Worldwide Link

Welcome Clubs International, Inc. Magazine

March-April, 2008



Worldwide Link
March-April, 2008
Volume 4, Issue 7

Editor Lise McCartney
Staff Reporters Jocelyn Jones
Welcome to Wessex, UK
Dimitra M. Weber
IWC, Hamburg
Photographer Inga Shebat
Welcome to Washington

Worldwide Link
is a publication of
Welcome Clubs International, Inc.

The ***Link*** is published two times a year
(August-September)
(February-March)

All contributing articles to the Link
should be sent to

Inside this Issue

3 Incoming WCI President — Padmini Durr
4 Letter from the President
4 WCI Calendar
5 NEW WCI Club OWC Bangalore, India
6 WCI 10th Bi-Annual International Conference
10 News from our Clubs
16 "A Cup of Friendship"
18 The Bookshelf - Recommended Books
19 Making New Friends
20 Fashion Around the World
22 Health & Nutrition
24 Women Only Taxis
25 Religion—Part IV Christianity

Friendship through understanding . . . Understanding through friendship.

www.welcomeclubs.org

. . . Knowledge and understanding of other cultures is a vital step in the progress toward peace

The Board of Directors of
Women's International Border Club
and
Welcome to California International Club
Welcome You To
WCI's 10th Bi-Annual International Conference .

We are most pleased having you in our hometown.

For a successful meeting, please let us know of special requirements ahead of time

See to Pages 6 - 9 for conference details and information

WCI Incoming President—2008-2011



Dear Friends,

WCI's circular motto "***Friendship through understanding... and understanding through friendship***" is the powerful wheel that has driven our organization. Each member of our club has felt the power of Empathy. Under the leadership of our current and past presidents, our club has enjoyed a tremendous growth.

Many friendship clubs across the World have joined us or have affiliated with our organization. WCI will have to further focus on facilitating empathy, this vital energy which has driven our organization since its creation. I had the honor of participating in several International meetings organized by WCI and this has prepared me for the task ahead of us.

Having lived in seven different Countries on three Continents, and carried three nationalities, has enriched my life and taught me to go beyond local customs or vocabulary, to reach directly the soul of people. I have always enjoyed participating in the cultural life of each of my adopted places. We may be Americans, Swiss or Indians, or have any other nationality, but we all **are first** and foremost citizens of this World. Globalization and the Internet have contributed to make us understand how important this reality has become today. I am convinced that the master key to the future, our common language, is rooted in Empathy.

To be president of WCI implies SERVING our Organization with this guiding principle in mind. This is a big commitment and responsibility, but I know that I can be successful with your support. This will be a concerted effort among all of us who share the same goal and vision. I would like to take this opportunity for thanking all of you who have supported me in establishing our Tampa Bay club and for electing me as your next WCI president. The warmth and support of our members and other clubs have made WTBI a success. I am confident that with your help WCI will continue its growth. Empathy opens to dialogue and positive interaction. One of my goals is to **encourage our members to adopt the basic attitude that at WCI we always learn more from others than we can teach others**. I will call on each one of you and challenge each affiliated club to tune in on this important notion.

With your help and encouragement we will be successful in promoting this attitude among our members at WCI. This is the right time thanks to the steadily expanding Internet-based capabilities here at WCI and our ***Worldwide Link*** Magazine. We will continue to develop and constantly update our Web-based bulletin board. With your support, I will see to it that every club member gets into the habit of visiting this enriching Web-site, as it will become the lively center of our ongoing international activity, exchange and interaction.

Padmini Durr

Padmini Dürr

Padmini Durr was born in India to a family of traditional Indian Artists. Her father Mohan Raj was a musician and composer. Her mother Rajamani, an internationally known Classical Indian dancer, taught her art to her daughter at an early age. Mother and daughter traveled throughout Europe performing dance recitals. Padmini lived and studied in London, later in Geneva Switzerland. She was also a student at the alliance Française, and a member of the Indian association of Geneva, and an active member of La Maison Des Jeunes, a youth club where she performed Temple Dances and taught Classical Indian dance. Padmini met her husband, Dr. Jacques Dürr, in Geneva. In 1978 they moved to Chicago, where their son Nicolas was born.

Padmini was a co-chair of the ***Medical Wives Group*** of the University of Chicago. She was also an active member of ***Cross Roads International***, which promoted friendship on the campus of the University of Chicago. The Dürr family moved to Denver in 1981. Padmini was a member of the *Swiss American Club*, both in Chicago and in Denver. While living in Denver, Padmini was a board member of the *Sister Cities International*, *the Medical Wives* group, the *Unesco* club, the *Welcome to Colorado Club*, *The Indian Association*, and the *South East Asian Association*.

Padmini teaches classical Indian dance and performs for many local and international organizations in Europe, India, Chicago, Colorado, and Florida. She continues to perform and teach in the United States, Europe and India, and some of her former students are also teaching this traditional art. In Florida also, Padmini has continued her community involvement, and has served on the boards of ***The Brandeis*** women's club, and the ***Collectors Circle*** of the Museum of Fine Arts in St. Petersburg. She is also a member of the Hindu Temple of Florida and is active in the Indian community in the Tampa Bay area.

Padmini founded the ***Welcome to Tampa-Bay International*** Club (WTBI). Padmini and Jacques live in Tampa Bay, Florida and their son Nicolas is an architect currently residing in London.



Padmini and Jacques

Letter from the President



Dear Friends,

This, my last Letter to WCI Members as President, is a letter of thanks to all who have contributed their time, effort and money over the last three years to make WCI a better, more accomplished organization. For myself, the experience has been extraordinarily rich in learning and self improvement.

The Executive Committee has traveled extensively over the past three years. We initiated a policy of holding our Executive Committee meetings hosted by different Member Clubs and have enjoyed unexpected, highly successful results. By involving the host clubs in our meetings, their membership has had the opportunity to see the Executive Committee in action, to learn of its problems, and to see how it serves. The Executive Committee in turn has seen our Member Clubs in action and experienced their accomplishments first hand. We have learned about exciting successful projects and activities, and our exposure helps orient WCI's services in more meaningful directions.

The Executive Committee also took up the challenge of incorporating clear, well defined Policies and Procedures to guide our day-to-day operations. Future administrations will be able to define their goals through these guidelines, using experience and policy to help deliver success, whatever the task. By retaining a philosophy of flexible implementation with an easy-to-change format, we allow future administrations to respond to the unexpected.

These new Policies and Procedures also define the transition between WCI administrations with greater detail. The problems normally associated with a "changing of the guard" are now reduced, permitting WCI to offer a continuance of service to its Member Clubs.

Over the last three years, WCI has experienced rapid growth. In an effort to better serve our member clubs and reinforce communication between our ever increasing number of clubs, the Executive Committee changed our printed communication, the ***Worldwide Link***, from a newsletter into a magazine format. Our focus on magazine-like articles presents activities and projects of contributing Member Clubs in much greater detail. It is from this expanded means of sharing activities that others may see valuable concepts for their own use. Member Clubs learning from each other goes further, suggesting new avenues each may explore. In the years to come, WCI expects to see an even greater variety of cultural and social activities exhibited by its Member Clubs, something that will certainly expand the scope and value of each Club to its own membership.

I am succeeded by President-elect Padmini Durr (Welcome to Tampa Bay International Club, Florida, USA) and it is into her hands that I am proud and pleased to place the responsibilities of WCI President. Padmini is an immensely capable person with a strong background in public service and volunteer efforts. During her tenure on the Executive Committee as Director of Special Projects, she has shown herself to be capable and innovative, working within our various task groups to overcome problems and initiate new solutions. It is this background that has provided Padmini with the opportunity to develop a Special Project fundamentally beneficial to WCI members. Her Special Project, unique and promising, will be presented at our Conference in San Diego this May. I am confident that you will all give Padmini your unselfish support in her challenging new role.

This period has given me wonderful exposure to the membership at large. The immense variety of cultural and social differences that WCI encompasses today has enriched my life beyond description. I am grateful for the opportunity to have served as president.

Moreover, I thank the Member Clubs for their contributions, both direct and indirect, that have improved and expanded WCI. In particular, their Presidents and WCI Liaisons have contributed their time and energy to help expand WCI's presence both in membership and with its quality of service.

Finally, I extend a heartfelt note of thanks to each Executive Committee member. As a volunteer, your work is doubly appreciated. You have made these last three years a success beyond all expectations. A close friend gave me a quotation that best describes my gratitude: "Volunteers are not paid because they are worthless, but because they are priceless!"

This is the course we have charted towards our goals of Friendship, Understanding and Knowledge. With this letter, I say "Farewell" only to the office of President. I look forward to many more years of association with WCI itself and with its many member clubs.

With gratitude and thanks to all,
Lise Horn McCartney

> ***"Volunteers are not paid because they are worthless, but because they are priceless!"***
>
> *Anonymous*

WCI CALENDAR

May, 2008

22-24—WCI Annual Board of Directors Meeting, San Diego

24-29—WCI 10th Bi-annual International Conference, San Diego

July, 2008

New WCI President Padmini Durr assumes office

15—2008-2009 WCI Annual Dues notices sent out

August, 2008

1—Deadline for submitting articles to Worldwide Link

September, 2008

WCI Executive Committee Meeting (Date and location to be determined)

30—Deadline for payment of WCI annual dues

From the Editor

A special Thank You to all the clubs who sent in articles about their clubs for this issue. As you can see on the following pages, WCI clubs plan a vast variety of fascinating events.

Let us hear about the activities of your club.

We also welcome articles you think will be of general interest to our members.

Send to

The next issue of the *Worldwide Link* will be published in September of 2008 and the deadline for the submission of material is August 1, 2008

Welcome to WCI's New Member —

OWC—Bangalore

www.owcbangalore.org



The **Overseas Women's Club of Bangalore** is a social and charitable organization of women from many nationalities and cultures. We are a welcoming group, happy to greet new members and provide guidance as they make the transition into a new culture and a new city. As Bangalore grows, so does our membership, providing wonderful opportunities for making new friends from all over the world.

There are many activities, social events, and fund-raising opportunities to tempt our membership into action. Several of our events are designed specifically to raise funds for the many charities we support. As we have fun together, we are also involved in raising needed funds for these worthwhile charities.

The OWC Charities Committee meets once a month to coordinate the funding of a group of charitable organisations based in Bangalore.

Regular Social Events.

Coffee morning:
Every Thursday morning we meet for coffee/ tea.
Monthly meeting:
Every second Monday of the month we meet up to hear an interesting guest speaker.

At the Monthly Meeting an OWC member demonstrates the Japanese Tea Ceremony



New Members Coffee morning: Last Monday of the month the newcomers meet for coffee.

Besides these regular meetings, OWC offers their members varied opportunities to get together and share interests:

Book Club:
Once a month we read a book and meet to discuss our thoughts about the book

Creative Writing:
The Creative Writing Group meets occasionally. See the products of our creative writers in the Rangoli newsletter.

English Conversation:
This is an informal group, which will give any non-native English speaker the opportunity to practice their English. You do not have to be fluent in English. It is also an opportunity to network and make friends. We discuss our backgrounds and our experiences with living in India, as well as abroad. It is an opportunity for people to ask questions concerning the English language, yet it is not a formal grammar or English teaching session.

Horse Riding:
India presents many opportunities to try new things that may be cost or time prohibitive back in our home countries. Horse riding is one of those activities. The instructors are excellent, offering classes for everyone from absolute beginners to advanced riders. For children, there is also a popular Pony Club that runs "Own a Pony" days and "Kids Kamp" weekends.

Lunch Bunch:
Each month club members have lunch together at an area restaurant, discovering new hotspots and old Bangalore secrets. Cuisines have ranged from regional Indian and Japanese to Mediterranean and more.

New & Expectant Mums:
This group was created to help and support women who are pregnant for the first time and moms who are expecting again. This group is here to provide information you may need or for answers you may be looking for.

Playgroups:
Playgroups meet on Tuesdays and Thursdays in the homes of OWC members. If you have babies or pre-school children and want to meet up with others in a similar situation, this is an ideal opportunity.

Road Trip:
Explore interesting places in and around the city. Every month we visit a different venue to see what it has to offer and learn a little more about our city.

