

THE NETWORK News

AWN COFFEE & SPEAKER SERIES

Thursday, February 7, 21
AWN Coffee & Speaker Series
 10 a.m. - 12 p.m.
 Khalidiya Palace Hotel

UPCOMING EVENTS

Friday, February 15
Valen-tee Golf & BBQ
 4:30 p.m.
 Saadiyat Beach Golf Club

Thursday, February 21
Quiz Night
 7 p.m.
 The Club

Monday, February 25
Explorers
 Archaeological Adventure
 8 a.m. - 4 p.m.

MONTHLY ACTIVITIES

Sundays, February 3, 10, 17, 24
Social Bridge
 1:30 - 4:30 p.m.
 The Sports Bar, The Club

Sundays, February 3, 10, 17, 24
Golf Clinic
 9 a.m. & 10 a.m.
 Saadiyat Beach Golf Club

Sundays, February 6, 13, 20, 27
Yoga
 8:30 a.m.
 The Studio

Mondays, February 4, 11, 18, 25
Art Club
 10 a.m. - 1 p.m.
 Cultural Foundation

Mondays, February 4, 11, 18, 25
Golf Clinic
 8:30 a.m.
 Abu Dhabi City Golf Club

Mondays, February 11, 18, 25
Knitting Group
 10:30 a.m. - 1:30 p.m.
 L'eto Cafe, Galleria Mall

Tuesday, February 26
Book Club
 2-4 p.m.

Tuesdays, February 12, 19, 26
Tennis
 8:45 a.m.
 Beach Rotana

Wednesdays, February 6, 13, 20, 27
Golf Clinic
 9 a.m. & 10:45 a.m.
 Abu Dhabi Golf Club

Wednesdays, February 6, 13, 20, 27
Mahjong
 10 a.m. - 1 p.m.
 The Club



UPCOMING EVENT:
VALEN-TEE GOLF & BBQ
FEBRUARY 15



UPCOMING EVENT:
QUIZ NIGHT
FEBRUARY 21



AMERICAN WOMEN'S NETWORK OF ABU DHABI

Connecting cultures through friendship

Welcome new and current members! Please join us soon at one of our AWN Coffee / Speakers Series events or one of the many activities we have planned throughout the year.

AWN is committed to connecting women of all nationalities through friendship, activities and cultural exchange. Be sure to explore our newsletter and visit our website often for the latest activities, outings and other interesting avenues of community involvement.

*Birgitt Adams and Sara Healey
 AWN Co-Presidents*

COFFEE & SPEAKER SERIES

AWN Coffee & Speaker Series are held twice a month on Thursdays from 10 a.m. until noon at the Khalidiya Palace Rayhaan by Rotana. Please check in our Newsletter or Mid-Monthly Update e-mail for exact dates.



Denise McGinty: The World of Domestic Workers

Among the many relationships in our culture, the engagement of domestic workers is one that can be very meaningful and also complex. To help us gain an understanding of the world of domestic workers in our region, we are delighted to welcome Denise McGinty, CEO of Tadbeer Housekeeping Co., a local firm dedicated to the ethical recruitment and placement of foreign domestic workers. Denise will shed light on the significant impact domestic workers have on society, on their employers' lives and families, and on their own families often left back in their home countries. Please join us as Denise, who has lived and worked in Dubai since 1998, shares her wealth of experience and practical insight on this often delicate and complicated subject.

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COFFEE & SPEAKER SERIES

**FEB
21**

Alia Yunis: "The Golden Harvest"

According to Alia Yunis, filmmaker, screenwriter, author and journalist, "Sometimes a tree knows our story best." We invite you to learn the amazing story of the olive tree, and the historical and cultural significance of olive oil in the region and in our daily lives which Alia has incorporated into the documentary, "The Golden Harvest" (www.goldenharvestfilm.org). Alia is also the co-founder of the UAE National Film Library, and founder of the Zayed University Middle East Film Festival (ZUMEFF), which brings together the best student films from the Middle East. Come hear Alia share her passion for the world of olive oil and her journey in putting this passion into film.

SHUKRAN!



Our very first Coffee & Speaker Series morning in 2019 took place as a dialogue between **Hanan Sayed Worrell, author of "Table Tables", Meghan Bondy and our own AWN Honorary Chair Mary Corrado**. Together they gave us an insight into the inspiration and work behind this wonderful book.

