

Schilling-Courier



Descendants of the Burgmann Heinrich Schilling von Lahnstein who died in 1221

News of the Schilling Association and Annual Report 2015

Trip To Castles and Churches

Family Reunion 2017 following the traces of the Canstatt Schillings in Swabia

The next family reunion is approaching: The 19th reunion since the foundation of the “Schilling Association” in 1954 will be held from Thursday, June 15 (the Feast of Corpus Christi) to Sunday, June 18, 2017 in the Stuttgart area. We want to follow the traces of our southern branch, the Freiherrn Schilling v. Canstatt.

For many centuries Württemberg was the home of the Canstatt Schillings. Heinrich Bowe was said to be the first to leave Lahneck Castle, our presumed ancestral home, in order to settle in the south west of Germany. In 1260 he was supposedly appointed the noble rank of “Erbschenk” in Swabia.

The office of “Erbschenk” was confirmed by the emperor Maximilian (1459-1514) and by Karl V in 1528. Heinrich’s grandson Heinrich II (died 1341) was the first “Burgmann” of Hohenneuffen (castellan) mentioned in a document.

Between 1436 and 1446 Berthold IV, one of Heinrich’s descendants, was “Vogt” (bailiff) of Unterboihingen, Berthold V was lord of



Hohenneuffen Castle

Bodelshofen and Wielandstein, knight, castellan and the commanding officer of Hohenneuffen. In the middle of the 16th century the Canstatt Schillings acquired estates in Wendlingen, Owen, Oberlenningen, Kirchheim unter Teck as well as Sulzburg Castle. We will visit all these places.

We will stay at the “Schwanen” Hotel in Köngen, situated 15 km

south of Stuttgart and 10 km away from the airport.

On our first day, June 16, we will make a bus trip to Unterboihingen in the district of Wendlingen, in order to visit graves of the Schillings at “Zu unserer lieben Frau im Hürnholz” Chapel. This is where Berthold V SvC, his wife Appolonia v. Wernau (died 1567) and their daughters Barbara (died 1610) and



“Zu unserer lieben Frau in Hürnholz” Chapel

Maria (died 1582) were buried.

Our next stop will be Neuffen. We will visit the Schilling House in Schilling Street. Built in 1369, it was the family’s former ancestral home where supposedly in 1487 Georg II SvC was born. He was the Grand Prior of the Order of the Knights of St. John in Germany and the first Imperial Prince of Heitersheim.

Martin’s Church, where we will have a look at the oldest epitaph in Baden-Württemberg, the tomb-



Epitaph for Ulrich II SvC

stones of Heinrich III SvC (died 1352), his wife Agnes née von Sperberseck (died 1350) and Berthold IV, is only a short walking distance away. Grateful that the town was spared from the plague, Heinrich donated a side chapel. As a consequence, he and his heirs were compensated with the patronate.

After lunch and a little rest, we will go to Hohenneuffen Castle. The castle was built by the end of the 11th century. Between 1301 and 1801 it was one of the strongest fortresses in Württemberg. The castle is situated on a rock and is the oldest castle complex from the Middle Ages. Its circular wall is still visible.

The three powerful round towers were built in the middle of the 16th century, whereas the Ludwig-bastion and the gunpowder tower were built in the last third of the 16th century. From 1736 onwards the castle was altered into a modern fortress with many bastions and casemates. In 1801/1802 the fortress was destroyed. Since then it is known as the biggest castle ruin in the Swabian Alp. Meanwhile, however, it was very well restored.



Martin’s Church in Neuffen

In the forest close to the castle we can visit the so-called Schilling Cross. According to a legend, in 1341 a hunting member of the Schilling family was attacked and heavily injured by a bear in a cave (see Schilling Courier No 12). It is said that his fellow hunters carried him to this place in the forest where he eventually died. His relatives are believed to have built a chapel and a cross which both decayed in the course of time. In 1904, on the initiative of the often mentioned builder and engineer August SvC (see p. 8) a new cross was put up, supposedly a copy of the cross that had disappeared.

On our second day we will visit Owen, Oberlenningen and Kirchheim unter Teck. The morning will start with a guided tour of Owen. This place is known since the year 1100. The town which was founded before 1276 by the Dukes of Teck, was designed in three parts and in a rectangular layout.

