

The Amwaj Islander



AMWAJ ISLANDS



Letter from the MD

Dear Amwaj Islanders,

Ramadan Kareem to you all. As many of you are aware, Ramadan, the ninth lunar month of the Islamic calendar, is arguably the most important month to a Muslim and holds special importance as it is when the Holy Quran was first revealed to the Prophet Muhammed (PBUH). Observant Muslims not only abstain from food and drinks from dawn to dusk, but in general, practice restraint from all activities or behaviors that are not compatible with Islamic values. It is a time when giving to the poor and needy and sharing one's fortune with them is obligatory and is encouraged for the rest of the year. Social activities increase during this month, as families and friends get together to share food and company in the evenings for 'iftar' (breaking of the fast) and again at night-time or early morning during 'suhoor'.

In light of this, the islands will be busy this Ramadan with the Le Pasha Ramadan Tent & Bazaar taking place at the Amwaj Marina and the Ramadan tent in The Dragon Hotel. There will be something for everyone to enjoy and truly soak in the community spirit during the Holy month.

I would like to thank all of those who contributed to our annual 'Lend a Helping Hand' charity drive and donated money, food and helped in the distribution of items. This year, your generosity has provided 400+ laborers with food boxes that will feed them for the month. Photos and more information about the charity drive are on page 7.

Finally, there are also a few new security measures introduced on page 5. I kindly ask you to read the 'Safety and Security' section to keep abreast of all the measures our staff are taking to ensure your Amwaj community is safe for you and your family.

Enjoy this issue. Until next time, I wish you all a month full of peace and prosperity.

Sincerely,
Jameel Almatrook, Managing Director, Amwaj Islands

Behind the Name

Comprising seven elegant condominiums with a total of 226 apartments, Meena 7 Towers redefine luxury and are an astounding epitome of elegance in the world of architecture. Conceptualized by the world renowned residential resort architect, 'Bernard Sperry', its design is influenced with an Arabic touch and has been



themed as a heritage development. The elegant and regal entrances of Meena 7 Towers welcome you to a whole new world of exciting lifestyle. The splendid lobbies in each building open up new dimensions in comfort and luxury. The apartments range from single to triple bedrooms, are airy and spacious and offer beautiful sea views. Every tower at Meena 7 is well-equipped and serviced with all the facilities necessary to assure a lifestyle of luxury, and round-the-clock comfort. Maya Beach Resort & Fitness is an important amenity to the project, and includes a beach, two swimming pools, a fully equipped gym and a spa with Jacuzzi, steam and sauna.



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

60 Seconds With...



Name: Tony Connor
Nationality: British
Position: Managing Director & Client Representative, JASAF Construction Management & Faisal Al Matrook Office (FAM)

Can you tell us a little about your work background? I have been in the construction industry for 18 years. I started on the tools and progressed through to site management and ultimately project management. As a professional Project Manager I have completed projects in nearly 30 countries, including Saudi Arabia, UAE and Bahrain. I came to Bahrain as a Design Manager for Meena Projects (later Meritas Management) and have been involved in virtually all of the large scale projects on Amwaj Islands over the last 5 years. I have been a Managing Director for the last 2 years and established an office for Mr. Faisal Al Matrook's developments 12 months ago. I consider myself to be extremely privileged to have a unique insight into the future of Amwaj Islands, as I drive around I can visualise all of the projects completed! The Amwaj of the future will truly be the best planned and constructed development in Bahrain.

Does your company portfolio only consist of developments inside Amwaj Islands? Right now I have six projects in various stages of development, four on Amwaj, one in the Diplomatic Area and one in Dubai. The projects on Amwaj will be constructed over the next 5-6 years and will bring new hotels, serviced apartments, offices and retail space to Amwaj with a combined development value in the region of BD130 million. We are currently fitting out Bahrain's first 5 star boutique hotel in the Diplomatic Area. One of the highest buildings in Bahrain at over 150m, it promises spectacular views from the rooms and the fine dining restaurants. Lastly, we are working on the design of a new hotel in Dubai, next to Mall of the Emirates, and we hope to have the building permit in hand by the end of 2011.

