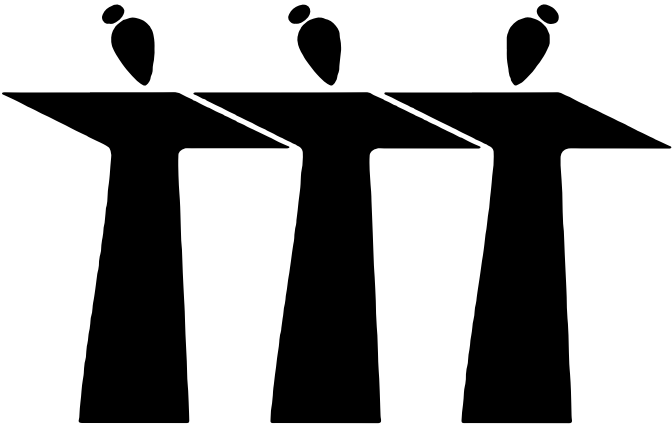


**IWA
INTERNATIONAL
WOMEN'S
ASSOCIATION
OF
BUCHAREST**



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



INTERNATIONAL PILLOW FIGHT DAY - April 1st Géraldine Borderie - Photographer - geraldineborderie@gmail.com



IWA ACTIVITIES

**IWA
MAGAZINE
SPRING 2017**



www.iwabucharest.ro

February

March

April

May

Jun

July

August

PRESIDENT'S REPORT *Terry O'Donnell Parsons*

When I look back on these last 2 years as IWA President, it is the people who are most important to me. The talented, hard working, generous, and kind women on the Board amazed me and made my job joyful! I have met so many other lovely and impressive women, from Romania and around the world, and from all walks of life, that it has been a true pleasure to serve as IWA President.

When I first became President, I worried that IWA would die on my watch, because membership had been declining steadily down to 92 members. We have a couple of long-time members who lament that IWA has changed over time, but the association must stay modern in order to survive and thrive.

I remind you again that:

- The Board recommends and feels strongly that we should maintain our membership fee at 300 RON, and continue to charge a fee for monthly coffee mornings
- Charity funds are raised and spent separately from our admin funds
- Your membership fee supports room rental for coffee mornings, our website, magazine, accounting services and much more
- Our activities vary in cost and type, and are offered in response to member interests.... if you would like to see something else, please volunteer to help us get it started

International women's clubs are an invaluable resource to expats and returning nationals and I am very happy that we have breathed new life into IWA. I am proud of our website, and our impressive range of activities. I appreciate our renewed connections with the Ambassadors and their spouses, who give us such invaluable support during our multicultural charity fundraiser, the Christmas Bazaar. It's wonderful that we are able to offer grants to some of the many outstanding charity organizations in the Bucharest area, improving the lives of those around us who are less fortunate.

Our Board members have occasionally had long, stressful days, but we have always been a good team. Ximena, Maria, Carmen and I have worked hard behind the scenes, together with our auditors and accountants and lawyers, to ensure IWA is a strong and stable association. Many of the proposed changes to IWA Statutes this year are simple "housekeeping," cleaning up the document with the help of IWA's lawyer. The most important change to

me is to formally recognize job sharing, by the creation of Deputy positions, because our volunteers are all busy women with full lives, and we need teams to be able to continue IWA's work.

Please remember that IWA needs:

- YOU – to plan an occasional activity, to volunteer for the Bazaar and special projects
- YOUR FRIENDS & COLLEAGUES –recruit new members to keep IWA growing & strong!
- KINDNESS – towards all of the women freely volunteering their time and effort on the Board and elsewhere in IWA, and a warm greeting to those members you haven't had a chance to get to know yet

Thank you to all those who've wished I could stay on as President again, but I confess I think having "term limits" is a good thing. It gives new people the chance to come in with new ideas and energy. Still, having worked tremendously hard over the last 2 ½ years, I am happy for the opportunity to continue in a more limited role as part of the membership team.

Special thanks to:

- Marina Coanda Bundac, for going above and beyond once again, bringing invaluable talents and resources to putting together a successful Bazaar
- Meri Vidiš, for so cheerfully serving as Honorary Bazaar Chair
- All of the Country Coordinators and other volunteers at our Bazaar
- The Diplomatic Community and Business Sponsors who supported the Bazaar
- All of the members of the Charity Committee, who make visits to NGOs and carefully consider the best use of charity donations we've received
- Everyone who regularly coordinates an IWA club
- The women who regularly come up with new events for us
- Codruta Sandra Banica of CSB Grup, for her accounting services
- Cristian Stefanescu of EE Relo, for moving help
- Rafaela Nebreda of Imoteca / GIS Group for offering IWA a new home for our files and our mail, with no charge
- Radu Jianu, who cheerfully provides IWA with excellent legal help, pro bono from Biriş Goran

And multumesc frumos to all of the women who've volunteered on the Board with me for the last 2 years, willingly pitching in to help as needed. I send thanks and air kisses to those who had to leave the Board due to work commitments and moving: Nicoleta, Cristina, Ozge,

IWA BOARD REPORT 2016-2017

March 15, 2017

Jessica and Manzar. And I give life-long hugs to Ximena, Maria, Carmen, Lise, Andreea, Megan, Nancy, Karine, Banu, Karima, Dana, and Amel. I couldn't have done it without you – and wouldn't have wanted to!

Best wishes to everyone in IWA!

1ST VICE PRESIDENT'S REPORT *Maria Raets Musat*

On my second year on the Board I accepted the challenging role of 1st Vice President. While it may have been a challenging experience, it was followed by great accomplishments for our association.

The Board decided to separate ourselves from Optim Group, who was leasing our legal space and keeping our books. Within a few months, working with the President, 2nd Vice President and Treasurer, we found a new accountant, a new free space, and we managed to transition all the paperwork. We have been through a couple of tough months. We have had a lot of administrative tasks, but it only proved that we could work together as a team and make important decisions.

My second big challenge was coordinating the sponsorship for the Christmas Bazaar 2016. I contacted and raised money from different institutional sponsors (old and new) and coordinated the sponsorship contracts for all the countries involved in the Bazaar. IWA raised 20% more money this year than last year. This fills our hearts with joy when we think off all the charities we can give grants to. Together with the 2nd Vice President we managed to secure a semi-permanent location for our coffee mornings held in 2016-2017. The Sheraton Hotel agreed to host us on very generous terms, which helped us keep our budget in place.

Lastly, I helped coordinate a few activities and clubs, encouraged new members to join IWA, took part in all the major decisions the Board made, and helped work towards a more diverse yet united IWA.

2ND VICE PRESIDENT'S REPORT *Ximena Reyes*

This year some members left to their next destinations, and they will be truly missed. Many of them contributed actively to IWA and we are sure they will be appreciated wherever they go. We are also glad to see new faces in

IWA, and to have nice coffee mornings with interesting presentations and speakers.

This year we concentrated on creating procedures and systems in order to have continuity in our activities. Having a functioning website that can have everything clear and detailed has been of great help. We have received a lot of feedback that this way is appreciated and we have seen the results. Many weeks we have a variety of activities that cater to many interests.

In terms of administration, we made it a priority to ensure that all administrative procedures and documents are up to date. It took extra time, and work with outside professionals, and now our systems are in good shape for future Boards.

Our Christmas Bazaar also had changes behind the scenes, as this year the team worked even harder to comply with safety regulations and make sure we had a nice space with representatives from all corners of the world. We are always humbled by how many people say YES and volunteer or donate goods or their time.

We are all volunteers, we accomplish more by working together and supporting other team members when needed, facilitating meetings, liaising with other institutions and always being good will ambassadors for IWA.

TREASURER'S REPORT *Carmen Barta*

I am very honored I had the opportunity to be the IWA Treasurer for the second time and I am proud I could share my experience and bring my contribution to the IWA Board 2016-2017.

During this last Term, our previous landlord and accounting firm moved offices a couple of times, and changed staff. The Board decided to move to a new office and hire a new accounting company. IWA is now receiving services from Codruta Sandra Banica, through her company CSB Grup. Sandra is highly recommended, and her lower fee allows us to have savings that we can distribute to other budget items.

