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Issue 7 | June 2011

The Amwaj Islander



Letter from the MD

Behind the Name

Dear Amwaj Islanders,

This is the time of year when our annual charity drive 'Lend a Helping Hand' kicks off. Every year we collect donations for the foreign workers who work hard day and night to make Amwaj the beautiful islands that they are. We put together boxes of assorted foodstuffs and distribute them to the workers just before the holy month of Ramadan. If you would like to show your appreciation to the workers you can do so by donating long life food items or money for us to buy them on your behalf. Naseem and Sara, whose contact details you will find on the last page of this newsletter, will be glad to advise the types of food we distribute and to receive your donations - and the Amwaj Islands team would like to thank you in anticipation of your generosity. For more information or pictures from last year's 'Lend a Helping Hand' drive, please look at the last page of this issue.

On a separate note, with the rising temperatures and the increasing heat it is safe to say that summer has arrived. The summer is our quiet period; many of our residents are away and our events are fewer. If you are staying in Bahrain remember that to stay hydrated and cool you should drink water before you are thirsty, especially if undertaking any activity outdoors. Try to wear light coloured loose clothing, and remember to take regular breaks and rest in the shade.

As always, we are here to help so if you have any inquiries or concerns please don't hesitate to write to the editor on info@amwaj.bh. Thank you for taking the time to read this issue.

Sincerely,
Jameel Almatrook
Managing Director, Amwaj Islands

Known as the Venice of Bahrain, Al Marsa Floating City was designed by world-renowned French designer and architect Bernard Spoerry and developed by Bahrain-based Al Saraya Properties. Al Marsa, which in Arabic means jetty or harbour, is the inspiration for the imaginative design that enables each of the 320 residences to have both canal and road frontages. The traditional Arabic Islamic architecture subtly blends villas and apartments and imparts a cohesive and organic ambience. Boat owning residents are able to moor their boats on the canal by their own back gardens and can access the sea through the sector lock gates at the southern end of the development. The lock gates also maintain the level in the canal within a 50 cm rise and fall that ensures the canal water is slowly, but constantly refreshed. Al Marsa is the first canal project in the Kingdom of Bahrain and it was among the first developments to be completed on Amwaj.



If you would like to receive an electronic copy of the newsletter,
or contact the Editor, please email us on info@amwaj.bh



Name: Chris Woodrow
Nationality: British
Position: Projects Director, Lona Real Estate BSC (c)

Can you tell us a little about your work background and what countries you have worked in? I have been very much intertwined in International and Middle East culture having spent a large part of my 27-year construction career working internationally, with the last 5 years in Bahrain. My career started with almost 20 years working for UK construction group “John Laing”, both in the UK and internationally, handling a diverse portfolio of projects including 5 star hotels, hospitals, luxury mixed-use residential developments, commercial developments and power generation facilities. I have worked in a number of countries, including Nigeria, Tanzania, Egypt, The Philippines, Hong Kong, Dubai and many parts of Europe.

Who is behind Amwaj Waves? Can you tell us a little bit about the developer? Lona Real Estate BSC(c) is the master developer behind Amwaj Waves, which is their flagship BD100 million project. We are currently building phase 1 of 4 phases. Shareholders of Lona Real Estate represent a team of distinguished business leaders with acclaimed experience in commercial and international property development. I have worked for a number of the main shareholders in Lona Real Estate BSC (c) for all of the 5 years I have been in Bahrain.

How did the idea of Amwaj Waves come about? Amwaj Waves was inspired by its proximity to the sea and the Arabic name ‘Amwaj’ which translates to ‘waves’. In line with its name, ‘Amwaj Waves’ residential development is strategically positioned so that from an aerial perspective the buildings evoke the formation of undulating waves.

How far is the progress of construction of Amwaj Waves? Construction of Phase 1 commenced ahead of schedule in September 2009, and is due for completion in the second quarter of 2012. There are four buildings in phase 1, which all sit on a central podium. The basement, ground floor, mezzanine and podium levels structural works are complete, the two tallest 13-storey apartment structures are at roof level now, and the other two 7-storey apartment structures are at 5th floor level. We have now cast almost 90% of the structural concrete on the project and are presently 3 weeks ahead of schedule, with 640 operatives /sub contractors working on the site daily.