Sundowners:
This activity provides an excellent opportunity to relax and meet new people. OWC members and their partners gather twice a month for cocktails, light snacks, and/or dinner.

Professional Women's Group:
Meets monthly during evening hours to accommodate those members who may not be able to attend OWC gatherings due to their work schedules. This is a great place to network and reconnect with other professionals.

Other OWC activities include:
Badminton, Ikebana, Music, St. Andrew's Society, Tennis, Bridge, Community Services of Bangalore, Yoga & Vaastu, Reiki & Ipnosi Regressiva, and more...

Teaching at Oasis

Oasis is based in Frazer Town, Bangalore, and is one of the charitable organisations supported by the OWC. A group of club volunteers teach English there each week. The girls are usually in their late teens or in their twenties. They are taken on at this training centre to learn tailoring and hand embroidery. With these skills they can earn money to help support their families. They produce a wide range of beautifully made goods and clothing. They also have the opportunity to take a computer course and have English tuition. OWC volunteers provide the language training.

We teach three different groups who are studying at different levels. The girls respond with energy and enthusiasm to improving their English and are full of fun. We help them to practise all the language skills: speaking, reading, listening and writing.

We have found that the girls normally come to Oasis with a grounding in English from their previous schooling. With the more advanced group we are making good progress using a course book called Headway. This course emphasizes learning language within a context, so they are more likely to use and hear the vocabulary and structures that they learn with us, when outside the classroom.
We hope that our efforts contribute to Oasis' wonderful work of offering girls from poor social backgrounds a chance to improve their skills and their lives.

WCI CONFERENCE HIGHLIGTS. . .

Conference Schedule of Events

Saturday, May 24
ARRIVALS of Conference Delegates and guests
Conference registration at Hotel
Evening—President's Wine Reception at Hotel

Sunday, May 25
Breakfast in Hotel
Breakfast Workshop – "Speaking Out"
(Free time for guests or guests may elect to stay for workshops)
Balboa Park – lunch and visit International Cottages and museums
Evening—Welcoming Dinner at Hotel with entertainment

Monday, May 26
Breakfast in Hotel
All Day - International Conference Day
Opening Ceremonies
– Keynote Speaker -
Ambassador Jeffrey Davidow,
Director, Institute of the Americas
Evening—University Club – Cocktails & appetizers followed by entertainment

Tuesday, May 27
Breakfast in Hotel
Breakfast Workshop – "Reach Out, Your Club - Your Community"
(Free time for guests - guests may elect to stay for workshops)
All Day Cultural Excursion in San Diego including lunch
Free Evening—Dinner on your own

Wednesday, May 28
Breakfast in Hotel
Round Table Discussions in Hotel
(Guests -Tickets for Hop-on, Hop-Off Trolley)
Lunch on your own
Tickets for Hop-on, Hop-Off Trolley
Evening—Cocktail Reception & Gala Farewell Dinner in hotel with entertainment

Thursday. May 29
Breakfast in Hotel
DEPARTURES

Breakfast Workshops

Workshops are approximately 20-30 minutes with 1/2 hour for questions following presentation. Presentations will be in Power Point format and copies of the presentations will be available on CD's to take back to your club.

Sunday, May 25
9:00—10:00 A.M.

"Speaking Out"

Nervous when asked to speak in public? -Calm the butterflies in your tummy by learning public speaking skills and techniques. Guidelines and suggestions on how to set up an activity group within your club to acquire and practice public speaking skills. Presentation will include ideas for finding and using local resources, keeping the attention of your audience, developing your speech, different types of speeches, and more.

Tuesday, May 27
9:00—10:00 AM

"Reach Out"
Your Club — Your Community

In the past few years, many clubs have been asking "How to attract new and younger members to their clubs." Workshop will present ideas and suggestions for attracting today's working woman and reaching out within your community to let prospective members know who you are.

Packing for San Diego

San Diego average temperature in May
is between 60° - 72° F or 15.5° - 22.2° C

Dress Code
May 25 and May 28 Welcoming Dinner and Farewell Gala: Formal/Black Tie or National Dress
May 25—Balboa Park: Nice casual, walking shoes
May 26 —Conference Day: Business attire, Evening: cocktail dress
May 27—San Diego excursion, Nice casual, walking shoes
May 28—Round Table, Nice casual

If you are bringing your National Dress and wish to participate in the "Parade of Nations" on Monday, May 26, please contact Vilma Boetcher at:
Email:
Fax — Tel

WCI Annual Board of Directors Meeting May 22—24

Westin Hotel—Gaslamp Quarter
Please See Page 8 for Schedule

Official WCI Conference Hotel

The Westin Gaslamp Quarter
(Formerly Westin Horton Plaza)
910 Broadway Circle
San Diego, CA 92101
Tel:
Fax:
Email:
Web: westin.com/hortonplaza

WCI CONFERENCE HIGHLIGTS. . .

Keynote Speaker

Ambassador

Jeffrey Davidow



Ambassador Jeffrey Davidow assumed the presidency of the Institute of the Americas located on the UCSD campus in La Jolla, California on June 1, 2003. Upon completion of 34 years in the U.S. State Department, he retired as America's highest ranking diplomat, one of only three people to hold the personal rank of career Ambassador.

During his foreign service career, Ambassador Davidow focused much of his efforts on improving relations with Latin America. He served in increasingly senior positions in the U.S. embassies in Guatemala, Chile, and Venezuela, and then later returned to Venezuela as ambassador from l993-1996. From 1996 to 1998, he was the State Department's chief policy maker for the hemisphere, serving in the position of Assistant Secretary of State. He then served as ambassador to Mexico from 1998 to 2002. Initially appointed to that position by President Clinton, he was asked to remain in his post for an additional 18 months by President Bush.

Early in his Foreign Service career, he served as a congressional staff aide in a program organized by the American Political Science Association. In that capacity, he organized in 1979 the first congressional hearings on the possibility of establishing a free trade area for North America. On another occasion, he spent an academic year at Harvard University's Center for International Affairs where he wrote a book, later published by Harvard, on negotiation. After leaving Mexico in September 2002, he returned to Harvard to become a Visiting Fellow at the John F. Kennedy School of Government and the David Rockefeller center for Latin American Studies. During the 2002-03 academic year, he worked extensively with undergraduate and graduate students and wrote a book on U.S.-Mexican relations.

Ambassador Davidow graduated from the University of Massachusetts (BA, l965) and the University of Minnesota (MA l967). He also did postgraduate work in India (l968) on a Fulbright travel grant. He holds an honorary doctor of laws from the University of Massachusetts (2002).

He has been married since 1969 to the former Joan Labuzoski. The couple has two daughters.

Books by Jeffrey Davidow

The U.S. and Mexico: The Bear and the Porcupine
Jeffrey Davidow
(*Published by Markus Wiener, 2004)*

Davidow, U.S. ambassador to Mexico from 1998 to 2002, witnessed the end of 71 years of one-party rule by the Institutional Revolutionary Party and the successful election of opposition candidate Vicente Fox to the presidency in 2000. This memoir provides not only fascinating vignettes of the principal actors in Mexico City, but also sharp profiles of leading U.S. politicians and diplomats as they dealt with the issues on the U.S.-Mexican agenda.

Among Davidow's many notable contributions in this book is an outstanding brief analysis of migration -- the role of Mexican immigrants in the United States, the reasons why this population increased so dramatically during the 1990s. He also gives an insightful account of the circumstances that led to Fox's victory (and the reasons why Mexicans' high hopes have not been fulfilled) and provides fascinating insider detail on the failed attempt by Fox to bring about a comprehensive migration agreement with the United States -- which, Davidow writes, had much less to do with September 11 than previously thought. This vivid account of a vital international relationship, by an ambassador so recently returned from his post, must be unique in its candor. Predictably, it is already being widely discussed in Mexico, where it appeared in Spanish translation, and it deserves an equally wide reading in the United States.

A Peace in Southern Africa: The Lancaster House Conference in Rhodesia, 1979
Jeffrey Davidow
(published by Westview Press, 1984)

In this definitive account of the negotiations leading to the end of the Rhodesian civil war, the first U.S. envoy to Rhodesia after our withdrawal in 1970 explains in colorful detail how Lord Carrington pulled it off. In Davidow's view, the consistent British control over the agenda and pace of the talks-as well as a clearly available fallback position in a settlement acceptable to Muzorewa even if rejected by the Patriotic Front-made a daunting task possible and then plausible. After years of dithering, the British resolved their last African colonial tangle with skill and style.

WCI CONFERENCE HIGHLIGTS. . .

Cultural Excursions & Tours



MEET YOUR PRIVATE TOUR GUIDE - JUTTA BIGGINS, once San Diego's finest tour guide (now retired). Jutta and her group will accompany you to discover San Diego and the surrounding areas.

SAN DIEGO — THEN AND NOW
Founded by European explorers in 1542, San Diego has a beauty unlike that of any other major city in the United States. Known to its populace as "America's Finest City," it has a mild, inviting climate and stunning coastal scenery.

VISIT TO BALBOA PARK
Sunday, May 25
Founded in 1868, it was the second citywide park in the United States (Central Park in New York was founded in 1865). It is one of the most beautiful, diversified and culturally enriching urban parks in North America.

Buildings in Balboa Park – Most of the structures in Balboa Park were designed and built to commemorate the opening of the Panama Canal at the 1915 Exposition. They are Moorish in design and the entrance across the 50-year-old Cabrillo Bridge is modeled after the entrance to the ancient city of Toledo in Spain. The California Tower, a San Diego landmark, owes its origin to the praying towers of the Arab world, and its ornamentation to the art of the Moors and the Spanish Renaissance.

Balboa Park - Houses an extensive collection of archeological and anthropological exhibits, which focus on Southwestern Mexican and South American cultures. The park has many amusing places, such as "Casa Del Prado," Timken Art Gallery, the House of Pacific Relations, a 15-cottage complex, each representing a country bordering the Pacific Ocean, with interior furnishings in the style of the home country. The House of Pacific Relations International Cottages promote multicultural goodwill through education and cultural programs.

CITY TOUR
Tuesday, May 28
Your tour will include a visit to Old Town, Seaport Village, La Jolla and surrounding areas. A beautiful hard cover book about San Diego will be given out by your tour guide – Jutta Biggins.

For "dinner on your own" you may ask your private tour agent, Jutta, to make reservations for the food of your choice (Brazilian, Italian, Chinese, California or Suchi Bar.) Jutta's e-mail address is: t.

Please send your inquiries for the 2008 San Diego Conference to ***WIBC_2008SanDiego***

WCI Annual Board of Directors Meeting

(Club Presidents & Liaisons and WCI Executive Committee)

May 22-24

Westin Hotel—Gaslamp Quarter

(formerly: Westin Horton Plaza)

Schedule

Thursday, May 22
Arrivals
Registration at hotel
Cocktail Reception

Friday, May 23
Morning — WCI Orientation
Afternoon—Board Meeting
Dinner at local Resturant

Saturday, May 24
All Day —Board Meeting
Evening—President's Wine Reception with conference delegates & guests

WCI CONFERENCE HIGHLIGTS. . .

Welcome to San Diego, California



Listed as one of the 10 Must Visit destination cities in the world for 2008 by Concierge.com, the travel site owned by publishing powerhouse Condé Nast Publications, San Diego is a relaxed and beautiful bayside city with 65 miles of pristine beaches. The New York Times placed San Diego in its "The 53 Places **to Go** in 2008" world travel guide". In addition: San Diego was named no. 6 worldwide in best beaches on Yahoo Travel's list and has been named as one of the top US cities for fitness and walking. San Diego's ascendency to the latest high profile lists is largely due to the recent influx of hip boutique hotels, night-clubs and an increasingly hot restaurant scene in the Downtown area, all fueled by billions of dollars spent on downtown development. San Diego has also been named in the top 5 list as "Best Downtowns to live".

Ever since Juan Cabrillo sailed into San Diego Bay from Mexico in 1542, the fortunes of this city have been tied to its temperate climate, ocean views and friendly nature. The original inhabitants were the Kumeyaay Indians – called Digueňos by the Spanish. In their creation myth, the Kumeyaay believe the universe at the beginning of time is viewed as a vast, limitless sea. When you look out at the Pacific, it is easy to grasp their point of view.

