



## What has the IWA\_BS been up to?

Dear Ladies,

Here we are in March 2018 and the days are already getting longer. Yipeeee... there is light at the end of the tunnel! Let's hope for a lovely spring this year and a fantastic summer (well, anything has got to be an improvement on last year!).

We definitely need good weather as we have lots of exciting things planned for the upcoming year in the IWA-BS.

But first of all a quick recap on past events:

Marianne Wandt organised a visit to the theatre on the 23<sup>rd</sup> of January to the ballet 'Peer Gynt'. The choreographer Gregor Zoellig based this ballet on Edvard Grieg's 'Peer Gynt cycle' and the British composer, Gavin Bryars, wrote the music. The dances deal with the themes hope, love, death and the never ending search for our own identity.

The ballet was enjoyed by 15 of us and followed by drinks and dinner at the new Variété restaurant. The dancer Aurélien Peillex and a Japanese dancing partner of his, Su, from New York joined us there and gave us some background information on their lives and their careers (see Stephanie's interview with him later on in the newsletter). All in all a wonderful evening. A thank you to Marianne for organising this.

On an unusually warm 27<sup>th</sup> of January Karina and Sunshine took 13 of our members walking to the Harz Mountains. They took a gondola from Bad Harzburg to the top of the mountain where they enjoyed a lovely lunch in order to gather strength for the 8 kilometre walk back down the hill. A little break for snacks, drinks and chats proved a welcome interruption on the way down. Although it was quite a long walk, it passed quickly with lively talks and it was downhill which helped enormously. Karina and Sunshine – thanks for this sunny day in the mountains.

Martina Sawalsky invited us for yet another one of her cooking meetings 'Allerlei Genuss' to the Autostadt in Wolfsburg on the 16<sup>th</sup> of February. 15 ambitious cooks in the making joined her and 3 professional cooks for an Italian meal: Filled artichokes with a ricotta cheese filling, Arancini (rice balls filled with a ragout of either beef or vegetables) followed by Mousse au Chocolat. Wow, my stomach is growling while writing this!!! As always, this event was beautifully organised by Martina and the cooks enjoyed not only the preparing but definitely the meal afterwards.

The next thing on the IWA agenda was a Couples' Night on Friday the 23<sup>rd</sup> of February. This was planned to take place at the restaurant LaVigna but as we had a surprising 25 registrations (!), a change of venue was called for as LaVigna couldn't accommodate us! So we met at Harry's Winebar in the city centre where we enjoyed lively chats (the noise level was quite high!), delicious Italian antipasti and lots of glasses of wine from Harry's extensive wine list. It was a great evening and a lovely start into the well-deserved weekend. Let's do it again soon!

As you will see on the last page there are more exciting events planned in the upcoming months and we are all looking forward to seeing many of you there!

Until then, it leaves me to wish you a very happy Easter, a lovely Easter holiday and lots of sunshine to keep you smiling! ENJOY,

Susanne Kendell

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Pictures: IWA's Members





*International Women's Association*  
*Region Braunschweig e.V.*

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March 2018

## **Aurélien Peillex - A Dancer's Story...**

Aurélien Peillex grew up in a village in the French Alps. He studied dance in Paris, New York and Copenhagen. Having worked for a variety of companies and after having spent the past seven years in New York City, Aurélien joined the Tanztheater Braunschweig in 2017 and has just signed on for another season.

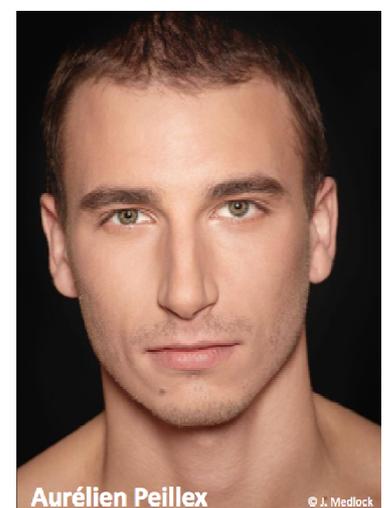
A group of IWA ladies and partners enjoyed a performance of the dance composition Peer Gynt in January, in which Aurélien Peillex danced several roles: a troll, a traveller, a wedding guest and a resident of a madhouse!

He kindly agreed to tell me about his life, his career and the experiences he's gained since moving to Braunschweig a good half year ago.

I'm sure you all remember Billy Elliot?! Well, Aurélien's path to becoming a dancer is nothing like that story. The first dance class he visited was a Jazz class, he was already 18 and had made a bet with his best friend that they wouldn't dare.... Well, dare they did and Aurélien actually took a shine to this new experience.

