



THE NETWORK **News**

AWN COFFEE & SPEAKER SERIES

Thursday
June 1, 15

AWN Coffee & Speaker Series
10 a.m. - 12 p.m.
Khalidiya Palace

JUNE EVENTS

Tuesday
June 6

Explorers:
Tamba Restaurant
12:30 p.m.

MONTHLY ACTIVITIES

Sundays
June 4, 11, 18, 25

Social Bridge
1:30 - 4:30 p.m.
Various Locations

Mondays
(after Ramadan)

Art Club
10 a.m. - 12 p.m.
Fanr Cafe, Saadiyat

Wednesdays

Golf Clinic & Lessons
8 a.m.
Abu Dhabi Golf Club
Sas Al Nakhl

Monday
June 19
July 24

Book Club
1 - 3 p.m. // 7 - 9 p.m.
Various Locations

A LETTER FROM SUSAN



RAMADAN

“With the right attitude, non-Muslim expatriates and visitors can have a great time during Ramadan in the UAE. It’s a wonderful moment to immerse in local culture, as Emiratis and Muslim expatriate residents observe the month-long fast from dawn till sunset.

It’s an auspicious period of heightened spirituality. So it is best for expatriates and visitors to observe more discretion and increased sensitivity. Ramadan nights are usually festive and they start with an Iftar. Here’s a run-down of simple yet important things expatriates must remember during Ramadan:

- Don’t eat, drink, chew gum, or smoke in public during the hours of sunrise to sunset.
- Most restaurants are shut during the day but some hotels will designate places non-Muslims can eat, smoke and drink in the day.
- Women are advised to dress more conservatively
- Give way when a motorist behind seems in a hurry, especially when iftar is approaching.
- Ramadan nights are festive. If you get an iftar invitation, gladly accept it. Bringing some sweets and flowers will be seen by your hosts as a sign of friendship.
- Try to connect with the local cultural scene by attending various events.
- It’s a great time to sample local and regional cuisine.
- Muslims appreciate it when you greet them “Ramadan Kareem.”

– gulfnews.com/in-focus/topics/ramadan/ramadan-etiquette-for-expats-in-uae-1.1207702



AWN COFFEE & SPEAKER SERIES

**JUNE
1**

Thursday, June 1 – Happyness 101, Randa El Zein

Moving around the world leaving family and friends behind can challenge our emotional, mental, physical and spiritual well-being. Come and discover how to boost your knowledge on the world of Positive Psychology to help you unlock joy and wonder in the human heart.

**JUNE
15**

Thursday, June 15 – Catastrophes, Crashes and Crimes in the UAE, Dr. Yates

Like any country, the United Arab Emirates have had their share of criminals, accidents, natural disasters and downright weird incidents. Dr. Yates brings tragic, strange and illuminating stories from the 1970s back to life in a compilation drawn from past UAE newspapers. The common theme of the articles are that these events have all had an impact on safety, security and stability of the UAE, and cover a vast range of topics from smuggling deaths to murders, from assassinations to plane hijackings, and from mermaid hoaxes to UFO sightings. Together, they provide a fascinating glimpse into the past, and many of the stories still resonate today.

SHUKRAN!



Most AWN members will have rushed home to check the security settings on their computers, tablets and phones after listening to **Bhavani Suresh, CEO of Nbiz, Infosol & Esafe** and her “Smart Tips for Smart Devices” presentation on May 4, 2017. Her talk on personal cyber security certainly opened our eyes and educated us on cyber threats and taught us some simple solutions we can all implement on a day to day basis to make our devices more secure and protect our personal information.

Judging by the long line of members wanting a one-to-one word with Bhavani we all felt it was too short and would have wanted to ask many more questions to help us all understand.

At our May 18th Coffee and Speaker Series, AWN was inspired by Good Will Ambassador, **Tricia Evans**, from the Dubai charity, **Gulf for Good**. Their goal is to inspire people in the Gulf region to do something unusual; perhaps something on their “bucket list.” They offer adventure challenges around the world and the funds raised are donated to regional children’s charities where the challenge is held.

Thank You, Tricia, for encouraging us to push our own limits for a good cause.

www.gulf4good.org/en/section/about-gulf-for-good



COOK FOR A CAUSE

A fun and delicious morning was had by all in attendance at the **Cook for a Cause philanthropy event** held on May 1. Laurence from Secrets Fine Foods, a wonderful online gourmet grocery delivery service, treated us all to a fabulous cooking demonstration and lunch.

