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International
Women
in London

www.kewc.org.uk

Autumn 2021



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Hospitality Coffee Morning



September – November 2021 Table of Contents



The Kensington Chelsea Women's Club (KCWC) Newsletter is published three times per year, for current members of KCWC

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President's Message



Now that I am no longer a school age student – indeed decades have passed since notebooks were my companion! – I find I welcome the onset of September. The reunions with friends comparing notes after summer holidays, the arrival of crisp autumn days, seeing my woollen sweaters again, and the promise of feasting festivals to come in winter are all more alluring than the anxiety I felt when classroom and exam bells rang. Perhaps there are advantages to growing older. Now when I study it is for fun without the pressure of attaining a degree qualification. And nowhere is that more the case than in KCWC. Our Activity Leaders have prepared scores of lectures in art, history and decorative arts, language conversation and book groups, not to mention excursions, all to help our members benefit from the luxury of learning. I, for one, can't wait to start opening London's doors the way only KCWC can. We are, after all, the thinking woman's women's club.

I invite you then to open the pages of this newsletter and see all that awaits you therein. So too, be sure to review our website with identical offerings and the benefit of new ones being posted regularly. Our **General Meeting Speaker Series** will continue kicking off with a reunion lunch on Thursday 9th September at the swank Mayfair Townhouse. Our hostesses urge you to invite guests "fee free" to introduce

them to all we offer, not least the friendship so special to us all. We will follow this with presentations on the glories of London's theatre palaces on Thursday 7th October, and journalists in media on Wednesday 3rd November. In between, there will be no limit to the activities in which you can enjoyably engage. Don't forget, too, our impressive array of KCWC Member Benefit companies all waiting with their enticing discounts for your custom and loyal patronage.

Some of you may remember that I journeyed back to the United States this summer to unpack belongings held in storage for far too long owing to my multiple moves. I wrote in my Presidential website message my determination not to be buried in the grip of possessions. I preferred to be encouraged by them to move into the future with the benefit of memories they released. Oddly enough, one of the first things I unpacked was a "Collect for Club Women" given to me decades ago when I was President of a Belgian international organisation similar to KCWC. Written in 1904 by Mary Stuart while visiting a British women's club, it is insightful. I immediately shared it with our Board not as an admonition or rebuke of their guilt in ignoring its maxims, but as an affirmation that KCWC and its members were already on the right track if this creed were to be a guide. I have spent my life around women even as I was the only sister of two older brothers, which is already a bumpy road! I attended a Quaker girl's preparatory school, Wellesley College renown as one of the US Seven Sisters bastions of all female education, and then in my professional life designing home interiors where my clients were usually

the "fair sex." My volunteer work has always been female centric too resulting in a bit of familiarity with hormones and how they can sometimes derail us from the best of intents. So, I share this creed with you all as a template for our season ahead. I anticipate, with great excitement and pride, KCWC continuing on its current path demonstrating to all what women can achieve when performing at their best. I toast our Board, ALs and members in the hope we prove the brilliance of KCWC and never fail to seek the high goals promoted by the Collect to follow. If we rise up to the best in us, achieving heights is never impossible. Start stretching then and I look forward to greeting you soon at a KCWC activity.

Keep us from pettiness letting us be large in thought, word and deed.

Let us be done with fault-finding and leave off self-seeking.

May we put away all pretense and meet each other face to face, without self-pity and without prejudice. May we never be hasty in judgment and always generous.

Let us take time for all things.

Make us to grow calm, serene, gentle. Teach us to put into action our better impulses straightforward and unafraid.

Help us realise that it is the little things that create differences, but in the big things of life we are one.

And may we strive to touch and to know the great, common human heart of us all,

and let us not forget to be kind.

Mary Narvell
President KCWC
president@kewc.org.uk

SAVE THE DATE!

December General Meeting **SPEAKER SERIES**

Tuesday 14 December
11:00am – 3:00pm
Royal Air Force Club
128 Piccadilly W1J 7Py

Holiday lunch with Marc Meltonville

KCWC is looking forward to spreading festive cheer this season with a special lunch and speaker programme at Mayfair private members' venue, the Royal Air Force Club. Perfect for our feast will be

our featured speaker – reknown food historian and Arts Scholar, Marc Meltonville, discussing *The English Christmas Table*.

Regularly featured on the BBC discussing food history, and a veteran of other Royal Palace kitchens, Marc has spoken internationally about his specialty area. It is an honour to welcome him to KCWC.



Marc Meltonville

Activity Leaders Update

Welcome to another season of KCWC activities made possible by the volunteers who step up from our general membership to be Activity Leaders. I thank them all as President and on behalf of our former Activity Leader Liaison who is moving on to other ventures.

We have many areas of interest within KCWC waiting for you either as a member or an Activity Leader. The only limit to the many diversions we offer is the capacity of our membership to volunteer a skill, talent and time. I invite you all to consider how you might contribute to helping improve what is already the best international women's organisation in London. Several activity vacancies exist and I would love to welcome you to our team. Please contact me at president@kcwc.org.uk for

information and any ideas you may have for a new activity area we might pursue with you.

ALs, please diary your calendars for Wednesday 6 October, when we will hold a long awaited get together at a location TBC. I hope to see many of you at the Royal Thames Yacht Club, Wednesday 20 October, for our New Member Coffee as we greet new members and introduce them to your activity areas.

Till then, thank you to all our fantastic Activity Leaders. Here is to a great KCWC season of touring, tasting, toasting and teaching.

Best regards

Mary Narvell
President KCWC
president@kcwc.org.uk

NOTICE: 2022 – 2023 BOARD ELECTIONS

Dear Members,

Our next KCWC Board will begin its term in January 2022. This temporary alteration to term from 31 July to 15 January was presented and approved by the membership in a vote earlier this year. It was prompted by the difficulties of recruiting a new Board during the privations of Covid.

The nominating committee will be asking our membership to vote, again electronically, in November 2021 on a slate of candidates for the 2022–23

Board. Please keep an eye out for your email ballot in early to mid November distributed by eBlast.

Should you wish to be considered for Board service or nominate a candidate you believe would serve KCWC well, please feel free to contact me, Mary Sini, at secretary@kcwc.org.uk.

Sincerely,

Mary Sini
Secretary KCWC
secretary@kcwc.org.uk

New Members' Corner

We would like to welcome all new members to KCWC. It feels like the start of a new school year and there is an air of optimism after such a difficult year and a half.

We post notifications on the website of all the new activities and events organized for our membership, so



Maria Puleio



Amanda Thompson

please check it regularly to ensure you don't miss anything.

Our Hospitality team has secured various venues across London for members to meet and catch up, the first being a Welcome Back Lunch which is taking place at The Mayfair Townhouse on Thursday 9th September. We also have arranged a coffee morning at Claridge's Hotel on Monday 13th September, which is a wonderful chance to meet and chat at this iconic London Hotel. Please book your place on our website or get in touch with us for further information.

We are all looking forward to a year of activities and new friendships with KCWC.

Your Membership Team
Maria Puleio & Amanda Thompson
members@kcwc.org.uk

IN MEMORIAM

I write in grief of the loss of former KCWC Activity Leader, Mika Hornyak, 6 July to pancreatic cancer. Mika was 66 and had left London after the death of her beloved husband Sterling to return to Boston, Massachusetts with their son Sam. There, characteristically, she continued following her passionate pursuit of the arts and specifically the art market where she was a founding partner of Flatfile (she is pictured in the centre alongside her partners) as well as a Director of the Brookline Arts Centre.

At KCWC, Mika was my co-leader in the Antiques and Design group over 15 years ago where we became friends as well as colleagues in the typical KCWC fashion. She was bright, inventive, funny, and a devoted wife, mother to her son Sam, and friend. I know that her memory in KCWC will be a blessing as she continued to be engaged with our activities asking after members and friends. May she rest in peace surrounded by her passions of modern art and Art Nouveau antiques reunited with Sterling.

Mary Narvell
KCWC president



Mika Hornyak (centre)

September Welcome Back Luncheon

Thursday 9 September 2021
12:30pm – 3:30pm
The Mayfair Townhouse
27–41 Half Moon Street, W1J 7BG

After the long summer sojourn, the Programmes team has decided to forgo the September General Meeting in favour of a special September General Meeting “Welcome Back Luncheon” at London’s newest and most stylish five-star Hotel – The Mayfair Townhouse – discreetly located amongst the elegant Grade II listed Georgian buildings of Half Moon Street.

Enjoy a delicious three-course lunch with a glass of wine, carefully prepared by the Great British Chef, Adam Simmonds. Adam trained under Raymond Blanc at Le Manoir aux Quat’Saisons, achieved his first Michelin star in 2006 at Ynyshire Hall and his second at Danesfield House in 2010. Most recently he was Head Chef at Belmond



Cadogan Hotel and Executive Chef at the Capital Hotel in Knightsbridge.

We will dine in the beautiful “Green Park” Room on the Lower Ground Floor, where we will be surrounded by over 500 pieces of hand-picked and carefully curated art from well-known and emerging artists to celebrate different creators of our time – poets, artists and writers. “Alfie”, the two-metre-tall Swarovski-encrusted peacock designed by Clarita Brinkerhoff, stands tall to greet you in the lobby and you will see quirky framed vulpine art throughout the hotel in a nod to the Townhouse’s mascot – the fox – chosen for its subversive characteristics and omnipresence in both town and country!

Cost: £45.00 per person
Non-member guests are welcome.
Please register and pay online to secure your place.

For additional information, please contact Jilly Ferrero on hospitality@kcwc.org.uk.

October General Meeting

SPEAKER SERIES

Thursday 7 October 2021
9:30am – 12:00pm
Royal Geographical Society (RGS)
1 Kensington Gore SW7 2AR

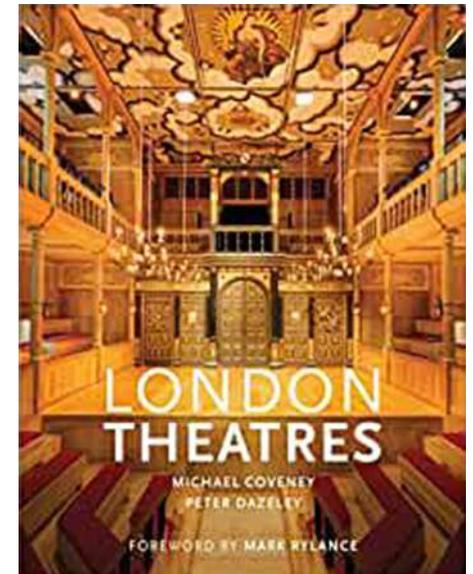
GUEST SPEAKER:
PETER DAZELEY

London theatre and the glorious palaces in which thespians perform are areas KCWC has long wished to explore as a General Meeting topic. So Programmes has invited reknown photographer Peter Dazeley (known as Dazeley) to share with us the show stopping imagery of this most important part of London culture, via his gorgeous coffee table book *London Theatres*.

