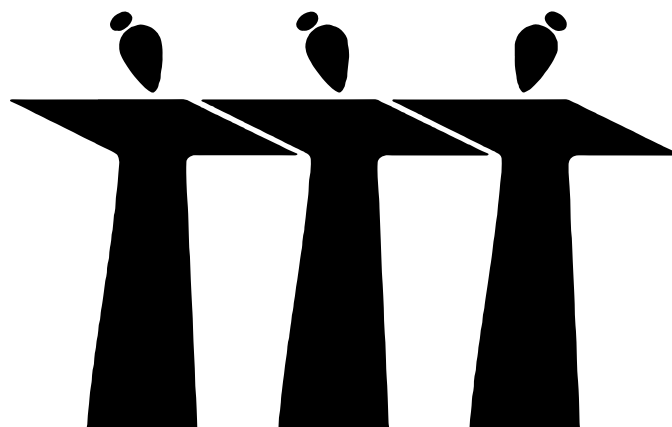


IWA
INTERNATIONAL
WOMEN'S
ASSOCIATION
OF
BUCHAREST



There are no strangers, just friends we haven't met yet!



IWA wishes you a fantastic year in 2017

IWA
MAGAZINE
NOV 2016



www.iwabucarest.ro



Sept

Oct

Nov

Dec

Jan

Feb

March

BOARD and MORE

Dear Friends,

It is my great honor to invite you to the 24rd edition of the IWA Christmas Bazaar. This unique multicultural event is not only the major charity event of IWA Bucharest, but one of the consistently biggest fundraising events in Romania.

Every year diplomatic missions and international communities reveal the fascinating world of international cuisine and the multicultural diversity of traditional craft. It also provides fun and entertaining activities for the entire family: food stands, craft stands, entertainment and the kids' corner. As every year, all proceeds will be allocated to charities that work with vulnerable groups in Romania.

This year I accepted for the fourth time the great responsibility of leading this amazing event. I do not exaggerate by saying that for the last few years I had the privilege of working together with volunteers from almost every nation on earth. WOW. An enriching experience I treasure as besides the sense of belonging, it gave me a personal sense of mission to continue to explore diversity while contributing to the local community. I encourage you to be part of this tremendous team effort where each person, each country has its unique place. The sense of accomplishment we all have in the end, when we realize that together we can make a difference will most likely be the highlight of your year.

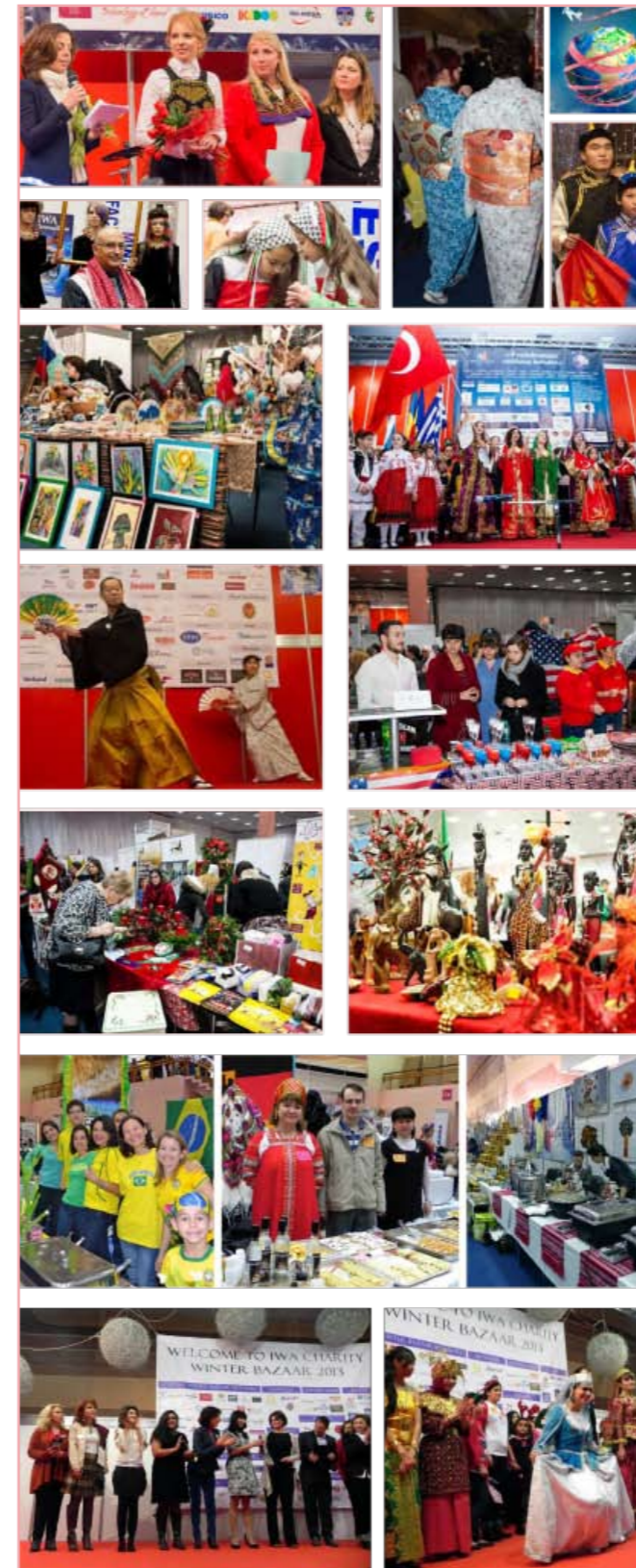
Come along and be a part of this magical day by celebrating and sharing the wonderful spirit of giving. You'll also feel the glittering sparks of uniqueness from around the world: fascinating cultures, animated dances, colored costumes, handcrafts and authentic traditional food, all gathered under the same roof.

