

live the island dream today!

Issue 19 | June 2012

The Amwaj Islander



Letter from the MD

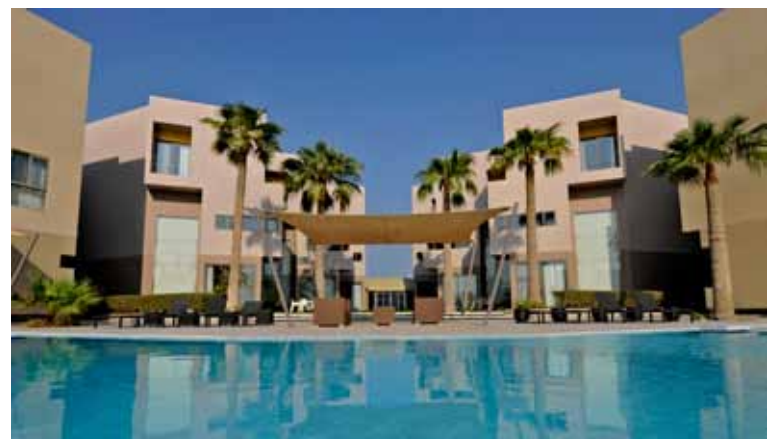
Dear Amwaj Islanders

Behind the Name

Being the first commercial place in front of the sea, in design of loft houses, The Sea Loft gives you a perfect view of the azure waters of Amwaj Islands, which embodies tranquility and harmony. The Sea Loft features private chalets that are fantastically designed and furnished to offer you a luxurious experience. The 17 superior fully-furnished, three story loft style residences offer all the convenience of a luxury hotel while providing residents with all the comforts of their own home. It offers a choice of three and four bedroom en-suite villas with spacious open-plan living and dining rooms, private veranda and separate relaxation areas. Other amenities and services include a personal chef and a swimming pool overlooking the sea. The Sea Lofts state-of-the-art private chalets are on board to offer you a lavish stay within the comfort of your home.



Sincerely,
Jameel Almatrook
Managing Director, Amwaj Islands





Name: Fayadh Al Doseri

Position / Company: Owner and founder of The Tea Club.

Nationality: Bahraini

Is The Tea Club your own idea, or is it a franchise? The Tea Club is a Bahraini concept originated by myself and my mother Naima Muttar.

How did you come up with the idea? My mother and I both love drinking tea, as well as the entire region and whole world. However, we could not find a place that serves proper tea. So, we travelled around the world to match our love and vision and to try and fit it in Bahrain, since that no such place exists. In July 2007 is when we created The Tea Club.

Have you always been a restaurateur, or did you have another profession prior to opening The Tea Club? Both of us have nothing to do with the Food and Beverage industry. I was in E Banking and my mother was an International Investment Advisor. However, I always had a passion for food which led me to creating my own recipes at The Tea Club.



You were one of the first to open in The Lagoon. How has it changed from when you first opened? We were looking for a new outlet for The Tea Club, and loved the location when we first came to The Lagoon, and thought it would be the perfect place. Many outlets were hesitant to open for awhile, but thank God more shops are opening in The Lagoon giving The Lagoon a wider variety of outlets.

So would you consider opening in The Lagoon a success? It is a real success.

Would you recommend other businesses to open in The Lagoon? We highly recommend for other businesses to open in The Lagoon. We want new ideas and new concepts to diversify the outlets and make it exciting and different for customers.

What does the future hold for The Tea Club? Will you be expanding inside or outside Amwaj Islands? Our loyal customers deserve to have another location, and so hopefully we will be opening in Riffa by Ramadan.

What makes The Tea Club unique in comparison to the other venues in The Lagoon? The Tea Clubs uniqueness doesn't just stand out in The Lagoon, but around the world, being one of a kind. Day by day, we try to come up with new ideas and try to challenge ourselves by staying unique and different.

The Tea Club

The Tea Club is a café, which serves more than 3000 types of tea, in addition to having their own mixes and blends. They also serve sandwiches, snacks, and patisseries to compliment all the tea selections on their menu. The outdoor area, when the weather is good, is very welcoming. Their comprehensive selection of finest tea and amazing range of flavours ensures that there is something to suit everyone's taste. In addition they have a wide gift selection of teapots and other items to be taken home. Come on and visit The Tea Club for a relaxed and elegant atmosphere.



