

le News

SWISS NEWS IN ENGLISH

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Voters down Gripen.

Switzerland's functioning democratic system produced on 18 May an array of local and national decisions which shocked some, irritated others and rationally satisfied many.

The majority federal vote (53.4%) rejecting the Swiss army's proposal to purchase 22 Swedish-built multipurpose Gripen jet fighters left the military reel-

ing, primarily because most voters have traditionally cast their ballots in favour of what defence policymakers consider best. This time, however, citizens decided the cost was too high for planes that are not necessarily needed.

Another concern was the way Bern promoted the issue. Many felt that the pro-Gripen lobby was not transparent and that there were hidden agendas. The ballot now puts Switzerland back to square

one. It is also forcing a debate on the sort of defence the country really requires. Should Switzerland be doing everything on its own, or be more integrated into a European-wide defence system with shared resources and capabilities? Another issue was the rejection (76.3%) of the CHF 22 an hour minimum wage, which would have placed Switzerland at the top of the world's basic salary rankings.

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This Week in Switzerland



Thanks to voters in the canton of Bern, Switzerland's second oldest **nuclear power plant** will remain operational until 2019, as previously planned. The proposal to close the **Mühleberg power plant**, built in 1972, was rejected by over 63% of voters. The initiative followed the government's decision in 2011 to phase out nuclear energy in favour of hydroelectric power and renewable energy after the **Fukushima** disaster in Japan.

A new partnership between the Swiss Parks Network, PostBus and the Federal Office for the Environment aims **to promote travel by public transport** to the country's 20 parks. To advertise the venture, a Postbus decorated with the Swiss Parks emblem and covered with photos of **Swiss parks** has begun touring Switzerland.

A district court in Zurich has found a former Swiss People's Party member **guilty of violating anti-racism laws**. The man, who tweeted a strongly racist comment in June 2012, has claimed the tweet was taken out of context. He has been sentenced to **75 days in jail**, with the option to pay a fine of CHF 120 per day instead. The court found that his **tweet** was offensive to Muslims as well as Jews, and also fined him CHF 1,800.

Vaud police have closed down **13 massage parlours** in Lausanne after a check by the cantonal services found the premises **contravened fire safety regulations** and others. The facilities were also in violation of laws against prostitution. Of the 55 people checked in the raids, one was found to be wanted by police, another presented a false passport and ten did not have valid permits.

Following the expansion of **EU sanctions** against **Ukraine** last week, Switzerland has added 13 people to a list designed to stop them flouting sanctions imposed by the international community. The most significant person to be added is **Vladimir Putin's deputy chief of staff**, Vyacheslav Volodin, responsible for overseeing the political integration of the annexed Ukrainian region of Crimea into the Russian Federation. The list now totals 71 individuals and two entities. They will be unable to enter into new business deals with Swiss financial entities, will have their bank **accounts frozen** and may not enter the country.

Musée Jenisch in Vevey will receive about **630 works by Swiss artist Ferdinand Hodler** as a legacy from 100-year-old artist Rudolf Schindler, who has been collecting Hodler's works since 1956. He has already given the museum more than 500. The value of the collection is not known, but according to the museum's director, Julie Enckell Julliard, each painting is worth **CHF 4 to 5 million** and each drawing CHF 5,000 to 100,000. The museum plans to exhibit the collection in summer 2015.

Construction of Switzerland's first **freshwater aquarium** began this week in Lausanne-Vennes. The complex is scheduled to be opened to the public at the end of 2015. Large catfish, carnivorous piranhas and arapaimas from the Amazon are some of the 10,000 species that will find a home in 50 tanks and five pools filled with 2 million litres of water. The aquarium aims to raise awareness of the fragility of **freshwater ecosystems**. A three-star hotel will open on the site this autumn.



Result - no fighters

Continued front page 1

While the trade unions were disappointed, the agricultural and hotel industries were not. Many farmers, who themselves barely earn CHF 4,000 a month, warned that it would have made seasonal labour unaffordable. It would also have made Swiss agriculture even less competitive. The hotel and restaurant associations voiced similar arguments in the run-up to the vote. They warned of layoffs and price hikes for an industry considered one of the most expensive in Europe.

With growing public awareness of human trafficking and child abuse networks, the Swiss voted (63.5%) against allowing known paedophiles to work with children. And as might be expected, they supported (88%) incorporating the right to basic health in the Swiss constitution. Some cantonal electorates expressed their views on local issues ranging from the curbing of public transport fares (Geneva) to the use of Swiss-German dialects as opposed to Hochdeutsch, or standard

German, in primary schools (Aargau). Curiously, while 53.8% of Genevois supported the initiative to peg bus and tram tickets, 51.1% backed a right-wing proposal to reject the construction of five border Park & Rides for French-side commuters, more or less undermining moves to encourage a more rational urban vision for a borderless "Greater Geneva". In Neuchâtel, voters agreed (65.5%) to allow local authorities to decide on the deployment of up to 59 wind turbines for energy purposes on up to five sites. In Bern, voters rejected (63.3%) a proposal to close the Mühleberg nuclear power station prior to its scheduled shutdown in 2019. Despite a strong push by the anti-alcohol Blue Cross, the Zurichois decided (62.17%) against a ban on beer and other such beverages at local sports events. And once again, as with almost every referendum, some commentators wondered out loud whether this was indeed the most effective electoral vehicle for running the country.

Edward Girardet, Editor@lenews.ch

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Regional

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Editor's comment

Making sense of the referenda



Just as Bern failed to explain the possible long-term impact of a positive vote to curb EU immigration, the Department of Defence also neglected to put across its case in support of the 18 May Gripen fighter vote. Given readers' response, some for, others against, to a Le News story highlighting a critical Norwegian report on the Gripen, it is evident that this was never a clear-cut issue. There was simply too much obfuscation, even arrogance, within the ministry as to why Switzerland really needed the planes.

The irony is that, traditionally, most Swiss have tended to vote in support of whatever the army recommends. This time, however, they did not buy the argument. Global weapons' sales, too, often have more to do with political or commercial lobbies than actual military requirements.

Now is the time to engage in a proper debate regarding

Switzerland's position within Europe, both economically and security-wise. With an airforce that does not scramble until after breakfast, would it not be better for Switzerland to develop more shared resources and security with its neighbours? This needs to include threats superseding conventional warfare, notably cyber security and terrorism. As highlighted in Pamela Taylor's piece on the inability of the Swiss to develop a national press, the same goes for how the Swiss see themselves, whether as a multilingual people sharing the same heritage, or as a country with deepening divides.

Edward Girardet, editor@lenews.ch

Le News advances

Since our launch we have come a long way, cultivating insight within the international community through our editorial and our topical conferences. Distribution has been systematically expanding. Today, Le News is taking another step forward to respond to readers' requests. We have launched a new website: lenews.ch with an expanded regional events section and a lot more content which you can now comment on. It also offers free online classifieds. From the website readers can also subscribe to the print edition, which will continue to carry content which is not immediately available on the website and sign up to our e-newsletter.

