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## President's Report

Another month has flown by, and we are hopefully getting close to the end of winter ... yippee!!! And it hasn't been all that cold!!!

When you receive this issue, all clubs will either have held or are about to hold their National Day Celebrations. I hope that they are all well supported, and that you have a great evening. Perhaps we have Swiss people too far away from the five Swiss Clubs that get together to celebrate our National Day ... if so, please let us know how your celebrations went, as I am sure that our readers would be very interested to hear about them. And for that matter if any "Society Only" members have any news that they would like to contribute to the *Helvetia*, please do not hesitate to send it to me, as we thoroughly enjoy reading news about any of our members or past members - profiles of Swiss Society members, wedding anniversaries, obituaries etc.

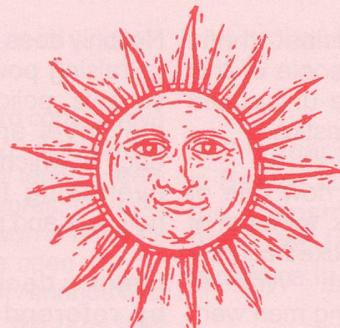
All clubs will again be selling the traditional 1st August badges. Following the huge success of the past few years' butterfly motifs, *Pro Patria* has opted to change the theme and revert to a Swiss flag emblem that embodies the closeness between us and our homeland. The change in the design of the badge will also ensure variety for the many collectors of National Day badges. This year's *Pro Patria* fundraising is going towards specific cultural-related social projects.

The Foundation's board has decided to begin fostering non-profit projects of an "innovative and pioneering character". So please support this worthy project at your Swiss National Day celebrations, and enjoy whatever your committee has organised for you.

Regards

Marianne

## Spruch des Monats



### I'm feeling just fine, thankyou!

There is really nothing seriously wrong with me!  
I'm feeling as healthy and as fit, as can be!!!

I've got sometimes a bit of pain in my muscles, my head, my back and also in my knees and when I have to walk long distances,  
I talk with a wheeze!!!

My pulse can get quite weak and my blood must be getting thin!,  
but I am awfully grateful and happy, for the tip-top shape,  
that I am in!!!

I do press-ups and jogging, with a glorious grin and sometimes,  
I even take my pushbike, round the block, for a spin!,  
just to prove to myself, the excellent shape that I am in!!!

As I have gotten older, I have given up smoking, amongst other things!, I can vouch for the benefits, this new lifestyle brings!!!

I still get the odd craving, the odd flashback, or two, or three!,  
of the good old times, of what they used to be  
and it still matters a lot to me!!!

I have no regrets, for all the things, that I have done,  
in the years gone by, because I believe, that most of it,  
was pretty much okay!!!

I would not change anything, one single little bit, then for me it was all, one great big hit, even the times, when I behaved, like a silly twit!!!

Given the opportunity, I would do it all over again,  
even the crazy and the insane!!!

Then, when it comes to say farewell, be it to heaven, or be it to hell!, at least, I would have a few stories to tell!!!!

Written by Walter Seifert