Supported by



ANGHAM BEIRUT
CAFE & RESTAURANT



Amwaj Updates

aminals

Looking for fun and exciting activities for your kids to do? Pop over to aminals and see what they have to offer. The activity centre is now open in Amwaj Island in Zawia 1 Building opposite of The Lagoon. They offer many activities like baby gym, gymnastics, messy play, soft play and ballet classes with Victoria Dance. Parents can sit and relax and enjoy a cup of coffee in the coffee shop while the little ones are playing in a fun and safe environment. For those parents who have errands to run, aminals also offers a 'drop off and go' facility. Gymnastics are for children between the ages of one and six and a half years and helps them with physical fitness, flexibility and also interacting with other children within a group. The ballet classes are a wonderful introduction for young children to the world of dance. It promotes co-ordination, agility and early learning curriculum skills and is open for children one year and above. Children can also have some creative fun with messy play, which includes cutting, sticking, play dough, painting, drawing and much more. Registration is now open for summer camp and language classes through play will start in Spetember. Aminals also hosts birthday parties with personalized birthday packages. They are open Saturday to Thursday from 9am to 9pm. For more information call 16030103 or email: fun@aminalsbh.com or visit their website www.aminalsbh.com



Tuga Bakery



Tuga Bakery is a Portuguese bakery catering freshly baked Portuguese pastries and bread daily. Savoury dishes have now been introduced to their menu, like chicken pie, vegetable quiche, and more. Everything is made and baked from scratch giving it that artesian touch. A Portuguese chef has been flown in specifically to create the famous Pastel De Nata, which is a combination of crispy pastry layers and a very pleasant egg custard filling, with a little secret to make it special, giving it that authentic Portuguese flavor. Now, you can also find Tuga Bakery pastries and savory at Al Osra, Al Jazira, and The Movenpick Hotel on Wednesdays and Fridays. For personalized birthday cakes and catering service please call 16010284.



Pet Arabia

Good Nutrition

There is nothing more distressing than encountering a malnourished animal, particularly when it is so easy to ensure they stay nutritionally sound. The first thing to remember when feeding your dog or cat is the main source of protein must always come from meat. It is much easier for them to digest, particularly for cats. In choosing a product with a good source of meat you have to watch for identified and unidentified meat. In the ingredients, if you read 'meat and bone meal', this means it is unidentified. The company, usually a lower quality brand, have taken leftover meat from farms and factories and used that. It also means that it could have been taken from euthanized animals at pet clinics, which, in turn, may mean dogs eating dogs! Always look for identified sources of meat. There is also something called meat by-products, which are clean parts of slaughtered animals, not including meat. These include lungs, spleen, kidneys, brain, liver, blood, bone, and stomach and intestines freed of their contents. Obviously you can't be feeding your pet just meat, so you must ensure there are good amounts of vegetables, grains, vitamins and minerals included in the food too. In grains, the worst kind you can feed them are wheat and corn as this upsets their stomachs. It is bad for dogs but even worse for cats that are strict carnivores. It is better to stick to rice and brown rice as it is much more easily digested. A common mistake I have noticed people make is they only read the guaranteed analysis on the back of the product, which tells you percentages of contents rather than the ingredients. Say it states there is eight per cent protein - this doesn't actually mean anything. Three per cent of the protein could come from meat and the other five per cent from wheat, which also contains protein. If that's the case then the animal won't be able to digest it. Lower brand companies will often manipulate percentages and ingredients to suit their own agenda. It is beneficial to read the ingredients and then look at the guaranteed analysis. The most important thing to remember when feeding your pet is that it is up to you to ensure they are getting everything they nutritionally need.

June 1 Amwaj Marina will host The Candee Beach Party from 3pm to 10pm at the Amwaj Marina beach side. Please contact Mr. Warren Stalls on 37779936 for more information.