Awarded the highest distinction of the Royal Photographic Society – a Fellowship in 2013 – and heralded worldwide for his award winning images, Dazeley was born in West Kensington and works from his local studio in Chelsea. So join us to welcome this native son to the RGS to share in his visual exploration of London as the undisputed theatre capital of the world. His stunning photographs of the sumptuous interiors and backstage scenes where the magic unfolds will enthrall.



Peter Dazeley



London Theatres

November General Meeting

SPEAKER SERIES

Wednesday 3 November 2021

9:30am – 12:00pm

Royal Geographical Society (RGS)

1 Kensington Gore, SW7 2AR

GUEST SPEAKER:

LINDA DUBERLEY, JOURNALIST

It is with special pleasure, and particular thanks to KCWC Events Board Member Anne Koutsabeloulis, that we present award winning journalist Linda Duberley as our November Speaker Series General Meeting guest. Linda's career over thirty years has included three national newspaper titles, four 24 hour international news channels, and the UK's leading commercial broadcaster. She is currently focusing on publishing and editing in West London her own content-led, community magazine, *RiverTribe*, a critically acclaimed publication read by 45k people in the area along the Thames from Barnes to East Sheen, Richmond and Twickenham. Additionally, she is Founder/Director of Duberley Media continuing her long standing experience offering coaching to FTSE 100 CEOs, public sector and charitable organisations in writing presentation and public speaking. She will discuss these new initiatives and share fascinating episodes in her prestigious journalistic career where, from



Linda Duberley

international and London postings, she covered leading social issues.

A veteran of Sky News before moving to CNBC Asia, Fox News, ITV and Arise TV, Linda is no stranger to public speaking. Her personal interest in stand-up comedy will undoubtedly ensure she is an experienced and captivating guest, ready to answer our members' inquisitive and informed questions.

Please note this GM is on WEDNESDAY 3 November rather than our usual Thursday. A hospitality luncheon will follow for which there is separate registration.

Web Corner

Our monthly eNews will now feature tips & tricks for an even smoother user experience from your inbox to our website. KCWC eNews is published electronically at the end of each month.

In today's world using Social Media is as essential as when the importance of using emails became clear to us about 20 years ago.

Hence having a presence on Social Media is a must for KCWC to promote our events.

Facebook is mainly communicating with people we know (Friends & Family), sharing photos, notes, links etc. Our Facebook **KCWC Members Only Group** is private for our members to share recommendations, ask questions or comments or anything else Club related.

Twitter is a micro-blogging platform which allows people to communicate with short

messages of no more than 280 letters, images, clips & links. It is the fastest way to exchange news of any kind & spread it.

Instagram is an image-sharing platform with those we know and those we don't.

LinkedIn world's largest professional network. Nowadays many professionals are head hunted via LinkedIn.

We are proud to say that we have a presence on all of these Social Media platforms.

Please help us to promote KCWC by supporting us with photos, comments, links, recommendations and whatever else you want to share by contacting the Social Media Team on Social_Media@kcwc.org.uk (socialUNDERSCOREmedia@kcwc.org.uk).

****And please remember to tell your Activity Leader if you DO NOT WISH to be included in a photograph of an activity you are attending!*****

KCWC at a Glance

GENERAL MEETING SPEAKER SERIES



KCWC General Meeting Speaker Series are usually held on the first or second Thursday of a month. The location and event details are published in the Newsletter, eNews and on the Website, www.kcwc.org.uk. Join us to listen to our fascinating speakers while enjoying coffee with friends and Activity Leaders. Our General Meeting Speaker Series are free to members and open to guests for a small admission fee.

Polite Reminder: Our Speaker Series meetings and many lectures take place in private member clubs. Regrettably, these venues do not permit babies or children to attend. Please respect the dress code of no denim, trainers, or flip flops as well as refrain from mobile phone use or the consumption of food or drinks brought from outside the venue.

Have a friend who is interested in attending the General Meeting Speaker Series? Guests are welcome at General Meeting Speaker Series. The guest fee is £15.00, **redeemable if joining on the day.**

SIGNING UP AND PAYING FOR ACTIVITIES



Online – The new user friendly KCWC website allows members to register and pay for activities directly. Our previous system of needing to contact the Activity Leader via email for an Activity Reference Number is now a relic of the past! Simply log into www.kcwc.org.uk and explore the many activities and events

available to you as a member. Then choose your activity(ies), add to your Shopping Cart and follow directions for payment. Both debit and credit cards are accepted with no additional charges incurred for credit card use. You will receive a receipt email confirming your purchase and listing the activity details. The email address of the Activity Leader is available. Please always feel free to email her with any questions you may have before or after registration/payment.



Offline – KCWC will continue to allow for some activity registration and payment at our General Meeting Speaker Series directly to the bookkeeping desk either with cheque, debit or credit card. However please be advised that we are attempting to move away from in person registration in favour of a website based only registration and payment system.

Please Note – Your place for any KCWC activity or event is only guaranteed by payment. **Refunds are not made by KCWC** if you cannot attend an activity. However, you may be allowed to find a member to take your place and who may reimburse you directly for your paid costs. Please notify the Activity Leader if you intend to resell your place so that her attendance list is accurate. Permission from the Activity Leader is required before registering/purchasing a place for a guest or non-KCWC member.

Penalty – **There is a £20.00 charge for violation of this guest policy and for all stopped or insufficient fund cheques.**

Member Information

NEW MEMBERS/RENEWALS

Annual dues are £115.00 plus a one-time £15.00 administration fee for new members. You can join KCWC or renew online at www.kcwc.org.uk. Membership forms are available on our website. Fill in the application and provide payment via a debit or credit card. To join offline, or renew your membership in person, you may attend a General Meeting Speaker Series and visit the bookkeeping desk where payment can be provided by cheque though preferably a debit or credit card. Alternatively, please complete the membership application and include your cheque made out to KCWC and post it to our bookkeepers: A/C Bookwise, Lavender House, 172A Toms Lane, Kings Langley, Herts WD4 8NZ.

A new membership is effective for 12 months from the date that payment is processed or a member ID number is issued, whichever occurs first. Subsequent renewals are effective for 12 months from the original expiration date. Members who renew up to three months after their expiration date will be considered to be renewing retroactively to their last expiration date. After three months the payment will be considered to be for a new membership and will incur a £15.00 administration fee. Please note that dues

are non-refundable and membership is non-transferable.

MEMBERSHIP CARDS



Membership cards are useful for attending our General Meeting Speaker Series and whenever it is necessary for you to prove a valid up to date Club membership. For example, our Member Benefit Companies may request you show your KCWC membership card as proof you are a member in good standing and therefore eligible for the discounts they offer us exclusively.

Membership cards are currently mailed as an insert into our newsletter. However, KCWC is working to provide these online on completion of your paid application. Please consult members@kcwc.org.uk with any questions or information about your membership cards.

MOVING HOUSE?



If you have a change of address, do be sure to notify members@kcwc.org.uk. Newsletters are sent only to UK addresses. If you are moving abroad, you can access KCWC newsletters on our website until your membership expires.

QUESTIONS?



Please email members@kcwc.org.uk.

New to KCWC?

HERE ARE OUR TOP TIPS TO HELP YOU JOIN IN AS A NEW MEMBER AND BEGIN ENJOYING ALL THAT LONDON HAS TO OFFER!



- Glance at the KCWC At-A-Glance page. You'll find practical information about the club.
- Read the Hospitality Section of our newsletter. This group's goal is to welcome you specifically as a new member and make you feel a special part of our Club. Discover London neighbourhoods at our Coffee Mornings and Happy Hours. Be on the lookout, too, for an invitation to our twice yearly New Member Coffees designed to introduce you to KCWC and all its offerings.
- Attend a Speaker Series General Meeting. This is the best way to meet members while hearing fantastic speakers in prestigious venues. Please join the lunch that often follows a meeting. They are a great way to make friends and enjoy some great restaurants.
- Check out the coming month's Activities. Do not hesitate to sign up for any and all that interest you. They can sell out quickly. Always please let an Activity Leader know you are a new member. She will introduce you and help you feel especially welcome.

How to get involved

KCWC is always on the lookout for new enthusiastic volunteers be it to co-lead an activity or to serve on the Board. Getting involved in our Club and our community is a rewarding and fun experience as well

as a great way to meet other members. If you wish to hear more about how you can get involved in KCWC, please contact vp@kcwc.org.uk. If your interests lie specifically in volunteering to start an activity area or help lead one, please contact activity@kcwc.org.uk.



Follow us on Facebook, Twitter and Instagram

Facebook name: KCWC – Kensington Chelsea Women's Club

Official page: www.facebook.com/kwc.kewc

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

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

kwc members only group:

www.facebook.com/pg/kwc.kewc/groups/?ref=page_internal



Member Benefits

Dear Ladies,

Allow me to introduce you to our **KCWC Member Benefits Programme** where businesses offer savings to our membership. The discounts offered below are not only tempting, but in some cases, offer savings equal to your KCWC membership fee! Do acquaint yourself with all our partners who, like KCWC, are committed to serving you with excellence. I trust you will enjoy the special welcome they will reserve for you alongside the beneficial discounts. In my efforts to make KCWC membership attractive to everyone, I invite you to please offer feedback on these companies as well as suggest any you would wish me to explore to add to our varied Member Benefits Partnership.

Thank you.

Elisabetta Astolfi

Board Member for Advertising and Member Benefits Programme

NEWEST MEMBER BENEFIT PARTNERS:
Belgravia Health Centre, Coûtant Veterinary Consultancy Ltd, Crossing Travel, MCR United Ltd, One Aldwych, and Star Hotels.

Coûtant Veterinary Consultancy: An experienced Consultant veterinarian/surgeon who provides private veterinary care to exclusive domestic and international households.

