

# newsletter

May  
2018



## Letter from the President

*In the past weeks so much has transpired within our community. Many of us probably had friends, coworkers or neighbours leaving abruptly or witnessed the sadness among friends at school as they said their goodbyes. There was also the fire in the shopping mall in the Siberian city of Kemerovo killing 64 people. Events like these so close to home and so emotional have painted a new view on expat living, one that no longer seems so great, bringing our perspectives of this fairytale living a bit back to reality.*

*Living abroad definitely has its ups and downs. However it is times like these we need to provide support for those in need. Look around you and ask what can I do to help. There might be a few here silently calling out for help. I have come to realise on this*

*journey that my community and friends become my extended family wherever I go, as my family are a thousand miles away. It's always more difficult dealing with these unfortunate events abroad than where we come from as it all depends on how much support you have.*

*Be someone's support system today. For now we only have each other.*

*Michele*

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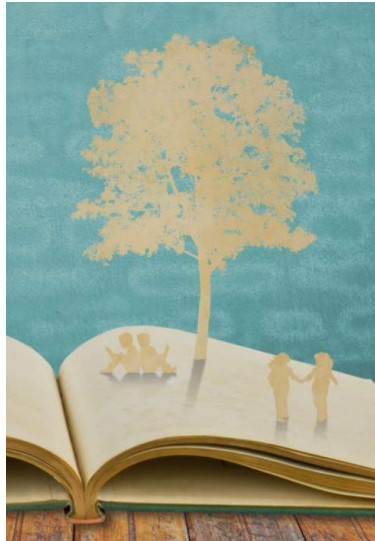
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## “Welcome Book Lover. You are among friends...”

I love this phrase written on the entrance of the famous Foyles bookstore in London. Just like any book lover, I have a habit of visiting bookstores in every city I visit. Regardless of the language barrier between the books and I, I just can't stop walking around the book shelves, enjoying their scent, checking out their covers and pretending as if I'm searching for a book. I am simply drawn to their smell, texture and all the magic they cloak. I know, it's nuts! But I also know that I'm not the only one who feels like this.

When we decided to have a “book theme” for our May Newsletter, I wanted to share the list of bookstores I've compiled during the last few months. If you have different “discoveries”, please share them with us so that we can have a longer list of bookstores that sell English language books.

The reason for the book theme was actually because we're having a visiting artist, Ms. Michelle Carter, on May 16th! We'll also have a “book swap” event that day so don't forget to mark your calendars!

May is quite a spirited month for Moscow as well. The month will begin with early celebrations of the Victory Day on May 9th. But don't be fooled by the army tanks parading on the main streets, the Victory Day celebrations will also host various a cappella contests, exhibitions, workshops and shows on the main parks and streets of the city. Check out the list of events on the following page to see the schedule of events.

May this month bring you more smiles, more joy, more excitement, more celebration and more love!

Irem



# Events of the month



## **Victory Day Parade and Fireworks - May 9, 2018 // Various Locations**

May 9th is a day to be celebrated outside, if you are lucky to be in Moscow this day. In honour of the Victory Day, there will be parades and celebrations in all the major parks and boulevards of the city, all day long. The parade will begin at 10:00am on Red Square and end with fireworks blast in various locations. The simultaneous fireworks shows will colour the Moscow sky to red, orange, purple and blue for five minutes, starting at 10:00pm. For more information on the various locations, visit the Municipality's website: <https://www.mos.ru/en/news/item/39551073/>

## **Moscow Spring A Cappella - until May 9, 2018 // Various Locations**

The 2nd "Moscow Spring A Cappella" open international vocal competition will bring together 1,630 performers from 16 countries. The competition and shows will take place in various locations. My two favourite concerts are the one on Tverskaya Square where the songs from 1940s-1960s Russian movies will be sang, and the concert of the ensemble of the Central House of the Army in Zaryadye Park. Check out the event website to see the location schedule of concerts: <https://www.acappella.moscow/>

