

Zeitschrift: Helvetia : magazine of the Swiss Society of New Zealand
Herausgeber: Swiss Society of New Zealand
Band: 64 (1998)
Heft: [2]

Rubrik: Your corner...

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YOUR CORNER.....

Dear Readers,

We were delighted to receive an interesting submission from one of our new members. We were intrigued and quite fascinated. We hope you will enjoy this article from Monika Rust of Otorohanga.

- We are looking forward to hear from you and are always looking for new exiting ideas.

Aromatherapy

Now what is that you ask yourself. Well let me enlighten you a bit about the subject. Aroma means pleasant scent, therapy means a treatment that aims to cure a physical or mental condition. The pure essential oils come from plants valued for their therapeutic properties.

- Ways to use essential oils are:

Massage - Steam inhalation - Vaporizers - Baths - Compresses - Cream lotions - Shampoos and Showergels - Gargles and Mouthwash or neat.(undiluted)

- Massage - you mix a few drops of your choice of Essential oils with a blending oil which is a vegetable based oil, eg: grapeseed, sweet almond or sunflower oil. To preserve the massage oil you have just made, put about five percent of Wheat-germ oil into it. Now you are ready for that romantic evening or for those aches and pains that get you down.

- Steam inhalations - Vaporizers and Bath;

- Steam inhalation is the same as the old Vicks in hot water, but instead of Vicks you can use something like Eucalyptus, Peppermint or Frankincense for those nasty colds. The vaporizer is something I use a lot in winter and at night. In winter when I can't have the windows open all day I put something like Orange-Lemon or Rosemary into the water and let the candle do the rest.

- Eucalyptus is good at night for that cold, helps you breath. A bit in the bath is good too. You can use different oils for different things.

- Shampoos and Showergels, Creams and Lotions;

Rosmary is good for dark hair and Camomile is good for blond hair or Camomile for the skin in the cream or lotions.

- Neat (undiluted)

You can only use some of the oils, not all. Lavender for headaches, irritability, and Tea Tree for cuts, warts, coldsores, also as a Antibacterial, Antifungal and Antiseptic aid.

I have given you something to think about, if you are a member of a library, then go get yourself a book and read about it as I have done.

- You can get your Essential oils and Massage oils from your local Chemist or body shop. Just make sure that it says Essential oils on the bottle, but you'll read all about it when you get your first book.

Happy reading!

written by Monika Rust, Otorohanga.

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1997 Military and Trophy Shooting Results

OBLIGATORISCHES BUNDESPROGRAMM 1997

PLACE PARTICIPANT ADDRESS SCORE

1. Franz Morgenthaler	Te Awamutu	81
2. Chris Needham	Auckland	80
3. Hans Fitz	Auckland	78
4. Terry Mason	Auckland	77
5. John Collins	Auckland	77
6. Henry Werffeli	Auckland	77
7. Peter Margison	Auckland	76
8. Walter Zuber	Hamilton	76
9. Heinz Leuenberger	Putaruru	74

10. Heinz Matysik	Auckland	74
11. Cynthia Page	Northland	73
12. David Johnson	Auckland	73
13. Bill Miles	Hamilton	73
14. Michael Bünter	Auckland	73
15. David Page	Northland	72
16. Hans Enzler	Auckland	71
17. Oscar Roggen	Glenfield	71
18. Malcolm Frazer	Auckland	71
19. Wayne Hodel	Taupiri	71
20. Ruedi Meier	Taupiri	68
21. Robert Frischknecht	Te Aroha	68
22. Trevor Crowe	Auckland	67
23. Uli Elmiger	Te Aroha	62
24. Marco Knaus	Tokoroa	59
25. Gary Hodel	Taupiri	59
26. Fidel Good	Waiuku	56

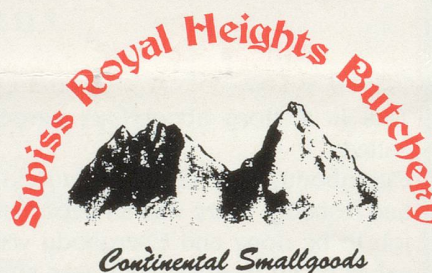
SCORE CARDS AWARDED TO THE FIRST 22 PLACINGS.

PLACINGS - EINZELWETTSCHIESSEN
1997

PLACE PARTICIPANT ADDRESS SCORE

1. Hans Fitz	Auckland	92
2. Hans Enzler	Auckland	89
3. Ruedi Meier	Taupiri	89
4. Walter Zuber	Hamilton	89
5. Terry Mason	Auckland	87
6. Bill Miles	Hamilton	86
7. Heinz Matysik	Auckland	85
8. Franz Morgenthaler/Te Awamutu		85
9. Henry Werffeli	Auckland	84
10. Manfred Schmid	Whangaparoa	84
11. Ernest Gilgen	Auckland	83
12. Heinz Leuenberger	Putaruru	83
13. Oscar Roggen	Glenfield	81
14. David Johnson	Auckland	81
15. Robert Frischknecht	Te Aroha	78
16. Michael Bünter	Auckland	78
17. Peter Margison	Auckland	77
18. John Collins	Auckland	75
19. Trevor Crowe	Auckland	75
20. Gary Hodel	Taupiri	73
21. Uli Elmiger	Te Aroha	68
22. Wayne Hodel	Taupiri	68
23. Marco Knaus	Tokoroa	65
24. Fidel Good	Waiuku	55

Medals were awarded to the first 12 placings.



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