

THE NETWORK News

AWN COFFEE & SPEAKER SERIES

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

UPCOMING EVENTS

**Monday,
March 4** **Explorers**
10:30 a.m.
Grand Mosque Tour

**Monday,
March 11** **Explorers**
10 a.m.
Qasr Al Hosn Tour

**Tuesday,
March 12** **Explorers**
11 a.m.
Art Adventure Tour

**Monday,
March 25** **Explorers**
8 a.m. - 4 p.m.
Sharjah Biennial

MONTHLY ACTIVITIES

**Sundays,
March
3, 10, 17, 24, 31** **Social Bridge**
1:30 - 4:30 p.m.
The Club

**Sundays,
March
3, 10, 17, 24, 31** **Golf Clinic**
9 a.m.
Saadiyat Beach Golf Club

**Sundays,
March
3, 10, 17, 24, 31** **Yoga**
8:30 a.m. / 10 a.m.
The Studio

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

**Monday,
March 18** **Book Club**
2-4 p.m.

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

**Mondays,
March
4, 11, 18, 25** **Knitting Group**
10:30 a.m. - 1:30 p.m.
Galleria Mall

**Wednesdays,
March
6, 13, 20, 27** **Golf Clinic**
9 a.m.
Abu Dhabi Golf Club

**Wednesdays,
March
6, 13, 20, 27** **Mahjong**
10 a.m. - 1 p.m.
The Slipway Bar, The Club



EXPLORERS EVENT:
**SHEIKH ZAYED
GRAND MOSQUE**
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EXPLORERS EVENT:
QASR AL HOSN
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AMERICAN WOMEN'S NETWORK OF ABU DHABI

*Connecting
cultures
through
friendship*

WELCOME FROM AWN CO-PRESIDENTS

Welcome new and current members! Please join us soon at one of our AWN Coffee / Speakers Series events and be sure to explore our newsletter and visit our website often for the latest activities, outings and other interesting avenues of community involvement

This year is already off to an exciting start with interesting speakers, a wonderful new members coffee, and some extra fun gatherings including Valen-tee night and Quiz night. Who knew putting could be so fun?

Another very important way we connect and grow in friendship together is by volunteering. AWN is run solely by dedicated and wonderful volunteers. If you would like to learn about opportunities to be a part of a team in a big or small way, please come to the Friends of AWN coffee morning on March 14th. We would love to hear about your interests! Please see further details on page 8.

AWN is committed to connecting women of all nationalities through friendship, activities and cultural exchange.

Sara Healey and Birgitt Adams
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.



Salama Al Shamsi, Director, Qasr Al Hosn

The much-anticipated reopening of Qasr Al Hosn last December has brought Emirati history to life, allowing the public to explore the oldest cultural site in Abu Dhabi. AWN is honored to welcome Salama Al Shamsi, Director of Qasr Al Hosn, to share her experiences with this historic landmark. Al Shamsi oversees the management and operations of Qasr Al Hosn Fort, the National Consultative Council and the House of Artisans, and was part of the pre-opening team where she led the formation of the narrative and organization structure. Come hear about this national treasure from one of its key champions.

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www.awnabudhabi.com

AWN - American Women's Network of Abu Dhabi

**MAR
21****Roudha Al Marri, Author, "UAE 101"**

"A must-read"... "barrier-breaking"... "everything you want to know about Emirati culture."

These are some of the phrases used to describe the book "UAE 101: Stories and Cultural Learnings." Please join the AWN on March 21st when we welcome co-author Roudha Al Marri to talk about her fascinating work. Consisting of 101 stories and tips that range from topics as diverse as prayer, perfumes and their significance, traditional folktales, wedding parties, and business etiquette, Roudha's book combines useful facts with her personal experiences growing up in the UAE. Don't miss this unique opportunity to gain valuable insights into the Emirati culture.

SHUKRAN!

