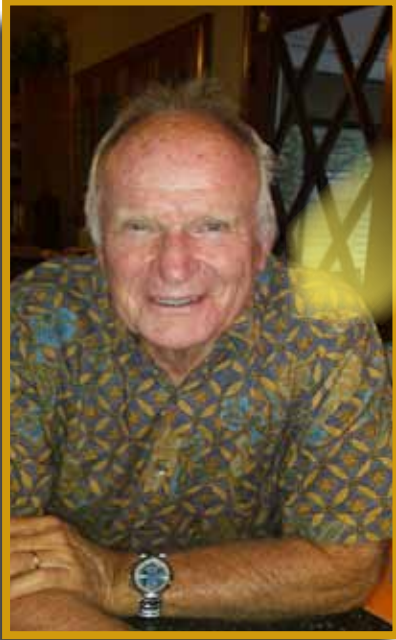


Sacramento Helvetia Verein Yodeler



Club's Member Spotlight



Martin Gisler



Fall / Winter 2015

If you are looking for Martin Gisler, you will probably find this busy SHV member enjoying his daily swim at the Sacramento #6 Elks Lodge on Riverside Blvd. And if it is Sunday morning he will be volunteering there to help cook and serve breakfast at the lodge's weekly fundraiser. Each Sunday the public is welcome to the Riverside Blvd. Elks Lodge for an "All You Can Eat Sunday Brunch" for only \$9 per person. Martin says they usually serve about 100 hungry people.

I was lucky enough to spend an afternoon with Martin Gisler in his home recently to talk about his life and involvement in SHV. Martin enjoys his workouts at the Elks Lodge and explained, "I've been involved with the Elks since the 1980s, when our girls went off to college and I had a little more time. I like to keep busy, you know," he said with a devilish grin. "When I was young I was very active and a little reckless; always on the go, climbing or skiing coming down a mountain. My father was not that sorry when I moved to America because he could stop worrying about me so much ." His parents were

Lenna Bissig Gisler and Anton Gisler who lived and raised their family on a dairy farm in Schattdorf, Uri Switzerland. Together they had five children and their third was named Martin; the boy who was always climbing hard rock mountains and skiing. Martin grew up in Schattdorf, worked on the family farm and was very active with the Swiss Alpine Ski Association, Swiss Mountain Climbing Club and with the Swiss Alpine Rescue Team. He skied all over the Gotthard, Berner Oberland and Wallis (Valais) Alps.



He taught mountain climbing and skiing in the Swiss Army and was on the Army's 9th Division 4-Man Cross Country Team when they received a Gold medal in both 1956 and 1957. While in the Army, Martin also learned to "Twirl" the Swiss Flag from a friend. To this day, Martin performs Flag Throwing at local Swiss Events. It is truly an impressive skill that takes a lot of strength and flexibility. Watching the flag's movement is very tranquil and entertaining.

In 1956, on a Saturday evening when Martin was about 26 years old, he and his friends were out walking from village to village when they stopped in at a local dance. There he encountered the beautiful and witty Bernice Pfanner from Nicholas, California. He asked her, "Ist es erlaubt zu tanze?" Bernice was assured that "Martin ist ein gutter Mann." Thus, their courtship began.

Bernice and her family were vacationing in Schattdorf. Her grandfather was Anton Scheiber who owned and managed Schattdorf's Gastahuse Brugli. Bernice's mother was Mary Scheiber Pfanner and her father was Ernst Pfanner. Once married they settled in Nicholas, California where Bernice was born. After their 1956 vacation, Bernice, her mother and father flew back to California. Martin and Bernice corresponded for the next couple of years before Martin decided to move to the United States. His uncle helped Martin get his work visa in 1959 and his first job was building and packaging engines, on Broadway in Oak Park, Sacramento. Soon after, Bernice's family helped Martin apply as an exchange student at UC Davis. He and Bernice got married, moved to Davis where Martin studied Pasteurization and Food Science. Bernice got a job at UCD and within a few years their daughters, Michelle and Elaine were born.

Continued pg 2

Sacramento Helvetia Verein Celebrated Switzerland's 724th Birthday!



