

Newsletter issue 2 December 2018



Dear Agora Ladies,

Once again the newsletter is full of lovely and inspiring articles and stories....please enjoy!!

May this Christmas bring peace and joy for you all and your family.

María Erla,

ACI Secretary 2017-2019

<u>Index</u>	<u>Page</u>
Greetings from Anna Tabone	2
Christmas in Iceland	3
Christmas in Austria	7
Norwegian Christmas traditions	12
Christmas in USA	18
Christmas in Romania	25
A fun Christmas experience with Agora club – Zambia	29
Christmas in Botswana	31
Boardmeeting 1 in Iceland	33
AGORA Romania Side by side Round Table Family	37
Obituary	43
Flood disaster - update	44

Greetings from Anna Tabone ACI President 2018-19

Dear all

We hope that you will enjoy this Newsletter 2, the last of 2018, as much as we enjoyed putting it together! We look back at the year that is coming to an end and look forward with confidence and hope the year to come. We have all shared different experiences in this past year, and we reflect on the blessings received, the things we could have done better and the things we had no control over. But even when we do go through difficult times, and losing loved ones, life is beautiful, and we have an obligation to live it to the full for the others that we love and love us.

During this time of year, Christmas brings family gatherings with joy for some, and a lonely time with heartache for others. Within our Agora International family spread out in 21 countries, traditions and cultures are diverse. In some countries, Christmas is a celebration of the birth of baby Jesus, to others it is the holiday season and to many it is an ordinary day. We thought it would be a great opportunity for us to know a little more on how some celebrate or not this day. Some of our members have very kindly given us an insight of their traditions. Thank you very much.

In our Agora world, we have a lot to look forward to, the Eyes for the World missions, Chartering Zimbabwe and Luxemburg, chartering the National Board of Botswana, our first Mid Term Meeting (MTM) in Brussels and so many new clubs chartering.

On behalf of Chris, Isabelle, Maria Erla and Vandana, we wish you with all sincerely a wonderful time with family and friends, a happy Christmas and a healthy and serene 2019.

Let us all be mindful of people we know that are going through difficult times, that are lonely and that need some kindness. A little help makes a BIG difference.

Lots of love

Anna Tabone

ACI President 2018-19



Christmas in Iceland

The main Christmas celebration in Iceland takes place on Christmas Eve, on the 24th of December. The celebration continues until the last day of Christmas, called "*Prettándinn*", on the 6th of January.

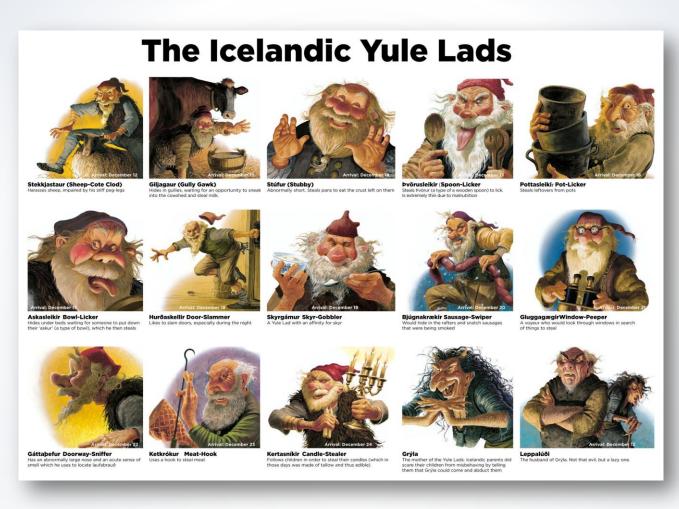
The Advent starts on the fourth Sunday before Christmas, but it is often the time used for the Christmas preparations. There are many things that need to be done, such as writing Christmas cards with greeting for friends and relatives. Most people also get a Christmas tree, either a real one or fake that is completed with shiny decorations and usually a star on top.







