



THE AMERICAN WOMEN'S CLUB OF MOSCOW

newsletter

September
2018

LETTER FROM THE PRESIDENT

Welcome back to Moscow after a long summer break and if you never left, welcome back to reality! As we return to normalcy, dive right back into daily routines, and our neighbourhoods and the traffic once again come alive, we then begin to remember what drew us to this awesome city we now call home...well minus the traffic bit.

With the new season ahead of us, there is so much in store for our members: new interest groups, more club activities and informative presenters to name a few! Read all about it in our beautiful September issue. Hope to see you all at our upcoming Welcome Cocktail happening on September 29th. So come mingle, meet new friends and have fun!

Here we go AWO! Fasten your seatbelts and let's all enjoy the ride together. It's going to be a beautiful season! Thank you for choosing to be a part of our wonderful AWO Family.

Michele

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WELCOME TO THE MONTH OF FESTIVALS!

If you are back in Moscow, after a long and sunny break, or if you've just moved here, Moscow will treat you like royalty this month with its entertainment schedule.

The month will start with arts and music festivals, mainly for kids. But the real show will take place on the second weekend. On September 8th, Moscow will celebrate its 871st anniversary. Get ready for an extravagant birthday party!

The following weekend will host a gastronomy festival, where you'll find the chance to try different cuisines and lose a battle with your calorie calculators, if you have any.

Despite the falling leaves, the city gardens will keep blossoming this month. As a part of the 'Flower Jam Festival', many gardens have been created by various landscape designers.

The last but not the least best festival of the month will be the 'Circle of Lights' festival, where you will find amazing opportunities to see the city in a different light. It is an event not to be missed!

You can read all about it and more in the following pages. I hope you'll enjoy this month as much as I do!

Irem



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Events of the Month



Moscow City Day Festival - September 8-9, 2018 // Various Locations

The festival "Moscow 871" will be held on festive grounds in all districts of the city. The center of festivities will be Tverskaya Street. There will be several activities, including 52 guided city tours. For more information, visit: <https://moscowseasons.com/ru/festival/moscow871>

Flower Jam Festival - until September 9, 2018 // Sokolniki Park

Sokolniki Park is hosting a colorful festival until September 9th, within which the park will turn into a real flowering garden and a paradise for sweet tooth. The guests may watch theatrical shows, circus performances, culinary shows and many other entertainment events, while enjoying the gardens. Check out the events page to learn more about the schedule of events: <http://park.sokolniki.com/events/3253>

Free tours at Kuskovo Museum Estate - September 8-9, 2018 // Kuskovo Park

The Kuskovo Museum Estate invites everyone to take part in free tours on City Day. Just a few minutes away from the city center, you may find yourself in an out-of-town 18th century residence where nobility relaxed and enjoyed themselves. The tours will be held every 30 minutes between 11 am and 3 pm. No preliminary registration is required. The meeting point is the kitchen wing where the tour office is located. For more information, visit: <https://www.mos.ru/en/calendar/event/49055088/>

Golden Autumn Gastronomic Festival - September 21 - 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. 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/>

Welcome Back Cocktail

Invitation

Join us as we catch up with each other and bring in the new season for the AWO on:

Like last year there will be a fantastic food buffet, beer and wine, and fabulous company. Spouses are welcome. There will be a raffle with some great prizes.

Menu

O₂ | lounge

BUFFET MENU

Cold

Ham & Cheese Mini Pretzel
Smoked Salmon & Horseradish Kornspritz Bread
Beetroot Salad, Goat Cheese, Pine Nuts, Basil Oil
Eel Poke Bowl

Hot

Duck Leg Confit, Glazed Pearl Onion, Rosemary Sauce
Salmon Filet, Grapefruit, Pack Choy, Citrus Sauce
Vegetable Tian & Pesto Sauce
Mini Beef Burger

Dessert

Fruit Salad
Mango Panna Cotta
Raspberry Tartlets

2 000 rubles per person

BEVERAGES

Selection des Chateaux de Bordeaux

Cabernet Sauvignon & Merlot

Selection des Chateaux de Bordeaux

Sauvignon Blanc

Prosecco, Extra Dry, Italy

Craft Local Beer

500 rubles per 1 glass

The prices are inclusive VAT 18%. Tea/coffee is included.
10% Service charge will be added to the bill.

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Circle of Light Festival: September 21 - 25th, 2018



It's time to enjoy Moscow under a different light!