How can we distinguish your developments within Amwaj? What sets them apart from the other developments? Service. Primarily our properties will have a hospitality entity within, and as we all know the key to this is excellent service. Whether you are staying in our properties for one night or one year, we will aim to tailor the service to fit the needs of the individual or the company. In retail and commercial development, you retain tenants by being competitive and continually meeting their service expectations. Service will be synonymous with our properties wherever they are.

What is your favourite project in Amwaj Islands? It has to be the International School of Choueifat. I arrived in Bahrain two months before the opening in September 2006 and was asked to help get the school ready on time. It was



the combined effort of the contractors, the developers and the management team from the school that made it happen. We then went on to complete the second phase for September 2007, where the month of June has seen the first graduates complete their education. Something everyone involved should be very proud of.

What project in Amwaj Islands would you have liked to be involved with, but did not have the chance? The reclamation of Amwaj Islands and the infrastructure works. I have always worked on buildings, above ground. It would have been a real challenge to have been involved in the dredging, road network, power and utility services.

The economic crisis during the last three years has undoubtedly affected the real-estate market. What kind of an impact has it had on your company/developments? Ultimately it has made us step back and reconsider our developments from the planning and feasibility stage to the construction and completion. We deliberately held back from awarding contracts as the cost of construction sky rocketed, and resolved to construction manage our own properties in the future.

What can we look forward to in 2011 from FAM Properties? We will be "soft" opening our 5* boutique hotel at the end of the year, and this month we will be starting construction on Amwaj's first serviced apartment building, known as Tila. With 280 one, two and three bedroom apartments, we aim to bring a new hospitality offering to Amwaj Islands by the end of 2013.

Can you tell us a little about your family and how you like to spend your spare time? I am married to an extremely supportive wife and we have 2 wonderful sons aged 9 and 15. At the weekend we enjoy time with friends and the boys are either playing football or golf. I have taken up golf this year and have learned the true meaning of frustration! I am also a member of the Executive Committee of the British Club.

Having spent all this time in Bahrain, do you consider it to be your home? My home is in Thailand, but Bahrain is my "home from home". Having worked in nearly 30 countries and visited over 50, I have spent more time in Bahrain than anywhere else in my life. It's all about the people. Bahraini's are the most welcoming of the gulf Arabs as their island has been a crossroads and meeting place for over 5000 years. I've thoroughly enjoyed five years in Bahrain and I can imagine being here for at least another 15!

Tilal Residence...Soon in Amwaj!

Tilal Residence, a new 21-storey twin tower offers magnificent views to the water features in the islands and is only steps away from The Lagoon - the increasingly popular retail and restaurant destination in Amwaj. Across from 'Millennium Apartments' (see article below) and part of the hospitality district, Tilal will offer the first serviced apartments on Amwaj Islands.

Tilal Residence, covering a total area of 55,478sqm, consists of 125 studio apartments, 37 one-bedroom apartments, 36 two-bedroom apartments, 38 three-bedroom apartments, 32 one-bedroom duplex, 6 two-bedroom duplex and 8 four-bedroom duplex. Tilal has a basement, ground floor, mezanine floor, podium, 3 parking floors and a service floor. Together there are 42 floors and a total of 282 apartments and 378 parking bays.



Surfski Club Opens in the Amwaj Marina

A number of paddlers, curious beginners and onlookers attended the Amwaj Marina Surfski Club opening on Saturday, July 2nd. The event, which was held at the Amwaj Marina, was a great way to celebrate the launch of the new surfski kayak rack at the marina and the formation of the new club. The club, which is the first of its kind in Bahrain, will become the focal point for surfski paddling. Members pay an annual fee to store their surfski kayaks at the club and use all the facilities that the Amwaj Marina has to offer. The General Manager of Amwaj Marina, Mr. Ali Al Fardan stated 'Surfski paddling has great potential to add to the life and community currently developing in Amwaj'. The Surfski Club organiser, Mr. Declan Gaynor, added 'Surfski paddling is a great way to enjoy the beautiful waters around Amwaj and other parts of Bahrain. The sport has just been introduced to the Kingdom and is growing rapidly.' He added, 'We are very happy that Amwaj Marina are supporting the development of the sport by hosting the only Surfski Club in Bahrain'. In the future the club plans to offer introductory lessons, advanced training clinics for paddlers wanting to perfect their paddling technique, and will be host to several competitions and events throughout the year.

