



SWISS HERALD

September/October 2020 Edition
Swiss Society of Vancouver
P.O.Box 32021 Walnut Grove
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Fawn Lake, Cariboo; Photo Ch. Lips

WE ARE HERE FOR YOU!



Are you stuck at home on your own and would like to talk to someone of the Swiss Society Vancouver?

Here are a few members who would love to hear from you:

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SENIORS' PAGE from the Newsletter 50plus.ch, Sept. 8th, 2020

Studierende der Hochschule für Wirtschaft in Zürich bekamen eine komplexe Aufgabe: Die Millennials mussten in einem Artikel beschreiben, was das Glück der Babyboomer ausmacht. Ein Ausblick in eine weit entfernte Galaxie. Wir bringen die Texte in loser Reihenfolge.



Von *Alina Saracino*

Samstagmorgen um 11 Uhr am Türlerseersee im Kanton Zürich: Zwei Damen im Pensionsalter spazieren mit ihren Hunden um den See. Während einer kurzen Verschnaufpause auf einer Bank besprechen sie die wichtigen Dinge in ihrem Leben. Ob sie nun das Abo der Glückspost verlängern sollen und wie unglaublich schwierig doch das Kreuzworträtsel heute Morgen im Tagesanzeiger war. Sie wirken gelassen und scheinen im hier und jetzt zu leben. Doch was ist das Geheimnis des Glücks im Alter? Gibt es überhaupt ein Rezept zum glücklich älter werden?

Die Schweiz hat eine immer älter werdende Bevölkerung. So ist der Bevölkerungsanteil der Personen im Pensionsalter im Laufe des 21. Jahrhunderts von 5.8 % auf 18.3 % angestiegen. Laut Prognosen des Bundesamts für Statistik ist die Tendenz weiterhin steigend und soll bis im Jahr 2045 auf 26 % anwachsen. Die steigende Lebenserwartung sowie die abnehmende Geburtenhäufigkeit führen zu diesem demografischen Alterungsprozess. Im letzten Drittel des Lebens verändert sich so einiges. Man arbeitet nicht mehr, hat meist weniger soziale Kontakte und viel mehr Zeit. Zeit für neue Freizeitbeschäftigungen, die Enkel zu hüten oder freiwillige und ehrenamtliche Einsätze.

Eine grosse Umstellung des Lebensstils. Die Weltbevölkerung wird immer älter, also lohnt es sich, diese Lebenszeit zufrieden zu verbringen. Senioren und Seniorinnen wirken oft sehr fröhlich, ausgelassen und zufrieden.

Professor Jürgen Wolf, Alternswissenschaftler an der Hochschule Magdeburg-Stendal und Demografie-Beirat des Landes Sachsen-Anhalt, erklärt sich die Zufriedenheit im Alter vor allem mit der Bereinigung der Massstäbe.

Mit dem Alter pendelt man sich im eigenen Leben ein und setzt sich nicht mehr zu hohe Ziele. Man gibt sich viel eher mit dem zufrieden, was man hat und strebt nicht ständig nach mehr. Für das Rezept zum Älterwerden sind jedoch auch die Gesundheit und die soziale Eingebundenheit wichtige Faktoren.

Professor Jürgen Wolf setzt den Fokus aber klar auf das soziale Umfeld: «Man kann noch so gesund sein, wenn man immer nur einsam isst und sein Bofrost-Menü auftaut, dann hat das nicht die gleichen Effekte, wie wenn man in Gesellschaft isst. Wo man sich anerkannt und wahrgenommen fühlt.»

Er geht sogar noch einen Schritt weiter: «Das ist eigentlich das Geheimnis: dass man in sozialen Beziehungen lebt.» Im Alter wird vor allem die Zufriedenheit grossgeschrieben.

Neurowissenschaftler Tobias Esch stellte in seiner Langzeitstudie fest, dass die meisten Menschen mit 67 zufriedener sind als mit 17 oder 37. Man hat bereits viel erlebt, gesehen und erreicht in seinem Leben und kann glücklich und zufrieden darauf zurückblicken.

Nach dem «Tal der Tränen» in der Lebensmitte, wo Arbeit, Familie und Gesundheit gleichzeitig für Stress sorgen, kommt im Alter die Gelassenheit wieder zurück. Im gemeinsam mit Eckart von Hirschhausen verfassten Buch hält Tobias Esch fest, dass auch die Einstellung zum Alter von grosser Bedeutung ist.

