



Spring 2019  
iwcmoscow.ru

# Newsletter



International Women's Club of Moscow

[iwcmoscow.ru](http://iwcmoscow.ru)



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# Letter from the President



**Dear and lovely members of our Club,**

We are coming to the end of a busy year, where we met many new, interesting people, who then became very close to us.

Our Club gives us the chance to learn about new cultures and opens up new horizons.

In the past year, IWC held two very successful and large-scale events to raise funds for charities. As you know, these events were the Winter Bazaar and the Charity Concert.

In 2018-2019, we supported over 25 charity projects. You can find a listing of the projects along with a description of the ways in which we helped this year on pages 14-15.

On the eve of summer, let me wish you all a good holiday and unforgettable new memories.

Thank you for being with us. We are working to continue to make progress and trying to make you happy with new and interesting events.

Love and appreciation to all of you!

Sincerely,

***Mery Toganyan***

President of the International  
Women's Club

Spouse of the Armenian Ambassador  
to the Russian Federation

# Concert for Charity



On Monday, May 20, the International Women's Club of Moscow together with the Association of Winners of the International Tchaikovsky Competition presented a Charity Concert dedicated to the 40th anniversary of the Club.

We had been preparing for this Concert for a long time, so it was very exciting when the lovely spring evening finally arrived!

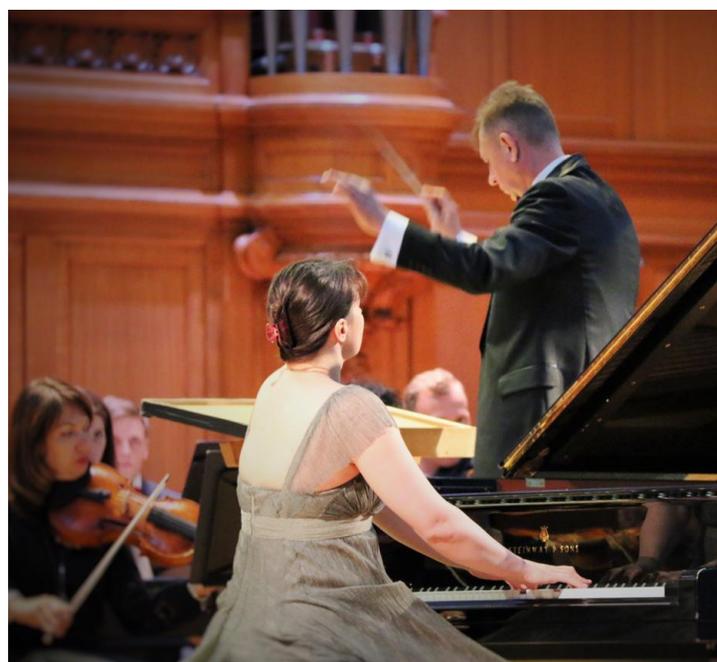
The event started with a nice welcome reception for IWC members and guests, which featured Koor Wines from Armenia, and a great selection of tasty appetizers from the Restaurant Darbars.

The concert was held in the stately Grand Hall of the Moscow Conservatory.

Madame Mery Toganyan, President of the IWC, and the President of the International Competition Association, Andrey Sherbak, joined together on the stage to welcome the audience and to begin the concert. They also exchanged letters of appreciation.

In this beautiful setting, we enjoyed listening to the talented orchestra along with the incredible featured artists: Ekaterina Mechetina on piano, Maria Andreeva on violin, and Alexandar Ramm on cello.

It was a delightful evening and a fitting way to celebrate the IWC's 40th anniversary and its work to help others - through an event that raised funds for helping people in need.



## Reception for IWC Members

Before the Concert, IWC members and guests were treated to a reception where they were able to relax and enjoy a glass of red or white Koor Wine from Armenia and a variety of tasty appetizers from the Restaurant Darbars.

This was a nice opportunity for celebrating the 40th Anniversary of the IWC and mingling with friends. We would like to express our sincere appreciation to Restaurant Darbars and Koor Wines. Thank you!



