



AMWAJ ISLANDS



ISSUE 63 |  
JANUARY 2016

WWW.AMWAJ.BH

# THE AMWAJ

I S L A N D E R



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[www.amwaj.bh](http://www.amwaj.bh)

**60**  
**Seconds With..**  
Hennie Potgieter, Amwaj Security  
Manager



## Letter from the Editor

Happy New Year's Islanders!

Dear Islanders,

Happy New Year's from all of us here in Amwaj Islands! We are so excited to ring in the New Year' as we look forward to many tremendous developments here on the islands, as well as a fun set up of events occurring over the next few months. As you may have noticed, the newsletter has gotten a whole new look to celebrate 2016.

Secondly, the fifth season of the Amwaj Marina Market is back in full swing and we have a variety of new vendors with products and goods suitable for every taste so make sure you don't miss out on Saturday, Jan 2, 11am-7pm.

Amwaj will also be hosting the Color Me Bahrain Run for a second year in a row on January 15, alongside Ayadi's first ever food festival where you will be able to eat till you drop!

We hope the New Year's brings you cheer, happiness and serenity.

Sincerely,

**The Amwaj Team**

### STREET FOOD FESTIVAL

15-16 JANUARY

@Ayadi\_Relief



### COLOR ME BAHRAIN RUN

15 JANUARY

BahrainRoadRunners.com





## 60 Seconds With..

### Name

Hennie Potgieter

### Position

Security Manager- Amwaj Islands

### Company

Secure Services Limited

### Nationality

South African

### Can you tell us a little about your work background?

I have been in the security industry for the past 16 years. I started my career in London, UK. I have always been involved in the operations side of the security industry with a sound knowledge of hospitality, corporate and close protection security. I have worked extensively within 5 star hotels like the One & Only Hotel Cape Town, Cullinan Hotel Cape Town, Westin Cape Town, just to name a few. I am also a qualified close protection officer.

### How do you feel about being the new Amwaj Security Manager?

Being involved with Amwaj is a great privilege, I am looking forward to the challenge of improving on the current security procedures and measures in place.

### How did you start?

My first security job, was being a security officer in London, UK. It took me only 3 months for the company at the time to realize my talent within the industry and was promoted to Site Manager. From Site Manager, the company offered me a position at the head office as the senior scheduler, responsible for scheduling all the rosters and leave planning for the company. At that stage, about 2000 staff booked on shift at a time.

### What do you do in your spare time?

I love sports. I am a very keen rugby fan and love to watch the game being played. I also love the outdoors and having barbeques.

### What plans do you have to improve Amwaj Security?

I am currently going through all the security measures and procedures at Amwaj islands. I am trying to find ways of improving the current procedures and introducing some new ideas that would be very beneficial for the residents of Amwaj Islands.

### Why did you choose Amwaj Islands?

I was in a very fortunate position that the security position at Amwaj was offered to me. Once the offer was on the table and I did my research into the Islands, I knew that it is a place that I would like to associate myself with.



### How do you plan to assist residents differently?

My plan with the residents is fairly simple plan; feedback and assistance. These two elements are key to any successful operation. I will provide the contact numbers for the security supervisor and the emergency telephone. I would urge residents to make use of these telephone numbers if you feel that you need to report any activity, event or incident.

### Any new changes in procedures?

My immediate change in the procedures, would be to introduce various registers to the security personnel in order for me to ensure that they are using their full potential whilst on duty. This would also be a performance measuring tool to improve on their skills and training needed. Continuous site training will be provided to all staff, I would also like to change the look of the vehicle stickers at Amwaj. I would like to include the area that the sticker holder stays in, to make it easier to identify vehicles that park illegally or out of their area.

### How can residents contact Amwaj security if the need arises?

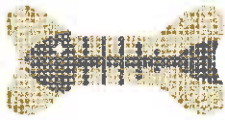
The security contact details are available for residents to call or email at any time

**Security Shift Supervisor:** 3353 0223

**Emergency Number:** 3986 6952

**Security Manager E-Mail:** amwaj@secureservices.bh

**Visit the Amwaj Islands website for all emergency contacts on [www.amwaj.bh](http://www.amwaj.bh)**



pet arabia

#### FAST TIPS

- 1 Dogs instinctively seek out tight space. This area soothes them as well as diminishes the area they feel they need to protect. Many dogs make their own crates by crawling under coffee tables, desks and beds.
- 2 Keep your dog's favorite toys in the crate.
- 3 The single most important aspect of training is that you reward and praise your dog each and every time it does the right thing.
- 4 Whenever possible, place the crate near or next to you when you are home. This will encourage the pup to go inside it without his feeling lonely or isolated when you go out. When you are not home, the crate should be placed in whatever room your family spends the most time in (living room).
- 5 Introduce the dog to the crate gradually. Start on a Thursday night and finish by Sunday morning before you leave for work
- 6 Do not crate a puppy or dog when temperatures reach an uncomfortable level. Cold water should always be available to puppies, especially during warm weather



