Arizona Swiss Society

VALLEY ECHO

Newsletter

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WINTER 2018/2019



Flumserberg

1st of August Celebration

At the private home of our members Sybille de Maringnac
Sunday, August 6th 2018








It was a great event and everyone seemed to enjoy themselves. Sibylle, we really appreciate all your work hosting and preparing your home for our celebration.







Message from the President

Greetings members and friends of the Arizona Swiss Society



I trust you have all had a marvelous summer, perhaps spending time back in Switzerland. Cooler temperatures are here and we are already into our lovely November. I was on the job on October 4 by briefly greeting the visiting Sister Cities student delegation from Interlaken, the sister city to Scottsdale. A reception was held in Paradise Valley and Max brought fancy cheese and one of his arsenal of spectacular cheese slicers. Nice well-behaved students of whom we can be proud. You might consider joining Scottsdale Sister Cities Association just to be involved with the Interlaken activities. The students return in 2020 and will get home hosted and it might be fun for your family to have a Swiss student for ten days or so. The official Interlaken delegation will visit April 9-12, 2019 to celebrate the 20th anniversary as a sister city. You can find membership information at http://www.scottsdalesistercities.info/

By all accounts, Swiss Fall Fest was a smashing success this year. Susan and Kurt managed the event with their usual aplomb. Susan's list of thanks included the following:

> A big thank you to Max for sharing his raclette machine and who, with Anthony, Tatyana, Joerg, and Hermann, brought the equipment, set up the station and served our guests. Raclette is always a big highlight of our Fall Fest! Ursula and Fred took on the job of preparing all the potatoes for the raclette.
>
> Alain, it was so nice to see you, Dolores, Andre and Dante! The decorations were put up and taken down with great energy and efficiency. Alain and Dolores also took some amazing pictures to share with us! https://photos.app.goo.gl/4uxqonnt37fYQZys5
>
> David and Helene handled registration, which was no easy task with 130 guests!
>
> Rachel, Dave, and Kurt B. were our hardworking grillers! Again, not an easy task! We also had some emergency help in preparing the sausages. We learn and relearn for each event!
>
> We counted on Sibylle, Marianne, Steve, Philippe, Sylvia, Heidi, Vreny, Joerg, and Alain for their availability and flexibility to take on whatever was needed, including the set up, buffet station, and clean up. Sibylle also brought the fruit salad and kirsch. Marianne shared many great pictures of the event.
>
> https://www.dropbox.com/sh/xn4subijfsaar69/AADi0nWrDF6g63vWZWUqKRGma?dl=0
>
> And Steve, who is a member of the park, set up a small display of Swiss trains in the model train museum for us that afternoon.
>
> Victoria and Saul shared their freezer space for all the extra sausage, brought it to the event, and helped with the U Haul.



So, thanks to all who made the Swiss Fall Fest such a success. As for me, I missed it as I had planned months in advance to house sit for friends in Huntington Beach for the month of October. Not a bad assignment. But fear not, I was still on the job. While I was there the International Surfing Association held its annual World Junior Surfing Championships. Forty-four countries were represented and so I naturally cheered on the Swiss National team. I can't imagine that Swiss lakes produce surfing waves so these young people must be avid and intrepid to find a coastline to train.

Our next event is the Christmas party on December 9 at the Paradise Valley Country Club. We should have as wonderful a menu as we did last year with an upgrade to the beef dish. I have it on good authority that Helene might be bringing some exquisite creations and you might even get one. Reserve early. See you then,

John Thornton, President

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Culture & Activities in Flumserberg

Flumserberg Ski Resort A Lakeside Retreat with Perfect Slopes

Flumserberg is the largest winter sports destination between Zurich and Chur not only for skiing, snowboarding, and sledding but also for hiking. You can enjoy the peace and quiet of nature amid deep snow-covered winter scenery with breathtaking views of Spitzmeilen, the Churfirsten mountains and Lake Walen.

Things to Do



Skiing or Snowboarding

Thanks to its 150 kilometers of slopes, the Flumserberg region attracts skiers and snowboarders of all levels. If you are looking for a little more direction, ski schools and private lessons are available throughout the winter season.
Whether you are in the practice area with the magic carpet and lift for beginners or off-slope in fresh powder snow – on a snowboard, you always feel like a high-flyer!



Flumserberg Cross-Country Skiing

18 km of cross-country tracks (classic and skating-style) await you in Flumserberg, in the most beautiful surroundings with breathtaking views.