## **Best of Russia Photo Exhibit - until May 13, 2018 // Winzavod Design Centre**

"Best of Russia" is a photo project covering all regions of the country, aiming to capture the life in Russia in the most vivid and creative way. The results of the exhibit are shown in the Winzavod Design Centre. For more information visit: <http://www.thebestofrussia.ru/en/winners/2017/all/3>

## **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/>

## **Regatta Race - May 12, 2018 // Ostansky Pond (Dvortsovi Pond near the Ostankino TV Tower)**

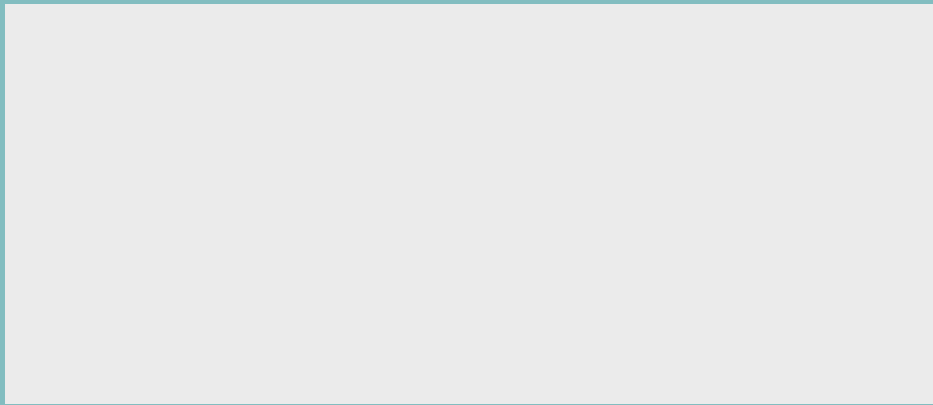
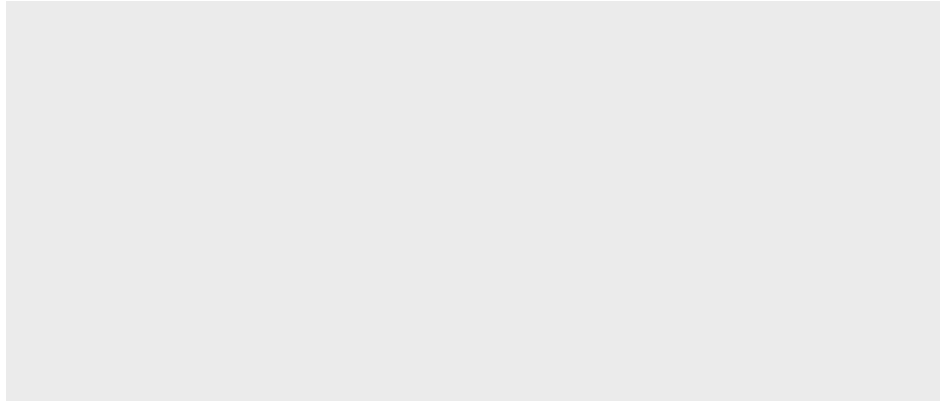
Ostankinsky Pond will host a sport programme between 11:00 - 16:00 on May 12, 2018. The main event will be a regatta race. Athletes aged between seven and 15 will take part in the competition. For more information, visit: <https://www.mos.ru/en/calendar/event/44467088/>

## **Mikhail Lifshitz and the Soviet Sixties exhibition - until May 13, 2018 // Garage Museum of Contemporary Art**

Mikhail Lifshitz' art exhibition named "If Our Soup Can Could Speak" is aimed at analysing the strained relations between Russia and the rest of the world in 20th-21st century, through art. The project explores the motives and outcomes of Lifshitz' quirky crusade against modernist classics of the 1920s-early 1980s. If you're a fan of pop art, you might enjoy this exhibit quite a lot. For more information, visit: <https://garagemca.org/en/exhibition/i-if-our-soup-can-could-speak-mikhail-lifshitz-and-the-soviet-sixties-i>



Save  
the  
Date



## Thanks to our Sponsors!





## Join us at the May 16 AWO meeting for a Book Swap!

Rummage through your collection and select some books you would like to share with friends! This time children's books are also welcomed!