A special tradition in Iceland, a favorite in the eyes of many children, is the 13 Yule lads. The children put a shoe in the window and starting thirteen days before Christmas, one Yule lad comes during the night and puts a treat in their shoe. The children then look in their shoe in the morning to find the treat.





When it comes to food, the so-called leaf bread or *laufabrauð* is one of the traditional breads that are made for Christmas in Iceland. Families come together and cut the thin round dough in different patterns before the bread is deep-fried.





It is also common that many different sorts of cookies are baked and many find it an important part of the Christmas preparation.





The Christmas dinner is also something that is special but most people eat ptarmigans, turkey, leg of lamb or other similar types of meat.

The day before Christmas Eve, called Porláksmessa is a day where many decorate their Christmas tree, shop for the last Christmas gifts and it is also a tradition to eat a fermented

stingray on that day.

When the 24th of December arrives many start their celebration by going to church. It is common that families spend Christmas Eve together, eat good food and open their gifts. Many people see the holiday as an important time to spend with their family and friends.



Merry Christmas and greetings from Iceland.

Christmas in Austria

As the Austrian people are mostly Christians (Roman Catholics and Protestants), Christmas is celebrated all over the country.

Often as early as mid-November, the first Christmas markets open up, with decorated stalls where you can buy mulled wine, hot punch and tea, roasted chestnuts, hot sausages and of course all kinds of presents and Christmas decorations. Most towns will have a so called "Christkindlmarkt", cities like Vienna, Innsbruck and Salzburg have some large markets and people from all over the world visit them. Every town will also have a big Christmas tree in the town square and some Christmas lights in the streets.



Advent, the period of preparation for the festival honoring the birth of Christ, begins on a Sunday four weeks before Christmas Eve. This is the day when in living rooms all over the country advent wreaths, woven from evergreen twigs and decorated with ribbons and four candles, are placed. On each of the four Sundays leading up to Christmas, one more candle on the wreath is lit, often in the afternoon when people are having coffee and some Christmas cookies together.



Children might get small presents, chocolate, gingerbread and peanuts from St. Nicholas on December 6th. In Austria, St Nicholas is often accompanied by the Krampus, a big horned monster clothed in rags and carrying chains. He's meant to punish children who have been bad.



In private homes the Christmas tree traditionally is set up and decorated not earlier than in the morning of Christmas Eve. Decorations include candles (now often electric) and sparklers, for children as well sweets, such as chocolates of various kind, jelly rings or gingerbread.



In the early evening on Christmas Eve (December 24th) the tree is lit for the first time, often after having been to the Christmas church service, and the whole family gathers to sing Christmas carols. "Silent Night, Holy Night" is still the favorite Christmas carol, written in Austria and performed for the first time on Christmas Eve in 1818 in Oberndorf near Salzburg. In 2011 it even was acknowledged as Austrian intangible cultural heritage by the UNESCO.

Presents are placed under the tree and young children believe that they were brought to them by the "Christkind" as a reward for good behavior. Austrian Christmas tradition has it that the "Christkind", described as a golden-haired baby with angel wings who symbolizes the new born Christ, decorates the Christmas tree on Christmas Eve and brings the children their presents, and it is to him that their letters and wish lists are addressed in the weeks before Christmas. Santa Claus appears only in commercial spots.

The main Christmas meal is also eaten on Christmas Eve. It's often fried carp because Christmas Eve was considered a 'fasting' day by many Catholics and no meat was allowed. However roast goose and roast turkey are becoming more popular. In rural areas in the mountains people traditionally have cooked pork sausages with sauerkraut and bread. Christmas cookies are



served afterwards. Some women take great effort in baking 30 or 40 kinds of different cookies for Christmas.



Christmas Day and Boxing Day are dedicated to paying visits to family and friends, having a look at their Christmas tree, eating and drinking and spending some time together.

May your heart be warmed by the sweet magic that Christmas always brings, and amy all your dreams be fulfilled. Wishing you a merry, peaceful and blessed Christmas season and a happy, healthy and successful New Year.