Millennium Apartments



Millennium, a massive development situated in Amwaj Islands, offers magnificent views of Amwaj and Manama alike. Beach-front townhouses, a shopping mall, a hotel and hotel apartments, two residential towers, an office tower and an ultra high-end apartment building, make Millennium a truly mixed-use development and a cornerstone of Amwaj Islands. With a total area of 244,64sqm Millennium has 250 one, two, three and four bedroom apartments and approximately 1800 parking spaces.

Amenities include two lounges, two conference rooms, gym, swimming pool, restaurants, retail spaces and a lobby.

Go Green with Nuetel!



Nuetel Communications has launched a 'Go-Green' campaign at their premises in Amwaj Islands. A presentation was given to all staff along with a quiz and some recyclable prizes, followed by the staff members planting flowers at the entrance of the company. The campaign was held to enhance the concept of saving the planet by reducing the usage of paper. The staff was advised to print only if needed and to use double sided paper as a step towards saving trees.

E-billing is the other step that was taken in this matter by the company. Nuetel recommends their valuable customers to use E-billing instead of the printed invoices, which will save up to 5 trees annually. Simple things can make a difference! For more information please email gogreen@nue-tel.com

Amwaj Updates

It's Movie Time in Amwaj!



Just as the worst of the summer sets in over our beautiful islands, 'Movie Time' opens to offer a little escape from the heat and humidity. With a selection of kid's movies, latest releases and your favourite series, this DVD store hopes to offer a unique service to Amwaj and the surrounding areas. Members of 'Movie Time' will be able to go on-line to check which movies are available, watch a preview and order a movie which can be delivered to your doorstep. With their focus on a professional quality service, 'Movie Time' will stock only original movies for rent or purchase.

'Movie Time' is conveniently located at the entrance to Amwaj in Alosra Service Station for those who want to pick up or drop off movies starting the beginning of August.

Costa Tala & Lagoon Celebrate Ramadan



Looking for a true Ramadan treat? Costa Coffee has launched their special Caramel Date Cooler: real dates, ice blended with Costa's favourite creamy vanilla base, a hint of cinnamon and topped with whipped cream and caramel sauce. Sounds delicious? You can find Costa Coffee in two locations in Amwaj, The Lagoon and Tala Island. During Ramadan, opening hours are from 6pm to midnight, every day. Hurry up and try it now, as the Caramel Date Cooler will be in stores only for a limited period!

bni Comes to Amwaj Islands



Bahrain National Insurance Company (bni), the wholly owned subsidiary of Bahrain National Holding Company, has recently opened its latest branch in Amwaj Islands; increasing the number of its branch network to 11 branches kingdom-wide. Through this branch, bni will focus on underwriting and renewing motor and personal lines insurance that includes travel, home and domestic servants' policies. This branch is aimed to serve not only bni clients across the Kingdom, but also the residents of Amwaj Islands and provide them with superior services combined with innovative products.

bni is Bahrain's leading insurance company with over than 40 years of experience in handling motor and personal lines insurance, industrial & commercial enterprises, so please do not hesitate to visit their new branch.

Pet Arabia Finally in Amwaj!



Along with the first branch at Budaiya, Pet Arabia is now open at Amwaj in the Alosra Service Station, at the entrance of the Islands.

Pet Arabia has always aimed to serve its customers' convenience and offers your pets a variety of quality food, toys, and accessories for both cats and dogs, in addition to having launched various products for small pets at the Amwaj branch! For more information call 16 010 501, visit www.petarabia.com, or simply drop by and have a look.



Safety & Security in Amwaj

In order to ensure that Amwaj Islands remains a safe home for over 4000 families and households, new rules and restrictions are now applicable for contractors and home maintenance companies who wish to access the Islands. If any form of maintenance or construction works are to be carried out on your premises, kindly provide our security department in advance with the following information:

- Name of the Company / Contractor
- Date & time of visit
- Contact person

Any contractors without written permission from the security department will be refused entry to Amwaj Islands. The above is a simple procedure which will save time and effort, therefore kindly adhere by this rule.

