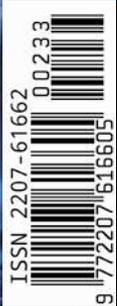




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2018 Calendar

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

March	Fri 9 - Sun 11	Cercle Romand, Toowoan Bay weekend escape
	Sun 18	SCNSW Free Swiss BBQ at Bronte Beach, from 11.00 am
	Tue 20	SCCS Lunch Cruise on Port Hacking
April	Sun 15	SCNSW Ten Pin Bowling, more information TBA
May	Sun 6	SCNSW Buure Zmorge at Austrian Club, from 9.30 am
	Sun 6	Cercle Romand, Fondue Vigneronne, Fagan Park Galston, from 12.00 noon
	Tue 15	SCCS Jewish Museum and lunch
June	Fri 1	SCNSW AGM and Dinner, more information TBA
July	Sun 1	SCNSW Bushwalk and Heisse Maroni Brätlä & Glühwein, more information TBA
	Fri 6	SCCS Concert at the Opera House and lunch
	Sat 28	SCCS 1st August Luncheon in Tempe

The Swiss Club Board meets every 1st Monday of the month at The Royal Leichhardt Hotel, from 6.30 pm followed by dinner. Swiss Jassers also meet every Monday at The Royal Leichhardt Hotel. 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



Meet up at Frenchs Forest

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 for food, a drink, a chat or a Jass – come along. **Contact Sigi Achermann 9451 6018**

Next deadline for issue #234 is 3rd June 2018 for the July 2018 issue
to swisscommunitynews@gmail.com with articles of 600 words max (400 min) and images of 300dpi minimum.

Editor: Barbara Koeppel | Design: Roy Vidal | Printer: Minuteman Press - Claudio Tello | Front and back cover designed by Martin Frutiger



President's Message

Dear Members and Friends,

I trust you had a pleasant festive season and are ready for another year of Swiss events and activities organised by your Swiss Club.

In early February, the Swiss Club joined the Cercle Romand Sydney again for their annual Brunch and Pétanque event. It was a fun-filled day out at one of Sydney Harbour's beautiful parks. Make sure you follow, like and share video clips and pictures posted on our social media platforms to keep up with your Club's activities and to stay updated with future events.

At the recent Local President's Meeting at the Swiss Consul-General's Sydney residence, questions were raised regarding establishing a small committee of volunteers to sort through different Swiss artefacts and old documents, which are currently stored at various Swiss Club members' homes. The possible candidates need to have a strong connection with the Swiss Club and Groups, and have a solid understanding about whether artefacts and documents are of significant importance. Candidates would also need to know how to keep and file artefacts and documents in an appropriate manner. All items will be listed and

stored at an appropriate location, which is still to be organised and advised at a later stage. If this important task is something that interests you, your Swiss Club would be more than happy to hear from you. As this is a complex and time consuming task, the Swiss Club is considering paying the right person for their time and effort. The Swiss Club is committed to see this job through and seeks the help from all other Swiss Groups/Clubs. I will keep you updated on the progress of this matter in the next Swiss Community News.

Your favourite Swiss Club events, including the Free Swiss BBQ and Buure Zmorge, will continue in 2018, and there will also be a few new events on offer – watch this space! We look forward to your continuing support for the Swiss community and your Swiss Club. Please check out our proposed events calendar on page 2 of this issue, and follow us on our social media platforms for more information.

In the meantime, I wish you all a pleasant end of summer with hopefully not too many hot and humid days left.

Your President,
Daniel Frutiger

Go to www.swissclubnsw.com for more Club information and join our monthly email Newsflash.

Past Swiss Club Events

7 Bridges Walk: Swiss Team 2017

On Sunday, 29 October, we joined the Cercle Romand Sydney and formed a Swiss Team for the 7 Bridges Walk 2017, a charity event aimed to raise funds for the Cancer Council Australia.

We began our 28 kilometre loop at Lane Cove village and stopped at Rozelle village for lunch. It was a hot and humid day, so we made sure to drink plenty of water and walk at a steady pace.

When we arrived back at Lane Cove village, we headed to the Longueville Hotel for a much deserved cold beverage. Thank you to all who attended - your support goes a long way for our greater community.



Regional Jass Tournament Sydney 2017

On Monday, 30 October, the SCNSW and Swiss Jassers of Sydney organised the 2017 Regional Jass Tournament at The Royal Leichhardt Hotel. We had a fantastic turnout with 24 players eager to win the first prize of \$90 and have their name engraved into the André Joller Trophy.

We first had a meet and greet, followed by dinner at the Royal Leichhardt. The tournament was contested over 10 rounds of eight hands, with each

hand equalling to 157 points. We would like to thank all players for participating and supporting your Swiss community.

Congratulations to our winners: Bruno Frischknecht (1st), Claire Staub (2nd), and Marcel Diebold (3rd)! A special thanks goes to the tournament organisers: Lorenz Sonderegger, Bruno Frischknecht and Daniel Frutiger, and to the Royal Leichhardt Hotel for hosting our Tournament.