Agora Club Austria



Norwegian Christmas Tradition

The highlight of the Norwegian Christmas holiday is on the evening of December the 24th starting at 5 PM, but in truth we celebrate the entire month of December.

Lighting up the dark

Norwegian traditions starts the first Sunday of Advent.

Most people light up the darkness outside their homes with strings of light. Inside our houses we hang a star in one window and places the special advent candlestick with four candles in a special place in the house. (One candle for each Sunday leading up to the 24th). It is also important and common to make sure the wild birds are fed properly.



The Christmas Wreath

Its tradition to make or buy beautiful decorations to hang on the door. An Agora Club Norway-tradition is to meet and make these using branches of juniper, spruce and pine, in addition to pinecones, etc.



The Advent Calendar



On December 1st there are much excitement and expectation regarding the advent calendar. In some families the advent calendar are beautiful handcrafted heirlooms. They can be bought in various price ranges or creatively made new each year. Either way the calendar consists of one token for each of the 24 days leading up to Christmas Eve. It might be a candy, a small gift or a fun thing to do.

The Cookies

It is said Norwegian Christmas tradition require at least 7 different kinds of Christmas cakes and cookies. A tradition that was adapted to Norway some time in the 1800-century as more common homes were fitted with a kitchen stove.

We bake gingerbread cookies in shapes of men, women, hearts, stars, trees, cars, planes, and a wide range of fun forms.



Most people also bake and decorate gingerbread houses in all shapes and forms. It is really impressive to see some of the constructions that are made. Some cities arrange competitions where families can enter their "house" and people can view all contestants and vote for their favorite. We also bake white cookie-men that are later decorated with red edible ink. Among Norwegian Christmas "must-have" cookies are wafer biscuits and donuts.



Holiday greetings

Christmas cards and greetings are also a thing to do in December. Some people write long letters summing up the year, others send a Christmas themed picture of the family. Recently people have started sending these by e-mail, but many people still do it by snail-mail. It is tradition to put all the greetings received on display at home. Either creatively hanging on the wall or placed on a table for any one to see. Some families have a lovely embroidered picture with a

pocket that hangs on a wall where the Christmas cards are collected.

Lucia - December 13th

This is actually a Swedish tradition that has been adopted to Norway and every kindergarten and school has their own parade of children in white dresses (t-shirts) with glitter in their hair.

The day before the big day

On the evening of the 23rd it's normal to decorate the Christmas tree although more and more families have started to do this this much earlier. The evening of the "lille julaften" (little Christmas) is also a "big thing" here in Norway. The national TV channel airs a special pre-Christmas show where chefs demonstrates the secret tricks as to perfect the traditional Christmas food and artists perform new and traditional Christmas songs. A vital part of the show is the German short film "Dinner for one" from 1963. To most Norwegians, it will simply not be Christmas unless it is shown.

24th of December

Our most important day officially starts at 5 O'clock in the evening, but for everyone who is not working, it is allowed to start the day in your pyjamas. The Christmas stocking is stuffed with special Christmas edition of comic books, candy, nuts and oranges. Children and childish adults cuddle in front of the Television to watch the same movies every year: "Carpenter Andersen" by Norwegian author Alf Prøysen, Disney cartoons, "Three Wishes for Cinderella" a movie from Tcheck republic (1973), "Reisen til Julestjernen" (The journey to the Christmas star) a Norwegian movie.

Around noon it is very common to eat "Julegrøt" (rice porridge) with one skinned almond hidden in one of the plates. The person who gets the almond is rewarded with a little gift; most commonly a piece of marzipan shaped like a pig. It is also tradition to make an extra plate and place it outside for "nissen" (the Norwegian version of Santa Claus).

To many families it is tradition to attend a special ceremony at the local church. Some say it is mandatory for them to get into the Christmas spirit.

The official programme starts in the evening (Julaften).

Everyone has to be dressed in their Christmas best by 5 PM, as the famous choir "Sølvguttene" (the silver boys) starts to sing. The concert always starts with the "Christmas Peace" is broadcasted on both TV and radio.

