

Which is the oldest city in Switzerland? And where is the only metro? Getting to know 21 cities: MySwitzerland.com/cities



2017 Calendar

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

March	Fri 10 – Sun 12	Cercle Romand, Weekend in Canberra, details TBA	
	Sun 12	SCNSW BBQ at Bronte Beach, 11.00 am — 3.00 pm	
	Thu 16	SCCS Central Coast Group get-together at Gosford RSL, 12 noon for 12.30 pm	
	Wed 22	SCCS Seniors outing to ABC Studios followed by luncheon at the TAFE Apprentice Restaurant, 9.15 am	
	Thu 30	Swiss Entrepreneurs drinks	
April	Sat 8	Cercle Romand 40 years anniversary lunch, details TBA	
	Sun 9	SCNSW Mushroom picking beyond the Blue Mountains, meet at Victor Theatre Antique Centre and Café, Blackheath 8.30 am	
	Thu 27	Swiss Entrepreneurs drinks	
	Sun 30	Buure Zmorge at the Austrian Club in Frenchs Forest, 10.00 am	
	Tue 9	SCCS Seniors Luncheon 'Chez Philippe', Gordon, 12 noon for 12.30 pm	
	Sun 21	Cercle Romand Raclette at Bobbin Head from 12.00 onwards	
Мау	Thu 25	Swiss Entrepreneurs drinks	
	Sun 28	SCNSW Push bike tour from Olympic Park to Ramsgate followed by coffee and cake at Concordia Club, details TBA	
June	Sun 11	SCNSW Bushwalk Royal National Park followed by Marroni roasting	
	Thu 15	SCCS Central Coast Group get-together at Gosford RSL,1 2 noon for 12.30 pm	
	Fri 23	SCNSW AGM at Concordia Club from 6pm for Apero and Dinner after the meeting	
	Sun 25	Cercle Romand Bushwalk, details TBA	
	-		

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

Next deadline for issue #231 is 4th June 2017 for the July issue

to swisscommunitynews@gmail.com with articles of 600 words max (400 min) and images of 300dpi minimum.

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President's Message

Dear Members and Friends,

The SCNSW hopes that you had a safe and enjoyable Christmas and New Year period, and we look forward to your continued support for your Club and Swiss community.

The SCNSW had a very busy 2016 and we are anticipating an equally busy 2017 with many fun and favourite activities on our calendar. Some of our local upcoming SCNSW events include the Free Swiss BBQ at Bronte Beach, Wild Mushroom Picking in the Blue Mountains, a Buure Zmorge at the Austrian Club, Cycling Tour to South Sydney and a Royal National Park Bushwalk. We look forward to seeing our members at our upcoming events. Make sure you are on our mailing list to receive monthly eNewflashes and please visit our website for more information.

The National Jass Tournament will be held again in Brisbane in October and will be the main national event for the Swiss Community in 2017. The SCNSW hopes to send a strong team to represent NSW.

At the recent Oceania Swiss Club President's Conference in Melbourne, the central theme was to encourage Swiss Clubs to embrace online, multimedia platforms, such as independent websites, Facebook and Instagram. In doing so, we aim to reach a wider audience of younger Swiss abroad and improve communication between social clubs and organisations. With dwindling membership numbers and fewer young Swiss abroad attending social events, the future of Swiss Clubs in Australia is uncertain. Encouraging younger Swiss to become active within their Swiss community is perhaps the most important goal on every Oceanic Swiss Club's agenda: how and why are we relevant in today's fast-paced and rapidlygrowing community? How do we promote ourselves in an

appealing manner? What are the expectations of younger Swiss abroad of their clubs? What can our clubs offer that is both captivating and interactive, but also culturally significant? These topics were discussed at the 2016 Conference, and Swiss Clubs and social groups are prioritising these issues. Roland Isler, Delegate of the Council of the Swiss Abroad, has written a fantastic article summarising the key points of the 2016 Conference: please visit the Blog tab of our website to read the article.

Unfortunately, a few of our long-standing and beloved SCNSW members passed away towards the end of 2016. We extend our sincerest condolences to the families of those who have since passed. Armin Roth, President of the Swiss Community Care Society, has written a personal and touching eulogy to those who have passed.

The Free Swiss BBQ at Bronte Beach has been scheduled for March this year (instead of April) to reserve that time for the popular Wild Mushroom Picking, Blue Mountains event. Please visit our website or Facebook page for more information on these fantastic events: we look forward to your support.

The SCNSW is very proud to award Peter Pluess, Advisor to the Club, with the Honourable Life Membership to the Swiss Club of NSW. Peter is deserving of this award and is in recognition of his outstanding and committed service to the SCNSW as a volunteer on the Board of Directors for the past 20 years, and being altruistically involved with the larger Swiss community of New South Wales and abroad.

Your President, **Daniel Frutiger**



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



Recent Swiss Club Events

Buure Zmorge at the Austrian Club



What a buffet!



Delicious crusty Swiss bread



Selection of authentic Swiss cheeses



Daniel Frutiger, our President addresses and thanks the attendees



Christine, Linnette and Maria, some of our fantastic volunteers

Sunday, 6 November 2016

On Sunday, 6 November we organised an authentic Buure Zmorge (Swiss Farmers Breakfast) at the Austrian Club in Frenchs Forest. This time we had a record attendance with almost 90 eager quests!

We offered a selection of Swiss cheeses, bündnerfleisch, fleischkäse, bresaola, chicken chipolatas, quiche Lorraine and birchermuesli, along with natural yoghurt with berries, canapes, a fruit platter, honey and jam — and who could forget the wide selection of crusty Swiss bread from the Organic Bread Bar!

To all wondering where you can purchase the Swiss cured meats and cheeses from the day, along with many other Swiss homemade delicacies such as French salad dressing, chnöpfli and Café de Paris butter, please check out our blog page here:

goo.gl/2Uusnl.