Hans Ulrich II SvC (1485-1552) was the first to be called Lord of Owen and Wielandstein. In 1495 Count “Eberhard the Bearded” had the Augustinian convent relocated



Town Hall in Kirchheim unter Teck



„Schlössle“ in Oberlenningen



The Schilling Cross

from Tübingen to Owen. After the Reformation the convent was used as an aristocratic residence until it was destroyed during the Thirty Years' War. Presumably the SvCs had the convent church converted into the "Schilling-Schlössle" (castle) later.

Between 1786 and 1968 the building served as a rectory. Later it was converted into rented apartments.

After the guided tour of Owen we will have lunch in Kirchheim (9 km). We will walk through the idyllic lanes of the historical town, pass by the remarkable half-timber houses, the Renaissance castle, the beautiful half-timber town hall with its astronomical clock, the town walls and visit Martin's Church. On the outside as well as on the inside of the church there are a couple of epitaphs and tombstones of members of the SvC family.

Our next stop will be Oberlenningen (12 km). Johann Georg SvC, son of Hans Ulrich, was the first to be called "Lord of Oberlenningen". The "Schilling Schlössle" in Oberlenningen, which was built in 1596, was sold by Anna Katharina of Oberlenningen,

daughter of Philipp III, Lord of Sulzburg and Oberlenningen, in the year 1680.

In 1985 the local government bought it for 150 000 D-Mark and had to invest five million D-Mark for the restoration. The local library as well as several clubs were supposed to be established in the Renaissance building. However, when during the restoration 400-year-old mural and ceiling paintings were discovered, the monument conservators refused to give their permission.

By a lucky coincidence the biggest employer of the area, the Scheufelen Paper Factory, planned to celebrate an anniversary, because a hundred years earlier the former factory owner Adolf Scheufelen had invented a method to make special paper for art print. On this occasion the management decided to have the "Schlössle" converted into a Paper and Book Art Museum.

About 150 chosen works of paper manufacture and paper art are exhibited. Extremely interesting is the world's smallest book, only one cubic centimetre in size, containing the Lord's Prayer in five

different languages.

From Kirchheim you can see the ruins of Sulzburg Castle which was in the possession of the Schillings from 1650 till 1692. In honour of its first owner and lord of the castle, Philipp II SvC (1607-1660) and his wife Ursula, an epitaph was placed on the southside of the church in Kirchheim.

According to a legend the new owner of the castle, who was a vassal of the Duke of Württemberg, could add as much land to his estate as he could reach by throwing a stone from the furthest wall either upwards or downwards.

After the general meeting on Sunday morning the optional tourist programme will start. It will not be subsidised by the association.

After lunch we will visit the Primeval Museum Hauff in Holzmaden, housing an exhibition of fossil-rich slates from the area. The most important exhibit is the skeleton of an ichthyosaur fossil, 18 by six metres in size. Afterwards we will go to Überlingen (150 km), located on the shore of Lake Constance.



Stilt houses in Unteruhldingen on the shore of Lake Constance

On Monday (19 June) we will go on a boat trip from Überlingen to the “flower island” Mainau where we will visit the greenhouse with thousands of butterflies. On the next day we will visit the 4000-year-old stilt houses in Unteruhldingen which were designated as the UNESCO World Heritage Site. The reunion will end on Wednesday (21 June).