Christmas dinner menu

Family dinners are served after the concert. The table is set with the very best of china and crystal and the heirloom silver cutlery. The menu is also very traditional and ultra important. It varies from family to family. Among the Norwegian tradition Christmas menus are:

- "Pinnekjøtt"; lamb ribs served with potatoes, rutabaga and melted butter.
- "Ribbe"; pork ribs with crisp rind, served with potatoes, sauerkraut and brown sauce. Some even include special sausages and meatballs with this.
- Fresh cod (preferably fished the same day) served with a lemon-cream-parsley-butter-sauce (Sandefjordsmør), boiled carrots and potatoes.
- "Lutefisk"; Stockfish (airdried/salted cod that has been prepared for a couple of weeks) served with peastew with a hint of garlic, a white mustard sauce, crisp bacon and melted butter and potatoes. Flat bread is served on the side.







15

 You will also find turkey, reindeer, capercaillie and according to statistics, a disturbing number of people eats frozen pizza, but we do not like to acknowledge that

For dessert it's very common to serve "riskrem" This is made of leftovers from the "Julegrøt". You just add whipped cream, mix it together and serve it with thick red sauce made from red berries (raspberries, strawberries or cherries). Also this time a skinned almond is hidden within the bowl, and the lucky finder gets a little gift.

Can you hear his footsteps?

After dinner it is finally time for "Nissen" (father Christmas) to arrive. Because in our country he really is a living person who comes to visit our home, dressed in red and white, with a long white beard and a sack filled with gifts. He always greets

us with these words: "Ho ho ho, are there any good children here?" And the children will answer: "YES. I've been good!" After everyone has received a gift from him, he leaves, and we start opening the rest of the gifts that are waiting under the Christmas tree.

When this is done, some families hold hands and walks around the Christmas tree while singing Christmas carols. This is also an activity that is performed when family and friends meet in between Christmas Eve and New Years Eve.

It is common for families to play games into the night. For coffee later on, the special Christmas cookies, sweets and fruit is served. As mentioned earlier the very good household will have at least 7 (some 12) different kinds of baked treats. These cakes are often called "in and out cookies" as



people are so filled up after dinner that hardly anyone has room for these delicacies.

On Christmas day 25th it's normal to have family dinner/lunches, by invitation only. You are not allowed to visit people uninvited on this holy day. Others relax at home in their pyjamas reading books, playing board games and enjoying the gifts they received the evening before.

The 26th is the same procedure as the 25th, but on this day you are allowed to invite yourself or just drop by friends and family.

Julebukk

From 26th and the New Year, you may expect to answer your door to the neighbour kids dressed as "nisser" (small Santa's) singing Christmas carols, expecting to be paid with sweets, cookies and treats. It's our version of Halloween – and a very sweet one.

.000.

On **the 27**th it's back to normal workdays, with most of the nation having gained a kilo or more from all the lovely food served during this festive holiday.





Christmas greetings from Norway

Christmas in USA

Dear Agora Ladies,

Today, most Americans blend religious and secular customs with their own family traditions, often incorporating food, decorations and rituals from places they or their ancestors once called home. Non-Christian holidays like African-American Kwanzaa and the Jewish Hanukkah are celebrated at roughly the same time of year, so December is mostly known as "Holiday Season."

Holiday Season starts the day after Thanksgiving (the fourth Thursday in November). Around that time, many Americans start decorating their homes for Christmas. Also, stores, restaurants, malls, downtown areas have Christmas décor and play holiday music.

The day after Thanksgiving, known as "Black Friday" is when Christmas shopping starts. Stores offer huge discounts to the first shoppers, and usually lines are formed many hours in advance. It is followed by "Cyber Monday", the day for online shopping sales.

Many TV and radio stations adjust their formats to feature Christmas movies and music. There are also re-runs of old favorites movies like "A Miracle on 34th Street (1945)" and "It's a Wonderful Life (1946)". There are countless productions of Tchaikovsky's Nutcracker ballet, Trans-Siberian orchestra tours, school holiday pageants, and carolers everywhere.

