

Going Dutch

2015
October

In this issue


Size Matters

Visiting Tokyo

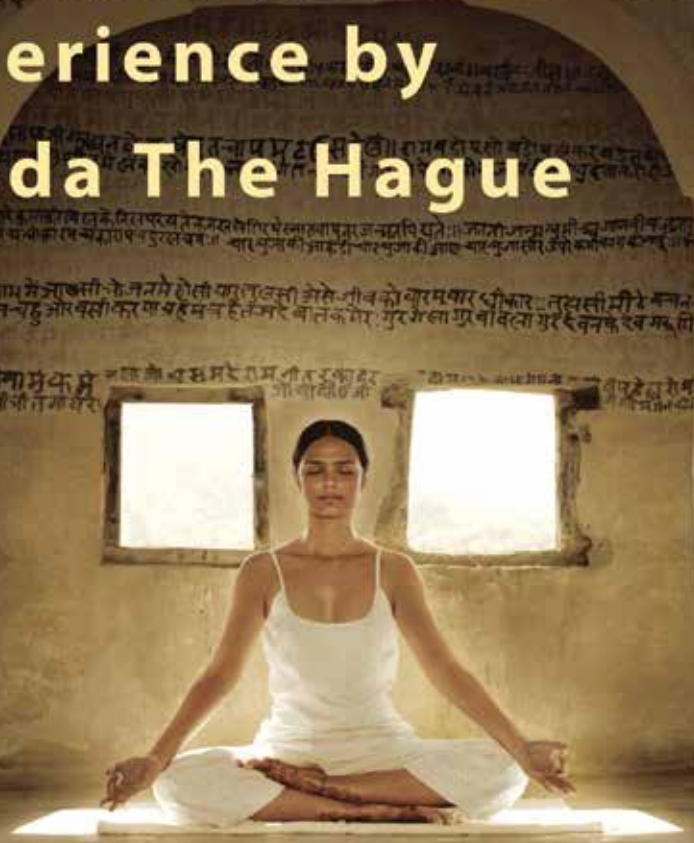
Activities Galore

A Local's Guide to The Hague

American Women's Club of The Hague



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Going Dutch October 2015



The Clubhouse looked lovely as we thanked our volunteers and Honorary Members for all their efforts



These ladies had no idea they'd have so much fun learning about hats



If you ever find yourself in Tokyo, you won't be at a loss for things to do

The Magazine of the American Women's Club of The Hague

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Holiday Bazaar Ginny Mees, Barbara
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Library Laurie Martecchini
Kid's Club Open
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Niles-Pourier
Newcomer Activities Greetje Engelsman
Parliamentarian Georgia Regnault
Philanthropic Fundraiser Open
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Enschede
Public Relations Loren Mealey
Tennis Molly Boed
The Arts Jane Choy
Tours Jan Essad, Seanette Meserole
Volunteer Coordinator Open
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Website Assistant Open
Women with Dutch Partners Open

AWC Purpose Statement

The AWC of The Hague is an association formed to provide social and educational activities for American women living in the Netherlands and to promote amicable relations among people of all nations as well as acquiring funds for general public interest. The association does not endeavor to make a profit.



Volunteer
and Honorary
Luncheon



Message from the President

by Becky Failor

“There are no strangers here; Only friends we haven’t yet met” This W. B. Yeats quote was the greeting at a hotel my husband and I stayed at in Ireland this summer. I thought it was such a warm sentiment. My hope is that is how our American Women’s Club treats those who come to us for the first time, or who come to the Clubhouse infrequently. I hope everyone is greeted warmly and feels that our Club is really their “home away from home.” Unfortunately, not everyone gets that warm feeling from our Club. We have been told “everyone seems so busy with their friends” and from some of our Associate Members “some of the Americans just pass me by without a greeting.” I am certain that is not the reputation you want for our Club.

Will you join me and the Board members and make a special effort to greet everyone at the Club with a smile and a warm greeting and to talk to someone at the Club you do not yet know? Try saying “Hello, I do not think we have met. My name is” If you find the person is new to our Club, may I suggest that you tell them something about the AWC that you like, ask about their interests, introduce them to other Members, and help them sign up for an activity. You may just make a new friend.

I so enjoyed Kick Off. I hope I followed my own recommendation and greeted each of you warmly! I am excited about some of the activities that were unveiled at Kick Off, such as Cranium Game Night on the second

Friday of each month (see page 15) and the return of the lovely candlelight tour of Kasteel Duinvoorde in Voorschoten (see page 21). A big thanks to Vice President Sue Merrick and her

team for offering such a wide array of fun things to do.

As our vote on the revision to the Constitution and By-Laws was delayed until October 8, we will combine our regular monthly meeting with time for discussion of the revisions and the vote (see following page). We will have both a daytime and evening session. I encourage you to submit a proxy if you cannot attend.

I want to end by recognizing the hours of “behind the scenes” work done by our Treasurers and Financial Team. Money comes in, bills must be paid, a budget and financial reports must be created, money must be invested, and data must be posted on the website. Each one of these transactions takes time and careful consideration. Each action must be done promptly and accurately, and then be properly recorded. These are not glamorous or exciting jobs, but they are some of the most important jobs of the AWC. My deepest appreciation goes to the women who handle this for the AWC: last year, **Teresa Insalaco** and **Rebecca Wood**, and this year, **Jan de Vries**, **Rebecca Wood** and **Kathy deBest**. I cannot say enough about how diligently Jan de Vries has taken on her role as Treasurer. She has worked tirelessly this summer, putting in hundreds of hours to properly close out last year’s books and establish the budget for this year. When you next see Jan, please say “Thank you.”

With deep appreciation,

Becky



October Monthly Meeting and Special General Meeting

This month we will combine our regular monthly meeting with a Special General Meeting. The purpose of the Special General Meeting is to discuss and vote on the proposed revisions of the AWC Constitution and By-Laws. This meeting was postponed from the earlier scheduled date of September 3. These revisions are primarily to implement changes in the rights of Associate Members that were approved at the November 2014 General Meeting. If you did not receive a copy of the revisions through email, please contact the Front Office at info@awcthehague.org.

So that the majority of our Members can attend this important meeting and vote, there will be two sessions, one during the daytime and another in the evening. At each session, we will present the summary of the changes with a motion to accept these changes. We will open the floor for discussion, and then conduct a paper ballot vote. While this meeting is open to all Members, voting will still be restricted to Regular Members. If you are unable to attend this important meeting, please submit a proxy ballot; if you are in need of a proxy ballot, please request one from the Front Office.

We will begin each session with our October guest speaker, AWC Member **Suzanne Dundas**, who has participated in international Scrabble competitions for 31 years and understands both the game and the culture.

Cwm. Za. Retains. These words, each for a different reason, hold a special place in the heart of tournament Scrabble players all over the world. Join us as Suzanne enlightens us to the world of Scrabble with her talk entitled *Scrabble’s Secret Subculture: Word Freaks in Love and at War*. You don’t need to be a Scrabble enthusiast to enjoy this topic. Suzanne will touch only briefly upon strategy. She will delve into the history of the game, the “great dictionary schism” which is tearing the international Scrabble community apart,

and some of the more colorful characters who play the game:

The Scrabble world is its own distinct subculture and it is currently embroiled in a civil war. It’s a story of depression-era innovation, corporate greed, Texas-sized egos, sex, and a remarkable bearded New Zealander. And some words.

We will be hosting a luncheon following the daytime session. Details, including cost, can be found in eNews and at www.groupspaces.com/AWCTheHague/item/1000775.

Free babysitting will be available for children between six months and five years of age. In order to have the correct ratio of babysitters to children, you **must book in advance**. Call the Front Office at 070 350 6007 or write to info@awcthehague.org before October 6 to reserve your place.

Thursday, October 8

Coffee and Newcomers Meet & Greet: 10 a.m.

Meeting: 10:30 a.m.

Luncheon: Noon

or

Social Time: 6:30 p.m.

Meeting: 7 p.m.

AWC Clubhouse

www.groupspaces.com/AWCTheHague/item/990022



Ramblings from the Editor

by Melissa White

I spent much of my summer lost. Rather than picturing me throwing tantrums or crying because I couldn't find my way, realize that much of the time I was actually happy to be lost. For me, being lost is part of the adventure of travel.

Getting lost is not a waste of time. To travel is to evolve.

~ Pierre Bernard

This summer was definitely full of adventure as I traveled to Venice, Paris, Krakow and Tokyo; it was my craziest summer ever! I was only in Venice with an ex-AWC Member for just under 24 hours, but we spent much of that time lost within the maze of alleyways. While we usually didn't have a clue exactly where we were, somehow we always managed to find our way back to the hotel and enjoyed the sights along our convoluted route. I had an easier time navigating the streets of Paris while taking a long walk with my parents, who were there because my father was touring as a trombonist with the Stanford Jazz Band (although he's a bit old to be a student and never actually attended Stanford). Surprisingly, the neighborhood where I stayed for six weeks in Tokyo was actually even easier to navigate (see page 46 for some of my favorite sites in Tokyo). Strangely enough, much of the time I was lost in Tokyo was spent underground; the subway stations are enormous and despite ample signs in English, I was embarrassed to find myself at the wrong subway line more times than I'd like to confess. I was also lost in translation a lot as English really is a rarity in Tokyo; thank goodness for Google Translate which frequently helped me find my way. Luckily, I'm able to laugh at myself and find being lost is part of the fun.