I oversee and orchestrate prescribed preventative & ill-health care plans

for each individual pet by working collaboratively with head of household, primary veterinarian(s) (in multiple jurisdictions) and household staff/Head of Household using a bespoke, bank-grade secure private household channel within Coûtant Private App. I also provide 'in-person' referral services/procedures from either your primary practice* and/or appointed* tertiary referral hospital to ensure smooth continuity of care. Coûtant Private Veterinarian is focused on creating a safe, personalised, respectful, and trusting long-term family relationship. Household spaces are purposefully limited to a small number of families, with waiting list allocation released on a first come first serve basis.

For special KCWC members, I'm happy to offer a 10% discount who commit to either a 6 month or 1 year retainer arrangement. Contact Dr Elise Robertson on e.robertson@coutantprivatevet.com.

Crossing Travel: Crossing Travel is a group of passionate women who wake up every day to make the world better through travel. We book hotels and holidays all over the world giving you bespoke unparalleled customer service. For the wonderful ladies of KCWC, we offer a free planning service where we will curate your trip or recommend hotels based on your preferences and the best rates, and tag you with VIP benefits at the hotel. With every trip you book with us, we contribute a part to [@GirlRising](https://www.instagram.com/GirlRising), helping women and young girls. Send us your requests and watch the magic unfold, the world and its unique experiences await you. Contact sangeeta@crossing.travel or annhawkins@crossing.travel.
Mobile – 0753588838

Instagram – @CrossingTravel
www.crossing.travel

One Aldwych: One Aldwych, London's cultured, independent hotel, is set in Covent Garden among smart boutiques, vibrant restaurants, and thrilling theatres. The newly refurbished interiors are richly layered, sophisticated and modern, creating an inspiring atmosphere. The bedrooms and suites reflect the style of an elegant residence and the best of British design, with every detail carefully considered and finished to the highest quality. The hotel is renowned for its iconic *Lobby Bar* and two stylish restaurants offering exquisite dining and drinks. The Health Club offers state-of-the-art equipment in the 24-hour gym, a stunning 60-foot chlorine-free swimming pool, a sauna, and a steam room, as well as three treatment rooms. A warm welcome awaits you from a team of individuals delivering brilliant service with a friendly smile.

Benefits to KCWC members include:

-15% discount at One Aldwych Bars and Restaurants, namely *Eneko*, *Indigo* and *Lobby Bar*.

- 10% discount on Natura Bissé or Oskia treatments in the Health Club at One Aldwych.
- Breakfast included when booking a room only rate at the hotel, with complimentary upgrade subject to availability.

Star Hotels: The Franklin Hotel is set in an elegant Victorian building nestling in the lush beauty of the private Egerton Gardens, combining the warmth of a private home

with the impeccable service of a luxury hotel. Celebrity designer Anouska Hempel has combined the charm of an English house with the magic of Italian design, and the result is a unique, original style that has transformed the Franklin into one of the most outstanding 5-star boutique hotels on the London scene. A 20% discount applies to food & beverage for KCWC Ladies.

ONGOING MEMBER BENEFIT PARTNERS WITH UPDATED OFFERS:

Qured: In a such difficult period, where health is a main concern, we have secured a partnership with Qured: they offer approved Covid-19 PCR and antibody tests delivered to your door, with a GP telephone consultation included should you test positive. Our PCR tests include the option of an official travel certificate, which an increasing number of countries now require to gain entry or to avoid the need to quarantine. Tests start from £119 and include support from a healthcare professional, with results in 48 hours of receipt at the lab, available to view in the Qured smartphone app. Qured also provides doctors on-demand across Greater London. Book now and see a doctor in the comfort of your own home in as little as four hours, so you can get well sooner. Our doctors are supplied with high quality PPE and strictly adhere to government infection prevention guidelines.

KCWC members are offered £10 off any of our services with code QUREDKCWC. Go to www.qured.com to access our services.

ROSL Royal Over-Seas League: (ROSL) is a Commonwealth accredited organisation

with HM the Queen as their Patron. They were founded in 1910 to promote international understanding and friendship across the Commonwealth and beyond.

As a not-for-profit members club, they help promote artists and musicians across the Commonwealth, and they support life-changing humanitarian projects in Commonwealth communities.

ROSL members and guests enjoy a heritage clubhouse, Overseas House, in the heart of St James's, where they can meet and dine, enjoy the garden overlooking Green Park, and stay over in one of their 80 bedrooms. They also put on a vibrant event calendar packed with current affairs, concerts, lectures and art exhibitions.

Through membership, you can access over 100 of their reciprocal clubs worldwide and connect with their extensive network of global branches such as Bombay Gymkhana (waiting list to join is years long), Tanglin Club, Singapore, Penn or Cornell in New York, to name a few.

KCWC members are offered a 25% discount on their joining fee. To find out more, visit www.rosl.org.uk/benefits and to take up the offer, [email membership@rosl.org.uk](mailto:membership@rosl.org.uk) and mention your KCWC membership.

Cook With Me: A perfect present from parents and grandparents, to get us through the next few weeks!

Be kind to yourself and make the food you love to keep busy and enjoy our shared time at home!

Pharmacologist and Cordon Bleu Haute Cuisine diploma chef, Elisabetta Astolfi, invites children and parents to develop their passion for delicious food while

helping children understand how nutrients and sustainability are the building blocks of wellbeing.

A personified ingredient character whisks them on a trip through the history of the recipe, online nutritional advice and assistance on how to perform the recipes are included.

KCWC members are offered a special 30% discount and a personally dedicated copy.

Please visit:
www.astolfistudio.co.uk/cook-with-me
and to take up the offer,
email elisabetta@astolfistudio.co.uk.

Live Honestly Healthy: An expert holistic health and wellness coaching service advising how small changes in your lifestyle can lead to a more fulfilling, healthy and balanced way of life. Creator and coach Martina Berducci helps you manage stress, feel more energized, and eliminate unhealthy habits through her step by step support.

KCWC members receive an initial 50-minute FREE consultation (currently remote for Covid-19 safety) to identify areas where you may need support offered with strict confidentiality.
hello@livehonestlyhealthy.com.

Orange Moon: Orange Moon is a new branch of a Sicilian company established in 1969. Now it is well known in Italy and Germany. It is launching the distribution in the UK of artisan products like hand cut Sicilian candied oranges coated with the finest dark/white chocolate, mouth-watering almond pastries and a selection of delicious Panettoni and Colombe. The Almond pastry incorporates all the secrets, history and traditions of Sicilian

confectionery. Orange Moon synthesises the perfect fusion between the Sicilian tradition and innovation, using unusual fruits and combination of ingredients. Contact maria@orangemoon.uk to claim your 10% discount and also for bespoke gifts. The amazing partnership offer to all KCWC members to create your own present for every seasonal celebration.

For additional information, contact Maria Puleio on maria@orangemoon.uk or on +44(0)7899344348, or check out our website at www.orangemoon.uk.

Follow us on <https://www.instagram.com/orangemoonchocolateuk/>

Soneva: Combining luxury with a conscientious approach to environmental sustainability, Soneva is a pioneering family of properties and products changing the nature of hospitality. From world class hotels in outstanding natural locations (Soneva Jani and Fushi and a luxury yacht in the Maldives; Soneva Kiri in Thailand), the guest is offered holistic encounters in luxurious and inspiring environments while being delivered with exceptional intuitive service from world-class hotels to outstanding natural locations.

KCWC members will receive 10% off room rates and two personalised complimentary experiences whilst on resort.

The Franklin Hotel: Set in an elegant Victorian building nestled in the lush beauty of the private Egerton Gardens, The Franklin Hotel is the brainchild of designer Anouska Hempel. Combining the warmth of a private home with the impeccable service of a luxury hotel, the celebrity designer has brought the magic of Italian

style to the charms of an English townhouse creating a unique 5 star boutique hotel on the London scene.

KCWC members qualify for a 20% discount applied to food & beverages.

The Private Clinic of Harley Street: This private clinic is a multi-awarding winner skin care provider with over 35 years' experience.

KCWC members enjoy a complimentary/free Skin Peel and consultation with our expert Skin Team at 98 Harley street, W1. Call 0203 3256 6524.

Beauty By Nicole Fenton: Nicole has over 30 years of experience in the beauty world and offers a full range of professional services in her quiet quaint salon. Specialities are facials, hair removal and massage.

KCWC members are offered 10% off treatments in addition to any existing discounts offered by the salon.

Joy Flanagan Design: An interior design service company offering bespoke curtains, blinds and soft furnishings.

KCWC members are offered a free one hour design consultation and a 15% discount for any curtain, blinds and soft furnishings order.

Hala Health and Beauty: Offering a full range of non-surgical treatments to rejuvenate your skin, revitalise your wellbeing, and boost your confidence!

KCWC members benefit from 20% off all services and courses for as many treatments as they like!

BADA (British Antique Dealers' Association) Friends: Established to encourage members of the public to participate and expand the work of the BADA Cultural and Educational Trust, BADA Friends offers a unique programme of private tours, masterclasses, webinars and special offers including free admission to many art and antique fairs.

KCWC members are entitled to a 15% discount on joining the group. www.bada.org/friends.

CAF: With over 20 years' experience, CAF is the leading provider of philanthropy services for dual UK/US taxpayers. Their team of specialists will guide step by step through philanthropy using their established and trusted service.

KCWC members are entitled to a free half-day advisory workshop to help support their charitable giving. www.cafonline.org/cadf.

YHANGRY: spend time with friends and family, over great food.

Starting from just £100 (including your grocery cost!) you can now book a professional chef to come cook for you and your family or friends at home. Perfect for intimate birthday brunches, exquisite dinners and of course, our personal favourite: Mexican fiesta nights!

Visit www.yhangry.com to find out more, and don't forget to quote "KCWC10" for your 10% Discount. For virtual cooking classes or weekly dinners with family, simply email info@yhangry.com.

Activity Leaders Needed

Asian Culture, Crafts (Knitting or Needlepoint), Glorious Gardens, Healing Arts, Arabic Conversation, Photography and Techy Teas.

Contact our President at president@kcwc.org.uk if you are interested in leading one of these activities or starting a new one of your own.

KCWC Activities

Activity Leaders conceive, organise and coordinate all KCWC activities and registration sign ups. Please contact them at their specific activity address if you have interest or questions regarding their events.

Cancellation Policy: KCWC has a No Refund Policy. However, it is sometimes possible for a member to privately “sell-on” her space or request that an Activity Leader assist in filling your spot from a waitlist if you cannot attend. Please inform your AL as promptly as possible of your inability to be present on the day so that another KCWC member may be able to take your place.

Polite Reminder: Many lectures and meetings take place in private members clubs. Please adhere to their dress code of no denim, trainers or flip-flops. Also, please no outside food/drinks or mobile phone use in the venues.

