



SWISS HERALD

January/February 2026 Edition

Swiss Society of Vancouver

P.O.Box 32021

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Langley, BC V1M 2M3

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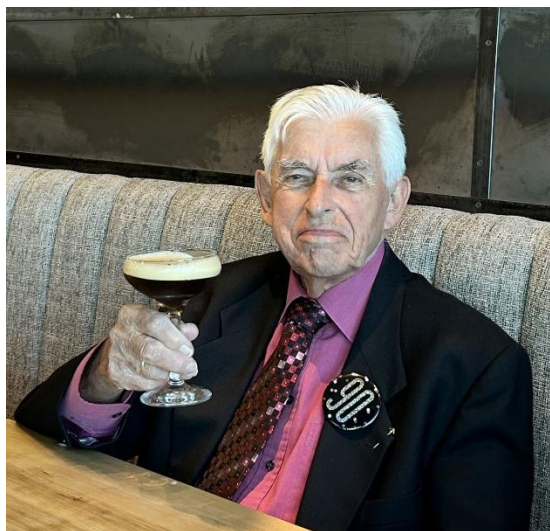
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The 2026 Winter

Olympics (*Italian: Olimpiadi invernali del 2026*), officially the **XXV Winter Olympic Games** and commonly known as **Milano Cortina 2026**, is an upcoming international [multi-sport event](#) scheduled to take place from 6 to 22 February 2026 at sites across [Lombardy](#) and [Northeast Italy](#).

IN MEMORY OF JOE MORACH



It is with profound sadness that we announce the passing of our father, Josef (Joe) Morach on September 22, 2025.

Joe was born in Zurich, Switzerland in 1933, where he apprenticed as a fur cutter. In 1958 he and a friend traveled to North America by ship to check things out for a few weeks. Arriving in New York Harbour to a full fireworks display, Joe couldn't believe this welcome party, just for their ship! He later learned this party was celebrated every year as it was July 4th. His friend returned to Switzerland, but Joe continued his longest holiday ever and eventually found his way out to Vancouver and made it his home.

Joe found work at Shaughnessy Golf & Country Club, working in various positions. He retired in 1996 after 37 years as the Club's Bar Manager.

He met Connie at work and they married in 1961. They had two children, Christian and Colette and they built a life in Vancouver, making numerous lifelong friends in both the Swiss and German Communities.

Joe was an avid crossbow shooter with the Swiss Crossbow Association and was the Range Master for many years. He was always proud and excited to travel back to Switzerland and compete as part of the Canadian Team, bringing home medals and cups every match.

He was also an avid Jass player and always very competitive. For many years he planned the annual Swiss Society Jass Tournament held at the Swiss Canadian Mountain Range Association Club House and held the title of Jass Konig on more than one occasion.

Joe lived a robust 92 years, always celebrating. Everyone will remember Joe as the story telling life of the party, always ready to socialize with young and old alike.

He was very proud to be Swiss and passed on many traditions to his family.

Joe leaves behind his son Christian (Jeanette), his daughter Colette (Douglas) and 3 grandchildren; Griffin, Nicole and Jenna, along with extended family.

Joe leaves many lifelong friends, both in Canada and Switzerland to remember him.

At his request there will not be a celebration of life, just raise a glass (Robert Mondavi if you have it) and offer a "cheers" to Joe.

"The bottle is never empty, there is at least 7 more drops."

Written by his daughter Colette Knight



CHRISTMAS CHOIR/DORFMUSIK CONCERT

The Vancouver Swiss Choir and the Vancouver Dorfmusik held a combined Christmas Concert Saturday, November 22, 2025 at the All Saints Church in Burnaby. The concert was well attended and the audience applauded with enthusiasm. The repertoire was diverse and the choir not only sang in the 4 official languages of Switzerland but also in Latin.



Deputy Consul Thomas Schneider attended with his wife and deputy General Silvana Renggli was also spotted in the crowd.

