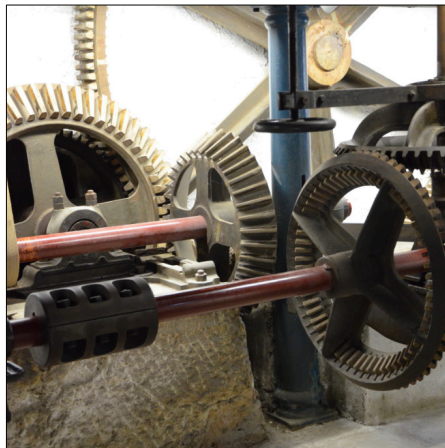


HORIZON

April 2023

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centrepontbasel
A local club for global people.

OPENING HOURS

Desk Volunteers on Duty		
Monday	CLOSED	Im Lohnhof 8, 4051 Basel,
Tuesday	9:00 - 13:00	Switzerland
Wednesday	9:00 - 13:00	Tel: 061 261 20 02
Thursday	9:00 - 17:00	e-mail: info@centrepoin.ch
Friday	9:00 - 13:00	www.centrepoin.ch
1st Saturday	11:00 - 13:00	facebook.com/centrepoinbasel
Sunday	CLOSED	instagram.com/centrepoinbasel

GOVERNING BOARD

President	Vacant
	president@centrepoin.ch
Vice-President	David Ruiz Lopez
	volunteers@centrepoin.ch
Treasurer	Simon Ireland
	treasurer@centrepoin.ch
Board Secretary	Vacant
	secretary@centrepoin.ch
Activities Coordinator	Sanne Akkermans
	activities@centrepoin.ch
Communications Coordinator	Heidrun Osterer
	communications@centrepoin.ch
Marketing Coordinator	Galina Mock
	marketing@centrepoin.ch
Membership Coordinator	Eveline Wyss
	membership@centrepoin.ch
Volunteers Coordinator	David Ruiz Lopez
	volunteers@centrepoin.ch

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	adteam@centrepoin.ch
Apéro	Apéro Team
	apero@centrepoin.ch
Artwall	Pavel Kovalenko
	artwall@centrepoin.ch
Conversation Groups	Sarah Stringer/Alison Findlay
	conversations@centrepoin.ch
Front Desk Volunteers	Front Desk Team
	fdv@centrepoin.ch
Horizon Newsletter	Alison Waterfield
	newsletter@centrepoin.ch
Library	Joanna Lonergan
	library@centrepoin.ch
Premises	Ilma Zubovic
	premises@centrepoin.ch
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Website	Steve Barnacle
	web@centrepoin.ch
Weekly Briefing	Lubica Smiercakova
	weeklybriefing@centrepoin.ch



Editorial

Dear Readers,

Welcome to another bumper issue of Horizon. This issue's theme of energy has again raised the interest of our members to contribute to this timely and vital, multi-faceted topic.

We all rely on energy - to power our homes, our cars, our computers, our smartphones and the ever-increasing number of gadgets we seem to need to own. We need energy to warm our homes, to cook our food, to heat water for us to have a hot shower. Basically, everything we use either requires energy for it to function, or required energy for it to be produced so that we can use it.

In our Features section, Bronwen gives us an insight into energy production in Basel during medieval times, while Uwe talks about modern power generation and Tom showcases what even a tiny solar panel can do. Haluk sheds light on how Switzerland fares in comparison to its European neighbours in terms of energy production while Marcel highlights the fantastic Primeo Energy Cosmos in Münchenstein that is well worth a trip. Roger encourages us to think outside of the box, and I encourage us to think about more than just the physical energy level of our own bodies.

Marco does it again with a fantastic cartoon depicting a classic scene I am sure will be familiar to us all and a contemplation that is surely a regular occurrence in many of our households. Energise your brain with this month's riddles, word search and Sudoku. And try out my tasty chicken soup recipe for an energy boost.

I take this opportunity to acknowledge and commend the energy powerhouse of Centrepoin: our volunteers. Your energetic efforts do not go unnoticed. Just looking at our calendar jam-packed full of activity groups, conversation groups and other events it is clear to see what an energetic community we have here at Centrepoin and I am proud to be a part of it.

I leave you with the words of Albert Einstein: "Everything is energy, and that's all there is to it".

Alison Waterfield
Editor
newsletter@centrepoin.ch

Disclaimer: Opinions and comments expressed in articles are those of the authors and are not necessarily shared by the general membership or by Centrepoin's Governing Board.

Large front page photo:
Energy in Music; Uwe Schnetgöke, Photography Group Team Leader (see page 4)

Small photos left to right:
Giselle Weiss and Kate Watson, Sunday Walkers; Brigitta Hänggi Inside the Mill at Brüglingen; Bronwen Saunders Experiments in the Science Center; Primeo

President's Words



Dear Members,

Given the Horizon deadline (which for this edition was 6th March) it falls to me, as the President on this date, to write these President's words even though as you read them, I will no longer be in the role.

I can't help but look back over my year as President, particularly as I have been busy recently putting together Centrepoint's annual report which will be published in Horizon next month. I will not go into details here and will let you read the report which summarises Centrepoint's "2022" but suffice to say I am proud of our achievements.

I came into the President's role with a mission to "re-energise Centrepoint" following on from two years dominated by the pandemic. I called on volunteers old and new to help organise face-to-face activities and social events and I called on the broader membership to come back to Centrepoint and start socialising once again. This we have largely achieved and even in the last few weeks it has been heartening to see members again at coffee morning who have finally felt comfortable to return. Thankfully the "buzz is back" at Centrepoint!

I also called on the membership to proactively be ambassadors by promoting Centrepoint to friends, neighbours and work colleagues who might be potential members. As I have said many times before, if each member brought along just one new member, then we would easily be back to full strength in terms of numbers and, importantly, income. I thank those of you who have introduced new members in the last year and would urge those of you who have not yet done so to have a go! We really do need your help.

So, I will finish these words paraphrasing the words I wrote in my first President's words a year ago. Thank you for giving me the opportunity to be the custodian of Centrepoint for the last 12 months. I have done my best and I have achieved my best with the support of the Board and the membership (and my husband Steve). I have enjoyed working with you all.

Maryann Barnacle
President
president@centrepoint.ch

This is Your Horizon!

We welcome member contributions to Horizon, preferably with a connection to the Basel region or Switzerland. Due to inclusion of the annual and AGM reports provided by the Board, we do not call for any feature article contributions for the month of May (theme: Street Life). Contributions are welcome again from the June issue onwards and the themes for those following months are:

- June: **Architecture**
- July/August: **Crafts** (skilled trades, e.g., carpenter, plumber, welder)

Could you write an article of between 200 and 900 words on one of our themes? Or perhaps a poem? Your English does not have to be perfect in order to contribute, at least half of our members are non-native English-speakers. And the Editorial Team is here to help!

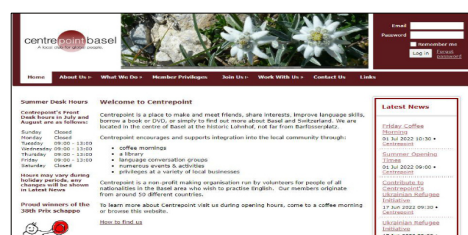
The deadline for contributions is always 12:00 on the 6th of the preceding month or the Friday preceding if the 6th is on a weekend, e.g. the deadline for the June edition is 5th May. However, we accept articles whenever they are ready, the earlier the better! If you have an idea you want to discuss, a question you want to ask, or an article to submit, please contact newsletter@centrepoint.ch

Submissions should include title and author. Please also send an accompanying photo including a caption and the photographer's name or other source. The image must be at least 300dpi and in .jpg or .png format. The Editor reserves the right to shorten or edit submissions as necessary though authors retain copyright.

Your Information Portal

By logging into the Centrepoint website you gain access to the Members' Area where you can find information about the various activity groups, conversation classes and social events on offer, as well as details of members' privileges with a variety of local businesses. Electronic copies of the Horizon newsletter, the Centrepoint calendar and other useful documents are also available.

While logged in you can also access your profile page where you can update your personal information such as your email, phone and home address and add up to five other family members to your household membership. If you have forgotten your Centrepoint password simply reset it by clicking "Forgot password" on the Centrepoint website homepage at www.centrepoint.ch



Centrepoint News

News Round-Up

NEWSLETTER TEAM

Hello, I'm Ian.

I'm here to support you,
wherever you are just now.



[CounsellingWorksOnline.com](https://www.counsellingworks.ch)

Life has its ups and downs,
in relationships, family, or work,
and you're feeling troubled.

You have emotional and
psychological concerns just now,
and need a safe place to talk.

You need some time with
someone you can trust,
an ethically grounded Counsellor.

You're looking for someone
who can be beside you,
listening confidentially,
and supporting you to find
the best way through together.

I'm a dual-qualified Counsellor,
highly experienced in
working with adults like you,
who live ex-pat, business,
and nomadic lifestyles.

Whether troubles are happening
in your private life or workplace,
affecting you as an individual
or as a couple, that's what I do.

Simply get in touch with me at
[CounsellingWorksOnline.com](https://www.counsellingworks.ch)
and let's get started together.

Easter Closure

Centrepoint will be hard locked from 17:00 on Thursday 6th April until 9:00 on Tuesday 11th April. During this time it will not be possible to enter Centrepoint's premises using the door key pad.

New English Conversation Group

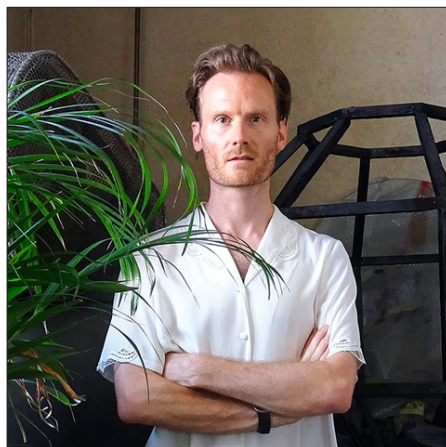
A new English Conversation Group is starting this month and will run on Wednesdays 10:30 - 11:25. Beginner / intermediate level (A2 - B1). Conversation practice with a focus on grammar. If you would like to join this group, please email conversations@centrepoint.ch.

Annual Report and Centrepoint AGM

The Centrepoint annual report as well as a report from the Centrepoint AGM (held on Thursday 16th March) will be provided by the Board and included in the next issue of Horizon in May.

Front Page Main Photo

This month the main photo on our front page was taken by Photography Group Team Leader Uwe Schnetgöke. This is what Uwe had to say about his photo: "I took this photo during the Em Bebbi sy Jazz festival in Basel, August 2019. In an extraordinary session, the drummer poured water over his drums, conveying his intensity, enthusiasm and engagement for playing jazz."



Visual artist Till Langschied

Artwall Vernissage

In April the Centrepoint Artwall is thrilled to announce an exhibition of Basel-based visual artist, curator and GIF-enthusiast Till Langschied. Till works in a variety of media. Originally from Frankfurt am Main, he studied at the AMD Düsseldorf, Roaming Academy of the Dutch Art Institute and at the Institut Kunst HGK in Basel where he graduated with a degree in Fine Arts.

Langschied's artistic research focuses on the relation between humans and technology. On the one hand he is interested in how human bodies increasingly merge with technology, on the other he investigates the metaphysics of machines and how they can be seen as more than mere objects. For him, technology and machines are the frozen hopes and dreams of humankind. Till asks himself how our psyche can handle the oversaturated moment of a constantly expanding "now"? In all these different works he has always focussed on the emotional echoes vibrating off manifestations of the tech society.

Within these topics, Till explores the constantly evolving relationships between virtual and analogue spaces, operating at the boundaries of these realms. He develops many of his works in digital formats and then transforms them into physical objects and installations in order to question the agency of the virtual. Additionally, Till Langschied developed the performance character Till Tumaroh, who he uses as an avatar on various levels within his work and who functions as a medium or witness for digitalised realities.

Langschied's work has been exhibited internationally, including shows at Centre Culturel Suisse (Paris, 2021), Ausstellungsraum Klingental (Basel, 2021), Zabriskie Point (Geneva, 2021), Kunstraum Niederösterreich (Vienna, 2020), Haus der Elektronischen Künste HEK (Münchenstein, 2019), Kunstverein Freiburg (Freiburg, 2019) and Binz 39 (Zurich, 2019).

All members, friends and art lovers are cordially invited to join us for the Vernissage on 28th April at 18:00 to explore the boundaries of analogue and digital art in good company.

