



Inside this Issue

- What has the IWA-BS been up to? 1
- Hello my name is... 2
- Daytrip to Hildesheim 3
- Daytrip to Hanover
English Conversation Group II 4
- Asparagus Season
A Cultural Summer in BS 5
- One last Thought 6
- Part of a Burns Night 7
- Upcoming IWA-BS Events
General Information 8



Pictures: Andrea Reinhart



WHAT HAS THE IWA-BS BEEN UP TO?

Dear Ladies,

Did I really write in the last newsletter that I was hoping that winter was slowly coming to an end? What a joke that was.... We are now at the end of May and we have so far only had a few days of nice weather. But – who are we to complain. It is all in the hands of the weather gods or – more likely – in the hands of and due to environmental change. Positive thinking is definitely required to get us through these times.

But as always the IWA-BS is here to put a spring in your step and to keep you entertained no matter what the weather. These last 3 months have seen several activities (most of them we will write about further on in the newsletter – so I will keep it brief).

Amongst them was a performance at the Movimientos Festival in Wolfsburg that Sylke Siebenmorgen very kindly organised for us. Sylke took 18 IWA members and friends to José Montalvos 'Y Olé' danced by the Company Théâtre National de Chaillot. This was the German premiere of this piece and consisted of 2 parts: one was based on Igor Strawinskys 'Le sacre du printemps' which was like a spring festival and the second was based on traditional songs from Montalvos childhood including flamenco parts. As always this was a very impressive Movimientos performance that was enthusiastically received by the audience with loads of applause. A huge thanks to Sylke for organising this and getting tickets (not an easy feat!).

Besides that there were daytrips to Hildesheim and Hannover, an asparagus meal shared with the Kaufmaennische Union Braunschweig and last but not least our Annual Membership Meeting on Wednesday, the 25th of May 2016.

For everyone who wasn't there I will give you a quick summary of the topics of the meeting but please note that the full minutes can later be found on our website!!!

After our President, Marianne Wandt, thanked everyone for their help in the first half of 2016 she went on to give a preview of the programme planned for the 2nd half of the year. Following that came the treasurer's report by Ellen Wenzel. Afterwards the members present relieved both the treasurer and the committee. Our member, Ute Mattfeld, then introduced herself as she was nominated for the position of treasurer because Ellen is giving up this post. The committee (president, vice-president, secretary and treasurer) were voted in unanimously and they in turn accepted their election. Marianne then proposed a raise in membership fees from €45 to €50 a year which all members present agreed with. The meeting finished after a lively discussion about our website and the possibility or even necessity of a facebook presence for the IWA-BS. This will be talked about further within the steering committee and with the members at a later date. The meeting was then called to an end by our president.

I would like to finish off today by voicing our sincere thanks to Ellen Wenzel who for the last 2 years has been our treasurer. It is a job that needs to be done but is very often not recognised as most of the work takes place in the background. But without our treasurer nothing would work! This job entails the paying of bills, keeping track of expenses, membership fees, keeping up an up-to-date membership list and last but not least the yearly tax return! Ellen has done a thorough and wonderful job and the committee and steering committee are very grateful to her and all the time she put into this job.

This is it for today. I will leave you with my fingers crossed for better weather in the coming months. Have a super summer holiday all of you and get back to many more IWA events on our calendar.

Ciao.....Susanne Kendell



International Women's Association

Region Braunschweig e.V.

Hello my name is....

What do you do if you have lived abroad and come back to Germany?

Well, if your new destination is Braunschweig you are lucky because a warm welcome from the IWA BS is waiting for you when you get in touch. Since I have been member for some years the newsletter team from the IWA asked me to write a few lines about me and my international background.

My name is Marion and I was actually born in Braunschweig and studied at the Braunschweig University of Art and at the TU BS Math, Theoretical Physics and Architecture. Having travelled a lot but not lived abroad my Austrian husband Ben and I chose California to get some experience after graduating and as soon as I put my feet on the California grounds in Los Angeles I fell instantly and irrevocably in love with that inspiring Californian spirit and intriguing Californian way of life – life's a beach.



Picture: Marion Jungeblut

To have the possibility to swim every day in the Pacific Ocean with dolphins who frequently visit Cabrillo beach was an enthralling experience for a passionate daily swimmer like me.