Heartfelt thanks to **Caroline Faraj, Vice President & Head of Arabic Services, CNN Dubai**, who spoke to the AWN on January 24. It was a full house with many questions and much enthusiasm from the audience, and all were captivated by her unique experiences building up a news business in the Middle East. It was inspiring to learn about her impressive career path, her personal influences, and the challenges and successes she has met both as a business leader and a journalist. Thank you, Caroline!



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.

Smile! Photos are taken at our events and coffee mornings to be used in our newsletter and website.

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SOCIAL EVENTS



The Fourth Annual AWN Quiz Night will take place on **Thursday, February 21**. This is by far the most popular AWN annual event. This year we will be serving a buffet dinner followed by the Quiz. Dinner will start at 7 p.m. and the Quiz will begin promptly at 8 p.m. The cost is 200 dhs per person and includes the dinner, water and the Quiz. There will be an open bar for anyone that would enjoy wine or a cocktail.

Sign-ups will take place during our coffee mornings. This is a very popular event and space is limited. We play in teams of 6 and you may either come as a team or join teams the night of the event. Singles and couples are both welcome.

Your Cupid Golf Coordinators are happy to announce another couples evening for our golfing members. This romantically inspired event will surely make our hearts beat faster as we'll have a chance to test our skills with other couples during fun couples golf competitions. Then we'll enjoy a complimentary adult love potion, and dine on Cupids BBQ cuisine. This all happens on **February 15 at Saadiyat Golf Club** starting at 4:30 p.m. The price is a great value at 250 AED per person. Hope you can join us!

Please RSVP via the AWN Golf email at awngolf@gmail.com.



EXPLORERS UPCOMING OUTINGS

Monday, February 4 - Desert Walk and Meditation at Sunset

Due to the massive interest for this event, Explorers Team decided to repeat it in November. Stay tuned in the Fall!

Monday, February 25 - Archaeological Adventure:

Day tour to the UAE's most ancient archaeological site at Mleiha

Location: Sharjah // Time: 8 a.m. - 4 p.m. // Cost: 210 AED (guided tour and transportation) - Lunch will be on our own at the museum café.



We will visit the site which is famous for discovering 125,000-year-old stone tools left behind by early humans migrating out of Africa along the southern Arabian Peninsula. Our guide will take us on a 2-hour tour in 4WD air-conditioned cars to show us ancient caves, fossils, tombs and palace ruins. Hats, sunblock and walking shoes are recommended as we will also walk on rocky surface in the sun. A visit at Mleiha museum will educate us further about the importance of this ancient site.

To reserve your place please sign up at the coffee morning or email explorersawn@gmail.com.

Please, remember that your place is not confirmed until payment is made. Thank you for your understanding.

CULTURE CLUB

Monday, March 18

Exploration of Symbols - "Fylfot, Gammadion, Wan - An Ancient Cross Symbol That We Love to Hate"

Location: TBD // Time: 10 a.m. - 12 p.m. // Cost: Free

Please note the new date of our meeting! Join the first Culture Club gathering of the year to discover more about the long and complex history of a symbol that, today, is associated with the Second World War. Whereas

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in many places today the gammadion is considered a taboo, this prehistoric symbol was found on almost all continents as an emblem of spirituality and divinity. Our meeting will explore the multiplicity of meanings of this cross, whose true nature has been auspicious up until it was hijacked and re-imaged in the 20th century. Everybody is welcome to share what they know about this misunderstood symbol by giving examples from their own country.

To reserve your place please sign up at the coffee morning, by the Explorers Team table, or email cultureclubawn@gmail.com.

EXPLORERS: EMIRATES SOIL MUSEUM



On Monday January 21, a group of 10 adventurous AWN ladies went to the Emirates Soil Museum trip in Dubai. It is the first time AWN members visited the Soil Museum, which is part of the International Center for Biosaline Agriculture (ICBA).

Our curator for the museum tour, Mai, and the workshop, named "Why is there still hunger," were both wonderful. For three and a half hours, Mai managed to provide us with a crash course on different types of soil, the soil amendments, UAE soils and their usages, while simultaneously raising awareness and understanding about the importance of soils for national development and food security.

With the rising global threat of food security, the importance of soil in agriculture and how soil responds to changing environments is crucial, especially in marginal environments such as the United Arab Emirates (UAE). What happens underground? How this is changing? What are the impacts?

The sandy soils that cover close to 75% of the UAE require special management practices for productive cultivation. Due to the specific desert and hot environment, the UAE soils are prone to severe land degradation reducing their productive capacity (ICBA website for Soil Museum).

Usually soils are preserved in natural history museums but there are very few soil museums in the world and none in the Arab region. In response to this, the



International Center for Biosaline Agriculture (ICBA) in collaboration with the Environment Agency - Abu Dhabi (EAD) and the Ministry of Climate Change and Environment, agreed on the need to establish a Soil Museum.