The newspaper will from now on be distributed fortnightly. And each week our increasingly popular e-newsletter will offer insight to regional and national business, politics and events.

One aspect of Le News remains unchanged – our good quality journalism, information and comment on what is happening in Switzerland.

Cross-border transport reversal

GENEVA With transport initiatives that make or break healthy cross-border relations, this week's referendum result has further marred efforts to resolve the region's rising congestion and pollution. Hopes for the financing of five Park & Ride sites bordering Geneva to reduce traffic were shattered by a marginal (51.1%) win inspired by the right-wing Geneva Citizens' Movement (MCG), which figured that CHF 3.1 million was too much to spend, particularly on foreigners. At the same time, the initiative to curb rising public transport prices was approved



Geneva's traffic will just get heavier without Park & Rides

(53.8%). For French-side residents, this offers little consolation, especially given Paris's decision to put on hold the FRET rail project linking Crozet and Bellegarde for reasons of cost (€4 million) and safety. Ain deputy Etienne Blanc considers the decision catastrophic as the Pays de Gex bears the brunt of worsening traffic; the move is also perceived as another example of the capital's neglect of the region's crucial economic importance. The refusal to fund frontier projects is

always going to be politically charged. However, the ongoing CEVA fast-rail project linking Cornavin and Annemasse indicates critical common ground for a joint vision regarding a more regional transport policy, even if the latter is rarely clear-cut. An updated RER network connecting France, Geneva and Vaud, with work starting soon, also underlines this protracted symbiosis, a significant step toward a more viable Greater Geneva.

*Christopher Woodburn,
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Did you know?

Created by the League of Nations in 1919 with a \$2 million grant (\$26.8 million today) from John D. Rockefeller Jr., the UN library in Geneva is the world's largest private library. Now a UNESCO World Heritage site, it spans 70 km with ten floors of stacks. The library contains over 1.3 million books, 6,000 electronic journals and 60 databases. It is regarded as one of the world's best. Given that numerous libraries were damaged during World War I, the idea was to create a resource centre and the principal repository for all League and UN publications. Still funded by the Rockefeller Trust, the library purchases 4,000-6,000 books a year.

Priyash Bista

The Millennium Institute (MI), which promotes more effective governance and sustainable development, is seeking to transfer its operations from Washington to Switzerland. "Given that Geneva is establishing itself as a centre for global governance, it looks like a much better option now," said MI president Hans Herren. He added that many future leaders were coming to the region not only to attend its universities, but also confer-

ences and other events.

Efforts to transfer the MI fall in line with moves to promote the Lake Geneva region as global hub for humanitarian, environmental, telecommunications and other issues. While much will depend on donor funding, Bern has already expressed a strong interest. Herren, who is attending the Environment Network roundtable on making the post-2015 global agenda more dynamic, stressed the need to train governments and organisations to think more long-

term. If sustainable development is to happen, he noted, it is crucial to provide the necessary tools for implementing more realistic policies and initiatives.

Le News



MI president Hans Herren

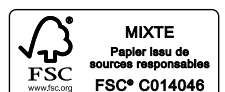
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National

Better health means more foreign workers

Swiss Interior Minister Alain Berset may have focused on the broader issues of health in his address to the World Health Organization on Monday (19 May), but speaking to reporters afterwards, he returned to health issues closer to home.

He warned once again of the consequences of not being able to attract sufficient hospital workers following the 9 February vote on immigration.

Professor Richard Frackowiak, head of neurology at CHUV in Lausanne, agreed that this is a primary concern as most hospitals rely on foreign workers, but he also fears longer-term effects. "Both science and medicine rely on free circulation of knowledge and expertise. Blocking that can only be detrimental to the standard of care, not to mention scientific progress to maintain that care in the future."



Finally, there's the issue of finding research scientists. "Switzerland is trying to build a solid scientific foundation in areas such as nanotechnology to

fuel future wealth generation," said Frackowiak. "This vote will undoubtedly prove an obstacle when it comes to attracting international stars in such fields. Frackowiak, who is British, believes that Switzerland has a highly

intelligent population, but that the consequences of the February referendum were never properly explained by opposition politicians.

Pamela Taylor

More strap-hangers envisaged

BERN They're called pendulaires in French, although commuters have never actually hung from straps on Swiss trains as they do on metros in other countries, but that day may be coming soon as the number of commuters in Switzerland's urban areas continues to increase. The Swiss rail operator CFF is considering removing some seats to provide more standing room for shorter commutes on regional trains to cope with the problem of the growing number of passengers.

Last week CFF announced that two trains modified with fewer seats are currently being given test runs on the Lucerne network until 23 May to confirm the feasibility of providing more

standing room. Similar tests have been conducted in Basel, although no tests are currently planned for other regions.

The project only applies to commuters of up to 15-20 minutes with an estimated 22 out of 160 seats being sacrificed in favour of strap hangers, making it possible to transport up to 20% more passengers. CFF has determined that installing more tracks is not feasible given the space problem in tunnels. Nor is the two-tier train a solution as it takes more time for passengers to get on and off.

Calls to introduce lower priced "Standing only tickets" were dismissed as "never having been considered" by CFF spokesman, Frederic Rivaz.

Le News



A damper on a night on the town

LAUSANNE Young people looking for a great nightlife are flocking in ever-greater numbers to Lausanne. Many come from Geneva where the bar scene is less lively and, above all, more expensive. Not everyone plans to get roaring drunk, but under peer pressure more are doing so. And they are getting younger, according to a new study commissioned by the canton of Vaud.

The NightLife Vaud study by the Morges-based Le Relais Foundation found that 91% of adults and young people surveyed reported drinking alcoholic beverages when going out at night. Nearly one-third admitted mixing alcoholic beverages with drugs such as cannabis, cocaine and ecstasy. The authors of the report warned that this explosive mix often leads to problem behaviour, such as drunk driving, fights and unprotected sex. As attested by the CHUV and other clinics, many abusers wind up in hospital, often the result of alcohol-related injuries or severe intoxication.

The report recommends that existing laws verifying customer age are more stringently enforced. It also calls for greater cooperation, especially in club areas, between liquor vendors,



35 drunks a week are admitted on average into A & E at the CHUV in Lausanne.

bar owners, police and local help groups. It found that before 22h it was easier to engage with people and make them more aware of the risks and to focus on prevention. Meanwhile, Vaud is considering a ban on the sale of alcoholic beverages after 20h by retail outlets and to stop the promotion of cut price drinks in bars. As an example of what they consider to be a success, cantonal officials cite similar measures in Geneva, which are credited with reducing the number of hospitalizations of young people drinking to excess. The youth wing of the Liberal Party of Vaud has collected more than 1,000 signatures against the ban.

Pamela Taylor

Business & Economy

Switzerland No. 2 worldwide in competitiveness ranking



Professor Arturo Bris, Director of IMD's World Competitiveness Center

IMD, the leading global business school based in Lausanne, has ranked Switzerland second to the United States in its Annual World Competitiveness Report, one of the most respected references for governments and businesses globally. "The overall competitiveness story for 2014 is one of continued success in the US, partial recovery in Europe, and struggles for some large emerging markets," said Professor Arturo Bris, Director of the World Competitiveness Center.