San Diego International Airport (Lindbergh Field) is situated in the center of town, between Balboa Park and Point Loma, giving visitors the satisfaction of arriving at their hotel fifteen minutes after claiming their baggage.

San Diego has a proud aeronautical history. Charles Lindbergh's *Spirit of St. Louis* was built here. During the Second World War, production of B-24 Liberators helped fuel the prodigious military-industrial boom that enlarged and enriched the city. Inland from La Jolla's coves is the air base Miramar, former site of the Marines' Top Gun flight school, which gave the world fictional pilot Pete "Maverick" Mitchell and San Diego the nickname Fighter-town, U.S.A.

Today, the city has a new flying attraction. She wears a skintight black catsuit and zips around on a harness suspended by steel cables. She is called the Wine Angel. She works at a restaurant called Osetra, in the city's refurbished Gaslamp Quarter. Her job: to retrieve bottles from the "wine tower," a three-story frosted-glass refrigerator at the center of Osetra.



The **Gaslamp Quarter** was once the Stingaree red-light district, home to Chinese opium dens, some 120 whorehouses, and the lawman Wyatt Earp. More than a century later, it is filled with jolly bars and restaurants like Osetra. Ever since Alonzo Horton first built a wharf at the foot of Fifth Avenue, the Gaslamp Quarter of Dan Diego has been popular. Although, most visitors become engrossed in the boutique shopping and restaurants, take the time to **LOOK UP** – you will be in for a surprising treat. The Gaslamp Quarter is one of the largest and most architecturally significant historic districts in the country, encompassing 16 ½ city blocks of over 90 buildings listed on the National Register of Historic Buildings. Many of the buildings are more than 100 years old, displaying fine examples of Victorian commercial buildings side-by-side with Classical Revival, Spanish Renaissance Revival, Modern, Oriental, Spanish, Baroque and Italian Baroque Revival, to name just a few of the eclectic architectural styles to be enjoyed in the district. The buildings have beautiful details, like stained glass windows, corbels, moldings, carvings, casements, columns, railings, etc. and are painted with vibrant colors. Many were designed by renowned San Diego architects, such as the Reid Brothers (architects of the famous Hotel del Coronado), Irving Gill and William Templeton Johnson.

San Diego was once America's tuna fishing capital but tuna peaked and faded after the 1950's. Many of the fishermen were of Italian origin and Little Italy, located around India Street, was their home. Although modern condo buildings encroach on the low Italian grocery stores and restaurants around India Street, there is still some of the old-time feel, with men playing boccie-ball in Amici Park and the nearby monument to the glories of marinara sauce – a statue of a table with a red-checked tablecloth topped by a plate of steel ravioli.

Balboa Park, home to 15 museums, gardens, restaurants and the San Diego Zoo, is the largest urban cultural park in the nation. Museums range from art to science to air & space, natural history to anthropology. The Old Globe Theatre hosts the performing arts and concerts on its' magnificent Spreckels Organ. San Diego Zoo is home to over 4,000 rare and endangered animals, representing more than 800 species and subspecies. The Spanish Village Art center houses 35 art studios, re-creating the feeling of a town square in Spain. More than 50 artists and craftspeople work on site in a wide variety of media, including painting, sculpture, photography, jewelry, woodcarving, glass blowing, and pottery.

The Old Town Trolley allows you to "hop on and off" at your leisure. Some of the more popular places serviced by the Trolley are Old Town State Park, Seaport Village, Horton Plaza, Coronado Island, Hotel Del Coronado, San Diego Zoo, Gaslamp Quarter, San Diego Museum of Art, Natural History Museum, Aerospace Museum, Lindbergh Field, Naval Station San Diego, Balboa Park, El Prado, Heritage Park, Star of India, Whaley House, and many more

News From Our Clubs —

Historic Colmar, France is the setting for ZIWA's Magical Christmas Market trip 13 December 2007



An early start on one of the coldest days of the year did not deter the 17 ZIWA members who signed up and turned up for December's Art and Culture group visit to the historic French town of Colmar. Clutching our return train tickets, seat reservations and passports, we embarked on the 2 hour train journey via Basel to this lovely town in the neighbouring French region of Alsace. After a very welcome cup of coffee and a delicious pain au chocolat, we met our guide for the morning outside the tourist office, and stopped beside the Unterlinden museum to learn something of the history of this ancient town in an area fought over by the French and Germans until after the Second World War, when it finally became French again. We noted the sculpture of local artist and engraver Martin Schongauer, who painted the famous work, The Virgin of the Rose Bower, in the nearby Dominican church.

We learned that the city of Colmar is the 'cradle of wine' because of its location on a flood plain served by canal and river, and we admired the many half-timbered houses dating back to the sixteenth century, as well as the renowned Maison des Têtes with its grimacing heads. The tradition of decorating fir trees at Christmas is said to have begun here, and indeed we saw many around the town square which had been sprayed a wintery white. We passed a delicious-smelling bakery and noted the shop selling 150 different types of sausage in the Rue des Boulangers for later attention. We passed St. Martin's Church before pausing outside the Dominican Church with its fourteenth century stained glass windows, which we would later enter to see the charming artwork. The guide mentioned that St. Martin's Day, on 11 November, marks the start of various Advent traditions such as eating bretzels, moving house, cutting branches for decorations on St. Barbara's Day, and the celebration of Saint Nicholas on 6 December. This feast was later moved by the Protestants from 6 to 25 December, but the Protestant and Catholic faiths cohabit equally in Colmar, as embodied in the pink church of St. Matthieu with its two steeples.



Our guide pointed out the venues of the four Christmas markets taking place in Colmar, including the largest in the Place des Dominicains, the Children's Market, the Antiquities Market inside the ancient Koifhus or Customs House with its decorative tiled roof, and the Food Market selling local cheeses, fois gras and wines. We returned to the main square for a typical Alsatian lunch of tarte flambée and Riesling wine, before embarking on an afternoon shopping trip around the entrancing little shops and market stalls. We met up again at 4pm to begin our return journey to Zürich, with everyone excitedly discussing what they had seen and purchased. Thanks to Anne and Francesca for coordinating another worthwhile and pleasant trip.

Julia Newton
ZIWA

Intercultural Dialogue

In a world which is constantly shrinking due to globalisation, and a European Union which growing through the process of enlargement, intercultural dialogue is a subject that is increasingly touching the lives of European citizens on a daily basis. Recognising this, the European Commission declared 2008 the European Year of Intercultural Dialogue to the European Union's strategic priorities.

To mark the opening of the European Year of Intercultural Dialogue in Zurich, Mayor Elmar Ledergerber and Kantonsrat Markus Notter hosted an evening in the Stadthaus (City Hall) on February 21st organized by the Zurcher-Lehrhaus. Micheline Calmy-Rey, the Swiss Foreign Minister, was the keynote speaker, confirming Switzerland's role in supporting these strategic priorities and confirming the work of the Zurcher-Lehrhaus.

I had an opportunity to chat with Mme Calmy-Rey during the Apéro and explain ZIWA's activities to her. She was most interested in the work of the Club, expressing her very best wishes for our efforts in the direction of intercultural understanding.



Micheline Calmy-Rey, the Swiss Foreign Minister with ZIWA's WCI Liaison Ursel Kruse.

Ursel Kruse
ZIWA

News From Our Clubs —

Languedoc-Roussillon Women's International Club
Celebrates their 10th Anniversary!

"The Position of Women in Europe"



During the salon of the 6th of March, celebrating Languedoc-Roussillon's 10th Anniversary, Mrs. Eryl McNally gave a presentation on the position of **Women in Europe**. A French teacher by profession, Mrs. McNally has been a member of the European Parliament (EP) for 10 years. She now lives in France and hopes to be elected on the council of her 'hometown' this coming March. During her membership of the European parliament she was a deputy on subjects such as Industry, Research, Energy and Women's-rights.

Before she told us about her experiences in the EP, she summarised the history of the struggle for women's-rights. Long before the Suffragettes (around 1900) there have been several small groups and individual women advocating the right to vote, equal payment, equal justice (!) and access to (higher) education. The United Nations proclaimed 1957 the first Year of Women and since then Women's-rights have become a mainstream issue. Now, 50 years later, 33% of the deputies in the EP are women. In the local administrations in England this percentage is even higher. In national parliaments that percentage is still an exception. After 2004 things appeared to be accelerating. Today, Rwanda 'leads' with more than 40% of women in Parliament! The differences between nations are large. The Scandinavian countries are leading in matters such as childcare when the mother is at work. During pregnancy and after delivery for a prolonged period of time, they have paid leave. Jobs are still available when women re-enter after these prolonged periods and the fathers are also taking their part, not only financially but also in sharing tasks in the household and the upbringing of the children. Machismo behaviour is a major problem where these tasks are concerned, especially in strongly male orientated societies such as in Eastern and Southern Europe. Even in Norway, the State owned Energy Company prefers paying a big fine instead of opening their board of directors to women. It is a wide spread problem: getting women up to the level of decision making. The famous 'glass ceiling'.



Women are still suffering under gender discrimination. Being co-operative, tolerant and compassionate is marked as typical female behaviour. Bridge builders are looked down upon in a world where you have to score instantly.

The EP Gender Equality Committee (employment, social affairs and equal opportunities) furthers gender equality specifically in community politics and community activities. At the moment the EP can only make recommendations, and it is up to the national governments to implement these. A negative side effect of women making a career is the postponement of the first pregnancy. Statistics show that this causes a greater risk for the health of both mother and child.

After her presentation Mrs. McNally answered questions.

The meeting concluded with a WIC birthday cake and delicious fingerfood made by some of our members. It looked good and tasted even better!

Heide Mulder and Francoise Vernières

Beautiful new Logo unveiled at 10th Anniversary Party

Languedoc-Roussillon WIC visits Jaipur Foot Charity

The walking group had a collection at Christmas and Margaret asked if, as we were travelling in India, we could think of an appropriate charity to which we could donate the money. As we are a walking group I immediately thought of the Jaipur Foot Charity. We were stopping at Jaipur anyway and so it seemed a great opportunity to visit the centre and donate the 200 Euros (12000 Rupees) we had collected.

Briefly, the Jaipur Foot was developed in 1979 as a very efficient and cheap way of giving amputees the chance to regain their lives and dignity. But it languished in a small clinic in Jaipur until Mr Mehta helped develop and promote it. Now workshops exist all over the world, especially in countries beset by landmines (It takes $5 to buy a landmine and $35 to replace the limb it removes). It is entirely free to beneficiaries.

The clinic was full to bursting and no one was turned away. In spite of being so busy they showed us round the workshops and introduced us to patients having fittings. Two abiding memories are of Antony aged about 9 years old who was waiting for a new limb to catch up with his growth - he unbuckled the old, buckled on the new and ran past us at lightning speed! The other is of Rani who showed us that her new leg had not only given her back her dignity in that she could carry out all her household chores but her new foot (which is amazingly lifelike) sported her ankle bracelet and toe-rings!!.

With it's combination of High-Tech materials and low production costs, it costs just 24 Euros to produce one limb which immediately gives people back their mobility - running, riding a bicycle, climbing trees and returning to work. So, walking group, you've given about nine people back their mobility - big hooray!

For further information please go to www.jaipurfoot.org.

Marion Meakin

News From Our Clubs —

Welcome to Wessex takes up a new challenge



For some time now it has become apparent that our members want more from the club than attending talks on cultural differences, theatre outings and garden parties. All are only too aware of the plight of their sisters across continents and feel the need to be more pro active in helping to alleviate suffering as well as reaching out across cultures.

An opportunity to be more active came when we heard of two Community Schools in our area using music as the international language with which to cross the barriers between young people in three South African Township Schools and their own students.

Combining Jazz from one school and Steel Band from the other, a new musical genre has been created, PanJazz. So successful have the two schools been that they have been invited to play at the famous Cape Town International Jazz Festival.

They so impressed the South African High Commissioner, Ms Lindiwe Mabuzo when she came down to Hampshire to hear the group that she invited them to play at South Africa House in Trafalgar Square. Once again, they wowed the audience so much that they have been invited again after their visit to Cape Town to play for the members of the Diplomatic Corps.

However, the schools visit also includes working with the young people in South Africa knowing that by sharing their love of music they will be able to communicate and themselves learn about how the children in the Townships survive.

