

# REGIONAL NEWS

## SOUTHERN AFRICA

### Editorial



Dear readers,  
I would like to draw your attention to Peter Müller's article in this issue of Swiss Review Southern Africa regarding the elections for 2 ASR delegates for the term 2013 to 2017. The current delegates have been doing a fantastic job and, in the name of all the readers of Swiss Review Southern Africa, I would like to take this opportunity to thank them for all their dedicated work to represent the Swiss living in our part of the world. Special thanks go to Rolf Schudel who just resigned as a delegate.

It takes a special person to be a delegate. Should you be interested please contact Peter, he will gladly fill you in. Please remember that there will not be any Regional pages in the next issue of Swiss Review. All the best.

GISELA PIERCEY

Editor Swiss Review Southern Africa

### *Rooibos hilft bei Krebsprävention*

**Mehr als zwei Millionen Rand werden 2012 für die Rooibosforschung ausgegeben, um die Wirkung des südafrikanischen Tees auf Krebs, Stressbekämpfung, das Altern, Fitness und Übergewicht zu untersuchen. Das International Trade Centre Genf arbeitet eng mit dem Rooibos-Sektor zusammen, um dem südafrikanischen Produkt zu einem erfolgreicherem internationalen Absatz zu verhelfen.**

VON GISELA PIERCEY

Rooibos, auch "Rotes Gold" genannt, wächst einzig in der Region der Cederberge nördlich von Kapstadt, nirgendwo sonst in der Welt. Rooibos gilt als Heiltee, weist er doch mehr als 200 gesundheitsfördernde Inhaltsstoffe auf. Besonders ausgeprägt ist der grosse Anteil an Antioxidantien, die bei den sogenannten Dreimonatskolliken von Babys, bei Magen- und Darmbeschwerden, bei Juckreiz, Ekzemen, Sonnenbrand und anderen Hautproblemen helfen.

Viele zusätzliche Wirkungen wurden bis anhin jedoch noch nicht erforscht und es sieht so

aus, als hätte Rooibos ein noch viel grösseres Heilpotenzial als bisher angenommen. Dies hat den South African Rooibos Council dazu motiviert, eine grosse Summe Geld in diese Forschung zu stecken. Alleine in diesem Jahr werden mehr als zwei Millionen Rand investiert.

Eine besonders vielversprechende Studie untersucht derzeit die Wirkung von Rooibos auf Alterserscheinungen. Da Rooibos reich an Antioxidantien ist, welche freie Radikale binden und sie so davon abhalten, Zellen zu zerstören, liegt die Hypothese nahe, dass Rooibos beim Alterungsprozess helfen kann.

Bereits bekannt und wissenschaftlich nachgewiesen ist, dass nur sechs Tassen des koffeinfreien Rooibos-Tees täglich prophylaktisch vor Arteriosklerose und damit vor Folgeschäden, wie zum Beispiel Herzinfarkt oder Schlaganfall schützen.

### **Vielfersprechende Krebsforschung**

Nun wollen die unabhängigen Forscher südafrikanischer Universitäten und internationalen Forschungsteams noch einen Schritt weiter gehen, indem sie die Wirkung des Rotbuschtees im Bereich der Krebsprävention

untersuchen. Dabei hat Professor Jeanine Marnewick von der Cape Peninsula University of Technology bereits erste hochinteressante Ergebnisse geliefert und entdeckt, dass der traditionelle rote Rooibos und der neue unfermentierte grüne Rooibos den Krebszellenwachstum bei einzelnen Krebserkrankungen verringern können. Der neue grüne Rooibos toppt den roten Rooibos in seinem Gehalt an gesundheitsfördernden Polyphenolen, wie Flavonoide und Antioxidantien. Man darf auf die vollständige Studie gespannt sein.

### **Potenzial noch nicht ausgeschöpft**

In Südafrika kämpft der 300 Jahre alte Rooibos-Tee noch immer gegen das alte Image als "Tee der Armen" an. Erst seit dem Beginn des 20. Jahrhunderts wurde die heilende und gesunde Wirkung des Tees festgestellt. Heute genießt Rooibos verdient den Status als wohlschmeckender und äusserst gesunder Tee.

Ausserhalb Südafrikas hat sich Rooibos hingegen zu einem gut positionierten Spezialtee entwickelt. Der grosse Exportboom trat vor wenigen Jahren ein, als der Rest der Welt endgültig von den Vorzügen dieses südafrikanischen Tees überzeugt wurde. Der grösste internationale Absatz findet in Deutschland statt, aber auch in der Schweiz ist Rooibostee seit ein paar Jahren in aller Munde. Obwohl man momentan nicht mehr von einem Trend nach Rooibos sprechen kann hat sich der südafrikanische Tee auf einem guten Niveau stabilisiert und es besteht ein grosses Potenzial, neue Rooibosprodukte bekannt zu machen, wie etwa den grünen Rooibos.