The US retained the No. 1 spot, reflecting the resilience of its economy, higher employment and its dominance in technology and infrastructure. Small economies such as Switzerland

(2) and Singapore (3) continued to prosper thanks to exports, business efficiency and innovation. Europe fared better than last year, thanks to its gradual economic recovery. Among its peripheral economies, Ireland (15), Spain (39) and Portugal (43) all rose, while Italy (46) and Greece (57) fell.

Japan (21) continued to climb in the rankings, helped by a weaker currency, which has improved its competitiveness abroad. China (23) fell, partly owing to concerns about its business environment, while India (44) and Brazil (54) suffered due to inefficient labour markets and ineffective business management.

Le News

Credit Suisse: final agreement reached with the US

ZURICH Credit Suisse has agreed to pay a complete and concluding settlement of USD 2.815 billion to US authorities. Under the accord, Credit Suisse pleaded guilty to violations and conspiracy to assist US customers in submitting false tax returns. It has accepted the imposition of financial sanctions against it. The pre-tax impact of the hefty final settlement will be CHF 1.6218 billion (CHF 1.6598 billion after tax). The settlement will see Credit Suisse's payment being shared by the US Department of Justice (USD 1.8 billion), the New York State Department of Financial Services (USD 715 million) and the Board of Governors of the Federal Reserve System (USD 100 million).

Cristina Otero

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Insight

Why no national Swiss media?

GENEVA The Swiss are well known for their language capabilities, many of them speaking at least three.

Foreigners living here are therefore often surprised to discover how wide divisions are among the country's four different language regions. Mastery of others' tongues has been on the decline for decades, while there are few common cultural events and no national media.

Last week, the television magazine Couleurs locales on TSR1 in Suisse Romande joined forces with its counterpart in German-speaking Switzerland, Aktuell on SR1, to try to change this. The result was a week of reports from both sides of the dividing line, the River Sarine, where the two presenters met in the middle of a bridge in Fribourg to share a symbolic plate of Röstli.

It may be too early to assess the success of this attempt to bridge the culture gap, but Claude Torracinta, former editor of Téléjournal, a nationwide programme from the 1960s-70s, isn't optimistic. "Téléjournal as a single [national] programme failed," he said, explaining that the show was broadcast simultaneously in German, French and Italian from a studio in Zurich with no presenters, but different language voiceover narrations for the same video images. "Each region was unsatisfied because the news did not give them enough about their own region and they weren't interested in other regions," said Torracinta. "Even the journalists who worked with me complained that it was like different chefs trying to prepare a common dish. It simply didn't work."

When it comes to a national news-

paper, experts say that is impossible in a multi-lingual country. Others note that back in the old days, it was assumed that most educated Swiss could at least read a newspaper in another national language. The problem, said Torracinta, is that "today fewer Swiss are really bi-lingual, especially in Suisse romande, and certainly not fluent enough to speak on radio or TV. Even the majority of federal councillors express themselves badly in another national language."

Elsewhere in Europe, attempts have been made to encourage communality among various national languages and cultures through mass media. In the former Czechoslovakia, a single news programme was broadcast both in Czech and Slovak before the Dissolution of Czechoslovakia split the country in two. Today, they are once again combining forces to produce joint media shows. The former Yugoslavia, although not a multi-lingual country, had two alphabets and during the Tito years produced a national newspaper with articles in Cyrillic and Latin script. Currently the only really successful pan-European television network is Euronews, which confronts the multi-lingual issue by narrating the same video, often with different presenters, in 13 languages.

The Forum Helveticum, founded in 1968 in Lenzberg (Aargau) to foster linguistic and cultural understanding among the various Swiss regions, is concerned about the rise of isolationism and nationalism. "We don't know very much about what's going on in the other regions," said director Roland Boss. "We are living in a time when we know too much about our own region and not enough about neighbouring regions."

Geographical distribution of the languages of Switzerland



Source: Swiss Federal Statistical Office, www.bfs.admin.ch

This problem is exacerbated by recent efforts to drop French as the second national language in schools and the decline of standard German in favour of local dialects, something some teachers disagree with given that it undermines the students' grasp of Hochdeutsch, or high German. In the 18 May referendum, voters in Aargau approved an initiative to ban standard German in primary schools and promote dialect instead. Zurich approved a similar initiative three years ago. "These days when people from Suisse romande or Ticino come here, they find that no one speaks standard German any more, only dialects," said Boss. "In the end they are forced to speak English and that is clearly something we don't want." He believes the lack of any type of national media could be part of the problem. "Maybe some sports programmes are jointly broadcast in the national languages but not the news. At least the news continues to be in standard German but local radio stations are only in dialect."

Forum Helveticum noted that the break with standard German came after WWI when Swiss-Germans wanted to separate themselves from Germany. This desire only increased with time and after WWII. By the 1970s, the Swiss national broadcaster SRG/SSR had decided radio and television programmes should be in local dialects.

Boss believes one of Switzerland's strengths is multi-lingualism and that it could play a greater role in aiding understanding of the different cultures. "For example, we could be better partners on European issues because we have, through language, a greater understanding of other cultures. But alas, Switzerland today is more concerned about itself." He noted that TV

stations do have one major joint initiative on 1 August, the National Day celebration of the founding of the Swiss Confederation in 1291. "There is usually a joint programme of three stations together but last year it was heavily criticized because the Swiss-German presenter didn't speak in standard German but in his own dialect. And people were right to criticize this."

Torracinta, however, is adamant that it is impossible to have a single, nationwide TV programme for Switzerland. "As much as I think a single broadcast won't work and as much as I think a single newspaper won't work, I do agree that we need to make a greater effort to understand each other." His recommendations include not only better training of journalists in reporting on events happening in other regions, but also to encourage more exchanges among regions at the political level. "Because it's true there is a tendency to regionalize all information," he said.

For both Torracinta and Boss, the key to safeguarding Swiss cohesion is preserving its four founding languages. They agree that English is fine for the economy and travelling the world, but it doesn't help with understanding the culture of other regions, especially the nuances that are lost when one doesn't fully understand a language. This is reflected by growing numbers of Swiss families, particularly those with international exposure, or of mixed backgrounds such as German and French, or French and Italian. They ensure that their kids learn, either at home or school, at least two Swiss tongues, while embracing English as the language of the future for professional reasons.

Pamela Taylor

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Lifestyle

We are what we eat

Nutrition plays a huge role in the health of our bodies. It is also a vital factor in disease prevention. The foods we eat, and the nutrients they provide, are the most important continuing environmental factors influencing our growth, development, functional abilities and health.

Unfortunately, foods today have a very different nutritional content compared with those of half a century ago. Due to modern ways of growing and processing foods, including the use of chemical stimulants and pesticides, many plants increasingly lack the appropriate nutritional food value. Nor

do soils contain the necessary nutrients and minerals that plants can absorb during the growing phase. This means that our diet is often severely lacking in nutrients. Many people today are malnourished not because of a shortage of food but because of insufficient nutrients.

