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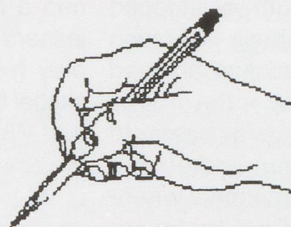
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# New Zealand Swiss Club News & Happenings

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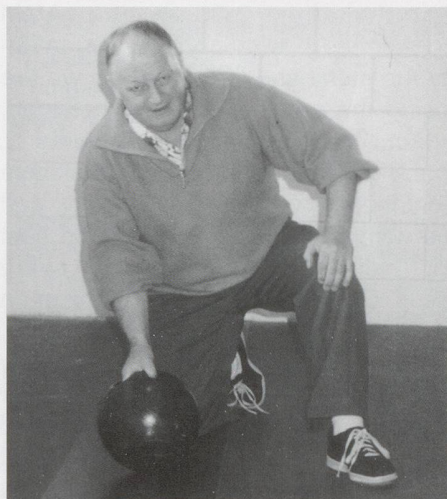


Auckland  
Hamilton  
Taranaki  
Wellington  
Christchurch



## Swiss Society Competitions

We held our Swiss Society competitions on 25 May, with a good number of people participating...more than last year, so that was a great effort. Although we had a few juniors participating, we could always do with a few more...it's great fun, so parents remember this event next year, and bring your children along...I am sure that they will enjoy it. In the shooting Helen Freiman and Edi Fuglistaller once again showed their tremendous skill by achieving the maximum points!!! Well done to both of you...you certainly showed up some less talented people like me!! In the juniors Peter Zimmermann did very well, and won the event from Jessica Mills. In the shotput Adrian Drummond edged out Othmar Hebler in the men's section, while Heidi Weider showed her skill and muscle in the ladies' section with Luzia Noetzli a close second. Peter Zimmermann once again showed his skill by winning the junior shotput. In the kegel, Sepp Kiser was in a field of his



*Paul Suter showing his style in Kegeln...hope the praying worked for you to win a medal!*

own, top scoring by a handsome margin, while Edi Fuglistaller was second and Othmar Hebler third. Thomas Werder edged out his sister Helen in the junior section, with Veronica Noetzli third. In the Jassen we enjoyed the company of three of our juniors this year...thank you so much for playing Sami, Thomas and Sonja Werder ... you played very well, with Thomas only just out of medal contention!!! It was a great pleasure to us all that you played, and we hope that you keep it up. The adults were very patient, and helped the children out too ... so thanks to all the participants for their kindness!!! The eventual winner

was Fred Neuburger who joins us from Palmerston North every year ... thanks for your attendance over the years, and luck was obviously on your side this year ... oh, sorry it was your skill!!! Second was Margrit Dudli and third was Myrtha Seifert. Congratulations to all the winners, but above all, grateful thanks to all the participants on the day ... without you there would be no medals!!! We look forward to your participation again next year ... plus some new faces as well!!!

## Trip to Wellington for the AGM of the Swiss Society

On 31 May, 34 people from Taranaki ventured south to play in the final of the cowbell competition against Auckland,



*Emmi & Regi having a chat...and a drink of WHAT??*

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and to attend the AGM of the Swiss Society. On the way south we stopped off to look at the windmill in Foxton - unfortunately they had just finished milling flour for the day - but it was very interesting. Well worth seeing!!! We continued on to our motel and then ventured to Wainuiomata where the Wellington Swiss Club members greeted us. They have done major work on their clubhouse and it looked terrific!!! It was packed with people from the various clubs, and we all enjoyed a scrumptious meal ... with Peter Canziani providing wonderful entertainment. We all had a thoroughly enjoyable evening, mingling with each other.