15 Amwaj Marina will hold a water sports charitable community event called 'We Love Amwaj Beach Games and BBQ' from 2pm at Amwaj Marina Beach. For more info please contact Declan Gaynor (36640272, decgaynor@gmail.com) or Ali Fardan (36260025, a.alfardan@amwaj.bh)

16 Book Swap takes place at Chocologo, The Lagoon, from 5.30pm to 7.30pm. You can drop an old book and pick up another free of charge!

16 & 23 UK Expatriate Insurance Consultancy Ltd. will hold a private consultation with clients to re-appraise their investment requirements, report on the current financial situation, and discuss any new opportunities that clients may wish to consider from 1pm to 4pm at The Dragon Hotels Hospitality Suite. For more info please contact the Director, Mr Paul Melvin, on +96638100800 or email: ukexpat@cytanet.com.cy

25 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

28 The Persian Room hosts Taste of Persia every last Thursday of the month. The price is BD 8.500 per person. For more information please contact Alex on 39276249 or 16010166.

Every Saturday Tuga Bakery is inviting everyone for a free coffee/tea & Pastel de Nata (traditional Portugese sweet) & some brazilian sweets, every Saturday from 10am-12pm and 4pm-6pm.

Every Monday Amwaj Cooperative Playgroup holds playgroups for newborns and kids up to 4 years old, Sundays from 3.30pm to 5.30pm and Mondays from 9am to 11am. For more information, please visit the group 'Amwaj Cooperative Playgroup' on Facebook or email shaemaimam@hotmail.com.

Every Tuesday Kindermusik, Music and Movement Program for children aged up to 7 years with a different theme every time. For more information, or to join, please email kindermusikwithnatasha@gmail.com or visit Facebook group 'Kindermusik with Natasha'.

Once a month Join the Amwaj Ladies Dinner Group and try a new restaurant every month. For more information, please visit the Facebook group 'Amwaj Ladies Dinner Group'.

Daily animals is an activity center for mums/dads and children. For more information, please call 16 030 103.

Weekly Adult Children of Alcoholics (ACOA) and The Circle-Eating Disorders and Obesity Support. Sessions held by Dr. Anne Mostafa in Amwaj. For more information, please call 36 317 033 or visit www.bahrainpsychologist.com.

Weekly 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 weekly with every week carrying a different theme. For more information, or to join, please email onceuponastorytime@hotmail.com.

Weekly Amwaj Families Bahrain can be found on facebook, which a selection of classified ads from mums and dads and highlights events and activities that are happening in the area. Our latest event is ZERO TO ONE AND HAVING FUN, a new mums and babies playgroup that meets once a week in animals. Other free events that run throughout the year, are Soccer Toddler Mornings, buggy walks and beach party. Come join our community group and help bring families together!



Safety & Security in Amwaj

In an effort to improve security in Amwaj, Secure Services Limited has been contracted to ensure security for Amwaj residents. Secure Services Limited is currently responsible for all the common areas throughout Amwaj issues. We acknowledge the residents' concerns regarding several issues and are taking necessary measures with regards to progressing safety issues. Part of the new arrangement is to have the following contact details; Security Team telephone: **33 530 223** during working hours, Sunday to Thursday 8am to 5pm. For all other times and 24hour emergency telephone: **39 866 952**. If you have any comments, suggestions, or complaints with regard to the Security Service, please email amwaj@secureservices.bh

Please note that to control the maintenance personnel entering Amwaj we have decided to issue regular maintenance personnel e.g. Red Line, Ifix with gate passes. We have contacted the companies concerned and asked them to provide their operatives' details. Some have already postponed. If, in an emergency situation, one of the team does not have a gate pass, or the company has not provided the necessary details, an emergency gate pass can be obtained from security. This must be signed by the resident on the completion of the work. The operative then returns it to security. It always helps if the resident calls security on 33085058 giving brief details of the situation and likely visitor. The resident does not have to come to the security barrier for maintenance personnel to gain access in an emergency. Residents should bear in mind that external electrical faults (i.e. not a house fault) are the responsibility of the local electrical authority whose emergency number can be found on your electricity bill. Please note that daily rentals are prohibited in Amwaj Islands. Please note that daily rentals are prohibited in Amwaj Islands. For any questions, or more information, please call on 16 033 098 or 39 866 953 or email k.manahi@amwaj.bh, or drop into the Osis office Sunday to Thursday 8am to 5pm.

