

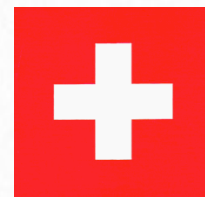
# Arizona Swiss Society

## VALLEY ECHO



Newsletter

[www.arizonaswissociety.com](http://www.arizonaswissociety.com)



### WINTER 2024 / 2025



Flims GR

# MESSAGE FROM THE PRESIDENT

Dear Members and Friends of the Arizona Swiss Society,



As the year comes to a close and the holiday season approaches, I want to take a moment to reflect on what has been a remarkable year for our community. It has been a joy to see the Swiss spirit thriving here in Arizona, and I am so proud of all we have accomplished together.

One of the year's highlights was our **First of August Celebration** at Chompies where we gathered to commemorate Swiss National Day. Turnout was great and the event was filled with tradition, laughter, and community spirit. From the delicious delicacies, the Swiss Quiz with lots of winners, to the heartfelt singing of the national anthem, it was an unforgettable day that brought us all closer to our roots. In the fall, with 110 attendees including 12 kids, we came together again for the **Fall Festival at Golden Eagle Park in Fountain Hills**. The cooler autumn air, beautiful surroundings, and warm camaraderie made the festival a true highlight of the season. The traditional music, and, of course, the Swiss food reminded us all of the unique culture we are so proud to celebrate.

On behalf of everyone who attended the autumn picnic, I want to extend a heartfelt thank you for the delicious and diverse food you brought to share. The desserts, Servelats, Veal Bratwurst, Raclette Cheese, and salads were not only a treat to the taste buds but also brought a taste of Swiss tradition and community spirit to our gathering. Thank you once again for helping to make the picnic a memorable occasion.

During the fall fest we also hand out our annual **Scholarship Award**. Congratulations to **Abby and Heidi Wolf** for receiving the 2024 Scholarship Award from the **Arizona Swiss Foundation**, presented by **Max Haechler**. Their achievement is certainly commendable!

None of these events would have been possible without the incredible efforts of our members and volunteers. To everyone who contributed their time, energy, and creativity—whether you helped organize events, set up tables, prepare food, or ensure everything ran smoothly—thank you from the bottom of my heart. Our society thrives because of your dedication. A heartfelt thank you goes out to **Christian Fleury**, who agreed to help our current activity chair **Susan Oake** with planning events and taking on the shared commitment of activity chair.

As we look ahead to the holidays, I encourage you to take time to cherish family, friends, and the traditions that make this season so special. May your holidays be filled with warmth, joy, and the spirit of giving that defines our wonderful community.

Thank you for making this year one to remember. I look forward to seeing you all at our **Christmas Party** at the **Orange Tree Resort** and what we will achieve together in the coming year.

Wishing you and your loved ones a Merry Christmas, Happy Holidays, and a joyful New Year!

Warm regards,

Roland Ulrich

President, Arizona Swiss Society

## 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

## First of August Celebration on August 4th, 2024 at Chompie's Restaurant and Deli, Phoenix



A perfect room with a red ceiling, white chairs for the Swiss Flags on tables, and a few Lampions to set the mood. 50 of us, members, guests, and 3 children enjoyed the Buffet lunch, sandwiches, cheese, homemade salads and amazing assorted desserts our **President Roland** brought. (Donations from his company). And Sibylle Reuter's surprise, her famous carrot cake. **DANKE Sibylle!** Oh, the Swiss and their Guetzlis . . . Roland did a great job conducting his first event that included sounds of home, the First of August Speech in English by the President, of Switzerland Viola Amherd watched on screen, and listened to with some nostalgia.

A huge thank you to all the volunteers that make every Swiss event possible.



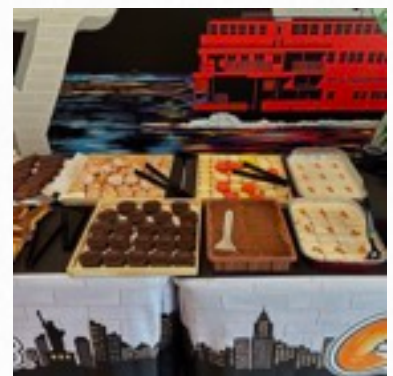
## First of August Celebration on August 4th, 2024 at Chompie's Restaurant and Deli, Phoenix



### Prizes for Swiss Quiz Winners:

Thanks to our **President Roland Ulrich** we could answer a great Swiss Quiz (see on this Newsletter). At the end the first couples of winners could choose from fantastic prizes. 6 Zopfs baked the same morning by our President Roland Ulrich, were the most amazing prizes. What a surprise!

