SWISS NEWS IN ENGLISH

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WHO's Ebola impotence

Insight

Swiss property tax minefield

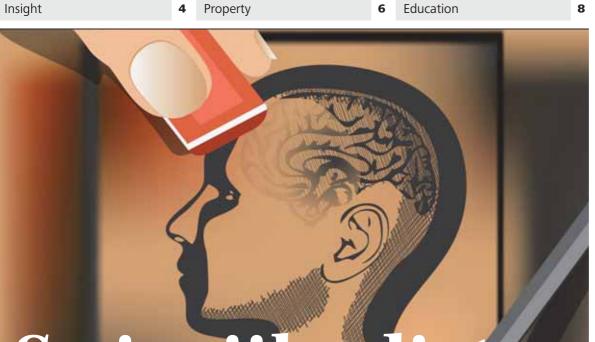
Property

Kids' learning difficulties?

Education

Norway in autumn

Travel



Foreign fighters are recruited by extremists over the internet and "brainwashed" into becoming suicide bombers.

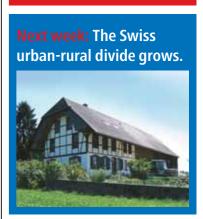
LAUSANNE The silence Switzerland's moderate Muslims was broken last week following the arrest in Kosovo of two imams who had travelled to Switzerland to recruit for Syria and Iraq. Four days later, the Albanian Islamic Centre of Lausanne denounced what it called "the brain washers" whose actions "daily shock the world and which have nothing to do with Islam".

One of those arrested is the imam of the

Grand Mosque in Pristina, Shefqet Krasniqi, who visited Switzerland on his Schengen visa. The police found a considerable sum of Swiss francs when searching his home, according to Albinfo.ch, the Lausanne-based website Albanian-speakers. Swiss-born Muslim convert Nicolas Blancho, known for his extremist views, including a bid to create a caliphate, had invited Krasniqi to address local mosques.

The official view from Bern is that there is little risk of jihadist attacks against Swiss citizens and that ISIS activities here consist mainly of enrolling fighters via the internet and attempting to hack into banks to finance its holy war. The Swiss Intelligence service (SRC) has not updated its May 2014 estimate that there are 40 jihadists from Switzerland now in Syria and Iraq.

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Swiss Update

The American Physical Society (APS), and CERN have agreed that all CERN-authored articles published in the APS journal collection are to be Open Access. CERN Director General Rolf Heuer called the agreement "A very important step towards global Open Access for a global discipline". Thanks to agreement, articles will be available free of charge for everyone to read while copyright will remain with the authors and permissive Creative Commons CC-BY licences will allow re-use of the information.



Doyen of the Swiss environmental movement, **Franz Weber** has announced his retirement from the foundation bearing his name, which he formed **40 years ago.** Weber has been a sometimes controversial force for **environmental policy** change across the country. His daughter, **Vera** will take over the running of the foundation.

The first potential **Ebola** sufferers arrived in Switzerland this week under strict quarantine. One, a nurse who had been working with ebola victims in **Sierra Leone** has been repatriated to Geneva's cantonal hospital. He will remain there for three weeks, the disease's incubation period, until cleared.



Recently released EU figures show that **Switzerland** is the fourth best **recycler** in Europe after Germany (64%), Austria (59%) and Belgium (57%). Swiss municipalities recycle **50**% of all waste collected. Europe's three other large economies, the UK, France and Italy recycle 46%, 39% and 38% respectively. Malta, at the bottom of the table, recycles a paltry 12.1%.

Hideki NIWA, the Japanese State Minister of Education and Sports last week visited the International Academy of Sports Science and Technology in Lausanne to discuss further collaboration in the fight against doping; improved governance of sport administration; and the management of technologies in sport.

Swiss jihadists

Continued from page 1

Terrorism experts are also monitoring the online activities of 60 others on Swiss territory.

A francophone network was recently uncovered, involving several Swiss jihadists. According to a French television (TF1) report on 12 September, Switzerland has become a target of French intelligence following the arrest of an alleged terrorist from Thonon-les-Bains, who was part of a recruitment network led by an unnamed Swiss from Orbe.

"This is a war being managed online, on Twitter, Facebook or through blogs," said Christina Schori Liang, a security expert with the Geneva Centre for Security Policy (GCSP). "This has caught the international community flat-footed. It is the first digital war the world has seen and we don't know how to fight it. They are basically friends talking to each other online. What happens is that one of them leaves and then helps to recruit others. ISIS is not allowing them to

return because it is training them to become martyrs for suicide missions."

Other experts say that while Westerners are beheaded when ransom money is not paid, it is moderate Muslims who have more to fear because they oppose a caliphate. Schori Liang and others believe one effective weapon against ISIS is counter-propaganda. The US Center Strategic Counterterrorism Communications recently posted a video showing ISIS sympathizers blowing up mosques with Muslims inside and executing others. It ends with a note to would-be martyrs: "Travel is inexpensive because you won't need a return ticket!" It then shows a body being thrown off a cliff.

Meanwhile, the Savatan Police Academy in St Maurice is planning a forum on 10 October to discuss the return of religious wars and how to use the internet to combat jihadist recruitment.

Pamela Taylor

Le News online









Last week's online only content at lenews.ch

Front Page: Scottish independence – what does it mean for Switzerland?



Editor's Comment: Swiss construction – more than just highways



Lifestyle: Nuit des Bains – big night for contemporary art in Geneva.



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Regional

le News

Editor's comment

Jihadists, FIFA and the "new" old age



ow should we deal with Swiss Jihadists joining ISIS? Berne may not consider it a problem, yet, but all it takes is one or $two \, to \, return \, as \, terrorists, \, While \, European \,$ Muslims are finally speaking out against the beheadings, crucifixions and Mosque

burnings, influential figures such as Tariq Ramadan in Geneva need to condemn ISIS - loudly and publicly - as being un-Islamic and uncivilized.

FIFA's refusal to publicize the findings of its 350-page corruption inquiry over Qatar's hosting of the 2022 World Cup is another concern. Zurich's foundation oversight body should not tolerate the actions of an organization, even one as powerful as FIFA, that is caught up in one scandal or cover-up after another. The International Olympic Committee in

Lausanne had similar abuses, but opted for change under new leadership.

And finally, UBS's "80 is the new 60" report on how Swiss are living longer, feeling younger. Sadly, it's not the same for everyone. On 1 October, International Day for Older Persons, a "Leave No One Behind" discussion at the United Nations will explore how the need to recognize the achievements of older people, while ensuring their rights and well-being.

Did you know?

