



SWISS HERALD

January/February 2017 Edition

Swiss Society of Vancouver
P.O.Box 32021 Walnut Grove
Langley, BC V1M 2M3

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Uetliberg hell; Sylvester 2016

HAPPY 99. BIRTHDAY, Rosa Zumbrunn!

Rosa Zumbrunn will celebrate her **99. Birthday** on Wednesday, Jan. 4th, 2017.

All the Swiss Members of the Society wish you all the Best
in Good Health for your 100. Year of Life!

Her address:

Rosa Zumbrunn
Chalmers Lodge
1450 West – 12th Ave
Vancouver / BC
V6H 1M9



SENIOR'S SECTION

Werner Rutishauser: 604-929-6923

Membership: Susanne Wilson: 604 888-6949 or membership@swiss-society.ca

Filmnachmittage fuer Senioren

For Swiss members who are 55+

im Deutschen Haus

4875 Victoria Drive (Ecke 33rd Ave),

Vancouver, BC

Kosten: \$ 6 fuer Kaffee und Kuchen

Next Dates: January 29, February 26, March 26

Bitte anmelden bis am Montag vor dem Filmnachmittag bei

bei Veronika Sans 604-730-9781

Vreni Huser 604 -731.4300 oder

Elisabeth Schupbach 604 - 584.3742

SENIOR'S LUNCHEON DECEMBER 10, 2016

On a snowy and slushy morning 75 brave seniors and one young man drove to the Delta Inn Country Inn for the Seniors' Christmas Luncheon.



Everyone enjoyed the festive decorated room, the company of each other, the choir performance, two interesting slide-shows by Urs Fricker and the delicious food. A big Thank You to **Edvige**, who once again sent all the invitations, talked to every person who signed up and managed the money.



Aio Haeberli, our MC was a big help in organizing the event and the slide-show and everyone liked his performance very much.

Beside each table-set was a bag with self-baked cookies. Without the help of **Barbara Wirsching**, who organized this special activity, the tradition most likely would have been cancelled.

The following ladies created every cookie with care and love for the attendees' enjoyment:



Elisabeth Apenzeller: Spitzbueba;
 Heidi Batho: Chraebeli;
 Irma Bieri: Santa cookies;
 Rita Meier: Zimtsterne;
 Barbara Wirsching: Pfeffernuesse
 Silvia Kinvig & friend Margrit: Guezli and Mailaenderli
 Susanne Wilson & neighbour Caroline: Basler Brunslis & Braezeli
 Ilse Staebli: 120 little Toblerones

Lotti Frowein: Vanille Kipfl. Lotti was a **great host** to the ladies who went to her place to wrap up all the cookies. She also offered the guests a lunch. She already committed to do it again next year and hopes, even more bakers will join.



Three choir presidents: Erna Schaefer, Silvia Kinvig (present one) and Marie-Luise Hanna



Three Elisabeths at one table.



Susanne Wilson (membership chair), Elisabeth, and Veronika Sans, Advisor

Event organizer, Photos and Text: Christina Lips

CHOIR SECTION

Letter from the President Silvia Kinvig

January 1st, 2017

I hope this report finds everybody well and healthy. This Christmas season had its challenges for our choir. The cold and the flu did not stop at our rehearsal door. Many singers were sick and if not sick the weather did not permit us to make it through the snow and ice.

We started our season with a performance at the **Mulberry Park Retirement Home** where we were well received. It was nice, warm and comfortable inside, not like at the **German Christmas Market**.

The Market was not well organized and on top of it it was bitter cold. There was nowhere for the choir to collect itself, to sit down and warm up. The audience was sparse because everybody was spread out. The lighting was terrible and it was too cold, so we had to stop singing after an hour.



The **Seniors Lunch** was attended only by half the choir. Again sickness and weather was crippling the event and even Dubravko sprang into action and helped the tenors out. Our motto is "we do what we can with what we have". It was well revived and we got a lot of compliments.

