newsletter



Letter from the President

Summer is almost here, even though most of us (in contrast to last year) have already been living our best summer days here in Moscow. Our last meeting was a hit on the O2 Lounge terrace, as many enjoyed sitting under the rare Moscow blue skies and sunshine as we enjoyed coffee overlooking Red Square. It was also the last meeting of our dear friend, past President, Ex-Officio, Spread Sunshine and Charity Liaison Judy Peacock who dedicated a great amount of her time and expertise to AWO.

Saying goodbye is never easy, but I have come to realize that we aren't losing friends. Instead, we are creating friendships worldwide, making our circle of life

a lot larger. It's a great reason to stay in touch and also provide support to those who sometimes might have a bit of difficulty transitioning back to a non expat way of life.

For those leaving this summer don't forget organizations such as FAUSA (Federation of American Women's Club (FAWCO) Alumni USA which you can join when returning to the US, a perk of being a member of AWO, once you return to the US.

For more information about FAUSA please see the article on page 18.

Michele

List of Contents



Events of the Month

Save the Date for the Upcoming Events

Announcements from AWO

Registration rules during FIFA World Cup

Summer Tours

Free Open Air Yoga Classes

Summer Camps from AAS

Summer Program for Younger Kids







Panda Parks!

Review: Coffee Morning May 30th

Spread Sunshine

Special Offers for AWO Members

Information on FAUSA

We're Hiring!

Photo Credits and AWO Online

"Optimist:

Someone who figures that taking a step backward after taking a step forward is not a disaster, it's a cha-cha."

Will you be staying in Moscow all summer long when everyone else gets to enjoy the warm breeze at a seaside? Are you stuck with kids at home with no plans other than watching the FIFA World Cup? Well, we've got good news for you! We have tons of events to select from this summer in Moscow, with and without the kids!

In addition to the summer camps some schools provide for kids of all ages, we're opening a temporary IG "Summer Kids" to meet up for some kid friendly events throughout the summer. Moreover, Moscow Municipality organises a series of sports events both for kids and adults in different parks of the city.

As for the wonderful quote from Robert Brault presented above, one of these events will be free open air dance courses by professional dance teachers! Cha-cha, along with acrobatic rock&roll and Irish dance, is one of the many dance classes to be provided at Gorky Park this summer. I don't know whether I'd be able to dance like no one else is watching, but I'm sure I'll enjoy watching the participants as they learn the tricky steps of ballroom dance. Check out the list of events page to see the details of events that'll take place in Moscow during summer time.

But as you're enjoying these events, please don't forget to come to the coffee mornings as well. Check out the 'Save the Date!' section for the dates.

Finally, please come and join us at the Summer Picnic Party on June 17th! You'll be receiving a separate e-invitation before the event, but scroll down to see what we're planning for the party.

Hoping to see you all at the Picnic Party!







Events of the month

Moscow Metro Guided Tours by the Municipality - June 10-15, 2018 // Various Locations

The Moscow Metro will offer guided tours for tourists prior to the 2018 FIFA World Cup. From 10 June through 15 July, 72 tours in English and Russian will be available. Each two-hour guided tour will cost 1,000 roubles. The schedule is posted on the Museum of Moscow website: http://mosmuseum.ru/tours/p/ekskursiya-po-metro-i-mtsk-dlya-bolelshhikov-chempionata-mira-po-futbolu/

FreeRoller Skating Lessons for kids- until July 28, 2018 // Izmailovsky Park

Izmailovsky Park is now offering roller skating classes for children. Free lessons will take place on Saturdays and Sundays at 1pm on Severnaya Square. The programme is designed for children from ages 5 to 8 years old. To participate, children must have their own roller skates and (preferably) a full set of protective gear: wrist guards, elbow pads and knee pads. For more information, visit: https://www.mos.ru/en/calendar/event/45658088/