#### Children and the crate

Do not allow children to handle your dog while he/she is in the crate. The crate is your dog's private sanctuary. His/her rights to privacy should always be respected

Dogs are hard-wired by their genetic history to be den animals. A den is a small, safe, well-defined space. It is a place in which dogs feel instinctively safe and where they may go when feeling unwell. It is also a place that they instinctively avoid soiling. The combination of these two native traits are what make crate training, done in the right way, a kind and effective component in house-training for your dog.



## Why and how to crate-train your dog

Pet Arabia

A crate may provide all the above and after you go through the stages of successful crate training, he'll become comfortable with his cozy home, making him happy to go there on his own as well as when you ask him to do so.

The first thing we need to do is make the crate a safe, comfortable place for the dog – where lots of praise and good things happen. We must ensure that there is enrichment in the crate for the dog, such as food filled toys etc.

The crate needs to be small enough that the dog cannot sleep at one end and toilet at the other with a huge distance in between.

Note that the crate is not intended as a place to lock up the dog and forget them for extended periods of time.

#### Why crate train?

Crate training is a most efficient and effective way to train and housebreak a dog. The single most important aspect of training is that you reward and praise your dog each and every time it does the right thing. For example: praise it when it chews its own toys, instead of the couch or eliminates outside instead of inside the house. The more time you spend with your dog, the quicker and easier it will be to train it.

It is important that you make provisions for your dog when you are not home. Until your dog is housetrained, it should not be allowed free run of your house. Otherwise, it will develop a habit of leaving piles and puddles anywhere and everywhere, chewing your furniture, shoes, carpeting and destroying everything he can get his mouth or claws into.

#### Barking in the crate

In most cases a pup that cries incessantly in his crate has either been crated too soon (without taking the proper steps as outlined above) or is suffering from separation anxiety and is anxious about being left alone.

Some pups may simply need more exercise. You may need to increase the amount of exercise and play your dog receives daily

#### How to crate train?

1. A crate should never be used as punishment.
2. A puppy should never be confined to a crate for longer than 1 hour for each month of age plus one (a 2 month old dog should never be in its crate for more than 3 hours, a 3 month old dog never more than 4 hours) when you are not home.
3. The crate should only be big enough for the dog to stand up, turn around and lie down – any bigger and the dog will use it for a rest room. If you purchase a large crate that will fit your puppy when it is full grown, then you should partition off part of it so that puppy doesn't have too much room
4. Move the crate from room to room with you and allow your new dog to sleep in the crate in your bedroom at night. This gives them a sense of security and they will settle down much more quickly knowing you are right there.

If you ever find an accident in the house, just clean it up. Do not punish your dog. All this means is that you have given him unsupervised access to your house too soon. If accidents occur, it is best to go back to the crate training. You need to more accurately predict when your dog needs to eliminate and he needs more time to develop bladder and bowel control. Ensure that the dog is put in the crate after he/she eliminated.



Crate training makes it also easier to bring your pet to a friend's for an overnighter, for your dog to accompany you in that little holiday break, or even prepare him for an overnight stay in the vet's office in the event that he needs to go in for a procedure.

# Color Me Bahrain and StrEAT Food Market

Mark your calendars because Color Me Bahrain is back for its second consecutive year, however this year it will be alongside STREAT food market. Both events will take place in the Amwaj Marina, Amwaj Islands. STREAT is organized by Ayadi Relief Organization- a Bahraini based relief youth-led organization that organizes events for charity to help societies around the world using sustainable solutions. The event will be on the 15th and 16th of January from 1pm to 10pm with a variety of local food vendors run by Bahraini entrepreneurs with a range of delicious cuisines. Alongside the food stalls you will be able to enjoy live stage entertainment as well as take some cooking classes. Even your kids will have a special food themed section just for them! Entrance fee is BD1 and Color Me Bahrain participants will receive free tickets on the race day. For more information you can follow them on instagram on ayadi\_relief.