To view more photos from our past events, please visit our website www.swissclubnsw.com/pastevents or Facebook page www.facebook.com/swissclubnsw

Past Swiss Club Events

Buure Zmorge at the Austrian Club

On Sunday, 5 November, we organised the popular Buure Zmorge (Swiss Farmers Breakfast) at the Austrian Club, Sydney.

Wow! What a turn out: 120 guests! Thank you all for your support. Special thanks to the SCNSW volunteers, Sigi Archermann for entertaining the group with his Schwyzerörgeli, and the Austrian Club Sydney for hosting us. See you again next time!



Christmas End-of-Year Dinner

We organised a Christmas End-of-Year Dinner at The Royal Leichhardt and invited members and friends to join in the festive celebration. We gifted everyone a homemade säckli filled with a variety of chocolates and biscuits, and decorated the tables with fresh mandarins and nuts.



Thank you to all who came along to celebrate with us, we hope you enjoyed the night and look forward to seeing you in 2018.



Upcoming Events

Free Swiss BBQ at Bronte Beach

Join us again for a casual BBQ in Bronte Park near the public BBQ area for some fun in the sun and surf. This event has been a great opportunity for Swiss families and singles living in Sydney to network. BYO beverages; the SCNSW will organise a sausage sizzle, mixed salad and bread free of charge.

The best spot for free parking is in the back streets near the Waverley Cemetery. You can then walk down to the beach and walk north along the cliff-walk to the beach, or walk to the hilltop Bronte Shops and find your way down the laneways to the beach (5-8 mins): just look for the SCNSW flag that will be up.

Do not forget to bring your swimmers and sunscreen if you decide to go for a swim! Check out our YouTube clip and Facebook album of this event from 2017.



When: Sunday, 18 March 2018 11:00 am to 3:00 pm

Where: Bronte Park, NSW 2024

Cost: Free for members, \$10.00/person for non-members to cover food costs.

RSVP: Bookings are essential. Please email Daniel Frutiger via dan.mar04@bigpond.com or call **0403 502 048** before Sunday, 11 March 2018.

Buure Zmorge at the Austrian Club

Enjoy a delicious and authentic Buure Zmorge (Swiss Farmers Breakfast) at the Austrian Club in Frenchs Forest. There will be a selection of traditional Swiss cheeses, rohschinken, double-smoked ham, aufschnitt, bresaola, quiche Lorraine, bircher muesli, yoghurt, fruit platter, honey, jam, and a variety of breads.



When: Sunday, 6 May 2018, 9:30 to 11:30 am

Where: The Austrian Club, 20 Grattan Crescent, Frenchs Forest NSW 2086.

Cost: Non-members to pay \$30/person, members to pay \$25/person, children between 4-12 years old to pay \$12.00/person.

Payment: Either cash on the day (correct amount would be appreciated) OR direct deposit into our bank account:

Account Name: Swiss Club NSW

Account BSB: 112879 | **Account Number:** 061587992

RSVP: Bookings are essential. Please contact Daniel Frutiger via **0403 502 048** or email dan.mar04@bigpond.com by Sunday, 29 April, to confirm your attendance and payment option.

From the Desk of Anne Held

Catherine and the amazing combi steam

It is made of shiny stainless steel with a glass door, has lots of buttons and inbuilt programs and basically is the reason why the charming Catherine Fankhauser has spent the last few years in Australia, showing us how to prepare healthier meals. Yes, it is all because of the Combi Steam, a very clever kitchen appliance made in Switzerland.

But let's look at the beginning: After Catherine was born in Milano, her Swiss parents moved to the USA. She attended all her schools there and still today retains a bit of a Yankee twang. Already as a little girl, she loved cooking and her biggest pleasure was to prepare spaghetti and chocolate cake for her toy animals and herself, using a miniature kitchen which even had a tiny oven.

So of course, when time came to look for a career, cooking and food were her priorities and even having her own restaurant was a firm goal. The first jobs were in a fast food joint, and then a country club in Pittsburgh, Pennsylvania. The plan was to attend a cooking school in New York. However, the Swiss chefs she worked with at the golf club highly recommended to go to her home country for her apprenticeship. Equipped with her Swiss passport and knowing only the Swiss-German words 'Chäschüechli' and 'Chuchichäschli', Catherine started her professional studies at the Hotelfachschule Belvoirpark in Zurich. This was followed by gaining more experience in various places in Switzerland.

Some years later, life changed, family life allowing her only part-time work in her field, until she was employed by V-Zug, the Swiss manufacturer of sophisticated kitchen and household equipment. They were looking for an English-speaking consultant to demonstrate the newly developed Combi Steam in private homes of mostly English-speaking ex patriots in the area. The Combi Steam is an oven using steam and/or hot air, which can bake, steam, roast, toast and grill, replacing microwave ovens. Steam doesn't transfer flavour, so you can prepare several dishes at the same time. You don't have to watch over it, a wide selection of programs will take care of the perfect cooking time, and the meals will be prepared faster, simpler and healthier, using less fat and retaining the natural flavour and colour, nutrients and vitamins. As an example, have you ever had 'froached eggs'? Well, the Combi Steam can make these, not fried nor poached, but... well, froached eggs.

