

Paint your soul... Green



What counts in life is not the mere fact that we have lived. It is what difference we have made to the lives of others that will determine the significance of the life we lead.

Nelson Mandela

www.agoraclubinternational.com

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Green says  
~growth~  
~balance~  
~harmony~

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Dear Friends

Spring conjures up feelings of rebirth, growth and joyfulness. Trees have fresh new green leaves and neatly mowed lawns give a hint of decadent summer living. In the Southern Hemisphere where trees should be turning golden in colour, they are still as green as in the height of summer, due to the recent high rainfalls. The South African bushveld is still so deliciously thick and lush that even huge elephants just disappear.



Green was prevalent as I recently travelled through Madagascar, along stunning landscapes and rice paddies, or walked through colourful food and craft markets.

Joyful, vibrant and colourful is how I will forever remember Madagascar and the ladies of Agora Club 1 Sariaka. Ladies, I painted my Soul in Madagascar, and lost my heart to your beautiful country. Being home hosted by Dominique was a treat, her energy was contagious as Anita and I were whisked around Antananarivo and surrounding villages. The energy and vibrancy was tangible as we drove through the city, walked around villages and shopped in the market place.



Green was prevalent as I recently travelled through Madagascar, along stunning landscapes and rice paddies, or walked through colourful food and craft markets.



The official Charter ceremony was no different, as the ladies gathered dressed in vibrant red, joyful and happy. What struck me was the incredible support for QUATALAGOR and, how the various service organisations work and socialise together. AGORA was so warmly welcomed into QUATALAGOR, that I must admit I was rather emotional. As a child of Africa, I am so honoured to have been able to charter AGORA CLUB MADAGASCAR, ladies, you have left your footprint in my life forever!

One thing about travelling, meeting and staying with AGORA friends from around the globe, we get to know each other so much better, exchange ideas and conjure up all sorts of projects to keep us busy.

**PAINT YOUR SOUL KNITTING** is one such project. Colour is certainly prevalent in my life lately, so it's no surprise that when Veronique Stern posted these colourful hats on facebook, they immediately attracted my attention. I read with interest about the knitting project Veronique Stern, a friend of Agora in The Netherlands, was knitting for. Since Anita had also shared her knitting project with me, a plan was hatched. Veronique, Anita, Dagny and I started communicating and we have a vision to get AGORA KNITTING!! Three gorgeous patterns for hats, vests and boots are included in this publication.



### COME ON AGORA LET'S GET KNITTING!

If you or your club don't knit – then sponsor an old age home with wool, needles and patterns and let the older ladies knit for you. Let's see how many garments we can get together before October 2014. It's a challenge! See website for more patterns

### GOOD NEWS FOR THE ACI AGM OCTOBER 2014.

The ACI board has **4 travel grants** for the AGM in South Africa just waiting to be given away. These travel grants cover the conference registration fees. If you are interested, then please request an application form from Karin and ensure we receive it before 10 June 2014. We have also introduced a new award called the **Golden Ginkgo Award**, this award goes to the country who has chartered the most new clubs. So come on ladies, let's get chartering .

"I found out that the secret to life is friends. Best Friends"  
Fried Green Tomatoes.  
How very true!

*Love Sandy*

Dearest friends,

Being IPP has its perks :)

I feel that this year, I am sitting in the backseat of a well oiled limousine, with some impressive kilometres on the teller, but purring smoothly on the highway, taking bends without a hitch and with a smooth and exciting road ahead. Leaning back against soft seats where many IPP's before me have relaxed with the same feeling of contentment.

ACI is doing so well dear friends, and as IPP it gives me a great and happy feeling of accomplishment.

So, what does an IPP do? Besides some gentle guidance and advice, she joins in the day-to-day work of managing an international club as ours. Almost daily emailing, fun internet talks and "whatsapp" communication with the other "boardies" and visits to befriended clubs and organisations.



One of those visits happened last month, when I was invited by AC France Past President Danielle Vaugeois to join AC Tours (France) on their visit to the European Parliament here in Brussels, together with Past Intl President Danielle Gardin.

It turned out to be a very interesting afternoon, and great to join one of the youngest Clubs of AC France (AC Tours chartered last year). We could not join them for the rest of their city-trip in Brussels, but it was clear that the ladies from Tours had a fun time in Europe's capital!



Another visit I did not want to miss was the celebration of 40 years of 41 Club Belgium, with the Presidents Dinner of current 41 Club President Bruno Van Lindt.



4 Clubs 1 Vision is very strong and active in Belgium, so I am always happy to join any activity one of our 4 Clubs organises. It is good to cherish and re-enforce the bonds between 41 Club, Round Table, Ladies Circle and Agora Club.

