



SWISS HERALD

July/August 2015

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



Boat Cruise with the Swiss Women's National Soccer Team

Deputy Consul Jérôme Charbonnet, the Consul General of Switzerland Urs Strausak, with the presence of His Excellency, the Ambassador of Switzerland to Canada and the Bahamas Dr. Beat Nobs. They listen to the Swiss Women's Soccer Team Head coach Martina Voss-Tecklenburg.



David Gsponer with his Alphorn and some fans at the **Swiss Choir annual Concert.**



The Swiss Choir with the singers of the Vancouver Italian Folk Chorus.

One of the volunteers: Susanne Wilson at the **European Festival**

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European Festival

May 30 & 31st, 2015

The climbing wall was sponsored by the Swiss Consulate.

30 countries from Europe participated at this year's European Festival.



At the parade Switzerland was represented by Deputy Consul Jérôme Charbonnet, accompanied by Christina Lips.

A big Thank You to the volunteers who guarded the Swiss booth and handed out gifts from the Swiss Consulate:

Susanne Wilson, Heidi Legere, Melody, Silvia Kinvig, Helen Schaele and her friend, Afsaneh Kalali, Erna Schaefer, Sonja Essinger, Michael and Thane

Hopp Schwiiz! written by Tanja Hasler from the Interior Swiss Club

Various members of the Swiss-Canadian community were invited to join an evening cocktail-reception boat cruise Tuesday, June 9th in the company of the Swiss National Women's Soccer Team. As President of the Interior Swiss Club, Mrs. Lilly Senn received this invitation and was accompanied by myself, Tanja Hasler, Treasurer of the ISC as deputy to her husband, who had farming commitments that were time sensitive to attend to at home.

We began our trip to Vancouver by first taking in the ladies' first FIFA World Cup match at BC Place Stadium against the last World Cup 2011 winner, Japan.

Having never been in BC Place Stadium before it was an amazing experience to be in the stadium, adorned in a Swiss hat and t-shirt, cheering at the top of our lungs and ringing a large cowbell whenever the Swiss team had the ball across the half way line. They held their own very well against the defending champion. There were Swiss fans dispersed throughout the stadium and it was energizing to be part of the fan group.



Photographer Juliet Fricker

The boat cruise took place the following evening, **June 9th 2015** departing downtown Vancouver, going along the shore line and to False Creek. It was a beautiful sunny evening and the Swiss team was given a warm welcome along with well-deserved recognition and applause for their solid efforts. We were very fortunate to interact with both the players, their coaches and support staff (physicians, physiotherapists and managers).



Lilly Senn and Juliet Fricker

Lilly, with her exuberant, outspoken friendly manner represented us well. Following her lead it was much easier to make acquaintances and I met journalists from Switzerland, Swiss-Canadian Trade board members and family of the Swiss soccer team. Lilly is such a wonderful person to spend time with, it was a joy in many ways to be part of this once-in-a-lifetime opportunity.



Werner Rutishauser didn't miss the chance to talk about play strategies with the Goalie Gaëlle Thalmann and the head coach Martina Voss-Tecklenburg.

A local Chocolatier constructed a chocolate soccer statue and it was displayed on board. Unfortunately it collapsed later because it melted.

There was a selection of "Häppli" to enjoy on board and drinks. The view was spectacular.

Photos Christina Lips



Hats off to the Swiss Team for their fantastic performance in Canada!

We wish them well, and congratulate their coaching team for their vision, dedication and talent!

A big thank you to the Consul General of Switzerland for the invitation.

Annual Swiss Choir Spring Concert; June 13th, 2015



Once again we could enjoy having Andrea Stolte as the Master of Ceremonies



A great audience attended the Concert at the Alpenclub.



The devoted singers of the Swiss Choir Vancouver.





The Vancouver Italian Folk Chorus, directed by Helga Belluz.

Jeff Olson and sister Erika Salas performed “All I Ask of You” from The Phantom of the Opera beautifully.

