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## From the Editor

Reflecting on 2014 there have been many fun highlights for our Swiss community in and around Sydney. Our community has adapted to the digital age, with many clubs now using Facebook, and reaching members through colourful monthly email updates, tweets and online photo-sharing. Leading this effort in 2014 for our Club has been the President's son — Martin Frutiger — who volunteers an untold number of hours keeping us all up-to-date with the fabulous **www.swissclubnsw.com** and other platforms he maintains.

We've produced this magazine with HUGE support from Creative Pause designer, Roy Vidal **rodrigovidal@bigpond. com** and Minute Man Brookvale's Jason Cosens, **www.northshore. minutemanpress.com** 

None of us working in communications want to replace our face-to-face contact at Buure Zmorges or Fondue Vignerones, where its always so lovely to see parents, kids and grandparents keeping Swiss culture & traditions vibrant here in our Aussie home. The Fathers Day celebrations this year in the Swiss Italian restaurant II Segreto - brought together three generations of young kids, teenagers, Dads & Grosspapis!

We will continue to debate whether to communicate in print form, which we can see & hold - or save paper, postage costs and time by using e-communication platforms. I'll follow the debate outcome with interest, as it has been my privilege to support our community over the years

working on Swiss Playgroup, then Swiss Club Board, Swiss Presidents meetings and Swiss Community News.

As Christmas approaches — please look to our Trade Directory for gift ideas — like a massage voucher from the wonderful **Swiss masseuse** at Northshore Remedial Massage; or some underwear from the Swiss stockist at **ELLERAN Lingerie, St Ives**.

Thank you all the Swiss who enrich life in Sydney with the languages spoken together, the food prepared, the Versli sung, the music/choirs listened to, the unique instruments played, the dances performed, the Jassen, and not to forget — the drawings/art that's been appreciated. We are a lucky Swiss people in a lucky country!

Ganz liebi Gruessli,

Jessica Steiger-Thorpe



Gorgeous children at the Swiss Playgroup event on National Day in Manly Dam



Three generations of Peter Pluess' family (Swiss Club Board member for decades)



Fathers Day gathering supported by Swiss Club at Trattoria II Segreto



Next deadline for issue no. 224 is 5pm on Saturday 31 January 2015 to swisscommunitynews@gmail.com with articles of 600 words max (400 min) and images of 300 dpi minimum.



www.facebook.com/swissclubnsw









# Swiss Club NSW President's Message



Dear Members and Friends,

We decided to make this Swiss Community News a Christmas version with all information and proposed activities, plus take a forward-looking approach to what Clubs like the Entrepreneurs will continue to offer in 2015.

Christmas for Swiss Playgroup and our families is such a special time at the annual Samichlaus event — and I especially appreciate the volunteerism of my son – Michael, who dons the Schmutzli costume with some conviction! **Please contact** Noemi if you can volunteer this year

# to dress up as Samichlaus!

I look forward to seeing many of you, where my family and I will be on hand as usual with BBQ specialities, coffee, and cakes. I also want to thank again the Playgroup families who support the wonderful work Noemi does in organising the group – and also acknowledge the really wonderful donation of puzzles and books by people this year like Felix Bertschi – who took the time to share the German language resources with our Club that his family no longer need. Merci!

Daniel addressing the 50+ people at the 1 November Buure Zmorge



President & Treasurer Beat Ruegg hard at work preparing Buure Zmorge

The Board of Directors – including Nicola (membership), Beat (treasury), Jessica (secretary/publications), Peter (honorary) and myself - has worked extremely hard throughout the year. We are DELIGHTED to welcome new Board members, Alois Simath as Club Secretary and Gabi Muff as Events Coordinator. We wish Alois and Gabi all the best in their new roles with the SCNSW and hope you will welcome them to our Club.

The Board are again working to create a yearly calendar that will be printed in forthcoming issues. However, this will only be possible if all groups put their programs forward to avoid overlapping of event dates, and thus disappointing attendance rates.

During this year, the SCNSW was pleased with all activities and functions, which were supported by our members and their friends. We hope that more members can participate in our events in 2015 and bring the Swiss community of NSW closer together.

The SCNSW would like to wish all our members and friends a very Merry Christmas and Happy New Year for 2015. If you would like to catch up one last time before the New Year, we welcome you to the Swiss Eiger Restaurant in Petersham for our Usplampete on **15 December**. For further details about this event, please visit our website or Facebook page.

