

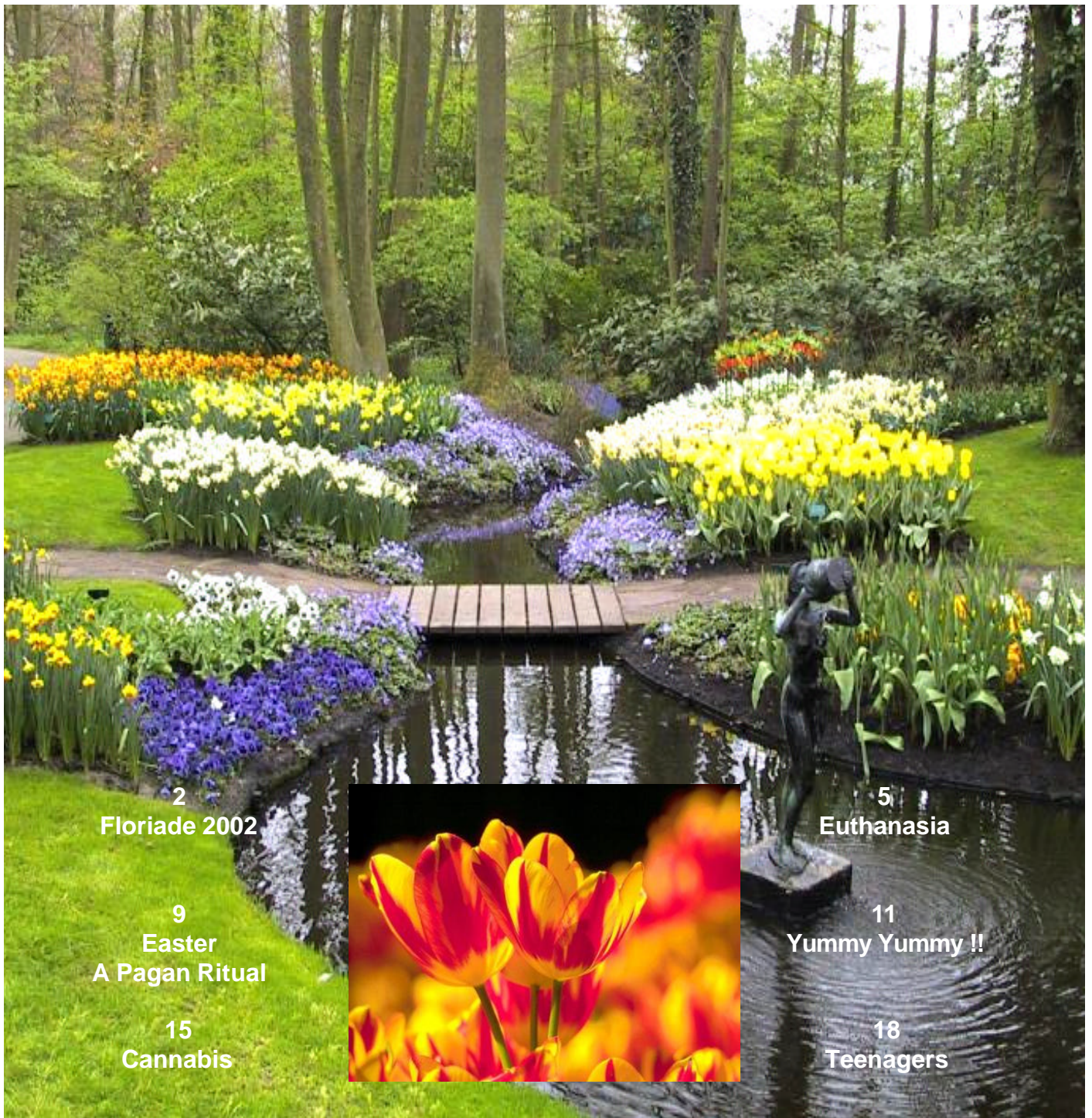
Haarlemmermer
2002
Amsterdam

Vol.15 No.2
April/May

Floriade

ACCESS

Administrative Committee for the Coordination of English Speaking Services
<http://www.access-nl.org>



2
Floriade 2002

9
Easter
A Pagan Ritual

15
Cannabis



5
Euthanasia

11
Yummy Yummy !!

18
Teenagers

The Floriade 2002

Debbie Monks

Flowers and Holland the two go hand in hand.



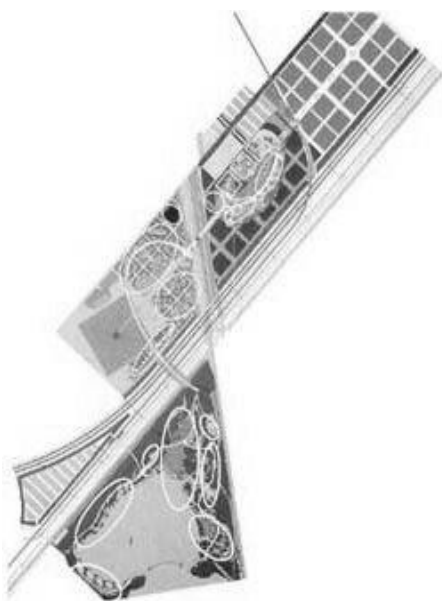
Floriade 2002, an exciting and spectacular horticultural exhibition, is opening this April.

Held once every decade, it is an

event not to be missed. If you are having visitors this spring or looking for somewhere to take the family for a day out, there is something for everyone at the Floriade.

Floriade 2002 is the fifth Floriade to be held in the Netherlands. Previous Floriades took place in 1960, 1972, 1982 en 1992.

The Euromast and the Park in Rotterdam are the remains of the first Floriade ever organised in Netherlands. That was in 1960. In 1972 and 1982 the Floriade could be found in Amsterdam. The parks where those Floriades took place - Amstelpark and Gaasperplas park - can still be visited. In 1992, Zoetermeer was the hosting



municipality of the Floriade. After that, the main part of this area was given a residential destination.

There is no permanent organisation responsible for a Floriade. Each time the NTB (Dutch Horticultural Council), together with the hosting municipality, establish an entirely new foundation. When the Floriade is over, the foundation concerned is discontinued. Therefore, each Floriade is a unique event! There will be over three million people visiting Floriade this year from all over the world.



Designed by landscape architect, Nick Rogers, Floriade Park is divided into three sections. The section near the Roof with the spectacular entrance is situated on the north side. Going southwest from here you will arrive in the section by the Hill, where the 40 metre high, characteristic 'Big Spotters' Hill' can be found. In the south-west side of the park the section on the Lake, at the 25-year-old forest, Haarlemmermeerse Bos is situated. It is a small lake, natural vegetation and height levels together with beautiful exhibitions make it a sheltered and romantic setting for a sparkling festival. The main entrance to the Floriade is to be situated next to the village of Vijfhuizen. The bus and car parks will be surrounded by greenery. There will also be ample cycle racks. Attractive shops and colourful flower beds will make the



arrival at Floriade a feast.

Not only flowers will be exhibited at the Floriade, there will also be a range of plants, trees, bulbs, perennials, fruit and vegetables from Holland as well as souvenirs in the Floriade shops and art.

Art plays an important role at the Floriade. In all park sections works of art can be found. One of those artists is 39-years-old Cees Elffers. In a humorous way he has house-arrested some trees on the Lake by means of 'ball and chain'. Recently, the sculpture De Baadster by Charles Weddepoel, was moved from Amstelveen to the Floriade. In 1960 the sculpture was



placed alongside the water in the 'Dr. Lelyplantsoen', close to one of the busiest roads of Amstelveen. Because of this, De Baadster has become one of the most well-known sculptures of Amstelveen. Officially it is named 'naked woman's figure'. During the opening period of the Floriade, the

sculpture is part of the Amstelveen exhibition, in park section on the Lake.

There will be plenty of ideas and



inspiration to take home for your house and garden from Dutch and international exhibitors. The international character of Floriade 2002 is unmistakable in the southern part of the park - by the Lake. A beach on the lakeshore has been transformed into an 'island kingdom'. In 2002 the Asian national entries (including China, Indonesia and Japan) half in, half on the water, will give the Floriade an exotic flavour. At the water's edge will be European national entries, including those from Germany, Belgium, Austria and Luxemburg.

There are areas of interest for children including a pirate ship and a lighthouse, as well as educational areas such as the futuristic Green City and the Greenhouse of the Future.

Facilities for the disabled are a high priority with good access to all of the exhibitions. Pets will not be allowed into the park with the exception of guide dogs.

If you are feeling hungry, or need to sit down and rest your weary feet, there is a large choice of restaurants and cafés in the park. Floriade 2002 is open from 6 April until 20 October.

Floriade 2002 will be easily accessible thanks to a network of



motorways and the close proximity of railway stations and Schiphol International Airport. Buses from Schiphol, Hoofddorp and Haarlem can reach the Floriade via special bus lanes also open to coaches.