Thank you all who attended, we hope you enjoyed the food and atmosphere and look forward to seeing you again. A special thank you goes to the Swiss Consul General, Mr Ernst Steinmann, who also kindly attended our event. We would like to thank the Austrian Club in Frenchs Forest for once again allowing us to rent their space on a Sunday morning. We would also like to thank all the Board of Directors and their families who helped organise and run this event; it could not be achievable without your time and dedication.



Contact Louise Eckersley

leckersley@entertainmentbook.com.au at Entertainment Book.



Swiss Club Upcoming Events Free Swiss BBQ, Bronte Beach

Sunday, 12 March 2017

Join us for a casual BBQ in Bronte Park near the public BBQ area for some fun in the sun and surf. BYO drinks and 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 flying.



Do not forget to bring your swimmers and sunscreen if you decide to go for a swim!

When: Sunday, 12 March 2017

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 contact Daniel Frutiger

via dan.mar04@bigpond.com

0403 502 048 +61 2 9680 4299

before Sunday, 5 March 2017.

Wild Mushroom Picking, Blue Mountains

Sunday, 9 April 2017

Go on a journey with us to the secluded Hampton and Jenolan State Forests where mushrooms, blackberries and apples grow wild in abundance. This event will be a fantastic opportunity to take the whole family for a day of nostalgic picking, just like you may have done back home in Switzerland.

We will meet at the wonderfully period-kept Victory Theatre Antique Centre & Cafe in Blackheath for breakfast and coffee at 8:30 am and leave at 9:15 am. All-day free parking is available along the Great Western Highway. We will then make our way over to the foraging sites, which are approximately one hour west from the Cafe. Carpooling will be a good option.

We will find two types of edible mushrooms: Saffron Milk Caps and Slippery Jacks. If the conditions are in our favour, we may also be treated to wild blackberries and apples. After a few hours of foraging, we will have



lunch on the border of the State Forest where Daniel, our President (and chef), will cook a delicious wild mushroom risotto with some of the foraged mushrooms and a salad. We will then head off to Le Petit Chalet in Katoomba for an afternoon coffee and/or dessert, compliments of the SCNSW.

What to bring: Swiss pocket-knife, cutlery and crockery, plenty of water and drinks (wine or beer if you wish), small snacks, and containers/bags (wicker or

plastic baskets are the best) for collected mushrooms, blackberries and apples. We will pick a lot, so do not bring anything too small. Please wear good closed-in shoes and warm clothing (preferably long pants), including rain gear (just in case).

When: Sunday, 9 April 2017 from

8:30 am to approx. 3:30 pm.

Where: Meet at Victory Theatre Antique Centre & Cafe, 15-17 Govetts Leap Rd, Blackheath NSW 2785.

Cost: FREE for members,

\$10.00/adult and \$5.00/child (under 12) for non-members to cover the cost of lunch. The SCNSW will pay for coffee and/ or dessert at Le Petit Chalet for

members only.

RSVP: Bookings are essential.

Please contact Daniel Frutiger via dan.mar04@bigpond.com

0403 502 048 +61 2 9680 4299

before Sunday, 2 April 2017.

For more, full-sized images and information on all upcoming and past SCNSW events, please visit our website or Facebook page. We encourage our members to make full use of their membership status by joining in the fun at our events throughout the year. Friends and families from other groups in NSW, and even people who are not associated with any club or group, are also more than welcome to join in at SCNSW events. For further information regarding any event, please contact the SCNSW via **info@swissclubnsw.com**.





Elect the new Council of the Swiss Abroad!

The Council of the Swiss Abroad (CSA) is the representative body in Switzerland for Swiss people living abroad. Australia has four seats on the CSA. Elections for the Australian delegates of the CSA for the term 2017–2021 will take place in June 2017.

Australia is one of only two countries taking part in an e-voting pilot program. Giving all eligible Swiss in Australia the opportunity to elect their representatives is an exciting step forward in improving the election process. It will be much more democratic and will enhance the legitimacy of the CSA to represent the Swiss in Australia. The elections will be carried out entirely by electronic means, there will be no ballot paper.

All Swiss citizens in Australia, 18 years and over, can partake in these elections, provided that the Consulate General of Switzerland in Sydney has registered your email address. If you have not yet provided the consulate your personal email address, you may do this via the online desk on **https://www.eda.admin.ch/** or by contacting the consulate on **syd.vertretung@eda.admin.ch**. Further details about the e-voting process will be published in the next (March) edition of the Swiss Review.

Call for candidates – your opportunity to represent the Swiss in Australia!

Eligible candidates are invited to apply for one of the four seats on the Council of the Swiss Abroad (CSA) representing Australia for the term 2017–2021.

To stand, a candidate must meet the following requirements:

- be a Swiss citizen (or dual-citizen) living in Australia
- be aged 18+
- be registered with the Consulate General of Switzerland in Sydney
- must demonstrate an interest and commitment to the Swiss community in Australia
- have an interest in the Swiss political process
- in addition to English, be fluent in either German or French (spoken and written)
- be prepared to fulfil the duties and responsibilities of a council member as stated in the 'Pflichtenheft' (G) / 'Cahier des charges' (F), a copy of which is available on the OSA website: **http://aso.ch/en/politics/csa-elections-2017**.

Please complete the election registration form and send it to **direction@aso.ch** no later than 31 March 2017.

The registration form as well as further information can be found on: http://aso.ch/en/politics/csa-elections-2017.

For information about the current delegates and the services they provide go to: http://www.csa-oceania.org/

Note from the Editor: Of the four current delegates, Carmen Trochsler, Adelaide, Roland Isler, Melbourne, Marc Godat, Brisbane and Beat Knoblauch, Sydney, three will be standing for re-election. Marc Godat has re-located and will not stand for re-election.



Swiss Australian Cultural Association: SACA bows out!

At the Annual General Meeting held in October 2016 SACA members agreed to deregistering the Association and donate the remaining funds to the Art Gallery of NSW.

