

APPLE BITS

ALMATY INTERNATIONAL WOMEN'S CLUB

AIWC Monthly Magazine
February 2018



Almaty International Women's Club

**AIWC Membership
2017-2018**

01/09/2016-31/08/2017

75 USD
Renewal
100 USD
New members

The AIWC is an English language social organization supporting the expat community living in Almaty and giving back to the local community through charities.

Founded originally in 1994 by four members, the AIWC has grown to over 180 members from 50 countries including our host country, Kazakhstan.

It is a wonderful asset to expatriates living in Almaty. Members are able to share their experiences and help other members with the challenges they face when arriving and living in a foreign country. There are many activity groups and social events organized for members to help make new friends, from bridge to golf and hiking to Russian conversation.

The other important aim of the club is raise money for charities and to help people in need in Kazakhstan.

We have recently clarified the rules concerning membership: all foreign passport holders, females and males, and all Kazakhstani passport holders married to expatriates are accepted. Moreover, Kazakhstani passport holders who have lived abroad **more than two years** (which means they know what it means to be an expatriate) or who can name two expatriate club members they have known for more than one year as reference can also apply for membership. In order to be fair, any current member who does not meet these requirements can continue to maintain their membership every year by registering each September, renewing their status. However, if a member allows their membership to lapse, then that member must meet these requirements to renew their membership status.

As it is with most other women's clubs around the world, our common language is English and a minimum level of English is expected for optimal exchange of ideas and working together.

The Board would like to thank all members for your continued support to the club and hope that you will continue to support us while the club grows and changes, while remaining a focal point for our international community to get information, have fun and build friendships, Almaty and give back to the community.

AIWC MEMBERSHIP REQUIREMENTS FOR LOCALS / KAZAKHS

Nationals/Kazakhstanis who meet the following criteria can become a member:

1. You are married to an expat.
2. You have lived or studied in another country (countries) for two years.
3. You have recommendations from two expat club members who have known you for a year.
4. You are able to speak and understand English well

AIWC Trustee Board Members 2018

General Director

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<https://sites.google.com/site/almatyiwcc/>



Apple Bits editor : Aurelie Arnaudon
Cover : Hiking group

Reminder from the AIWC Trustee Board

"The AIWC is an international club involved in social and charity event. Promotion of business for members and third parties will be conducted only in certain conditions and with pre-approval of the Trustee Board Members. Any members, who will not follow this process, will have their membership revoked (cancelled) with immediate effect. For further details, please contact the AIWC Trustee Board Members.

It is mandatory to obtain a prior approval of the AIWC Trustee Board Members for use of the Club's name and/or logo"

"During AIWC activities and public events, pictures of you and your guests may be taken and published to promote the club and its projects in publications, press articles and websites. In case you do not accept this waiver form, we kindly ask you to inform the photographer on site of the event. The AIWC will be not held responsible for any inconvenience."

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President's Letter

Dear Members,

2018 is well underway with loads of fresh white snow welcoming us all back to Almaty, a picture of a fresh new start.

Looking ahead at a wide-open new year, it is a pleasure to serve the AIWC alongside the other board members. Please won't you welcome these newly elected to the board: Gerda Schotte as our vice president; Ellie Bahirai as our secretary; and Peta Smith as our fundraising & marketing coordinator. Svetlana Benes continues to serve on the board as our treasurer, along with Dina Khera as our membership coordinator, Assem Khaisove-Stec as our charity coordinator, Natalie Mahon as communications coordinator, Rubina Majidulla as our hospitality coordinator and Nadezhda Yeremina as our program coordinator.

" For most of us, the club is an important place for building friendships that help make Almaty home. "

With enthusiasm we look ahead to providing you with some new events never tried before as well as some of our tried-and-true events to bring our community together and give back just a little to those in need.

The foundation of who we are and what we do will always be relationships – creating events and moments that draw people together.

For most of us, the club is an important place for building friendships that help make Almaty home. And even though it is always hard to say goodbye to those who leave and move on, often these friendships grow to last a lifetime no matter where we go. As we anticipate and look ahead, we remember those who have been a part of us and inspired us with their friendship and service.

My greatest hope for this year ahead is that we all know this kind of friendship and service that has always been at the heart of AIWC – that our core charities and social responsibility projects would provide lasting bonds and friendship while giving the opportunity to work together to meet needs in a meaningful and sustainable way.

Thank you for entrusting us with the opportunity to serve the club this way this year. Thank you for being a part of the AIWC– your participation and contribution in our activities and projects and events may make a difference that you never expected it to have in someone else's life.

"And now we welcome the new year. Full of things that have never been,"

Rainer Maria Rilke.