## More Photos from the Concert!





# DARBARS

FINE INDIAN CUISINE



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# International Women's Evening

*By Alina Jaravine, IWE Chair*

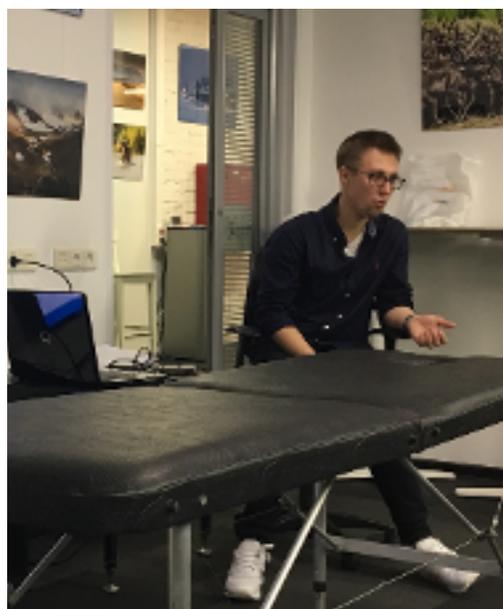
International Women's Evening (IWE) explores, through our speakers and guests - our own potential, possibilities, unexplored strengths and capabilities - while traveling the world and/or supporting our families. You may be a professional who postponed a career, or who is in search of another one, or who changed your occupation completely because you are traveling: IWE is FOR YOU! Join us once a month at the only IWC evening event for discussion, sharing and listening to our speakers and guests.

As many of you had suggested, I created a Facebook IWE group, where we can share articles and thoughts, links and pictures, outside the meeting room of IWE. Please join the closed group; I have already invited those whom I have personal connection with on Facebook.

Also, it would be great to receive follow-ups from you about what speakers (professions, jobs, occupations) you would like us to invite to IWEvenings. Any suggestions on how to improve or grow our group are very welcome!

Some stories of this year:

The 2019 New Year IWE season started with the story of Natalia Polenova, great-granddaughter of the famous 19th century Russian artist, Vasilij Polenov. Natalia is the director of Polenovo Estate - a Russian art and family heritage - preserving the architectural landmark along with a small gallery with a workshop outside Moscow. We listened to her presentation: "Profession: Preserve your family heritage."



A stir about health brought us the February master class of Dr. Grigoriy Bashkirtzev on how lifestyle and the body are connected. Part philosopher, neurologist, sports injuries consultant, chiropractor and orthopedist, Dr. Bashkirtzev shared with us his vision on how the body responds to changes and the consequences, and his advice on exercises that do more harm than good. We learned some exercises to help remedy the following issues: stooped posture, postpartum muscle problems, weakness of the hip muscles, pain in joints, mandibular problems, migraines, and even snoring!

In our March IWE, we met HE Fiona Bristow with a story on her diplomatic profession and experience. Fiona kindly invited us to her home in Moscow, The British Ambassador's residency on

Sofiyskaya Naberejnaya. We learned about her experience in her profession of International Development and her work supporting an NGO in Africa, and even were entertained by a charade performed with HE her husband Sir Laurie Bristow, the British Ambassador to Russia, on how it is to receive a Knight title!



April International Women's Evening hosted two co-speakers: from BDO consulting company, Ludmila Shusterova, and from NeoPhotonics Corporation, Tatiana Bowling. Have you left your job recently, or a long time ago? Are you planning to return to the same position? Our guests spoke about professional women's maternity leave: trends in the economy, planning, and opportunities; this was followed by a helpful question-answer session.



Have you ever tried to write a story or a novel? Do you intend to? Becoming a writer is probably a talent rather than a profession, and a chance rather than a career. In May, International Women's Evening hosted a terrific writer and traveler, Lyane Guillaume, who shared with us the story of how she became so passionate about writing. Her books are unique stories about women and cultures of the countries in which she has lived, while accompanying her husband on international assignments.



You might be taking a break from your job or career, or you may be thinking about a new path – International Women's Evening is the place to collect ideas, plan a turnaround and embrace new opportunities!

We meet every last Monday of the month (rarely changing dates, except for on speaker's request).

We look forward to seeing you again in September!

# Tsaritsyno

*By Anca Gheorge, IWC Member and Newsletter Assistant*

Just outside of the constant hustle and bustle of central Moscow, you can find Tsaritsyno -- an exquisite palace museum with its own park reserve that sprawls for more than 100 hectares. Whether you are looking for an interesting lesson in Russian history and architecture, or simply want to enjoy a peaceful walk on a sunny day, there is a little bit of something for everyone in this charming spot.

