

IWAY'S OFFICIAL ANNUAL NEWSLETTER 2021-2022

INTERNATIONAL WOMEN'S ASSOCIATION OF YEREVAN



APRIL 2022

A Message from IWAY Board 2021-2022

Dear Ladies,

The year had rocky start due to the continuation of the global pandemic and the war consequences. However, by taking strong safety measures, we finally reached the safe harbor together. Despite all the constraints, we carefully organized meetings and a few social activities. We managed to promote ourselves on social media, succeeded in bringing new members to the IWAY family, establishing relationships, managing online sales for charity, and organizing a very successful Christmas Charity bazaar. With the raised funds, we accomplished two charitable projects. Yet, funds are still available for new projects during the coming fiscal year. All these events generated great enthusiasm and yielded many good returns for both us and the Armenian community.

IWAY is not only about charity, but a venue for cultural exchange, building relationships between women of various nationalities, professions, and backgrounds. At the time of writing this message, the number of our association members reached 48. This was achieved because of the powerful love ring that IWAY ladies surrounded themselves with and wanted to strengthen it even more. We hope we can double this number by attracting all those who wish to learn about Armenia, enjoy its culture, assist us in accomplishing our mission and return home with many good memories.

When passionately consolidating efforts, learning, and achieving would be more possible. Therefore, we are thankful to every single member who helped us in taking a responsible approach to the pandemic crises. We recognize the touch of every woman, her helping hand, devotion, and dedication to the bazaar organization. Special thanks to all the diplomatic missions, organizations and donors who are with us in our march. All inspiring gestures, motivating acts, moral and financial support to the IWAY goals are highly appreciated

Now, while being excited about the future endeavors that we will achieve together, let us stop for a moment, and feel the joy of the journey by reading about some of our activities and accomplishments of the passing year as described by our members.

Love and respect for every one of you.



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ARTICLE OF THIS PICTURE
ON PAGE 12
"DU YOGA À L' ORIENT!"

IWAY Get Together at Nona's

21 MAY 2021

BY SUZY SAHAKIAN

It was a lovely sunny afternoon when we were all invited to Nona's museum house and full blooming garden. The gazebo was finally chosen by the ladies present to host our get together.

In fact an incredible amount of food from the different corners of the globe, as well as deserts, fruits and drinks made the trip from the kitchen to the garden in an orderly and well synchronised manner. It felt as if a group of well trained ants were getting to their respective duty to present our international club

with the numerous dishes from tacos to Italian pasta salades to Japanese desserts. The only difference with ants was the joyful and friendly atmosphere created only with people who take pleasure in each other's company and like to share their "Joie de vivre".

Thank you Nona for giving us yet another opportunity to spend a friendly and unforgettable time together and with offering us an open invitation for the years to come, be sure that we will certainly invade your beautiful garden very soon.

Getting in Touch with Switzerland

8 JUNE 2021

BY SUZY SAHAKIAN

It was yet another sunny afternoon on June the 8th 2021.

The whole IWAY family was invited at the Swiss Embassy and it seems that nearly everyone came.

The occasion was "Getting in touch with Switzerland" initiated by our dear Yoko, our master of communications who does an incredible job in reporting all meetings, gathering or trips in a most professional way and....happens to be the better half of the chargé d'affaires of Switzerland,

After the official presentations, we were kindly invited to join the crowd on the Embassy lawn decorated with all the 26 flags of the different Swiss cantons. The atmosphere was very relaxed and joyful thanks to the welcoming speech of HEM Werner Thut who introduced himself with modesty as "Yoko's husband".

We were offered enough drinks and food from a well garnished buffet with little swiss flags to make even the shyest of us feel as if we were the natural part of this setting.

Then, a projection of a film teaming the movie star Robert de Niro and tennis legend Roger Federer presenting Switzerland's most beautiful sites brought many to wish a plan for a get away in the Alps.

As if it wasn't enough, a lottery took place where many winners went home with bottles of wine presented in Swiss flag containers. And in order for the others to go home with a big smile on their faces, each guest received a bag full of presents, making us wonder if he Swiss Father-Christmas didn't mix up the dates and decide to come to Armenia right in the middle of June,





IWAY has millions of surprises!!

By Hengameh Esbalani

13 July 2021

Thanks to our dearest member, Anahid Ananian I had the most memorable baby shower for my baby together Ecaterina Valeanu for her baby girl.

Anahid organized a lovely baby shower, in pink and blue, lots of sweets, delights and foods, together with games and gifts.

