



The Canberra Swiss Club Inc. Newsletter



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Upcoming Club Events

Due to Covid 19 and Government restrictions, many events have been cancelled. The following events are planned, but may be moved or cancelled at short notice. Precise details of the events will be sent via email/put up on the Facebook page.

Date (2020)	Event
Sun 27 Sept	Go Karting
Sun 18 Oct	Canberra Jass Tournament
Fri 20 Nov	AGM
Sun 6 Dec	Samiclaus Picnic

Don't forget to renew your membership for 2020/21

<https://forms.gle/5uscFjUrEMDj69sc8>

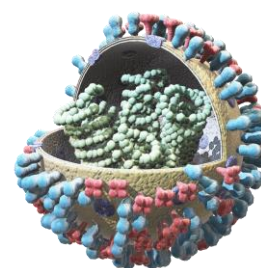
Due to covid 19 causing the cancellation of many of our events, the committee has decided that any membership fees paid this year will also be valid for 2021.

Your Swiss Club Committee

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President	Chris Heiniger	0409 907 196	president.canbswissclub@gmail.com
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2020 – A year like no other

Unfortunately, the Committee had to make the difficult situation to cancel many of the events due to Covid 19 and restrictions placed by the Governments in NSW and ACT. It is not an easy time for many people, and the Committee is looking at ways that we can support our members. A decision was made that any membership fees paid this year would be valid for next year too.



We are hoping that the events planned for the rest of the year can take place, but as we are all aware, things can change rapidly and we will keep you posted. As members, you may want to organise some private get togethers so that you can keep up with that great feeling of being Swiss.

It was a great shame that we could not celebrate 1 August 2020 together – let's hope next year, we can have a great celebration together.

President's Message

Dear members and friends

Fellow Members,

I hope everyone is still ok and having a good time. Unfortunately not much has changed with our Swiss Club due to Covid. Sometimes it looks like it is getting better and the next day it gets worse and we are back to the same old situation. We are still going with the ACT government recommendations with groups of people and events.

At the moment we could have a few smaller events in the future like bushwalks, go karting but we have to stick to the ACT government guidelines. There will be more details in the newsletter.

I believe this was the first time the club didn't host the 1. August Celebration due to Covid. I hope that everyone still had a great day celebrating Switzerland at home with family and friends.

I had a BBQ in the backyard with some Swiss friends, a tiny bonfire, Nuessler salad and a couple beers. The Swiss and Berner Flag were flying on the flagpole in front of the house too. We had a great day together, but nothing beats the Swiss Club celebration at Lustenbergers Farm.

With all the rain we had last weekend, it was definitely the right weather to have a cheese fondue. Since we cancelled our fondue event, we had to have it at home. Nothing better than a fondue when it is a wet, cold winter day.

If someone needs any help during this difficult time, please feel free to contact me or anyone from the committee and we try to help out as much as we can.

Thank you.

Christoph Heiniger

Call for Photos of your 1 August Celebration

Email your photos to the editor from your Swiss National Day celebration and we will get them into the next newsletter to share.

Whether it be eating raclette, showing the Swiss flag or playing games, it will be fun to see what everyone was up to.



Swiss Recipes

To help you enjoy a little bit of Switzerland, a recipe from different regions will be published each newsletter. If you have a favourite recipe, please email it to the Editor with some details of where it comes from and some pictures.