Catherine and the Combi Steam were a perfect fit and the company started sending her to other European countries, to speak to the media and business partners as well as actively cater at special events and product launches. In 2009, she was asked to accompany her boss, René Fankhauser, to Australia, where V-Zug was establishing a subsidiary. Against her wish, she was seated next to René on the long flight downunder ... and that was when the sparks started to fly between the two.

The temporary activities with the Combi Steam demonstrations in Australia soon turned into a more permanent one: René was to take over the Australian business of V-Zug for two years, together



with the assistance of Catherine. They moved to Brisbane in late 2013, where in 2014 they were married. Finally, Catherine accepted the company's wish to stay another two years, but in Sydney. She told me how hard it was to find a rental property with the adequate kitchen space for her two ovens (her home office really). After all, to be a successful demonstrator, you need to practice at home, you need to work out new recipes, and improve existing ones. René and the neighbours were the lucky ones having to eat all the fabulous tasty dishes coming out of the ovens. It was exciting to discover the local eating environment, the Australian habits and products. It was a lot of fun to work out how to prepare a complete Aussie Big Breakfast with her trusted Combi Steam all in one go. And yes, it can also do a wonderful pavlova or scrumptious sticky date pudding, all as per local tastes. Of course, the popular "Chäschüechli" or Swiss cheese tartlets, are a breeze with this appliance. Just ask the Swiss Club in Melbourne when Catherine effortlessly supplied them for the Swiss National Day celebrations of 1st August.

There were some scary moments as well during all the many demonstrations over the years. One day, Catherine was showing off the automatic program for a slow roast eye fillet of beef. The machine however was still set in demonstration mode, i.e. it only appears to be running...! While talking to a captive audience, she managed a glance to the Combi Steam. Shocked, she noticed that nothing was actually happening. With a big magician smile and some clever hand movements under the table, she managed to discreetly switch on the roasting mode manually and just a bit later than planned, the perfectly cooked beef fillet was presented on the table.

One speciality that sounds very intriguing is mind blowing. Have you ever tasted "Ice cream in crispy pastry"? It sounds near impossible to prepare, but with the Combi Steam, no worries, anybody can do it. Once the pastry, fruit and ice cream have been assembled, it takes only a push of a button and 3 minutes to bake.

After close to 10 years with the company, Frau Fankhauser and husband René are now moving back to Switzerland, to be closer to their families and kids. They will very much miss the local lifestyle and the weather, but it is the right time for them to settle down in Switzerland now. We wish them only the very best for the future and there is always the possibility of a holiday down under – but the Combi Steam will probably stay behind.

Anne was the first General Manager of SwissCham Australia and currently freelance multilingual tour guide for international visitors in Sydney. heldanne@yahoo.com

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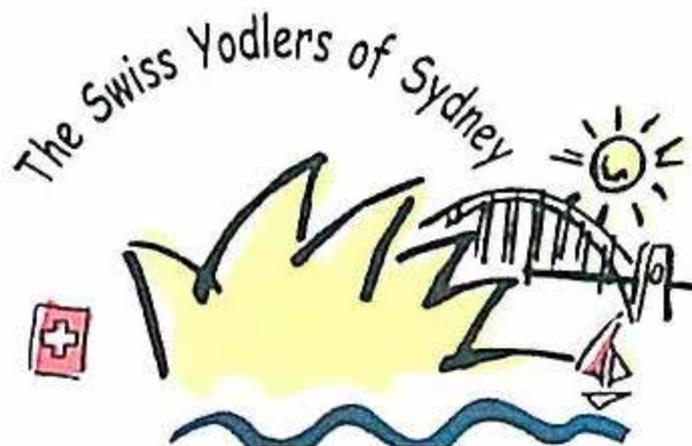
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The Swiss Yodlers of Sydney



We recently had the president of a French Swiss Women's Yodler Choir visiting Sydney and our club was able to entertain her and her relatives at an Aussie style BBQ. The neighbours enjoyed the alphorn and the singing. All 21 who attended had a very enjoyable evening.

This year is proving to be busy for our group starting off with the annual Sydney Harbour Cruise which took place on Sunday, 25 February, 2018.

The traditional 1st of August celebrations will be held on Sunday, 5 August 2018 at Castle Hill Showground. Details of this event will be provided at a later date.

The 50th Anniversary of the foundation of the Swiss Yodlers of Sydney will take place over three days on the weekend of 28, 29 and 30 September 2018.

It will include a Gala Evening and Harbour Cruise as part of the program.

Groups from interstate and overseas are invited. Reasonable accommodation is available for the guests.

For further information, please contact the President or Martin Scarpino at email: scarpinomg@gmail.com

The Yodlers and the Alphorn and Bell Ringers perform at functions.

If you would like to join us in singing, do come along. We practise on Monday evenings in Chatswood.

