

APPLE BITS

ALMATY INTERNATIONAL WOMEN'S CLUB



AIWC Monthly Magazine
March 2017

Happy Women's Day



Almaty International Women's Club

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 of Kazakhstan.

It is a wonderful asset to expatriates living in Almaty. Members are able to share their experiences and help other members with the difficulties facing them 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 aim of Club is to 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 & males and all Kazakh passport holders married to expatriates are accepted. Moreover Kazakh Passport holders having lived abroad more than one year, (which means they know what it means to be expatriate) can also ask for membership. In order to be fair, all old members that are not meeting these requirements would be accepted if they register in September, the first month of the new season.

As most of other Women's Clubs around the world, our common language is English and a minimum level of English is asked in order to better exchange and act 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 give back to the community.

AIWC Trustee Board Members 2017

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AIWC Membership 2016-2017

01/09/2016-31/08/2017

75 USD
Renewal
100 USD
New members



Apple Bits editor : Aurelie Arnaudon

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."



Dear Members,

March is about Women. On the 8th of March the world celebrates WOMEN'S DAY and in Kazakhstan it is one of the most important holidays. It is the time to appreciate what they have always done and are still doing for their husbands, children, parents, family, friends and the society they belong to. Women are the caretakers, they give the unconditional love without waiting to receive, they forgive and they make life so colorful and happy. Imagine this world without the lovely feminine touch of a woman.

God created women with 8 hidden arms; they cook, wash the dishes, change diapers, do the washing, talk on the phone, iron and easily pull together a dinner party right in the last minute. In these times most of them are also professionals and run their households on the side. Show me one man who can do two things at the same time without complaining!

Some of the greatest women in the world achieved greatness at an early age. Look at Anne Frank, who at the age of 13 wrote her diary, which is one of the most widely read books in the world today. Then there is Marie Curie, a French physicist, famous for her work on radioactivity and the winner of the Nobel Prize. Also Malala Yousafzai; this Pakistani Muslim girl was nominated for the Nobel Peace Prize at the age of 16. Although she did not win, she had captured the attention of the world when an Islamic fundamentalist/terrorist shot her in the face on a bus for her advocacy of allowing girls in Pakistan to learn to read and attend school. Her shooting and amazing recovery, coupled with the continuation of bold speaking out for the rights of girls and women has inspired people all over the world, male and female.

Everyone knows what influence these great women have had on their countries and the world; Indira Gandhi, Madeleine Albright, Margaret Thatcher (The Iron Lady), Mother Teresa, Benazir Bhutto and Aung San Suu Kyi - the Myanmar opposition leader, winner of the Nobel Peace Prize who has been under house arrest for most of her political life because of what she believes in. Who doesn't know Marilyn Monroe, one of the most iconic film legends of all times, or Oprah Winfrey, the first woman to own her own talk show. Princess Diana, who combined the appeal of a Royal princess with her humanitarian charity work and became the most loved royal figure of all time.

We will be celebrating Women's Day on Thursday, the 2nd of March with all our members and their spouses and friends. Please come and join us at the J BAR of the Intercontinental Hotel, where we will have a live band playing for us. We will be offering Wine, Beer and a very nice dinner from 7:30 to 10:30 pm. We promise lots of fun!

Living in Almaty, we need to remember that the 21st & 22nd March is the Nauryz holiday. Nauryz is the most important holiday in the Kazakh calendar. Nauryz means "new day", it is celebrated over several days from 21 March and marks the Persian New Year, which begins on the Vernal Equinox. The month of March is known as Nauryz in Kazakhstan. It is widely celebrated in the Iran, Central Asia, Caucasus, South Asia, and Northwestern China.

HAPPY WOMEN'S DAY TO ALL THE WOMEN AROUND THE WORLD and I hope you all will enjoy your Nauryz break. Please remember that there will not be any Club Meetings on Wednesday 8th and 22nd of March.

Lots of love

Bettina

Bettina FALKENBERG-ROBIU
AIWC President
president.aiwc@gmail.com

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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

Please join us on
the 14th of April
from 10:30 am until 12:30 pm
At 278 Zhamakaeva st
Gornigant
For further information or to
RSVP
Rubina +7 777 21 57 509
rubinainkz@gmail.com

Lunch Bunch

The third Wednesday of each month, all members can share a lunch together in a different restaurant each time



Lunch Bunch on Wednesday February 15 in the Italian Restaurant Limony Zholtiye

MARCH 2017

S	M	T	W	T	F	S
			1 AIWC Meeting G. Francophone Russian Conv	2 Knitting G Golf * German Conv French Conv	3 Chinese Conv. English G. Batik * Tennis * Movie Group Cultural Group* Art Group*	4
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GROUP ACTIVITIES

FREE OF CHARGE ACTIVITIES



Hiking Group
Monday 10am
Hanna LAINE
Laura EMERSON
Anne CHAMONAL
aiwc.hiking@gmail.com
AIWC Hiking Group



AIWC Playgroup
Tuesday 10am-12pm
Natalie MAHON & Tina Fielder
tinaf296@hotmail.com
aiwcplaygroup@gmail.com
AIWC Playgroup



English Conversation
Friday 10.30am
Costa Café, Dostyk Plaza
New leader : Susan Senior
sue@desandsusan.plus.com



German Conversation
Thursday 14:00
Lieu : Stolichni (Kabembai batyr - Abylai Khan)
New leaders : Ruma and Dominique
domidubois75@yahoo.fr



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



Russian Conversation
Wednesday 12:30
New leader : Svetlana Benes
sbenes@altynor.com
<https://www.facebook.com/groups/306851423040649/>



