



مركز ورزیدنس البستان  
Al Bustan Centre & Residence  
FEEL AT HOME

Issue 60 / Autumn 2018

# OUR NEWS

Newsletter of  
Al Bustan Centre & Residence



## *Genuine Hospitality*

*For a "Feel at Home" experience*



ABCR hosted  
11th Asian Bench  
Press  
Championship  
Delegates  
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Medical Camp  
and Health  
Screening for  
ABCR employees  
page 9



ABCR  
receives  
Outstanding  
Rating from  
Travelocity  
page 15



**Moussa El Hayek**  
Chief Operating Officer



“  
The extent of your impact on the  
world depends on the size of your  
devotion to excellence.”

- Robin Sharma

Dear Readers,

As the new season ushers in, we are eager to welcome more tourists and business travelers alike to Dubai - the city of endless possibilities. Playing a leading role in the sports arena, Dubai has marked another milestone by hosting the 11th Asian Bench Press Championship for the first time. Al Bustan Centre & Residence takes pride in being chosen as the official hotel partner for this prestigious sports event.

Autumn heralds the transition from summer into a long and cold winter and everyone is thrilled to enjoy the must-see points of interests and sightseeing places in Dubai including the recently opened Museum of Illusion that offers a uniquely entertaining and educational experience.

While steadily moving forward, we have received another feather on our cap from Travelocity.com by achieving an outstanding rating. This serves as a proof of our constant aspiration for excellence in guest satisfaction. It is my belief that our continuous success at Al Bustan Centre & Residence is driven by the desire of our team to elevate our service to the next level. We are focused on adhering to the best industry standards and developing multi-skilled employees who take pride in bringing our vision into a reality.

In this issue, we highlighted our initiative in promoting sustainability through environmental technology. We have an ongoing project of switching to energy saving LED bulbs for the entire property. It is our hope to create awareness among our guests regarding the hotel's environment stewardship efforts.

Part of our commitment is prioritizing the health and wellness of our employees. We have been conducting regular medical camps and health screenings in partnership with leading healthcare providers specializing in homeopathy, dentistry, dermatology, and ayurvedic treatment. On the same note, embarking on a fitness plan is vital and we have shared some essential benefits from teaming up with a personal trainer.

This season has a lot of things in store and we hope the excitement during this last quarter will lead you to fruitful experiences.

## Al Bustan Centre & Residence Hosts the Delegates of 11th Asian Bench Press Championship

Marking its first time to be held in UAE, the 11th Asian Bench Press Championship brings athletes from 23 countries competing in various weight categories ranging from 66lbs to 120lbs. With a sense of pride, Al Bustan Centre and Residence was chosen as the official hotel to host the delegates from 18 - 24 September.

***"Over the years, Al Bustan Centre & Residence has been hosting numerous sports delegates in UAE and definitely earned the trust and confidence of sports associations across the region. We take pride in sharing our facilities and services that meet the requirements and provide convenience to athletes, to ensure a comfortable stay."***

***-- Mr. Moussa El Hayek, Chief Operating Officer***



*A contract signing was held between Emirates Body Building Federation represented by Mr. Mohammed Abdul Rahim Al-Marri, Secretary General and General of the competition and Mr. Yasser Moussa, Executive Assistant Manager at the hotel apartment to host the more than 300 participants of the tournament comprised of the continent's best power lifters including coaches, referees and officials.*

The week-long competition was held under the patronage of Shaikh Abdullah Bin Hamad Al Sharqi, President, EBC and Vice-President for Asia on the IFBB executive board and organized by Emirates Body Building Federation & Emirates Powerlifting Committee, and was open to all age classes including sub-juniors, juniors, open and masters for men and women.

