

IWA

THE INTERNATIONAL WOMEN'S ASSOCIATION OF BUCHAREST

MAGAZINE • SEPTEMBER 2018



CELEBRATING 40 YEARS OF BRINGING PEOPLE TOGETHER

MAKE FRIENDS • EXPLORE ROMANIA • SUPPORT CHARITY



A NOTE FROM GLADYS



Gladys Abankwa-Meier-Klodt
IWA President

Dear IWA Members, returning, new and prospective:

Salut and welcome!

For some, September means a return to school, to a regular routine and inevitably, to a more hectic pace. For others, a new life may be starting, far from the familiarity of a language, culture, friends or even furniture that one can call one's own, and as the ups and downs of settling in stretch endlessly toward the horizon, a king's ransom would seem a small price to pay for a regular routine. Wherever you find yourself right now, with IWA you've found a home.

Our members are our greatest strength and our activities, social, cultural and charitable, our pride and joy. IWA is fortunate to be able to rely on talented and dedicated volunteers to plan and guide our programmes; they deserve and have our profoundest gratitude and appreciation. A lot of work has been going on behind the scenes to prepare for our milestone 40th anniversary year.

Online payment of annual dues is possible with a compatible Romanian bank account, and you are encouraged to use this method to make advance payments to secure your registration for events involving fees, as well. While annual dues have been increased to RON350, members will no longer pay additional fees for our monthly coffee mornings.

We kick off this "Discover Romania" season with our Welcome Coffee Morning and Mini Fair in September. In November, IWA marks its 40th anniversary, and at the monthly Coffee Morning, we plan to exhibit artwork created by members around this auspicious theme. There's no time like the present to get started on your masterpiece! Here's some more of what you can expect this year: a family concert at the Romanian Athenaeum at the end of September, trips, including one to Târgoviște in October, entrepreneurship and tax consulting workshops, earthquake preparedness training, virtual world travel with our new Cultural Kaleidoscope activity, our annual fundraising Multicultural Charity Christmas Bazaar in December and a new Charity Fashion show in March.

My heartfelt thanks, again, to our committee volunteers, whose tireless dedication creates an association of which we can all be so truly proud. What could you do for IWA? I hope that you will be inspired by their example to get involved, share your skills and spread some light.

Here's to a fabulous new season!

As ever,



Guided tours, city walks, museum visits, day trips, weekend activities or evening events... We're wondering what your favourites are. IWA is offering a lot – but is it what you want? Please tell us your choices by taking part in our **IWA Membership Survey!** Find the link in our weekly email.

In this issue....

- * Bear Watching
- * Constantin Brâncuși
- * Adventures in Bucovina, Ukraine & Moldova
- * The Fat, the Spirited and the Beautiful
- * Charity News: thank you, update and visits
- * What To Do This Fall
- * IWA Updates
- * Recipes

cover photos:

Roses Trip to Bulgaria by Kathrin Finke

Happy Run Race for the Cure by Guillermo Odorica

Theodor Aman Museum by MOtography by MBN



The IWA Charity Committee is happy to announce our most recent donation to Asociația Dr. Mamulea. In partnership with Fundația Verita and others, IWA's grant enabled the association to purchase an ultrasound (*ecograf*) machine this summer. This urgently needed device, along with our previous donations, improves care for all of our children at Bucharest's main pediatric emergency hospital. We appreciate the support of all of our sponsors and volunteers who helped us raise the funds.

Thank You

from the Dr. Mamulea Association



It feels so good to give! It is an emotional reward that cannot be described in words, and any success of this sort represents a real catalyst to do so much more.

In fact, the beauty of this lies in human solidarity. Through the kindness and involvement of those who joined the "beautifying" approach of our environment, we have managed to contribute to the endowment of Section III of Grigore Alexandrescu Pediatric Emergency Hospital with essential medical equipment: two infusion pumps, a vital signs monitor and a state-of-the-art ultrasound equipment.

This is perhaps the largest pediatric hospital in Romania. Section III of the hospital has 3 rooms with 10 beds each, and prior to the donation only had 2 outdated infusion pumps, as well as an outdated monitor and ultrasound scanner, the latter being over 20 years old.

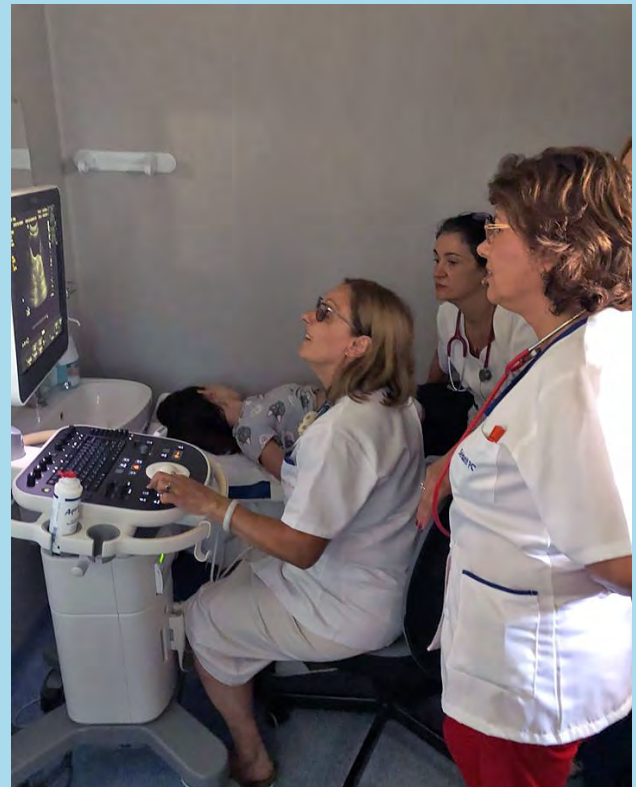
We are very proud that everything we have acquired through the generosity and goodwill of our friends is an important contribution to the health and proper diagnosis of so many children: the infusion pumps (those medical devices used for delivering intravenously fluids and medication in a controlled manner over a period of up to 24 hours), and the vital signs monitor (which continuously provides and records the ECG function, pulse rate, blood oxygen saturation levels, respiratory rate, sleep apnea, body temperature and blood pressure), and the diagnostic ultrasound machine.

