



International Women's Association
Region Braunschweig e.V.

Newsletter 47

September 2018

What has the IWA_BS been up to?

Dear Ladies,

Well, what can I say about our summer that has not been said already... Opinions vary between the weather having been fantastic and it having been unbearably hot for far too long. Whatever group you belong to, it has been a summer to remember. I truly hope you filled it with many memorable occasions.

I survived thanks to a bedroom with air-conditioning but had to suffer at work with sometimes over 34 degrees **inside**. Clothes had to be peeled off at the end of the day and the shower became the most treasured thing in my flat closely followed by the washing machine that kept me in fresh clothes!!! Unfortunately, contrary to expectation, my appetite didn't suffer in the heat so the desired side effect of a hot summer – a slim physique – did not materialize. Quite the opposite – too much wine cooler, prosecco on ice and ice-cream have taken their toll and will now have to be worked on once I am able to move again without immediately breaking into a sweat. But what a small price to pay for all these weeks of gorgeous Mediterranean weather.....

Still, the IWA-BS did not rest during those months and kept all of you hopefully thoroughly entertained. There was certainly a varied mix on offer with something for everyone.

On the 22nd of June Christiane and Knud Maywald again invited us to their yearly Potluck Party to their house by the lake. The weather on this evening was ok and not too hot and so ideal for sitting outside and enjoying the fabulous view from their patio. As every year, the places for this event filled up quickly and the evening progressed with delicious international food (i.e. dim sum, cheese platter, fresh fruit, finger food, chocolate mousse to name but a few) and plenty of drinks.....After lively chats and a few boat tours around and across the lake, the evening finished quite late! Our sincere thanks again to Knut and Christiane for hosting us all – a lot of loving preparation goes into this and is much appreciated by all of us!

The next thing on our agenda was a visit on the 12th of July to the Ladies Night of the Sparkassen Open, the ATP challenger tennis tournament that takes place in the BTHC in the Buergerpark every summer. We were very lucky to get 15 free tickets through Knut Maywald from the Oeffentliche Versicherung (a huge thanks for those – we were actually able to thank Knut directly as we met him on the evening and had our photograph taken with him). We were a very international bunch that evening – there must have been at least 8 nationalities between us – and we certainly caused a stir at the surrounding tables with so many languages flying around. As in the years before, Metin Aslan from the restaurant Tandure, had booked tables for us so we were able to sit down together and have a meal (quite an achievement at the tournament) before joining the large crowd on the floor in front of the band. Unfortunately, at this point of the evening we split up into smaller groups as it was impossible to stay together as a large party. It was just too full.....Our little group definitely had a lot of fun well into the night and I can honestly say that one of the glasses of bubbly I consumed must have been off as I certainly wasn't feeling too good the next morning.....So a night to remember that can hopefully be repeated next year.

These events were followed by the IWA-BS Welcome Back Party on the 17th of August and a performance of the open-air opera Carmen on the Burgplatz here in Braunschweig on the 23rd of August. Please read about these occasions further on in the newsletter.

Well, that's it for me for this time. Maybe I am being too optimistic but I so hope for a stunning Indian summer and a colourful autumn! But that is probably asking too much of the weather gods! Still, I do hope that you enjoy whatever life throws into your paths. Make the most of it and most of all keep smiling.

Susanne Kendell

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My name is ...

Claudia Metzkat

I moved back to my home country Germany in the summer of 2016 after ten wonderful years in Barcelona, Spain and Buenos Aires, Argentina. After all these years together with my husband and my two daughters now I'm exploring our new home town Braunschweig.

Do you know this feeling when you land after a long vacation at the home airport, get into the car and drive past familiar areas until you are in front of your home? Slowly you open the front door and there it is again: Your home, your own four walls with your familiar furniture, your own personal belongings – what a pleasant-warm feeling, such a sweet fragrance, such a homely and really good feeling!

That's what happened to me for ten years! The house, which was in Germany, was not meant, it was the house abroad...

