



ESTABLISHED 1992

INTERNATIONAL WOMEN'S CLUB OF NEW ENGLAND

NON-PROFIT • NON-POLITICAL • NON-SECTARIAN

An affiliated member of Welcome Clubs International, Inc.

The aim of the club is to foster friendship and understanding among people of different nations and to support charities that assist women and children.

NEWSLETTER

Founded in 1992 by Anna Kristina Sawtelle

VISIT OUR WEBSITES - WWW.IWCNE.NET - WWW.WELCOMECLUBS.ORG

Volume 17 / Number 10 / October 25, 2008

Message from the President

I just returned from a walk on one of our glorious October days in New England. With a bright blue clear sky as background for red and gold leafed trees, it is really spectacular. Walking by Pepperrell Cove with sailboats moored on the shimmering water is the final artistic touch. Autumn is the favorite time of year for many of us in Maine and New Hampshire, and we do feel blessed to live here.

It's always interesting to hear the reaction to this scene from visitors, and we meet many of them at the Ogunquit Museum of American Art. We had visitors from Rome who said they couldn't believe that America could be as beautiful as it appears in pictures, but found that it is! Our guests from WCI voiced similar opinions. Some were extending their stay and were looking forward to seeing other parts of the state. Elizabeth Lamb, who is a professor from Taipei, said she should start a Chinese Department at our University so that she can move to Maine! (I suspect that she might feel differently if she came in March.)

Dorothy Healy is working with a committee to create a questionnaire asking for member input to direct the club's future activities. If you have ideas you'd like to see included or would like to work with Dorothy, please call her at 207-363-4167. She hopes to have it ready to include in the November newsletter.

Listed in today's newsletter is the proposed slate of IWCNE board members for 2009. The nominating committee, chaired by Kristine Slater, has worked very hard to find excellent members to fill these positions. They will offer great leadership as our club moves forward. However, as I write this there are three positions not filled in spite of their best efforts, Fundraising, Publicity and Newsletter Editor. If you would like to accept one of these jobs, either working alone or with a partner, please call Kristine. It will be much appreciated, and you will find serving on the board rewarding and fun.

Next Speaker November 22nd

Biddeford ME writer Norman Beupre will speak about the Franco-American community in the Biddeford he knows so well. Beupre is Professor Emeritus at the University of New England, has published nine books and has traveled extensively.

Today's Speaker

Refugee Services in Maine



Arian Giantris, Director of Refugee & Immigration Services (RIS) for Catholic Charities Maine, and Asmo Dol, Cultural Skills Coordinator for the RIS program, will be providing The International Women's Club of New England with an overview of the RIS program:

- how refugees come to the United States
- how they are resettled and assisted in Maine and the range of services provided to refugees and asylees to best meet their needs
- some of the challenges and obstacles to doing this work.

Cultural adjustment is a particularly difficult component of resettlement. Ms. Asmo Dol will speak to some of the nuances of assisting refugees through the acculturation process, particularly as these issues affect women and children.



Asmo Dol is a Cultural Skills Trainer at Catholic Charities in Lewiston. She is also an Honor student at Central Maine Community College and has recently been for an "Against All Odds" achievement. She is married and has five children.

Asmo was born in Ethiopia but when she was six months old her family had to flee the country and they become refugees in Somalia.

They remained in Somalia for thirteen years before they were able to return to Ethiopia. Soon after her return Asmo began working for Save The Children helping Somali refugees who had fled to her native land. She eventually immigrated to Lewiston, Maine speaking only a little English. With her family history, personal character, and strong work ethic she epitomizes the results of opportunity, hard work and learning.

Executive Board of Directors 2008

President: Charline Ludgate – USA
(207) 439-8884 ccludgate@comcast.net

Vice President: Ellen O'Toole – USA/Ireland/Scotland
(207) 439-3172

Secretary: Anne Gately - USA
207-337-5488 artannie@maine.rr.com

Treasurer: Priscilla Schwartz – USA
(207) 361-4097 pschwartz@maine.rr.com

Fundraising: Lucille Gentsch – Germany
(207) 318-7304 Lgandjg@nc.rr.com

Programs: Mary Kinnear - USA
207-363-4877 mary@kinnear.org

Lunch Coordinator: Regina Godfrey - Poland
(207) 363-7547 regal207@aol.com

Membership: Karen Hull – Norway/Sweden
(207) 985-7433 nordic44@roadrunner.com

Activities: Maria Twomey-Thompson – France/Italy
(207) 282-1054 mtt2006@verizon.net