For more information, or if you have any questions or concerns, please do not hesitate to contact the security department via email on k.manahi@amwaj.bh or call 16 033 098 / 39 866 952

For the safety of the Amwaj 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.

As per the Deed of Restrictions of Amwaj Islands – article 3.1.4, Pets should be kept on a leash when in common/public areas. Pet owners or anyone who is walking the pet for them should always clean after the animal.

Recipe of the Month: Chocolate Covered Dates

Ingredients:

- 16 oz semi-sweet chocolate, chopped
 - 20-25 pitted dates
 - Toasted almonds, walnuts or pistachios
 - Coconut flakes
- You will need a skewer and parchment paper.

Preparation:

Line a large baking sheet with parchment paper. After dipping your dates in chocolate, you will place them on the sheet to set.

Stuff each date with the nut of your choice. Melt the chocolate in a microwave safe bowl for about 3 minutes, stirring halfway through cooking time.

Using a skewer, dip each date in chocolate. Allow the excess chocolate to fall off by carefully rotating the skewer. Place dipped date on parchment and sprinkle with coconut flakes. Repeat with remaining dates.

Allow dates to set in the refrigerator for about 20-30 minutes before serving.



Recipe source: mideastfood.about.com

Photo of the Month!



Congratulations to **Tanya Dimitrieva** who won a BD25 shopping voucher from Alosra Supermarket for August's 'Photo of the Month' competition with this picture! To participate please send your pictures to info@amwaj.bh

Upcoming Events



August 2011

Every Saturday Maya Beach Resort & Fitness holds 'Thighs, Abs & Glutes' and 'Aqua Fitness' classes at 9am and 10am respectively. Every first Saturday of the month they will be offering complimentary trials for Amwaj residents. For more information please call 16 030 070.

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

All August Amwaj Mums has changed it's name to Amwaj Families to include dads! Check out their Facebook group 'Amwaj Families Bahrain' to find out about events (swim classes, first aid courses, etc), playgroups and items for sale. Look out for the football tournament for kids ages 2+, they'll be looking for volunteers to help!

All August The Amwaj Marina will be hosting **Le Pasha Ramadan Tent & Bazaar** which will include food and drinks and shisha daily from 8pm till 2am.

All August The Dragon Hotel & Resort will have a Ramadan tent set up next to Yamin Jana that will be open daily from 8pm onwards. Everything you expect from a Ramadan feast will be provided at **The Dragon tent**, as well as shisha and live entertainment. For reservations please call 16 031 111.

All August Come and enjoy an amazing iftar menu at the **Persian Room** for BD9. For more information, reservations or deliveries please call 16 010 166. The Persian Room will be open from 6pm till 1am during Ramadan.



Amwaj Islands



@AmwajIslands

Please note Ossid B.S.C(c), Amwaj Islands main office, opening hours during the Holy month of Ramadan will be 8am to 2pm from Sunday to Thursday.

Meet Your Neighbours



Name: Joao Barroso & Rachelle Bissett-Amess
Nationality: Portuguese & Australian
Place of stay: Al Marsa Floating City

How did you hear about Amwaj? A colleague of ours moved to Amwaj and when we came to visit we decided this was where we wanted to live.

What made you choose Al Marsa rather than other developments in Amwaj? The Floating City is such a special place with the Arabic architecture and every villa has a water view. We both grew up near the sea so it's very relaxing for us to be able to see the water every day.

What is your favourite event that happened in Amwaj so far? We love the Amwaj Markets and seeing the talented local people & their creative ideas.

If the islands weren't called "Amwaj", what would you name them? The Habibi Islands since everyone here is so friendly.

We hold charity events, where we donate proceeds to people in need. Which institute you would like us to support next time, that you feel need help the most? The foreign construction workers give us so much we should continue to support them and lobby the developers to increase their standards of living.

Name: Amr Ibrahim Omar
Nationality: Egyptian
Place of stay: Raniya Row



How did you hear about Amwaj? Through the internet.

What attracted you to Amwaj? I like the place, the sea breeze and the location of the islands.

What was the first factor you thought of when moving to Amwaj? The security and safety factor is key indeed.