Schiphol is only 5 kilometres away from the Floriade. The car park is €7 per day and if you are feeling fit there are two bike parks, one with security for €1 per day.

Also within reach are Zestienhoven (Rotterdam Airport), and the ferry boats for Scandinavia and England. Special arrangements will be set up with Keukenhof, the Flower Auction at Aalsmeer and the Linneushof in Bennebroek.

The park is open from 9:30am until 7:00pm

Tickets are € 17.00 for adults and € 8.50 for children aged between 4 and 12 years of age.

Free entry for children aged 3 and under.

Season tickets are also available.

The car park is € 7 per day and if you are feeling fit there are two bike parks, one with security for € 1 per day.

ROUNDAABOUT

*All you need to know
about Holland
that matters*

THE ENGLISH LANGUAGE GUIDE TO
WHAT'S ON IN THE NETHERLANDS

- THEATRE
- MUSIC
- FESTIVALS
- EXHIBITIONS

Roundabout
Postbus 96813, 2509 JE Den Haag
Tel.: +31 70 324 16 11
Fax: +31 70 328 47 00
email: info@roundabout.nl
www.roundabout.nl





Euthanasia in The Netherlands

Ali Hodgson

Before I came here to live I had always believed that voluntary euthanasia and cannabis smoking were legal in Holland. I attended a talk back in September by a well known Dutch American speaker which was enormously entertaining and also thought provoking. During the course of her introduction she asserted that although the world viewed the Dutch as laid back dope smokers who regularly bumped off their elderly and infirm relatives that neither cannabis possession nor euthanasia was in fact legal in The Netherlands. Since then I have heard many entirely conflicting views on these subjects and so I determined to discover for myself the legal status in Holland of drugs and doctor assisted deaths.

I was surprised to learn that voluntary euthanasia and assisted suicides were imprisonable offences until this year. Doctors who helped terminally ill people to die at their express request were committing offences and could be prosecuted and face prison sentences. The Termination Of Life On Request And Assisted Suicide (Review) Bill by the Dutch Upper House of Parliament was only passed on 10th April 2001

Prior to this year the law was governed by The Dutch Penal Code and by case law. Article 293 covers voluntary euthanasia and provides that anyone who takes another's life at their express and earnest request shall be liable to a term of imprisonment not exceeding twelve years or a Fifth Category fine. Article 294 applies to physician assisted suicide and provides that anyone who intentionally incites another to commit suicide, assists him in the act or provides the means to commit suicide shall be liable for a term of imprisonment not exceeding three years or a Fourth Category fine provided the suicide is successful. On the other hand, Article 40 provides that any person who is compelled by force majeure (defence of necessity) to commit an offence shall not be criminally liable.

In practice, however, Dutch physicians were not prosecuted provided they met

substantive requirements. These requirements were taken from Dutch case law, from decisions made over a period of 25 years. They were designed to guarantee the careful and thorough application of medical ethics. After all, physicians have a duty to preserve life but they also have a duty to relieve suffering. These duties could come into conflict when a doctor is faced with the overwhelming suffering of terminally ill patients.

The Bill, now an Act of Parliament, aimed to formalise this existing state of affairs and to give physicians more confidence in what they were asked to do in exceptional cases. The criteria laid down in the "Termination Of Life On Request And Assisted Suicide (Review) Act are broadly the same as those taken from case law.

- The patient must have made an explicit request, clear and unequivocal, to die. The request can be written or oral but must have been well considered and be durable.
- The patient must have no hope of recovery, must face a future of unbearable suffering and have no reasonable alternative, in order to be allowed to die.
- The attending physician has to consult an independent doctor to ensure all criteria are met.
- The assisted suicide must be carried out in a medically appropriate way.
- The attending physician must not certify that the patient died from natural causes but has to inform the municipal coroner of the true nature of the death.

The Termination Of Life Act also provides for the assessment of each case by Regional Review Bodies, comprising doctors, lawyers and medical ethics experts, which will determine whether the termination of life complied with the Act in all respects. If a Review Body decides the criteria have not been met, then the case will be referred to the Public Prosecutor. The doctor in question can then be prosecuted and if convicted can be

sentenced to a term of imprisonment of up to 12 years.

The most controversial aspect of the Act is the Government's proposal to give terminally ill children over the age of twelve, the right to decide for themselves; whether to demand and receive euthanasia, without the consent of their parents.

Euthanasia was promoted in The Netherlands by The Dutch Voluntary Euthanasia Society (NVVE) founded in Friesland in 1973. This was the year of the infamous prosecution of Dr Postma. A public outcry followed his conviction and The Society was formed firstly to help Doctor Postma and secondly to push for a reform of the law. The Society has a membership today of well over 100,000 and is based in Amsterdam. Over 150 volunteers work throughout Holland co-ordinating activities and providing information. It is funded by membership fees and donations. The Society also maintains a fund to assist doctors who are prosecuted under euthanasia legislation.

The provisions of The Termination Of Life Act have already been applied albeit retrospectively. One Dr Sutoris was convicted on December 8th 2001 for assisting in a suicide. He was not given a jail sentence. The Court found that the termination was not carried out for strictly medical reasons but because the patient was "tired of life".

Dr Sutoris helped a former Senator, Edward Brongersma to take his life in 1998. Mr Brongersma was suffering from incontinence, dizziness and immobility. The illness was not immediately life threatening but there was no hope of recovery from the unpleasant condition which he found distressing. The Senator decided he had had enough of life and did not want to continue. Dr Sutoris believed he was acting in accordance with his patient's wishes and compassion was his only motive but he had not complied with the strict requirements of the law. The Court here was clearly attempting to define the scope of the new law.

What's New?

Teaching and Studying - an insight view of how counsellingeurope.com can help you

A large dose of caffeine, plenty of nicotine, a good measure of stress, mixed with some anxiety and panic, a dash of perfectionism and a slice of competitiveness all served on no sleep and a crashing hangover.

Sound familiar?

If you have ever taught or studied you may well recognise this age old recipe for surviving essay deadlines, examinations, study preparations and marking.

Somehow both roles go hand in hand. The concept of healthy teaching and study may seem a bit more of a contradiction. The expectation is that teachers and students are expected to meet deadlines and in between all this there are the lectures to attend, family to consider, boyfriends, girlfriends, jobs etc. All the additional stresses of day to day living have to be fit in somewhere. Add this to the current financial climate, changes in culture and loss of other family members and friends it is easy to see why teachers and students are under increasing pressure. Teaching and studying can be a fantastic opportunity but it is important to recognise that it can also be a strange and stressful time. A report in *The Independent* (25 Jan 1996), a leading UK newspaper, stated that over recent years the psychological disturbance has increased in 64% of schools and universities. This disturbance may take the form of stress and stress related disorders

- *depression*
- *illness*
- *alcohol and drug problems*
- *eating disorders*
- *self harming*
(in girls and boys from as young as 9 to 25!)
- *breakdown /suicide attempts*

The good news is that the potential stresses and strains involved are becoming increasingly more recognised.

Many colleges, universities and schools now have counselling services where lecturers, teachers and students can discuss emotional problems on a one to one basis or in group support networks. As a Tutor and Student Counsellor/ Supervisor at the Bournemouth and Poole College of Further Education, and prior to my move to Den Haag, I discussed the value of this service. I believe that education is about more than what happens in the classroom. My job is to help people the best way that I can, aiming to create a safety net to support students and fellow tutors and teachers through this stage of their lives. If students or teachers are having difficulties I try to create some sort of focus for them. When stressed or anxious neither will be able to work well and their health may suffer together with their work. I try to interrupt this cycle and help maintain some sort of balance. It is important that both students and teachers know that support is available for them.

Most schools, colleges and universities have a whole range of services available for them by way of support as well as counselling services. It is very much a case of taking the initiative and asking for help. Other support systems in place such as financial aid, housing and welfare advice, tutorials, career guidance etc. Many institutions in the UK also run support groups and one to one help with learning skills, time management, stress management and relaxation techniques. They can offer very practical help in dealing with teaching blocks, study problems

such as mental blocks and the inability to concentrate. It is in the school, college or universities' best interest to keep their lecturers and students happy healthy and well.

Where would your students and workers first point of call be in times of stress? Often the first point of call would be their immediate tutor or Head of Department or Headmaster, etc. who may be the very person that they have the problem with. How would the troubled individual cope with this conflict? The school counsellor would be able to provide a safe and supportive environment to process the problem or provide space for rehearsal.

Top Problems Encountered by Students and Teachers

- *Relationship problems with family, partners, tutors, friends, colleagues, students*
- *Academic matters, anxiety, meeting deadlines*
- *Depression and bereavement*

(this includes all losses such as moving from another country and leaving friends and families, not necessarily death)

- *Abuse; mental, emotional, physical and sexual, bullying*
- *Intra-personal, including low confidence and self esteem*
- *Sexuality, particularly with pubescent students, fears of homosexuality etc.*
- *Transition and change adjusting to new classes, levels, peers, environment, roles etc.*
- *Drugs and alcohol*

Strange as it seems some people just try too hard.

