

le News

WEEKLY SWISS NEWS IN ENGLISH

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Berne: No end to roaming charges

Connect, the German telecoms magazine, has named Swisscom the winner in Switzerland of its "great mobile network test" for the fifth year in a row. Connect undertakes the same study for Germany and Austria as well.

According to its own survey, Connect gave Swisscom top marks for both telephone and data communication serv-

ices, indicating that Switzerland's largest telecom company once again commands the country's best mobile telephone network. What the assessment does not explore, however, is why Swisscom and other Swiss mobile networks do not plan to abide by the European Union's elimination of mobile phone roaming costs in 2014.

Swisscom was the only Swiss telecom company to be ranked as "very good."

Among the mobile capabilities examined by Connect's technical teams, who toured Switzerland in two cars, was how telecom services performed in towns and along autoroutes. This included the quality and speed of mobile phone connections, internet access for smartphones and tablets, data download and upload capabilities, plus YouTube speeds.

Continued on page 2

Ancient ruins under A1

A section of the ancient Roman settlement of Lousonna has been partially uncovered by roadworks under the A1 autoroute. Various artefacts including Bronze Age human remains were discovered.



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This Week in Switzerland

According to a survey carried out by the Federal Statistics Office, **5.9% of Swiss live in housing that is considered overcrowded.** A lodging is defined as overcrowded if it does not contain a sufficient number of rooms in relation to the number of people living in it – for example a couple with two children under the age of 12 living in fewer than two rooms. Neighbouring countries France and Germany rate at 6.6% and 8.1% respectively, while in Italy the proportion shoots up to 26.2%.



The 500th anniversary of the canton Appenzell joining the Swiss Confederation will be marked on 17 December. It is actually split into two smaller “sub” cantons, Appenzell Ausserrhoden and Appenzell Innerrhoden, both of which have been celebrating year-round with a special finale event that was attended by Ueli Maurer. Appenzell is known for its cheese industry and upkeep of traditional folklore. The canton peacefully and democratically split in 1597 due to religious differences, but works together in many areas such as maintaining the Appenzeller Bahnen rail service.

The Hôtel des Ventes in Geneva put up around **1,000 letters** written by the siblings of **Russia's last tsar** for auction on Monday. The letters contain the correspondence between Ferdinand Thormeyer, the children's French tutor, and Olga, Michael, Xenia and George, the children of Alexander III. They date from 1882 to 1959 and provide a rare and personal view of Russian history, pre and post revolution. An heir found the collection of 2,000 letters, telegrams and photographs when he was clearing out his attic.

Unemployment rates have increased in all French-speaking cantons this November, except Geneva. The largest increase was seen in Valais, where unemployment increased from 0.6% to 4.2%. However Yves Flückiger, professor at the University of Geneva and Director of the Graduate Employment Observatory, notes that the rise is not surprising as “many economic sectors slow down their activity at this time of year,” such as hotels and construction.

Switzerland Tourism has invited eight **Chinese ski instructors** to ski resorts in Davos, Engelberg, Grindelwald, St Moritz, Verbier, Villars and Zermatt this season, due to increased interest in winter sports by the Chinese. The instructors will undertake an internship and an additional week's **training in St Moritz.** They will contribute to a Chinese mobile application on skiing that will provide tourists with information and ski advice. The tourism board expects the number of Chinese winter tourists to increase by 1,000 annually.



Ecole hôtelière de Lausanne remains **number one** in the world of hotel management schools, a study conducted by TNS Sofres among 232 managers and recruiters from the hospitality industry found. Respondents were asked to choose the one they considered the best from a list of 86 renowned schools. EHL was praised by 67% of respondents. The world's **top three hotel management schools are Swiss**, the survey revealed. In the number two spot, behind Ecole hôtelière de Lausanne, is Glion Institute of Higher Education, followed by Les Roches in Sierre in third place.

Roaming charges

CONTINUED FROM PAGE 1

Despite Swisscom's advance, Connect concluded that Sunrise and Orange also delivered good results. Sunrise finished on “eye level” with Swisscom for telephony in cities and for indoor data service on tablet PCs. For this reason, the magazine noted, “the Swiss number one should not rest on its laurels.” Of concern to many mobile users, however, is the high cost of roaming charges outside Switzerland. While the EU is now in the process of scrapping roaming charges in Europe, the Swiss companies are not planning to follow suit.

Swisscom representative Carsten Roetz acknowledged that this is a subject of “heated debate”. At the same time, the regulations will have “no immediate impact on Swiss customers” given that Switzerland is not an EU member. Furthermore, said Roetz, Swisscom has reduced charges by 90% since 2006. Two out of five customers no longer pay roaming as they have “infinity” subscriptions. Despite

Swisscom's claims of already ‘significant’ reductions, many Swiss customers would still like to see roaming charges scrapped, a move that Berne, as majority shareholder of Swisscom, is not willing to concede.

Roetz added that even though Swisscom has to pay for foreign network usage, it has no interest in maintaining artificially high roaming charges. Sunrise/Yallo roaming charges in France, for example, cost CHF 1.80 per minute to phone Switzerland (CHF .70 for Swisscom) and CHF 0.80 to receive a call. This is why many Swiss users visiting France put their phones on “manual” as long as a Swiss signal is available. Swisscom saw its net revenue rise during the first nine months of this year to CHF 8.46 bn, but its net profit dropped by 6.1% to CHF 1.27 bn, largely because of infrastructure investments during 2013. Swisscom is not the only company against following the EU. Companies, such as Sunrise/Yallo, also charge high roaming rates. *Edward Girardet*

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Regional

le News

WEEKLY SWISS NEWS IN ENGLISH

The Mandela legacy: Lessons for thugs

Not long after Nelson Mandela was released from prison in February, 1990, he came to Switzerland to meet with Swiss officials. Loretta Hieber, an American novice journalist working for Swiss Radio International, turned up hours early at a stately mansion in Berne in search of an interview of a lifetime. Stepping out of his car, Mandela was ushered in by men in dark suits, but, noticing the forlorn young woman with her tape recorder, signalled that he would talk with her afterwards.

Scores of reporters later turned up for the iconic South African activist. When he appeared, journalists surged forward expectantly. But instead, Mandela searched the throng until he spied Hieber. Gesturing to her, he turned to other reporters. "Sorry, I promised this young lady that I would speak to her and she has been waiting for me." For Hieber, who now works for the UN in Geneva, it was a moment she never forgot. "Nelson Mandela showed me an act of kindness that day that I never forgot. He was a humble and profoundly human person who could have easily preened for the cameras, but chose to focus on the lowly radio journalist shoved to the back of the crowd."

Switzerland again played host to Mandela in January 1992, when he spoke at the World Economic Forum in Davos. Contrary to the political agenda of his party, the ANC, it was here that Mandela changed the course of post-apartheid South Africa. He publicly embraced the need for a free market economy as the only way forward for a vibrant new South Africa. Rather than nationalisations, he urged the creation of a stable environment that would attract investment for ensuring jobs and equal rights for all.

Mandela was the man who saved Africa's honour. Not only did he reconcile differences by bringing together hardline white Afrikaansers and black nationalists, but he served as an exemplary model for fellow politicians. By stepping down as president after only one term, he proved to the Daniel Arap Moi's, Robert Mugabe's and Mobutu Sese Seku's that being an African leader did not have to mean clinging to power through corruption and thuggery. He also showed a younger generation of Africans that true leadership, whether in business or politics, is not about hidden Swiss bank accounts, racist hatred, or egotistical self-promotion.

And yet, the actions of all too many of Africa's government, insurgent or economic power elites continue to bring shame, devastation and abuse to their countries and people. These are precisely the issues that organizations in the Lake Geneva region are seeking to grapple with. The launching of this week's War Report by the Geneva Academy of International Humanitarian Law and Human Rights, the first such analysis of armed conflicts around the world, only underlines what continues to go wrong in Africa. But it also suggests what can be done to bring those responsible to justice. The Initiatives of Change Foundation in Caux seeks to promote what Mandela stands for by advancing imaginative steps to peace. And in Geneva, Kofi Annan's Africa Progress Panel strives to promote effective change through greater transparency and coalition building among decision-makers. The question is: will young Africans succeed where their elders have failed? And to what extent can Switzerland help realise Mandela's vision for selfless and responsible leadership beyond just talk?