Publicity: Ellen Sue Farber - USA
207-646-8666 musicalellen@aol.com

Historian: Rachel Gowen – England
(603) 431-2568 gowenRR4719@aol.com

Newsletter: Dorothy Healy - USA
(207) 363-4167 Dorothy.Healy@gmail.com

WCI Liaison: Kristine Slater – Norway/USA
(603) 427-0322 jorun@comcast.net

IWCNE Founder: Anna Kristina Sawtelle – Sweden
(207) 361-1508 aksawtelle@aol.com

The date of the next board meeting to be held at the Conference Room at Sentry Hill is November 10 at 9:30am.

Deadline for the November 2008 Newsletter is Monday, November 10, 2008.

The Newsletter will be mailed the week following the Saturday luncheon. If you cannot attend and do not receive your newsletter in the mail, please leave a message for Dorothy Healy at 207-363-4167. Items submitted are subject to editing, due to space.

Edward Jones

MAKING SENSE OF INVESTING



Susan Heckaman
Financial Advisor - AAMS

469 U.S. Route One
P.O. Box 809
York, ME 03909
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Fax 877-678-1667
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Birthdays



November 12 Susan Manfull
November 17 Judy Cooper
Catherine Trent
November 18 Susan McCann
November 24 Charlotte Sanborn
November 25 Judy Totman
Debbie Archambault

Pot Luck Dinners

In Retrospect...

On Thursday, September 18, we enjoyed a delightful evening at the home of Lee Regan and Gino Jacks in York, Maine. When we go to Pot Luck evenings it's as if we are visiting our second families. The food, the musical entertainment and camaraderie is second to none. The food provided by our hostess in her warm and welcoming surroundings as well as our member's specialties was wonderful. The musical entertainment was provided by Karen Stathopoulos and as usual was a great magical diversion from our daily lives.

Tastefully submitted by Ellen Sue Farber

About ten of us drove into the woods on October 2nd...literally! Muriel Poulin's Annual Back to Nature picnic was wonderful for those with a spirit of adventure. "My Sister's Place" is a rustic log cabin in a bucolic setting in Limerick, ME. Let's just say it's off the beaten track and leave it at that. The food was plentiful, the company delightful with a very good political discussion thrown in for good measure. A few rain drops gave us an excuse to sit by the fire until the sun reappeared. May the sun always shine on "My Sister's Place."

For Future...

- November 13th Thursday at 6 p.m. Tinker Newick's in York Harbor.

Be sure to call Betty Williams 207-646-5772 for details and to RSVP as soon as possible while there's still room.



UpSurf.net

Computer Repair Home or Business

(207) 363-4181

www.UpSurf.net

IWCNE Activities

Please note: We are asking that members give a call to the hostess or facilitator when an event is in someone's home, by no later than the day before for **all** scheduled activities, including **Book Club and Foreign Film Discussion** evenings, so that appropriate arrangements may be made. Also in case of poor driving conditions, we are then able to telephone those expected if it seems best to cancel an event.

Foreign Film Discussion Evening



(1st Monday of the month)

Barb Poulin (Acting coordinator)

Place: The Foreign Film Discussion Group will meet at the Yorkshire Commons Community Room in York. (just off Route 1A).

Date: Monday, November 3,

Time: 6pm

Film: *La Grande Seduction* (Seducing Doctor Lewis), a French-Canadian film, 109 minutes in length.

It's hilarious and we think you will enjoy it. This comedy follows a small fishing town in Quebec that's facing tough times as the economy continues to take a hit. The townspeople are thrilled when a major company chooses their locale to build a factory. But the trouble is that the factory will be built only if the town can convince a full-time doctor to move there. So, a local man (Raymond Bouchard) organizes a no-holds-barred crusade to bring in a big city doctor (David Boutin).

Light refreshments will be served. Please call/leave message for Barb Poulin for at 207-363-8731 or cell 207-337-2623 or email: barbpoulin@aol.com for film choices and/or if you plan to attend. All are welcome to bring friends, family, etc.



(1st Tuesday after club luncheon)
Around the World with Women

Coordinators: Julie Stathoplos and barb Poulin

Place: Home of Barb Poulin

Date: Tuesday, October 28, 2008

Time: 7 pm

Book: Please come prepared to share your thoughts on any book of your choice.

