



CONNECTIONS

September 2023

- 4 TENNIS - Dukes Wood GX
- 5 GOLF - 10:30am Wexham Park, SL3 6ND
- 11 TENNIS - Dukes Wood GX
- 12 BAZAAR MEET - Committee meeting
- 12 GOLF - 10:30am Wexham Park, SL3 6ND
- 13 GOLF - 10am Wexham Park, SL3 6ND
- 14 **GENERAL MEETING - 9:30am for 10am start. Socialising - Meet & Greet - Speaker - Vendors**
VENUE - Harewood Downs Golf Club, Cokes Ln, near Amersham HP8 4TA. (Contact: Philippa Taylor)
- 14 LUNCH BUNCH - place TBC
- 17 HIKING - Weekend walk at Hughenden
- 18 TENNIS - Dukes Wood GX
- 19 WOW (Women of the WORD) - Bible Study
- 19 GOLF - 10:30am Wexham Park, SL3 6ND
- 19 BOOK BUNCH - Venue TBC
- 20 GOLF - 10am Wexham Park, SL3 6ND
- 20 NEWCOMERS MEET AND GREET - The Beech House
- 21 BOW MAKING - for the Bazaar (Contact: Lety Wicks)
- 22 LET'S GO - 11:30am, London SOHO Food Tour (3 hour Walk)
- 25 TENNIS - Dukes Wood GX
- 26 WOW - Women of the WORD - Bible Study
- 26 GOLF - 10:30am Wexham Park, SL3 6ND
- 27 GOLF - 10am Wexham Park, SL3 6ND
- 27 HIKING - 9:45am (10am start) Royal Standard, Beaconsfield
- 27 BUNCO Time tbc - Venue to be confirmed by Pam Showalter

Contact CAWCactivitiesuk@gmail.com for activity leader contact details, name are listed below.

Useful Club Links



Website
cawc.co.uk



Instagram
[cawc_international](https://www.instagram.com/cawc_international)



Twitter
[@cawc_intl](https://twitter.com/cawc_intl)



Facebook
[CAWCInternational](https://www.facebook.com/CAWCInternational)



YouTube
[CAWC TV](https://www.youtube.com/CAWC_TV)

Activity Contacts: TENNIS: Robin Smirnov, GOLF: Gitte Floodeen, BAZAAR: Kate Harmon/Robin Smirnov, LUNCH BUNCH: Alexia Griffiths, HIKING: Kathy Flake, WOW: Michelle Egan, BOOK BUNCH: Patti Dossett, BUNCO: Lety Wicks, LET'S GO: Daniela Matson.

2023 BAZAAR UPDATE

CAWC 36th Annual Charity Christmas Bazaar Sunday, 12th November 2023 - Feliz Navidad!

We are so excited that the Christmas Bazaar is just around the corner! Please save the date for Saturday, November 11th in the morning to help with set up and Sunday, November 12th which is Bazaar day!

★ If you are interested in being part of the Bazaar Committee please attend our Bazaar meeting on Tuesday, September 12 from 12-2.

★ Friday, 6th of October from 12-2 - Bazaar meeting plus basket making prep and last donation drop!

★ Basket making will take place October 9-20th!

Please note that it is a responsibility of ALL members of CAWC to volunteer to help with our Bazaar. We need all of our CAWC members to help volunteer to work a shift on the day (we love it when family members volunteer too!) and to spread the word to your friends and family! In the run up to the Bazaar we will also need help making our famous gift baskets, baking for our yummy bake sale, making a crockpot of chilli and helping to set up on Saturday and Sunday mornings. If you are new to CAWC helping with the Bazaar is a great way to meet people and make new friends.

100% of the profit from the Bazaar will go to our chosen charity, Carers Bucks which helps to support 1,800 young people aged 5-25 throughout the Buckinghamshire area who give unpaid support and care to their loved ones.

More info to come about volunteer sign ups at the September General Meeting.

At the Bazaar there will be around 70 incredible vendors selling a huge variety of fabulous things, a silent auction, our incredible gift baskets will be on sale, there will be a Grand Raffle and our new Tombola with prizes to be won and there is the famous CAWC Bake Sale and the Texas Cafe!

We also will have a Premier Hour event from 9am - 10am for CAWC members and their friends and families to be able to shop before anyone else in peace before the crowds arrive!