Of course, there's another kind of lost that's not much fun. If you've just moved to Holland, I hope you're not feeling emotionally lost. In a recent survey of 14,400 expats living in 64 countries covering 170 nationalities, the expat social group InterNations posed a question about the biggest problems facing expats. The survey found that the top issue is that expats "miss their personal support network, family and friends." In today's connected world, it is easier than ever to keep in touch with family and friends from afar, but having a local support network is still important for emotional well-being. This is a major benefit of joining the AWC: a chance to meet other women and help keep each other from feeling lost.

In addition to being used for reminders about upcoming activities and to share photos, the AWC Facebook Group is an excellent platform for sharing ideas and asking for advice. Recent conversations have ranged from passport procedures for dual nationals to where to find a notary, from which are the best car rental agencies in The Hague to a suggestion to grab a piece of home at the Big Texas BBQ Festival. If you haven't already joined this group, click on the FB logo on at the bottom of our homepage at www.awcthehague.org to request to join.

If you are at a loss on how to fill your days, the AWC can definitely help. From our large variety of activities (see page 21 for a silk scarf workshop and page 24 for a day trip to Antwerp) to opportunities to volunteer (see page 22 to help with the Holiday Bazaar), we have plenty of choice to offer. If you need some additional ideas on where to take your next set of visitors, check out some ideas written by my 18-year-old daughter on page 40.

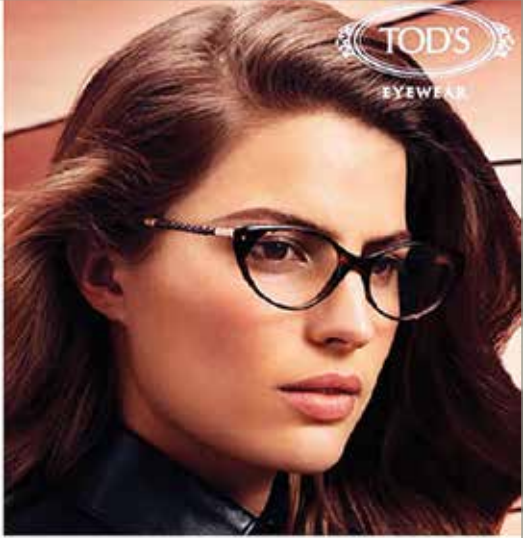
When traveling, don't forget to stray off the beaten path. Take a chance and get lost. However, if you're in Holland and feeling lost, remember that the AWC is there for you.

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Newcomer Activities

by Greetje Englesman

Meet & Greet for Newcomers

Are you a Newcomer or a potential AWC Member? Do you have questions or are you looking for a friendly welcome and introduction to the AWC? Join the Newcomers Team for coffee 30 minutes before every monthly meeting to share your questions, challenges and successes. Plan to stay for the General Meeting and hear presentations on interesting topics and learn all about the AWC. Do you have an urgent problem to solve? Feel free to email me at awcthehague.newcomers@gmail.com. No need to register for this activity.

Thursday, October 8

Coffee: 10 a.m.

Meeting: 10:30 a.m.

AWC Clubhouse

Walking Tour Along "The Fred"

Come and join me, a Dutch "ex-espatriate," for a walk along Frederik Hendriklaan, otherwise known as "The Fred," in the Statenkwartier section of The Hague (just around the corner from the Clubhouse). You will be introduced to many different shops including favorite spots to purchase fish, bread, vegetables, meat or a good cup of coffee. Bring your shopping bags. After the walk, there will be an optional lunch at a local café (at own expense).

Wednesday, October 21

10 a.m.

Meet at the AWC Clubhouse

Free and Open to All

www.groupspaces.com/AWCTheHague/item/998757



Welcome New Members!

Ellen Bolick
Karla Kavanaugh
Ellen Koup
Lauren Mescon
Annette Mosher
Shirley Newlin
Kathy Tomblyn
Amy van der Drift

RSVP for all Newcomer Activities
directly on [AWC GroupSpaces.com](http://AWCGroupSpaces.com).

Direct any questions to
awcthehague.newcomers@gmail.com.

October Birthdays

Lara Regnault	2
Diane Schaap	2
Angela Khaw	6
Joan Truncali	6
Maitreyi Bery	9
Kirstin McMullen	15
Camille Walters	15
Debra Keller	17
Marsha Hagney	21
Barbara Bremer	22
Rachel Kuppers	24
Maria Posma	26
Trena Cormier	28
Suzanne Natalicchio	28
Lucille Heineken	29

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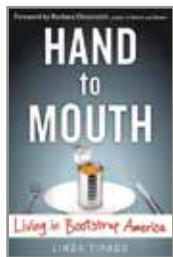
www.zoetermeer.bulthaup.nl

Ongoing Activities

Book Club: Daytime

The AWC Book Clubs are open to all book lovers and are always open to new Members. There is no obligation to attend every meeting or lead a discussion. We take turns bringing a snack. If you've always wanted to try out a book club, you have two options per month. You can now register yourself for either (or both!) Book Clubs on the AWC *GroupSpaces.com* website. Any questions? Please email **Teresa Mahoney** for the daytime group or **Rebecca Fry** for the evening group at awcthehague.bookclub@gmail.com. Happy reading!

The October Daytime Book Club selection is *Hand to Mouth: Living in Bootstrap America* by Linda Tirado:



Linda Tirado, a married 32-year-old mother of two in Utah working two low-paying jobs, wrote a message in response to a question on an online forum: Why do poor people do things that seem so self-destructive? After her response went viral, she wrote this funny, sarcastic and honest book which allows you to fully visualize life as a minimum wage worker. This promises to be quite eye-opening!

Thursday, October 22

10 a.m.

AWC Clubhouse

FREE

Recap of the August Discussion

The Girl on the Train: This novel may be a runaway best seller, translated into 34 languages, but does it meet the exacting standards, honed through years of brilliant discussions, of our Daytime Book Club? Sorta. It's a page turner, but a calculated one. One of our Members referred to it as an "outline book." While author Paula Hawkins clearly knew where her train was taking her, she made all the stops along the way. Red herrings? Check. False leads? Check. Damaged heroine? Check. Duplicious charmer? Check.

Murky memories? Check. A major problem is Hawkins lacked the skill to differentiate the voices of her three female narrators. If you are looking for great literature, look elsewhere. If you are looking for an entertaining but unchallenging mystery, this is the ticket.

Book Club: Evening

The October Evening Book Club selection is *The Light Between Oceans* by ML Stedman:



After fighting in the trenches during World War I, Tom and his wife Isabel move to a desolate island off of Western Australia. While waiting to adopt a baby, a baby miraculously washes up in a rowboat and they decide to raise the child as their own. Clearly

there are consequences to this decision, many of which are heart-wrenching. This debut novel explores desperation, morality, love and loss, giving us plenty of topics to discuss.

Wednesday, October 14

7:30 p.m.

AWC Clubhouse

FREE

Daytime Book Club

Planning Ahead:

Wednesday, November 18: *All the Light We Cannot See* by Anthony Doerr

Wednesday, December 16: *The Buried Giant* by Kazuo Ishiguro

Evening Book Club

Planning Ahead:

Wednesday, November 18: *The Lives of Others* by Neel Mukherjee

Wednesday, December 9: *The Rise and Fall of Great Powers* by Tom Rachman

Chat, Crafts & Cake

Let's get creative! The AWC is open to all crafters. If you've been looking for an open space large enough to lay out that king-size quilt, or need more table space to organize your photo albums or scrapbooks, or just need an excuse to stitch, pack up your supplies and bring them to the Clubhouse so you can chat with fellow AWC Members while you work. You might even be able to pick up some suggestions from a fresh pair of eyes. Each week, a different Member will bring a cake made from a never-before-tried recipe for tasting and critiquing. We're sorry, but babysitting is not available and thus we can't accommodate children. Questions? Contact: **Suzanne Dundas** at awcthehague.crafts@gmail.com
Tuesdays
10 a.m. – Noon
AWC Clubhouse
FREE

Cranium Night

Everyone is good at something and Cranium is an adult team game that gives everyone a chance to be a "game hero." Up to four teams compete using charades, puppeteering, sculpting, drawing, word play and trivia—14 skills in all. It's fast-paced, lively and a lot of fun. And, it's perfect for the AWC because "the more the merrier." We've designated the second Friday of each month as Cranium Night. Come alone or bring a partner, but please be on time—we'll begin promptly. Contact **Suzanne Dundas** if you have any questions.



Friday, October 9

7:30 p.m.

AWC Clubhouse

Free

www.groupspaces.com/AWCTheHague/item/999569

Dinner Club

Sign up to share dinner at home with AWC friends and spouses/partners. **Rebecca Niles-Pourier** will set the dates, place couples (or individuals) randomly, and assign the hostess. Then each hostess will set a theme and guests will be asked to prepare a dish. For example, if the theme is Italian, then one person might bring antipasto, one brings bread, one brings Italian wine, etc. The hostess may choose to cook the main course or do it all, but then you might be asked to contribute some money towards the cost. It will be up to each

>> 16



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Ongoing Activities (cont.)