We thank KPMG, our pro bono auditors, for their help with the last audit. In order to be more timely, the Board recommends hiring an auditor in the next term.

We are very grateful this year again to Radu Jianu, with Biriş Goran, who kindly accepted to do all our legal services pro bono.

2016 - 2017

As you can see from the financial report, your membership dues enable the IWA Board to pay for a wide variety of services, in order to maintain a great organization. Our charity funds are raised and dispersed separately. The Board recommends that IWA maintain its 300 RON annual membership fee, with half-year membership offered beginning in March, and that members continue to pay for coffees and events.

The Christmas Bazaar 2016 was a big achievement. With the help of Sandra, Alpha Bank, other volunteers, and a couple of amazing IWA members, we managed to go through the day smoothly. The end of the day brought even more joy, we raised more money than the previous year!

Thank you for offering me the opportunity to be part of IWA family and I am looking forward to bringing my contribution further on.

IWA GENERAL ADMINISTRATIVE FINANCIAL REPORT 2016-2017

BUDGET	Initial	Adjusted	
	Budgeted May 2016 - April 2017	Budgeted May 2016 - April 2017	Actual funds as of 15 March 2017
INCOME			
Membership	40,500	43,650	43,650
Coffee Mornings	0	0	4,530
Advertising, misc. donations	500	500	1,655
TOTAL INCOME	41,000	44,150	49,835
EXPENSES			
Rent	8,700	3,240	3,236
Accounting	10,500	8,136	4,540
Translation	100	100	80
Postage	200	200	24
Office Supplies	500	500	100
Bank Fees	1,000	1,000	500
Exchange Rate Loss	1,000	1,000	
Newsletter	5,000	5,000	4,974
Website	350	350	246
Marketing Materials	1,000	1,000	412
Monthly Coffee Mornings	9,000	9,000	8,958
Newcomers Coffees	1,000	1,000	524
Thank You Gifts for Guest Speakers	500	500	365
Special Activities	1,650	1,650	2,427
Reserve for next Board	10,000	10,000	10,000
TOTAL EXPENSES	50,500	42,676	36,386

IWA BOARD REPORT 2016-2017

March 15, 2017

IWA CHARITY FINANCIAL REPORT MAY 2016 MARCH 15, 2017

EXPENSES	
ATCA foundation	9,692
Nightingales foundation	24,000
Hope for You foundation	13,000
Bazaar Expenses	23,320
TOTAL EXPENSES	70,012
Bazaar Deposit	180,247
Misc donations	1,469
TOTAL INCOME	181,716
CHARITY FUNDS IN BANK available to be used for grants	191,737

IWA BANK FUNDS AS OF 15 MARCH 2017

Bank Funds	RON	USD/EURO
RON CHARITY	191,737.51	
RON ADMIN	81,117.39	
USD	20,705.00	4,814.00
EURO	15,673.00	3,457.81
TOTAL RON	309,232.90	

PROPOSED IWA GENERAL ADMINISTRATIVE BUDGET 2017 – 2018

	Budget May 2017 - April 2018
INCOME	
Membership	45,000
Coffees /misc activities	6,000
Advertising / Vendors / other	1,500
Total Income	52,500
EXPENSES	
Monthly Coffee Mornings	17,000
Newcomers Meet Ups	500
Special Activites / Speaker Gifts / other	2,000
Newsletter/Magazine	7,000
Marketing Materials	1,500
Website	1,700
Accounting	5,850
Auditors	3,000
Online Receipt Management	350
Translation / Notary / other	300
Postage	200
Office Supplies	300
Bank Fees	1,800
Exchange Rate Loss	1,000
Rent	0
Reserve held for next Board	10,000
Total Expenses	52,500

SECRETARY'S REPORT Andreea Salinas

This is my first year in IWA, at the end of January I became the IWA Secretary. My job is to help and support the other board members and IWA by doing a lot of administrative tasks.

As you all know by now, IWA is a very busy organization, there is a lot going on every day: from the coffee mornings to the weekly clubs, from special events and activities to newcomers welcome, from charity support to fundraisers. There is a lot to learn about how IWA works, and I had to hit the ground running, but I am very grateful for the challenge. Because IWA is a volunteer run organization, teamwork is crucial. I am honored to have worked with the current board members for this half of the year, and I am looking forward to working with next year's board members as well. I am also very grateful for all the wonderful ladies I met and all the friends I made by joining IWA.

MEMBERSHIP REPORT MARCH 2017 Karima Radwan and Banu Demir

The 2016-2017 year was a great year for IWA membership. We grew to 153 paid members!

We continued hosting the monthly Newcomers coffee mornings in different venues, which we started last year. It turned out our members really enjoy discovering new places in different parts of Bucharest. It was also a privilege to see that every coffee morning had at least 20-25 of our members, and in the peak times we had 50 or more. We continued with last year's reduced fee, as the Board believes it gives the opportunity for more people to join IWA. We will keep the option of paying half-year memberships only for people who will join IWA starting the beginning of March. It was decided that half-year membership will not be offered at the beginning of the IWA membership year, which starts like the school year each September.

We had a great time while we are working together on the Membership committee and we look forward to having new volunteers in our team next year. Join us and have fun meeting new people!

CURRENT MEMBER NATIONALITIES

Our Statutes limit membership by any nationality to 25%, after which we have a Waiting List.

Members with Single Passport

Argentina – 2	Lithuania – 1
Austria – 2	Mexico – 1
Azerbaijan – 1	Norway – 1
Bulgaria – 1	Pakistan – 1
Canada - 6	Philippines – 1
Chile – 1	Portugal – 2
China – 1	Romania – 23
Colombia – 1	Russia – 2
Denmark – 1	Slovak Republic – 1
Finland – 1	South Korea – 1
France – 11	Spain – 1
Germany – 3	Sweden – 1
Greece – 1	Switzerland – 2
Iceland – 1	Tunisia – 1
India – 1	Turkey – 14
Israel – 1	United Kingdom – 8
Italy – 7	USA – 15

Members with Multiple Passports

Argentina/Italy – 1	France/USA – 1
Austria/Israel - 1	Germany/Venezuela - 1
Belgium/Italy – 1	Ireland/USA - 1
Bolivia/France – 1	Italy/Greece – 1
Brazil/USA – 1	Romania/Armenia – 1
Canada/USA – 1	Romania/Canada – 2
Chili/Ecuador/Sweden – 1	Romania/France – 2
Egypt/USA – 1	Romania/Turkey – 3
France/Guinea – 1	Romania/U.K. – 1
France/Morocco – 2	Romania/USA – 5
France/Poland – 1	

CHARITY REPORT MARCH 2017 Lise Spriggle

Our 2016-2017 IWA Charity Committee has collaborated with other IWA members to expand ways we help charities beyond just providing funding.

At our Spring 2016 General Assembly meeting, many of our members donated books, kitchen appliances, clothing and children's items to be given to needy charities. Items were inventoried and distributed to the following charities: Valea Ploputui/Valea Screzii, Pro Act Support, Nightingales, Hope for You Shelter, Chance for Life and Fundatia Inocenti. Thank you to the members who brought in valuable items to share with those in need.

Over the last year, a few of our IWA members have donated time on a weekly basis to offer hands on support for medically fragile, elderly and/or impoverished individuals. Some of our members volunteer on a regular basis for local NGO's such as Touched Romania, Our lady of Mercy, Chance for Life, Fundatia Inocenti, and Light into Europe, as well as others. Please let us know if you would be interested in an opportunity to help others. If you don't have a dedicated time each week, Casa Sperantei hospice is in need of donations of pre-made meals for home bound terminally ill patients on a monthly basis.

During our spring term of 2016 our charity committee finalized visits, gathered approvals and provided grants to 3 NGO's with remaining proceeds from last year's Bazaar:

Nightingales – 24000 RON

Nightingales Children's Project has found a way to provide resources not only for vulnerable individuals, but also to provide a resource for their local community members. Our IWA funded grant assisted with opening a local coffee shop that allows young people at risk for human trafficking a place to gain work experience and marketable skills. In addition, it provides a place for community members to spend time, purchase hand made items and mentor others. IWA Funds were used to purchase kitchen furniture and appliances.

