

newsletter

The 2016 IWC WINTER BAZAAR

Read about one of the most extraordinary annual events
with the IWC Winter Bazaar 2016 Co-Chairs Machteld
Lepeer and Wilfried Revets

Meet the Steering Committee

Meet our honourable members of the Steering Committee

MOSCOW INFO

We can tell you all about it!
The Moscow information pages. Where to look

IWC CHARITIES

How to help & how to help help
The Club Needs you!

OUT AND ABOUT

We'll show you the most extraordinary places
In Moscow & beyond



CONTACTS

As always, we wan to hear from you! The IWC is here for all of us, and we want to know how we are doing, and what we can do better. Please send us your comments.

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CREDITS

The international Women's Club of Moscow Newsletter is published four times a year, and distributed at general meetings, coffee mornings, emailed to our members and posted on our IWC website.

We welcome your ideas, contributions and own photographs to make our Newsletter more interesting. The deadline for submissions to the Winter issue is 1st of **December 2016**.

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CONTENTS

PAGE 1

IWC Moscow President's Letter

PAGE 2

Note from the NL Team

PAGE 3

Meet & Greet and Coffee Mornings

PAGE 4

Save the Date: IWC Winter Bazaar 2016

PAGE 5 & 6

Review IWC Meet & Greet

PAGE 7

Review IWC Professional Women's evenings

PAGE 8

Summer Trips 2016

PAGE 9

IWC Inside the Club

PAGE 10

Interest Group in the Spotlight

PAGE 11

Out and About

PAGE 12

Moscow Info: Yakutia

PAGE 13

Moscow Info: Russian National Library

PAGE 14

Summer Interest Groups

PAGE 15 & 16

MH MPC Interview

PAGE 17

Embassies Dinner and Butterfly Ball 2016

PAGE 18

Special Thanks

PAGE 19 & 20

IWC Partners

www.iwcmoscow.ru

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www.facebook.com/IWCMoscow

Victoria Šeligo

The President's Letter

Dearest Ladies, dear friends,

The summer is gone and we are here again to welcome you all.

It is my honor and privilege to serve the IWC Moscow also in the 2016-2017 season as the IWC president.

I would like to thank our old members and welcome all newcomers. This season is going to be splendid, active and interesting!

Special appreciation to the small, yet dedicated and talented group of women in both the Steering and Charity committees.

The International Women's Club of Moscow

The 2015 - 2016 year culminated with two successful fundraising community events: the Winter Bazaar in November and the 20th World Embassies Dinner and Ball in April. The money which we collected allowed IWC to provide help for more than 40 charity projects in Russia, with emphasis on helping less privileged women and children.

As we enter our current membership year, we would like to acknowledge our dear members and the importance of your feedback and to honor your wish to get involved in any activities provided by the club, including the preparation for this year's successful fundraising events and service projects.

We are honored to represent the club and promote the principals it was founded on. We look forward to working closer with you and sincerely appreciate your support.

God bless you all.

Sincerely yours,

**Victoria Šeligo,
IWC President 2016-2017.**



Meet the Steering Committee



The IWC Steering Committee members
With the IWC Moscow President
Victoria Seligo (on the front row to the
right)

Dear IWC members and guests! We are
happy to present you the 2016-2017
IWC Steering Committee ladies

“It is not titles that honour men, but men that honour titles.”
— Niccolò Machiavelli



Victoria Šeligo
President



Alla Zenkovich
Honorary Advisor to the President



Neelam Garg
General Officer
Website Editor



Danuta Glodek
Treasurer



Mirjam Severin
Interest Group Coordinator
PWE Chair



Machteld Lepeer
Membership Chair
and WB Co-Chair



Tanya Roode
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Vacancy
Assistant Treasurer



Slavica Hendriks
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Group Coordinator



Gerda Kassing
MG Coordinator



Alina Jaravine
Assistant MG Coordinator



Monika Michalidesová
Recording Officer

Meet the Steering Committee



Anu Gujral
Embassies Dinner
& Ball Co-Chair



This could be You!

Vacancy
Embassies Dinner
& Ball Co-Chair



Mireille Vrouenraets
Newsletter Editor



Maria Ostrowski
Assistant
Newsletter Editor



Elena Kubantseva
Public Relations Chair



This could be You!

Vacancy
Assistant Public Relations
Chair



Cristina Rotaru
Partnership Chair



This could be You!

Vacancy
Assistant
Partnership Chair



Wilfried Revets
Honorary Winter
Bazaar Chair



This could be You!

Vacancy
Website Co-Editor



Katalin Diossi
Charities Co-Chair



No photo
available

Danielle Kuznetsov
Charities Co-Chair





MEET & GREET

Please save the date for our next IWC “Meet & Greet”

On the 20th of October

Garage sale!

in GlavUpdk Cultural Center, Ulofa Palme Street 5,

10.00 – 12.00

SAVE THE DATE!

