

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



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



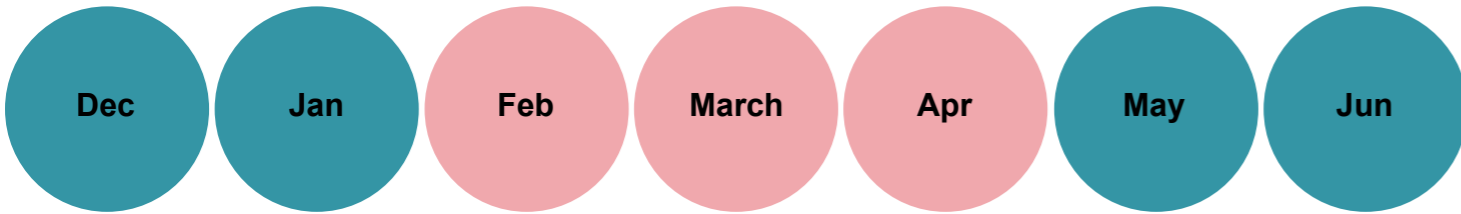
CAN YOU FEEL SPRING COMING ?



**IWA
MAGAZINE
FEBRUARY
2017**



www.iwabucharest.ro



BOARD and MORE

CALL FOR NEW BOARD from Terry

The winter snow is lingering, and I still see a few cars that haven't been shoveled out, but thankfully the days are already getting longer. Spring is right around the corner, and IWA will be electing our new volunteer Board members in April.

Our Statutes limit Presidents to two terms in a row, so I will be passing my hat to a new President. The most important qualities she – and any Board member – needs are a sense of humor and the ability to work as part of a team. Being on the Board is a commitment, but it is also fun and rewarding. You know we speak truly when we say we enjoy the work, because this is the second year for several of us, and some on our team would like to volunteer again. We all have busy lives, with families, jobs, volunteer work and travel so we are looking for women to Job Share.

This winter we had some turnover on our Board, due to moves and work commitments. We miss the help of Nicoleta, Ozge and Cristina and are grateful to the women who stepped forward to fill out their terms. Please reach out to any of our Board Members and we will be happy to talk about our roles, so you can begin thinking about how you can help our sisterhood.

Thank you

Current Board Members

President: Terry
 2nd Vice President: Ximena
 Secretary: Andreea
 Newsletter: Karine & team
 Activities: Dana, Amel, Megan & team
 Fundraising: vacant

1st Vice President: Maria
 Treasurer: Carmen
 Charity: Lise
 Website: Nancy
 Membership: Karima & Banu



TREASURER'S REPORT - January 2017 By Carmen Barta, Treasurer

ADMINISTRATIVE ACCOUNT	Adjusted Budget May 16-April 17	Actual amounts as of 31 Dec 2016
INCOME	RON	RON
Membership	40,500	40,500
Coffee Mornings	3,000	3,770
Advertising, Misc donations	500	1,555
TOTAL INCOME	44,000	45,825
EXPENSES		
Rent	3,240	3,236
Accounting	8,136	4,540
Translation	100	80
Postage	200	24
Office Supplies	500	100
Bank Fees	1,000	336
Exchange Rate Loss	1,000	
Newsletter/Mag	5,000	2,232
Website	350	164
Marketing Materials	1,000	412
Monthly Coffee Mornings	14,000	8,341
Newcomers Coffee	1,000	524
Thank you gifts for guest Speakers	500	365
Special Activities	1,650	890
Reserve held for next Board	10,000	
TOTAL EXPENSES	47,676	21,245
TOTAL - RON	1,324	24,580

BANK FUNDS	RON	USD/EURO
RON CHARITY	183,798.87	
RON ADMIN	79,102.45	
USD	20,468.00	4,814.00
EURO	15,584.00	3,457.81
TOTAL RON	298,953.32	

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 IWA CHARITY CHRISTMAS BAZAAR COUNTRIES AND SPONSORS

Many thanks to all of our Country Coordinators and other volunteers,
and to the many sponsors who made this day a success!

ALGERIA <i>Louiza Zeriri</i>	Embassy of People's Democratic Republic of Algeria
AUSTRIA <i>Ilaria Saupe</i>	Embassy of the Republic of Austria Chateau Beauty Salon Cyrom Romania Eminescu Food Bar Consult Grand Hotel Phoenicia Bucharest Grawe Heineken JW Marriott Bucharest Lacerta Mautner Markof Mr. Christian Macedonsky Neortic Motors Pfaner Prince Stirbey Sanador Hospital Trus HoReCa Services Voslauer Wiener Wurst Bucharest World Class Atlantis Your Food Brands
BELGIUM <i>Ilse Baekelandt-Luyten</i>	Chocolaterie Carels
BULGARIA <i>Antonia Chilikova</i>	Aldagot Ltd Bella Food, Romania Hotel Casa Karina, Bansko Hotel Eleni Palace, Elena Lubimka Ltd Olinezza Ltd, Bulgaria Stancho Koleff Ltd Union of Danube Fruitgrowers Zaharni Zavodi, Gorna Oryahovitsa
BRAZIL - PORTUGAL <i>Ileana Robu</i>	Embassy of the Portuguese Republic Bonte Foundation Indice Consulting Pragosa Romania
CHILE <i>Mariana Villanueva</i>	
CHINA <i>Xie Ting Fang</i>	Embassy of the People's Republic of China in Romania
COLOMBIA <i>Sandra Radu</i>	
CROATIA <i>Magdalena Alexandru</i>	Embassy of the Republic of Croatia Podravka Romania
FRANCE <i>Amel Ben Khaled Karine Lamy</i>	Embassy of the Republic of France Carrefour Caussade Semences Est Europa Kiosque des saveurs L'Oreal Leo Viri - Le petit Gaulois Les Saveurs d'Yveline

