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live the island dream today!

Issue 17 | April 2012

The Amwaj Islander



Letter from the MD

Dear Amwaj Islanders,

Summer may finally be approaching despite the temperamental weather we have been having lately. With the dust subsiding and heat being turned up; outdoor barbeques, cold juices and fresh salads are signs of summer being here.

Given the high temperatures that we experience in Bahrain over the summer please take the necessary precautions to keep yourself and your loved ones in tip top shape. Keep hydrated by drinking plenty of fluids, slather on sunscreen with a high spf, eat a lot of salads and fresh fruits that naturally contain water eg. watermelon (nearly 92% water) as this will replenish water lost through sweating, and keep some water or rose water in a spray bottle in the fridge that you can spray on yourself to cool down.

Numerous events have been scheduled during the upcoming months (please refer to the events page for details). The last Amwaj Market will be held on April 7 where we hope to see you all down there. If the weather remains a little temperamental, outdoor events may end up being postponed or cancelled however there are plenty of great indoor events taking place continuously in Amwaj, where all details are available in the 'upcoming events' section of this newsletter.

I would like to take this opportunity to wish you and your family a Happy Easter.

Regards,
Jameel Almatrook
Managing Director, Amwaj Islands

Behind the Name

Corners is the first and much awaited pub on Amwaj Islands; a place to socialize and unwind whilst enjoying the latest in live sports, bands and comedians, all hosted by the resident DJ Stevie George.



This classy upmarket pub with sleek lines and a funky interior invites you to indulge and treat your taste buds with a diverse selection of food, including traditional pub grub as well as International classics. Corners is the ultimate Gastropub, and for the ever peckish of you there is a wonderful new 'take out' menu to bring the Corners Magic to your home.

Situated in The Dragon Hotel, Corners is 'Your Local Pub in Amwaj'. You will never miss a moment of your favourite games as they are shown live stream on multiple screens and three projectors. You can even test your skills at the lively new quiz night every Wednesday.

For More information please contact +973 16031113, visit the website www.cornersamwaj.com or join the Facebook Page.



60 Seconds With...



Name: George Cherian

Position/Company:
Managing Partner,
Mei N Yu Restaurant
(pronounced: me and you)

Nationality: Malaysian

Can you tell us about your background? I have been in the Food & Beverage industry for more than ten years in Bahrain. Prior to that I was in working in Real Estate. I have travelled extensively and have a degree in economics. I have always wanted to be involved with the F&B business and when I got the opportunity, I grabbed it and have not looked back. I love it.

What is Mei N Yu? Good question. It is a restaurant/bistro that serves great food and drinks in a relaxed and comfortable atmosphere with friendly staff. It is fine dining (not a fast food outlet) where food is prepared fresh when you order it.

How did the idea for the restaurant come about? The idea was my partner, Nadeem Asgharali and his wife Monica's, who had the inspiration from the time he was in the USA and wanted to open it here

What were your biggest challenges while establishing the place? Red tape mainly and of course construction delays.

Why did you choose The Lagoon/Amwaj as the location for Mei N Yu? We felt, and still do, that The Lagoon is the place to be, it has so much to offer and will one day be a place where people will flock to for an evening out when the other outlets open. Nowhere else in Bahrain has got the atmosphere and setting that The Lagoon has.

What makes Mei N Yu different than other restaurants in The Lagoon and in Bahrain? Visit us and you will know what! Besides no one else serves international cuisine like we do.

What are your future plans for Mei N Yu? Still on the drawing board but plans are definitely on.

What can your customers expect when they pay you a visit? Great food, super ambiance and friendly staff but that's not all! Visit us and see for yourself.

Can you tell us about your family? I am married to an amazing woman Meher Parakh who has supported me throughout the ups and downs and I have two great boys Ryan & Daniel who were both born here & who have

Mei N Yu Restaurant

Mei n Yu opened its doors to the public, along with its sister concern, Persian Room, on 1st July 2010 with a soft opening. The official opening was held in September 2011 with resounding success where more than 300 people turned to enjoy the food, experience and join in our celebrations.

The menu at Mei n Yu is continental with something for everyone. Starters include a selection of soups, salads and some favourites like the Chicken lettuce wrap and home smoke hammmour pat . A variety of sandwiches and our famous burgers are also available including the steak panini. The main courses vary from seafood, grills, poultry to pastas. The rib eye and fillet steaks are winners with our regulars, not to mention the crayfish thermidore and the magret of duck.