Our big event of the season was the **Christmas Concert**. Unfortunately I could not attend because I had a concussion from falling on the ice. So I have to rely on the reports I got from the members who were there.

The concert was well received and everybody had a good time. It was very festive, the choir sang well and the few members of the Dorfmusik complemented the festivity. After the concert everybody was invited to refreshments in the basement of the church and I heard that the goodies, prepared by the singers, were too good to pass up. At the end everybody enjoyed him/herself.

We are ready to do it all over again next year. Keep it in mind for the next Christmas season: You won't be disappointed!

Now we are looking forward to the New Year. This year is a **Festival Year**. We will be traveling to California in June: **29th Pacific Coast Swiss Singing and Yodeling Festival June 22-25, 2017**

Now is the time to join our choir because we'll have a few exciting months ahead.

Please come and join us; we do need more members. You do not have to know all the languages we sing in; we all have to learn as well, so we learn them together. Come and join us and we will have a great time together. Singing is good for stress relieve and good for the soul. You can always ask a choir member or you can email me for the details (silkin56@hotmail.com) Help us make this an especially great year and help us keep the Swiss tradition alive in Vancouver.

Silvia Kinvig

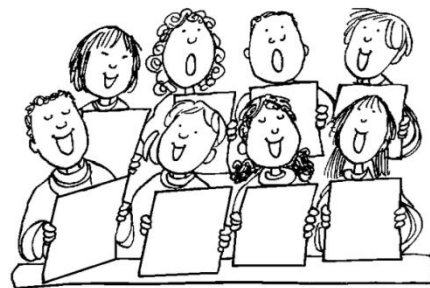
Body and Mind (<http://theconversation.com/choir-singing-improves-health-happiness-and-is-the-perfect-icebreaker-47619>)

The physiological benefits of singing, and music more generally, have long been explored. Music making **exercises the brain** as well as the body, but singing is particularly beneficial for **improving breathing, posture and muscle tension**. Listening to and participating in music has been shown to be effective in **pain relief**, too, probably due to the release of neurochemicals such as **β -endorphin** (a natural painkiller responsible for the “high” experienced after intense exercise).

There's also some evidence to suggest that music can play a role in **sustaining a healthy immune system**, by reducing the stress hormone cortisol and boosting the Immunoglobulin A antibody.

Music has been used in different cultures throughout history in many healing rituals, and is already used as a therapy in our own culture (for the relief of mental illness, breathing conditions and language impairment, for example). Everyone can sing – however much we might protest – meaning it is one of the most accessible forms of music making, too. Song is a powerful therapy indeed.

Regular choir members report that learning new songs is cognitively stimulating and helps their memory, and it has been shown that singing can help those suffering from **dementia**, too. The satisfaction of performing together, even without an audience, is likely to be associated with activation of the brain's reward system, including the dopamine pathway, which keeps people coming back for more.



SWISS OUTDOOR'S CLUB

Due to the snowfall and illness the Waldweihnacht and the New Year's Party had to be cancelled. That opened up space for photos of the