I cannot thank enough the Bazaar Committee, a small group of fairies that ensure the organizational progress. As you can imagine, we have a "fire" month ahead of us before the fun starts on the 11th of December at Romexo C3.

Special thanks also to Mrs. Merica Vidis from the Croatian Embassy for accepting our invitation to be the 2016 IWA Christmas Bazaar Honorary Chairperson. Get involved! Let this experience elevate your spirit!

Marina Coanda Bundac
IWA Christmas Bazaar Chairperson

#generosity#altruism#compassion#friendliness#goodwill#humanity#kindness#sympathy#hope#peace#joy#friendship#community#philanthropy#nobleness#compassion#empathy#love



COUNTRIES PARTICIPATING (So Far)

- ALGERIA
- AUSTRIA
- BELGIUM
- BRAZIL
- BULGARIA
- CHILE
- CHINA
- COLOMBIA
- CROATIA
- FRANCE
- GERMANY
- GREECE
- ICELAND
- IRAN
- ISRAEL
- ITALY
- JAPAN
- JORDAN
- KOREA
- LEBANON
- MOLDOVA
- MOROCCO
- PALESTINE
- PORTUGAL
- ROMANIA
- RUSSIA
- SPAIN
- SWEDEN
- SWITZERLAND
- TUNISIA
- TURKEY
- UNITED ARAB EMIRATES
- UNITED KINGDOM
- UNITED STATES



FREQUENTLY ASKED QUESTIONS

What?

This Bazaar is IWA's annual multicultural fundraiser for charity. There is entertainment all day, a children's corner, shopping for local and international products – and great food from around the world. Last year more than 3000 people attended this festive event.

Why?

For more than two decades, this Bazaar has raised funds to help disadvantaged Romanians. The IWA Charity Committee regularly gives grants to a wide range of local charities, who help diverse groups including sex-trafficking victims, children, the elderly, disabled, ill, homeless and more.

When? Where?

10:00 – 16:00 on Sunday December 11 (Election Day)
Romexpo Pavilion C3: Romexpo is the Bucharest convention center, located at Bulevardul Mărăști 65-67 near Piata Presei Libere. There are several halls; Pavilion C3 is at the back/right.

How Much?

Cost: Tickets to the bazaar cost 10 RON (Children under 10 are free). Buy lots of tickets and give them away to friends!

Value: PRICELESS – together we make a huge impact in our community!

Who?

Volunteers from more than thirty countries, together with assistance diplomatic missions, cultural centers, the international community, and business partners, showcase their traditional food, handicrafts, decor and more.

How can I help?

- As an individual or a business, donate goods to a national table, or make a cash donation directly to the IWA Charity Committee. IWA will customize your sponsorship benefits, giving your business wide exposure in the Romanian and expat communities.
- Assist at your national table by volunteering. Or join in the IWA multinational table. Email us and we will put you in touch with your Country Coordinator. It's a fun day with lots of smiles.
- Volunteer with the organizing committee. There are many tasks both large and small, which can be done from home, on the day, with your children or with friends.

What happens with the money raised during the Bazaar?

Proceeds from the Bazaar are distributed by the IWA Charity Committee (with the exception of charities who have their own tables at the Bazaar). IWA supports charitable organizations in the greater Bucharest area by providing grants for short-term projects in order to improve the lives of disadvantaged Romanians. All requests are carefully reviewed and organizations are visited before and after funding, to ensure the best possible use of our donations. IWA is an all-volunteer association, and we are audited by KPMG to ensure best financial practices. We encourage IWA members to join the Charity Committee and invite NGOs to submit grant requests.

What's IWA?

Founded in 1978, the International Women's Association of Bucharest (IWA) is an independent, voluntary, charitable, non-profit and non-political organization. IWA promotes friendship amongst women of all nationalities living in Romania, introduces our members to the culture of Romania, and supports local charitable organizations. We would love to have you join us!

2016 BAZAAR COMMITTEE :

Honorary Chair: Mrs. Merica Vidiš
Croatian Embassy

Bazaar Chair: Marina Coanda Bundac
unitedmind3@gmail.com 0734.340.634

IWA President: Terry O'Donnell Parsons
iwabucharest@gmail.com

Charity Committee Chair: Lise Spriggle
iwabucharest@gmail.com

NGOs Corner: Dana Abi Chahine
danapintilie@gmail.com

Entertainment and Kids Corner: Ximena Reyes
entertainment.iwa@gmail.com

IWA Sponsorships: Maria Raets
maria@raets.net

Treasurer: Carmen Barta
treasurer.iwabucharest@gmail.com

Who wants to participate in the magazine?