Place: Home of Betty Williams

207-646-5772

Date: Tuesday, November 25, 2008

Time: 7 pm

Book: *The Guernsey Literary and Potato Peel Pie Society* by Mary Ann Shaffer and Annie Barrows

Please call Barb Poulin 207-363-8731/337-2623 if you plan to attend Book Club meetings.

Les Chanteuses



The chorus will meet Thursday, November 6 at 5:30 p.m. at the home of Ellen Farber followed by dinner (optional) at a local restaurant. Please RSVP to Ellen Farber at 207-646-8666.

Francophone Gourmet Circle

Date: Tuesday, November 17th, 2008

Place: at a restaurant.

Time: noon

Note: Je ne serai peut-être pas ici ce jour-là -

I might not be here on that day. Mais je vous ferai savoir à qui téléphoner quelques jours avant le 17 - but I'll let you know who to call a few days before the 17th.

En décembre, il n'y aura sans doute pas de déjeuner français - In December probably no French lunch. Alors "à je ne sais quand!"

So "see you when I see you". Janine.



Travel Club

We have always been a club of travelers. Ellen Farber has suggested that we might form a Travel Club to meet monthly to plan a trip together. She has spoken with a travel agent who is enthused about this. If you think you might be interested in this new activity, please call Ellen at 207-646-8666 or e-mail at musicalellen@aol.com.

We Want to Know

Please call us if you know of one of our members who is going through a difficult time - illness, loss of a loved one, or any crisis, so we can offer our support.

Carrie Groppe (207-363-1406)

Charline Ludgate (207-439-8884)

Muriel Poulin (207-490-1808)

Betty Williams (207-646-5772)

WCI Corner



It was another interesting and fun visit by the WCI Executive Board. Our club's founder, Anna Kristina Sawtelle (who was also WCI's Regional Chair for Africa and Israel until recently) and four members of our board, President Charline, VP Ellen, Treasurer Priscilla and I drove down to Boston in the morning of October 2nd for a workshop and discussion hosted by the WCI Executive Board.

The morning began with coffee and an opportunity to introduce ourselves and socialize.

WCI's new President, Padmini Durr opened the meeting welcoming everyone and then going around the table for a more formal introduction: asking our names and which club we represented. This was followed by each club delivering a report on any notable achievement by their club.

Our report included our fundraising efforts. So far this year we have raised \$ 10,000.00.

South Maine Parent Awareness (SMPA) honored IWCNE with their Foundation of the Year Award for our fundraising efforts on their behalf. SMPA had received \$7,000 as our major grantee in 2008.

Various lectures were also on the agenda. Elizabeth Lamb from Taipei, Taiwan, who teaches Chinese and English literature at the Technology and Science Institute of Northern Taiwan, discussed "Resolving Conflicts". Two reasons for conflicts are personalities and issues and they normally occur in a team environment. It is imperative that everyone gets an opportunity to speak so that the problems can be identified and solutions can be found that are acceptable to everyone.

Unfortunately, because of technical problems, we missed out on Aurorita Hunziker's lecture on "How to Keep Your Club Vibrant."

Lois Fisher, WCI's Historian and Archivist, gave a "how to" presentation on "Documentation and How to Best Keep Records" for your club to avoid potential problems.

A workshop was given by one of IWCNE's members on how to download digital photos from your camera to a PC, how to manage an album and mail pictures over the internet.

An update on the preparations for the 2010 International Conference in Porto Alegre, Rio Grande do Sul, Brazil was given. The dates are May 1st thru 5th. A choice of a 10 day or 15 day post conference trip will also be available.

Friday, October 3rd, WCI Board members arrived at Pease via C&J and were greeted by their prospective hostesses. My husband, Tom and I had the pleasure of hosting Caroline Adair Dimmers, Founder's Representative and also the daughter of Marian Adair, WCI's founder. Caroline and her husband, David are no strangers to northern New England. They spent their honeymoon in Maine and over the years have rented a house in Wolfeboro on Lake Winnepesaukee.

Caroline and I had a great time together. We spent Friday afternoon at Strawberry Banke and she enjoyed it so much that we went back the next morning. It was their Harvest Festival which made our museum visit extra special.