Everything that has been done so far has been made with love and great dedication, so we can only be proud of ourselves and of those who support us.

Thank you!

Ana Maria Bucura & Tamara Mamulea

www.drmmamulea.ro / facebook: [AsociațiaDrMamulea](https://www.facebook.com/AsociațiaDrMamulea)



Bear Watching in Băile Tușnad

photos & article by Yuliana Garmash



When you are in Romania, if you want to go to Hungary, you don't actually need to cross the border. You can try gulyás (goulash), the famous thick soup, taste Tokaji, an amber-coloured dessert wine or watch a Hungarian folk dance in the small town of Băile Tușnad and its surroundings. Don't be surprised to hear people there speak the Magyar (Hungarian) language: this area of the country only became a part of Romania in 1920, when the Treaty of Trianon was signed between the Allies of World War I and the Hungarian Kingdom. One of the new attractions that the area has begun to offer, in addition to its well-known thermal waters, is a bear-watching experience.

We traveled to Băile Tușnad to meet Janos, our Hungarian guide, in August, the most favourable time for this type of activity. The group

had to be small, as the shelter from which we were going to observe bears could not accommodate a lot of people. It was initially built by Hungarian wildlife photographer Mate Bence, who was working on a way to take photos from a short distance. In the process, he invented a special technique to take photos of animals through one-way glass, without disturbing them. Once the project was completed, the small, wooden house remained unused until Janos had the original idea of organising such trips.

The success of the enterprise depends on many factors: the willingness of the bears, season of the year, weather conditions, and the amount of ambient noise. The price is quite affordable - €25 per person - and Janos promises to refund your money if the hero of the day does not appear. But who

cares about money when you have traveled all the way from Bucharest to see brown bears in their natural environment? It is a must!

While we were staying at the hotel, I heard a strange sound resembling the howl of a wolf in the middle of the night. I looked out of the window and to my surprise, there was a bear serenely passing by! While checking in, we had been warned that it might be dangerous to stroll around in the town late in the evening. We were particularly advised against approaching the railway station, where many garbage bins are located. These predators have totally lost their self-preservation instinct, and roam the streets fearlessly in search of food. Locals even surround their yards with barbed wire to prevent these intruders from coming in. It was tempting to go out and chase

after the bear to see him at close range. Reluctantly, we decided to give up this thought in favour of a safe, guided tour.

The following day we got up early in the morning, in expectation of new adventures. We arrived at the meeting point and shortly thereafter were invited to travel by horse-drawn cart up the hill. The ride itself was a breath-taking and exciting attraction, as the horses trotted rather fast up one side of a steep ravine. The abyss was spellbinding and terrifying at the same time. We started talking and laughing to try to encourage each other and put ourselves at ease. Janos sternly interrupted us and told everyone to keep quiet, because our loud cries could scare the bears. We finally reached the destination and calmly, in single file, entered the hideaway.

You need to be rather patient to be rewarded with a visit by these forest inhabitants. Hours can pass before they come to the stage and take the limelight - without even noticing it! While you wait, you sit in total silence gazing into space, without any possibility of having a chat or even using the bathroom. But believe me, the photos you get are worth all the effort. Look, there he is, so big, so close!

Despite being overwhelmed with emotions, the serious look on Janos' face told us to calm down and not make any noise. The viewing over, rewarded for our patience and comparing our impressions and exchanging opinions loudly, we happily headed home.

SEE BEARS IN TRANSYLVANIA

About 6000 Brown Bears (*Ursus Arctos*) live in Romania's Carpathian Mountains, more than any other country in the EU.

Medveles
near Băile Tuşnad
<http://medveles.hu/en/>

"Libearty"
Bear Sanctuary
near Zarnesti
www.ampbears.ro/en/visit/

The Carpathian Mountains and foothills are fantastic places to hike. Bears may be encountered on the trail, so always carry bear spray and be noisy on the trail. Attacks are unusual but they **do** happen.





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Constantin Brâncuși

by Fatima Gruben

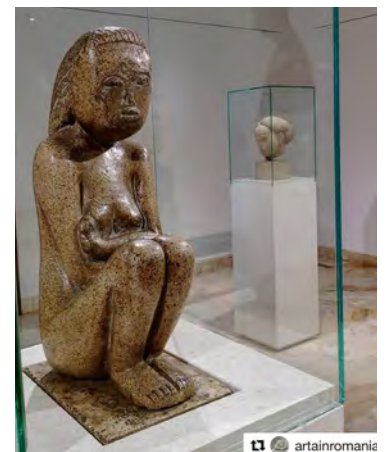
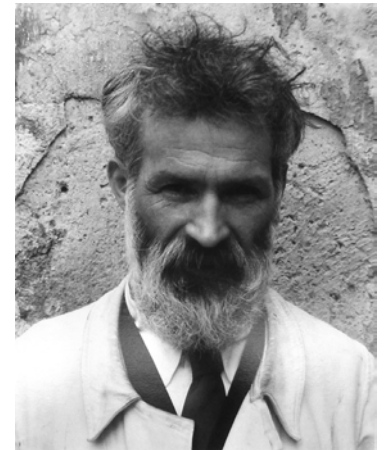


Last spring, IWA members gathered at a gallery inside the Museum National of Art of Romania (located in the former Royal Palace in Revolution Square), where several of Constantin Brâncuși's works of art were exhibited. Guided by Dr. Elena Ciocoiu, we were led to better understand his work and his genius.

