Worldwide Link

Welcome Clubs International, Inc. Magazine

Winter, 2011-12

















12th Biennual

WCI International Conference

Denver
Colorado

June 21-25, 2012

Could you or your friends benefit from increased cognitive function and a rejuvenated immune system?

Introducing - TA65® MD

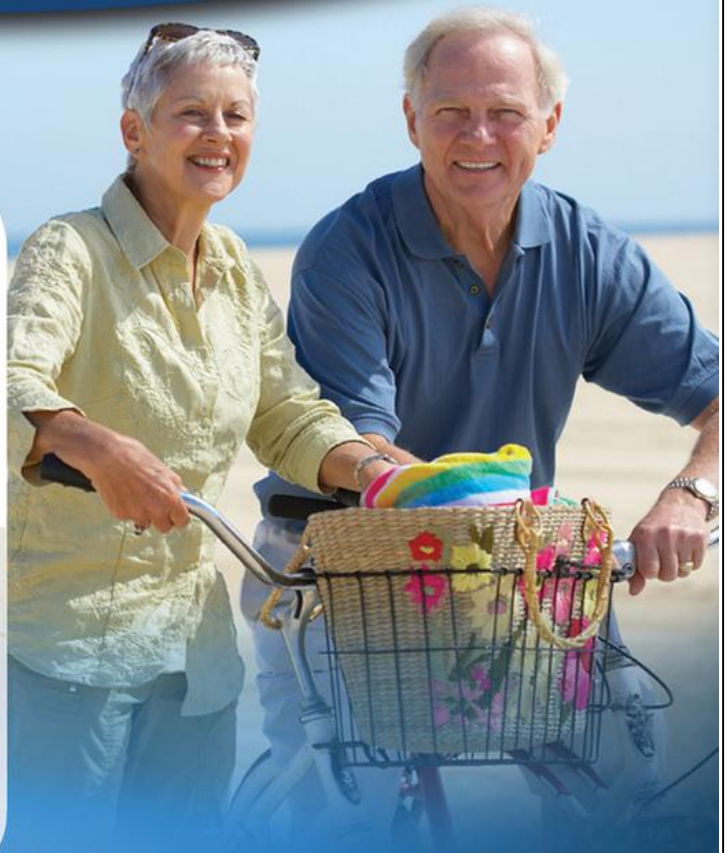
IS TELOMERASE ACTIVATION THE FOUNTAIN OF YOUTH?

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Perhaps not quite the Fountain of Youth, senior individuals taking TA-65 consistently report improved biomarkers of aging, more energy and greater endurance levels. Moreover, Telomerase Activation has been shown to perform a number of important functions such as lengthening short telomeres, rejuvenating the immune system, increasing bone density and better executive cognitive function.



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visit our website www.TASciences.com
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www.welcomeclubs.org

Worldwide Link
Winter, 2011-12
Volume 6

Editor: Lise McCartney

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

All contributing articles to the Link should be sent to

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

WCI extends its thanks to
Lois Fisher
and
Judi Landon
for all their time and work
mailing the
Worldwide Link to all of our
sister clubs.

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Letter from the President

People often wonder "what is WCI"? It is a consortium of International Women's Clubs located throughout the world. WCI's purpose is to act as a forum for these Clubs and their members to communicate. It coordinates and facilitates information and news linking its membership together. It offers a network for women of cultural differences to communicate. It is non-profit, apolitical and staffed by volunteers.

WCI welcomes four new clubs that have joined in recent months:

- ❖ International Women's Association of Prague
  founded 1991- 330 members
- ❖ Association of Turkish Women in Britain, London
  founded 2000 - 200 members
- ❖ Kensington Chelsea Women's Club, London
  founded 1983 - 1100 members
- ❖ Latin American Women's Club, Kingston, Jamaica
  founded 1966 - membership 30

As a member of your International Women's Club you are automatically a member of WCI and entitled to its many benefits:

- establish friendships with women around the world
- network with other women around the world; sharing experiences and ideas
- arrange exchange visits with other clubs
- transfer to other clubs
- participate in international conferences.

Welcome Clubs International is our door to the world!
- Expand your horizons! Visit our website www.welcomeclubs.org and read about the activities of clubs and women around the world.
- Use it to make contacts; you may not be traveling, but others are!
Recently I received a call from a WCI member; her niece had moved to Sao Paulo, Brazil. Unable to speak Portuguese, with 2 infants, she was miserable. I contacted the members of the Porto Alegre (Brazil) Club. They contacted friends in Sao Paulo, and, now, her niece has many friends!!
- Read "*Sister Clubs' News"* published quarterly. So easy, ask your President or Club Liaison to forward the email to you.
- Read the annual magazine, *Worldwide Link*; on the website or contact your President or Club Liaison for a copy.
- Provide your favorite recipe for the WCI International Cookbook and, if selected, your name will be published in the Cookbook and on the website. Contact your Club President or Club Liaison to participate.
- Attend the WCI Conference and be an Ambassador of Goodwill! We are so fortunate to have the Conference in Denver, Colorado USA - take advantage; attend every event, meet and make friends with women of every culture from many lands!

Life is short my friends, let us live every moment!

In friendship,
Julia Banks, President

~ The Power of Friendship ~
Women Making a Difference

Welcome to Colorado International Club invites you to

WCI's
12th Biennial
International
Conference

June 21-25, 2012
Denver, Colorado

WELCOME TO COLORADO
International Club

Discover why Denver is rated one of the top 10 best US vacation cities by Forbes

Friendship - Our conference theme says it all. Be inspired by keynote speakers and share ideas in a meaningful discussions on current topics with women from all over the world. Make new friends and connect with familiar faces as members from all of our sister clubs gather together in Denver.

Explore the Western history and culture of Denver, see Native American dances and let the beauty of the Rocky Mountains inspire you.

KEYNOTE SPEAKERS



Her Excellency. Madam Ambassador

A dynamic woman with charisma who has traveled the world! Ambassador's schedules can not be published far in advance; her name will be announced shortly before the Conference.



Dr. Dennis Roop

The Miracle Use of Stem Cells

Dr. Dennis Roop of the University of Colorado Anschutz Campus will present recent adult stem cell discoveries and research development which are presently impacting the treatment of patients.

Dramatic discoveries are being applied in clinical care where cancer has actually been eliminated in some patients. New programs using adult stem cells are highly effective in cornea and and retina regeneration, cardiovascular disease, joint disease and inherited skin blistering diseases.

This exciting and significant progress in stem cell research is occurring daily in Dr. Roop's lab.



Debra Benton

"How to have a Memorable and Impressive Presence".

As an internationally recognized communications and interpersonal relations expert, Debra Benton has been presenting to and coaching men and women who are leaders of some of the worlds largest associations and companies for 32 years. She has spoken to hundreds of organizations in 18 countries. She has helped professionals worldwide design subtle changes in their presentation, attitude and leadership style that increased their personal and professional effectiveness. She is the author of nine books.

She holds a B.S. in Economics and Finance from Colorado State University and is the recipient of the school's Distinguished Alumni Award.

debrabenton.com

State of Colorado

Proclamation

WHEREAS, Welcome Clubs International, a 25-year old organization, will hold its 12th Biennial International Conference in Denver, June 19-26, 2012; and

WHEREAS, Welcome Clubs International is an international organization with over 18,000 members located throughout the world that subscribe to establishing relations with individuals of every culture without regard to race, color, creed, religion or political differences; and

WHEREAS, Welcome to Colorado International Club, a 33-year old non-profit Colorado Corporation (or Colorado organization) based in Denver, is a member of Welcome Clubs International and subscribes to the same convictions and is the Host of the Welcome Clubs International's 12th Biennial International Conference; and

WHEREAS, Colorado recognizes the members of these organizations as Ambassadors of Good Will and welcomes them; and

Therefore, I, John Hickenlooper, Governor of the State of Colorado, do hereby proclaim June 19-26, 2012,

WELCOME CLUBS INTERNATIONAL WEEK

in the State of Colorado.