Continued from page 15

hostess how they want to structure the meal. You may be asked to host one dinner for eight, six or four guests (depending on your space at home) and then you will be a guest at someone else's home the next time. This is a fun way to share an evening with new AWC friends while enjoying a great dinner. No need to worry as you don't have to be a gourmet chef! Mark your calendar for future dates: Saturdays, January 23, April 30 and July 2. Contact Rebecca at awcthehague.heartpillow@gmail.com to join in the fun.

Saturday, October 24

Locations and Meals Vary

Sign-up deadline: October 16

www.groupspaces.com/AWCTheHague/item/991386

Heart Pillow Project

The AWC is in its 8th year of making heart-shaped pillows to support the arms of breast cancer patients in local hospitals. Each pillow is made with tender loving care, wrapped in a plastic bag tied with a beautiful bow and a message signed by a volunteer. No sewing skills are needed; just the ability to cut and stuff! What a wonderful way to meet new friends while contributing to a worthy cause. The emails we receive are so touching and show that women are linked everywhere to this terrible disease. We are proud to provide women with something not only practical, but comforting as well. If you can cut fabric, stuff fiberfill, thread a needle or tie a bow, we need you! No sign-up



is necessary. For more information, contact **Eileen Baker** at awcthehague.heartpillow@gmail.com.

Tuesday, October 27

Noon – 2 p.m.

AWC Clubhouse

FREE

Visitors Welcome

Pilates

Pilates is a form of exercise developed by Joseph Pilates which emphasizes body development through core strength, flexibility and body awareness. Pilates works the deeper, more stabilizing muscles of the spine and the abdominal wall. Doing Pilates makes you stronger, longer and leaner. **Ineke Latour**, certified STOTT Pilates® Instructor and AWC Member, will teach Pilates classes at the AWC Clubhouse. You will be monitored and corrected to enjoy responsible, safe and effective Pilates training. Email Ineke to sign up for these classes and pay her directly. Bring your own mat and towel. All levels are welcome. Participants should arrive at the Club at 10 a.m. so class can start promptly at 10:15 a.m.

Wednesdays

10:15 – 11:15 a.m.

€ 15 per class Members

Min 6 / Max 10

Contact: Ineke at

Latour@globalswing.com

AWC Guest Policy

Guests are welcome to participate in AWC activities and tours on a limited basis. As a nonmember, a guest is limited to attend two functions per calendar year and will be charged an additional nonmember fee. Only Members are entitled to use babysitting services.



Tennis League

The AWC Tennis Group plays doubles every Tuesday in Warmond. Ladies move up and down the courts according to a ladder tennis system. The emphasis is on having fun! The league is available for all levels except true beginners. If you are interested in being placed on the waiting list to become a regular player or would like to be on the sub list, contact **Molly Boed** at mollyboed@yahoo.com.

Tuesdays (except specific holidays)

1 – 3 p.m.

Dekker Tennis Courts

Veerpolder 14, Warmond

€ 275 Members (€ 325 nonmembers)

Walkie Talkies

Taking a walk with friends is the perfect way to start your week! Join us for an energetic walk and talk. We meet in front of the Clubhouse each week and then walk to a variety of destinations between the beach, woods and city. Occasionally, we take longer walks which we announce on the AWC Facebook Group. Sign up for this group on GroupSpaces.com to get email updates or email **Emily van Eerten** at vaneerten@gmail.com or **Greetje Engelsman** at awcthehague.newcomers@gmail.com.

Mondays

9:30 a.m.

FREE

Wassenaar Coffee & Conversation

Do you live in Wassenaar and want to get together with other AWC Members, but don't want to journey to the Clubhouse? Or maybe you would like to go to Wassenaar for a change of pace? Here is your chance!

Ramona Oswald hosts a coffee at her home in Wassenaar on the first Thursday of every month for Members and prospective Members. Ramona will provide directions to her house when you sign-up.

Thursday, October 1

9 – 11 a.m.

Ramona's House

FREE

www.groupspaces.com/AWCTheHague/item/785299



the international Anglican Church in the Leiden area

every Sunday
Church Service

10.30 am
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Voorschoten

with children's &
youth programme



Contact:
Ruan Crew (chaplain)
chaplain@stjames.nl
071-5613020

Tim Carroll (youth minister)
youthminister@stjames.nl
06-46697651

www.stjames.nl

One-of-a-Kind Activities

by Mallory Clarke

RSVP directly on [AWC GroupSpaces.com](http://AWCGroupSpaces.com). Direct any questions to awcthehague.activities@gmail.com. Payment must be made within 5 calendar days of reserving or your name will be moved to a waitlist. Payment can be made in the Front Office by PIN or by bank transfer to the AWC account NL42ABNA0431421757.

Dutch Cheese Tasting Class

The Dutch produce 1,425 million pounds (650 million kilos) of cheese every year. Two-thirds of this is exported, making Holland the largest cheese exporter in the world. On average, each Dutch citizen eats 30 pounds (14.3 kilos) of cheese per year. Holland is a real cheese country! As you may already know, the most popular cheeses from Holland are Gouda and Edam. Perhaps you aren't familiar with many of the other types of Dutch cheese: Frisian, Limburger, Kernhem, Bluefort, Old Amsterdam, Texelaar-Kollumer, Leyden, Leerdammer, etc. Join us to taste several of these cheeses and discuss them over a glass of Dutch wine.

Tuesday, October 6

1:30 – 3 p.m.

AWC Clubhouse

€ 12 Members (€ 15 nonmembers)

Cancellation deadline: October 3

www.groupspaces.com/AWCTheHague/item/991555



Essential Oils for Cold & Flu Prevention and Relief

AWC Member **Ginny Mees** will teach about simple, natural ways to protect yourself during flu season. She will also discuss the pure therapeutic-grade essential oils you can rely on to provide relief and improve respiratory function, digestive health and address many of the other unpleasant symptoms of the seasonal flu.

Wednesday, October 7

9 – 10:30 a.m.

AWC Clubhouse

Free

www.groupspaces.com/AWCTheHague/item/997842

Delft Blue Mosaics

We're all familiar with the beautiful Porcelain Fles from the Royal Delft Factory and may have a piece or two at home. Now you can make a mosaic with pieces of Delft Blue ceramics at a three-hour workshop taught by



Heleen Kraaijveld at her home-based workspace. Heleen is a talented mosaic artist and will guide you as you create Dutch-themed artwork. She provides the ceramics, adhesives, tools and snacks. Heleen will grout your piece after the workshop; you can pick up your finished piece one week later.

Friday, October 9

9:30 a.m. – 12:30 p.m.

Graaf Florislaan 5, Den Haag

€ 40 Members (€ 45 nonmembers)

Minimum 4 / Maximum 8

Cancellation deadline: October 2

www.groupspaces.com/AWCTheHague/item/996301

The Attack: Five Days of Battle for Rotterdam

This year marks the 75th anniversary of the invasion of the Netherlands by Nazi Germany. From May 10 – 14, 1940, there was an ongoing struggle for control of Rotterdam and its bridges that ultimately led to the devastating aerial bombardment of the old city center by the Luftwaffe. These momentous days are brought to life again in the former RDM Submarine Wharf. This exhibition is dominated by the large, menacing form of a Heinkel He 111, the bomber that destroyed the city. Huge projections, personal stories and original objects show the battle from three perspectives: the confusion among the citizens, the resistance of the Dutch defenders and the experience of the German soldiers. We will take the train from Den Haag Centraal Station (DHCS) to

Rotterdam Centraal and then make our way to the Submarine Wharf. Along the way, we will stop for lunch at Dokkaffee. After visiting the exhibit, we can stop for an optional drink and snack before heading back to The Hague. Lunch will be prepaid through the AWC while the museum entrance will be paid at the door.

Saturday, October 10

Meet at Starbucks in DHCS at 10:30 a.m.

Museum Rotterdam

Submarine Wharf, RDM-straat 1

€ 15 Members or spouses

(€ 20 nonmembers)

PLUS € 10 Museum entrance (€4 with Museumkaart)

Cancellation deadline: Wednesday, October 7

www.groupspaces.com/AWCTheHague/item/1001628

>>20



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One-of-a-Kind Activities (cont.)

Continued from page 19

Christmas Joy

Time to pull out all of the stops to create your Christmas cards in this greeting card technique workshop! From a cozy decorated banister to a bright cardinal on a branch to festive berries and bows, your holiday wishes will be the talk of the town. Taught by AWC Member **Jaimie Keppel-Molenaar**, this workshop covers techniques including two-step stamping, die cutting and embossing. All materials are supplied to make 10 heart-warming cards.

Sunday, October 11

3 – 5:30 p.m.

AWC Clubhouse

€ 25 Members (€ 30 nonmembers)

Maximum 8

www.groupspaces.com/AWCTheHague/item/997513



Dark The Hague Tour

English-guided Dark The Hague Tours have been created especially for expats and tourists. On this private tour for the AWC (limited to those 16 and up), see the dark side of The Hague as we go on a historical yet spine-chilling walk through the city. Follow in the blood-soaked footsteps of murderers, executioners and their victims. Hear stories that even the locals dare not talk about! Visit places with a mysterious or strange history, where you can still smell the scent of death and where ghostly apparitions loom when night falls...

Friday, October 23

8:30 – 10:30 p.m.