This can be the flip side of not being

motivated, often both have their cause within low self-esteem or externally, typically parental or governing bodies, to succeed and meet deadlines. Living life as a perfectionist will set you up for continuous rejection and self put downs because demanding perfectionism usually results in failure - even if one achieves exceptional success the chances are that additional reasons will be found for not being good enough. Teaching and studying is not just about academic achievement. There may be life beyond the stressed, caffeine and nicotine image. It is worth considering a support service in addition to the provisions already in place. It may well be worth considering that being in education as a student or teacher can be an enjoyable experience when problems are able to be processed safely in a confidential and supportive arena. The challenges of change and adjustment could include considering what is in place for supporting staff and students through transition and this may mean challenging your own beliefs about what is in place at your school or college.

Derek Lainsbury is the Counselling Co-Ordinator and Community Education Manager at ACCESS and runs his own private counselling and psychotherapy practice in Den Haag. He is also the Director of Training of a new counselling college which started in Den Haag in 2001 where the training staff teach english speaking students counselling to European Diploma Level accredited by the CPCAB (Counselling & Psychotherapy Central Awarding Body)

Have a look at
<http://www.counsellingeurope.com>

News in Brief

For anyone who doesn't want to waste precious time in supermarket queues, there is hope! Over the last couple of years there has been a great increase in the amount of Dutch supermarket chains operating internet shopping and a home delivery service.

ALBERT HEIJN

This chain has operated an on-line shopping and a home delivery service called Albert with great success for the past couple of years. They operate in the Randstad area, in most of the major towns and cities, and are aiming for a nationwide network. They have an English-language site, no less, making it particularly user-friendly for expats, see www.albert.nl. You can also phone Customer Service on 0800-235 2523 to check if they deliver in your area. You'll get a recorded message, but choose option 1 for an operator.

You can place an order 24 hours a day, 7 days a week, and your groceries should arrive at your doorstep within 24 hours (not Sundays). There is a delivery charge of €6,80 and the minimum order should be no less than €35. Another advantage to this service is that other chains have joined forces, e.g. Etos (toiletries, over-the-counter medicines), Gall & Gall (for booze), De Tuinen (gift ideas and aromatherapy) and DeliXL Shop (bulk goods), so a customer

is not simply limited to groceries alone.

MAXFOODMARKET

This is a shopping and delivery service, which offers the same assortment of goods as a supermarket, but is relatively cheaper. They cover Utrecht, Leiden, The Hague, Haarlem and Amsterdam areas. They have a 24 hour on-line ordering service, and deliver on the same day (not Sundays). There are no delivery charges, but there is a minimum of € 35 per order. Call 0800 629 3663 for more information or email service@maxfoodmarket.nl or look at www.maxfoodmarket.nl.

Other supermarkets, such as Konmar, Super De Boer en C-1000 are catching up fast. It's always worth checking at your local supermarket if they have a home delivery service, as some franchises run a local service, even when they are part of a national chain.

Another site to keep an eye on is www.boodschappensite.nl. This is a Dutch-language site that has details of other supermarket chains who are developing internet shopping and home delivery services, and which is constantly being updated.

Alternatively, check out www.scoot.nl, who also keep data on supermarkets with home delivery services.

<p>Verkoop - Verhuur Beheer - Taxaties</p> <p>GRAVESTATE MAKELAARDIJ BV. GRAVESTRAAT 2, WASSENAAR FAX 5141853 - LID NVM TELEFOON 070-5121500 www.gravestate.com e-mail wass@gravestate.com</p>	<p>GRAVESTATE</p> 
-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------

DIRECT DUTCH

Direct Dutch B.V.
Piet Heinplein 1A
2518 CA Den Haag

Tel: (070) 3654677

- Small groups, private lessons, in-company training
- Beginners, intermediate and advanced courses all year round
- Daytime and evening classes

**HOME IN ON HOLLAND
LEARN DUTCH!**

www.directdutch.com

Netherlands Unitarian Universalist Fellowship

Keizersgrachtkerk, Keizersgracht 566, Amsterdam

invites you to join our liberal religious community
for worship the first Sunday of each month
(Sept - June) at 14:00 hrs.

www.geocities.com/nethunituniv

www.euu.uua.org

tel: 015-369-2614



NUUF

INDIVIDUAL COURSES FOR PERSONAL DEVELOPMENT

“Where the Professors Love to Teach”

Webster University offers more than 150 courses each year which individuals may take without studying toward a university degree. This is called *“the audit option”*. Possible courses include:

- | | |
|---------------------------|--------------------------|
| ★ Business & Economics | ★ Management & Marketing |
| ★ Computer Applications | ★ Media Communications |
| ★ Dutch & Spanish | ★ Mathematics |
| ★ History & Politics | ★ Literature |
| ★ International Relations | ★ Psychology |
| ★ Philosophy & Religion | ★ Art History |



Courses last eight weeks and may be taken during the day or evening.

New classes begin in August, October, January, March or May.

Financial aid is available for American citizens.

Webster University, Boommarkt 1, Phone: 071 514 4341

E-mail: ba@webster.nl, [Http://www.webster.nl](http://www.webster.nl)

Lexicon
Talenbureau

- Specialists in **Dutch for foreigners**
- Individual sessions, all levels
- At your home or office
- **LexicOn Line Learning**, our interactive Grammar Method
- Be able to talk Dutch within 3 months!

For more information call

023-750 52 10 or e-mail dutch@lexicon.nl

The AATG presents
four
One-Act Plays

in English

Walton

Bad Taste

Miller

Elegy for a Lady

Beckett

Ohio Impromptu

Arrabal

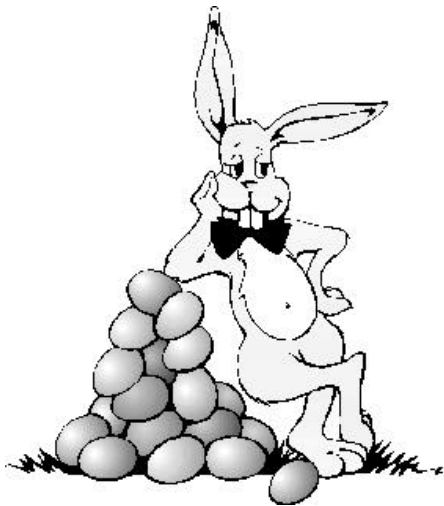
Picknick in the Battlefield

AATG
1951-2001

Zeeheldentheater
Den Haag

5, 6, 7 April 2002

Tickets: 070-362 6253



Easter a Pagan Ritual

Nadira Omarjee

The legend of Easter is said to be pagan in origin and has little to do with Christianity much like Lent. Both festivals are associated with seasons. Lent originates from the word *Lente/Lenten* meaning winter and is observed by means of fasting and is therefore associated with hibernation.

Easter originates from the Scandinavian word *Ostra* and the Teutonic *Ostern* or *Eastre* both symbolising the Goddesses of springtime and fertility. These pagan traditions are very close to nature and are based on the natural order.

The Easter bunny represents fertility and is a rather appropriate symbol of abundance. Eggs too have their significance and symbolism in highlighting the sunlight of Springtime. It is understandable to celebrate the arrival of the sun and of the harvest in Northern climates as a dreary grey winter would spurn the most lugubrious of us to dance and sing and make merry with the prospect of good weather.

The early Christians were Jewish converts and so Easter is also associated with the Jewish holiday, Pesach or Passover and was regarded as a new feature of Passover. Many Europeans still refer to Easter as Pasch, a name derived from Pesach. Easter is celebrated in various ways in various parts of the world for example, in the South which is normally entering its autumnal season, Easter is a time of slowing down and drinking lots of tea



and eating hot cross buns whereas in the North, various European countries celebrate Easter differently.

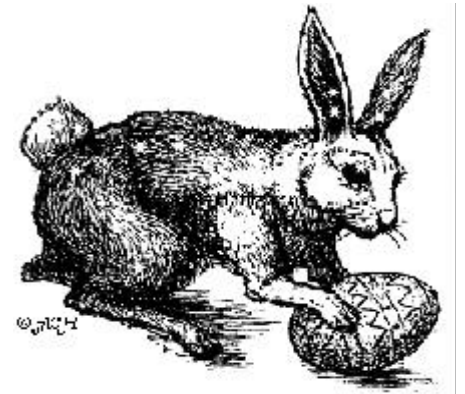
In Norway, Easter is a long holiday, starting the Friday before Palm Sunday and continuing until after Easter Monday i.e. 10 days. Many Norwegians spend the majority of these 10 days on the mountain skiing. It is a tradition to go on cross-country skiing trips from mountain cabin to mountain cabin. Many people cross large mountain plateaus during these days. These mountain cabins are often owned by the Norwegian Travel Association and every member of the association is free to use these cabins for a very small fee. While there are lots of people skiing from cabin-to-cabin, others go for shorter daily ski trips, leaving home in the morning and returning at night, or staying in one mountain cabin. The result of all this ski business is that many Norwegians get a "nice" tan, and also many get badly burned by the sun. On Easter Monday people "compete"

for the best tan prize by parading at cinemas, wearing white sweaters to highlight their tans. During this period people eat simple foods such as different kind of soups (pea soup, meat soups, etc).