Until next time, your President. **Daniel Frutiger** 



# Meet Swiss Entrepreneurs and Promote your Business



The purpose of our monthly meetings is for you to meet fellow Swiss business professionals, to exchange contacts, share experiences and speak some 'Schwyzerdütsch', Français or Italiano. It is a great opportunity to discuss business ideas by promoting your business and sharing your thoughts with other Swiss entrepreneurs living in Australia in a relaxed atmosphere.

We pride ourselves on having successfully connected und introduced many small companies and created great business opportunities for more than 10 years.

Our main focus is for the small business operators in Australia to benefit from our monthly meetings, which are enjoyable and useful for business ventures.

There are no financial obligations or memberships.

More info on our website:

www.swissentrepreneurs.com.au

Our marquis stand "Swissentrepreneurs present s'Gwerb" on our national day in Castle Hill.



Our last lunch meeting at the Lord Nelson, The Rocks



## Cercle Romand

With 2014 coming to a close (where has the year gone?), here at the Cercle Romand we are busy with our last outings. By the time this is published we will have had our annual Fondue Vignerone (on 2nd November) at Fagan park.

We are very excited to meet a delegation of school students from Suisse Romande this year, who are coming to Australia to compete in the International School Games to be held in Lake Macquarie. We will share an afternoon with them at Shelley Beach, Manly (on 2nd December) before they go to compete.

As Cercle Romand likes to give back to its members, and thank them for their support — we will have an end of year dinner at the Rocks in December. You can find out more on our Facebook "Cercle Romand Sydney" page, and view some pictures.

On behalf of the Cercle Romand, I wish you all a happy end of 2014 and look forward to seeing you all in 2015,

Martha Leonard Secretaire, Cercle Romand Sydney













# **Swiss Historical Society Inc.**

On Saturday 27th September I attended the Swiss Presidents' Meeting at the Embassy in Canberra, along with other Swiss community representatives from NSW, Victoria, Oueensland, South Australia and the ACT. I would like to thank Ambassador Marcel Stutz and his wife for their hospitality, as well as General Consul Ernst Steinmann and the ASO delegates for their involvement.

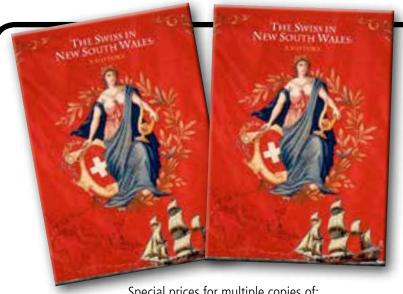
When speaking at the meeting, I announced that the historic documents, photos and historic objects which were the principal sources for our book "The Swiss in New South Wales: A History" are now safely stored in the State Library of New South Wales. Indeed, it was just two days earlier that the beautiful silk flag with the image of Helvetia which features on the cover of our book had been transferred there. We can be proud that our treasures are now part of the Library's collections and will be maintained there in perpetuity.

I would like to take this opportunity to thank the Swiss Club of New South Wales for making this priceless collection available to the Swiss Historical Society during the genesis of the book. Armin and Elisabeth Roth, who loyally stored the collection in their house for many years, thus preserving an important link with our community's history, also deserve our heartfelt gratitude.

On the occasion of the Swiss Presidents' Meeting, the Swiss Historical Society distributed about 70 copies of our book among participants at the meeting. Many thanks to Uschi Suter and Alois Kretz for organising the transport of the books to the venue.

**Bettina Boss President, Swiss Historical Society** 





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# Swiss Yodlers Report

Spring had sprung in Canberra on the long weekend in October, with magical weather and the Floriade during the tri-annual **German Sangerfest**. The Yodlers took part together with two other Swiss choirs from Canberra and Tasmania for the first time too. What a pleasure it was to experience the different styles of the choirs, which made for great entertainment.

Eighteen German/Austrian/Swiss choirs from around Australia took part in what was a very well-organized festival. There was a Reception, Oktoberfest, dinner dance for over 600 people, mass choirs, choirs and individual performances, which all made for a wonderful weekend of friendship and fun.

The following weekend saw us in Wollongong performing together with the alphorn players, at a somewhat rowdy but jolly Oktoberfest.

Our next performance will be at the **Senior's luncheon at the Concordia Club in Tempe on Saturday, 29 November 2014**.

The Yodlers' annual harbour cruise will take place on **Saturday 28 February 2015**.



# SWISS PLAYGROUP











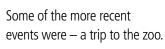
We have enjoyed some wonderful events in 2014 including visits to the Zoo, Powerhouse Museum, Nicholson Museum, Balmoral Beach, Shelley Beach, Manly, Manly Dam and many more.







