

# Swiss Club news

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## Swiss club news

### TARANAKI SWISS CLUB

#### Past Events

The last two jassen afternoons were held in July with attendance quite good. Here are the results:

##### 14 July:

- 1<sup>st</sup> Frieda Meier with 20 points.  
2<sup>nd</sup> Heidi Werder – 16 points.  
3<sup>rd</sup> Zeno v Hospenthal – also 16 points but lost the cut.

Booby: Mathias Seifert with 6 points.

Raffle winners were Zeno, Berta Hughes and Myrtha Seifert.

##### 21 July

- 1<sup>st</sup> Josie Gillbanks with 18 points.  
2<sup>nd</sup> Margrit Dudli – 16 points.  
3<sup>rd</sup> Frieda Meier – 14 points and won the cut from Berta Sidler, Erna Zimmermann, Albi Schuler and Mathias Seifert.

Booby: Berta Hughes with 2 points. Lucky raffle winners were Margrit Dudli, Zeno v Hospenthal, Josie Gillbanks, Myrtha Seifert and Heidi Werder.

Winner of the Jassen Cup was Frieda Meier with 82 points, with runner-up Albi Schuler with 71 points and third equals Berta Sidler and Jose Gillbanks with 70 points. Congratulations to you all. Word of thanks – I would like to thank everyone who attended the seven card afternoons!

A very special thank you to Heidi Werder for donating three times 1kg of honey to our Raffle.

Also thanks to Margrit Dudli for donating a new “clipper” (hole punch) and to Mathias and Heidi Seifert for also donating a “clipper”. Our two old ones needed replacing!!!

And last but not least, thanks to Frieda Meier for helping me! I wish you all a happy spring time and hope to see you all again at next year's cards!!

*Regards, Walter Seifert*

#### 1<sup>st</sup> of August celebrations

On the 27<sup>th</sup> of July, we held our 1<sup>st</sup> of August celebrations, with an excellent crowd attending. Proceedings commenced close to time, with many children walking into the Club house with lampions, followed by several strong men with bells ringing loudly ... it was a wonderful start to the evening!!! Congratulations on the great idea!!! Othmar welcomed everyone and we then listened to the speech by the President of the Confederation, Mr Ueli Maurer, accompanied by a beautiful slideshow of Switzerland. The National Anthem was then sung ... well we probably actually all listened to the beautiful voices, rather than singing!!! Silvia and Lisette sang two harmonious duets, followed by a slideshow “Wappenfest” with Swiss music present by Jacqui Meier ... well done Jacqui, it was fantastic!!! The singing group performed several well-known tunes very well, with musical entertainment provided by our accordionists, followed by handing out of the Swiss Society medals and several trophies – Frieda Meier won the Jassen Cup, with Mark Kiser winning the Dettling Memorial Trophy for the Karabiner Shooting. Well done all the participants of the various sporting events and congratulations to all the winners. Thank you to Dani Meier, Peter Arnold and their team for their skit, which was followed by the popular tombola. Grateful thanks to Erna and Heidi for organising the various prizes with the tombola table looking terrific. Another fun skit by Dani, Peter and their team followed, so the variety in entertainment was endless! Thank you everyone who put time and effort into their performances. Everyone seemed to enjoy a delicious supper which held great variety in savoury and sweet treats. Thank you to the ladies who prepared the wonderful array of food, and to the many non-committee members who washed and dried the dishes. The following morning, the loyal band of committee members who were able to make the clean-up arrived at the hall around 10.30am, with the hall looking

great after a make-over!!! We were then able to hold our committee meeting outside under sunny skies ... however we retreated to the club house for a quick lunch before making our various ways home!!! Thank you to everyone who contributed to the evening and clean-up; without such a loyal contingent of workers the jobs wouldn't be completed so quickly!!!

#### Forthcoming Events

##### October

3 & 17 Keglen recommences at 8.00pm ... come and give this “Swiss” sport a go and create more competition for the existing participants.

20 The Trudi Ott Belt Shoot and the Championship Shoot will be held today, from 1.00pm. Go along and support Mark. He offers coaching tips and would love to see you!!!

##### November

7 & 21 Keglen will be on again ... come along and support Johnny and his team with a friendly game of keglen, a good natter and a delicious supper.

8 OUR PATRON, LOU BUTLER IS CELEBRATING HIS 80TH BIRTHDAY at the Taranaki Swiss Club clubrooms on the 8th of November from 5.30pm. All members are most welcome to attend, with a pot-luck tea being held. No presents please but just your presence!