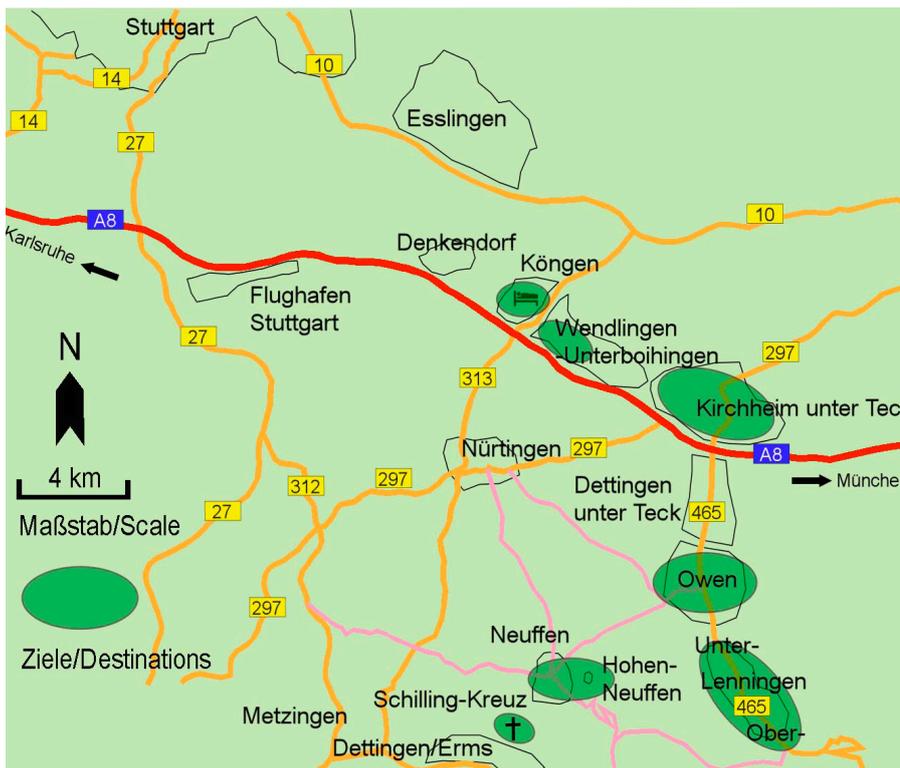
Helmuth von Schilling

Festive Evening and General Meeting

As usual, there will be a festive dinner on Saturday night (17 June). It will be held in the “Schwanen” Hotel. We will be back from our bus trip rather early so that we have enough time to change clothes.

On Sunday morning we will hold our general meeting, the most important item on the agenda of our family reunion. There will be no board elections this time, as they only take place every six years and were held in Wrocław three years ago. However, our board member Reinhard Schilling, who will be 88 years old next year, wants to be replaced by a younger member.

Another important item on the agenda will be the family reunion in 2020. The board suggests to hold it in Lahnstein on the occasion of the 800th death anniversary of our Burgmann Heinrich Schilling of Lahnstein (1166-1221). After all Heinrich is considered to be the ancestor of our three branches.





The Chile members' coat of arms



The new members' coat of arms



The Dukes of Görtz's coat of arms with the cross anchory (right). Is there a similarity to that of the Schlitz line?

From the various branches



Western Branch

A Window into the Past

New members from the Schlitz line, thanks to our Courier

Gretel Bauermann, who devotes herself to the genealogical research of the western branch, gets numerous letters of enquiry. This year, on March 31, she received a specially interesting mail. Ralph Schilling from Obertshausen near Darmstadt wrote: "When accidentally reading an article in the Schilling Courier (2009 edition) about the family's Chile line and seeing the picture of their coat of arms, noticed the similarity between theirs and my family's coat of arms."

Immediately Gretel Bauermann started researching and eventually found out that Ralph's family has the same origins as Oscar Schilling's, our member in Chile. Both families originally come from Schlitz in Hesse, i.e. both belong to the Schlitz line (western branch)

of our family. Their mutual ancestor was Johann Nikolaus Schilling (born 1740 in Schlitz). He had four sons. Johann Phillip (born 1766) is Oscar's and Ralph's ancestor.

In 1850, one of Johann Phillip's descendants, Karl Phillip, had boarded the "Susanne" which sailed for Chile, with the intention to emigrate. After receiving Ralph's information, Oscar confirmed the results of our research. Overjoyed he wrote to his new cousin: "You can imagine that I am more than interested in your genealogy."

Ralph's ancestors left Schlitz a little later. Wilhelm Karl Schilling (born 1802) moved to Groß Karben near Frankfurt/Main and Ralph's great great grandfather Johann Adam Karl Julius (born 1869) moved to Offenbach.

Meanwhile Ralph, his wife Marion, his sister Sandra as well as his parents, Rainer and Marina Schilling, joined the family association.

Sandra wrote: "Until a few weeks ago I had no idea that our family has such a long history. I thought all documents had been destroyed during World War II. But eventually my brother found all these documents in a box that had belonged to my deceased aunt. I am looking forward to hearing more. It is exciting and nice to be given a window into past centuries and to know that there are so many more Schillings living around the world. For a start I will show Lahneck Castle to my children this summer. My five-year-old son is a fervent fan of knights and thrilled that his ancestor was a real lord of a castle."

Indeed, the Schlitz line comes from our Lahneck ancestor, Burgmann Heinrich Schilling (1166-1221). One of his great grandsons, Johann, settled in Lahneck Castle after his father Friedrich had been expelled from the castle in 1310. His son Rudolf (born around 1320) presumably settled in Schlitz. In



The Sand Church. On the left, the annexed vault.