The prevailing bad habit of eating processed foods containing artificial flavouring and colouring, chemical preservatives and refined ingredients, in combination with other sources of oxidative stress, notably smoking, medication, alcohol and pollution, means that we are constantly challenging our bodies on the single cell level. This creates an "out of balance" situation. The result is that our immune systems can no longer efficiently combat disorders and illnesses.

All of these factors are contributing to the constant rise in the incidence of degenerative diseases and the growing number of people living with chronic pain. However, clinical and scientific evidence increasingly demonstrates that at least 70% of conditions such as stroke, heart disease, cancer, Type 2 diabetes and osteoporosis can be avoided by a good diet high in healthy foods such as fruits, vegetables and whole grains. The more we learn about nutrition, the clearer it becomes that we should eat the way people did a hundred years ago.

Recent research shows the importance of eating more whole foods, notably foods that are as close to their natural form as possible. Scientists have been successful in developing medication to treat the symptoms of specific diseases. However, there is no substitute for whole food nutrition to prevent many of those diseases from develop-



ing in the first place.

So, what is so good about whole foods? For one, they are full of fibre, vitamins, minerals, proteins and different phytochemicals (or phytonutrients), including antioxidants. Scientists have identified hundreds of biologically active plant-food components such as lycopene – a carotenoid that has made tomatoes famous – and anthocyanins – polyphenols that have caused blueberries to be so popular.

The various components of whole foods help in different ways. For example, antioxidants, flavonoids and carotenoids protect cells against damage by oxidative stress. Vegetables and fruits are also low in calories and may help us to eat less high-fat food, such as

meat, cheese and snacks. Fibre helps the digestive system to process food and absorb nutrients. It can also help to lower cholesterol and may be effective with weight loss. It makes you feel fuller and thus can curb your appetite. The most important factor, however, is that naturally occurring nutrients in food work together (called the synergetic effect) in beneficial and effective ways to protect and repair the body at the cellular level. We can think of synergy as players in a successful football team, who play well together to score goals and win the game. So, eating more whole foods is the best way to improve our health and prevent diseases.

Dr Irina Schurov

How to add whole foods to your diet

- Eat lots of fresh seasonal vegetables and fruits. Buy whole fresh or frozen fruit, rather than tinned.
- Replace white flour and bread with whole-grain flour and bread.
- Reduce the amount of processed foods as much as possible.
- Minimize processed meats (ham, bacon, etc.) and replace them with freshly roasted lean meat.
- Include beans and pulses in your meals and snacks more often.
- Opt for non-sugary drinks such as water, green tea, fresh fruit juice (in moderation) and skimmed or soy milk.
- Serve a dip with raw vegetables instead of crisps or chips, and enjoy a glass or two of your favourite local wine at your next party.

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Lifestyle

Burgundy bites: Poulet de Bresse

BEAUNE One of the best reasons to live in the Lake Geneva region is that it's within striking distance of Burgundy. If we manage to slip out of the office by 17h on a Friday evening, we can be happily ensconced two hours later in a cozy bistro in Beaune, sipping our kir, debating what to order.

The nice buzz created by a kir or two will help cushion the shock that many visitors to Burgundy receive when they order one of the region's best known dishes –poulet de Bresse. To be blunt: these birds ain't cheap.

We, however, are now native enough to know that the victuals on offer in Burgundy are far from ordinary beasts. The prized poulet de Bresse has a long and honoured presence in French culinary history, and no trip to Burgundy would be complete without indulging in France's most delectable poultry.

Poulet de Bresse first appeared in French history books in 1591 when the Burgundians proffered two dozen of their plumpest choice chickens to the Marquis of Treffort to thank him for repelling invading Savoyard troops. Today, Bresse poultry is, of course, big business and boasts an AOC awarded in 1957.

There are countless recipes for cooking Bresse chicken but I thought it best to check with an expert, the Bresse poultry salesman in the Beaune outdoor market. He was thrilled to share his expert views on the matter and



spent the next half-hour providing minute detail about all the atrocities that can be committed against Bresse chickens by inexperienced cooks. As he sliced off the distinctive blue-clawed feet, and plucked at the remaining white feathers on the 2 kilogram specimen I selected, he cited numerous crimes: butter under the skin, olive oil drizzled on top, onion and herbs stuffed in the cavity, using the drip-

pings from the roast pan mixed with herbs and cream to make sauce. In short, everything I had ever done while preparing roast chicken for the past 30 years!

Here's the secret: place the chicken in a pan of water and put it into an ice-cold oven. Only once the poorly adorned chicken (minus my usual garlic gloves, carrots, and onions) is firmly adorned do you put on the oven's thermostat to a gentle 180°C and let the bird roast tranquilly for 30 minutes for every 500g. My initial scepticism evaporated as I devoured the moist, fragrant chicken that tastes amazingly like the creator of poultry meant it to taste.

As an accompaniment, bring on mashed potatoes featuring another well-loved Burgundy product: Dijon mustard. A heaving spoonful into a bowl of fluffy spuds and voilà... Burgundy bites! Rather than smothering the mashed potatoes in thick creamy gravy, try serving them with the juices from the chicken. The French call this – au jus – and this light sauce accentuates the original flavour of the roast and potatoes rather than overpowering them.

Burgundy bites!

Amelia Alexander

A taste of Burgundy

Roast poulet de Bresse

1 large poulet de Bresse (around 1.5 kilos and €35!)

Ask the butcher to give you the giblets (heart, gizzard, neck) so you can boil them with onions and some celery and carrots to make a flavoursome broth for gravy. Place the chicken in a glass or ceramic dish and partly fill with water. The drippings from the chicken will fall into the water, creating a broth. Place the chicken into a cold oven, then set the temperature to 180°C for 30 minutes per 500 g. Baste the chicken every twenty minutes. The skin will become crispy and the meat will remain tender and aromatic. When the chicken is ready, add the drained boiled broth (throw away the innards and vegetables) to the juices in the bottom of the chicken dish. Melt two tablespoons of butter then add a heaped tablespoon of white flour and stir until bubbly. Slowly add the broth until thick, season with salt and pepper.

Mashed potatoes with Dijon mustard

Boil 2 kilos of starchy potatoes with their skins left on. Be sure to add salt to the water. When the potatoes are soft (about 20 minutes), peel them and mash by hand. Using a blender makes the potatoes too soft – we like ours with lumps! In the meantime, heat a cup of milk, half a cup of crème fraîche, and 1 tablespoon of Dijon mustard. Blend into the mashed potatoes, then add a tablespoon of butter and serve when it is fully melted.