In the spring of 1775, while passing through the area on a walk from Kolomenskoye, Empress Catherine the Great was so impressed by the beauty of the landscape that she bought the estate and ordered the construction of a palace there. For the next 10 years, then-renowned architect of the court, Vasily Bazhenov, worked tirelessly on creating an imposing residence. But upon a surprise inspection in 1785, the Empress declared the palace "unliveable" and demanded that it be torn down. Bazhenov's rival, Matvey Kazakov, took over the project and came up with a design that was more to Catherine's liking. Although sadly, the Empress' death in 1796 halted the construction process before the building was finished, and this time the structure remained abandoned for more than 200 years.

It wasn't until 2005 that a massive restoration project began, ensuring that the beautiful Tsaritsyno palace would finally be completed.





## Tsaritsyno: Tips for Visiting

For anyone wanting to simply stroll around the large estate and its forest, entrance is free of charge. However, for a visit inside the palace museum and other attractions such as the Bread House (which hosts various art exhibitions) you may buy a ticket either online in advance or at the entrance. The ticket price will vary depending on attractions included but will be no more than 780 rubles. In addition, almost all displays inside the museum are accompanied by information in Russian, but audio guides are available in English at the beginning of the tour.

Hours: Park: 6:00-24:00 daily  
Palace Complex: closed on Mondays; Tues-Fri 10-18, Sat 10-20, Sun 10-19

Website: [tsaritsyno-museum.ru](http://tsaritsyno-museum.ru)

Metro Stations: Tsaritsyno and Orekhovo, both on Line 2 (Zamoskvoretskaya/dark green line)

# In Memory: Connie Meyer

By Irina Mizitova, IWC Charity Board member



## Connie Meyer

November 18, 1943 - May 9, 2019

It is a tragedy for all of us, and I still can't believe it has happened. But our dear friend Connie Meyer died on the 9th of May and was buried in Moscow. We are very grateful to Connie's son and daughter as they agreed to leave their mother in Moscow, as she was always saying, "I belong here." From now on she belongs here forever.

It was a long but steady and direct way for Connie to settle down in Russia. She shared recollections from her early childhood where she, as a small girl with her father, had been standing at a church door. The door opened and they saw a huge depiction of Jesus Christ on a cloud in the azure sky. That picture was imprinted in her mind very vividly, and she was longing to see it again. When she first arrived in Moscow in 1991 and was having a tour around the city, she met that very picture in one of the first cathedrals she visited, and thought, "I belong here."

Another great impression Connie related was that she was a teenager when she first listened to some music by Tchaikovsky, which had a deep effect on her, and from that time Connie became interested in Russian culture and even studied some Russian language. She recalled a funny episode: some Russian-speaking people asked how old she was, and her answer was "60" instead of "16" (in Russian these two words sound somewhat alike).

I dare say that among all Connie's innumerable merits these were the brightest: nobleness, generosity and very high spirituality, raised by her highly cultivated and religious background. Connie was a true Christian and a refined personality. It's a heartbreaking misfortune we now say "was."

From a young age, Connie was involved in charity and social work. In 1992, she was invited by the Moscow Patriarchate (social work department) to work in Moscow, having been appointed to the post by Mrs. Greta Rostbol, a minister of culture of Denmark. Danish Christians founded St. Paul Voluntary Charity Association and did a lot to assist Muscovites in the hard 1990's. Connie was their official representative for many years and cooperated with the Department of Social Assistance of Patriarchy.

From 1999, she was a lead coordinator of IWC Charities, where she dealt with several projects, always with true dedication and empathy. The list of Connie's deeds in the sphere of social work, assistance to people in need, saving lives, and changing people's destinies for the better, is endless.

She supported young mothers, newborn children, elderly people and large families in need with medicines, clothes and food. Connie organized special seminars on nursing. At Morozovskaya Children's Hospital and at the Burn Center of Speransky Children's Hospital, Connie worked as an IWC Lead Coordinator, and she will always be remembered as a benefactor and patron.

Connie was in touch with the American Orthodox Christian organization "Russia With Love" (based in Michigan, USA) and was an initiator of visits of the Burn Center doctors (University of Michigan) to Sklifosovsky Institute and Speransky Hospital, and vice versa.

In May 2017, Connie received an award from His Holiness Patriarch Kirill.