Members enjoyed the evening, lots of gifts and kind wishes to welcome our little angels and unforgettable memories.

BY JENNY KRIKORIAN

Armenia is a land full of festivals and events.

Harvest festival of rural life and traditions is among traditional festivals for Armenians.

On September 18-2021 IWAY ladies also participated to this unique event.

When IWAY ladies entered the park we immediately were blown away by the atmosphere, traditional Armenian music, kids running around and the sun was shining. Rows of neat tables with nicely designed products on display and friendly, smiling, sunburnt faces.

At the harvest festival we saw handmade jewelry and bags, organic soaps, high

quality cheeses, a plethora of colorful dried fruits, nuts, jams, preserves, lavash and many different kind of wine and champagne.

The program was fully covered with lots of different entertainments, traditional Armenian songs and dances, competitions, games and activities for children.

It was an active day fully covered with lots of positive energy.

IWAY ladies left the park with high satisfaction and content.

Last but not least Armenia has it all, the sun, the land and the hardworking people and the determination to make it.



Harvest Festival Rural Life and Traditions

18 SEPTEMBER 2021



Cooking Class at the Swiss Embassy Residence

14 October 2021

By Sevan Baghdjian

IWAY in collaboration with the Swiss Embassy, organised a cooking class at the Swiss Embassy Residence. It was at the same time a charity event since it was in aid of IWAY charity projects.

The class by the Swiss Embassy Residence cheffe, Liana Arakelyan, was not just a modern Swiss cooking class but also a class for dining etiquette.

Ms Liana and her assistant welcomed the IWAY ladies who arrived at the Residence with their aprons, masks (taking into consideration the Covid safety rules) and their good mood. After exchanging pleasantries, the class started with Ms Liana guiding us through the rules of dining etiquette, from napkin folding to formal table setting and food serving.

Next in the kitchen, we enjoyed the already prepared starter, "Mini spinach and bacon quiche", before starting the cooking session

of the three course menu which consisted of:
Salad course: Mixed greens with tropical dressing.

Main course: Stuffed pork fillet with cream cheese and dried tomatoes (Recipe on the following page) served with Risotto Milanese (Risotto with Parmesan and Saffron)

Dessert: Plum compote with egg liqueur cream
The cooking session based on the recipes mostly by the popular Swiss television chef and author of cookbooks, Ms Annemarie Wildeisen, went beyond watching and taking notes. We explored the interesting ingredients and the different processes in making and presenting.

After the cooking, it was time to enjoy the delicious and exquisite three course meal, served with good Swiss wine, seated at the beautifully set table.

This was not just an ordinary cooking class but rather a great culinary experience in a very hospitable Residence and wonderful company!

Recipe

STUFFED PORK FILLET WITH CREAM CHEESE AND DRIED TOMATOES

PREPARATION

1 Drain the dried tomatoes on kitchen paper, then cut into small cubes. Chop basil. Put all these ingredients in a bowl with the cream cheese, season well with pepper and mix well.

2 Cut a deep pocket lengthways into the pork fillet and fill with cream cheese mixture. Seal the fillet with toothpicks. The meat can be prepared up to this point.

3 Preheat the oven to 180 degrees.
4 Season the pork fillet all over with salt and pepper.

Heat butter. Fry the pork fillet for 2 minutes. Then immediately place in an ovenproof dish and bake in the middle of the 180 degree oven for 18–20 minutes.

5 Dissolve the roast set with the port wine.

Let it boil down about halfway.
6 At the end of the roasting time, pour the jus from the pork into port wine jus, add the butter and let it soak into the sauce while swirling the pan in a circular motion. Season to taste with salt and pepper.

Charity Visit to Lchavan School

24 NOVEMBER 2021

BY HAYASA TAHMAZYAN

On November 24, 2021, the IWAY Charity Committee organized a visit to Lchavan Secondary School. The visit aimed to follow up on the Lchavan school's charity funding application for assessing the subject that needed funding. Eleven IWAY members joined the visit.