Jass- Tournaments throughout the last 8 Years



2007

Benny B. 1st, Rosa Z. 2nd,
Martin R. 3rd 2007

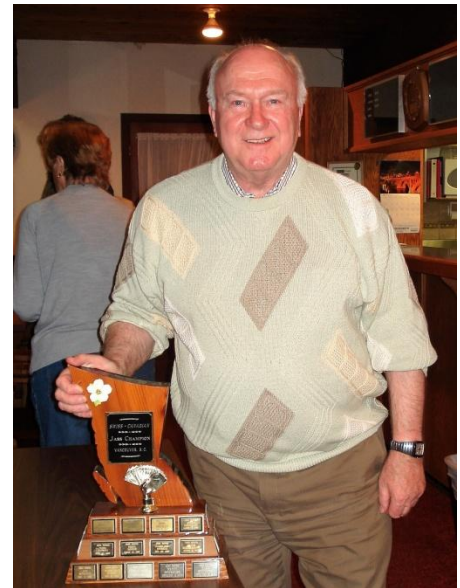


2008

Fritz Graf

2008

Overall Winner
Karl Brunner



2013

Helen, Rene, Connie 2010



Bryan 3rd, Chris Oschti 1st, Caroline 2nd and Marcel





2016
Kurt 2nd, Anna Marie 1st, Albert 3rd



The Kitchen Team

Some of the Prices



HENRY HUTTER TURNED 70 LAST OCTOBER

by Joe Mueller

Henry Hutter, a long standing member of the Swiss Outdoors Club in Vancouver, celebrated his 70. birthday on 27. October, 2016. The Swiss Outdoors Club congratulates him on this achievement and wishes him well in his retirement (if such a word exists for him).

Henry left his mark in the Swiss Outdoors Club with his enthusiasm for the Outdoors, his fight for the preservation of old forests in the Kootenays , his work during the construction of our recreational cabin in Glacier Springs, WH, and for hosting visiting groups of Outdoors Club members during many years . These Club outings in the Kootenays, usually during hot August months , are still fondly remembered by many of us for his guiding hikes and kayaking tours in the Slocan valley and most of all for the lively parties on his property .



His hiking companion, **Elisabeth von Ah**, assembled a series of photos and reports on her hiking experiences with Henry in a special book. The document shows many spectacular photos of the Kootenays and Henry's involvement with the environmental movement (protection of old growth forests) in the area. Please contact elisabeth@hauslemon.com if you'd like to look at it. It's in PDF.

*Ach wie gut, dass niemand weiss,
dass ich Grizzly Henry heiss.
Mancher nennt mich Heiri Hutter,
so ruft mich gar die eig'ne Mutter.
Doch dass ich Grizzly Henry bin,
kommt nur Naturfreaks in den Sinn.*

1st Ski Weekend 2017:

Date: 14-15 January 2017

Meet at the cabin in Glacier Springs WA. On Saturday 14th, drop off your stuff and enjoy a day in the snow.

Back at Cabin we will gather at the wood stove and meet for the evening and Sunday we'll enjoy on the hills.

Please register with:

**Jacques Goldschmidt at 604-996-6253 if no answer leave message
Or Goldschmidt.jaques@gmail.com**

Family Snow Long Weekend at Galcier Cabin, WA. 11-13 February

Saturday 11: Drop off you gear and enjoy the snow on the hill

Sunday 12: After breakfast more snow play at Baker Ski hill.

Monday 13: Enjoy a cosy morning before getting ready for the home trip.

Please register with Jacques.



Advertisement



Cristina Schaffner

- Born and raised in St. Moritz, currently living in Zürich, Switzerland
- Exchange year in Canmore, Alberta from 1999 to 2000
- M.A. International Affairs from the University of St. Gallen
- Eight years professional experience in public relations, corporate communications, event organization, management and leadership
- Previous experience in hotel industry, tourism and former part time ski instructor in St. Moritz

I'm looking for long term employment in the Vancouver area

Thank you in advance for contacting me at +41 79 423 45 16 or cristina.schaffner@gmail.com

SWISS OUTDOORS CLUB OF VANCOUVER

ANNUAL GENERAL MEETING

Friday, January 27, 2017 at 7 pm

Location: Edmonds Community Center
7433, Edmonds Street
BURNABY, BC.

7433 Edmonds: Underground parking entrance is off of Fulton Ave or
Humphries Ave, take elevator to 2nd floor.

We will review the year 2016 and propose activities for 2017/18.

Refreshments: Coffee, tea and sandwiches will be served.

We would appreciate if participants would bring some your favorite
cake or cookies for all to enjoy.

Note: we will have paper plates available.

Thank you for supporting your club,

Jacques Goldschmidt
Swiss Outdoors Club

Hello Skiers,

we set the **Ski Week in Sun Peaks** for our fearless Swiss Outdoors Club Skiers for

Sunday, March 5th to Thursday , March 9th, 2017.

Dinner on Monday night, March 6th, at the PowderHound Restaurant, 6 pm.