We explored the area where experiments of quinoa crops and moderate saline water are being monitored for future potential agricultural exploration. We also saw sunflower, amaranth, maize crops that are studied and monitored for how they can be further cultivated in this extreme environment.

For the last half hour we removed planted baby aloeveras and following Mai's instructions by using the soil and the white stones for water retention, we re-planted them in the provided glass bowls, courtesy of the Soil Museum workshop.

A very educational and fun time at the Soil Museum, we will be back next year.

– Carmen Aldea, Explorers Team

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EXPLORERS SUGGESTIONS

UAE Dolphin Project: Ongoing Volunteer Opportunity
www.uaedolphinproject.org

Interested in protecting Abu Dhabi's oceanic wildlife? Contact the UAE Dolphin Project to volunteer in assisting research projects to protect Abu Dhabi's dolphins!

Monday, February 4 // The Taming of Plants: Domestication of the Food Species We Eat

NYUAD Campus, Conference Center // 6:30 - 8 p.m. // Cost: Free!

Michael Purugganan, Professor of Biology at NYU will discuss the domestication of food species

Wednesday, February 6 // Feeling Smart: Why our Emotions are More Rational than We Think

NYUAD Campus, Conference Center // 6:30 - 8 p.m // Cost: Free!

Eyal Winter, Professor of Economics at Lancaster University and author of "Feeling Smart: Why our Emotions are More Rational than We Think" (Perseus Books Group, 2015) will talk about his book!

Tuesday, February 26th // Trip to Blue Souq - Sharjah

7:30 a.m. - 5 p.m // Cost: TBD

Meet with Rashad Gazhaly, third generation owner of Sheba Carpets, who will talk about how to identify the quality and origins of the carpet. There will be many other shops and warehouses to explore! Contact Lisa Stoclet for further details at lestoclet@hotmail.com.

The AWN Membership committee is hard at work welcoming all new members as well as old. We're pleased to share that there were over 10 newcomers that attended the speaker series on January 25 and over 20 newcomers attending the Newcomers Coffee on January 31. The team looks forward to continuing to welcome all women who are searching for a special group of inspiring, friendly, and fun ladies who share the same passion for forging new relationships. Our unique qualities, which are gifts meant to be shared with others, are always welcomed at AWN.



Jennifer Letrud, Mimi Prendergast, Pooma Abraham, Valerie Pelloux, Ajit Marwa

GOLF MEMBER PROFILE: CHRISTINE HAAG

In September 2016, I followed my husband to Abu Dhabi. It was the first time moving abroad without our three daughters. I had to reorganize my life and to find a new way to meet people. I've heard about AWN and decided to give it a try. I was also looking for a group of ladies who are interested in doing some kind of outdoor sports.

At my first coffee morning, I found out that there was a golf group within AWN. I wasn't very much into golf at that time, but I immediately signed up for it. The clinic took place at the Abu Dhabi Golf Club. My first lesson was a bit frustrating since the beginners group had already started two months before, but the pros are really nice and professional and they helped me to catch up with the others. The ladies of this group were gorgeous and I liked them at first sight; I became a frequent attendee. It didn't take long for me to enjoy playing golf more and more and now I'm really enthusiastic about it and became a member of the golf club.

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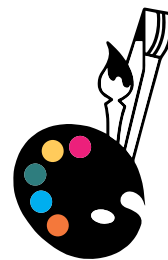
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ART CLUB

The Art Club meets at a **new location**, the Cultural Foundation (next to the Qars Al Hosn) every Monday from 10 a.m. - 1 p.m.

This is a place where people who have an interest in drawing and painting meet and paint together regardless of the level of painting skill. We organize special programs like demos and workshops. There is fee of 20 AED per visit for the use of studio.

If you have any questions, please contact us at artclubawn@gmail.com.



BOOK CLUB



AWN Book Club will read and discuss *Suslov's Daughter* by Habib Abdulrab Satori Tuesday, February 26 from 2 - 4 p.m. Location TBD.

For more information, please email bookclubawn@gmail.com.

SOCIAL BRIDGE

The Bridge Club has a new venue. We are now meeting at The Sports Bar, The Club. The timings are the same, every Sunday from 1:30 - 4:30 p.m.

A charge of AED 45 for tea and snacks is applicable. For any enquiries, please email bridgeawn@gmail.com.

GOLF



The holidays are over, kids are back in school, and now it's time for us. We are very excited to welcome a number of new members to AWN Golf this month and look forward to seeing them at the clinics and out on the courses.