Switzerland's prison population has increased by nine percent over the past ten years to 6,599. This rise is bang on the average for prison population increases in Europe.

According to EU stats, the country with the biggest rise was Malta with a door-slamming 49% increase. Estonia, with 3,286 prisoners, enjoyed the largest decrease (39%) in its prison population.

The rise in Swiss incarcerations reflects the increase in the most commonly prosecuted crimes: drug dealing and drug consumption (14%), theft (37%), fraud (31%) and simple assault (33%).

Edward Girardet, editor@lenews.ch

Le News diary

LAUSANNE Change is a constant at Le News so we decided to add this section to keep readers up to date. We are excited about our progress and the role the paper is now playing in the community. We have also taken on three new talented contributors $\,$ on the editorial side, begun investing further in digital and increased our distribution. This week we are printing 28,000 copies - the most we have printed this year. We have gained traction with advertisers, securing repeat business from many and attracting some high profile new clients. We only exist due to our advertisers, so please engage with them and mention you came via Le News. We have recently sponsored several events including Caveman and the Show Jumping at Villars. The Montreux Art Gallery is next on 5 November, with more to come. And last but not least, we have launched a new free classifieds offer that includes free print.

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Social assistance higher in Suisse romande

Service de l'emploi

BERN The number of people on welfare in Swiss cities is generally higher in Suisse romande than in Germanspeaking cities, according to a study by Bern University and the Cities Initiative for Social Policy. Lausanne Bienne/Biel have the greatest percentage of people on welfare among 13 cities surveyed, with increases in five other cities, declines in four and no changes in Zurich and Bern. The overall increase in the

differences explained by size, location and socio-economic environment.

ZURICH UBS this week

released "80 is the new 60", a

survey it carried out on age and

pensions. Normally pretty dry

stuff - summaries of massive

data sets - these findings offer

interesting insights into Swiss

attitudes and give ample food

for thought. We know, for

example, that the Swiss are liv-

ing longer; however the survey

also tells us that the Swiss are

also feeling younger, for longer.

ment and insight into attitudes

The findings offer com-

Votre partenaire sur le marché du travail At most risk of unemployment are foreign and low-skilled workers. Large cities generally have a higher level of welfare recipinumber of recipients was 2.5%. ents, although the study says

that at-risk groups remain the same: single parents, lowskilled and foreign workers plus those aged over 55. An estimated 50-60 percent of

A more startling finding was the growth in the number of people receiving benefits for emergency situations and to

welfare recipients have no pro-

fessional training.

those relying on these benefits over the long-term, an increase since 2006 when the average length for receiving benefits was 32 months compared to 38 months in 2013.

Despite its high rate of welfare recipients, Lausanne registered a slight drop last year due in part to restrictions $placed\,on\,for eign\,residents.$

Pamela Taylor



of the whole population. Pensioners, the results show, are concerned about losing purchasing power over time because of inflation, while those in their forties and fifties have doubts about the sustainability of the state pension scheme, AVS.

The survey is readable and relevant and it makes clear the alignment and differences between what people believe and what businesses and the government are doing or proposing. "What is especially interesting is the finding that the majority of survey respondents expect a general increase in the retirement age for both

genders. In contrast, politicians are still reluctant to propose this measure to the greater public, even though society seems to accept it as inevitable," explains Dr Veronica Weisser, a UBS economist and pension expert.



IMPRESSUM

le News

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National

Fighting Ebola without the WHO

GENEVA In the face of massive budget cuts at the World Health Organization (WHO), the US has stepped into the breach, providing USD 100 million and sending 3,000 military personnel to help stem the Ebola outbreak – but this may not be enough. According to WHO, the disease has killed nearly 3,000 people so far. The figure is climbing at a frightening rate.

WHO's budget problems began after the 2008 financial collapse, when it had to cut nearly USD 1 billion from its proposed two-year budget, which today stands at almost USD 4 billion. This leaves it unable to fund its emergency response to bring the outbreak under control, which may now cost as much as USD 1 billion.

In contrast, the US Center for Disease Control (CDC) in Atlanta had a USD 6 billion budget for 2013 alone. President Obama is asking the US Congress to approve the release of an extra USD 88 million to fight Ebola.

UN member nations contribute

only 20% of WHO's budget. The rest, according to a New York Times interview with WHO director general Margaret Chan, comes from outside donors, and "when the money stops coming in, then all the staff you recruited to do the response, you have to terminate their contracts". According to Chan, Ebola is a global issue that must have a global solution.

The WHO epidemic response department was never well funded and those offices now stand empty."

The problem is that emergency responders like Médecins Sans Frontières (MSF) rely on WHO, not only for funding but to coordinate the international response.

In the face of the WHO leadership vacuum, the US and the CDC have moved swiftly and generously. Following a call on 12 September by Chan for at least 1,000 medical workers to be sent to West Africa, Cuba quickly offered to send 165.

At a recent news conference in Geneva, Chan said more laboratories



The Ebola crisis is raising fundemental questions about the WHO and its role.

and health facilities are needed in the fight against Ebola where "the biggest obstacle is a lack of trained health care workers". But she said that money alone cannot stop the spread of Ebola. But for numerous health workers, money, logistical support and ethics are the issue. "We are willing to go but they are asking for (unpaid) volunteers and how many will agree to that?" said a former WHO employee speaking off the record. The WHO epidemic

response department was never well funded and those offices now stand empty, she said.

For UN employees, including many who are not even trained for the job, there is pressure that if you do not volunteer, your career could be penalized. And finally, up till now, neither the UN nor WHO is able to guarantee evacuation for anyone who falls sick or has an accident, even if not with the Ebola virus.

Pamela Taylor

Insight

FIFA's damning cover-up?

ZURICH The refusal by the International Federation of Football Associations (FIFA) to release the findings of its 350-page report can only lead to further speculation regarding allegations of corruption over the granting of the World Cup to Russia in 2018 and Qatar in 2022. It also suggests that nothing has changed within the powerful Zurich-based organization, which represents 209 member football associations worldwide.

According to the London Sunday Times, German judge Hans Joachim Eckert, who chairs the adjudicatory chamber of FIFA's ethics committee, plans to keep the report "under lock and key forever". The Munich-based jurist noted that the findings, which are based on 200,000 pages of evidence, would not even be shared with FIFA's Swiss President Sepp Blatter, or any of its 27 executive members. Michael Garcia, a former US attorney for New York, who was appointed FIFA ethics investigator, is apparently furious.

Officially, FIFA maintains that it had always argued that the report would be kept confidential as this was part of the guarantee given to all execu-



Should FIFA be allowed to maintain its foundation status in Switzerland?

tive council members interviewed. At the same time, FIFA had assured journalists that the results of this self-commissioned report to investigate itself would be made public.