Aargauer Rueblitorte – Aargau Carrot Cake

This recipe is taken from the Book Traditionelle Schweizer Rezepte / Traditional Swiss Cuisine published by AT Verlag



4 egg yolks
200g sugar
Grated rind of ½ lemon
250g finely grated carrots
120g ground almonds
60g ground hazelnuts
1 teaspoon cinnamon powder
1 pinch salt
2 tablespoons cornflour
½ tsp baking powder
3 egg whites
20 icing sugar

Icing
30g icing sugar
3 tbsp water
1 tsp kirsch

Preheat oven to 180 °C (160°C fan-forced)

1. Beat egg yolks, sugar and finely grated lemon rind until foamy
2. Add carrots, almonds, hazelnuts, cinnamon, salt, cornflour and baking powder and mix well
3. In a separate bowl, beat the egg whites until firm and add the icing sugar gradually, beating constantly
4. Grease a 26cm springform tin and sprinkle with flour.
5. Fold the egg mixture into the carrot mixture and stir gently, and then add to the cake tin
6. Bake in the oven for 50-60 minutes
7. Remove from the tin and allow to cool
8. Make the icing by sifting the icing sugar and mixing it with water and kirsch.
9. Paint the icing mixture on the cake and sprinkle with icing sugar.

Canton Aargau



Aargau is famous for its water. The major rivers north of the alps cross through Aargau and many of the medieval towns along the banks of these rivers are wonderful places to stroll through. A mix of industry and farming, with some great castles, as well as some thermal baths, it is definitely worthy of a visit.

How well do you know the Coat of Arms?



And something for the Children

Name: _____ Date: _____ Class: _____

Switzerland



L M S O X G J A R H C S I R F X A M Q G D G U W Y T G V A S
J E A N J A C Q U E S R O U S S E A U N A E N J E A N L D V
L A N D L O C K E D W J C S U I S S E I K R S X L R I E H I
H I G H E S T W E A L T H P E R A D U L T M P U L M K S A Z
Y O Q B I C H Z D S C H W I N G E N V E J A U E A Y I M L R
H M R D E C I E V R O M A N S H A L R D I I N C V K B H P A
E C I N N R M I K D A R E Z Z I V S X O B N N H E N N G H N
S E I E U O N S E H C T A W P E M L Y Y G E E O N I I I O A
H C R R C S F L A K E N E U C H A T E L N D N C O V A E R M
Z F H R U J S K I I N G F S Q N O T N A C E F O H E T L N R
C A A W O Z N E O P N E S S O T S N I E T S E L R S N S C E
Y C A R E D E F N O C S S I W S D L O B K T S A W A U B N G
Y D M D C I I W B A S E L J K C A Z D F N A T T K B O O A C
R D L M Y K E K P C Z Y I V F T K Y H C Y E W E X C M B R P
A C I R U A R A T S U G U A I G N I K I H L G G A G G K F E

alphorn
army knives
Augusta Raurica
Basel
Bern
bobsleigh
canton
chocolate
democracy
franc
French
Gemaine de Stael

German
Heidi
highest wealth per adult
hiking
Hornussen
Italian
Jean-Jacques Rousseau
Lake Neuchatel
landlocked
Max Frisch
mountain biking
Old Swiss Confederacy
Rhone Valley

Romansh
Schweiz
Schwingen
skiling
Steinstossen
Sulse
Svizra
Svizzera
Unspunnenfest
watches
yodelling
Zurich



Source – supercoloring.com

Only in a tiny bit of Switzerland – Bolze



For those non Swiss speaking people, it is often hard enough to get your head around the local dialects, but it gets even harder when they mix French and German! Take a walk around the old part of Fribourg and you may hear a handful of locals speaking a mixture of French and German, otherwise known as Bolze.

You can listen to a sample of it by clicking on this link -

<https://soundcloud.com/user-289861732/le-bolze-a-dialect-only-spoken-in-fribourg-switzerland>

It is passed down through the families and is not taught, so it is only spoken by a handful of people nowadays. Perhaps one day, like many dying languages it might make a come-back, but beware you will need a good grasp of German and French before you can even think about giving it a go.

Just to give you an idea of what to expect

English: Open your umbrella

French: Ouvre ton parapluie

German: Öffne deinen Regenschirm

Bolze: Tuuf dy Paraplüi

Credit: the Fribourg Office of Migrant Integration and Racism Prevention

Good luck if you want to give it a try.