Im Ausland wird Rooibos in erster Linie aromatisiert getrunken. Der grüne Rooibos gilt als unverfälschter, purer Tee und besitzt eine hellere Farbe und einen milderen

Geschmack. Rooibos kann man sich aber nicht nur als Teegetränk genehmigen: Köche verwenden den einzigartigen süsslichen Rooibos immer öfters bei der Zubereitung von Speisen, sei es in Brot, Saucen oder Desserts.

### **Schweiz im Visier**

Künftig dürfte man von Rooibos im Ausland noch einiges mehr zu sehen bekommen, denn der südafrikanische Rooibos-Sektor wird vom International Trade Centre Genf (ITC) tatkräftig unterstützt. Im Rahmen des ITC/CBI Partnership Agreement Netherlands Trust Funds wurde entschieden, mehrere nachhaltige afrikanische Exportsektoren zu unterstützen, darunter auch Rooibos. Bei einer ersten Analyse hat man dabei festgestellt, dass dieser Sektor im Bezug auf Exportmarktwissen deutlich im Nachteil ist. Die Aufgabe dieses Tea Action Plans besteht darin, die Export-Wettbewerbsfähigkeit von Rooibos zu stärken, insbesondere im überdurchschnittlich grossen deutschen Markt. Zudem sollen neue Wachstumsmärkte gefunden werden. Die Schweiz gilt als einer dieser Märkte, weil die Eidgenossen einen sehr gesundheitsbewussten Lebensstil führen. Eine bessere und grössere Exporttätigkeit soll sich positiv auf die Nachhaltigkeit auswirken, mehr Stellen in der Rooibosindustrie schaffen und so die Armut in der Cederberg-Region verringern.

**Das International Trade Centre Genf hilft mit, mehr Stellen im Rooibosgebiet zu schaffen (Bild: [www.rooibosforlife.com](http://www.rooibosforlife.com))**



*Resignation of your ASR delegate Rolf Schudel*

**As previously reported in these pages, your delegate Rolf Schudel was taken ill shortly before the last Auslandschweizer Congress in Lugano in August 2011. He subsequently underwent heart surgery and recuperated. Thereafter he said that he felt himself fit again.**

Nevertheless at the Spring Session of the ASR, his immediate resignation was announced. He had also resigned his position as the president of the SVP International. As your other delegate to the ASR, the writer wishes to pay tribute to Rolf for his dedicated and long service representing the interests of Swiss in Southern Africa in Bern over many years. In all matters discussed there, he always "role-played" himself into the shoes of the average Swiss on the continent of Africa. While he was obviously a party politician and president of the international branch of the SVP, he did not let this interfere in upholding the voice of the Southern African Swiss. Rolf came from Basel but emigrated as a young man of 23 in 1969 to Ghana. In 1975, he moved to South Africa where, despite also partially living in Switzerland, he still has business interests. On behalf of the almost 10 000 Swiss in Southern Africa, the writer wishes to thank him and wishes him a healthy retirement.

PETER MÜLLER

*Elections for ASR delegates*

**At the Spring Session of the ASR many interesting topics, which will affect Swiss abroad generally in years to come, were discussed.**

The most important affecting South African Swiss in particular, will be the

election of 2 ASR delegates for the term 2013 to 2017.

Unlike some other parts of the world where a pilot project for these elections will be conducted on the basis of the Swiss "enrolled" voters at the various Consulates, we will still be using our system of using the members of the 9 Swiss Clubs in South Africa, accredited and acknowledged by the Auslandschweizer Sekretariat in Bern. Each club must vote for 2 delegates at an AGM in the first part of 2013. Any paid-up member of any of the 9 Clubs may stand for election, provided that their Club nominates them. In the past, we have been fortunate to have our long-serving ex-delegate Francois Jeannerat as Election Supervisor/Monitor. Although Francois indicated that he would like to relinquish this position, Dr Ruedi Wyder, the Director of ASO, as well as the undersigned, will ask Francois to perform this task once again. With the resignation of Rolf Schudel, it would be a great opportunity for an interested Swiss to fill Rolf's position and be nominated by one of the Clubs in the Gauteng area. This is an early call for all readers, who are in the position of coming to Switzerland at their own expense once and if possible twice a year, to represent their countrymen in Southern Africa. Please contact me for any questions!