Meeting place: TBD

€ 16 Members or Family

(€ 21 nonmembers)

Minimum 8 / Maximum 25

Cancellation deadline: October 19

www.groupspaces.com/AWCTheHague/item/998326



Cancellation Policy

Members may reserve a spot for an AWC tour, activity or event in advance. Payment is required within five business days of the reservation or before the deadline date (whichever is sooner) otherwise your name will be moved to a waitlist. It is the responsibility of the Member to notify the Club at awcthehague.finance@gmail.com to cancel a reservation prior to the cancellation deadline. Please note that there will be NO REFUNDS (no exceptions) after the cancellation deadline. Members may find a substitute in lieu of cancellation provided that arrangements are made with the tour, activity or event organizer. Members shall be held responsible for their guest reservations in accordance with this policy.

Candlelight Tour of Kasteel Duivenvoorde

Back by popular demand, the candlelight tour of this beautiful castle is not to be missed! Located in Voorschoten, Duivenvoorde is one of South Holland's oldest castles, dating from 1226. Owned by the Duivenvoorde family for five centuries, this castle has never been sold and has passed through several noble families by inheritance. Although the last private owner of the castle died in 1965 and left it to a foundation, one wing of the castle is still inhabited by a baroness. The estate has a wonderful collection of furniture, family portraits, silver, porcelain and Delftware. Our English-speaking tour guide will share the castle's history and stories that will transport us back to the days of the 17th century when candlelight illuminated the stately rooms. The tour will be followed by a concert and refreshments. This special tour is a wonderful way to spend a fall evening while enjoying a bit of Dutch history. Children over the age of seven are more than welcome to join us. Transportation will be on your own; however, we will be happy to assist with carpooling.

Friday, October 30

8:15 – 10 p.m.

Kasteel Duivenvoorde

Laan van Duivenvoorde 4, Voorschoten

€ 15 Member or Family (€ 20 nonmembers)

Minimum 8 / Maximum 30

Cancellation deadline: October 26

www.groupspaces.com/AWCTheHague/item/998780



Your Color Silk Scarf Workshop

We all have a piece of clothing that just doesn't work for us because the color isn't right. In this workshop taught by AWC Member **Gabrielle van der Winden**, you will get a color assessment of your most complimentary colors. You will then be given a corresponding set of textile dyes to use to make your own 100% silk scarf at this workshop taught in Gabrielle's home-based workspace in Wassenaar. Gabrielle will explain different kinds of painting techniques. You don't need to be extremely creative or an expert painter to create a beautiful scarf. As silk is a natural product, the result will always be wonderful. While the scarves are steaming to set the paint, a demonstration will be given on how to tie a scarf. You will go home with a personal color-card and a beautiful silk scarf in your best colors.

Monday, November 2

12:30 – 3:30 p.m.

With Color Analysis: € 50 Members

(€ 55 nonmembers)

Scarf Only: € 40 Members

(€ 45 nonmembers)

Maximum 5

www.groupspaces.com/AWCTheHague/item/1001281



Holiday Bazaar

by Ginny Mees and Barbara Bremer

When: Saturday, November 14, 11 a.m. – 5 p.m.

Sunday, November 15, 11 a.m. – 5 p.m.

Where: Carlton Ambassador Hotel, Sophialaan 2, The Hague

Admission: € 2, children under 12 years are free



SAVE THE DATES! MARK YOUR CALENDAR! IT IS TIME
AGAIN FOR THE MOST FESTIVE EVENT OF THE SEASON:
THE AWC HOLIDAY BAZAAR!

For those who have not been before, this holiday celebration offers unique gift-giving ideas from Holland, America, and many other international cultures. A wide variety of baked goods will be available for purchase as well as jams, oils, spices and honey. In addition to the wonderful foods, there will be: beautiful ceramics, artwork, lovely shawls, a wide range of unique hand-crafted jewelry, men's gifts, wine, children's gifts, English books and cards, and so much more. There will be activities planned just for the children, and even Santa Claus will make an appearance.

The American Women's Club of The Hague invites you to come along and bring family and friends to enjoy a taste.

Visitors may pay with cash, PIN or credit card.

For anyone interested in volunteering to help on the Bazaar days or helping bake prior to the weekend, please email us at holbaz@gmail.com

The American Women's Club of The Hague
invites you to drop in to the annual



HOLIDAY BAZAAR
14–15 November 11:00–17:00
The Carlton Ambassador Hotel



Join the fun.....

Adults € 2

Children free -

Activities room €5

Santa Claus
Wine-tasting
Raffle prizes

Tours

by Vesna Southwick

Antwerp, City of Art

As a "City of Art," Antwerp has always attracted attention. At the end of the Middle Ages, the port was expanded to become a beacon of trade. As a result, art and architecture flourished. The famous Cathedral of Our Lady took 169 years to build (between 1352 to 1521); with a height of 400 feet (123 meters), it is the highest Gothic building in the Low Countries. One of the most famous past residents, Peter Paul Rubens, died in 1640, but his spirit is more alive than ever thanks to his ubiquitous works. Nowadays, you will find a lively art, design, and gastronomic scene still very present in Antwerp. Artists like Luc Tuymans and Jan Fabre, and fashion designers such as Dries Van Noten and American-Belgian designer Diane von Furstenberg, feel at home in Antwerp.

Diamond District Tour: We will travel via train to Antwerp Central Station, considered to be the fourth most admired train station in the world. We will meet our tour guide and take a walk to explore the World Diamond Centre. Prior to the recent recession, over 80% of the world's rough diamonds passed through the district. Through the stories from our guide, we will relive the glory days, the near collapse and, finally, the resurrection of the Antwerp diamond industry in the 19th century. In the Antwerp Jewish Diamond District, known as the "Square Mile," workers, jewelers and diamond merchants feel at home in their own world of grinding shops, showrooms and exhibitions.

Payment for all tours must be made within 5 calendar days of reserving or your name will be moved to a waitlist. Payment can be made in the Front Office by PIN or by bank transfer to the AWC account NL42ABNA0431421757.

RSVP for all tours directly on
[AWC GroupSpaces.com](http://AWCGroupSpaces.com).
Direct any questions to
awcthehague.tours@gmail.com.

Rubens House Tour: Next, we will take a guided tour through Rubens' home, an Italian-style villa where Peter Paul Rubens resided with his family for 23 years. In 1946, the villa was converted into a museum which enables visitors to discover Rubens' multifaceted talent: painter, architect and diplomat, collector and scientist, husband and father. This museum houses many art pieces by Rubens, his students and his contemporaries, presenting the living testimony of his importance to the city.

Lunch and Cathedral of Our Lady Visit: Our day visit to Antwerp will end with a very nice lunch in a gourmet restaurant, and a leisurely stroll through the main cathedral.

Fee Includes: Diamond District Tour, Rubens House Tour and admission to Cathedral of Our Lady. Lunch and train fare are not included. Look for further information in upcoming eNews concerning meeting time and location, transportation fees, lunch options and other relevant details.

Thursday, October 15
Time to be determined
€ 27 Members (€ 32 nonmembers)
Minimum 10 / Maximum 15
Cancellation deadline: October 1
www.groupspaces.com/AWCTheHague/item/988779



Sugar, Spice and All Things Nice...and Yummy!

by Jan Essad

Calling All Bakers!

The AWC Holiday Bazaar is just around the corner. This is not only a wonderful weekend of shopping until you drop for all your Christmas gifts, but also a great time to buy lots of delicious home-baked goodies. The Bake Sale has become one of the favorite spots at the Bazaar and the proceeds contribute significantly towards the general maintenance of the Club. So if you have that "to die for" recipe, your Grandmother's favorite pie, the "Best Fudge in the World," or you just like to bake, we need you!

The possibilities are limitless as we will gratefully accept both sweet and savory items: cakes, pies (non-perishable), brownies, cookies, cupcakes, muffins, breads, salty sweets and anything else you specialize in.

It's easy to sign up. Just email me at bjessad@hotmail.com. I will gladly put you on the Bakers List and send you some helpful hints and instructions. You may also sign up at the Club; just look for the Holiday Bazaar Bake Sale Sign-up Sheet. Baked goods can be delivered



to the Club on Thursday, November 12 and Friday, November 13. We would also love to have you help at the Bake Sale Booth during the Holiday Bazaar. To join the fun, contact Bazaar Volunteer Coordinator **Laurie Martecchini** at lmartecchini@gmail.com. She'll be happy to sign you up for a shift...or two!

Thank you for all your help and
HAPPY BAKING!