On Sunday we had a delicious breakfast at the clubhouse, and then the serious business of the cowbell competition took place. Taranaki had already won the shooting (313 points to 282 points), and we were fortunate to have our strong men for the steinstossen ... Paul Hardegger, Adrian Drummond, Arnold Fitzgerald and Othmar Hebler showed their class, and beat the Auckland foursome by 106.60m to 81.80m. Paul exerted all his strength to throw 30.67m!!! We then took our bus to the tenpin bowling alley in Petone, where our team of six competed against the Aucklanders ... we were the eventual winners 554 to 498!!! Kathleen top-scored with 111 ... well done Kathleen, you showed the men up quite convincingly!!! Meanwhile about 20 other members of the various

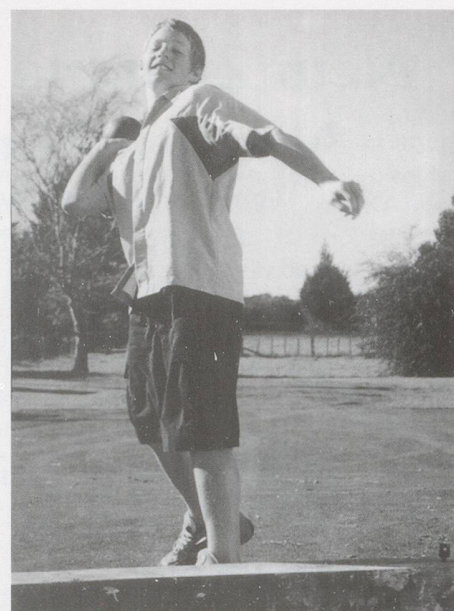


*Luzia, Erna, Thomas and Sonja concentrating on Jassen. Good to see you Werder kids participating...come again next year!!!*

clubs gave tenpin bowling a go, and had a marvellous time!!! The Taranaki jassers were in the meantime waiting to play (some of the Aucklanders had to skittle first), but in the end didn't have to!!! Well done to all the competitors ... the cowbell once again went to Taranaki ... its home of course!!! It was great to see so many Auckland members take the long trip south for these events.

Shortly after 2.00pm the AGM commenced, with good participation by the members. Unfortunately we are losing the services of Liz Amstalden, editor, due to work commitments ... thank you very much for your valuable contribution to the Swiss Society, and we wish your father, Paul, all the best for undertaking the editorials every issue. Congratulations to Mark Kiser on becoming Swiss Society Riflemaster ... we know you will do a great job. Many thanks to Peter Rust, and his helper Beatrice Leuenberger, for their dedicated work as Swiss Society Riflemaster and assistant... we all appreciate the work you have done with the medals competition over the years. The meeting was a relatively short affair, and coffee and tea, with cakes, were served thereafter. We returned to our motel to freshen up for the evening function which was being held at the Petone Working Men's Club. We all enjoyed a lovely meal, and thoroughly appreciated the variety of the entertainment. A tombola was held with many nice prizes, and tickets sold like hot cakes!!! Some of us went home at a reasonable hour, whereas others preferred to stay a little longer!!! They then congregated at Roland's house to sing and tell yarns ... thus utilising their motel units for a considerably shorter time. I heard that a certain young lady from Auckland duly arrived back at her motel on the back of a motorbike ... after making a "mehlsuppe"!!! Won't mention any names ... but your guess is as good as mine!!!

On Monday morning we were all back at the Swiss Club for breakfast ... well



*Thomas Werder showing his style in Steinstossen*

we stopped off to see where Trudi lives, and were further spoilt with delicious cakes and coffee ... some keen people climbed the rocks near her house to get an even better view, while others enjoyed a tour of Trudi's garden ... what a lot of work you have put into it! Thank you for the invitation Trudi, we all enjoyed seeing where you live. From there we stopped at the chocolate factory and the 'Prenzel' shop and tasted and BOUGHT! On the trip north we stopped off at a supermarket to purchase ham and cheese to go with the bread and 'zupfe' which we enjoyed at a rest area near Foxton. From there it was homeward bound.

Many thanks to everyone who came on the bus, and helped make the weekend a most enjoyable affair. To Walter who organised the trip, thank you very much ... you are always so organised!!! The members of the Taranaki Swiss Club would like to extend grateful thanks to our hosts from the Wellington Swiss Club who, once again, showed terrific hospitality. We always enjoy visiting your club and renewing friendships.

Many thanks to all who attended the weekend's festivities and contributed to its success. It's great to see so many people from different clubs mingling ... making new friends or enjoying existing friendships. We look forward to seeing you all next year in Auckland!!!

