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Income and Expenditure for Year ended 31 / 3 / 2001			Statement of Financial Position as at 31 / 3 / 2001		
Income	2001	2000	Current Assets	2001	2000
Subscriptions	12,600	12,720	National Bank - Cheque account	1,822	2,168
Advertising	5,775	5,146	" - Savings a/c -26	5,534	26,778
Interest received (gross)	978	987	" - Savings a/c -28	1,700	~~
Donations received	50	10	" - Term Deposit	20,000	~~
Tax refund (1999)	193	~~			
Miscellaneous (Apero, 1999 AGM)	~~	240			
	19,596	19,103			
Expenditure					
Helvetia - Printing and Typesetting	14,253	13,319			
Packing and Postage	2,683	2,608			
Stationery / Admin. Expenses	524	592			
General Expenses / Miscellaneous	484	435			
Prizes	270	100			
	18,214	17,054			
Excess Income over Expenditure	1,382	2,049			
plus 700 Years Switzerland funds	1,686	~~			
Total Excess Income	3,068	2,049			
Accumulated funds at start of Year	28,559	26,510			
Excess Income at end of Year	3,068	2,049			
Accumulated funds at end of Year - 31 March 2001	\$31,627	\$28,559			

President's Message

If there is one way to show me that time passes quickly, it would be to look back on Swiss Society AGMs - on 3rd June I was already chairing my fourth meeting since becoming President in 1997. And I was certainly a lot less nervous as I was in the beginning either !! We had a good attendance at what I found to be a very productive and successful meeting. And for the benefit of those not present, my report this month is on the meeting:

Approx. 65 members from Auckland, Taranaki, Hamilton and Wellington Clubs were present. Unfortunately though, our Ambassador, Mrs Sylvie Matteucci, was unwell and not able to make the journey to Hamilton for the meeting.

A moment's silence was observed in remembrance of Society members and friends who had passed away over the last 12 months: Tony Steiner, Ettie Camenzind, Alex Kuriger, Molly Sarasin and Rosa Steiner.

President's Report: The Society has run very smoothly over the past year. Membership numbers remain the same, with some people leaving,

and new members joining. If members meet or know of any Swiss who are not members, do please let a Society member know, and a letter can be sent out.

Over the year, a variety of activities were published for our younger members to participate in. Sadly, the response hasn't been fantastic - the "Favourite Holiday Memories" activity attracted a total of only four entries - so these children all received \$10 book vouchers for their efforts. Parents are asked to urge their children to take part in any upcoming activities, and to encourage them to read the *Helvetia* magazine - afterall, these are our members of the future.

A big thank you was given to the Editor, Rinaldo Rust, for his ongoing commitment to producing the *Helvetia*. Thanks also went to the Society Committee and everyone involved in packing the *Helvetia* for postage.

Editor's Report: During the fourth year, eight 12-page and two 16-page magazines were issued. Magazine enhance with colour photos on front and back. Colour photos from Clubs can be printed on back page on request, but this will be at the full

discretion of the Editor. Thanks to the Embassy, as well as Club secretaries, for contributions.

Financial Report: The Balance sheet is printed above. Once again, we can show a gain of nearly \$1400. A good portion of income is through advertising, and we again urge all members to support our advertisers.

Delegate Abroad Report: Swiss Revue good source of information about economic and political issues. Talked on the merits of voting in Swiss elections or Referenda, and role of Swiss Abroad Organisation. Recently received correspondence from Hungary - a local region was looking for places around the world called "Helvetia", of which there is one in the Pukekohe (South Auckland) area.

Riflemaster Report: Events during past year took place without any problems. Good to see so many juniors take part - these are the "cowbell holders" of tomorrow !! Medals are still partially subsidised, and a net loss of nearly \$200 was recorded. Riflemaster's Account balance is now at \$1277. Low NZ dollar has effectively increased cost of medals.

Subscriptions: Thanks to advertis-

ers for continued support. The actual cost per membership comes to approx. \$35, so without advertising, subscriptions would be much higher. Subscriptions were once again levied at \$25 per household.

Election of Officers: Deputy Chairman, Bert Flühler, took the chair, and thanked the President and committee for the smooth running of the Society. It was moved en bloc that all positions remain the same, with the exception of Vice President - who is to come from the Club due to take over the Society administration next year. Marianne Drummond from Taranaki Club was elected.

