)
6. Garment-making (9)
7. Unwise (11)
8. Weighty (11)
12. Enchant (9)
15. Chronicler (7)
17. Pious (6)
19. Attack (5)
21. Also (3)

who, what, where, when

- WHO ... became a pillar of salt in the *Book of Genesis*?
- WHAT ... type of creature is the crown-of-thorns, *Acanthaster planci*?
- WHERE ... in Africa are the Efik people found?
- WHEN ... did the Indonesian volcano Mount Tambora erupt, killing thousands of people?
- WHO ... was the eldest son of Johann Sebastian Bach?
- WHAT ... is an Enzedder?
- WHERE ... in Britain is the village of Newtown St Boswells?
- WHEN ... did Steffi Graf win her last ladies' singles Grand Slam tennis title?

just so



bidbidbidbid
 fruit

furn iture

HEPHAESTUS

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

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

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

darn tough sudoku

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

Sudoku

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

Sudoku

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

Last Week's Leisure Solutions

CROSSWORD BREAK:

Across: 1 Sort; 3 Splinter; 9 Revenue; 10 Panic; 11 Conventional; 13 Employ; 15 Tinder; 17 Nevertheless; 20 Reach; 21 Acclaim; 22 Greeting; 23 Mend.

Down: 1 Stricken; 2 Raven; 4 Pretty; 5 Improvidence; 6 Tankard; 7 Rich; 8 Under one's hat; 12 Presumed; 14 Prelate; 16 Strain; 18 Evade; 19 Drag.

JUST SO: Dr. Doolittle, Nuclear family, Cat fight, Pennywise and pound foolish

WHO, WHAT, WHERE, WHEN:

Jocasta; A tree; Gwynedd; 1934; Barbara Pym; Australian; Ethiopia; 1641.

Darn Tough Sudoku

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

Your work pad space ...