Open Air Yoga and Functional Training - until August 31, 2018 // Gorky Park

This season's functional training will take place every Wednesday on the dance floor near the Pioneer summer cinema at 8 pm. Fitness coaches will offer an effective exercise programme – squats, jumps, pushups and planks – aimed at developing muscle strength and stamina and preparing the body for board sports. All training is free. To see the schedule of events, visit: http://park-gorkogo.ru/events/864

Free Dancing Classes in the Park - until August 31, 2018 // Gorky Park

From acrobatic rock&roll to ballroom dancing, Gorky Park is organising free classes for different dance styles throughout summer time! Make sure you visit their webpage before you put on your dancing shoes! http://park-gorkogo.ru/events/832

Breathing Sculpture Exhibition - August 19, 2018 // Tretyakov Gallery Krymsky Val

The New Tretyakov Gallery is hosting the first major solo show of Vadim Kosmatschof in Russia. The display of over 60 works will cover all periods and aspects of the artist's creative output. For more information, visit: https://www.tretyakovgallery.ru/en/exhibitions/vadim-kosmachyev-dykhanie-skulptury/

Great Geographical Discoveries - until December 30, 2018// Moscow Planetarium

If you are looking for an event to go with kids, this one's might just be for you. A new exhibition, Great Geographical Discoveries, has recently opened at the Moscow Planetarium. Visitors will be able to see the exhibition during a tour of the Lunarium Interactive Museum. For more information, visit: https://www.mos.ru/en/calendar/event/44123088/



June 17th, Sunday:

Save the date for the Summer Picnic Party! Visit page 6 below for further information.

COFFEE MORNINGS



Thanks to our Sponsors!













Summer Kids!

If you and your kids are around this summer, please join the new temporary group "Summer Kids".

We will try to meet up for a few kid friendly events throughout the summer as time allows. You are welcomed to suggest a program you think our kids might enjoy.

to sign up for the Summer Kids group and we'll let you know as soon as we have a program!

AWO Picnic Party!

Registration rules for foreigners during FIFA World Cup



Will you be hosting guests for the FIFA World Cup this summer? Then, check out the new registration rules for foreigners valid from May 25 to July 25, 2018.

A presidential decree has tightened security measures for the duration of the 2018 FIFA World Cup in Russia, and special rules will apply to migration registration during that time.

Key point: Foreign nationals traveling to cities hosting football matches will be required to register at their place of stay within <u>3 days of entry into the country</u>. The date of entry is indicated in the immigration card handed over to foreigners at the border.

These rules are valid for those who are staying with friends or rent an apartment. If your guests will stay at a hotel, then registration will be made directly by the place of stay.

Which cities does it cover?

- ♦ Moscow
- ♦ St. Petersburg
- ♦ Volgograd
- ♦ Yekaterinburg
- ♦ Kazan
- ★ Kaliningrad
- Nizhniy Novgorod
- Rostov-on-Don
- ◆ Samara
- Saransk
- SaranSochi

Required documents for temporary registration at the place of stay:

- ◆ An application for temporary registration is signed by the applicant and the owner (tenant) of the residential premise (you can fill in at the center of public services);
- ★ The document proving the identity;
- ◆ A document that is the basis for temporary residence in a residential premise, the rights to which are not registered in the EGRN;
- ♦ Written consent for the arrival of a citizen in a residential premise from living together with the tenant of adult users, the landlord and all participants of the shared property (if necessary).

In addition, in four centers of public services you can get a passport fan of the 2018 World Cup:

- ♦ Center for State Services of the Zamoskvorechye District: Bakhrushin Str. 13.
- Center for State Services of Begovaya District: Pravda, house 33.
- ◆ Center for Public Services of the settlement of Moscow: pos. Moscow, 3 md., D. 21.
- ◆ The flagship office of the Central Administrative District: SEC "Afimall City", Presnenskaya embankment, 2, 1 floor.

For more information, please visit: https://md.mos.ru/presscenter/news/detail/7349893.html

Summer Trips

In Moscow over the summer months?