# 11th Asian Bench Press Championship: Event Highlights



*Delegates from India posed with the media representatives after an interview.*



*Mr. Yasser Moussa (Executive Assistant Manager) welcomed the participants from Kazakhstan upon arrival to the hotel.*



*Sheikh Abdullah Bin Hamad Bin Saif Al Sharqi (Emirates Body Building Federation President) and Mr. Mohammed Abdul Rahim Al-Marri (Secretary General) awarded the plaque and certificate of recognition to Mr. Yasser Moussa (Executive Assistant Manager) on behalf of Al Bustan Centre and Residence for being one of the sponsors of the 11th Asian Bench Press Championship which was held for the first time in UAE.*



*Mr. Yasser Moussa (Executive Assistant Manager) awards the plaque in behalf of Al Bustan Centre and Residence to Mr. Faisal Ahmed Obaid Al Zaabi (Emirate Powerlifting Committee)*



## **Gala Dinner**

*Traditional Cake-cutting ceremony led by Mr. Mohammed Abdul Rahim Al-Marri Secretary General and Mr. Abdul Majid Yazbak (Technical Coordinator of the competition)*



# Annual Fire Drill and Evacuation Exercise



*During the drill having the safety and security teams gathered the guests to the nearest emergency exits to the assembly point.*

*Emergency-response and evacuation procedure are observed, noting that all safety and security related equipment are in excellent condition.*



A mock fire drill was conducted in association with the Department of Civil Defence in Dubai to demonstrate the emergency-response readiness of the staff at the hotel apartment and the shopping centre, ensuring all staff are well-trained and capable of handling emergencies.

Mr. Moussa El Hayek, Chief Operating Officer of Al Bustan Centre and Residence, said: “The safety of our guests and employees is of utmost importance to us. Since accidents can happen anytime, we believe in deploying preventive measures and in being trained hands-on to respond in case of an emergency. We are extremely grateful to the Dubai Civil Defence Team, the Emergency Response Team including the Dubai Police and the ambulance services, and the members of the hotel’s security team in making this exercise drill a success and preparing the team to act calmly before professional help arrives.”

Mr. El Hayek also emphasized that all the rooms, meeting venues, health club, corridors and the entrance as well are fitted with latest smoke detectors and fire-fighting equipment that are readily available and placed in accordance with the standards of safety and security.

# One-stop Mall for Customized Gowns

*Find the most flattering styles on a wide variety of options  
only here at Al Bustan Centre*

## *Star Antalya*



## *Princess Bridal*



## *Lamaih*



# Museum of Illusions Opens in Dubai

*Experience unexplored world of illusions that will tickle your mind and amaze your eyes*



Source: Gulf News and <https://museumofillusions.ae>

With the ever-growing list of attractions in Dubai, Museum of Illusion, a part of international museum chain which started in 2015 offers a unique adventure. It has finally opened its doors to UAE, and welcomes all age groups.

The museum is highly interactive and it unfolds a visual, sensual, and educational journey. Seven other outlets are scheduled to open this year, including New York, Toronto, Berlin and Dubai, set to be the largest edition to date.

Be ready to be tricked with its 80 interactive exhibits including optical illusions, Vortex tunnel, infinity room, hologram, kaleidoscope, clone table and much more!

Located at Al Seef, Dubai Creek, Dubai  
Museum opens at 10 in the morning

Ticket prices starts at 60 AED for children (15-5 years) and adult for 80 AED  
Family ticket offers starts at 225\* AED  
\*includes 2 adults with max. 2 children

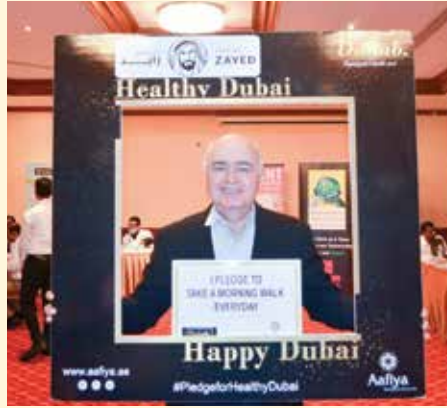


# #Pledgeforhealthydubai

Top and Senior Management joined in taking a pledge supporting a wellness and community campaign – Healthy Dubai, Happy Dubai.



**Mr. Arun Kumar**  
Resident Manager



**Mr. Moussa El Hayek**  
Chief Operating Officer



**Mr. Yasser Moussa**  
Executive Assistant Manager



**Ms. Liza Ortiz**  
Director of Human Resources



**Ms. Manoj Matthews**  
Financial Controller



**Mr. Omar Dahmouni**  
Asst. F&B Manager

## Eye Camp in Partnership with Vision and Style



As part of Responsible Awareness Program, our HR Team led by Ms. Liza Ortiz (Director of Human Resources) partnered with Vision and Style LLC for a comprehensive and free eye check-up for Al Bustan Centre and Residence's staff, which was also participated by the senior and top management including our Chief Operating Officer, Mr. Moussa El Hayek.