1459 his son Henne was the first whose presence in Schlitz was mentioned in documents.

In 1371 Rudolf presumably participated in the Battle of Baestweiler in the Lower Rhine region where Wenzel I of Brabant, half-brother of Emperor Karl IV, attacked William, Duke of Jülich. In the end Wenzel was captured, together with 270 dukes and knights, presumably Rudolf Schilling among them. Later Karl IV paid ransom for his half-brother and the knights. Eventually Rudolf, who had probably come free as well, became indebted towards a Jew from Koblenz and had to sell the Lahnstein estate.

Later Henne rented Rympach Manor near Schlitz. Rympach was in the possession of the Duke of Görtz. The House of Görtz, whose largest estates were in Tyrol, were very much supported by Emperor Karl V. Possibly Rudolf and his son Henne had come to Schlitz through this connection. The coat of arms, which the Schlitz family has taken on, is rather interesting. Next to the

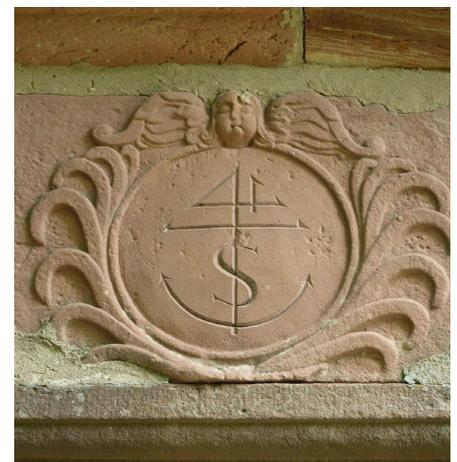
anchor on the right is a silver cross. The same cross is distinctly seen in the coat of arms of the Tyrol line of the Görtz family, the coat of arms of the Schlitz line is different.

Schlitz is a little town of about 10 000 inhabitants in the Vogelsbergkreis in East Hesse, north of Fulda. The town was founded in 1116. The "Schilling Vault" that Johann Philipp Schilling (1733-1805) had bought it in 1775, is still at the town's Sand Cemetery. He had the family's coat of arms fixed to the vault. Johann Philipp was a cloth weaver, councillor and mayor of Schlitz. Since 1855 there are only ordinary tombstones of the Schillings on the cemetery. Obviously the vault was only temporarily used for burials.

Ralph Schilling says: "For quite a long time the vault was open, so in 1956 my father Rainer was eventually able to visit it with his grandfather. There were several coffins in the vault which were rather damaged, however. In 1957 the administration of the church of Schlitz con-



The entrance to the vault



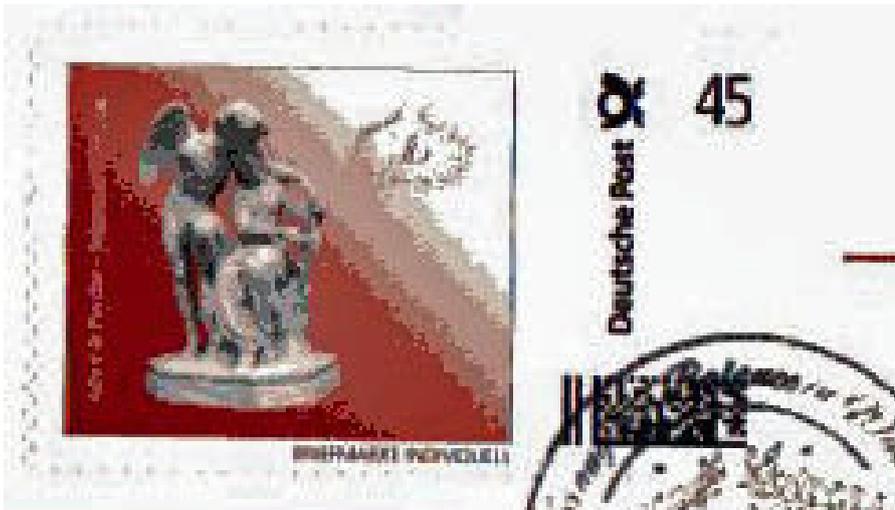
Coat of arms above the entrance

that the vault had to be sealed for various reasons. Since 1957 the vault is not accessible any more. It is annexed to the Sand Church which is located in the cemetery of Schlitz and the coat of arms of our family is still undamaged."

