

live the island dream today!

Issue 22 | September 2012

The Amwaj Islander



Letter from the MD

Dear Amwaj Islanders,

Welcome back to the Islands! I hope your summer holidays were eventful and memorable as you now settle back into reality.

We still have a few hot summer months ahead of us, but with the blink of an eye the months of beautiful weather are soon approaching, and we want to take full advantage of them. With that said, any suggestions as to what outdoor events you would like to see take place on the Islands, are welcome to be sent to the editor on info@amwaj.bh.

As usual, we have many events lined up so please refer to the newsletter events page, or follow us on facebook and twitter for updates.

As you all can notice as you drive around the Islands, there is a great deal of work going on with regards to commencing newer developments, and completing older ones. We have exciting times coming up ahead, which we will be constantly updating you with as necessary. However, in the meantime please do bear with us as all the works are carried through.

I would like to take this opportunity to remind all residents and visitors alike to abide by the speed limit of 40km/hr inside Amwaj in order to ensure everybody's safety.

I hope you enjoy this issue as much as you have our previous ones, and as always your comments and feedback are appreciated.

Regards,
Jameel Almatrook
Managing Director, Amwaj Islands

Behind the Name Amwaj Business Park

Conveniently located at the entrance of Amwaj Islands, the Amwaj Business Park is one of Amwaj's most up-and-coming new developments. Situated in Lulu Island, the heart of business and education in Amwaj, the Business Park is a six-storey waterfront building that is due for completion by the last quarter of 2012. Only 6 kilometers away from Bahrain International Airport, and 20 kilometers from the central district in Manama, Amwaj Business Park consists of two phases. Phase one, which was completed in mid 2012, comprises of 40 units and Phase two, which will be completed by the end of 2012, comprises of 10 units. Every unit can be customized to meet the tenants' needs. Letting has already started; however up to 50% has been leased. The Amwaj Business Park will offer its tenants many facilities, such as an underground car park, and two external car parks, which will accommodate a total of 200 cars for tenants and visitors. Additionally, the Business Park will comprise a coffee shop, four elevators and a VIP elevator. The Business Park will boast high levels of security, which will be provided around the clock; all entrances and exits will be fitted with surveillance cameras. For more information about the Amwaj Business Park and for leasing, please call 16033100.



60 Seconds With...



Name: Deborah Mchugh

Position / Company: JOZ Salon & Spa Manager / Senior Stylist

Nationality: British

How has JOZ Salon & Spa managed to stay up-to-date and keep up with the market since its establishment in 1935?

We at JOZ Salon & Spa have a great passion for what we do - and we believe that this philosophy is a key to our success. Innovation lies in our hearts for we constantly challenge convention. Through fresh thinking, we are continually seeking new concepts, products and services that will meet and exceed our clients' expectations.

What made you choose The Dragon Hotel & Resort as a location?

Amwaj Islands is a unique, modern and luxurious development that attracts residents seeking comfort and tranquility; consequently we have realized that this is our perfect place to be. We are located on the first floor of The Dragon Hotel & Resort. The view from our salon allows admiring the blue waters of the sea giving our clients the feeling of complete wellness.

How has it been since you first opened? Would you consider it a success?

We opened our salon in 2009. At JOZ Salon & Spa we believe that if you do what you love the success comes in naturally.

What makes JOZ Salon & Spa unique in comparison to what is available in Bahrain's market and Amwaj Islands?

JOZ Group employs only professionally certified and experienced staff that provides world-class services. We also employ a quality assurance team who constantly inspects the professional level of our services, as well as a training team that improves the skills of all our employees, making sure that the services are up to the highest international standards.

What products and services do you have to offer to your customers?

JOZ Salon & Spa Amwaj is a full service beauty salon. We offer hair, nails, face and body care, as well as massage and tanning services. Our wide offer caters to all women. JOZ Salon & Spa Amwaj retails a variety of beauty care products. Our latest exclusive hair care brand 'Label.m' is created by world-renowned hairdressing brand TONI&GUY. 'Label.m' hair care and styling products have been proven extremely effective in treating all hair types, therefore following the global trend, JOZ Group decided to introduce the brand in all outlets.

