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# REGIONAL EDITION

## UNITED KINGDOM & IRELAND

### EDITORIAL

Dear readers, these pages were closed on May 7<sup>th</sup> and published on June 3<sup>rd</sup>. As I write, the United Kingdom is still in lockdown, while in Switzerland and other European countries, work activities and schools are resuming. I invite you to carefully read the Ambassador's message addressed to all our citizens. Various initiatives have been put in place to help our nationals.

■ *The Embassy has also strengthened its collaboration with the Swiss Benevolent Society: a helpline has been activated to*

*support Swiss of all ages and walks of life affected by the Covid-19 emergency. The Swiss community has been exceptionally proactive in addressing the crisis: charities, professional workers and individual citizens are involved in aid efforts.*

■ *Important changes at the Consular network: two new Honorary Consuls were appointed in Wales and Northern Ireland. I encourage you to continue sending information and stories. Stay Safe, Save Lives.*



GIOIA PALMIERI,  
«UK & IRELAND PAGES»

### SWISS EMBASSY IN LONDON: MESSAGE FROM AMBASSADOR ALEXANDRE FASEL



*Dear compatriots and friends,  
In the last couple of months the world has changed beyond recognition, in a way that was unimaginable until recently. The coronavirus pandemic has served as a harsh reminder of humanity's vulnerability, in a globally connected world where we've seen*

*the tragic and devastating consequences of a virus that does not respect national borders. Whoever we are and wherever we are in the world, we have all been touched by the effects of the virus in some way and only together will we overcome it.*

*Whilst we are all adjusting to the new world that coronavirus has brought, living life in lockdown and missing our friends and families, we are also seeing the best of our common values of togetherness, solidarity and wanting to support each other. That's why, as tough as things may feel currently, I know that ultimately we will all get through this crisis together and emerge on the other side with renewed hope and optimism for the future.*

*As an Embassy we have continued to support our citizens throughout the current crisis. Over the last weeks we've helped numerous people stuck in emergency situations, in need of support or simply with questions that needed answering, through our dedicated helpline, via email or in person with an appointment. We have also set up a webpage dedicated to coronavirus on our Embassy website providing useful, reliable and up-to-date information sources if you have any queries or concerns.*

*We have also been conscious of the need to reach out to our citizens in the UK, many of whom have now been living under lockdown for many weeks. With this in mind, our Culture Department has launched the **Connec+** initiative to help people stay connected at this challenging time. As part of this initiative, online cultural content is being shared in a weekly newsletter*

*and on the Embassy's social media accounts for as long as social distancing rules remain in place in the UK. You can sign up to receive the newsletter by emailing [london.connect@eda.admin.ch](mailto:london.connect@eda.admin.ch).*

*A set of postcards with information about COVID-19, the Swiss Benevolent Society's helpline, cultural activities, art and poetry has also been sent to Swiss households as a physical gesture of support and solidarity at this challenging time. Even though the coronavirus has turned society upside down in many ways, at the same time life does and must continue as much as possible. I'd therefore like to take this opportunity to issue a friendly reminder: if you are a Swiss citizen living in the UK without dual British-*

*A set of cards with information and activities has been sent out to Swiss households.*





Swiss nationality, you must apply for settled or pre-settled status through the EU Settlement Scheme by 30 June 2021 in order to continue living, working or studying in the UK beyond that point. You can find out more information about this on our Embassy website ([www.eda.admin.ch/london/brexit](http://www.eda.admin.ch/london/brexit)). We continually update our FAQs to reflect the latest developments so please visit our website in the first instance with any questions you may have.

I would also like to announce two changes that have recently taken place in our honorary consuls network, in Northern Ireland and in Wales.

Mrs Ruth Thomas-Lehmann, Honorary Consul in Cardiff, retired on 31 December 2019. Her successor, Mrs Marlies Hoecherl, was appointed as the new Honorary Consul in Cardiff by our Federal Councillor for Foreign Affairs, Mr Ignazio Cassis, with effect from 1 March 2020. Mrs Hoecherl has been living and working in Wales since 1989. She is a lawyer by profession and is presently a Partner at the Cardiff law firm Capital Law Limited, in whose premises the Consulate has been hosted for several years. Through the activities of her law firm, Mrs Hoecherl has close ties with Switzerland as well as with local authorities. Being fluent in German and French she is also in a position to help and support the Swiss community in Wales and Swiss tourists who encounter problems while visiting Wales.