MyPlace Pittsburgh, Pennsylvania

On 13th April Bernie MacCabe will give a MyPlace on Pittsburgh. Below is an introduction from Bernie on the city and what you can expect during his talk.

"Pittsburgh is known as the Steel City. It is also often called the City of Bridges, River City and the City of Champions, to name a few. A writer (from a different era) once referred to Pittsburgh as 'hell with the lid off'.

It is a city that boasts many famous daughters and sons and is central to numerous books and movies. Pittsburgh's topography is marked by its hilly terrain, cut through by many creeks and streams, and the 'Golden Triangle' formed by the confluence of the Allegheny and Monongahela rivers, the source of the Ohio River and home to Fort Pitt and the downtown area.

Although I left Pittsburgh for Basel 40 years ago, I always enjoy returning. Perhaps after hearing about 'my place,' you will wish to visit Pittsburgh yourself. "



A bird's-eye view of Pittsburgh; Pixabay

European Festival of Youth Choirs 2023

BRONWEN SAUNDERS



EJCF 2023 Bündner Jugendchor; <https://www.ejcf.ch/en/multimedia1/press/>

If there is one mega-event in Basel that can be relied upon to bring people together, touch their hearts and make them feel upbeat about the future then surely it is the European Festival of Youth Choirs, a biennial fixture of Basel's cultural calendar.

This year's event is shaping up to be a real blockbuster. With eleven youth choirs from Belgium, Finland, France, Georgia, Ireland, Israel, Latvia, Lithuania, Poland, Serbia and Ukraine, a guest choir from the Philippines, as well as seven from all corners of Switzerland (including the Swiss Youth Choir) set to descend on the city from 17th–21st May, Basel will be alive with the sound of music. The visiting ensembles will be joined by the choirs of Basel's very own Musik-Akademie, Knabenkantorei and Mädchenkantorei.

The festival programme is as varied as the line-up of singers and over half the pieces to be performed at this year's event are the work of living composers.

The festival will kick off with a magnificent choral spectacle held at the St. Jakobshalle on 17th May. After a choral welcome provided by the choirs of eight local gymnasiums, each of the visiting choirs will get to present its own special showpiece. All 800 singers will then team up for a rendition of the "Song of Hope" by Swedish composer Susanna Lindmark.

A hard act to follow? Not for these youngsters! The next three days will see concerts of all kinds in churches, concert halls and public squares, as well as the theatre foyer and Basel's world-famous

Stadtcasino. Sing-along events, a late-night concert with light installations and the Rhystärn turning into the Chorschiff hosting concerts and workshops are but a few further highlights to look forward to.

One of the key missions of the European Festival of Youth Choirs, apart from promoting musical excellence, is to harness the shared love of singing to transcend all linguistic and generational barriers and bring people together. Hence the importance of accommodating the young singers in local host families who can give them a glimpse of everyday life in Switzerland.

As most of us at Centrepoint are not from Switzerland originally, we have been asked to host the Swiss Youth Choir (SJC/CSJ) whose highly accomplished singers are an absolute dream team, as you can see from their website: <https://csj-sjc.ch/index.php/de/>

If you could imagine opening your home to one or more of these extremely talented and endearingly enthusiastic young people for the duration of this major international event, please send a mail to Bronwen at ejcf@centrepoint.ch

Further details and an information event for host families will be provided in due course. Festival programmes are available at Centrepoint and tickets for the opening event, the "Fulminant Choir Spectacle", are on sale now from ticketcorner.ch. Tickets for all other concerts go on sale on 25th March.

Volunteering

Volunteer Appreciation Award

Heather Wonacott



The Board has decided to name Heather Wonacott as the Volunteer of the Month for April 2023. Originally from the United States, she has been living with her family in Switzerland for many years.

Heather has been a Centrepoint member for nine years, actively since January 2014 and has been a Centrepoint volunteer since 2015. Over those years she has collaborated in many different Centrepoint areas - always giving her best in all of them! Currently, Heather is volunteering in two roles: Name-badges Manager and Hooks & Needles Group Leader. The former role consists of creating, printing and delivering name badges to our new or current volunteers. The latter is probably her favourite role since knitting is one of her most-loved hobbies.

Every Thursday afternoon she leads a group that meets in the small library from 14:00 to 16:00 to spend time together chatting and sharing their passion for crafts such as knitting, crochet and embroidery. I have personally spent time with them while volunteering at the front desk, and I can assure all of you that they make truly authentic artistic pieces.

For these reasons, the Board want to thank you, Heather, very much for your commitment and contribution to Centrepoint.

David Ruiz

Volunteering Vacancies: We Need You!

Centrepoint is run entirely by volunteers. Without them we could not exist. Volunteering is fun! You can socialise with other people and it gives you a sense of accomplishment knowing that you are helping others.

Whether you have one hour or one day to give, whether you want to work from home or in an office, whether you want to work on your own or in a team, we have a position for you!

If you are interested in any of the following positions, please email David at volunteers@centrepoint.ch

President

The President leads Centrepoint's Governing Board and works with the other Board members to develop and manage both the strategy and operational activities of Centrepoint. The President is the public face of Centrepoint, representing the organisation at external and member events.

Past presidents have brought different skills to the role; the key requirement is a desire to contribute to the ongoing success of Centrepoint.

This role could also be considered as a job-share if two members would like to work together.

Secretary

The Board Secretary works directly with the President and Vice President, other members of the Leadership Team, and the Centrepoint Officer's Group. Primary responsibilities are to attend the Board and Officers' monthly meetings - as well as prepare and attend the yearly AGM - create minutes and participate actively. Reviewing and overseeing of key documents and signing documents on Centrepoint's behalf are additional duties of this role.

This role requires strategic thinking, IT and file management skills as well as clear communication and attention to detail.

Website Manager

We need a volunteer to manage our website. Regular tasks include updating the Latest News section and general website maintenance. Ideally this role will also lead a project to review the website "look and feel".

Primarily you need time, commitment and an eagerness to learn. Organisational and written communication skills are also desirable. Technical experience is not essential as the website is designed to be managed by end users not programmers.

Talks and Trips Organisers

Centrepoint aims to hold one talk and one trip per month. Talks are typically held in the evening at Centrepoint. The Talks team finds speakers, advertises the talks to members and hosts them on the day. Trips are typically held during the day in the Basel region. The Trips team decides which trips to offer, agrees the trip details with the host organisation, advertises the trips to members and leads them on the day.

For both roles, good organisation skills are essential. You should also enjoy liaising with speakers/host organisations and interacting with other members.

English and German Group Leaders

Due to the high demand of members who want to learn and practise English and German, we are looking for volunteers to start up new conversation groups in these languages. Our language conversation groups are some of the most valued activities and members enjoy one hour every week practising their favourite language.

Are you a native English or German speaker or have you reached an advanced level? Would you like to help others to become fluent? Do you have one hour per week to volunteer at Centrepoint? This is the perfect role for you!

Kate Watson Goes for a Walk - and Heads Home

TEXT AND PHOTO BRIGITTA HÄNGGI



Sunday Walkers along the Birs

Sunday 19th February was the last time Kate Watson led a healthy group of Centrepoint Sunday Walkers along the Birs. She and her husband Brian moved back to England the following week. Kate has a stride which we all like to follow, wherever she planned a walk for us. She seemed to know every corner we needed to turn, and every public transport stop if someone got tired. She exuded energy but knew when to stop for a drink of water. At the same time, she carefully kept an eye on people who tended to slow down or fall behind.

The Centrepoint community will miss Kate greatly. Not only an inspiring leader of the Sunday walks, Kate also showed true leadership as President of our organisation for three years, as Secretary to the Board, as Membership Coordinator, as a Book Club leader and as a regular con-

tributor to Horizon. Looking at her volunteer history I found her name in almost every function at Centrepoint at some point. She helped to make our organisation better and fitter. Kate is a person who goes well above the expected and energises others with her genuine compassion and laughter.

We all owe Kate a huge thank-you and extend our best wishes for living back home again! At the end of the walk, she assured us that she will be back in Basel for visits. We all gave her a big hand and a warm hug. See you again at Centrepoint, Kate!

True to form, Kate made sure to enlist a new leader for the Sunday Walkers. Giselle Weiss - an avid walker herself - will take over.

centrepointbasel
...for the international community

WHY NOT BRING A FRIEND?

Do you have a friend (or two?) who might like to join Centrepoint?

Perhaps they would like to meet and chat with new friends over a coffee in English at our Friday Coffee Mornings or in German at our Wednesday Kaffee auf Deutsch?

- or chat over a glass of wine and nibbles at our monthly evening apéro?

- or practise speaking English, German, French, Italian, Spanish or Baseldütsch?

- or listen to a talk, go on a trip or take part in one of our activity groups?

- or read a book from our library or our latest edition of Horizon?

Centrepoint offers many ways to meet people and socialise. So why not suggest us to a friend?

Visit www.centrepoint.ch for details

German Integration Groups

2x/week evenings



inlingua®

My aim is very simple - to help people resolve their emotional, psychological, relationship and work issues, so that they can live in a more positive and productive way.



I am a highly trained, qualified and experienced UK counsellor with over thirty-six years' experience of helping children, adults, couples and families through a wide range of problems at home and at work.

Centrepoint members are entitled to a half fee for the first consultation. My practice is just a five minute walk from the Centrepoint office.

Tony Moody

+41 (0) 79 962 8462
baselcounselling@gmail.com
www.baselcounselling.com

All our regular events take place at Centrepoint and are open to members and potential members. Just drop in!

Please note that there will be no regular events taking place during Centrepoint's Easter closure (from 17:00 Thursday 6th April until 09:00 Tuesday 11th April).

To find out about talks, trips and other ad hoc events, check out the weekly briefing email sent to Centrepoint members every Friday morning.

You can also find this information on the Trips & Talks page in the Members' Area of the Centrepoint website.

Regular Events

Climate Change Discussion

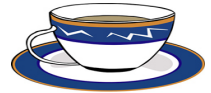
Date: Monday 3rd April
Time: 15:30-17:00



Jennifer Jenkins will lead an informal talk and discussion on "What's happening in Switzerland about the climate emergency?" This event is free, all members are welcome. To register and for further information, contact Julie Telford at climatechange@centrepont.ch.

Kaffee auf Deutsch

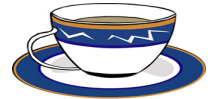
Date: Every Wednesday
Time: 10:30 - 12:30



Would you like to practise your German or help others improve their own? Come and join us on Wednesday mornings for a cup of coffee or tea, and some German "Geplauder". Don't be shy, just use the German you have.

Weekly Coffee Morning

Date: Every Friday
Time: 10:30 - 12:30



Would you like to meet people from different countries, find new friends and learn what is happening at Centrepoint, in Basel and its surroundings? Then join us on Friday mornings for a cup of coffee or tea.

Mindfulness and Meditation Group

Date: Every Friday
Time: 13:00 - 14:00



No special equipment or clothes are required and all the sessions will be seated on ordinary chairs. Sessions will be facilitated by Tony Moody and you just require an open and curious mind.

Monthly Apéro

Date: Thursday 20th April
Time: 18:00 - 20:00



Join us for a glass of wine and snacks and enjoy mingling with the wonderful community we have. It's a chance to meet up with friends old and new and talk about anything that comes to mind.

Monthly Feedback Meeting

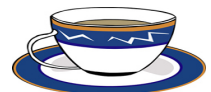
Date: Wednesday 12th April
Time: 10:30 - 11:30



Please come along to hear what is happening at Centrepoint, ask questions and/or make suggestions. A Board member will host this meeting.

Monthly Welcome Coffee

Date: Wednesday 5th April
Time: 10:30



New and current members are invited to join us at the Café Huguenin in Barfüsserplatz.

Trip Report

Centrepoint Visits Switzerland's Tallest Building

LESLEY BESTER



Roche Basel premises in 2023; Roche.com

A Centrepoint quote from someone who has visited both Buildings 1 and 2:

"The second tower feels like a much more inspirational environment to work in."

More Fun Facts about this Edifice

- The 2,800 windows are cleaned once per year, a task which takes two months!
- Floor coverings (when not oak) are made of recycled fishing nets
- The ground floor houses a 180m² living plant wall, which contributes towards purer air and increased humidity, apart from being visually stunning
- The lifts travel at 7 metres per second making them the fastest in Switzerland. (The manufacturer happens to be Swiss too!)
- As they descend the lifts produce electricity which is fed back into the grid
- The foundations are made up of three storeys, using many tonnes of concrete
- There is storage space for 400 bicycles underground
- On exhibit are many items from Roche's original art collection, both old and modern

Recently a total of 44 Centrepoint members participated in a tour of Switzerland's tallest building, Roche Building 2, in Basel. If you live in or near the city, you can't help but notice the striking two towers, which have shaped the face of the Roche site as well as the cityscape of Basel.