We know you have a lot of experience in construction on Amwaj Islands, can you tell us the most difficult and complex project you have been involved in? A villa for one of the most prominent Amwaj Residents, I can say no more!

What is your favourite project in Amwaj Islands (other than Amwaj Waves)? Zawia 01 and Zawia 02 adjacent to the main entrance to The Lagoon. The highest buildings to date on Amwaj, and I am fortunate to say that I was involved in the construction of both pretty much from start to finish, including handover to owners.

What challenges has Amwaj Waves faced either during construction or planning or implementing? Amwaj Waves is the largest mixed-use residential development on Amwaj Islands to-date, comprising 3400m² of commercial space, a 3500m² raised podium level recreational area, 380 car parking spaces and 308 luxury apartments. Our combined team at Amwaj Waves has a lot of experience in the construction and delivery of complex mixed-use developments. The main challenges here at Amwaj Waves have been to ensure that we offer something completely unique and attractive to potential investors and those wishing to be a part of the Amwaj Waves, and Amwaj Islands, community. The project was planned meticulously so that any problems or complex issues were addressed well in advance of finding a sudden problem on the job site. We changed early on in the design process from typical in-situ concrete slabs to post tensioned concrete slabs, which is as far as I am aware, the first time this has been done on Amwaj Islands and it has really been a great success. As a team we used our experience with other developments to make sure that everything at Amwaj Waves is looked at in detail before implemented, getting things right the first time around. We have installed an ‘Own It, Manage It’ philosophy with all involved, which is something I have used on many projects over the years and works well.

What can we look forward to in Amwaj Waves when the project is completed? An ultramodern quality residential development set in the heart of Amwaj Islands. The first phase includes an incredible array of recreational features, including a 3500m² landscaped podium, a squash court, sauna and steam rooms, four gyms, children’s swimming pool, 230m² adult pool, Jacuzzi, interactive fountains, six BBQ areas, walking/jogging track and children’s play area. In addition, we have 23 retail outlets on the ground floor, including coffee shops, restaurants and a business center.

Tell us about your wife and family? My family is the most important thing to me. I was fortunate to meet my wife Carol, who is American, whilst involved in the construction of the “Four Seasons Hotel” in Cairo. We have been married for 11 years and have two great kids, Sebastian who is 8 and Olivia who is 5. My wife is a teacher at an International School here in Bahrain. We very much enjoy living in Bahrain; we have a busy social life and many friends here. My son is an avid young golfer and my daughter has recently started ice skating.

What is your motto in life? As a former Cub and Scout in my youth, ‘Be Prepared’. I also believe fully in the ‘Own It, Manage It’ principle as I already mentioned.

The Bahrain Kite Surfers

The 'Bahrain Kite Surfers' was formed by a group of likeminded individuals from the UK, US, France, Italy, Bahrain, Saudi Arabia and Lebanon with a passion for kite surfing - a sport that combines kite flying and power kiting with board riding skills, similar to wake boarding or surfing.

The 'Bahrain Kite Surfers' have been kite surfing in Amwaj since 2005, where they were invited to use the shores of the islands by the management through a letter published in the GDN, making Amwaj unique in the region for beach and sport culture.

The kite surfers can usually be found near Tala Island, on the northwest shores of Amwaj. The beautifully flat water, created by the breakwater that stretches from the northwest to the southeast, makes it ideal for both kite surfing and wake boarding.

Safety is a concern for the 'Bahrain Kite Surfers' as, naturally, there are sharp rocks on the beach and in the shallow waters. With an onshore wind, they try to make sure that everyone enters the water with training, caution and safety in mind. Luckily there have not been any serious injuries; cuts on the feet from some small patches of oysters are as serious as they get.

Out of the 40 members involved in kite surfing in Bahrain, there are approximately 5 to 6 members who have first-aid medic training, with kite surfing instructor licenses, who make it safer.

For those who would like to take up the sport, you should know that kite surfing equipment is expensive, making it important to get good training before purchasing. Kites usually start from BD350-BD650 and boards from BD200-BD350, which are all available at Skate Shack on Budaiya road.



