

**Welcome to the
International Women's Club Valencia!**



New Member Handbook 2024

This Handbook is designed to give new members an overview of who we are, what we do, and what we can do for you.

If at any time you have any questions about the IWCV, just go to our website (www.iwc-valencia.com) and click on "Contact Us" at the bottom of the page.

A. WHO ARE WE?

The IWCV is a volunteer organization dedicated to providing social, educational, charitable and philanthropic opportunities for our members. Our purpose is:

- To enable both newcomers and long-term residents to get together and share in a variety of activities.
- To create activities - whether social, educational, cultural or philanthropic - that will help members integrate into and understand Valencian society.
- To provide mutual help and support for those living in Valencia - irrespective of race, creed, national origin or political orientation.
- To provide information on community activities, services and organizations where individuals may find solutions to challenges arising in daily life.
- To provide opportunities to enjoy members' varied cultural roots and improve international understanding.

An annual membership fee of 20€ is charged to each member, and covers all expenses of the organization.

We are governed by an elected volunteer Board of Directors consisting of a President, three Vice-Presidents (Membership VP, Activities VP, and Charities VP), a Treasurer, a Secretary, and a Member-at-Large. In addition, a volunteer Webmistress has also been appointed to the Board. Our current Board members are:

- President: Jane Buck
- Vice President – Membership: Janine Forbes
- Vice President – Activities: Susan Burke March

- Vice President - Charities: Pauline Fitzgerald
- Treasurer: Dora Sanchez
- Secretary: Norma Acland
- Member-at-Large: Susan Kaplan
- Webmistress: Cindy Roberts

Individual members also coordinate all the wonderful on-going activities and one-off events that we offer our members.

B. IWCV COMMUNICATIONS – HOW DO YOU KNOW WHAT’S AVAILABLE FOR YOU?

The IWCV has four main methods of communicating with members: IWCV website, email, WhatsApp and Facebook.

1. OUR WEBSITE – www.iwc-valencia.com

The IWCV website is your go to place for all kinds of information, not only about the IWV itself, but about life in Valencia in general. While it is maintained by our Webmistress, the vast majority of information on the website comes from members, and we invite you to contribute to it as often as you would like.

Here’s what you will find on our website currently – but it changes often so do visit frequently to find out what’s new! To access any of these items, just go to the website, log in and click on “menu.”

- **“Our Team”**: This is an introduction to our Board and to our Activity Coordinators. You can also view the IWCV Organizational Chart here.
- **“Events” & “Activities”**: Here you will find what’s happening in any given month, whether it’s an event such as our morning coffee on the first Tuesday of each month, our monthly luncheon for members, or our on-going activities (Women Who Walk, Monday Mahjong and mahjong classes, Stiches & Yarns for those of you who enjoy knitting, crocheting, etc., in a social environment, and cultural events such as guided tours of various parts of Valencia). You will also find special events such as wine tastings, holiday caroling, etc., here on our website. P.S. – We are always looking for new events and activities, and we’d love to hear your ideas!

- **Charities:** The IWCV currently supports three charities (Casa Caridad, Casa Ronald Valencia and Proyecto Vivir), that provide support to women and children. You can learn about them here and you will find volunteer opportunities in Valencia.
- **Monthly Newsletter:** At the very beginning of each month, we post a Newsletter detailing what's happening that month as well as what happened the prior month.
- **IWCV Recipes:** Here's your chance to share your favorite recipes with other members – just type your recipe onto the template provided and send it to us. Our goal is to create a virtual cookbook for all our members, full of our delicious recipes for everyone to try.
- **Valencia Restaurant Reviews:** These restaurant recommendations are presented to you by IWCV member Amanda Cushman. A professional chef for over forty years, Amanda wrote restaurant reviews for the Santa Monica Daily Press, The Miami Herald and the Shoreline in Old Saybrook, CT.
- **Valencia Resources:** This IWCV website section should be your first stop when you have a question about how to, where to, when to, whatever in Valencia. Many of the resources included come from member recommendations, so if you have anything to add, please let us know! The following six topics are currently available at the click of a button:
 - Convalescent Care
 - Emergency Contacts
 - Government Agencies
 - Medical Assistance
 - Member Businesses
 - Services
- **Women: By, About, and For:** For your reading pleasure, a bibliography of books (and films and TV programs) worth delving into, all by, about, or for women.
- **Communication Guidelines:** This is where you will find the IWCV Privacy Policy, Terms and Conditions, and rules for using our website, Facebook and WhatsApp groups.

2. EMAILS TO MEMBERS

As an IWCV member, you will occasionally receive emails about IWCV activities or news that your Board feels would be beneficial to members.