For the next 10 years I had alternating stays in Los Angeles which became unequivocally a second home to me, and Braunschweig. I worked in the design office for SOM - a big architectural company in Los Angeles and on interesting projects collaborating with other artists who were also exhibited in the San Francisco MOMA.

I also spent a lot of time flying around California, the deserts, the Southwest of the States, down to Middle America - Mexico, Pacific in a little Cessna 172s after obtaining my pilot license at Hawthorne airport- an airport 2 miles south of LAX - which was sometimes paired with some kind of adventure but always with a gorgeous view from a bird's eye perspective over canyons and coastlines, mesas and mountains, the Pacific ocean and Sea of Cortez.

So we still have close bounds to the US through family which lives on the East Coast, Colorado and California and of course our friends in L.A. and NYC.

After settling again in Braunschweig when our son was born in 2001 I found it somewhat hard to fit back in after those years – most of my old friends lived somewhere else and therefore I was very happy to get in touch with IWA through the kind Dutch lady Verle whose daughter was also at the international school in Braunschweig like our son. Since then I have continued to work as an artist and at present have my studio in an old warehouse near the Rudolfsplatz in Braunschweig where I work on conceptual art projects, paintings, objects and installations which are shown in various exhibitions in Berlin, Stuttgart etc.

I am very happy having found so many friends in the IWA who have the same experience as me – having lived in another country and come back and also especially to connect with people from other countries to find friends here and get into social life in their new home town Braunschweig.

Marion Jungeblut



Daytrip Hildesheim

The City of Roses



On one fine Wednesday morning a group of IWA members gathered at the Braunschweig train station to embark on a journey of a lifetime. My apologies, I got carried away again. We actually simply took a train to Hildesheim to look around in that little town and learn more about its history.

Hildesheim greets you with very dull late forties and early fifties architecture which is not that big of a surprise once you learn that most of this city was destroyed in the World War II. When you have people with no homes and who need shelter quickly, the last thing you are going to think about is „what colour should we make this house?“ or „maybe some creative balconies?“. Sadly functional is often not the most pleasing to the eye although equally often are the very beautiful buildings highly dysfunctional. Win some, lose some.

The picture changes once you get to the Marktplatz where the houses that circle the square have been either fully restored, fully rebuilt or covered with a facade which fools you into thinking that the house behind it is actually an old one. Look closely to the Sparkasse building and then walk into it. You might be quite surprised. I know I was.



Our lovely guide Bettina Reese, whom we met on the Marktplatz, led us to the two main sites of Hildesheim, the two UNESCO churches. Michealiskirche belongs to the early-Romanesque era and the construction work started in 1010. Built initially as a church for the Benedictine monastery, it continued to function as a Catholic church even throughout and after the Reformation, finally becoming a Protestant church in the 19th century. Just like rest of the city (and the cathedral we visited next), the church was heavily damaged in the war and rebuilt in the 50ies. By the way, the acoustics are amazing in that church so do keep an eye on their concert calendar!

Our feet (and our guide) took us to the Hildesheimer Dom next. The cathedral is quite imposing and one can easily see how it dominated the cityscape together with the Michealiskirche back in the days. The Dom also plays an important role in the founding legend of Hildesheim because the famous Thousand-year Rose grows in its courtyard. As the legend goes, Emperor Louis the Pious (or Ludwig der Fromme) got lost while hunting and prayed to Virgin Mary to find his way. He fell asleep and once he woke from his dreams, the rose next to him was blossoming and the land around him was covered with snow. Ludwig took it as a sign from God and decided to build a church (and a city) in that exact spot. The rose was thought to be destroyed (alongside with the church) in the war but as through a miracle, which is only fitting to a holy rose, it started budding again after its roots were cleaned of rubble and ash. The Hildesheimers believe that as long as the rose lives, Hildesheim will too.



We bid our guide goodbye at the Marktplatz and had a lovely lunch in the lovely Knochenhauer Amtshaus restaurant after which we spread out in the city in smaller groups to explore a bit more. I can definitely recommend the small but nice Fachwerkviertel and I do believe that some people from the group would like me to finish with a tip about the best drink in Hildesheim. Namely there is an Italian cafe on the Marktplatz and they serve an amazing spicy hot chocolate. Do try it out next time you are in Hildesheim.