Amwaj Waves

Amwaj Waves is a luxury residential development by Lona Real Estate BSC (c), currently under construction in the heart of Amwaj Islands. The project is already ahead of schedule and on track for completion in the second quarter of 2012. Amwaj Waves is destined to be the single largest residential development in Amwaj, strategically located in the midst of the Islands' attractions and within close proximity to the waterfront. Middle ground between city and sea, Amwaj Waves will offer residents the best of both worlds, combining the bustling cosmopolitan lifestyle with secure Island living.

The first phase features four stunning contemporary residential buildings, consisting of two 13-floor and two 7-floor buildings, giving rise to 308 apartments with scenic views of the sea, the city, and an exquisitely landscaped pool area. There are considerable indoor and outdoor leisure facilities. Community lifestyle is central, which is apparent through its architectural design, including a grand lobby that leads to a beautifully landscaped communal garden and a recreation area on the podium level, elevated high above street level, allowing the community to enjoy the facilities in absolute privacy and security.



There are two swimming pools on the podium level, one for children and the other one for adults, also lush green surroundings where tenants can mingle in the BBQ areas, rest in the shaded cabanas, or relax in the serene swimming area, complete with sauna / steam and shower facilities. There are also interactive fountains for the children, a Jacuzzi for adults, ornate koi ponds and several water features, all of which add to the magic of the Amwaj Waves development. On the ground floor, tenants will have access to restaurants and coffee shops, plus convenient retail shops within the premises. If you fancy some exercise, then there is a full size squash court with viewing terrace also on the ground floor and four fully equipped modern gyms, one in each building. A three level garage will be available to residents with a total of 380 parking spaces in the basement, at the ground floor and mezzanine levels.

For weekly progress reports, full details and pictures of the project, an attractive 'rent to own' payment terms and all contact details, visit www.amwajwaves.com

The soft opening of Leewan Al Khor Restaurant



Experience authentic cuisine from Bahrain and the Gulf in the newly opened Leewan Alkhor restaurant in The Lagoon, Amwaj Islands. Leewan Alkhor is a one-off concept that aims to bring the hospitality of an Arab home, teamed with the genuine taste of a good home cooked meal, to the public. The first-of-its-kind in Bahrain, Leewan Alkhor offers its customers a traditional gastronomical experience from the gulf with dishes like 'Baryani', 'Machboos', 'Safi', and traditional curries 'Saloon'a and desserts such as 'Mahlabya', 'Basboosa' and 'Um Ali' in a cosy two floor setting with special family and group seating areas. The restaurant is now open for public and designed to bring traditional Arabic architecture with modern twist to ensure a truly exceptional experience for customers.

KG Fun Day at Choueifat School



The International School of Choueifat, Manama, conducted the annual Kindergarten Fun Day on Saturday, 16th of April. This event, which coincides with the 125 year anniversary of Sabis, is the fifth fun day to be held at ISC Manama. KG Fun Days are always crammed with action packed adventure, fun filled competitions and many other exciting, family orientated events. More than 500 eager kindergarten students and their parents participated in this year's Fun Day on the school oval in perfect weather conditions.

The International School of Choueifat is a member of the Sabis school network and offers education to students in the ages between 3 and 18.

Eventscom Recyclable Fashion Show



Eventscom Agency organized the Recyclable Fashion Show under the patronage of His Highness Shaikh Abdulla Bin Hamad Al Khalifa, Head of the Public Commission for the Protection of Marine Resources, Environment and Wildlife.

The second Eventscom Recyclable Fashion Show Competition took place at The Lagoon, Amwaj Islands and the show featured works of young and talented artists and attracted an audience of 1,000.

The jury consisted of UAE's fashion abaya designer Amal Murad and Public Commission for the Protection of Marine Resources, Environment & Wildlife representative Suzanne Ajjawi. Competition was graded on its creativity, appeal and overall appearance and the winners received extravagant prizes from Bahrain Air, Blossom Events and Abayat Rafie.

