



Winter 2019

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Newsletter



International Women's Club of Moscow

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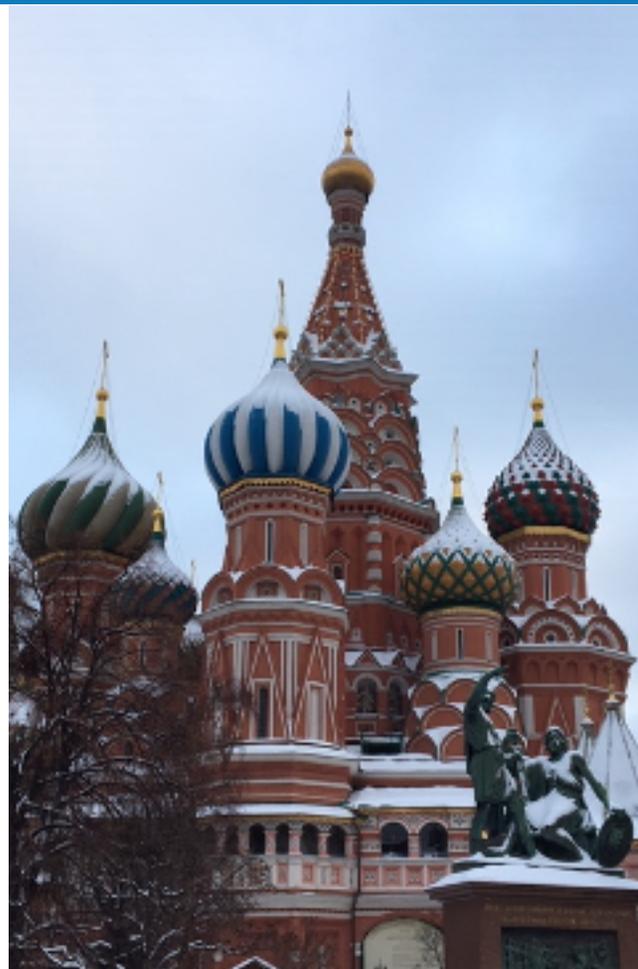


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Letter from the President

Dear friends!

I would like to inform you that our Club has successfully held the 30th anniversary Winter Bazaar, which we had all been thoroughly preparing and looking forward to.

The Winter Bazaar is a large-scale event which is loved not only by the representatives of the embassies and our Club, but by the residents of Moscow as well. This is one of the largest charity projects of the International Women's Club.

I would like to thank all the embassies and our partners for their participation and support. Without your help, we would not be able to keep doing the work we have been doing for 40 years. We are very grateful to everyone who wants to make the world a little better.

In 2019, we expect several large-scale charity projects, and I think that with the help of our close-knit and professional team we will be able to carry out all our plans.

Dear friends, let me wish a Happy New Year to all of us!

Why do we celebrate the New Year in the winter? White snow is like a white sheet on which we write down our plans and dreams, hopes and expectations. I hope that all our problems and sorrows will remain on the pages of the old year. And in the coming year we will write a new, interesting chapter of our lives.

May the New Year bring us joy and health, vigor and optimism, fulfillment of desires and new achievements.

May the New Year fill your home with a belief in goodness, hope for peace and prosperity, with happiness, energy and a good mood.

Happy New Year!

Sincerely,

Meri Toganyan

President of the International Women's Club

Wife of the Armenian Ambassador to the Russian Federation



IWC Winter Bazaar 2018



Winter Bazaar is not only the largest charity event of the International Women's Club, but also a bright cultural event for the entire international community of Moscow.

This year, the anniversary of the 30th Winter Bazaar was held on December 1, 2018, at the Hotel Radisson Slavyanskaya, where more than 43 embassies of foreign countries took part. At the traditional Winter Bazaar, visitors were able to purchase handicrafts, souvenirs and gifts "with a national flavor," and also tried their favorite dishes from different parts of the world.

One of the most interesting parts of the Winter Bazaar was the lottery ticket draw, where more than 450 gifts from different countries of the world were raffled. These gifts were presented to us by 26 Embassies accredited in Moscow and 35 different companies as well as our regular Partners.

The musical-artistic part of the Winter Bazaar was also multi-national: the artists introduced visitors to the culture of their countries.

Such a large project could not have been carried out without great volunteers -- over 100 people helped the event run smoothly.

This year the Winter Bazaar was visited by more than four thousand guests and over 5.5 million rubles were raised for the charitable campaign under the patronage of the International Women's Club.

The collected funds will be transferred to charity projects.



