



NEWSLETTER - February 9, 2021

"If you want the rainbow you gotta put up with the rain." - [Dolly Parton](#) (1946-), American singer, songwriter, multi-instrumentalist, actress, author, businesswoman, and humanitarian

We're seeing snowflakes right now, but that rainbow sounds pretty nice. Wishing you all some bright colors to cheer up a (grey) February! (And Happy Valentine's Day!)





Dear AWCB Members,

It's hard to believe that we are nearing mid-February already– and that we have so much snow on the ground! We are looking forward to a **more optimistic 2021**, and hope it started off on the right track for all of you!

As you're hopefully well aware thanks to this newsletter and our various member meetings/events, we, as your Board, have been very busy these past several months. **House sale, auction, charity donations, archiving, general clean up**...there have certainly not been any dull moments to close out 2020! Plus, we had the very successful **Angel Tree and Nativitas** holiday programs this year, and we thank you once again for your generosity which brought smiles to so many faces.

Thanks as well to those of you who attended our **Extraordinary General Assembly (EGA) on January 29**. The EGA addressed three key items linked to the house sale and COVID-19:

1. **Address change of Club** to (new) accountants' address, as required due to the Clubhouse sale
2. **Change of our accountant** to one with much better customer service
3. **Extension of the existing Board mandates** until September and plans for EGA at that time, to give us time to work through the Clubhouse sale/related tasks – and also in hopes that we might actually be able to have the next EGA in person!

Thanks to the expert organization of Cate Napier, your votes from the EGA and all proxies were tallied and all of three of the above motions were **unanimously approved**.

As also mentioned at the EGA, there are also some changes to the Board structure due to a few resignations. We are pleased to announce the following team:

- **Jan Allen** will take over as President
- **Jennifer Constantino** will move into the role of First Vice President
- **Lorraine de Bock** becomes Second Vice President
- (**Kara Kogler** and **Cate Napier** will continue in their roles of Secretary and Treasurer, respectively.)

We reluctantly accepted the **resignation** of **Pat Raymond** before the end of 2020, and we are also sorry to see **Julie Kmet**, **Ana Rojas** and **Kelly Hogan** leave the Board. We could not have made it through the challenging 2020 without everyone's input and hard work. (See some **well-deserved kudos and thanks** in the Members' News section below!)

We look forward to working with all of you to open up this **next exciting chapter in Club history** and to meet you virtually – and hopefully very soon in person – to keep alive our camaraderie and positive spirit. As always, please feel free to [share with us](#) any of your ideas, concerns, brainwaves, etc – our Inbox is always open!

Until then, **stay warm and stay healthy!**

Your AWCB Board





**FRIDAY, FEBRUARY 12:
MAGIC & ILLUSION SHOW
WITH ERIC WILZIG!**

THIS FRIDAY NIGHT! Don't miss it!

Join us online and get ready for the "Extreme Magic of Eric Wilzig" show on **Friday, February 12 @ 7:30 PM**, which will be **EXCLUSIVELY** performed for the AWCB! Eric has appeared on NBC's "America's Got Talent" , as well as the Jimmy Fallon and Howie Mandel shows. Eric will perform live from a studio in NYC, and the show will be interactive.

Adults and children alike will be captivated as they watch grand illusions from 360 degree views, learn the secrets to some magic tricks and you may be lucky enough to have your mind read by Eric himself!

Space is limited so be sure to [sign up now](#) to secure your place for this entertaining, suspense filled evening!

Women Crush Wednesday

LIVE ON INSTAGRAM EVERY WEDNESDAY AT 2:30PM



Women Crush Wednesdays - Live on Instagram!

February 10 - 2:30 PM - Rosa Parks

February 17 - 2:30 PM - Amelia Earhart

What a **winning combo** for your Wednesdays: join our AWCB Board members Cate, Jan, Lorraine & co-host Kyara Davies for a fun and dynamic discussion about **inspirational women in history** and their every day lives together. It's our first Instagram Live event so be sure to first follow us on **Americanwomensclub.bxl** on Instagram and join on in!



AWCB Diet/Nutrition Group
Monday, February 22 - 6.00 PM

Have you spent the pandemic getting fit and trim or has Netflix taken over and glued you to the couch? Since the confinement periods started last March, some of us have (unfortunately) managed to gain weight - despite our best efforts and intentions. However, spring will soon be here so let's work together to regain our fitter, slimmer selves just in time for the vaccine and bathing suit season! Whichever program you like/are following - 5:2, Weight Watchers, Atkins, Intermittent Fasting, Keto, etc. - we can be each others' support network and cheerleaders!