Don't have any spare books? You are still welcome to come and pick out a book that you would enjoy reading!



At the end of the meeting, you are kindly requested to bring home any books of yours that do not find a loving new home!

For further information, contact:

## Join us for a round of golf in the heart of Moscow!

The Golf Interest Group is for those who like to play and ideal for those who want to find out if they have the knack!



# Visiting Artist: Michelle Carter

We are delighted to inform you that we have a visiting artist on May 16, 2018 at our coffee morning meeting!

From Under the Russian Snow – a memoir

***"I closed the door, snapped the deadbolt and listened to the voices in the hall. . .***

***"Beyond the door, my landlady and her son were still chattering, in Russian, still reminding me to turn off the gas and set the safety lock when I left, still worrying about turning over their apartment to this American woman who had come to Moscow alone, without her family. I was only getting every third word or so, but they had repeated themselves often enough, complete with demonstrations, that I knew what they were saying..."***

A short bio:

Michelle A. Carter, managing editor of several airplane magazines for Air Journey Publications, is the author of *From Under the Russian Snow*, published by Bedazzled Ink Publishers.

She retired in 2012 after 15 years as an instructor of journalism and communications and advisor to the award-winning student newspaper, *The Argonaut*, at Notre Dame de Namur University in Belmont.

During 1995, she served as the United States Information Agency journalist-in-residence at the Russian-American Press and Information Center in Moscow, Russia, and worked with editors of newly independent newspapers throughout the 11 time zones of Russia.

She resigned her position as managing editor of *The San Mateo Times* to accept the USIA appointment. She had held that position with the 50,000-circulation daily since 1988. Among the honours *The Times* received during her tenure was designation as one of the country's best small newspapers by the American Society of Newspaper Editors. A graduate of the University of Missouri School of Journalism, she had been with *The Times* since 1967.

In 1993, she co-authored *Children of Chernobyl: Raising Hope From the Ashes*, which was published by Augsburg Press of Minneapolis, Minn. The book grew out of Michelle's work as founder and chairman of the Children of Chernobyl Project of Northern California, which has delivered over \$500,000 worth of chemotherapy drugs and two tons of medical supplies to hospitals in Minsk, Belarus, which are treating children suffering from the radioactive effects of the 1986 nuclear accident at Chernobyl.

Michelle is also a founding member of the board of directors of the San Mateo County General Hospital Foundation in San Mateo.

Among her honours are awards for writing and editing from the Associated Press, United Press International, San Francisco Bar Association, California Teachers Association, American Society of Newspaper Editors, California Society of Newspaper Editors, California Press Women, National Federation of Press Women, the San Francisco Press Club and the Peninsula Press Club.

In 1996, Michelle was the 19th California Assembly District Woman of the Year.



# Review: Coffee Morning

by Michele Kuhlen

I think the ultimate shopping experience is having the vendors themselves come to you, while you have some coffee and tea with friends! Well, at our last meeting on April 25, we had the pleasure of having four vendors visit us with local Russian paintings, jewellery, purses, hand painted Russian lacquer boxes and wood carvings. It was a nice treat for those looking for souvenirs and gifts to take home for the holidays. Also, those who decided not to buy this time around still had an opportunity to take home a special gift, as the vendors donated an item each which was used as raffle prizes to raise funds for Nastenka.

Here are the vendors present at the meeting:

**The Sneg**, a Moscow based leather and linen brand which designs and produces leather backpacks, bags and accessories. All of their products are handmade. Inspired by the texture of raw natural linen, they make shopping bags with hand printed graphics and linen aprons with leather straps, which is a best seller among clients and followers.