On behalf of the Taranaki Swiss Club we wish you a Happy Birthday and all the very best, Lou.



17 The Ted Napflin Memorial Shield and Championship Shoots will be held today, with Mark in charge. Parents please bring along your children to give this sport a go.

##### December

15 The Christmas Shoot / Keglen will be held from 10.00am, with all participants required to bring a wrapped present with a minimum value of \$10.00. A children's activity will be organised around the Christmas theme.

## Swiss club news

A shared pot-luck lunch will be held before Father Christmas arrives to distribute some presents for the children (parents please bring a wrapped and named present for your children). The adults' prize-giving will then be held, with a few mystery prizes up for grabs.

Mark always organises this well, so please come along. **This year we are holding the Christmas Shoot a little later in the hope that a few more people will come along ... so please support the Club by attending this function. Thank you!!!**

31 New Year's Eve will be held in conjunction with the Campervan Association again. Happy hour starts around 4.00pm, a BYO BBQ from 6.00pm and then entertainment galore so that everyone sees the New Year in!!! Please come along and have a great time!!!

### Condolences

Members of the Taranaki Swiss Club were saddened recently to farewell Mr Bruno Frank, secretary of our Club many years ago, who passed away in Hawera. The club extends its sincere condolences to Mr Frank's family. MD

## WELLINGTON SWISS CLUB

### Leaving Members

Pitsch Leiser and his family are leaving Wellington and moving to the Hawke's Bay. We are sad to see them go and wish them all the best for their new life. Pitsch has been a very active member of our committee over the years and we will miss him.

### Past Events

#### L'Escalade – 20 June

What a fun day we had dressing up and celebrating Geneva's unofficial "National Day"! We started the day by chopping the vegetables for Mère Royaume's traditional soup. The kids had a ball helping us.

While the soup was simmering, it was time for a history lesson so we listened as Nathalie told us the story of L'Escalade, which most of our Club members had never heard of and found very interesting. Following the more modern tradition, we had a fun run around the Club rooms. Back inside, the children put up a very lively pantomime of the story of L'Escalade. I think they really enjoyed the play-fighting and throwing toy vegetables around! And then it was time to share our supper of vegetable soup, homemade bread and cakes. Even the kids ate their soup without complaint! And of course, the youngest and oldest in attendance got to break the (papier-mâché) soup pot, symbol of Geneva's victory of the Duke of Savoy. Read more about L'Escalade in the December-January issue of Helvetia.

#### Bonfire – 1 August

We got very lucky with the weather: Light breeze and not too cold. Everyone had a lovely time gathering on the beach, roasting marshmallows and singing traditional songs. And to make it extra special, we had Rivella on sale!

#### National Day Dinner – 3 August

Just over 50 people gathered for a scrumptious dinner at the Club rooms. Thank you to Roland, Peter, Heinz, Theres and all the other volunteers who worked so hard in the kitchen. For our main, we had a special beef dish marinated in wine for a week. I'd love to get my hands on the recipe! And of course, the night wouldn't have been complete without some singing lead by our choirmaster Heinz.

#### Jassen - 11 August

For a while, it looked as if we'd have enough players for two tables, but in the end we were down to one table with a Chnächt. Some had played with a Chnächt before, and some learnt it on the spot – we are never too old to learn something new! And there was enough cake to keep everybody happy – a nice Sunday afternoon for all who came. tb

#### Jassen – 1 September

Oh Gee – collision with Father's Day! Three card players were willing to

come and play, but we couldn't find a fourth one, let alone a Chnächt, so the Jassen had to be cancelled. Let's hope all card players are back in October! Tb

#### 14 September: Fondue

Our second Fondue was delicious and a great success: Old members and new members mixed and had a good time. We had great help: The Schwinn family arrived to help cut the bread before the bread arrived – so they first laid the tables! They brought along a visitor from Switzerland; we like tourists – especially when they help as much as Konstantin did. Heinz grated I don't know how many kilos of cheese, and our mathematician Odile worked out the golden mixture.

We started off with our traditional Glühwein and nibbles (thank you Sandie; you do such a good job that we'll keep you on!), followed by a mixed salad; thank you Trix for the salad dressing and all your help. We missed one of our usual helpers, Sam Simons; he was busy winning silver medals in judo (yes, in plural!) in Christchurch. Congratulations!