PETER MÜLLER

*Historical reference work*

**Adolphe Linder has published another magnificent historical reference work of Swiss involvement in Southern Africa.**

The book is entitled "The Swiss and the Anglo-Boer War 1899-1902", is a detailed account of how the citizens of one small country, in this case Switzerland, living in Southern Africa, reacted to a

bitter war. The book is minutely researched and liberally illustrated with photographs, and is undoubtedly a collector's piece for both Auslandschweizer worldwide, but more specifically for those resident in Southern Africa. The book is published privately by the author and this benefit has been passed on to possible purchasers who may order it directly by emailing alinder@iburst.co.za or from the undersigned (details of delegate in box elsewhere in these pages) for a price of ZAR 310 inclusive of postage in Southern Africa.

PETER MÜLLER  
sargro@bluewin.ch

*Swiss South Africa Joint Research Programme scientific joint committee meeting*

**The third science and technology joint committee meeting between Switzerland and South Africa took place in Cape Town on 26 April 2012.**

The programme of the Swiss delegation commenced on 23 April with visits to the Department of Science and Technology (DST), the National Research Foundation and the Technology Innovation Agency (TIA). Visits were also undertaken at a number of scientific institutions in Cape Town with a focus on renewable energy on 24 & 25 April.

The delegation comprised of the Head for International Affairs and leader of the Swiss delegation and the Scientific Advisor for International Affairs both from the State Secretariat for Education and Research (SER); the Director of the Swiss Federal

Innovation Agency (CTI); the Head for International Cooperation from the Swiss National Science Foundation (SNSF); the Rector from Basel University and President of the Rectors' Conference of the Swiss Universities (CRUS); the Director of the Swiss Tropical & Public Health Institute and Head International Affairs from the University of Basel. The delegation was supported by representatives of the Swiss Embassy in South Africa.

Highlights of the visit was the agreement between DST and SER to continue the collaboration in 2013-2016 at the same level of commitment that was injected into Phase I of the cooperation which was implemented in 2008 – 2011 with a bridging period in 2012. Phase II of the collaboration will include the clean and green technologies as a new thematic area in addition to public health & biomedicines; biotechnology & nanotechnology; and social sciences & humanities.

The Director of CTI and the CEO of TIA agreed to explore additional areas of collaboration in addition to the Biotechnology Business Development Programme. The visit also saw the release of the SSAJRP publication presenting an overview of the scientific collaboration; the science and technology systems of both countries and a synopsis of the joint projects.

Both countries are looking forward to continue their fruitful collaboration in the area of science and technology.

See article here  
<http://www.news.admin.ch/message/index.html?lang=en&msg-id=44373>

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## Swiss Club Info

### JOHANNESBURG:

Swiss Society Helvetia, 31 Moerdyk Ave, Vorna Valley, Midrand, Chairman: Mario Valli, 082 451 8040; office: Debora Lanz, T/F 0118053039, C 0826516152, office@swissclubjhb.co.za, www.swissclubjhb.co.za, Swiss Country Club Rest. «The Courier», Wolfgang Wollauz, T/F 0118053040, C 0825610063, Tue-Sat 11-21h30 Rest./kitchen, 11-24h Bar, Sun 10-17h, T/F 011 805 3040, C 082561 0063, www.dining-out.co.za «The Courier»

Our 1st of August Celebrations will be held on Sunday 29th of July. Our Clubs of Society: Afro Gugge, Amicale Suisse Romande, Boccia, Skittling Club.

Associated Groups: Swiss Choir, Swiss Rifle Club, Swiss Golf, G.S.N.A

Senior Swiss Circle meets every 2nd Saturday of the month for Lunch  
Swiss Ladies meet every 4th Thursday of the month for lunch. Please call Debbie at 011 805 3039 if you like to join.

### PRETORIA:

Swiss Society Alpina, Hans-Georg Bosch, President, T 0123478310, C 0825510222, swissclub.pta@hbosch.com, Biffy van Rooyen, Secretary, swissclub.pta@hbosch.com, Facebook group: Swiss Club Alpina

The AGM took place on 24 February at the Swiss Club in Vorna Valley; it was attended by some 30 members. It was a lively and participative event at which club events were discussed in detail. The following members were elected to serve on the committee for 2012: President: Hans-Georg Bosch (re-elected), Vice-President: Gabor von Moricz (re-elected), Secretary: Biffy van Rooyen (re-elected), Treasurer: Edith Steyn (new), additional members: Prisca Schleiffer Marais (re-elected), Lisa von Moricz (re-elected), Margrit Müller (new) The Swiss Club Alpina was honoured

by the presence of Ambassador Christian Meuwly, who returned from Cape Town to attend the AGM. In his address, Ambassador Meuwly gave his views on the cooperation between the Swiss Club and the Swiss Embassy; the club presents a useful starting point for interactions, as local members are close to the society and the economy in which they live. He confirmed the importance of Swiss clubs abroad in promoting the interests (of a non-consular and apolitical nature) of the Swiss abroad. Members are asked to diarise the following dates for events for 2012; please note that the venue for all these events is the Johannes Kirche church hall, Willow Park Manor. Fondue: 16 June, 1 August event: 28 July, Yearend: 24 November. More details will be communicated closer to the events.