Website: [the-sneg.com](http://the-sneg.com) (English version coming soon).

Instagram: [www.instagram.com/the.sneg.official](http://www.instagram.com/the.sneg.official) (English version) and

<https://www.instagram.com/the.sneg> (Russian version)

**Andrey Kulakov** carries on the traditions of Russian impressionists and does oil on canvas paintings that focus mostly on landscapes of Moscow, St. Petersburg and other districts of Russia. His work is of high demand with Russian and foreign companies and he also has many collectors from all over the world.



[Kulakov.art@gmail.com](mailto:Kulakov.art@gmail.com)

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

[www.artofkulakov.narod.ru](http://www.artofkulakov.narod.ru)





Igor Stupkin's **Symphony of Harmony** is dedicated to Russian handcrafts such as Faberge egg pendants, nesting dolls, wood craft items and Russian lacquer boxes. The lacquer boxes are handmade and created by seven different artisans, making each box one of a kind.

[Stoupkin@yandex.ru](mailto:Stoupkin@yandex.ru)

Facebook: [simphony.harmony12](https://www.facebook.com/simphony.harmony12)



And here are the lucky members who won the raffle at the meeting!

**Polina Selezneva** is a fashion designer of one of a kind jewelry and dresses. *Polina's creations are nontrivial in their natural essence. Natural and semi precious stones with various combination of several textures brings a contemporary look to classical designs.*

[Www.polinaselezneva.com](http://www.polinaselezneva.com)

[Polinaselezneva@gmail.com](mailto:Polinaselezneva@gmail.com)

<https://www.instagram.com/polinaselezneva>





# There and Back Again: Cartagena de Indias, Colombia

by Sylvia Wills

There is a unique energy one feels when walking around the visually stunning streets of Cartagena de Indias' historic walled city. Picture an enchanting display of brightly colored colonial architecture, ancient cobblestone walkways, stone walls adorned in vividly colored flowers, and gorgeous plazas decorated with interesting art and bustling with live entertainment.

Cartagena is a port city, with a population of 1 million people, within a five-hour flight from New York. Founded in 1533, it has a rich history spanning the Spanish colonial period. Cartagena's amazing colonial walled city is a UNESCO World Heritage Site.



I personally would not bring young children to Cartagena, or at least not to the walled city. Yes, some might enjoy the historical aspects or playing in the hotel pool, but overall Cartagena has a romantic vibe more suited to adults.

I recommend staying inside the wall in one of the many boutique hotels, or alternatively if you are going in a small group of 4-8, you can rent a private colonial home. Most of them come with their own rooftop patio and pool, and full cleaning and kitchen staff. If you are looking for a traditional, more upscale hotel with a beautiful pool and patio area, I recommend the Sofitel Legend Santa Clara. This stunning 400-year-old former convent is a magnificent place to stay or at least visit for the day.





If you prefer more of an urban, Miami South Beach feel, then the Bocagrande area may be more your speed. Located about 10 minutes (or a \$3 cab ride) away from the walled city, Bocagrande features great shopping, restaurants and a casino. I highly recommend the InterContinental Hotel, which has an incredible pool area with a panoramic view of the beach.

I personally thought the beaches were mediocre by Caribbean standards and didn't care for getting aggressively hounded by vendors selling beer, oysters, foot massages, and manicures. If you enjoy snorkelling or prefer a cleaner, more postcard perfect beach, a 45 minute boat ride will take you to the Rosario Islands, a pristine group of coral islands away from the city.



The food in Cartagena is incredible! You will love the local food, especially if you enjoy fresh seafood and rich Caribbean flavours of coconut, tropical fruits, plantain and yuca. There is a huge variety of restaurants featuring everything from Japanese, Argentinian, and Caribbean fusion. I highly recommend the restaurant Carmen for high end, upscale seafood. If you prefer a more casual, farm to table feel, visit the more casual Maria. For amazing ceviche, you will love the popular La Cevicheria.

