



The Network News

Happy Holidays

A Quick Look Ahead...

Thursday December 8	Coffee Morning 10 am to noon Khalidiya Palace
Sundays	Social Bridge 1:30 pm to 4:30 pm Various Locations
Wednesdays	Golf clinic & Lessons 9:00 and 10:45 am Abu Dhabi Golf Club Sas Al Nakhl
Wednesday December 7 & 14	Mahjong 9:30 am to 12:30 pm Al Kamoon Restaurant Khalidiya Palace Hotel
Monday December 5	Book Club 1:00- 3:00 pm 7:00- 9:00 pm Various Locations
Tuesday December 13	Explorers 10:30 am- 2:00 pm Wild life workshop Park Hyatt Hotel Saadiyat Beach
Thursday December 15	Explorers' Event Musical Performance Bait Al Oud 8:00 pm
Thursday February 16	Trivia Night 7:30- 10:00 pm British Club (Details TBA)

A Message from Carolyn...

Welcome December! 'Tis the season to be in Abu Dhabi. There are so many fun and exciting activities throughout the city this time of year.

UAE National Day, celebrated on December 2nd each year, marks the unification of the seven emirates and the founding of the country in 1971 under Sheikh Zayed bin Sultan Al Nahyan, the first president.

The day also marks the adoption of the National Flag which was unfurled by Sheikh Zayed to officially announce the formation of the UAE as an independent nation. It's a fun time to be in town with fireworks, air shows, and a bedazzled Corniche starting on December 1st.

Please spend December 8th with us at our regular coffee morning. Our speaker will be Arabella Willing, resident marine biologist at Park Hyatt Abu Dhabi. The subject of her talk will be the nesting turtles of Saadiyat Island, and the Park Hyatt's efforts to protect them.

Our Chairs and Coordinators have planned many activities for the coming months. Take a look inside for interesting and fun things to do with friends.

We are also pleased to announce Marta Rodriguez as AWN's new Coffee Morning Chair. She is the person behind our dynamic and informative speakers every coffee morning. Welcome Marta!

The American Women's Network wishes you and your family a safe and peaceful holiday season.

Fondly,
Carolyn Neubauer
AWN Co-President

Coffee Morning

December 8 Our guest speaker Arabella Willing, resident marine biologist at Park Hyatt Abu Dhabi, will give a presentation about “The nesting turtles of Saadiyat Island and Park Hyatt Abu Dhabi’s efforts to protect them.”

Synopsis: Hotels, undeniably infringe on natural ecosystems, and when poorly managed can have devastating effects on wildlife. Arabella Willing will explain how their presence on the edge of a conservation area, aims to heighten rather than hinder the conservation effort.

Due to unforeseen circumstances, our schedule of speakers is subject to change. For more info, please email morningcoffees@awnabudhabi.com

Shukran!

As always, AWN wishes to thank Khalidiya Palace Rayhaan by Rotana for hosting our Thursday morning coffees. We greatly appreciate its welcoming atmosphere, and its dedication in meeting our needs and expectations. Members please remember that Khalidiya Palace offers 20% discounts in their restaurants following our coffee gatherings



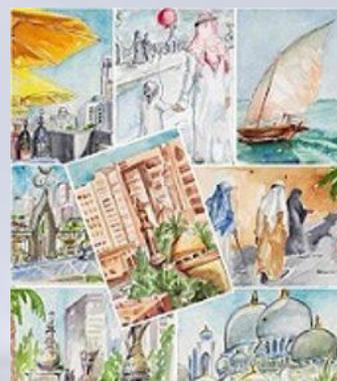
Shukran!

A very special **Thank You** goes to last coffee morning guest speaker **Karin Garaialde** who gave us her global perspective on communicating and collaborating in a multicultural environment. Karin delved into the importance of building bridges and connecting with others, and left us with a memorable quote by the 13th century Persian poet Jalalud-dine Rumi, “***Out beyond ideas of wrongdoing and rightdoing, there is a field. I'll meet you there.***” Thank you Karin for this inspirational talk!



AWN Cards for Sale!

Be sure to pick up a pack of these 8 beautiful images of Abu Dhabi painted by AWN member Dottie Knapp. At only 35 AED per pack, these cards are the best deal in town and they are the perfect hostess gift! You can purchase these cards at coffee mornings from Barb Bubb and all proceeds go directly to our philanthropy projects.



Suzanne Texter, AWN Secretary, in her own words ...

I can honestly say that I love my life in Abu Dhabi! Being an Expat here allows me the opportunity to learn about a new culture and explore different regions of the world. It feeds my passion of traveling and opens my eyes to possibilities.



Abu Dhabi is our first adventure as “Empty Nesters” and we are enjoying being a “party of two”. We have four beautiful children Taylor, Travis, Trevor and Tia and are grandparents to Selina the cat and Roscoe the dog. I love to travel, read, and spend time with friends and family.

The most rewarding thing here in Abu Dhabi is my role as AWN Secretary. I am so happy to be a part of the AWN team and represent the traditions and opportunities it provides to women.