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

Jet ski owners have to submit a picture of their jet ski along with the owner's address in Amwaj to the Security Department. Boat owners must submit a copy of their boat's registration.

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.

To all residents of Al Marsa Floating City, please note that from now on, every resident of The Floating City is to have a sticker on their vehicle. Any resident who does not will be questioned.

FOR RENT/FOR SALE home owners/hunters please contact Anastasia 39 555 745 or email: anastasia.ageeva@yahoo.co.uk
FOR RENT Tala 4-bedroom beach front f/f house with a pool, access to all facilities, Rent BD 1800 inclusive of electricity and water, call 39 555 745 Anastasia. **FOR RENT Tala** 2-bedroom f/f apartment, ground floor, nice design, green patio view, BD 600 inclusive, 39 555 745 Anastasia. **FOR SALE Floating City** 4-bedroom+maids room, converted Riva villa BD270K all inclusive, call 39 555 745 Anastasia, email: anastasia.ageeva@yahoo.co.uk. **FOR RENT Floating City** ground floor 1-bedroom f/f apartment with a garden/boat mooring BD700, villa 3-bedroom f/f BD1300, mob. 39 555 745 Anastasia. **FOR RENT Amwaj** 3-bedroom f/f Penthouse with a large 200 m2 private patio with a sea view, rent only BD900, call 39 555 745 Anastasia. **FOR SALE Amwaj** 5-bedroom+pool ocean front villa, BD440K title deed available, call 39 555 745 Anastasia.



FOR RENT Tala Island 4-bedroom+maids room Penthouse with a sea view, available August 1st, rent BD1200, beach and pool, tennis court access, call 39 555 745 Anastasia or email: amastasia.ageeva@yahoo.co.uk. **FOR SALE Tala Island** 4-bedroom Penthouse 340 msq with the best sea/lagoon view from your large patio, BD199K, mob. 39 555 745.

Classifieds



FOR SALE: 4BR plus maids waterfront villa. FF. BD200K incl Call Rashid 33338484. **4BR** plus maids flat, high floor Zawia 1. BD125k Call Lyn 36732632. **3BR** Flat, FF. BD90K Call Erin 37737325. **Small** block of 2BR flats. FF. BD285K Call Rashid: 33338484. **4BR** plus maids Marina-Tala BD190K Call Erin 37737325. **3BR** plus maids - Meena 7 BD140k Call Aicha 33600620. **100msq** shop in Lagoon Mall BD75k Call Aicha 33600620. **4BR** plus maids villa in Floating City BD260k neg Call Aicha 33600620.

WE OFFER FREE MORTGAGE ORIGINATION TO ALL BUYERS!!!

FOR RENT: 1BR flat with magnificent views FF BD500 incl Call Aicha 33600620. **2BR** Flats with great facilities, balconies and views, SF/FF from BD510 incl Call Lyn 36732632. **Shops** of all sizes for rent in Lagoon Mall Call Aicha 3360020. **3BR** FF flat in Floating City. 1st floor. Big balcony. Great views. BD800 incl Call Lyn 36732632. **2BR** flats for rent FF. BD450 and BD475 incl. Call Rashid 33338484. **6BR** plus maids private villa. SF BD1400 incl or BD1800 incl FF Call Erin 37737325. **2BR** flats. Brand new. FF, great views, from BD700 incl Call Lyn 36732632. **3BR** Penthouse apartment. Best views. FF BD1200 incl Call Rashid 33338484

Meet Your Neighbours



Name: Jawad Zabar
Nationality: Bahraini
Place of Stay: Al Marsa 2

What attracted you to Amwaj?
 Tranquil living by the beach.
How long have you been living here? Since October 2011.
What do you do for a living?
 Legal Advisor.
What events would you like to see happening in Amwaj?

Music concerts, beach parties, water sports competitions, entertainment shows, and galleries.

How do you like to spend your free time in Amwaj? Swimming, or spending time with friends at The Lagoon or other restaurant outlets.

Which restaurant or café would you like to see opening in Amwaj? Hong Kong Restaurant & The Meat Company.