ANNUAL CHARITY CHRISTMAS BAZAAR





GERMANY Mrs. Na Min Lauk	Embassy of Federal Republic of Germany Kaufland Metro
GREECE Sandy Sivri Sofia Kantara	5asec Romania 7 Days - Chipita Apivita Aqua Carpatica Bancpost Best Foods Chipita Romania Srl Cofetaria Opera Domeniile Samburesti Elgeka-Ferfelis Romania S.A Greek School of Bucharest «Athena» Ioannou Shoes Juliette Armand Cosmetics LNKO Loux Mediterranea Olympus Promidea Simona's cookshop Uniunea Elena Din Romania Zoomserie
ICELAND Georgiana Pogonaru Sigrun Una Kristjansdotti	Consulate of Iceland in Romania Alvogen Geosilica Lysi Promote Iceland
IRAN Alina Dumitrescu	Embassy of the Islamic Republic of Iran
IRAQ Tori Neagu	Embassy of the Republic of Iraq Tip Top Food Industry
IRELAND Ciprian Cerbulescu	Ryan's Irish Pub
ISRAEL Liat Daar	Embassy of the State of Israel AFI Palace Cotroceni AFI Europe Romania Crama Rotenberg Sabon Sano Romania Tuborg
ITALY Polly Nomikou Pothiti	Ansaldo Nucleare Balocco Barilla Belli Scilliani Caffee Cautha Carrefour Baneasa Ferrero Grano Marcone Royal Food Company Pirelli Romania UVET Viaggi Vinarte Srl
JAPAN Eiko Takagi	Embassy of Japan Asociatia Economica si Culturala Romania-Japan
KENYA Nzungi Nduva Julias	
KOREA Mrs. Miyoung Jang Mrs. Younjung Lee	Embassy of the Republic of Korea

ANNUAL CHARITY CHRISTMAS BAZAAR





LEBANON <i>H.E. Mrs Rana Mokaddem</i>	Embassy of Lebanon
MOLDOVA <i>Mihaela Horga</i> <i>Alexandra Motroi</i>	Brenntag
MOROCCO <i>Siham Kemmou</i>	Embassy of the Kingdom of Morocco
NETHERLANDS <i>Matthijs Van Bonzel</i>	Embassy of the Kingdom of the Netherlands Carrefour Grolsch Van Cogh Cafe
PALESTINE <i>Bianca Butnaru</i>	Embassy of the State of Palestine
ROMANIA <i>Delia Sfetcu</i>	4x4 wheels ABC Acvatic Bebe Club Atelier Creatif Bucharest Homes Cameea Flower Shop Casa Baci Cofetăria Dorobanți Diamondo Diesel Hotel and Restaurant Don Café Brasserie Eco Wheels Kiddo Play Academy La Baci PPD Romania, Baily's Sine by Sheila Stejarii Techir Tudor Tailor Urban Beauty Corner Ursus Vale Putna Zoom Invest
RUSSIA <i>Alina Chikineva</i>	Embassy of Russia in Romania
SOUTH AFRICA <i>Tatiana Giurgea</i>	Biltong
SWITZERLAND <i>Peppina Sigg Knobel</i>	Caran d'Ache Geneve Nestle Radisson Blu Swiss
TUNISIA <i>Carmen Socaciu</i>	Embassy of the Republic of Tunisia
TURKEY <i>Özge Güneş Polat</i>	Embassy of Turkey Cofetaria Opera Pepsi
UNITED KINGDOM <i>Monica Poplacenel</i>	British Embassy Bucharest
UNITED STATES <i>Anca Burke</i>	Hotel Central Park Sighisoara JW Marriott Bucharest Pink Room Radu Florescu Trust Spokes Wagner Arte Frumose si Povesti

ANNUAL CHARITY CHRISTMAS BAZAAR





IWA

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Ministry of Foreign Affairs

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AMROMCO
Baneasa Shopping City
BGS Security
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Contemporanii
Crama Bauer
CSB Grup
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EE Relocations
Egerom
Espace Minoux / Casa Terra Restaurant
Fabian Sanchez / Sanchez Events
VV traduceri



Thank You for your generous support of IWA's multicultural Charity Christmas Bazaar. It was a beautiful day and a true success, made possible by dedicated and valuable volunteers and sponsors. We are humbled by the generous sharing of your time, energy and donations. Some of our volunteers and shoppers have participated for decades, while other children, teens and adults attended for the first time. From all corners of the world we had traditional costumes, chants, dances and performances that dazzled us with their cultural heritage. All the wonderful food left us hungry for more. We had 35 different country tables, and were excited that Belgium, Bulgaria, France, Iraq, Lebanon, Moldova, Portugal and Switzerland joined us this year after an absence. We had additional volunteers from around the world participating. We even had the Santa Claus coming directly from Lapland to make a special visit!

United in the spirit of giving, we raised over 53000 Euros in goods and cash to help less privileged community members. This includes €48187 in cash for IWA's Charity Committee, which disperses the funds on a grant basis to a wide range of local nongovernmental organizations, who help diverse groups including sex-trafficking victims, children, the elderly, disabled, the ill, homeless and more. Together, we make a difference!

Thank you to all of the Country Coordinators, the sponsors, the embassies and international community members who made this day possible. From accounting to tree decorating to traffic directing to hauling boxes, you did it all. Thank you to all of the sponsors who provided logistical help and donated goods and funds. Thank you to our entertainers. A special hug to our Honorary Chair, Meri Vidiš. And a big kiss to all the husbands who encouraged and supported our work.

On behalf the entire IWA Board and Charity Committee, thank you for your time and dedication,

*Terry O'Donnell Parsons, President
Marina Coanda Bundac, Christmas Bazaar Chair
Lise Spriggle, Charity Committee Chair*

ANNUAL CHARITY CHRISTMAS BAZAAR

Thank You from our Honorary Bazaar Chair

I am so happy that I could support the International Women's Association of Bucharest Annual Charity Christmas Bazar 2016. It was something important we all could do in Bucharest – to be in ROMEXPO to do something good for others.



I would like to express my gratitude to the International Women's Association in Bucharest for the energy and spirit to organize such an event, to gather all of us from various countries all over the world. My special thanks and gratitude goes to Terry and Marina for everything they did for this Bazaar, together with all the other members.

I am coming from small but very beautiful country – the Republic of Croatia, a country with very interesting recent history. We know what it means, to have the help of friends, and we respect that very much.

Dear friends, let's be happy that we could give something, rather than to be in position that we need to ask for something. If we are generous in giving, one day we can be proud to ask if we shall be in need.

