

**Zeitschrift:** Helvetia : magazine of the Swiss Society of New Zealand  
**Herausgeber:** Swiss Society of New Zealand  
**Band:** 80 (2014)  
**Heft:** [2]  
  
**Artikel:** Growing up in St Gallen  
**Autor:** Steinemann, Nelly  
**DOI:** <https://doi.org/10.5169/seals-943934>

### **Nutzungsbedingungen**

Die ETH-Bibliothek ist die Anbieterin der digitalisierten Zeitschriften auf E-Periodica. Sie besitzt keine Urheberrechte an den Zeitschriften und ist nicht verantwortlich für deren Inhalte. Die Rechte liegen in der Regel bei den Herausgebern beziehungsweise den externen Rechteinhabern. Das Veröffentlichen von Bildern in Print- und Online-Publikationen sowie auf Social Media-Kanälen oder Webseiten ist nur mit vorheriger Genehmigung der Rechteinhaber erlaubt. [Mehr erfahren](#)

### **Conditions d'utilisation**

L'ETH Library est le fournisseur des revues numérisées. Elle ne détient aucun droit d'auteur sur les revues et n'est pas responsable de leur contenu. En règle générale, les droits sont détenus par les éditeurs ou les détenteurs de droits externes. La reproduction d'images dans des publications imprimées ou en ligne ainsi que sur des canaux de médias sociaux ou des sites web n'est autorisée qu'avec l'accord préalable des détenteurs des droits. [En savoir plus](#)

### **Terms of use**

The ETH Library is the provider of the digitised journals. It does not own any copyrights to the journals and is not responsible for their content. The rights usually lie with the publishers or the external rights holders. Publishing images in print and online publications, as well as on social media channels or websites, is only permitted with the prior consent of the rights holders. [Find out more](#)

**Download PDF:** 10.07.2025

**ETH-Bibliothek Zürich, E-Periodica, <https://www.e-periodica.ch>**



## Growing up in St Gallen

I was privileged to spend my formative years in the beautiful City of St Gallen which is laden with history and culture. Many places, events and customs come to my mind – here are just a few snippets:

**The impressive baroque cathedral** was a central part of my early life. Coming from staunch Catholic stock, that's where our family went to church. Twice every Sunday and on two weekday mornings; also most evenings in May to celebrate the Virgin Mary and every day during Advent (December), when we braved the cold dark winter mornings and went to mass (Rorate). We were often joined by a group of similarly devoted friends. It gave us a special sense of belonging, and contributed to my love of singing. The amazing manuscripts in the **Abbey Library (Stiftsbibliothek)** did not excite us kids too much. What fascinated us there was the Egyptian princess, a mummy from the 7<sup>th</sup> century BC. Apparently, she is still resting there and no doubt still delights today's children.

We attended a State primary school, but went to a Catholic secondary school for two or three years, called "**Flade**" (Pie). That's a nickname for the flat hats the pupils used to wear earlier. There was strict segregation of the sexes. The girls were taught by nuns. I still see them in their flowing habits with stiff headgear, which seemed to be so uncomfortable. Many formidable women were amongst them – and some who really should not have been teachers. Just as well the kids were not too cruel in those days. More memories of nuns: Our family's Sunday afternoon walk often took us to a nunnery which overlooks the town: **The convent of Notkersegg**. The nuns there are in a closed religious order and their monastery is surrounded by a stone wall. They pray for their fellow human beings and praise God for 24 hours in the day, and they work within their community to make it as self sufficient as possible. The nuns were invisible to us ordinary folk and very mysterious. We could visit their church though and we listened to their prayers. It was a monotonous and reassuring sound. As a special treat, we were allowed to buy some of their biscuits – lovingly called 'Nonnefürzli' (nun's farties). You talked to the nun who sold them through a rotating shutter, but never saw her. I gather there are still seven nuns praying at Notkersegg now – ranging from 33 to 96 years of age.



Children's Parade in St. Gallen  
<http://www.myswitzerland.com/en-us/kinderfest-in-st-gallen-sg.html>

Getting to more secular aspects of St. Gallen, I think of the **Bratwurst**, a veal sausage- first mentioned in the 15<sup>th</sup> century. It's the best Bratwurst you find anywhere in Switzerland. In order to savour it properly, you are advised not to have mustard with it. Some outlets refuse to serve you mustard even if you ask for it.

One of the main early industries of St. Gallen was its embroidery. For us kids, it became most visible at the '**Kinderfest**' (**Children's Parade**), a two-yearly event for all the children of the town. Every girl wore a pretty white embroidered dress (boys had colourful shirts and shorts). The parade of all these kids, interspersed with bands, seemed to go on for hours. Afterwards, we met at the festival grounds, performed our dances and music, and got treated to – a Bratwurst of course.

The Children's Parade also reminds me of another characteristic of St. Gallen: It does **rain** a lot. The festival often had to be postponed. As there was no satellite forecast, it could only be decided early on the day whether to go ahead. Three canon shots, fired from a hill, announced the good news!

There is heaps more to know about St. Gallen. Why don't you find out for yourself on your next Swiss trip!

By Nelly Steinemann



**Saturday, 10 May 2014**  
 8.00 am to 3.00pm  
 6 Rockridge Ave, Penrose

Come and enjoy the amazing Swiss atmosphere and traditions such as yodling & Alphorn playing and taste some of the delicious foods that our beautiful country has to offer!

There will be anything from Swiss breads and pastries to Bratwurst sausages and holey cheeses, Swiss chocolates to traditional gingerbreads, Victorinox knives to unique wood carvings, Sauerkraut to Spätzli, Raclettes to accordions, wonderful arts and crafts and definitely a few yodels!



[www.facebook.com/swissmarketday](http://www.facebook.com/swissmarketday)

For further information visit our facebook page or contact us on 021 101 4432



Eftpos 2Go

