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Issue 24 | November 2012

# The Amwaj Islander



## Letter from the MD

Dear Amwaj Islanders,  
The months are whizzing by us and before we know it we will be celebrating the New Year, which as well all know comes with new and exciting beginnings. For Amwaj, this means a great deal, as every month we strive to complete certain developments – some large some small. Hopefully, you are all witnessing the progress which is taking place, and will continue to take place, around the Islands, and are as content as we are with our community, your 'home'.

October was a festive month for all of us; many of us celebrate Eid, while others roamed around the islands 'trick or treating' for Halloween. We would love to see how you celebrated either of these occasions, so please do send in your photos.

As mentioned in the last issue, we are looking forward to launching a revamped newsletter with a refreshed 'look and feel' to ring in the New Year. Along with the new look, we are working towards improving our content and would love to hear from you - our valued readers. In the spirit of celebration, we will select and reward the top three improvement suggestions and ideas for the Amwaj Islander and announce the winning entries in the January issue! Therefore, please submit your ideas by the end of this month.

Please note, many of you may have submitted items for the newsletter, or emailed in inquiries regarding Amwaj as a whole. Unfortunately the info@amwaj.bh had some technical difficulties over the last few weeks, therefore if you could please re-submit any emails that were sent during the month of October to n.alpachachi@meritas.bh, we would greatly appreciate it.

Excited to receive all your newsletter ideas. Have a wonderful month ahead.

Sincerely,  
Jameel Almatrook,  
Managing Director, Amwaj Islands

## Behind the Name

Dragons might be mythical beasts, but the luxury on offer here is very real; thirty suites comprising one, two, and three bedrooms, as well as five exclusive four bedroom beach villas complete with a private swimming pool and Jacuzzi.

When the sea air has worked its magic and one's thoughts turn to things culinary, The Dragon Hotel & Resort delivers in the form of a variety of legendary restaurants Muju, Yamin Jana, and a great sports pub- Corners. Fridays are extra special at Muju Restaurant & Lounge due to the famous Jazzy Brunch, and with new live cooking stations. Yamin Jana Mediterranean Seafront Lounge is a majestic open-air shisha lounge. Visitors can relax and enjoy all things 'sporty' at Corners. Be sure to check out the events section for all activities being held in any of our venues.

The Dragon offers a variety of outdoor activities, such as fishing, jet skiing, rowing on pedal boats and canoeing. Children will never be bored, as The Dragon offers a kids' pool and play area!



**If you missed any of our previous issues or would like to receive an e-copy of the newsletter, or contact the Editor, please email us on n.alpachachi@meritas.bh**



Kindermusik (USA) is a world renowned Music & Movement Program for children aged newborn -7 years. Parent and child will participate in multi -age musical activities appropriate for the different stages of development. Each class is specially designed to stimulate early childhood development and strengthen neural pathways thus paving the way for lifelong learning. Psychologists, neuroscientists and experts in early childhood development have demonstrated that music does more for children than bring them joy; it helps their brain cells make the connections needed for virtually every kind of intelligence.

Improved language acquisition, speech, memory, attention span and creativity; improved abstract reasoning, spatial intelligence greater self confidence and higher self esteem are just some of the areas impacted by Music & Movement.

Every Kindermusik class includes home materials, thus reinforcing classroom learning, enhancing your child's development and providing many hours of enjoyment & music. Activities take place in Amwaj Activity Center, Zawia 1, Amwaj Islands. Timings: Mondays 3:30 & 4:30pm and Tuesdays 3:30 & 4:30pm. For more information, please call Natasha Pinto on 16 030 103, or email on [Kindermusikwithnatasha@gmail.com](mailto:Kindermusikwithnatasha@gmail.com).