My special thanks go to all sponsors who supported us. I hope you all enjoyed the company, products and food from all over the world.

I wish you and your families a Happy New Year, or as we say in Croatian, "Sretna Nova Godina" Thank you,

Mrs. Merica Vidiš



BAZAAR 2016 FINANCIAL REPORT:	Cash from Country Tables + misc	Country Sponsors direct deposit IWA	Credit for in-kind unsold goods	Total raised per country in RON
COUNTRY				
ALGERIA	1,285			1,285
AUSTRIA	5,046	1,000		6,046
BELGIUM	410			410
BULGARIA	1,567		3,500	5,067
CHILE	1,312			1,312
CHINA	11,835		6,950	18,785
COLOMBIA	1,300			1,300
CROATIA	1,323		300	1,623
FRANCE	9,960	3,750	6,200	19,910
GERMANY	4,733	3,000	650	8,383
GREECE	14,151	2,300	15,994	32,445
ICELAND	6,840			6,840
IRAN	800			800
IRAQ	712			712
IRELAND	690			690
ISRAEL	4,650	5,000		9,650
ITALY	17,006	675	960	18,641
JAPAN	3,593			3,593
KENYA	213			213
KOREA	5,172			5,172
LEBANON	3,525			3,525
MOLDOVA	3,796		400	4,196
MOROCCO	1,515			1,515
NETHERLANDS	840			840
PALESTINE	2,068		300	2,368
PORTUGAL + BRAZIL	2,684			2,684
ROMANIA	7,433	3,700	2,220	13,353
RUSSIA	9,365		110	9,475
SWITZERLAND	2,526		1,500	4,026
SOUTH AFRICA	450			450
TUNISIA	1,556			1,556
TURKEY	1,833			1,833
UNITED KINGDOM	1,717			1,717
UNITED STATES	7,075			7,075
IWA Table	3,717	12,885		16,602
IWA Entry Tickets	13,180			13,180
SUBTOTALS	155,878	32,311	39,084	227,273
SUBTOTAL CASH RAISED	188,189			
NGOs Directly Participating Raised				11,924
SUBTOTAL Cash + Goods				239,197
TOTAL EXPENSES (Romexpo hall rental, insurance, security, printing & supplies)	22,358			
NET CASH DONATION TO IWA CHARITY COMMITTEE - RON	165,831			
TOTAL RAISED IWA BAZAAR 2016				216,839

ANNUAL CHARITY CHRISTMAS BAZAAR

Thank you to the NGOs who participated in our Bazaar:

Asociatia Pavel
Freamat de Speranta
Help the People

Ana si Copii
Fundatia Har
Nightingales

Ateliere Fara Frontiere
Fundatia Mereu Aproape
Organizatia Free

Chance for Life
Help Autism
Verita



Unsold, leftover goods
at the end of the Bazaar
were donated to:

- . Help the People
- . Nightingales Cernavoda
- . Touched Romania
- . Har Bucharest

and the Christmas Tree
went to
Hope and Homes for Children
in Romania



CHRISTMAS AROUND THE WORLD



WHY DO WE CELEBRATE CHRISTMAS ON DIFFERENT DAYS?

Historically all Christians celebrated Christ's birth on January 6. In 350 A.D Pope Julius I, bishop of Rome, proclaimed December 25 the official date for the birthday of Christ. Actually, there were two reasons for choosing this date. On December 25, the day of Winter Solstice, people celebrated the popular roman holiday in honour of Saturn ,the god of agriculture. Later this holiday was replaced by Sol Invictus in order to put together the celebration of several sun based gods.As Christianity began to take hold across Rome the idea



was to make Christmas a major holiday by placing it over the pre-existing pagan festivals.The second explanation for choosing this date is given by some scholars who suppose that it was calculated as nine months after the Annunciation (March 25), when the angel Gabriel is said to have appeared to Mary and told her she would bear the son of God.

Then it all depends on the calendar that we use, as a matter of fact. Catholics and Protestants celebrate Christmas on the 25 of December according to the modern Gregorian calendar whilst in some orthodox countries they remember about birth of Christ referring to the old Julian calendar. Therefore Christmas for them falls on the 7 of January as the difference between old and new calendars in the 20-21 centuries makes exactly 13 days.

Julian calendar was introduced in 45 BC by Julius Cesar. However, in the years that followed it was not considered very precise. That's why by the order of Pope Gregory XIII in 1582 as a result of reform it was decided to replace it by the new one, which was correspondingly called Gregorian. The transition to this calendar was supposed to correct the growing gap

between astronomic and calendar year and to stop the drift of the year with respect to the equinox. The number of leap years were recalculated and 10 days were removed at this certain year.

The Gregorian calendar was initially adopted by the catholics, then protestants and finally Eastern Orthodox, some muslim as well as some Asian countries. To Russia it came only during Soviet time. Its precision can be illustrated by a simple fact. Whilst in Julian calendar there is an error of one day per 128 years, in Gregorian calendar the same error occur per 3 thousand 333 years (or per 7 or 10 thousand years according to other sources). Nevertheless speaking about religion some orthodox churches still live according to the old Julian calendar. Among them:Russian, Jerusalem, Serbian and Georgian. Athos monastery that is under the jurisdiction of Constantinopol Patriarchate also adhere to the old style. Therefore for them 25th of December according to Gregorian calendar corresponds to the 7-th of January according to Julian calendar.

All other 11 orthodox churches of the world celebrate Christmas as catholics on the 25 of December as they use a so-called New Julian calendar that by 2800 year will totally coincide with the Gregorian calendar.

Armenian church celebrates Christmas on the same day as Epiphany i.e. 6th of January. This tradition dates back to the most ancient times before January 25 became the official date of celebration.

Interestingly enough, in some countries there is still a tradition to celebrate a so-called Old New Year which falls according to the old Julian calendar on January 13. Although January 13 is considered a working day, it gives one more occasion for a feast and joy. In Russia, for example, it became a good tradition to congratulate each other one more time, exchange symbolic presents and raise glasses in toast to welcome again the New Year late in the evening. When the holiday falls on the weekend people throw parties or go out to restaurants or clubs.