Covid 19 Precautions: Please note that due to the social distancing requirements imposed by the presence of Covid 19, KCWC may occasionally offer an event virtually via Zoom. These online events require you have a reliable internet connection. A Zoom link specific to your activity will be emailed to you by the Activity Leader prior to the event. In most cases, KCWC will be using its own secure Club account for broadcast.

Similarly, as we continue to monitor government guidelines for those events we wish to enjoy in person, some venues may impose attendance limits. We apologise for any disappointment this may cause. KCWC is equally working to limit exposure while in transit to activities by offering later off-peak start times in consideration of member health and safety.

We regret any inconvenience this current uncertainty may cause and thank you for your patience and continued support during these challenging times.

Beyond the bar – furnished with comfy leather sofas and warm hunting green décor – we will dine in the spacious and eclectic dining room, complete with Aga and fireplace, to enjoy a delicious menu created and prepared by Michelin-trained chefs.

Price includes 2 courses, a glass of wine and service. Pre-dinner drinks in the bar are your own tab. Guests welcome.

AFTER SIX IN THE CITY CHRISTMAS DINNER

When: Wednesday 1 December, 6:30pm – 10:30pm

Where: Bulgari Hotel, 171 Knightsbridge SW7 1DW

Cost: TBC

Join us for a spectacular evening of fine dining and Christmas celebrations at London’s exclusive 5-star Bulgari Hotel in Knightsbridge.

We will enjoy a sumptuous 3-course dinner with wine in *Sette* – London’s chic Italian restaurant from New York’s *Scarpetta* restaurant family. After dinner, you will have the option of listening to music in the hotel’s *Nolita Social Bar* on the lower ground floor, with DJ and live music (drinks your own tab).

Partners and guests welcome.

Antiques & Design

Activity leaders:

Annabelle Rayson

antiques@kcwc.org.uk

Mary Narvell

antiques1@kcwc.org.uk

Exploring Decorative Arts, Design, Vintage Clothing, Jewellery and Antiques. We offer expert lectures, visits to galleries and special exhibits around London and further afield. Please, check on the website for upcoming events by Antiques and Design. Lots to come this season.

GRINLING GIBBONS – A TEA TIME TRICENTENARY TALK

When: Thursday 23 September, 3:30pm – 5:00pm

Where: Virtual lecture via Zoom

Cost: £15.00

Few can hear the words wood carving and not think of one of two things: German Black Forest artisans famed for making wildlife come alive in wood, or the genius of Grinling Gibbons who left his spectacular carvings in many British stately homes such as Petworth and royal palaces Hampton Court and Windsor Castle. 2021 is the tricentenary of this artisan’s death. So it is the ideal time to revel in his ability to make still lives in wood appear real with his matchless techniques and the art of the *trompe l’oeil*.

KCWC favourite, Nicholas Merchant, will treat us to the tour de force in carving that is Grinling Gibbons at the kind invitation of the BADA Friends Trust.

After Six in The City

Activity leaders:

Jilly Ferrero

aftersix@kcwc.org.uk

Lisa Woodcock

aftersix1@kcwc.org.uk

We enjoy fun social events in the evenings. The group encompasses everything from fine dining to posh pubs, and activities such as cooking classes, sporting events and concerts.

We welcome your ideas for outings.

THE HUNTER’S MOON PUB

When: Wednesday 29 September, 6:30pm – 10:00pm

Where: The Hunter’s Moon, 86 Fulham Road SW3 6HR

Cost: £38.00

The Hunter’s Moon perfectly combines traditional countryside with city-chic gastro pub, right in the heart of Chelsea.

WARTSKI, THE JEWELLER – A PRIVATE VIEWING

When: Tuesday 12 October, 11:00am – 12:00pm

Where: Wartski, 60 St James's SW1A 1LE

Cost: £20.00

Founded in North Wales in 1865, Wartski specialises in Russian works of art particularly those by Fabergé. They also sell exquisite jewellery including artisans such as Boucheron, Cartier and Falize. The company is proud of its royal connections not least the craftsmanship of Welsh gold wedding bands for princely brides and grooms. Thomas Holman, the director of Wartski, will provide us with a private tour of the premises sharing with us treasures not usually shown to the public and allow us to handle some of the more robust pieces not on display.

AN INTRODUCTION TO HANDBAGS WITH ANNE HAWORTH

When: Tuesday 19 October, 1:30pm – 3:00pm

Where: East India Club, 16 St James's Square SW1Y 4LN

Cost: £25.00

Many of you will remember our disappointment when our planned visit to the V&A Handbag Exhibit was a victim of the early lockdown last year. While it remains problematic to visit the museum as a group, we can however still welcome lecturer Anne Haworth to give us her usual excellent summary of the handbags brought together for this landmark show. Then armed with this insight, please feel free to book individual tickets to see the handbags up close and personal.

From daytime classics to evening bejewelled pouches, canvas totes to Vuitton luggage, *Bags: Inside Out* explores the style, function and craftsmanship of the ultimate accessory. A wise woman was quoted: "Handbags Speak Louder than Words." Nothing says more about its owner than what is inside a handbag. This lecture will inform you about what it takes to design the bags we love.

"A woman's mind is as complex as the contents of her handbag. Even when you get to the bottom of it, there is ALWAYS something there to surprise you." Billy Connelly

LALIQUE – A TEA TIME TALK BY NICHOLAS MERCHANT

When: Thursday 11 November, 3:30pm – 5:00pm

Where: Virtual lecture via Zoom

Cost: £15.00

Sometimes the mere mention of the word "crystal" brings to mind the French master René Lalique. Known for creations in glazed glass art, and primarily for creations that defined the Art Deco style in crystal, Lalique's work graced everything from the interiors of great liners (the SS Normandie) to a New Jersey "glass church" to Rolls Royce hood ornaments. Old pieces are coveted as precious and desirable antiques. New production by the factory continuing in his name is equally prestigious and a mark of fine taste. A component of museum collections worldwide, Lalique is synonymous with luxury and fine craftsmanship.

Join us, at the invitation of the BADA Friends, to hear the delightful Nicholas Merchant explain Lalique via Zoom.

QUEEN VICTORIA'S CORONATION CELEBRATION IN CAMBRIDGE

When: Tuesday 7 December, 3:30pm – 5:00pm

Where: Virtual lecture via Zoom

Cost: £15.00

As we look forward to the platinum jubilee of HM Queen Elizabeth, we are reminded of another long reigning British sovereign, Queen Victoria. Cambridge was the site of a remarkable event on the 28th of June 1838 when it is recorded 15k of the town's inhabitants, many of them poor, convened to celebrate her accession to the throne. Bands played, an orchestra performed, bunting was everywhere and food was abundant. Choirs sang, tobacco and ale were liberally distributed and, as we say, a "grand ol' time was had by all."

Join us to hear about this remarkable day in British history at the invitation of our friends at the BADA Friends Trust.

Art History

Activity leaders:

Susan Shriver

arthistory@kcwc.org.uk

Susan Alloun

arthistory1@kcwc.org.uk

Join us as we explore art throughout the centuries. We offer lectures, series, courses and museum/gallery visits in London and beyond.

Please keep checking our website and newsletters for new activities or contact the Activity Leaders for information.

PAINTING LONDON 1

When: Wednesday 15 September, 9:30am – 12:30pm

Where: East India Club, 16 St James's Square SW1Y 4LN

Cost: £27.00

London, our London! Many of us rediscovered it whilst walking during the pandemic. Now is the opportunity to discover another side to the London we think we know so well.

The Camden Town Group was founded in 1911 and was led by the artist Walter Sickert. The name came from a run-down area of London where several of the artists lived. The group is known for scenes of contemporary urban life sometimes thickly painted in bright colours. There were only three *Camden Town Group* exhibitions before it was absorbed by the *London Group* in 1913, but it is still seen as a key moment in the development of British modern art.

This set of two lectures "Painting London 1 & 2", given by Jo Rhymer, will demonstrate how extraordinary works by late 19th and early 20th Century artists including Walter Sickert,

Leon Kossoff and Frank Auerbach, enable us to see the capital afresh. These works focus mainly on marginal and often forgotten areas of London.

In *Painting London 1* we explore paintings made at the end of the 19th century by Walter Sickert, of raucous London music halls and other scenes. We consider the influences of French avant-garde painting on Sickert's work as well as on work by other members of *The Camden Town Group*.

Jo Rhymer, who until 2018 was Head of Adult Learning at The National Gallery London and following that, at York Art Gallery, will lead us through this voyage of discovery of London, our city.

KNOW BEFORE YOU GO: NERO, THE MAN BEHIND THE MYTH

When: Tuesday 5 October, 9:30am – 12:30pm

Where: East India Club, 16 St James's Square SW1Y 4LN

Cost: £27.00

Learn more about the latest blockbuster exhibit at the British Museum. Nero is known as one of Rome's most infamous rulers, notorious for his cruelty, debauchery and madness. The last male descendant of the Emperor Augustus, Nero succeeded to the throne in AD 54, aged just 16 and died a violent death at 30. His turbulent rule saw momentous events including the Great Fire of Rome, Boudicca's rebellion in Britain, the execution of his own mother and first wife, grand projects and extravagant excesses. Drawing on the latest research, this major exhibition questions the traditional narrative of the ruthless tyrant and eccentric performer, revealing a different Nero, a populist leader at a time of great change in Roman society.

Was he a young, inexperienced ruler trying his best in a divided society, or a merciless, matricidal megalomaniac that history has painted him to be?

Come and gain some background through one of our favorite lecturers, Dr David Bellingham, who is also a specialist on the classical world.

PAINTING IN 17TH CENTURY FLANDERS AND HOLLAND: PATRONS, MARKETS AND ART FOR THE EVERYDAY – WEEK 1

When: Wednesday 13 October, 9:30am – 12:30pm

Where: East India Club, 16 St James's Square SW1Y 4LN

Cost: £27.00

Lecturer Chantal Brotherton-Ratcliffe will explore 17th Century Dutch and Flemish Paintings in a series of two lectures, concluding in week 3 with a visit to *The Wallace Collection*.

Week 1 will concentrate on people, looking firstly at Flanders and focusing on Rubens' portraiture in the church and at court, and then at Holland and focusing on Rembrandt's portraiture of merchants and society generally.