New concept of apartments in Amwaj Homes



Amwaj Homes, a development by Nardin Properties comprising 250 villas, townhouses and apartments split into three residential complexes (A, B & C), offers its residents an exceptional, tranquil lifestyle experience out of the fast lane. Within the Amwaj Homes complex B, which is mainly made up of villas and townhouses, a new concept of apartment buildings, labeled as D1, are being constructed. The D1 apartments will comprise of seven buildings built in a row, and will be divided into 1 and 2 bedroom apartments. Some of the buildings will have a swimming pool and a gym for its residents. Work on the apartment buildings has commenced and is due to be completed by September 2011. A show apartment is available on site for viewing from 8am-6pm daily. To view, please call Hussain on 39255862.

Safety & Security in Amwaj



In order to control traffic in Amwaj and to increase security levels, we are introducing a new security feature; residents' access cards.

The access cards will be available from the beginning of June at the security office near the entrance of Amwaj.

Tala residents and residents who already own access cards will have to get their cards reprogrammed for BD 1, while residents who don't have any will have to purchase them from the security office for BD 4.

Please note that all access card purchasing/reprogramming will be available at the security office in the Amwaj Main office building, opposite Alosra Supermarket, Sunday to Thursday from 8am to 4pm. Please ensure that you bring your CPR, rental/ownership documents (contracts/title deeds) and the license plate number which will be given the authorisation.

On a separate note, as summer approaches rapidly, it's the time to enjoy the warm weather by throwing parties and BBQs. If you wish to do so please make sure you are taking all the precautions necessary to assure security for everyone. We also ask you to be considerate to your fellow residents and keep noise levels as low as possible, and ensure your guests parking is within the limits of your premises, not blocking access for your neighbours or disturbing them. Please note that parties will be allowed to continue up to 10pm only as per the rules and regulations of Amwaj Islands.

Here in Amwaj we are constantly updating our security systems to keep up with the increase of residents on these beautiful islands, so we ask all our residents to help us in doing that, by following the instructions that are put there for them.

If you have any questions or concerns please do not hesitate in contacting security via email on security@amwaj.bh

Photo of the Month!



Congratulations to **Joao Barroso**, who won a BD 25 shopping voucher from Alosra Supermarket for June's 'Photo of the Month' competition with the picture above! To participate in the 'Photo of the Month' competition please send your pictures to info@amwaj.bh



@AmwajIslands



Amwaj Islands

For the safety of the Amwaj Islands community, please adhere to the 40 and 50 km/hr speed limits. If you would like a copy of the Amwaj Islands rules & regulations, kindly send an email to info@amwaj.bh

Motor boats and jet skis are not allowed in areas designated for swimming. The only exception is for motor boats powered by an electric motor not exceeding 5hp. The maximum permitted speed is 3 knots.

Please help us keep Amwaj clean and pedestrian friendly by cleaning up after your dog when taking it out for a walk. Doggie trash bins will soon be installed in Amwaj; in the meantime please use the public bins to dispose of your pet's waste.

June



Upcoming Events



ALL JUNE Amwaj Cooperative Playgroup holds regular playgroups for newborns and kids up to 4 years old. For more information please visit the group 'Amwaj Cooperative Playgroup' on Facebook.

ALL JUNE Amwaj Mums have daily activities going on all month for families, children and parents, such as Yoga for mums to be, children and adults, Buggy Brigade and Women of Water. For more information, please contact Amwaj Mums through their Facebook group 'Amwaj Mums'.

ALL JUNE Collection for the annual Ramadan drive 'Lend a Helping Hand' is ongoing until July 14th. All donations, money or food, go to labourers who work hard to develop the beautiful Amwaj Islands. For more information please call 16 030 605 or 16 030 607 Sunday to Thursday between 8am and 5pm.

ALL JUNE Once Upon a Story Time is an interactive story time for parents and children up to the age of 4 years old. It takes place on a weekly basis with every week carrying a different theme. For more information or to join please email onceuponastorytime@hotmail.com

3 The Dragon Hotel will be hosting a POSH party, from 3pm-10pm. For more information please call: 16 031 111

18 Every third Saturday of the month a Book Swap takes place at Choco Loco, from 5.30pm to 7.30pm where you can drop an old book and pick up another free of charge!