These include a monthly notice when each month's Newsletter is posted to our website, occasional reminders about upcoming activities such as our New Member Coffees or cultural tours, and important Valencia news such as street closings due to marathons. Your email address will never be shared with other members or third parties without your prior permission.

3. FACEBOOK GROUP (International Women's Club Valencia)

This is a public Facebook group, meaning that anyone can see it. Here you will find news about the IWCV and its activities, about Valencia, and news that may be beneficial to our diverse membership. All posts will first be approved by our Facebook administrator (currently Missy Anobile) before they are allowed to "go live" on our Facebook page. Advertising non-IWCV businesses and activities is not permitted.

4. WHATSAPP

We have two IWCV-sponsored private WhatsApp groups that are open to all members. To join either or both, simply send a WhatsApp message to +34 651 858 463 to let our VP – Activities know that you would like to join.

- **Join Us For Local Events:** This is where you can see and post both IWCV and non-IWCV events and activities that are happening in Valencia. Are you looking for an upcoming concert, or someone to have a drink with on Saturday night? This group is where you'll find what you are looking for!
- **IWCV Social Chat:** From time to time, we all have questions about all sorts of things – where can I find an English speaking doctor? How do I get a bus pass? Is the bus to IKEA still running? And occasionally we just have something we'd like to share with friends – a meme, a joke, a new restaurant with wonderful paella – but we'd rather chat in the privacy of a closed group rather than with hundreds of strangers on social media. If that sounds like you, then join Social Chat and you will be in the right place!
- **On-Going Activities:** These are activities that repeat weekly, bi-weekly, or monthly. You can join any of them by contacting the designated coordinator and ask to join the WhatsApp group for the activity. That way you will know when and where the next get-together will be.

Solo Women

This is a support group for single IWCV members with fun activities while acquiring wisdom to continue on our paths. The possibilities are endless. We will determine what we need as we progress, sharing stories, laughter, and knowledge along the way. Whether you are divorced, widowed, never married, or on your own in Valencia for whatever reason, we will help each other fend off loneliness and cope with the difficulties we encounter by offering each other support and friendship. Confidentiality within the group is a fundamental requirement.

We meet the first and third Friday from 19:00 to 21:00 at Homenaje Centro, near the Ayuntamiento (City Hall), Calle de la Sang, 11, Ciutat Vella, 46002 València.

Please get in touch with Silvia Matos Escalada, the coordinator, to be added to the WhatsApp Chat and stay abreast of all that's happening in our group.

silviaisabelmatos@gmail.com +34 666 68 35 74

Spanish and Coffee

Every Wednesday from 11:00 am - 12:30 pm at the El Corte Inglés 27 C/de Colon in the sixth floor cafeteria. Come join us to have lively Spanish conversations with sometimes specific topics, for example, shopping, or going to the doctor. It is a safe environment to try your hand at speaking and understanding the language. Bilingual speakers usually attend. All are welcome. Contact Mary Reeves to be added to the WhatsApp group and to find out more +34 686 50 20 90

Stitches & Yarns

Do you knit, or crochet or just like being around people who do? Join us for Stitches & Yarns at Cathy Cleaver's home, the last Thursday of each month, from 2PM – 4PM.

Avenida del Oeste 38, Floor 1, Apartment 1 (Buzzer 1).

You are welcome to bring your own projects to work on but there will also be yarn, needles and some instruction for those who are just beginning.

This activity is open to IWCV members, their partners/spouses, Fellows of the IWCV, and out-of-town guests of IWCV members. Guests who live in Valencia may participate a maximum of two times. Afterward, they must join the IWCV to participate in the activity except where otherwise specified.

If you plan to attend, please let Cathy Cleaver know and ask her to add you to the WhatsApp group. (cleavercathy@gmail.com).

Women Who Walk

Join us for a walk in the Túria park, Fridays at 11 am.

We generally meet at the rear of the Palau de la Música (on the park side at the fountains). Depending on direction or route, the walk is 30-60 minutes and there is always time to socialize at a café afterward. Every Thursday morning, we send a text on the Women Who Walk WhatsApp chat letting you know where to meet, the route we are taking, and the café we are gathering at afterwards. Send an email with your name and telephone number to Liz Humphries (lizzie2705@icloud.com) or Ida Mauritzen (ida.mauritzen@gmail.com) and we will add you to the WhatsApp chat so that you can keep informed.

Don't worry - there will be someone who walks at your pace! Spouses/Partners and IWCV Fellows are welcome. No need to register, but if you decide to come do post message Thursday or early Friday on the Women Who Walk WhatsApp chat so that we know to expect you. If you're coming by train, take the Metro to the Aragon station, a 10 minute walk to the Palau.