The «Circle of Light» Moscow international festival will take place for five days during September 21-25th, 2018. It is an annual event at which lighting designers and specialists in audiovisual art from various countries reinvent the architectural scene of Moscow by using video mapping.

Many monumental buildings will be transformed into canvases of lights, including the Bolshoi Theatre, the Moscow State University, and VDNKh.

The festival will open on Friday, September 21st at 20.30. The opening show will take place at Grebnoy Channel.

The admission to all festival venues is free.

Check out the Festival's website for further information on the schedule of events:

<http://www.lightfest.ru/en/>



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Xmas British Bazaar Preparations

The Very Special Xmas British Bazaar is just around the corner! On December 4th, the ANVO has the pleasure to participate in the British Bazaar and we need your help in order to raise funds for NastenKa and many other important charities!

This is our biggest fundraiser of the year.

What can you do to help you ask?

Well, we have many opportunities!



We need:

- volunteers the day before the event to set up,
- volunteers the day of the event to work at the tables,
- items donated to sell at the UK/US product table
- fun and attractive raffle prizes and
- some bakers!

More information on volunteering for the event will come closer to the event, but please keep those dates open if you are interested.

As for donations, here's a list of what we are accepting:

- any unique non-perishable items, that are NOT expired,
- items that you cannot find here in Moscow,
- items that you miss and bring from North America or the UK.

Some examples are Reese's Pieces peanut butter cups, Chipits, Kraft marshmallows, pure vanilla extract, Graham cracker crumbs, baking powder, Duncan Hines cake mixes and icing and much more.

You can also bring baking items and give them to Becky to bake into something delicious to sell at the bake sale table!

You can even donate a bottle of your favourite unopened liquor and spirits to raise money at the Tombola table!

We will also be collecting shoe boxes to use for decorating the tables to allow the shoppers to better see all this fantastic merchandise for sale!!

Prepare yourselves to hear much more about this exciting upcoming event!

Moscow Living

Do you wish to see everything you need to know about living in Moscow with one click? Then, www.moscowliving.org is the place to check out. Either as an expat or a local, Moscow Living provides all the important information about shopping, exploring, language programs, organising kids parties, tasty recipes and more.

In the "Brands & Things We Like" section you will find special discounts on handmade jewels, ceramics, matryoshkas and other wanna haves.

So check out the website for questions like:

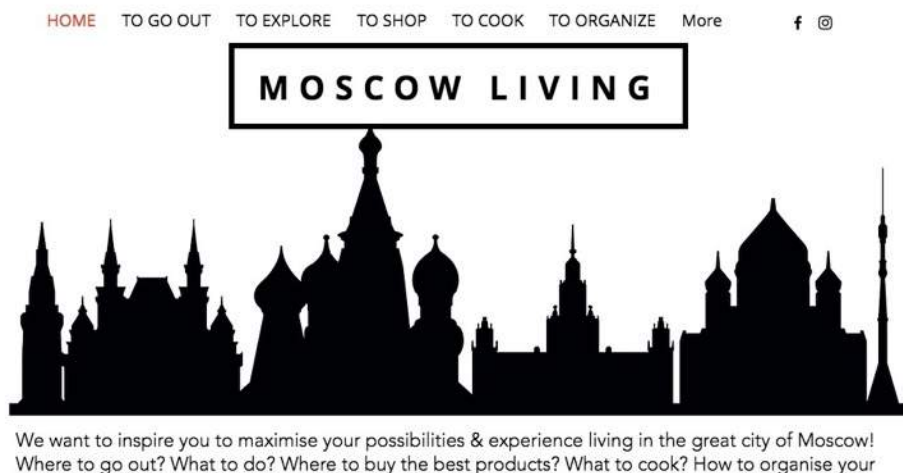
- Top 10 restaurants with a playroom
- Where to give birth
- Best kids and tourist activities

- Best travel destinations from Moscow
- Best gifts to buy in Moscow
- Where to buy the best quality products
- Where to find a personal trainer or a physiotherapist
- Quick & easy recipes
- Organizing kids parties
- And much more...

Follow **Moscow Living** Facebook & Instagram to keep yourself updated and to make your life in Moscow more easy & fun!

Enjoy!

Eline&Susan



Velobike: Discover Moscow one pedal at a time!

by Irem Sunar

Before the good weather is over, adjust your saddles, push your pedals and discover Moscow on two wheels. If you don't have a bike to ride, don't worry. Moscow will provide you with thousands!

