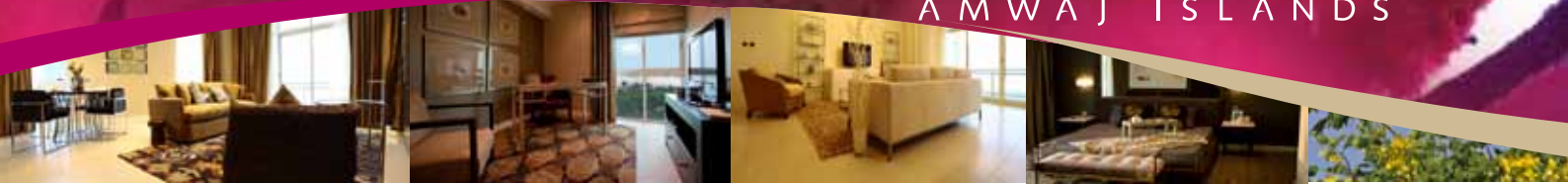


live the *island dream* today!

Issue 20 | July 2012

# The Amwaj Islander



## Letter from the MD

## Behind the Name

Dear Amwaj Islanders,

To those who have already traveled and returned, welcome back! And to those that are getting ready to escape the hot and humid weather, have a safe trip and a wonderful vacation.

This month is one of mixed emotions, to say the least. It is the start of summer for some, but for most it is the end, as we get ready to embrace the Holy month of Ramadan.

Ramadan, a month of giving and of great respect, has found its way into the middle of summer in one of our years hottest months. Everyone, whether fasting or not, and during the respected hours, should keep themselves hydrated. There will be Ramadan events lined up in various developments, there please keep checking our facebook and twitter accounts to receive updates.

As always, be kind to one another, and thank you for taking the time to read this newsletter.

Ramadan Kareem to you and your beloved families.

Regards,  
Jameel Almatrook  
Managing Director, Amwaj Islands

Saraya  
Al-bahar

Saraya Al-bahar, developed by Saraya Properties, was the first development to welcome residents on to Amwaj, is made up of forty 'arabesque' style villas. Saraya Al-bahar which in Arabic means, Castle of the Sea, is located on the main lagoon beach of Amwaj Islands. Saraya Al-bahar offers residents a range of 40 villas in different styles, from three to five bedrooms. With a prime location on the main lagoon beach of the Amwaj Islands, Saraya Al-bahar offers residents luxurious designer villas. These beachfront villas also come with independent boat parking facility. The bedrooms are available in a variety of different styles and sizes allowing everyone to enjoy all the joys of living life by the sea.



# 60 Seconds With...



**Name:** Isabel Santos

**Position / Company:** Owner/  
Executive Director of Tuga Bakery

**Nationality:** Portuguese

**Is Tuga Bakery your own idea, or is it a franchise?** Tuga Bakery is our own concept, my husband and mine.

**What does Tuga mean?** Tuga is a nickname for Portuguese people. We are the Tuga.

**How did you come up with the idea of Tuga Bakery?** It was my husband's idea. He wanted to bring a little taste of Portugal to Bahrain, so we brought the most tasteful Portuguese cake - The Pastel De Nata, which is a combination of crispy pastry layers and a very pleasant egg custard filling, with a little secret to make it special, giving it that authentic Portuguese flavour. Now people have the opportunity to know a little bit about Portugal through our products.

**Did you own a bakery in Portugal?**

No, I didn't. I am a Portuguese and English teacher.

**How has it been since you first opened in The Lagoon? Would you consider it a success?** We were the first shop that opened in The Lagoon, and for several months we were here alone. It was not easy, of course, but since the first day we have had our loyal customers, and I believe that The Lagoon will be one of the most attractive places in Bahrain.

**What makes your bakery unique in comparison to what is available in Bahrain's market?** Tuga Bakery is unique because we are the only Portuguese bakery in Bahrain, and I may say in the Middle East. Our products are very unique in the market where we offer a broad range of taste and quality. We brought to

Bahrain one of the most known and traditional cakes around the world - Pastel De Nata. All our pastries and bread are entirely traditional and handmade. We don't use artificial ingredients.

**We heard that you flew in a Portuguese chef from Portugal to perfect the pastries, especially the popular Pastel De Nata. Tell us more about this.** Yes, it is true. I have brought a Portuguese chef because only the Portuguese can bake the real Pastel De Nata, and since I am Portuguese, I have to have a Portuguese chef. The secret of all tasty pastries and bread is with him.

