



2016  
October

# Going Dutch

In  
this  
issue

AWC's Busy Spring  
FAWCO Symposium  
Trekking Across England  
Fun with Fashion & Jewelry

American Women's Club of The Hague



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Sa.	09:00 - 18:00
Su.	11:00 - 18:00

## Going Dutch

### October 2016



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We had a very busy spring! See many of the places we visited in addition to the Royal Stables shown here



43

Our Editor rambles on about her big trek across Northern England



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Earlier in the year, we learned about jewelry making at a workshop, toured two special exhibits about fashion and toured a museum featuring handbags

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

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### AWC Clubhouse

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Tuesday and Thursday  
10 a.m. - 2 p.m.

Monday, Wednesday and Friday Closed

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Pedestrian and bike bridge at Zoetermeer train station

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**Assistant Treasurer** Laurie Martecchini  
**At Home in Holland** Becky Failor  
**Board Advisor** Jessie Rodell  
**Caring Committee** Naomi Keip  
**Community Service Coordinator**  
Pamela Pruijs  
**eNews:** Suzanne MacNeil  
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**Heart Pillow** Jan de Vries  
**Holiday Bazaar** Mary Ann Nation-Greenwall  
**Library** Open  
**Kid's Club** Open  
**Membership Coordinator** Shirley Newlin  
**Newcomer Activities** Greetje Engelsman  
**Parliamentarian** Georgia Regnault  
**Programs** Suzanne MacNeil  
**Public Relations** Open  
**Tennis** Molly Boed  
**The Arts** Jane Choy  
**Tours** Jan Essad, Seanette Meserole  
**Volunteer Coordinator** Laurie Martecchini  
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**Website Assistant** Open  
**Women with Dutch Partners** Open

## AWC Mission Statement

The AWC 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. Membership in the club is open to women of all nations who are friendly and welcoming to American culture. The association does not endeavor to make a profit. The AWC is a 100% volunteer organization.





Boskoop Gardens



New Board Luncheon



Royal Stables Tour

## AWC's Busy Spring



Tour of Gemeentemuseum



Trappist Beer Tour



Keukenhof Gardens



Keukenhof Castle



Keukenhof Castle



Keukenhof Gardens



# Message from the President

by Becky Failor

I am touched by the signs around town that say “*Niemand heeft jou nodig*” from the Buddy Network. By striking out the “N” the meaning shifts from “Nobody needs you” to “Somebody needs you.” The concept behind these signs is to encourage people to become a buddy to a person in need. In a general sense, “buddy” is a synonym for friend. And friends are what I have found in the AWC. I know I can reach out to my friends in times of need and I hope I can be there for them when they need me.

I know I do not say it often enough and have not said it to each and every member of the AWC—please know I need you! I need you because you make me laugh (my Dutch is not good enough to get humor in Dutch). I need you as a volunteer. I need you as a participant in activities. I need you as a Member. And, I need you as a friend.

I have seen a number of articles addressing loneliness, anxiety and depression among expats. If I use the term “expat” generally to mean someone who lives outside their original home nation that includes about 90% of our Members. There are so many extra stresses expats experience. Based on these articles and stories you have told me, many of our Members have or are experiencing loneliness, anxiety or depression. I hope that being a member of the AWC and participating in our wide variety of activities can help you deal with loneliness, at some level. I hope that you will give a buddy a call if you feel they have been lonely, or an AWC Member a call if you are lonely.



A sister organization, ACCESS, is celebrating 30 years of helping English-speaking expats deal with anxiety, depression, family



issues and substance abuse. If you need assistance, there is a wealth of information at [www.access-nl.org](http://www.access-nl.org). You can visit ACCESS in the atrium of The Hague Stadhuis (City Hall) at Spui, call their helpline at 0900 222 2377 (€ 0.20 per minute), or email them at [helpdesk@access-nl.org](mailto:helpdesk@access-nl.org). All assistance is handled confidentially. I want to praise **Jessie Rodell** for her long-term support of ACCESS.

Each year on September 11, **Roberta Enschede** and others provide us with a touching tribute to that horrendous day in 2001. What a great turn-out we had at our Fall Kick Off. It was great to hear how many of our Members have registered to vote already and good that we could register more at Kick Off. Thanks so much to **Trena Cormier**, AWC Vice President, and all the others who worked to make this event a big success. The Welcome Back BBQ was a lot of fun. Thanks to Trena for organizing all the food and fun. Even without the golden coach (which is currently being renovated), the pomp and circumstance of the Prinsjesdag Parade was a sight to behold, and all from our prime viewing spot at Garoeda Restaurant, where our Club has been welcomed for almost 25 years. Thanks to **Sue Merrick** for managing the 2016 Prinsjesdag Luncheon. >>34

# October General Meeting

*The whole idea of television news or any kind of news is to inform people about things they need to know about. ~ Ted Turner*



There are plenty of television shows about the goings-on in fictional television newsrooms. Some are close to reality and others are wild exaggerations. What's it really like to work in TV news? Join us at the October General Meeting when AWC Member **Suzanne MacNeil**, who spent 15 years as a news anchor, reporter and host, shares tales about her time in five news markets.

Her story starts in 1977 when she was a cub reporter at a new ABC station in Tallahassee, Florida, while still attending Florida State University. It was a revolutionary time in the TV business as more women were given roles as anchors and reporters. Suzanne was fortunate to work for news directors who saw talent rather than gender and she covered stories ranging from crime to politics to social issues and a few fluff stories through the years.

The biggest story of her career happened a year after she got into the business. Ted Bundy and the murders of two FSU women in Tallahassee catapulted her into an international story. She will share what it was like to be there from the day of the attacks to sitting in the courtroom during the notorious serial killer's trial.

By the 1990s it was time for her to revamp her career. “I left the news business because it was changing, and not for the better. It was

no longer about the facts, and just the facts. News was becoming more sensationalized and that wasn't for me.” When she got out of the news business, Suzanne produced, hosted and wrote shows for HGTV, PBS, CBS and other networks, and produced non-broadcast videos. “I enjoyed the creativity that comes with longer format shows.”

After taking a break from work when she moved to The Hague in 2013, Suzanne is now back in the business. She's working on a documentary with a filmmaker in California about a father wrongly accused of child abuse, which brings her back to her roots of covering social issues.

Join Suzanne as she retells her journey of four decades in the television business. She promises to spill the beans about those who were good, bad or downright ugly, including a memorable moment with Senator Ted Kennedy and his Secret Service entourage that left a lasting impression on the senator.

Following the meeting, we will offer a catered lunch (see eNews for menu and price).

**Thursday, October 13**  
**Coffee and Newcomers Meet & Greet:**  
**10 a.m.**

**Meeting: 10:30 a.m.**

**Luncheon: Noon**

[www.groupspaces.com/AWCTheHague/item/1067351](http://www.groupspaces.com/AWCTheHague/item/1067351)

# Ramblings from the Editor

by Melissa White

It always amazes me that other people can stay calm when they're hungry. I, for one, get grumpy. My sweet husband James has borne the brunt of that grouchiness on many occasions, most often while we're travelling and in search of the perfect restaurant. I was quite happy when I learned that a term was finally coined that matches my condition. "Hangry," a combination of the words hungry and angry, is the phenomenon whereby someone gets grumpy and short-tempered when hungry. How nice to learn that I am not alone in feeling this way and that there is actually a term to describe the condition.

According to Amanda Salis, a Senior Research Fellow at the University of Sydney specializing in nutrition and eating disorders,

during our trek across England in July (see page 43 for a ridiculous amount of photos and details). We started each day with a large English breakfast. I enjoyed being introduced to kippers without realizing that they are herrings. Sometimes our packed lunches were so large that we would just split one and save the rest for snacks later. Dinners ranged from pub food (many of the pubs offered a greater variety than I was expecting, which was a nice surprise) to an amazing meal at a vegetarian hotel (although we weren't staying there as I didn't discover it until I'd already booked elsewhere). Since we knew we were burning a lot of calories each day, we figured we could justify eating a decadent dessert most days, which is most likely why I actually came home packing a few extra pounds that

*I'm sorry for what I said when I was hungry. ~ Anonymous*

"If your blood-glucose levels fall far enough, your brain will perceive it as a life-threatening situation. You may find it hard to concentrate, for instance, or you may make silly mistakes. Another thing that can become more difficult when you're hungry is behaving within socially acceptable norms, such as not snapping at people. So while you may be able to conjure up enough brain power to avoid being grumpy with important colleagues, you may let your guard down and inadvertently snap at the people you are most relaxed with or care most about, such as partners and friends. Sound familiar? Hunger is undoubtedly a survival mechanism that has served humans and other animals well. Think about it like this: if hungry organisms stood back and graciously let others eat before them, their species could die out."