The newly introduced bike renting system, **Velobike**, provides its users more than 400 pick-up points around the city centre, with very reasonable tariffs. It's very easy to use and is open for everyone with a credit card. Here's how you can use the **Velobike**:

1. Download the app

First, you need to download and register on the app. Either go to: <https://velobike.ru/en/> or search for the app on your App Store or Google Play. The app shows a map of all the velobike stations in the city.

When registering, you are asked to give your name, e-mail, and mobile phone



Velobike
Moscow bikesharing

number. Once you enter your credit card information on the app, the system will show you which tariff you would like to use.

2. Choose the best tariff you need

Check out their webpage before you decide on renting the bikes, as the system offers a variety of tariffs and options. Choose the best tariff that suits you and pay for the ride.

The system will send you an SMS with your personal pin code. You can also add a Troika card – I personally tried both versions. I don't think adding the Troika card makes it more practical.

3. Find the nearest Velobike station

There are 430 stations across the city with over 4,300 cycles. The map that you'll see in the app not only shows you the location of the stations, but also how many bikes they have at that moment. Go to the nearest bike station and choose your bike.

4. Choose your bike

Press the "OK" button on the bike's dashboard, enter your login and password information (that you've received with the SMS), or attach the registered Troika card.

Wait until the beep and start riding.

5. Dock your bike on time

Remember: your tariff covers endless use within 24 hours (or the whole season, as you choose) but you need to dock your bike every 30 or 45 minutes. Use the map to locate the nearest station and then follow step 4 from the start.

6. Mind the traffic rules

It's better to ride on the special cycling paths, both in the city and in the parks. In Russia, cyclists can ride on the right part of the roadway, as well as on the sidewalks. You cannot use a bike on highways like Moscow's Ring Road and pedestrian areas. You should follow the traffic rules and signal before turning.

Enjoy the ride!

Irem



Review: AWO End of Year Picnic Party / June 30, 2018

by Becky Zenkevich

This past June the AWO was able to host a fabulous fun event for our very special members and their families! With over 50 people attending, we gathered together at my private residence, to which many people related to as a peaceful dacha environment.



Thanks to the many efforts of our Board members, we all enjoyed delicious fresh Turkish Doner Kebabs, cooked and served with perfection right in front of us! We all indulged in a variety of wonderful American style picnic side dishes catered by D&D Catering. Oh yes, and I almost forgot our kid-friendly Papa Johns Pizza delivery! We offered wine and beer which was enjoyed by most, to say the least! And let's not forget those amazing cakes made

by "I Love Cake" which is a fantastic local American style bakery!



As for the children, well, they had a blast! They had an entire playground suited from 2 years of age and up, two privately rented bounce houses, they played a few rounds of nurf gun games and last but certainly not the least, they enjoyed their own entertainer! I think the pictures can speak for themselves!

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We found everyone having such a great time, meeting new people, spouses making new friends. As our children were off enjoying all the exciting events, we didn't have much time to participate in adult games, but we got at least one in...*the frozen wet t-shirt contest* won by one of our members' spouses!

I don't think we could have asked for better weather or anything else to have been different! I personally loved hosting this event with my dear friends and board members, it was a very special time had by all! And while this was a team effort and I am truly grateful to all the Board members, I only feel right by extending a huge, heartfelt thank you to my husband [redacted] who did all the coordinating and communicating with all the Russian deliveries, drivers and he even picked up those amazing cakes first thing in the morning!! It was a perfect way to kick off the summer holidays, thanks to everyone who took the time to join us that super fantastic event!

Becky



News from Nastenka Foundation

by Danielle Kuznetsov



Nastenka has been busy gearing up for the September 1st celebrations by making beautiful flowers to raise money for the cancer fund.

The idea behind it is to donate money to the fund and in place of giving flowers to local teachers, which eventually end up in the garbage, to donate one made by the children in the hospital instead.