Mrs Franziska Hewitt, Honorary Consul in Belfast, has stepped down from her duties to pursue new activities. Her successor, Mr Michael Hewitt, was appointed as the new Honorary Consul in Belfast by Federal Councillor Ignazio Cassis with effect from 1 March 2020. Mr Hewitt is the husband of Franziska Hewitt. He was born in Northern Ireland and is a British, Swiss and Irish national. He works at DoubleBand Films in Belfast as a



Mr Michael Hewitt was appointed as the new Honorary Consul in Belfast. To get in touch, please write to: [belfast@honrep.ch](mailto:belfast@honrep.ch)

film producer and company director. He has extensive knowledge of the political, economic and social situation in Northern Ireland and through the former activities of his wife, Mr Hewitt is well accustomed to the responsibilities of an Honorary Consul and is ready to help and support the Swiss community in Northern Ireland and visiting Swiss tourists.

I would like to express my sincere thanks to Ruth Thomas-Lehman and to Franziska Hewitt, for their valuable and exemplary service. For 13 and 11 years respectively, they have been promoting Swiss interests, facilitating visits with local government and business leaders and liaising with the local Swiss community. With their support we were also able to bring the Swiss Ambassador's Award Concert tour to venues in Cardiff and Belfast. I am convinced that in conveying these thanks I am also expressing the feelings of the entire Swiss community in Wales and Northern Ireland, who have been so well served. I'd also like to welcome Marlies Hoecherl and Michael Hewitt to their new roles. They are joining us at an interesting time, but I'm sure they will soon make their presences felt and they are both welcome additions to our consular network.

As we enter the warmer months as summer approaches, I hope you and your families all keep safe and well in these challenging times. I do sincerely hope that in the not too distant future I will be able to welcome many of you to an event at the Embassy, as soon as it is safe to do so. Until then, please take care, look after your health and wellbeing and ensure that you stay safe.

With my best wishes,

Alexandre Fasel

Ambassador of Switzerland to the United Kingdom



Mrs Marlies Hoecherl was appointed as the new Honorary Consul in Cardiff. To get in touch, please write to: [cardiff@honrep.ch](mailto:cardiff@honrep.ch)

### Swiss Benevolent Society – Covid-19 helpline +44 20 7616 6080

During this period of isolation you may experience difficulties, feel lonely and/or just want to have a chat. The Swiss Benevolent Society has set up a helpline staffed by volunteers between Monday to Friday, 11 am to 3 pm.

Feel free to call +44 20 7616 6080 during opening hours. Our volunteers will be happy to listen and to support you.

For more information visit [www.swissbenevolent.org.uk](http://www.swissbenevolent.org.uk)





## INTERVIEW: THE SWISS BENEVOLENT SOCIETY'S EFFORT TO SUPPORT SWISS NATIONALS IN NEED



The Swiss Benevolent Society (SBS) has a long history of assistance, intervention and care in the United Kingdom. Since its foundation in 1703, its aim has been to help fellow Swiss living in the UK, of all ages and walks of life, who are experiencing difficulties. It offers wellbeing and

welfare services to support and empower those in need to live a better quality of life. It has always worked closely with the Embassy and local British authorities to properly address every person's specific needs.

The recent period has been demanding for the Society: first Brexit and the Settled Status applications and now the pandemic. *Suzanne Egloff*, chair of the SBS, explained to Swiss Review that, since the beginning of the coronavirus emergency, around 50 extra people have been supported by the Welfare Officer and SBS Covid19 Helpline volunteers. This number is likely to increase in the forthcoming weeks as the lockdown continues. In addition, the SBS is working assiduously to ensure everyone with difficulties can apply for Settled Status before the deadline of 30 June 2021.