Next to 41, RT and LC, there was a big Agora delegation, so some impressive "girl-power" that night !

In the spirit of my motto last year: "Stronger through Diversity" the 4 Clubs work together on local and national level, which is really enriching.

Have a look in your own country or town about the possibilities of joining hands with LC, RT and 41 Club. It gives that something extra to Club life, it is fun and interesting and widens the horizon of your Club.

Lots of love from your limousine-IPP :)

*Veerle xxx*



# AGORA RAISES EURO 58526 FOR CHARITY

WELL DONE AGORA together we have raised **52220 Euro** to date for our local charities and 6306 Euro for Ladies Circle International's International Service Project – Children of the Dump, a total of 58526 Euro and counting!!!!

## AGORA LEAVES OUR FOOTPRINT

Rice for the elderly \* Santa shoe boxes \* Angle Tree Project – Christmas gifts for the less fortunate \* Donations for self adjusting glasses worldwide \* Donations for homeless children \* Donations for Children's Sports Clubs \* Donations to an autistic child \* Financial aid for terminally ill cancer patients \* Financial aid for a home for pregnant teenagers \* Time for Life International cash donations clothing medical aid for children of war- stricken Syria \* Hospice House Of Hope Brasov \* Making the wish of terminally ill children come true \* Financial aid to nurses offering home care to terminally ill children \* Financial aid to a group of elderly who take disabled people on outings \* Financial aid to nurses taking care of patients of dementia and their families \* Adult daycare center for the disabled \* Food parcels for the underprivileged \* Donations for special light for a sensory room for children with learning difficulties \* Donations for Medical equipment \* Donations for Domestic Abuse Project \* 60 boxes full of all sorts of clothes, shoes new and old, books, food, crockery and cutlery for the underprivileged \* Financial aid and donations for the underprivileged \* Visiting Stroke Patients \* Norman Pick Foundation \* Visiting the elderly \* Side by Side projects.

## CHILDREN OF THE DUMP

The LADIES CIRCLE INTERNATIONAL SERVICE PROJECT (ISP), for 2013-2015 is CHILDREN OF THE DUMP. Once again AGORA has voted to support the LCI ISP. This is a wonderful Side By Side project with Ladies Circle and cements our support and friendship to our sister organization.



58526 Euro raised so far:

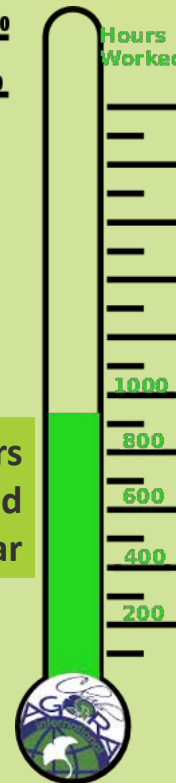
**52220 Euro for local charity projects**

**6306 Euro for children of the dump**



# WELL DONE AGORA!

**968 hours  
worked  
so far**



A bit more about

## Children of the Dump



**CHILDREN OF THE DUMP** was founded in 2004 to change the lives of hundreds of children, living on the dumps of Stung Meanchy, Cambodia. With the help of funding, the NGO will help the local "Center for Children's Happiness" to provide these children with a home and decent meals, and offer them the chance to go to school and study. A new wing is planned in the CCH, aimed to provide supervised independent living, preparing the children to make their way back into society. Please have a look at the AGORA website to see the presentation and find out more information

[www.agoraclubinternational.com](http://www.agoraclubinternational.com)

# AGORA CLUB CASABLANCA MOROCCO

Dear Friends

We would like to let you know about our social actions achieved this year – mainly our participation and significant contribution in the Morocco Ladies Circle Rally organized from April 1<sup>st</sup> to April 4<sup>th</sup> to celebrate the Morocco Ladies Circle 10th Anniversary.

This rally set off from the Moroccan capital Rabat to the south, it crossed the desert of Merzouga went to Ouarzazate and then back to Marrakesh where it ended. About 100 women driving 36 SUVs took part in this major international event with participants from all Moroccan Ladies Circle Clubs, from Belgium, France, Germany, Cyprus and Israel. Four Agora members were among the driving ladies in this rally. With the organizing Ladies Circle Team Casablanca Agora Club 1 collected an amazing amount of stuff that was donated to the inhabitants of the poor villages on their way. Our Agora members collected 60 boxes full of all sorts of clothes, shoes new and old for kids and adults books, food and even dishes and cutlery. Ladies Circle and Agora members collected enough stuff to fill two big lorries. The content of one lorry was donated to the catholic priests of a convent located in Midelt. The content of the second lorry was shared among the inhabitants of a village in the south of Morocco named Tenghir.

