



Winter 2026

## Upcoming Meeting Dates in 2026 (subject to change!)

May 8th

June 19th

July 17th

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September 18th

**SAVE THE DATES!**

Our website is: [www.nesw.de](http://www.nesw.de)

Monthly registration:  
[registration@nesw.de](mailto:registration@nesw.de)



The CT's charity of choice this year is *Sozialdienst Katholischer Frauen e.V.*, which supports some 2,400 people, over 2,000 of which are children. Thanks to your contribution through membership and evening fees, the Network is in a position to support women and children in need this year with a donation of 300 €.

Founder Agnes Neuhaus's idea for the *SkF* is still relevant, although the understanding extends beyond the original concept of "women helping women." Professionally competent men on the team, equally dedicated to supporting families as well as single fathers with children, are also a significant part of the organization. The energy that drives *SkF*'s work, nevertheless, is characterized by female inspiration beginning with a connection to life; thinking from the heart; being present and acting; thinking holistically and offering people a place where they are seen, understood and encouraged in their individual situations.

## JANUARY

Friday, January 16<sup>th</sup> at 7:00pm

### Limiting climate change

The annual COP ("Conference of the Parties") climate conference aims to progress the goal of limiting climate change as outlined in the Paris Agreement. But what is in the Paris Agreement, and what happens at a COP event?



Our member Jill Warren, former CEO of the European Cyclists' Federation, attended numerous COPs as an NGO Observer delegate, where she lobbied governments to invest more in cycling as a key solution to reduce transport emissions.



In her talk she will give us an inside view into the COP conference and processes and share her experiences and the breakthroughs achieved that have put cycling and active mobility more firmly on the global transport decarbonisation agenda.

Please register by **January 14<sup>th</sup>** with Liz at [registration@nesw.de](mailto:registration@nesw.de) or call 0171-724 6834

## FEBRUARY

Friday, February 20<sup>th</sup> at **6:00pm**

### Dance as a source of resilience!

In this one-hour workshop we learn how dance can serve as a source of resilience, whilst relieving stress. In addition, individuals will experience the resource-strengthening effects of mindful movement.

Through dance, we will discover new ways of moving in addition to our own forms of expression and inner resources. Vibrant *Bollywood* music invites us to dance together!

Participants will experience the positive effects of body awareness and dance movements. The workshop ends with some relaxation exercises.



Certified psychologist Dr Gertraud Kinne, who is presenting the workshop this evening, is no stranger to the Network! She has made presentations previously in September 2008 and April 2015. What better time to welcome Gertraud back than shortly after the excesses of the Christmas season in order to improve our resilience and well-being!

Please register by **February 18<sup>th</sup>** with Monika at [registration@nesw.de](mailto:registration@nesw.de) or call 0157-8364 3742

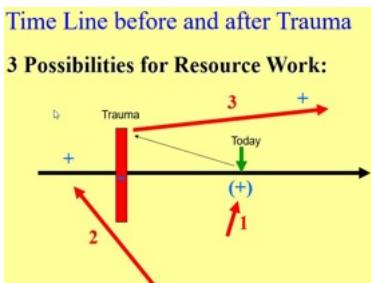
# NEWS

## MARCH

Friday, March 20<sup>th</sup> at 7:00pm

The importance of first aid after a traumatic experience

Dr. Peter Schröder was previously a GP, but is also an experienced trauma therapist. He believes that anyone can provide first aid after traumatic events, an important factor given that very soon after any kind of trauma we need to be reminded of our own resources in order to prevent long lasting post-traumatic stress disorder (PTSD).



PTSD can often be prevented by early intervention. Although we are talking about trauma, there are many positive aspects! During his talk, Peter will explain why finding various resources together with traumatised individuals is essential, and how this talk will help us become more confident that we can actually provide assistance, such that dealing with our own difficult experiences might be made easier.

Throughout his career, Peter has carried out a great deal of research into psycho trauma, mainly in general medicine. For many years, a lot of his time was spent teaching lay people about trauma assistance in post-traumatic situations like earthquakes, tsunamis and wars. Thanks to his exceptional work in this field, Freiburg's mayor Martin Horn presented Peter with Germany's highest award of the *Federal Cross of Merit* in October 2025.

Please register by *March 18<sup>th</sup>* with Liz at [registration@nesw.de](mailto: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

If you enjoy our meetings,  
why not join our team!



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Monika Reule: 0157-8364 3742  
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## APRIL

Friday, April 17<sup>th</sup> at 7:00pm

'The Road to Somewhere'

Brenda Arnold is originally from Ohio, in the heart of the Midwestern United States, and has lived for 40 years in Munich, Germany. Her new book, *The Road to Somewhere*, recounts how a year in Spain inspired her to move to Germany to join her future husband. Her memoir recounts the ups and downs of integrating (or not!) and raising two daughters bilingually.

Brenda publishes a blog called [Expat Chatter](#) and a podcast by the same name about the ongoing adventure of living abroad, because even after decades in Germany, the sight of a traditional Bavarian village elicits exclamations of delight from her. Brenda says that at least now that her two daughters have moved to Berlin she is spared their dramatic eye-rolling in response. "Stop saying that," they plead. "We're from here!" But Brenda's not, and never ceases to find something new and exciting to captivate her!



Brenda will be reading some heartfelt and witty excerpts from her book this evening. Perhaps a number of our Network women can relate to some of Brenda's adventures!

Please register by *April 15<sup>th</sup>* with Liz at [registration@nesw.de](mailto:registration@nesw.de) or call 0171-724 6834

# NEWS



**A very big thank you to all of you for continuing to support the Network!**

An enjoyable evening was had by all at our Christmas meeting at Hotel Gasthaus Schützen. Many thanks to Silke and Krissy for providing the questions and hosting the pub quiz bringing 2025 to a successful finale! And what a treat to see a number of spouses joining in the fun.

We would also like to thank our amazing speakers and presenters throughout the year for giving up their time, on a totally voluntary basis, to share their expertise and knowledge and, in some cases, the extraordinary lengths that some organizations go to in order to provide much needed assistance to countries and individuals as in the case of *Guldusi* and *German-Africa Insight e.V.*



The Coordinating Team would like to wish each and every one of our Network women a very healthy, happy and peaceful New Year 2026!

