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WHAT HAS THE IWA-BS BEEN UP TO? *10 years of IWA-BS*



Well dear Ladies, the winter is (hopefully!?) slowly coming to an end and another new year has begun. Where does time go? The same could be asked about the IWA-BS as this is a very special year for us. In 2016 we are celebrating **our 10th Anniversary**. Wow, how time has flown – especially for the ones amongst us who have been part of this organisation from very humble and small beginnings.

As you might know our association was founded in May 2006 by 11 women from 8 different countries. They were the ones who signed the register and are known as the founding members. The idea for such an association came from Marianne Wandt, Anne Rangette and Maria Caceres who worked for a Relocation Agency where they discovered that more integration work was needed to make foreigners feel truly at home in Braunschweig and the region. Following I will list some of the highlights of our 10 years:

On the 21st of September that year we invited members of the press, leading businesses and international groups to our opening event into the Braunschweig Chamber of Commerce.

In November 2006 our first newsletter is printed (a total of 1 single page!!!!)

In September 2007 we celebrate our 1st Anniversary at the Nord/LB

In November 2007 our newsletter contains 8 pages for the first time

In February 2009 our 100th member joins the IWA-BS

In September 2011 we throw a big 5th Anniversary party in the Rotunda of the Oeffentliche Versicherung

In February 2013 our much acclaimed guide to Braunschweig and the region 'Settling In' is published

In September 2015 our new website is launched after much hard work, sweat and tears!

So after all these fabulous milestones in the story of our association we will this year add another one: our **10TH ANNIVERSARY PARTY ON FRIDAY THE 25TH OF NOVEMBER 2016!!!!** The location (Oelper Waldhaus) and the band are already booked and we want to have a fantastic, huge, fun party with all of you to celebrate everything that we have achieved in the past 10 years. Please make sure to mark the date in your diaries!!!

Until then, you will hear from me again a few times with all the usual weather updates and reports on what the IWA-BS has been up to. I am looking forward to it!!!

Enjoy the next few months and the Easter holidays (not that long to go now) and the improving weather (one is always hopeful.....).

Susanne Kendell



International Women's Association

Region Braunschweig e.V.

Hello my name is....

What do you get if you mix an Estonian woman, a Bulgarian man and a well-traveled cat who has a German name? Simple, you get my life. Hi, I am Kristiina and I was asked by the lovely ladies who run this newsletter to write few words about myself and how it came to be that I live in Braunschweig.

As you might have guessed I am Estonian and hence I come from the small Nordic country that goes by the name Estonia. German speakers often confuse it with Iceland because the names of these two lands sound so very similar *auf Deutsch – Estland and Island*. So don't ask me about Björk or volcanoes, please.

I was born and raised in the capital city Tallinn and spent my university years in the nice bohemian student city called Tartu. I finished my studies on Public Relations and Communication, worked for many years on different position until summer 2014 when I quit everything, packed up my life and moved to Austria because my partner was taking up a job there and it seemed like a good idea to join him.



Picture: Kristiina

The time in Austria gave me a chance to enjoy the majestic Alps and hiking, latter being one of the passions of my life. I also started learning German, read through a lot of books and discovered that the switch from hard-working career woman to a connoisseur of life can be quite rewarding once you stop worrying about not working.

After 9 months in Austria it was time to move on, so we spent few months in Bulgaria and then moved to the Löwenstadt in May last year. I continue to learn German (anyone up for a chat?), explore Germany and still read a lot of books. You guessed it, reading is also something that I immensely enjoy.

Oh, in case you were wondering, the cat is called Franz and he is named after the Franz Joseph Land in the Arctic which is of course named after the Austrian Kaiser Franz Joseph I. Franz looks quite noble so he most definitely lives up to the regal name.

Regards,
Kristiina

Crime Time!!!

The days are getting longer but there are still enough dark and dinghy hours to be filled with a nail-biting and exciting crime story. So here are some tips from Stephanie and me:

Colin Dexter: His Oxford-set detective stories centred around Inspector Morse and his side kick Lewis are true British classics and were brilliantly and very successfully adapted for English TV. Wonderful language and a setting where you feel the cobbled streets of Oxford under your feet! (to be read chronologically)

Elizabeth George: Her first 8 Inspector Lynley stories are among the best I have ever read. Set in the UK with an aristocratic Detective and his street-wise female counterpart the stories cover very typical English topics (cricket, boarding school life, etc.) but also centre on the social hierarchy in the UK. Her novels were also adapted for TV but – in my humble opinion – not particularly well. (also to be read chronologically)

Michael Robotham: This Australian Author is a new discovery by Stephanie and his stories are set in London (yes, you guessed right – there is no escaping the Brits when it comes to crime!). His main protagonists are Detective Inspector Vincent Ruiz and psychologist Joe O'Loughlin. According to Stephanie you should plan in some time when reading those as you won't be able to stop until the last page is turned

ENJOY!!!! Susanne Kendell



Picture: Clip Art
Power Point



Winter Harz Hiking Tour 2016: Braunlage

This year's our Winter Harz Hiking Tour was planned by Karina Glenewinkel. We decided not to call it as "Braunkohlwanderung" Collard Greens or Kale hiking tour this time to describe it straightforward. Besides, less than 10% of our participants tried 'Braunkohl' dish in last few years.