This time the fondue was an hour earlier, to make life easier for young and old members who prefer an early meal and like to get home not too late. Nobody missed out on the delicious dessert; thank you, Steffi, for the very chocolaty pears! You helped us a lot, as we didn't have to worry about the dessert! Many club members generously brought cakes and biscuits to go with the coffee, and many, many helped with the dishes; thank you all! We hope you come again!

Peter even stayed overnight and by the time the clean-up crew arrived on Sunday morning he had just about done it all on his own. A huge thank you also to Murray and his committee; we do appreciate your work and know we shouldn't take it for granted. Tb

### Upcoming Events

#### Jassen – 6 October

All the hard-core Jassers will be contacted. We'd love to see new faces, too!

## Swiss club news

If you enjoy a game of cards in friendly surroundings, ring Trudi on 56 28 019 to make sure we have enough players and we do play at the clubhouse! Tb

### Movie Night – 12 October

Last year's movie session at the clubhouse was such a success, we're doing it again. We'll start with a movie for the children in the afternoon, followed by a late afternoon tea (please bring a plate to share) and then a movie for the adults. Gold coin donation for the popcorn. For more information or to register, please call Murray on 528-6960).

### Garage Sale – 2 November

Looking for something to do during those cold, wet and windy winter days when you don't want to poke your nose outside? How about having a good clearout and putting your unwanted wares aside for the Club's garage sale? The garage sale is a major fundraiser for the Club and wouldn't be possible without your generous donations. Please contact Peter (027 443 8609) or Heinz (526-3551) to arrange pick up/drop off of your donated goods.

### Jassen – 3 November

All the hard-core Jassers will be contacted. We'd love to see new faces, too! If you enjoy a game of cards in friendly surroundings, ring Trudi on 56 28 019 to make sure we have full tables! Tb

### Pechakucha – 16 November

Unfortunately, we have had to cancel this event as Pitsch won't be here to run it and the committee doesn't have any experience with pechakucha. If you feel confident you can run this event, please get in touch with the committee as soon as possible ([wellingtonswissclub@gmail.com](mailto:wellingtonswissclub@gmail.com))!

### Jassen – 1 December

Last chance for an enjoyable Jass afternoon at the clubhouse in 2013! All the hard-core Jassers will be contacted. We'd love to see new faces, too!

Please ring Trudi on 56 28 019 to make sure we have full tables! Tb

### Samichlaus – 8 December

Always popular with the kids! Once again, Samichlaus and Schmutzli will be visiting the Club room to distribute treats to all the children who have been good during the year. More details will be emailed closer to the time.

### Christmas Dinner – 14 December

Our Christmas dinner will take place on 14 December. More details to come closer to the time. We are always looking for volunteers to help cook the meal, set up the Club rooms and clean up after the event, so please let us know if you are able to help.

By Natalie Leamy



HAMILTON  
SWISS CLUB

## Past Events

### Swiss National Day Celebration, Sunday 28th July

About 75 people came along to our lunch-time First of August Celebration at the Matangi Hall. Attendance was down from previous years because an exceptional number of people were travelling overseas this year, including the bulk of our committee. However, this didn't put a dent into the atmosphere – the hall was beautifully decorated with flags, lampions, and cowbells – including the large bell we had recently won in the Society cowbell competitions!

This year's menu consisted of hot ham, sausages, a huge variety of the most delicious salads and home-made breads. This was served buffet style, and there was plenty available for second and for some maybe even third helpings. And going by the many compliments received, the lunch was enjoyed by one and all. Our commemoration of the 722nd Swiss National Day began when several children, the younger ones assisted by parents, paraded their lampions

around the hall – just like it's done in Switzerland – and each child then received a small bag of chocolates.

Following this, we listened to the recording of the Swiss President's speech, followed by a very fine rendition of the National Anthem, two verses in German followed by two in English – accompanied by the Club's singing group.

And for everyone to get to know just a little bit more about each other, Rinaldo Rust called out all the Swiss Cantons for people to identify where they originally came from. This encouraged many to then discuss more about their own local area with people around them.

With so many of the committee away this year, we were lucky to have Heidi Fransen and family come along and help us - including decorating the hall, working in the kitchen and clearing tables. And then following lunch, Heidi's daughters also did a great job selling raffle tickets – thank you so much to you all for your help!!

A little later, several children helped draw the raffles tickets – fifteen lucky winners were able to take home a prize. Many thanks to everyone who donated to our raffle table. This was quickly followed by coffee and dessert – another wonderful selection of home-made baking which is always appreciated by everyone.



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# Swiss club news

Being calving season in the Waikato, several people weren't able to stay too long and very shortly headed home – others remained a little longer, making the most of catching up with friends on a Sunday afternoon. All in all, it was a very enjoyable day.

