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## ch makes all the difference

Today we had a wonderful warm autumn day with a little bit of fog in the morning and a brilliant blue sky later on. I had my afternoon off and decided to go mountain biking. First along the lake shore of lake Lucerne to Horw and up the hill towards mount Pilatus up to alp Frakmüntegg. As it is all uphill and nothing much to listen to except your own heartbeat one gets all sorts of ideas through the brain. I was thinking about another story for the Helvetia.

Schwingen and how some foreigners say swingen instead, with a totally different meaning.

Most Swiss know a lot about Schwingen, but not many people could tell me much about swingen. Swingen has many different meanings and is very changeable in its meaning: Easy going, revealing, liberal, tolerant and many more. Combine swinging with people it means frequently changing his partner to have sex. Swinger clubs is where people interested in swinging can meet (or is it meat?)

Combine swinging with music and you will get another group of people interested. Swing is a form of jazz which had its roots in the Afro-American music in 1920 and resulted in the invention of big bands. The famous pianist Fletcher Henderson was the first big band leader. As in big bands not every one was able to play a solo like in smaller group, the swing was a much more organised and written down form of music. The band leader had to swing from the big formation to the solo player and back again.

With all the different meanings just because of ch you will have to be careful how you pronounce Schwingen on your next trip to Switzerland.

If you say swingen you might not end up at the Eidgenössischen!

*Paul Werthmüller*

## Women can do anything!

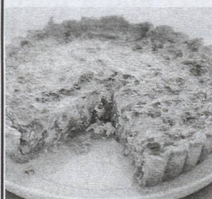
That could be Ursula Ruch's motto. She is the Swiss Schwing Queen. Ursula Ruch is 31, from Krauchthal in Emmental. She grew up on a farm, became a farmer herself and will probably take over her parents' farm one day. Her family was not involved in Schwingen.

Only a few years ago she learnt that women have Schwing competitions, too. Now she is their president. In her Schwing career of 5 years she has won three wreaths, over a dozen bells, a young bull and a pig.

The first Frauen-Schwingfest was in 1980, with over 80 participants. A few years later the Eidgenössische Frauen-Schwingverband was established. It has 130 active members, half of them in the junior category. Women have no intention to compete against men. Only in the youngest category, Zwärgli (7-9 years), girls compete with boys. Men are stronger than women. With the women, the emphasis is mainly on technique. *swissinfo/tb*

## Bölletünne

(Trudi's onion quiche for a 28cm diameter tin)



Use commercial pastry or better, but time consuming, yeast pastry from 200 g flour, 80 g butter, 1 tsp yeast, 100 ml water.

### Filling:

Fry 100 g small bacon bits until crisp.  
Cut 500 g onions into strips, add, fry until almost cooked.  
Mix with 200 ml cream, 100 ml milk and 2 eggs and 1 teaspoon salt, pepper.

Spread the filling over the pastry, bake for about 35 minutes, at 220°C in a preheated oven.

En Guetel!

(Go for a walk a couple of hours later when the onions do their bit...)



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