Color Me Bahrain, organized by Bahrain Road Runners, will only be taking place on Friday January 15th, where they will have the kids kick-off the race at 2pm with a 1K run, and the adults will follow with their 5K run through the scenic streets in Amwaj Islands. Registration will open online ([www.bahrainroadrunners.com](http://www.bahrainroadrunners.com)) on January 1st, and will stop once the number of registrants reaches 1000.



## EXPLORE AMWAJ MARINA MARKET

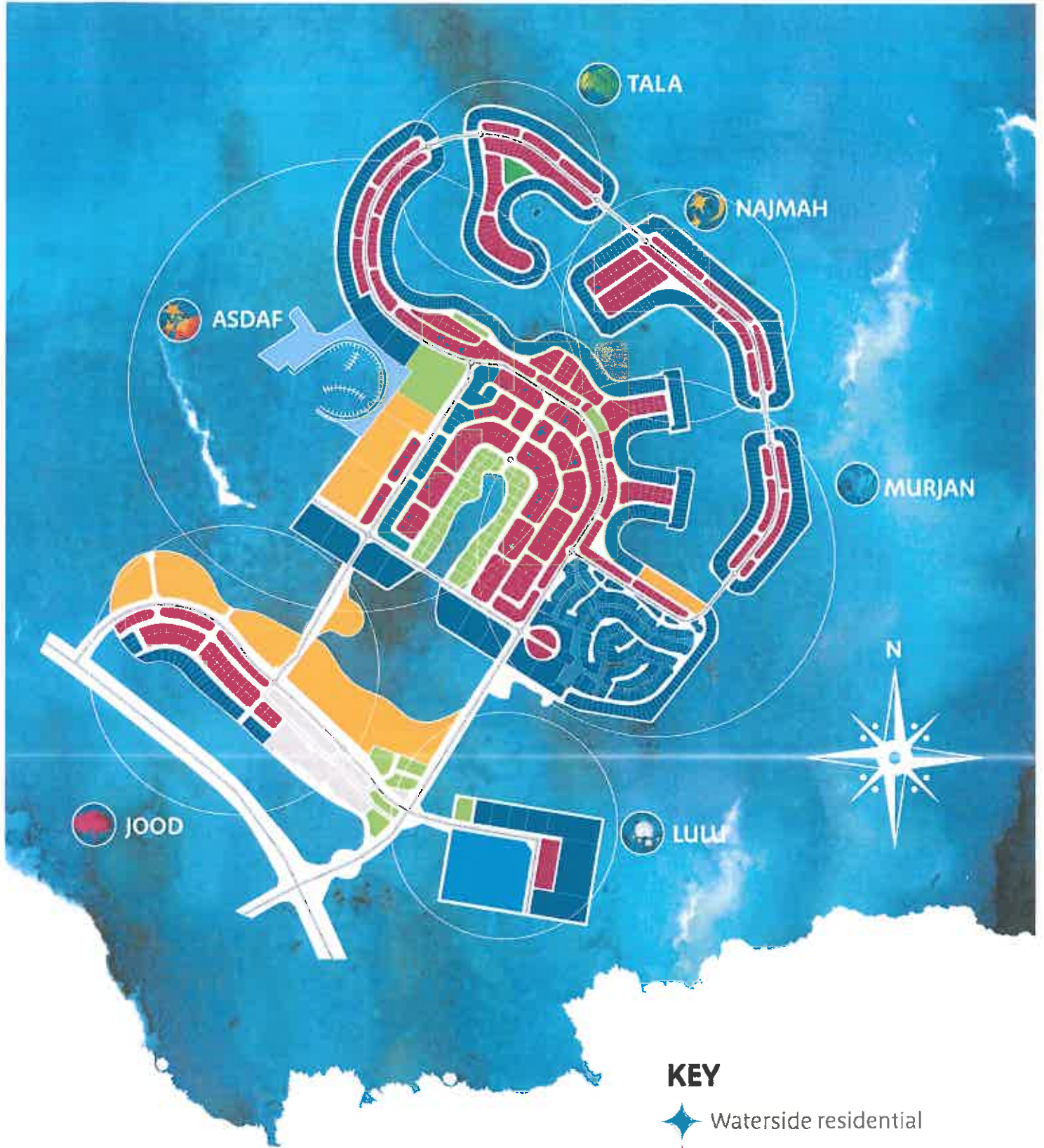
**LIVE MUSIC**   **BEACH ACCESS**   **MARKET STALLS**