*Transmitted by Juliana Garmash:
Main sources:
<http://domnaskale.org>*



CHARITY COMMITTEE NEWS

SOME NGOs WE WORK WITH:

Asociația „Ana și Copiii”

+40 728 681 182 / +40 21 222 61 51

office@anasicopiii.ro / www.anasicopiii.ro / Facebook

http://anasicopiii.ro/voluntari/

Str. Stoica Ludescu, Nr. 14, Sect. 1, București



Asociația „Ana și Copiii” started in 2006, when the state placement center was closed. It began with accommodating 20 children in the shelter, who were later placed with families. The organization also aims at preventing school and family dropout.

Currently they take care of 317 children, and 100 disadvantaged families. The children receive daily help in doing their homework, they paint at our Art workshop, they go together on camps, trips, museums, theaters, they get emotional counselling, school supplies, shoes, clothes and everything they need to attend school.

The two daily meals provided by the organization are, most of the times, the only food the children receive the entire day. Older children take care of the younger ones. They celebrate together their good grades, their everyday small successes, their birthdays, and achievements.

The association keeps a close connection with the parents. We wish to be their mentors and their partners in raising their children. Parents receive material support, medical aid, legal advice, help in finding a job also.

Sf. Ana Association

www.facebook.com/Asociația.Sf.Ana ;

http://www.sf-ana.ro/

Neacșu Ancușana - Day Center Coordinator 0724556036



Sfanta Ana is a non-governmental, non-political and non-profit, charity organization, formed exclusively by parents of people with severe mental and associated disabilities. The mission of the organization is to prevent abandonment of the disabled children, as well as to reduce the ill-treatments of teenagers and youngsters with severe mental disabilities. The organization provides services that improve the quality of life for the disabled youth and support their families. In its 16 years of

existence Day Center and its activities, offers a concrete solution for the parents to keep their disabled member, to continue his/her integration through rehabilitation, education and professional orientation programs, to see him/her living a more independent life.

“Those who are happiest are those who do the most for others.”

Booker T. Washington

The Meals Initiative program at Casa Sperantei is in need of some more meal-making volunteers (www.hospice.ro)

Casa Sperantei is a hospice for terminally ill patients who alternate their stay in the hospice and at home. We make and distribute meals to the patients’ families when their loved ones stay at home. These families are often in extreme financial difficulty.



This meals initiative works as follows:-

Each volunteer receives 4 foil trays at the beginning of the month. Meals that can be frozen and defrosted need to be prepared for the families. For example, chilli con carne, casserole, lasagna, moussaka etc. On the last Wednesday of each month, the volunteer drops the frozen food off at some special location in Pipera (details on demand).

If you do decide to volunteer, but can’t do some months, it is not a problem. You can always buy ready made meals from the supermarket.

If you don’t have space in your freezer for your trays, they can be dropped off fresh and then frozen at the Hospice, this is no problem.

If you wish to visit the Hospice to meet some of the patients, this can be arranged. If not, there is no pressure to do so.

If this is something you would like to help with, please email me or for more information.

Many thanks, Rosamund r.muirhayward@yahoo.co.uk

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

WAX AND GO: Dressing for Success in Côte d'Ivoire

by Daniela Lupas

I moved to Côte d'Ivoire not knowing what to expect. Secretly, I was a doppelganger for the female lead in "Out of Africa", petting zebras during lunch break in the jungle. Reality differed. Safari fans be warned: elephants do not roam freely on the highway, monkeys are kept as pets mainly by expats who do not know any better and the mighty lion, now toothless, resides at the Abidjan zoo.



Wildlife apart, the country lives up to the picture-postcard reputation, with palm trees, coconuts galore and virtually deserted long beaches. Nothing compares though to the gift of a tropical climate. To put it mildly, I am a sun worshiper. I also love that special sauna feeling, hot and humid, sweat trickling down your back. My morning ritual included rushing on the terrace for the so-called weather check. Without so much as a glance, I would utter with deep satisfaction "nice and warm" followed by a belly laugh at my own private joke. Like I needed a weather report! The morning stint did not make me very popular with the neighbors. It only gets to prove even eternal summer is not enough to keep some people happy. Shame on them.

To my surprise, one is still expected to show for work in vacation land. At this junction, the dreaded dress-code issue arises inevitably. It was easier than I feared though, with two simple options, boring and exotic. I have lined up immediately with the first, well within my comfort zone. Pantsuits have been my uniform of choice for longer than I can remember. For those who believe this sartorial choice made Hillary lose the election, please bear with me. Picture a city hall public meeting, you on the stage, trying not to fidget on the uncomfortable plastic chair, looking down at the eager audience. Try now crossing your legs gracefully. I rest my case.

In the meantime, one look around was enough to realize there is life after Gap. Gloriously looking women parade around in princess dresses, custom made of wax fabric, or pagne, as known in French. Every day is Prom Day. The gowns tightly hug the body allowing for a sensual stroll. Ankle length outfits miraculously come untouched by street dust. Colorful prints flatter your complexion, no matter what. African wax prints are a thing of beauty. I have immediately concluded this female form celebration was out of my league.

Luckily for me, I made friends with a fashion forward, not to mentioned determined Ivorian colleague. She offered to introduce me to her favorite tailor. This is a great honor as addresses are often confidential, to preserve the one-of-a-kind wardrobe vibe. Few years down the road, I gave in and paid a visit to the tailor, in a tiny space doubling as changing room by simply locking the street door. I tried on the test dress and got hooked. I had a waist!! My hunchback posture was a thing of the past! It was decided that my dresses will be "Jackie O" style. I've emerged from the doll house looking like a Woman. The discovery made me giggle uncontrollably. I finally knew how Cinderella felt at the ball.

This was the starting point of an African adventure like no other. I made up for the lost time and ordered forty-three dresses, enough for a lifetime of unchanged skirt size. To my untrained eye, they were more like a colorful armor of starched fluff. This new approach to clothing required some practice for proper wear. I was not an instant success. I made my debut at an event covered by local media. It did not escape my attention I was being



filmed from knees down. Next day at work I was greeted with great enthusiasm for having been in the news. How did you recognized me? I inquired with barely disguised bitterness. From your shoes, of course.

EXPAT JOURNEY

Living a global life: stories from our members.