From late-June to the end of August / early September, you are kindly invited to join summer trips to green places -either in town or outside Moscow- with a professional English speaking guide.

Trips are usually on a Thursday leaving about 9:30 from various locations returning at about 16:00. They are not suitable for children under 12 and cost about 2000-3000 Roubles if a minibus/coach trip is involved or 1000-2000 Roubles if we take public transport.

This is a great opportunity to escape the city centre and meet others experiencing the joys of expat life in Moscow. Friends and family members are welcome. The first trip will be Thursday June 21st 2018.

To receive the weekly email detailing each trip please write 'YES' to

if possible

add your phone number as well.

Thereafter, if you want to come on a trip you must respond to the email advertising it.

Right now all you have to do is email

to get on

the mailing list.

You are not committed to anything except receiving a weekly email until September 2018.





Free Open Air Yoga Classes All Summer!

From June 1 to August 31, certified teachers will introduce you to interesting trends and traditions of yoga. Open air classes will be held in 36 parks in Moscow. All you need to do is to show up on time with your yoga mat!

The Yoga Journal invites you to join their yoga classes held at different parks everyday throughout summer. Here's what you need to know about the events:

- All classes are free of charge.
- Sign up is not required.
- You are only asked to bring your hat, bottle of water and yoga mat!
- Follow their webpage to see the dates, times and places of the classes: https://yogajournal.ru/parks/



Йога в парках с Yoga Journal

Открыт седьмой сезон проекта «Йога в парках»! На протяжении всего лета сертифицированные преподаватели будут знакомить вас с интересными направлениями и традициями йоги. Занятия на свежем воздухе проходят в 36 парках Москвы с 1 июня по 31 августа.

Приходите на занятия со своими коврикам







Summer Camps at Anglo-American School of Moscow

Looking for a fun-filled way for your child to make lasting friendships this summer? Anglo-American School of Moscow (AAS) will open two camps this summer for children ages 5 - 18.

Both camps will operate on AAS grounds in Summer 2018. The camps are open for non-AAS students as well!



Komandor Camp: For Ages 6-11

This year Komandor offers 5 weeks of children day camp on AAS grounds. The program will be comprised of arts & crafts, games, field trips, activities and professional shows joined by the common theme of the week. We pride ourselves on the combination of professionalism, care and support that each counselor brings to each child.

- Komandor day camp program at AAS begins June 25 and runs through July 27, 2018.
- The program is structured for children 6 -11 years old. The language of instruction is English
- The Komandor Camp is open to all: you do not have to be an AAS student to attend.
- Participants can be registered for a minimum of one week and a maximum of five weeks.

- The cost of participation is \$150 per week, to be paid online at registration, or submitted to the school cashier at AAS.
- Payment is non-refundable and is due before June 18. SIGN UP HERE
- Transportation to/from the camp and daily meals are the parents' responsibility.
- Contact Summer Camp coordinator Tatiana Yaskova with any questions: Tatiana.yaskova@aas.ru



ASM Tennis Camp: For ages 5-18

- Full day (09:00-16:00) Tennis Camp for ages 5-18
- Master's Player Tennis Camp for ages 10-18
- Sign up for just one or all five weeks
- Priority to AAS students.
- Click Here for dates, times, cost and sign up links

For more information, please visit: https://www.aas.ru/penguin-life/camp

Summer Program for younger kids by P'tit Cref

Looking for somewhere fun and educational for your child for the summer? Check out P'tit Cref's summer camps:

"IN P'TITCREF " Program

Thematic weeks will be held in P'titCREF -Arbat under the direction of an international team of creative teachers. Teachers from various countries will speak with the children in Russian, English, and French. The program includes a variety of master classes, trips to the parks and museums in Moscow, picnics and outdoor activities. Children will enjoy interesting classes, beautiful walks and amazing visits and events. For parents, at the end of each week, children and their teachers will organize performances, theatrical productions, photo expositions, and exhibitions of their work that will enhance their learning and present the various activities that have been performed during the week.