Helmuth von Schilling

Stamp with a Schilling Motive

“Amor, instructing Psyche” Statue



The Müllers with the “Amor instructing Psyche in playing string music” statue by Johannes Schilling, the graphical subject on the postage stamp

On 23 June, Ina Schilling-Nickel had invited to the annual anniversary celebration “Coffee at the Professor’s” in honour of her great grandfather Johannes Schilling. As usual, interesting guests came to the Johannes Schilling House in Mittweida, where the sculptor was born 188 years ago. This year a member of the Mittweida IMM Foundation was present. The foundation is mainly committed to promoting the cultural education of young people. An especially beautiful exhibit at

the Schilling Museum is the „Amor instructing Psyche in playing string music” statue. Johannes Schilling made it in Ernst Julius Hähnel’s studio in Dresden. On the occasion of an exhibition in the Dresden Academy of Fine Arts in 1850, he got the “Little Gold Medal” for this piece of art. According to Greek mythology, Psyche was Eros’ wife. Usually Amor is presented as a winged archer.

Last year the chairman of the IMM Foundation, Professor Detlev

Müller, was so delighted about the statue in the Schilling House that he privately sponsored the necessary restoration. On the occasion of his wedding this year, he had the idea to create a first day cover, a 45 Euro Cent postage stamp presenting the restored statue.

For quite a long time the IMM Foundation has been sending postage stamps to the Bodelschwingh Foundation in Bethel, in order to support handicapped people. The stamps are sorted and either profitably sold to collectors or put up for auction.

Eventually Prof. Müller provided the Foundation with a special issue stamp of the Schillings which the Foundation sent to the Bethel Foundation as a special present with the aim to call attention to the Schillings beyond the borders of Mittweida and to an audiobook that was published in 2009.

Currently the IMM consider to sell a special edition of the Schilling stamp for charitable purposes in cooperation with partners.

The IMM Foundation has edited various audiobooks in honour of persons who show their attachment to the Saxon region in a special way. In 2010, on the occasion of the 100th death anniversary of the sculptor Johannes Schilling, the Foundation published the audiobook titled, ”Sui Generis, Johannes Schilling, a poet with hammer and chisel”. It is the thrilling but also moving biography of a perfectionist artist, sensitive sculptor and caring father of a family. You can buy the audiobook online: www.klangepos.de at the price of 19,90 € (5 € donation included; the mini audiobook is 9,50 €). Each audiobook helps the IMM Foundation support various charity projects.

Helmuth von Schilling



Southern Branch

Helicoptered Back

Bismarck and Moltke back at the foot of the Eagle Arch



The Chancellor of the Reich, Fürst Otto von Bismarck and General Field Marshall Helmuth von Moltke landed safely. On June 18, 2016 a helicopter lowered the two cast iron statues, 300 kg in weight and 1.25 m in height, on a long rope, i.e. 30 m in length, back to their respective pedestals on the right and left side of the historic eagle arch. They were fastened by screws and finally welded.

The monument, a landmark of the Palatine region, is located in the district of Dannenfels near Kaiserslautern. It was ceremoniously unveiled while the cannons were being fired by local shooters and the numerous guests applauded.

As already reported in the 9th and 15th edition of the Schilling Courier, in 1875 the “Pfälzischer Verschönerungsverein” (Improvement Society) decided to have the eagle arch built between two rock peaks in memory of the victory of the Franco-Prussian War (1870/71). In

1881 they eventually decided to put up the statues of Moltke, the victorious Field Marshall, and Bismarck, the founder of the Reich, at the base of the arch. The architect and engineer of the monument was August Freiherr Schilling v. Canstatt.

Times change: In 1981 the municipi-



Helmuth von Moltke

pality of Danenfels decided that the arch ought to become a sign of peace. Eventually the position of the eagle, which was newly cast and restored last year and which is sitting on top of the arch, was adjusted so that it is now looking towards our “French friends” in the west.

In 1945 soldiers of the occupying US Army used Bismarck and Moltke as targets. The Chancellor of the Reich was perforated and had lost his head and Moltke was missing.

Initially the costs were calculated to be 100 000 € but in the end they only amounted to 10 000 Euro, including 9000 Euro from donations. The Schilling Association has given money as well.

The volunteer work was hard:

First the chain-saw artist Ricaro Villacis from Ecuador carved the workpieces from oak wood and finally the local Heger Foundry made the cast-iron figures without charging anything. In every speech the restoration of the arch was praised as a perfect example of volunteer cooperation.