## The Cat House... The Complete Care House For Your Cat!

The Cat House, owned by Ms. Mervat Al-Meligi, a Masters degree graduate in architecture who is head-over-heels passionate for cats, just opened recently in Amwaj Islands. The Cat House is the first store in the region dedicated only to cats, where it offers pets supplies, including beds, travelling boxes, litter boxes, litter, food, shampoo, shelf medications and much more. You can now buy and own your pet from the extensive variety of CFA registered cats and kittens! A large collection of Persian, Himalayan, Selkirk Rex, Scottish Fold, Siamese, Russian Blue and Exotic cates and kittens are available, guaranteeing that you will not be disappoite! The Cat House is proud to announce that it is the official outlet for BFTFcattery; the first CFA registered cattery in Bahrain, and the largest in the Middle East. The Cat House offers additional services such as cat boarding, stud service and grooming services by highly trained and professional staff. Furthermore, The Cat House provides export and import services for cats. The Cat House is located at The Lagoon, Amwaj Islands, 2nd floor, car park 5 & 6, gate 6B. Please note, The Cat House opens only on an appointment basis, therefore please make sure you call to get an appointment. For more information, or to book an appointment, please call 16 030 200/ 36 636 283 or visit [www.thecathouse-bh.com](http://www.thecathouse-bh.com).



## Bahrain Bike Week, 8th - 10th, November 2012



Due to the outstanding success of the 1st Bahrain Bike Week 2010 and the 2nd Batelco Bahrain Bike Week 2011, and under the patronage of the President of General Organization of Youth and Sports (GOYS) Hisham Bin Mohammad Al Jowder, Star Events Management is organizing "The 3rd Bahrain Bike Week 2012" to be held in The Lagoon, Amwaj Islands in the Kingdom of Bahrain from the 8th-10th, November 2012.

During this event we expect bikers from Kingdom of Bahrain, Kingdom of Saudi Arabia, Kuwait, Oman, Qatar and United Arab Emirates will be invited and gathered in the Kingdom of Bahrain.



The Bahrain Bike Week will gather almost all bikers along GCC countries as well as bike groups, clubs, organization and individuals.

This event will create a friendly atmosphere among the bikers and visitors from different part of Middle East, having a pleasant and exciting activities to offer for everyone. This event is open to the public to come enjoy the sport and the fun activities from 9am-6pm on the 8th, 10am-8pm on the 9th, and close to the public on the 10th.



## Alosra Think's Pink

Alosra employees at the retail store's Amwaj and Saar outlets wore pink shirts every Monday in October to commemorate 'Breast Cancer Awareness' month. "The Alosra team decided to start this initiative as a mark of support for the fight against breast cancer" said Pavlos Manousos Babioulakis, Alosra Marketing Executive.

Our goal was to remind women to get regular checkups, and to raise" awareness about breast cancer. By convincing enough people to take one small step, together we can reach an incredible goal in awareness building since early detection is the best prevention possible.

We are extremely proud to do our part to support the Think Pink campaign. This is a cause that hits some of our employees close to home, which is why the idea was met with much enthusiasm from the team.

As the health and well-being of our employees, customers and community is at the core of our operations, we hope to make this an annual event at Alosra."



# Safety & Security in Amwaj



To help ease the traffic flow of the main gate onto the Islands, the Jurdi Bridge - located on Jood Island - will now be open for access to all construction vehicles and workers. Additionally, we are currently working on plans to ease the traffic flow at the Choueifat junction, and will be keeping you posted on our plans as they develop. Furthermore, 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](mailto:amwaj@secureservices.bh).

**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 [k.manahi@amwaj.bh](mailto:k.manahi@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 jetskis 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.**

## Amwaj Notice Board

Due to the clash of dates with other events being held in Amwaj, The Amwaj Marina Market will now take place every **LAST Saturday** of the month, starting in January.

Due to technical faults, the [info@amwaj.bh](mailto:info@amwaj.bh) email is currently not in use, therefore re-direct emails to [n.alpachachi@meritas.bh](mailto:n.alpachachi@meritas.bh) for the time being.

To keep up with the social media world, Amwaj has now created an instagram account. Follow us on [@amwaj\\_islands](https://www.instagram.com/amwaj_islands).

Don't forget to send in all your suggestions and ideas for the new and improved newsletter. The top three suggestions will be receiving a prize!



**10 year olds Ronan Smith and Sebastian Woodrow starting their PADI Diving Course with the infamous instructor Robin Bugeja of the Amwaj Marina Dive Center, in Amwaj!**

FOR RENT/FOR SALE home owners/hunters please contact Anastasia 39 555 745 or email: [anastasia.ageeva@yahoo.co.uk](mailto:anastasia.ageeva@yahoo.co.uk)  
FOR RENT TALA Penthouse 4-bedroom semi furnished with a maid's room, access to the swimming pool and the beach, BD 1150 exclusive, call 39 555 745 Anastasia.