Edward Girardet

Lausanne's Taoua tower

LAUSANNE

Beaulieu's skyline is jeopardized by plans for a 92-metre high hotel, business and housing project. This would dwarf Lausanne cathedral – at 80 metres the hillside city's tallest building – and dominate a neighbourhood that barely surpasses six storeys. Over 500 politically independent people have rallied to halt the 27-storey block, which would blight the city much in the same way as the Montreux Tower ruined the end of Lake Geneva.

For its opponents, the tower would not only ruin Lausanne's historic beauty but also fail to address strident housing imperatives, as well as exacerbating traffic and parking congestion. Nor does the creation of 40 new flats justify it. "What is not acceptable is the visual impact this will have on Lausanne," said Laurent Mermier, president of the Beaulieu Collective.



Progress or eyesore for Lausanne?

Opponents have until 16 December to collect the 8,443 signatures needed for a referendum. Project head Olivier Français stressed that the tower was the most viable of all the proposals, responding fully to visual and economic norms, and had been presented three times to Beaulieu residents. "The results showed two-thirds were for and one-third against on each occasion," he said. The proposed tower, which some regard as yet

another example of the bland or unsightly "block" architecture invading Suisse Romande, is a reflection of adverse political and social agendas. If accepted, the fear is that more such projects will destroy what is left of Lausanne's aesthetic layout. *Christopher Woodburn*

Should a 27 story tower block be built in Beaulieu, Lausanne?

*Yes, why not
No, bad idea*

Wawrinka: SEG's new ambassador

MONTREUX The Swiss Education Group, one of the country's leading hotel schools, this week celebrated its appointment of world number eight tennis player Stanislas Wawrinka as the company's new ambassador. The rationale is that both sport and SEG are considered schools of life, helping students reach their objectives through protracted high-quality mentoring.

According to Wawrinka, the parallels between the hospitality industry and high-level sport were salient in his decision to team up with SEG. "Passion and professionalism are the driving forces behind any personal aspiration," he noted. With over 5,000 students, SEG regards the Vaudois as the perfect match. A self-professed cook, the Swiss number two acknowledged that while travelling remains a perk, a good hotel experience is crucial for his performances.

Despite his passion for visiting new places,

Wawrinka considers Switzerland his home. This patriotic fervour is reflected by SEG's pride in representing a country considered the world industry leader. For Wawrinka, tolerance, diversity and professionalism of the highest international standard sealed the deal. Given the Institute's stylish headquarters coupled with exceptional catering and a view of Lake Geneva and the Alps, it's easy to understand why.

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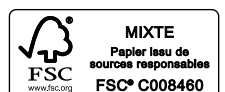
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National

Gender: Yes mind the gap



Gender equality remains at the heart of current social and political debate in the country.

Although it has one of the most affluent and robust economies in Europe, Switzerland appears to lag behind in the gender equality arena.

The Swiss National Science Foundation recently published a study entitled "Gender Inequalities in Educational and Career Pathways", revealing that the majority of Swiss educational and career choices remain traditionally gender segregated, especially compared to their European counterparts.

Furthermore, a study carried out in 2009 by Charles and Bradley, sociologists from the University of California, ranked Switzerland as one of the most gender-segregated countries by measuring the professional female presence in engineering, maths and science, humanities and health-based professions. The study pinpointed a general trend that saw that the most economically developed countries having the highest level of gender-segregation – contrary to popular belief.

So how difficult is it to break into a male-dominated subject or profession in Switzerland?

The "Gender Inequalities and Career Pathways" study explored family background, personal and educational history and societal ideals of career and family. It noted that most women in male-dominated professions were influenced and supported by their families in going against the grain, since support was essential to face the adversity resulting from making unusual life choices.

Stefania Pedrazzi, a programmer at robotics simulation firm Cyberbotics, maintains that there is still a gender bias – positive or negative – in technical subjects such as computer science. In her class at ETH in Zurich, the sister university of EPFL, there were only 10 girls in a class of 100. "There was a support group for girls, encouraging them to follow untraditional career paths," she said. "But I think at that stage everyone should get the same help – regardless of gender." She maintains that the prime time for encouraging girls to explore male-dominated subjects is at school – when your ideas for the future take shape. "In my high school, a local association organized trips for girls to visit ETHZ to see the options we had. This made me realize

maths and computer science were feasible and real options for my future." In terms of her work life, she has never experienced any discrimination, but maintains this probably is not always the case.

Some interpret the recent referendum proposing tax breaks for families with stay-at-home mothers as a right-wing ploy to surreptitiously nudge women away from the workplace. Such archaic attitudes do not promote gender equality in any case.

However, the polls aren't all bad – the World Economic Forum's annual "Global Gender Gap Index 2013" boosted Switzerland up one place to 9th worldwide. This was mainly due to increased salaries for women. The index considers factors such as economic participation and opportunity, educational attainment, health and survival and political empowerment. And although women hold only 12% of Swiss board director positions, their participation in government is 25%, above the international average of 16.3%. Currently, three out of seven members of the Federal Council that forms the Swiss government are women.

Jennifer Rose

Schools influence gender bias

The Swiss education system could be in part responsible for the current disparity in gender-dominated professions such as computer science and teaching – as well as for keeping women at home or in part-time jobs.

The "dual system" approach, also adopted by Germany, divides academic studies and vocational training during secondary school, when the students are young teenagers. In terms of academic studies, at this age students choose to focus on either arts subjects such as English or technical subjects. This requires students to narrow down a career path at a very young age.

Prof. Andrea Maihofer, leader of the Swiss National Science Foundation's "Gender Inequalities in Educational and Career Pathways" project, noted: "This comes too early and at an awkward point in a person's life. At this age, gender identity is very rigid and young people choose professions which seem gender-typical and offer the greatest gender identification." Out of a sample of 6,000 pupils analysed from the year 2000, only 1% pursued gender atypical studies and actually remained in a related profession seven years later.

Moreover, at this age youngsters haven't been exposed to the working world enough to be aware of the opportunities that are out there. "Some of them are not even able to acquire the information needed to make an informed decision," said Dr Sandra Hupka-Brunner of Basel University. If parents have followed a traditional working path, it can be difficult for a child to break away.

Fast-forwarding to parenthood, many Swiss primary schools follow a lunch-at-home policy. Additionally, different schools (even within the same commune) maintain different hours. Parents have to take their children home for lunch, and/or juggle lifts throughout the day. This requires one parent to stay at home or have flexible working hours which propagates the gender divide because a choice has to be made by parents.

Jennifer Rose



Business & Economy

EPFL finds the secret to super-speed surfing

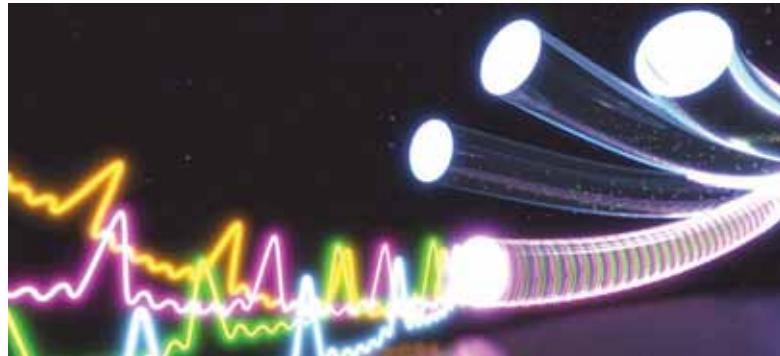
LAUSANNE EPFL scientists have discovered a way to increase optical fibre capacity 10-fold.

EPFL announced last week that its scientists have worked out how to minimise the space between the pulses of light that transport data through optical fibres, dramatically boosting their capacity.