Groupe Francophone
Dominique Dubois
groupefrancophone@gmail.com



Chinese Conversation
Friday Lunch Time
Fiona Xing +77478386133
xytxmx@gmail.com



Book & Film Group
Last Friday of the month 11am
Nadia Yeremina
yereminanadia@gmail.com



Spanish Conversation
Tuesday 12.30 every 2 weeks
Costa Café, Dostyk Plaza
Judith Cardenas
jucara@hotmail.fr



Bridge
Tuesday 10 am
Anna PASTUKH
tshevtsova@hotmail.com



Italian Conversation
Monday morning
Elisabetta Veneri
+77057265511
veneri.elisabetta@tiscali.it
Carmela +77757993540



Knitting & Crocheting Group
Thursday 9am- 11am
Marie-Noëlle BOGNON
+7 701 763 7720
jelumano@gmail.com

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
Friday 10am-11am
Baganashil, 14 Sanatornaya Str.
Baganashil Village
Monika MOLNAR
fam.molnar@arcor.de



Batik decorative Art class
Friday 12pm
Anna Pastukh
tshevtsova@hotmail.com
2500 Kzt your materials
3500 Kzt materials included



Golf
Thursday 10am-11am
Nurtau Golf Club
Monique ROGGENKAMP
+7 702 714 0164
monique.roggenkamp@gmail.com
5000 KZT/class



New ! 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



Art Group
Friday from 10:00 till 12:30
Nata GAVRILOVA
+7 777 128 1973
natadizel@ya.ru
4000 Kzt/2 hours class



New ! Art floral masterclass
Every 2 months
Marie Noelle Bognon
+7 701 763 7720
jelumano@gmail.com
All material included 10 000 kzt



Iyengar Yoga
Start the second week of January
Maria Cristina mcmajo@gmail.com
Teachers:
- Irina Ivanova (+7 777 235 0087)
rinsulu@mail.ru
-Natalya Kozlovskaya (+7 701 733 57 05)
natakoza74@mail.ru



New ! Cooking class
First monday of the month
Elena Ustinova
Price of ingredients to share



Lunch bunch
Third Wednesday of the month 12:30 am
Yasaman Parishan
secretary.aiwc@gmail.com
Price of the menu you choose

AIWC MEMBER

Focus on Laura Emerson : we will miss you

Dear Members,

I'm the one who wrote the AIWC Hiking Book... with much support from a fantastic team - How embarrassing to have my English grammar corrected by lovely ladies from Finland and France....!!! I never was very good at English - at school my strengths were Maths and Science and colouring in (Art and Geography). Yet, since being here I've written a book and written articles for Apple Bits..... you never know what you are capable of until you try!

I'm English by the way! I arrived here 18 months ago as an Expat Virgin with my family: husband Paul, daughter Florence and son Jack, who are now 7 and 5 years old. We thought we would be here for 2 to 3 years but sadly we will be leaving here at the end of March. I feel robbed! 18 months is not long enough. We have loved the experience and my cheeks will be running with tears as the plane takes off and I think of the wonderful people I have met and the places I have been and the mountains.... I am wiping back the tears now as I type....

What can I say ? I have loved my Mondays hiking with the AIWC Hiking Group. This then developed into discovery hikes on Thursdays too... with the help of hours studying satellite images to work out new routes. Friday mornings quickly filled with helping teaching English at the Ark Village in Talgar. For a while I had Russian lessons but last April my husband said we would be leaving soon, so I quickly stopped those. For a time Tuesday evenings meant Banya night - a group of us went to Arasan Baths in the centre of town (on the West side of Panfilov Park)..... It's great how quickly your week can fill up in Almaty!

A little bit about me: I was born in Cornwall. I grew up sailing on the Cornish coast and riding on the moorland inland. My first job was washing fish for hours on end, as the family business was smoking fish. I studied A-Levels in Scotland, which is where I first experienced the thrill of the mountains... being blown off the tops of most ... I am always amazed about how little wind there is here. I had a gap year teaching in an International School in the Swiss Alps. I studied Geology at Bristol... hence my love of maps. I met Paul doing a Masters in London. I became bored being an Engineering Geologist so after a few years smoking fish along-side my parents I did my teacher training and taught Science at a Secondary school in Somerset. The highlight was training the students in Outdoor Education and taking them on weekend camping in the Brecon Beacons in Wales. Then the small people came along....

It has been such a pleasure to watch Flo and Jack (and Paul) learn to ski at Shymbuak. During both Christmas holidays we stayed here in Almaty to make the most of the opportunity to ski. Flo can now say she is the only person in the family with a ski trophy. Jack blows me away with his racing turns... aged 5 he is now faster than me.

My top tips to experience Kazakhstan in Almaty:

- Use the local buses, I love it how the young jump up and offer their seats to their elders - not something you see in England sadly.
- Go to the Arasan Banya, even if it is only once.
- Go Ice Skating at Medeu at the weekend, again - you only need to do it once but enjoy the atmosphere.
- Walk the city and walk the mountains.

September 2018 - if you are still here I highly recommend going to Kyrgyzstan for the World Nomad Games. I'm going to try and get a Team GB together! I will miss you all. Please keep in touch. I'm not sure of our next plans... they change each week ... maybe it'll be home schooling the children from a campervan in Europe May to August.... Long may the international nomad experience continue.



AIWC ACTIVITIES

Hands On Activity - Knitting Group

By Catherine Lopez

The benefits of knitting!

All around the world knitting is once again "on trend" and these are just some of the benefits of picking up a ball of wool and getting creative.