Once again, many thanks to Heidi and Family for all of your help, and also to everyone else who helped with baking and salads; and also clearing tables and doing dishes – it is much appreciated, and you all helped to make it a very special and successful day. (BL)

## Welcome to recent new members to Hamilton Swiss Club:

- ☺ Mrs Muriel Baldwin, Cambridge
- ☺ Family René and Verena Burri, Matamata
- ☺ Family Sonia and Bryce Ede, Cambridge
- ☺ Jonathan Hofer and Brigitte Jakob, Matamata
- ☺ Family Thomas and Michelle Huber-Leuenberger, Hamilton
- ☺ Mike and Anita Meister, Hamilton
- ☺ Family Anita Wartenweiler and David Thomson, Cambridge

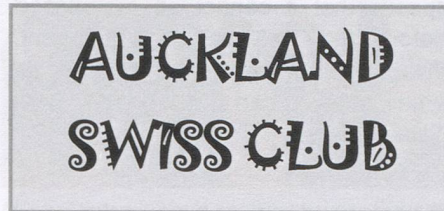
## Forthcoming Events ....

**Family Walk** on Sunday 3<sup>rd</sup> November 11am. Meet at the carpark over the bridge at McLaren Falls. McLaren Falls is to the right off SH29 heading towards Tauranga from the Kaimais. Please bring a picnic lunch and then walks will be organised according to the group. Ring Anita on 0274 985 170 if you have any further queries.

**Family Christmas Party** on Sunday 1<sup>st</sup> December 11am at the Newstead School. We will again be organising crafts and activities for the children to participate in. If you have any ideas or crafts to share, please come along with them. Lunch, drinks and coffee will be provided. Please bring a plate of baking to share. We will also be doing raffles, so if anyone would like to donate a prize for the raffle table then that would be much appreciated. Santa should also be making an appearance, so bring your young family along to meet Santa or make it a social gathering for the “not so

young”. For further queries please ring Beatrice 07 843 7971, email [bea.leun@xtra.co.nz](mailto:bea.leun@xtra.co.nz) or Anita 0274 985 170, email [zuber@xtra.co.nz](mailto:zuber@xtra.co.nz)

AZ



## Past events

### National Day Celebration Saturday 27 July

Edith has been my mentor in the Swiss Club. One of her many wisdoms is: “Do not mention names when you thank your fellow club members for their contribution to a project – you are bound to forget a very important person.” So I say it in one big sweep: You did a wonderful job, from the amazing kitchen crew to the diligent young waitresses and waiters, from the choirs to the soloists to the ensembles, from the decorator to the organisers to the MC. Thank you all very much.

Some 100 of us enjoyed each other's company in a relaxed environment. This was the first big event that our brand new kitchen team catered for. It sounds a daunting task to follow in Edith's footsteps and feed half an army, but not only was the meal delicious, it also arrived on time, and hot. In case you wonder what you missed out on: An assortment of salads with yummy bread, stir-fried pork with mushroom and cream sauce, noodles, tomato with balsamic glaze, panna cotta and berry coulis served with wafer, coffee, and tea with Wernli biscuits.

Having been involved in planning the entertainment, I was very happy how it worked out to do it in small portions – a bite to eat, then something to watch and listen to. Nobody got bored with too much of the same for too long. Ueli Maurer's speech of course was part of it; his English is not too bad at all I thought. The National Anthem did

seem to drag a little. Your chance to improve on it: In the first half of 2014 there will be a competition in Switzerland for a new anthem.

So with a bit of luck, we will sing 'Trittst im Morgenrot' only one or two more times!

### Bonfire at the Swiss Farm 01 August

This year's 1st of August bonfire at the Swiss Farm was a great success. More than 35 members gathered at the farm for dinner and celebrations. The grill was fired up and various sausages were cooked and enjoyed. We were delighted to see so many new faces; some had just arrived in New Zealand a few days prior. The weather cooperated, allowing us to light the bonfire. The children, while supervised, helped light the fire. Members gathered around the bonfire, sipping on wine and Rivella, sharing stories from their childhoods in Switzerland. New friends were made and old friends created new memories together. Some non-Swiss experienced the traditional bonfire for the first time. The evening was a great success and turnout, even though the 1st fell on a Thursday night. Another successful event for the Auckland Swiss Club!