Unfortunately there are no photos from the Dorfmusik, because the photographer was busy playing in the Band.



Once again there was delicious food after the concert for everybody and the people enjoyed the gathering and socializing after the concert.
A big thank you to everybody who donated goodies and helped with the set-up and clean-up.



A few days later the choir gave a performance for the Swiss Chamber of Commerce and their songs were enjoyed by all of its attendees.



CHRISTMAS LUNCHEON

For the second time the event was held again at the Holiday Inn in North Vancouver on Sunday, December 7th, 2025.

The attendance was great, almost 80 people participated and enjoyed this yearly luncheon. It's not just for seniors any more; younger adults can join too.

Three of the main organizers Elisabeth Rechsteiner, Susanne Wilson and Edvige Weingand have a conversation with Deputy Consul Silvana Renggli.

Lotti Frowein was in charge of booking the venue and staying in touch with the Catering Manager.





The choir sang this time after the meal and before the dessert. Here the people from the VIP table listening to the Christmas songs of the choir.



This year again there was a bag of hand-made cookies beside each plate. It's been a tradition that Swiss members of the Society bake these Swiss Cookies. They're made with lots of patience and love to the detail. Some of the bakers met at Elisabeth Rechsteiner's home and put all the cookies in bags.





Afterwards they were treated by Elisabeth to a nutritious lunch. Thanks very much to the hostess and all the cookie makers for those special treats!

VANCOUVER DORFMUSIK AT THE CHRISTMAS-MARKET IN THE NORTH VANCOUVER SHIPYARDS



Sunday, December 14, the Dorf musik played at the North Vancouver Shipyards in the afternoon for 1 ½ hours. For the second year there was a Christmas Market. It was 7 C cold and it was raining in buckets. The players were under cover, but not so the audience. Some of the die-hard fans were there and applauded with their gloves underneath their umbrellas. Thanks to the group of Swiss Society and SCMRA Members who came there for the first half and drove to the Mountain Range afterwards for the Waldweihnacht. It was very much appreciated! The Dorf musik members had dinner at the Jaegerhof to warm up and get their energy back.

WALDWEIHNACHT Sunday, December 14, 2025



Another successful event, that wouldn't exist without the brave volunteers. Soup, sausage and the bun were offered for a reasonable price.

Santa's visit was another highlight, and the children as well as some adults could let him know what was on their wish-list.







MEMBERSHIP RENEWAL 2026

RENEWAL by Mar. 31, 2026

Thank you for supporting the Swiss Society of Vancouver in the past. It is time for the 2026 renewal. Members who filled out the new Membership / Liability form for the 2025 SSV membership can send in the membership payment only (no form necessary). If you did not renew in 2025 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 e-mail me at membership@swiss-society.org

You are able to pay for SSV with one cheque or make an e-transfer.

Memberships are as follow:

SSV Individual: \$ 40.00

SSV Family: \$ 60.00

Single Senior: \$ 25.00

Senior with Spouse \$ 40.00

Choir members do not have to pay an additional fee, but they are required to pay the SSV membership.

Please mail cheque to:

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

If you miss sending in the payment by the Mar. 31, 2026 deadline, I would need a new form filled out, because it lapsed and the liability has expired. There is an updated form available online at the SSV website under "membership", or call me, then I can send one out. Also, if anything changes in your membership status or there is a change of address, a new form is required.

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 or more 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 & Choir Membership chair

NOMINATIONS FOR HONORARY MEMBERSHIP

Any member of the Swiss Society can make a WRITTEN nomination, which must include details as to why someone is recommended, and why that person should be deserving an honorary membership. Any nominations must be received by Susanne Wilson by February 28th, 2026 at the latest. Please send them to: membership@swiss-society.org or the SSV address on the front page of the Herald.