Still, school remained his first priority. Aurélien moved to Lyon to visit business school, but, having become infected with the dancing bug, he applied to the "Peridance Capezio Center" in New York City and managed to grab a six-month internship!

Listening to his account of the years that followed, I probably sat there with an incredulous look on my face. Back and forth between France and New York, regular summer stays at Peridance (living in apartments which don't really deserve the name, I'll spare you the details...), back to business school in Lyon (school during the day, dance classes at night), last year of business school in Paris – AND – here it comes: the moment when Aurélien decided to make a career of dancing: At the "Centre National de la Danse", where he realized he couldn't continue doing both! So, after finishing business school, he used a scholarship from Peridance to follow his heart and return to New York City. What followed was hard work, very long days, taking dance classes, working on the side to boost a meagre income and trying very hard to make ends meet. A big step was auditioning for and being taken on by the school company of "Steps on Broadway". And, as they say, the rest is history!



**Aurélien Peillex**

© J. Medlock



### **Aurélien Peillex - A Dancer's Story...**



Being asked how he ended up signing the contract with the Tanztheater Braunschweig, Aurélien explained to me the very intense and harrowing process of auditioning. It's like the dance version of "The X Factor", with several elimination rounds, a callback and different tasks, like improvising in front of the panel. In this manner, 80 applicants are whittled down to 20 and then ten. And even then, the most important question remains: "Is this company right for me?"

The Tanztheater Braunschweig is a young and very international company. Many of its members face the same problems and issues at the start, like coming to grips with German bureaucracy. I found it surprising to hear that the Staatstheater does not kit out its new, international members with a guideline of the most important processes, since they all end up facing the same obstacles. Fortunately, colleagues and the rest of the leading team were there to help and provide information when needed.

Via the "Welcome Center der Region", Aurélien was put in touch with our chairwoman Marianne Wandt, who also offered assistance and the IWA's "Settling In".

It took Aurélien a while to come to grips with the dismal weather we've been having (counting the sunny days this past November and December is a quick and easy task...) and the fact that our shops are closed on Sundays. On top of the demanding rehearsal and performance schedule, he has started teaching contemporary adult dance classes at a local dance school and is looking into picking up Yoga again to eventually be able to teach classes. No letting the grass grow there!

A big thank you to Aurélien for his time and the fascinating insights - all the best and we're all looking forward to Braunschweig showing itself from its sunny side in the coming months!

Stephanie Cattel



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### The IWA - BS Newsletter

As you all know our newsletter gets published 4 times a year and a lot of thought, effort and work goes into it.

It is very important for us, the newsletter team, to know what you – the members – expect from us and the newsletter.

In order to find out what you would like us to write about, we would greatly appreciate it if you would answer a few simple questions for us.

And – to get motivation up a bit – we will do a draw out of all the answers and the price will be a **voucher for €20 for Harry's Winebar!**

So here we go:

1. Do you read the newsletter regularly?
2. What format do you read it in? Paper, online or as an email?
3. What do you want to read about in the newsletter? Local information? IWA events? Past events?
4. How old was Aurélien Peillex when he danced for the first time?

It is important for us to know and find out how many people actually read the newsletter and find it relevant, so please take a few minutes to answer our questions.

Please send your answers to me, Susanne Kendell, under my email address: [susanne.kendell@t-online.de](mailto:susanne.kendell@t-online.de)

The newsletter team thanks you in advance and can't wait to hear from you.

Susanne Kendell

### Our New Settling In

Our original Settling In has been checked, updated and re-edited and is now available for sale. There is a limitless font of knowledge in this guide to Braunschweig and the region and it contains basic information about life in Germany (and how to deal with our delightful bureaucracy) and helpful insider tips on where to find things, go for meals and what to do with kids in the area. If you are new to the area or feel that you or your friends still need to get to know this area and life in Germany a bit better, this is a must-have in anyone's bookcase.

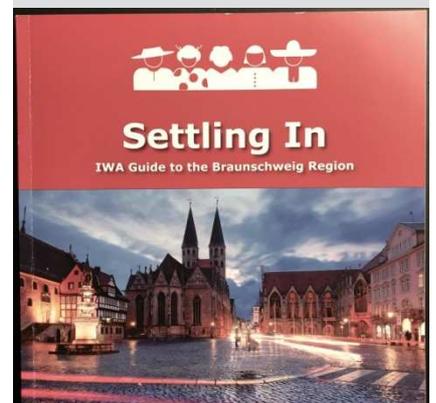
The price for this invaluable book is €8 for members and €12.50 for non-members.