### CAPE TOWN:

Swiss Social&Sports Club, Bill Peters Road, Green Point, www.swissclub.co.za. PRESIDENT: Stefan Pflocks, stefanp@execsonthemove.co.za T 021 715 2703, C 082 920 9351 VICE PRESIDENT: Nicky Rodrigues nicky.rodrigues@za.sabmiller.com T 021 658 7276, C 072 218 5759 SECRETARY: Marcie Bischof mwbischof@telkomsa.net T 021 554 0176, C 082 925 2280

A well attended AGM was held at the Swiss-Austrian Clubhouse in Green Point, on 27 March. After 12 years in the committee, Stefan Rüsi decided to resign as Vice President. Michael Hauser who served as President for 15 years also handed over his leadership role and has decided to serve on the committee as Public Relations-Sponsorships.

Stefan Pflocks: President, Nicky Rodrigues: Vice-President, Maschie Bischof: Secretary, Annette Weber: Treasurer, Andre Haeberli: Membership, Marketing and Advertising, Michael Hauser: Public Relations, Sponsorship, Bernhard Eppenberger: Events The club remains open every Wednesday and Thursday evening for dinner. If you are not on the

data base to receive the "catering newsflash" please contact the club at catering@swissclub.co.za or on +27 21 4348405.

A successful Waldfest was held in Jonkershoek in February. As per tradition, the Easter bunny visited Jonkershoek on Easter Sunday.

Active sub-sections are the Rifle Club, Cycling Club & Tennis Club. The ladies continue to meet monthly – last Wednesday of every month. For more information on the above sub-sections, please contact info@swissclub.co.za or André Häberli, Membership & Advertising, Phone +27 (0)21 551 48 98, Skype andre.haberli, Fax +27 (0)86 532 80 02, Cell +27 (0)76 933 03 04

Forthcoming events:  
30 June: Cheese Fondue Evening,  
27 June: Frauentreffen, 11 July: Pensioners Luncheon, 21 July: Film afternoon with light supper, 25 July: Frauentreffen, 27 July: Olympic Games Opening Ceremony, 01 August: National Day Luncheon, 05 August: All day National Day celebration, 25 August: Metzgete, 23 September: Spring Brunch, 10 November: Over 70s tea party, 07 December: Rifle Club Year end Dinner, 15 December: Christmas Dinner

Our newsletter is distributed via email and postage (as per request), but regular updates can be obtained on our website at www.swissclub.co.za

### SWISS CLUB NATAL:

Hanspeter Graber, T/F 031 568 2457, C 083 262 6107, hansg@saol.com; Philippe Lanz, Secretary, pl@swisscontact.co.za, C 082 4932673

JASS EVENINGS: Westville Country Club, Link Rd, Westville (first road on the left when travelling from the Pavilion exit towards Westville). As before the Jass evening takes place every second Friday evening of the month 18.00 for dinner. 19.00 start Jassen: 8/6, 13/7, 10/8, 14/9, 12/10, 9/11, 8/12 (prize jassen). TARGET SHOOTING: Dave Nicol Shooting Range, Nottingham Road, KZN Midland starting at

9h00: 30/6, 28/7, 25/8, 28-30/9: Interclub Sport Target Shooting, 27/10, 24/11, 8/12.

OTHER EVENTS: Sunday 24/6 10h00 Sharks Board Presentation and Braai, Sunday 29/7 10h00 Swiss National Day, Saturday 18/8 19h00 Cheese Fondue Evening, Sunday 21/10 9h00 Green Bowling, 16-18/11 High Over Nature Weekend, Sunday 2/12 11h00 Year End Function, Sunday 20/01/2013 Ten Pin Bowling, Saturday 16/2 18h00 Culture Evening (Swiss Film Abend), Sunday 10/3 10h30 AGM

### PORT ELIZABETH:

John Diener, President, PO Box 5608, Walmer 6065, T 0413792421, the\_dieners@bluewin.ch; comm.member Mark Krebsler C 0823281098, T w 0413671422

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## IMPRESSUM

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