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CERN Welcome Club Newsletter (formerly CERN WoMen Club)

October 2019 - January 2020 46th Year, No. 1

Coming up soon...

OCTOBER 8th
Coffee Morning
Presentation of Charity
« Parc Challandes »

NOVEMBER 5th
Coffee Morning
Presentation of Charity
« L’autre Regard »

NOVEMBER 28th
Christmas Sale

JANUARY 14th
Coffee Morning
GAMES and « APERO »
In favour of the Association to benefit from the Spring Jumble sale
A.L.I.A.S (*)

FEBRUARY 4th
Coffee Morning
Presentation of the Association to benefit from the Spring Jumble sale
A.L.I.A.S (*)

Deadline for submission of articles for the January - May 2020 Newsletter:
13th December 2019

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http://cern.ch/club-welcome
Facebook Cern welcome

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(*)Association locale pour l’accueil et la solidarité
Hello girls and boys!

How are you? Are you ready to come back to work? The Cern Welcome Club is, and what’s more, with new activities to offer.

I hope you had a fantastic holiday and shared good times with your loved ones. At the seaside or in the mountains, maybe even in your home countries.

But although you like to party, have a drink on a deck chair during summer - that is the best time for these activities - I think we all still want to resume some routine, and our club is made for that.

We can start gym and other physical activities to get back into shape; others, like the language courses, help us to progress in our knowledge while meeting up with the friends we left before departure on vacation. This year we have also introduced a theater class, which may interest anyone who wants to blossom and put their talents into action.

In short: our club is here to offer you a beautiful and rich new year of activities!

Ciao a tutti,

Clara
COURSE FEES CERN WELCOME CLUB
FOR 2019-2020

1 hour : CHF 8.--
1 1/2 to 2 hours : CHF 10.--
over 2 hours : CHF 12.--

The courses are organised by trimester or semester, depending on the group leader.

Each group leader informs the participants at the start of the period (trimester or semester) of the amount to be paid.

The participants must pay at the start of each period for all of the courses of that period. If they are not present for a course, they may not request reimbursement.

A group leader who is absent must replace the missed course or reimburse it.
Activities program for 2019 - 2020

For more info and timetables visit the webpage:
https://club-welcome.web.cern.ch/content/activities-classes

Social activities
Coffee Mornings, Bridge, Toddlers, Women’s discussion or Writing workshop

Arts & Crafts
Art Therapy, Craft sharing, Drawing from Observation, Embroidery,
Introduction to Calligraphy, Oil Painting and Plastic Arts,
Painting on Porcelain, Mixed Art Technique, Sewing, Theater

Languages & Learning
Modern Arabic, Brazilian Portuguese, Chinese - Mandarin, English, French,
French - Literary Discussion, German, Italian, Japanese, Russian, Spanish,
Modern Greek, Initiation PC, Windows and MAC

Sports
Ballet 4 to 6 years old, Dance with us !, Gymnastics, Keep Fit Gymnastics,
Intelligence workout (kinesthetics), Qi Gong,
Swiss Ball, Yoga Vinyasa, Yoga, Gentle Walking,
5 to 6 hours hiking in the mountains with altitude gain of 800 metres.
New activity!

Initiation to theatre and improvisation

Nadia, an artist and performer, proposes a playful workshop based on the principles of improvisation and coaching techniques where the key words are: listening, affirmation, cooperation, goodwill, daring and non-judgment.

There will be exercises on voice, space, body, as well as games and some relaxation and physical warm-up exercises.

The workshops are adapted to the participants according to their needs, values, desires and limitations. The primary objective is for everyone to feel confident and do their best.

The course will be given mainly in French but anglophones are also welcome, so we can talk to each other in both languages.

Come join our class to (re)discover the fun and joy of playing while building confidence to DARE!

nadiaceline_acevedo@protonmail.ch
New activity!

Ballet classes for kids 4-6 years old

One hour of movement for the body and mind

Ballet is proven to be a great way to discipline ourselves, exercise our body and mind, be part of a group and have fun!

This course contains ballet technique exercises, eurythmic exercises, stretching exercises, improvisation and of course games and a lot of fun!!!

The class takes place every Wednesday from 16:15 to 17:15
In Building 504 (Restaurant No. 2), 1st floor, room E.003

For more information, please contact Konstantina Fytrou at the following email address: konfytrou@gmail.com

Hurry up! Places are limited!!!
This year to be held in the Main Building 60, Ground floor between 09:30 and 14:00

All proceeds from the sale will be given to the charity « L’autre Regard » and « Parc Challandes »

We will have our traditional stalls: Christmas wreaths; Homemade Cakes, Biscuits and Preserves; Coffee; Paintings; Books; Painting on porcelain; Embroidery...