Every last Friday of the month (except when school holidays got in the way) we enjoyed craft and playing in the playground at the North Sydney Community Centre.







### **SPRING CRAFT**

The official playgroup meeting was in the middle of September, we planted seedlings and each child was able to take the seedlings home — hopefully some sunflower and beans grew.

















### 31 OCTOBER

#### **Halloween theme**

The children painted pumpkins and enjoyed each other's company

### **UPCOMING EVENTS**

We have a lot of events coming up, so check out the list on pg23.

**SAMICHLAUS 2015** — we are in preparations for the Samichlaus event, we already have some volunteers however would like to ask members of the Swiss community for some additional help.

Do you know someone who has a business, or do you have one and **COULD DONATE SOME ITEMS FOR OUR RAFFLE?** 

Proceeds from the raffle will help fund the playgroup activities in 2015.

The Swiss Club of NSW has provided the venue for Samichlaus and the Swiss community care has generously donated the entertainment in the form of a petting zoo.

If you can help us with

- CAKES / BISCUITS to sell on the day
- Set up of XMAS tree
- Decorations or
- Lollies / sweets for the Samichlaus bags or other items Please contact Noemi Bangel 0416160919 or

#### noemi@gustavkaser.com.au

The invite for Samichlaus can be found on Trybooking **www.trybooking.com/GEZB** — the venue has strict limitations to numbers, so please register soon to avoid disappointment.

Keeping with the CHRISTMAS theme – you will find a colouring page in the magazine, please feel free to colour in and bring along to the November Playgroup get-together for a prize.

Best regards







# **CHRISTMAS – O Du Fröhliche** Johannes Daniel Falk, 1816 (1768-1826)



O du fröhliche, O du selige, Gnadenbringende Weihnachtszeit. Welt ging verloren, Christ ward geboren, Freue, freue dich, o Christenheit!

O du fröhliche, O du selige, Gnadenbringende Weihnachtszeit. Christ ist erschienen, Uns zu versühnen, Freue, freue dich, o Christenheit!

O du fröhliche,
O du selige,
Gnadenbringende Weihnachtszeit.
Himmlische Heere
Jauchzen Dir Ehre,
Freue, freue dich, o Christenheit!



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# With Swiss from the Northern Beaches & surrounding suburbs

Every 2nd Friday of the month at: The Austrian Club, 20 Grattan Crescent Frenchs Forest from 7pm, where Beat Wagner also sells his wares. For food, a drink, a chat or a Jass – come along. **Contact Sigi Achermann 9451 6018** 



### SACA

### **Swiss Community Event at the Goethe Institute,** Woollahra, 17th October 2014



A visit by the Director of Penthes, the Museum for the Swiss Abroad, prompted the Swiss Club of NSW, Swiss Community Care Society, the Sydney Yodlers and SACA (the Swiss Australian Cultural Association) to organize a joint evening at the Goethe Institute in Woollahra.

Mr Anselm Zurfluh, Director of Penthes (www.penthes.ch), talked about the history of this "chateau" in the grounds adjoining the lake of Geneva. It is the headquarters of the "Friends of the Institute of the Swiss Abroad" whose aim for the museum is to link the Swiss with those abroad and to document their contributions in different parts of the world.

Full Page

\$640

La Suisse par les Russes. Regards artistiques et historiques, 1814-2014" Taken from: www.penthes.ch/expositions

To illustrate this point, Penthes is about to open an exhibition (December-March 2015), celebrating two hundred years of diplomatic relations between Switzerland and Russia. Part of this exhibition is dedicated to historical documents and paintings reflecting the considerable Swiss migration in 18th to 19th and century, when Swiss scientists, architects, cheese makers or pastry cooks or artisans were in high demand in Zarist Russia. (see www.hls-dhs-dss.ch and enter: die Zeit des Zarenreiches).

Mr Zurfluh encouraged us to visit Penthes next year when the Organisation of the

Swiss Abroad (OSA/ASO) is celebrating 100 years and is holding its Congress in Geneva between 14-16 August 2015.

After this presentation supper was served by Daniel and Maria Frutiger. The food was sponsored by the Swiss Community Care Society and the Sydney Yodlers sponsored the wine.

Many thanks to the supporting organisations. It was an interesting and enjoyable evening.

Ursula Schappi **SACA President** www.swissozculture.org.au

### **ADVERTISING RATES 2015**

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#### TRADE DIRECTORY

Full Page

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## **Invitation to Artists**

**SACA** (the Swiss Australian Cultural Association) plans to hold its **5th "Swiss+Oz Art Expo 2015"** at Bondi Pavilion Gallery.