SAVE THE DATE! Your Cupid Golf Coordinators are happy to announce another couples evening for our golfing members. This romantically inspired event will surely make our hearts beat faster as we'll have a chance to test our skills

with other couples during fun couples golf competitions. Then we'll enjoy a complimentary adult love potion, and dine on Cupids BBQ cuisine. This all happens on **February 15 at Saadiyat Golf Club** starting at 4:30 p.m. The price is a great value at 250 AED per person. Hope you can join us! **Please RSVP via the AWN Golf email at awngolf@gmail.com.**

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GOLF, continued

We have clinics for both beginners and Intermediate players at three different clubs, on different days of the week. All participants receive a free beverage following the clinic at each of the clubs.

Sundays at Saadiyat Beach Golf Club: Advanced/Intermediate Clinic begins at 9 a.m. for one hour followed by a round of play on the 9-hole course. Beginner lessons are held at 10:00 a.m. for one hour. (Price inclusive of VAT: 1 hour clinic - 105 AED; 9 holes of play - 265 AED).

Mondays at Abu Dhabi City Golf Club: Advanced/Intermediate 1 hour clinic begins at 8:30 a.m. plus an option to play 9 holes. Beginner lessons begin at 8:30 a.m. (both clinics run in tandem). (Price inclusive of VAT: Clinic only - 120 AED; 9 holes with clinic - 225 AED).

Wednesdays at Abu Dhabi Golf Club, Sas El Nakhl: Advanced Clinic begins at 9 a.m. for one hour followed by a round of play on the 9-hole Garden Course. Beginner lessons are held at 10:45 a.m. for one hour. (Price plus VAT: Clinic only - 110 AED; 9 holes with clinic: 210 AED)

You can sign up at the regular AWN Coffee Mornings or by email at awngolf@gmail.com.

KNITTING GROUP**STITCH AWAY STRESS**

The rhythmic motions of knitting can induce a relaxed state like that associated with meditation and yoga. Knitting can lower heart rate and blood pressure. Come join us to knit away the stresses of everyday life.

AWN Knitting Group will meet Mondays, February 11, 18, and 25, at L'eto Caffe, Level 1, The Galleria, Maryah Island, 10:30 a.m. - 1:30 p.m. *Please note there will no meeting held Monday, February 4.*

If you plan to attend or would like further information please send an email to knitawn@gmail.com.

MAHJONG

AWN Mahjong is held at The Club on Wednesday mornings from 10 a.m. to 1 p.m. Newcomers and beginners are welcome. Please RSVP plans to attend each week by each Monday evening prior.

To find out more contact us at mahjongawn@gmail.com.

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TENNIS

We will kick off the next AWN Tennis session beginning Tuesday, February 12. Below is information regarding the upcoming session.

- Each session consists of 4 lessons (one lesson a week)
- Lessons are open to Advanced, Intermediate and Beginner Players.
- Lessons are women only.
- The 45-minute lessons are held at Beach Rotana (near Abu Dhabi Mall) start promptly at 8:45 and end at 9:30 a.m. Immediately following the lessons, players are welcome to one-hour of complimentary court time (pending availability) and the use of the Beach Rotana pool and locker facilities.
- The cost per session is 340AED + VAT, payable at first lesson of the session.
- Please note, because we pay the tennis pros to attend the entire session, there are no refunds for missed lessons.

Please register early to guarantee your spot.

For registration or more information, please email tennisawn@gmail.com.



YOGA



AWN Yoga will meet on Sundays at 8:30 a.m. at The Studio on the Corniche, in the Khalidiya area (just a few steps away from Third Place Café.) Enjoy an hour of yoga with the special price of 50 AED for AWN members only, no walk-ins. Spaces will be limited so those interested, please send an email to yogaawn@gmail.com as soon as possible. This will be a pay-as-you-go plan!

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VOLUNTEER CORNER

ABU DHABI AMERICAN CHAMBER OF COMMERCE GALA

Feel like donning a ballgown and helping out our fantastic Abu Dhabi American Chamber of Commerce? The annual AmCham Gala is February 1 and they are in need of a couple more hostesses to help with the VIP's ... a very fun event you will feel very much a part of! If interested, please contact Cindy Dodge at outreachawn@gmail.com.

OPERATION SMILE

Operation Smile is seeking volunteers to fill two-hour shifts on Mondays and Wednesdays to help with the book sales held at their Abu Dhabi headquarters. A lovely group of ladies helps out at these book sale events.