- June, 25 **SUMMER CAMP TARIFFS** August, 31 FULL DAY PROGRAM 09:15-17:00 09:15-17:00 5 days – 17000 RUB eal and excursion included) 1 day – 3600 RUB (meal included, excursion NOT included) June, 25-29: 20000 Leagues Under The Sea HALF DAY PROGRAM 09:15-12:15 / 14:00-17:00 (meal and excursion NOT included) 5 days - 9000 RUB July, 02-06: Fantastic World 1 day - 1900 RUB Excursion 1100 RUB Extra lunch 400 RUB July, 09-13: The Universe of Sports Extra activities (if applicable) or Playtime (if needed) 17:15-18:15 Mon-Fri July, 16-20: Party Time 1 day - 600 RUB 2 days – 1000 RUB 3 days – 1400 RUB Vec. July, 23-27: Young Architects 4 days - 1800 RUB
- Open for children from 2 to 8 years old
- From June 25 until August 31 Booking is now open!
- Flexible schedule to fit you family needs: full day or half a day, 1 to 5 days/week

"OUT OF MOSCOW" program

Start packing your suitcases! We are going on superb summer vacations! June 25-30 we will experience the Wild Wild West and live on the real ranch! Horse-back riding and other cowboy adventures are on the program. July 2-6 will be full of surprises: we will go to Bora-Borovsk! Cruise on the lake, sailing and more!

- For children from 2 to 12 years old
- A child is accompanied by 1 or 2 adults
- From June 25 until July 6 Booking is open now!
- In French and Russian



Panda Parks!

What will you do with your monkeys this summer?

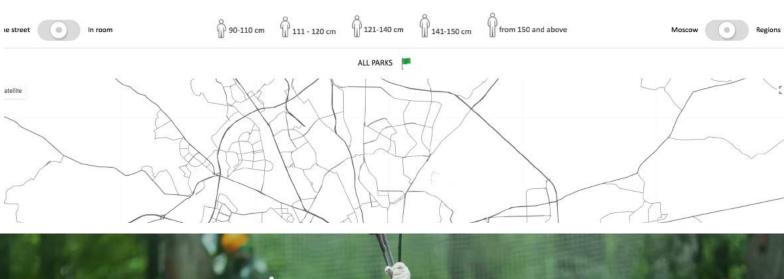
They might enjoy a trip to a rope course in Moscow. There are nine different parks to choose from. Each park has different Options for kids of different heights. It's good to check the website to make sure your child will have a couple of course for his/her height range. Use Google Chrome to translate it into English.

http://pandapark.org/

Have a ball!

SELECT PARK INFORMATION PROMOTIONS HOLIDAYS CORPORATE HOLIDAYS

MAP OF PARKS





Review: Coffee Morning May 30, 2018

by Irem Sunar

We had a wonderful get together on a bright and breezy Moscow day on May 30th! It was a pleasant surprise to have the meeting where we could enjoy the

picturesque view of the Kremlin Palace. The great weather, together with great company of friends, made event even more pleasant. Thanks to Deborah Hoehner, the members had the opportunity to purchase wonderful photos of Russia as souvenirs before going back home for the summer holiday. Moreover, two lucky members got to enjoy her photos and postcards that she donated as raffle prizes.

It was also bittersweet meeting where we had to say goodbye to our past President, Ex-Officio, Spread Sunshine and Charity Liaison Judy Peacock. Good luck Judy on your new adventures! The AWO will certainly miss you!







Spread Sunshine

by Danielle Kuznetsov

Dear Ladies,

A group of us went to the cancer hospital on May 17 and brought out the remaining toys and gifts. It was very good to walk around and see the kids and caregivers. We gave out all the toiletry bags we had collected (27) and had odds and ends to share as we went. We were able to meet the new Parent Leader who has gone through all the grocery items and prepared a detailed list on the supplies they are in need of. AWO will continue supporting the program through the grocery purchases during the summer months while all are away.

