



Interior Swiss Club Newsletter



Volume Number 6

Issue Number 1

Spring 2006

Upcoming Events Calendar

Mark these dates on your calendar

Bowling Tournament

Sunday, March 26, 2006

Falcon Lanes, 2020 Falcon Rd, Kamloops

Starting at 10.00 am. Lunch will follow

If you would like to join us please contact Helena Hasler at 250-372-2496

Annual General Meeting

Sunday, April 9, 2006

NEW STARTING TIME: 1 PM

Odd Fellows Hall, Armstrong

Spring Dance

Saturday, April 22, 2006

Schubert Center, 3505 30th Ave, Vernon

Sit down dinner followed by entertainment from the Vernon Blaskapelle

Doors open at 6 pm

Cost: \$25.00 per person

Vernon August 1st Celebration

Tuesday, August 1, 2006

Coldstream Creek Park, Kalamalka Lake Rd. Coldstream

Potluck starts at 6 pm

Cache Creek August 1st Celebration

August 5-7, 2006

Picnic, camping and shooting event at Fischer's Farm in Cache Creek

If you need information or tickets for these events please call 250-549-3711

Don't Miss A Thing.....

Page 4~ AGM Agenda

Page 5~ Theatergruppe Heimatstil Report

Page 6~ Article on Nordic Walking

Page 7~ Samichlaus Party Report

President's Report

I hope the New Year has started well for all of you, I wish you a Healthy and Happy New Year!

The annual Christmas Party started out with a mini-concert performed by our dedicated children. This was very much appreciated by the audience. However, of course the children were excited to see Samichlaus and Schmutzli and even more excited to see what was in the big red sack! The children were all lucky enough to make the "nice" list this year and things were pretty quiet while they enjoyed their treat bags. The children who brought their drawings to the event all were awarded a prize. After the visit from Santa and Schmutzli, Fred Affolter and his friend at the piano performed some wonderful Christmas songs for us, thank you very much. Also a big thank you to all the ladies who brought Christmas treats - a delicious party as usual. Thank you also for the donation of the Chrittibaenzli baked from IDA's Bakery in Lumby, Heinz and Rosemarie Schaefer. Those who stayed for the post party Fondue Plausch had a great time and were entertained by Al Klopfenstein and Hans Schwegler playing the Schwyzeroergli. A wonderful day and evening to put us all in the Christmas Spirit.

On December 23 the Swiss Junior Hockey Team came to Vernon for an exhibition game against Russia. There was a large Swiss delegation on hand to support them. Flags waved, bells rang out and "Hop Schweiz" could be heard loud and clear! Our very own Fred Affolter sang the Swiss National Anthem in front of a sold out crowd of 3500! It was a great event and a great effort was put forth by the Swiss Team!

On February 4, 2006 we were all treated to a great Theater performance by the visiting Theatergruppe Heimatstil from Calgary. 9 dedicated men and women performed an excellent and funny play and made us laugh and forget the world for a while. Thank you to all the performers for traveling from Calgary to entertain us. We are looking forward to your next play.

Our Annual Bowling Tournament will be held on Sunday, March 26 at the Falcon Lanes in Kamloops, this will be followed by a lunch organized by Elisabeth and Erwin Nyfeler.

The Annual Spring Dance will be held on Saturday, April 22, 2006 at the Schubert Centre in Vernon. The Vernon Blaskapelle under the direction of John Doerwaldt will entertain us and other musicians will perform for us as well.

I like to formally invite all the members to our Annual General Meeting on Sunday, April 9, 2006. Please note, the meeting will begin at 1.00 pm. And the location is the Odd Fellow Hall in Armstrong. Please read the Agenda on Page 4 for more details. I look forward to seeing you there! Matt Boss, and Andy Züst have decided to resign after several years of dedicated work to the club. The Executive thanks Matt and Andy for their work that they have contributed to the club. Nominations to serve on the board are accepted by our secretary Karen Cleland.

The 2006 Membership fees are due now. Please mail your cheque to our membership chairperson: Elisabeth Reymond at 13616 Ponderosa Way, Coldstream, B.C. V1B 1A4. Please be reminded, that only paid-up members are eligible to vote at the Annual General Meeting.

Welcome to all the new members who have joined our club last year.

The Executive would like to thank our advertisers for their continued support. They make this Newsletter possible. Please make a point of supporting them whenever you can. Last but not least, I would like to thank all the volunteers who always help at all the different functions the club is putting on; we could not do this without you!

See you at our events and have a great spring!