PAINTING IN 17TH CENTURY FLANDERS AND HOLLAND: PATRONS, MARKETS AND ART FOR THE EVERYDAY – WEEK 2

When: Tuesday 26 October, 9:30am – 12:30pm

Where: East India Club, 16 St James's Square SW1Y 4LN

Cost: £27.00

Chantal Brotherton-Ratcliffe will explore 17th Century Dutch and Flemish Painting in a series of two lectures, concluding in Week 3 with a visit to *The Wallace Collection*.

Week 2 will look at objects and possessions. This lecture will concentrate firstly on Breughel in Flanders with scenes from everyday life, markets and feasts, Catholic devotions and trade with the Americas. Moving on to Holland and focusing on Vermeer and Nicolas Maes with interior scenes, domesticity and still lifes.

PAINTING IN 17TH CENTURY FLANDERS AND HOLLAND: PATRONS, MARKETS AND ART FOR THE EVERYDAY – WEEK 3

When: Thursday 4 November, 11:00am OR 12:00pm

Where: The Wallace Collection, Manchester Square W1K 4HR

Cost: £15.00

Week 3 of this series will be a visit to *The Wallace Collection* to see examples of the work of some of the artists discussed in our two lecture series.

Chantal Brotherton-Ratcliffe will guide us round the collections.

There will be 2 tours, at 11:00am and at 12:00pm, each lasting about 50 minutes. Please purchase a ticket, via our website, for the time you wish to attend.

KNOW BEFORE YOU GO: DÜRER'S JOURNEYS: TRAVELS OF A RENAISSANCE ARTIST

When: Wednesday 17 November, 9:30am – 12:00pm

Where: East India Club, 16 St James's Square SW1Y 4LN

Cost: £27.00

A major exhibition devoted to German Renaissance artist Albrecht Dürer will open at *The National Gallery* from 20 November 2021 – 27 February 2022.

The first significant UK exhibition of the artist's works in such a wide range of media for nearly twenty years will show Dürer's career as a painter, draughtsman and printmaker.

It will also be the first to chronicle the Nuremberg-born artist's journeys to the Alps and Italy, to Venice and to the Netherlands. These were journeys which brought him into contact with other artists and fuelled his curiosity and creativity as well as increasing his fame and influence.

Albert Godetzky, a specialist in Northern European art of the fifteenth to eighteenth-centuries, is a member of the curatorial team at *The National Gallery*, London and will bring the exhibition to life.

This exhibition will contain over 100 paintings, drawings, prints and documents loaned from museums and private collections worldwide.

Activities continue on page 28

Accurate at time of publication. For the most up-to-date information, please check the activities calendar on www.kcwc.org.uk

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
		September 1				
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	October 1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17

Calendar continues on page 26

Accurate at time of publication. For the most up-to-date information, please check the activities calendar on www.kcwc.org.uk

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
18	19 1:30pm Antiques & Design – An Introduction to Handbags with Anne Haworth	20 10:30am Hospitality – New Member Coffee Morning – Welcome to our New KCWC Friends	21	22	23	24
25	26 9:30am Art History – Painting In 17th Century Flanders and Holland: Patrons, Markets and Art for the Everyday – Week 2 11:00am French Conversation	27 10:30am Italian Conversation	28	29	30	31
November 1	2 9:30am November General Meeting, Speaker: Linda Duberley 12:30pm Hospitality – Lunch After the November General Meeting, The Mayfair Townhouse	3 11:00am English Conversation 11:00am or 12:00pm Art History – Painting in 17th Century Flanders and Holland: Patrons, Markets and Art for the Everyday – Week 3	4	5	6	7
8 10:30am London Walks – Boxing, The Blitz and Beyond: Bethnal Green	9 11:00am French Conversation	10 10:30am Italian Conversation 7:30pm Theatre – <i>The Drifters Girl</i> at The Garrick Theatre	11 3:30pm Antiques & Design – Lalique – A Tea Time Talk by Nicholas Merchant	12	13	14
15	16 10:30am Foodies – Let's Meet Enrica from Genoa for Traditional Italian Riviera Desserts	17 9:30am Art History – <i>know Before You Go</i> : Dürer's Journeys: Travels of a Renaissance Artist	18 11:00am English Conversation	19	20	21
22	23 11:00am French Conversation	24 10:30am Italian Conversation	25	26	27	28
29	30 10:30am London Walks – Architecture In The City: Glass, Steel And Concrete	<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> Tuesday 14 December December General Meeting Speaker Series, Royal Air Force Club Holiday lunch with Marr Meltonville </div>				
29	Recurring Activities (please check dates with Activity Leaders): Vinyasa Flow Yoga, Mondays & Thursdays (except GM Thursdays) 9:30am Gentle Yoga, Fridays 9:00am Bible Study, Thursdays 10:30am Study of Buddhism, monthly on a Friday 10:30am English Conversation, every other Thursday 11:00am French Conversation, every other Tuesday 11:00am German Conversation, every other Wednesday 10:00am Italian Conversation, every other Wednesday 10:30am Spanish Conversation, monthly on a Thursday 10:30am					

Asian Culture

Activity leader:

OPEN asianculture@kcwc.org.uk

We welcome anyone who is interested in ancient or contemporary Asian culture whether you wish to explore food, literature, art, movies, music and/or history.

Bark in the Park

Activity leader:

OPEN barkinthepark@kcwc.org.uk

Come and join us with your dog and we can wander in and explore the lovely London parks. Even if you do not have a dog, you are welcome to come along. There are lots of lovely places to stop for a coffee along the way. It is a great way to start the day.

Bible Study

Activity leader:

Patty Taylor biblestudy@kcwc.org.uk

WEEKLY MEET UP

When: Thursdays, 10:30am – 12:30pm

Where: Rotating in members' homes

Cost: None, except occasional workbooks

Each week we review and discuss a self-contained Bible reading which allows for flexible attendance. We look forward to welcoming you to our group. We meet every Thursday but skip the Thursday scheduled for the KCWC General Meeting Speaker Series so as not to conflict.

Book Group

Activity leader:

Sarah Coleby bookgroup@kcwc.org.uk

We are a group of book lovers who enjoy reading both fiction and non-fiction. We like to get together to discuss our reading and we like to invite authors to come and speak to our group. All are welcome. You do not have to be a regular book group attendee to join us, just someone who loves books and has good recommendations to make.

HAMNET BY MAGGIE O'FARRELL

When: Monday 27 September, 2:30 pm – 5:00pm

Where: At a member's home in Chelsea

Cost: None

Join us to discuss the novel *Hamnet* by Maggie O'Farrell.

Hamnet is a novel inspired by the son of a famous playwright. It is a story of the bond between twins, and of a marriage pushed to the brink by grief. It is also the story of a kestrel and its mistress; a flea that boards a ship in Alexandria, and a glovemaker's son who flouts convention in pursuit of the woman he loves. Above all, it is a tender and unforgettable reimagining of a boy whose life has been all but forgotten, but whose name was given to one of the most celebrated plays ever written.

We will be meeting at a member's home in Chelsea for our first in person Book Group meeting for many months.

Please book a free ticket on our website to register your interest.

Bridge

Activity leader:

Katy Cooke bridge@kcwc.org.uk

If you are a Bridge player, we would love to hear from you. We play in an informal and friendly atmosphere at a member's home, using UK standard English (ACOL) and American style five card majors bidding systems. The level is intermediate, including those aspiring to this standard. For more information, or to register, please contact the Activity Leader.

British History

Activity leaders:

Marian Vobach british@kcwc.org.uk

Stephanie Guyett british2@kcwc.org.uk

The British History group presents lectures and walks that explore the history of London and Britain.

Please keep checking our website and newsletters for new activities or contact the Activity Leaders for information.

Classical Music & Opera

Activity leader:

Phyllia Chen music@kcwc.org.uk

We welcome anyone who is interested in exploring the wealth of classical music and opera that London has to offer. Join us and share the experience with other music lovers.

THANKSGIVING RECITAL WITH ENGLISH NATIONAL OPERA

When: Tuesday 23 November, 6:00pm – 8:00pm

Where: Royal Over-Seas League (ROSL), Park Place, St James's Street SW1A 1LR

Cost: £20.00 (additional £10.00 for drinks ticket, see details below)

Join us for a special recital for Thanksgiving, featuring English National Opera's Harewood Artists in the beautiful Princess Alexandra Hall at The Royal Over-Seas League.

Come and meet up with other members at the exclusive ROSL member's bar from 6pm for some great conversation, drinks and nibbles in this Grade I listed building overlooking Green Park.

The cost for drinks includes refreshments on arrival and light snacks. Extra wine or beverage consumption will be on your own tab. Please register by booking separate concert and drinks tickets on our website, as numbers for access are limited. Non-members welcomed.

Concert ticket (7:00pm – 8:00pm): £20.00

Drinks ticket (6:00pm – 7:00pm): £10.00

Contemporary Art

Activity leader:

Edee Simon-Israel

contemporary1@kcwc.org.uk

We meet six times a year to visit contemporary art galleries around London. The aim is to meet gallery directors and curators and have a conversation about the art on display. Comments and critiques are highly encouraged and no experience or knowledge of art is necessary.

Country Walks

Activity leader:

OPEN

countrywalks@kcwc.org.uk

SOUTH DOWNS TREKATHON IN AID OF *THE PASSAGE* – CO-LISTED WITH VOLUNTEERS FOR CHARITY

When: Saturday 4 September 2021

Where: Starting point to be communicated upon registration

Cost: Registration fee + fundraising target (please see description below)

Activity Leader: Susanne Schulz, web@kcwc.org.uk

This exciting new challenge will have you walking in the beautiful Sussex countryside. Whether you're a walker and new to challenge events or an experienced trekker – there's a distance for you!

A team of experienced guides will be with you every step of the way. A good level of fitness with prior training is required to take part in this challenge and training tips will also be provided.

Join us for a great day out and help us to transform the lives of homeless and insecurely housed people.

Register at <https://passage.org.uk/southdown/> and make sure you join TEAM KCWC!

Please check out our website for further details.

Creative Arts

Activity leader:

Lisa Evans

creativearts@kcwc.org.uk

I hope to be able to offer some lovely courses for you to enjoy and will contact the art teacher for some options. Please check our website calendar or email me to join my mailing list.

Looking forward to a creative new KCWC year with you all.

Dancing Together

Activity leader:

Elisabetta Astolfi

dancing@kcwc.org.uk

Empty Nesters

Activity leader:

Rachel Le Vay Kriger

emptynesters@kcwc.org.uk

Empty Nesters are KCWC Members with children who are away at university, have recently graduated or who have joined the job force. Individual activities, however, are usually open to any KCWC Member.