First introduced in the 1970s, fibre optics now form the backbone of the Internet. Since then, the data capacity of the technology has advanced by a factor of 10 every four years.

"But for the last few years, we've hit a sort of ceiling, and scientists all over the world are trying to break through," said EPFL's Camille Brès.

Together with Luc Thévenaz, Brès devised a method for fitting pulses together, reducing the space between them inside the fibre. Their approach makes it possible to use all the capacity



EPFL has again demonstrated its world-class capacity for innovation.

in an optical fibre, opening the door to a 10-fold increase in data passing through telecommunication systems.

Researchers knew that packing signals closer together would result in a key breakthrough, but until now no one was able to do so without causing interference between the pulses.

EPFL scientists found that the secret lay in creating pulses with uni-

form frequencies. They created ideal pulses with more than 99% accuracy.

The technology, likely to spark industry interest, is mature, relatively cheap, 100% optic and could fit on a chip.

"It almost seems too good to be true," Thévenaz said.

Moyette Marrett

US offers Swiss banks only uncertainty

BERNE Valiant Holding AG became the first Swiss lender to say it will work with Washington in a crackdown on US citizens with hidden accounts. The regional bank, which has 400,000 clients, said it would participate in the scheme to clamp down on tax evasion agreed by the Swiss and American governments because it could not guarantee that all its US clients paid taxes. Stressing that it had "never actively" tried to secure mandates from American customers, Valiant said it intends to designate itself a "category two" bank – a classification defined by the US for firms willing to share details of their stateside operations and pay penalties.

"The costs of the US programme will not jeopardize the financial stability of Valiant in any way," Valiant said. Vontobel, another Swiss bank, said it does not expect to pay a penalty, while the Berner Kantonalbank said it will enter as a "category two" bank.

More banks are expected to tell Swiss financial regulator FINMA that they will bow to US pressure to come clean on any past transgressions. The regulator requested banks to come forward by 9 December if they intend to participate. The US authorities need to be informed by the end of the year. Any



Swiss private banks are caught between a rock and a hard place.

bank failing to cooperate "must expect to be involved in a conflict dragged out over years and the fear of further sanctions from the US authorities," FINMA director Patrick Raaflaub said in a recent interview.

In August, Switzerland agreed to US demands forcing banks to disclose American client information, ending more than two years of negotiations over investigations into at least a dozen banks, including Credit Suisse and Julius Baer. Under the terms, banks not already under investigation are allowed to disclose wrongdoing voluntarily and turn over client information.

Raaflaub conceded that cooperation could result in fines of up to 50% of the value of assets that banks managed on behalf of Americans. The deal also offers no guarantee to the country's 300 plus banks that they will be exempt from future lawsuits. UBS avoided prosecution by admitting it helped Americans evade taxes and by paying \$780 million in 2009. It also handed over details of 4,500 US account holders. Wegelin closed its doors this year after being indicted.

Moyette Marrett

Switzerland keeps Standard & Poor's AAA rating

Berne. Standard & Poor's retained its triple-A rating on Switzerland, saying the country maintains a stable outlook on sovereign debt. Switzerland has a diversified and prosperous economy, capable of withstanding most potential macroeconomic shocks, the ratings agency said.

Edwards Lifesciences: Putting the heart into training

Nyon Edwards Lifesciences, the world leader in heart valves and hemodynamic monitoring, this week celebrated training its 2,000th heart specialist at its international training centre. Specialists from more than 50 countries have been trained in the latest techniques to treat heart-valve related diseases.



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Business Comment

Maybe kindness really is its own reward

Why caring managers must manage their expectations when lending a helping hand

The idea that colleagues should help each other deal with problems both within and beyond the workplace was first fostered by trade unions. For a time the emphasis on community, family and caring represented far more than a peripheral concern: it was a fundamental ethos.

Of course, times change. Nowadays, with unions more likely to serve their members' interests through the negotiation of material gains, the notion of mutual aid rests largely with HR departments' use of employee assistance programmes and similar initiatives.

Yet no HR department can hope to survey and control the myriad emotions that bubble away in any modern service organisation; and certainly no HR department can anticipate and deal with the spill-over of negative emotions from the home to the office or the factory floor. Enter, then, the caring boss – the manager who lends an ear, provides a shoulder to cry on, offers a kind word, listens, advises and generally tries to make good.

Intervention of this sort has attracted an abundance of research and discussion. Some argue that traditionally private aspects of life should not fall under a managerial gaze. Some contend that such apparent altruism is innately driven by the ultimate well-being of the company. Now an innovative study by IMD has added to the debate by shedding a unique light on the remarkable disparity in how emotional support is perceived by those



who give it and those who receive it.

Our study focused on staff at a successful recruiting agency specialising in supplying managers for the service sector. Dozens of employees participated in interviews and questionnaires to examine whom they turned to for succour and how they felt such assistance should be viewed. Around three quarters of lower-level workers and middle managers reported getting emotional help from their superiors – and yet, crucially, not one expressed a feeling of personal debt.

And there's the rub. It seems managers tend to regard emotional support as above and beyond their responsibilities and therefore worthy of repayment in the form of a show gratitude – greater commitment, say, or enhanced loyalty – whereas employees simply deem such acts of kindness part of their superiors' duties and so have no intention of working any harder by way of saying thank-you.

A senior manager interviewed for our study summed up the situation thus: "When you do something for someone," he said, "you always kind of expect it to be reciprocated. If we go to the pub and I buy you a drink it will sort of be expected that the next time around you'll buy me one. It's in every element of our culture – except the workplace."

In other words, if a manager has helped an employee overcome some sort of personal crisis, would it be too much to ask the employee to work a little harder to satisfy a pressing target or

stay a little later to meet a tricky deadline?

Managers tend to think not, but employees would disagree. As far as employees are concerned, such managers haven't done anything extraordinary. Managers have a wide-ranging responsibility to the workforce and are paid good money to do whatever it takes to keep the staff happy. So, in the employee view, managers can forget about the unpaid overtime or whatever.

Interestingly, our research shows managers and employees alike recognise that controlling negative emotions can be tremendously important within an organisation. As one interviewee observed, the risk otherwise is that the negativity will "spread like fire". A happy workforce is inherently more disposed to boost sales and profits.

Indeed, most managers cite such considerations as a principal reason for their intercessions. Moreover, even those who claim their motives are more social – "Christian spirit", for example, or "because it's the right thing to do" – concede they hope to gain something in return, possibly in the form of increased recognition from those they help and, maybe more significantly, from their own superiors.

But the thanks seldom come, which can give rise to a striking paradox. Sometimes the very negativity managers seek to reduce ends up being perpetuated not by the employees who originally harboured it but by the managers themselves, whose mounting

frustration in the face of ostensible or genuine ingratitude can lead to anxiety, a sense of helplessness and, in extreme cases, even burn-out.

Take, for instance, the manager who devoted substantial time and energy to helping an employee deal with issues outside work – only for her to resign once she finally began putting her problems behind her. As the manager recalled: "When she was turning the corner she said: 'I'm leaving.' My initial reaction was: 'Oh, I feel really let down. I've put a lot of work into you as an individual on a personal basis.' A couple of days later she said: 'You don't seem very happy for me.' I said: 'I am happy for you, but I feel a bit disappointed.' She said: 'Oh, I didn't think about that.'"

In short, the outcomes of providing emotional support can be decidedly mixed. This being the case, maybe the lesson for all concerned is to avoid unrealistic expectations – not least in an era when so much of economic life is built on services that we perhaps should hardly be surprised when workers believe maintaining a healthy emotional climate is just another element of a boss's remit.

The fact is that managers – and, in turn, companies and their clients – do benefit from a contented team. Superior results and productivity is essentially a given in such circumstances, even if additional displays of loyalty and commitment are not forthcoming.

It need hardly be said that some manifestation of gratitude beyond this would be nice. All things considered, however, there really is no cause for bitterness or hand-wringing if – as our research suggests is highly likely – the longed-for thank-yous remain conspicuous by their absence.

Ginka Toegel is a Professor of Organizational Behaviour and Leadership at IMD.