Nothing like candor to prickle my pride. I soldiered on until I lost that awkward gait of a tourist looking for the carnival. I started to pull off the look and even got some compliments. In due course I got bold enough to choose the prints by myself. A few blunders ensued as I was not aware that some patterns contained encrypted messages. I've been strutting my stuff, all rolls and puffs of menopausal fat, in a maternity print. As to the "three mayors" shirt, let it be known that is all behind me now. Then, one day, a small miracle occurred. I was asked for the tailor's info. I was "in".

Once at the top tough, the fall is near. No one encouraged my desire to experiment with ethnic headgear, which quite puzzled me. Alicia Keys can do it without make-up. On a market day, I've stopped at a hat stall and tried on an extravaganza one, quite the fetching contrast to the nerdy glasses. The vendor snatched it back without a word. Such a brusque manner is truly unusual. I am no stranger to looking ridiculous. After all, my signature fashion statement is the beret, which no French woman in her right mind would touch with the proverbial ten-foot pole. A kind heart discreetly explained the hat signaled "mon mari est vaillant". A brave husband, and your guess is as good as mine on the subject.



My fashion adventure is now over. I am tame and, sadly, out of Africa. Does anyone know where I could purchase a Hawaiian shirt?

extended expatriation period had not allowed me to fully appreciate how much personal relationships truly transform in the absence of face-to-face contact.



A major challenge has been reconciling cultural experiences from all eight of my former host countries with current Romanian social practices and beliefs. My outward appearance is that of a Romanian, yet my newly formed hybrid identity prompted me to drift toward international groups such as IWA and Internations in an attempt to meet like-minded people.

That my family and friends would change was to be expected; however, it seems that, as regards some subjects, we have grown in strikingly opposite directions, each driven by our own idiosyncratic needs and distinct environments. This, in turn, has created rifts and generated confusion.

The most recent example is my sister's comment few days ago, "You seem cold since you've returned." She was referring to my having declined our mother's numerous offers of help with household chores or various errands. It took me a couple of minutes to explain to her how living overseas for a prolonged period of time forced me to become self-reliant almost to the extreme: since moving every thirty months or so to another country took away this luxury of always having immediate available help a phone call away, my immediate response now is to deal with problems myself.

The other side of the coin lies in this serendipitous chance to rediscover Romania through the eyes of a globetrotter and to witness the new shift that the country is currently undergoing.

While many Romanians live overseas, a number of repatriates have returned with fresh mind-sets, and are willing to set up innovative enterprises and try novel business models. A personal acquaintance of mine has recently returned from Dubai to open a credit brokerage company. Financial literacy is a shortcoming of the Romanian educational system, but recognizing a lack represents the initial step to effecting change. She is one of the persons committed to take on this challenge. Repatriation is a valuable experience, albeit difficult at times. Keeping an open mind eases some of the tension and increases our cultural competence.

RETURNING TO ROMANIA

By Mary Stefan

The National Anti-Drug Agency security guard squinted his eyes against the sun to make out the miniscule letters on the moving truck's license plate. His silent question was answered when the driver started unloading my belongings in the heart of Bucharest: seven battered plastic crates and three large sad-looking suitcases, all labelled from Kosovo.

My return to Romania in August 2016 after thirteen years abroad has been peppered with bouts of happiness and some hours of loneliness.

A two-week crash visit every summer throughout my



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EXPAT JOURNEY

Living a global life: stories from our members.

“LIFE IN COSTA RICA Every Day is an Adventure” By Nancy Sage

Bill had travelled to Costa Rica many times for business purposes, and I had joined him a few times as a tourist, so we were very excited with the opportunity to live in San Jose, learn Spanish and continue our explorations of this beautiful country. We were there for 2 years from July 2010 to August 2012.

Everyday living offered many challenges, and we jokingly referred to “every day as an adventure” as we coped with the adjustment.

Our first surprise was that very little English was spoken outside of P&G and the tourist areas. We both embraced the language and developed some level of understanding, but more importantly, we could make ourselves understood. It was a great feeling to connect with the Costa Ricans – wonderful people – in their language!



From December to June we enjoyed glorious temperatures in the mid-20s (Celsius), gentle breezes and sun every day! July through November is the “green season” ... and yes, it does rain every day! We quickly learned to rise with the sun at 5:30 a.m. and enjoy the day because at 3:00 in the afternoon the skies would open – and being at home was the best spot to be. Believe me, you don’t want the adventure of Costa Rican roads during rush hour and torrential rain!

The best part of Costa Rica was sharing our experiences with friends and family. We had many visitors but the highlight trip was the first visit from our sons who did not move with us. One adventure we enjoyed was a whitewater rafting trip on the Pacuare River (below). For your own adventures, add Costa Rica to your travel “bucket list”!

THE KINDNESS OF STRANGERS by Terry O’Donnell Parsons

Every once in a while, I go out of my way to help a stranger, a foreigner. This used to annoy my children when it wasn’t convenient, but they know the story now. I already received a helping hand when I needed it. I’m simply paying it forward.

In 1982, I spent a university semester studying in Sri Lanka. Sri Lanka was halfway around the globe from



home – as far away and “exotic” as I could find. It was a beautiful country, from the jungles to the beaches to the tea plantations in the mountains. Our small group of American students

was graciously welcomed by Sarvodaya Shramadana, cosmopolitan professors, rain forest researchers, rural health care workers and host families.

Once we stopped at a village once where no home had a television, and some of the youngest children had never seen Caucasians. There were no laptops, or cell phones. As we travelled around, we read and heard news only sporadically.

One lovely bearded gentleman, who worked on nongovernmental development projects, took us through the countryside. We jolted along back roads in his jeep and thought he was joking when he said that he had a gun next to his seat, “because the jeep looks like a government jeep.” We were naïve.

I decided to go north in October, when it was time to work on my independent study project. I’d spent a couple of months learning Sinhala but up north, in Jaffna, everyone spoke Tamil.

I boarded the train with the vague hope that somehow I would just realize when I arrived at my destination. Nearly 11 hours later, the woman in front of me – who hadn’t spoken to me once – turned around and asked my plans. I told her that someone was supposed to meet me at the train station. She replied, in her beautiful lilting English, that if the army wouldn’t let him come, she would try to help me.

Army?