Cartagena's night life is also incredible. You can start by watching the sunset while enjoying cocktails and a live DJ at Café Del Mar, an outdoor bar located on top of the stone wall that surrounds the city. Wander through the streets to find a large selection of beautiful bars and lounges in amazing historic venues serving original cocktails and playing live salsa music. Head to one of the open air plazas for a meal or a drink. Expect to be serenaded by a variety of live musical acts. I highly recommend El Arsenal: The Rum Box, an exquisite rum bar serving beautiful cocktails in a gorgeous building.



Cartagena is one of the few places in the world that I have been to more than once, and I definitely intend on going back there in future. It is currently ignored by North American tourists, which is unfortunate, because in my opinion, it is the most interesting city in the Caribbean ■





# Where to Find English Language Books in Moscow

by İrem Sunar

Moscow is the dream city for book lovers, where you can find a bookstore at almost every corner. But once the charm of checking out books in Cyrillic alphabet wears off, you start looking for books that you can actually (or hopefully) understand. Thus, after moving to Moscow, just like any other book lover, I started looking for stores that sell English language books, so that I don't have to end up with the ever so practical, yet still aloof Kindle.



## Biblio-Globus

Welcome to book chaos! This is one of the largest and one of the most packed bookstores in Moscow.

If you're looking for a cosy bookstore where you can enjoy your selection of books before you purchase them (as I usually do), this one is definitely not the right place! The bookstore is not only fully packed with books, but it also packed with visitors and there isn't a single place to sit. So, it is for quick shopping, but I'm sure you will find what you are looking for out of the selection of 20K foreign books.

*Address: 6/3 Myasnitskaya Ulitsa, Bldg. 1. m. Lubyanka / Kuznetsky Most / Kitai-Gorod*



## Garage Museum of Contemporary Art

I enjoy visiting Museum shops in general. But this one's actually a store where you can visit mainly for the books they sell. Although you may not find novels, the bookstore will surprise you with its selection of books on arts, fashion, sewing, cooking and other hobbies.

*Address: 9/32 Krymsky Val st. (inside Gorky Park) m. Oktyabr'skaya.*



### Dom Knigi [Moscow House of Books]

The enormous bookstore on Novy Arbat is probably the most known bookstore in Moscow. English language books and materials can be found in almost every department of the 4500 m2 bookstore. It also has many chain stores scattered around Moscow. Visit the main store for pleasure and check out their website to see the closest Dom Knigi to you. *Address: New Arbat Ave, 8, <http://www.mdk-arbat.ru/maps>*



### Bookbridge

I was told that this is a heaven for anyone who loves to read books in English. It might worth checking out, as I'm sure you will like the cosy atmosphere of the store, as well as their selection of books in English language. *Address: Bol'shaya Tatarskaya Ulitsa, 7 m. Novokuznetskaya.*



### Moscow [Москва]

This is also one of the biggest bookstores in Moscow. It is also a chain. You may enjoy both of the bookstores, one by the M.Biblioteka i.Lenina and one on Tverskaya Street. Both are huge and provide a good selection of English language books. *Addresses: 4/7 Ulitsa Vozdvizhenka, Bldg. 1, m. Biblioteka imeni Lenina; 8/2 Ulitsa Tverskaya, Bldg. 1, m. Tverskaya*



### House of the Foreign Books

This is one of the oldest bookstores in Moscow, its history dates back to 1901. When you enter the store, you will first be charmed by its vibe and then the selection of English language books. *Address: Kuznetsky Most 18/7, m. Kuznetsky Most.*



### Hyperion Books [Гиперион]

I needed to put this bookstore on the list only because of its looks! For those who are looking for a wide selection of English language books, please check out the other bookstores listed above. After you do, visit this small but charming bookstore just to share the love of books with Russian people. Maybe you'll get lucky and find an interesting English book on the way out! **<http://hyperionbook.ru/map/#map>** m. Kitay-Gorod.