Speranta Pentru Tine/Hope for you – Casa Samariteanul – 13000 RON

This NGO serves two populations of Romanians in need. They offer support to children with terminal illness and

serious medical conditions. They also have a shelter and social reintegration program for indigent individuals. The goal of the shelter is to offer employable skills training for individuals in order for them to become more independent and able to function formal support. The IWA grant helped equip their kitchen and bedroom facilities.

Applied Behavioral Therapy Assoc. (Asociatia de Terapie Comportamentala Aplicata - ATCA) – 9692 RON

ATCA is fortunate to have the first Board Certified Behavior Analyst that specialized in treating children with autistic disorders. Rather than institutionalizing these children, they are offered specialized therapies, socializing activities and communication development in order for them to gain enough skills to be able to function in regular school settings. IWA provided financial assistance towards specialized therapy equipment and technological devices.

Our 2016 annual holiday Bazaar was a huge success. In fact, we actually raised more money than last year. Our total income for our charity fund was 180247 RON. A big thank you to our country coordinators, donors, sponsors, IWA members, and community members for everyone's help. We look forward to next year and trying to surpass this year's revenue. Just a note that this annual fundraiser helps NGO's in both direct and indirect ways. In addition to cash grants from IWA, and donation of unsold goods, the Bazaar provides publicity to causes and charities.

The following NGO's had stands at this year's bazaar: Asociatia Pavel, Freamat de Speranta, Help the People, Ana Si Copii, Fundatia Har, Nightingales, Atelier Fara Frontiere, Fundatia Mereu Aproape, Organizatia Free, Chance for Life, Help Autism and Verita.

These charities sold items for their own fundraising and the Bazaar allowed exposure and marketing of their products.

Unsold items and perishable goods from country stands were given to the following NGO's for distribution in their centers: Help the People (mentally handicapped adults), Nightingales Cernavoda (prevention of human trafficking), Touched Romania (high-risk babies and their mothers), HAR Bucharest: Health Aid Romania (HIV/AIDS infected children and young adults).

Onward to our current year: 2017. Our committee members are busily coordinating many new incoming grant applications. Our team has been reviewing applications

2016 - 2017

and scheduling on site visits to provide transparency, accountability, sustainability and ensuring that each organization provides direct benefits. In addition, we are coordinating with a local office that supports asylum seeker/refugees in order to identify ways to help.

We have just approved grants and will soon fund projects at:

Organizatia Suedeza pentru Ajutor Umanitar Individual. Their Mission is to fight for social inclusion of people with disabilities and elderly through services and interventions adapted to their individual needs. They provide therapeutic services, workshops and activities. Funds used to purchase items for therapeutic items to increase individuals functioning.

Asociatia Gradinita Noel. Their aim is to integrate disabled children with mainstream children. Many of the disabled children are not accepted into traditional Romanian schools. This program offers services, therapies and support to allow them to function with other students. IWA grant will purchase furniture and items for children's projects.

Jesuit Refugee Service. Organisation helps provide temporary shelter for those who otherwise would be detained, offers legal support, and medical assistance in many locations. They can support up to 18 asylum seekers at a time at their Bucharest location. Residents stay in containers that are in need of air conditioning and updated kitchen and bathroom fixtures.

Touched Romania is a shelter for women and children who are victims of domestic violence or trafficking. They are in great need of updating kitchen cabinets that are in disrepair and replacing other furniture and bed linens.

White Yellow Cross-Adam Project. This program provides medical rehabilitation services (kinotherapy, gymnastics, psychological assistance) in clients homes as well as some devices to help their functioning. Grant will be used to purchase rehab devices, technology devices and air conditioning for their space.

Asociatia Help the People, works with handicapped adults to increase their functioning and employability. IWA funds will provide sewing equipment, material and irons.

No one has ever become poor by giving.
— Anne Frank,

When we give cheerfully and accept gratefully,
everyone is blessed.
— Maya Angelou

You have not lived today until you have done something
for someone who can never repay you.
— John Bunyan

If you're in the luckiest one per cent of humanity
you owe it to the rest of humanity
to think about the other 99 per cent.
— Warren Buffett

WEBSITE REPORT Nancy Sage

The IWA website (<http://www.iwabucharest.ro>) is a wonderful tool for members to stay connected with our events and activities.

In February, I took over the role of updating and maintaining the site. Our providers are Wild Apricot and RoHost. This is new territory for me, but I am enjoying the challenge. Please provide me with any feedback or email me pictures from your events.

I would also be happy to spend time with anyone who needs help navigating the site. I encourage everyone to sign on, go to the Members Directory and edit your profile.

Please add a picture! You can also choose to have your email or phone number available for members to see. I will be available (with my iPad) at the monthly coffees to assist anyone.



NEWSLETTER REPORT MARCH 2017 Karine Lamy

As the newsletter became less of a technical support for the various and numerous IWA's activities (thanks again to the great website team!!), it opened a large range of opportunities to implement new topics. We published our "Magazine" in September, December, February and April, with IWA reports and news about the Christmas Bazaar, and many different articles.

Nothing is better than learning through pleasure, and you all have various genuine and rich experiences from multicultural travels and backgrounds. It became evident that we could carry out some survey through our members and actually it had quite a knock on effect. Ranging from recipes to cultural discovery, you were numerous to share your best tips for the greatest pleasure of us all. We also tried to keep you abreast of the city news and most important events.

This job couldn't be done without all of you and we are looking forward to hearing all the news you will share in the magazine next year!

ACTIVITIES REPORT MARCH 2017 Dana Abi Chahine

I had the greatest time this past year as contributor to the team of organizing the IWA activities.

At first we started together with Cristina and Nicoleta, then continuing with enlarged team: Amel, Terry, Megan, Mihaela, Jean, Karima and all the other lovely ladies who came with interesting ideas, and making things happen.

We are proud and happy to have been able to organize a variety of activities, from cooking, pottery, painting, mind games, book club, fashion, sports to art and culture, museum, etc... and we would not have been able to do it without all of You! So we want to thank you once again and to invite each of you to come with an idea of an activity, plan and organize at least once in the future.

Looking forward to participating and helping organize next IWA activities.

IWA BOARD REPORT 2016-2017

March 15, 2017

Who wants to participate in the magazine?

Do you have any interesting experiences, pictures, places or websites 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

For business purposes our (new) mailing address is:
IWA International Women's Association of Bucharest
Str Gheorghe Lazar nr. 5B, ground floor, apt nr.1,
sector 1, 010201 Bucuresti



follow us on Facebook
or on website:
www.iwabucharest.ro

*Email Event Updates are sent regularly 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 yearly
(We follow the school year so all memberships must be renewed in September. Half year rates begin in March)

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

2016 - 2017

Volunteers for IWA Board 2017-2018

President: Ximena Alexandra Reyes (Chilean/Ecuadorian/ Swedish)

1st Vice President: Lise Spriggle (American)

2nd Vice President: Fatima Madeira-Gruben (Portuguese)

Secretary: Andreea Salinas (American/Romanian)

Treasurer: Dennis Leal (Colombian)

Charity: Delia Sfetcu (Romanian)

Activities: Megan Ostuni (American/Italian)

Membership: Terry O'Donnell Parsons (American)

Website: Nancy Sage (Canadian/American)

Newsletter: Karine Lamy (French)

Fundraising: Maria Raets Musat (French/Romanian)

Volunteers for Deputy Committee Chairs:

Newsletter: Smriti Kurian (Indian)

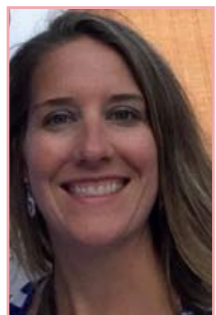
Activities: Natalie Ohlsen-Fueger (Canadian) & Cristha Reyes (Mexican) & Cintia Barrientos (Argentinian/Italian)

Membership: Anouk Ragot (French)



President: Ximena Alexandra Reyes (Chilean/Ecuadorian/Swedish)

I am an intercultural trainer. For the last twenty years, I've lived and worked in many different parts of the world. During this time I've had the opportunity to support families and individuals to get the best of their international experience, and also to understand the effects of cultural shock. I moved to Romania in 2013 with my family. We like to explore Romania and find hidden treasures. I am part of initiatives like Bucharest Moms, Bucharest with Kids, and IWA. These groups have given me the opportunity to connect, share tips and meet amazing people from all around the world.