My memory is perhaps not accurate – I was young and far from home and couldn’t even speak the local language. But when the train pulled in, I saw a scene from a Hollywood movie. The army was indeed occupying the station, with guns and dogs. What do you do when faced with a line of intimidating soldiers questioning everyone?



My passport was in a government office back in the capitol. There was no one to meet me. The lady from the train disappeared. Two buses of locals were taken away (where? why?). The rest of us were not allowed to leave.

Eventually a skinny man came up to me, shaking his head side to side, and asked “Terrri Don?” It took me a moment to understand him and then all I could worry was “who is this person and how does he know my name?” I was actually pretty easy to identify: the only blonde in sight, clutching my overstuffed duffel. “Come – Come.” He took me to a back part of the station, found me a spot to pass the night, and brought me a plate of food. I don’t remember what it was, just that I ate it all.

The next day when the roads opened, someone from the Center found me. During the long bus ride out of town, as we were stopped and searched twice, he told me that the day before they had called someone who called someone who called someone – 11 times down a chain – until they reached the man working in the train station. He took care of me and I never knew his name. I didn’t even see him in the morning to say, thank you.

Later I found out this was the day the Tamil Tigers attacked the



the Chavakachcheri police station, another step towards the brutal civil war that killed almost 100,000 people. So my story is nothing – just a moment of fear. But I still remember it. So now it’s my turn to help a stranger.

JAPANESE TEA CEREMONY

TRADITION IN JAPAN

The objective of the Japanese tea ceremony is to create a relaxed communication between the host and his guests. Its ultimate aim is the attainment of deep spiritual satisfaction through the drinking of tea and through silent contemplation. It is a way to remove oneself from the mundane affairs of day-to-day living and to achieve, if only for a time, serenity and inner peace.



MEMBERS' FAVORITE RESTAURANTS

RECOMMENDATIONS FROM OUR SPRING 2016 MEMBER SURVEY

see our website for more

<p>FAMILY FRIENDLY</p> <ul style="list-style-type: none"> • Also Buongiorno • Friends-Shift Pub • Tucano Coffee • Il Calcio • Serbului • Journey Pub • Old Town • Capricciosa • Taverna Sarbului • Hard Rock • Diesel 	
<p>ROMANIAN</p> <ul style="list-style-type: none"> • Casa Romaneasca • Carul cu Bere • Taverna Sarbuliu • Lacrimi si Sfinti • La Copac • Casa Doina 	
<p>JAPANESE</p> <ul style="list-style-type: none"> • Zen Sushi • Yuki • Sushi • Sushi Koo 	
<p>ITALIAN</p> <ul style="list-style-type: none"> • Osteria Gioia • Fattoria • Grano • Capricciosa 	<p>MEXICAN</p> <ul style="list-style-type: none"> • El Torito • Don Taco • Taqueria
<p>TURKISH / LEBANESE</p> <ul style="list-style-type: none"> • Divan • Zaitoone • Ottoman • Coin verde • Lebanese Beirut 	
<p>INDIAN / PAKISTANI</p> <ul style="list-style-type: none"> • Restaurant Taj • Haveli • Karishma 	
<p>KOREAN</p> <ul style="list-style-type: none"> • Seoul 	<p>FRENCH</p> <ul style="list-style-type: none"> • Le Bistro Français • Ici et Là
<p>SPECIAL DINNERS</p> <ul style="list-style-type: none"> • 18th lounge • Brasserie • Casa Doina • Diplomat • Hanul Manuc • Haveli • Joseph • Kunnai • La Braserie • Le Boutique • Aubergine • Casa Diham • Diesel • Edessa Restaurant • Harem Restaurant • Isoletta • Karakubera • L'Atelier • La Cucina 	

NEWS and UPDATES

RYANAIR PLANS TO CONNECT BUCHAREST TO ALL EUROPEAN CAPITALS

Ryanair, which became the largest airline in Europe last year based on the number of transported passengers, wants to become the largest airline in Romania by the end of 2020. To reach that goal, the Irish carrier plans to connect Bucharest with every capital in Europe.

This is good news for those who want to get from Bucharest to other capitals in the region, such as Vienna, Prague, Warsaw, have relatively few options.

For now, the low-cost giant links Bucharest with seven European capitals, namely Athens, Berlin, Brussels, Dublin, London, Madrid, and Rome. The most popular routes are those to Italy, which has some of the largest communities of Romanians.

Hungarian low cost airline Wizz Air currently holds the top spot, with 5.5 million passengers transported to and from Romania last year. Ryanair has a market share of just over 10% and expects to carry 2.55 million passengers this year.



Economica.net.



ROMANIAN SIMONA HALEP IS THE FASTEST FEMALE TENNIS PLAYER IN THE WORLD

The Romanian hit a top speed of 23.04 km/h when sprinting more than three meters. Using data collected over the last three years, GIG tracked the movement of players over a distance of three meters or more at the Australian Open.

Other female tennis players included in the ranking were Russian Maria Sharapova (20.61 km/h), American Serena Williams (20.52 km/h), and Belarusian Victoria Azarenka (19.54 km/h).

On the men's side, Serbian Novak Djokovic is the fastest tennis player in the world, with a top speed of 36.02 km/h, followed by Scot Andy Murray with 34.87 km/h, and Australian Lleyton Hewitt with 31.24 km/h.

By comparison, Usain Bolt, nicknamed the fastest human ever timed, has a top speed of 44.7 km/h, while the fastest land animal, the cheetah, can reach 120 km/h.

Tennismash.com

USEFUL TIPS:

• **Cable transport tickets and ski-passes online for Sinaia and Predeal mountain resorts in Romania's Prahova Valley on the Teleferic.ro website (On Teleferic Prahova).**

The tourists can choose from several types of services. Sinaia and Predeal, both located in Prahova Valley, not far from Bucharest, are two of the most popular ski resorts in Romania.

• **The 2017 edition of George Enescu International Festival (Sept 2 to 24) can yet be purchased**

Online from Eventim.ro, but also from Germanos, Orange, and Vodafone stores, Diverta, Humanitas, and Carturesti bookshops, Carrefour hypermarkets, OMV gas stations, and Eventim offices.

