



TWO NEWSLETTER SEPTEMBER 2018

Luimneach Abu - we might as well get the year out of the victory!!

Dear Friends,

Oh my goodness the cold weather is coming back, well and truly! Well, it is trying to: one day wet and cold and the next day (this week) up to 20 degrees! I dread to think what kind of winter we will have - but I can survive it any time if we get a summer like we had this year! The best advice I ever had - and which I live by to this day! - was given to me by a Finnish father whose son played ice hockey with my son in Brussels: there is no such thing as bad (winter) weather, only bad clothing! I would add a caveat: if you are living in a country renowned for bad winters: buy your winter clothing there! you would be surprised the difference between a down-filled jacket and a pollster filled one!

It is great to be back and up and running again - we have some exciting activities and outings to look forward to!

Linda

Member Focus:

I am delighted to present a relatively newcomer to our group this month in our Member's Focus section. Stani joined this year - and we are very happy to have her! She is Bulgarian and moved here with her husband and daughter (6 years old). She is an interior decorator by training - an excellent one judging by the contribution below! See her story below. I am not going to change her English and present it as she sent it to me! Thank you, Stani - great story! (If anyone needs or knows of someone who needs help or advice from an interior decorator - look no further!)

If you would like to write in our Member Focus section any month, please let me know/send me what you would like to put! This section has proven to be very popular and we have a rich font of members' stories out there yet to appear I am sure!

About me, Stani

My name is Stani and I am member in lovely IWO since March 2018. I am 41 years old and am from Bulgaria.



I moved with my family in Ireland in January 2017. We have only one beautiful daughter, she is 6 years old and studying in Mary Queen Of Ireland. Comparing with average Irish families ours is very small however we are very happy.



In Bulgaria, we have been living in a fabulous flat located in the heart of Sofia city. Ten years ago after huge renovation, we transformed it truly like home. Now we are creating our own Irish house in Limerick, which is very exciting.



My passion is interior design. I have graduated Interior and Design of Furniture at University of Forestry in Sofia, Bulgaria and I have Master of Science degree.



I have worked as interior designer more than 15 years

in one of the biggest companies in Bulgaria for construction of commercial and residential buildings. During this time, I was responsible for interior design, including making decisions about interior space and furniture, selection of colours and materials. I reviewed and analysed customer requirements, prepared full design documentation, participated in customer negotiation meetings and discussions with clients and subcontractors.



Throughout the years successfully have been completed a lot of projects such as hotel rooms, receptions, restaurants, bars, conference halls,



offices, SPA centres, clinics, residential houses and homes – living and dining rooms, kitchens, bedrooms, baths, etc. (the attached pictures are from some of my projects).

My husband Nick is electrical power engineer and works in prospering Irish company as tendering and estimating of high voltage power substations. He had successful project in Sweden, Norway, The Nederland, etc.



One of our hobbies is traveling. We like to organize our travellings alone and we have visited many gorgeous places.

Stani



CRAFT NEWS

Message from Mary Rose, our Craft Organizer: Ladies

As you know already Soo Ling has kindly offered to host a special crafts morning this month.. please let her know directly if you would like to learn the art of Batik.. The date is Friday 19th at 10am in Soo Ling's home, cost 5 euro. More updates on all things crafty soon. Maryrose

Non-IWO upcoming events:

- **Saturday, 28 September, 8 pm, Gaelic Grounds:** National Geographic Sumphomy for our World” (a world premier) brings stunning wildlife visuals on two high definition screens wot a love performance from an 80 piece orchestra, led by Irish

composer/arranger/violinist Kenneth Rice. It is billed as a spectacular show for all the family. Special guests will be the All Ireland Hurling Champions and the Liam McCarthy cup and the the CBS Sexton Street Pipe Band.

- **Tuesday, 2 October, 6.30 pm:** The Stony Thursday Book - launch of a collection of contemporary poetry at the Granary, Michael Street, Limerick. One of our members (P.A. Moore) will read one of her poems.
- **L.NY:** lots of activities coming up this week — check their website!
- **L.NY:** (mentioning this in particular): Annie Moore Hunger Memorial talk/presentation, Friday 12 October, 19.00-22.00 hrs (Limerick City Gallery of Art, 6 Pery Square).
- **LIT: Access Services are offering free digital skills training course:** learn how to use your own devices (Tuesday, 30 October 2018, 5.30-7.30 pm (weekly). Free one-to-one tuition for 5 lessons (one per week) which allows you to learn at your own pace/on our own device. for bookings, contact 061-293103 or email give@lit.ie. NB: booking is essential!
- **FYI: President Michael D Higgins** will address a gathering in Kilmurry Lodge on Monday, 1 October, 19 hrs.

Further snippets

If you would like me to include something in the monthly newsletter, please send it to me and I will do so! This is YOUR newsletter and font of information and suggestions - and all suggestions re welcome!

Trip to Belfast: is on, wed-fri 12-14 December. Let me know if you are interested. we have a group of 5-6 already, members and non-members.

Events: if you are sending a message out regarding an activity you are involved in or organising, or sending an email to Susan for transmission to members, can you please ensure that you include the email of the person to whom members should rsvp in the body of the message to go out? thanks! It ensures that the organizer has an early and accurate account of numbers!

Tyree kindly made a presentation at our first Welcome Back meeting on Tuesday, 25 September on her volunteering (teaching English) every Wednesday morning 10 -12 hrs in Christchurch on O'Connell Street (entry from the rear of the building). These courses teach English to foreigners (workers, family members, asylum seekers) who

need help. They are constantly in need of volunteers and are flexible (ie you are not obliged to go there every week). If you are interested/think you can help, turn up any Wednesday morning or speak with Tyree.