### **Singing Group**

The Singing Group has once again been performing at various functions. Recently they attended a CWI function where the ladies had tried several Swiss recipes in conjunction with their theme 'Switzerland'. The group entertained between the various courses, and this worked very well. The dishes prepared by the ladies were delicious and they



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those Wellingtonians certainly look after us very well .. perhaps too well after what the scales said!!! The 'zupfe' were delicious and we bought the remaining loaves for lunch ... very nice, thanks Trudi. The bus driver then took us on a drive to Eastbourne where



obviously tried exceedingly hard to make it a 'Swiss Day'. Entertaining between the courses was great ... with alphorn blowing (Othmar has only been practising for a few months, but we sure have uncovered a wonderful talent!!! Well done, Othmar ... keep it up!), Remigi throwing the flag, music being played by Zeno, Leo and Marianne with help from Walter and Remigi (using percussion instruments), Trachtentanz, Tahlerschwigen and of course, singing. By the quiet audience and the appreciative applauses, we all did very well!!!! Keep up the good work

of entertaining your traditional customs ... audiences enjoy it!!!

## Forthcoming Events

### July 6

The Anniversary Shoot will be held on this day. Shooting will commence at 11am, and you may also shoot for the Championship Shoot. Shooting will cease at 3pm. At 5.30pm the delicious Sauerkraut / pork meal will be served ... don't miss out on this event ... it's always a great social day and terrific meal. All competitors will win a prize.

**July 13 & 27** Jassen and euchre at

1.15pm. Please support Charlie and Doreen for all the time and effort they put into organising these afternoons. It's always fun!!!

**August 1** This year we will be celebrating the Swiss National Day on August 1. Lots of traditional Swiss entertainment. As we will have a caterer, ladies aren't required to bring a plate. All members will be contacted prior to the date, or otherwise ring a committee member who will organise tickets for you. As always there will be a good tombola, with plenty of tickets available.

MD

# CHRISTCHURCH SWISS CLUB NEWS

## Past Events

On 1 May we held our 42nd AGM. This was a very relaxed affair. We welcomed our special guest, the Representative of the Swiss Embassy in Wellington, Karin Ruger. She spent some time answering questions, mainly about the delay in issuing the new Swiss passports. After a short meeting we settled into the comfy lounge chairs, enjoyed a glass of wine and the Swiss chocolates (with the compliments of the Ambassador) watching a good Swiss movie, 'das Fahnlein der sieben Aufrechten' with English subtitles of course.

If you did not make it to the AGM let me assure you, you missed a great night. Let's hope you can make it next year.

**Our executive for the coming year is:**

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Reto Oswald, president - phone 03 337 9117; Christian Weber, treasurer - phone 03 337 9997; Jessica Bagge, secretary - phone 03 332 2412; Helena Duff, newsletter editor - phone 03 942 6702; Peter Ruoss, Web-master - phone 03 326 7025; Jurg Honger, committee member - phone 03 942 6211; Susanne Ziswiler, committee member - phone 03 342 7211.

## Forthcoming Events

**6 June** Fondue evening at The Sign of the Kiwi at 7pm. What better way to spend a cold winter's evening than by a roaring fire, above the smog, enjoying a tasty fondue in the beautiful surroundings of the Sign of the Kiwi. More details about how this event went in a future issue of the Helvetia.

**8 July** Stammtisch at Rydges Hotel (corner Oxford Tce and Worcester St) from 7pm. First floor bar. We will meet at the bar to enjoy a drink and to catch up with friends. We always look forward to meeting new people. The Stammtisch has been a very successful gathering of Swiss people and friends. It can almost be called a tradition of our club. Why not come and join us?!!!

**1 August** The Swiss National Day celebrations will be held from 7pm at

the Old Stone House (Shalamar Drive, Cashmere). We will fire up our new Swiss Club Raclette ovens, have a Tombola and Live Music. These are just some of the highlights of the evening!!! Would you please send your cheque to Christian Weber, PO Box 12087, Christchurch, no later than 29 July. The price is \$25 members, \$30 non-members and \$15 for 12 years and under. BYO drinks. The price includes pre-dinner drinks, soup and bread, Raclette, Swiss-style sausages, potatoes, a selection of salads, dessert, and tea / coffee.