Holiday season is also very busy with Christmas parties and gatherings, either with family and friends, or co-workers. Most people like to dress in red, green and with "ugly sweathers" that have Christmas motifs. Traditional Christmas dinner features turkey with stuffing, mashed potatoes, gravy, cranberry sauce, and vegetables such as carrots, turnip, parsnips, etc. For dessert, pumpkin or apple pie, raisin pudding, Christmas pudding, or fruitcake are the staple. Popular drinks are: hot cider and hot chocolate, eggnog, mulled wine and punch.

And last but not least, Holiday Season is a period of general goodwill and an occasion for charitable and volunteer work.

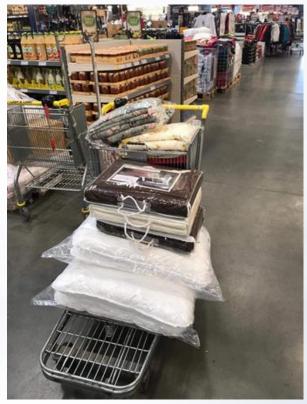
This year, **Agora Detroit** decided to support a Romanian family that is taking care of six orphans. The children are in the care of relatives, and they needed household items and food. On Christmas day, gifts will be delivered to the entire family, hoping to bring some Christmas happiness to those people that are less fortunate than us.

















Agora Seattle sponsored Ashley House that provides high quality medical care in a home-like setting. The Agora Seattle ladies are providing Christmas gifts for two of their residents, which houses 4 young men & 2 young women ages 19-23. All of these residents are wheelchair bound and some on ventilators, and we hope to bring some holiday cheer & much needed big smiles to our new friends' faces.













From Agora USA to Agora Family,
We wish you Happy Holidays and Merry Christmas!





Christmas in Romania

The traditions and customs with the occasion of Christmas in Romania are plenty, but they differ depending on the folk region.

The most wonderful tradition is caroling. The carols are songs with which the children, the young people and even the old people greet the coming of Christ on earth (ex: "star up rises" or "three magicians from the East").

Most of carolers handle a star made from easy wood, decorated with colored paper and having in the middle an icon representing the Mother's Lord and Jesus Christ.

At the end of the carol singing, the band of carolers will receive the reward as bagels, nuts, apples, cakes or money. When they leave the house in which they were received, the carolers say "We leave, God enters".

There are also games with masks, the folk theater, dances.

The tradition of Christmas tree adornment takes place during Christmas Eve or Christmas night, when Santa Clause brings, besides presents, the Christmas tree beautifully decorated with bulbs and tinsel.







Christmas food

Christmas dinner in Romania is a rich, multi-course meal, consisting of various kinds of pork sausages, "sarmale" (pickled cabbage leaves stuffed with a mixture of pork, beef and rice, paired with sour cream, a hot polenta, and a couple of hot peppers), smoked

pork knuckle with beans sauce, beef or turkey roast, "piftie" (a jelly dish with pieces of meat and garlic), beef salad, "cozonaci" (a cake filled with nuts and raisins), red wine and "tuica" (a strong traditional spirit made from plums).

And of course, Romania is filled with beautiful

Christmas markets in every town.





Christmas in QUATALAGOR

Since 1990 when the first ROUND TABLE was formed in Brasov, a Christmas Party is organized every year for the children. The new clubs, one after another, adopted this tradition.





Finally ,here's how to say Merry Christmas in Romanian:

Crăciun Fericit!

A fun Christmas experience with Agora club - Zambia

The time for Christmas is here again !!! Christian families are celebrating the birth of Jesus Christ while for the rest of the rest; it's the festive season that ushers us into the New Year, hopefully with new beginnings. Whatever the reason for the holiday may be to each one of us, Let us share the blessings we have received in the year with those around us in LOVE.

The year 2018 was a successful year for Agora Club Zambia. We were beneficiaries of the EFTW project which impacted our communities in a great way. We served our communities in different projects and improved networks amongst ourselves.