Top 10 best selling books of the week				
PAYOT LYONS				
Rank	Title	Author	Published by	Genre
1	Inferno	Brown, Dan	Corgi Bantam Paperback UK	Thriller
2	Swiss Watching: Inside the Land of Milk and Money	Bewes, Diccon	Brealey, Nicholas	History
3	By Its Cover	Leon, Donna	Heinemann Ltd	Thriller
4	The Girl Who Saved the King of Sweden	Jonasson, Jonas	Fourth Estate Ltd	Fiction Paperback
5	The Truth about the Harry Quebert Affair	Dicker, Joel	Quercus Publishing	Fiction Hard Cover
6	A Delicate Truth	Le Carré, John	Penguin Books UK	Thriller
7	The Son	Nesbo, Jo	Harvill Secker	Thriller
8	The Goldfinch	Tartt, Donna	Little Brown UK	Fiction Hard Cover
9	Five Days	Kennedy, Douglas	Arrow Books Ltd	Fiction Paperback
10	I've Got You Under My Skin	Clark, Mary Higgins	Simon & Schuster UK	Thriller

Property

Gardeners beware: Voracious pest

Your garden, terrace or balcony with its elegantly shaped box shrubs may be looking its best, but beware. The smart look of your home may be in jeopardy.

Your decorative box shrubs may become the unwitting host and victim of the box tree moth (*Cydalima perspectalis*), an unwelcome Asian invader with no natural predators. Originally a native of East Asia, the box tree moth was first seen around Basel in 2007 but is now ravaging box (*Buxus*) bushes in the cantons of Geneva and Vaud.

The caterpillars become active in the spring (around April, depending on the weather) and begin devouring the leaves. They are yellowy green, with a black head; older caterpillars have thin white and thick black stripes the length of the body and can grow up to 5 cm long. After four weeks, they spin a cocoon of among the leaves and twigs and pupate for about 10 days.



The box tree moth, an invader from Asia



Pristine box wood hedges at Alden Biesen Castle in Belgium



Box wood victims of the box tree moth

The adult moth usually has white wings with a faintly iridescent brown border, although they can be completely brown or clear. The wingspan is around 4 cm. Once hatched, the moths find a nearby bush and lay their yellowish eggs in clusters of 15–20 on the underside of the leaves. The moths die after about eight days, but in the meantime the new caterpillars have been born. The species can produce up to four generations in a year.

A tell-tale sign of a box moth infestation is the white webbing covering

the bush, reminiscent of a spider's web, which the caterpillars produce over their feeding area. Other indications are brown leaves – often rather lacy when only the veins and stalks remain – and tiny greenish brown droppings. The caterpillars first feed on the leaves, then on the green bark of the branches, and the "bite marks" are very evident. Their voracious appetite can decimate whole groups of box almost before your eyes.

The caterpillars become active in the spring and begin to rapidly devour leaves.

Since the caterpillars begin their attack from the interior of the bush, it can take a while before any damage is visible – by which time it might be too late. It is important to check box plants regularly and thoroughly from the

beginning of April to the end of September. If there is a weak infestation, the caterpillars can be picked off by hand and thrown away with the household waste.

For heavier infestations, the use of a pesticide is inevitable. Delfin (*Bacillus thuringiensis*) is an organic pesticide that works against small caterpillars. It has the added advantage of being bee-friendly. Other products, such as Karate Zeon, Lambda-Cyhalothrin 100 CS, Alanto Garden, Alanto Spray and Gesal Calypso, are effective against larger caterpillars but are more toxic, so necessary measures to protect bees and other wildlife need to be taken. You can also try pheromone traps, filled with poison, that attract the moths as they hatch. More drastic measures are called for if the plants are totally destroyed – rip them up and dispose of them.

Jane Duncan



Its voracious caterpillar

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#ForPeopleOnTheMove

Film Reviews

The Cannes Film Festival (14 to 25 May)

CANNES Forget the celebs, Le News' film critic, Neptune Ingwersen, gets down to some hard film reporting from the film festival.

The daily rush of thousands of journalists and eager cinephiles to the first screening at 8.30 in the Grand Théâtre Lumière at the Palais des Festivals in Cannes (for the Competition films) is both a grab-a-croissant-and-coffee hassle and a stroll along the just washed-down Croisette, mercifully deserted at that time of the morning. There have been the parties the night before and the condition of your head depends on how long you stayed up.

Ok, this place is crazy – truly! It's jam-packed with real talent from around the world, yet also full of hype and commercialism – so you have to sift and sniff out the good stuff, patiently. But then that's the way with the myriad film festivals happening around the globe, except here it's max-size! Just as you feel you can't take any more pretentious garbage, an exciting work jumps out at you, keeping you hooked once again. Until now there have been a few standouts in the Competition for me: *Timbuktu* by Abderrahmane Sissako, a poetically tragic look at fanatic Islam in Africa. The Argentinean film *Relatos Salvajes* (*Wild Tales*) by Damián Sziffrón – a delicious black comedy in several short stories that is chilling and hypnotic in its analysis of revenge, social injustice and jealousy.

Mike Leigh's *Mr. Turner*, whose first half feels exaggerated and over-acted, but whose last part turns into a convincing mélange of the painter's eccentric character, his loved ones and glorious vistas. Or *Winter Sleep* from Turkey, a beautifully filmed but overly long



Bird People, directed by Pascale Ferran and starring Josh Charles, Radha Mitchell and Carole Bethuel

social study of relationships.

American director Bennett Miller has brought *Foxcatcher*, another biopic polemic (after *Grace* and *DSK*), this one about wrestling and the DuPont family, with an outstanding cast including Steve Carell, Channing Tatum and Mark Ruffalo. In the Certain Regard section,

I was impressed by Mathieu Amalric's *La Chambre Bleue*, a Simenon thriller mixing sensuality, adultery and a murder trial, and the intriguing, minimalist *Bird People* by Pascale Ferran, observing several characters' transformations in an airport hotel in Paris. Speaking of hype – there was the hullabaloo about Abel Ferrera's film on the DSK episode, *Welcome to New York*, starring Gérard Depardieu as Strauss-

Kahn. It was so politically sensitive that the festival would only give it a side showing in one of the town's cinemas. It is now available on the internet, for €7.

For Hollywood hype, you can't beat the bombastic cast of *The Expendables 3*, which includes Stallone, Schwarzenegger, Gibson, Banderas, Snipes, Harrison Ford ... – who arrived in tanks in front of the Carlton Hotel. In answer to the question, "When will you guys know it's time to retire?" Stallone blurted, "We'll know when our asses fall off – we're just kids with arthritis!"

They amused us at their packed press conference, joshing like old competitors who are now a united force in creating this lucrative franchise that is supposed to "entertain", but will actually continue urging violent tendencies

in our vulnerable youth. Profits over morals, after all... At the other end of the spectrum there was a special showing of the work-in-progress, animated version of Kahlil Gibran's *The Prophet*, produced by the beautiful Mexican/Lebanese Salma Hayek (there with her billionaire husband, François Pinault and her little daughter), who graciously presented the creators who have been working on the various chapters of the book. It is a celebration of collaborative artistry in service of cinema, which is, after all, today's ultimate art form, uniting all the other mediums such as literature, music, photography and acting. That is Cannes, a mega-event of contrasts. To be continued...