HD



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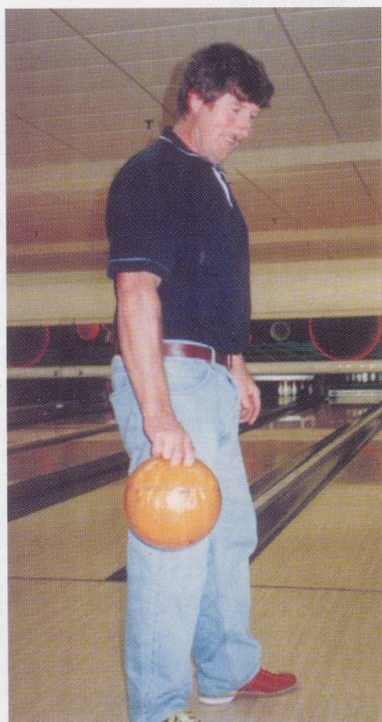
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# Collection of AGM Photos...thank you very much Rinaldo for your contribution of photos



*Ueli Hess giving it his all at the ten-pin bowling*

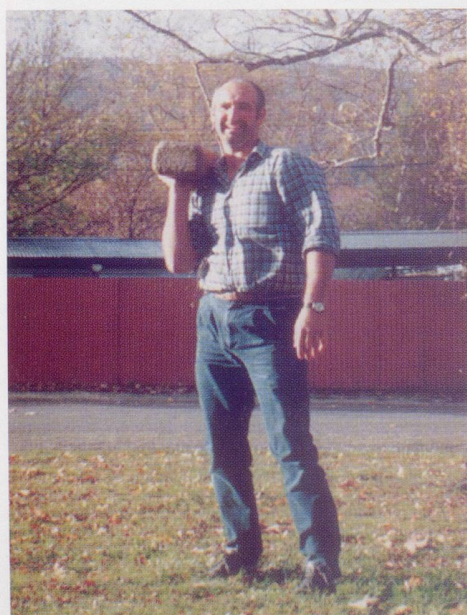
*Roland handing over the winner's bell to Walter...well done Taranaki.*



*Remigi, Erna & Ruedi wanted an even better view outside Trudi's house!*



*The great helper at the Wellington Swiss Club...sorry I can't remember your name...Murray & Christine Hughes' son!*



*Paul's muscles certainly helped Taranaki in winning the steinstossen...get ready for Auckland next year, Paul!*



*Rinaldo, Charlie, Ruth & Vitus enjoying a delicious breakfast at the Swiss Club.*





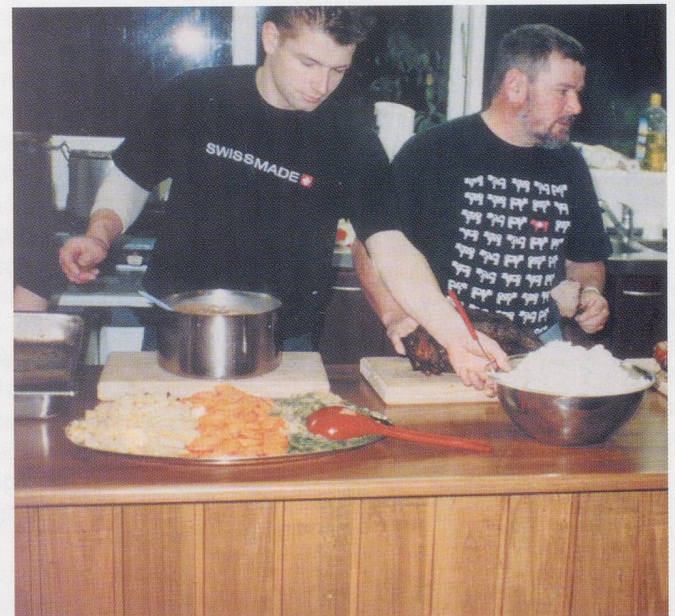
*Edith graciously accepting the runner-up bell.*



*Silvia, Lisette & Marianne entertaining at the Sunday function.*

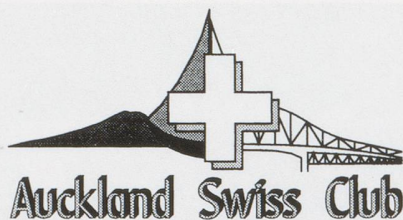


*Dinner was a delicious affair on the Saturday night...thanks to the Wellington members for spoiling us!*



*The nice tombola prizes, and eager buyers of tickets!*





auckland@swiss.org.nz

As we are basking in crisp sunshine we are thinking of hibernation, of burying our cold and sniffles, packing up and going underground for three months. Right! Not before you have read all the news from the Swiss Club, so you know when to wake up and come out of the cave.