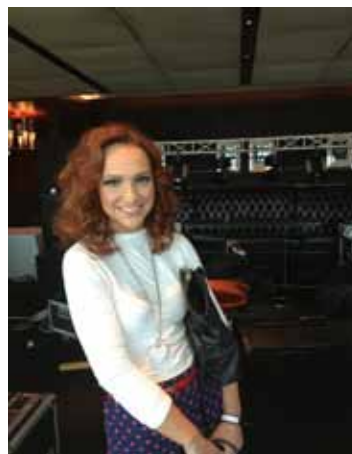
In three words describe Amwaj. Quiet, beautiful, and chilled out.

What do you like to do in your spare time? Socialize and spend time with friends, play sports, like football, and last but not least, wake boarding.

Give us an interesting fact about yourself. I was born in Scotland.

What is your favourite type of cuisine? Anything that tastes good, but mainly Mediterranean.

What is your all time favourite movie? Gladiator.



Name: Anna Santos
Nationality: Half Hungarian/
 Half Mexican
Place of Stay: The Peak

What attracted you to Amwaj?
 Being close to the water and how peaceful it is here.
How long have you been living here? Six months.
What do you do for a living? I am an events organizer and

promoter for Punchline Media.

What do you do for a living? I am an events organizer and promoter for Punchline Media.

What events would you like to see happening in Amwaj? I would love to see more outdoor concerts.

How do you like to spend your free time in and outside of Amwaj? I go to the gym at Meena, lots of beach and pool parties and of course because of the nature of my job I am out at night often enjoying Bahrain's nightlife.

Which restaurant or cafe would you like to see opening in Amwaj? Vapiano.

In three words describe Amwaj. Peaceful, sunny, friendly.

Give us an interesting fact about yourself. Before settling in Bahrain, I spent two and a half years traveling with my boyfriend visiting 31 countries and 26 states of the USA.

What's your favorite type of cuisine? I'm a Vegetarian and enjoy vegetable dishes of various Mediterranean cuisines, especially Greek and Italian.

What's your all time favorite movie? Under the Tuscan Sun.

If you could do anything in Amwaj, what would it be? I would build a theme park for everyone to enjoy.

Streetsmart by Melissa van Maasdyk

'Streetsmart' is a guidebook that covers all aspects of its leisure pursuits, from museums to shopping, restaurant, beaches and beds for the night, in a compact user-friendly format. While it's primary target market is visitors and newcomers to Bahrain, the guide is also proving extremely popular with residents, both locals and expats, because it does not stick to the main sights, but gets under Bahrain's skin, revealing many hidden gems and lesser known attractions, so that people who've lived in the Kingdom for their whole life are claiming to find out things that they didn't know. Added to this, are illustrated maps of area that deserve deeper exploration, as well as guided walking tours and drives. One of the maps is a map of Amwaj, along with an area overview, because it's an all-encompassing 'chill' destination that represents a real escape from the main islands and is instantly relaxing thanks to the abundance of water wherever you look. Whether for a waterside walk, or a drink by the sea its a great place to relax. The map shows Amwaj's popular outlets like Yamin Jana and Angham Beirut as well as many other key spots for chilling, shopping, or eating, many market by cute illustrations which were created by the artist and illustrator Anna Thackray, who happens to be an Amwaj resident. While known as one of Bahrain's best residential areas insofar as offering a great island lifestyle, Amwaj also offers plenty for non-residents and the guide offers insights into these aspects of the islands and shows exactly where to find them on the map. If people are considering living in Amwaj the guide offers contact details of the Amwaj office and its website, while for people already living in the area, its a quick handy reminder of what is right on their doorstep with contact details at the ready. 'Streetsmart' Bahrain is available at leading booksellers including Jashanmal, Virgin Megastore and Bahrain Duty Free, for a retail price of BD7.900. For more information, visit www.streetmart.com

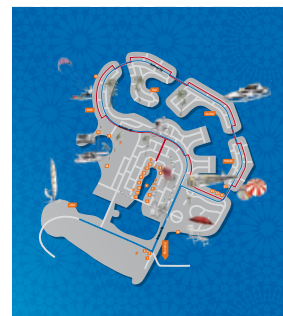


Photo Gallery

Amwaj Marina Summer Biathlon, Friday May, 25th

The Amwaj Marina Summer Biathlon took place on May 25th at the Amwaj Marina. Around 350 people attended and enjoyed the day at Amwaj Marina despite the windy weather. The event was for a good cause, supporting "Intellectual Disability and Autism Centers", (Al-Rashad & Al-Wafa centers) in Bahrain.



