



MAY SPECIAL 2013

NEWSLETTER



GOODBYE

LORE VOLLMER PASSED AWAY

Just two short months ago we celebrated Lore's 90th birthday at Sonnmatt. And now it is with heavy hearts that we must announce her passing. She died on the evening of May 2, 2013, probably of heart failure. Sadly, she was alone at the time, as she was most of her life.

It had always been her wish to die at Sonnmatt and not to have to go to a nursing home. Although we are happy for her that her wish was granted, her passing has left a deep void in Sonnmatt.

She had spent the last three decades here and had a great influence. I (Remo Fischer) cannot remember a time when Lore was not at Sonnmatt. I grew up with her, climbed many mountains with her and benefitted immensely from her huge storehouse of knowledge.

Even on the day of her death she had showed me how to putty windows. Her father had been a gardener and she had done it hundreds of times in her youth.

She loved sharing her knowledge with others and as we were working together, she said, "It's only natural for me to teach you how to do it!"

Lore's funeral was on May 15 at the Evangelical church cemetery in Ebnat-Kappel. Although I have written these lines with tears in my eyes, I am happy to share the same hope as Lore had. And I know that when Jesus returns in the clouds of glory I will see her again.

For now, she can sleep in peace and will never have another headache.

THE BLESSED HOPE

"And I heard a loud voice from heaven saying, Behold, the tabernacle of God with men! And He will live with them; and they shall be His people, and God Himself shall be with them and be their God.

And God shall wipe away all their tears from their eyes and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain, for the former things are passed away."

Revelation 21:3-4



PASSION



JOY



EXALTATION



LORES CAP



HEALING HERBS

WWW.BERGPENSION.CH

LORE'S FAVORITE RECIPE - DATE BALLS

INGREDIENTS: (FOR APPROX. 1 LITER)

300 g	pitted dates
1,5 dl	hot water
3 EL	carob or cereal coffee
300 g	ground almonds
50 g	ground hazelnuts
1	vanilla stick (or 1 tsp pure vanilla powder)
	shredded cocnut

PREPARATION:

Cut dates into small pieces and put into a bowl. Boil vanilla stick in water for 8-10 minutes until tender, then cut it in half the long way, scrape out the inside and add to the dates. Pour the hot water over the dates. Add carob or cereal coffee and let soften for 15 minutes. Puree the date mixture until creamy. Put the ground nuts in a bowl and add the date mixture. Mix well and place in fridge for 1 hour.

Put coconut in a soup dish. Spoon small portions of the mass with a teaspoon and form into balls by hand, then roll them in the coconut. Place the pralines on a cookie sheet and freeze for 24 hours. When they are frozen, put them into plastic Ziploc bags and put them right back into the freezer.

Serve frozen.

OPEN HOUSE

- 11th August 2013

COURSE DATES

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

- 15. – 26. Sept. 2013

STOP SMOKING PROGRAM

- 06. – 17. Oct. 2013

DEPRESSION RECOVERY

- 24. – 5. Nov./Dez. 2013

FEELINGS MANAGEMENT SEMINAR

- 23. – 30. Jun. 2013

FOR MORE INFORMATION:

+41 (0)71 993 34 17

info@bergpension.ch | www.bergpension.ch

Sonnmatt Bergpension & Gesundheitszentrum
Remo & Jenny Fischer | Schwand 2588
9642 Ebnat-Kappel | Switzerland

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AMBIENTE



NATURE



ENTHUSIASTICALLY



90. BIRTHDAY



ADVENT