By Sabine Wyss

### Jassen Friday 09 August

The group was a bit smaller than usual, with many of us, including Hans and Hildi Iten, being overseas. And the clever / lucky winners were:

			9-Aug
1st	Adrian	Blaser	4274
2nd	Emil	Tellenbach	4046
3rd	David	Kandziora	4012
4th	Nelly	Steinmann	3941
5th	Heinz	Frei	3872
6th	Louis	Wallimann	3803
7th	Fidel	Good	3752
8th	Amelia	Fitzi	3685
9th	Edith	Hess	3664
10th	Marie-Theres	Melville	3619
11th	Franz	Krieger	3601
12th	Berta	Good	3504
13th	Carmen	Gordon	3490
14th	Walter	Haller	3489

## Swiss club news

### Pub night 06 September Mac's Brew Bar

12 people joined us for September's Pub Night at the very lively Mac's Bar in Takapuna.

New members seem to favour Pub nights to get into our club as four new members, who just joined the club a week ago came along. Welcome to Barbara & Vivien as well as Tobias & Victoria. It was nice to meet you and we're hoping you will join many more of our events! And well done to our new secretary, Sabine, who did a fabulous job inviting them.

By Erika Lanz

### Jassen Friday 13 September

			13-Sep
1st	Annagret	Wolf	4033
2nd	Hansruedi	Wolf	3999
3rd	Heidi	Wilson	3966
4th	Balz	Schaerer	3942
5th	Jenny	Herzog	3911
6th	Carmen	Gordon	3910
7th	Heinz	Frei	3908
8th	Fidel	Good	3836
9th	Berta	Good	3824
10th	Vivian	Roduit	3818
11th	Louis	Wallimann	3813
12th	Barbara	Fuhrer	3772
13th	Nelly	Steinemann	3743
14th	Andrew	Iten	3736
15th	Lynne	Dunphy	3732
16th	Sabine	Wyss	3707
17th	Nick	Sheppard	3707
18th	Franz	Krieger	3699
19th	Edith	Hess	3665
20th	Adrian	Blaser	3646
21st	Walter	Haller	3629
22nd	Christine	Sheppard	3569
23rd	Daniela	Schwarz	3566
24th	Marie-Theres	Melville	3564
25th	Ian	Gordon	3505



## COMING EVENTS

### October and November

#### Friday 04 October 8pm

Pub night. This is going to be so special that it cannot be announced before the Helvetia goes to print. Watch the space, you will be sent an email, and you can check on the Swiss Club website.

#### Friday 11 October 7.30pm sharp

Jass, Danish House, 5 Rockridge Ave Penrose. Do join us, newcomers welcome, free tuition!

#### Friday 01 November 8pm onwards: Pub Night:

The Birdcage Restaurant and Bar, 133 Franklin Rd, Freemans Bay (Victoria Park)

Doesn't the building look interesting already? See [www.birdcage.co.nz](http://www.birdcage.co.nz). Imagine spending an evening there in lovely company!

#### Friday 08 November 7.30pm sharp

Jass, Danish House, 5 Rockridge Ave Penrose. This is also the society jass where you can win your medal!!

#### Sunday 10 November : SWISS CLUB EXCURSION TO RANGITOTO ISLAND

Have you ever been to Rangitoto, Auckland's landmark, some 600 years old only? You see it from everywhere – which means you get stunning views, and discover a very different perspective of Auckland. But there is more – caves to explore, easy walks, bush, birds, eerie lava fields, interesting history, old baches, opportunities to swim.

At the time of writing, the November timetable for the ferries is not out yet; the times below are provisional. You will get an email before the outing or you can also check the Swiss Club website, or phone me (Nelly) at 4794038.

We intend to meet at the Auckland and Devonport Ferry Terminals. Look for someone waving a Swiss flag at

Auckland at 9.00 for 9.15 departure (presuming current timetable will be in force still), or at Devonport at 9.10 for 9.25 departure. Unfortunately, Fuller's group discounts are meager and need to be paid in advance, so that we decided everyone will pay for their own tickets. You don't even need to book. The current price is \$28 for adults, 14 for children aged 5 to 15, free for children under five, \$25 for seniors 65 and over, and \$69 for a family of 2 adults and 2 children. The boat leaves Rangitoto Wharf for the return trip at 4pm. The trip is so short you really don't have time to get seasick.

We have several options for walks up to the top to an altitude of 259metres (a must!) and down again, and will decide on the day which one to take, possibly go in two groups. The shortest hike takes one hour up, 40 minutes down, and is easy. A detour to explore lava caves makes it more exciting. There are opportunities to swim, either in McKenzie Bay (a bit of a detour) or near Rangitoto Wharf (somewhat small swimming area).