24 Deadline to register for SABIS Summer Day Camp 2011, for more information please call the International School of Choueifat at 16 033 333

27 Amwaj Ladies Book Club meets every last Monday of the month to discuss a common book. For more information or to join please e-mail: abarr13@hotmail.com

Meet Your Neighbours



Name: Robert & Jeannette Sleeman, Eddie and Chaplin (the dogs)

Nationality: British (Robert)/ German (Jeannette)/ Irish (Eddie)/ Bahraini (Chaplin)

Place of stay: Saraya Al Bahar

What attracted you to Amwaj Islands and how long have you been living here? The ability to live very close to the beach attracted us to Amwaj, and we moved here just over a year ago.

What would you like to see more of in Amwaj? More recreational areas situated on the beaches. We would also like to see more dog owners acting responsibly by cleaning up their dog waste. More rubbish bins should be installed in public places.

Tell us a little bit about the activities you do in weekends or vacations here in Amwaj. We like to socialize by eating out especially as more restaurants opened here in Amwaj. We also like to walk the dogs on the beaches of Amwaj and watch the sunset on surfers beach.

What is your favourite event that happened in Amwaj? We enjoyed the Amwaj Marina Markets; this year and we are looking forward to The Boat Show next year.

Name: Nadeem Asghar, his wife Monica Vaziri & their son Nadal

Nationality:

Bahraini/
American

Place of stay:

Al Marsa Floating
City



What attracted you to Amwaj Islands and how long have you been living here? The first time we drove around in Amwaj, it was love at first sight. We immediately moved in and have been here for the last two years.

What would you like to see more of in Amwaj? We need more family activities.

You own a few outlets in The Lagoon. What made you choose this project? We saw great investment potential for the future in the islands.



Name: Alessandra Faria & her husband Mauricio Felisberto

Nationality: Brazilian

Place of stay: Amwaj Plaza 1

How did you hear about Amwaj? When we first arrived in Bahrain the real estate agent took us to a lot of places in the country. When we saw Amwaj we decided that we wanted to live there. It's green and the sea side reminds us of the beauty we also have in Brazil.

What attracted you to Amwaj? The fresh air, the breeze, palm trees full of dates - it seems like another country inside Bahrain.

What made you choose the development you are in right now rather than other developments in Amwaj? When we arrived, there were not many options and this building was the best on the island. We love the view we have from the rooftop.

What would you like to see coming up in Amwaj Islands? More shops in The Lagoon and maybe one more bar or pub for us to chill out in the evenings nearby home.

What is your favourite thing to do in your spare time? We like to get our bikes and go around the islands - when the weather is not good for a typical Brazilian BBQ by the pool, of course!



Name:

John Furney & his wife
Gillie Trafford

Nationality:

British

Place of stay:

Saraya Al Bahar

What attracted you to Amwaj Islands and how long have you been living here? We were attracted initially because we could buy freehold and the closeness to the sea, not to mention the friendliness of Bahrain. We bought a house in February 2004, making us one of the earliest inhabitants.

What would you like to see more of in Amwaj? When we first bought our house we were shown plans for outdoor communal areas which seem to have vanished, so we would like to see green playing areas for children and public parks. We look forward to more shops and restaurants opening in The Lagoon.

Are you happy with your choice of residence in Amwaj? Yes, because we are keen on water sports which we are involved in daily and enjoy the people we have met.

Project Development Diary

The Renaissance Bahrain Amwaj Islands Hotel



Zawia 03



Amwaj Business Park



Park Suites



Amwaj Service Station



Amwaj Waves



Directory

Amwaj Islands Security
Working Hours: 24 hrs
Location: Amwaj Islands
entrance
M 39 866 952
E security@amwaj.bh

Amwaj Islands Main Office
Working Hours: 8am – 5pm,
Sunday to Thursday
Location: Amwaj Islands
entrance
T 16 033 100
E info@amwaj.bh
W www.amwaj.bh

Tala Island Security
T 16 060 033

Nuetel Communications
Working Hours: 8am – 5pm
Saturday to Thursday
Location: Nuetel Building,
Amwaj T 16 033 000