Otto von Bismarck



Pistol Discovered in the Church

Surprise during the restoration of the roof/epitaph restored



During restoration work of the roof of the church in St. Johannis/Järva Jaani in Estonia, one of the labourers made a surprising discovery:

A Russian TT pistol from 1935. Next to it there was a glass bottle with ammunition lying under a roof beam. During Soviet occupation the possession of this weapon was forbidden for civilians. Orgena Manor, the ancestral home of the Baltic Schillings, belonged to the parish of St. Johannis.



Carl Gebhard's epitaph restored

Until now, the police are still looking for the owner of the weapon. If they do not find the owner, the weapon will be returned to the church. Then eventually the pistol will be exhibited in the local museum. Maybe a member of the resistance against the Russian reign has hidden the pistol in the church.

Meanwhile the restoration of the church roof - as reported in last year's Courier - is swiftly progressing. The works in the southern part are completed, next year repair works will start in the eastern part. Eventually the epitaph for the Baltic Schilling's ancestor Carl Gebhard von Schilling is shining in new

splendour.

The Mandragora Stone Carving Company from Dorpat/Tartu has wonderfully restored the weather-beaten tombstone on behalf of the family association. Now Pastor Katrin Melder must get the permission of the Office of Monument Preservation to have a rain gutter fixed above the epitaph. Otherwise the next restoration will have to be in the near future, says the pastor.

Very soon repair works on the drainage system of the church will start. However, there is no government grant promised as yet. Naturally the family association will support the project financially. The work is necessary in order to protect the church from humidity and the floor from dry rot.

In case of consent, the EU will pay 60% of the expenses. The costs will amount to about 14407 Euro altogether. 5762 Euro will have to be covered by the parish and by donations.

Helmuth von Schilling

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The Long Journey of our Archive

The contents of 60 boxes will be stored in Mittweida



Sibylle Karsch, the director of the „Old Parsonages Museum“ Mittweida, in front of the shelved record boxes of the Schilling archives. They will be dealt with in the near future.

Our family archive has survived many removals already. In 1945, at the end of World War II, it was saved from the destruction of Dresden in Saxony and moved to western regions: via Suhl in Thuringia to the Isle of Sylt in the North Sea, afterwards to Glücksburg Castle on the Danish border. Later it moved to Munster, situated in the Lüneburg Heath, via Mainz to Düsseldorf and lately back to Saxony: via Dresden to Mittweida to the “Old Parsonages Museum”.

As reported in the 15th edition of the Schilling Courier, the archive that was stored in our chairman’s house, had to be taken away since our chairman moved to Falkensee. Initially the former director of the museum in Mittweida, Heiko Weber, was supposed to take over.

But eventually Ina Schilling-Ni-

ckel from Dresden insisted on having a say in the matter. As her grandfather Heinar Schilling had not only founded the family association in Dresden in 1927 but the archive as

well, she wanted to store the records in her house.

Therefore, in November of last year, Weber collected the 60 boxes in Düsseldorf and drove them to Dresden instead of Mittweida in a panel van.

Meanwhile Ina had realised that the archive had better be filed by a professional. She contacted the museum in Mittweida and they not only agreed to store the records but to file them as well. The director of the museum, Sibylle Karsch, succeeded in finding two members of staff for the job.

There was another reason for Ina’s leaving the records in Mittweida: On the occasion of her great great grandfather’s 190th anniversary in 2017, she wants to organise an exhibition (“Birthplace Mittweida – place of death Klotzsche near Dresden”). There are definitely lots of documents in the archive for this purpose.

The family association is quite happy: Hopefully after 71 years our family records will be arranged in proper order.

Helmuth von Schilling



„Old Parsonages Museum“ in Mittweida where our archive is stored now

Cousin Kurt died in Canada

A committed member and longstanding deputy

On December 19, 2015, right before Christmas, Kurt Baron von Schilling, aged 76 years, died in Waterloo/Canada. Kurt was born in Sesslauken Manor in Latvia on June 30, 1939. Since 1960 he was a member of the family association and since 1984 deputy of the Canadian association. In a Christmas letter to our Canadian members our former chairman, Heinz Freiherr Schilling von Canstatt, wrote: "Today we are happy to let you know that our cousin Kurt will be so kind as to act as your national deputy. The board is grateful for his help."

A few months after his birth Kurt had to leave his Baltic homeland. Like most Baltic Germans the family was resettled to Polish areas annexed by the Germans. Six years later Kurt's mother fled with her children from the advancing Red Army to Western Germany. In 1942 Kurt's father, who was drafted for military service, had contracted typhus and had died in a military hospital near Moscow.