Spotlight Continued

In 1962, after getting his degree and passing the State exam in Pasteurization, Martin found several jobs throughout Yolo and Sacramento Counties. He and his family left Davis and moved to Sacramento in 1964 when Borden's Creamery asked him to work for them. Unfortunately, Borden's eventually closed their Sacramento plant but a brand new Safeway/Lucerne Milk Plant was built in 1972 and Martin became their production supervisor for the next 20 years until that plant too, closed their doors in 1992. Martin decided that after 30 years in the milk production profession perhaps it was time for him to close down too. And so he retired in 1992.

Martin and Bernice had been active members of the Sacramento Helvetia Verein since moving to Sacramento. Martin met many good Swiss friends like Ferdy Morant, John and Otto Gisler, Pius Schuler, Emil Isler and Hans Gisler. "The Swiss community was active in the 60s," said Martin. "Oh the parties were fun! We'd work hard all week and seek each other out to celebrate on the weekends. Back then the Sacramento Helvetia Verein families all got along and many of us would even vacation together at places like Lake Tahoe and Hope Valley. Oh we'd fish, ski, hike and camp. Bernice and I bought a cabin near Pow Wow just above Camp Sacramento on Hwy 50 so our family and friends could enjoy the area. We flew our American, Swiss and Uri Flags from the flag pole there. The good ol days," he said with a smile.



Daughters; Elaine, Michelle with Martin & Bernice

When it was time to retire, Martin called these same SHV buddies and they all took golf lessons together at Haggin Oaks. Golf became yet another outdoor activity that kept Martin busy. Retirement was bliss.

Martin and Bernice now had time to travel the world, and loved going to Switzerland every couple of years together to visit their families and Martin's childhood friends. They also had a group of friends in Sacramento that decided to go on a cruise to Jamaica together; all newly retired, ready to party and boy did they have a blast! From there on in, the Gislens were hooked on cruises and enjoyed many more over the years. Martin and Bernice were married 54 wonderful years until Bernice's death, in 2013.

Martin is still that busy little kid, just not so reckless. He continues to play golf and volunteer. He maintains the front and back yards and the beautiful blooming and weed-less flowerbeds. His swimming pool is crystal clear and the acidity is balanced perfectly. He stocks the kitchen, cleans the house and cooks his meals. His favorite time is family time with Michelle, Elaine, her husband and his 17 year old granddaughter, Lauren. Busy as he is, Martin plans to take another trip to Switzerland in 2016. "It's hard to believe I moved away 56 years ago", said Martin. "But I'd do it all again, just the way it was. This has been a good life!"

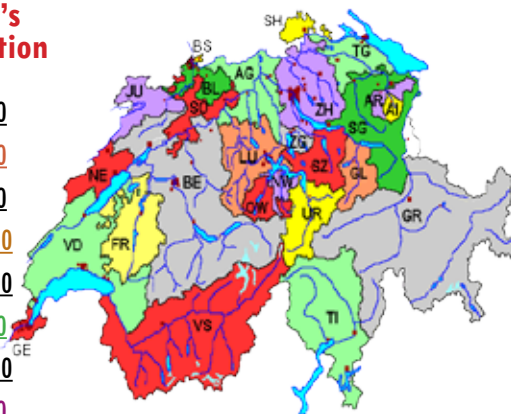
Article by Joan Achermann

"Life comes from physical survival; but the good life comes from what we care about."



POPULATIONS WITHIN SWITZERLAND

CANTON (alpha order)	Canton's Population	Canton's Capital	Capital's Population
Appenzell Ausserrhoden	53,000	Herisau	15,000
Appenzell Innerrhoden	15,000	Appenzell	5,000
Basel-Land	263,000	Liestal	12,000
Basel-Stadt	186,000	Basel city guide	165,000
Bern	950,000	Bern city guide	122,000
Fribourg Freiburg	243,000	Fribourg Freiburg	33,000
Genève	419,000	Genève city guide	178,000
Glarus	38,000	Glarus	6,000
Graubünden Grischuns Grigioni	186,000	Chur	32,000
Jura	69,000	Delémont	11,000
Luzern	352,000	Luzern city guide	73,000
Neuchâtel	167,000	Neuchâtel	32,000
Nidwalden	39,000	Stans	7,000
Obwalden	33,000	Sarnen	9,000
St.Gallen	455,000	St. Gallen	70,000
Schaffhausen	74,000	Schaffhausen	33,000
Schwyz	133,000	Schwyz	14,000
Solothurn	247,000	Solothurn	15,000
Thurgau	230,000	Frauenfeld	22,000
Ticino	315,000	Bellinzona	6,000
Uri	35,000	Altdorf	8,000
Vaud	632,000	Lausanne city guide	116,000
Valais Wallis	281,000	Sion Sitten	28,000
Zug	102,000	Zug	23,000
Zürich	1,242,000	Zürich city guide	342,000
Switzerland[total]	7,451,000	Bern city guide	122,000