James has become very perceptive over the years as to the early warning signs that I need food, although it is still a mystery to me why I can't seem to see it coming myself. I am happy to report that I never became hangry

didn't go away when I took my backpack off for the last time.

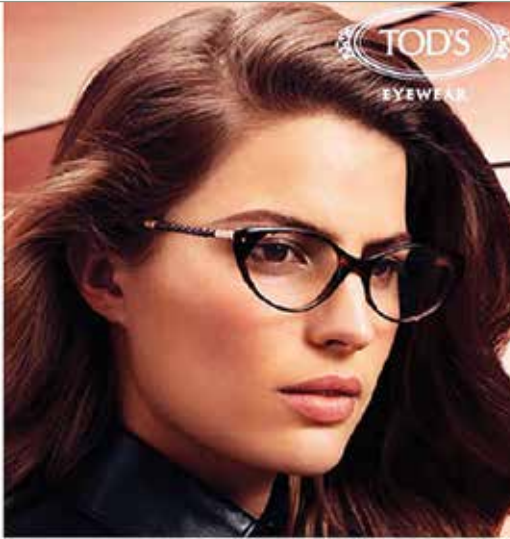
If you're a foodie or just like trying new things, the AWC can help you out. Each month the Out to Lunch Bunch tries a new restaurant (see page 17) and Dinner Club meets several times per Club Year (see page 16). After what promises to be a fantastic talk about life in television newsrooms, we will have a catered lunch after the October General Meeting (see page 9). We will have a special morning at the center of the Dutch government and press which will include lunch at the Nieuwspoort (see page 37). There's plenty of great German foods and warm hot toddies to try in Cologne on our Christmas Markets Trip (see page 19). Whether you like to bake (see page 26) or just like to eat baked goods, the AWC Holiday Bazaar will warm your heart and stomach. In addition, you can learn about a new Hague restaurant that turns disfigured veggies into gourmet dishes (see page 33). With all of these options, there's no reason to be hangry.

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# Membership

by Shirley Newlin

## Welcome New Members!

Ada Boer  
Sukai Ceesay  
Cathey Clarke  
Caitie Henry  
Celeste Maguire  
Gail Rowell  
Michele Thompson  
Chelsea Wald  
Isobel Walker

## October Birthdays

Lara Leenhouts-Regnault	2
Diane Schaap	2
Angela Khaw	6
Joan Truncali	6
Laurie Brooks	14
Debra Keller	17
Marsha Hagney	21
Kimberly Lynch	22
Rachel Koppers	24
Maria Posma	26
Trena Cormier	28
Suzanne Natalicchio	28
Lucille Heineken	29

Fall is a time to welcome new members, but unfortunately also a time to bid farewell to those who are moving. Donna, Eileen and Barbara- we will miss you!



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[www.zoetermeer.bulthaup.nl](http://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](mailto:awcthehague.bookclub@gmail.com). Happy reading!

The October Daytime Book Club selection is *Big Little Lies* by Liane Moriarty:



We all tell lies—to each other and, more importantly, to ourselves. This novel balances humor with serious issues like domestic abuse as it follows three women, each with children at the same Australian preschool and each at a crossroads. It touches on ex-husbands and second wives, mothers and daughters, schoolyard scandal, and the dangerous little lies we tell ourselves just to survive.

**Thursday, October 20 NEW DATE**  
**10 a.m.**  
**AWC Clubhouse**  
**FREE**

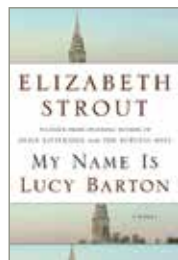
## Recap of the August Discussion

**The Forsyte Saga: The Man of Property:** We met during the hot and sunny days of late August, which was the perfect time to consider John Galsworthy's opening volume with its evocative descriptions of a dysfunctional family set in a Victorian summer. Published in 1906,

this novel introduces the Forsytes as a family who, while espousing similar values, are unique individuals and, in a wider context, as a class of society and state of mind. The book's gentle tone belies its serious themes of marital rape, women's rights and the dissolution of family ties and social conventions as the Victorian era gives way to the modern age. Recommended.

## Book Club: Evening

The October Evening Book Club selection is *My Name is Lucy Barton* by Elizabeth Strout:



By the Pulitzer Prize-winning author of *Olive Kitteridge* and *The Burgess Boys*, this novel was long-listed for the Man Booker Prize. It details the complicated relationship between thirty-something wife and mother Lucy Barton and her mother. Themes of longing and lifelong missed connections are explored as the two were estranged and are reunited as Lucy lays recovering in a hospital bed from what should have been a simple operation.

**Wednesday, October 12**  
**7:30 p.m.**  
**AWC Clubhouse**  
**FREE**

## Daytime Book Club Planning Ahead:

Thursday, November 17: *The Sellout*

by Paul Beatty

December date TBA: *Everybody's Fool*

by Robert Russo

## 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.

## 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](mailto:awcthehague.crafts@gmail.com)  
**Tuesdays**  
**10 a.m. – Noon**  
**AWC Clubhouse**  
**FREE**

## Heart Pillow Project



The AWC is in its ninth 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, stuff or wrap! 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 **Jan de Vries** at [awcthehague.heartpillow@gmail.com](mailto:awcthehague.heartpillow@gmail.com).

**Tuesday, October 11**

**Noon – 2 p.m.**

**AWC Clubhouse**

**FREE**

**Visitors Welcome**

[www.groupspaces.com/AWCTheHague/item/1022908](http://www.groupspaces.com/AWCTheHague/item/1022908)

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# Ongoing Activities (cont.)

Continued from page 15

## Dinner Club

Dinner Club has a new organizer, **Krishna Thakrar**, and a new twist for our new Club Year: sometimes we'll eat at each other's homes and sometimes we'll eat out together at a restaurant. Dinner Club was a big success when hosted in August by **Georgia Regault**. She welcomed a large group into her lovely home with everyone bringing wonderful foods to share and enjoy. The group also enjoyed amazing fireworks viewed from her balcony. Opening up a home allows for so much personal time with the guests. **Suzanne Dundas** has kindly offered to open her home in Wassenaar for the next Dinner Club. She has decided on a very creative theme: global, vegetarian and fresh. Help us bring in some extra creativity into this fun event! Register through *GroupSpaces* or contact Krishna at [kthakrar2000@gmail.com](mailto:kthakrar2000@gmail.com) to join in the fun. Please let Krishna know if are willing to host in February.

**Saturday, November 5**

**Suzanne Dundas' Home**

**Sign-up deadline: October 28**

[www.groupspaces.com/AWCTheHague/item/1068982](http://www.groupspaces.com/AWCTheHague/item/1068982)

## 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 towel; Ineke will supply mats and props. All levels are welcome. Participants should arrive at the Club at 10:15 a.m. so class can start promptly at 10:30 a.m.

**Wednesdays**

**10:30 – 11:30 a.m.**

**€ 15 per class Members**

**(€ 20 per class nonmembers)**

**Min 6 / Max 10**

**Contact: Ineke at**

[Latour@globalswing.com](mailto:Latour@globalswing.com)



## Out to Lunch Bunch

If you're interested in making new friends and exploring new restaurants throughout The Hague, then this is the group for you! Rather than setting one specific day of the month, we will change our days each month in order to accommodate a variety of schedules. If you have a favorite restaurant in your neighborhood you'd like to share with the group, please contact **Kathy DeBest** at [debestjk@comcast.net](mailto:debestjk@comcast.net).

This month we will try Pastis ([www.pastis.nl](http://www.pastis.nl)), a classic bistro in the center of The Hague, near the Noordeinde Palace.

**Wednesday, October 19**

**Noon**

**Oude Molstraat 57, Den Haag**

**Registration deadline: October 17**

[www.groupspaces.com/AWCTheHague/item/1072380](http://www.groupspaces.com/AWCTheHague/item/1072380)

## 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](mailto:mollyboed@yahoo.com).

**Tuesdays**

**(except specific holidays TBD)**

**1 – 3 p.m.**

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# Ongoing Activities (cont.)

Continued from page 17

## 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](http://GroupSpaces.com) to get email updates or email **Emily van Eerten** at [vaneerten@gmail.com](mailto:vaneerten@gmail.com) or **Greetje Engelsman** at [awcthehague.newcomers@gmail.com](mailto:awcthehague.newcomers@gmail.com).

**Mondays**  
**9:30 a.m.**  
**FREE**

## Walky Barky

Walky Barky is the dog version of Walkie Talkies, but without the set schedule. Join us with your pooch for walks in the woods. We have started a closed Facebook Group which all AWC Members with dogs are invited to join: [www.facebook.com/groups/walkybarky](http://www.facebook.com/groups/walkybarky). Members occasionally post their walking plans so others can join along.

## Wassenaar Coffee & Conversation

Do you live in Wassenaar and environs and long for the camaraderie of the AWC without driving to the Clubhouse? One of the Members living north of The Hague will host a casual coffee at her home on the first Thursday of each month for Members and prospective Members. **Suzanne Dundas** will provide information as to the hostess of the month and directions to her home when you sign up.