After finishing High School in 1957, Kurt decided to emigrate to Canada. In 1955 his eldest brother Wolter, his second eldest brother Heinrich (Henry) and their sister Karin had already emigrated to this North American country. Their eldest sister Sigrid is living in Finland since 1958.

Kurt graduated in mathematics, physics and chemistry from the University of Toronto (BSc) and worked as an actuary in a life insurance company. In 1999, after 35 years of work, he retired from the position of chief actuary and vice president. In recognition of his merits the Canadian Life Insurance Association (CIA) awarded him a gold medal. Besides his job he committed himself to social concerns: He was a member of the board of an insurance company, active in the Evangelical Lutheran Church, in the Canadian Society for Mentally Handicapped and in the Canadian Aid Organisation for Baltic German Immigrants.



Kurt Baron von Schilling †

Since 1965 the deceased was married to Stephanie Brace. The couple has four children and 11 grandchildren. In spite of his serious and advancing illness Kurt was able to celebrate his golden wedding anniversary with his family.

The long distance did not hinder Kurt from attending almost every family reunion and he made sure that his children joined the family association. On the occasion of the family reunion in Estonia in 1999, he returned to his native country for the first time. A couple of years later he took his children to the Baltic countries in order to show them their ancestors' home.

Kurt's son Eric has taken over the task of deputy for Canada and the United States. His mother will actively support him.

Kurt was not only a cousin to whom the family association is extremely grateful, but he was a very good friend as well.

Helmuth von Schilling



Family reunion 1999: Kurt with paintings of his ancestors at his ancestral home Serreffer Manor in Estonia.

Champion Kettlebell Lifter

Bär Schilling v. C., World Champion in kettlebell lifting



A member of our association has won a World Championship in kettlebell lifting. On 26 November 2015 Bär Schilling von Canstatt from Nieder-Olm near Mainz successfully participated in the Amateur World Championship in Dublin (Ireland) in the 95 kg class. 561 athletes from 36 countries altogether participated in the championship, the greatest kettlebell event that ever took place.

In Dublin six men stood in a row. Their aim was to swing the kettlebell from between the knees to chest level and then jerk it above the head as often as possible within 10 minutes. "Strictly speaking you can't go on after three minutes", Bär said. But he could and he did. By swinging two kettlebells 84 times he won the World Championship.

Apart from the amateurs the professionals also started in Dublin. Their kettlebells weight 32 kg each and mainly Russian athletes won the championship. Bär explains the origin of his hobby: „In Russia kettlebell lifting is a military sport.”

Bär, who is also a personal train-

er, started kettlebell lifting five years ago. Meanwhile he holds seminars and eventually had his triumphs in German competitions as well. He has to practice ten to twelve hours a week in order to be so successful. Dublin was the 41-year-old sportsman's first World Championship. "It was the right competition atmosphere", he says, remembering his time in Dublin. The surrounding conditions alone made his pulse rise.

"Again and again the other ten members of the German team called out the scores to me during my competition. Only once I looked sideways. Then you try to concentrate on yourself. This is the only way to survive the Cooper weight lifting test. You have to keep conquering yourself", Bär explains, "but this is what I like about this sport. You fight for every repetition." Eventually his 84 repetitions in Dublin are our cousin's best performance so far.

This sport is relatively unknown in Germany. It consists of three lifts: the "long cycle", the "snatch" and

the "jerk". Last year the Germans founded the Federal Kettlebell Association, but there are no clubs so far. "But we are about to establish the sport in Germany", Bär says. Berlin, Hamburg and the Ruhr region are the strongholds already.

Apart from the fact that he keeps conquering himself, Bär loves the athletic aspect of this sport. And there are only few injuries. "The oldest participant was 78 years old." "In fact, I practise this sport for my own self only", he says, when he explains why he keeps lifting the heavy kettlebells above his head.

And Bär adds proudly: "Even better, when you have a gold medal around your neck in the end."

According to an article by
Julia Sloboda
Allgemeine Zeitung Mainz,
17-2-2016

Indo-European and Asian weight lifting "musclemen" were already mentioned about 4000 years ago. In the Middle Ages such groups mainly appeared at fairs.