The main question now is whether Qatar used illegal means to sway the FIFA decision in its favour. There are already signs that the report's content is damning. According to German paper *Sport Bild*, Theo Zwanziger, a German FIFA Executive Committee member, said that the World Cup will not be held in Qatar because of "scorching temperatures". For its part, the Qatar authorities have denied Zwanziger's claim – as has FIFA, which

argues that this is a "personal opinion".

For years, FIFA has been accused of corruption in the form of "brown envelopes" and other incentives. As claimed earlier this year by the Sunday Times, Mohammed Bin Hammam, an ex-FIFA executive member for Qatar, had allegedly paid USD 5 million in bribes to secure the 2022 World Cup bid. It also asserted that Bin Hamman had made "dozens" of payments to top football bosses as a means of creating a "groundswell" for Qatar's campaign, and lavished African officials with junkets and cash. Bin Hammam was ousted from the world of football at the end of 2012.

FIFA has suffered from other embarrassing blows, notably revelations that the Brazilians at the last World Cup had distributed 65 gift bags each containing a Parmigiani watch worth CHF 25,000 to FIFA executive committee members and officials.

According to UEFA president Michel Platini, the former French footballer who now heads the Nyon-based Union of European Football Associations, it is a "mistake" for FIFA not to go public. As the governing body of 56 European football associations, UEFA is considered far more transparent than FIFA, due to higher European governance standards.

One international football insider added that FIFA is seeking to continue with "business as usual and that nothing has changed". But the real issue is about governance and transparency. This cannot happen with FIFA, a despotic organization, pretending to support two self-proclaimed "independent" investigative and adjudicating ethics commissions, which, in the end, it controls

"I doubt this will affect grassroots football, but eventually there will be a tipping point," he said.

Contacted by telephone, FIFA officials were reluctant to comment other than to refer to an online link on their website to the ethics committee. When asked to elaborate on concerns that without appropriate transparency, FIFA – as a Swiss foundation – could lose its tax-exempt status, a press spokesman said that he would have to check with the legal team, but they never comment in public anyway.

Edward Girardet

Business & Economy

Throwing off the yoke



It is hardly news that Swiss peasants have been abandoning farming in recent decades but the phenomenon increased even further in 2013. By the end of last year, there were 2.4% fewer farms than were worked in 2012, particularly smaller farms of between 5 and 20 hectares. On the other hand, the number of farms with more than 30 hectares grew by 2.5%.

According to the latest figures, "the disappearance of farms has allowed the expansion of those that remain. The average farm size is now 19 hectares compared to 17 hectares in 2005."

Swiss farms have traditionally been family-owned, although farm workers

increasingly tend to come from outside the family and are often foreign labourers. There has been a general erosion of employment in agriculture with women now numbering nearly onethird of the workforce and occupying two-thirds of part-time jobs. However, only 5% of farm managers are women. Livestock farmers continue to switch to poultry in a trend that began in 1990 as pig farming declined. The number of cattle remains stable, but dairy farming, the hallmark of Swiss agriculture, has declined by 2.3%. The one bright spot is bio farming which experienced an above average growth of 12.1% in 2013. Pamela Taylor

Swiss tax revolution

BERN Low corporate tax rates have long been a Swiss competitive advantage.

The question facing the Swiss federal government is how to keep Swiss corporate taxes attractive without offering foreign companies preferential tax rates, a system that the Organisation for Economic Co-operation and Development (OECD) and the European Union (EU) will no longer tolerate.

The Swiss Federal Council, the seven-member executive council which constitutes the federal government, recently opened consultations on its plans to reform taxes. These consultations close on 31 January 2015 and changes to the system of taxation will apply from 2019.

Two cantons that have much to lose are Geneva and Vaud. These cantons have relatively high corporate tax rates and host a large number of foreign companies that enjoy preferential tax rates. So for these cantons to move to a



Plans include a new capital gains tax.

single corporate tax rate is likely to be unwelcome and costly.

According to *Swissinfo*, the plans under consideration include new capital gains taxes, hiring 70 to 80 new tax inspectors and finding spending cuts of one billion. The capital gains tax, which is expected to bring in CHF 300 million per year, is being strongly criticized by the political Right, notes regional daily, *24 heures*.

Le News

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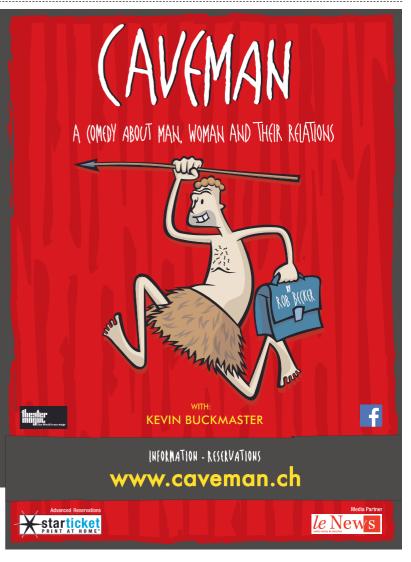
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Property

The property tax minefield

Contemplating buying a property in Switzerland?
Reading further might put you off

Providing useful information on the taxation of property in Switzerland is daunting. Given that the country effectively has 26 different systems – one for each canton – it is virtually impossible to say anything on the subject that can be used in every situation. Every canton has so much autonomy in fiscal matters that they all have their own rules. Things are further complicated because taxes are levied at fed-

eral, cantonal and municipal levels.

Nevertheless, here are some hints that may help guide you through Switzerland's taxation minefield. Depending on the situation, some of the taxes mentioned apply to residents as well as to non-resident property owners. The following tax elements deal specifically with private property transactions, not corporate business ones. Nor do they refer to some of the restrictions that apply to foreigners buying property in Switzerland. Basically, there are eight different types of taxes and charges:

Real Estate Transfer Tax: This tax

differs from canton to canton and ranges from 0.2% to 3.3% of property value. Since January 2005, however, the transfer tax has been abolished in Zurich. But here are some fees worth mentioning:

Registration Fee: This amounts to 0.25% of property value and is paid to the Land Registry Authority.

Notary Fee: This depends on each canton, but generally represents 0.1% of property value.

Property Tax: Sometimes known as land or real estate tax, this is a cantonal or communal tax on land and buildings. It is payable by persons who are recorded in the land register as the owners or users of a property. Generally speaking, the rates range from 0.05% to 0.3% on the full taxable value of the property, i.e. without taking account of any related debts or mortgages. The property is taxed at its location irrespective of where the owner lives. Certain cantons (ZH, SZ, GL, ZG, SO, BL and AG) do not levy this tax.