Our wonderful Co-President Susan once said to me “embrace your time in Abu Dhabi because it is only a small snippet in your life.” I took those words to heart and have embraced Mahjong, Bridge, Golf, and Explorers Events!

However, the best thing about being a part of AWN is the opportunity it has provided me to meet women from around the globe and gain new friendships. I hope to continue making new friends throughout my time in Abu Dhabi and be part of the team that welcomes you at the front door.

AWN Annual Showcase on November 17, 2016

Our annual AWN Showcase, this year held in conjunction with Khalidiya Palace, was a big hit!

We had over 40 vendors participating, offering shoppers a variety of fantastic items to choose from. Photography capturing local themes, jewelry, and embroidered/stenciled linens were among a few of the many popular booths.

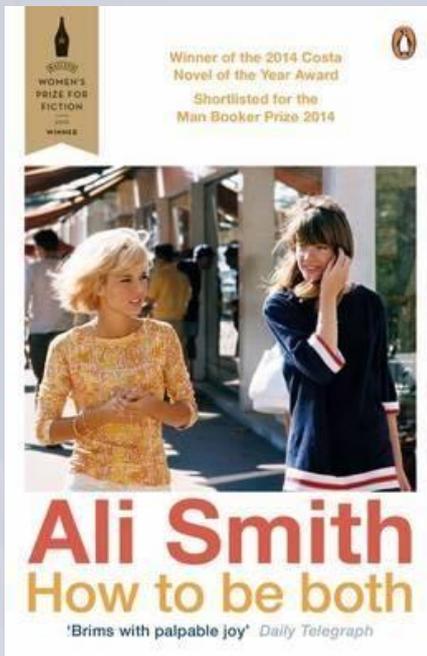
Thanks to our vendors' generosity, we had a very successful lucky draw allowing AWN to support our charities. We hope all the lovely ladies who enjoyed the morning got a great head start on their holiday shopping.



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Book Club

The book selection for **December 5** is **"How to be Both"** by Ali Smith



"How to be Both" is a novel all about art's versatility. Borrowing from painting's fresco technique to make an original literary double-take, it's a fast-moving genre-bending conversation between forms, times, truths and fictions. There's a Renaissance artist of the 1460s. There's the child of a child of the 1960s. Two tales of love and injustice twist into a singular yarn where time gets timeless, structural gets playful, knowing gets mysterious, fictional gets real—and all life's givens get given a second chance.

WINNER OF THE BAILEYS WOMEN'S PRIZE FOR FICTION
(formerly the Women's Prize for Fiction)

Please join us for an enjoyable time with lots of good conversation. Bring your opinion! Afternoon group meets from 1:00 – 3:00 pm, and Evening group meets from 7:00 – 9:00 pm. Please RSVP at bookclub@awnabudhabi.com stating "afternoon" or "evening" in the subject line. **LOCATION DIRECTIONS WILL ONLY BE SENT TO THOSE WHO RSVP.**

Bridge

The Bridge Club meets every Sunday from 1:30-4:30 p.m. at various locations and we welcome players of all levels. Bridge lessons are offered periodically and if you are interested in learning to play, please contact the bridge coordinator either by email or at a coffee morning. For more info, please email bridge@awnabudhabi.com



Golf

Join the AWN lady golfers every Wednesday morning at Abu Dhabi Golf Club, Sas El Nakhl. Intermediate lessons begin at 9:00am for one hour followed by a round of play on the 9-hole Garden Course (cost 210 AED). Beginner lessons are held at 10:45 am for one hour (cost 110 AED). You can sign up at the regular AWN Coffee Mornings or by email at golf@awnabudhabi.com.



Trivia Night

We have a fantastic night planned!! On Thursday, February 16, an exclusive AWN Valentine Trivia event is being held at The British Club with DJ Mike Greaves. This is the event you won't want to miss! So, save the date and watch for more information in our January Newsletter.



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awn@awnabudhabi.com www.awnabudhabi.com

Explorers

On Tuesday Dec. 13, Explorers will attend a “**Wildlife Identification Workshop**” followed by lunch at the Park Hyatt, Saadiyat beach. The cost per person is 200 AED. Tickets will be on sale at the next coffee morning. For more info or to register, please email explorers@awnabudhabi.com

On Thursday, December 15, join us for “**Bait Al Oud graduation performance**”. This is a musical performance promoted by Abu Dhabi Tourism & Culture Authority. More information and sign-up sheets will be available at the Explorers’ desk at the next coffee morning or by emailing explorers@awnabudhabi.com

Mahjong

The Mahjong group plays every Wednesday morning from 9:30 am to 12:30 pm. We meet at Al Kamoon restaurant, Khalidiya Palace Hotel. All levels are welcome including those who have never played and would like to learn. There is a cost of 35 AED that includes coffee, water and a light snack. If you wish to be added to the mahjong mailing list, please send an email to mahjong@awnabudhabi.com



Please note that there will be no Mahjong on November 30. For December we will meet on the 7th and the 14th. Play will resume as usual on January 11.