With much love,

Wendy Moore
AIWC President

MONTHLY EVENTS

Wednesday Meetings



Meetings are normally held every Wednesday from 10:30am until 12:00pm

at the Bosphorus Restaurant
on the Mezzanine Level
in the InterContinental Hotel, Almaty
Meeting, companies or associations presentations or event

Vendors days

First wednesday of the month at the Intercontinental AIWC's meeting



February 2018

S	M	T	W	T	F	S
				1 <i>Golf *</i> <i>German Conv</i> <i>French Conv</i>	2 <i>Cultural club*</i>	3
4	5 Hiking G.	6 Playgroup Bridge Italian Conv Spanish Conv	7 AIWC Meeting <i>G. Francophone</i> <i>Knitting group</i> <i>Russian conv</i>	8 <i>Golf *</i> <i>German Conv</i> <i>Spanish Grammar</i> <i>French Conv</i>	9	10
11	12 Hiking G.	13 Playgroup Bridge Italian Conv	14 AIWC Meeting <i>G. Francophone</i> <i>Knitting group</i> <i>Russian conv</i> <i>Lunch Bunch</i>	15 <i>Golf *</i> <i>German Conv</i> <i>French Conv</i>	16	17
18	19 Hiking G.	20 Playgroup Bridge Italian Conv Spanish Conv	21 AIWC Meeting <i>G. Francophone</i> <i>Knitting group</i> <i>Russian conv</i>	22 <i>Golf *</i> <i>German Conv</i> <i>French Conv</i>	23 <i>Movie group</i>	24
25	26 Hiking G.	27 Playgroup Bridge Italian Conv	28			

GROUP ACTIVITIES

FREE OF CHARGE ACTIVITIES



Hiking Group
Monday 9:45am
Olga SALIMOVA
aiwc.hiking@gmail.com
AIWC Hiking Group



AIWC Playgroup
Tuesday 10am-12pm
Natalie MAHON & Elisa BARIS
elisa.baris@yahoo.com
aiwcplaygroup@gmail.com



English Conversation
Friday 10:00 am
Trish MARCUS
Tarryn WRIGHT
tmarcus.oct@gmail.com
tarryn-wright@hotmail.com



German Conversation
Thursday 2:00 pm
Anindya (Ruma) Bose Schrivastava
boreshrivastava@yahoo.com



French Conversation
Thursday 12:30
Veronika KUBIKOVA
veronika.kubikova@gmail.com



Russian Conversation
Wednesday 12:30 pm
Svetlana BENES
Nina TCHERNOVA
sbenes@altynor.com
tchern@iinet.net.au



Groupe Francophone
groupefrancophone@gmail.com



Spanish group 2 sessions
- **Spanish Conversation**
Every second Tuesday at 12:30 pm for lunch at Roma Cafe / Dostyk Plaza
- **Spanish grammar for beginners**
Every second Thursday at 2:00pm - different locations
Judith CARDENAS
jucara@hotmail.fr



AIWC Movie Group
Last Friday of the month 11am - 1:30pm
Nadia YEREMINA
yereminanadia@gmail.com



Italian Conversation
Tuesday 9:30 am
Elisabetta VENERI
Carmela CARISTIA
veneri.elisabetta@tiscali.it
c.caristia@gmail.com



Bridge
Tuesday 10 am
Elena DOUDINA
+77017690953



NEW !
AIWC Professional Networking Group
Every second and fourth Tuesday 7:00 pm
Karlygash MAKATOVA
+7 701 755 2086



Knitting Group
Wednesday 9am- 10:30 am
Cheena OSAKI
ailey0322@yahoo.co.jp

GROUP ACTIVITIES

ACTIVITIES WITH FEES / PARTICIPATIONS

AIWC doesn't charge any money for these activities.

The purpose of the Fees is to directly cover teachers, materials, court rental...



Tennis

New leader wanted

Baganashil, 14 Sanatornaya Str.
Baganashil Village



AIWC Cultural Club

First Friday of the month 10:00 am
Farida Jubayeva-Allen
+7 701 314 00 53
Tickets to buy depend on the activity



Golf

Thursday 10am-11am

Nurtau Golf Club
Dennis GUILLIES
+7 702 714 0164
cojeeper@aol.com
5000 KZT/class



Art floral masterclass

Every month

Svetlana Benes
sbenes@altynor.com
All material included 10 000 kzt



Cooking class

Once a month, day and time
depending on the host each time
Elena Vlasova
+7 777 731 8232
Price of ingredients to share



Yoga

To be announced very soon !



Lunch bunch

Third Wednesday of the month
12:30 am
Rubina Majidulla
+7 777 215 7509
Price of the menu you choose



Batik decorative Art class

New leader wanted

AIWC MEMBERS

New members

Welcome! добро пожаловать! қош келдіңіз!