Kids' Club

by Sue Merrick

Halloween Party

Suit up your little ghosts and goblins for some Halloween fun at the AWC Clubhouse. Snacks, indoor trick-or-treating, Halloween activities and lots of ghoulish fun are to be had! Contact: Sue Merrick at awcthehague.firstvp@gmail.com

Saturday, October 31
1 – 3 p.m.
AWC Clubhouse
€ 15 per family for Members
€ 20 per family for nonmembers
Cancellation deadline: October 26



RSVP for all Kids' Club activities
directly on [AWC GroupSpaces.com](http://AWCGroupSpaces.com).
www.groupspaces.com/AWCTheHague/item/1001601



Gouda



Daytripping



Storm Surge Barrier



Amersfoort



Gouda



OCTOBER 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Upcoming Fall Activities and Events: Nov 2: Your Color Silk Scarf Workshop Nov 10: Holiday Jar Filling Nov 14-15: AWC Holiday Bazaar Dec 1: Dusseldorf Christmas Markets			1 Wassenaar Coffee and Conversation 9 a.m. Sculpting Art class 10 a.m. AWC Board Meeting 10:30 a.m.	2 Out to Lunch Bunch Noon	3
4	5 Walkie Talkies 9:30 a.m. Ladies' Night Out: Movie TBD	6 Chat, Crafts'n Cake 10 a.m. AWC Tennis 1 p.m. Dutch Cheese Tasting 1:30 p.m.	7 Essential Oils for Cold & Flu Prevention 9 a.m. Pilates 10:15 a.m.	8 Coffee and Newcomers Meet & Greet 10 a.m. Special General Meeting to vote on Constitution 10:30 a.m. Lunch after Oct meeting Noon Special General Meeting to vote on Constitution 6:30 p.m.	9 Delft Blue Mosaics 9:30 a.m. Cranium Night 7:30 p.m.	10 The Attack: 5 Days of Battle for Rotterdam 10:30 a.m.
11 Christmas Joy 3 p.m.	12 Walkie Talkies 9:30 a.m.	13 Chat, Crafts'n Cake 10 a.m. AWC Tennis 1 p.m.	14 Pilates 10:15 a.m. Tour of <i>Colour Unleashed: Modern Art in the Low Countries</i> 11 a.m. Evening Book Club 7:30 p.m.	15 Tour of Antwerp: Diamond District and Rubens House 9 a.m.	16	17
18	19 Walkie Talkies 9:30 a.m.	20 Chat, Crafts'n Cake 10 a.m. AWC Tennis 1 p.m.	21 Walking Tour of "The Fred" 10 a.m. Pilates 10:15 a.m.	22 Daytime Book Club 10 a.m.	23 Dark The Hague 8:30 p.m.	24 Dinner Club TBD
25	26 Walkie Talkies 9:30 a.m.	27 Chat, Crafts'n Cake 10 a.m. Heart Pillow Workshop Noon AWC Tennis 1 p.m.	28 Pilates 10:15 a.m.	29	30 Shopping Party @ Wool and Mexican Lunch 10:30 a.m. Candlelight Tour of Kasteel Duivenvoorde 8:15 p.m.	31 Kids' Club Halloween Party 1 p.m.



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www.access-nl.org

Dear, dear AWC Members,

It was with tears in my eyes (once again) that I read the article last month by Jessie Rodell about the honor bestowed on me during the AWC Birthday Party in May. I was truly humbled by receiving this recognition for my years as an active Member of the AWC.



I'm in the middle

Rather than 85 & Counting, the theme this summer for me was 50 & Counting. On July 5, 1965, I first set foot on Dutch soil at the Holland-America Pier in Rotterdam, which is now the Hotel New York. This turned out to last a lifetime instead of the one year that I expected on that summer day. Since then, there hasn't been a moment that I have regretted my decision to stay in this wonderful kikkerland (the land of frogs)! I know that the AWC has played an immense role in my feelings about living here. Through the Club, Peter and I were able to combine this mid-Atlantic life and give our children a true Dutch-American upbringing: the celebration of American holidays, children's parties, the English-language library, the AEF, Boy and Girl Scouts, AATG and Model UN all contributed. Our three children went to Dutch schools, but in their forming years I enrolled them in all sorts of American activities for the social reasons, as well as educational ones.

Another reason for my love of Holland might be because my fourth grade class created a Dutch village, and thereby I was introduced at the tender age of ten to the fairy book land of windmills, wooden shoes, tulips and cheese. Later I learned that it was also the home of Shell, Philips and Unilever, to mention just a few of world-wide giants of industry. I would be remiss if I didn't also mention Heineken, since that was Peter's employer for many years!

Why (colored) photos were taken then - quite unusual in 1953 - in that fourth grade class, nor why Holland was picked as the country to study, I do not remember, but I guess it means I was destined to become part of this country. Since the day this photo was taken (or should I say developed and printed!), it was framed and hung, first in my bedroom and now my study. Who wouldn't therefore become curious about Holland as an adult?

Thank you AWC for this honor and the beautiful vase which accompanied it as a daily reminder, as well as enabling my life here with my husband of almost 48 years and our three children to be such an enriching experience for all.

-- Georgia Regnault

Announcements

Leiden Liberation Celebration

This annual Leiden event commemorates the Spanish siege and subsequent relief of the city in 1574. The party starts on Friday, October 2 at 2 p.m. with a huge fun fair and market that covers a large part of the city center. On Saturday, October 3, the official day of liberation, Breestraat is turned into a lively street theater boulevard with a giant parade featuring floats, bands, and dancers starting at 1 p.m. This year is the 129th anniversary of the parade and the theme is "The World Turned Upside Down." The day concludes with fireworks at 11:30 p.m. www.3october.nl



Open Ateliers Den Haag

Around 65 artists in the center of The Hague will open their studios to visitors on Saturday, October 3 and Sunday, October 4 from 11 a.m. to 5 p.m. Within the informal atmosphere of these studios, visitors can view and buy artwork as well as see artists working in different disciplines. www.openateliersdenhaag.nl

Community Fair for Internationals

Experience the 12th annual "I am Not a Tourist" Fair, a community fair for internationals and expatriates living in the Netherlands, hosted by Expatica in Amsterdam. Whether you've lived in the Netherlands for five months or five years, you will no doubt find a workshop or entertainment session of interest to you. Exhibitors will be available to offer advice on topics as

diverse as employment, housing, relocation, taxes and banking. Free tickets are offered online: www.expatica.com/iamnotatourist.

Sunday, October 4

10 a.m. – 5 p.m.

Beurs van Berlage

Damrak 277, Amsterdam

Art Fair in The Hague

Art The Hague is a quirky contemporary art fair which displays The Hague's international character. It is the fair's ambition to be a platform for both up and coming and renowned art galleries in The Hague and the



Netherlands with 45 galleries participating. Tickets can be purchased at the door.

Wednesday, October 7 to Sunday, October 11

Fokker Terminal

Binkhorstlaan 249, Den Haag

www.artthehague.nl

Indian Film Festival

The Indian Film Festival The Hague is the finest celebration of Indian film and cultural arts, entertaining audiences with color, personalities and emotions. This festival is a platform for contemporary film art for established and rising film talent featuring eight days of exciting programming.

Wednesday, October 7 to

Wednesday, October 14

Filmhuis Den Haag, Spui 191

Theater Dakota, Zuidlarenstraat 57

www.indianffth.nl

Japanese Garden Open

The Japanese Garden in Clingendael Park, home to rare trees and plants, is so fragile that it is only open six weeks per year, four in the spring and two in the fall. Don't miss the chance to see this special garden in magnificent fall colors. Free entrance.

Saturday, October 10 – Sunday, October 25

10 a.m. – 4 p.m.

Clingendael Park, Den Haag

DFAS Art Lecture

Frida Kahlo: Reflections of a Life on Canvas
Frida Kahlo's paintings offer a stunning visual record of the life of one of the 20th century's most gifted and original artists. Born in Mexico City in 1907, just three years before the Revolution, her works reflect a deep pride in the rich cultural heritage of her homeland. Lecturer Sian Walter, graduate of Cambridge University and frequent lecturer at London's National Gallery, is well known for her enthusiastic, structured yet informal approach.

Tuesday, October 13

Doors open at 7:30 p.m.

Lecture begins at 8 p.m.

Cultural Centrum Warenar

Kerkstraat 75, Wassenaar

Non-DFAS member fee is € 12

www.dfas.nl



Children's Art and Culture Festival

From October 16 to 25, children between the ages of 2 and 12 years old will be treated to 400 performances and workshops at 50 different locations around The Hague as part of *De Betovering* (The Enchantment). Performances, a number of which are suitable for a non-Dutch speaking audience, include puppet shows as well as dance, music and film. To see the program, go to: www.debetovering.nl

Children's Book Fair

Help get your kids more interested in reading at the 39th edition of the annual Kinder Boeken Markt (Children's Book Fair). This year's theme is "Weird, but True!" It's going to be a day full of stories, different languages and music catering to Dutch as well as expat children. There will be books for children of all ages, from picture books to adventure books and funny books to non-fiction books. Writers and illustrators will be on-hand signing their latest books. Admission is free.

Sunday, October 18

11 a.m. to 5 p.m.

Atrium of The Hague City Hall

www.kinderboekenmarkt.nl

The Dutch Daily

by Eileen Harloff

As the Earth turns, summer has moved along and autumn is in full swing. Despite the many years that I have lived in this country, I do miss the varied colors in the foliage of a sunny fall day in my native New York State, a glorious intermingling of bright and russet reds next to yellow, and light and darker shades of green splashed across a hillside – particularly spectacular as the sun sets in a blaze of pink, blue and purple streaks. But enough of these musings, on to everyday affairs.