The menu consisted of burrata with spring vegetable, cod fish with asparagus and sundried tomato



paste, and gariguette strawberry and lemon mousse with amaretti



crumbles ... yum!
AND we can now make these wonderful dishes on our own!

And thanks to the generosity of chef Laurence and the ladies attending, all the proceeds went to our UAE designated charities, Make-a-Wish and Operation Smile.

KNITTING GROUP



Knitting is the new yoga! In this overwhelming and frenetic world everything is now, now, now. But when you pick up your needles and start knitting it's as if time stops and your daily stress levels are reduced. It's like a relaxing therapy.

AWN knitting group welcomes knitters of all abilities. Beginners will receive lots of friendly help and guidance from the more experienced knitters. If you've never picked up a pair of needles, fear not. It's fairly easy to get started and once you try, we're betting

Meetings will not take place during the summer months but are due to resume mid-August. To receive news and announcements or register your interest in joining this close knit group please send an email to knit@awnabudhabi.com.

you'll be hooked. Why not join us and have fun learning a new skill while making new friends? Our meetings are always very social affairs, held at The Bees Knees Cafe, Nation Towers, where everyone can buy refreshments while working on their latest creations.

Every item made will be donated to a good cause. For our first project, we're knitting baby blankets. Even though everyone is following the same very simple basic pattern, every finished blanket is different, using different colors, yarns and techniques. Knitting encourages your creativity, it develops your artistic side and allows you to unleash your imagination. Every item is unique and hand made. Is there any greater satisfaction?



ART CLUB

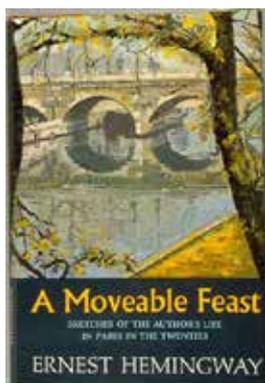
Meetings will continue through the summer, after Ramadan. The Art Club meets every Monday, from 10 a.m. - 12 p.m., at the beautiful Fanr cafe in the Manarat, Saadiyat Island. Please contact Julia, if interested (artclub@awnabudhabi.com).



BRIDGE

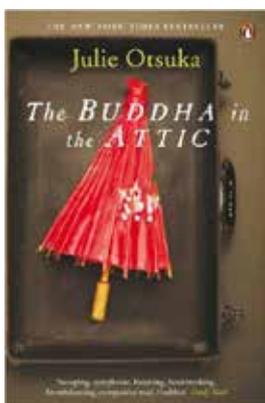
The Bridge group will continue to meet until June 25 and resume again September 10. If you would like to play or are interested in lessons, please contact the bridge coordinator at bridge@awnabudhabi.com.

BOOK CLUB



The book selection for **June 19** is *A Moveable Feast* by Ernest Hemingway.

A Moveable Feast captures what it meant to be young and poor and writing in Paris during the 1920s. A correspondent for the *Toronto Star*, Hemingway arrived in Paris in 1921, three years after the trauma of the Great War and at the beginning of the transformation of Europe's cultural landscape. Among these small, reflective sketches are unforgettable encounters with the members of Hemingway's slightly rag-tag circle of artists and writers, some also fated to achieve fame and glory, others to fall into obscurity. Here, too, is an evocation of the Paris that Hemingway knew as a young man – a map drawn in his distinct prose of the streets and cafes and bookshops that comprised the city in which he, as a young writer, sometimes struggling against the cold and hunger of near poverty, honed the skills of his craft. (Scribner)



The book selection for **July 24** is *The Buddha in the Attic* by Julie Otsuka.

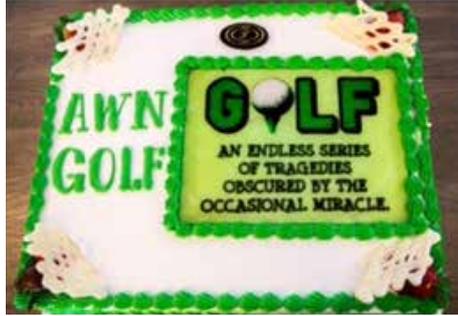
A novel that tells the story of a group of young women brought from Japan to San Francisco as "picture brides" nearly a century ago. In eight incantatory sections, *The Buddha in the Attic* traces the picture brides' extraordinary lives, from their arduous journey by boat, where they exchange photographs of their husbands, imagining uncertain futures in an unknown land; to their arrival in San Francisco and their tremulous first nights as new wives; to their backbreaking work picking fruit in the fields and scrubbing the floors of white women; to their struggles to master a new language and a new culture; to their experiences in childbirth, and then as mothers, raising children who will ultimately reject their heritage and their history; to the deracinating arrival of war. (Knopf)

We meet on the 4th Monday of the month in various locations, coffee shop/host's flat. We have two meeting times. Afternoon group meets 1 - 3 p.m., and Evening group meets 7 - 9 p.m. You can sign up at the AWN Coffee Morning or by email at bookclub@awnabudhabi.com.