We heard that you have introduced a new exclusive Balmain Hair Extensions range to Bahrain. Tell us more about this.

The hottest brand at the moment! With Balmania everywhere in the world, celebrities like Beyonce, Kate Moss, Rihanna, Kristen Stewart and many more are all regularly being snapped wearing the latest Balmain designs. Next to haute couture house, Balmain also enjoys worldwide recognition with their haute coiffure collection - Balmain Hair - which carries a complete hair line. This hair brand is just as famously in demand as her fashion sister. Balmain Hair is the world licensee and manufacturer of Balmain Hair fashion and is related to - and inspired by - the French fashion house Balmain Paris. Following the latest fashion trends, Balmain Hair and the international fashion world are closely connected. Balmain Hair is a beloved brand that many famous hairstylists work with and can therefore often be seen on the catwalk at various famous fashion shows in Paris, Milan, London, and New York. Being faithful to our vision of innovation we have introduced Balmain Extension systems at JOZ.

What are your futures plans for JOZ Salon & Spa?

Expansion, upgrades, new exciting brands and concepts. Mainly always provide our clients with the best customer service and treatments. Look out for our new Men's Salon&Spa: opening soon at The Lagoon Amwaj.

JOZ Salon & Spa

Here is something you did not know: JOZ opened the first ever salon in Bahrain in 1935. Now celebrating over 75 years in the beauty business, JOZ Salon & Spa has continually met the challenge of their mission, providing the finest beauty and spa treatments in a friendly, relaxing environment while using the best quality products. JOZ Salon & Spa is a full service salon and day spa that offers a wide range of services and treatments for hair, nails, skin, and body. The salon team includes the best-trained stylists, designers, colourists, and includes highly specialized technicians, aestheticians and massage therapists who understand the relationship between physical, mental, and spiritual well-being. At JOZ, we pride ourselves on offering unprecedented customer service to ensure that every guest has an experience unlike any other. Our TONI&GUY trained hairdressers will spend time with you, helping you to make the right decision about your hair - they will give you advice and inspiration. We provide all the latest hair services including a variety of hair extension systems, conditioning, repairing, and Brazilian keratin hair treatments. Ericsson facial treatments are offered, that provide fast-acting effectiveness. Ericsson's "non-surgical" Beauty Concept is intended for women who are seeking a genuine face or body skin care method that gives visible and long-lasting results, without recourse to a medical procedure of any kind. JOZ Salon & Spa is open seven days a week from 9 am until 9 pm. Visit our salon in The Dragon Hotel & Resort in Amwaj or call 16031120.



Amwaj Updates

Dawn Patrol at Amwaj Marina Surfski Club

The summer has taken its toll on many, even those of us intent on keeping fit and trim. The 'dedicated' fill the sidewalks and roads on their midnight workouts. After-dark paddling sessions may be temporarily out of bounds, but as soon as the sun rises the paddlers from the Amwaj Marina Surfski Club are on the water.

During the month of September and October we will be meeting regularly on Fridays and Saturdays at the crack of dawn (ok not that early - 7 am) for a paddle, well before the sun reaches its peak.

Anyone with or without a paddling craft looking to join us for a good session, or just to try out surfski paddling, should give Declan a call at 36640272. After you get hooked to the dawn patrol sessions then the next step will be to compete in our winter race series that will be held between November 2012 and April 2013. Visit us on <http://www.facebook.com/groups/amwajmarinasurfskiclub/> for more information.



Upcoming Events

September 6 **Stevie Starr** "The Regurgitator" is performing in Corners at 8pm. For more information and reservations please call 1603 1113.

24 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

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

30 The Persian Room hosts Taste of Persia every last Thursday of the month. The price is BD8.500 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 Portuguese 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'.

Every Wednesday Once upon a story time sessions are taking place every Monday at 4.30pm and every Tuesdays at 10am and 4pm and every Wednesday at 4pm and every Thursday on Tala Island at 10am.. Prices are BD18 for the 6 week term (2yr + includes the story time program and craft) and BD15 for the 6 week term for under 2yrs (story time only). Please remember class booking are on a first come first serve basis and can only be made via email on onceuponastorytime@hotmail.com

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.

