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**EASY ENTRY**  
**get2gether**

**Saturday, JULY , 11th**



EASY ENTRY Beach Fun  
Cup 2009 with kids4kids fund raise  
and BBQ

**Meeting point:**  
10:00 am at  
SportPark NordWest  
Am Schallerseck 35  
90765 Fürth

## *Seasonal recipe: Healthy snacks for your next hiking our bike tour*

### *Healthy snacks*

#### For four persons:

4 carrots  
2 green peppers  
2 red peppers  
1 celery  
250g small tomatoes

#### For curd dip:

500g curd cheese ("Magerquark")  
5-6 table spoons of milk  
chopped chives or parsley or both  
salt and pepper

4 hard boiled eggs  
Fruit like apples or bananas  
Nuts mixed with dried fruit  
Dextrose ("Traubenzucker")

Cut the vegetables in handy pieces.  
For the curd dip mix the curd cheese with other ingredients



*Guten Appetit*

## Erlangen News

### Schlossgarten Konzerte

The so called "Schloßgarten Konzerte" are taking place in Erlangen during the summer months in the garden behind the castle. These concerts are **free** and offer a variety of different music styles. Just come and bring your blanket and enjoy these open air concerts.

Where: Right behind the castle\*

June 21, 11am "A summer Sunday morning with F. Mendelsohn Bartholdy .

July 12, 11am "Bayreuther Court Musique for the jubilee of margravin Wilhelmine 2009".

July 26, 11am "The Universal Quartett" with worldmusicjazz".

August 2, 11am "Berliner Saxophon Quartett" present a "journey through time".

*\*In case the weather is bad the concerts take place inside the "Redoutensaal" opposite the theatre.*

### 2nd Family Party in the Schloßgarten

The "2. Familienfest im Schloßgarten" is a great opportunity to have an extraordinary brunch/lunch with the whole family also inside the beautiful garden behind the castle.

The event starts at 10am with an open air church service.

Between 11am and 6pm there will be various live music with different bands as well as dance performances and classes.

During the whole time a children's program will be offered like a huge wall for climbing (15 meters long), a market, theatre, and a lot more.

Franconian and Mediterranean culinary offers during the whole time.

The entrance is **free!**

**Where:** Garden behind the castle

Sunday June 28th,

*In case it rains the day before the event will take place one week later.*

### Open house in Erlangen galleries

The same Sunday offers another attraction also right in the centre of Erlangen: It is the day of the open galleries "Tag der offenen Galerien".

When: between 11am and 5pm

For the exact locations see: [www.durch-die-altstadt-zur-kunst.de](http://www.durch-die-altstadt-zur-kunst.de)



Source: Stadt Erlangen, Referat für Kultur

## Zollhausfest

A traditional festival in Erlangen is the “Zollhausfest”: Sitting on benches, listening to the music of different bands for **f r e e**, enjoying good food and drinks etc... A street festival created by those people who live in the quarter “Zollhaus”. There is also a program for children and a flea market.

**Where:** Werner-von Siemens-Str. meets Luitpoldstr.  
Friday June 26 – Sunday June 28 (FR 5-11pm, SAT 10-11pm, SUN 10-10pm)



Quelle: BIZ Erlangen

## Fuerth News

### Street theatre festival Limoges

For our French speaking friends and their families the “Urbaka: Straßentheaterfestival Limoges – Petit Marcel et Flocon d’azur” should be a perfect opportunity to enjoy a play/fairy tale in their language. The story of little Marcel who finds a magic piece of soil which takes him to the land of Flocon d’azur is easy to understand also for small children.

**Where:** Grüner Markt, Fürth  
Friday, June 19 at 5.30pm

A second fairy tale, “Paroles de Conteur – Märchenfestival in Vassivière” as well in French, for children starting age 8, is going to be presented:

**Where:** Limoges- und Limousin-Haus, Gustavstr. 31, Fürth Tel.: 0911-97798999  
Monday, June 22 at 7.30pm

### Fuerth Flea Market “Grafflmarkt”

The “Grafflmarkt” in Fürth is one of the most famous flea markets in our region. Come and see or find the most unusual and unique items!

**Where:** St. Michael quarter, vicinity of Gustavstraße  
Starting Friday June 26th at 4pm and Saturday at 7am (open end)

*Nuernberg News***“Handwerkerhof” festival**

Close to the main station you can find the so called “Handwerkerhof Nürnberg”. When you enter the market you feel like you are in a little village although you are in the middle of the town.

