

Our club has been excitedly planning for this conference for over a year. One of my jobs was to write the invitation. This was easier said than done as I wondered how to put things. The American Women's Club of Oslo requests the honor of your presence ... hmmm too formal. You are cordially invited... a bit more personal but still off . The pleasure of your company is requested ... right sentiment, wrong words. Should I send an Evite? Would a text better convey an earnest and eager invitation to join in the fun? Sigh.

This would be so much easier if you lived next door. That way I could simply ring your doorbell or throw a stone at your window and ask, "Wanna come out and play?"

Happily the contemporary grapevine managed to let you know what was planned and here you are. Whether living down the street or in another country, you are an AWC community member and we are so glad you've come!

Regional conference themes vary, but the essence of these gatherings is the sustenance we gain from our clubs and FAWCO. To wit: friendship that supports us as we navigate life in a foreign land; a belief in the future that keeps us engaged on behalf of others; and last but not least, a dedication to our loved ones (and ourselves) that motivates us to try to be as healthy as we can. It seems to me that this year's theme covers it all.

In August, NPR ran a series of stories about play. The last report summarized important reasons why adults should play including maintaining our social well-being and keeping our minds sharp. It also noted that not engaging in enough play can make life more tedious. The title of the story was "Play Doesn't End With Childhood: Why Adults Need Recess Too."

On behalf of AWC Oslo, I hope this conference will be a good recess for all of us. If you leave feeling that you have learned something, connected with others, and found reason to smile or even laugh, then we will have succeeded.

Rena Levin
AWC Oslo President