**Thursday, October 6**  
**9 – 11 a.m.**

**Suzanne Dundas' Home**

**FREE**

[www.groupspaces.com/AWCTheHague/item/1067344](http://www.groupspaces.com/AWCTheHague/item/1067344)



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# Tours

by **Seanette Meserole**

## Christmas Market Trip to Cologne

Are you ready? Can you smell it? Can you taste it? Step back in time to enjoy the aromas of spiced mulled wine, gingerbread, sausage and more as they fill the air while you wander through the finger-tingling cold streets full of



wooden stalls, soaking up the festive atmosphere. From food and drink to handcrafted toys, tree decorations, candles and lambskin slippers, the stalls in Cologne's Christmas Markets offer something for everyone. We looked for their delicious "fire punch" last year, but couldn't find it in Dusseldorf, so I guess we need to go back to Cologne to get it!

Please join us for our annual German Christmas Market Trip. We visited Cologne in 2014, but enjoyed it so much that we decided to go back. We will depart Den Haag Centraal Station (DHCS) at 8 a.m., ride in comfort in a deluxe bus to Cologne chatting along the way, shop until we drop and then ride back to The Hague arriving about 9 p.m.

**Overnight Option:** We have added an overnight option for those Members who desire to experience the market at its most magical—at night! If you opt to stay overnight, you will ride the bus with the day trip ladies. Rather than return on the bus, you will be staying at CityClass Residence, a centrally located hotel, and return by train to DHCS by 7 p.m. on Friday, December 2. Please note

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

that overnight fees are strictly estimates, and thus are subject to change as the train fare will increase dramatically as the date nears. Please book early to guarantee rates. Unless otherwise announced, the overnight trip is offered strictly to Members. Sorry, but no refunds can be offered on the overnight trip because the hotel and train require prepayment.

**Thursday, December 1**

**Meet at DHCS at 8 a.m.**

[www.groupspaces.com/AWCTheHague/item/1070834](http://www.groupspaces.com/AWCTheHague/item/1070834)

**Day Trip**

**€ 45 Members (€ 50 nonmembers)**

**Maximum 32**

**Cancellation deadline: November 21**

**Overnight Estimates**

**Cost includes: Bus to Cologne, hotel, breakfast, and train return**

**€ 185 Single Occupancy, € 165 Double Occupancy**

**Maximum 13 (5 single rooms + 4 double rooms)**

**Nonrefundable**





# One-of-a-Kind Activities

by Trena Cormier

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

## Walking Tour Along "The Fred" Especially Helpful for Newcomers!

Come and join **Greetje Engelsman**, a Dutch "ex-espatriate," for a walk along the 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 5**

**10 a.m.**

**Meet at the AWC Clubhouse**

**FREE**

[www.groupspaces.com/AWCTheHague/item/1067020](http://www.groupspaces.com/AWCTheHague/item/1067020)

## Christmas Creations Card Making

Whether you like your holiday cards traditional or festive, this workshop is for you. From snowflakes to poinsettias, you'll have what you need to create six different designs with ten cards in total. All the materials in merry reds, greens and blues will be available: card stock, stamps, inks, bakers twine, doilies, ribbons and more. Come ring in the holiday season with music and merry card-making! Mark your calendar for the



## 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](mailto: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.



next card workshop on Sunday, November 6. Questions: **Jaimie Molenaar-Keppel** at [jjpinla@yahoo.com](mailto:jjpinla@yahoo.com)

**Sunday, October 9**

**3 – 5:30 p.m.**

**AWC Clubhouse**

**€ 25 Member (€ 30 nonmember)**

**Maximum 8**

[www.groupspaces.com/AWCTheHague/item/1072277](http://www.groupspaces.com/AWCTheHague/item/1072277)

## Tour of Zwolle

Zwolle is a mercantile town with a history going back 770 years. It is located on the IJssel River and was a major trading center



in the Middle Ages. The city has retained its rich architectural history having been spared during major wars and natural disasters due in part to its strong fortifications. Throughout the compact beautiful medieval city center ringed by canals are many buildings from Zwolle's prosperous 15th century. The historic facades, city walls and towers, the 600-year-old Sassenpoort Gate and star-shaped city moat, flanked by monumental merchant's homes and trees, still characterize this city, its beautiful alleys and impressive fortifications. The trip to Zwolle takes approximately two hours. Transportation details will be emailed to participants. Our two-hour guided tour will be followed by a late lunch (at your own expense). We anticipate getting home by 6 p.m. Contact: **Sue Merrick** at [suehou714@yahoo.com](mailto:suehou714@yahoo.com)

**Tuesday, October 11**

**Guided Tour: 11:45 a.m. – 1:45 p.m.**

**€ 10 Members (€ 13 nonmembers)**

**Minimum 5 / Maximum 15**

**Cancellation deadline: October 9**

[www.groupspaces.com/AWCTheHague/item/1068820](http://www.groupspaces.com/AWCTheHague/item/1068820)

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10.30 am  
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Voorschoten

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

Tim Carroll (youth minister)  
[youthminister@stjames.nl](mailto:youthminister@stjames.nl)  
06-46697651

[www.stjames.nl](http://www.stjames.nl)



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

Continued from page 21

## Wine Tasting Party



Join us for a wine tasting with some nibbles. We will taste a range of wines, including both reds and whites. The AWC will purchase everything, so you just need to come and enjoy.

**Saturday, October 15**  
**7:30 – 10 p.m.**  
**AWC Clubhouse**

**€ 10 Members or partners**  
**(€ 20 nonmembers)**

**Cancellation deadline: October 13.**  
**[www.groupspaces.com/AWCTheHague/item/1068147](http://www.groupspaces.com/AWCTheHague/item/1068147)**

## 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 with 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, November 4**

**7:30 – 10 p.m.**

**Kasteel Duivenvoorde**

**Laan van Duivenvoorde 4, Voorschoten**

**€ 15 Members or Family**

**(€ 20 nonmembers)**

**Minimum 8 / Maximum 32**

**Cancellation deadline: October 24**

**[www.groupspaces.com/AWCTheHague/item/1072279](http://www.groupspaces.com/AWCTheHague/item/1072279)**

## Dutch Etiquette Class

One of the most important aspects of living in and traveling throughout the Netherlands is getting to know the people and their customs. You will quickly learn that what you might consider to be customary and polite may differ substantially from what is expected in The Hague. Do not be misled by the sometimes seemingly brusque Dutch manner as behind it lies a friendly good humor and an old-fashioned dependability. This class is all about "Dutch manners" and will help you to understand the differences in culture between the US and the Netherlands. You will learn more than just "facts," such as the Dutch kiss three times, eat with knife and fork, cycle on the sidewalk and walk on the bike lane. Join **Greetje Engelsman** to have fun in this special class!

**Thursday, November 17**

**10 a.m. – Noon**

**AWC Clubhouse**

**FREE**

**RSVP by November 14**

**[www.groupspaces.com/AWCTheHague/item/1067266](http://www.groupspaces.com/AWCTheHague/item/1067266)**



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# Holiday Bazaar

by Mary AnnNation-Greenwall

**When:** Saturday, November 12, 11 a.m. – 6 p.m.

Sunday, November 13, 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](mailto:holbaz@gmail.com)

## *The American Women's Club of The Hague* HOLIDAY BAZAAR 2016

### Featured items:

Fresh Baked Goods, Specialty Food Items, Kids' Activities, Paintings & Prints, Scarves, Jewelry, Linens, Pottery, Dutch Collectibles, and so much more.



*All of your holiday shopping in one convenient location.*

### Carlton Ambassador Hotel

Sophialaan 2, 2514 JP Den Haag

Tram: 1/ Bus: 20, 22, 24

(Alexanderplein, Javastraat and Mauritskade)

Nov. 12, 11:00 until 18:00

Nov. 13, 11:00 until 17:00

€ 2 Admission

Kids under 12: Free

€ 5 Kids Craft & Activities



# Baking is Love Made Visible

by Jan Essad

## Calling All Bakers!

The AWC Holiday Bazaar is just around the corner! This is not only a wonderful week-end of shopping until you drop for all your Christmas gifts, but a great time to buy and sell 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](mailto: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 10 and Friday, November 11.

Thank you for all your help and  
HAPPY BAKING!!