Neptune Ingwersen
neptune@lenews.ch



The Expendables, directed by Patrick Hughes



La Chambre Bleue, by Mathieu Amalric and starring Mathieu Amalric and Léa Drucker

Chez Vous

Taking home a piece of Switzerland

If you have spent time in Switzerland, whether for holidays, work, or because you live here, there is always the question of what to take back. Perhaps you want something that tells friends and family that you have been thinking about them while you were away. Chocolate is predictable and obvious, and regrettably the international demand for Swiss chocolate is such that brands such as Toblerone and Lindt are available everywhere. Yet a box of fine Swiss chocolates from a quality chocolaterie always makes a good impression. It may not be the best choice, however, if you're travelling with tightly packed luggage. By the time you get to your destination, it could have transformed into an undistinguishable chocolatey mess. Traditional Swiss cheeses such as Schabziger, the pungent green cheese, may not travel well either, and your loved ones may think you haven't changed your socks. (Reminder: check if your country of destination allows the import of cheese.)



You can also try Swiss wine. Given that so little is exported, a nice white Chasselas or Fendant from the Lake Geneva region or a Burgundy-style red from Maienfeld in northeastern Switzerland (Heidiland for those into Swiss folklore) would be original. Another idea is a fondue or raclette set (there are some really dinky ones on the market). Or, if you are utterly incapable of giving up the idea of chocolate, why not a chocolate fondue set for a fun evening? Any Swiss chocolate from the nearest supermarket will do fine.

Of course, if you have a bunch of expectant children desperate to see you, but primarily your presents, there are always the stuffed toy St Bernard

dogs, marmots or cows. Some shops also specialize in hand-made wooden toys, many of which are veritable works of art. An amusing but sometimes expensive gift is a cuckoo-clock, but you may not be doing anyone a favour. They may just be too kitsch for some. The same goes for glass or porcelain multi-coloured mountain goats. Better options might be painted cowbells (one can always use them as a door-ringer) or old-style kitchen utensils, usually made out of carved wood, such as ladles and cream or butter troughs.

Swiss Army knives are a dead cert for men and boys alike. They now come in all sorts of colours and sizes. Just remember: if you're travelling by air, put them in your hold luggage. That said, at Geneva airport they sell them in sealed cans which reduces the risk of losing them to the humourless automatons at security. Another Swiss tradition is punctuality. If you can afford to buy a Swiss watch, you can't go wrong. Luxury brands, which are designed more for urban chic or body

jewellery than for telling the time, are expensive, but Swiss Army watches and railway watches (produced by Swiss Rail) as well as Swatches (literally hundreds of constantly changing designs) look great, particularly for young people. If you're into practicality or "useful" presents, then what about oven mitts, T-shirts or tea towels with typical Swiss images embroidered or printed on them? They are light, cheap and widely available. In the same vein, some places offer beautiful hand-painted wooden trays, cheese plates and wall decorations with rural Alpine scenes produced by local artisans.

Then there is that ever-popular gift for any age – the Swiss calendar depicting classic scenery and wildlife – available at all good department and book stores. Another idea is duty free, for a Swiss liqueur such as kirsch or abricotine. Failing that go online, order your presents and have them delivered home in time for your arrival. Either way, it will soon be time to go shopping.

Cristina Otero

Cracking up

This fusion life

One of the most amazing revelations I've had in Switzerland thus far (apart from the fact that eau de parfum is not pronounced 'err de parfyoum') is that not everyone likes biltong. I shared my treasured store with some British and Swiss friends once, and it was an eye-opener. Half of them paled at the mere thought of eating raw, dried meat, and those who gave it a try, got a funny look on their faces after a few chews and didn't ask for any more.

I know how they feel. I once ate two helpings of kimchi because it had been made for me by a Korean friend, even though the spices went straight through the roof of my mouth and into my eyeballs, blinding me for the rest of the meal.

Anyway, after the biltong experience, I set about observing cultural exchanges more closely. I didn't have to look far, either. Almost the next day there was a cultural exchange in my own car. The bigger child, who spent her formative years in South Africa, wanted a Lego traffic light from the smaller child, who has grown up here.

"Please pass me that robot," the big one asked.

The small one looked around in confusion, expecting to see R2-D2 or a Transformer.

"There's no robot here," she said.

"There!" the big one shouted in frustration. "The robot! In your hand!"

"That's not a robot," the small one shouted back. "That's a traffic light!"

Of course they were both right. We call traffic lights robots because ... we just do. We've had similar confusions about crisps / chips / fries and one particularly scarring experience in a French market, where I realised that hardly anyone else calls an aubergine a "brinjal".

Thankfully I'm not the only one around here occasionally baffled by these Third Culture experiences. An American mother of my acquaintance looked at her small son in surprise when he asked his "Mummy" for a "cuddle".

"Who is this person?" Mommy mused, before they had a good old American snuggle.

Actually, I think my children have been the biggest beneficiaries of this fusion life we're living: they've learned to make American S'mores with Swiss

chocolate biscuits; they've had braais, barbecues and cookouts (often all at the same time, and frequently in the snow); they pepper their conversation with "merci", "s'il vous plaît" and "voilà" (and, less endearingly, "Vite, Maman, vite!") and they've had their expectations of fireworks raised to a level that not every country can meet.

But I do believe the award for most intense fusion experience belongs to me, for one sunny summer afternoon during the Paléo music festival, when I was pet-sitting for a friend in the village. The pets weren't that keen to go to bed, and while I gently encouraged them, I had a crazy vision of my situation: a South African running around a Swiss field, chasing French chickens belonging to a Danish-New Zealand family, while The Cure was playing "The Lovecats" only a few fields away ... that, surely, takes the gâteau. Or the nusstorte, if you prefer. Or the melktort. Take your pick. They're all delicious.

Robyn Goss is a South African writer recently moved to Switzerland. You can read her blogs at www.roblyngoss.com



Travel

Mountain biking up the Jura

The Alps have their attraction, but some of the best mountain biking is just outside Geneva

For most of us, Sunday mornings are meant for kicking back and relaxing. For me, it means waking up and hitting the trails as early as possible. That's when they're the best. Empty. Unridden. Pumped up with caffeine, I meet my co-shredders in Gex at the bottom of the infamous Col de la Faucille, one of the hardest climbs of the Tour de France, which passes through this small hillside town every few years. Faced with its steep winding road, but ready for adventure, we all mount our bikes – and the climbing starts.

Heading up to 1,300 vertical metres on a mountain bike is a demanding three-hour affair of constant uphill. At least you can glance to the side and behold the entire southern Alps with Mont Blanc in the middle, one of Europe's greatest mountain views. When you think you have nothing more

to give, you're only half way. It's painful. Especially when you see road biker after road biker swoosh by. I began to question the whole undertaking.

But I'll tell you why we didn't quit and turn around. It was one of those moments you'll remember for the rest of your life. Your legs are shaking so much you can't even stand up. You feel like fainting at any moment, but you've finished the climb and from that point on, it's just downhill. You pop the beer you've stashed in your rucksack. The beers are humid, but it doesn't matter. The view is breathtaking.