Alois Kretz, President Swiss Yodlers of Sydney

E: akretz@bigpond.net.au | T: 02 94197277





Swiss Community Care Society and its events of 2018

Do you like to go to a concert together with friends? Or would you rather visit a Museum and then enjoy a nice lunch with them? We also offer a Lunch Cruise and our popular Luncheons in Tempe. If you fancy any of the above you better get your diary and reserve some dates. The Swiss Community Care Society has again put together a number of happenings which you can look forward to. These dates and events are as follows:

- Tues 20 March** Lunch Cruise on Port Hacking
- Tues 15 May** Jewish Museum and Lunch
- Fri 6 July** Concert at the Opera House and Lunch
- Sat 28 July** 1. August-Luncheon in Tempe
- Wed 17 Oct** Concert and Lunch in Chatswood
- Sat 24 Nov** Christmas Luncheon in Tempe

If you are a member of SCCS you will receive an invitation by mail or email a few weeks before each event. I look forward to seeing many fellow Swiss at these occasions.

Regula Scheidegger
President SCCS




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Council of the Swiss Abroad Outlook 2018

Hot topics in 2018 remain the improved and more affordable access to Swiss banks for all and the deduction of the Swiss AHV in New Zealand. Notable progress has been made over the last six months in both matters with increased media presence and support of at least one chamber in Federal parliament. Both items will be tabled again in the upcoming parliamentary spring session in March.

The next meeting of the Council of the Swiss abroad will be on 10 March in Berne, Switzerland, during the above mentioned spring session of the Federal Parliament. An additional and first meeting is scheduled with some parliamentarians for Thursday, 8 March at Parliament House in Berne with a good number of CSA delegates. A frank and open exchange of opinion is sought on the current hot topics concerning the Swiss abroad. It will be a great opportunity to defend

our point of view and to create goodwill.

The annual congress of the Swiss Abroad takes place on 10 - 12 August in Visp (VS, Switzerland). The congress is for everyone and is held each year in a different area of Switzerland. The council members gather, but also visits, entertainment, meeting with the local and federal authorities and local groups are part of the program.

On 28 - 30 September the 3rd Oceania Swiss Club Presidents meeting will be held in Sydney. It is coinciding with the 50th anniversary celebrations of the Swiss Yodelers of Sydney with festivities for the public to enjoy. Be sure to save the date!

CSA Oceania Delegates

Roland Isler, Beat Knoblauch, Carmen Trochsler, Katja Wallimann-Gates (AUS) Peter Ehrler, Peter Canziani (NZ)

Advertising Rates 2018/19

Please support our Swiss Community News (SCN) Magazine by advertising with the Swiss Club of NSW (SCNSW). Send artwork (minimum of 300dpi with crop marks and 3mm of internal and external bleed) by the SCN deadlines, which are listed on page 1 of each SCN Magazine. Three issues in colour print are available:

FULL PAGE: 210mm x 298mm - \$790 **HALF PAGE:** 210mm x 148mm - \$620 **1/8 PAGE:** 35mm x 50mm - \$175
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Trade Directory: every advertiser in the SCN Magazine also receives a listing in our Trade Directory. If you wish to be listed *only* in the Trade Directory, a nominal fee of \$35 covers three (3) issues annually.

Online: a one-off advert in our eNewsflash (generally emailed on the first day of each month), 3-months presence on our Facebook page *and* website costs \$100. Payments are to be made by direct deposit into the SCNSW account.

I ♥ Schwyzerduetsch for Kids: Calendar 2018

January Summer break	February 4 Sunday Bulli Beach, rock pool, picnic/café, beach fun	March 4 Sunday Still in the planning: A weekend away Or Balmoral Beach: Kayaking, Paddle boarding, beach fun
April 8 Sunday Audley boatshed, Royal National Park, picnic, boat hire	May 6 Sunday Laser Tag: Underworld Laser Menai, (place could change)	June 3 Sunday Cockatoo Island: Explore the island Ferries from Circular Quay, Darling Harbour, Barangaroo or on street parking at Woolwich, Greenwich, Chiswick, Huntleys Point, Drummoyne, Birchgrove, Balmain
July 1 Sunday Sublime Point Lookout, Picnic, optional 45min. walk down/up from Austinmer	August 5 Sunday Castle Hill, Swiss National Day Celebration August 17/18/19 Fri/Sat/Sun (2 nights minimum) Wombeyan Caves (cabins, dormitory)	September 9 Sunday Penrith Nepean River, Tench Ave Scooter, bikes Playground, Café
October 21 Sunday Open to suggestions	November No meeting	December 2 or 9 Sunday Samichlaus, Weihnachten

All details to be announced!

Organizer

Bea Sidari

0418 280 178

bsidari@bigpond.com

Organizer 'Juniors'

Annina Miller

anninamiller@hotmail.com



Cercle Romand

Dear Friends,

Cercle Romand had the pleasure of hosting their annual Pétanque and Brunch at Woolwich on Sunday 4th February.

This year the tournament honoured our departed Paul Lambert, loved by all. The weather started off a little cool and windy but changed mid-afternoon to a fine day. Thanks to the delicious contributions by the attendees we all had a feast of pastries, cheeses, salads, fruit and assorted meats, accompanied with Champagne and juices.

We had over 20 participants including Presidents from the Swiss Club and the Yodlers. For the tournament, the winning pair was Daniel Sottaz and Serge Resplendino with a prize for a free Fondue Vigneronne lunch, runner-up was Martha Leonard and Daniel Frutiger with a prize of a bottle of sparkling, then 3rd place went to Catherine Sottaz and Martin Frutiger with the prize of a Toblerone chocolate.

