

NEWSLETTER

By Andrea Casabella

January 2011



Everything is Possible has decided to create a Newsletter for the volunteers, and Andrea will be in charge of it. If you have any suggestion to improve it or you want to add some event to the Newsletter, you can send Andrea an email (summercamp@everythingispossible.eu) to include it in the next one.

Hi folks! I hope you are enjoying the newsletter and I encourage you to try the things I propose to you and for you to send me your opinions about them, for example if you have enjoyed the pantomime or if you have tried a new bar, etc.

It would be great if you could send me your feedback. Thank you!!

Club of the Month

Sandinista. 5/5a Cross Belgrave Street, Leeds.

If you are looking for great cocktails, tasty tapas and a laid-back holiday vibe then look no further than Sandinista. The bar is owned by a former music manager, which shows in its diverse music policy, from relaxed acoustic on a Wednesday and Sunday to seriously eclectic DJ sets on Fridays and Saturdays. During the day it's a great place to grab lunch and the Sunday roast is legendary. At night expect a lively but friendly crowd enjoying tequila and bar banter.

Restaurant of the Month

Merkato. 9 Merrion Supestore, Merrion Centre. Leeds

Merkato, located in the Merrion Centre, is the UK's only Ethiopian café outside London and is run by Samuel and his wife Tady. The delicious food is all home cooked by Tady using only organic produce. The café is closed during the evening so you really must make time for a lunchtime visit to sample the truly original and unique menu. The food is a great mix of vegetarian and meat dishes. The mild curried dishes and traditional Ethiopian flatbreads come highly recommended.

My opinion: I have been there and I recommend it to you, if it is your first time, you can ask for a mix of meats or vegetables so you can try all the dishes and the next time you could ask for your favourite one. One mixed plate is enough for 2 people because it is accompanied with Ethiopian bread (it is a kind of crepes but made with different flour) . It is not expensive at all, if you share the main dish you can spend around £5 each.



Curiosities



Did you know that Leeds has more listed buildings than any other UK city outside of London?

Architecturally, the city displays an impressive array of examples of period buildings including Tudor, Georgian, Edwardian, Victorian and post modern. Some examples are The Corn Exchange, The Pizza Express (in the building next to The Corn Exchange), The Victoria Quarter, The Round Foundry, Quebec's, The Old Post Office...

Did you know that Yorkshire is as famous for its sports personalities as it is for its puddings?

Danny McGuire (English professional rugby league player) and Tim Bresnan (English cricketer) are some of them.

Did you know that Leeds Carnival is the oldest event of its kind in Europe?

It started in 1967, the year before Notting Hill. Every summer on August Bank Holiday weekend, thousands of revelers descend on Potternewton Park to soak up the atmosphere and enjoy the party.



Did you know that the Kirkgate market is the Europe's largest covered market?

Housed in a wonderful Grade I listed Edwardian building the Kirkgate Market is home to over 800 traders. Take a wander around the market and you will find local Yorkshire produce located next to more exotic Asian or Polish food stalls. It is steeped in history and was the place where Michael Marks opened a penny bazaar that later became the world famous Marks & Spencer.



THEATRE, DANCE, MUSIC AND MORE



Moscow City Ballet: The Nutcracker. St George's Hall (Bradford)

From Sunday 16 until Monday 17 January 2011

Phoenix Dance Theatre: Reflected. West Yorkshire Play House (Leeds)

From Wednesday 26 until Saturday 29 January 2011. Tickets from £16

Carmen. Opera North (Leeds)

From Monday 17 January until Saturday 12 February 2011. Tickets from £10

Phoenix Dance Theatre: Reflected.

From Wednesday 26 to Saturday 29 January 2011. Tickets from £10

After all the expenses you should have after Christmas here are some **free events**:

At [The Venue \(Leeds College of Music\)](#), Leeds

Wednesday, 5 January 2011. From 1:05pm until 1:55pm. Free event

A programme of works by Beethoven (Sonata No 7), Grieg (Sonata No 3) and Tchaikovsky (Valse-Scherzo).