Premier Hour tickets are selling quickly so, please get yours soon through this link: [eventbrite.co.uk/e/cawc-christmas-charity-bazaar-premier-hour-tickets-tickets-575872970557](https://www.eventbrite.co.uk/e/cawc-christmas-charity-bazaar-premier-hour-tickets-tickets-575872970557)

Here are a few ways that you could help now:

- Please share details of the Bazaar with everyone you know and on social media! Sharing, liking and commenting on our posts is a great way to bring more attention to our event!



2023 BAZAAR UPDATE

- Share our Premier Hour ticket link: <https://www.eventbrite.co.uk/e/cawc-christmas-charity-bazaar-premier-hour-tickets-tickets-575872970557>
- Clean out the clutter in your closets/pantries, and donate those new unwanted new items for our famous gift baskets. We can turn your unwanted items into treasure!
- We will take any new donations but, we are in need of: food items that have best before dates that are good until after Christmas, mugs, napkins, tea, coffee, chocolates, tea towels, toiletries, bottles of alcohol, wine, Prosecco, champagne, gin, craft beer, olives, jewellery, scarves, American food, cake mixes, frosting, snacks, candy, toys, lotions and potions, Thanksgiving items, the list is endless!
- Pop into your local charity shop and see if you can find any baskets or vessels that could be used to hold gift baskets items.

We are also happy to take cash donations for our gift baskets if you'd love to donate but, aren't sure what to give.

We are very thankful for all of your donations! Please bring them to the September general meeting or contact Monika for an alternative drop off.

Finally, please sell raffle tickets for our Grand raffle to your family and friends!

We have a huge list of amazing prizes to be won! We will have raffle tickets available at the September general meeting.

Thank you to our amazing Chairwomen for this year. We do have a few positions that need a volunteer.

Vendors - Laurie

Baskets - Lety, Monika, Karen

Premier Hour - Daniela & Andrea

Sponsors - Pam

Cafe - Maral & Michelle

Bake Sale - Katie

Tombola - Malina & Denise

Silent Auction - Pam

Social Media - Anita & Kati

Tree - Louisa

Volunteer Coordinator - Louisa

Treasurer - Monica and volunteer

Vendor Hospitality - Volunteer

Raffle - Volunteer

Thank you so much to all CAWC members, the Bazaar couldn't take place without your hard work and generosity! We look forward to sharing more details with you about the Bazaar!

We hope to see you there!



CAWC Bazaar co-chairs:

Kate Harman and Robin Smirnov



2023 BAZAAR URGENT

BASKETS COMMUNICATION

Dear Members,

The basket team are already very grateful with **ALL** your DONATIONS so far, however, please note that this year we plan to start making the baskets much earlier: **9 to 20 of OCTOBER 2023**, we are in real need of getting your kind donations earlier too.

Thus, we NEED you to bring your donations at our **first General meeting of the year on 14 SEPTEMBER**, at the **Harewood Downs Golf Club**, in Cokes Lane, Chalfont St Giles, near Amersham, HP8 4TA.

All donations are most welcome but this year, in particular we are short of:

- **Alcohol- champagnes, Prosecco, wines and spirits.**
- **Food items (chocolates, tea, coffee and mugs).**
- **Ladies' toiletries, creams, Eau de toilet, jewellery, etc.**

As other years, if you bring your donations to the General Meeting, you will get a free ticket for the monthly Raffle.

So, please check your closets and cupboards for all those **unwanted gifts** or new items you have and if you can get anything else we will be most grateful.

Also, if you cannot attend the meeting, afterwards Lety will receive your donations at her home: **please phone to arrange drop-off.**

Looking forward to seeing as many of you at our General Meeting!!

Bazaar's BASKET TEAM

Lety Wicks, Monika Bracken, Karen Bates



PRESIDENT'S WELCOME

Dear Ladies,

Welcome to the start of the 2023 – 24 CAWC year! Whether you've been a member for many years, are considering becoming a member or have just joined us, we're looking forward to getting to know you. We are an international group with members from not only the UK and the US, but from over 20 other countries across the globe too.

Our board and activity leaders have been hard at work organising a fabulous schedule of small group activities, speakers for our monthly General Meetings, newcomer coffees and are plotting our major events for Christmas, our May Tea Party and of course our end of year celebration!

