

A big AWO welcome to our new and returning members. It was such a pleasure seeing you all at our last meeting with so much energy and excitement! It was so exhilarating and such a great start to kick off our new season. I admire the momentum we have going and hope that we keep it up.

This month we will focus on health, as it is also the month for Breast Cancer Awareness. There will be a variety of health representatives visiting us at our meetings, who will cover different areas of health and wellness. I look forward to seeing you all and making the healthy journey through the month of October together.

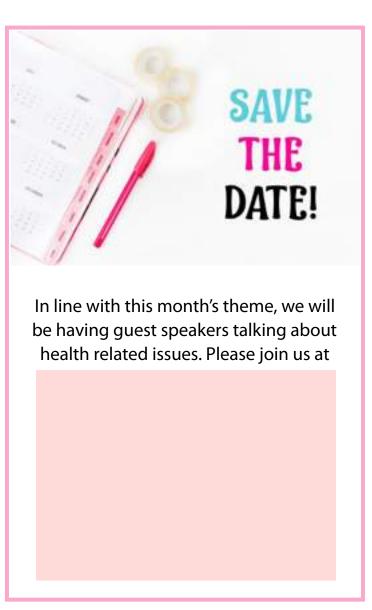
Lots more details in our newsletter. Happy reading!

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THE STORY OF A THOUSAND SEEDS

I've always found this deep-colored fruit of winter season mysterious and charming in its own way. The thick coat that hides a thousand seeds - well, maybe a little less - gives me the feeling of a gift box full of secrets and surprises.

I'm obviously not alone in thinking there's more to this fruit than it meets the eye. From many religions to medicine, from ancient relics to 'One Thousand and One Nights' tales, the pomegranate seeds are spread all over our collective memory.

October is not only the start of pomegranate season, which many believe symbolizes the essence of life, abundance, and eternal life,

but it's also the month of breast cancer awareness. So let's celebrate this month by taking a good look at the risks of getting lost in the stress of our daily hassles. Let's focus more on the healthy treats that nature serves us to endure winter and look for the pomegranate seeds that might be hidden around Moscow!

In the following pages, you may find information on interesting events of the month, a great opportunity to contribute to our biggest fundraiser event of the year, some inspiration to travel to different lands and many more. Stay healthy, stay positive!

Irem



Events of the Month



VTB Kremlin Cup - October 13-21, 2018 // Olympic Stadium

29th International Tennis Tournament 'VTB Kremlin Cup' begins on October 13th this year. For more information on the schedule and ticket sales, visit: https://kremlincup.ru/en/

"Goncharova and Malevich: In Three Dimensions' - until December 30, 2018 // State Tretyakov Gallery

The State Tretyakov Gallery hosts the world's first fully immersive virtual-reality-enhanced exhibition. The display features the work of the founders of Russia's avant-garde movement. The exhibition takes place on the New Tretyakov Gallery. If you want to try this new form of art show, visit the exhibition before it's over. https://www.tretyakovgallery.ru/en/exhibitions/avangard-v-trekh-izmereniyakh-goncharova-i-malevich/

BVLGARI. Tribute to Femininity - until January 13th, 2019 // Moscow Kremlin Museum

For the first time in Russia, the Moscow Kremlin Museums will hold a retrospective exhibition, presenting pieces of high jewellery art by world-known Italian Maison BVLGARI, which history dates back more than a hundred and thirty years. Over four hundred unique pieces of high-end jewellery from the BVLGARI Heritage Collection, as well as pieces from the private collections from around the globe, will be on display at two exhibition halls of the Kremlin museums — the Exhibition Hall of the Assumption Belfry and the Exhibition Hall of the Patriarch's Palace. For more information, visit:https://www.kreml.ru/en-Us/exhibitions/moscow-kremlin-exhibitions/bvlgari-tribute-to-femininity/

Golden Autumn Gastronomic Festival - until October 7, 2018 // Various Locations

The festival will take place at the major squares and parks of the city for three weeks. At each site, you'll be able to taste dishes from the best Moscow chefs from leading restaurants, and from street food projects. And for the time of the festival restaurateurs offer their meals, as a rule, at more affordable prices. Check out the website for more information: https://moscowseasons.com/en/event/golden-autumn-festival