As the fall gets underway, there will be several opportunities for AWO to support Nastenka with such endeavors. Please stay tuned in if you are interested in making a difference in the life of a child struggling with cancer. For more information, you may visit their website:

<http://nastenka.tilda.ws/flower>

Danielle



Promotions from the Sponsors

Café Russe Business Lunch Menu

500 rub for any two courses of your choice

Appetizer

Greek Salad with Tomato, Cucumber, Bell Pepper, Basil, Feta Cheese 100 gr

Fresh Vegetable Salad with Tomato, Cucumber, Herbs & Sour Cream 100 gr

Herring with Potato, Red Onion, Borodinskiy Bread Crouton & Sunflower Oil 100 gr

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

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

Soup

Russian Borsch with Veal, Sour Cream & Garlic Bread 150 gr

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

Mushroom Cream Soup with Golden Croutons 150 gr

Classic Chicken Noodle with Vegetables 150 gr

Tomato Cream with Golden Crouton, Basil & Balsamic Cream 150 gr

Main Course

Ground Steak with Crispy Onion & French Fries 140 gr

Chicken Stroganov with Truffle Mashed Potato 140 gr

Steamed Cod Fish with Celeriac Pure & Seasonal Vegetables 140 gr

Russian Beef Dumpling “Pelmeni” with Sour Cream 140 gr

Spaghetti Bolognese 140 gr

Dessert

Vanilla Crème Brûlée 90 gr

Cheese Cake with Caramel Sauce 90 gr

Russian Syrniki with Sweet Condensed Milk & Sour Cream 90 gr

Sorbet or Ice Cream Chef Selection 90 gr

Fruit Salad 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 Ritz-Carlton
BAR & LOBBY LOUNGE



THE RITZ-CARLTON®
Moscow

Poke Bowls

Salmon / Лосось

Japanese rice with avocado, cabbage, marinated ginger, coriander, cucumber, shiitake, chili, sesame seeds, yuzu sauce, chukka seaweed

220 gr 1100 rub

Японский рис с авокадо, капустой, маринованным имбирем, кинзой, свежим огурцом, грибами шиитаке, чили, соусом юдзу и водорослями чука

Tuna / Тунец

Japanese rice with mango, edamame beans, red cabbage, chukka seaweed, ginger and teriyaki sauce

220 gr 950 rub

Японский рис с манго, бобами эдамаме, красной капустой, авокадо, водорослями чука, имбирем и соусом терияки

Kamchatka Crab/ Камчатский краб

Japanese rice with corn, cucumber, avocado, carrot, cabbage, nori seaweed, hard-boiled egg, spicy mayonnaise and tobiko

220 gr 1500 rub

Японский рис с кукурузой, свежим огурцом, авокадо, морковью, капустой, водорослями нори, яйцом и острым майонезом с тобико

Shrimps / Креветки

Japanese rice with avocado, carrot, edamame beans, pineapple, green onion, sesame seeds and arugula

220 gr 950 rub

Японский рис с авокадо, морковью, бобами эдамаме, ананасом, зеленым луком, кунжутом и рукколой

Beef / Говядина

Japanese rice with fresh cucumber, radish, red onion, avocado, tomato, chili, chukka seaweed and cashew nuts

220 gr 1500 rub

Японский рис со свежим огурцом, редисом, красным луком, авокадо, томатом, перцем чили, водорослями чука и орехами кешью

Eel Unagi / Угорь унаги

Japanese rice with mango, carrot, leek, edamame beans, radish and unagi sauce

220 gr 900 rub

Японский рис с манго, морковью, луком-порей, бобами эдамаме, редисом и соусом унаги

O₂ | lounge

Far-eastern oysters

690 rub

Buttered bread, lemon and mignonette sauce

Scallops carpaccio

1400 rub

Virgin olive oil, citrus, spinach, fresh herbs

Mussels crème

850 rub

Apple, celery and chanterelles mushrooms

Stuffed crab rigatoni

1900 rub

Parmesan, fresh basil, tomato-cream sauce

Cod fish

2200 rub

*Braised salsify, green asparagus, chanterelles mushrooms, black caviar
flavored beurre blanc sauce*



The Expat Salon offers 15% off for first time visitors and 10% discount for AWO members in following visits.



www.en.expatsalon.ru

Thanks to our sponsors:



Intermark Loyalty Survey

Dear Members,
Please take a few minutes to help out one of our wonderful sponsors and complete the survey:

Dear Friends of Intermark,

Thank you for your desire to help our Intermark Club Project.

We are trying to create a friendly community of expats in Moscow based on the internet-platform with digests of the upcoming events, interesting places, articles about living in Russia, lifehacks and privileges for all Intermark Club members. These privileges can be presents, discounts or any other benefits from our partners.

As you are our dear expat friends, we would greatly appreciate your help and advice. Right now we are looking for new partners to join our Club. So if you have any acquaintances in restaurants, shops or daily services – please share the contacts with us. Or you can just tell us about your favorite places in town!