The 2018 Winter Bazaar featured...

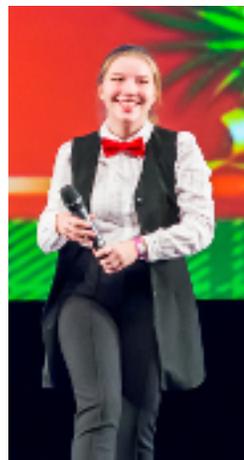
Delicious food from all over the world



Fantastic raffle prizes



Talented performers throughout the day



Many helpful volunteers



And of course, a lot of fun shopping!





Proceeds from the Winter Bazaar support charity projects.

IWC Monthly Activities

Coffee Mornings

Existing members and newcomers are invited to our Coffee Mornings which are held twice a month (generally on the first Saturday and second Tuesday of the month) at 10.00.

Please note we started meeting at a new location in December: Le Pain Quotidien (Hleb Nasushny / Хлеб Насущный or Daily Bread) - Bolshaya Nikitskaya, 16.

There will be complimentary tea, coffee, milk and snacks courtesy of IWC and Hleb Nasushny. It's a great opportunity to meet new friends and to share conversation on interesting topics.

Members are welcome to attend as many Coffee Mornings as you like and bring your friend(s) who might also be interested in joining the Club. Non-members may come to the Coffee Morning twice before they decide to be a member. Come join us!

February: Saturday 2nd & Tuesday 12th, at 10.00

March: Saturday 2nd & Tuesday 12th, at 10.00

Evening Socials

In January we resumed a popular monthly member activity -- our IWC Evening Social -- open to members and their partners.

This event is an opportunity for many of our members who work and are very busy throughout the day.

Once a month we will meet at Chicago Prime Restaurant & Bar in the city centre, during Happy Hour (with generous discounts on the bar menu and drinks). Chicago Prime kindly offers us an area in the bar and some snacks (nuts). Attendees will be responsible for the cost of their own food and drinks.

An IWC Membership Team representative will be present between 6-8 p.m., but you can stay as long as you like! Stay tuned for announcements of future evening socials.

Location:

Chicago Prime Restaurant & Bar

Strastnoy Bulvar 8A

(Metro: Tverskaya, Pushkinskaya or Chekhovskaya)

International Women's Evening

By Alina Jaravine, IWE Chair

International Women's Evening (IWE) is one of the monthly projects of our Club. Designed as "Professional Women's Evening" in the past, it had the purpose of job networking for members and non-members. It has evolved from small conferences, lectures and presentations to opportunities to learn new things and uncover creative ideas for this time when, for many of us, our careers are put on hold or are totally revised.

For those who want to stay tuned in and meet women of different professions, countries and experiences, we encourage you to attend! We are quite a discussion group now!

I would like to thank personally everyone who took her/his time to come and share with us their precious time and experience.

September, October and November IWE featured speakers who are members of our Club!

September

In September, **Marina Ilban** shared with us her passion for Moscow and a wonderful blog she writes: how to enjoy staying in Moscow; Moscow city -- a mixture of metropolitan and Russian lifestyle; international and Russian events to visit; all at www.my-moscow.org.



"IWE will offer that chance of idea sharing, learning new things, discussions, or just an intellectual evening in Moscow."

Alina Jaravine, IWE Chair





October

Jaana Malmsten started a new discussion at October IWE that will be continued as an Interest Group "Understanding World" -- about the experiences and wisdom we acquire while making transitions through different cultures.

November

November IWE had as a speaker **Charlotte Gomart** with "Lost in Translation, Lost in Transition" -- a discussion on what we sacrifice, lose, find, change and admit during our relocations. We plan to continue this topic at future IWE conferences.



December

At our December IWE we concluded the year with a meeting to recapture the past months and reflect on what is ahead in 2019.

Ladies, we invite you to be active participants at our conferences. Relocations can be hard, and this period of life is not permanent. Whoever will seek a new career or re-entry, or a new job, or just wants to remain tuned in, IWE will offer that chance of idea sharing, learning new things, discussions, or just an intellectual evening in Moscow.

Bring non-member friends as well -- our platform is absolutely open.

Don't hesitate to recommend interesting speakers, and join us!



Explore Russia with Tsar Voyages

Tsar Voyages, founded in 2004, is one of the biggest tour operators that works directly with French agencies, as well as with expats, French-speaking embassy staff and representatives of companies operating in Russia. They are engaged in tourist programs as well as corporate travel, transportation, and organization of seminars and congresses.

