

live the island dream today!

Issue 10 | September 2011

The Amwaj Islander



Letter from the MD

Dear Amwaj Islanders,

Eid Mubarak to you all. Ramadan was an exciting month for those of us who remained on the Island, however the end of Ramadan also signified the end of the summer holiday for many. As the summer holiday draws to a close and you start preparing your children to go back to school for the new school year, we have been busy planning, and bringing to life, events for the next few months, and upcoming developments.

In anticipation of the more cooler months, a variety of events will take place for you to enjoy with your family, such as the spectacular Bahrain Boat Show International (BBSI) and the 2nd season of the Amwaj Market - both set to kick off in November. New events will also be taking place over the next few months, some for charity, some for fun, so be sure to keep checking the 'Upcoming Events' section of our newsletters.

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.

Sincerely,
Jameel Almatrook
Managing Director, Amwaj Islands

Behind the Name

'Amwaj' is an Arabic word, originating from 'mowjah' meaning 'wave'. Amwaj itself translates to the plural of wave- 'waves'.

The name Amwaj was chosen after a lengthy selection process, where it became clear that there was no name more suitable for such a unique development. Having reviewed the name along with other options hundreds of times it became clear that there can be no name more suitable for this unique project more than 'Amwaj'.

Once the name had been selected, there was the challenge of creating a special brand identity that would reflect the unique qualities and the innovative nature of the islands. A unique typographic expression was designed to convey messages of Arabian excellence and modern living. The wave-like elements of the logo convey the concept of waterside living, whilst the curves and fluidity generate a feeling of friendliness and warmth- all in harmony with the graphic qualities of Arabic calligraphy- spelling out Amwaj.

The logo was enhanced with four golden stars. Each star represents one of the main islands, "Asdaf" being the biggest star followed by "Tala", "Murjan" and "Najmah".



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

60 Seconds With...

Name: Ali Almatrook
Position: Development Director, Jameel Almatrook Co. W.L.L.
Nationality: Bahraini



Can you tell us a little about your work background?

I graduated in 2008 from the University of Westminster in London with a BSc in Building Engineering and an MSc in Real Estate Development. During my studies, I worked on some of my family’s projects in London, and was mainly involved in the Property Refurbishment sector. After graduation, I started working for Jameel Almatrook Co. W.L.L. running the family’s business alongside my father.

In your opinion what differentiates Amwaj’s developments from the other real estate developments in Bahrain?

The developments in Amwaj are unique given their location and diversity, all set within a tranquil living environment with access to the pristine waters. Additionally it has the advantage of being in close proximity to the airport, yet not too far from Manama.

What is your favourite project in Amwaj Islands? I will have to say that it is the Amwaj Business Park, mainly because I was fortunate enough to be involved in the making of this project since its inception and it feels great to see it now reaching its final stages.

The economic crisis during the last three years has undoubtedly affected the real estate market. What kind of

impact has it had on your company and developments?

Due to the crisis and the adverse effects it had on demand in the real estate market we had to re-plan our upcoming projects to support the needs and demands of the current situation in terms of the services provided, the facilities offered and the price range.

What were the difficulties you faced while working on the Business Park?

We took over the project management of the Amwaj Business Park mid 2010 while it was still in its early stages- only the skeleton structure of the building was erect. The difficulties were to conclude all the procurements during a limited time. Moreover, the client had requested a great deal of changes in the design, which was challenging because of the erected structure and limited scale we had to allow for these changes.

Can you tell us a little about your family and how you like to spend your spare time?

I come from a close-knit family and was raised to have strong values of caring for, respecting and giving back to others. I love to spend my spare time playing water sports as well as hanging out with friends.

What can we look forward to in 2011 from Jameel Almatrook Co. W.L.L.?

We are going to offer the remaining units of Raniya Row to the public. In addition to that, we are currently working on a special project called ‘The Villa’, which is all I can reveal about it for the time being.

What is your motto in life?

Two quotes, which make me want to live, work and enjoy life, come to mind: ‘Work as though you would live forever, and live as though you would die today’ and ‘Work is not man’s punishment. It is his reward and his strength, his glory and his pleasure’.

Amwaj Business Park; Doing Business In Style

Conveniently located at the entrance of Amwaj Islands, the Amwaj Business Park is one of Amwaj’s most up-and-coming new projects. Strategically located 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 in early 2012.