Any interesting experience, picture, address or website to share? Please do so by writing to newsletter.iwabucharest@gmail.com

CONTACT US :

Our office is not regularly staffed so please contact us via email: iwabucharest@gmail.com



www.iwabucharest.ro
follow us on Facebook

Email Event Updates are sent weekly to members. If you are not receiving your email from us please
1) check your spam folder and add us to your contacts
2) email us if you still have problems and include your phone number. Thank You

Membership dues: 300 ron
(All memberships must renew in September)

One month free trial membership are also available please sign up via our website

Simple Reminder

Please remember that IWA is a social, cultural and charitable association. Longstanding rules prohibit giving cards or materials to promote your business or profession. You are welcome to place a paid advertisement in the IWA Magazine/Website.

IWA Magazine Advertising Fees (per issue):

1/4 page 50 Ron
1/2 page 100 Ron
1 page 200 Ron

www.iwabucharest.ro iwabucharest@gmail.com



ABOUT ROMANIAN WINTER

COOL DAYS AT THE HOTEL OF ICE:

Before coming to Bucharest I had a lot of prejudice concerning Romania. One of them was that it is quite a small country (which is still true in comparison with Russia) with almost nothing to see (how was I mistaken!) My discovery of this country started with our trip to the Hotel of Ice with my husband. Each year when it is cold enough a group of 'snow architects' begin building this hotel from the blocks of ice at the height of 2000 meters in Transylvanian mountains. The peculiarity of this hotel is that it is constructed totally from ice: walls, beds, chairs, tables, decorations - all...Furthermore, there is an ice church in its vicinity that welcomes couples to register their marriage.



The Hotel of Ice with its cozy igloos is accessible by a cable car and it is located at the bank of the Balea lake. The theme changes from year to year. Last year, for example, the rooms were decorated in the style of different countries. The pellucid sculptures are sublime, you feel like playing the ice piano or taming an ice bull.

Don't worry to be frozen, you are given a warm sleeping bag and the ice bed is covered with a thick mattress and sheep fur. You will be even astonished to see white pillow cases and sheets. The idea is not to make guests suffer putting them into conditions where they need to survive, but to give them an unforgettable unique experience.

The temperature inside is no less than 5 degrees Celsius, which makes your stay rather comfortable. Strangely enough, the most difficult thing to get used to is to inhale cold air while you are falling asleep. For those who opt for a part of a night in the warmth I would strongly recommend to reserve a small room in a nearby chalets in addition.

Like many other couples we were thinking about an original way of celebrating St Valentain day and it is no great surprise that our choice fell on the Hotel of Ice. Useful to know that those who make a reservation are given priority to take the cable car. Meanwhile, it doesn't

mean that you will get there in any case. The weather is very changeable in this region; therefore, be ready to wait or even to cancel the trip for one day and stay in SIBIU instead.

We were lucky enough to be the first group to go, the cable car holds not many people, so the majority were left down. Unfortunately, they stood no chance, the snowstorm began and the cable car was stopped until the next morning. It was supposed to be a feast, a shindig with lots of fun, dancing and drinking.

Now imagine my husband dragging our enormous suitcase with half of my wardrobe up the hill. And what we see - only one more couple sitting lonely in the Ice restaurant. To tell you the truth we didn't regret any single minute. It turned out to be a very romantic evening after all- with sparkling wine in cold glasses, beautiful plates placed on the ice table and roses in a crystalline vases created by nature. In addition, we were generously served all the portions of those who stayed down from the bottom of the chef's heart.

Needless to say that the hotel works in the period of cold. Thus, despite the reassurance of tourist agencies that you can visit it at the end of March and even in April, think twice and check the weather forecast. It is quite impressing when in February you wake up with the coloured light that penetrates the room through limpid ice, it would be much less pleasant to be waken up by the walls melting and water dripping on you!



If you are really eager to come to this place when the climate is mild take a car and go to the Balea Lake in summer. You will drive along the well-known Transfagarasan road which was designated «the most beautiful road in Europe» by the host of the English TV show «Top Gear». Don't doubt it's surely worth the visit!

By Juliana Garmash



ROMANIA TALES: THOUGHTS FROM EXPATS, RETURNING ROMANIANS & LOCALS (result from the first members survey)

What do you love about living in Romania?

- The weather. It's sunny most of the times also in the winter. The mountains and the untouched nature
- Fresh food, open markets, café, family friendly, countryside, short distances

What surprised you about Romania when you first arrived (returned)?

- That is a country that is so different from so many West countries. How many beautiful buildings are here. Before I came here the first time I had no idea about how strong economy had been here before the communist time.
- similarities to India

What is your favorite Romanian dish?

- Bean soup served in bread!
- polenta and cabbage rolls
- Sarmale
- Papanasi

What was a hard moment you've had in Romania?

- Cheating taxi drivers but that can happen to you everywhere
- To relocate back after living abroad. It took me about 5 years to get used to it again.

Living abroad isn't always easy for everybody. What is your advice to an expat in Romania or in any country? Do you have any useful tips for moving and settling down in a new place?

- Joint network, you have a lot of things to take care of, take care of yourself, do not blame the country, find balance and be grateful.
- Be open minded. Different cultures have different ways of handling situations. Once you are settle down, start mixing around, making friends. Find your local IWA

What is one thing from Romania you would like to find in your home (or previous) country?