Dutch Boys as Typical American Lads

It seems that a Dutch youngster has become a star in a TV commercial of a well-known American detergent. Strangely enough, the filmmaker said suitable children for this ad could not be found in America! “American children all look alike. I was told that the faces of European children have more character.” To emphasize this difference in the ad’s main character, a typical American neighborhood was created in the middle of a typical neighborhood in the Dutch city of Eindhoven. A casting bureau called for auditions and was struck by the performance of eight-year-old Bobby Debets from The Hague, who appeared in dirty clothing and messed-up

hair, and who jumped about and yelled so convincingly that he was chosen to play Pig-Pen alongside other Peanuts figures such as Charlie Brown, Linus and Lucy. In the scene he goes out to play in a white (!) shirt, which becomes grass-stained (skillfully applied by an assistant on the scene), after which his mother washes the shirt with the detergent and, presto, it comes out snow white. Needless to say, Bobby is a hit with his classmates and friends, both in person and on Facebook. His family – mother is an actress and father is the director of Theater aan het Spui – are pleased with his youthful success. “He looks dirty,” his mother proudly proclaims, “in a nice way – typically American.”

Along Came Rick

Yet another Peanuts figure appears, as nine-year-old Rick Warmerdam from Spijkenisse was cast as Charlie Brown in the same TV ad. To play his role he had to put on a “fat man suit” because he was considered too thin. Not surprisingly, the suit was hot and uncomfortable, especially when multiple shots had to be taken. As in the classic cartoons, Charlie Brown is playing football and at the last minute the ball is grabbed away by Lucy, causing him to fall in the mud...after which, of course, his shirt is

washed and also becomes white as snow. This and the previous scenario confirm that it is the makers of the commercials, not the performers, who are completely out of character. What American mother would ever send her son out to play in a white-as-snow shirt – or Dutch mother, for that matter? Rick has now decided that he would like to become an actor; he’s hedging his bets, though: if this doesn’t work out, he would choose to be an astronaut.



From Fruit to Boot and Beyond

“Don’t throw away rotting/rotten fruit, make it into usable products” is the motto of a group of students at the Willem de Kooning Academie in Rotterdam. The academy overlooks the massive Rotterdam Market, where at the end of the day approximately 7,700 pounds (3,500 kilos) of unsold fruit are thrown away. What a waste! Surely something could be done to make use of this excess produce? The design students began gathering up the unsold fruit, which they then pared, de-pitted, pureed, cooked and dried. One result was a leathery-type material they named Fruit-leather, which bears a resemblance to animal leather. To show the potential of these materials, they produced several prototypes, including a strong, flexible handbag made from 14 mangos, and a lamp shade from pear skins and several fruit combinations such as strawberries with pumpkin and/or apple skins. Already the group has been approached by manufacturers of other products, including a shoe factory and a German manufacturer of leather car seats seeking substitutes for existing materials. Clearly research will continue – two problems being tackled now are waterproofing and strengthening – but without a doubt, there will be more fruit in our future.

Plastic Roads?

It is as we have often been warned: floating around these days in the world’s oceans and other waterways are large amounts of



plastic containers, packaging and the like that have gradually come together to form veritable floating islands. These masses are a danger to ships, fish and other sea creatures, water plants, sea birds, and people as well. Experiments are underway to capture and remove these masses from the oceans and to recycle them for future use. One such use has been proposed by road builders KWS Infra, namely to pave roads. According to the firm, the plastic can be used for both building and maintaining roads, due to its durability and resistance to corrosion and weather. By laying down prefabricated sections, it will be easier to put “holes” in the roads for cables, water reservoirs, and the like. Plastic roads can also lead to other innovations, such as generating energy, minimizing noise, and heating surfaces – particularly useful in times of winter snow and ice. Hopefully we won’t have to wait too long to see if the Netherlands will be the first country in the world to have plastic roads.



Photo by VolkerWessel

AWC and the Arts

by Jane Choy

Colour Unleashed: Modern Art in the Low Countries 1885-1914

In the brief period between 1885 and the outbreak of war in 1914, painting in the Low Countries experienced a modern Renaissance. Color was liberated from the chains of visual reality. Suddenly, grass could be a cool blue, a face could be bright purple, and trees could turn red. Color had become an autonomous means of expression. This was one of the most important developments in modern art history. The inspiration came from the French Impressionists and Neo-Impressionists, but the artists of the Low Countries added their own flavor.

Gemeentemuseum Den Haag has brought Dutch and Belgian masters together to reveal the interaction between the two countries. From the French 'godfathers of color'



Piet Mondriaan, *Windmill in Sunlight*, 1908

RSVP for all Arts Activities directly on
[AWC GroupSpaces.com](http://AWCGroupSpaces.com).
Direct any questions to
jechoy@me.com

(Claude Monet, Paul Signac, Henri Matisse and Paul Cézanne and the like) to the masters of the Low Countries (Leo Gestel, Jan Toorop, Piet Mondrian, James Ensor, Jan Sluijters, Henry van de Velde and Rik Wouters), they will all be brought together in a true feast for the eye. Join us for a guided tour in English of this special exhibition.

Wednesday, October 14
11:15 a.m. – 12: 30 p.m.

Gemeentemuseum
Stadhouderslaan 41, Den Haag
€10 Members (€ 12.50 nonmembers)
PLUS Museum Entrance Fee (€ 13.50 or free with Museumkaart)
Minimum 12 / Maximum 20
Cancellation deadline: October 5
www.groupspaces.com/AWCTheHague/item/988778

Guided Tour of Dutch Self-Portraits: Selfies of the Golden Age

Tour by Jane Choy, Docent

The self-portrait is perhaps the best expression of the phenomenal explosion of the art of painting that took place in the Dutch Golden Age. Seventeenth century Dutch painters portrayed themselves more than painters anywhere else in the world. Dutch painters developed various types of self-portraits: as gentlemen, with family members, role-playing, and with artist's accessories. These paintings have much to tell us about the artist's self-image and presentation. The painter often makes a statement about his (or her) profession, status or positioning in the world. The self-portrait is also much more than an image of the artist, but also an example of his style. This exhibition

will offer a focused overview of the genre, with an emphasis on self-portraits that show the tools of the trade, a category that is particularly well-represented in Dutch art. Save time by buying your entrance ticket online in advance.

Thursday, November 5

6:30 – 8 p.m.

Mauritshuis
Plein 29, Den Haag
€ 10 Members (€ 12.50 nonmembers)
PLUS

Museum Entrance Fee (€ 14 or free with Museumkaart)

Minimum 12 / Maximum 15

Cancellation deadline: October 26

www.groupspaces.com/AWCTheHague/item/988780



Judith Leyster, 1630



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FOR SHELL PEOPLE WE DRIVE WITH SHELL RULES

Size Matters

by Mary Adams

Years ago, the Lands End catalog increased the size of women's clothing by a full size, but kept the order sizes the same. They were at the forefront of a trend called *vanity sizing*, where designers add extra inches of fabric to clothing without changing the number on the tag. This meant that women ordering a size 12 from the catalog were actually slipping into a size 13. Perhaps Lands End understood that women need a feel-good factor when making clothing purchases. It is part of our feminine nature, our vanity, to yearn for a smaller version of ourselves. We all secretly want to be a size 6. Maybe Lands End was on to something: the smaller the size, the larger the profit.

Size is an emotional social scale. Think about it:

GOOD to shed pounds and make an announcement that you have gone down a full size! We admit with delight, "I need a whole new wardrobe!"

BAD to admit that your normal size pants and skirts have become a tiresome girdle and you have been rummaging in the spare closet for your fat clothes.

Sizes, like currency, are different inside Europe and the US. So if women can handle

this equation with downright glee – buy size 10 = wear size 11 to 14 (depending on the designer differences as much as 8 inches of extra fabric have been added) – then why do some of us have emotional problems adjusting to European size charts?

Let's start with shoes and see how they play on the emotional scale. In London, my girlfriend Jane and I went shopping at Marks & Spencer. I spied a pair of chic black shoes. I nervously looked for the sizes. I wore a US size 8, but the UK size 5.5 fit perfectly. My brain reeled. Size 5.5 is for high school cheerleaders and dainty beings with tiny feet. Not usually being tagged as the dainty sort, I giggled. I bought the shoes. GOOD feeling. Vanity.

Later, when I lived in Paris, I wanted new shoes. The Pomp Shop was having a sale. I was ready to use my faltering French and step into glamour. I entered the store and began to browse. Nice shoes, groovy shoes, sexy shoes. I found a pair I wanted to try on. I reached into my purse and got out my shoe size guide. Oh dear, there must be some mistake. How can a simple size 8 be translated into a gigantic French 39? I liked the British equation $8 = 5.5$ much better. My foot eased into the shoe. Good fit, but I felt like Big Foot rising. No sale. *Vanitas*.

But wait – now, after 15 years of living in Europe, the shoe equation $8 = 39$ is a normal, comfortable fit in my brain. In fact, as far as my feet are concerned, the equation isn't really necessary any more. Years of vanity have changed the equation with wisdom gained (from stiletto versus sensible heel) to any size shoe that doesn't make my feet swell and give me a lower backache.

It is the rest of my body that still clings to vanity and secrets. My first shopping episodes in Paris were traumatic. I always felt like the lone American elephant in a herd of

beautiful French gazelles. Trying to understand, much less fit into the French clothing scale of 0 – 5 was exasperating. It was based on a conspiracy of designers who broke the clothing scale at petite. If my broad shoulders demanded a 6, that was the equivalent of XXXXL, which could be purchased outside the Paris shops in the French countryside where the farmers' wives bred pigs. I still remember a French shopkeeper turning up her nose as she thumbed through the hangers trying to find me a size 5. Ultimately, she gave up the search, retrieved a size 0 and a size -1, looked at me, looked at the garments and sadly shook her head. What a relief to shop in America. I lovingly fondled the size 10 tag of my new dress and heaved a "size" of relief.