Lchavan school is located in Lchavan village, Gegharkunik region, Armenia. The school's principal, Norik Gevorgyan, welcomed IWAY members. He briefed on school operations before guiding IWAY members to the school canteen, which was the subject of the charity application. The principal informed that the school had 72 pupils. In the framework of the UN World Food Program (WFP), 19 pupils were involved in a school feeding program and had access to daily meals

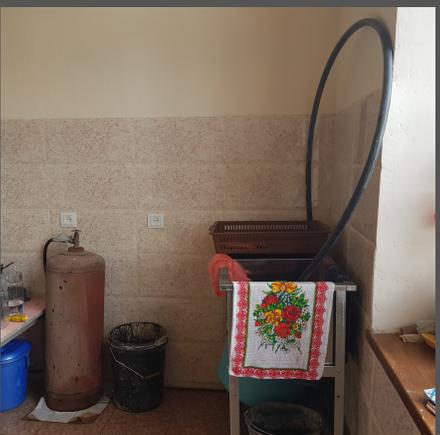
in the school canteen. The WFP had also provided materials for the canteen renovation. Still, the canteen needed a water reservoir with a pump for sustainable access to water, as well as a sewer drain and a hand wash sink to maintain hygiene. IWAY members also identified that the canteen storage required renovation. Further, the kitchen utensils, chairs, and tables have not been replaced in over a decade.

Charity committee members noted all the information and asked follow-up questions to the principal. After assessing the funding-required subjects, the IWAY members headed back to Yerevan. On the way, the members stopped at a Van restaurant in the Gegharkunik region to socialize and reflect on the journey.

IWAY FUNDED THE IMPLEMENTATION OF A CHARITY PROJECT AT THE LCHAVAN SCHOOL

BEFORE

24
November
2021



AFTER

20
April
2022



This year, IWAY funded the implementation of a charity project at the Lchavan school in the Gegharkunik region. IWAY funded the installation of a water reservoir with a pump as part of the charity project to ensure the school canteen's long-term access to water. A sewer drain and a pupils' hand wash sink have also been installed to maintain hygiene in the canteen. IWAY also funded the renovation of canteen storage and equipped the canteen with necessary kitchen utensils.



Այս տարի Երևանում Կանանց Միջազգային միավորումը ֆինանսավորել է բարեգործական ծրագիր Գեղարքունիքի մարզի Լճավան դպրոցում: Որպես բարեգործական ծրագրի մաս, IWAY-ը ֆինանսավորել է պոմպով ջրի տարայի տեղադրումը՝ դպրոցի ճաշարանում ջրի կայուն հասանելիությունը ապահովելու նպատակով: Կոյուղու ջրահեռացման խողովակաշար և աշակերտների համար ձեռքերը լվանալու լվացարան է տեղադրվել ճաշարանում հիգիենիան ապահովելու նպատակով: IWAY-ը ֆինանսավորել է նաև ճաշարանի պահեստի վերանորոգումը և ճաշարանը համալրել անհրաժեշտ խոհանոցային պարագաներով:

26 NOVEMBER 2021

JE VIENS D'ARRIVER EN ARMÉNIE
APRÈS UNE BONNE SÉANCE DU YOGA
DE MAÏKO

J'AI LE PLAISIR DE DÉCOUVRIR
DES POINTS COMMUNS AVEC VANIA,
DANS NOS VIES SI RICHES ET
VARIÉS

DES LIEUX CONNUS DANS CETTE
BELLE SYRIE PAYS D'ORIGINE DE
VANIA

DES SAVEURS QUI ÉMOUSTILLEN
NOS PAPILLES, DES MUSIQUES
COMMUNES DONT LE RYTHME NOUS
DONNE ENVIE DE DANSER !!!

ALORS VOILÀ L'IDÉE : " UNE
JOURNÉE ORIENTALE" RASSEMBLER
POUR FÊTER LA SYRIE QUI RÉSONNE
EN NOUS, TOUJOURS VIVANTE !!!

UNE MERVEILLEUSE APRÈS-MIDI
" FAITES/FÊTE" DE PARTAGES, D'
AMITIÉ, DE JOIE, DE
BIENVEILLANCE

CUISINER ENSEMBLE DÈS LE
MATIN POUR LE PLAISIR DE
CHACUNE

DES RIRES EN CASCADE ET TOUTE
LA GÉNÉROSITÉ DE L'ORIENT QUI
S'INVITE IRAN, LIBAN, SYRIE....

DÉCOUVRIR LES TALENTS DE
CHACUNE

PETIT TEST DU CERCEAU POUR
STIMULER LA DANSE ORIENTALE !!!
ET ENSEMBLE FORMER "UN CERCLE
D'EXCELLENCE" AFIN D'UNIFIER ET
DE MAGNIFIER NOS ÉNERGIES ET
NOS APTITUDES EN VUE DU
"CHRISTMAS BAZAR"

LE POUVOIR DES FEMMES EN
ACTION !!