The board is looking forward to seeing you all at our first General Meeting on Thursday 14th September at Harewood Downs Golf Club, Cokes Ln, Nr Amersham HP8 4TA, 9.30am for a 10am start. This lovely new venue has plenty of parking and the view from our meeting room is pretty spectacular too! You'll be meeting both established and new members so it's a fabulous opportunity to make new friends and refresh friendships after the summer break. Did you know that if you bring a guest or two along to one of our General Meetings, not only will they have an opportunity to experience our amazing events, but you and your guest/s will each get a strip of raffle tickets as a thank you.

Our speaker is member Tracy Thorne of Originals from Bega's Cottage, The Wonders of Watercolours who will be giving us a mini workshop on creating a greeting card/picture. Bring an apron!

See a little about Tracy and The Wonders of watercolour on the next page.

At the meeting our lovely activity leaders will be sharing details of what's on offer for you our members including golf, Bunco, book bunch and hiking. There'll also be an opportunity for you to offer your suggestions for activities for us all.

Don't forget the member benefits that you can take advantage of which are listed on the CAWC webpage Including a LINK 20% off at Oxygen in Beaconsfield. There are many more supporters of the club that give really good offers to members so save the CAWC link on your browser. All event and activity information are also readily available on the website too so make sure you go onto



the site regularly. We also share details on our private and public social media channels too – click on the links to follow us.

I'm looking forward to seeing you all soon.

Philippa Taylor

cawcpresidentuk@gmail.com



Sept 2023 General Meeting Mini Workshop

The Wonders of Watercolours

An easy and fun introduction to using and playing with watercolour paints in this mini workshop.

Tracy will show you how to hand-paint a beautiful Sparkly Flower, to make an Initial, Heart or Cross hand-painted in tiny flowers or tiny stars, and how to create your own unique Squigglydoodle, which can all be made into greeting cards or pictures.

Tracy is a local artist who makes original and personalised picture presents from her home, Bega's Cottage in Farnham Common. She creates bespoke hand-painted watercolour paintings, hand-washed watercolour prints and graphic prints – all are sparkled and personalised – for her customers to give as unique and special keepsake gifts to friends and family to mark special occasions: New Baby, Christening, Graduation, Engagement, Wedding, Anniversary and Special Birthdays. She also loves commissions to paint portraits of Pets, Homes, Favourite Soft Toys, Cars, and Special Places.

Paper, paint, brushes and sparkles all provided and although the workshop won't be messy you might like to bring an apron!

Tracy Thorne

Originals from Bega's Cottage, Green Lane, Farnham Common, Bucks, SL2 3SR

Facebook: Originals from Bega's Cottage

Website: Originals from Bega's Cottage (coming soon – still work in progress!)



PROGRAMMES – 2nd VP

Hello ladies and welcome back to our NEW CLUB YEAR OF ACTIVITIES...!!

I am so happy to lead the ACTIVITIES TEAM this year, and hope that you will join as many as you can, as it is a great way to get socialise and meeting new members!

As always CAWC has a variety of activities to cater to all, just see our calendar in the club's website. Please if you have any questions, get in touch with the chairperson in charge.

Meanwhile, I just want to call your attention to our much-missed activity LET'S GO, this year our own Daniela Matson will be in charge and already she's got an excellent idea... read her article below and let's go with her...!

On the other hand, unfortunately, with the departure of Dalia Beifus, we are now looking for another member to keep the LET'S COOK activity alive. Please, please IF YOU are interested get in contact with me (my details below).

Meanwhile, all the other activities remain the same.

Now, here's some new information from your Activity leaders...!

Lety Wicks

2nd VP ACTIVITIES

cawcactivities@gmail.com



ACTIVITY LEADERS



Book Bunch

Hi everyone,

I do you hope you had or are still having a good 'Summer'. We are a group who enjoy reading and discussing our monthly book over a light lunch at some of the member's home.

So, if you think you would like to join our group, please get in touch with me.

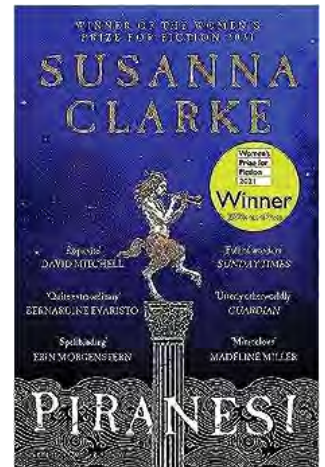
Our next meeting of the Book Bunch will be on Tuesday, Sept 19 when we will be discussing 'Piranesi' by Susanna Clarke.