“Handwerk” means handycraft and this is what you can find in the shops situated in timbered houses.

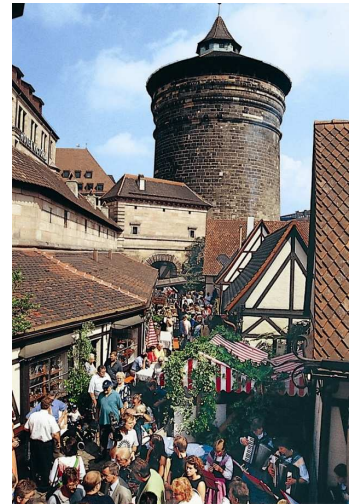
An ideal place to buy handicrafts and to watch craftsmen at work. There are also typical Franconian restaurants where you can enjoy the famous “Nürnberger Bratwurst” with or without beer!

During the warm season you can also enjoy the beer gardens.

**Where:** Am Königstor

Monday through Saturday 10am – 6.30pm

The homepage is quite good: [www.handwerkerhof.de](http://www.handwerkerhof.de). Click on “Galerie”



Quelle: AFAG Messe – und Ausstellungs GmbH

**Südstadtfest**

One of the nicest festivals in Nürnberg throughout the year is the so called “Südstadtfest”. This festival is a mixture of international culture in the fields of music, performances, dances, costumes, food, drinks etc.

There is also a very, very special children’s program waiting for children of all ages.

To get a first impression and how to find the festival see:

<http://www.suedstadtfest.de/new/index.php?id=13>

**Where:** Annapark, at the Ritter-von-Schuh-Platz

July 3rd – 5<sup>th</sup>

Friday from 6pm-11pm, Saturday from 1pm to 11pm and Sunday from 11am-10pm

**Nuernberg Jazz**

The “Nürnberger Jazz Musiker e.V.” has an interesting jazz program all year long. This month they present three popular Polish artists we would like to inform you about. If you are a jazz lover you will certainly know these well known Polish groups:

Pink Freud will perform Friday June 26, the concert starts at 9pm, tickets for 8,00/15,00Euro

Tomasz Stanko Plus Simple Acoustic Trio will perform Saturday June 27, at 8pm, tickets for 12,00/21,00 Euro

“Pasodoble” Lars Danielsson-Leszek Mozdzer, plays on Sunday, June 28 at 8pm, tickets for 10,00/18,00 Euro

**Where:** All concerts at Austraße 70, Nürnberg, Tel.: 0911-26 55 66

For the complete program see: [www.jazzmusiker-ev.de](http://www.jazzmusiker-ev.de)

*Regensburg News***Regensburg Buergerfest 2009**

Every second year there is a very special 3-day festival in Regensburg, the so called "Bürgerfest". The festival 2009 has an enormous program which you can find under: <http://www.regensburg.de/buergerfest/>

**Where:** On the squares and along the streets in the centre of Regensburg and along the river Danube  
The festival starts on Friday at 6pm, on Saturday and Sunday at 10am

"RENT A BIKE" is also possible in Regensburg. If you do not want to buy a bike because you need it just from time to time or if you need extra bikes for guests you can get them at the train station in Regensburg. 70 comfortable bikes are waiting for you. The service station is open daily also on Sundays and holidays. For more information see: [www.fahrradverleih-regensburg.de](http://www.fahrradverleih-regensburg.de)  
Or call the "Info-Hotline freecall 0800 460 2 460"

See also below in the newsletter: Rent a bike/maps for bicycle tours

**June 26 to 28**

Quelle: Kulturreferat Stadt Regensburg

*Rent-a-bike – Maps for bicycle tours*

The city of **Nuernberg** offers "Mietfahrräder", bikes for rent, already since September 2007. Over 100 bicycles in 14 different locations are waiting for a ride. There are more bicycles planned for 2009.

The city of **Fuerth** offers this service since September 2008. There the offer is planned to be extended as well because bikes for rent get more and more popular.

**The season started in April** and **Erlangen** joined in too.  
The company "**Nexbike**" is successful with this project all over Germany.

If you want to rent a bike you need a phone and a credit card.  
After your call you will get the number of the combination lock.  
1 hour costs Euro 1,- and you have to pay Euro 5,- for 24 hours.  
**Tel.: 030/69205046** The instruction on the phone are given in German or English.