COFFEE MORNINGS



**Existing members and newcomers are cordially invited
to our Coffee Mornings**

- which are held twice a month at: Le Pain Quotidien
on Bolshaya Sadovaya 2/46 from 10:00 – 12:00 noon (M. Mayakovskaya or
Barrikadnaya)

There will be free coffee, tea, snacks courtesy of Le Pain Quotidien and IWC.
It's a great opportunity to meet new friends, relax and maybe have lunch
together afterwards.

Upcoming Coffee Morning Dates:

1st and 11th of October 2016
5th and 8th of November 2016
3rd and 13th of December 2016

PWE Invitation
September 27th, 2016

Invitation

To the Professional Women's Evening

On Tuesday 27th of September

Dear all,

Most of you are probably still enjoying the beautiful summer here in Moscow or elsewhere. I have started to prepare our new season of professional women's evenings. Manja Simons has kindly accepted to be my assistant in organising these evenings.

I would like to ask you all if you may know a possible guest speaker whom we can approach. Someone with an interesting career, life story who will be an inspiration to all of us. If possible, someone with an ex-pat life but this is not a necessity.

For our first evening in September, I present Ms. Anna Endrihovskaia, Chief Concierge in Moss Hotel (first boutique hotel in Moscow) and a PR Executive of "Les Clefs d'Or". She won the Andy Pongco Award (best young concierge) in 2013 and best concierge in 2015. She is the co-owner of exclusive agency «Bureau Magoo». Russian and Moscovite by the profession, Greek in the heart.

When: Tuesday, 27th of September 19:00 - 21:00 (presentation will start at 19:45)

Where: L'école Cécile Rogue, Malaya Molchanovka 6 (metro station Arbatskaya dark blue line and light blue line)

The event is free for IWC members, but please remember to bring your badge! There is a guest fee of 400 RUB. Both members and guests are asked to register by Thursday 22nd of September at <https://goo.gl/forms/jeMKw2ZY759vL4oZ2> Please only register if you are planning to attend the event, so you don't take up the place of someone else.

There is also the possibility to renew your membership (4,000 RUB) if you haven't already had the chance.

We are looking forward to seeing you!

Mirjam Severin and Manja Simons.



You Are Invited

Concept of the Professional Women's Evenings

Many times I have been asked whether someone could join the PWE even if not working in Moscow. So I would like to explain the concept of these evenings.

We all know that the IWC is a non-profit organisation aiming to promote friendship and cultural exchange between women of all nationalities in Moscow. Our membership mainly consists of women who followed their husbands on diplomatic or business assignments, and of female business professionals who came to Russia in connection with their own careers.

We started the Professional Women's Evenings in 2014 to create an opportunity for socializing and networking between *working expat women (guests)* and IWC members. Some of our IWC members are working and some are not but like to keep up with developments in business life even though they have put their career temporarily on hold. The purpose of the evenings is to get inspired by a lecture given by a working woman and to exchange information. If you know such a woman whom you think could be a possible guest speaker; please let me know.

The Professional Women's Evenings are organised once a month usually on a Monday at L'école Cécile Rogue, Malaya Molchanovka 6 (metro station Arbatskaya dark blue line and light blue line). Starting from 7pm there is an informal welcome with light refreshments, which gives our participants the chance to wind down after a busy (working) day. At 7.45pm a guest speaker takes the floor for a presentation that takes approximately 20 to 30 minutes, and then there is time for discussion and networking until 9pm.

Please join these inspirational evenings by sending a mail to iwcpwe@gmail.com. You will get an invitation each month to sign up for this monthly event.

Looking forward to meeting you!

Mirjam Severin.

Review Meet & Greet

The last IWC Meet & Greet of the 2015-2016 season took place on the 2nd of June in the garden of the Slovenian Embassy. The joined choir of Moskva Accueil and IWC entertained our members and guests with a wonderful performance. If you would like to join the choir please contact iwcigmoscow@gmail.com.



REVIEW IWC Professional Women's evenings

Review Professional Women's Evening 15 June

On a warm night in June we gathered at L'école Cecile Rogue for the last Professional Women's Evening (PWE) of the season.

The presentation of Melinda Rishkofski: "Yes. Mr. President, the time for change has come! Lessons learned from 25 years of legal practice in Russia", was followed with great interest by our members and guests in the audience. Melinda started with a poem that still is an inspiration to her and her work; "On the Pulse of Morning" by Maya Angelou. I would like to give a small quote, since it is in harmony with the start of this new PWE season.

"Lift up your hearts Each new hour holds new chances For new beginnings. Do not be wedded forever To fear, yoked eternally to brutishness. The horizon leans forward, Offering you space to place new steps of change"

Melinda knows how to tell and inspire her audience with anecdotes of her time as policy advisor in the early 1990's and how she worked as a corporate lawyer with Baker Botts LLP.

