Going Dutch

In this issue:
AWC’s Busy Spring
FAWCO Symposium
Treking Across England
Fun with Fashion & Jewelry

American Women’s Club of The Hague
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Su. 09:00 - 18:00
Su. 11:00 - 18:00

Going Dutch
October 2016

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

Our Editor rambles on about her big trek across Northern England.

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

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Teresa Mahoney

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Pedestrian and bike bridge at Zoetermeer train station

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**Clubhouse Hours**
Tuesday and Thursday
10 a.m. - 2 p.m.
Monday, Wednesday and Friday Closed

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**Deadlines**: Submissions are due no later than the last Monday of the month preceding the publication month. For example, for the December issue, submissions are due by Monday, October 31.

**Please Note**: Articles submitted to Going Dutch will be published subject to space limitations and editorial approval. All rights reserved; reprints only by written permission of the Editor. Please email to: goingdutchmag@gmail.com

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Message from the President

by Becky Failor

I am touched by the signs around town that say “iemand 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.

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. 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. 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 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.

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 HGT, 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
www.groupspaces.com/AWCTheHague/item/1067351
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, “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? Hangry 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 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 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.

I’m sorry for what I said when I was hungry. ~ Anonymous
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 Kuppers: 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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Verbreepark 27b, 2731 BF Benthuizen
Tel, 079 3434234

www.zoetermeer.bulthaup.nl
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 Big Little Lies by Liane Moriarty:

We all tell lies—to each other and, more important, 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

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

Daytime Book Club Planning Ahead:
Thursday, November 17: The Sellout
by Paul Beatty
December date TBA: Everybody’s Fool
by Robert Russo

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.

Tuesday, October 11
Noon – 2 p.m.
AWC Clubhouse
FREE

Visitors Welcome
www.groupspaces.com/AWCTheHague/
item/1022908

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.

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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.

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.

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.

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 TBD)
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

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. 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.

Thursday, October 6
9 – 11 a.m.
Suzanne Dundas’ Home
FREE

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

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 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

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
Walking Tour Along “The Fred”
Especially Helpful for Newcomers!
Come and join Greetje Engelman, a Dutch “ex-expat,” 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

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 next card workshop on Sunday, November 6. Questions: Jaimie Molenaar-Keppel at 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

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

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

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.

RSVP directly on AWC GroupSpaces.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.

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 next card workshop on Sunday, November 6. Questions: Jaimie Molenaar-Keppel at jjpinla@yahoo.com
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

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

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

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

One-of-a-Kind Activities (cont.)
Continued from page 21

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**Holiday Bazaar**

by Mary Ann Nation-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

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

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

**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

**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 Mauritshkade)

Nov. 12, 11:00 until 18:00  
Nov. 13, 11:00 until 17:00  
€ 2 Admission  
Kids under 12: Free  
€ 5 Kids Craft & Activities

24 GOING DUTCH
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 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!

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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 10 and Friday, November 11.

Thank you for all your help and HAPPY BAKING!!

Baking is Love Made Visible
by Jan Essad

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 Spooralan in Rijswijk.
• I enjoy waving at the neighbors on my little street.
## October 2016

<table>
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<tr>
<th>Sunday</th>
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| Upcoming Fall Activities and Events:  
Nov 4: Candlelight Tour of Kasteel Duivenvoorde  
Nov 12-13: AWC Holiday Bazaar  
Nov 18: Tour of Tweede Kamer & Nieuwspoort  
Dec 1: Christmas Markets in Cologne | Walkie Talkies 9:30 a.m  
Chat, Crafts ‘n Cake 10 a.m.  
AWC Tennis 1 p.m. | Walking Tour Along the "Fred" 10 a.m.  
Pilates 10:15 a.m. | Wassenaar Coffee and Conversation 9 a.m.  
AWC Board Meeting 10:30 a.m.  
The FAWCO Experience | FAWCO "STAND UP Against Human Trafficking" Symposium | 1 |

2 | 3 | 4 | 5 | 6 | 7 | 8 |
|---|---|---|---|---|---|---|
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9 | 10 | 11 | 12 | 13 | 14 | 15 |
|---|---|---|---|---|---|---|
| Workshop "Christmas Creations" Card Making 3 p.m.  
FAWCO "STAND UP Against Human Trafficking" Symposium | Walkie Talkies 9:30 a.m | Chat, Crafts ‘n Cake 10 a.m.  
Tour of Zwolle 11:45 a.m.  
Heart Pillow Workshop Noon  
AWC Tennis 1 p.m. | Pilates 10:15 a.m.  
Evening Book Club 7:30 p.m. | Coffee 10 a.m.  
General Meeting 10:30 a.m. | 14 | 15 |
| Wine Tasting Party 7:30 p.m. | 16 | 17 | 18 | 19 | 20 | 21 |
| Walkie Talkies 9:30 a.m | Chat, Crafts ‘n Cake 10 a.m.  
AWC Tennis 1 p.m. | Pilates 10:15 a.m.  
Out to Lunch Bunch Noon | 20 | Daytime Book Club 10 a.m.  
Maurithuis Exhibit 'At Home in Holland: Vermeer & his Contemporaries from the British Royal Collection" 6 p.m. | 21 | 22 |