GIVEN under my hand and the Executive Seal of the State of Colorado, this ninth day of August, 2011

Governor

12th Biennial
WCI International Conference
June 21 – 25, 2012 Denver, Colorado

C O N F E R E N C E P R O G R A M

DRESS GUIDELINES (indicated by numbers below)

[1] Casual:
Ladies pants skirts, walking shoes Men slacks, sports shirt / sweater
[2] Elegant casual:
Ladies dress, skirt or pants suit Men slacks, sports jacket
[3] Cocktail dress:
Ladies cocktail attire Men business suit or sport jacket

Thursday, June 21
Tour of Invesco Stadium (for spouses and guests) * [1]
Cocktails, Opening Night Banquet and Entertainment at Marriott Hotel [3]

Friday, June 22
Roundtable Discussions and Speakers (at the hotel) [1]
Tour of National Oceanic & Atmospheric Center (for spouses and guests) * [1]
Luncheon at Marriott Hotel with "Meet My Country" Presentations [1]
Tour the U.S. Olympic Training Center, Colorado Springs (light walking) [1]
Tour the Garden of the Gods, Colorado Springs (light walking) [1]
Cocktails and Dinner at Garden of the Gods Country Club [1]

Saturday, June 23
Bus tour of Downtown and Historic Denver [1]
Docent-led tour of Western Art Collection at the Denver Art Museum (light walking) [1]
Luncheon with live Entertainment [1]
FREE TIME or Guided Tours for Shopping in Cherry Creek Boutiques
"Wild Card Night" or FREE NIGHT (small groups walk to dinner [at your own expense]) [1]
Cowboy Dancing (optional) (dancing shoes) [1]

Sunday, June 24
Tour of a private classic car and model train collection (for spouses and guests) * [1]
Exploring the Women of the Wild, Wild West – FUN !!! (at Marriott Hotel) [1]
Western-style Luncheon at The Fort with Entertainment [1]
FREE TIME
"Dining with Friends" (You are a dinner guest at a private home) [2]

Monday, June 25
Vail Gondola Ride and Lunch on the Mountain [1]
Cocktails, Farewell Dinner with Entertainment at Marriott Hotel [3]

Tuesday, June 26
Departure for home or for post-conference trip

- Spouses and Guests are included in all conference programs; the tours for Spouses and Guests run concurrent with the programs for WCI members.

WCI BOARD OF DIRECTORS' MEETINGS

(for WCI Executive Committee, Club Presidents & Liaisons only)

Wednesday, June 20, 2012
09:00 16:00
WCI Board Meeting at Marriott Hotel

08:30 12:00
Golf outing (for spouses and guests)

18:30 21:30
WCI and WTC Boards

Thursday, June 21, 2012
9:00 12:00
WCI Board Meeting at Marriott Hotel

9:00 12:00
Tour of Invesco Stadium
(for spouses /guests) *

13:30 16:30
WCI Executive Committee Meeting
at Marriott Hotel

Look on WCI's web site, www.welcomeclubs.org for conference registration forms.

Registration fees are due by March 1, 2012.

Register before February 1, 2012 and receive a gift from WCI

Michael B. Hancock
MAYOR

City and County of Denver

OFFICE OF THE MAYOR
CITY AND COUNTY BUILDING
DENVER, CO 80202-5390
TELEPHONE: (720) 865-9090 • FAX: (720) 865-8787
TTY/ TTD: (720) 865-9010

June 19, 2012



Welcome to Colorado International Club

Dear Participants:

On behalf of the citizens of the City and County of Denver, I would like to extend a heartfelt welcome to the "Mile High City." We are excited that you are here to celebrate your 12th Biennial International Conference of Welcome Clubs International.

Your organization is doing important work in fostering cultural exchanges and international relations and trade between nations. This conference is an excellent opportunity to develop new and cultivate old relationships toward your common goals.

We are honored that you chose Denver as the host city for your program and invite all of you to explore the many amenities the city has to offer. Your headquarters at JW Marriot in Cherry Creek is the perfect location to enjoy superior shopping in the Cherry Creek area.

Denver's downtown is one of the nation's most walkable cities and boasts a variety of attractions, including the nation's second largest performing arts complex, three art museums, three sports stadiums, a U.S. Mint, more than 300 restaurants, and the largest city park system in the country.

Best wishes for a productive conference that will benefit all that participate. As you celebrate "International Friendship and Understanding," enjoy your stay in Denver!

Sincerely,

Michael B. Hancock
Mayor

WCI

thanks the members of

Welcome to Colorado International Club,

for their warm welcome and hard work in hosting and planning

WCI's 12th Biennial International Conference

Keep your thoughts positive, because your thoughts become your words.
Keep your words positive, because your words become your behavior.
Keep your behavior positive, because your behavior become your habits.
Keep your habits positive, because your habits become your values.
Keep your values positive, because your values become your destiny.

MAHATMA GANDHI
Open Your Mind, Open Your Life: A Book of Eastern Wisdom



Official WCI Conference Hotel

JW Marriott

Denver Cherry Creek

The JW Marriott Denver Cherry Creek hotel is a star among Denver luxury hotels. Denver is rated one of the top 10 best US vacation cities by Forbes, and the Cherry Creek hotel is the ideal place to enjoy everything the Mile High City has to offer. Located in the heart of Denver's prestigious Cherry Creek shopping and entertainment district. Steps away from over 500 chic shops, restaurants, boutiques, and art galleries. Minutes away from downtown Denver's sports facilities and cultural attractions

Denver can be subject to rapid, volatile yet brief changes.
June temperatures range between 53°F to 82° F (12°C to 28°C)

Make your reservations early!
Deadline is May 15, 2012
The rate can not be guaranteed after this date.

JW Marriott Denver Cherry Creek
150 Clayton Lane
Denver, Colorado 80206 USA
Phone:
Fax:
Toll-free:

http://www.marriott.com/hotels/hotel-information/travel/denjw-jw-marriott-denver-cherry-creek/

JW Marriott Denver hotel is proud to be recognized on Condé Nast Traveler's 2011 Gold List (the best places to stay in the world) and 2010 Top 100 Hotels.

12th Biennial WCI International Conference

June 26 – July 1, 2012 Denver, Colorado

POST TRIP PROGRAM

► You must be a registered participant of the WCI 2012 Conference to be able to partake in this trip.◄

We have an amazing number of one-of-a-kind destinations in our Four Corners area of the United States. This trip will introduce you to three of the best. Santa Fe, New Mexico is a world-class showplace for every kind of art, as well as a distinctive landmark where Native American and Spanish cultures merged and flourished. The Grand Canyon is a huge rift in the earth (6000 – 1,800m deep,) carved by the Colorado River. The exposed ancient rocks offer an ever-changing kaleidoscope of colors. No trip to the southwest should miss Las Vegas, Nevada, the "anything goes" town full of neon lights, glamour, over-the-top entertainment, fun and money, money, money!

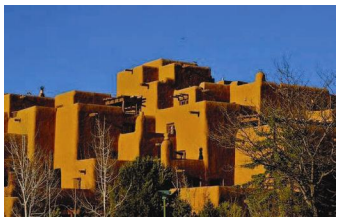
$2,518 per person package price (based on double occupancy)

$923 per person Santa Fe only (based on double occupancy & providing your own transportation to & from Santa Fe)



Tuesday, June 26, 2012

Travel by bus to the
Stay at the Inn on the Alameda, a Bed & Breakfast within walking distance of the historic Plaza
FREE TIME
Enjoy wine and cheese at the Inn (dinner on your own)



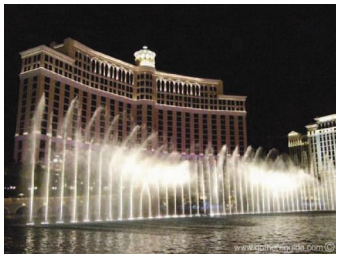
Wednesday, June 27, 2012

Breakfast at the Inn; then an historic easy walking tour around the Plaza (built in 1620)
Visit the nearby Pojoaque Indian Cultural Center for an overview of ancient and present native tribes occupying this area (box lunch provided)
Explore the Puye Indian ancient ruins at the Santa Clara Pueblo climb a ladder to a cliff dwelling or contemplate a once-thriving agrarian community and its sudden demise
FREE TIME
A great dinner at one of Santa Fe
Enjoy the authentic flamenco dancing of Juan Siddi



Thursday, June 28, 2012

Breakfast at the Inn; then a
Santa Fean lives
Lunch at La Casa Sena, a landmark restaurant
Visit Canyon Road art galleries or Museum Hill or the many, many shops ~ FREE TIME
Wine and cheese at the Inn (dinner on your own)



Friday, June 29, 2012

Breakfast at the Inn; then fly to the south rim of the Grand Canyon (lunch on your own)
Join a tour by a Park Ranger and learn the origin of the canyon and its tumultuous life
Admire the many colors of the canyon during sunset over cocktails and dinner at The Lodge located right on the rim of the Canyon

Saturday, June 30, 2012

Breakfast included at the Grand Canyon Squire; then onward to sunny Las Vegas, Nevada
Stay at the world famous Bellagio Hotel and join the parade on
Tour behind the scenes at the
Enjoy a great dinner at Ciro



Sunday, July 1, 2012

Indulge yourself at the breakfast buffet at the Bellagio Buffet
Depart for home or extend your stay!

