Since 24 Years I am at Clausthal University of Technology active in the area of Polymer Materials and Plastics Processing. You, dear Heinz joined the University in the year 2000 since that time we have built up an intensive friendship. Since 2012 I am retired officially, but I am as enthusiastic in research as you, dear Heinz. Since several years we are trying to combine metals and polymers to sustainable sandwich systems and it is still very challenging! I hope, we can go on in this research area for a further wonderful time at Clausthal University. In addition, I hope, we can do some sailing trips together, as we did within the last years in order to share our time and our friendship.