It was not an easy decision. It came about because we could not find a new Committee to run the Association. Neither could we amalgamate with another Swiss organisation or donate the funds to one of the existing ones. This was because the SACA constitution specifies that any remaining funds would have to be passed on to an organisation with similar objectives (art, culture) **and** it stipulates that the receiving organisation had to be eligible to receive tax deductible donations.

SACA's donation to the Art Gallery of New South Wales will be used towards the realization of a modern art exhibition in September 2017. It will include artworks by Swiss artists. Details to follow closer to the date.

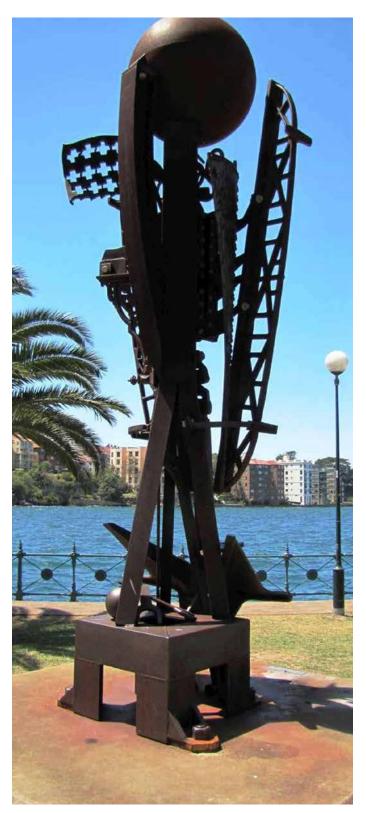
I understand that the Swiss Australian Cultural Association will receive recognition in the Art Gallery's exhibition catalogue and that the Association would be included in the Foundation Program of Events.

As you may recall, SACA grew out of the "Swiss Australian Society" and was formed in 1999 to deal with the "Luginbuehl Exhibition" during the 2000 Sydney Olympics and Paralympics. A registered, not-for-profit organisation was required to handle the moneys relating to this exhibition in the Rocks area and to install the "Australian Angel" at Bradfield Park, Milsons Point. The "Australian Angel" is a steel sculpture created by the late Bernhard Luginbuehl (1929-2011). It was given to Australia by the Swiss people and was part of the cultural program of the 2000 Olympics and Paralympics in Sydney. The late Paul Frischknecht was the founding president and initiator of this major project.

Since then SACA arranged for several "Swiss+Oz Art Expo" at Bondi Pavillion Gallery, the latest ones in 2010, 2012 and 2015. The association invited Swiss-Australian artists from around the country to participate in these group exhibitions and these were well received by the community and the wider art world.

However, times are changing! and so we make room for new ideas and other people's projects!

Ursula Schappi,SACA President



Australian Angel, Bernhard Luginbuehl, 2000

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Members' Corner



Congratulations to Norbert Schweizer!

Norbert Schweizer, who has been the honorary solicitor for the Swiss Club for around 35 years and involved in the Swiss community generally including the Swiss Community Care Society for around 40 years, has been awarded a Medal of the Order of Australia for his dedicated service to the community.

In 1998 Norbert Schweizer was appointed a life member of the Swiss Community Care Society in acknowledgement of his work in support of impoverished and disadvantaged members of the Swiss community in New South Wales. In 2003, he was awarded Swiss citizenship in appreciation of his contribution to the Swiss community in Australia.

Norbert Schweizer was made "a member of the Order of Australia in the General Division" in recognition of his contributions to the broader Australian community — in particular his dedicated service to supporting those less able to provide for themselves. In recognition of Mr Schweizer's voluntary work for the most needy sectors of the German community in Australia, and for freely offering counsel, advice and services to numerous organisations in the German speaking community, he was awarded the Cross of the Order of Merit of the Federal Republic of Germany in 2010.

Membership Management

Dear Swiss Club members,

As you may be aware, we have until now managed our memberships in a rather old fashioned way. As this takes up a lot of time for our membership secretary Nicola Enz Quealy we have decided to modernise our membership management.

The membership accounts will now be managed with a cloud based software. This software provides features such as self management of member details, event management and member directory to enhance networking in the Swiss Club community. You will be able to sign in to our website by using your email address and you can update your address or any other important information. It also allows us to email reminders for membership renewals.

Dear member, please be aware that you will receive the next renewal notice by email and that there will no longer be any paper forms unless we do not have a valid email address. Please contact Nicola if you would like to update or register your email address.

We are very excited about this new software and hope this will help to further enhance the Swiss Club experience.

A warm welcome to our new members:

Franz and Clare Sandra Baumann with their son Otto

Angus Walker and Joanne Lingard

Yvonne Turnbull

We look forward to seeing you at many Swiss Club events.

Happy Birthday

We have two members who are counting 80 candles on their birthday cake.

Congratulations to **Kurt Bieri** from Castle Hill.

Congratulations to **Rolf Cipolat** from Pymble

We wish you both the very best.



Vale Werner Fridolin BASELGIA

(26.04.1931 to 21.12.2016)

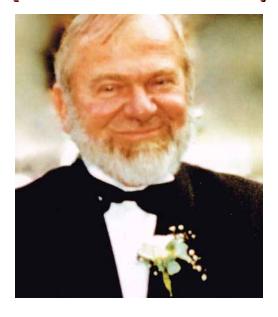
In our previous issue, no 229, we reported on the death of his older brother Herbert. It so happened that Werner died within six months and the funeral service took place in the same church. Werner predicted at the time "I will be the next one to go!"

It is sad to see this happen. Their careers could not have been more different. Werner was a quiet but self-confident tradesman, a carpenter of outstanding ability. He also taught for many years on fabrication of lead lights at the local community centre.

He was born in Zurich/Switzerland where he also learned his trade. He

then went to Canada to further his career and self-knowledge. Upon his return to "home" he met his wife Sylvia and decided that he would not stay home forever and he had already made plans to follow his brother to Australia. Sylvia agreed to move to Australia, with the decision based on the lack of snow to shovel, meaning she could get him working all year long. This was his proposal for marriage. They got married on the 1st October 1957.