This time, Karina suggested and organized to test our hiking trails in January to make sure that the distance is long enough and suitable for moderate hikers. Our participants drive about an hour to Harz Mountain hiking tour for a day, so we believe that they would also expect certain distance with moderately difficult hiking trails. Karina have planned about 8-9 km long trails and it has uphill, downhill, forest path with Mountain panorama and small lake view. It appears to be the perfect and beautiful tour.

We also stopped by the restaurant for lunch. Foods were fresh, tasty and service was friendly as well. The restaurant 'Waldgaststätte Rinderstall' passed our evaluation! Somehow, it sounds like professional restaurant tester? In either way, you have no choice but dining here since there are no other restaurant within 10-15 km range. Our test hiking tour was successful one under a beautiful blue sky and white snow condition BUT it was so very cold in January (at least -15 °C) that I caught a cold after it. Whatever we do, do it all for IWA-BS! We climb mountain for you, we eat lunch for you, I even catch a cold for you?!? Oh, please don't take my words seriously. You should know it is all for fun!!!

Few days before our hiking tour, storm RUZICA was making headline in northwestern Germany so I was afraid of ugly weather condition head of us and expected quite a bit of wind. The last 3 days forecasts were partly cloudy and rain.

On February 13th, Saturday at 10:30 am, we gathered by the parking lot at the Waldmühle, Braunlage. Would you believe it? We had absolutely no wind, instead blue sky and sunshine all day long! RUZICA? What is that? Karina wrote me a massage on Sunday how lucky we were with weather on Saturday! In deed, the next day was grey and raining. HUUUH... We had 11 participants and a dog including 3 husbands/partners although we had 4 cancellations. Just for the record, we did not break the record of husbands/partners' participation this year. As every hiking tour, I brought pretzel this time and hand out to everyone. This is our tradition!

The first half trails to the restaurant was about 6 km long and we took a short break by the wonderful 'Silberteich'. Karina offered 'Glüwein' mulled wine and small snacks, I offered green tea and some of us brought their own hot beverage. We took this break to share other hiking experiences and personal wishes and essentially, it leads us to get to know more about each other. It is also our interest to meet our members through special occasions. Don't you all wish now you were there? I've personally got to know and meet two new faces through this tour!

Karina has reserved a table at the 'Waldgaststätte Rinderstall' where you can enjoy a tasty lunch from the à la carte menu.

We first set outside and enjoyed cold and hot drinks under the sun and ate lunch later inside by the fireplace. We took very long lunch break and continued our second part of hiking tour, which includes long uphill trails with creek alongside. We took last time short break to finish Karina's 'Glüwein' mulled wine so that her effort and purpose to carry the 'Glüwein' is fulfilled. Her backpack should be 5 kg lighter by then! Hahaha...

Our hiking trails were over 9 km long with some long uphill climbing. This trails were definitely suitable to people who are used to regular exercise to the part-time hikers in mind as well. We returned to the parking lot around 4:30pm. Perhaps we can also try to do hiking tour in summer. It was also a wish from some participants.

I want to thank Karina for her well-thoughtful research for our winter hiking tour and spent extra time and organizing a perfect day trip. We ought to know how much time and effort one person need to spare for us to enjoy a day together. Karina, please don't hesitate to continue your research for next year hiking tour for us. We, hiking lovers, look forward to join your upcoming hiking tour!

Your
Sunshine



Pictures: Sunshine



International Women's Association

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Cross Cultural Cooking 2016

Four international chefs, an eight course gourmet dinner prepared by four teams, 26 diners – doesn't that sound like a Michelin-starred occasion? Almost, but not quite: it's the IWA's annual Cross Cultural Cooking Event at the International School in Braunschweig, which took place on February 19th.

We arrived on time with our aprons and knives at the ready, were divided into four different teams, and then it was "go" on all fronts, as we prepared a grand total of 208 dishes (had to use the calculator for that one...). Apart from the one difficulty we were faced with – finding the school's restrooms (we were forced to walk along dark corridors, go out in the cold, enter the next building and feel slightly horror-movie-like), the whole evening ran ever so smoothly. This is thanks to the very efficient and skilful Cross Cultural Cooking team!