Artists from around Australia are invited to apply for space and express their interest to participate in this unique group exhibition.

When: From 9-29th November 2015

Where: Bondi Pavilion Gallery, Queen Elizabeth Drive, Bondi Beach NSW 2026

Who can apply: Swiss citizens resident in Australia and Australians with a

strong connection to Switzerland.

**Cost to participant artists:** approx. \$40-60.

**Expression of Interest:** to SACA President, Ursula Schappi

By email: ursul.sch@gmail.com

**Provide:** brief summary of artistic background; 4-6 high res images of works

representative of intended display, title and size. It should be recent

works, created over the last two years.

**Deadline for expressions of interest:** end of February 2015.

More information on SACA: www.swissozculture.org.au

### From SwissCham



SwissCham's annual Swiss Award dinner: this year's winner was Hilti Australia.



## Swiss Club Presidents' meeting in Canberra

As you've read in the Historical Society report at page 6, this year some 32 ASO Delegates and Presidents of Australian Swiss Clubs assembled for the first time at a conference in Canberra on 27 September 2014.

As you've read, the meeting took place at the Swiss Embassy and the Swiss Ambassador, Marcel Stutz, was a guest speaker and hosted the function. Mr Beat Knoblauch, ASO Delegate, Sydney, opened the meeting. The meeting was organised by the ASO Delegates from Australia, in order to brief the Swiss Presidents on the functioning of the Organisation of the Swiss Abroad as well as of the recent achievements by the ASO. Furthermore, the meeting discussed at length various information platforms available to the Swiss Abroad and how communication between the Swiss Clubs in Australia can be intensified and may be coordinated. The Organisation of the Swiss Abroad in Berne delegated a committee member, Mrs Sabine Silberstein, to the meeting and in her presentation she explained the role and the functioning of the Secretariat in Berne. Among recent achievements was a unanimous motion passed by the Council of the Swiss Abroad that is to be submitted to the Federal Authorities and asks the Authorities to make sure that all Swiss Abroad can maintain a bank account in Switzerland.

The Organisation of the Swiss Abroad is offering a wide selection of services, in the main information and consultation as to matters concerning social security, education in Switzerland, legal matters, editing the Swiss Review and offering numerous activities for the young Swiss Abroad people.

Ambassador Marcel Stutz highlighted some of the burning issues concerning Switzerland and the Swiss Abroad: especially the new Law of the Swiss Abroad had just passed both Chambers



We warmly thank our President
– Daniel Frutiger – for leaving
work & family behind to represent
the Swiss Club of all NSW down
in Canberra. We are proud you
created this opportunity to share
learnings from running our Club
with other delegates.

of Parliament in Switzerland, which is a milestone for the Swiss Abroad as they are formally recognised and the Federal Department of Foreign Affairs will be responsible to coordinate all matters regarding the Swiss Abroad. He noted that the new law contains an obligation by the Swiss Abroad to register with either Consulates or Embassies in order to make sure to receive assistance in case of need. The Council of the Swiss Abroad had endorsed that requirement.

Furthermore, the Ambassador informed the meeting that it is foreseen that in future the ASO Delegates will be elected only by those Swiss Abroad who have registered to vote in Switzerland.

The Swiss Consul General, Ernst Steinmann, explained the working of the Consular network in Australia and in the following discussion the issue of passports was widely mentioned. Due to the worldwide scarcity of the machinery for producing these passports, it is difficult for the Swiss Consulate to offer more frequent regional availability of these services.

Social media tools have been widely discussed and various websites were mentioned and the various Presidents were informed on how to make use of them for social networking.

Other speakers encompassed the SBS German Radio, which includes a Swiss program (7.45pm Sundays, Echo Helvetia), a media representative from a Swiss newspaper and also a presentation by the Director of the Museum of the Swiss Abroad, the Musee de Penthes in Geneva — as Ursula also referenced in her SACA article at page 14. Most Swiss Abroad are not aware of the existence of this Museum which is being extended and which has to become a focus point for the Swiss Abroad in Switzerland.

The Swiss Club in Canberra invited the Presidents on the eve of the meeting to a dinner to meet the Swiss of Canberra, and on the day following the conference, the participants visited the Floriade in splendid weather.

The meeting concluded with a unanimous decision to meet again in two years' time [2016] in Melbourne.

