



SWISS HERALD

March/April 2017 Edition

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

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Annual General Meeting of the Swiss Society

will take place Tuesday, March 21, 2017 at 7pm. Please see details on the next page.



SWISS SOCIETY OF VANCOUVER



Dear Members, you are cordially invited to attend the

2017 Annual General Meeting of the Swiss Society of Vancouver

to be held on

*Tuesday, March 21, 2017 at 7:00pm at the
Edmonds Community Centre, 7433 Edmonds St, Burnaby*

Our AGM meeting room is on the main level (reception level) to the left of the reception desk.

From parking level take elevator to main level.

All members are graciously invited to participate. We will need a
Quorum to pass any decisions.

Nominations for board positions (especially vice president and advisors)
can be submitted to the board. We are looking forward to new
participants to serve.

Contribution for social gathering:

SSV supplies sandwiches, coffee, tea.

Need from the membership: Desserts or Nachspeisen.

Sincerely, SSV Board

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: *March 26 - April 23 - May 28*

Bitte anmelden bis am Montag vor dem Filmnachmittag bei

Veronika Sans **604-730-9781**

Vreni Huser **604 -731-4300 oder**

Elisabeth Schupbach **604 - 584.3742**

Thoughts after watching the movie "Nebelgrind",

Sunday's movie at the last Filmnachmittag for the seniors.



Wie die Alzheimer Krankheit zur Bewährungsprobe für eine Schweizer Familie wird.

Seine Frau ahnte es längst, aber Bauer Jürg (Martin Rapold) wollte nicht sehen, dass sein Vater Karli (Peter Freiburghaus) nicht einfach

nur vergesslich wird. Jetzt hat sich die überforderte Fränzi (Rebecca Indermaur) eine zweiwöchige Auszeit genommen - und Jürg muss schmerzhaft lernen, dass Karli schon lange an Alzheimer leidet. Bald kann er sich nicht mehr alleine anziehen, läuft orientierungslos in der Landschaft herum und macht sich in die Hosen. Aber Jürg will ihn auf keinen Fall ins Heim geben... Der melancholische, sehr berührende Film zeigt mit präzisem Blick und leisem Humor, was es heißt, wenn ein geliebter Mensch langsam im Nebel verschwindet.

Good Day everyone;

Since Christel and I are members of the Vancouver Swiss Society, we attend once a month a Swiss senior film afternoon at the Vancouver German Alpenclub in Vancouver. Sunday, February 26, we went there and watched the Movie "Nebelgrind" in the German language.

Unfortunately, this film is no longer available on YouTube. It was good for both of us to have attended that film, for we have in our families loved ones with Dementia, especially Alzheimer's. I am sure, that others also have a family member or friend that struggles with some sort of Dementia. That is why I enclose the information below. I think, we should take time and look into it, for we never know, if someone in our families could be effected by it one day. This is not to scare anyone, but it is a reality of life. Therefore we should count our blessings every day and take care of our health.

**Kind regards,
Alfred Eigenmann
Coquitlam BC.**

<http://www.activebeat.co/your-health/the-10-common-symptoms-of-dementia/3/> "The 10 Common Symptoms of Dementia: Knowing the Signs"

<https://www.youtube.com/watch?v=EHSdNjhkvE8&list=PL96DAC8956F1CA5D9> « Front temporal Dementia »

<http://www.youtube.com/watch?v=DYb699A2Mzk> "Early signs of Dementia"

https://www.youtube.com/watch?v=VdzKXhyv_tg "My father's behavior in the moderate stages of Alzheimer's disease"

10 warning signs of Alzheimer's:

Memory loss that disrupts daily life

One of the most common signs of Alzheimer's is memory loss, especially forgetting recently learned information. Others include forgetting important dates or events; asking for the same information over and over; increasingly needing to rely on memory aids (e.g., reminder notes or electronic devices) or family members for things they used to handle on their own.

What's a typical age-related change?

Sometimes forgetting names or appointments, but remembering them later.

2

Challenges in planning or solving problems

Some people may experience changes in their ability to develop and follow a plan or work with numbers. They may have trouble following a familiar recipe or keeping track of monthly bills. They may have difficulty concentrating and take much longer to do things than they did before.

What's a typical age-related change?

Making occasional errors when balancing a checkbook.

3

Difficulty completing familiar tasks at home, at work or at leisure

People with Alzheimer's often find it hard to complete daily tasks. Sometimes, people may have trouble driving to a familiar location, managing a budget at work or remembering the rules of a favorite game.

What's a typical age-related change?

Occasionally needing help to use the settings on a microwave or to record a television show.

4

Confusion with time or place

People with Alzheimer's can lose track of dates, seasons and the passage of time. They may have trouble understanding something if it is not happening immediately. Sometimes they may forget where they are or how they got there.

