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involved in exercises to bring about these end results not yet achieved. Taking part in ecumenical activities of differing denominations can be a very rewarding undertaking and if my country of adoption, New Zealand, would adopt a system of binding referenda and initiative, my second dream would come close to fruition.

Have you got similar dreams that you hold on to with tenacity?

Your Corner...

Did you know that the Swiss are crazy for pumpkin?

I read in a recent article of the Tages Anzeiger that the consumption of pumpkin had increased 20 fold in the last 10 years.

Last year alone the Swiss ate

10 000 tonnes of pumpkin.

4400 tonnes were sold through the market place said Juerg Luethi of the Swiss 'Zentralstelle fuer Gemueseanbau', the same amount or more may have been sold direct from the grower.

It is not surprising really when you think of the many ways and varieties pumpkin could be used for.

From Salads to soups to gratins, cakes and breads, drinks and marmalade.

It is very healthy, 100 gr of pumpkin contain 0.1 gr fat, lots of calcium and Vitamins A, B1, B2, C and E.

Not all pumpkin sold will be eaten; the humble pumpkin has advanced to something of an object of cult. It is used as décor, or garden decoration or is hailed as a cultural object in the Halloween festivities.

Originated from Middle and South America, but it is thought that it might have been used as early as 5000 to 3000 years before our time measurement from the Indian ancestors in Peru and Mexico together with maize and beans. Today we count over 800 different varieties of pumpkins; they belong to the Cucurbitaceous family.

Botanically correct the pumpkin is not a vegetable but belongs to the berry family, as well as the Oranges, Bananas and Tomatoes. Please support our advertisers and let them know you saw the advertisement in HELVETIA

Pumpkin Walnut Cocktail

Work150gr cooked pumpkin with 80gr walnuts in the kitchen wiz to a puree, add dry Champagne and mix lightly, serve immediately.

Lentil Salad with pumpkin

Cut 230 gr cooked pumpkin in cubes, mix with vinegar, pepper, sugar, salt and oil and add the lentils. Roast 40 gr pumpkinseeds and bacon cubes in a pot nice and crisp, add finely chopped onion and parsley.

Roast Lamb and quince and pumpkin

In a pot, roast 2 big onions and the Roast Lamb and season. Cut a quince and 250 gr pumpkin into cubes, add vinegar, sugar and beef stock and cook for about 45 minutes.

For more information go to <u>www.kuerbis.net;</u> or <u>www.kuerbis-company.de</u>

Enjoy !

Trudy and Doris





Try out this Code Puzzle

This looks like someone has jammed the keys on their typewriter. However, look closer and you should be able to detect a coded message in there somewhere.

MEMATEUATN

ETETHHTTE

Answer to solve the problem if needed on page 15

On the ground, the new airline is setting up "mobile information counters" at Zurich airport, and providing wireless Internet access in Swiss airport lounges.

Slick marketing campaign

To sell the "old wine" of Swissair in "new bottles", swiss has launched an expensive and very slick marketing campaign. The London-based "style guru", Tyler Brûlé, is the man behind the new image and campaign. The adverts are thin on content, putting the accent on the simple but well defined "swiss" logo, and a hint of the exclusivity that goes with it. "I think no matter where you are in the world an aircraft has to immediately announce where it's from," Brûlé says. "That's why we didn't want to go down this traditional design agency approach of trying to turn Switzerland's national carrier into something that it's not. It had to be Swiss and it had to feel international." And, according to Brûlé, the airline should appeal to the business traveller and older passenger, like its predecessor, Swissair.

Not trendy

"If you look at the aircraft and the livery that we've come up with it's very conservative, there's nothing trendy about it," he says. "There's nothing to be scared about if you're a 65-year-old business class traveller. I think everyone wants comfort and warmth inside the aircraft.

"I think everything should suggest

quality and timelessness. We've had to come up with this notion of an instant classic, which has been no small feat, I have to say." Over the next couple of years, swiss will introduce new uniforms for personnel, a new food and beverage concept in all classes as well as a new seat configuration to increase legroom. First class will be reduced from 12 seats to eight.

article by swissinfo.

Government supports legalised abortion

The Swiss government has presented its position for legalising abortion and urged the Swiss public to vote "yes" in the June 2 referendum.

The justice minister, Ruth Metzler, said on Friday the 1942 abortion law needed to be changed to decriminalise the procedure. Although abortion is illegal in the country, currently, some 13,000 pregnancies are legally terminated each year, using loopholes in Swiss legislation.

"With our current legal system it's not the woman herself who can decide whether to have an abortion or not. The Swiss parliament wants women to be able to make their own decision," Metzler told swissinfo. Under the current law, the termination of a pregnancy is illegal, unless a woman's health is in danger. In practice, however, more liberal solutions have been introduced in recent years and getting medical approval from a doctor, which is required before an abortion can be carried out, is relatively easy.

No prosecutions

There have been no abortionrelated prosecutions since 1988 in Switzerland and in March last year both houses voted in favour of legalising the procedure if undertaken within the first 12 weeks of pregnancy.

If the Swiss vote in favour of this revised legislation, abortion will technically become legal, but women will still have to seek medical advice before being allowed to have their pregnancy terminated.

article by swissinfo.

Answer to the Puzzle on page 3 Take the first letter from the top, then the first letter from the bottom, then the second letter from the top, etc. The message reads MEET ME AT THE HUT AT TEN

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