Thanks to a private donation through one of our members, AWO was able to purchase a water filter for the kitchen sink along with replacement filters. This is a SUPER gift for the families to clean their water supply for consumption.

Many thanks to all the women who brought in extra kitchen supplies these last few months-they were greatly appreciated. We would like to continue this format come the fall as it really allows AWO to make a difference and meets the needs of the people at the hospital.

Here are some of the items we think would benefit the families at the hospital in coming months:

- Airlines toiletry bags
- Toothpaste, Toothbrushes, Floss (maybe your stateside dentist would be able to offer a few sample vendor boxes to bring back?)
- Saran wrap, aluminium foil, parchment paper
- SOS pads (from the States)
- Hand lotions, shampoos, conditioners

Danielle















The Ritz-Carlton Hotel has two new promotions for the summer.

They're hosting a caviar tasting event at Café Russe and Russian Tea Ceremony at Lobby Lounge Bar.

Scroll down to see the menu and price lists.



CAVIAR MENU

TSAR EXPERIENCE CAVIAR SET

SELECTION OF BLINIS

RUSSIAN BLINIS 50 GR PANCAKES 50 GR BUCKWHEAT BLINIS 50 GR

SELECTION OF CAVIAR

OSETRA CAVIAR ADMIRAL HUSSO 20 GR STARLET CAVIAR 20 GR KETA CAVIAR 20 GR TROUT CAVIAR 20 GR PIKE CAVIAR 20 GR

CONDIMENTS MENU

SOUR CREAM 30 GR RED ONION 15 GR CHIVES 10 GR EGG YOLK 15 GR EGG WHITE 15 GR

SELECTION OF CAVIAR APPETIZERS

SCRAMBLED EGG WITH TRUFFLE FLAVOR Served with osetra caviar 50/10 gr

NEW ZEELAND OYSTER IN LEMON SAUCE Served with keta caviar and cucumber 40/5 gr

BEEF TARTAR IN OYSTER SAUCE Served with sterlet caviar 40/15 gr

SALMON CARPACCIO
Served with trout caviar, herb sour cream and Borodinskiy bread 20/15 gr

KAMCHATKA CRAB & POTATO SALAD Served with pike caviar, hard-boiled egg, sour cream and dill oil 40/30 gr

15000 rub.

EXPERIENCE CAVIAR SET

SELECTION OF BLINIS

RUSSIAN BLINIS 50 GR PANCAKES 50 GR BUCKWHEAT BLINIS 50 GR

SELECTION OF CAVIAR

OSETRA CAVIAR ADMIRAL HUSSO 20 GR STERLET CAVIAR 20 GR KETA CAVIAR 20 GR TROUT CAVIAR 20 GR PIKE CAVIAR 20 GR

11500 rub.

CONDIMENTS MENU

SOUR CREAM 30 GR RED ONION 15 GR CHIVES 10 GR EGG YOLK 15 GR EGG WHITE 15 GR

EXPERIENCE CAVIAR APPETIZERS

SCRAMBLED EGG WITH TRUFFLE FLAVOR Served with osetra caviar 50/10 gr

NEW ZEELAND OYSTER IN LEMON SAUCE Served with keta caviar and cucumber 40/5 gr

BEEF TARTAR IN OYSTER SAUCE Served with sterlet caviar 40/15 gr

SALMON CARPACCIO
Served with trout caviar, herb sour cream and Borodinskiy bread 20/15 gr

KAMCHATKA CRAB & POTATO SALAD
Served with pike caviar, hard-boiled egg, sour cream
and dill oil 40/30 gr

4500 rub.