# Medical Camp



Al Bustan Centre and Residence organized a free multi-specialty medical camp for its employees in association with the leading healthcare management service provider, Aafiya. The participating medical clinics included Dr Batra's Homeopathy Clinic, VLCC Wellness, HNC Clinic and Ontario Ayurvedic Wellness Center.



A number of senior specialist doctors from Cosmetology, Dermatology, Endocrinologist, Psychological Medical, Alternative Healing, Dentistry, Otorhinolaryngology and Ayurvedic practitioners were on site helping the employees including the senior management with screening and consultation on various lifestyle diseases.



Mr. Moussa El Hayek, Chief Operating Officer of Al Bustan Centre and Residence, said: "Healthcare is an expensive element in this country and most of the employees are not in the habit of going through a regular medical check-up. Our aim behind organizing this health camp was to alert the individuals about their current health status and receive expert advice before the situation turns serious. Examination of an illness in the early stage can help cure it faster and save a life."



The experts even shared some facts about integrative medicine as an answer to today's healthcare crisis. Integrative medicines take into account all aspects of lifestyle for an individual and combine it with conventional western medicine and alternative therapies. The medical camp as part of Responsible Awareness Program was organized by the Human Resources Department led by our Director of HR, Ms. Liza Ortiz.



# Featured Employees

## Front of the House

Any hotel could find itself in a whirlwind of trouble if quality standards in cleaning is ineffective. Thanks to our meticulous, diligent, and industrious Housekeeping attendants who perform routine duties to maintain our guest rooms in a clean and orderly manner.

Dev Raj from Nepal, who joined our hotel in June 2016 and has dedicated his unwavering service which earned him magnificent stars. He was awarded "Star Employee of the Year 2017" and accumulated a total of 59 'Star Employee Badge' which he has received as an end-result from guests reviews and feedback for his high standard of service.

Apart from receiving work assignments carefully, he is very hardworking, committed, and well-groomed. With his friendly and caring disposition, always willing to put in extra time and efforts when required. Definitely, Dev Raj is a gem in our Housekeeping department!

### **Dev Raj Kulwar**

Housekeeping Attendant



*"The young man, Mr. Dev Raj is very friendly and efficient in his approach and executes his duties in the housekeeping"*

- MSallem Bechir

*"I am satisfied by the working of Dev Raj. Everything was made well. I am pleased of everything"*

- Eugene

*"Mr. Dev Raj is a good in maintaining the room. I am happy"*

- Amos Soans

## Back of the House

An outstanding employee since 1997, Babu, as he is fondly called by his colleagues is our Senior Technician in the Engineering Department.

For the past 20 years, he has been in-charge with all the painting jobs at Al Bustan Centre & Residence and his work ethics and performance is truly remarkable.

A very quiet and soft spoken associate, you will see him in the corridors, basement and around the property focusing his efforts on completing his duties modestly, and efficiently.

### **Kuriakose Babu**

Senior Technician (Painter)



As a painter, he has a great contribution in having Al Bustan Centre and Residence properly well-maintained. He treats all our job sites with highest detail in applying suitable coatings and ensures color matching for uniformity and consistency. Last but not the least, he takes safe work practices very seriously, that's our promise!

## Familiarization Trip



*Welcoming our guests from Russia at our property in partnership with Anex Tour - Rostov On Don for a familiarization trip. The representatives were gladly accommodated by our own Asst. Director of Sales, Mr. Fadi Hatoum.*

## Health Screening in Partnership with Thumbay Hospital Dubai



*The success of any organization lies in the wellness and productivity of its work force. A health screening was organized by our Human Resources Department headed by Ms. Liza Ortiz and in cooperation with Thumbay Hospital Dubai.*

## National Day Celebrations



*Egypt*



*Pakistan*



*India*



# Chef Special Recipes

by *Chef Krishna Pulami*

Chef de Partie

## Hyderabadi Claypot Chicken Biryani

### Ingredients

Onion, Garlic, Ginger, Green whole cardamom, Cloves, Star anise, Bay leaves, Cinnamon stick, Pepper corn, Ghee, Vegetable oil, Garam masala, Coriander powder, Chilli powder, Turmeric powder, Salt, Long grain basmati rice. Plain flour, Water, Clean chicken pieces