Bowling Tournament

The Tournament will be held in Kamloops at
Falcon Lanes (2020A Falcon Rd) on Sunday, March 26, 2006

Starting at 10.00 am.

Lunch and awards presentation to follow at Desert Gardens.

We look forward to seeing you there!

It's never too late to start bowling!

Everyone is invited to join us-your contacts are :

Helena Hasler (Kamloops) 372-2496

Andy Zuest (Salmon Arm) 832-2833

Rita Schilter (Vernon) 547-6052

Werner Gut (Kelowna) 769-8252





Trachtenfest

(Annual Spring Dance)



Saturday April 22, 2006
at the Schubert Center
3505 30th Ave Vernon

Doors open at 6 pm, Assigned Seating
Sit down dinner followed by entertainment by
the Vernon Blaskapelle and other musicians
Cost: Dinner and Dance \$25.00 per person
Advance ticket purchase only:
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NOTICE OF ANNUAL GENERAL MEETING

The AGM will be held on Sunday, April 9th, 2006

NEW STARTING TIME: 1 PM-3 PM

3004 Wood Avenue, Armstrong at the Odd Fellows Hall

AGENDA

1. Welcome and Opening by President
2. Confirmation on Quorum
3. Introduction of members present
4. Approval of Agenda
5. Minutes of last Annual General Meeting – Karen Cleland
6. Approval of Minutes
7. President's Report – Lilly Senn
8. Approval of President's Report
9. Treasurer's Report – Elisabeth Reymond
10. Approval of Financial Statements
11. Auditors Report – Trudy Feller, Jenny Doerwaldt
12. Miscellaneous Business:
Bowling reports: Rita Schilter, Andy Zust, Helena Hasler
Website: Andy Zust
Newsletter: Karen Cleland
13. Other Business
14. Nomination and Election of Executives
Nomination Chairperson: Elisabeth Nyfeler
15. Adjournment of Meeting



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Don't forget these dates...

- ~Sunday, March 26, 2006~
Bowling Tourney in Kamloops
- ~Sunday, April 9, 2006~
AGM in Armstrong
- ~Saturday, April 22, 2006~
Spring Dance
- ~Tuesday, August 1st, 2006~
August 1st Celebration in Coldstream
- ~August Long Weekend~
August 1st Celebration in Cache Creek



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Report on "De verruckti Theodor"



This year the 9 member group from Calgary visited us once more. They arrived on Friday afternoon at the Kelowna Airport, and spent the night with their host families. After a good supper and a good talk, everyone needed some sleep for their performance on February 4th.

"De verruckti Theodor" was played by Wally Schneider, the oldest member of the group, who had the wish to perform the story on his last appearance on stage. Family Holzoeffel (Marc Schmidt, Vreni Schmid) aren't quite sure if they should allow the marriage between their daughter Flora (Karin Schmidt) and Andreas Gatterer (Chris Schmid). The parents Gatterer (Wally Schneider and Kaethi Gyger) are shocked by a picture in the newspaper of their son and "flotte Lotte" (Daniela Schmid) a waitress in a seedy night club. Everything becomes a big mess when Andreas' father tries to protect him by saying it was him on the cover of the magazine, not Andreas (this does not make his wife very happy). In the end the families are able to accept each other and the wedding of their kids, too.

The audience had a good laugh, the actors a lot of fun and the whole theater was a success. In spite of some wordless moments, there was always a smile. Those moments only made the awesome show even more amusing.

It was interesting for me to see how the group prepared their show before the performance. Especially since I was able to help behind the scenes. It was fun and thanks for coming. Thank you, you did a great job!

By Sandra Schenk

ESL student visiting from Switzerland



NORDIC WALKING

(Translated from a Swiss magazine by John Gnos)

Can walking be reinvented?

Already decades ago, climbers and hikers in the alps used cross country ski poles in order to reach their destinations faster, more efficient and safer.

Despite disapproving glances from onlookers along the way they were not discouraged to use the advantage of this method of walking.

The engagement of the upper body and the arms relieves pressure on the knees, hips and ankles and provides additional acceleration and rhythms.

The Finns were the first people who reinvented the use of ski poles as a training aid while in summer training camps for cross country and biathlon.

Who is drawn to this new trend sport?