And new stalls, with kids hats and scarves; Handmade girls and womens hair accesories...

And for sure we will have our traditional tombola with extraordinary prizes!

All gifts for our stalls are welcome.
We shall be collecting them on the day of the sale: bring them before 09:30 if possible, or ask a friend who is coming to the sale, or contact the person organizing the stall.

All help is appreciated!
Bring family and friends and join in ...

Sale coordinators:

cwc.socials.and.events@gmail.com
The association L’Autre Regard, recognized “as being in the public interest”, aims to train guide or assistance dogs who will help people suffering from a sensory or physical/motor handicap.

Volunteer trainers, guide/service dogs and recipients, working together, develop personalized training. This training takes into account the recipients’ desires and the needs inherent in their disability, allowing them to regain more freedom and independence. Basic socialisation and specific training are the foundations of the approach.

The association organizes regular demonstrations of guide dogs and service dogs and annually a day of advice to dog owners.

Thanks to annual membership fees and donations, the Association L’Autre Regard can cover the costs of training guide dogs and service dogs.

https://www.lautre-regard.ch/
Parc Challandes is home to animals that have been abandoned, lost, or hurt and are often too young to go back into the wild.

The park is a non-profit organization officially recognized by the Conseil d’Etat de Genève, whose membership numbers around 3000. It’s the outcome of a project initiated by Pierre Challandes in 1973. The park is financed entirely through membership fees and donations.

Currently the park is home to felines such as the lynx, to monkeys such as macaques, marmosets and tamarins, to birds such as parrots, sparrows, pheasants, ducks, peacocks, and owls, as well as wild boars, squirrels, guinea pigs, rabbits and the occasional fox, wolf, or deer.

Most of these animals can be released back into the wild once they are strong enough, some are placed into other parks or homes better suited to their needs, and others remain in the park for the rest of their natural lives.

Open House at Park Challandes
21st and 22nd September 2019 from 11 am to 6 pm

https://www.parc-challandes.ch/
It happened during the second quarter !

ANNUAL CLUB LUNCH

Our traditional end-of-year lunch was held in a convivial atmosphere
On 11th June, 2019, at the Glassbox restaurant in building 501

Our hearty thanks go to our president, Clara Raimondo, for her perfect organisation of this event, an important tradition in the life of our Club
It happened during the second quarter!
FIAMI

Friday, 14th of June, the women of Switzerland began their strike at 3:20PM, to denounce the difference between men’s and women’s salaries. At the very same time, our French reading group invited FIAMI to present to the whole Club the story of Women’s Achievements in Science.

FIAMI, whose full name is Raphaël Fiammingo, is a Swiss author of comic books*. One day, while visiting CERN, the idea came to him that with cartoons he could illustrate the evolution of science through the centuries. Beginning with The lives of Einstein, a journey through time and the history of Physics, he continued with The lives of Galileo for Astronomy, and The lives of Marie Curie for Chemistry.

With his usual enthusiasm and an interesting slide show, he pointed up the presence of women scientists throughout history, and detailed the multiple accomplishments of Marie Curie.

The participants were delighted and we intend to invite FIAMI again, this time to illustrate for us The Fables of La Fontaine.

* FIAMI comic books are for sale in the CERN shop.
It happened in September !
Potluck lunch with the teachers

Following the registrations, on Tuesday, 10th September, the committee shared a convivial moment with the teachers on a Potluck Lunch.

It’s important that all of us « the driving forces of the club » can have some time together to animate the spirit of our club, put forward ideas and discuss about new directions. And it’s an opportunity to discover new culinary specialties!

Our driving force is the desire to lend the Club life through events that strengthen our bonds and foster exchanges.
How to pay your annual subscription for the Cern Welcome Club

- To the Treasurer during the Coffee Morning
  CHF 25.- for ordinary members; CHF 35.- for associate members **.

- Through the UBS Bank
  CHF 25.- for ordinary members and CHF 35.- for associate members **:
  Give your name, date of birth, nationality and address.
  Our account number (Cern welcome club) :
  **UBS IBAN CH98 0027 9279 C775 2554 2**
  Please mention that it concerns subscription 2019/2020.