• **A 600 m2 ice skating track has open.** New this year on Piata Obor. It runs from 10:00 to 22:00. For 15 lei during weeks and 20 lei on week-end for unlimited time. You can rent ice skates on site.



We are looking for members to host cooking classes - please email events.iwabucharest@gmail.com for details

RECIPES from our MEMBERS
With friends or family, enjoying a good meal together strengthens bonds!

CHOCOLATE CAKE CAPRESE

From Matilde



Ingredients:

- . 200 gr almonds without skin
- . 250 gr sugar
- . 200 gr butter
- . 150 gr dark chocolate
- . 100 gr biscuits «Oro Saiwa»
- . 5 eggs
- . 1 glass (little) of rum

Preparation:

- . Minced the almonds
- . Minced the chocolate and biscuits
- . Mix all together
- . Mix sugar with butter. Add in the egg yolks (yellow part)
- . Add in rum, and mix
- . Add in the almonds with biscuits and chocolate.
- . Whip the eggs whites
- . Join the whipped eggs always in the same direction
- . Put it in a cake mold covered with inside oven paper and cover all with oven paper.
- . Put in hot oven for more or less half an hour 180 degree.

Enjoy

CRISP CHICKEN BITES

Mihaela's from Jean

Ingredients:

- . 4 boneless, skinless chicken breasts
- . 6 Tablespoons red pesto (I use 'green' pesto too)
- . 30 g (10 oz) breadcrumbs (fresh or dried)
- . olive oil

Preparation:

- . Cut chicken into marble-sized chunks (roughly 15 pieces/breast).
 - . Put the pesto in a bowl and mix with the chicken until well coated.
 - . Put crumbs in ziploc bag.
 - . Add chicken in batches to the ziploc bag and coat well.
 - . Heat oven to 220C.
 - . Pour a little oil onto a shallow baking pan.
 - . Heat the pan in the oven for 5 minutes.
 - . Put chicken on the pan and return to oven for 10-15 minutes.
- Try salsa, ketchup, chutney, etc. with the chicken.

**Mihaela brought them to Cooking Club
and we all loved them.**

**I make them often-my daughter LOVES them!
Quick & Easy**



COZONACI



Ingredients for 3 cozonaci:

- 1 kilogram of flour
- 2 eggs
- 100 gr butter
- zest of 1 lemon
- 200 gr sugar
- 1 vanilla essence
- a pinch of cinnamon (optional)
- a pinch of salt
- 500 ml milk
- 40 gr fresh yeast

Preparation:

- . Mix the yeast with a bit of sugar, warm milk and a bit of flour, just enough to turn it into a dense cream.
- . Sieve the flour.
- . Preheat the oven at 200 degrees*.
- . Coat the three trays with grease.
- . Mix the sugar with the eggs and salt until you turn them into a cream.
- . Gradually mix the warm milk with the obtained cream.
- . Put in the rest of the ingredients.
- . Knead well and leave to rise until the dough doubles its volume. Make sure the air is warm in the kitchen, the cozonac dough is known to be sensitive to temperature variations.

- . Weigh the dough and split it into 3 equal parts.
- . Spread each part on the table which was previously greased with just a little bit of oil, so that the dough won't stick to it. You should have three rough sheets with the length of the trays.
- . Crushed walnuts mixed with 1-2 tablespoons of cocoa, a handful of raisins and whipped egg whites with sugar.
- . Spread it equally onto each sheet on the table. Roll the sheets so that they have the right width and length to fit the trays.
- . Put the cozonaci in the trays and leave them to rise for another 15 minutes. Coat them with a bit of yolk, so that the crust will shine once they're baked.
- . Baking time: 40-45 minutes at 180 degrees

Pofta buna!

A must-have on Christmas in Romania.

**It is one of the delights of
local traditional cuisine.**

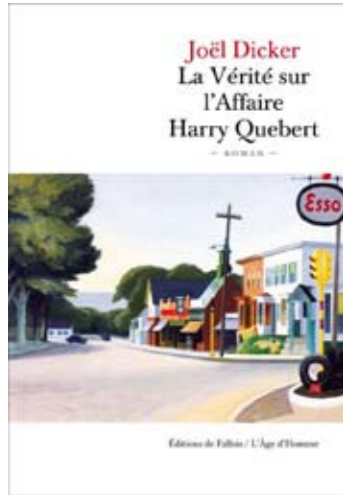
**A cake with origins in the Roman bread,
it is usually baked
on Christmas and Easter.**

**A cozonac can be round or rectangular,
simple or braided and it is usually filled
with chopped nuts, poppy seeds, cocoa
cream or dried fruits.**

**In the past years, it has become
available in food stores all year round,
but its baking on holidays, at home, is
a tradition women still pass on from
mother to daughter, especially in the
country side.**

WHAT'S IN THE LIBRARY

BOOK RECOMMENDATIONS FROM THE BOOK CLUB

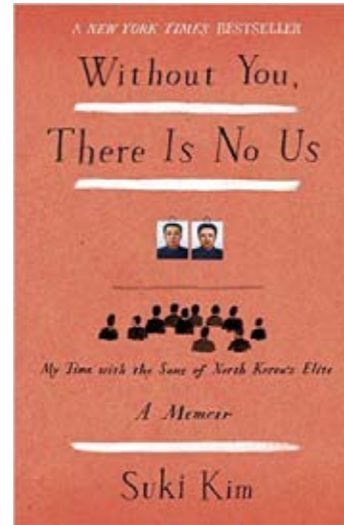


The Truth About Harry Quebert Affair
by **Joel Dicker**

Although this is quite a long book, the mystery lovers amongst us liked it a lot. It was full of twists and turns, and unexpected revelations, almost every character was a suspect at some stage.

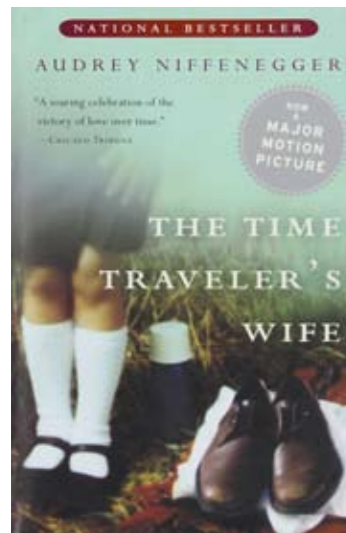
The book had quite a surprising and unpredictable ending. But it also raised questions,

e.g. was a love story like the one in the book really very likely, were the teenage girls of 1970s really as manipulative as Nola was.... As I recall, opinions differed....