«Wer positiv auf das Alter schaut, kann etwa das Risiko für eine Demenz verringern», so Hirschhausen. Dies zeige eine Studie der Psychologin Becca Levy. Das Alter als keine Krankheit anzusehen, ist ein erster Schritt in Richtung glückliches Älterwerden.

Auch wenn das Pensionsalter für viele noch in weiter Ferne liegt, ist es nie zu früh, sich darauf vorzubereiten. Eine positive Einstellung gegenüber dem Älterwerden ist dabei grundlegend. Negative Gedanken und Ängste, gerade auch vor dem Tod, gehören dazu.

Sie sollen jedoch nicht zum täglichen Begleiter werden. In der Blüte seiner Jahre denkt man nicht gerne übers alt werden nach. Doch genau das Gesundsein beginnt in der Jugend.

Eckart von Hirschhausen empfiehlt alles wegzulassen, was das Leben verkürzt: «Es gibt keine Tablette, keine Operation und erst recht keine Creme, die uns besser schützen als fünf ganz einfache Dinge des Alltags: nicht rauchen, bewegen, Gemüse – erwachsen werden und Kind bleiben.»

Eine positive Einstellung, Bewegung, ein soziales Umfeld und ein bisschen Kind bleiben – ein ziemlich simples Rezept, um sich im hohen Alter am See gelassen und zufrieden über den Schwierigkeitsgrad eines Kreuzworträtsels unterhalten zu können.

CHOIR REPORT

written by Andrea Flukiger, President

Our choir normally restarts rehearsals after the summer break.

2020 has been out of the ordinary and we have had to adapt and be flexible.

Mid August on a beautiful day, the choir members met for an outdoor gathering to brainstorm how to continue singing .

Our host was Dorli in Abbotsford . We all brought our own chairs, lunchbox, face mask, you name it. Almost all choir members were able to attend. Sadly, no singing occurred.

The outcome was to go forward via **Zoom**, an internet program where we all can see and hear each other. Since then we have been meeting on Thursday evenings from home with virtual choir practices . If anybody is interested to check it out, please email me and I will get our conductor to contact you.

It is not a substitute for an actual singing together but it is a handy tool to support our skills and it has some neat features to broaden our horizon in the music world. Dubravko is quite skilled with it and he made songs available on the internet so we can learn from home.

By coincidence, exactly 6 months after our last physical rehearsal we came together to sing for and with our past president Silvia Kinvig. This time our host was Marianne in Port Coquitlam. With lots of distance between the singers and in a single row we had our first outdoor practice. It felt wonderful to actually sing together in harmony.

I hope you all have some happy moments to share and remember them even if it's a crazy time .

With Saengergruss
Andrea

andreaflukiger@gmail.com



WHAT SWITZERLAND HAS GIVEN THE WORLD

From www.newlyswissed.com, by Dimitri Burkhard

Everybody knows about the contribution Switzerland has made to the world of watches, banking and chocolate. However, Swiss innovation has given us so much more. Here are some surprising facts about what Switzerland has given the world. For such a small country, it is quite an impressive list!

1. All garments and fabrics on Air Force One are exclusively supplied by a Swiss company.

Most incoming presidents like to change the interior design, however.

2. Switzerland has the highest number of Nobel Prizes per capita in the world.

More than 100 Nobel Prizes have been awarded to persons or organizations with connections to Switzerland. The Swiss are clearly doing something right...

3. Switzerland is launching a satellite to clean up space junk.

They do take recycling very seriously here.

4. A Swiss company is the main supplier of the color shifting ink used in US dollar bills.

To prevent counterfeiting, this optically variable ink displays differing colors at different angles - how clever!

5. The best quality Swiss cheese is labelled for export.

Nonetheless, the remaining cheese is also delicious!



6. The world's first C-section was reportedly performed in Switzerland around 1500.

Jacob Nufer's wife was about to die giving birth, so he cut open her belly to release the child. The C-section was born – no pun intended.

7. Seventy five percent of global coffee trade happens in Switzerland.

Were you aware of the link between your daily Starbucks and Switzerland? Although traded here, the coffee never physically passes through the country.

8. Hundreds of Bollywood films have been shot in Switzerland.

Thus, Switzerland is a top destination for Indians visiting Europe.