**What are your futures plans for Tuga Bakery? Are you considering expanding inside or outside Amwaj Islands?** We have plans to expand Tuga outside Amwaj in the near future, and who knows, perhaps outside of Bahrain as well.



## Tuga Bakery

Tuga Bakery is a Portuguese bakery, which serves daily fresh Portuguese pastries and bread. All products are made with no artificial ingredients or cooking machines, to conserve the home made traditional bread just how 'our mothers used to bake'. The owner, Isabel Santos, came up with the idea of Tuga Bakery, when she moved to Bahrain and got homesick and needed something to connect her to her hometown. She needed something to make her feel close to home and to also share this with the people of Bahrain. She wants her clients to leave the shop with a taste of Portugal. One of Tuga's most famous and popular pastries is the Pastel De Nata, which is what most clients go for. Come on down and try the delicious Portuguese freshly made goods and join their Facebook page on 'Tuga Cafe Bakery' or call on 16010284 for personalized birthday cakes and catering service.





# Chris Woodrow at Nadine International School

Nadine International School in Umm Al Hassam held its annual careers presentations during May for reception and junior students. It is an opportunity where parents talk to the children about their various jobs on the island and their roles and responsibilities. Chris Woodrow, the Projects Director at Lona Real Estate BSC, responsible for the BD100m Amwaj Waves Development, attended to speak about construction and Amwaj Islands generally to over sixty children. Mr. Woodrow presented large colored posters explaining the process from inception to construction, completion, and handover. The children enjoyed construction themed coloring pads and Mr. Woodrow's presentation ended with many interesting questions asked by the children.



## Upcoming Events

**July 6** Amwaj Marina will host The Candee Beach Party from 3pm to 10pm at the Amwaj Marina beach side. Please contact Mr. Warren Stalls on 37779936 for more information.

**26** 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 3927649 or 16010166.

**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'.

**Every Wednesday** Once upon a story time sessions are taking place every Tuesdays at 10.30am and 4pm and every Wednesday at 4pm. 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** aministrals 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 aministrals. 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!

## Persian Room



The Persian Room would like to wish everyone a Happy Ramadan. Their valued guests can still enjoy their authentic and fantastic food throughout Ramadan. During this month they will be offering their delectable regular menu as well as the special set menu for BD8+. They are also offering catering and delivery services. Iftar is open until midnight during weekdays, and until 2am on weekends. The Persian Rooms menu focuses on the healthy, traditional tastes and original recipes handed down in the family. Its menu offers a great variety of mezze, kababs, rice dishes, stews, and desserts all using the highest quality ingredients. The Persian Room's usual operating hours are from 12pm to 11pm daily and open till midnight on weekends. For reservations and more information please call on 16010166 or 34358298.

## PADI



At the ripe old age of 11 years old, Amwaj resident, Joel Taylor, has become a 'PADI Junior Open Water' diver after successfully completing his course at the Amwaj Marina Diving Center. "It was an awesome experience," said Joel. "I can't believe how many fish there are under the sea." The course Director at AMDC said, "Joel is an absolute legend in his own wet suit, he only got one question wrong on his final exam - a great student, a pleasure to teach and I look forward to diving more with him as the summer continues!"



Al Forno, located in The Lagoon, recently opened its door to all. It is a true tribute to the Italian kitchen where every dish is filled with an authentic taste of Italy. The menu offers delicious favorites from homemade pastas to classic pizzas loaded with toppings and freshly baked in the traditional wood-fired oven. For more information or reservations please call 16010528/9.



Amwaj will be cooler this summer with Costa Coffee's new Iced Lemonades. With a twist of strawberry, mint or even the classic, they are made fresh and, for sure, will be the best refreshment you can look for during the hot summer days and Ramadan evenings. Not that much into lemonade? Come try the whole Ice Cold Costa Range that includes Fruit Coolers, Coffee Coolers, Iced Teas and Iced Coffees. Costa Coffee stores at Tala Island and The Lagoon are open from 7am to 11pm, and during Ramadan, from 6pm to midnight.





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)

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. 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](mailto:k.manahi@amwaj.bh), or drop into the Ossis 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](mailto: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.