Nordic walking uses and trains almost all muscle groups in the body. In contrast to normal walking it burns almost twice as many calories as by normal walking and uses considerable more oxygen. Further more it releases stress in the shoulders and neck. Weight reduction can be noticed when practicing Nordic Walking on regular bases. It is also suitable for people with pre medical conditions such as high cholesterol, high blood pressure and diabetes. Nordic Walking can be the beginning to a new sport that by the way improves the immune system, the blood circulation and oxygen supply for the whole body. It is a sport that can be learned by practiced any where by everyone all year around.

Suitable Gear:

Nordic walking poles are made from modern material which is solid and light and do not convey swinging motions to the body. The hand straps on the poles facilitate walking without tiring. The length of the poles may be of personal preference but as a rule when the upper arm and the lower arm form a square it is about right. The German Nordic-Walking Club suggests the length of the poles 0.66 % of the body height. Clothing should be functional and made of breathable material. Wearing a hat is recommendable because a lot of body heat is lost through the head. The shoes should fit well and have a good grip sole.

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Samichlaus Party and Fondue Plausch Report

The 2005 Christmas Party lasted well into the evening. For the first time ever, the club had a Fondue Plausch after the visit from Santa. It was a nice time for everyone to visit and enjoy great food-some members came only for the plausch, some came only for the Christmas Party and some stayed for both. The children had fun together playing board games and getting into mischief while the adults ate and chatted.

Before the plausch began there were plenty of heartwarming moments. Kids faces lit up when they heard Santa's bells, they were proud standing up on stage singing Mary's Boy Child, a special Christmas carol for Santa, they were apprehensive when they saw Schmutzli but excited to see what was in the big red sack. It seems as though all of them were on the nice list this year. Some performed for Santa and some were just too shy but they all went back to their tables with a big bag of goodies which they ate right away!

Once Santa had handed out his last goodie bag he had to rush off but the children still had one more surprise in store. They were all called over to the wall of pictures they had created where they received a prize and recognition for their wonderful decorating jobs. Every year the pictures get more and more elaborate!

Everyone was feeling the Christmas spirit when Fred Affolter got up and sang, accompanied by his long time friend on piano.

All in all another wonderful Christmas Celebration with traditional treats and great company to enjoy them with!



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Schweizer, Dora May

Dora May Schweizer (nee Vollmin) passed away peacefully, surrounded by family and friends, on December 28th, 2005 after a courageous battle with cancer. Dora, the eldest of 10 children, was born in Ontario in 1926 and lived in France before settling with her family in Switzerland. She and her husband returned to Canada in 1990. Those who knew Dora will remember her as a gracious woman, whose warmth and generosity touched the lives of many. She savored life and loved to be surrounded by family, good friends and good food. Dora was predeceased by her husband Rene in 1991 and her parents Jacob and Minnie Vollmin. She leaves 3 children: Jean-Claude (Sandra) Schweizer of Vernon, Gabriella (Theo) Schenker and Bruno (Heidi) Baud of Switzerland, and their children and grandchildren. She is also survived by 9 brothers and sisters: Rose-Marie (Fred) Weihs, Joseph (Fritz) Vollmin, Paul (Rosemary) Vollmin, Barbara (Hans) Schweizer, Hans Vollmin, Marie Baechler, Margrith Fink, Bernhard (Regina) Vollmin, Michel (Margaret) Vollmin; numerous nieces and nephews and countless friends around the world.

The Interior Swiss Club offers our deepest condolences to the family.

Joe A. Ribary Cowpuncher and Writer

Author of Always a Cowboy at Heart and
A Horseman's Memories

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It's time to renew your membership for 2006

If you have already sent in your payment, we thank you for your support of the Swiss Club.

If you forgot or are undecided, please mail in your cheque now.

Publishing the newsletter, maintaining the web site and other club expenses cost money.

If you enjoy receiving the newsletter, visiting our web site occasionally or attending some of our functions, we urge you to please mail in your membership renewal and fee now.

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Thank You!

A big Thank You to all those who helped with the Christmas party. Santa and Schmutzli were wonderful and we appreciate Santas helper, Ursi Schnyder, too! Thanks to all who brought baked goods and especially to Heinz and Rosemarie Schaefer, of IDA's Bakery, for the delicious Chrittibaentz!

Thank You as well to the volunteers who helped at the Theater. The event was a big success and we couldn't have done it without you.



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Secretary	Karen Cleland 250-545-1324 14151 Juniper Drive Coldstream, BC V1B 2E5 karencleland@shaw.ca
Directors:	Andy Zuest 250-832-2833 Margreta Graf 250-375-2231 Heidi Gadmer 250-558-4630 Rita Schilter 250-547-6052 Helena Hasler 250-372-2496
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