Swiss Tax on Rental Income: Rental income is taxable. Nevertheless, administration costs invoiced by third persons, necessary maintenance and improvement costs, as well as interest payments in respect of loans, are deductible. This type of tax can also apply to non-residents.

Rental Value Tax: All homeowners in Switzerland must pay an income tax on their home. This tax is called the Rental Value Tax and is calculated by determining how much rent the home would theoretically yield if rented out. At the same time, you can deduct mortgage interest payments and other costs for the upkeep of the property.

Wealth Taxes: Swiss residents pay taxes on their wealth, including the property they own. Property assets are typically valued at a value above 70% of their market value. Personal debts, mortgages, bank loans and overdrafts are all deductible, as well as certain personal deductions and allowances.

Capital Gains Tax: Profit on the sale of a property is subject to a capital gains tax to reduce speculation. The rates are



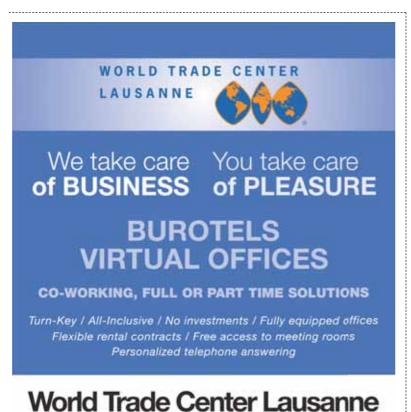
Seek professional advice before purchasing or selling your property in Switzerland

usually progressive and the longer the property is owned, the lower the tax rate. A shorter owning period means a higher tax. The computation for the taxable gains is the selling price, less acquisition costs and costs of improvement. Therefore it is very important to keep all the receipts you have relative to your property as they may save you money in the future!

If you live outside Switzerland, then normally you should not pay tax in your country of residence on a property situated in Switzerland. This however depends on the Double Tax Treaty between Switzerland and your country of residence. The principle normally followed is that property is taxed in the country where the property is situated.

If planning to buy – or sell – a property, it goes without saying that it is wise to gain professional advice. Furthermore, it is also worth considering the economics of it all, whether it is actually worth buying something, or whether it might, in the long run, be better to rent. But that's another story.

Ludo Schockaert is a tax advisor for International Tax Consult in Nyon – ludo.schockaert@internationaltaxconsult.com







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Education & Technology

To grade or not to grade?

Further to recent reforms in the English National curriculum, parents may want to ask about new systems of assessment. There are fundamentally two different schools of measuring a child's progress and Great Britain may be about to make a leap from one to another. To grade or not to grade, this has been the question in education circles, especially primary schools.

The English National curriculum, used in many Anglophone primary schools in Switzerland, so far bases its assessment and reporting on a progressive set of levels, acting as descriptors of a child's individual achievement in a given area of Literacy and Maths. For example, student X can write sentences using capital letters and punctuation; such an achievement may not be reported at the same time of the year for all students. This system is about to be revamped. Details are yet to be released but number grades, similar to a percentage score system, have been mentioned. Here in Switzerland or neighbouring France, children's work

is evaluated with grades in a system that is familiar to parents and universities. However, in the early stages of education, parents generally just want to know if their child is on target or below or above average. In order to make progress, children need to know where they are according to their own ability; their work should not be compared to others' but to their own performance. This can only be reported fully with a set of criteria to describe a child's achievement rather than a single grade.

Grades can be a great motivator for high achievers, but can easily demotivate those struggling no matter how hard they work. Grades are also necessary in standardised exams, such as IGCSE or the IB Diploma, as they are universally understood by universities and future employers. They can never stand alone, however, in reflecting a student's true and complete abilities.

In a similar way, students working later on to obtain a grade, whether an A to C (UK) or a 4 to 7 (IB), need more spe-



Grading systems can both motivate and de-motivate children and students

cific feedback in order to improve. If they stagnate at a B, did they at least gain additional points within that band? What are the assessment criteria to move up to an A? Changing the overall assessment system in any curriculum is inevitable as trends and politicians sweep over the world of education. Hopefully, with a little more freedom granted to teachers, clear systems of assessment can be put in place. With grades or not, they should inform both students and parents of an individual child's ability, progress and potential against a clear set of criteria. This can only make for a clearer, more successful and productive measure of a child's full potential.

Sabine Hutcheson is an Education Consultant at TutorsPlus

Himalaya symposium

Climate change is already deeply changing the way of life of mountain communities, be they in the Alps or the Himalayas. Do we understand what is happening and what can we do?

Over 170 million people eke out a modest living at over 3,000 metres in vast and isolated tracts of the Himalayas. A further two billion rely downstream on the water that for millennia has flowed down from the roof of the world into the Indian Ocean.

Yet agricultural productivity has been declining, Himalayan communities are getting poorer, young people are migrating, and Himalayan women, despite being a significant force for development, are being left behind.

Amid geopolitical struggles and environmental change, we are only just starting to grasp the dilemmas facing high-altitude farming in a vast mountain range that stretches from the



Mountain farmers adapt or die

Himalayas to the Hindu Kush. Can technological progress and evolving agricultural techniques help save the day? What is the connection between global policies and their local impact?

Does development aid for mountain

communities need to be re-thought? How concerned should Switzerland be by what is happening, and can we make a meaningful contribution?

As part of an annual Himalayan Festival to be held in Lausanne 7-21 November, a bilingual (English/French) symposium is being organized by Norlha, an NGO seeking to helping people in the Himalayas. Bringing together stakeholders and experts from multiple fields and places, the gathering will examine key challenges as well as provide direction and action for what needs to be done.

The Symposium on high-altitude agricultural communities in the Himalayas will take place in Pole Sud, Place de l'Europe, Lausanne on 19 November 2014. For further information: www.norlha.org

Le News



Medair relieves suffering in remote and devastated places

Photo: Norhla

medair.org



Education & Technology

Special educational needs? Help is at hand.

Por parents who have just discovered their child has learning differences or special educational needs, the key first step to coping successfully with the situation is to gather information. Knowledge empowers parents and prevents frustration. As soon as a problem is suspected, parents should arrange an assessment with a doctor, specialist or psychologist.

The next step is to join a parents' association such as ASK – All Special Kids, Association Autisme Genève or Insieme. These offer parents emotional support and access to the knowledge and experience of other parents in similar situations. The organizations are very useful and help guide parents to the most appropriate local services and programmes. Importantly, the associations often offer their own programmes such as all-inclusive holiday camps, homework and social skills

clubs, social outings and peer to peer mentoring.