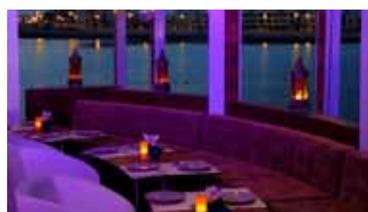
Weekly Amwaj Families Bahrain can be found on facebook, which a selection of classified ads from mums and dads and highlights events and activities that are happening in the area. Our latest event is ZERO TO ONE AND HAVING FUN, a new mums and babies playgroup that meets once a week in animals. Other 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!



Discover autumn at Muju Restaurant and Lounge, located on The Dragon Hotel & Spa, with an innovative new menu from celebrated Italian Head Chef Vito Fornelli. Relish the fine dining experience accompanied by the new resident female Jazz duo from Bulgaria. Enhanced by flute and piano solos, these seasoned performers have a sophisticated style and deliver smooth grooves and jazz effortlessly. For more information, log onto www.mujuamwaj.com or call 1603 9800.



Yamin Jana Restaurant is delighted to announce the launch of their newly improved Middle Eastern menu. Set on the azure seafront of The Dragon Hotel & Resort in Amwaj, the lounge seats 140 guests on a beautiful multi level, al fresco deck and is a Mediterranean infused experience day and night. Savour the best of both worlds and treat your taste buds to the sumptuous Arabic inspired dishes served up by the renowned Arabic chef or unwind into the night indulging on the extensive selection. Watch the evening come alive when the whole of Amwaj and all its lights breathe life into the lagoon in front of The Dragon Hotel & Resort. Come on down and try the new menu while you take in the breathtaking view. For information and bookings please call 1603 3800.



Chilli's is now delivering fresh and piping hot dishes in The Lagoon. Yes, your favorite Chilli's is now really close to you. If you think of dining in, there is no better place than the new and improved Chilli's at The Lagoon. More than 100 guests can dine in at a time. The great food and hospitality will make you visit again and again. Chilli's always believes in devotion to great food, warm hospitality and community spirit. Today, with restaurants all over the world, Chilli's continues to cook up the best in casual fare, offering the same genuine service they did back in 1975. From fresh hand prepared salads to mouth watering burgers, Chilli's kicks up the flavour with food that is anything but ordinary. The menu consists of appetizers, soups, sides, salads, bottomless soft drinks, signature Fajitas, steaks, burgers, and delicious desserts. Chilli's has been committed to keeping their menu as fresh as possible for their guests. For home delivery please call Hungerline on 17506070 or 16030280 for reservations.



Amwaj Marina Diving Center

Amwaj Islands resident and certified PADI diver, Paul Morgan, gears up for his PADI Discover Local Diving Experience. "It's been quite while since I last dived, so I contacted Robin Bugeja at The Amwaj Marina Diving Center," said Paul. "She arranged a great little dive experience to refresh my skills and I was really surprised at the amount of marine life I saw under water, especially the beautiful orange coloured Nudibranch."





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 Islands. 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. 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.

Due to increasing traffic violations in Amwaj Islands, we are currently implementing new traffic arrangements to ensure compliance with driving safety and speed regulations. We kindly ask for your cooperation in making Amwaj Islands and its roads a safe place to be in.

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.

FOR RENT/SALE luxury properties are available all over Amwaj and Tala Island. Property Owners are welcome to submit their properties for a free listing at our website on www.impact-estate.com. For more information please email to anastasia.ageeva@yahoo.co.uk or call 39 555 745



Classifieds

Photo of the Month!



Congratulations to Tom Carter who won a BD25 shopping voucher from Alosra Supermarket for September's 'Photo of the Month' competition with this picture!

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

Put Your Fat Cells on a Diet

JOZ Salon & Spa are pleased to introduce a new generation Contouring Treatment that acts like an “appetite suppressant” for fat cells, INSULINOL Cellulit-Diet. Its action counters that of insulin, the hormone that stimulates the synthesis of lipids in adipose tissue. Insulin acts like a messenger in the body by giving the order to adipocytes to absorb glucose in order to trigger energy production. If this energy is not used, the adipocytes store it in the form of fat. A true contouring innovation INSULINOL Cellulit-Diet opposes the action of insulin. It prevents glucose- the main nutrient of the adipocytes- from penetrating into the heart of the cell and producing fat. The adipocyte is “put on a diet”.