Photo of the Month!



Congratulations to Diane Mitchell who won a BD35 voucher from No5 Salon for June's 'Photo of the Month' competition with this picture!

To participate, please send your pictures to info@amwaj.bh



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

Nuettel Communications
Working Hours: 8am – 5pm, Sunday to Thursday, 8am – 2pm on Saturdays
T 16 033 000

International School of Choueifat
T 16 033 333

Amwaj Marina
T 16 011 160

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

The Sea Loft Boutique Chalets
T 16 033 833

Amwaj Outlets
Muju Lounge & Restaurant
T 16 039 800

The T-Club
T 38 887 107

Tuga Bakery
T 16 010 284

Franky Joes
T 16 011 601

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 16 010 321

Leewan Al Khor
T 16 010 666

Levante
T 16 030 393

Johnny Rockets
T 16 011 199

Mei NYu
T 16 010 160

Persian Room
T 16 010 166

Costa Coffee, The Lagoon

T 16 071 003

Alforno, The Lagoon
T 16010529

Costa Coffee, Tala Island
T 16 034 509

Starbucks Coffee
T 16 010 233

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

Joz Salon & SPA, The Dragon Hotel & Resort
T 16 031 120

Salon 5, The Lagoon
T 16 010 555
Working Hours: 10am - 8pm
Monday - Saturday

Al Osra Supermarket
T 16 033 773
Working Hours:
Everyday 7am - 11pm

Kut & dry Saloon, The Lagoon
T 16 030 631

Jawad Express
T 16 034 501

Waitrose Supermarket
Working Hours:
Everyday 8am - 11pm
T 16 030 636

24-Hours Supermarket
T 16 034 498

Maya Beach Resort & Fitness - Meena7
Working Hours: 6.30am - 10pm
Saturday - Thursday
8am - 10pm on Fridays
T 16 030 070

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

Pet Arabia
T 16 010 501

Clay Craft Classes, The Lagoon
T 36 477 730

Movie Time
T 16 010 491

MAZ Business Center
T 16 030 646

Al Rifai Roastery
T 16 010 475

Speed Rent a Car
T 16 010 131

ACES Taekwondo Academy- Tala Island
T 39 658 741

Dance Studio- Tala Island
T 33 393 344

Food Deliveries
Hunger Line (Papa Johns, Dairy Queen,

Burger King, Quiznos & Chilis)
T 17 506 070

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

Amwaj Banks and Financial Services
Bahrain National Insurance
T 16 030 400

Citibank, The Lagoon
T 16 010 203

Emergency Numbers
Emergency line
T 999

Al Hidd Police Station
T 17 671 212

Samaheej Police Station
T 17 334 401

Coast Guard
T 17 700 000

Traffic Police
T 199

Nearest Hospitals to Amwaj
Al Hilal Hospital
T 17 344 199

Bahrain Specialist Hospital
T 17 812 000

King Hamad Hospital
T 17 351 450

Closest Vets to Amwaj
Dr Nonie Coutts
T 17 245 515
Dr Mohammed Hussain
T 17 292 125

Closest Pharmacies to Amwaj
Nasser Pharmacy
T 16 010 505

Al Quds Pharmacy
T 17 470 080

Ibn Sina Pharmacy
T 17 677 207

Taxi Services
Bahrain Taxi
T 17 682 999

Bahrain Limo
T 17 266 266

Arabian Taxi
T 17 461 746

Travel Services
Aradous Travel and Tour
T 17 234 417

Car Washing Services
Ecowash
T 17 490 565

Home Maintenance Services
AXEM
T 17 500 260

MASY
T 17 822 404

ReactFast
T 17 585 367

Al Saber Group
T 13 643 287

Atlas BMS
T 36 558 817
T 36 191 810

IT Home Services
TechnoServ
T 39 609 876

Cargo Services
Baz Cargo Services
T 17 771 132

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

Bahrain International Airport
T 17 339 339

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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