Being a member of the AIWC and participating in our activities and events has some enormous rewards. But as a club we know that those rewards and benefits also directly from the amazing people who choose to join our club. If you have been a member all year or for many years, you have added incredible value to our club and community and we are grateful. So with the beginning of this new year, we would like to begin introducing new members who have joined AIWC each month here in Apple Bits. So without further ado, please warmly welcome these new members who joined our club during the cold, cold month of January.

Anna Kurilina

Kerstin Hau

Bahar Ebadi

Karima Akayeva

Vicky Russell

Rasa Narauskiene



AIWC MEMBERS

Wendy profile interview



1. What has brought you to Almaty, and how long have you lived here?

A job opportunity brought us to Almaty, Kazakhstan, but I would have to honestly say that both my husband and I were keen to come back to Central Asia after our forays and adventures into this part of the world during our lives as singles.

My husband had worked in Almaty as an engineer for a couple years, living with a local friend he made when he had to have an emergency appendectomy at the central hospital while visiting Almaty in 1992 (that's another story for another time). I had worked teaching English at a university in Tashkent, Uzbekistan for a year during the same stretch of time my husband was in Almaty.

When we met in Minnesota, USA it almost seemed like destiny. Who else in that part of America had even heard of Uzbekistan or Kazakhstan much less know where it is?! We were excited when friends invited us to join their logistics company and moving our family here. That was more than 12 years ago that we made the decision to move here.

2. How has your family enjoyed living here? What has been some of your highlights?

When we first came here, our son was nearly three years old and our daughter only six months old. And I can say we have enjoyed living here, or most probably we wouldn't have stayed for so long.

Some of our best memories center around the opportunities we've had to experience local culture and develop some lasting local friendships. Summer trips with local families to stay for a week at Lake Issyk-Kul in Kyrgyzstan or out to Lake Alakhol in Kazakhstan; driving along twisting serpentine roads to Talas, Kyrgyzstan or a long, slow train ride in hot summer to a village north of Semipalatinsk to stay with family friends for our friend's wedding.

3. Living cross-culturally provides lots of interesting experiences - tell us one of your favorites.

Bumping up against cultural differences has provided our family enough reminders that we all start at quite different places in the ways we think.

Again, memory takes me back to the early days of living here when our children were pretty small and we were just learning language and culture. We had been invited to dinner by my Russian language teacher who had children the same ages as ours. We spent hours sitting at the table in their kitchen eating and drinking, while the kids ran around playing, sometimes loudly and wildly.

The amount of foods, particularly the number of salads that covered the table was quite overwhelming. Even more overwhelming though was the number of times our host asked us, "What's wrong? Don't you like my salads?" or "Why aren't you eating? You don't like meat?" In truth, neither my husband nor I had ever eaten so much and we had absolutely no idea how to respond to these questions and get out of eating even one more bite. By the time we got home later that evening, my husband and I could only lie down on the bed and unbutton our trousers and moan.

To this day, when we remember this with our friends, we laugh like crazy because now we've been enlightened by our friends, explaining that all good hosts in Kazakhstan are required to cajole their guests into eating as much as possible - "everyone knows this," she said. "You are simply to insist by saying, 'No, I can't eat anymore' as many times as you need to. But you do not need to eat so much."

AIWC MEMBERS

Wendy profile interview

4. Where did you grow up and go to university?

I grew up, the oldest of three children, in a suburb of a large metropolitan area, Minneapolis, Minnesota, USA. I went to Northwestern University in St. Paul, Minnesota and received a Bachelor of Arts degree in communications with a journalism concentration.

5. What experiences have shaped you the most - who has influenced you and who inspires you the most?

I would say that even though I have had many inspiring mentors over the years, it is my family that has influenced me the most. I come from a remarkably traditional and large and very involved-in-your-life extended family. I grew up going to church and our Christian faith was a center-piece for our family with a heritage going back three generations.

Experiences in young adulthood rattled my inherited faith. While I wrestled to meet these challenges, I battled to make my faith my own, rather than one inherited from my great grandparents.

We all face our various disappointments and losses through life, and recently (two years ago!) my family faced the loss of our home in a house fire (again, another story for another time). While the story of the house fire is exciting and intriguing, the point here is that it was the most recent experience that shaped me. It re-shaped my faith in a God who is enough. Love is enough. Perhaps it sounds trite, but I learned in a profound way what can really turn to dust and ash rather than what really matters. I can trust in relationships that last far longer than my jeans from my university days. I would say that the one who inspires me the most is the God who calls Himself Love and inspires me to put on everyday clothes and roll up my sleeves and love the people around me every day.

6. What motivates you the most and what are you most excited or passionate about?

As I have thought about this in different ways at different stages of my life, I feel a bit clearer about what it is for me at this mid-life stage.