The tour was conducted by a knowledgeable and charming employee of Basel Tourismus, and started at the top floor, Lounge 47, where the panoramic view from this restaurant/bar is spectacular. Being so high up allows one to see the bend in the Rhine (the "Rheinknie"!)

Yes, there are 50 storeys, with the top three floors housing technology and equipment.

The blinds are located between the panes of glass to enhance the light and viewing experience. Should a possible bird strike be heading towards Basel, the Swiss Ornithological Institute in Sempach notifies Roche and a special bird switch closes all the blinds to avoid such an incident.

The tour included a brief history of the company, Hoffmann-La Roche, founded 127 years ago and still proudly owned by the founding family.

Standing 205 metres high, the building accommodates 3,800 employees who have access to facilities such as + 2,300 workstations, as well as zones designed to promote communication and collaboration. Also featured are state-of-the-art meeting and video-conferencing rooms, along with two cafeterias.

It comes as no surprise that this skyscraper incorporates the most advanced technology focused on efficiency and sustainability. It is resistant to earthquakes with a magnitude of 6.9 on the Richter scale, a critical feature given Basel's history of earthquakes. There is no air-conditioning, it is heated using waste heat from the local area and cooled with groundwater. Additionally, it has an energy-efficient façade, 50 percent of which is glass.

Our members were animated and asked many questions of our guide. Overall we felt that the tour was informative, most interesting and enjoyed by all. A Saturday afternoon well spent.



Centrepoin group in Lounge 47, Roche Building 2; Lesley Bester

Activity Groups

ARTS AND CRAFTS

CREATIVE STUDIO

Date: Every Friday
Time: 16:00 - 18:00
Place: Centrepont
Who: Members only
Contact: Nana at

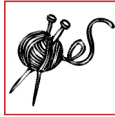


creativestudio@centrepont.ch

Bring along your latest project and materials (sorry, no oil painting permitted) for our informal art group. We'll share ideas and enthusiasm but also give you the time to work on your own.

HOOKS AND NEEDLES

Date: Every Thursday
Time: 14:00 - 16:00
Place: Centrepont Library
Who: Members only
Contact: Heather at



hooksandneedles@centrepont.ch

Enjoy a good chat over a cup of tea or coffee while knitting, crocheting, cross stitching or quilting etc. We can't offer tutorials but we are always happy to help one another and offer advice.

MEN MODELLING!

Date: 1st, 2nd and 3rd Wednesday
Time: 16:30 - 18:30
Place: Centrepont
Who: Members only
Contact: Peter at



modelling@centrepont.ch

If you fancy a chat over a beer about life in general or men's hobbies in particular, then come and join us. Now and again we also work on the current model. Please contact Peter to confirm dates.

PHOTOGRAPHY GROUP

Date: 2nd Tuesday every other month (next 9th May)
Time: 19:00 - 22:00
Place: Centrepont Library
Who: Members only
Contact: Uwe at



photography@centrepont.ch

The Photography Group learns together by discussing photos, their quality and how they might be improved as well as going into the field for some practice. New members are always welcome.

OUTDOORS

SUNDAY WALKERS

Date: 3rd Sunday
Time: Approx. 10:00
Place: Basel region
Who: Members and friends
Contact: Giselle at



sundaywalkers@centrepont.ch

Join us as we go for a two- to three-hour ramble through the Basel countryside. All walks are accessible by public transport.

BIRDWATCHING

Date: 2nd Saturday
Time: 09:00
Place: Basel region
Who: Members and friends
Contact: Dave at



birdwatching@centrepont.ch

Join Dave for a birding walk, sometimes searching for specific bird species, sometimes just checking what is around. Both beginners and experienced birders welcome. Bring binoculars if you have them.

GAMES

WEDNESDAY BRIDGE CLUB

Date: Every Wednesday
Time: 13:00 - 16:30
Place: Centrepont Library
Who: Members only
Contact: Darlene at



bridge@centrepont.ch

Some playing experience required.

BRIDGE FOR BEGINNERS

Date: Every Thursday
Time: 09:00 - 13:00
Place: Centrepont Library
Who: Members only
Contact: Sev at



bridgeclub@centrepont.ch

Come and learn the basics of bridge in a friendly atmosphere with lots of support.

GAMES (CON'T)

WESTERN MAHJONG

Date: Every Tuesday
Time: 10:30 - 12:30
Place: Centrepont Library
Who: Members only
Contact: Team at



mahjong@centrepont.ch

If you are interested in the game of Mahjong, please join us on Tuesday mornings. All levels welcome. We will also teach beginners the basics of this fascinating game.

SCRABBLE

Date: 3rd Wednesday
Time: 19:00
Place: Centrepont Library
Who: Members only
Contact: Bronwen at



scrabble@centrepont.ch

Does your passive vocabulary need an airing? Do you enjoy playing with words? Then join us for an evening spent poring over the Scrabble board and shunting letters around. No previous experience required, just a love of language.

JASS

Date: Every 1st and 3rd Thursday
Time: 13:00
Place: Centrepont
Who: Members only
Contact: jass@centrepont.ch



Some playing experience required.

FITNESS

YOGA

Date: Every Thursday
Time: 16:00 - 17:00
Place: Centrepont Library
Who: Members only
Contact: Marianna at



yoga@centrepont.ch

Give your body and mind a chance to come closer together through the physical practice of Yoga. Bring your mat and join Marianna in the library for an hour dedicated to ourselves. No yoga experience required.

Out and About

READING AND WRITING

BOOKS IN ENGLISH

Date: 2nd Tuesday
Time: 17:30 - 19:00
Place: Centrepoint
Who: Members only
Contact: Team at



April: *booksinenglish@centrepoint.ch*
Snowflake by Louise Nealon

Feel free to drop in if you have read the book and would like to join in the discussion.

SPANISH BOOK CLUB

Date: To be announced
Time: 17:00 - 18:30
Place: Centrepoint
Who: Members only
Contact: Olga at



spanishreading@centrepoint.ch

We select and read a total of six books per year. Every two months, we gather to share our points of view and discuss the material. Please read before the discussion. Come and join us!

THIN RAFT WRITERS

Date: 3rd Tuesday
Time: 19:30 - 22:00
Place: Centrepoint
Who: Members only
Contact: Roger at



thinraftwriters@centrepoint.ch

Everyone is welcome. Bring your writing for review and constructive critique.

If you have an idea for a new group and would like to help organise and publicise it, then please contact activities@centrepoint.ch

April Events

PETER BERRIE

Classical Music

Basel Sinfonietta	www.baselsinfonietta.ch
Chor Basel	www.chorbasel.ch
Concerts Aurore Basel	www.concertsaurora.ch
Evening Music at the Predigerkirche	www.abendmusiken-basel.ch
Gare du Nord	www.garedunord.ch
Kammerorchester Basel	www.kammerorchesterbasel.ch
La Cetra Barockorchester	www.lacetra.ch
Middy concert at the Elisabethenkirche	www.mimiko.ch
Sinfonieorchester Basel	www.sinfonieorchesterbasel.ch

Rock, Pop and Jazz

Atlantis	www.atlantis-basel.ch
Birdseye Jazz Club	https://birdseye.ch
Guggenheim	www.guggenheimlietal.ch
Kaserne	www.kaserne-basel.ch/en
Parterre One	www.parterre.net
Volkshaus	www.volkshaus-basel.ch/en
Z7 Konzertfabrik	www.z-7.ch

Theatre

Barakuba, music and cabaret	www.barakuba.ch
Burghof, Lörrach, music, dance, cabaret	www.burghof.com
Fauteuil, Taboretli, cabaret in German	www.fauteuil.ch
Musical Theater, musicals, other shows	www.musical.ch/en
Teufelhof, cabaret in Mundart and German	www.teufelhof.com
Theater Basel, opera, plays, ballet	www.theater-basel.ch

Museums

Fondation Beyeler	www.fondationbeyeler.ch
Museum Tinguely	www.tinguely.ch
Kunsthalle	www.kunsthallebasel.ch
Kunstmuseum	https://kunstmuseumbasel.ch
Museum Kleines Klingental	www.mkk.ch
Natural History Museum	www.nmbs.ch
Pharmaziemuseum	https://pharmaziemuseum.ch
Vitra Design Museum	www.design-museum.de

Sport, Dance, Walks etc.

FC Basel	www.fcb.ch
Halle 7	www.halle-sieben.ch
Markthalle	www.altemarkthalle.ch
Merian Gardens	www.meriangarten.ch
St Jakobshalle	www.stjakobshalle.ch

Semi-Circle Monday Play Reading

Join Semi-Circle members for an informal play reading on Monday 8th May in the Centrepoint Library. Doors open at 19:00, play reading begins at 19:30. More information at www.semicircle-basel.com/whats-on

Conversation Groups

Conversation Groups

- Conversation groups are free for Centrepoint members.
- Non-members can usually attend one session without charge, after which they must become a Centrepoint member.
- Conversation Groups are held in-person in the Centrepoint Conversations Room or Library. Certain groups are held online via Zoom.
- The groups are generally not suitable for absolute beginners.
- The conversation group leaders are volunteers.
- The primary purpose of the groups is language practise. Centrepoint does not provide structured language courses.

How to Join a Conversation Group

- Please email conversations@centrepoint.ch.
- We will send you an application form where we ask you to provide some personal details and information about your language level.
- Then we will check for available places in suitable groups and invite you to a trial session. You may try more than one group if places are available.
- If there are no places available in any of the suitable groups, you may choose to go on a waiting list.
- We kindly ask that you only go to a group once you have received confirmation that a space is available from conversations@centrepoint.ch.

April

Monday	Tuesday	Wednesday	Thursday	Friday
ITALIAN (B) 9:00-9:55 Valentina Fontana <i>no group 10th</i>	SPANISH (B/I) 9:00-9:55 Deyanira Ortiz Rusterholtz Nallely Alvarado	ENGLISH (B) 9:30-10:25 Sarah Stringer <i>no group 12th</i>	ENGLISH (I) 9:00 -10:10 Alison Findlay <i>no group 6th & 13th</i>	ENGLISH (I/A) 9:30-10:25 Carmel Curran Marica Freuler <i>no group 7th</i>
ITALIAN (A)* 10:30-11:40 Valentina Fontana <i>no group 10th</i>	ENGLISH (B) 11:20-12:15 Gillian Macdonald <i>no group 4th & 11th</i>	ENGLISH (B/I)* 10:30-11:25 Valerie Walder <i>start date tbd</i>	GERMAN PLAUDERN (I/A) 10:15-11:10 Brigitte Oeschger <i>no group 6th & 13th</i>	
FRENCH (A) 13:30-14:30 Nadia Stein <i>no group 10th</i>	ENGLISH (A) 12:30-13:25 Gillian Macdonald <i>no group 4th & 11th</i>		BASELDÜTSCH (B) 11:30-12:20 Doris Nett <i>no group</i>	ENGLISH (I/A)^o 13:00-13:55 Marica Freuler Sarah Stringer <i>no group 7th</i>
GERMAN (B/I) 14:45-16:00 Esther Jucker <i>no group 10th</i>	GERMAN (B/I) 14:45-15:40 Andrea Meerholz	ENGLISH(I) 14:00-14:55 Jill Gregson <i>no group 12th & 26th</i>	BASELDÜTSCH (I) 12:30-13:25 Doris Nett <i>no group</i>	
GERMAN OPEN WORKSHOP 16:00-18:00 Esther Jucker <i>no group 10th</i>	SPANISH (I) 16:00-16:55 Gabriela Vivot		ENGLISH COACHING (I/A) 13:45-14:40 Elsa Obolensky	FRENCH (B/I) 15:00-15:55 Olivier Gripp <i>no group 7th</i>
	ENGLISH (B) 18:00-18:55 Zhanna Volovets	ENGLISH (I/A) 17:00-18:55 Vivian L. Beetle <i>no group 12th</i>		SPANISH (A) 16:00-17:10 Olga Märki <i>no group 7th</i>

B = Beginners (A1-A2)

B/I = (A2-B1)

I = Intermediate (B1-B2)

I/A= (B2-C1)

A = Advanced (C1-C2)

^o = online group

* = new group

Updated on 19th March

Basel Essentials

Vote on Tax Break

BRIGITTA HÄNGGI



*Basel-Stadt's new tax package;
Brigitta Hänggi*

A vote on 12th March in Basel-Stadt raised the prospect that taxes could fall for all taxpayers should voters approve a tax package which was designed to reduce the burden on the population by 112 million francs per year, compared to 2022. All taxpayer groups would benefit from these tax cuts - i.e. people with low to high incomes and assets, families, couples without children and individuals.