At this inaugural meeting of the **AWCB Diet/Nutrition Group**, led by Board member Jennifer Constantino, we'll introduce ourselves and discuss when we'll organise our meetings - our group, our rules! In the meantime, pick out a diet that you think you can live with and be prepared to commit to achieving your goal - working towards a June meeting to celebrate our successes! [Join us](#) in helping each other in our weight loss journeys!



Mindfulness Webinar with Danielle Moens

Friday, February 26 - 3:00 PM

Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us.

Mindfulness is a quality that every human being already possesses; you just have to learn how to access it.

Especially now in this weird COVID-19 world, well-being and mindfulness is really important to maintain a healthy and stable life. Learn more about mindfulness and tips on how to achieve your goals while maintaining balance from **Danielle Moens**, founder of the [House for Wellbeing](#).

Danielle's passion and enthusiasm will help you enhance your wellbeing and harness the power of your unconscious mind. Please [join us](#) and discover what you can implement right away to enhance your well-being!



Lots of February online fun: check out our mix of [virtual events/classes](#) this month, get ready to:

- Delight in some **wine and romantic poetry for Valentine's Day**
 - Show your crafty side by learning some **needlepoint**
 - Take part in some **FAWCO Global Issues** discussions
 - Learn some more **mindfulness** techniques
- ...and more!

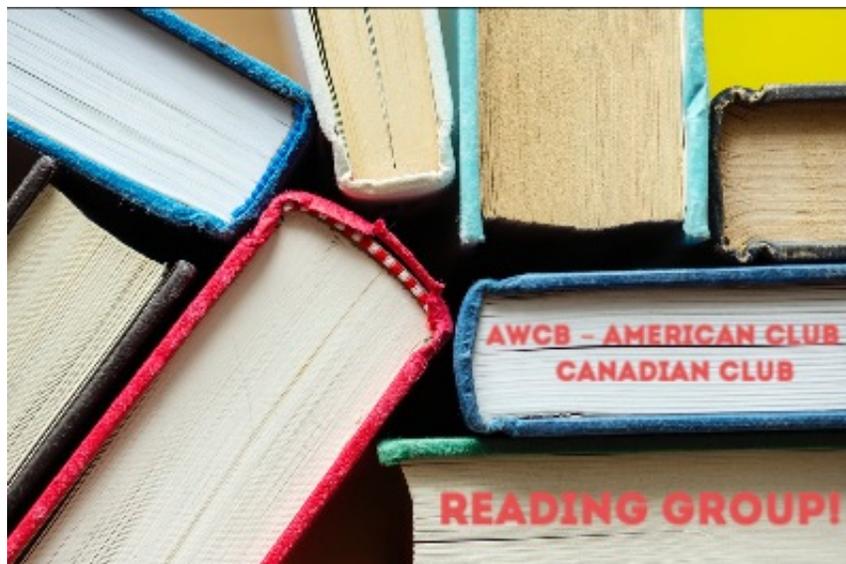
We are aiming to please and hope there is something for everyone. Don't forget to check out the events page for the specifics, sign up and enjoy! (PS we'd love your feedback on these events! Thanks for [letting us know](#) what you think of them!)





Shout it out, shout it loud! Who doesn't love to communicate and share info with one another? We're happy to announce that we've got a nifty new means to do it: check out our new **Communication section on the AWCB website**, <https://www.awcb.org/Communication>.

You'll find a **community bulletin board** just waiting for your questions and advice, as well as an archive of this very newsletter and our blog page. Have a look, leave a tip and make sure you make this a great way to exchange info between us!



**AWCB - American Club - Canadian Club Book Club
March 10 meeting!**

March 10 will be the next meet up of the Reading Group, with *On Earth We're are briefly Gorgeous* by Ocean Vuong as the book on the discussion table. Join other avid readers from the AWCB, the Canadian Club and the American Club of Brussels and enjoy the cama-reader-ie! Please contact [Genevieve Bergiers](#) for more info. Check the AWCB online [calendar](#) for future scheduled titles and to sign up every month.



AWCB Daytime Book Club

March 16 meeting!

You've got plenty of time to get started on the March book of choice from the **AWCB's Daytime Book Club**. Get your hands on a copy of *Little Bee* by Chris Cleave and get ready to delve into a very special story about the tenuous friendship that blooms between two disparate strangers – one an illegal Nigerian refugee, the other a recent widow from suburban London. The Club will meet via Zoom, and the link will be provided after [registration](#). Any and all questions in the meantime can be directed to Board member [Cate Napier](#). Enjoy the read!