A very special **Danke** for that! More prizes were: Swiss- T-Shirts, Läderach chocolates and more.



# Youth Activity Page



## Fiona's Dirndl

At the August First Celebration: Fiona's gorgeous dirndl made in Germany, a gift from Oma and Opa in Esslingen near Stuttgart, parents of Alex, Fiona's father, it was time to take a picture! Fiona's idea to use two Swiss flags, Sibylle, her mom is Swiss, made it truly Swiss-German.



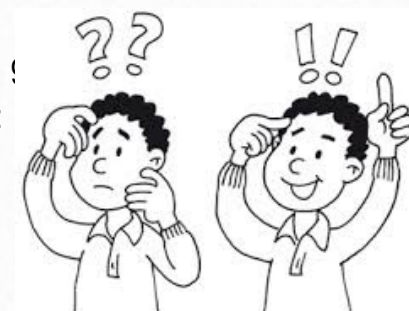
The first thing I'd like to say is that I love representing my countries (Switzerland & Germany) I also wanted to say that everybody should be as proud as I am for my culture.  
- Fiona R.  
age 10



## Arizona Swiss Society, August 1st Quiz 2024

	First Name	Last Name
<b>How many Goals did the Swiss Soccer team score at this year's Euro UEFA Championship?</b>	A: 6 Goals C: 7 Goals	B: 8 Goals D: 10 Goals
<b>Around which mountain in Switzerland is it Possible to ride the worlds' first revolving cable car?</b>	A: Matterhorn C: Monch	B: Pilatus D: Titlis
<b>What is the population of Switzerland?</b>	A: 8-9 Million C: 9-10 Million	B: 7-8 Million D: 6-7 Million
<b>It seems silly to ask for "Swiss" cheese in a Swiss Restaurant. What would the natives call this cheese if they ordered in Switzerland?</b>	A: Gruyere C: Appenzeller	B: Emmentaler D: Raclette
<b>What percentage of Switzerland is covered by mountain ranges?</b>	A: 60% C: 70%	B: 50% D: 75%
<b>Which Swiss town is famous for its annual jazz festival?</b>	A: Luzerne C: St. Gallen	B: Montreux D: Zurich
<b>On which mountain in Switzerland can you visit the Ice Palace?</b>	A: The Jungfrauoch C: Titlis	B: The Eiger D: Schilthorn
<b>Which ski town has hosted two winter Olympic Games?</b>	A: Zermatt C: Geneva	B: Davos D: St. Moritz
<b>What percentage of the Swiss population speak German?</b>	A: 58% C: 68.5 %	B: 63.7 % D: 72%
<b>In what year was Switzerland ranked as the world's wealthiest country?</b>	A: 2011 C: 2015	B: 2014 D: 2017
<b>What are the largest exported Swiss goods?</b>	A: Cheeses C: Chemicals	B: Watches D: Chocolates
<b>How many of Swiss residents own their home?</b>	A: 32% C: 39%	B: 37% D: 42%
<b>What is the oldest chocolate brand in Switzerland?</b>	A: Lindt C: Milka	B: Cailler D: Toblerone
<b>Which is the most prestigious Swiss watch brand?</b>	A: Patek Philippe C: Rolex	B: Omega D: Cartier
<b>How Many stores has Migros Supermarket in Switzerland</b>	A: ! C:	

Please send us the answer /The solution will be published in the next newsletter



# Culture & Activities in Flims, Laax, Falera GR



Flims is only a small mountain village at the foot of the Flimsensteins, but there are many stories to tell here. From the top "Things to do" in Flims, to stories about current projects in the region, to stories that let you look behind the scenes of a mountain destination, you will find everything here. Look around and immerse yourself in the adventures of Flims, Laax and Falera.

## Museum in Laax



The Museum is located in the middle of the old village of Laax. The building dates from 19th century, was formerly used as a dairy until 1969. After closing offers an exiting overview of the history and stories of the region. Discover village history, tourism development and customs in the Laax Museum. If you want to know how children played two hundred years ago, why the people of Laax have always loved freedom or what the beautiful mountain fairy "Sontga Margriata" is all about, we recommend a visit to our museum.