The Litz-Carlton BAR & LOBBY LOUNGE

Tea Ceremonies in The Ritz-Carlton Bar & Lobby Lounge

English Afternoon Tea

Sandwiches, Pastries and Scones,
Sour Cream, Jams,
Selection of Fine Loose Tea (1 pot 400 ml)

Russian Afternoon Tea

Beef Stuffed Pirozhki, Salmon Rasstegai, Russian Pancakes, Cottage Cheese Vatrushki, Baranki, Sushki, Varenie, Honey, Fine Loose Assam Tea (1 pot 400 ml) 1500 rubles (for 1 person)

Tsar Afternoon Tea

Sandwiches, Mini French Pastries, Selection of Fine Loose Tea, Two Glasses of Champagne 6000 rubles (for 2 persons)

Английсқая Чайная Церемония

Сэндвичи қ чаю, выпечқа и мини-пирожные, Сметана, варенье, Ассорти изысқанного чая (1 чайниқ 400 мл)

2000 рублей (на 2 персоны)

Русская Чайная Церемония

Пирожки с мясом, расстегаи с лососем, Русские блины, ватрушки с творогом, Баранки, сушки, варенье, мёд, Изысканный чай Ассам (1 чайник 400 мл) 1500 рублей (на 1 персону)

Царсқая Чайная Церемония

Сэндвичи қ чаю, французсқая мини-выпечқа, Ассорти изысқанного чая, Два боқала шампансқого 6000 рублей (на 2 персоны)

*Чайная церемония подается ежедневно с 13:00 до 19:00

^{*}Afternoon tea is served daily from 13:00 till 19:00



FAUSA – FAWCO Alumnae USA

FAUSA stands for the Federation of American Women's Clubs Overseas (FAWCO) Alumni USA, the alumnae arm of an international network of approximately 80 independent volunteer clubs and associations in 38 countries, with a total membership in excess of 15,000. When the members of those clubs return to the US, many join the FAUSA network of expatriates and returnees to keep their connection to their clubs, maintain overseas friendships, and continue to participate in world affairs through the FAWCO Global Issues Teams and UN activities. They also benefit from the support of fellow returnees in experiencing the joys, challenges and changes involved in returning home to the US. FAUSA members and children are eligible to apply for The FAWCO Foundation Education Awards and may propose eligible projects for a Foundation Development Grant. Members may also nominate a project for FAUSA's annual Banner Project.

Membership

FAUSA membership is open to Americans who have lived overseas, as well as individuals born outside of the United States, whose goals are compatible with those of FAUSA. There are several types of membership:

- Regular open to members or former members of FAWCO clubs
- Associate open to individuals who have lived overseas but were not members of FAWCO clubs
- Couples open to Regular and Associate members and their partners
- Five-year membership—avoids having to keep up with renewing membership every year
- Lifetime membership—provides the benefits of FAUSA membership throughout your lifetime.

http://fausa.org/



We're Hiring!

Would you like to be a part of the AWO Board? We promise that it'll be fun!

Check out the list of vacancies below and contact if you are interested!

Secretary

The Secretary shall take the minutes of the AWO Board meetings as well as other meetings if requested by the President and publish the minutes to the Board. She shall be the official record keeper, both digitally and hard copy, of the Constitution, Standing Rules and all other AWO guidelines (i.e. Board Position Descriptions). If any changes are made to any of these referenced guidelines a new copy should be given to the Secretary. She shall also serve as the parliamentarian of the AWO to ensure AWO activities conform to the Constitution and Standing Rules. She shall serve as the interim President in the absence of the President and Vice-President.

Newsletter Assistant

The Newsletter Assistant shall work in coordination with the Editor. She shall be responsible for collecting information about the AWO activites, drafting articles and supporting the Editor in preparing the content, as well as the layout of the Newsletters.

Your 2018 AWO Board

Michelle Rowe Michele Kuhlen Becky Zenkevich Nori Minnis President, Vice President, Secretary Treasurer Charity Liaison Facebook Irem Sunar - Ozat Susan Partridge Rini Judy Dawn Biyashev Newsletter Monday Updates Membership Interest Groups Eugenie Tsesarenko Wendy Soucy Danielle Kuznetsov Kelley Jackson Membership Ex-Officio Special Events and Spread Sunshine, Monday Updates FAWCO REP **Fundraising**