Sledding

Off you go – down the 3 km-long toboggan run from Prodalp to Tannenheim! The start of the toboggan run is located next to Berggasthaus Prodalp. Enjoy a delicious cheese fondue before speeding down into the valley. The start and finish are conveniently located right next to the gondola cable car station.



Snowshoe Hiking in Flumserberg / Schneeschuhlaufen am Flumserberg

Enjoy guided snowshoe tours in Flumserberg and discover the fascinating mountain world in a new way.
The best snowshoe tours take place on a clear evening when it’s a full moon. Let the sparkling winter landscape enchant you.



NightAttack Flumserberg

In December the NightAttack will take place. it starts from Tannenheim and takes you via Prodalp to the Prodkamm, and to the final destination. Up to 500 runners take part in the annual night skiing tour on the Flumserberg.

Top Events

Fancy Dress Contest



No Carnival week without children and instructors in costumes! There's a lot happening on "Schmutzige Dunnschtig" or Fat Thursday! Most of the children and instructors are already in fancy clothing when they come to the Ski and Snowboard School in the morning so the fun starts really early. In the afternoon, all the classes meet at the Chrüz slope and then the entire Ski and Snowboard School winds its way back down to Swiss Snow Kids Village at Molseralp like a giant snow snake. Drinks and hot sausages await them at the bottom to provide a little energy boost before prizes are awarded for the best costumes!

Cool Prizes

The funniest and most original creations are first shortlisted and then the judges decide on the winners. However: nobody loses here because anyone taking part is a King or Queen of the Snow Castle at Flumserberg!

Night Riding in Flumserberg





Experience and enjoy Flumserberg by night. Night skiing and sledding will make your stay in Flumserberg an experience to be remembered. The night of all nights: this fun event is for the whole family. This is when our instructors really show what they're made of!
Welcome to the high life!

Our snow sports instructors will give you a broad visual overview of what they can offer. Fireworks, music and hot drinks included!
After a pleasant torch-lit descent from Feldherrenhügel (Tannenboden ski lift), our ski and snowboard instructors will demonstrate speed, dynamics and precision in synchronized skiing. It goes without saying that kids can participate, too. Together with their instructors they will show off their skills.

Music to rock you, hot drinks to warm you and surprise guests to delight you will round out the 2-hour program. Have you ever seen Bobo and Snowli jumping through rings of fire? Or the armada of slope bashers in the scattered lights of the fireworks?

Children’s Grand Finale



Champions' race: the winners of the weekly children's races will meet for the grand finale!
We bring the winners back to Flumserberg!
Are we getting ready for spring cleaning at Flumserberg? No way! Because when the Easter Bunny is on the horizon, it's time for our grand finale!
The winners from Levels 3 (Red League) to 6 (Black League) qualify in the weekly races for the children's grand winter finale.
Are your skis freshly waxed and the edges well-tuned? This event not only provides plenty of action and an exciting race atmosphere but the fun continues after the competition, too.
There are fantastic prizes and awards to be won. We will also be celebrating the great end-of-season party together!

For more information visit: www.flumserberg.ch

Birgit Steinegger Turns 70 Years Old

Swiss actress and cabaret artist Birgit Steinegger celebrates her 70th birthday on November 4th. She is no longer as euphoric about this occasion as she was when she was a young woman.
On the other hand, in her mind she wanders more and more into the past. "Not out of sentimentality, but because the future hardly gives much," she says in an interview with the "Swiss Family".
She would only buy a lifetime supply if she could determine the quality. She is also careful with the desire to be able to repeat something in her life, because repetition can quickly seem dull. "Most great things are beautiful because they are unique," she says.
However, of "almost addictive potential" is the joy of her audience for them by whom she lets herself be moved time and again.



(Archivbild)
Bild: KEYSTONE/URS FLUEELER









Furthermore, exciting things will happen in the life of Mrs. Iseli. In the latest episode, she enters the world of politics. She founds the "Party for Common Sense," tours through Switzerland in an RV together with Mrs. Schruppatelli and tries to attract attention with curious actions. Be there on Saturday, January 7, when it's all about "ISELI FOR PRESIDENT!"

Swiss Wrestling "Schwingfest" in Portland



The wrestling in Portland was held on Saturday, July 14th 2018.
Schwingen ("to swing"), also known as Swiss wrestling (French lutte Suisse) and natively, is a style of folk wrestling native to Switzerland, more specifically the pre-alpine parts of German-speaking Switzerland.