- Knitting makes you happy
- Knitting reduces stress
- Knitting keeps arthritis at bay
- Knitting increases self confidence

Knitting with the AIWC can also raises funds for our charities, selling your work at the monthly vendor days. The group meets **every Thursday morning from 9.00 - 11.00**, so why not join now and learn something new or improve your knitting skills.

Contact Marie-Noelle for further details.

Whatsapp +7 701 763 7720

Articles all around the world to consult :

In Russian

<http://www.press-me.info/6-neozhidannyx-plyusov-ot-vyazaniya-da-da-vy-pravilno-prochli-i-vyazanie-mozhet-byt-poleznym/>

In French

http://www.terrafemina.com/article/les-5-bienfaits-insoupconnes-du-tricot-sur-la-sante_a301791/1

In Spanish

<http://pijamasurf.com/2016/02/por-que-tejer-es-excelente-para-tu-cerebro/>

In English

<http://diyeverywhere.com/2016/09/15/what-knitting-is-doing-to-your-health-that-you-probably-never-knew-about-/>

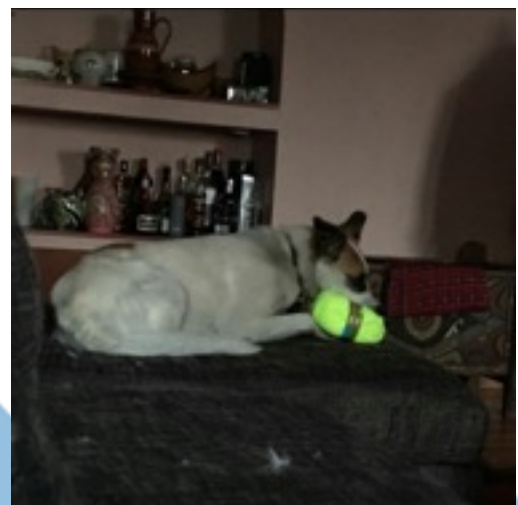
In German

<https://www.meisterclass.de/warum-stricken-lernen-10-gruende/>

TIME TO JOIN IN



Here's a nice idea.
Planter made from crochet basket



Even Tenge, Dolores's dog, joins in

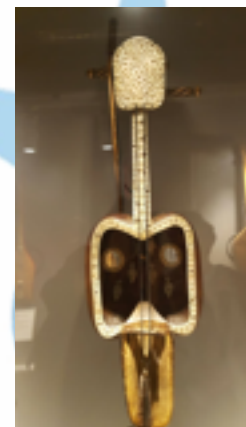
AIWC ACTIVITIES

Focus on 3 new activities

The Cultural Group

Cultural Group is a group of Art and Culture lovers. We explore different places like museums and galleries. We visit some artists at their studio. We meet every first Monday at 10 and usually spend two hours on visit.

Our first visit was on February to Museum of Musical Instruments. Exposition shows us Kazakh national instruments from old times till now. The guide tells us a stories about origin of them from different parts of Kazakhstan



The Cooking Class

On the 13th of February 2017 the first renewed cooking master class took place in frames of AIWC. It was devoted to the national Kazakh cuisine and united women from all over the world: Kazakhstan, Iran, Germany, Russia and Italy.

Our host Farida welcomed us at her renovated home and showed us how to cook traditional Kazakh dishes, such as beshbarmak, samsa and boursaki.

The master class was performed by Farida so professionally, that everybody was involved into the process of cooking. The ladies - participants were cutting the vegetables, rolling out the dough, sculpting samsa and frying boursaki in the pan.

Farida also made some recommendations on choosing meat, dough, oil, spices and other stuff for cooking Kazakh national dishes.

The class finished by the laid table and with testing all the dishes cooked. It was a real fun, pleasure and useful time spending together.

The next cooking class will be held at Carmela's house on 13th of March. Carmela will be hosting us and demonstrating how to cook some dishes from Sicilian cuisine.



The Art Floral Master Class

Every two months. All material included 10 000 kzt.

On a sunny morning of February 17th, after 3 hours of teaching by Nataly and making an original bouquet, the club members left the studio with their bouquets safely cradled in their arms and headed to their vehicles. But not before one final question was asked: "When is the next masterclass?"

"March" was the answer, and Easter will be its theme. The recommendation was to book into the masterclass early, as the floral masterclass has proved to be a popular success. Happy Spring everyone!

Next Floral Master Class:

- March (dates to be confirmed) on the theme of Easter (please watch for it on the AIWC What's App group) or please contact the AIWC Program Coordinator Catherine Lopez

Nataly Decor Workshop:

- Contact Natalia Lopatina, Art Décor Director

- Mobile: +7 (777) 241 33 55

- Website: www.natalydecor.com





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 CHARITIES

The White Elephant : AIWC project to raise money for charity

By Assem Khairova-Stec

White Elephant. Strange name for one of our projects. Newcomers have question: HOW IT WORKS?

Many of us have new and used clothes, toys, kitchen items, furniture, books and other items, which are not needed. You find such items usually when you move or make order in your garage. What to do with these items?

YOU CAN BRING THEM TO AIWC FOR WHITE ELEPHANT PROJECT!!!

You become a charity giver by giving goods, which we sell. All money raised are used to finance poor people, who is in need of food and basic items (Baboushka Project, Hands of Mercy) or need support (Seven Trees, Dara Foundation). For instance, Dara Foundation opens Special Therapy cabinets for children with problems in development. With our money, Dara opened few cabinets in Kazakhstan, even in small towns, making many mothers and kids happy to get professional aid of psychologist, speech therapist and many other.