1st Vice President: Lise Spriggle (American)

As I continue my second year in Bucharest, I look forward to continuing to work together with the IWA team. I have over 14 years of professional experience leading people, managing processes and goal setting. I have taken advantage of many travel opportunities and have friendships all over the world. This past year, I volunteered as Chair of the Charity Committee and collaborated with the members to create a database for tracking grants and other donations. I have been blown away with the commitment and collaboration of our IWA members and supporters during the holiday bazaar. Ongoing growth and learning is important for all of us and I hope to continue to help members experience new things, learn new skills and continue to have fun.

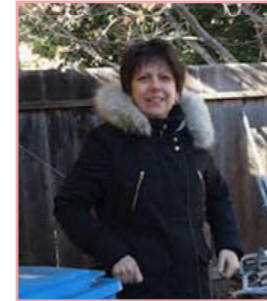


2nd Vice President: Fatima Madeira-Gruben (Portuguese)

My family and I have been moving for more than 20 years. We started moving between Portugal and Germany, my husband's country, then moved to Argentina, Uruguay, and Latvia. Three years ago we moved to Bucharest, the first move without kids. Our kids continue their lives in Germany. We've been living here in Romania very happily; it's a lovely country with a lot to offer. A long time ago, I worked in Portugal, using my degree in English/German Linguistics. In Riga, Latvia, I joined for the first time in my life the local Women's Club, also an NGO with social and charitable purposes. I wanted to meet more people and do something worthwhile and meaningful, helping people. I gave a lot, but I received much more than I gave. This is also the reason why I joined IWA the moment I moved here, because I was and am so grateful to these kinds of organisations. I believe we all can contribute to a better world.

MEET OUR VOLUNTEERS

March 15, 2017



Secretary: Andreea Salinas (American/Romanian)

I was born and raised in Romania, where I spent most of my life under the Ceausescu regime. I graduated from the University of Bucharest School of Physics. The dream of my generation was to leave Romania, and go far away, as far away as possible. I went to California and became an American working as a scientist, earning a degree in Computer Science and starting a wonderful family. My husband and my daughter are still in California, while my son and I moved to Romania for my son to study piano in the 9th grade at "Collegiul National de Muzica George Enescu". Returning to Romania after so many years was difficult for me. I felt like a stranger in my own town until I joined IWA. Working with IWA is a little bit like working in California; amongst people from so many nationalities, I feel right at home.



Treasurer: Dennis Leal (Colombian)

In 2016 I decided to move to Bucharest and leave my beautiful Colombia behind me, to follow my French boyfriend. Until then I had been working in finance-audit-controlling for more than 10 years. I am currently volunteering in ROI Asociația and Chance for Life. I am also supporting IWA Charity, BSPN Expat Networking, and the "Romania through the lenses of expat women" photo book 2017. This expat experience in Bucharest has represented a huge, amazing, change in my life as I am a part time volunteer (but 100% heart involved) and a dreamer 24/7. Here I spend my time doing what I love to do, volunteering, enjoying the green of nature, discovering new places, taking pictures – and doing all of these with my partner. Being a first time expat, I am really enjoying this adventure thanks to IWA, to all the good people I have met and also thanks to the full of beautiful surprises Romania



Charity: Delia Sfetcu (Romanian)

I used to be a career woman until I became a mom, and after that my life turned in an amazing way. I finished 2 universities, one in France, with a Master Degree in Management of Small and Medium Enterprises, and the other one in Romania, as an Economist specialist in Management of European Institutions. I worked as Manager and Trainer in a multinational, and at the same time as founder of my store La Baci, without free days for several years. That was B.G.B. (before giving birth). After, for a period of 4 years, I was 100% mother and theoretically wife. Now, I'm still running my family business, volunteering as International Affairs Manager at IRSCA Gifted Education, am President of the Parents Committee at my son's school and also am volunteering in Charity Committee in IWA. I do all of these with the loving support of my family.



Activities: Megan Ostuni (American/Italian)

I am American, raised in Philadelphia but spent much of my adult life in Washington, D.C. and Boston, MA in the USA. I arrived in Bucharest in August 2016 after 4 years in Munich, Germany. My husband is Italian and works for a multinational pharmaceutical company. Prior to becoming a full-time expat Mom I earned my MBA and was a management consultant with expertise in operations with a focus in human resources, as well as strategy and entrepreneurship. I've also served on the Board of Directors of the Cambridge Montessori School and the Green Streets Initiative. I'm thrilled to have found IWA and all the intelligent and inspirational women who plan such interesting and thoughtful events.

2016 - 2017



Membership: Terry O'Donnell Parsons (American)

I've been in Bucharest for 3 ½ years, and have had a wonderful time meeting amazing women from Romania and around the world. I still remember the warm hug I received at my first IWA Newcomers coffee, and I look forward to moving into this position and focusing on welcoming new members. I've been a passionate volunteer my entire life, in varying roles as I've moved to 12 cities in 4 countries during my marriage. My youngest son is in high school here and my older kids are in the USA. I spend my days focusing on family and my love of charity and organization and exploring and writing and art... and putting my feet up on the sofa, doing nothing at all.



Website: Nancy Sage (Canadian/American)

My husband Bill and I happily relocated to Bucharest on August 1, 2016. We were both born and raised in Canada, as were our 2 sons. However, our hometown since 1997 has been Cincinnati, Ohio in the United States. Additionally, from 2010-2012 we lived in San Jose, Costa Rica. I am thrilled with this opportunity to live and experience Eastern Europe. It's a bonus to belong to IWA and meet such a dynamic group of women. Professionally, I've worked as an accountant in various capacities, and I still have a very part time position with a company in the United States. For fun, I enjoy golf, tennis and bridge, but truthfully I'm keen about any sport or game! I have been a volunteer mentor with children from underprivileged homes, and I also volunteered at a community farm as an educational leader for visiting school groups.



Newsletter: Karine Lamy (French)

I had so much pleasure working on the IWA newsletter that I reapply for one more year! I am French, mother of 3 kids and an architect. Our first expatriation was in Istanbul where I was also involved with the communication's team for a French association. My key motivation for this position is the pleasure I take meeting fantastic people, and exchanging (with thanks) the articles we are seeking. It is always a great pleasure to hear your funny... acrobatic... crazy... and enthralling stories. Please, keep me travelling through your discoveries next year!

Fundraising: Maria Raets Musat (French/Romanian)



I was born and lived in Bucharest till I was 21. Then I moved to Paris for studies and lived there for 11 years and became a "true Parisian." I am now back in Romania with my husband. I have a degree in financial controlling and reporting, and worked in project management for French corporations. Now I am an entrepreneur. My life in France refined my knowledge in wines and gastronomy, and I have a wine school in Bucharest. For the last 2 years I have been a member of IWA and learned how to work and have fun at the same time in an NGO. My greatest passion is travelling. I've seen many places and I still have a lot to see and I can't wait to plan my next trip! My husband is a Belgian Australian who has lived "all over the world" as our friends like to say. So we are a very international family with relatives or connections to almost all the continents. Family reunions are a challenge!

MEET OUR VOLUNTEERS

March 15, 2017



Newsletter: Smriti Kurian (Indian)

I hail from the colourful country of India. This is my first expat experience and I couldn't love it more. My passions are plenty, the more important ones include reading, music, the movies, travelling and making friends. I've not had the time to indulge in all of them these past 5 years due to the unfortunate excuse of work. But now, IWA gives me the opportunity to rekindle my love for the written word and I look forward to working on the newsletter.



Activities: Natalie Ohlsen-Fueger (Canadian)

I consider myself to be a very down to earth and easy-going person who is not afraid (much) of trying my hand at any work that needs to be done. Whether by luck or fate I have been moving around the world since a young age. My life started in Guyana (a former British colony in South America) and I have lived in Sri Lanka, Canada, Indonesia, Zambia, Nigeria, South Korea, Kazakhstan, Germany, and Thailand. I am the proud mother of two teenagers (one in university and the other enjoying her last 2 ½ years of high school in Bucharest) and a furry girl cat named Morning Star. I have been happily tied to my love and anchor, Martin, for over 23 years. Since my decision to follow my husband around the world (he calls this a never-ending honeymoon!) I have enjoyed my portable job as a qualified swim teacher and trainer for both adults and children. I enjoy all things multicultural: music, foods, dances, culture, books etc.