If you have discovered other bookstores that you think would be worth visiting, send your comments to [iremsunar@gmail.com](mailto:iremsunar@gmail.com) so that we can share them with the members in another article!

# Review: Spanish Food/ Wine Pairing Event

by Perla R. Pando

We were very excited to host a Spanish wine themed tasting event at our house on Saturday, April 14th. This wasn't a typical Vintage event because for the first time we hired a local chef/sommelier to cook for us and teach us about Spanish wine. Natalia Berezova has been in this business for over 10 years and that experience was evident at this event. She did an amazing job in introducing delicious wines and food that would go best with the sampled wines.



## What is wine without food?

Everything Natalia prepared tasted so fresh and delicious. She served the starter wine together with scrumptious truffle cheese. She then served us great tapas while we were enjoying different Spanish wines. The tapas included olives, potato frittata (tortilla de patatas), fennel and botarga salad, tomato and olive bruschettas, grilled

pepper and goat cheese bruschettas. All the food was matched perfectly with the wines we've tasted.

## Now on to the wines!

Natalia brought five wines to the event: one sparkling, one white, one rosé, and two reds. She gave a little background on the wines she chose and how they were best paired. We started with L'Atzar Cava Brut Reserve from Cava, Spain. This wine was made with three grapes: Macabeo, Parellada, and Xarel-lo. It had very light bubbles, tasted very light and fruity, and was well balanced. We were told that this wine would go perfectly with light shellfish, appetizers, snacks, light fish, and cured meat. We first served Cava to our guests. It was the perfect starter wine while the guests were mingling.





The second wine was quite unique, as it tasted very similar to a blend of Chardonnay and Viognier. This white wine was from Conca de Barbers, Spain and was called 2015 Atrevida Parellada. Although it tasted like a fusion of two grapes, it was made of a single varietal of the Parellada grape. It tasted very fresh and fruity, with light acidity. This wine pairs greatly with light fish and appetizers.



The third wine was a unique rosé. The 2016 Viña Real Rioja Rosé was made with Tempranillo and Viura grapes. This rosé from Rioja/Spain had a bit more tannins than a typical rosé. It was delicious and fruity with hints of smoke. It would pair nicely with beef, lamb, pork, and spicy food.



The last two bottles of red wine were poured at the same time for a tasting comparison. They were both Rioja blends, but one was much older

than the other. The differences in flavor were so evident! The youngest Rioja was Falcata by Paco Casa Gran. This bottle was made with the Garnacha, Merlot, Monastrell, and Syrah grapes. This red was fruit forward and young with a hint of plums and smoke. This bottle would pair great with beef, pasta, veal and poultry. The older Rioja was 2005 Viña Tondonia Rioja Reserve and was made with Garnacha, Graciano, Mazuelo, and Tempranillo grapes. We could tell it was an aged wine. The color was a deep red with hints of copper and the flavors of oak were very subtle. A taste from this glass initiated with hints of red fruit and finished with mature tannins. This bottle pairs with beef, lamb, veal, and poultry.

This event was a success and we highly recommend working with Natalia again in the future.

A huge thank you!

I want to give a huge thank you to all of the fabulous wine lovers who joined me on this journey during the past two years. I had such a great time exploring new wines, new restaurants and new experiences here in Moscow, while enjoying your company. This summer, I'll be leaving Moscow to head back to the States, so I am very happy to hand over Vintage Wine Tasting IG to Sylvia Poldrugovac. Have fun exploring the world of wine together!

Perla Rocio Pando  
Wine Lover

Thank you Perla for putting together all this interesting information about the wines for us. We wish you all the best in your new life!