### Methods

Marinate chicken with salt, chilli powder, turmeric powder, and keep in the chiller overnight. Heat the oil then add bay leaves and whole spices, slightly crush and saute it. Add sliced onion ginger garlic paste, turmeric powder and cook few minutes. Add coriander powder, chilli powder garam masala and yoghurt mix it well than add marinated chicken. Soak the rice for about 30 - minutes drain and add and cook in high flame once its boil reduce the heat and cook in slow heat until cook. Than arrange in the clay pot cover with plain roti than baked in the oven for 30 minutes in slow heat and served hot.



## Chilled Shrimps, Avocado, Artichoke and Asparagus Salad



### Ingredients

Shrimps, Avocado, Asparagus, Artichoke, Parsley, Salt, White pepper powder, Olive oil, Lemon juice

### Methods

Boil water in the cooking pot than blanch clean shrimps, asparagus, artichoke and put in the cold water, drain and put in the mixing bowl, clean the avocado and cut into pieces and add in the mixing bowl. Add salt pepper powder, lemon juice, olive oil and mix well arrange in the serving plat and served chilled.

## Traditional Tiramisu



### Ingredients

Mascarpone cheese, Espresso, Lady finger biscuit, Vanilla essence, Sugar, Egg yolk, whipping cream, Cocoa powder

### Methods

In a sauce pan whisk the egg yolk and sugar until well blended and cook in over slow heat stirring constantly and keep in the chiller.

In a mixing bowl beat the cream with vanilla essence and add the mascarpone cheese egg yolk whisk mixture until smooth. Take the biscuits and soak with espresso and arrange soaked biscuits in the glass and top with mixture over the ladyfinger. Sprinkle with cocoa powder cover and keep in the chiller for at least 3-hour.

# Special Promotions



*Authentic Biryani Served in Clay Pot for your everyday cravings*

Date - from 25th October to 3rd November



*Let's celebrate and sizzle! Enjoy premium steak served smokin' hot*

Date - from 29th November to 8th December



*Festive classics for your Christmas celebration right at the comfort of your home*

Date - from 20th December to 1st January

We love hearing how our guests enjoyed their stay with us. It is our goal is to provide utmost comfort to our guests and ensure a relaxing and memorable experience.

agoda.com



10.0 Exceptional

Gordon from Oman  
Solo traveler  
Standard Studio  
Stayed 3 nights in April 2018

"A Beautiful Sample of Excellent Hospitality..!!"

Excellent hotel with excellent location near the Metro station, extremely clean & comfortable . Upon arrival we were warmly welcomed by the friendly reception staff Terance. I enjoyed the quietness, the cleanliness and the lovely staff. I was quite impressed by the large selection of food for breakfast. It was Awesome..!! I would be more than happy to stay here again and would definitely recommend this hotel to everybody..!!

Reviewed April 16, 2018



Anonymous  
Kurdish  
0 reviews

9.6 Exceptional

Nothing

+ Good price and very comfortable place

Stayed in September 2018

Reviewed: 11 September 2018



Vinod  
United Arab Emirates  
4 reviews

10 Exceptional

Stayed in August 2018

Reviewed: 11 September 2018



Royston D  
3

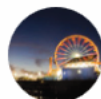
Reviewed 2 weeks ago via mobile

Mr.R Dsouza

It's has definitely been an excellent experience staying at AL Bustan Residency highly recommended full marks on cleanliness,the staff is friendly and always willing to hear you out.Thank you AL bustan for the wonderful experience hope to visit you again someday

Show less

Stayed: August 2018, traveled on business



dany6814  
Ozone Park, New York  
1

Reviewed August 1, 2018 via mobile

Great service and hospitality

Amazing service by the hotel staff. Rajeevan K.P. was extremely helpful with all our bags. The rooms were clean and tidy as well as the gym and pool area. Breakfast variety was great. Will definitely come back again !