Here's some news and info regarding what's happening in the FAWCO world! For more details, our dedicated FAWCO representative [Heather Bloemperk](#) will be delighted to be of help!

Bi-Annual conference (March 18-21): this year's edition will be an on line only affair, using the HOPIN format. Join the upcoming Zoom session on February 24 to get motivated. There is so much to learn and be involved in: Foundation Night and the Silent Auction are just two of the conference events which invite your participation!

FAWCO newsletters: As an AWCB member, you are encouraged to subscribe to the variety of newsletters FAWCO offers, i.e from the UN Advocacy team, the Global issues teams of Environment, Education, Health and Human Rights; the Target Program or the FAWCO Youth Program. These newsletters are chock full of interesting information, so make sure to sign up for any – or all – of them! Just log on to the [FAWCO website](#), go to the Publications section and sign up. (Be sure to give yourself time to get your FAWCO log in if you don't have one just yet...). And don't forget to check out the [current edition](#) of FAWCO's quarterly magazine "Inspiring Women"!

FAWCO Virtual Tour: Have the travel itch? FAWCO has dreamed up a fun way of seeing the world and learn all about other FAWCO clubs at the same time. The Virtual Tour, which kicked off last June, was organised to bring member clubs together, allows you to visit FAWCO clubs in Europe, Asia, Oceania, Africa, and North and South America. More than 125 members logged their activity miles on an app, and over 200 joined the [FAWCO Virtual Tour Facebook Group](#) to share photos and information about the different clubs, as well as the FAWCO Target Program partner, Hope for Women and Girls in Tanzania. Over 34,000 virtual miles have been logged up to now and the trip will shortly end in New York City, where FAWCO is incorporated. Join the journey today!



Hey everybody! Got something to share with your fellow members? Just [let us know!](#) We hope you find this section interesting and a great way to stay even more connected, informed and part of the AWCB Community!

**THANK
YOU**

Thank you to this tremendous trio!

On behalf of Board and everyone in the Club, we'd like to thank **three lovely ladies for their dedication, commitment and enthusiasm** during their tenure as AWCB Board members.

Ana Rojas: Although Ana served on the Board less than one year, her positive energy, creative ideas and good humour gave a welcome boost to our activities. If you are a new member of the Club, you were certainly warmly welcomed by Ana in her role as membership coordinator, and we are sure your birthdays were boosted by one of her thoughtful birthday cards! Avid reader Ana also helped with the virtual set up of the AWCB-ACB-Canadian Book Club once COVID-19 hit. She reached out to several American organizations to establish partnership discussions, and was instrumental in organizing the AWCB's contribution for the Memorial Day commemorations. Ana's now in Houston, Texas, and we wish her well in her Stateside endeavors and hope that she will come back and visit us often!

Julie Kmet: You may remember meeting Julie's new family addition a few newsletters back: a proud new mom to beautiful baby Mila, Julie bids us *adieu* to focus on family and career, but we are delighted that she will still remain with us as an AWCB member. Julie served as Secretary from 2019-2020, and stayed on as Director at Large for 2020-2021. During her tenure on the Board, Julie deftly managed our *Moniteur Belge* filings, was a wiz with our website and IT support due to her digital prowess, kept our online Events calendar hopping, helped out with general management of the Club - including the odd repair here or there - and always offered a creative solution for any issue! Julie has a real flair for fashion: be sure to take a peek at Julie's Facebook page where you can always find the cutest photos of Mila all dressed up!

Kelly Hogan: Our outgoing President, Kelly guided the Club through the very bumpy waters of 2020 - starting with the COVID-19 lockdowns a week after last year's AGM! During the past 10 months under her stewardship and the teamwork of the industrious Board, we digitized all of the Club's activities and operations, achieved the major goal of the sale of the Clubhouse, conducted an inventory of all Clubhouse items, as well as ran a successful auction to help with our departure from the Clubhouse. Kelly also championed the professionalizing our financial reporting, the move and storage planning, and, with the support of Heather Bloemperk, mobilized charities to benefit from unsold items in the Clubhouse. Kelly is a powerhouse of action and has been an active member of the Club since 2002, so we are grateful that Kelly will also stay on as a Club member and continue to help us with membership and organisation of events such as the ever popular Ladies Nights Out (when permitted again) and Walk & Talk.

Ladies, our heartfelt thanks for everything that you have done for the Club!

Thank you as always for your involvement!

Have something to include in the newsletter? We love your news so just **e-mail us** with the details.
Ditto goes for your **events**! Thank you for your input!



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