Activity Highlight of the Month: Mahjong

Originated in China, Mahjong is a game of skill, strategy and calculation. According to Chinese folklore it was invented more than 2000 years ago, in the court of the King of Wu, by a beautiful but lonely maiden who wanted to amuse herself. She carved and painted hundreds of tiles made of bamboo and ivory and after she finished she invited her personal maids to play. Nowadays, Mahjong is played by approximately 350 million people in Asia alone.

A 2006 study, published in the International Journal of Geriatric Psychiatry concluded that Mahjong is a viable treatment option for people suffering from dementia. The researchers chose 110 aging nursing home residents and assigned them to play Mahjong for one hour, three times a week for three months. The elderly’s cognitive performance was tested up to nine months after completing the program. The study produced consistent gains across all cognitive performance measures and with long term benefits for the mind. The researchers concluded that regular mahjong playing could slow down cognitive decline even for those suffering from significant dementia.



What the study though did not include in the findings was what fun this game is! There is nothing like spending a morning socializing with a group of charming ladies, in a beautiful room situated by a pool and surrounded by well-manicured gardens while playing this amazing game!! It is a morning filled with healthy competition, interesting conversation and lots and lots of laughter. Our group always welcomes new players providing instruction for those who need it, or challenges for more experienced players. We even go a step further by having available for you to buy the book containing the rules of the game as well as all the combinations you will ever need in order to play.

So, if you haven’t tried Mahjong yet, now is the time!! It is addictive, it is fun and it is actually good for your mind!!

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Explorers' trip to the Sharjah Museum of Islamic Civilization and the Sharjah Calligraphy Museum on November 15, 2016

Our group first toured the Museum of Islamic Civilization. It contains more than five thousand historical artifacts from Islamic Civilization. The building is a stunning converted souq right on the waterfront.

The ground floor galleries showcase different aspects of the Islamic faith, including the ritual and importance of the hajj, and Arab scientific accomplishments, especially in mathematics and astronomy.

The upper floors navigate 1400 years of Islamic art and artefacts, including ceramics, woodwork, textiles and jewelry.

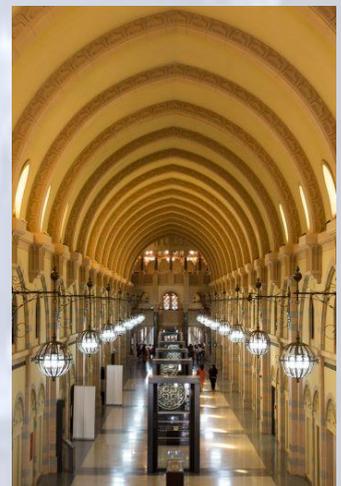
The zodiac mosaic below the central dome is magnificent. The museum also was hosting a special exhibit called "**Spectacle and Splendor: Ottoman Masterpieces**" from the Museum of Applied Arts in Budapest.



We had a delightful lunch outdoors along the corniche at Ghawa Gahwa, a new café located right in the Heart of Sharjah. After lunch we went to the Sharjah Calligraphy Museum, where the current exhibit is "**Manifestations of the Letter.**" At the museum we met with Adnan Al Sheerefi, Teacher of Art Arabic Calligraphy. He showed us several different styles of Arabic calligraphy and gave us a brief overview of this very complicated art form. Mr. Al Sheerefi delighted us with our names spelled in Arabic calligraphy as a wonderful gift to take home.

Thank you to our tour guides at both museums and a special thank you to Izabella Sluzek who shared her vast historical knowledge at the Islamic Civilization Museum.

By Holly Buckley



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AWN Explorers' guided tour to the Miraj Islamic Art Center on November 1

AWN Explorers were treated to an excitingly memorable tour to the Miraj Islamic Art Center in Abu Dhabi.

On arrival, we were welcomed by our very knowledgeable guide, Mr. Imtiaz, and were led through the dark and winding halls of the gallery to explore the unique collection of art pieces and learn about its history, the materials or methods used in creating the work.

On display, there were unique Islamic art pieces, from paintings and marble vases to carpets woven with golden thread, Ottoman pistols, jewel tapestries and shawls. Almost all of the treasures on display can be



purchased. Of special interest to our members were jewelry, pashminas and shawls.

After the tour, AWN explorers headed to the Hilton Grand Capital Hotel next door and had a delicious lunch while chatting and sharing their impressions of the gallery and the stunning artwork on display.

Thank you Rubina, our Explorers' Coordinator, for organizing another successful trip and allowing AWN members to learn more about the culture of this region and its treasures.

AWN Culture Club Event "Picture is worth a thousand words" on November 22

The topic chosen for that event was painting traditions in Asia, namely, China, Persia, and India. As always, Izabella Sluzek, our Culture Club coordinator, delighted her audience by sharing her vast knowledge and her passion for Asian art. A few of our members volunteered as well and showed us different forms of art from Japan, Punjab, and Egypt. A special thank you goes to Izabella Sluzek and all who attended the event.



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