I am most excited and passionate about making meaningful connections, whether that happens over coffee or on the ski hill or at a dinner party, through written word or a listening ear, by creating a beautiful event or a cozy space. I am passionate about trying to add light into dark and dreary places. I passionately refuse to back down from the challenge of looking for the way to show love in the face of the unlovable. I'm motivated by the very real and transformative difference bringing love and grace into everyday life can make.

7. What have you learned from people you have worked with before on other teams and other projects?

I think one of the most important things I've learned over the years is the value of a team. I've learned that I really value and want to work with people who have different strengths than mine - others who have strengths that I don't illuminate my "blind spots". I've learned that each one of us wants to be really listened to, and that even if someone's point of view seems irritating, when I take a deep breath and a small step back giving myself a moment to look at it from their perspective, then my own point of view grows wider.

Another important thing I've learned about teams is how important it is to be truly empowered to fulfill your role on the team - we may do things a bit differently than others expect, but empowerment is powerful and allows everyone to work full-heartedly usually producing a much better result. Therefore, doing everything my way on my schedule doesn't produce the best result. And often when team members do things quite differently than I would, it all turns out far better than I could've imagined.



AIWC MEMBERS

Wendy profile interview

8. How has being a member of the Almaty International Women's Club impacted your time in Almaty?

I have met many incredible women over the years that I've been involved with AIWC. It's been in getting more involved and volunteering with different projects that I made some very deep and lasting relationships. I started by coming to events and offering to help a little with communications, but my first big project was being invited to work with the planning committee for a charity ball in 2012. After that I became involved with the club's core charity projects and serving on the board as charity coordinator and charity ball coordinator.

There was a season when my family was going through a difficult time, facing various challenges and some significant losses. During this time, I wasn't as involved with AIWC. But I realized how much I missed it and how many valuable friendships I had made over the years because of the club.



Like any organization, the AIWC has its strengths and weaknesses, but because its greatest strength is the opportunities provided for relationships and friendships, I think this outshines some of the weaknesses, or at least it provides motivation to work on areas where the club can continue to grow and improve.

9. What are some of the experiences that have prepared you for this role with AIWC?

I think some of the different roles I've had with AIWC over the years as well as the opportunity to work as a PR Manager in the past have helped prepare me for some of the personal challenges in stepping up to lead an organization like AIWC. Working as a PR Manager, I had abundant opportunities to learn how to face ruthless criticism with attempted dignity while providing truthful responses, learning the importance of integrity and authenticity. I've been learning the inherent value of every person and the significant importance of being present in every moment.

10. When you think about the future of the Almaty International Women's Club, what are you looking forward to and what do you hope your personal contribution will be?

I am looking forward to getting to know as many of the club members as I can personally, and I am hoping to contribute by having the chance to work with our board to create exciting events that bring people together and by getting out into the community and working on relationships with potential partners and sponsors for club events and charity projects.

AIWC MEMBERS

How many ? Where we come from ?... All about you

By Dina Khera

Now that the basket is nearly full (again) after September end when the previous year membership lapsed (which hurts me every time) - it's a good time to recap membership numbers in the beginning of a new calendar year of AIWC. I am happy to have an opportunity to (literally) meet each one of our members and to welcome them to our international family. Year after year I am astonished what melting pot Almaty still is. How many wonderful people are coming to Kazakhstan from all over the world! Although the list keeps on growing day by day I would like to share with you all some numbers and statistics about the membership.

Also I am very pleased to have our honorable "veteran" members, who as a back bone of the club sign up every year to support the club's very existence and carry its most vital functions, to name a few:

Elmira Iztleuova (founder)

Aigul Shamshildayeva (founder)

Rubina Majidulla (18 years)

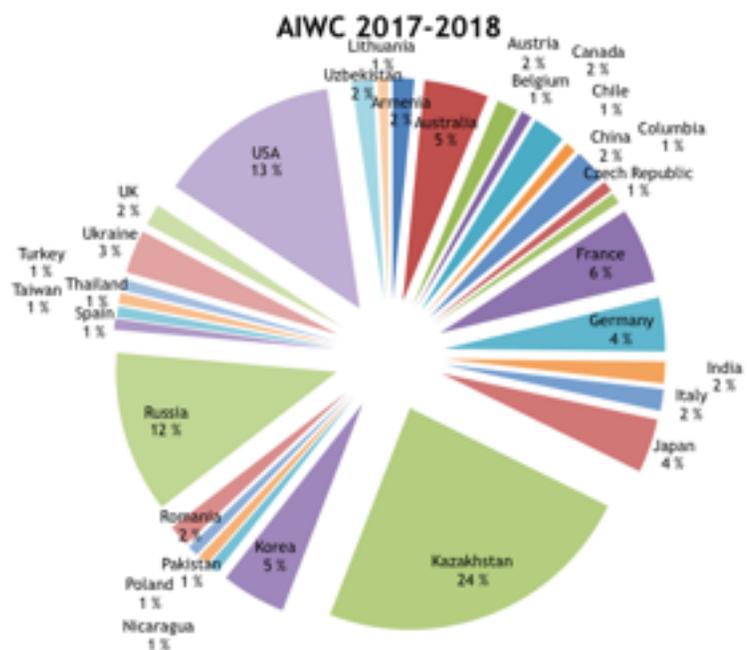
Farida Jubayeva-Allen (15 years)