At its meeting on 21st September 2022, the Grand Council had approved the proposal by 77 votes to 15.

However, a referendum was launched against this decision of the Grand Council, claiming the tax package was unbalanced and that top earners and wealthy people would benefit greatly. The referendum was filed with 2230 valid signatures.

Once again, voters would have the final say. The Grand Council of Basel-Stadt supported a yes vote because the Canton is doing well financially. It has been recording high surpluses for years. The tax package would provide relief for all taxpayers in the Canton of Basel-Stadt. They saw it as balanced, moderate and financially sustainable. Predictably, the Government Council and the Grand Council therefore recommended voting YES on the tax proposal.

A clear verdict came on March 12th. With a turnout of 42.2 %, the Basel electorate said yes with 84.4 % voting in support of the tax package.

Nature Photography at Its Best

BRIGITTA HÄNGGI

There are only a couple of weeks left. If you love photography, if you love nature and animals, then do not miss this wonderful exhibition. It is a feast for the eyes and it provides a deeper appreciation of the talents extraordinary photographers have and need to capture the animal world in its natural habitat.

Every year, the Natural History Museum in London hosts the prestigious worldwide nature photography competition "Wildlife Photographer of the Year". The

100 best images, selected from thousands of submissions of the 2022 competition, are on exclusive view at the Natural History Museum here in Basel from 11th November 2022 to 16th April 2023.

Below are just two examples of what these photographers are willing to invest in taking extraordinary images with trained eyes for creative compositions. Do take the time for an inspiring visit to the Natural History Museum. <https://www.nmbs.ch/home>



© Karine Aigner, Wildlife Photographer of the Year
American photographer Karine Aigner won the competition for her remarkable image of a buzzing ball of cactus bees spinning over the hot sand on a Texas ranch.



© Dmitry Kokh, Wildlife Photographer of the Year
Dimitry Kokh from Russia presented a haunting scene of polar bears shrouded in fog at a long-deserted settlement on the Chukchi Sea.

Health

Are You Flexible? Part 2

BURAK ESENDAL



Swimming improves your flexibility; Pixabay

Here are some suggestions for you to become or stay flexible:

Yoga

Yoga is getting more and more popular, especially with older adults and for good reason.

Yoga is a gentle type of exercise that is great for flexibility, strength and mental wellbeing.

Yoga does not solely focus on specific body parts but utilises movements which focus on the body as a whole while targeting other aspects of our being - emotional, spiritual and mental.

Pilates

Pilates is another form of exercise that can significantly help in improving one's flexibility levels. This type of gentle exercise has proven to be quite a useful tool for seniors looking to become more agile.

In Pilates gentle movements, low-impact poses, light stretches and the use of individual pieces of equipment are utilised to improve physical capabilities.

Swimming

Swimming, or even just getting into a pool, moving around and doing exercises and stretching is a great way to improve flexibility. Although it will not be as effective as doing set stretches, yoga or Pilates,

swimming is a great way to lengthen the muscles.

Additionally, with swimming we have the added advantage of less weight on our joints due to the buoyancy. This can be helpful with certain painful conditions, placing less strain on the joints.

Dancing

Dancing is another great way to get your body moving which will help improve flexibility, get you stronger, fitter and help improve many other aspects of your health. So dust off your old dancing shoes and get moving! There are plenty of dancing classes running in and around Basel so keep an eye out for them.

If a dancing class isn't for you then put on your favourite music and dance around your house as if nobody is watching. Dancing is not only great for the body but also great for the mind!

Tai Chi

Tai Chi is a gentle, slow and flowing form of exercise for both the body and the mind that originated in China many, many years ago.

This gentle form of exercise is great to not only improve flexibility but also to improve coordination, strength and decrease pain.

Massage

Who doesn't love a good massage? Massage can help with flexibility by releasing tight muscles and helping relieve tension. Massage is also great to reduce stress, improve circulation and decrease pain.

Although I would not recommend massage to be used on its own to improve flexibility, if you have the luxury of being able to add in regular massages to your daily life, for the many health benefits, go for it!

Stretching

Along with getting moving more overall by finding physical activities and exercise we enjoy doing, the next step to regaining our flexibility is stretching. When most of us think about stretching we usually think about holding our muscles in certain positions - which are usually uncomfortable - for a period of time (usually 20-60 seconds or more). This type of stretching is known as static stretching. Along with static stretching there is another type of stretching, known as dynamic stretching.

Dynamic stretching refers to active stretches; movements that are done repeatedly (for repetitions) in a short period of time, allowing your muscles to loosen up gradually. Dynamic stretches are usually practised prior to working out as they are a great way to warm up the muscles and prepare them for more challenging exercises. They can also be completed in a set routine, consistently, to improve flexibility.

While performing specific stretches, the muscles and tendons in your body become elongated, helping you increase your range of motion. The body tends to adapt to the range of motion you frequently use so if you only use your muscles for sitting on the couch your muscles won't have the need to bend differently. This is why it's important to focus on stretching the whole body, not just a single part(s).

After a certain period of time of practising these stretches, you'll start noticing the changes in your flexibility.

Features

The Dalbedyych - Medieval Basel's Industrial Base

TEXT AND PHOTO BRONWEN SAUNDERS

How Flexible Are You? Quick Flexibility Tests for All Ages

To test your flexibility, here are a few simple at-home tests you can do to determine how flexible you are in areas important for everyday tasks.

1. Sit and reach

Area tested: hamstrings and lower back

Procedure:

- Whilst seated in a chair, move forward to the front of the chair
- Place one leg straight out in front of you with your foot on the floor
- Slide one hand down your leg, keeping your leg straight
- Aim to get your hand as close to your foot as you can

Take note or get someone to measure the distance between your fingers and foot. If you can touch your foot, you have good flexibility in your hamstrings and lower back.

2. Scratch your back / brush your hair

Area tested: shoulders

Procedure:

- Reach over the back of your head with one hand and behind the lower back with the other hand
- Attempt to touch the fingers of both hands together
- Test position for both arms

Take note, or get someone to measure the distance between the fingers of each hand. The closer the fingers are to each other, the better your flexibility. If you can touch fingers, you have great flexibility in your shoulders.

Now you have an idea of how well you fare in your flexibility.



Dalbedyych at St. Jakob

Industry is born of enterprise and ingenuity, but also energy - cheap, plentiful energy. That is as true now as it was in the twelfth century when some enterprising monks from the Cluniac Convent of St. Alban built a mill to supply Basel's rapidly growing population with flour. As the mill obviously needed a mill race to drive it, they also dug a canal that diverted water from the River Birs at St. Jakob and released it into the Rhine a few hundred metres downriver from the confluence with the Birs.

The official name of this canal is the St. Albanteich, though it is more commonly known as the Dalbedyych (lit. "St. Alban's ditch"), and the industrial zone that it powered is known locally as the Dalbeloch (lit. "St. Alban's hollow"). Far from being Basel's very own Bradford full of "Satanic mills", the Dalbeloch these days is an exceedingly quaint corner of town that most people know from visits to the Papiermuseum and the Museum of Contemporary Art, both of which are former mills, as is the nearby Youth Hostel.

The first documentary evidence of mills in this location dates from the 1150s although the Dalbedyych itself is not mentioned until 1284 when one of the mills it supplied is described as being "sito extra portam super tich," a charming blend of Latin and German that means "situated outside the [city] gate above a canal".

By the fourteenth century, the Cluniac monks were finding canal maintenance rather too arduous, even though the millers relied on a fully functional mill race to operate, just as modern-day industries rely on a fully functional electricity grid. The problem was solved by a contract signed in 1336 in which the mon-

astery made the millers (referred to collectively as the Teichkorporation) responsible for canal upkeep and in return granted them a lien on both their mills and the meadows surrounding them (the Lehenmatten or "lien meadows"). Interestingly, the said Teichkorporation still exists today and still controls how the water in the Dalbedyych is used.

The canal came into its own as a vital supply line during the reconstruction of Basel after the Great Earthquake of 1356. Logs felled in the Baselbiet were lashed together to form large rafts and then floated down the Birs and the Dalbedyych to Basel, just as they still are today in places like British Columbia. So important did the canal and the mills of the Dalbeloch become that they were both enclosed inside the new city wall that was begun immediately after the quake and completed in 1400.

All the mills powered by the Dalbedyych ground corn originally but as Basel grew and flourished, so, too, did the demand for all sorts of other "milled" products. There were saw mills, gypsum mills, sanding and sharpening mills, tobacco mills, mills for shredding wood to make dyestuffs and mills for fulling woollen cloth to make felt. The mill that the Safranzunft (guild of spice merchants) bought for grinding spices in 1487 would run for another 300 years!

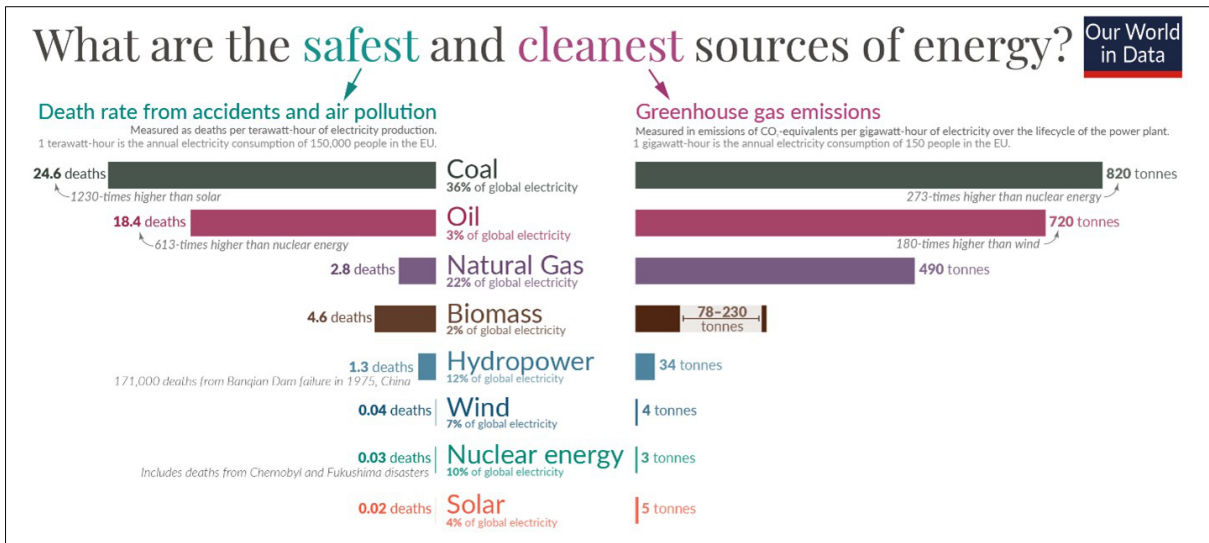
Most important of all, however, were the paper mills that began appearing in 1448. These used water power to pound rags into pulp to make paper. The conditions in the Dalbeloch seem to have been ideal for this purpose as by the time the sixteenth century drew to a close it was home to not just one, but six paper mills. In fact, until the advent of silk-ribbon weaving, paper was one of Basel's key exports. Not only that but the abundance of cheap paper attracted some of the greatest book printers of the age: men like Johann Amerbach, who moved to Basel from Germany in 1477, and Johann Froben, who was a personal friend of Erasmus and published all his books.

That Basel became such a centre of learning, in other words, is thanks largely to the enterprise and ingenuity of its monks and millers and to the abundant energy of an unspectacular ditch called the Dalbedyych.

Features

Power Generation

TEXT AND PHOTO UWE SCHNETGÖKE



Safest Sources of Energy; OurWorldinData.org

Have you already charged your electrical car, your electrical bus, truck, your heat pump for heating the apartment, your mobile, your electrical screw driver?! You see, there are a lot of items that need electrical power. And of course, it makes sense to use those electrical tools as they don't generate CO₂ and therefore don't take part in the global heating process.

Especially in cities, electrical cars, buses and trucks would have an enormous positive effect on the air quality and CO₂ balance. But there is always a 'but': where is the electrical power coming from?

During her younger days, the historian Anna Veronika Wendland protested on the streets against nuclear power generation. Later on, as a scientist, she recognised that she had to rethink her position. Today, her stance is that governments must decide on the kind of technologies to use for energy production instead of defining goals in the context of climate politics. In other words, governments should define the targets and not the way to get there. By defining the way instead of the target to transition to a fossil free electrical power generation, many strange situations popped up.