Thank dany6814



Kagrmu1991  
Bonn, Germany  
1

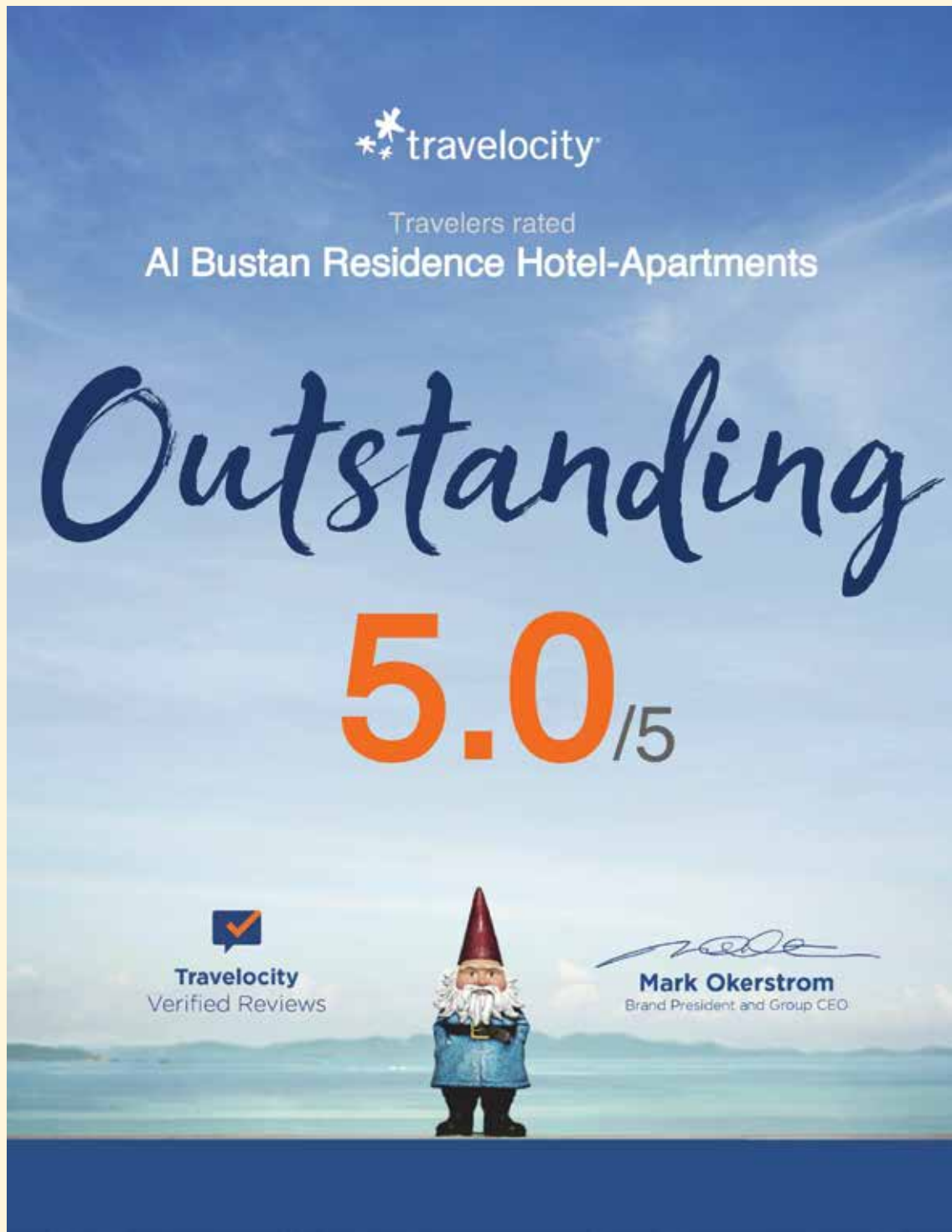
Reviewed August 12, 2018 via mobile

Miss

Great hotel with excellent service! The food is also excellent. Rajeevan and Erika were extremely helpful! Would definitely come back again. It's only located far from the city centre but there is public transportation close to the hotel.

