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Your Corner...

Cold herbal teas can be a great thirst quencher on hot summer days and many have benefits for our health.

- **Chamomile** has long been used to ease indigestions, calm the nerves and reduce anxiety. It is said to aid sleep, and used tea bags (soaked in boiling water and cooled) can be applied to soothe inflamed, itching or tired eyes.

- **Elderflower** is a comforting tea to drink if suffering from flu, catarrh or painful sinuses; it is said to be anti-inflammatory and makes you perspire.

- **Nettleleaf** tea is a tonic. It contains vitamins and minerals, including iron. It may also relieve allergic reactions, such as hayfever and nettle rash.

- **Rosemary** tea is taken as a pick-me-up to increase alertness at the start of the day, or when energy is fading. It may ease headaches and can be taken for indigestion. It is even claimed to improve the memory and morale.

And for an easy to make snack to go with your herbal tea try a refreshing **Crunchy Lemon Muffin...**

2 cups self-raising flour
¾ cup sugar
75 grams butter
1 cup milk
1 egg
grated rind of 1 large lemon
¼ cup lemon juice
¼ cup sugar

Mix the flour and sugar in a bowl.

Melt the butter, add the milk, egg and lemon rind and beat well with a fork.

Add the liquids to the dry ingredients and mix lightly.

Divide the mixture evenly into medium sized muffin pans that have been well coated with non-stick spray.

Bake at 200 °C for approx. 10 minutes.

Stir together the lemon juice and sugar without dissolving the sugar, and drizzle this over the hot muffins as soon as they are removed from the oven.

Leave to stand in the pans only for a few minutes, then remove.

Ideal for school lunches or for a late Sunday breakfast !

Doris and Trudy.

Cultural Exhibitions and Festivals from 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 document developments from screenprinting, to the experimental woodcut, engraving, lithography and, finally, the involvement of the computer. (See also July / August *Helvetia*)

Nelson **3 February - 4 March 2001**

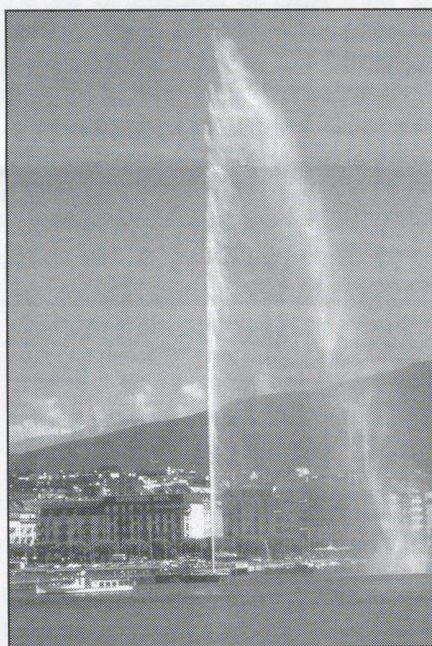
at the Bishop Suter Art Gallery, 208 Bridge Street, Nelson

Timaru **23 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



Geneva with the famous
Jet d'Eau

Geneva celebrates contributions of refugees

For some 450 years, Geneva has welcomed those forced from their native lands by war or persecution, but these refugees have given much back in return. As a travelling exhibition shows, their contribution was so great, they had streets named after them.

The Streets of Geneva exhibition is being organised by the city authorities as part of the events marking the 50th anniversary of the United Nations refugee agency (UNHCR). It will be on display in a number of public places until the end of July. Consisting of 16 large information panels, the exhibition is currently at

the Balaxert shopping centre, Switzerland's second-largest. It is a deliberate attempt to bring the issue of refugees closer to the people.

In an ideal world, the UNHCR would not exist, so its 50th anniversary is not strictly something to celebrate. As a result the UN agency was keen to show that refugees can make a positive contribution.

The exhibition shows that many of the great figures who have lived in Geneva over the centuries arrived there as refugees, or were the descendants of refugees.

"We want to remind the people that so many of their forefathers were refugees," says Hans Thoolen, senior coordinator of the UNHCR's 50th anniversary events. "We would like to repeat this exercise in other cities around the world," he told swissinfo.

More than 40 streets in Geneva bear the names of refugees. The exhibition focuses on 16 of them who left an indelible mark on the history of Geneva or Europe. They include such figures as Thomas Mazaryk, the first president of an independent Czechoslovakia; Théodore de Bèze, one the leading figures of the Reformation and founder of the Geneva Academy; the painter, Jean-Etienne Liotard; the naturalist and first rector of the new Geneva University, Carl Vogt; and the scientist, Horace-Bénédict de Saussure.

Another, the engineer, Théodore Turrettini, was responsible for some of Geneva's finest landmarks, including the Jet d'Eau fountain, and the Forces Motrices building. Like many other Italian Calvinists, his family came to Geneva in the 16th century, seeking a safe haven to practice their faith.