When I arrived in the Netherlands in 2002, I tried to squeeze myself into a pair of size 36 pants which seemed so much larger than the French size 4. Wait. They didn't go over my knees. 38? Nope. 40??? Yikes, have I tipped the scale in the elephantine direction? My emotional size scale was playing havoc with my vanity until I noticed the size 54s on the next rack. My brain calculated that I

still remained in the middle zone, the safety zone where I can hover between size 40 – 44, depending on the designer.

Vanity and I made peace until years later when I stumbled into Not Your Daughter's Jeans (NYDJ) during a US shopping spree. I selected a size 12. The store clerk frowned, "Too big," she commented. She brought me a size 8. I gulped as I took the pants into the dressing room. Wonder of wonders, I zipped them up and stepped outside. The store clerk frowned. I nervously tugged at my shirt. "Too big," she commented and handed me a size 6. OMG, I felt a rush of vanity swell in my heart. Would they fit? Could I sit in them if I zipped them up? I sighed as I stepped into the pants. I exhaled and waited for the button to pop open. Wait...a perfect fit! From that second on, I became a loyal customer of NYDJ. No matter that I still wear pants from sizes 38 to 42 in Europe. At long last my secret is out and I have the jeans to prove it. I wear a SIZE 6!



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A Local's Guide to The Hague

by Veronica White

Thought you already knew everything fun to do in The Hague with visitors? Perhaps not! The next time you have visitors, have a look at these top experiences and try to see how many you can get done during their visit:

Top Touristy Experiences

1. Discover the Mauritshuis Museum

Home to a small collection of paintings from the Dutch Golden Age, the Mauritshuis is one of the most visited art museums in the Netherlands. Set in a gorgeous 17th century palace, the permanent exhibit in this museum houses Vermeer's *The Girl with the Pearl Earring* and Rembrandt's *The Anatomy Lesson of Dr. Nicolaes Tulp* along with many other paint-



ings by famous Dutch painters. When you visit, make sure to bring your *Museumkaart* to get free entrance (if you haven't already, consider buying a *Museumkaart* at any of the major museums to save money at museums throughout the country). If you're interested in the stories behind the different painters and works of art, make sure you download the free Mauritshuis app on your phone to get an audio guide and to watch videos. www.mauritshuis.nl

2. Explore Madurodam

You may have lived in the Netherlands for an extended period of time, but have you been able to see everything the country has to offer? Madurodam is an "interactive miniature park" which gives you the opportunity to see all of the main points of interest in the Netherlands in just a few hours. With highlights such as Schiphol Airport, the Dutch Delta Works and many "functional" windmills, the miniature park gives you a sense of everything that is packed into the small country of the Netherlands. Don't be fooled into thinking this is purely an attraction for children. Even you will marvel at how detailed the models are and will enjoy the Delft Pottery Factory (spoiler alert: you can get an adorable souvenir there). Make sure you don't forget your camera! www.madurodam.nl

3. Visit the Escher Museum

Another famous art museum located in The Hague is the Escher Museum, filled with some of the best known pieces by Dutch graphic artist M.C. Escher. This is a museum experience like no other, as you travel into the mind of Escher and become part of his artwork. www.escherinhetpaleis.nl

4. Experience the City from Above

With just a 10-minute tram journey from Den Haag Centraal, you can find The Hague Tower. Ride the glass elevator up to the 42nd floor and enter The Penthouse Restaurant, the highest restaurant in Holland. While having a full gourmet meal at The Penthouse is an incredible experience, it is also very expensive. A cheaper alternative which still allows you to take in the view of the city is to pay



€6 to have a drink at the Sky Bar and then make your way out onto the balcony where you can see a panoramic view of the top of The Hague. There isn't a set dress code for the Penthouse and Sky Bar, but you'll probably feel awkward if you show up in shorts and a t-shirt! Something classier is recommended. www.thepenthouse.nl

When in The Hague, Do as the Dutch Do

5. Savor a Stroopwafel

Stroopwafels (directly translated to syrup waffles) are a Dutch delicacy that will cure any cravings for sugar. Made from two thin waffles sandwiched together with a layer of syrup, these are best eaten hot off the waffle

iron. Forget about the calories in this sugar-filled snack and just enjoy it! You can often find a *stroopwafel* vendor on Spuistraat, the main pedestrian shopping street.

6. Try Hollandse Nieuwe Herring by the Binnenhof

A trip to The Hague wouldn't be complete without trying the Dutch *Nieuwe* herring. The best place to get one of these slimy but tasty typical Dutch snacks is at the small pavilion just outside the Binnenhof, where the Dutch government and parliament are situated. To eat the herring like a local, cover the fish in small pieces of raw onion then lift the whole herring by its tail, tilt your head back and eat the herring upwards. Word of caution: if you don't normally eat fish, it's probably best you don't try the Dutch herring – this is about as fishy as it gets!



7. Bungee Jump from the Scheveningen Pier

If you're anxious for a thrill, catch a 15-minute tram ride from the center of The Hague to the nearby beach and bungee jump off the end of Scheveningen Pier out over the North Sea. Even if bungee jumping isn't for you, the beach is still worth a visit. In the spring and summer months, clubs and restaurants are set up along the sand and there is a huge range of exciting places to enjoy a drink or meal while watching the sun set over the sea. If the sun is out, you can bet the beach will be filled with locals taking advantage of the decent weather – it's a rare occurrence, so make sure you savor every moment of it! www.bungy.nl

Guide to The Hague (cont.)

Continued from page 41

8. Enjoy *Pannenkoeken* at the Malieveld

Pannenkoeken are delicious Dutch pancakes, definitely something you have to try! At the Paviljoen Malieveld there are 20 different types of *pannekoeken*, both savory and sweet from which you can choose. Unlike American pancakes, *pannekoeken* are large (often the size of a pizza), thin and eaten for lunch or dinner. Another Dutch treat which you should try is *poffertjes*: tiny, round, fluffy pancakes eaten with powdered sugar and butter. Don't worry, it's perfectly acceptable to order both a *pannekoek* and an order of *poffertjes*! www.malieveld.nl

9. Have Drinks on the Plein

After a long day at school or work, you'll see many Dutch students and adults grabbing a drink and snacks at the Plein, a large square in the center of The Hague. With festive lights and outdoor seating with heaters in the winter, this place is perfect for a *gezellig* evening (there's no English translation for this Dutch word, but in this context it roughly means the cozy, warm feeling you get from being with good friends). Relaxing at the Plein is the perfect way to end a day out in The Hague.

The Hague may not have as many of the picturesque canals that Amsterdam boasts on their postcards, but the atmosphere in The Hague is much more laid-back as a result of fewer tourists. Although you may have lived in The Hague for many years now, can you say you've experienced all of these suggestions? *Tot ziens!*



Other Things to Do

- Experience the beauty of the Panorama Mesdag
- Visit the Louwman Museum, the world's largest private collection of historic cars
- Tour the Gevangenpoort (medieval prison) Museum
- Arrange for a tour of the Peace Palace
- Rent bikes and cycle like a local
- Visit the Haagse Markt to experience the everyday Dutch lifestyle
- Shop all the major trends at Grote Markt and Spuimarkt
- Watch a ballet at the National Dance Theatre
- Attend various festivals on the Malieveld
- Have a wild night at Koningsnacht (King's Night) on April 26
- Take a day trip to Rotterdam, Leiden or Kinderdijk
- Grab drinks at De Paas, The Fiddler or O'Casey's
- Dance the night away at Paard van Troje Club



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alanon-netherlands.org

alanon-netherlands.org/meetings-list/

Announcements (cont.)

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LEGO World

LEGO World is the largest LEGO event in the Netherlands for kids of all ages. Your kids can play and build with millions of LEGO bricks, giving them the possibility to build anything they can imagine. Your little ones can play with DUPLO in a separate area. Individual days can sell out, so it is advisable to purchase tickets in advance: www.legoworld.nl

Wednesday, October 21 to

Tuesday, October 27

10 a.m. – 5 p.m.

Jaarbeurs Utrecht

Jaarbeursplein, Utrecht



Dutch Design Week

During Dutch Design Week (DDW) in Eindhoven from Saturday, October 17 – Sunday, October 25, you can see with your own eyes how tomorrow's world is taking shape with smart solutions and inventive designs offering



new perspectives. This year's theme is "What if..." celebrating the power of imagination. DDW offers 400 events at 80 venues throughout Eindhoven, including exhibitions, experiments, lectures and workshops. www.ddw.nl

Affordable Art Fair

Amsterdam is also hosting an art fair this month. This four-day event presents a wide array of contemporary art from a variety of galleries. You can find thousands of original paintings, prints, sculptures and photography



all under one roof, and all under € 6,000. The work of young, emerging artists hangs alongside some of the biggest household names.