I would like thank her again for this wonderful evening.



Summer Trips

2016 IWC, BWC, AWO and Moscou-Acceuil

We ladies have had a lovely Summer visiting monasteries, estates, parks and shopping opportunities in and around Moscow. The lovely Lena led us as always in our excursions to find respite from the heat of the city and to deepen our understanding of the culture and history of Russia. Here are a few photos to whet your appetite for next year!

Wendy Soucy
daysoutinmoscow@gmail.com



Inside The Club

Where can you find information about everything that is going on in the IWC MOSCOW?

For general information about IWC you can visit our website at <http://www.iwcmoscow.ru>

All members receive the digital IWC Monthly Bulletin by e-mail at the beginning of the month (except for July and August).

Everyone can pick up a copy of the printed quarterly IWC Newsletter at a Meet & Greet or Coffee Morning or any of the other events.

You can **also connect with IWC on Facebook**. There are 2 Facebook pages. There first one is the page where news and general information about events is posted which is open to everybody: <https://www.facebook.com/IWCMoscow/>

The second page is a members-only group for more news. If you are a member you can join this group: <https://www.facebook.com/groups/554958397937133/>

You can also follow us on Instagram: <https://www.instagram.com/iwcmoscow/>

The club needs you. There's a lot you can do!

Meet new people and make new friends

Do something useful with your skills

Face new experiences or challenges

Raise IWC's awareness in international and local communities

Experience and work with different cultures

Develop professional networks

Gain experience in a variety of roles

Explore all aspects of a fully functional volunteer organization

Develop relevant skills

If you are interested please send an e-mail to iwcgeneralofficer@gmail.com or contact our Steering Committee members at one of our meetings (they are wearing blue IWC scarfs). We are always looking for motivated people to reinforce the great team we have.

At the moment we have the following vacancies:

Winter Bazaar Co-Chair

The [Winter Bazaar](#) is our largest event of the year. We are looking for a Winter Bazaar Co-Chair who can help the other 2 co-chairs with the overall organization of the event, provide support for participating embassies and coordinate different teams of WB volunteers. Contact us if you want to use and/or further develop your organizational skills.

PR Assistant

Together with the PR Chair, the PR Assistant promotes the IWC and its large fundraising events both inside and outside the Club. The PR team is responsible for the IWC Facebook page and for maintaining and establishing contacts with Russian press, media, other international organizations and various media partners. Basic knowledge of MS Word and e-mail are needed as well as good communication skills.

Inside The Club

Partnership (Sponsorship) Assistant

The Partnership Chair and Assistant maintain and improve the IWC's contacts with partners (sponsors). We have a list of past and current partners but we are always on lookout for new potential partners and donators. The Partnership assistant is responsible for obtaining Raffle prizes, Cash donations from corporations, private donators, businesses, schools etc. A background in marketing is not necessary. We need someone with good communication skills who can efficiently manage e-mails and administration and liaising with other members of the IWC steering committee.

EDB chair

The Embassies Dinner and Ball is our second biggest charity event, and we are looking for a Chair who is willing to coordinate the overall organization of the event and work together with the co-chair to support the different teams of EDB volunteers. It's a great opportunity to further develop your organizational skills.

Website Co-Editor

Together with the Website Editor, the Website Co-Editor works closely with the other Steering Committee members and also supports all IWC events. She will help to maintain, manage, and update the IWC website and the Facebook Group. Knowledge of HTML, and any Content Management System, Wordpress (plugins, Search Engine Optimization, Image size optimisation, Upgrading to the current version of CMS version, Taking Back Ups, Managing backend database etc. is good to have but not necessary, and Image editing software knowledge like Photoshop is advantageous.

Assistant Treasurer

The treasurer and treasurer assistant are responsible for all financial issues of the IWC. These are for example, preparing financial reports, budgets, managing bank accounts, reimbursing Steering Committee members for the club expenses, prepaying for the club events, maintaining detailed financial administration with receipts, organizing the treasury room of the Winter Bazaar, keeping close contact with the IWC Charities treasurer etc. The division of tasks between treasurer and assistant treasurer can be discussed. We all pitch in to run the club smoothly whenever we are needed. Knowledge of excel is needed and you got to like numbers.

Charities Administrative Officer

For our **Charities Board** we are looking for an Administrative Officer who will be attending the monthly IWC Charities Board meeting, writing and issuing minutes, maintaining a list of current actions, organising email voting when needed for funding award decisions and maintaining the Charities Board constitution. This job requires 5-6 hours per month. Further opportunities to get involved with organizing events or working with charities if desired. If you are interested, please contact: iwccharityvol@gmail.com.