My husband had taken the opportunity to go abroad as a manager of his company and I was already in the starting blocks before the job offer. I am a curious person and I love travelling, any kind of culture and new people and places that inspire me. This homely, familiar feeling of home is, after a certain time, always where we live as a family and where I have lost a piece of my heart. Going out into the world is wonderfully exciting, despite all your efforts for your mind and body – you probably know this tingling sensation - just like being in love! All the more, it takes strength to move back to Germany, which has become strange and somehow suspicious. Here are my personal tips that hopefully make your first months of repatriation a little bit easier:

- First and foremost and again and again: Be patient. It. Takes. Time.
- Try to remember what made you feel better in your old life. Was it the weekly escape to your favourite coffee shop to read a book? Then go out and explore the café scene in your new home town until you find the perfect spot for you.
- Were you a passionate runner? Put on your running gear, go outside, and just breathe. Maybe you run. Maybe you walk. Just do it.
- Allow yourself to be sad. Put on your favourite song that reminds you of better days and let the tears run freely. You need to get the pain out of your system. Don't feel guilty if this happens when your kids are around. It's good for them to see, from time to time, that Mom is having a hard time, too.
- Surround yourself with people who know what you are going through – please contact the IWA Braunschweig and/or myself!

You can't pour from an empty cup ...

take care of yourself first!

Claudia Metzkat





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Carmen

15 Years of Burgplatz Open Air!

In 2003, the Staatstheater Braunschweig started its Burgplatz Open Air in the middle of the city, surrounded by historical buildings like the St. Blasii Cathedral and the Dankwarderode castle. For a few weeks each summer, an arena is constructed in which musicals and opera are performed. This has become a much-loved part of a Braunschweig summer for a growing fan community, and this certainly includes the IWA. The very first performance was George Bizet's "Carmen" and now, 15 years later, the Staatstheater again took on this opera about an independent femme fatale and the fight for freedom, love and power under difficult circumstances.

Marianne Wandt had managed to secure 15 (how fitting!) tickets for the performance on August 23rd. As was to be expected in this incredible summer, the weather was wonderful – very warm with a light breeze, no need for additional layers or jackets, and the setting, as always, was just beautiful.

Musically, the performance deserved top marks: strong, beautiful voices, great choirs, convincing characters. Stage and costumes, however, required some getting used to: bulk rubbish and old furniture scattered all over the arena, interspersed with large letters (what on earth were they trying to spell? "Pisa"? "Pasta"?) and a vast number of drinks cans. The costumes were a smorgasbord of hideousness with a touch of the eighties (oh, the days of balloon silk!).

There certainly was a lot to look at and listen to. Apart from that, we had managed to keep the bubbly nice and cool and even the ever-present wasps had miraculously decided to spare us. With the sun going down, the lights coming on and birds flying over our heads (some rather noisy ducks as well, surely commenting on the performance), we had a truly magical evening.

Stephanie Cattell





Culinary Exploration in Braunschweig



Pictures: IWA's Members

One thing in Braunschweig can be taken for granted – there are always new restaurants popping up. People in this area are very faithful when it comes to frequenting their favourite restaurants but new ones should also be given a chance. So here are some newcomers that you might like to try.

The 'Neue Strasse' in particular is developing into a long food court despite substantial building work going on in the former City Point, soon to be the Konrad-Koch-Quartier. There you can find the old faithful Italian restaurants Piccolo and Guido's Pizzeria (I think the oldest pizza place in town and still going strong) but also a new one called Culinaria Italica. When I did my research for this article I took a photograph of the restaurant and the owner spotted this while having his lunch – a delicious looking Lasagne. I told him that it was one of my favourite dishes, so he got up and fetched me a fork and knife and proceeded to share his late lunch with me! He was utterly charming and the lasagne truly gorgeous and quite obviously freshly made. I am going to try it out next week with some girlfriends of mine.....

Then there is the Asian area covered by the relatively new Nem Grill, a Vietnamese streetfood restaurant. It has a large seating area inside, very friendly staff and an extensive and affordable menu. I have been there a few times already and can recommend it. The food was always very good and the place has a good atmosphere. There is another Vietnamese restaurant next door called Saigon Today that I have not tried yet and a new Burger place called Corvin's Burger & Beer.