Show less

Stayed: August 2018, traveled on business

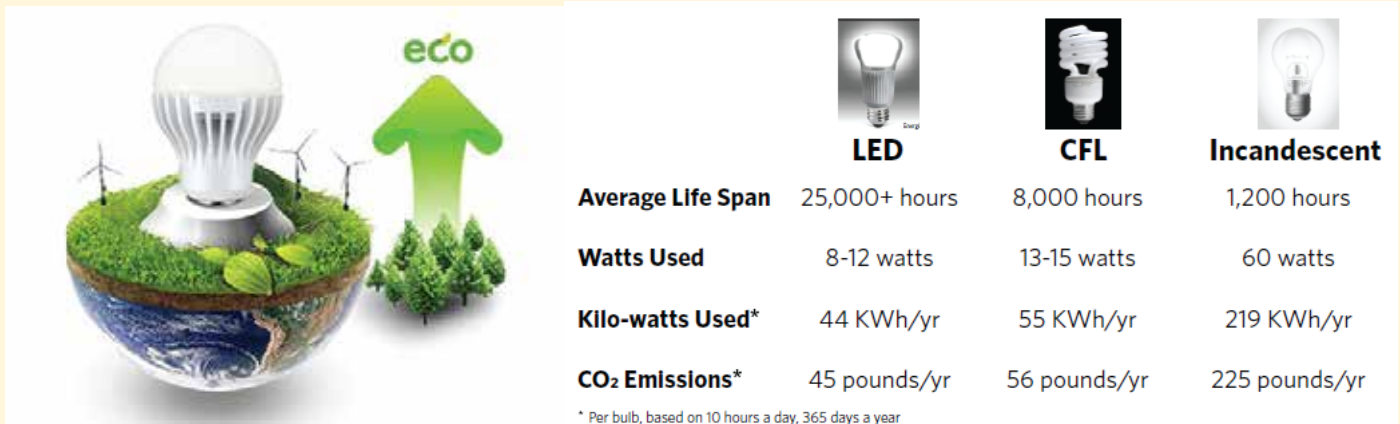


***Recognized for an outstanding rating by Travelocity.com, an American online travel agency owned by Expedia group, is a solid proof of Al Bustan Centre & Residence’s strong commitment to deliver outstanding services and facilities to its guests.***

“Customer satisfaction is and will always be our first priority. This ranking highlights our aspiration to excel in what we offer to our guests. We are delighted to receive this accolade from Travelocity. More importantly, we would like to thank all our guests for trusting us in providing an exceptional service. I would like to thank my entire team for their dedication and hardwork. Al Bustan Centre & Residence will continuously strive to achieve new levels of customer satisfaction in the hospitality industry” said Mr. El Hayek.

# Al Bustan Centre & Residence Promotes Sustainability

## *Energy Conservation thru switching to LED bulbs*



Sustainability is one of the most important concerns we are facing when it comes to environment. As part of the hospitality industry, Al Bustan Centre & Residence aims to provide an enhanced guest experience by integrating and inspiring a “Green Living”.

With our continuous efforts focusing on energy conservation, we have accomplished 75% completion in replacing our existing Halogen and CFL Bulbs with energy saving LED bulbs in almost all the public area including shopping mall premises.

***Almost 15% of energy consumption from lighting load is being saved per month and we are reducing 4,000 pounds of CO<sub>2</sub> emission level per month based on our LED bulb replacement project in initiating environmental technology as our support in promoting green globe.***

## ***The Benefits of LED Light Bulbs***

LED bulbs have many advantages over both incandescent and compact fluorescent:

- they use very little energy
- last at least 10 years
- contain no mercury vapor
- are tough and can be dropped or turned off and on repeatedly without damage
- can operate in very cold or warm temperatures
- have a light frequency that doesn't contribute to headaches or other health issues



# Celebrate your Special Occasions with us!



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**Banquet Hall**



**Corporate event**



**Birthday**



**Wedding reception**



**Graduation**

- \* Celebrate social gathering and corporate functions at Al Nahda halls that can accommodate from 50 to 250 persons.
- \* For corporate events and product launches, you can choose from a choice of themed buffet.
- \* Assistance from every member of our experienced Conference and Banquet Team.
- \* One stop shop for all including stage decor.
- \* Our Chefs will design specific menus to make your event memorable. We can provide you with customized menu options ranging from International, Arabic, Oriental, Indian and Asian Cuisines.



