

# Newsletter

## Sonnmatt

Mountain Guesthouse & Health Center

December 2011

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

### A New Year

Another year has passed. As everywhere else, there have also been some changes at Sonnmatt. It was passed down to the next generation of Fischers. Now Remo and Jenny Fischer are at the helm and will joyously carry on with the work at Sonnmatt (see picture "New").

Winter is parading itself in the mountains in all its glory. All nature is covered with a thick blanket of snow. Every new challenge is met with confidence. With all our hearts we wish each of you a blessed New Year.

### Transfer of Sonnmatt The Tradition Continues ...

Dear Friends.

We are very happy that, as of January 2011, our son, Remo and his wife, Jenny, have taken over the leadership of Sonnmatt. For over 30 years we (Marianne & Siegi) had the privilege of offering our guests a "home away from home". Now we are ready to step aside and let youth have the wheel.

We would like to heartily thank all of our friends and guests for all the wonderful times and joy we had together and especially for your faithfulness in returning year after year!

We are especially pleased that Remo and Jenny will carry on the Sonnmatt tradition into the future. We wish them every success in this wonderful new adventure.

Again, thank you, dear friends! We also want to wish each of you a happy and very blessed New Year!

(Siegi & Marianne Fischer, see picture "Before")

### Your very grateful guest

I spent 6 very relaxing and strengthening days at Bergpension Sonnmatt.

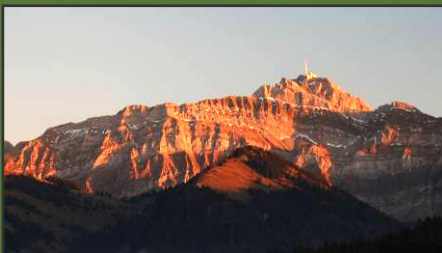
Before



New



Säntis



Friends



Alps



Planting





Mystery



Sea of Fog



Holidays



Perpetual



Brrr ....



Silence



Pizza



Steps



Winter



My room with private bath was beautiful, serene, and absolutely pristine clean! The wholesome vegetarian meals were hearty, fulfilling and every single one delicious ... made with the love of Jenny and her family!

Daily I enjoyed long walks in fresh air, snow and sunshine. This daily exercise in nature was very good for my body, mind and soul.

Next summer I will return to Sonnmatt for at least another week. I am already looking forward to the peace, quietness, the rest and the MOST incredibly wholesome, healthy vegetarian food, made from the harvest of their own organic garden!

Sincerely, your very grateful guest

(G.M. USA)

## Jennys Recipe - Soynaise

### Ingredients:

- 1 c. soy milk
- 1 c. cold-pressed canola oil
- 1-2 t. salt
- 1-2 cloves of garlic
- 1 t. onion powder
- 1-2 T. yeast flakes
- 2-3 T. freshly pressed lemon juice

### Preparation:

Blend all ingredients (except lemon juice) for 1-2 minutes. Then slowly add lemon juice (while the mixer is still running) until the mixture thickens. Refrigerate. Keeps 10 days. Makes 2 cups.

### Serving suggestions:

on potatoes & vegies, burgers, in salad dressings & dips, as sandwich spread...

## Course Dates

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

- 12. - 23. Feb. 2012
- 11. - 22. Mrz. 2012
- 27. - 07. Mai/Jun. 2012
- 12. - 23. Aug. 2012
- 11. - 22. Nov. 2012
- 09. - 20. Dec. 2012

### STOPSMOKING PROGRAM

- 15. - 26. Jan. 2012
- 14. - 25. Oct. 2012

### LYME'S DISEASE PROGRAM

- 12. - 09. Aug./Sept. 2012

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