Thank you **Denise McGinty** for your presentation February 7th on the world of domestic workers in the region and for sharing your wealth of experience in this often delicate and complicated subject. A very informative and engaging talk.

For further information on this subject please visit: www.housekeepingco.com or contact: Denise@housekeepingco.com

A huge thank you to **Alia Yunis** for her wonderful presentation about olive oil and her film "The Golden Harvest" at the last AWN coffee on February 21st.

AWN members were captivated by this fascinating topic, brought to life through Alia's humor, candor, and personal passion.

We thank her for an entertaining and inspiring talk in which she interwove the story of olive oil with insights into her own family, career, and experiences as a filmmaker.



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 35% discount in their restaurants following our coffee gatherings.

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EXPLORERS

Upcoming Events

Monday, March 4th – Cultural Adventure: VIP Tour to the Sheikh Zayed Grand Mosque

Location: Abu Dhabi // Time: 10:30 a.m. // Cost: Free // <https://www.szgmc.gov.ae/en/Home>

Please join us for this special tour of the largest mosque in the UAE, which has a capacity of 40,000 worshippers. We will rediscover this architectural marvel that combines Mamluk, Ottoman and Fatimid styles as we think about Sheikh Zayed's goal of establishing a historical Mosque, personifying the Islamic message of peace, tolerance and diversity.

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

Monday, March 11th – Historical Adventure: Qasr Al Hosn Tour

Location: Abu Dhabi // Time: 10 a.m. // Cost: 30 AED // <https://qasralhosn.ae/>

Over the course of the history of the Emirates, Qasr al Hosn (Qasr: "palace" and Hosn: "fort") which was built to guard an important source of fresh water, has been used as a watchtower, a seat of power, a home to royals, and a government office. After more than eleven years of restoration work, Qasr Al Hosn, the oldest and most significant building in Abu Dhabi, has opened its doors again! Join us for a walk through history.

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

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

Tuesday, March 12th – Art Adventure: Tour of “Distant Prospects – European Landscape Paintings from Liechtenstein. The Princely Collections” Exhibition

Location: Manarat Al Saadiyat, Saadiyat Island // Time: 11 a.m. // Cost: Free

This exhibition is part of the Abu Dhabi Festival 2019. “Distant Prospects” explores the history of landscape painting over the course of several centuries, featuring prominent artistic figures of the Late Renaissance and Baroque period, such as Jan Brueghel the Younger and Peter Paul Rubens, among many others. The exhibition includes works loaned by the world-renowned Princely Collections of Liechtenstein and other private collections, exhibited in the Middle East for the first time.

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

Monday, March 25th – Art Adventure: Visit the Sharjah Biennial 14: Leaving the Echo Chamber

Location: Sharjah // Time: 8 a.m. to 4 p.m. // Cost: TBA // <http://sharjahart.org/biennial-14>

Please join us for the 2019 Sharjah Biennial, a contemporary art happening that has been taken place every two years in Sharjah since 1993. Sharjah Art Foundation will feature nearly 80 established and emerging artists from around the globe, as well as many never-before-seen works. This year the exhibits “explore the possibilities and purpose of producing art when news is fed by a monopoly of sources, history is increasingly fictionalized, when ideas of ‘society’ are invariably displaced, when borders and beliefs are dictated by cultural, social and political systems”. Subjects ranging from migration and diaspora, to concepts of time and interpreted histories will be explored in different buildings and courtyards across the city's arts and heritage areas.

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

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

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 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.

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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 PAST OUTINGS

“Roads of Arabia” Exhibition, Louvre AD



The adventurous Explorers ventured to the Louvre, Abu Dhabi, on January 29th for a private tour of the “Roads of Arabia.” We were a good-sized group of 25 ladies, many of whom were members and frequent

visitors to this lovely museum. Our guide, Mohammed gave us a very comprehensive trip around the various galleries, highlighting some extremely old artefacts and explaining their meaning and significance. He talked to us about the importance of the frankincense trade in Arabia and how unlike the Silk Route, there was an actual paved road to carry the traders and that this kept their activities safe from foreign threats by sea. Mohammed was obviously passionate and extremely knowledgeable about his subject but managed to inject plenty of humour as regaled tales from Arabia. As always, it was lovely to meet in the café afterwards.