For a relaxed evening of fine dining with super views of the Lagoon you cannot beat Mei n Yu restaurant, which also boasts al fresco dining on the patio in comfortable sofa seating now that the weather is just right to enjoy your favourite beverage and the lagoon breeze.

Look out for our theme nights and guest musicians on our Facebook group - Mei n Yu at The Lagoon or just come down and enjoy our hospitality. Get our take away menu for free home delivery in Amwaj.



Love Amwaj Campaign!

On the 9th of March, one of our residents organized a 'Love Amwaj' clean-up campaign and successfully gathered a group of like-minded residents at the kite surfer's beach near the Marina.

There was an exceptionally happy atmosphere amidst the participants, many of whom first discovered this lovely beach, made a few new friends, and some even had their 'workout for the day' whilst enjoying the natural delights of Amwaj. The main purpose of the cleanup campaign was to raise people's awareness of environmental issues and teaching our children how to take care of the natural world.

Marine litter has a huge impact on the marine environment. Statistics show that more than 1 million birds and 100,000 marine mammals die each year from entanglement in or ingestion of marine litter. The clean-up successfully collected over 30 bags of litter from the beach.

Special thanks go to GCC cleaning company for their kind support in providing bags and bins; in addition to their four staff members who actively participated and helped clean up the beach.

Anastasia, the clean-up campaign organizer, is very grateful to everyone who showed interest, in particular those that came to help. For more information on the campaign please email amwajlove@gmail.com.



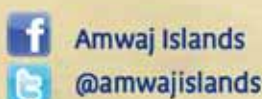
Amwaj Marina Market season 2

When? Saturday, April 7th

Where? The Amwaj Marina, Amwaj Islands

Time? 10am -5pm

Free Entry! For more information, or for vendors wishing to reserve a stall in April's market, please call 16030605/16030607 Sunday to Thursday 8am to 5pm



Amwaj Updates

Muju Brings Latin Nights to Amwaj



MUJU Restaurant and Lounge are leaping into spring with the launch of their new Latin night on Saturdays that will combine a one hour dance class by professional instructors and a night of mesmerizing grooves and tantalizing rhythms of Latin culture and music. Learn the steps and then dance the night away with this spicy fiesta of Latin dances such as the Cha Cha, the Samba or the Rumba! Immerse your self in the authentic atmosphere of the exhilarating Latin style! Additionally The Dragon Hotel is speeding up this April with full coverage of the grandprix at Corners Bar, and a host of new nights at Yamin Jana!

Delmon Kennel



Delmon Boarding Kennels, Barbar, is an English-style kennel and cattery. The Kennel offers many other activities, such as hydrotherapy, fun swims, grooming and mud-baths, treadmill activities and birthday parties.

Drop your dog in the morning for a fun-filled day of supervised swimming, socialization and games. Your dog will go home, clean, tired and happy. The Kennel also offers dog training classes, from fun puppy training to more serious agility classes, along with one-on-one training and consultative home visits. PetTaxi will transport your pets to and from our facility. Whether it is for boarding, grooming or play days – we are here to help.

We would also like to introduce group training sessions in Amwaj, for details please call Pauline 39717609 or Essam 38406640 for kennel activities.

Alosra 'Think Local' Campaign A Success!



Not long after launching its 'Think Local' initiative, Alosra Supermarket received rave reviews from customers in the store as well as via social networking sites such as twitter.

"The response we have received has really been phenomenal," said Jaffar Al Asfor, Alosra General Manager. "Shoppers actually approach members of our team and congratulate them on introducing such a novel and timely initiative. Not only has 'Think Local' resulted in an increase in sales, but the boost in employee morale is indescribable. Our employees are proud to be associated with a company that cares about the community, and more importantly the country."

Think Local is a concept that encourages people to opt for local products and support the economy. It is a platform to showcase what the island has to offer and provides shoppers with healthier food options.

Big Catch At The Marina!



Our lucky resident Mick caught a 30kg fish this week at The Marina!





Safety & Security in Amwaj

The Security Department would like to emphasize the importance of adhering to the speed limits on all Amwaj Roads to ensure the safety of pedestrians, other cars, as well as your own, on the road.

