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## From the Editor

### Dear Helvetia Readers

What a busy summer this has been for us Swiss-Kiwis, judging by the many events that have been held by the clubs over this summer. The events look so easy and seamless from the outside and yet there is a tremendous amount of planning, organisation and implementation involved by the various committees and their members. And then there are the countless contributions by many individuals - from bringing plates, making cups of tea, cooking dinner, erecting bouncy castles (weather permitting), serving, washing up, scrubbing, mowing lawns, cleaning toilets, tallying up results from jassen, kegeln and shooting, organising children's games, to ordering medals - the list is truly endless. Club secretaries faithfully report, encourage and make sure everyone is thanked for their contributions, which is essential.

Let's admit it - the work might not always be so much fun, but the events and the people sure are - and this in the end makes it all worthwhile. Which brings me to the topic of **volunteering**. Did you know that New Zealand is 4th in the world on the "World Giving Index"? 40% of New Zealanders donate time to good causes. The Swiss are a little further down the ladder at 32%, but I reckon we Swiss-Kiwis easily meet and possibly exceed the New Zealand score. But that's not all: There are highly beneficial effects of volunteering on physical, emotional and mental health. For example, a recent study found that volunteering for 200 hours per year reduces blood pressure by 40%! Similarly, cholesterol, Body Mass Index and inflammation have been found to be reduced in volunteers (although I dare say researchers did not take into account the consumption of cervelats and bratwurst). Not only that, volunteering also increases life expectancy. I guess in the light of so much positive research, we just have to keep up the good work!

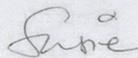
The **Swiss Society AGM and Games** are held in **Taranaki** this year and we hope many of you take the opportunity to partake in the Taranaki club's legendary hospitality.

You will find all the details you need in this Helvetia magazine: An invitation by the Taranaki club, the programme for the AGM and also the minutes of last year's AGM.

Please also read the President's report on page 3 for further details.

I take this opportunity to say many thanks to **David Latham**, who has been helping with publishing the Helvetia this last year, in addition to developing/maintaining the excellent website, members' database and shooting booking system - publishing has become a bit too much. I hope we have not seen the last of your Non-Swiss Perspective articles!

Warm regards,



## Remembering Mother's Day

Being a full-time mother is one of the highest salaried jobs... since the payment is pure love.

Mildred B. Vermont

Mothers hold their children's hands for a short while, but their hearts forever.

Author Unknown

Hundreds of dewdrops to greet the dawn,  
 Hundreds of bees in the purple clover,  
 Hundreds of butterflies on the lawn,  
 But only one mother the wide world over.

George Cooper

Insanity is hereditary; you get it from your children.

Sam Levenson



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