– Karen Magill – Explorers Team

Desert Walk and Meditation at Sunset

On February 4th, a group of 14 adventurous ladies went out on a dune hike with two expert guides from Out of the Gym Sand Dune Training. We met at Seashore Villas just past the Mussafah bridge and piled into three 4X4 vehicles. We travelled down the E22 for about 45 minutes; exited the highway at Al Khazna and drove through the sand-filled road to our hiking destination. After gearing up with hiking poles, hats, water and snacks, we started our hike. First, we tried out the smaller dunes and then graduated to higher and higher dunes. Along the way our guide, Aashild, pointed our flora and fauna including an Arabian toad-headed lizard. We settled down for a 15-minute meditation expertly given by Ella, our yoga instructor. We watched the sunset from the peak of a huge dune. Happy and feeling a bit tired, we ran down the dune to our awaiting vehicles with coffee, tea and snacks. We all felt a great sense of accomplishment.

– Holly Buckley – Explorers Team



See page 9 for Explorers Team Suggestions

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BRIDGE MEMBER PROFILE: ANITA MACFARLANE



Ladies, I am this month's poster girl for AWN Bridge. I want to spread the word about what a ridiculous amount of fun you can have learning and playing Bridge with a fabulous band of interesting and welcoming ladies.

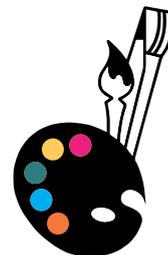
After my first year of the Abu Dhabi ex-pat life, I felt that my mind was beginning to slow, so I went in search of some mental stimulation and discovered in Bridge a new life skill and lots of lovely new friends. The lessons were challenging and I joined my first group play with some trepidation. No need – the group is so welcoming and the ladies patient and eager to share their knowledge. We play in a very relaxed atmosphere and each three-hour session just flies by. Bridge is no longer fusty, it is a cool and addictive game and I strongly recommend everyone give it a go!

ART CLUB

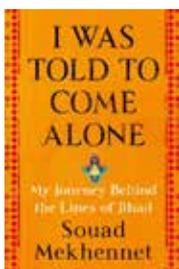
The AWN Art Club meets every Monday from 10 a.m. until 1 p.m.

The National Theater Studio moved to the Cultural Foundation by the Qasr Al Hosn. The parking is underground and the studio is located on the second floor.

If you need information of the new studio location, please inquire artclubawn@gmail.com.



BOOK CLUB



AWN Book Club will read and discuss *I Was Told to Come Alone* by Souad Mekhennet on **March 18th** (a week early due to school break) from 2 - 4 p.m. Location TBD.

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

SOCIAL BRIDGE

AWN Social Bridge meets at The Sports Bar, The Club, every Sunday from 1:30 - 4:30 p.m. for social bridge.

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

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GOLF



Golf season is in full swing, punctuated with a fun **“Valentine”-themed event** in Saadiyat Beach Golf Club on Friday, February 15. Seven couples were coached by resident coaches Lewis and Jacob in a pitching challenge followed by a driver challenge. We enjoyed lovely food and good company on the terrace afterwards.

We are happy to report that we have a lot of new golfers joining our group. We hope the mild weather continues so we get an opportunity to play as often as possible. Happy Golfing!

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: Clinic, combined levels, begins at 9 a.m. for one hour; followed by option to play 9-holes on the course. (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: Clinic, combined levels, begins at 9a.m. for one hour followed by option to play 9 holes on the Garden Course. (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



ATTENTION ALL KNITTERS: 5 Good Reasons to Join AWN Knitting Group

1. Help the UAE knit the world's largest blanket.
2. Make items to donate to charity.
3. Create a unique gift.
4. Build up your knitting skills.
5. Socialise and have fun.