Avoid confusion  Thank you for your cooperation

Please write your surname and first name, and your complete address
CLEARLY IN CAPITALS.
Members who have a double-barrelled surname should always use the same name
as that first used for enrolment on all payments and activity lists, in order to avoid confusion.

** The term “ordinary member” is deemed to mean anybody working at CERN or the partner of anybody working at CERN. Job status is not taken into consideration: civil servant, fellow, service-user, etc., all of these confer eligibility as an ordinary member. This membership status is kept for life. All group leaders are automatically deemed to be ordinary members.

The term “associate member” covers anybody else not falling within the definition of an ordinary member whether they have a connection or not with CERN. Persons wishing to join the CWC as new associate members must come to a Coffee Morning or contact our secretary (Lynda Evans – evanslyndon@aol.com).

Membership can be renewed by bank transfer.

Children less than 25 years of age take the membership status of their parents (ordinary or associate) and pay only for their own activities. Thus, a child less than 25 years following a gymnastic or painting course, for example, will pay a membership fee depending on his/her parents’ status, i.e., Cernois or other. A child less than 25 years taking part in a particular children’s activity (children’s choir, toddlers’ group) will not pay a membership fee. Children over 25 years of age take a membership status that depends on their own situation and not their parents’ status.
REMINDED

Personal Insurance / Civil Liability

Important: Every member should have his or her own accident insurance.

For all Club activities (whether in the club rooms or outside CERN) you are responsible for yourself, your children, and those in your charge. The Club declines all responsibility concerning damage to property, as well as accidents or bodily injuries involving adults or children, Club members or non-members.

The Staff Association’s insurance policy covers the premises and property of the Clubs, (furniture, computers, etc.) but not personal insurance/civil liability.

Access to CERN for participants in club activities

Please check the link below in order to know how to proceed

http://admin-eguide.web.cern.ch/en/procedure/access-cern-participants-club-activities

Or type “Cern Access club” in the search bar of your favorite browser

Please note that the access cards (for regular access) are valid for one year from the date of issue.

If your card has expired, contact Maria KIENZLE

Occasional access

(less than 5 times a year)

At least 2 open days before entering CERN, the person wishing to visit must fill out the form «CERN Club Access Request» accessible through the link above in the «useful documents» section.
We need you

Throughout the year our COFFEE MORNINGS are a great success and will provide an opportunity for our members to share a pleasant moment over a coffee and some delicious cakes.

In this friendly atmosphere this is also the time when the Club welcomes newcomers and registers new members, and introduces them to the various activities available in the Club.

In order to make this newcomers’ welcome more effective and as friendly as possible, it is necessary to have enough team members present at each coffee morning.

Therefore, if you would like to become part of this important function of our Club, don’t hesitate:

... Join the « Newcomers » team!

For more details please contact:

The President, Clara RAIMONDO
clara_silla@yahoo.it

***

THE CHRISTMAS SALE and SPRING JUMBLE SALE

Are two important events that allow our Club to lend financial support to a charitable organisation.

To supply our stands, we are looking for creative people to help make small decorative objects for the Christmas tree, a festive holiday table, or an Easter tree. The workshops take place in a convivial atmosphere every Wednesday morning.

Don’t hesitate, contact:

cwc.socials.and.events@gmail.com
School holidays 2019 / 2020

Pays de Gex, France

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<td>Monday 02.09.19</td>
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<td>All Saints</td>
<td>Saturday 19.10.19 to Monday 04.11.19</td>
</tr>
<tr>
<td>Christmas</td>
<td>Saturday 21.12.19 to Monday 06.01.20</td>
</tr>
<tr>
<td>Winter</td>
<td>Saturday 22.02.20 to Monday 09.03.20</td>
</tr>
<tr>
<td>Spring</td>
<td>Saturday 18.04.20 to Monday 04.05.20</td>
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<tr>
<td>Start of summer holiday</td>
<td>Monday 04.07.20</td>
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N.B. These dates can vary slightly from one school to another. In France, the start of a holiday is after class on the day indicated. The first day back to school is the morning of the day indicated.

Geneva, Switzerland

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<td>Autumn</td>
<td>Monday 21.10.19 to Friday 25.10.19</td>
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<td>Christmas</td>
<td>Monday 23.12.19 to Friday 03.01.20</td>
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<td>Easter</td>
<td>Thursday 09.04.20 to Friday 17.04.20</td>
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<tr>
<td>Start of summer holiday</td>
<td>Monday 29.06.20</td>
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CERN

Cern observes the public holidays of the canton of Geneva

The annual closing period of Cern is from December the 21th to January the 5th