A REFAIRE SANS MODÉRATION !!!

Du yoga à L' Orient !

BY LUCILE MONTARIOL



IWAY CHRISTMAS CHARITY BAZAAR

5 DECEMBER 2021



BY CAROLINE MSRIEH - SEROPIAN
IWAY BAZAAR CHAIRWOMAN

Apart from social activities and cultural visits, IWAY members have a mission of helping and supporting women and children in the remote and border villages of Armenia. To attain this goal, it has become the IWAY tradition to organize the annual Christmas Charity Bazaar. The event serves as the biggest and main fundraiser of the IWAY philanthropic projects.

This year the bazaar took place on December 5, 2021, at Best Western Plus Congress Hotel. It hosted three (3) diplomatic missions, ten (10) participants supported by UNHCR's partner, the Armenian Red Cross Society, six (6) non-governmental organizations, one business school, students from Tavush Province, the Lithuanian Community representatives, and forty-two (42) Armenian & international artists, crafters, confectioners, and entrepreneurs.

The proceeds of the bazaar went toward the renovation of two more classrooms at Drakhtik village School, and the canteen at Lchavan village school in Gegharkunik Province. The remaining funds will be utilized for other charity projects such as those in Mrgashat village in Armavir province, and others that will be evaluated during the upcoming fiscal year.

“We were at a period of recovery from the consequences of the Artsakh war. This is while facing the threats of the Covid 19. To do or not to do, to dare and make it happen and how to consolidate efforts at a time of fears from contracting and spreading the disease were all concerns. However, it was the time

IWAY sincerely thanks all diplomatic missions of the Republic of Armenia, its donors, supporters, the bazaar visitors and all its volunteers who greatly contributed to make this event a remarkable success.

**Asdghig Panossian
IWAY Parliamentarian**



when Armenia needed us most. Therefore, and for the sake of the small enterprises that had tremendous need for a market to sell their products, and for the sake of the border communities which were becoming less populous, IWAY women decided to tackle all the troubles and face the challenges. Eventually the bazaar was a successful journey”.



CHRISTMAS
CHARITY BAZAAR
5 DECEMBER 2021





Lunch Gathering at Soul Kitchen

17 DECEMBER 2021

BY CAROLINE MSRIEH - SEROPIAN

It was the last coffee morning meeting of the year for IWAY members. Excited by the great outcome of the Christmas Charity Bazaar, IWAY ladies wanted to have a quick wrap up lunch gathering. Kate's place, as known for IWAY ladies, or Soul Kitchen, as known for the Armenian public, was the destination. Kate Jampazian, an active member of IWAY active member, owns and manages the restaurant on Mashtots Avenue.

On 17 December 2021, eleven IWAY members, together with few guests, were present at the restaurant. All were engaged in friendly talks about the upcoming Christmas season and new year preparations. Conversations went on about the recent Christmas bazaar experience as well as ideas to bring to life during the following year.

It was difficult for ladies to choose between the restaurant's western Armenian and international cuisine menu. Kate was there to help! Green salads, falafel, yalanji, sarma, dolma, itch, French fries, cauliflower, vosbov kufta, hummus all piqued their interest! Ladies were in need to digest the eaten food. Music went on and ladies performed their national dances including Armenian folk dances and Arabic belly dance. Following that, members enjoyed the second round of food. Madzounov kufta, manti, escalope and many more were served.

In fact, it is so hard to describe the warmth members share at each gathering. IWAY ladies differ from one another. Each has her own charm, talent, fragrance, and individuality. This is what makes IWAY and its mission more vivid and possible.

14 January 2022



New Year dinner to reaffirm love and respect was one of the activities carried out and attended by IWAY members. It was on January 14, 2022 at Meloman, a well-known Armenian restaurant located on Isahakyan Street of Yerevan when a group of IWAY ladies gathered.

The dinner was the initiative of Gohar Gasparian, an enthusiastic and forward looking personality, in collaboration with Kristine Grigoryan, IWAY's wonderful activity organizer. The celebration was ideal for instilling a sense of belonging and accomplishment. However, due to the pandemic and the fact that many members were away from the country, attendance was not up to par. Despite this, present ladies assured the cohesiveness of the IWAY family in all situations. Positive thoughts, warm wishes, toasts, and loving vibes abounded. Traditional Armenian dishes were served highlighting the Armenian national identity. Legendary songs of the legendary Melomanner band from the 60's were performed. IWAY ladies listened, danced, and drank velvety Armenian wine.