# Musings While Cycling

by Becky Failor

While riding my bike to and from the AWC Clubhouse, my mind often wanders:

- It's such a sign of love, caring, and support when I see a mother or father riding with their hand on their child's back as they ride together.
- I love all the different ways you can pile kids onto parents' bikes.
- I love *bakfiets* as it's so cute to see kids in them. It's also fun to see “*bier kratten*” in them.
- Little push bikes (without pedals) are such a great way to get toddlers used to balancing a bike.
- Lots of people like to take photos of the Hofvijver. I remember doing that 15 years ago on my first visit to The Hague.
- I like the signs on the bike path that say things like “Put away your phone and notice the nature around you” and “Don't SMS, talk to a real person” or “Get out of the virtual world and into the real one.”
- It's not a bad thing when my usual bike route is torn up for construction as I get to discover new parts of my neighborhood or around The Hague.
- It's great to see all the families riding with beach paraphernalia on a lovely warm day at Scheveningen.
- I still have not mastered holding onto the post with my feet still on the pedals while waiting for the light to change.
- I accidentally wrapped my bike lock chain

around another person's bike which was next to the post I had intended to lock to. Luckily the man was quite nice about the five minutes he had to wait for me to exit the store.



- My husband has a rule for me in bike riding: *No flat-Beckies*. I must always look both ways.
- I am still surprised how many people smoke while cycling. Then I remember that cycling in Holland is more of a form of transportation than a form of exercise.
- Wearing leggings is the only way I am comfortable riding very far in a skirt.
- Maybe I should try a skirt bike seat?
- Cars and trucks parked across the bike path bug me!
- It was so cute when I saw a young girl riding with her doll in a special seat

on her bike just the same as on her mom's bike.

- Don't forget to ride perpendicular to the tram tracks to avoid getting your tires caught in the grooves.
- It made me smile when a lady said she liked that the color of my panniers and my bike matched.
- I love riding down the tree lined roads of Huis te Landelaan and General Spoorlaan in Rijswijk.
- I enjoy waving at the neighbors on my little street.



# OCTOBER 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>Upcoming Fall Activities and Events:</b> <b>Nov 4:</b> Candlelight Tour of Kasteel Duivenvoorde <b>Nov 12-13:</b> AWC Holiday Bazaar <b>Nov 18:</b> Tour of Tweede Kamer & Nieuwspoor <b>Dec 1:</b> Christmas Markets in Cologne				1
2	3 Walkie Talkies <b>9:30 a.m.</b>	4 Chat, Crafts'n Cake <b>10 a.m.</b> AWC Tennis <b>1 p.m.</b>	5 Walking Tour Along the "Fred" <b>10 a.m.</b> Pilates <b>10:15 a.m.</b>	6 Wassenaar Coffee and Conversation <b>9 a.m.</b> AWC Board Meeting <b>10:30 a.m.</b> The FAWCO Experience	7 The FAWCO Experience	8 FAWCO "STAND UP Against Human Trafficking" Symposium
9 Workshop "Christmas Creations" Card Making <b>3 p.m.</b> FAWCO "STAND UP Against Human Trafficking" Symposium	10 Walkie Talkies <b>9:30 a.m.</b>	11 Chat, Crafts'n Cake <b>10 a.m.</b> Tour of Zwolle <b>11:45 a.m.</b> Heart Pillow Workshop <b>Noon</b> AWC Tennis <b>1 p.m.</b>	12 Pilates <b>10:15 a.m.</b> Evening Book Club <b>7:30 p.m.</b>	13 Coffee <b>10 a.m.</b> General Meeting <b>10:30 a.m.</b>	14	15 Wine Tasting Party <b>7:30 p.m.</b>
16	17 Walkie Talkies <b>9:30 a.m.</b>	18 Chat, Crafts'n Cake <b>10 a.m.</b> AWC Tennis <b>1 p.m.</b>	19 Pilates <b>10:15 a.m.</b> Out to Lunch Bunch <b>Noon</b>	20 Daytime Book Club <b>10 a.m.</b> Maurithuis Exhibit 'At Home in Holland: Vermeer & his Contemporaries from the British Royal Collection' <b>6 p.m.</b>	21	22
23	24 Walkie Talkies <b>9:30 a.m.</b>	25 Chat, Crafts'n Cake <b>10 a.m.</b> AWC Tennis <b>1 p.m.</b>	26 Pilates <b>10:15 a.m.</b>	27 Tour of the Royal Archives <b>10 a.m.</b>	28	29 Children's Halloween Party <b>3 p.m.</b>
30	31 Walkie Talkies <b>9:30 a.m.</b>					





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## Kids' Club

by Trena Cormier

### Children's Halloween Party

All children are welcome to attend the AWC Halloween Party. Bring your little goblin, ghoul, ghost or golbat (from Pokemon GO for those in the know), and watch them play Halloween-themed games, participate in arts & crafts and collect traditional Halloween candy. This popular event is a must for kids and their parents. A variety of refreshments will be served. This party is also always fun for our enthusiastic volunteers. Please let me know if you're available to help. Contact: Trena Cormier at [awcthehague.firstvp@gmail.com](mailto:awcthehague.firstvp@gmail.com) or 063 155 0370  
**Saturday, October 29  
3 - 5 p.m.  
AWC Clubhouse**

**AWC Members:**

**€ 5 per family with 1 child**

**or**

**€ 9 for families with 2+ children**

**Non-AWC members:**

**€ 8 per family with 1 child**

**or**

**€ 15 for families with 2+ children**

**Minimum 10 Kids / Maximum 30 Kids**

**Cancellation deadline: October 25**

**[www.groupspaces.com/AWCTheHague/item/1068100](http://www.groupspaces.com/AWCTheHague/item/1068100)**

**DO GOOD THINGS!**

Visit The FAWC Foundation's online Backing Women Boutique to support "Free the Girls" which provides help for women and girls rescued from sex trafficking in developing countries. Net proceeds will be donated to the project.



FIND THE BOUTIQUE ON [WWW.FAWCFoundation.org/BACKINGWOMENBOUTIQUE](http://WWW.FAWCFoundation.org/BACKINGWOMENBOUTIQUE)

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**[www.access-nl.org](http://www.access-nl.org)**





# The Dutch Daily

by Eileen Harloff

**H**ave you ever thought about how many “years” there are in one year? There is, of course, the most well-known year from January 1 to December 31. Then, for some, there is the school year from August/September to June/July. There is the year that marks a particular event or milestone in one’s life—birthday, marriage, death, the beginning or the end of an illness, a serendipitous meeting that resulted in a life-long friendship—examples are numerous and can feature a range of emotions, from happiness to sadness, from anger to joy, etc. And so it is, with this musing, that I warmly welcome you either back or for the first time to a new AWC Club Year (albeit one month later than I originally intended). May it prove to be a year that will bring you new opportunities, challenges, friends and outlook on life.

The aim of this column is to inform you of findings and activities that are currently taking place in the Netherlands. The list of this country’s contributions to all aspects of modern life is much larger than the space available to cover the topics, but one thing is clear, the Netherlands is very active on the world scene.

## The Dutch Touch in Panama

On June 26, after 9 years of planning, testing and construction, 16 steel mega-sized floodgates were opened for business on an updated and greatly expanded Panama Canal. It was Dutch engineers from the firm Iv-Group in Papendrecht, whose work until then had been

primarily focused on oil and gas platforms, who designed the gates. They are 165 feet (50 meters) long, 33 feet (10 meters) thick and 100 feet (30 meters) high, making them the largest ever of their kind. Iv-Group enlisted the help of contractors, dredgers and shipping companies from several countries to work with them. The doors, that reportedly weigh as much as 5,000 cars, were made at a dock near Venice and can withstand collisions and earthquakes. As a result of the successful completion of their task, Iv-Group has now been commissioned to provide an even larger floodgate of 230 feet (70 meters) long.

## Who’s Crying Wolf?

Should you discover a wolf in your backyard or at the local playground, would you know what to do? Most likely not since who can imagine such a situation in this densely populated country. Nevertheless, it could occur. In 2011, the first wolf since 1897 was spotted crossing into the country from Germany; it’s happened several times since with the most recent occurrence in 2015. The wolf is a protected species in the Netherlands; thus, the killing, injuring or capturing of wolves is prohibited. The IPO (Interprovincial Consultation), Wildlife Fund and Ministry of Economic Affairs have produced a 61-page booklet—in “clear and simple wording”—with guidance of exactly what to do from the time the wolf is spotted, as well as potential health risks if there is direct contact with the invader.



## New Archaeological Find

With the availability of modern tools such as the metal detector, it is easier than ever for amateurs to locate and retrieve items from the distant past. One recent find took place in the town of Tiel, which is located in the fruit-producing area in the middle of the country known as the Veluwe. From the 9th to the 12th century, Tiel was a storage place for goods coming from Germany en route to England and Scandinavia, for which services the town received payment in silver and thereby became quite rich. Soil was recently excavated for the construction of a parking garage for a new cultural center. The polluted soil was transported by truck and ship to be deposited elsewhere, while the unpolluted soil was sold in the neighborhood. The amateur archaeologist followed the trucks and asked the new owners if he could examine their soil loads with his metal detector. His hunch was right! In the first dirt he examined, he found a treasure trove of Viking jewelry, unusual coins from the Middle Ages and many pins used for fastening coats. Later, he came across a roll of 12 silver coins from the 10th century. Thanks to this amateur archaeologist, a bit of his town’s history has come to life.