To celebrate the end of the year, **Agora Zambia -club 1** ladies stepped out on a sunny Sunday afternoon to have fun, shop for each other (exchange of Christmas gifts) and later share a meal as we reminisced the events of the year.







It was a challenge to coordinate the busy shoppers; however, it was good to see the friendship side come out as most of the meetings focus on service to the under privileged.....













With the shopping done and dusted, the happy shoppers exchange their small gifts ...







The day ends with a light meal to celebrate 2018, review of the past year and renewed commitment to friendship and service in the New Year.







Agora Club Zambia wishes the Agora Club International family a Merry Christmas and prosperous 2019. It is our hope that we shall all enter the New Year with renewed commitment to service and friendship. Toast to continued Friendship and Service !!!!!!!!

Christmas in Botswana



As the year comes to an end Agora Club Botswana has had a few achievements to be proud of. We have opened additional clubs to the country composition from one to three and successfully secured funding for our local charitable efforts with a new corporate partner, presented by the President of the Republic of Botswana, His Excellency Mokgweetsi Eric Masisi.



As President of Agora Club Botswana, I am privileged to have had the chance to oversee various activities and events, often collaborating with other clubs. Notably, the Carols by Candlelight with Rotary Club Botswana. This was a huge success after countless meetings, hours of wrapping and making sure underprivileged kids and our own alike, had a memorable time.



2018 has been a year of many laughs and social engagements between the ladies. We have enjoyed the company of diversity and different insights of expertise in various conversations. This has set a sound foundation for an exciting 2019. We will be engaging more with local communities and looking to expand our membership further in the lead up to the Harare convening.



The Carols by Candlelight had over 500 people attending with the Christmas Fair, children's crafts and entertainment and Santa's Grottos (where children had their photograph taken with Santa for a small fee, one quarter of which was donated to the event by the photographer).

Parents got to take their children to play and create, and they also got to browse the many stalls filled with Christmas items and locally made gifts. The Marimba band from Thornhill Primary school played, along with their their 80 strong choir and orchestra leading in the Christmas carols in the early hours of the Sunday evening.

It is the season for giving, celebrating and appreciating our families and friends. On behalf of the Botswana collective, I wish you all a lovely and safe festive season.



In happiness and health,

Bilkiss Moorad

President

Agora Club Botswana

Boardmeeting 1 in Iceland

Report of the first board meeting in Iceland from the new boardies, Vandana and Chris





25/10/2018-30/10/2018

Our first international board meeting......What to expect? What to do? What not to do?

We discovered once we landed in Reykjavík, the positive vibes, the hospitality and the amazing organization skills of our Agora ladies in Iceland.

What a team!!!

Sightseeing's, home hosting, cooking, multitasking, they can do it all. We were overwhelmed by every ones hospitality.

The first days we stayed at the 'summer' house (as they call it). Perfect setting for our board meeting.

The combination work and fun was perfect. Visiting Gullfoss, the waterfall or Geysir in the morning and in the afternoon discussing our items. So many items to talk about.







While spending so much time together with the board (Anna, Isa, María-Erla, Vandana, Chris), you really get 'connected'.

And in the evening of course a well-deserved glass of wine, with everybody present in the summerhouse Dagny, Kelly, Yvonne and the board members.



Cheers!

skál



When we saw the Northern light, at that moment, we both knew, this is going to be a perfect year. What a start of our Agora International year.



Time to go back to Reykjavík, where we were home hosted again. Thanks ladies for your hospitality. We even borrowed the living room of Elisabeth (one of the members) for a few days for our meetings,

We enjoyed the lunches and dinners which were prepared by one of the members and we liked the camaraderie when cooking together.

We should write a recipe book with all the delicious board meeting meals!





Not to forget: Get together with the Agora ladies in Iceland! What a joy®





Our first board meeting was a positive, energetic adventure. We were as well not too stressed out because all the board members are so friendly. It was truly like being with close friends:

The importance of spending time together is now very clear to us. Although we have all the options like skype, WhatsApp, email; the physical meeting is irreplaceable.