Oranges are very popular to eat while sitting in the snow getting a tan. But chocolate proves to be very popular. Drinking hot chocolate milk is often preferred. Other popular foods are sour cream porridge and cured leg of mutton. Norwegians are not very religious (more like semi-religious), so people spend the Easter partying, especially on Easter Saturday. Good Friday is regarded as holy and most places are closed on that day. The other tradition over Easter is to watch crime mystery series on television over four or five days and guess the murderer (P.D. James' chief inspector Dalgligh is one of the favourites).

The Dutch Easter spirit lives on in the tradition of sharing the day with the extended family, whilst all the children are preoccupied with the search for eggs. Many religious families attend church services during this period. But for most, Easter in Holland is a time for getting together.

I have been informed that British and most Commonwealth cultures spend Easter in similar tradition to the Dutch, spending time with family and eating lots of Easter chocolate bunnies and eggs but, also "one a penny, two a penny Hot Cross BUNS!"



ACCESS Publications

**The Job Booklet
Information Calendar
The Baby & Toddlers Booklet
ACCESS Guide to Health Care
In NL
Newsletter
Community Calendar
Factsheets**

*Driving licenses -Intl Schools in
Holland - Dutch lessons - Child
Care - Playgroups - Strippenkart
Explained*

**To order
Tel: (070) 346 25 25
Fax: (070) 356 1332
E-Mail: access@euronet.nl**

Blue Lynx Employment BV

specialists in contracting and
recruitment of English-speaking
job-seekers in The Netherlands

Secretarial / PA
Administration / Clerical
(Project) Management
Finance / Accounting
Technical Assistants
Human Resources
Executive / Managerial
and other professionals

thehague@bluelynx.nl
hoofddorp@bluelynx.nl
rotterdam@bluelynx.nl

Tel. +31 (0) 70 376 99 77
or +31 (0) 23 568 92 51

www.bluelynx.nl



The ACCESS Kitchen

Spring Vegetable Boxes with Pernod Sauce

Preheat the oven to 220°C. Lightly grease a baking sheet. Roll out the pastry very thinly. Sprinkle the grated cheese and the parsley over the surface of the pastry sheets, fold and roll once more, so that the cheese and parsley are mixed into the pastry. Cut into four 3 x 4 inch rectangles. Lift the rectangles onto the baking sheet. With a sharp knife, score an inner rectangle about ½ inch from the edge of each rectangle, cutting halfway through. (This will be removed once the boxes are cooked.) Score crisscross lines on the inner rectangles, brush with egg and bake for 12-15 mins until golden. Meanwhile, make the sauce. Press the tomatoes through a sieve into a pan, add the remaining ingredients and bring to a boil, stirring all the time. Lower the heat and simmer until required. Season with salt and pepper. Cook the fava beans in a pan of lightly salted water for about 8 minutes. Add the carrots, leeks and peas and cook for another 5 minutes. Add the sugar snaps and cook for 1 minute more. Drain all the vegetables thoroughly. Using a knife, remove the notched inner rectangles from the pastry boxes. Set them aside to use as lids. Spoon the vegetables into the pastry boxes, pour the sauce over them, put the pastry lids on top and serve garnished with dill.

- 25g (8oz) puff pastry (fresh or thawed if frozen)
- 1 tablespoon freshly grated Parmesan cheese
- 1 tablespoon chopped fresh parsley
- beaten egg to glaze
- 175g (6oz) shelled fava beans
- 110g (4oz) baby carrots
- 4 baby leeks (cleaned)
- 110g (4oz) peas (thawed if frozen)
- 50g (2oz) sugar snaps, trimmed
- salt and freshly ground pepper
- sprigs of fresh dill to garnish

for the sauce

- 200g (7oz) can chopped tomatoes
- 2 tablespoons butter
- 2 tablespoons flour
- pinch of salt
- 3 tablespoons chopped fresh dill
- 275ml water
- 1 tablespoon Pernod

Serves 4

Mini Hot Cross Buns

- 15g (½oz) fresh yeast or 7g sachet dried yeast
- about 175ml (6fl oz) tepid milk
- 350g (12 oz) white plain flour
- 5ml (1 tsp) salt
- 5ml (1 tsp) ground mixed spice
- 5ml (1 tsp) ground cinnamon
- 5ml (1 tsp) ground nutmeg
- 50g (50g) butter
- finely grated rind of 1 lemon
- 25 g (1oz) caster sugar
- 75g (3oz) currants
- 25g (1oz) chopped mixed peel
- 1 egg beaten
- 75g (3oz) ready-made shortcrust pastry
- beaten egg to glaze



If using fresh yeast, blend with the milk. Sift the flour salt and spices into a bowl and rub in the butter. Stir in the lemon rind, sugar, currants, mixed peel and fast-action dried yeast if using. Make a well in the centre; add yeast liquid or milk and egg. Beat to form a soft dough, adding a little more milk if necessary. Turn out the dough onto a floured surface and, with floured hands, knead for about 8-10 minutes or until dough is elastic and almost smooth. Place in a large lightly oiled bowl. Cover with oiled cling film and leave in a warm place until doubled in size; this usually takes 1½ -2 hours. Knock down the dough and knead lightly for 1-2 minutes. Divide the dough into about 25 equal-sized pieces and knead each one into a small ball. Place on buttered baking sheets, seam-side down, and flatten slightly with the heel of your hand. Roll out the pastry and cut into narrow strips. Brush the buns with egg to glaze and top each one with a pastry cross. Glaze again. Leave in a warm place until doubled in size; about 30 minutes. Bake at 190°C (375°F) mark 5 for 15-18 minutes until they sound hollow when tapped. Cool on wire racks.

Arts & Entertainment



The year 2002 celebrates the 400th anniversary of the United Dutch East Indies Company (The VOC). Many festivities have been planned throughout Holland, including a celebration in the Knights' Hall in Den Haag. The activities reflect the wealth of Dutch East Indies history, monuments, arts, culture, water sports and tourism.

April 14 and May 12

VOC- wandeling (Amsterdam)

This is a walk along the former wharves, warehouses and offices of the VOC. The walk meanders through the old parts of Amsterdam and all walks start at the Burcht. Contact the VVV Amsterdam for information about this and the other VOC activities.

From **now** until **Dec 31**

Elton John & Tim Rice's **Aida**

The Circus Theater, Circusstraat4, Den Haag.
e-mail the theatre on; info@circustheater.nl

From **now** until **April 20**

"World Music Theatre" taking place in several venues in Amsterdam and other Dutch cities. This festival focuses on the fusion of dance, music and theatre and features internationally acclaimed performances from Africa, India, Java, Argentina and many others.

www.wmtf.nl or call 020 606 0950

From **now** until **May 1**

In Fate's Grip - The Films of Fritz Lang

The Filmmuseum, Vondelpark,3, Amsterdam

The German Director made his name in Germany with "Metropolis" and "M" before becoming one of Hollywood's greatest directors with "Fury" and "The Big Heat". This is a 20 film retrospective.

http://www.filmmuseum.nl or call 020 589 1400

From **now** until **May 28**

Scum (The Scapino Ballet Rotterdam)

Eendrachtsstraat 8, Rotterdam

call 010 414 2414

From **now** until **May 26**

The Mystery Of The Young Rembrandt

The Rembrandthuis, Amsterdam

This is a once in a lifetime opportunity to see the early works of Rembrandt. The organisers of this exceptional exhibition have painstakingly brought together over 85 paintings, etchings and drawings to attempt to shed light on the many unanswered questions surrounding the works of the painter as a young man.

www.rembrandthuis.nl

From **now** until **June 2**

The Van Gogh & Gauguin Exhibition

The Van Gogh Museum,
Paul Potterstraat 7, Amsterdam.

This highly ambitious exhibition traces the personal and artistic development of probably the world's most infamous modern artists. Visitors will see for themselves the influences each had on the other and can plot their stormy relationship. They were rivals, friends, roommates and adversaries.

From **now** until **July 14**

The Time Of Degas

Gemeentemuseum, Den Haag.

This exhibition has been organised courtesy of a very generous loan from the Musée d'Orsay in Paris. On display are 40 impressionist masterpieces.

April 1

Westlife in Concert

AHOY, Rotterdam.

Your daughters will insist!!!

www.info@ahoy.nl or call 010 29 33300

April 1

J. Offenbach's **No. 66** (Puppet show)

Marionetten Theater, Nieuwe Jonkerstraat 8, Amsterdam.

Just 10 mins. walk from Central Station. Performances begin at 3.00pm. A delight for children of all nationalities. The theatre has wheelchair access and is worth investigating.