- Nature
- Fresh honey
- Romanian wine
- People go out after work, have active social life.

What is one thing from your home (or previous) country that you would like to see/find here?

- Services sector. Friendly waiter and waitresses
- Finnish rye bread
- More street food, better public transport

What is a "Place You Must Be Sure to Visit" in Bucharest or Romania?

- Mountains. Nature is the best feature in Romania.
- The monasteries, Maramures, Vulcanii Noroiosi, Iasi, Delta Dunarii, Orsova, Fagaras, Ploiesti & Bucharest old city, Chinatown, Embassies area (Paris, Sofia, etc street), Obor Market

What is one of the funniest moments you've had in Romania? Or a moment you loved?

- Of course the way people park, that some people drive the wrong (short) way around the circle.
- When I asked for a tea in a Coffee shop and said "cai" and the waiter understood that I asked for a horse (cal) instead of a tea! Thankfully the assistant understood me.

If you would like to answer to some of those questions, please do so by writing to newsletter.iwabucharest@gmail.com

WHAT'S UP IN ROMANIA

Upcoming Romanian events, activities, holidays.....

EVENTS NOT TO MISS

Some useful links :
. <http://www.eventim.ro>

Art exhibition: Senzart. Until 30 November
National Museum of Contemporary Art
see *Fall Magazine*

The Madrid Flamenco Ballet -Nov 28
Piata Palatului (Str. Ion Campineanu)
see *Fall Magazine*

Romania in the Great War- until Mars 2017
The story of Romania's role in World War I - original photographs, paintings, personal documents and displays.
Open 10:00 - 18:00. Closed Mon, Tue. National History Museum, Calea Victoriei 12

Romania national holiday 1 December - 1st D- 10:00
A rather Cold War-style parade of outdated military hardware. Piata Constitutiei

Detox+ Christmas Market in Bucharest - Dec 9th and 18th
Alternative fashion brands and creative designs at affordable prices, as well as wardrobe sales.
Amzei Market, from 11 am to 7 pm.

The Nutcracker 13 December- Dec 13
Tchaikovsky. by the St. Petersburg classical ballet.
19:00-Sala Palatului - Piata Palatului (Str. Ion Campineanu)

Fuerza Bruta 9,10 December
Straight from Broadway Fuerza Bruta is a postmodern extravaganza of a show featuring 16 performers of music, dance, acrobatics and theatre. The action takes place in, above and around the audience, creating a unique 360 experience.
Dec 9 2016 18:30, 21:00 & Dec 10 2016 18:30, 21:00
- Romexpo - B-dul Mărăști 65-67

Maison 13 – Nov 19th & 26-27
2 Art Fashion Fairs: See Buy Bye Bazaar & Holiday Market takes place in Bucharest, between
Important Romanian creative scene, with talented designers and artists. For clothing, accessories, home deco and organic products. Quality and inspiration for a sustainable future.
Free entrance & pets allowed, 11 am to 7 pm.

ROMANIAN IMPORTANT PUBLIC HOLIDAYS

- 30th Nov : St Andrew's day,
- 1st Dec : National day in Romania
- 25th Dec : Christmas day



TAILORED SUITS THAT LAST A LIFETIME

**SIR LUDOVIC**
MASTER SUIT MAKER

With this in mind, we at Sir Ludovic started on our journey to offer our ladies and gentlemen a unique shopping experience and high-quality attires.
Within an increasingly busy world, we offer our clients time and an everlasting wardrobe.

Through our personalized made-to-measure service and dedicated customer care, shopping is no longer a time consuming activity. Forget about clothes that don't fit or colors that don't match. Come in and relax, have a drink and let our designers create the best fitting attires for any occasion.

Whether you're looking for the formal outfit that will help you close a business deal or make you shine at a gala, here at Sir Ludovic you will discover your timeless style. Using only the highest quality materials, our creations will exceed your expectations.»

ROMANIAN DISCOVERIES

DO YOU KNOW THAT

. **20 M....** is the number of romanians, including those living abroad

. **2 508 Km....** is the total length of borders of Romania. So, think twice before saying it is a small country

. **2 544 M....** is the height of the tallest mountain in Romania: Mount Moldoveanu in Făgăraș mountain chain

. **1993....** is the date of the last noticable earthquake in Romania - 5,5 on Richter scales-

. **RON....** we all use the romanian currency, but do you know that it means "ROmanian New leu" (= singular of lei)?

. **45%....** 45% is the ratio of romanian who still live outside a town, making Romania still a rural and charming country

. **Henry Cohanda....** before giving his name to Otopeni airport invented the turboreactor in 1910

. **Constantin Brâncuși....** Yes, the famous sculptor was romanian

. **Vladimir Cosma....** the famous composer made a lot of soundtrack in french films : Le Grand Blond avec une chaussure noire, Les Aventures de Rabbi Jacob, La Boum, le Bal, L'As des as, La Chèvre, Les Fugitifs...

. **Nicolae Grigorescu....** OK, if you don't know this name, run to discover his paintings in Zambacian museum

. **Nadia Comăneci....** gymnast. She was the very first gymnast in History to obtain the perfect mark of « 10 », at the age of 14 (during 1976 olympic games in Montréal)

. **Dacia....** is not only a famous car manufacturer but it is also the name of a prosperous rigion that long ago occupied the territory of modern Romania and Moldavia.