In Germany kettlebell lifting became known by the end of the 19th century. At the beginning of the 20th century some sports clubs had kettlebell teams. During the 1950s kettlebell lifting was almost forgotten until in 2001 it started to become rather popular in the US. Since then it is booming all over the world.

New York ...tell a Story

Exceptional book about a photo expedition



Sea of night lights in New York



Brooklyn Bridge, the firmly established lifeline of New York

In October of last year, Frank Schilling from Heilbronn, one of our board members, and a group of six photographers flew to New York in order to realise a remarkable photo project within one week. The group was guided by two professional photographers who recommended sites worth photographing.

They were supposed to take several photos on predetermined subjects, such as “Arrival in a foreign country”, “Realise the way things

are”, “The wide space” or “People going by”. Every morning they had a group meeting where they discussed the photos of the preceding day. Frank: “A high level of criticism.” As many photographs were taken at night, they suffered from a chronic lack of sleep.

Frank enthusiastically writes about his encounter with New York after so many years. “The city that never sleeps. An intensive photographic time. We were pushed to our phy-

sical limits. Lights, day and night. Incredible people of every colour with fascinating stories.

Skyscrapers touching the clouds in between. Avenues cutting through the city. The Underground underneath. Downtown and uptown crisscross. The challenge to find your own speed. Plunging into the photographic subjects, changing styles. Overcoming the self-imposed obstacles. Complex concentration on the camera technology. The photographic realisation of motives where the camera sees more than our own eyes.”

The result of the Photo expedition is Frank’s very personal photo-book of New York, titled “New York ...tell a story”.

In his editorial Frank writes: “Inside there are new ways of seeing, with the courage to experiment. Realisation of what one felt. Embedded in a layout that emphasises the most important, the motive. Unusually structured in chapters of photographic stories. Just titles, no text. The viewers of the photos are invited to write their own text. Each of them their own story – just for their own self.”

This remarkable book is available in the online shop “Osiander”: www.osiander.de at the price of 39,80 Euro (free delivery).



People going by

Anne Completed the World's Highest Marathon



The marathon runners' open air camp

Our cousin Anne (Eastern Branch) writes:

“On 29 May I completed my first marathon, which just also happens to be the highest in the world. Almost everyone including myself thought I was slightly crazy to trek to Mount Everest Base Camp at 5364 m so I could then run 4579 m downhill and 2777 m uphill, or 42 km altogether, to Namche Bazaar, the gateway to the Everest region.

The months of training, the 9-day trek and especially the 2 nights we spent at Base Camp in tents, which are usually used by the climbing expeditions of the world's highest mountain, could have easily been the greater challenge.

The mountain panorama was something out of this world, but the altitude, the toilets and the crisp cold made it definitely easier to bid my farewells to this truly magical place. The day of the race happened like a dream. It was pretty cold and the downhills were pretty painful.

I remember wanting to take a shortcut that was so incredibly steep that it almost ended in a disaster. I remember being deliriously happy when I reached the cut-off point at 30 km about an hour earlier than I had planned. And I will never forget the two Poles and the Mexican who were my running buddies and kept me company for about 30 km. I don't

regret a single minute, a single bead of sweat or a single kilometre run or walked on this day. It was a long and incredibly exhausting day but it was simply awesome!

After I returned home from Nepal in May 2015, only shortly before the earthquakes, I promised myself to go back and make my contribution to the country and the people who had come so close to my heart. Through the generosity of my friends, family and workmates, I raised AU\$ 1800 (about 1211 €) for the race which I donated to the Australian Himalayan Foundation. It helped to finance nine year-long sponsorships for school children in the Solukhumbu district, providing them with school bags, books, lunches, utensils and school uniforms. These sponsorships mean they can go to school rather than work on their parents' farm or as porters in the region and carry up to 100 kg on their backs.

Before leaving the mountains for Kathmandu, I met Shita, a girl from Lukla, who showed me her school, Lukla Secondary School, which is also supported by the AHF. Shita was ever so proud to show us her classroom and the breathtaking views from the school yard. I was amazed at her level of English. She was only twelve and spoke almost fluently. Tourism in Nepal is dominated by men, but meeting this young, confident girl who was convinced she would become a teacher, showed me that things are changing. Who knows, maybe this means that we will all have to carry our own bags one day, but I think that's a risk that at least I am willing to take.

So now I am back home, my task is finished and my goal accomplished. I know that every bit of help counts and I will definitely continue to run breathtaking marathons, return to Nepal and do my little bit to contri-



Anne (r.) and Shita from Lukla