## Welcome US?

It must be a bittersweet pill for the Municipality of Wassenaar to swallow for the privilege of being the location of the new American Embassy. It is estimated that the city’s responsibility for keeping the embassy safe and sound may well reach € 100,000 per year. To meet the requirements of the National Coordinator for Protection Against Terrorism and Safety (NCTV), the area around the Embassy grounds must be dug up, traffic



patterns changed, bike paths widened, easy access for police patrol vehicles provided, and, in the worst case scenario, the closing off of the area and its surroundings, including rehousing residents for a period of time and rerouting access to nearby businesses, Marlot Tennis Park and Duindigt Race Track. When the Wassenaar Council was first informed in 2006 of the coming of the Embassy, it was told that “no large investments would be needed.” Flash forward to 2016 and the recent terrorist attacks around the world, and it is clear that the coming of the Americans may be more of a burden than a blessing.

## New Hague Restaurant

What’s new and unusual about Restaurant Instock is that it uses food provided from supermarkets that was not sold within a given time period, or is somewhat tired looking, or is nearing its expiration date but is still healthy and edible. The concept for the restaurant came from four trainees at an Albert Heijn in Amsterdam, who saw how much still-edible food was thrown away each day and thought that it could be put to use, namely in a restaurant. Their idea received the approval of the store management, and a pop-up restaurant was opened on a trial basis. When that proved viable, they moved to a permanent location, added a take-away food service and acquired a food truck that travels throughout the country picking up supplies. They also published a cookbook entitled *Instock Cooking* that describes various methods of preserving food. And now the concept has arrived in The Hague at Buitenhof 36 across from the Houses of Parliament. The menu changes daily based on what supplies come in with a lot of options for vegetarians.



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# The Dutch Daily (cont.)

Continued from page 33

## Best 48-Hour Film



For the third year in a row, the Netherlands received the top award out of 5,000 submissions in Atlanta as part of the 48-Hour Film Project, whereby a complete short film was written, shot, edited and scored within a period of just two days. *Unforgettable*, directed by Amsterdam director Marco Grandia, tells the story of a demented man and can be viewed at [www.48hourfilm.com](http://www.48hourfilm.com).

## Where Can She Go from Here?



At just three and a half years old, Jessica van den Broek was by far the youngest student when she was granted her B and C Swim Diplomas this past summer. She completed a number of maneuvers that would likely sink many adults. The 45-minute swimming tests included breast stroke, back stroke, treading water, swimming while fully dressed, picking up items from the bottom of the pool, and swimming the length of the pool and back without stopping. What's next for little Jessica—perhaps the Olympics are in her future?

## Message from the President (cont.)

Continued from page 8

FAWCO's Stand-up Against Human Trafficking Experience and Symposium will take place here in Amsterdam and The Hague this month. I have the greatest respect and admiration for those who are making these events possible. Key among the volunteers are our Members **Mary Adams, Johanna Dishongh**, both of whom conceived of this idea, and **Julie Mowat**. Supporting them are **Karla Kahn, Georgia Regnault, Teresa Mahoney, Roberta Enschede, Rebecca Niles-Pourier, Laurie Brooks, Emily van Eerten, Celeste Brown, Sue Merrick,**

**Ramona Oswald, Marilyn Tinsay, Pam Pruijs-Bots and Greetje Engelsman-Postma.** I look forward to learning what I can do to help stop or prevent a person from being enslaved or trafficked. These people need us.

Always remember, the AWC needs you and you are valuable to us.

Best wishes,

*Becky*

## “WHO’S THE PRESIDENT?” BREAKFAST

NOVEMBER 9<sup>th</sup>, 2016

5:00 a.m. (in the morning!!)

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[electionbreakfastkurhaus@gmail.com](mailto:electionbreakfastkurhaus@gmail.com)



# AWC and the Arts

by Jane Choy

## At Home in Holland: Vermeer and his Contemporaries from the British Royal Collection

A royal visit from Great Britain: this fall, the Mauritshuis will exhibit a selection of the most important 17th-century Dutch genre paintings from the British Royal Collection. The selection contains representations of daily life as depicted by painters of the Dutch Golden Age, and offers an exceptional chance to see over twenty masterpieces from the Royal Collection, its largest loan of paintings to a Dutch museum to date. The Royal Collection, held in trust by Her Majesty Queen Elizabeth II, contains unique highlights from the oeuvres of famous painters such as Gerard ter Borch, Gerrit Dou, Pieter de Hooch, and Gabriel Metsu. The highlights of the exhibition are *The Music Lesson* by Johannes Vermeer and *A Woman at her Toilet* by Jan Steen. Save time by buying your entrance ticket online in advance. Please note that there is an additional surcharge for this exhibit with your entrance fee or *Museumkaart* as reflected in prices below.



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

**Thursday, October 20**  
**6 – 7 p.m. (Meet at 5:45 p.m.)**  
**Mauritshuis**  
**Plein 29, Den Haag**  
**€ 10 Members (€ 12.50 nonmembers)**  
**PLUS**  
**Museum Entrance Fee (€ 16.50 or € 2.50**  
**with Museumkaart)**  
**Minimum 12 / Maximum 15**  
**Cancellation deadline: October 10**  
[www.groupspaces.com/AWCTheHague/item/988780](http://www.groupspaces.com/AWCTheHague/item/988780)

## Tour of Royal Archives

King Willem I founded the Royal Archives in 1825 to manage the House of Orange's archives, library and historical collections. The archive comprises the personal archives of members of the House of Nassau and the House of Orange-Nassau, including miniatures and royal gifts as well as books and documents from the 13th century to the present day. It also contains the archives of the Royal household and its officers and other individuals connected with the court. The present building in the grounds of Noordeinde Palace was completed in 1899. The archives are not open to the general public, so this is a very special tour. We will meet at the gate of the Royal Stables at



Hogewal 17 at 9:30 for the short walk to the Archives. Please bring a valid ID.  
**Thursday, October 27**  
**10 – 11:30 a.m.**

**€ 10 Members (€ 12.50 nonmembers)**  
**Minimum 12 / Maximum 22**  
**Cancellation deadline: October 14**  
[www.groupspaces.com/AWCTheHague/item/1068146](http://www.groupspaces.com/AWCTheHague/item/1068146)

## Guided Tour of the Second Chamber and Nieuwspoor: A Morning at the Center of Government and News of the Netherlands

Our morning will start with coffee and cake at the Nieuwspoor, the Press Center of the Netherlands, where Dutch politicians, lobbyists and journalists meet informally and which serves as a location for press conferences (most notably the Prime Minister's weekly address). Our tour will begin with a



member of government showing us the Second Chamber of Parliament, followed by a tour of the Nieuwspoor. We will finish our morning at the nerve center of Holland with lunch in the dining room of the Nieuwspoor. The fee includes the tour, lunch, coffee and cake. Please bring a valid ID.

**Friday, November 18**  
**10 a.m. – 1:30 p.m.**  
**Nieuwspoor**  
**Lange Poten 10, Den Haag.**  
**€ 35 Members (€ 38 nonmember)**  
**Minimum 15 / Maximum 22**  
**Cancellation deadline: November 1**  
[www.groupspaces.com/AWCTheHague/item/1072466](http://www.groupspaces.com/AWCTheHague/item/1072466)

## Jan Steen's Holidays

Jan Steen, one of best loved Dutch artists of the 17th century, is known for his rollicking scenes of everyday life—each one telling a

story. He has also given us some charming scenes of Dutch holidays and was the first to concentrate on the portrayal of these activities. AWC Member **Jane Choy** will host this lighthearted talk in the intimate living room of her 17th century home in the historic center of Voorburg. She will tell of the Dutch holidays which have been painted by Steen: Sinterklaas (St. Nicholas), celebrated on December 5, is regarded by many as the quintessential Dutch holiday, and Twelfth Night, celebrated on January 6. Sinterklaas has always played a very important role in Dutch life and Jan Steen has interpreted scenes of the *Feast of St. Nicolas* in many ways, traditionally dedicated to Dutch children. He also painted *Twelfth Night* more than once capturing the revelries as only he could.

