

Zeitschrift: Helvetia : magazine of the Swiss Society of New Zealand
Herausgeber: Swiss Society of New Zealand
Band: 80 (2014)
Heft: [4]

Rubrik: Consigli della Nonna

Nutzungsbedingungen

Die ETH-Bibliothek ist die Anbieterin der digitalisierten Zeitschriften. Sie besitzt keine Urheberrechte an den Zeitschriften und ist nicht verantwortlich für deren Inhalte. Die Rechte liegen in der Regel bei den Herausgebern beziehungsweise den externen Rechteinhabern. [Siehe Rechtliche Hinweise.](#)

Conditions d'utilisation

L'ETH Library est le fournisseur des revues numérisées. Elle ne détient aucun droit d'auteur sur les revues et n'est pas responsable de leur contenu. En règle générale, les droits sont détenus par les éditeurs ou les détenteurs de droits externes. [Voir Informations légales.](#)

Terms of use

The ETH Library is the provider of the digitised journals. It does not own any copyrights to the journals and is not responsible for their content. The rights usually lie with the publishers or the external rights holders. [See Legal notice.](#)

Download PDF: 14.03.2025

ETH-Bibliothek Zürich, E-Periodica, <https://www.e-periodica.ch>

Fun Tips – Entlebuch

Fun Tip No. 1 Charcoal Burning

In the farming community of Romoos in the most northwestern corner of the Entlebuch, the last of Switzerland's charcoal burners carry out their ancient craft as a secondary job. Between June and September, you can peer over the shoulders of these men on the char coal



© Paul Duus, Romoos

Steam escaping from a burning charcoal pile between 1980 and 2005.

burner trail and they'll be delighted to show you how charcoal is made. Over 100 kilometres of hiking paths lead hikers and nature lovers over the appealing landscape of the Napf mountain, of which more than 10 kilometres belong to the charcoal trail. This trail located between Romoos and Bramboden was inaugurated in the autumn of 1993. It leads across the stunning scenery of the Napf upland landscapes, crossing crests and rugged canyons. Seven special information boards along of the approximately four hour hike introduce you to some interesting facts about the charcoal industry and this most attractive corner of the earth.

<http://www.biosphaere.ch/de/sommerzeit/wandern-spazieren/themenwege/koehlerweg-romoos>

<http://www.lebendige-traditionen.ch/traditionen/00216/index.html?lang=de.html>

Fun Tip No. 2 Gold Rush

Panning for gold in the Napf region – a thrill that has drawn people to Romoos since the 16th century. The gravel and scree banks of rivers and streams in the

Napf area are speckled with gold that can easily be panned out. Gold panning was never worthwhile on a professional scale here, but it is now a popular tourist attraction. Local tour guides guarantee that you will strike gold! Gold panning tours are offered for families, clubs, companies and groups of friends.

<http://www.goldsuchen.ch/>

Fun Tip No. 3 Open Air Cinema Schüpfheim

The open-air cinema in Schüpfheim exists since 1999. It was founded after the Volleyball Club Schüpfheim had it as an activity of his club anniversary as a contribution to the public.

The event was an instant success. This motivated the leaders to carry on and the summer cultural event became a tradition! Check this year's program out on <http://www.openairkino-schuepfheim.ch>

Funtip No. 4 Seelensteg

Not so much a fun but a spiritual tip is the "Seelensteg" (soul path) above Schüpfheim at Heiligenkreuz, a traditional place of pilgrimage. The Seelensteg is a 500m



long circular boardwalk built from fir wood which ambles through a fairy-tale like blueberry and fern forest.

The Seelensteg's symbol is the snail, symbolising the need to walk the path at leisure, allowing time for observation, listening and wonder. In the

forest, human beings find their source of strength. The path itself and the inspiring messages along it encourage contemplation of the past, present and future.

By Alexandra Beskid

<http://www.wanderland.ch/de/services/orte/ort-049.html>

Extraterrestrials welcome!



The UNESCO biosphere Entlebuch has started the first extraterrestrial tourism programme of the Universe. On 14 March 2014, a delegation from the Entlebuch sent several messages into the Universe from the "Astropeiler" (astrodetector, an aerial which listens to the Universe) of the radiotelescope in Bad Münstereifel in Germany, luring potential extraterrestrial tourists into the Entlebuch.

More photos, messages and videos can be seen on entlebuchmessage.tumblr.com and the Youtube channel "The Entlebuch Message".

Helvetia available in electronic form

Are you interested in the electronic version of the Helvetia and save some trees?

Please advise Nelly Steinemann at nelly.steinemann@swiss.org.nz.

chuderwälsch (Swiss Dialect)

by Tanja Latham-Zurbrügg

- | | | |
|-----|------------|-----------------------------|
| 1. | naadigsnah | gradually |
| 2. | Nasästüber | a nose flick |
| 3. | nörgele | to complain |
| 4. | nächti | yesterday evening |
| 5. | Niälä | short vine |
| 6. | nanig | not yet |
| 7. | Neeni | grandfather (in Graubünden) |
| 8. | nidsi | downhill |
| 9. | Nüggi | dummy/pacifier |
| 10. | nuschlä | to mumble |

Consigli della Nonna

1. To prolong the life of freshly cut flowers, add a tablespoon of apple cider vinegar and a teaspoon of sugar to the vase water, and replace the fortified water every 2 to 3 days.

2. To remove coffee and tea stains from your best china, use a 50:50 solution of white distilled vinegar and salt. Mix into a paste and apply to the stain. Leave to soak for a few minutes and rinse.



By Ursula Nixon