They arrived in Australia on the 1st of February 1958, and on the 1st of March they bought their first block of land together; it was a large block, with a garage on it, a sink in one corner, and a mattress in the other. They tirelessly worked to pay off their land, and finally after two years, Werner put in a bathroom



after they were sick of showering with the garden hose in the garden. NOW, that block of land is the beautiful handmade home it is today.

In March 1970, Sylvia was in hospital with a back operation, and made Werner promise to have a baby ready for her when she got home. He stuck to it, and their daughter Rebecca was warmly welcomed into the family. Werner was a dedicated father and worked very hard to raise his family always providing the most uplifting and inspiring advice for any situation. It was this attitude and take on life which we will remember forever.

Werner and Sylvia spent many years involved in the Yodelling, Alpenhorn and Swiss Small Bore Rifle clubs. We was also very proud of the opportunities to perform at the Sydney Opera House on the occasion of the folk festival.

Werner loved to share his stories and with the arrival of his two granddaughters, he was able to share the most incredible stories with them and they were eager to hear and listen to him. They would always get excited to come and visit Nana and Grossbaba and be welcomed with chocolate and funny stories. At 17 and 22, they both still love to re-share the stories, share treats and laugh.

Thank you Sylvia, for sharing this story with me.

Armin ROTH





Vale Erwin Eugen LAMY

Late of Bayview

Dear friends and family

Our wonderful father passed away peacefully on Tuesday the 27th December 2016.

It was his oft-stated wish that on his death he be cremated without funeral service, flowers or fuss. Because we love him dearly, we carried out his wish.

Erwin is beloved and will be sorely missed





Farewell Erin our Rock Star

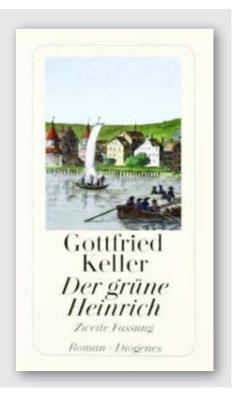
Reading Circles

The two groups have enjoyed reading and listening to the writings of Gottfried Keller and other Swiss authors of the past years and we look forward again to a rewarding year of reading and sharing thoughts.

The group south of the harbour has again obtained kind permission by the directors of the Concordia Club to use their library as a reading venue on the 3rd Friday of every month from February until November from 10 am - 1 pm. This year we will start with Gottfried Keller's *Der Grüne Heinrich*.

After the reading, we usually sit down at the big round *Stammtisch* at the Club and enjoy a special or a la carte lunch, very reasonably priced, socialising for another short while. Anyone who wishes to join us is most welcome. You may simply turn up at the venue or ring Armin or Elisabeth Roth on 9669 1749.

Elizabeth Isele continues with her reading group at her home in Lindfield on the North Shore meeting on the 1st Wednesday of every month at 10 am. She can be contacted on 9416 9666.





Switzerland at the X Tri World Championship



In November 2016 Australia hosted the annual cross triathlon world championships. Off-road triathlon consists of three-stages, a 1500m openwater swim, 30km mountain bike ride and a 10km trail run. There were five participants representing Switzerland, including myself.

Becoming part of the Swiss team just 6 weeks out of the race, the specific training was short. With limited training volume I focused on finding better efficiency and technique across the 3 disciplines. Nutrition and equipment were important too. Preparation and sleep were less consistent than ideal due to having 2 little girls at home, however, kids are a good recovery too.

Lake Crackenback in the Snowy Mountains was the venue chosen - a worthwhile destination. As the event approached in November the weather turned summer. Race day waited with blue skies, mild 20°C and a great atmosphere thanks to an engaged community and hundreds of friendly athletes and volunteers.

Once on the beach start line I adjusted my wetsuit and shook hands with a few athletes. When the horn sounded 100 athletes raced off. The sprint for the first buoy had me gasping for air. After 500m

I was settling into a rhythm and swam mid-field. The swim leg consisted of two 750m laps. Coming into the beach on the second lap I sped up my kick for transition and sprinted towards my bike. I looked forward to the two 15km laps on the mountain bike.

There was limited room to overtake since the course rapidly changed from narrow varied terrain to more open, loose gravel track and rocky, technical sections. Supporters ringing cow bells







and spectators cheering - created an energizing ambiance. Coming back into transition for the second time I felt I had given it my all on the bike.

The initial phase of the run was grueling - straight into a hill, some boggy crossings, scrambling up and down steep gradients, a balancing act across a suspension bridge and through an obstacle course. The first third of the 3.3km loop had it all. Soon after the course directed athletes into the Little Thredbo River for 80m. Then after crawling through a tunnel the course offered a faster less technical second half back to transition. Coming through for the second lap I felt strong and continued to focus on posture, cadence and foot placement. By the third lap I accelerated to leave it all on the trail. Coming onto the finish straight was another memorable moment. I was happy to cross the blue carpet coming 11th in my age group.

X Tri is a challenge to get right. How fast can I ride this corner? Should I overtake or hold back, get nutrition in now or later? And then there are the things beyond your control like mechanical mishaps or competitors. To come through well, to experience the atmosphere among the competitors all while sporting the Swiss colors was fantastic.

Thanks to Pace Athletic and Le Spit Cyclery for their trail-running and bike advice and equipment, and to Rudy Project for the tips regarding suitable prescription eyewear. To my mates that make training fun. To my family for the support. And finally to the volunteers, other athletes and event organisers that made this an amazing Australian experience for all involved.

By Mathias Kienholz



Swiss Yodlers of Sydney

The Yodlers are now back in full swing after a wellearned break over the Christmas period. Our last performance for the year was at the Swiss Seniors Christmas luncheon at the Concordia Club in Tempe together with the Swiss Alpengruss Tanzgruppe and Regula Scheidegger and her daughter Emily playing the violin and piano respectively.

The AGM was held at the Mercure Hotel, Rose Hill, where Kurt von Buren is head chef. The makeup of the committee remains the same and we are pleased to welcome back Martin Scarpino on his return to Australia and at the same time welcome new member Rene Fankhauser to our group.