What's a typical age-related change?

Getting confused about the day of the week but figuring it out later.

5

Trouble understanding visual images and spatial relationships

For some people, having vision problems is a sign of Alzheimer's. They may have difficulty reading, judging distance and determining color or contrast, which may cause problems with driving.

What's a typical age-related change?

Vision changes related to cataracts.

6

New problems with words in speaking or writing

People with Alzheimer's may have trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue or they may repeat themselves. They may struggle with vocabulary, have problems finding the right word or call things by the wrong name (e.g., calling a "watch" a "hand-clock").

What's a typical age-related change? Sometimes having trouble finding the right word.

7

Misplacing things and losing the ability to retrace steps

A person with Alzheimer's disease may put things in unusual places. They may lose things and be unable to go back over their steps to find them again. Sometimes, they may accuse others of stealing. This may occur more frequently over time.

What's a typical age-related change?

Misplacing things from time to time and retracing steps to find them.

8

Decreased or poor judgment

People with Alzheimer's may experience changes in judgment or decision-making. For example, they may use poor judgment when dealing with money, giving large amounts to telemarketers. They may pay less attention to grooming or keeping themselves clean.

What's a typical age-related change?

Making a bad decision once in a while.

9

Withdrawal from work or social activities

A person with Alzheimer's may start to remove themselves from hobbies, social activities, work projects or sports. They may have trouble keeping up with a favorite sports team or remembering how to complete a favorite hobby. They may also avoid being social because of the changes they have experienced.

What's a typical age-related change?

Sometimes feeling weary of work, family and social obligations.

10

Changes in mood and personality

The mood and personalities of people with Alzheimer's can change. They can become confused, suspicious, depressed, fearful or anxious. They may be easily upset at home, at work, with friends or in places where they are out of their comfort zone.

What's a typical age-related change?

Developing very specific ways of doing things and becoming irritable when a routine is disrupted.

CHOIR SECTION

From the President Silvia Kinvig

Choir News

The choir has started to practice for the Spring program. It is a pleasure to let you know that we have an enthusiastic and dedicated group to make this program work. We are all looking forward to going to the 29th Pacific Coast Swiss Singing and Yodelling Festival in **Modesto California** June 22-25th. Over the last year we have been preparing for this event. It is an exiting and lively program. If anybody is interested in joining us, it is not too late to do that and share the fun. We are always looking for new singers in the choir.

If you would like to come to California to the Saengerfest please go to the website swissongfest2017.com for more information and to find out how to get tickets.

On top of all that we are also rehearsing for our Spring concert. Mark your calendar on **June 10th, 2017**. The details will follow we are in the paling stage right now.



Summer Picnic Sunday July 9th, 2017

The picnic last year was a lot of fun. We encourage all to come and have some fun in the park. It will be a potluck early diner. We have the BBQ there again and grill some sausages. More details will be in the next Herald. Just keep the date open.



SWISS OUTDOOR'S CLUB

Please register with:

Jacques Goldschmidt at 604-996-6253 if no answer leave message

Or Goldschmidt.jaques@gmail.com

Outdoors Club Spring Events Update

Saturday, April 22nd : Buntzen Lake walk led by Joe Mueller

Wednesday, May 17th : Sea to Sky Gondola ride led by Peter Schearer

Weekend June 03-04th : Yearly Cabin clean up

June 3rd : Executive meeting at cabin 5:00 pm in conjunction with cabin clean up.

Saturday, July 08th : Lightning Lake hike Manning Park led by Hans Peter Hauser



To all Swiss in the Lower Mainland: **A call for action!**

A chapter for the Swiss community in Vancouver will come to an end very soon unless you act. The Outdoors Club of the Swiss Society was founded in 1977 and has greatly contributed to the social fabric of the Swiss community in the Vancouver area. Remember the car rallies, many notable mountain climbs, ski trips, hikes, camping trips, canoeing and bicycle excursions, picnics, almost 40 Waldweihnacht, support for many dances and August 1st celebrations, etc? Most notable was the construction, maintenance and management of the Mt Baker cabin in Glacier Springs, a beautiful building with room for 25, close to the Mt Baker Ski and hiking area. It fostered many great and memorable events.

Many friendships have been forged which will last a life time.

The Swiss Outdoors Club and its cabin management have to a large part been led by a team of volunteers which stayed on since the clubs inception. We are getting older, tired and must pass on the leadership to a fresh group of outdoor enthusiasts. We have cried for help for many years and have found a few young souls for which we are grateful. But it is not enough; we need new leadership and a generational change.

Under the present circumstances we cannot continue as usual as it is a slow lingering death for the club and all we stand for.

