



NESW

NETWORK OF ENGLISH-SPEAKING WOMEN

Winter 2024

Upcoming Meeting Dates in 2024 (subject to change!)

May 17
June 7
July 12
✕
September 13

SAVE THE DATES!

Our website is: www.nesw.de
Monthly registration:
registration@nesw.de

Sylvia Steps Down from Coordinating Team!

December 2017 - December 2023



After six years on the CT, Sylvia has decided to step down in order to pursue other interests. High on the list is travelling with her husband and spending more time with her family, in particular her grandchildren. Thank you, Sylvia, for your invaluable contribution in the past.

JANUARY

Friday, January 19th at **7:00pm**

Let's dance to good health!

Many of us are inclined to make a New Year's resolution every year! Often, one such resolution is the need for more exercise! So, the Network is making it easy for you to get your New Year off to a healthy and active start. Long-time member Sabine Karoß, staff member - Sports Science and Sport at the Pädagogische Hochschule, has once again kindly agreed to give us a lesson or two on folk dancing in the PH's gym.

"We will perform simple dances from many European countries and will also try our hand at a mixer (a simplified American square dance)," says Sabine.



Please wear comfortable shoes (not street shoes) and casual clothes; water will be provided.

Meeting Point: **6:45pm** at the PH-Turnhalle, Höllentalstraße (there is no street number), FR-Littenweiler

Dinner afterwards: **8:00pm** Pizzeria San Marino, Littenweiler

Please register by **January 17th** with Liz at registration@nesw.de or call 0171-724 6834

FEBRUARY

Friday, February 16th at 7:30pm

Of Schnaps, meads and melomels!

American beekeeper Stewart 'Stew' Baker talked to us in March 2022 about beekeeping and introduced us to a number of products he produces other than edible honey.



Stew has also been dabbling in making meads, Schnaps and melomels, and this month he will give us a little history and talk to us about how they're made.

After dinner, we will also have the opportunity to sample a variety of Stew's products, which currently include two different honey Schnaps and five different meads/melomels (mead made with fruit also). We may even be lucky enough to taste a sixth variety if it is ready in time.

Please register by **February 14th** with Liz at registration@nesw.de or call 0171-724 6834

NEWS

MARCH

Friday, March 15th at 7:30pm

“On Mandela’s Truth and Reconciliation Commission (TRC) South Africa”

Peter Schröder is a GP and psychotherapist who worked mainly with traumatised refugees in Germany as well as with victims internationally.

From 1996-1997 Peter worked as a volunteer with the TRC, assisting witnesses with his vast trauma therapy experience. The nationwide commission consisted of:

- The Human Rights Violations Committee which investigated human rights abuses on all sides that occurred between 1960 and 1994.
- The Reparation & Rehabilitation Committee was charged with restoring survivors’ dignity and formulating proposals to assist with rehabilitation.
- The Amnesty Committee considering applications from individuals.

Peter worked mainly with the human rights violation committee in KwaZulu-Natal, and will introduce this unique commission and show a few pictures and films.

Nelson Mandela developed the idea of a truth commission in jail (1960-1989).



Photo credit: Jürgen Schadeberg

Please register by **March 13th** with Liz at registration@nesw.de or call 0171-724 6834

Membership Information



30€ Annually
(due by the end of January)

17.50€ Half Yearly
(January-June, July-December)

5€ Evening Fee for
Non-Members
(to be paid at the evening’s event)

Guests and new members are always welcome. The evening fee is waived for first time guests



Your Coordinating Team



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APRIL

Friday, April 12th at 7:30pm

Quilting Queen Barbara Ostwald shares her many quilts and ideas

Inspired by the beauty and intricacy of architecture from Europe to the Middle East, as well as flora and fauna and mythological beasts, long-time member Barbara Ostwald has been designing and creating quilts for some 25 years.



Barbara quilts the way some women knit, sew or crochet, and insists that this isn’t work but a hobby she enjoys and which gives her an enormous amount of pleasure. The beautiful variety of colourful quilts cover walls and hang on specially-designed wooden bars in her home so that she can move them around to enjoy their different and intricate motifs.

Barbara will share with us her wide range of ideas, as well as how she gets started on a new quilt. Samples of her quilts will also be on display.

Register by **April 10th** with Liz at registration@nesw.de or call 0171-724 6834