The total amount of all the donations collected by Agora members added up to 7000 euros. Here are some photos of this extraordinary expedition, an experience that combined the union of different clubs with the joy of sharing moments of happiness together and accomplishing humanitarian service actions.

*Narjisse Kaicer*  
*Agora Club 1 Casablanca Morocco*

The total amount  
of all the donations  
collected by Agora  
members added up  
to 7000 euros



# KARIN'S TRAVELS

## CHARTER LC ZURICH SWITZERLAND

On the weekend of 21-23 March LC1 Zurich Switzerland was Chartered.

I attended this wonderful event as ACI officer and I was a bit nervous without my experienced boardies that couldn't join me.

But it was heart warming how I was welcomed by those Swiss ladies.

At the Friday welcome party I got to know ladies from Belgium, Austria, Germany, Luxembourg, the Netherlands, Portugal and Sweden. And, of course, I met the ladies from the LCI board:

Marianne, treasurer LCI and Belgian like me

Leontien, secretary LCI and Dutch, so no language barrier ;-)

Heidi LCI weblady from Norway and Gitte LCI IPP whom I met in Lubeck two years ago.

And of course Cindy LCI president and also Belgian. So Belgians are doing quite well are we! And not only in playing soccer and making chocolate ;-)

Although we Agora ladies are a bit older (and sometimes even wiser ;-)) you instantly feel connected. We share the same ideas of friendship and service and there is a bond between LC and Agora.

At the charter dinner on Saturday evening there were delegations of 8 countries and of RT Switzerland and Austria, 41 Switzerland and OT Germany , Agora Switzerland , Tangent Germany with our past IPP Elisabeth Hiller and Suzanne Norager from Tangent International.



Congratulations for the ladies from Zurich for the fantastic organisation.

I do hope I have the chance to meet all those lovely ladies again.

## AND THEN OFF TO ROUND TABLE BELGIUM AGM

The weekend from 25-27 May it was the AGM of RT Belgium



I went to the welcome party with Mimi De Maere, secretary AC Belgium. Marise from AC Wetteren and Yvonne Houben, president of AC Belgium

Since the AGM took place in Waterloo, the president of RT Belgium being member of RT Waterloo,

the theme was Waterloo/Napoleon, so I went dressed up as Wellington, the conqueror in the battle of Waterloo.



The next day was the AGM which was very well organised and with the warm ambience of fellowship and friendship. Xavier Velghe gave a wonderful farewell speech and spoke about the good work we did in Belgium with 4 Clubs 1 Vision, the projects we do together and the good bond there is between Round table 41 Club, Ladies Circle and Agora

We wish the new board of RT Belgium a successful year and want to thank the old board for the lovely time we spent.

***Karin Chaffart***  
**Secretary**





"I found out what the secret to life is friends. Best friends."  
- Fried Green Tomatoes

Green is the colour of nature, fertility, life.

Grass green is the most restful colour.

Green symbolizes self-respect and well being.

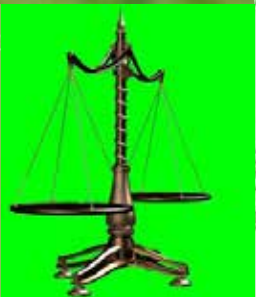
Green is favored by well balanced people. It also means learning, growth and harmony.

Green is a safe colour, if you don't know what color to use anywhere, use green.

Green symbolizes the master healer and the life force.

You should eat raw green foods for good health.

Friday is the day of green.





# LADIES CARAVAN MOROCCO

This year LC Morocco organised for their 10th Anniversary, not only a gala dinner, but a special event! They decided to organise the Ladies Caravan, 1st Rally from 2nd to 5th April. It was not only a race but also fun, friendship, sharing and charity.

As I am the LC Morocco “Godmother for ever” (a big thanks to my godchildren for this mark of friendship), I decided to be present at this event. Dolores came with me and we carried a lot of children’s clothes and games to give away.

Then, we were 2 agora members from Hyères to participate and we were happy to join some members of Agora Morocco. We were 83 ladies in 33 4x4 whose 15 came from foreign countries: Israel, Germany, Cyprus, Belgium and France.

We started in Salé, near Rabat. The first day we drove to Beni Mellal and Midelt where we gave a part of our gifts to the “Monastere Notre Dame de l’Atlas” who help poor families. Morocco’s Agora & LC members made a great job for this part of the rally... they had so many gifts (food, clothes, dishes, house hold linen...) that they had to rent a truck to carry the all things ! The 2nd day we drove to the desert : Arfoud and Merzouga. We slept in a typical Berbere tent after having made a camel trip to see the sunset... another great experience! The 3rd day we went to Todra’s gorges, very nice place, and to Dades, where we gave the 2nd part of our gifts to an association who help also poor



families. After we went to Ouarzazate. The 4th day we drove through a mountain road to Marrakech, the finish line.