Dacian Kingdom existed between 82 BC until the Roman conquest in AD 106. Since then it became a Roman province.

. **Eugène Ionesco....** the famous playwright, was born in Romania and first started writing poetry and criticism, publishing in several Romanian journals. Later he became one of the founders of Theatre of absurd. It is said that in his play «Les chaises» and drama «La cantatrice chauve» he reproduced some dialogs from the textbooks of foreign language. By doing this he wanted to show how far are these cliché from the real communication and how often do people exchange inane and senseless phrases, which poorly imitates the conversation.

. **Romani people....** (or Roma) has generally nothing to do with Romanians. Romani people are traditionally nomadic ethnic group, living mostly in Europe and America. They originate from the northern regions of the Indian subcontinent supposedly from Rajasthan, Haryana and Punjab.

There is a Saxon village.... in Romania named Cisnadioara where no romanian person has ever lived since birth. The first Romanian person who went to live there was from Sibiu. Obviously, the majority of the population of Cisnadioara are still considered «new comers» by the Saxons.



you can help

ee relo
moving, relocations, logistics, concierge

eastern european relocations



solutions for a world in motion

www.eereelo.com

office@eereelo.com • +40 31 418 65 80



Casa Ioana's annual Christmas Soup Kitchen event takes place at Gara de Nord on Wednesday 14 December between 12:00 and 14:00 hours and will provide a hot meal to 300 impoverished adults and children by bringing together companies and individuals to share a little festive joy with people experiencing deep poverty and homelessness. By mobilising the media, the event importantly raises awareness of the phenomena.

WE NEED YOU!

Do you have something that you don't really need, but which could help someone in need?

Casa Ioana is appealing for **warm clothing, sturdy shoes and non-perishable food items** (that do not require cooking) to help some of Bucharest's poorest people and others experiencing homelessness this winter. We also need volunteers to help collect, store and sort these items in the weeks leading up to the event, as well as volunteers to help distribute these gifts on the day of the event.

- Can you and your friends help?
- Can you get your company involved?
- How about the school your child attends?

If you can help or if you want more information, please call Ian Tilling on 0722 629 309 or Nicoleta Dinu on 0760 249 392. Alternatively, you can send an email to office@casaioana.org

In 2012, Casa Ioana organised its first annual "Christmas Soup Kitchen" at Gara de Nord, Bucharest. From its inception, the InterContinental Hotel in Bucharest has donated and prepared the 300 meals, which are served from mobile kitchens provided by Bucharest Municipality. The British Ambassador to Romania, alongside the General Manager of the InterContinental Hotel and Romanian personalities (including PRO TVs Andreea Esca and Amalia Enache), serve the meals and talk with the event's beneficiaries before receiving a Christmas present containing warm clothes, footwear if needed, and some non-perishable food to take away with them.

International Day Care in Bucharest (sector 6)

Special Promotion November

Monday to Friday
09:00h to 13:00h

Monthly fee: 738 LEI

The Day Care is the best place where children can enjoy new activities and games with other kids. I designed materials based in their age, physical and intellectual development, using Montessori philosophy. We will do lots of Arts&Crafts and also story time at the end of the day.

For kids from 1 year to 2 years and a half.
Maximum 4 kids per day
At the day care we speak English, Spanish, Italian, Portuguese and Catalan.

Phone number: +40 723 768 172
Mail: daycare.bucarest@gmail.com
Facebook: www.facebook.com/daycare.bucarest/

Self - Help

- How to stop time : Kiss
- How to travel in time : Read
- How to escape time : Music
- How to feel time : Write
- How to release time : Breath

CHRISTMASTIME IN OTHER CULTURES?



In Egypt about 15% of people are Christians.

They are the only part of the population who really celebrate Christmas as a religious festival.

When the Christmas service ends people go home to eat the big Christmas meal. All the foods contain meat, eggs and butter - all the yummy things they didn't during the Advent fast! One popular course is 'Fata' a lamb soup which contains bread, rice, garlic and boiled lamb meat. On the Orthodox Christmas Day (7th) people come together in homes for parties and festivities. People often take 'kakh' (special sweet biscuits) with them to give as gifts.



Most Egyptian Christians belong to the Coptic Orthodox Church and they have some very unique traditions for Christmas.

Christmas Day isn't celebrated on the 25th December but on 7th January (like in Ethiopia and by some Orthodox Christians in Russia and Serbia).

The Coptic month leading to Christmas is called Kiahk. People sing special praise songs on Saturday nights before the Sunday Service.



For the 43 days before Christmas (Advent), from 25th November to 6th January, Coptic Orthodox Christians have a special fast where they basically eat a vegan diet. The don't eat anything containing products that come from animals (including chicken, beef, milk and eggs). This is called 'The Holy Nativity Fast'. But if people are too weak or ill to fast properly they can be excused.

On Coptic Christmas Eve (6th January), Coptic Christians go to church for a special liturgy or Service. The services normally start about 10.30pm but some chapels will be open for people to pray from 10.00pm. Many people



meet up with their friends and families in the churches from 9.00pm onwards. The services are normally finished shortly after midnight, but some go onto 4.00am!