SENIORS' CORNER



The next **Filmnachmittag** will take place on

Sunday, January 18th, 2026: «S'Bloch»

Ein lebendiger Brauch im Appenzellerland

1:30 pm to 4:30 pm

Next Film Nachmittage Datums:

Sunday Feb. 15, March 15, April 26, May 24, 2026

Location: **Martin Luther Church**

Address: **505 East 46th Ave, Vancouver**

Please register by the Monday before by calling

Elisabeth Schupach 604-584-3742.

If you want to donate some baking, please let **Susanne Wilson** know a few days before by calling her at **778-908-5906**.

THE SWISS SOCIETY OF VANCOUVER ANNUAL GENERAL MEETING (AGM)

Will be held Sunday, March 22, 2026

from 4-7 pm

at Edmonds Community Centre, 7433 Edmonds St, Burnaby V3N 1B1

The Board of Directors will recommend some small necessary changes to the bylaws.

Specific details will be explained in the March edition of the Swiss Herald.

FUNDRAISERS FOR THE EUROFEST BC SOCIETY



EUROFEST BC SOCIETY
**BURGER & BREW
FUNDRAISER**

WEDNESDAY JANUARY 28, 2026
| 5PM - 9PM |
DUBLIN CROSSING PUB
466 SW MARINE DR VANCOUVER
\$30 PER TICKET

•••

INCLUDES ONE BURGER (BEEF, CHICKEN OR
VEGETARIAN), SIDE (REGULAR FRIES, DAILY SOUP
OR MASHED POTATO) AND ONE DRINK FROM THE
HAPPY HOUR MENU.
*TRIVIA STARTS AT 7PM

•••

Enjoy a lively night featuring a classic pub meal, door
prizes, raffle draws, and trivia all while supporting
the next European Festival happening Spring 2026

Buy your tickets now at www.eventbrite.com
or email kecia@europeanfestival.ca



EUROFEST BC SOCIETY
**MARDI GRAS
3rd annual
MASQUERADE**

LIVE MUSIC, AUTHENTIC EUROPEAN MEAL,
COSTUME CONTEST, RAFFLE & MORE

SATURDAY
28
FEB, 2026

SAVE THE DATE
**SLOVENIAN HALL,
BURNABY**
5762 Sprott Street in Burnaby, BC.

DRESS CODE: MASKED, FANCY & COLORFUL
RSVP

CALENDAR OF EVENTS 2026

Date	What kind of event	Where
Sunday, January 18	Filmnachmittag	Martin Luther Church
Wed, Jan. 28	Burger and Brew Fundraiser for the European Festival	Dublin Crossing Pub, 5-9 pm 466 SW Marine Dr. Vancouver
Sunday, Feb. 15	Filmnachmittag	Martin Luther Church
Saturday, Feb. 28	Mardi Gras Masquerade	Slovenian Hall in Burnaby
Sunday, March 15	Filmnachmittag	Martin Luther Church
Sunday, March 22, 2026	Annual General Meeting Swiss Society Vancouver 4-7 pm	Edmonds Recreation Centre, 7433 Edmonds Street Burnaby
Saturday, April 18 or 25, 2026	Annual Dorfmusik Concert	St. Martin's Church Vancouver
Sunday, April 26	Filmnachmittag	Martin Luther Church
Sunday, May 24	Filmnachmittag	Martin Luther Church
Saturday, May 30	European Festival	Slovenian Hall, Burnaby
Saturday, June 6	Swiss Choir Concert	All Saints Church, Burnaby
Saturday, Aug. 1	Swiss National Celebration	Mountain Range

FEES FOR ADVERTISEMENTS 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 Line	\$ 20	\$ 110



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FRESH FROM THE PRESS

Hedi Trescher

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250-346-3227 brisco@winkwireless.ca

Swiss Society of Vancouver
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November 6, 2025

Hello Swiss Society of Vancouver.

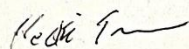
I sending you the enclosed copy of Switzerland 101 which has just come "off the press". I was motivated to write this document when a lady of Swiss ancestry mentioned to me that she doesn't know much more of Swiss history than that William Tell shot the apple from his son's head. Realizing that most of my grandchildren probably also don't know much more, I decided to do something about it and this is the result.