This Rally is not a speed one but a regular one. Twice a day (the morning and the afternoon) each car must drive during some kilometers (from 19 to 64 according to the stage) in a certain speed. We knew it on the start line. As our friends didn’t come because she didn’t have her passport on time, we had a nice Morocco’ ladies with us in the car: Siham. A great team was born! I never participated in a rally before but we were FIRST in the general ranking during the 3 first steps. We made afterwards a mistake and we lost the podium... But we were very proud to finish 7th on 33 cars! Not so bad!



On Saturday evening, during the gala diner we had the final results, the podium, but also, as it was the 10th anniversary of LC Morocco, we had a very emotional evening.

Thanks to Leila Sbihi the National President, who well managed all the party and the Rally with her dream-team and national board. Special thanks to Miriam Namany, my friends, who were the founder LC Morocco President. Final thanks for the Morocco Agora’s members we met: Fatema, Lamia, Hanane...

*Isabelle Seguinot*  
*Agora Club Hyerés France*

**see next page  
for photos...**



# Anita in Madagascar

Sharing the room with Dominique from Madagascar at the ACI conference in Hyeres made me 100% sure of taking the opportunity to take part in the charter of Agora No 1 in Madagascar.

And what an adventure it has been...

Being home hosted at Dominique's place and being able to see the wonderful island together with great new Agora friends was just brilliant.

We went for day tours every day and got to see so much of the area around the colorful capital Antananarivo.

Wonderful nature, interesting castles and a lot of exciting food.

A week is of course too short to see everything but it gives a taste and a wish to come back, and who knows – maybe sometime in the future we will all meet at the ACI conference in Madagascar.

I will be the first to register!

**Anita Figvad**  
**Agora Club 1 Rogalans S Norway**





## WELCOME CLUB 1 SARIAKA MADAGASCAR – JOYFUL MADAGASCAR. WE ARE SO PROUD TO HAVE YOU AS PART OF THE ACI FAMILY...

### Charter Club 1 Sariaka Madagascar

Most of the representative of Ladies' Circle , Round Table and Club 41 of Madagascar were there. Soroptimist, Club Le Doyen of Antananarivo, the Inner Wheel Madagascar were there also.

The Mayor of Ivato Aéroport was the Official at the ceremony.

Anita, the representative of Norway, played the role of the representative of our God Mother France. She made a speech in French with Dutch accent, very cute.

Sandy began her speech in Malagasy. It was a wonderful day for the Agora Club Madagascar Sariaka.

Many thanks for those who participated in the Charter Day and maintain the AGORA CLUB SARIAKA MADAGASCAR.

**NANIE RAZANADRAVAO**  
*Secretary Agora Club I Sariaka*

### ANITA ATTENDS MADAGASCAR CHARTER CLUB 1 SARIAKA

At the charter of Agora no 1 in Madagascar I was privileged to be asked to act as the interim godmother during the charter.

What an honor – it is something you can't turn down.

The charter program started with a welcome party on Friday evening at one of the Agora member's house.

On the charter day we all dressed up and went to the location for the charter, a hotel close to the airport. It was a perfect ceremony with greetings to the new club from the mayor, Ladies Circle, Round Table, 41-club, Inner Wheel, Soroptimist.

We all sang the national anthem and being part in signing the charter document was so special, a memory for life.

In the evening we all got together for the gala dinner – even the mayor and his wife. We all had a great evening with great food, lots of dancing and fun.

A wonderful experience!

**Anita Figvad**  
*Agora Club 1 Rogaland S Norway*



**CHARTER CEREMONY**

March, 29<sup>th</sup> 2014 in Antananarivo  
**MADAGASCAR**



**AGORA CLUB MADAGASCAR**  
**N°1**





# AGORA MALTA CLUB 1

We are excited and getting ready to welcome a number of you ladies to our Charter in May.

Preparations are under way for the charter weekend and also for the post tour trip to the smaller of the Maltese Island, Gozo.

We are of course hoping that the sun will shine on us all during those days and that we will paint the town RED in true Agora fashion...

Our programme is bursting with fun.... from open bus tours in a special pink bus to a home party with a difference. A bit of intellect on the Saturday where we have a fun treasure hunt in the ancient city of Mdina. Our gala dinner is in a lovely location and hope that we will enjoy the ambience, food and friendship. Sunday we bid some of our farewells to the ladies going back... and another adventure to start on the island of Gozo...

We will be staying in a very picturesque fishing village called Marsalforn, where we hope there will be enough sun to enjoy swimming and sunbathing, sipping gin and tonics or white wine...

All in all we just hope that our new life within Agora will renew the friendship with some and to make new ones too.

