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Items of interest

When we recently gathered to pack the Helvetia, Myrtha requested a recipe for lasagne ... so here it is, Myrtha and I hope that you enjoy trying it out!!!

There are many variations of the "lasagne" so if any of you have another recipe, please forward it to the editing team for inclusion in a future edition of the Helvetia. Thank you.

Lasagne

This will make three to four dishes depending on the size of your family and/or their appetite!

Boil two packets of lasagne and rinse under cold water to avoid sticking.

White Sauce (is easy to make in the microwave). Mix $\frac{3}{4}$ cup of flour with 40-50 mls of milk and one cup of grated cheese. Stir a few times while cooking. Cook until thick and creamy.

Fry 1 kg of mince in oil until brown, and add one big onion and five cloves of garlic. Continue frying until the onions are golden. Add spices and three cans of chopped tomatoes.

In a dish place layers of pasta, followed by mince meat and then white sauce. Finish with mince meat and white sauce, and then sprinkle grated cheese on top.

Reheat for $\frac{1}{2}$ hour in oven. Serve with a lettuce salad.

For farming people, this dish is very hand during the busy spring as you can freeze the lasagne. Remember it takes a long time to defrost the lasagne (24 hours). Just put in the oven for an easy and quick meal.

Thoughts to ponder over

A happy marriage has in it all the pleasures of a friendship, all the enjoyments of sense and reason, and indeed, all the sweets of life.

- Joseph Addison 1672-1719.

Two things do prolong thy life. A quiet heart and a loving wife.

- Anonymous.

Your time may be limited, But your imagination is not.

- Anonymous.

Swiss news

Federer wins Wimbledon ...again

Roger Federer won his third consecutive Wimbledon title recently. The Swiss moved into the company of tennis greats Bjorn Borg and Pete Sampras, the only men to have previously won a hat-trick of Wimbledon titles in the open era, by thrashing Andy Roddick of America 6-2, 7-6, 6-4 in the final. He will now take about five weeks off, before focusing on his defence of the US Open, which starts on 29 August. He will then have his eyes set on the French Open which is the only grand slam to elude him - this event, held at Roland Garros, is still about eleven months away. We wish you well, Roger, in trying to achieve this goal.

Learning French early

Scholars in the Canton of Bern will be learning french from the third class, and English will follow in the fifth class. The Bernese Cantonal Parliament indicated this on the 25 April. Until now French has been taught from the fifth class and English from the seventh class.

Swiss Abroad around the world

Statistics to 31 December 2004 compared to 31 December 2003

	2004	2003
Europe	388,634	381,695
Africa	17,754	17,602
America	161,324	159,916
Asia	28,474	26,970
Oceania	26,871	26,379

Ozeania Wins Tourism New Zealand Award

At this year's Tourism Trade Fair ITB in Berlin Ozeania was the winner of the Tourism New Zealand Awards 2005 for the best New Zealand brochure in Switzerland.

The Swiss specialist for Australia, New Zealand, and the islands of the South Pacific is a major pioneer for individual travel to New Zealand and calls this destination its "second home", since the owners Bruno and Ursula Boeckli lived there for several years.

The relevant criteria for the award was comprehensibility, up-to-datedness, accuracy of the product, and country information, and of course also the creativity in layout.

Ozeania's brochure convinced the jury with its emphasis on the destination, its detailed and accurate information, touristic highlights for individual travellers such as customised touring in small groups, trekking off the beaten track, outstanding accommodation recommendations on farms and lodges throughout New Zealand's unspoilt nature.

Enterpreneurial spirit, innovation, touristic know-how, enthusiasm for the destination New Zealand, commitment, and an impressive layout all helped Ozeania to gain this important award. The award is a sign to the public that the winning company is an ideal partner for anyone choosing to travel to New Zealand.

Bruno Boeckli said, "It is a great honour indeed to be recognised in such a prestigious competition. I would like to acknowledge the enormous support of the Ozeania team and Ozeania's partners that have given me the opportunity to manage such a successful company as Ozeania."

Congratulations Bruno and Ursula from the Helvetia Editing Team.





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