Meetings take place every Monday at L'eto Caffè, level 1, The Galleria, Maryah Island, 10:30 a.m. - 1:30 p.m. All knitters will be made to feel very welcome.

If you plan to attend please send an email to knitawn@gmail.com.

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MAHJONG



Mahjong meets every Wednesday at the Slipway Bar, The Club. Newcomers and beginners are welcome.

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

TENNIS



On Monday, February 4th, the AWN tennis group took part in a competition against the German Ladies Group at the Beach Rotana Hotel. The weather was perfect and it was good fun especially as we were so evenly matched. Afterwards, the Beach Rotana provided us all with a delicious brunch. We are very grateful to our coach Mo, the Beach Rotana and our German friends for providing us with such a lovely and memorable morning. Thanks to all the AWN tennis group for taking part, you are a great group of friends and players.

Interested in learning how to play tennis or improving your game? AWN Tennis offers 4-week sessions to those interested in tennis, meeting new players and having outdoor fun.

For more information contact tennisawn@gmail.com.

YOGA



AWN Yoga meets 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.

Sundays:

8:30 a.m. – Yoga

10 a.m. Swing Yoga

Mondays

8:30 a.m. – Yoga

9 a.m. – Swing Yoga

Wednesdays

9 a.m. – Yoga

10:15 a.m. – Swing Yoga

Swing Yoga is a playful approach to yoga. This style of yoga is great for strengthening and flexibility, with assists, meaning it is accessible for all levels. Whether it is your first class or 100th class, this is an opportunity to release any sense of fear, and to create a deeper sense of trust in yourself, in your physical ability, and, of course, in your swing. There will only be two spots open for AWN ladies for each of these classes, as swing space is limited. This means that registration will be on a first come, first serve basis. AWN member special fee will be 75 AED per class (original price is 95 AED), payable to the Studio upon arrival!

Spaces will be limited in the regular yoga classes, 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

FRIENDS OF AWN

For those of you that are interested in becoming more involved in AWN, please join us on Thursday, March 14th from 9:30 to 11 a.m. to learn about various roles, both small and large, we are looking to fill. There are so many components of AWN, and we would love to help you find something that you feel connected to. Please join us to learn more!!

RSVP: membershipawn@gmail.com.

OPERATION SMILE BOOK FAIR NEEDS VOLUNTEERS!

Operation Smile is an international children's medical charity that raises funds to support reconstructive surgery to heal children born with cleft lip or cleft palate conditions, changing their lives forever. They will be holding their Big Book Sale from March 28-30, 2019 at Al Wahda Mall Abu Dhabi, and are counting on AWN's help. Each time slot throughout the day is 4 hours, and are available March 28, 29 and 30th. Duties would include assisting visitors, organizing tables, and replenishing books, etc.

Please contact outreachawn@gmail.com for more information.

HAKKASAN TERRACE RECEPTION IN SUPPORT OF MAKE-A-WISH UAE

AWN is delighted to once again be offered the opportunity to experience the breathtaking Hakkasan Terrace at Emirates Palace for a "complimentary" canapés and drinks reception in support of Make-A-Wish reception on Tuesday, March 26th from 7 - 9 p.m.

Again we strongly suggest a minimum of 150-200 aed per person donation to Make-a-Wish to help grant a wish or two. When a wish comes true, it creates strength, hope and transformation and we can make a child's life-changing wish come true with donations on the night.

This was a sell-out event last year....sign up is mandatory. To reserve a space(s), please contact Cindy Dodge at outreachawn@gmail.com. This is a first come, first serve event not to be missed!! There will also be a sign up sheet at the next meeting.

