

# The ten commandments for reducing stress

Autor(en): **[s.n.]**

Objektyp: **Article**

Zeitschrift: **Helvetia : magazine of the Swiss Society of New Zealand**

Band (Jahr): **69 (2003)**

Heft [1]

PDF erstellt am: **12.07.2024**

Persistenter Link: <https://doi.org/10.5169/seals-945590>

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## Grindelwald, Tasmania

Recently Mathias and Heidi Seifert and Joe and Berta Sidler went for a holiday to Tasmania, and visited the lovely town of Grindelwald. They share with us the history of this beautiful place. Many thanks for your contribution.



The Seiferts and Sidlers enjoying their trip to Grindelwald, Tasmania.

Roelf Vos was born in Holland in 1921, second eldest in a family of seven children and the son of a hard working business man and sailor. He attended a Christian school, filling in his spare time with marbles, ice skating, photography and oil painting.

Mr Vos left school at fourteen to begin working six days a week in a drapery store. On top of the long hours of his job, he attended night school where he learned how to make materials and obtained the necessary certificates required to become a draper.

After arriving in Tasmania in 1951, he set up home for his family and went on to open small gift shops in Deloraine and Georgetown. At the age of 34 he opened what was to be the beginning of his supermarket empire, with a small supermarket shop in Wellington Street, Launceston. Ten supermarkets were opened all bearing the Roelf Vos name. The business expanded and Mr Vos and his wife took a holiday to Europe. For their brief stay in Switzerland they were booked into a quiet little lakeside village. That village was the inspiration for Grindelwald.

Grindelwald, just 15 minutes from Launceston, along the west Tamar Highway is 180 metres above sea level overlooking the Tamar Valley and is built on about 450 hectares (1000 acres) of prime farmland.

After a number of trips to Switzerland for ideas, work started in 1980 and progress was rapid. A seven hectare (17 acre) man-made lake (Lake Louise) was made and a small traditional chapel was erected. Cedar pews in the chapel are early Australian (1845) and were bought in Campbelltown.

In December 1985, the Edelweiss Tearooms and Restaurant was officially opened. They were built in traditional Swiss style, with white washed walls and rich timber. Even Swiss visitors feel at home. The building sits on the edge of Lake Louise.

The area has been further enhanced by the resort comprising speciality shops, self-contained chalets, hotel accommodation, family restaurant and bar, nine-hole public golf course, Golf Pro Shop, two tennis courts, indoor pool, spa, steam sauna, gymnasium, games room, BBQs and children's play area. There are also two conference centres the resort opened in May 1989.

Mr Vos handcrafted most of the wood carvings on display at the resort and in the village. After a short battle with cancer, Mr Vos died on the 2nd December 1992. He is survived by his wife, Miep, six children and 25 grandchildren.

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1. Why do you call it a building when it is already built?
2. Why do you cut a tree down and then cut it up?
3. Why do you put a shipment in a car, but a cargo in a ship?
4. Why do you call it a TV set when there is only one?
5. Why is the word "abbreviate" so long?
6. Why isn't nostalgia what it used to be?
7. Why do invaluable and valuable mean the same thing?
8. Why is it that feet smell but a nose runs?



### The ten commandments for reducing stress.

1. Thou shalt NOT be perfect, nor even try to be.
2. Thou shalt NOT try to be all things to all people.
3. Thou shalt leave things undone that ought to be done.
4. Thou shalt NOT spread thyself too thin.
5. Thou shalt learn to say "NO".
6. Thou shalt schedule time for thyself, and thy supportive network.
7. Thou shalt switch off, and do nothing regularly.
8. Thou shalt be boring, untidy, inelegant and unattractive at times.
9. Thou shalt NOT even feel guilty.
10. Especially, thou shalt NOT be thine own worst enemy, but be thy best friend.

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