I'm sure by now you have heard or read that the AGM of the Swiss Society went off with a hiss and a roar. Auckland was represented by a delegation of 14 adults and 3 children - and we lost the cowbell to Taranaki. We lost the Steinstossen by a considerable difference - it just goes to show the difference between the Puurehatschlis (country bumkins) and the Stadtfritzes (city slickers). With all due respect to our competitors, they are, I thought, pretty strong and fit men, their muscle just wasn't enough. And the Kegeln didn't go our way by a long shot either. Since the shooting was already decided, we enjoyed a game of cards just for fun. This means that a very big cowbell will now hang for a year in the Kaponga Clubhouse; or, who knows, hang around Rosli's neck. It may all have been as a result of the long trip

there, although it was a very pleasant journey for me in one of the four cars that ventured down there. The weather was pleasant and we enjoyed the autumn scenery of this beautiful country, and on the way home our vehicle, to enjoy more of it, made a special little detour, just after brunch at the Dutch Cafe in (comforta) Bulls, and had a beautiful view over the Whanganui Plateau. We stocked up on cheese and bacon at that special little shop at Mercer (behind the big 'pit stop') and Pokeno. It was a lot of fun, and the **Wellington Club** extended to us their most exquisite hospitality, and kept us warm and cosy in their quaint 'new' clubhouse. **A huge big thank you** must go their way for their effort. I also want to thank the drivers Ueli Hess, Syd Melville, Hans Fitz and Dominic Hess, who took on the responsibility of taking us down there and bringing us back, with great care.

Next year the meeting will be in Auckland once again, so everyone in the club can take part, one way or another.

Welcome to the **new members** who joined us recently - Heinz and Kerstin Matysik; Andrew and Dyane Bunter.

We hope to see lots of you during our gatherings and that you have a lot of fun in the club.

It looks like most of us have already gone into the cave or taken off for the homeland, but due to lack of bookings, the **Dinner by Candlelight** had to be **cancelled** at the beginning of June.

The **Card Evenings**, as Hans Iten puts it, are reasonably dismally attended. Nevertheless the ones attending always enjoy a good game and a laugh. The results of the May Card Evening are as follows:

Hans Fitz	4201 points
Lynne Dunphy	4173 points
Hansruedi Wolf	4169 points
Annagret Wolf	4150 points
Toni Manser	3975 points
Louis Wallimann	3939 points
Marie-Theres Melville-Schopfer	3916 points

Tony Mathys	3871 points
Andrew Iten	3763 points
Elisabeth Preisig	3743 points
Otmar Wyss	3717 points
Edith Hess	3701 points
Jakob Preisig	3655 points
Hans Iten	3654 points
Yvonne Buhler	3345 points
Hilda Iten	3444 points
Claudia Buhler	3338 points
Syd Melville	3271 points

(Definitely less dismal attendance this time!)

## To all Swiss Bread and Pastry Lovers

One of our club members, **Markus Schwarz**, recently started a **wholesale bakery and pastry business 'The Konditorei Bern'**.

Markus was born in Bern in 1965. His professional education as 'Backer-Konditor-Confiseur' and his first years of experience as a tradesman kept him in his beloved city of Bern until 1991. To expand his professional horizon he then started his years of travel and spent two years working in the Regent Hotel in Auckland as Chef de Partie. Markus then moved on to Hong Kong to work in a 5-star hotel as Head Pastry Chef, where the east-meets-west influence of ingredients and flavours fascinated him and kept him there for two years. He then moved on to Australia where the demand was high for well qualified chefs in the time leading up to the Olympic Games. After working for four years in Brisbane and Sydney, Markus moved on to Japan where he set up his first venture called 'The Konditorei Bern'. After three successful years with his wholesale business, he then travelled back to New Zealand with his wife Keiko and daughter Hanah in mid-2001. A boy called Lukas joined the family in 2002. After working for almost two years in Auckland in one of the leading restaurants as Pastry Chef, came the time for Markus to start up his own business. The Konditorei Bern will deliver goodies to hotels, restaurants, clubs and delicatessen stores. Everybody is welcome as a customer. Markus puts great emphasis on personal recommendation and advice. The Konditorei Bern is a wholesale business. There is no retail shop at his Rosebank Road Bakery.