While these schools are in the southern area of Wessex, the Arts Council in Salisbury are also bringing over a choir from the Cape Town area and members of Welcome To Wessex are using their skills and contacts to help organize a combined concert of talents to support these young people.

In supporting the PanJazz Project we feel that the aims and objectives of WCI are being taken forward to our young people and, as Ms Lindiwe Mabuzo, the South African High Commissioner said when she heard their music, these young people are the ones who will spread understanding and peace in our future.

Jocelyn Jones
Welcome to Wessex

IWCNE Celebrates a Banner Year

The year 2007 was a banner year for the International Women's Club of New England, both in celebration of friendship and money raised for our chosen charities.

On September 6, 2007 we enjoyed our Anniversary Jubilee, marking the 15th year of IWCNE. Our founder, Anna Kristina Sawtelle, was chairman of the event, and it was a wonderful evening. We joined for cocktails and dinner at the Reading Room in York Harbor. Special guest speakers were Ambassador Marilyn McAfee and Barbara Propes, President of World Affairs Council of America. A medley of songs celebrating our history was written by member Ellen Farber and performed by "The Seacoast Ladies Who Can't Say No", all members of our club.

On January 26, 2008, we presented checks to deserving charity organizations. This was money earned through our various fund raisers in 2007. South Maine Parent Awareness received a gift of $7000. Immigrant Legal Advocacy Project and Arts in Reach each received $3500. We give money each year to groups serving the needs of women and children, and we have now given over $150,000 to a variety of organizations in our 15 year history. We are already busy planning fund raising events for 2008.

International Women's Club of New England will celebrate International Women's Day on March 8th with an International Film Festival, which we are co-sponsoring with Wells-Ogunquit Community Education. The day will close with a tea hosted by IWCNE.

Charline Ludgate
President, IWCNE

FIWAL Conference

May 14, 2008

Royal Thames Yacht Club
Knightsbridge
9:30am—3.00 pm

The Plight of Young People Across Cultures

Examines the problems we all share in caring for our children and a look at how we can help.

Honored Guest
Her Royal Highness Princess Anne

Speakers from organizations involved with the care and development of young people of different cultures.

For reservations, contact Ruth Whitehouse

(

News From Our Clubs —

Welcome to London NEWS

Welcome to London has had a very interesting year. This is not surprising as our Capital city is dynamic and has activities for all walks of life. The members of Welcome to London are determined to enjoy this privileged position and support a strong role for women in that process.

Shanghai, the Pearl of the East, was our main destination for the Annual WCI Board of Directors meeting from where we brought back a really strong feeling of friendship and greater cultural understanding with the Chinese and international communities.

Travel is always popular with our members. We have at least one trip abroad every year. This year a visit for Christmas shopping to Bruges, Belgium started at the new Kings Cross station which has the longest champagne bar in Europe and where the Eurostar was awaiting to take us through the Channel Tunnel to Bruges in order to explore the medieval city and cobbled streets. We explored the special market with its colourful stalls, decorations, toys, cakes and famous chocolates. A really enjoyable two day trip. Syria, Morocco and the Italian Amalfi coast are on the books for future trips.



On the platform waiting for Eurostar.

We cover arts and crafts—

—The great Lalique store in the famous Bond Street opened its doors for us and invited us to see its superb glass craft along with its generous hospitality.

—A visit to the historical Goldsmith Hall, the home of gold and silver and the internationally respected "Hall Marks" on those precious metals, in their beautiful building, built in the 18th century and so lavishly decorated that it was used as the set for many scenes in the film "The Queen" as a substitute for Buckingham Palace.

—A visit to the prestigious Ismailia Centre where we learnt about the wonderful exhibition of Islamic Art masterpieces gathered from all over the world, many never seen in London before.

Museums and Music—

—The life and charities of Princess Diana exhibited at Kensington Palace was attended and admired by many of our members.

—We attended a tour of the Opera House in Covent Garden and the BBC television centre where we had first-hand insight of the working of these great institutions.

—A concert visit to the Royal Albert Hall was a great success. We enjoyed a Classical Spectacular evening there which included old favourites such as Rule Britannia, Jerusalem, Nesun Dorma, Land of Hope and Glory, and ended with a firing of cannons, muskets and indoor fireworks to the tune of the 1812 Overture.


Lunch at the RAC club near Epsom, before going to see the horse racing.

—The British Museum gave us a unique exhibition of the largest Chinese Terracotta warriors displayed outside China and provided an insight into China's First Emperor Quin Shi-huangdi and his legacy.

Dinner party at the reception for the Irish Republic.



We frequently meet just to get to know each other better for morning coffee or sampling Lebanese, Indian and Iranian cuisines. A special Christmas afternoon tea at the prestigious Royal Automobile Club, Pall Mall is always a favourite with the members where the beautiful lounge and delicious sandwiches, cakes and other goodies keep the chatter going and bring us closer to each other.

Welcome to London International Club

WL

Welcome to London Celebrates 25 Years

Welcome to London

Celebrates it's

25th Anniversary

On 22 April 2008

Congratulations and wishing you another wonderful 25 years.

News From Our Clubs —

International Women's Club of Porto Alegre initiates two new projects

"Madrinhas" (Godmothers)

Last year we implemented the Christmas project of Godmothers for the children in our after-study group of First Grade to the Eighth Grade. We made a thank you letter to the "Madrinhas" — Godmothers— and put in as many photos as possible, but not all the Godmothers were able to attend the party, as many of them had to travel.

Suzy Lee

Associação Beneficente Internacional
Women's Club Porto Alegre

Second Income

We also started a project of "second income" for the mothers in the slum. We gave them the theory part on nutrition (good and bad food), balanced diet and recipes of using skins and leaves of all the vegetables and fruits. This year we are trying to get a partner to let us use the kitchen to teach these mothers to make special cocktail finger food, bread and sweets that they can sell to earn a second income for their families.

Suzy Lee



The Happy faces of the Madrinhas and their "Godchildren"



















News From Our Clubs —

Association Accueil Madagascar

Discovering Madagascar



Believe it or not:
Sometimes dreams become true!

This year in September/October, I travelled with my husband and friends to Madagascar. Because of this I was asked during the WCI Executive Committee Meeting held early September in Hamburg to try to get in touch with the local Madagascar club, the AAM (Association Accueil Madagascar), which has been WCI member for years, but with which WCI has been unable to make direct contact. As a happy coincidence, my husband met shortly before our departure to Madagascar a senior German expert who is working at present as a consultant to the Malagasy Government in infrastructure projects, especially renewable energy sources.



This gentleman helped me to get in touch with the AAM and an appointment was made between me and its board, represented by Eliane (president) and Jocelyne (vice president). I was very exited, also because I was asked to give a little speech in French. Our meeting was held in Antananarivo, called Tana, the capital of Madagascar. Eliane and Jocelyne were accompanied by Lucie, Helene, Henriette, Lalao and Voahangy. What a surprise, to meet so many members of AAM!!!

In a very friendly and open atmosphere, we talked about our different countries and of course also about our clubs with their various activities and about the WCI. I handed out to Eliane the "WCI World Wide Link" and its directory. In exchange, they gave me their leaflet about the AAM and the publication on the occasion of its twentieth anniversary in 2005. They celebrated this event in June 2005 at the Hotel Hilton in Antananarivo.

AAM is a welcome club with 40 members in the capital Antananarivo. Most members are Malagasy, but some are from 5 other countries, mostly related to embassies in the capital.

In the past, the AAM has engaged itself, for example, in organizing conferences, exhibitions (promoting artists), cultural exchanges with embasies and international organisations, organizing art and language classes, historical excursions in Madagascar, social projects (e.g.supporting an orphanage). AAM members meet regularly once a month. Generally, there is one additional activity being offered monthly.

At the end of my trip, I met members of the AAM again, this time with their partners who expressed their interest in the work of the AAM and of the WCI. I was invited to a delicious typical Malagasy meal with them.

After that, it was time to say good bye to Madagascar and the friendly Malagasy. We promised to meet again, perhaps during one of the next WCI-conferences.

Elizabeth Baars
WCI Liaison
IWC Hamburg



A "Cup of Friendship"

WCI Clubs celebrate International Women's Day



Berkshires International Club

As a result of an initiative started by Jenni Dougan of Welcome to Wessex, many WCI member clubs held a 'joint' tea party in celebration of International Women's Day, March 8, 2008. The March 8 date was proposed by Sonja Blandy, also of Welcome to Wessex. Thus, a new WCI 'tradition' was launched. Not all of our member clubs were able to participate in our first "Cup of Friendship" tea due to prior scheduling commitments for 2008, but hopefully more of our clubs will join in this global event in 2009. Clubs participating in our first "Cup of Friendship" are: Welcome to Wessex; Welcome to London; ALC-Switzerland; Welcome to Taipei; IWC Porto Alegre, Brazil; Berkshires International Club and IWCNE in Massachusetts; WTBI, Tampa Bay, Florida; WIBC, California and Welcome to Washington.

Berkshire International Club

Our WCI Friendship Tea in the Berkshire mountains of Massachusetts took place on a snowy, icy day with twenty women joining us from as far as an hour's challenging drive away. Once people arrived at the cozy inn in Lenox, there was both the warmth of friendship, a blazing fire and candles lit on every table in the coral painted walls of the dining room to welcome them. We celebrated with a traditional English tea menu and one member lifted her cup in honor of our mothers as well as our friends. We all enjoyed a very special time together!

...the tea is a wonderful idea and I hope we will celebrate in this way in another year or perhaps two.

Karen Carhart
Berkshire International Club

Welcome to Wessex

Members of Welcome To Wessex enjoyed a taster session of a 'Swish' party new to us. This consists of a hostess providing a cup of tea and kindness for an entrance charge. The guests are invited to bring good clothes which no longer fit their wardrobes which are then exchanged for free. It was extraordinary that, in spite of the variety of shapes, sizes and tastes, almost all the clothes found a new home. Part of the fun was seeing the new owners modelling their exchanges over a glass of wine.

Jenni Dougan
Wecome to Wessex

Welcome to Tampa Bay International Club

Just to let you know we will be celebrating International Women's Day and drinking a cup of tea at 10 a.m. (our time) tomorrow, March 8 in honor of all of you and to celebrate our spirit of global friendship and understanding! We are having our Annual International Bazaar at patio and yard. We will have information about our clubs and our mission for anyone who is interested! If it rains we will move the sale to Sunday, March 9 since it is outdoors but the wishes are the same!

Cheers!!!
Linda Dobbs

Join your WCI sister clubs in 2009 celebrating

International Women's Day, March 8, 2009 in a

"Cup of Friendship"

Mark the date on your club calendars now!



ALC — Switzerland



Caroline Su, Honorary Member and Suzanne Guy

Welcome to Washington

Welcome to Washington International Club members raised our tea cups on March 7, 2008 in a toast to celebrate friendship!

Honorary Member, Caroline Su, wife of the Representative of Taipei, Economic and Cultural Office of Taiwan, graciously hosted our tea at Twin Oaks, a 26-room Georgian Revival style mansion in Washington, DC. One hundred members and guests enjoyed the good fellowship, Chinese food, and the plum blossoms in the centerpieces cut from the trees in the garden.

This event was also an opportunity to introduce prospective members to Welcome to Washington. Eight new international members joined at the tea and we have applications from 10 US citizens - with more in process.

WCI President Lise McCartney gave a brief overview of WCI and invited our members to the conference in San Diego.

We had so much fun that we plan to do it again next year.

Celebrating Friendship and Understanding,

Suzanne Guy
President
Welcome to Washington International Club

IWCNE—New England

International Women's Day was celebrated by more than 40 women watching films on a rainy Saturday in Wells, Maine. The importance of the event was that it was a collaborative effort of women for women.

Some months ago, Welcome Clubs International encouraged its member clubs world wide to hold welcoming teas to celebrate International Women's Day. More importantly we were also celebrating ourselves, our friendships and the work that we do throughout the year.

Kristine Slater, our WCI Liaison suggested a tea. Lucille Gentsch, currently Fund Raising Chair admitted she'd been trying for years to get us to do something for International Women's Day and had been quietly talking to Cheryl Mills, the head of Wells Ogunquit Adult Community Education to co-sponsor an event. The rest is history!