Over the past 10 years, the region's international schools have made significant progress in responding to the needs of families with special needs. Ecolint has developed its well-received Extended Support Programme, Post-16 Programme and Learning Centre for those needing more help; Collège du Léman and Geneva English School have broadened their range of support services and strengthened their learning support departments; and Oak Hill school in Nyon, which works only with children with learning differences, continues apace.

Parents can also find support in the local state system, in terms of specialist centres and schools for children up to the age of 15. They should also look into available state allowances such as assurance invalidité (AI) to help pay for

therapies. For higher-needs children and adults, allocation pour impotent will help pay for carer and housing costs.

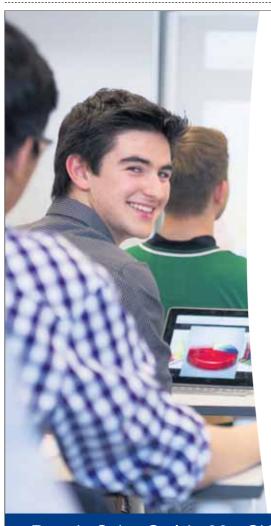
Access the knowledge and experience of other parents in similar situations.

La Fondation SGIPA offers pre-professional training for those aged 15-18 and, along with Fondation Aigues-Vertes and Fondation Ensemble, provides specialist work places (ateliers protégés) and sheltered accommodation (foyers). For recreational activities, children and adults with special needs can join the Association Sportive Schtroumpfs, (swimming, football, cycling, pétanque); Autrement Aujourd'hui (theatre) or Fondation

Cap Loisirs (sports/creative activities).

ASK is holding an information day on Saturday 8 November at the Ecumenical Centre, 150 Route de Ferney. Families of children with learning differences can go along and listen to conference speakers Professor Stephan Éliez and Hilary Wood de Wilde from OMP's autism centre; Yves Thézé, DG of Collège du Léman; Vicky Tuck, DG of Ecolint; and Lori Crowley, a parent of two children with special educational needs and the founder of the Ability Awareness programme. These speakers are highly respected in their fields. There will be a supervised kids' corner, parent workshops and information booths hosted by local providers to enable parents to learn about available services and programmes in the region.

Jacqueline Martin is a parent volunteer at ASK – All Special Kids





Lemania College Sion

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College - Lemania College Sion is an IB World School, authorized to teach the Diploma Programme. LCS provides a genuine Swiss education experience to high school students from around the world. Our Grade 10 and Diploma programmes cater for students who are 15 years old and above. At LCS, the language of instruction is English and the use of technology is highly embedded in our classes in order to improve the teaching and learning strategies.

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Registrations still possible for 2014/15.

Member of the $C \land MPVS$

Travel

Norway: understated and

underestimated

lready looking for your next getaway? If you enjoy beautiful landscapes, delicious food and friendly people, then head to Norway. With a direct Norwegian flight from Geneva to Oslo, you can be in the Norwegian capital in two and a half hours. Just 30 minutes on the express train or bus brings you smack into the city centre. All the major sites are central and within easy walking distance: the cathedral, the royal palace, the Nobel Peace Center, the docks, shopping malls, opera house and of course the National Gallery.

The recently built opera house is really worth a visit, since its creative and thoroughly contemporary architecture is designed to allow visitors to walk up to the roof and enjoy beautiful views. There are many museums in Oslo, including the Munch museum, which houses two of the four versions

of the celebrated Expressionist artist's most famous work, The Scream (Skrik), among 28,000 of his other works. You can admire another version of The Scream a short distance away, at the National Gallery; a third version of the painting recently sold for almost \$120 million in New York.

For those who prefer to spend time outdoors, Oslo is a great city to wander around, with its abundant and lovely cafés and restaurants, especially along the docks. Just beware of how expensive restaurants can be in Oslo (you can easily pay up to double what you would fork out for the same dinner in Switzerland, but then again the fish is really fresh and delicious).

If you can spare a few more days or if you prefer the countryside to the city, take a train from Oslo to Bergen (about seven hours). This a picturesque route, through incredible mountains and gla-



ciers. If you stop along the way at Finse, the highest train stop at an altitude of some 1,200 metres, you can hike up to the glacier above.

For a weekend, local airline Norwegian flies from Geneva to Oslo on Thursday evening, departing at 20h55 and arriving in Oslo at 23h30. The return on Sunday morning departs from Oslo at 7h25, arriving in Geneva at 9h55.

And where to stay? The Nordic hotel chains Clarion, Radisson, Thon and Rica all offer excellent accommodation, with breakfast included.

Sandrine Warêgnee

Lifestyle

Caveman: The Mars and Venus thing

The extraordinary and highly amusing one-man show of Caveman by actor-producer Kevin Buckmaster is more than just a comedy about the ageold relationship between man and woman. For those living in Switzerland, his performance is also about language, community and playing to a unique international audience.

"There is always varied interaction not just with me, but between the members of the audience themselves"

Buckmaster, who was born in Glasgow of Welsh mother and English father but raised in Geneva, performs in two languages, one night in English, the next in French. He adapts according to how his public interacts. "It's very much a cultural thing," explains Buckmaster, who translated the world-famous play back in 2006 into French. "The English-speaking ones tend to bond more amongst themselves and react differently to the subtleties than



the French, who are attracted more to character and gesture. It's all about musicality and counter-rhythm. They also laugh in different places. But both tend to respond to the same humour about man and woman."

When there is a good story to tell, then you can tell it in any language, he explains. The text surprises with each performance slightly different. "There is always varied interaction not just with me, but between the members of the audience themselves," he says.

"When there is a good story to tell, then you can tell it in any language"

"Given that everyone finds something in common with their own lives, it's very much a community thing." Buckmaster's Caveman has an unusual word of mouth draw, primarily because everyone enjoys it in his or her own way, but wants to share it. It's also worth seeing in both versions, just for the experience.

Le News

Lifestyle

Have an avo a day

Rich, creamy and tasty, the avocado is a real wonder fruit, packed full of nutrients. This fruit of the tall evergreen tree Persea americana is normally considered a vegetable from a culinary perspective, enjoyed in salads and dips such as guacamole. There are more than 80 varieties of avocado, the most common of which is the Hass, which is also known as the alligator pear, a name reflecting its shape and wrinkled rough brown-green skin.

Avocados are native to Central and South America. While they are now grown in most tropical and subtropical countries, the major commercial producers include Mexico, Indonesia, Chile, the United States (Florida and California), the Dominican Republic, Brazil and Colombia.