The post trip package price includes:

all breakfasts, lunches & dinners except where noted
- transportation to Santa Fe, Grand Canyon and Las Vegas
- transportation to all events
- all entrance fees & taxes

Denver, the largest city in Colorado, the state capital, and the seat of Denver County lies at the foot of the Rocky Mountains at the junction of the South Platte River and Cherry Creek.

Known as the *"Mile High City,"* Denver sits 5,280 feet (1 mile) above sea level. (A round brass cap embedded in the western entrance stairs of the State Capitol marks the spot.) Colorado has the highest mean elevation of any state, with more than 1,000 Rocky Mountain peaks over 10,000 ft high and 54 towering above 14,000 ft.

First visited by Spanish explorers in the 1500s, the territory was claimed for Spain by Juan de Ulibarri in 1706.

Denver City was founded in November 1858 by a group of gold prospectors from Lawrence, Kansas. This was the first settlement in what was later to become the city of Denver. Denver is one of the few cities in history that was not built on a road, railroad, lake, navigable river or body of water when it was founded. It just happened to be where the first few flakes of gold were found in 1858.

On November 22, 1858, General William Larimer, a land speculator from eastern Kansas, placed cottonwood logs to stake a claim on the bluff overlooking the confluence of the South Platte River and Cherry Creek, across the creek from the existing mining settlement of Auraria, and on the site of the existing town site of St. Charles. Larimer named the town site Denver City .

The site of these first towns is now the site of Confluence Park in downtown Denver. In 1859, the names of the other two towns were dropped in return for a barrel of whiskey to be shared by all. The city prospered following the opening of the famous gold and silver mines of the 1870s and 1880s.

Today, Denver is an important communications, transportation, manufacturing, and agribusiness hub. Telecommunications and biomedical technology are two of the largest industries; construction, real estate, and retail trade are among the fastest-growing industries. The city is also home to many environmental organizations, including federal government agencies such as the Environmental Protection Agency and the National Oceanic and Atmospheric Administration.



Denver, 1898

Denver is home to many nationally recognized museums, including a new wing for the Denver Art Museum by world-renowned architect Daniel Libeskind, the second largest Performing arts center in the nation after Lincoln Center in New York City and bustling neighborhoods such as LoDo, filled with art galleries, restaurants, bars and clubs. The city hosts a very active pop, jazz, jam, folk, and classical music scene.

Denver is also famous for its dedication to New Mexican cuisine and the Chile. It's best known for its Green and Red Chile sauce, Colorado Burrito, Southwest (Denver) Omelette, Breakfast Burrito, Chiles rellenos, and Tamales most notably. Denver is also well known for other types of food such as, Rocky Mountain oysters, Rainbow trout, and the Denver sandwich. The city also welcomes visitors from around the world when it hosts the annual Great American Beer Festival each fall.

The people of Denver live outdoors...walking, biking, hiking, snow and water skiing, sailing, fishing, snowboarding, tennis, golf and all professional sports. Golf courses stay open year round.

Fittingly enough, the first permanent structure in Denver was a saloon.

Denver's Sister Cities

Brest, France (1948)
Takayama, Japan (1960)
Nairobi, Kenya (1975)
Karmiel, Israel (1977)
Cuiabá, Brazil (1982)
Cuernavaca, Mexico (1983)
Potenza, Italy (1983)
Chennai, India (1984)
La Paz, Bolivia (1985)
Kunming, China (1985)
Axum, Ethiopia (1995)
Ulaanbaatar, Mongolia (2001)



WCI Cookbook

"Cuisine From Around the World"



Imagine a collection of the very best recipes!
Member of WCI Clubs are joining together to publish an International Cookbook.

Contributors of the recipes and their Clubs will receive recognition in the International Cookbook and on the WCI web site.
The cookbook will profile each club.

Deadline for submitting recipes is February 15, 2012.
Contact your Club's President, WCI Liaison or
Rihab Ouri, , to participate.

Let the cooking begin!!

CELEBRATING 25 Years

WCI

Friendship through understanding . . .

. . .Understanding through friendship.

Welcome Clubs International, a grassroots organization, was born out of an idea conceived by one woman, Marian Adair, celebrated its 25th Anniversary in April of 2011.

Welcome Clubs International, founded in 1986, was launched with the purpose of overseeing the Sister Clubs whose agenda was to promote friendship and understanding among women of all cultures irrespective of their political, cultural and religious beliefs.

Since its inception over the past 25 years it extended its hand and reached out to clubs in Europe, Far East, Middle East, Turkey, South America and the Caribbean inviting them to join hands with existing Sister Clubs in the United States. The road has been long but much ground was covered thanks to those whose leadership and hard work has sustained its growth and helped in achieving its goal.

Welcome Clubs is not perfect but to paraphrase a notable speaker, "Do not let the perfect become the enemy of the essential".

Our goal of promoting friendship and understanding between women of all cultures is ESSENTIAL. We have succeeded where governments have failed. We, as citizen diplomats within Welcome Clubs International will continue to work hard to embrace all women and thereby help bring peace through understanding between nations.

Eshrat Demougeot
WCI Founders Representative

A Journey to Cyprus

by: Elizabeth (Lizzy) Baars,
WCI Regional Membership Chair
for Europe.



In October I traveled to the northern part of the island state of Cyprus which is now the "Turkish Republic of Northern Cyprus", exploring the country driving (cars drive on the left) and hiking through various regions of this still widely unspoiled beautiful country. You can find wild donkeys in the north east area of Karpaz and the Besparmak (five fingers) mountain range with castles and small villages stretching for more than 100 km from East to West.

The position of the island in the middle of major trading routes in the Eastern Mediterranean Sea has made Cyprus in its history irresistible to a whole range of foreign powers, including Hellenists (Greeks), Romans, Byzantines, Crusaders, Venetians, Ottomans (Turks) and British.

The Turkish Republic of Northern Cyprus was formally established in 1983 after the Turkish military had intervened in the armed conflict between the Greek and the Turkisch population. The UN has finally arranged an end to the armed conflict with a demarcation line between both parts. The capital of both parts, Nicosia or Lefkosa/ Lefkosia,with a wall dividing the city and guarded by UN and soldiers of either sides, is a visible reminder of the still unresolved situation in Cyprus.

As regional membership chair, I had a chance and the pleasure to meet members of our sisterclub "Welcome to Turkish Cyprus Club". Bodo (my husband) and I were pleased to talk to their president Ferdiye, their liaison Heybeti and Narin, Akile, Isin, Ülüme and Olivia. All women are professionals one being a judge in the Constitutional Court, others being teachers in one of the many universtiesy/colleges in North Cyprus or being selfemployed. This is the major reason why they cannot attend non-professional activities easily.

We met twice in different restaurants: first in the charming harbor town Girne (Kyrenia) and a second time in the small mountain village Zeytinlik (Olivegrove) in a restaurant with the typical delicious cypriotic "mese", a large variety of warm and cold starters like vegetables, meat, fish, poultry and fruits which are constantly served at the table.

The WtTCC is mainly a social club with 30 members and only a few foreigners from the few foreign missions (U.S.A., GB, Germany and UN).They enjoy a get together once a month in changing places. They are very fond of their book club and have begun to meet and exchange with women from the Greek side of Cyprus which hopefully might contribute to a solution of the division of this wonderful country.

It was a pleasure to meet the members of the Welcome to Turkish Cyprus Club and share with them the news of WCI and its many clubs."

Sept. 30-October 13, 2011
Lizzy Baars

Value Diversity, Expand Your Horizons, and Enrich Your Life.

Living in the diverse world will enrich your life. Experiencing how people are more alike than different, you'll gain a refreshing appreciation for the true goodness of people. By gaining a deeper understanding of people, you'll understand yourself better. You'll develop new skills for relating and interacting with a wide variety of people. You'll better understand what makes other people tick. And by taking the risk of stepping outside your comfort zone you'll search for even more adventures. With success comes the courage to step outside again and again. And we all know that a fulfilling life comes not from the destination but from the journey.

Copyright 2006 by John Kinde

Welcome WCI's Newest Member

Latin American Women's Club - Kingston, Jamaica



The Club started on July 5, 1966, as an inspiration I had together with Mrs. Pepita de Angarita, the wife to the Chargé d' Affairs of Colombia in Jamaica. The purpose was to gather all Latin American ladies in Kingston. The Cuban Consul, Dr. Gilberto Cluw, helped us write the Bylaws.

When we started, we were six members, and in a short period of time, we were 72 members. In 1978, there was the exodus from Jamaica due to political instability. The main countries Jamaicans went to were England, Canada and the United States. Only six members stayed; however, they helped the Club stay alive. As from 1980, after making a huge effort of contacting ladies, the Club came to have 40 members, and this has been the reality ever since.