Only 6 kilometers away from Bahrain International Airport, and 20 kilometers from the central business district in Manama, Amwaj Business Park is already one of the most coveted business centers in Bahrain. The Park consists of two phases- phase one, which was completed in June of 2011, comprises of 40 units and phase two, which is due for completion in the first quarter of 2012, will comprise of 25 units. Every unit can be customized to meet the tenant’s needs.

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, please call 16 033 100



Amwaj Islands' Reclamation and The Marine Ecology

The Marine Ecosystem is an important part of the Bahraini flora and fauna, and being an island, locals have long ago developed a special relationship with the sea. Back in time, the main income for the people of Bahrain came from fishing and collecting pearl oysters. Bahrain produced, and still produces, some of the finest natural pearls in the world.

With time, Bahraini businessmen thought of creating amazing projects extracted from the life their grandparents lived which emphasized life by the sea; Amwaj was not only one of the amazing projects, but was the first reclamation project to come about. However, when it came to developing the concept of Amwaj Islands, an important concern of the developers' was how to implement the reclamation with minimal adverse effects to the marine ecology.

The process of reclamation was done using a geotube containment system, which guaranteed that water turbidity and siltation had been localized within the reclamation area only and had not affected other areas.

To compensate for the lost fishing grounds, Ossid B.S.C (c), the main developer of Amwaj Islands, donated a large number of artificial coral reef balls to the Fisheries Directorate, which were placed at an undisclosed sea area where they now serve as a sanctuary for marine life.



How to Deal with Picky Eaters?



Fruits and vegetables add vitamin A, vitamin C, potassium, fiber and more to your child's diet. In fact, fruits and vegetables are the best source for many of these important vitamins and nutrients. Most kids need about 2 to 4 cups of fruits and vegetables daily. Here are some tips on how to get your picky children to eat more fruits and vegetables:

- **Have a Contest:** Host a cooking contest for your children in a fun environment, with the special ingredients being fruits or vegetables. Include a variety of healthy choices. Everyone can take turns judging the most creative and healthiest recipes, you can always do that outdoor by the pool or in the playground.
- **Challenge Yourself:** See how many different kinds of fruits and vegetables each member of your family can try. The person who samples the most in a week or a month wins a meal featuring his or her favourites. A visit to the fruit & vegetable aisles at Waitrose, located in The Lagoon, or Alosra Supermarket at the entrance of Amwaj Islands, may tickle your imagination.
- **Games and Social Activities:** Register your children in one of the many weekly activities happening all over Amwaj to stimulate their thinking of a healthy lifestyle. 'Kindermusik' and 'Amwaj Cooperative Playgroup' are great options to start with! These classes will help your child burn calories and you can always have his fruits and vegetables ready for him. For more information, please refer to the 'Upcoming Events' on page 5.
- **Pick a Peck:** When grocery shopping, let kids select a new fruit or vegetable to try.
- **Dip In:** Chop raw vegetables into bite-sized pieces. Try bell peppers, carrots, cucumbers, broccoli, cauliflower or celery, and dip into low-fat or fat-free dressing. Be sure to read the labels and make sure the dressings are not loaded with saturated fat and salt.
- **Chill with Some Fruit:** Put 100% fruit juice in an ice tray and freeze it overnight. Use toothpicks as handles. Kids can eat the fruit cubes as mini-popsicles or even put them in other juices! Frozen seedless grapes make natural mini-popsicles and are a great summer treat.
- **Smooth Move:** Smoothies are a great way to get more fruit – and they're really easy to make! A basic smoothie is just frozen fruit, low fat or fat-free milk (and/or some yogurt), and 100% fruit juice. Throw it in a blender (Parents only, of course), and blend until it's smooth! Experiment with different fruits to find your kids' favourites and to make it more fun, your child can enjoy it in a reading class, like 'Once Upon A Story Time'. For more information, please refer to 'Upcoming Events' on page 5.
- **Top That:** Add fruits and vegetables to foods your kids already love. Try frozen peas in mac & cheese, veggies on pizza, and sliced fruit on breakfast cereals or low-fat ice cream.
- **Smart Swaps:** When enjoying dinner at one of The Lagoon's many new restaurants skip the fries and onion rings, and order your kids a side salad or baked potato (with minimal toppings) instead. A large order of fries can have at least 500 calories that your child doesn't need!