Charities Assistant Treasurer

For our **Charities Board** we are also looking for an Assistant Treasurer who will work closely together with the treasurer who is responsible for all financial issues regarding our Charities. The division of tasks between treasurer and assistant treasurer can be discussed. Please contact iwccharityvol@gmail.com for further information.

IWC Inside the club

We sell everything, as long as it is legal and not alive!



Interview with the IWC Winter Bazaar 2016 Co-Chairs Machteld Lepeer and Wilfried Revets.

By Mireille Vrouwenraets

On 26 November the biggest IWC fundraising activity will take place, the Winter Bazaar. The halls of the Radisson Slavyanskaya Hotel will be turned into a big busy colourful international market with products and food from all over the world and a spectacular international entertainment programme. All proceeds will go to our charity projects which you can read more about in this Newsletter too.

With preparations well underway I had a chance to talk to two very busy people who will be coordinating the whole operation, our 2 Co-Chairs Machteld Lepeer and Wilfried Revets, both from Belgium.

- **How did you first get involved in IWC?**

Wilfried was living in Belgrade where a charity bazaar was organised by the local IWC. The Belgian embassy was looking for a volunteer to coordinate the bazaar since there was a female ambassador with no spouse and no volunteers. Wilfried decided to help out and for 3 years in a row he organised the bazaar which took place in the expo world trade centre. When he arrived in Moscow he almost immediately became involved in organising the Bazaar as the Belgian Embassy coordinator. He has been doing so for the last 3 years. Last year he was working with the IWC Winter Bazaar Team and recognizing his valuable experience Machteld asked him to come on board as an honorary Winter Bazaar Chair.

- **Man in a woman's club?**

The constitution of IWC Moscow does allow men to become members of the club. Wilfried joined 3 years ago and became a regular visitor of the Professional Women's Evenings and the Meet & Greets. He also ran an Interest Group for Men in Moscow, but in the end there were not enough members to maintain the group.

Machteld came to Moscow in 2014 very unexpectedly. She heard her husband had a job in Moscow and only 14 days later she arrived here. She met Kelly van Bladel, the General Officer of IWC at that time, and before she knew it she was in the Steering Committee organising the Interest Groups. In September 2015 the Winter Bazaar Chair left Moscow all of a sudden, without handing over the organisation of the Bazaar. Machteld and Jiřka Horká very bravely took over the coordination and had to start more or less from zero in putting the organisation of the Bazaar together, with the help of the other SC members, the Embassies and many volunteers. She conquered many problems on the way and especially the security threat and intensified security measures at the venue on the day of the Bazaar which caused quite a bit of stress.

IWC Inside the club

- What are the main tasks of the WB Chairs and how are the tasks divided?

The Winter Bazaar Co-Chairs are responsible for the overall organization of the Bazaar and that is a lot of work. Their main tasks are to provide information and support to the participating Embassies, to coordinate the different teams of volunteers, to meet with the hotel management and to oversee all communications about the Bazaar. Wilfried and Machteld are very flexible and both act as contact persons for the Embassies and the hotel, but they make sure that only one of them is responsible for the texts for PR, since they have to provide the exact same information to everybody. It is clear that there is plenty of work for the WB Team. With between 50 – 80 participating Embassies and even more volunteers it is very important to have 3 persons on the WB team, also to make things easier on the day of the Winter Bazaar. Unfortunately the third member of the team, Jiřka Horká, will be leaving Moscow soon, so if you would like to help Machteld and Wilfried on the Winter Bazaar Team please send an email to iwcwinterbazaar@gmail.com. They will be very happy to welcome you!

What is the role of the Embassies?

Embassies are at the very core of the IWC Winter Bazaar. Without their support, the event wouldn't exist. An Embassy can take part by organizing a stand at the Bazaar, where they sell crafts, goods and food from their country. Usually, the Ambassador's Spouse takes it upon her or himself to collect goods before the Bazaar and find volunteers from the Embassy to man the stand on the day of the Bazaar. But the Embassy may also appoint another person to organize a stand in the Embassy's name. The invitations to participate in this year's Bazaar have been sent out to all Embassies in June and the Embassy Coordinators will follow up on this shortly, we hope for a good participation.

Besides Embassies, companies are the second largest contributors to the IWC Winter Bazaar. A company can donate goods or food to an Embassy, who then sell the goods at their Bazaar stall. Another option is to support the IWC Charities directly by donating money to the IWC Treasury or donate goods for the large raffle which is held at the Bazaar.

Save the date!

26th of November



What can be sold at the WB?

Embassies can sell everything they want, as long as it is legal and not alive! They can sell both goods and food from their countries. Packaged food and drinks, such as Belgian chocolates and closed cans of Belgian beer will be sold in the main (goods) halls. Freshly prepared foods, such as waffles and a pint of beer, will be sold in the separate Food Hall. Embassies may choose what they want, like Belgium they can have a stall in both halls if they like. The Food hall, where you can eat around the world, is always a very popular place at the Bazaar.