If you would like to go on a **bicycle tour** in your region or else where you can get a detailed **map** of various tours **in any tourist office**.  
The maps cost normally between Euro 1,50 – Euro 3,-.

*Hiking hints: "Der Jakobsweg" - a way to explore yourself*

Germans have always been known to love hiking more than people from most other countries. But in the last few years hiking ("Wandern") has become even more and more fashionable in our country. Back to nature, away from the everyday hectic, seems to be the ideal off time activity for people of all generations. Not only the exercise and the fresh air seem to be important for recreation, the rest period for the mind allows also self discovery while walking in the open air.

Many books have been published about this phenomenon in the last few years and also many prominent Germans went on hiking tours. So we thought you too might be interested especially since there are many different worked out tours you can choose from. Weather you want to hike alone, with your family or friends there are tours for every necessity and you can get maps in every tourist office.

The old and famous pilgrim track "Der Jakobsweg" passes also by our region. Nürnberg has been a crossing point of pilgrim tracks already in the Middle Ages. The tourist office of Roth brought out a brochure this year with a 5 day tour starting in Nürnberg and ending in Eichstätt. The hiking tours are between 12 and 20 km long per day. Of course you can also try only a one day tour. The brochure includes also a hotel and guest house list.

There are a lot of other tours like: "Along castles and palaces", "Along historical places", "Along mills", "A fun hiking tour", "Tours for families with children" and a lot more.

For more information see: [www.urlaub-roth.de](http://www.urlaub-roth.de)

All brochures are **free**, call: 09171/81329 and you will get them by mail.

*Special hint: Levi Strauss museum together with guest houses and beer gardens*

On the way to Bamberg, on route A73 you might have seen the exit "Buttenheim" already. Next time you should get off the Autobahn for a stop in this village. Not only because there are two great guesthouses "Löwenbräu" and "St. Georgenbräu" with excellent food and with home made beer - and - both have beautiful beer gardens, actually "Bierkeller" as we call it in "Franken" (along the street coming from A73 on the right side before you enter the village).

- BUT there is another reason for a stop:

A very special museum. A museum of probably the most famous jeans in the world, the LEVIS and it's founder, Levi Strauss who grew up in the house where the museum is situated .

An "Audio Guide" in English explains the story of this extraordinary man and close to the museum there is a museum shop, open during the museum hours, also on Sunday.

Note: the museum is closed on Mondays, Wednesday and Friday

For the opening hours and more information see: <http://www.levi-strauss-museum.de/>



Quelle: ErLebenswelt Roth e.V.



Quelle: Privat

## Family News

The PLAYMOBILE-FunPark added more attractions to entertain young and old visitors.

For opening hours and prices see: [www.playmobile-funpark.de](http://www.playmobile-funpark.de)  
To get an impression of the park see:

[http://download.playmobil.com/public/eCS/Store/de/FunPark\\_HP/funpark\\_guide\\_08.pdf](http://download.playmobil.com/public/eCS/Store/de/FunPark_HP/funpark_guide_08.pdf)

## Cooking presentation (This article was written by Mr. Manfred Hochscheid)

Would you like to strike up private friendships with nice German and English-speaking people at your new place of activity? Let me invite you and your partner for a "Cooking Meeting" in a German family. I will cook for you and offer you a presentation on a more calory and vitamin-conscious preparation of food. Both experienced cooks and "non-cooks" will learn that cooking can be far simpler than they thought. You will be sitting in a cosy round, meet other people and get to know a typical German private household.

The menu will consist of an entrée (noodles au gratin) and a main course (mixed vegetables, potato dumplings and roast turkey or other roast meat).

The cooking devices are made by company "AMC" ( Alfa Metal Corporation ), and if you are interested to buy some of them, you can ask for that after the presentation. However, you are same welcome, when you not want to buy anything. The Meeting is purely fun and information and without any further obligation for you. If you just enjoyed the nice evening, this will be great publicity for me, and will automatically generate more "Cooking Meetings" when other people hear about that.

The presentation will be held in English language and the entire evening event is free of charge and will take about one hour and a half.

Children are welcome and will be kept occupied.

For further information, please directly contact:

Manfred Hochscheid  
[manfred.hochscheid@t-online.de](mailto:manfred.hochscheid@t-online.de)

Tel.: 09103-715493 between 08:00 - 10:00 am only

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