

Member Newsletter Contents - October 2022

A Message from the President

Hi ,

It's October...time flies! The first board/coordinator meeting after the summer break has taken place again. It's so exciting to talk and brainstorm together about our new plans and ideas for the months to come.

As I am writing this message, it's raining cats and dogs...(in Dutch we say; Het regent pijpenstelen! literal translation... It rains pipe stems!). Autumn is always a nice season for me, a lovely walk in the woods or fields and enjoying all the beautiful colors that nature brings. Now I'm staying inside, wearing a warm sweater (because like many we try to do our part in saving energy), a nice coffee and making the house cozy with candles... I have to say that I am enjoying this again. Speaking of fall... we will be announcing the Thanksgiving dinner date soon! I'm in the mood for that!! And how about the Halloween dinner at Bootshaus in Mannheim on October 31?

I would also like to point out our new activity "Get shit Done" initiated by our member Traci Ruble. In principle (taking into account the availability of Traci's agenda) this is every Wednesday from 10.30 - 12.00. You can go to Traci's house to do your odd jobs (which you might be dreading) or you can log in to Google Meet and work from the comfort of your own home/office (...or clean/tidy up your house). This way, we make less fun work a lot more bearable because we do it together! Have fun reading this newsletter and don't forget the FAWCO (Inspiring Women) newsletter with three of our members in it (link further down in this newsletter).

Fun Facts About October

- **October comes from the Latin word octo which means eight.** In ancient Rome, October was the eighth month of the year. When the Gregorian calendar was adopted, it became the tenth month of the year but it has retained its original name.
- In October 1974 the very first **McDonald's** in the UK opened its doors in London, and is still operating today!
- The beer-swilling Bavarian festival **Oktoberfest** takes place every year in Munich, Germany. The festival usually runs for 16 days from mid-September until the Sunday of the first weekend in October. The event has been held since 1810 when Prince Ludwig of Bavaria held a festival to celebrate his marriage with Therese, the princess of Saxony-Hildburghausen.
- October has two strikingly different **birth flowers**, the pastel-hued cosmos, and the radiant marigold flowers. The cosmos flower is representative of the joy one finds in

peace and love, as well as representing peace. The marigold, otherwise known as the calendula, is said to be a symbol of tranquility, grace, and grief.

- October's zodiac signs are **Libra** (September 23 – October 22) **Scorpio** (October 23 – November 21)
- **Oct. 6:** National Noodle Day

Have fun reading this newsletter!

Greetings, Marcella

Photo of Pres

Welcome New Members

We have not received any new members this month.

It is nice to mention that we have planned a new "Meet new members evening" on Thursday November 3rd. Are you coming too? More information and registration can be done [here](#).

Events/Activities

Let's meet and play



The whatsapp group for our members (or the men of our members!) with babies or young children is active again. If you are interested? Send an email to [Tatiana D'Antonio](#)... she will add you to this group.

Local happenings in the area in October

September 15 to October 16.

[Literaturherbst Heidelberg:](#)

September 17 to October 03
Oktoberfest

September 30 to October 30.

[Children's Drama Festival:](#)

September 30 to October 9, 2022.

[Heidelberg Wine Village \("Heidelberger Weindorf"\)](#)

September 11 to December 16, 2022

[Geist Heidelberg:](#)

Do you like to stay informed about local happenings that are not club related or do you want to share a nice event? Then join the whatsapp group "*Let's explore beyond HIWC*". Link can be found in the general members whatsapp group or you can send an email to president@heidelbergiwc.org and you will be added.

Our Local Partners

Food Explorers

HIP

CoWomen

Evolving You Art Design

Mehrgenerationenhaus

Happy October Birthdays!

October 01	-	Azadeh Kadkhod
October 05	-	Lisa Tritsch
October 12	-	Carolina Kaloghlian
October 12	-	Virginia Trowman
October 15	-	Tricia Saur
October 22	-	Lesley Klewinghaus
October 25	-	Chiara Di Ponzio
October 28	-	Maria Elizabeth Sanches
October 28	-	Lale Turan
October 30	-	Mary Manning



Important Days October 2022

September 26/October 04 - Navaratri, 2nd period (Hindu Holiday)

October 03 - Day of German Unity

October 04/05 - Yom Kippur (Judaism)

October 10 - Columbus Day (USA)

Is there an (for you) important religious day not on the calendar for this month? Tell us more and teach us about this day...