Wear walking shoes, take all your food and drinks (no shops on the island), sunscreen and hat, a torch for the caves, a towel and togs if you like to brave the water (for the uninitiated: "Togs" is the Kiwi word for bathers (swimsuit)).

#### Saturday 30 November 10am

Working bee at the farm. Get it in ship-shape for the arrival of the very special guest on 08 December! Enjoy a free lunch courtesy of the club, and meet some other hard workers.

## LOOKING AHEAD

#### Sunday 08 December 11am Santa comes to the farm

#### Sunday 15 December 2.30pm: Carol Singing at the Danish Club

## WELCOME TO OUR NEW MEMBERS

As Erika mentioned we have had more young people joining. Very reassuring for us oldies!

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## Swiss club news

Cont. from page 18

A warm welcome to Vivien Roduit and Barbara Fuhrer, as well as Tobias and Victoria Egli. We wish you a happy time in Godzone and with the Auckland Swiss Club.

### OTHER NEWS:

Heidi Wilson has been our secretary for 9 (NINE) full years, and has done a fantastic job keeping everything in order and communicating with all the club members. Her people skills are great; she just knows what to say in all situations.

Lately her grandmother duties and other commitments have been competing with the Swiss Club, and she has decided to give it a break. Heidi is now looking forward to "just being a member", after having been thrown in at the deep end all these years ago, when she was promoted to secretary as soon as she joined the club. Thank you so much Heidi for all you have done. You have been particularly generous also, sponsoring the helpers on our National Day celebration, and much more. We look forward to seeing you at Jass and all the other events Heidi!

... And of course you will still be offered a towel to dry the dishes!

At the same time we welcome our new secretary, Sabine Wyss. Sabine kindly offered to take over. You will know her or at least her name from our earlier editions – Sabine has been looking after our website and our Facebook page. Just check them out again, you may even find a photo of yourself there!

Sabine has an interesting background – born in Lausanne, and grew up in Canada and the USA mainly. Sabine moved to New Zealand last year, and is enjoying Auckland very much.

Welcome again Sabine, we look forward to working with you! It's exciting to have another French speaking Swiss in our club, looks like you have attracted others already. Your personality, and your computer and photography skills are greatly appreciated.

### With the change of secretary, the Auckland Swiss Club has a new address:

Auckland Swiss Club, 157B Colwill Rd, Massey, Auckland 0614

By Nelly Steinemann

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## Swiss news

### Switzerland tops field in competitiveness

Switzerland has again been named the most competitive country in the world in an annual survey released on Wednesday by the Geneva-based World Economic Forum. Singapore ranked second, Finland third, Germany fourth and the US fifth.

Switzerland's strengths lie in its innovation, its system of education, and its research institutions, as well as its superb infrastructure, transparent administration and functioning finance and job markets, WEF said.

There is room for improvement in several areas, according to the study. Swiss youths should have greater access to universities and women

should have greater access to the business world. The study also criticised the protectionism in the Swiss agricultural market.

"It is important that Switzerland shy away from overregulation and protectionism and focus on its competitive advantages," said the study's authors. WEF praised the financial and banking sectors for quickly adapting to new realities.

The study urged countries with lower rankings – such as Spain (ranked 35), Italy (49), Portugal (51) and Greece (91) – to improve access to innovation in order to address the inefficiencies and flexibility of their markets.

[http://www.swissinfo.ch/eng/swiss\\_news/Switzerland\\_tops\\_field\\_in\\_competitiveness\\_.html?cid=36815206](http://www.swissinfo.ch/eng/swiss_news/Switzerland_tops_field_in_competitiveness_.html?cid=36815206)

### Swiss gelotology study underway

Gelotology: What a mouthful! It's the science of the impact of laughing, both mental and physical. Laughing has been found to reduce the three stress hormones adrenalin, cortisol and dopac significantly. Laughing therapy, believe it or not, is increasingly used to combat stress, low immunity and depression. Based on the convincing results of gelotological research, some hospitals in the US and Europe have introduced Clown-Doctors who help patients heal with a dose of humour.

Under the Motto "Humour is, when no Swiss laughs", the Psychological Institute of the University of Zurich has embarked on a study to explore what makes us Swiss laugh.

Wait and see!

<http://www.psychologie.uzh.ch/fachrichtungen/perspsy/forschung/versuchsteilnahme/online-untersuchungen/schweizerhumor.html>