Without You There Is No Us
by **Suki Kim**

We all found the book extremely interesting and thought provoking. The meeting went from discussing the book all the way back to our Romanian members comparing life under Ceausescu's communist and the North Korean regimes, although it was not quite as extreme here.

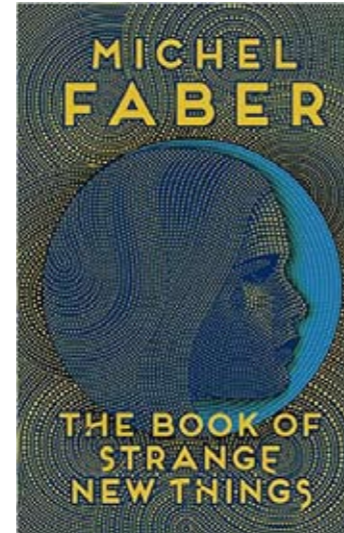


The Time Traveller's Wife
by **Audrey Niffenegger**

Liked the book, although not everybody was a fan of time travel as it could get very confusing, past and future all mixed up and interlinked. It sometimes took a while to connect the scenes.

As well as discussing the book, we also spoke about whether we would like to do time travel

ourselves, would you rather go into the past or to the future? If you knew what was going to happen in 10 years' time... would you want to know; would it change the way you lived your life?



The Book of Strange New Things
by **Michel Faber**

The Book of Strange New Things was well liked and our conversation covered many subjects; the nature of humanity, religion, love, detachment from each other 's reality due to separation.... and the distance doesn't even have to be intergalactic as it was in the book!

As always, the discussions brought out different points of view about the story and life in general that I, at least, had not thought of before.

WHAT IS FORGIVENESS?

WHAT HAPPENS IF WE DO NOT FORGIVE?

You benefit immensely when you choose to forgive and so does everyone around you. Forgiveness helps you achieve even your most practical and immediate goals. Like a better job, to earn more money, have better relationships, or live in a nicer place. Forgiveness helps you achieve all of these. If you have not forgiven then a part of your inner life energy is trapped in resentment, anger, pain, or suffering of some kind. This trapped life energy will limit you. The choices you make and the things that you believe are possible will all be influenced by the ways you have not forgiven.



Is a forgiving person easier to be around than an unforgiving one? Yes, of course they are. A forgiving person is always

much easier to be around than an unforgiving one. The quality of your life depends on the quality of your relationships. Every aspect of your life will change for the better as you learn to forgive; whether in your family, your work life or your social life. Learning to forgive will improve all your relationships, because your attitude will improve. As your relationships improve, then all aspects of your life will also improve.

Learning to forgive yourself is vitally important too. Hurting yourself, by refusing to forgive yourself, hurts others also. If you do not forgive yourself then you will punish yourself by denying yourself the good things in life. The more you deny yourself the less you have to give. The less you have to give the less you can benefit those around you.

Learning to forgive can only help you; it cannot hurt you.

So how can we forgive?

- 1) First admit the pain and get ready to face with it.
- 2) Start to forgive yourself first.
- 3) Have your boundaries. Create yourself a comfort zone. Let's be ready to say to the others or even yourself 'It is ok, the things you have done up to this moment were wrong and bad. Gave me pain but you have to stop now, I am not allowing you to hurt me anymore'.
- 4) Face with your emotions. We are the ones who needs to be changed, not the other people.

5) Use your anger... First be aware of your anger, helplessness and create your new limits.

6) Forgiveness is a process, needs a lot of patience.

7) When we face with a painful situation we feel solid anger and deep unhappiness. First we feel fear then if we try, we can gain back our power of love.

8) If we do not face with our fear, it will continuously repeat to come to our life with different masks.

9) Our emotions are interpreter of our unconsciousness. We have to learn to listen to them. Real forgiveness is painful, if we do not feel the pain that means we are only covering our pain, it would explode later on.

10) Only powerless people try to give harm to the other people. Real powerful people are usually full of compassion and forgiveness.

11) It is fatal to face our childhood traumas. If we deny to face with our childhood traumas same issues keep on coming to our life with different people or situations. First our soul gets sick then our body.

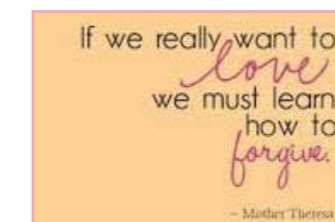
12) Killing the pain with drugs can not be a treatment. It only repress our emotions for a time but the real treatment is only to understand ourselves and get to know who we really are.

13) Expressing our feelings is essential and healthy.

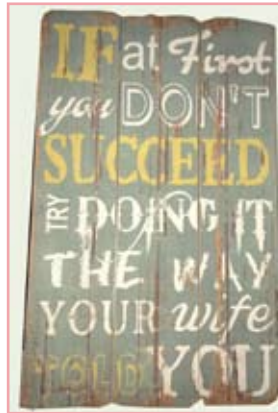
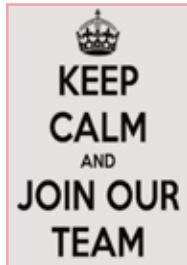
14) How we understand that we have forgiven? If we do not fear from the certain person anymore and if we are wishing happiness for him/her. And when we are thinking of her/him if we do not feel pain anymore that means we have left everything behind and forgiven that person. Whenever we realize that we put the pain behind us, we should congratulate ourselves because it is a huge success.

15) Forgiveness is not a nobility. It is a process of healing ourselves. If we don't forgive, we feel like we are a victim all the time. And it gives us the morality to seek for revenge which can turn to us harmfully.

So it is never late to forgive people. If you are having difficulties to forgive your parents or grandparents who have been died. Try to do the meditation and have the moment to forgive them all.



Banu Demir
(Usui and Kundalini Reiki Master, AngeCoach)
<http://globalforgivenessinitiative.com/articles/forgiveness-is-power>



And soon with the 1st of March it will be Martisore!

