

# THE SWISS AMERICAN

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## Survey finds Switzerland is the best country in the world!

U.S. News & World Report, along with Y&R's BAV Consulting and the Wharton School of the University of Pennsylvania completed their annual survey of the best countries in the world this past March. The 2017 rankings prioritized countries that enjoyed some measure of peace, quiet and prosperity.

### The Best Country

Switzerland took the top spot for the first time based on a combination of its attitude toward education, democracy, business and quality of life.

### The Best Countries for Retirees

The No. 1 response was New Zealand, followed by Australia, Switzerland, Canada and Portugal. Respondents thought these countries had nice climates and were affordable, friendly, committed to public health care and respectful of property rights. They also thought taxes would be low.

### *How's your knowledge of Switzerland?*

*(Answers on Page 3)*

**(1)** America's Cup is one of the oldest international trophies in the world. Switzerland has won this prestigious trophy twice. Name the years.

2002 & 2008      2003 & 2007  
2004 & 2007      2003 & 2009

**(2)** John Sutter was one of the Swiss pioneers who was associated with the California Gold Rush in the 19th century. A district in this Californian city was briefly named "New Helvetia." Which city?

San Bernardino      Los Angeles  
Sacramento      San Francisco

**(3)** Ouray, a city in the United States, bills itself as being the "Switzerland of America." In which state is this city located?

Montana      Utah  
Colorado      California

**(4)** This town in Michigan State celebrates "Alpenfest" every July by wearing traditional garb, eating Swiss food and playing traditional Swiss games. It is a sister city to Pontresina in Graubünden. Which town?

Wolverine      Frederic  
Gaylord      Vanderbilt



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**Switzerland Trivia continued from Page One**

**(5)** In order to promote the study of the Swiss in America, as well as Swiss-American relations, which society was founded in Chicago in 1927?

- |                                 |   |
|---------------------------------|---|
| Swiss Secret Culture Society    | Swiss Cultural & Historical Association |
| Swiss Heritage Cultural Society | Swiss American Historical Society       |

**(6)** New Bern, a city in North Carolina, was named because of Swiss immigrants in 1710. The coat of arms is similar to that of Bern, Switzerland. The question is, which famous company was started in New Bern in 1893 by Caleb Bradham?

- |           |             |            |            |
|-----------|-------------|------------|------------|
| Coca Cola | Burger King | Pepsi Cola | Dr. Pepper |
|-----------|-------------|------------|------------|

**(7)** Which are the two Swiss cantons that have a white cross on their flags?

- |                      |                 |
|----------------------|-----------------|
| Neuchâtel and Schwyz | Schwyz & Ticino |
| Uri & Vaud           | Glarus & Schwyz |

**(8)** On May 1, 1847, the first railway line was opened connecting which two Swiss places?

- |                  |                       |
|------------------|-----------------------|
| Zürich and Baden | Winterthur and Zürich |
| Bern & Geneva    | Bern & Interlaken     |

**(9)** In the first year of inception of Nobel Prize, a prominent Swiss citizen was awarded with this prestigious title. Who?

- |                 |               |
|-----------------|---------------|
| Henri Dunant    | Alfred Werner |
| Albert Einstein | Herman Hesse  |

**(10)** Only once has Switzerland been hosts to the FIFA World Cup. In which year was it?

- |      |      |      |      |
|------|------|------|------|
| 1950 | 1954 | 1958 | 1962 |
|------|------|------|------|

**PRIVACY POLICY**

The Gramm-Leach Bliley Act was instituted in 1999 and became effective November, 2000 to protect the confidentiality and the security of consumer information. The act requires initial and annual privacy notices. These notices can be of a general nature such as this one posted in this newspaper. The notice will also be available in the office of the North American Swiss Alliance in North Olmsted, Ohio and to all our members who request one by mail.

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We are a fraternal benefit society that has always been committed to protecting the privacy of its members. There are no affiliated financial instructions or third party non-affiliates which have access to your non-public personal information, except pursuant to your authorization. We **never** sell lists of names and addresses of our members to any vendor of goods or services.

Our policy of protecting the privacy of public and non-public information extends to our former insured that no longer have any coverage with us.

*Alois Amstutz, President*

## ***State of the Alliance***

Greetings to our members!