I am grateful to my fellow committee for all their support and help in organising a great day.

Our next event is the Camping Weekend at Toowoomb Bay on the Central Coast from Friday 9th March to Sunday 11th March.

All details about the Cercle Romand can be reach at www.cercleromand.com.au

Amitiés,
Anne Resplendino



In this series the Swiss Community News looks at the fascinating lives, experiences and motivations of Swiss immigrants.

Daniel Frutiger is well known as the President of the Swiss Club and for his catering business. SCCN caught up with him over a delicious lunch of pasta with prawns and spring peas at his home in Castle Hill.

You just turned 60. Does this milestone make you reflect on your life?

Oh yes, very much so. I don't feel 60, though. I think it's a joke because time goes all too quickly. I've had a fantastic time so far; wouldn't have it any other way. I probably would do it again and that includes my occupation as a chef having worked in the hotel industry around the world.

What made you decide to become a chef?

I knew that I wanted to become a chef when I was eight years old. My mother let me cook at home. She was a kindergarten teacher. Sometimes she came home late and I just cooked. It started off with my mother asking me to make a salad dressing, then a sauce, the meat and then the whole meal. No one else in my family liked to cook, so I always asked myself why I was so keen. I like to make people happy which is probably one of the reasons why I became a chef. I did an apprenticeship in the Meierhof Hotel in Davos. It had the best restaurant at the time, serving a lot of seafood which was rather unusual in the early '70s. I had a good head chef who treated me well.

Where did you grow up? In Davos?

Yes, my parents and us four kids lived in the house next to the Meierhof. Davos was a nice town to grow up in as it was big enough to have everything you needed but had no crime. My mates and I were crazy for skiing during the season. Every day after school we skied right down into the valley, the faster the better, then took the Parsennbahn back up into town. I was fearless until I broke a leg which made me a bit more cautious.

I have a twin brother, Stephan, who now lives in New Zealand. Together with my older brother and his twin sister we were all adopted. My adoptive mother told us when we were eight years old. She was a good



mum, although I felt that I did not really fit into this family. They were all academics, except for Stephan and me. I was never good at school. In fact, I hated school, hated it. The teacher made fun of me because I was adopted and my classmates bullied me for the same reason.

When I was forty years old, I felt I should give myself a birthday present and find my birth mother. Stephan agreed and called the adoption agency in Bern. They found us within minutes. I couldn't believe it. All the details were there so we could get in touch with our birth mother. Suddenly, I had two mothers and found out that I also had a step brother and two step sisters from my father. They never introduced me to my father, he didn't want to. My birth mother had a hard life. She was forced by her parents and our father to give us up for adoption. Her parents even disowned her.

Where did you go after you finished your apprenticeship?

My first posting was the army, the Rekrutenschule in Andermatt. I was sent into the kitchen which wasn't too bad; I could hide in there and avoid a lot of training. Later I became a corporal and was made head chef in Thun.

After my time in the army, I worked for three summer seasons in the Bürgenstock Hotel and three winter seasons in the Gstaad Palace. I always worked together with my best mate, Peter Zweifel. We did our apprenticeship in Davos at the same time.

In 1981 the two of us went to England for

three months to learn English because we already had a position as chef de partie at the Hilton in Toronto, Canada. Unfortunately by the end of 1982 there was a recession and all the foreigners had to leave. The Toronto Hilton was the biggest Hilton in the world at the time with 983 rooms and 120 chefs. Peter and I told them: "We are not leaving empty handed, we have a contract". So they organised for us a transfer to the newly opened Hilton in Adelaide.

Is this why you ended up in Australia?

Yes, precisely. It sounded alright, although I had absolutely no idea what Australia was about. But then, a few days before we were due to leave, a telegram arrived telling us to go to Sydney instead because there were no positions available in Adelaide. It said in the contract that someone would pick us up from the airport, permanent residency would be organised and we would receive ten days free accommodation at the Hilton. It was a very good contract. However, when we arrived in Sydney nobody picked us up and in the hotel nobody knew we were coming. Eventually we could talk to the executive chef, a big, beefy Bavarian guy who told us that he didn't know anything about a contract and he didn't have a job for us. "Come back tomorrow", he finally said, so we did. For the next three months Peter and I were peeling carrots and chopping onions and parsley. We didn't really mind because our social life was so good. We bought a four wheel drive, fitted it out with camping gear and made short trips to the country such as Hill End. It was a Land Rover with a Holden engine. Finally, after much complaining, I was put in charge of the sauces and meat for the fine dining room, the San Francisco Grill. Peter worked in the morning, I worked in the evening. It was ideal.

We did that for ten months and then quit. The idea was to travel around Australia and then return to Switzerland. We were well equipped; we had a lot of maps and guide books so we knew where to go. We had a CB Radio, even had a gun. In Coober Pedy we found work for a while with a German guy called Rudy who had a small opal mine where he showed



tourists around. During the day Peter and I had to dig a shaft shovelling tons of dirt and in the evening we cooked for him. Everybody in Coober Pedy lives underground, in dugouts. If they need another room, they just dig one out. It is simply too hot and dusty to live in a conventional house. Sometimes even his goat came downstairs. Rudy was especially proud of the one tree he had. No one else had a tree, and he hand-watered it daily.