Even though not many in Egypt are Christians, a lot of people in the country like to celebrate Christmas as a secular holiday. Christmas is becoming very commercial and most major supermarkets sell Christmas trees, Christmas food and decorations. Hotels, parks and streets are decorated for Christmas.

In Egypt, Santa is called Baba Noël (meaning Father Christmas). Children hope that he will climb through a window and will leave some presents! They might leave some kakh out for Baba Noël.

source:
<http://www.whychristmas.com/cultures/egypt.shtml>
Transmitted by Karima Radwan



IWA EVENTS



NEWS and EXTRA

In 2018: 18-min. train trip between Bucharest and Otopeni Airport

Romania's railway company will revamp the existing railway line between Bucharest's main train station Gara de Nord and Odaile station in Otopeni, and will build 2.3 km of new track to the Henri Coanda International Airport. Thus, the passengers will be able to get from Bucharest's Gara de Nord to the airport in just 18 minutes. The total investment will amount to EUR 88 million, and the work will be completed in April 2018. A train trip from Gara de Nord to the airport will cost RON 3.99 (less than EUR 1) said transport minister Sorin Buse.



Children's Day will be a day off in Romania

June 1 is the International Children's Day. It will be a legal non-working day in Romania as soon as the President Klaus Iohannis will sign the law. Thus, June 1 will be added to the list of other public holidays in Romania, namely January 1 and January 2, January 24 (recently passed by the Chamber of Deputies), the first and second day of Orthodox Easter, May 1, the first and second day of the Pentecost, the Assumption of Mary (August 15), Saint Andrew (November 30), Romania's National Day (December 1), and the first and second day of Christmas.

Romanian interior minister wants to solve the problem of cars parked on sidewalks

Romanian interior minister Dragos Tudorache plans to propose a set of rules aimed at clearing the public space of cars parked on sidewalks and regulate the space that should be left for pedestrians. The cars parked on the sidewalk are a real issue in Bucharest, where sometimes the drivers forget to also leave some space for the pedestrians, thus forcing them to walk on the street. The minister also proposed that the money collected from fines imposed for illegal parking or the amounts obtained from blocking vehicles to be directed towards the establishment of new parking spaces, especially in Bucharest.



Romanian investor teams up with Bram Stoker's grand-grandson to make Dracula Village

A crowdfunding campaign has been started to raise the money needed to build a special themed holiday village near the Bran Castle in Romania, called Dracula Village. Overlooking Bran Castle, which served as the source of inspiration for Bram Stoker to sketch the castle belonging to his infamous Count Dracula, and the legendary Carpathian Mountains, the location is the ultimate place for the next thematic vacation. The Dracula Village will introduce tourists into a vampire-themed atmosphere, and will give them the chance to learn about the real Vlad the Impaler (Vlad Tepes) and how Bram Stoker's Dracula came to be connected with Transylvania. The village will have thematic houses built in the 19th-century style, the time when Irish author Bram Stoker wrote his famous novel Dracula. It will also include a café and relaxation areas. They hope that they will start building the village in March next year, and that they will welcome the first guests by Halloween 2017.



SOURCE: romania insider

With friend or family, enjoying a good meal together strengthen bonds !

BANANA BREAD

From Karima



Ingredients:

- 1 cup sugar
- 1/2 cup vegetable oil
- 1 tsp. vanilla
- 1 tsp. baking soda
- 2 eggs
- 1 1/2 cups flour
- 3 mashed bananas

Preparation:

Preheat oven to 325 degrees fahrenheit/160 degrees celsius. Grease and butter a bread loaf tin

Mix sugar and oil, add in vanilla. Then add in eggs flour. Mix the baking soda with the bananas and add to the mix.

Beat all ingredients together for another 2 minutes.

Pour into bread loaf tin

Bake for 50-60 minutes.

Enjoy!



MULTI-BEAN SALAD

From Karima

Ingredients:

Part 1

- 1/2 cup vinegar (cider or wine)
- 1/2 cup mixed olive oil and sunflower oils
- 1/2 - 1 tsp salt
- lots of fresh black pepper
- 1/2 tsp oregano
- 1/2 tsp basil 3 cloves crushed garlic rind
- juice from 1/2 large lemon

Part 2

- 5 cups cooked beans (any combination of kidney beans, black-eyed peas, chickpeas, green beans)
- 1/2 cup chopped green onions
- 1/2 cup finely minced red onion
- 1 tbsp freshly chopped parsley
- 15 cherry tomatoes



Preparation:

Mix all the *part 1* above ingredients and pour over the *Part 2* ingredients.

Chill and let sit for at least 2 hours. Garnish with olives.

PAN AMASADO (Chilean Rolls)

From Mariana



Ingredients:

- 6 cups bread flour
- 1 teaspoon salt
- 2 envelopes yeast (activated yeast in Bucharest)
- 1 teaspoon sugar
- 1/2 cup/125 g melted shortening (or President butter)
- about 2 cups water
- 1 egg

Preparation:

Stir the yeast and sugar into 1/2 cup lukewarm water. Set aside until almost doubled and foamy. If it does not foam, start over.