The purpose of the Club is to promote friendship among the Latin American community in Jamaica, to help the culture and history of Latin America be known, to do community service, and to maintain relations with national and international organizations.

Among it's other activities, each year the club holds a variety of events to raise money for selected charities in Jamaica. Since it's start in 1966, the Latin American Women's Club has given away millions of Jamaica dollars to numerous charitable organizations. At the close of the this year in June, 2011, the Club presented checks totaling J$480,000 to several different charities in Jamaica.

Maria Pinchin,
President
Latin American Ladies in Kingston, Jamaica

"A Cup of Friendship"

International Women's Day
March 8, 2012

Start your club's planning for the celebration.

A WCI tradition of raising our cups in friendship celebrating women around the world!



Photo of a painting by Israeli Artist Itzchak Tarkay

Welcome to Rome International Club





Eloisa Intini is making the famous Neapolitan shepherds statuettes, for Christmas creches

A book entitled "***Gran Bazar Universale***", by our member Assunta Parrella, a native of Gaeta, has been published in 2011 by Graus Editore. Assunta lived for 30 years in USA.. Her book is about her experiences of life in Gaeta on her return to Gaeta and dealing with the local authorities

WRCI has enjoyed a very active year. We gathered at the house of our President, Annamaria Cambria, for a concerto, lottery, etc. in order to donate funds in support of the Association for Women Harassment.

WRCI went to Venice for the Carnival and visited a handicraft show at Palazzo Corini in Florence. We attended a few concertos, enjoyed a picnic at Annamaria Cambria's house, and took a minicruise to Capri/Ischia.

On 25 November, we will assist in the presentation of the book written by our member Assunta Parrella.

On 8 March 2012, we would like to visit our sister club in Israel.



All members of WRCI met in Rome to celebrate the 150 anniversary of the Unification of Italy .

International Women's Club of Porto Alegre, Brazil



On September 27th. in Bonn, Germany the Deutsch Brasilianische Gesellschaft (sociedade Brasil-Alemanha) in partnership with Augustinum (Bonn branch) a chain of upscale retirement home all over Germany, hosted the Benefit Concert for our Children´s Club.

The President of the Deutsch Brasilianische Gesellschaft welcomed the Band GOSTO DELICADO and the musicians Olivier, Pia, Felix and Rémi, who played for our children´s Club free of charge.

After the concert the participants were served Brazilian Miolo wine before they went home.

The Musicians, Loretta, Suzy and her husband Richard went and had a pizza snack with the Musicians to plan for the Benefit concert here in Porto Alegre sometime in April of 2012.



The IWCPOA was represented by Loretta in Bonn, Helgar from Hamburg and Suzy from Porto Alegre.

Istanbul Women's Association

During the summer period (between June-September) our club does not meet. This year we had two religious holidays in September and October, delaying our first meeting to November. We will have our regular lunch in PERA (one of the oldest parts of Istanbul) and later we will go to the PERA Museum to see the following exhibitions :

Collection Exhibition - ISTANBUL "The City of Dreams"

Collection Exhibition - Anatolian Weights and Measures

Intersecting Worlds - Ambassadors and Painters (Ambassadors' portraits and art patronage of Ambassadors from the 17th to 19th century with works selected from the KIRAÇ Foundation Collection)

Beyond The Apparent - A Selection From the Art Collection of the Central Bank of Turkey

Osman Hamdi Bey and the Americans - Archaeology, Art and Diplomacy (Based on the intersecting lives of painter, archaeologist and musicologist Osman Hamdi Bey and American archaeologist and photographer John Henry Hignes and prof. Hermann Hilprecht. The exhibition focuses on the first excavations of American archaeologists conducted in Ottoman lands, ASSOS and NIPPUR, and the diplomatic relations between the two countries)



International Women's Club, Israel

We average 15 events a month! Our 25 committee chairs are busy planning activities of varied interests for our over 300 members. Our most popular new group is Mah Jong; which we play weekly and is highly recommended. I would like to highlight two of our recent events.

Music Event

Music Committee Chair, Tsippi Ben-Sheffer (Israel) is a concert pianist, and committee member, Evelyne Beguin (Switzerland) is an Opera singer! Both are very talented! Together, they recently performed at the home of Stefania Mattiolo, The Italian Residence where our members were treated to a 'Learn Italian through Opera' event. Introduced by IWC liaison and committee member, Mary Clare Adamson-Murvitz, Evelyne sang five songs: Donizetti's Il Barcaiolo from "Nuits d'être a Pausilippe", L'amor Mio from "Sette Arie", Amore Marinaro from "Canzone Napoletana", Paisiello's Il Mio Ben Quando Verra from "Nina Pazza per Amore", and Catalani's Ebben, N'andro Lontana from "La Wally". Each was superbly performed and enjoyed by all. Then, all joined in learning Non ho L'eta by Salerno and Panzerri as Italian teacher, Neva Steindler taught us the words, followed by singing as Tsippi accompanied. It was a very memorable morning!



Host Country Traditions Event

Host Country Traditions is a new name for this committee which concentrates on traditions of Israel. This month, Chair Eden Goldberger introduced the Bedouin Women of the Negev who gave a demonstration of the spinning and weaving process and graciously shared their specially made Bedouin bread at the home of Judith Standley, The European Union Residence. Founded in 1991, the Lakiya Negev Weaving Project was intended to empower Bedouin women in Israel's Negev region, both personally and economically, by applying their traditional weaving skills to the manufacture and sale of woven products. These authentic, ethnic products are renowned both for their beauty and their durability. Participating in Lakiya has enhanced their self-esteem and confidence, and provided new models of achievement for women growing up in Bedouin society. By joining Bedouin men as income providers, they have gained in social status and in their ability to take meaningful roles in the modernization of the Bedouin society. Pictured with IWC- Israel President, Patty Willis is Lakiya's spokesperson, Khadra Sidreh and one of the weavers.



Int'l Women's Club of Hamburg

International GET2gether

Copenhagen, Denmark
September 2011

About 15 members of IWC HH traveled to the GET2gether. 80 Guests from 10 different IWC clubs all over Europe, including another 40 members of the IWC Copenhagen spent a memorable weekend in Copenhagen. Our hosts welcomed us upon arrival with helpful tour guides, sightseeing trips, exclusive dinners and interesting speeches. We had the grand opportunity to meet up with fellow members from all over the world. The Gala Dinner was held in the Tivoli Gardens at the wonderful Peacock restaurant. We sang the IWC Copenhagen song and enjoyed a delicious meal. Speeches were given and special members were honored. We were entertained with music and a performance by a Hans Christian Andersen actor. After the event, most of us enjoyed live, music and dance in the Tivoli Gardens with its special lighting.

We all made many new friends and were enriched by the lively atmosphere of this meeting.

IWC HH is celebrating its
20th Anniversary
3 December 2011.
We are arranging a great Ball
with dinner, program, music
and dancing
at the hotel Grand Elysee

"Friendship is the only cement that will ever hold the world together"
Woodrow Wilson

IWC HH celebrating diversity, showing our past Board (2008-2010) and the present Board (2010- 2012).



Welcome to Florida Int'l Club



Welcome to Florida
celebrated their
25th Annivesary
in February, 2011.

Welcome to Florida has been invited by the International Men's Club of Florida to join them in a Holiday Gala Evening in December. In January, 2012, we will hold a Chinese New Year Celebration "Enter the Dragon." Other programs planned are:

Breakfast Tiffany Style in February

A Waltz in the Park at the Naples Botanic Garden in March

Hats and Afternoon Tea, The Ritz way in April



The Kensington Chelsea Women's Club



Without the efforts of our volunteer Board who run 18 departments with no remuneration other than my gratitude as President coupled with the thanks of our 1100 members, none of the work of KCWC would be possible. The dedication of these talented women organises our Activity and Special Events, our General Meeting Programmes, our Charity fundraising as well as oversees our internal governance.

The Travel Group of the Kensington Chelsea Women's Club (KCWC) was delighted to gain special and rare access to Frogmore House on the grounds of the Windsor Estate in the shadow of the Long Walk leading to Windsor Castle. Frogmore is currently exclusively used by the Royal Family and indeed was the site of the wedding of Autumn Kelly to Peter Phillips, the son of HRH Princess Anne, the Princess Royal. The grounds of Frogmore are very extensive and additionally house the mausoleum erected by Queen Victoria for her beloved Prince Albert. His death was 150 years ago this December. In commemoration of this anniversary, we have invited author Helen Rappaport to our next general meeting, open to our members and visitors, on December 8 at the Royal Automobile Club, Pall Mall, London. Her book "***Magnificent Obsession - Victoria, Albert and the Death that Changed the Monarchy"*** discusses the life of the couple with new information on the profound grief of the Queen on Albert's death. It is therefore very topical as our book of choice to recommend to our sister WCI members. (*See The Bookshelf, page 17*)



Int'l Women's Association of Prague

IWAP will be holding is annual **Charity Christmas Market**, on 3 December 2011 at the Hotel Diplomat in Prague.