International Women's Day was celebrated on a rainy Saturday at Wells High School on March 8, 2008 co-sponsored by the Wells—Ogunquit Adult Community Education and the International Women's Club of New England. In keeping with our goal of understanding cultures other than our own, two films were shown in the Wells High School auditorium: Yesterday and The Syrian Bride.

Kristine Slater welcomed everyone and gave the nonmember women in the audience a snapshot description of the IWCNE and our goals.

Lunch was served in the cafeteria after the first film and Cheryl Mills facilitated a lively discussion of the morning film.

Lucille Gentsch led the discussion of the second film and tea – **"A Cup of Friendship"**-- was served by some of the IWCNE members. Copies of our newsletters and our new membership brochures were made available to the 20+ women from the Seacoast area that joined the IWCNE members for the program.

International Women's Club of New England



Welcome to London Tea held at the Bently Kempinski Hotel

The Bookshelf

Recommended as worth reading by WCI Club book groups and members

Three Cups of Tea
Authors: Greg Mortensen and David Oliver Relin
Publishers: Penguin Group
Published: 2007
Comment; One man's mission to promote peace one school at a time which takes place in Afghanistan and Pakistan.

Welcome to Colorado Book Group

"How to Add 20 Good Years to your Life"
Authors: Richard J. Flanigan MD and Kate Flanigan Sawyer MC, MPH
Publisher: William Clark Publishing, LLC
Published: 2007
A straight forward easy reading book that provides simple yet effective ways to a better and longer life.
Everyone should read it!!

Julia Banks
Welcome to Colorado

The Infidel
Author: Ayaan Hirsi Ali
Published: 2007
Publisher: Free Press (Simon & Schuster)
Memoir of a young woman born in Somalia with a traditional Muslim upbringing in Saudi Arabia and Kenya and her intellectual awakening when she goes to live in the Netherlands.

Exile
Author: Richard North Patterson
Published: 2007
Publisher: Henry Holt (Pan Books)
Fictional story about an American trial lawyer defending his ex-lover who is a suspected Arab terrorist

.Shirley Claff
IWC-Israel

Patriot's Reward
Author: Stephen B. Clarkson
Published 2007
Publisher: Peter E. Randall
A mixture of fact and fiction. While researching his family background, author Stephen Clarkson was surprised to discover that his first ancestor in American had owned a slave. His story opens with the purchase of an African teenager from Senegal by James Clarkson, a Portsmouth tanner. The young man is renamed Will. In this book an educated Northern slave fights for freedom in the American Revolution. Will Clarkson fights with distinction in the American Revolution with the New Hampshire militia and the Continental Army and subsequently petitions the New Hampshire Legislature for his freedom.

The Summer of 1787: The Men Who Invented the Constitution.
Author: David O. Stewart
Published: 2007
Publisher: Simon and Schuster, Inc.
The author, a constitutional attorney, traces the struggles within the Philadelphia Convention as the delegates hammered out the charter for the world's first constitutional democracy. George Washington presided, James Madison kept the notes, Benjamin Franklin offered wisdom and humor at crucial times. It was a desparate balancing act. Revolutionary principles required that the people have power, but could the people be trusted? Would a stronger central government leave room for the states? Would the small states accept a Congress in which seats were allotted according to population rather than to each sovereign state? And what of slavery?

Welcome to Washington
Bookworms & Travelbugs

Water for Elephants
Author: Sara Gruen
Published: 2006
Publisher: Algonquin Books of Chapel Hill
Fiction. Jacob Jankowski is pushing 90 and wallowing in a nursing home. As he lies in his bed, drifting in and out of sleep and dreams, the compelling story of his experiences as a young man unfolds. The year is 1932. Jacob is 23 and just shy of getting his degree in veterinary medicine from Cornell when he learns that his parents have been killed in a horrific accident. With nothing to lose, Jacob jumps a train and finds himself traveling with the Benzini Bothers Most Spectacular Show on Earth. Starting at the bottom rung of the strict caste system within the ranks of the Circus employes, Jacob's veterinary knowledge quickly gains him a place near the top of the hierarchy, among the company of the hot-headed ringmaster August and his beautiful wife Marlena---the all-purpose female star of the show.

Luncheon of the Boating Party
Author, Susan Vreeland
Published: 2008
Publisher: Penguin Group
Fiction. In this vivid exploration of one of the most beloved Renoir paintings in the world, Susan Vreeland, as she did in Girl in Hyacinth Blue, once again focuses on a single painting -- Auguste Renoir's instantly recognizable masterpiece, which depicts a gathering of Renoir's real friends on a cafe terrace along the Seine. Narrated by Renoir and seven of the models, the novel illuminates the gusto, hedonism and art of the era. With a gorgeous palette of vibrant, captivating characters, Vreeland vividly paints their lives, loves, losses and triumphs.



Catherine Harris
Welcome to Washington

Book Group
Welcome to Tampa Bay International

by Linda Dobbs, Liaison

Our Book Group has focused on both local Florida authors as well as international authors, with the purpose of enriching our understanding of each other's cultures. Often the books tie in with our monthly program on a specific country or have touched the life of one of our members. Subsequently, we have quite a collection of autographed books!

One of the highlights of our readings was to have British author, Barbie Probert-Wright, attend our potluck dinner, sign books and talk about her life. Her book, **"Little Girl Lost"** (Arrow Books, 2006) was the true story of her remarkable journey and survival in 1945, war-torn Germany. Her book won a British competition for true-life stories (Richard & Judy's TRUE) and was made into a mini documentary.

Another of our selections featured local author, Linda Beekman, who wrote about her personal mission to war-torn Bosnia in a book entitled, **"War Cake"**. She joined our book discussion and subsequently joined our club.

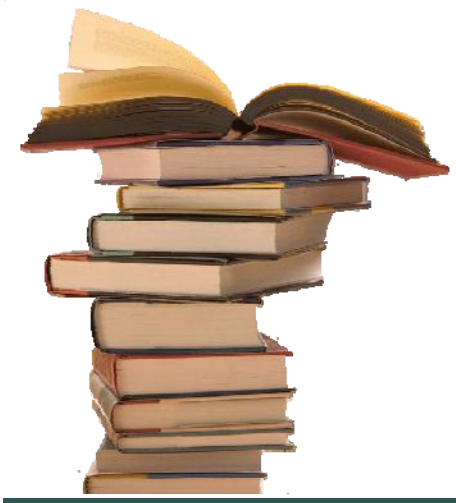
Maxene Obenschain Kleier, local author of an autobiography entitled, **"Possessed Mentalities"** (iUniverse, Inc., 2005) was another of

our honored guests. We also read **"Saffron Sky, A Life Between Iran and America"** (Beacon Press, 1999) written by local author, Gelareh Asayesh, a native of Iran. She is a journalist writing for *The Boston Globe*, *The Miami Herald*, *The Baltimore Sun* and *The Washington Post*, and wrote this memoir about the pain and confusion of living in two cultures at once. She spoke on her book at a local college and we had the chance to meet her there.

Of course, we have read some best sellers too, such as **"The Kite Runner"** by Khaled Hosseini. We particularly enjoyed the discussion of life in Afghanistan by a woman guest at our meeting, who had lived in Afghanistan and shared her experiences with us.

We read **"The Rebels of Ireland"** (Ballantine Books, 2006) by Edward Rutherfurd in conjunction with our Irish program and **"The Kappillan of Malta"** (William Morrow & Co., Inc., 1974) by Nicholas Monsarrat as a follow-up to our slide presentation on Malta.

For a better understanding of the culture of our own state of Florida, we read the Pulitzer Prize winning novel, **"The Yearling"** (Charles Scribner's Sons, 1938) by Marjorie Kinnen Rawlings. Needless to say, it was a wonderful window into the past and to the original Florida dialect – which was a challenge to everyone, especially if English was not her native tongue! We are planning a day trip to see the author's home, called Cross Creek. It has been preserved much as it was in the late 1930's as is the near-by village of Micanopy. Come and join us if you are in town!



Read a good book lately?

Share it with us!
Contact

Making New Friends

Israel and Washington meet in New Zealand



Nancy Glenn Hansen and Shirley Claff

Some of us sat around the campfire as young girls and sang "*Make new friends but keep the old, one is silver and the other gold*."

Imagine my good fortune in traveling to the other side of the world from Washington, DC to visit New Zealand and being able to meet a new friend and her husand from Israel.

Shirley and Michael Claff treated me to a delightful Kiwi breakfast by the harbor and we were only a few steps from the boat which won the America's Cup race.

Life certainly unfolds in exciting ways and we can all thank our great organization, Welcome Clubs International, for the predictable long lasting friendships and the new budding friendships which are such a fun surprise. Thank you WCI and all those who work to show us how to embrace worldwide friends...

Nancy Glenn Hansen
Welcome to Washington

The friendships that can be created through IWC were really brought home to me last month when I had the pleasure of meeting with Nancy Glenn Hansen (Treasurer or WICI).

I live in Israel land Nancy lives in America and through email correspondence, we realized that both of us would be in New Zealand on holiday at the same time in February. My husband an I met Nancy on a lovely sunny morning in Auckland for breakfast. We discussed not only our IWC involvement, but our respective lives in general, as well as details of families.

Naomi Furman – who held the position of Liaison prior to myself – also made friends through IWC during her tenure and has maintained those friendships to this day. Hopefully Nancy and I shall do the same.

I also hope that when we next travel abroad I shall be able to meet other members and form more of these friendships.

Shirley Claff
IWC, Israel

Fashion Around the World

Qipao or Cheongsam

Qipao/Cheongsam, the classic dress for Chinese women, combines the elaborate elegance of Chinese tradition with unique elements of style. One of the most versatile costumes in the world. it can be long or short, some with full, medium, short or even no sleeves at all - to suit different occasions, weather and individual tastes.

Like Chinese women's temperament, the Qipao/Cheongsam is elegant and gentle. What serves as a worthy testament to the beauty of the Qipao is that it does not require the wearer to “spruce up” the look with accessories such as scarves and belts. Like a wonderful flower in the Chinese colorful fashion scene, another beauty of the Qipao is that it is made of different materials and can be worn either on casual or formal occasions.

At all times, Qipao creates an impression of simple and quiet charm, elegance and attraction. With distinctive Chinese features it enjoys a growing popularity in the international world of high fashion.

The Cheongsam came from the Manchus who grew out of ancient Nuzhen tribes. In the early 17th century, Nurhachi, a great political and military strategist, unified the various Nuzhen tribes and set up the Eight Banners System. Over the years, a collarless, tube-shaped gown was developed, which was worn by both men and women. That is the embryo of the Qipao. The dress is called Qipao in Chinese or translated as "banner gown", for it came from the people who lived under the Banner System.

The Qipao became popular among ladies of the royal family in the Qing Dynasty. At that time, Qipaos were fitted loosely and were so long that they would reach the insteps. Usually, they were made of silk and the whole dress was embroidered, with broad lace trim at the collar, sleeves and edges.

In the 1920s, Qipao became popular throughout China. With the influence of Western dress styles, the Cheongsam underwent a change. The cuffs grew narrower and were usually trimmed with thin lace. The length of the dress was shortened as well..

In the 1930s, wearing a Qipao/Cheongsam became fashionable among women in the whole of China. Various styles existed during this period. Some were short, some were long, with low, high or even no collars at all.

Starting from the 1940s, Cheongsams became closer-fitting and more practical. In summer, women wore sleeveless dresses. Qipaos of this period were seldom adorned with patterns.

The Qipao became standard female attire until the 1960s when, following Western fashion, the tailors raised the hem, even to above the knee, so that the "long" was long no longer. In the West, during the sexual revolution of the 1960s the style was deemed something oppressive, like the Victorian bodice. In Western popular culture, the qipao became synonymous with the 1960 movie character Suzie Wong.

Today, with its variety of styles, the Qipao / Cheongsam shows its charm in many markets. More and more women in China appreciate its beauty. For instance, when wives of China's diplomats attend important social gatherings, the Qipao is their first choice among dresses. In fact, quite a number of influential people have suggested that the Qipao should become the national dress for women in China, showing that the Cheongsam remains a vibrant part of Chinese culture.

Wearing a Qipao nowadays has turned into something of a vogue, both at home and abroad. Due to its elegance and classical looks the Qipao became a source of inspiration for fashion designers. World-renowned brands like CD, Versace, and Ralph Lauren have all cited some Qipao elements in their designs. Many foreign women are eager to get themselves a Qipao should they visit China. Qipao is no longer a garment particular to Chinese women, but is adding to the vocabulary of fashion and beauty for women the world over.