Thinking that some of your members might be in the same boat, I am offering you free access to the files. You might want to print copies to sell as a money raising project or just add it as link you your webpage.

I do have a connection to your Society. My father, Otto Steiner, was the founder of the Swiss Herald. I have fond memories of evenings spent with a group of friends collating, folding, stapling and sticking address labels to the Swiss Herald at our dining room table.

Hoping to hear from you.

Regards



Hedi Trescher

P.S. I will be on holidays November 18 to 25

SWITZERLAND

101



BIRCHERMUESLI: FROM CURE TO CULT

From Swissinfo.ch, published Nov.8, 2025 by Patrizia Rennis, RSI

Everyone knows it, many consume it regularly, but only a few know the origins of this speciality – the revolutionary idea of a Swiss doctor. Birchermüesli is one of the best-known and most popular Swiss dishes.

At the end of the 19th century, middle-class society was convinced that eating fresh fruit and vegetables should be avoided in order to prevent infections and digestive problems. It was considered better to eat meat, which was considered richer and more nutritious.

A Swiss doctor was of a different opinion: Maximilian Oskar Bircher-Benner from Aargau firmly believed in the health benefits of a raw food diet and considered cooked and processed foods to be harmful.



In 1895 Bircher-Benner treated a patient's persistent stomach pain with a diet of raw vegetables. Bircher-Benner then began to use raw food to treat his own jaundice.

He also prescribed it to patients at his sanatorium "Lebendige Kraft" (living power), which opened on the Zürichberg in 1904.

Over the years, the clinic has hosted famous names such as the King of Siam, the Tsars of Russia, and authors Hermann Hesse and Thomas Mann.

According to the book *Lebendige Kraft : Max Bircher-Benner und sein Sanatorium im historischen Kontext* (Living power: Max Bircher-Benner and his sanatorium in a historical context), Hesse is said to have described the sanatorium as a "hygienic penitentiary" in reference to Bircher-Benner's strict health regime, to which the patients always submitted voluntarily.

Inspired by the diet of people in the Alps, who ate fruit, nuts, milk and oatmeal in the evening, Bircher-Benner developed a new recipe for his clientele.

The original Bircher muesli recipe calls for soaking a tablespoon of rolled oats in three tablespoons of water for 12 hours and then adding a tablespoon of condensed milk, the juice of half a lemon, a whole grated apple and a tablespoon of chopped nuts or almonds.

The apple is the real main ingredient in the recipe, as it is used whole – with peel and core. This is why Bircher muesli was originally called "apple dessert" and was eaten in the evening.

Bircher-Benner's philosophy attracted many people, especially from the wealthy German-speaking regions of Switzerland, who were looking for a different lifestyle from that of increasing industrialisation.

From the 1920s onwards, his ideas spread to many European countries and his writings were translated into various languages.

Between the 1930s and 1940s, Bircher muesli became part of the dietary preferences of Swiss families and also found its way into institutions such as schools, prisons, nursing homes, monasteries and the military. Muesli mixes were also launched on the market.

Today there are countless industrially produced varieties of Bircher muesli on the market.

As a symbol of healthy and natural nutrition, Bircher muesli has enjoyed increasing popularity since the ecological and nutrition-conscious wave of the 1980s.

Over time, the original recipe has evolved in many ways. Today there are numerous variations, some of which differ greatly from the original. Bircher muesli is mainly eaten for breakfast or as a snack, and some people even enjoy it for dinner.

Today we know that a plant-based, wholesome diet is beneficial to health. However, at the time of Bircher-Benner, his nutritional theories were revolutionary and were not recognised by official medicine.

Bircher muesli is therefore not just a simple Swiss recipe for success, but the product of a natural philosophy of life that has managed to transcend national borders and endure over time.




BOARD OF DIRECTORS

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