To all residents of Al Marsa Floating City, please note that from now on, every resident of The Floating City is to have a sticker on their vehicle. Any resident who does not will be questioned.

**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 partially furnished with a maid's rooms, prime location opposite to the swimming pool and the beach, BD 1200, call 39 555 745 Anastasia

**FOR RENT Tala Island** 3,5-bedroom, 4 bathrooms beach front semi-furnished house with a big private swimming pool, access to all facilities, Rent BD 1450 inclusive of electricity and water, gardener, call 39 555 745 Anastasia

**FOR RENT Amwaj large** 4-bedroom 4.5 bath 3-storey house on the water with a large patios, hot tub, 2 kitchens, 2 living areas, garage for 2 vehicles, Rent BD 1800 all exclusive, call 39 555 745 Anastasia

**FOR RENT Tala** 2-bedroom f/f apartments, different units available, nice design, rent from BD 600 inclusive, 39 555 745 Anastasia

**FOR RENT Amwaj** 3-bedroom f/f Penthouse with a large 200 m2 private patio with a sea view, Rent only BD 900, call 39 555 745 Anastasia



**FOR RENT ZAWIA TOWERS** beach villa with a private swimming pool, 3 bedroom + maid's room, laundry, f/f or s/f BD 1650, call 39 555 745 Anastasia

**FOR SALE ZAWIA TOWERS** new 2-bedroom apartments, starting from BD 85 K, different views and floors available, email: [anastasia.ageeva@gmail.com](mailto:anastasia.ageeva@gmail.com) or call 39 555 745 Anastasia

**WE OFFER FREE MORTGAGE ORINATION TO ALL BUYERS!**

**Sales:**

FF 3BR 175m2 flat BD90K . SF 4BR plus maids 330m2 flat in Tala, Marina for BD190K inclusive . FF 4BR plus maids villa on the water BD200K incl . SF 3BR plus maids villa on the beach BD185K . SF 5BR villa with garden BD165K . Small block of 5 x 2BR flats FF BD290K . 3BR FF flat in Floating City. Ist floors big balcony BD120K . 1BR Ground floor flat in Floating City FF BD95K . 100m2 shop on 2nd floor of Lagoon Mall BD75K

\*List your rental property with QUEST and receive FREE Internet and free to air satellite TV for your tenant, for 1 year!

\*List your For Sale property with QUEST and pay only 0.75% sales commission! Please call for more options and MANY rentals from BD450 per month.



# Meet Your Neighbours



**Name:** Isabel and Alberto

**Nationality:** Portuguese

**Place of Stay:** Rania Row

**What attracted you to Amwaj?** The tranquil and relaxed environment.

**How long have you been living here?** For one year.

**What do you do for a living?**

I am the owner/executive director of Tuga Bakery at The

Lagoon and my husband is a flight engineer.

**What events would you like to see happening in Amwaj?**

I would like to see concerts, and any events that would attract people to Amwaj, especially to The Lagoon.

**How do you like to spend your free time in Amwaj?**

At the moment, I don't have much free time, but I do go for walks and to the beach.

**Which restaurant or café would you like to see opening in Amwaj?** Coco's Café.

**What do you like to do in your spare time?** I like to go out and have a nice evening with my husband and friends.

**Give us an interesting fact about yourself.** I love traveling and meeting people from different cultures and backgrounds.

**What is your favourite type of cuisine?** Mediterranean.

**What is your all time favourite movie?** I have many favourite movies, it's hard to pick one. But I generally enjoy comedies the most.

**If you could do anything in Amwaj, what would it be?** I will do more weekend activities mainly for children and families.

**In three words describe Amwaj.** Peaceful, relaxing, and friendly.

**Candee Beach**

6th July 2012  
3pm until 10pm

**Venue:**  
AMWAJ  
MARINA

**Bahrain's Original Beach Party**

## Photo of the Month!



Congratulations to Gaye Bentham who won a BQ25 voucher from Alosra Supermarket for July's 'Photo of the Month' competition with this picture!

