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# Editorial

For about a week I have been wondering where to start this month's editorial and what to write about! I felt in a strange mood, could not think of any new controversy to get worked up over, and felt I had pretty much covered the old ones for now! I just felt no 'oomph' to write, no zest to even think energetically! Have you ever felt like this? I'm sure most of you have.

Trying to self-analyse my mood, I was convinced I had the answer! Yep, I was stuck in a lazy, reflective mood! High time to get out of this rut!!! Or so I thought, at first! Then this 'reflective mood' took over again, and the thought struck me, hey what's wrong with being in a reflective mood? Maybe the Great Creator or Mother Nature, or both, meant for us mere mortals to sink into this mood occasionally for this very purpose, to sit quietly and take time to reflect, on ourselves, our families and friends, on the past, present, and likely future!!!

Hey, this is good stuff, I suddenly thought!

Quickly grabbing pen and pad, I started to write furiously! Wide awake now from my little armchair catnap, I realised I had all the material I needed for this editorial in my thoughts! I had been sitting in my armchair quietly, thinking and reflecting, when I dozed off for a while. I woke with a start, but strangely, I remembered all my reflective thoughts prior to dozing off!!! Usually, after a drift through dreamland, I can't remember a thing or very little of thoughts I had just prior to drifting off!!! So, a quiet time-out for reflections may be good for the mind as well as the body, I feel sure now.

So now I come to the 'body' of my story, 'thoughts on reflections'. My first reflections are, not surprisingly I suppose, on my own family, past and, more particularly, present!

As my wife, Christine, recently said, we are blessedly richly endowed with family! We have six adult children, all reasonably healthy, stable, and with both feet on the ground! We also have three lovely, young grandsons, all sons of two of our 'boys'. So the continuation

of our branch of the 'Amstalden clan' looks assured, at least into the third generation after me! My grandfather, old 'Schwand-Beni of Stalden ob Sarnen', would be 'tickled pink', if he were still alive 115 years after his marriage!!! You see, he had no siblings, so my paternal family nearly died out in his generation!

Now my reflections drifted off in another direction, to people almost as important to us as our own families. I refer, of course, to the many relatives and friends most of us are lucky to have. My first thoughts especially, seemed to want to drift back to years gone by, to the 'old Swissies' when I was a young man, many of them good friends of my late parents, and most of them the primary movers and shakers to get our Taranaki Swiss Club up and running 53 years ago! Most of them have 'passed on' now, but a few are still among us! To them, and the families of those who are gone, I salute you. I thank you for the friendship you or your loved ones gave to my late parents, and, in many cases, even to me, later.

Then my reflections drifted back to 'present time', and it slowly dawned on me, how lucky Christine and I are to have many good and staunch friends! I think all, or most of us, are guilty of a little sloppiness towards our friends, we tend to take them far too much for granted!!! So, I will take the liberty of printing a small ode on behalf of all our members and readers of our cherished 'Helvetia', dedicated to all 'Friends', worldwide!!!

"My Friend, I love you and cherish you with my own Family, above all else! Always be my Friend! When I am sad, console me. When I am happy, celebrate with me. If I am lonely, walk beside me. If I should stumble and fall, help me to my feet and support me for a while. When I am sick, come and sit with me awhile. And when I have died, help to put me in my last resting-place. Then, my good and loyal Friend, I shall love you for all eternity".

See you all in Auckland in a few days!!!

*Tschau, Paul*

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