Thursday, October 29 to

Sunday, November 1

Kromhouthal in industrial area De Overkant

Gedempt Hamerkanaal 231, Amsterdam Noord

www.affordableartfair.nl

Atlantic Wall at Museon

During World War II, The Hague was particularly affected by the building of the German line of defense called the *Atlantikwall* (Atlantic Wall). The construction of bunkers and tank ditches brought an enormous amount of damage to the city and 135,000 inhabitants were forced to leave their homes. Museon visitors can become acquainted with the history of the construction of the *Atlantikwall* in The Hague. The

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Crazy About Hats



Visiting Tokyo

by Melissa White

Words that come to mind to describe Tokyo (a city of 13 million with an extended municipality that is the largest in the world with over 35 million) are modern, organized, clean, safe and fascinating. It has been just over 20 years since my last visit to the Far East. Obviously, I hadn't done my homework well enough, because I was expecting to see a city reminiscent of my memories of Seoul or Hong Kong, but instead found a modern urban center more like Los Angeles or Chicago, except with signs that I couldn't read.

Unlike our usual vacations where we spend no more than 4 or 5 days in a busy city, my 15-year-old daughter Ashlynn and I spent 6 weeks in Tokyo. As temporary residents, we had a lot of time to explore; it didn't take us long to fall in love with this amazing city.

Despite this affection, I would recommend considering a visit to Tokyo as a gateway to the land of the rising sun (and heated toilet seats!) rather than an end destination. Much

like I viewed Raleigh, North Carolina when I lived there, Raleigh and Tokyo are both great places to live but not necessarily holiday destinations.

That being said, if you do find yourself in Tokyo, I'm sure you'll have a great time. Here are some suggestions on places to visit and things to do:

Flying Sushi

While there isn't a sushi restaurant on every street corner in Tokyo as I'd imagined, there are definitely plenty to choose from. We enjoyed trying three different delivery methods of sushi: traditional sushi bar, roto-sushi with a rotating conveyor belt, and flying sushi with a high-tech delivery system. By far, my favorite was the flying sushi served at Uobei in Shibuya. Each seat has its own tablet from which to place orders. Just a few minutes later, the sushi comes zooming down a "sushi lane" on a special platter right to your seat. It's efficient and fun. Even better, the sushi

is very fresh, the variety is incredible and the prices are the cheapest I have ever seen for sushi anywhere in the world.

Roppongi Kaguwa

While wandering around our neighborhood, we passed a theater. To be honest, I thought the description of the show sounded kind of cheesy, but we were willing to take a chance:

A spectacular combination of traditional Japanese dance and modern twists, jazz dancing, upbeat music and even flying performers. Performers are obviously professional dancers and Japanese Drag Queens (beautiful men and transsexuals dressed in women's clothes). You can enjoy the ever-changing movable stage which incorporates an unrivaled new technology system all over Japan.

We expected the place to be full of foreigners, but instead we were the only ones. We were seated right in front; before the show, several of the performers came by and gave us their business cards. The website says the theater seats 186, but there were only 20 in the audience. That didn't stop the ten performers on stage from putting on a fantastic 45-minute show with 12 acts, each with different costumes and incredible dancing. The stage

is difficult to describe with constant moving platforms giving each song a completely different look. Like most theaters, photography wasn't allowed during the performance, but we were invited up on stage afterwards for this photo. www.kaguwa.com

Shibuya Crossing

Apparently Japan wasn't the first place to introduce a "scramble crossing," which allows pedestrians to cross in all directions including diagonals, but Shibuya Crossing is one of the largest and most heavily used in the world. Frankly, this photo doesn't do justice to the number of people that cross at the same time. After experiencing the crossing for yourself, grab a drink at >> 48



Tokyo (cont.)

Continued from page 47

the Starbucks and head to the 2nd floor for a great view from above the crossing.

Sky Deck

There is no shortage of observation decks in Tokyo, including two towers and at least two skyscrapers. Resembling the Eiffel Tower, Tokyo Tower was built as a communications and observation tower in 1958; it stands at 1,092 feet (333 meters) tall making it the 2nd tallest structure in Japan. Dwarfing Tokyo Tower is SkyTree; this communications and observation tower completed in 2012 stands at 2,722 feet (830 meters) tall making it the tallest structure in Japan and the 3rd tallest structure in the world. While we saw both towers, we didn't visit either. Amazingly, there is a free option, which is the observation decks on the 45th floor of the Tokyo Metropolitan Government Building; the view was great, but we made the mistake of visiting during the harsh haze of the mid-day sun. On a relatively clear evening during our last week, we splurged and went to the

Sky Deck, which is the rooftop open-air deck on the 55th floor of the Mori Tower in Roppongi Hills. We were excited to catch our first glimpse of Mt. Fuji in the distance. After savoring the view from the roof, we ventured down to the 52nd floor where we visited the Mori Art Museum, the Tokyo City View Observation Deck and a café, where we enjoyed the amazing view while eating dinner. It's best to purchase a ticket for the museum which is also good for entrance for the City View at no additional charge; there is an additional ticket required for the Sky Deck.

www.roppongihills.com/tcv/en

Takeshita Street

Despite the immense size of the city, I was surprised by the number of luxury shopping areas in Tokyo; a Google search on Louis Vuitton in Tokyo results in a dozen stores. Rather than window shopping on the upscale streets, however, I preferred checking out the latest trends for teens. Takeshita Street in Harajuku is lined with



trendy shops, fashion boutiques and used clothing stores. Tutus were particularly popular in the shops, but I actually saw more teens wearing traditional kimonos than those colorful tulle skirts.

Temples and Shrines

While Ashlynn often finds any excuse to stay outside when we visit cathedrals in Europe, she was thoroughly fascinated with Tokyo's many Buddhist temples and Shinto shrines. Most of the temples and shrines offer a quiet escape from the big city. This one pictured, however, is anything but quiet with its entrance full of small tourist shops attracting large crowds; we bought some nice personalized chopsticks and kimono robes. Senso-ji



Buddhist Temple in Asakusa is Tokyo's oldest temple, although the buildings are replacements of those destroyed during the air raids of World War II.

Tsukiji Fish Market

I didn't have the dedication to get up early enough to make the trek to the fish market in the hopes that I could gain entry to the tuna auction; my friend arrived at 4 a.m. and was already too late to claim one of the 120 coveted spots. Instead, I waited until after 9 a.m. when visitors are allowed to walk through the Seafood Intermediate Wholesalers Area. This was not designed as a sightseeing area; be prepared to dodge forklifts in this massive wholesale market. Next to



Tokyo (cont.)

Continued from page 49

the wholesale market is the retail market for the public. I've been told that the sushi is the freshest in the world, but instead of waiting in line, I enjoyed a breakfast of fresh grilled scallops topped with crabmeat and a grilled squid.

Ueno Park

Tokyo's most popular city park is Ueno Park, which was established in 1873. It is home to many wonderful museums, including the Tokyo National Museum which appears quite large from the outside, but has managed to keep the collections to a manageable size and is therefore not overwhelming; Shitamachi Museum housing a reproduction of a tenement building from 1923 for a glimpse of Old Tokyo; and the National Museum of Western Art, which houses several Dutch Old Masters including a newly confirmed Vermeer. The Ueno Zoo dates back to 1882; although there are some modern habitats for the gorillas and big cats, there are still too many old concrete enclosures for the hippos and giraffes.



Toshogu Shrine, also known as the Shrine of Gold, was built in 1627 and then remodeled in 1651 (and again in 2014). Remarkably, it has survived several major earthquakes and fires plus the air raids of World War II. On its grounds is this eternal flame. This peace monument was established on August 6, 1990 for the 45th anniversary of the atomic bombing of Hiroshima. The flame itself was from the burning embers of a man's home in Hiroshima. Originally, his nephew saved the flame as an expression of his resentment, but eventually it became a symbol of his desire to abolish nuclear weapons and for peace. This flame was merged with a flame lit by the friction of broken roofing tiles of Nagasaki and brought to a special session of the UN in 1988 and then to this peace monument.

Of course, in a city this size, the list goes on and on. I also really enjoyed the Edo-Tokyo Museum, the National Museum of Emerging Science & Innovation, Tokyo Sea Life Park and Tokyo DisneySea. Despite spending much of the six weeks lost, I've never had so much fun being lost before.

Announcements (cont.)

Continued from page 43

exhibition also links the importance of current issues in the area of freedom, democracy and the rule of law to illuminate the position of The Hague as the International City of Peace and Justice.

**Thru November 1
Museum**

**Stadhouderslaan 37, Den Haag
www.museum.nl**

Graffiti: New York Meets the Dam

Graffiti from New York and Amsterdam are side-by-side for the first time ever in an exhibition at the Amsterdam Museum. Featuring more than 200 objects, the exhibition tells the story of how graffiti reigned supreme in 1980s New York and reached across the ocean to inspire Amsterdam graffiti artists. The exhibition will also shed light on the difference between graffiti and street art, and will show how a young generation was able to change the street scene 30 years ago. Their influence is still very much evident today, in music, fashion and contemporary visual culture.



**Thru January 24, 2016
Amsterdam Museum
Kalverstraat 92, Amsterdam
www.amsterdammuseum.nl**

Keith Haring: The Political Line

The Kunsthall Rotterdam is hosting an exhibit of 120 artworks of American artist and activist Keith Haring (1958 – 1990). A protégé of Andy Warhol, Haring spawned a revolution in art during the 1980s with his unique style. During the conservatism of the Reagan era, the openly-gay Haring made it his mission to highlight social evils in his work. Twenty-five years after Haring's death, his art is still influential.

**Thru February 7, 2016
Kunsthall Rotterdam
Westzeedijk 341, Rotterdam
www.kunsthall.nl**



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by AWC Honorary Member **Sheila Gazaleh-Weevers**
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