We will drink to the health of those present and those not present, and look forward to meeting with many of you as possible at the next AGM in South Africa...

With friendship

**Anna Tabone**  
**Agora Malta**

## AGORA Malta Charter 16th to 18th May 2014





# Welcome



To all our dear International Friends

It is our great pleasure to invite you to join us during the celebration of the Charter of the first Agora Club in Malta on the 17th May, 2014.

We do hope you will give us the opportunity to welcome you to our wonderful islands of Malta and Gozo and with great enthusiasm the Maltese ladies are getting geared up for a great time together with you all, enjoying great hospitality and warmth of our beautiful islands.

With great friendship

Anna Tabone  
President



# The Charter Programme



Friday, 16<sup>th</sup> May, 2014

**Open bus day tour** visiting various beautiful sights along the coast of Malta.

**Home party with a difference** – Josianne has kindly offered to open up her glorious home located in the limits of Rabat; guess what .....

Josianne has a disco so the party will include dancing under the stars

Saturday, 17<sup>th</sup> May, 2014

**Treasure Hunt** in a fortified city, make sure you have your thinking hats on in order for you to find all the treasures.

**Charter Celebration Ceremony during Gala dinner**

Sunday, 18<sup>th</sup> May, 2014 - Farewell brunch



# Accommodation



Malta :

We have chosen a newly launched boutique hotel located in the centre of St. Julian's close to all amenities. The Valentina Hotel ([www.hotelvalentina.com](http://www.hotelvalentina.com)) offers single, twin and triple rooms and reservations will be made on a first come first served basis.

Should you require any assistance in other hotels in the same locality, Agora Malta ladies will be very happy to assist you.



# Post Tour



For the post tour we have chosen The Calypso Hotel which is located on a seaside resort of Marsalforn, in Gozo. The hotel has recently been refurbished and has various types of rooms to accommodate your preferences.

Gozo is a quaint little island with its own charm and offers various cultural and relaxing choices for all types of interests ranging from scuba diving, boat trips, sipping cocktails on the water edge and much more.

On Sunday 18<sup>th</sup>, we will transfer from the hotel in Malta to the ferry in Cirkewwa located in the north of the island where we will be boarding the ferry to Gozo.

We are organizing an exciting day on the 19<sup>th</sup> May to include visits to some spectacular sites on this little island.



# News from Agora UK

For the barometer we have 47.5 hours of time donated by our Agora members to assist Southend Round Table promote and run their Extravaganza Fireworks event last November.

And £1,000 donated to local charities.

The UK has been a little quiet recently but that doesn't mean we haven't been up to much! Here are a few snapshots of our activities over the last 6 months here in Southend-on-sea.

From existing charity funds we have donated £400 to purchase special lights for sensory room for children with learning difficulties for a local senior school.

We held a charity quiz in March and along with having much fun and testing our brains we raised a total of £600 which allows us to donate £300 towards equipment at the Audiology Unit at Southend Hospital and £300 to Domestic Abuse Project in Southend (who offer support and advice to women and children who are affected by domestic abuse and family breakdown).

.....And lots of partying and eating!!!!

Back in November we were pleased to have Lucienne Boujon from Lausanne, Switzerland spend a few days with us in Southend and here are some photos of one of the evening we had in Leigh,

on the seafront enjoying doing our 2 favourite pastimes - drinking and eating fabulous food with friends!



In early December we had Nadine Texier and her daughter, who lives near Southend, join us for lunch and some pre Xmas mulled wine. And note our Agora baby - Elizabeth, being held by Louise. (Is this the one and only Agora baby so far!)

Yet another meal this time in Chinatown in London just before a selection of went to see "Les Miserable" at the theatre - what a wonderful show!



And partying yet again in March at the Round Table Ladies Night (their black tie ball in celebration of the chairman's year)- the theme was Car Wars (he's a second hand car salesman!)



Most recently on a glorious April Sunday (13th) we have just had Claudie Vandembroucke (P) and Marian Lefebvre (VP) and some of their fellow Agora ladies from Calais, France along with 3 of their husbands join us for the day in Southend. We enjoyed a traditional breakfast, a lovely walk along the cliff tops amongst the beautiful cherry blossom and down the windy Victorian pier (the longest pleasure pier in the world!), before an amazing lunch in a quaint and highly unusual local restaurant.



The group on the end of the pier... with Southend coast line in the distance.