Activities: Cristha Reyes (Mexican)

I was born in Mexico, where I lived until we came here «just to have fun and enjoy the adventure of life.» My husband, my daughter and I have been in Bucharest for almost 2 years now. I'm a literature translator but actually I work with holistic therapies such as Dr. Bach Flower Remedies and others that connect mind, emotions and physical body. I love traveling, art, music, books, movies and wine! Salud!



Activities: Cintia Barrientos (Argentinian/Italian)

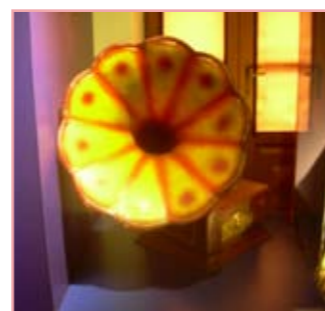
Argentinian by nationality but a world citizen by option, I have had the chance to live in Argentina, Italy, France and now Romania. Feminist by conviction, I loved the idea of joining IWA as a way of interacting with strong and intelligent women. I am a Sustainability, Fair Trade and Corporate Social Responsibility (CSR) consultant, connecting, fostering and mentoring the next wave of Romanian social enterprises. Willing, at the same time, to improve the wellbeing of IWA members by teaching them how to make their own organic, home made cosmetic products.



Membership: Anouk Ragot (French)

I followed my husband 1 year ago for our 1st expat posting in Bucharest. I had already an idea of Romania, as I was a summer Volunteer with kids in 2007. Living abroad was a life & family project; I must admit I imagined myself anywhere but not in Eastern Europe, fortunately since then, Bucharest appeared to me full of good surprises. I am an Engineer and studied in France/UK. I have worked for 7 years as a supply chain manager, being passionate about my job & high challenges. From one day to another, I became a full time mother at home with 2 lovely babies (Austin 3 y old and Emma 1½ y old) and 2 noisy birds. IWA was one of the key to survive the transition. I enjoy painting, reading, eating pastries with friends, laughing with family, discovering/experiencing new activities/ideas. I really look forward welcoming the friends "we haven't met yet!"

IWA EVENTS



VISIT TO THE MUSEUM OF AGES

"Every person is a museum"

WHAT A FABULOUS IDEA....

....to create a space where we can meditate about age, life and ... more. In their catalogue I read a line which struck me: 'every person is a museum'.

How can one remain indifferent to such a triggering statement? After such a revelation, each person turns into a holy space, where we halt for a while. We become a temple in which we worship our master – Time. Change is the key word for everything in the Universe, but Time itself is eternally young and like any young creature – cruel. Imagine he makes us a photo and then in ten seconds miraculously shows us the changes, adding 30 years in 30 seconds.

As IWA group was large and of course made up of brave women, many had the courage to become Time's victims on the spot and even laughed at the end. But when I went alone I was not so brave. Nevertheless I wrote a poem and discovered that we should not be afraid.

THOU ART THAT

A museum opened
from birth to death,
always changing,
We draw mysterious arabesques
on white walls, a labyrinth.
We collect the golden saffron of sunsets,
mixed with blue mist from seas and sky,
bitter shades, words and silences
In deep drawers.
We warm ourselves
near the joyful, evanescent straw fires.
Sometimes
the lion of love ends up
in this tight cage.
The future escapes,
lizard, who rather loses its tail,
than be caught vivid in our hand.

As we are growing old, we wait
for silver unicorns to descend
and give us wisdom
to bridge the world within, the outer world
in One,
This moving opalescent stream,
is the museum of life.
Come in!

TAT TVAM ASI

*TAT TVAM ASI (THOU ART THAT)

This famous formula in Sanskrit comes from the Upanishads (8TH or 6TH century BC) and it expresses the relationship between the individual and the Absolute. The meaning of this saying is that the Self – in its original, pure, primordial state – is wholly or partially identifiable or identical with the Ultimate Reality, that is the ground and origin of all phenomena. All the teachings of the Upanishads are summed up in this formula. Atman is identical with Brahman

By Silvia Margineanu



HAVE YOU EVER HAD.....

.... an idea to cast a glance in the future and to see how you would look like in 30 years from now? Or to look in the past and observe haste less life of people back in the centuries. The Museum of the Ages gives you such a unique opportunity of travelling in time.

Our trip there started one rainy day with a short visit to a small exhibition of frescos taken from the Vacaresti monastery. Unfortunately, this monastery doesn't exist anymore. It was turned into prison and later destroyed during the regime of Nicolae Ceausescu to make room for a Palace of Justice that was never built.

After dipping into the atmosphere of ancient Rumania we proceeded to the Museum of the Ages which is dedicated to the life of ordinary citizens and its evolution through the ages. It invites you to reflect upon the thought whether technological development and amenities make our life better or, on the contrary, we become more stressed and therefore less happy. The exposition surprises visitors with its diverse, interactive and far from being boring items. It will just suffice to mention a labour ward that was reconstructed as it was in the previous century.

The day finished with a lunch at the brasserie Caju (cashew). The idea of the chef Joseph Hadad, owner of a famous gastronomic restaurant Joseph, is to offer his guests in Caju artistically presented delicious food for the reasonable price. The conception of this brasserie seems to be a combination of all kinds of aromas and spices in one dish, the influence of African cultures can be felt. If you are ready for some new discoveries don't deny yourself the pleasure of trying Coconut tiramisu!

By Juliana Garmash

IWA EVENTS



WOMEN OF BUCHAREST

Profiles of inspiring locals

Society always valued men more than women and many efforts were made by women to be professionally accepted as equal to men. Romanian women were very brave and determined and fought to make their way in a world of men.

Sarmiza Bilcescu (1867 – 1935)

She was the first Romanian woman lawyer. She was the first European woman who got a degree in law at the University of Paris and the first woman in the world with a PhD. Her doctorate paper was 'The legal condition of mothers'. She was one of the founders of the Society of Romanian Ladies whose aim was to fight to raise the education level of women.



Smaranda Braescu (1897- 1948)

Smaranda Brăescu was a Romanian parachuting and aviation pioneer, multiple world record holder. Her achievements earned her the nickname «Queen of the Heights». She became a European champion for parachute jumping in 1931 at 6000 m. In 1932 she became the world champion at 7400 m and this achievement was improved only with a few meters after 20 years. She was one of the few trainers for military parachute jumpers. During the war was an active pilot in the famous 'White Escadrille' of sanitary planes. She is one of the 11 personalities who condemned the forged elections in 1946 and she was condemned to prison by the communist. She was hidden by gentle people and she was never found.



Ana Aslan (1897 -1988)

became famous due to her career in gerontology and she became the director of the first gerontology institute in the world. She created Gerovital H3 to help diseases connected with old age. Another invention together with Elena Polovrageanu was Aslavital. Among her patients we should mention Charles de Gaulle, Nichita Hrusciov, J.F. Kennedy, Indira Gandhi, Salvador Dali, Iosif Broz Tito, Peron, Mao Zedong, Winston Churchill, Charlie Chaplin, Marlene Dietrich, Greta Garbo, Konrad Adenauer, the Romanian presidential couple Elena and Nicolae Ceausescu. etc.



Eliza Leonida Zamfirescu (1887 – 1973)

Eliza Leonida Zamfirescu was unanimously recognized as the first woman engineer in the world graduating in 1912. She was also a member of the International University Women Association. She was rejected to study at Bucharest Polytechnics due to the fact she was a woman. In 1909 she went to Berlin and she became the first woman student of the Royal Technical Academy. The dean Hoffman stressed that the essential duties of woman are the three K – kirche, kinder, kuche (biserica, copii, bucataria). She transformed the prejudices, hostility and the mocking attitude into general admiration and even the dean declared her „Die Fleissigste der Fleissigsten” (cea mai silitoare dintre silitori).



