

## Paella Workshop!

Do you ever have those days when simply the thought of getting out of bed brings on exhaustion? Well, Thursday the 14/11 was one of those days for me! Despite how I felt and two meetings with the Femmes d'Europe at Beaulieu later, by 4pm, I found myself in Ixelles waiting to take a paella class!

By this point in time, all I wanted to do was eat (quickly) and go home!

However, I had not counted on those sassy Spanish ladies!

Now, where do I begin?

Firstly, once outside the venue I heard a happy humming noise, (that was a good omen!) once inside, I ran into a long lost friend, and numerous (not lost ones) and we all comfortably sat around the tables catching up. Suddenly, I was feeling refreshed!

The ladies from the Spanish group had a contagious fun attitude and made us all feel at home.

I won't go into the cooking details because they aren't important. Suffice it to say, that Nuria outdid herself with a delicious cake, even a child could master, two finger licking good paellas, and a humble tomato cold soup as a starter with not so humble flavours!

What was significant for me wasn't the cooking workshop itself.

It was that the minute I walked into that kitchen, it was like visiting my favourite cousin's house, where the whole family had gathered to cook a meal and share their experiences. We joked around and had fun while cooking, and then sat around to eat, all the while going from table to table to catch up with one another, connecting, sharing....

I went home that night, with a smile on my face, feeling the snuggly warmth of having been with people who care about me, and even having made a couple of new friends along the way!

The evening was precious and a reminder that human relationships and the connection that comes with them is what we need to be searching for in life, for they can change a miserable day into a fabulous one!

Des Livaniou