The emotional part of the event was when members received a video call from Nona Ter Hovhannisyan. She is the person who delivers jokes so well that they every time hit the perfect tone and expression. Her video call added to the warmth of the atmosphere and motivated members to return to their active status following the holiday season. After some hours of festivity mood, ladies departed Meloman Restaurant with a joyful bookmark in their hearts. It was the beginning of the year. There are a Lot of dreams and plans to come true!



NOWRUZ CELEBRATION

14 MARCH 2021

BY CAROLINE CONSTEN

It was a very cold and rainy day, and I struggled finding our host's place, but as soon as Talin's door opened, I felt sunshine. The house was like a bee hive. The kitchen was under active preparations, and while waiting to taste all the special dishes prepared by our Iranian-armenian ladies, we enjoyed the most wonderful punch. The air was filled with joy expressed by the smiles on all faces.

Then, came "food". The dishes were a delicacy both for the eyes and our palates. Sophisticated specialties going from soup, rice, different kinds of fish, and later on dessert brought

us to another place. As per Nowruz's tradition, the 7 "S" were present, and their wonderful meaning explained to us.

And as always when a group of joyful Armenian ladies gather together, music could only lead to dancing, and awakening some hidden skills ... So we had as an extra gift, Suzy playing the piano and Aznavour's songs we tried to sing to.

Thank you all for such a wonderful time together.



WHAT IS NOWRUZ?

Nowruz means 'new day' in Persian and is the most important festival of the year in Iran. It is also celebrated in a number of other countries across the Middle East, Central Asia, South Asia, the Balkans and East Africa, and dates back at least 3,000 years.



APRIL, World Autism Awareness Month

12 APRIL 2021

By Achkhen
Samuelian-Varteressian

**Autism, where the smallest successes are the most joyous.
A good exercise for heart is to bend down and help another up.
There is no better way to celebrate this day than by becoming
aware of the characteristics of people with this condition and how
all of us can do better to increase our own understanding and
promote kindness.**

Marking the International Autism Day ,IWAY members paid a visit to " MY WAY" "IM UGHIN" Educational, Socio-Rehabilitation and Vocational Day Care Center for children , teenagers and adults with Autism. On the 12th April ,the Center held a musical event in collaboration with NEMRA (The Rock Band)and The Band Armenia music group who both gracefully volunteered to perform along with center's students and teachers,honoring their effort to bring Autism Awareness ,to sprinkle a spirit of positivity and encourage the artistic talents of its students to be seen and shared.

The main aim is to foster understanding and acceptance in present guests,spread the word and participate in Exhibition-Sale fundraising the proceeds of which will be invested in covering the transport expenses of the student "Artur Mirakyan".
Everyone deserves to live fully.
Everyone's story is different.
Kids with autism are going to one day be adults with autism.
Kids have to be exposed to different things in order to develop.A child's not going to find out he likes to play a musical instrument if you never exposed him to it.