In Biblis, Germany, a nuclear power plant (total power output 2600MW) was taken off the grid while eleven (11) small gas turbines with a total power output of only 300MW were installed instead. So a reliable CO₂-free power generation plant gets shut down and in its place fossil fuel-fired gas turbines producing CO₂ installed.

As a second example, the most efficient power plant in the world (a gas-fired combined cycle power plant) was shut down and re-connected to the grid only during peak load. On the other hand, several coal-fired power plants will be revitalised and will blow thousands of tonnes of CO₂ into the atmosphere.

The International Agency of Energy (IEA) expects that renewable and nuclear power generation together will cover most of the additional demand for electrical power consumption. More than 70% of the additional power demand will be required by China, India and South East Asia. The IEA expects that renewable power generation will increase more substantially than all other technologies.

As a matter of fact, the mix of renewable and nuclear power generation has first priority worldwide for electrical power generation. The current political situation on the energy world market has even accelerated this process. The IEA is convinced that if we continue with high-speed in changing the energy production process to a CO₂-free generation of renewable and nuclear power, we have a realistic chance to reach our climate goals.

The global situation is that big industrial countries like India, USA, China, Russia, Argentina, Brasilia, South Africa and even Japan (post-Fukushima) as well as the UK, France, Poland and Finland (this list is not exhaustive), will continue or even expand their nuclear power parks.

So if the entire world is convinced about the way to go to reach their climate tar-

gets, why are some countries like Germany, Austria and Switzerland still struggling with the use of nuclear power generation?

Misconceptions about Nuclear Power

There are several misconceptions about nuclear power which are difficult to correct. Let's have a brief look into some (technical) details:

1. Nuclear power plants are not safe

International statistics clearly show that even with the Chernobyl and Fukushima accidents, the death rate is one of the lowest and is comparable with that of wind and solar energy production. The safety standards will continuously be improved by international cooperation.

2. Nuclear waste is not safely stored

Nuclear waste is safely stored in underground caves, built to be secure for decades. They are designed with the background in history of the last hundreds of millions of years.

3. In the case of an accident, nobody is safe anymore

In the case of a possible accident, a N₂ reaction with oxygen ('oxyhydrogen explosion') may occur like in Fukushima. The discharge of nuclear particles in this case was limited.

4. Nuclear power plants are not really CO₂ neutral

It is correct to say that nuclear power plants are not CO₂-neutral when taking

all construction details and uranium mining into consideration. Nevertheless, no single power generation facility exists that is CO₂-neutral. Nuclear has the lowest discharge, followed by wind and solar.

In Japan, despite 'Fukushima', the majority of the population is voting for the continuation of nuclear power generation in combination with renewable power.

In Norway around 51% of young people are positive about new nuclear power plants despite already having huge hydro power plants. Their government is considering new construction sites largely because of the poor rain seasons of the last years.

Big power plants, like nuclear ones with their heavy rotating equipment, are required as well to stabilise the grid. Small wind turbine units cannot physically do that. Even if no wind is blowing and the sun isn't shining, a great buffer will be necessary. Batteries to stabilise the grid would however be required in huge numbers which would be totally unecological and uneconomical.

According to the 'Nuklearforum Switzerland', the only way to achieve our climate goals is a well-balanced mix of power generation in the world. We must move away from coal, oil and gas which currently produce 60% of electricity (and 80% of the energy) and get into a mix of nuclear and renewable power generation. More info: <https://www.nuklearforum.ch/de>



Site view of Biblis

New Primeo Energy Cosmos

MARCEL CORPATAUX



Primeo Cosmos Science Centre; Marcel Corpataux

In Switzerland, "Strommangel / Electricity shortage" was the word of the year in 2022. Suddenly we became aware that energy does not always flow endlessly and that new political conflicts can also change things in Europe.

125 years ago, the history of Primeo Energie AG (formerly Elektra Birseck Münchenstein; EBM) began with hydroelectric power. To this day, this forms the main component in Primeo's electricity mix, which reliably supplies the Lower Basel area with electricity and heat (similar to IWB and EBL).

From Museum to Experience Centre

In 1997, on the occasion of the 100th anniversary of EBM, the Electricity Museum was opened and has since offered visitors an exciting look at the cultural, social and technical history of electrification and industrialisation. Instead of a journey through past energy history, the aim is to inspire visitors in future with topics relating to climate and energy - for a sustainable and future-oriented society.

In a new walk-through show over three floors, the viewer is immersed in six of the most impressive and exciting energy locations in the world. For example, you dive into a hydroelectric power station or high up in the air on a wind turbine, which makes your hair stand on end. In an impressive way, the natural energy sources (sun, wind and water) are impressively conveyed to visitors in a light and sound-guided thematic journey and a lot of interesting information about energy and innovation is offered.

Science Centre for 125th Anniversary

The new filigree building was constructed according to the "seven climate-friendly R's": Rethink, Refuse, Re-use, Reduce, Repair, Recycle and Recover. The most striking example: the lattice facade is made of old high-voltage pylons and also serves as a natural climbing tree for plants. During construction, as many ecologically compatible building materials as possible with a low proportion of grey energy* and recyclable materials were used. This saves energy and is thus good for the climate. Inside, guided tours of the Science Centre are conducted with a variety of interactive stations. In the unique science and experience world, energy phenomena can be discovered in a playful way. They invite you to lend a hand yourself, to generate electricity and to understand what climate change has to do with climate protection.

Why do we need the energy transition for climate protection? In the new Primeo Energie Cosmos, the science and experience centre for climate and energy, we get to the bottom of this question. Scientific phenomena related to climate and energy are made tangible. With a unique combination of science centre with hands-on stations, a unique journey to different energy locations as well as guided tours, handicraft workshops and energy shows, Cosmos offers a breathtaking insight for every audience.

Enquiries for group visits are accepted via 061 415 44 38 and by email to kontakt@primeo-energie-kosmos.ch <https://www.primeo-energie.ch>

**The term "grey energy" refers to energy from polluting sources as a contrast to green energy from renewable, non-polluting sources.*



Cosmos Adventure Show; Primeo

Features

Harnessing Revolutionary Sources of Energy

ROGER BONNER



*Hamster Joules on lunch break at his new workstation;
Jan Hawley*

We are in an energy crisis and new sources of energy must be found for us to survive. Fossil fuels damage the environment and natural gas makes us dependent on export countries. Nuclear power can lead to disasters and also to problems involving nuclear waste disposal. Solar energy and electric cars are part of the solution. Thus, solar panels are being installed on rooftops at a rapid pace; hydraulic and wind power are being developed wherever possible. However, there are other sources of energy which, until now, have hardly been considered. Below are some of my revolutionary suggestions.

Fitness Centres

Fitness centres have an enormous potential source of untapped energy. Think of the hours people spend panting and puffing on treadmills, frantically pedalling on stationary bicycles, groaning while rowing on machines which get them nowhere, not to mention those excruciating bench and leg presses, weightlifting, assisted pull-ups and lat pulldowns. All of this human activity to achieve the perfect body is lost in a wave of sweat! My solution is to attach electric cords to these machines of torture so that generators could be powered and the electricity fed into the grid. I am sure these centres could become a worldwide network of human power stations to replace nuclear energy.

Joggers and Cyclists

"All of humanity's problems stem from Man's inability to sit quietly in a room alone", wrote the French philosopher Blaise Pascal. How true it is when you consider how much energy is lost from joggers and those hardy cyclists who still do not use e-bikes. Since the movements human beings make nowadays are tracked on a smartphone or other device, it could also be used to store energy, probably enough to provide electricity for their households.

Cow Power

How many times have we heard that our beloved cows, who provide us with milk to make butter and cheese, are worse for the environment and global warming than cars because of the methane gas they fart? The scientific explanation is that the volume of methane a cow expels has over twenty times the global warming potential of carbon dioxide. Hence, according to the United Nations Food and Agriculture Organisation, livestock generate 18 percent of total greenhouse gas emissions as measured in CO₂ equivalents - more than the entire transport sector, including automobiles, trains, ships and planes!

Well, I also have a unique solution to harness bovine flatulence - balloons. Yes, special balloons could be attached to the posteriors of cows to collect the methane gas. These balloons would expand as the cows munch happily on grass and their contents collected when the cows come from the meadows for milking. Going one step further, tiny powerpacks could be attached to the cow bells to capture their melodious swinging energy.

Hamster Energy

I have saved my most revolutionary idea for harnessing new sources of energy for last - hamsters! Anyone who has ever had one of these cute little furry rodents as a pet will know that they are extremely active, especially at night. Therefore, it is important that they have a hamster wheel installed in their cages to keep fit and healthy. In the wild, hamsters spend most of the day sleeping in their burrows but at night they come out and can cover up to 9 kilometres (the record is 12) hunting for food and dodging predators. To tap into this energy, a hamster wheel can easily be converted to a miniature dynamo, like the ones in bicycles. All that has to be done is to hook it up to a night lamp and, voilà, you have light! The downside is that you won't get much sleep with a hamster by your bedside running in its squeaking wheel. But I am sure electrical engineers could find a way to store hamster energy in batteries. Imagine how much could be produced by a hundred hamsters, a thousand hamsters, even millions of hamsters, running in their wheels in special nocturnal hamster parks. They could even replace those ugly wind parks that are spoiling our beautiful countryside. The prospects are unlimited.

My pet hamster Joules and I are working on a pilot project to develop a miniature hamster park. He is quite enthusiastic about the idea because he is fed up with hearing the German verb "hamstern", which was so often used during the pandemic, meaning to hoard something, especially toilet paper. Joules' motto is, "Yes, we hamsters can!" I believe we should empower them.

Energy in and around the Body

ALISON WATERFIELD



The seven chakras: energy centres of the human body; Pixabay

In a society with increasingly high expectations, faced-paced work and lifestyles and 24/7 availability culture, more and more is expected of us. Unlike a light bulb, our bodies do not have a simple on/off switch, it is much more complex than that. Energy fuels our body's internal functions, repairs, builds and maintains cells and body tissues and supports the external activities that enable us to interact with our physical world.

Energy Production in the Body

All parts of the body need energy to work and the human body runs on one specific kind of energy - chemical energy. This energy comes from the food we eat (carbohydrates, proteins and fats) which gets transformed in the body via various metabolic reactions into the form of energy that cells need to do their work. These metabolic processes require amino acids, vitamins, minerals and antioxidants to function, many of which are not produced by the body itself and can only come from our diet. How we fuel our bodies has a major impact on our resulting physical energy levels.

We are not Machines

Our bodies may be chemical energy-making machines but we as human beings are not. Our bodies have needs over and above the basic fuelling of our metabolic pathways to produce energy. Our brains, while only accounting for approximately 2% of our total body weight, consume 20% plus of our body's daily energy budget, more than any other organ. A vital part of our body's nervous system, the brain controls all bodily functions. It fits therefore that what goes on in our brains significantly impacts our physical state. Essential to the body's ability to function are rest, down-time, and renewal.

Emotional, Mental and Spiritual Energy

Alongside physical energy are our emotional, mental and spiritual energies. Emotional energy is how we feel about what is going on in our lives: our work, our relationships and our general situation. Understanding our emotions and getting better at regulating them is important since our overall wellbeing is directly impacted by how we feel. Emotion derives from the Latin *emotere*, which literally means energy in motion.

Mental energy refers to our mood. Our ability or willingness to engage in cognitive activities (how well we can concentrate or focus our attention on something). Spiritual energy is the energy generated by the "inner self" (the "soul"). It is connected to our beliefs and values, motivations, drivers and passions. It is intimately connected to how we perceive ourselves on the inside. It is also through our body's spiritual energy system that we are able to sense, feel and understand by intuition everything and everyone we come into contact with.

Energy Medicine

For centuries Asian cultures have been using energetic practices and therapies as the mainstay of their holistic view of health and healing. Before the 2000's "complementary" and "alternative" medicines were not considered to be part of conventional (Western) medicine. As complementary and alternative practices and therapies are proven safe and effective, they become accepted as "mainstream" healthcare practices. There is still some way to go in the across-the-board adoption of the emotional, mental or spiritual states of an individual being considered as important as the purely physical body symptoms that are the mainstay of conventional medical diagnosis and treatment. But we have come a long way already.

Many alternative practitioners maintain that most of today's chronic illnesses stem from a *dis-ease* or imbalance in our other three energy levels which then manifests as our physical symptoms. Luckily for us Switzerland believes strongly in alternative and complementary medicine and our health insurances offer top-up coverage for a wide range of different therapies.