Insight

Toxic soup

Endocrine disrupters are found around the home in everything from soap to sofas and non-stick pans. They pose a threat to health.

Dr John Peterson Myers is careful about the soap he buys, he uses a minimum of personal care products, and he makes considered choices when purchasing other consumer goods. He lives in a two hundred year old house where he says, he can "hear insects scurrying away in the beams". But that's fine by him, "I am not going to use harmful products to get rid of them".

"Substances that contaminate the air, water, soil and our bodies via sources that include industrial and agricultural activity, consumer goods and energy production", was the main focus of a talk by Dr Myers to Pesticide Action Network Switzerland (PAN Swiss) gathered in Montreux on Tuesday morning. Dr Myers, a leading

scientist in the subject of endocrine disrupting chemicals (substances that alter functions of the endocrine (hormonal) system) is co-author of the book "Our Stolen Future. Are We Threatening Our Fertility, Intelligence, and Survival?" This book published in 1996 was quoted by Al Gore as "A critically important book that forces us to ask new questions about the synthetic chemicals that we have spread across this earth".

Since then thousands of scientific articles have been published on endocrine disruption and PAN Swiss had invited Dr Myers to update them on new developments.

Dr Myers began his talk by asking everyone in the room if they knew someone, or if they themselves had been affected by illnesses such as breast cancer, fertility problems or immune problems. As almost everyone present raised their hand, he used this example to illustrate how endocrine disruption is widespread and affects

society at every level. From Gore-Tex coats and non-stick pans, to fire retardant sofas and thermal printed till receipts, no one is immune from these sources.

So why are consumer products that pose a threat to human health still making it to market? Myers feels that many regulatory agencies are not using modern tools to test products. He likened the current tests as "using large binoculars to look for problems, rather than using the equivalent of the Hubble telescope".

Despite warning the audience, "This current generation of children is not going to be as healthy as you are", Dr Myers concluded by saying there were some positive signs that industry was now beginning to get the message, even if only because they realised it would affect the bottom line. Other positive steps being taken are to educate the scientists inventing new products to think of their long term effects.

Nevertheless he concluded, "mem-



bers of the public shouldn't have to be chemical engineers when they go shopping, and work out what's safe and what isn't. It's the responsibility of industry to clean up their act". However we, as members of the public, can arm ourselves with information to be aware of the risks.

For more information on PAN Swiss activities, see <http://pan-swiss.org/>

Catherine Nelson-Pollard

Travel

Seeking good-value dining

One of the most consistent complaints among readers and visitors is the region's lack of quality, good value restaurants. People don't mind spending, but all too many establishments offer mediocre food not worthy of the prices. Here are some favourites.

Café du Paris, 26 Rue du Mont-Blanc, 1201 Geneva. Tel. 022-732-8450. A French-style brasserie only serving steak with excellent frites, this remains a classic for the family or visitors. Menu: CHF 42.

La Buvette des Bains de Paquis, 30 Quai du Mont-Blanc, 1201 Geneva. Tel. 022-738-1616. A Geneva gem, particularly in the summer, for lakeside breakfasts and lunch. Modest prices. Excellent fondues (CHF 23) and convivial evening atmosphere.

Café du Soleil, 16 Place du Petit-Saconnex, 1209 Geneva. Tel. 022-733-3417. A four-century old hangout. Good salads (CHF 17 to 19) and plat du jour. Outside terrace. One of the best fondues in town. (CHF 23). Reserve!

Creux de Genthod, 29 Rte du Creux-de-Genthod, 1294 Genthod. Tel. 022-774-1006. Arguably Lake Geneva's most romantic lake restau-



Place de Bourg in the heart of the old town in Geneva.

rant with view of Mont Blanc. Superb filets de perche (CHF 39). Open winter.

Sur l'Ardoise, 38 route de Maconnex, 01210 Versonnex,

France. Tel. 0450-418853. A newish good value quality restaurant in the Pays de Gex. Excellent plat du jour (13 euros) with €30 to €35 evening menus.

Auberge du Chasseur, 1186 Essertine-sur-Rolle. Tel. 021-828-3212. One of the best meat places in the region: beef, lamb, chasse... Menu: CHF 78. Fireplace, convivial and romantic.

Chez-Xu, Rue du Tunnel 10, 1005 Lausanne. Tel 021-312-4087. One of the best value restaurants in Switzerland! Two branches in the centre. Offers authentic, fabulous and cheap Chinese food. Try the grilled dumplings and spicy beef. (CHF 16-20 per huge dish) Booking vital.

Eat-Me, 3 Rue Pepinet, 1003 Lausanne. Tel. 021-311-7659. Excellent and varied cuisine. Very good value and service. (CHF 40-70) -

L'Union, 1426 Concise (near Yverdon). Tel. 024.434-1187. Eccentric, off-the-beaten track with good food, good value. Run by Willy Isler, you're more than just a guest... Go with friends for something special.

Auberge de la Cergniaulaz, Route de Cergniaule 18, Les Avants, Montreux 1833. Tel 021-964-4276. Excellent Swiss cuisine with an outdoor terrace and superb views of Montreux and the lake.

Le News

A stocking full of surprising wines

The seasonal holidays herald not only festive cheer, but also many festive "cheers!"

Special wines are stored or bought in time for the celebrations to accompany the fabulous meals to be shared with family and friends. We are so spoilt by the many choices in the wonderful world of wine that this is a perfect time of year to try some tasty alternatives. Enjoy your traditional dishes by pairing them some less traditional wine selections. The following suggestions can help you ring the changes.

Sparkling wine

Prosecco is an easy-drinking style of bubbly from the Veneto region of Italy. It is the kind of sparkling wine that gives year-round pleasure, brightening the mood on a warm winter evening by the fireside just as much as a hot day in the summer sun. It's soft, light and creamy, and the better examples tend to be dry in style. You can also find rosé versions as well as off-dry and sweet styles, though the added sugar often makes up for lower quality wine. For any budding bartenders it makes the perfect Bellini, the classic sparkling wine cocktail of Prosecco and peach purée created at Harry's Bar in Venice. Serve as an aperitif, with panettone or even with a brunch of scrambled eggs and smoked salmon and a selection of pastries.

White wine

The Rias Baixas region on the Atlantic coast of northwest Spain produces crisp and fragrant white wines made from the Albariño grape variety. Zesty notes of lemon and grapefruit combine with white peach flavours to deliver a fresh sensation in the glass as bracing as the sea-breeze. Serve with smoked salmon, seafood starters and fish, such as sea bass.

Red wine

New Zealand is starting to do with Pinot Noir what it has done so successfully with Sauvignon Blanc. It has created a distinctive expression of the grape variety that adds real interest and sets it apart from other countries. Regions such as Martinborough and Central Otago (the most southerly wine-producing region on planet Earth) benefit from cool climates in

which Pinot Noir thrives. The wines are elegant and medium-bodied with smooth flavours of succulent cherries and red fruits, which truly linger on the palate. Serve with roast turkey and other roast meats as well as dishes with wild mushrooms.

Sweet wine

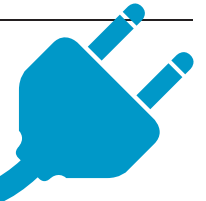
Tokaji is the original sweet white wine from the northeast corner of Hungary. There the understanding of the botrytis fungus, which produces the highly prized and so-called noble rot, predates all other countries by a few centuries. Made from the Hárslevel and Furmint grape varieties, Tokaji is brimming with lively acidity to counter-balance the sweetness. The wine reveals characteristic flavours of caramelised orange, lemon candy and honey, with a long finish reminiscent of orange marmalade. On the label the designation "Puttonyos" refers to the number of ladles of super-ripe, shrivelled berries ("Aszú") that are added to each traditional 136-litre barrel. Aim for at least five Puttonyos to enjoy the full-on Tokaji experience. Serve with warm foie gras or blue cheeses such as Stilton and Roquefort, as well as with desserts such as bread and butter pudding or treacle tart.