Mahjong

Mahjong is a game that originated in China. It is commonly played by four players. The game and its regional variants (there are many!) are widely played throughout Eastern and South Eastern Asia and are becoming more and more popular in Western countries. Similar to western card games like rummy, mahjong is a game of skill, strategy, and calculation - and involves a bit of luck! We play Hong Kong style mahjong.

We play every Monday between 11:30am and 16:00pm

If you don't know how to play and you'd like to learn, please contact Jane Buck, forjbuck@aol.com, to sign up for our next class. If you already know how to play, ask Jane to add you to the weekly email notification list.

This is open to IWCV members, their partners/spouses, Fellows of the IWCV and out-of-town guests.

Member-hosted Board Games

In addition to our Monthly Gameplay activity, join us for board and card games and more at different members' homes!

Member-Hosted Board Games meet when a member wants to host a game. There's no set schedule, and any IWCV member can host. Each host sets the date, time, maximum number of attendees, and the games to be played. We communicate via the WhatsApp Chat group. Want to host a game? Post the announcement on the Member-Hosted Board Games WhatsApp chat with your details as above.

Players - the places fill up quickly so be sure to reserve your seat. Please bring a prepared dish or snack to share and your preferred drinks.

To join the Member-Hosted Board Games and Monthly Gameplay WhatsApp chat groups and for more information, contact:

Ann Linton: Email - annlinton@me.com WhatsApp - +1 312 208 8666.

Who can attend? IWCV Members. See you there!

Monthly Gameplay

The Last Tuesday of Each Month, 16:00 – 19:00

Besides our more intimate Member-Hosted Board Games, we also have our **Monthly Gameplay** activity. This activity allows up to 20 people to gather at Taberna La Mora and enjoy our games in a convivial setting. We'll have tables of two, four, and six set up for us, and we'll play various card and board games—please bring your favorite games, pens, and paper to keep score. We can purchase drinks and food between games and enjoy the evening.

- Contact Ann Linton to join the Monthly Gameplay WhatsApp chat and stay informed about plans for our monthly activities.
- Post on the chat to add yourself to the upcoming monthly player list. Contact Ann for more information
- WhatsApp #1 312 208 8666 (Valencia cellphone +34 628 563 943)
- CANCELATIONS: If you need to cancel, please post immediately on the WhatsApp chat and contact Ann Linton, at annlinton@me.com or WhatsApp +1 312 208 8666. This will allow us to manage the event effectively and ensure the next person can be included from a waitlist.
- Taberna La Mora is located at Calle San Francisco de Borja No. 1, 46007, Valencia

Chicas de Libros: If you love to read, then join us! We will read some great books and discuss them once a month. We don't have

a set agenda regarding the genre of books we plan to read or the discussion format. Meeting the second Tuesday of each month, 18:00 Coordinator: Ruth Ann Hepler, ruthannhepler@gmail.com or What's App +34 613 395 458 Meeting location: contact Ruth Ann Hepler. This activity is open to IWCV members, their partners/spouses, Fellows of the IWCV, and out-of-town guests of IWCV members. Guests who live in Valencia may participate a maximum of two times. Afterward, they must join the IWCV to participate in the activity except where otherwise specified. Contact Ruth Ann Hepler, Chica de Libros' coordinator for more information and to be added to the activity's WhatsApp group. COST: None.

C. IWCV NEIGHBORHOOD AMBASSADOR PROGRAM

Whether you are new to the IWCV, new to Valencia, or maybe just new to your neighborhood, our Neighborhood Ambassador Program can help you settle in, make friends and get to know your neighborhood! Our Neighborhood Ambassador Coordinator will assign a member-ambassador to each new IWCV member – or to any IWCV member who requests one. Your ambassador will contact you, arrange to meet for a cup of coffee and perhaps explore your new neighborhood a bit, and do her best to answer whatever questions you may have about the IWCV, your neighborhood or Valencia in general. And, once you have gotten to know your 'hood, you are very welcome to join the program and become an ambassador yourself! To contact Famke Grootswagers, our current Ambassador Coordinator, simply email fgrootswagers@gmail.com.

D. FELLOWS OF THE IWCV

This is where the men in your life will meet other men and find interesting activities to keep them occupied! The Fellows group is open to all men of Valencia, including the male spouses/partners of our members. The Fellows have lunches, happy hours, and lots of activities – things like photography, hiking, pádel, and much more. Your guy can sign up by contacting Fellows Coordinator Carey Hepler at carey.hepler@gmail.com or WhatsApp +34 613 39 56 39.

We are thrilled that you are a part of the IWCV and we encourage you to begin taking part in IWCV events or activities if you haven't already! We are looking forward to getting to know you as you get to know the rest of us in Valencia, this beautiful city that we all now call home!