Brâncuși was a painter, photographer, and sculptor born in Hobitza, Romania in 1876. From 1894 to 1902 he studied art in Romania, first in Craiova then in Bucharest. He moved to Paris in 1904, and in 1907 he started to work at August Rodin's atelier. He soon parted ways and distanced himself from the conventional mode of sculpture. He began pushing modernist sculpture to the verge of abstraction, developing works which *evoke*, rather than resemble, the things named in their titles. Constantin Brancusi was considered a pioneer of modernism and has been named the "Patriarch of modern sculpture."

One of the sculptures we saw was *The Wisdom of the Earth*. Sadly, the public fundraising campaign to enable the government's purchase of this piece did not succeed in raising enough money, so contributions will be returned to donors by the end of 2018. Last year, Brâncuși's bronze cast work *The Sleeping Muse* was sold for USD 57.36 million at Christie's in New York. This summer, in this same city, a great Brâncuși Sculpture Exhibition opened at the Museum of Modern Art (MoMA). This exhibition presents 11 sculptures, together with drawings, photographs and films. So if you are planning to visit New York before February 18, don't miss it!

In Romania, in Targu Jiu, there is an ensemble of four of Brâncuși's outdoor sculptures: *Endless Column*, *Gate of Kiss*, *Alley of Chairs* and *Table of Silence*. Brâncuși was asked to make these monuments in honor of the soldiers who fought in WWI defending the city. Even though these monuments required lots of work, he declined to be paid for it. Targu Jiu is worthwhile to visit, if you want to explore more about Brâncuși's work in his native country.



The Wisdom of the Earth

"The Wisdom of the Earth was my attempt to touch the bottom of the sea with my index finger. Because I was terrified when I lifted the veil... A woman must never be unveiled... Isis must remain covered in at least one of the seven veils of her beauty, the one of mystery - which renders her precious and immortal."
—Constantin Brâncuși



IWA visiting the Brâncuși exhibit

COMING SOON

Walking to Paris
Peter Greenaway's
new movie about Brâncuși



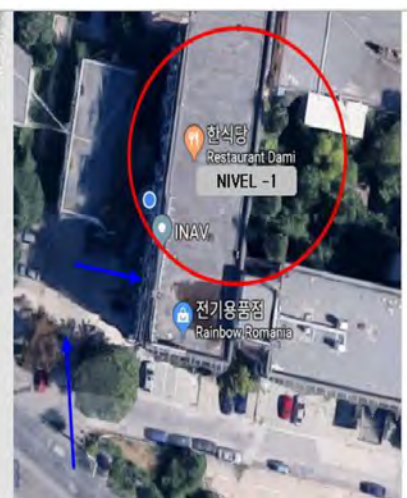
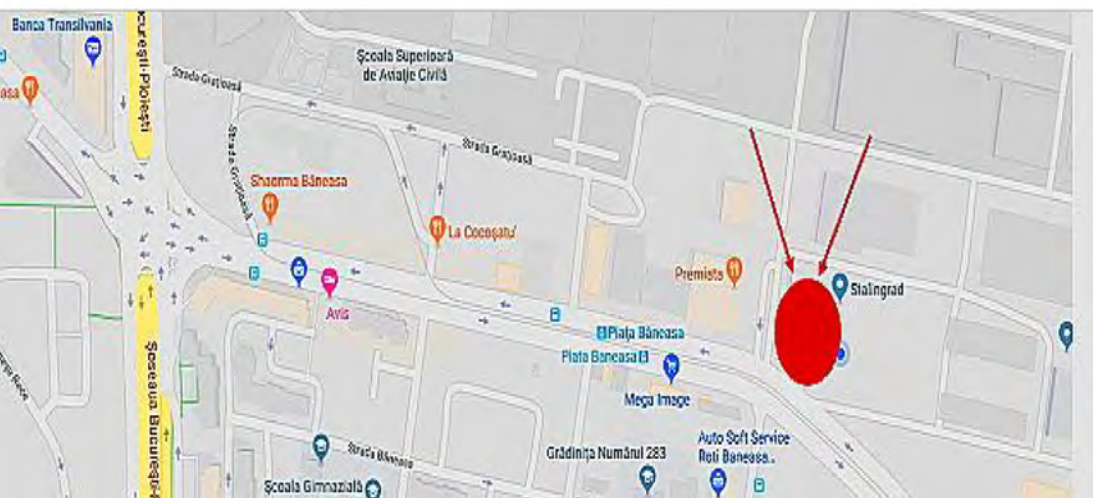
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THE IWA CHARITY COMMITTEE

Charity is about caring, it's about sharing, it's about being close to people who need us. We love to help; this is our mission, the reason for our existence as a Committee.

What do we do?

During 40 years of activity, IWA has supported charitable work in a variety of ways. Currently we give grants to nongovernmental associations (NGOs) and occasionally collect donations of new or used goods. We have funded many projects, improving the lives of hundreds of poor, homeless, at risk, or abused women, children, and elders, as well as the sick or disabled.

How does the Charity Committee work?

We treat each project with the same attention and responsibility. All applications must be submitted to our Chair in advance of our meeting, and include supporting documentation confirming the NGO's legal and financial status. We review each request carefully, to ensure it meets our funding criteria.

If accepted for consideration, we form a small team to visit the charity. We verify the need, meeting with administrators and observing beneficiaries. Most (but not all) charities inspire us with their loving atmosphere and visible positive results.

The team makes a recommendation to the Committee. We usually come to consensus through friendly discussion, before voting on full or partial funding. Approved grants are then forwarded to the Board for endorsement and payment.