Friday evening was spent at VP Ellen's beautiful home having cocktails. Appetizers were provided by participating board members and a delicious dinner at the Wentworth Country Club followed. It was a fun evening, socializing and getting to know each other.

In Friendship,
Kristine Slater WCI Liaison

Note: Additional photos at www.IWCNE.net in the Photo Gallery section.

September Luncheon



Albert Sciaky looks like a kindly grandfather, and no doubt he is, but he is also a consummate globe trotter. We, at the IWCNE luncheon on September 27th, were honored to have him speak to us about his many business deals with various nations around the world.

He amused us with funny antidotes about his experiences in these countries. On a more practical note, he explored the cultural differences in dealing in some of the countries should any of us find ourselves in a business transaction with Italy, France, England, Germany, Sweden, Russia, China or any country in South America. According to Mr. Sciaky the cultural differences in these countries require certain skills that are needed to interact and close the deal. In one instance he found himself feeding alcohol to a potted plant in a certain country in order to stay sober at a "close the deal party." One surprise was that his favorite country to deal with is Japan. The Japanese, he said, never back out once a deal has been struck.

His life has been full and varied and he expressed a desire to retire. If times were good, he said he would retire. But times are not good and his expertise and long experience is needed in the international business world, so for the time being Mr. Sciaky will continue his global travel.

Anne Gately

A Step Back in History at Strawberry Banke Garden Party



Our annual Garden Party was an outstanding success: \$575 was added to our Charity Fund and 20+ members and guests enjoyed a memorable event at Strawberry Banke Museum in Portsmouth NH. The time flew as we gathered to celebrate Cynthia Raymond's 95th birthday at one of her favorite places. Cynthia and Judy Totman co-chaired the event.

This year's event featured the newly reconstructed Thomas Bailey Aldrich Memorial Garden – the oldest Strawberry Banke Museum garden in continuous use, says John Forti, Curator of Historic Gardens and Landscapes. Cynthia adds "It is singular because of documentation for everything in the garden that's being restored to 1908. The magnificent circular hemlock grove as well as period plants and flowers delight the eye."

We imagined ourselves to be back in the Colonial Revival period, specifically 1908, as we sampled "historically correct" food especially prepared for us. All the while we were admiring each other's hats to get ready for the traditional hat contest. Judy Totman managed the ballot process and winners were announced and prizes awarded:

- Most Beautiful went to Gwyneth Wykes.
- Most Unique went to Lucille Donavan.
- Most Comical went to Dorothy Healy.

Charline Ludgate presented Cynthia with flamed photos of Cynthia taken through the years 1992 to the present. Two of the frames held three photos each of Cynthia and other club members over the years. One was of Cynthia modeling in a fashion show in a separate frame – a very special one. Thank you to Rachel, Ellen and Charline for their thoughtfulness in putting this unique birthday gift together. All were beautiful!

John Forti gave us all a special tour of the Thomas Bailey Aldrich Memorial Garden which exhibits classic Colonial Revival characteristics. The garden features reproduction garden furnishings as well as fragrant flowers and a symmetrical arrangement of garden beds graced by fences, pathways, arbor covered terraces, etc. Historically significant plants include a circular grove of massive hemlock trees planted over 80 years ago, old lilacs, roses and grapes as well as heirloom varieties of period flowers.

Note: Additional photos at www.IWCNE.net in the Photo Gallery section.



Holiday Fair Help

Greens Workshop

If anyone is interested in working on greens, we are having a Greens Day Workshop on Wednesday, November 5th, 1 p.m. at Ellen O'Toole's house. Call Rachel Gowen at 603-431-2568 if you plan to attend.

Staff Holiday Tables on November 8th

We also need help staffing our Holiday Tables between 8 a.m. and 2 p.m. on the Fair Day, Saturday, November 8th. Please contact Rachel Gowen if you would like to help at a table, even for just a couple of hours. 603-431-2568.

Ladies Start Your Ovens...

We need baked goods for the Bake Table. Please call Regina Godfrey 207-363-7547 if you will be bringing something yummy.

Holiday Party

December 13, 2008

Saturday at 4 p.m.

