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## Editorial..

Sooner or later in our lives we may come to the conclusion that our capacity to do good is just about equal to our capacity to be negative. It is however good to point out every now and again that we must never underestimate our capacity to do good. Has it ever happened to you that somebody benefited by your example without you ever expecting so?

Humility is a great virtue, but I think there is nothing wrong with reaping some unexpected harvest for 'having done some good for something or someone'. After all, we know of many exemplary lives that have influenced countless people throughout the world's history.

For Swiss/Kiwis two names come to mind, like Pestalozzi, the great humanitarian, or Dunant, the founder of the Red Cross in Switzerland. For New Zealand, there are such names

as M.J.Savage, who devoted his life to the sick, the aged and those in need, or "King Dick Seddon" as he was fondly called, who battled as Premier for the ordinary man. And then there are all the other names of famous people whose legacies are 'lives that have done good...'

I am reminded of such people as I encourage our visiting grandchildren to read a chapter or two from the book "Great Lives Great Deeds" The index of that book leads with Anderson (the story teller), goes to Bach Johann Sebastian, to Cook Captain James, to Francis of Assisi-Saint, to Ghandi, to Lincoln, to Edison, Einstein, Mozart, Nightingale, Picasso, Rembrandt, Strauss, sen. and junior, Toscanini, Verdi and Wagner. A modern day version of this book would also contain names like Albert Schweizer, Mother Theresa of Calcutta, or Martin Luther- King, Nelson Mandela and many more.

Edmund Burke (the English states man) wrote the following two hundred years ago: "Example is the school of mankind, and they will learn at no other".

Grandchildren are 'the spice of life' could be an old man's motto as it applies for me. How wonderful it is to teach a grandson or grand daughter some new skill (as I did recently) to ride a motorbike and to do so with safety in mind.

How wonderful for a Mother to instill in a daughter or grand daughter the thousand and one virtues of running a well kept household, or to enjoy some handcraft for the pleasure of creating something beautiful.

Very recently the Swiss City of Geneva was once again host to the annual inventors fair. Chances are that we will all benefit in future times by one or the other of new inventions. Should we not give the benefit of the doubt to the inventors for the possible urge to do good for mankind, rather than to think that it is all done for the sake of money only?

Are we making enough use of our elderly people to use their (retired) talents to do good for the instruction of young people?

Just recently there was a call from the New Zealand education-system for retired people to consider some form of voluntary teacher-aid-work (remedial reading). I know of one person that has done just that for years and has gained much satisfaction doing so, while at the same time making lots of school age friends....!

The Swiss pride themselves with a system of 'elderly professionals helping young firms (on a voluntary basis) to establish themselves in this our competitive world of trade and commerce.

This organisation "Swisscontact" is 21 years old, has its base in Zürich, and is funded mainly by private Swiss industrial establishments. In 1979 the 'Senior Expert Corps' was born out of this organisation. The knowledge and experience of pensioned professionals are used to help small and medium sized firms in some South American countries as well as places like Nepal. Most of the Swiss 'Seniorexperts', as they are called, are aged between 60 and 70, working for pocket money only, committing themselves initially for approximately four weeks and some-

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times for several more months later on when a good relationship between the 'Seniorexpert' and the 'firm in need' is established. Travel costs and insurance is paid by 'Swisscontact'.

In order to find a parallel between our home country Switzerland and our adoptive country New Zealand we could mention the 'voluntary service abroad system' of New Zealand, I suppose.

The moral of the story is that people with good will can always find many ways of doing good.

Is it not ironical however, that we read and hear far more about the results of 'doing bad' in our everyday lives?

## Your Corner.....

### The strenght of gemstones

The knowledge of the healing power of stones, especially gemstones is not new. Gemstones surfaced early in the history of mankind. Hailed as medium of magic, a source of healing, a talisman, amulette and a fetish.

The ancient races knew and used their healing energy, the old Egyptian the Greek and Romans used the gemstones for healing, in the bible we read of the godly strength and origin of the gemstone.

Science also took an interest in the mysticism of the gemstones. Aristoteles (384 - 322) described minerals 400 years before our time chronology. The abbot Hildegard von Bingen (1098 - 1179) in the middleage used the gemstones to heal illnesses.

### Healing gemstones

The energy contained in the stones is with todays scientific methods not messurable. It contains so called "subtle" energy. Apparently it was a well known fact of the ancient races, especially those of the far east.

Another effect is accredited to the colour of the stones, in their intensity of colour and radiation on the individual.

Any person would know what difference a colour does to his or hers well being. It is also proven that colour can influence physical, intellectual and spiritual processes.

### Effect of Base Colours

#### Blue - Physical effect

promotes digestion, relief of tension

## 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.

Dunedin 14 May - 24 June 2001 at Otago Museum, 419 Great King Street.

**An exhibition by the Swiss abstractionist painter Helmut Federle** will be held in Auckland (details below) from April to June 2001. Mr. Federle, born in 1944 in Solothurn and now living in St. Margrethen, Vienna, and Düsseldorf, has exhibited widely throughout the world since 1976. In an essay describing his views on his art, and art in general, he has said that *"It is my relationship to tradition that shows me which way to go in the future. In this connection it is important for me to add that my reference to past quality was never formal but rather organic. Many of today's references are purely formal and thus static."*

The exhibition is in New Zealand with assistance from PRO HELVETIA : Arts Council of Switzerland.

19 April - 2 June 2001 Jensen Gallery

61 Upper Queen Street, AUCKLAND Tel: 09/336 1808

### Blue - Spiritual effect

liberates, relief of anxiety

**Example:** Sapphire

### Green - Physical effect

detoxicates, regenerates

### Green - Spiritual effect

encourages, harmonises

**Example:** Emerald

### Yellow - Physical effect

strengthens immune system, energises

### Yellow - Spiritual effect

free, unrestrained, appealing to the emotions

**Example:** Citrin

### Red - Physical effect

activates, encourages good metabolism

### Red - Spiritual effect

aphrodisiac, strengthens will power

**Example:** Ruby

### Clear - Physical effect

strengthens, purifying

### Clear - Spiritual effect

purifies spirit, encourages insight

**Example:** Diamond

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