What event that hasn't happened in Amwaj would you like to see taking place? I don't think there is any that I can think of right now, but I'm a fan of The Dragon Hotel and Amwaj Marina's events.

If the islands weren't called "Amwaj", what would you name them? Candy islands!

If you would like to be featured in this section, please send in your details to info@amwaj.bh

Do you usually look forward to receiving the Amwaj Islander? What is your favourite section? Yes, we like 'Photo of the Month' best.

If you had only one question or request to ask the creators of Amwaj Islands, what would it be? Please change the walking paths so that we can ride our bikes easily up and down the curbs – installing a bike path right around the island would be ideal.

What store/outlet do you want to see coming in Amwaj? The organic market from Seef Mall.

When you chose to live in Amwaj Islands, what was the first factor to consider? The peaceful quiet and slow traffic. It feels safe to walk and ride our bikes outside.

We are approaching summer very soon, what is your number one 'summer tip' for foreigners who just moved to Bahrain? It's hot, but you don't need your AC on 24/7 – an even 23C is cool enough to stay comfortable without wasting too much electricity.



Name: John & Wendy Scott
Nationality: British
Place of stay: Al Marsa Floating City

How did you hear about Amwaj and why did you choose Al Marsa? From a friend in 2004, when we bought our property there was no canal - just plans! Also we wanted a house with a mooring.

What is your favourite event that has happened in Amwaj so far? We liked The Boat Show.

If the islands weren't called "Amwaj", what would you name them? Makaan Salaam (Peaceful Place)!

We hold charity events, where we donate proceeds to people in need. Which institute you would like us to support next time, that you feel need help the most? We would recommend supporting the Dog Father Animal Shelter.

Do you usually look forward to receiving The Amwaj Islander? What is your favourite section? Yes, we like the Safety & Security section, the safety policies attentions and the developments progress page are very helpful!

In your opinion, what makes Amwaj different than the other projects in Bahrain? Direct access to the sea and pleasant beaches.

When you chose to live in Amwaj Islands, what was the first factor to consider? The people of Bahrain. We have always found them very friendly therefore it has been easy for us to integrate.

Photo Gallery

Lend a Helping Hand Drive

It gives us great pleasure to share with you the photographs of the 'Lend a Helping Hand' drive. Thanks to all your generous donations we were able to collect over BD2700 and distribute more than 400 food boxes to the labourers, a huge increase from last year's 220 boxes. The boxes included food staples such as rice, sugar, lentils, powdered milk, salt, tea, cooking oil, noodles, canned food, etc, to name a few. On behalf of the Amwaj Islands and Meritas Holdings teams, THANK YOU ALL!



Ramadan Kareem



كل عام وأنتم بخير
من ادارة وموظفي جزر أمواج
*May you have a blessed year ahead
From the management and staff at Amwaj Islands*



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 during
Ramadan: 8am – 2pm,
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
Sunday to Thursday
8am – 5pm
Saturday 8am – 2pm
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

Car Services
Ecowash
T 17 490 565

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

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

**Home Maintenance
Services**
AXEM
T 17 500 260

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

Johnny Rockets
T 16 011 199

Mei n Yu
T 16 010 160

Persian Room
T 16 010 166

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

**Closest Post Office to
Amwaj**
Al Hidd Post Office
T 17 673 157

Amwaj Beauty Salon
Joz Salon & Spa, The Dragon Beach
Hotel Resort
T 16 031 120

Amwaj Health Clubs
Maya Beach Resort & Fitness,
Meena 7
T 16 030 070

Tala Leisure Center
T 16 071 007

Amwaj Supermarkets
Al Osra Supermarket
T 16 033 773

Jawad Express
T 16 034 501

Waitrose Supermarket
T 16 030 636

24-Hours Supermarket
T 16 034 498

Other Services in Amwaj
bni
T 16 030 400

Pet Arabia
T 16 010 501

Movie Time
T 16 010 491

Closest Vets to Amwaj
Dr Nonie Coutts
T 17 245 515

Dr Mohammed Hussain
T 17 292 125

Bahrain International Airport
T 17 339 339

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

Ibn Sina Pharmacy
T 17 677 207

Nasser Pharmacy
Opening Soon in Amwaj

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

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

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Kareem**

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