The team follows the status of the project, and makes at least one follow up visit when it is completed, to verify the purchase and use of items funded by IWA.

Our charity grants are coordinated by a group of IWA members who meet on the 2nd Tuesday of each month at Sanador Hospital. Our detailed procedures may seem complicated, but following them allows us to be fair and transparent, and assure our sponsors that the money that we are working so hard to obtain is well spent.

We invite all IWA members to join us!

— Delia Sfetcu, Charity Chair



Charity Committee Meeting June 2018

Mission: IWA supports charitable organizations in the greater Bucharest area by providing grants for short-term projects, in order to improve the lives of disadvantaged Romanians.

Who do we support?

We receive requests for help from a wide range of NGOs (nongovernmental organizations). Recent projects include:

Support and protection of disadvantaged women and children who are victims of domestic violence or sexual abuse: Touched Romania, Nightingales, Concordia

Support of mothers with no income by offering training and jobs: MIA Valentina

Offering free medical services for children in need: Dr Mamulea, Merci Charity

Improving education of disadvantaged children by musical and sport training: Sf Dimitrie Foundation, Real Madrid Foundation

Medical services for elders: Swedish Organization for Humanitarian Help

Medical rehabilitation services for people with low income: ADAM

Offering training and support for people with mental disabilities: Help the People Association, PRO Act Support

Fighting against cancer and promoting women's health: Renasterea Foundation

Improving living conditions of refugees: Jesuit Refugee Services

Offering shelter and support for homeless mothers and children: REMAR, Casa Shalom

Improving living conditions of children from orphanages: Fight for Life

Preserving Romanian traditions and supporting local villagers: Datini

Please see our website for additional information and links to supported charities, volunteer opportunities & grant applications.



SAVE THE DATE

THE IWA CHARITY CHRISTMAS BAZAAR Sunday 9 December 2018

Join the international community's multicultural extravaganza of food, entertainment and shopping and raise funds for charity!

Volunteers needed; please contact
Marina Coanda Bundac at
bazaar.iwabucharest@gmail.com



Visiting Touched Romania ● by Delia Sfetcu, IWA Charity Chair

One of the charity projects that impressed me was Touched Romania. This NGO supports and protects abused women victims of human trafficking, and their children.

I'll never forget the women, their sad faces looking at the ground, their lack of confidence, their desire not to be victims any longer. There was a very tragic story behind each person. Most of abused women came from the orphanages. They reached the street after being sold by pimps. One of mothers from the shelter was trafficked by her husband. When she got pregnant he beat her and threw her on the street because the child wasn't his. Other mothers at Touched Romania were discovered by the police sequestered in a basement, without light or proper living conditions to. For some of them, it is very hard accept their babies, given the fact that the father is unknown, and the pregnancy is a result of an abuse.

During 13 years of existence, Touched Romania has helped many vulnerable people and has basically changed the lives of hundreds of women and children. They offer support by providing them a warm and nice place to stay, food, clothes, counselling, training for different jobs according to their abilities, babysitting and kindergarten for children. I am happy that we succeeded to improve the living condition at their home, Agar House, by giving a grant to buy new kitchen furniture.

Being in the Charity Committee is a privilege, and at the same time a great responsibility.

GET INVOLVED



TOUCHED ROMANIA — Their reentry program and commitment to after care provide continuity for mothers who transition back into the community.

ASOCIATIA F.R.E.E. — Supports those who want to break free from the sex trade and build new lives with dignity. IWA has also given a grant to FREE, and some of our members have volunteered with them.

ELIBERARE — A social movement against human trafficking in Romania.

“The Government of Romania does not fully meet the minimum standards for the elimination of trafficking; however, it is making significant efforts to do so... Romania is a significant source of sex and labor trafficking victims throughout Europe.”

— *U.S. Dept. of State / 2017 Trafficking in Persons Report*



Visiting MIA Valentina ● by Jean O’Conner, IWA Charity Committee

Many of us have purchased wonderful tote bags, wallets and even Halloween costumes from the MIA shop. It was very exciting to visit the workshop as part of the Charity Team, and see the equipment in action.

MIA-Valentina was started by Valentina France almost 20 years ago and has been an independent Romanian NGO since 2002. Valentina helps economically disadvantaged children from single parent households, or “no parent” homes (because the parents are working out of the country & children are cared for by grandparents). Their day center in Sector 5 provides a daily meal, educational and social support and health/hygiene assistance before and/or after school. They also have a preschool with about 60 children.

IWA funded new equipment for MIA’s “Mother’s Workshop.” This sewing workshop trains mothers in sewing on a professional level. The mothers spend 1 ½ years in training, developing skills so they can qualify to work in for-profit companies successfully or have the option to be self-employed. The women work part time (for pay) in a safe and supportive environment, near their children in Valentina’s preschool or day center. Valentina has volunteers (mainly from the French community) and is supported by private sponsors; the sales from their shop do not cover the expenses of the sewing workshop. Everything the women design, sew and sell is creative and well made. The sewing station and a new sewing machine were purchased with IWA Charity funds. IWA also funded a

scan cut machine. MIA was able to replace a motor in one of its other sewing machines.

I joined the stitching group soon after I joined IWA, so visiting the MIA sewing workshop was really special. These were moms who were just like me. We all want to ensure our children are safe and learning. These mothers wanted to do more themselves to change their children’s lives. The women are so talented, so creative and determined, so successful and happy. They inspire me to share my talents and energy creatively too.