*Swiss Review: SBS has been accredited as advisors for the settled status scheme by the Office of Immigration Services Commissioner (OISC). How many Swiss citizens have you helped so far?*

*Suzanne Egloff:* The SBS, as OISC-accredited advisors, is able to provide assistance to individuals who are in need, at risk or vulnerable, in making the application for Settled Status, allowing them to continue to reside in the UK. We work closely with the Swiss Embassy and Case Workers at the EU Settlement Scheme Resolution Centre to ensure our citizens struggling with the application process are appropriately supported in submitting their application and in receiving a reply. In doing so, our Charity received 130 telephone calls for support; sent 55 information letters with a step-by-step guide on how to do the application online, plus information on local councils or authorities to help with the application process: we held 27 in-person appointments in person with Swiss citizens to work jointly on the application process.

*SR: What are their main difficulties and concerns?*

*SE:* Typically, many individuals seek a better understanding as to why they are required to complete the Settlement Application, or whether it is necessary at all. 'Do I really need to do this? – I have lived here for over 60 years and have Indefinite Leave to Remain (ILR), and only have a stamp in my passport indicating this, do I still need to apply?', in this case, it is highly recommended by the Swiss Embassy that the Settlement Application is completed; however an ILR authorisation would still be acceptable to remain in the UK.

Most frequently, individuals are concerned about technology. The application can only be completed online via desktop or phone Apps, plus an email account is also required, which some people don't have. More-over, for personal identification, individuals need to submit either a pass-port, a scanned passport or a photo ID via a phone application; and all these must be done online. Some people don't even have a valid passport or an ID and must go to the Swiss Embassy for this. We at the Swiss Benevolent Society help individuals overcome these technology struggles. In spite of the speed of the growing pandemic, we are still

receiving calls for help on the applications. According to the latest figures provided by UK Home Office in March 9th, 400 Swiss Settled Status applications have been granted; meaning that approximately 50% of Swiss citizens still need to apply. The official online Settled Status campaign might have less prominence in the media, but it remains an open national issue.

*SR: Because of the lockdown and self-isolation, there might be many people who are alone and need support. What kind of help is SBS offering them in this difficult period?*

*SE:* Yes, this is a very important situation for our Charity and Social Welfare is our main mission; to support and enhance the wellbeing of Swiss Citizens in the UK, during such unprecedented times. The SBS has set up a specific Helpline - with the support of the Embassy - for Swiss of all ages who wish to simply chat, discuss COVID19-related issues impacting them,, such as physical or mental health and financial distress. With our helpline we are supporting all members of the Swiss Community; for instance single-parent families who have to manage their children and jobs, plus young students who were here before the pandemic and have to live the lockdown alone. Also, some individuals may feel isolated: there are people who live alone or far from their loved-ones or even with others in their household, and feel lonely and wish to chat with someone neutral. Our charity has financial funds set aside for the possible impact that Covid19 may have on the income of Swiss Citizens, who are not eligible for UK government funding.



*SR: Are you planning any future measure to help them cope with this situation?*

*SE:* The SBS volunteer-staffed COVID 19 Helpline is in place to help relieve COVID19-related difficulties and work with individuals on identifying local advisors or organisations who can help with services such as food and pharmaceutical deliveries etc. It is critical to have social contact at a time like this, as isolation can be mentally and physically hard for everyone. We are also able to talk and listen to citizens to help relieve loneliness, anxieties or simple concerns during this isolation phase. For example, many people keep asking: 'What's going on? For how long this can go on?'. We don't have an answer but we can listen to their concerns. We might also talk about activities that they can do at home such as a reminder to appropriately exercise and how to keep busy. We remind them, particularly people suffering from loneliness, to do whatever makes their day interesting. We also have our Welfare Officer, Petra Kehr-Cocks available to support those with more complex needs. Financial Aid in the form of short-term small grants or loans has been structured by the Swiss Benevolent Society as support for those suffering financially from COVID19's impact on jobs and income.



## CHARITY CHALLENGE: OVER 460 MILES ON THE EXERCISE BIKE TO FUNDRAISING



*Steps* is a national charity working for all people whose lives are affected by childhood lower limb conditions.