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EXPLORERS TEAM SUGGESTIONS

UAE Dolphin Project www.uaedolphinproject.org Ongoing Volunteer Opportunity

For those new to The UAE Dolphin Project and/or the Saadiyat Surveys: Meet up is 6:30 a.m. at Park Hyatt Saadiyat. Spaces are still available!

Christian Cemetery in Abu Dhabi

The now-being-built museum at the Maqta Bridge in Abu Dhabi will have a display on the history of Christian Cemetery in Abu Dhabi. Dr Athol Yates, Khalifa University, is coordinating the data collection on Cemetery for the museum. He is after any photos, artifacts and stories about the Cemetery. Also, he is calling for a volunteer to help collate and organise the information. If you have a few hours spare over the next two weeks, please contact him to find out more at: athol.yates@ku.ac.ae

February 26 – March 5: “The Border is Porous” Exhibit

Manarat Al Saadiyat main atrium, Island // 10 a.m. to 9 p.m. daily. Entry is free and open to the public.

Art installation The Border is Porous has been created by one of Manarat al Saadiyat's first international artists in residence, Jeanne Blissett-Robertson. The work is a response to the emirate's growing skyscraper environment and how it impacts nature's own super-builders, the reef corals off Abu Dhabi's Gulf coast. Blissett-Robertson, a sculptor and multimedia artist from the UK, was inspired by research being carried out at New York University Abu Dhabi into the Gulf's reefs and the environmental pressures the corals face due to climate change, global warming and human activity.

March 6-16: Cirque Du Soleil: Bazaar // Yas Island

Cirque Du Soleil, will make its Middle East debut. The show will invent a whimsical one-of-a-kind universe by reimagining, rebuilding and presenting vibrant scenes in an artistic, acrobatic game of order and disorder.

March 12: Lecture “Virtues of Self-Knowledge”

New York University AD Campus, Conference Center (A6 Building) // 6:30 - 8 p.m. // Cost: Free

Inspired by the celebrated aphorism, 'Know Thyself!', which was inscribed on the forecourt at the temple of Apollo at Delphi, Socrates admonished his followers that 'the unexamined life is not worth living'. In a similar vein, the Buddha famously urged his disciples to 'Be a lamp unto yourself'. What does it mean to take these maxims seriously today, when the natural and mind sciences are the preferred way to obtain knowledge about ourselves? In seeking to answer this question, this talk reflects on the puzzle of self-consciousness, and on what it means to know that one is a knower.

March 12-21: Mother of the Nation Festival 2019 // Corniche

The festival pays tribute to the living legacy of the original 'Mother of the Nation', HH Sheikha Fatima bint Mubarak, Supreme Chairwoman of the Family Development Foundation, Chairwoman of the General Women's Union and President of the Supreme Council of Motherhood and Childhood. Held along a kilometre of Abu Dhabi's Corniche, the Festival will embody the spirit of the 'Year of Tolerance' through a number of activities. From musical and entertainment performances and art exhibits to interactive workshops, the Festival offers something for everyone to enjoy. In addition to the newly introduced Special Olympics Zone, there will also be an e-sports gaming championship in the Progress Zone, while the Happiness Zone returns with an array of exhilarating activities.

March 21: Sombras: by Sara Baras // Emirates Palace, Abu Dhabi

Shadows (Sombras) is a show created to mark the 20th anniversary of the Sara Baras Flamenco Ballet Company. The main theme running through the show is La Farruca, a dance which has accompanied the multi-talented artist from Cadiz throughout her 20-year career, with which she has achieved countless successes and under whose shadow she has gradually and continuously evolved into what she is today.

In Shadows, the virtuosity of her dance is combined with dramatic choreographies, both traditional and modern, with the participation of guest artist, dancer Jose Serrano. The music is nourished by flamenco rhythms and cadences from other cultures, incorporated as a consequence of the same artistic evolution created by Keko Baldormero, the Musical Director of the Company.

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