Below, please find the room prices set by Cahilty Lodge, and please take note on the prices for Ski Passes. You have to buy them directly on the given website below to get the best discounts.

As to hotel accommodation, contact Cahilty Lodge directly and negotiate your deal. Use Group Code: **SWISS**.

SunPeaks is good for any type of skier: downhill skiing, cross country skiing, snowshoeing, ice skating, socials,winter photography....

Let me know that you are coming.

That is great, the more people the better :)

The group code is SWISS

Room rates are starting from: Studio - \$109.00
Lodge Room - \$113.00 Studio Kitchenette - \$121.00
Family Suite - \$169.00

Lift tickets are a bit of a pain this year. The per day price for a senior is \$70.00 + 5% GST. No more free day skiing :(

The best place to find a lift ticket deal is here. On this site you can save up to 46% off a ticket.

So the early you buy a ticket on this web site the cheaper the ticket price will be.

http://sunpeaksresort.itibooking.com/?_ga=1.50401769.1359511321.1467651848

Cheers, Joe



2017: Activity Calendar Outdoor's Club

Jan 14-15: Ski Weekend at the Cabin
 Jan 27: AGM at Edmonds Center
 Jan 29: Snow Shoe Lightning Lake
 Feb 11-13: Cabin Long Weekend
 Mar 05-09: Sun Peaks Ski Week
 Mar 11-12 Ski Weekend at the Cabin
 April 22: Local Walk at Buntzen Lake
 May 17: Sea to Sky Gondola Hike
 June 3-4: Cabin Spring-Cleanup
 July 8: Lightning Lake Hike
 Hanspeter
 Aug 12: Larrabee Park in Bellingham
 Sept 16-17: Cabin Family Weekend
 Oct 14: Eagle Bluff, Cypress Hike
 Oct 28; Minnekada Metzgete
 Nov 4: Reifel Bird Sanctuary
 Nov 5: Jass Tournament SCMRA
 Nov 24: Executive Meeting
 Dec 17: Waldweihnacht
 Dec 30 to 1 Jan: New Years' Eve at the Cabin

Jacques
 Jacques
 Irma Bieri

Joe
 Peter

Klaus

Joe

Joe



What happened to our cabin?

2018

Jan 20-21: Cabin Ski Weekend
 Jan 26: AGM



Upcoming Events 2017

January 13, 2017	Executive Meeting	SSV
January 14/15, 2017	Ski Weekend at the Cabin	Outdoors Club
January 23, 2017	Executive Meeting	SSV
January 27, 2017	Annual General Meeting	Outdoors Club
January 29, 2017	Snow-Shoeing Lightning Lake	Outdoors Club
January 29, 2017	Film Nachmittag	Seniors
February 11-13, 2017	Family Cabin Long Weekend	Outdoors Club
March 5-9, 2017	Sun Peaks	Outdoors Club
February 26, 2017	Film Nachmittag	Seniors
March 11/12, 2018	Ski Weekend at the Cabin	Outdoors Club
March 26, 2017	Film Nachmittag	Seniors
April 22, 2017	Walk at Buntzen Lake	Outdoors Club
May 17, 2017	Sea to Sky Gondola	Outdoors Club
June 3 & 4, 2017	Cabin Spring Cleanup	Outdoors Club
June 22-25 th , 2017	Pacific Coast Swiss Singing and Yodeling Festival	Swiss Choir
July 8, 2017	Hike Lightning Lake	Outdoors Club
August 12, 2017	Larrabee Park in Bellingham	Outdoors Club
Sept 16/17, 2017	Cabin Family Weekend	Outdoors Club
October 14, 2017	Eagle Bluff, Cypress Mountain	Outdoors Club
October 28, 2017	Minnehada Hike & Metzgete	Outdoors Club
November 4, 2017	Reifel Bird Sanctuary	Outdoors Club
November 5, 2017	Jass Tournament	Outdoors Club
November 24, 2017	Executive Meeting	Outdoors Club
December 17, 2017	Waldweihnacht	OC, SSV
Dec.30, Jan.1 st 2018	New Year's at the Cabin	Outdoors Club