© Can Stock Photo

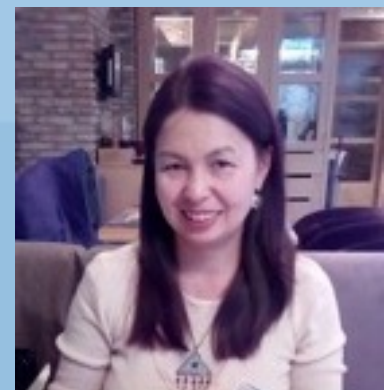


Your small donation can make a big change for many people who is in need in Kazakhstan.

White Elephant represents purity, the LIGHT, power and peace.

We sell donated items and all money raised go to our charity projects.

My name is Assem Khairova-Stec. I have been the White Elephant project leader during last few years. I would like to thank ALL people who donated items and ALL volunteers who participated in AIWC bazaars. We made a lot to realize AIWC charity projects by raising money. Please become our next volunteer and take responsibility for the White Elephant project!!!

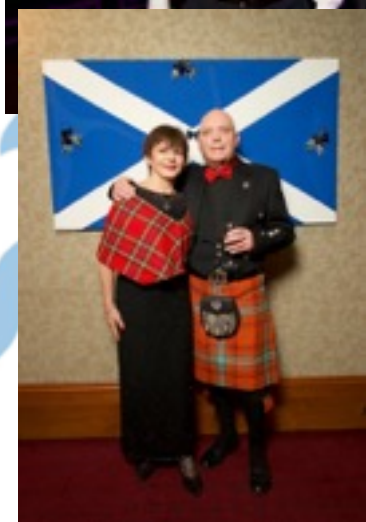
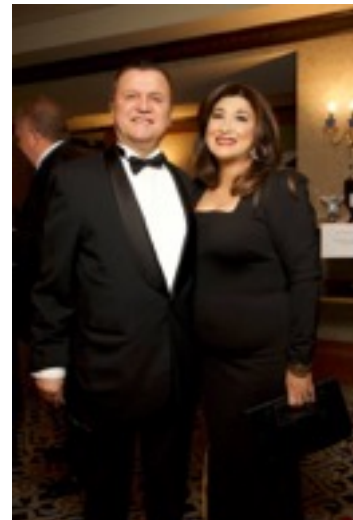


AIWC EVENTS

Burns Supper Feedback

\$12,000 USD profit for charity : Hands of Mercy and Dara

Thank to all the participants and sponsors



AIWC EVENTS

Burns Supper



NEXT AIWC EVENT

For hospitality

AIWC DRINKS & MINGLE WOMEN'S DAY CELEBRATION

Thursday 2nd of March
HOTEL INTERCONTINENTAL
7.30 TO 10.30



Members 2500
Non members 7000
Ticket includes
Wine ,beer & supper
Live band till midnight
Cash bar
10.30 onwards
Rubina +77772157509
Elena + 77777318232
Email : rubinainkz@gmail.com

NEXT AIWC EVENT

Save the Date

Charity Art Auction 19/4/2017

Place : Art Lane

Gallery and cafe. Possibility to buy art works from famous Kazakh artists, meet artists and contribute to charity

Success in 2016



TRADITION

Maslenitsa

By Svetlana Benes

Maslenitsa (before Komoedica) - one of the oldest celebration observed in druid religion. This old Slavic pagan celebration lasted 2 weeks (1 week before the Spring Equinox and 1 week after) and was dedicated to the welcoming spring, celebrating old Slavic New year and starting of field works.

After the Ancient Rus was Christianized this celebration fell in the middle of the Orthodox major Lenten period - 7 weeks Lent before the Easter when any celebration, amusement, games were prohibited and could be even punished. After some time of battle trying to banish the pagan festive celebration the Orthodox authorities made a compromise and included this celebration into the Orthodox calendar as Meat-fare week dedicated to the preparation for the longest Lent. Due to that, the celebration has been shifted to earlier dates in the year and broke the connection with the Spring Equinox.



Without any doubts the celebration of today's Maslenitsa very much defer from the old ceremony. But the dominant merry part included fair, round-dancing, bonfire, visiting friends, relatives, sleighing and of course huge quantity of the pancakes (blinis) still exist. The Pancakes was a symbol of the Sun. They are yellow, round and warm same as the Sun. All seven days everybody supposed to have fun, visit friends and eat many pancakes with different stuffing and without. The specific thing was that everyone must eat as much as can! Every day of the week historically was committed to different activities because also this week was dedicated to the matchmaking, marriage proposal procedures. On Monday every family was agreeing on how to celebrate, where to go for sleighing, swinging and for fun. On Tuesday all fun games, amusement started and guests were treated at each houses. On Wednesday Mothers-in-Laws were inviting Sons-in-Law for pancakes and on this day everybody suppose to eat as much pancakes as "how many times the dog wag its tail". On Thursday begin a binge: riding through the streets, fisticuffs and various ceremonies. On Fridays Sons-In-Laws were inviting Mothers-in-Laws for treating them with the rich pancakes treat. On Saturday - Daughters-in-Law were inviting relatives of her husband/fiancée. And Sunday was the closing day - the straw figure of Maslenica is burnt on bonfire. The future bride and groom were giving presents to relatives, and everybody were asking for forgiveness.

This year the celebration of the Maslenica is on the week from 20 till 26 of February. The main celebration organized by city authorities and different business shall be on 25-26 February 2017. Check the next week newsletter.

TRADITION

Nauryz

By Farida Jubayeva-Allen

The month of Nauryz is the first month of the year according to the eastern calendar. Also, according to Gregorian calendar, the first month of the year coincides with the equinox. Just because of this Nauryz was considered the beginning of the year. Kazakh considered the month of Nauryz sacred.