Fortified wine

In southern Spain the region of Montilla-Moriles, a neighbour to the better-known Sherry region, is the hottest part of the country. The vineyards are dominated by the Pedro Ximénez grape variety, which not only revels in the sweltering climate, but also produces extremely sweet grapes. The result is known as PX, a sticky elixir as black as molasses and best described as liquid Christmas pudding. The wine's aromas are pronounced and complex evoking raisins, tobacco and liquorice, while the palate overflows with the bitter-sweet flavours of dark chocolate, roasted coffee and fruit-cake. Serve on its own as an alternative to dessert or with Christmas pudding, brownies and dark chocolate fondant. Try pouring it over vanilla ice cream for an unforgettably luxurious combination.

Simon Hardy holds a Diploma in Wines & Spirits. He is the founder of Fitting Wines, which provides a range of personalised wine services in Switzerland. simon.hardy@fittingwines.com.

Plugged in



Skiing on a shoestring

It's that fantastic time of year again. Fresh snow adorns the mountains bespeaking hours of untamed excitement for those who want to hit the slopes. Who's going to resist the Alps or Jura for exuberant winter weekends? Dust off your gear and start planning. You can easily be on the slopes in less than two hours (even an hour!) from Geneva or Lausanne. There are dozens of great Swiss, French and even Italian stations to choose from.

As a concept skiing is simple – and theoretically cheap. Ascend mountain, buckle up boots, click on skis or snowboards, descend mountain. But the cost of heading to higher altitudes has made many think twice before checking the hourly weather reports, or gathering up their cellar-stored kit. Skiing is a sport of physical, but also financial extremes. For those without skis, poles, combinaison (jacket and trousers), hats, gloves, goggles, boots etc. – the list is long – winter sports can become a logistical if not economic nightmare. Then there's the "cool" factor...

But solutions do exist. Equipment-wise, it's best to visit the local ski fairs – most villages have them – for great second hand deals. Try the classifieds or bulletin boards. People often want to get rid of their stuff quickly, read:

cheaply. Good gear makes a difference, but compromise between quality and price is not bad either. You can also re-use gear, significantly reducing the burden of having to hire. If you do rent, then go for the season, not the day or weekend. Many small Swiss resorts, such as Château-d'Oex and St Cergue, offer good rental opportunities, and it's a bit cheaper on the French side.

If you can't car-share, go by bus or train. Swiss and French rail offer special ski packages to places like Les Gets, Chamonix, Verbier and Zermatt. Check the resort sites for town to mountain shuttles. Pass prices have evolved and are all more or less the same, but are still worth researching. If you're not planning to ski non-stop, start at 11.00 or 12.00 using half-day passes. Or do cross-country (cheaper) in the morning, and speed off downhill after lunch. For overnight stays, try the youth hostels or backpacker inns, but beds go quickly. This sort of accommodation is great as you can cook in communal kitchens. For tight budgets, take your own lunch and snacks to the slopes easily saving CHF 10-20. Just remember to remove your packs before clambering onto the chair-lift!

Christopher Woodburn

Cool in sites

bit.ly/1dlvJ3Q

A palindrome reads the same backwards as forward. This short video reads the exact opposite, backwards as forward. Not only does it read the opposite, the meaning is exactly the opposite.

iamboredr.com

I Am Bored is the place to chase away the humdrums. There is much here to entertain from humorous videos and pictures to web games to music and movie trailers.

Christmas shopping

Perfect personalized presents



"Of course money can buy you happiness, you've just gotta know where to shop."

If your loved one does not have everything yet and you are at a loss – trying to choose between this season's pashminas and guessing which colour eye shadow to purchase, or just putting off the decision until the 23rd – keep reading! Personalize it to make your Christmas gift unique and memorable this year.

One-of-a-kind perfume is a good place to start. Jacques Masraff, based in Collonges-Bellerive near Geneva, is a master perfumier with over 25 years of experience in perfumery and aromatherapy. With his guidance you can individually tailor scents for your loved ones, choosing from a selection of over 200 essential oils made from natural organic oils and plant extracts such as jasmine, mint and vanilla. The fragrance can be crafted to fit a personal-

ity, mood or even season, and comes in the form of perfume or eau de toilette; a complementary range includes shower gel, after-shave and massage oil. As a gift, you can enclose your personal perfume in a hand-crafted bottle from a renowned glassblower. However, if your schedule is really too busy or you don't want to run the risk of picking the wrong essential oils, you can choose from a selection of custom perfumes already available.

For personalized jewellery or really personalized anything, source your festive gift from Etsy, an online global marketplace for craftspeople. Necklaces, bracelets, earrings, broaches, watches and rings of all materials and designs are available with initials, names or pictures without breaking the bank. If you are planning a

special proposal, you can even hand-design your engagement ring. Other items include hand-crafted mobile and pet accessories, craft kits and tutorials and notebooks. Etsy is also a B Corporation, meaning that it adheres to rigorous social, environmental, accountability and transparency standards as outlined by the non-profit B Lab.

If you got a Christmas bonus and really want to wow your wife or girlfriend – try Goldgenie. The London-based company gold-plates iPads, BlackBerrys and even golf clubs and also offers a laser engraving service. If you are feeling romantic, try a bunch of gold-plated roses. These are expertly preserved using a mixture of 24-carat gold, platinum and resin. Warning: prices are not low.

And finally, what promises to be a gift treasured by youngsters aged 2 to 6 – a personalized book with their name in it as the main character! Lostmy.name produces these individual books, creating a personalized tale as the character goes on an adventure to track down the letters of his or her own name. You can preview the story and order online.

Contact details:

Perfumier Jacques Masraff: 022 752 3478; www.evanescence.ch

Etsy: www.etsy.com

Goldgenie: www.goldgenie.com

Children's books: www.lostmy.name

Jennifer Rose

la-praille.ch

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Christmas shopping

Non-stuff gifts

Finding a Christmas present for "the person who has everything" can be a real frustration – in fact let's be honest, a total nightmare.

To make matters worse, just when you've had a GREAT IDEA for your beloved's gift, your routinely annoying, well-organised sister turns round and smilingly proclaims that she's just found the ideal present that happens to be your GREAT IDEA.

Help is at hand. Go abstract, not gift wrap. Memberships of clubs or subscriptions for entertainments such as theatre, museums or cinemas are a good place to start. Magazines or newspaper subscriptions are easy – just choose one that fits with your loved one's hobbies or interests.

Make a voucher for anything! It is really easy – use your PowerPoint skills for something useful for a change. The voucher can be a weekend away in a boutique hotel, a ski pass, dinner in a swanky restaurant, even an appoint-

ment with a beautician. A gift-token from a specific shop for say a scarf can be restrictive. However your own voucher (for said scarf) also endows that wondrous extra: The Power To Shop. A couple of don'ts, guys. Don't risk vouchers for hair dressers – it can back-fire badly when she comes back with an allegedly unsatisfactory cut and colour blaming the idiot stylist who is "a total klutz compared to André". Don't make or buy vouchers for botox or liposuction treatments – truly you will witness a sense-of-humour failure of biblical proportions and you may never hear the end of it.

One great present is to order a bunch of flowers to be delivered every week. A tad expensive, but it's a fantastic present that improves the mood in the home week after week – just don't order them from the local petrol station.

Voucher for a man? What's wrong with a case of beer per week and the full collection of Die Hard DVDs?

Jeremy McTeague

Stollen

Stollen is a traditional Swiss and German fruit bread that dates back to the 15th century.

It can replace a Christmas cake or be served as a festive tea-time accompaniment.

Ingredients: 100ml lukewarm milk, 35g fresh yeast, 1tsp salt, 35g sugar, 350g plain white flour, 1tsp mixed spice, 150g mixed dried fruits of your choice, 60g sliced almonds or pistachios, 50g butter, 2 beaten eggs, 180g marzipan. 10g of flaked almonds for decoration.

1. Place flour, butter and salt into a sizeable mixing bowl and rub in the butter until a breadcrumb consistency is achieved.