The Italian Folk Chorus Vancouver and the Swiss Choir sang two songs together: “Coro di schiavi ebrei (Va pensiero)” from G. Verdi and “La Montanara”, a song in Romansch.

I was very impressed how the two choirs sang so well together; it was fantastic.

A big cheer to Dubravko and Mrs. Belluz, the directors: great work! Not to forget the Valley Girls, the other soloists and the Piano Accompanist Eric Sitkowiecki, who performed very well too.

David Gsponer, Alphorn-and Trombone musician from the Vancouver Dorfmusik was a perfect match to the memorable concert.

Photos and text: Christina Lips





The three siblings Jeff and Kim Olson and Erika Salas recently joined the Choir and they are a valuable asset to the choir.

A few participants received a special "Thank you" in form of a rose. Here are David Gsponer, Eric Sitkowiecki and Dubravko Pajalic



On Saturday June 18th our spring season came to an end with an exciting concert. Our director Dubravko Pajalic did a great job in finding diversity with the songs and leading us through a great program. It was wonderful to see so many of you at the concert. I would like to thank our supporters who come out every year to make our concerts a success. We had an enjoyable time in our choir this year and we are looking forward to entertain you again in the fall and then again next year.

Our choir will be celebrating our 50th anniversary next year and we are planning wonderful and exiting events for 2016.

In the meantime we'll enjoy the summer and hope to see you in the fall.

Silvia Kinvig, President of the choir.



The gift-basket were a big hit again and very happy winners could pick them out. One of them was Erna Schaefer, here with Karin Frank, President of the Concordia Choir.



Senior's Section

The seniors have a summer-break from their Filmnachmittagen.

Why Creative People Age Better Posted: 07/26/2014 from the "Canada Living"

Do creative and artistically inclined people have advantages over the rest of us mere mortals who can barely draw a stick figure or whistle a simple tune? There are indications that individuals who are able to use their talents also tend to fare better in other ways, including their physical and mental health, compared to others whose existence mainly consists of repetitiveness and routine. Still, scientists have never been able to prove that creativity is indeed a contributing factor to humans' well-being.

[Picasso](#) was undoubtedly one of the most creative persons one can think of, and he maintained a zest for life and work well into his 90s. But so was [Mozart](#), who tragically died at 35 years of age. [Hemingway](#), perhaps the greatest writer of his generation, couldn't pen a single word for long periods of time -- mostly because of drunkenness. Some famous artists have looked upon their gift as a [curse](#) rather than a blessing. So, should we assume any connection between creativity and well-being at all?

One [study](#) that looked into the health status and life expectancy of creative people found that creativity may indeed be associated with delayed decline in cognitive and physical health at an advanced age. While it remains unclear whether engaging in creative activities or the use of creative energies actually contribute to the slowing of the natural aging process, it is conceivable, according to the researchers, that creative people find better ways of coping with their diminishing capabilities than their less resourceful counterparts. On the other hand, there are highly creative persons who only function superbly in a specific area of interest and are not better-equipped for problem-solving beyond their expertise, for example when it comes to their health needs.

Prior research, including a landmark [study](#) from Seattle on the "Relationship Between Personality and Cognition," has shown that [attitude and outlook on life](#) were important components for maintaining the mental health of seniors in their '70s and '80s.

Experimentation, openness to new ideas and flexibility in dealing with changes are the essence of creativity, and they are also crucial ingredients for healthy cognitive aging, the researchers say.

Thankfully, you don't have to be a genius or maestro yourself to stay healthy and vital. Even just loving to read, attending art performances, and keeping stimulating social ties can yield enormous benefits throughout life, according to a [study](#) on creativity and aging, which was sponsored by the *National Endowment for the Arts*.

Seniors between the ages of 63 and 103 who participated in a variety of weekly art programs were found to be in better health, had fewer doctor visits, and used less medication in comparison to a control group that attended no such activities. They also showed better results in mental health tests, and were overall more involved in their communities.