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 questions and more information you can contact the security department on k.manahi@amwaj.bh or on 39 866 952, or drop into the Osis main office Sunday to Thursday, 8am to 5pm.

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

NOTICE

Please be informed there will be major works taking place at the Amwaj main entrance to upgrade the electricity network throughout Amwaj. Kindly bear with us as the works are carried out. We apologise for any inconvenience

Upcoming Events & Sessions

April 7 The **Amwaj Marina Market** is back for April. For more information, please call 16 030 605 or 16 030 607.

5 & 6 Blossom presents **Blossom Bazaar and Formula1** at The Lagoon. The event will include an F1 booth with games and activities for all, a motor car zone, a kids zone, mini bazaar & a lot more. Opening hours are from 3.00pm to 11.00pm. For more information, email blossevents11@gmail.com.

21 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 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

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'.

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, just click on to join the group. It includes a selection of classified ads from mums and dads, a forum about the goings on in the area and different events that are run by volunteers such as Soccer Toddler mornings and Buggy Walks. A new event that we are very pleased to announce is the "Outdoor Workout". It's open to all levels of fitness and is run Monday and Wednesday mornings and evenings as well as Saturday mornings.

Classifieds

FOR SALE 3-bedroom beach front villa with a maid's room, laundry, outdoor sunny patio, BD 190 000 inclusive call 39 555 745 Anastasia

FOR SALE 2-bedroom s/f villa in Al Marsa Floating City, boat mooring, garden, title deed available, BD 160 000 inclusive call 39 555 745 Anastasia

FOR SALE 2-bedroom sea view apartment in Meena 7, beach access, pool, BD 95 000 inclusive, title deed available call 39 555 745 Anastasia

FOR SALE 2-bedroom pool and sea view brand new apartment in Zawia Towers, 135 m2, BD 77 000 inclusive call 39 555 745 Anastasia

FOR SALE 3-bedroom f/f apartment + maid's room in Zawia Towers, 180 m2, BD 120 000 all inclusive, title deed available call 39 555 745 Anastasia



Name: Raffy (Rhalf) Timbreza

Nationality: Philippines

Place of Stay: Tala Island

How long have you been living in Amwaj? I have been living here for almost one year.

What attracted you to Amwaj? I was attracted by the beautiful beaches, nice views and easy access to the airport and my work place. It is also a safe place to stay, and the people are friendly. It feels like living in a whole new world; it's so beautiful.

What were your favourite events in Amwaj? I enjoyed all events especially The Marina Market and the boat show.

How can we improve Amwaj's newsletter? I think the newsletter has done a great job of entertaining and keeping the residents updated on what's going on here in Amwaj, and it has served us very well so far

How do you like to spend your free time in Amwaj? I go to the beach, swim, jog around the islands or just have dinner at The Lagoon.

Name: William David Hewson (Bill)

Nationality: Canadian

Place of Stay: Zawia Towers

What attracted you to Amwaj? I actually looked online before I left Canada for a place I would like to live in, and Amwaj had it all; it was perfect for me. So when I was put in touch with a real estate agent I told her what I was looking for and when I arrived in less than two hours I had picked my perfect place.

How long have you been living here? Since January 1st 2012.

What do you do for living? I work at RCSI Bahrain as the Head of Estates and Support Services.

What events would you like to see happening in Amwaj? I like what is happening now; festivals, sporting events, the boat show and flea markets. But with all the restaurants I think a food festival would be a perfect event.

How can we improve Amwaj's newsletter? It is great the way it is!

How do you like to spend your free time in Amwaj? Going to the restaurants, walking and running.

Which restaurant or café would you like to see opening in Amwaj? Chilis, TGIF, a steak house or seafood restaurant.

In three words describe Amwaj. Community. Relaxing. Lifestyle.

Blossom 'The Art of Giving' Charity Bazaar

Blossom's Chairty Bazaar 'The Art of Giving' was held on the 8th & 9th of March. All proceeds went to DREAMS Society for Children with terminal diseases.



Amwaj Marina Launches Amwaj Dive Club

This summer promises to be jam packed full of aquatic adventures as Amwaj Marina proudly announces that the “Amwaj Dive Club” (ADC) springs into action, beginning May 2012.

Bahrain’s Scuba Diving Legend, Miss Robin Bugeja and her team of aquatic assistants, are on an “aqua-mission” to bring Amwaj Island’s Residents, just that little bit closer to the sea!