From there we drove to Alice Springs where we crossed the desert to Waverton in Western Australia. It was a 1600 km long dirt road, quite difficult. We had two tanks for 280 litres of petrol and at any one time had at least 50 litres of water with us. We needed permits to go through Aboriginal reserves. There was one little village called Docker River where

we were allowed to camp. However, when we saw that settlement, we decided not to. It looked pretty wild. The only time we ever used the gun was to practice shooting in one of the ghost towns. We came across a number of abandoned mining towns and sheep stations. It was lots of fun.

We had to come back to Sydney because our luggage was still here. As it happened, the position of head chef at the Hilton became available so once again I ended up in the Francisco Grill. It was probably one of the best French restaurants at that time, in the early eighties. I worked there for more than two and a half years, six days a week. It was a good position. Peter unfortunately, didn't find a good job so he went back to Switzerland.

What made you stay in Sydney?

In 1985 I met Maria, my future wife, in a pub, the Golden Sheaf, in Double Bay on a Sunday afternoon. That changed everything and I decided to stay. Maria's background is Italian and so the wedding was a huge event, big excitement. I had nothing to do with the organisation; in fact, I didn't even know what was going on. I was told that there would be 140 guests of which only ten came from my side. After church we were picked up in a huge Mercedes and there was lots of Italian singing going on during the reception. For our honeymoon we went to New Zealand and then travelled to Bali, Singapore, Hong Kong and Beijing. There we took the Trans-Siberian Express to Moscow, travelled on to St.Petersburg, Berlin and finally, after six weeks arrived in Switzerland for our second wedding. My parents were very happy to see us. We stayed with them and worked in

Davos for eighteen months in 1986/87.

After returning to Sydney, I worked in a small Austrian restaurant in Kings Cross. The waiter who worked there and I later bought a restaurant in Manly which we renamed Frutiger's. Of course, we made a lot of rookie mistakes. Needless to say it wasn't a success. Three years later I cut my losses and got out. What triggered it was an ad I saw for a teaching position at the TAFE in Ryde. It gave us better financial security because we already had Martin, our first son by that time. I was surprised at how much I enjoyed teaching, interacting with the students but not so much the red tape and administration side of things. I stayed there for 23 years until the end of 2012.

I always had a second job on weekends: working in restaurants and at a wedding centre. It was exhausting but the pay was good. After I retired from the TAFE, friends suggested I start a catering business, Culinary Temptations. I am still running it as it allows me to work as much or as little as I want

What keeps you busy these days?

Being President of the Swiss Club is very satisfying work. I love doing it for the Swiss Community even though it's a big commitment. In addition, I will be doing the catering business for another four years because I also work for the Swiss and German consuls on a four year term. After that I will stop. Catering is harder than it looks. Then I want to travel with Maria around Australia, maybe in a campervan and maybe even go overseas. We'll see what the future brings.

Text and photos: Gabi Muff



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Culi-Temp Corner

Salt vs. Sodium

Sodium is a naturally occurring component in most fresh food. It is present in low amounts in fresh fruits and vegetables, dairy and meats. Whereas salt is a preservative and seasoning ingredient that is high in sodium, and is the largest contributor to sodium in our diet. Most people wouldn't even notice a 10% reduction in salt, so why do we consume so much, particularly when our bodies clearly need much less?

The main use of salt in cooking is to enhance flavour; however, in most cases of pre-packaged foods, salt is not the only flavour enhancer although salt is perhaps the easiest and most convenient way to enhance flavour.

Today, people dine out and eat far more fast food and ready-prepared meals than 30 years ago. So it comes to no surprise that many meals are high in salt just to satisfy our tastes. In fact, we consume about three times as much sodium as we need, which increases the risk of high blood pressure, heart attack, stroke, kidney problems and osteoporosis. The change in how food is prepared and the increase in food production and consumption means that more people suffer from chronic conditions. Often people will have to be medicated to keep their conditions under control while they continue to consume a poor diet. But do we really need to take tablets to medicate ourselves from diet-related disease? Perhaps we could do a lot for ourselves by reducing sodium intake.

How much salt is too much? Six grams maximum (or one

teaspoon) is the recommended serving of salt per day. The minimum amount of sodium needed by the adult body daily is 0.23 grams, which is contained in 0.57 grams of salt: less than one tenth of a level teaspoon. Salt is made up of 40% sodium and 60% of chloride, by weight. This means that one gram of salt contains 0.4 grams of sodium; and, conversely that one gram of sodium is contained in 2.5 grams of salt. This minimum amount is easily obtained from a balanced diet of fresh food. Indeed, a small amount of sodium is important for good health.

Importantly, reducing salt in food does not make food bland or tasteless, and it does not mean less flavour! In place of some or most of the salt, try seasoning your food with more fresh or dried herbs and spices. Paprika and garlic provide a wonderful smoky taste and chillies provide heat. Even a simple Mediterranean dressing of mixed herbs, olive oil and lemon juice can substantially add flavour and vibrancy to vegetables, fish and meats. A good alternative to common table salt is Miso, Tamari or Soy, as they are concentrated sources of sodium.