One of the particular features of this treatment is the original use of a “thermal Body Mask”, allowing for accelerated penetration of the active ingredients and thus quicker action. The treatment takes place in two steps: first on the back of the body and then on the front. Recommended in the form of an intensive treatment of several sessions for individuals with excess cellulite on buttocks and thighs. Excess cellulite often causes additional problems. This complete treatment also works on the evacuation of interstitial water draining, weakened micro capillaries, stretch marks, with preventive and curative action, and the firming of sagging tissues. To book your appointment please call 160 311 20.



QUEST Realty Now in Amwaj

Choosing a Realtor means having a professional who will represent you. They will help you with the selection, negotiations, inspections and closing of your real estate transaction and ensure that you are protected, every step of the way. Your Realtor is the critical key in buying, selling or renting your property. Our buyers, sellers, landlords and tenants rely on our experience, knowledge, integrity and our proven results. These are the reasons QUEST Realty is a leading real estate company in Bahrain. A QUEST Realty sign displayed on your property tells a potential buyer or tenant that you have the power of our organization's full marketing support and skilled professionals behind you. QUEST Realty prides itself in keeping ahead of the curve. We have specialized, qualified and savvy agents on all islands that can help you buy, sell or rent property here in Bahrain. We have assembled a team of professionals in the real estate industry to assist you through the whole buying, selling and renting process. Our team members are some of the best Bahrain has to offer. Our goal is to make the home buying, selling and renting process as pain free as possible. The buyer's advantages are many. We will show you every property available that meets your parameters. If we do not find a home on the initial search we will watch the market daily and notify you as new listings that come available. After a while, if we are still not finding you the right property, we will knock on doors, send out mailers and make telephone calls to locate a property that is not yet on the market. The good news is if we find a property that way you will not be competing with the other buyers in the marketplace. Our team will keep the transaction on track with the timeline deadlines. Our market knowledge could save you thousands of dinars. Even more good news, our services are free until the transaction is successfully closed. The seller, as well has many services that work to his or her advantage, which includes aggressive marketing like nationwide web exposure to buyers. We market your property to all active agents and list your property to all top real estate website portals. We also send email alerts to all active buyers regularly and to potential buyers on our database. The landlords' advantages include advertising your property in all major media throughout Bahrain and on the Internet with maximum exposure with a QUEST Realty signboard. We supervise all showings of your property and keep your property clean and neat for viewings. Only qualified tenants are considered for rentals and your lease agreement is drawn up to protect both parties. We also provide landlords with free duplicate receipt book for your records of rent collected and valuations of market rental prices, to ensure a fast rental of your property. QUEST Realty strives to engage in long-term relationships with our landlords, to ensure the best services for you. In regards to tenants we will find you the best possible rental property to suit your budget and requirements along with escorting you to all viewings and inform you of all services and facilities included in your rental agreement. Your lease agreement is drawn up to protect both parties and we can also help you with the commercial and residential rentals. Finally, services offered by QUEST Realty include free mortgage origination to all buyers as well as drafting of lease agreements for your private transactions. Services also include maintenance of your property, gardening, moving, initial cleaning, furnishing services, and valuations of your property for rental or sale purposes. In addition to a 12-month complimentary receipt for your records of rent received. For more information please call 1607 8378.



Photo Gallery

A Flashback at Amwaj Marina's Summer Events 2012

Summer Biathlon, Friday May, 25th



Candee Beach Party, Friday June 6th



'We Love Amwaj Beach Games & BBQ', Friday June 15th



Candee Beach Party, Friday July 6th



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, 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 N Yu
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 5 5 5
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

La Contesse
T 16 030 405

Yara Beauty Lounge
T 16 010 999

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
M 39 339 752

Atlas BMS
T 36 558 817
T 36 191 810

Closest Removal & Storage to Amwaj
Takhzeen Self Storage
T 69990999
M 37779009

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

Real Estate Agents
Amwaj Business Park
T: 16078378



Amwaj Islands



Amwaj Islands