Traditional Breakfast at Louise's Guest House



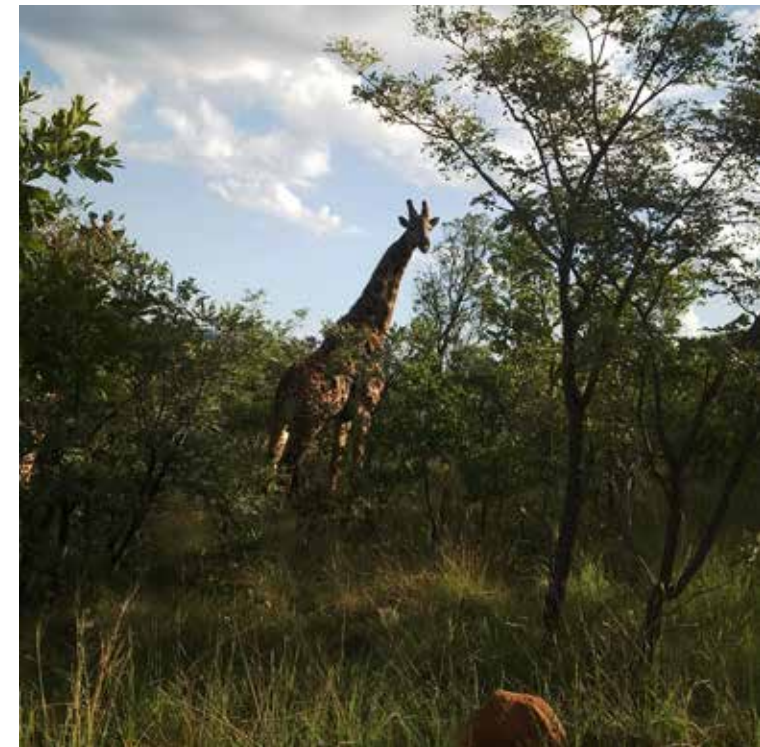
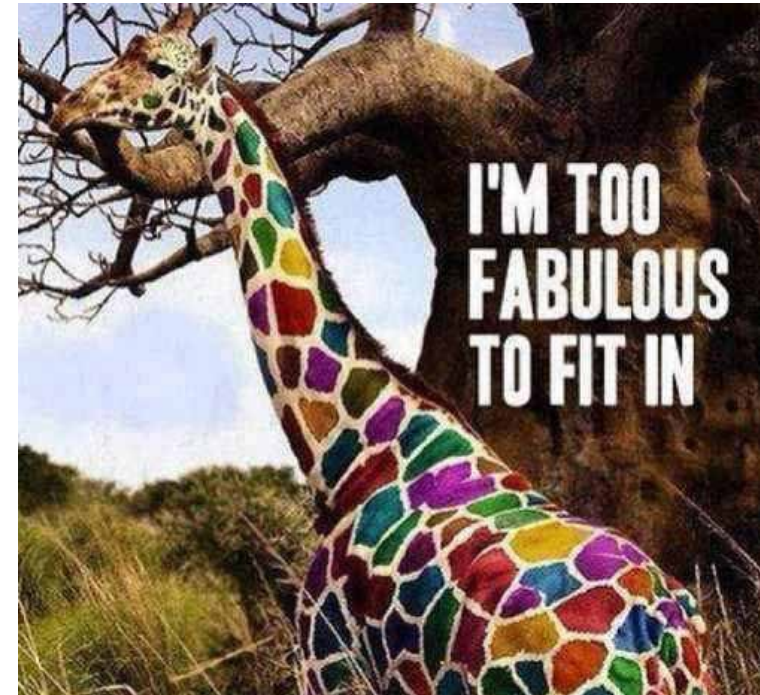
Lunch at Bacchus restaurant



Agora Club South Africa  
have the welcoming  
committee ready and  
waiting for your ARRIVAL!!

**ACI-AGM 10 - 12 OCTOBER 2014**

*Oh and look who is taking  
a peek at the arrivals...*



# Paint your soul with hats...

"I love when a plan comes together", Hannibal Smith used to say in the A-team. I had the same feeling when Sandy van Niekerk wrote me a message asking me if I would like to extend the project of knitted hats for premature babies in Malawi to the ladies of Agora. I joined this project some months ago and I just had asked my friends Anita Figved from Norway and Dagny Leifsdottir from Iceland to join too and they both agreed with enthusiasm. Now Sandy suggested to involve all the ladies of Agora International and others to knit for those who need our help. Not only in Malawi but also in other countries. And if you don't want to knit or can't you can sponsor others or let others sponsor you. The hats are calculated €2 per hat in time and wool.

## Doctors for Malawi

The project for Malawi started with a Dutch couple, Wieger and Ellen Voskuijl-Bosnak, who left for Malawi to live and work there as doctors. ([www.doctorsformalawi.org](http://www.doctorsformalawi.org)) The babies that are born too early need warmth and although blankets can keep them warm a lot of the body warmth is lost by the head. There are no incubators. So the idea for knitted hats was born). Ella Eefting is the lady in the Netherlands who collects the hats and send them to Malawi.