This talk will be followed by coffee or tea and special Sinterklaas treats. Parking is free in the neighborhood, but please keep in mind that it is a blue zone with a two-hour limit. Her house is easily accessible by public transportation: Bus 23, 45 or 46 and sprinter train from Centraal Station

**Tuesday, November 29**  
**10 a.m. – Noon**  
**Jane Choy's Home in Voorburg**  
**€ 15 Members (€ 17.50 nonmembers)**  
**Minimum 8 / Maximum 22**  
**Cancellation deadline: November 21**





# FAWCO Corner

by Julie Mowat and Karla Kahn



*Federation of American Women's Clubs Overseas, a United Nations NGO with consultative status with the UN Economic and Social Council*  
[www.fawco.org](http://www.fawco.org)

## FAWCO Membership

Did you know that you are automatically a member of FAWCO since you are a Member of the AWC? FAWCO is an international federation of independent organizations whose mission is to:

- Build strong support networks for its American and international membership
- Improve the lives of women and girls worldwide
- Advocate for the rights of US citizens overseas
- Mobilize the skills of its membership in support of global initiatives for education, the environment, health and human rights

If you want access to the website—we highly recommend it since it has so much information—go to [www.fawco.org](http://www.fawco.org) and register. It's very easy and you can sign up for any/all of their informative newsletters. There will also be information at the Symposium about FAWCO.

## Voting from Abroad

Most Americans overseas can vote. If you haven't already done so, here is the link to register to vote: [fawco.overseasvotefoundation.org](http://fawco.overseasvotefoundation.org)

## 2017 Friendship Quilt

*Empowering Women and Girls through Knowledge and Skills*, was announced as the overarching theme for the FAWCO Target Program 2016 – 2019. In celebration of this theme, the 2017 Friendship Quilt will embrace the world and all of its schoolhouses. Please go to [www.fawcofoundation.org](http://www.fawcofoundation.org) for more info.

## Campaign Against Gender-Based Violence

Each year, the Human Rights Task Force encourages FAWCO Clubs to participate in activities associated with the Rutgers 16 Days Against Gender-Based Violence Campaign. The theme for the 2016 Campaign will again be *From Peace in the Home to Peace in the World: Make Education Safe for All!* recognizing “the dire situation for millions of girls and boys, and young women and men, whose universal human right to education is daily impacted or cut short due to violence, lack of resources, and discrimination.” The Campaign takes place over 16 days: November 25 to December 10. We are excited that the Campaign will again focus on education, coinciding with the new FAWCO Target Program.

Given the worldwide refugee crisis and its relevance to the Campaign theme, this year the Task Force is recommending one or more of the following activities:

- Hold a collection for school supplies for children in a refugee center in your city.
- Bring awareness to your Members about the refugee crisis by holding a book discussion of *When the Moon is Low* by Nadia Hashimi, a moving novel about a family from Afghanistan forced to make agonizing decisions in order to escape the violence in their country.
- Help foster a better understanding of the plight of refugees by planning a project to educate children in your community and in the lives of your Members on the topic.

Please let us know if you are interested in any of these projects.

## FAWCO Symposium Gratitude

Finally, a big shout out to all the Members who are helping with the FAWCO Symposium to Stop Human Trafficking. As we write this in August (due to the printing deadlines), we are in awe of how much support our Club is giving. Should be a great event and that is in part thanks to all your help. Thank You!



• WHENEVER •  
**ONE PERSON**  
STANDS UP & SAYS  
**WAIT A MINUTE**  
**THIS IS WRONG**  
IT HELPS OTHERS  
**DO THE SAME**

OCTOBER 8-9, 2016  
• NIEUWSPORT, THE HAGUE •  
REGISTER NOW  
[WWW.FAWCO.ORG/SYMPOSIUM](http://WWW.FAWCO.ORG/SYMPOSIUM)

# Announcements

## Leiden Liberation Celebration



This annual Leiden event commemorates the Spanish siege and subsequent relief of the city in 1574. The party starts on Saturday, October 1 at 1 p.m. with a huge fun fair and market that covers a large part of the city center. On Monday, 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 130th anniversary of the parade. The day concludes with fireworks at 11:30 p.m. [www.3october.nl](http://www.3october.nl)

## Open Ateliers Den Haag

Fifty-eight artists in the center of The Hague will open their studios to visitors on Saturday, October 1 and Sunday, October 2 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](http://www.openateliersdenhaag.nl)

## Community Fair for Internationals

Experience the 14th 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](http://www.expatica.com/iamnotatourist).

**Sunday, October 2**

**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 5 to**  
**Sunday, October 9**  
**Fokker Terminal**  
**Binkhorstlaan 249, Den Haag**  
[www.artthehague.nl](http://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 5 to**  
**Sunday, October 9**  
**Filmhuis Den Haag, Spui 191**  
**Theater Dakota, Zuidlarenstraat 57**  
[www.c-india.com](http://www.c-india.com)

## 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 8 – Sunday, October 23**  
**10 a.m. – 4 p.m.**

**Clingendael Park, Den Haag**

## DFAS Art Lecture

**Popes and Painters: The Avignon Papacy and the Impressionists of Provence**

In 1309-1378, Provence provided a haven for seven French popes at a time when the Papacy was suffering from hostility and instability in Rome. Roughly five hundred years later, this beautiful corner of France



was to provide a similar refuge for a group of painters we now call the Impressionists and Post Impressionists, such as Van Gogh, Renoir and Gauguin, who found inspiration there after having been mocked and reviled in Paris. Lecturer Caroline Rayman was previously an official guide at the British Museum. Non-DFAS member fee is € 12. [www.dfas.nl](http://www.dfas.nl)

**Tuesday, October 11**  
**Doors open at 7:30 p.m.**  
**Lecture begins at 8 p.m.**  
**Cultural Centrum Warenaar**  
**Kerkstraat 75, Wassenaar**

## Children's Art and Culture Festival

From October 14 to 23, children between the ages of 2 and 12 years old will be treated to 450 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](http://www.debetovering.nl)

## 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](http://www.legoworld.nl)

**Tuesday, October 18 to**  
**Monday, October 24**  
**10 a.m. – 5 p.m.**

**Jaarbeurs Utrecht**  
**Jaarbeursplein, Utrecht**

## Dutch Design Week

During Dutch Design Week (DDW) in Eindhoven from Saturday, October 22 – Sunday, October 30, you can see with your own eyes how tomorrow's world is taking shape with smart solutions and inventive designs by 2,500 national and international designers offering new perspectives. This year's theme is "The Making Of..." an ode to the making process and the makers. DDW offers 400 events at 100 venues throughout Eindhoven, including exhibitions, experiments, lectures and workshops. [www.ddw.nl](http://www.ddw.nl)

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# Announcements (cont.)

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## Wildlife Film Festival

This multi-day film festival, organized by a non-profit foundation, focuses on the screening of wildlife films and documentaries. The main program consists of a juried competition that is open to professional and non-professional nature filmmakers from the Netherlands and abroad.

**Thursday, October 27 –  
Sunday, October 30**  
**Cinerama Filmtheater**  
**Westblaak 18, Rotterdam**  
[www.wffr.nl](http://www.wffr.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 27 to  
Sunday, October 30**  
**Kromhoutal in industrial area De Overkant**  
**Gedempt Hamerkanaal 231,**  
**Amsterdam Noord**  
[www.affordableartfair.nl](http://www.affordableartfair.nl)



## International Halloween Party

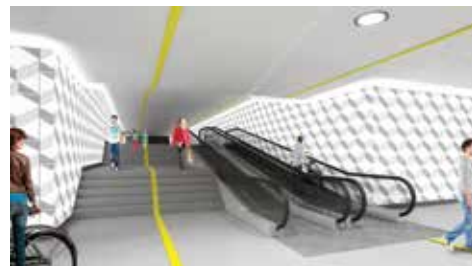


Halloween isn't just for kids. Here's your chance to join other expats at a late-night party and boogie the night away. There's still plenty of time to choose your costume (masks are recommended), but you might want to book your tickets in advance: [www.allevvents.in/org/expats-in-the-hague/5611858](http://www.allevvents.in/org/expats-in-the-hague/5611858)

**Saturday, October 29**  
**10:30 p.m. – 3 a.m.**  
**Nieuwspoor**  
**Lange Poten 10, Den Haag**

## No Bike Parking in Front of Den Haag Centraal

The bike parking facility in front of Den Haag Centraal Station has closed in order to make room for a construction site to build one of the largest underground bike parking facilities in the Netherlands with space for 8,500 bikes. Anticipated opening of the new facility is summer 2017. All of the offices, shops and apartments in the area will remain well accessible during construction.



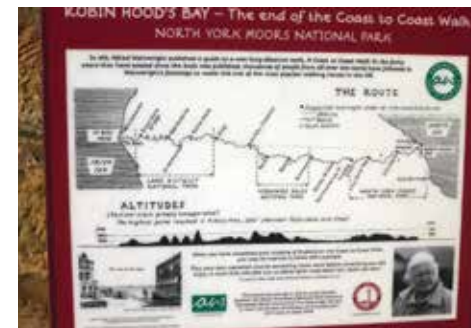
# Trekking Across England

by **Melissa White**

## The Concept

I wish I could remember the moment that I first was presented with the idea of doing the Coast-to-Coast (C2C) trek across Northern England. Unfortunately, I also can't remember the exact moment that I agreed to do this crazy hike. I do know that our friend Kent is quite persuasive and before I knew it, we were planning a summer holiday together. Kent was originally approached by some colleagues who were considering putting together a team to do a C2C relay as a fundraiser. After he had a chance to think about it, he decided he'd rather put together his own group to do the entire route, which ended up with just four of us: Kent, his wife Carlin, my husband James and me, the weakest link.