A lot of Danish Christians visited Russian Orthodox churches and sacred places all over Russia, were guests in Russian families and made friends with them, and got to know each other better. All that was carried out by one lady: Connie. Many Russian people will remember her with love and gratitude as their angel.

Connie was a bright personality, a devoted mother and grandmother, a true Christian. She was our dear friend. It hurts to say she is not with us any longer.

# IWC Charities Fund

## About Us

The IWC Charity Board is supported by donations gathered by various IWC events organized throughout the year, such as the Meet & Greets, Winter Bazaar and the Charity Concert. Cash donations and IWC membership fees also assist our efforts.

In addition to supporting several long-term projects in Moscow, we also provide special one-time support to help local people in critical and unexpected life situations.

The Charity Board committee is made up of unpaid volunteers who must vote before any money is donated to a cause. The Charity Board meets once per month to discuss any issues, receive and distribute funds.

On the next two pages, you will find the specific organizations and ways that IWC helped those in need in the 2018-19 year.

## How You Can Help

There are several ways that you can help:

- **Buy raffle tickets** at IWC Meet & Greets, Winter Bazaar and other events.
- **Donate raffle prizes** from your own work or gifts from companies.
- **Bring your friends along** to IWC events and get them involved!
- **Join the IWC Charity Board committee** to really give meaning to your time in Moscow. You do not need to speak Russian. You could become a project leader, help organize fundraising events, or calculate the money raised. Get in touch with us at [iwccharities@gmail.com](mailto:iwccharities@gmail.com) to find out about board vacancies.
- **Donate used clothing and household items** to the donations office. The donations office directly helps those in urgent need of basic supplies, whether it be a warm coat or a baby blanket.

## 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 in advance before dropping off items** by calling 8-916-410-13-66 during open hours or by email to [iwccharity.do@gmail.com](mailto:iwccharity.do@gmail.com). The phone number is only switched on during donation office open hours.

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](http://iwcmoscow.ru).

# How We Allocated Donations in 2018-19

## Children from poor or unstable families, 15% (Rub 1,536,000)

Project	Description
Big Change	Education process and life skills for orphans
MPC Children Hunger Assistance Program	Foodbags with ingredients
Metis (Taganka)	Foodbags with ingredients for poor families
Food for Needy Students (FANS)	Lunches on Sundays and food bags for South American and African students in need



## Children in medical need, 17% (Rub 1,766,000)

Project	Description
Speransky Children's Hospital Summer Camp	Children who have suffered severe burn trauma are helped with physical reintegration
Speransky Children's Hospital	Special thermal sheets for better healing from burns
Speransky Burns Unit	Special creams and ointments for burn victim children
Operation Hope (shunts for hydrocephalus babies)	Pre-surgery brain screening equipment for kids with epilepsy
Sheredar	Rehabilitation programs for children with oncological diseases

## Children in care, 18% (Rub 1,812,000)

Project	Description
Mother Teresa's Home for Orphans & Homeless	Food for the Home
Don Bosco	Monthly food and household expense for social orphans living with foster mothers

## Medical, training, shelter, or other assistance, 34% (Rub 3,379,050)

Project	Description
Moscow Protestant Chapel	Medical advice and medicines; Pensioners' foodbags
St. Egidio	Accommodation for homeless people; Assistance for homeless people
Tourmaline	Warm lunch and tea for social rehab center participants
Druza	Medicine
Rehabilitation Center "Aurora"	Fire safety equipment
Lubov Kolos	Medical and food supply

## Food assistance, 16% (Rub 1,638,000)

Project	Description
Desniza Mira	Foodbags for invalids and pensioners
Italian Foodbags	Foodbags for homeless people
Night Bus	Distribution of food, woolen socks, to homeless people
Tau Center	Provide food for adults with a difficult life
SK in Yaroslav	Food for workers in the church
"L.K."	Food for disabled woman and her son

*IWC Donations Office administration expense was less than 0.09% of total funds*



# 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.

Our meeting location is Le Pain Quotidien (Hleb Nasushny / Хлеб Насушный 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!

## Summer Schedule:

Tuesday, 11 June, 10:00-12:00

Saturday, 27 July, 10:00-12:00

Tuesday, 13 August, 10:00-12:00

Saturday, 7 September, 10:00-12:00

Tuesday, 10 September, 10:00-12:00



# Interest Group Spotlight

*This IWC Interest Group Spotlight explores the art of painting on silk, or batik.*

Batik is one of the most ancient arts and any piece is unique, because it's fully handcrafted and depends only on the artist.