2. Add the yeast (crushed in pieces), milk, eggs, sugar and spice together gently to the mix and cover with flour and partially blend. Leave for 30 mins in a warm area. (Allows yeast to activate).

3. After, mix the ingredients well to form a dough.

4. Knead dough on a floured work sur-



face – at this point add the dried fruit and nuts. Continue kneading for 5 mins.

5. Using a rolling pin, roll out the dough so it is approx. 20cm x 25cm.

6. Place the marzipan in the centre of the dough and fold over the four edges of the dough to cover it.

7. Place folded side down, on a greased baking tray, cover with cloth and leave in a warm place for 2 hours or overnight if possible.

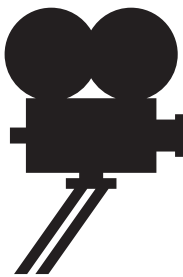
8. Preheat oven to 190C.

9. Bake for around 40 mins (more or less depending on the temperament of your oven!)

10. After removing from the oven, brush with melted butter and decorate with icing sugar (add the flaked almonds!)

11. Cool and serve in slices. Merry Christmas!

Photo by Rene Schwietzke.



FILM REVIEWS

By Neptune

★ ★ ★

All Is Lost

Release: 11/12

Here's 77-year-old Robert Redford all alone on a sailing boat that is broken and lost at sea, a sort of modern-day *The Old Man and The Sea*. He does a fine job of keeping us intrigued throughout his attempt at survival, but my only problem was, as an experienced sailor, why didn't he take a life-vest when he left his sinking boat? It's like a crooked painting or an unclosed door – it really bothered me. Otherwise, it's well directed by JC Chandor (of the excellent *Margin Call*) and engrossing, despite a lack of dialogue.



★ ★ ★ ★

Rêves d'or (La Jaula de Oro)

(vo Spanish)

Release: 4/12

Three youngsters, one of them a girl masquerading as a boy, go on a perilous journey riding on top of freight trains from Guatemala to the US bor-

der, in a desperate quest for their "golden dream". This first feature film by the Spanish/Mexican Diego Quemada-Diez is beautifully crafted, as realistic as a documentary, as powerful and tragic as a social commentary and as delicate as a fleeting love story. It has picked up many awards, including one from the *Certain Regard* section in Cannes and Best Film at the Zurich film festival.



Christmas cuisine

Service compris: the unwritten rules of dining out

GENEVA There is no denying that restaurant service has seriously declined in recent years.

This is true whether locally or in Paris: quelle horreur! Gone are the days when being a French-trained waiter was a respected and even prestigious job, if never well paid.

Good waiters have uncanny powers of observation. They manage to serve you efficiently and leave you alone until they catch your eye, or raised forefinger, or the ubiquitous scribbling sign for "l'addition s'il vous plaît". When I dined out recently in a tiny local restaurant, a single waiter served about a dozen tables with impeccable timing and grace, never missing a beat and never neglecting a patron. It was a performance to behold. If you're having a hard time getting a waiter's attention, you're probably not following the unwritten rules that need to be observed if you want good service when dining out.

"Popping out for a quick puff between courses is often frowned upon"

Rule number one is to look at the menu immediately after sitting down, instead of continuing your non-stop conversation. If a waiter has to return to your table several times before you are ready to order, you may have a hard time getting his attention again. The point is, he has to have a certain rhythm or routine to his work in order to serve more than one table efficiently. If you fit into it, you will get good service; if you disrupt it, you may not. He is not your personal servant. Even the famous French waiter rudeness, which has enraged so many foreigners over the years, is often simply a result of the



waiter's training to provide impeccable service, rather than to become your friend. Few Swiss waiters approach your table to say "Bonsoir, my name is Henri and I am your waiter for the evening." No one's interested in his name.

One Frenchman's favourite response was: "Yes, I know your name is Henri, but do you mind if I call you 'garçon'?"

Imagine Henri approaching your table in the midst of a heated discussion and – as in the US – interrupting to ask, "Is everything all right?" Not once but several times in the course of the

evening. (An appropriate response might be: "It was until you interrupted".) It's just not something that a well-trained waiter would do. If the customer needs something, he catches the waiter's eye, raises his forefinger or failing that, calls out in a normal voice, "s'il vous plaît".

"A good waiter will never present your bill until you have requested it"

Rule number two is, save your additional requests for whatever you forgot to order until the waiter returns with your first course. No need to spin around and wave frantically until he notices you. He probably won't – deliberately. This is not a sign of bad service;

he knows he will get back to you in time, according to his rhythm. It is, however, a sign the customer is not well versed in the subtleties of dining out.

It is impossible to imagine a Swiss or French waiter whisking the plate from under your nose before your companion has finished and sometimes while your fork is mid-air. This, however, is standard practice in many countries, particularly where waiters have not been trained to recognize the international signal that you have finished eating: placing your knife and fork together across the plate.

In Switzerland, as in most of Europe, waiters are paid a decent wage. In respectable restaurants, a good waiter will never present your bill until you have requested it. That is truly bad form. You have paid for the privilege of sitting at a table for as long as you like. Of course, there is always the possibility you may get bad or indifferent service. So what to do since service is compris? Well, you can always refuse to leave anything at all. That speaks louder than words here because waiters expect to receive a minimum of a franc a head in ordinary brasseries or more in nicer places. You can always complain to the management. But remember, if service seems bad or a waiter rude, it could be because you have not played by the rules.

Pamela Taylor

Le News poll

How does your home cooking compare to restaurant food?

- Better
- About the same
- Worse

lenews.ch/polls

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GENERAL

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rue Verdaine. Worship Sundays at 11h00. Worship, Bible studies, children's education, retreats and more. www.genevalutheran.ch 022 310 50 89 pastor@genevaluth



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Regional Events

Geneva, DRINK FOR RELIEF- TYPHOON HAIYAN FUND-RAISER

Thursday 12 December, 18h-21h

The Swiss Champagne Ambassador 2013, Kat Morse, is hosting a tasting evening of champagne and wine from all over the world. 100% of the proceeds will go to aiding the victims of Typhoon Haiyan. Please join them for a fabulous evening of champagne, wine, beautiful artwork, and live music. Light snacks will also be provided. Price: Fr. 35.- before the event at Fr. 40.- at the door.

Location

Heritage Boutique
25, rue du Peron
1204 Genève
<http://winewithkat.com/typhoon-haiyan-fundraiser/>



Evian, France, LE FABULEUX VILLAGE

13 December, 2013, through 5 January, 2014

"Le fabuleux village" or "La légende des flottins" is based on a fairy tale. A wondrous atmosphere is injected into the city center; a village built of driftwood, monumental sculptures, goblins. Legend has it that the "flottines" cover the city in a sculpture made from driftwood deposited on the shores of Lake Geneva to Evian. The village opens its doors to small and great for storytelling, workshops, and treats to share.

Location

Evian town center
France
<http://www.evian-tourisme.com/le-fabuleux-village>



Chambésy, GE, 2nd CHESS TOURNAMENT

Saturday, 14 December, 9h30-14h

For children and adults. The objective is to promote chess as a game between generations. Players from FIDE cannot participate in the contest. Children and parents play in the same group, however, they are rewarded separately. Program: 9h30-9h50 registration 10h-13h tournament 13h15 ceremony Admission: Fr. 20.- at registration.

Location

Restaurant Au P'tit Bonheur
4, ch. des Cornillons
1292 Pregny-Chambésy
022 758 08 48
www.aupitbonheur.ch



Geneva, LA R'VUE GENEVOISE

Friday, 13 December (in English) - 20h

Saturday, 14 December (in English) - 14h30 and 19h
2 November to 31 December, 2013 (in French)

For the past 120 years, La R'vue genevoise, the most important independent theater production in Geneva, has been one of the most highly expected satirical plays attracting over 20'000 spectators. Held in the Casino-théâtre, La R'vue genevoise features the highlights of the year on a local and national basis, through sketches, songs and various choreographies. For the first time in history, the emblematic theater play will be performed in English! Visit www.larvue.ch for the chance to WIN tickets.