Director of Tsar Voyages Elena Lardy (pictured at right) tells us about corporate travel, the Trans-Siberian Express and crystal water.

By Maria Ganiyants

How many French people come to Russia with your agency?

We take more than 10,000 French-speaking tourists a year (most of them come to us from France, but there are also tourists from Belgium, Switzerland and Canada). In 2004 we started our business by offering travel services for the French people already living in Russia; all of our first clients were expats. At that time, no one was interested in expats and did not know how to work with them, and we began to offer original individual programs in French.



How can you surprise expats?

The French living in Moscow know the city as well -- and maybe better than -- most Muscovites, so they are interested in something unusual. We offered original excursions, for example, the Secret Printing House of the Bolsheviks, or little-known literary museums, or trips to small non-tourist Russian cities such as Konstantinovo, Arkhangelsk and Taman.

And when we earned a reputation on the domestic market as a partner with whom it was interesting and safe to travel, then European agencies came out with offers of cooperation.

"Expats like to visit non-touristic destinations."

Elena Lardy, Director of Tsar Voyages

Who goes to Russia and what are they looking for?

Approximately 20% of our travelers are expats, 30% are business travel destinations, and the rest are travel agencies, groups and individual travelers.

All the French, regardless of whether they come for business or pleasure, prefer unique routes. They like the feeling of exclusivity when they feel that they are in a place where ordinary tourists do not go.

Of course, for the French, the main component of a successful journey is food, so we are attentive and demanding in our choice of restaurants. Food during the trip must be authentic and varied, and clean water must be present on the table.

A separate category are tourists associated with Russia historically. Often the French come who are descendants of Russian émigrés who fled from the revolution and the Civil War. Sometimes they find their relatives. With one of these French families, we are now preparing a trip to Solovki. These people are the direct descendants of officer Georgii Mikhailovich Osorgin, a participant in the failed attempt to free the royal family from exile in the Urals. He was shot in the Solovki camp in 1929. His wife and children miraculously managed to go abroad. Now the descendants are making a film about the family history. Often come the children and grandchildren of those who served in the squadron "Normandy-Neman" during the Great Patriotic War.

Which tourist routes attract the French most?

Most tourists usually come for a long weekend. Then the program includes Moscow and St. Petersburg, the Kremlin, the Tretyakov Gallery and the Hermitage. Young people mostly come to Moscow and St. Petersburg to enjoy the nightlife.

If travelers have a week or even more, then the options may be different: cruises along the Volga or tours of the Golden Ring, Silver Ring (Pskov, Veliky Novgorod, Izborsk), Solovki Islands, Altai, Kamchatka. Many French people dream of traveling along the Trans-Siberian Railway, as they read the novel by Jules Verne, *Mikhail Strogoff*. Some fearlessly travel two weeks by train to Vladivostok, while others confine themselves to traveling to Irkutsk and remain on Baikal.



In what direction is business tourism developing?

We bring representatives of French companies from the largest business club APM (Association pour le Progress de management) with cultural and business programs to Moscow. In recent years, the direction of industrial tourism has been developing: we are helping to visit Russian factories and enterprises (albeit, given the closeness of Russian business, this is not always easy to organize).



What do the French in Russia like and what are they missing?

The French like the sincerity of the Russian people. Many say that genuine coldness and openness often hides behind external coldness. Those who live here for a long time, apart from cheese and French saucisson, do not have enough sunny days.

Often the problem for sociable French is the lack of Russian interlocutors, with whom it would be possible to talk heart to heart and in French.

Tsar Voyages (team pictured below) offers tours that may be of interest to IWC members and their guests. Visit www.tsarvoyages.com for more information.

Founded as a Russian-French touristic agency, Tsar Voyages expanded its activities to English-speaking and Russian tourists.

Every year in September, the agency invites IWC members for a free Moscow tour, in English and French.

We are grateful to Tsar Voyages for their collaboration with IWC in hosting our monthly International Women's Evening (IWE) conferences. Join us every last Monday of the month!

Alina Jaravine, IWE Chair



Visiting Tourmaline Day Centre

by Connie Meyer, Lead Coordinator for IWC Charities

"Who are you? What is your name? You want to have tea with us?" asked the young man who opened the door for me to enter Tourmaline Day Centre.

The teacher, Larisa, welcomed me and took over. We went into the ceramic atelier where clients were preparing the table for tea with a tablecloth, cups, plates and a candle. Bread, cheese and fruits were brought, and we sat down and took each other's hands and blessed the meal. The conversation was easy about the atelier's production.