Although the avocado is a fruit, it has a high fat content: 71% to 88% of its total calories, which is 20 times the average for other fruits. This means the avocado has earned an undeserved reputation for being unhealthy. While it is true that it is a high-fat food, con-



Don't be misled by the avocado's reputation as a high fat food.

taining 15 grams of fat per 100 grams, the fat is in an unusual form and provides proven health benefits. There are three main types of fat in avos: phytosterols and polyhydroxylated fatty alcohols (PFAs), which both have anti-

inflammatory benefits that help fight a variety of diseases – including osteoarthritis and rheumatoid arthritis – and oleic acid, a monosaturated fatty acid that makes up over half of all the fat.

Oleic acid helps the digestive tract form transport molecules for fat that can increase absorption of fat-soluble such as carotenoids. Carotenoids act as antioxidants within the body, protecting against cellular damage, the effects of ageing, and even some chronic diseases. Avocadoes are themselves packed full of different carotenoids, as well as containing the oleic acid that facilitates their absorption. Remember that the greatest amount of carotenoids occurs in the dark green flesh, directly under the skin. So, to maximize the nutrients, cut an avo lengthways into quarters, then peel it like a banana.

Some reasons to eat avocados regularly include the following. They are a good source of pantothenic acid (vitamin B5), dietary fibre, vitamin K, copper, folate, vitamin B6, potassium,

magnesium, vitamin E and vitamin C. The high concentration of magnesium and potassium can help reduce blood pressure. Avocados also support cardiovascular health and lower the risk of heart disease by improving different risk factors like the levels of inflammation, oxidative stress and blood fat. Furthermore, it has been shown that the oleic acid in avocados helps reduce LDL, or "bad", cholesterol levels.

The fruit also has anti-cancer properties that are definitely related to its unusual mix of anti-inflammatory and antioxidant nutrients. For example, oleic acid has been shown to offer good protection against breast cancer.

So, do not be misled by the avocado's reputation as a high-fat food. Like other high-fat plant foods (for example, walnuts and flaxseeds), it can provide unique health benefits precisely because of its unusual fat composition, and it remains one of the best foods you can eat.

Dr Irina Schurov



Lifestyle

Gracking upGlory days

"How much longer do you plan to go on living?" the seven-year-old asked me the other day, after giving me one of those long, appraising looks that children are so good at.

Ilike to think that this question had nothing to do with greed for her inheritance (which currently stands at: my wedding ring; a nice pair of earrings; and several drawers full of denim jeans in assorted shapes and sizes).

No. I think she asked because I'm turning forty-four next month and that seems so old to her that she can hardly believe I'm still tottering about on my geriatric legs.

That's okay. No offence taken. I remember being in my early twenties and thinking there really wasn't much point in living past thirty because the people I knew in their thirties were incredibly boring. They never went out at night; they just got together at each

other's houses. And they were obsessed with cooking! They'd start planning that night's dinner sometime in the mid-afternoon, instead of – thrillingly – waiting to see what might be in the fridge when they got back from work. In my case that was seldom more than a bottle of vodka and several nail polishes, but I had a string of takeaway restaurants on my route home, and absolutely no gastronomic standards. Life was good and forty wasn't even on the radar.

Then I met someone and ... well. Here we are. That's where fooling around on the first date will get you: married, with two children and a house full of noisy pets.

So now I have all the trappings of adulthood: a lounge suite that sort of matches; a fridge with real food in it; insurances; wrinkles; a compression bandage for my left knee. But deep



down inside ... I don't feel like I've ever really grown up. I don't think I'm alone in this. My mother, now in her seventies, once told me that she's never felt a day over twenty-five. And I suspect that most people feel this way. Buried deep in the most responsible of parents is a younger, wilder version, who once did things that they'll never tell their children about. Or, maybe they'll tell their children about these things as cautionary tales, but they'll never admit how much fun they were.

Anyhow. Back to birthdays. I do

believe I'm overdue for a mid-life crisis, which I was intending to have as soon as I could clear my diary. And for it, I was planning to get a really big tattoo, increased surface area being one of the benefits of ageing.

So there we go. Maybe I'm too old for youthful high-jinks and too young for an Indian summer.

Happy birthday to me.

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



Lifestyle

The garage with a smile

NYON Tired of being ripped off by garages, here is at least one in the region which believes in quality at honest prices.

Stefano Quarta has been a mechanic since he was seven. He first started tinkering with engines and parts on toy models, repairing his own cars and those of his playmates. By 14, his passion began to pay off: Every Wednesday afternoon when school was out, he worked on real automobiles at a garage in Nyon, which services all types of vehicles.

When you step inside "Garage S Quarta" you know Stefano is qualified to work on your automobile. His diploma is hanging on the wall. And you can almost eat off the floor, it's so clean. He spends three hours every Friday cleaning and polishing, so one's face is practically reflected off the gleaming surface.

"I do everything myself," beams Stefano proudly. Of Swiss-Italian origin, he offers me an expresso (what else?), urging me to sit, while serving sweetener, cream or milk, and pointing to a newspaper. His wife, Sabrina, a qualified accountant, who keeps the garage's books, is also on hand to help clients who struggle with their French.

In March when my vintage VW cabriolet broke down, I had it towed to Rolle to a brand name garage. Six days later, I received an estimate for nearly CHF 3,300. I contested the diagnosis and the cost for doing it: CHF 358! Frustrated and upset, I retrieved my car, which had been pronounced unfit to drive due to a blown gasket, and drove to Stefano's garage. He quickly discovered that I needed a new fuel pump, which cost less than 25% of the Rolle garage's estimate. I am still cruising around happily in the same car with the top down in this most welcome Indian Summer.

Stefano, whose "family garage", as he has dubs it, charges CHF 99 an hour, TVA included, compared to brand name garages charging CHF 160-180.



"The first month I opened I was making a profit. Many clients followed me from Peugot, where I worked for 12 years as a mechanic and later co-chief d'atelier. The most important thing for me is satisfying my customers," he asserts.

"I worked in every job you could in a garage from mechanic to manager by

the time I was 33. I then had what I needed to open a garage, my dream ever since becoming an apprentice." I'd say that Stefano does not play his cards close to his chest and he has a straight flush, Ace high.

A sign hanging in the garage says "you can fix anything." Is this your motto, I asked him? "Honesty is our motto. We offer first class service at fair prices. Also, women are as respected as men in this garage".

Suddenly, a customer pulls up in his Peugot Cabriolet and asks Stefano if he has a few minutes to take a look at it. Less than a quarter of an hour later, he is ready for the road. As he slips into the driver's seat, I ask the happy client how he would describe the garage. Without a moment's hesitation he declares: "This is the garage with a smile".