The 'Platz der Deutschen Einheit' also has a new addition – our favourite wine bar Harry's has opened a second and bigger place between the Birkenstock shop and the police. Harry has kept the original style of the first bar but this one has a large seating area outside which has been absolutely full all summer! Without a reservation you didn't stand a chance....

Around the corner in 'Langer Hof' there is a new fast food restaurant called Tellys TST. This is a German chain that has already expanded from Frankfurt to London and other German locations. The TST stands for Tellys-Sauce-Topping. The recipes have been created by our famous German chef Christian Rach. 80 combined flavours are available and all ingredients are high-quality and natural. A new healthy fast food concept well worth trying. Opposite Tellys Braunschweig now has a waffle place called Glücks Waffel. A few of my colleagues have been and they couldn't stop raving about how delicious the waffles were. I have avoided it so far as the calorie intake worried me slightly after too much wine, prosecco and ice-cream this summer.....

One more news: the Italian restaurant Il Sorriso from the 'Welfenhof' is moving to 'Papentstieg' (behind Graff bookstore) and should be opening soon.....

I very much hope that this article will inspire you to try out a few new places. Enjoy!!!!!!

Susanne Kendell



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Spanish Conversation Group's Welcome Back Fiesta

Hablas Español?

Lucky for some of us, it wasn't a requirement to have a noche divertida at the Spanish conversation group's "Welcome Back" summer fiesta on 17th of August hosted by Diana Groschopp.

Blanca Zenteno and her Spanish group members prepared a variety of deliciosos dishes ranging from Spanish omelets to spicy Mexican salsas, perfect with a chilled glass of sangria on this warm summer evening.

We played the popular Mexican children's party game of "hit the piñata". Blindfolded, bat in-hand, we all took a swing at Blanca's handcrafted piñata, a star-shaped papier-mâché container full of bonbons. To motivate the batters to swing hard, some yelled the names notorious politicians i.e. "Donald." The piñata cracked open and we all cracked up laughing.

Muchísimas gracias to the Spanish ladies for a memorable evening of camaradería, risas y buena comida.

Paula Schnackenberg



Pictures:
IWA's Members



Must-See International TV Series

The fact that I don't have much time these days to watch TV makes it even more important that when I do watch telly – it better be something really good! And I have watched a few series lately that have been more than that! Also as the weather starts to get colder and the evenings draw in earlier, what better time to cuddle up on the sofa and watch the box!

The Crown

I am always surprised that quite a few people out there haven't seen this. This Netflix original drama series chronicles the life of the House of Windsor from the 1940s to modern times. 2 seasons have been shown already with a total of 6 being planned.

The series starts at the beginning of the reign of Queen Elizabeth II when she ascends the throne at the age of 25 after the death of her father, King George VI. As the decades pass, personal intrigues, romances and political rivalries are revealed that played a large role in events that shaped the later years of the 20th century.

Each season contains 10 episodes and the actors are absolutely outstanding. The series won a Golden Globe award for best Television drama and Vanessa Kirby won a Best Supporting Actress award for her portrayal of Princess Margaret.

You just have to watch this as it is simply brilliant and very addictive. You learn a lot of historical details about our recent past and get completely drawn into the lives of the Royal Family. Season 3 was meant to be released in November this year but we have just been told (to our dismay!!!!) that it will not be shown until the beginning of 2019. The third season has a complete new cast as all the actors have been replaced to play the now slightly older Royals.



BLACK MIRROR

Also an English production shown on Netflix this is a science fiction series that examines modern society with regard to the unanticipated consequences of new technologies. It takes modern life and then projects where it could lead to in the future – if we are not careful.

For example, one episode, called Nosedive, takes us into the near future into a world where everyone is constantly rating everyone else on a five-point rating scale. This rating then decides how they are perceived by others and also what they can achieve in life. For example, if your rating is good, you can buy a nicer car, rent a bigger apartment and get invited to better events. It is chilling as we are not that far off this system already! China already makes use of social media that way – very scary indeed.