Nauryz - Novruz, Nouruz in other languages - is celebrated in many countries of Central Asia and Middle East for almost five thousand years. "Nou Ruz " - means exactly New Day in Persian, the first symbolic step of the Sun toward the Earth. Figuratively speaking Nauryz is tied to the date, and the Nomadic year is associated with beginning of Spring - Revival of Life.

It is believed that New Year does not come into the house, where something old reigns. Therefore, expecting Nauryz, people clean and repair houses, mended clothes, and fix the instruments of labor. They buy the new and give the old to the poor.

The way you spend the first day of Nauryz month is the way you will live a year. Therefore people try to be generous and hospitable this day. They forgive the debts and offense.

Every family set a table waiting for guests. Friends and families visit each other and give a gifts.

Whole Kazakhstan celebrates this holiday. It starts on 22 of March and lasts till 22 of April. This is exactly a time when people like to wear traditional dresses. In the cities people go to their squares, where they organize concerts and games. In the villages they go to the fields, where they hold an equestrian events and cook food in the open air.

Celebrating the end of the old year and the beginning of the new one, we repeat the act of Initial Creation. The ritual helps us to feel the connection with the Space, with something very ancient, giving us an instant sense of belonging to the Eternal.



FOOD

Recipe : Sformato Di Spinaci

By Maria Cristina

Ingredients

To serve: 4-5 people Total time: 30 minutes

- ★ 1kg fresh of spinach, well washed
- ★ 2 eggs, beaten
- ★ 250g Ricotta, drained
- ★ 70g grated Parmigiano
- ★ A pinch of grated nutmeg
- ★ Salt and pepper to taste
- ★ Butter or oil to grease
- ★ Optional: breadcrumbs



Directions

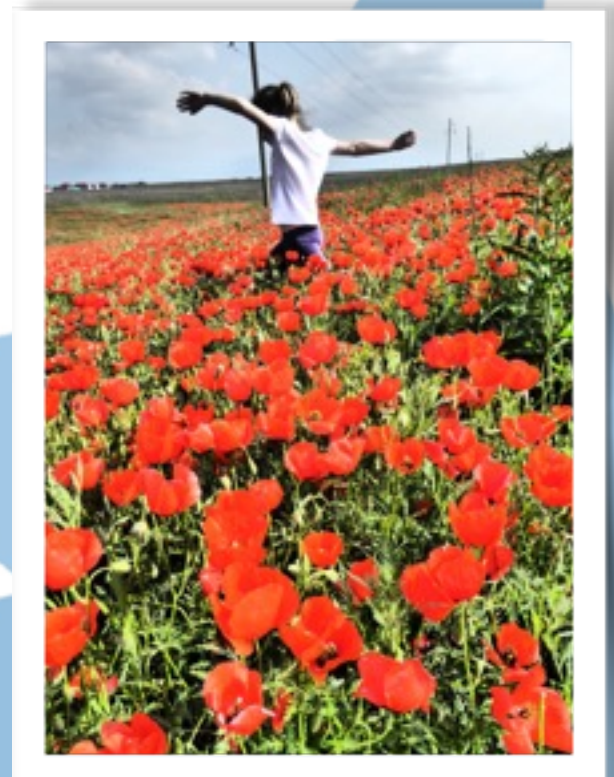
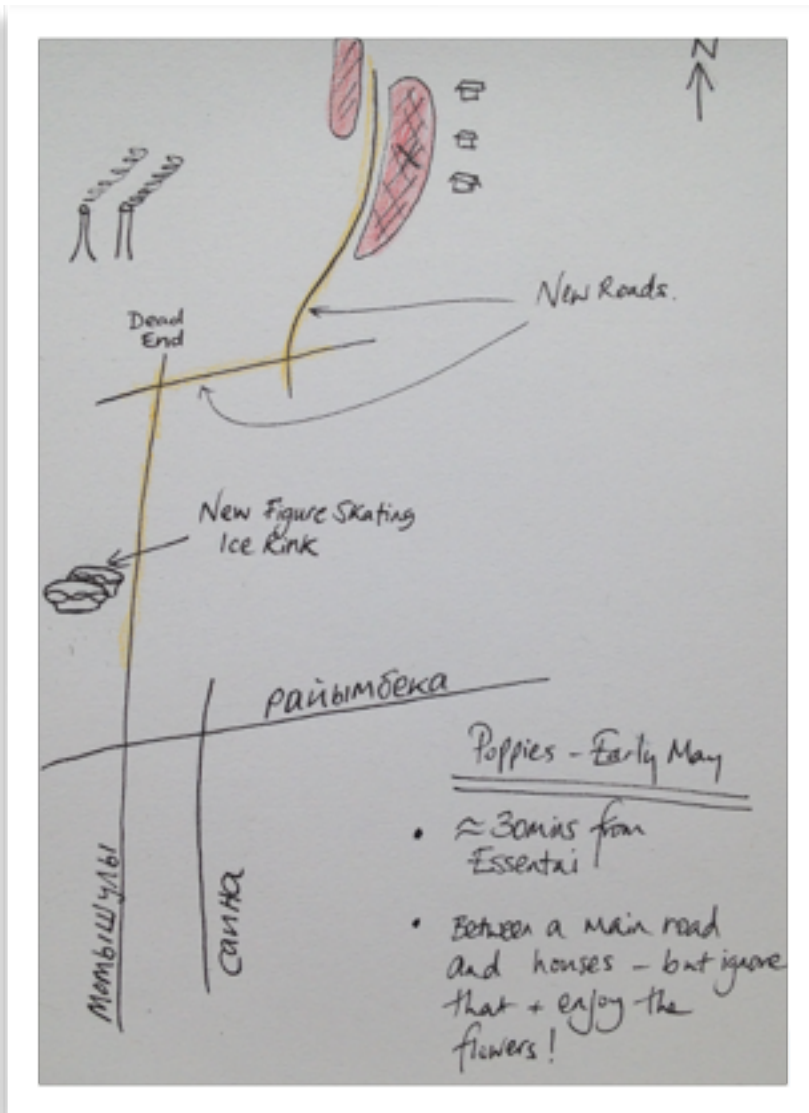
- Preheat the oven at 180°C (375F / mark 5). Grease the pie-tin and sprinkle with breadcrumbs to evenly coat the dish. Hold it upside down and tap it to dislodge excess crumbs.
- Boil spinach in salted water for a couple of minutes. Drain the spinach and squeeze out excess water (this is very important!).
- In a large bowl whisk together 2 eggs, Ricotta, and Parmigiano and season it with salt, pepper and nutmeg. Add the spinach and mix the batter until smooth.
- For information, into the prepared tin and bake uncovered in the preheated oven for about 15- 20 minutes or until firm + grill for 5 minutes (until golden brown; the top should be crisp while the underneath should still be slightly creamy). Let rest for a few minutes before unmolding.
- EXTRA TIPS: You can substitute Ricotta with Quark; If the batter seems too dry, you can add 1-2 tablespoons of extra-virgin olive oil or milk; You can also use baking paper instead of greasing the pie tin.