**International School of
Choueifat**
T 16 033 333

Amwaj Marina
T 16 011 160

Nearest Hospitals to Amwaj
Al Hilal Hospital
T 17 344 199

Bahrain Specialist Hospital
T 17 812 000

King Hamad Hospital
Opening Soon

Amwaj Hotels
**The Dragon Beach Hotel &
Resort**
T 16 031 111

**The Sea Loft Boutique
Chalets**
T 16 033 833

**Home Maintenance
Services**
MASY
T 17 822 404

ReactFast
T 17 585 367

Amwaj Food Outlets
Muju Lounge & Restaurant
T 16 039 800

The T-Club
M 38 887 107

Tuga Bakery
T 16 010 284

ChocoLoco
T 16 123 456

Yamin Jana
T 16 033 800

Burger Lounge
T 77 055 772

Curry Tree
T 16 030 660

Houseboat
T 77 033 444

Leewan Al Khor
T 16 010 666

Amwaj Beauty Salons
**Joz Salon & Spa, The
Dragon Beach Hotel
Resort**
Working Hours: everyday
9am – 7pm
T 16 031 120

**Closest Post Office to
Amwaj**
Al Hidd Post Office
Working Hours: 7am – 2pm
Saturday to Thursday
T 17 673 157

Amwaj Health Clubs
**Maya Beach Resort &
Fitness- Meena 7**
Working Hours: Saturday –
Thursday, 6.30am – 10pm
Friday 8am – 10pm
T 16 030 070

Tala Leisure Center
Working Hours:
Weekdays 6am – 10pm
Weekends 9am – 6pm
Location: Tala Island
T 16 071 007

**Amwaj Supermarkets and
shops**
Al Osra Supermarket
Location: Entrance of
Amwaj Islands
T 16 033 772

Jawad Express
Location: ground floor,
Nuetel building
T 16 034 501

Waitrose Supermarket
Working Hours:
Everyday 8am – 11pm
Location: The Lagoon
T 16 030 636

24-Hours Supermarket
Location: Tala Island
T 16 034 498

KARE & IDdesign
T 16 012 808

Laundry Services
Black & White Laundry
T 17 532 268
M 36 308 889

Closest Vets to Amwaj
Dr Nonie Coutts
T 17 245 515

Dr Mohammed Hussain
T 17 292 125

Car Services
Ecowash T 17 490 565
**Bahrain International
Airport**
T 17 339 339

Food Deliveries:
Hunger Line
T 17 506 070 (Papa Johns,
Dairy Queen, Burger
King, Quiznos, Chilis)

Breadtalk
T 17 535 371

Little Ceasars Pizza
T 17 675 552

Pizza Hut
T 17 111 113

KFC
T 17 111 111

Hardeez
T 17 111 112

China Express
T 17 717 598

Wahid Pastries
T 17 466 771

EZ Burger
T 17 241 111

YO! Sushi
T 17 583 373

Shanghai Hut
T 17 292 988

The Clay Oven
T 17 717 008

Chickey's
T 17 467 771

Pizza Inn
T 17 671 777

**Closest Pharmacies to
Amwaj**
Al Quds Pharmacy
T 17 470 080

Ibn Sina Pharmacy
T 17 677 207

Nasser Pharmacy
Opening Soon in Amwaj

Taxi Services
Bahrain Taxi
T 17 682 999

Bahrain Limo
T 17 266 266

Arabian Taxi
T 17 461 746

Emergency Numbers
Emergency line
T 999

Al Hidd Police Station
T 17 671 212

Samahej Police Station
T 17 334 401

Coast Guard
T 17 700 000

Traffic Police
T 199

Shopping Malls
Seef Mall
T 17 581 111

Aali Mall
T 17 581 000

City Center
T 17 179 779

Moda Mall
T 17 533 140

Lend a Helping Hand

The 'Lend a helping hand' initiative is taking place again for the second year in a row, where boxes of essential food supplies are given to the laborers in Amwaj Islands for the occasion of Eid and Ramadan.

If you would like to be a part of this initiative, you may either donate items from your own household (as long as they are new and not reaching their expiry date soon) or purchase the items from your local supermarket. Alternatively, you may donate an amount of your choice and we will purchase the items on your behalf.

Please note, all donations need to be handed in to the Ossis B.S.C(c) Office, at the entrance of Amwaj Islands, by July 14th to either Sara Ebrahim (s.ebrahim@meritas.bh), T: 16030605 or Naseem Fekri (n.fekri@meritas.bh), T: 16030607.

On behalf of the Amwaj Islands and Meritas Teams, thank you all in advance for your help, enthusiasm, and encouragement.