Don't forget to check 'Mums in Bahrain' first recipe book, a plenty of clever ideas for healthy baby food. The next issue is going to be 'Kids Good Health Book'. To get your free copy please visit the Marketing Department at the Amwaj main office.

Mei N Yu: A Restaurant To Experience



Mei N Yu restaurant, the latest addition to Amwaj Islands at The Lagoon, is already the talk of the town! An atmospheric place to enjoy delicious food, fabulous cocktails, socialize and people-watch, this lagoon-facing boutique restaurant makes a great venue for gatherings. Fitted with a warm and inviting interior with low lighting accompanied by relaxing music, Mei N Yu is truly a restaurant to experience.

The option of alfresco dining on the patio during the cooler months is also a bonus. Experience a menu that is modern European with American underpinnings and some Far Eastern influences created using the best quality ingredients. Mei N Yu is open for lunch and dinner every day. For information please call 16 010 160/36 366 500

Persian Room Exquisite Persian Cuisine



Visit the newly opened restaurant, Persian Room, located at The Lagoon, Bahrain's very first outdoor waterfront shopping mall in Amwaj Islands. The authentic dishes and recipes have been handed down from generation to generation, from melt in your mouth kebabs, to traditional Persian desserts.

The Persian Room offers signature homemade ash, khoresht, and polo (soups, stews and rice), which are delicious, satisfying and healthy. Take a vacation from your ordinary everyday meal to an extraordinary voyage through a delicacy of Persian delights. Whether you visit the beautiful restaurant or call in an order, let the Persian Room share the love of food with you. For more information please call 16 010 166.

Amwaj Waves New Show Apartment Now Open



Lona Real Estate's flagship development, Amwaj Waves, has recently opened its new show apartment adjacent to the swimming pool on the podium level.

An impressive piece of art, the new show apartment displays the quality Amwaj Waves is offering. The first class development consists of various recreational facilities making it one of the most prestigious developments in Bahrain.

Viewing is available from 8.00am to 6.00pm, Sunday to Thursday, or by appointments during the weekends in the evenings. You can contact the Lona Real Estate team on 16 030 011/39 657 443 or visit www.amwajwaves.com for more information.

MAZ Business Center: Offices With Spectacular Views



MAZ Business Center, a center of exclusive, fully serviced, executive suites in a unique lagoon environment, recently opened their doors for services, with spectacular Island views in The Lagoon, Amwaj Islands. MAZ Business Center believes in bringing its clients a new location, new design, and new image for their business while committed to provide an attractive and calm working environment together with outstanding client service. They currently offer two different types of fully-furnished office units to rent inclusive of secretarial services, conference room set-up, high speed internet, and other office stationary services (e.g. printer, photocopier, etc). For more information please call 16 030 646, e-mail mazbcb@gmail.com, or simply drop by and have a look!

Safety & Security in Amwaj



The Security Department in Amwaj Islands would like to remind our valued residents that if they wish to hold a party or a gathering of any sort involving 10 or more guests, the security department must be notified and given the following information:

- Expected number of guests and cars.
- Estimated start/end time of party/gathering.
- Location of the party/gathering.

The above procedure is to ensure your event goes smoothly, and that Amwaj's security is prepared to help with any issues or inconveniences that may arise at anytime. These rules were set to ensure a pleasant time for you, your guests and your neighbours therefore your cooperation will be highly appreciated.

New rules and regulations will be introduced with regards good housekeeping and neighbourly responsibility. Details will be circulated in due course.

For more information, or if you have any questions or concerns, please do not hesitate to contact the Security Department via email on k.manahi@amwaj.bh or call the 24/7 number 39 866 952.

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

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.

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.

Dear Valued Residents,
Work is currently being carried out on the landscaped area throughout the islands. We apologize if this has inconvenienced any of you, and ask you to please bear with us as we continue to make Amwaj Islands a better place for all.

Did You Know?

Tala Island has 54 residential buildings in total and the floating deck in Tala's lagoon stretches 25meters from the shore.