If you would like to obtain a copy please contact Marianne Wandt under her email: [wandt@iwa-bs.de](mailto:wandt@iwa-bs.de)

Susanne Kendell



Pictures: IWA's Members





## Processes

In order to answer some of the questions which reappear from time to time and to help those of you who have ideas/suggestions/plans for possible IWA events or groups, here's an overview of whom to contact:

### How do I organize an event?

1. Contact one of the members of the Special Events Team: Marianne Wandt ([wandt@iwa-bs.de](mailto:wandt@iwa-bs.de)), Katharina Soest-Gang ([katharina@soest-net.de](mailto:katharina@soest-net.de)), Andrea Reinhart ([reinhart@iwa-bs.de](mailto:reinhart@iwa-bs.de)), Paula Schnackenberg ([prhoff@live.com](mailto:prhoff@live.com)) or Martina Sawalsky ([sawalsky@iwa-bs.de](mailto:sawalsky@iwa-bs.de)).
2. You'll set a date for the event together and write the invitation (it can be translated into English for you if you'd rather write it in German).
3. The invitation is sent out 2 – 4 weeks before the special event, for information events one week in advance AND not right before the start of a school holiday. Katharina will send out the invitation to the members.

### How do I start a new (regular) group?

Contact either Michaela Noth ([noth@iwa-bs.de](mailto:noth@iwa-bs.de)) or Blanca Zenteno ([zenteno\\_blanca@yahoo.com.mx](mailto:zenteno_blanca@yahoo.com.mx)), who manage all groups.

### How do I put a post onto the pin board of our homepage?

Contact Diana Groschopp ([groschopp@iwa-bs.de](mailto:groschopp@iwa-bs.de)).

### How do I join or support "IWA helps"?

Contact Sabine Westphal ([sabinewestphal@t-online.de](mailto:sabinewestphal@t-online.de)) or

Martina Sawalsky ([sawalsky@iwa-bs.de](mailto:sawalsky@iwa-bs.de))

Please don't hesitate to be in touch - we're looking forward to hearing from you!

The Steering Committee

## The Christmas Stollen baking

In early December I invite members of the IWA to my home for a 'Christmasstollen' baking event. In group of fourth they kneed the dough of all the ingredients I provide. When the dough is kneaded it is divided in 4 Stollen. The women love to personalize the Stollen they formed. During the baking of the just made Stollen the next group gets ready for their performance and the other can relax by having some wine and nibblings. It's a cheerful and chattering evening, which ends with a warm and flavorsome Stollen for everyone to take home and share with the family.

Andrea Jagla



Pictures: Pinterest



Pictures: IWA's Members



## One Last Thought...."Knitting - Then and Now..."

The "handmade" fair is on at the Stadthalle in Braunschweig this first weekend in March, showcasing products, trends and techniques from the DIY scene. Reading about it reminds me of my own experiences with DIY, namely: my long and often challenging relationship with the art of knitting.

Now, if you were a teenager in Germany in the Eighties, chances are you had your go at knitting.

Back then, I'd take my knitting to school on a daily basis and I managed to finish my projects in next to no time. In class, we knitters used the argument that doing something with your hands increases concentration. Most teachers were very understanding, though some were lacking in tolerance and therefore "forced" us to knit with our hands hidden underneath the desks. The results of all this creativity were actually quite impressive! My beautiful handmade creations formed a substantial contribution to my Northern Franconian wardrobe and were very proudly worn.

Back then, I mastered Norwegian patterns, braids – the whole spectrum! No pattern was too intricate, no wool too thin. All my Christmas presents for the family were handmade and I usually spent the days building up to Christmas Eve finishing projects, sewing sleeves into sweaters, adding buttons to cardigans.

Years later, I was knitting for my (little) children. The cute little projects were small and, subsequently, finished in a heartbeat. I would stick my kids into their "twin" outfits and they'd look oh- so-adorable. Then they became old enough to object and very quickly put my knitting needles out of business.

During the last few years, I've been reactivating my knitting. If Julia Roberts can do it, so can I! Somehow – and I really cannot explain this – I seem to have lost the plot a bit, though.

If I'm honest: I don't think I would EVER buy one of the sweaters or cardigans I spent countless hours on. They didn't even look convincing in the knitting magazines, so how can I have fooled myself into thinking that they'd look good once they were finished? Chances are that by the time I've completed a knitting project, I won't be able to wear it anyway because – presto – it's April and my fall/winter model is way too warm and woolly and gives me a strange rash at the neckline...

In the meantime, I've accumulated a basket full of unfinished projects.





