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## President's Message

Once again, we all recently celebrated the First of August, our National Day, with functions held by all the Clubs. I hope, too, that all of our other members throughout New Zealand were able to celebrate this special day in some way.

For Wellington Club it was an extra special function, with it also being the 'official opening' of their new club house. A lot of hard work has gone into renovating the building, so I hope all members will be able to spend many happy hours there.

Some clubs also presented annual sport's medals on this occasion. My congratulations to the recipients of these lovely medals, as well as to everyone for taking part in these traditional Swiss 'sports'.

As you can see in the Editorial, Rinaldo Rust (Editor) and his 'better half', Gritli, are currently in Switzerland for nine weeks. It will be a well deserved break for them, but the fate of the *Helvetia* is now in my hands for a few months, so I can only promise that I'll do my best!!

Thank you to all Society members (non Club) who have sent in their subscription payments for this year - if you have not yet done so, we'd appreciate your cheque as soon as possible. Of course, we are always on the lookout for new members, so whenever you happen to meet any fellow Swiss, or you know of someone not yet a member, please tell them about us and then let me know so that I can contact them and provide some further information about the Society. Everyone is able to help with gaining new members, and your assistance is appreciated.

Here is some recent news which appeared on the *Swiss Info* web site: "The Swiss Abroad Council is in favour of Switzerland joining the United Nations. As well, it wants to increase its presence in Switzerland. President, Georg Stucky, said that the Swiss expatriot community had an increasingly important role to play. Every year, an additional 10,000 Swiss opt to live outside their country of origin. Currently, the Council is planning special events at Expo 2, a National Exhibition, with the theme "Swiss Identity Abroad". It also wants to create a national anthem for Swiss expatriots. - Perhaps someone here can come up with a good song we could send in!! I hope you all have a good month and start to Spring, Regards from Beatrice.

## Your Corner....

I came across some interesting facts about avocados in a magazine recently which I want to share with you. A lot of people are under the impression that they do you more harm than good.

Eating a half to a whole avocado every day for one month resulted in a group of people involved in a research study in Brisbane to lose weight and lower cholesterol levels. Avocados are a rich source of plant sterols, the same substances now used in forms of margarine that are marketed because they lower cholesterol levels.

As well as being delicious, avocados are a rich source of vitamins A, B6 and C. They contain healthy doses of folate and dietary fibre and are cholesterol-free. The fruit also contains mono-unsaturated fats that are known to break down cholesterol in blood. Research has shown that these "good" fats help lower the risk of cardiovascular disease.

While the weather is still cooler, here's a recipe you may like to try:

### Family Sausage Roll

#### Scone Dough

2 cups flour,  
75 gr grated butter  
4 tsp baking powder  
1 cup grated cheese

#### Filling

1 cup cooked frozen peas  
1 chopped apple  
1 chopped onion  
chopped parsley,  
1 egg  
1 1/2 cups cooked rice  
1 packet sausage meat  
1 tsp curry powder  
1 tsp salt  
- Mix well together

Combine dry ingredients, rub in butter, then add cheese. Add 3/4 cup water to make dough. Roll out to suitable shape and thickness. Place filling and spread to within 3cm of edges. Roll up, place on greased oven tray and bake at 35°C for 30 minutes.

Doris and Trudi

**Note:** To read the second half of Heidi Story, go to page 11.

## Cultural Exhibition on Printmaking in Switzerland

(As advised by the Swiss Embassy)

### Why make Prints ?

This Exhibition shows the development of printmaking in Switzerland, since 1960, in over 70 works by 51 artists. The works, grouped according to technique, document developments from screenprinting, to the experimental woodcut, engraving, lithography and, finally, the involvement of the computer. (See also July / August *Helvetia*)

#### Auckland 25 October - 17 November 2000

at University of Technology and University of Auckland, Fine Arts and Architecture Departments, 22 Symonds Street, Auckl.

#### Nelson 3 February - 4 March 2001

at The Bishop Suter Art Gallery, 208 Bridge Street, Nelson

#### Timaru 19 March - 29 April 2001

at Aigantighe Art Gallery, 49 Wai-iti Road, Timaru

#### Dunedin 14 May - 24 June 2001

at Otago Museum, 419 Great King Street, Dunedin

**Festival of Europe** - During the period 1-7 November 2000, the **Bazin Streichquartett** from Switzerland will be coming to New Zealand to take part in the **Festival of Europe** taking place in Auckland at that time, and also to perform in other main centres in New Zealand. Details of concerts will be advised by the Embassy and published in the *Helvetia* when they are known.

It is hoped members of the quartett can be billeted by members of the Swiss Community in Auckland and other centres. Ideally, the quartett would like to stay together (for rehearsal etc) - possibly a holiday home is available for them?? However, any offers of billeting for one or two days are welcome. If anyone is able to billet one or more of the quartett in Auckland, please contact the Swiss Honorary Consul, Peter Deutsche, (09) 366 0404. For other centres, contact the Embassy directly - Mrs Louise Beale, (04) 472 1593.

The Embassy greatly appreciates the co-operation of the Swiss Community.