Geneva, ONCE UPON A CHRISTMAS

Balexert: 14 December 20h
BFM: 15 December

A Christmas concert proclaiming the story of Christmas through majestic music and a short narration. The concert will be in English and simultaneously translated in French on a large overhead screen. Performed by The Geneva International Christian Choir and Orchestra.

Location

Balexert Shopping Mall
Avenue Louis-Casai 27
1211 Geneva
BFM: Bâtiment des Forces Motrices 2, Place des Volontaires
1204 Genève
www.gicco.ch



Geneva, ESCALADE

13-15 December

Every year since 1926, the Compagnie de 1602 has organized the Escalade celebration commemorating the miraculous deliverance of Geneva that took place on the night of December 11-12-1602. The occasion is marked by three days of events, during which the Compagnie recreates life as it was at the end of the 17th century in the old town and the cathedral area. The celebrations are brought to a close on Sunday evening, with a historical procession that paints a vivid picture of the people of Geneva at the time of the Escalade. Dress warmly and find a good spot to see the parade!

Location

Geneva old town
www.1602.ch



Divonne, France, CHRISTMAS FAMILY RUN

Saturday, 14 December 15h30

Family relay race comprised of one dad, one mom, and one child in aid of the Enfance et Cancer (childhood and cancer) association. Each team will be given a Santa hat to wear while they are running. The red hat must be passed to the next person in the team as the relay object. here will also be a host of other entertainment: ice sculpture, concert, giant stuffed animals and more. Registration at the Tourist Office to be on a team: €29. Many prizes will be awarded.

Location

Esplanade du Lac
Divonne-les-Bains
France
www.divonnelesbains.com



Lausanne, VD, CAPER CLUB CHRISTMAS BALL

Saturday, 14 December From 19h30

If you love to dress up and dance then make sure to join the Caper Club. Dine and dance in elegant surroundings with live music by Jacky Guilloux and his orchestra. Dance the waltz, jive, foxtrot, cha cha cha, rumba, salsa, tango, and more. Dress is formal - black tie for the gentlemen, cocktail or long dress for the ladies but... the atmosphere is relaxed. Cost is CHF 290.-/couple and includes aperitif, dinner, and dance.

Location

Hotel Beau-Rivage Palace
Place du Port 17-19
1006 Lausanne
thekellers@boxer.ch



Lausanne, BEJART BALLETT

18-22 December 20h, 18h on Sunday

Le Sacre du Printemps, Anima Blues, and Le Spectre de la rose are the 3 numbers that the renowned Bejart Ballet Lausanne will be putting on just before the holidays. Price: Fr. 25.-/person. Reserve as soon as possible through TicketCorner, CFF, Manor, La Poste, and Coop City.

Location

Theatre de Beaulieu
Avenue des Bergières 10
1000 Lausanne



Pully, VD, NOEL DES TOPS

Wednesday, 18 December, 14h-17h

The Villa Romaine de Pully puts on the occasional event for youngsters including this one. How did the Romans celebrate December 25th? Come and join in to make Roman Christmas gifts your whole family. A wintery snack awaits all who participate. From age 7, registration required. Price Fr. 15.-/child.

Location

Villa Romaine de Pully
Av. S.-Reymondin 2
1009 Pully
021 721 38 00
www.patrimoine.vd.ch



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Visit www.swissgolfnetwork.ch to discover clubs in the area, tournaments, book tee time and discover the latest golf news.

Vevey Bushido Ju-Jitsu Club

Club offers training in a variety of martial arts. Based at Rte St-Légier 8a. Call 021 922 5937, email marcbremart@hotmail.com or visit www.ju-jitsu-vevey.com for more information.

Geneva Wines and Tapas

Regular casual drinks event for English-speaking residents. Expanded to themed parties, ski trips and workshops. Well-established group. Join the Wine and Tapas Facebook page for updates or go to www.winesandtapas.com to sign up and get the latest.

Geneva Mumpreneurs

Meet-up for mothers in Geneva to discuss business ventures and advice as well as network and meet friends in the area. Go to www.meetup.com/Mumpreneurs-in-the-Geneva-area/ for more info.

Expatriparent

Advice on all things concerning becoming a parent. Information on preparation, pregnancy, birth, education, returning to work and parenting techniques with activities and events. Call Michelle Walz on 0225663793 or email to

info@expatparent.com or visit www.expatparent.ch.

Geneva Serve the City

Organization run by volunteers to serve the poor and marginalized. Partnering with homeless shelters, refugee centres and orphanages, Serve the City is looking for new volunteers. Visit www.servethecity-geneva.ch to get involved.

Geneva International Basketball Club

Multi-lingual and multi-cultural club open to all men and women basketball players 18 years or older in the Cantons of Geneva, Vaud and France. New basketball players can join at any time. Practice sessions are held on Mondays, Wednesdays and Fridays to prepare for the Geneva Amateur Basketball Association (ACGBA) championships and other tournaments. Visit <http://www.intbbc.org> or contact Michel Vauclair at r.ialcuav@bluewin.ch or 022 734-4662.

Vevey Little Arrows

Little Arrows is a group for pre-school children that gives young children and their carers an opportunity to enjoy creative time together. The group meets every Wednesday and Thursday (mornings and afternoons) in All Saints' Church Hall during school term. 10 CHF per session per child. Call 021 921 41 76 for more information or visit <http://www.allsaints.ch/children/arrows.asp>.

Montreux Centre de danse/Dance Center

This group offers dance classes in French for classical dance, modern jazz and stretching for children and adults. Well-established group. Call 021 963 02 39 or email info@centre-de-danse.ch for more information.

Crissier Tennis Academy

Offers tennis and badminton lessons as well as other sports with

English-speaking instructors. At 12 Ch. de la Gottrause, 1023 Crissier. Call 021 634 66 13 for more information.

Nyon Women's Rugby Club

Hosts a great Rugby Club for women in the Nyon area, with professional and friendly training on Mondays and Wednesdays from 19.00 to 21:00 at the Colovray Stadium. Visit <http://www.nyon-rugby.ch> for more information or send an email via their website.

HELP AND SUPPORT

Geneva Au Cœur des Grottes

Provides support for women alone or with children facing difficult situations such as family problems, domestic violence, exploitation in the workplace or accommodation difficulties returning from abroad. Based at Rue de Zurich 40, Geneva. Support sessions on Tuesday to Friday from 10h to 18h30 and Saturdays from 12h to 17h. Visit www.coeur.ch for more information.

Vaud Association of Diabetes

As a member of the Swiss Association of Diabetes, this group provides information that helps improve the quality of life of people with diabetes with special diabetes focused consultations and information sessions. Based at Avenue de Provence 12, Lausanne call 021 657 19 20 or e-mail info@diabetes-vaud.ch for more information.

Vaud abC Centre for Anorexia and Bulimia

Provides care and support for adolescents and adults with anorexia nervosa and/or bulimia and those with anxiety concerning food consumption. An interdisciplinary team tackles psychological, physical, nutritional and social aspects of these complex conditions to provide personal care. Call 0848 282 282 or visit www.chuv.ch/abc.

Geneva Narcotics Anonymous

(Narcotiques Anonymes) has introduced an English-speaking meeting as well as in French. Meetings take place regularly at Maison de L'Ancre, 34 Rue de Lausanne, Geneva. Call 24/7 to 0840121212.

Geneva HIV/AIDS: Groupe SIDA

This group is one of the best-known providers of support and advice to those whose lives are affected by HIV/AIDS in French. Starting in Lausanne in January at Foundation Roverriaz 21b, Lausanne. Until then, meetings are held at 17 Rue Pierre-Fatio, 1204 Geneva. Call +41 (0)227001500 for details.

Vaud Vogay

Association Vaudoise de Personnes Concernées par l'Homosexualité aims to objectively inform and support anyone concerned with homosexuality in the Vaudoise area with support groups and activities. French speaking, but welcomes all. Well-established. Email ecoute@vogay.ch or visit www.vogay.ch for more information.

Prangins Fondation le Cube de Verre

Support and activity group, that provides advice and resources for parents of autistic children. French speaking. At: 1 Avenue de la Gare, 1197 Prangins or call +41 (0)22 367 26 24.