Put flour and salt into a large bowl. Make a well and add 1 1/2 cups lukewarm water, the yeast and shortening. Mix until it forms a ball. Add more water or flour if needed. Knead until smooth and elastic. Turn in greased bowl until ball is greased, then cover and let rise until doubled in bulk.

Turn ball out onto floured board. Divide into even pieces, form into somewhat flat circles and place on cookie sheet. Cover with damp paper towels and let rise again for about 30 minutes.

Brush top with an egg wash (1 egg beaten).

Bake at 400°F (hottest oven 225°C) until quite brown, 15-17 minutes. Remove and cool on racks.

BROWNIES

From Jean

Ingredients:

- 2 eggs
- 2 cups sugar
- 3/4 cup butter
- 3/4 cup cocoa
- (- 1 tsp vanilla)

- 1 cup flour
- 1 tsp baking powder
- 1/2 tsp salt
- (1 cup chopped nuts optional)



Preparation:

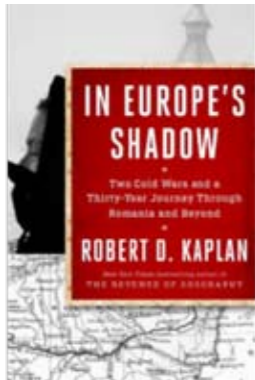
Beat eggs, sugar, butter, cocoa (and vanilla). Mix flour, baking powder, salt together. Add flour to chocolate mix. Stir together. Add nuts. Put in 13 x 9 pan. Bake for 25 0 30 minutes in 350 degree oven.

If you want more cake like brownies you can add 1-2 more eggs.

WHAT'S IN THE LIBRARY

ROMANIAN BOOK RECOMMENDATIONS FROM ANTHONY FROST

IN EUROPE'S SHADOW by Robert D. Kaplan



Two Cold Wars and a Thirty-Year Journey Through Romania and Beyond

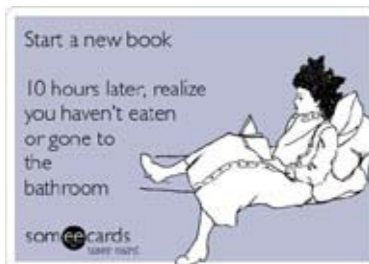
Robert Kaplan first visited Romania in the 1970s, when he was a young journalist and the country was a bleak Communist backwater.

It was one of the darkest corners of Europe, but few Westerners were paying attention.

What ensued was a lifelong obsession with a critical, often overlooked country - a country that, today, is key to understanding the current threat that Russia poses to Europe.

In 'Europe's Shadow' is a vivid blend of memoir, travelogue, journalism, and history, a masterly work 30 years in the making - the story of a journalist coming of age, and a country struggling to do the same.

Through the lens of one country, Kaplan examines larger questions of geography, imperialism, the role of fate in international relations, the Cold War, the Holocaust, and more.



BURYING the TYPEWRITER by Carmen Bugan



Childhood Under the Eye of the Secret Police

Carmen Bugan grew up amid the bounty of the Romanian countryside on her grandparent's farm where food and laughter were plentiful.

But eventually her father's behavior was too disturbing to ignore. He wept when listening to Radio Free Europe, hid pamphlets in sacks of dried beans, and mysteriously buried and reburied a typewriter.

When she discovered he was a political dissident she became anxious for him to conform.

However, with her mother in the hospital and her sister at boarding school, she was alone, and helpless to stop him from driving off on one last, desperate protest.



www.anthonyfrost.ro
45 Calea Victoriei
sector 1
Bucharest

DID YOU KNOW THAT...

WHAT IS REIKI ?

The word Reiki is made of two Japanese words - Rei which means «God's Wisdom or the Higher Power» and Ki which is «life force energy». So Reiki is actually «spiritually guided life force energy.»

When I became a Reiki Master a lot of people start to ask so many questions, so I gathered a brief information for you about Reiki



Reiki is.....

a healing technique based on the principle that the therapist can channel energy into the patient by means of touch, to activate the natural healing processes of the patient's body and restore physical and emotional well-being.

Reiki is not.....

a religion. It has no dogma, and there is nothing you must believe in order to learn and use Reiki. In fact, Reiki is not dependent on belief at all and will work whether you believe in it or not. Because Reiki comes from God, many people find that using Reiki puts them more in touch with the experience of their religion rather than having only an intellectual concept of it.

Reiki is.....

a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by «laying on hands» and is based on the idea that an unseen «life force energy» flows through us and is what causes us to be alive. If one's «life force energy» is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy. And sometimes without no reason we feel so down.

Reiki is not.....

dependent on one's intellectual capacity or spiritual development and therefore is available to everyone. It has been successfully taught to thousands of people of all ages and backgrounds. Reiki energy is a subtle energy. It is different than electricity or chemical energy

or other kinds of physical energy. Reiki energy comes from the Higher Power, which exists on a higher dimension than the physical world we are familiar with. When viewed clairvoyantly, Reiki energy appears to come down from above



and to enter the top of the practitioners head after which it flows through the body and out the hands. It appears to flow this way because of our perspective. However, the true source of Reiki energy is within ourselves. This does not mean that we use our personal energy when we do Reiki, but that the energy is coming from a transcendental part of ourselves that is connected to an infinite supply of healing energy.