FOR RENT TALA Penthouse 4-bedroom+maid's room, fully-furnished, large 100sq.m. terrace, access to all outdoor facilities, rent BD1250 inclusive, call 39 555 745 Anastasia.

FOR RENT TALA 2-bedroom f/f apartments, different units available, nice design, rent from BD600 inclusive, call 39 555 745 Anastasia.

FOR RENT TALA 3-bedroom 2 bathroom fully-furnished apartment with a maid's room (no shower), rent BD 900 all inclusive, call 39 555 745 Anastasia

FOR RENT AMWAJ 3-bedroom f/f duplex brand new apartment, all facilities, rent BD 1200 inclusive, call 39 555 745 Anastasia

FOR RENT ZAWIA TOWERS 2-bedroom f/f apartment with access to all the facilities, rent as f/f starting from BD 700, call 39 555 745 Anastasia

FOR SALE TALA sea view block, 2-bedroom apartment, 109.7 sq.m, price BD 90 000, viewing on prior appointment only, call 39 555 745 Anastasia



# Upcoming Events

## November 2012

**8-10 Bahrain Bike Week** at The Lagoon. For more information, please call Star Events Management on 17 713 716.

**16 Bahrain Marathon Relay** at BIC. **Join Amwaj Islanders' running team and run for charity.** Participation fee BD10, free water and t-shirt for the event are provided. For more information, please email the team captain on [anastasia.ageeva@gmail.com](mailto:anastasia.ageeva@gmail.com).

**20 Muju Restaurant and Lounge** is hosting the Grape Gourmet Wine Tasting, BD22, presale tickets BD18

**26 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](mailto:abarr13@hotmail.com)

**29 Corners** invite you to the 60's Night with Dominic Kaye and Karen Walwyn. All the greatest groovy hits from the 60's!

**29 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 39 276 249 or 16 010 166.

**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](mailto:shaemaimam@hotmail.com).

**Every Monday & Tuesday Kindermusik**, a Music and Movement Program for children aged up to 7 years with a different theme every time. Mondays: 3:30pm, newborn - 20 mths and 4:30pm, 21 mths - 4.5 yrs. Tuesdays: 3:30pm & 4:30pm, newborn - 20 mths. For more information, or to join, please email [kindermusikwithnatasha@gmail.com](mailto: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 [onceuponastoytime@hotmail.com](mailto:onceuponastoytime@hotmail.com)

**Every Tuesday** it's **Yamin Jana's** Ladies Night, free shisha!

**Every Weekend** Enjoy live music from Alphonse Bahri at **Yamin Jana**.

**Every Thursday** it's **Corner's** Ladies Night from 6pm-2am, complimentary beverages.

**Monday-Friday** Happy hours at **Corners** from 12noon- 7pm.

**Every Friday Corner's** Karaoke Champs, from 8pm.

**Every Friday** Brunch at **Muju Restaurant & Lounge** with new live cooking stations and jazz duo. BD25, presale tickets BD22.

**Every Wednesday** Brainiacs Quiz at **Corners**.

**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.

## January 2013

**26** The much anticipated **Amwaj Marina Market** will be held every last Saturday of the month, from 10am - 5pm. For more information, please email [n.alpachachi@meritas.bh](mailto:n.alpachachi@meritas.bh).

- The reclamation that created Amwaj took about 430 days!
- Asdaf Island used to be called Najma Island!
- Nuetel offers you advanced IP-based TV service (IPTV) so that you never miss your favourite TV programs.
- The Amwaj Marina is the only marina in Bahrain capable of accomodating super yachts up to 75m in length!

## Did You Know?

- The Dragon Hotel & Resort allows all guests easy access to the Internet 24/7.
- The International School of ChouEIFat opened its doors in September 2006.
- "Safeena", a beautiful development in Amwaj, is an Arabic word that means a ship!



Safeena Development

# Meet Your Neighbours



**Name:** Muhammad Noman Siddiqui & his wife Aaliyah Noman

**Nationality:** Pakistani

**Place of stay:** Alia Mansions

**What do you do for a living?** I Work for Gulf One Investment Bank. My wife Aaliyah does not work currently.

**When did you move to Bahrain?** I moved alone back in April 2008, and Aaliyah joined me in Bahrain after our wedding in February 2011.