The intention is to create a Dive Club with a difference, organizing activities that are socially geared up for fun for all ages! The ADC season calendar offers a variety of SCUBA & Snorkeling programs, combined with social events both in and out of Bahrain, providing a sensational summer of scuba and snorkeling!

As a PADI Course Director, Robin Bugeja, has exceptional professional skills both in and out of the water. Teaching Scuba Diving world wide as a full time career, over the past 21years, Robin, has logged over 4000 dives and has taught more than 2000 people. Her extensive knowledge of diving, experience in the region’s waters, respect for safety and her energetic personality make Robin a unique asset to ADC.

Along with teaching PADI scuba diving courses from novice to professional levels, the ADC dive team plans to incorporate “tons of fun” into every lesson and adventure by holding events ranging from, B.B.Q.s, Treasure Hunts, Beach Clean Ups, to Pearl Diving Trips, Environmental Talks and Weekends Away in Oman & U.A.E.

Activities and events will be offered to the general public and members of the ADC will receive reduced rates on organized dive trips,



Photo of the Month!



Congratulations to Rose Gruta who won a BD25 shopping voucher from Alosra Supermarket for April’s ‘Photo of the Month’ competition with this picture!

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

My Little Village Coming Soon to The Lagoon!



My Little Village is a new activity center opening soon in The Lagoon. It will cater for children between the ages of 2-5 years in the morning following a structured timetable, and 2-6 years in the afternoon for interactive and specialised activities. Advanced methods for early learning (the age of the iPad) will be utilised in a safe and stimulating environment managed by qualified and dedicated staff.

At My Little Village, children can develop their basic knowledge, preliminary skills and positive attitude, which all help to prepare for a progressive school life. We believe that every child is unique and we strive on making the learning and growing process as fun and interesting as it can be by adopting dynamic, up-to-date and interactive methods tailored to suit the needs of the children. Birthday party packages will be available upon request. We are currently accepting registration. For more information, please contact: 33047311.

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

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

Weather Forecast
T 17 321 175

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

The Sea Loft Boutique
Chalets
T 16 033 833

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

International School of Choueifat (ISC)
T 16 033 333

Amwaj Marina
T 16 011 160

Muju Lounge & Restaurant
T 16 039 800

aminals
T 16 030 103

The T-Club
T 38 887 107

Tuga Bakery
T 16 010 284

Franky Joes
T 16 011 601

Chocoloco & Pink Diamond
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 & Cafe Persia
T 16 010 166

Costa Coffee, The Lagoon
T 16 071 003

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
Working Hours: 10am – 8pm
Monday – Saturday
T 16 010 555

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

Kut & dry Salon, 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 16 071 006

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

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

Nearest Hospitals to Amwaj
Al Hilal Hospital
T 17 344 199

Bahrain Specialist Hospital
T 17 812 000

King Hamad Hospital
T 17 444 444

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

Closest Pharmacies to Amwaj
Nasser Pharmacy
T 16 010 505

Al Quds Pharmacy
T 17 470 080

Ibn Sina Pharmacy
T 17 677 207

Taxi Services
Bahrain Taxi
T 17 682 999

Bahrain Limo
T 17 266 266

Arabian Taxi
T 17 461 746

Travel Services
Aradous Travel and Tour
T 17 234 417

Car Washing Services
Ecowash
T 17 490 565

Home Maintenance Services
AXEM
T 17 500 260

MASY
T 17 822 404

ReactFast
T 17 585 367
Al Saber Group
T 39 339 752

Atlas BMS

T 36 558 827
T 36 191 810

CIRCO Total Facilities Management
T 16 030 333
T 69 694 000

IT Home Services
TechnoServ
T 39 609 876

Bottled Water Delivery
Al Manhal Water
T 17 404 435

Nestle Water
T 17 400 442

Aqua Cool
T 17 784 101

Cargo & Shipping Services
Baz Cargo Services
T 17 771 132

TNT
T 17 349 199

DHL
T 17 364 100

UPS
T 17 223123

Zajel
T 17 253 453

Aramex
T 17 530 434

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

Bahrain International Airport
T 17 339 339

Shopping Malls
Seef Mall
T 17 581 111

Aali Mall
T 17 581 000

City Center
T 17 179 779

Moda Mall
T 17 533 140



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