To participate, please send your pictures to [info@amwaj.bh](mailto:info@amwaj.bh)

**Ramadan Kareem**

كل عام وانتم بخير  
من ادارة وموظفي جزر الامواج

May you have a blessed year ahead  
From the management and staff at Amwaj Islands

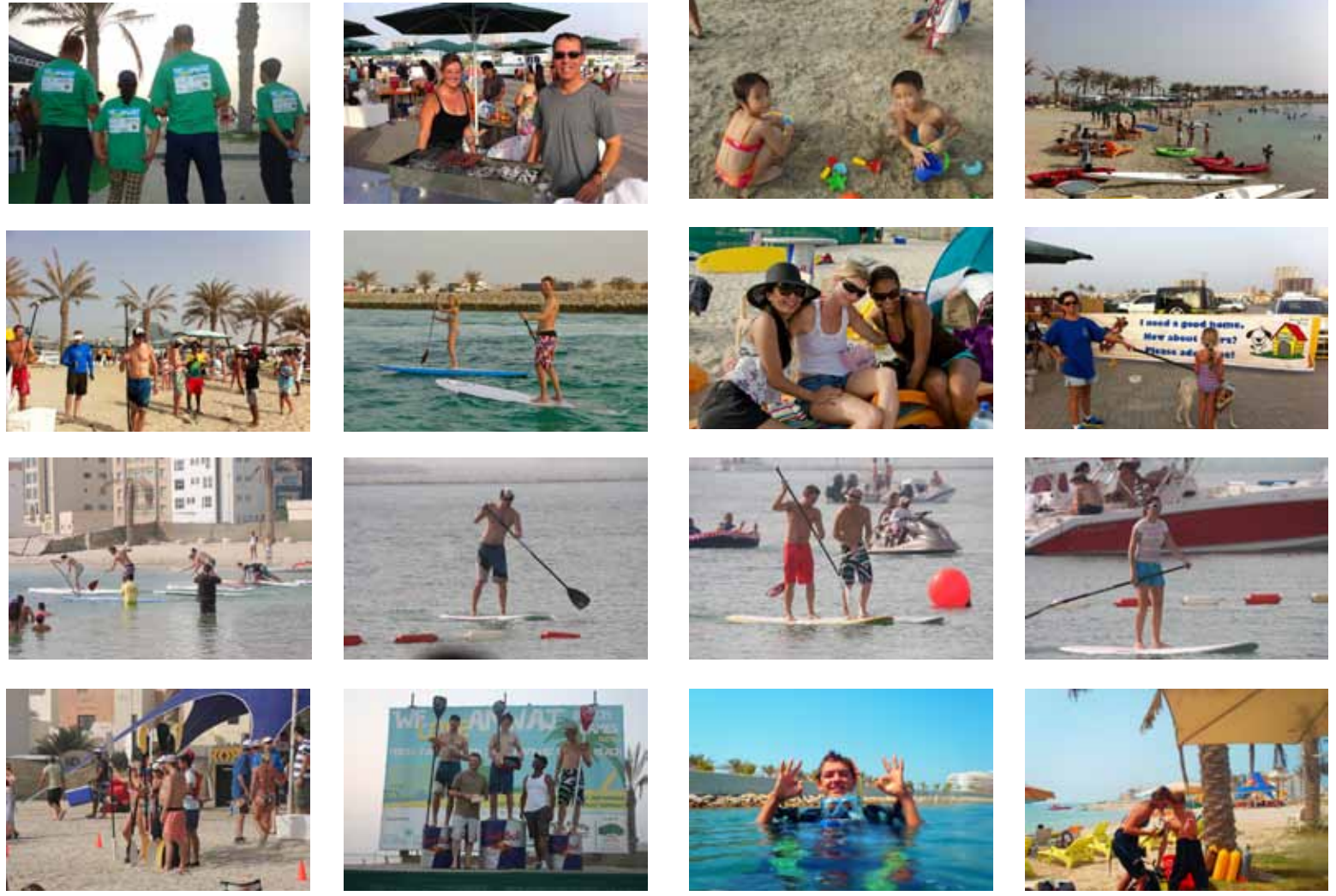
AMWAJ ISLANDS



# Photo Gallery

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

Amwaj Marina held a water sports charitable community event called 'We Love Amwaj Beach Games and BBQ' at the Amwaj Marina beach. The residents of Amwaj enjoyed grilling in the sun as well as participating in the many different activities.



## Amwaj Marina Candee Beach Party, Friday June, 6th

The Amwaj Marina hosted their annual Candee Beach Party on June 6th at the Amwaj Marina's beach side. Guests enjoyed the beach, music, and good weather!



# 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 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 16 010 555  
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**  
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

**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