All the money we raise on that day will go directly to help two czech charities ***Acorus*** and ***Projekt Magdala***. Both organizations help the women and children who are victims of domestic violence or human trafficking industry.

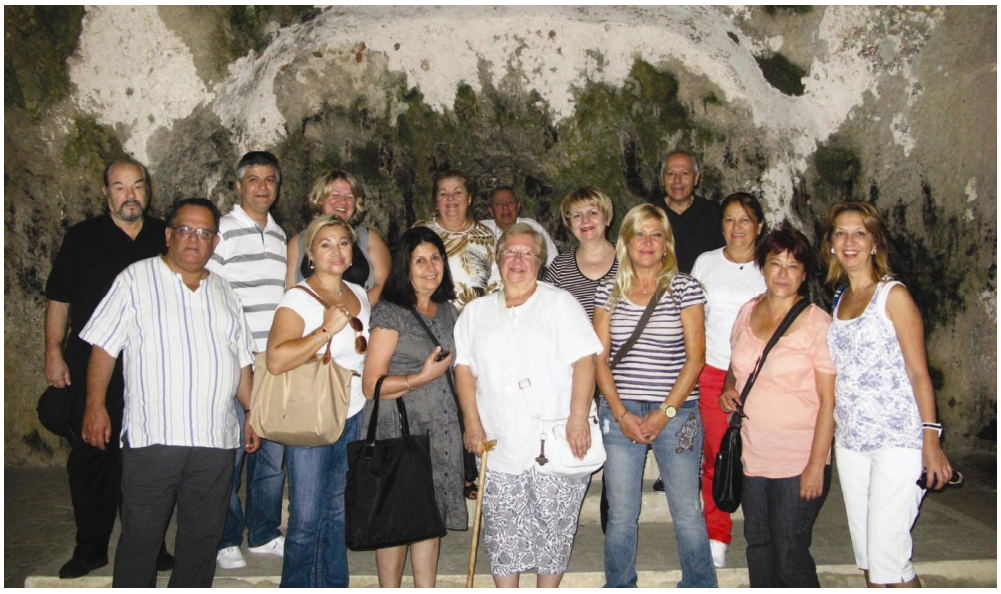




Association of Turkish Women in Britain

Trip to GAP

The Association of Turkish Women in Britain (ATWIB) recently organised a nine day trip to the South-eastern region of Anatolia in Turkey which is located in upper Mesopotamia. Members of ATWIB and friends visited numerous historical and archaeological sites, museums and natural wonders; experienced the local culture and delicacies in five regional provinces. From ancient cities like Harran, built with bricks of mud to old stone houses of Mardin, from the sunken ancient city of Hasankeyf to the city of Sanliurfa where the Prophet Abraham was born; from exotic bazaars and spice markets in Gaziantep to the town of Birecik where endangered Kelaynak birds can be found and from the mosaics of Zeugma to the mysterious fallen stone heads at Nemrut mountain this trip to Turkey was fascinating.



Welcome to London Int'l Club



Dee Philips Medawar, Aida Armaly; Antonia Richard, Jocelyn Jones Daughter in law, Jenny Habib, Jocelyn Jones.

Welcome to London Founders Lunch

September 9, 2011

The lunch was lovely, we all enjoyed remembering, how Welcome to London started by Jocelyn and her friends. Jocelyn then began the FIWAL as well, so as to link all the International Women's clubs in London under one umbrella.

WCI

Gratefully acknowledges the recent donations from the following member clubs:

- Berkshire International Club (Massachusetts)
- Welcome Club International California
- Welcome to Colorado International Club
- Welcome to Florida International Club
- Kensington Chelsea Women's Club (Great Britain)
- Welcome to Washington International Club

Thank you!
Working together we build a better organization which benefits our clubs and women worldwide.

MARIAN ADAIR FUND

As WCI continues to move forward, and expands, it becomes increasingly important to have the funds necessary to keep in contact with the worldwide body of women's clubs that share our goals of cross-global understanding, education and friendship.

Affiliated Clubs and individual members are encouraged to make donations, whether it be to honor a fellow member, congratulate someone, memorialize family or friends, or to simply help WCI financially.

If you wish to make a contribution,
please contact
WCI Treasurer Nancy Carpenter at:

Getting to Know You . . . .

Madame Julie Chien
Welcome to Taipei
International Club



Madame Julie Chien, one of the charter members of the Welcome to Taipei International Club (WTIC), played an instrumental role in the establishment of the club in 1986. After being elected as the club's president from 1989 to 1991, she became the club's executive supervisor, and has served in that capacity ever since.

Due to her magnetic charisma, she has been an icon in the diplomatic wives circle and in other women's organizations. When her husband, Dr. Fredrick F. Chien, was appointed the representative of the Republic of China (Taiwan) to the United States of America from 1983-1988, she volunteered to tackle the daunting task of renovating the Twin Oaks Estate. She went from being just an honorary member of The Welcome to Washington International Club to a magnetic figure in various diplomatic and social groups. At Twin Oaks, she introduced Chinese culture and cuisine to diplomats and friends in the US until 1988, when she left Washington, DC. Owing to her efforts, the Twin Oaks Estate has remained a center for Chinese culture and hospitality.

In her authorized biography, The Wisdom of Elegance: Advice from Julie Chien, she shared her personal experiences in communicating, parenting, entertaining, upholding etiquette, and maintaining friendships. Madame Chien currently also serves as one of the directors of the National Women's League Foundation for the Hearing Impaired, ROC. She is "Auntie Chien" in the hearts of many underprivileged and physically challenged children. In the meantime, she strives to remain humble and do her best whenever possible.



Professor Oya Alpar
Association of Turkish Women in Britain

Professor Alper is Head of the Centre for Drug Delivery Research at the School of Pharmacy, University of London.

Over the last three decades she has investigated protein and gene based vaccines, micro and nano encapsulating technologies. Professor Alpar is a progressive expert in the field of micro/nano particle technology and their use in vaccination and delivery of other challenging biotherapeutics.

She pioneered nasal particulate vaccine delivery and demonstrated the importance of formulation and processing generally i.e. engineering for effective immunological outcomes. These are now widely accepted and used in vaccine and gene delivery applications.

Professor Alpar's research has generated millions in funding that has enabled the development of many candidate delivery systems. These new drug delivery technologies promise to create new treatments for cancer, infectious diseases and many other illnesses.

Her work has made and still makes an enormous contribution to both British and World Wide Science especially in the vaccine delivery area.

Although most of Professor Alpar's career has been in Great Britain she was born in Istanbul and enjoyed her childhood and initial education there. A dedicated and successful scientist, she still had time to rear two sons and have a busy social life running a busy household in support of a consultant surgeon husband.

Whenever she has had time she has enthusiastically pursued the visual arts, music, theatre and especially philosophy.

by Funda Aksanoglu
Assc. of Turkish Women in Britain

Louise Veldhuijzen van Zanten
IWC Membership Convener
International Women's Club, Israel



Last February I arrived in Israel, our 10th posting, to accompany my husband, William, who is both First Secretary and Head of Consular and Administrative Affairs of the Netherlands Embassy in Tel Aviv, as well as director of the Netherlands Information Office for Dutch Holocaust survivors in Jerusalem.

We have two daughters - globetrotters like us - who are currently studying in the Netherlands. When I am not busy joining my husband on trips and visits, I also enjoy working with horses and playing tennis.

After receiving my IT diploma in 2004, I specialized in setting up databases. As a previous member of various IWCs around the world, I am pleased to share my time and computer skills as a Membership convener with the IWC in Israel.

Louise has a huge job for the IWC, her hard work contributed to 43 new members, with more to come. This is indeed a record for our Club. She has also puts together our yearly directory.

Patty Willis
President, IWC-Israel

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

Anonymous

Getting to Know You . .

Barbara Roy
Editor, Newsletter
Welcome to Florida International Club



My motto is; "the grass is greenest on your side of the fence if you water it." My husband, Bill, and I have 15 children - 8 of our own and 7 adopted from around the world (Cambodia, Uzbekistan, Romania and China). We have backpacked to 150 countries and this year Bill (91 years of age) and I made our 14th trip around the world. And, oh yes, I started from scratch companies with 200 plus employees, 27 Child Development Centers, 2 Nursing Homes, 2 Homes for Mentally Retarded Adults, administered a Child Care Food Program for 3000 home centers for the Michigan Department of Education.