9. Switzerland gave the world the first instant *cup - a - soup* in 1886.

The soup, made from stock cubes, was the creation of Julius Maggi and Carl Knorr.

10. The original Bond Girl was Swiss.

Ursula Andress was born on March 19, 1936, in Ostermundigen near Bern.

Elke Porter is Delighted to Announce her Book, that is Now Available:

75 German-Speaking Influential People in Western Canada

Vancouver, August 29, 2020

Elke Porter is announcing “75 German-Speaking Influential People in Western Canada” is available as a print or digital download from the popular “Magcloud” Platform.

“There is a bit of work involved for my readers, as they will have to sign up to Magcloud,” said Elke Porter, author and publisher. “MagCloud allows users to distribute professional-quality print publication or digital options for mobile and online viewers, but the good news is that the printed book can be shipped directly to their address even if they live in Europe or the USA.”

“75 German-Speaking Influential People in Western Canada” is a book that shares the personal stories accomplishments of Austrians, Germans & Swiss who immigrated to Western Canada in search of a better life in the last century. It also shares stories of the many associations, charities, festivals, nonprofits & societies.

Elke Porter was able to gather the information needed for this book after utilizing the 20 years of research gathered to generate content for her newsletters, blogs and magazines. “Westcoast German News” is a local Vancouver blog that shares information about German-speakers in the English language that she founded in 2007. Elke Porter is also an active member of the German Canadian Business Association.

The book is now available for sale, though as soon as the lockdown is over, Elke Porter would like to hold a book launch at a German Venue in Vancouver, where she will be available to sign copies of the book or help you order them from the MagCloud Platform. She is also willing to order books for anyone who is not computer savvy for \$50 CAD. This includes the book plus delivery fees, although this option is only available for people who reside in Vancouver. For those who order 10 or more copies, you can receive a 15% discount from Magcloud. If you order 50 or more, it is a 20% discount and for 100, you will receive a 25% discount. Order yours today!

For more information, please call:

PR Contact Name & Number: Elke Porter 604 828 8788

Email: admin@westcoastgermannews.com

Website: <https://www.magcloud.com/browse/issue/1819778>

Westcoast German News Blog - <http://www.westcoastgermannews.com>

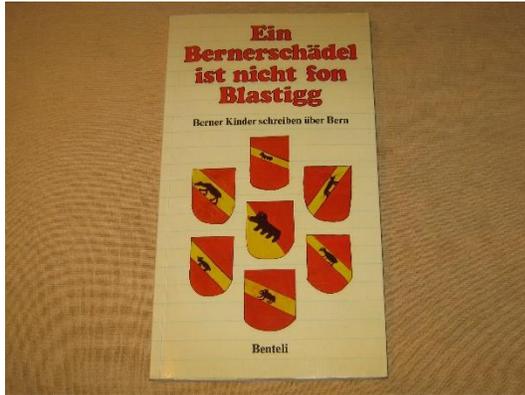
European News (*in western Canada*) - <http://www.europeannews.ca>

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WAS IST DIE AUFGABE DES BUNDESPRAESIDENTEN



Veronika Sans discovered this booklet and copied some of the descriptions for the Swiss Herald.

Anstoss zu diesem Buechlein gaben einige veroeffentlichte Kinderbeitraege in der Sondernummer «Bern» der Schweizerischen Lehrerinnenzeitung Nr. 7/8 von 1974.

Drittklaessler bekamen ab und zu sonderbare Fragen vorgesetzt, die sich mit der Stadt Bern befassten.

Damit aber die Kinder nicht Zeit fanden, am Geschriebenen «herumzudoktern,» wurde ihnen

jeweils das Blatt rasch weggenommen. Hunderte von koestlichen Stellungnahmen wurden gesichtet, orginelle und originellste zum Druck ausgewaehlt. Sie wurden unveraendert gesetzt und gedruckt.