Beat Knoblauch ASO Delegate - Sydney



## From the Desk of Anne Held

### **Seagull Invasion In Waverley Library**

**December 2014** 

During the month of October 2014, an invasion of giant seagulls took over the Waverley Library in Bondi Junction. It started on the left and right of the glass doors at the entrance, continued in the foyer and then followed the staircase going up to the Atrium Gallery. Some 10'000 local visitors a week come through this building, but nobody got physically attacked. On the contrary, they stopped, looked, not believing their eyes. What was happening here?

You, dear reader, might remember the Swiss Community News Issue No. 216 in February 2013? Well, don't worry if you don't. This story here is a follow-up to a little story about André Braun from Geneva and his passion for Bondi Beach and its inhabitants, both humans and animals. And it will explain why the seagulls invaded Waverley Library.

Geneva-born and educated André Braun arrived in Sydney in 1995. He is an architect, interior designer and also photographer with a keen eye for unusual situations. In late 2012, photos of his huge birds and tiny little cut-out humans photographed at Bondi Beach were shown at Bondi Beach Pavilion. They intrigued and fascinated the crowds. But that was not the end of it! During October 2014, the birds came back! A new and second exhibition by Braun with the title 'two worlds – one beach' was shown at Waverley Library in Bondi Junction. Yes, there were familiar pictures from the first exhibition and they are still as puzzling as the first time. But this year, there were also many new ones, and they make you wonder how André gets these shots, with all the different perspectives?

He just loves nature, and especially Bondi Beach! And he spends hours with his camera trying to capture the exact



moment when gulls take off into the air, to get that feeling of freedom and elevation. Lots of patience is needed, and you have to be alert so you click at exactly the right moment. His tiny human cut-outs from the first exhibition are still around, but now, André has also used real persons in real size. We are impressed by the power of a shot of a medal winning hurdle athlete with long hair jumping off the rocks for example. Or a flock of birds taking off into the blue sky, off to find food, or just for fun, you wonder? There is a man the same size as a sea gull. Powerful wonderful pictures, showing us a world at the beach from a different perspective, and giving us new insights into the animal world of this famous spot in Sydney. Did you know that a seagull can turn its head by some 180 degrees? When you look at the picture on one of the posters for the exhibition, you will get the answer. At Waverley Library, Braun's items were on sale: glass prints, metal or canvas prints and dioramas.

Since his last exhibition, André has been rather busy. There was a lot of renovation work going on at his home in Vaucluse, a semi with beautiful views to the ocean, of course. Then there was the involvement with the project team for the creation of a private architectural Award-winning Aboriginal art gallery in Harden NSW, the stunning Garangula Gallery. And currently he is working on major and exciting new constructions projects like for example the Barangaroo South site.

And what is next? Maybe an exhibition in China, a dream André Braun has had for a while. He does have connections already, the local Chinese media showed great interest in his Bondi Junction exhibition, and a Chinese TV program on the young artist will be shown internationally in the near future. Or maybe he will take off into the sky, free just like one of his feathered subjects.

More information can be found on **www.bondiworldexpo.com** 



# **CuliTemp Corner**



### **The Gluten-Free Debate**

The gluten-free diet has swept across the nation, and marketers have responded by making gluten-free options more readily available (for a price, of course) in supermarkets and restaurants. However, what exactly are the benefits of a gluten-free diet?

#### **Gluten Facts:**

- Gluten refers to protein found in the grains wheat, rye and barley, and triticale (a hybrid of wheat and rye);
- Gluten is found in many foods, therefore saying no to gluten is also saying no to many common and nutritious foods.
- Most people have no issue digesting gluten;
- However, for the 1 in 70 Australians who suffer from celiac disease, going glutenfree is essential

Claims on the health implications of gluten seem to be springing up in the media without any credible, scientific evidence. This has led to considerable debate with patient groups, manufacturers, and even some physicians advocating a gluten-free diet in otherwise healthy individuals. Indeed, studies have found that fructans, a type of fruit sugar that is another component of wheat, caused some intestinal disturbances like bloating and abdominal pain; however, this in itself is not a reason to completely avoid gluten in the diet. Recent evidence supports the existence of a new condition, 'noncoeliac gluten sensitivity'; however, gluten may not be the problem in a lot of the sensitivity that patients feel.

The danger with the gluten-free diet is its associated media hype and the misunderstanding that surrounds its health implications. Some individuals cannot tolerate gluten and yet suddenly everyone assumes gluten is bad. The truth about gluten is that modern refined foods we are eating are in fact the cause of most health problems in developed countries, and not the individual components of food. Indeed, research has shown that there is no benefit for the average healthy adult to follow a gluten-free diet. The anecdotal evidence of people "feeling better" after going on a gluten-free diet may be caused by a few different reasons, including preconceived ideas about the effects of gluten on one's health.