Creativity can find fertile ground anywhere. But it takes a personal decision and commitment to openness to change as well as acceptance of risk, including risk of failure. Conservatism, hunkering down in the hope that things will remain the same, is not helpful and hampers any creative process. That doesn't mean everything from the past has to be overthrown and redone from scratch. But it can require rethinking some old traits that may no longer serve us well. Or, what has been overlooked for some time may regain relevance when seen in a different light.

The beauty of aging is that there is room for new perspectives based on hindsight and greater appreciation for the preciousness of time. It is also a most humbling phase in life when we realize how little, if anything, we are able to accomplish beyond the narrow horizon of our short existence. And yet, it is up to each of us how our days, up to the last, continue to unfold.

Outdoors Club



Whistler

Location to meet: Summit Sport (bike rental shop in Whistler Village)
Can rent the Valley Trail Bike - Adult (2015 Rocky Mountain SOUL 29) for \$45.00 per day.
Can rent the bike online at
<https://summitsport.zaui.net/zaui-src/modules/webBooking/index.php?id=6&action=Details>

Address: 4293 Mountain Square, Whistler BC V0N 1B4 (Right near the Whistler Village Gondola)
When: **Saturday, July 11th**
Time: 9:00am
What to Bring: Hat, sunglasses, water, sunscreen, packed lunch for a break in the park, bathing suit for possible swim
Details: We will do a network of paved trails starting in Whistler Village and going throughout the Whistler Village vicinity.
Distance: Valley Trail - we can choose how much we like to do. Whole trail is 40km (which goes faster than you think)

Church Mountain

When: **Saturday, August 15th**
Time: 9:00am
Location: Mount Baker Park. Take Hwy #542. When you see mile marker #40, turn left on Forest Road 3040 (East Church Mountain Road). Continue on this for 2.7 miles until you reach trailhead. We will meet at the trailhead.

Elevation Gain: 3750 feet
Distance: 13.5 km round trip
What to Bring: Water, hat, sunglasses, sunscreen, backpack, passport, lunch, hiking shoes, sandals.

Vancouver Dorfmusik

Ladner Bandfest, June 6th, 2015



Waiting to start the concert.

For the last few years the Dorfmusik participated in the annual Ladner Bandfest.

This year it was held June 6th and 7th and 24 Bands participated. The weather was fantastic when the Dorfmusik played Saturday at 12:40. It was well liked by the audience, especially the sound of the alphorn, this time played by Bob Mullett.



Scandinavian Midsummer Festival



Once again we will be playing at the
Swiss National Day Celebration

Saturday, August 1st from 7 to 8pm and during the Ceremony from 9pm on.

Bob Mullett at the alphorn, Mirjam Mai with her clarinet.