Please let me know if you could host this meeting. I cannot do it this month.

Then, at the September meeting, we will also decide the dates and the books for October, November and December, so if you have any recommendations to put on the list, please do let me know.



Thanks!
Patti Dossett



Bunco

Bunco is a fun dice game, generally played with twelve or more players, divided into groups of four, trying to score points while taking turns rolling three dice in a series of six rounds. In fact, you don't even need to know this as it is really easy to play... as long as you can count up to SIX...!

Come along and have a drink, some nibbles and lots of fun while playing and chatting...!

We normally get together on Wednesday evening at some of the group's home and all you need to bring is £5 and maybe a drink too.

This, month I am also looking for a host as I cannot make it this month. Please, contact me if you can host...!!



Lety Wicks

ACTIVITY LEADERS



Golf

The CAWC Golf Group meets once a week for a 1-hour lesson at Wexham Park Golf Centre.

Start time is 10:30 a.m. outside the Pro Shop. We decide on the day what we'd like to do, whether it be use the driving range, work on our short game at the chipping areas, or go straight out on the course.

All are welcome to golf 9 holes after the lesson. Lessons are £10 per person which can be paid by cash or card. The optional round of 9 holes is an additional £5 if we are already on the course or £15 if we were on the range or chipping area.

If we go to the range, we split the cost of the balls.

All experience levels are welcome, and if you don't have your own equipment, it can be lent to you. Staying for lunch afterwards is always an option!!

If you have any questions or are ready to be added to the Golf WhatsApp group, please feel free to contact me.

Our first session will be on Tuesday September 5th at 10:30 a.m. After that, we will be offering 2 sessions per week: Tuesdays at 10:30 a.m. and Wednesdays at 10:00 a.m. If you have any questions, or are ready to be added to the Golf WhatsApp group, please feel free to contact me.



Gitte Floodeen



Hiking

Hiking dates for this month are 17 September, Weekend hike, TBC, and 27 September, Royal Standard in Forty Green. We will meet at 9:45 for a 10 am start. Contact Kathy to RSVP: 07497560454, or via WhatsApp.

Check our 'Facebook Group' for photos, information and updates.

If you'd like to be on the email list or WhatsApp let me know and that way you'll know about our hikes on the first of the month.



Kathy Flake

ACTIVITY LEADERS



After a multi-year hiatus CAWC Let's Go is back!

For those of you unfamiliar with Let's Go, it is an activity group within CAWC dedicated to curating engaging group experiences in both local and neighbouring areas (Buckinghamshire, Greater London, Berkshire, Oxfordshire, and Hertfordshire for the most part). The group is all about bringing people together through exciting outings and events that foster connection and enjoyment. Think food tours, outings to exhibitions, cultural events, etc).

Join us to explore the vibrant tapestry of our region while forging new friendships and creating unforgettable memories!

Our first Let's Go activity is one for the Foodies - details below:

SOHO (London) Guided Food Tour

Date: Friday, September 22nd

Start Time: 11:30 meet in London (foyer by the ticket barriers at Tottenham Court Road tube station). Note that this timing should allow everyone to purchase a non-peak (reduced fair) train ticket if taking Chiltern Railways i.e. the 10:04 from Beaconsfield will get there in plenty of time.

End Time: 14:30 hrs

Cost: £15pp (not including any food and drink you may choose to sample/purchase during the tour).

Description of Tour: Soho has always been a venue for those looking to be entertained, but you might be surprised to hear that it is also one of London's foodie centres.

On this 3-hour walking tour, you will sample 8-10 gastronomic delights-both savoury and sweet. Each place specialises in something they do exceptionally well. Please ensure you arrive hungry.

We require a minimum of 8 people for the tour to happen, and the tour can accommodate a maximum of 25 people.

How to Register: Email me at cawcletsgo@gmail.com to reserve a spot and receive payment instructions (or send me a private WhatsApp message). Please be sure to include your name on any communications.

As the year is just kicking off, I'm taking suggestions for additional outings for the 2023-2024 Club year. You can send me any suggestions or ask any questions at: cawcletsgo@gmail.com I'll be at the first GM with a sign-up list if you are interested in joining the email distribution list for upcoming events as well.



