

THE NETWORK

NEWS

Join Our AWN Team

We are looking for individuals to join our Communications Team as volunteers.

- Time commitment is 2-3 hours weekly.
- Computer proficiency is required.

If you are interested, please send an email to marketingawn@gmail.com



@awnabudhabi



AWN - American Women's Network of Abu Dhabi



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AMERICAN WOMEN'S NETWORK OF ABU DHABI

Connecting cultures through friendship

WELCOME FROM AWN CO-PRESIDENTS

For those of us celebrating the Christmas holiday, we can say it was memorably different. Some were lucky to be with members of their immediate families, some connected over zoom. However you celebrated, we are grateful for the message of love and hope and wish all of you a new year of the same.

We have an incredible group of ladies who make up our executive board and leadership team. Although we have been on hold in many areas, these dedicated women continue to work to provide as many opportunities and experiences as is currently permitted and look forward to expanding these offerings as our city begins the process of opening up. Thank you to all of you! It is a privilege to work beside you.

December marked the beginning of a drive for one of our designated charities: Operation Smile. If you didn't have a chance to donate clothing or money towards the life changing operations they provide for children with cleft palate, it's not too late! Details are listed under Community Outreach below. If you have already donated, thank you!

AWN is committed to connecting women of all nationalities through friendship, activities and cultural exchange. We hope to see you soon!

Sara Healey and Mimi Prendergast
AWN Co-presidents

AWN COFFEE & SPEAKER SERIES

As we all eagerly await news on the relaxation of the measures put in place in Abu Dhabi, we continue to closely monitor the refurbishment progress at the Radisson Blu hotel, so when the time comes, we can meet again in our bi-monthly face-to-face gatherings to connect and reach out to friends and newcomers.

2020 has been a very trying year on many fronts but we hope 2021 will bring new opportunities and the ability to resume our largest and most social of AWN events!



AWN NEWCOMERS VIRTUAL WELCOME COFFEE

There will be a Virtual Newcomers Welcome Morning on **Thursday January 14th, 2020 at 10am**. This will be a great opportunity to virtually connect with other ladies new to Abu Dhabi or new to our group, learn about the organization and our activities. All new members who have registered online since November 2020 will receive an invitation. The invitations will be sent out in the first week of January 2021.

Success of our organization depends on our volunteers. AWN is a wonderful group of women who are intelligent, talented, and dedicated to supporting one another, who give back to the local community and have fun while they're doing it. AWN needs many volunteers including behind the scenes committee volunteers and coordinators. For those of you who would like to get more involved with AWN, please send us an email and more information will be provided.

Any questions about our Newcomers welcome or about volunteering with AWN please send us an email: membershipawn@gmail.com

AWN ACTIVITIES

The AWN activities have continued to meet either virtually or in person with social distancing in place. Hopefully in the new year, as things change, we will all be together again. For now, the following activities are running, and we would love to see new members join - any level encouraged and welcomed!

If you have any questions or would like more information please send an email to activitiesawn@gmail.com.

Art Club

The Art Club is meeting on Mondays 10am-1pm now that the Cultural Foundation is open. They are limited to 8 persons in the hall and social distancing is set up. They meet to paint and share tips with members who have an interest in making art. We also have a WhatsApp group where members share their artwork and get feedback. If you are interested in being a part of the Art Club, please email the coordinator at artclubawn@gmail.com. We look forward to hearing from you!



Golf

AWN Regular Golf Clinic

Mondays at [Abu Dhabi City Golf](#) (Shakhbout bin Sultan):

- 8.30am Intermediate Clinic
- 8.30am Beginner Clinic

Wednesdays at [Abu Dhabi Golf Club](#) (Sas Al Nakhl):

- 9.00am Intermediate level
- 10.45am Beginner level



Please contact us at awngolf@gmail.com for any inquiry or to sign up to our mailing list/clinics.

Tennis

Morning Tennis Coaching

Tuesday the 15th of December, AWN Tennis members held a mini round robin at the Beach Rotana. Members were paired up and played the first to four games then rotated to play another team. After teams played every group, the victors were Gina Woodhouse and Kimberly Goad. Congratulations Gina and Kimberly, great tennis!! The group then enjoyed a little down time at the Beach Rotana and were served a delicious, boxed lunch and were able to enjoy a little social time. Thank you to Kate Wright and Mo Al Amin for organizing such a fun event.

The next coaching session will commence on Sunday 3rd of January, Tuesday the 5th of January and Wednesday the 6th of January 2021.