- The first and only Waitrose store in Bahrain is the one located at The Lagoon, Amwaj Islands.
- The closest petrol stations to Amwaj are in Hidd and Muharraq. One on your way to Bahrain International Investment Park at Khalifa Bin Salman Port and Mina Salman, and the other station is on your way to Manama, Diplomatic Area and Seef District.
- Raniya Row consists of 10 buildings in a row.
- The new school year for International School of Choueifat starts on September 11th.

Upcoming Events

September 17 Every third Saturday of the month a **Book Swap** takes place at Choco Loco, The Lagoon from 5.30pm to 7.30pm where you can drop an old book and pick up another free of charge!

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.

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

All September Amwaj Families is back in full swing after the summer break. Swim classes, buggy and blading walks (and more!) will all resume. Check the group out 'Amwaj Families Bahrain' on Facebook for more information. Bambino Bazar will also be taking place soon, people who are interested in buying or selling maternity, baby and toddler items please keep checking the Facebook group for updates.

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

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

Every Tuesday Kindermusik, Music and Movement Program for children aged up to 7 years with a different theme every time, every tuesday from 20th September-25th October. For more information please email kindermusikwithnatasha@gmail.com or join on the Facebook group 'Kindermusik with Natasha'.

November 12 The second season of **The Amwaj Market** is approaching soon, don't forget to mark your calendar and come down to the best sea-side market in town!

23 - 26 The Amwaj Marina will host **The Bahrain Boat Show International 2011 (BBSI)** on November 23rd-26th for the third consecutive year.

Photo of the Month!

Congratulations to **Khalid Qatmash** from **Raniya Row** 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



Amwaj Islands



@AmwajIslands





Name: Marcela Gontijo
Nationality: Brazilian
Place of stay: Alia Mansions

How did you hear about Amwaj?

I have a lot of friends living here, so before moving in I was constantly meeting them in Amwaj.

What made you choose Alia Mansions rather than other developments in Amwaj?

The flats are good for the price.

What event that hasn't happened in Amwaj would you like to see taking place?

I miss international concerts with famous singers and I think Amwaj would be the perfect place.

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

I just came back to Bahrain and I am not aware of the current social activities, but I always liked the BSPCA or Tony The DogFather, related events. A couple of friends once had to send a dog (lost and found in the streets) to the BSPCA, as their building did not accept animals and until today they wish she's well taken care of. It's good to have places like these, especially here, where people seem not to like dogs a lot.

In your opinion, what makes Amwaj different than the other projects in Bahrain?

It is affordable and residents can enjoy a great lifestyle.

What store or outlet do you want to see coming in Amwaj?

I think Amwaj is a place for restaurants and bars, so more pubs would be welcome. The perfect shopping destination for beach like places are fairs, which we already have.

When you chose to live in Amwaj Islands, which was the first factor to consider?

Again, lifestyle and of course, friends living around, which make my "BBQ by the pool every weekend" life much easier.

How do you and your family like to spend time together? I'm single, so I just hang out with my friends. My fiancée is coming soon to Bahrain, hopefully, so we can start walking around the islands.



Name: Sinem & her husband Oguzhan Yavuz
Nationality: Turkish
Place of Stay: Al Marsa Floating City

How did you hear about Amwaj?

Thanks to our friends who have already been living here for a year.

What made you choose Al Marsa Floating City rather than other developments in Amwaj?

We believe that Floating City is a unique place to live. Because of our job, we can travel to different parts of the world but what Bahrain offers through Floating City is incomparable.

What event that hasn't happened in Amwaj would you like to see taking place? What about 'Monthly BBQ Parties' at the beach for instance? Being so close to the beach offers us a huge and a nice place to organize such a thing.

If the islands weren't called "Amwaj", what would you name them? No doubt, we could name them as the 'Bahrain Riviera'.

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

What you organize for Ramadan 'Lend a Helping Hand' is very meaningful and we wish you continue in doing so.

Do you usually look forward to receiving The Amwaj Islander? What is your favourite section?

Sure! We even shared several issues of it with our families in Turkey to give them idea about where we live. In other words, Amwaj is more international than you can imagine now. Our favourite sections are 'Photo of The Month' and 'Meet Your Neighbours'.

In your opinion, what makes Amwaj different than the other projects in Bahrain?

Definitely the proximity to the sea.

What store or outlet do you want to see coming in Amwaj?