July 1<sup>st</sup> marks 152 years since North American Swiss Alliance was organized and for all these years, the Executive Board has strived for continued fraternalism and growth of the Alliance. We are pleased to announce another successful financial year with a very strong solvency ratio of 125.8% and reserves well above the State of Ohio mandate.

The State of Ohio completed their examination of our operations and financial records. In review of our operations, the examiners strongly encouraged us to ensure people with appropriate backgrounds, integrity, education, and/or experience fill positions on the Board of Directors. As a result of our discussions with the State, the Board approved minor revisions to the Constitution and By-Laws which allows non-insurance members to be appointed or elected to the Board provided they have the necessary qualifications. Elections for the Board of Directors will be held in 2018. In addition, the State encouraged us to work with Ohio-based organizations who are well versed with the Ohio Revised Code. After considerable discussion, the Executive Board made the decision to terminate our relationship with ENDePersis of Pittsburgh, PA and have contracted Hudak and Vrana of Euclid, OH to prepare our Annual Statement. This CPA firm has tremendous experience with Ohio-based fraternal groups and NAIC requirements.

The review of our financial records was positive. Our investment income continues to increase (+\$50K since 2012) while our disbursements have decreased (\$10K in the same period). While we paid out 25 death benefits, the average age of the deceased was 90 years. Since all but one of these policies had been in force for over 25 years, there was sufficient cash reserves to offset this liability. In 2016, we wrote 26 new policies representing \$56,000 in coverage. The State was pleased with that 20 of the new policies were for applicants 15 years and younger. Our insurance rates are very competitive, especially for the young. We encourage our members to purchase policies for their grandchildren and great grandchildren. Unfortunately, we were advised by the State examiners that we may only sell policies purchased by residents of California and Ohio where we have certificates of authority to issue life insurance policies.

Insurance coverage is available for anyone age 60 or younger up to \$10,000 coverage per policy holder. Please contact the national office at [naswiss@sbcglobal.net](mailto:naswiss@sbcglobal.net) or 440-777-7114 if you have questions.

Fraternally yours, The Executive Board

### **Answers to trivia – Pages 1 & 2**

- |      |                                   |
|------|-----------------------------------|
| # 1  | 2003 & 2007                       |
| # 2  | Sacramento                        |
| # 3  | Colorado                          |
| # 4  | Gaylord                           |
| # 5  | Swiss American Historical Society |
| # 6  | Pepsi Cola                        |
| # 7  | Neuchâtel and Schwyz              |
| # 8  | Zürich and Baden                  |
| # 9  | Henri Dunant                      |
| # 10 | 1954                              |

## Swiss National Day - *Yearly Event on August 1st*

The Swiss National Day is celebrated every year on August 1st. It took the hardworking Swiss a while to declare it an official holiday. Although this day has been celebrated regularly since August 1, 1891, it wasn't until 1994 that it became an official holiday.

### Why August 1st?

Although the foundation of the Old Swiss Confederacy has been mostly associated with the "Rütlichswur" in 1307 (oath of the Old Swiss Confederacy) and the "Bund of Brunnen" of 1315, the date is inspired by the Federal Charter (Bundesbrief) of 1291 which is considered one of Switzerland's most important founding documents. It opens with the words: "In the year of the Lord 1291, at the beginning of the month of August" - and so August 1st was declared Swiss National Day.

### So, where can YOU partake in Swiss National Day celebrations?

In Switzerland, every community celebrates the Swiss National Day with bonfires and fireworks, speeches by dignitaries, singing the Swiss national anthem, illuminating paper lanterns, flag throwing and folklore entertainment. Some celebrate more elaborate than others, but it's always a fun party! Here's just a few of the celebrations in Central Switzerland:

**Rütli Meadow:** Considered the birthplace of Switzerland. This is the historic and most prominent place where the three cantons pledged their oath. Space is restricted. You will have to bring your passport (or other identification).

**Flüeli-Ranft:** Niklaus von Flüe known as Brother Klaus lived here. He is Switzerland's only canonized saint. Yodeler-mass in the church at 7pm, followed by festivities.