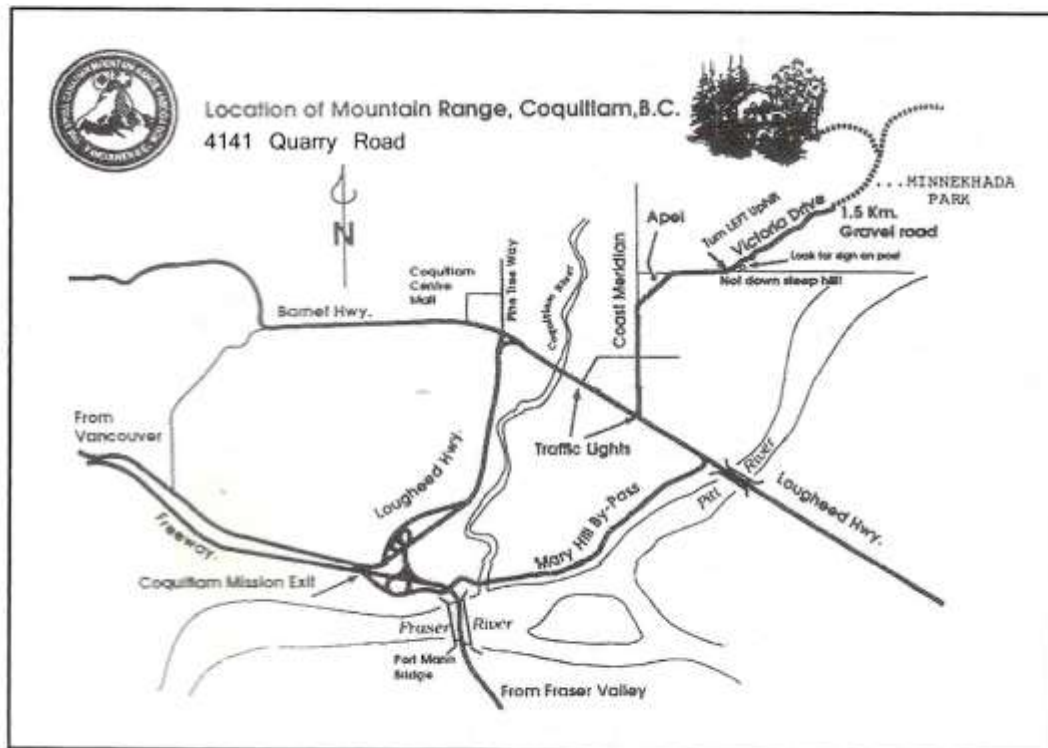
Upcoming Events

July 11 th	Whistler Flats Bike Tour	Outdoors Club
August 1 st	Swiss National Celebration	All of the Swiss Groups
August 15 th & 16 th	Glacier Cabin Weekend: Hike Church Mountain	Outdoors Club
October 11 th	Filmnachmittag	Seniors
October 25 th	Metzgete and Minnekahda Hike	Outdoors Club
November 7 th	Reifel Bird Sanctuary	Outdoors Club
November ?	Jass Tournament	Outdoors Club; Irma Bieri
November 15 th	Filmnachmittag	Seniors
November 21 st	Executive Meeting and Dinner (Sat.)	Outdoors Club
December 5 th (tentative)	Seniors Luncheon	Seniors
December 20 th	Waldweihnacht	SSV, Outdoors Club
December 31 st to January 3 rd , 2016	Cabin New Year's Eve	Outdoors Club

Swiss National Day Celebration

This year's National Day Celebration will be held on **Saturday, August 1st**, at the Chalet of the SCMRA in Coquitlam. Admission is \$8 and festivities start at 4pm located at 4141 Quarry Rd Coquitlam, BC

How to Get to the First of August Celebration at the Mountain Range Chalet



There will be traditional food available and drinks at reasonable cost.

The Vancouver Dorfmusik will play from 7-8pm. A Lampion Parade during the official ceremony (starting at 9pm) will be guided by a Swiss Herald, a drummer and live music by the Dorfmusik.

The Chalet of the SCMRA is a fantastic location for this celebration and also offers lots of space for tents and RVs to stay overnight. Hook ups for water and electricity are available. A breakfast will be served by the SCMRA for a small fee. The surrounding Minnehada Regional Park offers various trails for hiking or exploring the next morning. Please contact Frank Suter Jr. for details at frankjr@shaw.ca

Many volunteers are needed on that day to sell admission ribbons, food vouchers and help at the grill. Please contact Jacques Goldschmidt to schedule your 2-hour shift at: 604- 596 – 6253

Or email: Goldschmidt.jaques@gmail.com

Profile of the Month: Bernadette Calonego



Ich bin Kanada-Schweizerin, arbeite als Auslandskorrespondentin für deutschsprachige Medien in Kanada, unter anderem für die Süddeutsche Zeitung in München, den Tages-Anzeiger in Zürich und den Standard in Wien. Ich lebe in der Nähe von Vancouver an der Sunshine Coast

Ich bin auch Buchautorin, schreibe Krimis, die zunächst auf Deutsch erschienen und nun auch auf Englisch erhältlich sind.

Der jüngste Thriller „**Under Dark Waters**“, der gerade herauskam, ist auch auf Deutsch erhältlich: „Unter dunklen Wassern“.