Today we have more than 3000 expat families living in Russia, so the benefits for our partners are:

increase in the number of clients, potentially extremely loyal to the brand
membership in a large expat community
promotion through our web platforms
etc.

Please fill out short survey:

<https://ru.surveymonkey.com/r/intermarkclub>

Or just e-mail me

(k.tikhomirova@intermarkrelocation.ru) or

Elizaveta Gagachaya

(E.Gagachaya@intermarkrelocation.ru)

Also if you want to share your experience of living in Russia, any lifehacks of your own, or just any short advice – please contact us as we can publish your article or share your blog on our website.

If you have any ideas or questions, please don't hesitate to contact us any time.

Thank you for your support!

Best regards,

Kseniya Tikhomirova

Project Manager & Coordinator

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Please, share your experience of working with me with our Quality Control Team



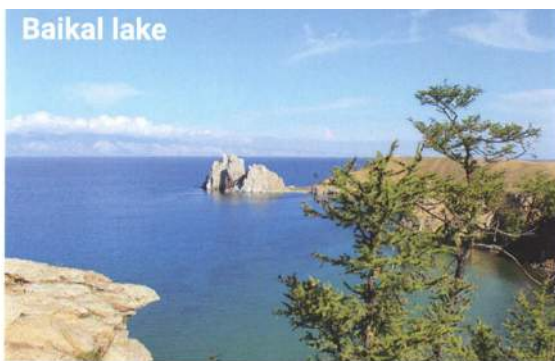
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Autumn Tours from Bridge to Moscow

One of our contributors, Bridge to Moscow, is organising a series of tours within and outside of Moscow during autumn. By travelling with them, you may not only enjoy professionally organised and led tours, but also help Russia's biggest pediatric Burns Centre at Speransky Children's Hospital.



Check out their webpage to learn more about their tours and charity events: www.bridgetomoscow.com



EXPLORE RUSSIA WITH US

Have you been to the Venice of the north? Do you know which city is called the third capital of Russia? Are you curious to see the deepest lake in the world?

We invite you to discover beautiful destinations such as Kazan, Sochi, Nizhny Novgorod, Yekaterinburg, Vologda, Lake Baikal and many others.



Our **Golden Ring Tours** are an opportunity to escape from the hustle and bustle of boisterous Moscow and experience the beauty, solitude and history of these provincial towns. The photo opportunities in these rural idylls are endless.





Grand Kremlin Palace tour



Russian Revolution tour

Our wide selection of **Moscow Tours** include visits to the Grand Kremlin Palace, the Bolshoi Theatre, the Chocolate Factory, Moscow Film Studio, Stalin's Bunker and specialized Russian Revolution and Soviet Moscow tours, as well as many others. We can also cater tours to your specific requests.



Bolshoi Theatre tour

Our **Countryside Tours** feature various themes. We can offer visits to the summer estates of Russian literature and music greats such as Boris Pasternak, Leo Tolstoy, and Tchaikovsky, or arrange tours to Gorky Leninsky (Lenin's "dacha") and Star City. In winter we invite you to enjoy fun activities such as Troika rides, dog sledding or a reindeer farm tour. In the winter or summer seasons, experiencing a real dacha (country house) is a highlight of any trip to Russia.



Star City



Troika rides



Husky farm tour and dog-sledding



Certificate of Excellence
2013 2014 2015 2016 2017 2018

tel. +7 495 991-72-70
tour@bridgetomoscow.com



bridgetomoscow
bridge_to_moscow

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@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.

Newsletter Team Member

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.

2018-2019 List of Interest Groups



AWO Interest Groups (Members Only)

CLUB	DESCRIPTION	WHEN	COST	LOCATION(S)	LEADER	CONTACT
Neighborhood Walks	Explore Moscow's favorite neighborhoods					
Photography	Learn, inspire, create photography together					
Spread Sunshine	Help with activities 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	<u>CONTACT</u>
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 AWO Board

Michele Kuhlen
President,
Charity Liaison

Becky Zenkevich
Vice President,
Facebook,
Acting Secretary

Michelle Rowe
Treasurer

Wendy Soucy
Ex-Officio

Irem Sunar
Newsletter

Dawn Biyashev
Interest Groups

Susan Partridge
Monday Updates

Ai Tilman
Membership

Eugenie Tsesarenko
Membership
Monday Updates

Danielle Kuznetsov
Spread Sunshine,
FAWCO REP

Kelley Jackson
Special Events and
Fundraising



PHOTO CREDITS:

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