Also Operation Smile is hosting a fun filled Drumming Cruise the evening of February 15. Food, beverages, drumming and good fun all aboard a beautiful boat and in support of Operation Smile.

For more information, please contact Morag Cromey-Hawke, Executive Director of Operation Smile UAE at morag.cromey-hawke@operationsmile.org.

GULF MULTISPORT TRIATHLON/AQUATHON

Would you like to start your weekend morning off early on Al Hudayriat Island volunteering for a triathlon or aquathon? Gulf Multisport is hosting events on February 8 and 9 (kids day) and needs your help. This is a great way to engage with the athletic community here in Abu Dhabi ... maybe you're contemplating participating??? Please contact Sittie Ferland at volunteer@gulfmultisport.com.

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HAPPENINGS IN ABU DHABI

WOMEN'S HERITAGE WALK

★ 2019 WOMEN'S HERITAGE WALK

February 1 - 5, 2019



The WHW has grown into an annual event recreating an Emirati migration of families moving between Abu Dhabi and Al Ain.

The Women's Heritage Walk from Abu Dhabi to Al Ain is an annual 125 km female-only trek that was launched in 2015 by American author and Clinical Counselor Jody Ballard, and she now continues to grow the walk alongside her Emirati partner, Asma Al Mutawa, who is a prominent cultural & literature advocate. The Walk is a heartfelt tribute to the women of the United Arab Emirates who helped shape the nation and focuses on 4 important pillars: women's encouragement, culture and heritage, health and wellness, and community building.

50 ladies of different nationalities set out each morning of the walk before the sunrise to brave the desert and complete a full 25 km distance by sunset. The diverse group relishes culinary journeys of traditional food, takes part in rich cultural and heritage activities, learns about the history and desert life of the UAE and camps under the stars in a secured authentic Bedouin campsite.

The Women's Heritage Walk has evolved into an incredible sand sisterhood that grows stronger with each passing year.

Learn more about the event and apply to become a 2019 Sand Sister on womensheritagewalk.com!

KNITTERS

★ HELP TO KEEP A CHILD WARM WHILE BREAKING A WORLD RECORD

Knitters from all over the UAE are attempting to break the Guinness World Record for the world's largest blanket. This involves knitting approximately 2,200 individual baby blankets. Once the world record has been broken each individual blanket will be donated to needy people across the world.

HERE ARE 3 WAYS YOU CAN HELP:

- 1 - Knit a blanket minimum size 1m x 1m - Important no crochet allowed, not even on edges of blankets.
- 2 - knit a square minimum size 20 x 20 cm. These will be sewn into blankets by volunteers.
- 3 - Donate yarn.

For more information:

<https://m.facebook.com/groups/gwrknitathon2019/>

INTERNATIONAL BUSINESS WOMEN'S GROUP

★ IBWG SEMINAR - THE NEUROSCIENCE OF LEADERSHIP AND MINDSET

February 6, 2019 | 6 - 8 p.m.

Venue: Four Seasons Hotel Abu Dhabi at Al Maryah Island

Cost: AED 150 to Members. AED200 to Non-Members.

This seminar will challenge you to unlock barriers and bring success, happiness and fulfillment throughout your workplace. Transform your mindset and harness the power so often seen in the world's most successful people. The solution lies in your power to rewire your brain - you can literally change your brain structure to extinguish stress and light up your higher brain functions such as decision-making, creativity and influencing.

Kindly RSVP your attendance to administrator@ibwgabudhabi.org no later than Monday, February 4, 2019.

NSO SYMPHONY ORCHESTRA

★ RUSSIAN SYMPHONIC CLASSICS

February 8, 2019 | 7:30 p.m.

Venue: Emirates Palace Auditorium

Cost: Platinum 375 Dhs - Gold 275 Dhs - Silver 175 Dhs - Balcony 150 Dhs.

Conducted by NSO Music Director Andrew Berryman, NSO performs some of the world's most popular Russian orchestral masterpieces, including Tchaikovsky's virtuosic Violin Concerto in D major, with violinist Nadine Artuhanavam, Mussorgsky's Night On Bald Mountain and excerpts from Pictures at an Exhibition, and the exquisitely romantic melody of Khachaturian's Adagio from Spartacus.

Adding to the evening is an exciting exhibition by popular multi-talented Emirati artists Eman Al Hashmi and Ahmed Al Hosani.

NSO's Russian Symphonic Classics - a musical night to remember!

Box Office: www.800tickets.com - Concert Box Office

Information: info@nsouae.org // www.nsouae.org // ticketing@nsouae.org

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