Perhaps a pharmacy, a liquor shop if possible and a 'do it yourself' shop. Maybe in the future a 'Country Club', why not?

Le PASHA Ramadan Bazaar & Tent at the Amwaj Marina

The Amwaj Marina hosted 'Le PASHA Ramadan Bazaar & Tent' throughout the Holy month of Ramadan where visitors and residents enjoyed the variety of products showcased along with delicious food and shisha in a setting worthy of this Holy month.



BBSI 2011

3rd Annual
BAHRAIN BOATSHOW
INTERNATIONAL
AMWAJ ISLANDS

BAHRAIN BOAT SHOW
23-26 NOVEMBER 2011
AMWAJ MARINA, KINGDOM OF BAHRAIN

PARTNER



ORGANISER



VENUE



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

Nuetel Communications

Working Hours: 8am – 5pm, Sunday to Thursday, 8am - 2pm on Saturdays

T 16 033 000

International School of Choucifat

T 16 033 333

Amwaj Marina

T 16 011 160

Nearest Hospitals to Amwaj

Al Hilal Hospital

T 17 344 199

Bahrain Specialist Hospital

T 17 812 000

King Hamad Hospital

Opening Soon

Car Washing Services

Ecowash

T 17 490 565

Amwaj Hotels

The Dragon Beach Hotel & Resort

T 16 031 111

The Sea Loft Boutique

Chalets

T 16 033 833

Home Maintenance Services

AXEM

T 17 500 260

MASY

T 17 822 404

ReactFast

T 17 585 367

Al Saber Group

T 13 643 287

Atlas BMS

T 36 558 827

T 36 191 810

IT Home Services

TechnoServ

T 39 609 876

Amwaj Food Outlets

Muju Lounge & Restaurant

T 16 039 800

The T-Club

M 38 887 107

Tuga Bakery

T 16 010 284

ChocoLoco

T 16 123 456

Yamin Jana

T 16 033 800

Burger Lounge

T 77 055 772

Curry Tree

T 16 030 660

Houseboat

T 77 033 444

Leewan Al Khor

T 16 010 666

Johnny Rockets

T 16 011 199

Mei N Yu

T 16 010 160

Persian Room

T 16 010 166

Laundry Services

Black & White Laundry

T 17 532 268

M 36 308 889

Closest Post Office to Amwaj

Al Hidd Post Office

Working Hours: 7am - 2pm

Saturday to Thursday

T 17 673 157

Amwaj Beauty Salon

Joz Salon & Spa, The Dragon Beach

Hotel Resort

Working Hours: everyday 9am – 7pm

T 16 031 120

Amwaj Health Clubs

Maya Beach Resort & Fitness -

Meena 7

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

Amwaj Supermarkets

Al Osra Supermarket

T 16 033 773

Working Hours:

Everyday 7am - 11pm

Jawad Express

T 16 034 501

Waitrose Supermarket

Working Hours:

Everyday 8am - 11pm

T 16 030 636

24-Hours Supermarket

T 16 034 498

Other Services in Amwaj

bni

T 16 030 400

Citibank, The Lagoon

T 16 010 203

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

Closest Vets to Amwaj

Dr Nonie Coutts

T 17 245 515

Dr Mohammed Hussain

T 17 292 125

Bahrain International Airport

T 17 339 339

Closest Pharmacies to Amwaj

Al Quds Pharmacy

T 17 470 080

Ibn Sina Pharmacy

T 17 677 207

Nasser Pharmacy

Opening Soon in Amwaj

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

Food Deliveries:

Hunger Line

T 17 506 070 (Papa Johns, Dairy

Queen, Burger King, Quiznos &

Chilis)

Breadtalk

T 17 535 371

Little Ceasars Pizza

T 17 675 552

Pizza Hut

T 17 111 113

KFC

T 17 111 111

Hardeez

T 17 111 112

China Express

T 17 717 598

Wahid Pastries

T 17 466 771

EZ Burger

T 17 241 111

YO! Sushi

T 17 583 373

Shanghai Hut

T 17 292 988

The Clay Oven

T 17 717 008

Chickey's

T 17 467 771

Pizza Inn

T 17 671 777

Taxi Services

Bahrain Taxi

T 17 682 999

Bahrain Limo

T 17 266 266

Arabian Taxi

T 17 461 746

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