On behalf of our travel group I would like to thank Helga for the difficult task of organising yet another lovely excursion and I do encourage you all to come along next time. You will not regret it!

Kristiina Pennar



International Women's Association
Region Braunschweig e.V.

Daytrip to Hanover

On Wednesday the 18th of May 11 IWA Ladies met at BS station in order to explore Hanover in quite a different way – the culinary way. Andrea Reinhart had invited us to discover some of Hanover's well-known and hidden culinary delights. Our guide was Tamara Podesky who is a true fount of knowledge for everything concerning Hanover.

Our first stop was the 'Hannoversche Kaffeeroesterei' where we were treated to an exclusive (and expensive – we are talking about €23-90 per 250 grams of coffee!) cup of coffee and a delicious homemade truffle. Next stop was the 'Moevenpick am Kroepke' where we enjoyed a Thai chicken soup. The restaurant 'Meiers Lebenslust' was next for a typical German currywurst. Our journey then took us through the Markthalle (always a great place for all things culinary) to the stall of 'Trueffel Guese' where we savoured another homemade truffle. Tamara then led us through the Altstadt to a very old and traditional pub called 'Broyhan Haus' where she had a very special treat in store for us. We were all given huge paper bibs, a small glass of dark beer and an even smaller glass of Schnapps. We were then taught how to balance both the beer and the schnapps in our right hand (with the schnapps glass being raised slightly above the beer glass). We then had to tip our heads back and drink this concoction trying to get both drinks into our mouths at the same time. Well, with some of us this worked better than for others and we certainly knew what the big bibs were for. Still, I believe the pub floor needed a good cleaning afterwards!!! This traditional drink is called a 'Luetje Lage' and was enjoyed by all of us and accompanied by lots of laughter. Our tour finished after nearly 3 hours at a delightful café called 'Gluecksmoment' where we all had a gorgeous cakepop and a well-earned drink.

A huge thanks to Andrea for organising this wonderful experience and to Tamara for being an outstanding guide who all the way fed us unusual bits of information on Hanover and the locations we visited. We all learned a lot about Hanover and had an awful lot of fun in the process.

Susanne Kendell



Pictures: Andrea Reinhart

English Conversation Group II

As our March meeting fell on Good Friday and I was going to be away, in South Africa for my daughter's wedding, for the April meeting I decided to have a "tea party" on the 8th April at my house in Gifhorn. My concern was, would anybody actually make the long trip from Braunschweig to Gifhorn, but thankfully eight ladies replied and arrived! I made some South African treats such as Milk Tart, Banana, date and nut loaf as well as spinach and feta savoury muffins all to be washed down with loads of tea and coffee.



As always our conversation topics vary but the "hot" topic this time was on current affairs and the safety in Germany / Europe. Aside from all the serious talk we did manage loads of laughter & joking as we were a lively and fun group of ladies. Needless to say we lost all track of time and it was around 2pm when we finally departed company.

Thank you ladies for taking the time to come to my house, it was great having you. See you end of May 2016.

Cheryl Koch

Pictures: Cheryl Koch



Asparagus Season



The countdown's on: by the time you read this, there will be only around three more weeks until the end of asparagus season 2016. As every year, harvesting will grind to a halt on June 24th, due to the fact that asparagus plants need at least 100 days before the first frost to gather strength for the next year.

Asparagus was introduced to Europe by the Romans – as a medicinal product. Asparagus cultivation in Northern Germany probably started in the 17th century. Unlike the French and the English, who grew green asparagus, the Northern German farmers cultivated the white variety. We live in one of the largest asparagus cultivation areas in Northern Germany. The soil in and around Braunschweig is very rich in nutrients, and also light and sandy, making it ideal for asparagus.

Even though there seem to be no borders for even the most exotic fruits and vegetables, I found it very odd that when we lived in England, I couldn't find white asparagus anywhere! The green kind is abundant, but only always as a side dish and not the "main event". White asparagus somehow never made it to the island. When my (English) husband first came to Braunschweig more than 20 years ago, he found the special role awarded to white asparagus between April and June more than curious. After all, asparagus is only another sort of vegetable, isn't it? An "all you can eat asparagus event" (Spargel satt...)? Seriously? Finding the peculiar taste not completely to his liking, my husband commented that he just didn't see the appeal. After all, it would be similarly difficult to draw somebody from the woodwork with a slogan like "all you can eat broccoli!" or "fill your boots with cauliflower!"