## One Last Thought...."Knitting - Then and Now..."

A traditional Bavarian jacket, started two years ago, level of completion: 50 %. In the meantime, I've accumulated a basket full of unfinished projects. A traditional Bavarian jacket, started two years ago, level of completion: 50 %. Somehow my measurements were off completely and the whole thing would probably look slightly wonky, therefore requiring correction, therefore putting me off. On to the next project, I say! Burgundy mohair, simple pattern, nothing fancy, all that would need doing is the neck and the sewing-it-together part. Very tedious, no fun at all.

Without thinking things through and switching my brain on in the process, I've decided on the sweater for the winter season 2017/18/19. Again, mohair (somehow mohair seems to hypnotise and magically ensnare me). The pattern is large squares and thick lines. Not difficult at all! 35 years ago, I could've done it blind! Not nowadays, though. I unfortunately failed to realize that in order to achieve said squares and lines, five (!!) balls of wool need to be in action at the same time!!! Long story short: I've been working on this simple project on and off for quite some time, it occupies approximately 30 % of our sofa and, of course, cannot be moved or even touched because the five balls of wool would get tangled to the point of no return! To make this even more difficult, I've chosen two colours (a very dark grey and a very dark green), which to a 50-year-old who requires reading glasses to knit, look absolutely identical unless you have a bright light bulb illuminating the scene.

And that doesn't make for a cosy evening now, does it?

Thank goodness, winter's as good as gone, so who needs dark mohair cluttering up the sofa? I'll just put it in said basket and then I'll be off to find some cute and simple patterns for the spring/summer season...

Stephanie Cattell



Pictures: Pinterest

## Tilman Siebenmorgen

*When something is taken away from us, with which we are deeply and wonderfully connected, much of ourselves is taken away.*

*But God wants us to find ourselves again - better for all that has been lost and richer for the infinite pain.*

*Rainer Maria Rilke*

We would like to express our sincere and heartfelt thanks for the condolence on the sudden death of our beloved son and brother

### Tilman Siebenmorgen

We were deeply touched and overwhelmed by all the sympathies shown to us in so many loving ways.

At the same time we would like to pass on heartfelt thanks from the 'Stiftung Michael für Epilepsie', Bonn, for the many and generous donations.

**Sylke und Thomas Siebenmorgen with Lea and Sebastian**



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### General Information

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.

### IWA Happy Hour



### IMPORTANT

**Out with the old and in with the new!**

**The New Year is still young and it seems like a good idea to do a bit of "spring cleaning" and breathe new life into our habitual regular meetings.**

**The Newcomers' Coffees and the Stammtisch seem to have lost their momentum somewhat, and we've decided to put them on hold for now. Starting in April, join us in town for a monthly "Happy Hour", and have a casual drink or two, relax, chat, meet new people and old friends!**

**Now, according to the definition, Happy Hour is "a period of time during which the price of drinks (as at a bar) is reduced or hors d'oeuvres are served free". We do apologize, but we'll have to adapt that somewhat in order not to overrun the IWA's budget! The emphasis is on the "Happy" and drinks will have to be paid for by those consuming them!**

**The first IWA Happy Hour will take place on May (date will be announced), at 5 p.m., at LaVigna.**

**We're looking forward to seeing many of you there!**

### The Steering Committee

#### Postal address of the IWA-BS

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Germersheimstr. 13a  
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#### IBAN NR

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VOLKSWAGEN BANK GMBH

**Please note that dates for the termination of a membership are March 31<sup>st</sup> and October 31<sup>st</sup> of each year.**

#### Newsletter Team (Impressum)

Articles: Susanne Kendell, Stephanie Cattell  
Layout: Victoria Triep - 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!

### Upcoming events

#### 5<sup>th</sup> of March

- Talk about patient's provision and health care proxy by lawyer Olof Woelber

#### 22<sup>nd</sup> of March

- Stammtisch

#### 27<sup>th</sup> of March

- Theatre play Novecento ( to be confirmed)

#### mid-April

- Visit to the Jaegermeister plant (p.m.)

#### 25<sup>th</sup> May

- Douglas Make-up event

#### May

- City trip to Berlin or Hamburg
- Couples' Night - traditional asparagus meal
- Football Club Eintracht Braunschweig

#### 23<sup>rd</sup> of August

- Open Air opera "Carmen"

#### August/ September

- Brunch on the river Oker with families

#### 7<sup>th</sup> of September

- Allergei Genuss in the Autostadt

#### 17<sup>th</sup> of November

- Gospel Concert with party afterwards in Peine.

#### 7<sup>th</sup> of December

- IWA Christmas Party at the restaurant Tandure