The charity launched a challenge to raise money for children and adults who cannot have access the necessary treatment especially during COVID-19 restrictions. The charity provides support to the NHS and Health Care Systems internationally for free.

More info:  
[steps-charity.org.uk](https://steps-charity.org.uk)

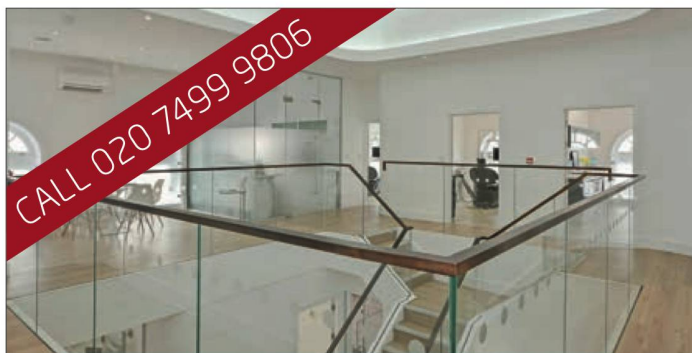
Many Swiss people and families supported members of NHS staff through different initiatives.

Here a family in London who made face medical mask and visors for a local hospital.

Well done Alessandro and Leonardo!



## VIKI: A CARTOON FOR THE SWISS IN THE UK



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### INFORMATION

Obituaries of Swiss citizens living in the UK recently passed away will be regularly published in the last issue of the Swiss Review. Please send an email to [editor@swissreview.co.uk](mailto:editor@swissreview.co.uk) with all the information.



## CARDIFF: MRS THOMAS HAS BEEN THE FIRST HONORARY CONSUL APPOINTED IN WALES



Ruth Thomas-Lehmann was appointed as the first Honorary Consul in Wales in 2006. For 13

years, she has promoted Switzerland and Swiss interests in Wales across a wide range of fields and facilitated official contacts between the Swiss Ambassador, the First Minister of Wales, Welsh government ministers and business leaders.

Various organisations in Wales and individuals have contacted her over the years, looking for connections for cultural, professional, or school exchanges in Switzerland, as well as travel tips for a particular alpine area and other Swiss related enquiries.

Born in Zurich, Mrs Thomas grew up in the suburbs of Basel where she was trained as a teacher. When she came to England in 1973 to study English, she didn't imagine her stay would last for the following 40 years. 'I met my Welsh husband in London while he was completing his studies to become a barrister. After we got married in 1974, we settled in Swansea, my husband's home city. After the birth of our second daughter in 1979, I started and completed a BA degree course at Swansea University and got a position at a Tertiary College, teaching German and French to Sixth Form students and to adults'.

When my daughters were very young—continues Mrs Thomas—I missed the opportunity to meet Swiss compatriots with children. We were a multilingual household: my husband spoke Welsh and I spoke Swiss German with the girls. I thought it would be beneficial for the children to hear my language from other Swiss people in the area, but there was no established Swiss Community in Wales. Later on, I met by chance two other Swiss in Swansea and we immediately decided to contact the Swiss Review and place an appeal in the Regional pages for any Swiss in South Wales to make contact with us. Within a short time, about 20 people came forward.

Our first official appointment was a Ra-clette evening organised on a special Swiss date, the 6<sup>th</sup> December 1997'.

A couple of years later she received a phone call from the Consul General at the Embassy in London, mentioning that the Ambassador was visiting Cardiff. 'I was asked to accompany him to a tour of the newly build Opera House in Cardiff Bay. Shortly after this meeting, I received the information that the Swiss Government was going to open an Honorary Consulate in Cardiff'. This decision followed the Welsh Devolution process which had already started in 1997. 'I was asked to consider applying for the position of Honorary Consul. I didn't think twice! It was a great honour to be invited and have the chance to represent my birth country in my 'adopted country', Wales'. A Swiss Consulate was a great opportunity to create new relationships and to share mutual interests, it also provided the occasion to reach out to more Swiss in Wales to strengthen and further build the Swiss Community in Wales.