Shop With Purpose and Support the HIWC

Smile.amazon.de logo

Start your online shopping at smile.amazon.de and a percentage of qualified purchases will go to support the Heidelberg IWC. What are you waiting for?!

Club News

Check Out the Club Calendar for October

Check the Club Calendar for the events/activities.

Browse the [Club Calendar](#) now.

<https://heidelbergiwc.org/club-calendar>

Club Calendar for October

WEEK	MONTH	YEAR	< PREVIOUS MONTH	TODAY	NEXT MONTH >	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	Oct 1
				<div style="background-color: #007bff; color: white; padding: 2px;">📅 10:30 Get Shit Done Mee...</div> <div style="background-color: #007bff; color: white; padding: 2px;">10:45 Let's Speak Germa...</div>		
2	3	4	5	6	7	8
	<div style="background-color: #ffc107; color: white; padding: 2px;">Day of German Unity</div>	<div style="background-color: #007bff; color: white; padding: 2px;">📅 10:00 Let's Speak German</div>	<div style="background-color: #007bff; color: white; padding: 2px;">📅 10:30 Get Shit Done Mee...</div>			
9	10	11	12	13	14	15
				<div style="background-color: #007bff; color: white; padding: 2px;">📅 13:00 Let's explore...Ver...</div>		
16	17	18	19	20	21	22
		<div style="background-color: #007bff; color: white; padding: 2px;">📅 09:30 Let's Walk</div>				
23	24	25	26	27	28	29
30	31	Nov 1	2	3	4	5
<div style="background-color: #007bff; color: white; padding: 2px;">📅 11:00 Viernheim Kletter...</div>	<div style="background-color: #007bff; color: white; padding: 2px;">📅 19:00 Halloween Grusel...</div>	<div style="background-color: #ffc107; color: white; padding: 2px;">All Saints' Day</div>		<div style="background-color: #007bff; color: white; padding: 2px;">📅 19:00 Meet our new me...</div>		

First we have October, but... The activity calendar for **November** promises a lot of fun... a Thanksgiving dinner will be organized (more info about this soon). We've scheduled a date for a glow-in-the-dark mini golf experience and of course Fawco's Region 5 Meeting (in Frankfurt) is on the calendar.

Food Explores is back!!

Food Explores a community of food lovers in Germany's Rhine-Neckar region who aim to acquaint themselves with as many cuisines as possible, and various events enables to do so on a hands-on basis. Curious about the *Food Explores* and their events? Check out the website [here](#) and if you want to receive the newsletter, you can sign up on the website too.

HIP Carousel 2022 “Women building the Future” brunch

The Heidelberg International Professional Women's Forum will host a networking brunch called "*Women building the future*" on October 22. More information about this brunch can be found [here](#).

Cooking for Hope's Charity Lunch Buffet on Sunday, 6 November

Join Juliah, members from the HIWC and others for this lunch buffet to raise funds for [Cooking for Hope](#), our member Juliah Rais-Morres' charity supporting unaccompanied refugee minors. If you have never had Juliah's food, you are in for a treat, for a good cause! Juliah also needs some volunteers to help on Saturday, 5 November as well as Sunday, 6 November. Curious? Click [here](#) for more info.

If you now have a very nice idea and don't want to wait any longer with organizing it? Please contact Marelie Manders, she is our activities coordinator and will be happy to help you.

DAI - International Women's Brunch

Some of the ladies from HIWC are already regular guests at the monthly international women's brunch at the DAI in Heidelberg. This brunch is organized every 4th Wednesday of the month, 11 a.m.. **Join in on October 19th!**

People of many backgrounds find their „home away from home“ in the DAI library. The brunch opens a space for women to simply get together, learn about and support one another. Whether you are a mom or not, whether you're a businesswoman or family manager, you're welcome!

More information can be found here.

<https://dai-heidelberg.de/de/veranstaltungen/international-womens-brunch-8-47017/>



BC Hearts Matter

On Monday 18 July we handed over 140 heart pillows to NCT (Nationales Zentrum für Tumorerkrankungen) Heidelberg. It feels good that we as a club can contribute to this. The heart pillows are always needed and that's why we keep making them.