But that is the fascinating thing about 'Black Mirror': it shows us where our technology could lead us – in the not too distant future. Each episode is a story on its own and they are sometimes light and airy, most of the time quite spooky and freaky but always beautifully filmed. The series has also been called the modern follow-up to 'The Twilight Zone'.

I can promise you that each episode will leave you with a lot to think about. It sometimes took me a long time to shake off the feeling that a particular episode had left me with.

If you start watching this, please do me a favour and don't start with season 1, episode 1 called the National Anthem. This was truly disgusting.... It is still rated one of the best ones of the show but not a good one to start with – believe me!

I know that these two shows are Netflix shows but they alone are well worth the money you have to spend to get Netflix. Both shows, by the way, can be watched in numerous languages (English, French, German, Italian and Turkish) with subtitles in other languages as well.

ENJOY!!!! Susanne Kendell



One Last Thought...."The Summer of 2018"

I never thought I'd look forward to the season of pumpkins and falling leaves so much – and this thrill of anticipation started at the end of May! We'd already had more hours of sun, more BBQs and cool alcoholic beverages outside than in the whole of last year's sad excuse for a summer put together.

This is now more than two months ago, and yes, it's just gone on and on. My husband and I are still not prepared to emerge from the basement, where it's nice and cool and sleep is not only a beautiful, far-away fantasy! Upstairs, several fans are running on full blast and sometimes it's difficult to hold a halfway sensible conversation with all the noise. But then, the brain's not at its most active in these temperatures either, so conversation is kept at a bare minimum. That helps.

The heat we're all experiencing makes for some nice excuses – it's WAY too hot to deal with most things unpleasant and bothersome! Forget about tedious activities! Not healthy! Procrastination is the solution. These tasks will still be there when the temperatures drop again. And exercise? Risking heat stroke? You've got to be joking...

The heat has certainly put a damper on all sorts of activities. All these wonderful events going on in the area each weekend? Yup, we're spoilt for choice. Didn't actually make it to any of these cultural offerings, though. Way too hot. Just couldn't manage to get off our backsides. All motivation to leave the house and garden would dwindle and die again and again. On a typical Friday night, after airing the house, having a cold shower and covering my face with a wet washcloth, a weekend with the least possible amount of movement sounded so much more enticing than anything remotely adventurous or cultural. Next weekend maybe. In the meantime: do we have ice, Aperol and oranges? Sounds like a smashing idea...

And for those events which took place outside of Braunschweig? Well that's even worse, requires nerves of steel and feels like signing up for an obstacle course paired with an endurance challenge. Why? There's just no getting out of Braunschweig! Once you've circumnavigated the inner-city construction sites, you're bound to hit the A2. Mistake! There is no good time to get onto this highway to hell. It's constantly under construction and/or experiencing another complete closure and the alternative routes are completely clogged as well. So? Staying at home saves a lot of time and nerves. Logical, really.

But there are only so many BBQs, cocktails, salads and ice creams I can handle. Oh, this never-ending summer! The climate change is upon us and we're definitely not cut out for it. I've even gone and bought myself quite the collection of summery sales items. Yes, gone is my prior conviction that summer clothing is so not necessary for a typical Northern German "summer". I was wrong. But: beware of Murphy's Law. My shopping spree in combination with the fact that my husband's seriously looking into purchasing air conditioning is a sure sign that the next summer will definitely fall short of expectations. I do apologize. Let's enjoy it while it lasts..

Stephanie Cattell



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Upcoming events

September:

21.09.18 An evening at Kultur im Zelt : Rebell Comedy

October:

20.10.18 Couples' Night at the restaurant "Zu den vier Linden"

November:

16.11.18 Our International Cross Cooking Evening

Dezember:

07.12.18 IWA -BS Christmas Party at the restaurant ,Tandure'

October Break from the 01.10. - 12.10.18

Please note that the ongoing, regular programme does not continue during the school holidays. 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.

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

General Information



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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!