## Sadona, Segnesboden, Tschingelhoerner, Martinsloch



The Martinsloch at 2600 meters above sea level in the middle of the Tschingelhörner in Flims is probably the most famous rock window in the UNESCO-World Heritage Site Tectonic Arena Sardona. The 22 meter high and 19 meter wide triangle has become famous due to a very special event: each year on March 12th and 13th as well as on September 30th and October 1st, the sun shines through the Martinsloch shortly before sunrise directly onto the church in the village of Elm behind it. The spectacle lasts only a few minutes, after which the sun disappears behind the Tschingelhörner and then rises.

## Skiing, Snowboarding, and Sledding



Experience 214 kilometres of slopes, 5 snow parks and 28 ski lifts, 70% of those are situated at an altitude of between 2,000 and 3,000 metres, which makes Flims Laax Falera one of the most reliable winter sports regions in the world to find snow. As the sun slowly rises in Flims Laax Falera, it's not long until the perfect skiing or snowboarding day begins.



After a short trip by cable car, you can hit the wide, blue, red or black slopes, or go to the snow park.

## Treetop Walkway Senda dil Dragun



The world's longest treetop walk connects the two villages of Laax Murschetg and Laax Dorf. Once you have reached platform height via one of the two access towers, the 1.5-kilometer-long walkway leads you through the forest - always at eye level with the trees.



## Interlaken/Scottsdale - 25 Years Sister Cities Anniversary Celebration, August 27 - September 1, 2024



The celebration spanned 5 days and, in addition to several magnificent social events, included many opportunities to explore the culture and natural beauty of the Interlaken area. We had a full day to explore and enjoy a trip to the Jungfrauoch... the Top of Europe. The next exploration was in Alp Widegg and the visit to a local craftsman who produces Alphorns, then we could watch the process of making Alpen cheese and taste the product of both fresh and aged cheeses.

All of us from Scottsdale were overwhelmed with the hospitality and generosity of our hosts from the City and IFAI.

Some special thanks go to Daniel Rügsegger, President of IFAI, Kaspar Boss, Vice-Mayor of Interlaken, Rolf Widler, IFAI, and Max Haechler, who was instrumental in making all this happen so smoothly.



### An unforgettable moment on Klewenalp

With **1006 Alphorns**, we successfully brought the world record to Nidwalden on August 31. The sounds filled the mountains and made history.

Different melodies were played in order to break the world record for the largest alphorn ensemble. Alphorn players from Swiss-German, Romandie, Ticino and even Swiss from abroad came together on the Klewenalp. Their goal?



To play as an alphorn ensemble for five minutes, to break the existing world record, and thereby earn an entry in the Guinness Book of Records. 555 musicians would have been needed to set the record, but an impressive 1006 musicians took part on Saturday.

pictures:  
© Bergbahnen Beckenried-Emmetten AG



# Fall-Fest

Saguaro Ramada, Golden Eagle Park, Fountain Hills  
Sunday, October 20, 2024

A first chill of the season in the air that morning promised a perfect temperature for our yearly Swiss Fall Fest. A gigantic **Thank You** to everyone who helped to make this picnic possible. 110 members, kids, and

guests enjoyed Bratwurst, Cervelats, and Raclett. As good as ever! **DANKE** to all for bringing delicious food and desserts. It was a feast!



On a sad note, we received the news of Vreni Middleton's passing on that beautiful Fall-day, just as people were ready to leave. Roland, our president, asked for a moment of silence . . . everyone's heart was with Vreni on the way to heaven. She so wanted to be at this year's Swiss Fest. The Club could always count on her help as a volunteer for this annual event in Fountain Hills. Vreni will be greatly missed and forever remembered.





## Club News / Sunshine Committee

### Happy Birthday! Ueli Zaugg celebrated his 80th Birthday on July 23, 2024!

Ueli Zaugg and family had a grand time with all the kids and grandkids while in Oceanside CA.

It was a Birthday to remember with many surprises and lots of time together at the beach, eating, and family conversations.

Time passed way too fast! (Uelis' words)

**Congratulations Ueli!**



This is what happy looks like



### Happy Birthday!

### Urs Schwank celebrated his 101th Birthday born on August 27th. 1923, near Bern, Switzerland

Happy Birthday dear Swiss friend!

Another year, another memorable celebration, to add to the amazing life of **Urs Schwank**, who has an attitude that whoever meets him marvels at. It makes him the favorite of everyone at the Assisted

Living Home Morningstar in Fountain Hills. Two birthday cakes, his favorite chocolate kind Alma Muniz, the Life Enrichment Coordinator got for him. Alma took pictures of the happy day.