"Bukinist" Book Festival - until October 21, 2018 // Novy Arbat Street

Moscow municipality is organising a new festival for book lovers starting this year. The book festival takes place at four festival venues, guests will find an excellent selection of literature in Russian and foreign languages. The events include lectures, theatrical readings of fairy tales, puppet shows, master classes on scrapbooking and book illustrations, as well as charity auctions. Visit the festival's website for more information: https://moscowseasons.com/ru/festival/bukinist-2018

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. For more information, visit: https://www.mos.ru/en/calendar/event/44123088/







Reese's Peanut Butter Cups Smarties Oh Henry Chocolate Bar Mr. Big Chocolate Bar **Corn Syrup** Cornmeal **Twizzlers Jello Mixes Molasses Food Coloring Graham Cracker Crumbs Pam Cooking Spray** Cocoa Powder **Kraft Marshmallows Rice Crispies** Pre-made Icing (Better Crocker and **Duncan Hines**) **Cake Mixes (Betty Crocker and Duncan** Hines) **Baking Powder** Vanilla Extract **Chocolate Chips** Rogers Syrup **Pudding Mix Crisco Shortening Kraft Dinner Pumpkin Pie Mix Cherry Pie Filling Onion Soup Mix Festive Tea Towels**

Festive Baking Utensils
Your favorite Christmas candies and
chocolates

















Cookie in a Jar mix **Chocolate Chip Cookies Brownies Sugar Cookies Big Muffins** Mini Cupcakes **Mini Muffins Gluten Free Turtles Nanaimo Bars Peppermint Patties Shortbread Butter Tarts Fudge Date Squares** Southern bars

Carmel bars





Review: AWO September 2018 Sign-Up Meeting by Becky Zenkevich

It is hard to believe we have already hosted our first and second general Coffee Morning for the year 2018-2019! And what a great success they both were! The AWO Board had the great pleasure of meeting and welcoming so many new members. The energy and excitement for the next year are already high!

As our tradition continues, we enrolled our 'Full Members'-ladies who have a North American Passport, at our first meeting on September 5th, followed by our 'Associate Members' - ladies without a North American Passport, signed up on September 19th. If you've missed our meetings, no worries, there is no deadline to join as we continue to sign up new members all year!

Thanks to your generosity and commitment, we were able to raise funds to continue our monthly

support to all the moms who live at Nastenka by purchasing well-needed groceries. It was also proven to be New Members' luck at both meetings as the majority of our raffle winners were brand-new members... So once again congratulations!

Thanks to our current members, all of our new members and our fabulous sponsors who made our first two meetings a huge success! I would like to thank all of our 2017-2018 members who brought in or recommended new members, as well as making everyone feel welcomed. Thank you for the continued support of our club.

See you soon.

Becky





There and Back Again: Chile! by Eugenie Kim

Once a year my husband and I like to pick a faraway destination and take some time off just the two of us. We've been planning on visiting Chile for about 3 years now and every time life got in the way. This year we finally made the trip and it did not disappoint. It turned out to be everything we expected and more.

The flight over is something we very much look forward to, like with every long-haul flight we take. Denis and I have a certain routine when we get into our seats for the second longest leg of these type of trips. No cell service, no emails and no work to be done for him and no household and offspring management for me. This is truly where the vacation begins.





Next, come the beautiful sights. We went in July, which is winter in that part of the world, so naturally, we were very excited about skiing in Chile. As we approached Santiago de Chile early in the morning, the sunrise over rolling mountains half covered in snow is breathtaking, 'butterflies in your stomach' kind of excitement. The Andes are a force. The mountains make the country's geography very special.

The resort above clouds

We kicked off our tour with the mountains straight from the airport to Valle Nevado, one of Chile's best resorts built in the late 80s. The resort was a wonderful combination of retro chic and contemporary with great slopes. Its housed at an impressive 3,000 meters with its highest peak at 5,430 meters. The sensation of being above the clouds is something no photo can relate.