The gluten-free diet appeals to many people because coincidently gluten is largely found in foods, such as cereal, cakes, pies and cookies that we associate as being "bad" foods. Therefore, when people go gluten-free, they are essentially cutting a large variety of unhealthy food out of their diet. This is not necessarily bad; however, the conundrum arrives with the advent of a large, gluten-free substitute product market. So now, rather than cutting out pies, cakes, and processed foods to go gluten-free, people are simply buying the more expensive, specially manufactured (and highly processed) gluten-free foods. Gluten-free products are not lower in calories, fats or sugars. In fact, quite often there are more fats and sugars. Additionally, while "regular" wheat products are often fortified with vitamins and nutrients such as iron and calcium, gluten-free products are not.

Common sense should prevail in this instance for health individuals. Do no remove gluten from your diet simply to lose weight or because you heard it is a healthier option on TV or read about it in a blog. Chances are, you will in fact be missing essential nutrients and instead consuming more calories in your diet and forking out in pocket for it. Instead, a well-rounded diet and regular exercise is important.

Your food guru,

**Daniel Frutiger** 



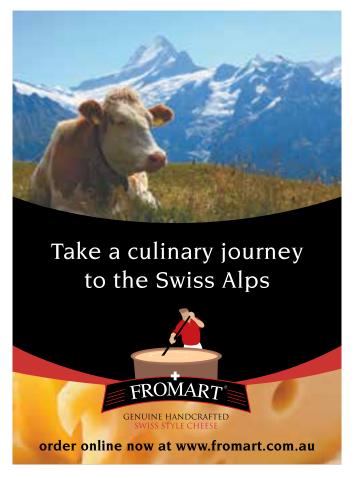


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#### FRACHT AUSTRALIA PTY LIMITED

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19 Baker Street, Botany NSW 2019 Tel: (02) 8336 8100 - Fax: (02) 8336 8111 Email: fracht@frachtsyd.com.au Website: www.fracht.com.au

#### Health

#### **NORTHSHORE REMEDIAL MASSAGE**

232a Miller Street, North Sydney NSW 2060

Contact: Lili Kunz

Tel: 02 99595788, 0400887407

Email: info@northshoreremedialmassage.com.au Website: www.northshoreremedialmassage.com.au

#### **CHAKRA AND PRANIC ENERGY THERAPY**

Hans Peters Lights

Level 1, 416-420 Oxford St, Bondi Junction NSW

Tel: 0416 114 005

Email: Hans.peter2006@yahoo.com.au Website: www.Hanspeterslights.com

#### **MEDISTRENGTH**

27 Albert Ave, Chatswood NSW 2067

Contact: Urs Schaller Tel: 98849959, 0409993030 Email: info@medistrength.com.au Website: www.medistrength.com.au



Trade Directory - continued ....

#### **Legal - Law Firms**

#### **BEATRICE STUBER-JORDI**

lic. iur., Notarin & Solicitor (NSW) ambralaw Notariat Stuber-Jordi Bundesgasse 26 CH-3011 Bern Switzerland

Tel: +41 31 326 10 30

Email: officestuber@ambralaw.ch Website: www.ambralaw.ch

#### **SCHWEIZER KOBRAS**

Level 5, 23-25 O'Connell Street, Sydney 2000 P.O. Box H283, Australia Square NSW 1215 Tel: (02) 9223 9399

Email: mail@schweizer.com.au

Website: www.schweizer.com

#### **Management and Sales Training**

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#### Restaurants

#### **BEI AMICI**

Swiss Italian Restaurant 2b, Mona Road, Darling Point NSW 2027 Tel: (02) 9328 0305

Website: www.beiamici.com.au

#### **CULINARY TEMPTATIONS - DANIEL FRUTIGER**

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#### **EIGER SWISS RESTAURANT**

Traditional Swiss Cooking 552 Parramatta Road, Petersham NSW 2049 Telephone: (02) 9564 1160

Website: www.eigerswissrestaurant.com.au

#### STAPLETONS RESTAURANT

Swiss Contemporary Food - Licenced 1st Floor, 782 Old Princes Hwy, Sutherland NSW 2232 Tel: (02) 9521 8747 - Merren: 0408 613 864

Email: stapleone@optusnet.com.au Website: www.stapletons.com.au

#### **Services**

#### ANNE RESPLENDINO INTERIORS

Zest, Flow & Atmosphere Mob: 0422 105 639 Email: info@arinteriors.com.au Website: www.arinteriors.com.au