Elizabeth Kemf is an author, journalist and environmental specialist living in the Lake Geneva region.



FILM REVIEWS By Neptune

BON RETABLISSEMENT!

(vo French)

And then there is the prolific French director Jean Becker, of such passionate and tender films as "L'été meurtrier", "Les enfants du marais", La Tête en friche".

Becker is so human and classic in his viewpoint that intello critics often deride him for being too sentimental, for he tells real stories of people and their feelings.

In this latest one (the man is 76, may he continue for many more years!), he has the virile Gérard Lanvin stuck in a hospital bed after a freak accident. A gruff loner, Lanvin's character neither remembers the accident, nor wants to have anything to do with all the doctors, nurses or strange visitors that come through his room.



The film brings in the outside world and takes us through his "recovery" with sharp dialogue that is highly amusing, yet with a delicacy that may put a lump or two in your throat. Lanvin is simply perfect for the role.

(photo – JMH)

L'ABRI ***

(vo French)

We are in a center for the homeless in Lausanne. It is winter and there are too many in need of a bed, food and shelter for the night – blacks, whites, Roms, whole families trying to get in – but there is limited space here. The social workers do not have it easy, how do you choose among so many needy?

Here's another difficult but important documentary from the relentless,

socially-minded Swiss/Spanish director Fernand Melgar, who with multi-awarded films such as "Vol spécial", "La forteresse", or "EXIT, le droit de mourir" immerses us in the vast world of the downtrodden, the hopeless. His empathy is palpable and this is a necessary view into the miseries of those from whom we often look away.

See it, feel for them – what else should/could be done?

(Photo – Agora Films)



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Space available at new holistic centre in Grand Saconnex

Looking for holistic practitioners to join new centre in Grand Saconnex. Space available monthly, weekend, day or evening for therapies, consultancies or courses. Life coaches/therapists and all healing professionals are invited. Special activities during the weekends will be possible. For more information:
Le Coin du Coeur--Art of Healing Centre www.theartofhealing.ch (web-site under construction) www.meditation4life.com.
Contact: Christa Etienne Young Tel: 0792008532
Genève



L'EDUCATION

Personal Technology Coach

Personal Technology Coach can help you understand and troubleshoot your devices. I can teach you how to: Protect your PC/Mac from viruses and malware; Set up your computer or smart phone so your data is backed up automatically; Manage multiple accounts using secure passwords; Understand cloud based services, such as Google Docs, Evernote and Dropbox Create and maintain a paperless filing system; Rates: CHF 50 an hour For more information visit: personaltechnology.ch. Guy Girardet Tel: 079 906 8818 Rossiniere, Switzerland



MUSIC & MOVEMENT CLASSES

Music & movement classes for infants, toddlers, pre-schoolers and the grownups who love them! Songs, rhythm chants, percussion play, finger play, movement activities in a relaxed atmosphere. Fall trimester starts 8 September. Classes in Vevey, Blonay, La Tour-de-Peilz, Lausanne, Morges, in English and French. Try out a class for free! Reserve through 'Contact Us' on the website! For details & reservation, please visit www. musictogetherriviera.com or call Eliane George or Yvonne Atkinson. Phone: 076 341 3888 or 078 696 3564 Blonay, St-Légier Switzerland



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LE MISCELLANEOUS

Association meeting

The Geneva group for Psoriasis and Vitiligo meets every second month for informal discussion and information sharing. We are a bilingual group and would like to welcome English speakers from the Geneva region who suffer from these diseases or would like to know about them. Please join us for the next meeting: Thursday, 2 October 2014 at 19:00 in Maison des Associations, Salle Albert Jacquard, Rue des Savoises 15, 1205 Geneva Contact: E. Hansen Tel: 079 501 0565

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Phone: +41 77 940 0543 Location: Switzerland, Geneva



Friends of India's 15th Birthday! 14 Nov, Crowne Plaza Hotel, Geneva.

You are warmly invited to celebrate 15 wonderful years of Friends of India on Friday 14th November at 19h15 at the Crowne Plaza Hotel, Geneva. Friends of India is a local charity which fights poverty and creates opportunities for women and children in South India. This will be an evening of entertainment and memories including an authentic Indian 3 course meal. Price CHF120 or CHF100 for members; CHF800 for block bookings of 8. Contact info@friends-of-india.org to book or for more information. Louise, Tel: 079 655 3397, La Rippe, Switzerland.



LE PROPERTY

Three-bedroom, garden-level apartment for sale in Veyrier, Geneva

The apartment (5 pièces, 116 sq m) is situated in the «Residence Quatre Fontaines», a small estate of villa-style apartments over-looking a park and gardens, with a view of the Salève. There are three bedrooms and two bathrooms, a fitted-kitchen open on to the dining area/ lounge. There is a private garden of 460 sq m. It is vacant and ready to move in to! Contact: Matthew Tel: 078 665 3081 Chemin de l'Argenière, 50 in Veyrier, Geneva.



Large furnished bedroom in Champel available 16 Oct for a lodger

Double bed, large wardrobes, chest of drawers, desk & chair Private Shower, wash basin & pharmacy Utilities: Electricity, gas, water, heating, Wi-Fi included Shared facilities: Kitchen with balcony, Living room with LCD TV & dining table, W.C. Appliances: Cooker, Refrigerator, Microwave, Washer machine Parking: Available + CHF 100 Security Deposit: CHF 1350 (+ CHF 100 if parking is taken)
Transport: #5, 8, 21, 25 & 61 buses Shopping: Migros, Coop, Denner, Rx



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Regional Events

le News

WWW.LENEWS.CH/ REGIONALEVENTS



Neuchâtel. Fête des vendanges

26 - 28 September

If you enjoy wine, the Fête des vendanges, or wine harvest, in Neuchâtel is the place to be. The locals never miss this great event, with entertainment for adults and children alike, including Guggenmusik, brass bands, children's procession and a fabulous musical fireworks display on the Saturday evening.

Neuchâtel www.fete-des-vendanges.ch Festival supporters' badge CHF 10, including public transport Floral procession on Sunday afternoon CHF 40/CHF 20



Geneva. Church of Scotland Annual Fair

4 October, 9h30 - 16h30, followed by ceilidh from 19h -22h

A fun day out, with books, home baking, jams and marmalade, smoked salmon, bottle stall, African food, children's activities and even Irish coffee! You can dance the night away at the Grand Evening Ceilidh with the Whirliejig Ceilidh Band from Scotland.