At our AGM this January we have decided to give the Executive 6 months to rejuvenate and seek a fresh leadership with the enthusiasm needed to take over. If this is not possible and nobody comes forward, the Outdoors Club will cease to exist. Key positions of our executive have agreed to stay on until then.

This will mean the following:

The Outdoors Club activities will gradually stop and a few hikes may become privately sponsored events.

The Waldweihnacht will no longer be organized.

The Mt Baker cabin management will be handed over to the cabin's legal owner, the Swiss Society. It will then decide if it should be sold or kept and upgraded with a few needed major repairs.

We want to explicitly state that this is not about the cabin. This is about the Outdoors Club and missing volunteers for a continued successful operation. You cannot expect that the same group keeps handling all affairs forever until we are senile and die!

The cabin continues to be well used and is in good shape. Last year we made important investments into new kitchen appliances and lighting, hence our financials took a hit in conjunction with a difficult winter with many cancellations. But there are enough funds to operate the cabin for another 2 years.

The Outdoors Club has 140 members. This represents a rather significant percentage of the Swiss Society membership which is 325.

We urge you to come forward and continue what we have done for 40 years. We know that the Swiss Society and Swiss community will sadly miss the Outdoors Club and all we did once we are gone. By the end of July 2017 it will be all over and history unless you act!

To keep going you can help as follows:

- **join the Executive: we need a President, Vice President, Treasurer, Trip Coordinator, Trip Leaders, Secretary, Cabin management volunteers**
- **come to the cabin and use it. Bring groups and organize outdoors and social events in the Baker area.**
- **motivate Swiss to join the Swiss Society and the Outdoors Club**
- **promote the Cabin to non-Swiss Individuals and Groups to enhance the income of the cabin**
- **share pride in our achievements and preserve them for the future generations.**

If you are interested and want to participate you can contact either

Andres Schneiter at aschneiter@shaw.ca

Jacques Goldschmidt at goldschmidt.jaques@gmail.com

Joe Mueller at josefmueller@shaw.ca

You can also contact us in person at the AGM of the Swiss Society in March

The Executive of the Swiss Outdoors Club.

VANCOUVER DORFMUSIK



32nd Annual Spring Concert

Saturday April 29th, 2017 8 pm

Special Guests: *Will be a surprise!*

Admission: \$20; Juniors \$10 Food and Bar Service

Tickets will be available at the AGM of the Swiss Society or ordered by phoning

Brian Asselstine at 604 936-9925 or brian_asselstine@telus.net

or buy them at the door.

The editor apologizes for this quickly created write-up.

Urs Fricker, the Dorfmusik's president, has been busy at the Basler Fasnacht and wasn't able to send the official poster on time.

Upcoming Events 2017

Some Events might be cancelled, depending on decisions about the Outdoors' Club at the Annual General Meeting.

March 23, 2017	AGM	SSV
March 26, 2017	Film Nachmittag	Seniors
April 22, 2017	Walk at Buntzen Lake	Outdoors Club
April 23, 2017	Film Nachmittag	Seniors
April 29, 2017	Annual Concert	Vancouver Dorfmusik
May 17, 2017	Sea to Sky Gondola	Outdoors Club
May 28, 2017	Film Nachmittag	Seniors
June 3 & 4, 2017	Cabin Spring Cleanup	Outdoors Club
June 10, 2017	Choir Concert	Choir
July 8, 2017	Hike Lightning Lake	Outdoors Club
July 9, 2017	2. Annual Picnic	SSV
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	Minnekhada 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
December 30, 2017 & January 1, 2018	New Year's at the Cabin	Outdoors Club
January 20/21, 2018	Ski Weekend at the Cabin	Outdoors Club
January 26, 2018	AGM	Outdoors Club



2017 SSV / Outdoors Club / Choir MEMBERSHIP RENEWAL **by Mar. 31, 2017**

Thank you for supporting the Swiss Society of Vancouver in the past. It is time for the 2017 renewal.

Members who filled out the new Membership / Liability form for the 2016 SSV membership can send in the membership payment only (no form necessary).

If you did not renew in 2016 or would like to join the SSV for the first time please send the membership / liability form with the payment. You can download & print the form from the SSV website or send me an e-mail.

If you don't know if your membership form is current please call 604-888-6949 or e-mail me at members@swiss-society.org

You are able to pay for SSV; Outdoors Club and Choir with one cheque.

You can send the cheque to : Swiss Society of Vancouver
P.O.Box 32021 Walnut Grove;
Langley, BC ;
V1M 2M3

Memberships are as follow:

SSV Individual:	\$ 40.00
SSV Family:	\$ 60.00
SSV Single Senior	\$ 25.00
SSV Senior with Spouse	\$ 40.00

All members are required to pay the SSV membership.