Die Handlung spielt in British Columbia und in den Northwest Territories.
Hier eine Zusammenfassung des Inhalts:

„Gefährliche Spurensuche in Kanada; Diamanten, Verrat und Mord“

Die 33-jährige Historikerin Sonja Werner reist im Auftrag eines Schweizer Museums durch die kanadische Provinz British Columbia. Offiziell folgt sie den Spuren der Berliner Dichterin Else Seel (1894-1973), die einen kanadischen Trapper geheiratet und mit ihm in einer Blockhütte in der Wildnis gelebt hatte.

Heimlich folgt Sonja aber auch den Spuren ihres Mannes Toni, eines Extremsportlers, der drei Jahre zuvor mit seinem Sohn Nicky bei einem mysteriösen Absturz seines Wasserflugzeugs in British Columbia umgekommen war. Sonja will endlich herausfinden, was ihr die Polizei verheimlicht. Sie vermutet auch, dass ihre langjährige Freundin Odette aus seltsamen Gründen untergetaucht ist, denn seit dem Flugzeugabsturz ist sie verschwunden.

Auf ihrer Reise begegnet Sonja immer wieder dem Mineningenieur Robert Stanford. Auch der Buschpilot Sam scheint mehr zu wissen, als er preisgibt. Und im Leben der Kanadierin Diane Kesowsky, Sonjas grosszügiger Gastgeberin, gibt es dunkle Geheimnisse.

In einem Camp von Diamantensuchern in der kanadischen Subarktis, wo Sonja bei ihren Nachforschungen schließlich landet, muss die Historikerin um ihr Leben bangen. Zum Schluss findet sie heraus, dass sich alles, aber auch wirklich alles ganz anders verhält, als sie je geahnt hat.“

Bernadette Calonego
www.bernadettecalonego.com

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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Sprueche aus dem Kindergarten gesammelt von Christina Lips

Nevio erzahlt wiederholt von zwei toten Maeusen im Garten, die der Vater mit Gift getoetet hat.

Ich: " Ja sind's immer na da? Was mached er jetzt demit?"

Er: " Vilicht choche."

60 Years ago in the Swiss Herald Chosen by Christina Lips


ALBERT EINSTEIN

On April 18th, 1955 news paper headlines informed us that Albert Einstein, called the worlds leading scientist had passed away.

Neither the editor nor probably many of our readers understand fully the "Theory of Relativity" we owe him.

Einstein was born in Ulm 1879. In the 1890's his family moved to Aarau, where Albert Einstein attended High School. He finished his studies at the Federal Polytechnicum in Zürich, acquiring there that solid mathematical and technical knowledge which enabled him later not only to feel but to prove scientifically the nature of the physical universe and the laws governing it.

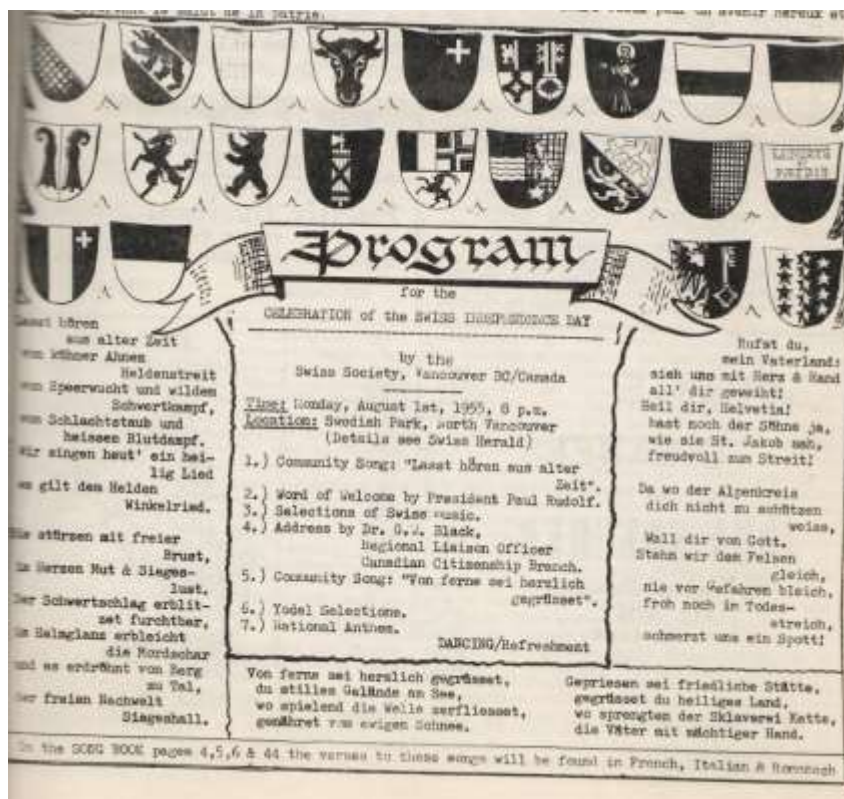
From 1902 to 1909 Einstein worked as a patent examiner for the Swiss Government in Berne. It is during this time that he developed his fundamental theory, scribbling his theories on scraps of paper which he thrust out of sight, whenever a supervisor approached.



