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come the first difficulties in their new surroundings. It is comforting to know that Miss Fagg's feelings are such that she would again choose to start her career in the Swiss Embassy. This is an additional reason for us to express to her our warmest thanks for her loyal and devoted service to the Swiss community in New Zealand, hoping to have her with us for many more years to come!

**B. Ritter,**  
Consular Officer.

## **HEDY'S CORNER**

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What woman would have time for the proverbial New Year resolutions at this time of year? Not you nor I! However, by the time you pull out the January "Helvetia" from your letterbox, the children (grandchildren) are getting ready for school and peace will reign once more in the home. That's the time for considering. Into the bargain one month less than the full year for keeping to our resolution.

Personally speaking my mind is made up; however, this article came into being in this particular shape when I watched the farewell T.V. appearance of the now deceased Maurice Chavalier. It was triggered off by his comment: "I have all my life tried to be honest with all people and with myself". A tall order he had set himself and tried to keep it right to a very great age. Quite likely you saw this feature too and remember these words.

Further musing on his words: it seemed to contain the essence of another resolution with a variety of benefits. You and I know how hard it is to be honest with oneself; pink spectacles are hard to take off one's nose. Looking at it positively, I reflected, it could lead to streamlining one's personal efforts: knowing what we honestly did well in 1971 we could further polish this particular talent in 1972.

On the other hand you and I might not like to be watchdog and watched — one, rolled into one, all the time.

Occasionally we are ill, be it through a lack of stamina or some chronic condition which had gradually sneaked up on us. Two years ago my resolution was to combat such above mentioned tendencies by taking up Yoga. It certainly worked for me and for some of my fellow yogi-ists. It does need a measure of available time, plus willpower to stick to it.

Still in my ruminative mood I looked at further resolutions, some which do not require time away from work pressure, but actually using this lack of time for something constructive.

Is it time for doing the dishes? Let's do them feeling relaxed. Is it time for cooking, for baking? Let's do it feeling relaxed. Time for doing the family wash? Let's do it in a relaxed way.

Good luck, good success for your own resolutions in 1972.