Optional memberships are:

Outdoors Club Single:	\$ 12.00
Outdoors Club Family	\$ 18.00

Choir	\$ 80.00
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If you miss sending in the payment by the Mar. 31. 2017 deadline, I would need a new form filled out, because it lapsed and the liability has expired. There is an updated form available on-line at the SSV website under "membership", or call me, then I'll can send one.

Also, if anything changes in your membership status or there is a change of address, a new form is required. (new senior?)

If you receive the Herald by mail and you do have an e-mail account, you might want to consider making a donation of \$ 20.00 to cover the printing and mailing cost of the Herald. The SSV would really appreciate this gesture.

Please get in touch with me, if there are any other questions.

Sincerely
Susanne Wilson
SSV; Outdoors Club, Choir & Youth Club Membership

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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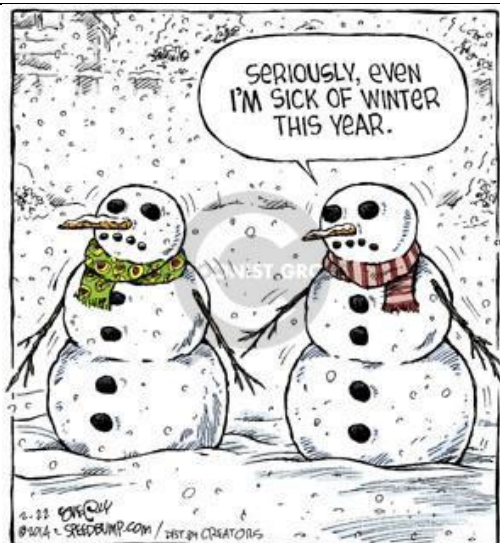
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100-5050 Kingsway, Burnaby, B.C. V5H 4C2

Telephone: 604-433-1911 Fax: 604-433-8970

Email: info@erechsteiner.ca

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	

Other Contact Information

Consul General	Pascal Bornoz	vancouver@eda.admin.ch	604-684-2231
Deputy of the Consul General	Jérôme Charbonnet	vancouver@eda.admin.ch	604-684-2231
Delegate for all Swiss Societies in West-Canada on the Council of Swiss Abroad in Bern	Silvia Schoch	silv.schoch@gmail.com	
Swiss Canadian Chamber of Commerce: President	Vince Sciamanna	chamber@swissccc.com	
Swiss Canadian Mountain Range	Markus Spycher	www.scmra.ca	
Legal Advisor:	David Varty	dvarty@smartt.com	
Vancouver Dorfmusik	Urs Fricker	julieturs@hotmail.com	
Webmaster	Aio Haeberli	webmaster@swiss-society.org	604-803-5910
Editor Swiss Herald	Christina Lips	Ch.lips@live.com	604-984-9036

Newly Swissed: Swinglish 101 – The Swiss Say the Darnest Things

Dimitri Burkhard discovers (and shares) the joys of Swiss English.

Inspired by a [post](#) on englishforum.ch, we have decided to publish the **funniest Swinglish translations and anecdotes**. It is actually normal for most Swiss to speak English fairly well (among German, French, Italian, etc.), but occasionally **words appear in the wrong context or are ever slightly off**. For native English speakers, this results in some pretty amusing "Swinglish" (i.e. "Swiss English"). But just to set the record straight, this article is not intended to make fun, but rather to **put a smile on our faces**. I mean, some of these Swiss "sayings" are truly "mega cool" ;)

Special today - no ice cream. (in a Swiss mountain inn)

Our wines leave you nothing to hope for! (on a Swiss restaurant menu)

Because of the impropriety of entertaining guests of the opposite sex in the bedroom, it is suggested that the lobby be used for this purpose (in a Zurich hotel room)

"I spent the *holy* day on the phone just to try and get a hold of this guy!" (whole)

"I did quite some *snow shuffling* this weekend!" (shoveling)

"I *became* a gift from my girlfriend today!" (have received)

"It was so *funny* skiing the other day!" (fun)

"I was so *drunken* on the weekend..." (drunk)

"The *cooker* at this restaurant is famous!" (chef)

"The rabbits were all *action* at Migros today!" (on sale)

"Let's go *wellnessing* this weekend!" (spa)

"Hello *together!*" (all)

"*You can say you to me!*" (offering "du" informality)

NOW Comedy Rating System

- NNNNN** You'll pee your pants
 - NNNN** Major snortage
 - NNN** Coupla guffaws
 - NN** More tequila, please
 - N** Was that a pin dropping?
-



"I lost 60 pounds on the Swiss Cheese Diet!"