Apr. 14 and May 10

Mozart's **Impresario** (Bastein & Bastienne)

The May performance is at 8.15pm.

www.info@marionettentheater.nl

April 6 to October 20

Floriade

Floriadepark 1, Vijfhuizen.

Alongside the N205 (Drie Merenweg) connecting Hoofddorp and Vijfhuizen .

The Floriade is the World Horticultural Exhibition held in Holland every 10 years. The 1992 Exhibition attracted over 3.3 million visitors from all over the world. www.floriade.nl or call 023 562 2002

April 6 and 7

Kom in de Kas

In the city of Westland, hundreds of market gardeners open the doors of their greenhouses to the public to show how they work. Visitors can also attend flower auctions.

Free of charge.

Arts & Entertainment

Alison Hodgson

April 13

TMF Awards

AHOY, Ahoyweg 10, Rotterdam

Presentation of TV awards to Dutch and English speaking artists. Aimed primarily at youngsters.

info@ahoy.nl or call 010 293 3300

April 20 and 21

De Mooiste File van Nederland

De Grent 8, Noordwijk.

A fantastic flower festival/extravaganza turning this popular town into a floral seaside resort for the weekend.

April 20

Flower Procession

Continuing the floral theme, floats beautifully decorated with flowers will leave Noordwijk in the morning and travel through Sassenheim, Lisse, Hillegom, Bennebroek and Heemstede, arriving at their destination, Haarlem, in the evening. The floats will remain there on display for the remainder of the weekend.

call 0252 434710.

April 29

Koninginnenacht

Binnenstad, Den Haag

Celebrate The Eve of The Queen's official birthday at this large Rhythm and Blues Festival with different live performances on both indoor and outdoor stages.

call 0900 340 3505

April 30

Koninginnedag

The Queen's Official Birthday

Amsterdam is the best place to be on this Royal day, to enjoy a day of excess and fun. The city becomes one huge street party with the world and his wife selling their bric-a-brac on the pavements, boats full of live bands and all sorts of surreal experiences await the unwary visitor. The Vondelpark is the best place to take children or to the Dam which becomes a fairground. There are celebrations throughout Holland, of course, not just in Amsterdam.

Late **April** to early **May**

Spring Dance-festival in Utrecht.

This annual dance and music festival promises the best contemporary performances from international artists.

call 030 233 2032.

April to end of **May**

World Press Photo Exhibition

Oude Kerk, Oudekerksplein 23, Amsterdam

Tens of thousands of photos taken by the world's photo journalists on display in the old centre of the Red Light District.

www.worldpressphoto.nl or call 020 625 8284

May 5 to June 2

International Sandsculpture Festival

Scheveningen

This international competition heralds the start of the summer season in Scheveningen. It elevates the building of sand castles to an art form. National and international teams compete to create the best sculpture. It is hugely enjoyable for participants and spectators.

Contact the VVV Den Haag or call 0900 340 3505

May 9, 11 and 12

Swan Lake (Het Zwanenmeer)

Waterlooplein 22, Amsterdam.

The Royal Ballet of Flanders dances this, the "ballet of ballets" accompanied by the Flemish Radio Orchestra. Choreographed by Jan Fabre.

call 020 551 81233 (reservations,)

e-mail: com.dienstverlening@hmth.nl

May 15

Georges Bizet's "Carmen"

At The Arena, Amsterdam

May 18 – 20

International Jazz Festival

Den Bosch

Three days of jazz from international performers, famous and not so well known. Some 35 venues throughout the town provide a wealth of different experiences free of charge. The town will be divided into six different jazz zones and each area will be clearly signposted to make it easier to locate your favourite bands and styles. The town will also be decorated in different colours reflecting the various musical styles.

A worthwhile trip for anyone.

May 25 and 26

Dunya Festival

Park bij de Euromast, Rotterdam.

An exciting multi disciplinary festival focusing on art and culture from all around the world. Something for people of all ages.

Contact VVV Rotterdam or call 010 233 0910

Concerts for May and June

Ahoy, Rotterdam

May 12 Supertramp

May 15 An Evening With Roger Waters

June 11 Elton John

June 12 Kylie Minogue


bltc

English & Dutch courses

**All levels: groups + individuals
Business, Cambridge, Fluency**

T.E.F.L. courses

4 weeks + 12 weeks

Young Learner Courses (8 - 16)

bltc British Language
Training Centre

Oxford House, NZ Vorburgswal 328E
1012 RW Amsterdam

tel. (020) 622 36 34 fax (020) 626 49 62

e-mail: bltc@bltc.nl internet: www.bltc.nl



The Open University (OU), established by Royal Charter in 1969, is Britain's largest and most innovative university. Over 2 million people have studied with the OU and 150,000 have gained OU degrees, which are recognised as equivalent to any other UK University degree.

What can the Open University do for you?

It can give you a BA/BSc degree, MA, MSc, MBA, Diploma or Certificate. Just as important, it opens up a new world of interests, challenges and achievements. The Open University's supported distance learning is for anyone who wants to make a difference to their lives.

The Open University offers a choice of over 200 courses, which are taught in English. We have courses available in Arts, Management, Computing, Education, Health and Social Welfare, Modern Languages, English Law, Mathematics, Science, Social Sciences, Environment and Technology.

Provided you're over 18 and resident in the European Union or Switzerland, you're eligible.

For further information on what The Open University can do for you, contact

Jane Ellis
Postbus 91496, 2509 EB The Hague, The Netherlands
Telephone & Fax 070 3222 335
E-mail: J.Ellis@open.ac.uk

The Open University opens minds, open doors

professional international corporations,
professional international personnel:
we help you make the match.



UNDUTCHABLES
THE RECRUITMENT AGENCY FOR INTERNATIONALS

All of our job opportunities are in the office sector, including: administrative, commercial, financial, IT

Qualified candidates please send your CV to one of our offices.

Amsterdam 020 623 13 00 Rotterdam 010 404 66 50 Utrecht 030 238 22 28 Eindhoven 040 - 237 33 95

For more information visit our website : www.undutchables.nl

Cannabis

Ali Hodgson

Believe it or not cannabis is related to the innocuous nettle. It is grown as Hemp, an annual herb originating in Central Asia and now widely cultivated in temperate Northern areas of the world. Hemp can grow to a height of 16 feet but the herb grown for drug production is short stemmed with many branches. The resinous exudate is the most valued part of the plant because it contains the highest concentration of tetrahydrocannabinol (THC) the active hallucinogenic component.

Homegrown cannabis (Nederwiet) has accounted for an ever increasing share of the Dutch drugs market in recent years. Hemp cultivation is against the law in The Netherlands but there are a few licensed cultivators who have special permits. The quality and quantity of Dutch cannabis has risen noticeably with the development of sophisticated horticultural methods; for example, climate control, strain breeding and the crossing and cloning of female plants which contain the highest concentration of THC. Although the Dutch police seize huge quantities of home grown cannabis and marijuana every year, sizable amounts still end up on sale.

The aim of the Dutch drug policy is to limit the risks of drug use to individuals, to their environment and to society as a whole. The Dutch authorities focus on the distinction between hard drugs (heroin, ecstasy, amphetamines and cocaine) and soft drugs (hashish, cannabis, marijuana). The drug policy in Holland also aims to maintain public order and to combat the nuisance elements of drug use or rather, abuse. The overriding principle here is that judicial intervention must not cause more harm to drug users than the drug use itself. This is where the "stepping-stone hypothesis" comes in to play. This is the belief that soft drug users are likely to become hard drug users. This cannot be explained by the chemical characteristics of cannabis or other soft drugs but is more likely to be caused by social factors. The risk of becoming a hard drug user is greatly increased if



one is thrown into the hard drug subculture. If a cannabis smoker buys his joints from a heroin dealer then that dealer is likely to push heroin and other hard drugs. The Dutch authorities are, therefore, very keen to separate the drug markets.

The law in this country is largely regulated by the provisions of The Narcotics Act 1976 under which penalties can be severe. The Netherlands is also bound by international law in the form of UN Treaties on drugs and by EU Agreements relating to drugs. Under Dutch criminal law the Public Prosecutions Department has the power to refrain from prosecuting criminal offences if this serves the public interest. With this in mind, The Narcotics Act was amended on 1 October 1996 when guidelines were introduced laying out the priorities for investigating and punishing drug offences. The lowest priority is accorded to the sale of five grams or less of hashish or marijuana for private individuals' own consumption. However, the police can investigate the sale, production and trade of all types of drugs; prosecute and also seize all types of drugs.

Everyone knows about the strange *coffee shops* that have come into existence here over the years. In these outlets the sale of hard drugs is absolutely forbidden but the sale of soft drugs is not prosecuted provided certain strict conditions are met. These conditions are referred to as the AHOJ-G criteria:

- No advertising
- No sales of hard drugs
- No nuisance (to residents, passers by, tourists etc.)
- No admission to coffee shops of minors (under 18s)
- No more than five grams to be sold per transaction

The guidelines are kept under constant review. The Public Prosecutions Department issued new guidelines in 1996 banning the sale of alcohol in cannabis cafes.