22 Bluestone Lane • York, ME

*RSVP Alan and Regina Godfrey
207-363-7547*

\$15.00 per person

Nominating Committee Board 2009

President:	Ellen O'Toole
Vice President:	Lee Regan-Jacks
Secretary:	Barbara Carmer
Treasurer:	Marie Kelleher
Fundraising:	Open
Programs:	Pat DuBois and Paula Sable
Lunch Coordinator:	Micky Robinson
Membership:	Susan West
Activities:	Betty Williams
Publicity:	Open
Historian:	Regina Godfrey
Newsletter:	Mary Lee Pons (May thru December) Open (January thru April)
WCI Liaison:	Kirsten Ivancevic

Dr. Muriel Poulin Honored as "Champion" of Nurses



On Monday, July 21, Muriel Poulin's colleagues, family and friends gathered at the Nasson Community Center in Sanford to honor her as HomeHealth Visiting Nurses presented her with its "HomeHealth Champion" Award.

HomeHealth Visiting Nurses, a not-for-profit home health care agency based in Sacco, presented Poulin with the award to pay tribute to her accomplishments and express gratitude for her continued generosity with the Poulin Family Nursing Fund. Poulin started the scholarship fund 14 years ago to provide grants to the agency's employees who were pursuing college degrees that concentrate on nursing.

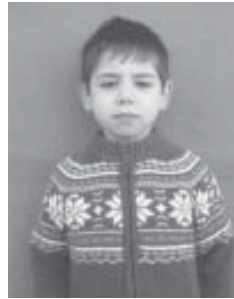
Maryanna Arsenault, the president and CEO of Home Health Visiting Nurses, spoke highly of Poulin. "Because of her leadership, vision and generosity, she has enriched the lives of our employees and the patients we serve," Arsenault said. "As I look across this room and see the faces representing hospitals, community organizations, businesses and friends, there is no doubt that Dr. Poulin's reach has extended beyond Home Health Visiting Nurses to touch the lives of so many in southern Maine."

Arsenault presented Poulin with her award to a standing ovation! Poulin said she would match up to \$5,000 in contributions that evening to the Poulin Family Nursing Education Fund. The colleagues, family members and friends who had gathered to honor her collectively donated \$8,050 in ten minutes to the cause.

(Exerpted from an article originally published July 24, 2008 in the Sanford News. The full article can be read at www.fosters.com)

Children International

Mario of Valparaiso, Chile



Mario Nicolas Sandoval Veliz, one of two children we support through Children International, lives in Valparaiso, Chile with his parents and four siblings. His father is a farmer with a monthly income of \$181, and they live in an Adobe home with running water and a portable gas stove for cooking, though without electricity or indoor plumbing. He is five years old and enjoys art, playing soccer, dancing and singing. Our contribution helps Mario receive health and dental care, as well as assistance for his family to provide a better life for all of them.

Travel Note: The World is a Village

by Rose Safran

So there I am in New York City, having just purchased a scalper's theatre ticket for Gypsy with Patti Lupone. I am a few steps away from the discount ticket area on West 46th Street where the lines were so great that rather than waiting, I succumbed to buying a ticket from an unknown street-selling source, hoping that the ticket would be valid. Ticket in hand, I have headed west, turned the corner southerly and am on Eighth Avenue heading for my hotel. Suddenly, amid the noisy crush of fast-walking-talking pedestrians, I see a pair of eyes looking into mine; I return the glance. Whose eyes, revealing an expression of astonishment that certainly matches mine, are these? Beyond the two pair of eyes, we simultaneously "take in" the faces - and explode with laughter at the uncanny coincidence. Muriel Poulin and I have bumped into each other in New York City! Muriel was holding her discount ticket for August: Osage County, patiently purchased at "TKTS" for 25% off plus a small fee. We decide on dinner together in a place called the Celtic Pub in the immediate neighborhood, enjoying each other's company and the coincidence of traveling miles to meet a Mainer, club member, friend!!! Yes, indeed, the world sometimes is a village. Oh, and yes, my ticket was legitimate, but the seller lied about the "good seat" - the seat was punk!!!

2009 Membership Dues are Due Before December 31, 2008

Send your check for \$35 payable to I.W.C.N.E.

Send to: I.W.C.N.E.

P.O. Box 351

Cape Neddick, ME 03902

IWCNE Luncheon Registration Form

International Women's Club of New England
November 22, 2008

NAME (S): _____

**Mahalos
517 U.S. Route One
Kittery, ME 03904
207-439-1488**

Deadline: November 12, 2008

RSVP: Please send your check for **\$21.00** per person to Regina Godfrey, 22 Bluestone Lane, York, ME 0390
or call 207-363-7547. Pre-registration only. No refunds. Send someone else in your place.