- Der ist das fuer unseres Land zu regirn sonst haetten Wir gar keine Landesordnung.
- Es gibt 7 Bundespresidaenten. Und jedes jahr werden die 7 Bundespresidaenten abeloehst.
- Das ist ein Mann der ein bischen Regirt.
- Der Bundesprasident darv befelen. Das ist der Oberste des Lantes. Die Braesidenten heissen Hirliman, Gnaegi und soweiter.
- Der regiert ueber die Schweiz. Er muss kuken das ordnung ist in dem Land.
- Er muss auf die Scheitz aufpassen. Er ist ein lieber Mann.
- Das ist der Herr oberst fon den Bundesraete. Das sind siben Maenner die in der Schweiz regiren.
- Er ist vornaem, aber auch frointlich und lustig.
- Der President sorgt fuer ordnung und ruhe. Er ist ein Geerter Mann. Er ist ausetdem ein lieber Mann ganz lieb. Er haltet fst imer ausrede.
- Der Bundesprasident hate sueben Manne.
- Der regiert auf der Bundesrefublik bei Bern.
- Der ist da fuer die Gantze Schweiz.
- Er sagt wo es kriegt gibt. Er muss ahber auf die Schweiz aufbassen botz.
- Der Bundespresident bestimmt uns.
- Der tut befelen wo das Haus abgerissen wirt und woh das noie hinstet.
- Der Bundespraessitent schafft zum Bund. Der ist im Bunteshaus und sagt den Leuten edwas.
- Der ist ein Mann der manchmal eine rede hielt.
- Er regiert uebers ganze land. Er regierd die gantze Kantoene. Das heisst die gantze Schweiz.

- Der Bunderpraesident regiert nur ueber sein reich. Er ist ser stolltz man fuert ihn in Schwatzen wagen.
- Er ist viel an Besprechunnen in andern Laender.
- Er bestimmt fast um die Schweiz.
- Er ist geschiet und grossardig.

HOW WELL DO YOU KNOW BRITISH COLUMBIA?

1. How big is British Columbia compared to the other Canadian provinces and territories?



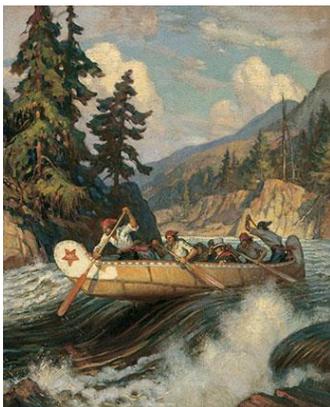
- it's the largest Canadian province or territory
- It's the third largest Canadian province or territory
- It's the fifth largest Canadian province or territory
- It's the smallest Canadian province or territory

2. There are a lot of bears in British Columbia, including grizzly and black bears. What percentage of North America's grizzly bears can you find here?



- 15 per cent
- 25 per cent
- 50 per cent
- 75 per cent

3. Which of these was the name of a large part of what we now know as British Columbia in the 1800s?



Chief Trader Archibald McDonald Descending the Fraser, 1828, by Adam Sherriff Scott, ca. 1942. Public domain.

- New Britain
- New Caledonia
- New Georgia
- New Victoria

4. Why does Vancouver have restrictions on the number of tall buildings that can be built in the city?



- Laws were created to protect the views of the mountains, the ocean and the skyline
- Safety concerns about fault lines and earthquakes
- The soil isn't strong enough to support very tall buildings
-

Image courtesy of Destination British Columbia

5. How long have Indigenous people lived in the area now known as British Columbia?



- More than 100,000 years
- More than 10,000 years
- More than 1,000 years
- More than 1,000 years

Ancient Haida carvings in British Columbia. Image courtesy of Destination British Columbia.

Answers:

1. British Columbia might look tall and skinny, but it's actually Canada's fifth largest province by area. From biggest to smallest: Nunavut, Quebec, Northwest Territories, Ontario, British Columbia, Alberta, Saskatchewan, Manitoba, Yukon, Newfoundland and Labrador, New Brunswick, Nova Scotia, Prince Edward Island.
2. A quarter of all of North America's grizzlies can be found in British Columbia. Grizzlies who live near the coast tend to be larger than those who live farther inland. Adult male coastal grizzlies weigh an average of 900 lbs while their inland counterparts weigh an average of 600 lbs. Though they have the digestive system of carnivores, Grizzly bears are usually omnivores: they will eat meat, fish, berries, bugs and plants — whatever is readily available!
3. The region now known as British Columbia was populated by indigenous people for thousands of years before Europeans began to settle there in the late 1700s. Fur traders took control of a large amount of mainland B.C. and the area was known as New Caledonia until 1858, when it became known as "The Colony of British Columbia".
4. Vancouver has 27 protected "view corridors" in the city, each with a view of the mountains, the downtown skyline or the surrounding water. There are strict guidelines around how tall buildings can be in these areas, to make sure that the beautiful views aren't blocked!
5. Indigenous people have lived in the area now known as British Columbia for over 10,000 years! Today, you can find 198 distinct First Nations in the province, each with a distinct and vibrant culture. You can also hear 30 different First Nation languages and almost 60 dialects spoken within the province.