'When I became Honorary Consul, I decided, therefore, to connect and engage with Swiss citizens, listen to their suggestions and facilitate getting to know each other'. Fortunately, Mrs Thomas also met an IT specialist in Cardiff with Swiss connections who was able to set up a website. Thanks to the internet presence, the Swiss community in Wales has significantly grown: small Swiss groups now exist not only in the two cities of Swansea and Cardiff but also in Pembrokeshire and North Wales. 'In my experience, social media can play an important role in building up a community spirit, this is why the 'Swiss in Wales' Facebook group now has a sister group 'Swiss in the UK' to build connections UK wide'.

The latter virtual group is remarkably active and shares an array of information concerning Swiss life in the UK. 'Social media are a valuable method of also connecting with the younger generations born here and to enable them to link up with the culture and

traditions of their Swiss parents or even grandparents'

Since the Consulate of Switzerland was the first Swiss representation in Wales, a lot of time and effort was needed to open the door for prolific future relationships. 'This was the most demanding part of my role, but it has also been personally really rewarding, I met many people of all walks of life', says Ruth. Cultural events and exchanges were always on the top of the list. 'Wales is a land of music: whether it is classical, traditional, or modern music, the local people love singing and playing', explains Mrs Thomas. Many Swiss cultural and especially musical events and initiatives have therefore happened in Wales since the Consulate formally opened in 2007.

In 2008 the Embassy decided to bring London based Ambassador's Award Concert also to Cardiff and Mrs Thomas started to work alongside with the Embassy's cultural team to help make this annual concert a much liked and successful event in the Welsh capital.

Mrs Thomas-Lehmann with part of the Swiss community at the Snowdon Mountain Railway. Above, the Serdena 17 Swiss Army patrol at the Award Ceremony in Wales.





## NORTHERN IRELAND: MRS HEWITT'S 11 YEAR EXPERIENCE AS HONORARY CONSUL IN BELFAST



In 2009, the Federal Council appointed Franziska Hewitt as Honorary Consul in Northern Ireland. Over the past 11 years, she facilitated official visits for the Ambassador with Northern Ireland government ministers, party leaders and industry, and looked after the interests of the Swiss community in Northern Ireland. She works as psychotherapist for children and families with mental health issues in Belfast, where she lives with her husband.

*Swiss Review: Why did you decide to take on this role?*

**Franziska Hewitt:** For several years I attended events that had been organised by Bruno Rüegg, who was the Swiss Honorary Consul in Northern Ireland before me, a post he held for 28 years. I had been impressed by the way Bruno created opportunities for old and new friends to meet and share their experiences of having Swiss roots but a life in Northern Ireland. In doing so Bruno built bridges between the two beloved countries and when he retired, I wanted to continue that work. It has been one of my greatest honours to serve as the Honorary Consul for Switzerland in Northern Ireland for so many years.

*SR: Which have been the most challenging*

*commitments and efforts you faced?*

**FW:** Through my profession as a social worker and psychotherapist, I have experience of supporting people in difficult situations. However, I am pleased to say that my work with the Swiss citizens living in Northern Ireland – currently almost 200 people – did not present me with anything too challenging. Through telephone calls, emails, letters or meetings, I believe I have been able to provide a helpful service for the Swiss community.

The Swiss events in which I was involved, with the support of many people, were a source of great pleasure and learning. They included: the first ever FOSSUK AGM in Northern Ireland in 2018 and its accompanying social events; the 2017 Northern Ireland v Switzerland FIFA World Cup qualifier in Belfast and meetings related to the game (I will refrain from commenting on Switzerland's controversial winning goal); the Swiss Ambassador's Award Concerts; meetings of the Swiss Ambassadors to the UK with Northern Irish stakeholders; meetings with other Honorary Consuls from over thirty countries; and last but not least, social gatherings with the local Swiss community.