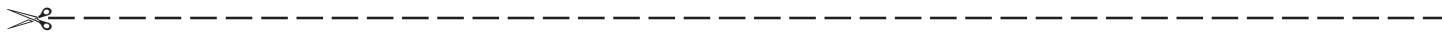
Luncheon Menu

Caesar Salad

**Assorted Skewers: Grilled Seasoned Sirloin; Shoyu Glazed Chicken; Margarita Marinated Shrimp
Grilled Vegetable Skewers
Jasmine Rice with Spring Peas & Pineapple**

Assorted Fruit Tartlettes

Coffee/Tea



International Women's Club of New England Program for November 22nd, 2008

**Mahalos
517 U.S. Route One
Kittery, ME 03904
207-439-1488**

11:00 a.m. Registration (Coffee available)
11:30 a.m. Business Meeting
12:00 noon Luncheon
1:00 p.m. Speaker

Directions:

Route 1 South on right before Kittery Malls and across from Domino's
Or
Route 1 North on left after Kittery Malls.



IWCNE - November 2008 Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Save the Date:</p> <ul style="list-style-type: none"> December 13th Holiday Party at the Godfrey's 						
2	3 International Film Discussion Yorkshire Commons 6:00 pm	4 Election Day	5	6 Les Chanteuses 5:30 pm	7	8 Holiday Fair York 9 am - 2 pm
9	10 Board Meeting Sentry Hill, York 9:30 am Deadline for newsletter	11	12 Deadline for Luncheon Signup/Payment	13 Pot Luck at Tinker Newick's	14	15
16	17 Francophone Gourmet Circle Noon	18	19	20	21	22 Luncheon Mahaols Kittery, ME 11 am
23	24	25 Book Club 6:00 pm	26	27 Thanksgiving	28	29
30						



ESTABLISHED 1992

Eastern Europe – Hungary, Slovakia, Austria and Czech Republic

It was not easy to leave our home on the Coast of Maine in August and go to Eastern Europe, but off we went for twelve days.

Our first stop was in Budapest, Hungary where we boarded the “Motor Shop Adagio” which was moored on the beautiful Blue Danube River in the heart of the city. This was to be our home for eight days, along with one hundred and fifty people from all over the United States and only six of us from New England. We went on a tour of Budapest which included historic Heroes’ Square and the city’s Castle District.

The highlight of Hungary was an excursion to a genuine horse farm in the puszta. Puszta means “uninhabited place” and this is an area of national parks and nature reserves. We saw modern European cowboys called csikas. They are incredibly skilled horsemen. The cowboys control their horses only with bridles and the cracking of six-foot whips that never touch the animals, truly an amazing feat. After the horse show we went for a carriage ride to a country home where we savored a traditional Magyar meal, accompanied by the haunting strains of folkloric Gypsy music.

Every evening, we enjoyed a port talk about our next destination. Bratislava is the capital of Slovakia. The famous Danube city is a picturesque setting at the foot of the Little Carpathian Mountains. Bratislava has a history going back to Celtic and Roman times and is dominated by a massive square castle. In the evening we enjoyed our Discovery Series round-table discussion with students from Bratislava concerning their life in today’s Slovakia.

In Vienna, Austria we walked the medieval streets of imperial Vienna and took a tour of St. Stephen’s Cathedral. It houses Austria’s largest bell from the twelfth century. We also walked around the Belvedere Palace which had extensive gardens in full bloom and in the distance you could see the hills of the Vienna Woods. The Wachau Valley was one of the most beautiful parts of the Danube. This is a landscape of sculpted hills and medieval towns built along the river. We stopped in Melk to tour the historic 900 year old baroque Melk Abbey. The Abbey houses a library of thousands of books and manuscripts and 365 windows – one for every day of the year. A day of leisure was spent in Lintz, Austria where Mozart, Beethoven and Bruckner all spent time.

After eight days on our River Boat we bid a fond farewell to our Captain and disembarked. We boarded a bus for Prague in the Czech Republic. One of our stops was in the medieval town of Cesky Krumlov, a UNESCO World Heritage Site. We visited a home in the Czech countryside in the village of Nosalov. There we tasted regional dishes and danced the night away to lively Polka music.

After spending three full days in Prague it all came to an end. We left with memories never to be lost and pounds that must be lost.

Regina Godfrey