An artist's haven

We visited around Santiago, a small town by the sea called Valparaiso, an artist's haven and a rich and complicated history with the sea. We met so many lovely and friendly people along the way, everyone was so welcoming. The capital itself is a gold mine for historical and architecture buffs. A strong Spanish presence dominates over the city center, a long-standing superpower in Latin America. We very much enjoyed walking around sightseeing old buildings that reminded us a lot of Europe but we knew that it was still halfway across the globe, a different hemisphere and a world apart because there was so much native presence in everything there.

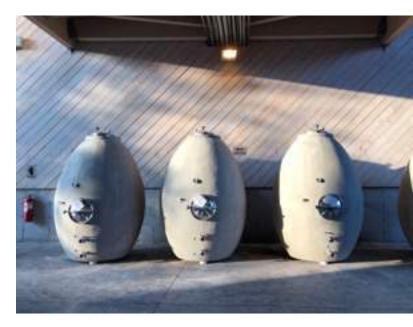






The wine country

A trip to Chile would not be complete without a visit to the wine country. We visited the Maipo Valley and Casablanca Valley. It was quite a unique experience because of the array of wines we cannot get in Europe. Chilean culture is sophisticated and so worldly that it was not surprising to see such a love and knowledge of viticulture across the country.



New Chilean cuisine

Santiago has a lot to offer on the new Chilean auteur cuisine side. One such place was Borago. They're featured on both the San Pellegrino Best Latin America's list and the San Pellegrino The World's Best 50 restaurants list. It's a whole new level of fine dining. The chef went back to his roots and by roots, in some cases, I mean it literally!

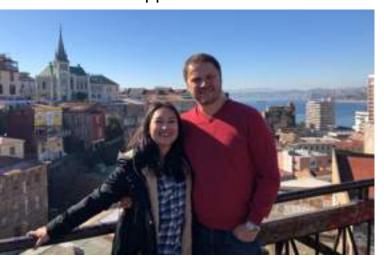
All the produce is sourced locally, everything had a close connection to the earth and to the sea. I enjoyed the unique way in which the food was served and the indigenous seafood, plants, and vegetables incorporated in the dishes. We also took a look at the other two restaurants listed in Latin America's Best (99 and Ambrosia), they too did not disappoint.











There's a flight connection from Moscow through Paris then to Santiago, the flight is quite a lengthy one, close to 14 hours, so bring a good book!

It was overall a wonderful experience for us. I hope this article inspires you to visit this amazing country with your loved ones one day!

Eugenie

FAWCO Inspiring Women 2018

Please take a few minutes to read about the wonderful, talented ladies doing meaningful work in their communities and changing lives. Be encouraged to bring YOUR best work to the world.

If you haven't had the opportunity to read the newest issue of The FAWCO Magazine "Inspiring Women", please see the below link. In this issue we also have an AWO Moscow member who was featured, Danielle Kuznetsov our Spread Sunshine rep and new FAWCO representative among other extraordinary women from other clubs.

Thank you Danielle, for once again putting AWO on the FAWCO map with your amazing feature. We are all very proud to have you as an AWO member as you continue to make a difference in the lives of others.



You may find the magazine in this link:

https://www.yumpu.com/en/document/view/62062427/inspiring-women-fall-2018

AWO Board

Moscow: An Advocate For Youth



DANIELLE KUZNETSOV

American Women's Organization of Moscow, Russia

From: Torrington, Connecticut

Lives: Moscow, Russia

I was born in Torrington, Connecticut, USA, and grew up in Connecticut. In college, I lived in Spain for a year and then went to Russia for a 6-month summer program. Since then, I have lived between the US (Connecticut and Iowa) and Russia.

I am involved in activism mainly out of necessity from our own family's experience. Both of our adopted twin children have had developmental and behavioral issues for which we were unprepared. We brought them home aged 8 months old and even though we knew they had a rough start, we didn't understand how this would affect the journey in raising them.

Our son, Josh, has mild mental retardation (now called Intellectual Disability), mild CP, NVLD, Chromosome 21 P

deletion, and growth hormone deficiency. Each stage offers its own challenges. I see my role as one to facilitate his maximum potential to learn, communicate and grow. We have made great inroads, and in the US, he has intellectual disability support services in our state. I coordinate that system while living abroad so that Joshua is prepared to transition into independent living.