And then, of course, there's the issue with the asparagus-typical scent when visiting the bathroom after asparagus consumption. I've had foreign guests – "asparagus beginners" – all of a sudden become terribly worried about their health, thinking there must be something seriously wrong with them. Thank goodness we were able to resolve the situation and avert a trip to the emergency room.

Health-wise, asparagus is to be fully recommended! With hardly any calories at all, but loads of vitamins, dietary fibre, calcium, potassium and iron, asparagus is said to work wonders with constipation, gall bladder and liver ailments, diabetes and bladder problems. How wonderful is that? A delicious all-round cure!

Unless you walk around wearing blinders, you more than probably saw very many restaurants offering asparagus specials. And maybe you've already found your favourite? If yes, we'd love to get your restaurant review! Here's just a few Braunschweig "classics" to let you enjoy the rest of the season:

Restaurant "Am Kanal", Am Kanal 4, 38110 Braunschweig
Restaurant „Zur Rothenburg“, Lichtenberger Str. 53, 38120 Braunschweig
Wendenturm, Gifhorner Str. 140, 38112 Braunschweig

Stephanie Cattell

Picture: Clip Art Power Point

A Cultural Summer in Braunschweig

As you probably all know Braunschweig is not a bad place to be in the summer months. Besides all our lovely parks and outdoor swimming pools there is a lot going on culturally. Following I have tried to list some of the highlights this year:

Lichtparcours 2016

11th of June – 22nd of September 2016

15 objects of art, 24 hours, 4 months, 1 city accompanied by guided and themed tours and concerts

Buskers Music Festival 2016

11th and 12th of June 2016

A streetmusic festival in the city centre including folk, rock, hip hop and country bands

Schloss Spektakel

29th and 30th of July 2016

Cabaret and theatrical performances on 20 stages in and around Schloss Richmond. Bring a picnic, take a stroll and take your pick from all the performances.

'Spiel mir das Lied vom Loewen'

11th – 28th of August 2016

Another co-production from the Jazzkantine and undercover and following in the footsteps of 'Oelper12points', 'DaDaDa' and the Braunschweig Christmas Story this Braunschweig Western celebrates the 850th anniversary of our Lion Statue on the Burgplatz in the location of the Lokpark

Cirque Nouveau Mobile

23rd of June – 31st of July 2016

This is the summer programme for the Autostadt in Wolfsburg. 17 international cirque nouveau companies and several individual artists will be performing on 4 stages in the Autostadt every week from Wednesday through to Sunday.

Susanne Kendell



International Women's Association

Region Braunschweig e.V.

ONE LAST THOUGHT



„Maintenance....“

I've taken up serious and daily flossing. When I had my teeth cleaned at the dentist's, I'd often come away feeling like I was back at school. Instead of "have you done your homework", you get asked "have you been flossing?" To which I tended to answer "I try, but it's sooo difficult to find the time." I know that's a pretty lame excuse and no, I didn't feel at all good using it.



Well, the time for excuses is over! Just take a few minutes to read up on all the health advantages of regular flossing - protecting your gums, keeping your arteries and your immune system young, fending off diseases and therefore adding approximately 6.4 years to your real-age calculation (really!! I'm not kidding!! I dare you to look it up!!). So there we have it. Flossing is a necessity, a no-brainer, something to add to the daily maintenance schedule. Check.

If only flossing was the only addition to the regular to-do list! Personal maintenance requirements seem to be growing continuously and sometimes I just want to ignore it all - modern studies, findings, recommendations, the lot!

Always a fun subject on which the experts agree is that starting around the age of 40, bone mass and density decrease and Osteoporosis looms threateningly around the corner. Good to know. So it's not just the deterioration of our hearing, sight and memory capacities, accompanied by all sorts of fun menopausal challenges! No! Let's not forget the menace of weakening bones. But there's good news! We're not entirely helpless! As is very often the case with these findings, there's something we can do to brace ourselves against the threat. And of course, these recommendations are neither pleasant nor enjoyable, since they very rarely tell us to sit back, relax, and try to eat a bit more chocolate every day. No! Of course the countermeasure is time-consuming and strenuous, namely specifically targeted weight and strength training! Several times per week! This is the best way to guarantee bone strength and keep the threat of Osteoporosis at bay. Okay, so just going for regular runs is not good enough at my age. I get it. The fitness regime needs an age-appropriate upgrade in the form of push-ups, sit-ups and similar muscle development measures. Wonderful! One more fun activity to add to the to-do list.