Population density:

The overall population density of 180 inhabitants per km² is almost as high as in the UK or India, and significantly higher than in France or the U.S.A. A closer look shows that the highly industrialized Mittelland [midlands, plateau] region stretching from Lake Geneva to Bodensee [Lake of Constance] includes all major cities and is overcrowded with a population density of about 600 inhabitants per km² - though this region is the only in Switzerland where agriculture is possible on a fairly intense level. In the prealpine and Jura regions the population density is about 80 to 250 inhabitants per km² while it reaches 25 to 70 in the alpine cantons.

(1km² = approximately 247 acres)

Fondue Night ~ Come Prepared ~ October 7th

October's Monthly Meeting includes our Annual, Club Hosted, Fondue Night.

You bring your own fondue pot, utensils, wine and condiments. SHV Fondue Chefs, Ferdy Morant and Ernst Gudel, will serve their homemade, delicious cheese fondue and bread. Doors open at 6:45 PM, Meeting starts at 7 PM sharp and Fondue is served immediately afterward. (Guests' price \$10 each).



Attention SHV Golfers

Annual SHV FALL Classic Golf Tournament

- What - 9 holes of Golf just for fun...
- When - Sunday, October 27, 11 AM
- Where - Haggin or Campus Commons
- Check In by 10:30 AM
- Tee Prizes, awards and 9 holes with cart \$30
- Call to reserve a spot - you can make your own foursome, twosome or reserve a spot for one and we'll take care of the pairings (est. handicap needed too)
- Contact Joan Achermann at 916-482-6275 by 09/23 or Email: joanachermann@gmail.com

SAVE THE DATE! ~ SUNDAY ~ CHRISTMAS PARTY ~ 12/20/2015 ~ 12:30 pm - 4:30 pm ~

Santa, Music, Lunch, Talent Show, Crafts for Kids, Dancing, Singing
No charge for members & their children.

A CHRISTMAS PARTY FOR THE WHOLE FAMILY!

Invite your friends, Only \$10 per guest, At the Turn Verein
(See attached flyer)



SAVE THE DATE

SHV Fall's Swiss German Classes

Every Other Sunday from 2 - 4 PM 09/ 13 – 11/ 22
John Immoos: 916-721-8594 or 916- 847-1629

SHV Brunch at Ettore's & Jass Sat., 09/ 19, 10 AM

Gabi Wackerli: 916-364-5610

SHV Fall 9-hole Golf Tournament Sun., 09/ 27 at 11 AM

Joan Achermann: 916-482-6275

SHV Hosted Fondue Night & Monthly Meeting 10/7

GERMAN OKTOBERFEST, a German Club Event
10/ 9 and 10th www.sacramentoturnverein.com

SHV Fall Hike & Castello di Amorosa Wine Tour

Sat., 10/ 24 Calistoga, CA Anita Kassel 916-422-1513

SHV Hosted Meal and Member's Meeting Wed, 11/4

SHV FALL'S ANNUAL METZGETE Sat., 11/7, 5:45 PM

Form & Details Attached Paul Kisser: 916-739-1155

SHV Brunch at Ettore's & Jass Sat., 11/ 21, 10 AM

Gabi Wackerli: 916-364-5610

SHV Hosted Meal, Cookie Exchange & Meeting

Wed, 12/2 (Bring 2+ dz cookies and your platter,
exchange & leave with a Christmas variety)

German Club's Christkindlmarkt & Coat Drive

12/5-6th www.sacramentoturnverein.com

SHV ANNUAL CHRISTMAS PARTY

SUN., 12/20 12: 30 pm Form & Details Attached
Paul Kisser: 916-739-1155

SHV New Year's Eve Celebration Dinner & Meeting,

Wed. 01/2016

Sacramento Helvetia Verein

Swiss Yodeler

ADDRESS SERVICE REQUESTED

