

## The talent within....

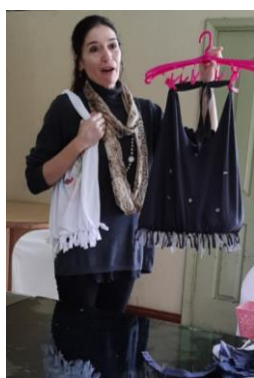
There is no doubt that our Corona members have many talents but like women everywhere, we tend to keep them well hidden. It was therefore refreshing to have two of our members come forward and share their skills with the rest of us at our August meeting:

**DAGMAR:** We are already familiar with Dagmar's cooking and hospitality skills and most of us have visited her wonderful Paradieso Café. What we may not know about Dagmar is that she is a certified Reiki Master Teacher and practitioner.

**Reiki** treatments promote harmony & balance in the bodies energy. The goal is to dissolve energy blocks and promote natural balance between mind, body and spirit. This creates deep relaxation and helps the body release stress and tension while assisting the body cleanse itself from toxins and support the immune system. Dagmar explained how her work in Signature Cell Healing is associated with photon energy around our earth plane and consciousness, integrating this energy flow into our 4 bodies: the physical, mental, emotional and spiritual body. Dagmar is happy to share her knowledge with members so please contact her directly to learn more about how Reiki can be used in healing, rejuvenating, re energizing and increasing body awareness.



With such talent amongst members, its a wonder we ever look outside for speakers. If you have a skill or idea you would like to share with members, please do contact Binita or Sara.



**ZANDRE:** For years now Zandre has worked behind the scenes for Corona, making sure our website and Facebook page is kept up-to-date. At this meeting though, she showed her interest in recycling, and demonstrated how to give new life to any old T-shirt as she turned them into useful and trendy bags. Don't worry though if you are not the "crafting" type. There were no glue guns or sewing needles required. Just a pair of scissors and your old tee-shirts.

## OUR JUNE RAFFLE

A total of Rs 1250 was raised from the August meeting raffle. Our thanks to Dagmar who donated the prize (sparkling wine) and our congratulations to Jane who won the raffle draw.



Don't forget to join our **WHATSAPP** group so that you stay up to date with our happenings. Contact Binita or Sara to add your name.



## NEXT MEETING

**FRIDAY 20<sup>TH</sup> September @ 10 am**

At the end of each year, your Corona Committee looks to distribute donations from funds we have managed to raise over the year. We thought this meeting would be a good time to hear from some of the organisation we support. If you have a charity (focus on women and children) that you believe would benefit from our support, we would like to hear from you.

## GALA DINNER

**FRIDAY 27<sup>TH</sup> September @ 7 pm**

This event is our main annual fundraiser with proceeds going to help women and children through the charities we select. This year's dinner will be held at the roof-top restaurant of Palm Hotel. We hope you will join us and make the event a success. Contact Binita or Sara to buy your tickets. Please also think about donating raffle prizes for the event.

## OCTOBER DAY TRIP

**WEDNESDAY 23<sup>RD</sup> October**

Plans are underway for a visit to Ferney Spinning Mill followed by lunch. Please book your place soonest and let us know if there is anything else you would like to do.

## OCTOBER MEETING

**FRIDAY 18<sup>TH</sup> October @ 10am**

We are looking to have some fun during our October meeting to celebrate Diwali. Your ideas for appropriate game and activities are welcome.

Birthday wishes to all those gorgeous ladies who celebrate their special day in September.



## CAKE ANYONE !!!

Our best wishes to **Radhika**, who was the only member present at our last meeting with a birthday in the month of August.



## a new twist on the good old bread and butter pudding

If you're bored of sandwiches, here's a sweet dish you can make with bread. Make a thick *rabadi*, by adding sugar, nutmeg powder, *elaichi* powder, almonds and pistachios and keep it *aside*. Toast the bread slices and pour the warm *rabadi* over the slices. Refrigerate the slices for two hours. Add more almonds and pistachios for a great taste-

Recipe brought to you by Sara

## RECIPE CORNER

## Afternoon Tea

It looks like our new format of afternoon tea (instead of coffee morning) is very popular. On Wednesday 28<sup>th</sup> August, 20 Corona members braved the traffic of Quatre Bornes to enjoy afternoon tea at Palm Hotel. Right in the middle of the town, the Palm Hotel offers surprisingly good views from its roof-top terrace. We took full advantage of the great views and the tea/coffee and snacks. The hotel were extremely generous with their servings to each of us and we certainly got our money's worth



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