Thanks to all the Iceland Agora members for all your help. We are very happy to meet you all ©

Thanks to

- Anna, our international president from Malta for her enthusiasm, optimism and her strategy.
- Isabelle, our international past president from France for all her knowledge
- Maria-Erla, our international secretary from Iceland for her writer skills.





УIF

Chris Helsen, the new boardie, international vice president

Vandana Deodhar, the new boardie, international treasurer



Agora Romania Side by Side Round Table Family

Coming back from Gent, we've just got to work this newly voted aim and objective "To maintain good relations with the organizations in the Round Table Family".

AC4 & LC8

In Craiova, Agora Nr.4 joined LC Nr.8 in a Halloween charity fundraiser.

LC8 has an ambitious wonderful project, "A chance to life", with the aim of procuring an incubator for the benefit of Neonatal Department of Hospital "Filantropia"

Agora - Side By Side AGM C41 Romania & Passation de pouvoir C41 Nr.1





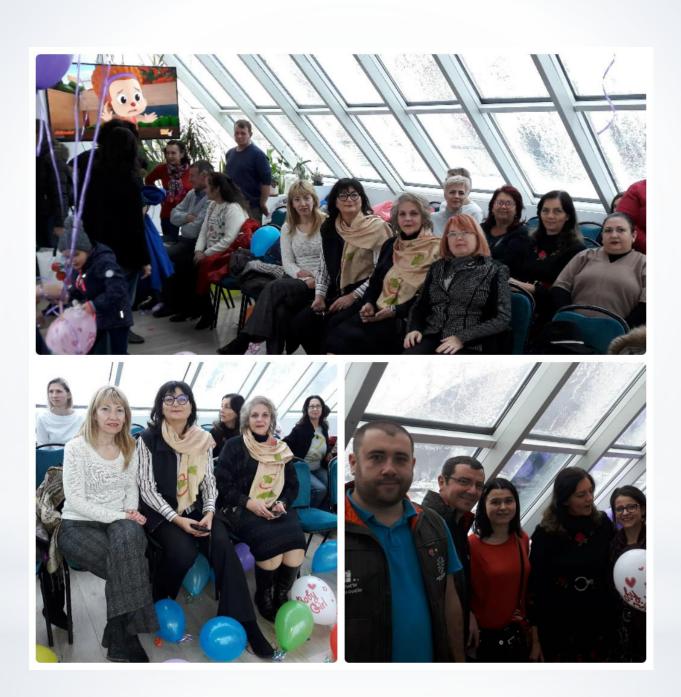




AC2 & AC3 & LC1 & RT1 & Maternity Brasov

November 17, World Prematurity Day 2018

We offered the knitted clothes by Knitting Project and we added pampers, wipes, blankets, baby lotions and all sort of things for children born premature.















AC2 Brasov & EFTW - fall edition:

One more step for Loredana, here she tries the spectacles on!

The glasses distribution has been completed in a remote village of miners, "Mina 1 Mai".



AC2 gave a helping hand to German Christmas Parcel Konvoi

Brasov Team was staying at Mihaela & Petru Cracana's home

Adela, Angela, Elena, Lidia, Mihaela were involved in distributing gifts to children in kindergardens and schools.



Obituary

It is with deep sadness that we announce the passing away of Elena Charalambidou from Nicosia, Cyprus. Elena was an individual member of Agora International and former Ladies

Circle International President 2004-5.

Remembered with great love and fondness by those of us who knew her.

Sincere condolences to her family. May she rest in peace.



Flood disaster – Update

Update on the Flood Relief for Sonia Trojer: The outside area has now been cleared of the mud, debris and ruin. They are working on making their home comfortable for a cold winter. The funds collected from you amount to € 1095 for which we thank you.

This is still ongoing and the account details to send your donations to are:

Agora Club International bank

BNP Paribas Fortis

Fortis Bank nv

Lokeren-Belgium

Account number:

IBAN: BE 25 001-6811249-82

BIC/SWIFT: GEBABEBB