Local Authorities also set their own criteria, including parking restrictions in front of cannabis cafes, opening hours etc. They act on nuisance complaints. On the 21 April 1999 the infamous "Damocles Bill" was enacted giving Local Authorities more powers to combat the negative side effects of the presence of *coffee shops*. Mayors can now close such places down if they decide that AHOJ-G criteria or their own local regulations are being contravened. Before this the Local Authority now could only act if a nuisance was being caused. Local Authorities also have the power to prohibit *coffee shops* altogether in their area now.

The Dutch policy on cannabis has received both praise and censure abroad. Most EU countries favour a more hard line approach to soft drugs but the benefits of separating the hard and soft drug cultures cannot be ignored and countries such as Germany, Spain and the UK are now considering going down the Dutch road.

On 20 February Bob Keizer, of the Dutch Ministry of Health, told a conference in Liverpool

that the UK should follow Holland's example and allow cannabis cafes to open.

He said:

"In The Netherlands ...

... decriminalization has not led to an increase in cannabis use. The fact that young people do not get a criminal record for using the drug a few times is a very positive element of our policy. Police are able to invest their capacity in more serious crimes ...

... Cannabis cafes help to take dealers off the streets. If we allow them (in the UK) there will be less street dealing. If the cafes close, the dealers return."



ACCESS Sponsors

Patrons

(Donations of € 2500+)

Glaxo Smith Kline
Municipality of The Hague
Shell-SIBV
SIEP
SICBV

Sponsors

(Donations of € 1000 - 2500)

ABN-AMRO Bank
Avery Dennison/Fasson BV
OPCW

Supporters

(Donations of € 250 - 1000)

The American School of The Hague
The British School in The Netherlands
The Clown Club and Community Center
Clyde Petroleum Exploratie BV
EnglishLanguageJobs.com
Ellie Wood Languages
English Text Company
European Patent Office
Heerema Marine Contractors Nederland BV
Hogeschool van Utrecht
HVR/Bruns van den Wijk
International School of Amsterdam
International School Eerde
International School of The Hague
International School Het Rijnlands Lyceum Oegstgeest
Kamer van Koophandel voor Haaglanden
Maersk Benelux BV
Octagon Support BV
OKIOC
Partners in Relocation
Rotterdam International Secondary School
Tristar Relocations BV
Wolfert van Borselen
Venture Counsels Group BV

In Kind Sponsors

American Book Center
Canon Benelux BV
Dell Computer BV
Dutch News Digest
Ernst & Young
EURONET* INTERNET
G-Mode Web Design
Globe BV
Heerema Marine Contractors
HVR/Bruns van der Wijk
Pasmans Offsetdrukkerij BV
PricewaterhouseCoopers
The X-Pat Journal

Special Event Sponsors

ABB Lummus Global BV
Beryl Pavey
CADS Commercial Anglo Dutch Society
Embassy of Australia
Embassy of New Zealand
Embassy of South Africa
Partners in Relocation
Sport1 UPC tv
West Holland Foreign Investment Agency



ANCOR

Tel. 010-458 6973
Postbus 34025
3005 AC Rotterdam

**AMERICAN NEDERLANDS
CLUB OF ROTTERDAM**

Member of The Federation of American Women's Clubs
Overseas

- * American and Multi-National Women's Group
- * Monthly Membership & Library Meetings
- * Evening Group Meetings
- * Social & Cultural Activities
- * Informative Speakers
- * Fun Parties & Dinner Groups
- * Annual Christmas Bazaar with Proceeds donated to various Charities



OUT NOW

fresh off the press!
THE 2002 EDITION OF
**The ACCESS Guide to Health Care in
The Netherlands**

This book has been developed, by ACCESS volunteers, for the International Community. It aims to help answer some questions that arise when you need medical care while living in The Netherlands. It is designed to help you make the best decisions for you and your family.

**TERRIFIC VALUE at
€15.- + p&p**

OUT NOW

THE 2001/2 EDITION OF
BABIES AND TODDLERS
**The ACCESS guide to having children in
Holland**

**INCREDIBLE VALUE at
€10.- + p&p**

CALL ACCESS NOW

Basic Principles of Financial Planning

Ian Russell

Gosh! How did it get to be the end of the first quarter already! Time and tide wait for no man and in the heady world of personal financial planning it can be easy to just sign up and move on without truly considering the consequences of your action.

So in my top 10 principles, number 8 is about making sure you know what you are committing to.

8. Ensure that You Understand The Product you are applying For

In today's fast paced world, employers demand more of our time leaving less for our families and the time for reflection gets squeezed between these priorities. Therefore you must make sure that your choices are correct. The providers of financial products are



coming up with more and more options to choose from and many variations on the theme. Product types, fund types, funds of funds types and so it goes on ad infinitum. Of course if you have a good and trusted advisor this will help to weed out much of the irrelevant but the choice to proceed with any advice still lies with you and I would encourage everyone to take some time out to read and fully understand what you have been offered. Modern financial products should be supported with literature

which clearly outlines the charges, penalties, bonuses and options within a given programme but as a general principle you can expect longer term planning solutions to ask for a period of commitment early on and counter balance this with bonuses later. You should expect to see a projection of



possible benefits based upon agreed criteria (eg Number of years, assumption of capital growth)

Take some time to read and understand these and don't be shy about asking questions. Typically I find these are the most common areas of concern.

- What happens if I change jobs and move to another country?
- What happens if I want to change the investment profile?
- What happens if I want access to my money?
- What happens if I die?

Is this growth assumption realistic based upon my risk assessment? In summary when choosing what actions to take, don't over commit, look at the whole situation not just at charges or performance in isolation and take a step back from the decision making process to reflect on whether this is really right for you.

For more information contact
Ian Russell BSc (Hons)
Manager

Continental Advisory Group (NL)
Tel: 070 360 5806
Fax: 070 360 5338
irussell@cagonline.net

IMPORTANT!!

Wednesday, April 10
Tuesday, June 11

at 10:15am

Join us as a
VOLUNTEER

Why not attend our next
Information Morning?

There you learn more about
ACCESS and join a great team
as a volunteer
helping us to help you!

For further information
or to register

Call: (070) 346 25 25

or just e-mail us under
access@euronet.nl

Subject: Volunteer Info

INSIDE INFORMATION
The Complete Guide to Holland

Books for newcomers
permits, licenses
schools, housing
customs, taxes
clubs etc.

Inside Information
for newcomers to Holland
How to Survive in Style
for newcomers to England

INSIDE INFORMATION
Postbus 2109
2240 CC Wassenaar/Holland
Tel./Fax + 31(0)70 517 89 51

ACCESS EVENTS

Assertiveness Course

Have you ever wished that you could have handled a situation more effectively?

This course will provide you with the knowledge and confidence to gain more assertive behaviours.

Date:

Monday, June 24, 2002

Time:

10:00h to 15:00h

Venue:

ACCESS Office
Plein 24
2511 CS Den Haag

Cost:

€ 60 per person

Registration:

Tel: (070) 346 2525
Fax: (070) 356 1332
access@euronet.nl

Doors open at 9:30h

Being a Friend to Someone in Grief

Grief can take many forms, any type of loss can trigger a grief response. This course, provided by a licensed counsellor, is designed to give you the skills to help yourself or someone else during times of grief.

Date:

Monday, October 21, 2002

Time:

10:00h to 14:15h

Venue:

ACCESS Office
Plein 24
2511 CS Den Haag

Cost:

€ 60 per person

Registration:

Tel: (070) 346 2525
Fax: (070) 356 1332
access@euronet.nl

Talking to your Children about Drugs & Alcohol

Derek Lainsbury

The subject of drugs can be very confusing to your children. If drugs are so dangerous, why is the family medicine cabinet chocked full of them? If alcohol is so bad for you, why do Mum and Dad drink wine at dinner?

It's not just parents who send mixed messages about drugs and alcohol. While public service announcements and school educational programmes warn about the dangers of substance use, movies, TV, music and advertising often glamorise it. Parents and carer's need to help their children to sort out the facts from fiction and it's never too soon to begin. The average age that a child first tries alcohol is 12; for marijuana, it's 13. Many children start becoming curious about these substances at a much earlier age. So, let's get started.

- *Listen Carefully*
Student surveys reveal that when parents listen attentively to their children's concerns and feelings, children become comfortable talking to them and more likely to stay drug-free.

- *Let children know it's okay to act independently*
This is particularly important since peer pressure is a reason children try drugs. So, if everyone in the family except your eight year old daughter wants to ride the roller coaster, don't force her to go or insist the whole family avoid the ride. Instead, let her know it is okay to act independently from the group.

- *Role play how to say "No"*
Role play ways in which your child is able to say "No" which does not leave him a social outcast from his friends. Try saying something like this to your 9, 10 or 12 year old.