By his work he became a lecturer at the University of Berne, then in the year 1907 extraordinary professor of physics at the University of Zürich. Followed periods as professor in Prague, Berlin and Princeton USA.

At his death, President Eisenhower stated: "No other man contributed so much to the vast expansion of the twentieth century knowledge, yet no other man was so modest in the possession of power that knowledge, more sure that power without wisdom is deadly."

Albert Einstein, born a German national, acquired Swiss citizenship in Zürich in 1910. He refused to relinquish his Swiss citizenship when he worked for the German Government in Berlin and became USA citizen in 1940 after he had left Germany when Hitler took over.



Program

for the
CELEBRATION of the SWISS INDEPENDENCE DAY

by the
Swiss Society, Vancouver BC/Canada

Time: Monday, August 1st, 1955, 8 p.m.
Location: Swedish Park, North Vancouver
(Details see Swiss Herald)

- 1.) Community Song: "Lasst hören uns alter Zeit".
- 2.) Word of Welcome by President Paul Rudolf.
- 3.) Selections of Swiss music.
- 4.) Address by Dr. G. J. Black, Regional Liaison Officer Canadian Citizenship Branch.
- 5.) Community Song: "Von fern sei herzlich gegrüsst".
- 6.) Yodel Selections.
- 7.) National Anthem.

DANCING/Refreshment

Von fern sei herzlich gegrüsst,
du stillen Gellände am See,
wo spielend die Wellen zerfließen,
gegrüsst von ewigen Schnee.

Gepriesen sei friedliche Stätte,
gegrüsst du heiliges Land,
wo sprangen der Sklaverei Ketten,
die Väter mit mächtiger Hand.

On the SOGG BOOK pages 4,5,6 & 44 the verses to these songs will be found in French, Italian & German.

Invitation to the Swiss National Day Celebration in 1955

I guess things have changed a bit within the last 60 years. And why aren't there flags of four more cantons??

Which ones are missing?
Solution on the last page.

O.K., I admit. I had to look it up too.....

Christina

Board of Directors 2015

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	vacant	secretary@swiss-society.org	
Treasurer	vacant	treasurer@swiss-society.org	
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Choir	Sylvia Kinvig	silkin56@hotmail.com	778-996-8775
Outdoors Club	Jacques Goldschmidt	goldschmidt.jaques@gmail.com	604-596-6253
Youth Club	Aio Haeberli	youth-group@swiss-society.org	604-803-5910
Advisor	Heidi Legere	hlegere@telus.net	604 461 0456
Advisor	Veronika Sans		604-730-9781

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Swiss Canadian Mountain Range	Markus Spycher	www.scmra.ca	
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Swiss Herald	Christina Lips	ch.lips@live.com	604-984-9036

Solution to the question from Page 15:



Basel-Stadt



Basel-Land

The flags of the two semi-cantons were amalgamated.



Nidwalden



Obwalden

Same as above.



Appenzell Ausserrhoden Is also a semi-canton and simply missing.



Jura separated from Bern in 1978 and became a new canton.