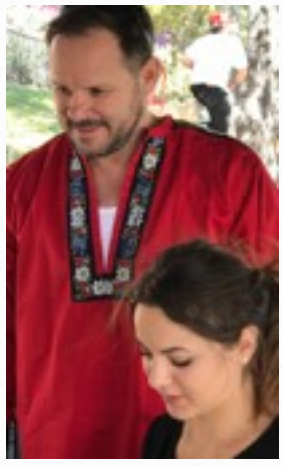
The two opponents, usually men (though an increasing number of women now take part), make their way to a sawdust-covered ring. The aim is to throw the other wrestler on to his back through a series of holds and nifty footwork. The wrestlers wear special wrestling shorts over their trousers. These are made from coarse drill and fastened with a leather belt. Before the duel begins, each wrestler grabs the back of his opponent's belt, only loosening their grip once the match is over. The winner is the wrestler who manages to throw his opponent down so that both shoulder blades or there entire back are completely touching the ground. The best "Schwinger" are known as "Die Bösen" (bad guys) and command great respect from their opponents. Each match begins and ends with a handshake, and the rules dictate that the winner must always brush the sawdust from the loser's back. What began as a sporting pastime among farmers and herders and without any rules to speak off, "Schwingen" later spread to urban areas thanks to the emergence of athletics and gymnastics clubs. Before long, it became a popular national sport that was played far and wide. As the years went by, contests would be transformed from local events to major sporting festivals. In 2017, the Swiss Alpine Wrestling Association had over 60,000 members. 2016 280,000 visitors flocked to Estavayer-le-Lac to attend the Swiss Wrestling and Alpine Games Festival.

Fall-Fest

McCormick Railroad Park, Scottsdale
Sunday, October 21th 2018
Over 130 people including helpers
attended the Picnic





































Coin des Blagues-Pour Les Enfants

- Bonjour Toto.
- Bonjour mémé.
- Si tu me dis combien j'ai de bonbons dans ma main, je te les donne tous les deux.
- Tu en as deux !

Advertise in the Valley eCHo

Business card size	$ 10.00 per insert,	(no discount)
¼ page	$ 25.00 per insert,	pay 4 and get 10% off
½ page	$ 50.00 per insert,	pay 4 and get 10% off
Full page	$ 100.00 per insert,	pay 4 and get 10% off

Club News / Sunshine Committee

Swiss Jass Club



You Can't be Swiss if You Don't Jass



Where: **at different places**

Date: **Saturday, each month**

For details please contact Ueli A. Zaugg, Ph.D. uzaugg@aol.com or 602-999-3835

New Swiss Stamps

Do you play the "Schieber" variation? Or are you a "Differenzler" fan?
Stöck! Bock! If these terms don't mean anything to you, you must be one of the few Swiss people who don't enjoy the game "Jass", Switzerland's number one national pastime. Swiss Post is introducing a topic that is familiar throughout Switzerland to the stamp world with a sheetlet and four stamps. Whether you're young or old, at the pub or in your own home, a stickler for the rules or a more relaxed player, Jass is enjoyed all over Switzerland. SRF's "Samschtig-Jass" Television program and its predecessors have been running since 1968, making it the oldest entertainment program in Europe. This fact alone is testament to just how popular the game is. **The special stamps** depict the different playing cards used in various regions. In German-speaking Switzerland the four suits are bells, shields, acorns and roses, whereas people in Western and Southern Switzerland play with hearts, diamonds, clubs and spades. One group says "Ober" and "Under", while the other sticks to"Queen" and "Jack".



With our deepest sorrows and a heavy heart we must infirm your that

Alice Ida Flueck (nee Zumsteg)

March 22, 1922 - September 5, 2018



Alice died in Goodyear AZ after a short illness. Born in Laufenburg AG, Switzerland, to August and Adeline Zumsteg, she was the youngest of three children. The early death of her father when she was 8, led to some economic hardships during the great depression of the 1930s, and a close relationship to her two older brothers. Alice was fluent in her native Swiss-German dialect and in high German, French, Italian, and English. From her adolescence, she had an interest in travel and the wider world. For several years, she worked in the travel industry in Zurich, which required her language skills in this work. This also brought her on visits to New York and Wisconsin. In 1958 she emigrated to the United States and married Jacob Flueck, then of Darlington WI, a Swiss national from Brienz BE. In 1961, she and Jake move West, first to Tucson AZ for four years, and then to Seattle WA, where Jake took a position with Boeing and Alice began working for Northwest Airlines. In 1989, after they both had retired, they relocated to Sun City, Arizona. In Seattle and then in Sun City, Jake and Alice maintained a wide circle of friends and acquaintances, with whom they socialized and travelled. They were also active in the Swiss community. Ever curious, Alice and Jake travelled widely throughout North America, Mexico, and the wider world including much of Europe, the Soviet Union and Asia, as well as making regular (usually annual) summer visits to their native Switzerland. They were on the road for several months each year. Alice was beloved for her big personality, her sharp and searing wit, and her generous spirit. Ever the hosts, Alice and Jake hosted countless people in their homes in Seattle and in Sun City, and took them away on many adventures, or hosted them in one of their timeshares. After Jake's death in 2011, Alice sold their home and moved to the Carillons Independent Living facility in Sun City, where she lived until 2017, when she moved to the Pathways assisted living facility in Goodyear AZ. She made her final visit to Switzerland at age 90 for the interment of Jake's ashes in Brienz and to visit her many friends and relatives there. Even in later life, she was always social, and active and interested in the lives of those around her and ever attempted to be helpful.