Our daughter, Jessica, has had a different road. Although she is on par intellectually, she lags in emotional maturity and has been diagnosed with RAD, Reactive Attachment Disorder. In 2014, she tried to commit suicide. This was a turning point in our family's life as we navigated the mental health systems in America. We sent Jessica to a Teen Challenge intensive rehabilitation program facility for a year. While success is measured individually in a program like that, it allowed her to explore more effective methods of communication and self-awareness. As a result, she has made great strides in these areas.

During the time she was away, I dedicated myself to research and connecting with others so that our home could become more of what she needed to be able to better navigate her life. It is difficult to live with someone who is not emotionally regulated AND who is in the throes of puberty. By God's grace, we are working step by step. Throughout this experience, I ended up being a resource for others walking down a path they didn't plan on.

My activism has evolved over time so that I can transfer the skills I've learned in my own family and use them to serve a broader scope of individuals in a similar situation. I am active in educating and helping other parents who have kids with special needs and mental illness cope with these struggles and find their way.

A natural progression of my work has led me to pursue professional training in this manner. I am

currently working toward an International Federation of Coaching certification. My niche area is the generations following my own, as the rapid changes in technology, societal norms and culture have made the art of living wholly much more complex. We are seeing the results of this new reality statistically with the rise of anxiety, depression and suicide. I am passionately driven to find a way to create a bridge between the old and the new and pass on the practical tools needed to balance the Millennial/iY Generation mindset with the core competencies necessary for leading a life of purpose and meaning.

With this in mind I am working on a podcast geared toward the Millennial/iY Generation on self-leadership, self-awareness, and emotional intelligence to help them navigate the ever-rising rates of anxiety, depression and suicide ideation. This is a most necessary conversation and one I am passionate about.

It would be difficult to quantify the first step I took towards self-discovery and understanding how to improve the lives of others. I had a natural bent towards uncovering what makes people tick. What may have begun as a hobby to improve my own skills in mothering, being an effective wife, and uncovering motivations, habits, development and human behavior characteristics has turned into twenty years of continuing education and learning about relationships, personal initiative and intentional living. This in turn has become my passion and joie de vivre.

The most important have thina discovered in my "activism" is that I never really felt I had a choice in advocating for those around me. I am driven by action, and when a problem presents itself, I see no other way to approach the issue aside from focusing on the solution and moving towards it. I see a lot of inertia in the lives of others and feel



compelled to help guide them from a passive life experience into a more proactive, assertive life well-lived. I've grown in self-awareness and humility as I become profoundly grateful for the opportunities and life experiences which have led me to where I am today.

I had several negative role models as a child and actually didn't have a positive role model at all. The examples around me at that time would be best described as dysfunctional and toxic. I grew up in multiple levels of poverty - emotionally, intellectually, spiritually, and financially.

However, when I was in my early 20s a woman walked into my life; she saved me from myself. Eleanor parented, mentored, taught and counselled me for 3 years almost on a daily basis. She is the reason my marriage is intact and wonderful, my children have turned out well, and the reason I have something to offer others. She patiently showed me by example how to live a deep life and she helped me grow up to fully own my life and choose my path. Under her tutelage, my brain turned on and the passion for learning was ignited. I owe the life I have to her first, and then to all the authors who taught me the principles I needed to live the life of my



dreams. Going forward, it is no small testimony that I hope to have similar influence in the lives of others.

I am most surprised at the fulfillment and satisfaction I receive in helping others. This parable explains it better than I can: One day, a man was walking along the beach, enjoying the morning sun and cool breeze from the ocean. Suddenly, far off in the distance, he saw what looked like someone dancing. But as he drew closer, the man noticed that it was a little girl picking up starfish from the shore and tossing them back into the ocean. As he approached the girl, he paused for a moment, kind of puzzled, then asked, "Young lady – why are you throwing starfish into the ocean?" And she replied..."Well, the sun is up, and the tide is going out. If I leave these starfish on the beach, the sun will dry them up and they will die." And the man said "But there are thousands of starfish washed up all along this beach for miles! You can't possibly make a difference!" The young girl thought for a moment, then slowly leaned over, and carefully picked up another starfish from the sand. And

with the starfish in hand, she turned to the man and gently said "You may be right, but it'll make a world of difference to this one!" And with that, she reached back and threw the starfish as far as she could back into the ocean.