EXPLORE

Poppies around Almaty

By Laura Emerson

In early May there are carpets of poppies to be found outside of the city of Almaty. The best thing to do is ask a local.... Our lovely driver, Byerkut, recommended this place. The advantage is it is only 30 minutes drive, the disadvantage is the main road behind and the houses in front and the power lines above. See beyond these and enjoy nature's spectacle. I'm sure, if you have time, you can find spots that feel more wild and remote but with a picnic and friends this is definitely a memorable experience



TRAVEL

Kyrgyzstan

By Christoffer Steffen

Lakes and Valleys of Kyrgyzstan

The Issyk-Kul is certainly the highlight of every travel to Kyrgyzstan. The lake's south side is still unspoilt and very scenic. The lake is so clear and perfect to swim, many beautiful yurt-camps and guest-houses offer accomodation around the lake. Apart from the lake itself you have many sights going southwards. Mighty red sand stones (Dshety-Oguz), a fairy-tale canyon (Skazka) and several valleys offer easy day trips when you are based on the southern shores of the lake.

From Karaköl on the east side of the lake there leads a bumpy road to the village of Engilchek, the base for climbs of Khan Tengri and Dshengish, the highest mountains of Kazakhstan and Kyrgyzstan. A highlight for us was the Barskoon valley, close to Tamga, with a surprisingly good road (made for the closeby Kumtor-gold-mine). We were passing 100-meter-waterfalls and driving up to passes as high as 4000 meters. The beauty of this area is impossible to describe, maybe like Norway, I can't really express.



Another lake, situated at 3010 meters is the Song-Kul. Surrounded by pastures and rolling hills it is the perfect spot to relax. Several yurt-camps offer clean beds and yummy food (and very clean toilets!). Our children could run around freely as there are no fences anywhere or any other obstacles. Daily horserides or treks will bring you to summits and allow you even greater views of the area. From the south side of Issyk-Kul it is a mere five-hours drive on spectacular roads winding up the hills to get to Song-Kul. This lake is a must on every Kyrgyzstan trip.



But there are much more possibilities. The Naryn river, later turning into the mighty Syrdarja river going to the nowadays again growing northern Aral-Sea, has several dams and lakes. Lake Toktogul is the biggest artificial lake of Kyrgyzstan with a length of 65 kilometers and crystal-clear waters of 23 degrees still in September. The small Sary Tschelek lake is a little bit remote but with exceptional beauty surrounded by forest.



You see, enough to discover for many years! Don't hesitate to visit our closest neighbour! If you want to avoid the border-hazzle in Kordai you can enter Kyrgyzstan during the summer months via Kegen (continue the road after Sharyn Canyon) in less than five hours. From Almaty to Karaköl you will need about seven hours including the relaxed border crossing. Stays cost mostly \$15 per person, always including breakfast, often also including dinner or you pay a little extra of \$3. It is very cheap to travel in Kyrgyzstan.



Info:

Organisation of tours and reservation of guesthouses and yurts by well experienced english speaking local guide Misha: d-sasha@elcat.kg

www.kyrgyzland.com

Thank you Christoffer and Katrina to have shared all your travels. Take care, we will miss you.



GOOD TO KNOW

Tick-born encephalitis

By IMC Almaty

Tick-borne encephalitis (TBE) is a viral infectious disease involving the central nervous system. It may manifest as meningoencephalitis or a mild illness with fever. There are cases of TBE registered in Kazakhstan each year.

TBE is caused by a virus. The main hosts of the virus are small rodents and larger animals (deer, goats, sheep). Human infection occurs as a result of tick bites. Sometimes the virus can be transmitted through drinking unpasteurized milk from infected animals. Most cases occur from April to November and coincide with the highest activity of ticks. There is no registered transmission from person-to-person.