Club News / Sunshine Committee



Gratulations

Tiffany Sabrina Breeding, Clair Leffler and Nicole Stefanek

have been awarded a 2018 Scholarship from the Arizona Swiss Foundation.
We are proud of these young well educated people.

Keep up the great work!





Thanks to **Suzanne Steadman** who organized and looked at the applications each year. We can congratulate and give to the three applicants the scholarship awards with a total of$ 3000.00 and $ 4000.00.
Suzanne Steadmann has been working behind the scenes for many years, and would like to step down now, handing over this important office to a new interested person.
Please tell us if you are interested or you know of someone who can take it on.
Suzanne will be happy to help you! Please call here at 480 966 9483

We Welcome New Member

Patrick and Reginete Bolliger
Rachel and Dave Saunders, Scottsdale
James and Milena Froehlich
Corina Tinner, Mesa - Exchange Student
Odette Evans, Scottsdale
Jacques and Jane Moulin
Jason Price and Geraldine Gyger with Alexander and Matys
Returning Member: Heidi Hall, Page

Upcoming events

RESERVE THE DATE

Christmas-Party
December 9th 2018



Annual Meeting
February 24th 2019



Merry Christmas
and
Happy New Year





Children's page

and young at heart



Grittibänz, Grittimaa or Elggermaa

History

The name "Chriddibänz" first appears in Aargau in 1857: "But we have a festival bread, baked in Mann's form, called Chriddibänz ». In a calendar from 1860 it says among other things: "Mach Wegge, Züpfe and Grittibänze». Where does the name Grittibänz come from? By 1860, the Gritti dances were 15 to 60 centimeters in size and were made from Gingerbread or bread dough made. "Gritte, grittle, rättle," that meant spread position of the legs. Benz or Bänz was the short name for Benedikt.
This first name was then as common as Hans and Heiri and was generalized so that it was used for a "Maa", (man). The meaning of the name Grittibänz was thus: an (old) man with spread apart legs. He called the Schmutzli, originally a pagan figure was with strict behavior. During the Christianization, he became the subject of the benevolent bishop St. Nicholas.

What you need for 4 Grittibänze

- 4.5 cup (500 grams) of Zopfmehl (flour)
- 1.5 teaspoons salt
- 2 tablespoons of sugar
- 2 teaspoons (20 grams) of fresh yeast
- 2.5 to 3 deciliters of whole milk, lukewarm
- 4 teaspoon (60 grams) of butter
- 1 egg, beaten
- Raisins, almonds, nuts, etc. to decorate



Preparation:



Mix flour, salt, sugar and yeast in a dough bowl.
Add the soft butter in pieces and crumble with the dry ingredients.
Add the milk and knead everything in the dough machine or by hand to a soft, smooth dough.
Cover the dough with a cloth and allow to rise in a warm place for one to two hours until it reaches twice the size.

Set aside the dough for the ornaments a little bit. Divide the rest into four equal portions and roll each into an oblong, oval shape. For the legs with the scissors cut the lower half in the middle.
Make an oblique incision for the arms above the middle left and right.
Cut a small dough triangle for the head above the arms left and right.
Decorate with raisins, almonds, nuts, etc. to create the eyes, nose, buttons, etc. and press deeply into the dough so that they do not fall off during baking.
Add further decorations, such as hair, scarf, hat, etc. with the dough set aside using a little water as 'glue'.
Brush the gritti dumplings with beaten egg and bake at 400 F (200 degrees C) for about 30 minutes.



Enjoy!!!

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Arizona Swiss Society
Sylvia Brunner Reichen
7101 W. Beardsley RD #1103
Glendale, AZ 85308