Nadezhda Yeremina (20 years)

Wendy Moore (10 years)

Here are some interesting statistics for you:

- So far have 129 members
- We have nationalities from 33 countries around the globe
- We have 39 New Members this year
- Although we are called "the women's club" we always welcome men and in the past we have had quite a few gents, and this year we have only 1 man 😞, hopefully more will join (do not hesitate to invite)
- We have 30 members from Kazakhstan, which is 24% of total club, see the chart
- On average we expect to have 175 members by the 3d quarter
- We speak 22 languages



And please come to me if you are looking to meet people from YOUR country, we are always happy to share information about members and get you acquainted with the club.

And to say the least, I am very happy to meet each one of you and hope you like to be AIWC member. If you are still looking to make friends or join activity group please come to AIWC weekly meeting and we will make sure you find your perfect match. WOW! Thank you ladies, you keep us all going and make it feel like a family!

Sincerely yours,

AIWC ACTIVITIES

The love of Bridge

By Jeremy Allen



"Bridge is such a sensational game that I wouldn't mind being in jail if I had three cellmates who were decent players and who were willing to keep the game going 24 hours a day."

- Warren Buffett, business magnate, Investor and philanthropist.

Played by over 220 million people world wide, bridge is the most popular card game in the world. James Bond, Omar Sharif, Bill Gates, Martina Navratilova, Mike Gatting, Radiohead and Blur are numbered among its devotees. Just what is it about bridge that inspires such passion?

Bridge is social. As a social game, bridge is unparalleled and a great way to meet new people. It can be played at many different levels, ranging from a social foursome, right up to local, national and international competitions. At whatever level you play, you are guaranteed to make a new network of friends!

Bridge is a game for all ages. Bridge is probably the only competitive activity that all generations can do together and all have an equal chance of winning. It is a myth that bridge is an old person's game. It is a game best learnt when you are young and enjoyed for the rest of your life. It is a game that you can spend your whole life studying, learning and playing yet never fully master!

Bridge is good for the mind. It is a mental workout unlike any other and is one of the few activities to stimulate both halves of the brain in equal measure. Playing bridge uses and develops logical thinking, inferential analysis, problem solving skills, sequencing, visualization, lateral thinking, long and short-term memory, observation and psychology(or cunning). Bridge is already on the national curriculum in some enlightened countries such as China and Poland. In the UK, a simplified form of bridge known as minibridge is beginning to be introduced into schools.

Bridge brings health benefits. It is believed that bridge can boost the immune system through its stimulation of the dorsolateral cortex, which is involved in the higher order brain functions needed to play the game. Playing bridge regularly will keep your brain young and your mind alert and recent research has suggested that it may even stave off degenerative diseases such as Alzheimer's.

Bridge is great fun & Bridge is exciting! If you can play bridge you will never be bored. It combines the best qualities of all games - the cerebral challenges of chess, the suspense and psychology of poker and the excitement of a competitive football match. Bridge truly offers a unique combination of challenges and with every deal different, success depends on a combination of technique, teamwork and tactics.

Bridge is good value for money. It requires very little in the way of equipment and is thus a relatively inexpensive pastime. Unlike poker, it is not usually played for money.

Bridge is a great leveler. Bridge is played by people of all ages, from all walks of life and from all social and ethnic backgrounds. When four people sit down at a table to play bridge together, none of the usual prejudices apply, all that matters is the game and the challenge it presents. Bridge is probably the only game in the world where ordinary players can rub shoulders with champions. If you play tennis it is unlikely that you will ever end up playing against Roger Federer, or indeed enjoy the experience if you do. However, you might well find yourself at the same table as his bridge counterpart and even win the odd deal!

AIWC has an active Bridge group but we need more participation. Join us. Learn this great game. And as the great gift my parents gave to me, more than 50 years ago, pass the game on to your children !



Almaty International Women's Club

Adopt a Babushka

"We make a living by what we get. We make a life by what we give."
Sir Winston Churchill



We plan to collect 45000 Tenge/year for a Babuschka.
You can invite friends to contribute and jointly to support a grandmother
who you can get to know and choose!

For more information, please contact charity.aiwc@gmail.com.

Donations for adopting a Babushka goes towards helping them with food,
medicines and other general needs as well as towards the staff costs of
Hands of Mercy.