The Coast-to-Coast (C2C) was devised by Alfred Wainwright, a British guidebook author and illustrator, in 1973 in his book *A Coast to Coast Walk*. His book described the 192-mile (309K) route from west to east from St. Bees to Robin Hood's Bay in 12 stages, each with overnight accommodations nearby, crossing through three national parks: Lakes District, Yorkshire Dales and North York Moors. Although not an official national trail, this route has been updated over the decades to stay on public rights of way. It is one of the most popular long-distance trails in the UK with estimates of approximately 10,000 hikers per year attempting at least part of the route.

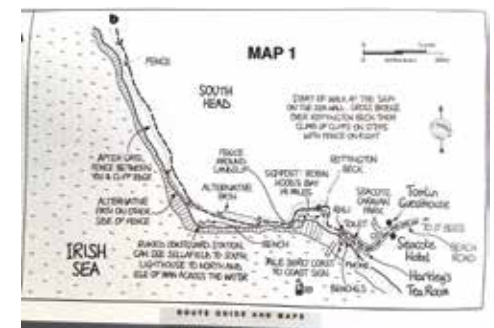


## Planning

There were a surprising number of decisions that we had to make before tackling this trail. Both James and Kent were willing to carry giant backpacks with all of our clothes, leaving Carlin and me to carry just daypacks with waterproofs and trail snacks. However, neither Carlin nor I liked the idea of the men risking injury by carrying such heavy loads. We were thrilled to discover that there are companies that specialize in transporting luggage for a reasonable price for hikers on trails all over England. Of course, before we could book that service, we had to know where we wanted the bags delivered. We knew that the girls had no desire to camp or stay in hostels, but before we could start investigating inns and bed & breakfasts, we had to make some major decisions concerning the route itself.

I read articles and blogs about the C2C in search for advice. One thing everyone seemed to agree on was rather than using Wainwright's guidebook with its small writing on the maps, we needed to purchase what many hikers consider the C2C Bible: *Coast to Coast Path* by Henry Stedman. First published in 2004, it also includes hand-drawn maps, but the writing is much larger and easier to read. We consulted his charts on what cities to stay in based on how fast we wanted to hike. After much debate, we chose a medium pace with a plan to walk for 16 days with no rest days. With that decided, we could then book

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# Trekking Across England (cont.)

*Continued from page 43*

our transport. The day before we'd start hiking, we'd fly to Manchester and catch a train to St. Bees. After the hike, we wanted a relaxing journey, so we chose to return to Holland by overnight ferry from Hull.

Our next major decision was choosing where to stay for 17 nights. I can assure you, that was no small task despite the limited options in many of the smaller villages. We mixed it up so that we saw a large cross section of what England has to offer by staying in pubs, guesthouses, farms and even a castle.

Over the next several months we made multiple trips to outdoor adventure stores to purchase a variety of necessary gear including hiking poles, waterproofs and daypacks. Most important of all were our hiking boots and socks. There is no doubt that uncomfortable boots make for a miserable trek. After seeing the horrendous blisters on the feet of my daughter's friend after an overnight hiking

trip with brand new boots, there was no way that I wouldn't be properly breaking in my boots. Little did I know, however, just what Kent had planned.

## Training

Honestly, when we agreed to do the trek, it crossed my mind that we would need to do some hill walking in preparation, but it didn't really dawn on me that we'd need to do regular long distance training since I already walk daily with my dog. Kent had a lot of experience with trekking and felt it was important for Carlin and me to "harden" our legs; he wasn't especially concerned about himself because he regularly does intense spin classes and mountain climbing, and James regularly cycles and runs long distances.

Starting in late January after Carlin and I had a chance to break in our boots on short walks around our neighborhood, the serious training began. We started with one long walk per



weekend, with or without our husbands. By May we were going on two long walks per weekend, usually with our men along, with the final big push being a commitment by me and Carlin to walk every day for two weeks solid, rain or shine, with a combination of long and short walks (with the men only joining along on the weekends). These walks ranged from just a swing through the neighborhood of 5.5 miles (9K) to our longest walk from Voorschoten to Rotterdam for 19 miles (31K). We were exceptionally lucky as we managed to stay dry for the entire two weeks. The intent was not only to strengthen our legs and our backs while carrying our daypacks, but to convince ourselves mentally that we could tackle this journey and thus wouldn't dread having to put on our boots each morning. I kept track of our distances using a Nike app on my iPhone.

Luckily we had finished our final training walk before I fell on June 12 and landed in the hospital with a fractured skull and fractured ankle. Each day, in addition to asking the neurologist when I could go home, I asked when I would be cleared to fly to England for our trek. I was thrilled on the eighth morning when I was finally released and given permission to fly. I wasn't quite as happy when I got home and started experiencing vertigo, but as it typically only hit when I was laying down, it didn't alter my plans to strengthen my ankle in preparation for our journey.

## Trekking

On July 13, we boarded the flight for our big adventure. The town of St. Bees was very quaint and was a lovely location to start our

trek, although I was surprised by the lack of an outdoor store catering to the supposed 10,000 hikers coming through. The main street consisted of two pubs and one small grocery store with an ATM that didn't accept non-UK PIN cards. Luckily, we hadn't forgotten any supplies.

After the first of many hearty English breakfasts, we set off early on the morning of the 14th to the trailhead at the nearby beach. Before beginning to hike, we had a tradition to abide by—we had to pick up three pebbles off the beach, one of which we threw into the Irish Sea, one of which we would carry to throw into the North Sea, and one we would keep as a souvenir. The first hill was directly in front of us: St. Bees Head. It was beautiful, but daunting. Luckily it was easier to climb than it looked, especially with the help of my hiking poles. My newly healed ankle wasn't fond of the uneven ground, but I quickly adjusted to finding the flattest path. The scenery was stunning with the ocean and cliffs on the left and lush green fields on the right. I was nervous that there would be many spots in which to fall to my death, but the trail was placed far enough from the edge and well protected by fences or vegetation. Along the 3.7 mile (6K) coastal segment, we passed a cliff overloaded with nesting birds, a lighthouse and many sheep and cows. Eventually the trail turned eastward at a quarry where there was a nice lunch spot complete with giant rocks as seats and beautiful views.

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# Trekking Across England (cont.)

*Continued from page 45*

Our guidebook had warned us that it was a good idea to buy packed lunches from the inns each day as restaurant options were limited. While we envisioned stopping at country pubs for lunch and adorable teahouses most afternoons, we opted to heed the warning and were very glad that we did as our route was much more rural than any of us had anticipated and it was indeed a rare day when we had any option to stop for food along the way. It was fun to open our packed lunch each day and see what kind of goodies were inside—our spirits soared when something home-baked was included. We became quite the critics of British crisps; although it was apropos to eat Walkers brand while trekking, they were definitely not our favorite.

After lunch, the path went along roads through one quaint village and several depressingly bland villages (something we never encountered during training in Holland). Once we were back on footpaths, the views never disappointed as we hiked towards the forest passing farms and lots of sheep (which would be a recurring theme throughout the C2C leading James to rename the trail the “Crap-to-Crap” because of his theory that you can make it all the way across England without ever taking your feet off of sheep poo). Eventually the trail headed up our highest climb of the day on Dent Hill at 1,155 feet (353 meters). Carlin and I had to stop several times to catch our breath, but at least the path wasn’t difficult. The harder part was definitely the downhill, one of the steepest segments of the entire



C2C. Without my poles, I probably would have just sat down and cried, but with them I was able to slowly and safely make my way down. Carlin grew up trekking in South Africa, and was much more sure-footed.

Once down, the terrain changed yet again as we walked over and through a small creek (called a “beck” in Northern England). At this point we crossed officially into the Lakes District National Park. It was beautiful! It was also a relatively easy walk amongst sheep and wonderful views. Eventually we made our way to the village for the first night, Ennerdale Bridge, for a total of 16.8 miles (27.1K). Imagine our surprise when we spoke to some hikers at the pub that evening and met a Dutch woman from The Hague hiking with her father from Eindhoven. We were happy that we ran into them regularly over the next several days.

The following morning, we set off early in hopes to beat the rain, but no such luck. While we did spend much of the day in raingear, we were relieved that it never poured. In fact, we were very lucky with the weather. Over the 16 days of our trek, it only rained 4 of the days and only poured for a total of 3 hours; we were thrilled that Mother Nature took pity on us and allowed us to be mostly dry and warm while we enjoyed the British countryside.