Popular Motifs

Peony

Peony is a very common design for Chinese ladies' clothing. Chinese have love the peony for more than 5000 years and it is the most favored flower in China. The peony was chosen as Chinese National Flower. Peony symbolizes richness and prosperity.

Lotus

Even in Tibet, the Lotus is a sacred flower. It is worshiped by the people of Tibet because it stands for purity and holiness. In China's culture there is a legend about a Lotus Fairy, an outstanding beautiful and charming lady who always gave a helping hand to people. Lotus symbolizes beauty and purity.

Chrysanthemum

The Chrysanthemum symbolizes longevity. .

Fish

In ancient Chinese culture the fish is a symbol for prosperity: The pronunciation of the corresponding Chinese character sounds "Yu" and this means the same as prosperity.

Dragon

The (male) dragon is a frequently used motive on clothes of Chinese Mandarin people. Dragon symbolizes "Supreme Power". But not only the Chinese emperor wore dragon motives. There were certain rules about wearing this motive: A facing out head of the dragon marked the initiation of the tradition for the emperor, while the most favored courtiers wore dragons that faced the onlooker. Other noblemen and officials wore profile dragons.

Phoenix

The (female) phoenix was a frequently used motive on Chinese ladies' clothing within the imperial family. Actually the Empress wore Dragon designs often and the Phoenix was worn by imperial concubines, wives of princes and princesses. Other important ladies like wives of dukes, marquises, earls, and first- and second-rank officials wore tartar pheasants The peacock was the motive for wives of third- and fourth-rank officials. The mandarin duck design was for wives of fifth-rank officials. The paradise flycatcher was used as motive for the wives of sixth- and seventh-rank officials. All these are symbols of beauty and purity.

Other motifs

There are other typical motifs on Chinese dresses, e.g. the Happiness Motif, the Longevity Motif, the Five Blessing Motif, Cherry Blossom, and more.

Legend:

There is a legend that a young fisherwoman lived by the Jingbo Lake. She was not only beautiful, but also clever and skillful. But when fishing, she often felt hindered by her long and loose fitting dress. Then an idea struck her: why not make a more practical dress for work? She got down to sewing and produced a long multi-looped, button gown with slits, which enabled her to tuck in the front piece of her dress, thus making her job much easier. As a fisherwoman, she never dreamed that a fortune would befall on her.

The young emperor who ruled China at that time had a dream one night. In the dream, his dead father told him that a lovely fisherwoman in Qipao by the Jingbo Lake would become his queen. After awakening from his deep sleep, the emperor sent his men to look for her. Sure enough, there she was! So she became the queen, bringing her Cheongsam with her. Manchu women all followed suit and soon the Qipao became popular.



Chinese Traditional Costumes of Past Dynasties

China, known as a "land of dresses", has a long history in the development of its clothing culture. Dresses in different periods reflect, to a certain extent, the situation of the politics, economy, military affairs, religions, and the civil customs of the specific historical stages. In the primitive society, people led a simple life in caves and generally worn nothing. In the Neolithic Age, the ancestors of the Chinese people were able to make tools. They invented bone needles and sewed primitive cloths. About 5,000 years ago, during the Yangshao Cultural period, people lived a stable life and agriculture and textiles came into being. They raised silkworms and began to weave silk clothing which made people's clothing more perfect. After humans entered the class society, clothing became the symbol of people's social status. During the Western Zhou Dynasty (1066-771B.C.) China virtually had a complete clothing system. From the Zhou Dynasty to the elimination of the feudal society in China, emperors, empresses, imperial concubines, princes, princesses, officials, and common people were attired in different ways.



Cheongsam fashion show in Mexico

China is a country consisting of 56 ethnic nationalities, and each of them with its own clothing style and distinct ethnic characteristics, due to the influence of different culture, traditions, and geographical features. On the other hand, they influenced and learned from one another in the way they dressed themselves as people of various ethnic groups lived together or migrated.

Chinese clothing in the past dynasties can be roughly divided into the following categories: clothing of the remote times; that of the Shang and Zhou Dynasties; that of the Qin and Han Dynasties; that of the Wei, Jin, and Northern and Southern Dynasties; that of the Sui, Tang , and the Five Dynasties; that of the Song Dynasty; that of the Liao, Jin, and Yuan Dynasties; that of the Ming Dynasty; that of the Qing Dynasty; and that of modern times.







Health & Nutrition

Put seafood on your plate and heart disease on ice

By Suzanne Schlosberg
Women's Health Magazine
April 2007

If the only fish to cross your lips on a regular basis is the crunchy cheddar kind, it's time to find Nemo — and eat him. Not only is seafood a nutrient-packed source of protein; it's one of the richest sources of omega-3 fatty acids, the super-healthy polyunsaturated fat linked to fewer cases of heart disease, depression, stroke, and possibly even Alzheimer's and nonmelanoma skin cancer. On top of all that, seafood is slim on calories and artery-clogging saturated fat, and it's as easy to prepare as a pack of Ramen noodles.

Despite the finer points of fish, we still don't devour enough of it. Just one in four women eats two 4-ounce servings a week, the absolute minimum the American Heart Association recommends. Why isn't seafood on the menu more often? Aside from its often hefty price tag (which you can beat by buying the good stuff frozen), recent news reports about "toxic seafood" are enough to make tuna sound like a swimming bullet.

But don't believe the scary headlines. Many respected health experts agree that seafood is one of the best things you can put down your gullet. "The benefits of fish are well established, while the risks are overblown," says Dariush Mozaffarian, M.D., assistant professor of medicine and epidemiology at Harvard Medical School and lead author of a 2006 article in the Journal of the American Medical Association (JAMA) that weighed the pros and cons of eating seafood. One positive finding: Adding just 3 to 6 ounces of fish to your diet every week, especially those high in two key omega-3 fatty acids — EPA and DHA — reduces the risk of death from a heart attack by a staggering 36 percent.

According to Dr. Mozaffarian and his crew, omega-3s seep into the cell membranes of heart and blood vessels and help protect them against irregular heartbeats, blood clotting, and other disturbances that can cause heart attacks. The JAMA study concluded that we should all be getting an average of 250 milligrams of omega-3s daily to safeguard our tickers. And since fatty acids from fish are also crucial to an infant's developing brain — including vision, memory, and language comprehension — women considering kids should eat no less than four 3-ounce servings of seafood a week.



On the flip side, many types of seafood do contain mercury — and at very high levels, mercury kills brain cells. We know this from studies of industrial accidents like one in Japan in the '50s, when a petrochemical company discharged heavy-metal waste into the ocean, poisoned the fish supply, and caused pregnant women who ate contaminated fish to bear children with damaged nervous systems. Megadoses of mercury can remain in your bloodstream for over a year. Still, getting mercury poisoning isn't easy — your body removes most of it naturally via the filtering action of your kidneys and other metabolic pathways. In order to rack up a dangerous amount of the toxin, you'd have to consume the most mercury-laden fish several times a month. Which fish are in that same sorry boat? Since large bodies soak up more chemicals than small ones, the victims include king mackerel, sharks, swordfish, tilefish, and whales.

The other dark spot on seafood's shining reputation comes from polychlorinated biphenyls (PCBs). These industrial chemicals were banned 30 years ago but hang around in the environment for decades. While animal studies have linked PCBs to cancer, it's unclear whether they cause the disease in humans. But Dr. Mozaffarian and colleagues hold firm that PCB levels in fish — which are considerably lower than in poultry or beef — are so minuscule that the cardiovascular benefits of seafood surpass the potential cancer risks several hundred times over.

All that said, since brain damage and cancer are at stake here, it's still better to err on the side of caution. Luckily, the simple solution is to score your 250-milligram minimum of omega-3 fats from fish with as few toxins as possible.

Health & Nutrition

The top-rated four

There are plenty of fish in the sea, but finding the best took thorough analysis. We started with a list of the 20 most popular types of seafood in the U.S. (which explains why hairy anchovies are missing). Using the latest FDA data and a serving size of 3 ounces, we calculated the omega-3 (DHA and EPA) content of each fish, plus other nutritional perks like selenium, a mineral that bolsters cancer-fighting antioxidants, and B12 vitamins, which are crucial to nerve health. Then we factored in average levels of toxins like mercury and PCBs. The result: a list that will let you navigate the fish counter like Captain Ahab.

1. Salmon (the wild kind) wins by a waterslide. Most varieties, including coho and sockeye, provide more than three times the 250-mg recommended minimum daily dose of omega-3s. Wild Atlantic salmon is king of the sea with a mighty 1.6 g of the good stuff and a mini mercury count of 0.01 ppm. A serving also gets you 72 percent of your 55-mcg RDA of selenium. Avoid Farmed salmon, which may contain PCBs from polluted water.

2. Rainbow trout (the farmed kind) gets the silver medal for a full gram of omega-3s. Tests on mixed varieties of trout show only 0.07 ppm of mercury, and farmed may contain even less. It also boasts more than twice the 2-mcg RDA for B12 and half the 15-mg RDA for niacin, which lowers bad cholesterol and plays a key role in metabolism.

3. Oysters (from the Pacific) are almost devoid of mercury (0.01 ppm) and pack 1.2 g of omega-3s per 3 oz. Each slippery serving also delivers more than twice the 12-mg RDA of immunity- and libido-boosting zinc. Avoid Wild Eastern and American oysters — they may contain PCBs.

4. Striped bass (if farmed) is not known to contain mercury in any measurable quantity, and packs 0.8 g of omega-3s, more than twice the suggested minimum. Bonus nutrients include about double the RDA of B12 and 72 percent of your daily selenium. Avoid Mercury-laden wild striped bass (0.22 ppm).

Not a fish lover?

Take a supplement made with fish oil or algae, such as Carlson Super DHA capsules (carlsonlabs.com), and pick up some of these non-fishy fortified items to make sure you get the omega-3s you really need.

Eggland's Best Eggs: Crack two of these into a mixing bowl, and suddenly your omelet is about 100 milligrams richer in DHA. (available at supermarkets)

Oh Mama! Bars: They're designed for moms-to-be, but bump-free babes should be eating them too; each delish bar delivers 115 milligrams of DHA. (ohmamabar.com for stores)

Tropicana Healthy Heart with Omega-3 orange juice: If you already drink OJ, this switch is a no-brainer. Each 8-ounce serving contains 50 milligrams of fish-derived omega-3s. (available at supermarkets)

Rachel's Wickedly Delicious Yogurt: Exceptionally creamy yogurt with 32 milligrams of DHA in each 6-ounce serving. We love Rachel's unusual flavors, like pomegranate and plum honey lavender. for stores)

Silk Plus Omega-3 DHA soy milk: Chug this stuff or pour it on your cereal and you'll down 32 milligrams of algae-derived DHA per cup. The taste and texture are exactly like that of regular Silk. (available at supermarkets)



Classified Ads



Vacation Rental

Tobago

"We love this beautiful, unspoiled island so much that we bought this home." Big and airy with vaulted ceilings, it has a large swimming pool and garden with 3 balconies overlooking the tropical forest. 4 bedrooms and bathrooms. Sleeps 8 very comfortably. 5 minute walk to golf course and 10 minutes to the beach. For complete rental details, photos, etc, please visit —

www.ixora-tobago.co.uk.

Advertise in the
Worldwide Link

Looking to rent a vacation home?

Place a classified ad in the
Worldwide Link

Rates for WCI Members

Insertion Charge (set-up)	US$15.00
Cost per line	US$ .10
Include photo or artwork	US$30.00

Non-Members

Insertion Charge (set-up)	US$20.00
Cost per line	US$ .15
Include photo or artwork	US$40.00

Submit to

Women Only...

New Trend in Taxi Services:
owned by women—driven by women—for women

Women Only taxi services are cropping up all over. Safety concerns for women are making these companies a success. In London alone, approximately 10 women are attacked each month after getting into an unlicensed mini-cab. No wonder women feel safer taking a taxi driven by a women.