What can members do to help make the WB a success?

The Winter Bazaar is more than the main market. There are 'side events' like the Raffle, the cultural programme and maybe this year even an auction. For these events both sponsors and participants are needed. Everyone can help to find sponsors who donate gifts for the raffle or suggest a wonderful performer for the cultural programme. However it is important to keep in mind also that the cultural events have to be organised through an Embassy, so if you know a performer who wants to participate you have to contact an Embassy who can take the performer under its wings. And of course on the day of the Bazaar many volunteers are needed to help with the raffle, sell raffle tickets, collect entrance fees, guide visitors, receive guests and performers etc. etc.

IWC Inside the club

- **What do you like best about the Winter Bazaar?**

Wilfried looks very much forward to being in the Belgian stall on the day of the Bazaar itself. He loves the hustle and bustle of selling. Machteld also looks forward to the big day in November to be able to finally see the results of all the hard work and hopefully raise a big amount of money to donate to the IWC charities.

- **What is the biggest challenge?**

For Wilfried it is a big issue to prevent people from stealing goods from the stalls. The Winter Bazaar is a charity event, so it is very important that all goods are paid for. And of course it is always a big challenge to get enough sponsors who donate goods/cash to the embassies, especially with an ongoing economic crisis. But he knows that fortunately there are many very loyal sponsors who donate every year. For Machteld the biggest challenge is the communication with the embassies, where everyone has the same goal, but everybody wants to put their own ideas first.

- **Is there anything you would like to advise newcomers to IWC?**

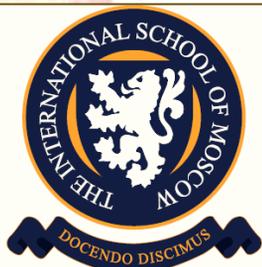
Get involved in the organization as a volunteer and visit the Winter Bazaar!

By Mireille Vrouwenraets



Special thanks

Thank you for your generous donations for the gift bags
and raffle prizes at the first
IWC Meet & Greet of the **2016-2017** season



**The International
School of Moscow**

www.internationalschool.ru



**Family Care –
Domestic Services**



Grigory Meshkov for his
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Anna Veselova for her
Handmade Dolls
www.kuklavera.com

Our Media Partners:
Moscow Expat Life, Moscow in your
Pocket, My Destination, Le courier.

Anna Schipper-Cherkasova – for her painting
"Tulip , month of September", from series "Creation
of the world ", 40x50, acryl and oil on canvas,
www.art-cherkasova.com





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helping Children with Cancer*

Out and About

Sergiev Posad Monastery

Review of a wonderful and interesting trip to the Trinity Lavra of St. Sergius - a UNESCO world heritage site.

Today's town Sergiev Posad was developed from different small towns and villages around the monastery. Town and monastery are located not far from Moscow, only 70 km northeast of the Russian capital which is a perfect distance for an enjoyable daytrip out of Moscow with friendly expat ladies.

Not far away from the monastery, nearby the enclosure, there are little hills where the view of the monastery with its churches, towers and cupolas is beautiful and picturesque. This is a good photo stop and a lot of photographs which are published are taken from there.

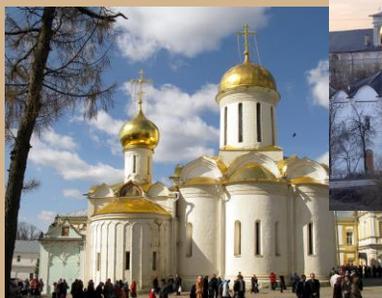
The best starting point for the visit is the spacious forecourt where, under the shade of some trees, a Lenin sculpture is placed. From there, go through the holy gate and next to the gateway the Trinity church is located. It was built above the grave of the holy Sergiev Radoneshkij who founded the monastery in 1340. This church is the oldest in the monastery complex. Inside there are beautiful frescoes, precious icons and the silver sarcophagus with the relics of holy Sergiev.

To the right of the Trinity church is the Holy Spirit/Ghost house of prayer with its high and prominent bell tower. The biggest Lord's house in the compound which was built on the orders of Ivan the Terrible was the (Mary) Ascension cathedral. After the example of the Moscow Kremlin this cathedral was built with five glorious and blue cupolas. Inside are the graves of Tsar Boris Godunow and his family. The refectory and fountain/spring chapel were raised in the heyday of the monastery in the 17th century. The hall of the refectory is 70 meters long and when the tsar or important church dignitaries visited the monastery they were entertained there. Above the holy spring there is the fountain/spring chapel. It is dated back to the 17th century also.

Every day pilgrims are coming for the holy water. They drink it or bottle it and bring it home for their friends and families. Widely visible is the 90 meters high and free-standing bell tower. It was built by Rastrelli and Uchtomskij - the master builders of Catherine the Great. It is said to be the most beautiful bell tower of the whole country.