Mani Matter : Mir hei e Verein

mir hei e verein, i ghöre derzue
und d'lüt säge: lue dä ghört o derzue
und mängisch ghören i würtlech derzue
und i sta derzue
und de gsehn i de settig, die ghöre derzue
und hei doch mit mir im grund gno nüt z'tue
und anderi won i doch piess derzue
ghöre nid derzue

und ou was si mache, die wo derzue
tue ghöre, da standen i nid geng derzue
und mängisch frage mi d'lüt: du lue
ghörsch du da derzue?

und i wirde verläge, sta nümm rächt derzue
und danken: o blaset mir doch i d'schue
und gibe nume ganz ungärn zue:

ja i ghöre derzue

und de danken i albe de doch wider: lue
s'ghört dä und dise ja ou no derzue
und de ghören i doch wider gärn derzue
und i sta derzue

so ghör i derzue, ghöre glych nid derzue
und stande derzue, stande glych nid derzue
bi mängisch stolz und ha mängisch gnue
und das ghört derzue

mir hei e verein, i ghöre derzue
und d'lüt säge: lue dä ghört o derzue
und mängisch ghören i würtlech derzue
und i sta derzue

Fees for Advertisement in the Swiss Herald

Fees for design:

To make minor adjustments: Free

To make major changes to an ad: \$ 25

To create a new ad: \$ 50 – 100

Deadlines for sending in ads or articles:

20th of August, October, December,
February, April and June.

Fees for advertisement:

Ad Size	One Issue	Six Issues
One full page	\$ 150	\$ 825
½ Page	\$ 90	\$ 495
1/3 Page	\$ 60	\$ 330
¼ Page	\$ 40	\$ 220
Business Card (5 Lines)	\$ 20	\$ 110

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e-mail: yvonne@prime-travel.com

www.prime-travel.com

NEW YEARS' BRUNCH BUFFET

Please note:

**The Brunch Buffet on the Mountain Range in January
has been postponed to a later date!**

SAD NEWS: our long-time member Maria Hodel passed away last week.
We will do a write-up in the next Herald. Our condolences go to her whole family.



Elisabeth Rechsteiner

Notary Public

....helping you with what matters....

Member

- Real Estate Transactions including Purchases, Sales and Mortgages
- Personal Planning Documents including Wills, Powers of Attorney, Representation, Agreements and Advance Directives
- Notarizations and Certified Copies
- Executorships



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Board of Directors 2016/17

Title	Name	Email address	Phone Number
President	Karin Kapp	president@swiss-society.org	604-816-2082
Membership	Susanne Wilson	membership@swiss-society.org	604-888-6949
Secretary	Barbarah Tinskamper	barbarah1000@hotmail.com	604-541-0042
Treasurer	Margrit Ruevekamp	treasurer@swiss-society.org	604-945-0546
Seniors	Werner Rutishauser	wrutish@shaw.ca	604-929-6923
Choir	Silvia Kinvig	silkin56@hotmail.com	778-996-8775
Outdoors Club	Jacques Goldschmidt	goldschmidt.jaques@gmail.com	1-778-856-4665
Youth Club	Aio Haeberli	youth-group@swiss-society.org	604-803-5910
Advisor	Veronika Sans	vsans@prontomail.com	604-730-9781
Advisor	Marie-Louise Hanna	mhanna18@shaw.ca	

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Swiss Canadian Chamber of Commerce: President	Vince Sciamanna	chamber@swissccc.com	
Swiss Canadian Mountain Range	Markus Spycher	www.scmra.ca	
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NEW YEARS' RESOLUTIONS



I make sure I'll get enough sleep in a custom made bed, like Louis.

Photo by Noel Poole, cello player

I need to exercise in the fresh air, like Mark Zuckerbergs' dog Beast.



Photos from images.google

And I snuggle and cuddle lots, like Christina and her "niece" Bella



I will eat healthy and stick to my own diet!