Spiritual energy has often been referred to as Qi (or Chi) energy which is basically the life-force that permeates and energises everything. Woven within and around our physical body is our "energetic body", made up of vibrations of energy that we cannot see. It is believed that the energy field surrounding our body, referred to as the *aura*, is comprised of seven layers that pulsate outwards from the body. This is connected with seven energy centres (or *chakras*) within the body which are interconnected with a vast network of energy channels called *meridians* (in Traditional Chinese Medicine) or *nadis* (in Sanskrit).

Healing Energy Therapies, Practices and Rituals

Energy therapy techniques and practices harmonise the energy fields in and around the body to promote health and wellbeing. Many of you may have heard of and have had first-hand experience with Acupuncture, Acupressure, Yoga, Tai Chi, Qi Gong, Reflexology, or even Reiki. How many of you have heard of the "Emotional Freedom Technique" (EFT, or "tapping"), chakra alignment, Kinesiology or Bioresonance? Art and music therapy, singing and speech therapy are likewise powerful energetic techniques.

Improve your energy flow, improve your health. It is vital to establish rituals to build and renew energy in the four key body dimensions explained above. Change your narrative. Practise gratitude. Gain awareness and increase your capacity for self-reflection. Meditate. Set spiritual rituals and goals. Quit a toxic job or end a toxic relationship. Take up some charitable volunteering work. But first and foremost, be kind and compassionate towards yourself. Namaste.

Features

Solar Power Transforming Lives Here and There

THOMAS A. SMITH



Solar panel installation, Rusinga Island, Kenya; Alexandra Hiscox

Rusinga is an island in Lake Victoria, Kenya, with no electricity grid. So was it crazy to think about getting rid of malaria there using electrically-powered mosquito traps? My team at the Swiss Tropical and Public Health Institute was part of a project trying to do just this. We reasoned that if the technology could work there, it could work anywhere. A very small solar panel, enough to power the traps, to charge mobile phones and to power a small light in the evenings was installed on each of 4,358 houses. The results surprised us. The traps seemed to work, and health benefited - not just because the malaria almost disappeared, but also because electric lights replaced smoky kerosene lamps, children could do schoolwork in the evenings and everyone could charge their phone. Even these absurdly small solar panels (see photo) transformed people's lives in rural Kenya.

When I looked at the economics of this project, I realised that solar panels are quietly revolutionising far more than just one remote island in Africa. The cost of photovoltaics falls by about 75% every ten years, making it now the cheapest way of generating electricity. While photovoltaics amounted to only 4% of the world's electricity supply in 2021, for the last decade this percentage has been multiplying by 1.2 or more each year.

When a technology grows like this, there is a long phase where it is only an interest of researchers and specialists before becoming a minor part of the mainstream (where photovoltaics is now) and then a major part, until it transforms our lives radically. The latter stages can take us by surprise. This is what happened with piped water and sewage systems, with electric light, washing machines, personal

computers, the internet and mobile phones. Now it is happening with photovoltaic solar panels.

Sceptics will point out the many challenges this faces, but we have been there before. HIV drug regimes, we were told without good evidence, were too complicated for patients in Africa where they were most needed. Mobile phones were toys for the rich and would frazzle our brains (low-income countries have skipped establishing fixed line phone networks and lives there have been transformed by mobiles; no-one has been frazzled).

Taking Solar Power Mainstream

I remember my mother being sceptical about automatic washing machines. In 1995, Newsweek published an article confidently claiming that internet news and online purchasing of books were pie-in-the-sky. Notoriously, in the early 1940s, the president of IBM reputedly said: "I think there is a world market for about five computers." Of course many futuristic predictions are indeed pie-in-the-sky. Some things are still in the research stage (like nuclear fusion), while others ought perhaps still to be there (self-driving cars?). We cannot be sure either way unless the promised future materialises. But once a technology is everywhere, like photovoltaics is now, the future they promise is no longer just science-fiction.

All technologies bring political issues: there are always attempts to use them to dominate or exploit other people. All ultimately hit some kind of limit. The expert consensus - until recently at least - seemed to be that photovoltaics will be limited by intermittency. Electricity is pro-

duced when the sun is shining which is often not when it is wanted. Hence in our Kenyan project, each house was provided with a lead-acid battery. This part was the most complicated and expensive part of our project. Intermittency, it has been claimed, will limit photovoltaics globally to 15-20% of generating capacity. At 20% annual growth this will happen around about the end of this decade.

But battery technologies are also improving and perhaps much more relevantly, electricity can be converted to other forms of energy, notably by pumping water uphill or generating hydrogen. This in turn can be used to replace fossil fuels and even to power carbon fixation and produce human and animal foodstuffs, as a Finnish company is demonstrating. It is hard to see how intermittency can be a hard barrier to growth of photovoltaics when so many of the uses of cheap electricity can be shifted around the clock to the time of day when it is available.

Some sceptics aim to ridicule the idea that photovoltaics could power the world. One website suggests that an area of about 300,000 km² would be needed (about the size of Italy) and finds this absurd. However, the largest solar power stations in the world are already about 50 km² in area, which is a small part of the deserts where they are located (mostly in China, where they can be seen on Google Maps satellite images). They are not competing for space with anything else. At 20% annual growth the equivalent of Arizona will be covered in about 20 years. This is not fast enough to avert the climate crisis but it is a blink of the eye in relation to the history of the world.

My bet is that this growth will hardly be noticed, just as urban dwellers hardly notice many dramatic changes in the countryside such as the increase in the area around us covered in asphalt and concrete. In rural areas, solar farms can provide shade as well as energy, and generally have a positive impact on biodiversity. A whole science on how best to combine them with agriculture in 'agrivoltaic' systems is being scaled-up at this moment. If photovoltaics devices are covering carparks and roofs in our cities, they are absorbing heat to counteract the urban heat island effect, as well as providing power close to where it is needed.

This activity is mostly invisible. This is unfortunate in that it makes us think nothing is happening and we are trapped with fossil-fuel based energy policies. But it is

positive because it means that the growth of photovoltaics doesn't depend on our fickle enthusiasm, or on dodgy politicians signing off on climate agreements. It is happening anyway. If you doubt this, I suggest a web search for 'Our World in Data solar energy'.

Projects Closer to Home

How can we help it happen faster? For house-owners the obvious answer is to put panels on the roof. In Switzerland there are lots of local projects and co-operatives working on this, such as the Energiewendegenossenschaft Basel (<https://ewg-basel.ch/home/>) and the Solar-Genossenschaft Allschwil-Schönenbuch (<http://www.sonfas.ch/>). The Swiss federal government provides a website showing how much energy could be produced for each roof in Switzerland (<https://www.uvek-gis.admin.ch/BFE/sonnendach/>).

Not everyone is a homeowner and not all roofs are suitable, for example ours is the

wrong shape. Installing a few panels would need in addition the whole infrastructure for feeding into the grid but the same resources can go much further as part of something bigger, benefitting from economies of scale, with specialists dealing with all the complications. Conventional investment in large companies setting up solar parks is not difficult, e.g. Meyer Burger: <https://www.meyerburger.com/de/readytoshine> Siemens Energy: <https://www.siemens-energy.com>

Preferable are collaborative projects that retain a local connection and that will reinvest their profits in new local projects. A portion of our own personal energy savings is now parked with the cooperative Energies Partagées en Alsace that operates on the French side of the border: <https://energies-partagees-alsace.coop>



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Solar panel on roof of house in Kenya; Alexandra Hiscox

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Features

What's in a Phrase?

MARYANN BARNACLE



Furka steam railway; Steve Barnacle

Are you a live wire? Are you bright-eyed and bushy-tailed, fresh as a daisy or full of beans?! I didn't realise how many ways there are to describe someone who is full of energy. But why do we use these phrases? Where do they come from? Being described as a **"live wire"** is the most obvious phrase as it describes a wire through which electricity, a form of energy, flows. But the other phrases take a little more investigation.

Being **"bright-eyed and bushy-tailed"** conjures up a lovely image (at least in my mind). This phrase of American origin dates from around 1930. There are a number of published examples of animals, notably squirrels, rabbits and foxes, being described as bright-eyed and/or bushy-tailed and the phrase then began to be ascribed to energetic people too.

"Fresh as a daisy" originates from times when daisies (the small flowers with white petals and yellow centres that spring up all over your garden lawn) were known as "day's eyes" (because at night the petals close over the yellow centre and during the day they re-open) and therefore the phrase is most commonly used to describe someone full of energy having had a good night's sleep. As an aside, another "daisy" phrase - "pushing up daisies" - describes the complete opposite i.e. someone who has died.

I hadn't thought about it before but telling someone that they are **"full of beans"** could be considered rude if they have not heard the phrase previously! The phrase is said to have originated in Europe in the 14th century when horses

were fed with beans grown solely for fodder. After feeding the horses, owners often noticed that the horses became energetic and hence the phrase began to be used to describe anyone who appeared lively.

We also have a variety of phrases to describe when someone does something with a lot of energy. One might **"fling oneself into something"**, **"put one's heart and soul into something"** or **"tear into something"** (but be careful with the latter phrase as if you tear into someone rather than something then you are verbally or physically attacking them!).

One might also go at something **"hammer and tongs"**, which is a phrase often used when people are arguing energetically ("they are going at it hammer and tongs"). The figurative use of this phrase dates from the late 17th century and derives from blacksmiths using the tools of their trade, specifically hammers and tongs, with a lot of energy to shape metal while it was still red-hot into a desired shape (e.g. a horseshoe). Another phrase which can be used to describe someone energetically defending themselves in an argument or tackling a frustrating problem is to say that they are going in with **"all guns blazing"**. This phrase began to be used metaphorically in the 18th century but was used in a literal sense from the 1500s when it described a desperate naval or military engagement.

One other phrase, often used in the context of moving forward with a task or project in an energetic way, is **"full steam ahead"**. This phrase is of North American

origin and is derived from the time when trains and boats used steam as their energy source. "Full steam" means to put the steam boiler up to maximum pressure which would drive the vehicle forward at maximum speed. This phrase was made famous when it was used by Admiral David Glasgow Farragut during the Civil War Battle of Mobile Bay in 1864 to order his Union ships into battle despite formidable risks to defeat the Confederate fleet.

What then happens when one has lost or has no energy? Well, once again we can use a steam analogy and say that we have **"run out of steam"**. This is also of North American origin from the late 1800s and refers to a steam engine slowing and eventually stopping as its fire cools and it produces less steam. The phrase **"running on empty"** is also fuel-related, this time referring to a car petrol tank (or gas tank if you are American) that has run out of fuel.

Since arriving in Switzerland, I have used two phrases in particular to describe my occasional lack of energy as they both translate directly from English to German - **"dog-tired"** (hundemüde) or **"dead-tired"** (todmüde). The phrase dog-tired wasn't recorded in print until 1770 although Shakespeare used a similar term, "dog-weary", in *The Taming of the Shrew* written in 1594. The phrase describes a working dog (hunting or herding) being so tired at the end of the day that it just drops down on the floor and falls asleep. The similar phrase dead-tired (or sometimes "dead on your feet") seems to have come into common usage later, towards the end of the nineteenth century.

But let's not end negatively. Let's finish with a positive phrase about regaining energy, let's **"get a second wind"**. This is used to describe having another burst of energy or motivation having felt too tired to go on. It is an actual physical phenomenon during hard exercise (running or boxing are examples) where you suddenly stop feeling exhausted and instead find a new burst of strength. From the late 1800s the phrase began to be applied not just to sporting activities but to non-physical efforts too.

Well having put my heart and soul into this article I'm beginning to run out of steam so before I get dog-tired I'll take a break and hopefully get a second wind and be full of beans!

Switzerland's Energy Challenges in Comparison

HALUK TEKBUŁUT



Oberaarsee Dam; Pixabay

Switzerland is known for its picturesque mountains, clean lakes and high standard of living but faces its own set of energy challenges as well. With a mix of hydro, nuclear, and thermal power sources, Switzerland is currently very well-equipped to meet the energy needs of the population, businesses and industries. However, the country recognises a certain need for change and is determined to overcome the challenges that stand in the way of a sustainable energy future.

One of the opportunities for positive change is the reliance on hydropower. This currently makes up nearly 60% of Switzerland's energy mix and with proper investment and technology, it has the potential to play an even larger role in meeting the country's energy needs. By embracing new technologies, such as pumped storage hydro and smart grid systems, Switzerland can ensure that it has a reliable and sustainable source of hydropower for years to come.