A lot of water had run over the dam and exciting life's experiences continue.

There is in every true woman's heart, a spark of heavenly fire, which lies dormant in the broad daylight of prosperity, but which kindles up and beams and blazes in the dark hour of adversity.

WASHINGTON IRVING
The Sketch Book

WCI Annual Board of Directors Meeting

Rome, Italy ~June 6-10, 2011

A courtyard of flowers was the setting for the Opening Reception of the WCI Board of Directors' Meeting in Rome. The soft sound of many voices in different languages exchanging greetings were heard; seventy-six members from around the world joined together for dinner and friendship.

The Welcome to Rome International Club members graciously received us and presented each with a gift of a scented, beautiful rose with the following message: "This warm and colorful fragrance is our joyous welcome to all our friends and fellow Club members. A sweet memory of our first meeting and a warm hello from all of us." their warmth did not require a common language.

We met at the Hotel Ponte Sisto, located in the heart of Rome and within walking distance of many historic sites. Representatives for 14 clubs were present; clubs not present were represented by a report which was read. Meeting for 1½ days, we began with a lesson in Italian (Grazie-Thank you and Prago-you are welcome!) The 25th Anniversary of WCI was recognized by the reading of its history and a gift of note cards to the Board members. The Board approved a WCI International Cookbook, recipes to be contributed by all Clubs' members. Each Club provided a report of its activities and and roundtable discussions were held concerning issues involving all clubs. Speakers addressed the subjects of a by-lingual newsletter, the procedure for elections of officers; and special activities for prospective and new members. The program for the WCI 2012 International Conference, June 21-25 in Denver, Colorado USA was distributed and reviewed; a short video of Denver provided a glimpse of the city both yesterday and today.

Speaker Annamaria Barbato Ricci dedicated a very special rose to WCI President Julia Banks stating: *"These Samremo hybridized newest roses, created by Antonio Marchese, have a special name '150 Years of Women from Italy's Unification' You are the first to see them; Friday, June 10, 2011 they will be planted with a solemn ceremony at the municipal garden of Rome. I give them to you, Mrs Banks, as a sign of friendship and sharing of ideals of Welcome Clubs International."* The







rose and a bouquet of roses were accepted with appreciation on behalf of all WCI member clubs.

After the meeting the Board was treated to two days of cultural excursions. These days, with lunch and dinner together, were fun and created strong bonds of friendship. The Rome Club President and officers led the group in singing Italian songs filling the room with laughter and warmth each evening. Each of us left with the true meaning of friendship and understanding.

Clubs attending: France, Germany, Israel, Italy, Lebanon, Taiwan, Turkish Women in London, Czech Republic, England, USA: Colorado, Florida, Maine, Massachusetts and Washington.









Assisi

WCI TRIP TO UMBRIA, ITALY ❖ JUNE 10-14, 2011

Following a very successful and constructive Board of Directors' meeting in Rome, WCI club members from Australia, Bolivia, England, France, Iran, Israel, Italy, Sweden and the USA boarded a bus accompanied by a Welcome To Rome Club (WRI) Travel Agent, and traveled to the very heart of Italy, Umbria. This region is dubbed "The Green Heart of Italy" for its gentle pastoral countryside and also well known for the beauty and profusion of its medieval towns.

Umbria, a mountainous and landlocked region, defines the very essence of the Italian people: religious, industrious and family oriented. Assisi and Norcia, the seat of St. Francis and St. Benedict that attract many visitors throughout the year, gave us an insight on the historical and religious aspects of the region.

During the five days we saw and visited many beautiful villages with charming pink houses with terracotta roofs situated on the hillside. Among them Spoleto, Spello, Assisi, Norcia, Gubbio and Perugia. Spoleto was one of the loveliest spots, with clean cobbled streets and every home adorned with beautiful and colorful flowers. On the other hand, its urban atmosphere is enhanced by its superb monuments and by the Festival of the Two Worlds" one of Europe's leading arts Festivals, held annually, in June and July. Many of these villages were accessible only by foot as the streets were steep and narrow. Buses and vans were only allowed up to a certain point. The unspoiled countryside, famous for olive groves and black truffles, lifted our spirits. We visited many churches among them the Basilica of St. Francis, frescoed in part by Giotto. Perugia, the capital of Umbria, known for its University for foreigners was celebrating and enacting pageantry in the main square dressed in medieval costumes when we were there. Some of us joined the festivities accompanying the colorful and joyous procession ending with the sound of the city band.

We stayed in the Hotel "Il Cenacolo di San Francesco" in Santa Maria degli Angeli which, during the time of St. Francis, was a medieval Convent where the Franciscan monks prayed and worked conforming to their Latin motto "Ora et Labora". Every day after a sumptuous buffet breakfast we were accompanied by a guide to the various villages and returned to the hotel for a very elegant dinner which was prepared solely for us.



The last afternoon we were hosted by our Travel Agent to a surprise picnic in the valley covered with wildflowers. Anna Kristina Sawtelle of the New England, Maine Club sat on the grass and wove a Swedish krans (a crown of flowers) and presented it to Aida Souviron, of the Welcome to Colorado Club, whose birthday was that day. (This is a birthday tradition in Sweden.)



The group of participants who started off not knowing one another ended up bonding with one another and cultivating new friendships. The quality of life and enterprising spirit of the inhabitants of the region together with the friendships we made was a tribute to our organization and to our Sister club members in Rome.

By Rosalba Coppola
WCI Ambassador at Large





Assisi ❖ Portiuncula in Maria degli Angeli



Norica□s famous Truffles



Gubio

Spoleto ❖ Arch of Drusus





Spello ❖ flowers were everywhere



Perugia ❖ Pagentry

Happy Anniversary

WCI Congratulates the following clubs:

Welcome to Turkish Cyprus Club
10th anniversary

Women's International Club
du Languedoc-Roussillon
13th anniversary

International Women's Club
of Philadelphia
22nd anniversary

International Women's Association
of Prague
20th Anniversary

Welcome to Taipei
25th anniversary

FIWAL
(Federation of International
Women's Association London)
25th Anniversary

Welcome to Florida International Club
25th Annivesary

International Women's Club
of Hamburg
20th Anniversary

What wisdom can you find that is greater than kindness?

JEAN-JACQUES ROUSSEAU
Emile

WCI Executive Committee Meeting—Naples, Florida

In November, 2011 the WCI Executive Committee met in Naples, Florida. Members came from as far away as Argentina and Taipei. A last minute "glitch" in a visa prevented Sarka deJong of Prague from attending.

The 21 member Executive Committee of WCI meets twice a year to coordinate and facilitate the operations of WCI. While communication between Committee members is ongoing year round, certain issues require face to face serious discussions to determine what is best for WCI. Subjects range from policies and procedures to tax issues.



We are indebted to these women who donate their time, energy and talent to ensure WCI's well being and success.



Officers of the WTF Club were invited to participate in a portion of the Executive Committee Meetings.

Members of the Executive Committee are appointed by the WCI President and serve for two years. They are volunteers who serve without compensation or reimbursement of expenses.



WCI President Julia Banks, Lila Corner President and Officers of the Welcome to Florida International Club (WTF)

"Each problem that I solved became a rule which served afterwards to solve other problems." Rene Descartes, *Discours de la Methode*

The Bookshelf



Recommended as worth reading by WCI Club book groups and members

Welcome to Rome International Club

Title: ***"Le Italiane"***
Publisher: Castelvecchi, 2011
Language: Italian
Each chapter was written by a different writer and the book originated from an idea of Anna Maria Barbato Ricci to support the Association for women harassment. The book is about Italian women that contributed significantly to politics, science, culture, etc.

Title: ***"Donne del Risorgimento"***
Author: Bruna Bertolo
Publisher: Anankes, 2011
Language: Italian
The book is about heroines that contributed to the unification of Italia
.

Assoc. of Turkish Women in Britain

Title: ***The Forty Rules of Love - A Novel of Rumi***
Author: Elif Shafak
Language: English
Publisher: Penguin Books, 2011
"In The Forty Rules of Love, Elif Shafak has woven a wonderful tale of love and spiritual longing, brilliantly exploring the universal desire for intimacy with another human being, as well as with the divine. It is provocative in the best sense of that term, a rare novel that succeed in illuminating the mystical aspects of daily existence, a novel of intelligence as well as heart, with wisdom that infuses every page."

Int'l Women's Club, Hamburg

Title: ***The Help***
Author: Kathryn Stockett.
Publisher: Amy Einhorn Books/Putnam, 2009
Language: English
An optimistic, uplifting novel set during the civil rights movement in Jackson, Mississippi. A skillful depiction of the ironies and hypocrisies that defined the era. The Help is a compassionate original story, recently made into a film.