In **Mumbai, India**, Revathi Roy launched Forsche (named derived from the word Porsche—the German sports car firm—but is spelled with an 'F' and pronounced as 'for-she') on March 8, 2007 (International Women's Day). "As a frequent taxi passenger, I would find it irritating that some drivers would stare at me in the rear-view mirror. Also, I wasn't too comfortable with the lack of cleanliness of regular cabs and even the way the drivers drove," remarks Roy.

Forsche's good-looking vehicles stand out from among the regular yellow-black cabs in the city. But it's not just the cabs that are trendy. The drivers are, too. Dressed in pink or lavender 'kurta' (tunic) and blue trousers, an ink-blue scarf tied Girl Guide fashion around their necks completes the very elegant and posh look.

That is another plus point of Forsche - the drivers are well educated and can speak fluent English, Hindi and Marathi. A few are also conversant in Gujarati.

What are her future plans for Forsche? Having tasted success, Revathi wants to expand her business to Delhi and Bangalore. In fact, she has already set up the Delhi office.

London's first women-only private car hire franchise: Pink Ladies. The company aimed to make rides safer for female passengers and female drivers… drivers are trained in self-defense and will wait outside a customer's home after a drop-off to ensure she gets in safely.

Moscow's Pink Taxi was launched in August 2006 by Olga Fomina and two of her friends. The company's initial fleet consisted of two Daewoo cars and two drivers. Six months later, Pink Taxi has 20 cars and 27 drivers on the road, and is looking to upgrade to Volvo S40s.

In Dubai, taxis for women made their debut in January 2007. The initiative was launched by Dubai's Road and Traffic Authority, which trained 100 female drivers and has a fleet of 50 vehicles. The goal is to provide a secure mode of transport for women and children, and the emirate's sand-coloured taxis with pink roofs will mainly pick up passengers at hospitals and shopping malls…

Last but not least, women-only taxis are slowing gaining official recognition in **Iran**…The motivation is…safety concerns and creating flexible jobs for women….While expected to wear full hijab, female cabbies feel empowered by their job. From the [Financial Times]: "It gives you a feeling of being useful - because it's a 'male' job, you feel power and confidence," says Neda Malekpour.

London's Pink Ladies Taxi Service



A New Look for our *Worldwide Link*

New Cover Design

The cover for this issue is a photo of San Diego, California in honor of our upcoming International Conference.

For future issues, WCI would like to showcase the original work of some of our very talented members.

Photographers
send some of your favorite photographic work.

Artists
a photo of your original painting or sculpture.

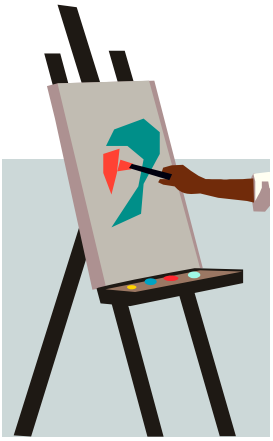
Crafts
a photo of your work, be it weaving, pottery, blown glass, etc.

Graphic Designers
submit a photo of your original design work

Please include artist name and club affiliation, a brief description of the work, short biography and photo of artist.

Questions and submissions should be emailed to:

The *Worldwide Link* reserves the right to crop or resize photos to fit the space available on the cover.



Religion - Part IV

Christianity

Christianity is the fourth article in this series on five major religions. The next issue will complete the series with Part V—Islam. We have presented the material chronologically, starting with the oldest religions. The Link has received some feedback from members questioning the appropriateness of including these articles on religion, citing our non-religious policy. While WCI is non-religious, these articles are directed toward knowledge and understanding of other cultures and religion is one of the basic factors in all cultures. In order to better understand one another, we must also learn and understand each other's beliefs.

In his recently published book "Religious Literacy" (Harper San-Francisco, 2007), Dr. Stephen Prothero states, *"In today's world it is irresponsible to use the word 'educated' to describe high school or college graduates who are ignorant of the ancient stories that continue to motivate the beliefs and behavior of the overwhelming majority of the world's population. In a world as robustly religious as ours, it is foolish to imagine that such graduates are equipped to participate fully in the politics of the nation or the affairs of the world."* Dr. Prothero is Chairman of the Religion Department at Boston University.

Introduction to Christianity

Christianity is the most popular religion in the world with well over two billion followers. Christians are people who believe that Jesus Christ, who lived in the Holy Land 2,000 years ago, is the Son of God, and who follow his teachings and those of the Christian churches that grew up after his death.



Las Lajas Cathedral, Columbia
Catholic

The bare essentials of Christianity

2,000 years old
Began in the Middle East
Founded by the followers of Jesus Christ
Christians believe that Jesus Christ was the Son of God and that:
God sent his Son to earth to save humanity from the consequences of its sins
Jesus was fully human, and experienced this world in the same way as other human beings of his time
Jesus was tortured and gave his life on the Cross (at the Crucifixion)
Jesus rose from the dead on the third day after his Crucifixion (the Resurrection)
Christians believe that Jesus was the Messiah promised in the Old Testament
Christians believe that there is only one God, but that this one God consists of 3 "persons"
God the Father
God the Son
The Holy Spirit
Christians worship in Churches; their spiritual leaders are called priests or ministers
The Christian holy book is the Bible, consisting of the Old and New Testaments
Christian festivals such as Easter and Christmas are major milestones in the Western secular calendar

Holy Days

The Church year is divided up by various festivals and seasons. Some, like Christmas Day, happen on the same date every year, while others move around within a range of dates. The main festival that moves is Easter, and since many other festivals have their dates fixed in relation to Easter, they move with it.

CHRISTIAN CALENDAR FOR 2008

In addition to the holy days listed below, there are numerous Saint's days which are celebrated by some sects and/or Christian countries that are not individually listed.

1 January

Festival of St Basil the Great St Basil is one of the great fathers of the Orthodox Church.

6 January

Christmas Day (Armenian Orthodox) Armenian Christians celebrate Christ's birth at Epiphany, except for Armenians in the Holy Land, who celebrate Christmas on January 19th

Theophany Orthodox churches mark the baptism of Jesus on this day.

Epiphany Epiphany is an ancient festival that focuses on God's revelation of himself to the world through the incarnation of Christ. It also celebrates the visit of the wise men (the magi) to the infant Jesus. In the East, where it originated, the Epiphany celebrates the baptism of Jesus by John the Baptist in the River Jordan. (Catholics and Episcopalians celebrate this separately: see Baptism of the Lord) Also known as Dia de los Reyes (Three Kings Day).

7 January

Christmas Day (Orthodox) Most Orthodox churches use the Julian rather than the Gregorian version of the Western calendar. As a result, they celebrate Christmas 13 days later than other Christian churches.

Baptism of the Lord Commemorates the baptism of Jesus in the River Jordan by John the Baptist. Occurs on the first Sunday after Epiphany. Catholics and Episcopalians celebrate this holy day, but Eastern Christianity celebrates Jesus' baptism at Epiphany.

18-25 January

Week of Prayer for Christian Unity First celebrated in 1908. The days of 18-25 January (regardless of the days of the week involved) were originally chosen because they covered the days between the feast of St Peter and the feast of St Paul. Some churches and regions use a different week.

2 February

Candlemas This is often called The Presentation of Christ in the Temple and commemorates the day Mary took Jesus to the Temple at Jerusalem to present him to God.

5 February

Shrove Tuesday Shrove Tuesday is the Tuesday before Ash Wednesday which is the first day of Lent. It's a day of penitence, to clean the soul, and a day of celebration as the last chance to feast before Lent begins.

6 February

Ash Wednesday The first day of Lent for Western Christian churches. Lent is the period of forty days which comes before Easter in the Christian calendar. Lent is the season marking the time Jesus spent in the wilderness. It's a day of penitence to clean the soul before the Lent fast.

10 March

Clean Monday - Beginning of Lent (Orthodox) The start of the "Great Lent" for Orthodox Christians. This day is called Clean Monday, and occurs seven weeks before the Orthodox Easter

16 March

Palm Sunday The sixth and last Sunday of

Lent. Marks the entry of Jesus into Jerusalem and the start of Holy Week. The most solemn week of the Christian year, Holy week is the week leading up to Easter, and is the week during which Christians particularly remember the last week of Jesus' life. Holy Week begins on Palm Sunday.

20 March

Maundy Thursday Christians remember Maundy Thursday as the day of the Last Supper, when Jesus washed the feet of his disciples and established the ceremony known as the Eucharist.

21 March

Good Friday Good Friday is the Friday before Easter. It commemorates the execution of Jesus by crucifixion.

23 March

Easter Sunday (Western) Christians celebrate the Resurrection of Jesus Christ - his return from death after the Crucifixion. The most important Christian festival. Most years Orthodox Christians celebrate Easter on a different date.

25 March

Annunciation Marks the angel Gabriel's message to the Virgin Mary that she would give birth to the incarnation of Christ. It also celebrates the incarnation itself as the date falls 9 months before Christmas.

27 April

Easter (Orthodox) Orthodox Christians celebrate the Resurrection of Jesus Christ - his return from death after the Crucifixion. The most important Christian festival

4 May

Ascension Day Ascension Day marks the last earthly appearance of Christ after his resurrection. Christians believe Christ ascended into heaven. It is celebrated 40 days after Easter.

11 May

Pentecost - Whitsun The seventh Sunday after Easter, commemorating the descent of the Holy Spirit upon the disciples and the birth of the Christian Church. Pentecost is the festival when Christians celebrate the gift of the Holy Spirit. It is celebrated on the Sunday 50 days after Easter.

18 May

All Saints Day (Orthodox) This day honours all saints, known and unknown, of the Christian church. Western churches celebrate All Saints Day on November 1.

Trinity Sunday The first Sunday after Pentecost. Christians meditate on the nature of God as "Three in one".

25 May

Corpus Christi Roman Catholic festival celebrating the "real presence of Christ in the Eucharist". The festival falls on the Thursday after Trinity Sunday.

6 August

Transfiguration Orthodox Christian feast commemorating the sudden emanation of radiance from the person of Jesus that occurred on the mountain.

15 August

Dormition of the Theotokos An Orthodox festival that commemorates the death, resurrection, and glorification of Christ's mother. Dormition means "falling asleep".

Assumption of the Blessed Virgin Mary A largely Roman Catholic festival celebrating their belief that Mary, the mother of Jesus, was taken body and soul into heaven.

8 September

Feast of the Birth of Mary Orthodox, Roman Catholic and Anglican Churches celebrate the birth of Mary, mother of Jesus.

Nativity of the Theotokos Orthodox Christians celebrate the birth of the Virgin Mary

31 October

All Hallows Eve (Halloween) The evening before All Saints' Day

1 November

All Saints' Day This day honors all saints, known and unknown, of the Christian church. Orthodox churches celebrate All Saints' Day on the first Sunday after Pentecost.

2 November

All Souls' Day This day remembers faithful Christians who are now dead.

30 November

Advent Sunday The beginning of the ecclesiastical year on the Sunday closest to November 30. Advent is the season before Christmas - In Western Christendom, four Sundays are included. In Eastern Christendom, the season is longer and begins in the middle of November

8 December

Feast of the Immaculate Conception Celebrated by Roman Catholics who remember Mary's conception as being without sin, therefore, immaculate.

24 December

Christmas Eve The day before Christmas

25 December

Christmas Day The day when Western Christians celebrate the birth of Jesus Christ.

History

The history of Christianity is focused on the life, death and resurrection of one person, Jesus Christ, the son of God.

The traditional story of Jesus tells of his birth in a stable in Bethlehem in the Holy Land, to a young virgin called Mary who had become pregnant with the son of God through the action of the Holy Spirit. The story of Jesus' birth is told in the writings of Matthew and Luke in the New Testament of the Bible. His birth is believed by Christians to be the fulfillment of prophecies in the Jewish Old Testament claiming that a Messiah would deliver the Jewish people from captivity.

After the story of his birth, little is known about Jesus until he began his ministry at the age of about 30. He then spent three years teaching, healing and working miracles. He taught in parables - everyday stories which had divine messages for those who would hear it. He had twelve disciples whom he called to follow him and help him in his work.

Jesus stated publicly that he spoke with the authority of God. This claim angered the religious authorities in Palestine and they handed Jesus over to the Roman authorities as a revolutionary. He was tried for heresy, condemned and put to death by means of crucifixion.