**Flüelen:** The large fireworks take place on **July 31** (not August 1st)

**Fronalpstock, Stoos:** At 1'922 m (6306 ft) above Sea level, this is a great place to see bonfires and fireworks all over central

Switzerland, even on the Rütli and the fireworks in Brunnen as well as the steamship parade on Lake Lucerne. Early risers enjoy an "Alpine breakfast" at the Fronalpstock restaurant at 9am; Festivities start at 3pm.

**Zug:** All day free entrance to museums, towers, historical buildings. Festivities start at 2pm on the Landsgemeinde square.

**Spectacular fireworks in Brunnen:** Catch a boat that will be near Brunnen at the right time. Several evening cruises frequent the lake, and if the weather is good, you will see many bonfires on the surrounding hills as well as fireworks. Do make to make sure you catch a seat on the boat.

### For those in the Cleveland, Ohio area . . .

The United Swiss Society of Cleveland will hold its annual celebration on Tuesday, August 1, 2017 at the Metro Parks Keystone Picnic area at West Creek Reservation in Parma, Ohio. Festivities begin at 4 pm with food served at 6 pm. The menu includes bratwurst, Italian sausage, hot dogs, side dishes, strudel, and beverages. Cost is \$18 for adults, \$15 for seniors (62 & over), \$8 for children (12 and under). There is a special children's meal for \$3.

No gathering of this Swiss would be complete without a few games of Jass and Swiss music! For more information on this year's event, contact Patricia Vicek at 440-582-3728. Reservation deadline is July 20<sup>th</sup>.

## 15 Swiss foods you may want to try in your lifetime

What comes to mind when you think of typical Swiss foods? For many, it's cheese and chocolate (and melted cheese, a.k.a. fondue.) But you know what? Each region, and many towns, have their own peculiar yummys. While visiting, you can eat your way through Switzerland's culinary landscape!



**Torta di Pane** - How to use up yesterday's bread? Do it like the people from Sopraceneri in Ticino and create a *Torta di Pane* – a bread cake.

**Polenta** - This finely grained yellow cornmeal is truly a staple food in Switzerland's south, and it goes well with roast beef or the local *Luganighe* sausage.

**Bündnerfleisch** - In Switzerland's eastern mountains, they have perfected the art of air drying beef. Traditional *Bündnerfleisch* meat has been cured and dried for 10 to 15 weeks in the clear Alpine air.

**Maluns** - Another popular dish in Grisons ... Prepared with potatoes, flour and butter, this typical farmer dish is a perfect companion for Alpine cheese, coffee or even apple sauce.

**Capuns** - Almost every family in Graubünden has their own recipe for *Capuns*, a portion of *Spätzli* egg batter and dried meat wrapped in leaves of Swiss chard. This farmer food turned delicacy is best enjoyed with some gamey *Salsiz*, a type of local salami.

**Bündner Gerstensuppe** is Switzerland's most well-known soup. This barley soup comes in 150 or more varieties – at least as many as there are valleys in Grisons.

**Cuchaule** - This loaf of bread from Fribourg resembles challah or Zopf, except that it is yellow from saffron. The locals say that *Chuchaule* tastes best when combined with sweet and sour Bénichon mustard...

**Zürcher Geschnetzeltes** - When it comes to Zürich, it is all about veal. The locals recommend this traditional dish of veal strips on a creamy mushroom sauce with a side of Rösti hashbrowns.

**Cholera** - This dish was invented during the cholera epidemic in the 1830's when people were scared to leave their homes. This delicious pie is a combination of various leftovers such as potatoes, onion, apples, bacon, leek and cheese.

**Glarner Zogglä** is from the canton of Glarus and is another specialty made of leftovers: a dish made of eggs, flour, milk and potatoes... traditionally served with a side of veggies.

**Salée sucrée** – a sweet cream pie from Vaud can be enjoyed with coffee or wine.

**Saucisson Vaudois** is another specialty from the Lake Geneva region. This sausage is eaten with beans and bacon, or with potatoes and leek.

**Äplermagronen mit Apfelmus** – Macaroni and potatoes with cheese, plus a side of apple sauce.

**Thurgauer Käseschnitten** - grilled slices of bread that were first drenched in apple juice, then garnished with Tilsiter cheese, apple slices, bacon and onion.

**Birchermüesli** - This Zürich dish has gained worldwide popularity for its health benefits. Developed in 1900, this fruit salad plus cereals and yogurt is a true classic. It is like breakfast that you can have for lunch or dinner.