#### **PC LAN SUPPORT**

Personal Computer Services Contact: Hugo Pfandler

Tel: 02 9550 2278 or 0422 805 918 Email: service@pclansupport.net Website: www.pclansupport.net

#### **PEACH**

Swiss Made Ink Peach Australia Pty Ltd Level 1, Suite 17, 3 Bardy Street Mosman NSW 2088

Tel: 1300 144 419

Email: info@peachoffice.com.au Website: www.peachoffice.com.au

#### **SYMMETRIC SOLUTIONS**

Programming, Apps, Website and Network Setup

Ralph Steigrad Tel: 02 9388 8543

Email: ralph@symsol.com.au Website: www.symsol.com

#### Travel

#### **SWITZERLAND TOURISM**

Switzerland. get natural. Suite 303, 46 Market Street Sydney NSW 2000 Tel: (02) 9262 1377

Email: st\_aus@switzerland.com Website: www.MySwitzerland.com

#### SWISS TRAVEL - P/O CONCIERGE TRAVEL GROUP

Level 3, 332 Kent Street, Sydney NSW 2000

Tel: (02) 8270 4867

Email: egrieder@conciergetraveller.com.au



## **Swiss Club References**

#### **SWISS CLUB COMMITTEE**

#### Swiss Club of NSW Ltd

GPO Box 3713, Sydney NSW 2001 Email::info@swissclubnsw.com www.swissclubnsw.com https://www.facebook.com/swissclubnsw https://twitter.com/SwissClubNSW

#### **Daniel Frutiger**

President

Tel: 9680 4299 Mobile: 0403 502 048 Email: dan.mar04@bigpond.com

#### **Nicola Enz Quealy**

Membership Secretary Tel: 0420 923 047 Email: nenz@bluewin.ch

#### **Beat Ruegg**

Treasurer Tel: 0412 126 621 Email: bruegg@iinet.net.au

#### Jessica Steiger-Thorpe

Swiss Community News Acting Editor Email: swisscommunitynews@gmail.com

#### **Peter Pluess**

**Functions** Tel: 9416 6190

Email: peterpluess@frachtsyd.com.au

#### **Alois Simath**

Secretary

Email: as@zipworld.com.au

#### **Gabi Muff**

**Events Coordinator** Email: dgmuff@tpg.com.au

#### **Norbert Schweizer**

**Honorary Solicitor** Tel: 9223 9399

Email: nschweizer@schweizer.com.au

#### **Martin Frutiger**

Webmaster

Email: martin.frutiger.australia@gmail.com

#### **SWISS CLUB PLAYGROUP** Noemi Bangel / Nicola Enz Quealy

Coordinators Tel: 0416 160 919

Email: noemi@gustavkaser.com.au www.swiss.org.au/sps

#### **OTHER GROUPS**

#### **SWISS COMMUNITY CARE SOCIETY**

P.O. Box 282, Bondi Junction NSW 1335 Armin Roth - President Tel: 9669 1749 Veronika Senn – Secretary