AS TUNNEL OPENS, TRANSPORT PROJECT OF THE CENTURY BECOMES REALITY

from SWI Swissinfo.ch, 9/ 2020



During a trial phase, trains circulated in the Ceneri tunnel at speeds of up to 275 km/h. © Keystone / Gaetan Bally

With the inauguration of the Ceneri base tunnel, the finishing touches are being put on the most colossal infrastructure project in recent Swiss history.

This content was published on September 4, 2020 - 09:00 September 4, 2020 - 09:00 *Daniele Mariani*

The Swiss definitely like to burrow. If you were to add up the distance covered by all the longest

railway tunnels in the country, it would be enough to travel underground across almost the entire national territory from Chiasso to Basel – several hundred kilometers.

In particular, the 56km Gotthard base tunnel, inaugurated with great pomp in 2016, continues to enjoy the title of world's longest – a title it will hold onto for at least another decade, until the Brenner tunnel links Italy and Austria.

Now Switzerland's collection is about to welcome a new addition: the 15.4-kilometre Mount Ceneri tunnel, where the ribbon is to be cut on September 4 in a scaled-down, Covid-conscious ceremony.

For travelers, the change will only become a reality when the national rail timetable changes in December, at which point the tunnel will come into use. Then, due to more coronavirus-linked delays, we will have to wait until April 2021 to see all the connections in place.

A CHF20 billion project

Compared to the figures for the Gotthard or Lötschberg (34.6km), the Monte Ceneri seems like small fry. But two decades ago, its 15.4km would have put it in the world's top 10 by length. By the end of this decade, when other projects like the Fréjus or the Brenner are completed, it will be about 30th in the world rankings.

Revolution

The inauguration of the Ceneri is the final step in an engineering adventure that started 30 years ago. Indeed, the Alpine rail link project to upgrade connections between northern and southern Europe – including the Lötschberg, Gotthard and Ceneri tunnels – is a good example of how the Swiss political system can get things done.

Because, with all its endless delays and compromises, the Swiss direct democracy system has a significant advantage: once a project has been ratified by voters, it can be implemented without further delay. In contrast to similar projects elsewhere – the Turin-Lyon line, for example, blocked by opposition groups – the Alpine rail link project has never become a target of protests or demonstrations.

After voters accepted it with a 63.6% majority in 1992, the project simply proceeded without further ado. Those opposed for financial or environmental reasons, notably the Greens, accepted the verdict of the ballot box without reservation.



Democracy made world's longest tunnel possible

This content was published on Dec 10, 2016
 Dec 10, 2016 People travelling through the Gotthard tunnel when it opens on Sunday to scheduled passenger traffic can thank direct democracy.

The opening of the Ceneri tunnel also means a transport revolution for the southern canton of Ticino. Travel time between Bellinzona and Lugano will be cut by a third, from 27 to 19 minutes. From Lugano to Locarno the savings will be even greater,

down from 50 to 29 minutes. Furthermore, regional rail lines will be upgraded, and some reckon the change could lead to the creation of a "Ticino City" – one big urban sprawl across the canton. The impact will be significant on international traffic, too. From next year, travellers will be able to get to Milan from Zurich in less than three-and-a-half hours. When other projects are completed, including on the Italian side, this time will drop to 3 hours – that's 40 minutes less than what it is now. With the opening of the Gotthard base tunnel in 2016, the time taken for the journey was already cut by half an hour.

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 Lines)	\$ 20	\$ 110(5

Bauernmalerei Instructional Books (Free)



Gifting instructional books (most written in German) collection of books, magazines and stenciling guides that will be a great asset in helping, as they were for me (in the how-to process) in following the

Bauernmalerei style of painting.

For those who are sincerely interested please contact:

Bernadette: 778-355-1046 or bernarollin@shaw.ca




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One of many dragonflies at Fawn Lake

Photo Ch. Lips



Elisabeth Rechsteiner

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