Between the sacred buildings there are nice little green areas with a lot of benches where visitors can sit and look at the other tourists or the monks or where you can just listen to the bell chimes.

Bianca Turtur



IWC Interest Group in the spotlight

IWC Museum Group: Discover the hidden treasures in the Moscow Museums

Something that we all probably knew before coming to Moscow: the treasure of Russian art, history, literature, religion, music, theater and all aspects of culture in general is huge. That it is, in fact, so immeasurable amazes not only newcomers, but also long-term expats and even Muscovites. Nevertheless no worries! At least IWC members will have reliable guidance at their side to pick the highlights and concealed delicacies from the over 200 Moscow museums as well as many other attractions in and around the Russian capital. Have you ever heard of the “Park of Fallen Monuments”, the Korin Museum, the Stanislavsky Theatre backstage and workshop or have you been thinking of exploring the Diamond Fund of Moscow? These are only a few of the hidden gems on the list for the Museum visits in 2016/17.



Sharing the same interest of art, history and culture, it is easy to feel very much acquainted within this group and make friends. Even though the IWC Museum Group is very serious about exploring together and studying the details, it is still a very social group. Often the exciting discussions are continued beyond the museum over lunch – or because everyone is so full of information, hanging out together is the preferred option to wind down.



This season Angie Ee McAllister and Gerda Kassing are going to take over as leaders from the long-term trusted team of Maria Alejandra Valero and Anabel Pinto. The plan is to visit a good mix of significant museums, galleries and sights, but furthermore to scout out less obvious and hidden treasures of our host city. Very essential for the smooth running and success of good quality tours will be - like many years before - “our Galina” Noskova who adds her wealth of knowledge in all Russian fields of interest and often acts as interpreter.

Schedule for your next Wednesdays. The IWC Museum Group will meet weekly every Wednesday (usually mornings). On September 28th, the new semester for museum enthusiasts is going to be kicked off with a visit to Kolomenskoye. In October we will go to the Novospassky Monastery, the Historical Museum, the Gorky House Museum – also known as Ryabushinsky Mansion - a fascinating 1906 art-nouveau mansion, designed by Fyodor Shekhtel and we will also visit the Galina Ulanova House Museum, the apartment of one of the greatest ballerinas of the 20th century,



Gerda Kassing iwcmuseumvisits@gmail.com



Walking in Moscow: from Tverskaya to Arbat Street

Today I will talk about those places in Moscow that I love the most. The paths I have walked so many times back and forth. These places as many other places on this planet have of course their history and millions of other memories from millions of other people.

I have recently taken a walk from Tverskaya down to Arbat street. Whenever I am in the City Center it is these two streets that I always come back to and walk between and these are the streets and the route will now take a closer look at.



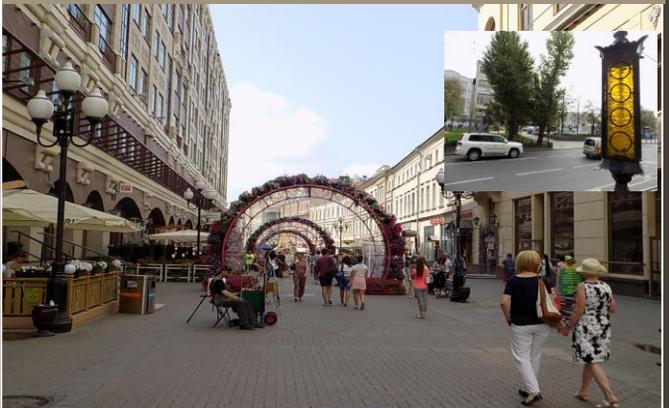
I started off on Tverskaya Street where you can find the shop named (it's quite simple on the outside) but the interior is absolutely gorgeous.

It is indeed one amazing piece of art, with a lot of handmade stunning ornaments to be seen on arches, columns, walls and ceiling. When I think about it I think of Fabergé's exquisite work. With ball room lights, you'd expect to see this kind of interior in a palace, yet here it is, a supermarket for everyone to freely enter and enjoy. Marvellous!

The next place I'd like you to see is a bookstore not far from Eleseevsky shop if you head towards Kremlin down Tverskaya. The shop is in fact called "My favourite bookstore". I had never taken notice of the name before but this shop has indeed become my second favourite bookstore because of its finest quality. The books, the accessories, it's all here yet the assortment is not as large as it is in the "Dom Knigy" book store on the Arbat, which happens to be my alltime favourite bookstore. Again, both of these stores are amazing and complete in quality of books, stationary and accessories so I do recommend these two shops should you need anything.



From here we'll walk up to the Boulevard Ring and head slowly towards Arbat Street. Next time we'll take another look at Arbat and head off somewhere interesting.