That second morning was further complicated by bad instructions from our innkeeper. We had hoped to take the shorter and easier northern

route around Ennerdale Water, a 2.5-mile (4K) long glacial lake, but the map was inaccurate and led us to the southern shore. To complicate matters further, I had a rare and brief moment of vertigo while on flat ground. About 45 minutes along the southern shore, we got to a section called Robin Hood’s Chair, which is a series of rock stairs heading straight up that would require using hands to stay balanced. I freaked! James went ahead to evaluate the likelihood that I could make the climb; between the worry of me suffering from vertigo and my weak ankle, he determined that we should turn back. He encouraged Kent and Carlin to continue on, but they refused. I felt bad to be dragging them down, but was touched by their dedication to keep our group together.

We turned around and made our way to the northern shore, our original planned route. Amazingly, this was the only detour due to making a wrong turn that ever occurred. One of the disadvantages of hiking a route that isn’t a national trail is that it isn’t well signposted. The men did an incredible job of navigation. Kent consulted the maps in the C2C Bible regularly, using his GPS, which held the waypoints for the entire route, as confirmation while James made sure we were staying on track by consulting the ordinance maps on his iPhone. Between their innate senses of direction, a lot of modern



technology and 109 hand-drawn maps, we never got lost. The only technology that I used was my Nike app, which I quickly renamed the “Nike Bitch” as she constantly reminded me how slow I was by declaring, “Pausing workout,” over and over again.

The trail along the northern shore was indeed easier and didn’t include any opportunities to tumble down a cliff into the deep lake. We stopped for lunch under some trees in an area that looked straight out of a fairytale, but no Hobbits, elves, fairies or gnomes made an appearance. Eventually we arrived at the Black Sail, England’s most remote youth hostel. In the fog, the building seemed to be guarded by what looked like two two-headed giant black cows. Just beyond them was the >> 48





# Trekking Across England (cont.)

Continued from page 47

pot of gold: a bathroom! Not only was it unlocked, but it had toilet paper, soap and paper towels. Carlin and I were ecstatic. Not only were pubs a rare sight on the C2C, but so were toilets (at least for the girls).

We joined some other wayward hikers for a chat in the main room of the hostel. There were no staff members around, but there was a note that all hikers were welcome to warm up, which was much appreciated. While inside, Mother Nature finished up with the rain, so it was dry when we walked back outside.

I was happy to finally be able to take my camera out of my pack to attempt to capture some of the beautiful surroundings covered in fog. I wasn't nearly as happy after I discovered what was yet to come. The first sections weren't too bad: basically a very thin path



crossing back and forth over the becks. The number of waterfalls around us was completely astounding. Unfortunately, I wasn't crazy about where the path eventually led, up a steep series of stones used as stairs up and over the hill. At least it wasn't so steep that we needed to use our hands. It just seemed that Carlin and Kent were climbing forever ahead of us without ever reaching the top. What a relief when they finally waved from the top and then we eventually joined them.

It was still foggy, so we were thankful for the *cairns*, human-made pile of stones, pointing the way. Eventually we came down a hill to Honister Slate Mine, but unfortunately we were too late for a tour. We were almost late for dinner that evening, where we shared a table with a 71-year-old retired Protestant preacher from Philadelphia and his 42-year-old son. They ended up taking a taxi to the inn after abandoning the trail above the Black Sail. I know that hiking is not a competitive sport and that Garth was old enough to be my dad, but I was even more proud of myself after I heard that they'd turned back.

You may be relieved to learn that I gave up keeping a journal after just two days of hiking, so you needn't fear having to read detailed descriptions of all 16 days. Despite hiking through three national parks, the C2C was no "walk in the park." It was tough, but incredible. The Lakes District was especially hilly and rocky; encountering those difficult sections at the beginning when I lacked the



confidence that I had by the end was tricky. The guidebook said that no climbing was required, but that actually wasn't true as we encountered two rock faces that we had to scramble up using our hands. Personally, I prefer to use my feet rather than my hands while hiking, so I wasn't a happy camper, but managed to get to the top both times without crying, experiencing any vertigo or hurting myself.

On Day 5, we hiked along an incredibly scenic mountain lake, Angle Tarn, with an island which I couldn't help but think looked like Neverland from *Peter Pan*. Soon thereafter, we hiked up to Kidsty Pike, the highest point on the C2C at 2,572 feet (784 meters), followed by a steep descent down to Haweswater Reservoir, the last part of hiking in the Lakes District.

There were three things we saw a lot of in the Yorkshire Dales: rolling hills, sheep and dry-stone walls. It was no wonder that we saw so many dry-stone walls, which were built without mortar, as there are approximately



5,000 miles (8,050K) of walls crisscrossing the Dales, some dating as far back as the 14th century. In order to get over the many walls that we encountered, we crossed an incredible array of stiles, structures that provide passage over or through a fence or wall. Some were ladders over the wall; some were stairs built into the wall; some were gates between walls; others were such narrow gaps in the wall that it was difficult to squeeze through.

Sometimes there was no option to actually stay overnight along the trail. It felt like >> 50





# Trekking Across England (cont.)

Continued from page 49



cheating when we were offered rides to two of the guesthouses by the innkeepers, but they were both good about dropping us off at the exact point that they picked us up so we didn't miss any of the trail. We were also thankful not to have to walk along a narrow road with high hedges and no shoulder.

Once we reached the North York Moors, we were very seasoned hikers, but I still struggled on some of the steep hills through the heather moorland. Luckily there were plenty of things to make me laugh on this section of the trail, such as when James decided it would be nice to get some photos of some flying grouse and Kent was in charge of getting them to go airborne by flapping his arms.

At one pub, James and I couldn't contain our giggles when Kent ordered a traditional British dessert called "spotted dick." In another example of our maturity, we joked repeatedly on our hike to Keld about the name of our next inn: Butt House. When the innkeeper explained that one of the key fobs that proudly displayed the name of the inn had been stolen by some "American lads," I surmised that it was probably now proudly displayed in their frat house and then I confessed that I had briefly considered stealing one as well but remembered that I'm not a thief.

The last leg was much like the beginning, but in reverse with the final stretch along the

beautiful cliffs overlooking the North Sea. Again, we were well protected from falling off with vegetation along the edge. When we reached the beach at Robin Hood's Bay, a scenic and hilly coastal town, we were ecstatic. After 16 days and 205 miles (330K), we had reached our goal with no injuries or arguments. The journey was long and rambling, but never boring (unlike this article). I was surprised how choked up I became as I glanced up at the cliffs we had just crossed and realized that I really had accomplished something incredible. James surprised us with a bottle of bubbly as we completed the ritual that we had started back in St. Bees by throwing one of our stones into the water. Later we celebrated with a beer at Wainwright's Bar and a toast to Wainwright for starting us on this amazing journey.



## C2C Tips

**Sherpa Van:** All we had to do each morning was fill out a tag with the details of where we were staying and our bags were always waiting for us at the end of each hike. If we ever go on another long distance hike in the UK, we will definitely use Sherpa Van again. [www.sherpavan.com](http://www.sherpavan.com)

**Compeed Blister Bandages:** These bandages are like magic. I got a few blisters while breaking in my boots, but after putting on a Compeed, which are incredibly waterproof, the blisters never bothered me and healed quickly.

**Consider Doing Just a Section:** We met many hikers that weren't completing the entire trail. If you like to hike, consider picking just a section instead of tackling the entire route.

## Favorite Inns in Northern England

**Augill Castle:** Built in 1841 as a weekend getaway for a Victorian gentleman, it is now a family-friendly luxury boutique hotel with 15 unique rooms. Although not very convenient from the C2C (we took a taxi from Kirkby Stephen), it would be a good location for exploring the Lakes District and/or Yorkshire Dales by car. [www.stayinacastle.com](http://www.stayinacastle.com)

**Rawcar Farm B&B:** Set on a 100-acre organic farm in North Yorkshire, you will feel very spoiled at this small luxurious B&B. The spacious living room is built in a converted wheelhouse that was once used to grind corn. Gourmet dinner and breakfast are served in the converted barn that was used for lambing. [www.rawcar.co.uk](http://www.rawcar.co.uk)

**Crookabeck B&B:** This intimate B&B in Patterdale in the Lakes District is set on a farm that has been owned by the same family for three generations and is famous for their Angora goats and Helvellyn Herdwick sheep. [www.crookabeck.com](http://www.crookabeck.com)

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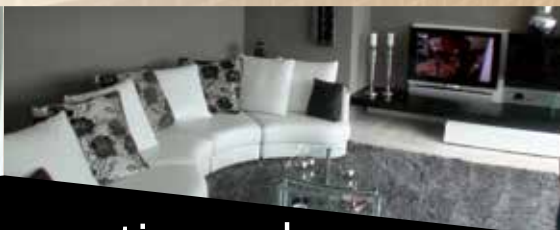
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