December 5 . January 2  
February 6 . March 5 . April 2


**Contact Details**  
events@amwaj.bh  
16033100







**KEY**

-  Waterside residential
-  Inland residential
-  Residential & Commercial
-  Hotel
-  Commercial
-  Educational
-  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: 16 021 160

## Bahrain International Airport

T: 17 339 339

## Amwaj Hotels

### ART Rotana

T: 16 000 111

### Ramada Hotel and Suites Amwaj Islands

T: 16 000 099

### The Dragon Beach Hotel & Resort

T: 16 031 111

### The Sea Loft Boutique Chalets

T: 16 023 833

## Amwaj Outlets

### ACES Taekwondo Academy, Tala Island

M: 39 658 711

### Al Osra Supermarket

T: 16 023 773  
Working Hours  
Everyday 7am - 11pm

### Azizia Bird Kingdom

T: 16 030 527

### BISS Marine

T: 16 031 486

### Black & White Laundry

T: 17 531 268  
M: 36 308 383

### Corners

T: 16 031 113

### Costa Coffee, Tala Island

T: 16 024 500

### Dance Studio, Tala Island

M: 38 399 344

### Environment Friends Society

M: 3943228

### Franky Joes

T: 16 021 105

### Jones the Grocer

T: 77 770 455

## Joz Salon & SPA, The Dragon Hotel & Resort

T: 16 031 120

## Lux Actuaries

T: 77 005 464

## Maya Beach Resort & Fitness, Meena 7

T: 16 050 070  
Working Hours: 6:30am - 10pm  
Saturday - Thursday, 8am - 10pm on  
Fridays

## Muju Lounge & Restaurant

T: 16 038 800

## Park & Shop Supermarket, Zawia 2

T: 77 115 121

## Pet Arabia

T: 16 010 501

## Quest Realty, Meritas House

T: 607 8271

## Smart Boating Center

T: 17 028 818

## Speed Rent a Car

T: 16 010 131

## Tala Leisure Center

T: 16 021 027  
Working Hours  
Weekdays: 6am - 10pm  
Weekends: 9am - 6pm

## Universal Music

T: 16 010 491

## Yara Beauty Lounge, Zawia 1

T: 16 010 298  
Working Hours  
Everyday 9am - 6pm

## Zaman Studio, Meritas House

T: 77 200 051  
M: 39 728 553

## Market, Meritas House 1956

T: 777 1956  
(free home delivery)

## 24-Hours Supermarket

T: 16 034 498

## Food Deliveries

### Breadtalk

T: 17 525 371

### Chickey's

T: 17 467 771

### China Express

T: 17 717 568

### EZ Burger

T: 17 241 111

### Hardeez

T: 17 191 117

### Hunger Line (Papa Johns, Dairy Queen, (Burger King, Quiznos & Chilis

T: 17 506 070

### KFC

T: 17 101 111

## Little Ceasars Pizza

T: 17 075 351

## Shanghai Hut

T: 17 251 028

## 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: 999

## Nearest Hospitals to Amwaj

### American Mission Hospital, Amwaj Medical & Wellness Center

T: 17 238 100

### Bahrain Specialist Hospital

T: 17 122 000

### Al Hilal Hospital

T: 17 344 199

### King Hamad Hospital

T: 17 531 450

## Closest Vets to Amwaj

### Dr Mohammed Hussain

T: 17 292 125

### Dr Nonie Coutts

T: 17 245 515

## Closest Pharmacies to Amwaj

### Al Quds Pharmacy

T: 17 470 020

### Ibn Sina Pharmacy

T: 17 677 207

### Nasser Pharmacy

T: 16 010 505

## Taxi Services

### Arabian Taxi

T: 17 401 740

### Bahrain Limo

T: 17 268 000

### Bahrain Taxi

T: 17 682 002

## Travel Services

### Aradous Travel and Tour

T: 17 250 417

## Car Washing Services

### Ecowash

T: 17 490 365

## CIRCO

- Tala Service Center  
T: 16030331  
M: 36460101  
Properties and Facilities Management  
LLCO  
Main Office - 69694000  
M: 33610022  
E: helpdesk@circo.cfm.com

## MASY

T: 17 822 404

## Closest Removal & Storage to Amwaj

### Takhzeen Self Storage

M: 69 990 999  
M: 3779009

## IT Home Services

### TechnoServ

M: 39 609 676

## 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

### Aali Mall

T: 17 681 000

### Bahrain City Center

T: 17 179 779

### Moda Mall

T: 17 533 140

### Seef Mall

T: 17 501 111

[www.amwaj.bh](http://www.amwaj.bh)



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