Elena Vacarescu, (1864-1947)

Elena Vacarescu had a rich literary activity and studied in Paris. Her poetic activity was directed by the poet Sully Prudhomme. She is the first Romanian woman accepted in the French Academy. King Ferdinand fell in love with her and wanted to marry her but the royal family was against the marriage as she had was not from royal blood.



By Silvia Margineanu

If you have a story to share, please email us at newsletter.iwabucharest@gmail.com

"SEVEN CITIES" a part of Incredible India

I moved to New Delhi, India in 2010 joining my husband and daughter who arrived a month before me. Moving to another new country, to a new and challenging continent, was in some ways easier than I expected, but once again, I had to reinvent my myself, find where I "fit" and decide, 'I can be happy here.'



I joined Delhi Network, an international/expat group, as well as the American Welcome Association. I spent too much time having my new apartment repaired following a prolonged monsoon. I volunteered in my community; I made new friends and received great advice on how to navigate this new crowded, polluted, chaotic and mesmerizing city.

"Join 7 cities" was one piece of advice repeated many times, so when another newcomer said she was planning to join the group, I signed up with her. The concept is that expats living in Delhi join together to learn about the historic "seven cities" of Delhi by researching and teaching each other. Forty expats are divided into 10 groups, given some guidance and a schedule. Each week, a new group presents its city in its own way (no tour guides or locals allowed).

Assigned to the first & second city, I met Stephanie (British), Janet (Australian) & Juliana (French/Brazilian) and explored our "cities" that encompassed the UNESCO World Heritage monument of Qtab Minar, a sprawling archaeological park, the wall along a cricket stadium and the incredibly crowded and vibrant subcity of Mehrauli. We met at each other's homes to plan how to present and take the rest of the group on a tour of "our city." We prepared a booklet on the history of Lal Kot, hiked through undeveloped 'parks', wandered down narrow streets through markets and neighborhoods to map out our tour.

Each week a new group presented a new city and a new period of history; what fun finding the unique, the mysterious, the hidden and fascinating from the many centuries of Delhi. One group dressed in costume and played roles of the famous rulers of their city. Another

served a picnic lunch in the ruins of an ancient fort-complete with linens, flower petals strewn on the stone floor, incensed candles lighting our way on our tour of the fortress. We discovered treasures and important history – sometimes hidden in plain sight- amongst the markets and communities in this city of more than 20 million. We talked, we learned, we explored, we shared information and experiences; we made new friends and we had so much fun. Delhi became our home. On the weekend, we dragged our families out to see each new city we had just explored. We forged a friendship with each other – and a link to everyone else who over the past many years explored Delhi through this unique experience.

Link to seven cities: <http://sevencities.webs.com/>
By Jean O'Connor

HOLIDAYS?

The most awkward situation that I've ever experienced while going on holidays happened several years ago. The idea was to combine the celebration of the New Year in a lovely venue at the seaside with skiing in Sierra Nevada later.

Since in Moscow the weather in late December was minus 20 we put on our ski jackets and trousers in order to change after in Malaga airport. The flight was fine and not tiring, all went well until we landed at the airport in Malaga. The weather in Andalusia that time of the year was unexpectedly warm, plus 25 in the sun. We were in our ski suits and by some twist of fate our luggage didn't come. It was 31-st of December. The representatives of the airline company with the most apologetic air made it clear to us that our luggage won't come in the nearest future as well. At least not until 1-st of January when the next flight was scheduled.

Surrounded by palm trees we were jealously looking at the smiling people in their t-shirts and shorts. The only right thing we had to do was to cancel our delicious dinner in sunny Marbella and to head immediately to the snows of Sierra Nevada.

Home sweet home - we thought looking at the approaching mountain summits covered with snow.

By Juliana Garmash



THE PRELUDE TO A BIG FAT INDIAN WEDDING

Indian weddings are known to be described by the adjectives of BIG and FAT most commonly - BIG because the average number of people called for a wedding would range between 500-700 and FAT due to the reason of it being quite an expensive affair.

Facts show that there are about 10 million weddings that take place year on year in India - about 80% of them are Hindu weddings which is the predominant religion in the country. However the style of weddings differ from state to state and even within a single state.

The marriage industry is mind blowing and the marriage customs debatable. But this article isn't about the different kind of weddings that India has (which are too many), it's about a lesser known fact which is prevalent throughout the country.

Let me introduce to you of 2 concepts prevalent in India today - the arranged marriage and the love marriage.

Now the arranged marriage is a process where in the entire family (and I do NOT mean just the immediate relations) come together for the search of the perfect partner! Now perfect would mean that the partner ticks all the boxes of caste/ creed / religion / looks / place / education / employment / family values and any other aspects customisable from family to family.



Currently in India technology has contributed to this entire process with the evolution of various marriage sites, the most profitable named «Bharat Matrimony» which boasts of enabling happy marriages (hmmm...). Now this site has various details that one can post (boast) of oneself right down to details regarding the position of the stars at the time of their birth. Almost a marriage version of «Tinder» you say! Well yes, except for the fact that most profiles are created and run by the parents for their children. This is when they turn out to be quite «techno savvy», I must admit. We sometimes don't give them enough credit.

Anyways post all the scrutinising and the endless debates, a final list of the most eligible are prepared and

EXPAT JOURNEY

Living a global life: stories from our members

the parents cautiously approach their extremely busy son / daughter who belong to the next generation and for the most part would like to ignore this entire process altogether! However if you happen to be single, God save you! As Indian parents are extremely skilled in the process of coaxing and nagging until you ultimately decide to be take a look at their final list. While the person unwillingly looks at the list, something in someone might strike as interesting and you might wish to know more. And lo behold, you get caught in the whole drama of an arranged marriage. Well to keep this short, the meeting takes place and the respective couple decides the way forward. Well what can I say, the whole process works however traditional it may seem.



The concept of love marriage is the normal way people get married in the rest of the world. However in India this is relatively a new concept, though catching up quite fast among the younger generation. Urban families are generally more broad minded to accept their children finding their partners.

However we do have the frequent occasions of non acceptance in the family primarily due to religion and caste. But hey, there needs to be the occasional soap opera in our daily mundane lives right. Now it's the skills of children that come into play - coaxing and cajoling their parents to accept the partner that they would like to spend their lives with. In most cases, I am glad to say it ends on a positive note.

As the evolution on the marriage front continues in India, it picks up the best from its traditional beginnings and puts forth a conventional spin on the same. At the end of the day, irrespective of the process, every single person I meet has the perfect meet cute story!

From Smriti Kurian

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

EVENTS NOT TO MISS

By Mary Stefan

Some useful links :

- to purchase online tickets:

<http://www.eventim.ro/ro/>

<http://www.infomusic.ro/concerte-2017-mail>

<http://www.bilet.ro/>

<http://www.vreaubilet.ro/>

- more info on events in Bucharest:

<http://eventful.com/bucharest/events>

<http://www.bandsintown.com/cities/bucharest-romania>

<http://www.romaniajournal.ro/category/spare-time/concerts-festivals/>

<http://www.business-review.eu/category/bucharest-going-out>



Food Truck Festival Spring Edition

Date: March 7 – April 2, 2017
Place: Promenada Mall, Bucharest
Time: 11.00 – 20.00
Days: Tuesday – Sunday
<http://promenada.ro/primavara-duce-o-noua-editie-food-truck-festival-la-promenada/>



Art Out Gala 4th Edition

Date: April 8, 2017
Place: University of Bucharest, 4-12 Regina Elisabeta Boulevard
<http://www.iabilet.ro/bilete-gala-art-out-spectacol-rafinat-al-tuturor-artelor-28133/?q=gala>



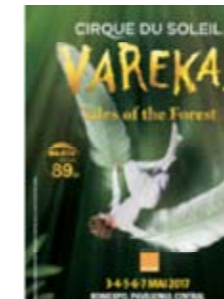
Easter Fair – handmade items and authentic gifts (free access)

Date: April 8-9, 2017
Time: 12.30
Place: Vintage Pub, 43 Smardan Street, Old Town, Bucharest
<http://fortheLoveoffashion-blog.blogspot.ro/2017/03/targ-handmade-si-design-de-florii-si.html>



The Color Run 2017 a.k.a. “Happiest 5k on the Planet”