While salt consumption is an important health issue in Australia, let's hope that there will never be a 'Salt Tax'! Because who does not like a few flakes of good quality sea salt over a perfectly cooked steak, fish or vegetables? As with most things, let's keep salt consumption in moderation.

Your food guru, Daniel



Culi-Temp Recipe

Chicken and Chickpea Salad

This hearty, well-balance and healthy meal is a great source of your daily protein, vitamin K and folate. The marinated barbecued chicken adds a simple, yet delicious and vibrant note to the dish, and the canned chickpeas and black beans contain enough salt that none is required to be added. However, for those who prefer a saltier note, good-quality feta is optional, which adds an extra textural and salty component to the salad.

Serves: 8 portions

Ingredients

Marinated chicken

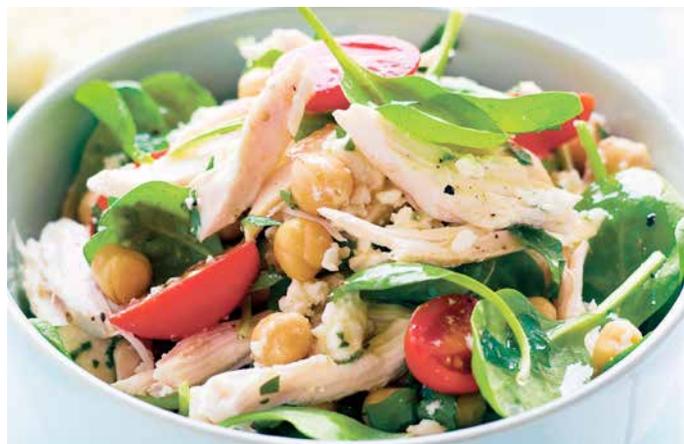
- 4 chicken breasts, kept whole
- 5 grams fresh oregano, chopped finely
- 5 grams fresh basil, chopped finely
- 5 grams smoked paprika
- 2 cloves of garlic, minced finely
- 1/2 tsp chilli, deseeded and chopped finely
- 50 mL extra virgin olive oil

Salad components

- 400 grams canned chickpeas, washed and drained well
- 400 grams canned black beans, washed and drained well
- 1 red onion, chopped finely
- 150 grams cherry tomatoes, halved
- 150 grams fresh baby spinach, kept whole
- 25 grams fresh flat-leaf parsley, chopped roughly
- 80 grams good quality feta cheese, roughly broken up (optional extra)

Salad dressing

- 100 mL extra virgin olive oil
- 50 mL freshly squeezed lemon juice
- Ground pepper to taste



Method

1. Add all marinated chicken ingredients into a large bowl and cover chicken breasts well. Set aside in the fridge for 1 to 2 hours.
2. Add salad dressing ingredients in a small bowl and whisk until emulsified.
3. Once the chicken has been marinating for some time, remove it from the marinade and grill on a medium-high, oiled grill pan. Cook for approximately 4-5 minutes each side, or until fully cooked through the centre. Once cooked, set aside to rest for 10 minutes.
4. While the chicken is resting, add all salad component ingredients into a large bowl and set aside (the feta cheese is an additional extra).
5. Once rested, cut the barbecued marinated chicken breasts into 1 cm strips and add to the bowl with the salad components.
6. Finally, add the salad dressing and mix the completed salad well to coat all ingredients.
7. Serve with crusty bread. En guete!

By Daniel Frutiger

Young Swiss abroad - working as language assistants in Switzerland

The counselling centre for young Swiss abroad of educationsuisse and Movetia, the National Agency for Exchange and Mobility, are pleased to inform you about the possibility for young Swiss abroad to work as language assistants in Switzerland.

Movetia via the Language Assistants Programme arranges for young students and graduates from abroad to work as language assistants at a secondary school or specialist vocational school in Switzerland. The language assistants as native speakers enrich the language lessons and give insights into the culture of their native country.

The offer is addressed to Swiss students and graduates born abroad or having spent their childhood since the age of four in a country where English, German, French, Spanish or Italian is an official national language. The period of the paid employment lasts approximately from September 2018 to June 2019. The closing date for applications is 31 March 2018. For more details please contact directly Movetia.

For all further information regarding education in Switzerland do not hesitate to contact educationsuisse.

The association educationsuisse supports young Swiss abroad, who wish to pursue or complete their education in Switzerland.

With best wishes from Switzerland

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Die Beratungsstelle für junge Auslandschweizerinnen und Auslandschweizer von educationsuisse und movetia, die Nationale Agentur für Austausch und Mobilität, informieren Sie gerne über eine Arbeitsmöglichkeit für junge Auslandschweizerinnen und Auslandschweizer.

Movetia vermittelt mit ihrem Programm «Sprachassistenten» junge Studierende aus dem Ausland als Sprachassistenten an Schweizer Gymnasien und Berufsfachschulen. Als Native Speakers bereichern die Sprachassistenten den Sprachunterricht und veranschaulichen kulturelle Aspekte ihres Wohnlandes.