Delegate for Swiss Abroad:

(elected for the new four year term)
Delegate - Heinz Leuenberger (Hamilton), with Deputy Delegates - Beno Noetzli (Taranaki) and Roland Schütz (Wellington)

General Business:

- All Club presidents reported on the past year's activities of their Clubs.
- The Society's and Clubs' Web-page, previously free of charge, will now cost \$250. This will be funded firstly from the interest from the "700 year" account, with the remainder from general funds.

The following people from each Club are responsible for ensuring information is up to date and accurate:
Hamilton - Anna Rufer, Auckland - Heinz Matysik, Taranaki - Marcus Rufer, Wellington - Lotti Napp.

Please inform these people of any changes to be made. The web page can only be as good as the quality of information it holds.

- The calculation method for sports' medals was queried and discussed. Medals are given to competitors in the top 20% of placings - resulting in more being awarded if the last placing has multiple winners. Felt better to give out 'more rather than less'.

- The magazine *Schweiz Global*, issued by the Swiss Ministry of External Affairs, can be subscribed at no cost. Contact Rinaldo Rust or Beatrice Leuenberger for an application form.

- It was discussed how to go about preventing or stopping the misuse of the Swiss Cross for advertising and labeling purposes. The Swiss Embassy would probably know more about this, and the matter would be looked in to.

Next AGM: Taranaki President, Walter Seifert, invited everyone to attend the 2002 AGM in Kaponga.

This would also coincide with Taranaki Club's 50th Anniversary.

I would like to thank everyone who took part in the meeting for the interesting reports and lively discussions which ensued.

We have a lot of senior members who have attended a lot of these meetings over the years, but there is one person who really stood out and deserves a special mention - it was brought to our attention that Ruth Messmer has so far been the current Treasurer of the Wellington Swiss Club for 57 years. Congratulations, Ruth, on such an achievement - you're an inspiration to us all !!

Finally, a note to our "Society-only" members (those who are not members of a North Island Club) that subscriptions are now due. A form is enclosed in this *Helvetia* issue. My thanks for a prompt payment.

Kindest regards to everyone,
Beatrice

Your Corner...

Food additives - are they necessary or are they dangerous? People have been flavouring, preserving and colouring food for centuries.

Some additives prevent bacterial growth; others improve the taste of food. We expect our food to be appetising and not to deteriorate the instant we buy it. But to survive transport, hot weather and natural bacteria, some foods need help from additives which may aid in preventing spoilage, discolouration, separation and rancidity. However, some additives can trigger food intolerance symptoms or behaviour changes. A drawback of using additives is that second-rate food can be disguised by colourings and flavourings.

The use of additives is controlled by law. All have to be proved safe, effective and necessary before they may be used. Some additives are:

Preservatives

Benzoic acid and benzoates, sulphur dioxide and sulphites - found in fruit juices, dried fruit, dessicated coconut, wine and beer - protect food from fungi and bacteria and extend shelf life. In some instances can trigger asthma.

Antioxidants

Ascorbic acid/ascorbates - found in beer, prawns and fruit in unlaquered tins, foods where rancidity in fats needs to be prevented such as chips, biscuits and margarine - prevents fruit juices from becoming brown.

Colourings

Tartrazine, quinoline yellow, beetroot red, caramel - used in processed foods e.g. desserts, confectionary, orange and chocolate drinks, biscuits, cake, soups, jam - makes food look more appetizing and meets expectations of what people expect certain foods to look like. Can cause wheeziness in asthmatics and hyperactivity in children.

Emulsifiers, Stabilisers, Thickeners

Guar gum, acacia, pectin, cellulose, lecithin, glycerin - used in sauces, soups, breads, ice cream, margarine, chocolate, milk shakes - improves texture and consistency, increasing smoothness and creaminess. Stops oil and water from separating. Guar gum can cause flatulence and abdominal pain if used excessively. Fresh foods need few, if any additives. But many packaged foods would taste bland and lack any visual appeal without them. Cola without colouring would look like water; without colouring or emulsifiers, margarine would be a greyish mix of liquid and fat.

(Information taken from *Foods that harm, foods that heal - Reader's Digest*)

Regards; Trudy and Doris

Some exercise for your brain...

Crack this code by looking for something that isn't there !

PAR	LEY
RAM	KIN
FOR	LOSE
TANG	AM
FIR	TRAP
LO	US

The answer to help solve this riddle can be found on page 12.