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President's Report

This has been an eventful month for us ...

after packing the October Helvetia, I went into labour (must have been strenuous work packing that magazine!!!) and several hours later we had a little boy, Daniel Robert (3.54kg and 53cm long ... already a third of my height!!!). My, my how someone so small can change adult lives ... from quiet nights to getting up a few times for feeding ... from a few

washes a week to filling the washing machine twice daily ... from peace to noises of crying ... and they say this is just the start!!! We are so grateful he is a happy, healthy wee lad ... and parents and grandparents are really enjoying him!!!

We have been so very lucky to have many wonderful friends who have spoilt Daniel and us!!! From lovely cards and gifts to baking and cooking ... it's terrific to

have great friends, and we have certainly appreciated everyone's kindness.

I hope, for your sake, we still get the Helvetia out on time ... presuming I don't get too many interruptions!!! I have been told that I would have plenty of baby sitters when we pack the magazine ... perhaps no more magazine packers though!!!

Regards
Marianne

Spruch des Monats

Es ist alles nur geliehen.

Es ist alles nur geliehen hier auf dieser schönen Welt.
Es ist alles nur geliehen, aller Reichtum, alles Geld.
Es ist alles nur geliehen, jede Stunde voller Glück;
Musst Du eines Tages gehen, lässt Du alles hier zurück.

Man sieht tausend schöne Dinge und man wünscht sich dies und das.
Nur was gut ist und teuer macht den Menschen sehr oft Spass.
Jeder möchte mehr besitzen, zahlt er auch sehr viel dafür,
Keinem kann es etwas nützen, es bleibt alles hier.

Jeder hat oft das Bestreben, etwas Besseres zu sein,
schafft und rafft das ganze Leben, doch was bringt es ihm schon ein?
Alle Güter dieser Erde, die das Schicksal Dir verehrt
sind Dir nur auf Zeit gegeben und auf Dauer gar nichts wert.

Darum lebt doch Euer Leben! Freut Euch neu auf jeden Tag!
Wer weiss auf unser Erdenkugel was der Morgen bringen mag?
Freut Euch auch an kleinen Dingen, nicht nur an Besitz und Geld.
Es ist alles nur geliehen, hier auf dieser schönen Welt.

Contributed by Walter Seifert

Message from the Embassy of Switzerland on behalf of The Organisation of the Swiss Abroad

Switzerland's worth a trip!
Holidays and training possibilities for young Swiss living abroad

The new Winter 03/04 programme is available now. If you are interested, please contact the Embassy or visit the following web site www.aso.ch (section "Jugend")

Kiwifruit

- a little bit about it.

The Kiwifruit plant originally came from the Yangtze Valley in China many many years ago and indeed in this country was known as the "Chinese Gooseberry." In NZ the industry began with a few pioneers in the 1950's, and about this time the first Kiwifruit were exported to England. The main beginning of the industry took place in the 1970's.

Kiwifruit has a number of unique qualities - it's very rich in Vitamin C (twice as much as an orange), high levels of Vitamin E (twice as much as an avocado), high in Potassium and other minerals and has a substantial fibre content. Another feature of the Kiwifruit is that it can be stored under refrigeration at slightly above zero degrees Celcius for over nine months.

The vines produce their first crop in about 4 years, and reach full production at the age of 7. There must be a male and a female plant, with the ratio being about one male plant to seven female plants. Only the female plants bear fruit.



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