Date: April 22, 2017
Place: Piata Constitutiei
<http://thecolorrun.ro/locations/bucuresti/>
<http://thecolorrun.com/>



Cirque de Soleil – Varekai

Date: May 3 - 7, 2017
Time: 20.00
Place: Romexpo, Bucharest



Kürtös fest 2017

Date: May 20-21, 2017
Place: Bucharest (location TBA)
<https://www.facebook.com/events/357723844619506/>



Vivaldianno

Date: May 21, 2017
Place: Sala Palatului, Bucharest
Time: 20.00
Tickets: <http://www.eventim.ro/ro/bilete/vivaldianno-bucuresti-sala-palatului-944441/performance.html>
Info Link: <https://www.youtube.com/user/mikalil>



George Enescu Festival

Date: September 2 – 24, 2017
Place: Romanian Athenaeum, Bucharest
<http://festivalenescu.ro/en/events/2017-festival/>



Bucharest Marathon

Date: October 8, 2017
<http://bucharest-marathon.com/en/registration/?curasa=teenrace>



WHAT'S UP IN ROMANIA



TESTIMONY ON FIDDLE AND BOW

My spirit's a doll's cradle,
A whirligig of swings
In a waltz of whispered music.
I glimpse a cheek and ear
Of shells lined with Indian satin
Caught by each other in their flight
On the chain of some March gift
Riding, whirlwind of children's hoods,
Wigs, locks of hair flutter,
And bright eyes, sapphire-round,
Wink in flight and hide.
Wooden horses, like cockchafers,
Harnessed in pairs among dolls.
They'd neigh twisting under the moon
But voice and throat make no noise.
Butterfly bebies of melilot
Caught by a turn in the breeze
Laugh in the wind that carries them
From my window, under my lamp.
Don't disturb my cheerful silence
With a question.
You thought my smile was from stars:
It was to them.

By Tudor Arghezi,
translation by Michael Impey



NEWS AND UPDATES

EXPERIENCE BUCHAREST

Experience Bucharest is an independent five-day event, which will take place in Bucharest in May 2017. The organizers aim to promote the Romanian capital as a favourite Eastern European destination.

200 influencers in the field will lend their contribution, and an estimated audience of ten million followers including national and international journalists, bloggers, and vloggers will turn their attention to the city nicknamed "Little Paris".

#ExperienceBucharest - By Mary Stefan



A NIGHT AT THE MUSEUM

The thirteen edition of the «Museum's Night» takes place this year on the 20th of May. This is an event where in various institutions are open for the entire night. In Bucharest this year, a new concept of the "continuously transforming museum" would take place as stated by the Romanian National Museum Network. The project is designed as a creative environment where the museum showcases new content as it develops. This year, the event would also be including a cafe space which is a first on the 15th and 16th of May at the National Museum of Old Maps and Books where the public and the museum staff are invited for discussions with respect to this event.

Credits : RomanianInsider.com - By Smriti Kurian

THIS YEAR BOTH THE ORTHODOX CHRISTIAN EASTER AND THE CATHOLIC EASTER FALL ON SUNDAY, APRIL 16th.

There are two main factors that cause the well-known conflict in dates:

- . the Christian Orthodox Church continues to follow the Julian calendar, which is thirteen days behind the Gregorian calendar when calculating the Pascha (Orthodox Easter Sunday) date.
- . the Orthodox Church still follows the rule established by the First Ecumenical Council, i.e. the Pascha must take place after the Jewish Passover in order to maintain the Biblical sequence of Christ's Passion.

Lent 2017 started on March 1 and will end on April 15. This is the annual period of Christian observance that precedes Easter. Lent starts on Ash Wednesday and lasts for forty days, mirroring the 40 days that Jesus spent fasting in the wilderness. This penitential period involves fasting (giving up meat, cakes, and sweets) and abstinence (refraining from alcohol, smoking, and sexual relations), and it is meant as a time of reflection, prayer, and contemplation.

More on the Romanian Orthodox Church at <http://patriarhia.ro/en/>. - By Mary Stefan



SOME USEFULL LINKS TO KNOW AND USE

- . <https://www.romania-insider.com/>
- . <https://www.business-review.eu/>
- . <https://www.inyourpocket.com/bucharest>
- . <https://www.ratb.ro/eng/index.php>
- . <https://www.nineoclock.ro/>
- . <https://www.agerpres.ro/english>
- . <https://www.bucharestwithkids.net/>
- . <https://romaniatourism.com/index.html>



EXPAT REFLECTIONS

The Variety of Custom

STREAK OF LUCK WITH BREAKABLE GOODS

I suggest trying a Word Association Test. Today's word is "break". What is the first thing that comes to mind?

I might as well come clean. There are about fifty-seven meanings to the verb and I came up with "Breaking and Entering". While still suffering from the curse of the lapsed lawyer, a gate to uncharted territory opened during a refreshing IWA lunch conversation.

It was on that occasion that I first heard of German wedding ceremonies' Polterabend. On the eve of the celebration, guests would break plates and tableware. The bride and groom will clean the mess as marriage practice and for good luck. Team work! More and more similar stories came flowing: the Czechs adopted the German custom, surely with schwarmerei, while in the Jewish wedding ceremony the groom will break a glass to moderate joy and remember less lucky events. In Romania, where we have a more frugal take on the world, unintentional breaking of plates and cups means bad luck is over. Serious partying in Ukraine or Serbia will culminate with some throwing around of glasses, especially on New Year's Eve. At the same period of the year, in Denmark, people will break plates at their friends' door, for good luck. I am rather puzzled by such an energetic manifestation of friendship, and on a more general note, the reasons for the widespread belief that smashing china and luck are somehow related.



For all of you who attend IWA art classes, you have already come up with the answer - check the Greeks, they have

invented just about everything we hold dear. Greek men shattering plates while dancing is guaranteed to instantly stimulate on our part tapping of feet and vigorously singing: Opa!

It all started on a serious note though, about two thousand years ago, with smashing funerary plates. It was suggested the custom is nothing more than the marketing idea of a pottery merchant. If such is the case, the idea sells to this day and he justly deserves the title for best travelling

salesman of Antiquity. Reportedly, one Greek singer was so taken with the tradition that he would whack plates on his head while performing, to demonstrate the force of his feelings. I would say this is stretching it. Imagine if this catches on and you are faced with a proposal. The beloved drops on one knee, presents the ring and, with one smooth movement, cracks on his forehead the cup held with the other hand. No deal.



At times, dropping a vase makes international news. Chinese contemporary artist Ai Weiwei Smashing a Han Dynasty Urn provoked one of those moments. I think luck did not enter the equation, so we can safely move on closer to home. There is one touchy subject left: breaking a mirror. How coherent is our collective tradition if breaking a plate is good but cracking a mirror is bad, very, very bad, seven-years trouble ahead bad? As I was reflecting on this, believe it or not, I accidentally broke a mirror. I kid you not. Coincidence? We shall see.

To be on the safe side, I decided to move away from this Humpty Dumpty domestic situation. There are other tamer references to "smash and be happy". For instance, actors will wish each other "break a leg" before a stage performance, because simply wishing good luck would bring about catastrophic results. Makes perfect sense. Some claim this comes from the Greek habit (again) of stomping feet at the theatre instead of the modern clapping of hands. Even if it has nothing to do with maiming, I am still glad not to be an actor.

Just when I thought I exhausted the theme, it came to my knowledge that Germans have another saying: Hals und Beinbruch! – Break your neck AND leg. I, for one, do not think I can handle that much luck.

By Daniela Lupas (inspired by a conversation with IWA's own Nathalie, Terry, Jean and Andreea).

With friends or family, enjoying a good meal together strengthens bonds!

BASIC SCONE

By Jean O'Connor



I found this recipe and its variations in Woman's Day magazine. I served them at a recent Stitching Club "meeting." I just got a new pastry dough cutter; although I still need to practice using it – it really helped blend the dough, and we all liked the result.

Ingredients:

- 2 cups flour
- 2 Tbls sugar
- ½ tsp salt
- 6 Tbls cold butter, cut into pieces
- 1 egg
- ½ cup heavy cream (I use 150 g cup of Greek Yogurt + 2 tablespoons of almond or soy milk instead)



Preparation:

1. Heat oven to 220 C (425 F). Line a baking sheet with parchment.
2. In a large bowl, whisk together the flour, sugar, baking powder and salt. Add the butter and using a pastry blender or two knives, cut it in until the mixture forms small crumbs. Make a well in the center of the mixture.