We begin our class with practicing **cold batik** technique. Cold batik is the most popular silk technique and can be used by professionals and beginners. The name cold batik means that the resist does not have to be heated before applying.

Drawing with the resist is one of the most responsible and often most difficult parts of silk painting. Silk painting is very similar to watercolor painting on paper - only textile dye flows more freely on silk. That's why resist is necessary. Also, it is necessary to combine different colors in a proper way to make a good quality painting.



The **hot batik** technique is the most ancient one.

In this technique the design contours or areas are covered by hot wax or paraffin.

There are three hot batik techniques: simple batik, complex batik (two or more layers), and work on areas.

Batik masters can produce complex designs by layering colors and using cracks in the wax to produce detail lines. Even if you are not a master, you can get some great effects using just a few materials and a creative spirit.

**Free painting** is a technique we usually try after previous experience with silk because you need to be very fast while working. But the result usually looks fantastic and really creative.

I like batik very much because it gives me the opportunity to relax and be creative while working. The techniques are not difficult and give fantastic results.

Your painting will be always special - frame it and put it on the wall, make a scarf for a gift for your mother or friend, or even make a designer's dress - even a beginner can make it!



*Anna Pastukh is an artist and experienced teacher of batik painting.*

*Photos, from top of page to bottom:*

- 1. Beginner cold batik experience*
- 2. First hot batik experience*
- 3. Creative free painting*



- 4. Anna in a self-painted top*
- 5. Artwork inspired by Kandinsky*

# Meet & Greet

Our monthly Meet & Greet is a chance for IWC members to visit new places in Moscow, find out about different countries through interesting cultural programs, and connect with other expat women.

On January 23 we were welcomed at the Residence of the Ambassador of the Netherlands, by Ambassador Jones-Bos and her spouse Dr. Richards. It was a very cold day outside, but inside we were warmed by the kind hospitality of our hosts!

In February, over 160 ladies got together to meet at the Metropol Hotel for our second Interest Group sign-up session of the year (the first one was in September). Members enjoyed special performances including a four-hands piano performance by Galina Staneshnikova and Lauriane Bradford, and songs from the talented IWC Choir.

The next month, on March 21, we had the opportunity to spend a couple of hours in the beautiful Residence of Ambassador of Switzerland, H.E. Yves Rossier, and his spouse, Madame Anne Rossier. It was a lovely morning and we appreciated the warm welcome from Madame Rossier.

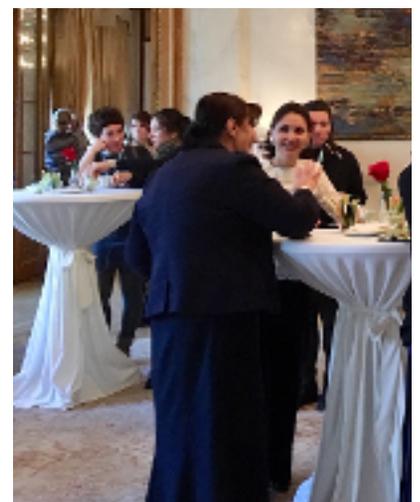
The April Meet & Greet was held at the GlavUpDK Cultural Center where we enjoyed a traditional Russian breakfast and had the chance to do some shopping for gifts and handicrafts. Our guest speaker, Natalia Nefedova from GMS Clinic, gave an interesting talk on nutrition and answered questions from the audience. We were also treated to musical performances by postgraduate students of the Conservatory.

On May 16, the Armenian Embassy hosted the Meet & Greet which was held in a very friendly and homely atmosphere. We were welcomed by the Spouse of the Ambassador of Armenia, our own IWC President, Mery Toganyan. The program included a presentation on the history of the Embassy building, music played by the string quartet "Kilikia," and a performance of Ethno-jazz.

On the following pages, you'll find a collection of photos showing just some of the fun we had at Meet & Greets this winter and spring.

We sincerely appreciate the great hospitality of our hosts for so kindly and generously opening their doors to us!