## Extension of the project

But also in Gambia, South Africa and other African countries hats, socks and blankets are needed. I am sure that you know about other hospitals and organizations, like Save the children. The idea is to send the materials to the places where it is needed. The best is to contact Sandy van Niekerk if you would like to join the 'Paint your soul with hats...' project.

## KNITTING PATTERN

I share with you the pattern for the hats for Malawi. Knitting pattern for hats for premature babies in Malawi Africa.

Wool for needles number 3 or 3.5

Cast on 54 or 60 stiches

Knit 4 rows rib(1 knit, one purl)

Knit approximately 10 cm stocking stitch (one row knit and one row purl)

On the next knit row,

\*knit 5 stiches, knit 2 together \*, continue with \* - \* to the end of the row

Purl next row

\*knit 4, knit 2 together\*, repeat \* - \* till the end of the row

Purl next row

continue in this manner reducing stiches until have 4 or 5 stiches

Take a darning needle and take up the stiches and firmly pull.

Finally close the little hat by sewing the parts together.

*The hat must fit your fist or a grapefruit.*

I hope that like the A-team Agora International and her friends can make the differenc by painting their souls with hats...

**Veronique Stern**



# DAGNY PAINTS HER SOUL WITH KNIITING NEEDLES

This lovely pattern comes from Dagny Leifsdottir AC 2 Reykjaik Iceland

What to do with left over yarn, in particular with these no bigger than a walnut darling balls of yarn? **BABY SOCKS, NO SEAMS** at all, no origami construction, all garter stitch, mostly knit in the round.

## *Magic Slippers*

These slippers are newborn size, but can easily be made bigger by knitting the even section of the sole longer, and picking up more stitches along the sides of the sole.

### **Materials:**

Yarn: any walnut size left over ball of SW sock yarn

Gauge: 7 1/2 sts/inch in garter stitch  
Needle: 2 16" US 1 (Euro 2,5mm) circulars, or a set of Double Point knitting needles (Note that pattern is made for 2 circulars, but it would be as easy to knit on double point pins.)



### **Sole:**

Note that the sole is knitted in garter stitch, knitting back and forth.

Cast on 7 stitches.

Knit 2 rows.

Repeat the following 2 rows until you have 15 stitches.

**INCREASE:** Row 1: Knit 1 stitch, Knit into front and back of stitch, knit till 3 stitches are left, Knit into front and back of stich , Knit 2 stitches

Row 2: Knit

Knit even in garter stitch until the whole sole, from the cast on edge measures 2 1/2 inches, or 6,25 cm.

### **DECREASE:**

Row 1: Knit 1, Knit 2 stitches Together, knit till 3 stitches are left, Knit 2 stitches Together, Knit 1

R2: Knit, Repeat the next 2 rows until you have 5 stitches left.

### **Top:**

Keep these 5 stitches on your needle, and with that same needle pick up and knit 28 stitches to the center of the toe.

Take you second needle, and with it pick up and knit 29 stitches from the center of the toe to right before the 5 original stitches, and knit 2 stitches from the first needle to the second.

You will now have 31 stitches on each needle, or 62 stitches in total evenly distributed on 4 pins.

The beginning of the round will be at the heel.

Attach marker to show location of heel.

The rest of the slipper is knit in the round, in garter stitch (Purl one round, knit 1 round)

**SSK** = Slip, slip knit = slip next 2 stitches knitwise, one at a time to right hand needle. Insert tip of left-hand needle into fronts of these stitches, from left to right. Knit them together one stitch has been decreased.

**K2TOG** = knit 2 together

Round 1 and all odd rounds: Purl

Round 2: Knit 25, K2TOG , Knit 8, SSK, K25

Round 4: K24, K2TOG, K8, SSK, K24

Round 6: K23, K2TOG, K8, SSK, K23

Round 8: K22, K2TOG, K8, SSK, K22

Round 10: K21, [K2TOG] 3 times, [SSK] 3 times, K21

Round 12: K18, [K2TOG] 3 times, [SSK] 3 times, K18

Round 14: K15, [K2TOG] 3 times, [SSK] 3 times, K15

Purl Round 15.

Bind Off loosely knitwise.

Weave in ends, make a second identical slipper, and find a lucky baby to give the slippers to!

Put some green in your life when you want:

•

a new state of balance

•

feel a need for change or growth

•

freedom to pursue new ideas

•

protection from fears and anxieties connected with the demands of others

# ANOTHER IDEA FROM SOUTH AFRICA

<http://www.wkipday.com/about-world-wide-knit-in-public-day> – see web site about international knitting day

## FISH & CHIP BABY VEST

Babies born in some of the poorest areas of Africa are wrapped in newspaper, hence the name “Fish ‘n’ Chip Babies”, to keep them warm when mothers have no clothes for them so in addition to the jumpers/ vests people are also knitting tiny beanies.