A new event, the Deerubbin Choir Festival (made up of choirs of all nationalities) will be held on Saturday, 20 May, 2017 from 2–5 pm at South Windsor Baptist Church, 739 George Street, South Windsor. The Swiss Yodlers will be taking part in their inaugural performance and we hope to see you there.

We will also perform at the Swiss Seniors Luncheon at the Concordia Club in Tempe on 22nd July 2017.

Alois, Luc, Marco and Urs, together with two wives took part in Cercle Romand's Petanque Competition at the very pleasant Clarke's Point Reserve, Woolwich where we all were able to enjoy a cool breeze during the Sydney heatwave. Alois and Katya from Cercle Romand were the winners and grinners.

By the time this is published we will have experienced our new look daytime harbour cruise which will be written about in our next report.

Should you be interested in joining our choir and/or playing the alphorn please do not hesitate to contact me.

Alois Kretz, President, 02 9419 7277, akretz@bigpond.net.au





After 12 years of the successful Swiss Entrepreneurs lunch it is time for a change.

We will now meet in the evening of the last Thursday of every month for casual drinks at different venues.

The purpose of this monthly event 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 and casual atmosphere.

If you are interested and you would like to catch-up with like-minded Swiss, simply sign up on our website and you will receive monthly reminders about when and where we will meet.

http://www.swissentrepreneurs.org



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

Sue Ehinger is best known for her work in reflexology and as a founding member of the Reflexology Association of Australia. But what is her connection to the Swiss community? To find out, we visited her in Nords Wharf on Lake Macquarie, north of Gosford.

I was surprised to hear you speak Swiss German. Where did you learn it?

I learned it in Basel. I lived in Switzerland for 15 years and should speak it better than I do but it is a difficult language with many dialects.

I worked in the Basel Kinderspital in 1970 as a radiographer. The plan was to work there for a year. I didn't speak any Swiss German at that stage, not even High German. Within three months I had to work on night duty so had to pick up the phone and know what they wanted. It was challenging.

The work was great. I met some lovely people and joined the English speaking club there. Through a friend I then met Peter, my future husband. We got married in 1973. We then had a child, needed more space and so bought a block of land in Duggingen to build on it. The solicitor spoke with such a thick Bernduetsch accent; neither of us understood a word!

Duggingen is now in the Canton of Baselland but previously belonged to Berne. There was a national and a local vote to determine whether the Laufental should stay with Berne or go to Baselland or the newly formed Canton Jura. As it was no longer connected to Berne, Baselland was chosen. The Swiss are politically very sophisticated unlike we here in Australia. We don't have the training. I found this a really good thing about Switzerland.

Did you find it difficult being married to a Swiss? How did you cope with cultural differences?

We did have the occasional misunderstandings with the language and the way of looking at things. We always spoke English at home. That was especially for the kids but also because my English was better than my Swiss German. I learned Swiss German mainly for the kids. They brought their little friends home and I tried to get my mouth around this rather difficult language. I also went to German classes. I can read German but my writing is pretty funny. I didn't always get the Swiss



sense of humour. In Basel, for instance, they have a very satirical type of humour. Just go to the Fasnacht. It's very different from our humour here in Australia.

There are lots of things that I miss about Switzerland. I miss the ease of transport; it's so easy to use public transport. I miss hiking in the mountains, the snow, at least when it's fresh and fluffy. I also miss the access to other countries and cultures close by, especially going to France. Last year we did a cycling trip to the Loire Valley. We had a great time.

What made you come back to Australia?

There were lots of different reasons; one was that I was homesick. I always missed my family and Australia. Everything in Switzerland felt a bit enclosed, a bit narrow. Narrow in space and mind, the way in thinking. For instance, in our village there was no playground. There was land available and if it were in Australia, certainly then in the 70s, the locals would have got together and volunteered to build this playground. There were farmers and tractors and equipment, but no, they said: "es got ned". That was often the phrase, not possible. This attitude would really, really irritate me. Why not? There was no reason, just: "es got ned".

There were other things, too. I worried about the children's education. The Swiss have a really good standard of education but I found it worrying that a child at the age of 10 or 11 has to perform at a standard and sit for an entry test so that he can go up to the Gymnasium. I thought there was too much stress on a child. At the other end if he was not performing well enough in grade one they were shunned off to some sort of side class with learning problems. I had a child at both ends: One with learning problems and one who was very intelligent but dreamy, and I was worried about them. And also, Peter felt a bit stuck in his work. He could see his life to retirement without much changing and he wanted something different and he liked Australia. So in 1986 we returned to Sydney.

Are you from Sydney originally?

No, from Melbourne. But my parents had moved to Sydney so it seemed the logical place to be and the weather is better. We didn't really want to go to another cold place. We first moved to Turramurra on Sydney's upper North Shore. When we came back, I thought it wouldn't be such a good thing to go back to radiography because I wanted to be there for the kids. It was a big change for them, even though they were fluent in English.

How did you, the radiographer, become involved in reflexology?

When we lived in Switzerland, Peter had severe asthma, it was guite serious. I had heard about a therapy called reflexology and read a book about it. I thought this could help Peter and so did a three day intensive course on a farm in the Appenzell. As a medically trained person I found this alternative environment very alien. It was seriously weird but I hoped it would work on Peter. I was desperate because despite all this medication he received, he wasn't getting any better. I started giving him treatment and even after the first treatment, I remember very clearly him saying that his breathing felt easier. So I worked on him twice a week and he gradually began to improve. It was amazing. It got him off the ventilating machine and eventually off the Cortisone and on to a puffer. That was great.

When we came back to Australia, I thought about the reflexology and maybe I should learn a bit more about it. In those days the only course was by an American guy



who came out to give weekend courses. It was quite a new thing in Australia in the late 1980s. You could see the blank look on peoples' faces when you started to talk about it. So I did this fellow's workshops and completed the certificate.