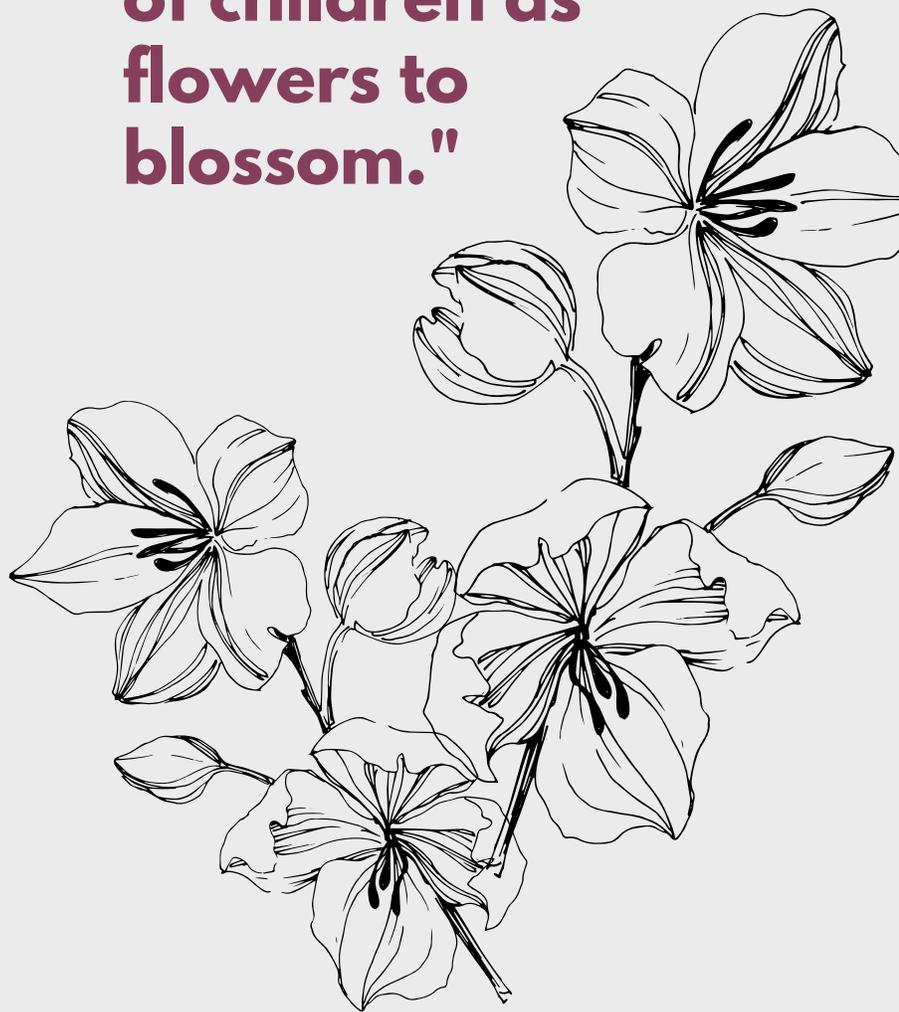
The Autism National Foundation in Armenia was established in 2012 on the basis of "MY WAY" which was established in 2006 by two mothers who knew first hand what it is like to have a child diagnosed with ASD Autistic Spectrum Disorder in a world that needs a lot to understand. They created a safe haven for their and other children with autism, in order to help them become better equipped individuals in a world that is yet to understand the challenges of this spectrum. They dedicatedly devoted their valuable time, resources and made it their mission to turn "MY WAY" into the secure Hub that it is today where autistic people, children, teenagers, and young adults thrive and blossom into the truly unique individuals they are, surrounded by the love and faith of its highly professional and passionate personnel. Local and international experts have been invited to collaborate to share their knowledge and expertise in this field. The center provides inclusive educational programs, therapy programs ranging from language and physical therapy, to arts and music therapy which ensure a smoother and more efficient integration of ASD individuals in today's society.

To sum it up, we can think of children as flowers to blossom and Autistic children are the subtle Orchids that need a special dose of care to blossom in the most beautiful way.

Thank you Suzy Sahakian, our lovely IWAY member, to encourage us to be present in this event, in "My Way" Center where you believe in, and feel dear to your heart.

Thank you my dear IWAY members.

**"we can think
of children as
flowers to
blossom."**





BREEZE AND LIGHT YOGA BY MAIKO

WRITTEN BY ARMINE KHACHATRYAN
TRANSLATED BY IRINA MARGARYAN

Hi everyone!

Today I will speak about yoga.

Dear ladies, firstly I should say that I was happy when I learnt that one of our member, Maiko Utsumi, is suggesting open air yoga training for our group. Maiko is trained as a professional yoga instructor and her style is somewhat close to Hatha Yoga which she describes as “Breeze and Light Yoga” training.

Our first session took place on May 28th at the English Park, right in the Yerevan city center. It was joined by six members with various degrees of agility, still at the end we all felt refreshed and impressed by Maiko’s professionalism, she was beyond our expectations.

I should mention that we are all excited to pay for the classes as the fees go towards our IWAY fundraising and I would like to see most of our IWAY family members joining the sessions. I promise you will feel much better, even with just an hour-long class per week, as Maiko is suggesting, you will feel relaxed both physically and mentally.

Yoga is not just a combination of physical exercises. It is a mixture of three components: different positions, respiratory exercises and meditation. The human being receives energy from the universe and yoga helps to clear the way for that energy and enables a free flow throughout the body, helping to improve metabolism, reduce gluttony, overcome depression and to prevent mood swings. Practicing yoga also helps to improve relationships with other people and to restore faith in one’s own strength.

As you can see, with our yoga classes we combine usefulness and effectiveness; doing yoga for body and mind health, and raising funds for worthy projects.

So, my dear, see you at the next yoga training! You can also inform your relatives and friends. The universe will guarantee the rewards of your good deeds according to the law of the boomerang!



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