At [Leeds Town Hall](#), Leeds



Monday, 10 January 2011. From 1:05pm. Free event

A programme of works by Simon (Miss Blue Bonnet), Wood (I Heard A Brown Bird Singing) and Sullivan (Echoes of the Savoy and The Lost Chord).

At [The Venue \(Leeds College of Music\)](#), Leeds

Wednesday, 12 January 2011. From 1:05pm until 1:55pm. Free event

At [Duck & Drake](#), Leeds

Thursday, 13 January 2011. From 8:30pm until 11:30pm. Free event

Female fronted pop/rock covers band. Lori Emmitt-Gardner....Vocals, Jason Gardner....Guitar, Dom Adams....Bass, Kelvin Preston....Drums

At [Howard Assembly Room](#), Leeds

Monday, 17 January 2011 From 5:45pm until 6:30pm. Free event

In a unique concert for the Howard Assembly Room, Catalan singer/guitarist Clara Sanabras and Lebanese singer Abdul Salam-Kheir bring to life the music of old Spain. The programme specialising in medieval Spanish repertoire will also include renditions of the famous ancient mwashah (Arab poetic forms) as well as modern day compositions.



SPECIAL EVENTS



Remember that the 14th January at 7pm is the International meal at Skyline, where you are invited to bring a typical dish and drink of your home country.



Don't forget that the 31st January is **Noelia's Birthday!**



REMEMBER THAT...



Ice-skating, Leeds

15th January- 6th March 2011. Ice Cube. Millennium Square.

www.leeds.gov.uk/icecube

Did you already go to the **HIFI club**? It has been the winner of the "Best Nightclub" three times in the annual Leeds Bar & Club Awards. In this club there is great live music and on Sundays it's free!

www.thehificlub.co.uk/

At Trio, Headingley (Leeds)

Live acoustic music every Sunday from 8pm

<http://www.arcinspirations.com/trio/news.php>

PORTRAIT OF THE MONTH

Lourdes Cabel Salinas

Date and Place of Birth: 11/02/1982 - Peru

Project: Leeds Youth Service

Studies: Informatics and Psychology

Place of residence: Beechwood View (Leeds)

Arrival and Departure dates: 30/04/2010 -28/02/2011



Culinary speciality:

I'm not really good cooking, I like to mix everything in my fridge and the result is something completely new but you can eat it, and of course I can cook Peruvian food.

The thing you couldn't forget to put into your suitcase:

My diary. I like to write what is going around me, so I'll never ever forget it.

Why did you choose coming in England?

Is a question that is a little difficult to answer. To be honest I never thought I'd come here, it wasn't in my plans but my project in Peru chose me as the first volunteer from Peru because they thought I'm strong, and of course it could be a really nice opportunity for improve my English and learn more about this culture.

Which expectations did you have about your project? Did they have come true?

A hard and a difficult job, because it involve young people with a lot of social problems. At the beginning it looked a little different but after some time everything was like I expected, but I have to say that I never expected to find wonderful people working in this project, they make me love what I'm doing here.

What advice would you give to a new volunteer?

Don't expect too much about the job. It will be challenge if you are young and you didn't work too much before, otherwise everything can be simple and don't have sense at the beginning. This is a good time to relax and have a quiet life sharing and meeting people.

What are you thinking to do when you finish your project?

Back to my country and share everything about my job in the Youth Service because we don't have a service like that. Is a lot to put in order right now but the first step is this.

Did you achieve your goals for these 9 months?

Almost 95%. Some points like travel abroad was hard because my VISA. But most of them I feel I have done.

What has been the best thing in your EVS and what obstacles have you overcome?

The best thing about this experience was meet my new friends, sharing experience together and learning more about others cultures and of course starting my project in the Youth Service. Talking about what I have overcome I have to say that It was very difficult at the beginning coming without enough information about was going on here, where I had to go, having no access to basics things like internet in the house. Maybe it was because I was the first volunteer coming from Peru. But once I started my project all these things have been solved and they are the reason of my happiness.



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