WORDS YOU CAN USE THIS AUTUMN

**"DO YOU KNOW
WHAT A FOREIGN
ACCENT IS? IT'S A
SIGN OF BRAVERY"**

AMY CHUA

toamna — fall
iarna — winter
frig — chilly/ cold
familie — family
sarbatori — holidays
dovleac — pumpkin
pulovar — sweater

nori — clouds
zapada — snow
calatorii — trips
munte — mountain
tren — train
livada — orchard
vin fiert — mulled wine



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THE RESIDENTIAL EXPERTS



Adventures in Bucovina, Ukraine & Moldova

by Nancy Sage

We started our adventure on a Monday in July, with a beautiful 7 hour drive to Bucovina. We were rewarded with sunny skies, very little traffic and fields of sunflowers!



photo: Romania Tourism

We stayed 3 nights at Casa Baci, a small hotel and event center owned by the family of IWA member Delia Sfectu. Delia returns every summer to be with her family and help with the business. The main family business is making smoked pork and cheeses. Casa Baci has a barn (with pigs, chickens and geese), an outdoor pool, indoor spa area and more. There's also one cottage totally decorated in traditional Romanian style. (Including a straw filled mattress and outdoor bathroom.)



photo: Casa Baci

The most amazing thing was the wine cellar. It is a huge place for storage of wine, jams and is also used for entertaining. Delia's parents are quite the local entrepreneurs, and extremely creative and generous! Breakfast was lots of meat, cheese, cucumbers and tomatoes... along with delicious bread and homemade jam. Wonderful dinners included fish and local mushrooms picked from the forest and deliciously prepared!

This area is very rural ...lots of horse carts and limited English. It is famous for the "Painted Monasteries" - frescos on the outside as well as the inside. Some were built in the 16th century, and they've been deemed World Heritage sites by UNESCO. We drove through the area today and saw 4 UNESCO monasteries (and many newer churches) - so many monasteries and churches! We also discovered the "black ceramic" factory In Margineau. The locals love flowers and their gardens are amazing. There are also lots of storks nesting above the electrical poles. It's a very religious area and heavily influenced by Russia.



Nun in Voroneț Monastery, Alastair Rae / Flickr

On another day, we drove the Trans Rarău highway through the mountains...and did a 2 hour hike and climb. It's just a beautiful countryside mainly because there are no billboards, fast food stores or tall buildings. A highlight was seeing a man with his horse and cart collecting milk from the locals! Apparently, he picks it up daily and it's sold to the dairy and pasteurized. The whole area is like driving through a pioneer village!

On our final evening in Bucovina there was small party at Casa Baci with traditional food, dancers and a huge bonfire. It had been organized to celebrate a visit by a family who had immigrated to Canada and were visiting, and they invited us to join in. The family now lives in Waterloo, very close to my hometown! Yes, it's a small world!

My husband, Bill, decided to "take charge" (his words) for the next part of the trip. Of course, he wanted to drive into the Ukraine! It was an easy border and we made it through smoothly ...didn't have to pay any

money, and no soldiers with guns. One guy coming from the Ukraine to Romania got caught smuggling cigarettes. His whole car was torn apart. It was quite the sight to see!

Bill had found a place to stop about an hour from the border... and I was pretty skeptical that anything decent existed there. Unbelievably, the hotel is a new resort (Georg Park) that is beautiful. We got a wonderful room, overlooking the pool for \$50 USD (including an amazing breakfast). I am sure this place is quite the destination for the local Ukrainians. We had a great afternoon, swimming, relaxing and reading. Lunch was fantastic, dinner a bit "unique," but for not being able to read the menu and going with the recommendations of the waiter we did okay! We definitely tried some local specialties!

Friday, we drove into The Republic of Moldova. I had been a bit confused about this country ...at one point a part of Romania, then part of the Soviet Union, now independent.

The country is definitely poor and not many tourists visit. We drove through beautiful farmland and fields upon fields of sunflowers. The main language is Romanian but some signs in are still in Russian or Ukrainian. Bill was still "taking charge" and found us a bed & breakfast place. Another lovely spot ...really in the middle of nowhere. It was a town called Old Orhei.

Old Orhei is a bit of a "destination" because it's an archaeological site with limestone caves, an old monastery and the wine growing region. Our spot was small, and simple with delicious food and wine. They had a huge garden and another lovely night. We toured Cricova Winery and had a wine tasting with lunch. The winery has about 200 km of underground roads. Our tour showed us the highlights and about 5 km of tunnel. It was absolutely fascinating. Our final night was in Chisinau (the capital) - a quiet city. Time to head home to Bucharest.



photo: History Stack Exchange



photo: CRICOVA Winery

THE ART OF TURNING 40



This year marks a very special anniversary for IWA — 40 years since women from the diplomatic corps came together with their Romanian hosts to form the first International Women's Association of Bucharest. Four decades later, much has changed but our major resource remains our members, and we need your help!

Join us in creating a jubilee coffee morning to remember on Tuesday November 20th by participating in an exhibition and auction of handicrafts and other works of art. The proceeds will directly benefit this year's charity work. There is no limit

(within reason) on size, scale or subject - let your imagination be your guide! Submissions will be accepted until November 6. Do take this opportunity to share your talent and help make a difference in other people's lives. For further information, contact president.iwabucharest@gmail.com. Thank you!





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RECIPES FROM OUR MEMBERS

Oven Lemon Squares from Jean O'Conner

(by popular demand!)

For the Crust:

- 1 ½ cups flour (200g)
- 2/3 cups powdered sugar* (100g of *zahar pudra*)
- 12 tablespoons butter (200g *unt*)

For the filling:

- 3 large eggs
- 1 ½ granulated sugar (350g crystal sugar)
- 3 Tbsp flour (25g)
- ¼ cup fresh lemon juice (60ml or approx juice of 1 whole lemon)
- 1 tablespoon grated lemon zest (15ml or zest of 1 whole lemon)

Preheat oven to 350°F (175°C)

Prepare crust:

1. Put flour & confectioner's sugar in food processor with steel blade. Pulse a few times. Melt butter in microwave. Transfer hot butter into food processor and process until it becomes dough. Press into bottom of greased 13 x 9 inch pan (32 x 24 cm).
2. Bake until slightly browned for 20 minutes.