If you are interested in joining this IG, you may contact the new coordinator Sylvia at



# Spread Sunshine

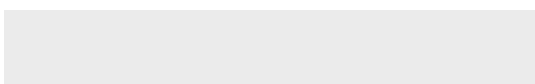
by Danielle Kuznetsov

Dear Ladies,

The parents at Nastenka were very thankful with our foil gift last month. I am quite sure they will be equally pleased with the extra 37 rolls of plastic wrap and parchment paper you've all graciously donated this past month. The grocery delivery is going as planned and Antonina sent us some pictures from the delivery late in March.

This month was slow for AWO at Nastenka. First, Jamila and her staff were down with the flu at the beginning of the month. As there was noremodeling on the 3rd floor, there was no room for a visit. Jamila also headed out for her visa renewal. I am hoping for more activity to come in May for sure!

As you may have heard, we are preparing to launch a pen-pal program between Nastenka and children's cancer hospitals in North America. Judy Peacock, a faithful volunteer and former Spread Sunshine Coordinator, suggested this idea as a way to bridge cultures and to bring some excitement to the children's lives. We are looking for ladies interested in helping us connect hospitals and care centres with the Nastenka Foundation. There are many ideas on how to implement it, so if you are interested PLEASE contact me at



Stay tuned for more news in May!

Danielle



SPECIAL

DISCOUNT

## Total face and body rejuvenation for 90 mins!

Valid 14 April thru 30 May.

**Intraceuticals Rejuvenate+ Arosha**  
**Anticellulite Body wrap for 10500 only!**  
**(regular price 15000)**



An **Intraceuticals Rejuvenate** treatment is a non invasive treatment that targets the appearance of fine lines, wrinkles and dramatically enhances overall hydration. Oxygen under light pressure aids delivery of age defying ingredients to instantly hydrate the skin resulting in Increased firmness, reduced appearance of fine lines and wrinkles, improved look to facial contours and overall radiance.

**Arosha** is an express slimming programme and a personalized treatment which allows obtaining in a short-time and with no efforts or side effects the desired body shape by reducing the excess centimeters and improving the cellulite conditions. The procedure includes body wrap+pressotherapy.







**HIGH TEA INSPIRED BY RALPH LAUREN COLLECTION**

Portrait of New York

Appetizer spoons: shrimp, tuna with lemon chutney, scallop with sun dry tomatoes, crab with pink pepper, salmon pesto mayo

Donut with raspberry and cardamom

Silver Pi Lo Chun tea

Riviera Dream

Oyster pot

Beetroot waffle with cheese

Shot of vanilla cream with red berries sauce topped with white chocolate and raspberry macaron Mini millefeuille, mini éclair, mini orange zest cake

Aurveda tea with herbs & ginger

A Legacy of English Elegance

Assortment of mini cup soup: beetroot, mushroom, celery

Gravlax Eggs Benedict with marinated salmon

Traditional scones with dry fruit, financier, raspberry-bergamot marshmallow, courabier cookies Sour cream & homemade jam

Splendid white Yin Long tea

Song of America

Black American burger

Mini cheese cake topped with lemon caramel

Mini chocolate cake "The Ritz-Carlton"

Assortment of mini smoothies: mango, raspberry-ginger, vegetable

Morgenthau tea

Treasures of Safari

Organic crunchy vegetables salad with vanilla oil Smoked roasted beef tartar

Assortment of flavored panna cotta: kiwi, raspberry, mango

Irish Cream tea

**1500 rub per person per one set**



**Café Russe Business Lunch Menu**

**500 rub for any two courses of your choice**

***Appetizer***

*Marinated Salmon with Seasonal Vegetables, Egg Moelleux and Basil Mayonnaise 100 gr*

*Georgian Salad with Tomato, Cucumber, Red Onion and Green “Adzhika” Dressing 100 gr*

*Russian “Vinaigrette” Salad with Pickled Cucumber, Beetroot, Carrot, Green Peas, Potato and Sunflower Oil 100 gr*

*“Stolichny” Salad with Chicken, Potato, Cucumber, Boiled Egg and Mayonnaise 100 gr*