*SR: Thinking about these 11 years, what are your best memories which have left sign in you?*

**FW:** Taking part in events such as those I have outlined above, and working with four Ambassadors during my tenure as Honorary

Consul gave me insights and the opportunity to meet people that I would not otherwise have had. In addition to seeing the quiet and steadfast contribution that members of the Swiss community make to life in Northern Ireland, I have been particularly inspired by witnessing how leaders in various spheres, be it business, politics, religion and the arts, go to great lengths to enhance the life of their society. As the Honorary Consul I have also been able to develop a heightened appreciation of the political systems of Switzerland.

I will be forever grateful for how all these opportunities have widened my horizons and enriched my life.

*SR: What do you wish to the Swiss community in Northern Ireland for the future?*

**FW:** The Swiss residents of Northern Ireland live true to their reputation as reliable, hard working, modest and peaceful people. They fit well into the culture of their adopted home place, with its warm-hearted and helpful people who have a 'down to earth' sense of humour and, in my experience, do not take themselves too seriously. I thank the Swiss residents of Northern Ireland for their loyal friendships. Indeed, as my husband Michael has just been bestowed with the privilege of becoming Swiss Honorary Consul in Belfast, I look forward to assisting him – as he supported me – and in that way maintaining close contact with my Swiss friends in Northern Ireland.



Some of FOSSUK's AGM participants during a trip to the Giant's Causeway. The event took place in Belfast in 2018.



## LONDON SWISS CHURCH: FROM APPREHENSION TO CREATIVITY IN THESE CHALLENGING TIMES

As a result of the coronavirus, the Swiss Church in London building is temporarily closed. At first we may have been fearful and apprehensive, but we are resourceful and creative and would like to share with you what is happening right now.

Church services have been suspended since 16 March, but you can now hear us online, via our webpage at [www.swisschurchlondon.org.uk/downloads](http://www.swisschurchlondon.org.uk/downloads). You will also find an Order of Service and a hymn sheet there too. You can still listen to the Palm Sunday and Easter Sunday services and get a flavour of the online services.

We are not just a Church. You could say we are 'Church, community, culture, and commercial hire'. Since the doors at 79 Endell Street are temporarily closed, there are no Swiss community events at present. But members of La Causerie, the Frauenverein and Muttergruppe are using the telephone, and social media to stay in touch.

Regrettably the Tuesday 'Breakfast on the Steps' for the homeless and vulnerable are currently suspended in accordance with government guidelines. But the money that we would have spent on this important social outreach is being donated to two charities, who are still able to provide support to the homeless during the coronavirus crisis.

Our Arts and Culture programme that is highly regarded, and has been part of our identity for the last decade, is in limbo. So, no unusual photographs to illustrate my article this time I'm afraid.

Closed doors mean that we are currently unable to generate the average £2000 per week we need from rental income. We are also unable to host charity events. Sadly, the Japanese community fundraising event to commemorate the ninth anniversary of the Fukushima nuclear power plant accident was the first such event to be cancelled.

The trustees of the Swiss Church have adopted a revised budget for 2020. All non-essential expenditure has been frozen, one staff team member is now on furlough. Total donations from the UK and Switzerland, which normally make up 45% of our income, will also be under pressure.

## MANCHESTER: A SUCCESSFUL RACLETTE PARTY GATHERED THE LOCAL COMMUNITY



This event appears by the attendance to be one of the Clubs' most popular events. It is lovely to see so many familiar faces and to welcome new members too.

We thank the Brookdale Social Club for allowing us to host this event and to the Committee members for transforming a plain room into a Swiss festive occasion and for their efforts in tidying up afterwards. Our thanks also goes to Margrith Easter who purchased the lovely french cheese from Glossop Market! This event would not be the success it is without our experienced Caterers, Posh Nosh, who provided us with the potatoes, bread and lovely salads, and not forgetting the excellent choice and quantity of desserts which

meant some of us could go back for more!

The ovens were kindly managed by Franz Blum, Brett Neher, Peter Immer and Phillip Pasteiner. Our thanks go to you all.

Whilst waiting for coffee we were entertained with a Swiss quiz kindly prepared by Laure Pasteiner.