May Urs have many more healthy and happy days, lots of smiles, and no pain!

” It’s not the years in your life that count . . . it’s the life in the years.” --

Abraham Lincoln



# Club News / Sunshine Committee



With a great amount of sadness and heavy hearts, we have to let you know that our friend, and long time member

## Vreni Middleton

passed away October 20, 2024

She will be deeply missed by her family and friends!

Our thoughts are with the family.



## The new Jass Season has started!

The first Jass event for this season starts in November.

If you are interested in hosting for the month of February, March or April 2025, please let me know. Newcomers and beginners are always welcome.

Ueli Zaugg, Jass Coordinator [uzaugg@protonmail.com](mailto:uzaugg@protonmail.com)



## Gratulation!

Max, he handed the certificates to the sisters Abby and Heidi Wolf who have been awarded a 2024 scholarship from the

**Arizona Swiss Foundation.**

We are proud of these young well educated people.



## We Welcome New Members

Kevin Bindsheldler, Prescott  
Peter and Gundula Bosch, Fountain Hills  
Kathleen Metternich, Gilbert  
Christiana Paviet and Dior Ghaffari, Phoenix

Daniel Grob, Scottsdale  
Conny, Philipp and Leonie Hager  
Rolf and Heidi Nimmrichter, Mesa  
Rebekka Schwegler, Scottsdale

## Christmas-Party

Sunday, December 8th, 2024

## Upcoming Events

Reserve the dates

## Annual Meeting

Sunday, February, 23th, 2025



# Swiss-Recipes Page

## for the Young at Heart



### Grisons Capuns

Capuns is the synonym for Graubünden's culinary art, with a willingness to experiment and with imagination - there is not just one recipe for Capuns, but countless different ones. So try Capuns according to your taste: with other types of meat or vegetarian.

#### Ingredients

250 g	Flour	½ bunch	Chives
1	Egg	½ bunch	Parsley
1 dl	Milk	2 leaves	Peppermint
1 dl	Water	24	Swiss Chard Leaves
	Pepper, Nutmeg, Paprika, Salt as needed	1 Tbsp	Frying Butter
100 g	Salsiz, in Cubes	1 Tbsp	Rapeseed Oil
100 g	Salametti, In Cubes (Italien Sausages)	50 g	Bacon Cubes
100 g	Air-dried Landjäger, in Cubes		
150 g	Dried Ham		
3 dl	White Wine		
2 dl	Cream		



#### Preparation

1. Put the flour in a bowl. Mix the egg, milk and water. Add to the flour little by little until a viscous dough forms. Add the meat and season with pepper and nutmeg. Finely chop the herbs, add and mix well. Let the dough rest for about 20 minutes.

2. Blanch the chard leaves briefly in boiling water. Rinse with ice-cold water and pat dry. Place on the work surface.

Cut off the stems. Place about 1 tablespoon of filling in the top middle of each leaf, place the long sides of the leaves on the filling, roll up the leaves or fold them into parcels. If the leaves are large, cut off the rest of the leaf if necessary. Preheat the oven to 200 degrees. Heat the butter and oil in a frying pan. Briefly fry the capuns in batches on both sides. Place in an ovenproof dish.

3. Heat the oil, fry the bacon, pour in the white wine and reduce. Add the cream, bring to the boil and simmer for about 5 minutes, season. Pour the sauce over the Capuns and bake in the middle of the preheated oven for about 20 minutes.

**Enjoy!**



## Board Members 2024

President	Roland Ulrich
Vice President	Daniel Fahrni
Treasurer	Alex Reuter
Secretary	Helene Block
Activity Chairs	Susan Oake Christian Fleury
Membership Chair	Sibylle and Alex Zaugg-Reuter
Past President	Anthony P. Haechler



**Honorary Swiss Consul** vacant  
**Swiss Consul Emeritus** Max Haechler

### Committee Members:

Newsletter	Sylvia Brunner Reichen, Editor Trudy Wells-Meyer
Sunshine Committee	Yvonne Zaugg Brigitte Metzger
Historian	Sigrid Kuster
Webmaster	Philippe Reichen
SocialMedia Coordinator	Evan Livesay
Youth Activity	Sedona Ulrich, Fiona Reuter
Investment Committee	John Thornton, Chair Anthony P. Haechler Sibylle De Marignac
Adviser/Jass Coordinator	Ueli Zaugg

### Arizona Swiss Society

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