HoM
Hands of Mercy

AIWC SPONSORS

Kango

By Wendy Moore

Take a moment to learn about a new AIWC Sponsor...

Please introduce yourself to us - where did you grow up and attend university? How long have you been with Kango?

My name is Marina Muravyeva, and I'm 31 years old. I was born in Almaty, Kazakhstan, I finished two bachelor degrees here in Almaty - one in translations (English-Russian) and second in economics, but my master degree in Marketing I received in Slovakia at Matej Bel University. During the time being in Slovakia, I earned two European scholarships (Erasmus and CEEPUS), one semester I studied in Croatia (Split) and one semester in Turkey (Istanbul), and with my experience I can say that I'm more international than the average kazakhstanian.

I've earned my diploma in marketing in August 2016 and came back to Almaty, and at that time I was invited to join KANGO team as a marketing manager. I didn't know anything about trampoline parks before I came to KANGO, so everything I at that time was just that trampolines are mostly for kids, but I quickly learned that was just stereotypical. Before KANGO there were no other trampoline parks in Kazakhstan. We were the first to bring this idea to life on the world stage. But KANGO is 100% a Kazakhstani product.

What is the history of Kango in Almaty? What brought this trampoline park to Kazakhstan?

For now we have two parks, one in Almaty at MEGA Alma-Ata that was opened in November 2016, and a second one in Astana at MEGA Silk Way was opened in March 2017. The idea came with one of our investors who is from the US but was living in Kazakhstan for a long time. He has a few kids and his family faced a problem because there were not so many places in Almaty with active family entertainment, so he created his own trampoline park.

What do you like best about your job?

I'm in love with my job! When I see faces of happy people after visiting our park, it makes me feel that we do something good, we are giving true emotions and put all family together. Many people, especially younger kids, spend too much time glued to their televisions and handheld devices. Our main focus is active entertainment, and we strive to encourage both children and grownups to get out of their houses, leave their computers and smartphones behind, and come here to jump, climb, leap and soar.

Tell us about the first time you ever jumped on a trampoline?

Oh, it was fun! I remember the time in my childhood - jumping on the bed, and then when I tried to jump on a trampoline - these emotions brought me back to that time. And we say "KANGO gives a childhood," It's important for adults sometimes to de-stress from work and have some fun and it's good for kids to throw out irrepressible energy.

Who do you admire most or who (what person) inspires you most in your life and with your work?

Nick Vujicic - this person inspired me a lot, he has no arm and legs, but he became a happy and successful person. So every day I wake up with an idea that everything is possible. I just want to be the best version of myself.



AIWC SPONSORS

Kango

What can you tell us about trampolines that we should really know? What do we need to know about a trampoline park?

Trampolining is often promoted as one of the best and most effective exercises you can do! NASA believes that “rebound exercise is the most efficient, effective form of exercise yet devised by man.” Trampolining is a low-impact workout that tones muscles and improves co-ordination. There are just countless health benefits of trampoline jumping and exercises.

- Cardiovascular Fitness

A study carried out by NASA found that 10 minutes bouncing on a trampoline is a better cardiovascular workout than 33 minutes of running.

- Low-Impact Exercise

Although trampolining provides an intense workout for the muscles and bones, the mat or pad absorbs 80 per cent of the shock from the rebound. Unlike jogging or playing tennis, trampolining provides your body with an all-round workout while reducing the risk of injury to your joints, especially in your ankles and knees.

- Muscle Toning

Muscle tone and suppleness is improved and your body fat percentage is reduced by trampolining.

- Improved Health

Bouncing on a trampoline regularly can help increase your body’s metabolic rate and its ability to burn calories more efficiently. As a result of the increased G-force felt when exercising on a trampoline, your cells become stronger and this sort of exercise helps boost the activity of immune cells keeping the body’s natural defenses high and reducing the chance of getting sick.

- Stress Relief

Trampolining can help reduce the risk of bone conditions such as brittle bone disease, fractures and osteoporosis. Placing the musculoskeletal system under repeated slight stress while you jump allows your bones to become stronger to cope with the pressure of rebound. Bone mineral condition is also improved at the same time. The trampoline pad absorbs the majority of the impact, so your bones and joints are protected while you exercise.

- Training & Instruction

Trampolining can help combat depression, anxiety and stress by increasing the amount of endorphins released by the brain. Regular rebounding sessions can help you relax, promote better sleeping patterns and give you more energy. Exercising on a trampoline increases the circulation of oxygen around your body, making you more alert and improving mental performance.

- Co-Ordination & Agility

Bouncing on a trampoline increases awareness of your body and a sense of balance and coordination. You learn to control the coordination of the arms and legs while bouncing and to adjust the position of your body accordingly. Improved co-ordination and fine motor skills can assist in other sports that require a lot of hand-eye and general co-ordination. Gymnasts and acrobats also use trampolines to improve their co-ordination in aerial skills and tumbles.