We wish Markus all the best for his undertaking and would like to encourage all club members to support his business whenever you have a need for tasty breads and sweets. Details can be found in the advertisement for the Konditorei Bern in this magazine.

## Future Events

Our Trivial Pursuit Night will be held on



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**Saturday, July 12, 2003**, at 7.30pm at The Farm. Entry fee \$10. You play in teams, which you can make up beforehand or on the night. Best team wins a prize. Supper provided and drinks available to buy at the bar. This event is organised by Sandra Hess who you can contact for **bookings on 09 420 4340**.

Please support this, it is new and promises to be a lot of fun. We need your advance booking for this.

**Working Bee at The Farm, Saturday, July 26, 2003, 9am onwards.** Stay as long as you can and help get the farm shipshape, be rewarded with a hearty lunch provided by the club.

**Swiss National Day Celebrations at The Farm, Saturday, August 2, 2003, from 4pm onwards.** Enjoy the serenity of the NZ bushland as we commemorate our homeland. Dinner can be purchased at a price of \$15 for adult members, \$6 for a child or \$20 for non-members, \$8 for a child.

Bookings are necessary to make sure we have enough for everybody. Thank you.

**Fondue Evening is at The Farm, on Saturday, September 20, 2003, at 7pm.**

Price \$15 for members, \$20 for non-members.

Bookings essential as numbers for this are limited.

Phone Trudi 376 4923 or Edith 444 6972.

You only ever get it as good as this in the Swiss Club! Made by Vreni Pfenniger.

### **Our Big City Event**

**Gala Prizegiving for the Shooting Saturday, October 18, 2003, at Sorrento, One Tree Hill. Cost \$45.**

**Dinner, Dance, Entertainment. Tickets available from August.**

Bring out your high heels, your best clothes, and be treated to a great night. All the shooters are encouraged to attend this event as a way of socialising and celebrating your great achievements.

### **Mystery Tour**

**Sunday, November 16, 2003**

Begins at 10am, goes all day until about 5pm, into unknown territory. A big surprise and usually combined with fun and good food.

Then the Christmas Do:

**Sunday, December 7, Samichlaus.**

### **Our forthcoming regular activities.**

**Jassen:** Friday, July 18, 2003, 7.30pm, at 224 Hobson St. Contact Hans Iten 620 9208.

**Stammtisch:** Saturday, July 26, 2003 - Contact Markus Buhler, 832 3334.

**Singing:** Swiss traditional songs, every second Tuesday. Phone Trudi 376 4923.



### **Past events**

#### **Queen's Birthday Weekend**

Wellington surprised everyone with the most beautiful sunny and warm weekend. Sorry Aucklanders for all the warm clothing you did not need!!!!

It was wonderful to see so many of our friends from Auckland, Hamilton and Taranaki arriving on Saturday afternoon. After a warm welcome from Roland, our president, we sat down to a delicious roast dinner of pork and beef with all the trimmings, prepared by our perfectionist kitchen team. (Thank you Theres). Peter Canziani who had come down from Turangi had offered to give the evening that special Swiss flavour and played the old favourites on the Accordion. It was impossible to resist singing along with some of the songs.

During the evening, Queeny, a friend of Roland, and her guitarist friend taught us some American Indian action songs which we all very much enjoyed - we took part in the demonstration or just watched. After a long day travelling and a fun evening our guests retired to get up their strength for Sunday morning's competitions.

Sunday morning breakfast at the clubhouse with Zopfe, Kase and Konfiture and then it was off to the different venues for the competition. By 1 o'clock everyone was back and enjoyed the barbecue lunch.

We had just about finished when the AGM got under way. Marianne got her team around the table and it was on to business.

Meanwhile some of the team went to the Petone Workingman's Club to organise the room and the tables.

