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From the editor

Dear Helvetia Readers,

I'm a summer girl at heart. I have always felt most at home with my feet in the sand, the sun beating down on my skin and the taste of salt water on my lips. As such, it will come as no surprise that in these cooler months my tendency towards hibernation exponentially increases while my desire to get out and enjoy the outdoors significantly decreases. In our house, diet and fitness regimes have become lost on the fridge door, hidden behind interesting recipes to try. This year, rather than get frustrated with the weather and disheartened by the shorter days, I am determined to embrace them, spending more time cooking and reading and of course, investing in some proper cool weather clothing.

In preparation for the cooler months I have purchased a new pair of house shoes, well house boots actually, to keep my feet warm. To keep my head warm my mother knitted me a delightful beanie. And to warm my belly, much to my husband's delight, I am baking. I have Edith's Bündner Nusstorte recipe (see page 17) placed front and centre on the fridge (to make room I might have had to sacrifice a yoga studio class timetable.. whoops). This year I am also determined to make the most of the warmth and light that is found indoors by watching less TV and reading more. Curling up on the couch with my favourite blankie, a cup of tea and something fascinating to read is where you will find me these days.

So whether you are reading this edition of Helvetia, with a cup of tea on the couch like me, or reheating yourself by the fire having just braved the outdoors, I hope you enjoy what we have prepared for you in the coming pages. A special thanks to Nelly, for her outstanding contributions to this edition. While she is busy being the Secretary of the Swiss Society, she also found time to write the Auckland Club News (page 12) and a very special article with a very special couple (see page 3 Interview with the Itens). Thank you Hilda and Hans Iten for sharing your story with us.

I hope you enjoy this issue.

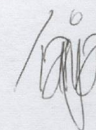
Victoria

Dear Readers,

I have just been enlightened that the gold spoon the Appenzeller men wear in their ear is, as I suspected, not for eating their soup... It is called a "Schueffle" and was traditionally a special spoon used for taking the cream off the milk when on the Alp (Abrahme im Napf). Thanks Sylvia.

I am not going to dwell on the results of the Semi Final of the cowbell competition – I can't even blame it on Hamilton's home advantage since they simply just were better at everything (apart from shooting!). So Congratulations to Hamilton and thanks for an awesome day in the Waikato! Your dessert buffet was once again astonishing! A Swiss Bakery is not even a comparison, that's how amazing it was!

With compliments from a baker's daughter,



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