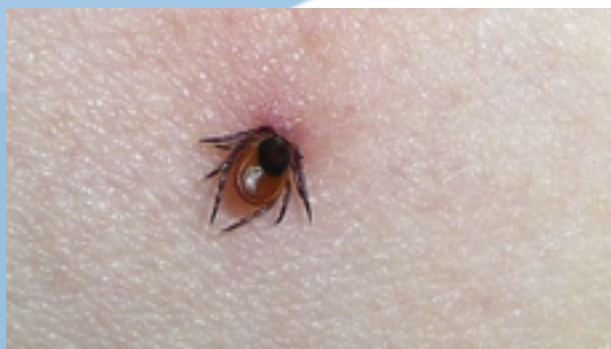
Not everybody who was bitten by a tick will develop symptoms. In about two thirds of the cases infection might go without any symptoms. First signs of the disease usually start in 7-14 days after the exposure and include fever, malaise, fatigue, nausea, headache, muscle ache, lasting up to 5 days. They are followed 3-8 days of remission ("improvement") and then more severe illness - meningitis, encephalitis, loss of consciousness etc.

There is no specific drug therapy for TBE. Treatment usually includes supportive care and symptom control.

So, it's much better to prevent the illness! Prevention includes:

- TBE can be prevented by using insect repellents (at least 20% DEET) and protective clothing to prevent tick bites. Long sleeves and long pants tucked into socks should be worn in tick-infested areas. Light-colored clothing is advisable as it is easier to see the ticks against it.
- Those in tick areas should check their skin for attached ticks, which is easier to do with a partner. It's advised to do skin checks every 2-3 hrs.
- Ticks should be removed as soon as possible with tweezers as close to the skin attachment as possible, by steady pulling without jerking or twisting. *** Do not try to kill the tick by putting oil, dish-washing soap, acetone on the tick or by trying to burn the tick or by any other way. It stresses out the tick and it regurgitates large amounts of saliva with the virus into the wound. ***
- Never drink unpasteurized milk!

Specific prevention includes vaccination. There are several vaccines for adults and children available in Europe: FSME-IMMUN (Baxter, Austria) and Encepur (Novartis, Germany). In Almaty you can find a vaccine manufactured in Russia - EnceVir. It is currently available only for adults (older than 18 years of age) and consists of series of 3 shots. The interval between the 1st and 2nd shots should be at least 1 month (preferably 2-4 months), between 2nd and 3rd - 6-12 months. A booster dose should be given every 3 years. Protection rate is about 90% and starts in 2 weeks after the second dose. Vaccine can be given together with the other vaccines.



GOOD TO KNOW

Tick-born encephalitis

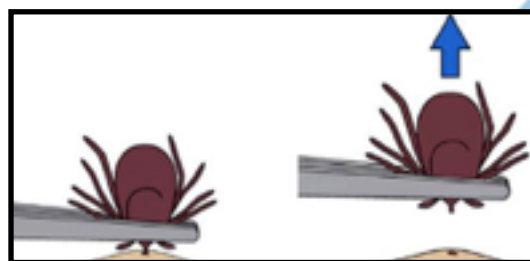
By IMC Almaty

Contraindications

- Reaction (high fever, redness or significant swelling) after a previous dose of TBE vaccine
- A confirmed anaphylactic reaction to a previous dose of the TBE vaccine or one of its components.
- A confirmed anaphylactic reaction to egg.
- Pregnancy
- Some chronic diseases (epilepsy, tuberculosis, rheumatic fever, diabetes, hyperthyroidism)
- Local reactions to the vaccine, such as swelling, pain and redness at the site of injection, can occur.
- Some people develop a fever, particularly after the first dose. This is most common within twelve hours of having the vaccine and usually settles within 24-48 hours.

How to remove a tick

1. Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
2. Pull upward with steady, even pressure. Don't twist or jerk the tick; this can cause the mouth-parts to break off and remain in the skin. If this happens, remove the mouth-parts with tweezers. If you are unable to remove the mouth easily with clean tweezers, leave it alone and let the skin heal.
3. After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol, an iodine scrub, or soap and water.
4. Dispose of a live tick by submersing it in alcohol, placing it in a sealed bag/container, wrapping it tightly in tape, or flushing it down the toilet. Never crush a tick with your fingers.



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ALMATY EVENTS

The 27th Universiade

By Dolores Maisonneuve

Spreading our Wings in 2017!

Enjoying the 2017 Winter Universiade in Almaty

Did you see me cheering? Yes that was me. The one wearing red, or white, and always waving my Canadian flag, and cheering the loudest whenever Canada was competing. That was me, always jumping up and down when Canada scored a goal or made a point, or just finished the race. That just what you do when you are the No. 1 Winter Universiade Super Fan!

From January 28 to February 8 of this year Almaty hosted a much anticipated international sports event; the 2017 Winter Universiade. With 1604 university level athletes from 56 countries, my favourite of course, was going to be Canada. Not wanting to miss out on the action, me and my team of "super spectators" organised ourselves early, plotting our strategy, choosing the events and buying tickets.

In total I attended 12 sporting events; skiing, snowboarding, hockey, figure skating, curling, more hockey, then figure skating and hockey, hockey, hockey! (Yes I like hockey, especially when the Canadians are playing). I was busy, and I needed a chart to sort out my schedule. Getting up early, packing my flags and supplies for the day was my routine for the most of the 11 days of the games.



Option to remove {I was not alone watching these sports, as I was able to share the tickets with different friends and enjoy the comradeship of cheering for favourite teams, waiting for snowing conditions to pass, and just having chance to hang out together. Of course, this being an expat community, my companions also brought along their flags, and we would often pose for group photos with the locals.}

The highlights for me were; the positive atmosphere at the different venues (the locals were passionate and very supportive of their Kazakhstani athletes), the friendliness of the volunteers (and even the police), being asked to be in photographs with my Canadian flag, and meeting other Canadians who had come to cheer on their children. It was a chance for the people of Kazakhstan to show their natural hospitable nature, and it was a lot of fun.