EMBRACING YOUR EMPTY NEST

When: Thursday 30 September, 10:30am – 12:00pm

Where: V&A Museum, Cromwell Road SW7 2RL

Cost: Your own tab

Are you or have you just become an Empty Nester? What is an Empty Nester?

If you live on your own or as a couple or a family with children that are living (or will live) away from home for any length of time, then you can contribute to our discussion on how to navigate your life as an Empty Nester. That's the official reason for getting together and chatting about our lives.

The meeting point will be communicated to registered participants nearer the date. If regulations do not permit our meeting in person, then this meeting will be rescheduled for a different date/time online.

Evening Speaker Series

Activity leader:

Bee Robb

eveningspeakers@kcwc.org.uk

We usually meet over wine and canapés from 6:30 – 8:00pm to hear a range of talks that share great stories and ideas. Look for future activities with full details on the KCWC website.

Our activities will reconvene in October 2021, with Champagne and a Guest Speaker 6:30–8:00pm. We are thrilled to be hosted by Aquazurra Boutique, 38 Albermarle Street, W1 4JG. Please email me to receive further information as details for this event are confirmed.

Foodies

Activity leaders:

Maria Puleio

foodies@kcwc.org.uk

Claudia Marchetti

Join Foodies and explore world cuisine, new food trends and more. Learn about good nutrition and how to prepare some of the world's most well-loved recipes. Guided by chefs from a variety of backgrounds, our meetings will take on various formats: lectures, demos and practical workshops all in a friendly atmosphere. Come discover new and interesting places around London in the company of like-minded members.

GOOD MOOD FOODS

When: Tuesday 21 September, 12:00pm – 2:30pm

Where: KitchenJoy Cookery School, 26 Brackley Road W4 2HN

Cost: Members £50.00; Non-member guests £55.00

Come along to a *KitchenJoy Cookery* event for a fun, interactive cookery class and lunch afterwards at *KitchenJoy Cookery School*. The theme is “Good Mood Foods”.

Do some foods make us feel grumpy? Is it possible to plan a diet to eat the right foods for mental health? In these challenging times, we want to explore the relationship between what you eat and how you feel. We will be making the following dishes: rye, hazelnut & pumpkin bread, smoky harissa and red pepper dip, cauliflower tabbouleh, broccoli falafels and tahini chocolate chip cookies.

This is a fun, educational class for any level. The above dishes will be assembled with step-by-step tuition by Joy, along with key nutritional facts and values of the food we prepare, highlighting foods for a good mood. The price includes the hands-on cookery class, ingredients, food preparation, cooking equipment and soft drinks. You will prepare and cook dishes around the KitchenJoy island and can enjoy eating together with the group on the long dining table. There will also be some leftover food for you to take home to share with your loved ones.

A CHAMPAGNE EVENING WITH CHARLES

When: Tuesday 5 October, 6:30pm – 8:30pm

Where: At a member's home in Kensington W8

Cost: Members £48.00; Non-member guests £50.00

Join Queena Wong from *Curious Vines* and Simon Stockton, ambassador for *Charles Heidsieck Champagne*, for an insight into Champagne and this Champagne house, as they create a light-hearted space for you to ask anything. Hosted at a member's house in Kensington, the event's price includes paired nibbles, Champagne and full explanation.

Queena is a rare female wine collector, who collaborates with her friends in the wine industry to provide fun wine sessions by approaching it as a consumer herself. Her openness encourages you to engage with her to be more comfortable and confident in gaining wine knowledge.

Simon is a Champagne specialist who won the 2015 UK *Champagne Ambassador* competition and the *Vice-Laureat European Champagne Ambassador* the same year. He continues to judge for the annual Champagne and Sparkling Wine World Championships and has tasted close to 10,000 champagnes and sparkling wines.

Charles Heidsieck is one of the most admired champagne brands and is at home in Michelin-starred restaurants and top hotels around the world, never in supermarkets. The style is generous, complex and elegant.

LET'S MEET ENRICA FROM GENOA FOR TRADITIONAL ITALIAN RIVIERA DESSERTS

When: Tuesday 16 November, 10:30am – 12:30pm

Where: Virtual class via Zoom

Cost: Members £26.00; Non-member guests £27.00

Join Enrica Monzani from *A Small Kitchen in Genoa* to prepare two traditional Italian Riviera Christmas desserts: *Pandolce*, a sweet bread enriched with raisin, pine nuts and candied orange peel; and *Anicini*, light and crispy anise-flavored biscotti...two wonderful desserts that will fill your home with the fragrance of Christmas, love and Italian traditions.

You can also nicely wrap them with Christmas paper and ribbon and offer your sweet handmade gift to friends.

POLISH CHRISTMAS TRADITIONS WITH POLLY EAT'S LONDON

When: Thursday 16 December, 11:30am – 1:30pm

Where: A member's home in Parsons Green SW6

Cost: Members £22.00; Non-member guests £25.00

In Poland, Christmas Eve Dinner – called *Wigilia* – is the most important celebration of Christmas and the day of the main feast. Tradition calls for 12 meat-free courses, cooked specifically for this special evening and only once a year. One should try every dish and dessert served to secure good luck throughout the upcoming 12 months.

Dominika Kaliszewska, a former journalist and the author of food blog *Polly Eats London*,

will take us through the culinary traditions and flavours of *Wigilia*. She will demonstrate how to make small mushroom dumplings, called *uszka*, served with red beetroot soup – borscht. The demonstration will be followed by tasting these traditional dishes prepared and served by the *Polly Eats London* team.

On departure, each guest will receive a small Christmas gift, compliments of *Polly Eats London*.

Glorious Gardens

Activity leader:

Open gloriousgardens@kcwc.org.uk

Glorious Gardens organises a variety of informative trips to interesting gardens and green spaces within London and occasionally, further afield.

Golf

Activity leader:

OPEN golf@kcwc.org.uk

We are keen to have you join our relaxed, friendly and non-competitive group regardless of your golfing ability. We play various courses around London and the Home Counties. We also organise access to group tuition from time to time. Please contact the Activity Leaders to sign up and be kept informed of our playing schedule.

Healing Arts

Activity leader:

OPEN healingarts@kcwc.org.uk

The Healing Arts activity group will explore a variety of healing techniques and cover topics such as:

- Reiki, an ancient Japanese form of energy renewal by the laying on of hands on the body
- Chakras or energy centres in the body, their relationship to the endocrine system, colours
- Meditations – a variety of techniques – Sound, Movement, Guided.

Hospitality

Activity leaders:

Coffee Mornings Amanda Thompson hospitality1@kcwc.org.uk

Lunches Anne Koutsabeloulis hospitality@kcwc.org.uk

Jilly Ferrero

Lisa Woodcock

Happy Hours Elisabetta Astolfi hospitality2@kcwc.org.uk

Your Hospitality hostesses are working hard to solve the riddle of Socially Distanced Social Events. Our programme of post General Meeting luncheons is currently a work in progress. Please be alert to our website and eNews for updates. We look forward to welcoming you with customary KCWC Hospitality.

POST CODE COFFEES

When: See below for details on various neighbourhood meetings

Where: Virtual meeting via Zoom or in person

Cost: None

Activity Leader: Amanda Thompson, hospitality1@kcwc.org.uk

For now these will be organised via Zoom but we hope to return to the KCWC tradition of hostesses in each post code. Neighbours can get together, virtually or in person, to share a coffee, along with their recommendations for local businesses, markets and tradespeople. If you would like to host a Post Code Coffee, please get in touch with me.

HOSPITALITY COFFEE MORNING AT CLARIDGE'S *WAITLIST ONLY*****

When: Monday 13 September, 10:30am – 12:00pm

Where: Claridge's Hotel, Brook Street W1K 4HR

Cost: Your own tab

Since 1850, Claridge's Hotel has excelled at the finer things in life. Set in the heart of Mayfair, Claridge's is an art deco icon and is the epitome of timeless elegance. We are very excited to announce that our next coffee morning will be held here. Amanda and Catarina invite you to come and meet up with other members for some great conversation, delicious coffee and fresh pastries in these wonderful surroundings.

Please note: the cost is your own tab, but you'll need to register by booking a ticket on our website, as numbers are limited.

DAY AT CLIVEDEN WITH BOAT TRIP AND AFTERNOON TEA

When: Monday 4 October

Where: Cliveden, Taplow, Berkshire SL6 0JF

Cost: £90.00 (does NOT include transportation)

A wonderful day out to historic Cliveden with tea and coffee on arrival, an exclusive private house tour and historical commentary, a 45 minute private river cruise on the Cliveden river

launch sailing past Spring Cottage (a retreat built for Queen Victoria) followed by afternoon tea in a lovely private dining room.

Due to the limited capacity of the river launch (10 persons) this event is exclusively for 20 guests.

Ladies to make their own way to the location, with a free Cliveden minibus transfer available for those who wish to travel by train, and plenty of parking for those wanting to drive.

NEW MEMBER COFFEE MORNING – WELCOME TO OUR NEW KCWC FRIENDS

When: Wednesday 20 October, 10:30am – 12:00pm

Where: Royal Thames Yacht Club, 60 Knightsbridge SW1X 7LF

Cost: None

RSVP Vivien Matthews marketing@kewc.org.uk

KCWC is so looking forward to reprising our annual New Member Coffee event after having to organise it last year via Zoom. So please be on the lookout for an invitation to this coffee hour specially tailored to our newest members giving them a chance to meet and learn about our international women's organisation now entering its 39th year. Join us for refreshments and biscuits. Meet Board Members and Activity Leaders and at 11:00am, look for a special surprise right outside the windows of our favourite venue – The Royal Thames Yacht Club. We are excited to welcome you to KCWC!

LUNCH AFTER THE NOVEMBER GENERAL MEETING

When: Wednesday 3 November, 12:30pm – 2:30pm

Where: The Mayfair Townhouse, 27–41 Half Moon Street W1J 7BG

Cost: £35.00

Following the success of our “Welcome Back” luncheon at the Mayfair Townhouse, we will once again have the opportunity to enjoy lunch in the beautiful Green Park Room at this historic Grade II listed hotel in Mayfair.

We will enjoy a 2-course, “modern European” inspired menu using fresh seasonal British ingredients prepared by well-known British chef, Adam Simmonds. Please register and pay online to attend.