Suggestions?

Some members had raised the suggestion of having a *Christmas fair* to sell homemade crafts etc which they had made. Are you interested? what do you think? Quid ideas for venue/date? All ideas welcome please! I think it would be a great idea - there are many, many excellent and talented crafters out there so this is a good way of selling on some of the things they may have made and a great idea for Christmas gifts. Please send me your suggestions/ideas and we will discuss at our next meeting in October.

also:

We have decided to add two new items to our newsletter:

- **Recipes:** if you have one you would like us to include, please send it to me!
- **Recommendations:** if you know of craftsmen/women (painters/decorators/plumbers/electricians etc etc: please send details and we will include them for members. All recommendations are made without prejudice of course!

Recipe for September:

This month, as our first recipe in the series, we are featuring a wonderful, tasty, easy and healthy recipe from Denise - a genius when it comes to these things. I tasted her salad when I was at mah jong in her house recently and can attest to its deliciousness! Did try to replicate it a few days later, but didn't have any tahini so it really didn't taste the same. It is full of all my favourite ingredients so I will try again! Enjoy - and thanks, Denise!

How to make quinoa edible!

Measure out your quinoa

Wash well under tap

Place in a bowl of filtered water for 24/36 hours. Change water am and pm

Once you see quinoa sprouting (usually after 24 hours) you can leave it another day in a sieve, draining over a bowl. Again rinse quinoa am and pm if you do this.

When you are ready to cook quinoa, place sieve with quinoa over a saucepan and steam it.

9 minutes works well for me. Taste quinoa and leave it another minute or two if not to your liking.

Transfer into a serving bowl and allow to cool - fluff it up with a fork.

Add whatever ingredients you fancy to make an interesting salad.

I recently had quinoa that did not sprout.....maybe I had it too long, or maybe it was on the shop shelf too long.....buy from somewhere with good turnover.

Tahini Sauce

2 tblsp tahini in a bowl

Add pinch salt and juice of ½ lemon

Beat together until well mixed. It will get quite thick, depending on the brand of tahini you use

Slowly add water - a tblsp at a time, mixing well until the consistency is to your liking.

A little oil or garlic may be added - however, garlic is very strong in this sauce.

This will last a week in the fridge.

Can be used over above salad; also over vegetables or green salad

Quinoa Salad.

120g quinoa

One mango, cut into small pieces

100g pomegranate

Half Avocado, sliced or cut into pieces

2 tblsp sesame seeds

Tahini Sauce

Cook quinoa as above

Mix all ingredients together

Add tahini sauce

(this salad will last well in the fridge if the dressing is not added until you are ready to eat it....also make sure mango is not too ripe, nor avocado too soft!)

Looking forward to seeing you all soon!

Linda

Reminder: *Photos/privacy indications on members' list:* As photos are usually taken at all IWO gatherings, it was agreed that *the onus be on those members not wishing to have their photos taken/appear on Facebook to take measures at the time of the photos being taken not to appear in the photos.* Members taking the photos will ensure that all know that photos are being taken so that those wishing not to be photographed have time to take measures to this effect.

Please check out our monthly calendar for the update scheduled events each week!

Minutes - Welcome Back meeting (Thursday, 25 September 2018)

1. **Welcome Back** by the President
2. Apologies received from; Laura, MaryRose, Christine, Goretti, Breda (and Breda!)
3. **October activities:**
 - **October calendar** is in preparation
 - Positive response received to Val's call for volunteers to host **Thursday coffee mornings.** October planning: 4th - chez Inez; 11th - chez Sarita; 18th - chez Michele; 25th - chez Breda (Monaleen).
 - **Crafts:** Mary Rose contemplating a community project to be done by members; more on this when she has decided! Soo Ling will give a Malaysia Batik class in her house on 19 October; places are limited to 9, so first come, first served! Soo Ling has also offered to do an origami demonstration (if at a future monthly meeting), or, alternatively, a class at a time/venue to be decided/confirmed by her. Interest had been expressed at Welcome back coffee morning to have a December/pre-Christmas craft fair; MaryRose/Louise to confirm/give details. Great interest expressed in having such a fair!
 - **Book club:** chez Theresa (Kilaloe), 16 October, 19 hrs; book: "Olive Kitteridge by Eliabeth Strout.
4. **IWO trip to Belfast (12-14 December):** LRH requests that those interested, let her know. Method of travel TBC (car pool/train/bus; free public travel for those entitled to it. Hotels: being considered. Favourite to date: Fitzwilliam. Those interested s far: LRH, Theresa, Agnes, P.A., linda Stevens, Liz Roberts (to join activities). Others to confirm interest asap. Looks like being a fun-filled couple of days!
5. **Financial Report:** presented by new Treasurer (Denise Lewis). Present balance: 2.085 (including 1.000 prize bonds and membership dues paid to date. All members were asked to either give Denise their annual dues or to give the 20 euro to another member for transmission to Denise (to ensure membership detail are up to date!). Grateful if this could be done asap.
6. **AOB**
 - Big Thank You to Lin for organising the printing of the IWO 2017-18 album of activities. Excellent result and wonderful keep-sake.
 - Michele has had a bumper of top class honey this year from her hives; well done! Excellent for personal health or as a gift!
 - Congratulations to Goretti, who raised 500 euro for Milford Hospice at her coffee morning/activities; well done!!

- emails re forthcoming activities: to be sent by organizer/via Susan. If sent via Susan, replies should be sent directly to the organiser. Email should contain (for ease of use!) the email address of the organizer!

7. Monthly speaker

Tyree - volunteering to teach English in Christchurch (O'Connell Street, Limerick): every Wednesday, 10-12 hrs.