Very special words of praise therefore go to Heidemarie Marzinke and Blanca Zenteno, who had the processes, execution and timing completely under control and made sure everything ran smoothly. Also, we take our hats off to our four chefs Veronique Gottwald (French Cooking), Cheryl Koch (South African Cooking), Martina Sawalsky (German Cooking) and Peirong Xia (Chinese Cooking), who each created two very different, interesting and delicious dishes, supported by their respective teams.

I'm sure I speak for our whole big group: we all had a wonderful, fun-filled evening and went/rolled home with new recipes, new impulses and the intention to not eat another bite all weekend!

For those of you whose mouths have started watering: all recipes from our Cross Cultural Cooking Event can be found on our IWA-BS website under "download". Enjoy!

Stephanie Cattell





Day Trip to the Sprengel Museum in Hanover

At Helga Becker's invitation, a rather smallish group of nine IWA Ladies met at the Braunschweig train station on January 14th for a trip to the State Capital City of Hanover to visit the Sprengel Museum. With its extensive collections and varied exhibition programme, it is one of the most significant museums for 20th and 21st century art.

We enjoyed a fascinating tour by a very knowledgeable and enthusiastic art historian who gave us insights into the development of the Sprengel collection and the contemporary historical context in a fascinating and understandable way. The tour was studded with a lot of interesting background information, for example regarding the life of Niki de Saint-Phalle, the French/Swiss artist best known for her colourful, full-bodied Nanas. De Saint-Phalle shared a deep connection with the city of Hanover, lasting for more than 30 years and culminating in her restructurization of the grotto at the castle of Herrenhausen.

After our tour, we enjoyed lunch at the museum's Bell'ARTE restaurant, overlooking the Maschsee. Our group slightly lost track of time chatting away, but most of us still managed to have a quick visit to the museum's PLAKATIV exhibition, which was also included in our ticket (Toulouse-Lautrec and the poster/placard around 1900) and a stroll through city centre before we met up again at the train station to catch the train back to Braunschweig.

My two trips to Hanover in the past year were both with the IWA and I'm so glad I went! I do tell myself that theoretically, it's so easy to take the train and make a day of it, but without the "initial spark" from somebody volunteering to organize a day out, these plans would most probably fail to materialise. Of course, it's also much more fun to do these things as a group!

Thank you so much, Helga, for the very professional organization of a great day out! I, for one, look forward to whatever you may have in mind next!?

Stephanie Cattell



Picture: Marion Jungeblut



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ONE LAST THOUGHT



„Springtime lethargy“



Picture: Clip Art Power Point

“Springtime lethargy” is a term not often heard in the English language – at least not as often as its equivalent in German: the “Frühjahrs Müdigkeit”. We all seem to be suffering from it over here. It seems as if Germans are more prone to fighting off tiredness in spring than English-speaking countries.

One may wonder if that’s partly due to Germany’s “in-between-seasons”? Calling for an “Übergangsjacke”? Interesting term, that! This is an item of clothing which, to Germans, is absolutely necessary, logical and self-explanatory. There’s a period of time between winter and spring and also between fall and winter which calls for a *special* kind of jacket – not a warm winter jacket and not a sling-over-your-shoulder jeansy type of thing. No! I’m talking about a type of jacket which is normally quite thin, lightweight and preferably waterproof!

It’s all the more surprising that there’s no term for this phenomenon in English! The literal translation would probably be “transitional jacket”. And that’s definitely not something the English would search for in their closets once the promise of spring is around the corner or something which they’d chat to their friends about, in the sense of “I really need a new transitional jacket this spring!” So how do they transition? They must be much more prone to catching colds and all sorts of things without an Übergangsjacke to protect against the evil forces of the Übergang!

I’m waffling on again, sorry. What I wanted to say was that I’m glad to be living in a country where springtime lethargy is an accepted affliction. Because I am definitely suffering from it. Most of the time it’s darkish and wet and unfriendly outside and my body seems to react by yearning for one power nap after the other – at the most inappropriate times - and most of those naps have nothing whatsoever to do with power, and everything with thinking “if I can just have a few minutes’ peace, I think I’ll be fine...”

Then again, it’s not even officially spring yet! My fatigue started pretty much after Christmas, dragged itself nicely into the New Year and has been with me every since. So I may actually be suffering from something completely different! This could be a good thing. If I get my tiredness out of the way now (reminds me of comparing pre-puberty to real, full-blown puberty), I just know I’ll be bursting with energy once spring actually rolls around... Everybody else will be battling their tiredness while I’ll be re-energized, taking long walks in my new transitional jacket and ready to launch myself headlong into the spring cleaning! Wuhu!