I then practised from home until one of my clients said she wanted to learn more about this. I had a group of eight ladies and taught them reflexology in my dining room. I was shaking because I hadn't taught before but I found that I enjoyed it. I taught the basics only at first but my medical background made a big difference because I understood anatomy, physiology and what health conditions people had.

More advanced courses grew from there. I had developed systems for a much better course when someone suggested that I start a school. By this time I really did enjoy teaching. I had found a calling and so registered The Australian School of Reflexology. It gradually started to expand. I found a nice place to teach in Turramurra. I was a bit of a forerunner teaching proper professional courses and in 1991 became a founding member of the Reflexology Association of Australia which set nationwide standards. Six years later I became so busy, often working until two o'clock in the morning that Peter gave up his job to do the administration for me. This was good, because that side of things is not my forte.

After 26 years of running and developing the school, I sold it last year. I still teach postgraduate courses but see myself as semiretired. I was pleased to have found someone



to take over but it is a little bit of an adjustment. Letting go is probably one of the hardest thing humans do, I have noticed. At least I am still involved a little bit which makes it easier.

Why did you move to Nords Wharf? I have never heard of this place.

I know, it's a secret! We found this place on Lake Macquarie by accident and fell in love with it. We moved from Turramurra in 2000 after building the house overlooking the lake. It's beautiful and still easy to travel to Sydney, only about 1½ hours.

We love the water and are part of a kayaking group with about 25 members. We used to go out to an island but since we spotted sharks on three or four occasions we prefer to keep closer to the shoreline. You feel a bit vulnerable in a kayak. If you fall into the water it's difficult to climb back in. The lake is great. There are dolphins and turtles around and lots of fish. Commercial fishing was stopped sometime back and that's why I think we get more sharks around here. Lake Macquarie is strictly speaking



not a lake, but a bay because it's open to the ocean. So the water is salty.

What brings the future?

We have four grandchildren. The fourth arrived just recently in early February. Our children live in Port Macquarie and Canberra so we'll be travelling a little bit. Now that I have more time, I think we'll see them more regularly. We will also do more camping. We went to the Victorian High Country at the end of last year, to Jindabyne, the Kangaroo Valley... We have an A-van. It's the next step up from a tent. It's small, very simple.

It's always nice to go back to Switzerland. We go back about every four years to visit family and friends, hike in the Alps and visit new places in Europe. I have to say, the coffee is much better in Australia than in Europe although I don't mind a Café Crème. I also like Roesti. When Aldi sells packets in October, I always buy a whole pile of them.

Text: Gabi Muff

Photos: Peter Ehinger, Jill Freestone



Beratung in sämtlichen
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Culi-Temp Corner

Where are the Chefs of Tomorrow?

When it comes to the food and wine culture in Australia, we are indeed spoilt for choice. Australia is a dynamic melting pot of tantalising flavours, fresh produce and fusion cuisines. However, there is an issue of great concern within the hospitality industry: there is a critical shortage of chefs.

The hospitality industry and subsequent consumer demand for the industry is growing year-on-year. However, the supply of qualified chefs entering the workforce is declining. Interestingly, the industry turnover in NSW grew by 7.6% in the year to September 2015, following a 17.9% growth in 2014. Even the number of adverts and vacancies for chef positions increased in the year to September 2015 by 8.1%. However, the number of chefs and cooks completing their apprenticeships in NSW has fallen by 15% in the three years to 2014–2015. Alarmingly, a Deloitte Access Economics report into the hospitality industry showed an Australia-wide chef shortage of 38,000 chefs, which has forced some of our biggest hospitality groups to spend valuable time, money and resources to find suitable employees overseas. If it was not for the surge of overseas apprentices on a '457 Visa' in recent times, our hospitality industry would surely be in dire straits.

What is the root of the problem?

One suggestion is that it is a generational problem: Gen-Y lack the drive and work-ethic to withstand the stressful and demanding environment that is the industrial kitchen. Many young chefs feel that the current training is outdated and limiting; when in fact the industry is a medium of expression, creativity and individuality that is constantly changing and evolving. More and more apprentices require individual-based guidance and support from their mentors, who may have not received such training themselves. A lack of quality mentorship and unwillingness to teach and communicate concepts to the new generation is pushing away young chefs. However, despite the decline of the hierarchical, militant-run kitchen, and a focus now on occupational health and safety and anti-bullying legislation, it is still a difficult industry for young chefs to make a career in.

The challenging working conditions and low wages are other causative factors. According to PayScale, the wage of a sous chef in Sydney is approximately \$854.63 per week after tax. The national minimum wage is \$585.90 before tax for a standard 38-hour week. At first the wage swings in

the chef's favour; however, it is likely that your average chef works 60 or more hours a week. If figures are adjusted for hourly wage based on a working week, the minimum wage employee earns \$15.41 per hour for a 38-hour week; whereas the chef earns \$14.24 for a 60-hour week. The obvious solution is to pay chefs more; but alas it is not quite that simple. Most restaurants operate on small margins, and could not afford to increase wages above award average. The other option is to pass that cost on to diners. But in a city like Sydney, with over 1,000 restaurants and plenty of competition, you will probably lose customers.

A change in the dining culture and affordability may also play a factor. More people can afford to dine out and are willing to spend more on the culinary experience; however, this with the coupling effect of a chef shortage pushes staff to work longer hours, leading to burnout. Indeed, many chefs often resent their job after many taxing years of work in a demanding kitchen.

Perhaps we have the media to blame? Reality television shows, such as Master Chef, My Kitchen Rules and Top Chef have been phenomenal PR agents for the





Culi-Temp Corner cont.

Where are the Chefs of Tomorrow?

industry, glamourising the culinary world into augmented reality. Unfortunately, these shows create skewed perceptions of instant overnight success with little input and when this is not the case. Furthermore, these shows fail to demonstrate the actual challenging nature of the industry kitchen.

What is the solution?