From here I'll take you to the Moscow Conservatory. Of course, during the whole walking distance you will find amazing pieces of stucco ornaments on buildings. Have you tried walking with your head up, looking at upper sides of the buildings and clouds? Well if you haven't you can of course try as there are indeed a lot of beautiful things to see if you are an art lover but make sure you have someone with you to watch your step for you! Back to the Conservatory - it is a cosy yet stunning architectural complex with a number of Music Halls where some amazing classical musicians, orchestras and opera & classical singers come to perform.

I find it inspiring and the ticket prices tremendously low.



And here is a smile of the day for you:

"My grandmother started walking five miles a day when she was sixty. She's ninety-seven now, and we don't know where she is." ☺

Have an excellent day!

Maria Ostrowski

Going Sailing in Moscow

Going sailing in Moscow Is amazing as it is anywhere else. Just now I have looked up the internet (don't we all love it) as to Why do people enjoy sailing so much? And these were the answers: "Being outside, having the wind in your hair, communing with nature...Being with friends. Sailing is very social and it's one of the few sports where you can be sporty and outside, and also chatting with friends". The oceans are the world's park. I love enjoying the park while knowing I'm minimally impacting nature with my presence"; "It's quiet. The sound of the water flowing around the hull is incredibly relaxing"; "I love being on the water. I love the competition. I love the teamwork."; "The freedom. The silence. The nature. Knowing that is a sport that you can do when you're 6, as well as when you're 80." These and much more are the comments that many people make on sailing. The truth is that all about sailing is indeed enjoyable, whether you do the sails or take a nap in a hammock tied up between the mast and the hull. And one thing is certain, once you get on water you'll keep coming back.



Practical information, the Yacht Clubs

When you think of yacht clubs, you may think that you have to own a boat. But in Moscow, where the sea is far away, yacht clubs are more like private beaches and many of them don't require membership or charge an entrance fee. If you like water sports these are the places where you can rent jet-skis, speedboats and yachts. Usually you can also choose between a swimming pool or actually swimming in the river and most of these clubs have good restaurants where you can enjoy a nice meal at the riverside. About 7 kilometers beyond the MKAD in the direction of Dimitrovskoe Shosse you will find many different yacht clubs. I will mention a few clubs who do not have a membership system. There are many, many more!

Captain Polo www.captainpolo.ru, 4 Ul. Admirala Makarova.Tel. (095) 137 0162, Metro Vodniy Stadion.

This is the place to go if you want to become a serious sailor. They are member of International Association of Sailing Schools. They offer a professional training program according to the standards of (British) Royal Yacht Association (RYA) with International Certificates at the end of the program.





Spartak Yacht Club www.spartak.ws, 4A Ul. Naberezhnaya, Dolgoprudny, Klyazminskoe Reservoir, next to the railway station Vodniki, (Dmitrovskoye Shosse, 7 km away from MKAD). Tel. (095) 408 2500, 576 0202.

Mooring for up to 120 vessels; 2 yachts for charter. Swimming pools, dancing area, beach volleyball, restaurant and small hotel and a sailing school for children.

Neptune Yacht Club

www.neptune.com.ru/, 18 Ul. Naberezhnaya, Dolgoprudny, (Dmitrovskoye Shosse, 7 km away from MKAD). Tel. (095) 408 2344/233.

There is a pier for up to 25 vessels. Sailing yachts for rent during summer, some speedboats from 5 to 12 meters (cost from \$100 to \$250 per hour, with crew provided). Yacht school and training. Technical services and complete refit of vessel. Mini-golf course. Restaurant and cafe.



Admiral Yacht Club www.club-admiral.com
Klyazminskoye Reservoir, Dmitrovskoye Shosse, 7 km away from MKAD. Tel. (095) 782 3889, 105 7702. Open 24 hours. Pier for up to 100 vessels. Very big club with beaches, playgrounds, restaurants, cafes, 4 swimming pools and a hotel on a ship. Various vessels for rent.

Aurora Yacht Club www.avrora-club.ru 22 Ul. Naberezhnaya, Dolgoprudny

(Dmitrovskoye Shosse, 7 km away from MKAD). Tel. (095) 101 4462, 8 926 233.

Up to 100 vessels. Membership system; if you are coming as a guest, please call. Open daily from 10:00 to 20:00 for guests, 24 hours for members. There is a shop where you can buy accessories and equipment, clothing and magazines.



The Sailing routes:

Klyazmenskoe reservoir – that's where the majority of yacht clubs is

Pirogovskoe reservoir - Following down to Iksha

Chanal of Moscow - Pyalovo (note: it may get shallow sailing yachts, ok for Motor boats however)

Pestovskoe Chanel (Reservoir) - Ikshinskoe reservoir

Then you will find 6 gateways (note: it will take no less than 12 hours to pass all of the 6 gateways) -

Moscow Sea – Volga - Uglich and so forth.