"Let's play a game. Suppose you and your friends are at Andy's house after school and they find some beer in the fridge and ask you to join them drinking it. The rule in our family is children are not allowed to drink alcohol. What would you say?"

If your child comes up with a good response commend him. If he doesn't then offer a few suggestions like, "No, thanks. Let's play game boy nstead," or "No, thanks, I don't drink beer. I need to keep in shape for football."

- *Encourage Choice*

Allow your child plenty of opportunity to become a confident decision maker. An eight year old can choose the outfit she wants to wear to school today. A nine year old is capable of deciding if she wants to invite lots of friends to her birthday party or just one or two close friends. A twelve year old is able to say if he prefers football to the pictures. As your child becomes skilled at making all kinds of good choices, both you and they will feel more secure in their abilities to make the right decision concerning drugs and alcohol if and when the time arrives.

- *Provide Age-Appropriate Information*

Make sure that information you offer fits your child's age and cognitive level. When your child is 6 or 7 is brushing his teeth, you can say, "There are lots of things we need to do to keep our bodies strong and healthy, like brushing our teeth. There are also things that we shouldn't do because they can hurt our bodies, ;like smoking or taking any medicines when we are not sick".

An 8 year old can understand a simple lesson about specific drugs, like marijuana or alcohol. If you are watching TV and marijuana is mentioned, take advantage of the opportunity to say something like, "Do you know what marijuana is? It's a bad drug that can hurt your body." If your child has more questions, answer them. If not, let it go. Short, simple comments, initiated by you and repeated often enough will get the message across.

You can offer older children the same message but add more drug-specific information. For example, you can explain to a 10-12 year old what marijuana and crack look like, their street names and how they can affect your body. Don't be afraid to talk tough. You can say, "Cocaine and crack are very dangerous and illegal drugs that could kill you even if you just take them once."

- *Establish a Clear Family Position on Drugs*

It's okay to simply say, "We don't allow any drug use and children in this family are not allowed to drink alcohol. The only time you can take drugs is when the doctor or Mum and Dad give you medicine because you are sick. We made that rule because we love you very much and know that drugs can hurt your body and make you very sick; some may even kill you. Does anyone have any questions?"

- *each Children to Follow Rules*

Establishing a family policy towards drugs won't do much good unless your children already know how to obey rules. That is why it is best to give them practice in compliance by setting up, and expecting them to obey, rules for everyday situations first.

For a 5 or 6 year old the rule might be as simple as saying, "You must always hold my hand when we cross the road as there is lots of traffic and I don't want you to be hit

by a car." For an 8 or 9 year old you might say, "No throwing balls in the sitting room as too many things could get broken." For a 10 or 11 year old, "No TV until you have finished your homework. It is important that you are able to concentrate and TV is too distracting." Once they know the re is a price to pay, they are more likely to listen when rules are firmly set about drugs and alcohol.

- *Do the Right Thing*

If your children see you taking drugs and alcohol to excess or taking drugs irresponsibly, it completely undercuts your well-intended discussions. So, after an exhausting day at work, try not to reach for a beer the minute you walk in the door; it conveys the message that drinking is the way to unwind. If you are having company for dinner, offer non-alcoholic beverages to your guests in addition to wines and spirits. Take care not to pop pills, even the over the counter remedies, indiscriminately. Your behaviour needs to reflect your

belief that drugs and alcohol must be used both responsibly and sparingly.

Handling Holland

New to Holland?

*Special Guest Speaker:
to be announced*

Date:

Monday , September 23, 2002

Time:

10:00h to 14:00h

Venue:

ACCESS Office
Plein 24
2511 CS Den Haag

Cost:

€ 60 per person

Registration:

Tel: (070) 346 2525
Fax: (070) 356 1332
access@euronet.nl

Doors open at 9:30h

If possible, please book in advance!

Communicating with your Teenager

Weathering the Teenage Years	Tuesday, March 12, 2002 10:00h to 15:00h
Talking to Teenagers About Sex	Tuesday, April 23, 2002 10:00h to 15:00
Talking to Teenagers about Drugs & Alcohol	Tuesday, May 28, 2002 10:00h to 15:00h

Presented by:

ACCESS Community Education Counsellors

Venue:

ACCESS Office
Plein 24
2511 CS Den Haag

Registration:

Tel: (070) 346 2525
Fax: (070) 356 1332
access@euronet.nl

Cost:

€60 per person

Block booking for all three Teenager Courses attract a € 5 discount per module

Please arrive at 9:30h. The courses will begin promptly at 10:00h

Community Calendar

	Organization	Contact tel.
AATG	Anglo-American Theater Group, The Hague	071-5323853
ABF	American Baseball Foundation, Wassenaar	070-5119067
AISR	American International School of Rotterdam	010-4225351
ANZ	Australian and New Zealand Women's Club, The Hague	070-5140811
APCH	American Protestant Church, The Hague	070-3244490
AWC	American Women's Club, the Hague	070-3506007
BCAN	British Conservatives Abroad in the Netherlands	06-28788701
BSA	British School of Amsterdam	020-6797840
BSN	The British School in The Netherlands	070-3154066
BWC	British Women's Club of The Hague	070-3461973
CTC	Contact Club (t'Gooi area)	035-6016860
DFAS	Decorative and Fine Arts Society of the Hague	070-3872606
ESIRC	Church of Our Saviour, English Speaking Roman Catholic Church	070-3281486
Grape	Grapevine, Amsterdam	0251-212437
IBD	International Business Department, Hogeschool van Utrecht	030-2586451
IP	In Players	020-7704984
ISA	International School of Amsterdam	020-3471111
ISE	International School Eerde	052-9451452
ISH	International School of the Hague	070-3281450
ISR	International School Rotterdam Wolfert van Borselen	010-4673522
ISRL	International School Rijnlands Lyceum, Oegsgeest	071-5193555
ITC	International Training in Communication (Clingendael)	070-3022406
IWCU	International Women's Contact Utrecht	033-4614356
JAI	John Adams Institute	020-6247280
PCR	Pickwick Club of Rotterdam	010-5117762
PWC	Petroleum Wives Club, The Hague	070-5118506
SAS	St. Andrews' Society of the Netherlands	071-5171047
SICR	Scots International Church, Rotterdam	010-4124779
SJV	St. James Church, British School, Voorschoten	071-5612762
SMR	St. Mary's Anglican Episcopal Church in Rotterdam	010-4764043
St.J/St.P	English & American Episcopal Church of St. John & St.Philip	070-3555359
TB	Trinity Baptist International Church	070-5178024

ACCESS EVENTS

Introduction to Communication and Human Relation Skills

This 10 week course is registered with and accredited by the
Counselling and Psychotherapy Central Awarding Body (CPCAB).

Learn to communicate more effectively and improve your listening and memory skills
Upon completion of this course, you will receive an accredited certificate in
Basic Communication Skills.

Presented by:
Derek Lainsbury
MRSH, EAC, BACP, NVPA, ABvC

Venue:
ACCESS Office
Plein 24
2511 CS Den Haag

Registration:
Tel: (070) 346 2525
Fax: (070) 356 1332
access@euronet.nl

Every Monday
April 15, 2002 through to June 17, 2002

10:00h to 13:00h

Cost:
€340 per person

*ACCESS Volunteers only pay
the CPCAB registration fee of €80 per person*

Please arrive at 9:30h. The courses will begin promptly at 10:00h

April 5-7

Event: One-act plays by Fernando Arrabal, Barratt Walton and Arthur Miller
 Where: Zeeheldentheater , Trompstraat, The Hague
 Contact: **AATG**, 071-5323853
 Internet: <http://www.aatg.nl>

April 5, 12, 13

Event: Workshops on our Autumn production "The Imbulator" by Mike Williams
 Auditions for "The Imbulator" are on April 13
 Time: 8:00 pm
 Where: De Spielerij , Rosengracht 73, Amsterdam
 Contact: **IP**, Jeremy Keighley 020 -7704984
 E-mail: jezza115@hotmail.com

April 9

Event: Lecture
 "The Art, Technology and Conservation of Tiles with Special Focus on Dutch Tiles"
 by Dr. Norman Tennent
 Time: doors are open at 7:30 pm
 lecture begins promptly at 8:00 pm
 Where: Cultural Centrum Warenar
 Kerkstraat 75, Wassenaar
 Contact: **DFAS**, Jane Choy 070-3872626
 E-mail: JEChoy@cs.com

April 9

Event: Monthly Meeting
 inc. a talk about The Mormon Church
 Time: 10:00 am
 Where: Scots International Church,
 Schiedamse Vest 119, Rotterdam
 Contact: **PCR**, Diane Smith 010-5117762
 E-mail: smith@onetelnet.nl

April 13

Event: Open Day
 International School of the Hague
 Time: 12:00 pm – 3:00 pm
 Where: International School of the Hague
 Contact: **ISH**, Karen Avery 070-3281450

April 15

Event: Lecture "John Irving. The Fourth Hand"
 Time: 8:00 pm
 Where: Rode Hoed, Keizersgracht 102, Amsterdam
 Contact: **JAI**, 020-6247280
 Internet: <http://www.john-adams.nl>