Stephanie Cattell



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The Night of the „Oscars“

I absolutely LOVE the Oscars and always have!!! The excitement starts a long time before the big night – with the Golden Globe nominations, the Golden Globe ceremony (always a bit of a “preview” of what the Academy Awards could bring), then the Oscar nominations and – finally – the night itself.

I try to watch as many of the nominated movies as I can, if at all possible in the original version (C1 Cinema’s weekly Sneak Peek helps a lot with this!), and then here’s my Oscar agenda:

Set up recording of Red Carpet Show and Academy Award Show on both German and English TV, just to be sure (this is where it can all go wrong – I’ve had years, when none of the recordings worked. Yes, I’ve definitely had tearful Oscar mornings...), set up blankets, cushions, get out glasses for bubbly, check coffee machine. Set alarm for 3:30/4:00 a.m. Sneak out of bedroom trying not to wake husband, wake up Marie (my daughter and I have been enjoying joint Oscar experiences for quite a few years now), head for living room, turn on TV and HOPE everything’s there...



Picture: Clip Art Power Point

Under our blankets, coffees in hand, we quickly fast-forward through the E! Red Carpet show, commenting on dresses and hair. For those of you who know what I’m talking about: the presenters Ryan Seacrest and Giuliana Rancic were, once again, completely full of themselves and pretty obnoxious. Where overall looks are concerned: we loved Cate Blanchett, Jennifer Garner, Naomi Watts, Saoirse Ronan, Rachel McAdams, Charlize Theron and Jennifer Lawrence. Alicia Vikander was dressed up like “Belle” from the cartoon “Beauty and the Beast”, Rooney Mara looked like a lace doily on my grandma’s coffee table, Heidi Klum reminded us of a lavender-coloured meringue or a leftover Christmas present, Lady Gaga’s décolletage looked as if it wanted to be corrected and Olivia Wilde looked like she’d crafted her dress in a beginners’ arts and crafts class. Do yourself the fun favour and look up some of these Oscar dresses!

Oh, and then we get to the ceremony itself! Again, we fast-forward through HOURS of commercials and normally time things just right so that we’re finally “live”, when the big “Best Picture” Oscar is awarded. The whole thing was presented by Chris Rock, and – as was to be expected - he took the whole controversy about there not being black nominees apart. He did it in a fun way, overstepped his mark a bit, but definitely made a big point for diversity.

As you know, Leonardo Di Caprio FINALLY won an Oscar!! Boy, am I happy for him! Did you hear his acceptance speech? He definitely prepared for it and used the opportunity to raise awareness for environmental issues and the indigenous peoples of the world.

All in all, a lot of serious and troubling big topics were addressed, which we thought was a really good thing! First the missing diversity at the Oscars (and if anybody would’ve asked me, Will Smith would at least have deserved a nomination for “Concussion”. Absolutely brilliant), then di Caprio’s speech about environmental issues, and then Lady Gaga (who was introduced by the US Vice President), who performed her Oscar-nominated song “Til it Happens to You” (from the Documentary “The Hunting Ground”) and was joined on stage by survivors of sexual assault.

And then the movie “Spotlight” won the most important, the “Best Picture” Award!!

This brings me to my “must-see-list”. Go and watch “Spotlight” – it is the true story of a team of Boston Globe investigative journalists uncovering a decades-long cover-up of Catholic priests molesting and abusing children.

I’ve already mentioned “Concussion”. Another true story, this time about American Football and what it does to players’ heads.

I also absolutely loved “Creed” about an aging Rocky Balboa (that Best Supporting Actor Oscar would have gone to Sylvester Stallone, if I had any say in it) training the son of his deceased friend Apollo Creed. For anybody who’s ever seen and liked a “Rocky” movie, this is a definite must-see!

When I first started watching the Academy Awards years and years ago, the lack of sleep didn’t have much of an impact on the days to follow. Nowadays, it definitely does and I can feel the eyes drooping! But: it’s only once a year, and to me, the excitement’s definitely worth it!! Here’s to another year of wonderful movies...

Stephanie Cattell



International Women's Association

Region Braunschweig e.V.

Upcoming IWA-BS Events

March	Trip to Hildesheim
April 10 th of April 17 th of April	Trip to Potsdam Movimentos with Sylke Siebenmorgen Rock opera 'Faust' in the Harz
May 29 th of May	Trip to Hanover 'Buergerbrunch'
June	Company tour of 'Thieme'

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:

7st of April (evening HK) 2rd of June (morning FS/room Verona)

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: 17th of March 21^{ed} of April 19th of May

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!