Do you want to come and help? Check the club calendar when we get back together to work on the pillows.

We have also been helped enormously with a donation in the form of money (for the purchase of the material)?

Know that for a donation of €25 you already donate 10 pillows.

The account is:

Heidelberg International Women's Club

IBAN : DE08 6729 0000 0149 6548 52

Memo/Verwendungszweck : BC hearts matter

Stitch n Bitch

Come learn how to do a quilt block which can be sent in for the 2023 FAWCO Friendship Quilt.

You will be shown how to cut and stitch block together. Anyone wanting to join in more details will be supplied regarding material etc.

FAWCO News Flash

FAWCO logo

[image]

FAWCO HEALTH TEAM

Our own Danielle Kuznetzov who has been the Health Team Co-Chair along with Christine Riney (AWC Hamburg) for several years and they have provided much (mental) health support to our FAWCO during COVID-19, organizing many initiatives and speakers focusing on well being and self-care. Danielle has stepped down this year and Rebekka Klingshirn also from our club has taken her place! So a big thank you to Danielle and congratulations to Rebekka for taking on the role! We can't wait to see what you bring to this position!

If you would also like to get more involved in FAWCO there are many ways you can do this.

Email me fawco@heidelbergiwc.org

INSPIRING WOMEN

Women & Youth: Inspiring the Future Generations

New Issue out now! 3 of our own members (Dr. Pooja Joshi, Marelie Manders and Rebekka Klingshirn) from HIWC are interviewed inside!

[magazine link](#)

We highlight women who are working with youth to prepare them for the future. These are members guiding and coaching young people in the community, in schools, on global issues projects, in arts and in sports. They are making a difference!

YOUTH PROGRAMME

The FAWCO Youth Cultural Volunteers Program is happy to announce that AWC Zürich will be hosting the program in 2023. Dates are April 8–15, 2023. Applications will be open from December 1 until January 31. Space is limited, so get your application in early!

We thank AWC Amsterdam for hosting this year's program with 15 Cultural Volunteers from 11 Clubs who traveled from 11 different countries (Belgium, Denmark, Finland, France, Germany, Italy, Scotland, Sweden, Switzerland, the UK and the US). You can read about the impact of [this year's program](#) on the participants in their own words and enjoy their self-produced video.

TARGET PROGRAMME

Seven proposals have been submitted to be the next **Target Project Environment 2022-2025!**

The Target Project Selection Committee will now get ready to review and evaluate the project proposals submitted by FAWCO members. A number of projects (to be determined) will be selected to proceed to Phase II of the application process. The Phase II projects will be announced on October 19. And then we can vote on which proposal we want to be the next Target Project!

UN Liaison Bulletin

September is the busiest diplomatic month of the year, as the 77th UN General Assembly is currently taking place in NYC with the theme: “A Watershed Moment: Transformative solutions to interlocking challenges.” Watch some highlights dealing with Ukraine, Education, Minority Rights and the SDGs [at this link](#). Meanwhile, the 51st session of the Human Rights Council is taking place in Geneva.

FAWCO FRIENDSHIP QUILT 2023

Our club has sewn 11 quilt blocks for this years FAWCO Friendship Quilt along with lots of other clubs. The quilt will be sewn together and then raffled off to raise money for the Target Project. The raffle tickets will be available in November and the ticket will be drawn at the FAWCO conference in March 2023.

EDUCATION AWARDS and DEVELOPMENT AWARDS

The FAWCO Foundation Education Awards Program was created by and for FAWCO members. You as a member can apply for one of many awards to pay for further education for you or a child. Check out all the awards [HERE!](#)

The FAWCO Foundation Development Grants financially assist projects which are passionately supported by FAWCO Member Clubs. Check out the information [HERE](#).

Please contact me for more information!

What is FAWCO? [Here](#) is an overview. There are so many events coming up this year. Check out the [FAWCO website](#) for more news and dates. You need to register and get a login but this is free and easy to do.

Please contact me with any questions and if you would like to get more involved.

Miscellaneous & Krimskrams

Amalie