A massive overhaul of the apprentice system could be a good starting point to keep young chefs engaged and excited on the prospects of a promising career as a chef rather than dropping out. More mentoring and training by head and executive chefs in a kitchen should become a norm so younger budding chefs feel well supported and equipped with the right skills and experience. This will also improve staff retention. Career development, training incentives for junior staff, independence to run a kitchen, flexible work arrangements where possible are a few strategies employers can adopt to keep chefs interested in the one job for longer.

What is the take-home message?

What is clear is that this appears to be a multifaceted problem; and a problem that is happening in many countries around the world: London and the USA all have a lack of chefs, and it has been happening for a quite some time. Nevertheless, we are very lucky in Australia to have good working conditions in general, decent wages (when compared to the UK and USA) and enjoy a relatively good work—life balance: that is providing we have the time and energy left to spend after work to enjoy it.

By Daniel Frutiger

Recipe: Beetroot and Quark Roulade



A brilliantly bright and Summery vegetarian dish, which can be served as an entrée or as a light main meal with a crunchy salad.

0:45	0:15	13	MODERATE	6
TO PREP	BAKING	INGREDIENTS	DIFFICULTY	SERVING

Ingredients - Swiss Sponge Roll

- 225 g beetroot, cooked and peeled
- ½ tsp ground cumin
- 25 g butter
- 2 tbsp grated white onion
- 4 large chicken eggs, yolks and white separated
- Salt and pepper to season

Ingredients - Filling for Roll

- 150 g quark or soft cream cheese
- 2 tsp white wine vinegar or lemon juice
- 1 tsp white caster sugar
- 3 tbsp French parsley, chopped finely
- 2 tbsp fresh dill, chopped finely
- 3 tbsp horseradish relish
- 1 tbsp Dijon or seeded mustard

Method

- 1. Preheat oven to 190 degrees Celsius, and line a Swiss roll tin with non-stick baking paper.
- 2. Thoroughly chop cooked beetroot, then place in a food processor and blend into a puree. Then add cumin, butter, onion, egg yolks and seasoning and blend once more.
- 3. Whisk the egg whites until soft peak and then fold gently into the beetroot mixture.
- 4. Spoon the mixture into the Swiss roll tin ensuring the mixture is level, and then bake in the oven for approximately 15 minutes. Once baked, remove from oven and set aside to cool.
- 5. Have ready a clean tea-towel laid over a wire rack. Turn the baked beetroot sponge out onto the towel in one piece, and carefully remove the baking paper.
- 6. To prepare the filling mixture, add all ingredients into a food processor and blend until smooth. Season to taste.
- 7. Spread the filling mixture over the cooled beetroot sponge evenly. Then gently begin to roll the sponge into a Swiss roll shape using the tea towel, and allow to rest.
- 8. Chefs tip: to create a perfect circular and tightly-shaped Swiss roll, place the roll onto plastic cling wrap and cover tightly by twisting the edges of the plastic cling wrap.
- 9. Serve with a fresh, crunchy garden salad and enjoy. En guete!

Recipe by Chef Daniel Frutiger



Survey on Swiss banks' terms and conditions applicable to Swiss citizens abroad

In October and November 2016 ASO conducted a survey where 25 Swiss banks were asked about the terms and conditions placed on Swiss customers residing outside of Switzerland.

21 banks chose to participate in the survey, the four that didn't were Banca dello Stato del Ticino, Raiffeisen, UBS and Credit Suisse.

Nearly all the banks indicated that the fees for residents abroad will increase on 1st of January 2017. The reason for this

increase is the implementation of the automatic exchange of information which means they will introduce new procedures to meet their obligations under this new agreement.

Additionally, all the banks with the exception of the internet bank Swissquote require that opening of new bank accounts must be done in person.

A summary of the survey results can be found in tabular form on ASO's website: **http://aso.ch/de/beratung/leben-im-ausland/banken**.



Informationen für junge AuslandschweizerInnen

Eine Ausbildung in der Schweiz bedeutet Berufsausbildung und Universitätsstudium von hoher Qualität.

educationsuisse informiert junge Auslandschweizerinnen und Auslandschweizer allgemein zum Thema "Ausbildung in der Schweiz" und bietet spezifische Dienstleistungen an.

Unter anderem werden in Zusammenarbeit mit dem Berufsberatungs-und Informationszentrum BIZ Bern-Mittelland <u>Beratungsgespräche</u> mit qualifizierten Fachpersonen in verschiedenen Sprachen angeboten.

Weitere Auskünfte oder Informationen zu den Kosten der Beratungsgespräche und zur Anmeldung bei Ruth von Gunten, info@educationsuisse.ch.

Erste Erfahrungen in der Schweizer Arbeitswelt können junge Auslandschweizerinnen und Auslandschweizer im Rahmen des Programms «<u>Sprachassistenz</u>» sammeln. Die nationale Agentur Movetia vermittelt junge Studierende aus dem Ausland als Sprachassistenten/innen an Schweizer Gymnasien und Berufsfachschulen.

Als *Native Speakers* bereichern die Sprachassistenten/innen den Sprachunterricht und veranschaulichen kulturelle Aspekte ihres Wohnlandes. Bewerben können sich Auslandschweizerinnen und Auslandschweizer aus allen Ländern, in denen folgende Sprachen offizielle Nationalsprachen sind: Englisch, Französisch, Deutsch, Spanisch, Italienisch. Der bezahlte Einsatz dauert zirka von September 2017 bis Juni 2018. Die Bewerbungsfrist läuft am 6. März ab.

Für weitere Informationen kontaktieren Sie bitte <u>info@educationsuisse.ch</u> oder direkt Movetia, edith.funicello@movetia.ch.