Photo: Pam Schoeman  
Amarula 1 South Africa

## Jumper/Vest

- 8 Ply Yarn (double knitting)
- 5mm needles (tight knitters) or 4.5mm needles (loose knitters)
- Cast on 44 stitches
- Work 18 Rows in K2, P2 rib
- Work 30 Rows stocking stitch (1 row plain, 1 row purl)
- Cast on 12 stitches at beginning of next 2 rows and at the same time change to K2, P2 (for sleeve)
- Rib 22 more rows.
- Next row: Rib 21, cast off 26 stitches, rib 21
- Next row: Rib 21, cast on 26 stitches, rib 21
- Work 22 rows in K2, P2 rib
- Cast off 12 stitches at beginning of next 2 rows
- Work 30 rows stocking stitch
- Work 18 rows, K2, P2 rib
- Cast off

**Wear green when you want to overcome a sense of thwarted ambition. It is a color of healthy relationships.**

**NORWAY is Knitting, ICELAND is Knitting, UK is knitting – WHO ELSE IS PAINTING THEIR SOUL KNITTING? Let us know – send your photos!!!**



26 baby caps for Malawi – photo Anita Figvad

## SOUTH AFRICA KNITS!!

Thank –you Pam Schoeman AC 1 Amarula SA





# Joyful Colourful Madagascar





**Joyful Colourful Madagascar**



**Joyful Colourful  
Madagascar**

## DATES TO DIARISE 2014

09-11 MAY : AGM AC TC GERMANY – BIELEFELD

10 MAY : AGM AC ITALY - MODENA

13 MAY : AGM AC ICELAND - AKUREYRI

16-18 MAY: CHARTER AC MALTA

24 MAY : AGM AC USA-DETROIT

24 MAY : AGM AC THE NETHERLANDS-VENLO

31 MAY : AGM AC SOUTH AFRICA- JOHANNESBURG

03 JUNE : AGM AC NORWAY-SANDNESS

07 JUNE : AGM AC MOROCCO-CASABLANCA

07 JUNE : ROUND TABLE GERMANY 60 YEAR ANNIVERSARY- AACHEN

14 JUNE : AGM AC FRANCE- DOLE

16 JUNE : AGM AC UK- SOUTH- END -ON -SEA

16 JUNE : AGM AC ZAMBIA-LUSAKA

21 JUNE : CHARTER AC TC 47 MÖLLN –GERMANY

28 JUNE : AGM AC BELGIUM-TONGEREN

28-29 JUNE : CHARTER AC TC 21 WESERBERGL ANDGERMANY

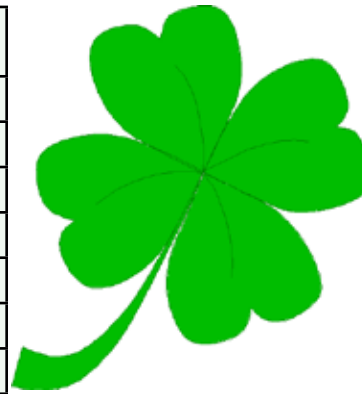
28 JUNE : AGM AC ISRAEL

27-28 AUGUST : AGM LCI- VILNIUS ( LITHUANIA)

12-16 JUNE : BOARD MEETING 4 ACI UK

07-09 OCT. : BOARD MEETING 5 ACI SA

10-12 Oct. 2014: ACI AGM – South Africa



MIDDLE AGE:  
That time in your  
life when you finally  
get your head  
together and then  
your body  
starts to  
fall apart.

I believe my house is haunted. Everytime I look in my mirror a crazy old lady stands in front of me so I can't see my reflection!



# GREEN

IS **NOT** SOMETHING  
YOU CAN BUY

GREEN IS A WAY OF LIFE

*TREASURE EVERYTHING*  
THINK PERMACULTURALLY

LIVE **SUSTAINABLY**  
IN ALL WAYS

MAKE IT, GROW IT, BUILD IT YOURSELF

**DO ALL YOU CAN**  
WITH WHAT YOU HAVE.



Green gemstones are used to attract money, prosperity and wealth. They are balancing stones that promote growth and fertility. Carry, wear or place green gemstones around your home or office to promote balance, change and growth.

If the only thing  
you accomplish in a day is  
one act of kindness,  
that's enough;  
you've earned your  
place on the planet.

M.M. Painter

Club  
**AGORA**  
international

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**We wish you a great AGM,  
filled with fruitful discussions,  
friendship and fun!**

*Love your ACI Board  
Sandy, Kelly, Karin,  
Nikkie and Veerle*