MAH JONG



There will be no mahjong for the months of June and July. Meetings will resume August 2. To receive news and announcements please send an email to mahjong@awnabudhabi.com.

GOLF**Golf Group Celebrates End of Season**

Earlier this month, golf co-coordinators **Patty and Jody** hosted a lunch for the group to celebrate an active and fun season of golf. There was an enthusiastic turnout with lots of lively conversation. It was a great opportunity to socialize away from the course and to say good-bye to those returning to their home countries for the summer months. It was also an opportunity to say farewell to two colleagues leaving permanently, Siobhan Joyce and Ana Bustillo, whose ever-smiling faces will be missed next season.



With the rising temperature, golf season is definitely winding down. However, for the truly hardy, a clinic will continue to be held at 8:00 a.m. on Wednesdays as long as there is a minimum of four participants. In October, the beginner and advanced clinics will begin again in full swing! Have a great summer!! You can sign up at the regular AWN Coffee Mornings or by email at golf@awnabudhabi.com.

TENNIS

Clinics will resume in October. Time, date and location will be announced in September. To receive news and announcements please send an email to tennis@awnabudhabi.com.

**EXPLORERS****Upcoming Trips**

- **Tuesday, June 6: Tamba Restaurant**

Time: 12:30-2 p.m. // Cost: 130 AED

Let us take you on an unforgettable culinary adventure as our chef reveals the inspiration and story behind Tamba. Join the Explorers Group as we visit Tamba at The Hub (Level 6) – World Trade Center Mall.

Please sign up at the next AWN coffee morning on June 1 or email explorers@awnabudhabi.com.

EXPLORERS



Nurai Island – A Five Star “Stay-cation” Destination! – May 2

Forty AWN members discovered the delights of Abu Dhabi's newest and most luxurious island retreat Nurai Island. After a ten minute speedboat ride from Saadiyat Island, Zaya Nurai resort came into view with its villas, beach houses and beach retreats ready for occupancy from an overnight to weeks on end, the length of stay dependant only on budget. A one-night stay in a three-bedroom villa was quoted at 20,000 AED. Of course, rates will be lower in

the coming off-season. Upon stepping in to the particular villa on tour, the ladies were treated to a stunning view of the private pool with the gorgeous turquoise waters of the Arabian Sea beyond. The master bedroom featured this same amazing sea view from the wrap around windows. The interiors are modern in design with touches of cool, calming colors.

This tour included a lovely buffet lunch at one of the five dining options at Zaya Nurai. In addition to experiencing wonderful cuisine, there are a variety of non-motorized watersports

on offer, a beautiful pool, fine white sand beaches, a spa and gym, yoga studio and tennis courts for guests to enjoy at their leisure. Zaya Nurai also offers day passes and no minimum charges if visitors want to just enjoy a drink or dinner in this spectacular setting.

Do check out their website (www.zayanuraisland.com) for more details and information if you require any more convincing that Nurai Island should be your next vacation destination!

– Luanne McCray

The Green Planet and Souk Madinat, Dubai – May 16

What a wonderful outing this small group of explorers had in sunny Dubai.

First was an unexpected stop at the Jumeirah Al Naseem Hotel (Jumeirah Al Naseem – meaning sea breeze in Arabic). This luxury hotel forms part of a complex of four hotels at Madinat Jumeirah, stretching along the coastline. We were made to feel extremely welcome by the hotel staff who took us round the whole hotel resort, including being shown different styles of rooms.

The next stop was the Souk Madinat which houses traditional retail and dining outlets. After a short time to rest and take refreshments we ventured back on the coach for a short journey to The Green Plant.

I did not know anything about The Green Plant or what to expect; I was intrigued as I am sure others in our group were. We were not disappointed. What a fantastic place: a vertical world of colourful flora, fauna and wildlife. Our guide was extremely knowledgeable. She took us from the bottom atrium to the top ‘canopy’ level where we weaved our way down around a giant tree through the next three levels of the rainforest. We were able to touch, observe and discuss different types of wildlife that typically live in a rainforest. A very enjoyable and informative visit indeed.

– Nicola French