Here's a new one: hay fever season is in full swing and the experts on this subject also have a recommendation. Allergy-effective skincare can considerably reduce the entrance of pollen via the skin. Okay, now I'm about ready to throw the towel in. Do these people even know what they're asking? Am I still meant to use my normal moisturizer after showering or do I go straight to strengthening the skin barrier?! And what about sunscreen? Over or under? And what about the face? Serum first? Then deal with allergies? Then moisturizer, of course including a high SPF? It's a minefield. Just think: if all age-appropriate recommendations regarding health/fitness/beauty were to be adopted into our daily routines, we'd be so busy and stressed, we'd never manage to leave the house! We'd be close to perfect and nobody would ever see it. Perfect teeth, well-toned muscles, dense bones and an anti-allergy skin barrier to be proud of!

Does that sound the least bit worthwhile? Not really. I think I'll just stick to the sensible recommendations. Flossing I can handle. And then here's my very favourite health-promoting substance: wine. It's always a reliable one to turn to when I get frustrated with modern demands. Wine (especially red...) has been studied extensively over the years and may promote longer life, protect against certain cancers, improve mental health and is definitely good for the heart. How wonderful is that? Here's to health and happiness and loads of time for the really important things in life!

Stephanie Cattell





International Women's Association

Region Braunschweig e.V.

Part of a Burns Night „Toast to the Ladies“ speech (Wolfenbüttel)



Picture: BBC

Most of the „Laddies“ here look as if they are still trying to work out what the hell was in that haggis?? (Dog food and sawdust but don't worry about it)

Haggis was Robert Burns favourite dish and he was the Scottish equivalent of Casanova so, Laddies, if you want to be like Casanova, EAT MORE HAGGIS!

Robert Burns (1759 – 1796), a man from a small country in the north of Europe, is the only really universal poet. His works (not his name) are known world wide. Many Chinese believe that „Auld Lang Syne“ is a Chinese song. Burns wrote poetry about ordinary people and their worries, about animals – and even about haggis!

Most of all, of course, he wrote love poems and songs. „My Love is like a Red, Red Rose“, a beautiful ballad, is a favoured piece at concerts.

In Scotland he is quoted in pubs and universities alike by ordinary people and, since he preferred to use Scottish and not English, there's often a homely, humorous touch to the sayings.

My mother, when looking at me, often muttered, „Ah, wud the gift o`God tae gie us, tae see oorsels as ithers see us.“

Nothing really to do with Burns, but Scotsmen, when dressed in the full regalia for a special occasion, never fail to be asked by some sniggering Bleppo, „Is there anything worn under the kilt?“ „No, nothing is worn. Everything is in good working order.“ is one possible reply. Once I heard our son answer, „I find a glitter string tanga quite adequate myself.“ (Good Lad, I thought)

Back to Burns. He was a good-looking big man, well-liked by most men and loved by several ladies. He, quite sincerely, loved a number of ladies (at the same time) which gave him a bad reputation. He supported the women and children without heeding society's opinion. In fact, he showed great respect for women.

A less well-known Burn's quote is;

„And even children lisp the rights of man.

Amid this fuss, let me just mention

The rights of women merit some attention.“

Very modern thinking for someone writing in the late 1780s.

So why, in the 21st century, are we women still patronized and treated like Dumbos?“

I think I've worked it out.

It's a family thing.

Outside the house a woman can be a respected rocket scientist, a brain surgeon or an electronics engineer. Back in the home she is Mamma, MAAAM!, or, to quote Prince Charles, „Mummy“. She is Schatzi, Dicke, Mausy.

She gets looked down on by the rest of the family because she doesn't know all the football rules, or she's scared of spiders, or, God Forbid, doesn't like fishing!

Of course, MAAM?/SCHATZI?, is expected to know (by divination?) where the ballet shoes, blue-prints, boxer shorts, bowling ball, bio-books were last dropped.