Reiki has.....

a positive affect on all forms of illness and negative conditions. This includes minor things like head or stomach aches, bee stings, colds, flu, tension and anxiety as well as serious illness like heart disease, cancer, leukemia, etc. The side effects of regular medical treatments have also been reduced or eliminated. This includes the negative effects of chemotherapy, post operative pain and depression as well as improving the healing rate and reducing the time needed to stay in the hospital. Reiki always helps and in some cases people have experienced complete healings which have been confirmed by medical tests before and after the Reiki treatments. However, while some have experienced miracles, they cannot be guaranteed. Stress reduction with some improvement in ones physical and psychological condition are what most experience.

Reiki should not.....

be the only treatment. Reiki works in conjunction with regular medical or psychological treatment. If one has a medical or psychological condition, it is recommended that one see a licensed health care professional in addition to receiving Reiki treatments. Reiki energy works in harmony with all other forms of healing, including drugs, surgery, psychological care or any other method of alternative care and will improve the results.



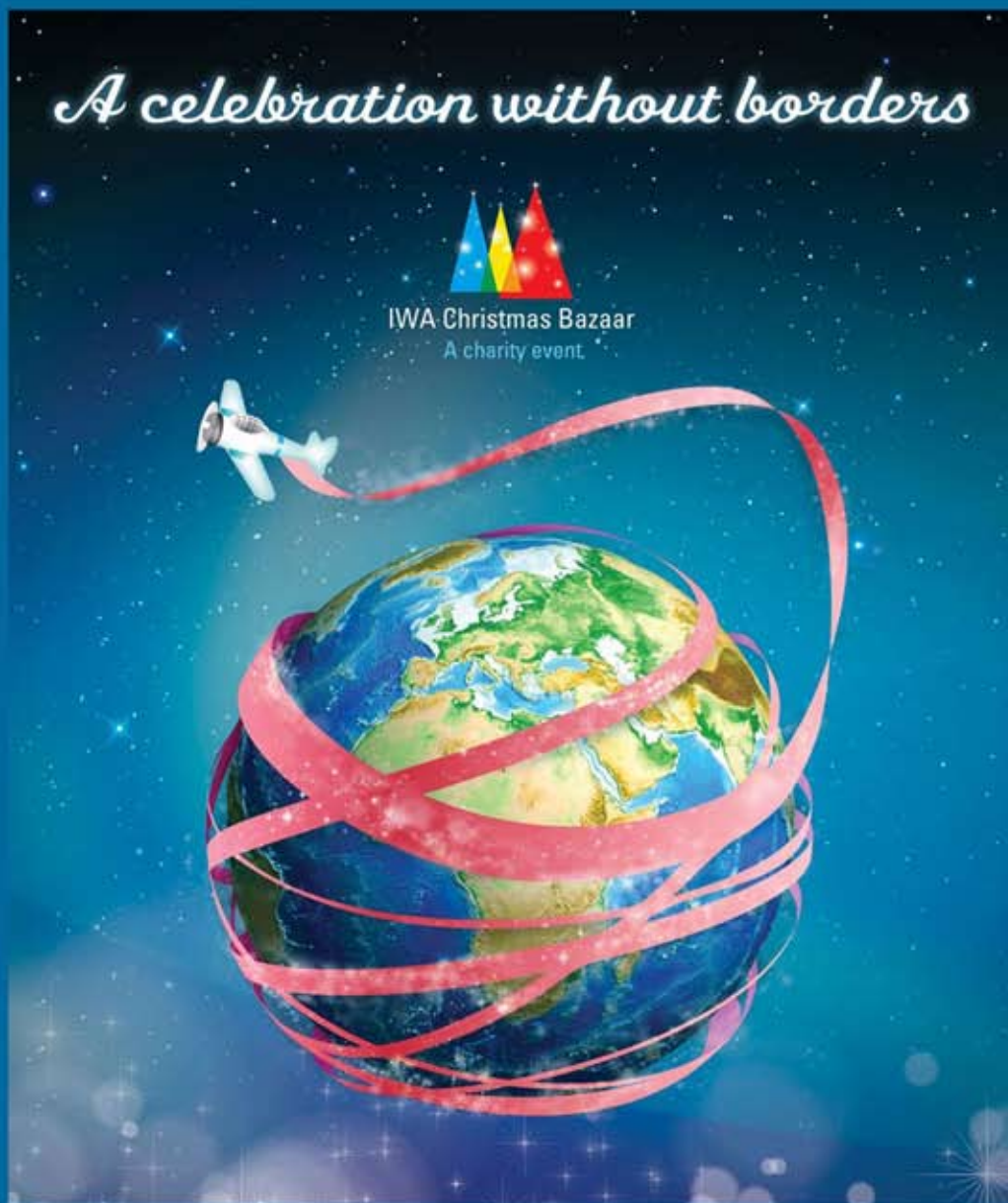
by Banu Demir
Reiki Master
www.reiki.org

SAVE THE DATE
SUNDAY
11 DECEMBER 2016

A celebration without borders



IWA Christmas Bazaar
A charity event



IWA CHARITY
CHRISTMAS BAZAAR

email: iwabucarest@gmail.com



www.iwabucharest.ro