Looking forward to an EVENT-full Club year!

All the best,
Daniela Matson



ACTIVITY LEADERS



Lunch Bunch

Lunch Bunch is a fun and relaxed group of members who enjoy sampling different menus each month in a new restaurant...!

If you are interested to be added to the mailing/WhatsApp group, please get in contact with me.



Alexia Griffiths



Movie Madness

Movie Madness meets once a month or so, going to watch a new film in a local venue. If you are interested in joining this group, please get in touch with Maral.



Maral Milne



Tennis

This group get together on Monday morning, 10-11am, at the Dukes Wood Tennis Club, in Gerrards Cross.

There is a fee for playing, if you are interested, please get in contact with me.



Robin Smirnov



WoW (Women of the Word)

We are a group of ladies who get together to study the Bible while we read a new book every term which is closed related to one of the books of the Bible.

We normally meet on Tuesday morning at the home of one of the member's homes.

WoW dates for September will be 19th and 26th. Please get in touch if you are interested.



Michelle Egan

PHILANTHROPY

This year we have agreed to support Carers Bucks with the funds that we raise. I have asked Yasmeen Azizul, Young Carers and Young Adult Carer Service Manager, to give us an overview of the charity and some examples of their work. She'll will be providing us with a monthly report. Please get in touch with me (Jenny Cookman) if you would like to know more.

Carers Bucks supports unpaid carers across Buckinghamshire who care for someone who has a physical or learning disability, an illness, or a drug or alcohol dependency. The Young Carers and Young Adult Carer service specifically focuses on supporting those carers aged 5-25.

Anyone providing care to another individual can be affected in a variety of different ways but for young people it can be particularly challenging. Carers Bucks supports Young Carers in a variety of ways to ensure each carers situation is tailored to.

Support Available:

- *The opportunity to attend termly Club nights throughout the county. This provides carers the opportunity to meet other carers their own age, socialise and get advice from support workers.*
- *During the holidays we take young carers who have limited access to social opportunities out on activities, day trips and the occasional residential stay. This summer we have taken young carers to The Young Carers festival (a two-day festival for young carers from across the county), a day trip down to Bournemouth Beach and trips to Laser Tag and the zoo to name some. We also provide online zoom activities for those who find it particularly challenging to get out.*
- *Targeted support work to increase knowledge around their caring role and provide detailed coping strategies that deal with:*
 1. *Looking after a sibling*
 2. *Looking after a parent*
 3. *Well-being sessions designed to encourage them to focus on their own health and mental health. This summer we have ran 4 consecutive sessions with 15 young carers aged 11-16 to really focus on their own mental wellbeing.*
- *One to one support sessions supporting key areas around the caring role that a young carer may be having difficulty with.*

Alongside the support above, Carers Bucks work with schools across Buckinghamshire to ensure they identifying and supporting young carers in their school and a holistic approach is provided for carers inside and outside of school.

We are launching a secondary school offering in September.



Carers Bucks look forward to working with CAWC over the next year to enhance the support given to young carers.

Jenny Cookman



MEMBERSHIP *and* HOSPITALITY

Welcome everyone to the new Club year.

I would especially like to extend a warm welcome to our new member - Nina Jaksic.

A huge thank you to those of you who have already paid your Membership for the Club year 2023/2024.

If you have not paid, the easiest way to renew is to transfer either £70 for full members or £35 for military members to the CAWC account. Please email cawcmembership@gmail.com for bank details.

If you have paid, you will have received an e-mail from me (Anita Wallace) confirming that we have received your subscription payment.

If you are not sure, please let me know and I will check for you. If you are not planning to renew, would you please let me know. (We will miss you!)

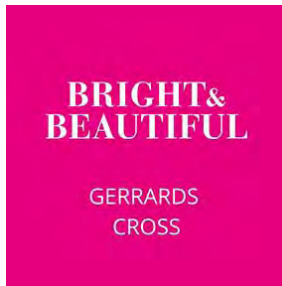
We are always looking for new members so do please bring friends to the General Meetings and events. Don't forget, at the General Meeting both you and your friend(s) will receive a **FREE** strip of raffle tickets **EACH!!!!**

If your friend joins the Club your name will go into the £1 prize draw at the end of the year. If you introduce two friends, your name will be entered twice, and so on.



Anita Wallace

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