

Zeitschrift: Helvetia : magazine of the Swiss Society of New Zealand
Herausgeber: Swiss Society of New Zealand
Band: 69 (2003)
Heft: [1]

Artikel: The ten commandments for reducing stress
Autor: [s.n.]
DOI: <https://doi.org/10.5169/seals-945590>

Nutzungsbedingungen

Die ETH-Bibliothek ist die Anbieterin der digitalisierten Zeitschriften auf E-Periodica. Sie besitzt keine Urheberrechte an den Zeitschriften und ist nicht verantwortlich für deren Inhalte. Die Rechte liegen in der Regel bei den Herausgebern beziehungsweise den externen Rechteinhabern. Das Veröffentlichen von Bildern in Print- und Online-Publikationen sowie auf Social Media-Kanälen oder Webseiten ist nur mit vorheriger Genehmigung der Rechteinhaber erlaubt. [Mehr erfahren](#)

Conditions d'utilisation

L'ETH Library est le fournisseur des revues numérisées. Elle ne détient aucun droit d'auteur sur les revues et n'est pas responsable de leur contenu. En règle générale, les droits sont détenus par les éditeurs ou les détenteurs de droits externes. La reproduction d'images dans des publications imprimées ou en ligne ainsi que sur des canaux de médias sociaux ou des sites web n'est autorisée qu'avec l'accord préalable des détenteurs des droits. [En savoir plus](#)

Terms of use

The ETH Library is the provider of the digitised journals. It does not own any copyrights to the journals and is not responsible for their content. The rights usually lie with the publishers or the external rights holders. Publishing images in print and online publications, as well as on social media channels or websites, is only permitted with the prior consent of the rights holders. [Find out more](#)

Download PDF: 16.09.2025

ETH-Bibliothek Zürich, E-Periodica, <https://www.e-periodica.ch>

Grindelwald, Tasmania

Recently Mathias and Heidi Seifert and Joe and Berta Sidler went for a holiday to Tasmania, and visited the lovely town of Grindelwald. They share with us the history of this beautiful place. Many thanks for your contribution.



The Seiferts and Sidlers enjoying their trip to Grindelwald, Tasmania.

Roelf Vos was born in Holland in 1921, second eldest in a family of seven children and the son of a hard working business man and sailor. He attended a Christian school, filling in his spare time with marbles, ice skating, photography and oil painting.

Mr Vos left school at fourteen to begin working six days a week in a drapery store. On top of the long hours of his job, he attended night school where he learned how to make materials and obtained the necessary certificates required to become a draper.

After arriving in Tasmania in 1951, he set up home for his family and went on to open small gift shops in Deloraine and Georgetown. At the age of 34 he opened what was to be the beginning of his supermarket empire, with a small supermarket shop in Wellington Street, Launceston. Ten supermarkets were opened all bearing the Roelf Vos name. The business expanded and Mr Vos and his wife took a holiday to Europe. For their brief stay in Switzerland they were booked into a quiet little lakeside village. That village was the inspiration for Grindelwald.

Grindelwald, just 15 minutes from Launceston, along the west Tamar Highway is 180 metres above sea level overlooking the Tamar Valley and is built on about 450 hectares (1000 acres) of prime farmland.

After a number of trips to Switzerland for ideas, work started in 1980 and progress was rapid. A seven hectare (17 acre) man-made lake (Lake Louise) was made and a small traditional chapel was erected. Cedar pews in the chapel are early Australian (1845) and were bought in Campbelltown.

In December 1985, the Edelweiss Tearooms and Restaurant was officially opened. They were built in traditional Swiss style, with white washed walls and rich timber. Even Swiss visitors feel at home. The building sits on the edge of Lake Louise.

The area has been further enhanced by the resort comprising speciality shops, self-contained chalets, hotel accommodation, family restaurant and bar, nine-hole public golf course, Golf Pro Shop, two tennis courts, indoor pool, spa, steam sauna, gymnasium, games room, BBQs and children's play area. There are also two conference centres the resort opened in May 1989.

Mr Vos handcrafted most of the wood carvings on display at the resort and in the village. After a short battle with cancer, Mr Vos died on the 2nd December 1992. He is survived by his wife, Miep, six children and 25 grandchildren.

de Castel



of Switzerland

These clocks are a unique product and are ideal to be handed down as treasured heirloom pieces or exquisite gifts to mark a particular celebration.

Imports, Sales & Service of exceptional quality clocks
(Special discounts for members of the Swiss Clubs in New Zealand)

Full Workshop for Clock Repairs and Restorations.

For inquiries and a free brochure please contact:

Fred Ehrensperger M.N.Z.H. I.

SWISS PRESTIGE LTD

PO Box 7144 • New Plymouth

Tel/Fax: 06 757 2188

Email: prestige@globe.net.nz

Just Tell Me WHY???

1. Why do you call it a building when it is already built?
2. Why do you cut a tree down and then cut it up?
3. Why do you put a shipment in a car, but a cargo in a ship?
4. Why do you call it a TV set when there is only one?
5. Why is the word "abbreviate" so long?
6. Why isn't nostalgia what it used to be?
7. Why do invaluable and valuable mean the same thing?
8. Why is it that feet smell but a nose runs?



The ten commandments for reducing stress.

1. Thou shalt NOT be perfect, nor even try to be.
2. Thou shalt NOT try to be all things to all people.
3. Thou shalt leave things undone that ought to be done.
4. Thou shalt NOT spread thyself too thin.
5. Thou shalt learn to say "NO".
6. Thou shalt schedule time for thyself, and thy supportive network.
7. Thou shalt switch off, and do nothing regularly.
8. Thou shalt be boring, untidy, inelegant and unattractive at times.
9. Thou shalt NOT even feel guilty.
10. Especially, thou shalt NOT be thine own worst enemy, but be thy best friend.

**Swiss and German Chocolates,
Biscuits, Marzipan
Fondor and Maggi Meats and
Fish in Tins
Tomy Mustard and
Mayonnaise
Pickles, Salads in Glass
Organic Breads
Pumpnickel**

Please ask for our Price List

Impex

INTERNATIONAL TRADING LIMITED
FINE QUALITY PRODUCTS

Ph 09 407 4277 - Fax 09 407 4278
Free Fax 0800 4SWISS (0800 479 477)
email: impex@xtra.co.nz
PO Box 528, 13a Sammaree Pl, Kerikeri