Prepare the filling: Place the eggs, granulated sugar,

flour, lemon juice & lemon zest in a large mixing bowl and whisk until mixture is lemon colored and thickened. About 2 minutes. Pour the filling over the hot crust.

3. Bake until the filling is set and slightly browned. 20-25 minutes. Let cool completely about 30 minutes. You can put in refrigerator so they will be easier to cut.

4. Dust top of cooled pan with 1 Tbsp (large spoon) confectioner's sugar.

**Confectioner's powdered sugar is popular in American baking. Sometimes the brands sold in Bucharest contain fillers, which can affect your frostings but are usually fine in baked goods.*



Still Life with Lemons on a Plate by Vincent Van Gogh (public domain)

Carp in the Oven (*Crap la Cuptor*) by Melike Roman

- 1.5 kg carp
- 3 Tbsp olive oil
- 1 glass white wine
- 2 onions (julienne sliced)
- 2 gloves garlic
- 2 laurel/bay leaves
- Salt and 5 pepper grains
- 1 Tbsp tomato sauce

- The carp is to be peeled, salted inside & out, and let to rest for 15 minutes in a suitable pot
- Separately, mix together remaining ingredients. Baste the carp (reserving extra to use later) and put fish into oven for 1 ½ hours.
- From time to time, baste the carp. Add water to pan to prevent fish from drying out.
- Remove garlic before serving.

This recipe can be found in an old IWA charity fundraiser, the bilingual IWA Cookbook.



Still Life of Fish and Cat by Clara Peeters (public domain)

**"NO ONE IS BORN A
GREAT COOK, ONE
LEARNS BY DOING."**

JULIA CHILD



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International Food Shopping in Bucharest

Every year brings more and more places to shop and you can find ingredients from around the world here now. Still, it can sometimes be hard to find that "essential" ingredient for a special recipe from your mother, so here's a list of *mercados* our members frequent, to get you started. (For additions or corrections, members may email us: iwabucharest@gmail.com.)



Altın Bıçak Kasabı / Turkish Grocer

Worth the trip for the halal, grass-fed beef.
Strada Ritmului 2 (intersects Strada Avrig)

Asia Supermarket

Good selection of Asian items. Free delivery above 300 lei. Soeseaua Colentina nr. 408, sector 2 (outside of but near Dragonul Rosu) www.asiasupermarket.ro

Belli Siciliani

Sells Italian (Sicilian) items and good selection of wine at their restaurant. Strada Mătășari 47
www.bellisiciliani.eu

Berezka

Carries Russian and Slavic Food. They even sell condensed milk (always hard to come by). Several stores in Bucharest, including in Piata Obor.
www.berezka.bg/ro/magazin

Brot Manufactur

This bakery makes great German breads. Several locations in Bucharest www.brotmanufactur.ro

Dancing Lobster Mercado

The restaurant has a small section where you can buy goods from Portugal, as well as fresh fish and seafood. Str. Glodeni nr. 3 Cladirea C22, Floreasca (Through the gate next to Pescariu Sports & SPA)
Facebook: [DancingLobsterBucharest](https://www.facebook.com/DancingLobsterBucharest)

Degusteria Francesca

Luxury products from Italy
Bd. Pipera nr. 17 and Str Mihai Eminescu nr. 102-104
www.degusteriafrancesca.ro

Grano

They have a small grocery section in their Italian restaurant in Dorobanți – products from Italy and small local producers. Puțul Lui Zamfir nr 40 Facebook: [GranoFood](https://www.facebook.com/GranoFood)

IKEA

Swedish food, with specialties at holiday time (also frozen food recommended by busy moms. Store very crowded on weekends) Șoseaua București-Ploiești 42A

IndianFood.ro

This reliable online store delivers hard-to-find products straight to your door. www.indianfood.ro

KJ Center

A good assortment of Korean and Japanese items.
Bd Banul Manta Nr 12 www.kjcenter.ro

La Fourchette

You order online and they send your products from the market at Rungis, France direct to your door.
www.lafourchette.ro

Mesange Fromagerie

Cheese from around the world, mainly French, Spanish and Dutch
Intrarea Tudor Stefan, nr. 9
Facebook: [MesangeFromagerieBucuresti](https://www.facebook.com/MesangeFromagerieBucuresti)

Metro

Beef from Latin America and Europe and other grocery items. You need a membership card.
Șoseaua București-Ploiești 44D www.metro.ro

Oriental Market

Chinese, Thai, Japanese and Indian groceries.
Sos. Dragonul rosu NR.15-19, Com. Dobroiesti (outside of but near Dragonul Rosu)
www.Orientalmarket.ro

Terra Felice

Italian specialties in 2 locations
Str. Constantin Dobrogeanu Gherea 149-151 and Jolie Ville Mall www.terrafelice.ro/shop

Sensus Japonica

Provides high quality Japanese foods. You can also order online.
Iori Shop: Strada Aurel Vlaicu 76
www.sensusjaponica.com

Tienda El Torito

Located in El Torito Taqueria, they have Mexican products you can't find anywhere else.
Strada Apolodor 3 Facebook: [TETBucharest](https://www.facebook.com/TETBucharest)

WHAT TO DO THIS FALL....

Tips from Claudia Andrei

The warm weather is (almost) gone, grainy pictures of sun and sandy beaches are causing a mild case of withdrawals and now there is nothing to look forward to.... Right? Wrong! Bucharest and its environs come to life this fall with a series of interesting film and music festivals. Mark your calendars!

If you have a few hours...