23 | 24 | 25 | 26 | 27 | 28 | 29 |
|---|---|---|---|---|---|---|
| Walkie Talkies 9:30 a.m | Chat, Crafts ‘n Cake 10 a.m.  
AWC Tennis 1 p.m. | Pilates 10:15 a.m. | Tour of the Royal Archives 10 a.m. | 27 | 28 | 29 |
| Children's Halloween Party 3 p.m. | 30 | 31 | | | | |
| Walkie Talkies 9:30 a.m | | | | | | |
Children’s Halloween Party

All children are welcome to attend the AWC Halloween Party. Bring your little goblin, ghoul, ghost or gobat (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 awchtheghague.firstvp@gmail.com or 063 155 0370

Saturday, October 29
3 – 5 p.m.
AWC Clubhouse

AWC Members:
€ 5 per family with 1 child
€ 9 for families with 2+ children

Non-AWC members:
€ 8 per family with 1 child
€ 15 for families with 2+ children

Minimum 10 Kids / Maximum 30 Kids
Cancellation deadline: October 25

www.groupspaces.com/AWCTheHague/item/1068100
Papendrecht, whose work until then had been
Dutch engineers from the firm Iv-Group in
gates were opened for business on an updated
and construction, 16 steel mega-sized flood
On June 26, after 9 years of planning, testing
The Dutch Touch in Panama
to cover the topics, but one thing is clear, the
life is much larger than the space available
findings and activities that are currently taking
The aim of this column is to inform you of
year that will bring you new opportunities,
I originally intended). May it prove to be a
feature a range of emotions, from happiness
friendship—examples are numerous and can
beginning or the end of an illness, a seren-
 September to June/July. There is the year
H
Who's Crying Wolf?
Should you discover a wolf in your backyard
However, it could be that they were made for a
derived from 1897 to 1914, Tiel was a storage
The polluted soil was transported by truck
ship to be deposited elsewhere, while
The unpolluted soil was transported by truck
to this amateur archaeologist, a bit of his
From the 9th to the 12th century, Tiel was a storage
The polluted soil was transported by truck
and thereby became quite rich. Soil was
recently excavated for the construction of a
The unpolluted soil was sold in a neighboring
to an existing place for goods coming from Germany en
to England and Scandinavia, for which
services the town received payment in silver
and steel floodgates for the Dutch venetian
large floodgates of 230 feet (70 meters) long.
Who's Crying Wolf?
Should you discover a wolf in your backyard
However, it could be that they were made for a
That's Not a Wolf
In 2011, the first wolf since 1897 was spot
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
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The Dutch Touch in Panama
On June 26, after 9 years of planning, testing
and construction, 16 steel mega-sized flood
gates 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.

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
crane's 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 neighbor
hood. 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 fasten
ing 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
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
options for vegetarians.
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.

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.)

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-Fourier, Laurie Brooks, Emily van Eerten, Celeste Brown, Sue Merrick, Ramona Oswald, Marilyn Tinsay, Pam Prujs-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
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 Museumkaart as reflected in prices below.

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 22
Cancellation deadline: October 10
www.groupspaces.com/AWCTheHague/item/1068146

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

Our mornings will start with coffee and cake at the Nieuwspoort, 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 Nieuwspoort. We will finish our morning at the nerve center of Holland with lunch in the dining room of the Nieuwspoort. The fee includes the tour, lunch, coffee and cake. Please bring a valid ID.

Friday, November 18
10 a.m. – 1:30 p.m.
Nieuwspoort
Lange Poten 10, Den Haag.
€ 35 Members (€ 38 nonmembers)
Minimum 15 / Maximum 22
Cancellation deadline: November 1
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 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 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

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 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!
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

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

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

Fokker Terminal 
Binkhorstlaan 249, Den Haag

www.artthehague.nl

Japanese Garden Open

The Japanese Garden in Clingendael Park, home to rare trees and plants, is so fragile in the spring and two in the fall. Don’t miss the chance to see this special garden in magnificent fall colors. Free entrance.

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.

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

Tuesday, October 11

Doors open at 7:30 p.m.
Lecture begins at 8 p.m.
Cultural Centrum Warenar
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

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

Tuesday, October 18 to Monday, October 24

10 a.m. – 5 p.m.
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
Announcements (cont.)

Continued from page 41

Wildlife Film Festival
This multi-day film festival, organized by a non-profit foundation, focuses on the screening of wildlife films and documentar-ies. 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

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**

Cromhouthal in industrial area De Overkant
Gedempt Hamerkanaal 231, Amsterdam Noord
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.allevents.in/org/expats-in-the-hague/5611858

**Saturday, October 29**

Nieuwspoort
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 fund-raiser. 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. 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 and 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.

Continued from page 41

OCTOBER 2016 43
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 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 after 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, and cliffs on the left and lush green fields on the right.

We continued 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 our distances using a Nike app on my iPhone.

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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 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.

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 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 thrilled 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...
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 beck. 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...
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.rawcarco.uk](http://www.rawcarco.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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Index of Advertisers

ACCESS
Elite Renovations
page 30
Back Cover

American Travel Center
Bulthaup Zoetermeer
page 17
page 13

ASPA
Frans Burgers Tapijt
page 23
page 15

Aveda Lifestyle Salon
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Inside Cover
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