While Canada may have placed 13th overall in the medal standings, with one gold medal in curling, I was told by my visiting compatriots that they really enjoyed (and were surprised by) their time in Kazakhstan. I think the organisers of the games and the city of Almaty did a great job in hosting the event, it was very professional and very memorable for all of us who attended - Kazakhstan deserves a GOLD medal for an excellent winter games!

And lastly, I think the Canadian team said it well at the games closing ceremonies on the night of February 8th, a simple, polite and very Canadian THANK YOU ALMATY!

Option to remove: {PS And yes that was me cheering for Kazakhstan too, but only if they were not competing against Canadians. And when Kazakhstan would win, well I of course I had to wave my Kazakhstani flag as well. That's what you do when you live in Almaty and the country you live in hosts an international sports event, that's what you do when you are the No. 1 Winter Universiade Super Fan!}



ALMATY EVENTS

Exhibitions around the city



Kazarian Art Center

What: exhibition of a local painter Yuri Plotnikov “ On the Wave of My Memory”
Grand opening: Sunday February 26, 16:00
Where: 59 Stankevich (corner of Budenny)
When: The exhibition will run till March 24
No admission fee

2nd International Exhibition” Regard de France”

What: The French exhibition sponsored by General Consulate of France and Kazakhstan Association of Business Partners. The aim of the exhibition is to introduce the French culture and lifestyle.

When: 4-5 March, 11:00-19:00 Where: Ritz Carlton Almaty, 30 oor

To visit the exhibition register on www.rdf.kz/#subscribe



Kasteyev State Museum of Arts

What: musical vernissage with the famous local group “Turan” On the program: traditional Kazakh music

Where: 22/1 Koktem-3

When: March 2, 19:00

Ticket Price: 2500 KZT. It includes: concert, access to museum from 5p.m. to 6 p.m. , and a coffee-break at 6.30 p.m.

Expo-photo - till 15th of March

What: International exposition of photo "Diagama-2017". more than 6500 photos coming from 54 countries.

Where : 110 Dostyk avenue, Cinema and TV Academy (2è étage)

Telephone: +7 727 267 30 02 or +7 777 359 07 86
No admission fee

Almaty Circus

What: Circus show "Bingo Bongo": giant bears, orangutan and rare trained animals, trapeze artists, clowns and more....

Where: 50 Abay Avenue February 4-March 5

Tickets price: from 3000 KZT

Spring of poets

What : Organised by the Alliance Française. Look on their Facebook page to be informed of the program

When : 4-19 March

CULTURAL

ZHAMBYL STATE PHILHARMONIC

March 1, Wednesday Concert of the folklore orchestra “Otrar sazy” 19:00

March 2, Thursday Premier Concert of Zhambyl Philharmonic troupe dedicated to the holidays in March 19:00

March 3, Friday Season pass State Academic Symphony orchestra of RK Soloist- Maxim Fedotov (Russia) 19:00

March 5, Sunday “ Oh, My Heart!” Concert of State Wind orchestra dedicated to the 8th of March 18:00

March 9, Thursday Night of chamber music. On the program: S.Rakhmaninov, R.Schumann

Soloists: Ermek Kurmanaev (cello), Yevgeny Kurmanaeva (violin), Olga Kalco (alt), Rabiga Dussenbaeva (piano)

March 10, Friday Concert of the folklore group “Otrar sazy” 19:00

March 15 Gala concert of "Almaty Symphony Orchestra" and the soloists Nurzhamal Usenbayeva and Oksana Davidenko. The program includes the world masterpieces of classical music.

Premiere of the famous works of "Enigma Variations" by British composer Edward Elgar 19:00

Zhambyl State Philharmonic: 35 Kaldayakova st./Tole bi
For more information please call: +7 (701) 130-9189

OPERA and BALLET at ABAY THEATER

March 1, Wednesday Concert dedicated to the 8th of March 18:30

March 2, Thursday Night of one-act ballets Bize/Shedrin “Karmen Suite” and “Sheherezada” by N.Rymsky-Korsakov 18:30 55 min 40 min

March 3, Friday “Pearl Fishers” by G.Bizet 18:30 Opera in three acts

March 5, Saturday “Swan Lake” by P.Tchaikovsky 17:00 Ballet in two acts 2.20

March 5, Sunday “Merry Widow” by F.Lehar 17:00 Operetta in 2 acts 2.40

March 10, Friday Concert “ Lyrical Miniatures” 18:30

March 11, Saturday Night of classical romances Soloist: Jamilya Baspakova 17:00

March 12, Sunday Night of Ballet dedicated to the 85th anniversary- 17:00

Opera Prices: 600 Tg—1,700 Tg / Ballet Prices: 600 Tg—4,000 Tg

Abai Opera and Ballet Theatre: 110 Kabanbai Batyr Street, corner of Panfilov Street
For more information please call: +7 (727) 272-7963 <http://www.gatob.kz/>

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CONTACT MOIRA ON MOIRAMM54@GMAIL.COM

International Women's Day is coming...

We are looking for the following toiletries to be donated to the women's prison in Kazakhstan for International Women's Day on the **8th March 2017**. It will be a great way to show your love and support for these women on such a significant day!

Any item or amount you choose to give will be greatly appreciated!

Нам нужны принадлежности, которые будут переданы даром в женскую колонию (Учреждение ЛА 155/4) в честь Международного женского дня 8-го марта 2017. Это будет отличный способ показать осужденным женщинам свою любовь и поддержку в такой знаменательный день!

Любое изделие или сумма, которую вы выберете, будет иметь огромную ценность!

Sanitary pads



100ml Body Soap
250ml Shampoo



Cosmetic purses



8TH MARCH 2017