Tel: 9402 5403

Ursula Mooser - Functions Coordinator Tel: 9428 5593

#### AUSLANDSCHWEIZER

**ORGANISATION (ASO) DELEGATES** 

Noemi Bangel 0416 160 919

**Beat Knoblauch** 

0419 012 245

www.SwissCommunity.org

www.aso.ch

2013 Congress Report (view online)

#### SACA

Ursula Schäppi

President

Tel: 0407 995 578

#### **SCHWIIZERDÜTSCH FOR KIDS - SYDNEY**

www.SdfK.ch

#### SWISS DANCE GROUP 'ALPEGRUESS'

Marco Nussbaumer

President

Tel: 9560 0666

#### **SWISS ENTREPRENEURS**

Email: info@swissentrepreneurs.com.au

#### SWISS HISTORICAL SOCIETY

**Bettina Boss** President

Tel: 9363 9131

#### **SWISS YODLERS OF SYDNEY**

Alois Kretz

President

Tel: 9419 7277

### **SWISS ROESTI CLIQUE**

Kurt Bieri

Tel: 9634 4536

### **SWISS AUSTRALIAN**

**ACADEMIC NETWORK - SAAN** 

Email: info@saan.id.au

http://saan.com.au/

#### **SWISS SMALL BORE RIFLE CLUB**

Tom Hall - President Ph: (02) 9913 33 44 www.shooting.org.au

#### SOCCER

**Walter Heim** 

Coordinator Tel: 9438 2047

### **SWISS JASSERS**

**Ruth Will** 

Organiser Tel: 95641160

Email: eiger@bigpond.net.au

#### **SWISSCHAM**

**Marcel Svatos** 

General Manager

Tel: 9223 7222

### **CERCLE ROMAND**

Anne Resplendino President

Tel: 9874 9096

#### **SWISS RADIO - ECHO HELVETICA**

Adrian Plitzco

Presenter

Tel: (03) 9949 2121

SUNDAY 7:45PM - 8:00PM

SBS FM 97.7

#### FRENCH SPEAKING RADIO

**Marie Therese Barbe** 

Presenter

Tel: 0419 219 374

TUESDAY 9:00PM - 10:30PM

2RRR 88.5 FM

#### **SWISS INTERNATIONAL AIRLINE**

Representative Office Tel: 1300 724 666

#### SWITZERLAND TOURISM

Switzerland. get natural. Suite 303, 46 Market Street Sydney NSW 2000 Tél: (02) 9262 1377

Email: st\_aus@switzerland.com www.MySwitzerland.com

#### **CONSULATE GENERAL OF SWITZERLAND**

101 Grafton Street, Cnr. Grosvenor Street Tower 2, Level 23, **Bondi Junction NSW 2022** P.O. Box 282, Bondi Junction NSW 1355 Tel: 8383 4000 - Fax: 9369 1334 **OPENING HOURS:** 

Monday - Friday: 9 am - 1 pm

2014/2015 Calendar

Email us your calendar entries to swisscommunitynews@gmail.com if you'd like to be included in the next edition

		CEIR
November	Fri 14	Swiss Playgroup, Botanical Gardens – Sydney
	Fri 21	Swiss Playgroup, Balmoral Beach
	Fri 28	Swiss Playgroup Meeting (North Sydney) Christmas Craft (older children), free play and activities and Samichlaus preparation
	Sat 29	Swiss Community Care Society Christmas luncheon from noon at Concordia Club
December	Fri 5	NO SWISS PLAYGROUP EVENT — Samichlaus preparation
	Sat 6	SPECIAL SAMICHLAUS EVENT presented by Swiss Club & Playgroup: 10am — 1pm, Forsyth Park Community Centre, Main Hall, 2B Montpelier Street, Neutral Bay NSW 2089
	Thurs 11	Swiss Community Care Society Central Coast cruise
	Fri 12	Swiss Playgroup, Manly Beach
	Mon 15	Swiss Club hosts Usplampete from 6pm at the Eiger (RSVP by 7 Dec)
	Fri 19	Swiss Playgroup, Balmoral Beach
January	Weds 7	Swiss Entrepreneurs lunch
February	Weds 4	Swiss Entrepreneurs lunch
	Date tbc	Swiss Club Jazz picnic, Berry Island
	Sun 22	Swiss Club sports picnic at Narrabeen Lakes
	Sat 28	Yodlers' Harbour Cruise
March	Weds 4	Swiss Entrepreneurs lunch
April	Weds 1	Swiss Entrepreneurs lunch
	Sun 12	Swiss Club BBQ at Bronte beach
May	Weds 6	Swiss Entrepreneurs lunch SwissCham's annual Swiss Awards Dinner (sold out for each of the previous three years)
June	Weds 3	Swiss Entrepreneurs lunch
	Fri 12	Swiss Club AGM at Austrian Club with Metzgete
July	Weds 1	Swiss Entrepreneurs lunch
	Fri 31	Swiss Club fondue before National Day
August	Weds 5	Swiss Entrepreneurs lunch
September	Weds 2	Swiss Entrepreneurs lunch
October	Weds 7	Swiss Entrepreneurs lunch
	Fri 9	Swiss Club film night at Goethe institute
November	Sun 1	Swiss Club Buure Zmorge at Austrian Club
	Weds 4	Swiss Entrepreneurs lunch
	Mon 9 - Sun 29	Swiss+Oz Art Expo 2015, Bondi Pavilion Gallery, Queen Elizabeth Drive, Bondi Beach
December	Weds 2	Swiss Entrepreneurs lunch
	Sun 6	Swiss Club Playgroup Samichlaus

The Swiss Club Board meets every 1st Monday of the month from 6.30pm at the Eiger Restaurant in Petersham, followed by dinner. We seek new Board Members to join us — and provide job descriptions on **www.swissclubnsw.com** Swiss Jassers also meet every Monday at the Eiger.

Support your Club and advertise via our exciting online outreach platforms: new opportunities via our website and direct email Newsflash to hundreds of contacts. Enquiries to **info@swissclubnsw.com** 



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