Ausbildung in der Schweiz Alpenstrasse 26 3006 Bern, SCHWEIZ Tel. +41 (0)31 356 61 04

info@educationsuisse.ch www.educationsuisse.ch





Invitation

The President and the Directors of the Swiss Club of NSW Cordially Invite all Members to the

Annual General Meeting

To be Held at the Concordia Club Mackey Park, Richardson Crescent, Tempe, Sydney NSW 2044

On Friday, 23 June 2017

Beginning at 6:30 pm

Timetable for the Evening is as Follows:

6:00 - 6:30 pm Apero

6:30 - 7:30 pm Meeting commences

7:40 pm Dinner

Nuessli Salat • Game Goulash / Spaetzli / Red Cabbage • Ice cream Dessert

Price for dinner TBA later Beverages are on individual basis

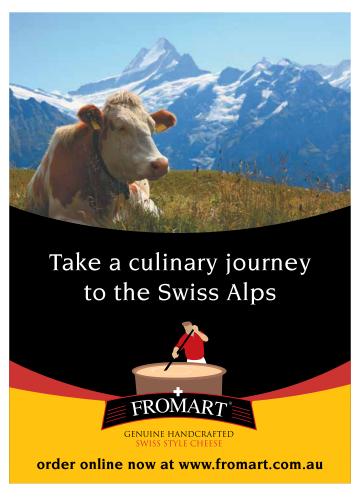
Please contact the President of the SCNSW directly Bookings are essential (Mob: 0403 502 048, 9680 4299)

Got a car to sell?

Or a flat or holiday house to rent?

Or even a Swiss community service announcement?

Email bruegg@iinet.net.au & cc: swisscommunitynews@gmail.com





SWISS PLAYGROUP

Samichlaus 2016

Over 50 families joined us for the Samichlaus event this year at the Forsyth Community Centre in Neutral Bay. Each child received a personalised bag with a special gift, a grittibaenz and lebkuchen. We had bratwurst and cervelat on the BBQ, a petting zoo and a donkey to ride.

There were so many smiling faces, thanks to everyone for making the event a really special one.

As special thank you to Samichlaus and Schmutzli (although you did look very scary) for your help. It was incredibly touching how you spoke personally to each and every child.

Thank you to the volunteers who helped set up and with the Christmas tree and coffee stand and to the BBQ chefs, the tombola ticket sellers and everyone who came a long - we couldn't have had so much fun without you.

Thank you to all the sponsors who gave us prizes and goods - we hope to have an even bigger tombola in 2017!!

We hope to see as many if not more smiling faces at Samichlaus in 2017.



The Swiss Playgroup is looking for a parent to help out with craft, setting up and organising on every last Friday of the month. Please contact Noemi Bangel on 0416 160 919.

Swiss Playgroup - Calendar 2017

The Swiss playgroup is an independent group of parents and children who meet up once a month. This group is organised by Noemi Bangel, Sévérine Laurent and Alison Götti. We are not for profit and the cost for visits covers insurance, craft & activities. We meet at a wonderful venue which has great facilities and is pram/stroller friendly. The venue is sponsored by the Swiss Community Care. Our activities are based around Swiss themes each month and include craft and other activities, play dough, stories and singing in local dialect. There is also an enclosed outdoor play area with sandpit, please ensure you bring a hat!

Where: North Sydney Community Centre (paid parking available on Ridge Street)

Time: 10:30am – 1230 pm

Cost: \$5 per child per visit or \$30 per annum

Languages spoken: Swiss German, English, (French, Italian and Rätoromanisch are also welcome!)

Contact: swissplaygroup2014@gmail.com

Alison: 0423 910 915 / Noemi 0416 160 919 / Sévérine 0421 836 123

Facebook

Find our group "Swiss Families in Sydney" Informal Get-Togethers – please see our facebook page, if you'd like to meet up casually.

JANUARY	24. FEBRUARY	31. MARCH	28. APRIL
Holidays - no meeting	Theme: Fasnachts Fun	Theme: Easter	Theme: TBA
26. MAY	30. JUNE	28. JULY	25. AUGUST
Theme: TBA	Theme: TBA	Theme: Swiss National Day	Theme: TBA
22. SEPTEMBER	27. OCTOBER	24. NOVEMBER	3. DECEMBER
Theme: TBA	Theme: Turnip lanterns	Theme: Christmas Craft	Theme: Samichlaus
	•		























Trade Directory

To be included in our Trade Directory, you have to advertise in our Swiss Community News or send in \$35.00 for inclusion in our Trade Directory only. Fee of \$35.00 covers 3 issues per year. Please join the many advertisers who benifit from this service.

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W: www.aso.ch

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Application Form - Swiss Club of NSW



Swiss Club of NSW Limited PO Box 3292 Bangor NSW 2234 ABN 73 000 650 037

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I / We (Mr/Mrs/Miss/Ms) (Please use block letters) Surname: Given Names:		Main Applicant	Partner
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(full resident	ial address with postcode)		
Phone priva	nte:		Mobile:
Email:			
Phone busin			
Date of bird			
Оссирация	: (please list both for part	ner membersnip)	
Is your part Are your part Are your part	Swiss citizen? ener a Swiss citizen? arents Swiss citizens? artner's parents Swiss citiz re children? If yes, how ma		
I/we hereby	apply for membership of ame on the Register of me	the Swiss Club of New South W	Yodlers, Cercle du Romand etc) Vales Limited, and if admitted, request you to by the Memorandum and Articles of ree.
□ M □ P	Ordinary member Partner / couple membe	ership	\$46.00 (including enrolment) \$66.00 (including enrolment)
	fee: \$11.00 scription Single: \$35.00 scription Couple: \$55.00		
BSB: 112-87	ame: Swiss Club of NSW		
□ I/We are	happy to receive the Swis	ss Community News magazine in	digital format (please tick if appropriate)
Date:	Sign	nature of Applicants:	
I propose the	FOR (OFFICE USE ONLY (The committee cor of the Swiss Club	mplete this section)

Signature of Proposer:

I second the above application for membership of the Club

Signature of Seconder:



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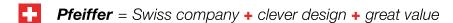




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From the beautiful satin-suede finish to inherent balance and substantial width, this is a pen that makes a statement. The **ceramic ball** ensures a rich and smooth ink flow usually found on pens many times the price. In fact, everyone we have shown this pen to has refused to give it back.

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