## Incredible Cheeses of Switzerland

Swiss-born three-Michelin-star chef Daniel Humm, visited Switzerland recently and commented that the quality of milk used to make cheese makes all the difference.

In Switzerland hygiene practices are strict, making unpasteurized dairy not only common, but also safe. Along with being trusted with public safety, Swiss farmers are recognized beyond the scope of food production. They are seen as stewards of the land. Government subsidies are given to help keep farming families in rural areas, maintaining the rolling green pastures that the country is famous for.

Every spring, dairy farmers walk their cows up the Swiss mountainside, encouraging cattle to graze on the grasses and natural pastures. In doing so, cows trim and fertilize the fields, keeping the Swiss countryside as vibrant and green as a postcard.

Because of this, all of the dairy in Switzerland comes from grass-fed animals. Milk from grass-fed animals has more flavor than conventional milk, leading to better cheese. It is also much higher in two essential fatty acids that protect against heart disease: conjugated linoleic acid (CLA) and alpha-linolenic acid (ALA).

Milk from grass-fed cows has five times more CLA than conventional milk. A 2010 study from Harvard School of Public Health found people with higher levels of CLA in their bodies have a 36 percent lower risk of heart attack than those with the lowest levels. CLA consumption is also linked to protection from oxidative stress and diabetes.

Organic dairy from grass-fed cows also has double the heart-healthy omega-3 fat content as conventional milk, due to the presence of ALA, an essential fatty acid that occurs naturally when cows eat grass. ALA consumption has been shown to lower blood pressure, as well as decrease risk of heart disease and strokes.

You can certainly taste the quality and craftsmanship responsible for the production of Swiss cheese. It is a craft intrinsically tied to the land—one that benefits the pastures and the people eating it.

Switzerland produces more than 450 varieties of cheese and visitors will want to experience as many varieties as they can on their visit.

Gruyere is a traditional semi-soft cheese named after the Swiss village of Pringy-Gruyere. A visit to the historical production site of this cheese at La Maison Du Gruyere allows you to see master cheese-makers in action. Don't miss the cheese cellar where a whopping 7,000 wheels of Gruyere are aged at a time!

Made with nothing but organic buffalo milk from the village of Ftan, plus a touch of salt and lactobacilli bacteria, the buffalo mozzarella at Chascharia Tschlin redefines what mozzarella should taste like. A blend of velvet-soft texture and quietly sour unpasteurized milk, it's unlike any mozzarella found at your typical grocery store.

Meant to be served fresh or grated into thin strips, dried and eaten like potato chips, goat's-milk ricotta is smoked in a juniper wood chamber for a week. As the fragile branches burn they imbue the cheese with a deeply aromatic, nearly floral scent. Because that's not good enough, the firm cheese is also high in protein and completely fat-free.

The most recognizable and famous of Swiss cheeses, Emmental cheese has a decidedly mild taste that makes it perfect for fondue and gratin. However, the best way to experience Emmental is at the original Emmentaler Echaukaeserei Cheese Factory. Intimate tours of no more than 25 guests happen every Saturday and Sunday, and offer tastings of the different Emmental varieties being produced today.

A robust, toffee-like cheese with a nutty flavor, Granito is the definition of a dessert cheese. It is recommended served with a glass of sweet wine to finish a meal, or shaved over pasta. While Granito is naturally firm, it becomes even harder as it ages, lending it its granitelike consistency and name.

## Swiss Army Bicycle Infantry

For more than hundred years, cyclists have played an active role in the Swiss Army. Bicycles were quick, quiet and perfectly suited to varied terrain. The Swiss Army bicycle troops were founded by Officer Alphons Pfyffer who arranged bike trials in 1887. It was in 1888 that the Army adopted bicycles and in 1891 that troops were formed. The Swiss Army had several infantry regiments operating in the lowlands and the Swiss Alps in both the summer heat and winter cold. They were known to guard the valleys from Lake Constance to Lake Geneva. While Switzerland's rugged terrain can be almost impossible for motorized vehicles to negotiate in fog and blizzards, bicycles worked in almost zero visibility, moving silently up to 100 km a night.