Das Angebot richtet sich an Schweizer Studierende und Studienabgängerinnen und Studienabgänger, die im Ausland geboren wurden oder ab dem Alter von vier Jahren in Ländern gelebt haben, in denen Englisch, Deutsch, Französisch, Spanisch oder Italienisch offizielle Nationalsprache ist. Der bezahlte Einsatz dauert ungefähr von September 2018 bis Juni 2019. Die Bewerbungsfrist läuft bis Ende März 2018. Weitere Informationen über das Programm «Sprachassistenten» erhalten Sie und Ihre Vereinsmitglieder direkt bei movetia.

Für alle weiteren Fragen rund ums Thema «Ausbildung in der Schweiz» wenden Sie sich bitte an educationsuisse. Der Verein educationsuisse berät und unterstützt junge Auslandschweizerinnen und Auslandschweizer, die in der Schweiz eine Ausbildung absolvieren möchten.

Mit besten Grüßen aus der Schweiz

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The History of the Basler Fastnacht



The Carnival of Basel ("Basler Fasnacht") is the biggest carnival in Switzerland and takes place annually between February and March in Basel. However, the festival is also celebrated in other Swiss cities, including Lucerne and Solothurn. Basler Fasnacht is often referred to as die drey scheenschte Dääg ("the three most beautiful days"). It begins on the Monday after Ash Wednesday at precisely 04:00 with the so-called Morgestraich, and ends exactly 72 hours later, on Thursday morning at 04:00. During this time, the Fasnächtler (participants) dominate the old town of central Basel, running free in the streets and restaurants. Groups of fifers and drummers in charivari costumes and masks with small headlights start moving through the dark centre of town while playing their carnival tunes. The Cliquen, or carnival cliques, carry transparent lanterns made from wood and canvas, most of them over three meters high. The light from within illuminates the carved-out silhouette of an event which has marked the past year. The marches played are popular tunes from previous decades, with new ones added from time to time.

The origins of Basel's Fasnacht are rather obscure, partly because of the terrible earthquake in the year 1356 which destroyed large parts of the city and many official archives. One of the earliest records date back to Ash Wednesday in 1376, when a jousting tournament on the Münsterplatz was the scene of a row between citizens and knights. The argument escalated into a bloodbath and the local citizens chased off the noblemen, killing four of them in the process. Retribution was harsh: 12 citizens were beheaded and Emperor Charles IV placed a ban on the city, which meant the city was no longer afforded the protection of the Holy Roman Empire. This fateful day went down in the annals of Basel's history as the Böse Fasnacht ("Evil Carnival").

For more information and other interesting articles, please visit our website www.swissclubnsw.com/blog.

It remains unclear exactly why Carnival starts one week later in Basel than elsewhere in Switzerland or Germany. The common explanation is that after the Reformation in 1520, Basel continued celebrating its Fasnacht, while the other regions officially stopped. It is said, that to differ from the Catholic customs, Fasnacht was scheduled one week later starting in 1529. There are no documents from this era supporting this theory, and the resolutions from 1529 were not quoted until 200 years later. Historians note that the Catholic carnival date was rescheduled six days earlier in 1091 in the Council of Benevento, because the Sundays were excluded from the 40-day fasting period before Easter, making Ash Wednesday the first day of Lent. From then until the 16th century, the two carnival dates existed. The first one, ending on Ash Wednesday, was known as the Herren or Pfaffenfasnacht ("Lords' or Priests' Carnival") and was observed by those members of the higher echelons of society. The second, one week later at the old time, was known as the Bauernfasnacht ("Farmers' Carnival"). Afterwards, only this second carnival was celebrated in Basel.



Today, the Carnival of Basel is said to be "the only Protestant carnival in the world", and to many, the best part of it all is the Gässle, or wandering through the narrow alleyways.

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We are always looking for members and other Swiss people and businesses in the community to contribute to our Swiss Community News (SCN) magazine and monthly eNewsflashes by writing to us with an interesting or funny anecdote. This can be about your work, family and friends or the community. If you have a captivating bio/autobiography, we would also like to share it with our members and affiliates. We are also always open to comments and ideas

that you have to better our Swiss community here in NSW! Please keep contributions within 600 words or less. You can also include a max of two images (300dpi min & artwork supplied with crop marks & 3mm of internal and external bleed). All contributions can be sent to our Editor by email at swisscommunitynews@gmail.com. Thank you kindly for your contributions.

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Occupation: (please list both for partner membership)

Are you a Swiss citizen?

YES / NO

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Additional information re Swiss heritage / interests (Yodlers, Cercle du Romand etc.)

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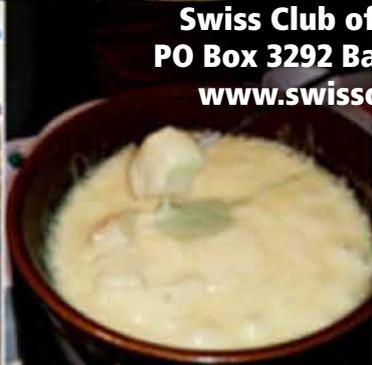
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