What: George Enescu Competition
When: 1-23 September 2018 / (Bucharest)
www.festivalenescu.ro

Every two years, in between the well-known Festival, an equally valuable event takes place under the same umbrella, the George Enescu International Competition. This year, 400 young musicians from 46 countries will compete in violin, cello, piano and composition. With a remarkable international reputation, this year the competition celebrates 60 years and includes extraordinary recitals of renowned international musicians.



What: ANIMEst Festival (Bucharest)
When: 28 September- 7 October 2018
www.animest.ro

Largest festival of its kind in Romania, Animest plans to delight grownups and children alike. So if you have a soft spot in your heart for animation (or have children who do) take a few hours out of your schedule to enjoy one of the many interesting featured films.

What: Bucharest Photofest.2018
When: 1-14 October 2018
www.bucharestphotofest.com

This year's edition is dedicated to the wonders of nature and Iceland will be the special guest. "In 2018 we will bring to Bucharest great names of international photography, true icons. Full of enthusiasm, we will soon announce the great surprises of this year's edition," declare the organizers.

What: Les Film de Cannes a Bucharest
When: 19-28 October 2018

<http://filmedefestival.ro>

Couldn't make it to Cap Eden-Roc this year? Don't worry! The wonderful Cannes film festival comes to Bucharest this fall. Bring friends and family and enjoy Cannes award winners that are sure to leave you breathless.

What: National Theater Festival (Bucharest)
When: 19-28 October 2018

<https://fnt.ro/2018/en>

A must-see for theater lovers, and not only, this year's FNT festival will celebrate Romania's centenary by staging 100 performances.

If you have a (long) weekend...

What: Old Music Festival (Timisoara)
When: 16 September- 20 October 2018

<http://festivalmuzicaveche.ro>

If the end of the George Enescu festival in Bucharest leaves you craving more classical music head to Timisoara for the 8th Edition of the Old Music Festival featuring works by Bach, Vivaldi, Handel and more. Take advantage of the beautiful late fall weather to visit the city of Timisoara (www.timisoara-info.ro) while there.

What: Maramures Balloon Fiesta (Baia Mare)
When: 5-7 October 2018

<http://maramuresballoonfiesta.ro/>

A must-do! This yearly celebration features some of the biggest and brightest hot air balloons around. Romania is turning 100 this year so to celebrate it properly the organizers are bringing together 100 hot air balloons from across Europe. Go online and book your spot in one of them now :)



...IN BUCHAREST & BEYOND

**What: Noaptea Albă a Galeriilor (NAG)
(multiple cities)**

When: October 5th 2018

<https://noapteagaleriilor.ro/2018/>

A much awaited night, the “White night of the Galleries” (in loose translation the “gallery all-nighter”) is coming back this fall. In multiple cities across Romania, art lovers will be invited to take a moonlit walk and discover gallery openings, performances, alternative spaces, artists studios and more.

What: ASTRA Festival (Sibiu)

When: 15-21 October 2018

www.astrafilm.ro

The exciting documentary film festival happening in Sibiu this fall is over 25 years old and unique in Eastern Europe. Head to this beautiful and vibrant city (named European cultural capital in 2007) to discover award winning documentaries (both European and Romanian) as well as participate in one of the many live concerts, talks and workshops. Make a Transylvanian weekend of it and check out Sibiu’s tourism website (<http://www.sibiu-turism.ro/>) for ideas of what else to do while there.



What: ZAIN Design Expressions (Cluj-Napoca)

When: 18-22 October 2018

www.zain.ro

A new comer that is quickly becoming one of the most recognized design events in Romania. Up and coming as well as household names will present their creations this fall and entice you with creative parties, fashion shows, pop-up shops, tours of local craftsmens’ houses and many more. To top it all off, you will get to walk the beautiful city of Cluj and , hopefully, discover the many sites “the heart of Transylvania” has to offer. (www.visitcluj.ro)



What: SoNoRo (multiple cities)

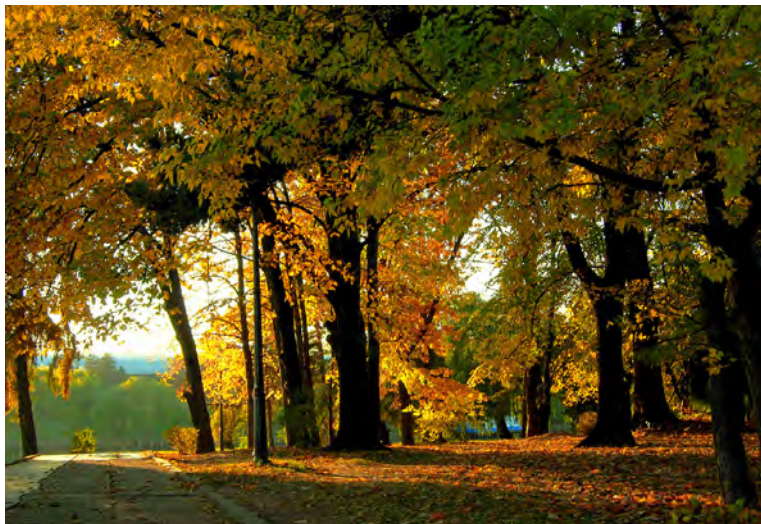
When: 2-20 November 2018

www.sonoro.ro

SoNoRo is the first international chamber music festival organized in Romania. It is one of the most anticipated musical events of the year and will feature many acclaimed national and international artists.

What: stroll, run, bike through King Michael’s Park

When: every day



did you know?

Parcul Herăstrău is now called *Parcul Regele Mihai I al României* after Romania’s King Michael

photo: Herăstrău by Luca Volpi / Flickr

The fat (food), the spirited (drink) and the beautiful (tradition)

by Aleksandra Ecard



Do you know the old song Frankie used to sing, “Love and marriage go together like a horse and carriage”? That’s pretty much the thing about Romanian *slanina* and *palinca*. Except for the moments when the carriage can be a little shaky (read: they can go one without the other and I will refrain from any hint about love and marriage).