Along the main sailing routes you will also find several yacht clubs.



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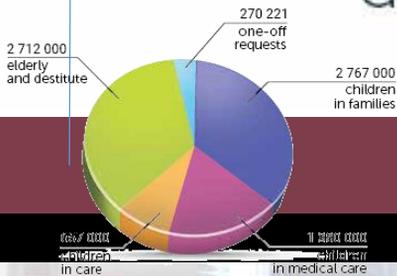
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Free entry for children up to 10 years old





IWC Charity support 2015/2016



GIVE A LITTLE, **HELP** A LOT!



Do you know that you can feel useful to others, even if you don't speak Russian or regardless of how long you have been in Moscow? You can develop or gain new skills & knowledge. You can volunteer a few hours a week or more, even if you are busy with your private life.



IF YOU WANT

- find an interesting way to spend time, make new friends, have a reason to go out during the long, cold winter, socialize and have fun in a new country
- help others - kids, pensioners or homeless, cook or/and feed underprivileged children and elderly
- meet Russian people, learn more about local life, contribute to the society you are in, learn and practise Russian speaking
- discover your new skills, acquire new working experience, teach someone
- develop your business skills in a friendly environment, help in organizing large charity events, get to know the Russian business environment, edit or contribute to IWC magazine/newsletter/ website/facebook
- donate stuff you no longer need that others may find useful, donate cash or get donations from business, companies you may know, bring your own ideas

COME & JOIN US!
YOU ARE ALWAYS WELCOME!

GIVE A LITTLE, HELP A LOT!

The IWC Charities Fund is an integral and vital part of the International Women's Club of Moscow (www.iwcmoscow.ru). Our aim is to help those in need!

Our charity work began in Russia in 1988, so we have already been serving the people of this country for nearly 30 years!



WHO WE ARE?

We are fully supported by the donations gathered via various IWC charity events organized through the year. Thanks to the generosity of our members and friends of IWC, we can support several long term projects. Depending on the current financial statement, we also provide once-off help to people in critical or unexpected life situations. Our project leaders meet those we are taking care of. Seeing them on a regular basis we can guarantee that the money of our donors is spent wisely. We care about the transparency of our expenses - every single Ruble is spent only after the agreement of the Charity Board's steering committee. Ladies who are volunteering for IWC Charity do it for free, but with as much effort as if it were their own paid work.

In the charity work, we focus our support on:

Children from poor and unstable families, in orphanages or other institutions and those in the medical need. **Elderly and destitute** (pensioners, homeless). Donation Office, which collects and redistributes **second hand items** (clothes, shoes, home equipment - all still in good condition) to various charities. If you want to get involved in a charity, want to support us or have any ideas how to improve our work, please let us know.

TOGETHER WE CAN DO MUCH MORE!

GIVE A LITTLE, HELP A LOT!

HOW CAN YOU HELP? GIVING A LITTLE, YOU HELP A LOT!

It is possible in different ways - please find yours:

- **buying Raffles** at the Meet&Greet and other IWC meetings,
- **participating in IWC Charity events** like Winter Bazaar, Ball, artist auction,...
- **donating money**
- **bringing your friends or business companies to support IWC Charities Fund**
- **helping us reach more partners**
- **helping us organize charity events**
- **donating your pieces of work or anything you would like to share** or put on an auction or raffle prizes
- **volunteering your time and your personal skills** with pensioners or children
- **teaching English, your profession or skills**

- **become an administrator** of facebook page
- **cooking and/or distributing food** for underprivileged children and elderly
- **chatting with pensioners**
- **playing with children**
- **helping with the translation** for emigrants (English, French or Russian)
- **assisting at the puppet shows** for children or amuse them in any other way
- **donating used clothing, shoes, household items, canned food** in the donation office or charity institutions

YOUR OWN IDEAS...

REMEMBER, YOUR HELP MATTERS!

✉ **Contact us:** iwccharityvol@gmail.com



The International Women's Club of Moscow

www.iwcmoscow.ru

A woman helps, supports, looks after, raises,
cherishes, lifts up and comforts

When many women come
together they move mountains

We offer you to become a part of this amazing community by
helping and contributing your good will and capabilities for
better and extraordinary results

We offer you to help us make this world
a better place

For more information please contact
Partnership Office

iwcgeneralofficer@gmail.com

Donations Office

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The International School of Moscow

www.internationalschool.ru

“If we want to give children a gift, the best thing we can do is to teach children to love challenges, be intrigued by mistakes, enjoy effort, and keep on learning.”

— **Carol S. Dweck**

Growth Mindset is an educational concept which fortifies the notion of success being directly related to one’s ability to learn from challenges and failures. With a growth mindset, we believe that our most basic abilities can be developed through deliberate practice.

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