April 17

Event: Lecture
 "Sonia Sanchez. Under a Soprano Sky"
 in cooperation with Intl Information Centre
 and Archives for Women's Movement (IIAV)
 Time: 8:00 pm
 Where: IIAV, Obiplein 4, Amsterdam
 Contact: **JAI**, 020-6247280
 Internet: <http://www.john-adams.nl>

April 18

Event: A Walk
 Time: 10:00 am
 Where: Kasteel Groeneveld, Baarn
 Contact: **CTC**, Sheila Webb 035-6016860

April 23

Event: Lunch
 Time: 12:30 am
 Where: Huizen
 Contact: **CTC**, Sheila Webb 035-6016860

May 7

Event: Lecture
 The Expressionist Revolution in German Art:
 The Artists of "Die Brucke"
 by Barry Herbert
 Time: doors are open at 7:30 pm
 lecture begins promptly at 8:00 pm
 Where: Cultural Centrum Warenar
 Kerkstraat 75, Wassenaar
 Contact: **DFAS**, Jane Choy 070-3872626
 E-mail: JEChoy@cs.com

May 14

Event: Lecture
 "Naomi Wolf. Misconceptions"
 Time: 8:00 pm
 Where: Singelkerk, Singel 452, Amsterdam
 Contact: **JAI**, 020-6247280
 Internet: <http://www.john-adams.nl>

May 14

Event: Monthly Meeting
 inc. a small Bring & Buy Sale
 Time: 10:00 am
 Where: Scots International Church,
 Schiedamse Vest 119, Rotterdam
 Contact: **PCR**, Diane Smith 010-5117762
 E-mail: smith@onetelnet.nl

May 14

Event: Plant exchange and quiz
 Time: 2:00 pm
 Where: Almere
 Contact: **CTC**, Sheila Webb 035-6016860

May 24

Event: Games on Almere beach
 Time: 10:30 am
 Where: Almere beach
 Contact: **CTC**, Sheila Webb 035-6016860

May 30

Event: Lecture
 "Jonathan Spence. Treason by the Book"
 Moderator: Barend ter Haak
 Time: 8:00 pm
 Where: Rode Hoed, Keizersgracht 102, Amsterdam
 Contact: **JAI**, 020-6247280
 Internet: <http://www.john-adams.nl>

Community Calendar lists forthcoming events of English-speaking Clubs, organisations and churches that are "Friends" of **ACCESS**. Although every care has been taken to ensure the accuracy of the Community Calendar you are advised to check details of events with the appropriate organisation.

English Speaking International
Roman Catholic Parish

CHURCH OF OUR SAVIOUR



Parish House:
Ruychrocklaan 126
2597 ES Den Haag

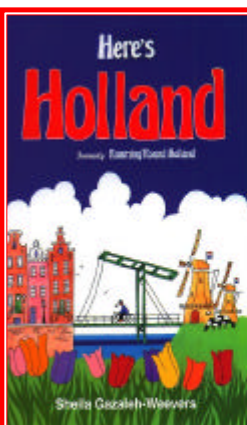
Tel: 070-328 0816
Fax: 070-328 1486
E-mail: info@parish.nl
Website: www.parish.nl

EUCCHARISTIC SCHEDULE

Weekends	St Aloysius College	Saturday Sunday	17.30 10.00
Weekdays	Oosduinlaan 50 The Parish House	Monday & Friday Tuesday	09.30 19.30

RELIGIOUS EDUCATION PROGRAMME &
ABOUT 40 GROUPS RANGING FROM
SPIRITUALITY; FORMATION TO JUSTICE &
PEACE INITIATIVES

PASTOR: Fr Sjaak de Boer



Best-selling Guide to the Good Life for Expats Living in The Netherlands

Dutch Culture, Customs
Tips for Trips for All Ages & Interests
What's on Where and When

All the useful information, Addresses
and Advice needed to 'make your
stay'

From Book shops, VVV, AWC
Amazon.com ISBN 90 801255 20

Orders and information: ACCESS tel: (070) 345 1823 fax: (070) 356 1332
Access@euronet.nl or www.heresholland.com Price € 22.50+pp

The American Woman's Club of The Hague



Join us at our friendly Clubhouse for educational
lectures, philanthropic opportunities, a well-stocked
library, cafe, gift shop, classes, crafts, creche,
tours, a monthly magazine and much more.

Nieuwe Duinweg 25, The Hague
070 350-60 07 www.awcthehague.org

Rotterdam International Secondary School De Blijberg Primary School

Caring for the Individual

International Schools Curriculum
of The Netherlands

International GCSE (IGCSE)
International Baccalaureat (IB)

We're Keeping Pace with Rotterdam's Growth!

please contact

De Blijberg
Oponbare tenzijplan basisschool
met internationale afdeling
Primary School De Blijberg

Ms. Alexa Nijpels
Tel: +31 (0) 10 467 3522 or +31 (0) 10 466 0322
Fax: +31 (0) 10 467 5022
email: info.riss@wolfert.nl





Editorial Team

Roger Harazim
Ali Hodgson
Debbie Monks

Printed by
Pasman Offsetdrukkerij bv
Den Haag

Management Team

Barbara Ullman
(Executive Director)
Mary Kendrick
(Public Relations)
Janet Allan
(Office Admin)
Marjo Goes v Eden
(Funding)
Helen Dickson
(Research)
Pamela White
(Community Contact)
Renee Veldhoven
(Finance)
Lesley Gillon
(Community Education)
Pat Shimmon
(Volunteer Resources)
Derek Lainsbury
(Counselling Services)
Debbie Monks
(Publications)

Executive Board

John Rautenbach (chair)
OPCW
Head of Human Resources
Mike Lyonette (treasurer)
Price WaterhouseCoopers
Partner
Charles v Beuningen
v Beuningen Law Firm
Virginia Banks
US Embassy
Community Liaison Officer
Jessie Rodell
American School of The Hague
Director External Relations
Shelley Conroy
NALCO
Director Human Resources
Margot Donk-Heilbron
Estata Makelaars
Rental Division
Keith Oliver
British Embassy
Management Section Officer
Beryl Pavey
Former Executive Director

Copyright © ACCESS 2002

All rights are reserved.
No part of the ACCESS Newsletter may be used in any form without explicit permission in writing from the publisher. Every effort has been made to ensure that the information in this publication was correct at the time of going to press. However, ACCESS and its writers cannot accept any responsibility for the accuracy of the information included.

CONTACT
Volunteer Resources
or
Janet Allan (Admin)

ACCESS

Plein 24
2511 CS Den Haag

Tel: (070) 346 25 25
Fax: (070) 356 13 32

access@euronet.nl

INTERNATIONAL FINANCIAL PLANNING

FULCRA



International Personal Investment

- ▲ Portfolios individually created using the World's top investment managers
- ▲ Low charges
- ▲ Offshore or onshore Stock broker option
- ▲ Single and/or Multi-currency
- ▲ Guaranteed and low risk option
- ▲ Growth and/or income version

For your **free** personalised portfolio illustration please contact: -

Phil Loughton on fulcra@xs4all.nl
Tel: 070 360 1062

Fulcra International Financial Planning

VOLUNTEER VACANCIES **ACCESS NEEDS YOU!!**

Due to re-structuring, expansion and increased work loads, ACCESS is looking for dedicated volunteers to help us helping you. If you are interested, why not come and visit us during one of our Information Mornings or contact the heads of departments directly?

Information Resources

4 researchers (to replace departing volunteers). A pro-active research team member and someone who is at ease with databases and can take charge of them.

Funding

Our current Head of Funding is moving on and we are looking for a replacement. Are you persuasive? Can you deal with people? Can you organise? Then why not join our management team as new Head of Funding?

Computer Services

Computers are one of the life lines of ACCESS. We urgently require an experienced Network person as well as a technician to look after our hardware.

Telephone Contact

Do you enjoy talking to others? Are you calm and organised? Do you like helping others? Then join our Telephone Team and speak to the world! Prime requisites: native English speaker and willing to commit to fixed schedules on the phone.

Public Relations

Who likes to deal with people? 2 outgoing and outspoken personalities are needed to assist our PR department with presentations, both In-House and at locations.

The Anglican & American Episcopal Church of

St. John & St. Philip

Ary van der Spuyweg 1, Den Haag



Welcome to worship in English!

Sunday Services

8.30 a.m.

Holy Communion

9.45 a.m.

Link-Up - *Informal family service
in the Church Hall - especially for
families with young children*

11.00 a.m.

Main Service - *plus Sunday
School, Creche and Youth Group*
Evening Service - *contemporary*

Weekday activities include Parent & Toddler
Groups, Wednesday Communion followed by lunch,

For more details, phone (070) 255 53 59

Port Betaald
S'Gravenhage

Atzender:
ACCESS, Plein 24, 2511 CS Den Haag, Tel: (070) 346 25 25