Finishing the tea, we again took each other's hands and shared thanks for the tea. Everybody had duties to clean up the table before starting their work with ceramics. I had a look at their nice production before I went on to the next atelier.

Tourmaline was founded in 2003 by a Russian woman and her Dutch husband. They named the centre Tourmaline after the precious stone which gives warmth and sparkles -- the Centre should give warmth and help people living with disabilities to sparkle.

Forty-seven people with intellectual or genetic disabilities, including youth from the ages of 12 to 18 and adults ages 18 to 50, are visiting Tourmaline. Some come once or twice a week, some five days a week.



Tourmaline has four workshops: ceramics, woodworking, sewing and candle making. The productions are sold at markets. Additionally they offer lessons of music therapy and theatre.

The teachers at Tourmaline have had special pedagogical courses such as psychology and logopedics (speech therapy). Assisting are pedagogical students and many volunteers.



Being the first of its kind in Russia, the Centre has become a model for other centres in the country. Tourmaline has started seminars for parents, who also took part in the first summer camp last year.

IWC supports Tourmaline with the daily hot meal and utilities, and I am very happy to visit Tourmaline as lead coordinator for IWC Charities.

Visit iwcmoscow.ru to find out more about our charity projects.

IWC DONATIONS OFFICE

The IWC Donations Office can use anything and everything as long as it's clean, in good condition and full working order. We even take dried and canned food.

The Donations Office is open Mondays, 11.00-13.00 and Tuesdays 10.00-12.00.

Please contact us before dropping off items by calling 8-916-410-13-66 during opening hours or by email to iwccharity.do@gmail.com.

We are located near Metro Belorusskaya, at Gruzinsky Pereulok, dom 3, apartment 1A.

For more details on the location and a map, please visit "Donation Office" under the "Charities" section at iwcmoscow.ru.



Pictured above: IWC Charity Board Members

Interest Groups

IWC has an interest group (and probably more than one) for everyone! Here's a listing of our current groups and when they meet. For more information, including if there is a cost to participate in the group, members can contact iwcigmoscow@gmail.com.

Art & Craft

Icon Painting	Monday to Sunday, various times
Matryoshka Painting Course	Weekdays, 10.00
Monotype and Painting on Porcelain	Monday to Sunday, various times
Needlework Group	Monday, 13.00-16.00
Painting Oil/Acrylic	Monday, Tuesday, Wednesday; 10.30-13.30
Sculpture	Monday, Tuesday, Wednesday, Thursday; 10.00-13.00
Watercolor & Pastels Group	Monday or Friday, 10.30-13.00
Traditional Textile Russian Doll Making	Various days, fortnightly; 10.00-12.30
I Can Paint	Wednesday, Thursday; mornings
Technique of Lightful Painting	Wednesday or other; 11.30-14.30; 14.00-17.00; March-June

Body, Mind & Soul

Bones for Life	Friday, 12.00-13.30
Duplicate Bridge Group	Wednesday, 10.00-14.00
Gnosis - Wisdom Lectures	Tuesday, 10.30-12.00
Sahaya Yoga Meditation	Tuesday, 11.00-12.30
Bible Study	Tuesday, 10.00-12.00
Yoga 4ever	Monday, Thursday; 10.30-12.00

Family & Children

Art & Storytelling for Ages 3-5/6 year olds	Saturday, 10.30-12.00
International Playgroup (up to 3 years)	Tuesday, 10.00-12.00

Cooking & Dining

Cooking Club	2nd Thursday of month, 10.30-14.30
Wine & Food Tasting Group	Saturday evening, once a month
Business Lunch	Every three weeks, 12.30

Culture

Film Group	1st Wednesday of month, 10.00-12.00
Museum Visits	Wednesday, 10.00-12.30; Family visit once a month, Sat or Sun
Russian Art History	2nd Wednesday of month, 11.00
Russian Contemporary Art Studios	1st Wednesday of month, 11.00
Russian Literature and Lunch	Tuesday, 12.00-14.30
Russian Literature	4th Wednesday of month, 10.00-12.00
Understanding Russia Lectures	Thursday, 10.00-12.00
History, Art, Design (lectures, workshops, excursions)	Monday or Friday, 11.00-13.00
Architectural Walks	Friday, 10.30-12.00
Understanding World	Thursdays once a month, 10.00-12.00

Music & Dance

Choir	Friday, 10.30-12.00
Vocal and Piano Lessons	Various
Latin Dances Group	Wednesday: 19.00 Bachatta; 20.00 Salsa Saturday: 17.00 Bachatta; 18.00 Salsa
GallaDance	Every day