Another exciting opportunity is the country's ageing nuclear power plants. The decision on the future of these plants has been a point of contention in the country, but it also presents a unique chance to transition to a more sustainable energy mix. By investing in renewable energy sources, such as wind and solar power, Switzerland can reduce its dependence on nuclear power and reduce its carbon footprint at the same time.

Switzerland is also taking an active role in reducing its carbon emissions and transitioning to a more sustainable energy mix. It has set ambitious goals for reducing greenhouse gas emissions and increasing the share of renewable energy in its energy mix. These goals are challenging but are achievable with the right

investments in technology and innovation. By embracing a sustainable energy future, Switzerland is taking a proactive step towards creating a cleaner, healthier, and more prosperous future for its citizens.

Comparing Switzerland's energy challenges with its neighbouring countries, we can see there are some similar challenges being faced, while others remain unique. The list in the next column gives selected data pertaining to the percent of each kind of power that was used to produce the country's total electricity production in 2020 (sources listed at end of document).

Austria is a leader in renewable energy and aims to become a 100% renewable energy country by 2030. As the highest user of nuclear power, France has set a goal to reduce its share of nuclear power in its energy mix and increase its share of renewable energy. Germany is committed to increasing its share of wind and solar energy and is facing the challenge of integrating these sources into its energy grid. Italy is increasing its share of renewable energy, particularly wind and solar power, and working to reduce its dependency on fossil fuels. The UK is working to increase its share of renewable energy and reduce its use of fossil fuels, intending to be carbon neutral by 2050.

As this comparison shows, while Switzerland faces similar energy challenges as its neighbouring countries, each country has a unique energy mix and is taking a different approach to addressing these challenges. Nevertheless, all of these countries recognise the need for a more sustainable energy future and are taking steps to achieve this goal.

Energy Production Sources in 2020	
Switzerland	%
Nuclear	32.9
Hydro	58.1
Wind	0.2
Solar	3.7
Thermal	4.0
Austria	
Hydro	57.5
Wind	15.7
Solar	10.3
Thermal	8.6
France	
Nuclear	72.5
Hydro	8.6
Wind	5.2
Solar	2.3
Germany	
Nuclear	5.7
Renewable	37.5
Coal	26.8
Natural gas	18.3
Italy	
Renewable	34.6
Coal	10.4
Natural gas	38.6
Oil	7.8
United Kingdom	
Nuclear	19.0
Renewable	37.3
Coal	7.6
Natural gas	33.4

Sources

Switzerland: <https://www.bfs.admin.ch/bfs/en/home.html>
 Germany: <https://www.destatis.de/EN/Home/home.html>
 France: <https://www.insee.fr/en>
 Austria: <https://www.bmnt.gv.at/>
 Italy: <https://www.istat.it/en/>
 UK: <https://www.gov.uk/government/organisations/department-for-business-energy-industrial-strategy>
 International Energy Agency (IEA): <https://www.iea.org/>

Recipe of the Month

Chicken and Vegetable Soup

ALISON WATERFIELD



Ingredients

- One-and-a-half to two litres chicken stock (made from a stock cube/powder or a stock pot)
- Two good-sized leeks, washed thoroughly
- Four medium-sized carrots, peeled (or brushed if bio)
- Two sticks of celery, washed
- Four good-sized white potatoes, peeled
- One medium-sized sweet potato, peeled
- One parsnip (optional), peeled
- One whole chicken (1.2-2kg)

Instructions

Slice the leeks, carrots and celery into 1-2cm rounds.

Chop potatoes and sweet potatoes (and parsnip, if using) into small chunks.

Place prepared vegetables into a casserole pot big enough to hold 4-5 litres total volume.

Add whole chicken on top of the vegetables, or if preferred joint the chicken (separate the legs and wings from the chest) and add as chicken pieces.

Prepare chicken stock then pour carefully over the chicken and vegetables until everything is just covered.

Bring to the boil over a medium to high heat, then reduce the heat and simmer on low for 1.5-2 hours.

Carefully remove the whole chicken or chicken joints onto a separate plate.

Remove flesh from the chicken, 'shred' with your hands or a fork, and place back into the soup pot.

Eat immediately or let cool and store in the fridge for up to 3 days. Reheat gently but thoroughly.

Freezes well in portions.



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On a Lighter Note

Cartoon

MARCO LEHMANN



Note:

Basel in Detail is taking a short break and will return in May.

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Puzzles

Word Search and Sudoku

HARRIET GOEPFERT AND ANDREW CRAVEN

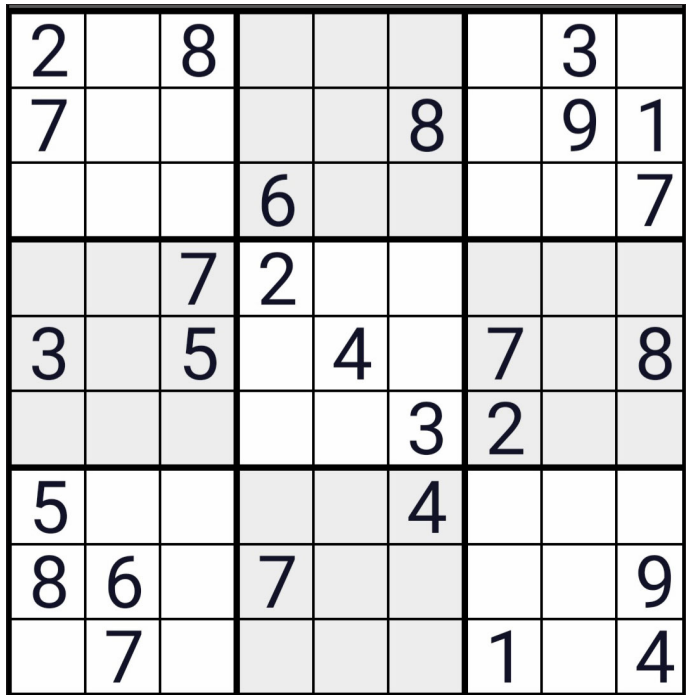
This month's search is about energy:

ANIMATION, ARDOUR, BURN, CAFFEINE, CHOCOLATE, COAL, COFFEE, CONDUCTIVITY, CURRENT, DRINK, ENERGY, EXERTION, FORCE, HEAT, HYDROELECTRIC, JOULE, JUICE, LIFE, NUCLEAR, OIL, RADIOACTIVE, SOLAR, STAMINA, STEAM, SUN, TANTRUM, VIGOUR, VOLTAGE, WATTAGE, WIND
Solution next month.

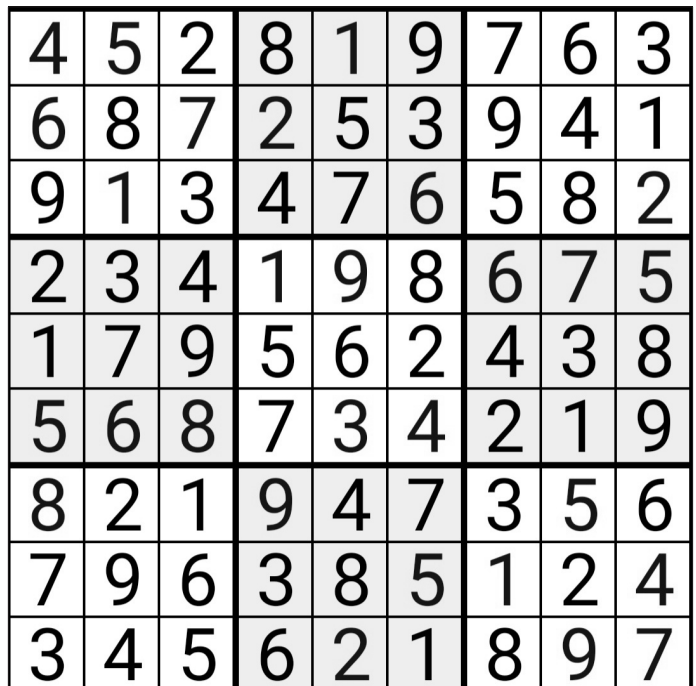
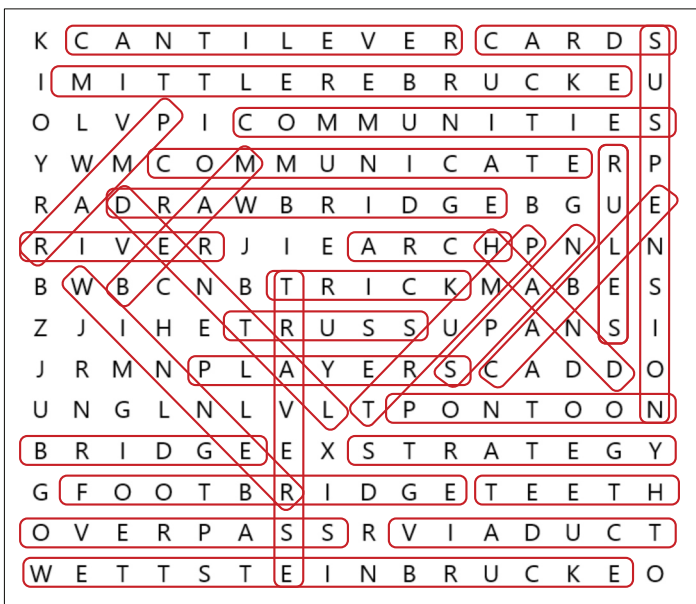


Sudoku

Fill in the grid so that every row, column and every 3x3 box contains the numbers 1 to 9.
Solution next month.



March Solutions



Riddles

MARCEL CORPATAUX

Logic

a.

b.

c.

d.

e.

f.

What am I?

1. I make two people out of one.
2. I always have one eye open.
3. I can fill a room but take up no space.
4. In go in dry and come out wet. The longer I am in, the stronger I get.
5. I run, it runs. I stop, it runs.
6. I build castles. I tear down mountains. I make some men blind. I help others to see.
7. I have three lives. Gentle enough to make skin smooth. Light enough to caress the skin. Hard enough to crack rocks.
8. I go up and down the stairs without moving.

March Solutions

1. The letter "T".
2. 3.
3. The riverbank.
4. When it rains cats and dogs.
5. An address.
6. A terminal illness.
7. The letter "G."
8. He wants to save time.



Privileges with the Centrepoint Membership Card

Many local businesses in the Basel region as well as several English-speaking professionals offer discounts and other privileges to Centrepoint members. A summary is shown below. More details and regular updates can be found on the Centrepoint website in the "Member Privileges" section (<https://www.centrepoint.ch/Member-Privileges>).

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INVOX Individual and group tuition in multiple languages

Wortschatz German language coach

Food & Drink

Arbuckles Speciality bagel shop

BRICCOS South American wine specialist

Sport, Health & Wellbeing

AP Kinesiologie Supports activating your self-healing system. English and German spoken

Blissful Yoga English-speaking classical hatha yoga classes in Reinach

CHIROfamily Cause-oriented treatment enabling well-functioning nervous system. English, French and German spoken

Heart bEat Personal training and nutrition/KPNI coaching

NYSC Two Basel-based fitness centres offering group and personal training in German or English

Rauracher Dental Practice Riehen-based dentist speaking German and English

Rylla Yoga Private and group yoga classes and mindfulness sessions in English

Coaching & Counselling

Authentic Achievers English-speaking emotional intelligence specialist

Basel Counselling English-speaking integrative psychotherapy

Christine Gerber Rutt Intuitive decision-making in English or German

Counselling Works Basel Relationship and workplace issue counselling in English

Kathrin Schaeppi Jungian psychoanalyst and psychotherapist. English and German spoken

YouDare Coaching A variety of coaching and consulting services in English, Russian or German

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Katie Lane Interiors Home design service

Just for Kids

Gymboree Preschool play and music classes in German and English

Kindermusik Music and movement classes for ages 0-7

InterSoccer Football courses and camps for children aged 2-13

TeEnglish English online conversation meetings for teenagers aged 13-19

Note. Inclusion in this listing is not an endorsement by Centrepoint of any company or product.

Last Updated: November 2022

Communities

ALCOHOLICS ANONYMOUS (English-Speaking)

Mondays, 18:30 Schweizergasse 23, Wednesdays, 19:30 Florastrasse 12, Sundays, 19:00 Schweizergasse 23
You are cordially welcome to attend. For further information please call: 061 643 0214

ALANON (English-Speaking)

Sunday evenings, 17:45 - 18:45, Schweizergasse 23. Contact: alanon.basel@gmail.com
For families and friends of alcoholics. Offers Dandelion on-line forum 24 hours hotline service 0848 848 843
www.al-anon.alateen.org, www.al-anon.ch

BASEL CHAMBER VOICES

A small choir of mostly amateur musicians (SATB) devoted to unaccompanied singing.