Just like the starfish, I want to make a world of difference to one person at a time.

GETTING TO KNOW DANIELLE

to me, her wisdom continues to serve me, and courage always come before confidence. her love lives on.

With the great gift she was given to never settle feel accepted and loved. for less than greatness, she embraced her doesn't hide who she really is. Instead, she has my husband. taken her true self to the world and has made tremendous inroads in the fields of autism and animal science.

What personal motto do you live by and how What has been your greatest challenge in living does it affect what you do/don't do? We live the life of your dreams? My greatest challenge the life we choose, so I choose the life I live. I to living the life of my dreams is seeing myself as am intentional in my choices and active in my a whole and capable person. I often feel illliving. I want to live abundantly and I want my equipped and "less than" others. I remind life to matter. I believe every person has the myself that my greatest challenges are my capacity to have a great life that flows over most valuable assets, and if I tap into those into the lives of others and I want my life to be resources, I am able to push past a perceived one of those. Eleanor placed a mantle on my limitation. Identifying my limiting beliefs like shoulders as she poured her legacy into me. I "You are late to the game" has really helped need to pay that forward. Even though she me hold myself accountable to going after passed away 8 years ago, her voice still speaks what I say I want. Bravery is a journey and

What one thing would you change about If you could interview one "activist", dead or yourself if you magically could? There are two alive, what question would you ask and why? I things I would change: the first is, I would be a would interview Dr. Temple Grandin. This better listener able to just be with a person woman was born with a learning and behavior without trying to fix their problem. And second, disorder categorized in the Autism spectrum, to be better able to express empathy so others

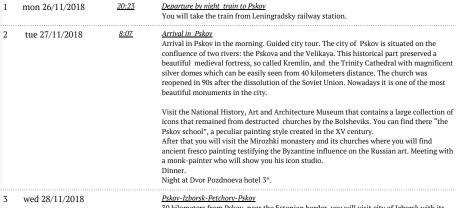
differences and used them to maximize her What's your favorite indulgence? My absolute unique potential. She inspires because she favorite indulgence is spending time alone with

For the Sake of Travelling

Our new interest group 'For the Sake of Travelling' coordinator Fabienne Degreve invites you to an exciting adventure in November 2018.

The group's next trip will take place in Pskov from November 26th to November 30th morning. Registration closes on Friday, October 19th! Contact Fabienne for more information: fabiennedegreve@mac.com





Destination



30 kilometers from Pskov, near the Estonian border, you will visit city of Izborsk with its great fortress, one of the oldest Kremlins in Russia. The Trouvor Cross named in honor of the city's founder and Rurik's brother. After lunch at the tavern you will visit a small town of Petchory. It was founded in the XVI century. The town became a developing trading point and an important border post. It was conquered by Germans in 1918, by Estonians in 1919 and finally became Russian in 1944. Visit the Assumption Monastery, a magic place. Protected by heavy walls, the Monastery has ten churches with golden domes. A great number of precious items, such as a miraculous Assumption icon and the Saint Corneille reliquary, the hegumen killed by Ivan the Terrible, are presented in these churches. This monastery has been open even during the Soviet period. Nowadays about 90 monks are living on its territory Return to Pskov. Night at the Dvor Pozdnoeva hotel 3*.

thu 29/11/2018

The price does not include :

train tickets (Moscow - Pskov, 3500 - 4500 RUB)

Departure to Veliky Novgorod by bus

Arrival in Veliky Novgorod

Guided city tour. The Novgorod Kremlin is a fortified complex with 9 towers, more ancient than the Moscow one

After that you will visit the Palace of Facets built in 1433. It is a unique example of Gothic architecture in Novgorod. Visit the Saint Sophie's Cathedral, the most ancient church in Russia and the first Russian church made of stone. Here you will find one of the most venerated icon in the country: the Virgin of the Sign icon. Lunch.

Departure

You will visit the town where the famous Russian writer Fedor Dostoevsky lived from 1872

Visit Dostoevsky house where the Brothers Karamazov and Demons had been written.

Walk around the town and visit beautiful Transfiguration Church.