Languages

Russian for absolute beginners	Tuesday, 15.30-17.00
Beginners: Let's start speaking Russian	Thursday, 14.00-15.30
Russian for Beginners Intermediate Let's say more in Russian	Wednesday, Friday, 14.00-15.30
Russian Conversation Elementary	Friday, 9.00-11.30
Russian Conversation Intermediate	Monday, 10.00-12.00
Russian Conversation-Discussion Beginners Zero	Friday, 12.00-13.30
Beginners Plus	Wednesday, 11.00-12.30
Intermediate and Advanced	Wednesday, 12.00-13.30
Spanish Conversations	Tuesday, 12.30-14.00
Learn & Improve Your English (semi-beginners and intermediate)	Tuesday, 9.30-11.00

Outdoor Activities

Nordic Walking	Tuesday, Thursday, 10.00-12.00
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Interest Group Spotlight

Yoga 4ever

We are a group of English-speaking women that meets for a very enjoyable Yoga session, in a place close to the Hermitage Garden and the metro station Tsvetnoy Bulvar, on the grey line.

We practice Hatha Yoga, including Ashtanga, Vinyasa and Yoga styles that comprise asanas, Yogic breathing and a short meditation at the end of the class.

Classes are organized based on the regulation of the European Yoga Association. The teacher is certified by the International Yoga Academy supported by the Faculty of Sport and Physical Education.

Usually, after the session, we meet for a cup of coffee and a chat.

Would you like to join our group? You don't need to be an experienced yogini for that. If you are interested, please contact us.

Monday and Thursday , 10.30-12.00, metro Tsvetnoy Boulevard, grey line



Meet & Greet



September

at Marriott Novy Arbat

IWC kicked off its 2018-2019 season with a very well-attended Meet & Greet (M&G) on 17 September held at Marriott Novy Arbat which provided wonderful space and catering.

IWC members were happy to see each other again after the summer break and wished a warm welcome to new members who joined the Club.

They also gave a warm welcome to IWC's new President, Madam Meri Toganyan, spouse of the Ambassador of Armenia.

As per tradition, this M&G was a great opportunity for IWC members to sign up for activities as diverse as Russian conversation, "Understanding Russia" lectures, literature club, knitting, wood painting or Nordic walking, to name a few.

We enjoyed beautiful traditional Chinese dance performances, and last but not least, as a special gift from our new IWC President to Club members, jazz singer Natalya Ayvasyan graced the whole gathering with her presence and beautiful voice!





October

at the Residence of Sweden's Ambassador to Russia

As Moscow was enjoying a radiant autumn, IWC members enjoyed a shining October M&G at the residence of Sweden's Ambassador to Russia, H.E. Mr. Ericson.

Ambassador Ericson and his wife, award-winning author Stina Ericson Stoor, opened the doors of their beautiful residence to IWC on 18 October. IWC members were treated to a very rich and interesting program. Ambassador Ericson addressed the Club and shared very interesting historical information about the architecture of the building. Mrs. Stina Stoor spoke in a compelling way about her book and short stories (three of which have been translated into Russian). We learned about tourism in Sweden and about cultural events organized by the Swedish Embassy in Russia.

We were treated to a lavish traditional Swedish buffet of food and delights!

This October M&G was a very special and memorable one thanks to our very gracious hosts who created a warm and welcoming atmosphere that will linger with IWC members. Thank you!

November

at GlavUpdk Cultural Centre

After an unusually colorful and bright autumn, IWC members gathered for their November M&G at GlavUpdk Cultural Centre.

Once again, our generous host, GlavUpdk, planned a whole range of great entertainment. Guests had the opportunity to see an exhibition of pictures by teachers of the Sergey Andriyaka Watercolor School as well as a very special exhibit of beautiful and vibrant quilts by the Russian Quilters Association.

There was an impressive performance by young talented musicians supported by the New Names Charitable Foundation, and, following the established tradition, Russian artisans came to sell custom-made jewelry, scarves and other handicrafts, which came in handy giving us the opportunity for early Christmas shopping!

Furthermore, we enjoyed a wonderful buffet featuring a typical Russian breakfast and Russian delicacies prepared specially for us!





Stay connected!

Becoming a member and taking part in IWC activities is a great way to beat the cold winter months! Like and follow us to stay updated on what is happening in our Club.

Instagram

www.instagram.com/iwcmoscow

Facebook Page

www.facebook.com/IWCMoscow

Website

www.iwcmoscow.ru





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