**Outdoor Catering/Home Delivery**



- \* Enjoy exquisite food sitting in the comforts of your home, all that you need to do is to give us a call.
- \* Menu rates to suit your budget.
- \* We customize menus according to your specific needs and likings. Menus range from International, Oriental, Arabic, Indian and Asian Cuisine.
- \* Professional waiting staff in attendance.
- \* We cater to all types of outdoor functions.
- \* Unmatched experience in outdoor catering ranging from 25 to 250 persons.

**For booking and inquiries:**

Mobile: **052 166 0269**

Telephone: **04 2630000 Ext. 835**

Al Nahda Road - Al Towar, P.O.Box 20107, Dubai, UAE

E-mail: [amfb@al-bustan.com](mailto:amfb@al-bustan.com)



50 M  
Al Nahda  
Station

All prices are inclusive of 5% VAT.

## 7 Benefits of a Personal Trainer

“DO I REALLY NEED A PERSONAL TRAINER?” is probably the most important and commonly asked question when it comes to eagerly deciding to lose those excess weight and flabs.

It is really challenging to find motivation to stay on track with our fitness goals and even routines are getting harder to follow if you are just doing it alone. Achieving your health and fitness goals will be easier with the help of a personal trainer. The lost will far outweigh the benefits you will gain.

### **1. They can help you with your unique requirements**

Different bodies and abilities require different and special exercise routines. Different medical histories and injuries are also a consideration to create a proper exercise and that's where the personal trainers' expertise comes in.

### **2. They help you set realistic goals**

Everyone would like to achieve their goals in a snap! But it is not always easy and along the way you may be distracted or demotivated then delaying the process. A personal trainer can help you set goals that you can realistically achieve in the time frame that suits also your dietary requirement.

### **3. They fit into your schedule and they give you personalized training plan**

Train at your availability! Personal trainers are very flexible and will make appointments that suits you with a personalized training plan with mostly exercise that you will enjoy and you're capable of.

### **4. They educate you and help you form good habits**

Fitness goals will never be achieved by just DOING exercises – it is doing exercises PROPERLY. Personal trainers will teach you HOW to do it and what proper nutrition you should be getting. Bad habits of exercising are hard to break and good habits and routines are harder to do that's why having them really helps you to keep track of your fitness goals.

### **5. No wasted time**

Ever tried going to the gym but not having any idea on specific sequence of machines to use? Are you the type who continuously shift from one machine or work out to another? Or someone who spends a lot of time resting instead of progressively doing the routine? If you have identified yourself, then you should be thinking of getting a personal trainer now.

### **6. They help you perfect the form**

Having someone to demonstrate to you the proper way of doing exercise and technique is really invaluable.

### **7. They challenge you**

A personal trainer can be your nutrition guide, encourager and can even be a life coach – all in one role. Challenging not only your abilities but taking you the next level with a better version of you.



**Mr. Lintu Menonparambil**  
Fitness Expert



# OCTOBER OFFERS

Promo from **Oct 1 - Nov 15**

Get up to **35% discount** (one year membership)

Sign up with a friend & get special discount (monthly membership)



## PERSONAL TRAINING

Sign up for 20 sessions & get 2 hours free

## MASSAGE

Get 15% discount for every two (2) relaxing massage availed (60 minutes)

## TENNIS LESSON

Sign up for 10 classes & get 5 personalized sports training classes for free

## SWIMMING LESSON

Get 15% discount on renewals & group registrations. Get one 1 hour free swimming class on referrals



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Talk to our experts:  
04 263 0000  
04 6011 802/803

Connect with us:



Terms and conditions:  
All rates are inclusive of 5% VAT.



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Al Bustan Residence البستان رزیدنس

# Everything. Right where you need it.



640 Fully Furnished & Service Suites • Executive Club Rooms & Suites • Deluxe Rooms & Suites • Executive Club Lounge • 24 hrs. Room Services • Fountain Restaurant • Food Court • Coffee Lounge • Pastry shop • Conference & Banquet Facilities • Business Centre • Shopping Mall with 95 outlets • Underground Parking • 24 hrs. Security • Laundry & Dry Cleaning Services • Laundromat • Free WiFi • Pharmacy • Housekeeping Services • Satellite LED TV • Health Club with Steam/Sauna/Massage - separate for men and women • Outdoor Swimming Pool • 2 Floodlit Tennis Courts • Banking Facilities • Hypermarket



**50 METERS Al Nahda Metro Station**

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