## January at the Residence of the Ambassador of the Netherlands



**February** at the Metropol Hotel, focusing on Interest Group sign-up



**March** at the Residence of the Ambassador of Switzerland



**April** at the GlavUpDK Cultural Center



**May** at the Embassy of the Republic of Armenia





## New Project of Tsar Voyages: Tsar Visit presents...

### Moscow calling!

June is going to be HOT, NEW and INSPIRING!  
Tsar Voyages and its project Tsar Visit offer you several unique experiences to brighten your summer days!

**1) Russian food tour and visit with a local family.** Enjoy hanging out with your private local guide and exploring Russian traditions. Discover Russian traditional cuisine in the best Moscow restaurants. All the expenses are included in the price, you just need to follow your guide and enjoy some good food. Also, you are invited to visit a local family in a typical Russian apartment. Let's have a look at the Russian lifestyle from the inside!

<https://www.tsarvisit.com/en/visits/local-family-visit-and-lunch-4487>

<https://www.tsarvisit.com/en/visits/food-tour-and-sightseeing-in-moscow-4488>

**2) REMOTE MOSCOW.** Something you couldn't even imagine. Remote Moscow is truly an unexpected experience. Become a character of the performance while walking in the center of Moscow. Sounds intriguing? Then book your experience starting from June on at: <https://www.tsarvisit.com/en>

**3) "LOUIS VUITTON COLLECTION" EXHIBITION AT PUSHKIN MUSEUM WITH A GUIDE.** Only on Tsar Visit and Tsar Voyages! Save the date and start your journey in the world of art. In June you will have an amazing opportunity to enjoy the Parisian famous collection of Louis Vuitton Foundation here in Moscow at the Pushkin Museum. Date : 23/06/2019, from 11:30 to 13:30

<https://www.tsarvoyages.com/en/event/louis-vuitton-collection-4587>





## Find out about what's going on in IWC Moscow

Becoming a member and taking part in IWC activities is a great way to meet new people, learn interesting things and discover different parts of Moscow!

Like and follow us to stay updated on what is happening in our Club.

### Facebook Page

[www.facebook.com/IWCMoscow](http://www.facebook.com/IWCMoscow)

### Instagram

[www.instagram.com/iwcmoscow](http://www.instagram.com/iwcmoscow)

### Website

[www.iwcmoscow.ru](http://www.iwcmoscow.ru)

### Interested in becoming a member?

Contact [iwcmembership@gmail.com](mailto:iwcmembership@gmail.com) or come to a Coffee Morning!



# CONTACTS

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<b>IWC President</b>	<a href="mailto:iwcmoscowpresident@gmail.com">iwcmoscowpresident@gmail.com</a>
<b>Interest Groups</b>	<a href="mailto:iwcigmoscow@gmail.com">iwcigmoscow@gmail.com</a>
<b>Donations Office</b>	<a href="mailto:iwccharity.do@gmail.com">iwccharity.do@gmail.com</a>
<b>Public Relations</b>	<a href="mailto:iwcmoscowpr@gmail.com">iwcmoscowpr@gmail.com</a>
<b>International Women's Evenings</b>	<a href="mailto:iwcpwe@gmail.com">iwcpwe@gmail.com</a>
<b>Meet &amp; Greet</b>	<a href="mailto:programco.iwc@gmail.com">programco.iwc@gmail.com</a>
<b>IWC Newsletter</b>	<a href="mailto:iwcm.news@gmail.com">iwcm.news@gmail.com</a>
<b>IWC Partnership</b>	<a href="mailto:iwcpartnership@gmail.com">iwcpartnership@gmail.com</a>
<b>IWC Charity Chairs</b>	<a href="mailto:iwccharities@gmail.com">iwccharities@gmail.com</a>
<b>IWC Charities Public Relations</b>	<a href="mailto:iwc.pr.charity@gmail.com">iwc.pr.charity@gmail.com</a>
<b>Charities Volunteering</b>	<a href="mailto:iwccharityvol@gmail.com">iwccharityvol@gmail.com</a>

## *Photo Credits*

*Cover page, pages 2, 10-11, and 22, are photos of Tsaritsyno by Anca Gheorge, IWC Member and Newsletter Assistant*

*Pages 14-15 from unsplash.com: adult and infant hands photo by Aditya Romansa; flour, milk and sugar photo by Kristiana Pinne; stethoscope photo by Hush Naidoo; small children in winter photo by Michal Janek;*



  
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