After a well-deserved pause on top of the Jura we decide to take the trails down. There's nothing stopping you from hitting the ridge trails that run along the crest of the Jura, but that's a whole other journey. The first section down might come across as a bit intimidating with lots of steep and gnarly gradients. Or it might be intriguing – I guess it depends on what kind of rider you are. However, after that it transitions into a beautiful, fast piece of



Hit the trails as early as possible. That's when they're the best. Empty. Unridden.

trail that flows like a roller coaster over little jumps, small descents and weather-smoothed rocks.

As I am bouncing, jumping and playing the trail, I keep reminding myself how fortunate I am to live in an area that has such quality and variety of riding mere minutes away from the city. (If you head up from Geneva, you'll need at least 45 minutes to reach Gex,

always slightly uphill from the lake.) Arriving here two years ago, I was curious to learn more about the local mountain bike scene; the local rippers kept telling me how sweet it was. Now I'm the person passing that message on.

Lukas Johnston of Bikes and Buddies – the English-speaking bike shop in Ségny

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LES ARTS

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House for sale

Segny, France. Charming house (120 m2) for sale close to Geneva. 3 bedrooms, study, living room, open kitchen and 2 full bathrooms, mezzanine, garage, terrace and garden. Solar panels. Close to F bus. Contact Kasia Phone: +41 78 683 85 97



Le News will be published fortnightly from 22 May

We carried out an extensive reader survey earlier this year. Many readers asked for a better website and more in-depth and events-related content. To deliver this we have decided to publish the paper fortnightly and invest more time and resources in our website and digital content. Readers can already sign up to receive our weekly newsletter by email.

Our new website launches on 22 May! www.lenews.ch



Le News photo competition

Le News is offering a Payot book token worth CHF 20 and the chance to be published to the photographer who submits the best photo and caption on the subject of:

"Adventure"

Email your entry to competition@lenews.ch by 27 May 2014.

Congratulations to Maxi Barcelo, winner of the Le News weekly photographic competition "Satisfaction".



Regional Events

le News

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REGIONALEVENTS**



Vevey. CGN Fleet regatta

24 May 10h00-13h00
25 May 10h00-19h00: 13h30-15h00 "Fleet regatta"

CGN's famous fleet regatta is a unique opportunity to see the most prestigious Belle Epoque fleet in the world perform six-boat "synchronized sailing". Enjoy other entertainment and food on the quay. On Saturday 24 May from 10h to 13h in the Grenette on Market Square, there is a warm-up for the traditional "Marchés folkloriques" that take place every Saturday during July and August.

Vevey lakeside
www.cgn.ch
www.vevey.ch



Lausanne. Exhibition. Nieve Art (L'art brut) from around the world.

6 June to 2 November

The seven creators whose works have been assembled for this exhibition enable the rational and the poetic to coexist. Their creations—recently discovered or rediscovered in Bali, Brazil, Benin, India, the Far North Arctic, Sicily and Germany—testify to the cosmopolitan and poetic nature of Art Brut.

Collection de l'Art Brut
Avenue des Bergières 11
1004 Lausanne
www.artbrut.ch
CHF. 10. Concessions: CHF 5.
© Gustav Mesmer Foundation



Geneva. Exhibition. ECHOES: Contemporary African Art Biennale from Dakar to Geneva

26 May - 1 June

Is an African artist first perceived as an artist or as African? Visual artists provide several answers when presenting their work as a signature of their identity. This exhibition presents the works of West African artists who have participated in the Dakar Biennale. An event that continues to project the continent as a centre of contemporary art.
NEST Gallery
12-14 rue Etienne-Dumont
1204 Geneva
www.nest-geneva.ch
©Alain Debouloz



Geneva. Theatre. And then there were none. Agatha Christie

22 May to 25 May, Thur, Sat: 19h; Fri: 20h; Sun: 17h

An adaptation of Agatha Christie's novel "And Then There Were None", directed by Robert Sandoz. Ten people are invited to an island. They are alone on the island, and cannot escape due to the distance from the mainland, yet gradually all ten are killed in a manner that seems to parallel the nursery rhyme. Théâtre de Carouge
Rue Ancienne 39, Carouge
www.tcag.ch
CHF 40; Concs: CHF 30; Students: CHF 15
© Marc Vannapelghem



Geneva. Games In The City, A Playful City

2 - 15 June, 8h30 to 20h everyday

200 interactive games by Catalanian artist Joan Rovira will be presented at Geneva's Plaine de Plainpalais in surroundings decorated by students from the Haute Ecole d'Art et Design. This tiny amusement park is an absolute antidote to Disneyland. It is an interactive and playing, touching and just trying things out is encouraged. Calder, Tinguely and Fischil & Weiss would have loved these hilarious inventions as will anyone aged from 6 to 106 years.

Plaine de Plainpalais
Geneva



Geneva. Dance shows. Namasté Bollywood

7 June, 20h

Bollywood cinema fascinates billions of viewers around the world. Discover Bollywood dance in a dynamic show organized by the Dancing Time Studio school. The fiery rhythms and Bollywood dancers with their colourful choreography from the latest of Bombay's hit films will captivate. Several world dance artists will also be present at the event. Bring your friends to this unique evening show!

Casino Théâtre
Rue de Carouge 42, 1205 Genève
www.bollywood-dance.com
CHF 28, Children: CHF 18



Geneva. Show. Russian Cossacks

6 June, 20h

Cossacks of Russia is one of Russia's main professional dance companies. The dancers perform an exciting and dynamic series of Cossacks dances, songs and instrumental compositions that will suitably impress the whole family.

Salle des Fêtes du Lignon
Place du Lignon 16
1219 Le Lignon
www.vernier.ch
CHF 30, Concessions: CHF 20;
Children: CHF 10
©Anatoly Pronine



Montreux. Montreux Volley Masters

27 May to 1 June

The Montreux Volley Masters is a must for volleyball fans. The all women's volleyball indoor tournament brings together the world's best national teams. Come and see the current top three teams in the world, namely Brazil, the United States, and Japan fight for the world title.

Salle du Pierrier
Rue du Lac 115
1815 Clarens - Montreux
www.volleymasters.ch
CHF 32-47; U 16: CHF 22-32;
Concessions: CHF 27-42
Photo: Lucas Vuitel



Vevey. Beer and music festival

29 May - 31 May, Thursday 18h - 0h, Friday, Saturday: 14h - 1h

The somewhat innocently named Association des Buveurs d'Orge (Barley Drinkers Association) is organizing its traditional annual Beer fest! It's the opportunity to learn how to make your own beer and discover the wonderful richness of the beer world. Come and taste delicious beers while listening to concerts by bands such as The Doors Revival. Lights my fire!

Place du Marché
1800 Vevey
www.fetedelabiere.ch
Free



Montreux. Private Parts "week-end open studios"

24 May - 25 May, 11h - 18h

Open house for Montreux artists' workshops and studios. During the whole weekend, artists will show the public where they create their works. On Saturday night, a party will be held at Decal'quai, a centre devoted to the arts that houses artists' workshops and a concerts and exhibition room. Jump at this rare opportunity to peek into the secret side of creation! See website for information.