DECEMBER SPEAKER SERIES HOLIDAY CELEBRATION LUNCH AT THE RAF CLUB

When: Tuesday 14 December, 11:00am – 3:00pm

Where: RAF Club, Piccadilly, London

Cost: £65.00

KCWC is thrilled to offer a holiday celebration lunch at the Royal Air Force Club, a members-only facility located on London's historic Piccadilly. Our Guest Speaker, renown British food historian and distinguished member of the Guild of Arts Scholars, Marc Meltonville, will help us understand through his illustrated presentation, how the British Christmas table came to be.

A “home away from home” for Officers of the Royal Air Force and their families, the elegant atmosphere of the RAF Club is valued by members as a distinguished landmark where traditions, camaraderie and fine dining reign. Lunch will comprise a three-course festive menu and will include a welcome glass of Prosecco.

Please note that the December Speaker Series General Meeting is open to Members and their guests, however all attending must purchase the luncheon via our website. Do be sure to secure your places early, as venue capacity is limited.

Languages

Activity leaders:

English	Teresa Baggio Rossi Usha Kumar	english@kewc.org.uk
French	Geneviève Sentier Claire Joly	french@kewc.org.uk
German	Eva Meininger	german@kewc.org.uk
Italian	Maria Puleio	italian@kewc.org.uk
Spanish	Maria Giovanna Limongi Elisabetta Astolfi	spanish@kewc.org.uk

Experience the international flavour of our Club and practise your language skills with native speakers. Join us to make friends, improve your fluency and gain in cultural knowledge.

Please contact the relevant Activity Leader for the language group you wish to join.

ENGLISH CONVERSATION

If you are interested in practicing English or helping other ladies improve theirs, while discussing a variety of subjects in arts, history, culture, sports, modern life, etc please join our, every other week meeting.

There is no cost, but please let us know if you will attend by booking a free ticket on our website. Hope to see you soon!

When: Thursdays 23 September, 21 October, 4 and 18 November, and 2 December, 11:00am – 12:30pm

Where: Virtual discussion via Zoom

Cost: None

FRENCH CONVERSATION

Welcome to the online French Conversation Group! If you would like to maintain and improve your French, we will give you opportunities to practice this language amongst a pleasant group of international ladies. Themes will be given in advance so you can prepare them at home before discussing with the group. A good level of French is required.

When: Tuesdays 14 and 28 September, 12 and 26 October, 9 and 23 November, and 7 December, 11:00am – 12:30pm

Where: Virtual discussion via Zoom

Cost: None

GERMAN CONVERSATION

Would you like to improve your spoken German and gain more confidence? In this group you have the chance to practise in a friendly, supportive atmosphere. We meet every fortnight on Wednesdays at 10:00am and discuss a topic of interest. Please register with the Activity Leader.

When: Alternating Wednesdays, 10:00am – 11:00am

Where: TBC

Cost: None

ITALIAN CONVERSATION

We are a group of women from various backgrounds who enjoy reading and discussing Italian culture and other topics of interest. Come and try our friendly sessions – you will surely enjoy your time with us.

When: Wednesdays 15 and 29 September, 13 and 27 October, and 10 and 24 November, 10:30am – 12:30pm

Where: At a member's home in Kensington W8

Cost: None

SPANISH CONVERSATION

Hola! If you are looking for an opportunity to improve or practice your Spanish language skills, do join our lively group of Spanish speakers. We meet monthly on a Thursday morning and enjoy combining conversation with periodic outings. If you enjoy interesting discussions, wish to improve your fluency and make new friends, please join us to discover more. We look forward to welcoming you.

When: Monthly on a Thursday, 10:30am – 11:30am

Where: TBC

Cost: None

London Walks

Activity leader:

Geneviève Sentier

londonwalks@kcwc.org.uk

REGENT'S PARK FROM A TO Z

When: Saturday 18 September, 10:30am – 1:00pm

Where: Meeting point to be confirmed upon registration/payment.

Cost: £22.00

I am pleased to offer KCWC Members the opportunity to join one of *LearnArtery's* guided tours.

From A to Z, north to south, east to west, *LearnArtery's* Blue Badge Guide, Muriel Carré, will take you in her stride round one of London's most beautiful Royal Parks.

The tour will last around 2h 30 minutes. Partners are welcome.

CITY ALLEYWAYS AND COURTYARDS

When: Monday 20 September, 10:30am – 12:30pm

Where: Meeting point to be confirmed upon registration/payment.

Cost: £20.00

This walk explores the hidden courtyards and alleyways of the City of London. Discover the site of London's first coffee shop, churchyards now secluded gardens, historic pubs and hostelleries and end at one of the City's glorious market buildings, whose site includes a piece of Roman London still in situ. Our Blue Badge guide Rachel Kolsky is back.

BATTERSEA: NATURE AND ARCHITECTURE

When: Thursday 23 September, 10:00am – 12:00pm

Where: Meeting point to be confirmed upon registration/payment.

Cost: £22.00

From high-flying buildings to exotic palms and pagodas, from Vauxhall to Battersea, discover with *LearnArtery's* Blue Badge Guide Marguerite, the greatest contrasts ever built along a single stretch of the Thames!

HAMPSTEAD VILLAGE: HILL, HEATH AND HEALTH

When: Wednesday 29 September, 10:00am – 12:00pm

Where: Meeting point to be confirmed upon registration/payment.

Cost: £22.00

There is no better time than the late summer to walk up and down Hampstead's little back streets and enjoy the stunning architecture, from old Georgian houses, grand and spooky Victorian mansions or the most avant-garde modernist buildings.

LearnArtery's Blue Badge Guide, Muriel Carré, will be our guide.

BERMONDSEY: RIVER, TANNERS AND HIPSTERS

When: Friday 1 October, 10:00am – 12:00pm

Where: Meeting point to be confirmed upon registration/payment.

Cost: £22.00

Blue Badge guide Muriel Carré, from *LearnArtery*, invites us to travel downstream to discover Bermondsey and its tales of river, tanners and hipsters.

BAFFLING BARBICAN

When: Monday 11 October, 10:30am – 12:30pm

Where: Meeting point to be confirmed upon registration/payment.

Cost: £20.00

This post WWII estate is notoriously complex to navigate, but those who make the effort will discover hidden gems nestling within its Brutalist architecture. Tower block names evoke the fascinating personalities of yesteryear including Frobisher and Defoe, the 14th century church commemorates an early London theatrical family, remains of the Roman Wall co-exist alongside watery gardens and the acclaimed cultural centre and the neighbourhood is now linked to Moorgate by the recently revamped Barbican Highwalk.

Blue Badge Guide Rachel Kolsky will be our guide.

BOHEMIAN CHELSEA

When: Thursday 14 October, 10:00am – 12:00pm

Where: Meeting point to be confirmed upon registration/payment.

Cost: £22.00

Blue Badge guide Marguerite, from *LearnArtery*, will take us to discover Bohemian Chelsea. From High Victorian literati to Swinging Sixties glitterati, and everything in between!

BOXING, THE BLITZ AND BEYOND: BETHNAL GREEN

When: Monday 8 November, 10:30am – 12:30pm

Where: Meeting point to be confirmed upon registration/payment.

Cost: £20.00

Following a rapid decline from a green and pleasant residential area to one of London's poorest neighbourhoods, Bethnal Green is experiencing a renaissance. Explore with our Blue badge guide Rachel Kolsky, its quiet backstreets to discover the origins of 'barmy', the home of 18th century Jewish boxing champion Daniel Mendoza, the glorious art deco splendour of the old Town Hall, a private war memorial, the Stairway to Heaven remembering a 1945 war tragedy, the People's Park and more. Ending at the Museum of Childhood, this tour really does have it all!

ARCHITECTURE IN THE CITY: GLASS, STEEL AND CONCRETE

When: Tuesday 30 November, 10:30am – 12:30pm

Where: Meeting point to be confirmed upon registration/payment.

Cost: £22.00

Join us for an architectural walk in the City to discover the works of the most renowned "starchitects" and understand the new challenges the Square Mile has to rise up to.

Our *LearnArtery* guide, Muriel Carré, invites you to an architectural walk between those towers of steel, glass and concrete to learn about the logic and the constraints behind the development of the City.

STAGE DOOR SECRETS: A WALK THROUGH THEATRELAND

When: Monday 6 December, 10:30am – 12:30pm

Where: Meeting point to be confirmed upon registration/payment.

Cost: £22.00

London is the theatre capital of the world, so join us for a walk through Covent Garden and get the backstage gossip from the last 360 years of London theatre: bigotry, boozers and a backstage murder or two. Your *LearnArtery* guide for this exploration of the West End's heart is David Milton, professional actor, playwright and award-winning Blue Badge Guide.

Mahjong Mornings

Activity leader:

Amanda Stanton

mahjong@kcwc.org.uk

It's been hard for all of us and the uncertainty continues, but please know that Mahjong will be back just as soon as we can.

Please contact me if you wish to be added to my mailing list to receive updates as they happen.

Passion for Fashion

Activity leader:

Yulia Shirokova

fashion@kcwc.org.uk

I am your new Activity Leader for this group. Please keep checking our website and newsletters for upcoming events.

Study of Buddhism

Activity leader:

Veronica Wetten

buddhism@kcwc.org.uk

We will learn the teachings of the Buddha and the principles of Buddhism. The understanding and application of these will help us to enhance and enrich day-to-day life, resulting in more inner peace and balance. We meet once a month, generally on a Friday, for one and one-half hours. Our discussion is followed by a short meditation.

Meeting dates are added on a monthly basis. Please check the website and eNews for upcoming meetings.

Tennis

Activity leader:

Kathleen Crook

tennis@kcwc.org.uk

We play intermediate level social, fun, but competitive tennis and have a coach for each of the two-hour sessions. We play indoors so the weather is never an issue. Kindly contact the Activity Leader for more information.

Theatre

Activity leaders:

Viola Hindley theatre@kcwc.org.uk
Claire Tremeer

We enjoy visiting the theatre in small groups, seeing a variety of shows and plays and often at a group discount.

LEOPOLDSTADT AT THE WYNDHAM THEATRE

When: Wednesday 13 October, 7:30pm – 10:00pm
Where: Wyndham's Theatre, Charing Cross Road WC2H 0DA
Cost: £52.00

We are excited to launch our season after Covid lockdown. Join us for *Leopoldstadt*, a play by Tom Stoppard. Set in Vienna, during the tumultuous first half of the 20th century, the play is an intimate portrait of a Jewish family's struggle against an epic background of oppression, injustice, and faith.

Please note if you wish to join the group for a pre-theatre dinner, there is the opportunity to indicate your interest in the ticket section of our website.