Title: ***A Passage to India***
Arthur: E.M. Forster
Publisher: First published in 1924 (republished by many other publishers at later dates)
Language: This book has been translated into several languages.
Written in England while England was still firmly in control of India, the idea of true friendship between the races was a radical one in Forster's time and he makes it clear it was not what either side welcomed. Arguably this is Forster's greatest novel

Title: ***Suite Francaise***
Author: Irene Nemirovsky
Publisher: Several, Written between 1940-42, published in 2004.
Language: This book has been translated into 30 languages.
The Ukrainian Jewish author perished in Auschwitz. Considered the last great fiction of the war, the writing only came to light in 2004 when Irene Nemirovky's daughter went through the notebooks and put them forth to be published. The novels witty characterizations, mesmerizing prose, cinematic scenes and insightful observations make this novel a short masterpiece.

Kensington Chelsea Women's Club

Title: ***"Magnificent Obsession - Victoria, Albert and the Death that Changed the Monarchy"***
Author: Helen Rappaport
Publisher: UK November 3, 2011 by Hutchinson; US March 2012 St. Martin's Press
Language: English
The book discusses the life of the couple with new information on the profound grief of the Queen on Albert's death.

International Women's Club, Israel

Title: ***The Confessions of Catherine de Medici***
Author: C. W. Gortner
Publisher: Ballantine Books, 2011
Language: English
Catherine's quote" The truth is, none of us are innocent. We all have sins to confess." intrigues the reader of this book about one of history's controversial queens and the turbulent world of sixteenth century France.

Title: ***Diplomatic Baggage - The Adventures of a Trailing Spouse***
Author: Brigid Keenan
Publisher: John Murray, 2007
Language: English
A funny and realistic book about life as an Expat! All will identify with the struggles of relocating, protocol expected, and realizations of how the experience and the people leave imprints on our lives. Enjoy sharing the best, funniest, awkward, and possibly saddest part of moving around the globe!

Title: ***The Help***
Arthor: Kathryn Stockett.
Publisher: Amy Einhorn Books/Putnam, 2009
See previous recommendation by Int'l Women's Club of Hamburg

FILM REVIEW

Int'l Women's Club of New England

Film: ***Mao's Last Dancer***
Directed by Bruce Beresford in 2010
117 minutes in length.
A delegation from Madame Mao's Beijing Dance Academy selects 11-year-old peasant villager Li Cunxin to study ballet in far-off Beijing, where he trains for seven grueling years to become one of China's greatest dancers. His efforts win him the opportunity to dance in America, opening his eyes to a new love and the possibility of a dramatic defection from China in this remarkable true story based on Cunxin's autobiography.



What will your wardrobe be on New Year's Eve? Nice dress? Black tie? How about your, ah...underwear? If you live in parts of South America, it wouldn't even be a question. In Sao Paulo, La Paz and other spots, people don brightly colored underpants to ring in the New Year - red if they're looking for love, and yellow for money.

No matter what we wear, though, the New Year signifies a new beginning. Opening a fresh calendar, with its 12 pristine, as-yet-unmarked months, is perhaps one of the most universally hopeful acts we humans perform: finally, a chance to shrug off last year's worries, conflicts and mistakes; finally, a chance to start over. It's no wonder we all welcome the holiday with such enthusiasm.

In many countries, there's a shared belief that specific actions taken on New Year's Eve or New Year's Day - or at the stroke of midnight when one becomes the other - can influence the fate of the months ahead. In the Philippines, for example, wearing polka dots and eating round foods is supposed to ensure a prosperous new year.

In other countries, New Year's customs are about driving away the bad spirits of the past year so that the new one can arrive unsullied and uncorrupted. The purifying power of fire is often used in such ceremonies. During the Scottish festival of Hogmanay, for instance, parades of village men swing giant blazing fireballs over their heads as they march through the streets. In Panama, effigies of popular celebrities and political figures - called muñecos - are burned on bonfires.

Other bad-spirit-banishing customs are less fiery and more fun, like the Danish tradition of jumping off chairs at midnight (which gives new meaning to the term 'leap year').

These customs share an optimism that's hard not to appreciate. Out with the old, in with the new! New Year's celebrations exist in virtually every country in the world. In some, the advent of the New Year is the most culturally significant holiday, while in others it is merely one of the Twelve Days of Christmas, which end with the Feast of the Epiphany on January 6. And for others, the dates for New Year celebrations appear in other seasons of the year.

The ancient holiday traditions are as varied as the lands they are from, but they all have one thing in common: sharing warm personal wishes with friends and family for happiness, health and prosperity in the new year!

Arabic: Kul 'aam u antum salimoun

Brazilian: Boas Festas e Feliz Ano Novo

Chinese: Chu Shen Tan

Czech: Scastny Novy Rok

Dutch: Gullukkig Niuw Jaar

Finnish: Onnellista Uutta Vuotta

French: Bonne Annee

German: Prosit Neujahr

Greek: Eftecheezmaenos o Kaenooryos hronos

Hebrew: L'Shannah Tovah Tikatevu

Hindi: Niya Saa Moobaarak

Irish (Gaelic): Bliain nua fe mhaise dhuit

Italian: Buon Capodanno

Khmer: Sua Sdei tfnam tmei

Laotian: Sabai dee pee mai

Polish: Szczesliwego Nowego Roku

Portuguese: Feliz Ano Novo

Russian: SNovim Godom

Serbo-Croatian: Scecna nova godina

Spanish: Feliz Ano Neuvo, or Prospero Ano Nuevo

Turkish: Yeni Yiliniz Kutlu Olsun

Vietnamese: Cung-Chuc Tan-Xuan

Brazil: The lentil is believed to signify wealth, so on the first day of the New Year they serve lentil soup or lentils and rice. In Sao Paulo, La Paz and other spots, people don brightly colored underpants to ring in the New Year - red if they're looking for love, and yellow for money.

China: The Chinese continue to observe the lunar New Year, which is based on the old Chinese lunar calendar, so it may occur at any point between January 1 and February 19. The celebration can last anywhere from 10 days to one month. The tradition of setting off firecrackers and playing drums and cymbals during the celebration is believed to drive away evil spirits. Gifts of money, in red envelopes, are also exchanged.

Denmark: Many Danish leap off chairs at midnight, hoping to ban all bad spirits in the new year. They also have a very loud and destructive way of celebrating the new year- they break dishes. People throw their old dishes on their friends' doors on New Years and the one with the most dishes outside their door, usually has the most friends.

Ecuador: Usually when you burn someone's picture it means bad break up. However in Ecuador, the fiesta includes all the locals gathering together with pictures that represent something you do not want in the new year from the last year and burning it.

Germany: In Germany people drop molten lead into cold water and try to tell the future from the shape it made. A heart or ring shape meant a wedding, a ship a journey, and a pig plenty of food in the year ahead. People also leave a bit of every food eaten on New Year's Eve on their plate until after Midnight as a way of ensuring a well-stocked larder. Carp was included as it was thought to bring wealth.

Great Britain: In Britain the custom of first footing is practiced. The first male visitor to the house after midnight is usually supposed to bring good luck. The first-footer must be male, young, healthy and good looking. He must be dark-haired and he should be carrying a small piece of coal, money, bread, and salt. These are the symbols of wealth. (The first person must not be blond, red-haired or women as these people are supposedly bad luck.)

Ireland: An Irish tradition involves banging on the door and walls with Christmas bread to chase the bad luck out and bring good spirits to the household with the promise of enough bread in the new year.

Japan: New Year's Eve is observed by thorough house cleaning, to rid the house of evil spirits before the New Year begins. Bamboo sticks - symbols of growth and prosperity - are hung on the front door. At midnight, chimes ring 108 times at which point children are given their New Year's money for good behavior during the year. The day after New Year's is First Writing Day, when kakizome or the practice of writing down ones' hopes for the year is observed.

Philippines: It is a tradition in the Philippines, that Filipinos focus on all round things. They consume round fruits such as grapes and wear clothing with round shapes such as polka dots. The round shape reminds and celebrates the roundness of coins, as they hope for prosperity in the new year. Children jump up and down at midnight to make sure they will grow tall.

Puerto Rico: When it's New Year's Eve in Puerto Rico, they throw buckets of water out the window to 'clean' the old year out. They also clean their homes and decorate them, as it is supposed to symbolize the 'cleaning' of the spirit.

Scotland: Hogmanay is the celebration of the New Year, and it is of far greater importance than Christmas. Once upon a time, the Scots exchanged gifts on Hogmanay, rather than at Christmas. Parades of village men swing giant blazing fireballs over their heads as they march through the streets. Among the customs, which vary by region, are the firing of guns at midnight on New Year's Eve.

