



Newsletter

Sonnmatt

Mountain Guesthouse & Health Center

August 2012

*Vacation at Sonnmatt ...
makes me feel good*

Säntis



Comfortable



Sheila



Nectar



Mhm ...



Summer ...

After a slow start, summer finally arrived at Sonnmatt and with it, many wonderful delicacies from our garden. Thanks to Siegi Fischer's hard work, the flowers around Sonnmatt are blooming in their usual grandeur and in every color imaginable.

Our baby daughter, Amina, gives us tons of joy. Like all parents, we are daily amazed by her progress.

Poem for Sonnmatt (Part 1)

Listen, people, and I will tell,
The story of a vegetarian hotel!
High in the alps of Switzerland, they say,
But also famous in the USA.

At Sonnmatt life is truly good,
In this house in the mountains, built of wood.
Everything is so wonderful here,
The flowers, so gorgeous, the air, so clear.

As we hike up to the mountain peaks,
We listen to nature as she clearly speaks,
Through forests of pine and grandest fir,
To the "Princes" and the Spear", our hearts are astir.

Cows and bells are everywhere,
Their music sweetly fills the air,
There is a great peace and quiet, otherwise,
Which opens our hearts and closes our eyes.

Remo and Jenny are now at the helm,
It's a big job, but they're not overwhelmed.
Following the path his parents had started,
Managing the house, now that they have departed.

Detail



Amina



Gymnastics



Happyness



Hurrah



Glyding



Picnic



Refresher



Recreation



But when they go on vacation, it's true,
Siegi and Marianne come quickly to the rescue.
They serve the guests with style and with ease,
Quick and busy like honeybees.

Remo's dear, sweet aunt, Miss Rosalie,
Is known to everyone, as far as you can see.
She helps in the kitchen and garden—all around,
No one more friendly or cheerful could be found.

To be continued...

PS: You can sing the verses according to the melody of
"Auf der schwäb'schen Eisenbahne"

Anneliese and Karl-Franz Mandernach
(Germany, Saarland)

Jennys Recipe – Green Pesto

Ingredients:

150 g	walnuts
100 g	cashews
150 g	fresh basil or bear's garlic
50 g	parsley
2 dl	olive oil
80 g	yeast flakes
8-12	fresh crushed cloves of garlic
To taste	herb salt

Preparation:

Grind nuts or chop finely.
Blend all ingredients at high speed.

Tip:

Delicious on pasta, rice, boiled potatoes or bread.

Storage:

14 days in the fridge. Can also be frozen.

Course Dates

ALL-ROUND-HEALTH (12-day Lifestyle Program)

- 11. - 22. Nov. 2012
- 09. - 20. Dec. 2012

STOP SMOKING PROGRAM

- 14. - 25. Oct. 2012

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