Montreux
www.privateparts.ch
Free



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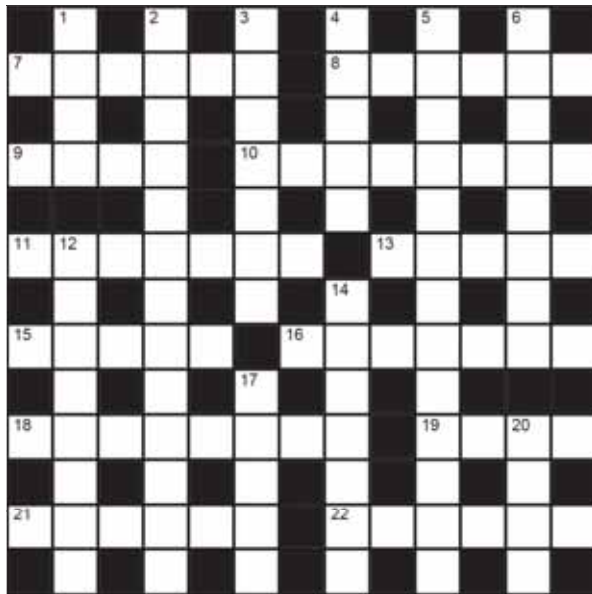
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Puzzles



QUICK CROSSWORD

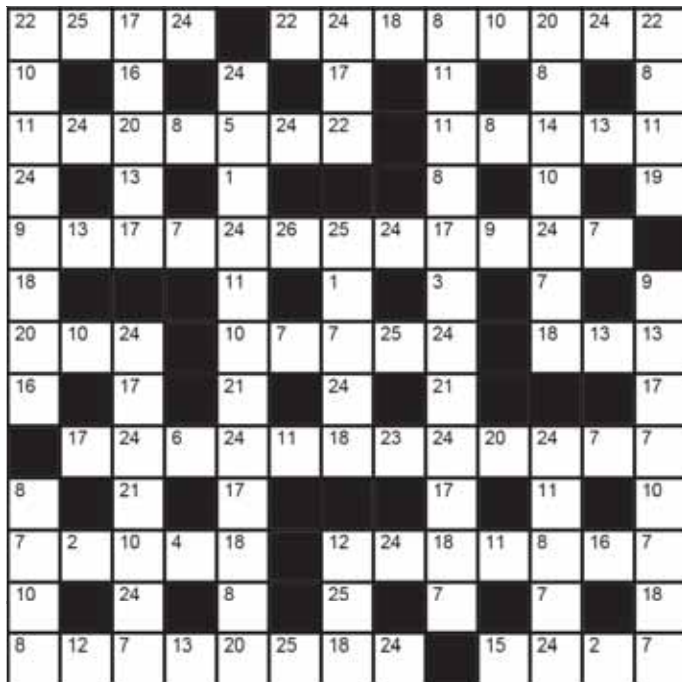
ACROSS

- 7 Angry dispute (6)
- 8 Frequent friendly Correspondent (3,3)
- 9 American feline (4)
- 10 Skittles (8)
- 11 Strong feeling of Embarrassment (7)
- 13 Utterance of pain or disapproval (5)
- 15 Bell rung dead slowly (5)
- 16 Dearth (7)
- 18 Prevent or block progress (8)
- 19 Lofty nest of a bird of prey (4)
- 21 Slightly short of (6)
- 22 Out of sorts (6)

DOWN

- 1 A recognized leader in his field (4)
- 2 Constricting the windpipe (13)
- 3 Alfresco (4-3)
- 4 Sound off (5)
- 5 Too small to make a significant difference (13)
- 6 Takes the biggest sails (8)
- 12 Flyer (8)
- 14 A shallow basin in a desert (7)
- 17 Matching set of furniture (5)
- 20 Bombastic declamation with strong emotion (4)

Last week's solution



CODEWORDS

Each letter has been replaced by the same number throughout the puzzle. Simply decide which letter is represented by which number and complete the puzzle. To start off we're given you the first three letters.

1	2	3	4	5	6	7	8	9	10	11	12	13
	W											
14	15	16	17	18	19	20	21	22	23	24	25	26
		Y		T								

What's On

Swiss Gliding Championships

MONTRICHER Gliding, an ethereal sport of passion, plays to the extremes of human nature, inspiring a sense of nervousness or awe in the uninitiated. It is a competitive sport that offers spectators an extraordinary sense of timelessness and relaxation. With some glider aficionados themselves professional pilots, gliding keeps them in touch with the basics of "non-simulator" flying as shown by the spectacular safe landing on the Hudson River of US Airways Flight 1549 in 2009. The pilot, Chesley Sullenberger III, said that he would not have been able to do it had he not been a dedicated glider enthusiast in his spare time.

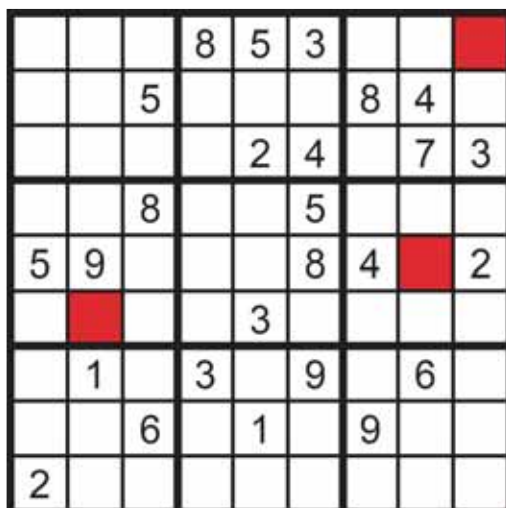
For the first time since 2001, the Swiss Gliding Championships are being held in Montricher near Morges from 24 to 31 May. Hosted by the Geneva and Vaud gliding clubs, the event has over 40 glider pilots enrolled, who will seek to complete a series of challenges. These include precision flying, with the nature of each task heavily influenced by the weather. If good con-



Photo: JM Zellweger

ditions prevail, pilots will perform more complex tasks, including triangular routes over the Jura and Alps, even gliding as far as Bern or beyond. In less clement weather, flights are shorter, around 100 km. Watching dozens of gliders take off and land as you enjoy a picnic in this idyllic setting at the foot of the Jura has got to be one of the most relaxing and intriguing days out in the region. And if you're interested in flying yourself over the summer holiday, it's not as expensive as you might fear. The Vaud Gliding club offers a five-flight trial pass to beginners for CHF 350.

Championships 24 to 31 May. For starting times see: www.cs2014.ch



SUDOKU

Easy

Enter numbers into the blank spaces so that each row, column and 3x3 box contains the numbers 1 to 9.

Win!

Sudoku: Send us the three numbers in the shaded squares for a chance to win CHF 10.00. The first correct answer drawn next Monday will win. Email: prizes@lenews.ch

Code word: Send us the three letters in the shaded squares for a chance to win CHF 10.00. The first correct answer drawn next Monday will win. Email: prizes@lenews.ch

Weather

SUISSE ROMANDE



	Thursday	Friday	Saturday	Sunday
GENEVA	15 24°	13 23°	11 23°	11 21°
LAUSANNE	12 21°	11 18°	9 18°	9 17°



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