THE DRIFTERS GIRL AT THE GARRICK THEATRE

When: Wednesday 10 November, 7:30pm – 10:00pm
Where: Garrick Theatre, 2 Charing Cross Road WC2H 0HH
Cost: £49.00

Beverley Knight (previously in *Tina Turner The Musical*) features in a new musical based on the true story of the first ever African American female music manager, Faye Treadwell. This musical will showcase the many hit songs from *The Drifters* including songs such as *Stand By Me*, *Save The Last Dance For Me*, *Under The Boardwalk* and many more.

Please note if you wish to join the group for a pre-theatre dinner, there is the opportunity to indicate your interest in the ticket section of our website.

Travel Group

Activity leaders:

Ellen Shapiro travel1@kcwc.org.uk
Jennifer Robert travel2@kcwc.org.uk
Monica Pignal travel3@kcwc.org.uk

Travel Group offers a variety of trips. We may spend the day somewhere nearby London or venture further afield exploring historic UK venues. We also travel abroad with guided visits focused on art, history, as well as an annual walking trip.

UK HISTORICAL HOUSES, ARTS AND MORE

When: Tuesday 12 October – Thursday 14 October 2021
Cost: £575.00 (see details in description below)

A two night, three day trip by coach that includes visits to Compton Verney, Chatsworth House, Boughton House, Yorkshire Sculpture Park and more.

Departure on the morning of 12 October, returning early evening on 14 October.

Cost: approximately £575.00 based on 15 attendees. Includes transportation and admissions, single occupancy room with breakfasts, one lunch and one dinner.

Day 1: Compton Verney including the Capability Brown gardens, Chinese and British Folk Art.

Day 2: Morning at Chatsworth House, followed by outdoor art viewing at Yorkshire Sculpture Park that includes works by Henry Moore, Barbara Hepworth, and Lynn Chadwick.

Day 3: A quick stop at the Wellbeck Farm Shop, proud winner of the *Food Shop of the Year*. Visit to Boughton House including masterpieces by Gainsborough and Van Dyck with private guided tour and lunch.

Please register your interest by booking a ticket on our website.

Volunteers for Charity

Activity leader:

OPEN charityvolunteers@kcwc.org.uk

SOUTH DOWNS TREKATHON IN AID OF *THE PASSAGE* – CO-LISTED WITH COUNTRY WALKS

When: Saturday 4 September 2021
Where: Starting point to be communicated upon registration
Cost: Registration fee + fundraising target (please see description below)
Activity Leader: Susanne Schulz, web@kcwc.org.uk

This exciting new challenge will have you walking in the beautiful Sussex countryside. Whether you're a walker and new to challenge events or an experienced trekker – there's a distance for you!

A team of experienced guides will be with you every step of the way. A good level of fitness with prior training is required to take part in this challenge and training tips will also be provided.

Join us for a great day out and help us to transform the lives of homeless and insecurely housed people.

Register at <https://passage.org.uk/southdown/> and make sure you join TEAM KCWC!

Please check out our website for further details.

Wine Society

Activity leader:

Renee Singh wine@kcwc.org.uk

Come along and increase your knowledge as we explore beautiful old and new world wines.

THE SPECTATOR MAGAZINE CHAMPAGNE & SPARKLING WINE TASTING FOR DEUX/TROIS

When: Thursday 16 September, 6:30pm – 8:00pm

Where: Virtual event via Zoom

Cost: £160.00

KCWC Wine Society would like to invite you to an exclusive Champagne & Sparkling Wine Tasting, hosted by *The Spectator Magazine*. This will be an exciting and fun evening, featuring our favourite wine critic from *The Spectator Magazine*, Johnny Ray, and representatives from the premier Houses of Langlois, Hambledon and Bollinger with whom the magazine has worked closely throughout the years.

Participants will be shipped three full bottles of the following wines:

- Langlois Chateau Crémant de Loire
- Hambledon Classic Cuvée
- Bollinger Special Cuvée

Guests are welcome to join this activity as there is enough bubbly to make your own private party!

Yoga

Activity leader:

Barbara Welch yoga@kcwc.org.uk

VINYASA FLOW YOGA

When: Mondays and Thursdays (except GMs Thursdays), 9:30am – 10:30am

Where: Virtual class via Zoom

Cost: £5.00 donation to Lumi Foundation (see details on the website)

Activity Leader: Barbara Welch

Are you interested in gaining strength and flexibility through movement and breath? Are you interested in improving mental well being during these turbulent times? Then try out power flow yoga! This style of yoga is open and accessible to all abilities and is done in the comfort of your own home.

The money raised will go to a very worthy charity, Lumi Foundation. This registered charity provides yoga to people and communities who would otherwise not have access to yoga classes.

GENTLE YOGA

When: Fridays, 9:00am – 10:00am

Where: Virtual class via Zoom

Cost: £5.00 donation (see details on the website)

Activity Leader: Barbara Welch

This yoga class will be with slow gentle movements and is open to all abilities. Beginners are definitely welcome. You can expect a 2–5 minute meditation, followed by a 50 min class where you will get centered and create vitality, balance and grounding of your body. You will gently twist, rinse and de-stress, finding rejuvenation by ending in a 5 minute deep rest.

KCWC Online Resources

WEBSITE

www.kcwc.org.uk

Activities – View the Calendar and search for any activity category that you would like to explore. Learn about upcoming activities, General Meeting Speaker Series and Hospitality events.

News – Read the latest online version of the Newsletter, see the listings of members' Classified Ads and learn how to advertise on our Website. You can also find a Photo Gallery of members at various activities.

Membership – Use this area to update your membership information, check out our Member Benefits, the club's by-laws and to renew your membership.

Member Benefits – Find out about exciting offers and discounts available to all members with direct links to each organisation.

FACEBOOK

www.facebook.com/kcwc.kcwc

Stay up-to-date with KCWC activities and events, connect with other members and learn more about what's ahead on our group Facebook page. Photos are sent to Social Media@ and members can post their own, but approval is needed directly online.

TWITTER

www.twitter.com/kcwc_womensclub

Follow the latest happenings in and around London with KCWC on Twitter.

INSTAGRAM

www.instagram.com/kcwcWomensClub/

Advertising Information

UPCOMING DEADLINE:

1 November 2021 for the Winter (December – February) Newsletter

Corporate Advertising Manager:

Elisabetta Astolfi

advertising@kcwc.org.uk

CORPORATE ADS

Corporate ads are open to members and non-members. These are full-page adverts, cover ads, loose inserts, eNews ads and also logo ads on the KCWC website. Discounts are available for multiple/repeat ads.

Please contact advertising@kcwc.org.uk for information on how to buy and submit a corporate ad.

MEMBERS' ADS

Members can browse these ads or place their own, via the "My Membership" tab on the website.

The advertisements in this Newsletter are from independent vendors with no other association or affiliation with KCWC. KCWC makes no representations, guarantees, warranties or other assurances as to the products and services offered. Items offered in 'For Sale' ads are subject to prior sale at sole discretion of Seller.

For information, please contact

membersads@kcwc.org.uk.

Member Personal Ads alerting members to the availability of nannies, household help, handymen or used household goods are free online and £40.00 in the newsletter, limited to 25 words. Discounts may be offered for multiple ads.

STANDING RULES FOR ALL ADS

Advertisements cannot be accepted after the deadline. All submissions must be received by 5:00pm on the deadline date with full payment. KCWC reserves the right to refuse to publish any advertisements it deems inappropriate. If the Board receives three written complaints from members about an advertiser, the advertiser will be prohibited from advertising in future newsletters.

Contact the Advertising Manager on

advertising@kcwc.org.uk.

2020–2021 Executive Board

President:

Mary Narvell..... president@kcwc.org.uk

Vice President:

Open..... vp@kcwc.org.uk

Secretary:

Mary Sini..... secretary@kcwc.org.uk

Treasurer:

Caroline Gervais..... treasurer@kcwc.org.uk

Activity Leader Liaison:

Open..... activity@kcwc.org.uk

Events Coordinator:

Anne Koutsabeloulis..... events@kcwc.org.uk

Marketing Manager:

Vivien Matthews..... marketing@kcwc.org.uk

Advertising & Member Benefits:

Elisabetta Astolfi..... advertising@kcwc.org.uk
benefits@kcwc.org.uk

Membership & Hospitality:

Maria Puleio..... members@kcwc.org.uk

*non-Board role: Membership Support – Amanda Thompson

Newsletter:

Claudia Marchetti..... newsletter@kcwc.org.uk

eCommunications Manager & Web Manager:

Karen Gustovich..... ecomunications@kcwc.org.uk

*non-Board role: Web Manager – Susanne Schulz web@kcwc.org.uk

MEMBERS' ADS

- Have theatre tickets you now can't use?
 - Moving house and looking to sell unwanted items?
 - Spare weeks in your vacation villa to rent?
 - Fantastic charity event you want to publicise?
 - Looking for someone to help you in your home?
- Non-Business Classified Ads on the KCWC website are **FREE** to our members.
Contact membersads@kcwc.org.uk

The advertisements in this Newsletter are from independent vendors with no other association or affiliation with KCWC. KCWC makes no representations, guarantees, warranties or other assurances as to the products and services offered. The KCWC Directory is the private property of the Club member and is published for personal use only. No part of the Member Directory may be used for commercial purposes, mailings or solicitations.

KCWC Privacy Policy and GDPR

The KCWC Privacy Policy sets out how we, Kensington Chelsea Women's Club (trading as KCWC), collect, store and use information about you when you use or interact with our website.

This Privacy Policy is available at www.kcwc.org.uk/privacy-policy.

You can contact the data controller by writing to:

KCWC, A/C Bookwise
Lavender House
172A Toms Lane
Kings Langley
Herts WD4 8NZ

or sending an email to info@kcwc.org.uk

By ticking the "Photo Permission (GDPR)" box in your online membership form, you revoke KCWC's right to use your image on club related publications and media.

Advertiser Index

SERVICES/PRODUCTS

Belgravia Healthcare.....Cover CoûtantCover

To advertise in the KCWC Newsletter, please contact
advertising@kcwc.org.uk

June 2021 Luncheon



KCWC Members with Events Coordinator, Anne Koutsabeloulis, and Outgoing Vice President, Theresa Klassen

Mary Narvell with June Guest Speaker, John Barber, Representative Deputy Lieutenant for the London Borough of Newham and Deputy Lieutenant for Greater London



World-class

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Providing discreet world-class private veterinary care for
exclusive feline family members and their canine companions.*

Dr Elise Robertson
Private Veterinarian

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