22:48 Night train to Moscow

PRICE

38 000 P per persor

The price includes:

ACCOMMODATION

Pskov Hotel Dvor Podznoeva 3°, Twin room, WC/shower in the room

MEALS

Full board from the Day 1 (including lunch) until the Day 4 (including dinner)

English speaking guide

TRANSPORTATION

Transfers according to the program

ACTIVITIES

Museum entrance tickets according to the program

Intermark Club is Open!

Dear friends,

We are happy to share with you a new Intermark's project - Intermark Club!

Day by day, Intermark helps hundreds of foreigners relocate to Russia. Our goal is to make expat life not only safe and bearable, but comfortable and fun. What is more, we are absolutely in love with Moscow and all of its fun activities and places.

That is why we have created Intermark
Club - a friendly community for expats
living in Russia and a Network of Englishfriendly restaurants and services in
Moscow.

By joining us, you will be able to be always aware of the most exciting events in Moscow, find out more about living in Russia and last but not least - get discounts and privileges from our partners!

And please feel free to share your knowledge and experience: https://www.facebook.com/pg/IntermarkClub

Renata Matyash
Senior Consultant/Team leader
Intermark Relocation





The Grand Romance

Treat your special someone to an exceptional weekend with the renewed package – The Grand Romance.

Decorated with fresh flower compositions and rose petals, the interior of the luxurious rooms and suites along with special welcome amenities by Pastry Chef create an incredible ambience to share with your beloved one. 30-minutes spa treatment for two and swimming pool encrusted with Swarovski crystals, shower with aromatherapy, saunas and steam rooms in The Ritz-Carlton Spa enable guests to fully enjoy unforgettable relaxation and the sense of calm in the heart of Moscow.

Special prices on Vera Shubich beauty salon services become a pleasant gift in order to prepare for the date or romantic evening in one of magnificent restaurants of the hotel, that offer special conditions within The Grand Romance package.

In addition, a buffet breakfast in the Café Russe restaurant will become a wonderful beginning of the next day.

Starting at 41,300 RUB per night



O2 | lounge

O2 lounge will host a very interesting Indian food festival this month! From 16th till 22nd of October, you may find the most interesting dishes of Indian cuisine prepared by an Indian Chef coming special for this festival.

Keep a note on your calendars if you wish to add more spice to the Moscow autumn!

O2 lounge also participates in Moscow Gastronomic Festival!

We will be serving special 3 - course set menu for 1900 RUB:

Marinated Salmon, Beef Cheeks, Mille Feuille.

Also a Grey Goose Amber Fizz will be available for festival guests for a special price of 1000 RUB.





Thanks to our sponsors:











We're Hiring!

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

Check out the list of vacancies below and contact awomoscow@amail.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.

Newsletter Team Member

The Newsletter team member 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.

The 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.

2018-2019 List of Interest Groups



AWO Interest Groups (Members Only)

CLUB	DESCRIPTION	WHEN	COST	LOCATION(S)	LEADER	CONTACT
Neighborhoo d Walks	Explore Moscow's favorite neighborhoods					
Photography	Learn, inspire, create photography together					
Spread Sunshine	Help with activites for Nastenka children's hospital					
Wine Lovers	Wine tasting and fun with other couples					
Lunch Bunch	Visit new restaurants with AWO members					
Cooking Club	Share cooking and recipes and enjoy lunch together					
Book Club	Read books and share with friends					
Movie Buffs	Watch English movies in theaters, enjoy lunch afterwards					
NEW: What's in My Market	Tour the markets of Moscow and share your favourite with the group					
Preschool Playdate Group	Enjoy a coffee with friends while children play in a kid-friendly venue					



Friends of AWO (Open to AWO and nonmembers)

CLUB	DESCRIPTION	WHEN	COST	LOCATION(S)	LEADER	CONTACT
Golf	Play golf at the City Golf (lessons available)					
NEW: For the Sake of Travelling	Explore Russia and other bordering countries					
History-Art- Design	See the best Moscow sights in the context of Russian history (Excursions, lectures and workshops)					
Russian Textile doll making	Learn to make traditional Russian dolls, no sewing					
International Women's Bible Study	Join women to study the Bible, book of Acts					

Your 2018-2019 AVVO Board