We practise weekly and put on concerts in January and June.
Contact: www.basel-chamber-voices.weebly.com; basel.chamber.voices@gmail.com



BASEL COACHES DIRECT

Monthly get togethers over coffee or dinner for local coaches.
Contact Sharon on mpconsultandcoach@gmail.com for more information and to join the list

BASEL DRAGONS RUNNING CLUB

Mondays and Thursdays at 18:30, at the Dragon Center club house, under Wettsteinbrücke (Münster side). More Information: www.baselrunning.ch



BASEL ENGLISH PANTOMIME GROUP

Produces the Basel Panto at the Scala each year.
More information: www.baselpanto.org



BASEL HASH HOUSE HARRIERS

Usually meet the second Saturday of the month at 14:00, but check website for details.
More information: www.basel.harrier.eu.org



BASEL HOUSEMAN VEREIN (English-speaking)

We are an association of housemen, men that stay at home to look after the children and the house while the wife is out hunting and gathering.
More information: <https://www.facebook.com/hausmen.verein>



BASEL HOCKEY CLUB

Basel Hockey Club welcomes players of all ages and abilities.
For information and contact numbers: www.bhc.ch



BASEL IN ENGLISH

Website with everything you need to know about Basel... in English
www.BaselinEnglish.ch



BASEL INTERNATIONAL GIRL SCOUTS

Girl Scouting is a fun activity for English speaking girls between 5 and 18.
For more information contact baselusagso@gmail.com,
www.baselgirlscouts.com



BASEL TOUCH (RUGBY) CLUB

Touch is an increasingly popular low-contact rugby-like game played by men and women with an emphasis on speed, ball handling and fitness. At Basel Touch Club, we welcome all skill levels, from total newbies to legendary masters.
Check our website www.baseltouch.ch for details.



CONSCIOUS CONNECTION NETWORK

A community of like-minded souls sharing and connecting
Contact: Dawn Voyce geniusworks@pacific.net.au; www.baselccn.org

THE ENGLISH SHOW

Tuesday nights from 6:30 to 8:30 pm; Radio X, 94.5
Weekly news from Switzerland and cultural events in Basel and surroundings. www.theenglishshow.co



GILBERT & SULLIVAN SOCIETY

Enjoy Gilbert and Sullivan and socialise with like-minded people in the Basel region.
Contact: savoyardsbasel@gmail.com, www.savoyards.ch



THE SEMI-CIRCLE

Basel's English-speaking amateur theatre with two productions a year as well as play-readings on 1st Monday of the month at Centrepoint.
More information: www.semi-circle.ch



TOASTMASTERS OF BASEL (English-speaking club)

1st Tuesday and 3rd Wednesday of every month from 18:45 - 21:00 in the Lohnhof Foyer
e-mail: tmbaselinfo@gmail.com; www.toastmasters-basel.ch, www.toastmasters.org



BASEL IRISH CLUB

We provide a focal point for Irish people, their families and friends, and those interested in all things Irish in the Basel region. www.baselirishclub.org



Kindermusik




Wishing you a happy Easter!
Haven't visited a class yet -
why not hop on over and see
what we get up to?

www.kidsmusic.ch

German Intensive Courses

5x/week mornings



all courses now hybrid

inlingua®

Impression of Fasnacht Schnitzelbängg Verses

RICHARD SALKELD

Grasshopper, worm or cricket,
now you can officially eat it.

This special innovation
needs some habituation.

Says the butcher's Jane:

I do not complain.

Meat with maggots I can sell,
And put a surcharge on the bill.

Also in mixed doubles is Federer supreme,
Twins twice will be beaten by no other team.

For Rio, Mirka wishes him success.

"You play well when under stress.

It will be two to love with your forehand assault,
But don't make with Hingis a double fault."

English Services

Catholic Sunday Mass

Bruder Klaus Kirche,
Bruderholzallee 140,
Basel



English - Speaking
Roman Catholic

17:30 Sunday Evening Mass

Father Sibi, 061 735 11 57, www.esrcb.org

Gellert Church at Christian Merian Platz

(Karl-Barth tram stop)

19:00 every Sunday

Service translated into English (please request
headphones). Band plays modern music. Meal for a
reasonable price is offered at the Rundum Caffé
downstairs before the service.

Anglican Church of Basel

10:30 Sunday Service and

Children's Ministry

Adventhaus,

Rümelinbachweg 60, Basel. www.anglicanbasel.ch

08:00 Holy Communion (first Sunday of month)

18:00 Evening Service

St. Nicholas Chapel of the Münster, Rittergasse 1.

Chaplain: Rev. Caroline Throup, 061 321 74 77



Anglican Church
Basel

The Bahai Local Spiritual Assembly of Basel

The unity of mankind

Children's Junior Group and introductory classes

for Adults

Regular public meetings in Lohnhof, Basel.

1st Saturday each month, at 17:30. 061 311 60 77

Quaker Meeting for Worship

10:00 (1st Sunday of each month)

CVJM, Claragraben 123, Basel

Nancy Krieger: +33 389 54 10 72 or

nancy.krieger@wanadoo.fr



Crossroads Basel

Please check our website

for Sunday service times

and location:

www.crossroadsbasel.ch

Contemporary music, youth ministry,

Sunday School and Crèche

Pastor David Fortune

Contact: office@crossroadsbasel.ch

or 061 331 70 10



CROSSROADS

The Unitarian Universalists of

Basel are an inclusive liberal

spiritual community with

humanitarian values.

Please see our website for Sunday

service times: www.UUBasel.org

or e-mail us at: UU.Basel@gmail.com



MIGWAN - Liberal Jewish

Congregation

Herrngrabenweg 50, 4054 Basel

Basel's egalitarian Jewish group.

Religious classes for children and adults.

Please visit our website for more info

www.migwan.ch or e-mail us at

migwan@migwan.ch



Basel Christian Fellowship

10:30 every Sunday with Crèche

Johanneskirche, Am Krayenrain, 4046 Basel

Mark and Maureen Hill, 061 751 82 06

www.baselfellowship.org

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Intensive, Standard and Crash Course.
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or go to nsh.ch



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seit 1876


Egg freezing as fertility preservation at the RME (UniversitätsspitalBasel)

At the center for reproductive medicine and gynaecologic
endocrinology (RME) of the University Hospital Basel, we
offer elective oocyte cryopreservation (egg freezing) for
reproductive age women who are interested in having
children but not ready yet.

The latest freezing technology (vitrification) is used to
preserve the eggs.

To learn more about this treatment and to find out whether
egg freezing is a good option for you, contact us at
reproendo@usb.ch.

English
consultations with
reproductive
specialists
available



Advertising Information

HORIZON IS PUBLISHED 10 TIMES PER YEAR (DOUBLE ISSUES JULY/AUGUST AND DECEMBER/JANUARY) AND DISTRIBUTED ON PAPER (IN BLACK AND WHITE) AND IN ELECTRONIC (IN COLOUR) FORMAT AT THE BEGINNING OF THE MONTH.

Advertisements may be included within Horizon and/or distributed as flyers. The printed version of your flyer will be posted with Horizon and the PDF added as a download to the electronic version. Centrepoint does not print flyers.

How to Submit

Formatted advertisements must be high resolution (300dpi), accurately sized and submitted in colour and/or black and white as JPEG or PDF files.

Email your formatted advertisement and/or PDF version of your flyer together with details of your order, your name and postal address for invoicing to advertising@centrepoint.ch by the 1st of the month preceding that of publication. We will advise the number of flyers required.

Flyers

Hand deliver your printed flyers by the 15th of the month to Centrepoint during its opening hours (see www.centrepoint.ch). They must be addressed to Horizon Distribution Manager and indicate that they are flyers for (month) from (your name). Please inform advertising@centrepoint.ch once flyers have been delivered. Any non-posted will go on display outside Centrepoint for one month.

Queries should be sent to advertising@centrepoint.ch

ADVERTISING FORMATS AND RATES

WITHIN HORIZON	Height in cm	Width in cm	Price CHF* per issue
Size A	4.4	5.9	25
Size B	8.9	5.9	50
Size C	8.9	12.2	120
Size D	8.9	18.5	180
Size E	18	5.9	100
Size F (half page)	13.5	18.5	270
Size G (full page)	27	18.5	380
Plain text advert up to 10 lines of 55 characters (includes line spaces and punctuation). May be edited.			20

FLYERS

60
Must fit into B4 (25 x 35.3 cm) envelope without need for further folding and weigh under 20 grams

*Discretionary discounts: 10% for 3 or more consecutive issues of Horizon.

DISCLAIMER: Centrepoint reserves the right not to publish your advertisement or distribute your flyer. In such cases any fees paid to Centrepoint will be fully refunded. Advertisements and flyers are not endorsements by Centrepoint of any company or product.



Bilingual all-day school with Daycare


Combined Curriculum (international & local) |
School entry possible at any time for children from 1.5 to 16 years

Early Childhood Center
Preschool
Primary School
Secondary School

Information Event: 27.04.2023 | 09.30 - 11.00
isrh.ch - Register now!

ipso Bildung AG | Bahnhofstrasse 26 | CH-4310 Rheinfelden
ipso.ch | International School is an ipso! education brand

April

MON Desk closed	TUE Desk open 09:00 - 13:00	WED Desk open 09:00 - 13:00	THU Desk open 09:00 - 17:00	FRI Desk open 09:00 - 13:00	SAT Desk open 11:00 - 13:00 1st Sat only	SUN Desk closed
					1 09:00 Birding* 11:00-13:00 Front Desk open	2 Closed
3 09:00 Italian 10:30 Italian Letture 13:30 French 14:45 German 15:30 Climate change 16:00 German	4 09:00 Spanish 10:30 Mahjong 11:20 English 12:30 English 14:45 German 16:00 Spanish 18:00 English	5 09:30 English ^o 10:30 Kaffee auf Deutsch 10:30 Welcome Coffee* 10:30 English 13:00 Bridge Club 14:00 English 16:30 Men Modelling 17:00 English	6 09:00 English 09:00 Beginners' Bridge 10:15 German Plaudern 13:00 Jass 13:45 English 14:00 Hooks & Needles 16:00 Yoga	7 Closed	8 Closed	9 Closed
10 Closed	11 09:00 Spanish 10:30 Mahjong 11:20 English 12:30 English 14:45 German 16:00 Spanish 17:30 Books in English 18:00 English 19:00 Photography Grp	12 09:30 English ^o 10:30 Kaffee auf Deutsch 10:30 English 10:30 Feedback Mtg 13:00 Bridge Club 14:00 English 16:30 Men Modelling	13 09:00 English 09:00 Beginners' Bridge 10:15 German Plaudern 13:45 English 14:00 Hooks & Needles 16:00 Yoga 19:00 MyPlace	14 09:30 English ^o 10:30 Coffee Morning 13:00 English ^o 13:00 Mindfulness 15:00 French 16:00 Spanish 16:00 Creative Studio	15 Closed	16 Closed 10:00 Sunday Walkers*
17 09:00 Italian 10:30 Italian Letture 13:30 French 14:45 German 16:00 German	18 09:00 Spanish 10:30 Mahjong 11:20 English 12:30 English 14:45 German 16:00 Spanish 18:00 English 19:30 Thin Raft Writers	19 09:30 English ^o 10:30 Kaffee auf Deutsch 10:30 English 13:00 Bridge Club 14:00 English 16:30 Men Modelling 17:00 English 19:00 Scrabble	20 09:00 English 09:00 Beginners' Bridge 10:15 German Plaudern 13:00 Jass 13:45 English 14:00 Hooks & Needles 16:00 Yoga 18:00 Monthly Apéro	21 09:30 English 10:30 Coffee Morning 12:30 English 13:00 Mindfulness 15:00 French 16:00 Spanish 16:00 Creative Studio	22 Closed	23 Closed
24 09:00 Italian 10:30 Italian Letture 13:30 French 14:45 German 16:00 German	25 09:00 Spanish 10:30 Mahjong 11:20 English 12:30 English 14:45 German 16:00 Spanish 18:00 English	26 09:30 English ^o 10:30 Kaffee auf Deutsch 10:30 English 13:00 Bridge Club 14:00 English 17:00 English	27 09:00 English 09:00 Beginners' Bridge 10:15 German Plaudern 13:45 English 14:00 Hooks & Needles	28 09:30 English ^o 10:30 Coffee Morning 13:00 English ^o 13:00 Mindfulness 15:00 French 16:00 Spanish 16:00 Creative Studio 18:00 Artwall Vernissage	29 Closed	30 Closed

^o event online

* event not on Centrepoint premises