Each Session consists of 4 lessons (one lesson a week), taking place on Sunday or Tuesday, depending on your level. Lessons are open to Advanced, Intermediate and Beginner Players. The 45-minute lessons are held at the Beach Rotana (near Abu Dhabi Mall) and start promptly at 8:45 AM. Immediately after finishing, 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 340 AED + VAT payable at the first lesson. 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! Members of AWN only. For registration or more information, please email tennisawn@gmail.com



THE ROOM
— ABU DHABI —

Yoga/ Pilates

Currently, Yoga classes are not meeting but AWN members can receive discounts for The Reformer Room Pilates at THE ROOM. If interested, please contact yogaawn@gmail.com

[Check out The Room Abu Dhabi!](#) 

Book Club

AWN's Book Club took a holiday recess for the month of December. We will resume our monthly Zoom gatherings Monday, January 25, 2021 when we will read *American Dirt* by Jeanine Cummins. If you are interested in participating in the new year, please contact the coordinator bookclubawn@gmail.com.

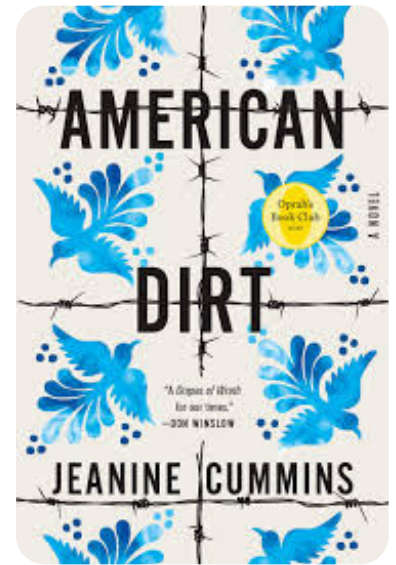
Our reading list for the remainder of the activity year is as follows:

Feb. 22nd: *It's Not About The Burqa* edited by Mariam Khan (N)

Mar. 15th: *Disappearing Earth* by Julia Phillips (F)

Apr. 26th: *Beneath The Tamarind Tree: A Story of Courage, Family, and Lost Schoolgirls of Boko Haram* by Isha Sesay (N)

May 24th: *Celestial Bodies* by Jokha al-Harhi (F)




Social Bridge and Mahjong

As the Abu Dhabi government has announced the removal of restrictions, we are hopeful that The Club will start holding events and gatherings. We will inform you as soon as we are able to host our regular Mahjong and Bridge sessions. Please contact us at mahjongawn@gmail.com and bridgeawn@gmail.com.




Running Group

AWN Couch to 5KM

Want to improve your fitness now that the good weather is here? Couch to 5km is a running plan for absolute beginners. Whether you have never run before or just want to get more active, Couch to 5km is a free and easy way of getting fitter and healthier and meeting new friends. It will help you gradually work up towards running 5KM in just 9 weeks. We meet Sunday and Tuesdays at 8:00am in the Corniche Car Park outside of Nation Towers .

If interested, please contact coordinator at 5krunawn@gmail.com.

AWN EXPLORERS

I hope you enjoyed the Holiday Season! In this issue I have included some outings in the beautiful **Al Ain** , also known as the Oasis City or the Garden City and a UNESCO World Heritage Site. It is the second largest city in the Emirate of Abu Dhabi and home to interesting cultural and historical sites, dating back some 5,000 years to the Neolithic period. Click on each title for more info!

AL AIN OASIS

Opening Hours: Daily 9 am – 5 pm

A tranquil forest of trees and allayed laneways, it was nearly lost beneath the city as rapid development occurred in the 1980s and 1990s. The 3,000-acre site (1,200 hectares) contains more than 147,000 palm trees. You will also find within the grounds an old fortification and mosque. The falaj system is what most visitors are intrigued by, an ancient irrigation system bringing bore water to farms. A small Eco-Centre has been built within the Al Ain Oasis to provide more information on the history and importance of the falaj.

JEBEL HAFIT DESERT PARK AND JEBEL HAFIT TOMBS

Opening Hours: Jebel Hafit Desert Park Daily 8 am – 6 pm

Occupying a nine-kilometre stretch at the base of the craggy Jebel Hafit mountain, Abu Dhabi's tallest peak, visitors can explore the family-friendly park's natural surroundings on a hike, mountain bike, horse or camel and discover interesting archaeological and historical remains that tell stories of this unique area's ancient habitation. Archaeological remains include remnants of the Neolithic period from 8,000 years ago. The 5,000-year-old Jebel Hafit tombs mark the start of the Bronze Age in the UAE. Excavations by Danish archaeologists in 1959 found evidence of ceramic vessels and copper artifacts in these tombs, which indicate the importance of maritime trade across the Arabian Gulf. The tombs are single-chamber tombs and are made of local, unworked or roughly cut stones.