3. In a bowl, whisk together the egg and ½ cup heavy cream. Add to the flour mixture and using fork, gently stir until incorporated (do not over mix). Bring the dough together.

4. On a lightly floured surface, shape the dough into an 8 in round/1 inch thick. Cut into wedges and place on the baking sheet. Brush tops with the remaining 1 Tbls cream.

Bake until golden brown 12 to 14 minutes.



Variations:

- Cranberry-oat: Prepare recipe as above, but after cutting in the butter, fold in 1 cup (75g) oats, ½ cup (50 g) dried cranberries & and ¼ cup finely chopped crystallized ginger.
- Sour cream & chocolate chip: Prepare as above, but double sugar- 4 Tbls. Cut in the butter, then fold in 1 ¼ cup semisweet chocolate chips (or chop up 100-125 g dark chocolate bar). Replace the ½ cup heavy cream with ¼ sour cream. Continue.
- Orange rosemary scones. Prepare the scones as above. Use a vegetable peeler remove 3 strips of zest from 1 naval orange. Thinly slice the zest. Cut in the butter, then fold in the zest and 1 Tbls fresh rosemary (roughly chopped).



RECIPES from our COOKING CLUB

RUBY RED BEET SOUP

From Clean Soups

By Rebecca Kats with Mat Edelson

Ingredients:

- 3 tbsp extra-virgin olive oil
- 1 yellow onion + 1 fennel bulb - diced
- 2 stalks celery, diced
- 1 tsp ground cumin + 1 tsp ground coriander
- 1 tsp caraway seeds
- Pinch of red pepper flakes + Sea salt
- 6 cup vegetable or chicken stock
- 8 oz red cabbage chopped
- 3 beets peeled and diced
- 2 tbsp plain yogurth for garnish
- 2 tbsp chopped fresh dill for garnish



Preparation:

- . Heat the olive oil over medium heat.
- . Add the onion, fennel, celery and ½ tsp of salt.
- . Saute till golden, about 6 min.
- . Add cumin, coriander, caraway seeds and red pepper flakes and stir until well combined.
- . Pour ½ of broth to deglaze the pot, and cook till the liquid is reduced by half.
- . Add the cabbage and ¼ tsp of salt and stir.
- . Add the beets and another ¼ tsp of salt.
- . Stir and cook for about 1 min
- . Add the other 5½ cups of broth and ½ tsp of salt.
- . Bring to a boil, cover and simmer until the beets are tender, about 20 to 30 min.
- . In a blender puree the soup in batches until smooth.
- . Serve garnished with yoghurt and dill.

SHEPHERD'S PIE

A classic British Gordon Ramsay Recipe

By Smriti Kurian

Ingredients for 2:

- | | |
|-----------------------------------|-------------------------|
| For the meat : | For the potatoes : |
| Minced lamb/ Ground beef | Medium sized potatoes 3 |
| Salt/ Pepper | Salt, pepper |
| Onion - 1 | Eggs - 2 |
| Carrot - 1. | Parmesan cheese |
| Garlic - a few pods | |
| Worcestershire sauce / Soya sauce | |
| Tomato purée - 3 tbsp | |
| Red wine - 5 tbsp | |
| Thyme | |
| Rosemary | |
| Chicken broth - 3 tbsp | |



Instructions:

- Splash some olive oil onto a pan. Fry in the minced lamb/ beef till you get rid of the unwanted fat. Season with salt and pepper. Grate in the onion, carrot and garlic. Mix well. At this stage, pour in a dash of Worcester sauce along with the tomato purée. Mix well. Add the red wine and season with thyme and rosemary. Once the wine has reduced, add the chicken broth. Mix well until the liquid from the wine and stock have reduced completely leaving behind a flavourful mince mix. Move on to the potatoes, boil and mash them into a smooth paste. Mix in the egg yolks. Once done, add a generous amount of Parmesan cheese. Mix well and keep aside. In your baking dish, layer in the minced meat prepared. Once done, spread the potato mash on top. Grate cheese as a topping over the potato mash along with a last round of seasoning. Preheat the oven to 180c and bake for about 18 - 20 minutes. Serve hot.



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EXPAT REFLECTIONS

BLAME IT ON PARIS - The La La Land Syndrome

I believe in clichés, for me Paris and Romance are synonymous. Movie industry across the pond begs to differ.

Think of this script: Lovers do their loving business, one leaves for Paris, the end is near. It is as if long-distance relationships do not exist. There are only one way tickets from Tinsel town to the City of Lights. When lovers say “We will always have Paris”, they are already done in and on their separate way to Lisbon via Casablanca. Just ask Humphrey Bogart.

Such a drastic statement might raise an eyebrow. How can this most enchanting place be bad for your love life? You might even ask yourselves if we watch the same movies. Allow me to argue my case.

If you were paying even cursory attention to movie news in 2016, you did not escape the La La Land phenomenon. An overwhelming popularity with critics and large audiences alike, prizes galore, it took us all by surprise and by storm. The director, an American author with French origins has his priorities right. L.A. is the most endearing character in the movie. We simply cannot have enough of the magic landscape in pop art colors. Paris, on the other hand, depicted flittingly in a cartoonish manner, mercilessly separates star-crossed lovers in search of fame. Oui, Monsieur, you have reached destination Never Never Land.



The plot has a longish tradition of blaming it on Paris. Woody Allen had his own musical in late nineties, Everybody Says I Love You. It did not meet with a smashing success. I guess we were not yet ready for the return of the genre. The plot covers a cast of characters in and out of NY, Venice and Paris, with the last causing mischief in partners' lives even in those early days. The director, the most European of American moviemakers, returned on location in Midnight in Paris. Lovers realize they are not suited for each other as they wander the Paris streets, in this century and the past one.

Forget Paris, the nineties romantic comedy with Billy Crystal at his best, sets the tone from the outset. Lovers meet on the way to Paris, they are together, apart, together, apart, and then one of them goes back to working in Paris and this is the split indeed. In the end, giving up Paris saves their love and happiness.

French Kiss is another romantic comedy of the Paris-made-me-do-it garden variety. A couple prepares for marriage, the man attends a conference in Paris and marital plans go down the drain. Meg Ryan, the one before cosmetic surgery, will not take this sitting down. She flies to Paris, dumps the bad fiancé, finds new love on French soil and boards a plane back home with newfound hubby, mission accomplished.

Let us go now the TV series route. Sex and the City immediately comes to mind. We rooted for many years for Carrie, hoping she ties the knot with Mr. Big. Tired of his attitude, she leaves for Paris with another man. In a lucky turn of events, he is finally ready for commitment, takes his girl out of Paris and brings her back where she belongs, sipping a cocktail in good ol' Manhattan.

Surely you did not forget Friends. The classic TV show kept us waiting with baited breath for the reconciliation of Ross and Rachel pretty much during my son's entire primary school education. It was a close call too, as Rachel's career was about to take her to Paris. Once there, nothing would have been possible, not even high school sweethearts can survive the Paris Challenge. She said no to career plans abroad and we all rejoiced in their rekindled love.

Maybe the lesson here is: Paris may be too romantic for your own good. It could crush steady relationships as fast as Hulk smashes a bag of non-shelled walnuts. You have been warned.



By Daniela Lupas

New bikeshop in town!



Although far from having reliable bike-friendly roads, Bucharest is the city where more and more cyclists make their presence felt. One of the businesses dedicated to help them, is Bike Boutique & More, an atypical bikeshop, with service and great coffee which aims to educate and pamper the two-wheel enthusiasts.

The shop, recently opened in the bohemian neighbourhood of Cotroceni by a young team of entrepreneurs, is the only importer in Romania for Halfbike and Leg&Go bikes, roller skates and longboards for girls that are waiting to be tested in their colorful showroom.

Bike Boutique and More is an official distributor for Joules, the famous British rainwear brand and also other cool accessories designed for active lifestyle.

Visit them on www.btq.ro or directly at Prof. - Contact: 0744 440 534/ social@btq.ro



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