There's a drop-down list of questions mothers have to answer. The fathers list only contains one. „Where's Mum?“

She is also the lightning conductor. Anyone in the family in a bad mood takes it out on the mother/wife. She is really the only person you can bitch at without serious consequences.

Try calling your boss a STUPID OLD COW. You'll be looking for a new job tomorrow!

The old cliches go round and round. „When a man uses his head it's called thinking. When a woman uses her head it's called hairdressing!“ Men have a better sense of direction. True. BUT WOMEN DON'T GET LOST!

If the navi doesn't work or the map is wrong, a woman will stop the car, get out and ask someone the way.

What does a man do? Foot on the gas peddle and 100mph in the wrong direction! ??? And, when he does eventually stop, the first thing he does is shout at the wife for getting them lost!

Because men don't make mistakes. They only commit unavoidable errors.

Warum hat ein Mann ein Gen mehr als ein Pferd?

Damit er beim Autowaschen nicht aus dem Eimer säuft!

One last quote. This time from Nina Hagen.

„Frauen werden den Männern niemals ebenbürtig sein, solange sie nicht mit Glatze und Bierbauch die Straße runterlaufen können und immer noch denken sie seien schön.“

Fortunately for the Laddies, we Lassies find beer-bellies and bald heads OK!

So, ladies, join me in a toast to all the Casanovas here tonight. Sláinte! Cheers! Prost!

Cecylia Schmidt



International Women's Association

Region Braunschweig e.V.

Upcoming IWA-BS Events

17th of June	Potluck Dinner Party at Christiane Maywald
August	Tour around the Lichtparcours 2016
25 th of August	Open air performance of the musical 'Hair'
10 th of September	Loewenpfad Wolfenbuettel (Lion's Path)
September	Bicycle tour around Braunschweig
September	Daytrip to Potsdam
October	Tour around the 'Georg-Eckert-Institute'
21 st of October	Couples' Night at Harry's Wine Bar
28 th of October	'Allerlei Genuss' in Wolfsburg

AND NOT TO FORGET: THE 25th OF NOVEMBER IS OUR 10th YEAR ANNIVERSARY CHRISTMAS PARTY!!!!!!

GENERAL INFORMATION

Please note that the ongoing, regular programme does not continue during the school holidays. That also includes the Newcomers' Coffee morning. If the first Thursday falls into the school holidays, the Coffee morning will not take place. Also, the IWA-BS will be officially closed during the holidays. Please note that e-mails and requests will not be answered until after the holidays.



DATES FOR THE NEWCOMERS' COFFEES 2016 on THURSDAYS will be:

2 nd of June (morning FS)	4 th of August (evening HK)	1 th of September (morning FS)
3 rd of November (evening HK)	1 th of December (morning FS)	

Please note that the Newcomers' Coffees take place either from 9.30 a.m. – 12.00 p.m. (FS) or 6.30 p.m. To 8.30 p.m. (HK)

DATES FOR THE STAMMTISCH AT RESTAURANT "TRESOR" 2016 on THURSDAYS will be:

Dates are: 18th of August 15th of September 20th of October

Stammtisch starts at 07:00 pm

Address: Tresor, Bankplatz 8, 38100 Braunschweig

The venue for the Newcomers' Coffee Mornings is (unless stated otherwise):

Volkswagen Financial Services AG (FS)
Conference Centre
Schmalbachstrasse 1
38112 Braunschweig

The venue for the Newcomers' Coffee Evenings is (unless stated otherwise):

Haus der Kulturen Braunschweig e.V. (HK)
Am Nordbahnhof 1
38106 Braunschweig

Postal address of the IWA-BS

IWA-BS
Germersheimstr. 13a
38112 Braunschweig

Please note that dates for the termination of a membership are March 31st and October 31st of each year.

Newsletter Team (Impressum)

Articles: Susanne Kendall, Stephanie Cattell, Layout: Andrea Reinhart

Please note that we have taken great care to make sure that all information at the time of printing was correct but we can accept no liability for mistakes or printing errors.

As always, we would appreciate any input and ideas for future publications. Anything that you think is important to you. Please inform me (Susanne.Kendell@t-online.de) of any suggestions. Thank you!