Can you tell us a highlight from the last year about working at Kango?

In March 2017 we have opened KANGO Astana and started Glow Parties there, our special guest for the first party were artists from Cirque du Soleil. In November 2017 we were celebrating 1 year of KANGO Almaty, it was an exciting event for all our guests.

What are some of the exciting plans Kango has for the year to come?

We are starting to work for franchising, we've got many requests for KANGO opening not only from Kazakhstan, but also from other countries.

What else would you like us to know about yourself or about Kango?

I would like to point out that in Astana together with trampolines there is also Clip'N Climb zone with 18 different climbing challenges.

Thank you Marina

GLOBAL NOMAD WOMAN

Share your experience

By Wendy Moore

We want to introduce this new column "Global Nomad Moms" where you can read other mom's experiences that are probably similar to your own. We invite you to write about your own experiences and share your insights with all of us.



Someone recently told me - someone who grew up living abroad (an adult TCK or Third Culture Kid) - that "home is wherever you find your suitcase." For me this was a great way to sum up or describe being a mom while living in a country not my own.

Back when we were preparing to leave the U.S. with two little ones, my biggest questions centered on home. Coming from the Midwest and a bunch of relatives who gather as often as they can for laughs and love, I wasn't sure how we would ever provide a real sense of home for my little family in a foreign and developing country. For me, upon arrival, setting up my home was priority #1. I will never forget the surreal experience of unpacking boxes in our not-really-"remoted"-Soviet style apartment while my six-month old crawled around on the bubbled linoleum floor. Initially even the apartment that would eventually become home felt as foreign as the language I heard walking down the street. Putting out family photos and other mementos we had brought with us only helped so much. The only thing that really made this space a home was spending time together there - with all our laughs and tears.

It seemed to me that getting involved with the culture, learning the language and making local friends was an important aspect of feeling more at home in my host country. In the midst of many bumbling and awkward moments, we were able to do some of that.

I remember those early days, packing up the stroller and walking several blocks to try out different parks. One of those first days, my son (nearly 3 years old at that time) attempted to figure things out and make friends, climbing on the jungle gym and saying, "blah, blah, blah. Bla-bla-bla-blah" with different intonations and inflections. This mama was proud of his initiative to make friends, but my heart dropped into my stomach a little watching his confusion when he didn't get the reaction he had hoped for. Babushkas regularly scolded me on the playgrounds because my kids were never dressed warmly enough or because I let my 18-month-old climb the ladder and do the slide by herself (she most definitely did not like to be helped). I quickly learned that "shustraya" means "lively" or "active," and I think my daughter believed her Russian name was "Nilzya Naomi" (literally translated "Cannot Naomi") because she heard it so often from the other moms and babushkas.

GLOBAL NOMAD WOMAN

So I joined a simple little “moms” group with several local moms and their kids. We took turns hosting lunch together in our apartments or celebrating birthdays together and the kids enjoyed every moment of it, not needing fluent language skills to build friendships that helped them feel at home. We even took summer trips together, moms and kids piling in a bus and driving to Lake Alakhol in Eastern Kazakhstan and Lake Issyk-Kul in Kyrgyzstan.

Then the kids needed to start school where they were in a more fully English-medium environment, making friends with kids from different nationalities and some who have moved around the globe quite a lot. Being a Global Nomad Mom meets its hardest days though when your kid needs to say “goodbye” to yet another best friend who is moving away. These painful experiences are somehow made less so with those much disliked electronic devices that allow our kids to stay connected around the world via gaming and social media.

Then there’s those moments when you announce to your kids that you are planning a trip “home” and the confused look on your children’s faces leads you to wonder whether or not they understand English anymore. Then it dawns on you - yet another unique dynamic of Global Nomad Mom’s life - “home” means something different to you and your kids because it quite literally has been located in different countries with different people. Going home for me has often turned out to be going on vacation to a wonderful land of plenty for my kids.

On one of these memorable trips across all those miles and time zones, our daughter decided to participate in gymnastics. She had already spent four years with gymnastics in a local club in Almaty, so she was eager to join an American group and continue improving her skills. I will never forget bringing her for her first day. My mom and I sat in the bleachers of the gym and watched my daughter walk out into the middle of the floor mats and find a place with all the other girls who were stretching and doing exercises. I was surprised and horrified to watch that all-too-familiar confused look on her face along and her hesitation to try anything. It became clear that she was just as lost here as she ever was in our host country. During a break, the instructor came over to talk with me and she was chuckling a bit. She explained to me that my daughter didn’t really seem to know how to do anything, but then my bright little girl finally told the instructor, “I’m from Kazakhstan and there my trainer speaks to me in Russian. So I don’t know anything you are asking me to do.” We had all assumed that she would slip into things easily back in American where everyone spoke English. What an eye-opening experience.