‘Slanina’ is that (far from healthy) tasty food Romanians prepare in winter. After the *Ignat* Day (cutting the pig) on 21st of December, the whole country is busy smoking, salting and spicing the fat (real, pure fat) from the pig. Then, on Christmas and all the winter season, with a stretch up to Easter, this is the appetizer pretty much like a joke from the late 80s’. (When the Parliament Palace was built, back then it was called The Peoples’ House and we’d say the name is because every Romanian had a piece of it. I do, actually, but that’s another story.)

Then, there comes *palinca*, the spirited drink (around 50% degrees) made of fruits. There is a sister version called *țuică*, only made of plums. The making of these (mostly in the summer) is a traditional moment in the rural Romania and everybody knows somebody who is



Tuica Still by Basil & Tracy Brooks / Flickr

making it, if not having relatives or their own distillery in the countryside. Call it a digestive, as it is used as such, at the beginning of the meal serving (I would say in the rural regions, but keep reading). See it as the little secret to resist those Romanian massive lunches and dinners on big holidays.



Soars L'église Saxonne by Antoine 49 / Flickr

On a recent tour of the fortified churches, a great place is the one I didn’t take pictures of. I don’t travel with a photo camera and my phone battery was dead. So, the best picture I didn’t take was of a smokehouse in a Saxon village called Soars, 80 km from Brasov and 10 km from Fagaras. In the same yard with the 900 years old Evangelical church, one of the last three Romanian Saxons still living there showed us where the community was smoking the fat. It is a two floors house, with wood ceiling that is still covered with salt that evaporated during the process. Since the community fled the communist regime in the 80s’, no one ever used the place. But its history goes back more than a hundred years ago. To know exactly who owned which piece of *slanina*, there were girders along the ceiling and each person had a wooden or metallic plate hanged with the number of the house and a sort of stamp they put on the remaining piece of fat, after they would cut as much as they needed for the day or week. Our host at the pension welcomed us with a shot of *palinca*, but no *slanina* since it is out of season. See, I told you they can go separated.

Speaking of welcoming, many years ago I went to Deva, a small city in the West, near Hunedoara with its Corvin Castle. I took the night train and when I arrived, in the morning, the host was waiting with breakfast. It was January, full season for both. I was hungry so I rushed to the food. I was stopped half way with a shot

of the spirited drink. Two things: I only drink maybe 2-3 shots a year, and it was 9 AM. None of these two worked. "It-is-the-custom-you-are-my-guest" argument had me cheer and drink. Then I went to sleep.

I forgot to mention the red onion which is a must on the plate near the smoked fat. Another must, the company. At the end of the day, this is the thing about both of them. It takes a small community to cut the pig, to smoke the fat, to boil the fruits and make the drink. And a larger community to enjoy them.



Pensiunea agroturistica La Vasile la Cazan



We are collecting IWA stories from our members for our Jubilee anniversary. Whether you are a longtime or new member, we would love to hear about your experiences in IWA. Please contact: newsletter.iwabucharest@gmail.com

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IWA TOURS BEHIND THE SCENES AT THE OPERA

photo: MOtography by MBN



ACTIVITIES

Our Upcoming Events are listed on our website: www.iwabucharest.ro

Guests will find our calendar on the "About Us" page. Members need to log in to see details and register for activities on the "Events" page.



IWA tennis group photo by Monica / MOtography



Stitching group photo by Terry



Choir group photo by Monica / MOtography

IWA CLUBS

Book Club: *read, agree & disagree, eat, and then talk about everything else*

Bridge: *serious ladies having FUN... beginners welcome*

Choir: *a happy group of singing amateurs... professionally led*

Hiking: *the mountains await*

Mahjong: *not-serious ladies having FUN... beginners welcome*

Moms & Tots Playgroup with our partner, Bucharest with Kids.: *chat while the kids play and save your sanity*

Opera Talks: *a feast of musical tales*

Stitching & Crafts: *bring your hobby, work and chat and be inspired*

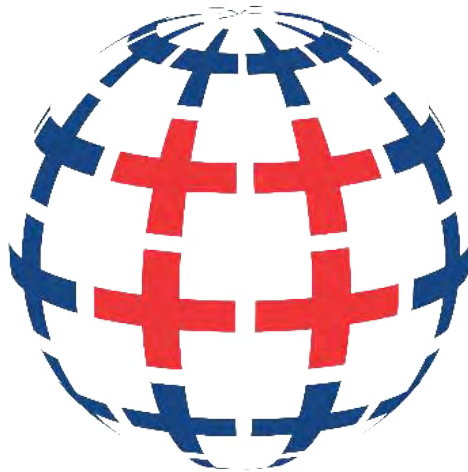
Tennis: *get your game on*

Yoga: *om*

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- Please sign up via our website
- Full Membership: 350 RON (all memberships renew in September)
- Friends of IWA Membership: for working women and male spouses, with limited activities: 200 RON
- Free One Month Trial Membership available

Events are listed on our online calendar. Registration for activities is available only to members.

Updates are emailed regularly to members. If you are not receiving them, please check your spam. Email us if you still have problems and include your phone number.

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- *Advertise in our magazine or on our website*:
newsletter.iwabucharest@gmail.com
- *Host at event* of interest to our members (at reduced or no cost to IWA and our members) in coordination with our activities team: events.iwabucharest@gmail.com

Contact Us

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

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summer wine tasting and dinner



we love art and talking about art

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HAVE A FABULOUS AUTUMN!



photo: Surrounded by Love / Bucharest by Alev Iyibudar



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