Spain: When the clock strikes midnight they eat 12 grapes, one with every toll to bring good luck for the next 12 months of the New Year. Sometimes the grapes are washed down with wine. Theater productions and movies are interrupted to carry out this custom.



Do You Tweet?

When I bought my Blackberry, I thought about the 30-year business I ran with 1800 employees, all without a cell phone that plays music, takes videos, pictures and communicates with Facebook and Twitter. I signed up under duress for Twitter and Facebook, so my seven children, their spouses, 13 grandchildren and 2 great grandchildren could communicate with me in the modern way. I figured I could handle something as simple as Twitter with only 140 characters of space.

That was before one of my grandchildren hooked me up for Tweeter, Tweetree, Twhirl, Twitterfon, Tweetie and Twittererific Tweetdeck, Twitpix and something that sends every message to my cell phone and every other program within the texting world.

My phone was beeping every three minutes with the details of everything except the bowel movements of the entire next generation. I am not ready to live like this. I keep my cell phone in the garage in my golf bag.

My children bought me a GPS for my last birthday because they say I get lost every now and then. I keep that in a box under my tool bench with the Blue tooth phone I am supposed to use when I drive. I wore it once and was standing in line at Barnes and Noble talking to my wife and everyone in the nearest 50 yards was glaring at me. I had to take my hearing aid out to use it, and I got a little loud.

I mean the GPS looked pretty smart on my dash board, but the lady inside that gadget was the most annoying, rudest person I had run into in a long time. Every 10 minutes, she would sarcastically say, "Re-calc-u-lating.." You would think that she could be nicer. It was like she could barely tolerate me. She would let go with a deep sigh and then tell me to make a U-turn at the next light. Then if I made a right turn instead..... well, it was not a good relationship.

When I get really lost now, I call my wife and tell her the name of the cross streets and while she is starting to develop the same tone as Gypsy, the GPS lady, at least she loves me.

To be perfectly frank, I am still trying to learn how to use the cordless phones in our house. We have had them for 4 years, but I still haven't figured out how I can lose three phones all at once and have to run around digging under chair cushions and checking bathrooms and the dirty laundry baskets when the phone rings.

The world is just getting too complex for me.



What You Should Know About Social Networking

Social networking is everywhere. It is common to find parents, children, coworkers and even the elderly on the networks across the social media world on sites such as Twitter, MySpace, Facebook, YouTube and LinkedIn. With social networks people across the world have access to tools and options that were previously non-existent. However, there are just as many new opportunities to connect as there are to get into potential danger. Social networking has opened up many new doorways for cyber-crime, and with all the people on social networks who are completely new to technology, it is more important than ever to make sure people are aware of the risks.

Phishing / Scams - There are a number of scammers on social networks who may try to steal or use your personal information; Information that can be used for potential crime such as identity theft or fraud. There are also websites that are set up to appear to look like your favorite social networks in order to steal your password. Once someone has your password they can use it to destroy your profile or send out spam messages and viruses, which could do irreparable damage to your online reputation. Always make sure you are at the right site when you enter your credentials. You can do this by double checking the address bar and making sure you are in the right place before you log in. Never will log-in sites ask you to send them your password. If you receive a message or email requesting your send them your password do not reply and forward the message to the network's support or privacy department.

These days nearly everyone belongs to a social network, where they spend anywhere from one to several hours per day, posting photos, instant messaging, tweeting, posting their locations on Facebook and any other number of windows into personal daily lives. While social networking has become a staple of social interaction, therein lies a great deal of potential dangers.

Social networking is made so that even those who least tech savvy can enjoy online socializing, talk to friends and share things going on in their lives. Most people doing this do not think about, or perhaps even realize, that everything they reveal to their personal network of friends, family, co-workers and acquaintances, is also very easily revealed to those who could use the same information to steal identities, commit fraud, steal information, and plenty of other life damaging crimes.

One of the worst things about the crimes committed through social networking sites, is that just about anyone is at risk, no matter who they are. Anyone from a CFO of a major credit union to a 14 year old girl, or a new college graduate to a retired senior citizen, is a potential for those that hunt out and prey upon unsuspecting social network users. Children especially, should have some form of supervision over their social network activities. The openness and ease with which contact is made online within a social network makes them even more vulnerable, and even easier to contact by child predators.

The elderly, as well, are often targeted by hackers, social engineering criminals and other con artists. Those who are retired should be on guard the criminals who target people for personal information, passwords, pass codes and other sensitive information, are extremely skilled at what they do. They can con reasonable people into giving up information, and steal valuable secrets, all without the victim even being aware a crime was committed at all.

Should Social Media Be Avoided? No, social media does not have to be completely avoided. However, the more aware users are to the potential threats and dangers, the more protection they have against them. Social media is a new method of social interaction in this age of information, and to ignore it would only isolate you from social communication, and the plenty of useful or enjoyable aspects of social networking. The point here is to be on guard, be vigilant, and be aware of the ways in which social media can be dangerous.

Coffee Gets a Makeover

"Study Links Coffee Use to Pancreas Cancer," announced the head-line in The New York Times in March 1981. Earlier studies had raised alarms that coffee might cause heart attacks.

These days, coffee is sounding more like a wonder drug...er, beverage.



"It's turned out to be remarkably safe," says Harvard's Walter Willett. "The evidence is very clear that coffee doesn't in-crease the risk of pancreatic cancer, and it probably reduces the risk of liver cancer."

In a 2007 meta-analysis, Swedish researchers estimated that people who drank two cups of coffee a day had about a 30 percent lower risk of liver cancer than those who drank none. (Researchers don't know whether people who drink decaf also have a lower risk.)

That's not all. "Coffee almost for sure reduces the risk of type 2 diabetes," adds Willett. When researchers combined nine studies on a total of nearly 200,000 people, they found that those who drank four to six cups of regular or decaffein-ated coffee a day had about a 30 percent lower risk of diabetes than those who drank up to two cups a day.

"It looks like coffee reduces insulin resistance," notes Willett. If your cells are insulin resistant, they don't respond well to the hormone, and you have a higher risk of diabetes, heart disease, and gout. That could also explain why people who drink either decaf or caffeinated coffee have a lower risk of gout.

Only caffeinated coffee may lower the risk of Parkinson's disease and gallstones. "The mechanism is not clear, but the evidence is quite strong for Parkinson's," explains Willett. His bottom line:

"Coffee has turned out to be a health-promoting beverage rather than a carcinogen."

WHAT DOES LOVE MEAN?

A group of professionals posed this question to a group of 4 to 8 year-olds. The answers they got were broader and deeper than anyone could have imagined.

Rebecca- age 8
'When my grandmother got arthritis, she couldn't bend over and paint her toenails anymore. So my grandfather does it for her all the time, even when his hands got arthritis too. That's love.'

Billy - age 4
'When someone loves you, the way they say your name is different. You just know that your name is safe in their mouth.'

Chrissy - age 6
'Love is when you go out to eat and give somebody most of your French fries without making them give you any of theirs.'

Terri - age 4
'Love is what makes you smile when you're tired.'

Bobby - age 7
'Love is what's in the room with you at Christmas if you stop opening presents and listen.'

Nikka - age 6
'If you want to learn to love better, you should start with a friend who you hate.'

Noelle - age 7
'Love is when you tell a guy you like his shirt; then he wears it everyday.'

Tommy - age 6
'Love is like a little old woman and a little old man who are still friends even after they know each other so well.'

Cindy - age 8
'During my piano recital, I was on a stage and I was scared. I looked at all the people watching me and saw my daddy waving and smiling. He was the only one doing that. I wasn't scared anymore.'

Chris - age 7
'Love is when Mommy sees Daddy smelly and sweaty and still says he is handsomer than Robert Redford.'

Mary Ann - age 4
'Love is when your puppy licks your face even after you left him alone all day.'

Karen - age 7
'When you love somebody, your eyelashes go up and down and little stars come out of you.'

Jessica - age 8
'You really shouldn't say 'I love you' unless you mean it. But if you mean it, you should say it a lot. People forget.'

And the final one -- Author and lecturer Leo Buscaglia once talked about a contest he was asked to judge. The purpose of the contest was to find the most caring child.

The winner was a four year old child whose next door neighbor was an elderly gentleman who had recently lost his wife.

Upon seeing the man cry, the little boy went into the old gentleman's yard, climbed onto his lap, and just sat there.

When his Mother asked what he had said to the neighbor, the little boy said, 'Nothing, I just helped him cry'



One word
Frees us of all the weight and pain of life:
That word is love.

SOPHOCLES
Oedipus at Colonus

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