President Juerg Bentele thanked everybody for attending (particularly with the worries of the Coronavirus) and making the afternoon so enjoyable. He advised the members that we would update them with news of future events when possible as there is so much uncertainty at the moment. Total attendance 51: 49 adults and 2 children.

JULIE BAKER



Albert Bertin, the longest-standing member of the Swiss Church in London with 85 years membership, sadly passed away on 26 March 2020, at the age of 94. As the unofficial historian of the Church he was always keen to remind us that it was founded in 1762, well before the French Revolution, and had faced many challenges. Together, it is up to us to rise to the present challenge.

COLIN MCINTYRE; TRUSTEE, THE SWISS CHURCH IN LONDON

Donations can be made online at  
[www.swisschurchlondon.org.uk/donate](http://www.swisschurchlondon.org.uk/donate)



## HELVETIC KITCHEN: BIRCHERMÜESLI

Birchermüesli is one of Switzerland's most famous dishes, sold throughout the country at bakeries and restaurants, and known abroad as the gold standard of healthy breakfasts. During summer visits to my Aunt Vreni who lives in the Alps, we ate Bircher-müesli for dinner on hot days, with lots of yogurt and blackberries from her garden.

My grandmother also preferred it for dinner rather than breakfast, but she made her Birchermüesli more in the style of its founder Dr. Maximilian Oskar Bircher-Benner, with oats, water, apple and condensed milk.

In the early 20<sup>th</sup> century, Bircher-Benner owned one of the most famous Swiss sanatoriums, up on the Zürichberg, and this Müesli was part of his philosophy of healthy living.

As his patient, you would wake up at 6 am, and your day would be spent with as much physical activity and fresh air as possible, which included walking, gardening, sun treatments and cold showers. The meals were mostly raw vegetables and to precede each one, came a serving of Dr. Bircher's Müesli.

In German Müesli means 'little mush' and this combination of grated, mashed apple, oats, condensed milk, lemon juice, and nuts embodied Dr Bircher's nutritional ideas about the importance of raw food, and eventually crept into the common culinary pantheon.

For a modern Swiss version, I asked my Aunt Vreni, who simplifies by using packaged müesli from the supermarket. Her recipe serves about two people.

ANDIE PILOT



## Aunt Vreni's Birchermüesli

## Mix together:

- 140 g packaged Müesli
- 2 pots (about 350–400 g) plain or fruit yogurt
- 125 ml apple juice or milk
- 400 g seasonal fruit

Let sit for a few hours or overnight.

- Packaged Müesli is usually a mix of oats, raisins, nuts, and other dried fruit in varying degrees. A popular brand in the UK is Dorset cereals. You could also just use rolled oats and add dried fruit and nuts at will.
- If you use apples, these are usually grated rather than chopped.
- After sitting, the Birchermüesli can be a bit stodgy so I usually stir in a good splash of milk before serving.



If you'd like to try it for yourself, recipes for this and other Swiss specialties can be found at [www.helvetickitchen.com](http://www.helvetickitchen.com)

## SWISS SAYINGS: LOST IN TRANSLATION

“*Es chrüz a tili macha*”

This saying literally means *Ein Kreuz an die Zimmerdecke malen*, to express one's own astonishment when a happy event has taken place, so it may also be rendered as *Ich kann es kaum fassen* or perhaps, *Tag im Kalender rot anstreichen* in German. As this

saying is mainly found in Switzerland along bilingual cantons, it may be that it was borrowed from French as for example in *Faire une croix au plafond/ dans la cheminée* or less literal as *Marquer un jour d'une pierre blanche*.

An option in Italian may be *da non*

*credere alle proprie orecchie/qualcosa di memorabile* and in English, one could say *I'm pleasantly surprised*, which however doesn't express the same degree of surprise felt by the speaker as in the German/French expressions.

BEATRICE SCHLEGEL

## IMPRESSUM

HOW TO CONTACT THE EDITOR: Reports of Swiss society activities, news, coming events, correspondence, articles and advertising for the 'Switzerland in the UK & Ireland' section of the Swiss Review, should go to the editor: GIOIA PALMIERI  
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## Next Issues

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