*Spring Salad with Crunchy Vegetables, Mix of Green Leaves and Balsamic Dressing 100 gr*

***Soup***

*Russian Borsch, Veal, Sour Cream, Garlic Bread 150 gr*

*Solyanka, Veal Broth with Salted Cucumber, Vegetables, Braised Pork Meat and Sour Cream 150 gr*

*Italian Vegetables Minestrone with Pesto sauce 150 gr*

*Classic Chicken Noodle with Vegetables 150 gr*

*Pumpkin Cream with Golden Crouton, Roasted Seeds and Balsamic Cream 150 gr*

***Main Course***

*“Croque Madame” with Toasted Ham, Cheese Sandwiched, Fried Egg and Green Leaves 140 gr*

*Roasted Chicken Breast with Vegetables Fricassé and Truffle Mashed Potato 140 gr*

*Pan Fried Pike Perch with White Bean Fricassé, Chorizo, Capsicum, Basil and Chicken Jus 140 gr*

*Russian Beef Dumpling “Pelmeni” with Sour Cream 140 gr*

*Spaghetti “Al Pesto” with Parmesan Cheese 140 gr*

***Dessert***

*Vanilla Crème Brûlée 90 gr*

*Trio of Pana Cotta, Berries, Mango and Kiwi 90 gr*

*Traditional Russian “Medovik” Honey Cake 90 gr*



*Sorbet or Ice Cream Chef Selection 90 gr*

*Traditional Napoleon Cake with Vanilla Sauce 90 gr*

**250 rub any tea or coffee of your choice**

*Tea: English breakfast, Earl Grey, Morgentau, Chamomile, Mint*

*Coffee: Cream Coffee, Espresso, Double Espresso, Cappuccino*



# The Royal Wedding

19th May 2018

Celebrate the wedding of Prince Harry and Meghan Markle in style with us at The Ararat Park Hyatt.

The Conservatory Lounge on the top floor offers a magnificent panoramic view over the Old City and is a perfect spot to enjoy this special event. We will have a big screen to watch the wedding.

The Hotel is offering us a fantastic buffet which will run from 1.30pm - 5.30pm with any additional food and drink after 5.30pm to be purchased individually.

## Menu

Appetiser: Heirloom tomato, mozzarella salad, pine nut dressing, basil eggplant salad with walnuts crumble and herbs asparagus quinoa salad with flaked salmon, orange mustard dressing duck prosciutto, grilled peach, roquefort cheese, mashed salad, flank steak salad, chimichurri sauce, assorted bread selection.

Main Course: Bbq pork ribs, gremolata sauce, chicken kebab, marinated onions, tomato sauce, salmon tikka, cumin yogurt sauce, cilantro, lime tandoori gobi tikka, mint chutney, mango relish, potato wedges, steamed rice, grilled tomatoes.

Dessert: Assorted cut fruits in season, seasonal fresh fruit tart, rose wine basil syrup poached peach, chocolate pot de crème

Drinks: Mineral water and juices for non alcohol package, wine, sparkling wine, beer and water with the alcohol package.

Spaces are limited so please sign up from below link to avoid disappointment!

<https://tinyurl.com/ya94u824>



# Your 2018 AWO Board

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Monday Updates

Rini Judy  
Membership

Eugenie Tsesarenko  
Membership  
Monday Updates

Wendy Soucy  
Ex-Officio

Danielle Kuznetsov  
Spread Sunshine,  
FAWCO REP

Kelley Jackson  
Special Events and  
Fundraising



## 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 [awomoscow@gmail.com](mailto:awomoscow@gmail.com) 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.

### Membership Chair

The Membership Chair shall maintain the AWO membership records in a database, collect annual dues, administer the AWO Facebook account, and provide AWO information to prospective and new members. She, or representatives, shall welcome prospective new members at AWO activities, and provide membership information to the newsletter for publication.

### Newsletter Assistant

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

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