Thank you Monika for the beautiful flower decorations. By 6pm the first guests

arrived and our live musicians kept the atmosphere rolling over from the day before. The dinner was very tasty and a splendid spread of sweets. When the tombola tickets arrived they went like hot cakes and the tobola prices were fabulous as promised. Our

Taranaki friends treated us to some Swiss songs and Roland's friends to some Maori songs. All too soon the evening came to an end and we said our fond farewells to the people who travelled early next morning.

Breakfast on Monday morning in the clubhouse and then the Taranaki Bus left for Mahina Bay. It was a wonderful weekend, lots of old friends caught up with the latest news and new friendships were formed. Thank you to everyone who came and took part to make the function a success.

### **Nutrimetics Party 8 June**

A small group of friends and members gathered at the clubhouse on Sunday afternoon to get some knowledge and buy nutrimetics. Angie Lorenz prepared an attractive display of the different products. There was something for everybody...from the handcreme and shampoo, to the soap and footcream.

### **Next Events**

#### **European Forum 26 July**

A Hungarian Dinner will be organised by the Wellington Hungarian Club. The dinner will be served at the Polish Clubhouse, 267 Riddiford Street, Newtown. There will be a live band and the cost per person is \$35 BYO. Book before the 12th of July with Monika 478 5649.

**1 August.** Fire at Petone Beach. Heinz and Peter are real masters in building a bone fire. For many years the weather has been very kind. We always have been able to stand around the fire warming our selves, listening to the rolling in of the waves and singing our songs. Hot dogs and coffee are available. Everyone is welcome.

**2 August National Day celebration.** We celebrate our National Day with a scrumptious meal at the clubhouse, some hot wine and listening to the tape sent from Switzerland. It promises to be a wonderful evening so please come and join us.

#### **Berner Abend 6 September**

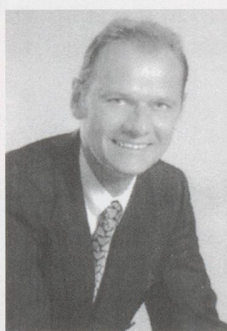
The Berner Abend with the Sound of Switzerland is a favourite for many of us so please put the date in your diary.

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**Adrian von Aesch**



# Hamilton Swiss Club

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## Past Events

**300 Meter Shooting 2003** - 15 club members met at Kaukapakapa, on Saturday, 17 May for the annual 300 metre shooting competition for Hamiltonians. Thirteen took part in the competition and the other two volunteered as Manager and Motivator! Congratulations to Heidi and Willetta for completing the full programme and doing well at it too. We are looking forward to seeing a few more women having a go next year. We had another two shooters who hadn't shot with a Karabiner for over 20 years and one total newcomer. Congratulations to them for their achievements. Last, but not least, thank you to the 'diehards' for supporting the event year after year. The weather was great and camaraderie, food, wine and hunting were excellent (next year you can club the opossum dead before dinner so we can eat it rather than parade it on Herbert's



Hamilton shooting weekend in Auckland.

A husband, proving to his wife that women talk more than men, showed her a study which indicated that men use about 15,000 words a day, whereas women use 30,000 words a day.

She thought about this, then told her husband that women use twice as many words as men because they have to repeat everything they say.

Looking stunned, he said 'What?'!!!

towbar all the way to Hamilton). We had a great weekend and I look forward to next year's event. Thank you to Henry, Chris, Terry and the Auckland Club for their support. Medals for last year's event will be available at the forthcoming Schutzenball in Auckland. It looks as if we will get 20 medals for 2002 and possibly 16 for this year. Well done team.

A special thank you to Anita and Walter Zuber for sponsoring the club championship medals for the second year. Your support is very much appreciated. We just need to make sure we get the odd medal back to Hamilton.

**Hans Vetsch, Riflemaster for the Hamilton Swiss Club.**

## Card Evenings

Our third card evening, held on 24 May at Matamata, was once again well attended, with 44 players. At the completion of this evening, members were informed that a private function, to which a large number of card players were invited, would clash with the following card evening. Therefore it was agreed that this would be brought forward by a day.

So, two weeks later, our fourth card evening was held on Friday, 6 June at Cambridge. Any concerns there may have been about the last-minute change of date were obviously unfounded, as we then had an impressive turnout of 50 players on the Friday night!!