Unlike other modern military forces who abandoned the bicycle as troop transport after WWII, Switzerland maintained a cycling light infantry. The bicycle infantry was an elite force. Applicants had to be very fit and pass difficult entrance exams to quality.

In 2001, it was announced the Swiss Bicycle Infantry would be phased out, which it was in 2003. Many thought the infantry should remain as they were faster than motorized units over short distances; they were very discreet; they were well-suited to defending small areas; they were quiet in the night; and, bicycle soldiers could carry twice as much gear as a foot soldier. Bicycles are still used for physical training and as general transportation for officers, guards, cooks, and quartermasters.

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*Our deepest sympathy is extended to the family and friends of our deceased members. May they rest in peace.*

2/2/16	GEORGE F. FAHRNI	Age 93	Canton Men's Society
6/17/16	ELEANORA MASON	Age 86	Canton Ladies' Society
7/2/16	ERNEST EUGSTER	Age 89	Denver Swiss Society
8/22/16	EDWARD E. NIKLES	Age 85	Akron Swiss Society
9/7/16	DOROTHY FREED	Age 93	Canton Ladies' Society
9/23/16	RUTH WEISENFLUH	Age 94	Taylor Beneficial Society
9/24/16	FREDERIK L. JAGGI	Age 81	Central Branch
9/26/16	LAURA NICO	Age 57	Canton Ladies' Society
9/29/16	MARYLIN L. LOVERIDGE	Age 78	Central Branch
10/6/16	TODD C. FALOR, JR.	Age 72	Toledo Swiss Society
10/9/16	RUTH L. BROWN	Age 85	Toledo Swiss Ladies
10/11/16	JAMES BEAN	Age 63	Toledo Swiss Society
10/12/16	FRED STOLL	Age 84	Denver Swiss Society
11/19/16	JOHN WULLSCHLEGER	Age 62	Cleveland Swiss Society
11/27/16	ADOLF HEDIGER	Age 88	Central Branch
12/10/16	PATRICK J. AHERN	Age 84	Columbus HBS
12/20/16	CHARLES E. GERHARDT	Age 93	Columbus HBS
1/9/17	SHELLEY M. FLETCHER	Age 34	Cleveland Swiss Society
1/13/17	HAROLD R. SPERRY	Age 92	Toledo Swiss Society
3/14/17	BEN PREEST	Age 87	Toledo Swiss Society
3/18/17	PAULINE DAVISI	Age 87	Canton Ladies' Society
3/19/17	JOSEPHINE HEDIGER	Age 89	Central Branch
3/24/17	ESTHER M. WHITING	Age 93	Central Branch
4/11/17	JANET E. CHERRY	Age 72	Cleveland Swiss Society
4/15/17	JEFFERY F. BERGER	Age 60	Toledo Swiss Society
4/19/17	GLADYS M. STOTZER	Age 85	Canton Ladies' Society





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Four of the best traditional Swiss events taking place this summer in Switzerland:

**National Yodelling Festival, Brig, June 22nd-25th**

Where can you see 15,000 yodellers in one place this summer? In Brig-Glis, that's where. Held in a different place every year, the Jodlerfest returns to the Valais town 30 years after it hosted the festival's very first edition. Expect crowds of up to 150,000 to descend on the festival ground to see not only yodeling but also flag-throwing and alphorn playing.

**Valais Alphorn Festival, Nendaz, July 21st-23rd**

A celebration of the alphorn – this festival brings together alphorn players from all over the country and elsewhere in the Alps to play to spectators and compete in an official competition. There's also flag-waving, Swiss wrestling, parades and other traditional entertainment over the course of one weekend.

**Intercultural Celebration of the Mountains (CIME), Evolène, August 10th-15th**

Held every two years, this local festival in the Valais village of Evolène is a celebration of mountain culture that aims to both safeguard local traditions and promote cultural exchange with others. Expect lots of colorful costumes, parades, dance and music performances from both locals and invited guests from other mountain cultures around the world -- previous groups have come from India and Uzbekistan, for example.

**Unspunnen, Interlaken, August 26th-September 3rd**

This year's unmissable event is this quintessentially Swiss festival held only once every 12 years. Dating back to 1805, it's now believed to be the world's largest folklore gathering, including Schwingen (Swiss wrestling), alpine folk music, flag-throwing, Hornussen and stone-throwing.