On the Sunday following his execution, some of his women followers discovered that the tomb into which his body had been placed was empty. Jesus then appeared to them, alive, as the Jesus they had known prior to his death. His followers realized that God had raised Jesus from the dead. Jesus was seen by many of his disciples and followers over the next few days before, according to the Gospel accounts, he was taken up into heaven.

It has been suggested that the work of Jesus Christ and the impact of his death and resurrection would not have made any lasting impact on the world were it not for the missionary work of Paul.

Paul's teaching centered on understanding the death and resurrection of Jesus Christ as a central turning point in history. Paul taught of living in *the Spirit* in which the power of God was made to work through human flesh. It was this teaching which was essential for the development and success of the early church which would otherwise have remained nothing more than another Jewish sect.

Paul established Christian churches throughout the Roman Empire, including Europe, and beyond - even into Africa.

When Constantine became the Roman emperor, he proclaimed his conversion to Christianity. Christianity became the official religion of the Roman Empire. Constantine then needed to establish exactly what the Christian faith was and called the First Council of Nicea in 325 AD which formulated and codified the faith.

Over the next few centuries, there were debates and controversies about the precise interpretation of the faith, as ideas were formulated and discussed. The Council of Chalcedon held in 451 was the last council held whilst the Roman Empire was intact. It gave rise to the Nicene Creed which Christians still say today to affirm their believe in God, Christ and his church.

The differences between Eastern and Western Christianity culminated in what has been called the Great Schism in 1054 when the patriarchs of the Eastern and Western division (of Constantinople and Rome respectively) were unable to resolve their differences. The split led to the Orthodox church and the Roman Catholic church. The Orthodox church does not recognize the authority of the Roman papacy and claims a Christian heritage in direct descent from the Christian church of Christ's believers.

CUSTOMS
Like all faiths, Christianity has a strong set of traditions that mark the believer's road past life's milestones.

Baptism
In those Christian communities that practice infant baptism, this is the first rite of life. The baby is also given its Christian names during this ceremony, which is also called *christening*.

Adult Baptism
Some churches, such as the Baptists, think it is wrong to baptize a person until the person is able to come to a full understanding and believe in the Christian faith. These churches only baptize adults in what is called a *believer's baptism*.

The Eucharist
The Eucharist, which is also called Holy Communion, is a sacrament accepted by almost all Christians.

Confirmation
This service enables those who were baptized as babies to become full adult members of their church. Before a person can be confirmed they have to undergo a period of study and preparation with their church minister.

Christian beliefs
God - Christians believe that there is only one God, whom they call *Father* as Jesus Christ taught them.
Jesus - Christians recognize Jesus as the Son of God who was sent to save mankind from death and sin. Jesus Christ taught that he was Son of God. His teachings can be summarized, briefly as the love of God and love of one's neighbor.
Justification by faith - Christians believe in justification by faith - that through their belief in Jesus as the Son of God, and in his death and resurrection, they can have a right relationship with God whose forgiveness was made once and for all through the death of Jesus Christ.
The Trinity - Christians believe in the Trinity - that is in God as Father, Son and Holy Spirit. Some confuse this and think that Christians believe in three separate gods, which they don't. Christians believe that God took human form as Jesus Christ and that God is present today through the work of the Holy Spirit and evident in the actions of believers.
Life after death - Christians believe that there is a life after earthly death. While the actual nature of this life is not known, Christians believe that many spiritual experiences in this life help to give them some idea of what *eternal life* will be like.
The Saints - These days, the word saint is most commonly used to refer to a Christian who has lived a particularly good and holy life on earth, and with whom miracles are claimed to have been associated after their death. The formal title of Saint is conferred by the Roman Catholic and Orthodox Churches through a process called *canonization*. Members of these Churches also believe that Saints created in this way can intercede with God on behalf of people who are alive today. This is not accepted by most Protestants.
Prayer - Prayer is the means by which Christians communicate with their God. The New Testament records that Jesus taught his disciples how to pray and that he encouraged them to address God as *Father*. Christians believe that they continue this tradition. Some traditions encourage prayer to God through intermediaries such as saints and martyrs. Prayers through Mary, as the mother of God, are central to some churches and form a traditional part of their worship.
The Church - The Christian church is fundamental to believers. Although it has many faults it is recognized as God's body on earth. The church is the place where the Christian faith is nurtured and where the Holy Spirit is manifest on earth. It is where Christians are received into the faith and where they are brought together into one body through the Eucharist.
Baptism - The Christian church believes in one baptism into the Christian church, whether this be as an infant or as an adult, as an outward sign of an inward commitment to the teachings of Jesus.
Eucharist - Eucharist is a Greek word for thanksgiving. Its celebration is to commemorate the final meal that Jesus took with his disciples before his death (the Last Supper). At the meal, the wine represented his blood and the bread his body. The Eucharist (also known as a Communion meal in some churches) is central to the Church and is recognized as a sign of unity amongst Christians.
Worship
Christian worship involves praising God in music and speech, readings from scripture, prayers of various sorts, a "sermon", and various holy ceremonies such as the Eucharist. Christians can also worship God on their own, and in any place.

Christian worship grew out of Jewish worship. Jesus Christ was a religious Jew who attended the synagogue and celebrated Jewish festivals, and his disciples were familiar with Jewish ritual and tradition. The first obvious divergence from Judaism was making Sunday the holy day instead of Saturday. By doing this the day of Christian worship is the same as the day that Jesus rose from the dead.

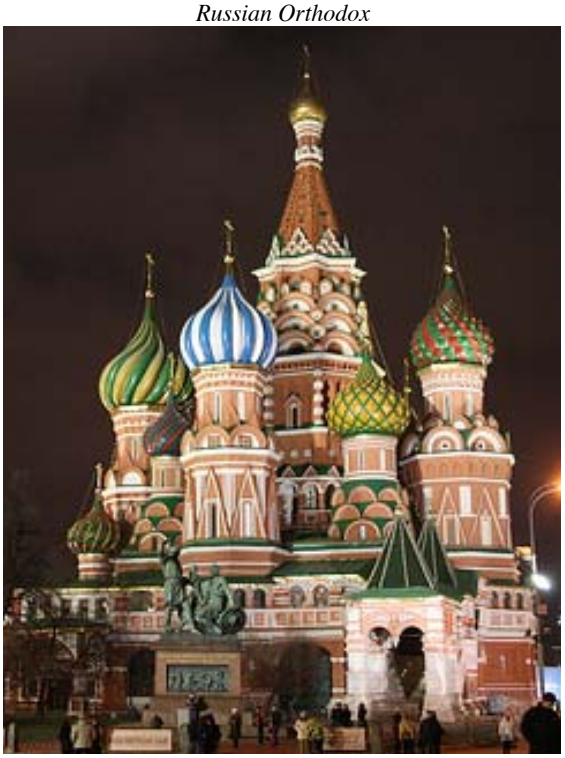
Church services on a Sunday divide into two general types: Eucharistic services and services of the Word. Both types of service will include hymns, readings and prayers. The Eucharistic service will be focused on the act of Holy Communion. The service of the Word will not have this rite, but will include a much longer sermon. Different churches, even within the same denomination, will use very different styles of worship.

Subdivisions
There are numerous subdivisions of Christianity. The following are only a few:

Baptist
Baptists form the fifth largest Christian church in the world.
Catholic
The Roman Catholic Church is the oldest institution in the Western World and the largest Christian denomination.
Church of England
The Church of England is the established or state church in England. It is part of the Anglican Communion.
Church of Scotland
The history of Christianity in Scotland goes back to 400 AD, although the Church of Scotland did not become the established church until 1560.
Eastern Orthodox Church
The Eastern Orthodox Church is a self-governing body of Christians adhering to a pure and unbroken line from first days of the Apostles and the disciples of Jesus.
Lutheran
The Lutheran church started by Martin Luther in 1517 (Germany) after breaking with the Catholic Church over reform.
Methodist
The Methodist Church is the fourth largest Christian Church in Britain.
Mormon
The Church of Jesus Christ of Latter-day Saints was founded in 19th century America and has 11 million members.
Pentecostalism
Pentecostalism emphasizes the Holy Spirit and the experience of God's presence.
Quaker
The Quakers (or The Religious Society of Friends) are a group with Christian roots that began in England in the 1650s.

Source
BBC – Religion & Ethics

St Basil's Cathedral—Moscow
Russian Orthodox



WCI Executive Committee 2005-2008

PRESIDENT
Lise McCartney

VICE PRESIDENT
Patricia Abou Habib

SECRETARY/PARLIAMENTARIAN
Kirsten Ivancevic

TREASURER
Nancy Glenn Hansen

DIRECTOR, WCI MEMBERSHIP
Michelle Heuschen-Liegeois

REGIONAL MEMBERSHIP CHAIRS
Maria Neighbors
Eva Salmoiraghi
Stella Schumann
Anna Kristina Sawtelle

AMBASSADOR AT LARGE
Julia Banks

DIRECTOR, PUBLIC RELATIONS
Aurorita Hunziker

EDITOR, WORLDWIDE LINK
To Be Named

Reporters:
Jocelyn Jones
Dimitra Margaritidou-Weber

WEBMASTER
Elisabeth Miller

DIRECTOR, WCI MEETINGS
Joan Larson

DIRECTOR, RESEARCH AND DEVELOPMENT
Faye Rokni

DIRECTOR, SPECIAL PROJECTS
Padmini Durr

IMMEDIATE PAST PRESIDENT (Ex-Officio)
Donna Suddeth

FOUNDER'S REPRESENTATIVES (Ex-Officio)
Caroline Adair Dimmers
Eshrat Demougeot
Faye Wickersham

HISTORIAN/ARCHIVIST
To be named

WCI-FIWAL LIAISON (Ex-Officio)
Patricia Abou Habib

www.welcomeclubs.org

WCI MEMBER CLUBS

ARMENIA
Diplomats' Spouses
Association of Armenia

BRAZIL
Int'l Women's Club Of Porto Alegre,
Rio Grande do Sul

BULGARIA
Welcome to Sofia

CHINA
Welcome Club Int'l, Shanghai

FRANCE
Women's Int'l Club du
Languedoc-Roussillon

GERMANY
Int'l Women's Club,
Hamburg e.V.

INDIA
Overseas Women's Club of Bangalore

ISRAEL
Int'l Women's Club, Israel

LEBANON
Women's League of Beirut

MADAGASCAR
Association Accueil
Madagascar-A.A.M

PHILIPPINES
Welcome to Manila Int'l Women's Club

SWITZERLAND
Zurich Int'l Women's Assoc., ZIWA
Asian Ladies Club of Switzerland, ALC

TAIWAN
Welcome to Taipei

TURKEY
Int'l Women's Club, Ankara
Int'l Women's Association-Istanbul
Welcome to Turkish Cyprus Club

UNITED KINGDOM
Welcome to London
Welcome to Wessex

UNITED STATES

California
Welcome to California (San Diego)
Women's Int'l Border Club (Chula Vista)

Colorado
Welcome to Colorado

District of Columbia
Welcome to Washington

Florida
Welcome to Florida (Naples)
Welcome to Tampa Bay Int'l Club

Maine
Int'l Women's Club of New England

Massachusetts
Berkshire International Club
Int'l Women's Club of Boston

Pennsylvania
Int'l Women's Club of Philadelphia

Affiliate Member
FIWAL
(Federation of International Women's Associations in London)

All Pakistan Women's Assoc. (APWA) UK Branch
American Women's Club Ltd. (AWC)
Arab Women's Assoc. (AWA)
Arab Women's Council
Australian Women's Club
Canadian Women's Club
Chilean Ladies Group
Chinese Women's Assoc. of Singapore
Commonwealth Countries' League (CCL)
Corona Worldwide
Dutch Women of Surry
Focus Information Services
Greek Ladies Association
Il Circolo Italian Cultural Assoc.
International Lyceum Club
Junior League of London (JLL)
Londres Accuel
Lyceum of Greek Women
New Zealand Women's Assoc.
Perwakilan London (The Malaysian Ladies Assoc.)
Petroleum Women's Club (PWC)
SOS Children's Villages of Pakistan
Te Kauri-Maori Women's Welfare League Branch (UK)
The London Ladies Club
The Women's Council
Spanish Ladies Club
Turkish Women's Philanthropic Assoc. (TWPA)
Ugandan Women's Assoc.
Welcome to London International
Women's India Assoc. of the UK