Then there’s our son who came home from basketball camp after basketball camp complaining about the kids who don’t know anything about Kazakhstan. After several summers back in the U.S., he has grown over-tired of answering the question “where is Kazakhstan?” He said that even when he explains that Kazakhstan used to be a part of the Soviet Union and is located south of Russia and west of China, other kids still stare at him with the blankest of looks. “Can I just tell them that I’m from the moon?” he asked. It must be what it pretty much feels like though - caught somewhere between here and there, not really being from Kazakhstan or truly from the U.S. Where is home and from where does our identity come?

In all the back and forth, different languages and cultures and nationalities, there is a lesson learned: having a clear and solid identity based on what you believe and value - who you are - is the best definition of home. Where we are together and unpack those suitcases and boxes is where we can find home.

TRAVEL

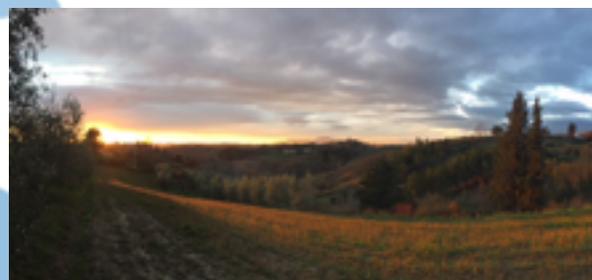
Rome and Tuscany

By Trish Marcus

The Marcus family spent 15 days in the heart of history - Rome & Tuscany. There is really nothing like it - coming up out of the metro and seeing the Colosseum for the first time; walking along the cobblestones knowing you follow the steps of some of the greatest people in history; the stunning countryside sunsets. For our family, this was also the first vacation with two young kids (age 4 and 1).

It took a bit more planning, a bit more patience, and some lowered expectations, but it was a resounding success. We purchased a "Rome Family Kit" from <https://www.mytravelove.com/> that was a life saver - 4 days of itineraries that helped us plan our days and make sure we saw all the major attractions.

The Parent Guide comes complete with maps, directions for public transportation, Do's and Don'ts, and the kid's Activity Book let's them follow along with engaging activities, games, treats and all the needed accessories. If you're ever visiting Prague, Barcelona, Paris or Rome with kids, I highly recommend checking out their kits.



ALMATY EVENTS

Exhibitions around the city

Concert Music, Opera, and Ballet

Starting in the fall, Almaty offers concert music, ballet, and opera and the following venues.

Concert Music

The concert hall of the Zhambyl Kazakh State Philharmonic Society—just two blocks from Park Palace on the corner of Kaldaikov Street and Bogenbai Batyr Street. The 2017-2018 Friday evening subscription concert series starts on November 10th, 2017 with Bartok's violin concerto and Musorgski/Ravel's "Pictures at an Exhibition."

Over the course of the season, the Zhambyl Philharmonic Orchestra will play mostly traditional works by Russian composers (Tchaikovsky, Rachmaninov, Rimski-Korsakov, Shostakovich), German stalwarts (Beethoven, Mozart, Brahms, and Schumann), with several concerts beginning with works by Kazakh composers.

In addition to the orchestral performances, last year there was a series of monthly concerts by a string quartet that presented a variety of works by European and Latin American composers. In Zhambyl's "small hall," there are occasional solo and small group performances.

Website: www.philharmonic.kz

The Kurmangazy Kazakh National Conservatory has a more intimate concert hall where younger musicians perform throughout the fall, winter and spring. The address is Abylai Khan Avenue, 86 about half way between Bogenbai Batyr and Kabanbai Batyr Streets. Capacity is limited therefore it is wise to purchase tickets well in advance.

Website: <http://www.conservatoire.kz>

The Kasteev State Museum of the Arts on Satpaev Street, near the Auezov Theater Metro station, is the largest art museum in Kazakhstan. It holds occasional musical concerts, often on a Thursday evening as vernissages (the "varnishings" that painters exhibiting works once did in order to protect their recently-painted works). The musical performers are soloists or small groups and play in a wide range of styles offering traditional and twentieth century concert music, extracts from Kazakh operas, and Kazakh folk music.

Dance and Opera

The Abay Kazakh State Academic Opera and Ballet Theater offers ballets alternating with operas, most of them from the traditional international and Kazakh repertory. The resident ballet and opera companies offer these "standards" and provide strong support for visiting guest dancers and singers. The 2017-2018 season opens with the opera "Abai" by Khamidi and Zhubanov.

Websites: [https://en.wikipedia.org/wiki/Abai_\(opera\)](https://en.wikipedia.org/wiki/Abai_(opera)) and <http://gatob.kz/anonsy/otkrytie-84-teatralnogo-sezona-opera-lhamidi-azhubanova---abay>