AL AIN PALACE

Opening Hours: Daily 10 am – 6 pm, Friday 2pm – 6 pm

This important historical site in the UAE was home to the Founding Father and the first President of the country, the late Sheikh Zayed bin Sultan Al Nahyan, who lived here with his family until 1966 and later moved to Abu Dhabi. Inside the museum, the palace and private residence provide insights into the lives and culture of both the ruling family and the community until the country's transformation after the discovery of petroleum. The Bedouin-style architecture (Bedouins are the nomadic Arab people from the region) dates back to 1937, with the structure converted into a museum in 1998 as a key cultural and tourist attraction.

AL JAHILI FORT & THE WILFRED THISEGER PHOTOGRAPHY EXHIBIT

Opening Hours: Daily 9 am – 5 pm

Al Jahili Fort, one of the largest forts in the United Arab Emirates, was built in the late 19th century by Sheikh Zayed bin Khalifa the First (1855–1909), both as a symbol of power and as a royal summer residence. It now houses a permanent exhibition devoted to Sir Wilfred Thesiger, the intrepid explorer, travel writer and photographer who, with his Emirati and Omani companions, crossed the world's largest sand mass, the Empty Quarter twice in the 1940s.

QASR AL MUWAJLI

Opening hours: 9 am – 7 pm except Monday (closed), Friday 3 pm – 7 pm

Qasr Al Muwaiji was built in the time of Sheikh Zayed bin Khalifa the First (1855–1909) by his son, Sheikh Khalifa bin Zayed bin Khalifa. In 1946 it became the home and administrative base for the late Sheikh Zayed bin Sultan Al Nahyan, when he became the Ruler's Representative in the Al Ain Region. His eldest son, His Highness Sheikh Khalifa bin Zayed Al Nahyan and current President of the UAE, was born at Qasr Al Muwaiji two years later, and spent much of his youth there, learning from his father.

COMMUNITY OUTREACH

We have been busy working with **Operation Smile UAE** this holiday season and will be continuing our current holiday drive with them through January. On December 3rd, a group of ladies who can sew had a Zoom call with Morag Cromey-Hawke, the director of Operation Smile UAE, to learn more about the Operation Smile operation's sewing needs. AWN outreach committee members are currently busy resizing sheets for children to use during their surgeries, and in January they will be taking on making infant sized hospital gowns. If you have colorful, 100% cotton fabric to donate for the infant sized hospital gowns, that would be very useful. Please get in touch with **outreachawn@gmail.com**.

On December 17, the Outreach committee organized a drive by donation drive, to drop gently used clothing, bags and shoes off at the donation bins located at Operation Smile offices. It was quite successful as members headed to donation boxes near them or joined us at the 'drive by drive' at Operation Smile's offices. After we dropped the clothes we had a socially distanced meeting at Umm Al Emarat park.

Throughout January, the AWN Outreach team will be continuing its Operation Smile Holiday Smiles initiative. Our goal is to help fund 20 smiles and right now we are 7 percent into our objective. Please do donate on [Yallagive](https://www.yallagive.com). Each surgery costs Operation Smile approximately 880 AED. If you have any questions or want to get involved, please send an email to the **outreachawn@gmail.com**. Thank you for all you do and happy new year!



To help us all kickstart our fitness resolutions for 2021, the **Make-A-Wish ZSC 5 & 10Km Run** in Zayed Sports City will be held on January 8 2021. The funds will support Make-A-Wish UAE Foundation. 🗑️

As part of the theme of the event all runners will receive a commemorative Make-A-Wish medal and commemorative T-shirt. Register here 🗑️ to confirm your spot.



MONARCH ARTS CENTER

Monarch Arts and Crafts Center offers AWN members a 10% discount in all courses, ranging from Silk Painting, Oil Painting, Mosaics Art, Arabic Calligraphy, Islamic Art, Fossil Flowers to Resin Art and much more! The Course Schedule and fees are in this link for your kind attention. Please call **02-4447412** or **050-5324647** or email to **monarchartsuae@gmail.com** to register.