Salle Communale Grand-Saconnex Route de Colovrex 18 www.churchofscotlandgeneva.com/church_fair.htm Fair free, ceilidh CHF 25 - contact nwilso@gmail.com



Vallée de Joux. Vacherin festival

27 September, from 9h30

The famous Swiss cheese Vacherin Mont-d'Or has its own festival in the village of Charbonnières, in the Vallée de Joux, marking the release of this season's cheese, which is only available from September to April. It will also be a chance to see the cows return to the village from their summer mountain pastures (désalpe). Other typical traditions and music are also on offer.

Charbonnières, Vallée de Joux www.vacherin-montdor.ch/en/



Geneva. Percossa "Rebels of Rhythm" show

8 - 9 October, 20h30

With a background in busking, these four comic and acrobatic Dutch percussionists are a joy to behold. With their Japanese drums, djembes, didjeridoos and other percussion instruments, they combine the energy of a rock band with the precision of a Swiss clock. Their performance is full of unrestrained energy and universal humour.

Salle Communale d'Onex Route de Chancy 131 Onex

www.spectaclesonesiens.ch Tickets CHF 42, concessions CHF 35



Lausanne. Dvořák concert

1 October, 20h

The Chœur Faller and the Lausanne Sinfonietta perform Dvořák's Stabat Mater op. 58 in the dramatic setting of Lausanne cathedral. The choir, under the artistic direction of Gonzague Monney, has been performing for 80 years and numbers almost 130 singers. It gives around three concerts a year, always to a packed audience.

Lausanne Cathedral www.choeur-faller.ch Tickets CHF 45 - 25, CHF 10 reduction for students To reserve billets@choeur-faller.ch



Chéserex, near Nyon. Jazz concert

1 November, 19h30 Ticket reservations now open

To celebrate its 40th anniversary, Chéserex Jazz Traditionnel has invited Swiss "big band" Amis du Jazz – Cortaillod; French pianist Fabrice Eulry with his repertoire spanning blues, jazz, boogiewoogie, chanson, rock & roll; and the Daniel-Sidney Bechet Jazz Quintet featuring saxophonist Olivier Franc. See website for where to buy tickets.

Village Hall, Chéserex www.jazz-cheserex.com Tickets CHF 45



Geneva. Imperial China: Splendours of the Qing Dynasty

2 October 2014 - 4 January 2015, 14h - 18h, closed Mondays

The soecial exhibition at the Baur Foundation Museum of Far Eastern Art is about China and the Qing dynasty, with pieces from museums in Paris and London. The permanent exhibition comprises some 9,000 Chinese and Japanese art objects, acquired by the Swiss collector Alfred Baur over 45 years.

Baur Foundation 8 rue Munier-Romilly, Geneva www.fondation-baur.ch/ Tickets: CHF 15, concessions CHF 10



Morges. Swiss Classic British Cars Meeting

4 October, 10h - 17h

If you enjoy fine English motorcars and bikes - or are the proud owner of one - come along to Morges. The organizers are expecting more than 1,500 British cars and motorbikes over 20 years old, from all over Europe. No need to register in advance, just show up any time. Rolls-Royce is celebrating its 110th anniversary with some of its landmark models

Quayside, Morges www.britishcars.ch Free entry for participants and visitors



Blonay. Classical concert

10 October, 20h30

Come hear the stars of tomorrow in a classical concert by the participants of Lac Léman Music
Masterclasses. LLMM is a Swiss non-profit that organizes masterclasses for talented young string musicians, from different nationalities and social backgrounds, who are selected purely on musical merit. World-renowned music teachers give the classes.

Centre de Musique Hindemith Chemin Lacuez 3, Blonay www.llmm.ch Free entry, donations for 2015 scholarships appreciated



British Food Fair (Gilly VD)

5 October, 12h00 until 23h00.

Traditional British pies, bangers and mash, fish and chips, bacon sandwiches, draught beers and more! And once you are fuly fed and watered, enjoy two live bands while we take care of your kids (from 14h00 – 16h00)! The first ever British Food Fair promises a fun-filled day. Le News has 50 tickets for readers. Enter on our website: lenews.ch/british-fair

La Place 1, Gilly, Vaud. www.meatpointswitzerland.com CHF 25 francs for aperitif, food and drink tastings, an entry to a grand charity raffle and a 10 franc Meatpoint voucher. U16s free.

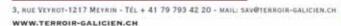


A BODEGA DU TERROIR GALICIEN

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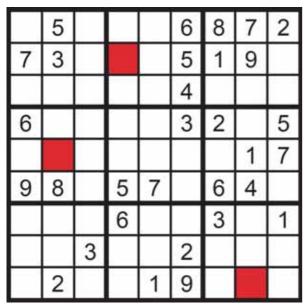
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Puzzles



SUDOKU

Easy

Mediun

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.— The first correct answer drawn every second Monday will win. Email: prizes@lenews.ch

Codeword: Send us the three letters in the shaded squares for a chance to win CHF 10.— The first correct answer drawn every second Monday will win. Email: prizes@lenews.ch

	5	9	3				8	
8				7				9
		7				1		3
	9		1					
	6							2
2			5	6			3	
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22	8	19	22		14	3	2	13	10	16	9	4
16		12		11		2		2		18		2
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9		9		9		7		17		17		4
18	7	7	18	13	26	9	17		6	9	3	4

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
						R						
14	15	16	17	18	19	20	21	22	23	24	25	26
								Р		Q		

Spotlight

The Festival of Images, Vevey



Experience counts: work with real journalists!

The Essential Media Consultancy Group offers expert editing and writing, along with effective media strategies, training, videos, voiceovers, photography, cartoons and publishing.



Work with consulting journalists who are the best in the Lake Geneva region and draw on a global network of 1'500 reporters, producers and photographers.

essentialmediaconsult@gmail.com + 41 22 917 14 48 www.essentialgeneva.com www.efgafghan.com The Festival of Images in Vevey is remarkable. Go to the town and it is difficult miss.

Enormous images are draped over buildings and posters are placed all along the lake shore. And then there is the exhibition centre on the lakeside by the CGN jetty. This is the focal point for this terrific festival of contemporary photography and many of the works on display are extraordinary for their creativity, size and interactivity. This is no stuffy room full of "The lake at sunset" shots. The photographers whose works

are on display have an entirely different understanding and viewpoint from the expected. No matter your age or interests – you will be entertained.

The festival presents the work of more than 65 artists from 15 countries. Amongst them, international figures such as Francis Alÿs, John Baldessari, Martha Cooper, Leandro Erlich, Lee Friedlander, Paul Fusco, Arno Rafael Minkkinen and Alex Prager. Organised by the Foundation Vevey ville d'images, the festival runs until 5 October.

Le News