**Amwaj has over 80 developments at the moment. What made you choose Alia Mansions as your choice of residence?** We are a small family of two so I was looking for an apartment. We found the perfect place in Alia Mansions that was ideal for us in terms of furnishing, amenities and location. It is also just 5 minutes away from The Lagoon on foot and we often go there in the evenings.

**How about Amwaj as a whole? Does it meet your satisfaction?** Amwaj is a beautiful development. It is probably the best in Bahrain.

**If you could add one thing to the whole development, what would it be?** A Mosque.

**Would you advise people to move to Amwaj? And if so, why?** Yes! Mainly because its a safe and secure place, along with a great community feel.

## *Photo of the Month!*

*Congratulations to Carmen Mamites who has been selected as this month's 'Photo of the Month' winner! You have won a BD25 voucher from Alosra Supermarket.*



Tala Island by Carmen Mamites

*To participate, please send your pictures to [n.alpachachi@meritas.bh](mailto:n.alpachachi@meritas.bh)*

## Recipe of the Month

### Oatmeal Pancakes:

**A great healthy recipe, that your kids can help with..**

These pancakes are comforting and filling. Try adding chopped nuts or dried fruit for a special treat.

#### Ingredients

- 2 eggs
- 2 tbsp. vegetable oil
- 1 cup all-purpose flour, or 1/2 cup all-purpose and 1/2 cup whole wheat
- 1 cup rolled oats
- 1 1/2 tsp. baking powder
- 1/2 tsp. salt
- 3/4 cup orange juice (preferably fresh)
- 1/2 cup chopped nuts or fruit (optional)
- 2 tbsp. butter

#### Instructions

1. In a small bowl, mix the eggs with the oil.
2. In a medium-size bowl, combine the dry ingredients.
3. Stir the egg mixture into the dry ingredients, then stir in enough orange juice to create a thick batter. Add chopped nuts or dried fruit, such as apricots, if desired.
4. Heat the butter in a large frying pan, then pour batter into the pan by quarter cupfuls. Cook until done, turning once.

Makes 9 medium-size pancakes.

**Tips:** Your kids can enjoy cooking this meal with you, big kids can measure the ingredients into a bowl, and small ones can stir to their heart's content (the recipe can't be ruined by too much stirring).



Source: <http://familyfun.go.com/>

# Photo Gallery: The First Official “Amwaj Marine Awareness” Event

Amwaj Marina Dive Center successfully conducted its first official “Marine Awareness” event, a team of dedicated scuba divers, snorkelers and beach combers volunteered their time and energy, working together in an effort to make Amwaj Marina a cleaner and safer place for everyone, both on the surface and under the water. The event organiser and PADI Course Director, Robin Bugeja, said “It was an action packed afternoon, full of laughter and good will, that educated us all on just how easy it is to do something positive for the marine environment and personally contribute to society”. She also added: “We had over 40 people come and help remove unwanted items and discarded garbage from under the jetty and throughout the beach. It was shocking to see how negligent people can be, as we collected literally 1000’s of cigarette butts- they can take approximately 5 years to biodegrade! As the sun began to set over the sea, our hungry team, enjoyed a tasty BBQ as a sign of appreciation toward their hard work and we also want to thank the management and staff of the Amwaj Marina”.



# 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 - 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 - Thursday, 8am - 2pm on Saturdays  
T 16 033 000

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

**Amwaj Marina**  
T 16 011 160

**Amwaj Marina Dive Club**  
Robin Bugeja  
M 39 671 748

**Bahrain International Airport**  
T 17 339 339

**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**  
M 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

**Costa Coffee, The Lagoon**  
T 16 071 003

**Alforno, The Lagoon**  
T 16 010 529

**Corners**  
T 16 031 113

**The Cat House**  
T 16 030 200  
M 36 636 283

**aminals**  
T 16 030 103

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

**24-Hours Supermarket**  
T 16 034 498

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

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

**Pet Arabia**  
T 16 010 501

**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**  
M 39 658 741

**Dance Studio- Tala Island**  
M 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 & 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

**Samahej 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 Couatts**  
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**  
M 36 558 817  
M 36 191 810

**Closest Removal & Storage to Amwaj**  
**Takhzeen Self Storage**  
M 69 990 999  
M 37779009

**IT Home Services**  
**TechnoServ**  
M 39 609 876

**Cargo Services**  
**Baz Cargo Services**  
T 17 771 132

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

**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



Amwaj Islands



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