Once again, we were provided with some delicious suppers on both evenings - a

big thank you to everyone involved with cooking, baking, and helping on the night. Thank you also to those people who have donated extra prizes for our card evenings. These are always much appreciated.

## Winner of the third and fourth card evenings are as follows:

### Third Card Evening May 24

1. Otto Fitzi	4197
2. Angus Forsythe	4185
3. Hans Vetsch	4148
4. Margareth Hayward	4143
5. Heidi Leuenberger	4138
6. Uli Elmiger	3995
7. Oskar Reichmuth	3977
8. Heidi Santner	3975
9. Robert Frischknecht	3971
10. David Fitzi	3961

### Booby Prize

Erika Bolli	3398
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### Fourth Card Evening June 6

1. Therese Rust	4197
2. Heidi Santner	4189
3. Willetta Staheli	4143
4. Theresa Fitzi	4084
5. Bruno Rufer	4057
Ernst Rust	4057
7. Heidi Leuenberger	4051
8. Robert Blaettler	4026
9. Margarethe Poppe	4021
10. Vitus Achermann	4000
11. Roesli Schuermann	3985

### Booby Prize

Beatrice Leuenberger	3231
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### Trip to Wellington on Queen's Birthday Weekend for the Society AGM :

The Hamilton club was represented by 13 members, 7 of us went by van and had a great time there and back. The other 6 did it the fast way and flew! We were all made very welcome on Saturday evening at their new clubhouse. With a glass of wine and a very nice roast dinner the atmosphere soon soared, helped along by Peter with his accordion and Roland's friends with their singing. By the time the last of the Auckland contingent arrived, the house was well and truly full. The Wellington members have done a great job doing up the old post office. A lot of work is still ahead of them to bring their plans to an end, but when it is all up and running, they can be proud and satisfied with their achievement.

Sunday morning, after a real Schwiezer Zmorge, the competition for the cow bell began. Taranaki easily retained the trophy (maybe we should handicap their strong men?). After a barbeque lunch it was down to business. The Society Meeting chaired by Marianne ran very smoothly - I'm sure someone more qualified will report on the proceedings. Thank you Wellington for your hospitality. The Hamilton members had a great time! Look forward to Auckland next year.

**Vitus Achermann - Vice-President,  
Hamilton Swiss Club**

*Congratulations to Richi Wehrle on his 60th Birthday. This occasion was celebrated in great style on 7 June.*

### Forthcoming Events...

**Saturday, 5 July, 7.30pm:** Sixth and final card evening will be held at the Union Parish Church, 43 Queen Street, Cambridge.



*Hamilton Club members enjoying dinner at the Workingmen's club*



*Entertainment at the Wellington Clubhouse*

**Saturday, 19 July** - the First of August Celebration will be held at the Eureka Hall, commencing at 8pm. The earlier date has been decided on so that the farmers have an opportunity to attend before they get too busy on the farm with calving. We are very fortunate to have the Holzhacker band from Auckland to entertain us. You can expect the usual delicious dinner as well as lots of Swiss baking for supper. Please come along and support your club as well as enjoying a great night out.

**Sunday, 24 August** - Family Walk along the riverbank in Hamilton. Further details in the August issue of the Helvetia.

AZ

**You know  
the world is  
going crazy when  
the best rapper is a  
white guy, the best golfer  
is a black guy, the Swiss  
hold The America's Cup,  
France is accusing the US of  
arrogance and Germany  
doesn't want to go to  
war.**

## CHOCOLATE

Half a block of chocolate every day!!!

Chocolate is not fattening!?! Chocolate puts you in a good mood and makes you happy!!!

We would never have believed it... so much was said against that sweet delicacy but chocolate is definitely good for your health in many ways!!! It contains different elements and chemicals to lower your blood pressure, cut down stress, lower the risks of heart attack, it may even help against cancer and menopause problems!

Forty grams of chocolate is as good as a glass of red wine! Cocoa fat is a vegetable fat and is supposed to help keep your cholesterol down!

After all if you have a good balanced diet, lots of exercise and half a block of quality chocolate every day, you might stay away from your doctor and be in a good mood!!!

*'Before you criticise  
someone, walk a mile in  
his shoes. That way, if he  
gets angry, he'll be a mile  
away - and barefoot.'*



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