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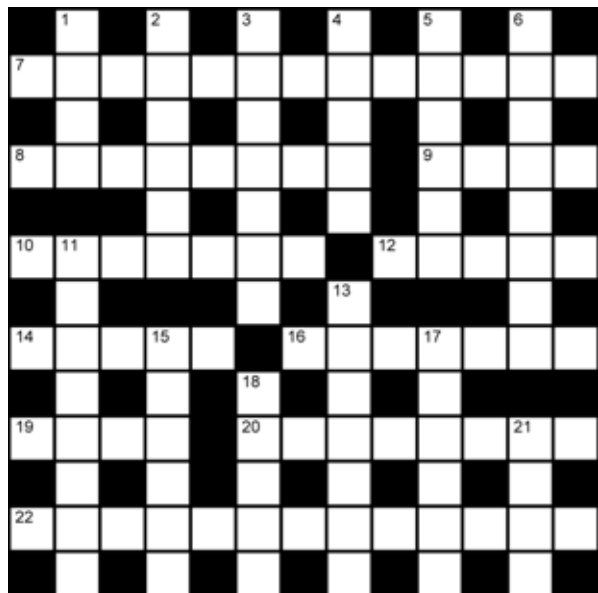
Building on the Rock and not on the sand

New Groups and Associations

Any group that wishes to raise its profile is welcome to submit an entry for free to Le News on a first come first served basis. Only entries from charities and not for profit organisations will be accepted. Entries must be no more than 50 words long and they must not fundraise, sell or promote events. Priority will be given to new organisations.

Laid-back & Vintage Gstaad / Lodge1964.ch

Puzzles



QUICK CROSSWORD

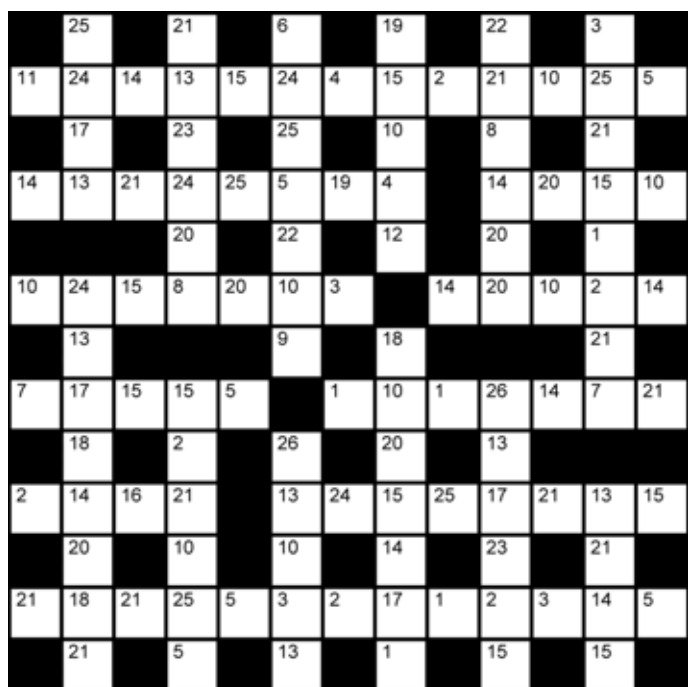
Across

- 7 A conjoiner of alloy (9,4)
- 8 Lean and thin physique (8)
- 9 Fish similar to cod (4)
- 10 Loaded (7)
- 12 Fidgety (5)
- 14 Bring forth (5)
- 16 Reinforcing both left and right (7)
- 19 Dither (4)
- 20 Ethnical (8)
- 22 Slick hocus- pocus (7-6)

Down

- 1 Scintilla (4)
- 2 But not necessarily tasty (6)
- 3 Inky occupation, (7)
- 4 Sneeringly supercilious (5)
- 5 Struck in the wrong direction (6)
- 6 Where he bought a copy (8)
- 11 So flamboyant (8)
- 13 Dirty blunders (4-3)
- 15 Simulacrum or pin victim? (6)
- 17 Good stew type if famished (6)
- 18 Off gold pigment (5)
- 21 A unit of an area in Israel (4)

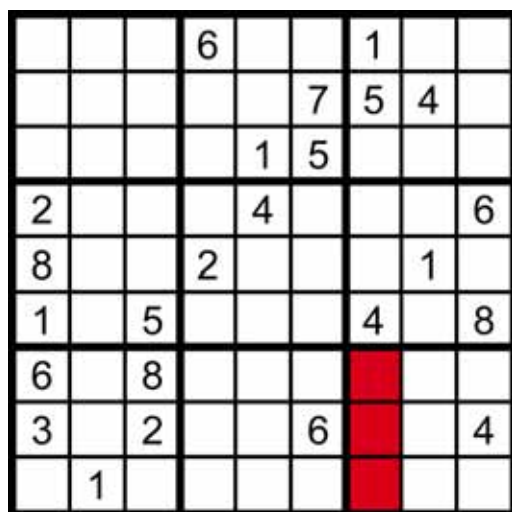
Last Week's solution



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
	H						D					
14	15	16	17	18	19	20	21	22	23	24	25	26
				V								



SUDOKU

Easy

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

What's On

Christmas Midnight Run Lausanne

14 December, Place de Riponne
from 18h00

Organized by the Lausanne Sports Department and Lausanne Sports Athletics Club, the Christmas Midnight Run invites families, Santas and company teams to take part in a selection of racing and walking events around the decoration adorned old city. The 8th annual run will be hosting a children's race, family race, Father Christmas costume race as well as short and long courses.

There is a costume prize with the best Santa voted by a jury, souvenir prizes for all participants and a heated tent at the start and finish line to provide food, music and Christmas cheer! The complete list of results will be available online after the race (timing chips used). To sign up visit the Athleticum store at the Flon on the 14th from 09h00 - 14h30 or at the start point at La Riponne from 18h00 (surcharge of CHF 5). Prices range from CHF 12-25 and deals are available for groups or teams. Complete schedule: 18h stands open, 19h15 children's race



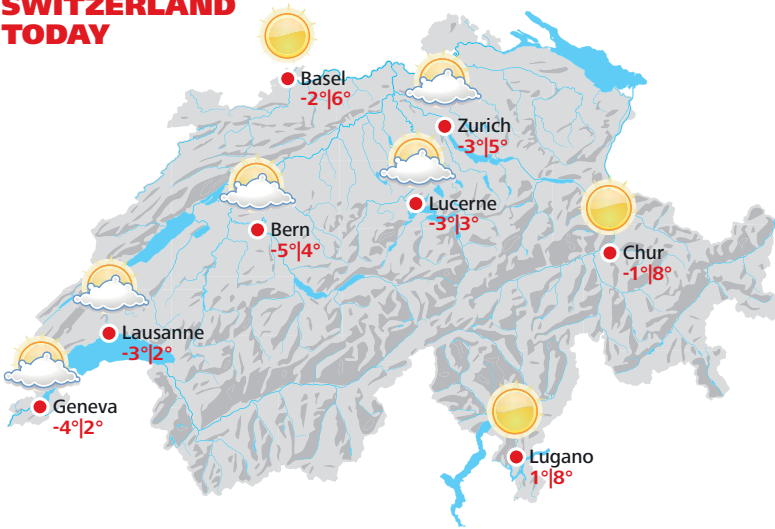
start, 19h45 cadets and schoolchildren races start, 20h20 best costume awards, 20h45 family and costume race start, 21h00 Christmas walk start, 22h00 short course and company challenge race start, 23h00 long course start, 01h00 approximate finish.

Visit www.midnightrun.ch/or call +41 21 315 14 13 for more information.

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

Weather

SWITZERLAND TODAY



ARC LÉMANIQUE FOR THE WEEKEND

THURSDAY	FRIDAY	SATURDAY	SUNDAY
-4° - 2° 95 - 98%	-2° - 2° 92 - 99%	-1° - 4° 85 - 98%	-1° - 5° 87 - 97%



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